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Food Facts - By Mrs. Hina Gautam



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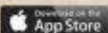
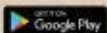
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# CHEF — at — HOME

Food Facts – By Mrs. Hina Gautam

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# EDITOR'S LETTER



Are you ready for summer? We sure are, ready with our summer cool recipes to help you beat the heat . For all of us summer means road trips, swimming, mangoes, fruits, ice creams and vacation fun for not just the kids but all ages.

This issue we have got a few things in store for you. On the recipe front there are sweet and savoury Mango recipes, Creamy and frozen home made chemical free ice-cream recipes, Colorful Fruit juices and Mocktails combinations. There are articles on cool ingredients like gulkand, fruits, diabetes, skin care in summer. Celebrity shares her secret of health n happiness. Enjoy summer with **CHEF at HOME..!**

*Hina Gautam*

Mrs. Hina Gautam

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# mango

- Mrs. Hina Gautam (Ahmedabad)

Mangoes are juicy stone fruit belonging to flowering plant genus *Mangifera*. Mangoes are cultivated in south Asia. India is the largest producers in the world and almost half of the world's mangoes are cultivated in India alone. Mangoes are sweet, juicy and have pulpy texture. They are widely used in all world cuisines in different ways. Mango is known as the “**King of the fruit**” and is our national fruit.

Mangoes are usually harvested while they are green not perfectly matured. Organic mangoes are left to ripen on the trees. Mangoes come in various sizes and colors. Mango fruit should be eaten all alone without any seasoning to experience its rich flavour. Sour and unripe mangoes are used in chutneys or eaten with salt, soya sauce, as summer drink aam panna.

Mango pulp is made into jellies. Mango lassi is also popular drink. Mango shake is loved

by all people and best drink relished by people in summers. In summer chunda, murabba, pickles, amchur powder etc. are made. Ripe mango is used to make juices, smoothies, ice cream, shakes, and different delicious desserts.

Mangoes are nationally rich fruit with health promoting qualities.

1) It's rich in dietary fiber, vitamins, minerals and antioxidant compounds.

2) It protects from colon cancers due to antioxidant properties.

3) It is an excellent source of Vitamin A which supports healthy eyes and proper bone growth, B-carotene, A- carotene for healthy skin.

4) Good source of potassium which is important component of cell and body fluids which helps controlling heart rate and blood pressure.

5) Excellent source of Vitamin B6, C and E. Vitamin ZC

consumption help body develop resistance against infectious agents.

6) It cleans the skin.

7) Helps in regulating cholesterol level.

8) It also improves memory power.

9) Mango peel is also rich in phytonutrients such as the pigment antioxidants.

10) They also contain small amount of selenium, calcium, iron and phosphorous.

11) Mangoes are rich in iron which makes them beneficial for people suffering from anemia.

Mangoes are easily absorbed by the body, hence aids weight gain. Mango milkshakes will accelerate the process of weight gain. Mangoes are also known as anti – aging food. There are different varieties of mangoes famous in different part of India.

1.**Pairi** mangoes have reddish tinge in skin. They are pure honey, famous in Gujarat.

2.**Neelam** is favourite in Hyderabad.

3.**Alphonso** is available in Maharashtra. It's expensive as comparatively to other mangoes. They are exported a lot.

4.**Himsagar** are the shortest lived of all. Bengalis know their sweetness.

5.**Dusseri** are available in Uttar Pradesh. It's the homeland of these mangoes lovingly called as “chusne wala aam”.

6.**Totapuri** hails from Karnataka, Andhra Pradesh and Tamil Nadu. They are great for salads. It is used as an ingredient for many mass – produced mango products in India.

7.**Kesar**, its skin is greener. It's popularly grown in Ahmedabad.

8.**Chausa** is popular in North India and Bihar. Its taste is very sweet and has bright yellow skin.

9.**Langra** grows in Varanasi. The mother tree owner was lame, which is where the mango got its name. This is popular in Haryana, Uttar Pradesh and Bihar.





Mangoes are cultivated in almost all part of country of different variety and taste. There are many mango products used in different ways like for:

- Juice
- Fruit salads
- Fruit cocktail
- Dried mango slices
- Mango wine
- Flavoured yogurt
- Ice cream etc.

Mango pulp is perfectly suited for conversion to juices, nectars, jams, drinks, creams etc. They are then used in puddings, bakery filling and fruit meal for children, flavours for food industry and to make ice creams. Hence **mango** is loved by all people and used in different ways to relish its taste more and more.

# MANGOES AND DIABETES

- Nina Mehta (Nutritionist)

The King of fruit, **Mango** is one of the most popular, nutritionally rich fruit with unique flavor, fragrance, taste and health promoting qualities. Mango has more than 20 vitamins and minerals, powerful antioxidants (vitamin-A, C, E) properties, vitamin K, B6, fibers, potassium, copper, iron, etc.

Plays a protective role in eye health, skin, hair, prevent constipation, good for hypertension, helps in fighting cancer, boost immunity etc. Mango has about 30% fructose form of sugar content so for diabetic it has variable acceptance as main objective is to keep their blood glucose levels in control. However glycemic index is high so well managed diabetic can have

mango in moderation within their caloric requirement or in exchange. A recommended intake can be one serving of fruit containing 15 grams of carbohydrate—that constitutes to about ½ cup of mango. If a fruit has lower carbohydrate or sugars, that generally means you can enjoy more of it—but it doesn't mean you can't enjoy the higher carbohydrate fruits! Just remember to keep track of the total carbohydrates in a day. Hence a diabetic patient should not eat mango with other high carbohydrate foods such as maida, pasta, desert etc. Having mango in pieces rather than juice, shakes, ras is advisable. Artificially ripen mangoes contains calcium carbide which is dangerous to the nervous system. Moderation is the key.

**"MANGOES WITH RIGHT QUANTITY  
RIGHT FORM RIGHT TIME IS THE GOAL"**

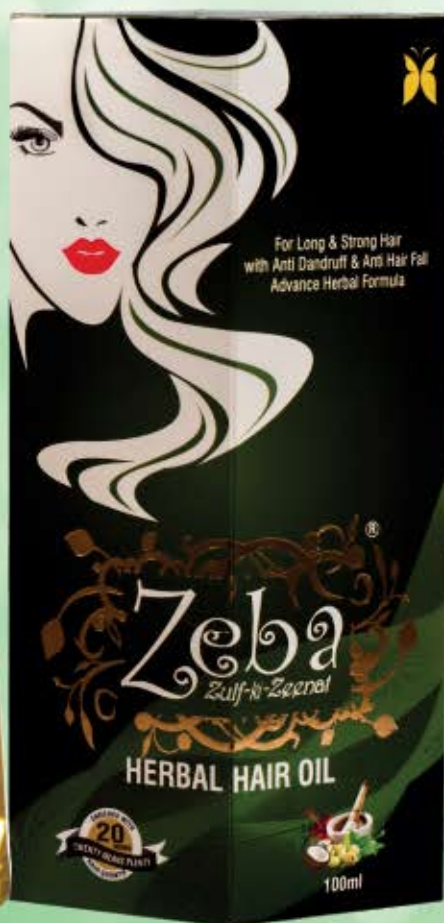
## 100gms Mango Contents

- Energy. 74kcal
- Carbohydrates. 16.9gm
- Fiber. 0.7gm
- Calcium. 14mg
- Vitamin c 16mg
- Iron. 1.3mg
- Carotene. 2743ug





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# MANGO SALSA

- Mrs. Hina Gautam (Ahmedabad)

This simple and colorful mango salsa is super easy, tasty and sweet n spicy. You can serve this fresh mango salsa with chips, tacos, bruschetta or salads.



## Ingredients:

Ripe mangoes, finely chopped - 1 cup  
Red bell pepper, chopped - ½ cup  
Chopped red onion - ½ cup  
Fresh coriander leaves, chopped - ¼ cup  
Jalapeño, seeded and chopped - 1  
Lime juice - 1 Tbsp  
Salt, chili flakes, oregano to taste

## Process:

1. In a serving bowl, combine the cut mango, bell pepper, onion, coriander and jalapeño. Drizzle with lime juice and mix well.
2. Season to taste with salt, chili flakes, oregano. For best flavor, let the salsa rest for 10 minutes or more in fridge.
3. Assemble cream cheese, mango salsa between two crackers to for a yummy snack.



# MANGO SRIKHAND

- Mrs. Hina Gautam (Ahmedabad)

Shrikhand is a very common yogurt based sweet dish.



## Ingredients:

**Hung curd** - 1 cup

**Powdered sugar** - ½ cup

**Mango puree** - 1/4 cup

**Mango pieces** - 2 Tbsp

**Mint leaves for garnishing**

## Process:

1. Mix all ingredients of shrikhand and mix well till it looks creamy. Freeze it for 4-5 hours.

# MANGO LASSI

- Neeta Shah (Barode)

A mango lassi; a cooling drink for summers; is basically a thick and delicious yogurt based mango shake or smoothie.

## Ingredients:

**Curd** - 2 cups

**Ripe Mango Peeled and diced** - 2 cups

**Sugar** - 2 Tbsp

**Cardamom Powder** - ½ Tsp

**Ice Cubes**

**Almond n pistachio slivers to serve ?????**

## Process:

1. Add yogurt, mango pieces, sugar, cardamom powder and ice cubes in the jar of a blender.
2. Blend until smooth.
3. Pour the lassi in serving glasses.
4. Garnish with almond and pistachio slivers and mint leaves.
5. Serve chilled.



# MANGO KALAKAND

King of fruits Mango can be used in numerous dishes. One of them is mango kalakand, which is very delicious and can be prepared on any occasion. It is a milk based sweet.

## Ingredients:

**Mango pulp** - 1 cup

**Crumbled paneer** - 1 cup

**Condensed milk** - ½ cup

**Cardamom powder** - ½ Tsp

**Pistachio** - to garnish

## Method:

1. Mix mango pulp, paneer and condensed milk in a pan.
2. Heat for 10 min till it gets thick. Add cardamom powder and mix well.
3. Pour in a greased dish.
4. Sprinkle pistachio and press it lightly.
5. Let it set for 30 min. Cut in square pieces to serve.



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# RAW MANGO RICE

- Jayshree Chauhan (Ahmedabad)

Raw mango rice has an authentic south Indian flavor. It has a unique taste of raw mango which makes it a bit sour in taste.

## Ingredients:

**Cooked Rice** - 2 cups

**Oil** - 2 Tbsp

**Mustard** - ½ Tsp

**Cumin** - ½ Tsp

**Urad dal** - 2 Tbsp

**Chana dal** - 2 Tbsp

**Hing** - a pinch

**Dry Chillies** - 2

**Green Chillies** - 2

**Cashews** - 6

**Turmeric** - ¼ Tsp

**Grated raw mango** - 3 Tbsp

**Curry leaves.**

**Salt as per taste.**

## Process:

1. In hot oil add mustard, cumin, urad dal, Chana dal, hing, dry chillies, green chillies, cashews and curry leaves. Sauté it for 3 minutes.
2. Then add grated raw mango. Add turmeric then add cooked rice and salt.
3. Raw Mango rice is ready garnish it with coriander leaves.





# MANGO MOUSSE

Mango mousse is a must try recipe for the scorching summer months.

## Ingredients:

**Mango puree** - 1 cup

**Sugar** - ½ cup

**Fresh cream** - 2 cup

**Slice of aam papad**

## Process:

1. Beat fresh cream in a bowl and keep aside.
2. Add sugar to the mango puree and beat it then blend everything together.
3. Pour in the glasses or bowl.
4. Refrigerate it for 1- 2 hours.
5. Enjoy delicious Mango Mousse with aam papad.

## MANGO food fact

One Cup of diced Mango  
contains the following. :

- 100 Calories
- 28 Grams of Carbohydrates
- 3 Grams of Fiber
- 1 Grams of Protein
- 50 Milligrams of Vitamin C
- 1262 IU of Vitamin A
- 23 Micrograms of Folate



# MANGO RASMALAI

- Harshali Mehta (Mehsana)

Mango Rasmalai; a summer delicacy; is a sweet in which paneer dumplings are immersed in sweetened milk.

## Ingredients:

### For Rasmalai patties:

Cow Milk - 1 liter

Lemon juice - 1 Tsp

Mango essence - 2 drops

Sugar - 1 tsp

Sugar - 1 cup (for syrup)

Water - 4 cup

### For Rabdi:

Milk - ½ liter

Mango puree - 1 cup

Mix dry fruits - 1 Tbsp

Mango pieces - 2 Tbsp

Sugar - 4 Tbsp

## PROCESS:

### For Rasmalai Patties:

1. Bring milk to boil. Once it boils, add lemon juice to it.
2. Wait for 1 min and mix well until it curdles.
3. Now strain this mixture and add cold water to milk curdles (paneer).
4. Let it cool and knead it well. Add essence and sugar and knead again.  
Make small equal patties from this mixture.
5. Now make sugar syrup on heat and cook patties in sugar syrup for 15-20 min.
6. Take out patties from syrup.
7. Squeeze lightly and keep aside.

### For the Rabdi:

1. Combine milk and sugar in a deep pan boil till milk is reduced to half.
2. Cool this rabdi, add the mango puree & pieces to it and mix well.
3. Add rasmalai patties to this rabdi.
4. While serving garnish with rose petals and dry fruits.



# MANGO SRIKHAND TART

Shrikhand is a very common yogurt based sweet dish. Mango shrikhand tart is a sweet mango flavored yogurt served in tarts. It is typically served as a dessert after meal during summers.

## Ingredients:

### For Tart:

Maida - 100 gm

Butter - 50 gm

Powdered sugar - 1 Tbsp

Milk as required.

### For Shrikhand:

Hung curd - 1 cup

Powdered sugar - ½ cup

Mango puree - 1/4 cup

Mango pieces - 2 Tbsp

Mint leaves for garnishing



## Process:

### For Tart:

1. Mix Maida and sugar well.
2. Add butter and mix well with fingertips. Using milk knead into a dough.
3. Freeze it for an hour.
4. Now make small ball of the dough and place it in a mould, shape each ball in a mould form. Freeze again for 20 min.
5. Now bake at 180 degree for 15-20 min.

### For Shrikhand:

1. Mix all ingredients of shrikhand and mix well till it looks creamy. Freeze it for 4-5 hours.
2. Now fill the shrikhand in a piping bag, and fill each tart with it.
3. Garnish with some mango and mint leaves.
4. Serve chilled.

# MANGO BRUSCHETTA

- Sonal Patel

Bruschetta is an Italian starter. This bruschetta is made with mango, basil and cream cheese. A combination of sweet, sour and peppery flavors.

## Ingredients:

Olive Oil - 2 Tbsp  
French loaf Bread - 1  
Chopped garlic - 1 Tsp  
Pinch Salt

## Ingredients for stuffing:

Olive Oil - 1 Tsp  
Red Chili Flakes - 1 Tsp  
Oregano - 1 Tsp  
Pieces of mango - 3 Tbsp  
Finely Chopped Red bell pepper - 1 Tbsp  
Finely Chopped Yellow bell pepper - 2 Tbsp

## Ingredients for application:

Cream Cheese - 2 Tbsp  
Mango Puree - 1 Tbsp

## Process:

1. Take olive oil in a bowl, add garlic, salt and mix it.
2. Apply to one side of the French loaf piece.
3. Grill it for 3 to 5 minutes at 250° C.
4. Take olive oil, finely chopped red, yellow bell pepper, chili flakes, oregano and salt in a pan. Sauté for 2 minutes. Let it cool.
5. Add mango pieces to it and mix well.
6. Mix cream cheese and mango pulp in another bowl.
7. Apply this mixture on grilled bread.
8. Put stuffing on it, Garnish with basil leaves.
9. Serve with a mocktail.



# MANGO KHEERAND

It's served as dessert or sweet in summers. In this rice is cooked with milk to a thick consistency and then chilled with mangoes.

## Ingredients:

- Renu Rathi

Milk - 1 kg  
Rice - 125 gms  
Mango - 2  
Sugar as per taste.  
Cardamom powder - ½ Tsp  
Saffron threads - 6 to 7 threads

## Process:

1. Take a pan, add milk to it and boil.
2. After two three boils of milk add washed rice.
3. Stir continuously, till the milk thickens and rice is cooked well.
4. Add sugar to it.
5. Mix well, it should be of thick consistency. Add cardamom powder and saffron. Keep it in the refrigerator.
6. Peel the mangoes and chop them into small pieces.
7. Now take a glass, add one teaspoon of mangoes then add a layer of kheerand. Do this alternately. Fill the glass and top it with mango pieces. Serve it chill.





# MANGO TACOS

- Renu Rathi

A healthy dessert made with a combination of mango and paneer. It is a very simple and quick recipe for mango lovers.

## Ingredients:

Milk - ½ kg

Lemon juice - 1 Tbsp

Mango - 2

Cardamom powder - 1 Tsp

Saffron - 6 to 7 thread

Sugar as per taste



## Process:

1. Take a pan, add milk to it.
2. Bring milk to boil, add lemon juice to make chena (paneer).
3. Grind this paneer with sugar and cardamom powder.
4. Add saffron and mix well.
5. Peel the mangoes and cut them into thin slices.
6. Hold each slice in a u shape, like a taco shape and fill it with 1 tsp of chena.
7. Fill each slice and refrigerate it for \_\_\_\_
8. Serve them chilled.



- Preeti Patel (Home Baker, Ahmedabad)

## UPSIDE DOWN MANGO CAKE

Upside Down Mango cake is a treat. It is very soft as a sponge and delicious in taste.

### Ingredients:

#### For base:

**Melted butter** - ¼ cup  
**Dark brown sugar**- ½ cup  
**Water** - 2 Tbsp  
**Mango peeled and sliced** - 1

#### For Cake:

**Melted butter** - 1 cup  
**Dark brown sugar** - ½ cup  
**White sugar** - ¼ cup  
**Milk** - ¾ cup  
**Curd** - ½ cup

**Vanilla essence** - 1 Tsp

**Maida** - 1 1/3 cup

**Baking powder** - 1 Tsp

**Baking soda** - ½ Tsp

### Process:

1. In a saucepan mix together brown sugar, butter and water.
2. Cook on low flame and pour the caramel immediately into a deep 9" Cake pan.
3. Arrange the sliced mangoes covering the whole base.
4. Preheat oven to 180° c.
5. In a saucepan, mix together both sugar to melted butter and heat until sugar dissolves.
6. Remove from flame and add milk.
7. Mix it well until combined.
8. Add curd and mix well. It will be warm at this stage you can use it directly into the butter.
9. Mix together maida, baking powder and baking soda.
10. Pour the curd, butter and sugar mixture into the maida and whisk until you get a smooth batter.
11. Pour the batter on top of the mangoes.
12. Bake for 40-45 minutes in the preheated oven.
13. Place a serving plate on the top and flip the tin.
14. Gently remove the tin and let the cake cool down in the plate and then serve.



## MANGO CHEESECAKE

This is a no bake cheese cake recipe. A delicious summer treat.

### Ingredients:

#### For bottom:

**Crushed Digestive biscuits** - 1 cup  
**White granulated sugar**- 2 Tbsp  
**Melted unsalted butter** - ¼ cup

#### For cheesecake:

**Milk** - 4¼ cups  
**Lemon juice** - 1 Tbsp  
**Mango purée** - 1 cup  
**Curd** - ¼ cup  
**White granulated sugar** - ¾ cup  
**Whipped cream** - ½ cup

#### For Cheesecake filling:

1. Heat the milk in a heavy bottom pan to make paneer on medium heat.
2. Let it come to a boil.
3. Gradually add lemon juice and stir. It will start to curdle.
4. Once all the milk is curdled, strain it.
5. Squeeze out all the water, keep it aside in the strainer till needed.
6. Take whipped cream in a bowl. Whip it till you get stiff peak.
7. Blend mango purée and sugar in the blender. Add paneer and curd and again blend it till smooth.
8. Fold in the whipped cream.
9. Now remove the prepared crust from the fridge. Pour the cheesecake mixture into it.
10. Let it chill for 6-7 hours in the fridge.
11. Peel the liner once it is chilled and set.
12. Gently place it into serving plate.



### Process:

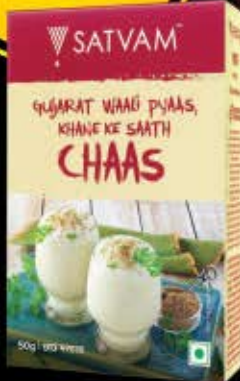
#### For Bottom crust:

1. Prepare the pan for cheesecake
2. Generously grease the pan with butter and keep aside.
3. Take powdered / crushed biscuits, sugar and melted butter in a bowl. Mix well.
4. Press this mixture evenly in the bottom of the pan.
5. Keep in refrigerator to set for about 15-20 minutes.





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- Geeta Khuman  
(Nav Gujarat Samachar Columnist, Ahmedabad)

## MANGO PEDA

### Ingredients:

**Kesar Mango ras** - 2 cups

**Ghee** - 2 table spoon

**Soonth Powder** - ½ table spoon

**Milk powder** - 1 table spoon

**Cherry and varakh** - For Garnishing

**Powdered Sugar** - 1 table spoon

**Mango Essence** - 1 drop

### Process:

1. Heat ghee in a pan then add mango ras and keep stirring constantly.
2. Once the mixture is thick add powdered sugar, milk powder, mango essence.
3. Keep stirring it for 5-7 minutes and then turn off the flame.
4. Keep stirring the mixture constantly till the ghee separates.
5. Once the ghee is separated make round balls in size of your choice.
6. Serve them on a plate garnished with cherry and varakh.

## MANGO FIRANI

### Ingredients:

**Basmati rice** - ½ cup

**Full Fat milk** - 500 gms

**Mango puree** - 2 cups

**Powdered sugar** - ½ cup

**Blanched pistachios** - 1 table spoon

### Process:

1. Soak basmati rice in 1 cup milk for 1 hour.
2. Coarsely grind the soaked rice with the milk.
3. In a pan add milk and the coarsely grinded rice and cook them on a low flame stirring constantly.
4. Once the mixture is medium thick, add powdered sugar.
5. Once the sugar has dissolved add mango puree and turn off the flame.
6. Let the mixture cool and then serve it in a traditional earthen bowl and garnish with blanched pistachios.





# MANGO CHIA SEEDS PUDDING

Mango Chia seed pudding is a vegan and gluten free healthy recipe. It is creamy, fruity and easy to make.

- Jyotsana Parasar (Ahmedabad)

## Ingredients:

**Diced Mango** - 1 cup  
**Coconut milk** - 1 cup  
**Chia seeds** - 4 Tbsp  
**Shredded coconut** - 4 Tbsp  
**Sugar** - 5 Tbsp

## Process:

1. In a bowl, combine the coconut milk, chia seeds, shredded coconut and sugar. Whisk until well combined.
2. Let the mixture sit for about 10 min.
3. Mix once more, cover, and refrigerate for at least 4 hrs.
4. Layer some pudding into the serving glasses. Then add some diced fresh mango on top of the pudding layer. Fill the glasses with alternate layers of chia pudding and freshly diced mango until glasses are filled, ending with freshly diced mango.
5. Top with some shredded coconut and serve chilled.



# MANGO COTTAGE CHEESE ROLL

Mango cottage cheese rolls is an easy, quick, delicious, visually appealing and mouth watering dessert. It's a healthy dessert one can eat without counting calories as mango is rich in vitamin C and paneer is rich in calcium and protein. There is no cooking done required for this recipe.

## Ingredients:

**Ripe mango** - 1  
**Grated cottage cheese** - ½ cup  
**Sugar powder** - 2 Tbsp  
**Cardamom powder** - ½ Tsp  
**Cashew powder** - 1 Tbsp  
**5 tooth pick**  
**Some rose leaves**

## Process:

1. First, take the mango and wash it properly then cut it into slices.
2. Prepare a mixture of grated cottage cheese, sugar powder, cardamom powder, cashew powder and mix them well. Make rolls by adding the stuff into the mango slices.
3. On top of it put the silver varakh, rose petals and insert a toothpick and garnish it with rose petals.



- Dipti Chadva (Cooking Expert, Baroda)

## Tropical Mango Coconut Jelly Cubes

Tropical Mango Coconut Jelly Cubes is a vegan and gluten free healthy dessert. This dish uses agar agar and combines the tropical flavors of mango and coconut.



### For Mango layer:

Orange juice - ½ cup  
Mango puree - 200 gms  
Agar Agar - 2 Tsp  
Water - ¼ cup  
Sugar - 1/3 cup  
Lemon juice - 1 Tsp  
Few mint leaves and few dices of mango.

### For coconut layer:

Water - 2/3 cup  
Agar Agar - 1 Tsp  
Coconut milk - 2/3 cup  
Sugar - 4 Tbsp  
A pinch of salt.

### Process:

#### For Mango layer:

1. Mix agar agar in water stir and then boil.
2. Puree mango with orange juice and lemon juice.
3. Add sugar to the water.
4. Now add the mango mixture to it and stir well.  
Put this in a flat bottom square mould.
5. Put some mint and mango dices.
6. Now chill this to set.

#### For coconut layer:

1. Mix water and agar agar then boil.
2. Add sugar, salt and coconut milk in the agar agar mixture.
3. When sugar dissolves, bring to room temperature and then gently pour this on the mango layer and set in fridge for 2 hrs. Cut and serve this delicious jelly cubes.

## MANGO PANNA COTTA

Panna cotta, a famous Italian dessert, means "cooked cream" in Italian. It's softly set pudding which is creamy yet firm. Generally gelatin is used to set this pudding. Panna cotta can be made with cream, milk and fruits.



### Ingredients:

Mango juice - 1 cup  
Mango puree - 1½ cup  
Gelatin - 1 Tbsp

### For Cream Layer:

Milk - 1 cup  
Cream - 2 cup  
Sugar - 1/3 cup  
Gelatin - 1 Tbsp  
A pinch of salt.

### Process:

1. Soak gelatin in mango juice for 5 min and then microwave for a min.
2. Now mix this to the mango puree.
3. Pour this in serving glasses and keep them tilted in a muffin mold.
4. Set in fridge for 2 hrs.

### For cream layer:

1. Mix gelatin in milk and boil add sugar, vanilla extract and a pinch of salt.
2. Now add cream mix well.
3. Take the serving glasses keep them straight and pour the cream mixture and chill for 4 hrs.
4. Garnish with mint leaves and few mango cubes.



- Kiran Amin (Ahmedabad)

# EGGLESS AND BUTTERLESS MANGO COCONUT SEMOLINA CAKE

Mango coconut semolina cake has the flavor of coconut along with mango which makes it delicious.

## Ingredients:

**Alphonso Mangoes**

**Puree** - 1 cup

**Curd** - 1 cup

**Milk** - 1 cup

**Cooking oil** - ½ cup

**Castor sugar** - 1 cup

**Maida** - 1 cup

**Semolina** - 1 cup

**Desiccated coconut** - 1 cup

**Baking soda** - 1 Tbsp

**Salt** - 1 Tsp

**Cardamom powder** - 1 Tsp

**Chopped dry fruit** - ½ cup



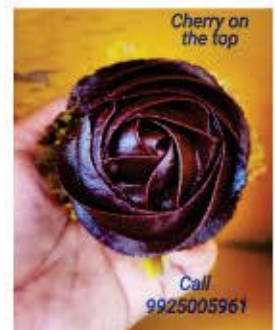
## Process:

1. Preheat oven at 180° C for 10 minutes.
2. Line the cake pan with butter paper.
3. Sieve Maida, baking soda and salt atleast three times.
4. Keep all the wet ingredients at room temperature.  
Add sugar to curd and then add milk and oil one after the other after the sugar dissolves. Add mango puree and coconut as well.
5. Add the flour to the wet mixture in three parts mixing very gently. Add the cardamom powder.
6. Pour the batter in the ready cake pan. Tap three times to release any air bubbles.
7. Garnish with chopped almonds, or cashews or pistachios. You can add some chocolate chips as well.
8. Bake at 160° C for 50 minutes until toothpick comes out clean in the middle.
9. Let the cake cool for 30 minutes at the least before unmolding.
10. Serve with fresh mangoes or vanilla ice cream or simply enjoy as a teacake.



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## MANGO BHAPA DOI

- Vandana Kamat (Ahmedabad)

The Bengalis are great food lovers and take pride in their cuisine. In fact so obsessed are they about food, that the man of the house goes to the market daily to buy a fresh supply vegetables and fish which is a must in their daily menu. Another very important item of Bengali cuisine is the variety of sweets or mishti as they call them. Most of them are milk based and are prepared from chena.

### Ingredients:

Condensed milk - 1 tin

Thin plain yoghurt Whisked - 1 cup

Milk - 1 cup

Almond blanched and slivered - 10

Raisins - 15

Mango pc for garnish - 1/4 cup

Mint spring for garnish

### Process:

1. Preheat oven to 180 degree centigrade.
2. Combine yogurt, milk, condensed milk, mango puree reserving some for garnishing in a bowl and whisk well.
3. Pour the mixture into individual glass bowls.
4. Fill some water in a baking tray and place the glass bowls in tray and now put this tray in a preheated oven.
5. Place the Bappa doi in the refrigerator to chill, served chilled.





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# SUMMER *fruits*

- Sonal Shah (Nutritionist, Ahmedabad)

Summer is back and so are the heat waves. With the mercury levels rising to new highs every day, summer seems to completely drain us out. Temperatures have been scorching high and humidity levels have escalated to between 70 and 80 per cent. Most of us feel dehydrated and low on energy in such a climate and we look for ways to cool ourselves. Our body needs cooling **foods** that will balance our diet and keep our energy levels stable. The heat can drain us more than we think, especially if one has marketing job or a sports player that keeps them outdoors most of the time. Hence I have list out a few fruits that one should have in the summer to instantly boost the energy levels.

CHEF at HOME 28

## CUCUMBER:

It's consider to be cooling effect. Cools you down, low in calorie, high in fibre, antioxidant, high water content and helps to controls blood pressure. Good source of potassium, high on **vitamin C**, A and K.

### How it use:

- Can be added in curd and make a Raita. Add black salt and black pepper.
- Make a cucumber juice or cold soup.
- Even can put in the normal water and then drink that water throughout the day.

Now days it's also used as a form of face mask or for the dark circle. Grated cucumber place under the eyes help to slow down the dark circle due to its cooling effect.



## GRAPE:

It's been said that Grapes (especially green) helps to cure migraine and indigestion, is good for vision, **asthma** and skin, and also protects against sunburn. Also helps to relive constipation. It is also an anti-aging agent. They are low in cholesterol, saturated fats and sodium. A good source of Vitamin C and K.

### How it use:

- Can be added in salad and curd. It makes tangy and sweet taste.
- Grapes juice is most favourable in party. Add apple along with grapes to cut down sugar in the juice.





## ORANGE:

Tangy and sweet orange, increase immunity of the body, prevents cancer and kidney-related diseases, reduces risk of liver cancer, good for skin and blood pressure, alkalizes the body, and contains good carbs. Oranges are good source of soluble fibre which is beneficial to lower cholesterol. Rich source of vitamin C that increase, Vitamin A precursors that helps to improve vitamin A, good source of calcium, potassium that helps to balance electrolyte of the body, and pectin.

### How to use:

- Include a few pieces of orange in your regular salad for a zesty taste and healthy diet.
- Can be drink in form of juice.
- Orange peel is most famous in the beauty sector.



## WATERMELON:

Most favourite fruit among all. It good for the bones, helps reduce body weight, regulates the action of nerves and muscles, improves vision and prevents cell damage and cardiovascular diseases. It is good source of potassium, Vitamin A and C. It's best for the sports player and marketing person who stays more in heat.

### How to use:

- Watermelon slices with cheddar cheese is an easy and healthy.
- Juice is another best way to use this amazing fruit.
- Add in salad to make it juicy.



## MANGO:

King of the fruit and the most awaited fruit of the year. It is loved by all. There are different types of mango like Alphonso, Green mango, Popat mango etc. They are good source of antioxidant that helps to prevent from cancer, the high levels of fiber, pectin and vitamin C help to lower serum cholesterol levels, specifically Low-Density Lipoprotein (the bad stuff) and helps to alkaline the body.

### How to use:

- Mango juice most famous dish in summer that is relished by all in lunch.
- Green mango is used for pickle.
- Even can be added in salad.



# SONAL SHAH



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## BLUE LAGGON MOCKTAIL

### Ingredients:

**Blue Curacao Syrup** ¼ Cup  
**Green Grape Juice** 1 Cup  
**Lemon Wedges**  
**Fresh Lemon Juice** ½ Tbsp  
**Sugar Syrup** 1 Tbsp  
**Sprite** 250 ml

### Process:

1. Take a tall glass
2. Add Blue Curacao Syrup, Lemon Juice and Sugar syrup
3. Now add 1-2 lemon wedges
4. Fill the glass half with ice cubes
5. Now add sprite.
6. Stir lightly with spoon and garnish with lemon wedges.

## CUCUMBER GRAPE PUNCH

### Ingredients:

**Cucumber Juice** 1 Cup  
**Lemon Juice** 1 Tbsp  
**Green Grape Juice** 1 Cup  
**Limca** 1 Cup  
**Ice Cubes**

### Process:

1. Mix all the ingredients well and serve chilled with ice cubes.



## KIWI MOJITO

### Ingredients:

**Kiwi Fruit Chopped** 1  
**Lemon Wedges** 2  
**Mint Leaves** a Couple  
**Sugar Syrup** as per Strength  
**Sparkling Water**  
**Ice Cubes**

### Process:

1. In a cocktail muddler add chopped kiwi, Sugar syrup & Lemon wedges.
2. Muddle it well.
3. Transfer in a glass and add sugar syrup as per desired strength.
4. Add sparkling water and serve chilled.



## MANGO SMOOTHIE

A refreshing and energizing smoothie recipe. This smoothie is a quick twist to the traditional mango lassi. It's super easy to make in a blender.

### Ingredients:

**Mango pulp** - 1/2 cup

**Hung curd** - 1/2 cup

**Sugar** - 1 tsp optional.

**Crushed ice** - 1/2 cup

### Process:

1. Combine all the ingredients and churn together.
2. Serve in glass with dash of ice cream if needed.



## FIRE n ICE

A chilly and a tangy drink. Just Try.

### Ingredients:

**Green curacao syrup** - 15ml

**Limca** - 30ml

**Green chilly** - 1 slightly crushed

**Lots of ice**

### Process:

1. Place crushed green chilly at bottom of a glass, place ice cubes over it.
2. Then pour green curacao syrup.
3. Add Limca and then serve.



## BANANA COFFEE

Banana coffee is delicious for coffee lovers. This is pretty easy to make. It's also a perfect summer drink.

### Ingredients:

**Half ripe banana slice** - 1/2 cup

**Sugar** - 1 tsp

**Coffee** - 1 tsp

**Chilled full fat milk** - 1 cup.

**Crushed ice** - 1/2 cup

### Process:

1. Churn banana, coffee, sugar together.
2. Add milk and crushed ice pour in glass with dash of vanilla ice cream.



# KOKAM POMEGRANATE COOLER

- Sonal Patel (Ahmedabad)

Kokam is a fruit found in the coastal regions of India and is used exactly in the same way as tamarind. This cooler is very good for digestion and has a refreshing taste as well.

## Ingredients:

**Kokam sharbat** - 1 ½ Cup

**Salt** - ½ Tsp

**Pomegranate Juice** - 3 Tbsp

**Brown Sugar** - 3 Tsp

**Cumin Seeds Powder** - 2 Tsp

**Black Salt** - 2 Tsp

**Crushed Ice** - 1 Cup

## For Garnishing:

Honey, Lemon and Chili Powder

## Process:

1. Take some kokam sharbat, pomegranate juice and sugar in a bowl and stir it till sugar melts.
2. Add the salt and spices.
3. Apply honey on the rim of the serving glass.
4. Take some chili powder in a plate. Flip the glass upside down so that chili powder sticks to the rim of the glass.
5. Put crushed ice in serving glass first and then add the mixture in it.
6. Garnish with a lemon wedge.



# MEXICAN CHOCOLATE MOC-TINI

A kid approved drink! Cinnamon added to this drink gives flavor and health benefits too.

## Ingredients:

**Brown Sugar** - ½ cup

**Water** - 1 Cup

**Cocoa Powder** - 2 Tsp

**Cinnamon Powder** - ¼ Tsp

**Almond Milk** - 2 Cups

**Maple Syrup** - 1 Tsp

## For Garnishing:

Oreo Cookies Chocolate

## Process:

1. Mix sugar and cocoa powder in a bowl.
2. Add water and cinnamon powder in the mixture and boil the mixture till sugar melts.
3. Let it cool till it comes to room temperature.
4. Garnish the glass. Dip the glass rim in maple syrup.
5. Take some crushed Oreo cookies in a plate.
6. Flip the glass on Oreo powder. The glass is ready for serving.
7. Pour the above prepared mixture, ice and almond milk.
8. Garnish with Chocolate.
9. Serve it chilled.







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# ICE CREAM

- Mrs. Hina Gautam (Ahmedabad)

It is a sweetened frozen food eaten as a snack or dessert usually made from dairy products such as milk and cream with added flavors and sweeteners combined with fruits, nuts or other ingredients. Flavouring and colouring are added in addition to stabilizer.

There are many different flavours of ice cream. Ice cream often has things added to it for enhancing its flavour like chocolate chips, nuts, fruit, cookie dough, sweets, sauces or small candies. Even chili flavour is famous now a days. Common flavours are vanilla, coffee, chocolate and caramel. Some ice cream are a mixture of two or more ice creams.

There is no denying that ice cream isn't exactly a health food. Its main ingredients are cream, milk, sugar and flavouring. That being said ice cream does provide your body with a handful of key nutrients, including bone strengthening calcium, phosphorous, blood pressure lowering potassium and energizing B vitamins.

"Cream Ice" as it was called, appeared regularly at the table of CHARLES 1 during the 17<sup>th</sup> century. France was introduced to similar frozen desserts in 1553 by the Italian Catherine de Marie. An ice cream was first eaten in China in 618-97 AD.

There are over 1000 different flavours of ice cream in existence. Along with flavours there are different types of ice cream served in different ways. Some of the few ice cream types are;

## **Ordinary (Hard) Ice Cream**

- Traditional recipe that is best known around the world. Made with no less than 10% milk fat, 12-16% of sweeteners, cream, sugar, eggs, and stabilizers, this type of ice cream was tried by almost everyone who ever consumed this perfect summertime treat. Countless toppings and flavors have ensured that this ice cream type will live forever.

**French Ice Cream** - Made with the base of custard that contains cream, milk, egg yolks

or whole eggs. Popular not only in France, but also all around the world.

## **Reduced Fat Ice Cream**

- People who take are health and diet conscious also enjoy their summer days with ice cream that uses low-fat ingredients which are clearly declared on the label.

## **Light Ice Cream**

- Low fat ice cream that has only one different ingredient than regular recipe - its base uses 25% less milk fat.

## **Soft Ice Cream**

- Made from similar ingredients as regular ice cream, but one step of the production is different. Freezing process is done at higher temperatures in a machine that keeps the mixture smooth, creamy and soft.

## **No Sugar Added Ice Cream**

- Made by using only artificial sweeteners or natural sugar substitutes.



**Lactose-free Ice Cream** – Ice creams that have no detectable lactose are perfect for people who cannot digest this enzyme.

**Gluten-Free Ice Cream** – Same as with lactose, several brands of ice cream are targeted for people who have problems digesting gluten.

**Organic Ice Cream** – Produced solely from natural ingredients.

#### **Types of Ice Cream by Shape:**

**Cones** – Edible hollow cone in which ice cream is poured. After the invention of ice cream cones in 1904, this type of ice cream became absolute most favorite of them all.

**Sticks (bars)** – Industrially made ice cream, which are frozen and solidified with small wooden sticks protruding from their bodies. Very popular across the entire world.

**Cakes** – Frozen cakes that incorporate ice cream fully or sometimes only partly.

**Buckets** – Industrial ice cream that is poured directly into plastic bucket, with sizes ranging from very small to large (family sized) ones.

**Sundae** – One of the most popular ice cream based deserts. It consists of the tall glass, few scoops of ice creams and many additional syrups and toppings.

**Floats** – Liquid desert that uses carbonated bubbles to ensure that one scoop of ice cream floats on the top of the glass.

#### **Frozen Desserts:**

**Frozen Custard** – At least 10% R milk fat and 1.5% egg yolk, with very small amount of air present in the final mix.

**Frozen Yogurt** – Low fat and fat-free frozen treat made of low fat or non-fat yogurt, sweeteners, gelatin, corn syrup, and flavoring and in some cases coloring.

**Gelato** – Popular Italian frozen dessert.

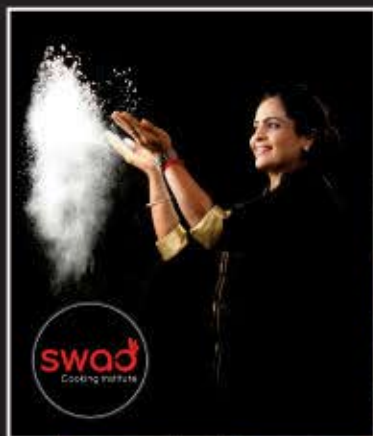
**Sherbet** – Ice cream variation which uses only 1-2% milk fat and is very sweet.

**Snow cones** – Frozen balls of flavored ice, crushed so that it remains in preferred shape.

**Frozen Soufflé** – Cold desert that whose base (usually frozen custard) has been enhanced with whipped cream and a Soufflé dish. All is frozen and decorated with various toppings (chocolate, fruits).

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# BLACK CURRANT ICE CREAM

Sneha Thakker (Surat)



## Ingredients:

**Plain Basic Ice cream** - 250 ml

**Whipped cream** - ¼ cup

**Blackcurrant essence** - 1/8 Tsp

**Fresh black grapes** - 1 cup

**Sugar** - 2 Tbsp

## Process:

1. Chop black grapes into small pieces.
2. Heat the chopped black grapes and sugar in a pan and allow them to cool.
3. Prepare basic ice cream as per method. Cut the base of ice cream into small pieces, add whipped cream and blackcurrant essence in it. Beat it for 7-8 minutes as shown.
4. Set it in a plastic container by making layers. Freeze it for 7-8 hrs to set.

# STRAWBERRY ICE CREAM

## Ingredients:

Plain basic ice cream - 250 ml

Whipped cream - ¼ cup

Strawberry essence - 1/8 Tsp

Strawberry - 1 cup

Sugar - 2 Tbsp

## Process:

1. Prepare strawberry mixture with sugar by boiling it.
2. Prepare basic ice cream as per method. Cut the base of ice cream into small pieces add whipped cream and strawberry essence in it. Beat it for 7-8 minutes as shown. Set it in a plastic container by making layers. Freeze it for 7-8 hours to set.

## For Garnishing:

1. Take a round cutter place it in the middle of the box in a way that both the layers of ice cream should be slice of in a circular slab.
2. Place mint leaves on top of the slab, now take strawberry sauce and pour it in presentable manner.





- Mrs. Hina Gautam (Ahmedabad)

## NUTS ICE CREAM

It's a very rich ice cream full of nuts and is creamy in texture.

### Ingredients:

**Heavy cream** - 1 cup

**Gold milk** - 1 cup

**Corn syrup** - 2 Tbsp

**Condensed milk** - 400 ml

**Cream cheese** - ½ cup

**Vanilla essence** - 1 Tsp

**Almond, pistachio roasted and chopped** - ½ cup

**Chocolate chips** - ½ cup

### Process:

1. In a blender combine heavy cream, milk, condensed milk and corn syrup, blend the mixture on low speed for 1 minute.
2. Add cream cheese and vanilla essence and blend mixture until well pureed.
3. Transfer to an airtight container and freeze for 2 hour, stirring once halfway while freezing, then transfer to an ice cream maker and process according to manufactures directions.
4. Add chocolate chips, roasted almond and pistachios during last few minutes of processing.
5. Transfer to airtight container and freeze to serve.

## PINEAPPLE COCONUT ICE CREAM

Pineapple coconut ice-cream is a healthy and non-dairy recipe.

### Ingredients:

**Pineapple diced** - 2 cup

**Banana** - 1 medium

**Coconut milk** - ½ cup

### Process:

1. Freeze pineapple and banana until solid.
2. Place coconut milk in the freezer for a few minutes. You want to use as much of the cream as possible and this will help separate the cream from the milk.
3. Place frozen pineapple chunks, banana and coconut milk in a food processor.
4. Blend until smooth and creamy.
5. Serve immediately as soft serve ice cream or freeze it.



## Jamun Ice cream

- Binjal Pandya (Food Blogger & Photographer, USA)

Homemade Fresh Jamun Ice Cream made with fresh, sweet Jamun, with shaved chocolate folded in. Like Mango, Jamun also in season in India, use this best rear seasonal fruit in your ice cream, perfect for summer. This is a no churn, eggless ice cream with less effort, still so yummy. It is perhaps the tastiest way to derive the benefits of black Jamun although it should ideally be had raw. Homemade Jamun ice cream is look yummy, delicious because of its natural color. It's so easy recipe and made it by simple ingredients easily ... Learn how to make Jamun Ice Cream by following this easy recipe.



### Ingredients:

**Deseeded Jamun/Black Plum** - 1 cup

**Condensed Milk** - 1 can

**Heavy Whipping Cream** - ½ cup

**Milk** - ½ cup

**White Corn Flour/Starch** - 2 tbsp

**Vanilla Essence** - 1 tsp

**Shaved Chocolate** - ¼ cup

### Process:

1. Blend the deseeded Jamun, do not puree, make coarse paste and keep aside.
2. Take a small pan. Add milk and corn flour, mix it well and cook it till boiling point on medium flame, then keep aside to cool down.
3. Add whipping cream in a mixing bowl and whisk it till foamy texture. Add condensed milk, vanilla extract, the prepared milk mixture and Jamun paste.
4. Mix all ingredients properly, then pour it into a plastic container, cover the lid and place inside freezer for 2-3 hours.
5. After 2-3 hours remove it from freezer, let it be little bit soft melted, then mix it again using hand mixer or wire whisk. Add shaved Chocolate and mix it well.
6. Place it again into the freezer till hard and set.
7. Jamun ice cream is ready, serve chilled.



## Rose Ice Cream

Rose Ice cream is rich and creamy yet soft. Rose Ice cream is perfect for summer. Rose Ice cream is delicious with the fragrance of the rose petals and the flavor of rose syrup that make it so special and fitting for summer. Actually, it's hot and humid here and this ice cream fits in perfectly with this weather. The enchanting aroma of rose and the tempting flavor make this ice-cream a delightful dessert, which has a royal effect on your taste buds. Lose yourself in this unique ice-cream, which is sure to pep-up your soul and your senses. It's hot and humid and this ice cream fits in perfectly with this weather. It's rich and creamy yet soft and delicious with the fragrance of the rose petals and the flavor of rose syrup that make it so special and fitting for summer. I have small patio garden here in the USA and every year in spring time I have been planting some flowers, herbs and some veggie plants in my small patio.

### Ingredients:

**Whole Milk** - 2 cup

**Whipping Cream/Fresh Cream** - 1 cup

**Corn Flour/Arrowroot Powder** - 1 tbsp

**Sugar** - ½ cup

**Rose Syrup/Rooh Afza** - ¼ cup

**Vanilla Extract** - 1 tsp

**Rose Petals (optional)** - ¼ cup

### Process:

1. Take a deep pan. Add corn flour and 3-4 tbsp milk in it and mix it properly, make sure no lump there.
2. Then add remaining milk and sugar and boil it for 7-8 minutes on medium flame. Remove it from the flame and keep aside till cool down.
3. Now in a mixing bowl add whipping cream and whisk it using hand blender till foamy texture.
4. Add whipped cream into the cooled milk mixture. Add rose syrup and vanilla extract in it and mix well till it becomes pink mixture.
5. Pour the mixture into the any metal or plastic container, cover it and place it into the freezer for 1-2 hours.
6. After 1-2 hours stir the mixture using spoon, then add rose petals and again mix it, cover it and place the container again into the freezer for 6-7 hour or overnight till it becomes hard texture.
7. Rose Ice Cream is ready. You can serve chilled and garnish it with fresh rose petals, dry fruits and enjoy the royal treat.





# Basil Mint Chocolate Chips Ice Cream

Basil Mint Chocolate Chips Ice Cream is eggless and no churn. Basil Mint Chocolate Chips Ice Cream is all natural green, no artificial color. Basil Mint Chocolate Chips Ice Cream is a perfect summer treat for all. Basil mint is my one of the favorite ice-cream combination and believe me you gonna also love it.

## Ingredients:

Heavy Cream - 2 cup  
Whole Milk + ¼ cup Extra - 1 cup  
Sugar - ¾ Cup  
Custard Powder or Tapioca Starch - 2-3 tbsp  
Fresh Mint Leaves - ¼ cup  
Fresh Basil Leaves - ¼ Cup  
Vanilla Extract - 1 tsp  
Chocolate Chips - ¼ cup  
Green Food Color (optional) - 1-2 drops

## Process:

1. Take a sauce pan. Add heavy cream, 1 cup milk and sugar. Bring it to the boil till all sugar dissolve properly. Turn the flame on low and stir it occasionally for 2-3 mins then switch off the flame.
2. Now take ¼ cup milk, add custard powder and mix it till it becomes smooth - make sure no lumps remain.
3. Add the prepared custard smooth paste into the milk mixture gradually. Add vanilla extract and mix it well.
4. Switch on the flame again, cook it for a 2 mins and then keep it aside to cool down.
5. Take another sauce pan and add 2 cups water. Once it starts boiling add basil and mint leaves. Blanch it for a min, strain it and then add blanched leaves into the icy cold water immediately.
6. Strain the leaves, blend it into the blender and make the smooth puree. Now using a fine strainer or cloth, pass the puree through it, so the small remains of the strand get removed.
7. Now add the stained herb puree into the cooled milk mixture. Add food color and mix it very well using hand a mixer or whisker.
8. Pour the mixture into a plastic or glass container, cover it and place it into a freezer about 1-2 hrs.
9. After 1-2 hrs the mixture is getting little bit thick and harder. Add chocolate chips, fold the mixture with spatula, plain the surface of mixture, cover it and place it again into the freezer for 7-8 hrs or overnight till hard.
10. Basil Mint Chocolate Chips Ice Cream is ready. You can serve fresh and enjoy the flavorful summer treat.



## No Churn Eggless Peach Ice Cream

When peaches are in season, No Churn Eggless Peach Ice Cream recipe is at the top of my list to make. Its eggless, no churn, no cooking required, still so yum. The pureed fruit lends a fresh flavor to the silky- smooth ice cream with candid peaches. Many homemade ice cream recipes require cooking a custard base, but this easy No Churn Eggless Peach Ice Cream is made from sweetened condensed milk, heavy cream and peaches. This fresh Homemade Peach Ice Cream just screams summer and will have your friends and family for more of this frozen delight too. Though Spring started, this week so cold here but for me it's never too cold for ice cream. However, I made this No Churn Eggless Peach Ice Cream 2 week before when my girls wanted to eat ice cream in warm and pleasant weather.

### Ingredients:

**Peaches Peeled and Chopped** - 1 cup

**Lemon Juice** - 1 tbsp

**Granulated Sugar** - ¼ cup

**Heavy Whipping Cream** - 1 ½ cup

**Sweetened Condensed Milk** - 1 can

**Milk** - ¼ cup

**Corn Starch/Arrowroot Powder** - 1-2 tbsp

**Vanilla Extract** - 1-2 tsp

### Process:

1. Add ½ cup chopped peaches, sugar and lemon juice in a mixing bowl, press it little bit and mix it well with using fork, keep it inside the freezer for chilled candid small cubes.
2. Take remaining chopped peaches, add into the blender, make puree and keep aside.
3. Add whipping cream in another mixing bowl and whisk it till foamy texture, then add condensed milk, vanilla extract and mix it well.
4. Add milk and corn starch in a small bowl and mix it till lump free paste.
5. Add the prepared paste into the whipped cream mixture, add peach puree and mix it very well.
6. Pour the prepared mixture into the plastic or glass container, cover it and keep it inside the freezer for 1-2 hours.
7. Remove the container from the freezer, stir it the mixture then add prepared frozen candid peaches cubes and mix it well.
8. Cover the container and again keep it inside the freezer for more than 6-7 hours or overnight till it becomes hard.
9. No Churn Eggless Peach Ice Cream is ready. Serve it with sliced peaches and garnish it with mint leaves as per choice.





## Watermelon Raspberry Popsicles

### Ingredients:

Watermelon Cubes (Deseeded) - 3 cups

Raspberry - ½ cup

Lime Juice - 1

Honey or 2 tbsp Sugar - 2 tsp

Light Corn Syrup (optional) - 1 tsp



### Process:

1. In a mixer or blender juice jar add watermelon cubes, raspberry, lime juice, honey, corn syrup and blend it till smooth.
2. Now pass the prepared smooth juice through the sieve and discard the solid parts.
3. Take the popsicle molds, pour the prepared juice, pop the popsicle sticks and place the molds into the freeze till it's become hard or almost 6-7 hrs.
4. Run the warm water over the popsicles mold to easily release the popsicles. Popsicles are ready! Enjoy!





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# GULKAND

## A Tonic of Summer

- Dr. Nehal Shah (Ahmedabad)

Gulkand is one of the most delicious an ayurvedic preparations which has been used from centuries for good health. The word Gulkand derived from Gul- means 'flower' in Persian and 'qand' which means 'sweet' in Arabic. Roses are the main ingredient of Gulkand. Rosa centifolia (centi-100 and folia: Petals) are commonly used species for preparing gulkand. This plant belongs to Rosaceae family. In Ayurveda, it is called as 'Shatpatri' - a flower with 100 petals.

Gulkand is prepared from fresh rose petals and rock sugar (Mishri or khadi sakar). Sometimes other ayurvedic properties like; praval pishti (coral powder), mukta pishti (pearl powder) can be added to boosts its action in hot season/ summer and diseases that occur due to excess heat.

### Health benefits and uses of Gulkand:-

Gulkand is best remedy for diseases that occur due to excess heat are known as Pitta diseases in Ayurveda. It helps to get rid of burning sensation in soles and palms. It helps to reduce serum uric acid level, so it is beneficial for patient of Gout. Gulkand relieves mental stress and calms the mind as general tonic.

**Gulkand Recipe:-** Rosa centifolia and Rosa damascena are considerably best species for making gulkand. Do not use cultured roses, as they contain very little essential oil and less flavour.

**Ingredients:-** Fresh Rose petals - 200gms.  
Rock sugar or Mishri - 400gms.

### Method:-

- Ensure that the rose petals are clean and free from insects.
- Separate rose petals, wash it thoroughly and dry.
- Take a glass or china clay jar with wide mouth.
- Arrange layers of rose petals and rock sugar alternately in the jar.
- Close the lid of jar tightly and place the jar in sunlight for 6 - 7 hours per day for 3 - 4 weeks.
- Mix the ingredients in the jar every alternate day by using wooden spatula.
- After 4 weeks, the mass in jar looks like jam.

**Note:-** Flavour of rose can be felt only after 3 - 4 weeks. In summer season it takes less time than winter, as sugar melts very easily.

**Storage of Gulkand:-** It can be stored for years if kept in cool and dry place. Best way would be to store Gulkand in an airtight container and refrigerate.

**How to consume Gulkand? :-** One can eat it without or with water, but warm milk is a best adjuvant for it. In most of diseases especially in constipation, to gastric problems, water is good adjuvant for Gulkand.

### Gulkand Administration, dosage, timings and conditions:-

- If there is a headache and gastric problem one can be taken gulkand in between food when you have eaten half food twice per day - In mild constipation - before sleep once a day - In moderate constipation - In the morning on hour after meal and - at night before sleep twice daily.
- The appropriate dosage of Gulkand both milk or water is as follow:- 500gms to 1gms twice a day - Infants - 2 to 3gms twice a day - Children - 5 to 10gms twice a day or 20gms twice a day - for adult - 2 to 5gms twice a day in pregnancy.
- 5gms twice a day for old age - Maximum possible dosage 20gms per day in divided doses.
- **Note:** Gulkand is not safe for diabetic patients.

It helps to reduce the side effect of antibiotics, painkillers and other strong drugs that causes nausea, burning sensation and ulcers. Gulkand helps reducing hyperacidity. The heat in the stomach removed by it. Gulkand has been traditionally used as cooling tonic to combat fatigue, lethargy, muscular aches, biliousness, itching and heat relate condition. Nose bleeding, vomiting, of blood, piles, or bitter- sour pitta, excess menstrual discharge, frequent abortions etc. are the indications wherein Gulkand gives excellent cooling. For children having worms in intestine, an ayurvedic powder 'vidanga' is mixed in gulkand and given to destroy the worms in fortnight. Dose of 1 tsp\ twice a day for fortnight. Gulkand is very useful to treat body odour and excessive perspiration. It detoxifies your body from inside and its cooling effect prevents internal heat during summer. It is very useful for those suffering from dermal diseases blisters, wrinkles, acne etc. it is natural anti-aging treatment. Gulkand is rich in antioxidants thus acts as an energy booster. The regular intake of gulkand aids in sever ulcers, constipation, stomach heat and heart burning. It is regarded as the health tonic that keeps your metabolism healthy and fit. During summer, Gulkand is advisable because it protects you from sun stroke, nostril bleeding and dizziness.





## Gul kand Pan Masala Kulfi

### Ingredient:-

**Milk** - 500ml  
**Condensed Milk** - 250gm  
**Mawa(sugar free)** - 150gm  
**Sweet pan masala** - 2 tablespoon  
**Gul kand** - 2 tablespoon  
**Betel leave** - 4

### Process:

1. Pour milk in pan and boil it .
2. Once it come to boil , add mawa and condensed milk in it stir well.
3. Add Gul kand in it. Now cook all mixture another one mintues. Turn off gas and cool it.
4. Now add sweet pan masala, and chopped one leave betel leave. Stir the mixture properly.
5. Transfer mixture in to kulfi molds and refrigerate in freezer for 6 to 7 hour.
6. Serve it on a betel leave after unmold.

## ICE CREAM FALOODA

Falooda is very popular all over India, especially in Delhi and Mumbai. It's not only delicious but also very cooling for summers as subja seeds, tukmaria are cool in nature.

- Urvi Momniya (Bombay)

### Ingredients:

**Fine vermicelli** - ½ cup  
**Chilled milk** - 1 glass  
**Pistachios, almonds** - ½ cup  
**Powdered sugar** - 2 Tbsp  
**Basil seeds (subja seeds / tukmaria)** - 3 Tbsp  
**Rose syrup** - 6 Tbsp  
**Vanilla ice cream / kulfi** as required.

### Process:

1. Cook the vermicelli in boiling water and keep aside to cool. Then chill in refrigerator till needed.
2. Keep aside few almonds and pistachios for garnishing.
3. Blend milk, powdered sugar, pistachios, and almonds in a blender until smooth. Chill in the refrigerator.
4. Place the basil seeds in a bowl and pour enough water over them. They will soon start to swell and look transparent with a small black dot in the center. Strain and keep aside in a small bowl.
5. Frost 2 tall glasses. In each glass, put half the vermicelli, half the prepared soaked subja seeds. Now pour in half the milk over them. Add rose syrup (keep a little for garnishing) in each glass and mix well. Add a scoop of ice cream / kulfi to this and drizzle some more rose syrup, garnish with almonds and pistachios. Serve immediately.



- Sejal Aggraval (Ahmedabad)

## THANDAI SAFFRON MASTI

Thandai is a refreshing drink in hot summers. Thandai Saffron Masti is a combination of almond and saffron with milk in the form of an ice cream.

### Ingredients:

Paneer - 200 gm

Condensed milk - 100 gm

Thandai powder - 3 Tbsp

Chopped dates - 2 Tbsp

Saffron - 6 to 7 threads

Milk powder - ½ cup

### Process:

1. Take grated paneer and add condensed milk. Mix it thoroughly.
2. Add Milk powder and Thandai powder in the mixture.
3. Add Chopped dates and make a dense batter.
4. Fill this batter in small silicon mold.
5. Put it at 50°C for 4 min in micro mode.
6. If not cooked properly, put again for another 2 minutes at 50°C.
7. Now freeze it for few hours.
8. Once set, garnish it with saffron and serve.

## THANDAI POWDER

Thandai, a refreshing drink for summers; is healthy as it contains all dry fruits. Preparing thandai is a tedious work, but this thandai powder recipe helps in preparing thandai instantly.

### Ingredients:

Almonds - 15 to 20 pieces

Cashew nuts - 15 to 20 pieces

Pistachio - 15 to 20 pieces

Melon seeds - 5 Tbsp

Poppy seeds (khus khus) - 5 Tbsp

Fennel seeds - 3 Tbsp

Black pepper - 1 Tbsp

Cinnamon powder - ½ Tbsp

Cardamom powder - 1 Tbsp

Saffron (kesar) - ½ Tbsp

Rose petals - 2 Tbsp

### Process:

1. Mix all the ingredients and crush them.
2. This powder can be used for 2 months, if stored cool.





- Jalpa Ambani (Ahmedabad)

## CHIKOO COFFEE ICE CREAM

Chikoo coffee ice cream is a blend of pure chikoo pulp and coffee. It's made with all natural ingredients with a creamy texture.

### Ingredients:

**Chikoo** - 5 to 6

**Milk powder** - ½ cup

**Milk** - ½ cup

**Fresh cream** - 1 cup

**Soaked black raisins** - 8 to 10

**Partially crushed walnuts** - ½ cup

**Coffee powder** - ½ Tbsp

**Chocolate powder** - 1 Tbsp

**Sugar** - ½ cup

**For Garnishing:** walnuts, gems, waffle cone and chocolate powder.

### Process:

1. Peel chikoo and cut them into small pieces.
2. Make the puree of the pieces in a blender.
3. Add milk powder, coffee powder, milk, sugar, soaked black raisins and chocolate powder and blend it in the mixer at the lowest speed.
4. Pour the blended mixture into a bowl add semi crushed walnuts and mix properly.
5. Pour the mixture into a pudding bowl and garnish with chocolate powder, remaining walnuts. Cover it with an aluminum foil and put it into a freezer for almost an hour.
6. Garnish it with gems and serve frozen.



## KESAR PISTA ICE CREAM

It gives a very rich taste. It's for those who love dry fruits and their flavors.

### Ingredients:

**Milk** - 1 liter

**Kesar** - ½ Tsp

**Cardamom Powder** - 1 Tsp

**Almonds chopped** - 1 Tsp

**Pistachio chopped** - 1 Tsp

**Milk Powder** - 1 Cup

**Sugar** - 1 Cup

**Green food colour** - 1 pinch

### Process:

1. Take a pan, pour milk into it and bring it to boil.
2. Boil the milk till it reduces to half.
3. Then divide the milk in two halves.
4. In one part of milk add kesar and cardamom powder, ½ cup sugar and stir well.
5. In second half of milk add milk powder, sugar ½ cup, pistachio and almonds, add food colour and stir well.
6. Now take the kulfi moulds. Fill each mould half with kesar milk. Freeze for 2 hours.
7. Now take them out and pour pistachio milk in the rest half filled moulds and set them again.
8. After 3 to 5 hours it's ready to be served.





# MANGO BASIL ICE CREAM

On a hot summer days there's nothing like this refreshing ice cream to cool you down. The balance of the sweet mangoes and basil is truly a flavor explosion.

- Alpa Majmudar (Ahmedabad)

## Ingredients:

**Alphonso mango puree** - 1 cup

**Sugar** - ½ cup

**Lemon juice** - 1 tbsp

**Whipping cream** - ½ cup

**Milk** - ¾ cup

**Fresh chopped Basil** - 1 to 2 Tbsp



## Process:

1. First take pan, add mango puree and heat it for a while. Add sugar and stir it till it is completely melted. Now add lemon juice and mix well. Put off flame and let it come to room temperature.
2. Now whip the whipping cream till stiff peaks are formed. Fold the mango puree into it.
3. Now add milk and mix well.
4. Finally add chopped fresh basil to it and mix.
5. Pour the ice cream mixture to airtight container. Freeze it for 7 to 8 hours and then serve.



# MANGO BEET ROOT POPSICLES

Gorgeous colored ice pops; made from combination of mangoes and beet. Kids will love this recipe in hot summers.

## Ingredients:

Popsicle molds

## For Beetroot mixture:

Beetroot juice - 1 cup

Any frozen berries - ½ cup

Banana - ½ cup

Rock salt - pinch

Honey or any sweetener as required

## For Mango mixture:

Ripe mango chunks - 2 cup

Coconut milk - 1cup

Vanilla extract - ½ Tsp

Honey or any sweetener as required

## Process:

1. Take pre-chilled ingredients of beetroot mixture and blend them in a mixture until smooth.
2. Similarly, take pre-chilled ingredients of mango mixture and blend them in a mixture until smooth.
3. Now take the popsicle mold. Add some mango mixture first, and then add beetroot mixture over it, let it merge naturally. Now top up again with mango mixture.
4. You can also give swirl with toothpick or just keep as it is.
5. Close the molds and freeze for 8 to 10 hours.
6. Enjoy chilled Popsicles.



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# MANGO ICE CREAM

- Payal Basantani (Ahmedabad)

## Ingredients:

**Amul Diamond Milk** - ½ liter

**Sugar** - 8 Tbsp

**Corn flour** - 1½ Tbsp

**GMS Powder** - 1½ Tbsp

**CMS Powder** - 1/8 Tbsp

**Whipped Cream** - 1cup

**Vanilla Essence** - 5 drops

**Mango Puree** - 1cup



## For Basic Ice Cream:

1. Mix together milk, sugar, corn flour, GSM powder & CMS Powder. Mix it properly.
2. Boil the mixture for 8-10 minutes.
3. Let it cool down at room temperature.
4. Keep it in fridge for 8 hours.

## For Mango Ice Cream:

1. Take basic ice cream and add vanilla essence, whipped cream, mango puree.
2. Whip this mixture till it gets double in quantity.
3. Transfer it into air tight container and keep it in fridge for 8-10 hours.
4. The ice cream is ready to be gobbled up.

# MANGO CHILI YOGURT ICE CREAM

- Devshree Thakker (Ahmedabad)

## Ingredients:

**Frozen chopped Mangoes** - 2 cups

**Honey** - 2 Tbsp

**Thick yogurt** - ½ cup

**Lemon juice** - 1 Tbsp

**Lemon zest** - 1 Tsp

**Chili flakes** - ¼ Tsp

Mint Leaves and Cherry for granishing



## Process:

1. In a blender add mangoes, honey and lemon juice. Blend for 2 minutes till creamy and no lumps are left. Mix yogurt to this and stir well.
2. Add chili flakes and lemon zest, mix well.
3. Fill this mixture in an air tight container and set over night. Garnish with mint leaf and cherry.



# PEANUT BUTTER CARAMEL ICE CREAM

This ice cream has peanut butter which gives it the creamy texture and bananas which adds richness to the flavor.

## Ingredients:

**Ripe bananas (medium size) - 5**  
**Homemade peanut butter - ¼ cup**  
**Caramel Sauce - 2 Tbsp**  
**Ground nut Oil - 1 Tbsp**  
**Cinnamon powder - ½ Tsp**  
**Nutmeg powder - 1 pinch**  
**Choco Chips as required (optional)**

## Process:

1. Slice bananas thinly in even size. Arrange all slices in a zip lock bag in a single layer and freeze for 2 to 3 hrs.
2. Take out frozen bananas from freezer and blend in mixture for 2 to 3 minutes.
3. Now add peanut butter, caramel sauce, oil, nutmeg powder, cinnamon powder and mix well into a smooth paste.
4. Take out the banana mixture in a bowl and add in choco chips and fold gently.
5. Fill this mixture in an air tight container and freeze over night.
6. Scoop out an ice cream in a bowl and garnish with caramel sauce and serve chilled.

## NOTE:

1. If the mixture is very hard to blend then you can add little milk, don't add too much of milk otherwise the bananas will lose its creaminess and will become liquid in texture.
2. Go for homemade peanut butter recipe given below. It gives amazing flavor to the ice cream.

## Peanut Butter

### Ingredients:

**Roasted peanuts (without skin) - ½ cup**  
**Ground nut oil - 2 Tbsp**  
**Honey (can also use jaggery or sugar) - 2 Tbsp**  
**Pinch of salt**

## Process:

1. Grind peanuts in a mixture grinder and powder them finely. Add oil, honey and salt. Blend till smooth.

# HOMEMADE CHOCOLATE ICE CREAM

An irresistible Chocolate ice cream; loved by kids and youngsters too.

- Jyoti Soni (Ahmedabad)

## Ingredients:

**Whipped cream** - 2 cup

**Chocolate chips** - ¼ cup

**Condensed milk** - 250 ml

**Coco powder** - 3 Tbsp

**Butter paper and silver foil.**

## Process:

1. Whip the whipped cream in a bowl.
2. Now add coco powder and chocolate chips and mix well.
3. Lastly add condensed milk and mix all the things properly.
4. In an air tight container place a butter paper and pour the ice cream mixture.
5. Seal with the foil and cover the lid. Place in the freezer for 6 hours.
6. Your ice cream is ready to enjoy.





## PAN DRY FRUIT KULFI

- Dhurma Shah (Ahmedabad)

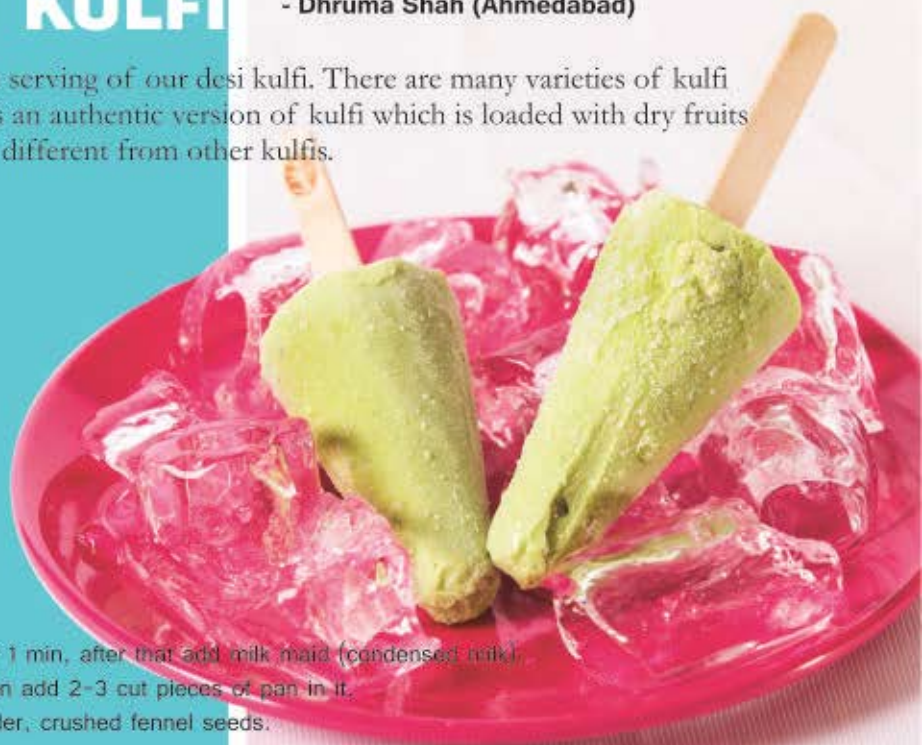
No Indian meal is complete without a serving of our desi kulfi. There are many varieties of kulfi which has dry fruits, fruits etc. Here is an authentic version of kulfi which is loaded with dry fruits added with pan flavor which makes it different from other kulfis.

### Ingredients:

- Cream -  $\frac{3}{4}$  cup
- Milk maid -  $\frac{1}{2}$  cup
- Milk -  $\frac{1}{2}$  cup
- Pan leaf, finely chopped - 3
- Dates - 2 Tsp
- Almonds - 1 Tsp
- Pistachios - 1 Tsp
- Cashew - 1 Tsp
- Cardamom powder -  $\frac{1}{4}$  Tsp
- Fennel seeds - 1 Tsp
- Green food color - 2 drops

### Process:

1. First take cream in a bowl, then boil it for 1 min, after that add milk maid (condensed milk).
2. Now add milk, boil it for 1-2 min, and then add 2-3 cut pieces of pan in it.
3. Now add almond pieces, cardamom powder, crushed fennel seeds.
4. Stir well and add green food color.
5. This mixture is ready to be filled in matka which is covered with plastic and keep it in freezer for 8 hours.
6. After 8 hours Pan dry-fruit kulfi is ready to be served.



## PAAN PASANDA ICE CREAM

We combine ice cream and paan in this flavor which is very refreshing and delicious.

### Ingredients:

- Plain basic ice cream - 250 ml
- Whipped cream -  $\frac{1}{4}$  cup
- Calcutti paan - 3
- Calcutti Paan Masala - 3
- Green colour if needed
- Paan masala essence -  $\frac{1}{8}$  Tsp

### Process:

1. Prepare basic ice cream. Cut the base of ice cream into small pieces, add whipped cream, chopped Calcutti paan, Calcutti paan masala, pinch of green color and paan masala essence in it. Beat it for 7-8 minutes.
2. Set it in a plastic container by making layers. Freeze it for 7-8 hours to set.





# MANGO FALOODA ICE CREAM

- Megha Shah (Ahmedabad)

Mango falooda recipe, is a delicious summer dessert preparation with falooda sev, mango puree and mango ice cream. Lets enjoy this summer at home.

## Ingredients:

### For Falooda:

Corn flour - ½ cup

Water - 1½ cups

Sugar - 1½ tbsp

### For Mango Falooda Ice cream:

Milk - ½ cup

Sugar - 1 Tbsp

Falooda seeds - 1 Tbsp soaked in ½ cup water for 20 mins

Falooda sev - 2 Tbsp

Mango puree - 2 Tbsp

Mango ice cream - 1 scoop

Chopped mango - 1 Tbsp

Pistachios - 2 sliced

Almonds - 2 sliced

Cherries for garnish



## Process:

### For making falooda sev recipe:

1. Grease the sev maker and set aside
2. In a vessel, add a liter of ice cold water and ice cubes and set aside in the fridge
3. In a vessel, mix ½ cup water, corn flour and sugar such that there are no lumps.
4. Heat 1 cup of water in a heavy bottomed vessel and bring to a boil.
5. Reduce flame to low and slowly add the corn flour mixture and keep stirring constantly. The mixture will begin to thicken. Keep stirring constantly till the mixture turns transparent, glossy and thick.
6. Turn off flame and immediately fill the hot mixture to a sev maker.
7. Ensure that you place the plate with small holes that you use to make thin sev. Do wear gloves or hold a thick towel around the sev maker as the mixture is very hot.
8. Remove the ice cold water vessel from the fridge, and press the hot corn flour mixture through the sev maker into the cold water such that the thin strands of noodles are immersed completely in the cold water.
9. Refrigerate the falooda sev immersed in cold water until use.
10. It can be stored for 2-3 days in the refrigerator. There is no need to cook the falooda sev anymore.
11. Strain the cold water and use the freshly prepared falooda sev as required for desserts like falooda and kulfi falooda.

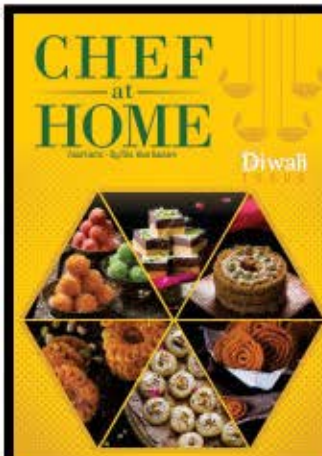
### For making mango falooda recipe:

1. Bring the milk to a boil and simmer till it reduces to 1 cup.
2. Add 2 Tbsp sugar and mix well, chill until use.
3. Soak falooda seeds in water for 15 to 20 mins and allow them to bloom. Set aside.
4. Blend mango puree with 3 Tbsp of sugar and refrigerate until use. Chill the serving falooda glasses in the fridge for at least half an hour.

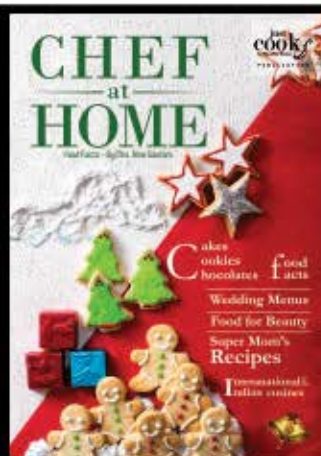
### To ASSEMBLE FALOODA ICE CREAM:

1. Take the chilled serving glass and add few mango cubes in the bottom of the glass followed by 2 Tbsp of bloomed falooda seeds. Next layer with 2 heaped Tbsp of falooda sev / noodles then add 3 Tbsp of mango puree. Slowly pour few Tbsp of chilled milk.
2. Repeat the above step with different layers one more time.
3. Finally, place a scoop of mango ice cream on top. Garnish with sliced nuts and a cherry.
4. Serve immediately to avoid the ice cream from melting and overflowing.





1st Issue



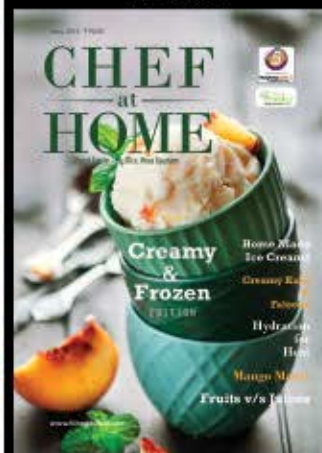
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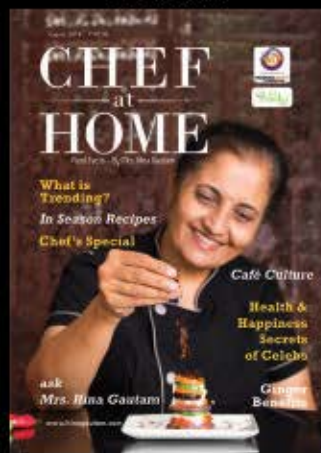
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# Secret for my **HEALTH and HAPPINESS**

- Bhakti Shah

It is my 5.30 am getting up that determines my 3.30 pm happiness. What I mean by this is that over the years I have discovered it is vital to get up around that time and start the day with yoga or meditation that breathes in life for the rest of my day. But if I start doing things which are not going to make my soul dance right from morning it is going to lead to a very depressed 3.30 pm which is not going to do me or others around me any good.

## The Ten Beautiful Dates I have everyday with myself:

1. My joy is in learning from life and from every plant, person, tree around me. They teach me growth, variety and appreciation. They are so beautiful that each moment spent with them becomes resplendent with understanding life through their perspective and becoming them!

2. I have a joy date with my food, every bite that goes in my mouth. I like it contributing to my physical or mental self, occasionally my craving self too (when desserts come into picture)

3. Since I believe that the food you eat makes your thoughts, I try and spend some time each day in understanding how I can make the food that goes into my body a little more nutritious at regular intervals rather than conventional practices of food habits.

4. Another happy date is with gazing at nature and my students listening to them and giving my inputs simultaneously learning from them.

5. When it comes to my parents and husband, my joy and happiness which stems from them too, I already have shining eyes since I get to declare small things like sharing the day animatedly with them and listening to their day. These are among my biggest dates for the day.

7. I always keep dates with real time and of course goals since they bring me a grounding along with flight, so I take flight each day into my dreams but the present joys always help me keep shining rather than wait for joys which will come only when dreams are achieved.

9. When it comes to having 100% clarity in life of what you want and having worked for it to an extent, discovering that your presence is required in another situation which is not a part of your clarity but still teaching yourself to live it with full zeal and enthusiasm gives me an immense joy trip! Change is the only constant! Life is a journey, since we are here, might as well enjoy it!

10. My productions of Tree Stories which have taught me to go beyond myself have initiated a maskless presence for so many on stage and off stage. My joy triples to infinity when I think and work on them to make them the catalysts of happiness in spaces of not only mine but others hearts too where they can blossom and get nurturing from the world.



6. My writing helps me unwind and become one of those Cartoon Network Power Puff Girls where I go into my studio and transform into the White Sun and start living words, the space, becoming one with the pen, paper and words.

8. My teaching, consulting dates bring me an unparalleled joy of becoming one with the surroundings rather than dividing myself separate from the teacher and the student tags...we become one platform and sharing happens in my classes or studio or wherever I am. Walls of hierarchy break down.

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