

CHEF — at — HOME

Food Facts – By Mrs. Hina Gautam

10th Issue

₹ 100

**Chai
Coffee &
More...**

Coffee Culture
High Tea Recipes

Tea Trends

Corn Fiesta

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CHEF — at — HOME

Food Facts – By Mrs. Hina Gautam

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letter from the editor

Indians love their food and take great interest in its preparation too. Be it breakfast, lunch, dinner or evening snacks, food for any time of the day holds equal importance in almost all Indian households. Making main course meals may not be that big a deal, but you may really need to strain your brains when it comes to making evening snacks. Well, not anymore, because we shall be sharing some yummy and quick evening snacking ideas that you can enjoy with your family at tea coffee time.



Hina Gautam

Mrs. Hina Gautam



mrshinagautam



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શુભ સંદેશ

વાનગીઓ બનાવવાની અને પીરસવાની રીત માટેની સ્પર્ધા તરફ હવે ગૃહિણીઓ વધુ દિલચસ્પી ધરાવતી થઈ છે. જેથી આપણી બહેનોમાં વિવિધ પ્રદેશની તથા વિવિધ સમાજની જાણીતી અને અવનવી વાનગીઓ બનાવવાની કળા વિકસી રહી છે. જેના ફળસ્વરૂપ લોકો હવે હોટલોની આણી પીણી તરફથી ઘર તરફ પાછા ફરી રહ્યાં છે. જે માટે અવારનવાર આયોજીત થતી વાનગીઓની સ્પર્ધાના આયોજકોને હું દિલથી ધન્યવાદ આપું છું. પણ વાનગીઓની આ સ્પર્ધક હોડમાં એક કડી ખૂટે છે. કહેવાય છે જેવો અન્ન તેવો ઓડકાર. અન્નની મન પર અસર પડે જ છે. મંદિરમાં સત્યનારાયણની કથા માટે બનતો સોજીનો શિરો મહાપ્રસાદ કહેવાય છે અને તે જ શિરો જો ઘરમાં બને તો ફક્ત શિરો જ છે. તો અહીંયા વાનગી બનાવવામાં રહેલ ધાર્મિક - આધ્યાત્મિક ભાવના, માનસિક સ્થિતિ, શારીરિક સ્વચ્છતા, ભક્તિમય વાતાવરણ ખૂબ મોટો ભાગ ભજવે છે. તે શક્તિ સભર કલ્યાણકારી છે, દુઃખ હર્તા છે, ઘરમાં શાંતિ આનંદ પ્રેમ અને સ્વાસ્થ્ય પ્રદાન કરે છે, જે ઘરમાં બનતો શિરો નથી કરતું. તો જો ઘરમાં કે સમૂહમાં પણ જ્યારે વાનગીઓ બનાવવામાં આવે ત્યારે કથાના પ્રસાદ બનાવવામાં લેવામાં આવતી કાળજી રાખી ભક્તિમય વાતાવરણમાં, ભગવાનની યાદમાં, મનમાં કલ્યાણની ભાવના સાથે જો કોઈ પણ વાનગી બનાવવામાં આવે તો પરમાત્મા તેમાં શક્તિ ભરશે, જે મનની, શરીરની વ્યાધિ દૂર કરશે અને સૌ સાથે આધ્યાત્મિક સામીપ્ય કેળવી પરમાત્માના આર્થિવાદના પાત્ર બનાવશે. તો આ જે ખૂટતી કડી છે તેને જો વાનગી બનાવવામાં સામેલ કરવામાં આવે તો સોનામાં સુગંધ ભળશે. અને તો પછી ઘરને મંદિર બનવાથી કોઈ રોકી શકશે નહીં. અને ત્યારે જ તો કહેવાય છે કે “ઘર મંદિર સે નહીં હો કમ, વુમ જહાં ભી રખોગે કદમ...”



ઓમ શાંતિ
રાજયોગિની કૈલાશદીદી
સંચાલિકા, બ્રહ્માકુમારીઝ ગાંધીનગર

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Three blue ceramic mugs are arranged diagonally on a light blue tiled surface. The top mug features a complex, symmetrical brown and white latte art design. The middle mug has a thick, white, textured foam top. The bottom mug has a vibrant pink rim and a white center with a single coffee bean in the middle. The text is positioned to the right of the mugs.

Coffee culture describes a social atmosphere or a series of associated social behaviors that depend heavily on coffee, particularly as a social lubricant. The term also refers to the cultural diffusion and adoption of coffee as a widely consumed stimulant. Coffee culture varies by country, state, and city.

Coffee Culture

The urban demographic has been steadily increasing in India as more and more young professionals move to bigger cities for better opportunities. However, an interesting trend that has become a culture due to this growth in city populations is that of drinking coffee. Increasingly more and more forms of coffee have become available to Indians and it has led to a direct rise in coffee consumption. And this is not a bad trend at all, because, consumed correctly, coffee has a slew of benefits that it bestows upon habitual drinkers. There used to be the misconception that coffee is bad for health, but over time that has subsided and given way to a thriving coffee culture in India! Let's look at some of the health benefits of this phenomenon!

Mrs. Hina Gautam

Inflammation Relief

Not many people know that coffee is a great way to deal with physical pain that one experiences after strenuous physical activity. As more and more people go to the gym in India and concentrate on their physical fitness and wellbeing, the consumption of coffee has risen. Research shows that drinking coffee after a physical workout can reduce muscle fatigue and pain by almost half.

Digestion Booster

Coffee also provides a good amount of soluble fibre which aids the daily digestive process. It has also long been

considered as a diuretic in that it boosts the production of urine by increasing the bloodflow to the kidneys. This is good for the digestion system if coffee consumption is within limit. Drinking two cups a day can be very good for the health of your digestive system.

Anti Diabetic

As the rate of diabetes increases rapidly in India, people are looking for any ways they can find to prevent catching this debilitating disease. Type-2 diabetes is a lifestyle issue that is occurring all over the world as countries develop and obesity in the population

increases. Coffee has a significant impact on the likelihood of developing diabetes up to the extent that each cup of coffee drank in a day reduces the chance of diabetes by 9%.

Lower Risk of Heart Disease

Coffee has an interesting effect on the body which reduces the hardening of arteries. The coronary arteries are most commonly at risk of calcification from cholesterol. But drinking coffee on a regular basis reduces this process, decreasing your risk of getting any heart disease. Even heavy drinkers of coffee experience this benefit, but coffee should not be

consumed beyond a certain dosage so as not to experience dehydration and diarrhea.

Lower Risk of Cancer

Coffee contains certain chemicals like caffeine and polyphenol that act as powerful antioxidants preventing the growth of cancer cells in certain parts of the body. Up to 26% lower chance of developing cancerous cells is experienced by habitual coffee drinkers. Other chemicals like diterpenes and melanoidins help in maintaining good colon health, preventing colon cancer to a certain degree.



Coffee

with a friend is like capturing

Happiness

in a cup

COFFEE SMOOTHIE

Coffee smoothie has everything you need for a complete healthy morning breakfast. Whole grains, fruit, caffeine and a spoonful of nut butter protein. Enjoy taste with health.

Ingredients

Banana sliced - 1

Strong brewed coffee - ½ cup

Skim milk / almond milk - ½ cup

Rolled oats - 2 tbsp

Peanut butter - 1 tbsp

Method

1. Combine all ingredients in a blender until smooth consistency.
2. You can top with a Sprinkle of chocolate and serve immediately



Mrs. Hina Gautam

-Ahmedabad



FUDINA NAMAKPARA

Ingredients

All purpose flour - 1 cup

Kasuri methi - 1tsp

Dried mint powder - 1 tbsp

Carom seeds - ½ tsp

Chilli flakes - 1 tsp

Ghee - 1 tbsp

Salt to taste

Oil for frying

Method

1. To begin with, in a large bowl, combine, all-purpose flour, kasuri methi, dried mint leaves, salt, red chili flakes, ajwain and mix well. Then add ghee and start mixing with fingers to crumble well.
2. Gradually, add water and knead firm dough.
3. Then, cover the dough rest for 30 minutes.
4. While the dough rests, heat enough oil in deep pan/kadhai.
5. Roll and cut pudina namak para into diamond shape.
6. Once the oil is hot, lower the heat to medium low. Slide the namak paare gently into the hot oil and fry until they are golden brown and crisp.
7. Take the pudina namak para out and drain onto absorbent paper. Repeat the same for all the dough balls.
8. Cool them completely. Store in a clean airtight container at room temperature.

Serve pudina namak para as a snack with tea or coffee.





GREEK FRAPPE

The frappe is the hallmark of Greek coffee culture. It's a cool refresher on a hot day for coffee lovers. And it's super easy to make.



Devashree Thaker
-Ahmedabad

Ingredients

Water chilled - ½ cup

Milk chilled (optional) - ¼ cup

Coffee powder - 2 to 3 Tsp

Powdered sugar - 1 ½ Tsp

Ice cubes as required

A tall glass or a bottle

Method

1. In a bottle take coffee powder, sugar and add around 2tbsp of water.
2. Whisk with coffee frother machine for 2 minutes, it will become thick and volume will increase more than double.
3. Add in ice cubes, milk (if using) and water. Mix well with spoon and serve chilled.

HAZELNUT COFFEE

Create this delicious hazelnut Iced Coffee in minutes.

Ingredients

Milk (chilled) - 1 ½ cup

Vanilla ice cream - ½ cup

Coffee - 1 Tbsp

Nutella - ½ Tbsp

Ferrero Rocher - 2 to 3 pieces

Powdered sugar - 2 Tsp

Crushed ice cubes as required

Whipped cream for garnishing

Method

1. In a grinder jar take milk, sugar and coffee and blend for a minute.
2. Add in ice cream, Nutella and Rocher and blend again for a minute.
3. In a glass put ice cubes and pour chilled coffee. Garnish with whipped cream and serve.



MOCHA JAVA CHIP



Chef Aanal Kotak

-Baroda

Ingredients

Full Fat Milk - 100 ml

Sugar Syrup - 30 ml

Chocolate Sauce - 30 ml

Dark Chocolate Compound - 30 gm

Coffee Decoction - 30 ml

Vanilla Ice cream

Whipped Cream on Top - 2 Scoop

Ice Cubes - 50 gm

Chocolate Chips - 10 gm

Coffee Powder - 30 gm

How To Make Coffee Decoction

1. In a pan add 150 ml water and add coffee powder.
2. Boil it for 10-15 min at 100*c.
3. Strain it and keep it in fridge

Garnish

1. Whipped cream
2. Chocolate sauce
3. Chocolate chips

How To Make Mocha Java Chip

1. Put All the ingredients into a mixer jar except whipped cream and chocolate chips and blend till smooth.
2. Then put this mixer into a glass and garnish it with whipped cream, chocolate chips and chocolate sauce.



HOT CHOCOLATE



Ingredients

Full Fat Milk - 150 ml
Milk Powder - 30 gm
Cocoa Powder - 30 gm
Fresh Cream - 30 ml
Sugar - 2 tsp

Garnish

1. Cocoa powder

How To Make Chocolate Cold Coffee

1. In a pan put milk and boil until it reduced $\frac{1}{4}$.
2. Then add cocoa powder, milk powder, cream and sugar.
3. Boil it at 100*c for 10 min.
4. After that Strain it properly in bowl.
5. Now blend it with hand blender until it becomes fluffy.
6. Then pour it into mug and serve hot with rusk bread.
7. Sprinkle cocoa powder on top before serving.

IRISH COFFEE

Ingredients

Irish Cream Flavour - 30 ml
Coffee Decoction - 60 ml
Whipped Cream On Top

How To Make Coffee Decoction

1. In a pan add 150 ml water and add coffee powder.
2. Boil it for 10-15 min at 100*c.
3. Strain it and keep it in fridge

Garnish

1. Whipped cream
2. Coffee beans

How To Make Irish Coffee

1. Mix the hot coffee decoction and Irish cream flavour in a glass
2. Then Top-up it with whipped cream
3. Garnish it with coffee beans.



APPLE PUFF PASTRY TART

These easy puff pastry apple tarts look and taste extra special, but they are super easy to make and bake. They are the perfect dessert after dinner.

Ingredients

For Puff Pastry

Cold Butter - 1¼ Cup

Very cold water - ½ Cup

Salt - ¼ Tsp

White Flour - 2 Cups

For Stuffing

Finely Slice Apples - 2

Strawberry Jam - 1 Cup

Sugar Powder - 2-3 Tbsp

Fresh berries to garnish.



Ami Bhatt

-Baroda

Method

For Making Puff Pastry

1. Take white flour and salt and small cubes of butter and mix them well.
2. Now add chilled water to this flour and mix well to make a round thick dough.
3. Wrap this dough up in plastic wrap and put it into the fridge for 30-40 minutes.
4. Now bring it out of the fridge and unwrap the dough, dust the surface with flour and roll it flat in rectangle shape.
5. Fold this dough in third like a letter.
6. Now put this for another 30-40 minutes in the fridge. Repeat the same process for another 3-4 times.
7. Finally leave the dough in fridge for 2 hours before using it.

For Filling The Stuffing

1. Bring out the pastry from the fridge.
2. Make rectangle pieces around 3 inches in size.
3. Now put 1 tsp strawberry jam in the middle of these shapes and lay thin apple slices on it. Sprinkle some sugar powder over it.
4. Now put all these pieces in preheated oven on 180 Degrees for 15-20 minutes until you see them turning light brown.
5. Garnish with a piece of berry over it and serve.



STUFFED BELL PEPPER

Stuffed bell peppers are the perfect meal which will never fail to satisfy. We can other veggies too to make it more tasty.



Ingredients

Red Bell Pepper - 1
Mashed Sweet Potatoes - 1 Cup
Fine chopped Onions - 2 Tbsp
Chilli Flakes - ½ Tsp
Crushed Black Pepper - ¼ Tsp
Salt to Taste
Coriander - 1 Tbsp
Lemon Juice - 1 Tsp
Oil for Frying.
Cheese Cubes
Breadcrumbs - 2-3 Tbsp

Method

1. Cut Bell Pepper in 1 Inch sized Rings
2. Mix all the masalas into mashed sweet potatoes and prepare that stuffing.
3. Fill the stuffing between the rings and shallow fry with 2 drops oil until light brown.
4. Now add lemon juice and salt to taste to this hung curd. Mix it and fill it in a cone.
5. Serve with cheese along with hot Tea or Coffee

Ami Bhatt

-Baroda

MASALA CHAI CUPCAKES



Soft and moist chai cupcakes with chai at tea time. You'll get a double dose of the spicy blend of tea in these cup cakes. These can be stored for few days in a container.

Ingredients

Condensed milk - 200 gms
Chai - 125 ml
(made with milk without sugar)
Butter - 100 gms
Castor sugar - 15 gms
Flour - 125 gms
Baking powder - 1Tsp
Baking soda - ½ Tsp
Chai masala - ½ Tsp

Method

1. Beat the sugar and butter till it becomes light and fluffy. Add the condensed milk and mix well.
2. Sieve the dry ingredients and mix them with sugar mixture and add homemade chai without sugar and make a smooth batter.
3. Fill up the muffins liner with half of the batter
4. Bake it for 15-20 mins @180deg.
5. Your masala chai muffins are ready.



Ankita Jain

-Ahmedabad

APPLE CINNAMON MUFFINS

We all love muffins, tea cakes. Apple - cinnamon combination is favorite amongst all. An apple keeps a doctor away but still many kids as well as elders don't like apple. This is the best way to make them eat apple. Aroma of cinnamon makes this muffins more addictive. Moreover I have used wheat flour instead of all purpose flour & of course egg less too. Hope you all like this aromatic muffins.



Deepa Rupani
-Ahmedabad

Ingredients

Chopped apple - $\frac{3}{4}$ cup

Wheat flour - 1 cup

Sugar - $\frac{1}{2}$ cup

Melted butter - 3 Tbsp

Baking soda - $\frac{1}{2}$ Tsp

Cinnamon powder - $\frac{1}{2}$ Tsp

Vinegar - $\frac{1}{2}$ Tsp

Vanilla essence - $\frac{1}{4}$ Tsp

Pinch of salt

Method

1. Sieve wheat flour, $\frac{1}{4}$ tsp cinnamon powder, salt together and keep it in deep bowl.
2. Mix $\frac{1}{2}$ cup water & sugar in one pan & let it cook for 2-3 minutes on medium flame, stir continuously.
3. Then turn off heat, add essence butter and vinegar in it and mix well.
4. Now add flour mix in it and add apple along with approximately 2 tbsp water, whisk and mix well.
5. Lastly add apple and mix well.
6. Now put paper cups in muffin tray and fill each cup with this batter.
7. Tap tray lightly so mixture set in cup properly.
8. Sprinkle cinnamon powder on each cup.
9. Now in pre heated oven, arrange this muffin tray and bake it for about 20 minutes on 180°C . Check with tooth pick if muffins are baked properly.
10. Serve warm with tea or enjoy as it is.



METHI NIMKI / FENUGREEK STICKS

Fried snacks are part of our daily routine. It can be consumed with tea or it can be consumed as it is, when hungry between meals. Here are yummy sticks with fresh fenugreek leaves.

Ingredients

All purpose flour - 2 cup

Finely chopped fenugreek leaves - 1 ½ cup

Oil - 2 Tbsp

Salt to taste

Sprinkle mix

Red chilli powder - 1 Tbsp

black salt - 1 Tbsp

Oil for frying

Method

1. Knead medium dough with water by adding salt, oil, fenugreek leaves in flour.
2. Divide kneaded dough in lemon size balls. Take one ball & roll thin rotis out of it.
3. Prick it with fork, cut it in stripes or your desired shape.
4. Now in pre heated oil, deep fry it till it becomes crispy on medium heat.
5. Mix spices and sprinkle it over fried nimkis.
6. Once it cools down, store in air tight container.



ZUCCHINI BITES

Zucchini's origin is Northern Italy. It falls in squash family. It can be dark green or yellow. Zucchini improves digestion, slows down aging, lower blood sugar levels, boosts energy levels. Here, I prepared simple yet yummy filling/dip using Zucchini, which can be chosen for any chips, bread. I filled bread tarts with it.



Ingredients

Bread tartlets - 8

Chopped capsicum - 1 Tbsp

Chopped zucchini (green) - 2 Tbsp

Finely chopped garlic cloves - 5

Olive oil - 1 Tbsp

White sauce - 1 Tbsp

Oregano - 1 Tsp

Chili flakes - 1 Tbsp

Salt to taste

Tomato ketchup - 1 Tbsp

Note:

1. Can add other vegetables & extra cheese too.
2. Can prepare bread tartlets in advance.

Method

1. Heat oil and sauté garlic for few seconds then add zucchini and capsicum. Saute for 2-3 minutes.
2. Now add white sauce, seasoning, salt and mix well. Turn off heat after 2 minutes, stir continuously.
3. Now fill each tartlet with prepared filling, pour few drops of ketchup & serve.

BROWNIE FUDGE COOKIES



Geeta Khuman
-Ahmedabad



Ingredients

Maida - 1 cup

Brown sugar - ½ cup

Melted Chocolate - 100 gram

Butter - 2 Tbsp

Method

Mix Maida, Baking Powder, Baking Soda in a bowl. In other bowl add brown sugar, butter, mix it well and rest for 2 min then after mix all ingredients and rest for 2 min. Place in oven for 180 C for 35 min and Serve with chilled coffee.

BESAN CHURROS

Ingredients

Besan - 1 cup

Maida - 1 cup

Butter - 100 gram

Salt to Taste

Water - 2 cup

Oil - 1 tsp

Powder Sugar - 2 tsp

Oil for frying

Method

Take a Pan, add oil, water, salt, heat for 2 min. Add besan, maida, to boiling water and mix well. Mix it well in quick manner and put it in piping bag and make churros and fry it.



ENERGY BAR

Ingredients

Dates - 100 grams

Peanut Butter - 100 grams

Chocolate chips - 1 tbsp

Almond Biscuit - 5

Method

Mix all the ingredients and churn it well. Now take the mixer and set in plate and place in Refrigerator for 2 hours. Serve in Pieces with honey.



BANANA COCONUT LOAF



Ingredients

Mashed Banana - 4

Maida - 1 cup

Fresh Coconut - 1 ½ cup

Baking Powder - ½ tsp

Baking Soda - ½ tsp

Honey - 2 tsp

Method

Mix all the ingredients together and pour in the bread tin at 180 c for 40 min. Unmold once it is baked. Spread peanut butter on the top and enjoy.

Tea Trends in India

It was quite a fortunate event for tea-lovers when the British Tea Committee sent their eminent botanist Robert Fortune, aptly named, on a secret mission to learn the tea farming and processing techniques of China. They wanted to stop relying on China for the international trade of tea and were trying to establish tea agriculture in India. This has inevitably led to Indians having a deep relationship with the plant. We consume more tea than most countries in the world and have various forms that we drink it in. Our tea culture has been evolving and growing for over a century and the medicinal benefits of tea have ensured that it is still a relevant spice in the lives of a billion Indians. With that in mind, let's take a look at where tea stands as of right now as far as trends are concerned.

Mrs. Hina Gautam

Medicinal Teas

As we know very well in India, tea is a medicinal plant and is consumed with the intention of healing in many places. Several problems like insomnia, nausea, stress, muscular pains, skin troubles, etc. are helped by tea consumption to name a few. Teas have high amounts of

at home. Which is exactly why, medicinal teas are on the rise!

Drink Tea on the Go!

Over the last few years the options for getting ready to drink teas have significantly expanded. Usually high in antioxidants these teas have become more readily available at

like mint, lemon, different types of fruits, and even flowers!

Bubble Teas

Not a tea-culture originally from India, this Taiwanese take on teas has been gaining steady popularity, especially with younger Indians. Made from Tapioca beads or Sabudana

a trendy topic on social media as well!

Classic Indian Tea

India's classic rendition of the tea which involves milk, sugar, along with a wide assortment of spices which vary from place to place, is still just as popular. Even though there have been so many options and variations of tea that have made it to India, the classic version of the Indian tea which is made in households still remains the most consumed form of tea. Spices can include mulethi, adrak, masala, tulsi, elaichi, among others.

Green Tea

Finally, another influential trend in tea drinking has been the addition of green tea to the Indian market. Green teas are one of the most potent sources of antioxidants that have multiple health benefits, prompting the budding health-conscious population of India to choose green tea over others. It is very easy to consume and simply adding lemon and honey not only makes the taste sublime but also increases the health benefits!



antioxidants, which act as age retardants and prevent cancerous cells of various kinds from taking root in our body's ecosystem. Consuming teas that are directly geared towards helping with specific health problems can be an effective way to medicate yourself safely

coffee shops and supermarkets. Due to effective packaging and standardized quality, they can be bought in bulk and drank as needed, on a daily basis or otherwise. Additionally, people who are looking for more flavourful teas can find plenty of options

beads as we would call in India, this tea can be had with milk or without. The flavours are abundant and they make for perfect sipping tea while spending time with friends and loved ones. College students are particularly drawn to bubble tea around the world which has made it

DAINTY DILL AND CUCUMBER SANDWICH

These sandwiches are the ideal evening snack to accompany tea or coffee because they are quick and easy to make. They are cute and have the light, fresh flavour of dill. You can prepare these sandwiches in advance and cover it with a damp napkin or in an airtight container in the fridge.



Dipti Chhadva
-Baroda



Ingredients

Slices of fresh bread - 4

Few slices of cucumber

Salted butter - 1 tbsp

Chopped dill - 2 tbsp

Spring onions greens finely chopped - 1 tsp

Pinch of pepper

Method

1. Mix finely chopped dill and spring onion greens in soft butter. Then add some pepper.
2. Cut small rounds of bread (bite size) with any cutter.
3. Apply dill flavored butter on bread and place a cucumber slice. The butter on both sides of the cucumber will stop the bread from becoming soggy.
4. Cover with another bread slice.
5. To garnish, make thin slices of cucumber. Fold the slice half and place on the sandwich. Seal with a toothpick or a cocktail fork.



HIBISCUS TEA

Hibiscus tea is an herbal tea made from the infusion of hibiscus flowers which are crimson or deep red in colour. It has a tart, cranberry like flavour. It is consumed hot and cold with ice both. It regulates blood pressure, high cholesterol. It is rich in vitamin C and antioxidants. Worldwide, this tea is called by names like rosella, red sorrel, rosa de Jamaica, zobo, grajeab, karkade etc.

Ingredients

Water - 2 cups

Hibiscus flowers

(2 tsp dried hibiscus flowers) - 6

Peel of an orange and few sticks of lemon grass

Sugar or honey as required

Lemon juice - 2-3 tsp

Method

1. Remove the calyx or green part at the base of the flower to which the stem is attached. Also remove the pistil which is the thin thread like tube in the middle of the flower which has pollen attached to it. You don't need to do this if you are using dried flowers.
2. Boil water and add the flowers, orange peel and lemon grass.
3. Cover and cook for one minute.
4. Put off the flame and let it seep.
5. Strain and then add sugar/honey and lemon juice.
6. Enjoy hot or chilled.

CHINESE NOODLES SAMOSA

Chinese Noodles Samosa is a combination of Indian's favorite snack and Chinese noodles into one. Indian Chinese cuisine is the adaptation of Chinese seasonings and cooking, this makes Indian Chinese food similar in taste to many ethnic dishes, Chinese Noodles samosa is one of them innovative dish, which is a very tasty and delicious. This triangular shape dish, outer cover is Indian and inside with Chinese filling. I am sure kids love this and when they open this samosa, sure their cute smile come on their face because kids love noodles. So try this dish with your family and friends and enjoy!

Ingredients

Dough

All Purpose Flour/Maida - 1 cup

Salt

Carom Seeds/Ajwain - 1 tsp

Ghee/3 tbsp Oil - 2 tbsp

Stuffing

Oil - 2 tbsp

Ginger-Garlic Paste - 1-2 tsp

Thinly Sliced Capsicum - ½ cup

Finely Sliced Carrot - ¼ cup

Finely Chopped French Beans - ¼ cup

Sliced Onion - ¼ cup

Spring Onions - 2 tbsp

MSG (Optional) - ½ tsp

Soy Sauce - 2 tsp

Red Chilli Sauce - 1 tsp

Vinegar - 2-3 tsp

Black Pepper Powder - ½ tsp

Salt

Boiled Noodles - 1 cup

Oil for Deep Frying

Process

1. Take the dough, knead it again and divide into small portion balls.
2. Roll out the ball into a thin oval shape chapati, and then cut into half. 5
3. Take one half and apply little water on the straight edge.
4. Fold the edge to make a cone such that watered edges are overlapped and sealed. 6
5. Put the stuffing into it and again apply water inside the edges and seal it to make a Samosa.
6. Repeat the same Process to make more Samosas. 7
7. Heat the oil and deep fry Samosas on medium flame till turn golden brown from all the sides. 8
8. Remove on absorbent paper towel.
9. Chinese Noodles Samosa is ready, serve with tomato sauce or chutney.

Method

Dough

1. Combine Maida, Salt, Carom Seeds, Ghee/Oil, and mix well in a bowl.
2. Add a required water, knead well and make a stiff-smooth dough.
3. Cover the dough and Keep aside for 10-15 minutes. 1

Stuffing

1. Heat oil in a pan, add Ginger-Garlic paste and sauté for few minutes.
2. Add Capsicum, Carrot, French Beans, Onion and Spring Onions and sauté for 5 minute on medium flame. 2
3. Add MSG, Soya Sauce, Red Chilli sauce, Vinegar, Black Pepper powder, Salt, and mix well. 3
4. Now add Noodles, mix it well and stir it for a minute. 4
5. Remove from the flame and keep aside, let it cool down.



Binjal Pandya
-USA

Tips:

- Don't use the flour for dusting when you roll the ball, else it will make Samosa oilier.
- You can use Cabbage, Green Peas in a filling.
- Always fry Samosa on medium flame, it will help to make Samosa cover crispier.



KANDA BHAJI/ ONION PAKODA/ ONION FRITTERS



Kanda Bhaji is one of the very famous Mumbai street food. Very crispy and delicious Kanda Bhaji is perfect for breakfast or snack during winter or rainy season. It's one of my favorite Mumbai snack, I miss this in USA's cold weather, so I made this on my weekend breakfast menu, me and my family enjoyed a lot. Kanda Bhaji can be made in less than 30 minutes. It's perfect for children when they are hungry and want some crunchy meal. Kanda Bhaji made with sliced onion, besan, spices and proper water consistency is a key of perfect crispy onion fritter. Many people add soda in Onion Bhaji batter, it makes the Kanda Bhaji soft and fluffy. Onion Bhaji soaks lots of oil when you add soda in it.

Ingredients

Thinly Sliced Onion - 2 cup
Besan/Chickpeas Flour - 1 ½ cup
Suji/Semolina - ¼ cup
Green Chili Finely Chopped - 2
Red Chili Powder - ½ tsp
Turmeric Powder - 1 tsp
Salt
Sugar - 1 tsp
Oil for Deep Frying

Method

1. Take a large bowl, add thinly sliced onion, chopped Green chili, besan, and suji.
2. Add Red Chili powder, turmeric powder, salt, sugar, water as required and mix well, make a thick batter, keep aside.
3. Now heat the oil in deep pan on medium to high flame. Drop spoonful of the onion mixture using your fingers and then deep-fry till they turn into golden brown in color from all the sides.
4. Repeat with the remaining batter to make more Kanda Bhaji. Drain on absorbent paper and keep aside.

METHI THEPLA/ FENUGREEK LEAVES FLATBREAD

Methi Thepla is a most popular staple flat bread from Gujarati cuisine. It's delicious, healthy and easy to make. If you are going on long travel this is a best traveling food, easy to carry, easy to store and you can eat it for 2-3 days easily. It's cooked almost daily in many Gujarati homes. It is prepared from wheat flour, fenugreek leaves and other spices. Methi Thepla is a light as well as healthy snack, it is a thin, soft and goes simply great with boondi rayta, chili pickle or any kind of pickle. Even this is the best option for kid's lunch box, this way you can serve them green leafy vegetable with whole wheat flour, it's a perfect nutritional power pack for your kids.

Ingredients

Whole Wheat Flour - 2 cup
Fresh Fenugreek Leaves - 1 cup
Ginger-Green Chili-Garlic Paste - 2-3 tsp
Turmeric Powder - 1 tsp
Sugar (Optional) - 2 tsp
Red Chili Powder - ½ tsp
Sesame Seeds (Optional) - 2 tsp
Carom Seeds - 1 tsp
Salt
Curd/Yogurt - 2-3 tbsps
Oil - 1 ½ tbsps
Flour for Dusting - ¼ cup
Oil for Roasting Thepla

Method

1. Wash and clean Methi leaves, chop finely and keep aside.
2. Take a large mixing bowl, add whole wheat flour, chopped Methi leaves, salt, turmeric powder, ginger-green chili-garlic paste, red chili powder, sugar, sesame seed and carom seeds.
3. Now add yogurt, oil, and then mix well, crumble with hands.
4. Add water as required, knead it very well, and then make semi stiff, smooth dough. Now make small-small balls from dough.
5. Take a ball, dust in to the flour and roll it using rolling pin, make a thin circle shape Thepla/flatbread.
6. Heat the tawa/griddle, place the rolled Thepla on it, and then cook it both side till its spotted light golden brown on a medium flame.
7. Apply ½ tsp oil, spread evenly with using spatula, press lightly all over and roast it both sides for few seconds.
8. Remove Thepla from tawa and keep in a roti basket.
9. Follow step 5 to 8, for remaining balls to make more Thepla.
10. Methi Thepla is ready, serve Thepla with, curd or any kind of pickle.



Tips:

- You can use butter milk instead of water while kneading the dough, so your Thepla can stay fresh for long time.
- Even you can roast Thepla using ghee instead of oil, it makes softer.
- You can serve your kids this Thepla using jam or ketchup, spread over the Thepla, roll it, and then serve them, I am sure kids love it.

GREEN MUTHIYA



Minal Shah
-Ahmedabad

Muthia is very healthy gujarati snack made with green vegetables and different healthy flours. Its served hot with chunda or coriander chutney.

Ingredients

Chopped Spinach and radish leaves - 1 cup

Chopped Spring Onion leaves - 1 cup

Chopped Methi Leaves - 1 cup

Green Garlic leaves (optional) - ½ cup

Green Chili, Ginger & Garlic paste - 1 Tsp

Salt as required.

Sugar - 2 Tsp

Soda bicarbonate - 1 Tsp

Turmeric, Red Chili and Hing Powder as required

Sesame Seeds - 2 Tsp

Curd - 1 cup

Wheat Flour - 1.5 cup

Bajra Flour - 1 cup

Besan flour - 1 cup

Oil - 2 Tbsp

For Tempering

Oil - 2 Tbsp

Mustard seeds - 1 Tsp

Jeera - 1 Tsp

Hing - ¼ Tsp

Sesame seeds - 1 Tsp

Method

1. Mix all the above the ingredients well and make a Dough. Shape them into rolls. Steam rolls for 30 minutes.
2. Take oil in pan add mustard seeds, after it crackles add curry leaves, then add cut pieces of muthia.
3. Mix well together. Garnish it with coriander and tomato sauce.



Caffeine



Sonal Shah
(Sports Nutritionist &
Clinical Psychologist)

We all kick start our day with a dose of caffeine by drinking a cup of tea or coffee. Caffeine is a natural stimulant which works by activating the brain and central nervous system helping you to stay alert and energized. Not only is caffeine found in tea or coffee but also in soft drinks, energy drinks and some chocolates. How exactly does caffeine work? Once caffeine is consumed in any form it is rapidly absorbed from the gut into the bloodstream. From there it travels to liver where it is broken down into smaller compounds that can affect the function of various organs most prominently the brain. In the brain, it functions by blocking the effects of a neurotransmitter called adenosine which is responsible for relaxing the brain and making you feel tired. It also may increase blood adrenaline levels and increase brain activity of the neurotransmitters dopamine and norepinephrine. This further promotes a state of alertness and focus. The amount of caffeine found in one cup of coffee can take as little as 20 minutes to reach the bloodstream and about one hour to reach its full effectiveness.



Main sources of caffeine

Green Tea

Caffeine content in green tea is between the ranges of 35 to 45 mg a cup. Green tea is known as a mild stimulant as its caffeine content is not very high. Thus, green tea is a great option if you want to reduce your caffeine intake but at the same time still consume a little caffeine.

Black Tea

Black tea usually contains around 40 to 70 mg a cup of caffeine which is lower to what is found in coffee. However, a big cup of black tea is equivalent to the amount of caffeine found in coffee.

White Tea

White tea contains the least amount of caffeine as the range lies between only 15 to 30 mg a cup. Similar to green tea, white tea is also a mild stimulant and also because it is the least processed tea.

The reason for higher green tea consumption over white tea is due to green tea wide availability.

Herbal Tea

Herbal tea includes chamomile, peppermint, ginger etc. contains no amount of caffeine. As this type of tea is prepared typically from dried flowers, leaves, seeds or roots all of which are caffeine free.

Espresso

Espresso is very strong type of coffee served in small shots. An espresso shot contains around 90-200mg of caffeine. Because an espresso shot contains high caffeine content hence, it is served in small s e r v i n g s i z e . Furthermore, a double espresso shot contains caffeine in the range of 250-300mg.

Coffee with milk

Coffee with milk is type of coffee which includes coffees such as cappuccinos and lattes. Milk is usually added to

neutralize the caffeine content present. Thus, the caffeine content found in this kind of coffee is between 85 to 150 mg a cup.

Brewed coffee

Also known as filter coffee generally contain around 95mg of caffeine a cup. Brewed coffee can be prepared with the help of a filter, percolator or French press.

Ready to drink instant coffee

Instant coffee is a variety of coffee that only requires one to add milk or water to an already prepared coffee mix. Generally, the caffeine content of such coffee is around 40 to 100mg per cup.

Decaf

Decaf or decaffeinated coffee is great coffee choice for people who love coffee but yet, want to decrease their caffeine intake. However, like the name suggests a decaf coffee isn't completely caffeine

free but contains caffeine in a minimal amount. A normal cup of decaf coffee contains around 2 to 3mg.

Caffeine content in any of the beverages depends a lot on the way the beverage is prepared. The smaller the grind of coffee beans, the greater the caffeine concentration as smaller caffeine particles will become diluted when the drink is brewed and vice versa.

BEETROOT DHOKLA

Beetroot dhokla is very quick, nutritious and healthy. It's a recipe which gets a beautiful shade of natural red colour. Beetroot has anti oxidant properties.

Ingredients

Sooji - 1 cup

Curd - 5 tbsp

Shredded beetroot - 3 Tbsp

Water - ½ cup

Green chillies - 1 Tbsp

Ginger paste - 1 Tbsp

Salt to taste.

Mustard seeds - 1 Tsp

Eno - 1 Tsp

Asafoetida pinch

Coriander - 1 Tbsp

Sesame seeds - 1 Tbsp

For beetroot yogurt

Hung curd - 1 cup

Beetroot shredded - 3-4 Tbsp

Salt to taste.

Black pepper as taste.

Sugar pinch of.

Method

For batter

1. Take bowl mix sooji, curd, water, salt and shredded beetroot together and keep it aside to give rest for few minutes

For Tadka

1. Heat the oil add mustard seeds. Once mustard seeds pops add asafoetida, green chillies and ginger paste.
2. Now add this tadka in to your batter. Your beetroot dhokla batter is ready. Add eno into the batter only when you start the process of the steaming(Regular dhokla making)

For Dip

1. Mix hung curd, shredded beetroot, salt, black pepper and pinch of sugar together. Your dip is ready.
2. Now garnish hot steaming beetroot dhokla with coriander and sesame seeds on the top, serve with beetroot yogurt dip.



Linima Chudgar
-Ahmedabad



BROCOLLI CORN POCKETS

This pocket recipe is very quick, healthy and full of nutrients. It is a plate full of nutrients that too very delicious. You can serve it any time.



Ingredients

Big onion -1

Green chilli, ginger, garlic paste - 2 Tbsp

American boiled corn - ½ cup

Broccoli finely chopped - ½ cup

Salt to taste

Black pepper as per taste

Ready tandoori flavoured mayonnaise - 1 Tbsp

For pockets

Wheat flour - 1 cup

Maida flour - 1 cup

Oil - 4 Tbsp

Salt to taste

Water as required

Method

1. Heat the oil and sauté finely chopped onion for 3-4 minutes or till it becomes transparent.
2. Add chilli ginger garlic paste and sauté for two minutes. Now add finely chopped broccoli and add salt to this stage so that broccoli becomes soft. Sauté all these mixture for 2-3 minutes and then add boiled corn, black pepper and turn off the flame.
3. Once the mixture gets cool down then add tandoori mayonnaise and mix all well.
4. For making pockets Roll and make small size round puri. Now fill 1tbsp of the mixture in the centre of the puri and fold all the four sides, so your pocket is ready.
5. You can deep fry or baked at 180c for 10 minutes.
6. Served with green chutney.

CORN CHEESE BITES

Delicious bite sized snacks made of corn and cheese makes a great evening snack or a party appetizer.

Ingredients

Boiled american corn - 1 cup
Red bell pepper - ½ cup
Green bell pepper - ½ cup
Green coriander - 2 Tbsp
Pizza sauce - 3 Tbsp
Amul cheese spread - 2-3 Tbsp
Salt to taste.
Black pepper as per taste
Chilli flakes - 1 Tbsp
Oregano powder - 1 Tbsp

For Base

Maida flour - ½ cup
Oats(plain) - 2 Tbsp
Makai flour - 3-4 Tbsp
Salt to taste.
Oil as required.
Water as required.

Method

1. Heat the oil, Sauté red and green bell peppers for 2 minutes.
2. Add boiled corn, pizza sauce, chilli flakes, salt, black pepper and oregano. Turn off the flame.
3. Now add finely chopped coriander and cheese spread. If you like you can add little sugar too.

For base

1. Knead all the flours Maida, Makai and oats together. Add oil and salt. After kneading keep aside for 10-15 minutes.
2. After giving rest till in round, square or whichever shape you want. Now deep fry this base or you can also bake.
3. Now place 1 Tbsp of mixture on this base and serve with hot tea, coffee or juice.



DONUTS

This paneer poha donut is made as an evening snack. It can also be used as a burger patty. We can shallow fry or bake this donut. We can also add veggies to make it super healthy for kids. As paneer is rich in protein and calcium it's a good treat for kids.

Ingredients

Paneer - 100 gms

Poha - 50 gms

Boiled potato - 1

Onion - 1

Ginger n garlic green chili paste - 1 tbsp

Dry mango powder - 1 tsp

Garam masala - 1 tsp

Chat masala - 1 tsp

Salt to taste

Oil for frying

Method

1. Soak poha.
2. Then in a bowl add grated paneer, boiled potato, ginger garlic paste, chopped onion, garam masala, chat masala, salt, dry mango powder and soaked poha.
3. Mix it well.
4. Make donut shape of this mixture.
5. Shallow fry or deep fry the donuts.
6. It's ready to eat garnish with chat masala and enjoy with tea.



Rita Popat
-Ahmedabad



MINT TEA

Making fresh mint tea is refreshing beverage and great for sipping. It has a wonderful flavor and aroma also known as Pudina chai. It has lot of health benefits.

Ingredients

Mint leaves - 10

Water - ½ cup

Tea leaves powder - 2 Tbsp

Milk powder - 2 Tbsp

Milk - ½ cup

Elaichi powder - ¼ Tsp

Sugar - 1 Tsp

Method

1. Boil water, mint leaves, sugar, elaichi powder, tea leaves powder and stir.
2. Add milk powder and milk to the mixture.
3. Bring to a boil and strain.
4. Tea is ready to serve.

JEERA COOKIES

Ingredients

Maida - 1 kg
Bura sugar - 250 gm
Marvo - 400 gm
Jeera - 50 gm
Amul butter - 200 gm
Salt - 35 gm
Milk powder - 50 gm
Fresh milk - 200 ml
Rice flour - 50 gm



Monila Surana
-Ahmedabad

Method

1. Mix marvo, amul butter, and sugar bura with beater, beat it proper till it gets cream.
2. Add milk powder
3. Now slowly add milk from upside and mix it properly.
4. Now mix maida rice flour, jeera and salt.
5. Now make a soft dough
6. Now to give shape roll it.
7. Pre heat oven at 170 C for 15-17 mins and bake it till it gets light color.
8. Self life 1 month.



KHARI



Ingredients

Maida - 2 kg

Salt - 60 gm

Amul butter - 60 gm

Oil - 60 ml

Cold water - 1300 ml

Lily(khari fat) - 900 gm

Method

1. Take chilled water, salt and mix it.
2. Add maida, oil and amul butter and make the dough.
3. Dough should be cold, tight and smooth.
4. Cover the dough with chilled wet cloth and rest for 10 minutes.
5. Dust a clean, flat surface with a little plain flour, place the dough on it and roll it using a thick rolling pin into rectangle.
6. Dive the lily fat in two parts and Spread one part of the fat. (Total 3 layers, first two is with lily)
7. Fold the dough. Make sure the edges are overlapping each other perfectly.
8. Again, roll the dough, add remaining Lilly (fat), and fold the dough.
9. Rest the dough for 10-15 minutes under a chilled wet cloth.
10. Now last and 3rd layer should be a book fold (bring both the sides together in the centre but do not overlap them)
11. Wrap it with cling wrap and refrigerate for 30 - 35 minutes.
12. Roll the dough rectangle about 4-5 mm thick.
13. Cut the edges of the dough with the help of pizza cutter and also cut the pastry dough into rectangle shape (khari biscuit).
14. Place all the pieces in a baking tray at regular intervals and bake in a pre-heated oven at 180°C for 25 minutes.
15. Flip the biscuit to its side and re bake at lower temperature of 160°C and bake again for 25 minutes.
16. Cool slightly and serve warm or store it in an air tight container.

Note: The dough should be chill at all the times.

BUNS

It's a homemade bun recipe that you can make in the bread machine or oven.

Ingredients

Maida - 3 ½ cup

Cooking oil - 2 Tbsp

Luke warm water -2 cups

Sugar - 4-6 Tbsp

Instant Dry Yeast - 2 Tbsp

Salt - 1 Tbsp

Milk powder - ¼ cup

Baking powder - 1 Tsp



Priyanka Gandhi
-Ahmedabad

Method

1. Take a small bowl and add sugar and Instant dry yeast to ¼ cup lukewarm water. Mix well and set aside to rise.
2. Mix remaining water and cooking oil, dissolve it properly.
3. Take a big bowl and add maida, salt, milk powder, baking powder and yeast mixture.
4. Mix water and oil mixture little by little and make a soft dough.
5. Knead the dough till the gluten is form.
6. Grease the dough and cover it with a wet cloth or cling wrap and let it rise at room temperature until its double in size.
7. When dough is doubled in size, punch it down.
8. Shape it for bun and keep it again to rise till double in size.
9. Apply milk on the top and bake it in preheated oven at 180 degrees for 20-25 minutes.
10. Remove the buns from the oven, apply butter on the top.
11. Serve hot with tea or coffee.



A tall, clear glass filled with a dark red-brown iced tea. The glass contains several ice cubes, a slice of orange, and a sprig of fresh mint. A spoon is positioned above the glass, pouring a thick, golden-yellow liquid (sweetened condensed milk) over the tea. The background is plain white.

THAI ICED TEA

Thai iced tea is popular in southeast Asia. It can be served hot or cold both. Its a delicious and refreshing drink generally served with THAI FOOD.

Ingredients

Water - 5 cups

Black tea or loose tea - 1 ½ Tbsp

Star Anise - 2 pieces

Whole Cloves - 3 pieces

Sugar - 2 tbsp

Ice Cubes - 8

Sweetened Condensed Milk - ¼ cup

Method

1. Bring the water to a boil in a medium saucepan.
2. Remove the pan from the heat.
3. Place the tea bags, star anise and cloves in the water and make sure they are completely submerged.
4. Steep for 10 mins.
5. Remove the tea bag, star anise and cloves with strainer.
6. Add sugar and stir until it's completely dissolved.
7. Let the tea cool to room temperature.
8. Use tall glasses and fill each with ice cubes.
9. Fill each glass ¾ th with tea and add 1 tbsp sweetened condensed milk to each glass and stir to combine.
10. Serve immediately.

LAMINGTONS

Lamingtons are the Australian mini cakes which goes perfect with the Arabica coffee and Hibiscus green tea.

Ingredients

Flour - 2 Cups

Granulated sugar - ½ Cup

Sweetened condensed milk - ½ Cup

Butter unsalted - 1 Cup

Baking powder - 1 Tsp

Baking soda - 1 Tsp

Vanilla essence - 1 Tsp

Milk - ¼ cup

Desiccated coconut for coating

For Icing

Chocolate chips - 1½ Cup

Butter unsalted - 2 Tbsp

Milk - ½ Cup

Sugar - 1 Cup

Cocoa powder - 1 Tbsp

Method

1. Pre-heat oven.
2. For base cake add condensed milk, butter and sugar, beat it until fluffy.
3. Add other dry ingredients gradually.
4. Add vanilla and milk for pouring consistency.
5. Bake it in 9"inch backing tray for 25 - 30 mins or till the knife comes clean.
6. Let it cool for half-hour.
7. Cut that cake into squares by removing harden part from the edges.

Icing

1. Mix chocolate chips, butter, milk and sugar.
2. Melt it under microwave for 3-4 mins. Stir it after every 30 secs.
3. Now add cocoa powder and mix well.
4. Dip the cake squares into the icing and roll it into the desiccated coconut.



Pratiti Patel
-Ahmedabad



Rachana Karera
-Ahmedabad



CHOCOLATE COFFEE WALNUT TEA CAKE

The combination of coffee and chocolate, a must try recipe. This cake is enjoyed with the tea in the evening.

Ingredients

All purpose flour - 1 ¼ cup
Cocoa Powder - ¾ cup
Powdered sugar - 1 ½ cup
Malai - 1 cup
Baking soda - ¼ Tsp
Baking powder - ½ Tsp
Milk powder - 1 cup
Milk - 1½ cup
Coffee powder - 2 Tsp
Coffee essence - 1 Tsp
Chopped walnuts - ¼ cup

Method

1. Pre Heat the oven at 180 Deg for 10 minutes.
2. Add cream and sugar, beat till creamy
3. Sieve flour with milk powder, baking powder, soda
4. Fold in flour alternatively with milk and cream mix
5. Take 2 tbsp hot water and add coffee powder to it, add to above
6. Add essence and beat well
7. Add chopped and dusted walnuts and mix.
8. Pour into greased and dusted mould and bake for 35 mins at 180 deg.

CHEESY CORN PEANUT PAKORA

Ingredients

Besan - 1 cup

Boiled corn - 1 cup

Grated process cheese - 2 cube

Peanut - ½ cup

Boiled potato - 3

Ginger garlic chili paste - 1Tbsp

Coriander leaves - ½ cup

Salt as per taste

Red chili powder - 1 Tsp

Turmeric powder - ½ Tsp

Dhaniya jeera powder - 1 Tsp

Chaat masala - 1 Tsp

Garam masala powder - 1 Tsp

Oil for frying

Method

1. Take boiled potatoes in a bowl and mash them.
2. Now add all the ingredients and mix well.
3. Fry the pakora's and serve with tea.



Jyotsna Parasar
-Ahmedabad



KHAJA

Ingredients

All purpose flour - 1 kg

Rava - 1 cup

Ghee - 1 kg

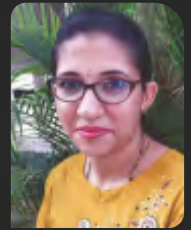
salt - 1 Tsp

Oil - 2 cups

Water - 300 ml more or less

Method

1. Sieve all purpose flour in thali, add semolina, salt, 2 cups oil. Mix well and form a crumble texture.
2. Add required water and knead the soft dough. Rest for 10-15 min.
3. Knead the dough for 10 min and divide into 60/40 ratio.
4. Keep the 60 ratio dough separately covered.
5. Make small balls out of 40 ratio dough. Roll Puris and half deep fry in ghee.
6. Cool the Puris and grind into mixing jar adding little water forming a soft dough collect the dough in thali. Add another cup of hot ghee and knead it well forming it soft. Make equal 7 balls of 60 ratio raw dough which is kept covered 3make equal 7 balls of 40 ratio grinded soft dough.
7. Take one ball of 60 ratio dough and roll big chapati.
8. Place the chapati on big thali.
9. Spread one layer of 40 ratio grinded dough on it, roll second ball of 60 ratio dough into big chapati, place it over the layered thali.
10. Spread 40 ratio grinded dough over it.
11. Repeat the same process for rest of the balls in total forming 14 layers.
12. Enclose the dough inwards turning upside down. Take one small ball of the dough, press it with your fingers and make round thin Puri.
13. Deep fry in ghee in very slow flame. Flipping it in intervals with two perforated spoons. When khajas are light, golden crispy, collect it on strainer.
14. Repeat the same process for all the dough.
15. It is well served with tea or eaten with mango ras.



Rakhi Bhagat
-Mumbai



Drink To Your Health

These natural beverages provide you with nutrients, fiber, hydrate your body, activate your metabolism and help to heal or detoxify your system. They are an important part of the healthy living so do include them for recommended.



Nimisha Shah



Detoxifying Vegetable Juice

Raw, uncooked vegetables are a natural way of detoxifying the system as well as providing the body with essential nutrients. Raw vegetables preserve all their nutrients which are lost through cooking. The juices are particularly beneficial at the start of the day as it contains natural fiber which will kick start your digestive system and help evacuate your bowels. It also mobilizes the fatty tissue which is essential for weight loss.

Bottle Gourd(Dudhi) Juice

The humble bottle gourd may seem like a vapid apology for a vegetable but it packs a hefty nutritional and healing punch. Make sure you use only tender, seedless bottle gourd. It is a diuretic which helps remove excess water from the system and prevents flatulence, indigestion and acidity.

Lime Water (Nimboo Pani)

Lime water helps you lose weight naturally, and helps your body improve its immunity and digestion as a bonus. It is an antioxidant; reduce skin

pigmentation, stops hair fall and delays graying of hair and makes your skin glow. It also reduces leg cramps and improves blood circulation. A note of caution: avoid lime juice if you have a sore throat as it will aggravate it.

Green Tea

Besides having a soothing and calming effect, green teas is known to have several health benefits especially for weight loss. Add a squeeze of lime and it becomes that much more beneficial. Green tea is an antioxidant which prevents damage to the body's cells. It also prevents oxidation of bad cholesterol (LDL), and promotes the production of good cholesterol (HDL) and is an appetite suppressant.

Wheatgrass juice

Wheatgrass is nothing but the tender shoots of the wheat plant. it is easy to grow at home in tiny pots on your window sill or in a warm, sunny place.sow wheat grains in soil and sprinkle lightly with water every day. Tender shoots of wheat grass will begin to emerge and by the seventh or eighth day will be ready to harvest. Use only the

top parts of the grass. Wash well grind with water and strain to make a nutritious drink.

Wheatgrass juice has many health benefits and should be included in your diet. it contains and purifies the blood, increasing red blood cells.

Aloe Vera Juice

Aloe Vera is a succulent plant which has been used to improve the skin and hair and cure skin problems including burns. But it is also a healthy food supplement with many positive effects on the functioning of the body. It improves digestion, has a detoxifying effect and promotes healthy cell growth particularly of the skin. It has a mood lifting and soothing effect which is a good antidote to stress.

Coconut water

Coconut water is a refreshing, natural nutrient booster and is an essential part of the diet. It is rich in minerals and vitamins and low in fats. It is an excellent and tasty way of hydrating the system without any adverse effects. It is a natural isotonic beverage which rehydrates the body and provides it with essential

salts particularly after exercise. Rich in potassium it prevents cramps. It also reduces pigmentation of the skin that may accompany weight loss.

Buttermilk (chaas)

Buttermilk is perfect for a weight loss diet as it is rich in calcium and protein while low in fat. To add more value to buttermilk, add ginger and cumin seeds which are known to have healing properties. The good bacteria and enzymes present in buttermilk have a probiotic effect which aid in digestion (it is more easily digested than milk) and boost the immune system.

An Innovative Blend of the Traditional with the Modern.



We at BHUMI's offer a unique fusion of "Traditional Indian Mithai" with what are essentially, western desserts, like cakes, trifle-pudding, mousses, etc; an amalgamation of modern flavours with traditional Indian sweet meats resulting in an exquisite luxury treat.

We retain the authentic flavours of traditional "Indian mithai" in our modern fusion desserts."

Western desserts have mild flavours that leave the Indian palate feeling dissatisfied whilst the Indian desserts are so rich in calories, that it leaves the health-conscious vary of even tasting them. So, our innovative blend of the best from both the worlds has led to the creation of these amazing Fusion Desserts we call BHUMI's.

Our array of cakes aims for more satisfaction of the palate, but like all fusion desserts, also aims to include lower calories and a higher nutritive value. So, we use multigrain flour and all natural flavours and colours. No artificial essences or colours at BHUMI'S!! It is still like a treat for the taste buds, an explosion of a rainbow in the mouth in full technicolour!! But no feelings of guilt for the waistline.

Our PAAN Bites are our ultimate signature cupcakes, tiny English teacakes filled with the freshness of the "Traditional Indian Meetha PAAN" and smothered in a topping filled with the rich taste of the minty paan. All in one bite, hence PAAN Bites!

And we do not stop there. The variety we offer is not just

mouth-watering but mind-boggling. Our Guava mousse, Gulabjamun cupcake, Rasmalai cake, Rose-Rasgulla Pudding and cakes with Saffron-chocolate sauce are just a few names in our menu card.

By inculcating the best of both the worlds, we at BHUMI'S have managed to give Indian Festivals and sweets a modern twist. Our works of art can brighten up all and any Indian festival with a refreshing change from the mundane, still maintaining flavours but lightening calories and ofcourse with an enhanced visual beauty of the most alluring of desserts.

**A Healthy Food for
a wealthy mood
75750 10048**



CORN PANEER TACOS

It's a fusion recipe of Mexican and Indian ingredients. Easy to assemble but very tasty dish. Teens would love to make and have it.

Ingredients

Taco shells - 6

Sweet corn kernels - ½ c, boiled

Paneer - 1/2 c, diced

Salsa - ½ c

Lettuce - few leaves

Mexican seasoning - 1 tsp

Salt - to taste

Sour cream or cheese - for topping

Oil - 1 tsp

Method

1. Heat oil, add sweet corn kernels, paneer and seasonings. Saute for a minute.
2. Turn off the heat and add salar, mix well.
3. Assemble this mixture in tacos and top with sour cream or cheese. Serve immediately on lettuce bed.



Mrs. Hina Gautam
-Ahmedabad



MEXICAN JACKET POTATO

A sizzling spicy baked potatoes loaded with a tangy Mexican combination of sweet corn and hot tomato sauce, topped with cheese and olive oil.

Ingredients

Big size potatoes - 2

Boiled sweet corn kernels - 1 c

Onion - 1/4 c, chopped

Garlic - 1 clove, minced

Tomato puree - 1/2 c

Mexican seasoning - 1 tsp

Salt - to taste

Cheese - 1/4 c, grated

Olive oil - 1 tbsp

Sour cream - to serve

Method

1. Wash and Parboil or bake potatoes with peel.
2. Heat 1 tbsp oil, add garlic, onion and saute for 2 min. Add tomato puree and seasonings. Cook for 2 min.
3. Add sweet corn kernels and mix well.
4. Cut potatoes in two halves, scoop out to make shell, pour stuffing and top with cheese, seasoning and olive oil.
5. Bake for 5 min in OTG at 180 degree.
6. Serve with sour cream.

SWEET CORN SALSA

A healthy high protein cold salad with hot and spicy dressing.



Ingredients

Sweet corn kernels - 1/2 c, boiled

Black beans - 1/2 c, boiled

Rice - 1/2 c, cooked

Spring onion - 1/4 c, chopped

Tomatoes - 1/2 c, chopped

Capsicum - 1/4 c, chopped

Olive oil - 2 tbsp

Vinegar - 1 tsp

Mexican seasoning - 1 tsp

Salt - to taste

Method

1. Mix olive oil, vinegar, salt and seasoning in a bowl, mix well to prepare dressing.
2. Mix all other ingredients in a big bowl.
3. Pour dressing and mix well to serve.

CORN HANDVO

The Gujarati handvo is a dish packed with protein and nutrients. It is a savoury pan cake, perfect for tea time and breakfast.

Ingredients

Crushed corn kernels - 1 bowl
Haandvo flour - ¼ cup
Sooji - ¼ cup
Oil - ¼ cup
Garlic Ginger Chilies Paste - 4 Tsp
Sugar - 4 Tsp
Curd - ¼ cup
Pinch of asofoetida
Turmeric powder - 1 Tsp
Red chili powder (optional) - 1 Tsp
Salt as per taste

For garnishing

Sesame seeds - 2 Tbsp
Mustard seeds - 1 Tsp
Oil - 2 Tbsp

Method

1. Mix all the ingredients in a deep bowl. Let it rest for minimum half an hour.
2. Add eno powder. Mix well.
3. Pour the batter in a baking tray and garnish with the sesame seeds and oil.
4. Bake for 45 minutes at 180C in a preheated oven.
5. Serve with green coriander chutney and tomato ketchup.



Kiran Amin
-Ahmedabad



SWEET CORN UPMA

It's traditionally a maharastrian recipe. This is an innovation of the classic dish with crushed corn kernels. Curd and lemon juice gives corn upma a pleasant tanginess while green chilies give it a nice spicy touch.



Lopa Brahmabhatt
-Ahmedabad

Ingredients

Grated sweet corn - 250 gram
Oil - 1 Tbsp
Ghee - 1 Tbsp
Pinch of hing.
Mustard seeds - ½ tsp
Cumin seeds - ½ tsp
Curry Leaves - 7 - 8
Green chilly(crushed) - 1 Tbsp
Cloves - 4 to 5
Curd - 1 Tsp
Sugar to the taste.
Salt to the taste.
Lemon juice - 1 Tbsp
Coriander chopped.
Raisins - 2 Tsp
Grated Coconut.

Method

1. Heat the oil in a pan on medium heat. Once hot add mustard seeds and let them pop.
2. Then add cinnamon stick, curry leaves and cloves. Sauté for a minute. Then add cumin seeds and sesame seeds. They will start to pop.
3. Add ginger paste and finely chopped chilies. Sauté for 30-40 seconds. Then add turmeric powder and hing
4. Now right away add crushed corn and mix it and continue cooking till it gets thick. Keep stirring constantly.
5. Then add salt, sugar and curd. Mix it well
6. Add lemon juice. Stir well. Taste it and see if you need more sugar or lemon juice. So always starts with little amount and then add more if needed.
7. Lastly add coconut, raisins and chopped coriander leaves.
8. Stir well and it is ready to serve.



THAI CORN FRITTERS

Ingredients

Corn Kernels - 250 gms

All Purpose Flour - ½ cup

Corn Starch or Rice Flour - ½ cup

Salt - ½ tsp

Baking Powder - ½ tsp

Plus Water Adjust Consistency while

Mixing - 1 cup

Dried Coconut - 1/3

Green Onion - 1-2

Black Sesame- 1 tsp

Oil for Frying

Process

1. Mix All purpose flour ,cornstarch, salt, dried coconut, green onion, sesame seeds combine all dry ingredients well
2. Add water to the dry ingredients and make batter (adjust water quantity according to the consistency not to runny)
3. Now add corns mix well and fry them till turn golden
4. Serve it with thai sweet chilli sauce
5. Best serve as a starter or eve snack for thai lovers



Jhanvi Dwivedi

-Ahmedabad

Pregnancy & Yoga



Can we do yoga during pregnancy?

YES – I DID, know my side of story.....

Pregnancy is a joyous time in any woman's life wherein the kicks are tickling & cramps are debilitating. You might be glowing with enthusiasm one moment and overcome emotions with next.

Tips /Benefits of Yoga during Pregnancy:

1. Approach a professional prenatal for yoga during pregnancy & donot follow & DVDs & Youtube channel randomly.
2. While practising Yoga listen to your body & stop immediately if you experience any discomforts
3. Prenatal Yoga is good for mother & the baby as it involves a multidimensional approach to exercise which includes stretching, focusing on breathing & calming the mind.
4. Yoga helps to keep the body supple. It relieves tension around the cervix by opening up the pelvic region. This prepares to be mothers for labour & delivery.
5. Yoga reduces headaches, nausea , risk of preterm labour.
6. Yoga Boosts strength endurance & gives flexibility to the new moms
7. Most important it give a MOMMY GLOW to the new moms.
8. Be cautious & take doctors advise before pursuing, stay hydrated & practice in comfortable attire in a well ventilated room.

Regular exercise during pregnancy not only makes sure you stay fit & help ease labour but also aids recovery after delivery and always dresses you up with a SMILE and remember

HAPPY MOMMY = HAPPY BABY

RADHIKA DESAI

99784 40908

- Mommy blogger • Nutritionist
- Health councillor



BIRYANI KEBABS

This delightful recipe can be made in less time and good to serve.

Ingredients

Cooked basmati rice - 1 cup
Paneer - ½ cup
Spring onions chopped - ¼ cup
Ginger garlic paste - 1 Tbsp
Tomatoes chopped - ¼ cup
Coriander leaves chopped - 1 tbsp
Mint leaves chopped - 1 Tbsp
Bread crumbs - ½ cup
Mix veggies boiled - ½ cup
Maida - 2 Tbsp
Ghee - 1 Tbsp
Biryani masala - 2 Tbsp
Red chili powder - 1 Tsp
Haldi - 1 tsp
Salt to taste.



Bhavika A Bhuta
-Mumbai

Method

1. Heat ghee, add spring onions, garlic, ginger, tomatoes.
2. Saute for 2 mins. Add all masalas, coriander, pudina and mix well.
3. Add other ingredients, Mix well.
4. Allow it to cool completely.
5. Roll in to flat round balls.
6. Deep fry all the balls.
7. Serve hot.

STEAMED OATS BUN

These fluffy rolls go perfectly with any meal. These rich in fiber and low fat delicious home made rolls are irresistible.

Ingredients

Rice flour - 1 cup
Oats - ¼ cup
Water - 2 cups
Oil - 3 Tbsp
Cumin seeds - 1 tsp
Ajwain - 1 Tsp
Soda bicarb - 1 tsp
Salt to taste

Method

1. Heat water in a broad pan.
2. Add all ingredients except oats and rice flour.
3. Once water starts boiling add oats.
4. Mix well let it boil on fast gas after 2 mins add rice flour.
5. Stir continuously till the mixture is semi dry.
6. Roll in to round ball.
7. Steam the buns in a steamer.
8. Serve hot.



PIZZA CUPCAKES

Pizza comes in all different shapes and sizes around here. This is an quick easy appetizer pizza cup cake for last minute pot lucks or parties. Sure to please the pickiest of eaters.

Ingredients for outer layer

Maida - 1 cup
Fresh yeast - 1 tbsp
Sugar - 1 tsp
Salt - 1 tsp
Ghee - 1 tbsp

Method

1. Mix all ingredients together and make a dough.
2. Let it rest for an hour.
3. Keep it aside.

Ingredients for filling

Onion chopped - ½ cup
Garlic chopped - 1 clove
Capsicum chopped - ¼ cup
Jalapenos chopped - 1 tbsp
Olives chopped - 1 tbsp
Mozzarella cheese grated - 1 cup
Chilly flakes - oregano to taste.
Salt to taste.

Method

1. Mix everything and keep it aside.

How to proceed

1. Roll small rounds of the dough.
2. Grease nonstick cup cake mould with ghee.
3. Spread this rolled dough in a mould.
4. Prick the spreaded dough with the fork .
5. Allow it to bake for 5 to 8 minutes till the dough is crusty.
6. Fill the crust with above filling.
7. Bake them for 8 to 10 minutes at 180 degrees till the cheese melts.
8. Allow them to cool completely.
9. Remove from the moulds.
10. Serve with Tabasco sauce.



ACHARI ALOO ROLL

This dish makes me so tempting and reminds me mom lovely handmade pickle which we used to have in every meal. Combination of potatoes and all Indian spices are in great taste and some better, tangy, spicy, salty and sweet taste are well combined in this dish.



Jasmita Parsana
-Rajkot

Ingredients

Oil - 2 tbsp
Medium potatoes fried in to cubes with skin - 4
Mustard seeds - 1 Tsp
Cumin seeds - 1 Tsp
Onion seeds - 1 Tsp
Fennel seeds - 1 Tsp
Fenugreek seed - ½ Tsp
Whole coriander seeds - ½ Tsp
Dry red chili - 1
Turmeric powder - ½ Tsp
Hing - ¼ Tsp
Chili powder - ½ Tsp
Chat masala - 1 Tsp
Green chili chopped - 2
Salt to taste.
Fresh coriander, mint
Chapati - 5
Besan batter (take ½ cup besan flour, salt to taste, carom seeds, pinch of asafoetida, ½ tsp coriander powder, ½ tsp chili powder, water as required, mix all these ingredients and make thin batter.) - 2 Cup



Method

1. Take pan, heat the oil in it. Add dry red chili, mustard seeds, fennel seeds, fenugreek seeds, coriander seeds, onion seeds, asafoetida, add fried potato cubes in it.
2. Mix it well and cook for 5 minute on high flame.
3. Now add turmeric powder, coriander powder, chat masala, green chili, red chili powder, salt, chopped coriander and mint leaves.
4. Now mash it and stir it well.
5. Take roti on flat surface put 2 tbsp of the potatoes mixture in the center and make square parcel, dip in to the besan batter and fry it in oil.
6. Serve with mint and sweet chutney.

CORN GARLIC POPPERS

Corn garlic poppers are very easy to make. They make a very good party snacks. The combination of garlic, mayo and mint is just amazing.

Ingredients

Mashed potatoes - 1 cup

Butter - 1 Tbsp

Crushed garlic - 2 tbsp

Crushed boiled corn - ½ cup

Green chilies chopped - 2

Chopped coriander - 4 Tbsp

Chopped mint - 3 Tbsp

Mayonnaise - 2 Tbsp

Chopped onion - 1/8 cup

Salt and pepper to taste.

Corn flour - 3 Tbsp

Cheese grated - 1 Cube

Bread crumbs

For corn flour slurry - Mix 2 tbsp corn flour, 2 tbsp flour, 4 tbsp water, salt

Method

1. Heat butter in a pan. Add garlic in a pan, sauté it till it becomes brown.
2. Transfer the roasted garlic in another bowl.
3. Add potato, mayonnaise, coriander, mint, green chilies, onion, salt, pepper and corn flour in the garlic mixture.
4. Mix all the ingredients. Make small balls from it.
5. Dip the ball in to corn flour slurry and coat with bread crumbs.
6. Deep fry it in hot oil.
7. Serve it hot.



SPAGHETTI CORN BITES



Anjali Manvani
-Ahmedabad

These bites are perfect for tea time snack or as an party starter.
These are very delicious and cheesy. Easy recipe to try.

Ingredients

Butter - 2 Tbsp

Maida - 1 ½ tsp

Small onion - 1

Milk - ½ cup

Boiled sweet corn - 2 Tbsp

Boil and chopped spaghetti - ½ cup

Salt as per taste.

Black pepper powder - 1 Tsp

Chopped green chili - 1 Tsp

Coriander - 2 Tbsp

Cheese - 100g

Bread crumbs - 1 cup

Oil for frying.

Corn flour slurry - ½ cup

Method

1. In a pan take butter then add onion. Saute for 1 minute.
2. Now add maida, sauté for 1 minute. Add milk, stirring continuously.
3. Add salt, black pepper powder, chili , coriander, spaghetti, corn and mix well. Let it be cool. Add grated cheese and bread crumbs.
4. Mix well and make little bites and dip in corn flour slurry and then cover it with bread crumbs. Fry till it turns into golden brown.
5. Serve with ketchup and cheese dip.

SUPER SNACKS BAR

This super snack bar is really super. Its full of vitamins and minerals. It has dry fruits, melon seeds and corn flakes which is stomach filling snack for kids and elders.

Ingredients

Maida - 2/3 cup

Baking soda - 1/3 Tsp

Baking powder - 1/3 Tsp

Butter - 40 gms

Castor sugar - ¼ cup

Condensed milk - ¼ cup

Crushed corn flakes - ¼ cup

Musk melon seeds - 1Tbs

Oats - ¼ cup

Mix dry fruits - 2 Tbsp

Chocolate chips - 1 Tbsp

Vanilla essence few drops

Method

1. Sieve maida, baking powder and baking soda.
2. Beat butter and sugar in another bowl till it gets smooth and add all ingredients.
3. Now add maida mixture. Mix it well and make a dough .
4. Grease the tray. Spread the dough on it. Sprinkle some dry fruits, musk melon seeds and chocolate chips.
5. Bake in pre heated oven at 180°C for 20 minutes.
6. Cut it when hot and make it cool.



WATERMELON CROQUETTE

A twist to a croquette made with watermelon which is very tasty and mostly consumed in summers. Watermelon is very healthy fruit. So this quick recipe of watermelon must be tried and served as a snack.

Ingredients

White part of watermelon (grated) -1 cup

Sooji - 3 Tbsp

Wheat flour (coarsely grinded) - 1½ cup

Wheat flour (finely grinded) - ½ cup

Besan - ½ cup

Chili, ginger,garlic paste -1½ Tbsp

Salt to taste.

Red chilli - ½ Tbsp

Sesame seed - ½ Tbsp

Oil - 3 Tbsp

Lemon juice - 2 Tbsp

Oil for deep fry

Method

1. Mix all the above ingredients properly, make a tight dough.
2. Add little water if required. Make small Croquette in the shape of fingers.
3. Deep fry it in slow flame.
4. Serve it with sauce, Green Chutney or Methi masala.



Jayshree Chauhan

-Ahmedabad



MULTIGRAIN THEPLA WRAP WITH ITALIAN SEASONING

This thepla is also very tasty, with the rustic flavors of multiple flours with Italian seasoning. It can be your morning breakfast or as an evening snack.

Ingredients

Wheat flour - 100 gm

Oil - 4 Tbsp

Multigrain flour - 500 gm

Indian spices (salt, Turmeric, Red chili powder, hing)as per Taste

Colored bell peppers half cup (chopped) - 3

Boiled corn - ½ cup

Butter - 2 Tbsp

Cubes cheese - 2

Mayonnaise - 2 Tsp

Tomato sauce - 2 Tsp

Chili flakes as per taste

Oregano as per taste.

Method

1. Firstly, in a large pan heat a tsp of butter for 2 to 3 minutes and sauté all the vegetables till they start to shrink.
2. Add salt, chili flakes and oregano then keep it aside in a bowl.
3. Prepare a dough and then make a thepla of your suitable size.
4. Heat the nonstick pan and warm up thepla adding 1 tsp butter. Do not over roast as they will turn hard.
5. Now on one side, add 1 tbsp of tomato sauce, mayonnaise and spread it well
6. Then place the prepared vegetables stuffing and then garnish it with cheese and some more tomato sauce on it then slowly fold the bottom side thepla. And roll it properly, this prevents from leaking while you take a bite.
7. You can serve it with hot tea or coffee.



Bhavna Mehta
-Ahmedabad

MEXICAN MURUKKU SANDWICH

This is a street food served in Chennai.

Ingredients

Maida - 2 cup

Mogar dal - 1 cup

Water - ½ cup

Salt as per taste.

Sesame seeds - 2 Tsp

Salsa sauce as per requirement

Cheese grated as required

Yellow and Red bell pepper(chopped) - ½ cup

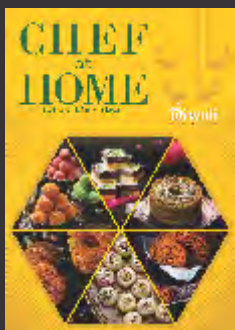
Method

1. Pressure cook dal with little water for one whistle.
2. Put the maida in a muslin cloth and steam for half an hour.
3. Mash the dal and seive the maida after cooked.
4. Add sesame seeds and salt and water slowly.
5. Make a clay kind dough.
6. Deep fry in oil on medium flame.
7. Mix bell peppers and salsa and cheese.
8. Take two murukku, add the mixture between the two murukkus.
9. Sandwich murukku is ready.



Rinku Shah
-Ahmedabad





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