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11th Issue
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Food Facts – By Mrs. Hina Gautam

GREAT GUJARAT COOKING COMPETITION SEASON 2

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Dear Readers,

Chef at Home brings to you the most exciting, lip-smacking varieties of recipes and food content.

With cooking competition and shows trending, more and more cooking enthusiasts participate in them to get exposure and expertise of cooking skills. This is a special issue of recipes from cooking competition named "Great Gujarat Cooking Competition - Season 2." Lots of delicious recipes were made on the spot by the participants. We have featured a few to appreciate winners and inspire food lovers to participate in such cooking competitions.

Have good learning and relishing taste of this special issue on "Great Gujarat Cooking Competition - Season 2."

Happy reading!



Hina Gautam

Mrs. Hina Gautam



mrshinagautam



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HARA *Bhara* KEBAB

A delicious and healthy Indian vegetarian snack made with spinach, peas and potatoes which make it a divine snack.

Here is a restaurant style recipe for you to try.



Mrs. Hina Gautam
-Ahmedabad

Ingredients

Oil - 1 Tbsp

Jeera - ½ Tsp

Boiled potato - 1

Peas - ½ cup

Spinach chopped - 1 cup

Ginger -2 piece

Garam masala - ½ Tsp

Green chilies - 2

Corn flour - 1 Tbsp

Chaat masala - ½ Tsp

Salt as per taste

Red chili - ½ Tsp

Pinch of turmeric.

Method

1. Take oil in a pan. Add jeera, ginger, green chili and sauté.
2. Now add spinach and green peas. Sauté properly. Add pinch of turmeric, red chilli powder, chaat masala and salt.
3. Take out this in a bowl and let it cool.
4. Now crush it. Add boiled and grated potato. Add garam masala.
5. As per moisture add corn flour. Mix it properly and roll into kebabs.
6. Now shallow fry all the kebabs and serve with mint chutney.



GHUGANI

Ghugani is an iconic Bengali snack made with dried yellow peas and served with luchi or paratha. It's insanely easy to make and taste delicious.

Ingredients

Oil - 2 Tbsp

Ginger garlic paste - 1 Tbsp

Potato chopped - 1

Tomato chopped - 1

Coriander powder - 1 Tsp

Red chilli powder - 1 Tsp

Turmeric - ½ Tsp

Yellow peas - 1 cup

Chopped onion - 2 Tbsp

Salt as per taste.

Water as required.

Method

1. Soak the yellow peas overnight.
2. Take a cooker, add oil. Now add Ginger garlic paste, chilli powder, turmeric, coriander and roast.
3. Now add potato and tomato and sauté.
4. Now add soaked yellow peas, add salt and water as required.
5. Pressure cook for 2 to 3 whistles.
6. Open the cooker. Stir well.
7. Serve hot ghugani topped with chopped onion and green chilli.



ACHARI *Paneer* TIKKA

Achari paneer tikka, a delicious starter made with paneer marinated in a achari masala. It's a most popular appetizer in the Punjabi cuisine.



Ingredients

Mustard seeds - ½ Tsp
Jeera - ½ Tsp
Fennel seeds - ½ Tsp
Caraway - ½ Tsp
Fenugreek - ¼ Tsp
Coriander seeds - 1 Tsp
Dry red chili - 4
Besan - 2 Tbsp
Turmeric powder - ½ Tsp
Amchur powder - ¼ Tsp
Salt - ½ Tsp
Ginger Garlic paste - 2 Tsp
Hung Curd - 2 Tbsp
Paneer - 400 gms
Capsicum - 2

Method

1. Dry roast mustard seeds, jeera, fennel seeds, caraway, fenugreek, coriander seeds, dry red chilli and then pound crush it to make achari powder.
2. Now dry roast besan and take out in a bowl, add pinch of turmeric, amchur powder and salt.
3. Now add ginger garlic paste, hung curd and finally 1 Tbsp achari masala. Mix well.
4. Now add diced paneer pieces and diced capsicum to this marination.
5. Keep it for 15 to 20 mins.
6. Now skew capsicum and paneer in skewers and grill it on tawa or in tandoor.
7. Drizzle some oil and grill it all the sides.
8. Serve with the mint chutney.

Common Mistakes to Avoid While Cooking



Cooking is a learning journey, no matter how many years you have been doing it, there is always something more to learn. One of the best teachers is, of course, the mistakes you make as you go along. However, when it comes to cooking, there are some common mistakes that can be easily avoided. Let's learn about some of them and get better at cooking!

Mrs. Hina Gautam

Taste as You Cook

Cooking is a process and as you add each ingredient the taste of the overall preparation will change. This can sometimes go unnoticed and by the time you finish the recipe, it ends up tasting completely different from how you imagined it. So, always remember to taste the food as you cook it.

Too Much in the Pan

If you have to cook for more people, a common mistake to avoid is to not overcrowd the cooking pan. An uneven distribution of heat can spoil the recipe. It is better to just cook in two batches or more, as needed, instead of trying to finish it all at one go.

Overseason/ Underseason

Who hasn't made this mistake while cooking? It is one of the most common ones and can easily be avoided by measuring how much seasoning you want to use. If you are not

following any set recipe then tasting as you go along can help you a lot.

Learn Your Kitchenware

Even the best chefs cannot make a decent meal without knowing the instruments they will be using to cook. As you cook more with your kitchenware you learn it better and how each vessel functions and how long it takes to cook in it. This can only come with practice, so the more you cook the better!

Salads

As we move towards a healthier lifestyle and eating habits, salads are becoming a major part of our diet. But, the most common mistake people make with salads, and vegetables in general, is to not dry them properly. Salads, when they get soggy, are not very appealing to eat. This can easily be fixed by washing your vegetables with cold water and then drying them afterwards.

Follow the Recipe

This is another very common mistake that many people, who are learning a new recipe, make. Even though it is tempting to just experiment with a recipe and figure your own way out, with food sometimes that can end up in a disaster. It is better to just follow the recipe a few times till you are completely comfortable with the process. You can experiment with it once you've reached a level of confidence with the recipe.

Heat the Pan

When cooking, the first step is to make sure the cooking utensil you are going to use is ready to be cooked in. Which means that you have to heat it before commencing cooking. At least five minutes of preheating is necessary to get the recipe going.

HUMMUS

Learn how to make the best homemade hummus. Its extra light and creamy served with warm pita bread or veggies.



Chef Smith Sagar

-Rajkot

Ingredients

Cooked chickpeas - 3 cups

Garlic cloves, minced - 1 to 2

Tahini - 1/3 cup

Salt - ½ Tsp

Lemon juice - 1 Tsp

Hot water.

Extra virgin olive oil.

Parsley and Sumac for garnish.

Method

1. Add chickpeas and minced garlic to the bowl of a food processor. Puree until a smooth paste like mixture forms.
2. While processor is running, add tahini, salt and lemon juice. Blend for about 4 minutes or so. Check if the consistency is too thick still, run processor and slowly add a little hot water. Blend until you reach desired silky smooth consistency.
3. Spread in a serving bowl and add a generous drizzle of olive oil. Add a few chickpeas in the middle, if you like. Sprinkle parsley on top.



FALAFEL

Deep fried snack from the middle eastern cuisine. Crispy outsides, moist and fluffy insides full of zest flavors.

Ingredients

Dried chickpeas - 2 cups

Whole cumin seed - 1 Tsp

Whole coriander seed - 1 Tsp

Garlic, minced - 3 cloves

Small onion, peeled and coarsely chopped - 1

Packed fresh cilantro leaves - 1 cup

Packed fresh parsley leaves - 1 cup

Zest of 1 lemon.

Cayenne - ¼ Tsp

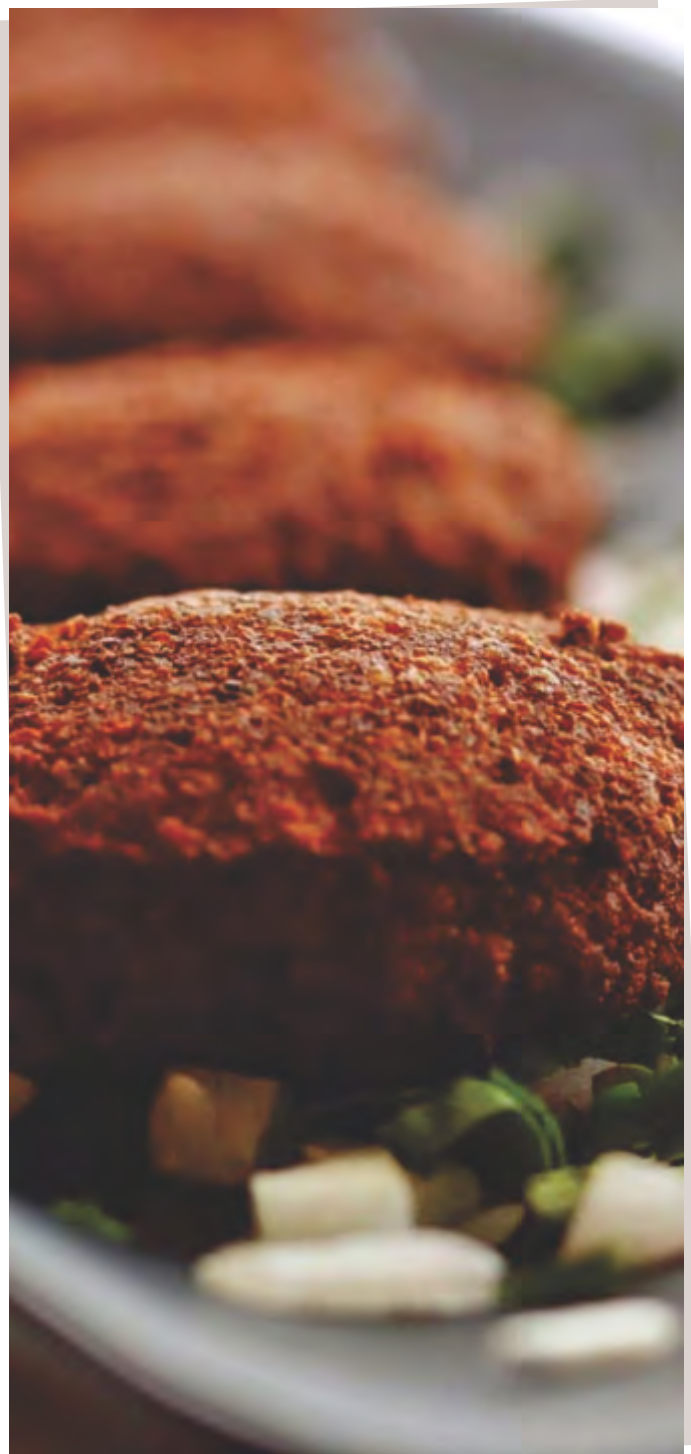
Salt - 1 ½ Tsp

Ground black pepper - ½ Tsp

Oil for frying.

Method

1. Place chickpeas in a large bowl and fill with water to cover them to a depth of 3 inches. Once the beans have soaked for 24 hours, drain and rinse well.
2. Place the cumin and coriander seeds in cast-iron skillet and set over medium high heat. Sauté, until the seeds give off an aroma and just begin to brown. Transfer the roasted spices to a spice grinder and process until finely ground.
3. Place the drained chickpeas, ground spices, garlic, onion, cilantro, and parsley into a large mixing bowl. Stir to combine then feed through the grinder in small batches until everything has been ground.
4. Mix the lemon zest, cayenne, salt, and black pepper into the ground chickpeas then roll a small amount of the mixture into a walnut sized ball or a small patty with your hands. The mixture should hold together nicely and not fall apart.
5. Pour oil in a large, high-sided skillet.
6. While the oil is heating place a baking sheet and cover with a few clean paper towels. This will help to collect the oil as it drains off of your falafel.
7. When the oil is to temperature fry all the falafel till browned all over. Remove the cooked falafel from the oil and drain on the prepared baking sheet. Sprinkle with coarse salt while the falafel is still hot.



MANAKISH

Manakish are savoury pastries popular in levant region.
It's a homemade bread pizza with different toppings.

Ingredients

For Dough

Lukewarm water - 1 cup

Sugar - ½ cup

Active dry yeast - 2 Tsp

All-purpose flour, more for dusting - 3 cups

Salt - 1 Tsp

Extra virgin olive oil - 2 Tbsp

For Zaatar Topping

Zaatar - 7 to 8 Tbsp

Extra virgin olive oil - ½ cup



Method

1. In a small bowl combine water, sugar and yeast. Set aside for 10 minutes to rise.
2. Make the dough. In a large mixing bowl, combine flour, salt, and olive oil. Mix it with your hands. Now, make a well in the middle and pour in the yeast mixture. Stir until soft dough forms.
3. Turn dough onto a lightly floured surface and knead for 10 minutes or until dough is elastic, smooth, and no longer sticky.
4. Form dough into a ball and place in a lightly oiled mixing bowl. Cover with muslin cloth and place in a warm spot (inside a warmed but turned-off oven is a good place). Leave to rise for 1 hour and 30 minutes.
5. Punch dough down. Knead briefly and form into 8 small balls. Arrange on lightly floured surface, cover again and leave to rise another 30 minutes.
6. Prepare the zaatar topping. While dough is rising, mix together the zaatar spice and olive oil in a bowl.
7. Preheat the oven to 400 degrees F. Place a large baking sheet in oven while heating.
8. Form zaatar manakish. Lightly oil the heated baking sheet and set near you. Flatten the dough into small discs about 5 inches in diameter. With your finger tips, make indentations in discs and add about 1 tbsp zaatar topping in the middle of each disc, leave a narrow boarder around. Arrange discs in prepared oiled baking sheet.
9. Bake in 400 degrees F heated-oven for 7 to 8 minutes or until the dough is slightly browned on bottom and edges. Remove from heat and let sit for 5 minutes or so, the topping will dry and settle into dough.
10. Serve zaatar manakish warm or at room temprature.

STUFFED *Brinjal*

Brinjal is rich in many nutrients. Its high in antioxidants, could help promote weight loss, also has cancer fighting benefits. So here is a recipe to enjoy brinjal in your diet.

Ingredients

Small Size Brinjal - 7 - 8
Chopped green onion - 1 bowl
Chopped Tomato - 1 bowl
Chopped garlic - 1 Tsp
Chopped green Chilly - 2
Oil - 2 Tsp
Ghee - 1 Tsp
Coriander for garnishing.
Roasted Besan - 1 cup
Red Chilli Powder - 2 Tsp
Garam Masala - 1 Tsp
Lemon Juice - 1 Tsp
Sugar - ½ Tsp
Salt to taste.
Water as required.

Method

1. Half – cut Brinjal for stuffing. Take a bowl add besan, green chilli, garlic, salt, red chilli powder, lemon juice, sugar and mix well and stuff in brinjal.
2. Take a oil in pan and add onion and tomato and saute it. Now add stuffed brinjal in a pan and add water to it and close the vessel for 10 – 15 min.
3. When brinjals are cooked take in a serving bowl add ghee and coriander on a top and serve hot.



Geeta Khuman
-Ahmedabad



BESAN-*Dhokli Sabji*



Ingredients

Besan - 1 cup
Salt to taste.
Red Chilli Powder - 1 Tsp
Turmeric - ¼ Tsp
Oil - 2 Tsp
Water - 2 cup
Ajwain - ¼ Tsp

For Gravy

Butter milk
Besan
Salt to taste
Turmeric
Red chilli Powder
Oil - 1 Tbsp
Ghee - 1 Tsp
Chopped garlic - 1 Tsp
Hing - ½ Tsp

Method

1. Add 2 cup water in a pan then add salt, ajwain, turmeric, red chilli powder and boil for 10 min, then – after add besan and mix it continuously.
2. Then take the small portion of a dough on a chopping board and spread oil on the top and roll it with the rolling pin and cut in square pieces.

For Gravy

1. Take a pan add besan, butter milk Salt, turmeric, and mix it.
2. Boil this mixture in a pan for few mins. Then add ready dhokli to it and cook till dhokli is cooked well.
3. Now for tadka take oil, ghee then add hing, garlic and red chilli garlic and add slight water to it.
4. Now add this tadka on the sabji. Take sabji in a bowl and serve hot.

JADARIYA

Ingredients

Green wheat (pok) - 200 gms

Desi Ghee - 200 gms

Desi Jaggery - 1 Bowl

Milk - 100 grms

Elachi Powder - 1 Tsp

Method

1. Take roasted green wheat in a grinder and then add milk to it.
2. Take ghee in a pan and add jaggery to it, keep it for 10 min on medium flame, then add this to the grinded green wheat. Mix it well and spread in the plate
3. Cut small pieces from that and serve.



STUFFED *Beetroot*

In this recipe we have different halwas stuffed in beetroot and served with cream of rose.



Chef Derick Frenk
-Ahmedabad



Ingredients

Beetroot - 2
Carrot - 1 cup
Bottle gourd - 1
Cashew powder - 1cup
Paneer - 1cup
Milk - 2 cup
Sugar - 2 cup
Ghee - 4 Tbsp
Pistachio - 1 Tbsp
Fresh rose
Cream - ½ cup
Nuts - ¼ cup (almonds, cashews, raisins)
Cardamom - 2 (crushed or use ¼ tsp cardamom powder)

Method

For Carrot halwa

1. Wash, peel the carrots and grate them.
2. Heat ghee in a small pan, roast the nuts and raisins in it.
3. Heat milk in another heavy bottomed pan and add the grated carrot to it.
4. Cover partially and cook it on medium flame. Stir occasionally to avoid sticking to the bottom.
5. After about 15-20 minutes, when all the milk is absorbed, add required sugar.
6. After about 10 minutes the ghee starts getting separated from the halwa. At this stage add cardamom powder, fried nuts and raisins and add 1 tbsp of ghee.
7. Make bottle ground (dudhi) halwa same as above.

For paneer cashew halwa

1. Heat ghee in a small pan add cashew powder and grated paneer saute for 5 to 7 min.
2. Then add milk around half cup and sugar. Stir occasionally to avoid sticking to the bottom.

3. After about 10 minutes the ghee starts getting separated from the halwa then your halwa is ready.

For cream of rose sauce

1. Heat 1 cup of water in a pan add rose petals. Heat about 20min add 1tbsp sugar and make them cold.
2. After around 30min take all this in a mixer grinder and mix it well and add cream.

For Stuffing

1. Remove beetroot skin and scoop from the center of beet. Steam your beetroot for 20min for soft and gentle.
2. Heat a pan add 1 cup of water and sugar make a sugar syrup and add beetroot and cover all with sugar syrup.
3. Take beetroot in plate and stuffed all types of halwa in beetroot and cover outer layers with pistachio nut and serve with cream of rose sauce.

PANEER TIKKA *On Papdi Chaat*

A twist to paneer tikka masala gravy. It's served on papdis instead with parathas or roti.

Ingredients

For papdi

Whole wheat flour (atta) - 1 cup
All purpose flour (maida) - 1 cup
Cumin seeds (sabut jeera) - 1 Tsp
Ajwain (carom seeds) - 1 Tsp
Ghee or oil - 2 Tbsp
Water as required.
Salt as required.
Oil for deep frying.

For Paneer Tikka Masala

Paneer - 250 gm
Diced Onions - ½ cup
Capsicum - 250 gm
Strained Yogurt (Curd) - ½ Cup
Ginger Garlic Paste - 1 Tbsp
Turmeric Powder - 1/3 Tsp
Red Chilli Powder - 1 Tsp
Garam Masala - ¼ Tsp
Cumin Powder - ½ Tsp
Chat Masala - 1 Tsp
Salt to taste.
Lemon Juice - 1 Tsp
Vegetable Oil - 1 Tbsp

For the Gravy

Onion - 1
Tomatoes - 2
Yogurt - 1 Tbsp
Ginger Garlic Paste - 1 Tbsp
Cumin Seeds - 1 tsp
Asafoetida - 1/8 Tsp
Turmeric Powder - ½ Tsp
Red Chili Powder - 1 Tsp
Garam Masala - ½ Tsp
Coriander Powder - 1 Tsp
Kasoori Methi - 1 Tbsp
Salt - 1 tsp
Cooking Oil - 1 Tbsp



Method

For papdi dough

1. Mix the whole wheat flour, all purpose flour, carom seeds, cumin seeds and salt in a large mixing bowl.
2. Rub ghee in the dough with your finger tips, till you get a bread crumb like consistency in the mixture.
3. Add water and knead to a firm dough. Keep covered for 30 minutes.
4. Knead again and divide the dough into 4 equal balls.
5. Roll each dough ball thin with a rolling pin (belan).
6. Using a cookie cutter, cut round shapes from the rolled dough.
7. Remove the extra rolled dough and use to make the rest of the papdis.
8. You can also make tiny balls and then roll each into a small puri.
9. Prick the cut out papdis or small pooris with fork, so that they dont puff while frying and become crisp.

For frying papdi

1. Heat oil for deep frying in a kadai.
2. Slid the papdi in hot oil and with the help of a slotted spoon, fry them till golden.
3. The sizzling in the oil stops when the papdi are fried.
4. Drain the papdi on paper to remove excess oil.

For Paneer Tikka

1. Strain 1 cup Yogurt in a muslin cloth to remove water. Alternatively you can use ½ cup of Greek Yogurt. Then beat the Yogurt in a large mixing bowl.
2. Add ginger-garlic paste to the yogurt, add turmeric powder, red chilli powder, garam masala, cumin powder, chat masala and salt. Add 2 tbsp of roasted besan to the yogurt.
3. Mix all the contents. Whisk until smooth. Add a dash of fresh Lemon juice and 1 few drops of oil.
4. Dice the paneer into small cubes. Remove the seeds from the capsicum. Dice the onions and capsicum (bell peppers) into small cubes.
5. Mix well to coat the paneer and vegetables with the spicy Yogurt paste. Cover the bowl and let the paneer marinate for 20-30 minutes.
6. Brush oil on a hot pan or tawa. Place these marinated paneer and vegetable pieces on the pan or tawa. Brush some more oil on the top.
7. When the paneer has cooked from the bottom, turn the pieces to cook them on all sides till they turn golden in color. The paneer and the vegetables should get slightly charred.
8. Now we will make the curry for the paneer tikka masala. Heat 1 tbsp of oil in a pan. Add cumin seeds along with a pinch of asafoetida.
9. When the seeds start to crackle, add the chopped onions, crushed garlic pods and chopped ginger. Fry till the onions turn golden brown in color.
10. Chop or puree the Tomatoes and add them to the pan. Sauté on medium flame till the tomatoes are cooked, around 4-5 minutes.
11. Add the spices like turmeric Powder, red chili Powder, garam masala, coriander Powder and salt.
12. Pour a Tablespoon of curd and cook for another couple of minutes.
13. Add water to adjust the consistency of the gravy and boil the curry for a minute. Add kasoori Methi (Dry Fenugreek leaves) to the gravy.
14. When the Gravy turns thick, add the grilled Paneer and Vegetables in the gravy.
15. Mix everything well and cook on medium heat for 10 minutes.
16. Paneer Tikka Masala is ready.
17. Now serve paneer tikka with gravy on papdis.

VEGAN BLUEBERRY *Smoothie*

Blueberries are low in calorie and king of antioxidants. It reduces DNA damage and lowers cholesterol. Hence this smoothie is a very healthy drink. Also for the vegans who don't use dairy products.



Ingredients

Unsweetened

coconut milk - 14 oz. canned

Unsweetened almond milk - ½ cup

Blueberries fresh or frozen - ½ cup

Pea protein powder - 4 Tbsp

Vanilla extract - ½ Tsp

Method

1. Add all of the ingredients to a high-speed blender and blend on high until smooth (should turn a light purple color). Use a silicon spatula to wipe down the sides if the protein powder gets stuck.
2. Optional: You can add a little Stevia or another no-calorie sweetener if you want your smoothie sweeter.
3. Serve immediately with a straw and enjoy!

POTATO ROSTI WITH JAGGERY SALSA *And Lasuni Chutney*



Chef Dhairya Kadia
-Ahmedabad

Ingredients

Large potatoes - 2
Butter - 2-3 Tbsp
Parsley - 1 Tbsp
Corn flour - 2 Tbsp
Cheese - 1 Tsp
Sea salt and freshly ground black pepper.

Method

1. For the rösti, grate the potatoes coarsely into the a clean tea towel. Fold the towel around the potato to form a ball and squeeze to remove as much moisture as possible. Season the potato with black pepper, add all the ingredients, then divide into four equal portions.
2. Heat a large frying pan over a medium heat and add two tablespoons of the clarified butter. Place a metal chef's ring inside the frying pan carefully fill with the one portion of grated potato. Using the back of a spoon gently push down to make a compact cake. Remove the ring and repeat with the remaining potato until you have four rosti.
3. Shallow fry the rosti for 3-4 minutes on both sides, or until golden-brown all over and tender all the way through, adding more oil or fat if required. Season with salt, then remove from the pan and drain on kitchen paper. Place onto a roasting tray and reheat before serving.

SALSA

Ingredients of tomato salsa dip

Tomato - 4
Onion - 1
Capsicum - 1
Green chilli - 2
Jaggery - 1 Tsp
Sprigs coriander leaves - 5
Lemon juice - ½ Tbsp
Pinch of salt.
Pinch of black pepper.

Method

1. Firstly, char the onion on the gas flame. Turn it around on the flame till all of its skin is blistered and black (but not burnt). Remove it from the gas flame and let it cool for 10-15 minutes. Then peel it. This process gives a lovely smokey flavour to the side dish.
2. Finely chop the onions, tomatoes and coriander leaves. Mix the onions, tomatoes, chilies and coriander together. Mash them slightly to make a semi-paste. Add lemon, salt and black pepper to taste. Add jiggery. Let the salsa rest for 10 minutes before serving.

LASUNI CHUTNEY

Ingredients

Tomatoes - 2 ripe
Garlic pods - 15 to 20
Whole dry red chilies - 8 to 10
Cumin - 1 Tsp
Salt to taste.
Oil - 1 Tsp

Method

1. Chop the tomatoes finely. Peel the garlic and keep it ready.
2. Heat a pan with oil. Add whole dry red chilies and sauté for 10 seconds.
3. Add garlic pods and sauté over low flame till it changes color slightly. Take off stove and let it cool completely.
4. Transfer this to a grinder. Add the chopped tomatoes, salt and grind to a smooth paste using little water.



DARK CHOCOLATE COATED GHEVAR SERVED *With Chikki Crumbel And Jamun Shrikhand*

Ingredients

For batter

Ghee / clarified butter - ½ cup

Ice - 1 block

Maida - 2 cup

Milk, chilled - ½ cup

Water, chilled - 3 cup

Lemon juice - 1 Tsp

For sugar syrup

Sugar - 1 cup

Water - ¼ cup

Other ingredients

Dark chocolate.

Oil / ghee for deep frying.

Dry fruits, for garnishing

Cardamom powder - ¼ Tsp

Method

1. Take ½ cup ghee and rub with ice block.
2. Now add 2 cup maida and crumble well.
3. Further, add ½ cup chilled milk and give a rough mix.
4. Additionally, add 3 cup of chilled water, 1 tsp lemon juice and make a smooth flowing consistency.
5. Pour the 2 tbsp of batter keeping a good distance from hot oil.
6. The batter will splatter and later the froth subsides. Repeat 10-15 times
7. Pull the ghevar out once cooked, and drain off the oil completely.
8. Pour the sugar syrup over ghevar, garnish with chopped nuts and sprinkle cardamom powder. And dip the ghevar in liquid dark chocolate and put in freezer for 10-15 minutes.

Ingredients for jamun shrikhand recipe

For hung curd

Fresh full fat curd - 4.5 cups

For shrikhand

Sugar or powdered sugar - 8 to 9 Tbsp

Cardamom powder - ½ Tsp

Fresh jamun pulp - 2 Tbsp

Warm milk - ½ Tsp

Crushed or chopped pistachios for garnish - 7 to 8

Method

1. First line the strainer on a deep bowl. Then line a muslin cheesecloth or kitchen cotton towel on the strainer.
2. Pour the fresh curd. I added 4.5 cups of curd. Do use fresh curd and not sour one.
3. Bring the four edges of the muslin together and tie one edge tightly around the rest.
4. Gently press and you will see the whey dripping.
5. Now place a heavy bowl or lid or tray on the tied muslin. if you have a hook, you can also hung the muslin in your refrigerator. Now keep the whole thing in the fridge for 4 to 5 hours or overnight. I kept for 24 hours. Do use a deep bowl below, so that there is some distance between the curd in the strainer and the collected whey. Otherwise the whey will touch the strainer as well as the curd.
6. Next day the whey will be drained and the hung curd will be ready. With a silicon spatula, collect the hung curd in a container or lidded bowl if not using it.
7. Cover with its lid and then refrigerate. With the hung curd you can now proceed to make the shrikhand.

Making shrikhand

1. Take ½ tsp warm milk in a small bowl. Add 2 tsp jamun pulp. Stir and keep aside.
2. In a mortar powder 4 to 5 green cardamoms. Keep aside.
3. Take the hung curd in a bowl.
4. Add fine sugar. Lightly stir with a spatula or spoon. You can also use powdered sugar.
5. Then add the saffron dissolved milk and powdered saffron.
6. Using an electric beater, begin to whip the hung curd. You can also beat the hung yogurt in a blender.
7. Whip till smooth. The sugar should also dissolve. Check the taste and add more sugar if required.
8. With a silicon spatula scrape the beaters' sides and edges of the hung curd and add to the bowl.
9. You can chill the shrikhand in fridge and later serve. While serving shrikhand, top with some sliced dry fruits. You can also top shrikhand with crushed dry fruits. I added some crushed pistachios for garnish.

For peanut chikki crumb

Ingredients

Peanut / groundnut - 2 cups

Jaggery - 1½ cup

Water - 2 Tbsp

Method

1. Firstly, in a thick bottomed pan dry roast 2 cups peanut on low flame. alternatively, keep in microwave till the peanuts are roasted well.
2. Keep stirring continuously, so that peanuts gets roasted uniformly and do not burn.
3. Once the peanuts starts to separate its skin, turn off the flame and cool completely.
4. Peel off the skin and keep aside.
5. In a large kadai, take 1½ cup of jaggery.
6. Add in 2 tbsp water and stir till the jaggery melts keeping flame on low.
7. Stir well till the jaggery melts.
8. Boil the jaggery syrup on low flame for 5 minutes.
9. Boil till the syrup turns glossy and thickens.
10. Check the consistency, by dropping syrup into a bowl of water, it should form hard ball and cut with a snap sound, else boil for another minute and check.
11. Turn off the flame and add roasted peanuts.
12. Stir well making sure jaggery syrup coats well.
13. Immediately pour the mixture to a tray lined with butter paper.
14. Spread and pat with the help of a small cup to smoothen the top.
15. Allow to cool for a minute, and when its still warm cut into pieces.
16. Lastly, serve peanut chikki once cooled completely, or store in a airtight container and serve for a month. For plating fine chopped the chikki like crumb.



PESTO *Minestrone Soup*

A super healthy pesto soup with lot of veggies. It's ultimate spring soup recipe.

Ingredients

Basil leaves - 1 Tbsp
Cashew paste - ½ tbsp
Oil - 1 Tbsp
Cheese cube -1
Olive oil - 1 Tsp
Celery - ½ Tsp
Boiled spaghetti - ½ Tbsp
Ajinomoto - 1/8 tsp
White pepper - 1/8 tsp
Broccoli - 1 Tbsp
Zucchini - 1 Tbsp
Baby corn - 1 Tbsp
Carrot - 1 Tbsp
Colored bell pepper - 1 Tbsp

Method

For pesto balls

1. Grind basil leaves, cashew and oil and make a paste.
2. Then mix 1 tsp paste with ½ tsp cheese and make small balls and keep aside.

For soup

Take a pan and heat oil, add celery, sauté for a minute, then add all the finely chopped vegetables, sauté for a minute and add half glass of water, salt, white pepper, ajinomoto and add spaghetti. Let it simmer for few minutes.

How to serve

Take a bowl, add 2 to 3 pesto balls and pour hot soup over it and serve.



Shweta Shah
-Mumbai



PANEER STUFFED

Naan Balls

Ingredients

Maida - 250 gms

Baking powder - 1 Tsp

Baking soda - ¼ Tsp

Cumin - 1 Tsp

Yogurt - 30 gms

Water - 150 ml

Oil - 2 Tsp

Salt to taste.

Mix the above ingredients and make soft dough and rest it for 30 mins.

For stuffing

Oil - 1 Tbsp

Cumin - 1 Tsp

Garlic - 1½ Tsp

Ginger - 1½ Tsp

Chili - 2 Tsp

Onions - 60 gms

Tomatoes - 65 gms

Turmeric - ½ Tsp

Red chili - 1 Tsp

Garam masala - ½ Tsp

Salt to taste

Paneer - 150 gms

Water - 50 ml

Lemon juice - 1 Tsp

Corriander - 1 Tbsp

For greasing butter

Butter - 70 gms

Tandoori masala - 2 Tsp

Black sesame - 1 Tsp

Yogurt - 2 Tbsp

Processed cheese

Method

For stuffing

1. Take a pan, heat oil, add finely chopped garlic, ginger and chili, sauté for a minute.
2. Then add onions and tomatoes and sauté well, finally add dry masala.
3. Lastly add paneer and water and mix well, add lemon and coriander and keep it aside for cooling.

For Naan Balls

1. Prepare the melted butter for greasing.
2. Take dough, make small balls fill the stuffing and make a round ball.
3. Roll the stuffed balls in the greasing butter.
4. In a tray, place silver foil and place these balls and grease it with the flavored butter.
5. Bake it at 170 degrees and serve it with ketchup.

PROTEIN PULAV

With Flavoured Curds

This protein pulav has jowar. Jowar contains good amt of fibre, it improves heart health. Its gluten free, controls blood sugar level and boosts immunity. So this pulav should be consumed by all age group people.

Ingredients

Soaked and boiled jowar - 150 gms
Cooked basmati rice - 1 cup
Turmeric - 1 tsp
Ghee - 2 Tbsp
Cloves - 6 to 7
Cinnamon - 2 to 3
Grated coconut - 80 gms
Bay leaves - 4 to 5
Jeera - ½ Tsp
Green /yellow capsicum - 50 grams each
Tomatoes - 1 Tbsp
Ginger chili paste - 1 Tbsp
Coriander - 1 Tbsp
Lemon - 1
Paneer - 30 gms
Pepper - 1 Tsp
Salt to taste.

Method

1. First cook jowar and keep it aside. Cook rice with turmeric and salt and keep it aside.
2. Now take a pan add ghee, cinnamon, cloves, bay leaves, jeera, red and yellow capsicum, sauté properly.
3. Add ginger chili paste and hing. Finally add tomatoes and sauté a bit and add grated coconut.
4. Now add lemon juice and coriander and mix well.
5. Lastly add jowar and rice, mix everything together and serve it in plate.

For preparing flavored curds

Tari dahi

1. 1 cup curd, add salt and mix well. Then take a small pan, add 1 tbsp oil, heat it to the maximum and then cool the oil. Add red chilli to the oil and mix this oil in the curd. Serve in a bowl.

Pudina dahi

1. take one cup curd, add 1 tbsp pudina chutney, and mix well. Serve in a bowl.





**Chef Sadiya
Shenaz Sayyed**
-UAE



MINT *Salad*

This easy salad recipe is very gourmet tasting. In fact, it's so scrumptious that your guests will think you labored over it (though it takes only minutes to make!).

Ingredients

Cucumber chopped - 1
Green onion - 2 Tbsp
Chopped lettuce - 2 Tbsp
Fresh mint - 2 Tbsp
Few slices of red radish.
Cherry tomatoes - 5/6 sliced
Arugula - few leaves.
Sumac powder as per taste.

Method

1. Simply toss some pineapple chunks (fresh or canned) with cucumber, green onion, chopped lettuce, fresh mint, slices of red radish, cherry tomatoes, arugula and sprinkle sumac powder .
2. A perfect salad that looks and tastes like summer itself.

MANGO

Chocolate Mousse

It is never boring to eat mango. Here is a very easy and yummy dessert "Mango chocolate mousse topped with Basil seeds and fresh mango."



Ingredients

For mango mousse

Mango pulp - 1 cup
Whipped cream - 2 cup
Mango essence (optional) - 3-4 drops

For chocolate mousse

Melted dark chocolate - 1 cup
Whipped cream - 2 cups
Chocolate essence (optional) - 3-4 drop

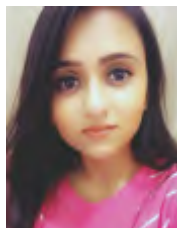
Garnishing

Soaked basil seeds - ½ cup
Chopped mango - ½ cup

Method

For Both mousse

1. Add mango pulp to whipped cream and fold it gently.
2. Likewise add melted chocolate to whipped cream and fold it gently.
3. Take a glass, pour mango mousse and let it set in refrigerator for 15-20 mins.
4. Now add chocolate mousse and let it set for 15-20 mins.
5. Now top it with basil seeds and chopped mango.
6. Serve it chilled



**Krishna
Patel Vadalia**
-Rajkot

VANILLA

SPONGE WITH Ice Cream And Fresh Fruits

Every time is cake time. No cake goes wrong with fruits. Here is a simple yet very delicious combination of it.

Ingredients

Cake sponge

Maida - 100 grams
Powdered sugar - 2 Tbsp
Baking powder - 1 Tsp
Baking soda - ¼ Tsp
Butter - 50 grams
Condensed milk - 130 grams
Vanilla essence - 1 Tsp
Milk - 100 ml

For garnishing

Vanilla ice cream
Fresh fruits
Mixed nuts

Method

1. Mix all dry ingredients and sieve and keep aside.
2. Beat vanilla essence, butter and condensed milk in a bowl
3. Add little by little dry ingredients mixture along with milk and heat well.
4. Grease a 6 inch cake tin with butter and dust well with Maida.
5. Pour the cake mixture.
6. Bake it for 25-30 mins at 180 degree in a pre heated oven.
7. Once baked let it cool completely and de mould it.
8. Soak the cake with sugar syrup and remove the Center cavity of cake.
9. Fill that with vanilla Ice cream and garnish with fresh fruits and mixed nuts.



STROGANOFF

Cheesy corn rice served with exotic Sautéed Vegetables and house made Stir Fry Sauce.

Ingredients

For Cheesy Corn Rice

Cooked rice - 1 cup
Boiled sweet corn - ½ cup
Finely chopped green chilli - 1 Tsp
Grated processed cheese - ½ Cup
Pepper powder - 1 Tsp
Salt to taste.
Olive oil - 1 Tsp

For Sautéed Vegetables

Diced exotic vegetables
(Three color peppers, broccoli,
Zucchini, baby corn, carrot) - 2 cups
Olive oil - 1 Tsp
Pepper powder - 1 Tsp
Sesame seeds - 1 Tsp
Salt to taste.
Finely chopped garlic - 1 Tsp

For Stir Fry Sauce

Olive oil - 1 tsp
Chopped garlic - 1 Tsp
Green chili sauce - 1 Tsp
Red chili sauce - 1 Tsp
Soya sauce - ½ Tsp
Tomato purée - ½ cup
Honey - 1 Tbsp
Salt to taste.
Water - ½ cup

Method

For rice

1. Take a pan, add oil and let it heat.
2. Add chillies and corn, sauté for 1 mins now add rice and mix well.
3. Add salt and pepper powder. Mix well
4. Add cheese and mix gently.
5. Rice is ready keep it aside.

For Sauteed vegetables

1. Par boil the vegetables and keep aside.
2. Take a pan, add oil.
3. Once oil is hot add chopped garlic, sesame seeds and let it splutter.
4. Add boiled vegetables and add salt and pepper powder, sauté properly.

For Stir fry sauce

1. Heat oil in a pan, add garlic n sauté.
2. Add all the sauces, tomato purée and mix well.
3. Add honey and water and let it boil for 4-5 mins.
4. Adjust salt. Sauce is ready.
5. Serve everything hot in a plate.



MANGO *Magic*

Celebrating king of fruits with freshly baked vanilla sponge and layered with psyllium husk (isabgol). Topped with fresh fruits and mixed seeds, served with mango sauce.

Ingredients

Vanilla sponge cake (size of your serving)

Plain isabgol - ½ cup

Mango sauce - 4 Tbsp

For Mango sauce

Mango pulp - 1 ½ cup

Sugar - 1 Tsp

Amchur powder - pinch

For Garnishing

Mango sauce - 1 cup

Freshly chopped mango - 2 Tbsp

Mixed seeds(pumpkin and sunflower) - 1 Tsp

Kiwi - 3 to 4 slice

Method

1. Bake a vanilla cake of 250 grams
2. Cut the center of cake with circle mould and place it in serving plate.
3. Take a pan, add mango pulp and 1 tsp sugar and heat it for 2-3 mins.
4. Add a pinch of amchur powder to it and mango sauce is ready.
5. Take a bowl, add isabgol and 4 tbsp mango sauce and mix well. Let it set for 10-15 mins.
6. Place the mould around the cake in serving plate (mould should be higher than cake)
7. Spread isabgol mixture over cake and remove mould.
8. Garnish with chopped fruits and seeds.
9. Cool the mango sauce pour it around cake and serve the dessert chilled.



MOTICHOOR CHEESE *Cream Jar Cakes*

Fusion desserts are some of my favorite things to make. It's a decadant dessert for the festive season. No bake motichoor laddoo cheesecake jars with layers of cream cheese, cake and crushed boondi laddoo garnished with nuts.



Ingredients

Vanilla Muffins - 2
Whipped Cream - ½ Cup
Cheese Cream - ½ Cup
Vanilla extract - 1 Tsp
Motichoor Ladoo - 2
Pinch of Saffron
Pinch of cardamom powder
Chopped almonds and pistachios - 2 Tbsp

Method

1. Mix the whipped cream and cheese cream softly with a spatula in a chilled container.
2. Add vanilla extract, cardamom powder and saffron strands in a wide mouth Glass Jar or bowl ensemble the vanilla sponge muffin , cheese cream frosting and motichoor laddoo layer by layer and garnish with almonds and pistachios slivers.
3. Store in fridge and serve chilled.



Kiran Amin
-Ahmedabad

MOHAN BHOG

With Rabdi Caviar



Farah Laliwala
-Ahmedabad

Ingredients

For Mohan Bhog

Home Made Chena - 1 Cup
Baking Soda - ½ Tsp
Sugar - 1 cup
Water - 5 cup
Milk - 1 ½ cup
Sugar - 2 Tbsp

For Rabdi Caviar

Fat Milk - 500 gm
Sugar - 3 Tbsp
Condensed Milk - 2 Tbsp
Khoya - 2 Tbsp

For Garnishing

Vermicelli sauted
Mango Pieces
Mango Pulp or
Mango Crush
Fried Maida Ring
Chopped Pistachio
Mint Leaves
Silver (Warakh)

Method

For Mohan Bhog

1. In Chena add Baking Soda and mix it well till it becomes a Soft Dough.
2. Now from that dough make medium size balls then make a small hole in the center of the balls.
3. In pan add sugar and water after then Heat till the sugar melt.
4. Now in this sugar syrup add balls and keep the gas at medium flame and cook it well
5. After the Balls Size increase cover the pan with the plate and cook it well for 5 min then After switch off the gas and keep the balls aside for

6. After the balls cool down take out the balls from sugar syrup and Squeeze it and keep the balls in warm milk for 10 min (In milk add 2tbsp Sugar).
7. Heat the Milk till it becomes thick after that add khoya and again heat it for 5 to 7 min and mix while heating.
8. Now in that add condensed milk and sugar and heat it well and also mix it while heating.
9. Now add cardamom powder and mix it well and then switch off the gas.
10. Now fill this Rabdi in injection then press the injection and make drops in chilled oil and keep it aside for 2 min then take out the drops from it and wash with water by washing in water extra oil will come out and then now this Rabdi Caviar is Ready

For Garnishing

1. In serving plate Spread Mango Pulp or Mango Crush on that keep Mango Pieces and Rabdi Caviar
2. Now in Middle of the Plate keep fried maida ring and then keep Mohan Bhog in middle then after

in Mohan Bhog hole keep rabdi caviar after that from up spread chopped pistachio and mint leaves

3. Now keep sauté vermicelli all over the mohan bhog and on fried ring keep sautéed vermicelli and Silver (warakh) and serve

MASALA CHAI SEMIFREDDO

With Orange Cake

Semifreddo is essentially a long lost Italian cousin of ice cream. It is the Italian name of a semi- frozen dessert which has a mousse like texture. So I have paired my masala chai semifreddo with orange cake.



Priyanka Gandhi
-Ahmedabad

Ingredients

For Orange Cake

Maida - $\frac{3}{4}$ cup

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

Oil - $\frac{1}{4}$ cup

Powdered sugar - $\frac{3}{4}$ cup

Baking powder - $\frac{3}{4}$ Tsp

Baking soda - $\frac{1}{4}$ Tsp

Salt - pinch

Orange zest - 3 tsp

Orange essence - 2 drops (optional)

Orange color - 2-3 drops (optional)

Method

1. Take all dry ingredients & churn it in a bowl
2. Take another bowl & add Curd & sugar & whisk it
3. Then add oil & whisk it again
4. Now add orange zest in wet ingredients (orange assence & orange color optional)
5. Now add all dry ingredients with wet ingredients
6. Mix well & make smooth batter
7. Take round Cake mould & put the batter in it
8. Bake it at 180 degree for 25-30 minutes in preheated oven

Ingredients

For Masala Chai Semifreddo

Full cream milk - 400 ml

Condensed milk - 400 ml

Salt - pinch

Tea masala - 3 Tbsp

Water - 200ml

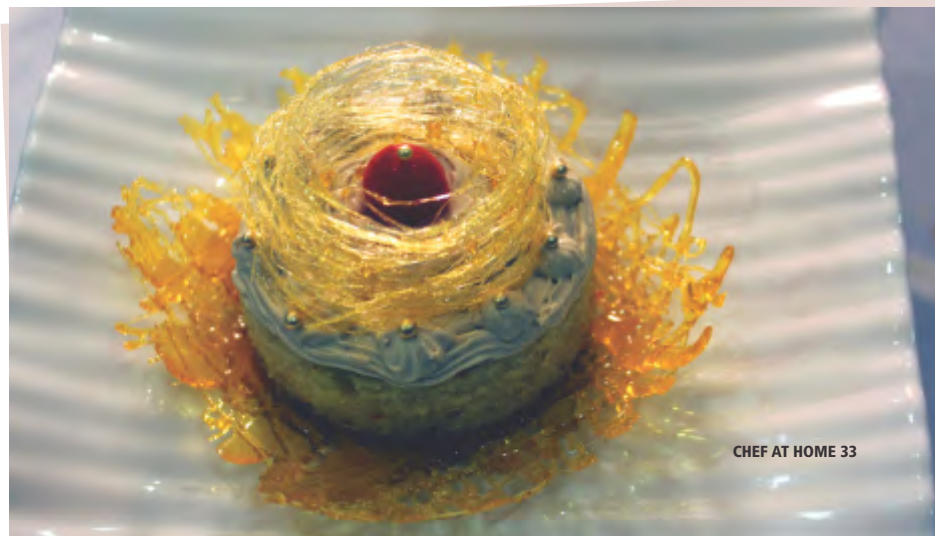
Heavy cream - 250ml

Method

1. Add the chai masala to the water and bring to boil for 3-4 minutes.
2. Strain and return the liquid to heat; simmer for another 4-5 minutes to slightly thicken the infusion. Later allow to cool.
3. Place the milk, condensed milk and salt in a pan, bring to boil, add tea masala.
4. Continue to cook for another 10-12 minutes till it reaches the consistency of a thin custard. Allow to cool then chill in the fridge.
5. Whip the cream then fold into the chilled milk mixture.
6. Line the tin with baking paper and pour the mixture into the tin. Freeze for at least 4 hours.

For Serving

1. Cut the Cake with small round mould.
2. Put the Semifreddo on it.
3. Put this on Caramel bowl and garnish with Caramel nest on top with cherry.



TWIN *Masala Rice*

This recipe is very healthy and easy to cook. In this we add lot of spinach and beet which are full of vitamins. And adding veggies in this makes it more healthier and delicious. This colourful recipe is also very much enjoyed by kids.

Ingredients

For Green Rice

Boiled rice - 1 cup
Bunch of Spinach - 2
Ginger paste - 1 Tsp
Spicy green chili paste - 1 Tsp
Garlic paste - 1 Tsp
Boiled greens peas - ½ cup
Boiled carrot - ½ cup
Butter - 2 Tsp
Chat masala - ½ Tsp
Salt according to taste.

Ingredients

For Red Rice

Soaked rice - 1 cup
Cinnamon - 1
Bay leave - 1
Star anise - 1
Big cardamom - 1
Dried red chilies - 2
Cumin seeds - 1 Tsp
Garlic paste - 1 Tsp
Potato chopped - 1
Onion sliced - 1 cup
Beet puree - ½ cup
Oil - 1 Tsp
Water - 2 cup
Salt according to taste.

Method

1. Blanch spinach and blend it like paste.
2. Put 1 spoon butter in a frying pan and add ginger, chili and garlic paste mix it and add the boiled peas and carrot and mix it then add the spinach paste in it and mix it well.
3. Then add salt according to taste and add chat masala and mix the rice and serve it.



Amisha Desai
-Rajkot

Method

1. Mix all the spices and blend it to make a spicy powder.
2. Take a pan and put oil and heat it then add garlic paste and onions in it and mix it as onion gets little pink add the spicy powder in it and salt according to taste.
3. Now add rice, beet puree and potato in it and 2 cups of water to boil rice and potatoes cover the pan and let rice cook after 18 minutes the rice will be ready to serve.
4. Take a big bowl, layer the green and red rice alternatively.
5. Serve the twin layer rice with cucumber raita and papad.



NESTED *Shrikhand*

A new idea to serve the dry fruit shrikhand with a bit of crisp nest. A very quick, easy, and delicious sweet vermicelli dessert.

Ingredients

For shrikhand

Hung Curd - 1 cup

Sugar Powder - ½ cup

Finely chopped Almonds - ½ cup

Finely chopped Cashewnuts - ½ cup

Vanilla extracts - 5 drops

For Nest

Vermicelli - 250gm

Butter - 4 Tbsp

Condensed milk - 4 Tbsp

Method

For Shrikhand

1. You need to prepare curd previous day and hung it overnight using a soft cloth.
2. Keep it refrigerated for 9-10 hours till all the water drains out.
3. Hung curd is ready to make shrikhand.
4. Add sugar powder, vanilla essence, chopped nuts and mix it very well.
5. Shrikhand is ready.

For Nest

1. First crush the vermicelli.
2. Take a nonstick pan, add a little butter to it then roast the vermicelli in it.
3. After your vermicelli turns brownish add condensed milk and mix it.
4. Your mixture should be bit sticky for binding then it is properly done.
5. Take cupcake moulds and spread your mixture.
6. Fill shrikhand in between the nest.
7. Freeze it for 30-40 min, then softly take out with your hands and your nest is ready.



Nidhi Maradia

-Rajkot



LAYERED *Kalakand*

We can enhance the kalakand by adding mango puree or kesari and make variety of kalakand. Mango kalakand is very delicious and can be prepared and served in any festival.



Mineeta Chopra
-Ahmedabad

Ingredients

Ghee -1 Tbsp

Paneer - 300 Gm

Mango Pulp - ¼ cup

Cardamom powder - 1 Tsp

Saffron - 8-10 threads

Pistachio - 2 Tsp

Milk Maid as per taste.

Method

1. Take a nonstick pan and add ghee and shredded paneer in it and cook for 2 mins.
2. Take half portion out of pan and keep it aside.
3. Now add milkmaid, cardamom powder and saffron to a pan and let it cook until it releases all the moisture. Remove it from pan, keep it aside in a bowl and let it cool completely.
4. Now add remaining paneer, mango pulp and pistachio to pan. You may add milk maid if mango pulp is not sweet enough.
5. Let it cook until releases all moisture. Remove it from pan. Form a ball once it gets cooled completely.
6. Give square shape to Saffron kalakand and round shape to mango kalakand.
7. Garnish with Kesar thread and pistachio.

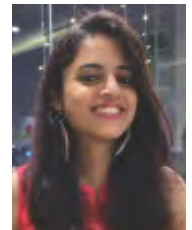


RAW MANGO- *Mushroom Dum Biryani*

Ingredients

Boiled Daawat Basmati rice - 1 cup
Peeled and grated raw mango - 1
Fresh Mushroom chopped - ½ cup
Chopped Broccoli - 1 cup
Onions sliced - 2
Thin slice onion
(Fried with Golder Brown Color) - 1
Small tomato - 1
Biryani masala - 2 Tsp
Red chilli - 1 Tsp

Pinch of asafetida.
Turmeric powder - ¼ Tsp
Salt to taste.
Ghee as required.
Fresh Coriander.
Hot Milk to soak the Saffron strands - ½ cup
Golden Colored fried Cashews as needed (Optional)
Coal for Dum.
Spices - Star Flower Spices, Large Cardamom, Small Cardamom, Long Clove, Black Pepper



Ankita Gajjar
-Ahmedabad

Method

1. Soak rice in water for 20 minutes
2. Take 6 cup of water in pan and start to boil. Add star flower spices, large cardamom, small cardamom, long clove. Once the water started to boil add 1 cup of basmati rice.
3. Once the rice started to cook, add one table spoon of oil/Ghee with 4-5 drops of lemon in it and strain all the water. Make sure the rice should not overcook.
4. Take one pan, add ghee, and add long clove, star flower, cardamom and asafoetida. Now add sliced onion.
5. Sauté them till it changes into brown color.
6. Add shredded raw mango and chopped tomato in it. Make it fry for a while. Stir it and sauté for 3 to 4 minutes.
7. Add fresh mushroom and then season with some salt. Stir it continuously.
8. Add turmeric powder, biryani masala, chilli powder, khada masala powder, fresh coriander.
9. Now mix very well again till all masala diluted together.
10. Now off the flame and keep cooked ingredients aside.
11. Place one utensil on gas and add 1 spoon of Ghee. Make one layer of plane rice. second layer of mix veggies layers and again on top one more layer of plane rice.
12. Now pour saffron milk on top of the rice.
13. Spread a little amount of fried onion on top.
14. Now close the utensil and seal with wheat dough with medium-low flame, heat the rice again for 8 to 10 minutes.
15. Now off the flame, open the seal. Place one small bowl with hot coal and pour ghee on it and close the utensil till the biryani gets smoky flavour of dum.
16. Serve Mango Mushroom biryani in layers of rice and gravy.
17. Garnish with golden brown fried onion and Cashews.
18. Serve biryani with raita.



METHI *Khandvi*

A favorite Gujarati farsan with a twist. In the khandvi we add methi leaves which are good for health as they have lot of calcium in it.

Ingredients

Gram flour (besan) - 1 cup

Buttermilk - 3 cup

Turmeric powder - ½ tsp

Methi leaves and green chili paste - ½ cup

Salt to taste.

For garnish and tempering

Oil - 3 Tbsp

Mustard seeds - 1Tsp

Fried methi leaves - 3 Tbsp

Methi sambhar (pickle masala) - ½ Tsp



Reshma Bhavsar

-Baroda



Method

1. Mix all the above ingredients well to make a smooth paste. There should be no lumps.
2. Heat the mixture and stir it continuously.
3. When very thick, taste by spreading a little paste on a plate. If after about 1 minute the mixture can be rolled and lifted, it is ready for spreading.
4. When ready, spread the mixture thinly on any working surface with the help of a spatula.
5. Cool and cut in about 50mm strips.
6. Roll the strips (like pinwheel) and arrange it on a plate.
7. Heat oil in a vessel for tempering and add mustard seeds.
8. When the seeds start popping, pour it over the rolls.
9. Garnish it with fried methi leaves and sprinkle little sambhar masala.
10. Serve with green chutney.



DHOKLA *Rolls*

A traditional Gujarati dish at festive meals to be served with mango juice.

Ingredients

For batter

Rice - 3 cups

Urad dal - 1 cup

Sour curd - ½ cup

Green chillies - 6 to 8

Soda-bicarbonate - ¾ Tsp

Black pepper powder - 1 Tsp

For Filling

Grated carrots - ¼ cup

Finely chopped green capsicum - ¼ cup

Grated cheese - 1 cup

Schezwan sauce - 2 to 4 Tsp

Method

1. Take dry urad dal and rice in a grinder and grind coarsely.
2. Add sour curd and hot water and make into an idli batter consistency.
3. Leave to ferment.
4. Add chili paste and salt to taste.
5. Add soda-bicarbonate to the batter and spread a thin layer in a steel plate. Sprinkle pepper powder and steam for 12 min.

For the Filling

1. Sauté the grated vegetables for 3 to 5 minutes with very little oil.
2. Add schezwan sauce and cheese to the vegetables
3. Spread the filling onto the steamed dhokla thali.
4. Cut into long strips and roll them tightly.
5. Temper it with oil and mustard seeds.
6. Serve with mango juice or mango salsa.



FALAFEL *Bhakarwadi*

A fusion gujarati farsan for the treat. It's one of the popular snack deep fried and crisp pinwheels or spirals easy to pop into your mouth.

Ingredients

For the dough

Maida - 1 cup

Salt to taste.

chilli flakes - ¼ Tsp

Oregano - ¼ tsp

Oil - 2 Tbsp

Oil for frying.

For the filling

Soaked and boiled chick peas - 1 cup

Small finely chopped onion - 1

Chopped parsley - ¼ cup

Garlic cloves - 3-4

Salt to taste.

Gram flour (for binding) - 2 Tsp

Cumin seeds - 2 Tsp

Black pepper powder - ¼ Tsp

Finely chopped jalapenos - 2 Tsp

Method

For the dough

1. Mix all the above ingredients and make a medium soft dough.
2. Keep side.

For the filling

1. Mix all the above ingredients well to make a smooth filling.

For final preparation

1. Roll a medium thick roti out of the prepared dough for the outer layer.
2. Spread the filling mixture evenly on the roti.
3. Roll the preparation into a pinwheel like roll.
4. Cut the roll into 3 cm thick pieces.
5. Heat the oil and fry the pieces until golden brown and crisp.
6. Serve hot with any dip.



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SPINEER KOFTAS *In* *Makhani Gravy*

Paneer stuffed spinach koftas in makhani gravy is a delicious dish which is enjoyed by the people of every age group. Its aroma is so tempting that everyone wants to eat it. Try this and impress your family and friends.



Deepa Thakkar
-Ahmedabad

Ingredients

For Kofta

For Spinach Stuffing

Oil - 1 Tbsp
Ginger-garlic paste - 1 Tbsp
Green chili - 1 Tsp
Jeera - 1 tsp
Spinach puree - 1 cup
Jeera powder - 1 Tbsp
Besan - ½ cup
Cashew nut powder - 1 Tbsp
Coriander powder - 1 Tsp
Black pepper powder - ½ Tsp
Salt to taste.

For Paneer Stuffing

Paneer - ½ cup
Black pepper powder - ½ Tsp
Elaichi powder - 1 Tsp
Amchur powder - 1 Tsp
Cornflour - 1 Tbsp

For Makhani Gravy

Butter - 1 Tbsp
Jeera - 1 Tbsp
Garlic - 3-4 cloves
Ginger - ½ Tsp
Onion - 2
Tomatoes - 3
Kashmiri Mirch - 2
Garam masala - ½ Tsp
Chili powder - 1 Tsp
Coriander powder - 1 Tsp
Water - 200 ml
Salt to taste.

For Final Process of Gravy

Butter - 1 Tbsp
Oil - 1 Tsp
Bay leaf - 1
Green cardamom - 2
Ginger - ½ Tsp
Salt To Taste.
Garam masala - ½ Tsp
Kasuri methi - ½ Tsp
Honey - 1 Tbsp
Fresh cream - 2 Tbsp



Method

For Spinach Koftas

1. Separate the spinach leaves and blanch them in boiling water for 4-5 mins. and then immediately transfer them to a bowl of ice water to stop the cooking process.
2. Once cooled, Make puree of the spinach leaves. Heat oil in a non-stick pan, add jeera and garlic. Once they brown, add besan, cashew powder and cook it for 2-3 mins till raw smell goes away.
3. Add spinach puree and cook till the spinach mixture gets dry. Then cool down in a separate bowl.
4. Take paneer and add black paper powder, Aamchur powder, cornflour, and salt to taste.
5. Make equal sized balls of the paneer mixture and set aside.
6. Now take the spinach mixture in a separate bowl and make a dough like mixture.
7. Take a little amount of spinach dough in your palms, flatten it, place the paneer ball in the dough and cover it from all the sides with the spinach dough. Likewise, make all the koftas and keep aside.
8. Heat oil in a wok and fry koftas till golden brown and keep aside.

For Gravy

1. Heat oil in a pan. Add jeera, bay leaf, cloves, whole black pepper and cinnamon stick. Once it crackles, add ginger, garlic and onions.
2. Saute onions till light pink in colour and translucent, and the raw smell of the ginger and garlic goes away. Add chopped tomatoes.
3. Add cashews and almonds and add little water and cover the pan with a lid. Switch the flame to low and cook till the tomatoes and onions are tender.
4. Do not let the masala dry completely. We need a little watery mixture to make smooth puree.
5. Once the masala is cooked and cooled, grind the masala in a blender to a puree. Strain the puree through a sieve to get a smooth silky gravy.
6. Heat butter in a pan, add the gravy and add salt, chilli powder, turmeric powder, shahi paneer masala, and cook for 5 mins.
7. Add sugar/honey and adjust the seasoning as per preference. Add kasoori methi, and cream and mix well. Add water/milk to adjust the consistency of the gravy and add coriander powder and garam masala powder and cook for 5-10 mins on a low flame.
8. Add a few coriander leaves and serve the gravy hot.
9. For serving, cut the koftas in 2 halves.
10. Pour gravy in a serving dish, place the cut koftas on the gravy, garnish with fresh cream and enjoy with rice, roti, naan or paranthas.



PANCAKE WITH LEMON

Mint Ice Cream



Punita Desai
-Nadiad



Pancake rolled up with mint ice cream topped with mango cream is pure heaven. Must try recipe.

Ingredients

All purpose flour - ½ cup

Rava - 1 Tbsp

Milk - ¼ cup

Mango pulp - ½ cup

Milk powder - ¼ cup

Oil - 1 Tbsp

Salt pinch.

Sugar powder - 1 Tbsp

Soda - 1/8 Tsp

For Mango cream

Hung curd - ¼ cup

Mango pulp - 1/8 cup

Sugar powder - 2 Tbsp

Single cream - ½ cup

Mango pieces - ¼ cup

Method

1. First mix up all ingredients of pancake without soda. Rest for 10 minutes.
2. Now add soda and make mini pancake with help of mini uttapa tava.
3. Roast pancake with salty butter.
4. Mix up all ingredients of mango cream.
5. Then assemble pancakes in circle. Put homemade lemon mint ice cream on it and pour mango cream on it.
6. Garnish with fresh lemon zest and mint leaves.
7. Enjoy yummy and delicious desert.

STUFFED *Falafel* *With Salad*



Varsha Mistry
-Surat

Take falafel to the next level with this stuffing along with homemade tahini.

Ingredients

For outer layer

Chickpeas soaked - 1 cup
Onions - 2 medium
Freshly chopped parsley - ½ cup
Garlic cloves - 5
Green chili - 5
Coriander seeds - 2 Tsp
Cumin seeds - 1 Tsp
Crushed black pepper - ½ Tsp
Lemon juice - 1 Tbsp
Sesame seeds - 1 Tbsp
Salt to taste.
Oil for frying.

For stuffing

Brinjal roasted, peeled and chopped - 1
Cottage cheese - ¼ cup
Chopped green olives - 2 Tbsp
Chopped jalapeno - 1 Tsp
Schezwan sauce - 1 Tsp
freshly finely chopped green garlic - 1 Tbsp
Salt to taste.

For dip

Tahini - 1 Tbsp
Curd - 2 Tbsp
Fresh cream - 2 Tbsp
Green olives - 2 Tbsp
Jalapeno chili - 3
Garlic clove - 2
Olive oil - 1 Tbsp
Lemon juice - 2 Tbsp
Salt to taste.
Mix this all ingredients in a blender jar and make a smooth paste.



Method

1. Take a small bowl and mix this all ingredients well for stuffing.
2. Soak dried chickpeas in 4 cups of water for overnight. After that drain the water and rinse them well.
3. Place chickpeas, onion, garlic, chili, coriander seeds, cumin, and black pepper in the jar of a food processor.
4. And finally add green coriander sticks, lemon juice and salt to taste.
5. Process them until medium coarse texture. Don't add water while chopping.
6. Transfer the mixture to a large bowl. Season with some sesame seeds.
7. To make falafel ball take a one tbsp of the mixture and flat it and stuff one tsp of above made stuffing. Cover it well and make oval shape ball from it. And sprinkle some sesame seeds to look good.
8. Heat oil in a frying kadai over medium flame for fry until falafel crisp and brown in color.

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Why Is Junk Food Bad?

Junk food, even though it is called junk, is still the favourite food of many people. It is very delicious and usually fried or filled with sugar, or both. Junk foods are high in calories but lack proteins. They provide no nourishment to the body except fill up one's stomach when feeling hungry. Let's try to understand all the reasons why eating junk food is horrible for the body.

Mrs. Hina Gautam



in Diabetes. Your body's Insulin levels can greatly be disrupted by eating junk food constantly which leads to Diabetes in the long run.

Heart Disease: Another disease related to overweightness is having a high cholesterol. Eating junk food too often can be very harmful for your heart as it causes a rise in your cholesterol levels. Eventually this can lead to heart attacks or strokes.

Obesity: Obesity is on a rise across the world, and India is slowly rising to the rank of the most obese country in the world. If we are not there yet, we will be soon if things keep going as they are. Eating junk food is the main reason people put on fat which eventually leads to obesity. Obesity can be very dangerous and cause all manner of health issues if it is not corrected in time.

bloating in your abdomen and weakens the bones.

Digestive Problems: Eating too much junk food can cause digestion issues. The oil and fat present in junk food can irritate your stomach and cause problems like acidity and constipation. Over a long period of time it can cause chronic diseases that disrupt our digestive process.

High Sodium: Junk foods are notorious for being filled with salt. The high amount of Sodium, although tasty, is not good for the body. It causes

Diabetes: Sister of obesity, diabetes goes hand-in-hand with junk food. Whichever country has a rise in obesity due to junk food consumption also sees a rise

Even though we know so many reasons to not eat junk food, it is still one of the biggest problems facing human beings in this century. It is absolutely crucial to pay attention to what you eat and consciously cut out junk food from the diets of you and your loved ones. Eating natural, healthy, home-cooked food is the only cure to junk food and can help you avoid many dangerous health issues.

BOTTLE *Gourd* PATTIES

Bottle gourd patties are healthy and easy to make. Bottle gourd helps in weight loss, keeps heart healthy and cools your body. So try this recipe for its consumption for kids and elders too.

Ingredients

Bottle Gourd - 100 gms
Gram Flour - 20 gms
Potatoes boiled - 1
Ginger garlic paste - 1 Tsp
Green chilies chopped - 1 Tsp
Salt as per taste
Turmeric powder - ½ Tsp
Red chili powder - 1 Tsp
Cumin powder - 1 Tsp



Jolly Shah
-Ahmedabad



Method

1. Grate the bottle gourd.
2. Mash the potatoes, add all the ingredients and mix well.
3. Add the grated bottle gourd and mix well.
4. Shape the mixture into small patties.
5. Bake them for 15 mins at 150 degrees or shallow fry.
6. Serve hot patties with tomato sauce or mint chutney.

OATS TIKKI *With Green Chutney*

Oats are good for health as they control high bp, have lots of fibre and good for diabetic patients. And paneer added in this recipe is full of proteins.

Ingredients

Rollled Oats - 1 cup
Grated paneer - ¾ cup
Grated carrot - ¼ cup
Chili powder - 1 Tsp
Garam masala - 1 Tsp
Mango powder - 1 tsp
Chopped coriander - 2 tsp
Lemon Juice - 1 tsp
Ginger garlic paste - ½ Tsp
Salt to taste
Milk - ¼ cup
Rollled oats for coating - ½ cup
Oil - 2 Tsp

Method

1. Combine all the ingredients and mix well.
2. Divide the mixture into 10 equal portions and roll them into flat tikkis.
3. Dip all tikkis into the milk and roll them in the oats.
4. Deep fry or shallow fry all the tikkis till golden brown.
5. Serve hot with mint coriander chutney.



BEETROOT AND *Date Halwa*

Beetroot is a sweet root vegetable which has many health benefits like prevents cancer, maintains weight, lowers blood pressure. This halwa recipe combined with beetroot and dates is good for health. Dates are good source of Iron.

Ingredients

Beetroot pulp (crushed beet) - ½ cup

Crushed dates - ½ cup

Sooji - ½ cup

Sugar - ¼ cup

Ghee - ½ cup

Milk - 1 ½ cup

Elaichi powder - ¼ Tbsp

Dry fruits for garnish - ¼ Tsp



Krupa Patel

-Ahmedabad



Method

1. In kadai take ghee, put sooji and roast for 3 to 4 minutes in ghee on slow flame.
2. Add beetroot pulp and cook for 2 minutes.
3. Add crushed dates and milk and cook for 2 to 3 minutes
4. Add sugar and cook till sooji starts to release ghee from sides.
5. Add elaichi powder and garnish with dry fruits.

MASALA *Makhana*

Makhana are healthy for everyone and are an ideal snack for those watching their weight.

Ingredients

Ghee -1 Tbsp

Makhana - 2 cup

Red chilli powder - 1 Tbsp

Jeera powder -1 Tbsp

Aamchur powder -1 Tbsp

Black salt -1 Tsp

Chat masala -1 Tbsp

Turmeric powder - ¼ Tsp

Salt to taste

Onion -1

Tomatoes - 2

Sweet corn - ½ cup

Raw Mangoes - 3 Tbsp

Peanuts - ¼ cup

Sprouts - ½ cup

Green chilli - 2

Pomegranate seeds - ½ cup

Mint Chutney - ¼ cup

Tamarind Chutney - ¼ cup

Fresh coriander - 1 Tsp



Dhara Patel

-Ahmedabad



Method

1. Roast the Makhana in ghee until crispy.
2. Add dry masala, stir and cook Makhana with the masala.
3. Transfer the roasted Makhana in a bowl.
4. Add chopped onion, tomatoes, sweet corn, raw mangoes, peanuts, sprouts, green chilies, pomegranate seeds, a pinch of chat masala, salt to taste, mint chutney, tamarind chutney, fresh coriander and mix it well.
5. Makhana Bhel is ready to serve.

Reusing Oil: Dos & Don'ts

Oil is an expensive commodity, especially cooking oil, which is why we often end up reusing the same oil over and over again to get the most out of it. However, science shows that reusing oil can be highly dangerous for your health in the long run. It invites several problems that might not be worth the money you save from reusing oil in the first place. Let's dig deeper.

Mrs. Hina Gautam

Understand Smoking Temperature:

This is something that most people do not pay attention to but is crucial to understanding how oils work. When you heat an oil above its smoking temperature, it changes the chemical composition of the oil. Cooking oils are made up of polyunsaturated and monounsaturated fats, both of which are necessary for the body. But, when oil gets heated beyond a certain point, these fats become trans fats that are very harmful to the body. Overheating oil also releases free radicals. Free radicals are simply electrons that once free will try to fit themselves wherever they can. In our body, they do so by merging into cells causing damage. Once you know what the smoking temperature of an oil is, you can be careful not to overheat it when cooking.



How to Reuse Oil: If you want to reuse oil, it is absolutely crucial that you know its smoking point. You should avoid heating any oil past its smoking point. Secondly, you can separate the oil in an airtight container as soon as you are done cooking with it. This will prevent it from going bad. Finally, you can ensure that you are never putting yourself at risk by checking the appearance of the oil before and after. Oil that has become darker in colour, high in viscosity, and thicker than usual is not good to be reused and you should just avoid it completely.

Identify the Good Oils: Not all oils are bad for health. Let's learn about some of the good ones.

Coconut Oil: Coconut oil has a high saturated fat content which means it is resistant to heat. It also stays good for a long time as it stays semi-solid at room temperature preventing it from going rancid. It's smoking point is at 170 C or 350 F. It is not good for high-temperature cooking.

Sunflower Oil: Sunflower oil has a good amount of polyunsaturated and monounsaturated fats making it a healthy choice for cooking. It promotes a good cholesterol level in our body and strengthens the immune system. It has a smoking point of 400 F or 232 C which makes it perfect for deep-frying foods.

Soybean Oil: Soybean oil is the healthiest of all vegetable-based oils. Soybean oil can vary greatly depending on how it was processed and where the Soybean was grown. It is one of the most commonly used oils in the world and has many essential fatty acids and plant sterols that are good for health. It has a low smoking point of 350 F and 170 C, same as coconut oil, meaning it is not to be used for high temperature cooking.

Olive Oil: Olive oil has a decent amount of monounsaturated fats making it heat resistant. It is rich in Vitamin E, an essential nutrient, and a powerful antioxidant. Olive oil has a low smoking point of 160 C or 320 F making it useful for medium-temperature cooking.

RiceBran Oil: It has gained popularity in the recent past with more and more companies producing RiceBran oil as an option to sunflower oil. It too has a high smoking point of 490 F or 254 C making it suitable for deep-frying food. It contains 37% of polyunsaturated and 45% of monounsaturated fats making it a healthy choice.

Keeping these few things in mind can go a great deal towards preventing diseases down the line that were caused by reusing oil too much. It is best to avoid doing it in the first place, but if you must, learning about oils is essential!

CRISPY *Namkeen*

This crispy snack can be made in any festive time and served along with sweets or enjoyed at tea time.

Ingredients

Flour - 1 cup
Crushed cumin - 1 Tbsp
Salt as per taste.
Black salt - 1 Tsp
Hing as per taste.
Palak puree - ¼ cup
Beet puree - ¼ cup
Deep-frying oil.



Ami Arbastani
-Mehsana



Method

1. Prepare batter by mixing salt, cumin and oil in flour.
2. Divide the batter into 3 parts.
3. Take one part, add water and make dough.
4. In the second part, mix palak puree and make dough.
5. In the third part, mix beet puree and make dough.
6. Make 3 rolls out of the respective doughs.
7. Combine all the rolls together and divide it into two parts. Roll it into puris.
8. Put 3-4 slit cuts and roll from both sides.
9. Now deep fry. Sprinkle chat masala and serve hot.

DRUMSTICK *Pan Muthia*

Drumstick is great for developing bones, purifying blood, relieves respiratory disorders. So this recipe is very healthy too eat and delicious too.

Ingredients

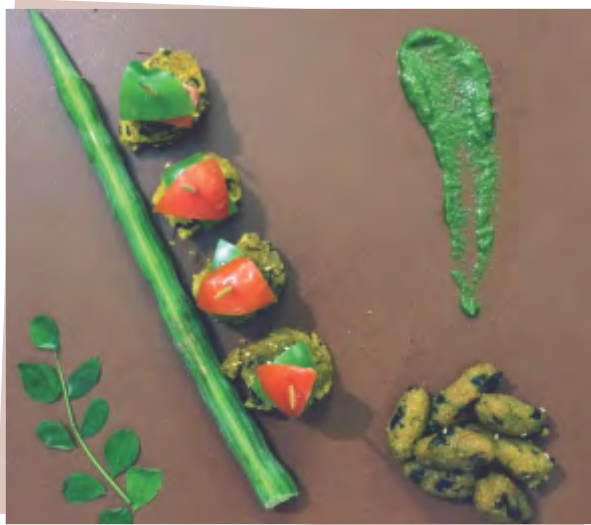
Drumstick pan - 1 cup
Bhakhri flour - ¾ cup
Idli flour - ¼ cup
Salt as per taste.
Red chili powder as per taste.
Butter milk - 2 cup
Sugar - ½ Tsp

For frying

Sesame seeds - 1 Tsp
Hing - ¼ Tsp
Mustard seeds - ½ Tsp
Oil

Method

1. Prepare batter by mixing salt, chili powder, sugar and oil in flour.
2. Wash the drumsticks and cut.
3. Mix drumsticks in the batter and make dough with buttermilk.
4. Roll the dough and steam.
5. After it cools, put mustard seeds, hing and sesame seeds in oil and fry the roll.
6. Serve with tomato ketchup and green chutney.



DUDHEE *Halwa*

With this simple recipe, making sweet and creamy dudhee halwa at home is as easy as eating it. Dudhee also helps in weight loss, cures tummy problems and keeps your heart health.



Bakula Biscuitwala

-Ahmedabad



Ingredients

Grated dudhee - 2 cups

Milk - 2 cups

Ghee - 2 Tbsp

Sugar - 4 Tbsp

Mawa - 2 Tbsp

Mixed dry fruits - 2 Tbsp

Elaichi powder - 1 Tbsp

Method

1. Heat ghee in a pan; add the grated dudhee and sauté for 5 mins.
2. Add milk and stir until dudhee is completely cooked. Now add sugar and stir until the milk is evaporated.
3. Now add mawa and mix well and put off the flame.
4. Add some dry fruits and elaichi powder, mix well.
5. Place the halwa in a bowl and garnish with dry fruits. It's ready to serve.

FARALI *Cake*

This farali cake is very simple and easy to make. This cake can be enjoyed during your fasting days also.

Ingredients

Farali atta - ½ cup

Milk maid - ½ cup

Baking powder - 1 Tsp

Unsalted butter - 30 gm

Baking soda - Pinch

Milk - ½ cup

Vanilla extracts - 1/8 Tsp

Method

1. Preheat the oven on 180 for 10 minutes.
2. Dust the cake tin.
3. Mix powder ingredients. Whip milk maid and butter till it become fluffy.
4. Add powder mixture in to wet mixture and mix well.
5. Add vanilla extracts to it.
6. Pour the batter in to tin and bake it for 25 to 30 minutes.



Vishakha Dave

-Ahmedabad



DAL *Pakwan*

Ingredients

Chana dal - 1 cup (split Bengal gram), wash and soak in water for 2 hours or overnight
Turmeric powder - 1/4 tsp
Cumin seeds - ½ tsp
Asafoetida - ½ tsp
Ginger - ½, finely minced
Green chilies - 2, slit, lengthwise
Curry leaves - 1 sprig
Tomato - 1, small, finely chopped (optional)
Red chili powder - 3/4 tsp
Amchur powder - ½ tsp
Garam masala - 1/4 tsp
Jaggery - ½ tsp (optional)
Oil - 2 tbsps OR ghee or butter (I used ghee)
Salt to taste
Water - 2 cups
Coriander leaves - 2 tbsps, finely chopped for garnish
Onions - 1, medium, finely chopped for garnish
Green chutney - 1/4 cup
Sweet chutney - 1/4 cup

Method

Pressure cook the soaked chana dal along with turmeric powder and 2 ½ cups water up to 2 whistles on high and cook on low heat for 5 mins. Remember that the dal should be cooked and hold shape. If you feel that the dal has to cook further, let it cook over stove top without lid or without pressure till the dal turns soft yet holds shape.

Heat oil or ghee in a small pan. Once it turns hot, add cumin seeds and allow to splutter. Add asafoetida, minced ginger, green chilies and curry leaves and saute for few seconds. If using tomato, add it and allow to cook for 4 mins. Add red chili powder, amchur powder, garam masala powder, salt and jaggery and mix well. Add this mixture to the cooked dal mixture and allow to simmer on low-medium heat for few minutes for the flavors to meld. If required, add more water for a loose consistency dal. Turn off heat. Remove the dal to a serving bowl. Garnish with chopped coriander leaves and chopped onions. Drizzle some green chutney and sweet chutney over it and serve with pakwan.

To make the pakwan, in a bowl, add the whole wheat flour, all-purpose flour, sooji, salt, oil, ajwain and crushed black pepper and mix well. Slowly add water to make a firm dough. It should not be too soft. Make small lemon size balls of the dough, dust the working surface and roll into a circle of approx 6" diameter. Make fork impression all over the rolled out circle so that it does not puff up while being deep fried in hot oil. Heat oil for deep frying. Once the oil turns hot, reduce heat for medium and add a rolled out circle carefully into the hot oil. Deep fry until the pakwan turns golden brown and crisp. Remove onto an absorbent paper. Deep fry all the rolled out circles.

Serve the pakwan with chana dal, green chutney and sweet chutney. You can store the pakwan in an airtight container for 2-3 days.



Ritvija Mehta
-Ahmedabad

For Pakwan

All purpose flour - 1 cup (maida)
Whole wheat flour - 1 cup (atta)
Semolina - 1/4 cup (sooji)
Oil 2 tbsps or ghee
Salt to taste
Carom seeds - ½ tsp (ajwain)
Black pepper corns - ½ tsp, crushed (optional)
Water as required
Oil for deep frying



Boost Your Immunity And Breathe Easy

Air pollution is higher than it has ever been and it doesn't appear to be slowing down. With global warming, high population, and urbanization breathing quality has gone down considerably in the last few decades. While using facemasks and other tools can come in handy, a key component to maintaining a good health is diet. In addition to external solutions, what you eat can greatly impact your health. Here are a few nutrients to include in your diet when looking to boost your immunity against pollution.

Mrs. Hina Gautam



Vitamin C: Vitamin C is known as the powerful antioxidant best nutrient to boost your immune system. It is a powerful antioxidant that is present in citrus fruits and

green vegetables. It is an antioxidant that also contributes to the regeneration of Vitamin E in your body. Including veggies like Coriander, Chaulai, Drumsticks, Parsley, Cabbage, and Turnip Greens in your diet will do wonders for your immune system. Moreover, citrus fruits like amla and guava are also rich sources of Vitamin C.

Vitamin E: Vitamin E is the first line of defence our body has against injury. Getting your Vitamin E from sources like sunflower oil, safflower oil, and rice bran oil is essential to maintaining a good health. Almonds, sunflower seeds, and nuts are all good sources as well.

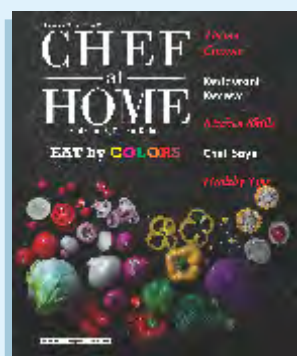
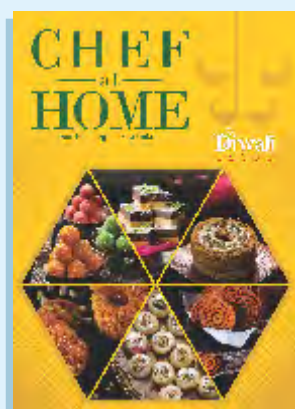
Beta Carotene: It converts into Vitamin A, an essential nutrient in our body. It is readily available from leafy vegetables of many varieties, Coriander, Fenugreek (methi), Lettuce, and Spinach.

Radish leaves and Carrots are also excellent sources.

Omega-3 Fats: Omega-3 helps the body fight against the harmful effects of air pollution. Omega-3 fats are easily found in fish. But, if you are vegetarian, you can eat nuts like walnuts, and seeds like chia and flax seeds. Even Methi seeds, Mustard seeds, green leafy veggies, Kala Chana, Rajma, and Bajra are sources.

Ayurveda: There are certain cures with herbs and spices mentioned in Ayurveda that boost the functions of the body. Turmeric is a powerful antioxidant which can help many bodily processes. Mixing it with Ghee can help when dealing with asthma. Another remedy is mixing jaggery with onion juice. If you catch a breathing problem or lung infection from the pollution, both these Ayurvedic medicines can help.

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