

CHEF — at — HOME

Food Facts – By Mrs. Hina Gautam

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North Indian Sabzi

- Paneer Kofta
- Kaddu Ki Sabzi
- Makai Dum Angara
- Jain Veg. Makhanwala
- Handi Paneer Tikka
- Paneer Makhani Fondue



CHEF at HOME

Food Facts – By Mrs. Hina Gautam

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Hello all readers,

This issue includes recipes from different parts of North India where vegetables like Bhindi, Lauki, Corn, Capsicum, Aloo, Paneer etc. are sauteed along with tomatoes, onions and everyday spices. These recipes taste very different from each other due to the use of local spices and the style of cooking.




Just like this, you can use your everyday vegetables and make these delicious Subzis for your everyday meals or to pack in your or your kids' Lunchbox. The basic masalas used in these Sabzis are Red Chilli Powder, Turmeric Powder, Garam Masala Powder and Coriander Powder. These spices help enhance the flavour and taste of sabzis.

So what are you waiting for?

Do give these North Indian Sabzi Recipes a try and let us know how you liked it!

Hina Gautam

Mrs. Hina Gautam

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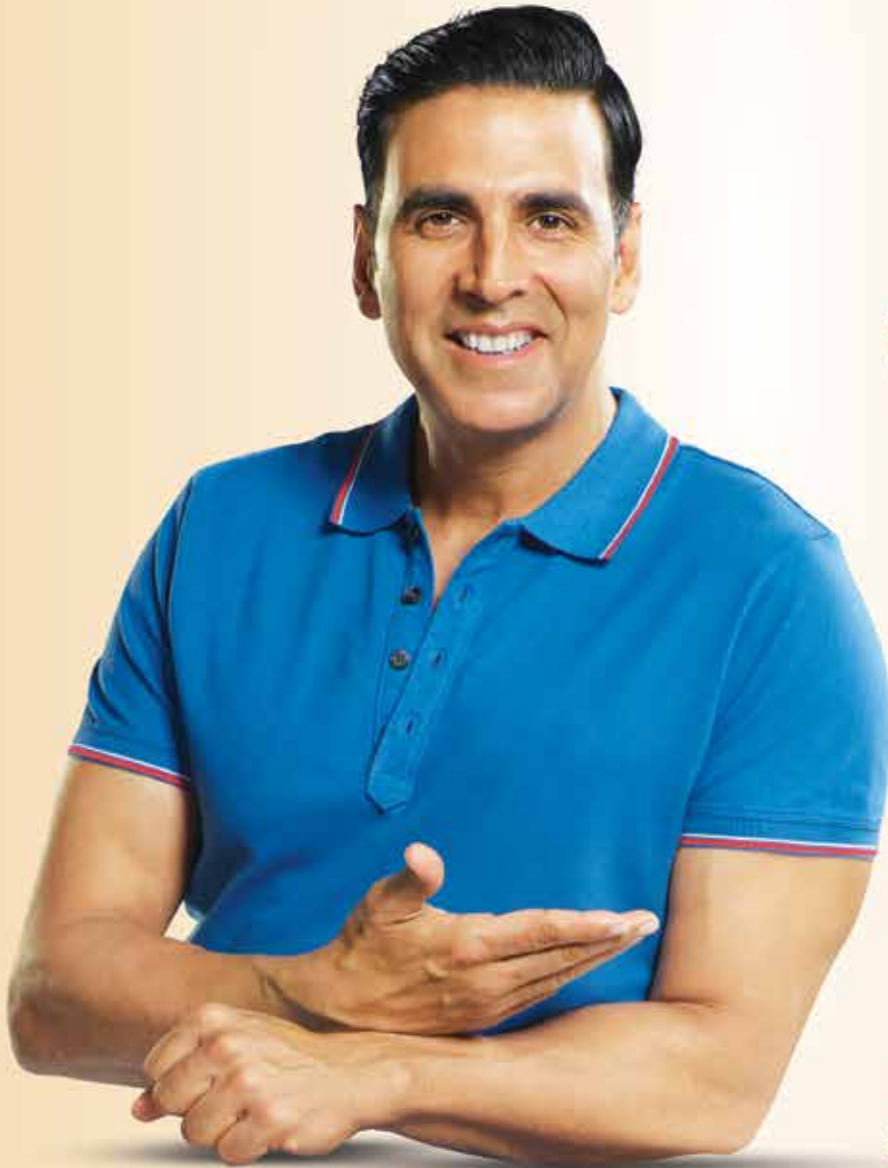
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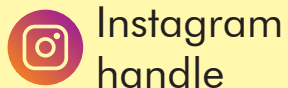


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Paneer Kofta

INGREDIENTS

For Kofta

Boiled and grated potatoes - 1/2 cup
Grated paneer - 1/2 cup
Corn flour - 1 tbsp
Ginger chilli minced - 1 tsp
Coriander chopped - 2 tbsp
Salt to taste
Garam masala - 1/2 tsp
Jeera - 1/2 tsp
Cashew and raisins - 1 tbsp chopped
Oil to fry

For Gravy

Tomatoes - 1 cup diced
Onion - 1/2 cup diced
Ginger - 1
Cashew - 10
Khada masala - 1 tsp
Whole dry red chilli - 3
Salt to taste
Garam masala - 1 tsp
Kashmiri red chilli powder - 1 tsp
Sugar - 1 tsp
Turmeric - 1/2 tsp
Oil - 2 tbsp
Kasuri methi - 1 tsp
Ilaichi powder - 1/4 tsp
Cream - 2 tbsp
Butter - 1 tbsp

METHOD

1. Heat 2 tbsp of oil, add khada masala, dry red chillies, onion and saute for 2 minutes. Add tomatoes, ginger, and cashew. Saute for 2 minutes.
2. Add 1/2 cup of water. Cover and cook on medium heat for 5 minutes.
3. Turn off the heat, take it in a bowl. Cool completely to blend it to make puree. Strain the puree and keep aside.
4. Heat butter, pour puree and all masala and stir well. Cook on low heat till butter releases. At last once it is cooked, add half cup of water to adjust consistency.
5. Add 1 tsp of sugar and 1 tbsp of cream. Cook for 2 minutes. Crush kasur methi with palm and add to gravy.

To make Kofta

6. Smash everything (except oil) with a finger and roll medium size kofta.
7. Deep fry in hot oil till light brown in color. Assemble kofta in a plate and pour hot gravy while serving. Garnish with 1 tbsp of cream and coriander. Serve hot with roti or naan.



Chef
Hina Gautam





Kashmiri Dum Aloo

INGREDIENTS

Baby potato - 10
Oil - 1 cup
Dhana jeeru variyali - 1 tsp each
Khada masala - 1 tsp
Kashmiri red chilli - 4 soaked in water
Curd - 1/2 cup
Hing - 1/2 tsp
Turmeric - 1/2 tsp
Sunth - 1/2 tsp
Kasuri methi - 1 tsp
Kashmiri red chilli powder - 1 tsp
Salt to taste

METHOD

1. Make paste of soaked red chilli. Keep it aside.
2. Roast dhana, jeeru, variyali and khada masala in a pan for 2 minutes. Let it cool and grind it into a mixie jar to make coarse powder. Keep it aside.
3. Take curd in a bowl, whisk well, add half of roasted masala, red chilli paste, salt to taste and crushed kasuri methi. Mix well and keep aside.
4. Now heat half a cup of oil, peel and prick baby potatoes with a fork and add to hot oil. Cover and cook on low heat for 5 minutes. Stir in-between.
5. Once done, remove it from oil, now to the same oil add hing, sunth powder, turmeric, Kashmiri red chilli powder and left roasted masala, roast well. Now add spiced mix curd, stir continuously for 3 minutes. Add fried baby potatoes, cover and cook for 3 more minutes. Garnish with coriander, serve hot with roti or paratha.

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Geeta Khuman

Pakoda Kadhi

INGREDIENTS

For Pakoda

Besan - 1/2 cup
Onion - 1 grated
Potato - peeled and grated
Ajvain - 1/2 tsp
Green chilli - 1 tsp
Salt to taste
Ginger paste - 1 tsp
Red chilli powder - 1 tsp
Garam masala - 1/2 tsp
Soda - pinch of
Oil to fry

For Kadhi

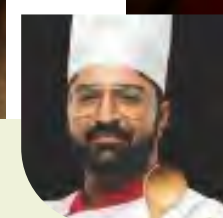
Oil - 2 tbsp
Onion - 3
Green chilli - 3 chopped
Ginger - 1/2
Curry patta - 5-6
Chaash - 2 cup
Besan - 2 tsp to make slurry in 1/2 chash
Turmeric powder - 1/2 tsp
Red chilli powder - 1/2 tsp
Garam masala - 1/2 tsp
Dhana jeera powder - 1 tsp

Salt to taste
For waghar
Ghee - 2 tsp
Hing - pinch of
Rai jeeru - 2 tsp
Dry red chilli - 2

METHOD

For White Gravy

1. In a bowl, add besan, onion, potato, ajvain, green chilli, salt, red chilli powder, garam masala . Mix well. Add soda and mix again properly.
2. Heat oil in a pan to fry pakodas till golden brown. Once it is fried. Keep it aside.
3. Heat oil in a pan, saute garlic, green chilli, garlic, curry patta. Add besan slurry, turmeric powder, red chilli powder, garam masala, dhana jeera and mix well. Now as salt to taste and stir well. Let it cook for 3 minutes.
4. Add pakodas in Kadhi. For waghar, put ghee in a pan, add hing, rai, jeera, dry red chilli, curry patta and pour it or kadhi. Now garnish it with coriander. Serve hot with rice or roti.



**Chef
Smit Sagar**

Punjabi Mix Dal

INGREDIENTS

Chana dal - 1/3 cup
 Turmeric - 1/3 teaspoon
 Small onion - 1/4
 Garlic - 1/3 teaspoon
 Cumin seeds - 1/3 teaspoon
 Butter - 2/3 tablespoon
 Coriander leaves as required
 Ginger - 1/3 teaspoon
 Urad dal - 2 and 3/4 tablespoon
 Salt as required
 Small tomato - 1/4
 Green chilli - 1/4
 Red chilli - 3/4
 Vegetable oil - 2/3 tablespoon
 Red chilli powder - 1/3 teaspoon

METHOD

1. Soak the dals separately To make this delicious recipe, soak the chana dal and urad dal separately for about 15 minutes. Wash them twice or thrice and keep them in different bowls.

2. Pressure cook chana dal Take a pressure cooker and fill it with 2 cups of water and chana dal. Add salt and turmeric powder. Cook until 2 whistles and turn off the gas. Let it cool.
3. Add soaked urad dal & cook
 Add soaked urad dal into the boiled chana dal, Cook until 2 whistles. Keep the cooker aside.

PREPARE TEMPERING

Now take a non-stick pan and heat oil and butter on a medium flame. Then add 1 tbsp chopped garlic and ginger. When garlic becomes a light brown in colour, add chopped green chilli, cumin seeds along with whole red chillies and saute for 3-4 minutes. Add chopped onion in the pan and saute until the onion becomes translucent. Now add chopped tomato into it. Cook until the tomato becomes tender or soft. Add red chilli powder, saute it and turn off the gas.

POUR TEMPERING ON DAL & GARNISH

Pour this tempering on the cooked dal and mix well. Punjabi mix dal is ready! Garnish dal with chopped coriander leaves and tadka.

Kaddu Ki Sabzi

Punjabi Style Curry



INGREDIENTS

Orange or yellow pumpkin peeled and cut in cubes or shredded - 300 grams
Mustard oil - 1 tbsp
Asafoetida - pinch
Mustard seeds - 1/2 tsp
Fenugreek seeds methi - 1/4 tsp
Cumin seeds - 1/2 tsp
Amchoor powder raw mango powder - 2 tsps
Red chilli powder - 1 tsp
Coriander powder - 1 - 2 tsps
Turmeric powder - 1/4 tsp
Jaggery crushed (or brown sugar) - 1 tbsp
Garam masala powder - 1/2 tsp
Salt or more to taste - 1 tsp
Coriander - finely chopped for garnish

METHOD

1. To prepare Kaddu ki sabzi, in a heavy bottomed wide kadai, heat the oil. Add the asafoetida, mustard seeds, fenugreek seeds, cumin seeds. Once the mustard splutters, add the pumpkin and toss well to coat with oil and whole spices. On medium flame, cook the pumpkin for 5 minutes or so, then add all remaining powdered spices, including crushed jaggery.
2. Add 1/2 cup of water, cover and cook on low flame. This will take at least 15-20 minutes to cook. Keep checking every 5 minutes, if any additional water is required, adding 1/4 cup at a time, if necessary.
3. When cooked, you should be able to crush the pumpkin with the thumb with light pressure but the shape should be retained.
4. Adjust the red chilli powder, jaggery and amchoor to suit your taste such that it is a good balance of spicy, sweet and sour. Garnish with finely chopped coriander.

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Shahi Paneer

Prep time

20-25 minutes

Cooking time

30 minutes



Chef

Aanal Kotak

INGREDIENTS

For Base Gravy

1 tbsp oil
2 tbsp butter
1 tsp Jeera
1 No Bay leaf
6-7 nos. black Peppercorn
1 inch Cinnamon
4-5 pods Green Cardamom
1 no Black Cardamom
3-4 no cloves
1 cup onion(sliced)
2 cup tomatoes(Diced)
3-4 no Kashmiri red chilli
1 tbsp garlic (chopped)
½ tbsp ginger (chopped)
½ tbsp green chilli (chopped)
1 tbsp Coriander stem (chopped)
2 tbsp cashew
Water as required
Salt to taste

For Shahi Paneer

1 cup curd
½ tsp Turmeric powder
1 tsp Coriander powder
2 tbsp Red Chilli Powder
1 tsp cumin powder
1 tsp Cumin
1 tbsp oil
2 tbsp butter
1 tsp garlic (chopped)
1 tsp green Chilli (chopped)
1 tsp Ginger (chopped)
1 tbsp Red Chilli Powder
Hot Water As required
Salt as per taste
Sugar a pinch
600 gm Paneer
1 tsp Garam masala
1 tsp kasuri methi
Fresh Coriander (Chopped)
4-5 Tbsp Fresh Cream

METHOD

For Base Gravy

1. In a pan add oil, butter, cumin seeds, bay leaf, peppercorns, cinnamon stick, cloves, green cardamom, black cardamom and stir well.
2. Add the sliced onions and cook for 2-3 minutes.
3. Add the diced tomatoes, red chilli, garlic cloves, ginger, green chilli, coriander stem, cashew nuts, salt and stir and cook till the tomatoes are soft.
4. Add little hot water and cook on low flame for another 10-12 minutes.
5. Switch off the flame and cool down the mixture.
6. In a mixing jar grind it to fine pure. Using a sieve strain the puree to get a smooth texture.
7. Base gravy is ready keep it aside for further use.

For Shahi Paneer

1. In a bowl add curd and whisk till smooth. Add turmeric powder, red chilli powder, coriander powder, cumin powder and whisk well.
2. In a pan add oil, butter, green chilli, ginger, red chilli powder and on low flame add the whisked curd.
3. Stir continuously on medium flame and cook till oil separates.
4. Add the prepared gravy and add hot water to adjust the consistency.
5. Add sugar and cook on low flame for 3-4 minutes.
6. Add paneer cubes, garam masala, kasuri methi, fresh coriander chopped, fresh cream.
7. Stir well and cook on low flame for 1-2 minutes.
8. Garnish it with fresh cream and chopped coriander.
9. SHAHI PANEER is ready to serve.



Methi Matar Malai

Prep time

15-20 minutes

Cooking time

30-35 minutes

INGREDIENTS

For White Gravy

1 Cup cashew nut
 ½ cup melon seeds
 ¼ cup poppy seeds
 ½ cup milk
 1 cup onion (chopped & blanched)
 4 tbsp oil
 2 tbsp ghee
 2 tbsp garlic paste
 2 tbsp ginger paste
 1 tbsp kitchen king masala
 Salt as per taste

1 tbsp white pepper powder
 1 tbsp green cardamon powder
 1 cup white paste
 1 tbsp sugar
 ½ cup mava
 ½ cup paneer (crumbled)
 1 tbsp kasuri methi

For Methi Matar Malai

1 bowl methi
 3 tbsp oil
 2 nos. cloves
 2 inch cinnamon stick
 5-6 black peppercorns
 2 green cardamon
 2 tbsp green chilli (chopped)
 3 tbsp onion
 1 cup green peas (frozen, par boiled)
 1 tsp kitchen king masala

Salt as per taste
 1 tsp cumin powder
 1 cup fried methi
 1 cup white gravy
 1 cup Water
 1 tbsp cream/ malai
 2 tbsp paneer
 1 tbsp mava
 ½ garam masala
 1 tbsp coconut cream
 ½ tsp butter
 1 tbsp kasuri methi



METHOD

For White Gravy

1. In a grinding jar add cashew, melon seeds, and poppy seeds. Grind into a smooth paste then add milk. Transfer the paste to a bowl.
2. Now add onion into a grinding jar and make a fine paste, transfer it into a bowl.
3. Now in a pan add oil, ghee, garlic paste, ginger paste, saute it for 5 minutes. Then add the prepared onion puree, cook for 10-15 minutes on medium flame.
4. Add kitchen king masala, salt as per taste, white pepper powder, green cardamom powder, mix well and cook for 5-10 mins.
5. Add prepared white paste, sugar, mava, crumbled paneer, Kasuri methi.
6. Cook until oil releases.
7. Transfer in a bowl.
8. WHITE GRAVY is ready.

For Methi Matar Malai

1. Fry methi leaves on medium flame and add salt as per taste.
2. In other pan add oil, cloves, cinnamon stick, peppercorns, green cardamom, green chilli, and onion, and saute it.
3. Then add green peas, kitchen king masala, salt as per taste, cumin powder, fried methi, white gravy Water, cream/ malai, Paneer, mava, garam masala.
4. Mix well and cook it to for 10-15 mins. Then add coconut cream, butter, cook till oil seperates.
5. Add kasuri methi.
6. METHI MALAI MATAR is ready.



JAIN VEG MAKHANWALA

Prep time

20-25 minutes

Cooking time

25-30 minutes

INGREDIENTS

For Jain Gravy

6 tbsp oil
1 tbsp ghee
1 tbsp black peppercorns
1 inch cinnamon stick
4-5 cardamom
8-10 cloves
1 tbsp green chillies
1 bowl bottle gourd (lauki)
2 bowl tomatoes (chopped)
1 cup cashew
½ cup melon seeds
1 tbsp coriander powder
1 tbsp cumin powder
Pinch turmeric powder
2 tsp kitchen king masala
1 tbsp red chilli powder
1 tbsp degi mirch
Salt to taste
¼ cup water
2 tbsp tomato ketchup
½ cup khoya

For Jain Veg Makhanwala

2 tbsp oil
½ tsp cumin seeds
1 inch cinnamon stick
2 nos. green cardamom
2 nos. cloves
3 tbsp tomatoes (finely chopped)
3 tbsp green peas
2 tbsp cauliflower (chopped)
3 tbsp French beans
1 tsp red chilli powder
½ tsp garam masala
1 tsp kitchen king masala
1 tsp coriander powder
½ tsp turmeric powder
1/2 cup water
1 cup jain gravy
2 tbsp ghee or butter
1 tsp kasuri methi
1 tbsp butter for garnish

METHOD

For Jain Gravy

1. Turn on the stove take a pan add oil, ghee, black peppercorns, cinnamon stick, cardamom, cloves, green chillies. Sauté it.
2. Then add small diced cut bottle gourd, tomatoes, cashew, melon seeds. Mix it a little.
3. Then add coriander powder, cumin powder, turmeric powder, kitchen king masala, red chilli powder, degi mirch, salt as per taste. Mix everything properly.
4. Add water, tomato ketchup and khoya.
5. Now grind the mixture in a grinder and instant jain gravy is ready.

For Jain Veg Makhanwala

1. Turn on the stove take a pan add oil, cumin seeds let it crackle. Then add cinnamon stick, green cardamom, cloves, tomatoes, green peas, cauliflower, French beans.
2. Sauté it for 1-2 minutes.
3. Now add red chilli powder, garam masala, kitchen king masala, coriander powder, turmeric powder. Mix everything.
4. Now add water and jain gravy. Cook the Sabji for 10 minutes.
5. Add ghee or butter, kasuri methi.
6. Serve the JAIN VEG MAKHANWALA.
7. Garnish it with butter.



LEHSUNI PALAK PANEER

Prep time

15-20 minutes

Cooking time

20-25 minutes

INGREDIENTS

For Palak Gravy

Water as required

Salt as per taste

1 tsp Sugar

Few ice cubes

2 tbsp oil

1 tbsp ghee

1 nos. bay leaf

2 pods green cardamon

2 pods black cardamon

1 tbsp green chilli paste

1 tbsp ginger paste

1 tbsp garlic paste

½ cup onions (finely chopped)

2 tsp coriander powder

2 tsp cumin powder

1 tsp red chilli powder

1 tsp kitchen king masala

Salt as per taste

Water as required

2 tbsp white paste

Prepared palak puree

1 tsp kasuri methi

1 tbsp khoya/ mava

For Lehsuni Palak Paneer

2 Tbsp oil

1 Tbsp ghee

½ Tsp cumin seeds

1 nos. Bay leaf

Pinch asafoetida

1 tbsp garlic (finely chopped)

¼ Cup Onion (finely chopped)

Cup Tomato (finely chopped)

1 Tsp Kitchen King masala

1 tsp coriander & cumin powder

1 tsp red chilli powder

Salt as per taste

½ cup water

1 Tsp Kasuri methi

1 cup palak gravy

2 tbsp cream

½ cup paneer cubes

Fresh cream (for garnish)

Fried garlic (for garnish)

Butter (for garnish)

METHOD

For Palak Gravy

1. First in a sauce pan add water boil it then, as water boils add salt, sugar.
2. Now pour this water in palak, cover and keep it aside for 10-15 minutes.
3. Then sieve the blanched palak, now add the blanched palak in in the mixi jar add ice cubes and churn it.
4. Now to make palak gravy, in a pan add oil, ghee, bay leaf, green cardamon, black cardamon, green chilli paste, ginger paste, garlic paste, onions, coriander powder, cumin powder, red chilli powder, kitchen king masala and Salt as per taste.
5. Then add water, white paste, Prepared palak puree, kasuri methi.
6. Cook on medium flame till oil release.
7. At last add mava. Mix it
8. PALAK GRAVY is ready.

For Lehsuni Palak Paneer

1. In a pan add oil, ghee, cumin seeds. Let the cumin seeds splutter.
2. Then add Bay leaf, Pinch asafoetida, garlic, onion, tomato. Saute it properly.
3. Then add Kitchen King masala, coriander & cumin powder, red chilli powder, Salt as per taste and water.
4. Add Kasuri methi, palak gravy, cream, paneer cubes. Mix everything properly.
5. Garnish it with fresh cream, fried garlic and butter.
6. LEHSUNI PALAK PANEER is ready.

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Handi Paneer Tikka

INGREDIENTS

For Marination

Curd - 1/2 Cup, Garlic Paste - 1 tsp
 Ginger Chilly Paste - 1 tsp
 Turmeric Powder - 1/4 tsp
 Coriander Cumin Powder - 1 tsp
 Kashmiri Chilly Powder - 1 tsp
 Red Chilly Powder - 1/2 tsp
 Gram Flour - 2 tsp
 Dry Fenugreek Leaves - 1/4 tsp
 Black Pepper Powder - 1/4 tsp
 Chat Masala - 1/2 tsp
 Salt to Taste, Lemon Juice - 1/2 tsp
 Mustard Oil - 1 tsp
 Cumin Powder - 1/4 tsp
 Paneer - 150 Grams
 Tomato - 1, Capsicum - 1
 Onion - 1

For Gravy

Mustard Oil - 1 tbsp
 Butter - 1 tbsp
 Black Cardamom - 1
 Green Cardamom - 1
 Cinnamon Stick - 1
 Cloves - 2
 Cumin Seeds - 1/4 tsp
 Garlic Cloves - 5-6
 Two inch Ginger
 Green Chillies - 2
 3 Chopped Onions - 3
 Cashew Nuts - 10
 Melon Seeds - 1 tbsp

For Sabji

3-4 Mustard Oil
 1 tsp Butter
 1 tsp Garlic Paste
 1/4 tsp Turmeric Powder
 1 tsp Red Chilly Powder
 1 tsp Coriander Cumin Powder
 1/2 tsp Kitchen King Masala
 1/4 tsp Kasuri Methi
 1 Cup Tomato Puree
 Salt to Taste
 Fresh Coriander - 1 tsp
 Warm Water
 Kitchen King Masala - 1/4 tsp
 Dry Fenugreek Leaves - 1/4 tsp
 Fresh Cream - 1 tsp
 Live Charcoal

METHOD

1. In a bowl add curd and gram flour mix it very well, now add all the spices, oil and lemon juice and mix. add paneer and vegetables. Marinate it for 1 hour.
2. Grill paneer and vegetables on a grill tawa or you can cook it on direct gas flame.
3. For Gravy saute Onion in Oil and butter for 3-4 minutes along with whole spices. all remain ingredients and cook it for 2 mins Cool it and grind it using some water.
4. In a pan add Oil and Butter, add all the dry spices and add prepared onion puree and mix. Add tomato puree and cook it well. Add Grilled Paneer and Vegetables, Fresh cream and kasurimethi.
5. Smoke it using live charcoal.

Sabz Diwani Handi

INGREDIENTS

Oil - 2-3 tbsp
Butter - 2-3 tbsp
1 Bay Leaf, Small Cinnamon Stick,
1 Star Anise, 1 Black Cardamom,
1 Green Cardamom, 2 Cloves, 5 Peppercorn
Chopped Onions - 5, Salt to Taste
Green Chillies - 2, Soaked Cashews - 5-6
Boiled Vegetables
(Fansi, Ful Gobhi, Gajar, Hare Matar) - 2 Cup
Kitchen King Masala - 1 tsp
Dry Fenugreek Leaves - 1/2 tsp
Cumin Seeds - 1/4 tsp
Ginger Garlic Paste - 1 tbsp
Turmeric Powder - 1/4 tsp
Coriander Cumin Powder - 1 tsp
Red Chilly Powder - 1/2 tsp
Tomato Puree - 1/2 Cup
Chopped Capsicum - 1
Water - 1/2 Cup
Cream - 1 tsp
Fresh Coriander - 1 tbsp

METHOD

1. In pan add oil and butter, add whole spices, cumin seeds and add chopped onions, cashews, melon seeds, ginger garlic paste, green chillies, turmeric powder, kasurimethi and saute it for 5-6 minutes or until onion turns slight brown. Cool it and grind to a very smooth paste.
2. In a pan add butter and Oil, add onion puree and mix, add tomato puree and cook it well. add chopped capsicum and mix. Add kitchen king masala, parboiled vegetables and fresh cream. add salt as require and cook the sabji for 5-6 minutes. Add some fried cashews and fresh coriander mix it and serve.





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Makai Dum Angara

Prep time

15-20 minutes

Cooking time

30-35 minutes

Serves

5-6 people

INGREDIENTS

For Onion Tomato ravy

Oil - 2-3 tbsp

Jeera (cumin seeds) - 1 tsp

Dalchini (cinnamon stick) - 1 inch

Laung (cloves) - 2-3 nos.

Choti elaichi (green cardamom) - 2 pods

Tej patta (bay leaves) - 2 nos.

Pyaz (onions) - 4-5 medium sized (sliced)

Tamatar (tomatoes) - 5-6 medium size

Hari mirchi (green chillies) - 3-4

Adrak (ginger) - 2 inch

Coriander stems - 2 tbsp

Lehsun (garlic) - 12-15 cloves

Kaju (cashew nuts) - 10-12 nos.

Whole kashmiri red chillies - 2-3

Salt to taste, Water as required

For Making the Final Sabzi

Ghee - 1 tbsp

Onions - 2 medium size (chopped)

Garlic - 3-4 tbsp (chopped)

Ginger - 1 inch (julienned)

Green chillies - 2-3 nos. (slit)

Powdered spices

Kashmiri lal mirch powder - 1 tbsp

Haldi (turmeric) powder - ½ tsp

Dhaniya (coriander) powder - 1 tbsp

Jeera (cumin) powder - 1 tsp

Kala namak (black salt) - ½ tsp

Saunf (fennel) powder - 1 tsp

Sugar - a pinch

Sweet corn kernels - 250-300 gms

Live Charcoal + ghee

Capsicum - 1-2 medium size (juliennes)

Tomatoes - 1-2 medium size (juliennes)

Paneer - 100 gm (grated)

Kasuri methi - a pinch

Garam masala - a pinch

Fresh coriander leaves (chopped) for garnish

METHOD

1. For onion tomato gravy, set a wok on medium heat, add oil, and other ingredients till onions & cook until the onions are translucent.
2. Further add the tomatoes and the remaining ingredients, add salt, stir & cook for 3-4 minutes on medium flame, further reduce the flame to low heat and add water, mix well, cover and cook for 15-20 minutes while stirring in intervals.
3. Switch off the flame & transfer the mixture in a bowl to cool down to room temperature. Once the mixture cools down, remove the bay leaf and grind the mixture in a fine puree, add little water while grinding if required.
4. Once grinded remove it & keep aside to be used later in gravy.
5. For making the final sabzi, set a wok on medium heat, add ghee, onions, garlic, ginger & green chillies, stir & cook until the onions turn translucent, further lower the flame and add the powdered spices, stir and little water to avoid the burning of spices, further cook the spices on medium high heat for 2-3 minutes.
6. Now add the onion tomato pureed gravy, a pinch of sugar, stir & cook for 4-5 minutes on medium flame.
7. Now, add the sweet corn kernels & stir well.
8. Burn some charcoal on open flame nicely, place a small steel bowl in the gravy, and further place the burning charcoal in the steel bowl, pour some ghee over it, immediately cover with a lid & lower the flame, further cook the gravy for 10 minutes while the gravy also getting the charcoal flavour.
9. By the time cut capsicum & tomatoes in juliennes or batons, keep aside.
10. After cooking for 10 minutes on low flame, open the lid and discard the charcoal, stir gently and some grated paneer, kasuri methi & garam masala, stir gently, taste for the salt and adjust accordingly.
11. Further add the julienned capsicum & tomatoes, stir & cook for last 2-3 minutes, finish by adding freshly chopped coriander leaves, your makai dum angara is ready! serve hot with rumali roti, naan or any indian bread of your choice.



Chef Priyanka

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Devashree Thaker

Paneer Makkhani Fondue

INGREDIENTS

Mace - 1
 Cinnamon - 1 stick
 Bay leaf - 1
 Cardamom - 4 to 5
 Cloves - 2 to 3
 Pepper corns - 5 to 6
 Garlic pods - 6 to 8
 Chilli ginger paste - ½ tsp
 Chopped onions - 2
 Minced garlic - 1tsp
 Tomatoes chopped - 400gms
 Handful of cashews
 Cream - 2tbsp
 Handful of kasuri Methi
 Red chilli powder - 2 to 3 tsp
 Haldi - ½ tsp
 Desi ghee - 2 to 3 tbsp
 Salt according to your

PANEER MARINATION

Diced paneer - 250gms
 Red chilli powder - ½tsp
 Kasuri methi - 1tsp
 Drops of oil
 Pinch of salt
 Keep this marination for 30 mins

METHOD

1. In a pan heat ghee and add all whole spices and saute for 30 seconds.
2. Add in chopped tomatoes, garlic pods, ginger - chilli paste, chopped onions and handful of cashews. Cook for 5 to 6 mins
3. Allow tomatoes to cook fully and cool the mixture. Discard bay leaf and blend the mixture in the mixi till it becomes smooth and then sieve it well.
4. Again in a pan heat ghee, add finely chopped onions along with minced garlic add haldi, red chilli powder and add above strained mixture. Add kasuri Methi, add salt according to taste and simmer the gravy on low flame for 2 mins.
5. Lastly add cream and add marinated paneer cubes. Fill this gravy In fondue pot and serve hot with Indian bread of your choice.

Veg Makkhanwala

INGREDIENTS

Steamed carrots (sliced) - ¼ cup
Boiled peas (sliced) - ¼ cup
Steamed beans (sliced) - ¼ cup
French fries - ½ cup
Onion (sliced) -1 big
Milk - 1 cup
Ghee - 1 tbsp
Tomato ketchup - 2 tbsp
Red chilli powder - 2 tsp
Maida - 1 ½ tbsp
Salt according to taste
Butter - 2 tbsp
Black pepper powder - ½ tsp
Salt according to taste

METHOD

1. In a pan take Butter and saute onions, saute till transparent. Add all the vegetables and toss well adding black pepper powder along with salt.
2. In a bowl take milk, add ghee, maida, tomato ketchup, red chilli powder and whisk well.
3. Add above mixture to the vegetables and cook on low flame for 5mins or till the gravy thickens.
4. Serve this subji hot with paranthas

Tip

You may add milk to the subji to adjust the thickness of the gravy.



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Raziya Lohani

Anguri Kofta

INGREDIENTS

For Kofta

Grated bottle gourd - 1 cup
 Blanch and paste - 2 tbsp
 Chopped ginger garlic - 1 tbsp
 Roasted chana daal powder - 2 tbsp
 Garam masala powder - 1 tsp
 Cinnamon, cardamom,
 javitri powder - 1/4 tsp
 Salt to taste
 Oil for frying

For Gravy

Ghee - 2 tbsp
 Jeera - 1 tsp
 Chopped onion - 2 tbsp
 Chopped tomato - 2 tbsp
 Ginger garlic paste - 1 tbsp
 Coriander powder - 1 tsp
 Haldi powder - 1/2 tsp
 Yellow chilly powder - 1 tsp
 Garam masala powder - 1 tsp
 Almond paste - 2 tbsp
 Chopped almonds - 2 tbsp

Raisins - 2 tbsp
 Cream - 2 tbsp
 Rose water - 1 tbsp
 Kewra water - 1/2 tbsp

For Garnishing

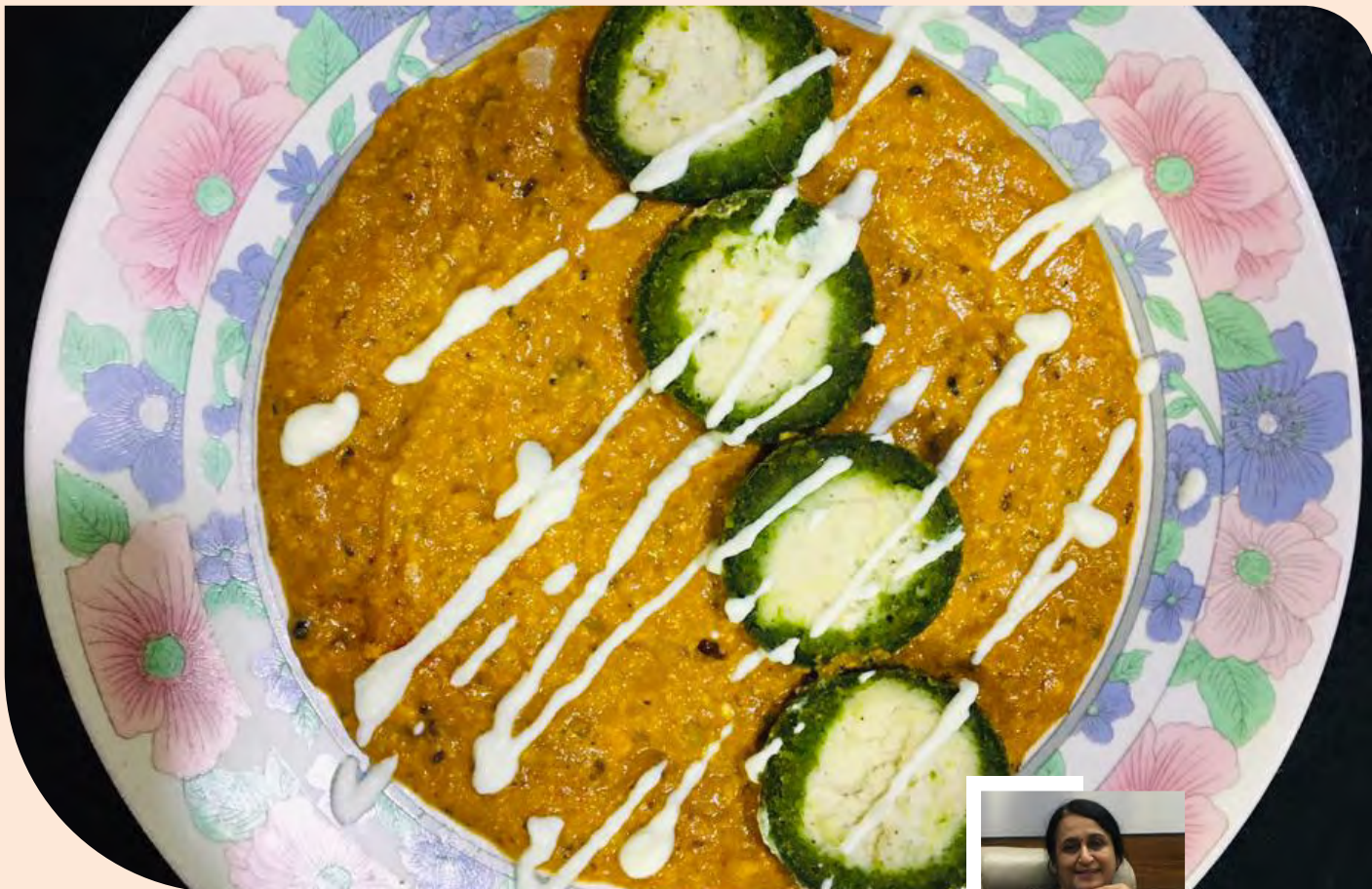
Almond flakes and raisins

METHOD

1. Mix all the ingredients of kofta in a bowl.
2. Now make circular koftas and fry them.
3. Now heat ghee for gravy and add cumin seeds.
4. Now fry the Chopped Onion till it turns light brown.
5. Now add tomato and cook it evenly.
6. Now add ginger garlic paste and all spices powder masala.
7. Now mix the almond paste and cook the gravy equally.
8. Now mix cream and rose water and kewra water and gravy is ready.
9. Serve with any roti, chapati, naan, paratha and rice.

Note

If there is silver work then add that also in garnishing.



Rita Popat

Palak Paneer Kofta with Coconut Curry

INGREDIENTS

Spinach - 250 gm
 Paneer - 100 gm
 Tomatoes - 3
 Onions - 2
 Green chillis
 Ginger
 Garlic
 Coconut milk - 1 cup
 Bread crumbs
 Gram flour
 Cashews - 7 to 8
 Butter - 2 tbsp
 Milk powder - 2 tbsp
 Sugar
 Salt
 Cardamom powder
 Black pepper
 Cloves
 Oil
 Routine spices
 Regular spices

METHOD

1. For kofta, make blanch spinach paste add gram flour, bread crumbs, pepper powder, green chillis, ginger and salt and make dough out of it.
2. Then grate paneer, add pepper powder, cardamom powder and milk powder mix it well and balls out of it.
3. Then stuff balls on spinach mixture and make bigger balls out of it and then roll it on maida.
4. Then take frying pan and deep fry these balls. Let it set in room temperature until it gets cool and cut it into two pieces.
5. For coconut curry, in pan take 2 tbsp oil, add cumin, clove, black pepper, cinnamon stick, garlic, green chillis, ginger, 2 cardamom then saute it for a while add onions and tomatoes.
6. Then add red chilli powder and salt let it set for a while and then blend it on mixture.
7. Then again take pan add butter, asafoetida then add that mixture with coconut milk and sugar, curry is ready add koftas and garnish with coconut milk.

Dal Makhani

INGREDIENTS

Black masoor dal - 1 cup
Small rajma - 1/4 cup
Coriander seeds - 2 tsp
Jeera - 2 tp
Black pepper - 1 tsp
Big elaichi - 1
Cloves - 3
(Roast and crush all dry ingredients)
Tomato - ½ cup
Haldi - ½ tsp
Ginger chilli and mint paste - 2 tsp
Ghee or butter - 1 tbsp
Malai - 2 tbsp

For tadka
Ghee - 2 tsp
Jeera - 1 tsp
red chilli - 2
Red chilli powder - ½ tsp
Hing a pinch
Coriander leaves - 2 tsp
Salt - 1 tsp
Lemon - ½

METHOD

1. Soak the dal and rajma and pressure cook it separately.
2. Heat a pan with Ghee and add the dry masala and ginger mint paste.
3. Add tomato.
4. Saute for 10 minutes.
5. Then add dal and rajma.
6. Seasoning of ghee with jeera, hing and red chilli powder and red chilli.
7. Squeeze half a lemon. Garnish with coriander leaves.
8. Serve hot with paratha and rice.



Rinku Shah



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Mineeta Chopra

Paneer Makhani

INGREDIENTS

2 table spoon Oil
1 tsp Jeera
1 Green chilli
1 Cinnamon
2 Loung
5 Ilaichi
1 Big onion roughly
chopped
2 Tomatoes
10-12 Kaju
3-4 tbs Fresh cream
200 gm Paneer

For Gravy
1 table spoon Kashmiri red
chilli powder
1/2 tbs Garam Masala
1 tbs Dhania powder
Salt as per taste

For Corn Flour Slurry
2 tbs Water
1 tbs Corn Flour

METHOD

1. Take oil in a pan. Add jeera, green chilli, cinnamon, clove, cardamom and saute for half a min.
2. Add onion, tomatoes and cashew. Saute for 5 mins.
3. Now add masala and saute for another 2-3 mins.
4. Turn off the gas and let the mixer cool.
5. Grind it in a mixer once cooled completely.
6. Now take a fresh Pan, add butter to the pan and add gravy after straining.
7. Cook it for 5 mins. Add corn flour slurry and Paneer and let it cook for another 2-3 mins.
8. Add fresh cream on top and serve.

Palak Kofta

INGREDIENTS

For Kofta

Oil - 3 tsp
Onion - 2 tbsp
garlic Ginger - 3 clove
Green Chilli
Palak - 1 bunch
Paneer - 1 cup
Mashed potato - ½ cup
Besan - ¼ cup
Cahew - 5 pc
Salt (as pe teast)
Garam Masala - ¼ tsp
corn flour to Roll oil - ¼ cup

For Curry

Oil - 3 tsp
Cumin - 1 tsp
Bay leaf - 1
kasuri methi - 2 tsp
Fennel seed - ½ tsp
Onion - 1
Ginger garlic paste - 1 tsp
Turmeric - ½ tsp
Kashmiri red chilli
powder - 1 tsp
Coriander powder - 1 tsp
Coriander leaves - 2 tbsp
Tomato pulp - 2 cup
Cashew paste - ¼ cup
Salt (as pe teast)
Water - 1 cup
Garam masala - ¼ tsp
Kasuri methi - 1 tsp

METHOD

1. Firstly, in a large kadai heat 3 tsp oil and saute 2 tbsp onion, 3 clove garlic, 1-inch ginger, 1 green chilli and 1 bunch of palak.
2. Cool completely and blend to smooth paste.
3. Also add 1 cup paneer, ½ cup potato, ¼ cup besan.
4. Additionally add 5 cashews, ¼ tsp garam masala and ¼ tsp salt.
5. Combine well forming a dough.
6. Prepare a round ball without any cracks.
7. Roll them in corn flour and deep fry in hot oil.
8. Stir occasionally, and fry till the kofta turn golden and crisp.
9. Drain off the Palak koftas and serve with curry.



Monila Surana





Mrs. Hina Gautam

A passionate chef,
food consultant, entrepreneur
and philanthropist.

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