

Food Facts – By Mrs. Hina Gautam



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- How Homemade Food is Healthmade
- Matar Suji Idli
- Methi Besan
- Aloo Methi Paratha
- Dudhi Halwa

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Food Facts – By Mrs. Hina Gautam



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Hello all readers,




Ghar Ka Khana is nothing but a Big Khazana! A treasure, which must not be kept a secret but passed to others to keep the magic growing in every home kitchen!

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Hina Gautam

Mrs. Hina Gautam

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Being Healthy not only means a Fitter & Wealthier Body but a Wealthier Heart, Mind, Emotional Stability!

Homemade food means that you have complete control of what goes into your meals. Eating pre-prepared products, or takeout food can often mean consuming lower-quality ingredients, which have been used purely for reasons of cost or convenience for the manufacturer or provider. Making meals yourself also enables you to avoid

Eating out all the time, ordering takeout food, or buying pre-prepared products can get expensive if you are doing it regularly. Buying the raw ingredients, such as vegetables, lentils, pasta and rice, can work out much cheaper over time. This especially true if you are efficient in using the fresh food that you already have; for instance, if you have onions, mushrooms, and garlic in the fridge, you may want to find a recipe that includes these three ingredients.

You can plan your meals so that they provide a balanced diet. Healthier foods can be maximized, while unhealthy ingredients can be minimized or missed out. Many

commercially prepared foods contain excessive amounts of fat, sugar and salt, as well as unwelcome additives. When you cook at home, you control what your meals have in them.

4. Control Portion Sizes

It's easy to overeat when you go to a restaurant, or have a takeaway delivered - big portions can make healthy restraint difficult. Homemade meals mean that you can make and serve an appropriate amount of food and there's no temptation to consume more than appropriate.

5. Enjoy Fresh Ingredients

Commercially prepared products are often transported and stored. They contain preservatives and other ingredients to slow down the rate of deterioration in quality and taste. Fast food restaurants often have readymade food shipped in, which is then heated up on site. Making your own meals from scratch means that you can always cook with fresh ingredients, resulting in your food being both tastier and more nutritious.

6. Meet Your Dietary Requirements

Eating out in a restaurant, or buying commercially prepared food can be very challenging if you have special dietary needs; for example, if you have an allergy, an intolerance to something such as gluten, or a condition such as diabetes. A similar thing is true if you have chosen a diet on moral or health grounds, such as vegetarian or vegan. Having meals made from scratch means that you know exactly what is going into the recipe.

7. It Brings People Together

There is an emotional side to preparing, serving, and then eating food as a group. It deepens bonds between friends and family. The meal becomes part of something bigger.

Ordering a takeout, or heating up a pre-prepared meal in the microwave just doesn't have the same effect. Likewise, there is something much more personal about preparing a meal with your own hands, rather than just eating in a restaurant.

8. It Saves Time

Many people think of cookery as a hassle, but in practice it can often be a big timesaver. There are many meals can be made in around twenty minutes, others that only need a little prep before they can be left to cook in an oven, pan, or slow cooker. It's often less effort and quicker than the alternatives.

9. It's Educational

Making homemade meals involves you much more deeply with food, and you end up learning a lot more about what you are eating. This can mean exploring the cuisines of other cultures, as well as discovering more about nutrition. Cookery is in essence a combination of art and science, the art is in how the food looks, smells, and tastes, the science comes from how the various ingredients react with each other, especially when exposed to heat.

10. It's Flexible and Creative

Making your own meals can enable you to explore a multitude of recipes and dishes that you may not have encountered if you'd stuck to buying commercially prepared food. Most of us can fall into a rut regarding what we buy at the supermarket, as well as which restaurants and takeaways we patronize. But making your own food enables you to access the wealth of recipes that are on the internet, in magazines, and on television. Once you master a recipe, you can then customize it. That's the Beauty of Homemade meals, you are always in control.

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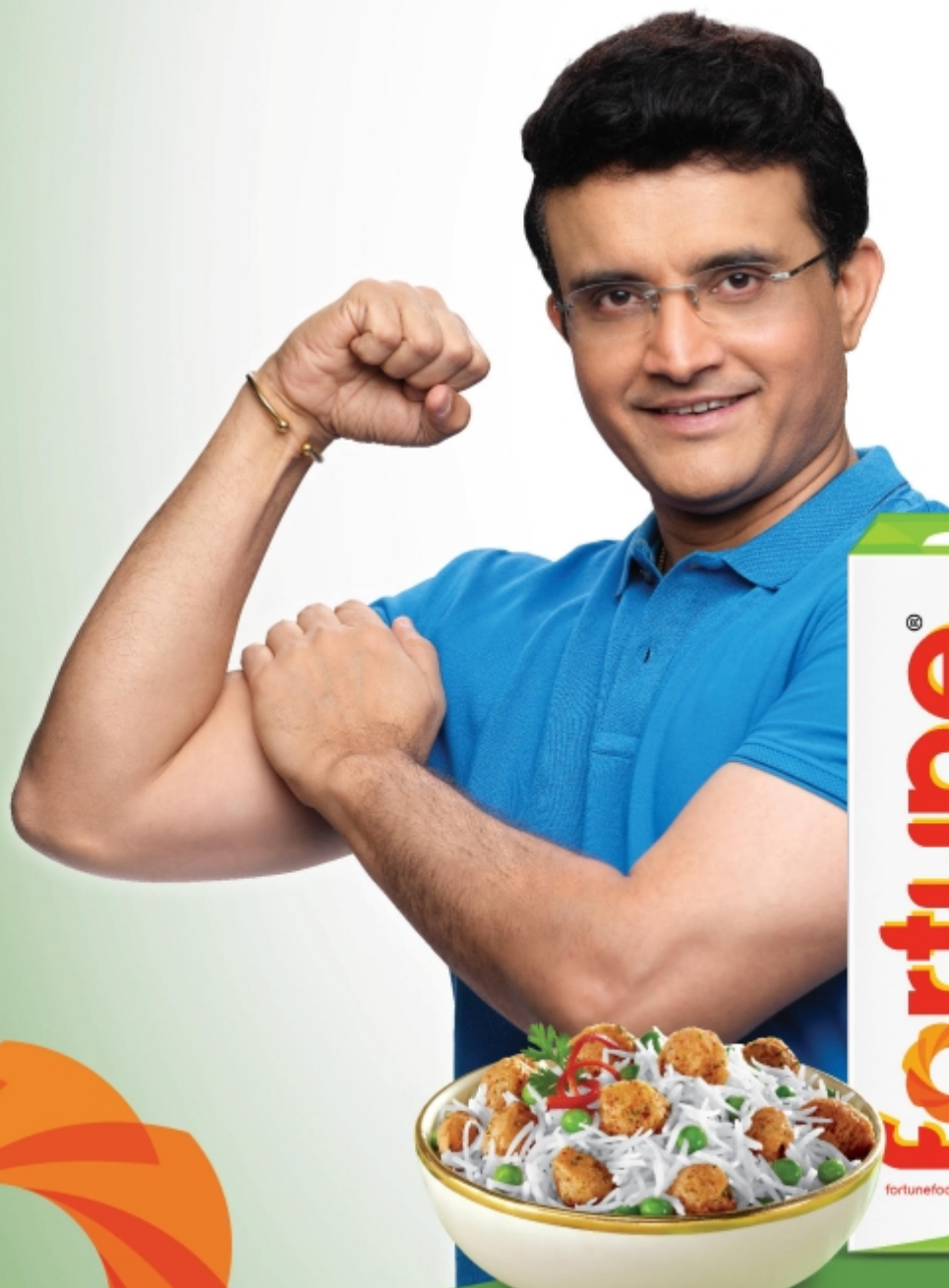
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Serving Suggestion



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Fada Veg Upma

INGREDIENTS

- Broken Wheat - 1 cup
- Carrot - ½ cup chopped
- Green peas - ½ cup boiled
- Tomatoes - ½ cup, chopped
- Oil - 1tbsp
- Mustard Seeds - 1tsp
- Udad Dal - 1 tsp
- Chana Dal - 1 tsp
- Peanuts - 2 tsp
- Curry Leaves - few
- Onion - 2 tbsp, chopped
- Green Chilli - 1 tsp
- Turmeric Powder - ½ tsp
- Lemon Juice - ½ tsp
- Coriander Leaves - 2 tsp
- Water - as required
- Salt - to taste

METHOD

1. Heat oil in cooker, add mustard seeds, udad dal, chana dal, peanuts and roast well. Now add curry leaves, chopped onion, green chillies and broken wheat. Stir well.
2. Pour water in it. Now add mix vegetables, salt and, turmeric powder.
3. Pressure cook for 5 min.
4. Open the lid and add coriander leaves and lemon juice.
5. Mix well and serve hot.



Matar Suji Idli

INGREDIENTS

- Green Peas - ½ cup
- Semolina - ½ cup
- Gram Flour - ½ cup
- Curd - ½ cup
- Coriander Leaves - ¼ cup
- Mint Leaves - 1 tbsp
- Green Chilli Paste - 2 tsp
- Ginger Paste - 1 tsp
- Mustard Seeds
- Sesame Seeds
- Salt - to taste
- Oil - 1 tbsp
- Asafoetida - ¼ tsp
- Soda - a pinch
- Water - as required

METHOD

1. In a grinder jar take green peas, coriander, mint leaves, green chilli, ginger and some water. Blend it.
2. In a big bowl, add gram flour, semolina and the above green paste. Add curd, salt and water in it. Mix it well. Keep it aside for 5 minutes. Then add pinch of soda and hot water.
3. Boil water in a steamer.
4. Pour batter in greased mini idli mould. Let it steam for 7-8 minutes. Unmold.
5. For tempering, in hot oil add mustard seeds, sesame seeds, asafoetida and pour it on idlis. Garnish it with coriander and grated coconut.
6. Serve hot with sweet curd.



Steam Adai

INGREDIENTS

- Tuvar Dal - 2 tbsp, soaked
- Chana Dal - 2 tbsp, soaked
- Udad Dal - 2 tbsp, soaked
- Moong Dal - 2 tbsp, soaked
- Curry leaves - 8
- Cumin Seeds - 1 tsp
- Coriander Leaves - 1 tsp, finely chopped
- Dry Red Chilli - 3
- Ginger - 1 tsp
- Coconut - 2 tbsp, freshly ground
- Onion Paste - 1 tbsp
- Lemon Juice - 1 tsp
- Asafoetida - a pinch
- Salt to taste
- Water as required
- Soda - a pinch
- Oil - for greasing

METHOD

1. In a grinder jar add soaked mix dals, curry leaves, cumin seeds, asafoetida, coriander leaves, dry red chilli, ginger, onion, coconut, lemon juice and salt. Blend it to make smooth batter.
2. Pour batter in a bowl, add soda, and water on it and mix continuously.
3. Take idli mould, grease it with oil and pour batter in it.
4. Steam Adais for 10 minutes.
5. Unmold Steam Adais in a serving plate and garnish it with coriander leaves.
6. Serve hot.





Suji Corn Dhokla

INGREDIENTS

- Semolina - 1 cup
- Sweet Corn - $\frac{3}{4}$ cup, grated
- Curd - $\frac{3}{4}$ cup
- Garlic - 1 tsp, chopped
- Ginger - 1 tsp, chopped
- Turmeric Powder - a pinch
- Green Chilli - 2, chopped
- Salt - to taste
- Soda - a pinch
- Water - as required
- Oil - to grease

METHOD

1. In a bowl take semolina, grated sweet corn, curd, garlic, ginger, turmeric powder, green chillies, salt and soda.
2. Whisk well and make a smooth batter.
3. Boil water in steamer, grease the plate with oil. Pour batter in it. Steam it for 10 - 15 minutes.
4. Cut into square pieces. Arrange in serving plate, pour oil and sprinkle red chilli powder (optional).
5. Serve hot.



Corn Handvo

INGREDIENTS

- Handva Flour - $\frac{3}{4}$ cup
- Semolina - $\frac{1}{2}$ cup
- Gram Flour - $\frac{1}{4}$ cup
- Turmeric Powder - $\frac{1}{4}$ tsp
- Curd - $\frac{1}{4}$ cup
- Water - as required
- Sugar - 1 tbsp
- Ginger Chilli Paste - 1 tbsp
- Coriander Leaves - 2 tbsp
- Sweet Corn - $\frac{1}{2}$ cup, crushed
- Fruit salt - 1 tsp
- Oil - 3 tbsp
- Mustard Seeds - 1 tsp
- Cumin Seeds - 1 tsp
- Asafoetida - $\frac{1}{4}$ tsp
- Sesame Seeds - 1 tbsp
- Salt - to taste

METHOD

1. In a big bowl take handva flour, semolina, gram flour, salt, turmeric powder, curd and water as required. Mix well to make smooth batter.
2. In the batter, add sugar, ginger chilli paste, coriander leaves, crushed sweet corn and fruit salt. Pour little amount of water on fruit salt to activate it. Stir properly.
3. Heat oil for tempering in a pot. Add mustard seeds, cumin seeds, sesame seeds. After a few minutes pour batter on it.
4. Level the surface and pour remaining tadka on it. Cook for 5 minutes.
5. Turn it and cook on the other side for 3-4 minutes.
6. Cut and serve hot.



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Corn Fritters

INGREDIENTS

- Sweet Corn - 1 cup, crushed
- Rice Flour - 1 cup
- Capsicum - ½ cup, chopped
- Spring Onion - ½ cup
- Coriander Leaves - ¼ cup
- Garlic - ½ tsp, chopped
- Ginger - 1 tsp, chopped
- Red Chilli Flakes - ½ tsp
- Soda - a pinch
- Oil - to fry
- Salt - to taste

METHOD

1. Take crushed sweet corn in a bowl add capsicum, spring onion, coriander leaves, garlic and ginger. Mix well.
2. Add salt, red chilli flakes and a pinch of soda. Now add rice flour and mix properly.
3. Heat oil for frying. Take little amount of hot oil and pour it in a batter. Mix well to get a batter.
4. Take the batter and put it in a hot oil. Fry it till crispy golden brown.
5. Serve hot with red chilli sauce.





Kanda Bhajji

INGREDIENTS

- Besan -1 cup
- Onion - 2 cups, sliced
- Ginger, Garlic - 1 tsp each, chopped
- Red chilli powder -1 tbsp
- Chaat masala - ½ tsp
- Salt to taste
- Oil for deep frying
- Water - 2 tbsp

METHOD

1. Take sliced onion in a bowl.
2. Add all seasonings to it, press, squeeze well with fingers to release moisture.
3. Now add besan and mix well.
4. Add water if required for binding.
5. Heat oil in a pan. Drop small size besan coated onion balls and deep fry till crispy on medium heat.
6. Serve hot.

Pakoda Kadhi

INGREDIENTS

- Gram Flour - $\frac{1}{2}$ cup
- Onion - 1 tbsp, crushed
- Potato - 1, boiled and grated
- Buttermilk - 1 cup
- Ajwain - $\frac{1}{2}$ tsp
- Green Chilli - 1 tsp
- Red Chilli Powder - 1 tsp
- Garam Masala - $\frac{1}{2}$ tsp
- Soda - a pinch
- Asafoetida - a pinch
- Oil - 1tbsp + for deep frying
- Garlic - 1 tsp
- Green Chilli - 1 tsp
- Curry Leaves - a few
- Coriander Powder - 1 tsp
- Dry Red Chilli - 2
- Mustard Seeds - $\frac{1}{2}$ tsp
- Salt - to taste

METHOD

1. In a bowl take gram flour, crushed onion, grated potato, salt, green chilli, red chilli powder, garam masala, soda. Mix well. Add water and make a batter.
2. Heat oil in a pan and fry pakoda till brown.
3. Heat oil in another pan, add garlic, green chilli, curry leaves and Saute.
4. Add besan slurry, buttermilk, turmeric powder, red chilli powder, garam masala, coriander powder and salt. Stir well. Let it cook for 3 minutes. Then add fried pakodas and stir.
5. Heat oil in a small pan for tempering. Add asafoetida, mustard seeds, dry red chilli. Now pour this on the Pakoda Kadhi.
6. Garnish it with chopped coriander and serve hot.



Kathiyavadi Dhokli

INGREDIENTS

- Gram Flour - $\frac{3}{4}$ cup
- Buttermilk (Chhas) - 1 cup
- Oil - 3 tbsp
- Turmeric Powder - 2 tsp
- Asafoetida - a pinch
- Ginger and Red Chilli Paste - 2 tsp
- Garam Masala - 1 tsp
- Dhanajeera Powder - 1 tsp
- Water - 1 big bowl
- Salt - to taste

METHOD

1. Boil water in a pan add salt to taste, turmeric powder and gram flour. Whisk it and stir continuously.
2. Take this paste on a plate. Glaze hand with oil and press it properly. Roll it and after some time cut it into small pieces.
3. Pour buttermilk in a pan , add gram flour. Add turmeric powder, salt, and stir well. Now add dhokli pieces. Mix well and cook for 3 minutes.
4. For tempering, heat oil add garlic chilli paste, water as required, salt to taste, turmeric powder, garam masala, dhanajeera powder. Mix properly and pour this tadka on dhokli. Mix properly.
5. Serve hot.



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Deshi Chana Bataka

INGREDIENTS

- Horse Gram (Deshi chana) - 1 cup, soaked, pressure cooked.
- Potato - 2, boiled, peeled, diced
- Gram Flour - 1 tbsp
- Oil - 2 tbsp
- Green Chilli - 1 tsp
- Turmeric Powder - ½ tsp
- Red Chilli Powder - 1 tsp
- Garam Masala - ½ tsp
- Dhanajeera - 1 tsp
- Salt - to taste
- Coriander Leaves - to garnish

METHOD

1. Heat oil add green chilli and cooked chana. Stir it.
2. Add diced potato, turmeric powder, red chilli powder, garam masala, dhanajeera powder, salt. Mix properly.
3. Make gram flour slurry, pour it in the above pan. Add little amount of water. Let it cook for 3 minutes on medium flame.
4. Garnish it with coriander leaves and serve hot.



Methi Besan

INGREDIENTS

- Fenugreek (Methi) Leaves - ½ cup, finely chopped
- Gram Flour - ½ cup
- Oil - 1tbsp
- Cumin seeds - 1 tsp
- Asafoetida - a pinch
- Ginger Chilli Paste - 2 tsp
- Onion - ½ cup, chopped
- Red Chilli Powder - ½ tsp
- Turmeric Powder - ½ tsp
- Garam Masala - ½ tsp
- Dhanajeera - ½ tsp
- Coriander Leaves - ½ cup, finely chopped
- Salt - to taste

METHOD

1. Heat oil add cumin seeds, asafoetida, ginger chilli paste. Stir well.
2. Add chopped onion. Now add methi leaves, coriander leaves, salt and dry gram flour. Mix well.
3. Let it cook for some time.
4. Serve hot with bhakhri.



Hariyali Aloo

INGREDIENTS

- Potato - 2 , diced
- Coriander Leaves - 1 cup
- Mint Leaves - 1 tbsp
- Green Chilli - 2 tsp
- Ginger - 1 tsp
- Peanuts - 1 tbsp
- Cumin Seeds - ½ tsp
- Water - as required
- Oil - 2 tbsp
- Onion - 2 tbsp, chopped
- Red Chilli Powder - 1 tsp
- Turmeric Powder - ¼ tsp
- Dhanajeera - ½ tsp
- Garam Masala - ½ tsp
- Kasurimethi - 1 tsp
- Salt - to taste

METHOD

1. In a grinder jar add coriander leaves, mint leaves, green chilli ginger, peanuts & water. Blend properly to make smooth paste.
2. Heat oil add cumin seeds, salt and diced potatoes. Cook it for 5 minutes.
3. Now add chopped onion, red chilli powder, turmeric powder, dhanajeera , garam masala and green paste. Crush kasuri methi with hands and add.
4. Mix well and serve hot.

Veg Paneer Bhurji

INGREDIENTS

- Onion - 2 tbsp, chopped
- Capsicum - 2 tbsp, chopped
- Green Peas - 2 tbsp, boiled
- Tomatoes - 2 tbsp
- Paneer - 1 cup, grated
- Curd - 2 tbsp
- Oil - 2 tsp
- Cumin Seeds - ½ tsp
- Dhanajeera Powder - 1 tsp
- Chat Masala - ½ tsp
- Garam Masala - 1 tsp
- Red Chilli Powder - 1 tsp
- Turmeric Powder - ½ tsp
- Coriander Leaves - 1 tbsp, finely chopped
- Salt - to taste

METHOD

1. Heat oil for tempering add cumin seeds. Now add onion, capsicum, tomatoes, green peas. Mix well.
2. Add salt, dhanajeera powder, chat masala, garam masala, red chilli powder, turmeric powder and curd. Mix well.
3. In the end add grated paneer. Stir gently. Garnish it with coriander leaves.
4. Serve hot.



Guvar Dhokli Subzi

INGREDIENTS

- Wheat Flour - 4 cups
- Gram Flour - $\frac{1}{4}$ cup
- Cluster Beans (Guvar) – 200 gm
- Red Chilli Powder - 2 tsp
- Turmeric Powder - 1 tsp
- Ajwain - 2 tsp
- Oil - 2 tsp
- Hing - $\frac{1}{4}$ tsp
- Coriander Powder - 2 tbsp
- Lemon Juice - $\frac{1}{2}$ tsp
- Jaggery Sugar - 1 tsp
- Salt - to taste
- Soda - a pinch
- Coriander Leaves - for garnishing

METHOD

1. In a bowl add wheat flour, gram flour, salt, red chilli powder, turmeric, ajwain, pinch of soda. Mix well.
2. Add oil and water as required to make a dough. Pinch out a little of the dough to make small round of dhokli. Pinch and press is the method to get flat dhoklis.
3. Heat oil in a cooker add ajwain, hing and water. Now add red chilli powder, turmeric powder, coriander powder and salt. Stir well.
4. Add small dhoklis and cluster beans. Pressure cook till 2 whistles. Add lemon juice and jaggery sugar. Cook for 3 minutes
5. Serve hot.



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Palak Khichdi

INGREDIENTS

- Oil - 3 tbsp
- Fortune Punjabi Khichdi Mix - 1 pack
- Boiled Corn - ½ cup
- Spinach Puree - 1 cup
- Onion - ½ cup, chopped
- Green Chilli - 1 tsp
- Ginger - 1 tsp
- Garam Masala - ½ tsp
- Water - 800 ml
- Salt - to taste
- Ghee - 2 tsp
- Garlic and dry red chilli for tadka (tempering)

METHOD

1. Heat oil, add Fortune Khichdi Mix, taste maker and water. Pressure cook for 4 whistles.
2. Heat oil add onion, ginger and chilli. Stir well. Add sweet corn and spinach puree.
3. For seasoning, add garam masala. Now add cooked khichdi and mix well.
4. Temper with garlic and dry red chilli in ghee.
5. Serve hot.



Tomato Rice

INGREDIENTS

- Rice - 1 cup
- Tomato Puree - 1 cup
- Oil - 3 tbsp
- Onion - ½ cup, finely chopped
- Carrot - ½ cup, finely chopped
- Mustard Seeds - 1 tsp
- Udad dal - 1 tsp
- Asafoetida - a pinch
- Curry Leaves - 10
- Ginger - 1 tbsp, crushed
- Red Chilli Garlic Paste - 1 tbsp
- Turmeric Powder - ½ tsp
- Water - 3 to 4 cups
- Salt - to taste

METHOD

1. Heat oil in a cooker. Add mustard seeds, udad dal, asafoetida, curry leaves, ginger, red chilli garlic paste. Stir well.
2. Now add onion, carrots, tomato puree, turmeric powder and mix well.
3. Add little amount of water, salt and rice. Stir properly. Pressure cook for 2 whistles.
4. Serve hot.



Aloo Methi Paratha

INGREDIENTS

- Potatoes - 2 big, peeled, boiled, grated
- Wheat Flour Dough - for paratha
- Fenugreek (Methi) Leaves - 2 cups, finely chopped
- Oil - 1 tbsp
- Asafoetida - a pinch
- Ginger - 1 tsp, chopped
- Green Chilli - 1 tsp, chopped
- Garlic - 1 tsp, chopped
- Red Chilli Powder - 1 tsp
- Turmeric Powder - tsp
- Dhanajeera Powder - 1 tsp
- Garam Masala - 1 tsp
- Salt - to taste

METHOD

1. Heat oil add asafoetida, ginger, garlic and green chill. Stir well. Add chopped fenugreek leaves. Stir.
2. For seasoning add red chilli powder, turmeric powder, dhanajeera powder, garam masala. Now add grated potato and mix properly.
3. Take paratha dough, roll it in a small size. Put stuffing on it and seal it.
4. Press it with fingers and then roll.
5. On a griddle pour oil. Roast paratha till light golden brown.
6. Garnish it with butter, cut and serve hot with pickle.

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Dal Paratha

INGREDIENTS

- Moong Dal - $\frac{1}{2}$ cup, soaked
- Oil - 2 tsp
- Wheat Flour Paratha Dough
- Asafoetida - a pinch
- Turmeric Powder - $\frac{1}{2}$ tsp
- Red Chilli Powder - 1 tsp
- Lemon Juice - $\frac{1}{2}$ tsp
- Salt - to taste

METHOD

1. Grind the dal coarsely.
2. Heat oil, add asafoetida and crushed dal. Mix well. Add turmeric powder, red chilli powder, salt and lemon juice. Cook for 2 minutes.
3. Take paratha dough. Make small roti. Put stuffing on it. Seal it properly. Now roll the paratha.
4. Apply oil on paratha, roast on both the sides till light brown.
5. Cut and serve.

Papad Paratha

INGREDIENTS

- Papad - 4, roasted
- Red Chilli Powder - 1 tsp
- Garam Masala - 1 tsp
- Coriander Powder - 1 tsp
- Chat Masala - 1 tsp
- Coriander Leaves - ½ cup, finely chopped
- Wheat Flour - 100gm
- Oil - 1 tbsp
- Salt - to taste

METHOD

1. In a bowl crumble the roasted papad, add red chilli powder, garam masala, coriander powder, chat masala, coriander leaves and oil. Mix well.
2. Knead soft paratha dough. Roll small roti. Put stuffing in it. Seal properly. And roll the paratha.
3. Roast the paratha by putting oil on both sides till light brown.
4. Serve it with curd or chutney.





Homemade Food Easy Tips & Tricks

We're spending more time at work, less time sleeping, and an average of just 37 minutes a day cooking—hardly enough time for most of us to whip up three healthy meals. The good news? Using that time in the kitchen more effectively can help you enjoy healthier meals and lose weight almost effortlessly. These tricks that make cooking faster will have you in and out of the kitchen in no time. And don't worry, even if you're short on time, these healthy snack ideas will make it easy to grab something healthy in a hurry.

1. Always add Salt to Your Boiling Water

Adding salt to water raises its boiling point, meaning it boils your food at a higher temperature, too, thus saving of some time in the kitchen.

2. Always Start With a Hot Pan

If you're cooking your meals in a cold pan, you're wasting time in the kitchen. Preheating your pan means your food starts cooking the second it hits the stovetop, and you can use the time while your pan is heating up to prep.

3. Always Use a Small Pan

If you're using an oversized pan to cook your food, you're likely wasting time. Large pans take longer to heat up than their diminutive


counterparts, and often heat less evenly, as well.

4. Create Compound Butter

Instead of using plain butter in your recipes, make your own herb-infused compound butter and save time in the process. Compound butter has already taken on the flavor of the herbs and spices you've added to it by the time you're ready to start cooking, meaning you won't have to cook your herbs separately first to get the rich flavor you're looking to achieve.

5. Always Season Later

Creating big batches of a single food and seasoning later can be a great way to save time in the kitchen & Flavours to stay intact.



6. Add Lemon to Boiling Rice

Always add little fresh Lemon Juice to Boiling Pot of Rice to make the Rice Grains as separate and fresh looking as possible.

7. Use Warm Water to Knead Roti Dough

So, if you want your rotis to be soft when you bite in them, then knead the dough with warm water. You can also do the finger test after kneading the dough, just poke the dough slightly with one finger, and if it feels soft, then you are good to go.

8. Add Roti Dough Balls to reduce Salt

If Salt level goes up, no need to worry. Just add Little Balls of Raw Aata or Roti Dough in the Curry & Leave it aside for minimum 10 minutes to half an hour. It will absorb all the saltiness.

9. How to Peel Garlic Quickly

If you want to make your garlic peeling time faster then add the garlic buds in an container and shake them so that the skin comes out from the pods.

10. How to make Crispy Pooris

Does your pooris also get a little soggy after cooking it? If they do, simply add rava to your dough as it helps the pooris be crispy and tasty.

11. Peeling Ginger Skin with Spoon

This is the cleanest way to do it & you should incorporate this style in your Home kitchen too. No need for a special tool to de-skin this oddly-shaped root.

12. Extend the Life of Your Bananas by Wrapping the Stems

On the other side of the fruit front, keep your bananas yellow longer by pulling them apart

into single-banana units and covering each stem in plastic wrap or foil. The wrap helps contain the naturally-producing ethylene gas to the stem end of the fruit.

13. Test Avocado Readiness at the Stem

Test your toast topping before you slice inside the fruit. Peel back the stem. If it pulls away easily and you see green, you're good to go and can expect creamy, green flesh inside. If it resists, allow it to ripen longer, and if you see brown, the avocado is likely past its prime.

14. Separate Pomegranate Seeds in a Bowl of Water

Score the skin with a knife around the center, peel the halves apart, cut the halves in half again, then place the pomegranate pieces under water.

15. Cut Apples, then Reassemble to Prevent Browning

The secret to brown bag apple slices that are fresh and crisp? The core. Use an apple slicer to create wedges, then press the fruit back into one piece. Hold it in place with a rubber band or two, or wrap with plastic wrap and come lunchtime, you'll notice little to no brown bites.

16. Roll Out Lemons and Limes

Do your lemons and limes feel hard as rocks when you try to squeeze them? There's an easier way to do that! Before cutting them in half, roll the fruit on the counter firmly with the palm of your hand. This softens up the fruit and makes it easier to juice.

Suji Gulab Jamun

INGREDIENTS

- Semolina - 1 cup
- Sugar - 1 ½ cup
- Water - 1 ½ cup
- Milk - 2 cups
- Ghee - 2 tsp
- Cardamom Powder - ½ tsp
- Saffron - a few strains
- Ghee for frying

METHOD

1. Prepare medium thick sugar syrup with sugar and water.
2. Add saffron to the syrup. Keep aside.
3. Heat 1 tbsp of ghee in a pan, add milk. Once milk boils add semolina and cardamom powder in batches. Stir continuously to avoid lumps. Cook till milk is absorbed and you get a tight dough consistency.
4. Take it out on a greased plate. Rest for 10 minutes.
5. Prepare a smooth dough and roll medium sized tight and smooth small balls. Check that they are crack free.
6. Deep fry in hot ghee on low flame till golden brown in color.
7. Remove from ghee and add in the warm sugar syrup. Let it soak for 1 hour.
8. Garnish with chopped nuts and cardamom powder.



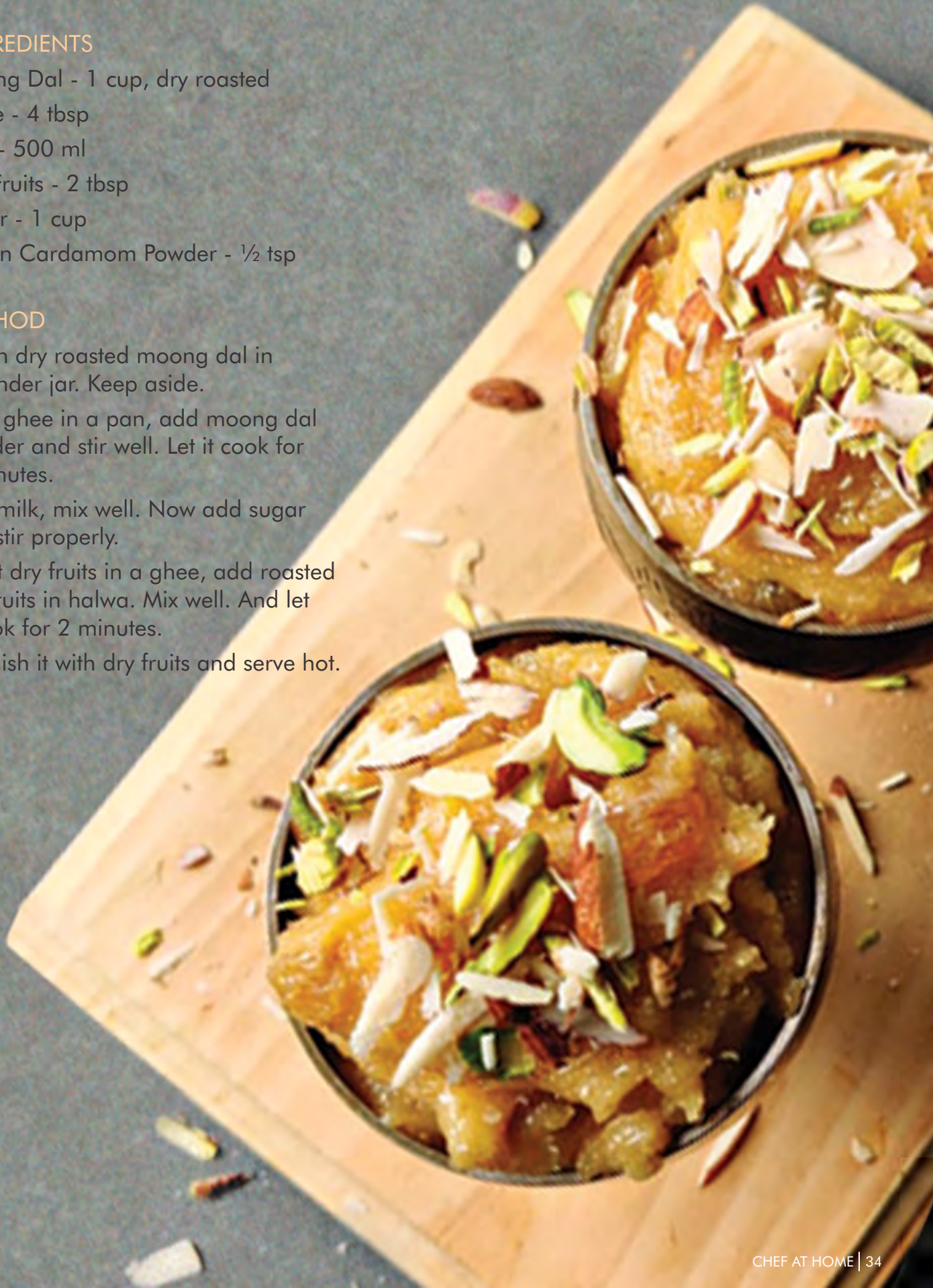
Moong Dal Halwa

INGREDIENTS

- Moong Dal - 1 cup, dry roasted
- Ghee - 4 tbsp
- Milk - 500 ml
- Dry Fruits - 2 tbsp
- Sugar - 1 cup
- Green Cardamom Powder - ½ tsp

METHOD

1. Crush dry roasted moong dal in a grinder jar. Keep aside.
2. Heat ghee in a pan, add moong dal powder and stir well. Let it cook for 3 minutes.
3. Add milk, mix well. Now add sugar and stir properly.
4. Roast dry fruits in a ghee, add roasted dry fruits in halwa. Mix well. And let it cook for 2 minutes.
5. Garnish it with dry fruits and serve hot.





Suji Halwa

INGREDIENTS

- Ghee - ½ cup
- Semolina - ¾ cup
- Water - 1 ½ cup
- Sugar - 4 cups
- Dry fruits - 2 tbsp
- Saffron - few strains

METHOD

1. Heat ghee in a pan, add semolina, roast it.
2. Add water, mix well and cook.
Now add sugar, dry fruits and saffron.
3. Mix well and let it cook for a while.
4. Serve hot.



Mrs. Hina Gautam

A passionate chef,
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Dudhi Halwa

INGREDIENTS

- Bottle Gourd (Dudhi) - 800 gm, peeled, grated
- Ghee - 2 tbsp
- Cashew - 10
- Raisins - 15
- Melon Seeds - 1 tbsp
- Milk - 1 1/2 cup
- Sugar - 1 cup
- Cardamom Powder - 1/2 tsp
- Nuts - 2 tbsp
- Fresh Cream - 1/2 cup

METHOD

1. Heat ghee add cashew, shallow fry it. Now add raisins, melon seeds, stir for 30 seconds.
2. Add grated bottle gourd, cook it for a while, add milk. Cover and cook for 5 minutes.
3. Add sugar, mix properly and again cook for 5 minutes. Now pour fresh cream, cardamom powder, dry fruits. Mix well.
4. Garnish with melon seeds and serve hot or cold.

Instant Jalebi

INGREDIENTS

- Sugar - 2 cups
- Water - 1 cup
- Saffron - few strains
- Cardamom Powder - ¼ tsp
- Refined Flour - 1 cup
- Ghee - 1 tbsp
- Fruit Salt - 5 gm
- Water - 1 cup
- Ghee - to fry

METHOD

1. Take 2 cups sugar in a bowl, add 1 cup water, cardamom powder and saffron. Boil for 3 minutes.
2. In a bowl take refined flour, ghee, fruit salt and mix it with fingers. Now add 1 cup water and mix well.
3. Heat ghee for frying. Pour batter in a plastic bottle with a nozzle. Pour with a nozzle in hot ghee, make 5 rounds from inside to outside and end up with small cross line so it will not break.
4. Fry on medium heat till crispy. Remove from ghee and soak in hot sugar syrup for half an hour.
5. Serve hot.





Mrs. Hina Gautam

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