

# CHEF at HOME

Food Facts - By Mrs. Hina Gautam

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## WINTER FOOD

- Gokak
- Hearty Healthy Ladoo
- Winter Warming Food

- Stuffed Lilva Ratalu Balls
- Winter Pickle
- Bajri Green Pizza

# CHEF at HOME

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# letter *from* the editor

**Hello all readers,**

Season's greetings to all my readers. Winter has set well with cold. Once the temperatures start dropping after Diwali, the winter food Vasana begins to mark their presence in all kitchens to help us through the mild cold.

The most common is small sized balls of Soonth, Gud and Ghee are prepared and stored in a stainless steel container that shows up during breakfast or before going to school. As the temperatures drop further the Vasana list extends with Saalam Paak, Gunder Paak, Methi Paak, Khajoor Paak, Aadu Paak, Shing Paak, Badam Paak, Kachariyu, Saubhagya Sooth, Pend, Adadiya and various kinds of Chikki. Along with these traditional Vasana, the kitchen must have winter green vegetables in the daily menu, like fenugreek leaves, spinach, fresh turmeric, green garlic, sweet potatoes etc.

We have tried to give authentic household recipes to use all winter warming ingredients. Hope it would be helpful to all moms. Enjoy cooking and eating these warming food in this season.

*Hina Gautam*

**Mrs. Hina Gautam**

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# INGREDIENTS TO BOOST IMMUNITY

There are a number of days that we go through uncertain temperatures and unpredictable weather conditions. If our palate and wardrobe take time to adapt to these changes, so does our immunity.

Immunity is one of the most vital processes of the body that helps keep diseases at bay, especially during the days when seasons are changing. It is essential to consume foods that keep your immunity up to keep commonly occurring illnesses such as cold and flu at bay.

The best part about these immunity boosting foods is that they are easily available within the premises of your kitchen. Thus, there is no need to purchase special foods that will boost your immunity.

## Here are some immunity boosting foods you'll find easily at home

### Black Pepper

Black pepper, better known as kaali mirch, helps in boosting immunity naturally. The spice is naturally high in Vitamin C which makes it antibacterial also keeps toxins at bay.

### Garlic

Apart from generally being good to keep cold and cough at bay, garlic also acts as an immunity supplement. This flavourful food has compounds that help the immune system fight germs.

### Ginger

Ginger soothes the throat, relieves chest congestion and also gives the body the much-needed push that's needed for immunity thanks to its anti-inflammatory properties.

### Lemon

Citrus can do wonders to keep the common cold away. It is also

essentially antifungal and antiseptic. The high naturally occurring Vitamin C content in lemon makes it a must-have to keep immunity levels high.

### Turmeric

This simple spice is known to have antifungal and antibacterial properties as well, and helps in building the body's natural defense against disease-causing bacteria and virus.

### Honey

The goodness of having honey cannot be emphasized on enough, especially during

the changing season. Honey contains pollen, which make it antiseptic and relieve seasonal allergies.

Therefore, with these powerful ingredients by your side, at home, coupled with healthy living tips - nothing will affect you this changing season.



# INGREDIENTS FOR BODY WARMTH

The food you eat affects your body. When the temperature drops and cold weather sets in, fuel your body with food that can help raise your body temperature and make you feel warm. Here are some nutritious foods that can help keep you warm in cold weather.

In general, foods that take longer to digest can help raise your body temperature and make you feel warmer. The medical term for this process is thermogenesis, which is the process of your body producing heat caused by food metabolizing. Look for food that's high in healthy fats, proteins and carbohydrates. Many of these foods are more complex and take longer to digest.



## **Ginger Tea**

Hot ginger tea can make you feel warm inside on a cold day. Ginger is known to be good for digestive health and can stimulate thermogenesis. It will help to keep your body warm from the inside out. Keeping you warm is only one of the many health benefits of drinking ginger tea.

## **Sweet Potatoes**

Sweet potatoes and other root vegetables need more energy to move through the digestion process, which raises your body temperature. High in vitamin A, vitamin C and potassium, sweet potatoes can add fiber and other nutrients to a warm winter meal.

## **Water**

A simple way to help your body stay warm this winter is to drink water. Water keeps your body functioning at its best and helps regulate your internal temperature. Dehydration causes your core temperature to drop, which may lead to hypothermia. People are less likely to drink water when it's cold outside because they don't feel as thirsty.

## **Spices**

As well as ginger, you can't be missing out on these flavorsome five - cumin, cinnamon, sesame seeds, pepper and turmeric. Many people think hot chilli sauce is the way to go, but it actually makes you perspire slightly, which cools you down. Cumin, however, generates a less intense heat and thus keeps you warm for longer.



### **Dry fruits & Nuts**

You can sprinkle these over your oatmeal or porridge as well or just snack on them throughout the day so you can avoid those unhealthy chocolate bars. Almonds, cashews and raisins generate heat in the body, they can also help if you have an iron deficiency.

### **Honey**

Honey is a food which has a lot of amazing properties, including helping you keep colds and coughs at bay. Honey is warm in nature, and regularly eating or drinking honey will help keep your body warm this winter.

### **Onions & Garlic**

Traditional Chinese medicine, onions have been used as a 'Chi' or an 'Energizing Tonic' which keeps the body warm to tackle cold weather. By moving the body's energy to the surface of the skin, your body can be kept warm.

### **Amaranth**

Millets such as bajra and ragi are known to keep you energetic during the sluggish winter days. They are high energy foods that mostly contain starch which takes long to digest and generates energy over a period of time.

### **Sarson**

Be it mustard oil, mustard seeds or fresh mustard leaves (commonly known as sarson) - all three are known to hot in nature. Due to its warming properties, they build quite a lot of heat in the body when consumed.

### **Jaggery**

It consists of iron commonly known as gud in India. It helps in improving your digestion and also keeps you warm during the cold winters. It also has numerous health benefits such as it cures constipation, boosts metabolism.

### **Cinnamon**

Cinnamon is full of antioxidants, has anti-inflammatory properties. It also aids in reducing the risk of heart diseases and lowers blood sugar levels in your body. It enhances the body's metabolism and thus helps in keeping you warm in harsh chilly weathers.

### **Saffron**

It is easy to add saffron to your diet. Apart from keeping your body warm, It also has multiple health benefits like it is beneficial in uplifting your mood, reduces weight and also has cancer fighting properties.

# WINTER DELICACIES ACROSS INDIA

With the approaching winter season and increasing appetites, it's time to prep-up and indulge yourself in deliciously warm delicacies, reserved especially for the cold season.



**Here's a list of winter season food in India that you can gorge on:**

## **Gajar Ka Halwa**

The famous Gajar ka Halwa is the go-to dessert during the winter in every household. Just the sight of the piping hot-halwa immersed in ghee makes you salivate. The added dry-fruits on top are just irresistible. Gajar ka Halwa is a winter preparation due to the availability of the best carrot produce in this season, and it is definitely worth the wait throughout the year.

## **Sarson ka Saag**

Another winter-special, Sarson ka Saag is a preparation of green sarson leaves, best served with Makke ki roti is a much-awaited delicious Punjabi delicacy. This traditional winter dish in India is incomplete without a dollop of white butter on top. The saag is not just a flavoursome package but also is a whole bunch of nutrition.

## **Undhiyu**

Undhiyu is a dish that takes hours to make but the effort that goes into the making of it definitely pays off at the end. Mixed winter vegetables, fenugreek muthiya, green garlic, purple yam, good amount of oil and spices are what comprises of this wintery-Gujarati delicacy. Winter foods are traditionally rich and indulgent, but Undhiyu is not one of these dishes and is such a good example of healthy winter food in India.

## **Sakarkand Rabdi**

Rabdi makes for an all-time favorite Indian dessert and Sakarkand or sweet potato rabdi is a winter speciality. It has

significant nutritional contents given the generous amounts of milk, sweet potato, saffron and cardamom that go into it. Sweet potato is a perfect substitute for the health conscious as well so wrap around your blankets and gorge on this super-sweet dish.

### **Gond ka Ladoo**

Gond Ka Ladoo is made out of edible gum extracted from tree barks. This is one such dessert that you can eat throughout the year but can use its special nutritional powers to beat the chills of winter. The Ladoo can keep you warm since it is said to be super hearty, thus heating your insides. Once prepared, it can be kept for quite a long time, sometimes even for months.

### **Beetroot Thoran/ Sambharo**

A South Indian winter speciality packed with a whole lot of nutrition and flavour. Thoran is cooked with chillies and Haldi, and the beetroot is stir-fried along with the spices to complete the dish. It is said to be a winter dish because it has a perfect blend of sweet and spicy, which is just the remedy for the chills.

### **Lapsi**

A breakfast sweet consumed especially in Gujarat and parts of Rajasthan. There are certain variants of lapsi available in different parts of the country. A generous amount of ghee, dry fruits, broken wheat, and raisins are put into the dish. It is a great breakfast delicacy to keep warm throughout the day.

### **Til Pitha**

Til pitha is an Assamese sweet dish. It's a kind of pancake stuffed with sesame seeds and jaggery. Since the best of jaggery is found in winters, til pitha is best prepared and served as a winter food in India too. It's a combination of soft and crunchy and is relished at any time of the day.

### **Chikki**

The Indian nutritious bar of nuts and jaggery is a perfect crispy sweet. You can ditch your chocolates for this healthy sweet substitute. It serves as a snack, a good dessert or just something to munch on while you beat your boredom. A chikki a day is sure to keep the winter chills away.

### **Raab**

Another winter drink, raab is a chilli beverage balanced with the right amount of millet flour and sweet. Raab is great to boost immunity. You can definitely get the chilly-hit on the first sip itself! However, this traditional Gujrati and Rajasthan drink just can't be put down at one sip.

### **Panjiri**

Panjiri is a delicious wheat mixture of ghee, sugar, and lots of almonds. You can keep eating it without realising the amount you've gorged on. The goodness of ghee and nuts will keep you fit and glowing during the winter.

### **Malai Makhani**

Also known as Daulat ki Chaat is a seasonal beverage available between October and March. Rich in preparation, lighter in taste, this drink is made by churning milk and cream until it evolves into a feathery-froth. It is finally embellished with dry fruits, khoya, or saffron. It makes for a great early morning winter drink with a healthy breakfast.





Viraj Girishbhai Naik



# HARIYALI PAV BHAJI

## INGREDIENTS

### For Green Paste

- Fresh Coriander - 1 cup
- Green chillies - 3
- Ginger - 2 inches
- Spinach - 200 gms (blanched)
- Cumin seeds - ¼ tsp
- Water - as required

### For Pav Bhaji

- Butter – 2 tbsp
- Oil – 2 tbsp
- Cumin seeds – ¼ tsp
- Ginger garlic paste – 1 tsp
- Onions - 3 (chopped)
- Tomato – 1 (chopped)
- Capsicum – 1 (chopped)
- Green peas – 1 cup (boiled)
- Potato – 1 (boiled)
- Turmeric powder - ¼ tsp
- Green garlic – 1 cup

- Spring onions – 1 cup
- Coriander cumin powder – 2 tsp
- Pavbhaji Masala – 1 tsp
- Salt - to taste
- Lemon juice – ½ lemon
- Butter – 2 to 3 tbsp
- Fenugreek leaves - 1 tsp
- Fresh Coriander
- Water – as required
- Prepared green paste

## METHOD

1. Prepare green paste by grinding all paste ingredients using some water. Keep aside.
2. Heat butter and oil, add cumin seeds, ginger garlic paste and saute well.
3. Add onions and saute well, Add tomato. Stir well. Add capsicum and saute.
4. Now add green peas and potatoes. Mash everything very well.
5. Add spring onions and prepared paste. Add some water, all dry spices and cook it well. Finally add fenugreek leaves and cook it well.
6. Add salt and butter, some lemon juice and fresh coriander. Serve hot.

# MAKKI ROTI WITH METHI MASALA SABJI



Rani Soni

## INGREDIENTS

- Fenugreek Leaves - 1 Cup
- Tomato - 1 small (finely chopped)
- Onion – 1 (chopped)
- Dry red chili - 1
- Bay leaf - 1
- Oil - 4 tbsp
- Red chilli powder - 1 tsp
- Turmeric powder – ½ tsp
- Garam masala – ½ tsp
- Coriander powder - 1 tsp
- Asafoetida - a pinch
- Cumin Seeds – ½ tsp
- Coriander leaves - 4 tsp (chopped)
- Maize flour/corn meal (white one) - 1 Cup
- Ghee – 2 tbsp
- Tomato and onion rings - a few
- Salt – to taste
- Warm water as needed

## METHOD

### To Make Methi Sabji

1. Heat oil in a heavy bottomed pan, add cumin seeds, asafoetida and allow the cumin seeds to crackle.
2. Add in the bay leaf, dry red chilli and cloves. Roast for about a minute.
3. After a minute, add in the onions and let it cook till soft and translucent.
4. Add in the tomatoes, salt, turmeric powder, red chilli powder, coriander powder and cook for 3 to 4 minutes till mushy.
5. Add fenugreek leaves, cook till. Add 4 tbsp water, garam masala, salt. Stir. Give it a brisk boil for about 2 minutes and turn off the heat.
6. Sprinkle 2 tsp coriander leaves.

### To Make Maize Flour Roti

1. Combine the maize flour and salt. Knead into firm dough using warm water. Cover and keep aside for 30 minutes.
2. Divide the dough into 10 equal balls. Take a ball, flatten, dust with little maize flour. Roll to 4-5 mm thickness.
3. Heat a nonstick tava on high flame and place maize flour roti gently over it.
4. Cook till small blisters appear on the surface. Turn over the roti and cook for few more seconds.
5. Transfer to direct flame till it puffs up and brown spots appear on both the sides. Repeat with remaining dough.
6. Smear ghee on top of maize flour roti.
7. Top the roti with methi sabji and put onion, tomato rings on sabji. Garnish with fresh coriander.



# PALAK PARATHA



Rani Soni

## INGREDIENTS

- Wheat flour – 2 cups
- Carom seeds – ½ tsp
- Oil – 2 to 3 tsp
- Oil - to make paratha
- Spinach – 2 cups (blanched)
- Green Chilli – 2 to 3
- Garlic - 4 to 5 flakes
- Ginger – a small piece
- Salt - to taste

## METHOD

1. Grind blanched palak leaves, green chilli, ginger, garlic and salt. Add little water and make a fine puree.
2. Knead a smooth dough with wheat flour with carom seeds and pureed palak. Add water if needed.
3. Add around 2-3 tsp oil to the dough. Cover and let the dough rest for 15-20 mins.
4. Make small sized balls. Dust little wheat flour and roll each ball uniformly to make a paratha.
5. Cook on both sides applying little oil either sides.
6. Enjoy healthy and tasty hot Palak Paratha with curd



# STUFF LILVA RATALU BALLS



Avani Bhatt

## INGREDIENTS

### For Lilva Stuffing

- Fresh tuvar lilva -150 to 200 gms (ground)
- Sugar – 1 tbsp
- Lemon juice – 1 tbsp
- Oil -3 to 4 tbsp
- Mustard seeds – ½ tsp
- Asafoetida - a pinch
- Chilli paste – ½ tbsp
- Garam masala - 1 tsp
- Salt - to taste
- Corriander leaves + green garlic - 1/2 +1/2 cup

### For Outer Layer

- Purple Yam (ratalu) - 400 to 500gm (boiled, mashed)
- Corn flour - 2 tbsp
- Black pepper powder - ¾ tbsp
- Salt - to taste
- Oil - for frying

## METHOD

1. Heat oil add mustard seeds. Allow to crackle then add asafoetida, chilli paste, lilva and salt. Saute.
2. Add garam masala, green garlic, sugar, lemon juice and coriander leaves. Mix well.Keep aside.
3. Make small balls from the lilva mixture.
4. Take mashed ratalu in a bowl, add corn flour, salt and black pepper powder. Mix well.
5. Take small portion, flatten it on palm & stuff Lilva ball into it.
6. Roll it well to make a ball with out cracks. Fry them in hot oil until golden colour.
7. Relish it with green corriander-garlic chutney.





# SARSON KA SAAG

Binjal Pandya



## INGREDIENTS

- Spinach 1 bunch
- Mustard Leaves 1 bunch
- Rapini or Bathua 1 bunch
- 1 tbsp Ghee (Clarified Butter)
- ½ tsp Mustard Oil
- ½ tsp Mustard Seeds
- ½ tsp Cumin Seed
- Pinch of Hing
- Chopped Onions ½ cup
- 4 tbsp Maize Flour
- 1 tsp Garam Masala
- ¼ tsp Red Chili Powder
- 2 tsp Ginger-Garlic Paste
- 1 tsp Green Chili paste
- Salt

## METHOD

1. Wash and clean all green leafy veggies, then remove the hard stem part from the all leaves and keep aside.
2. Now boil the water in a big deep pan and add ¼ tsp salt. Once water starts boiling, add green leafy veggies in it and stir it for 2 mins or till soft.
3. Strain the cooked veggies thru strainer and pour cold water immediately over it to keep veggies color green.
4. Add strained veggies into the mixer/blender jar and blend it to a fine paste and keep aside.
5. Heat ghee and oil in a pan. Add mustard seeds, cumin seeds and pinch of hing, then add onions and cook on low flame till slightly golden, keep it little crunchy.
6. Add ginger garlic paste, green chili paste and stir continuously for a mins. Now add maize flour, mix well and sauté for 2-3 mins.
7. Add prepared greens paste of leaves, salt and ½ cup of water. Stir it and cook it for 2 mins, then add garam masala, red chili powder and stir it again for few minutes.
8. Sarson ka Saag is ready to serve, top it with white butter (mukhkhan) and serve it with makki ki roti or any flat bread with some chopped raw onion and enjoy.

# DAL PALAK

## INGREDIENTS

- ½ cup Yellow Moong Dal/Split Moong Dal
- 1 ½ cup Roughly Chopped Spinach
- 1 Tomato Chopped
- 5-6 Clove Garlic Minced
- 1 inch Ginger Minced
- 1 Finely Chopped Green Chili
- ½ Cup chopped Onion
- 2 Dry Red Chili
- 1-2 Bay Leaves
- 1 tsp Red Chili Powder
- ½ tsp Turmeric Powder
- ½ tsp Cumin Seeds
- Pinch of Asafetida/Hing
- Salt
- 2 tbsp Oil/Ghee
- 1 Lemon Juice For Extra Tempering(opt.)
- 1 tbsp Ghee/Oil
- ¼ tsp Mustard Seeds
- ¼ Cumin Seeds
- Pinch Of Hing
- ¼ Red Chili Powder
- 1-2 Whole Red Chili

Binjal Pandya



## METHOD

1. Wash and soak moong dal for half an hour.
2. Add dal in a pressure cooker, add tomato, pinch of hing and cook it with required water (1 ½ cup) for 2-3 whistle, and then remove it from the flame and keep aside to let them cool.
3. Heat oil in a deep pan or kadhai, add cumin seeds, pinch of hing, minced ginger, garlic and saute for few seconds.
4. Now add dry red chili, bay leave, chopped green chili, chopped onion, salt and stir fry till onion become golden brown.
5. Add chopped spinach, turmeric powder, red chili powder and cook 2-3 minutes while stirring.
6. Now add precooked dal, mix well, bring it to boil and cook for 3-4 minutes on low to medium flame.
7. Remove from the flame, add lemon juice and keep aside.
8. In small tempering bowl/Kadhai heat the ghee, then add mustard, cumin, hing, once it start popping, add red chili powder and whole dry red chilis, cook it for min. then pour hot tadka over the prepared dal (This step is opt. you can skip it if you want).
9. Dal Palak is ready to serve with rice,roti or naan.



# GOND HALVA (GONDPED-VASANU)



Chef Heena Nayak

## INGREDIENTS

- Acacia anus (edible gum) - 2 cups
- Full fat milk – 1 ltr OR Mava – 200 gms
- Poppy seeds – 1 tbsp
- Almonds – 2 tbsp
- Cashew nuts – 2 tbsp
- Melon seeds – 2 tbsp
- Dry ginger powder – 2 tbsp
- Ganthoda powder – 2 tbsp
- Javantri powder – 1 tbsp
- Nutmeg powder – ¼ tsp
- Desiccated Coconut (dry topra) - 1 whole
- Sugar or Jaggery – 4 cups
- Ghee - - 2 cups

## METHOD

If you want to make mash, take 1 liter full fat milk or 200 grams mava.

1. Crush the gum first.
2. Heat ghee in a pan and add gum powder.
3. Stir till gum swells. Then slowly add milk in it. Stir even if milk breaks down.
4. When the gum and milk are well mixed, add powdered sugar and coconut. Mix well.
5. Stir until sugar water burns and thickens.
6. Turn off the gas and mix everything well.
7. Sprinkle cashew nuts on top. Cool.

## NOTE

Can be kept out for 3 to 4 days.

Can be stored up to a month in the fridge.





# KACHARIYU

Hetal P Vithlani



## INGREDIENTS

- Black sesame seeds – 200 gms
- Jaggery – 500 gms
- Chopped dates – 100 gms
- Sesame oil – 1 tbsp
- Desiccated coconut – 2 tbsp
- Dry Ginger powder – 1 tsp
- Raisins and almonds – to garnish

## METHOD

1. Grind black sesame seeds in a mixer.
2. Add chopped jaggery, desiccated coconut and chopped dates. Grind again. Add sesame oil and run the grinder again.
3. Take out in a bowl and add dry ginger powder with chopped raisins and almonds. Mix well using your hand. Now mould into small laddus.
4. Roll in desiccated coconut. Fill in an air tight container.



# BAINGAN BHARTA

Hina Gautam



## INGREDIENTS

- Brinjal (baingan bhutta) - 2 big
- Spring onion - 100gms (finely chopped)
- Green garlic - 50gms (finely chopped)
- Coriander leaves – ¼ cup (finely chopped)
- Green chilli – 4 (chopped)
- Tomato - 1 (finely chopped)
- Cumin seeds - 1 tsp
- Turmeric powder – ¼ tsp
- Coriander cumin powder - 1 tsp
- Garam masala - 1 tsp
- Oil – ¼ cup
- Salt – to taste

## METHOD

1. Wash and grease brinjal, prick with fork and roast on flame or coal till the peel burns off.
2. Cool. Scrape off the burnt peel. Roughly chop the flesh.
3. Heat oil add cumin, green garlic, chilli and saute for 1 minute. Add tomato and cook for 2 minutes.
4. Add all spices and mashed brinjal.
5. Stir well add salt and garam masala. Cook till oil separates.
6. Sprinkle spring onion, mix well.
7. Serve hot with bajra rotlo.



# LEHSUNI ALOO PALAK

Geeta Khuman



## INGREDIENTS

- Palak - 1 bunch
- Onion paste – ½ cup
- Tomato puree – ¼ cup
- Garlic - 1 tsp (chopped)
- Ginger chilli garlic paste - 1 tbsp
- Baby potato – 6 (boiled)
- Oil - 2 tbsp
- Cumin seeds - 1 tsp
- Asafoetida – ¼ tsp
- Turmeric powder – ½ tsp
- Red chilli powder - 1 tsp
- Coriander cumin powder - 2 tsp
- Garam masala - 1 tsp
- Salt to taste

Palak is powerhouse of good nutrients, lehsun is anti viral and anti bacterial ingredient. Winter is a good season to have any root vegetable like Aloo.

## METHOD

1. Blanch washed spinach leaves in boiling water for 2 minutes. Drain, pour cold water on it. Once cool make a puree.
2. Heat oil add cumin seeds, asafoetida, ginger chilli garlic paste. Saute for 1 minute. Add onion paste cook for 2 minutes.
3. Add tomato puree. Stir for 2 minutes.
4. Now add all powdered spices. Mix well and add boiled baby potatoes. Cook for 2 minutes. Add spinach puree. Stir well.
5. Cover and cook for 3 minutes till oil separates.
6. Serve in kadai, pouring fried garlic on it.

# WINTER PICKLE

## INGREDIENTS

- Coriander seeds- 1 tsp
- Cumin seeds - 1 tsp
- Fennel seeds (Saunf) - 1 tsp
- Mustard seeds - 1 tsp
- Fenugreek seeds- 1 tsp
- Oil - 1 tbsp
- Carrot - 1 big (diced)
- White radish- 1 big (diced)
- Green chilli - 10
- Red chilli powder - 1 tsp
- Turmeric powder - 1/2 tsp
- Dry mango powder - 1/2 tsp
- Salt – to taste (roasted)

## METHOD

1. Dry roast coriander - cumin- fennel- mustard and fenugreek seeds in pan for 2 minutes.
2. Allow to cool
3. Grind in a mixer to make a fine powder.
4. Add oil in a pan, saute carrots, white raddish and green chilli for a while. Turn of the heat.
5. Add red chilli powder, turmeric powder, dry mango powder and salt. Mix well and cook for 2 minutes.
6. Now add the ground masala. Mix well and store in fridge for 10 days.

Hina Gautam



# BEANS UNDHIYU

## INGREDIENTS

- Green chickpeas – ½ cup
- Green peas – ½ cup
- Green tuver – ½ cup
- Green val – ½ cup
- Green chola – ½ cup
- Potato – 1 medium
- Onion – 1 medium
- Tomato – 1 medium
- Green chillies - 2
- Ginger – ½ inch
- Garlic – 4 cloves
- Cloves -4
- Cinnamon – 1 inch
- Red chilli powder – 1 tsp
- Turmeric – ½ tsp
- Coriander cumin powder – ½ tsp
- Garam masala – ½ tsp
- Two and a half tablespoons of Oil – 2 ½ tbsp
- Salt – to taste
- Water – ½ glass

## METHOD

1. Wash, clean dry and chop fenugreek leaves. Add all the spices and mix well.
2. Add all the flours. Add water and knead into a dough. Deep fry vadis till crispy and brown. Drain and keep aside.
3. Grind ginger, chilli, garlic, tomato, onion, cinnamon and cloves.
4. Heat oil in the cooker for tempering and add the above with onions and shallow fry it for one minute. Add peeled and diced potato, all the beans and mix it well. Cook it for 2-3 minutes.
5. Now add all the spices, mix well and add enough water and pressure cook for six to seven whistles. Cool.
6. Add the prepared Methivadi in a bowl and pour the prepared beans curry on top, cover well and let it rest for one hour.
7. Stir well and serve hot.

Ila Bhimajiyani



# HEARTY HEALTHY LADOO

## INGREDIENTS

- Urad flour - 1 cup (fine flour)
- Fenugreek powder (methi) - 1 cup
- Water chestnut flour - 1 cup
- Almonds - ¼ cup
- Walnuts - ¼ cup
- Pistachios - ¼ cup
- Roasted coconut - ¼ cup
- Dry ginger powder - 4 to 5 tbsp
- Ganthoda powder - 2 tbsp
- Edible gum (gond) - 1 cup
- Poppy seeds - 4 tbsp
- Organic cow ghee - 2 cups
- Natural unprocessed jaggery - ½ cup

## METHOD

1. Heat 4 tbsp ghee on medium flame, add gond and let it roast till it pops up. Cool.
2. Grind it to powder form. Keep aside.
3. In the same pan heat 4 tbsp of ghee and roast urad flour and water chestnut flour one by one till they change colour. Keep aside.
4. Coarsely grind almonds, walnuts and pistachios.
5. Transfer to a large bowl. Add roasted coconut, powdered gond, roasted urad flour, water chestnut flour, poppy seeds, dry ginger powder, ganthoda powder and finally add methi powder and stir until everything is mixed well.
6. Heat ½ cup ghee in a saucepan and add jaggery.
7. Once the jaggery starts melting, turn off the gas and immediately remove the pan from the gas
8. Stir well till both ghee and jaggery has completely blended and jaggery lumps have disappeared.
9. Now pour this into the dry mix.
10. Mix properly and roll it into small balls with your hands.
11. Store it in the refrigerator in an air tight container.



Monali Patel





Parul Patel



# DATES DRY FRUIT BALLS

## INGREDIENTS

- Dates - 1 cup
- Mix Dry Fruits - 1 Cup (Finely Chopped)
- Oats (dry roasted) - 1 / 4 cup
- Desiccated coconut - 1 / 4 cup
- Ghee - 2 tablespoons
- Poppy seeds - 1 tablespoon
- Sesame seeds - 1 tablespoon
- Cardamom powder - 1 teaspoon

## METHOD

1. Soak the dates in hot water for two hours. Then remove the excess water and make a paste.
2. Heat ghee in a pan and fry dry fruits and coconut till it turns pink. Then add sesame seeds and poppy seeds and saute for two seconds.
3. Now add oats and mix well. Then discard in a plate and put in the side.
4. Now put ghee in the same pan and saute the date paste. Once it melts, let it cool. After cooling, add dried fruit mixture and cardamom powder and mix well. Mix everything well and the mixture is ready.
5. Then take small ball from this mixture. Garnish this ball with desiccated coconut . Dates and dryfruit balls is nutritious and beneficial for health.



Karnataka  
Special

Raziya M. Lohani



# GOKAK KARADANTU

## INGREDIENTS

- Desiccated coconut – 50 gms
- Edible gum – 50 gms
- Ghee – ½ cup
- Cardamom powder – 1 tsp
- Dry ginger powder – 1 tsp
- Nutmeg powder – 1 tsp
- Dates – 1 cup (chopped)
- Almonds – 25 gms
- Cashew nuts – 25 gms
- Raisin – 25 gms
- Black currants – 25 gms
- Pistachio – 25 gms
- Figs – 25 gms
- Poppy seeds – 2 tbsp
- Garden cress seeds (aseliyo) - 2 tbsp
- Melon seeds – 2 tbsp
- Pumpkin seeds – 2 tbsp
- Sunflower seeds – 2 tbsp
- Chironji – 2 tbsp
- Kerbeeja 2 tbsp

## METHOD

1. Saute all the dry fruits & seeds in ghee one by one.
2. Grind. Fry the edible gum.
3. Mix all the remaining ingredients in it.
4. Make jaggery syrup of 1 thread consistency.
5. Add all the mixed ingredients in syrup & cook it properly.
6. When it thickens set it in a mould. Cut into pieces after it gets cool.
7. Gokak Karadantu is ready to eat.



Raziya M. Lohani



# SAUBHAGI SUNTH PAK

## INGREDIENTS

- Wheat flour – 400 gms
- Dry ginger powder – 200 gms
- Ghee – 600 gms
- Jaggery – 500 gms
- Cashew nuts – 100 gms
- Almonds – 100 gms
- Desiccated Coconut – 100 gms (grated)
- Poppy seeds – 50 gms
- Ganthoda powder – 5 gms
- Gokharu powder – 5 gms
- White musali powder – 5 gms
- Black musali powder – 5 gms
- Shatavari powder – 5 gms
- Cinnamon powder – 5 gms
- Mace powder – 3 gms
- Bay leaves powder – 5 gms
- Nag kesar powder – 5 gms
- Vanskapur powder – 3 gms
- Cardamom powder – 10 gms
- Long piper powder – 5 gms

## METHOD

1. Saute all the dry fruits in ghee.
2. Saute wheat flour in ghee until its color changes to brown.
3. Add all the remaining ingredients one by one (except jaggery). Saute it for 2-3 mins.
4. Turn off the flame, add jaggery and mix it well
5. Set it in a mould. Cool and cut its pieces.

# SALAM PAK

## INGREDIENTS

- Khoa – 500 gms
- Milk – 1 ltr
- Sugar – 600 gms
- Ghee – 600 gms
- Dates – 200 gms
- Figs – 50gms
- Poppy seeds – 20 gms
- Dry dates powder – 100 gms
- Walnut – 50 gms
- Almond – 50 gms
- Cashew – 50 gms
- Pistachio – 50 gms
- Melon seed powder – 100 gms
- Water chestnut flour – 100 gms
- Cardamom – 25 gms
- Dry ginger – 5 gms
- Pipramu lganthoda powder – 5 gms
- Gokharu powder – 5 gms
- White musali powder – 5 gms
- Black musali powder – 5 gms
- White pepper powder – 5 gms
- Nutmeg powder – 5 gms
- Mace powder – 5 gms
- Salampanja powder – 5 gms
- Long pepper powder – 5 gms
- Aasandh powder – 5 gms
- Vanskapur powder – 5 gms
- Mughlaibedana powder – 5 gms
- Chankabab powder – 5 gms
- Shatavari powder – 10 gms
- Ekharo, talimkhanu powder - 5 gms
- Rumimastaki powder – 5 gms
- Kocha powder 5 gms

## METHOD

1. Saute all dry fruits in ghee & grind
2. Saute khoya and then water chestnut flour in ghee.
3. Add dry fruit powder, dates paste, fig paste & khoa in it and mix properly.
4. Add milk and cook well.
5. One by one add all the remaining ingredients. Cook on low flame properly until the ghee gets separated.
6. Now set it in a greased mould. Garnish it with pistachio slices.
7. After 3-4 hours cut it in pieces. Salam Paak is ready to eat.

Raziya M. Lohani



# HALWASAN

## INGREDIENTS

- Edible gum - 250 gms (ground)
- Round desi - 350 gms
- Granulated sugar - 100 gms (powdered)
- Ghee desi - 150 gms
- Cashew nuts - 100 gms
- Almonds - 100 gm
- Pistachio - 75 gm
- Walnuts - 80 gm
- Poppy seeds - 50 gm
- Cardamom powder 2 - tsp
- Nutmeg powder 1 - tsp
- Ginger powder - 25 gm
- Lump powder - 25 gm
- Walnuts - 50 gm (powdered)
- Crush the dry topra1 bowl shredded basket
- Raisins - 25 gm
- Dates - 1 bowl.
- Fig - 5

## METHOD

1. Roast all the dried nuts separately and grind coarsely.
2. Cut the figs and dates.
3. Heat ghee in a nonstick pan, add gum and let it swell. Keep hot water ready.
4. When the glue swells, add 1 liter of heated water. (Can also be made in milk.)
5. Keep stirring till the gum melts. When the water reduces to half, add jaggery.
6. Keep stirring till jaggery melts. Then add ginger powder and lump powder. Then add all the dried fruit powder. Add poppy, cardamom and nutmeg powder.
7. Mix everything well and keep stirring till it thickens.

## NOTE

Standing in the pan, take off when the mix is ready. Now let it cool completely and then put it in a jar or in a clean air tight container.

Sejal Agrawal



# UMBADIYU

## INGREDIENTS

- Potatoes - 250 gms
- Potatoes - 250 gms
- Purple yam (ratalu) - 250 gms
- Surti papdi - 250 gms
- Green garlic paste - 1 medium bowl
- Coriander chutney - 1 medium bowl
- Mint (phudina) chutney - 1 medium bowl
- Raw turmeric chutney - ½ medium bowl
- Peanuts powder - ¼ medium bowl (coarse)
- Green chillies paste - ¼ medium bowl
- Oil - ½ cup
- Pink salt - ½ tsp
- White salt - to taste
- Carom seeds (ajwain) - ½ tsp
- Mint leaves - as needed
- Coriander leaves - as needed
- Green garlic leaves - (optional)

## METHOD

1. Cut all vegetables in big pieces.
2. In a big kadai add all vegetables, coriander paste, mint paste, green garlic paste, raw turmeric paste, coarse peanuts powder, pink salt, white salt, ajwain and oil.
3. Mix well and keep aside for at least 30 minutes.
4. Grease a steamer plate. Layer with mint leaves, coriander leaves and green garlic leaves (if using).
5. Then arrange potatoes, sweet potatoes, purple yam and on top surti papdi.
6. Cover and steam for at least 20 min. Then check it if its done and turn off the flame.
7. Allow to rest for 5 min.
8. Serve hot with green thecha chutney.

Sonal Hitesh Panchal



# BAJRI GREEN PIZZA

## INGREDIENTS

### For Base

- Millet (bajra) flour - 500 gms
- Fenugreek leaves (methi) - 1 small bunch (chopped)
- Curd - 1tbsp
- Oil - 1 tbsp
- Ginger chilli paste
- Salt, turmeric powder, jaggery water – to taste

### For Green Chutney

- Groundnut - 25 gms
- Coriander - 25 gms
- Green garlic - 3 to 4
- Lemon juice, sugar, salt - to taste

### For Filling

- Green peas - 300 gms
- Spring onion - 5 to 6 (chopped)
- Coriander - 1 small cup
- Siloniskhaman - 2 tbsp
- Oil - 1 tbsp
- Sesame - 1 tbsp
- for tadka,
- Ginger - chilli paste, lemon, sugar, salt

### For Toppings

- Cheese - 100 gms
- Tomatoes - 3 to 4
- Onion rings - 2 to 3

## METHOD

### For Green Chutney

1. Grind all ingredients to a fine paste. Keep aside.

### For Filling

2. Boil green peas and mash lightly.
3. Heat oil saute mashed green peas, spring onion, garam masala, ginger- chilli paste, lemon , sugar, salt for a minute.
4. Switch off the gas and add siloniskhaman and coriander.

### For Base

1. Add millet flour to fenugreek leaves with turmeric, ginger-chilli paste, curd, oil and with jaggery water make a soft dough. Roll a medium size rotla.
2. Grease a baking dish. Bake rotla at 400 degree for 10 mins.

### For Topping

3. Apply green chutney paste on the base.
4. Top with onion rings and tomato slices. Grate cheese over it.
5. Bake at 200 degrees for 10 minutes.
6. Serve hot.

Swati Deepak Shah



# CHYAWANPRASH

## INGREDIENTS

- Indian gooseberry (aamla) - 2.5 kgs
- Sugar - 5 kgs
- Vanskapoor - 25 gms
- Green cardamom - 50 gms
- Cinnamon - 10 gms
- Lindi piper - 10 gms
- Bay leaf - 10 gms
- Black pepper - 10 gms
- Cloves - 10 gms
- Nutmeg - 2
- Dry ginger - 25 gms
- Ganthoda - 25 gms
- Nagkesar - 25 gms
- Javantri - 10 gms
- White musli - 10 gms
- Kesar (Saffron) - 1 gm
- Black musli - 10 gms
- Ghee - 1.5 cups

## METHOD

- Pressure cook gooseberry (retain the water), allow to cool and de-seed.
- Crush them well to get a lump free puree by adding water (used for gooseberry boiling).
- Heat ghee in a deep pittal / non stick. vessel. Add gooseberry paste. Add the remaining water from boiled gooseberry.
- Now add sugar and mix well. Stir continuously. Make the 'chasni' of one string consistency. Turn off the gas.
- Add green cardamom- kesar powder. Keep aside.
- Grind to a fine powder all spices except green cardamom and kesar. Sieve and keep aside.
- Take ghee in a vessel and add the above dry spices powder. Saute for a min. Don't overdo it.
- Add this mixture to the gooseberry chasni and mix well. Cover and allow to completely cool down.
- Transfer it to air tight bottles. Keep it in a dry cool place.

You may take 1 tbsp chyanprash with warm milk in the mornings.

Arpita Chatrapati



# GUNDAR PAK

## INGREDIENTS

- Edible Gum (Gundar) – 150 gms
- Wheat flour – 1.5 cups
- Jaggery – 1 cup
- Desiccated Coconut – ½ cup
- Dry fruits – ½ cup (chopped)
- Nutmeg powder – 1 tsp
- Cardamom powder – ½ tbsp
- Ganthoda powder – 1 tbsp
- Dried ginger powder – 1 tbsp
- Ghee –



Asmita Rupani

## METHOD

1. Heat 1tbsp ghee and roast chopped dry fruits. Keep aside.
2. In the ghee fry the edible gum on high flame for sometime and afterwards on low flame.
3. Saute well till each kernel becomes crispy and puffed up.
4. Crush the fried edible gum.
5. Now take ghee and add the wheat flour. Roast it on a low flame until it turns golden brown.
6. Add crushed gum, desiccated coconut and roasted chopped dry fruit to the roasted wheat flour.
7. Sprinkle nutmeg - cardamom - ganthoda - dry ginger powder. Mix well and keep aside.
8. In a pan heat 1 tbsp ghee, add jaggery, cook on a low flame till it melts.
9. Add the previously made mixture to the melted jaggery and mix well.
10. Spread this pak in another vessel, flatten it and garnish it with some desiccated coconut and dry fruit.
11. Let it settled down and then cut it into desired pieces.
12. Gundar Pak is ready to serve.





Avani Bhatt



# SWEET POTATO TURMERIC HUMMUS

## INGREDIENTS

- Sweet potato -1 medium
- Turmeric-1/2tsp
- Chickpea 1/2 cup
- Cumin-1/4tsp
- Garlic cloves-3-4
- Salt & pepper as per taste
- Lemon juice-1/2 lemon
- Tahini paste-1 Tsp
- Olive oil-1/2 Tsp
- Pomegranate & chickpea for garnishing

## METHOD

1. Pressure cook the sweet potato for 2 whistles, cool it, peel & mash.
2. Add all the ingredients (except olive oil) one after in food processor.
3. Blend until combined, then with the motor running slowly drizzle in the olive oil until smooth and creamy.
4. Take this hummus in a bowl & garnish with pomegranate & chickpea.



## Jamnagar Famous Ghuto

Bansi Sandip Kotecha



# GHUTO

## INGREDIENTS

- Green gram dal (Moong dal - with skin) ½ cup (soaked for 3 hours)
- Bengal gram spilt - ½ cup (soaked for 3 hours)
- Green onion - ½ cup (chopped)
- Onion - 1/2 cup (chopped)
- Spinach - 1/2 cup (chopped)
- Fenugreek leaves - 1/4 cup (chopped)
- Coriander leaves - ¼ cup (chopped)
- Potato - 1/2 cup (chopped)
- Carrot - 1/2 cup (chopped)
- Bottle gourd (dudhi) - 1/4 cup (chopped)
- Green or Red tomato - 1/2 cup (chopped)
- Cauliflower - 1/2 cup (chopped)
- Cabbage - ½ cup (chopped)
- Sweet Potato - ¼ cup (chopped)
- Purple yam - ¼ cup (chopped)
- Brinjal Green - 1/2 cup (chopped)
- Capsicum - 1/4 cup (chopped)
- Broad Bean (Surti Papdi) - 1/4 cup
- Valod - 1/4 cup
- Cluster bean (Gubar) - 1/4 cup
- Green Chick Peas (Green channana dana) - 1/4 cup
- Green Pigeon Peas (Tuvana dana) - 1/4 cup
- Green peas (vatana) - 1/4 cup
- Flat beans seeds (Vaal & Papadina dana) - 1/4 cup
- French beans (fansi) - ¼ cup
- Fresh turmeric & Mango turmeric - 4 tsp (grated)
- Green garlic (white & green parts both) - 1/4 cup
- Green chillinger paste - 4 to 5 tbsp
- Dry Garlic paste - 3 tbsp
- Apple - ¼ cup (chopped)
- Pineapple - ¼ cup (chopped)
- Lemon - 1
- Salt to taste

## METHOD

1. Deseed of all beans, pigeon peas and chickpeas.
2. Heat 2 cups water in a cooker. Add the seeds first. Now add all chopped vegetables.
3. Now add all leafy vegetables one by one. Add chopped tomatoes and both pastes.
4. Add salt and pressure cook for 3 to 4 whistles.
5. Now add apple and pineapple
6. Stir with a wooden churning stick or coarsely blend with electric blender.
7. Add lemon juice and serve with bajrarotla and accompanied by green onion, butter, buttermilk, jaggery, green chili pickle, fresh turmeric pickles, khichiyapapad and fried green chillies. Ideally the rotla is crushed coarsely with hands and then ghuto is poured over it. Add a dash of spicy garlic chutney and mix.



# BATETA NU KAACHU

Krupa Kapadia Shah



## INGREDIENTS

- Oil - 2 tbsp
- Potatoes - 2 large (boiled, peeled and chopped)
- Green garlic - 1/3 cup (finely chopped)
- Turmeric powder - 1/2 tsp
- Salt - to taste

## METHOD

1. In a bowl mix finely chopped green garlic, salt and turmeric powder. Keep aside to marinate for about 8 hours.
2. After 8 hours add the chopped boiled potatoes to it and mix it well.
3. Keep it aside for 2 hours for the flavours to seep in.
4. Serve with rotis and turmeric-ambla salad.

# GINGER TURMERIC PAK

## INGREDIENTS

- Ginger - 50 gms (ground)
- Fresh turmeric – 50 gms (ground)
- Cardamom powder – ½ tsp
- Desiccated coconut - 25 gms
- Almonds - 25 gms (roasted)
- Cashew nuts - 25 gms (roasted)
- Pista – 25 gms (roasted)
- Jaggery – 75 gms
- Ghee - 3 tbsp

## METHOD

1. Heat ghee and sauté properly ginger and turmeric paste.
2. Add all dry fruits and coconut. .Add cardamom powder. Stir well.
3. Cook for some time. Cool.
4. Make balls or set in a plate.
5. Garnish with pista flakes.

Punita Desai



# CHEESY PALAK KHICHU BALLS

## INGREDIENTS

- Rice flour – 1 cup
- Water – 2 cups
- Palak and Coriander puree – 1 cup
- Carom seeds (ajwain) – 1 tsp
- Chili flakes – 1 tsp
- Oregano – 1 tsp
- Baking soda – a pinch
- Ginger garlic and chilli paste - 1 tbsp
- Cheese – ½ cup (grated)
- Salt – to taste

## METHOD

1. Make a paste of Spinach and coriander leaves
2. Heat water in a pan, add carom seeds, chilli flakes and oregano. Let it boil for 5 minutes.
3. Now, add salt, ginger garlic and green chilli paste. Mix thoroughly.
4. Add baking soda, Spinach puree and rice flour. Stir briskly.
5. Heat the mixture on slow flame.
6. Grate cheese on the mixture. Take off the heat
7. Mix well and form small balls of the mixture when it is still hot.
8. Garnish with cheese.

Sejal Agrawal



# LILI HALDAR NU SHAAK

## INGREDIENTS

- Fresh Turmeric – 150 gms
- Tomato – 1(chopped)
- Onion – 1(chopped)
- Spring onion – ¼ cup (only leaves)
- Green garlic – 1 ½ tbsp
- Paneer – 2 tsp
- Milk – 2 tsp
- Ginger garlic paste – 1 tsp
- Red chilli powder – ¼ tsp
- Garam masala – ¼ tsp
- Ghee – 4 tsp
- Salt – to taste

## METHOD

1. Wash, peel and cut turmeric into small pieces. Heat 2 tsp ghee and sauté turmeric.
2. Add milk and allow to cook till ghee separates. Keep aside.
3. Heat ghee. Saute onion and tomatoes till done. Add salt
4. Add ginger garlic paste. Stir well.
5. Add sautéed turmeric, spices, green garlic and spring onion. Saute.
6. When ghee begins to separate, crumble paneer in it.
7. Serve hot.

Shobhana Shah



# TUVER TOTHA

## INGREDIENTS

- Tuver - 200 gms
- Spring onion - 50 gms (chopped)
- Green garlic - 50 gms (chopped)
- Onion - 2 medium (ground)
- Tomato - 2 medium (ground)
- Green chilli - 1 to 2
- Ginger garlic paste - 1 tbsp
- Cumin seeds – 1 tsp
- Garam masala – 2 tsp
- Coriander cumin powder – 1 tbsp
- Red chilli powder – 1 tbsp
- Oil - 2 to 3 tbsp
- Ghee - 2 to 3 tbsp
- Salt – to taste

## METHOD

1. Soak tuver for at least 6 to 8 hrs. Pressure cook for 7 to 8 whistles.
2. Heat oil and ghee. Add cumin seeds, ginger garlic paste and onion tomato paste.
3. Add spring onion and green garlic. Stir for 5 to 10 minutes till oil separates.
4. Add boiled tuver in this mixture with the powdered spices and salt.
5. Continue to cook for further 5 min stirring all the while.
6. Serve hot with bread, paratha, bajra rotla, garlic chutney and butter milk.

Megha Kothari



# BAJRA METHI IDLI

## INGREDIENTS

### For idli

- Millet (bajri) - ½ cup
- Urad dal - ¼ cup
- Fenugreek seeds – 1 tsp
- Fenugreek leaves ½ cup (chopped)
- Eno (fruit salt) - ¼ tsp
- Salt - to taste

### For Green Chutney

- Chana/Sev/Gathiya - ¼ cup
- Coriander leaves - ½ cup
- Spinach - ½ cup
- Basil - ¼ cup
- Parsley (optional) -¼ cup
- Green chillies – 3to 4
- Capsicum - 1
- Sugar - 1 tsp
- Salt - to taste
- Black salt - to taste
- Lemon juice - to taste

## METHOD

1. Soak millet for 5 to 6 hours.
2. Soak urad dal and fenugreek seeds for 1 hour.
3. Wash millet and the urad dal properly and grind it to a paste.
4. Mix and let it ferment for 8-10 hours.
5. Add fenugreek leaves, salt and Eno in the batter.
6. Steam idlis in an idli stand.
7. For making the chutney, grind all ingredients in a mixer till the desired consistency.

Ushma Kashi Parekh



# GREEN HANDVO

## INGREDIENTS

- Green moong daal - ½ cup
- Gram flour (besan) - ½ cup
- Semolina (soji) - ½ cup
- Curd - 1 cup
- Coriander leaves - ½ cup
- Palak – ½ cup
- Fenugreek leaves (methi) - ½ cup
- Green Peas - ¼ cup
- Green chilly paste - 3 tsp
- Ginger paste - 1 tsp
- Oil - 2 tbsp + 1 tbsp
- Baking Soda - ½ tsp
- White sesame seeds (til) - as needed
- Salt - to taste

## METHOD

1. Soak 3-4 hours and grind the green moong dal.
2. Mix all ingredients (except sesame seeds) in the ground moong dal and leave for half an hour.
3. Steam the mixture in a steamer for 20 mins, Cool.
4. Temper with sesame seeds. Lightly roast the handva in a frypan.
5. Instead of steamer you can also put it in OTG. For OTG, first put the mixture at 200° for 30 mins and then at 240° for 10 mins.
6. Serve hot with tomato sauce and green chutney.



Ushma Kashi Parekh



# NARAMSHAK

## INGREDIENTS

- Tuver dana - 250 gms
- Potatoes - 2 small
- Brinjal - 1 long
- Sweet potato - 1 small
- Yam - 1 small
- Bottle guard - a small piece
- Tomato - 1 medium
- Chola dal vadi - 1 handful
- Gram flour - 1 tbsp
- Kashmiri red chilli powder - 1 tbsp
- Turmeric powder - 1 tsp
- Dhanajeera powder - 1 tsp
- Green chilli ginger paste - 1 tbsp
- Garlic paste - 1 tbsp
- Garam masala - 1 tsp
- Lemon juice - 1 tbsp
- Jaggery - 1 tsp
- Green garlic & coriander leaves - to garnish (finely chopped)
- Salt - to taste

## METHOD

### For Tempering (Tadka)

- Oil - 1 tsp
  - Mustard seeds - 1 tsp
  - Cloves - 3 to 4
  - Cinnamon - 1 inch
  - Curry leaves - 4 to 5
  - Asafoetida - a pinch
1. Cut potatoes, yam and sweet potato in square pieces. Boil along with tuver dana.
  2. Take a deep kadai, add oil and temper with all ingredients mentioned above.
  3. Add ginger-green chilli paste and garlic paste. Add all dry spices and saute for a minute.
  4. Add chopped tomato, brinjal and some water. Cover and cook till soft.
  5. Now add boiled vegetables, jaggery and water Boil. Fry vadi and add it
  6. Take gram flour and mix well with two tbsp water. Add it to the boiling vegetable mixture.
  7. Turn off the gas and add lemon juice. Garnish with coriander and green garlic.
  8. Delicious Naramshak is ready to eat with roti or rice.



Arpita Chatrapati



# STUFFED MUSHROOMS

## INGREDIENTS

- Mushrooms - 1 packet
- Paneer - 150 gms (homemade) (crumbled)
- Cheese cube - 1 (grated)
- Green Chillies - 4 (finely chopped)
- Ginger - 1 inch (finely chopped)
- Green Garlic - 5 to 6 (finely chopped)
- Coriander Leaves - a handful (finely chopped)
- Oregano, chilli flakes, salt - to taste
- Olive Oil -
- Butter - to shallow fry

## METHOD

1. Wash mushrooms thoroughly. Break off the stems and chop them finely.
2. Mix all ingredients, except olive oil, butter, oregano and chilli flakes to make a stuffing.
3. Take olive oil in a pan, add chopped stems. Heat it. Add oregano and chilli flakes, cover and cook till it softens. Cool.
4. Add this to the stuffing prepared earlier. Stuff all mushrooms.
5. Take butter in a pan, arrange mushrooms in it. Cover and cook till softened.
6. Serve immediately as a starter.

Arpita Chatrapati



# ROASTED TOMATO SOUP (NO CREAM)

## INGREDIENTS

- Tomatoes 8 medium
- Garlic cloves - 7 to 8
- Onion - 1 medium
- Water or vegetable stock - ½ to 1 cup (adjust as required)
- Olive oil - 1 tbsp
- Salt - to taste
- Black pepper powder - to taste

## METHOD

1. Roughly chop onions, garlic and tomatoes.
2. In a baking tray, add onions, garlic and tomatoes. Drizzle olive oil and sprinkle salt over them and stir.
3. Bake at 200 degrees Celsius for about 40-45 minutes till everything is roasted well. Stir after 15-20 minutes.
4. Remove from oven and let it cool.
5. Transfer to a mixer jar along with all the juices and oil from the tray.
6. Blend to a smooth puree.
7. Transfer puree to a pan and bring to a boil. Adjust salt and add pepper powder to taste.
8. Serve hot.



Drashti Dholakia



# SPINACH CHEESE BALLS

## INGREDIENTS

- Spinach (palak) - 200 gms
- Potatoes - 2 medium (boiled, peeled and mashed)
- Fresh bread crumbs - 1 cup
- Dried mango powder (amchur) - ½ tsp
- Chaat masala - ¼ tsp
- Garam masala - ½ tsp
- Cumin seeds powder - ½ tsp
- Coriander powder - ½ tsp
- Cheese cubes - 3 (cut into 4 pieces each)
- Salt to taste



Drashti Dholakia

## METHOD

1. Soak spinach in a bowl of salted water for about 5 minutes.
2. Discard the stems and roughly chop the leaves.
3. Boil water in a wide pan, add spinach leaves and cook for 2 minutes.
4. Drain immediately and soak the leaves in a bowl of ice cold water for 1 minute. Drain all the excess water.
5. Grind the blanched spinach till you get a smooth puree. Do not add water while grinding. Keep aside.
6. In a wide bowl, combine mashed potatoes, spinach puree, bread crumbs, salt, coriander cumin powder, amchur, chaat masala and garam masala.
7. Mix well. Pinch a small portion from the dough and flatten it with fingers.
8. Place one cheese piece and seal the edges together and make a ball without any cracks.
9. Deep fry on a medium flame till they turn crisp and light golden in colour.
10. Serve hot with tomato ketchup or chilli sauce.



# GREEN METHI GOTA

## INGREDIENTS

- Finely chopped methi - 1 bowl
- Gram flour - 1 bowl
- Semolina - 2 tbsp
- Finely chopped green garlic -3 tbsp
- Chopped green chillies - 1 tsp
- Half crushed pepper - 1 tsp
- Half crushed coriander seeds - 1 tsp
- Water - 3 tbsp
- Soda - 1/2 tsp
- Hot oil - 1 tsp
- Oil for deep frying

## METHOD

1. Take mixing bowl
2. Add oil, crushed pepper, crushed coriander seeds and salt, mix it well.
3. Add chopped green methi, chopped green garlic, chopped green chillies, semolina and gram flour.
4. Mix it well and make a batter.
5. Add soda, 1 tsp water and hot oil
6. mix properly and give rest for 10 mins.
7. Deep fry gota until golden brown.
8. Serve hot with fried green chillies and chutney.

Purna Shah



# AMLA JAM



Rinku Lakhani

## INGREDIENTS

- Amla - 500 gms
- Sugar - 500 gms
- Cardamom powder - a pinch

## METHOD

1. Wash and pressure cooker amla for 4 to 5 whistles till soft.
2. Cool and remove seeds. Grind into a smooth paste.
3. Take amla paste in a steel vessel (make sure the vessel is steel) and put on low flame.
4. Stir continuously.
5. Add sugar. Let it dissolve slowly. (Be careful as it will pop)
6. Keep stirring till the colour changes and it thickens. Keep it a bit runny consistency.
7. Cool and add cardamom powder.

## NOTE

Can be stored at room temperature for 3 months.



# STUFFED CARROT TIKKI



Rinku Lakhani

## INGREDIENTS

### For Base

- Millet (bajra) flour - 500 gms
- Fenugreek leaves (methi)  
- 1 small bunch (chopped)
- Curd - 1tbsp
- Oil - 1 tbsp

### For Stuffing (inner filling)

- Carrot - 2 big (grated)
- Maida - 1tsp
- Salt to taste

## METHOD

1. Add salt to grated carrot and squeeze to remove water.  
Mix 1tsp maida. Mix and keep aside.
2. Mix all ingredients of potato filling.
3. Take grated carrot in your palm and stuff with filling.
4. Close it lightly with your fingers.  
Shallow fry.
5. Serve hot with chutney.



# TILKATORI with KACHUKATLI ( AATHO)

## INGREDIENTS

### For Tilkatori

- White sesame seeds - 1 tbsp (washed)
- Desiccated coconut - 1 tbsp
- Powdered sugar - ½ bowl
- Dry rose petals - 1 tbsp
- Cardamom powder - ¼ tsp
- Nutmeg powder - ¼ tsp
- Saffron - 10 to 12 strands
- Ghee - for greasing

### For Raw Katala (Aatho)

- Almonds - 1 tbsp
- Cashew nuts - 1 tbsp
- Pistachio - 1 small bowl
- Desiccated coconut - 1 small bowl
- Crystal sugar (misri) - 1 small bowl (powdered)
- Raisins - 1 small bowl
- Charoli - 1 small bowl
- Magajtari seeds - 1 small bowl
- Pumpkin seeds - 1 small bowl
- Poppy seeds - 2 tbsp
- Dry dates - 4 to 6 (chopped)
- Bavadiyogund - 1 small bowl
- Dry ginger powder - 1 tsp
- White pepper powder - ½ tsp
- Ganthoda powder - 1 tsp
- Desi jaggery - 1 tbsp
- Cardamom and nutmeg powder - 1 tbsp
- Saffron - 10 to 12 strands

## METHOD

1. Dry roast sesame seeds. Cool. Crush taking care that its oil is not released.
2. Mix desiccated coconut, sesame seeds, saffron, cardamom, nutmeg powder and dry rose petals. Mix and keep aside.
3. Add water to powdered sugar. Boil to make a syrup (less than 1 string). Cool. Add cooled syrup to sesame mixture and mix well.
4. Then pour it into a ghee-laden mould. Keep aside and allow to set. Heat ghee, add almonds. Saute and keep aside
5. Repeat with cashew nuts, pistachios, coconut. Raisins, charoli, magajtari, pumpkin seeds, poppy seeds, dry dates and bavadiyogund.
6. Now mix well. Stir and mix with ginger powder, lump powder, cardamom and nutmeg powder, saffron and white pepper powder.
7. Add a teaspoon of ghee in a bowl and add desi jaggery to it. Raw cut is ready.
8. Now mix all this things in a bowl and mix ginger powder, ganthoda powder, cardamom and nutmeg powder, saffron and white paper powder and mix everything .
9. Now take a bowl and add 2 tbsp ghee in bowl and add Desi jaggery when jaggery melt add the dryfruits mixer which we kept in side add in it . Now row (kachu ) katlu(aatho) is ready.
10. Now our Sani katori is also set so remove from the mould and keep a side.
11. Now take a row Sani katori and filled with kachukatlu (aatho) and then serve. Our dish is ready for serving. It's very healthy in winter. Special for ladies.

Sapna Thakkar



# KATLA NA LADVA



Sheetal Shah

## INGREDIENTS

- Wheat flour - 50 gms (coarsely ground)
- Katlu - 35 gms
- Desiccated coconut - 35 gms
- Urad flour - 35 gms
- Ghee - 150 gms
- Crystal sugar - 35 gms (powdered)
- Jaggery - 90 gms (grated)
- Edible Gum - 35 gms
- Almond - 20 gms (sliced)
- Chimed - 5 gms
- Vekriyo - 5 gms
- Fenugreek seeds powder - 5 gms
- Dry ginger powder - 5 gms
- Batrisu - 5 gms
- Pepper powder - ¼ tsp
- Ganthoda powder - ¼ tsp
- Turmeric powder - ¼ tsp

## METHOD

1. Roast urad flour and wheat flour in ghee one by one till colour changes.
2. Roast gum and crush it.
3. Add all spices and crushed gum to the hot roasted flours.
4. Heat ghee, add jaggery. Mix well and boil.
5. Pour this liquid in the powdered mixture. Mix well.
6. Add ghee if required. Form into balls while still warm.
7. Cool and store.

# KHAJUR DRY FRUIT PURI

## INGREDIENTS

- Dates - 500 gms (soft) (chopped)
- Almonds - 25 gms (sliced)
- Cashew nuts - 25 gms (sliced)
- Raisins - 10 gms
- Desiccated coconut - 10 gms
- Peanuts - 3 tsp (sliced)
- Coconut - 2 tsp (sliced)
- Ghee - 2 tsp
- Cocoa powder - 1 tsp
- Chocolate essence - 4 to 5 tsp
- Melon seeds - 1tsp
- Jaggery - 1 tsp

## METHOD

1. Heat 1 tsp ghee. Add jaggery, stir.
2. Add dates and stir. Add cocoa powder, chocolate powder, chocolate essence. Stir well.
3. Heat ghee in another pan. Add almonds, cashew nuts, raisins, peanuts, melon seeds and sliced coconut .Saute till pink.
4. Mix the above two.
5. Form cylindrical rolls while still warm.
6. Roll these cylinders in desiccated coconut.
7. Refrigerate for 3 to 4 hours.
8. Slice and serve.

Sheetal Shah



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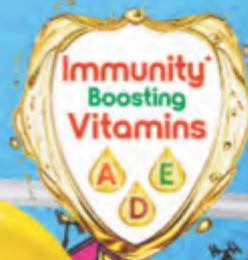
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