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# Amul - Sagar Ghee

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RECIPES

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## Dil Pasand Arbi

Recipe Name	Dil Pasand Arbi	
Ingredients	<ul style="list-style-type: none"><li>○ 500 g. Arbi;</li><li>○ 1/2 cup curd;</li><li>○ 2 onions, chopped fine;</li><li>○ 1 tbsp. gram flour;</li><li>○ 2 tsp. ginger-garlic paste;</li><li>○ 1/2 tsp. mustard seeds;</li><li>○ 1/4 tsp. turmeric powder;</li><li>○ A spring of curry leaves;</li><li>○ Chilli powder and salt to taste;</li><li>○ 2 cups water; ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. BOIL arbi in a pressure cooker for five minutes. Cool, peel and cut into pieces of desired sizes.</li><li>2. Make a smooth paste with curd and gram flour. Add two cups of water, salt, chilli powder and turmeric powder to it.</li><li>3. Heat ghee in a kadai, add curry leaves and mustard seeds. When they splutter, add onions and ginger-garlic paste, and fry till golden brown. Add arbi pieces and fry for five minutes. Add the curd-gram flour mixture to it, and let it simmer till the ghee floats on and the gravy is thick. Remove from heat and garnish with coriander leaves.</li><li>4. Serve hot with chapatis or parathas.</li></ol>	
Contributed By	Dr. Kailash Gupta, Secunderabad	






## Badshahi Baigan

Recipe Name	Badshahi Baigan	
Ingredients	<ul style="list-style-type: none"><li>○ 300 g. brinjals;</li><li>○ 1 cup curd;</li><li>○ 2 large onions, chopped;</li><li>○ 2 tomatoes, chopped;</li><li>○ 2 tsp. chilli powder;</li><li>○ 2 tsp. ginger-garlic paste;</li><li>○ 1 tsp coriander powder;</li><li>○ 1 tsp. garam masala powder;</li><li>○ 1 tsp. coriander leaves, chopped;</li><li>○ 1/4 tsp. turmeric powder;</li><li>○ 1/4 tsp. cummin powder;</li><li>○ salt to taste;</li><li>○ 1/4 cup ghee.</li></ul>	
For the Garnish	<ul style="list-style-type: none"><li>○ 1 onion sliced;</li><li>○ 1 tbsp. cashewnuts;</li><li>○ 1 tbsp. raisins.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. CUT brinjals into 2.5 cm. thick slices. Smear with salt and keep aside for 10 minutes. Wash and squeeze dry.</li><li>2. Heat ghee, fry cashewnuts, raisins and the sliced onion till golden brown. Remove from ghee and keep aside. Fry the brinjals in the same ghee till tender. Remove.</li><li>3. In the remaining ghee fry the chopped onions till transparent. Add all the dry spices, ginger-garlic paste and chopped tomatoes and saute till the ghee floats on . Add curd, coriander leaves and salt. Stir well. Cook till the gravy thickens. Add fried brinjals to the gravy and simmer for two minutes. Sprinkle the garnish on .</li><li>4. Serve hot with rice or parathas</li></ol>	
Contributed By	Binu N.S., Ochanthuruth	





## Vegetable Biryani

Recipe Name	Vegetable Biryani	
Ingredients	<ul style="list-style-type: none"> <li>○ 300 g. brinjals;</li> <li>○ 1 cup curd;</li> <li>○ 2 large onions, chopped;</li> <li>○ 2 tomatoes, chopped;</li> <li>○ 2 tsp. chilli powder;</li> <li>○ 2 tsp. ginger-garlic paste;</li> <li>○ 1 tsp coriander powder;</li> <li>○ 1 tsp. garam masala powder;</li> <li>○ 1 tsp. coriander leaves, chopped;</li> <li>○ 1/4 tsp. turmeric powder;</li> <li>○ 1/4 tsp. cummin powder;</li> <li>○ salt to taste;</li> <li>○ 1/4 cup ghee.</li> </ul>	
Masala for the vegetables	<ul style="list-style-type: none"> <li>○ 250 g. onions, sliced;</li> <li>○ 3/4 cup curd;</li> <li>○ 4 tsp. chilli powder;</li> <li>○ 3 tsp. ginger-garlic paste;</li> <li>○ 2 tsp. mint paste;</li> <li>○ 1 1/2 tsp. garam masala powder;</li> <li>○ 1 1/2 tsp. coriander-cummin powder;</li> <li>○ salt to taste;</li> <li>○ 3 tbsp. ghee or more;</li> <li>○ ghee for deep frying the onions.</li> </ul>	
For the Garnish	<ul style="list-style-type: none"> <li>○ 2 tomatoes, sliced;</li> <li>○ 2 capsicums, sliced;</li> <li>○ 2 onions, fried till crisp;</li> <li>○ a few mint leaves.</li> </ul>	
To prepare the vegetables	<p>WASH the vegetables and dry them well. Mix all the ingredients for the masala, except ghee, and marinate the vegetables in it for one hour.</p>	






Method	<ol style="list-style-type: none"><li>1. Heat ghee and deep fry the onions till well browned. Remove from ghee. When cool, grind to a paste.</li><li>2. Wash and cook the rice in double the quantity of water. When done, remove the rice and spread it in a plate. Keep aside to cool. Lightly roast the saffron powder and sprinkle over the rice.</li><li>3. Heat ghee in a kadai and season it with the whole spices. Add the vegetables and saute for five minutes. Add a little water and cook the vegetables till done and almost dry.</li><li>4. In a baking dish arrange alternate layers of rice and the prepared vegetables. with garnish and bake in a moderately hot oven for 20 minutes. Serve with raita and papad.</li></ol>
Contributed By	Anangha S. Nagvekar, Bombay








## Beetroot Parathas

Recipe Name	Beetroot Parathas	
Ingredients	<ul style="list-style-type: none"><li>○ 2 cups wheat flour;</li><li>○ water for kneading the dough;</li><li>○ salt to taste;</li><li>○ 2 tbsp. ghee .</li></ul>	
For the Stuffing	<ul style="list-style-type: none"><li>○ 2 cups beetroot, grated fine;</li><li>○ 4 medium sized onions;</li><li>○ 4 green chillies;</li><li>○ 2.5 cm. ginger;</li><li>○ 4 flakes garlic;</li><li>○ 1 tsp. garam masala powder;</li><li>○ salt to taste;</li><li>○ 3 tbsp. ghee.</li></ul>	
Method	<p>To prepare the stuffing:</p> <ol style="list-style-type: none"><li>1. Grind all the ingredients, except garam masala powder, to a paste. Heat ghee in a vessel and fry the beetroot paste on a low flame. Cook covered, till the mixture is almost dry. Remove from heat.</li><li>2. ADD two tbsp. ghee to wheat flour. Mix well, add enough water to knead to a soft dough.</li><li>3. Divide the paratha dough into small balls. Roll out each ball into a small puri, put a little beetroot filling in the centre and seal the edges. Roll out into parathas.</li><li>4. Heat tawa, add some ghee and fry the parathas till light brown.</li></ol>	
Contributed By	Gowri Vaidyanath, Jamshedpur	






## Crisp Coconut Chops

Recipe Name	Crisp Coconut Chops	
Ingredients	<ul style="list-style-type: none"><li>○ 500 g. potatoes, boiled and peeled;</li><li>○ 250 g. paneer, crumbled;</li><li>○ 2 cups fresh breadcrumbs;</li><li>○ 3 capsicums, chopped;</li><li>○ 1/2 cup shelled green peas;</li><li>○ 4 tbsp. grated coconut;</li><li>○ 1 bunch coriander leaves, chopped fine;</li><li>○ 2 onions, chopped;</li><li>○ 1 tbsp. cornflour;</li><li>○ 5-6 green chillies, chopped fine;</li><li>○ juice of 1/2 lemon;</li><li>○ salt and pepper to taste;</li><li>○ 4 tbsp. ghee;</li><li>○ ghee for deep frying.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Heat two tbsp. ghee. Add onions and fry till light brown. Add green peas. Saute well. Add a little water and cook covered till done. Add paneer, chopped green chillies, salt and pepper. Fry well till almost dry. Remove from heat. When cool, add the chopped coriander leaves, capsicums, grated coconut and lime juice. Mix well. Check the seasoning and keep aside.</li><li>2. Mash the potatoes with two tbsp. ghee, salt and pepper till smooth. Divide the mashed potato into large lemon sized portions. Roll each portion into a cup-like shape. Put a little prepared filling in it. Seal the edges and roll into oval shaped chops.</li><li>3. Add a little water to the cornflour and mix to a smooth thin paste. Dip the prepared chops in the cornflour paste and roll in breadcrumbs. Heat ghee in a kadai and deep fry the chops till well browned.</li><li>4. Serve with tomato sauce.</li></ol>	
Contributed By	Gowri Vaidyanath, Jamshedpur	






## Papaya Parathas

Recipe Name	Papaya Parathas	
Ingredients	<ul style="list-style-type: none"><li>○ 750 g. wheat flour; 1 raw hard papaya;</li><li>○ 4 green chillies, chopped;</li><li>○ 1 tsp. anardana (pomegranate seeds);</li><li>○ 1 tsp chilli powder;</li><li>○ 1 tsp. garam masala powder;</li><li>○ 1 1/2 tsp. pepper powder;</li><li>○ a few mint leaves, chopped;</li><li>○ a few coriander leaves, chopped;</li><li>○ salt to taste;</li><li>○ ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Add salt and three tbsp. ghee to the wheat flour and knead to a firm dough. Keep aside for half an hour.</li><li>2. Grate papaya, add green chillies, chilli powder, garam masala powder, pepper powder, anardana, salt, mint leaves and coriander leaves. Mix well.</li><li>3. Roll out the wheat flour dough into even numbered chapatis. Spread papaya mixture on one, cover with the other chapati and press the edges. Heat tawa and fry the parathas by smearing ghee on both the sides till crisp. Make the remaining parathas in the same way.</li><li>4. Serve hot with curd, buttermilk, pickle or chutney.</li></ol>	
Contributed By	Gowri Vaidyanath, Jamshedpur	





## Spinach-Nut Balls

Recipe Name	Spinach-Nut Balls	
Ingredients	<p><b>For the spinach balls:</b></p> <ul style="list-style-type: none"><li>○ 250 g. spinach (palak);</li><li>○ 50 g. paneer;</li><li>○ 1 tbsp. cheeespread;</li><li>○ 12 cashewnuts, roughly crushed;</li><li>○ 15-20 raisins;</li><li>○ 3 green chillies;</li><li>○ 2 slices bread;</li><li>○ 1 tbsp. flour;</li><li>○ 1/2 tsp. cummin powder;</li><li>○ 1/2 tsp. garam masala powder;</li><li>○ salt to taste;</li><li>○ ghee for frying.</li></ul> <p><b>For the gravy:</b></p> <ul style="list-style-type: none"><li>○ 250 g. tomatoes;</li><li>○ 2 medium sized onions;</li><li>○ 4 tbsp. fresh cream;</li><li>○ 2 tbsp. coconut, grated;</li><li>○ 1 tbsp. poppy seeds;</li><li>○ 1/2 tsp. garam masala powder;</li><li>○ 1/2 tsp. sugar;</li><li>○ 1.5 cm. ginger;</li><li>○ 7-8 flakes garlic;</li><li>○ 3 green chillies, chopped fine;</li><li>○ a few coriander leaves;</li><li>○ a few drops of green colour (optional);</li><li>○ salt to taste;</li><li>○ 4 tbsp. ghee.</li></ul>	
	<p><b>To prepare the spinach balls:</b></p>	






Method	<ol style="list-style-type: none"><li>1. Steam the spinach, drain out water and keep aside. Grind spinach, bread slices, cheese-spread, paneer and green chillies to a paste. Prepare a soft dough by adding flour, cashewnuts and salt to it. Take a little spinach dough, put a raisin in the centre and roll into lemon sized balls. Do the same with the remaining spinach dough. Deep fry in hot ghee till done and set aside on a paper.</li></ol> <p><b>To prepare the gravy:</b></p> <ol style="list-style-type: none"><li>1. Cut the tomatoes into four pieces each. Heat one tbsp. ghee and fry the tomatoes till well fried and soft. Heat one tbsp. ghee in a kadai, add chopped onions, ginger, garlic, poppy seeds, grated coconut and fry well. Remove from heat.</li><li>2. When cool, grind the fried onion mixture, sauted tomatoes, coriander leaves and green chillies to a fine paste. Heat two tbsp. ghee in a pan, add the ground paste and fry well. Add garam masala powder, sugar, spinach, water and salt. Stir well. Simmer till the gravy reaches the required consistency.</li><li>3. Pour the gravy into a serving bowl. Add spinach balls to the gravy and garnish with a dash of whipped cream and coriander leaves.</li></ol>
Contributed By	Padma Thombre, Nagpur






## Groundnut Sambar

Recipe Name	Groundnut Sambar	
Ingredients	<ul style="list-style-type: none"><li>○ 100g. groundnuts;</li><li>○ a lemon sized ball of tamarind;</li><li>○ 4 tsp. sambar powder;</li><li>○ 1 tsp. urad dal;</li><li>○ 1 tsp. chana dal;</li><li>○ 1 tsp. chilli powder;</li><li>○ 1/2 tsp. turmeric powder;</li><li>○ 1/2 tsp. mustard seeds;</li><li>○ jaggery and salt to taste;</li><li>○ 5 tsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Soak tamarind in a little water for about 15 minutes and extract the pulp.</li><li>2. Heat ghee in a kadai and fry the groundnuts till golden brown. Remove and keep aside. Add mustard seeds, urad dal and chana dal to the remaining ghee. When the mustard seeds splutter, add the tamarind pulp, groundnuts, turmeric powder, sambar powder, chilli powder and salt. Stir well. When it comes to a boil, add jaggery. Remove from heat when the gravy thickens slightly.</li></ol>	
Contributed By	Latha Krishnan, Bombay	






## Golden Hearts

Recipe Name	Golden Hearts	
Ingredients	<ul style="list-style-type: none"><li>○ 400 g. potatoes, boiled and grated;</li><li>○ 200 g. cheese, grated;</li><li>○ 1 cup cauliflower, chopped, boiled and mashed;</li><li>○ 1 cup carrot, grated;</li><li>○ 1 cup french beans, chopped and boiled;</li><li>○ 1 cup cabbage, chopped and boiled;</li><li>○ 1 capsicum, chopped fine;</li><li>○ 3/4 cup breadcrumbs;</li><li>○ 1/4 cup groundnuts, crushed;</li><li>○ 1/2 bunch coriander leaves;</li><li>○ 1 onion, chopped fine;</li><li>○ 2 tbsp. rawa;</li><li>○ 10 raisins, chopped;</li><li>○ 8 cashewnuts, chopped fine;</li><li>○ 6 slices bread, soaked in a little water;</li><li>○ 1.5 cm ginger, grated;</li><li>○ 1/2 tsp. pepper powder;</li><li>○ chilli powder;</li><li>○ salt;</li><li>○ ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Mix all the ingredients well, except breadcrumbs and ghee.</li><li>2. Divide the mixture into small portions and roll into heart shaped cutlets.</li><li>3. Roll the cutlets in breadcrumbs.</li><li>4. Heat ghee in a frying pan and fry the cutlets till brown.</li></ol>	
Contributed By	Alka, Lucknow	





## Savoury Corn Delight


Recipe Name	Savoury Corn Delight	
Ingredients	<ul style="list-style-type: none"><li>○ 2 cups corn;</li><li>○ 100 g. cheese, grated;</li><li>○ 50 g. mushrooms;</li><li>○ 50 g. noodles;</li><li>○ 1 cup milk;</li><li>○ 2 tbsp. cornflour;</li><li>○ 1 stick celery, chopped;</li><li>○ 3 spring onions, chopped fine;</li><li>○ 2 capsicums, chopped (optional);</li><li>○ 1/4 tsp. mustard powder;</li><li>○ salt and pepper to taste;</li><li>○ 2 1/2 tbsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Boil the corn with enough water and salt to taste till done. When cool, grind half of them to a coarse paste. Wash and slice the mushrooms. Cook the noodles in enough water till done. Drain out the water and hold them under running cold water. Add a little ghee and keep aside.</li><li>2. Heat ghee in a pan, add spring onions and fry till light brown. Add mushrooms and celery and saute on medium heat till done. Add cornflour to milk and mix to a smooth paste and add to the pan. Stir well. Add the coarsely ground corn paste and the whole cooked corn. Add the seasoning, noodles and mix well. Garnish with chopped capsicums and grated cheese.</li></ol>	
Contributed By	N/A	








## Bread-Potato Dahi Bada

Recipe Name	Bread-Potato Dahi Bada	
Ingredients	<ul style="list-style-type: none"><li>○ 500 g. curd, well beaten;</li><li>○ 1 tbsp. chopped coriander leaves;</li><li>○ 1 tsp. chaat masala;</li><li>○ 1/2 tsp. chilli powder;</li><li>○ a little tomato sauce;</li><li>○ salt to taste.</li></ul> <p><b>For the badas:</b></p> <ul style="list-style-type: none"><li>○ 250 g. potatoes, boiled and mashed;</li><li>○ 2 tbsp. flour;</li><li>○ 8 slices bread, soaked in water and mashed;</li><li>○ 10 raisins;</li><li>○ 2 green chillies, chopped fine;</li><li>○ 1/2 tsp. ginger, chopped fine;</li><li>○ chilli powder and salt to taste;</li><li>○ ghee for frying.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Mix all the ingredients for the badas, except flour and ghee. Divide and roll it into round badas.</li><li>2. Roll in flour and fry in hot ghee till golden brown in colour.</li><li>3. Add salt to the curd. Place the badas in a plate and pour the curd over them. Sprinkle chaat masala and chilli powder.</li><li>4. Garnish with coriander leaves and tomato sauce.</li></ol>	
Contributed By	Alka, Lucknow	






## Dal Dips in Sweet-Sour Gravy

Recipe Name	Dal Dips in Sweet-Sour Gravy	
Ingredients	<ul style="list-style-type: none"><li>○ 1 cup tur dal;</li><li>○ 4 red chillies;</li><li>○ 1 onion, chopped;</li><li>○ 1.5 cm. ginger;</li><li>○ salt to taste;</li><li>○ 4 tbsp. ghee.</li></ul>	
For the Gravy	<ul style="list-style-type: none"><li>○ 2 cups tamarind pulp, (extracted from a lemon sized ball of tamarind);</li><li>○ 1 tsp. sambar powder;</li><li>○ 1/4 tsp. turmeric powder;</li><li>○ 1/4 tsp. mustard seeds;</li><li>○ a small piece of jaggery;</li><li>○ 1 spring curry leaves;</li><li>○ salt to taste;</li><li>○ 2 tsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Soak dal and red chillies for an hour, drain and grind to a coarse paste along with onion, ginger and salt. Heat ghee in a dekchi and fry the paste till it leaves the sides of the pan. When cool, roll into small balls.</li><li>2. Put the tamarind extract, sambar powder, turmeric powder and salt in a dekchi and bring it to a boil. Add a few dal balls and continue to boil till the gravy is reduced to half. Add the remaining balls and jaggery. Simmer till all the balls are cooked and the gravy is thick. Heat a little ghee and season it with mustard seeds and curry leaves. Pour the seasoning over the gravy. Serve hot with rice and papad.</li></ol>	
Contributed By	Rajini Sankar, Bangalore	






## Palak Ni Puri

Recipe Name	Palak Ni Puri	
Ingredients	<ul style="list-style-type: none"><li>○ 1 bunch palak (spinach);</li><li>○ 4 cups wheat flour;</li><li>○ 4 tbsp. gram flour;</li><li>○ 2 tsp. ginger-garlic-green chilli paste;</li><li>○ 1 1/2 tsp. ajwain;</li><li>○ 1 1/2 tsp. cummin seeds;</li><li>○ 1/4 tsp. turmeric powder;</li><li>○ salt to taste;</li><li>○ ghee for deep frying.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Wash and finely chop palak. Add a little water and grind it to a paste. Add ginger-garlic-green chilli paste, ajwain, cummin seeds, turmeric powder, gram flour and ghee to the palak mixtue and mix well. Add wheat flour and salt and knead into a hard dough, adding a little water to it, if necessary.</li><li>2. Divide the dough into small portions and roll out into puris. Deep fry the puris in hot ghee till golden brown. Serve hot with mango pickle or any other pickle.</li></ol>	
Contributed By	Asha A. Bhagwat, Bombay	






## Baigan Pora (Roasted Brinjal)

Recipe Name	Baigan Pora (Roasted Brinjal)	
Ingredients	<ul style="list-style-type: none"><li>○ 1 large sized brinjal;</li><li>○ 1 medium sized tomato, chopped;</li><li>○ 1 medium sized onion, chopped;</li><li>○ 1 tbsp. green chutney;</li><li>○ 2-3 green chillies, chopped;</li><li>○ 1/2 tsp. cummin seeds;</li><li>○ 1/2 tsp. mustard powder;</li><li>○ a few coriander leaves;</li><li>○ salt to taste;</li><li>○ 1 tbsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Roast, peel and mash the brinjal. Add coriander leaves and salt. Heat ghee in a dekchi, add cummin seeds, green chillies and onion. Fry till the onion turns light brown. Add green chutney and fry for two more minutes. Add the mashed brinjal, and fry for five minutes. Add the chopped tomato and saute well. Serve with chapatis.</li></ol>	
Contributed By	N/A	






## Rajma Pakodas

Recipe Name	Rajma Pakodas	
Ingredients	<ul style="list-style-type: none"><li>○ 250 g. rajma;</li><li>○ 1 large tomato, chopped fine;</li><li>○ 1 small onion, chopped fine;</li><li>○ 2 green chillies, chopped fine;</li><li>○ a handful of coriander leaves, chopped;</li><li>○ juice of half a lemon;</li><li>○ chilli powder, coriander powder, garam masala powder and salt to taste;</li><li>○ ghee for frying.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Soak rajma in water overnight. Remove the skin by pouring boiling water over it. Grind the rajma to a coarse paste. Add the chopped onion, green chillies, tomatoes, chilli powder, coriander powder, lemon juice and salt to the paste. Mix by hand roll into small balls. Deep fry in hot ghee till golden brown. Serve hot with tomato ketchup or mint chutney</li></ol>	
Contributed By	Ritu Gupta, Rourkela	





## Potatoes with a difference


Recipe Name	Potatoes with a difference	
Ingredients	<ul style="list-style-type: none"> <li>○ 200 g. small round potatoes;</li> <li>○ 1 bunch coriander leaves;</li> <li>○ 1/2 bunch spinach;</li> <li>○ 1 cpasicum;</li> <li>○ 2 green chillies;</li> <li>○ a few springs fenugreek leaves;</li> <li>○ a few springs mint leaves.</li> </ul>	
For the Seasoning	<ul style="list-style-type: none"> <li>○ 1/2 cup curd;</li> <li>○ 1 tsp. cummin seeds;</li> <li>○ 1 tsp. chilli powder;</li> <li>○ 1/2 tsp. ajwain;</li> <li>○ 1/2 tsp. mustard seeds;</li> <li>○ 1/2 tsp. turmeric powder;</li> <li>○ 2.5 cm. ginger;</li> <li>○ 5 flakes garlic;</li> <li>○ salt to taste;</li> <li>○ 2 tsp. ghee;</li> <li>○ ghee for frying.</li> </ul>	
For the Garnishing	<ul style="list-style-type: none"> <li>○ 1 tbsp. pomegranate seeds;</li> <li>○ 2 whole red chillies, fried.</li> </ul>	
Method	<ol style="list-style-type: none"> <li>1. Wash and roughly chop all the greens. Boil in just enough water. When cool, blend well in a mixer.</li> <li>2. Add chilli powder, turmeric powder and salt to the curd and mix well. Heat two tbsp. ghee in a kadai and season with cummin seeds, mustard seeds, ajwain and ginger-garlic paste. Add the seasoned curd. Stir well. Add the ground greens to the curd mixture. Stir well and simmer for five minutes.</li> <li>3. Wash the potatoes well and deep fry with the skin in hot ghee till done. Add to the green gravy and simmer for 15 minutes.</li> <li>4. Garnish with pomegranate seeds and fried whole red chillies. Serve hot with parathas</li> </ol>	





Contributed By	Shreya Chaudhary, Bangalore
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## Mushroom-Macaroni Hot Pot

Recipe Name	Mushroom-Macaroni Hot Pot	
Ingredients	<ul style="list-style-type: none"><li>○ 1 kg. tomatoes;</li><li>○ 100 g. macaroni, boiled;</li><li>○ 100 g. mushrooms, washed and chopped;</li><li>○ 1 cup carrots, chopped into small pieces;</li><li>○ 1 cup green peas, shelled;</li><li>○ 2 large potatoes, boiled and mashed;</li><li>○ 1 onion, chopped;</li><li>○ 50 g. cheese, grated;</li><li>○ 3 tsp. sugar;</li><li>○ 2 tsp. chilli powder;</li><li>○ salt to taste;</li><li>○ 2 tbsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Blend the tomatoes in a mixie. Pass through a strainer and remove the juice. Mix the tomato juice with sugar, one tsp. chilli powder and salt in a heavy bottomed pan and let it boil for 15 minutes. Heat ghee in a kadai, add the chopped onion and fry till golden brown. Add mushrooms, potatoes, carrots, green peas, chilli powder and salt. Stir well. Cook for two to three minutes. Remove from heat. Grease a baking dish and spread the boiled macaroni at the base. Spread the fried vegetables over it, followed by the cooked tomato juice. with grated cheese and bake in a hot oven for 20 minutes. Serve hot.</li></ol>	
Contributed By	Vandana Aggarwal, Chandigarh	





## Baby Corn in Gravy


Recipe Name	Baby Corn in Gravy	
Ingredients	<ul style="list-style-type: none"><li>○ 6 baby corns, cleaned, sliced and boiled;</li><li>○ 3 cups fresh coconut, grated;</li><li>○ 4 large tomatoes, chopped;</li><li>○ 1 onion, sliced;</li><li>○ 1/2 cup coriander leaves, chopped fine;</li><li>○ 8 peppercorns;</li><li>○ 1 tsp. sugar;</li><li>○ 1 tsp. coriander leaves;</li><li>○ 1/2 tsp. garam masala powder;</li><li>○ 1/2 tsp. turmeric powder;</li><li>○ 1/2 tsp. cumin seeds;</li><li>○ 1/2 tsp. lemon juice;</li><li>○ meat stock;</li><li>○ salt;</li><li>○ ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Grind coconut, onion and peppercorns to a paste. Keep aside. Heat ghee in a large pan. Add cummin seeds. When they pop, add corn, tomatoes and powdered spices. Add the sugar, salt and coconut paste and baby corn. Blend the gravy adding stock as needed. Simmer till cooked and serve garnished with coriander leves and a sprinkling of lemon juice. Serve with puris and rice.</li></ol>	
Contributed By	N/A	








## Badsha Mango Sweet Pulao

Recipe Name	Badsha Mango Sweet Pulao	
Ingredients	<ul style="list-style-type: none"><li>○ 2 cups basmati rice;</li><li>○ 1 cup sweet and thick mango pulp;</li><li>○ 1 cup sugar;</li><li>○ 100 g. paneer, cut into 1.5 cm. cubes;</li><li>○ 25 g. raisins;</li><li>○ 25 g. cashewnuts;</li><li>○ 25 g. almonds, blanched and sliced;</li><li>○ 4 cardamoms, crushed;</li><li>○ 2.5 cm cinamon;</li><li>○ 2 tsp. kewra essence;</li><li>○ 1/2 tsp. yellow colour;</li><li>○ a few rose petals;</li><li>○ 3 tbsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Wash and soak rice in water for 30 minutes and drain out the water. Boil sufficient water in a vessel. Add rice, cardamoms, cinamon and yellow colour. Cook on a medium heat, stirring occasionally until three-fourths cooked. Drain out the water.</li><li>2. Heat ghee in a heavy bottomed pan and fry cashewnuts till light brown. Remove from ghee and keep aside. Similarly fry the almonds and paneer cubes till brown and keep aside.</li><li>3. Now cook sugar and mango pulp together in a pan on a low heat, stirring constantly, till thick. Add the three-fourths cooked rice and ghee. Cover and cook until the rice is nearly done. Add fried nuts, raisins and paneer. Remove from heat.</li><li>4. Sprinkle kewra essence and decorate with rose petals.</li></ol>	
Contributed By	Gowri Vaidyanath, Jamshedpur	






## Pista-Badam Roll

Recipe Name	Pista-Badam Roll	
Ingredients	<p><b>For the covering:</b></p> <ul style="list-style-type: none"> <li>○ 1/2 cup almonds, powdered;</li> <li>○ 1/2 cup cashewnuts, powdered;</li> <li>○ 1/2 cup sugar or to taste;</li> <li>○ 1/2 tsp. cardamom powder;</li> <li>○ a pinch of nutmeg powder;</li> <li>○ a few strands saffron;</li> <li>○ a few sheets silver varakh</li> </ul> <p><b>For the centre:</b></p> <ul style="list-style-type: none"> <li>○ 1/4 cup pistachios, powdered;</li> <li>○ 1/4 cup sugar;</li> <li>○ cardamom powder to taste.</li> </ul>	
Method	<p><b>To prepare the covering:</b></p> <ol style="list-style-type: none"> <li>1. Add a little water to 1/2 cup sugar in a heavy bottomed pan and bring it to a boil. Keep stirring on a low heat till the sugar syrup is sticky and reaches one string consistency. Add cardamom powder, nutmeg powder and saffron. Stir well. Add almond powder and cashewnut powder. Stir till well mixed and the mixture leaves the sides of the pan. Remove from heat and keep aside.</li> </ol> <p><b>To prepare the centre:</b></p> <ol style="list-style-type: none"> <li>2. In another heavy bottomed pan, put 1/4 cup sugar and a little water and bring it to a boil. When the syrup reaches one string consistency, add cardamom powder and pistachio powder. Stir well till it forms a smooth mixture and leaves the sides of the pan. Remove from heat.</li> <li>3. When both the mixtures are cool, lightly knead them separately.</li> <li>4. Roll the almond-cashewnut mixture on a grease proof paper to a 3/4 cm. thick rectangular chappati. Roll the pistachio mixture into a long cylindrical shape and place over the almond-cashewnut chappati. Gently roll the two mixtures by lifting the grease proof paper into a roll, to cover the pistachio mixture completely. Pat the roll gently. Decorate with silver varakh paper. Cut into slices.</li> </ol>	






## Avalakki Kesari Bath

Recipe Name	Avalakki Kesari Bath	
Ingredients	<ul style="list-style-type: none"><li>○ 1/2 kg. avalakki (poha, beaten rice);</li><li>○ 1/2 kg. sugar;</li><li>○ about 10 pineapple slices, chopped;</li><li>○ 100 g. almonds;</li><li>○ 25 g. raisins;</li><li>○ 10 g. cardamoms, powdered;</li><li>○ 1/2 tsp. saffron colour;</li><li>○ 1 litre water;</li><li>○ 250 g. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Keep avalakki in hot sun for a day. Crush it to make a coarse rawa-like powder. You can grind the avalakki in a mixie, but take care not to powder it finely. Heat one tsp. ghee and fry the avalakki rava lightly. Remove from ghee and keep aside. Put water and sugar in a heavy bottomed pan and bring it to a boil. When the sugar is dissolved, add cardamom powder, saffron colour and half of the ghee (125 g.). Simmer for two to three minutes and add pineapple pieces. Mix well. After five minutes when the water starts boiling again, add the avalakki rava and the remaining ghee. Cover and cook the kesaribath till done and dry. Heat a little ghee and fry raisins and almonds lightly. Add them to the kesari-bath.</li><li>2. This kesaribath remains fresh for 10-12 days.</li></ol>	
Contributed By	Malathi, Mysore	






## Stuffed Sweet Idlis

Recipe Name	Stuffed Sweet Idlis	
Ingredients	<p><b>For the batter:</b></p> <ul style="list-style-type: none"><li>○ 1 cup parboiled rice;</li><li>○ 1 cup plain rice;</li><li>○ 3/4 cup urad dal;</li><li>○ salt to taste.</li></ul> <p><b>For the filling:</b></p> <ul style="list-style-type: none"><li>○ 2 cups grated coconut;</li><li>○ 6 tbsp. sugar, powdered;</li><li>○ 2 tbsp. poppy seeds;</li><li>○ 2 tbsp. cashewnuts, chopped;</li><li>○ 1 tbsp. sesame seeds;</li><li>○ 1 tbsp. groundnuts, roasted;</li><li>○ 1 tbsp. cocoa powder;</li><li>○ 8 cardamoms;</li><li>○ 3-4 drops vanilla essence;</li><li>○ 1 tbsp. ghee</li></ul>	
Method	<p><b>To prepare the batter:</b></p> <ol style="list-style-type: none"><li>1. Soak rice and dal separately for six hours. Grind separately to a smooth paste. Mix both the pastes together. Add salt, stir well. Cover and keep aside to ferment.</li></ol> <p><b>To prepare the filling:</b></p> <ol style="list-style-type: none"><li>2. Coarsely powder together poppy seeds, cashewnuts, groundnuts, sesame seeds and cardamoms. Heat ghee and fry coconut till golden brown. Remove from ghee. Mix cocoa powder, vanilla essence, sugar and poppy seed-cashewnut, etc. powder. Keep aside to cool.</li><li>3. Grease idli moulds lightly and pour a little of the rice-urad dal batter into it. Put a little prepared filling over it and cover with batter again. Steam for 15-20 minutes or till done. Serve hot or cold with pure ghee.</li></ol>	
Contributed By	Sujatha D. Sagdeo, Muttli	






## Sweet Khoya

Recipe Name	Sweet Khoya	
Ingredients	<ul style="list-style-type: none"><li>○ 2 1/2 litres milk;</li><li>○ 400 g. sugar;</li><li>○ 1/4 kg. dry dates;</li><li>○ 150 g. coriander seeds, coarsely ground;</li><li>○ 150 g. poppy seeds, washed, dried and ground to a fine powder;</li><li>○ 10-12 cardamoms, powdered;</li><li>○ 1 black cardamom, powdered;</li><li>○ a handful of almonds;</li><li>○ 50 g. pistachios, chopped fine;</li><li>○ 400 g. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Boil milk. Destone the dates and cut each into four pieces lengthwise and wash well. Put the date pieces into the boiling milk and keep stirring on a low heat. After half an hour add the coarse coriander powder. Let the milk boil for another half an hour. Add the poppy seeds powder, cardamom powder and black cardamom powder and keep boiling on a low heat till all the milk evaporates and the mixture is almost dry. Add sugar and half the quantity of ghee (200 g.), almonds and pistachios and keep stirring till the sugar is well absorbed into the mixture and it is almost dry. Add the remaining ghee and keep stirring on a low heat for sometime</li><li>2. This sweet dish remains fresh in the refrigerator for at least a week and should be heated before serving. It can be served for breakfast or as a dessert.</li></ol>	
Contributed By	Veena Chetan, Madras	






## Adai Rasam

Recipe Name	Adai Rasam	
Ingredients	<ul style="list-style-type: none"><li>○ 4 cups rice;</li><li>○ 2 cups jaggery;</li><li>○ 1 tsp. sesame seeds;</li><li>○ cardamom powder to taste;</li><li>○ 1/2 kg. ghee</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Wash and soak the rice in water for two hours. Drain and dry the rice well. Grind it to a fine powder. Put the jaggery in a heavy bottomed vessel. Add a little water and keep stirring on a low heat for about 10 minutes till jaggery has melted and the syrup is thick. Remove the vessel from heat. Add rice flour, seasame seeds and cardamom powder and mix well. Knead the dough till it reaches a smooth consistency. Divide it into lemon sized balls. Take a 10 cm. square plastic sheet and pat the dough into a small round puri with your fingers.</li><li>2. Heat ghee in a kadai, lower the heat and deep fry the puris one by one. Press the puris between two spoons to make them flat and fry again till brown in colour. Remove from ghee. Serve either hot or cold.</li></ol>	
Contributed By	Lakshmi Raman, Bombay	






## Sweet 'N' Salty Pancakes

Recipe Name	Sweet 'N' Salty Pancakes	
Ingredients	<ul style="list-style-type: none"><li>○ 50 g. singhara flour;</li><li>○ 4 medium sized sweet potatoes;</li><li>○ 2 tbsp. grated coconut;</li><li>○ 3-4 cardamoms, powdered;</li><li>○ salt to taste;</li><li>○ ghee for frying.</li></ul> <p><b>For the stuffing:</b></p> <ul style="list-style-type: none"><li>○ 1 coconut, grated;</li><li>○ 1/2 cup sugar;</li><li>○ 2 cardamoms, powdered.</li></ul>	
Method	<p><b>To prepare the stuffing:</b></p> <ol style="list-style-type: none"><li>1. Put all the ingredients in a saucepan. Add three to four tbsp. water. Keep stirring on a low heat till the sugar has melted. Remove from heat. Keep aside to cool.</li><li>2. To prepare the pancakes:</li><li>3. Boil and mash the sweet potatoes. Add singhara flour, grated coconut, cardamom powder and salt. Mix well. Add enough water to mix to a batter of dropping consistency.</li><li>4. Heat a tava. Smear a little ghee. Pour 1/3 to 1/2 cup of the prepared batter over it and spread thinly to cover the surface. Cook on both sides till golden brown. Remove from heat. Spread two tbsp. of the coconut stuffing in the centre of the pancake. Roll them in a cylindrical shape. Arrange the pancakes in a plate. Pour one tbsp. fresh cream on each roll before serving.</li></ol>	
Contributed By	Kalpana Bansal, New Delhi	





## Golden Rasbadas


Recipe Name	Golden Rasbadas	
Ingredients	<ul style="list-style-type: none"><li>○ 2 cups sugar;</li><li>○ 1 cup gram dal, soaked overnight;</li><li>○ 1 cup homemade paneer;</li><li>○ 25 g. raisins;</li><li>○ 10 cashewnuts, chopped;</li><li>○ 2 tsp. sugar, powdered;</li><li>○ 1 tsp. flour;</li><li>○ 5-6 cardamoms, powdered;</li><li>○ 1 tsp. flour;</li><li>○ 5-6 cardamoms, powdered;</li><li>○ 3 cups water;</li><li>○ ghee for deep frying.</li></ul>	
Method	<p><b>To prepare the stuffing:</b></p> <ol style="list-style-type: none"><li>1. Mash and knead paneer till soft. Add sugar and cardamom powder and mix well.</li><li>2. Parboil gram dal till just tender. Drain out the water. Add flour and mash well. Divide and roll into small balls and flatten them. Stuff each gram dal ball with a little paneer filling, one raisin and a piece of cashewnut. Close and roll into a round shape. Heat ghee and fry the stuffed balls over low heat till done. Boil sugar and water to make a two string sugar syrup. Switch off the gas. Add the fried balls to warm syrup. Serve when cold.</li></ol>	
Contributed By	Ranjana Bhattacharya, Gandhinagar	








## Exotic Ladoos

Recipe Name	Exotic Ladoos	
Ingredients	<ul style="list-style-type: none"><li>○ 1 kg. powdered sugar;</li><li>○ 1/2 kg. flour;</li><li>○ 100 g. cashewnuts, chopped fine;</li><li>○ cardamom powder to taste;</li><li>○ 1 tsp. salt;</li><li>○ 1/2 kg. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Mix flour and salt well. Heat one cup ghee and add to the flour. Mix well and add enough water to bind to a smooth dough. Divide the dough into lemon sized balls and roll out into small puris. Heat the remaining ghee and deep fry the puris till done and crisp. Remove the puris from ghee. Deep fry the cashewnuts in the same ghee till light brown. When cool, grind the puris in a mixie to a fine powder. Mix the powdered puris, powdered sugar, cardamom powder and fried cashewnuts well and roll into ladoos</li></ol>	
Contributed By	Lakshmi Raman, Bombay	






## Coconut Delight

Recipe Name	Coconut Delight	
Ingredients	<ul style="list-style-type: none"><li>○ 6 cups sugar;</li><li>○ 2 cups milk;</li><li>○ 2 cups grated coconut;</li><li>○ 1 cup gram flour;</li><li>○ 1/2 cup rawa, roasted;</li><li>○ cardamom powder to taste;</li><li>○ 3 cups ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Mix all the ingredients in a heavy bottomed pan stirring on a low heat for 20 minutes or till the mixture leaves the sides of the pan. Pour the mixture into a greased plate and when cool, cut into diamond shaped pieces.</li></ol>	
Contributed By	Lakshmi Raman, Bombay	






## Super Pumpkin Slices

Recipe Name	Super Pumpkin Slices	
Ingredients	<ul style="list-style-type: none"><li>○ 4 cups grated red pumpkin;</li><li>○ 1 1/2 cups brown sugar or to taste;</li><li>○ 2 cups gram flour, sieved and roasted in a little ghee;</li><li>○ 1/2 cup raisins;</li><li>○ 2 tbsp. honey;</li><li>○ 2 tbsp. grated orange or lemon rind;</li><li>○ 8 almonds, sliced fine;</li><li>○ 1 tsp. rum (optional);</li><li>○ a pinch of dry ginger powder;</li><li>○ a pinch of nutmeg powder;</li><li>○ 3/4 to 1 cup ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Tie the grated pumpkin in a muslin cloth and squeeze out the water. Mix the grated pumpkin, sugar, honey, orange or lemon rind and gram flour well in a heavy bottomed pan. Place the pan on a low heat and keep stirring until the mixture thickens. Add ghee, spices and raisins. Stir well. Continue cooking until the mixture is almost dry and leaves the sides of pan. Remove from heat, add rum and mix well. Pour the mixture on a butter paper and roll up. Cool and cut into 1.5 cm thick slices.</li></ol>	
Contributed By	Chandra Krishnan, Ootacamund	






## Carrot Gulab Jamuns

Recipe Name	Carrot Gulab Jamuns	
Ingredients	<ul style="list-style-type: none"><li>○ 250 g. red coloured carrots;</li><li>○ 250 g. sugar;</li><li>○ 125 g. plain mawa;</li><li>○ 125 g. gulab jamun mawa;</li><li>○ 6 tsp. cornflour;</li><li>○ a few pistachios, sliced;</li><li>○ 1/2 tbsp. sugar crystals;</li><li>○ 1 1/4 cup water;</li><li>○ 1/4 tsp. cardamom powder;</li><li>○ ghee for frying.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Peel and grate the carrots. Cover and cook the carrots in a pressure cooker (without weight) for 20 minutes. Squeeze out extra water. Mash and grind to a pulpy mixture. Crumble both the plain mawa and gulab jamun mawa well. Add the mashed carrot and cornflour. Mix well to bind to a smooth dough. Divide and roll into 40 small balls. Stuff each ball with a crystal of sugar and sliced pistachios. Roll into smooth round balls.</li><li>2. Fry these balls in ghee on medium heat till golden brown. When the balls are being fried, combine sugar and water in a heavy bottomed pan. Boil for a few minutes till the syrup is slightly sticky. Remove the sugar syrup from gas. Add cardamom powder. Add the fried gulab jamuns to the sugar syrup. Serve after at least two hours, when the sugar syrup is well absorbed into the jamuns.</li></ol>	
Contributed By	Nirupama S. Shah, Bombay	






## Moong Kheer

Recipe Name	Moong Kheer	
Ingredients	<ul style="list-style-type: none"><li>○ 200 g. jaggery;</li><li>○ 100 g. moong dal;</li><li>○ 100 g. rice;</li><li>○ 1 tin condensed milk;</li><li>○ 1/2 litre milk;</li><li>○ 25 g. raisins;</li><li>○ 8-10 almonds, blanched and silvered;</li><li>○ a handful of cashewnuts, chopped;</li><li>○ cardamom powder to taste;</li><li>○ ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Heat ghee and fry the moong dal for a few minutes till light brown. Wash the dal and rice well and pressure cook with a little water for 10 minutes or till done.</li><li>2. Heat ghee and fry the cashewnuts, raisins and almonds lightly. Remove from ghee and keep aside.</li><li>3. Put the jaggery and a little water in a heavy bottomed pan and cook over a low heat till the jaggery gets dissolved. Add the cooked dal and rice and keep stirring for 10 minutes on a low heat. Add milk and boil for another five minutes. Lastly add condensed milk and keep stirring until it reaches the required consistency. Add cardamom powder. Stir well. Remove from heat.</li><li>4. Serve garnished with the fried cashewnuts, almonds and raisins.</li></ol>	
Contributed By	Lakshmi Swaramakrishnan, Madras	






## Groundnut Gulab Jamuns

Recipe Name	Groundnut Gulab Jamuns	
Ingredients	<p><b>For the shortcrust pastry:</b></p> <ul style="list-style-type: none"><li>○ 115 g. flour;</li><li>○ 1 tsp castor sugar;</li><li>○ 1/4 tsp. baking powder;</li><li>○ 2 tbsp. (approximately) cold water;</li><li>○ 60 g. butter.</li></ul> <p><b>For the filling:</b></p> <ul style="list-style-type: none"><li>○ 100 g. cake crumbs or cake. cut into small pieces;</li><li>○ 75 g. castor sugar;</li><li>○ 1 egg, beaten;</li><li>○ 50 g. almonds and walnuts, chopped;</li><li>○ 2 tbsp. strawberry jam;</li><li>○ 1/2 almond essence;</li><li>○ 50 g. butter</li></ul>	
Method	<p><b>To prepare the shortcrust pastry:</b></p> <ol style="list-style-type: none"><li>1. SIEVE flour and baking powder together. Rub in butter until the mixture resembles breadcrumbs. Add castor sugar and mix well. Gradually add cold water to bind to a stiff dough. Cover with a wet cloth and keep aside.</li></ol> <p><b>To prepare the pie:</b></p> <ol style="list-style-type: none"><li>2. Roll out the shortcrust pastry to 1/2 cm thickness on a floured surface. Line a 20 cm. diameter cake tin with the rolled pastry. Cream butter, add sugar and cream very well. Mix the beaten egg in it. Add the cake crumbs, chopped almonds and/or walnuts, almond essence and strawberry jam to it. Mix well. Put this mixture into the prepared cake tin. Roll out the remaining pastry dough and cut long strips. Make criss cross design with them on of the pie. Bake in a preheated oven for 20 to 30 minutes or till the pie is well browned on . Remove from the oven. Cut slices and serve while still warm.</li></ol>	
Contributed By	Vandana Aggarwal, Chandigarh	






## Almond Pie

Recipe Name	Groundnut Gulab Jamuns	
Ingredients	<ul style="list-style-type: none"><li>○ 1 large cup groundnuts;</li><li>○ 1 1/2 to 2 large cups sugar;</li><li>○ 1 cup sour curd;</li><li>○ 1 tbsp. smilk;</li><li>○ 2 tsp. gram flour;</li><li>○ 1 tsp. cardamom powder;</li><li>○ 1/2 tsp. rose essence;</li><li>○ 2 cups ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Clean, wash and soak the groundnuts in water for six hours. Grind them to a smooth paste. Add eight cups warm water to the ground paste and extract 8 to 10 cups milk. Boil the milk well. Add one cup sour curd to the milk to curdle it. Let it cool. Drain the clear water slowly. Then suspend the filtrate in a cloth bag till the last drop of water drips away. Add two tsp. gram flour to this groundnut paneer and knead well. Divide and roll into small or medium sized balls. Steam cook the rolled balls for five minutes. Keep them aside to cool. Heat ghee and fry the balls carefully till golden brown. Keep them aside.</li><li>2. Bring sugar and three cups water to a boil. Add one tbsp. milk to remove the scum. Then boil the sugar syrup for 15 to 20 minutes. Add cardamom powder. Remove from heat and add the fried jamuns. Finally add the rose essence. Mix well and serve hot or cold.</li></ol>	
Contributed By	Lakshmi Iyer, Bombay	





## Papaya Creamy Pudding


Recipe Name	Papaya Creamy Pudding	
Ingredients	<ul style="list-style-type: none"><li>○ 250 g. raw papaya, peeled and grated;</li><li>○ 250 g. thin poha (beaten rice);</li><li>○ 250 g. sugar;</li><li>○ 1/2 tin condensed milk;</li><li>○ 1/2 cup lukewarm milk;</li><li>○ 50 g. mixed nuts (cashewnuts, walnuts and raisins), chopped;</li><li>○ 1 tsp. cardamom powder;</li><li>○ a few strands saffron, dissolved in a little milk;</li><li>○ 2 tbsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Boil grated papaya in hot water for two minutes and drain. Add poha and sprinkle a little warm milk. Cover and keep aside for half an hour.</li><li>2. Heat a little ghee and fry the chopped nuts and raisins lightly. Remove from ghee and keep aside.</li><li>3. Dissolve sugar in one cup water in a heavy bottomed pan. Keep stirring on a low heat to obtain a thin sugar syrup. Add the papaya-poha mixture and cook on medium heat for 10-15 minutes. When the mixture is thick, add condensed milk and stir for five minutes. Add ghee gradually and keep stirring till it leaves the sides of the pan. Add saffron and cardamom powder. Stir well and transfer on to a greased plate. Decorate with fried nuts and raisins. Serve hot or cold.</li></ol>	
Contributed By	Anandi Balakrishnan, Bangalore	








## Carrot Sweet Chapati

Recipe Name	Carrot Sweet Chapati	
Ingredients	<ul style="list-style-type: none"><li>○ 3 cups wheat flour;</li><li>○ 1 1/2 cups sugar (or to taste);</li><li>○ 1 cup carrots, peeled and grated;</li><li>○ 1 cup coconut, grated;</li><li>○ 4-5 cardamoms, powdered;</li><li>○ a pinch of salt;</li><li>○ 1 cup water to knead the dough;</li><li>○ 1 1/2 tbsp. oil;</li><li>○ ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Sieve the flour. Add salt and enough water to bind to a chappati like dough and keep aside.</li><li>2. Add a little water to the sugar and boil to make a thick sugar syrup. Add grated carrot and coconut to the syrup. Mix well and cook on low heat till almost dry. Add cardamom powder. Mix well and keep aside to cool.</li><li>3. Divide the wheat flour dough into even numbered small portions. Roll out two small chapaties. Put one to two tsp. prepared carrot-coconut mixture over one and cover with the other chappati. Seal the edges. Press lightly and roll out into a chappati. Heat a tava, lower the heat and bake the chappati till brown on both sides, adding a little ghee now and then. Remove from heat and serve hot.</li></ol>	
Contributed By	S.R. Seethalakshmi, Madras	






## Quick Gulab Jamun

Recipe Name	Quick Gulab Jamun	
Ingredients	<ul style="list-style-type: none"><li>○ 2 cups sugar;</li><li>○ 1 cup milk powder;</li><li>○ 1 egg;</li><li>○ 6 tsp. flour;</li><li>○ 1 tsp. baking powder;</li><li>○ 4 cups water for the syrup;</li><li>○ 3 tsp. butter;</li><li>○ ghee for frying.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Mix baking powder with milk powder and flour well. Add butter and egg. Knead the dough well. Divide the dough into small portions. Roll them into small balls. Heat ghee and fry the balls till done and well browned. Boil sugar with the water to obtain a thin sugar syrup. Keep boiling the sugar syrup on a low heat. Add the fried balls to the syrup and simmer on a low heat till the syrup is absorbed into the balls and they become almost double in size. Serve when still lukewarm.</li></ol>	
Contributed By	Sulata Ghatak, Calcutta	






## Golden Jam Samosas

Recipe Name	Golden Jam Samosas	
Ingredients	<p><b>For the dough:</b></p> <ul style="list-style-type: none"><li>○ 2 cups flour;</li><li>○ 1/2 cup sugar;</li><li>○ 1/2 cup milk;</li><li>○ 2 1/2 tbsp. ghee;</li><li>○ oil.</li></ul> <p><b>For the stuffing:</b></p> <ul style="list-style-type: none"><li>○ 400 g. mawa;</li><li>○ 6 tbsp. mixed fruit jam;</li><li>○ 3 tbsp. raisins.</li></ul>	
Method	<p>1. Sift flour. Add sugar. Rub in ghee with fingertips till well mixed. Add enough milk to bind to a fairly stiff dough. Divide the dough into 10 portions. Roll out into puris using a little oil. Cut each puri into half and fold to make small cones. Mix the mawa, jam and raisins well to form a smooth mixture. Stuff the prepared samosa cones with the filling. Seal the edges using a little water. Deep fry the samosas in hot oil till golden brown. Drain the oil. Serve when cold.</p>	
Contributed By	Reena Jain, Ajmer	






## Khaja

Recipe Name	Khaja	
Ingredients	<ul style="list-style-type: none"><li>○ 500 g. flour;</li><li>○ 250 g. rawa;</li><li>○ 250 g. jaggery;</li><li>○ 1 fresh coconut, grated;</li><li>○ 1 dry coconut, desicated;</li><li>○ 15 cashewnuts;</li><li>○ 12 raisins;</li><li>○ 2 tsp. cardamom powder;</li><li>○ 50 g. ghee;</li><li>○ ghee for frying.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Heat 50 g. ghee in a heavy bottomed pan and fry a little rawa till light brown. Then add desicated coconut and grated coconut. Fry till light brown. Add cashewnuts, raisins and cardamom powder. Fry for two minutes or till the cashewnuts are well fried. Remove from heat.</li><li>2. Boil jaggery and three cups water till thick. Then add the fried ingredients and stir continuously. When well mixed, remove the mixture from heat. When slightly cold, roll it into little balls. Keep them aside.</li></ol> <p><b>For the covering:</b></p> <ol style="list-style-type: none"><li>1. Mix rawa and flour with a little water to bind to a smooth and soft dough. The dough should be softer than the puri dough. Divide into small balls and roll them into puris. Place a jaggery ball in the centre and roll to seal the edges well. Roll it again into puris.</li><li>2. Heat ghee in a pan. Lower the heat and fry the puris till crisp. Serve hot with coffee or tea.</li></ol>	
Contributed By	Anitha T., Mysore	






## Mango Coconutty

Recipe Name	Mango Coconutty	
Ingredients	<ul style="list-style-type: none"><li>○ 2 1/2 cups grated coconut;</li><li>○ 2 cups mango pulp;</li><li>○ 1 cup grated cheese;</li><li>○ 1 tin condensed milk;</li><li>○ 1 cup cream, whipped;</li><li>○ 1 cup mango pieces;</li><li>○ 3 tbsp. lime juice;</li><li>○ 1/2 cup ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Melt ghee in a pan. Add grated coconut and fry until crisp and brown. Press the fried coconut into the bottom and sides of a glass dish. Chill.</li><li>2. Beat cheese with a fork. Add condensed milk. Beat again. Mix in mango pulp and lemon juice. Fold in whipped cream and beat thoroughly with a fork. Pour on the coconut crust carefully. Freeze until firm. Serve decorated with mango piece.</li></ol>	
Contributed By	Chandra Krishnan, Ootacamund	






## Chocolate Barfi

Recipe Name	Chocolate Barfi	
Ingredients	<ul style="list-style-type: none"><li>○ 1/2 kg. mawa, crumbled;</li><li>○ 1/2 kg. sugar or more;</li><li>○ 8 tbsp. drinking chocolate;</li><li>○ 1 cup milk;</li><li>○ 1 tbsp. cocoa powder;</li><li>○ 1 tbsp. milk;</li><li>○ a few sheets silver varakh</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Heat one cup milk and dissolve drinking chocolate and cocoa powder in it to a smooth paste.</li><li>2. Heat a heavy bottomed pan and stir the crumbled mawa for five to six minutes over medium heat till it forms a smooth ball. Remove from heat and keep aside.</li><li>3. Heat sugar and a little water in another heavy bottomed pan. When the sugar has melted, add one tbsp. milk and remove scum. Keep stirring on a low heat till the mixture is bubbly and almost thick. Add the heated mawa and the dissolved drinking chocolate-cocoa mixture. Stir well. When the mixture leaves the sides of the pan, remove from heat and keep it aside for 10 minutes. When it is still lukewarm, divide it into small portions and roll into laddoos or pour the mixture into a greased plate. Decorate with silver varakh. When cool, cut into desired shaped pieces. Store in a dry jar.</li></ol>	
Contributed By	N/A	






## Amba Barfi

Recipe Name	Amba Barfi	
Ingredients	<ul style="list-style-type: none"><li>○ 18 ripe alphonso mangoes;</li><li>○ 6 cups sugar or more;</li><li>○ 1 tsp. cardamom powder (optional);</li><li>○ 1/2 cup ghee or more</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Extract mango juice and churn it in a mixture till the juice is smooth and there are no lumps in it.</li><li>2. Grease a heavy bottomed pan well. Put the mango juice and sugar in it. Keep stirring on a low heat till the mixture is thick. Add cardamom powder and ghee and keep stirring till the mixture leaves the sides of the pan and forms a lump. Remove from heat. Pour into a greased plate and gently pat it with a greased spoon till smooth. When cool, cut into pieces. Store in a dry airtight jar.</li></ol>	
Contributed By	N/A	





## Malai Crispy


Recipe Name	Malai Crispy	
Ingredients	<ul style="list-style-type: none"><li>○ 1 cup residue of malai;</li><li>○ 3/4 cup sugar, powdered;</li><li>○ 1/2 cup flour;</li><li>○ 1/2 cup wheat flour;</li><li>○ 1/4 cup cornflakes, crushed;</li><li>○ 1/4 cup desicated coconut;</li><li>○ 2 tbsp. cocoa powder;</li><li>○ 1/2 tbsp. baking powder;</li><li>○ 2 tbsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. To obtain the residue of malai, cook malai on a slow fire till the ghee separates. Strain the ghee and use the residue of malai.</li><li>2. Sieve flour, wheat flour, baking powder and cocoa together. Add two tbsp. ghee and malai residue and mix well.</li><li>3. Press the mixture in to a 20 cm. square tin. Bake in a hot oven at 150 C for 25 to 30 minutes.</li><li>4. Remove from the oven and after 10 minutes cut into squares. Cool and store</li></ol>	
Contributed By	Meenakshi Agarwal, Kurgaon, Tarapur	








## Pepper Chicken

Recipe Name	Pepper Chicken	
Ingredients	<ul style="list-style-type: none"><li>○ 3 chicken breasts (250 g. each);</li><li>○ 100 g. french fries;</li><li>○ 100 ml pepper sauce;</li><li>○ 2 green chillies, minced;</li><li>○ 2 red chillies, minced;</li><li>○ 1 tomato pureed</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Marinate the chicken breasts with pepper sauce, minced red and green chillies and puried tomatoes for a few hours. Grill. Serve hot with french fries.</li></ol>	
Contributed By	N/A	






## Mutton Methiwala

Recipe Name	Mutton Methiwala	
Ingredients	<ul style="list-style-type: none"><li>○ 1/2 kg. mutton chops;</li><li>○ 1 cup curd, well beaten;</li><li>○ 3/4 cup coriander leaves, chopped fine;</li><li>○ 1/2 cup methi leaves (fresh), chopped fine;</li><li>○ 2 potatoes, cubed;</li><li>○ 1 tomato, cubed;</li><li>○ 8 peppercorns;</li><li>○ 4 Kashmiri chillies;</li><li>○ 3-4 green chillies;</li><li>○ 3 cloves;</li><li>○ 2 cardamoms;</li><li>○ 2 sprigs mint leaves;</li><li>○ 2.5 cm. cinamon stick;</li><li>○ 5 tsp. coriander seeds;</li><li>○ 1 tsp. cummin seeds;</li><li>○ 1 tsp. poppy seeds;</li><li>○ 1 tsp. ginger-garlic paste;</li><li>○ 1 tsp. dried methi leaves, crushed;</li><li>○ salt to taste;</li><li>○ ghee for frying.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Roast peppercorns, cardamoms, cloves, cinamon, poppy seeds, coriander seeds, cummin seeds and red chillies and grind to a fine powder. Fry green chillies and onions with a little ghee and grind them along with 1/2 cup coriander leaves, mint leaves and powdered spices to a fine paste.</li><li>2. Heat ghee in a pan. Add mutton pieces and fry for a minute. Add methi leaves and salt and fry for three minutes. Pour the ground masala paste over the chops and fry for five minutes, adding just half a cup water. Add curds and mix well. Just before covering the pan, add the tomato and potato pieces. Cook till mutton is done. Uncover the pan and add dry methi leaves. Simmer for few minutes. Serve hot with remaining coriander leaves.</li></ol>	
Contributed By	Kirti Shivkumar, Belgaum	






## Saucy Chicken in Hot Spices

Recipe Name	Saucy Chicken in Hot Spices	
Ingredients	<ul style="list-style-type: none"><li>○ 1 medium sized chicken;</li><li>○ 1 cup curd, well beaten;</li><li>○ 10 g. chironji;</li><li>○ 10 cashewnuts;</li><li>○ 2 tbsp. tomato sauce;</li><li>○ 2 tbsp. soya sauce;</li><li>○ 1 tbsp. chilli sauce;</li><li>○ 1/4 tsp. garam masala powder;</li><li>○ 1/2 tsp. tandoor colour;</li><li>○ juice of 1 lemon;</li><li>○ pepper powder and salt to taste;</li><li>○ 125 g. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Clean and cut chicken into pieces. Roast chironji and cashewnuts finely and grind them to a fine paste. Mix this paste with the curd, sauces and spices. Add the tandoor colour and lemon juice. Rub the curd mixture to the chicken and keep aside for half an hour. Cook the chicken pieces along with the curd mixture in a big flat bottomed pan. Melt ghee and pour over the chicken. Cover the lid and cook till chicken is tender and done.</li></ol>	
Contributed By	Shabana Fazilat, Hyderabad	






## Fish & Prawn Fiesta

Recipe Name	Fish & Prawn Fiesta	
Ingredients	<ul style="list-style-type: none"><li>○ 1 medium sized pomfret;</li><li>○ 200 g. prawns;</li><li>○ 3/4 cup brown vinegar;</li><li>○ 3 medium tomatoes;</li><li>○ 1 small bunch coriander leaves, chopped fine;</li><li>○ 8-10 flakes garlic, coarsely ground;</li><li>○ 5-6 green chillies, chopped fine;</li><li>○ 4 eggs;</li><li>○ 2 tbsp. grated cheese;</li><li>○ 1 1/2 tsp. sugar;</li><li>○ 1 tsp. cummin seeds, coarsely ground;</li><li>○ salt and pepper to taste;</li><li>○ 2 tbsp. sesame oil or ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Clean and wash the pomfret, remove the head, cut the fish into pieces. Boil the pieces, but do not overboil them. Flake the fish and remove the bones. Clean and devein the prawns. Wash them. Liquidise the tomatoes. Heat the sesame oil or ghee in a pan, add the prawns, tomato juice, salt, pepper, coarsely ground garlic, cummin seed and chopped green chillies. Cook the prawns adding a little water, till a thick gravy remains.</li><li>2. Beat egg till stiff. Add vinegar, salt, sugar, butter and blend well. Add the prawn mixture, mix well and gently add the fish pieces - take care not to break the fish, mix fish-prawns well in the egg-vinegar sauce, sprinkle grated cheese and chopped coriander and bake for 15-20 minutes till brown. Serve hot with chapatis or naan.</li></ol>	
Contributed By	Aloo Dhabha, Sholapur	






## Methi Chicken

Recipe Name	Methi Chicken	
Ingredients	<ul style="list-style-type: none"><li>○ 1/2 kg. chicken;</li><li>○ 1 bunch fenugreek leaves;</li><li>○ 3 onions, finely chopped;</li><li>○ 3 green chillies;</li><li>○ 2 medium sized tomatoes;</li><li>○ 2 tsp. ginger-garlic paste;</li><li>○ 4 tbsp. ghee.</li></ul>	
For the Dry Masalas	<ul style="list-style-type: none"><li>○ 2 tbsp. coriander leaves, chopped fine;</li><li>○ 1 tsp. chilli powder;</li><li>○ 1 tsp. coriander powder;</li><li>○ 1 tsp. garam masala powder;</li><li>○ 1/2 tsp. turmeric powder;</li><li>○ salt to taste.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Heat ghee in a kadai, add the ginger-garlic paste and fry till golden brown. Add green chillies and onions and fry till onions are golden brown. Add chicken and the tomatoes. Cover and cook till the chicken is slightly tender and water has evaporated. Now add the coriander powder, turmeric powder and salt. Keep stirring till the oil separates and leaves the sides of the pan. Then add the chilli powder and garam masala powder and the coriander leaves. Fry for few more minutes . Serve hot with parathas or chapatis and salad.</li></ol>	
Contributed By	Monica S. Mordani, Surat	





## Irani Kofta Curry

Recipe Name	Irani Kofta Curry	
Ingredients	<ul style="list-style-type: none"> <li>○ 2 cups curd;</li> <li>○ 3/4 cup gram flour;</li> <li>○ 1 cup coriander leaves, chopped fine;</li> <li>○ 2 tbsp. ginger, grated;</li> <li>○ 1 tsp. cummin seeds;</li> <li>○ 1/2 tsp. turmeric powder;</li> <li>○ 8 curry leaves;</li> <li>○ 4 round red chillies;</li> <li>○ 3 flakes garlic, minced;</li> <li>○ 2 green chillies, minced;</li> <li>○ salt to taste;</li> <li>○ 1/3 cup ghee.</li> </ul>	
For the Dry Pakodas	<ul style="list-style-type: none"> <li>○ 250 g. minced meat, steamed;</li> <li>○ 1 1/2 cup gram flour;</li> <li>○ 1 onion, chopped;</li> <li>○ 2 tbsp. coarse peanut powder;</li> <li>○ 1 tbsp. coriander leaves;</li> <li>○ 1 tbsp. coriander seeds and cummin seeds, coarsely ground;</li> <li>○ 1/2 tsp. ginger, grated;</li> <li>○ 1/4 tsp. turmeric powder;</li> <li>○ 1/4 tsp. soda bi carb;</li> <li>○ 1 green chilli, minced;</li> <li>○ salt to taste;</li> <li>○ ghee for frying.</li> </ul>	
Method	<ol style="list-style-type: none"> <li>1. Beat curd with two cups water. Add gram flour and blend so that no lumps are left. Add ginger, garlic, turmeric and green chillies. Blend and set to boil. Simmer till thick and keep aside.</li> </ol>	
To Prepare the Pakodas	<ol style="list-style-type: none"> <li>2. Mix meat, gram flour, soda bi carb, coriander leaves, green chilli, onion, coriander-cummin seed powder, grated ginger; 1 tbsp. hot ghee, peanut powder and salt. Add water to make a batter of dropping consistency. Heat two cups ghee in a pan.</li> </ol>	






	<p>Drop spoonfuls of mixture in the hot ghee, leaving the of the pakoda above the ghee level. Fry on low flame till golden and cooked. Drain all pakodas and dip them for a minute in a bowl of milk. Remove and add to curry. Add salt to the curry. Heat thoroughly and sprinkle chilli powder over the surface.</p> <p>3. Heat 4 tbsp. ghee. Add cummin seeds and curry leaves. Add round red chillies, when they pop, pour over the curry. Garnish with coriander leaves before serving.</p>
Contributed By	N/A





## Mushroom in Marrow


Recipe Name	Mushroom in Marrow	
Ingredients	<ul style="list-style-type: none"><li>○ 500 g. mutton marrow bones with marrow;</li><li>○ 200 g. mushrooms cut into halves;</li><li>○ 2.5 cm cinnamon;</li><li>○ 8-10 spring onions, cut fine;</li><li>○ 3 tomatoes, chopped;</li><li>○ 3 chillies, cut fine or more to taste;</li><li>○ 1 tbsp. coriander leaves, chopped fine;</li><li>○ 1 tsp. garam masala;</li><li>○ 1/2 tsp. ginger-garlic paste;</li><li>○ chilli powder and salt to taste;</li><li>○ ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Wash the bones, add cinamon stick, a little ginger-garlic paste, salt, water and pressure cook. Let it cool, then remove the marrow carefully from the bones. Keep aside. Wash mushroom and pressure cook them in a marrow stock adding salt if required. Saute onions in ghee, add tomatoes, cook till soft. Add ginger-garlic paste, green chillies, chilli powder and garam masala powder and stir fry for some time. Add mushrooms along with stock. Let it simmer for sometime. Add marrow before serving, taking care not to break it. Serve hot garnished with coriander leaves.</li></ol>	
Contributed By	Babsy A. Mullan, Navsari	








## Spicy Mutton and Almond Curry: Kashmiri Roghan Josh

Recipe Name	Spicy Mutton and Almond Curry: Kashmiri Roghan Josh	
Ingredients	<ul style="list-style-type: none"><li>○ 1/2 kg. lamb or mutton cut into cubes;</li><li>○ 1 cup yoghurt;</li><li>○ 1/4 cup cream;</li><li>○ 8 almonds sliced;</li><li>○ 2 onions, grated;</li><li>○ 2 tbsp. ginger-garlic paste;</li><li>○ 1 tsp. black pepper powder;</li><li>○ 1 tsp. garam masala powder;</li><li>○ 1/4 tsp. chilli powder;</li><li>○ 1/4 tsp. nutmeg powder;</li><li>○ 4 long red chillies;</li><li>○ 8 black peppercorns;</li><li>○ salt to taste;</li><li>○ 1/2 cup ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Mix meat with all the above ingredients except ghee, red chillies and peppercorns. Marinate for 30 minutes. Heat ghee in a pressure cooker. Add peppercorns and red chillies. Add meat mixture immediately and stir fry till brown and aromatic. Add two cups of hot water and cook under pressure for 15 minutes or till done. Serve with rotis.</li></ol>	
Contributed By	N/A	






## Hot `N' Spicy Baked Pomfret

Recipe Name	Hot `N' Spicy Baked Pomfret	
Ingredients	<ul style="list-style-type: none"><li>○ 2 pomfrets (300 g. each approx.)</li></ul>	
Grind to Paste	<ul style="list-style-type: none"><li>○ 12 flakes garlic;</li><li>○ 2 cm. ginger;</li><li>○ 1 small onion;</li><li>○ 6 green chillies (hot);</li><li>○ 2 medium sized tomatoes, chopped and fried.</li></ul>	
For the Marinade	<ul style="list-style-type: none"><li>○ 4 tbsp. vinegar;</li><li>○ 2 tbsp. soya sauce;</li><li>○ 1 tsp. tobasco sauce;</li><li>○ 1/2 tsp. sugar;</li><li>○ 1/4 tsp. ajinomoto</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Trim fins, clean innards and make three gashes on both sides of fish (fish is baked whole). Marinate fish for two hours with given marinade. Heat 2 tbsp. ghee and fry ground masala for two minutes. Stuff and cover fish all over with fried tomato and masala paste. Grease a baking tray and place fish and its marinade. Arrange vegetables and dot ghee all over fish and vegetables. Bake in pre-heated oven for 20 to 25 minutes. Turn once while baking. Serve with steamed rice and noodles.</li></ol>	
Contributed By	Smita Nayak, Tanuku (A.P.)	






## Spinach Chicken Special

Recipe Name	Spinach Chicken Special	
Ingredients	<ul style="list-style-type: none"><li>○ 750-800 g. chicken, cleaned and cut into medium size pieces;</li><li>○ 750 g. spinach (depending upon the weight of chicken);</li><li>○ 250 g. curd;</li><li>○ 2 large onions;</li><li>○ 6 garlic flakes;</li><li>○ 6 green chillies;</li><li>○ 3 cardamoms;</li><li>○ 3 cloves;</li><li>○ 5 cm. ginger;</li><li>○ 1 tsp. chilli powder;</li><li>○ 1 tsp. garam masala powder;</li><li>○ salt to taste, ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Clean the chicken pieces. Clean the spinach, shred into small pieces. Chop the onions. Make a paste of ginger, garlic and green chillies. Add a little water to the curd and beat it well. In a kadai, heat one tbsp. ghee and add the chopped onions and fry on a low heat till the onions become golden brown, then add the red chilli powder and salt along with garam masala and fry in a low heat till it becomes almost dark brown in colour. Add curd and mix it thoroughly. Add the chicken pieces with little water (1/2 tea cup) and stir thoroughly. Add cardamom and cloves and cook for another five minutes. Lastly add the spinach leaves and after mixing it, cover and cook on low heat for 10 minutes. Serve hot.</li></ol>	
Contributed By	Shamim Ahmad, Roorkee	






## Fish Fiesta

Recipe Name	Fish Fiesta	
Ingredients	<ul style="list-style-type: none"><li>○ 1 medium sized pomfret;</li><li>○ 3 large tomatoes;</li><li>○ 1 small bunch coriander leaves;</li><li>○ 1 pod garlic;</li><li>○ 4-5 red chillies;</li><li>○ 2-3 green chillies;</li><li>○ 1 tsp. cummin seeds;</li><li>○ 1 1/2 tbsp. brown vinegar;</li><li>○ 1 tsp. chilli powder;</li><li>○ 1 tsp. coriander-cummin powder;</li><li>○ 1/2 tsp. turmeric powder;</li><li>○ 3-4 tbsp. sesame oil or ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Clean the fish and cut into medium size pieces and wash them well. Grind garlic, cummin seeds, red and green chillies to a paste in vinegar. Chop the tomatoes. Heat the oil or ghee in a flat utensil, add the tomatoes and garlic-chilli paste and fry till well blended along with chilli powder, coriander-cummin powder, turmeric and salt. Add the fish pieces and cover them with enough water. Cook till fish is done. Sprinkle chopped coriander leaves and serve hot with rice and onion-cucumber salad.</li></ol>	
Contributed By	Meher N. Mistry, Pune	






## Chicken Fry

Recipe Name	Chicken Fry	
Ingredients	<ul style="list-style-type: none"><li>○ 1 kg. chicken;</li><li>○ 3 large onions;</li><li>○ 2 tbsp. vinegar;</li><li>○ 1 tbsp. soya sauce;</li><li>○ 1 tsp. chilli powder;</li><li>○ 1 tsp. pepper powder;</li><li>○ 1/2 tsp. saffron powder;</li><li>○ salt to taste;</li><li>○ 2 tbsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Wash and cut chicken into required pieces, put into a pressure cooker with chilli powder, pepper powder, saffron and salt. Cover the meat with water and cook till dry. When dry add the sauce and mix well till fully blended. Cut onions into fine slices, heat ghee in another vessel and fry the onions till crisp and golden brown. Now add the fried onion to the prepared chicken and mix well. Serve hot with chappaties or bread.</li></ol>	
Contributed By	A. Langham, New Delhi	






## Mutton Peas Curry

Recipe Name	Mutton Peas Curry	
Ingredients	<ul style="list-style-type: none"><li>○ 1/2 kg. mutton;</li><li>○ 75 g. gram flour;</li><li>○ 50 g. shelled peas;</li><li>○ 3 large tomatoes;</li><li>○ 3 onions;</li><li>○ 4 cloves garlic;</li><li>○ 1 tbsp. coriander leaves, chopped fine;</li><li>○ 1 tbsp. poppy seeds;</li><li>○ 2 tsp. coriander powder;</li><li>○ 1/2 tsp cummin seeds;</li><li>○ 1/2 tsp. turmeric powder;</li><li>○ 1/2 tsp. chilli powder;</li><li>○ 1/2 tsp. garam masala powder;</li><li>○ a pinch of asafoetida;</li><li>○ a small piece of ginger;</li><li>○ a small pinch of soda bi carb;</li><li>○ salt to taste;</li><li>○ water as required;</li><li>○ ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Make a thick batter with gram flour, water and soda bi carb. Heat ghee in a deep frying pan. Drop batter through a perforated spoon and fry for 1-2 minutes and keep the balls aside.</li><li>2. Peel the yam and cut into square pieces. Lightly fry mutton pieces.</li><li>3. Grind together ginger-garlic and poppy seeds.</li><li>4. Heat two tbsp. ghee in a dekchi, fry grated onions and then the ginger-paste till light brown. Add asafoetida, cummin seeds and spices then chopped and peeled tomatoes. Fry till the tomatoes are cooked. Stir well, add mutton pieces, gram flour balls, peas and little water. Cover the dekchi and cook on a low flame.</li></ol>	
Contributed By	Shalini Gupta, Shimla	






## Brain Cutlets

Recipe Name	Brain Cutlets	
Ingredients	<ul style="list-style-type: none"><li>○ 3 brains;</li><li>○ 1 cup semolina;</li><li>○ 1 bunch coriander leaves;</li><li>○ 3 green chillies;</li><li>○ 2 eggs;</li><li>○ 1 pod garlic;</li><li>○ 2.5 cm. ginger;</li><li>○ a few peppercorns;</li><li>○ 1/2 tsp. turmeric powder;</li><li>○ salt to taste;</li><li>○ 200gm ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Clean brains properly. Cut them into small pieces. Make a paste of garlic, pepper, ginger, salt, green chillies and turmeric. Sprinkle coriander leaves. Beat eggs well in a dish. Make a batter of rava and a little water. Boil the brain pieces. Add masala paste and the rawa batter to the cooked brains and cook till the mixture is dry. Shape into round cutlets. Heat ghee in a vessel and dip the cutlets in egg and fry them. Serve hot with chutney.</li></ol>	
Contributed By	N/A	





## Jumbo Chinese-Style Prawns


Recipe Name	Jumbo Chinese-Style Prawns	
Ingredients	<ul style="list-style-type: none"><li>○ 24 unshelled prawns, washed and drained;</li><li>○ 4 slices pineapples, cut in cubes;</li><li>○ 4 tbsp honey;</li><li>○ 4 tbsp. sour lime juice;</li><li>○ 2 tbsp. soya sauce;</li><li>○ 2 tbsp. ginger/garlic paste;</li><li>○ 1 tbsp. poppy seeds;</li><li>○ 1 tsp. pepper powder;</li><li>○ 1 tsp. salt;</li><li>○ 6-8 small skewers.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Make a marinade by mixing together the honey, lime juice, soya sauce, ginger/garlic paste, poppy seeds, salt and pepper. Add the prawns and mix well to cover all the prawns with the marinade taking care not to break up the prawns. Cover and chill for at least one hour.</li><li>2. Drain juice from pineapple chunks. Place prawns and pineapples alternatively on the skewers and grill for five minutes (or place the skewers on of a baking tray and bake in a hot oven for 15-20 minutes basting often with the remaining marinade). Serve hot, garnished with a twist of limes.</li></ol>	
Contributed By	S. Rodrigues, Bombay	








## Minced Meat / Vegetable Rolls

Recipe Name	Minced Meat / Vegetable Rolls	
Ingredients	<ul style="list-style-type: none"><li>○ 1/2 kg. minced meat;</li><li>○ 2 hard boiled eggs, cut into small pieces;</li><li>○ 2 medium sized potatoes, boiled and mashed;</li><li>○ 3 medium sized onions, chopped fine;</li><li>○ 2 medium sized carrots, chopped fine;</li><li>○ 1 tbsp. coriander leaves, chopped fine;</li><li>○ 1 tbsp. ginger-garlic paste;</li><li>○ 1 tbsp. raisins;</li><li>○ 1 tbsp. cashewnut pieces;</li><li>○ 1 tsp. pepper, crushed;</li><li>○ 1 tsp. garam masala powder;</li><li>○ 1 green chilli;</li><li>○ salt to taste;</li><li>○ 2 tbsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Boil minced meat and cook till done. Keep aside. Heat ghee in a pan and lightly fry ginger-garlic paste. Add onions, carrots, green chilli and cook till the water evaporates. Do not overcook.</li><li>2. Add meat, stir for a minute. Remove from the fire. Add eggs, potatoes, coriander leaves, pepper, garam masala, cinnamon powder, raisins, cashewnut pieces and salt. Shape the meat mixture into 10 cm long 3-4 cm thick rolls. Wrap each one separately in aluminium foil, twist foil to seal edges at both ends. Steam till done (30 minutes). Serve hot or cold with tomato sauce.</li></ol>	
Contributed By	Sherly Sebastian, Allahabad	






## Kofta Pulao

Recipe Name	Kofta Pulao	
Ingredients	<ul style="list-style-type: none"><li>○ 1 kg. basmati rice;</li><li>○ 300 g. kheema or soya chunks for koftas;</li><li>○ 250 g. onion paste;</li><li>○ 50 g. ginger-garlic paste;</li><li>○ 2 onions, cut into rings;</li><li>○ 2 tsp. garam masala;</li><li>○ 1 egg;</li><li>○ gram flour as required;</li><li>○ a few drops of kewra essence;</li><li>○ chilli powder and salt to taste;</li><li>○ 200g. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Mix together kheema, gram flour, half of the ginger-garlic paste, onion paste, egg and salt. Make small balls and fry in hot ghee. Heat ghee and fry onion rings adding rest of the ginger-garlic paste, chilli powder and salt. Add koftas to this masala and keep aside.</li><li>2. In a separate cooker, cook rice with cardamoms and a little salt. Take out half of the cooked rice and to the remaining half add the kofta curry. Add colour if desired and sprinkling of kewra water. Cover with the remaining rice. Add fried onion rings and little ghee. Cover with a heavy lid and cook sealed on a low heat for 2/3 minutes. Serve hot with mint chutney</li></ol>	
Contributed By	R. Martin, Calcutta	






## Smokey Barbeque Pork Chops

Recipe Name	Smokey Barbeque Pork Chops	
Ingredients	<ul style="list-style-type: none"><li>○ 2 pork chops (150 g. each);</li><li>○ 100 g. beans;</li><li>○ 100 g. carrot;</li><li>○ 100 g. green peas;</li><li>○ 100 g. cauliflower;</li><li>○ 100 g. barbeque sauce;</li><li>○ 25 g. sour cream;</li><li>○ 1 tomato;</li><li>○ 1 jacket potato, baked;</li><li>○ 2 tsp. ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Marinate pork chops in barbeque sauce and sour cream for an hour. Mix together the pork chops with tomato, carrot, green peas, cauliflower and baked jacket potato; brush with ghee and grill.</li></ol>	
Contributed By	N/A	





## Layered Party Bake

Recipe Name	Layered Party Bake	
Ingredients	<ul style="list-style-type: none"> <li>○ 6 slices bread;</li> <li>○ 3 large potatoes;</li> <li>○ boiled and skinned;</li> <li>○ 100 g. butter;</li> <li>○ 1/2 tsp. mustard powder;</li> <li>○ pepper and salt.</li> </ul>	
For the Mince	<ul style="list-style-type: none"> <li>○ 1/2 kg. mince;</li> <li>○ 3 tomatoes, skinned and chopped;</li> <li>○ 1 large onion, chopped fine;</li> <li>○ 2 tbsp. tomato ketchup;</li> <li>○ 1 tsp. ginger-garlic paste;</li> <li>○ 3 green chillies, chopped fine;</li> <li>○ pepper and salt to taste.</li> </ul>	
For the Prawns	<ul style="list-style-type: none"> <li>○ 1 cup prawns washed, deveined;</li> <li>○ 2 cups milk;</li> <li>○ 2 tbsp. flour;</li> <li>○ 1 tbsp. grated cheese;</li> <li>○ 1 tbsp. coriander leaves;</li> <li>○ 2 green chillies, chopped fine;</li> <li>○ 1 cup water;</li> <li>○ 2 tbsp. ghee.</li> </ul>	
Method	<ol style="list-style-type: none"> <li>1. Mix butter, salt, pepper and mustard and spread over bread slices. Cut potatoes into slices and sprinkle with salt and pepper.</li> </ol>	
To Prepare the Mince	<ol style="list-style-type: none"> <li>2. Mix all the ingredients and keep on low fire till cooked and very little gravy remains.</li> </ol>	
To Prepare the Prawns	<ol style="list-style-type: none"> <li>3. Heat ghee in a pan, fry onion light brown. Add the prawns, chillies, coriander leaves and fry for five minutes. Put in flour, fry for one minute, then pour in milk and water to make a slightly thick sauce. Add salt and pepper.</li> </ol>	






	4. In a baking dish arrange bread slices, buttered side down. Spread a layer of mince, then slices of potato and lastly the prawn sauce. Sprinkle with cheese and bake.
Contributed By	R.D. Daruwalla, Bombay





## Mutton Khicda

Recipe Name	Mutton Khicda	
Ingredients	<ul style="list-style-type: none"><li>○ 500 g. mixed dal (moong, masoor, gram, arhar);</li><li>○ 500 g. mutton;</li><li>○ 300 g. onions;</li><li>○ 250 g. rice;</li><li>○ 250 g. wheat (broken) 200 g. ginger-garlic paste;</li><li>○ 2-3 bay leaves;</li><li>○ 3 green chillies;</li><li>○ 1 tbsp whole garam masala;</li><li>○ 1/2 tsp. turmeric powder;</li><li>○ chilli powder and salt to taste;</li><li>○ ghee.</li></ul>	
Method	<ol style="list-style-type: none"><li>1. Boil the dals and wheat together and mutton and rice separately in a cooker. Mix them in a big vessel. Fry onions till golden brown in ghee with bay leaves and whole garam masala. Add chilli powder, turmeric powder and ginger-garlic paste. To these masalas add mutton, dals, rice and wheat. Add little water till the desired consistency is achieved. Cook the khicda on a low fire till the mutton becomes soft. Garnish generously with mint leaves, garam masala powder, green chillies and fried golden brown onion rings. Serve hot with mango pickle.</li></ol>	
Contributed By	N/A	





## ABOUT “DUDHSAGAR DAIRY”

A visionary cooperative movement, on the lines of Amul-model, initiated in Mehsana more than 50 years ago, to organize the rural milk producers to help themselves had its benefits in building a strong cooperative movement that has pooled together the resources of milk producers. We are proud to exist as a purposeful organization in the Nation building process - Enhancing the milk production capacity, providing self-employment and sustainable income generation to the rural farmers, enhancing the per capita availability of milk etc.

Today, Dudhsagar Dairy has a membership of over 5.2 lakhs dairy farmers. Its consolidated turnover in 2012-13 was Rs.3600 crores.

Dudhsagar is proud of its contributions to making India the largest milk producing nation in the world, and in the process empowering lakhs of cooperative dairy farmers of Mehsana and parts of Patan and Gandhinagar districts - socially, politically and economically.

## DUDHSAGAR DAIRY

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