
AMUL – CHEESE

RECIPES

DUDHSAGAR DAIRY

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Cheese Nutrition

Made from pure vegetarian source of rennet Amul Processed Cheese has following nutrients:

- Protein - 23%
- Fat - 30%
- Moisture - 40%
- Vitamin A
- Calcium

Since Cheese is a produce obtained by the enzymatic ripening of milk, it is also one of the easiest food substances to digest. You will agree that it is just what growing children need, specially the ones who never seem to want those necessary cups of milk.

Tips on Cheese Cooking

Cheese requires gentle handling. It is a delicate flavoursome substance that must not be overcooked. The flavour of cheese is exclusive. It is as easy to enhance as it is to destroy. Always use the full quantity of cheese mentioned in a recipe. Cheese, especially in Indian recipes requires a light masala base. When putting cheese in curries, lessen the ginger and garlic, strong flavours that interfere with the cheese taste. Strong heat isn't good for cheese - in baking, grilling or pot cooking. In frying, since the cheese is normally covered or coated it can withstand a high fire without spoiling. When a recipe calls for sliced cheese, thin slices are advised because they melt more easily. Sliced cheese is considered cooked as soon as melts. In its grated form cheese can melt, bubble and brown without toughening.

Broadly speaking you are safe in mixing cheese with most firm vegetables. Of the soft ones aubergines suit best. Cheese adds flavour to lentils and pulses. `Eggs and cheese are the traditional twosome. The Indian equivalent of adding cheese to pastry is to add it to parathas - in the stuffing or in the dough. When baking always preheat oven to temperature specified.

Oven Chart






Heat	Gas Mark	Centigrade	Fahrenheit	Approximate Measures
Cool	1/2	120	250	
Very Slow	1	140	275	
Slow	2	150	300	
Moderately slow	3	160	325	1 tea cup = 225 ml
Moderate	4	180	350	2 cups = 1 pint = 450 ml
Moderately Hot	5	190	375	1 oz. = 28 gm
Hot	6	200	400	1 fluid oz. = 28 ml = 2tbsp
Hot	7	220	425	1 tbsp = 3 teaspoons
Very Hot	8	230	450	
Very Hot	9	240	475	






Pizza base

Recipe Name	Pizza base	
Ingredients	<ul style="list-style-type: none"> ○ 500g Maida ○ 2 tsp oil ○ 2 tsp fresh yeast ○ 1 tsp salt ○ 1 tsp sugar ○ 1 tsp baking powder ○ lukewarm milk or hot water to knead the dough 	
Method	<ol style="list-style-type: none"> 1. Mix together yeast, sugar and warm water. Keep aside for 5 - 10 minutes in a warm place till it froths. Sieve maida. Make a depression in the centre and pour the ready yeast. Knead a soft dough with it using warm milk and water. 2. Cover the dough and keep it in a warm place for about 1 - 2 hours or till it doubles in size. To knock back the risen dough, turn it onto a board and knead it with your knuckles. This knocks out the air bubbles producing a more even texture. The dough must be firm, elastic and smooth. 3. When ready to use, make balls out of the dough. Roll into 1/4 inch thickness for pizza base. Place on a tray and cover with a wet muslin cloth. allow it to rise for some time. Pick each base and bake in a preheated oven at 200 degree centigrade for 10 - 12 mins. <p>Serve size 4</p>	






Pizza sauce

Recipe Name	Pizza sauce	
Ingredients	<ul style="list-style-type: none"> ○ 500g Tomatoes (pureed) ○ 3 tbsp Tomato sauce ○ 1 tsp Red chilly sauce ○ 4 tbsp Onion paste ○ 1 tsp Garlic paste ○ 1 tbsp Oil/Butter ○ 1/2 tsp Oregano (crushed leaves of ajwain plant) ○ 1 tsp Sugar (optional) ○ 1 tsp Red chilly powder ○ Salt, pepper, coriander powder - to taste 	
Method	<ol style="list-style-type: none"> 1. Sieve the tomato puree to remove seeds and peel. 2. Heat oil or butter in a skillet over medium to medium high heat. 3. Add onion paste and saute until the onions begin to sweat. Do not brown. 4. Add the garlic paste and stir once. 5. Add water, tomato sauce, chilly sauce and bring to boil. 6. Add tomato puree and simmer. 7. Add salt, pepper and coriander powder. 8. Mix and cook till saucy consistency. 9. Remove from heat and add oregano. <p>The sauce is ready to use.</p>	



Onion and Cheese Pizza

Recipe Name	Onion and Cheese Pizza	
Ingredients	<p>For the dough</p> <ul style="list-style-type: none"> ○ 500 g (1 lb oz) strong wholemeal flour ○ 1 sachet dried yeast ○ 5 ml (1 tsp) ground coriander ○ 5 ml (1 tsp) sea salt ○ 5 ml (1 tsp) ground caraway seeds ○ 2 eggs ○ 175 ml (6 fl oz) lukewarm milk ○ 70 g (2 1/2 oz) butter, melted then cooled <p>For the ping</p> <ul style="list-style-type: none"> ○ 200 g (7 oz) onions ○ 25 g (1 oz) butter ○ 400 g (14 oz) tomatoes ○ 4 fresh chillies ○ 400 g (14 oz) Emmenthal cheese <p>For the sauce</p> <ul style="list-style-type: none"> ○ 200g (7 oz) soured cream ○ 200 ml (7 fl oz) whipping cream ○ 3 eggs ○ 45 ml (3 tbsp) wholemeal flour ○ 5 ml (1 tsp) sea salt ○ Freshly ground black pepper, to taste ○ Ground nutmeg, to taste ○ 30-45 ml (2-3 tbsp) caraway seeds 	
Method	<ol style="list-style-type: none"> 1. For the dough, sift the flour into a mixing bowl and mix in the dried yeast, ground coriander, salt, ground caraway seeds, eggs, milk and butter. Knead to form a smooth dough, then cover and set aside in a warm place until risen and doubled in size. Knead the dough again, then roll out onto a greased baking sheet. Set aside. 2. For the ping, peel the onions and finely chop. Melt the butter in a pan, add the onions and cook until softened. Set aside to cool. Slice the tomatoes and set aside. Trim the chillies, remove the seed and slice into rings. Coarsely grate the cheese. 	






	Arrange all the ping ingredients over the pizza base. For the sauce, place the soured cream, whipping cream, eggs, flour, salt and pepper and nutmeg to taste in a mixer and blend. Pour the mixture over the pizza ping, then sprinkle with caraway seeds. Place the baking sheet in a cold oven, then bake at 200 C/400 F/Gas Mark 6 for about 50 minutes. Serve hot.
Categories	Pizzas
Yield	8 - 12 servings




Roasted Red Pepper Pizza

Recipe Name	Roasted Red Pepper Pizza	
Ingredients	<ul style="list-style-type: none"> ○ 2 tb Cornmeal ○ 3/4 cup Pizza sauce ○ 4 oz Thinly sliced prosciutto ○ 8 oz Amul Pizza Cheese ○ 1 tb Fresh chives or ○ 1 tb Fresh basil leaves or 	
Pizza Dough	<ul style="list-style-type: none"> ○ 1/2 cup Grn bell pepper strips, ○ 7 oz Jar roasted red peppers ○ 2 1/4 oz Ripe sliced black olives ○ 1 ts Dried chives ○ 1 ts Dried basil 	
Method	<ol style="list-style-type: none"> 1. Heat oven to 425 degrees F. 2. Grease 12" pizza pan or 13x9" pan. Sprinkle corn meal evenly over bottom of pan. Place dough in center of pan and press out with hands. Spoon pizza sauce evenly over crust. with green pepper, onions, prosciutto and roasted red peppers. Arrange grated cheese over . Sprinkle with olives, chives and basil. 3. Bake at 425 degrees F for 20-25 min or until crust is deep golden brown. Let stand for 5 min. 	
Categories	Italian, Main dish, Pizza	
Yield	8 servings	






Cheesy Pepper and Mushroom Pizza

Recipe Name	Cheesy Pepper and Mushroom Pizza	
Ingredients	<ul style="list-style-type: none"> ○ 1 Pizza base (6" size) ○ 4 tbsp Pizza sauce ○ 1 cup Amul Pizza Cheese ○ 1 cup Amul Processed cheese ○ 1 tbsp Butter ○ Black pepper to taste ○ 5-8 dices Amul paneer ○ 1/2 cup Basil leaves (Tulsi leaves) ○ 1/2 cup Mushrooms 	
Method	<ol style="list-style-type: none"> 1. Lightly roast small pieces of paneer and mushrooms in butter & set aside. 2. Brush the crust of the dough with butter or olive oil and spread a layer of pizza sauce over it. Arrange mushroom and paneer pieces over it and season with salt and black pepper. Sprinkle with basil leaves and Oregano. Heap the base with grated mozzarella cheese and also sprinkle some Amul Processed Cheese on . 3. Grease the oven tray lightly with oil and gently transfer the pizza base with pings on the tray. Bake until the bottom is crisp and golden brown in colour and the cheese is fully melted. 4. Remove from oven, cut into wedges and serve hot. 	
Categories	Cheese/eggs	
Yield	1 serving	






Pizza Margherita

Recipe Name	Pizza Margherita	
Ingredients	<ul style="list-style-type: none"> ○ 1 Pizza base (6"size) ○ 4 tbsp Pizza Sauce ○ 1 1/2 cup Amul Pizza Cheese ○ 1/2 cup Amul Processed Cheese ○ 1 tbsp Butter ○ 1/2 cup Tomato ○ 1/2 cup Onion ○ 1/2 cup Basil leaves 	
Method	<ol style="list-style-type: none"> 1. Brush the dough with a little butter to the edge. Spread pizza sauce over it to within 1/2" from the edges. Arrange basil leaves, tomato and onion rings over it. Distribute grated mozzarella cheese on the pings. Sprinkle with Amul Processed Cheese. Season with salt and pepper. 2. Grease the oven tray lightly with oil and gently transfer the pizza base with pings on the tray. Bake until the bottom is crisp and golden brown in colour and the is bubbling. Garnish with a few basil leaves if desired. 	
Categories	Main dish, Pizzas	
Yield	1 Pizza	





Renaissance Pizza

Recipe Name	Renaissance Pizza	
Ingredients	<p>Sauce</p> <ul style="list-style-type: none"> ○ 2 cups Carrots; peeled finely ○ 1 cup Onions; finely diced ○ 2 tb Garlic; minced ○ 1/2 cup Cabbage leaves ○ 2 tb Olive oil; ○ 1 1/2 ts Sea salt; ○ 1/4 ts White pepper; ○ 1 tb Basil; chopped fresh ○ 1 ts Oregano; ○ 1 ts Coriander leaves ○ 1 pn Black pepper; ○ 1 1/2 ts Sweetener; ○ 6 cups Tomato puree; <p>Vegetable ping</p> <ul style="list-style-type: none"> ○ 3 cups Onions; halved & sliced ○ 2 cups Mushrooms; thickly sliced ○ 2 cups Cauliflower pieces; ○ 4 tb Olive oil; <p>Dough</p> <ul style="list-style-type: none"> ○ 3/4 oz Dry yeast; ○ 2 1/2 cups Warm water ○ 1 tb Sweetener; ○ 2 1/4 cups Pastry flour; ○ 2 1/4 cups Unbleached flour; ○ 2 tb Olive oil; ○ 1 ts Sea salt; ○ Cornmeal; <p>Spice Mix</p> <ul style="list-style-type: none"> ○ 2 tb Basil; ○ 2 tb Oregano; ○ 2 tb Coriander; 	






	<ul style="list-style-type: none"> ○ 1/2 ts Garlic powder; ○ 1/2 ts Black pepper;
Method	<p>SAUCE: Saute carrots, onions, garlic & finely diced cabbage leaves in oil for 5 minutes. Add seasonings & saute another 5 minutes. Add sweetener, then add tomato puree & simmer 1 to 2 hours. Should yield 7 cups sauce.</p> <p>DOUGH: Dissolve yeast in 1/2 cup warm water with sweetener. Let stand till yeast starts to foam. Mix flours together & combine yeast. Add oil, salt & rest of water. Knead to make a medium stiff dough. Divide into two pieces. Lightly oil 2 large rectangular pans & sprinkle with cornmeal. Roll out each piece of dough to an even rectangular shape. Let dough rise (about 1 hour). Punch the dough at this point before baking. Prebake doughs for 5 minutes at 350F or till the gluten sets. Remove from oven.</p> <p>SPICE MIX: Mix spices together till well blended.</p> <p>VEGETABLE PING: Mix vegetables together & saute them in the oil for 4 to 5 minutes. Remove from heat & transfer to a second pan if not using immediately.</p> <p>TO ASSEMBLE: Spread about 1 1/2 c sauce on each crust. Add about 3 cups of vegetable ping & sprinkle 2 ts spice mixture over the . If so desired, spread 1 cup shredded Amul Pizza Cheese over the .</p> <p>Bake at 375F for about 10 minutes, longer if cooking from cold.</p>
Categories	Diabetic, Pasta, Vegetarian, Main dish
Yield	6 servings




Spicy Broccoli Aioli Pizza

Recipe Name	Spicy Broccoli Aioli Pizza	
Ingredients	<ul style="list-style-type: none"> ○ 2 ts Cornmeal ○ 500 gms pizza dough <p>Ping</p> <ul style="list-style-type: none"> ○ 1/4 cup Olive oil ○ 4 Garlic cloves, chopped ○ 2 tb Chopped onion ○ 1 tb Balsamic vinegar ○ 1/3 cup Grated Amul Pizza Cheese ○ 1/2 ts Dried basil leaves ○ 1/2 ts Dried thyme leaves ○ 1/2 ts Dried oregano leaves ○ 1/4 ts Red pepper flakes ○ 16 oz Cauliflower ○ 7 oz Jar roasted red peppers, drained, sliced into 2 x 1/4" strips ○ 1/2 cup Grated Amul Processed Cheese 	
Method	<ol style="list-style-type: none"> 1. Heat oven to 425 degrees. Lightly grease 12" pizza pan or 13x9" pan; sprinkle with cornmeal. Unroll dough; press in bottom and up sides of greased pan to form a rim. Bake for 5 to 8 minutes or until light golden brown. 2. In food processor bowl with metal blade or blender container, combine oil, garlic, onion, vinegar, Amul Processed Cheese, basil, thyme, oregano and red pepper flakes; process until smooth and set aside. Place cauliflower pieces evenly over Amul Pizza Cheese. Dollop oil mixture evenly over . Arrange pepper strips over cauliflower; sprinkle with Amul Processed Cheese. Bake for 17 to 22 minutes or until edges of crust are deep golden brown. 3. Serve immediately. 	
Categories	Pizza	
Yield	8 servings	






Rock Spring Pizza

Recipe Name	Rock Spring Pizza	
Ingredients	<ul style="list-style-type: none"> ○ 1 pizza base (6" size) ○ pizza sauce ○ 1 cup Amul Pizza Cheese ○ 1 cup Amul Processed Cheese ○ butter ○ 1 cup dark red kidney beans (cooked and drained) ○ 1/2 cup basil leaves ○ 1/2 tsp oregano ○ 1 tsp olive oil ○ 3 onions (medium size, thinly sliced) ○ 2 cloves of garlic, minced ○ 1/4 tsp Black pepper to taste ○ 1 capsicum, finely chopped ○ 1 cup Pizza sauce 	
Method	<ol style="list-style-type: none"> 1. In a skillet over medium - low heat, heat olive oil. Add onion, garlic and capsicum. 2. Cook uncovered for three minutes. Add basil, oregano and black peppers. Stir, reduce heat to low and cook, covered for five minutes. 3. Stir in the beans and set aside. 4. Grease the surface of pizza base with butter. sprinkle with half 5. Amul Pizza Cheese and half processed cheese. Spoon the bean mixture on . 6. Pour the pizza sauce evenly over it and scatter the remaining cheese on . 7. Bake until cheese is melted. 8. Cut into wedges and serve hot. 	
Categories	Vegetables, Pizza	
Yield	1 Serving	






Mixed Pulse Pizza

Recipe Name	Mixed Pulse Pizza	
Ingredients	<ul style="list-style-type: none"> ○ 25g (1 oz) fresh yeast ○ 400g (14 oz) strong wholemeal flour ○ 30 ml (2 tbsp) refined cooking oil ○ 2 onions ○ 15 ml (1 tbsp) olive oil ○ 1 clove garlic ○ Salt and freshly ground black pepper ○ 1 kg (2 lb 4 oz) tomatoes ○ 175g (6 oz) cooked red lentils ○ 175g (6 oz) cooked yellow lentils ○ 175g (6 oz) cooked peas ○ 175g (6 oz) cooked chick-peas ○ 30 ml (2 tbsp) alfalfa shoots ○ 60 ml (4 tbsp) grated Amul Pizza Cheese 	
Method	<ol style="list-style-type: none"> 1. Dissolve the yeast in 60ml (4 tbsp) lukewarm water, then add to the flour in a bowl with 200 ml (7 fl oz) lukewarm water and the refined cooking oil. Knead to a smooth, workable dough and set aside. 2. Peel and chop the onions and cook them in the olive oil in a pan until softened. Peel and crush the garlic and knead into the dough with the onion mixture. Add salt and pepper to taste, form into a ball, cover and set aside in a warm place for about 30 minutes, until risen and doubled in size. Roll out the dough to form 4 pizza bases, about 25 cm (10 in) in diameter. Place on 2 greased baking sheets. Slice the tomatoes and arrange over the pizza bases. Season with salt and pepper to taste. 3. Spread the mixed pulses over the pizza bases and leave in a warm place to rise for a further 15 minutes. Bake in a preheated oven at 200 C/400 F/ Gas Mark 6 for 20-25 minutes, until cooked and lightly browned. 4. Mix the alfalfa shoots with the Amul Pizza Cheese and sprinkle over the cooked pizzas just before serving. Serve immediately. 5. Serve with a mixed pepper and onion salad. 	
Yield	4 – 8 Servings	






Farmhouse pizza

Recipe Name	Farmhouse pizza	
Ingredients	<ul style="list-style-type: none"> ○ 1 pizza base (6" size) ○ 4 tbsp pizza sauce ○ 1 1/2 cup Amul Pizza Cheese ○ 1 tbsp butter ○ 1 small size capsicum (finely chopped) ○ 1/2 cup mushrooms (roasted in butter till light brown) ○ 1/2 cup pineapple (drained if canned) ○ 1/2 cup corn kernels/baby corn (drained if canned) ○ Ground pepper, salt - according to taste 	
Method	<ol style="list-style-type: none"> 1. Spread Pizza sauce evenly over lightly greased pizza base. Sprinkle finely chopped green capsicum over the sauce and arrange mushrooms on .Spread pineapple pieces and corn kernels over mushrooms. Scatter cheese evenly over pizza and sprinkle with herbs. 2. Grease the oven tray lightly with oil and gently transfer the pizza base with pings on the tray. Bake at 250 degrees centigrade for 5 min or until the cheese melts. 3. Remove from oven and serve hot. 	
Categories	Vegetarian	
Yield	1 Serving	






Amul Cheese Quick pizza

Recipe Name	Amul Cheese Quick pizza	 NON-VEG
Ingredients	<ul style="list-style-type: none"> ○ 4 buns or rolls - sliced into halves ○ 2 onions - sliced ○ 1 clove garlic - chopped ○ 8 button mushrooms - sliced ○ 4 tbsp tomato sauce ○ 1 cup Amul Pizza Cheese - grated ○ 1 cup chicken - boiled & shredded ○ 1/2 cup oil ○ 1 tsp salt ○ 1 tsp pepper powder ○ 1 extra onion - sliced into thin rounds ○ 2 tomatoes - sliced ○ 2 tbsp mint leaves - chopped 	
Method	<ol style="list-style-type: none"> 1. Brush the surface of buns with a little oil. Heat oil, fry onion, garlic, mushroom & chicken for 4-5 min. Add salt and pepper and remove from fire. Keep aside. Mix cheese and tomato sauce. Place pizza bread on a baking tray. Spread chicken mixture evenly on of each slice and cover with cheese mixture. 2. Garnish with sliced tomatoes, onion rings and chopped mint leaves. Bake in a moderate oven (180 degree C) till cheese mixture sets. 3. Serve hot. 	
Categories	Non Vegetarian	
Yield	1 Serving	





Deep Pan Chicago Style Pizza


Recipe Name	Deep Pan Chicago Style Pizza	 NON-VEG
Ingredients	<ul style="list-style-type: none"> ○ 1 cup Warm water (110-115 deg) ○ 1 pk Active dry yeast ○ 3 1/2 cups Flour ○ 1/2 cup Coarse ground cornmeal ○ 1 tsp Salt ○ 1/4 cup Oil 	
Filling	<ul style="list-style-type: none"> ○ 1 lb Amul Pizza Cheese, sliced ○ 1 lb Sausage, removed from the casing and crumbled ○ 28 oz Can whole tomatoes, drained and coarsely crushed ○ 2 Garlic cloves, minced ○ 3 ts Dried oregano -or- 5 fresh basil leaves, shredded ○ 4 tb Freshly grated Amul Processed Cheese 	
Method	<ol style="list-style-type: none"> 1. Crust: Pour the warm water into a large mixing bowl and dissolve the yeast with a fork. Add 1 cup of flour, all of the cornmeal, salt, and vegetable oil. Mix well with a spoon. Continue stirring in the rest of the flour 1/2 cup at a time, until the dough comes away from the sides of the bowl. Flour your hands and the work surface and knead the ball of dough until it is no longer sticky. 2. Let the dough rise in an oiled bowl, sealed with plastic wrap, for 45 to 60 minutes in a warm place, until it is doubled in bulk. Punch it down and knead it briefly. Press it into an oiled 15-inch deep dish pizza pan, until it comes 2 inches up the sides and is even on the bottom of the pan. Let the dough rise 15-20 minutes before filling. 3. Preheat the oven to 500 degrees. 4. While the dough is rising, prepare the filling. Cook the crumbled sausage until it is no longer pink, drain it of its excess fat. Drain and chop the tomatoes. When the dough has finished its second rising, lay the cheese over the dough shell. Then distribute the sausage and garlic over the cheese. 5. with the tomatoes. Sprinkle on the seasonings and the grated Amul Processed Cheese. 6. Bake for 15 minutes at 500 degrees. Then lower the temperature to 400 degrees and bake for 25 to 35 minutes longer. Lift up a section of the crust from time to time with a spatula to check on its color. The crust will be golden brown when done. 	





Categories	Italian, Pork/ham, Pizza
Yield	6 Servings


Shrimp and Scallop Pizza

Recipe Name	Shrimp and Scallop Pizza	
Ingredients	<ul style="list-style-type: none"> ○ 4 lg Shrimp ○ 4 Sea scallops or 12 to 14 bay scallops ○ 2 Cloves garlic, finely minced ○ 2 tbsp Garlic olive oil, more as needed ○ 1 Scallion, sliced Pizza dough with thyme Oil and cornmeal for pan ○ 3/4 cup Pizza sauce with thyme ○ 3 oz (1 cup) grated Amul Pizza Cheese ○ 3 oz (3/4 cup) Amul Processed Cheese 	
Method	<ol style="list-style-type: none"> 1. Wash, peel, devein shrimp and cut into half lengthwise. Wash scallops and slice, if using large variety. Pat seafood dry on paper towels. 2. Saute garlic in oil over medium low heat until soft. Do not allow to brown. Lower the heat and 3. Add shrimp and scallops. Cook for 1 to 2 minutes. Remove to a plate to cool. 4. Add the sliced scallion to the pan and cook over medium heat for 3 minutes. Remove and reserve the oil. 5. Preheat oven to 425 degrees. 6. Roll out dough on floured surface. Brush pan with a little oil and sprinkle with cornmeal. 7. Place the dough on the pan and trim the edges. 8. Bake for 10 minutes. 9. Remove from oven and lightly brush the crust with a little oil. Spread with half mozzarella cheese and half the pizza sauce. Now add the grated Amul Processed Cheese, shrimp and scallops and spoon on the rest of the pizza sauce. with remaining mozzarella. 10. Bake on the bottom rack of oven for 15 to 20 minutes. 	
Categories	Seafood, Pizza, Ethnic, Main dish	





Ham, Pepper and Mushroom Pizza

Recipe Name	Ham, Pepper and Mushroom Pizza	 NON-VEG
Ingredients	<p>For the dough</p> <ul style="list-style-type: none"> ○ 500 g (1 lb 2 oz) strong plain white flour ○ 40 g (1 1/2 oz) fresh yeast ○ 50g (1 3/4 oz) butter ○ 1.25 ml (1/4 tsp) salt ○ 1 egg <p>For the ping</p> <ul style="list-style-type: none"> ○ 2 onions ○ 15 ml (1 tbsp.) olive oil ○ 2 x 400g (14-oz) cans chopped tomatoes ○ 1 red pepper ○ 1 green pepper ○ 200 g (7 oz) mushrooms ○ 85 g (3 oz) lean cooked ham ○ Salt and freshly ground black pepper ○ Chopped fresh marjoram or oregano, to taste ○ Chopped fresh basil, to taste 	
Method	<ol style="list-style-type: none"> 200 g (7 oz) mature Cheddar cheese, grated For the dough, place the flour in a mixing bowl and make a well in the centre. Add the yeast and mix with the flour. Pour 125 ml (4 fl oz) lukewarm water into the well, mix well, then cover and set aside for 20 minutes. Mix in the butter, salt and egg using a dough hook on a mixer or your hands and knead the dough until it has a smooth consistency. Place in a warm place and set aside until risen and doubled in size. Knead the dough again, then set aside. For the ping, peel the onions and thinly slice. Heat the oil in a pan, add the onion and cook until softened. Add the tomatoes; cover the pan and leave to simmer for 15-20 minutes, stirring occasionally. Cut the peppers in half and remove and discard the stems, seeds and cores, then thinly slice. Clean the mushrooms and cut into thin slices. Add the peppers and mushrooms to the tomatoes and cook for a further 5 minutes, stirring once or twice. Slice the ham into thin strips and add to the tomatoes. Add salt and pepper, oregano and basil to taste. 	




	<ol style="list-style-type: none">3. Divide the dough into 20 equal pieces, roll out each piece as thinly as possible and place on a greased baking sheet. Cover each mini pizza with the tomato ping and sprinkle with grated cheese.4. Bake in a preheated oven at 300 C/400 F/Gas Mark 6 for about 25 minutes, until risen and golden brown.5. Serve hot. Serving suggestion, Serve with baked potatoes and a chopped mixed garden salad.
Categories	Mini pizzas
Yield	20 Servings






Bacon and Tomato Pizza

Recipe Name	Bacon and Tomato Pizza	
Ingredients	<ul style="list-style-type: none"> ○ 750 g (1 lb to 10 oz) potatoes ○ 150 g (5 1/2 oz) streaky bacon ○ 500 g (1 lb 2 oz) tomatoes ○ 1.25 ml (1/4 tsp) dried oregano ○ 15 ml (1 tbsp) finely chopped fresh parsley ○ Garlic salt ○ Freshly ground black pepper ○ 250g (9 oz) Emmenthal cheese, sliced ○ Fresh herb springs, to garnish 	
Method	<ol style="list-style-type: none"> 1. Peel and wash the potatoes and cut into thin, round slices. Dry on absorbent kitchen paper and set aside. Dice the bacon and fry in a pan under sealed all over. 2. Add the slices of potato once the bacon has released its fat and cook for about 5 minutes, stirring occasionally. 3. Slice the tomatoes, then mix with the potatoes and arrange evenly on a greased baking sheet. Sprinkle with oregano, parsley, garlic salt and black pepper to taste. Lay slices of cheese evenly on of the mixture. 4. Bake in a preheated oven at 200 degree C/400 degree F/Gas Mark 6 for 25 minutes. Serve immediately, garnished with fresh herb springs. 5. Serving suggestion, serve with thick slices of fresh crusty French bread. 	
Categories	Pizza	
Yield	4 Servings	






Pizza alla Siciliana

Recipe Name	Pizza alla Siciliana	
Ingredients	<ul style="list-style-type: none"> ○ 3/4 lb Pizza Dough ○ Semolina or cornmeal for dusting ○ 1 tbsp Olive oil, preferably extra virgin ○ 1/2 cup Tomato Sauce ○ 6 Black olives, pitted & sliced ○ 6 Green olives, pitted & sliced ○ 3 Anchovy fillets, rinsed, patted dry & chopped ○ 1 tbsp Drained capers ○ 1 tbsp Freshly grated Amul Pizza Cheese 	
Method	<ol style="list-style-type: none"> 1. Place a pizza stone, baking tiles or an inverted baking sheet on the lowest rack of a cold oven; preheat for 30 minutes to 500 F or the highest setting. 2. Place dough on a lightly floured surface and pat into a disk. Use a rolling pin or your hands to roll or stretch the dough into a circle that is 1/4 inch thick and 10 to 12 inches in diameter. Transfer to a semolina or cornmeal dusted pizza pan or inverted baking sheet. 3. Brush the dough with a little of the olive oil. Spread tomato sauce over the dough to within 1/2 inch of the edge. Distribute olives, anchovies and capers over the sauce. Sprinkle with Amul Pizza Cheese. Drizzle with the remaining olive oil. 4. Carefully slide the pizza onto the heated pizza stone and bake for 6 to 8 minutes or until the bottom is crisp and browned and is bubbling. 	
Categories	Main dish, Pizzas	
Yield	1 Pizza	






Pizza Snack

Recipe Name	Pizza Snack	
Ingredients	<ul style="list-style-type: none"> ○ 3 cups Whole wheat flour ○ 1 tbsp Sugar ○ 1 1/2 tsp Salt ○ 1 tsp Oregano leaves ○ 1 tsp Dry yeast ○ 1 cup warm water (1200-1300F) ○ 2 tbsp Margarine, softened Cornmeal ○ 1 cup Pizza sauce ○ 1 cup Shredded Amul Pizza Cheese 	
Method	<ol style="list-style-type: none"> 1. In large bowl, mix 1 cup flour, sugar, salt, oregano and yeast. Add warm water and margarine to dry ingredients; beat 2 minutes at medium speed of mixer. Add 3/4 cup flour; beat at high speed 2 minutes. Stir in enough remaining flour to make stiff dough. Knead 8 to 10 minutes. 2. Set in greased bowl; turn to grease . Cover; let rise until doubled, about 1 hour. Punch dough down. Divide into 8 equal pieces; shape into balls. Cover; let rest 10 minutes. 3. Roll and stretch each ball to a 5-inch circle. Place on greased baking sheets sprinkled with cornmeal. Shape edges of each circle into a standing rim of dough. Cover; let rise until doubled, about 1 hour. 4. Bake at 375 degree F for 8 to 10 minutes. Spread each round with 2 tablespoons pizza sauce, sprinkle with cheese and your favorite ping. Bake about 10 minutes more. 	
Categories	Appetizers, Snacks	
Yield	8 servings	





Mushroom-filled Rolls

Recipe Name	Mushroom-filled Rolls	
Ingredients	<p>For the dough</p> <ul style="list-style-type: none"> ○ 400 g (14 oz) strong plain wholemeal flour ○ 1 sachet dried yeast ○ 5 ml (1 tsp) sea salt ○ 2 eggs ○ 55 g (2 oz) soft butter ○ 150 g (5 1/2 oz) lukewarm yogurt <p>For the filling</p> <ul style="list-style-type: none"> ○ 1 bunch of spring onions ○ 500 g (1 lb 2 oz) mushrooms ○ 25 g (1 oz) butter ○ sea salt and freshly ground black pepper ○ 15 ml (1 tbsp) chopped fresh mixed herbs ○ 100 g (3 1/2 oz) Mozzarella, mature Gouda or Cheddar cheese ○ 50-55 g (1 3/4-2 oz) butter, melted 	
Method	<ol style="list-style-type: none"> 1. For the dough, mix the flour with the yeast in a bowl, then add the salt, eggs, soft butter and yogurt and mix well to form a dough. Knead for about 5 minutes until smooth. Cover and set aside in a warm place until risen and doubled in size. 2. Meanwhile, for the filling, cut the spring onions in 4 lengthways, then thinly slice. Thinly slice the mushrooms. Melt the butter in a pan and cook the spring onions until softened. 3. Add the mushrooms and cook for about 5 minutes. Season to taste with salt and pepper. Cook, uncovered, until all the liquid has evaporated, stirring occasionally. Remove the pan from the heat and set aside to cool, then mix in the mixed herbs. Adjust the seasoning as required. 4. Cut the cheese into 12 slices. Knead the dough again on a lightly floured work surface and divide into 12 portions. Roll out each portion of dough into a round and place 15 ml (1 tbsp) mushroom filling on each portion. with a slice of cheese. Press the dough around the filling to enclose the filling completely, pressing the edges to seal. Brush about 2/3 of the melted butter over a rectangular baking sheet and 	






	<p>place the rolls on the tray. Brush the rolls with the remaining butter, cover and set aside in a warm place until risen and doubled in size.</p> <p>5. Bake in a preheated oven at 200 C/400 F/Gas Mark 6 for about 30 minutes. Serve warm or cold.</p>
Categories	Snacks
Yield	12 Servings




Chilled Salad Soup With Cheese

Recipe Name	Chilled Salad Soup With Cheese	
Ingredients	<ul style="list-style-type: none"> ○ 750 gm ripe tomatoes - blanced, skinned and chopped ○ 4 large 2 cm thick slices stale bread - crusts removed and crumbled ○ 2 large cloves garlic - crushed ○ 2 tbsp red vinegar ○ 3-4 tbsp salad oil ○ 1 small tin tomato juice ○ 1 large onion - grated ○ 1 small cucumber - grated ○ 2 tbsp mayonnaise ○ 1 1/2 tsp salt ○ 1/2 tsp pepper powder ○ 2 cups iced water ○ 100 gm Amul Cheese - grated 	
Garnish	<ul style="list-style-type: none"> ○ 1 small cucumber - peeled and cubed ○ 2 small onions - cut into thin rounds ○ 2 eggs - hard boiled shelled and sliced ○ 1 cup croutons ○ 100 gm Amul Cheese grated 	
Method	<ol style="list-style-type: none"> 1. Take a large bowl and put the crushed garlic in it. Stir in the vinegar and salad oil. Add the chopped tomato juice and mix thoroughly. Stir in the grated cucumber, onion and breadcrumbs. Add the mayonnaise and season with salt and pepper. Put the mixture into a liquidiser or rub it through a fine sieve. The soup should be perfectly smooth. Dilute with iced water till it is the consistency of thin cream. Stir in the grated cheese gently and chill in refrigerator. Serve the garnishes in separate bowls along with chilled soup. Float a few ice cubes on the soup if desired. 	
Yield	6 Servings	






Tomato Soup

Recipe Name	Tomato Soup	
Ingredients	<ul style="list-style-type: none"> ○ 1/2 kg ripe tomatoes - quartered ○ 6 cups water ○ 1 tsp salt ○ 1 tbsp sugar ○ 1 sprig mint ○ 1 tsp Amul Butter ○ 1 tsp pepper powder ○ 1/2 cup cream ○ 6 tbsp Amul Cheese Powder ○ 2 slices bread - cut 1 1/2 cm squares ○ Oil for frying 	
Method	<ol style="list-style-type: none"> 1. Place tomatoes in a heavy pan. Add water and bring to the boil. Add salt, mint and continue boiling for 10 minutes. When cool, blend the tomatoes in a mixer. Sieve to separate seeds and skin. If mixer is not available use a soup strainer for 2 minutes. Serve hot, each serving with 1 tbsp cream, 1 tbsp Amul Cheese powder and a few crunchy croutons. 	
Croutons	<ol style="list-style-type: none"> 2. Heat oil in deep pan till smoking. Fry the pieces of bread till golden brown. Drain on paper. 	
Yield	6 Servings	





Chicken Balls in Cheese Soup

Recipe Name	Chicken Balls in Cheese Soup	 NON-VEG
Ingredients	<p>For Chicken Balls</p> <ul style="list-style-type: none"> ○ 1 breast of chicken - minced ○ 2 tsp. soya sauce ○ 1/2 tsp. China salt (Ajinomoto) ○ 1/2 tsp. white pepper powder ○ 1/2 tsp. salt ○ 2 cups chicken stock <p>For Soup</p> <ul style="list-style-type: none"> ○ 4 cups chicken stock ○ 4 beans ○ 1 carrot (cut into long, thin strips) ○ 2 leaves, cabbage (cut into long, thin strips) ○ 2 spring onions (cut into long, thin strips) ○ 8 mushrooms - boiled and sliced ○ 1/2 tsp. China salt ○ 1/2 tsp. white pepper powder ○ 1 tsp. salt ○ Whites of 2 eggs ○ 100 gm. Amul Cheese – grated ○ 	
Method	<p>For Chicken Balls</p> <ol style="list-style-type: none"> 1. Mix minced chicken with all the above ingredients except stock and shape into walnut sized balls. Bring stock to boil and drop balls into it. Continue boiling for 10 minutes. Remove balls and keep aside. Save any leftover stock for soup. <p>For Soup</p> <ol style="list-style-type: none"> 2. Boil stock, put vegetables and chicken balls, salt, pepper and China salt. Bring to boil and remove from fire. Vegetables should be half cooked and crunchy. Mix egg whites with 2 tbsp of water and mix into hot soup. Serve immediately sprinkled with Amul Cheese. 	






Yield	6 Servings
Chicken Stock Ingredients	<ul style="list-style-type: none"> ○ 1 small chicken (about 700-800 gm.) ○ 1 large onion - skinned and quartered ○ 1 large carrot - peeled and cut in 3 cm. pieces ○ 2 sticks celery - chopped ○ 1 bouquet garni (20 pepper corns, 3 cm. piece cinnamon, 8 cloves, 2 black cardamoms tied loosely in muslin cloth) ○ 2 bay leaves ○ 1/2 tsp. salt ○ 10 cups water
Method	<p>Scald the feet of the chicken in boiling water for 10 minutes. Drain and place all the ingredients in pressure cooker and cover with salted water. Bring to pressure, reduce the heat and cook for 15 minutes. Cool and lift out the chicken. Remove carcass, wings and neck and put these back into pressure cooker. Lift off the meat from the bones and add these also. Place pressure cooker back on fire and bring to pressure. Reduce heat and cook for 20 minutes. Cool and strain through muslin. Remove any fat from the surface by drawing absorbent paper over it.</p>
Yield	6 cups
<p>Note: Makes a complete meal by itself. Ideal for weight watchers and those cold winter evenings. For those with hearty appetites add one tablespoon boiled rice to each serving.</p>	






Apple Yoghourt Delight

Recipe Name	Apple Yoghourt Delight	
Ingredients	<ul style="list-style-type: none">○ 4 Sweet firm apples - peeled, cored and grated○ 2 cups fresh yoghurt - tied in muslin and hung for an hour to remove excess water○ 100 gm Amul Cheese - grated○ 1/2 tsp salt○ 2 tsp mustard○ 1 cucumber - thinly sliced○ 1 onion - thinly sliced○ 1 tomato - thinly sliced○ 1 head lettuce - leaves washed and separated	
Method	<ol style="list-style-type: none">1. Mix apples, yoghurt, cheese, salt and mustard together. Chill for an hour. On a flat serving dish arrange lettuce leaves in a circle. Place slices of onion in a circle in the centre of the leaves. Pile the apple mixture on the onions. Surround with evenly placed cucumber slices each paired with a tomato slice. Chill for another hour before serving.	
Yield	4 Serving	
<i>Note: This delicious and unusual salad goes excellently with roast meat and thinly sliced brown bread.</i>		






Amul Cheese Salad

Recipe Name	Amul Cheese Salad	
Ingredients	<ul style="list-style-type: none"> ○ 1 cup Amul Cheese - grated ○ 1/2 capsicum - seeded and minced ○ 1 small head lettuce - 1/2 of it shredded, the other kept whole with separated leaves ○ 2 tbsp French Dressing ○ 1/2 tsp salt ○ 1/2 tsp pepper powder 	
Method	<ol style="list-style-type: none"> 1. Mix together Amul Cheese, capsicum and shredded lettuce. Season with salt and pepper. Tos in French Dressing. Arrange unbroken lettuce leaves on a dish and pile Amul Cheese salad in the centre. 	
Variations	<ol style="list-style-type: none"> 2. Serve the above cheese mixture with sliced pineapple or as stuffing for halves of pears, peaches, prunes, apricots or tomatoes or to accompany any green salad. 	
Yield	2 Serving	






Amul Cheese Potato Puris

Recipe Name	Amul Cheese Potato Puris	
Ingredients	<ul style="list-style-type: none"> ○ 2 medium sized potatoes - boiled, skinned and mashed while still hot ○ 8 tbsp flour ○ 100 gm Amul Cheese - grated ○ 1/2 tsp salt ○ 2 green chillies - chopped ○ 2 tbsp green coriander - chopped ○ 1/2 tsp garam masala ○ Oil for frying 	
Method	<ol style="list-style-type: none"> 1. Mix the flour, cheese and spices. Make a stiff smooth dough kneading in the potatoes (no water should be added). Roll dough into small thin 4 cm rounds and fry in deep hot fat. Serve hot 	
Yield	10 Serving	






Amul Cheese Loaf

Recipe Name	Amul Cheese Loaf	
Ingredients	<ul style="list-style-type: none"> ○ 400 gm potatoes - boiled, skinned and cut into thick slices ○ 200 gm tomatoes - skinned and sliced ○ 1 tbsp Amul Butter or margarine ○ 2 tbsp toast crumbs ○ 2 cups cheese sauce 	
Method	<ol style="list-style-type: none"> 1. Grease loaf tin with butter or margarine. Coat with crumbs. Arrange alternate layers of sliced potatoes and tomatoes, covering each layer with thick cheese sauce. Cover tin with foil and bake for 45 minutes (180 C, Gas 4). 2. Turn out and serve with crisp salad and buttered toast. 	
Yield	4 -5 Serving	






Spiced Amul Cheese Meal

Recipe Name	Spiced Amul Cheese Meal	
Ingredients	<ul style="list-style-type: none">○ 4 small onions - skinned and halved○ 4 small potatoes - peeled○ 4 tomatoes - blanched and skinned○ 1 large capsicum - chopped○ 2 cloves○ 2 cm cinnamon○ 10 peppercorns○ 2 red chillies - stemmed○ 2-3 flakes garlic - peeled and minced○ 1 tbsp Amul Butter○ 1/2 cup curds○ 1 cup cheese sauce○ A plateful of cooked Basmati rice	
Method	1. Melt the butter, add spices, garlic, chillies, onions and potatoes. Pour curds and cook till just done. Add tomatoes and capsicum. Mix all ingredients gently together. Pour cheese sauce over vegetables and serve on a bed of rice.	
Yield	4 Serving	
Note: Chopped ham, prawns, boiled chicken, diced bacon or mushrooms may be added to the vegetables if desired.		






Amul Cheese Dosas

Recipe Name	Amul Cheese Dosas	
Ingredients	<ul style="list-style-type: none"> ○ 50 gm Amul cheese - grated ○ 2 1/2 cups rice and 1 cup urad dal (soaked for 5-6 hours and ground to a fine smooth past) ○ 1 onion - chopped ○ Small bunch fresh coriander - chopped ○ 3-4 green chillies - chopped ○ 1/2 tsp salt ○ Oil for frying ○ Add salt to rice and dal paste and leave covered for about 8 hours 	
Method	<ol style="list-style-type: none"> 1. Grease a flat tava (a hot iron cooking plate) very lightly. See that there is no excess fat or the dosa will not spread. Pour a ladleful of mixture on the tava and spread it quickly with the back of the ladle. Pour a little oil on the sides and cover for a few seconds. Uncover and add a tablespoon of grated Amul Cheese, a few bits of green chillies, onion and fresh coriander. Fold over and serve at once. 	
Yield	Make about 12 to 14	






Kofta Lajawab

Recipe Name	Kofta Lajawab	
Ingredients	<p>For Koftas</p> <ul style="list-style-type: none"> ○ 125 gm Amul Cheese - mashed ○ 50 gm cornflour ○ 1/2 tsp pepper powder ○ Oil for frying <p>For Gravy</p> <ul style="list-style-type: none"> ○ 250 gm onion - grated ○ 200 gm tomatoes - pureed ○ 3 cm piece ginger - ground ○ 1/2 tsp chilli powder ○ 1/2 tsp garam masala ○ 200 gm oil ○ 3/4 tsp salt 	
Method	<ol style="list-style-type: none"> 1. Mix mashed cheese with cornflour and pepper. 2. Knead well. 3. Form into walnut sized koftas and deep fry till light brown. 4. Drain and keep aside. 5. To make gravy, heat oil in a pan and brown onions. 6. Add ginger and fry well. 7. Add tomatoes turmeric, red chilli and garam masala and fry on low fire till oil separates. 8. Add water according to consistency of gravy required. 9. Correct seasoning. Boil for 5 minutes. 10. Add koftas and boil for a further two minutes. <p>Serve hot with parathas or tandoori rotis.</p>	
Yield	Make about 8	





Amul Cheese Mince Pancakes

Recipe Name	Amul Cheese Mince Pancakes	
Ingredients	<p>For Sauce</p> <ul style="list-style-type: none"> ○ 400 gm tomatoes - pureed ○ 1 tbsp Amul Cheese Powder ○ 1 dstsp flour ○ 1 dstsp Amul Butter <p>For Filling</p> <ul style="list-style-type: none"> ○ 300 gm minced meat ○ 2 medium onions - chopped finely ○ 100 gm tomatoes - chopped ○ 6 cloves garlic - crushed ○ 1/2 tsp garam masala ○ 1 level tsp salt ○ 2 tbsp green coriander - chopped ○ 3-4 green chillies - chopped ○ 2 tbsp oil <p>For the Pancakes</p> <ul style="list-style-type: none"> ○ 125 gm flour ○ 1 egg ○ 1 cup milk mixed with ○ 1/2 cup water ○ 1/2 tsp oil to prevent sticking ○ Pinch of salt <p>For the ping</p> <ul style="list-style-type: none"> ○ 100 gm Amul Cheese - grated ○ 1 capsicum - sliced 	
Method	<p>For Sauce</p> <p>1. Melt butter, add flour and fry for a few seconds. Remove from fire. Add cheese powder and tomato puree. Cook on a slow fire till thick and smooth.</p> <p>For Filing</p>	






	<p>2. Heat oil, add garlic and then the onions. Fry till brown, add tomatoes and cook till mixture browns further. Mix in the Mince, garam masala, chillies and coriander. Add 1/2 cup water and cook till dry.</p> <p>For Pancakes</p> <p>3. Sift flour and salt, beat in the egg. With a little milk and water mixture make a smooth, thick batter. Keep aside for a few minutes. Beat in the rest of the liquid. Pour into a jug and keep in a cool place for half an hour. Heat 1/2 teaspoon oil in a pan till smokes and covers the whole pan. Stir the batter and pour out a little at a time into greased pan. Turn the pan around so that the batter spreads all over. When set, flip pancake over and cook on the other side for a few seconds. Put a little cooked minced meat down the centre and fold the pancake over it. Repeat with the rest of the batter and meat mixture.</p> <p>4. Place pancakes in a shallow heat-proof dish, cover with the tomato and cheese sauce, sprinkle grated cheese and capsicum and bake in a moderately hot oven (190 C, Gas 5) for about 20 minutes, till the cheese browns. Serve with a cabbage and cucumber salad.</p>
Yield	Make about 16




Baked Cheese Prawns

Recipe Name	Baked Cheese Prawns	
Ingredients	<ul style="list-style-type: none"> ○ 1/4 kg fresh prawns - boiled ○ 2 medium sized potatoes - boiled, peeled and mashed ○ 50 gm Amul Cheese - grated ○ 3/4 tsp pepper powder ○ 3/4 mustard ○ 1 tbsp home made butter ○ 1 tbsp chilli sauce or tabasco sauce ○ 1 tsp soya sauce ○ 1 cup cheese sauce ○ 1/2 tsp salt ○ 	
Garnish	<ul style="list-style-type: none"> ○ 1 tomato - sliced ○ 1 onion - sliced ○ 1 small bunch green coriander – chopped 	
Method	<p>1. Mix prawns with cheese sauce. Add pepper, mustard, salt and chilli or tabasco sauce. With a light hand, mix in the mashed potatoes. Grease a baking dish with butter and pour all the mixture in it. Garnish. Bake in hot oven (200 C, Gas 6) for 5-7 minutes. Sprinkle coriander and serve hot with toasted buns.</p>	
Yield	4 Serving	






Hot 'N' Spicy Baked Pomfret

Recipe Name	Hot 'N' Spicy Baked Pomfret	 NON-VEG
Ingredients	<ul style="list-style-type: none"> ○ 2 pomfret (300 g. each approx.) 	
Grind to Paste	<ul style="list-style-type: none"> ○ 12 flakes garlic ○ 2 cm. ginger ○ 1 small onion ○ 6 green chillies (hot) ○ 2 medium sized tomatoes, chopped and fried 	
For the marinade	<ul style="list-style-type: none"> ○ 4 tbsp. vinegar ○ 2 tbsp. soya sauce ○ 1 tsp. tobasco sauce ○ 1/2 tsp. sugar ○ 1/4 tsp. ajinomoto 	
Method	<ol style="list-style-type: none"> 1. Trim fins, clean innards and make three gashes on both sides of fish (fish is baked whole). 2. Marinate fish for two hours with given marinade. 3. Heat 2 tbsp. ghee and fry ground masala for two minutes. 4. Stuff and cover fish all over with fired tomato and masala paste. 5. Grease a baking tray and place fish and its marinade. 6. Arrange vegetables and dot ghee all over fish and vegetables. 7. Bake in pre-heated oven for 20 or 25 minutes. 8. Turn once while baking. <p>Serve with steamed rice and noodles.</p>	
Yield	N/A	






Dil Pasand Arbi

Recipe Name	Dil Pasand Arbi	
Ingredients	<ul style="list-style-type: none"> ○ 500 g. Arbi; ○ 1/2 cup curd; ○ 2 onions, chopped fine; ○ 1 tbsp. gram flour; ○ 2 tsp. ginger-garlic paste; ○ 1/2 tsp. mustard seeds; ○ 1/4 tsp. turmeric powder; ○ A spring of curry leaves; ○ Chilli powder and salt to taste; ○ 2 cups water; ghee. 	
Method	<ol style="list-style-type: none"> 1. BOIL arbi in a pressure cooker for five minutes. Cool, peel and cut into pieces of desired sizes. 2. Make a smooth paste with curd and gram flour. Add two cups of water, salt, chilli powder and turmeric powder to it. 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. 4. Serve hot with chapatis or parathas. 	
Contributed By	Dr. Kailash Gupta, Secunderabad	






Badshahi Baigan

Recipe Name	Badshahi Baigan	
Ingredients	<ul style="list-style-type: none"> ○ 300 g. brinjals; ○ 1 cup curd; ○ 2 large onions, chopped; ○ 2 tomatoes, chopped; ○ 2 tsp. chilli powder; ○ 2 tsp. ginger-garlic paste; ○ 1 tsp coriander powder; ○ 1 tsp. garam masala powder; ○ 1 tsp. coriander leaves, chopped; ○ 1/4 tsp. turmeric powder; ○ 1/4 tsp. cummin powder; ○ salt to taste; ○ 1/4 cup ghee. 	
For the Garnish	<ul style="list-style-type: none"> ○ 1 onion sliced; ○ 1 tbsp. cashewnuts; ○ 1 tbsp. raisins. 	
Method	<ol style="list-style-type: none"> 1. CUT brinjals into 2.5 cm. thick slices. Smear with salt and keep aside for 10 minutes. Wash and squeeze dry. 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. 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 . 4. Serve hot with rice or parathas 	
Contributed By	Binu N.S., Ochanthuruth	






Pepper Chicken

Recipe Name	Pepper Chicken	
Ingredients	<ul style="list-style-type: none"> ○ 3 chicken breasts (250 g. each); ○ 100 g. french fries; ○ 100 ml pepper sauce; ○ 2 green chillies, minced; ○ 2 red chillies, minced; ○ 1 tomato pureed 	
Method	<ol style="list-style-type: none"> 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. 	
Contributed By	N/A	





Vegetable Biryani

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






Method	<ol style="list-style-type: none">1. Heat ghee and deep fry the onions till well browned. Remove from ghee. When cool, grind to a paste.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.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.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.
Contributed By	Anangha S. Nagvekar, Bombay






Beetroot Parathas

Recipe Name	Beetroot Parathas	
Ingredients	<ul style="list-style-type: none"> ○ 2 cups wheat flour; ○ water for kneading the dough; ○ salt to taste; ○ 2 tbsp. ghee . 	
For the Stuffing	<ul style="list-style-type: none"> ○ 2 cups beetroot, grated fine; ○ 4 medium sized onions; ○ 4 green chillies; ○ 2.5 cm. ginger; ○ 4 flakes garlic; ○ 1 tsp. garam masala powder; ○ salt to taste; ○ 3 tbsp. ghee. 	
Method	<p>To prepare the stuffing:</p> <ol style="list-style-type: none"> 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. 2. ADD two tbsp. ghee to wheat flour. Mix well, add enough water to knead to a soft dough. 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. 4. Heat tawa, add some ghee and fry the parathas till light brown. 	
Contributed By	Gowri Vaidyanath, Jamshedpur	




Mutton Methiwala

Recipe Name	Mutton Methiwala	 NON-VEG
Ingredients	<ul style="list-style-type: none"> ○ 1/2 kg. mutton chops; ○ 1 cup curd, well beaten; ○ 3/4 cup coriander leaves, chopped fine; ○ 1/2 cup methi leaves (fresh), chopped fine; ○ 2 potatoes, cubed; ○ 1 tomato, cubed; ○ 8 peppercorns; ○ 4 Kashmiri chillies; ○ 3-4 green chillies; ○ 3 cloves; ○ 2 cardamoms; ○ 2 sprigs mint leaves; ○ 2.5 cm. cinamon stick; ○ 5 tsp. coriander seeds; ○ 1 tsp. cummin seeds; ○ 1 tsp. poppy seeds; ○ 1 tsp. ginger-garlic paste; ○ 1 tsp. dried methi leaves, crushed; ○ salt to taste; ○ ghee for frying. 	
Method	<ol style="list-style-type: none"> 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. 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. 	
Contributed By	Kirti Shivkumar, Belgaum	






Quick Cheese Lemon Pie

Recipe Name	Quick Cheese Lemon Pie	
Ingredients	<ul style="list-style-type: none"> ○ 2 Cups corn flakes ○ 8 digestive or Marie biscuits ○ 2 tbsp. golden syrup ○ 40 gm. Amul Butter - melted ○ 1 tin sweetened condensed milk ○ 2 large or 3 small lemons ○ 2 heaped tbsp. Amul Cheese Powder 	
Method	<ol style="list-style-type: none"> 1. Crush corn flakes and biscuits till mixture resembles coarse breadcrumbs. Save one tbsp. for garnish. Mix in the melted butter and golden syrup. Spread evenly in greased 15 cm baking dish with 3 cm sides. Bake in hot oven (200° degree C, Gas 6) for 15 minutes till light brown. Take out from oven and press crust with the back of a spoon to fit the baking dish, Cool, set and gently remove the pie shell from the dish. 2. Mix condensed milk, rind and juice of lemons and cheese powder till smooth. Fill the pie shell with condensed milk mixture, garnish with cornflakes and biscuit mixture and serve cold but not chilled. 	
Yield	4 – 3 Serving	






Amul Cheese Orange Floats

Recipe Name	Amul Cheese Orange Floats	
Ingredients	<ul style="list-style-type: none"> ○ 2 cups milk ○ 2 eggs ○ 3 tbsp. sugar ○ 2 oranges ○ 1 cup orange juice ○ 2 tbsp. Amul Cheese Powder 	
Method	<ol style="list-style-type: none"> 1. Separate egg yolks and whites. Beat whites till stiff and standing in peaks. Boil one cup milk in flat saucepan and keep simmering on low fire. Drop 1 tbsp. egg white at a time into the simmering milk. Gently spoon a little milk on and cook the 'float' for a minute. Remove with slotted flat spoon and keep aside. Make about eight such floats. 2. In the of a double boiler put the balance cup of milk and whatever is left over from cooking floats. Add 2 tbsp. sugar and bring to boil. Remove from fire, cool slightly and add lightly beaten egg yolks. Keep over pan of hot water and beat with egg beater till thick. Pour into flat serving dish and chill. 3. Grate orange rind and keep aside. Take out 5 pods and slit each from the back to make two 'petals'. Remove pips and save for garnish. Take out the juice from the balance oranges and mix in the rind, 1 tbsp. sugar and Amul Cheese Powder. 4. Carefully pour the orange cheese mixture on of the chilled custard. Arrange the floats in a circle around the dish. Place one orange petal between each float. Keep two petals in centre. Chill well before serving. 	
Yield	8 Servings	





Cheesy Sweet Jamuns

Recipe Name	Cheesy Sweet Jamuns	
Ingredients	<ul style="list-style-type: none"> ○ 150 gm puffed rice (murmura) - washed and soaked in water for 2 hours. ○ 60 gm mawa ○ 1/4 tsp baking powder ○ Oil for frying 	
Stuffing	<ul style="list-style-type: none"> ○ 90 gm Amul Cheese-grated ○ 90 gm mawa ○ 100 gm sugar ○ 1 tbsp cashew nuts-chopped ○ 2 tsp grated coconut ○ 1 tbp raisins-chopped ○ 1tsp chironji-chopped 	
Syrup	<ul style="list-style-type: none"> ○ 200 gm sugar ○ 3 cups water ○ 1 tbsp milk ○ 1/2 tsp cardamom powder ○ 2 tsp rose essence ○ Silver foil for decoration 	
Method	<ol style="list-style-type: none"> 1. Prepare syrup by boiling together the sugar and water. And milk and remove the scum as it surfaces. Boil till 3 cups of clear syrup are obtained. Remove from fire and flavour with essence and caedamom powder. Keep aside. 2. Cook the mawa for stuffing in frying pan till it is golden brown. Add the rest of the ingredients and mix well. form into small balls and keep separately. 3. Squeeze out the water from the puffed rice and mix it with the rest of the ingredients for Jamuns except oil. Knead well and from into as many balls as the number of stuffing balls you have. Flatten out the puffed rice balls on the plam of your hand and place a mawa ball on it. Fold over adn close sides to make an oval Jamun. deep fry on low fire till dark brown. Drain well and immerse in warm syrup for an hour. Serve warm decorated with silver foil. 	






Yield	Makes about 24
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Amul Cheese Potato Tikkis

Recipe Name	Amul Cheese Potato Tikkis	
Ingredients	<ul style="list-style-type: none"> ○ 1/4 kg potatoes - boiled, peeled and mashed while hot ○ 1 tbsp groundnuts - roasted, skinned and crushed ○ 4 tbsp sago (sabu dana) - soaked in water for 1/2 hour ○ 100 gm Amul Cheese - grated ○ 1 or 2 green chillies - chopped ○ 1/2 small bunch green coriander - chopped ○ Fat for shallow frying 	
Method	<ol style="list-style-type: none"> 1. Squeeze the water out from sago. Mix all the ingredients well. Shape into thin round tikkis and shallow fry on a tawa (iron Plate) till crisp and brown. Serve at once. 	
Yield	Makes about 10	






Amul Cheese Mini Puri Sandwiches

Recipe Name	Amul Cheese Mini Puri Sandwiches	
Ingredients	<ul style="list-style-type: none"> ○ 100 gm Wheat flour ○ 1 tsp Amul butter ○ 4 tbsp thin cream or of the milk ○ 75 gm Amul Cheese - grated ○ 1 small onion - chopped ○ 2 green chillies - finely sliced 	
Method	<p>Amul Cheese Mixture</p> <ol style="list-style-type: none"> 1. Mash the cheese. Add cream and mix till a smooth paste is obtained. Add onions and green chillies. <p>Mini Puris</p> <ol style="list-style-type: none"> 2. Rub the Butter into the flour. Add a little water and make a stiff dough which can be easily rolled out. Roll out into two large rounds. With the of a squash bottle, cut out small round puris. Deep fry in hot fat. Sandwich two mini puris with Amul Cheese mixture and serve hot. 	
Yield	Makes about 20	






Golden Hearts

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



Garlic Bread

Recipe Name	Garlic Bread	
Ingredients	<ul style="list-style-type: none"> ○ 1 french loaf - slice the loaf in 2 cm slices but do not slice through. Leave a 2 cm base undisturbed. ○ 1 pod garlic - flaked, peeled and ground ○ 100 gm Amul Butter ○ 1/2 tsp salt ○ 1/2 tsp pepper powder ○ 40 cm x 30 cm cooking foil 	
Method	<ol style="list-style-type: none"> 1. Mix the butter with garlic paste, salt and pepper. Butter the half cut clices on both sides with 80 gm of the butter - garlic paste. Place the loaf on cooking foil and spread the rest of the butter on it. Close the foil to cover the loaf completely and bake in a hot over (200 C, Gas 6) for 10 minutes. Open the foil the and rebake for 5 minutes. Serve in foil. 	
Yield	1 Serve	





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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