

VEGGIE DELICACIES

SOME GLOBALLY PICKED RECIPES | Vikas Bhargava

AUTHOR OF THE VARIOUS COFFEE TABLE BOOKS





Who ever thought that being a vegetarian will guarantee only boring food will want to correct themselves again because gone are the days of predictable vegetarian menu, vegans are getting adventurous and playing up with different ingredients making up for lip smacking food items. A vegetarian diet reduces the risk for chronic degenerative diseases such as obesity, coronary artery disease, high blood pressure, diabetes and certain types of cancer including colon, breast, prostate, stomach, lung and esophageal cancer.

Love them or hate them, but you definitely cannot ignore a plateful of veggies. It's either love at first sight or, for a considerable number of people, takes a while to grow fond of the myriad flavors and textures. But once you get past the inhibitions, there's so much to discover and love.

Give your meals a healthy spin with the power of vegetables. Vegetables are packed with nutrients that ignite our metabolism, giving an edge to our weight control regime. They are the healthiest as they are loaded with essential minerals and vitamins that are necessary for your well-being. Many studies show that vegetables lower the risk of diabetes, cancer and keep you more cheerful and optimistic.

Every year, 1st October is celebrated as World Vegetarian Day. This day initiates October as the vegetarian awareness month. (Though in our community it doesn't make much of a difference as majority are vegetarians)

While scientists and chefs are experimenting with plant-based eggs and meat, vegetarianism is definitely the next big thing.

People following a vegetarian diet do not eat meat or fish but may continue to eat eggs and dairy products.

A person does not have to eat meat to get all the nutrients they need for good health. A meat-free diet can lead to better health for several reasons.

One reason is that many people who follow a vegetarian diet tend to consume a high proportion of fresh, healthful, plant-based foods, which provide antioxidants and fiber. When a person decides to follow a meat-free diet, they often become more active in making overall healthy choices.

Many studies agree that a vegetarian diet can offer a range of health benefits.

Studies show that a vegan or vegetarian diet may reduce the risk of cardiovascular disease and various types of cancer.

We cannot deny the fact that Indians love to eat variety of food and dishes. In India normally we have more than 6700 dishes across 29 states (which I'm sure cannot be true) as we know only with Aaloo we can make 50 dishes. But still we foodie love to experiment.

In our community we have some great hands who have created great culinary, through this book we have reached out to various people and their creative dishes, which consist of breakfast, anytime snacks, Vrat, main courses, sweet tooth or desserts – I'm sure each recipe can bring variety to your taste buds.

All the dishes we surely relish, but many of the community members celebrate Navaratri, Janamashtmi, Ekadashi and many other such festivals. During these days of devotion, people observe fast. From choosing the right food grains to right type of salt and spices, the food options become quite specific which we call FALHAAR. Only a few ingredients like kuttu atta, sabudana, makhana, milk, yogurt and samak are allowed. While observing fasts, you will feel a harmonious balance between body, mind and soul. Especially, during the change of season when our body becomes more vulnerable to toxins and diseases. Therefore, it is always good to detox your body with light and healthy food. In this book, we tell you what fasting foods are and how to prepare it.

Let us know which dish you like most - give us your feedback at vikas54217@yahoo.com



An Idea

The IDEA was conceptualized as I wanted to find out after the book "Shining Bhargava across the Planet" why our community is so foodie... our kitchens are more versatile than anyone else. I realized there is lot more to tell the world, we not only satisfy our taste buds but we also carry the nani- dadi's nuskhas intact within out appetite. This Edition showcase some great dishes of 10 countries to feel proud within.

Initially seemed like a daunting task, but then I want to thank all the members in this journey, who not only had given the encouragement to work on this delicacies book but constantly passing the scrumptious dishes through to make this book a memorable one as each had a great plate to share with.

Each dish has its own value of time and flavor. Rest I'm sure the details of the book will explain. I would like to thank many who supported me in this journey particularly Smt Rashmi Ji of Delhi, Smt Nidhi of Alwar.

On a personal note - I would like to cook all on my own and try all out for once also would like to meet all and have "chai pe charcha" with all

Vikas Bhargava Editor / Curator



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Anytime Gnacks

Bread Potato Rolls



Ingredients

- 2 Medium size Boiled Potatoes. Cool it after boiling Potato so it is cold.
- Bread Slice (It can be white Bread or Brown Bread)
- Tea Spoon Ginger Garlic Paste.
- Tablespoon Chopped Coriander
- Add Salt & Pepper powder to your taste
- Little White Flour
- Bread Crums.

Tel's start...

- Grate the Potatoes.
- Soak the bread slice in water and immediately take it out and squeeze the water.
- Add this to Potatoes.
- Add Ginger Garlic Paste +Salt +Pepper+ Chopped Coriander to Potatoes.
- Mix well.
- Divide the mixture in desire size.
- Make Rolls and keep it aside.
- Make a thin paste of White Flour with water.
- Dip the Rolls in White Flour Paste.
- Then Roll in Bread Crum's.
- Deep Fry these rolls till golden brown.
- Eat when hot with Tomato Ketchup or Mint Chutney.

You can make 6 to 8 Rolls out of this mixture.

Color may change due to the choice of bread.



Archana Bhargava Al Ain, UAE



Rava Fingers



Ingredients

- -Water I cup
- Oil- 1/2 tbsp
- Rava (sooji)- 1 cup
- Boiled & mashed potato- 2-3
- Salt- 2 tsp or as per taste
- Green chilli (finely chopped)- I
- Red chilli powder- 1/2 tsp Or chilli flakes
- Black pepper 1/2 tsp
- Coriander leaves- finely chopped -2- 3 tbsp
- Oil for fry

- Heat a pan and add water, oil(1/2 tbsp) and rava, mix well.
- Stir continuously, cook until it becomes dry.
- Let it cool for 2-3 minutes then add boiled and mashed potatoes.
- Add salt, green chilli, red chilli powder or chilli flakes , black pepper and coriander leaves. Mix well.
- Apply oil on palms then take a small portion and make a cylindrical shape .
- Side should be smooth
- Drop in hot oil and fry it until golden brown on medium heat.
- Serve with ketchup or chutney.



Chetna Bhargava Prayagraj, India



Tomato-Basil soup



Ingredients

300 gms Tomato Puree
300 gms Tomatoes, finely chopped
300ml Vegetable Stock
I tbsp Fresh Basil, finely chopped
2 nos. Bay Leaf
Salt, To Taste
1/4 tbsp Pepper

Tel's start...

In a deep glass bowl, combine the tomato puree and chopped tomatoes, cover and microwave for 8 minutes. Pause and stir every 4 minutes.

Mix in stock, basil bay leaf and pepper and microwave covered for another 5 minutes.

Mix in salt and leave to stand for 5 minutes before serving.

Pour into serving bowls and serve garnished with fresh cream and cheese.



Dolly Verma Bhargava New Delhi, India



Banarasi Aloochaat



Ingredients

Red tomatoes: 6 big size, finely chopped Potatoes: 3-4 medium size boiled and

mashed
Green chilies: 4-5 finely chopped

(quantity according to taste)
Ginger: I table spoon finely chopped

Coriander leaves: finely chopped Cashew nuts: 7-8 finely chopped

Cumin seeds: I tsf Ghee: 4 table spoon Turmeric powder: I/4 tsf Red chili powder: 2 tsf Coriander powder: I tsf

Roasted cumin powder: Itsf + I tsf to

garnish

Salt: I tsf / to taste

Black salt : I tsf

Tamarind water: I table spoon

Lemon juice: 1 tsf 1/2 cup water

Cumin sugar syrup: Sugar: 5 table spoon Water: half cup

Roasted cumin powder: 2 tsf

Garnish: Red chili powder, roasted cumin powder, lemon juice, coriander leaves chopped, small namak paras, ghee

6 servings

Preparation time: 20 min. Cooking time: 10 min.

- Heat 2 table spoon ghee in a pan, add cumin seeds, green chillies, ginger, poppy seeds, cashews nuts stir fry till golden on medium low flame
- Add turmeric powder, red chili powder, coriander powder, cook for few seconds and add tomatoes mix well, add salt and black salt to taste, add water cover it with a lid and cook for 5-7 minutes till soft
- In separate utensil, make jeera sugar syrup by mixing the water and sugar cook till it becomes slightly sticky add roasted cumin powder mix well remove from flame, keep aside
- Tomatoes are cooked mash them. Add potatoes, mix well. Add roasted cumin powder, garam masala 1 tsf, coriander leaves and cook for 2-3 minutes on low medium flame
- Add tamarind water and lemon juice. Mix well and switch off the burner.
- To serve take a Dona put 2-3 table spoon full of tomato mix.
- Add 1-3 ml of ghee. Sprinkle a pinch of red chili powder, cumin powder, chat masala, coriander leaves, and few drops of lemon juice, few namak paras and lastly 2-3 tea spoon full of jeera sugar syrup.
- Serve hot.



Dr. Sangeeta Bhargava New Delhi, India



Besan Ki Bharwan Tikia Ingredients



For Dough

- 4 cups of maida
- 3/4 cup oil for moyan
- Salt to taste
- Water as required to knead the dough

- For the stuffing-

- 2 cups of besan
- 3 tbsp oil
- I tsp crushed saunf or fennel seeds
- I tbsp kasoori methi
- I tsp red chili powder
- I tsp dhania powder
- I/2 tsp amchur powder
- Pinch of garam masala
- Pinch of heeng
- Salt to taste
- Take oil for deep frying

Tel's start...

FOR MAKING THE DOUGH-

- -Take a large mixing bowl. Add Maida, sooji, salt and oil. Rub with your fingers. Make sure that oil mixes well with maida.
- -Now add water little at a time. And knead a medium tight dough. Keep the dough for half an hour then leave to rest.

FOR THE STUFFING-

- -Heat oil in a pan and add saunf. Next add Kasoori methi and heeng. Sauté for a few seconds. Then add besan. Roast the besan on low heat. Until changes colour. An aroma should come out of it.
- When done, switch off the gas. When it cools down completely, then add red chili powder, add Dhania powder and amchur powder. Then add Garam masala and salt. Mix them very nicely. The stuffing is ready.

- FOR MAKING THE TIKIAS

Make small sized balls from the dough. Now slightly roll out the balls. Now take each rolled out ball. Place the stuffing in the center. Seal it properly, by folding. Check from all the sides, So that the stuffing doesn't come out. It should be medium thick.

Fry all the tikias. In this way make all the balls. In the meantime heat oil for deep frying. First on high, then make it Medium. Now slightly roll the stuffed balls and deep fry.

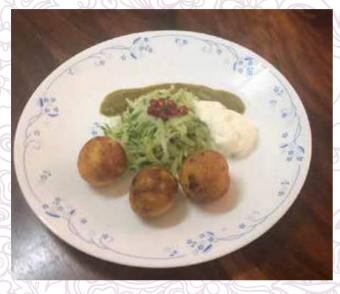


Ira Bhargava Umm Al Quwain, UAE





Corn Kachori



Ingredients

- 3 cups all-purpose flour
- 2 tbsp semolina
- Salt to taste
- Hot water
- Oil for deep frying
- 500 gm Corn
- I tbsp Ginger chili paste
- I tsp cumin seeds
- Salt to taste
- I tsp garam masala
- 1/2 tbsp coriander leaves
- 1/2 tsp turmeric powder
- I tbsp oil
- I tsp Lemon juice

Tel's start...

Make the dough first, mix the salt, semolina and flour together and add oil in it and then mix it well with your hands and then knead the dough with warm water. Dough should be not more soft and hard. Keep a side.

Crush corn in a chili cutter. Heat oil in a pan at slow flame. Add cumin seeds in it. When it is spluttering, add asafetida and turmeric powder. Also mix corn, ginger chili paste and salt. Cover lid and cook till it becomes soft. Remove lid and mix garam masala and lemon juice.

Cook for 2-3 minutes and add coriander leaves in it. Make Small balls from dough and roll out like small puri. Feel stuffing in puri. Cover it like potli or round shape.

- Heat oil in a pan at medium flame. Deep fry kachori till golden brown. Once done, switch off the stove and take them out of the Oil.
- Serve with Green Chutney



Ira Bhargava Umm Al Quwain, UAE



PUVAN Poli (Maharashtrian Favorite)



Ingredients

For the Poli (Outer Covering): -

- I- Cup All-pupose flour (some additional flour required for dusting and rolling)
- I Cup Wheat flour
- I tbsp Salt

For the Puran (Stuffing): -

- I cup Chana dal
- 2/3 cup Sugarcane jaggery (the yellow jaggery)
- I tbsp cardamom powder
- Ghee (clarified butter, as required and additional ghee required while frying the puran poli)tsp

Tel's start...

For the Poli:-

- Mix all ingredients under 'poli'. Add I cup water and start kneading the mixture. Slowly add more water little by little till a soft chapati like soft dough has been formed. Cover and leave the dough aside for at least 15 minutes.
- Soak Chana dal for at least 4 hours or overnight. Cook Chana dal in a vessel with water till dal is cooked OR Pressure cook Dal with ½ cup water on HIGH flame for ONE whistle. Allow the pressure of cooker to be released naturally. Drain and Cool the dal and grind it in mixer grinder (without using water) to form a fine and thick paste. In a small pan, add 4 tbsp ghee and the jaggery. Allow the jaggery to melt. Add the chana dal paste and mix well with the jaggery. Once dal is well mixed with jaggery, add the cardamom powder. Keep stirring the mixture, till a ball is formed. This is the Puran. Keep aside to cool for some time and then divide the puran mixture into 15 portions (form balls)
- Divide the Poli dough into 15 portions(form balls). Take a poli ball, dust it with some all-purpose flour and roll out into a 3-4 inch chapatti. Place a Puran ball at center. Gather the sides of the chapatti and form pleats and cover the puran. Dust in flour. Press the stuffed chapatti slightly, using your hands so that the mixture inside is evenly distributed. Lightly roll it out. Don't apply pressure while rolling.
- Heat a tava. Place the puran poli and check to see the bubbles appearing. Flip on other side and see bubbles appearing. Flip again and apply ghee all over the poli(about ¼ tsp). Flip other side and apply ghee all over it(about ¼ tsp). Fry till done. Repeat for all puran polis.
- Serve with additional ghee or milk.
 Puran Poli stay fresh for upto 3 days in a zip lock bag.



Krati Bhargava USA





Bread Idly



Ingredients

- -White Bread slices-5pcs
- -Boiled potatoes-5 or 6 (medium size)
- -Beaten Curd-1/2 cup-Mustard seeds (sarso)-1 tablespoon
- -Curry leaves (khadhi pattah)-around 10-12 leaves
- -Coriander finely chopped
- Oil- 2-3tbspoons
- -Salt to taste

Tel's start...

PREPARATION:

- For making POTATO BATTER-Grate the potatoes with a grater, add salt and chopped coriander leaves. Make sure the potatoes are nicely mashed.
- For making TADHKA Take one small fry pan, add Itbspoon oil in it and put it on medium flame.
- -When the oil is warm add mustard seeds & Directory leaves. When the mustard seeds start to crackle put the flame off
- -Take the beaten curd in a bowl &; pour the prepared mixture into it. Mix well and put it.

METHOD

- -Take one round cut slice and spread the potato batter evenly on one side of the slice. Prepare all The slices in the similar manner & the similar manner & the side.
- -Take one Non-stick fry pan with lid and put it on medium flame. After it is hot enough reduce the flame to low. Put one teaspoon oil on each potato bread slice &; place it on the pan in such a way That the plain side of the bread is facing you.
- -Take the tadka and with a spoon spread it evenly on the plain side of the bread. Close the pan With the lid and let it cook on low flame for 3-4mins.
- Open the lid and with the help of the spatula check if the potato side of the bread has turned Golden brown. If the potatoes have turned golden brown remove the cooked bread idly from the Pan &; put it on a plate.



Meera Bhargava New Delhi, India



Veggie Pan Cakes



Ingredients

- -Sooji- I cup
- -Curd-1/2 cup
- -Water-3/4 cup
- -Capsicum- 1/4 cup finely chopped
- -Carrot- 1/2 cup finely grated
- -French beans- 1/4 cup finely chopped
- Onion- 1/4 cup finely chopped (optional)
- -Tomato- 1/4 cup finely chopped (take only the hard part)
- -Coriander- 1/4 cup finely chopped
- -Baking soda-1/2 teaspoon
- -Oil/ghee- 100ml
- -Salt to taste
- -Black pepper/ Red chilly powder- As per taste

Tel's start...

PREPARATION:

- -Take Sooji in a bowl. Add curd and $\frac{1}{2}$ cup water to it and mix well. Put it aside for 10-15mins. After 15mins add $\frac{1}{4}$ cup water and mix well.
- Add all chopped vegetables, salt, pepper/chilly & baking soda.

METHOD

- -Take a Non-Stick pan & put it on medium flame. Once the pan is hot reduce the flame & pour one tablespoon of the batter on it.
- Spread the batter in round shape.
- -Put I teaspoon oil/ghee on it and let it cook for I-2mins
- -Turn the pan cake once it is golden brown & cook for another I min on medium flame.
- Remove the cooked Pan cake on a plate.
- -Make all the pan cakes in the similar manner using the prepared batter.
- Serve Healthy Veggie Pan Cakes with coconut/coriander chutney or sauce.



Meera Bhargava New Delhi, India





Moong Dats Tikki



Ingredients

- Moong Sprouts 100 gms
- Carrot 30 gms
- Peas 30 gms
- Cumin Seeds 1/4 tsp
- Black Pepper 5-7
- Turmeric Powder 1/4 tsp
- Green Chilli I-2 (according to taste)
- Ginger 1/2 inch
- Garlic 4-5 Cloves (optional)
- Spinach (chopped) 100 gm
- Onion (finely chopped) I small
- Besan / Gram Flour 2-3 tbsp
- Oats 3-4 tbsp
- Salt to taste
- Red Chilli Powder to taste
- Chat Masala 1/2 tsp (optional)
- Sesame Seed little

- In a mixer jar add moong sprouts, carrot, peas, cumin seeds, black pepper, turmeric powder, green chilli, ginger, garlic, oats. Churn and make paste. (Add a little water, if needed)
- -Take out the paste in a bowl and to it add chopped spinach, chopped onion, gram flour (instead you can add only oats, but just increase the quantity), salt, red chilli powder, chat masala.
- Heat a non- stick tava, brush little oil and sprinkle some sesame seed. Now put the batter with spoon. Cook from both sides.
- Serve hot healthy Tikki with green chutney.



Meghna Bhargava Gurugram, India



Yam (Zimmikand) Kabab



Ingredients

I cup boiled yam 1/4 cup Chana daal (soaked & grinded) I tbsp. gram flour 10-12 strands of Kesar soaked in 2 tsp

Itsp ginger paste Itsp green chili paste 1/2 tsp garlic paste (optional) Itbsp onion paste (optional)

Preparation time: 30 minutes Serves 4

Masala

4-5 cloves

3-4 cardamom

8-10 whole black pepper

I inch cinnamon

I pc Mace (javitri)

Itsp Shahi jeera

I Bay leaf (tej patta)

1/4 cup dried rose petals

I small paan ki jad (if available)

1/4 tsp Sandalwood (Chandan) powder

I tsp Coriander powder

Tel's start...

- Dry roast all the ingredients of masala (except the Sandalwood and Coriander powder) in a pan on a very low flame adding the rose petals when other ingredients have been half roasted. Keep it aside till it comes to normal temperature. Grind it in a mixer. Then add coriander powder and sandalwood powder and keep it aside

- In a large bowl add the boiled Yam (only 2 whistle in the pressure cooker) and mash it with the help of a fork/spoon. Add one teaspoon of the Masala prepared and the gradually add rest of the ingredients. Mix extremely well. There shouldn't be any kind of lump. Add salt (little than usual and). As the mixture is already very soft salt should only be added when you are ready to shallow fry them.

- In the middle of the mixture place a small bowl with one burning charcoal and cover it with a foil (leave a small opening)for twenty minutes
- Make small bite size flat tikki and shallow fry them with the help of ghee on a very low flame. It is not easy and not necessary to make completely round shape.
- Serve hot with Mint chutney



Namamee Bhargava Ghaziabad - India



PS.. to add a little more crunch you can even serve it with puff biscuits as shown in the picture

Desi Maxican Tacos



Ingredients

- I 1/2 cup all Purpose flour
- 1/2 cup Suji
- I tsp Salt
- I pinch Baking Soda
- I/2 cup Oil

For Stuffing

- I cup Boiled Rajma
- I Capsicum finely chopped
- 1/4 cup grated cheese
- I Tomato finely chopped
- 1/2 tsp salt
- 2 Oregano
- 2 tsp chilli flakes
- I tsp cumin powder
- I tablespoon tomato sauce
- I table spoon oil

- Take Suji, all purpose flour, baking soda and salt mix oil thoroughly
- Knead tight dough by adding little water and cover for 30 minutes. Now we'll prepare stuffing, heat oil n cook capsicum.
- Now cook chopped tomatoes add tomato sauce and again cook for I minute add Rajma and all spices and cook.
- Mess rajma with messer lastly add cheese to stuffing and cool it.
- Take one ball from kneaded flour and roll it. fit rolled one in desired shape mould add one tsp stuffing (normally our houses we have gujia) apply water at edges, close mould and remove extra flour.
- Similarly prepare all Tacos, preheat oven at 180 and bake Tacos for 18 minutes.
- Serve hot with sauce.



Nidhi Bhargava Alwar, India



Moong chat in barley tart



Ingredients

For Tart
I cup barley flour
I/2 teaspoon salt
I beet root grated
I/4 cup ghee

For Chaat

I cup saboot moong
I/2 teaspoon salt
I/4 teaspoon turmeric powder
2 teaspoon chana masala
I teaspoon chaat masala
2 teaspoon lemon juice
I tomato finely chopped
I boiled potato chopped
As needed pomegranate seeds
As needed namkeen

- For tart:- Take barley flour. Add salt and ghee. Rub ghee well in flour.
- Now make beetroot water by adding grated beetroot to 1/2 cup of water followed by boiling, cooling and straining.
- Knead dough using beetroot water. Dough should not be too tight. Now keep aside this dough for 30 minutes.
- Now take ball from it. Roll and paste inside the tart mould. Bake in preheated microwave for 20 minutes at 180 degree. Cool and demould. Tart is ready.
- Wash and soak moong for 6 hours.
- Boil with salt and turmeric powder and 1/2 cup water for 10 minutes. Strain extra water.
- Add all spices, tomato, potato. Fill this chat in tart.
- Ready to serve with some dressings/



Nidhi Bhargava Alwar, India



Baked have bhare Lebab CMPS



Ingredients

Half cup blanched spinach Half cup chopped capsicum Half cup chopped beans Salt to taste

Tel's start...

Squeeze the excess water from spinach. Grind all the above to a fine paste. Do not add water. Take it out in a bowl. Add I and half cup of boiled and mashed potatoes. Put I t sp coriander powder, half t sp haldi, half t sp red chili powder, I t sp amchur, I tb sp chopped dhaniya, half cup grated paneer, 3-4 tb sp bread crumbs, 2 tb sp cornflour, 2 t sp oil. Mix nicely. Make small balls. Place them in muffin tray and spread like cups. Bake at 175° for 10 to 15 minutes.

Take 2 cups cheese in a bowl. Add 2 tb sp boiled corn, 2 tb sp fine chopped capsicum, 1-2 fine chopped green chillies, half t sp oregano, half t sp chilli flakes, 2 tb sp chopped dhaniya. Mix nicely and fill in the baked cups. Bake at 180° for 5 to 6 minutes. Garnish with dhaniya



Poonam Bhargava Gurgaon, India



Bhavnagri Crispy Mirchi Ingredients



10 mirchi

I th sp oil

2 tb sp white til

1/2 t sp jeera

I th sp chopped dhaniya ke stems

2 tb sp fine chopped capsicum

Salt to taste

1/2 cup cooked rice

1/2 cup grated mozerella cheese

2 tb sp fine chopped onion.

1/2 cup maida fir rolling

Maida for making batter with pinch of salt.

Chidwa fir rolling

Dhaniya for garnish

Tel's start...

Take mirchi, wash, slit and deseed it. Heat oil in a pan. Put jeera and til. When cracked add onion. When onion is translucent, add capsicum, dhaniya, pepper and cooked rice. Mix nicely. Take it off fire.

Put cheese and mix. When cool, stuff the mirchi with the mixture.

Now roll mirchi in dry maida, dip in maida- salt batter. Then roll in dry chidwa.

Fry it on hot flame, crisp. Take it out on paper towel.

Garnish with chopped dhaniya. Serve it hot



Poonam Bhargava Gurgaon, India



Aloo-Paneer Bird Mest



Ingredients

For birds nest

500gm- potato
100gm- peas
1-2- Green chilly
1/2 inch- ginger
1tsp- roasted jeera powder
1/2 tsp- chaat masala
1/2 tsp- lemon juice
6-7 tsp - bread crumbs or
1/2 cup - thick poha
1/2cup - green coriander
1 cup- roasted thin vermicelli
To taste - salt

Slurry made of 2tsp maida + water

For Paneer eggs

200gm- grated paneer I/2tsp- maida To taste- salt I/4 tsp- black pepper

Mint and corriander chutney and leaves of Coriander

Tel's start...

Birds nest-Take all ingredients in a bowl and mix well. Shape tikkis into rounds and press in the centre to give shape of nest. Dip in slurry and coat with vermicelli. Freeze for 20-25 minutes and deep fry in oil till they are golden.

Paneer eggs

Mix all ingredients and make very small balls to give shape of egg. Deep fry just for 20-25 sec.

Presentation

Take nest, add green chutney and coriander leaves. Place 2-3 eggs in each nest. Serve hot with green chutney or tomato ketchup



Priti Bhargava Mumbai, India



Peas Potato Kebabs



Ingredients

- 1/2 cup boiled and roughly crushed green peas
- 3 boiled and mashed potatoes
- I tbsp finely chopped ginger green chillies
- 1/4 tsp amchur powder
- 1/2 tsp chaat masala
- I tbsp finely chopped coriander
- 2 tbsp arrowroot powder
- To taste Salt
- 2 tbsp oil for roasting the kebabs
- 1/2 cup kachumbar salad of onion, cucumber and tomato

- In a mixing bowl combine together mashed potatoes, crushed green peas, ginger green chillies, amchur powder, chaat masala, arrowroot powder and salt, mix them well.
- Now with wet hands make equal sized balls from the mixture, flatten each ball a little to give the shape of a kebab.
- Now heat a pan on low heat and place 3 4 kebabs in the hot pan and roast them by brushing them with little oil. Roast them from both the sides, until becomes light brown. In this way make all the kebabs.
- For serving, arrange the kebabs in a serving platter, also serve kachumbar salad on one side. Serve hot with any type of chutney or tomato sauce. With this quantity about 8 kebabs were made.



Swati Bhargava UK



Sooji Ka Cheela



Ingredients

- Semolina(sooji)- 250 gram
- Tomato- 2
- Onion- 2
- Green chili- 2
- Curd- 3 tbsp
- Peanut powder- 3 tbsp
- Coriander leaves
- Water- I glass
- Fennel seeds- I tbsp
- Salt- I tsp or according to taste
- Butter/oil
- Water- I glass

Tel's start...

- Firstly in a big bowl add water, salt and curd in semolina, mix it well.
- Cover the bowl with plate and rest it for 5-10 minutes. After 5 minutes add Coriander leaves, fennel seeds, peanut powder, chopped green chili and mix it well. Now add chopped onion and tomato. mix it well.
- Now semolina pancake's batter is ready. Spread the butter on a hot pan and pour the batter on it.
- Shape the batter as you want and cook both side for five minutes on low flame.
- Semolina pancake is ready.
- Enjoy the super tasty, light and healthy semolina pancake.
- Serve it hot with your favorite dip. Green Chutney (already mentioned in falhari ection) or Ketchup

Note-

- You can add other chopped vegetables like cabbage, capsicum, carrot etc according to your taste.
- You can use refined oil in place of butter, but butter increase its taste.
- If your batter is so thin then you can add some flattened rice (poha).



Swati Bhargava UK





Upma Cutlet leftover Love for snack



Ingredients

- Coarse semolina 2 cups
- Onions 3 medium, finely chopped
- Green chilli I-2, finely chopped (depending on your spice preference)
- Mustard seeds 1/2 tsp
- Corn Flour
- Cashewnuts 2 tbsp, roughly crushed
- Chana dal / Bengal gram I tbsp
- Curry leaves I sprig, finely chopped
- Ghee 1/2 tbsp
- Vegetable oil $\frac{1}{2}$ tbsp for upma, and also for deep frying
- Breadcrumbs 2 cup
- Salt to season
- Pepper to season
- Water 4 cups

- In a pan, heat ghee and oil; crackle the mustard seeds and add chana dal and cashewnuts. Roast for 30 seconds.
- Then add chopped shallots, green chilli and curry leaves; sauté for another minute.
- Add water and season with salt. Bring to boil.
- Add the coarse semolina slowly continuously stirring till the entire amount has been added.
- Lower flame and stir till most of the water has been absorbed and the mixture starts to thicken up. Put off the flame and cover with lid. Leave for 15 minutes.
- Open and cool or else, it will be difficult to shape the patties. Place the liquid corn flour in a bowl and the bread-crumbs in another. Season the crumbs lightly with salt and pepper.
- Wet your hands lightly and scoop a little bit of the upma and shape into patties. I chose to give a slight elongated shape at the edges but you can make circular ones or cigar shaped ones.
- Coat in the corn flour mixture and then roll well in the breadcrumbs.
- Deep fry in oil.
- Serve hot with tomato sauce or dip of choice.



Swati Bhargava UK



Bhelpuri Quick bites



Ingredients

- 2 Cups Puffed Rice (Murmura/Mamra)
- 5/6 Paapdi (Crunchy Salty Wafers)
- I Tablespoon Roasted Peanuts
- I/2 Cup Sev
- 1/2 Cup Onions
- 1/2 Cup Boiled Potatoes
- 1/2 Cup Tomato
- I Green Chilli
- 2 Tablespoons Fresh Coriander Leaves
- 1/2 Tablespoon Lemon Juice
- 2 Teaspoons Imli Chutney
- 2 Teaspoons Green Mint Coriander Chutney
- I Teaspoon Salt, or to taste
- 1/2 Teaspoon Red Chilli Powder
- I Teaspoon Chaat Masala

- Take puffed rice in a large bowl. Add 5-6 pieces of namkeen papdi, roasted peanuts and sev. You can also add mixed namkeen, bundi or roasted chana dal.
- Add boiled potato, diced tomatoes, finely diced onion and fresh cut pieces of green chilli into the bowl.
- Add red chilli powder, chaat masala powder and salt to the bowl.
- Add tamarind chutney (imli ki chutney) and green coriander chutney along with a dash of fresh lemon juice and mix all the ingredients well.
- Bhel puri is ready. Garnish it with sev and freshly cut coriander leaves (hara dhaniya) before serving.



Vikas Bhargava UAE



Breakfast

Dhokla



Ingredients

- Gram Floor 2cups
- Citric Acid (Tatri) Itsp
- Sugar 2.5tsp
- Salt 2tsp
- Asafoetida (Hing) Ipinch
- Turmeric (Haldi) Powder 1/2 Tsp
- -Water I 1/4 Cup
- Oil 2tsp
- Baking Soda 3/4 Tsp
- Grated Coconut Powder 2 Tsp

Tempring (Tadka) Ingredients

- Oil Itsp
- Mustard Seeds(Rai) Itsp
- Kadi Patta Few Leaves
- Green Chillis (Slit) 3-4
- Salt Itsp
- Sugar 2tsp
- Lemon liuce | Full Lemon
- Water 11/2 Glass

- -Take 1 ¼ water and mix with citric acid (tatri), sugar and salt and keep aside. Mix gram floor, turmeric powder & asafoetida (hing) and make a good mix with the help of Stainer, add the water mix to the gram floor mix and whisk them for minimum 5 minutes to make a smooth batter. Now add oil to the batter and whisk again for another 2-3 minutes. Take water in a utensil with a lid and keep it for boiling.
- Take another utensil, and apply the oil on the base and the edges of the utensil. When the water comes to the boil, take batter, mix the baking soda and whisk it for another 2 minutes. Pour the batter mix to the oil coated utensil and place it for steam cook. Cover it with the Lid. Steam cooks the batter for 30 minutes on the medium heat.
- When the batter is steam cooked for 20 minutes start preparing for the tempering (tadka). For tempering (Tadka) first put mustard seeds in oil, add curry leaves and green chillies. Add Water, salt, sugar and lemon juice. Once start boiling cook for another 2 minutes on medium heat.
- Dhokla after 30 minutes. Insert a knife in the centre to check if it is not sticking. Once cooked remove the utensil from the boiler and leave it too cool down. Once cooled, run a knife on the corners and you will see it loses the edges from the utensil.
- When the dhokla is little warm, cut it in pieces either in the same utensil or you can also turn them in plate. Now slowly pour the tempered water (tadka Mix) to the dhokla and allow it to absorb it.
- Do the dressing of the dhokla. It's ready to serve



Anubha Bhargava Lagos, Nigeria



Kalmi Vada



Ingredients

I cup chana dal

- I green chili
- I tsp salt
- I tsp whole Coriander (crushed)
- I tsp ginger (grated)
- I tsp chili powder
- I tsp raw mango powder
- 1/2 tsp chaat masala powder
- 1/2 tsp roasted cumin powder

Tel's start...

- -Wash and soak chana dal for 3-4 hours, after that grind the dal in mixer thick and coarsely . Add water in small qty so that it does not get too liquidy. Take it out in a big mixing bowl Now add crushed coriander, salt, red chili powder, roasted cumin powder and mango powder. Mix all the ingredients well. This will make soft and crumbly dough. From the dough make round balls .
- Meanwhile heat oil in kadai. Now deep fry on low flame till they are very light in color. We will fry the vadas only till half done. So make sure they get only light brown.
- Take then out and let it cool down.
- At the time of serving cut then in long strips
- Again deep fry them till golden brown in color. Take them out over a paper towel.
- Serve hot and sweet sour chutney and also sprinkle some chaat masala.

Tip:You can even add some other dals like masoor dal and tuvar dal to make them extra protein rich.



Arpita Bhargava Jabalpur. India



Rava Veggie Wrap



Ingredients

Fillings

- Oil 2 tbsp
- Onion- I large (finely chopped)
- Capsicum- I
- Carrot- 2
- Sweet corn- 1/2 cup
- Salt as per taste
- Red chilli powder- 1/2 tsp
- Chaat masala- 1/2 tsp
- Black pepper- 1/2 tsp
- Turmeric- 1/2 tsp
- Water- 2-3 tbsp

Ingredients for Batter:

- Rava- 2 cups
- Buttermilk- 2 cups
- Water- to adjust consistency
- Salt- as per taste
- Black pepper- as per taste

- Make filling
- Take a pan add oil and onions . Saute them for 2 minutes.
- Then add capsicum, carrots, sweet corn and mix well.
- Add salt, red chilli powder, black pepper, chaat masala, turmeric and water (2-3 tbsp).
- Cover it and cook for 2-3 minutes. Turn off the gas and let it cool down completely.
- Make batter:
- Take Rava in a bowl and add buttermilk to it. Mix well and let it rest for 30 minutes, add water to adjust consistency, add salt and black pepper.
- Wrap
- Heat a tawa, Pour batter and spread like dosa or chilla.
- let it cook then spread some mayonnaise or pizza sauce Add filling and Wrap it.



Chetna Bhargava Prayagraj, India



Cornflates Kala Channa Chant Ingredients



I Cup Cornflakes (Kelloggs)

1/2 Cup Boiled Kala Channa
I Boiled Chopped Potato
I Cucumber (Cut into small pieces)
I Chopped Tomato without seeds
Some Pomegranate seeds
Chopped Coriander (For decoration)
I Cup Curd (with powdered sugar, black salt, white salt, bhuna jeera and black pepper and mix them well)

MEETHI CHUTNEY:

3 tbsp imli pulp, 4 tbsp sugar, 4 tbsp jaggery, $\frac{1}{2}$ cup water, $\frac{1}{2}$ tsp white salt,

½ tsp black salt, ½ tsp powdered black pepper, ½ tsp bhuna jeera. Mix all the ingredients. Boil, cook for a few minutes, stirring continuously till slightly thick. Remove from fire and keep aside.

HARI CHUTNEY:

One Cup chopped coriander and pudina leaves, I tbsp jeera, 2 Green Chillies, I tbsp amchoor powder, ½ tsp white salt, ½ tsp black salt

Blend all the ingredients to make a

Blend all the ingredients to make smooth paste and add lemon juice.

Tel's start...

Beat Curd, and add all the spices listed above. Mix channa, potato, tomato and cucumber with the curd in a big bowl. Transfer to the serving platter, add both the chutneys. At the time of serving, add cornflakes, pomegranate seeds and fine chopped coriander for garnishing.



Mani Bhargava Jaipur, India



Stuffed Idli



Ingredients

Step I Making Idli

Gram flour I cup Semolina 2 cups Yoghurt ½ cup Cooking oil ¾ cup Eno salt I½ tsp Salt as per taste Lemon juice ½ tsp

Step 2 stuffing

Pease I cup
Oil I tsp
Cumin seed ½ tsp
¼ tsp sugar
Ginger and garlic paste I tsp (Optional)
Coconut freshly grated 2 tsp

Tel's start...

Mix Step I and add enough water to make idli better and keep aside for 10 min.

Step 2 -Stuffing: Heat oil on medium flame add cumin seed when cooked add ginger and garlic paste stir well and add peas let it cook until peas turns soft, turn off the heat and add coconut.

Steam Idli - Heat water in idli vessel, grease the idli stand with some oil then add a little mixture of idli better, on top of it, add some stuffing and on top add more idli better to cover the stuffing. Steam for 10-15 minutes.

Step 3 shallow fry idlies

Oil I tablespoon

Mustard seeds ½ tsp

Sesame seeds white ½ tsp

Green chillies 2 sliced

Curry leaves

Coriander leaves (optional)

Heat oil add mustard seeds and sesame seeds and curry leaves, add green chilies and slowly add idlies and shallow fry and turn occasionally-(until the idlies turns light golden in colour)



Meera Bhargava New Zealand



Bedai Aloo Ki Sabji



Ingredients

For Kachori

- I cup atta
- 1/2 cup sooji/semolina
- 3 tbsp oil
- to taste Salt
- as needed Water
- I cup soaked safed urad dal
- I tbsp finely chopped ginger and green chillies
- I tbsp oil
- I tsp red chilli flakes
- I tbsp crushed coriander seeds
- I/4 tsp amchur powder
- 1/4 tsp hing
- as needed Oil for deep frying
- to taste Salt

For Sabji

- 4 boiled and roughly mashed potatoes
- 2 tomatoes freshly pureed
- I tbsp ginger green chillies paste
- 2 tbsp oil
- I tsp jeera
- I cinnamon stick
- 3 cloves
- 1/4 tsp hing
- 1/4 tsp haldi
- I tsp red chilli powder
- 2 tsp dhaniya powder
- I tbsp kasoorimethi
- to taste Salt
- as needed Water
- 2 whole red chillies for garnishing

- In a mixing bowl combine together atta, sooji, oil and salt, mix well with your fingers. Now by adding water little by little knead a medium smooth dough, cover and keep it for 15 minutes to rest. In the meantime prepare the stuffing, for this grind the urad dal into paste, grind it with little water. Take out the dal paste in a bowl and add chopped ginger green chillies and heeng. Heat oil for deep frying, first on high flame, then make the flame medium. Now mix the dal nicely and fry small pakodas in hot oil, do not fry them completely, it should be half cooked, then take them out on an absorbant paper. Let them cool down a little so that you can handle them easily with your hands. Now mash the pakodas and add red chilli flakes, crushed coriander seeds, heeng, amchur powder and salt, mix nicely, the stuffing is ready.
- Now make the aloo sabji, heat oil and add jeera, cloves and cinnamon stick, let them splutter, then add ginger green chillies paste, saute for few seconds. Then add haldi, red chilli powder, dhaniya powder, mix nicely, then add tomato puree. Cook on low heat until the moisture evaporates. Then add mashed potatoes and salt, mix well, let it cook for 5 minutes. Then add water as required, let it cook on high heat until one boil, then cook on lie heat for 10 minutes. Now add kasoorimethi, the sabji is ready
- Now start making kachori, make equal sized balls from the dough. Flatten one ball a little and put some stuffing in the center, seal it properly. In the meantime heat oil for deep frying, first on high flame, then make the flame medium. Now roll out the stuffed ball into medium thick poori. Now slowly slide the poori in the hot oil, fry on medium heat, by turning it at regular intervals, until becomes light brown and crispy. In this way make all the kachoris.
- Serve them hot with aloo ki sabji, garnish the sabji with whole red chillies.



Nidhi Bhargava Gurugram, India



Cheese Fatager



Ingredients

Fatayer base-

- Maida I and half cup
- Warm water half cup
- Mozzarella cheese shredded
- Sugar 1/4 t sp
- Dry yeast half tbsp
- Salt 1/4 t sp
- Olive Oil 2 t sp

Tel's start...

Sieve the maida. Mix sugar and yeast in warm water and keep it covered aside for few minutes. Mix the maida, salt and oil together. Add the yeast to maida and make a soft dough. Apply some oil and cover it with wet cloth, for 40 minutes to 1 hour.

Meanwhile take a block of cheese (250 gms). Grate it and keep it ready on the side. Take 5-6 tb sps of milk in a bowl. Milk should be of room temperature. Also take 2 tb sps of white sesame seeds in a bowl.

Once the dough has risen, divide into 4 parts. Roll them in oval shape. Spread cheese in the centre and fold it length wise, closing the edge, leaving some space open in the centre. Check the pic. You can fill the cheese according to your liking. Closing it properly is the catch. Pre heat oven to 220° for half an hour. Grease the baking tray. Before placing the fatayer for baking, brush the top with milk and sprinkle sesame seeds over it. Place them in straight baking tray. Bake them at 200° for 15-18 minutes, or till they turn golden brown on top.

Baking time varies, depending on the size of oven.



Poonam Bhargava Gurgaon, India



Matar LachDri/Puffy Epicy Pastry Ingredients



For Dough

- 1/4 cup Whole Wheat Flour/Atta
- I cup Regular White Flour/Maida
- 1/4 cup Ghee
- 1/4 cup Warm Water
- Salt to Taste

For Stuffing

- I tbsp Regular Oil
- 1/4 tsp Cumin Seeds
- 1/4 tsp Fennel Seeds
- 5-7 Coriander Seeds
- (roasted and coarsely crushed)
- 3-5 Black Peppercorns (roasted and coarsely crushed)
- I tsp Ginger, chopped
- Fresh green chili, chopped - I tsp
- I cup Green peas, cooked, mashed
- Coriander powder
- ½ tsp Red chili powder
- 1/4 tsp Turmeric
- 1/2 tsp Chaat masala
- ½ tsp Amchur powder
- Salt to taste

Tel's start...

FOR DOUGH

- Add the Wheat Flour, White Flour, Ghee, and Salt into a mixing bowl and combine to form comb like mixture.
- Slowly add Warm Water and knead dough
- Cover with damp cloth and keep aside for 30 mins

FOR KACHORI STUFFING

- Heat oil in kadhai till its hot. Add cumin seeds and fennel seeds and wait for sound of splutter then add ginger and green chilies. Saute for a minute.
- Now add green peas and fry for a minute. Sometimes I add chopped onions as well.
- Add all the dry spice powder, salt and mix well. Saute and cook for 2-3 minutes. Remove into a bowl and spread it evenly for cooling. Too speed up, can put this in the fridge

MAKING KACHORIS

- Divide the dough into equal portions and roll out a portion of the dough.
- Place one portion of the green pea filling in the centre, and give kachori shape. Make sure seal all the edges.
- Do not leave the rolled kachori unattended or in open. Cover with clean cloth so skin doesn't get hard.
- -Roll all kachori before frying

FRYING THE KACHORIS

- Heat the oil in a deep wok and deep-fry kachoris on a medium flame for 4 minutes. Reduce the flame and deep-fry on a slow flame for 5 to 6 minutes. Do not overcrowd the wok or the kachori will not cook evenly and become hard. Usually 5-6 kachori one time.
- Drain on paper towel and keep aside. Repeat the same. Serve immediately.



Renée Bhargava China





Chura Matar

A very desi breakfast - quick and light one to have- a typical Bhargava dish



Ingredients

1.5 cups thick poha or 90 grams poha (flattened rice or parched rice)

1/2 cup fresh green peas (matar) or 80 grams matar

- I tablespoon oil
- I teaspoon cumin seeds (jeera)
- I or 2 green chilies (hari mirch) chopped
- I teaspoon finely chopped ginger (adrak)
- •1/2 to cup water for cooking green peas
- ½ teaspoon black pepper powder (kali mirch powder)
- 1/2 teaspoon Garam Masala Powder
- I pinch of asafoetida (hing)
- little chopped coriander leaves (dhania patta)
- ½ to l teaspoon lemon juice
- •10 to 12 cashews (kaju)

Tel's start...

PREPARATION FOR CHURA MATAR RECIPE:

- Take 1.5 cups thick poha (90 grams) in a strainer or colander. Rinse with fresh water twice. Move the poha with your hands while rinsing. The poha just need to get softened. So rinse gently.

MAKING CHURA MATAR RECIPE:

- Heat I tablespoon oil in a pan or kadai. Add 10 to 12 cashews (chopped or halved) and fry them in the oil.
- Fry till the cashews become golden. You can also add some raisins if you want.
- Remove with a slotted spoon and keep aside in a separate bowl or plate.
- Add I teaspoon cumin seeds to the same oil and let them crackle.
- Add I or 2 green chilies (chopped) and I teaspoon finely chopped ginger.
- Saute till the raw aroma of ginger goes away. Basically saute for some seconds.
- Then add the $\frac{1}{2}$ cup fresh green peas (80 grams) and mix it well with the remaining ingredients.
- Next add ½ to cup water for cooking green peas.
- Season with salt as per taste. Also add 1/4 teaspoon sugar. Mix well.
- Cover the pan with its lid and cook on a medium-low to medium flame till the peas are cooked.
- In between do check and give a stir. In case all the water dries up and the peas are not cooked, then add some more hot water and continue to cook the peas.
- When the peas are cooked and there is some moisture in the pan, then add $\frac{1}{2}$ teaspoon black pepper powder, $\frac{1}{2}$ teaspoon garam masala powder and 1 pinch of asafoetida. Mix very well, then add the poha.
- Gently mix the poha with the rest of the mixture. Cook for a minute. You can also cover the pan and cook for a minute on low flame.
- -Then add ½ to 1 teaspoon lemon juice and mix it with the poha.
- Switch off the flame and add 1/3 cup chopped coriander leaves. Mix very well.
- Serve chura matar hot or warm garnished with the fried cashews.



Teena Bhargava Dubai, UAE



Drinks

Mind and Coriander Chrachh Ingredients



- 1/4 Mind and Coriander leaves
- I cup curd
- 1/4 tsp black slat
- I tsp cumin powder (roasted)
- I ginger
- I green chilly
- Salt to taste

For the Garnish

- Few mints leave

- Combine the mind and coriander leaves, ginger, green chill and 4 tbsp of water in a mixer and make a paste
- Combine the paste, curd, black Salt, plain salt, cumin powder and 1½ cup chilled water blend proper with blender
- Serve immediately garnished with mint leaves
- Serve Chilled



Arti Bhargava Sharjah. UAE



Mixed Berries Smoothie



Ingredients

I/2 cup Mixed Berries (fresh or frozen) strawberries,blueberries, cranberries or any other seasonal berries.I/2 AvacadoI Banana

(To make it healthier, feel free to add any other seasonal fruits 1-2 piece each.)

I tsp sunflower seeds (optional)

I tsp pumpkin seeds (optional)

I-2 figs or 3-4 dates (optional add only if you like to make it sweet)

11/2 cup milk

½ cup yogurt

3-4 ice cubes

Tel's start...

Blend together everything and serve fresh.

To make it Vegan friendly, replace milk and yogurt with soya milk and soya yogurt or alternatively add fresh coconut water.



Nidhi Bhargava New Zealand



Makhana smoothie



Ingredients

Makhana - I cup Milk - I cup Curd - 2 tbsp Maple syrup/ honey - I tsp

Tel's start...

Dry roast the Makhanas

Add it in the blender along with milk, curd and maple syrup and blend it all together $% \left\{ 1\right\} =\left\{ 1$

Serve it in a glass topped with Makhanas and Walnut

Soon a very healthy and drink full of nutrients is ready

Serve it cool



Richa Bhargava New Delhi, India



Immunity Booster Juice



Ingredients

- I Carrot
- I Tomato
- I Beetroot
- I Karela
- I Cucumber
- I Amla.
- 2 inch Ginger

Packed with Anti-oxidants, Vitamins & Minerals Less than 30k Cal per 100ml

Tel's start...

Preperation is very simple:

Just put clean all vegetables- put in mixure for 5 minutes with 1 glass of water Though advisable not to use - Sugar or Salt (but for taste it can be added)

Excellent source of nutrients like Vitamin C & A
Source of betaine (antioxidant), potassium, folate, fiber and Vitamin B2
Rich Source Vitamins, Minerals, Fibers and antioxidants
Rich source of Vitamin A & C and Folatc
Rich Source Vitamin K
Rich Source Vitamin C
Loaded with Anli oxidants



UttaraBhargava Lucknow. India



Main Course

Dana Methi Besan



Ingredients

Fenugreek (methi) seeds - 1/2 bowl

Gram flour -1/2 bowl

Green chili-2

Garlic-7-8 buds (if you do not eat then

do not put.

Oil- 4 big spoon

Red chili powder - 1/2 tsp (Kashmiri

chili)

Turmeric Powder - 1/2 tsp

Coriander powder - 2 tsp

Salt- (according to taste)

Method

Wash the fenugreek seeds thoroughly with 2-3 water and take $2\frac{1}{2}$ bowls. Add water and soak it overnight.

Tel's start...

Put oil in a pan when it is hot.

Add cumin and green chili garlic paste and cook a little. When green chillies and garlic turned red, add Chilli, Turmeric & Coriander Powder.

Pour the water in which the fenugreek (Methi) is soaked and add salt and then add fenugreek seeds.

Cook for 8-10 minutes on the flame. Let the vegetable becomes dry a bit.

Add Besan and cook the vegetable for 5-7 minutes on low flame and keep stirring till the vegetable is ready.

This vegetable can be kept for 5-7 days, it does not spoil.



Aarti Bhargava Amravati, India



Daal Baati Choorma



Ingredients

For Daal

- 1/2 cup chana daal
- 1/2 cup urad daal
- 1/4 cup mung daal
- 1/2 tea spoon salt
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chilli
- 3 teaspoon ghee
- I pinch hing
- I tea spoon jeera
- I tea spoon lemon juice

For Baati

- I cup wheat flour
- 1/4 cup suji

- 1/4 cup besan
- 1/2 cup ghee for moyan
- 1/4 tea spoon salt
- 1/2 tea spoon baking powder

For Churma-

- 3/4 cup wheat flour
- 50 gram besan
- 25 gram suji
- 1/2 cup powered sugar
- I cup ghee
- 1/2 tea spoon cardamom powder
- I tea spoon coconut powder
- I/2 cup chopped dry fruits

Tel's start...

For daal

Wash and soak all daal for 30 minutes. Now add salt and turmeric powder. Add water accordingly. Take 3 whistle on medium flame. When pressure come out open the lid. Heat ghee in pan. Add hing and jeera. Add red chilli powder. Pour this to cooked daal. Add lemon juice. Daal is ready

For baati:

take wheat flour, besan, suji. Add salt, baking powder and ghee for moyan. Now knead tight dough using water. Keep aside for 30 minute. After 30 minutes, make small balls from dough. Bake in preheated oven for 15-20 minute according to size of balls at 180 degree. Bati is ready.

For churma-Take wheat flour, besan, suji. Add 1/2 cup ghee for moyan. Knead tight dough using water. Keep aside for 30 minutes. Now make ball and roll by rolling pin. Bake on hot tawa from both sides. Cool and grind in mixer. Now roast in wok along with rest of ghee. When good aroma will there and colour will change add cardamom powder, dry fruits and coconut powder. Roast for 2 minutes and turn off the gas. Cool and Add powdered sugar.

Daal baati churma is ready.

You may serve with Papad, Chutney and Pickel as well.



Alpana Bhargava Jaipur, India



Malai Kofta



Tel's start...

Ingredients

FOR KOFTA

- 350 gms. Potatoes
- 4 tbs plain flour.
- 3 chopped green chilies
- I tbs chopped coriander
- Ghee for deep frying
- Dry nuts chopped (pista, cashew, raisins, sapick)
- Milk powder
- Salt to taste

FOR GRAVY

- 4 large tomatoes
- 100 gms. Fresh cream
- 4 tbs ghee
- Salt to taste
- I large onions.
- 7 cloves garlic
- 2 tbs grated fresh coconut
- 2 green chillies
- 2 red chillies
- 2 tbs coriander seeds
- 2 tbs cumin seeds
- 2 tbs cherogla sapick (charoli)
- 2 tbs khas khas
- 25 mm pisce ginger
- 2 table spoon chopped fresh coriander

Boil the potatoes, peel them and mash it very well. Add plain flour, green chilies, chopped coriander and salt to mashed potatoes. Mix dry nuts with milk powder with little water. Make small balls from mashed potato. Fill these balls with little nut mixture. Deep fry these balls in ghee till golden brown. Keep aside the deep fried balls. You may add green boiled peas also.

Preparation of Gravy

Cut the tomatoes in big pieces, add 4 tea cup of water and cook. When soft prepare soup by passing through a sieve. Heat the ghee in a vessel, fry the paste (prepared earlier) very well. Add chili powder and fry for some more time, add tomato soup, cream, salt and boil gravy for at 1ssat 20 to 30 minutes.

How To Serve

- Add Kofta to gravy before serving.
- Serve hot will Naan, Rice or Paratha.



Archana Bhargava Al Ain, UAE



sabji Kheer and Rotey Thali Ingredients



Tel's start...

For Rotey: 500 gms Aata 2 tbsp ghee/butter I salt

For Sabji Potato - 2-3 Tomato 2 small Turmeric Chillies

For Kheer
Handfull Rice - Basmati
1.5 ltr Milk
Sugar 4 tbs
Saffron
Cardamom.

Almond, Pistachio

Rotey

Knead a medium dough by adding cream and salt to the flour and roll a thick roti and bake it on low flame, cool it a little, make a little pinch with the help of a finger and bake it in an airfryer or oven for 7-8 minutes or slow on the gas. Apply ghee on top of the flame.

Potato Tomato vegetable

Boil potatoes, boil, grind tomatoes and add salt, turmeric, coriander and chilies and boil them for half an hour without garnishing.

Kheer

Add I handful of rice to 1.5 kg of milk and cook it a lot, when it becomes thick, then add saffron, cardamom, almond, pistachio finely chopped and add sugar according to taste and serve it after cooling.



Anshita Bhargava Ahmedabad, India



Nawabi Paneer Curry



Tel's start...

Ingredients

500 gms Paneer

2 tbsp ghee/butter

I tbsp jeera/cumin seeds

I bay leaf

Pepper

3 cinnamon

Peppercorns

4 cardamom

6 green chilis

I cup onion paste

2 tbsp ginger garlic paste

12 cashews

12 almonds

I tbsp salt adjust according taste

1/2 cup yogurt

I cup milk

2 tbsp pepper powder

I tsp Kasturi methi

Prep Time: 20 minutes Cook Time: 20 minutes Total Time: 40 minutes Servings: 3

Soak the almonds, cashews for 20 mins and then make fine paste and keep it aside. The paste should be soft without any cashew crunches. Make ginger garlic paste and keep aside. Chop the onions and make a smooth onion paste. Cut the paneer into medium-sized cubes and takes them in a bowl

Preparation:

Heat the butter/ghee in a Kadai on the medium flame. When the ghee is hot enough add cumin seeds, add bay leaf and whole spices, add green chilis and saute them along with spices, add onion paste, add ginger garlic paste and saute it until the raw flavor is gone. Now add the fine paste of cashew & almonds. Add salt, then add yogurt to the mixture.

When the masala is cooked add paneer cubes and mix well with the masala. Then add milk to the kadai and mix well to make it like thick gravy. Then add pepper powder, stir well. Allow it to cook until it properly cooked. Finally, add Kasturi methi to the Nawab paneer gravy, Serve the hot Nawab paneer curry with roti, pulka, naan or butter naan.



Barkha Bhargava Agra, India



green chili Gooselperry Salji Ingredients



I bowl blanched Amla
I/2 bowl green chilies, chopped long or small,
I tsp cumin,
I teaspoon fennel

Salt to taste,
1/2 tsp turmeric
1/4 tsp coriander powder
1 tbsp mustard oil
1/4 tsp chaat masala

Tel's start...

Blanch the Gooseberry (Amla) and take out the kernels.

Then put mustard oil in the pan and add cumin, turmeric and add coriander powder, green chilies in small pieces, at the end add amla salt and chaat masala. Roast on gas for 5 minute.

When the amla is roasted and leaves the pan, then it will be ready in 10 minutes.

Serve hot with Paraa or Naan.



Beena Bhargava New Delhi, India



Vegetable Dal Curry



Ingredients

I cup whole Dals - take all or maxm

Whole Urad, kabuli Chane, kale Chane, whole Moong, Lobia, Rajma, kali Masoor, Chana dal. -

Wash and soak overnight or for 7-8 hrs.

1/4 cup chilka Moong, chilka Urad, Urad dhuli, Arhar dal- wash and soak for 20 minutes.

Pressure cook all the dals with salt, haldi powder.

For the veggies -- I cup chopped veggies

Chopped and boiled carrot, french Beans. Lightly fried florets of cauliflower,

50 grms - chopped Paneer - lightly fried. Masala. --- I large onion - chopped, 2-3 cloves of garlic, 2-3 tomatoes- chopped. Mix and grind to paste.

Coriander powder, red chilli powder, dal ka masala, garam masla , jeera and heeng

Fine chop a big piece of ginger, 1-2 green chillies- chopped. Few chopped coriander leaves.

- Heat ghee, add jeera and heeng. Add ginger and fry.
- Add coriander powder, red chilli powder, green chilli and cook for a minute.
- Add tomato onion puree and stir cook for 7-8 minutes. Add all the veggies, mix them well. Cover and simmer cook for 8-10 minutes.
- Add this to the cooked dal, add water as required, add dal ka masala and cook for 10 minutes. Add garam masala and cook for 2 minutes. Add coriander leaves and mix. Serve.



Geeta Bhargava Agra, India



Royal Gatta Kofta



Ingredients

- Gram flour 1 1/2 cups
- salt to taste
- Garam masala 2 tsp
- Onion finely chopped I
- Buttermilk sour 1/2 kg
- Oil 4 tbsp
- a pinch of asafoetida
- Cumin I tsp
- Coriander powder 4 tsp
- Red chili powder 2 tsp
- For Stuffing dry fruits (finely chopped)

- For making Gatte 4 tsp coriander powder 2 tsp red chilly powder 2 tsp garam masala 1 tsp cumin, a pinch of asafoetida, salt as per taste, onion finely chopped 1, oil 4 tsp, buttermilk sour 1/2 kg Gram flour 1 1/2 cups
- First of all, put water in a pan on the gas to boil. (You have to take so much water in which the Gatte can sink easily.)

 Take out gram flour in a plate, add salt as per taste and I teaspoon of red chili.
- Now add garam masala, 1/2 tsp coriander powder, 2 tsp, 2 tsp oil and mix it well.
- Mixing buttermilk little by little, make a hard dough out of it.
- Make equal balls of the prepared dough, stuff with little of dry fruits and roll it, put these rolls in already boiling water
- When the gatte turns slightly white after cooking, turn off the gas and take the gatte out of the water.
- Grind them with the help of a knife by placing them on a plate or wheel.
- Pour oil in a pan. When the oil is hot, splutter asafoetida and cumin seeds and fry the chopped onions till they turn golden. Now put the cut pieces of Gatta in it.
- Mix salt, I teaspoon red chili powder, 2 teaspoon coriander powder, I teaspoon garlic powder over the gatto. And fry 5 mint gatto with spices.
- Now put sour buttermilk in the roasted gatto. Add some water if needed.
- Boil the Gatte for 10-15 minutes on low flame and turn off the gas. And add chopped coriander. Your delicious gatte is ready. Serve it with chapati or rice.



Ira Bhargava Umm Al Quwain, UAE



Palak Paneer



The combination of fresh, vitamin packed Palak with protein rich homemade paneer has all the characteristics of a well balanced meal. Try this style and enjoy the amazing textures and flavors of spinach, garlic, ginger, onions, tomatoes....simply yum!

Ingredients

- I lbs Spinach
- 8 Oz Paneer cut in cube
- 2 Tablespoon Oil
- I Tablespoon Desi Ghee
- I Stick Cinnamon Stick
- 3 Bay Leaves (Tej patta)
- ½ teaspoon Cumin (Jeera) Seeds
- 1/8 Tea Spoon Asafoetida (Hing)
- 10 Whole Pepper Corn (Kali Mirch)
- 2 Whole Cloves (Long)
- 5 cloves Garlic
- I inch piece Ginger
- 2 or to taste Green Chillies
- I Cup finely chopped Onion
- To taste Salt
- 1/2 Teaspoon Turmeric Powder (Haldi)

- I Teaspoon Kashmiri Chili Powder
- ½ teaspoon Red Chilli Powder
- I Teaspoon Coriander Powder (Dhaniya)
- ½ Teaspoon Garam Masala
- I Table Spoon Kasturi Methi
- I Medium finely chopped Tomatoes
- ½ Cup Water
- 1/4 Cup Full Cream
- 1/2 Teas Spoon Nutmeg (Jaiphal)

FOR THE SEASONING (TADKA):

- I Tablespoon Desi Ghee
- 2 to 3 Dry Red Chilies
- 1/2 Teaspoon Cumin Seeds
- I inch Julienned Ginger

- Blanch Spinach by boiling in water for 2 to 3 minutes, straining and adding to a bowl of ice water. After a few minutes, strain and coarsely blend using the pulse button on the blender.
- Add Oil in a pan on medium heat.
- Once Oil is hot, add cubed Paneer and sauté until all or most sides are golden brown.
- Remove Paneer from the pan while straining excess oil and soaking it in a bowl of water. Keep aside.
- Roughly crush Whole Peppercorn and Whole Cloves in a mortar and pestle.
- Add Garlic, Ginger and Green Chilies to the crushed peppercorn/cloves and roughly crush.
- Add Ghee to the reserved Oil from sauteing paneer.
- Add Cinnamon Stick, Bay Leaves, Cumin Seeds, Asafoetida (Hing) and roughly crushed Garlic, Ginger, Green Chilies. Sauté until golden. Add Onions, a little Salt and sauté until Onions are golden brown.
- Add Turmeric Powder, Kashmiri Chili Powder, Red Chili Powder, Coriander Powder, Cumin Powder, Garam Masala and Dry Fenugreek Leaves. Mix well. Add Tomatoes and Mix. Add Water and cook until Tomatoes are soft. Add ground Spinach, Salt, and mix. Cook for 3 to 4 minutes.
- Add Cream and Nutmeg. Mix well. Squeeze water from soaked Paneer and add to the Spinach.
- Cook for 3-4 minutes or until all flavors have a chance to come together.
- For the seasoning, heat Ghee in a small skillet (Kadahi). Add Dry Red Chilies and Cumin and let them sizzle.
- Add julienned Ginger and allow it to slightly brown. Pour seasoning over Palak Paneer and serve.



Kavita Bhargava Whitby. Canada



Kathal Ki Rasadal Sabji Ingredients



Onion I big

Ginger

Green chili

Tomato I big

Yogurt I tbsp

Salt, Chili Powder, Coriander Powder and

Turmeric.

Garam masala (खड़े गरम मसाले)

2 tbsp mustard oil

Tel's start...

Put Garam Masala (खड़े गरम मसाले) in oil and add half finely chopped onion and clean cut jackfruit and fry it on low flame.

Then add half ground onion ginger green chilli and roasted and dry spices, add curd and ground tomato and fry again when good.

After roasting, add salt and water and cook till it melts, and add garam masala and serve with roti.



Meenu Bhargava Noida, India





Preer Balls



A must try dish particularly when you need to create an impression

Ingredients

For the Balls-

1/2 kg paneer(Grated), one small onion finely chopped, one green chilli finely chopped, lil coriander, salt, red chilli powder, dhania powder.

White bread...

For Gravy-

One big onion, 2tomates, ginger/garlic paste, 2-3 gram chilies, salt, red chill powder, turmeric, dhania powder and a pinch of amchur... let's begin

Tel's start...

- I) Mix all ingredients and make small balls..
- 2) Soak a slice of bread in very lil water, squeeze-extra water and place one ball on it and cover well so that it doesn't burst while frying.
- 3) Keep aside after frying all to a beautiful golden brown.

For the gravy-

Take half oil and half ghee(or butter), sauté onions well and add tomatoes, now add ginger garlic paste.

In another pan caramelize a tea spoon of sugar and keep stirring, now incorporate the onion mixture to this and stir. Add your dry ingredients at this point. (masalas can be changed to taste)

Cook the gravy on slow gas, add a tea sp of yogurt and cook well, we add water as per requirement.

Garnish with cream and fresh coriander. We pour the gravy at the time of serving our dish. Happy cooking!:)



Minnie Bhargava Dubai. UAE



Paneer Butter Masala



Ingredients

Ingredients for Gravy:

- One medium sized onion
- 2 large tomatoes
- One table spoon oil
- One table spoon butter
- 2 red chillies whole
- 2 cloves
- ½ inch cinnamon stick
- I bay leaf
- I big cardamom
- 2 small cardamom
- 10 cashews
- I tea spoon cumin
- Garlic 5 to 6 cloves
- I inch ginger
- 2 Green chillies
- 10 to 12 coriander stems
- 250 grams paneer

Ingredients for Tadka:

- Curd 1/4th cup
- Kashmiri red chilli powder 2 table spoon
- Coriander powder I Tea spoon
- Turmeric powder 1/2 tea spoon
- Oil I Table spoon
- Butter 2 Table spoon
- Honey ½ Tea spoon
- Cream 2 Table Spoon
- Kasuri Methi I Table Spoon
- Slices green chillies 2
- Ginger julian 1 Table spoon

Tel's start...

Method for Gravy:

- Slice onion and roughly chop tomatoes. Take one heavy bottom pan pour oil and butter. Add onions and salute till they become transparent. Add all the ingredients of gravy except paneer and cook it on a low fame for 10 mins. When tomatoes are mashie add I/4th cup of boiling water. Again, cook it on low flame for 10 mins. Let the mixture cool down on a room temperature. Take out all the whole spices from the gravy (Bay Leaf, Cloves, Cardamom, Cinnamon stick). Churn in a mixer till it is fine. Strain it with a strainer keep it aside. Cut paneer into cubes or triangles as per your choice

Method for Tadka:

- Whisk curd and add one table spoon Kashmiri red chilli powder, coriander powder and haldi powder keep it aside. Now heat one heavy bottom pan and put oil and butter into it. Add slit green chillies and ginger Julian and salute it for one minute. Add one table spoon of Kashmiri red chilli powder and salute it for half a minute. Add mixture of curd into it and keep stirring it continuously till it boils and fry the mixture till the oil separates. Add the gravy in this mixture and give it a boil. Add salt according to taste and adjust the thickness of the gravy by adding boiling water. Add paneer cubes into it and cook it for 5 minutes on a slow flame. Add kasuri methi and cream. Serve hot by garnishing it with kasuri methi, cream and coriander leaves (optional)



Prachiti Bhargava USA





Tip:This recipe is for butter paneer masala, for shahi paneer add ½ tea spoon of honey when you are adding Kasuri Methi and cream to the gravy

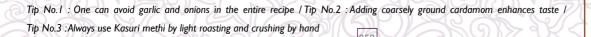
Dal Bukhara



Ingredients

Whole black urad dal - 200Grams Whole white urad dal - 30Grams Tomato Puree - 100 Grams Onion - 2 Medium sized Ginger Paste - 1/2 Tea spoon Garlic Paste - 1/2 Tea spoon Green Chillies - 1/2 Tea spoon Salt - According to taste Kashmiri red chilli powder - 4 Tea spoons Oil I Table Spoon Butter - I20Grams Cream - 75ml Kasuri Methi – I Table Spoon Green Cardamom - 5 Pods Coriander for garnishing

- Wash whole urad dal with water 5 to 6 times after rubbing dal with hands nicely, in the last wash water should be transparent after rubbing the dal. Soak the dal overnight (6-8 Hours) After 8 hours wash soaked dal 2 to 3 times again. Put the dal in a heavy bottom pan add salt and water. Water should be 1 cm above the dal and cook it on medium flame for almost 2 hours
- Keep stirring it occasionally (Every 10 mins) and keep adding water as in when required (Dal should not become dry). Adding too much of water at a time will slow the cooking process and not yield satisfactory results
- Meanwhile take the white urad dal and soak it for half an hour
- Chop onions finely, Sauté the onions till golden brown in I Table Spoon oil, add soaked white urad dal in the dal which is being cooked and cook for 30 mins. Mash dal with the ladle till the texture becomes creamy. Add garlic, ginger, chilli paste, tomato puree, sautéed onions and Kashmiri red chilli powder and cook further for half an hour. Stir the dal every five minutes, to avoid dal sticking at the bottom. Check the consistency and ensure dal has become creamy otherwise cook it for little more time and mash it. Make coarse powder of Cardamom in mortar and pestle. Add 50 ml cream and 90 grams butter and cook for 2 mins
- Serve hot by garnishing 30 grams of butter, 25ml of cream, kasuri Methi and Coriander





Pragati Bhargava Mumbai - India



Gattey Ka Pulao



Ingredients

One Cup Rice - basmati

One cup besan

1/4 cup curd

2 tsp oil Salt

Turmeric

I pinch soda

2 bay leaf

I tsp fennel

I tsp coriander whole

I tsp cumin

I tsp fenugreek seeds

2 whole red chilies

For 2 -3 People

Tel's start...

Boil one cup of rice in 2 cups of water, filter the excess water and keep it in an open vessel.

How to make Gatte-

Mix all the above mentioned ingredients and take it hard. Then roll it and soak it in steam for 15 minutes. Cut small pieces and keep them aside, now grind 2 tomatoes, 1 small piece ginger, 2 green chilies and prepare the gravy in a little ghee. Put small chopped gatte in this gravy.

When the gravy dries up, mix it with the rice.

In a little bit of desi ghee, add 2 bay leaves, 2 big cardamom, I piece of lentil sugar, I teaspoon cumin, prepared gatte and then sprinkle the rice, add some salt and spice.

Serve hot.



Pratima Bhargava (81yrs) New Delhi, India



Kachchi Haldi Ki Salgi



Ingredients

Kachchi Haldi: I Kg Adrak: 100 gms

Pure Ghee for frying: 750 gms

Curd (Dahi): I Kg

Tomato (Medium Size): 5 cut in small pieces
Green Chilli (Hari Mirch): 4 -5 cut in small pieces
Red Chilli Powder (Lal Mirch powder): 1 tea spoon
Dried Coriander Powder (Dhaniya powder): 4 teaspoons
Salt (Namak): 3 teaspoons (add / reduce as per taste)

Cumin seeds (Jeera): ½ teaspoon Fresh Peas (Hare Matar): 250 gms Cashewnuts (Kaju): 100 gms Hara Dhaniya for Dressing

- Grate Kachchi Haldi
- Separately grate Adrak
- Take out two tablespoons of Pure Ghee for preparing the masala and keep aside
- On a medium flame, in a pan add the remaining Ghee (after taking out 2 Tablespoons). Once the ghee is hot, add grated kachchi haldi and fry till haldi turns light brown.
- Put off the flame and keep the fried haldi in a bowl. Rest it to cool
- Take curd in a bowl and add namak, Dhaniya and Lal Mirch powder to it
- In the pan which was used to fry haldi, add the remaining ghee and on medium flame add Jeera, Aadrak, Hari Mirch and fry
- Add curd mixture and keep on stirring till it starts to become thick
- Add Peas (matar) and Kaju.
- Cover and keep for 5 mins on medium flame till the peas soften
- Now add fried Haldi to the above mixture, add tomato pieces
- Cover and let is cook for another 7-10 mins till the tomatoes soften
- Stir the Haldi ki Sabji few times during the cooking process.
- Switch off the flame after 7-10 mins
- Add finely chopped hara dhaniya and serve



Sadhna Bhargava Agra



Bedi Phali ki Sabji



Ingredients

- I cup moog badi
- I cup phali (cluster bean)
- Ghee as required
- I tab jeera
- Asafoetida
- I teaspoon red chilli powder
- I teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 2 dry Red chili
- Salt as per taste
- I/2 cup curd

Tel's start...

Wash and cut phali in small pieces

In a pan roast the badi with ghee and keep aside the badi roast.

In the same pan add 1 tsp ghee jeera ,hing, chilli powder ,coriander powder,termeric powder .

Roast all the ingredients

Now Add badi and phali

When badi is cooked add curd.

Cook it till curd badi and phali is mixed properly.

Remove from flame

Garnish with coriander

Serve with Indian bread (Roti Paratha)



Seema Bhargava Bikaner, India



Khichda



Ingredients

- -Wheat I cup
- Rice 1/4 cup
- Bajra I/4cup
- Salt as per taste
- Ghee 3-4 table spoon

Tel's start...

Wash and soak broken wheat with enough water for over night

Wash bajar n rice soak for 1/2 hour

Drain the water keep aside

In a pressure cooker pour 1 tsp ghee when ghee is warm Add wheat, rice, bajra,

Add salt

Add 4 cup water.

Stir it for 5-10 minutes on a low flame.

Pressure cook for 4-5 whistle

Remove from the Flame.

Garnish it and serve it with little warm Ghee and chach



Seema Bhargava Bikaner. India



Methi Matar Malai



Ingredients

- 2 cups Paneer cubed
- 15 20Cashew Nuts finely chopped
- 3 tbs Kasoori Methi
- 2 tbsp Khus Khus
- I small Tomato
- 2 Green Chillies
- 1/2 cup Green Peas
- I small Onion (optional)
- 1/2 tsp Garam Masala
- I tsp Amchur
- 1/2 tsp Dalchini powder
- Salt -To taste
- 1/2 cup Fresh whipped cream
- 2 cups Milk
- I cup Water
- 3 tbsp Oil

Tel's start...

Chop tomato, green chillies, onion (almonds) and fry in 1 tbsp oil until colour starts to change.

Grind the above mixture, cashews, khus khus, garam masala, amchur, dalchini powder and salt, and a cup of water into a smooth paste.

Heat a deep pan. Add 2 the of oil. Add Kasoori Methi and add the ground mixture as soon as the methi starts becoming brown, carefully ensure that methi leaves do not burn (the leaves tend to burn very soon and hence be careful).

Add peas – if using fresh peas boil them before for 2 minutes .Frozen peas can be added directly. Add 2 cups of milk. Stir and allow the mixture to come to a boil.

Add cubed paneer pieces. Continue cooking for another 2 minutes. (Do not over cook, as the paneer cubes might start falling apart.

Stir in half a cup of fresh whipped cream, just before removing from stove.

Serving:

Serve warm with any Indian bread of choice -Tandoori roti, parantha, naan, etc.



Shashi Bhargava Jaipur, India



Rajasthani Gatta ki subji



Ingredients FOR GATTA:

- Gram flour (besan) 1/2 cup
- Ginger (finely chopped) I inch piece
- Fresh mint leaves I tablespoon
- Cumin (Zeera) seeds 1/2 teaspoon
- Turmeric (Haldi) powder 1/2 teaspoon
- Salt to taste
- Soda bicarbonate a pinch

FOR GRAVY:

- Yogurt 1-1/2 cup
- Red chilli powder 1/2 teaspoon
- Coriander (Dhania) powder I teaspoon
- Turmeric (Haldi) powder 1/2 teaspoon
- Cumin seeds 1/2 teaspoon
- Cloves (Long) 4
- Asafoetida (Heeng) a pinch
- Garam masala powder 1/2 teaspoon

Tel's start...

FOR GATTA:

- Mix all the gatta ingredients except ghee/oil.
- Add 2 tablespoons of water to make stiff dough.
- Divide into 6 equal proportions. Roll into cylindrical shape with 1 inch diameter.
- Take a pan and put water just sufficient to cover rolls and put it on boil.
- When water boils, put rolls in it for 10 -15 minutes for cooking. You would find "Dana" or eruptions on rolls indicating cooking is complete.
- Remove rolls from pan and reserve the water for gravy. Cut the rolls in 1/2 inch width to make gattas.
- Heat sufficient ghee/oil in a kadahi and deep-fry gattas till light golden brown.
- Drain on absorbent paper and set aside.

FOR GRAVY:

- Whisk yogurt with red chilli powder, coriander powder and turmeric powder.
- Heat ghee/oil in a pan, add cumin seeds, cloves and asafoetida and cook until cumin seeds change colour.
- Add yogurt and continue to cook on low heat for 5 minutes.
- Add gattas and reserved water in which gattas were boiled.
- Cook on low heat until gravy is thick.
- Add garam masala powder and adjust seasoning by adding salt.

Serve hot with Parantha - taste better with rice.



Shashi Bhargava laipur, India



Adrak Ki Chatni



Ingredients

250 grams ginger

500 grams lemon juice

250 grams jaggery or (if you take sugar, 500 grams)

I teaspoon salt

I tsp roasted cumin

1/2 teaspoon black salt

I tsp asafoetida

I tsp chaat masala

Tel's start...

Grind ginger, then add spices with jaggery or sugar and cook it on the low flame. When the mixture mixes well, the chutney is ready. Serve cold

Can beeaten with anything, any dish



Shweta Bhargava New Delhi, India



Daal Makhani



A creamy daal filled with of Rajma beans and Urad dal and delicately flavoured with spices and ginger made with no onion and no garlic. Serve with any indian bread or rice for a comforting meal.

Ingredients

3/4 cup Black Urad Dal (Whole)

1/4 cup Rajma (Large Kidney Beans)

I teaspoon Cumin seeds (Jeera)

I inch Cinnamon Stick (Dalchini)

3 Cloves (Laung)

2 Black cardamom (Badi Elaichi)

2 Tomatoes, pureed

I Green Chilli, finely chopped

I teaspoon Red Chilli powder

I teaspoon Garam masala powder

2 teaspoon Dry ginger powder

2 tablespoons Ghee

I cup Milk, low fat (optional)

Salt, to taste

To garnish

I inch Ginger, cut to julienne (optional)

2 tablespoons Fresh cream

Tel's start...

To begin making the Daal Makhani Recipe, wash and soak the whole Urad daal and Rajma overnight. Pressure cook the soaked dals in 2 to 3 cups of water for 4 to 5 whistles and simmer for 10 minutes; slightly mash the daals and keep aside.

In the meantime, puree the tomatoes using a mixer grinder and keep aside.

Heat ghee in a wok/kadhai on medium flame, add the cinnamon stick, cloves, black cardamom and let it release its aroma into the ghee. Add the cumin seeds and let it crackle.

Once the cumin seeds have crackled add the tomato puree, green chillies and cook for 2 minutes.

Once the tomatoes have cooked add the spice powders including red chilli, garam masala, dry ginger powder and cook until the ghee floats on top.

Now, add the cooked daals, season with salt, add water to your desired consistency and simmer for 10 to 15 minutes.

At this stage you can even add the milk and let the Daal boil. Once the Daal Makhani reaches your desired consistency, switch off the flame. Transfer Daal Makhani to a serving bowl and garnish with ginger julienne and cream.

Serve the Daal Makhani recipe along with tawa parathas and kachumber salad for the weeknight dinner.



Teena Bhargava Dubai, UAE



Dhuli Urad Dal



Ingredients

- 11/2 cup Urad Dal
- 2 Onions small
- Salt to taste
- Spices as in Description
- Ghee for Greasing
- Raisins & Almonds
- 1/2 cup chopped coriander

- Wash the dal is water. Soak the dal in water for an hour. Put the dal with water and salt (as per your taste) in a pressure cooker and give it one whistle. The dal should be 90% done. Remove excess water.
- Chop onions in small cubes. Onion will be used in two portion one portion (Pink in form) at the time of cooking and the send portion (Brown in form) will be used to garnish the dal.
- Take a pan and put Ghee (Clarified Butter) and sauté the onion till it becomes pink in color. Once done remove and keep aside.
- Remove half portion of dal and sauté the other half of onion into brown. Once done remove and keep aside.
- In the pan, take Ghee (Clarified Butter), when warm put Hing (Asafetida), Laung (Cloves), Tej Patta (Bay Leaf), Choti Elaichi (Green Cardamom), Adrak (Ginger) & Green Chilli. Once the spices are brown put the pink onion in the pan. Sauté the mix for few minutes than add the dal. Cook till the dal is cooked.
- In a separate pan sauté Kishmish (Raisins) & Julienne Badam (Almonds). More Kishmish (Raisins) are good in the dish. It depends on your taste.
- Add the Kishmish (Raisins) & Julienne Badam (Almonds) to the dal and sauté it for few min.
- Garnish the dal with Brown Onions, Dhania (Coriander) and Julienne Ginger.
- Serve the dal with Phulkha with Ghee.



Vandana Bhargava New Delhi, India



Chholeymasala



Ingredients

- 1 1/2 Cup Choley or Kabuli Channa
- 4 Cups Water for Pressure Cooking
- 2 tsp Salt
- 2 Bay leaves
- 2 stick Cinnamon
- 4 Cloves
- 2 pod Black Cardamom
- I pod Green Cardamom
- 2 black tea bags or I tbsp tea leaves, to be used in tea infuser or muslin bag

For Masala

- 2 tbsp Ghee or Clarified Butter
- 2 Large Onions, Sliced in Length
- 4 Large Tomatoes, Pureed
- 6-8 Cloves Garlic, Cut in length
- I Inch Ginger, Cut in length
- 2-3 Green Chilies, slit
- I tsp Cumin
- I tbsp Punjabi Choley Masala
- Salt, to taste
- Red Chili Powder, to taste
- I tsp Garam Masala
- Fresh Chopped Coriander Leaves Also
- Red Cilli.

- -Wash and Soak Choley in water overnight or 8-10 hours till they become swollen and double in size. In a pressure pan put the pre soaked garbanzo along with water. Also add dry whole spices like Bay leaf, Cloves, Green Cardamom, Black Cardamom and Cinnamon sticks. The black tea helps bring an interesting colour to the dish. I am using a tea infuser and filing it with tea leaves. Since this is made up of silicon I am putting it directly inside the pressure pan. If you do not have tea infuser you can use tea bags or a small muslin cloth with tea leaves inside. You must close it with a knot. It should resemble a small bundle. The purpose of this is to boil the choley in water released by tea leaves and to ensure the leaves do not mix with Choley.
- Add enough water to the pressure pan. Also add salt. Close the lid and boil the Choley for minutes or until tender. Let them cook in the pressure till the steam releases. Please ensure not to over boil Choley as they will loose their shape and become mushy. They should look firm in shape and soft on a bite.
- Remove the tea infuser from the pressure pan. Slice the onions in length along with Ginger and Garlic. This is an interesting way to maximize flavour so do not skip this. Also slit some green chilies. In a wok add some ghee or clarified butter. Add Cumin seeds and let them sputter for a minute. Add thinly sliced garlic along with slit green chilies. Saute for a minute.
- Add Ginger to it and saute them till they start acquiring some colour. Do not burn them. Now all thinly sliced Onions and saute the till it becomes tender and translucent. Add to it tomato puree. Add Punjabi Choley Masala, Red Chili Powder and Salt. Keep cooking till everything has combined. You are looking at a thick spicy mix. Add boiled Choley without the water and gently toss them in the masala. Do not throw the water away. You can add couple of spoons of water from garbanzo if you think they are too dry. Cook further till right consistency is achieved. Sprinkle some Garam Masala and fresh Coriander Leaves.
- Serve hot with Kulcha, Naan, Bhatura or simply roti.



Vikas Bhargava Dubai - UAE



Baked canliflower with tomato gravy



Ingredients

- 2 tbsp beetroot, finely chopped
- 2 tbsp carrot, finely chopped
- I medium onion, finely chopped
- 1.5 cups tomato gravy
- 2 tbsp kale, finely shredded
- 2 tsps fresh herbs (example, parsley, basil, curry leaves, ill, mint, etc)
- I cup vegetable stock

Tel's start...

PREPARE GRAVY

- Add the vegetables and fresh herbs to the pan and let it cook on medium flame till softened
- Add tomato puree, let it simmer for 2-3 mins
- Add the vegetable stock, cook for 5-7 mins
- Season as per taste

Adjust the gravy consistency as desired

Take Cauliflower... Bake it at 180 degrees for 45 mins with all the Gravy. Serve Hot.



Yashasvi Bhargava Australia





Sweet Tooth

Paneer Pudding



Ingredients

- Half litre full cream milk
- 250 grams grated paneer
- 50 grams khoya or 100 grams condensed milk
- 2 slices of white bread
- Chopped nuts for garnishing (Cashew, Almonds, Pistachios, chironji)
- 10 strands of Saffron
- Sugar according to taste, if you are not using condensed milk

Preparation Time: 15 Minutes
Cooking Time: 30 Minutes
Sufficient for 4 to 6 people

- Soak saffron in I Table Spoon of hot milk
- Pour milk in a heavy bottom pan and cook it on medium flame
- Cook till milk reduces to 3/4th (400 ml)
- Add grated paneer and condensed milk/khoya to the reduced milk
- Give the mixture a boil
- Make bread crumbs after removing the edges of the bread.
- Add bread crumbs to the milk and again give it a boil
- Add soaked saffron to the milk
- If you are using khoya then add sugar according to taste, otherwise no sugar is required
- Keep it in fridge for a minimum of 2 hours after it comes on room temperature
- Serve chilled after garnishing it with chopped nuts



Arti Bhargava Delhi, India



Ghevar



Ghevar is a Rajasthani cuisine sweet traditionally associated with the Teej Festival. Besides Rajasthan, it is also famous in the adjoining states of Haryana, Delhi, Gujarat, western Uttar Pradesh, Madhya Pradesh etc.

Ingredients

1.1/2 Cup All purpose Flour

1/2 Cup Ghee

2 Pieces ice cubes

2.1/2 Cup Water

1/4 Cup Milk

1/8 teaspoon edible food

1/2 Cup Ghee

I Cup Sugar

For Topping.

1/2 Teaspoon powdered green cardamom

1/2 Tablespoon chopped almonds.

I stands saffrom

100gm Khoya

6 inches Silver Vark

Tel's start...in 5 steps

a) Prepare the Sugar Syrup for Ghevar -

Ghever is an easy to make recipes and can be prepared with some easily available ingridedients. To being with you need to prepare the sugar syrup of one string consistent. The take a large wide bowl and add solidified ghee in it. Take one ice cube at a time and rub the ghee vigorously. Take more ice cubes as required till the ghee become very white in color.

b) Prepare the Ghevar Batter.

Then add milk flour and one cup water mix these ingredients to make a smooth batter. Dissolve food color in water and add to the batter. Add more water should be fairly thin.

c) Cook the Ghevar

Then take an aluminum or steel cylindrical container. Make sure that its heights are at least 12" and diameter is of 5-6". Fill half of the container with ghee. Heat is and once the ghee is hot enough then take a 50ml. A glassful of the batter. Pour in center of ghee. Slowly in one continuous thread-like stream. Allow the foam to settle.

d) Dip the Ghevar in sugar syrup

Pour one more glassful in a hole formed in the centre. When the foam settles again in the centre. When the foam settles again. Loosen the Ghevar with an iron skewer inserted in the hole: Lift Carefully at a slant and place on wire mesh to drain. Keep hot syrup in a wide flat. Bottomed container to fit in the Ghevar. Then dip the Ghevar in it and remove it to drain out the excess syrup. Then keep aside a mesh. This will take out the extra syrup.

e) Cool the Ghevar and garnish with dry fruits

Alternatively pour some syrup evenly all over keeping Ghevar in a mesh placed over a container. Let it cool and settle down, them top it with ediple silver foil, splash a few drops of saffrom, milk, sprinkle some chopped dry fruits and 1 tsp of cardamom powder serve it with sayouries like pakers, Kachori and samosa's.



Alka Bhargava Agra, India



Date N Dry Fruit PTE



Ingredients

For Pastry:

- 2 cups flour
- 2 tbsp semolina
- I cup melted butter (unsalted)
- I tbsp ground sugar
- I tbsp rose water
- I tsp salt
- I tsp baking powder

For Filling:

- 350gms dates, stoned and minced
- 1/2 cup dry desiccated coconut
- 2 tbsp each raisins and black currents
- 2 tbsp each cashew nuts, walnuts all chopped
- 2 tbsp chironji
- 2 tbsp almonds, blanched, peeled and sliced
- 3 tbsp milk
- 2 tbsp butter
- I tbsp rose water
- 1/2 tsp each of cardamom, cinnamon and nutmeg powdered
- A pinch of salt

Tel's start...

- Sieve together flour, semolina, salt, sugar and baking powder. Rub melted butter into the flour till the mixture resembles bread crumbs. Add rose water and mix well.
- Add enough cold water to bind to a stiff dough and knead till smooth. Cover and refrigerate for 10mins.
- Heat butter in a non-stick pan, add dates and fry for a few minutes. Add coconut and mix well. Add milk and rosewater.
- Cook till the mixture is a soft paste. Mix remaining dry fruits. Add salt, cardamom, cinnamon and nutmeg powders. Keep aside.
- Divide the pastry dough into 2 parts. Take one part of the pastry dough and roll out into a round shape to cover the bottom of a 20cm pie dish. Spread the date and dry fruit mixture.
- Roll out the remaining pastry to cover the pie and flatten the edges. Make two cuts in the centre for the steam to escape.
- Brush with little milk on the top and bake in a moderately hot oven till golden and firm.
- Let it cool. Then sprinkle a little castor sugar. Slice and serve pie with vanilla Ice cream.









Late. Anju Bhargava Ghaziabad



Soya Mankhatai



Ingredients

125 gms Soy Flour 125 gms Whole Wheat Flour 4 tsp Soda Bi-Carb

I tbsp Low Fat Curds

2 tbsp Powdered Sugar

1/4 tbsp Cardamom (elaichi) Powder

1/4 tbsp Nutmeg (Jaiphal) Powder

I tbsp Softened Low Fat Butter

I tbsp Oil

A Pinch of Salt

Tel's start...

Combine all the ingredients in a bowl and mix well using your fingertips till they resemble breadcrumbs.

Add approximately 2 tablespoons of cold water and knead it gently into a crumbly dough.

Divide into 20 equal portions. Roll into a ball and flatten between your palms.

Place them on a lightly greased baking plate.

Pre-heat the oven to 140°C. When hot, place the biscuits inside and bake for 15-20 minutes till they pale golden brown.

Cool and store in an air-tight container.



Archana Bhargava New Delhi, India



Badam Ka Halwa Desi Favorite of all sweet lovers



Ingredients

250gms almond (blanched or with skin)

200gm to 250gm white sugar(sugar can be added according to taste)

300-400gm mawa(where mawa is not available I litre of full cream milk)

1/2 to I tea spoon saffron soaked in I tablespoon milk

1/2 Tea spoon cardemom powder

Serving: 10 person

Preperation time: 20 mts

Cooking time: I hour.

Tel's start...

Soak almond (blanched or with skin) in water over night. If you are using almonds with skin remove skin in morning.

Now grind the almonds blanched or the almonds whose skin is removed.

Heat ghee in a non sticking pan till the ghee melts ,should not be very hot.

Put grinded almond in the pan with heated ghee. Keep fire on slow mode.

Cook almonds on slow fire for at least 30 mts till its colour changes to light brown.

Cook for another 15 mts after the color turns light brown.

Then add mawa or full cream milk in to it and mix it well.

Cook on slow fire till mawa or milk mixes well together with almond and becomes a light brown thick paste and you see ghee leaves the pan.

Add sugar and saffron.(sugar can be added according to taste) Now stir continuosly till sugar mixes well with almond paste.

Lastly add cardomom powder and cook for another 10 minutes. Garnish with sliced blanched almonds.

Serve hot.



Archana Bhargava Al Ain. UAE



Tooti fruiti Chocolate Collipop



Chop chocolate and melt with double boiler method or can melt in microwave on 30-30 seconds intervals

Stir gently and add Tutti frutti in chocolate cavities

Fill the cavities with chocolate mixture spread evenly. Tap for 2-3 times and keep in fridge for 15-20 minutes

After 20 minutes, take out the chocolate moulds from the fridge demould them.

Our homemade Tutti frutti chocolate is ready, wrap them with chocolate wrappers and store in fridge or cool place. With stick you can have it as lollipop.



Arpita Bhargava Jabalpur, India



Motichoor Kheer



Ingredients - 6/7 Motichoor laddu

- 1.5 L Milk
- 1/2 tsp Cardamom powder
- 2 tbsp Sugar or as per taste

For Garnish: Dry fruits of your choice

Servings: 6 people Preparation Time: 40 minutes

Tel's start...

- Smash laddu in a bowl
- Take milk in a pan and let it come to a boil.
- Boil for 10 minutes or atleast 2-3 boil.
- Add cardamom powder and mix well.
- Then add smashed laddus and cook for 2-3 minutes.
- Add sugar if required.
- Garnish with dry fruits.
- Serve chilled.



Chetna Bhargava Prayagraj, India



Fig Cardamon Cake



Ingredients

100 g Butter 180 g Condensed milk 65 g Yogurt Milk 125 ml Cardamom I tsp All-purpose flour 210 g Baking powder 1 1/8 tsp Baking soda 1/2 tsp Figs 150 g

Servings: 10 slices

Preparation Time: 20 minutes Bake Time: 30-45 minutes

Tel's start...

Chop and hydrate the figs in warm water then strain and keep aside.

In a bowl, beat butter till light and fluffy.

Then, add condensed milk and yogurt and mix well.

Once mixed, add all dry ingredients alternating with milk in 2-3 parts.

Lastly, fold the figs in the batter.

Bake at 170 C for 30-45 minutes.





Dipti Bhargava Dubai. UAE





Rasmalai Cake



Ingredients

Its a fusion dessert.It combines flavours of Indian dessert in a cake. Suits to all occasions)

- I cup Maida
- I cup powdered sugar
- Baking soda 1/4 tsp
- Baking powder 1 tsp
- Hung Curd 1/2 cup
- Oil 50 ml
- Elaichi powder 1/2 tsp
- Gulab Jal 1/2 tsp
- Kewara Jal 1/2 tsp OR
- Ras malai Essence
- Saffron strands 8-10 (soaked in warm milk)
- Whipped cream 200 gms

- Cardamon essence 1/2 tsp
- Kesar essence 1/2 tsp
- Chopped Almonds 1/4 cup
- Chopped Pistachio 1/4 cup
- Ras malai Box of 6

Tel's start...

Preheat the oven at 170 C for 10 minutes.

Sieve the flour, baking powder, baking soda. Mix well and keep aside. In a large mixing bowl take curd & powdered sugar, whisk nicely till the sugar is melted. Add rasmalai essence or elachi pwd+gulab jal+kewara jal, saffron strands, milk and oil stir well. Add in the flour mix and fold gently and make a smooth batter without lumps. Pour the batter into greased mould. Bake for 20-25 minutes at 170 C.

Garnishing of Cake

Let the cake cool completely and than divide the cake into 3 slices using a serrated knife.

For the frosting, beat whipped cream to stiff peaks and fold in cardamon and kesar essence.

Take one layer of cake slice and drizzle some of rasmalai liquid pipe out generous layer of whipped cream.

Add some chopped pistschio and almonds.

Repeat this with second layer too and than place the third layer(top) layer of the cake.

Add dollop of whipped cream and spread it evenly on the top surface.

Decorate it as you wish with chopped almonds, pista and pieces of Rasmalai.

Serve Chill.



Gita Bhargava Lucknow



Keylime Cake



Ingredients

All purpose Flour (maida) - 190 gms

Baking Powder - 1/2 tsp

Baking Soda- 1/2 tsp

Salt - 1/4 tsp

Oil - 1/2 cup

Castor Sugar - 140 gms

Yoghurt - 1/2 cup

Milk - 1/2 cup

Lemon juice - 1/4 cup

Lemon Zest - Itbsp

Tel's start...

Mix all purpose flour (maida), baking powder, baking soda

Whisk sugar and oil

Add yogurt, zest, lemon juice, milk

Add dry ingredients to wet

Mix well

Pour into greased and dusted loaf of round pan

Dust with maida (all purposes flour)

For baking :-

Pre heated oven at 170*-180*c for 20 min

Then bake for 40 - 45 min at same temperature

Then demould when cool down

For frosting :-

Buttercream/ icing cream + keylime + yellow colour + sprinkles



Mamta Bhargava Raipur, India



Cauliflower Kheer



Ingredients

- -Milk- 500ml
- -Cauliflower- I cup grated
- -Sugar- 50gms
- -Dry fruits (Cashewnuts, Almonds, Kishmish, Pis-
- ta)- 5-6 pcs each cut into small pcs
- -Green Elaichi -3 pcs (finely powdered)

Tel's start...

- -Put milk in a deep pan & amp; bring it to boil.
- -Put grated cauliflower into the boiling milk and let it simmer on low flame till the cauliflower is cooked and the milk starts to thicken.
- -When the milk thickens add sugar and mix well. Let it simmer on low flame.
- Add ¾ quantity of the cut dry fruits and the entire Elaichi powder into the milk and cook for a few more mins on low flame.
- -After a few mins turn off the flame and pour the Cauliflower Kheer into a bowl.
- -Garnish the Kheer with the remaining dry fruits.

Yummy Cauliflower Kheer is ready to be served!



Meera Bhargava New Delhi, India



Plum Cake



Ingredients

Tutti Frutti, Candid Fruits (Blueberry, Cranberry, Cherries), Orange Peel, Raisin, Dried Plum, Dried Apricot, Prunes – I Cup
Chopped Cashews, Chopped Walnuts, Chopped Almonds – ½ Cup
Orange Juice – for Soaking
Maida – I Cup
Baking Powder – I tsp
Baking Soda – ½ tsp
Cocoa Powder – I tsp
Milkmaid – ½ Cup
Curd – ½ Cup
Honey – ¼ Cup
Salt – I/8 Cup

Oil/ Melted Butter - 1/2 Cup

Brown Sugar- 1/3 Cup
Cinnamon Powder — 1 tsp
Ginger Powder — 1/4 tsp
Clove Powder- 1/4 tsp
Nutmeg Powder — 1/4 tsp
Black Pepper- 1/4 tsp
Orange Essence — 1/4 tsp
Vanilla Essence — 1/4 tsp
Rum Essence- 1/4 tsp (Optional)

Tel's start...

- Soak Tutti Frutti, Candid Fruits, Raisins, Dried Plum, Dried Apricot, Prunes, Orange Peel in orange juice. Fill juice till all the fruits are soaked. This step is to be done at least 2-3 days before making the cake.
- In a bowl, sieve maida, baking powder, baking soda, salt, cocoa powder. Keep it aside.
- In a bowl take oil/butter and sugar. Whisk well till sugar dissolves. Now add milkmaid, curd, honey. Mix well.
- Add spices and candid fruits and mix well.
- Now to the wet ingredient bowl add dry ingredients in 3 batches. Mix well. Add essence.
- To the batter add chopped cashews, chopped walnuts, chopped almonds. Mix well.
- Pour in a greased tin (7 or 8 inches) and bake in a preheated oven at 160 degree for 45-50 minutes.



Meghna Bhargava Gurugram, India



Choco Mocha Brownie



Ingredients

- Maida I Cup
- Milk Powder I Cup
- Sugar 1/2 Cup
- Baking Powder 1 tsp
- Baking Soda 1/2 tsp
- Cocoa Powder 1/2 Cup
- Instant Coffee Powder $\frac{1}{2} \operatorname{tsp} / 1 \operatorname{tsp}$ (according to taste)
- Oil 1/4 Cup
- Dark Chocolate 100 gm
- Milk I Cup
- Chocochips, Walnuts for topping

Tel's start...

- In a bowl, sieve maida, milk powder, sugar, baking powder, baking soda, cocoa powder, coffee powder. Keep it aside.
- In another bowl, take dark chocolate and melt it in microwave. Add oil to it. Mix well.
- Now to wet ingredient bowl add dry ingredients.
- Add milk, seeing the consistency. Keep consistency of brownie a little thick. If needed, add 2-3 tbsp more milk.
- Pour in a prepared oil tin. Top it with chocochips and walnuts and bake it in preheated oven for 20-22 minutes at 180 degree celcius.



Meghna Bhargava Gurugram, India



Lyjia Colourful touch



Ingredients

- Maida- 1-1/2 cup
- Suji-1/4 cup
- Oil 150 ml
- Red colour- 5 drops
- Green colour 5 drops.
- Coconut powder- I cup
- Chopped dry fruits
- Powdered sugar -1/2 cup



Tel's start...

- Take maida, suji. Add 1/4 cup oil for moyan. Knead it tight using water. Keep aside for 30 minutes.
- Now divide it into 3 parts. In one part add green colour, to second part red keep 3rd part as it.
- Roll each colour dough. Keep three colours dough over each other. Again roll it and make log. Cut log into pieces you will find pinwheel pieces, roll these pin wheels.

Stuffing.:

- Here I used grated coconut powder, dry fruits chopped and powdered sugar. Now make fill stuffing in rolled one. Apply water over edges.
- Close in gujia mould and remove extra dough
- In the same process make all.
- Heat oil. Dip fry all gujia at medium flame. Colourful gujia are ready.

Extra: you may make extra sugar syrup with cardamom and Saffron to dip the Gujia to have traditional flavour



Nidhi Bhargava Alwar, India



Mawa-Kesar Kulfi



Ingredients

- 3 cups whole milk
- 10.14 OZ Condensed Milk
- 85 grams Khoha (Mawa) 1/4 packet
- 1.5 table spoon Pistacho
- ½ tea spoon llaichi powder
- Pinch of kesar mixed in milk

If making mango kulfi than 11/4 cup mango puree / fresh mango pulp

Tel's start...

- Add whole milk to a heavy bottom pan on medium heat. Let it come to a simmer and then lower the heat to medium-low.
- Add the condensed milk and mix.
- Add the chopped nuts and mix.
- Let the milk simmer on low heat for 25 minutes. It will thicken as it cooks.
- After 25 minutes, add the cardamom powder and mix.
- Add Kesar slurry mix with little milk
- Let the milk simmer for 5 more, It will thicken considerably, It should be thick and coat the back of a spoon.
- Remove pan from heat and then let the milk cool completely. Once it has cooled down, (add the mango puree / fresh mango pulp in case you are making mango kulfi) Mix the mango puree with the milk mixture until well combined.
- Transfer kulfi mixture to plastic cups or kulfi molds.
- Cover each with aluminium foil and place in the freezer. Once kulfi is little set (around 1.5 hours), take them out of the freezer and stick an ice cream stick in each mold. Return kulfi to the freezer and freeze until set, preferably overnight.
- Run a knife around the edges of the kulfi to demold. You may also dip the molds in warm water for few seconds and then pull gently to de-mold.

Garnish with pistachios or enjoy as such!



Pankaj Bhargava Whitby, Canada



Kalakand



Ingredients

Cow milk 1 liter
50 gram / 1/4 CUP sugar powder
Cardamom- 1/8 tea spoon
Pistachio, almond – cut 2 tab spoon
Lemon 1
Ghee 1/2 tea spoon

Tel's start...

Boil 1/2 liter milk in a pan, keep stirring it continuously on low flame on low flame, take cardamom powder in it.

On other 1/2 liter of milk, add lemon and take out the chenna, give this chenna to the curd milk, keep stirring it continuously, till it is thickened.

Now add sugar powder to it and stir it so that it gets mixed up but remains slightly wet.

Grease a plate with ghee, crush these kalakands and freeze them well.

Now cut pistachios and almonds on it and decorate it.

Cut it into the shape of barfi after a while

Enjoy with friends and family.



Poonam Bhargava New Delhi - India





Paneer Malpuas



All time favourite an Indian speciality

Ingredients

Paneer - 150 gm

Mawa / Khoya - 100 gm

Maida - 100 gm

Ghee To Fry

Sugar - I cup

Water - I cup

llaichi powder

A pinch of saffron

Rose water – 2 Teaspoons

Shredded Pistachio and Almonds

Tel's start...

Dissolve sugar in 1 cup of water and simmer for 5 min to make a syrup of one thread consistency. Add saffron, ilaichi powder and rose water.

In a bowl mix together paneer, khoya, maida and knead to form a soft and smooth dough. If required mix 1 or 2 tablespoon of milk.

Take a small ball from the dough and flatten it using rolling pin. Don't make it too thin or too thick.

Drop it in medium hot ghee and let it fry until golden brown.

Dip paneer malpuas in warm saffron syrup for 2-3 minutes and drain.

Before serving, heat it and garnish it with shredded pistachio and almonds.



Rajni Bhargava New Delhi, India



Moong Ki Dal ka Halwa



Ingredients

I cup clean and soaked Moong dal I cup Sugar I cup Desi Ghee Saffron string I/2 Itr Milk Cardamom powder Dry Fruits cut in slices

Cook Time: I Hour and more

Tel's start...

Soak I cup moong dal (split husked yellow moong lentils) in enough water overnight for 4 hours.

Now, drain and dry the moong dal on a newspaper and then grind it to a dry smooth powder.

Take a non- stick pan and melt some ghee in it.

Add the ground dry moong dal powder in the pan.

Stir it well and cook till it gets golden brown on a low medium flame.

Add some cardamom powder to it and stir it well.

While the halwa is cooking, take another pan and put 1/2 liter milk and 1 cup sugar. Cook till sugar dissolves and heat them to a boil.

Pour the boiling hot milk mixture to the fried moong lentils.

Stir well and keep stirring often.

The liquid is absorbed and ghee is separated that's when its ready, garnish it with nuts of your choice.



Rashmi Bhargava New Delhi, India



Apple Malpua



Ingredients

Large apple cut into thin rounds. Deeseeded Singhara atta Milk Nutmeg PWD Sugar Oil or ghee for frying

Tel's start...

Cut apple into slices without peeling.

Make batter of singhara atta using milk .

Dip apple in atta and fry till crisp

Make 2 tar chashni and dip fried apples for few minutes.

Remove in serving plate.

Garnish with pista and blanched almonds



Roopal Bhargava Dubai. UAE



Eggless Nutella Chocolate Chip Cookies



Ingredients

Nutella 7-8 Large tsp **Butter** 110 g 35 g Caster sugar Brown sugar 65 g Vanilla Extract 1 tsp Milk 30 ml Baking soda 3 g All-purpose flour 180 g Chocolate chips 100 g

Servings: 7-8 pieces

Preparation time: 30 minutes
Cook time: 20 minutes

Tel's start...

In a tray, put 7-8 tsp of Nutella on a parchment sheet and freeze overnight or for 2-3 hours.

In a bowl, add butter(room temperature), Caster sugar and brown sugar and mix with a wooden spoon or spatula. Add vanilla extract and milk and mix well. Add flour and baking soda and fold to make a soft dough.

Lastly, add the chocolate chips and let rest in the refrigerator for 10-15 minutes (depending on weather). Make equal balls and place on baking tray and refrigerate for 10 minutes or more.

Remove and Bake at 180 degrees for 20 minutes.

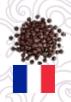
Tips:

Could be served cold or hot.

While serving hot: microwave for 5 seconds or less / bake in oven for 5 minutes.



Ruchira Bhargava Paris, France



Urad Ki Dal Ke LAddu



Ingredients

Urad ki Dal ka Atta: I kg

Gaund: ½ Kg Pure Ghee: I kg

Chironji: 250 gms

Cashewnuts (Kaju): 200 gms

Dry Coconut (Nariyal) Powder: 250 gms Almond (Badam): 250 gms (finely grated) Cardamom (Elaichi) Powder: I tablespoon

Sugar Powder or Tagaar: I Kg

Tel's start...

- Take a Kadhai and on Medium Flame add enough ghee and fry the Gaund
- Remove the Gaund and now fry Kaju and Badam (do not fry them to become completely brown)
- Take out kaju and badam from kadhai and let them to cool
- Crush and powder (dardara not very fine) ½ portion of fried gaund and keep the remaining gaund separately
- Crush and Powder (dardara not very fine) the chironji
- On sim flame in a kadhai, add remaining ghee and roast the Urad ki Dal ka atta
- Stir often while roasting the Urad Dal Atta so that there is even roasting and browning
- Roast till the color changes and you get nutty aroma from the Urad Dal Atta. About 7 to 10 minutes on a low flame. Timing will vary with the material, size and thickness of the pan.
- Put off the flame and take out the roasted atta in a big pan
- Add Gaund (both portions), chironji, badam, kaju and dry nariyal powder.
- Add Sugar / tagaar. Break the sugar lumps if any in the laddoo mixture.
- The laddoos mixture has to be mixed very well.
- When the mixture is still hot and the heat is tolerable to you, take a heaped size portion of it in a spoon and shape in to laddoos.



Sadhna Bhargava Agra



Rajbhog



Ingredients

- I kg milk
- I-2 tablespoon vinegar
- 2 cups sugar
- 8 cups water
- Eatable yellow color (2 Pinch) for color
- Pinch of Saffron

Tel's start...

Bring the milk to boil. Stir it continuously.

Add I to 2 tablespoon vinegar. So that the milk is curdled.

Drain it with a cheese cloth. Wash the chhena with fresh water. Drain the water by squeezing and hang it for 30 mins. After 30mins add 1 tsp of suji (optional) and 1 tsp of sugar and add yellow color. Rub the chena properly for 5 mins.

Till it form a dough.

Make small balls out of it.

Sugar syrup: - Take 2 cups of sugar and 8 cups of water and bring it to a boil. After the syrup comes to a rolling boil add the chena balls in to it. Boil covered for 15 mins in high flame. You can check in between.

After 15 mins switch off the flame n keep the bowl in cold water.

Keep the dough balls into the Syrup for one hour appox- Garnish with saffron



Sangeeta Bhargava New Delhi, India



Parwal ki Mithai



Ingredients

- Parwal (Pointed Gourd)300 grams
- Sugar 225 grams
- Milk 500 grams
- a pinch of lime

Tel's start...

Wash the Parwal, peel it with a peeler, cut it from the middle and take out the pulp from inside.

- Mix a pinch of lime in a liter of water and soak the parwal 5 6 in it.
- Wash the soaked parwal one by one under the tap.
- Boil I liter of water in a pan and sieve it by putting 15 second paraphernalia in it.
- Let the milk boil in a pan on the second gas, while stirring in between, thicken the milk and finally make khoya by stirring continuously. To fill in the parwal.
- Boil 225 grams sugar and 500 ml water in another vessel. Put the parwal extracted from hot water in a thin syrup, boil it for 4-5 minutes and turn off the gas. Parwal will turn green after drinking sugar syrup.
- After half an hour, boil the parwal again until the syrup remains slightly thin with a wire, take it off the gas and cool it and add a few drops of kewra or rose water.
- After some time, keeping a plate out of the sugar syrup, keep the plate diagonally so that the excess syrup flows out. Let only the faded fade in these parwals. Because khoya has its own sweetness and parwal is prepared in the same way in sugar syrup, so sweet is enough.



Savita Bhargava Ahemdabad, India



Malai Paneer Rabdi Ingredients



1.5 Liters Milk

1/2 cup cashews

5 tbsp Sugar

300 gm paneer

Kesar

Chopped Almonds and Pistas

Tel's start...

Take a Kadhai or Pan and add little water to it to prevent milk from sticking at bottom of the pan.

Add 1.5 Liters of milk. Boil it and stir continuously.

Boil the milk till it becomes half

Take 1/2 cup of cashews and grind them

Add the powdered cashews to the milk

Mix well and stir for 3-4 minutes

Milk becomes thick after adding cashew powder

Add 5 tbsp sugar and stir until the sugar dissolves

Take 300 gms paneer and grate it

Add the grated paneer to the pan

Stir till the mixture becomes thick

Soak saffron for 5-6 minutes in warm milk and pour it to the pan

Add cardamom powder and mix

Malai Paneer Rabdi is ready

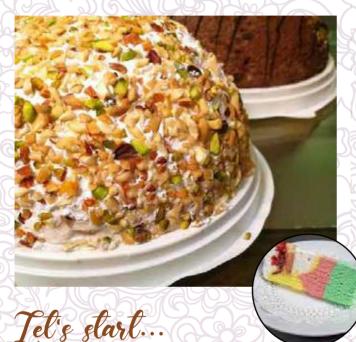
Garnish with chopped almonds and pistas



Sonam Bhargava New Delhi, India



Casatta Ice Cream



Ingredients

Water – 2 glass

Fresh Cream - 500 gms

Powdered Sugar - 6 table spoons (tbsp)

Milk Powder - 24 tbsp

Red color, green color, orange color - Edible colors

Pine Apple Essence and Vanilla Essence

Cake Fruits - 3 tpsp.

Corn Flour - 2 tbsp

Sponge Cake

Cashew nuts and Almonds – Finely cut – 5 tbsp in total.

Mix Milk powder and water to make 2 glasses of Milk.

Mix one glass of milk with corn flour. See that no lumps are formed. Heat this mixture on low flame and keep stirring so that it does not burn. Heat, till it becomes little thick. After that close the flame and let it cool.

Mix the above mixture with the other glass of milk. Ensure no lumps are formed. Mix the sugar and cream till it becomes little thick. Mix the mixtures as made in Step 4 and Step 5 above

Divide the above mixture (as prepared in Step 6) in 4 containers (with cover). Add Vanilla Essence (3 drops each) in 3 containers . In each container add few drops of colours separately (orange, green and red). In fourth container add Pineapple essence (3 drops)

Freeze all the 4 containers (duly covered) for 6 hours in deep freezer (or until they are frozen). Take out the containers after 6 hours and churn them (one by one) in mixie – Be careful not to churn too much as otherwise it will convert into butter. This is a very important step.

Add cake fruits in all the four containers when the material has been churned and freeze again in deep freezer. Take a big square container (in which the Ice Cream is to be finally prepared). Apply a thin layer of sponge cake in the bottom of the container as well as on the sides of the container. With the help of spoon, put the different colored ice creams randomly. At the top of the ice cream cover it with crushed cake as well as with the finely cut Almonds and cashewnuts.

Cover the entire container with a thick polythene and keep it to freeze in the deep freezer. Once frozen, take out 5 minutes before serving and cut into slices and serve.



Sumita Bhargava Myanmar



Vrat Special

Kuttu and Sabudana Khanolvi



Ingredients

I/2 cup Kuttu atta
I/2 cup sabudana water soaked
I cup curd at room temp
2 teaspoon green chilli paste
Senda namak to taste.
6-8 curry leaves
I I/2 cup water
2 table spoon refined oil/ghee

For Curry leaves Chutney

I/2cup curry leaves
I/4 cup green corriander
2-4 green chillies
I tablespoon roasted peanuts.
Itea spoon jaggery
2tea spoon lemon juice
Sendha namak to taste

Ingredients for Makhana Sauce

1/2 cup makhana
1/2 cup curd
2"piece coconut fresh
2-4 green chillies
2teaspoon lemon juice
Sendha namak to taste

Ingredients for Tarka

Itable spoon oil
3 green chillies cut in length
1/4 teaspoon zeera
7-8 curry leaves
I"×I"Jaggery disolved in
2 table spoon of water
Itable spoon coconut grated
Itable spoon chopped coriander

Tel's start...

Grind all the ingredients leaving water to fine paste, then seive the batter add water.

In a non stick pan, pour batter in medium flame whisk continuously for 8-10 minutes. Check a portion on greased thali if it leave &fold then spread a thin layer on greased thali or on platform.

Leave it to cool cut the pieces in thin strips then with a help of knife roll each like calender make all rolls . Keep them in plate greased with oil.

Tadka for khandvi.

Now in separate pan. Pour oil put jeera, when it splutters add green chillies ,curry leaves , jaggery water close the flame . Put coconut & corriander.

Pour this over khandvi.

Method for chutney and sauce.

Grind both chutney adding water to fine paste keep separately

In a plate put few pieces of khandvi with Tarka spread makana sauce & curry leaf chutney decorate with fresh anardana.

Great for all ages.



Dr. Madhu Bhargava Kanpur, India



Samak ke chawal ka DNOKLA



Ingredients

For Dhokla:

- I cup Samak Rice
- -I tbsp curd
- -Salt to taste
- -1 tsp Eno/ Soda
- -Ghee for Greasing

For Tadka:

- I tbsp ghee
- -½ tsp jeera
- -3-4 green chilis
- -3-4 tbsp water
- -1/2 lemon
- -1/2 tsp sugar
- -Chopped coriander

Coconut Coriander Chutney:

- -1/2 Cup Fresh Coconut
- I green chili
- -1/2 inch ginger
- -I tbsp roasted groundnut
- -1/2 cup chopped coriander
- -Salt
- -2 tbsp curd

For Tadka:

- -I tbsp ghee
- -1/2 tsp jeera
- -2 dry red chilis

Tel's start...

Take I cup of Samak rice and soak it for 4-5 hours. Remove the excess water and transfer the rice mixture to a mixing jar. Add I tbsp curd and grind them to a smooth batter. should be in thick consistency. Take it out from mixing jar and let it rest for an hour, add salt to taste, add I tsp eno/soda, you may also keep the mixture for 4-5 hours to ferment.

Take a steel plate (About 10" Diameter) and grease it with Ghee. Add the batter to the plate. Pour approx. 2-3 cups water in steamer at bottom and heat it over medium flame. Make sure that steamer is at least 4-5 minutes heated before placing the plates in it. Steam the dhokla for 15 minutes, check the dhokla with a toothpick or knife if the dhokla doesn't stick to the knife its ready. Let it cool down and cut them into pieces.

For tadka:

Heat a small pan and add I tbsp ghee, $\frac{1}{2}$ tsp jeera and 3-4 green chilis. Mix them for 30 seconds and add 3-4 tbsp water, $\frac{1}{2}$ lemon juice and $\frac{1}{2}$ tsp sugar. Mix them until sugar dissolves. Switch off the gas and now add chopped coriander. Mix and pour this mixture over the dhokla pieces

Chutney preparation:

Add ½ Cup Fresh Coconut, I green chili, ½ inch ginger, I tbsp roasted groundnut, ½ cup chopped coriander, Salt to taste and 2 tbsp curd in a mixing jar and grind them to a smooth paste.

Chutney tadka

Heat a small pan and add I thisp ghee, $\frac{1}{2}$ tsp jeera and 2 dry red chilis. Mix them for 30 seconds and pour over the chutney



Garima Bhargava New Delhi, India



Falhaari Aaloo ki Tikki



Ingredients

- 5 large boiled potatoes
- Green chili 2 (finely chopped)
- Black pepper 8-10 (coarsely ground)
- Coriander 2-3 tbsp (finely chopped)
- Rock salt (Sendha Namak) to taste
- Ginger ½ tsp (finely chopped)
- Ghee or oil as per requirement
- I teaspoon cumin powder
- Curd I bowl
- Pomegranate I bowl

For Chutney-

- 1/2 cup finely chopped mint leaves
- I cup finely chopped coriander leaves
- 2 green chillies, chopped
- 1/4 inch ginger piece (optional)
- I teaspoon sugar (optional)
- Peanut (optional)
- I teaspoon lemon juice
- 1/4 teaspoon rock salt
- I tablespoon Water

Tel's start...

To make fruit potato tikki for boiling, first boil and peel the potatoes. Mash the potatoes well. Add rock salt, coriander, ginger, green chili, cumin powder and mix well.

Now make a round tikki by placing it between the palm. Put ghee on the pan and bake the tikkis on both sides on a low flame.

Take out the tikkis in the plate, add yogurt and pomegranate and chutney and eat and serve hot.

For plain mint and coriander chutney with peanut. (Also referred to as Vrat ki chutney)- Green coriander and mint dip prepared by combining yogurt with aromatic Indian spices.

Make this chutney after grinding turned out to be too thick but as per one's preference you can always add water to adjust its consistency. Adding lemon juice to this recipe will add another dimension of flavor.



Madhu Bhargava Gurugram, India



Samak Rice BUV fi



Ingredients

Samak Rice 1/3 cup

Sugar 1/3 cup

Milk half litre

Desiccated coconut 2 tbsp

Cardamon powder 2 pinch

Almonds 5 - 10

Pistachios 5- 10

Chironji

Tel's start...

In a thick bottomed kadhai heat milk and bring to a gentle boil on low to medium flame.

Add washed samak rice, on low flame simmer the mixture till cooked

Do stir at intervals .Add desiccated coconut and mix well

Add sugar .Stir very well till sugar dissolve

Add almond, Pistachio, Cardamom powder.

Take a plate grease it with ghee pour the mixture and spread it decorate with almond, pistachios n chironji.

When Barfi set cut into pieces and serve.



Nisha Bhargava Kanpur, India



Sabudana Falhari Tikki



Ingredients

Sabudana tikki

- I cup sabudana / sago
- 2 potato / aloo boiled & mashed
- 1/2 cup peanuts roasted & crushed
- 3 green chilli paste
- Rock Salt to taste
- I tsp black pepper powder
- I tbsp cumin powder
- I tsp dry mango powder
- Some coriander leaves
- Oil / Ghee for frying

For falhari Chutney

- ½ cup coconut
- 2 tbsp roasted peanut
- 2 chopped green chlli
- 2 tbsp coriander leaves
- Rock Salt to taste
- I tbsp curd
- I tsp sugar
- I tsp lemon juice
- Water to grind chutney

For Chutney Tadka (Optional)

- I tsp oil
- Some curry leaves
- 1/2 tsp sesame seeds
- 1/4 tsp cumin seeds

Tel's start...

- Rinse I cup sabudana well until the water turns clear. Soak it in ³/₄ cup water overnight or for 4-6 hours. After soaking time, the sabudana would have absorbed all water. It should be soft, press with a finger to check, it should crush easily. Drain sabudana in a colander and allow it to dry for 15 minutes.
- Now, in a mixing bowl add soaked sabudana, along with boiled potatoes, roasted peanuts, green chili paste, salt, black pepper powder, cumin powder, dry mango powder, and coriander leaves. Mix well. Divide the mixture into equal parts, flatten them a bit, and make them round tikki shape.
- Heat oil in pan, add tikki in it, and fry it on medium heat until golden brown and crispy from both sides. Drain on a wire rack to remove its excess oil.
- Serve Falhari tikki with green chutney.

For Chutney

In a grinding jar, add grated coconut, peanut, coriander leaves, salt, curd, sugar, lemon juice, and some water. Grind into a smooth paste. Remove it to the bowl. Now heat oil in a pan, add curry leaves, white sesame seeds and cumin seeds. Add tadka into chutney and mix well.

Serve green chutney with Sabudana Tikki



Vikas Bhargava Sharjah, UAE



Credits

Special Thanks to

Mrs. Rashmi Bhargava - New Delhi

Each project has a story and each story has some special ingredients.

In this Journey of Veggie Delicacies - there is key person who supported this global recipes book with little variety and taste by getting some good flavors.

With all the constant follow up on many community members getting their details and quality of the content - the support - Mrs. Rashmi Bhargava - New Delhi.

Kudos to her spirit and support. Thank you.

Each recipe had its own taste...:). And for sure you added the taste.

Special Thanks to

Mrs. Nidhi Bhargava - Alwar

Found Nidhi ji through facebook, beacuse of classic dishes, she indeed doing a great effort to bring the core values of our community food.

We must encourage such selfless efforts..

Thanks Nidhi ji for your support