

Recipes

Savoury

HARA BHARA KEBAB

Ingredients

3 Large Boiled potatoes, half cup Boiled green peas (you may want to add more if you love peas!!), 100 gm. Boiled spinach, 2 tbsps. Chopped Green Dhana (coriander), 1 tbsp. Chopped green chillies, 1 tbsp. Chopped / grated ginger, 1 tsp. Chaat masala or you can simply use rock salt, 2 tbsps. Corn flour, Oil for deep frying, Salt As per taste

Method

Boil the potatoes to make sure they are soft. Peel the boiled potatoes and grate them. Mash the boiled green peas.

Squeeze out any excess water (very important) from the spinach and chop it finely or run thru' blender if that is easier. Mix the grated potatoes, peas and spinach together. Add the chopped green chillies, chopped green dhana, chopped ginger, chat masala and salt. Add the corn flour for binding. (If you don't add corn flour you will not be able to get well shaped patties). Divide the mixture into equal portions. Shape them into a ball and then press it in between your palms to flatten it. These are now called tikkis or kebabs or patties. Heat the oil in a frying pan. Add a very small pinch of salt to the oil to ensure it does not burn too much. Deep-fry the tikkis in hot oil for 3-4 minutes. Make sure they are crisp and brownish on both sides. The frying should be done on medium oil to make sure the tikkis get cooked from inside as well.

Serve hot with sauce / mint chutney.

Tip

You may also shallow-fry the Hara Bhara Kabab on a griddle plate or on a Tavaa as I did, but nothing beats deep frying these!!



CHILLI PANEER

Ingredients:

- 1 onion chopped into slices
- 1 green pepper chopped into slices
- 1 pack paneer cut into small cubes
- 1 small cube ginger ground up
- Little bit of fresh green chillies ground up
- 2 heaped tablespoons black bean and garlic sauce
- 3 tablespoons soya sauce

Method:

In a wok, place 2 tablespoons of oil. When heated add the paneer cubes. Once browned a little add the onions and the ginger and chilli. Then add the peppers. After the veg has cooked a little, add in the black bean sauce and soya sauce. Mix thoroughly and ensure enough sauce is on all the food. Serve whilst hot!



CHILLI MOGO

Ingredients:

- 1 packet of mogo
- 2 hot chills
- 8 garlic cloves
- 1.5 teaspoon of chilli powder
- 1/2 red capsicum thinly sliced
- 1/2 green capsicum thinly sliced
- 1 can chopped tomatoes
- 1.5 tsp sugar
- 1 tsp soya sauce
- 1tsp lemon juice
- 1 tsp salt
- 2 spring onions, sliced
- 1 tablespoon coriander chopped for garnishing
- and oil to mix the ingredients

Method:

If the casava is frozen, soak in hot water for 20mins. Now boil mogo with 1 tsp salt and cut into chips when cold. Fry chips (or you can place in the grill with all seasonings mentioned in the ingredients). In a pan put 2 tsp oil and temper the garlic. Add the rest of the ingredients and stir well, garnish with coriander and eat yummy chips.



PUDLA: VEGGIE PANCAKES WITH AN INDIAN TWIST!

A quick and easy recipe that can be made in less than 30 mins with preparation.

Ingredients:

Wheat flour, Semolina, Rice flour, yellow gram flour (besan or chana), natural yoghurt, salt, turmeric, red chilli powder, dhana jeeru (ground cumin and coriander), carrots, cucumber, tomatoes, onions, peppers, fresh coriander, oil (for frying)

Method:

Take various different flours - wheat flour, semolina, rice flour and yellow gram flour (besan or chana no loat). Take these flours in a proportion such that wheat flour is maximum, then semolina, then rice flour and least is chana no loat. Add plain natural set yoghurt (dahi) to this mixture of flours. Add salt, turmeric, red chilli powder, dhana jiru powder according to your taste and stir well. Add warm water to this and make a batter that is the consistency a little runnier than pancake batter. Let this batter rest aside for about half an hour to 45 minutes. After this, grate carrots, cucumber, very finely diced tomatoes, onions, peppers (finely chopped and optional) and green dhana. Add this to the batter and mix well. Take a non-stick pan. Put only about couple of drops of oil in it and let it warm up properly. Pour a big ladleful of the batter in the pan and make sure it is spread evenly. Cover the pan and let the pancake cook for a bit. Flip it to the other side, make the flame medium-high and let it cook without covering till done properly.

Eat hot, with any chutney or just on its own!



Sweet

CHOCOLATE AND COCONUT SLICES

Delightful blend of popular chocolate with crunchy coconut.

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 4

Ingredients:

Chocolate chips 1 1/2 cups

Desiccated coconut 1 cup

Digestive biscuits , crushed 1 cup

Castor sugar (caster sugar) 1/4 cup

Salt a pinch

Butter, melted 3/4 cup

Condensed milk 3/4 cup

Walnuts, chopped 1 cup

Method:

Preheat the oven to 180°C. Add caster sugar and salt to the crushed biscuits and mix. Add melted butter and mix. Put this mixture into a greased baking dish and press. Spread desiccated coconut over and press again. Put chocolate chips over the coconut layer. Pour condensed milk and finally sprinkle the walnuts. Press lightly. Place the dish in the oven and bake at 180°C for thirty minutes.

Remove from the oven and cool. Slice and serve.



NUTROLL

Ingredients:

- 1 Bowl of Almonds
- 1 Bowl of Pistachio's
- 1 Bowl of Cashew nuts
- 1 Bowl of Coconut Powder
- 1 Packet of Rich Tea Biscuits (200gm)
- 1 Bowl of Chopped dates
- 1 Tin of Sweetened Condensed Milk
- 100gm of Cherries
- 100gm of Anjelika

Method:

1. Crush all ingredients and add condensed milk, and mix together
2. Roll into a roll
3. Sprinkle coconut over the roll
4. Wrap roll in foil
5. Store in fridge



SOOJI NO SHEERO

Ingredients – Serves 15 people:

1½ pint whole fat milk
250g sugar
250g coarse semolina
125g Ghee
Saffron
Cardamom pods
Ground pistachios, cashews & almonds
Raisins & coconut (optional)

Method:

In one pan, heat the milk, saffron and cardamom (do not boil, only simmer).

In a 2nd pan heat the ghee and cook the semolina until golden brown.

Add the milk to the semolina and mix vigorously to make sure there are no lumps.

Add sugar to taste.

Add a bit of ghee if needed to ensure the seero is not dry.

Spoon into a dish and sprinkle ground nuts on top.



GAJAR KA HALWA WITH ICE-CREAM

Ingredients – Serves 4 people:

Carrots (approx 10) Milk – 2 pints boiled Sugar - 1 heaped cup Ghee - 2 tbsp Cardamom - seeds of 2,crushed Saffron - a few strands

Method:

Grate the carrots. In a non-stick pan, add two tbsp of ghee and saute the carrots for about minutes.

Add milk and give a good stir, let it simmer over medium heat. Stir once in a while. It will take anywhere from 20-30 minutes for milk to evaporate. Half way, add the sugar into the milk and stir well. When most of the milk has evaporated add a few strands of saffron. At this point you can also add the crushed cardamom, but I prefer to garnish this on top. Stir for a few more minutes and I think it's better to leave a little milky so it's not dry!

In a dessert bowl, put a tablespoon of hot Gajar ka Halwa and along with a scoop of vanilla ice cream. You can also garnish this combination dessert with Pista or Almond pieces to make it look and taste richer.

If you prefer you can have the Gajar ka Halwa on its own, hot or cold!



CRUNCHY HEALTHY CHOCOLATE BARFI

Ingredients:

- 1/2 a bowl of crushed ginger biscuits
- 1 bowl of cornflakes
- 1 bowl of rice krispies
- 1 bowl crushed almonds
- 1 bowl crushed pistachio
- 1 bowl crushed cashew nuts
- 1 and 1/2 bowl of crushed digestive biscuits
- 50gram butter
- 2TSP Coca powder
- 1 small tin (twice amount then the melted butter) or Golden syrup
- 2 large bars of cooking chocolate (the melted topping)

Method:

Melt the butter and add the golden syrup on medium heat - keep stirring all the time
Add the rest of the ingredients to the pan and keep stirring on low heat for 5-6 minutes.
Then spread the mixture to a cooling-set tray press firm an evenly on the cooling tray and leave it to cool. During this time you can wash the dishes and pans - clean up!! Melt the 2 bars of milk or white chocolate in the microwave for a few minutes to melt (add a touch of ghee or butter before placing in microwave - it will melt quicker and more evenly). Then pour on top of your barfi.
Let it cool and lick the chocolate bowl!! (try not to cover your nose tip in choc).
Once the crunchy barfi has cooled down, cut in to pieces of your choice and munch away!!

