

Food Production (Practical).

STD:XII

Practical Menus may be compiled from the list of dishes listed below

Choice of Soup/Starters

Pasta/Rice/Indian Breads

Main Course

Dessert

Soups & Starters

Crème Dubarry	
French Onion Soup	
Vegetable Manchow Soup	
Cream of Vegetable Soup	
Cream of Tomato Soup	
Cabbage Chowder	
Spinach & Potato Soup	
French Pea Soup	
Hot and Sour Chicken Soup	
Spinach Soup	
	Calamari Friti
	Machi Amritsari
	Chicken Lollipop
	Prawn Cocktail
	Vegetable Spring Roll
	Lamb Skewers
	Crispy Chicken
	Pommes de terre croquettes
	Fish Pakora

Pastas

Spaghetti Bolognese
Penne Alfredo
Fettuccini in white Sauce
Spaghetti Alio Olio Pepperoncino
Penne with Spicy Sausage sauce
Pasta Carbonara
Macaroni Cheese
Penne Chicken Arabbiata

Main Course

Tandoori Grilled Pomfret	Chicken Masala
Kerala Fried Prawns	Chicken Manchurian
Rawa Fried Fish	Pork/Chicken Vindaloo
Batter Fried Fish	Stroganoff de boeuf
Goan Prawn Curry	Kolhapuri Mutton Curry
Chicken Peri Peri	Methi Paneer
Kadai Chicken	Punjabi Bhindi

Kadai Aloo
Paneer Makhani
Dal Makhani

Dal Tadka
Vegetable Jhalfrezi
Rajma Masala

Rice

Steamed Rice
Jeera Rice
Hyderabadi Biryani
Mixed Vegetables Raita
Vegetable Pulao
Mixed Fried Rice

Egg Biryani
Hakka Noodles
Schezwan Fried Rice
Tomato Pulao
Lemon Rice
Mexican Fried Rice

Breads

Chapatti
Methi Paratha
Pudhina Paratha
Amritsari Kulcha
Aloo Paratha

Poori
Phulkas
Malabari Paratha
Garlic naan

Dessert

Badam Kheer
Gulab Jamun
Shahi Tukda
Semiyan Payasam
Carrot Halwa
Jelly Pudding
Pineapple Souffle
Chocolate Bread Pudding

Strawberry Mousse
Phirnee
Diplomat Pudding
Rasmalai
Double ka meetha
Kesar Shrikand
Toffee Banana
Malai Pedha
Balushahi

SOUPS

CRÈME DUBARRY

Ingredients

Cauliflowers 500 g

Onions 30 g

Leeks 30 g

Milk 800 ml

Refined flour 35 g

Butter 35 g

Salt & pepper to taste

Cream 75 ml

Method:

1. Wash and break cauliflower into flowerets. Keep a few for garnish.
2. Wash and slice leeks, peel and chop onions.
3. Put cauliflower, leeks and onions into a pan with butter and sauté.
4. Make thin béchamel with butter, refined flour and milk. Add to the cauliflower.
5. Cook till tender. Pass through a sieve.
6. Add seasoning. Return to heat and bring to a boil.
7. Remove. Add cream gradually. Serve hot, garnished with flowerets of cauliflower boiled in salt

Water

FRENCH ONION SOUP

Ingredients

750 gm onions
2 large tbsp butter
1 Tbsp oil
Salt and pepper to taste
Pinch of sugar
1 Tbsp flour
1 1/2 liter stock
125 ml white wine

For garnishing:

12 slices of French bread
1 Tbsp Olive/ salad oil
Garlic cloves- halved
100 gm grated cheese

Method

1. Sliced onions and cook them in butter and oil until soft.
2. Remove pan lid and raise heat to a moderate flame.
3. Stir in seasoning and sugar.
4. Cook for about half an hour, stirring frequently.
5. Allow onions to turn deep brown.
6. Add flour. Cook for 3 minutes.
7. Pour in hot stock and stir to blend.
8. Add wine and simmer for a while.
9. Rub garlic cloves on the surface of the bread.
10. Sprinkle with cheese and serve on the soup.

VEGETABLE MANCHOW SOUP

Ingredients

4 cups water
1 tsp ginger - finely chopped
1 tsp garlic - finely chopped
1 tsp green chilies - finely chopped
1 Tbsp coriander leaves - finely chopped
2 Tbsp French beans - finely chopped
2 Tbsp carrots - finely chopped
2 Tbsp cabbage - finely chopped
2 Tbsp capsicum - finely chopped
2 Tbsp mushrooms - finely chopped
2 spring onions - finely chopped
1 tsp pepper
1 Tbsp Soya sauce
4 Tbsp cornflour - mixed with 1 cup water
2 stems spring onion
3 Tbsp oil
Salt as required

Method

1. In a pan, add some oil and stir fry the ginger, garlic, coriander leaves and green chilies for about two minutes.
2. Add all the vegetables, pepper, ajinomoto, salt and continue to stir-fry for two more minutes.
3. Add the Soya sauce, water and salt.
4. Let it boil, reduce the heat and add the cornflour mixed with water and stir constantly till it thickens slightly.
5. Remove from heat and serve immediately.

CREAM OF VEGETABLE SOUP

Ingredients

250 gm mixed vegetables-chopped fine (like carrot, cauliflower, french beans, etc.)

2 Tbsp butter/oil

2 Tbsp sifted flour

1/4 tsp powdered black pepper

3/4 cup milk

4 cups stock or water

1/2 tsp celery salt

2 tsp salt

Cream for garnishing

Method

1. In a heavy saucepan heat the butter or oil.
2. When the butter has melted or the oil is steaming, add the vegetables.
3. Turn around a few times, then lower the heat and continue sauteing for about half a minute.
4. Add the flour and turn around till the mixture leaves the sides of the pan.
5. Remove from heat, and add the stock very gradually, stirring all the time (thus avoiding lumps).
6. Add the milk, black pepper and celery salt.
7. Bring to a boil and then simmer over low heat for at least 10 minutes.
8. Serve hot garnished with cream.

CREAM OF TOMATO SOUP

Ingredients

5 tomatoes, chopped

1 onion, chopped

3 Tbsp butter

2 Tbsp pepper

2 Tbsp chopped garlic

2 cups of water

5 Tbsp cream

Salt as per taste

Cream and mint leaves for garnishing

Method

Melt butter in a pan. Add chopped onion and garlic.

Saute till onions are translucent. Add chopped tomatoes.

Sprinkle salt and pepper. Now add water and let the mixture boil for 10 minutes.

Remove from gas top and blend the mixture to a puree.

Again transfer the puree to the pan. Whisk in cream, if desired; season with salt and pepper.

Serve it hot with Bread sticks.

CABBAGE CHOWDER

Ingredients

Cabbage 450 g

Onions 55 g

Tomatoes 225 g

Green pepper 55 g

Cold water 600 ml

Salt To taste

Butter 30 g

Refined flour 30 g

Milk 300 ml

Cheese 30 g

Paprika 1/8 tsp

Pepper A pinch

Method:

1. Wash & chop vegetables, all the seeds must be removed from the green pepper and it should be rinsed well before chopping.
2. Put vegetables in a pan with water, salt & pepper. Bring to boil and simmer for about 15 mins.
3. Prepare a white sauce with butter, flour and milk.
4. Add to vegetables.
5. Add cheese and paprika as garnish stir and serve hot.

SPINACH & POTATO SOUP

Ingredients

100 gms potatoes, peeled and chopped
30 gms leeks, chopped
50 gms butter
20 ml olive oil
300 ml full cream milk
60 ml fresh cream
150 gm spinach, cleaned and chopped
8 cloves garlic, chopped
60 gms onion, chopped
1 tsp thyme, chopped
A pinch of nutmeg
Salt to taste
White pepper powder to taste

Method

1. Heat the oil in a large saucepan. Add the chopped onions, thyme, garlic and saute for a few minutes.
2. Add the chopped potatoes, toss gently and sprinkle some salt.
3. After about 5 minutes add milk and cook on low flame for about 20 minutes. Or till the potatoes are cooked and are soft.
4. Now, blend the potatoes to a smooth soup consistency (add extra milk if required).
5. Check for seasoning and finish with cream and nutmeg for flavoring.
6. Toss spinach in soft butter and check for seasoning. Mix spinach with the finished potato soup and serve hot

FRENCH PEA SOUP

Ingredients

500 gm shelled peas

1 onion, finely chopped

2 1/2 cup vegetable or chicken stock

1 Tbsp olive oil

2 tsp fresh cream

Salt and pepper to taste

Method

1. Heat oil in a pan. Add the onion and saute till white.
2. Now add the peas and saute for about 5 minutes.
3. Add seasoning and vegetable stock.
4. Give it a boil and simmer till the peas are cooked.
5. Puree in a grinder. Heat again and serve hot topped with fresh cream.

HOT & SOUR CHICKEN SOUP

Ingredients

6 cups Chicken stock
1/4 cup corn flour dissolved in 1/2 cup water or the stock
1/2 tsp soya sauce
1/4 cup vinegar
2 tsp chilli sauce
2 tsp salt or to taste
1 Tbsp finely chopped celery
1/4 cup tomato ketchup
1/2 tsp black pepper - mix together
1 tsp finely chopped garlic
1/2 cup finely chopped onions
½ cup cubed Chicken
1/2 cup finely shredded carrot
1 cup finely shredded cabbage

Method

1. Bring the stock to a boil and add the rest of the ingredients.
2. Simmer 2-3 minutes, stirring occasionally.
3. Add the Chicken, carrots and cabbage,
4. Bring to a boil and serve.

SPINACH SOUP

Ingredients

1 1/2 cup spinach, finely chopped

1 cup milk

2 Tbsp white flour

A pinch of sugar

A pinch of pepper powder

1 onion, finely chopped

6 flakes garlic, finely chopped

1 tsp oil

1 tsp Salt

Method

1. Heat oil in a pan. Add onions and garlic. Sauté till golden brown.
2. Add chopped spinach. Stir well.
3. Add white flour and stir till it's cooked. Add pepper powder, sugar, salt and a cup of water. Stir well. Keep aside for 10 mins.
4. Take a food processor, puree the spinach mix.
5. Boil the puree and add milk. Cook for 2 mins. Serve

APPETIZERS

CALAMARI FRITI

Ingredients

Oil for deep frying

300 gm squid (calamari), cleaned

1 bowl of refined flour (maida)

Salt & pepper for tasting

Lemon wedges for garnishing

Method

1. Cut the squid in rings. Season the flour with salt and pepper.
2. Add the squid to the flour and mix well. Strain to remove the excess flour.
3. Heat the oil and fry the squid for about 30 secs till golden brown.
4. Serve hot with some lemon wedges.

MACCHI AMRITSARI

Ingredients

1.2 kg Fish
120ml Malt Vinegar
50gm Ginger paste
50gm Garlic paste
10gm Ajwain
5gm Red Chilli powder
3gm Turmeric
3gm White Pepper powder
150gm Gramflour
For deep frying Ghee / Vanaspati
2 Lemons
Orange colour
Chat masala

Method:-

1. Clean, wash, cut into ½ inch thick darnes and pat dry.
2. Dissolve salt in vinegar and leave the fish in this marinade for at least 25 minutes. Remove, place between two napkins and press gently to remove the excess moisture. (The moisture can ruin the second marinade by making it too sour.
3. Mix the ginger and garlic pastes, ajwain, red chillies, turmeric, pepper and salt with gramflour, add water (approx 100ml) and orange colour, make a paste of coating consistency. Apply the paste on both sides of the darnes and arrange them on a tray at least an inch apart. Keep aside for 20 minutes.
4. Heat ghee in a kadhai and deep fry the fish over medium heat until crisp. 5. Arrange on a flat dish, sprinkle chaat masala and serve with lemon wedges.

CHICKEN LOLLIPOPS

Ingredients

Dressed Winglets	24 pcs
Chopped ginger	02 tsp
Chopped garlic	02 tsp
Chopped green chilli	02 ½ tsp
Salt / pepper (Black)	To taste
Lemon juice	02 tsp
Coriander leaves	Finely chopped 03tsp
Aginomoto	02 pinches
Egg	02 no
Flour	30 gm
Corn flour	20 gm
Red colour	As required
Oil (refined)	To deep fry.

Method :

1. Mix all the ingredient with winglets, except for eggs, flour and corn flour.
2. Allow to marinate for at least 30 minutes.
3. Finally, add beaten eggs and flour + conr flour to the marinade.
4. Deep fry by pulling out the winglet bones & drawing the fleshy part along with the marinades and being coated by the corn flour.
5. Serve with Schezwan Sauce.

PRAWN COCKTAIL

Ingredients

10 prawns, blanched
6-7 tbsp of egg less mayonnaise
2 tbsp of tomato sauce
3 tsp of fresh parsley, finely chopped
few drops of chilli sauce
2 tbsp olive oil
1 iceberg lettuce
2 tomatoes, sliced round
1 boiled egg, cut into 4 slices
6-8 black olives, chopped
salt and pepper to taste

1. Method

2. In a bowl mix the mayonnaise, tomato sauce, chilli sauce, salt, pepper and 1 tsp of parsley together.
3. Chop only six prawns into small pieces and add to mixture.
4. Marinate four prawns with olive oil, salt, pepper and 1/2 tsp of parsley.
5. Chop or tear the lettuce leaves into smaller pieces.
6. Place a small hand full of leaves at the base of a martini glass.
7. Top it with three spoons of the cocktail sauce.
8. Place four tomato slices around the sides and sprinkle some black olives and parsley.
9. Complete the garnish with a slice of boiled egg and a marinated prawn.

VEGETABLE SPRING ROLLS

Ingredients

For the pancakes

Refined flour	:	500 gm
Corn flour	:	20 gm
Salt	:	To Taste
Egg	:	1 nos
Oil	:	For deep frying

For the filling

Cabbage	:	250 gm
Carrots	:	60 gms
Capsicum	:	60 gms
Garlic	:	10 gm
Ginger	:	5 gm
Soya Sauce	:	30 ml
Ajinomotto	:	To taste
Salt & pepper	:	To taste
Spring onions	:	1 bunch
Oil	:	60 ml

Method:-

1. Sieve flour, add, beaten egg, salt, cornflour make batter and make pancakes.
2. Wash and shred cabbage, carrots, capsicum and chop spring onions.
3. Chop fine ginger and garlic
4. Heat oil, add ginger, garlic and sauté
5. Add shredded vegetables, salt, pepper, Aji-no-motto, soya sauce, spring onions.
6. Add the filling in the pancakes and deep fry till golden brown.
7. Cut each pancake diagonally and serve along with garlic sauce.

LAMB SKEWERS

Ingredients

400 gms boneless lamb
1 tsp onion paste
1 tsp green chilli paste
2 Tbsp raw papaya paste
2 lemons
2 Tbsp garlic paste
1 tsp jeera powder
1 tsp dhaniya powder
1 tsp kasuri methi powder
1 tsp red chilli powder
1 stem of coriander
1 Tbsp hung yogurt
2 Tbsp olive oil
1 tsp pepper powder
8-10 mint leaves
1 tsp cumin seeds
Salt

Method

1. Marinate the lamb with salt, onion paste, green chilli paste, raw papaya paste, lemon juice, ginger-garlic paste, jeera powder, dhaniya powder, kasuri methi powder, red chilli powder, coriander & hung curd.
2. Refrigerate it for 2 hours.
3. Skewer lamb pieces & grill it with olive oil on a grill pan.
4. For the dip
5. Add salt, garlic paste, pepper powder, chopped mint leaves & mix well.
6. Add roasted cumin.
7. Serve skewers with the yogurt dip & mint leaves drizzled with olive oil.

CRISPY CHICKEN

Ingredients

Boneless chicken 400 grams

Corn flakes 1 cup

Refined flour (maida) 1 tablespoon

Cornflour/ corn starch 1 tablespoon

Salt to taste

Ginger paste 1 tablespoon

Garlic paste 1 tablespoon

Red chilli paste 1 tablespoon

Vinegar 1 teaspoon

Egg 1

Oil for deep frying

Method

1. Crush cornflakes in a blender. To make marinade, mix refined flour, cornstarch, salt, ginger paste, garlic paste, red chilli paste, vinegar and egg well.
2. Cut chicken into 2 inch cubes and add and mix well. Add oil, mix and refrigerate for 1 hour.
3. Spread crushed cornflakes on a plate. Coat marinated chicken pieces in it and deep fry
4. Serve hot

POMMES DE TERRE CROQUETTES

Ingredients

Potatoes 500 g

Butter 50 g

Eggs yolks 2

Egg whole 1

Bread crumbs 50 g

Seasoning To taste

Nutmeg Pinch

Oil To deep fry

Method

1. Cut potatoes into pieces & cook them quickly in salted water keeping them slightly firm.
2. Drain, dry out in oven then pass them through a sieve.
3. Replace in the pan & add butter, season with salt, pepper & grated nutmeg & mix well on the stove.
4. Remove from the heat and mix in egg yolk and half egg.
5. Divide and mould the mixture round, cork or pear shape using flour.
6. Egg and breadcrumb then and deep fry approx. 5 minutes before serving.

FISH PAKORA

Ingredients

500 gm fish - filleted and cut into desired sized pieces

For marination:

1 Tbsp lemon juice

1 tsp salt

For the batter:

200 gm gram flour

Water

1 tsp red chilli powder

1/2 tsp turmeric

1/2 tsp crushed cumin

1 tsp salt

1/4 tsp soda bi-carbonate

Oil for deep frying

Chaat masala

Method

1. Make a thick batter with water, flour, red chilli powder, cumin, turmeric, salt and soda bi-carbonate.
2. Coat each slice with the batter and deep fry.
3. Sprinkle with chaat masala and serve with ketchup or chutney.

PASTA
SPAGHETTI BOLOGNESE

Ingredients

Spaghetti	:	225 gm
Meat (minced)	:	115 gm
Salad oil	:	30 ml
Onions	:	115 gm
Celery	:	30 gm
Carrots	:	55 gm
Tomatoes	:	115 gm
Mushrooms	:	55 gm
Salt	:	To taste
Garlic	:	1 flake
Bay leaf	:	1 gm
Cheese	:	30 gm

Method:-

1. Chop onions and garlic finely and fry in oil.
2. Add meat, fry for a few minutes and add mushrooms.
3. Add blanched tomatoes, chopped carrots, celery, bay leaf and salt.
4. Simmer gently until meat is cooked.
5. Cook spaghetti in plenty of boiling salted water till tender
6. Drain, put in a hot dish, add the meat sauce, mix well and serve garnished with grated cheese.

PENNE ALFREDO

Ingredients

100 gm penne pasta

1 cup fresh cream

2 Tbsp butter

Salt and pepper to taste

½ cup grated Parmesan or cheddar

A few sprigs fresh basil or parsley

Method

1. Boil water in a sauce pan. Add the penne pasta and let it cook till al dente. Drain and cool.
2. Heat butter in a saucepan until it melts, and then quickly pour in the cream. Keep the flame on medium and continue stirring until the sauce thickens.
3. Add salt and pepper and mix well. Switch off the flame.
4. Tip in the cheese and mix well.
5. Add the penne pasta and toss well. Garnish with fresh basil or parsley.

FETTUCCINI IN WHITE SAUCE

Ingredients

2 cups pasta fettuccini

5 tbsp cream

1 tsp chopped garlic

2 tsp olive oil

1 Tbsp capsicum red

1 Tbsp capsicum yellow

1/2 tsp parsley chopped

Salt according to taste

1/2 tsp black pepper crushed

Method

1. Boil the pasta for as per the instructions printed on the packet. Then strain pasta and let it cool.
2. Heat a pan and pour olive oil on it till it's slightly warm. Add chopped garlic and vegetables and saute for a minute.
3. Add fresh cream, salt and pepper and then toss in the fettuccine pasta. Cook for about two minutes.
4. Transfer into a serving dish and garnish with parmesan cheese and chopped parsley.

You can use cheddar cheese instead of parmesan cheese.

SPAGHETTI ALIO OLIO PEPERONCINO

Ingredients

100 gm spaghetti

8-10 cloves garlic, sliced

1/2 tsp chilli flakes

10 gm salt

1 Tbsp olive oil

Some dried herbs, optional

Method

Boil the spaghetti in a liter of water with some salt.

Saute the garlic in some extra virgin olive oil.

Add the chilli flakes.

Quickly put in the spaghetti with a little bit of the cooking water.

Just toss once or twice, lightly saute.

PENNE WITH SPICY SAUSAGE SAUCE

Ingredients

100 gm penne pasta

6 tomatoes or 1 cup tomato puree

1 tsp chopped garlic

Salt and black pepper to taste

1 Tbsp olive oil

1 cup chorizo sausages, chopped

A few sprigs fresh basil

Parmesan shavings

Method

1. Boil water in a sauce pan. Add the penne pasta and let it cook till al dente. Drain and cool.
2. Heat olive oil in a pan. Add the garlic and tomatoes and saute for 3-4 minutes.
3. Add the chorizo sausages and let it cook for 10-12 minutes. The sauce should develop a rich red colour.
4. Check seasoning, and add the penne pasta. Toss well.
5. Garnish with fresh basil and Parmesan.

PASTA CARBONARA

Ingredients

1 packet spaghetti

100 g bacon, cut in strips

3 eggs

1 egg yolk

100 g Pecorino Romano or Parmesan - grated

1 Tbsp olive oil

Lots of black pepper - coarsely crushed

Salt to taste

Method

1. In a large pan or a saucepan, heat the olive oil and fry the bacon till crisp. Set aside.
2. In a mixing bowl, beat the whole eggs and the yolk well. Stir in the grated cheese and set aside.
3. Boil the spaghetti in abundant salty water. Drain the pasta, reserving some of the cooking water.
4. In another saucepan, toss the pasta with the egg mixture, bacon and any fat rendered from cooking the bacon, over very low heat.
5. Make sure that the individual strands of pasta are all coated properly with the mixture. Season with salt, add the pasta water, give it a quick toss, and remove right away from the heat.
6. The sauce should have a creamy texture, which will be lost if the pasta remains on the fire for too long.
7. The idea is to cook the egg with the heat of the pasta, and not with the heat of the fire.
8. Serve right away with lots of pepper, freshly crushed in a pepper mill, and more Parmesan if desired.

MACARONI CHEESE

Ingredients

250 gm macaroni pasta

40 gm butter

40 gm plain flour or maida

600 ml milk

250 gm grated cheddar

50 gm grated parmesan cheese

Method

1. Cook the macaroni in a large saucepan of boiling salted water for 8-10 minutes; drain well and set aside.
2. Melt the butter over a medium heat in a saucepan slightly larger than that used for the macaroni. Add the flour and stir to form a roux, cooking for a few minutes.
3. Gradually whisk in the milk, a little at a time. Cook for 10-15 minutes to a thickened and smooth sauce.
4. Meanwhile, preheat the grill to hot.
5. Remove the sauce from the hob, add 175 gm of the cheese and stir until the cheese is well combined and melted.
6. Add the macaroni to the sauce and mix well. Transfer to a deep suitably-sized ovenproof dish.
7. Sprinkle over the remaining cheddar and the Parmesan and place the dish under the hot grill.
8. Cook until the cheese is browned and bubbling. Serve straightaway.

PENNE CHICKEN ARABBIATA

Ingredients

- 1 cups tomato puree
- 1/2 cup onion-grated
- 1/2 Tbsp garlic paste
- 1 Tbsp salt or to taste
- 1 Tbsp sugar
- 1 Tbsp chilli powder
- 2 Tbsp ajwain leaves-chopped or 1 Tbsp dried oregano leaves
- 2 Tbsp basil leaves-chopped
- 2 Tbsp olive oil
- 120 gm penne pasta, boiled
- 1/2 cup chicken - cooked and diced
- 2 Tbsp olives - halved
- 1/4 cup grated cheese

Method

1. Heat the oil and saute the onions and garlic till slightly coloured.
2. Add the tomato puree and bring to a boil, and add salt, sugar, chilli powder, oregano and basil and simmer for a couple of minutes, then take it off the heat.
3. Mix in the chicken, olives and penne. Top with the cheese (or mix in if so desired).

MAIN COURSE

FISH ORLY

Ingredients

- 4 fillets of betki fish (you can use any other fish also)
- 2 Tbsp onion - paste
- 1 tsp garlic - paste
- 1 tsp ginger paste
- 1/4 tsp baking powder
- 6 Tbsp oil
- 2 Tbsp wheat flour
- 2 Tbsp corn flour
- 1 egg
- 1/2 tsp salt
- 1 Tbsp vinegar

Method

1. Marinate fillets with ginger, garlic, onion, salt and vinegar for one hour.
2. Blend wheat flour, salt, corn flour, egg and baking powder in a bowl of water. Dip the fillets in the mixture and deep fry in oil.
3. Serve with chips and salad.

KERALA FRIED PRAWNS

Ingredients

200 gms fresh prawns

1 tsp turmeric powder

1 tsp pepper

4 Tbsp coconut oil

1 tsp mustard seeds

8-10 curry leaves

1 tsp red chilli powder

1 tsp chopped red chillies

1 small onion

1 lemon

A small bunch of coriander

Method

1. In a saucepan, take prawns add some turmeric, pepper, salt and water. Cook for 2-2.5 minutes till the outer coating turns crispy. Keep aside.
2. In a pan, take coconut oil, add mustard seeds, curry leaves, turmeric, salt, pepper and red chilli powder. Fry the masala.
3. To the masala, add prawns and let them fry until golden brown. Keep it aside.
4. For the garnish, in the same pan take some oil, add onion rings and some chopped red chillies.
5. To Serve: Garnish the prawns with onion and chilli mix, lemon juice and top with coriander.

RAWA FRIED FISH

Ingredients

50 gm rava
3 fillets of Basa/King fish
2 tsp ginger garlic paste
50 ml refined oil
1 tsp red chili powder
2 lemons quartered
Pinch of salt
1/2 tsp turmeric powder
Handful coriander leaves

Method

1. Take ginger garlic paste in a bowl and add chilli powder, turmeric and salt.
2. Drizzle 2 spoons of refined oil and mix it well.
3. Flavour the fish fillets with the paste and then coat the pieces with rava.
4. Add fair amount of refined oil in a preheat pan and shallow fry the fillets.
5. Lay some chopped coriander in a platter.
6. Serve the fillets into the platter with lemon pieces

BATTER FRIED FISH

Ingredients

500 grams, any white firm flesh fish fillet (River sole or Sea bass)

1 Tbsp white flour (maida)

Handful parsley finely chopped

Oil for deep frying

For the batter:

1 tsp baking powder

1 cup white flour (maida)

1 egg (optional)

1 cup soda water

Salt and pepper to season

Method

1. Clean the fish under running water, pat dry and roll it in flour and parsley, keep aside
2. For the batter , in a clean bowl whisk together soda water, baking powder, egg, flour and the seasoning into smooth consistency
3. Heat the oil in wok/ deep pan
4. Now dip each piece of fish in batter, coating them well and gently place them into hot oil.
5. Fry on medium heat till golden
6. Serve with a wedge of lemon, Chips with salt and vinegar.

GOAN PRAWN CURRY

Ingredients

500 gm prawns (shelled and de-veined)

1 tsp turmeric

Salt to taste

2 cups coconut milk

200 gm chopped onions

2 Tbsp oil

2 green chillies masala

4-5 whole red chillies

1 tsp coriander

1 tsp cumin seeds

6 black pepper

1/2 tsp turmeric

1 ginger

6 cloves

1/2 cup coconut

1/4 cup vinegar

Method

For the prawn masala:

1. Grind together all ingredients with vinegar.

For the curry:

1. Dust the prawns with turmeric and salt. Keep aside.
2. Then fry onions until light brown.
3. Add ground masala and fry. Add prawns and fry until pink.
4. Then add some coconut milk and bring to a boil.
5. Simmer for 5 minutes and garnish with green chillies.

CHICKEN PERI PERI

Ingredients

Chicken 1 kg

For the piri-piri sauce:

6-12 fresh red chillies,

1 Tbsp garlic, chopped

1 tsp salt

1/2 tsp oregano

1/2 tbsp paprika (or red chili powder)

100 ml olive oil

50 ml red wine vinegar

Method

1. Preheat the oven to 180C.
2. Place the chillies on a roasting tray and roast them for 10 minutes.
3. Cool and roughly chop the chillies.
4. Place the chillies, garlic, salt, oregano, paprika, olive oil and vinegar in a saucepan, and simmer for 2-3 minutes.
5. Allow the mixture to cool, then place in food processor and blend to a fine paste.
6. Place the chicken in a sealable plastic bag.
7. Add half the piri-piri sauce, spreading it evenly over the chicken.
8. Seal and marinate in the refrigerator for at least 1 hour.
9. Skewer the marinated chicken and grill till done.

KADAI CHICKEN

Ingredients

For the marinade:

1 kg chicken
1 Tbsp ginger-garlic paste
1/2 tsp pepper powder
1 Tbsp lime juice
1 Tbsp oil
Salt, to taste

For the paste:

2 medium tomatoes
2 green chillies
1 Tbsp ginger-garlic paste
1 tsp chilli powder
3 black cardamoms
3 cloves
1 cup water

For sauteing:

2 large onion, thinly sliced
1/2 tsp ginger, finely chopped
3 green chillies
2 tsp chilli powder
1 tsp turmeric powder
3/4 tsp garam masala
1/2 tsp kasturi methi
1 cup cream

Method

1. Marinate chicken with the ingredients mentioned and keep it aside for a while.
2. Grind all the ingredients for the tomato paste into a fine paste.
3. In a frying pan, shallow fry chicken pieces to light brown color.
4. In the same oil add onion, ginger and green chillies for sauteing and stir till onion turn golden brown.
5. Add chilli powder, turmeric powder, garam masala and kasuri methi.
6. Now add the tomato mixture and a cup of water.
7. Once it boils, add fried chicken pieces and mix everything together.
8. Add a little bit of salt if required.
9. Pop the lid on and cook for 10 minutes on medium heat.
10. Once finished cooking, add a cup of cream to give it a rich taste.

CHICKEN MASALA

Ingredients

500 gms chicken

3 big onions

A bunch of coriander leaves

10 green chillies

2 Tbsp peppercorn

1 Tbsp jeera

A bunch of curry leaves

1 Tbsp ginger-garlic paste

3 Tbsp oil

Salt, to taste

Method

1. Grind coriander, ginger, garlic, curry leaves, jeera, pepper corns and green chilli together.
2. Make an onion paste.
3. Wash the chicken and drain the excess water.
4. Add the paste made out of the ingredients and 1 tsp oil to the washed chicken and allow it to marinate for half an hour.
5. Heat oil in a pan.
6. Add the onion paste into the pan and allow it to fry till the raw smell of the onion is gone.
7. Once it turns brown in colour, add the marinated chicken and allow it to cook on a low flame till the chicken is cooked. (Add water in small quantity as and when required.)
8. Add the required amount of salt once the chicken is cooked and allow it to cook for a couple of minutes to let the chicken absorb the salt.
9. The chicken is ready to serve.

CHICKEN MANCHURIAN

Ingredients

250 gm chicken mince

2 eggs, slightly beaten

3/4 cup refined flour

1/2 tsp garlic paste

1/2 tsp ginger paste

Oil for deep frying

2 Tbsp oil

1 tsp finely chopped garlic

1/2 cup finely chopped onions

1 large capsicum-chopped fine

For sauce, mix together:

3 Tbsp corn flour-blended

1/2 cup water

2 Tbsp vinegar

2 tsp salt

2 tsp soya sauce

1/2 cup tomato puree

2 Tbsp chopped celery or 1/4 tsp celery salt

2 cups water

Method

1. Mix together the chicken, egg, flour, garlic and ginger paste, ajino moto and enough water so as to have a thick batter. Leave this for 5-10 minutes.
2. Heat the oil, keeping the heat high drop heaped teaspoonfuls of batter and fry to a golden brown. Drain on absorbent paper till required.
3. Heat 2 Tbsp of oil, and stir-fry the garlic and onion in it over high heat, till the onions look glossy. Add the capsicum and turn around a few times.
4. Add the sauce mixture, and simmer till the sauce thickens and becomes translucent.
5. Add the fried balls, turn around a few times and serve.

STROGANOFF DE BOEUF /MOUTON

Ingredients

Fillet of beef(tail end) / mutton leg boneless 400 g

Shallots finely chopped 25 g

Dry white wine 125 ml

Butter/ oil 50 g

Cream 125 ml

Lemon juice ¼ lemon

Salt 1 tsp²

Pepper A pinch

Chopped parsley For garnish

Method:

1. Cut the meat in thin strips about 2 inches long & sprinkle with salt & pepper.
2. Place butter in a sauté pan over fierce heat, add the beef strips and allow to cook rapidly for a few seconds. Beef should be brown but underdone.
3. Drain the meat strips into a colander. Add the shallots, cover with a lid and allow to cook gently till tender.
4. Drain off extra fat, add wine and reduce to 1/3.
5. Add cream.
6. Add lemon juice and the beef strips, don't reboil.
7. Correct the seasoning, serve sprinkled with chopped parsley, accompanied with rice pilaff.

KOLHAPURI MUTTON CURRY

Ingredients

Mutton	: 1 kg
Coriander Seeds	: 1 tbsp
Cumin	: 1 tsp
Ginger	: 3 gm
Garlic	: 12 gm
Onions	: 60 gm
Sesame seeds	: 1 tbsp
Poppy seeds	: ½ tbsp
Dry coconut	: 20 gm
Cloves	: 4no.
Peppercorns	: 4no.
Turmeric	: ½ tsp
Onions (finely sliced)	: ¼ kg
Chilli powder	: To taste
Salt	: To taste
Oil	: 100 ml

Method:-

1. Slightly fry all ingredients from coriander to peppercorns (each separately) except ginger and garlic
2. Then grind all including the raw garlic and ginger together to a paste.
3. Fry mutton in 50 ml of oil (slightly raw) and keep aside.
4. Then in 50 ml of oil, fry ¼ kg finely sliced onions till golden brown colour .
5. Add ground masala and mix and fry together a little.
6. Add turmeric and the half cooked meat and mix well.
7. Add 4-5 cups (600 ml) water, chilli powder and salt to taste
8. Allow to cook on a slow fire. Keep curry thick or thin according to your taste.

PORK VINDALOO

Ingredients

Pork	: 500 gms
Onion	: 150 gm
Kashmire Chillies	: 15 gms
Ginger	: 5 gm
Garlic	: 10 gm
Vinegar	: 100 ml
Pepper corns	: 3 gms
Jeera	: 2 gms
Cloves	: 2 gms
Cinnamon	: 2 gms
Turmeric	: 2 gms
Salt	: To Taste
Sugar	: To Taste
Green Chillies	: 3 nos
Oil	: 150 ml

Method

1. Cut pork into cubes
2. Grind together all the spices with vinegar and apply to pork and keep a side for marinations for ½ an hour.
3. Chop onion and slit green chillies.
4. Heat oil and fry onions, add slited green chillies.
5. Add the marinated pork and cook with little water to form a curry. serve hot.

METHI PANEER

Ingredients

Fresh Fenugreek leaves chopped 1 bunch
Tomatoes chopped 4 medium
Low fat cottage cheese (paneer) 1/2 inch cubes 200 grams
Oil 1 tablespoon
Onions finely chopped 2 medium
Ginger 1 inch piece
Green chillies 2-3
Kashmiri red chilli powder 1 teaspoon
Coriander powder 1 tablespoon
Salt to taste
Amchur powder 1 teaspoon

Method

1. Grind ginger, garlic and green chillies to a paste. Heat the oil in a non-stick pan, add the onions and sauté for three to four minutes or till it just starts turning brown.
2. Add the ginger-garlic-green chilli paste and stir-fry briefly. Add the Kashmiri red chilli powder, coriander powder and salt to taste.
3. Mix well. Immediately add the methi leaves and cook on medium heat, stirring frequently for six to eight minutes, stirring continuously or till the methi leaves are completely cooked and dry.
4. Add the tomatoes, stir and cook over high heat for two to three minutes. Add half a cup of water, cover and simmer for three to four minutes.
5. Add the paneer, sprinkle dried mango powder and mix well. Cook to heat through and serve immediately.

PUNJABI BHINDI

Ingredients

Ladyfingers (bhindi) 500 grams
Onions 2 large
Green chillies 3-4
Oil 5-6 tablespoons
Cumin seeds 1/2 teaspoon
Red chilli powder 1 teaspoon
Coriander powder 1 teaspoon
Turmeric powder 1/4 teaspoon
Dry mango powder (amchur) 1/4 teaspoon
Salt to taste

Method

1. Wash and wipe bhindis with a wet cloth. Cut both ends and make two inch long pieces. Slit bhindi horizontally without cutting them into two. Peel, wash and finely slice onions. Remove stems, wash and slit green chillies into two.
2. Heat oil in a kadai and add cumin seeds. Add finely sliced onions and sauté till light golden. Add green chillies and sauté for half a minute. Add bhindi and sprinkle red chilli powder, coriander powder and turmeric powder over the bhindi.
3. Mix well and cook covered over low heat stirring occasionally for five to seven minutes. Add salt and amchur powder and cook for further two minutes. Serve hot.

KADAI ALOO

Ingredients

Baby potatoes boiled and peeled 1 kg

Coriander seeds 2 tablespoons

Cumin seeds 1 tablespoon

Black peppercorns 1 tablespoon

Fennel seeds (saunf) 1 teaspoon

Dry red chillies broken 4

Oil 2 tablespoons

Asafoetida 1/4 teaspoon

Onion seeds (kalonji) 1/2 teaspoon

Ginger finely chopped 1 teaspoon

Garlic finely chopped 1 teaspoon

Red chilli powder 1/2 teaspoon

Amchur powder 1/2 teaspoon

Salt to taste

Method

1. Heat a kadai and dry roast coriander seeds, cumin seeds, black peppercorns, fennel seeds and red chillies. Transfer this mixture into a mixer jar and coarsely grind it.
2. Heat oil in a non stick pan and add asafoetida, kalonji, ginger and garlic and sauté. Add the potatoes and sauté.
3. Add red chilli powder, dried mango powder and salt and mix well. Add the ground masala mixture and mix well. Transfer in a serving plate and serve hot.

PANEER MAKHNI

Ingredients

Paneer (cottage cheese) 200 grams

Oil 4 tablespoons

Green cardamoms 4

Cloves 6

Cinnamon 2 inch stick

Garlic crushed 7-8 cloves

Ginger chopped 1 1/2 inch piece

Green chillies chopped 2

Fresh tomato puree 3 cups

Salt to taste

Kashmiri red chilli powder 1 1/2 teaspoons

Fresh coriander leaves chopped 3 tablespoons

Garam masala powder 1 teaspoon

Dried fenugreek leaves (kasoori methi) 1 teaspoon

Honey 2 tablespoons

Skimmed milk 1/4 cup

Method

1. Cut the paneer into two thick slices. Heat two teaspoons oil in a non-stick pan. Add green cardamoms, cloves, cinnamon, garlic and ginger and sauté till fragrant.
2. Add green chillies and continue to sauté. Cook tomato puree in another non-stick pan with salt till it reduces slightly. Add this to the ginger-garlic masala and cook.
3. Heat the remaining oil in a grill pan and place the paneer slices on it. Sprinkle some salt and red chilli powder and grill, turning sides once, till both the sides are golden.
4. Add coriander leaves to the tomato gravy and mix. Add salt, remaining red chilli powder, garam masala powder, kasoori methi and honey and mix well.
5. Once the paneer pieces are well grilled, take them off the pan and cut into cubes. Add these cubes to the gravy and mix. Just before serving add milk and mix. Serve hot with chapatti.

DAL MAKHNI

Ingredients

Whole black gram 1/2 cup
Salt to taste
Ginger grated 2 one inch piece
ghee 1 tablespoon
Cumin seeds 1 teaspoon
Onion chopped 1 large
Garlic cloves chopped 6
Tomatoes chopped 4 medium
Garam masala powder 1 teaspoon
Cream 1/2 cup
Red chilli powder 1 teaspoon
Ginger cut into thin strips ½ inch piece
Fresh coriander leaves chopped 1 tablespoon

Method

Pressure-cook the dal in 3 cups of water with salt and half the grated ginger for 8 whistles or till soft.

Heat ghee in a thick-bottomed pan. Add cumin seeds. When they begin to change colour add onion and fry till golden brown.

Add remaining grated ginger, garlic and tomatoes. Sauté till tomatoes are well mashed and oil starts to leave the masala. Add cooked dals to this. Add 2 cups of water and adjust seasoning.

Add garam masala powder and simmer on very low heat for 15 minutes.

Reserve 2 tablespoons of cream for garnish and add the rest along with red chilli powder and mix. Let the dal simmer for another 5 minutes.

Garnish with ginger strips, coriander leaves and the reserved cream and serve hot with naan or parantha.

DAL TADKA

Ingredients

Toor dal soaked, drained and boiled with enough water

Ghee 2 tablespoons

Cumin seeds 1 teaspoon

Asafoetida a pinch

Garlic cloves chopped 1 inch

Ginger chopped 1 inch piece

Onions chopped 2 medium

Salt to taste

Tomatoes chopped 2 medium

Red chilli powder 1 teaspoon

Turmeric powder 1/4 teaspoon

Cumin powder 1/4 teaspoon

Coriander powder 1/2 teaspoon

Garam masala powder 1/2 teaspoon

Juice of 1 lemon

Fresh coriander leaves chopped 1 tablespoon

Method

1. Heat ghee in a non-stick pan and add cumin seeds. Once they change colour, add asafoetida and mix.
2. Add garlic and ginger and sauté on medium heat for a minute. Add onions and a pinch of salt and sauté till the onions turn golden brown.
3. Add tomatoes and sauté till they turn pulpy.
4. Add red chilli powder, turmeric powder, cumin powder, coriander powder and garam masala powder and mix well. Cook for a minute and add the cooked dal and salt. Mix well.
5. Add water if required and bring to a boil.
6. Add lemon juice and remove from heat.
7. Transfer into a serving bowl, garnish with coriander leaves and serve hot.

VEGETABLE JHALFRAEZI

Ingredients

Babycorn 3-4
Potatoes cut into wedges 2 medium
Cauliflower separated into floret 1/4 medium
Carrot cut into thick strips 1 medium
Tindli quartered 15-20
French beans cut into 1/2 inch pieces 10-12
Oil 2 tablespoons
Cumin seeds 1 teaspoon
Dried red chillies 2
Onions 2 chopped and 1 thickly sliced 3 medium
Salt to taste
Turmeric powder 1/4 teaspoon
Red chilli powder 1 1/2 teaspoon
Ginger-garlic paste 2 tablespoons
Tomato puree 1/2 cup
Garam masala powder 1/2 teaspoon
Vinegar or lemon juice 2 teaspoons

Method

1. Heat oil in a non stick pan. Cut baby corns into diagonal slices.
2. Add cumin seeds, red chillies and chopped onions to the pan and sauté. Add baby corns, potatoes, cauliflower, carrot, tindora, French beans, salt, turmeric powder and ½ tsp red chilli powder and mix well.
3. Cover and cook, stirring and tossing occasionally, till vegetables become tender. Separate layers of the sliced onion and add.
4. Add ginger-garlic paste and mix. Cover and continue to cook. Add tomato puree, 1 tsp red chilli powder and garam masala powder and mix. Cover again and cook till all the vegetables are done.
5. Add vinegar or lemon juice and toss well. Serve hot.

RAJMA MASALA

Kidney Beans soaked overnight 1 cup

Tomato Puree to taste

Oil 4 tablespoons

Onions finely chopped 2 medium

Ginger-garlic paste 2 tablespoons

Coriander powder 2 teaspoons

Cumin powder 1 teaspoon

Red chilli powder 1 teaspoon

Tomato puree 1/2 cup

Garam masala powder 1 1/2 teaspoons

Fresh coriander leaves chopped 1 tablespoon

Method

1. Drain kidney beans and wash in fresh water and put into a pressure cooker. Add 5 cups of water and salt and cook under pressure till 4-5 whistles are given out.
2. Drain and reserve the cooking liquor. Heat oil in a non-stick pan. Add onions and sauté till light brown.
3. Add ginger-garlic paste and sauté for 2 minutes. Add coriander powder, cumin powder and red chilli powder and mix well.
4. Add tomato puree and mix again. Sauté for 3-4 minutes.
5. Add kidney beans and mix well. Add 1 cup cooking liquor and salt and stir to mix.
6. Mash the beans a bit and stir again. Add garam masala powder and mix and cook for 5-7 minutes.
7. Garnish with coriander leaves and serve hot.

STEAMED RICE

Ingredients

Basmati rice 2 cups

Salt to taste

Method

To cook rice on the gas stove, take the amount of water in the ratio 1:2, i.e., for every one part of rice there is two parts of water.

Wash $\frac{1}{2}$ cup rice under running water. Drain and soak for 20 minutes.

Heat a deep non-stick pan and add 1 cup boiling water to it.

Drain the rice and add to the pan alongwith salt. Cover and cook till it comes to a boil. Reduce heat and cook for 15 minutes or till the rice is fully done. Let it stand for 3-5 minutes and serve hot.

JEERA RICE

Ingredients

Basmati Rice	:	500 gm
Jeera	:	10 gm
Onions	:	300 gm
Ghee	:	150 gm
Salt	:	To Taste
Corriander Leaves	:	½ bunch
Pepper Powder	:	To Taste

Method:-

1. Boil the rice till slightly under cook
2. Heat ghee, add jeera, when it crackles add rice and stir fry.
3. Add salt, pepper.
4. Garnish with fried onions and chopped coriander leaves.

HYDERABADI CHICKEN BIRYANI

Ingredients

Chicken cut into 1 inch pieces 1 kilogram
Basmati Rice 500 grams
Milk 1/2 cup
Oil 3/4 cup
Onions sliced 3 large
Ginger paste 1 teaspoon
Garlic paste 1 teaspoon
Red chilli powder 1 teaspoon
Salt to taste
Fresh mint leaves 1 cup
coriander leaves chopped 1 cup
Lemon juice 2 tablespoon
Green chillies finely chopped 3
Yogurt 2 cups
Cloves 7
Bay leaves 2
Green cardamoms 5
Cinnamon 1 Stick
Saffron (kesar) 8-10 strands
Ghee 2 tablespoons

Method

1. Soak the saffron strands in milk. Set aside. Heat oil in a kadai and deep fry the onions till brown. Drain on an absorbent paper.
2. Grind coarsely. Add ginger paste, garlic paste, red chilli powder, salt, half of the mint, half of the coriander leaves, lemon juice, green chillies, fried onions, yogurt and the oil in which onions are fried and salt to the chicken. Mix well.
3. Set aside to marinate for two hours. Heat a non stick pan. Add chicken along with marinade and cook on medium heat till chicken is tender.
4. Boil water in a deep pan. Add cloves, bay leaves, cardamoms, cinnamon.
5. Add salt and rice. Cook till rice is one third done. Drain and spread on a plate.
6. Put ghee at the base of a non stick deep pan. Spread half of the cooked rice.
7. Spread the cooked chicken evenly on the rice layer. Cover the chicken layer with remaining rice.
8. Sprinkle saffron-milk mixture, remaining mint, coriander leaves. Cover with a lid and.
9. Put tawa underneath the pan and simmer for fifteen to twenty minutes.

MIXED VEGETABLE RAITA

INGREDIENTS

Curds	400 gm
Cucumber	30 gm
Tomatoes	30 gm
Onions	5 gm
Green chillies	5 gm
red chilli powder	A pinch
Cumin powder	3 gm
Chaat masala	3 gm
salt	To taste
Coriander leaves	1/2bunch

Preparation:

1. Whisk the curds in a bowl
2. Peel, deseed and cut cucumber into small cubes and chop deseeded tomatoes, chop onions.
3. Remove stems, wash, slit, deseed and chop green chillies. Clean, wash and chop coriander.
4. Mix all the vegetables, except coriander, with curds in a large bowl, sprinkle red chillies, red chillies, cumin, chat masala and salt, stir. Adjust the seasoning.
5. Transfer to a bowl, garnish with coriander and serve cold

VEGETABLE PULAO

Ingredients

Basmati rice boiled 2 cups

Cauliflower separated into florets 1/2 medium

Carrot chopped 1 medium

French beans chopped 6-8

Salt to taste

Green peas 1/4 cup

Clarified butter 2 teaspoons

Bay leaves 2

Green cardamoms 3-4

Cinnamon 1 inch stick

Cloves 3-4

Cumin seeds 1 teaspoon

Peppercorns 7-8

Method

Heat four to five cups water in a deep non stick pan. Add cauliflower, carrot, beans and salt. Stir to mix, cover and cook for minutes. Add green peas, cover and cook till vegetables are almost done.

Heat ghee in another deep non stick pan. Add bay leaves, cardamoms, cinnamon, cloves and cumin seeds. Sauté till the seeds splutter. Add peppercorns and mix.

Add boiled vegetables and mix. Add salt and rice and mix gently. Cover and cook for 2 minutes.

Serve hot.

MIXED FRIED RICE

Ingredients

Prawn (cleaned, chopped) - 1/2 cup

Cooked Chicken Meat - 1/4 cup (cut into tiny pieces)

Fine grained Rice - 2 cups

Egg - 2

Spring onion - 5-6

Capsicum - 1

Soya sauce - 2 tsp

Mushroom - a few

MSG - 1/4 tsp

Oil - 4 tbsp

Pepper to taste

Salt to taste

Method

1. Wash the rice. Cook in plenty of boiling water by adding 1 tsp of salt.
2. Strain the cooked rice, spread in a wide plate and allow it to cool (this can be done several hours before).
3. Scramble the eggs and keep aside.
4. Chop the spring onions and keep the green and white parts separate.
5. Deseed and chop the capsicum.
6. Finely dice the mushrooms.
7. Heat oil in a kadhai. Fry the prawns until cooked and remove.
8. Add the chicken to the remaining oil in the kadhai, fry for a minute and remove.
9. To the remaining oil, add the capsicum, mushrooms, white and green parts of the spring onions one by one. Stir-fry briefly after each addition.
10. Add the rice, soya sauce, salt, pepper and MSG.
11. Add the prawns and chicken meat. Add the scrambled eggs.
12. Mix well and keep covered on low flame until heated throughout. Serve hot.

EGG BIRYANI

Ingredients

Eggs hard boiled peeled and halved 6
Basmati rice soaked and drained 1 1/4 cups
Oil 2 tablespoons
Cinnamon 1 inch stick
Green cardamoms 2
Cloves 3
Onion sliced 2 medium
Ginger paste 1 teaspoon
Garlic paste 1 teaspoon
Tomatoes chopped 2 medium
Fresh coriander leaves chopped 2 tablespoons
Fresh mint leaves torn a few
Red chilli powder 1 teaspoon
Turmeric powder 1/4 teaspoon
Coconut milk 1/2 cup
Ghee 1 teaspoon
Salt to taste

Method

1. Heat the oil in a deep pan. Add the cinnamon, cardamoms and cloves and sauté for one minute.
2. Add the onions and sauté till soft. Add the ginger paste and garlic paste and sauté till fragrant.
3. Add the tomatoes and sauté for two minutes.
4. Add the coriander leaves and mint leaves and continue to sauté for two minutes longer.
5. Add the chilli powder, turmeric powder and sauté for a few seconds.
6. Add the coconut milk, two-and-a-half cups of water and salt.
7. When the water comes to a boil, add the rice and ghee and mix well.
8. Cover and cook over high heat for five minutes.
9. Lower heat and continue to cook for ten minutes, or till the rice is done and all the moisture has been absorbed .
10. Transfer the biryani to a platter, garnish with boiled eggs and serve hot.

MIXED HAKKA NOODLES

INGREDIENTS

Noodles	800 gm
Capsicum	50g
Carrots	50 gm
Onions	50 gm
Cabbage	100 gm
Soya sauce	30 ml
Ajinomoto	A pinch
Salt & pepper -	To Taste
Oil	30ml

Method:

1. Boil water in a pan, add oil and the noodles, reduce to low heat and simmer for a minute. Drain, add cold water and drain again. Then add a few more drops of oil and mix well.
2. Shred carrots, Capsicum, Cabbage, dice onions.
3. Heat oil in a wok, add the vegetables and stir for 30 seconds. Then add noodles and soya sauce, ajinomoto, salt, pepper stir and toss constantly for 1 ½ - minutes and serve hot.

SCHEZWAN FRIED RICE

Ingredients

Rice soaked 1 cup
Carrot finely chopped 1 medium
French beans finely chopped 4-6
Spring onions with greens finely chopped 2
Oil 6 tablespoons
Dried red chillies broken 3-4
Garlic finely chopped 4-6 cloves
Ginger finely chopped 1 inch piece
Red chilli paste 1 tablespoon
MSG 1/4 teaspoon
White pepper powder 1/4 teaspoon
Salt to taste
Vinegar 1 tablespoon

Method

1. Cook rice in three cups of boiling water until just cooked. Drain well and cool. Reserve some spring onion greens for garnish. Heat oil in a wok, add red chillies, garlic, ginger and spring onions and stir-fry for one minute.
2. Add carrot and French beans and continue to stir-fry for a minute. Add red chilli paste, MSG, white pepper powder and salt and mix well.
3. Add rice and cook on high heat for a minute or until the rice is heated through, tossing continuously. Mix in vinegar and serve hot, garnished with the reserved spring onion greens.

TOMATO PULAO

INGREDIENTS

Tomatoes finely chopped 3-4 medium
Cooked rice 3 cups
Desi ghee 1 tablespoon
Cumin seeds 1 teaspoon
Coriander seeds 1 teaspoon
Poppy seeds (khuskhus) 1 teaspoon
Roasted chana dal (daalia) 2 teaspoons
Dried red chillies 2
Asafoetida 1/4 teaspoon
Mustard seeds 1 teaspoon
Curry leaves 12-15
Turmeric powder 1/4 teaspoon
Salt to taste

Method

1. Heat ghee in a non-stick pan.
2. Dry roast cumin seeds, coriander seeds, poppy seeds and chana dal in another non-stick pan. Roughly chop red chillies, remove the seeds and add to the pan and continue to roast till fragrant.
3. Add asafoetida and mustard seeds to the ghee and let the seeds splutter. Add curry leaves and sauté till leaves turn crisp.
4. Add tomatoes, mix well, cover and cook till tomatoes turn soft and pulpy.
5. Switch off heat from under the 2nd pan, cool down the roasted ingredients to room temperature and grind to a fine powder.
6. Add turmeric powder and 3 tbsps ground powder to the tomato mixture. Mix well and cook for 2 minutes.
7. Add rice, switch off heat and mix well. Add salt, 3 tsps ground powder and mix well.
8. Transfer the prepared rice onto a serving dish and serve hot.

LEMON RICE

INGREDIENTS

Lemons 1 cup
Boiled Rice 2 tablespoons
Fennel seeds (saunf) 1/2 tablespoon
Cumin seeds 1/2 teaspoon
Ginger finely chopped 1 teaspoon
Mustard seeds 1 teaspoon
Peanuts roasted 2 tablespoons
Curry leaves 3 sprigs
Potato finely chopped 1 small
Black gram split (urad dal dhuli) 2 teaspoons
Moong dal 2 teaspoons
Red chilli powder 1 teaspoon
Coriander powder 1 teaspoon
Turmeric powder 1/2 teaspoon
Green chilli finely chopped 1
Salt to taste
Oil 2 teaspoons

Method

1. Heat the oil in a kadai. Add fennel seeds, cumin seeds, ginger, mustard seeds , peanuts, curry leaves.
2. When they begin to crackle then add potato and cover it for 2 minutes on medium flame till the potato becomes soft.
3. Add urad dal, moong dal, red chilli powder, coriander leaves, turmeric powder, green chillies, salt and saute for two minutes.
4. Add the boiled rice. Mix it well. Put the lemon juice over it and lastly garnish with coriander leaves and mint leaves. Serve hot with raita.

MEXICAN FRIED RICE

Ingredients

Basmati rice boiled and cooled 3 cups
Tamarind pulp 2 tablespoons
Oil 1 1/2 tablespoons
Egg 1
Garlic 15 cloves
Onion finely chopped 2 medium
Carrot grated 2 medium
Red bell pepper finely chopped 2 medium
Yellow bell pepper finely chopped 2 medium
Tomato ketchup 2 tablespoons
Red chilli sauce 1 tablespoon
Salt to taste
Mixed herbs 1/2 teaspoon
Fresh parsley for garnish

Method

1. Heat half tablespoon of oil in a non-stick pan. Keep a round mould in the centre and break an egg into it and fry.
2. This way the egg will get a perfect shape. Set aside.
3. Heat the remaining oil in a separate non-stick pan. Add the garlic and onions and sauté till the onions turn light brown. Add the grated carrots, red capsicums, yellow capsicums, tomato ketchup and red chilli sauce. Mix well and cook for two to three minutes.
4. Add the rice, salt and mixed dried herbs. Toss well. Keep a round mould on a serving dish and transfer the rice into it and pack it in tightly.
5. Gently remove the mould, place the fried egg on top and serve immediately garnished with parsley sprigs.

CHAPATTI

Ingredients

one cup of flour

half a cup of water

Salt to taste

Method

1. Put one cup of flour in a bowl. Add half a cup of water and mix with a spoon.
2. We are not trying to knead anything yet. Just mix. When there is no more water visible, stop mixing.
3. Cover the bowl and let it rest for 30 minutes.
4. After 30 minutes, add the salt, gently mix the dough for 2 minutes, just enough to gather the dough into one piece. Cover the bowl and set aside for 30 minutes.
5. Divide the dough into lime size balls.
6. Set an iron pan on medium high heat. Let it become hot.
7. Take a dough ball and generously dust it with flour. Roll the dough into a 4 inch round on a flat smooth surface using a rolling pin.
8. Place the chapati on the hot griddle. Let it cook for 10-15 seconds until bubbles start to form on top. Flip the chapati and cook for 30 seconds more. Gently press on top of the chapati to make the chapati fluff up. Flip one more time and press on top.
9. Chapati should beautifully fluff up.

METHI PARATHA

Ingredients

4 cup wheat flour,

1 green chilli

2 garlic

5-6 green onion leaves

1 tsp jeera

1/2 tsp kasuri methi

1 tsp desi ghee

Salt

Method

1. Knead a dough using wheat flour, Jeera, salt and kasuri methi.
2. Grind together green chillies, garlic & green onion leaves to a paste.
3. Add this to the dough & knead well.
4. Make dough balls, roll out into paranthas & shallow fry with some desi Ghee.

PUDHINA PARATHA

Ingredients

- 2 Green chillies
- 250 gms wheat flour
- 75 gms maida
- 1 Tbsp ghee
- 2 Tbsp pudina powder
- 1 tsp black salt
- 1 tsp chaat masala
- 1 tsp red chilli powder
- 1 tsp salt

Method

1. Knead a dough combining wheat flour, maida, salt & ghee.
2. Add black salt, red chilli powder, chaat masala to pudina powder.
3. Grind green chillies to a paste & mix it into the dough.
4. Make dough balls & roll out into long strips of the same length.
5. Add ghee, dust with flour, sprinkle pudina mixture over strips.
6. Overlay them by crossing it with each other.
7. Pat into a square & roll out gently again.
8. Fry with ghee

AMRITSARI KULCHA

Ingredients

For the dough:

1 kg 200 gm refined flour

400 ml water (add more if needed) (knead all together for pliable dough)

Pinch of salt (optional)

100 ml oil

For the filling:

1 cup onion, chopped

1/2 kg boiled potatoes, crushed

2 tsp roasted coriander seeds, crushed

2 tsp ginger, chopped

2-3 sprigs green coriander, chopped

1 green chilli, chopped

Lemon juice

Method

1. Make a semi-firm dough with refined flour, water, salt and keep it covered with moist cloth for 1 hour in a cool place.
2. Combine all filling ingredients, except oil, and gently fold together. Check seasoning.
3. Dab some oil on your fingers and palms. Using them, make small balls (40-50 g each or size of medium potato) from dough and flatten to stuff with filling. Pack flattened dough with filling just enough to stuff and encase well.
4. With a rolling pin, flatten wedges again.
5. In a medium-hot, non-stick pan, brush wedges with oil and cook evenly on both sides. Serve wedges with coriander-mint chutney or curd (optional).

ALOO PARATHA

Ingredients

250 gm whole wheat flour

Pinch of salt

1 cup water

50 ml oil

For the filling:

500 gm potatoes

20 gm coriander leaves

20 gm ginger garlic paste

75 gm onions

5 gm green chillies

5 gm turmeric

5 gm chilli powder

10 ml lime juice

Oil for frying

Method

1. Make a soft dough with the specified ingredients.
2. Divide the dough into balls, as per the required size.
3. Chop the onions, green chillies and the coriander leaves. Then boil the potatoes; remove the skin and mash.
4. Add the rest of the ingredients and mix well. Take each portion of the dough, flatten it on palm.
5. Stuff the filling in the dough and roll into balls. With a rolling pin, flatten the balls into 1/2" thick round parathas.
6. Grease a pan with a little oil and heat on a medium flame.
7. Cook the parathas until both sides are golden and cooked through.

POORI

Ingredients

250 gm whole wheat flour

75 gm semolina

30 ml oil

Salt

Oil for deep frying

Method

1. Mix all the ingredients and work it into hard dough.
2. Knead for a few minutes and rest the dough for 30 minutes.
3. Divide the dough into portions of 25 grams each and form into balls.
4. Roll out the balls into circles with a rolling pin.
5. In a deep skillet heat oil.
6. When the oil is hot drop in a poori and spoon hot oil on it continually until it puffs up.
7. Then gently turn it upside down and let it fry till golden brown.

PHULKA

Ingredients

- 1 cup whole wheat flour
- 1/2 teaspoon salt (optional)
- 1 teaspoon oil
- ghee for serving

Method

1. To begin making the Phulka, first bring all the ingredients together to make the dough.
2. In a large bowl combine the flour and salt; add a little water at a time to make firm dough. Add a teaspoon of oil to coat the dough and knead for a few more minutes until smooth.
3. Set the dough aside to rest covered for 15 minutes. Knead once again and divide the dough into 8 portions.
4. Preheat the iron skillet on medium high heat. Roll the portions of phulka (roti) dough into balls; flatten these balls with the palm of your hand.
5. Take a portion of the phulka dough, toss it on the flour and roll out into thin circles to approximately 6 inches in diameter. As you roll them out, you can keep tossing the dough in dry flour while rolling; this will prevent it from getting sticky when rolling them out.
6. Place rolled dough on the hot skillet. In a few seconds you will notice that small air pockets start to form. At this point flip the rolled dough to the other side on the skillet.
7. After a few seconds turn the flame to high; using tongs take the rolled phulka dough off the skillet and place it directly on the flame. It should balloon into a spherical shape and puff up. This is known as the phulka
8. Remove the phulka from heat, place it on a flat plate and optionally spread little ghee on the side facing up.
9. Continue the same process for the remaining portions of the rolled phulka dough and keep stacking them one over the other.

MALABARI PARATHA

Ingredients

2 cups refined flour (maida)
1 tablespoon ghee for dough
Melted ghee or oil as required
1/2 cup milk
1/2 teaspoon sugar
Lukewarm water as required
Salt to taste

Method

1. To begin making the Malabari Parotta, in a mixing bowl put refined flour, 1 tablespoon ghee, milk, sugar, salt and sufficient lukewarm water and make a hard dough.
2. Cover it and keep it aside for 15-20 minutes.
3. Divide the dough into equal portions and roll them into balls.
4. Apply some oil on the balls and cover it. Keep it aside for another 5 to 10 minutes.
5. Spread a little oil or ghee on the table top. Place ball on it and roll it with the help of a rolling pin into thin sheet.
6. Now apply some ghee or oil on the rolled sheet and dust it with the little refined flour.
7. Make small pleats and roll into a round ball. Do the same with the remaining balls. Cover it and leave it aside for 5 minutes.
8. Now take the rested balls and roll like chapati.
9. Heat non-sticky tawa and place the rolled chapati on it.
10. Drizzle little ghee or oil and cook it from both sides until lightly brown and crisp.

GARLIC NAAAN

Ingredients

Refined flour (maida) 4 cups
Garlic peeled 25 cloves
Baking powder teaspoon
Soda bicarbonate 1/2 teaspoon
Salt to taste
Sugar 2 teaspoons
Milk 1 1/2 cups
Yogurt 2 tablespoons
Fresh coriander leaves chopped 2 tablespoons
Oil 2 tablespoons
Butter 6 tablespoons

Method

1. Sieve flour, leaving some aside for dusting, with baking powder, soda bicarbonate and salt. Grind twenty garlic cloves to a fine paste.
2. Chop the remaining finely. Add sugar, milk, garlic paste, yogurt, chopped garlic, chopped coriander leaves to the flour mixture and mix. Add water as required and knead into a medium soft dough.
3. Apply a little oil, cover with a damp cloth and set aside for at least an hour.
4. Punch dough with your hands to make it soft and pliable.
5. Divide dough into twelve to sixteen equal portions, cover and let it rest for an hour more. Melt butter.
6. Flatten each dough ball between your palms, apply melted butter and dust with flour.
7. Roll into a ball again and keep it covered for fifteen minutes. Preheat oven to 250°C.
8. Roll each dough ball on a floured surface into a five to six inch diameter disc.
9. Pull it from one end to get the elongated shape of a naan.
10. Cook in the preheated oven at 250°C for seven minutes.
11. You can also cook in a tandoor till brown spots appear on the surface. Remove and serve hot drizzled with melted butter.

BADAM KHEER

1 tin (400g)- Sweetened Condensed Milk

1 litre-Milk

50 g-Badam (Almonds)

50 g-Kaju (Cashewnuts)

1/4 tsp-Almond Essence

How to make Badam Kheer

Method

1. Blanch almonds and remove skin. Soak almonds and cashewnuts in 2 cups of hot milk for 30 minutes. Grind to a paste along with milk.
2. Heat the remaining milk to boil. Add NESTLÉ MILKMAID Sweetened Condensed Milk and the ground almond paste and cook for another 5 minutes with constant stirring.
3. Remove from fire and add almond essence. Serve hot or cold.

GULAB JAMUN

Ingredients

Milk Powder 1 cup + 2 tablespoons
Refined Flour 1 tablespoon
Soda bicarbonate 1/4 teaspoon
Green cardamom powder 1/2 teaspoon
Ghee 4 tablespoon + 1 teaspoon
Sugar 1 cup
Lemon juice 1 teaspoon

Method

1. Take milk powder, refined flour, soda bicarbonate, green cardamom powder and four teaspoons of ghee in a bowl and mix. Heat sugar and one cup of water in a pan and cook to make a syrup.
2. Add lemon juice to clarify the syrup. Remove the scum. Transfer the syrup into a serving dish. Heat sufficient ghee in a kadai.
3. Add sufficient water to the milk powder mixture and knead into a soft dough. Divide the dough into small balls. Deep fry these in the heated ghee on low heat.
4. When the gulab jamuns are golden brown, drain them and add to the hot syrup. Serve hot or at room temperature.

SHAHI TUKDA

Ingredients

Bread slices 8

Milk 5 cups

Ghee for deep-frying

Dry fruits chopped for garnishing 2 tablespoons

Sugar 1/2 cup

Silver varq for garnish

Method

1. Trim the crust and cut each bread slice into round shape with a cookie cutter or a katori. Heat pure ghee in a pan and shallow-fry the bread pieces for about a minute, turn over and fry about a minute more or until light brown and crisp. Drain on absorbent paper.
2. Meanwhile, bring milk to boil, reduce heat and simmer for ten minutes, stirring continuously or until the quantity is reduced by half. Add sugar and continue to simmer for five minutes, stirring continuously. Remove from flame and chill it.
3. Place bread pieces on a serving dish, pour chilled reduced milk on top, apply silver varq, and top with dry fruits. Serve chilled.

SEMIYAN PAYASAM

Ingredients

1/2 tin (200g)- Sweetened Condensed Milk

1/2 litre (500 ml)-Milk

50 g- Seviyan (Vermicelli) roasted

2 tbsp- Kishmish (Raisins)

2 tbsp-Mixed Dried Fruits

2-Elaichi (Cardamom) Powder

Method

1. Bring milk to a boil. Add Sweetened Condensed Milk, seviyan and elaichi.
2. Cook for 4 to 5 mins. Remove from fire, add the raisins and nuts.
3. Serve hot.

GAJAR KA HALWA

Ingredients

1/2 tin - Sweetened Condensed Milk

1 litre-Milk

2 tbsp-Ghee

1 kg-Carrots Grated

25g-Kaju (Cashewnuts) Chopped

25 g-Kishmish (Raisins)

Method

1. Mix carrots and milk in a pan, bring to a boil. Cook on low flame, stirring occasionally, till milk dries up.
2. Add Sweetened Condensed Milk and continue cooking on low flame, stirring occasionally, till it dries up.
3. Add the ghee and cook for another 10 minutes.
4. Garnish with nuts and raisins and serve hot.

JELLY PUDDING

Ingredients

200ml-Fresh Cream (chilled)

1 packet-Jelly Crystals

1/2 tin (200g)- Sweetened Condensed Milk

Method

1. Prepare jelly as per pack instructions. Keep in freezer till the jelly begins to set at the sides.
2. Whip the chilled cream till it is light and keep aside.
3. Fold in Sweetened Condensed Milk and whipped cream into the semi set jelly pour the mixture into a wet dish. Allow to set in the refrigerator. Serve chilled.

PINEAPPLE SOUFFLE

Ingredients

1-1/2 cups-Fresh Cream

of 4 limes-Lime Juice

4 slices-Pineapple chopped

1/2 cup-Warm Water

2-1/2 tbsp- Gelatine

250 ml- Milk

400 gm- Condensed Milk

Method

1. Whip the cream over ice till light and fluffy and keep chilled. Soak gelatin in ½ cup warm water and dissolve over a pan of hot water.
2. Add Condensed Milk, milk, chopped pineapple and lemon juice to dissolved gelatin and mix well. Fold in the whipped cream (save 2 tbsp for garnishing) into the condensed milk - pineapple mixture.
3. Pour the mixture into a wet soufflé dish and chill. When set decorate with whipped cream and cherries and serve chilled.

CHOCOLATE BREAD PUDDING

Ingredients

1 cup (200g)- Condensed Milk

2 cups (300ml)-Milk

1 tbsp-Butter

2 tbsp-Cocoa Powder

2-Eggs

1 tsp-Vanilla Essence

4-Bread Slices

3 tbsp-Walnut Chopped

Ingredients

1. Heat butter in a pan and mix in the cocoa powder, cook over low flame for a minute. Add the Condensed Milk and milk, mix well and cook over medium flame till thick. Keep aside to cool.
2. Whisk the eggs and pour into above mixture beat whisk well. Add the vanilla essence and whisk again. Trim the bread and cut each slice into 4 triangles, arrange them in a greased glass dish. Sprinkle the walnuts over them.
3. Pour the chocolate milk mixture over the bread and allow to soak pressing the bread pieces without breaking them. Bake in a preheated oven at 180° C for 15 minutes. Serve hot or cold.

STRAWBERRY MOUSSE.

Ingredients

Milk	:	50 ml
Eggs	:	2 nos
Gelatine	:	15 gm
Cream	:	15 gm
Cherries	:	10 gm
Sugar	:	55 gm
Strawberry essence		few drops
Fresh Strawberry	:	50 gm

Method:-

1. Soak gelatin in a little warm water for 5 minutes
2. Separate yolks and white of eggs
3. Beat yolks and sugar thoroughly
4. Warm milk and pour over the mixture
5. Put in double saucepan over low flame and cook till custard thickens.
6. Remove from fire and add dissolved gelatine and essence.
7. Cool and fold in stiffly beaten egg whites.
8. Set in refrigerator, Turn and decorate with whipped cream and fresh strawberry .

PHIRNI

Ingredients

1 tin-NESTLÉ MILKMAID Sweetened Condensed Milk

3 cups (450 ml)-Milk

100 gm-Rice

1 tsp-Elaichi (Cardamom) Powder

few-Rose Petals

1 tsp-Rose Water

Method

1. Soak rice in water for 30 minutes to 1 hour. Drain water and grind to a fine paste.
2. Add milk to paste and heat together, stirring constantly so that the mixture does not stick to the bottom. Bring to a boil. Cook for 5 to 7 minutes. Add NESTLÉ MILKMAID Sweetened Condensed Milk and remove from fire.
3. Add elaichi powder and rose water. Leave to cool and set in a refrigerator. Serve garnished with rose petals.

DIPLOMAT PUDDING

Ingredients

Milk	250 ml
Gelatine	10 gm
Eggs	2no.
Sugar	60 gm
Sultanas	20 gm
currants	20 gm
Angelica	20 gm
Wafer biscuits	20 gm
Glucose biscuits	20 gm
cherries	20 gm

Method:-

1. Cream together egg yolks and sugar till light and fluffy.
2. Pour boiling milk over. Return to heat and cook to a custard consistency.
3. Remove from heat. Add gelatine dissolved in a little warm water. Mix well.
4. Cool and fold in stiffly beaten egg whites.
5. Decorate bottom of greased jelly moulds with some angelica and cherries. Fill half.
6. Put a layer of glucose biscuits dipped in fruit juice.
7. Put some currants over. Fill with remaining mixture. Set in refrigerator.

RASMALAI

INGREDIENTS

Chhenna	500 gm
Flour	25 gm
Baking powder	1 gm
Pistachio	20 gm
The Syrup	
Sugar	2 kg
Milk	550 ml
Reetha water	20 ml
Rabarhil	1 kg

Preparation:

1. The Chhenna: Knead gently to mash any granules. Sieve flour and baking powder together, mix with chhenna, and knead to make dough. Divide into 30 equal portions make balls, gently squeeze between the palms and flatten to make 'patties' (approx. 1" diameter), ensuring that the surface is smooth. Place on a flat tray.
2. The pistachio: blanch cool, remove the skin and cut into slivers.
3. The syrup: put sugar in a kadhai, add water (approx. 2 litres) and 50 ml of milk, bring to a boil over high heat. Remove the scum. Add reetha water and stir. (the reetha water helps in creating froth required during poaching).
4. The Chashni: Transfer 1 litre of syrup into a separate handi, add water (approx. 1.5 litres) bring to a boil, remove and cool.
5. The milk: Put in a handi and bring to a boil over medium heat. Remove, cool and maintain it at a warm temperature.
6. Bring the syrup to boil , slide in the chhenna patties and poach for 10 minutes.
7. Remove with a spoon, check closely for perforation. Transfer into the Chashni and cool.
8. Gently squeeze out the Rasmalai from the syrup and soak in the warm milk for 10 minutes, Transfer into a serving platter and pour on the rabarhi and refrigerate garnish with pistachio and serve cold

Double Ka Meetha

Ingredients

Few strands-Kesar (Saffron)

1 tsp-Elaichi (Cardamom) Powder

2 tbsp-Kishmish (Raisins)

2 tbsp-Kaju (Cashewnuts) Chopped

2 tbsp-Badam (Almonds) Chopped

4-Bread Slices

for frying-Ghee

1-1/2 cups-Milk

½ cup- Sweetened Condensed Milk

Method

1. Mix together Sweetened Condensed Milk and milk. Trim the edges of bread slices and cut diagonally into 4 pieces.
2. Spread out to dry for 10 minutes. Heat ghee and deep fry the bread pieces till golden brown, remove and spread in a shallow dish
3. Deep fry the almonds, cashew nuts and raisins and spread them over the bread pieces. Pour the milk mixture over the bread and sprinkle the cardamom powder and saffron. Microwave for 2 minutes till the milk is well absorbed.
4. Serve hot or cold.

KESAR SHRIKHAND

Ingredients

1/2 tin (200 gm)-NESTLÉ MILKMAID Sweetened Condensed Milk

500 gm-Dahi (Curd)

10-15 strands-Kesar (Saffron)

1/2 tsp-Elaichi (Cardamom) Powder

2-3 tbsp-chopped finely Mixed Dried Fruits (optional)

Method

1. Put the dahi in a muslin cloth and allow to hang for 30 minutes or keep in a strainer with fine mesh. Press to make sure that excess water is removed. Soak the saffron strands in 1 tbsp water.
2. Pass the hung dahi through strainer to get smooth thick dahi without lumps. In a bowl mix together the dahi, NESTLÉ MILKMAID Sweetened Condensed Milk, soaked saffron strands and cardamom powder.
3. Place in refrigerator for an hour before serving / decorate with nuts.

TOFFEE BANANA

Ingredient

Bananas (medium Size)	4
Sugar	300 gm
Roasted Sesame seeds	400 gm
Groundnut oil	To fry
The Batter	
Flour	70 gm
Cornflour	130 gm
Baking powder	5 gm
Sugar	10 gm
Groundnut oil	35 gm

Preparation :

1. The Bananas: Peel and cut each into 4 equal-sized pieces.
2. The batter: Sieve flour, cornflour and baking powder together into a bowl, add sugar, oil and water (approx. 200 ml) and make a thick batter.
3. Heat oil in a wok, dip the bananas in the batter and deep fry over low heat until golden brown (approx, 2 1/2-3 minutes). Drain.
4. Put sugar in a separate wok, add water (approx. 800 ml), bring to a boil and simmer until a 1-string consistency is achieved. (do not discolour the syrup).
5. Then add the fried bananas and toss until the sugar coats the bananas. Sprinkle sesame seeds on top, toss and remove.

MALAI PEDA

Ingredients

1 tin (400 gm)-NESTLÉ MILKMAID Sweetened Condensed Milk

3 tbsp-Dairy Whitener

1/2 cup (75 ml)-Milk

1 tsp-Corn Flour

2 tbsp-Lime Juice

1 tbsp-Ghee

How to make Malai Peda

Method

1. Mix together all the ingredients.
2. Heat the mixture in a heavy bottom karahi. Cook with constant stirring till thick and the mixture starts leaving the sides of the kadai.
3. Remove from fire and cool. Shape into pedas.

BALUSHAHİ

Ingredients

Refined flour (maida) 1 1/2 cups

Soda bicarbonate 1/4 teaspoon

Ghee 4 tablespoons

Yogurt whisked 6 tablespoons

Sugar 2 cups

Milk 2 tablespoons

Pistachios finely chopped 4-5

Method

1. Sift together the flour and soda bicarbonate into a large bowl. Rub four tablespoons of ghee into the flour mixture with your fingertips till it resembles breadcrumbs.
2. Add the beaten yogurt and knead into a soft dough. Cover the dough with a damp cloth and allow it to rest for forty-five minutes.
3. Divide the dough into twelve equal portions and shape into smooth balls. Take care not to overwork the dough. Make a slight dent in the centre of the ball with your thumb. Keep the balls covered.
4. Heat sufficient ghee in a non-stick kadai on medium heat. Gently slide in the prepared dough balls, two to three at a time, and deep-fry on low heat. If necessary, place a non-stick tawa below the kadai so that the ghee does not get too hot.
5. Gradually the balushahi will start floating to the top. Turn gently and fry the other side till golden. The entire process may take around half an hour to forty-five minutes. Remove with a slotted spoon and drain on absorbent paper. Set aside to cool for forty-five minutes, or till they reach room temperature.
6. Cook the sugar with one cup of water in a deep non-stick pan on high heat, stirring occasionally, till the sugar dissolves. Add the milk to the cooking syrup. Collect the scum which rises to the surface with a ladle and discard. Continue to cook till the syrup attains a two-string consistency.
7. Remove the syrup from heat and soak the cooled balushahi in it for two hours.
8. Gently remove the balushahi from the sugar syrup and place on a serving plate. Decorate with the pistachios. Set aside for two to three hours till the sugar syrup forms a thin white coating on the balushahi.