

BIJAL'S AUTHENTIC GUJJU AROMA

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VIPUL M DESAI

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Recipe no 1: KACHU

(Surti Green Garlic with Mashed Potato)



This is a typical Surti Dish for one who loves to eat more Green Garlic with its prominent flavor.

Key Ingredients:

2 big boiled potatoes,
150-250g of green garlic and other routine masala.

Recipe:

1. First a Paste is to be prepared, Take one green chili, one inch ginger piece, 1-2 inch orange turmeric, White part of 150-250g of Green garlic. Crush and make fine paste in Mixer. (Can use half tea spoon of normal Green chili-ginger paste)

2. Take two big boiled potatoes mesh or grate it properly. Add three tablespoon oil, salt to taste (1/4 tea spoon usually), above prepared paste and 150-250g of fine chopped green garlic (whose white part is used in paste), Mix it with hands for 2 minutes.

Note: 1. Garlic quantity depends of taste as required.

2. Kachu can be taken with Lunch/Dinner like chutney, salad.

3. Can be stored for 2 days in Refrigerator.

4. This is for 2 serving.



Recipe no 2: SANDWICH DHOKLA



Key Ingredients:

3 cup of regular rice or boiled rice or idli rawa,

1 cup adad Ni dal

Or ready 500gm dhokla`s dry flour,

1-2 table spoon curd (any type) and soda bi carb. And other routine masala.

One big bowl coriander

In this Recipe First we make green chutney which is spread to create layers of dhokla. This is regular green chutney made in all Gujarati kitchens.

Recipe: Green Chutney

Take one tablespoon of groundnut(singdana) for binding, 1-2 green chili, 1 inch" ginger piece, 8-12 dry garlic or 2 table spoon green garlic, one big bowl coriander, 1/4 tea spoon chat masala, 1/4 tea spoon roasted jeera powder(optional),1/2 table spoon lemon juice and salt to taste. Take all this in Mixer jar, add water if required and crush it properly to make smooth paste. (For better result first crush only groundnuts and then other ingredients)

Recipe: 2 Dhokla

1. Take 3 cup of regular rice or boiled rice or idli rawa (boiled rice and idli rawa give better result), wash it and soak it for 4-5 hours, same way take 1 cup of adad Ni dal (Udad dal), wash it and soak it for 4-5 hours.

2. Then crush both rice and dal in mixture (add water if required)(make sure that beter doesn`t become very loose, just it`s become smooth). Take this paste in big vessel, add 3-4 table spoon oil, 1-2 table spoon curd (any type), 1/2 tea spoon soda bi carb, mix well and leave it for 6-8 hours for fermentation. (Note: if you take ready 500gm dhokla flour then add 5-6 table spoon of oil and rest are same)

3. After 6-8 hours of fermentation, add salt to taste and 1/4 tea spoon hing (Note : if ready dhokla flour is used then add water for consistency)



4. As shown above take 2 table spoon of water, 1/4 tea spoon oil and pinch of soda bi carb in small bowl and boil it. add this to one batch of batter and stir it for 1 min. Parrallely keep steamer ready.

5. Pour this batter in oil greased plate and steam it for 10-12 min in steamer.



6. Take out from steamer, leave for 3 minutes.

7. Now make a cut from center and divide it to two similar parts (semi circle), take one part of it and spread abt 2 table sp. green chutney on rough surface part. Place the other part on it keeping rough surface towards chutney layer. (Note : Smooth surfaces of both the part should be kept outer side which is visible). Press it softly with use of belan.

8. Cut it in small pieces, Garnish with coriander/grated coconut, Pour Vaghar on it and serve it.(For Vaghar take 1-2 table spoon oil, 1 tea spoon mustard seeds and pinch of hing)

9. For 4-5 serving.



Recipe no 3: PANCHKUTI SABJI
(EASY VERSION OF TYPICAL `UNDHIYU`)

In typical `Undhiyu` all vegetables are deep fried, so it is more time consuming and more calories too. So here is the easy version of cooking Undhiyu in which all vegetables with typical Undhiyu masala is cooked in pressure cooker with less oil.



Key ingredients:

1 Sweet potato(sakariyu),
3/4 baby potato(or 1 big potato sliced),
3/4 small brinjal,
100g kan/elephant yam,
200g surti papdi /broad beans(if not available v can use frozen papadi or frozen green tuvar\ pigeon pea),
1 banana,
1 bowl fresh methi /fenugreek leaves,
2 cup of chopped coriander,
1 cup grinded ground nuts,
1 cup dry or fresh coconut grated ,
1\2 or 1 cup green garlic chopped (as u like),
Besan/ chickpea flour and regular masalas.

1st we make masala:

1. Take 2 cup of chopped coriander, 1cup grinded groundnuts, 1cup dry or fresh coconut grated , 1\2 or 1 cup green garlic chopped (as u like/ 2 tea sp. garlic paste), 2 tea sp.tal, 1\2 tea sp.ajwain(ajmo) ,4-5 table sp. Oil, 1\4 tea sp. sanchoro(soda bi carb), 1 tea sp. Hing/ Asafetida, 2 tea sp. turmeric powder, 3-4 tea sp. Dhaniya- jeera powder, 1\ 2 tea sp. roasted jeera powder, 1 tea sp. red chilly powder, 2 tea sp. green chilly ginger paste,1-2 tea sp. garam masala, 3-4 tea sp. sugar, salt to taste. Mix it properly.



2. Now, cut sweet potato in round shape, kan in cubes, if use 1 big potato then slice it. so u can identify it in sabji. cut all as shown in below pic.....not thick bcoz it effect on its cooking. cut banana in 3 parts, one half cut in each piece, give 2 cross cut in brinjal so u can check it and one half cut in baby potatoes . Stuff all of them properly.



3. Now divide masala in 3 parts(25%,50%.25%), one 25% part mix in surti papadi, other 25% part left for methi muthuya & Use of 50% part stuffed banana, brinjal, potato and left over masala mix into other cut vegetables. Leave it for 15-20 mins.



4. In between we make methi muthiya, if u want to deep fry muthiya then use that left over oil after fry for making this subji.

5. Take 1 bowl chopped fresh methi leaves, add 1 table sp. Besan (chana no lot/ chickpea flour), 1.5 tea sp. regular rice flour, 1.5 tea sp. Wheat flour regular, 1 tea sp. Juvar no lot/ Sorghum flour (optional). add 1\2 tea sp. Dhaniya- jeera powder, 1\2 tea sp. red chilly powder, 1/2 tea sp. turmeric powder, 2-3 tea sp. oil, salt to taste, 25% of that ready masala, pinch soda bi carb or sanchoro, 1\2 tea sp. Tal/ Sesame seeds . Mix it with little pressure. add some water if required. Make small muthiyas as shown in picture. if u want deep fry then fry it on medium flame.



6. Now, take a pressure cooker, add 5\6 table sp. Oil (or 4 table sp. if u want less oily)(here u can use that muthiya`s fried oil). add that papadi with masala, stir twice for 2-3mins,



7. Now add kan, sweet potato, slice potato with its masala. Now do not mix, leave it for 2-3 mins.



8. Heat all this on slow flame, then add 1 full glass of water into it..now put gas on full flame, boil it, arrange stuffed vegetables on it (as shown in below picture), also arrange muthiya on corner part of cooker, put lid of cooker and cook for 8-10 whistle on full to medium flame.(8-10 mins only)



9. Cool the cooker, open its lid, if u see some water no problem it will be soaked after some time,

10. Never mix this subji, just take it out from one side.

11. If u have fried muthiyas then now arrange on it and leave it for 5-10 mins.

12. For 4-5 serving.

Serve hot with puri –jalebi-masala chhas/Butter milk .

Recipe no 4. LILI TUPER NA DHEKHRA/DHEBRA



Key Ingredients:

2 cup rice flour,

1 cup green tuver and routine masala.

1. In this recipe, 1st we cook green tuver/ pigeon pea, take 1 cup of tuver in 2 cup of water in pressure cooker, cook it for 7/8 whistle on full to medium flame.

2. Now, we make masala liquid which is to be mixed with rice flour and cooked tuver.



3. Take a vessel, add 1 cup water, 4-5 table sp oil, 2 table sp gud/jaggery (or sugar) , 1 tea sp red chili powder, 1 tea sp green chili ginger paste, 2-3 tea sp dhaniya-jeera powder, 1 tea sp turmeric powder, 1/2 tea sp hing/ Asafetida, 1/4 tea sp garam masala powder, salt to taste, just boil it for 1\2 mins.

4. Take 2 cup of regular rice flour in a big plate , add 2 tea sp green garlic chopped or 1 tea sp dry garlic paste , 1 tea sp tal/ Sesame seeds, 1-2 table sp coriander (optional), cooked green tuver and pure boiled masala water into it. Mix well with use of spoon. Add some water for consistency if required.



5. Now, taste the mixture, it should taste more spicy with slight sweet taste bcoz after more cooking masalas become mild .If require you can add red chili powder, sugar and salt.



6. Now, we cook this mixture for 15 mins in steamer (khaman/dhokla steamer) in oil greased plate (full to medium flame). After 15 mins take the plate out and cool it down to room temp.

7. Now, Mix the mixture thoroughly with hard hands, use oil if require and make small tikkis.



8. Shallow/deep fry it on medium flame as required.



9. Serve hot with green chutney or tomato ketchup.

Note:

1. You can make tikkis and keep in refrigerator for 2/3 days in any vessel with lid (not air tight) and serve it hot when required.

2. For 3-4 serving.

RECIPE NO 5. PITHLU (BESAN KI SABJI):



Key ingredients:

1 Cup Besan/ chickpea flour,
1\4 cup curd(any type)

1. This sabji is instant sabji, take only 10-12 mins to cook. You can serve it with bhakhari or parathas. This is a similar version of `khandvi`, bcoz we can't take khandvi with parathas.

2. Take a kadai or pan, add 2 table sp oil, 8-10 kadi patta/ Curry leaves, 1\4 tea sp muster seeds, 1\4 tea sp jeera (optional), 1\4 tea sp hing/ Asafetida. When muster seeds and jeera are cooked/cracked, add 1 cup of Besan (Chana no lot), Continuously stir it till besan become cooked means it's color change yellow to pinkish red (5-7 mins). Initially add 1\4 to 1\2 cup water, stir it with beater to avoid forming lumps, and now add more 1.5 cup of water (total 2 cup) and Mix well.

3. Add 1 tea sp green chilly ginger paste, pinch turmeric powder, 1\4 cup of curd (any type), and salt to taste. Mix it, stir it continuously, and boil it up to the point u feel that you can serve it with parathas. (Nearly 5-7 mins)

4. Garnish with coriander (1-2 tea sp).serve hot.

Note:

1. Cook Besan on slow flame and after adding all masala, boil that mixture on full flame. Hot serving is important.

2. All Masala's should be kept ready and handy bcoz continues stirring is necessary to avoid lumps formation.

3. For 2 serving.

RECIPE NO 6: DESAI VADA/KHATA VADA



This is a Recipe of Famous VADA traditionally made in DESAI community of South Gujarat.

KEY INGREDIENTS:

1 cup regular ghav no lot/wheat flour
1.25 cup regular juvar no lot/ Sorghum flour
1 table sp rice flour
7-8 dry methi dana/fenugreek
1 table sp curd
¼ tea sp soda bi carb
4 table sp oil

Masalas :

1 tea sp green chilly ginger paste
1 tea sp red chilli powder(or more to taste)
1/4 tea sp gud/jaggery
¼ tea sp hing/ Asafetida
½ tea sp turmeric powder
And salt to taste

1. Take a 1 cup regular ghav no lot/wheat flour, 1.25 cup regular juvar no lot/ Sorghum flour, 2 table sp rice flour, 1 table sp curd, ¼ tea sp soda bi carb, and 3 table sp oil. 7-8 dry methi dana/fenugreek is to be slightly roasted, crushed finely and then added to above mixture in Steel/Glass vessel.

RECIPE NO 7: SURTI PAPDI MA METHI MUTHIYA



This is also an special authentic gujju recipe make in south Gujarat families.

In this recipe first we make Methi muthiya, Authentically in gujarati family they use 60:40=juvar:ghav no karkaro lot.....friends it is multipurpose flour....this flour is used in many recipes like Sak dhokadi, Sak no bhuko, Steam muthiyas of vegetables, Desai Vada etc.....so you can grind (Not grinded very fine) this karkaro lot in quantity and store.....

Key Ingridents:

1 big bowl methi/fenugreek leaves,
1 medium bowl (2 cup) karkaro lot

Masalas for muthiya:

1/4 tea sp Ajmao/Ajwain,
1/2 tea sp tal (sesame seeds),
5-6 table sp oil,
Pinch of sanchoro/sodabcarb,
1/2 tea sp garlic paste,
1/4 tea sp hing/Asafetida,
1 tea sp turmeric powder,
1 tea sp green chilly ginger paste,
3 tea sp sugar
1 tea sp dhaniya jeera powder,
Salt to taste.



1. Take a vessel/big bowl/plate, Take flour, finely chopped green methi leaves, add all masalas listed above. mix well with hand thoroughly, now make muthiyas as shown below.



Now, we are going to prepare gravy in which we will add this muthiyas.

Key ingredients:

150-250g surati papadi/ broad beans (as per your taste)

Masalas: Part:1

2-3 table sp oil,

2 tea sp garlic paste,

1/4 tea sp hing,

1/4 tea sp ajmo(optional)

Part:2

1 tea sp turmeric powder,

1 tea sp green chilly ginger paste

Pinch sanchoro/sodabcarb

**1 tea sp dhaniya jeera powder,
2-3 tea sp sugar
Salt to taste**

1. Take a big thick vessel/Pan/Kadai/Pressure cooker and add part 1 masalas, cook it for 1-2 mins on slow flame.

2. Add Papdi into it, stir little, add 1.5-2 glass of water into it.



3. Add Part 2 masalas in it except sugar.

**4. Once the mixture starts boiling add sugar and then muthiyas in to it all over the surface.
(Not at one place and do not use spoon to avoid breaking of it).**



5. Full boiling is very important part in this recipe, so full to medium flame of gas is essential.

6. Cook it for 10-20 mins keeping vessel open or half cover with lid. When you feel liquid has become thick, stir the mixture 2-3 times to avoid sticking to vessel.



7. Turn off the gas when it reaches the stage as shown below and close vessel with lid. Give standing time of 10-15 mins.



8. Now it is ready to serve with bhakhari/chapattis or parathas.



Note :

1.To enjoy this recipe all over the year Peel off the broadbeans/Papdi and Froze it in deep freezer in zip lock folder.

2. For 4 serving.

Recipe no 8 : KACHI KERI-KANDA NO CHINO(CHUTNEY)

(RAW MANGO WITH ONION)



This is made usually when raw mangoes are available in market.

Key Ingredients:

1 medium size Totapuri Keri/Mango,

1 medium size Kando/Onion

Masalas:

1 tea sp red chili powder (as per taste),

1/4 tea sp Roasted Jeera Powder,

5-6 tea sp Sugar/Jaggery,

Pinch of hing/Asafetida,

1/4 tea sp chat masala (Optional)

Salt to taste.

1. Grate Mango and Onion as shown below.



2. Add all masalas in to it, Mix it thoroughly with spoon and leave it for 5 minutes.



3. Take it in Glass bowl with lid and serve it. Can be Served with your regular meal.



Notes :

- 1) If Totapuri Mango is not available, then you can use any other Mango but keep the Grate mango in normal water for 5 mins. Remove all water by pressing the grated mango and then mix it with onion.
- 2) Masala quantity has to be changed depending on the taste of Mango.
- 3) Can be stored in Refrigerator for 4-5 days in Glass vessel with lid.

Recipe no 9 : KACHI KERI NO JAM (RAW MANGO JAM)



This is made usually when raw mangoes are available in market.

Key Ingredients:

1 medium/big size Totapuri Keri/Mango,

Masalas:

1 tea sp red chili powder (as per taste),

1/2 tea sp Roasted Jeera Powder/Cumin seeds,

Sugar (double the quantity of Mango pulp),

1/4 tea sp taj-laung Powder (1 piece of Taj/Cinnamon and 2 piece of laung/Cloves)

Salt to taste.

1. Boil the Mango as shown below in pressure cooker for 4 whistles (10 mins). (No water to be filled in bowl in which mango is kept and cover the bowl with lid, 1-2 cup water to be filled in pressure cooker outside the bowl, keep the bowl on stand inside pressure cooker)



2. Peel off the Mango and remove the pulp from the mango with the use of spoon.

3. Take this pulp in nonstick pan and add Double amount of Sugar to it.



4.. Boil it on medium flame till sugar is completely melted.

5. Turn the gas flame slow; add 1/2 tea sp red chilli powder, salt to taste and ¼ tea spoon Taj-laung powder. Cook it for 7-8 minutes until its consistency becomes like JAM. (It will become slightly thick after as it is cooled to room temperature)



6. Turn off the gas, Add ½ tea sp roasted jeera powder and 1/2 tea sp red chili powder. (Use chili powder as per your taste)

7. Store the JAM in glass bottle.



Note :

- 1) It has Multiple use, can be served with Bread, Thepla, spicy puri/parathas.
- 2) Can also prepare Sherbets/Mock tail from it by adding water/aerated water, ice cubes and Roughly crushed Pudina(Mint leaves)/Coriander, Add lemon juice slightly and shake it to serve as Mocktail.



- 3) Can be stored for 3-4 months at room temperature in Glass Jar.
- 4) If u want to make sweet jam than don` t add masala`s into it,add 1 piece of Taj/Cinnamon and 2 piece of laung/Cloves for flavor.

Recipe no 10 : Traditional Sheera in Microwave



Key Ingredients:

$\frac{3}{4}$ cup Ghee

1-2 Eliachi/Cardamom

1 cup Ravo/Semolina

1.5 to 2 cup Hot Milk.

$\frac{3}{4}$ -1cup Sugar.

1. Take $\frac{3}{4}$ cup Ghee in Microwave bowl and heat it for 1 Min.



2. Add 1 cup Ravo and Powder of 1-2 Eliachi crushed in it, Mix it and heat it for 1 min 30 sec.



3. Mix it and heat it for 1 Min.

4. Mix it and heat it for 50 Sec.

5. Mix it and heat it for 20 sec.



6. Add 1.5 Cup hot Milk slowly with continuous stirring, If you feel dry add half cup Milk slowly as required.



7. Add $\frac{3}{4}$ -1 cup sugar as per your taste, Mix it thoroughly. It can be seen that Ghee is released out.

8. Heat it for 30 Sec so that sugar crystals gets dissolved.



9. Add crushed Cashew nuts, almonds and dry grapes, Mix it thoroughly, Cover with lid and leave it for 5-10 mins.

10. Serve it Hot or Cold as you like.



Note :

- 1) When you want to cook double quantity, then it takes almost double time in all steps.
- 2) Time indicated in all steps are slightly varies with Microwave capacity and Make.
- 3) If you feel dry even after adding sugar, then add 1-2 spoon ghee.
- 4) Quantity of Milk also varies with quality of Rava.
- 5) Suji is also used to make sheera (it is not as fine as Rava), Process remains the same for both.
- 6) Sheera can also be made in Kadai (Thick bottomed Vessel) or Nonstick pan with continue stirring.
- 7) It compliments best with Papad and any Methi items

Recipe no 11 : Dal Dhokali



Key Ingredients:

1 cup tuvar dal/Pigeon pea
1.5 cup ghav no lot/Wheat flour
1 table spoon peanut.
1 medium chopped tomato
2 table sp Gud/Jaggery

Masalas for Dhokali:

1-2 tea sp oil
¼ tea sp tal/Sesame seeds
¼ tea sp Ajmo/Ajwaien
1 tea sp red chilli powder
½ tea sp turmeric
½ tea sp dhania-jeera powder
¼ tea sp hing/Asafoetida
Salt to taste

Masalas for Dal:

1-2 tea sp red chilly powder
1 tea sp dhania-jeera powder
1.5 tea sp turmeric
Salt to taste

Masalas for Vaghar/Tadka:

1 tea sp oil
½ tea sp mustard seeds
¼ tea sp hing/Asafoetida
8-10 piece Kadi patta/Curry leaf

Recipe for Dal:

1. Take 1 cup of tuvar dal, add 1 table sp peanut and pressure cook it in 1.5-2 glass of water.
2. Take that cooked tuvar dal, blend it, add 1 lit of water, add 1 medium chopped tomato, 2 table sp gud (Add less or more as per your requirement) and Masalas for dal. Add Vaghar in to it. (Vaghar : Take 1 tea sp oil in small pan, heat is and add Vaghar masalas in it)
3. Put this mixture on gas until it starts boiling. Meanwhile prepare Dhokali as stated below.

Recipe for Dhokali:

1. Take 1.5 cup ghav no lot, add Masalas listed above and prepare lot/flour as we make for Paratha/Bhakhri. Leave it for 10 minutes.



2. Make thin Rotis from it and cut it into small pieces/dhokali.



Final process:

1. When dal starts boiling then slowly add dhokalis prepared in to it. (After adding dhokalis of every 2roti, add ½ tea sp oil)



2. Pressure cook it on full flame for just two whistles.

3. Cool down the cooker, Open its lid.



4. Add 1 table sp of lemon juice, Garnish it with Grated coconut & Coriander leaves.

5. Serve it hot with ghee or oil as per your taste.



Note :

- 1) If you are using any other vessel then it takes 10-15 minutes to cook on full flame. (Partially cover the vessel while cooking)
- 2) Do not stir much as it will break the dhokalis
- 3) If quantity is more then cut dhokalis in little bigger size pieces.

Recipe no 12 : Cream Salad

This is a quick version of Regular Fruit Salad

Key Ingredients: (for 2 servings)

- 200 gm or 1 small pack (Amul) Fresh dairy cream
- 1 banana
- ½ Apple
- ½ cup chopped almonds, cashewnuts and pistachios
- 8-10 threads of kesar dissolved in 2 table sp warm milk
- 8-10 tea spoon grinded sugar (Or as per taste)

Recipe:

1. Take fresh cream in a bowl, mix it softly with spoon. (Do not use blender or any other mechanical device)
2. Add sugar, dry fruits, chopped banana and apple. Again mix it softly with spoon only.
3. Serve it chilled after garnishing with kesar milk and dry fruits chips.

Note:

- 1) Use of blender or any other Mechanical device in cream will result in separation of butter.
- 2) Can add flavored essence to change the flavor you require.
- 3) Can Add Black/Green grapes or even Strawberries but directly while serving not it storage bowl.

Recipe no 13: Palak Puri/Paratha



This is Regular Puri/Paratha with twist; I always got appreciation from my guests.

Key Ingredients:

200 gm Green Palak/Spinach leaves
2 cup ghav no lot/Wheat flour
3/4 table spoon oil

Masalas:

1/4 tea sp roasted jeera powder/ cumin seeds powder
¼ tea sp mix herbs (Optional)
1/2 tea sp red chilli powder/green chilly paste(Optional)
1/4 tea sp garlic paste (Optional)
Salt to taste

Recipe:

1. Take washed wet Palak leaves & 2-3 table spoon water, ¼ tea spoon salt and pinch of sodabcarb in microwave bowl with lid. Heat it on maximum micro for 1.5 to 2 minutes. Cool it and make fine paste (add water if required).



2. Take 2 cup of wheat flour (ghav no lot), oil, masalas and Palak paste, Mix it thoroughly and make dough as we make for Puri/Paratha as per your final product.



3. Leave it for 5-6 hours IN refrigerator for best results. (Minimum 1 hour at room temperature)

4. Make Puri's/Paratha's as we do normally.



PARATHA



Spread slightly oil on it, sprinkle rice flour, fold as shown below and roll it out evenly on all side to get Paratha shape.





5. Serve it hot. It goes best with any Tomato flavor sabji and also all-time favorite with tea.

Note:

- 1) Best option for those who don't prefer taste of Palak as here it plays a silent role.
- 2) If you don't use microwave then take 1-2 liter water in big vessel, add salt and pinch of Soda bi carb and boil it. When water starts boiling then add palak leaves, cook it for 4-5 minutes on full flame, then drain water, cool it and crush it.

Recipe no 14: RAW MANGO INSTANT PICKLE



This is made usually when raw mangoes are available in market.

Key Ingredients:

- 1 medium size Totapuri Keri/Mango,
- 1 medium size Kando/Onion

Masalas:

- 1 tea sp red chili powder (as per taste)
- 1/4 tea sp Roasted Jeera Powder,
- ½ cup god/Jaggery,
- 1-2 tea sp Achar/Methiya masala (as per taste)
- 1 chopped green chilly (as per taste) Salt to taste.

Procedure:

1. Finely Chop Mango after peeling off its skin and Onion.
2. Add all masalas in to it and leave it for min 30 minutes.



3. Take it in Glass bowl with lid and serve it, Can be served with your regular meal but best with Masala Paratha/Palak Paratha/Puri/Thepla.



Note:

- 1) If Totapuri Mango is not available, then you can use any other Mango but keep the chopped mango in normal water for 5 minutes. Remove all water by pressing the chopped mango and then mix it with onion.
- 2) Masala quantity has to be changed depending on the taste of Mango.
- 3) Can be stored in Refrigerator for 4-5 days in Glass vessel with lid.

Recipe no 15: Kanki



Kanki is a Gujarati Word and it is actually small pieces of rice left after segregation of Best and long Pieces of rice. This recipe is very useful for patients or those suffering from stomach disorder as it is very easy to digest. Kanki looks like as shown in below picture.



Key Ingredients:

1 cup kanki (Small pieces of rice)
2 table spoon curd (any type)

Masalas:

1/2 tea spoon garlic paste
1 tea spoon green chilly ginger paste
1/4 tea spoon turmeric powder salt to taste

For Vaghar/Tadka :

1-2 table spoon Ghee and 1-2 table spoon Oil
8-10 kadi patta (Curry leaf)

1-2 peace of laung/Clove
1/4 tea spoon jeera/Cumin Seeds
1/4 tea spoon hing/Asafoetida

- 1) Take a big thick vessel/Pan/Kadai/Pressure cooker, Add ghee, oil & laung, when it becomes warm add jeera, After jeera gets cracked, add kadi patta and garlic paste. Cook it for a min.
- 2) Now add 2/3 time washed kanki with 2 full glass of water.
- 3) Add green chili paste, turmeric and salt to taste.
- 4) After one boil add curd in to it.



- 5) Boil it on medium to high flame, stir it in between and when it becomes thick turn gas to slow flame.(without lid)



- 6) when it looks semi liquid turn gas off and leave it for 10 mins. Garnish with 1 table sp chopped coriander.
- 7) It is taken with ghee or oil as per your taste and Served Hot.



Note:

Quantity of water depends on type of kanki, if kanki is old then it takes good amount of water and if it is new it consumes less water.

Recipe no 16: Suki (dry) Tovar ma Dhokali (Shak ma round Dhokali)



This is slightly different from Dal Dhokadi. In Most part of Gujarat they make shak ma round shape Dhokadi which is served with Bhakhari/Parathas and ever served alone.

Key Ingredients:

1.5 cup Dry tuvar// pigeon pea

1.5 cup karkaro lot(which we used in muthiyas)

Masalas in lot/flour:

1/4 tea sp Ajmao/Ajwain,

1/2 tea sp tal (sesame seeds),

5-6 table sp oil,

Pinch of sanchoro/sodabcarb,

1/4 tea sp garlic paste,

1/2 tea sp hing/Asafetida,

1/2 tea sp turmeric powder,

3/4 tea sp red chilly powder,

1 tea sp sugar

1 tea sp dhaniya jeera powder,

3/4 tea sp Salt

Masalas: Part:1

2-3 table sp oil,

2 tea sp garlic paste,

1/4 tea sp hing,

Masalas: Part:2

1 tea sp turmeric powder,

1 tea sp red chilly powder,

1-2 tea sp dhaniya jeera powder,

Salt to taste (abt 1 tea sp)

1.

1st we will cook dry tuvar. Wash it for 2/3 times, take it in to pressure cooker and 1-2 glass of water, Add pinch of sodabcarb/sanchoro for fast cooking. Cook it. if tuvar is soaked for 5-6 hrs it takes 30-45 mins and if you are using unsoaked tuvar then it takes abt 1 hr. It must be cooked properly as shown below. Please don't pressure cook it continuously for 1 hr. check it after 30 min then go for other 15 mins, check it and if require go for more 15 mins till each seeds of tuvar gets burst off as shown.



2. .Take a Vessel/Big bowl/Plate, Take flour, add all masalas listed above. Mix well with hand thoroughly, now make Dhokadi as shown below. (Note: Start making Dhokadi when the water starts boiling in the final process and add these dhokalis as fast as you can in to that)





Final Process:

1. Take a big thick Vessel/Pan/Kadai/Pressure cooker and add Masalas Part1, Cook it for 1-2 mins on slow flame.
2. Add Cooked Tuvar into it, stir little, Add 3 glass of water into it and turn gas to fast flame.
3. Add Masalas Part 2 into it.
4. Once the mixture starts boiling add Dhokadi in to it all over the surface. (Not at one place and do not use spoon to avoid breaking of it).



<http://www.123.com/>

www.123.com/



5. Full boiling is very important part in this recipe, so full to medium flame of gas is essential.
6. Cook it for 5 mins keeping vessel open or half cover with lid and then turn gas to slow flame when you feel liquid has become thick, stir the mixture 2-3 times to avoid sticking to vessel. It takes about 30 mins for cooking. When it is uncook it will float on upper surface, when it settles down at bottom means it is cooked but if still some liquid is visible cook it for some more time.

Floating Dhokadi



Settled Dhokadi



7. Serve it hot with Bhakhari/Parathas and Can even Serve alone.



Note :

- 1) Cool Dhokadi tastes very yummy after giving Hot tadka to it. (Tadka: 2 table sp Oil, 1-2 tea sp Rai/Mustard seeds, ¼ tea sp hing/Asafetida)
- 2) While preparing Dhokadi if it gets hard then add slight water to make it soft.

Recipe no 17: Sing Na Ladoo



This is one more Traditional Simple Recipe of a Sweet Mainly served in Fast.

Key Ingredients:

2 cup Singdana (Groundnut)

$\frac{3}{4}$ Cup Crushed Sugar (Varies with Taste)

$\frac{1}{2}$ cup Ghee (Melted at room temperature)

1. Microwave Singdana in a Plate for 6-8 mins on high mode, After every 2 minutes check and stir to change their position. (We have to heat it till it gets roasted and can peel off easily), leave it to achieve room temperature.
2. Peel off all Singdana with the help of two hands.



3. Crush all groundnuts in Mixture and take it in a Plate.

4. Add Crushed Sugar and Ghee, Mix it thoroughly with hands and Prepare Ladoos as shown below.





Note:

- 1) If you want to roast Groundnuts on Gas, then take a Kadai, Add groundnuts to it, Put gas on medium flame for 5 minutes, then keep it on slow flame for 20-25 minutes till its shell becomes brownish and can be peeled off easily. Turn off the gas and allow it to cool to room temperature.
- 2) Time indicated varies with Microwave capacity and Make.
- 3) Groundnuts can be roasted in advance as per your convenience.
- 4) Can be preserved for 7-8 days at room temperature and about 1 month in refrigerator.

Recipe no 18: STUFFED GUNDA



This is a Rare and Seasonal Authentic dish made by my Grandma and one of my favorite. Gunda (Also known as 'Fragrant Manjack, Gunda is the fruit of a genus of shrubs called Cordia, belonging to the boraginaceae family) is a Vegetable which is merely available in summer in India and that too for 1-2 Months only,



Key ingredients:

15-20 pieces Big size Gunda

Masala for Stuffing:

1 table spoon groundnut.

1 tea spoon fresh crushed coconut or dry coconut.

¼ tea spoon tal/Sesame seeds

1-2 table spoon chopped coriander

1 tea spoon Dhaniya-Jeera Powder

¼ tea spoon hing/ Asafetida,

1 tea spoon red chilli powder/green chilli ginger paste.

½ tea spoon turmeric powder

2 tea spoon sugar

Pinch of soda bi carb/Sanchoro

3-4 tea spoon Oil

1 table spoon Besan/chickpea flour

1 tea spoon rice flour

Salt to taste

Recipe:

1. Wash all Gundas and dry it with kitchen napkin.
2. Break it as Shown below.



3. Remove seeds from all Gundas with the help of salt coated Knife as shown below.



4. Mix all Masalas listed above in a plate.



5. Stuff all Gundas with Masala by applying slight pressure so that masala does not come out easily as shown below.



6. Take Kadai/Nonstick Pan, add 3-4 table spoon Oil, arrange stuffed Gundas into it as shown below.



7. Put it on Gas on slow flame; Cover it with Lid filled with water as shown below.



**8. Check it and Stir it cautiously after every 3-4 minutes to avoid stuffing getting out.
9. When it is about to get cook then add left over masala if you have in to it. (To get the Judgment that it is fully cooked poke it with Knife, if it gets poked easily it is cooked. Also its skin color gets changed to slight brown.)**



10. Serve it with Bhakri/Roti/Paratha. Can also be served as a side dish.



Note:

- 1) If Gundas are very fresh cook it after 2 days.
- 2) Keep Masala quantity slight higher as it tastes mild after Cooking.
- 3) Can be stored in Refrigerator in 4-5 days.
- 4) Cold Stuffed Gunda also Tastes Yummy

Recipe no 19a: Chines Noodles Samosa in Gujarati:

સામગ્રી:

મેદો-1 કપ,અજમો, 1/4 ટે.સ્પુન,મીઠું સ્વાદપ્રમાણે, ઘી-2 ટી. .સ્પુન, સ્ટફિંગ માટે - નુડલ્સ
1કપ,મશરૂમ બારીક સમારેલા -2, ગાજર 1/4 કપ, વટાણા 1/4 કપ,મીઠું,લાલ મરી 1/4

ચમચી,કાળી મરી 1/4 ચમચી,કોથમીર,લીંબુ રસ 1 ચમચી, સોયા-સોસ 1/4 ચમચી, લીલા મરચાં 1 સમારેલા, આદુ અડધો ઈંચ.

બનાવવાની રીત:

એક બાઉલમાં મેંદો, અજમો, મીઠું અને ઘી નાખી લોટ ની જેમ બાંધી લો. આ લોટ ને અડધા કલાક માટે મુકી દો. સ્ટફિંગ માટે કડાઈમાં 2 ચમચી ઘી ગરમ કરી આદુ અને લીલા મરચાં સેકો હવે એમાં વટાણાના દાણા નાખી બે મિનિટ સુધી સેકો હવે ગાજર નાખી એક મિનિટ સુધી સેકો. ત્યારપછી મશરૂમ ,મીઠું,લાલ મરી પાવડર,કાળી મરી પાવડર, સોયા સોસ અને લીંબુનો રસ ઉમેરો અને 1 મિનિટ સુધી થવા દો. હવે નૂડલ્સ અને કોથમીર નાખો અને બફાયા પછી ઉતારી લો. સમોસાનો ભરણ તૈયાર છે.

લોટને મસળીને લોઈ બનાવી રોટલી જેમ વણી લો. પછી વચ્ચેથી કાપી એક ભાગને ઉપાડી વચમાં આંગળી નાખી કોન જેવો બનાવી લો . એની કોર પર પાણી લગાવી આ કોનમાં સ્ટફિંગ ભરી કિનારીઓને બંધ કરી દો . કોનમાં સ્ટફિંગ ભરો પણ અડધો ઈંચ ઉપરથી ખાલી રહેવા દો.બધા સમોસા એમજ તૈયાર કરો હવે કઢાઈમાં તેલ ગરમ કરી સમોસાને ફાય કરો. સમોસાને ગોલ્ડન બ્રાઉન થાય ત્યાં સુધી પલટી ને તલો. તમારા નૂડલ્સ સમોસા તૈયાર છે. હવે મનપસંદ ચટણી સાથે સર્વ કરો.

Recipe no 19: Ice Candy-Ice Cola



Key Ingredients:

3-4 table spoon any flavor Sherbat/Squash

1 glass of Water

Pinch of roasted Jeera powder/Cumin seeds powder

Pinch of Salt

Recipe:

1. Take mixing bowl, add all ingredients into it, blend it with blender (10-20 sec)
2. Take Kulfi maker, fill it in it and keep it in deep freezer for 8-10 hours
3. Serve it chilled.



Note:

- 1) If you want to have 2 or more flavors in a candy then Partly fill the Candy die with one flavor, freeze it, then add other flavor and again freeze it.
- 2) Ice dish can be prepared using this frozen candy as directed below.
 - Remove candy from the stick slowly so that it breaks into 2-3 pieces
 - Add Toppings as per your choice and taste as listed below.
 - a. chocolate/butterscotch/strawberry syrup.
 - b. Sprinkle mava
 - c. Fresh cream/Vanilla Ice-cream
 - d. Dry nylon coconut powder
 - e. fine chopped dry fruits
 - f. Tutifruity/cherry

Recipe no 20: ALOO TIKKI FOR FAST:



KEY INGREDIENTS:

3-4 big boiled and mashed potatoes

Masalas:

3-4 green chilly piece

1-2 table spoon groundnuts

1-2 inch ginger piece

1-2 table spoon fresh chopped or dry coconut

1 tea spoon Salt (Sindhav mithu/Salt used in Fast)

1. Take all masalas in mixture jar, Crush it properly.
2. Add 1-2 table spoon of this masala into meshed potatos, mix it. (Add salt to taste if required)
3. Make tikkis as shown below





4. Shallow fry it as shown below



5. Serve it Sweet or Plain Curd.



RECIPE NO 21: HANDVO



KEY INGREDIENTS:

- 1 Cup Rice**
- 1 Cup Tuvar Dal/Pigeon pea**
- 2 table sp grated dudhi/Bottle Gourd**

Masalas :

- 1-2 tea sp green chilli-ginger paste**
- ¼ to ½ tea sp turmeric powder**
- ¼ to ½ tea sp red chilli powder**
- ¼ to ½ tea sp hing/asafetida**
- 1 tea sp dhania-jeera powder**
- 1 table spoon ground nut**
- 1-2 table sp chopped coriander**
- Salt to taste**

Masalas for Vaghar/Tadka:

- 1-2 table sp oil**
- 1-2 tea sp mustard seeds**
- 1-2 tea spoon sesame seeds**
- ¼ tea sp hing/Asafoetida**

For Fermentation:

- 1-2 table sp Curd**
- 3-4 table sp Oil**
- ¼ to ½ tea sp soda bi carb**

Recipe:

- 1. Soak Tuwardal and rice for 4-5 hrs min or Max 6-8 hrs.**
- 2. Drain water from it, Add ¼ cup fresh water and Crush it in Mixture (but not very fine)**



- 3. Add Fermentation Ingredients into it, Mix it, Close the lid properly for better fermentation and leave it for 6-8 hrs.**



4. Once it gets fermented add grated dudhi and all masalas into it. (Don't add water as batter should not be loose like we make in Dhokla)



5. If you have Special cooker for Handva then keep sand for heating for 5 Mins.



6. Then grease the cooker properly with oil and add mixture to it. Spread Vaghar on it with the help of Spoon.



7. Cook it on medium flame for 10-15 mins initially then on slow flame for 30-40 mins. (Once you find cracks in upper layer it is cooked)
8. If you don't have Handva cooker then use nonstick pan.
9. First do Vaghar in pan and then add mixture into the pan, Close the lid.
10. Heat it on slow flame for 10-15 mins, then check the lower layer it will become golden yellow/Slightly brown.
11. Put a Cold plate on it, turn the pan slowly and carefully, now lower side comes up. Now smartly transfer it from plate to pan again, cook it for 10-15 mins again till the lower layer becomes golden yellow/slightly brown and slightly crispy. (Once you find crack in upper layer it is cooked)
- 12 Serve it Hot with Green Coriander Chutney/Tomato ketchup with slight oil over it.



RECIPE NO 22: BRUSCHETTA



KEY INGREDIENTS:

- 1 French bread loaf or Hot dog bread**
- 1 small onion**
- 3-4 medium size tomatoes**
- 1 tea spoon chopped green bell pepper**

Masalas :

- 1 table sp Olive oil or any other as per availability**
- 4-8 chopped olives**
- 3-4 table sp butter**
- ¼ to ½ tea sp garlic paste**
- ¼ to ½ tea sp Oregano or mix herbs**
- ¼ tea sp chili flakes**
- 1 tea sp red chili powder**
- 1 table spoon tomato ketchup**
- 1 tea sp chili tomato ketchup (Optional)**
- 1 table sp corn flour dissolved in 3 table sp water**
- Processed cheese as per taste**
- Salt to taste**

Recipe:

- 1. Boil tomatoes, peel it off and chop it. (If you boil it in microwave : Make two small cuts on opposite sides of tomatoes, add 3-4 table sp water in bowl, cover its lid and Micro it for 2-3 minutes)**
- 2. Take a non-stick pan or kadai, add 1 table sp oil, 1 table spoon butter(optional), add garlic paste, fine chopped onion, cook it till onion becomes transparent. Add chopped bell pepper to it.**
- 3. Add chopped tomato, Add red chili powder, oregano, chili flakes and salt to taste.**
- 4. After 5 minutes of cooking add tomato ketchups and dissolved corn flour stir it and cook till it becomes thick. (if necessary add more dissolved corn flour, Pl do not add dry corn flour directly)**

5. Now cut the bread as shown in picture, apply butter on both sides. Toast it little on nonstick pan to make it crispy on both sides.
6. Take bread pieces in a dish, Apply 1 table sp of Paste prepared above on the bread.
7. Sprinkle grated cheese over it as per your taste and arrange Olive pieces over it.
8. Take it in nonstick pan and cook it for 2-3 minutes with lid.
9. Serve it hot with Soup/Soft drink or Mocktail.

Recipe no 23: HOT & SOUR SOUP

KEY INGREDIENTS:

- 1 small bowl finely chopped cabbage, Cauliflower, Onion, Carrot and French beans
- Finely chopped one green chili, one inch ginger piece and 2-3 garlic pieces
- 1 table sp corn flour dissolved in 3-4 table sp water

Masalas :

- 1-2 table sp butter
- 1 table spoon red or green chili sauce
- 1 tea sp tomato ketchup
- 1 tea sp chili tomato ketchup (Optional)
- 1 tea sp soya sauce
- 1 tea sp Vinegar
- Pinch of ajinomoto
- Salt to taste

Recipe:

1. Take a pan or kadai, Add butter, ginger, chili and garlic, cook for one minute.
2. Add all raw vegetables listed above into it, stir and cook for 3-4 minutes.
3. Add all masalas into it and cook for 1-2 minutes.
4. Add 2 glass/4 cups of water into it, after 2-3 minutes of boiling add dissolved corn flour and boil to get the consistency of soup. (Add more corn flour slurry if required)
5. Add 1 table sp Spring onion and one tea sp coriander (Optional).
6. Serve it hot.

Note:

- 1) You can add boiled Noodles or boiled pastas as per your taste.

Recipe no 24: TOMATO SOUP

KEY INGREDIENTS:

- 1 small size chopped onion

- 1 small size chopped potato with skin
- 4-5 medium size chopped red tomatoes
- 4-5 garlic pieces
- 1 inch chopped ginger piece

Masalas :

- 1-2 table sp butter
- ½ tea sp red chili powder (or to taste)
- ½ to 1 tea sp salt
- 3 tea sp sugar
- Pinch of Taj-Laung powder (Cinnamon-Clove)

Recipe:

1. Take a cooker, add butter, garlic, ginger, onion, cook it for 1-2 minutes.
2. Add Potato, tomatoes and all masalas into it with 2 cup of water.
3. Cook it on medium flame for 4-5 whistles.
4. Cool it to room temperature, Use blender/Mixture to churn it fine. (Add water to get soup consistency if required after churning)
5. Take it in pan, Heat it to get one boil.
6. Sprinkle black pepper as per taste and Serve it with fried bread pieces

Note:

- 1) You can use Dudhi/bottle-guard instead of onion and potato.
- 2) You can also use apple instead of onion and potato.

Recipe no 25: INSTANT GUJARATI DAL



KEY INGREDIENTS:

1 Cup Tuvar Dal/Pigeon pea

Masalas :

- 1 tea sp turmeric powder
- 1 tea sp red chilli powder
- 1/4 tea sp dhania-jeera powder
- 2-3 tea sp sugar powder
- Salt to taste

Masalas for Vaghar/Tadka:

- 1-2 table sp oil
- 1/2 tea sp mustard seeds
- 1/4 tea sp Jeera/Cumin seeds
- 1-2 piece Laung/clove
- 1 small piece Taj/Cinnamon
- 2-3 dry red chilis
- 8-10 Kadi patta/Curry leaf
- 1/2 tea sp hing/Asafoetida

Recipe:

1. Wash Tuvardal, drain all the water and spread it on cloth and dry it, Take it in a plate, spread it and keep it for 2-3 days. (Can keep it in Sunlight)
2. After 2-3 days when it is completely dried, Churn it in Mixture to make fine powder.



3. Screen the powder. (Big pieced left can be churned again to make it fine)
4. Take the powder in a bowl and add all masalas, mix it thoroughly.
5. Tadka preparation: Take oil, add mustard seeds, once its starts cracking, turn off the gas.
Add jeera, Taj, Laung, red chill, turn on the gas on slow flame.
Add Kadipatta and hing in to it, cook it for one minute, cool it.
6. Add tadka to the Dal Mixture prepared, mix it well. (This mixture can be stored for 1-2 months in refrigerator in any container with lid closed)



7. Take half cup of this mixture in a pan, add 4 cups of water (1.5-2 glass), mix it.
8. Cook it for 10-15 mins on medium flame and after one boil on slow flame.
9. Add masala as per taste if required at this stage.
10. Add half tea sp lemon juice, one table sp Coriander and Serve it.

Recipe no 26: PAPER THIN PIZZA



KEY INGREDIENTS:

- 5-6 regular Rotis
- Cheza or regular process cheese as per taste
- 1 big bowl coriander
- Butter
- ¼ to ½ bowl any type of salted ganthiya or papdi

Chutney Ingredients :

- 2-3 green chili**
- 1 inch ginger**
- 4-5 garlic piece**
- ½ tea sp lemon juice**
- 1 chopped onion**
- 1 big bowl coriander**
- ¼ to ½ bowl any type of salted ganthiya or papdi**
- 2 table sp olive oil or any other oil**
- Salt to taste**

Toppings:

- 1 cup sweet corn or any uncooked corn**
- ½ cup sliced onion**
- ¼ cup sliced capsicum**

Recipe for Rotis:

- 1. Take 1 cup Ghav no lot(wheat flour) or Mixture of 50:50 Ghav no lot: Maindo (Process wheat flour), add ¼ tea sp salt, pinch of ajwaien and 1-2 tea spoon oil. Make dough like regular roti. Prepare rotis with this dough without oil. (cook it on both sides on tawa)**

Recipe for Green Chutney:

- 1. Take all chutney ingredients in mixture jar and churn it, add half bowl of coriander and 1 table sp oil, again churn it, add remaining half bowl of coriander and 1 table sp oil, again churn it to make fine paste. (Please do not add water to it, add oil if required)**





Recipe for Topping:

1. Take a nonstick pan, add oil into it, add corn, onion and capsicum into it, cook it till burn effect is observed.



Assembling of Pizza:

1. Take tawa, grease it with olive oil, Put one roti on it and cook it on both side for 1 min. (Oil layer should form on both side)



2. Apply one table sp of green chutney on it, Sprinkle topping and cheese over it. Prepare one more layer of Cutney, topping and cheese over it.



3. Sprinkle mix herbs or oregano and chili flakes, arrange Jalapeños and olive slices (Optional).

4. Spread butter around roti so that bottom layer gets crispy.

5. Cook it over tawa for 5 mins with continue changing its position on tawa.



6. Serve it hot and enjoy...

Note:

1) Can make only Single layer of Chutney and toppings as per your convenience.

Recipe no 27: MODAK



It is made traditionally in Gujarat and Maharashtra in my different ways special to serve Lord Ganesha viz; Fried Modak, Steam Modak, Modak made from rice flour/Coconut/Mava /Wheat flour etc. Here I am presenting Modak made from wheat flour.

KEY INGREDIENTS:

- 4 cups ghav no Jado Lot (Thick Wheat flour)
- ½ cup Ghee
- ½ cup Gud(Jaggery)
- 1-2 table sp Roasted Tal/Sesame seeds

At first we make Muthiyas from Wheat flour along with following ingredients

INGREDIENTS:

- 4 cups ghav no Jado Lot (Thick Wheat flour)
- 6 table sp oil
- ½ cup Warm Water
- Oil for frying

Recipe:

1. Take wheat flour into a plate, add oil and mix it properly for 3-5 mins.



2. Divide it into two parts, Add warm water slowly to 1st part and prepare dough like Bhakari, Make muthiyas as shown below.



3. Fry it on medium to full flame till it becomes golden yellow.



4. Repeat it with second part.

5. Allow muthiyas to cool down to room temperature, break it in small pieces and Crush it in mixture as shown below.





6. Now take thick bottom Kadai or Pan, Put it on slow flame, add ½ cup of Ghee, Once ghee melts add jaggery. (Cook it till bubbling just starts in Jaggery as shown below)



7. Add Roasted Tal/Sesame seeds and crushed Muthiyas, Mix it well as fast as you can.



8. Now take Modak mould, fill the mixture from bottom of mould as shown below and Make Modaks (If you do not have mould make normal ladoos from this mixture), Prepare Modak/Ladoo as fast as you can before the mixture cool down and be carefull while handling hot mixture.



ahiyu.wordpress.com/



Note :

- 1) You can Add Chopped Almonds or dry coconut powder in the centre of the Mould while preparing Modak.
- 2) Roast Tal into Microwave for 2-3 mins as shown below.

<http://www.dharmadharma.com/>



Recipe no 28: ALOO PYAJ KI BIRYANI



If you do not have Veggies in Refrigerator and still you want to eat Biryani then this is the one.

KEY INGREDIENTS:

- 2 bowl cooked basmati rice
- 2 cup finely chopped onions (2 big size)
- 2 cup finely chopped potatoes
- 1 medium bowl Curd (not sour curd)
- 3-4 table sp chopped coriander

This Biryani preparation is divided into four steps:

1. Cooking Basmati Rice
2. Gravy preparation
3. Masala curd preparation
4. Assembling

Step 1: Cooking Basmati Rice

INGREDIENTS:

- 2 cup washed basmati rice
- 1 tea sp ghee
- 1 small piece of tamalpatra/bay leaves
- 2 laung/Clove
- 4-5 nos of Mari/Pepper corns
- 1-2 small green eliachi/Cardamom
- 1 piece of Taj/Cinnamon
- Salt to taste

Recipe:

1. Take basmati rice, wash it, soak it for 15-30 mins.
2. Cook it on cooker or open vessel but make sure that Rice grains are properly cooked and separate. (add all above masalas while cooking)



Step 2: Gravy preparation

INGREDIENTS:

- 2-3 table sp ghee
- 1 small piece of tamalpatra/bay leaves
- 2 laung/Clove
- 4-5 nos of Mari/Pepper corns
- 1-2 small green eliachi/Cardamom
- 1 piece of Taj/Cinnamon
- ½ tea sp hing/Asafetida
- ½ tea sp rai/Mustard seeds
- 1 tea sp red chili powder
- 1-2 tea sp dhania-jeera powder

- ½ tea sp garam masala
- ½ tea sp biryani masala
- ½ tea sp turmeric powder
- 2 cup finely chopped onions (2 big size)
- 2 cup finely chopped potatoes
- Salt to taste

Recipe:

1. Take pan or kadai, add ghee, Rai, hing, tamalpatra, laung, mari, elaichi and taj.



2. Add onion and cook it for 5 mins, add potatoes, remaining powder masalas, salt to taste and half cup of water. Cook it with lid closed.

3. Check it frequently, add water if required for cooking potatoes.

4. Gravy is ready



Step 3: Masala Curd Preparation

INGREDIENTS:

- 1 bowl of Curd
- ¼ tea sp red chili powder
- 1 finely chopped green chili
- 1 table sp coriander

Recipe:

1. Mix all these ingredients in a bowl.
2. Apply Vaghar/Tadka to it. (Take 1 tea sp ghee, pinch of hing, ¼ tea sp jeera and 8-10 green curry leaf)



Step 3: Assembling of Biryani

Recipe:

1. Take pan or kadai, add 1-2 table sp ghee, add gravy to it, cook it for 4-5 mins.
2. Add masala curd into it, cook it for 8-10 mins till ghee separates out.



3. Add cooked rice and coriander, mix it thoroughly.



4. Serve it Hot with plain curd or any raita



Recipe no 29: ONION CHEESE SAMOSA



Samosa's with aloo stuffing is very famous in Gujarati/Punjabi and many other Indian cuisines. Here I have done some variations and made it Continental

KEY INGREDIENTS:

- 2 table sp finely chopped onion (1 medium size)
- 2 table sp boiled and grated potato
- 3 cube regular process cheese
- 1 table sp chopped coriander
- 2 table sp (50 gm) Paneer
- 2 table sp Maida (Refined and bleached wheat flour)
- 4-5 rotis
- Oil for Deep fry

STUFFING INGREDIENTS WITH MASALAS:

- 2 table sp finely chopped onion (1 medium size)
- 2 table sp boiled and grated potato
- 3 cube regular process cheese
- 1 table sp chopped coriander
- 2 table sp (50 gm) Paneer
- 1 tea sp finely chopped green chili/capsicum
- 1 tea sp freshly crushed Mari/black pepper powder
- ½ tea sp chili flakes
- ½ tea sp oregano or mix herbs (optional)
- Salt to taste

Recipe for Outer covering:

1. Prepare 4-5 rotis from regular wheat flour or maida flour or 50:50 wheat:maida flour as per your convenience.
2. Roast it on both sides on tawa for 1-2 minutes. (do not puff it directly on flame)



Recipe for Samosa:

1. Mix all ingredients and masalas of stuffing in a bowl. Divide it into 8-10 parts and make rough bowls of it.
2. Take 1 roti, divide it into two parts, apply maida paste on edges of it. (Take 2 table sp maida and 2 table sp water to make maida paste)



3. Take it on your hand in a cone shape, fill the stuffing, seal it with maida paste. (if layers gets open in some part then press it tightly it will get sealed after some time)



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4. Take oil in pan for frying,
5. Fry 1-2 Samosa at a time on medium flame till it becomes golden yellow.
6. Serve it hot with tomato ketchup, green chutney, sweet chutney.

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