

# I. PAV BHAJI

## INGREDIENTS

- 2 Potatoes
- 1 Carrot
- ¼ cup Beans
- ½ Cauliflower
- ½ cup Peas
- 1 Capsicum (optional)
- 4 Tomato
- 2 Onion
- 1 tsp Red Chili Powder
- 1 tsp Garam Masala Powder
- 3 tbsp Milk
- 2 tsp Pav Bhaji Masala
- 1 tsp Sugar
- 1 Lemon sliced
- Salt as per taste
- Butter
- Pav Buns

## METHO:

- Pressure cook all the veggies (carrot+potato+capsicum+peas+beans) except cauliflower with enough salt. Mash them nicely and keep it aside.
- Now Microwave nicely chopped cauliflower for just 2 mins and keep it aside.
- In a heavy bottomed pan had little butter/oil and add the sliced onions + sugar and saute it until transparent.
- Now add nicely chopped tomatoes with the masala powders and saute it for another 2 mins.
- Add in all the mashed veggies along with half cooked cauliflower and enough water and Milk and cook on medium flame for 7 to 8 mins with stirring and mashing of the veggies here and there.
- Have them hot with some fresh chopped onions and lemon juice along with nicely roasted Pav Buns.

**By - NIDHI GUPTA**

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## II. MOMOS

### Ingredients

- Refined flour (maida) ----- 1 cup
- French beans, finely chopped ----- 10
- Carrot, finely chopped ----- 1 medium
- Spring onions, finely chopped ----- 2
- Bean sprouts ----- 1/4 cup
- Ginger, finely chopped ----- 1 inch piece
- Green chilli, finely chopped ----- 1
- Black pepper corns, crushed ----- 8-10
- Refined Oil (Mustard Oil) ----- 1 teaspoon
- Salt ----- to taste
- Spring onion greens, chopped - ----- 1

### Method

Mix the maida with five tablespoons of water and knead into stiff dough. Cover with a damp cloth and set aside for fifteen minutes. For the filling, combine the French beans, carrot, spring onions, bean sprouts, ginger, green chilli, peppercorns, Mustard oil and salt in a large bowl. Divide the dough into sixteen equal portions and roll into small thin discs. Place a spoonful of the vegetable filling in the centre of each disc and bring the sides together in the centre, pinching firmly together to form a dumpling. Line a steamer rack with a clean, damp piece of muslin and arrange the momos on it. Place the rack in the steamer, cover and steam for eight to ten minutes, until the momos are cooked through. Transfer to a serving plate. Garnish with spring onion greens and serve hot with Sichuan sauce.

**By – Mhd. Aslam Javed**

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### III. MOOLI PARATHA

#### INGREDIENTS:

- Wheat Flour (atta) - 2 cups (500 g)
- Water for making dough (De-mineralize water may be used)
- Dry flour for rolling

#### FOR STUFFING:

- Radish 1 Cup (250 g)
- Chopped Ginger- Half Teaspoon
- Green Chilli- 1
- Salt, Red Chilli, Dry Mango and Garam Masala Powder to taste
- Butter/ Ghee for frying

#### METHOD:

1. Make thick dough as for making parathas.
2. Grate the radish and ginger. Chop the green chilli and mix them well along with the spices.
3. Divide the dough into 4 balls and then divide each ball into 2 smaller balls.
4. To make the Paratha, roll out 2 small balls into flat discs. Place the filling on one and cover with the other. Make sure you press the edges and again roll out flat tightly. Repeat for the rest of the balls.
5. Heat a griddle and fry the paratha by smearing with ghee on both sides.
6. Serve hot with curd, raitha or chutney.

**Size of serving: 3 Nos**

**No. of servings: 5 persons**

**By - R. Blasubramanian**

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## IV. AVIAL (Boiled Mixed Vegetable)

### INGREDIENTS:

- Yam 150 g
- Ash Gourd 150g
- Raw plantains 2
- Drum Sticks 2
- Potato 1
- Sour Curd 1 Cup
- Turmeric Powder ½ Teaspoon
- Coconut Oil ¼ cup
- Salt to taste
- A few curry leaves

### FOR PASTE:

- Half Coconut- Grated
- Green Chillies - 6 to 7
- Cummin Seed- 1

### METHOD:

1. **To make the paste:** Grind together the coconut, green chillies and cumin seed into a fine paste, adding very little water. Mix the curd to the paste. Set aside.
2. Peel and chop all the vegetables into approx. 3 inch length.
3. Cook the vegetables separately in a heavy-bottomed vessel (Copper vessel should not be used), adding very little water.
4. Mix all the cooked vegetables together. Add salt, turmeric powder.
5. Add the paste and heat thoroughly, taking care to prevent curdling
6. Add the coconut oil and curry leaves. Mix well. Do not heat
7. Serve hot with Rice

**No. of serving:** 4 persons.

**By - R. Blasubramanian**

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## V. Green cabbage, Peas (matar), Pharasbin – Kurma.

- Ingredients:**
1. Necessary Vegetable-1 (bowl).
  2. Red tomato Two.
  3. Green coriander (dhaniya) as per required.
  4. Badi souf ½ spoons (small).
  5. Turmeric ¼ spoon.
  6. Coconut 1 small piece.
  7. Oil as per required.
  8. Kari patta 4-5 nos.
  9. Salt as per required taste.

### Procedure

Cut all vegetable in small pieces. Cut tomatoes in big pieces, keep badi souf lightly grind. Grate coconut. Boil oil in metal container (bowl). Do Tadaka of muster (Rai). Put kari patta leaf. Put turmeric and tomatoes pieces in it. Put salt and badi sauf mix it well Put ¼ bowl water in that mixture and then keep that bowl on gas o give less heat. Put grated Coconut pieces in it. Put coriander and a last serve it.

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## Rice roti

- Ingredients:**
1. Rice flour 1 bowl.
  2. Maida Wheat.
  3. Two big spoon salt as per taste.
  4. Curd.
  5. Green coriander (Dhaniya) or Pudina (chopped).

### Procedure:

Mix rice Flour, Maida, Salt, Green coriander (dhaniya) and pudina mix it well. Mix curd in it. Mix water of required. Keep flour for 15 or 20 minutes keeping are plate to cover it. Then make roti. Eat it with vegetable or split pulse or butter milk.

**By - Ganesh A. Agale**

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## VI. AMBALAPUZHA PAYSAM

### Ingredients

- 1 litre milk,
- ¼ cup rice,
- 400 gms sugar ( Or as per required sweetness )

### Method

Wash the rice thoroughly and mix with milk and sugar in a pressure cooker.

Stir it together till the sugar dissolves completely.

Now keep the pressure cooker on the gas stove on high flame till one whistle.

After the whistle keep the cooker on low sim flame for half an hour and put off the gas stove.

Let it cool. Do not open the lid immediately.

Delicious “AMBALAPUZHA PAYASAM” is ready to serve without garnishing.

**By - Sangeeth Sivamony**

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## VII. TASTY BATATA WADA

### Ingredients

4 big potatoes, 1 medium fine chopped onion, ½ inch ginger, 4 pieces of garlic, 3 medium chilies, coriander leaves, salt to taste, ½ lemon juice.

### For Tadka

Oil, pinch of rai (mustard) pinch of cinnamon, pinch of turmeric powder, curry leaves, and oil for frying.

### For wada's cover

2 cups of moong pulses flour, 3 spoons of rice flour, salt for taste.

### Method

**Step – I:** Boil the potatoes. Peel them and smash them. Mix with a chopped onion (ginger, garlic, chili paste) and chopped coriander leaves, lemon juice. Also put curry leaves. Give tadka to the mixture. Add salt to taste (add sugar if required). Mix all the ingredients evenly and make them into medium size balls.

**Step – II:** Take moong flour and rice flour. Add salt to taste. Pour 2 spoons of hot oil on it, and make medium thick paste.

**Step – III:** In a pan boil the oil. Then dip the potato balls in the paste evenly and put it on pan for frying. Fry now. The potato wadas are ready. Take a plate and serve potato wada with garlic chatni.

**By - Sanjeevani Patwardhan**

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