

The Vegetarian Way

The Key to Health and Happiness

The term Vegetarian is derived from the Latin word vegetal meaning “whole, lively, sound, fresh.” Thus from a Jain point of view, a vegetarian is one who does not eat any meat, fish, fowl or eggs. But there are many who consider themselves to be vegetarians even though they eat eggs. There are three categories of vegetarians; 1) lacto-ovo-vegetarians: those that include milk, dairy products and eggs in their diets; 2) lacto-vegetarians: those that include milk dairy products but no eggs in their diets; and 3) vegans: those that do not include any animal; products like milk or eggs in their diets (most even eschew honey).

Since time immemorial, studies and research have led us to one thing that is common to all living beings; the desire to live and be happy. However, man in his pursuit of pleasure and happiness uses everything and everyone to satisfy this yearning to the extent of hunting, confining and taking the life of freely roving animals. In this way, not only does he abuse living creatures, but abuses himself as he too is a living creature and cannot remove himself from the universal vibrations of the living, until, subconsciously he reaches a point of hating himself. When one does not have reverence for one’s life, how can one have reverence for other living beings? To have reverence for oneself, one must be non-violent to oneself which then extends to others.

The first step is to watch one’s eating habits. One starts to observe what one puts into the body where the soul is housed. The body is, therefore, provided with healthy and wholesome foods, pure and untainted by blood and negative vibrations. One is often not aware of the fact that when one eats meat, one takes in protein as well as the chemicals which are injected into the animals to control; diseases and fatten them up. One also forgets that in flesh, the negative vibrations of pain, fear and rejection do exist, and they permeate the cells of the human body creating there the feelings of fear, pain and rejection. How can one hope to live with good feelings of health, when

negative vibrations blended with chemicals are working in the body? These, then lead to fatal diseases. Statistically, approximately two million Americans die each year of which 68% are victims of the three major chronic diseases in which diet is a major contributory factor: heart disease, cancer and stroke. The foods that have been singled out for special concern in connection with these diseases are meat and animal fat. So feed the body with those foods which involve a minimum of violence. Grannies, legumes, beans, vegetables and fruits are good sources of protein, vitamins, minerals and other nutrients.

One never stops to think that eating meat for palate and stomach involves much pain and torture to a life! A life that cannot be created in the laboratory! A very precious life with a strong will to live! A life that needs time to unfold its own destiny on earth, for a premature death breaks the cycle of a natural unfolding. Leonardo da Vinci rightly said, "The time will come when men will look on the murder of animals as they now look on the murder of men."

Here, many ask the question, "Why, then, kill vegetables if not animals?" The school of Jain philosophy answers this question precisely. Basically, this universe is made up of two substances, i.e., "living" and "non-living". Classified as "living" are human beings, animals, birds, insects, smaller organisms, vegetation, air and water. Non-living substances are sand, rock, buildings, trains, cars, machines, etc. Wherever there is life, there is consciousness, there is a response to stimuli. According to Jain philosophy, all life is divided into five groups, embodying the various stages of evolution. Vegetables are one-sense beings and animals are five-sense beings. Life has to go through a laborious and strenuous process to evolve from one-sense to five-sense beings. By slaughtering an animal, one destroys completely the evolutionary progress of that life which it has attained through suffering and pain. The vegetable kingdom has not reached the good "consciousness" which the animals (and humans) have. Where there is blood there are feelings, emotions and possibility to feel deep pain.

Two thousand five hundred years ago, Mahavir, the great teacher of Non-violence, emphasized that thoughts which govern our actions are the products of the food we eat. The food that feeds the system has a definite influence on the person physically as well as emotionally, psychologically and spiritually. Healthy, whole and harmless foods give rise to healthy whole and harmless thoughts. Once our thoughts are harmless and healthy, our actions reflect the same qualities. Weaknesses of character always develop in those who are in poor health. Science discovered in recent years that character and personality are attributes of the inner workings of the body and have a great bearing upon our success in life and happiness. The personality reveals and expresses itself through the physical body. The expression of the face, the smile; which is the manifestation of joy, Happiness and compassion, reveal and personality within. Without a healthy body these manifestations would not be possible. Thus the vegetarian way is a key to health and happiness.

Spices & Herbs

Known the world over as the “Home of Spices,” India has for centuries shared with the world a cornucopia of spices and condiments, thus enriching the realm of the culinary art with this invaluable gift. Long before the rise of the Greek and Roman Empires, Ships carried Indian spices to Mesopotamia, Arabia and Egypt.

Merchants from far away lands, plying the trade routes of the Arabian Sea and the Indian Ocean, thronged the market place, discovering, sampling and buying the various spices. Back in their homeland, the variety of the spices from the strange lands, used primarily as a means of preserving foods from spoilage, were put together in ever-varying combinations to tantalize the tastebuds and entice with heady, exotic fragrances and perfumes. These concoctions and potions were greatly desired by the nobles and aristocrats. High-ranking officials made sure that their storehouses were well stocked with condiments and were willing to spend fortunes to do so. In this way the need and demands for the spices grew greater and greater. Gradually, The fame of Indian spices travelled far and wide luring many seafarers to the

shores of India, making India the world's major producer and exporter of the spices.

Thus, the fascinating history of spices became a story of adventure, exploration, expedition and competition.

Once a royal luxury, it now became everyone's necessity. So today's spices, or racks, in jars and all manner of simple and fancy containers, is a common sight on the shelves of every kitchen. With growing awareness of the factors contributing to the state of one's health, people are paying more attention to the kind of food they are giving their bodies, and want to know more about their effects and merits. Spices are becoming popular and readily available, and more people are utilizing them in their daily cooking. So I have given a brief description and uses of each spice to provide a general background for the interest and welfare of the readers. Even those on salt-restricted diets need not feel deprived of flavorful meals when spices are judiciously combined in the preparation of the dishes.

Altogether there are about 70 spices grown in different parts of the world. But as it would be cumbersome to include all of them, only those spices used in the recipes given in this book are described for the benefit of the cook.

Spices are comprised of different plant components or parts such as roots (horse-radish, leverage, etc.) or rhizomes (ginger, turmeric, etc.) or bark (cinnamon) or leaves (bay leaves, sage, etc.) or bulbs (garlic, onion, etc.) or seeds (cumin, poppy, fennel, caraway, etc.) or berries (black pepper, all-spice) or kernel (nutmeg) or aril (mace) or floral parts (cloves saffron, etc.) or fruits (cardamom, tamarind, etc.)

Spices impart aroma and add zest to the flopped, making the insipid dish desirable and palatable. Their innumerable uses in the kitchen are surely amazing. They are sometimes used as preservatives (especially useful when there were no refrigerators), for example, as with cloves which contain chemical; called Eugene; that kills bacteria. Many spices also have medicinal; properties useful for luring illnesses and correcting many health problems. Spices are also used top activate the secretion of saliva in the mouth. Saliva is rich ptyalin-an enzyme possessing the property of converting starch into

dextrin and maltose (which are simple sugars) causing the foods high in carbohydrates to digest more easily.

Thus, when the nature and uses of the spices and condiments are discovered and known, it inspires and encourages incorporating them creatively in one's daily cooking.

Happiness By the Cupful

**A heaping cup of happiness,
2 of love and caring,
1 of understanding
1 of joyful sharing,**

**A level cup of wisdom,
1 of artful living,
1 of thoughtful insight,
1 of selfless giving,**

**Mix ingredients together,
Tos in little flair,
Serve to everyone you know
Topped with a tiny prayer,
May every measure of happiness
Be yours for a lifetime!**

Secret Ingredient

Love

Gujarati: Prem: Hindi: Prem:

I have found that love is the ultimate spice of life. When used generously, it enriches and enhances the flavor of life as well as food. Remember: before entering into the kitchen check your state of mind and emotions. Be in a centered, loving state when cooking. Cooking with love generates a tremendous power transmuting food particles into health giving morsels. Love stimulates the necessary enzymes in the body thus making one

healthy, happy and wholesome. Love has the power to change the flat and tasteless food into palatable and tasteful fare.

Love is also important while eating the food. Food eaten with love and appreciation digests well and nourishes the whole body (body, mind and spirit) We must show our family today the advantage of loving vibrations for a brighter and lighter tomorrow.

Here is an example to illustrate how love and hatred had ill effects on the human condition:

In a remote village of India there lives a father, mother and their two sons, one of them being a stepson. The mother used to feed both of them lead (a ball made of sesame seeds, coconut and jugglery) daily. After a year, her own son gained weight and her stepson did not show any such improvement. Both the children were served the same food. The baffled father asked the doctor about this. The father was amazed to find out that her own son was always served first, with love, affection, care and warmth. But when the stepson was served, she practically banged the plate of lead when she placed it before him. She abused him, hated him for being alive and cursed him. The father immediately realized that lack of love and affection can hinder physical, mental and psychological growth. Hate is like an acid, which corrodes the vessel; in which it is stored and the vessel into which it is poured.

I invite you to form your own opinion by experimenting with this secret ingredient and subtle yet powerful principle in your own preparation and presentation and observe the results.

Glossary of Spices Their Description and Uses

Aniseed

Gujarati: Sowa; Hindi: Valaiti Saunf

Description: Aniseed is a herbaceous plant belonging to the Ajowan (Bishop's weed) family grown as a garden herb in India. It is greyish-brown in color having an oval shape. It has a licorice-like smell and pleasant sweet taste.

Uses: It is used in cookery for flavoring confectionery goods, beverages and liquors. It is good for digestion, for colds and used as diuretic stimulant and carminative. Fresh leaves of the plant are used as garnishing and flavoring for salads.

Asafoetida

Gujarati: Hing; Hindi: Hing

Description: Asafoetida is the dried gum oleoresin oozed of a Ferula plant species. It is bitter and sharp in taste and gives out a strong pungent smell because of the presence of sulphur compounds. It is sometimes called "Devil's Dung."

Uses: Asafoetida is used as flavoring for vegetables, curries, pickles, sauces, pules and beans. Medicinally, it is used to correct gastric troubles caused by over-eating and indigestion. Sometimes it is applied externally on the stomach to stimulate the intestines and relieve gastric pains.

Basil

Gujarati; Damaro: Hindi; Tulsi

Description: Basil or sweet Basil; is an annual; herb of the mint family. It has bright green leaves, used fresh or dried as a condiment. The flavor is warm, sweet and pungent, while the fragrance is sweet and pleasant. It can be grown indoors as a houseplant or in gardens in ordinary soil.

Uses: Basil is used in soups, vegetables and certain cheeses. It is sometimes used as a substitute for oregano in pizza topping. It is used in medicine as a stimulant, carminative and diaphoretic. It is very often used for coughs and

colds. In India there is a common belief that a plant of basil; in the house brings happiness.

Black Cumin

Gujarati: Kalu Jiru; Hindi: Kalungi

Description: Black cumin is the dried seed-like fruit of a small berg, about 45 cm in height having long leaves, pale blue flowers and black seeds having triangular shape.

Uses: The seeds are considered carminative, stimulant and diuretic.

Black Paper

Gujarati: Kala Mari; Hindi: Kali Mirch

Description: In the international trade market of spices, the volume sale of black pepper is considered to be the highest among the spices and so has rightly earned the title of “King of Spices” and cardamom reign as the ‘Queen of Spices.’ It is a sharp hot spice prepared from the dried, mature unripe green berries of a tropical vine called Piper Nigrum, found and cultivated in hot and moist climate. Black pepper is also processed and sold as white and green pepper. White and green pepper are varieties of the same shrub, but unlike the black pepper, the white is harvested after the berries are ripe and red in color, the green pepper are picked when the berries are semi-mature.

Uses: Black pepper has a hot, pungent and sharp taste which blends perfectly with the sweet and sour tastes of soups and sauces and is well-known for its quality of correcting the seasoning of various dishes and as a preservative. White pepper is used in products such as mayonnaise where specks of black are not desirable. Green pepper is generally used in pickling.

Bishop's Weed

Gujarati: Ajama; Hindi: Ajowan

Description: Bishop's weed, also known as goutweed, is a herbaceous plant bearing the greyish brown seeds, which constitutes the spice. They have a peculiarly characteristic aroma, similar to oregano and a pungent sharp taste.

Uses: They are occasionally used as a spice in dishes, but as one of the most valuable spices is medicine, it is used in a number of ways to correct human illnesses generally for flatulence, indigestion, cough and stomachache.

Capsicums or Chillies

Gujarati: Lal Marcha; Hindi : lal Mirch

Description: Capsicum is the common pepper of the garden. It is a sub-shrub to which fruits hang like pendants occurring in many varieties that range from chillies cayenne,. Peppers to paprika. The taste starts from every hot top every mild and then sweet. The sweet variety is a large bell- like fruit found in yellow, green and red colors, used as vegetable.

Uses: It is used as a spice by those who love hop food and the mild variety is used by those who love delicately flavored foods. Its pungent property activates the flow of saliva in the mouth thus helping the digestion of starchy foods. They are rich in vitamins C and A when eaten fresh in salads.

Caraway

Gujarati: Shah Jiru; Hindi: Shia or Siya Jira

Description: Caraway is an aromatic,. Seedcake fruit of an umbeliferous plant. When the seed is dried, it is brown in color, it has a pleasant smell and a sharp taste.

Uses: Caraway seeds are extensively used as a flavoring agent in cheese bread,. Cakes and biscuits. It is used for flatulence and as carminative.

Cardamon

Gujarati: Elachi: Hindi: Elaichi

Description: Cardamon, popularly known as the “Queen of Spices” is the dried fruits of a herbaceous plant and one of the most expensive and valued spices in the world. It occupies an important position in Indian cookery. Its emerald green color is as attractive as its aroma as sweet fragrance.

Uses: It is very popularly used as a flavoring agent in Indian desserts, cakes and pastries. Very commonly it is used as a mouth refresher, It checks nausea and vomiting and its aromatic smell acts as a stimulant.

Cinnamon

Gujarati: Tuj, Dalchini; Hindi: Dalchini

Description: Cinnamon is the aromatic dried pieces of layers of inner bark of several lauraceous trees. It is one of the most important tree spices used in Indian cooking, having sweet and astringent taste. Cassia bark (Chinese cinnamon) is a good substitute for cinnamon. It has a delicate taste and appealing fragrance.

Uses: There are various uses of the cinnamon tree. All the parts of the tree are useful; in one way or other- the bark, the leaves, the buds,. The flowers and the roots. Every Indian home finds use for the cinnamon bark. It is useful as a flavoring agent in desserts,. Cookies, cakes and pastries, chocolates, gum and candy. It is used as a carminative; as a stimulant; to check vomiting and nausea. It is also used as a general body cleanser. Because of the presence of trunk acid which has an astringent effect,. It is especially used in

treating diarrhea. Cinnamon Oil is a powerful germicide and has the properties of an antiseptic.

Cloves

Gujarati: Lavang; Hindi: Laung

Description: Clove is the air-dried flower bud of a tropical myrtaceous tree, brownish-black in color with full; and plum crown. Being one of the most ancient and valuable spice of the Orient its source and origin was kept a mystery for a long time. It possesses a spicy,. Pungent and aromatic smell.

Uses: Cloves are used for flavoring gravies soups,. Vegetables and baked goods. Ground into a powder, it is used for both sweet and sour dishes; It is used as a stimulant, having the property of correcting disorders of the stomach. It relieves flatulence and dyspepsia: the oil of cloves has antibiotic and antiseptic properties and is effective for claming toothaches.

Coriander

Gujarati: Dhana (seeds) Kothmiri (leaves); Hindi Dhana

Description: One of the first spices to be used by mankind is the coriander seed. They are brown sees,. Sweet in taste. Fresh coriander leaves (in Spanish, the leaves are called “cilantro” and the Chinese call them Chinese parsley) are used like regular parsley. They seed and leaves are pleasantly aromatic leaving the kitten fragrant and sweet smelling. The use of fresh coriander leased in different dishes enhances the flavor, taste and aroma so uniquely yet subtly that it is regarded as one of the “trade secrets” of a good cook.

Uses: Copriander seeds are considered to be diuretic, carminative and antibilious; stimulates and sharpens the appetite; and lessens the intoxicating effect of liquors. Their cooling effect helps to deserve the heat in the body.

Cumin

Gujarati: Jiru; Hindi: Jira

Description: Cumin is a light and dry greyish-brown seed of the coriander family similar to caraway seeds but a little longer. The odor is peculiar, strong and heavy while the taste is slightly bitter and spicy.

Uses: Cumin is used as one of the main ingredients in all mixed spices (masala). It is considered an astringent, a stimulant of gastric juices aiding digestion in the stomach, and useful; in calming dyspepsia and diarrhea and for treating diseases which occur due to excess of water in the body.

Curry Leaf

Gujarati: Meetho Limbdo; Hindi: Curry Patta

Description: Curry leaves are derived from a deciduous tree, having an aromatic smell and fragrance. It is commonly found in forest and much cultivated for its sweet-smelling leaves.

Uses: The leaves of this tree are used as a flavoring agent in various curries and chutneys for centuries. The green tender leaves are eaten fresh to cure dysentery. The leaves, roots and bark are also used in medicine as tonic, stimulant and stomachic.

Dill

Gujarati: Suwa; Hindi: Soya

Description: An apiaceous plant, bearing a seed-like fruit which is light brown in color, emitting an aromatic smell, and having a slightly pungent taste.

Uses: The seeds and leaves of the plant are used as a flavoring agent. They are used as a condiment in soups, salads and in dill pickling. It has medicinal properties useful in flatulence and hiccups in infants and children.

Fennel

Gujarati: Varialli; Hindi: Saunf

Description: An aromatic fruit (seeds) of umbeliferous plant having greenish-yellow flowers. Its small, oblong seeds have a sweet and fragrant flavor and pleasant taste.

Uses: Dried seeds of fennel are used in flavoring soups, sauces, candies, confectionery goods and pickles. They are used to stimulate the appetite, give strength, and are used for dysentery, diarrhea and flatulence. They check griping and are sometimes used as a laxative.

Fenugreek

Gujarati: Methi; Hindi: Methi

Description: Fenugreek is a small, irregular shaped, yellowish-brown seed having slightly bitter taste and a peculiar smell and flavor of its own. The green leaves of this herb are used as a vegetable while the seed is used as a spice in Indian cooking.

Uses: Fenugreek is a very good source of protein and rich in essential amino acids used as a spice as well as a medicine. It is used for loss of appetite, flatulence,. Chronic cough, gout and dysentery. Sometimes the seeds are used as carminative.

Ginger Fresh

Ginger Dry

Gujarati: Adu; Hindi: Adrak

Gujarati: Sunth; Hindi: Sonth

Description: Ginger is the underground root of herbaceous plant. It is one of the most important and oldest spices. The aroma and taste of ginger is pleasant, spicy and pungent.

Uses: Ginger is used in many food products like baked goods and confectionery. It is also used in drinks and vegetable dishes. According to the Ayurveda (science of life) School of Medicine, ginger is used for warming up the body and helping the digestion of food. Ginger is helpful; in relieving cramps in the hands and feet and excellent for warding off colds.

Mango Powder

Gujarati: Amchur; Hindi: Amchur

Description: Amchur is the dehydrated or dried part of the unripe mango. It is used in the form of peeled slices or as powder. Mostly undrape and wind fallen fruits are used to make Amchur and is produced in the northern states of India.

Uses: It is used as souring agent for dals, curries and savories. Used in Chutneys,. Soups and in vegetables. The unripe mango is useful in ophthalmia and eruptions.

Mint

Gujarati: Phudina; Hindi: Pudina

Description: Mint is an aromatic perennial herb belonging to the genus mentha species.

Uses: Mint is successfully used as a flavoring agent in soups,. Tea and chutneys. The fresh leaves added in the fruit cocktail glasses, refreshes and

cools the mouth and leaves a fragrant smell. It is very often used in summer for its cooling property. It is useful for coughs,. Colds and fever: also used for stomach disorders.

Mustard

Gujarati: Rai; Hindi: Rai

Description: There are three varieties of mustard seeds: true or black mustard, yellow or white mustard, and brown or Indian mustard. Among all the spices, mustard is the hottest.

Uses: The Powder of white mustard stimulates the gastric juices of the mucous membrane activating secretion. Black and white mustard are ground together to make the mustard and various medicinal mustards. Brown mustard is used in pickles and spreads. It is very helpful for cough and preventing mucous formation. If used in excess,. It may aggravate the secretion of bile in the liver.

Nutmeg

Gujarati: Jaiphal; Hindi: Jaiphal

Description: Nutmeg is a dry, hard seed of the fruit of an East Indian tree used as a spice. It is greyish-brown is color. When powdered, its fragrance is compelling.

Uses: Nutmeg is used as a condiment and as a medicine. In combination with cinnamon and cardamom it becomes a good mixture for sweet dishes in Indian cooking. It is used medicinally for stomachache, flatulence, dysentery, vomiting and nausea. Taken in excess, it can create drowsiness and intoxication.

Oregano

Gujarati: - Hindi: Mirzanjosh

Description: It is the aromatic dried leaves of a perennial herb cultivated in Italy and Greece. Found abundantly in Mexico, it is known as Mexican Sage. The color of the dried herb is light green. The aroma is strong as aromatic and tastes spicy and bitter.

Uses: It is used in many Italian and Mexican dishes. The oil of oregano possesses carminative stomachic, diuretic and diaphoretic properties. It is given as a stimulant and tonic in colic and diarrhea.

Poppy Seed

Gujarati: KhusKhus; **Hindi:** Kaskash

Description: Tiny white seeds of the poppy plant are cultivated for its quality to be used as a spice or as opium. In Europe the seeds which are cultivated for the purpose of opium are grayish blue in color and known as “Maw Seeds.”

Uses: Poppy seeds are used as one of the ingredients in various cooking and as toppings for breads, buns, rolls and cookies. The young poppy plant is sometimes eaten like lettuce, In Iran it is grown at home in pots and is good for cattle feed. The opium poppy is used as a sedative, or for intoxicating drink. It has a morphine property which is successfully used in medicines.

Saffron

Gujarati: Kesar; **Hindi:** Zaffran, Kesar

Description: Saffron, popularly called “Vegetable Gold,” consists of dry, orange-colored stigmas of crocus Sativus plant having attractive purple flowers. The flowers are picked every morning before noon, cleaned and stigmas and style separated and then dried. The stigmas are called saffron. This process involves a lot of time, labor and the yield is small. Time is probably the reason for the high price of saffron.

Uses: The stigmas are the dried orange-colored condiment used in rice, breads and cookies. It is also used as coloring, flavoring agent. Its sweet heavenly aromatic fragrance is fit for exotic dishes and delicacies. Ayurvedic and Unani systems of medicine in India use saffron as a stimulant, for creating heat and warmth in the body and for helping urinary problems.

Indian Cassia Lignea

Gujarati: Tamala patra: Hindi: Tejpat

Description: A moderate-sized evergreen tree, whose leaves are ready for harvesting when the tree is 10 years old. The tree continues to bear the leaves for 100 years. Cassia and cinnamon are very similar when ground into powder. Both are the dried inner layers of branches of evergreen tropical trees. But cassia is considered to be inferior to cinnamon. Indian cassia lignea are the leaves of the cassia bark tree.

Uses: The leaves are used as a spice as the Europeans use bay leaves in cooking. They are carminative and are also used in diarrhea. The leaves are aromatic and have a very close fragrance to cinnamon.

Turmeric

Gujarati: Haldar; Hindi: Haldi

Description: Turmeric is the dried underground swollen stem of zingiberaceous plant. It is one of the most ancient and important spices of India as it is used extensively by all. Its attractive yellow color is due to curcuma pigmentation. The powder of turmeric is derived after the stem is boiled, drained, dried in the sun, cleaned, polished and then pounded into powder.

Uses: Culinary art would be incomplete without the use of turmeric in preparation of various dishes. Turmeric is a unique plant product, having the

attributes of a spice of flavorant, a colorful yellow dye, a cosmetic, and a medicine. It is very popularly used in Indian medicine as a blood-purifier and a skin cleanser, as an antiseptic,. A carminative and is very good for sore throats due to cough and cold. It is regarded as very sacred in Hindu marriage ceremonies.

Vanilla

Gujarati: vanilla; Hindi: Vanilla

Description: Vanilla was first introduced into India around the 18th century. Vanilla pods or beans are fruits of climbing orchid. The best quality of Vanilla pods are the one's which are dark brown in color with sweet aroma and without mildew and spots.

Uses: vanilla is very popularly used as food flavorant and in perfumes. Chocolates, cookies, cakes,. Ice creams, drinks and candies would taste bland and dull without vanilla. Vanilla extract is widely used in every home. So it is the most wanted flavorant among the cooks. But it has no medicinal properties except masking odor of cough syrups and vitamins.

Onion and Garlic

Onion and garlic has since long been recognized all over the world as a valuable condiment for food and a popular remedy for various ailments. In India, China and Egypt it has gained popularity as a folk medicine for over thousands of years.

According to the Unani and Ayurveda (science of life) systems, onion is considered to have antiseptic properties and useful in flatulence, dysentery, cold and fever. It is used raw, cooked, baked or boiled.

On the other hand,. Gralic is carminative and aids in digestion and absorption of food. It is also very popular in the world of medicine, because of its antibiotic element called 'allin'. Its healing property and effectiveness against cholera have been noticed since the 17th Century. Influence of

antibiotic property of garlic on malignant tumors has been found useful. Garlic juice is used for various ailments of the stomach and as ear drops in ear-ache. In cooking it is used extensively for flavoring vegetables, salads, soups, beans, rice and many, many more dishes.

Thus there appears to be a fundamental basis for the use of onion and garlic as medicine and for its utilization as food ingredients.

It is interesting to note here,. What Dr. J. S. Pruthi, the first Director of Agmark Laboratories, ministry of Food and Agriculture, has to say about garlic, “because of its highly curative properties, it has been described as derived from Amrita or Ambrosia. The later prejudice against the use of garlic in India, particularly among the Brahmins, appears to have originated from its popularity with the foreign invaders. The prejudice became so intense, that not only socio-religious writers like Manu deprecated its use, but also the authors of medicine like Kashyapa discouraged it. The recent scientific evidence about its several highly curative properties clearly shows, that the old prejudice was not justified.”

Onion and garlic are not mentioned in the recipes, because some religious traditions and beliefs do not use them, and some people avoid them because of its strong flavor. But from the health point of view they have their benefits as we have seen above.

Those who like onions and garlic in their cooking can use them in the following recipes:

Dals and Soups

Mung Dal Delight

Onion

Lentils

Onion

Five Lentil Mix

Onion and garlic, grind into paste

Masala Lentils

Onion and garlic, grind into paste

Spicy Carrot Soup

Onion, blend w/carrots in electric blender

Spinach Soup

Onion blend w/spinach in electric blender

Five-Lentil Soup	Onion and garlic
Vegetable Dishes	
Sauteed Eggplant with	
Green Peas	Onion and garlic
Spiced Zucchini with Tomatoes	Onion
Cabbage and Chana Dal Delight	Onion and garlic
Vegetable Koorma	Onion
Spinach with Yogurt	Onion
Snow Peas	Onion
Baked Eggplant	Onion and garlic
Potato Peas Masala	Onion and garlic, grind into paste
Sweet N sour Vegetable	Onion
Rice	
Mushroom Rice	Onion
Dal and Rice with Vegetables	Onion
Cream of wheat with	
Vegetables and Spices	Onion
Chick-Pea Pullav	Onion
Savories and Snacks	
Vegetable Fritters	Onion
Bean Sprout and Cabbage	
Pastries	Onion
Pressed Rice with Potatoes	Onion
Cabbage-Cheese Toast	Onion

Notes on Ingredients

Certain ingredients listed in this book are unique to Indian cooking. These are described separately for the benefit of those not familiar with them. They are available in Indian and American grocery stores all over the country.

Agar Agar: It is a gelatin-like product of a sea vegetable used for solidifying certain culture media or used as thickening agent for puddings and custards. It has a natural jelling ability so it is good for recipes that all for jelling or gelatin. It is a perfect alternative to commercial; Jell-O or gelatin made with animal products. Agar-Agar is also called "Kanten" or "chinese gelatin" or 'china grass."

It is available in bars, flakes or powder. The instructions on the package tell us how to use it. This delicious gelatin that can be prepared with fruit juices and pieces of fruit is a non-violent alternative.

Carob Powder: It is made from carob-pods which are roasted and ground to produce a cocoa-like substance. Carob powder is a chocolate-like powder, sweeter than cocoa and has a pleasant flavor. Due to its caffeine-free quality, it is good for children as well as adults. It is the best substitute for chocolate for those who are allergic to chocolates.

Chick-Pea Flour: Also known as "chana no loat" or "besan." A good source of protein. In India, garbanzo beans or chickpeas are known as chana. When the chana is ground into flour, it is called Besan. This flour is used in the preparation of Indian sweet dishes, pastries, pancakes, snacks and in many vegetable dishes. Its nutty flavor makes any dull dish a delight.

Jaggery, Gur: King of brown sugars, Jaggery is made from unrefined palm sugar and gur is made from unrefined cane sugar, and available in the form of bars and sometimes in large lumps. It is preferable to white sugar in many dishes. As it is not sold in powder or granulated form it is hard to measure it like the ordinary white sugar. As it is less sweet, one has to use one's own judgement and discretion when adjusting the quantities called for in the recipes using white sugar.

Curry: Many people get mixed up with "curry" and "curry powder" available in many Indian groceries. Curry is a kind of gravy made from

yogurt, cream, coconut milk and ground spices. When vegetables are added to the sauce it is called vegetable curry and sometimes instead of vegetable paneer is used and it is called paneer curry. Curry powder is the mixture of the ground spices, the spice proportions varying according to region of origin, and is an ingredient of the curry dish.

Masala: **Garam Masala:** Mixture of different spices. The term “garam” means hot or sharp and spicy, “masala” means spices. It is used to pep up the food, Or add an extra flavor to dishes. There are many different recipes of garam masala varying from one province to another. The recipe in this book comes from a small; town of Gujarat State called Mangrol.

Garam Masala: ¼ tablespoon ground cloves
 2 tablespoons ground cinnamon
 2 tablespoons ground coriander
 ½ tablespoon ground white pepper
 1 tablespoon ground cardamom
 2 tablespoons ground cumin

Mix all the spices together well. Store in an airtight container to preserve freshness. Use as needed.

Green Masala: The following is a recipe for green masala which can be hot and is used to add zip to vegetable dishes:

Green Masala: 12 fresh green chillies, cut into 1” pieces (or
 Substitute 4 green banana peppers for not flavor
 Or 4 sweet banana peppers for milder flavor)
 1 3-inch piece of ginger, scraped and chopped
 1 teaspoon salt
 1 Teaspoon lemon juice
 1 teaspoon water

Put all above ingredients into a coffee grinder or blender and grind into a coarse paste. “Green Masala” is now ready and can be stored in a tightly sealed glass container in the refrigerator for 15-20 days.

Milk Masala: 2 teaspoons ground cardamom
20 almonds
½ teaspoon ground nutmeg
15 pistachio nuts
¼ teaspoon ground saffron

Put everything into a coffee grinder and make into a coarse powder. Store in an airtight container in the refrigerator.

Tea Masala: (Chai Masala)

2 tablespoons ground cinnamon
1 teaspoon ground cardamom
½ teaspoon ground ginger
½ teaspoon ground white pepper
1 teaspoon nutmeg

Mix all the ingredients together thoroughly and store in an airtight glass container.

Panch Puran: This is another version of whole gram masala which can be prepared in quantities and stored in airtight containers and used as required. This combination is strong flavored and can be overpowering due to the mustard and fennel.

Panch Puran: 2 tablespoons yellow mustard seed
1-tablespoon cumin seeds
1 tablespoon fenugreek seeds
2 tablespoons fennel seeds
1 tablespoon black cumin seeds (kalonji)

Mix all the above ingredients together and store in an airtight jar.

Paneer: Also known as chana or Indian cottage cheese. Its high content of protein increases its nutritional value. Paneer, when pressed, is very much like tofu or soya bean curd which can be substituted for paneer in many

dishes. Paneer is the outcome of curdled milk. It is used in many sweet dishes, in snacks and combined with vegetables.

Paneer or Chhenna (soft cheese): 4 cups milk

Juice of 1 lemon

- 1. In a pot, bring the milk to a boil. Lower the heat and add the lemon juice, stirring occasionally. The milk will separate into cheese (paneer) and whey.**
- 2. Turn off the heat and let the milk stand for 15 minutes, covered. This will allow the milk to curdle completely and allow the paneer to separate from the whey.**
- 3. Now, line a large strainer with two layers of cheesecloth and rest the strainer in a bowl; to collect the whey. Put the curdled milk in the strainer. The whey will pass through the strainer and the paneer will be collected in the cheesecloth. Cover the paneer with the ends of the cheesecloth and put some weight on it. Leave this for 2 to 3 hours.**
- 4. Empty the paneer from the cheesecloth and place in a bowl. Knead the paneer with your palm until smooth and manageable. If you want to make cubes of paneer, do not knead the paneer.**

If the paneer is not to be used immediately put in a container and refrigerate it. It will keep for 3 days. Use the whey in dals or soups.

Dahi : Also known as curd or yogurt. Yogurt is a wholesome food, fortified with calcium, protein and riboflavin and widely used both by rich and poor. In India, yogurt is considered to be one of the nectars of the earth. Long life and yogurt have long been associated and it is said that it was used even before the vedas (considered to be the oldest scriptures in India) were written. Yogurt, therefore has been used for centuries. Considered to be a “miracle” food, it is used by Indians in religious ceremonies; as a medicine for curing stomach ailments as the effect of yogurt bacteria on the digestive system is found to be very beneficial; and as cosmetic for facial cleansing. The versatility of yogurt in cooking is amazing. It can be used in desserts, dips, breads, soups, rice, salads, and vegetable dishes.

In this book there are several recipes using yogurt and instructions on how to make delicious yogurt at home is also included below. Once you learn how to make your own yogurt, you will never buy from the supermarket. In India, every housewife makes her own yogurt daily thus sharing with her family the joy of eating fresh, home-made yogurt every day. Let your family, too, be a part of this joy.

Yogurt: 1-quart whole Milk
 2 tablespoons plain yogurt

1. Boil the milk in a saucepan over low heat, stirring occasionally to avoid sticking at the bottom. Remove from the heat and let sit cool until it is lukewarm.
2. With a fork, spread the yogurt smoothly on the bottom of a small bowl. Add $\frac{1}{4}$ cup of warm milk to the yogurt and mix well until smooth.
3. Add this yogurt/milk mixture to the remaining milk. Mix thoroughly and empty the mixture into a glass vessel or individual glass bowls and cover. Let it stand in a warm place for 5 to 6 hours.

Serves 4 to 6 people.

Note: do not disturb the mixture during incubation period. After the desired time, gently shake mixture to see if it is set like jelly. If not firm, let it stand for one hour more and check again. Refrigerate as soon as it is set. Remember to take out 2 tablespoons of yogurt to be used as a “starter” culture for the next batch. The culture keeps for two weeks in the refrigerator.

Ghee : When butter is heated to allow the water content in it to evaporate and milk solids to settle down, what remains is clarified butter called “ghee.” Ghee is used extensively in Indian cuisine on chappatis, in vegetables, dals and all the Indian sweets. Ghee is used in many Hindu religious ceremonies. It can be purchased in the market and made at home. The homemade ghee has a sweet fragrance and fresh smell to it. Ghee made from homemade butter is even more delicious. Once you are used to homemade you will not think of using the commercial product ever again.

Makkan: This is homemade butter which is white and unsalted. Market butter is available for the last 50 to 60 years. Previously, each house would make their own butter to eat with Indian breads. The leftover butter was eventually turned into ghee. When children ate this fresh, unadulterated butter and ghee, naturally they were big, healthy and strong.

Papads or Papadums: (Lentil Four Crispy Wafers). Papads are everybody's favorites-popular among both grown-ups as well as children. Any festive lunch or dinner is incomplete without papads. A party without papad is like food without salt!

The taste of papads varies as you travel in India, from the North to the south, from East to West and depends on whether they are made from Udad or mug dals or whether rice, Potato or sago flour or millet is used.

Available in packages and in several; varieties in Indian grocery stores,. They can be either toasted over an open fire or,. As is most often the case, deep fried in oil. It is easy to fry them. The oil should be hot, the papads should then be immersed into the hot oil one at a time and left their just long enough top attain a golden color. Remove it immediately with tongs, holding it against the sides of the pan so as to allow the oil to drain completely and drop back into the pan. Do not brown them. Place on paper towels while you prepare the rest of the papads one by one.

Papads are to Indians what potato chips are top Westerners!

Beginner's Basics

It is imperative that the meaning of the various cooking terms in the recipes be made clear. A few of these terms generally used are described below to help you follow the recipes successfully and efficiently. Once a person becomes familiar with the methods, much of the effort of cooking is eliminated and then it becomes easy and fast.

Boiling: cooking food at boiling point in sufficient liquid to cover. Food is said to be boiling when the top of the liquid is covered with bubbles.

Baking: cooking food in the dry heat of an oven. This method is used in cooking savorys, cookies, cakes, pies and vegetables, etc.

Blanching: means putting food in boiling water for a few minutes to remove skin, e.g., pistachios, almonds, tomatoes, etc.

Frying: cooking food in fat. When one fries food in small quantity of fat it is called shallow frying and when one fries food in a large quantity of fat it is called deep frying. Here the term fat means vegetable fat, ghee (clarified butter) or oil.

Pressure-cooking: is very practical and is the method popularly used in India for rice, beans and lentils. Food is cooked in a special pot where the combination of high temperatures and regulated pressure greatly reduces the cooking time and, in the case of beans, lentils and dry peas, eliminates the presoak step. This method locks in and preserves the vitamins and preserves the vitamins and nutritional value of the foods.

Sauteing: to fry very lightly and slowly in a small quantity of oil, butter or ghee. Tomatoes, green and red peppers, zucchini and cauliflower are some of the vegetables that can be prepared in this manner.

Simmering: cooking on low heat after it is brought to the boil; once. It is generally used to cook rice, soups, puddings and stews. Some vegetable dishes also require simmering.

Soaking: to 1 cup of dry beans add 3 to 4 cups hot water. Boil for 2 minutes, then set aside for one hour and then cook; OR let stand in 3 to 4 cups of cold water overnight. Then cook.

Steaming: Cooking food in a double boiler especially designed for this purpose. A double boiler has two vessels. The food to be steamed is put into a smaller, covered vessel containing boiling water. The double boiler is then placed on the fire. The food is cooked in the steam that arises from the boiling water. Nowadays, you can even buy a steam basket which is placed in a vessel full of boiling water. Idlis, dhoklas and vegetables are cooked in this way.

Stewing: cooking pulses, vegetables, etc., in just sufficient liquid so that the food cooks in its own juices. This is done slowly so that the flavors of the foods and spices mingle together in an aromatic fragrance. In this method the

food becomes tender while retaining some of the grain. Fruit stews are made in this way in sugar syrup.

Toasting: cooking spices, seeds and some Indian bread over dry heat until it is brown and crisp.

Measurements

Liquid Measures and Volumes:

3 tsp	= 1 Tablespoon	1 Tbsp	= 1/2 fluid ounce (oz)
4 Tbsp	= 1/4 cup	2 Tbsp	= 1 fluid oz
5 1/3 Tbsp	= 1/3 cup	4 Tbsp	= 2 fluid oz
8 Tbsp	= 1/2 cup	8 Tbsp	= 4 fluid oz
16 Tbsp	= 1 cup	16 Tbsp	= 8 fluid oz or 1 cup
4 cups	= 1 quart		
2 quart	= 1/2 gallon		
4 quart	= 1 gallon		

Weights:

4 oz	= 1/2 pound
8 oz	= 1/2 pound
12 oz	= 3/4 pound
16 oz	= 1 pound

Metric Equivalents:

1 tsp	= 5 grams	1 oz	= 28 grams
1 Tbsp	= 15 grams	1 3/4 oz	= 50 grams
2 Tbsp	= 30 grams	3 1/2 oz	= 100 grams
		8 oz	= 227 grams
		1 pound	= 45 kilograms
1 oz	= 30 milliliters		
1 cup	= 236 milliliters		
1 cup	= 24 liter		

1 quart = 96 liter

4 ½ cups = 1 liter

Dried Beans, Peas and Lentils

India, a land rich in dry beans, peas and lentils, supplies to its general; populous a diet high in protein, minerals, vitamins and fiber. These beans, peas and lentils are classified as legumes, i.e., plants having pods with edible seeds used fresh or dried. Dried legumes can be stored whole or split, and when split they are called dals. The word dal has a common connotation for all Indians, meaning a soup-like preparation made from any leguminous plant. Dal is generally served with Indian bread or rice, and sometimes it is eaten straight from the bowl as soup.

Legumes are enjoyed by everyone because of its nutty taste and soft texture and occupy a very prominent place in Indian cuisine because of its low cost and high nutritive value. If the meals are properly supplemented with complementary proteins, one could get a well-balanced diet inexpensively. Realizing this, people starts including them in their daily meals. Their flavorful,. Delicious and versatile quality led to the creation of countless recipes thus enriching the vegetarian cooking with its wonderful varieties. Dried beans,. Peas and lentils are cooked as a vegetable or with vegetables and sometimes combined with protein foods to make a main dish,. Or a side dish like a dip. Legumes are cooked in many different ways by different cuisine's, i.e., by mashing,. Mixing, pureeing, stuffing or baking. When one becomes familiar with the cooking methods,. Once can create innumerable recipes according to one's choice and liking.

Though legumes are high in protein value, they are considered incomplete as they lack one or more of the eight essentials; amino acids which are necessary for our growth. As such, proteins consist of 22 amino acids, out of which 14 are made, in the body and eight are to be derived from the plant protein. Plants like nuts, cereals, beans, peans and lentils are high in protein. To make complete proteins they must be judicially combined with each other so that they can supply all of the eight amino acids necessary for a healthy and

strong body. But the question is how to combine foods to make a complete protein? So, for the benefit of the readers a chart is given to help plan a complete protein meal; for yourself and your family.

Note: All the dried bean, peas and lentils must be picked over carefully before cooking because it has foreign particles and sometimes tiny stones. They must also be washed thoroughly before cooking. If you do not have the beans, peas or lentils, the recipe calls for try to substitute with the ones available in the market. But make sure that split lentils are substituted with split peas. I am sure your recipes will taste delicious and you will add new recipes to your collection.

Mung Dal Delight (Marvari mung ni dal)

1 cup mung dal	2 Tblsp ghee, butter, or oil
2 cups water	1 medium tomato, chop fine
½ tsp cumin seeds	1 small capsicum, chop fine
1 Tblsp coriander-cumin powder	Salt to taste
½ tsp turmeric	Juice of ½ lemon
¼ tsp hing	1 tsp chopped coriander leaves
	for garnish (optional)

- 1. Pick over and wash the dal. Cover with water just above above the level of the dal and soak for approximately half and hour.**
- 2. Add 2 cups of water to the dal. Bring to a boil on high heat. Turn down the heat and simmer on low for about 20 minutes.**
- 3. In a separate pan heat the ghee and add the cumin seeds. As the seeds start to brown, add all the dry spices. Saute the spice mixture for 1 minute. Add the tomatoes and capsicum. Saute for 3 minutes. Add this mixture top the dal.**
- 4. Add salf and lemon juice to the dal and cook for another 10 minutes.**

5. Garnish with coriander leaves (optional)

Server 4-6

Spiced Mung Beans

(Masala mung)

1 cup mung beans	½ tsp turmeric
2 cups water	1 Tblsp ground coriander-cumin
1 tsp cumin seed	Salt to taste
2 Tblsp ghee or butter or oil	1 tsp lemon juice
¼ tsp hing	½ teaspoon chopped ginger root
1 tsp paprika	1 tsp chopped coriander leaves or parsley

- 1. Pick over and wash the mung beans. Soak beans overnight in water just enough to cover the beans.**
- 2. Add 2 cups of water and bring to a boil.**
- 3. Add spices and all; the other ingredients. Cook for 15-20 minutes until beans are soft and cooked.**
- 4. Garnish with fresh coriander leaves (or parsley).**

Serves 4-6

Quick soaking method rehydrates dried beans in little more than one hour. Bring the beans and water for soaking to a boil. Boil for two minutes. Remove from heat and cover the pot. Let stand in water for one hour and cook the beans. The beans can spoil if they stand in hot water soaked for 2 top 3 hours.

Mung, Udad and Chana Dal

(Trevati Dal)

½ cup mung dal	1 tsp garam masala
¼ cup udad dal	¼ tsp turmeric
¼ cup chana dal	1 tsp grated ginger root
3 cups water	Salt to taste

2 Tblsp oil

1 green chilli, chop small (opt)

2 tsp cumin seeds

4 heaping tsp yogurt

- 1. Pick over and wash dals thoroughly. Place the dals in a pot with water, bring to a boil; and simmer for 20 minutes, covered.**
- 2. Heat the oil; in a small saucepan and brown cumin seeds. Add spices and fry for 1 minute.**
- 3. Add fried spices to the cooked dals. Add chopped green chilli (optional) and mix well. Simmer uncovered for 15 minutes.**
- 4. Season with salt.**
- 5. Serve in individual bowls. Top each bowl of dal; with 1 heaping teaspoon of yogurt.**

Serves 4-6

To grate fresh ginger root use a hand grater. Peel the ginger off its bark-like skin with a knife. Using a grater with small holes, grate or shred the peeled ginger. If your grater has several whole sizes use the side with the smallest holes.

Split Lentil Dal

(Masur dal)

1 cup masur dal

¼ tsp cayenne (optional)

3 cups water

1 medium tomato, chopped fine

1 Tblsp minced ginger root

2 Tblsp coriander leaves,

2 Tblsp ghee or oil

chopped fine

½ tsp cumin seeds

Salt to taste

½ tsp paprika

- 1. Carefully pick over the dal; and wash thoroughly in warm water until the water runs clear.**
- 2. Place the dal in a saucepan, add water and ginger and bring to a boil over high heat. Reduce the sheet to low and simmer, partially covered,. For 20 minutes or until the dal; is tender but still intact.**
- 3. In a separate saucepan, heat the ghee or oil. Add the cumin seeds and reduce heat to low.**
- 4. When the cumin seeds starts to brown, add the turmeric, paprika and cayenne (optional) Add the tomato and saute the mixture for 5 minute. Add this oil mixture to the cooking dal.**
- 5. Add salt,. Lemon juice and 1 Tblsp of coriander leaves top the dal; and mix well.**
- 6. Cook the dal on low heat. Covered, for another 15 minutes or until the dal falls apart.**
- 7. Garnish with the rest of the coriander leaves and serve.**

Serve 4-6

**Lentils
(Masur)**

1 cup lentils	1 tsp paprika
2 cups water	2 tsp grated ginger root
1 Tblsp oil	1 medium tomato, chopped
¼ tsp turmeric	2 tsp lemon juice
2 tsp ground coriander-cumin	Salt to taste

- 1. Rinse lentils thoroughly and drain.**
- 2. Soak lentils in water to cover for a minimum of 4 hours.**

3. Bring lentils to a boil with 2 cups of water. Add oil spices, ginger and simmer on low heat, covered, for approximately 20 minutes.
4. When the lentils are soft, add tomatoes,. Lemon juice and salt. Simmer for 10 minutes, uncovered,. Till the tomatoes are soft.

Serves 4-6

Black-Eyed Beans

(Chola)

1 cup uncooked black-eyed beans	1 tsp garam masala
4 cups water	1 heaped Tblsp finely
3 Tblsp oil	chopped ginger
½ tsp turmeric	3 Tblsp chopped coriander laves
¼ tsp hing	5-6 curry leaves, chopped (opt)
2 tsp ground coriander-cumin	1 green chilli, cut into 2 pieces
1 tsp paprika	Salt to taste

Make a paste of:

- 2 Tblsp plain yogurt**
- 1 ½ Tblsp chick-pea flour (besan)**

1. Wash and soak beans in enough water to cover for at least 4 hours.
2. Cook the beans in a pressure cooker or add 4 cups of water and cook beans for 45 minutes or until; tender. Add more hot water if necessary.
3. In a heavy pan, heat the oil. Add the turmeric, hing, coriander-cumin power, garam masala and fry lightly
4. Add chopped curry leaves, coriander leaves, ginger and chilli and saute lightly. Add salt and mix well.
5. Add the cooked beans and the yogurt/chick-pea flour paste to the spice mixture. Stir well. Turn heat to low and cook, covered for 10 minutes.

Serves 4-6

A tip to remember: When cooking any beans, lentils or peas do not add any ingredients which are acidic (e.g., lemon, tomatoes, vinegar) during cooking time. It retards the cooking and softening process. Only when beans are done add the acidic ingredients.

Chana Tuver Dal

1 cup tuver dal	3 tsp ground coriander-cumin
½ cup chana dal	1 small green pepper, chopped
5 cups water	1 medium tomato, chopped
3 Tblsp oil	1 Tblsp Shredded coconut
1 tsp mustard seeds	(fresh or desiccate)
1 tsp cumin seeds	2 tsp salt
1/8 tsp hing	2 tsp lemon juice
¼ tsp turmeric	1 Tblsp coriander leaves,
½ tsp paprika	chopped

- 1. Pick over and clean dal. In a large colander, wash the dal under warm water until water runs clear.**
- 2. Bring 5 cups of water and the dal to a boil in a pan. Reduce the heat to very low, cover pan partially and simmer for half an hour or until dal is tender.**
- 3. In a separate pan, heat oil. Add mustard seeds. When the seeds start to pop, add cumin, hing, turmeric, paprika, coriander-cumin powder, chopped pepper and tomatoes, coconut and salt. Saute together for 5 minutes. Mix well. Add to the simmering dal.**
- 4. Add lemon juice and coriander leaves. Simmer, uncovered for 10 minutes.**

Serves 4-6

**Five-Lentil Mix
(Punch kuti dal)**

¼ cup chana dal	¼ cup masur dal
¼ cup green mung dal	2 Tbsp ghee or oil
¼ cup tuver dal	2 medium tomatoes, chopped
¼ cup udad dal	4 cups water

Grind to a paste in a coffee grinder or food processor:

1 Tbsp coriander seeds	1 tsp turmeric
½ tsp cumin seeds	1 Tbsp coriander leaves
¼ tsp ground cinnamon	¼ inch piece fresh ginger root
1/8 tsp ground cloves	1/8 tsp ground white pepper
1 tsp paprika	2 Tbsp water
	Salt to taste

- 1. Rinse the dals thoroughly and drain. Cook the dals in 4 cups of water until soft and mushy.**
- 2. Heat ghee or oil in a pan. Add tomatoes and saute for a few seconds. Add ground spices and cook for another 5 minutes.**
- 3. Bring the cooked dal to a boil. Lower the heat. Add fried spice mixture. Cover and let simmer for 15 to 20 minutes, stirring occasionally. Mix well and serve.**

Serves 4-6

Mung Dal with Vegetables

(Shak vali mung ni dal)

1 cup mung dal	5 ounces spinach, chopped
2 cups water	½ med. Cauliflower, separated into small flowerets
1 tsp cumin seeds	2 Tblsp oil
1 Tblsp ground coriander-cumin	Salt to taste
1 tsp paprika	Juice of ½ lemon
½ tsp garam masala	1 tsp chopped coriander leaves for garnish
½ tsp turmeric	
¼ tsp hing (optional)	
1 tsp fresh ginger, minced	

- 1. Clean and wash the dal thoroughly.**
- 2. In a saucepan, cook the dal in 2 cups of water for 10 minutes.**
- 3. Add spices, ginger, spinach, cauliflower and oil to the dal and mix well.
Bring to a boil; and cook, covered for 20 minutes no low heat.**
- 4. Garnish with chopped coriander before serving.**

Serves 4-6

Split Pigeon Peas No. 1

(Tuver Dal)

1 cup tuver dal (oily)	½ tsp paprika
3 cups water	½ tsp chopped, ginger root
2 Tblsp ghee, butter or oil	½ tsp coriander leaves, chopped (optional)
½ tsp hing	salt to taste
¼ tsp turmeric	1 medium tomato, chopped
1 tsp cumin seeds	1 tsp lemon juice
1 tsp mustard seeds	

1. Wash tuver dal thoroughly and drain.
2. Place the tuver dal and cold water in a pot. Bring to a boil. Lower heat and maintain a medium-to-low boil.
3. When tuver dal is almost soft (half cooked) add the oil, spices ginger root, coriander leaves (optional) and salt. Cook till tuver dal; becomes very soft and falls apart.
4. Add the tomatoes and lemon juice. Mix well and serve.

Serves 4-6

If, by mistake, you have added extra salt to a dish just add slices of raw potato, it will absorb the salt.

Mung Beans with Yogurt (Dahiwala Mung)

1 cup mung beans	Salt to taste
2 cups water	4 tsp maple syrup
2 Tblsp ghee or charified butter	4 tsp firmly packed, grated
1 tsp cumin seeds	fresh coconut
1 Tblsp ground coriander	½ cup yogurt
1 tsp paprika	¼ cup chickpea flour
1 tsp turmeric	4 tsp loosely packed, chopped,
1/8 tsp hing	fresh coriander

1. Soak beans overnight in water just enough to cover the beans (or soak at least 5-6 hours).
2. Add 2 cups of water and bring to a boil.
3. In a saucepan heat the butter. Add the cumin seeds. Cook briefly, stirring. Add the ground coriander, paprika, turmeric and hing. Stir, and add the mixture to the beans. Add half the coconut chopped fresh coriander, salt

and maple syrup. Bring to a boil and cover, Simmer over low heat, about 20 minutes or until beans are tender. Stir occasionally to redistribute the heat so that they cook evenly.

4. Heat the yogurt in a small pan until lukewarm. Add the chickpea flour to the yogurt and mix well. Add this paste to the mung beans. Cook for 5-7 minutes and turn off the heat.
5. Spoon into a serving dish and sprinkle with remaining coconut and coriander.

Serves 4-6

Masala Lentils (Masala Masur)

1 cup lentils (green or brown)	1 Tblsp coriander leaves or
4 cups of water	parsley , chopped
4 Tblsp ghee of butter	½ tsp cayenne (optional)
Salt to taste	2 large tomatoes, chopped

Grind to a paste:

1 ½ inch piece of fresh ginger root	1 tsp cumin seed
2 tsp coriander seed	1 tsp poppy seeds
	2 Tblsp desiccated coconut

1. Pick over and wash lentils. Soak in enough water to cover for at least 2 hours.
2. Add 4 cups of water cook covered until the lentils are tender but still intact, approximately, 20-30 minutes.
3. While the lentils cook, grind all the paste ingredients in a coffee mill or food processor until it becomes a paste.
4. Heat the ghee or butter in a separate saucepan. Add the paste and fry for about 3 minutes. Add the paste mixture to the cooked lentils. Season with salt and cook for another 5 minutes.

5. Add the chopped tomatoes and cook for another 10 minutes.

Serves 4-6

Split and Shelled Black Udad Beans

(Udad dal)

1 cup udad dal	½ tsp chili powder (optional)
4 cups water	Salt to taste
1 Tblsp oil	1 Tblsp finely chopped
1 tsp cumin seeds	coriander leaves
¼ tsp turmeric	2 Tblsp fresh lemon juice

- 1. Wash and drain the udad dal.**
- 2. In a medium size pot bring the water to a boil and add the dal. When the dal; starts boiling, lower the heat and cook covered for 20 minutes or until the dal when pressed between two fingers is easily mashed.**
- 3. In a small pan heat the oil. Add the cumin seeds. When the cumin seeds start browning,. Add the turmeric and chili powder (optional) and add this oil mixture to the simmering dal.**
- 4. Add salt, coriander leaves and lemon juice to the dal. Let the spiced dal simmer for 10 more minutes. Stir frequently.**
- 5. Turn off the heat and serve with chapatis, rice and okra vegetables.**

Serves 4-6

Spicy Carrot Soup

3 Tblsp Basmati rice, steamed	¾ cup water
in ½ cup water	1 tsp salt
1 cup sliced carrots	¾ cup light cream
1 tsp minced ginger root	¾ cup water

1 clove

Sweet butter or ghee for garnish

½ inch piece cinnamon stick

- 1. Pick over, wash and steam rice.**
- 2. Simmer carrots and spices in ¾ cup water for 15 minutes. Allow to cool and transfer to the container of an electric blender after removing the cinnamon stick. Add salt and rice and blend thoroughly at high speed. With blender still running, pour in the cream and remaining water.**
- 3. If necessary, put the soup through a sieve.**
- 4. Reheat the soup and serve hot in individual bowls, each bowl topped with a bit of sweet butter.**

Serves 4-6

**Yogurt Soup
(Gujarati Kadhi)**

2 cups yogurt

4 ¼ inch pieces of

3 Tbsp chick-pea flour

stick cinnamon

(gram flour)

2 cloves

4 cups water

1 tsp grated ginger

2 Tbsp ghee or oil

3 Tbsp radish chopped fine

1 tsp cumin seeds

¼ tsp hing

½ tsp fenugreek seeds

2 Tbsp chopped coriander leaves

Salt to taste

- 1. Mix the yogurt, flour and water in a blender.**
- 2. Add salt to the mixture, pour into a saucepan and bring to a boil, stirring constantly. Lower heat and continue to let it cook until the kadhi is thick (approximately 15 minutes).**
- 3. In a separate pan, heat the oil. Add cumin seeds, fenugreek seeds, cinnamon, cloves, ginger, radish and fry until lightly browned. Add hing.**
- 4. Add the fried spice mixture and coriander leaves to the Kadhi and cook for another 15 minutes.**

5. Serve with a rice dish.

Serves 4-6

Spinach Soup

(Palak Soup)

10 ounces (1 bag) spinach

8 Tblsp (1/2 cup) white sauce

2 cups water

Salt to taste

1 tsp peeled and chopped

Fresh ginger root

White Sauce

2 Tblsp butter

1 cup milk

3 Tblsp flour

Salt and pepper to taste

- 1. Melt butter. Add flour. Stir constantly and let mixture cook for 2-3 minutes. Slowly add the milk and continue stirring until all the milk is added.**
- 2. Season with salt and pepper. Continue simmering until sauce thickens.**

Soup

- 1. Cook spinach in 2 cups water until soft (about 15 minutes). Cool**
- 2. Blend cooled spinach and ginger at high speed (or put it through a sieve.)**
- 3. Reheat the spinach/ginger mixture, white sauce and salt. Add water top desired thickness.**
- 4. Let soup simmer till ready to serve (approximately 10 minutes).**

Serves 4-6

Gujarati Dal Broth

(Osaman)

¼ cup cooked tuver dal

4 cups water

2 tsp oil

½ tsp cumin seeds

¼ tsp turmeric

5-6 curry leaves (optional)

¼ tsp hing

1 Tblsp chopped coriander leaves

2 tsp lemon juice

Salt to taste

1 tsp gur or brown sugar

- 1. Mix the dal and water in a pot and boil.**
- 2. In a separate pan, heat the oil. Add cumin seeds and fry lightly.**
- 3. As the seeds brown, add hing, turmeric and curry leaves. Add this spice mixture to the pot of boiling dal; and water.**
- 4. Add the rest of the ingredients and simmer for 10 top 15 minutes.**
- 5. Serve in individual bowls at the end of the meal.**

Serves 4-6

Five-Lentil Soup

(Punchkuti Dal)

1 cup mung dal

¼ cup chana dal

¼ cup black udad dal

¼ cup masur dal

¼ cup tuver dal

5 cups water

2 tsp green masala

½ tsp turmeric

2 Tblsp oil

1 tsp cumin seed

½ tsp ground cinnamon

¼ tsp ground cloves

Salt to taste

1 medium tomato, chopped fine

2 Tblsp chopped coriander

leaves (optional)

- 1. Wash all the dals together thoroughly.**
- 2. In a large pot, put the drained dals in 5 cups of water. Bring top a boil. Lower heat and let simmer until dal is soft and falls apart (approximately**

30 minutes; if pre-soaked for 2 hours, then 15 minutes). Add green masala and turmeric.

3. Heat oil; in a separate small pan. Add cumin seeds and let it brown. Add the oil mixture to the simmering dal.
4. Add the rest of the ingredients top the dal and cook for another 10 minutes.
5. Serve with bread or rice.

Serves 6-8

Split Pigeon Peas No. 2

(Gujarati Tuver Dal)

1 cup tuver dal (oily)	½ tsp paprika
3 cups water	1 medium tomato, chopped
2 Tbsp oil	15 peanuts
1 tsp mustard seed	2 Tbsp brown sugar
1 tsp cumin seed	Salt to taste
1 tsp fenugreek seeds	1 tsp lemon juice
¼ tsp hing	2 Tbsp coriander leaves chopped
½ tsp turmeric	

1. Wash tuver dal thoroughly and drain.
2. Place the tuver dal and water in a pot. Bring to boil, lower heat and cook until the dal is soft, about 30 minutes.
3. Cool and put in a blender and blend thoroughly.
4. In a separate pan heat oil, when oil is hot add mustard seeds, when they pop and crackle and cumin and fenugreek seeds,. When they are brown add hing and rest of ingredients.
5. When the tomatoes become soft add the blended dal to the spice mixture. Bring to a boil and cook 15 to 20 minutes.

Serves 4-6

Black Udad Beans

1 cup black udad	2 Tblsp ghee
1 tsp cumin seeds	1 tsp garam masala
2 tsp ground coriander	Salt to taste
1 tsp grated ginger	½ cup coriander leaves
2 pods of cardamom	for garnish

- 1. Wash the beans thoroughly and soak for 3 hours.**
- 2. Put all the spices in the beans and pressure cook for 20 minutes or add 4 cups of water in the soaked beans and simmer on a low flame for 45 minutes.**
- 3. When the beans are soft and well blended, garnish with coriander leaves and serve hot.**

Serves 4-6

Chick Peas with Tomato Sauce

2 (15 ounce) cans of chick peas (also called garbannzo or ceci beans)	1 tsp oregano
1 cup tomato sauce	1 tsp paprika
4 Tblsp oil	1 tsp garam masala
2 Tblsp ground coriander and cumin	2 tsp grated ginger root
leaves	1 medium green capsicum chopped small
½ tsp turmeric	2 Tblsp chopped coriander
	Salt to taste

- 1. Heat the oil in a pot and add all the dry spices, Saute for 5 minutes.**
- 2. Add the chick peas,. Tomato sauce, capsicum and salt.**

- 3. Let it simmer on low for 5 to 7 minutes.**
- 4. Garnish with coriander leaves.**
- 5. Serve with steamed pita bread.**

Serves 4-6

If you do not have a pressure cooker, invent one: Fill a big pot with water and place a small ring mould. Clean and put dal (beans) and rice in two different containers, with enough water in each container just to cover the dal (beans) and rice. Place the dal or bean container below on the mould and the rice container above the dal container. Close the pot with a tight fitting lid and let it cook till done-approximately 45 minutes.

Vegetable Dishes

In India, vegetable dishes are called by different names by different people. The Gujaratis call it “Shak,” the Hindi-speaking people call it “subji” and others call it “bhaji.” The word of vegetables is a world of variety. There are so many different kinds of vegetables grown on this globe that one is unaware of many of them, yet the ones which Gujaratis use have a myriad uses.

The edible portion of a vegetable like roots, stems, leaves, flowers or fruit are used in the preparation of various vegetable dishes. These parts of the plant re eaten either raw or cooked with different spices. Every one of us is aware of the fact that vegetables are important in our diet because of their nutritive qualities. Rich in vitamins A, B complex, C and E, they also have a high content of minerals, vegetable salts, cellulose and vitamins. Some vegetables like spinach, rhubarb and lettuce are rich in iron and calcium, too. The vegetables have high content of water which helps in flushing the system and aids elimination of waste matter.

The benefits of eating vegetables are innumerable. To provide your family with the advantage of a healthy diet, one has to know the art of preparing food in an attractive and aesthetic way. When one knows certain vegetables are good for health but if one does not know how to prepare them deliciously they are rejected by all. Vegetables taste good, nourishes better and digests best only if they are served beautifully and look irresistible. The process of eating is done first with the eyes. If the eyes are pleased, the tongue will relish it, too.

Though the methods of cooking the vegetables differ from place to place and country to country, one thing is definite and that is, overcooking or undercooking of the vegetables is unhealthy. Drowning the vegetables in too much oil also mars the taste and nutritive value of the vegetables. Spice your vegetables in a subtle way so as to retain the natural flavors and taste. Too much salt destroys the dish and too little defeats the dish. So if one is aware of these pitfalls, a beginner can create sumptuous tasting dishes that would allow one to feel satisfied and light after eating. This is the beauty of this cuisine. It is simple, yet elegant, natural hygienic and gentle on the digestive system.

Cauliflower and Potato Vegetable

(Phulkobi-Bateta nu shak)

4 Tblsp oil

1 tsp cumin seeds

1/8 tsp hing

**1 medium cauliflower, divided
finely**

into flowerets

2 medium potatoes diced

1/4 tsp turmeric

2 tsp ground coriander-cumin

1/2 tsp paprika

1 cup water

1 small tomato, chopped

Salt to taste

1 tsp lemon juice.

1. Heat oil, add cumin seeds and brown lightly. Add hing, cauliflower, potatoes and all the other ingredients except lemon juice. Saute for 2 to 3 minutes.
2. Add $\frac{3}{4}$ to 1 cup water. Cook for 10-15 minutes until potatoes are tender
3. Add tomato, salt and lemon juice.

Serves 4-6

Sauteed Eggplant with Green Peas (Ringana vataqna nu shak)

- 2 medium eggplants cut into 1-inch cubes
- 5 ounces (1/2 a 10-ounce package) frozen green peas
- 1 medium green peper, cored and diced
- 1 large tomato, chopped coarsely
- 1 medium boiled potato, cut into 1-inch cubes
- 1 tsp chopped fresh ginger root
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ tsp garam masala
- $\frac{1}{2}$ tsp turmeric
- 2 tsp paprika
- 1 tsp ground coriander
- 1 tsp ground cumin
- $\frac{1}{4}$ tsp hing
- 4 Tblsp hing
- Salt to taste
- Coriander or parsley leaves, chopped for garnish

1. Combine green pepper, ginger, tomato and all dry spices except the oil in a bowl and set aside.
2. Over medium heat, the oil in a saucepan. When oil is hot,. Add the contents of the bowl in step 1 and saute until green peppers are soft.

3. Add eggplant, potato and water and stir well. Cover and cook on low heat until eggplant is almost done (about 10-15 minutes.)
4. Add peas and mix well. Cover and cook further until peas are cooked.
5. Turn off heat. Garnish with coriander or parsley leaves.

Serves 4-6

Spiced Zucchini with Tomatoes

1 pound zucchini or yellow summer squash (about 3 medium vegetables,. OR mix the 2 kinds), sliced into 1/8 inch rounds)

1 large tomato, chopped

1/4 tsp turmeric

3 Tblsp ghee

Pinch of hing

1 tsp cumin seeds

Salt to taste

3 tsp ground coriander-cumin

2 Tblsp chopped coriander leaves

1/2 tsp garam masala

(optional)

1. Prepare Vegetable.
2. Heat ghee over moderate heat and brown the cumin seeds. Add hing, the vegetables,. Tomatoes and all the spices. Cook uncovered on low heat until the vegetables are tender.
3. Garnish with chopped coriander leaves (optional)

Serves 4-6

Zucchini belongs to the squash family with many varieties. It is also called a summer squash found in white, yellow and green color with thin skins. In India white and pale green squash is very popular. Being a very easy vegetable to cook, it gives numerous options to utilize it in different ways. Indians make puddings and savories from green squash and it is available throughout the year.

Zucchini and Peas with Coriander

**1 pound zucchini (about 3
Medium) sliced thinly**
1 cup boiled fresh peas
3 Tblsp sesame oil
2 Tblsp whole cumin seeds
¼ tsp hing
1 ½ tsp ground coriander
1 ½ tsp ground cumin

¼ tsp turmeric
1 Tblsp paprika
1 tsp garam masala
Salt to taste
2 Tblsp water
**4 tsp chopped fresh
Coriander leaves**

- 1. Prepare the zucchini and set aside.**
- 2. Heat the oil in a skillet and add the cumin seeds. Stir briefly and add the hing, coriander, cumin, turmeric, paprika, garam masala and salt.**
- 3. Add the zucchini and peas and stir gently to blend without breaking the slices. Add the water and cover. Cook over gentle heat for 10 minutes.**
- 4. Serve sprinkled with chopped fresh coriander leaves.**

Serves 4-6

Fried Zucchini

1 pound zucchini (3 med.)
2 Tblsp oil;
**1 med. Potato, boiled
and mashed**
2 med. Tomatoes, chopped
**1 Tblsp ground coriander-
cumin**

¼ tsp turmeric
½ tsp paprika
Salt to taste
**2 Tblsp finely chopped
coriander leaves (optional)**
**2 Tblsp shredded coconut
(fresh or desiccated)**

- 1. Wash the zucchini and cut lengthwise. Slice thinly.**

2. In large frying pan, heat oil over moderate heat. Add all dry spices and tomatoes. Cook mixture for 5 minutes. Add zucchini, some coriander leaves, some coconut and cook for 5 to 7 minutes.
3. Add the mashed potato. Mix carefully as not to break the zucchini.
4. Garnish with remaining coriander leaves and coconut.

Serves 4-6

Fried Okra with Yogurt (Dahiwalu bhinda nu shak)

1 pound fresh/frozen okra	2 Tblsp ground
4 Tblsp oil	coriander-cumin
¼ tsp hing	1 tsp paprika
¼ tsp fenugreek seeds	Salt to taste
¼ tsp turmeric	1 cup whipped yogurt

1. Wash okra and pat dry. Make sure no water adheres to the okra. Slice into ¼ in rounds.
2. Heat the oil in a shallow pan. Add hing, fenugreek and okra. Mix well.
3. Add the remaining spices. Mix well and turn heat to low and cook, turning occasionally, till tender (about 20 minutes). Add the whipped yogurt at the end before serving.

Note: Do not cover the okra with a lid, otherwise the water collected in the pan due to steam will make the okra sticky.

Serves 4-6

Tomatoes Panch Puran

9 plum tomatoes, chopped small	1 tsp paprika
2 Tblsp oil	½ tsp turmeric
1 ½ tsp Panch Puran	Salt to taste
1/8 tsp hing	2 tsp brown sugar

**2 tsp ground
coriander-cumin**

**1 Tblsp chopped
coriander leaves**

- 1. Heat oil in a pan and brown Panch Puran briefly.**
- 2. Add powdered spices, salt and sugar and fry further. If the mixture is dry, add enough oil to make a smooth sauce.**
- 3. Add the chopped tomatoes and bring to a boil. Stew on low heat until tomatoes are just tender.**
- 4. Add chopped coriander leaves and serve.**

Serves 4-6

**Cucumber Vegetable
(Kakadi nu marwari shak)**

**4 medium cucumbers
2 Tblsp ghee or butter
1 tsp cumin seeds
1/2 tsp fennel seeds
1/2 tsp hing
2 tsp ground
coriander-cumin**

**1/4 tsp turmeric
3/4 tsp garam masala
1/2 tsp lemon juice or
1/2 tsp amchur powder
Coriander leaves
for garnish (optional)
Salt to taste**

- 1. Peel cucumbers. If waxed, and cut into 1/4 inch cubes.**
- 2. Heat 2 Tblsp ghee or butter. Add cumin seeds and fennel seeds. When brown, add hing and cucumbers. Stir once.**
- 3. Add the rest of the ingredients. Cover and cook for 10 minutes on low heat.**
- 4. Garnish with coriander leaves (optional)**

Serves 4-6

Cucumber is generally used as a salad vegetable or for pickling. But many Indian use them as a vegetable dish by cooking it with different spices. The recipes in this book call for long seedless varieties or small Kirby.

Cucumber with Mustard Seeds

(Kakadi nu shak)

4 medium cucumbers (Kirbys preferred)	2 Tblsp ground coriander-cumin
2 Tblsp oil	Salt to taste
1 tsp mustard seeds	½ tsp lemon juice
¼ tsp hing	3 Tblsp yogurt
¼ tsp turmeric	2 Tblsp chopped coriander leaves

- 1. Wash cucumbers and peel if skins are waxed. Cut into small cubes.**
- 2. Heat oil in a saucepan. Add mustard seeds and allow them to crackle and pop. Add hing, turmeric and cucumbers. Mix well.**
- 3. Add ground coriander-cumin and lemon juice. Mix well and simmer uncovered for 5 minutes.**
- 4. Remove pan from heat. Add salt and yogurt. Mix well.**
- 5. Garnish with chopped coriander leaves.**

Serves 4-6

Country Green Beans

(Fungsi nu shak)

1 pound green beans	1/3 cup grated coconut,
4 Tblsp oil	preferably fresh
2 tsp mustard seeds	Salt to taste
1 tsp grated ginger	2 Tblsp lemon juice
1 Tblsp slivered almonds	2 Tblsp chopped

1 tsp turmeric

coriander leaves

- 1. Wash and trim the string beans at both ends and cut into ½ inch pieces.**
- 2. Heat the oil in a wok or medium-sized covered pot. Add mustard seeds and when they start to crackle and pop, stir in ginger, almonds and turmeric.**
- 3. Add green beans and stir well to coat with oil and spices.**
- 4. Add coconut, salt. Cover and reduce heat to low. Simmer until beans are just tender (about 20 minutes) stirring occasionally.**
- 5. Sprinkle with lemon juice and garnish with coriander leaves.**

Serves 4-6

Cabbage with Yogurt

(Dahiwali Kobi)

1 medium head white cabbage

1 tsp mustard seeds

1 tsp minced ginger root

2 tsp brown sugar

**1 Tbsp chopped coriander
leaves (optional;)**

Salt to taste

1 cu yogurt

4 Tbsp oil

1 cup yogurt

- 1. Slice off the base and cut the cabbage into quarters; shred the quarters fine. Then wash and drain well.**
- 2. Heat oil in a large saucepan or skillet. When the oil; is hot, dd mustard seeds. When the mustard seeds being top pop, add gangrened saute for 2 minutes. Make sure ginger does not burn.**
- 3. Add cabbage, brown sugar and salt. Mix well. Cover and cook on low heat for approximately 20 minutes...until cabbage is tender but still crunchy.**
- 4. Turn off heat. Add yogurt and coriander leaves (optional) mix thoroughly. Serve warm.**

Note: to prepare this dish in advance, cook the cabbage but do not add the yogurt until ready to serve. When ready to serve, reheat the cabbage, turn off heat and add yogurt and coriander leaves (optional) and stir gently but well.

Serves 4-6

Cabbage belongs to the family of Brussels sprouts, broccoli, cauliflower, kale and kohlrabi. Cabbage is available in three different colors: green, white and red. Green and white are usually used for cooking and the red variety is used in salads.

Cabbage and Chana Dal Dalight

(Kobi-chanadal nu shak)

1 cup chana dal

1 tsp garam masala

**1 small; head white cabbage,
Shredded**

Salt to taste

Pinch of turmeric

1 cup water

1 Tblsp chopped coriander

1/3 cup oil

leaves for garnish (optional)

1 tsp green masala

- 1. Soak the chana dal overnight or at least for 3 hours in hot water. Drain.**
- 2. Cook the chana dal with little water on low heat until tender (add about 2 Tblsp more water if necessary). Set aside. The dal; should be dry not watery.**
- 3. In a large frying pan, heat the oil. Add the green masala and the garam masala. Fry for about 2 minutes, stirring constantly.**
- 4. Add the shredded cabbage. Mix well and continue cooking for another 5 minutes.**
- 5. Add the cooked dal. Mix well.**
- 6. Add turmeric and salt. Mix well.**
- 7. Garnish with chopped coriander leaves (optional)**

Tastes even more delicious when reheated.

Serves 4-6

Vegetable Koorma

1 cup cauliflower cut into small flowerets

1 cup fresh or frozen green peas

1 cup string beans cut into ½ inch lengths

1 cup carrots cut into ½ inch dice

1 cup potatoes, peeled and cut in ½ inch dice

¾ cup unfrosted cashew nuts

1 cup yogurt

1 cup unsweetened, finely shredded coconut (fresh or desiccated)

¼ cup water

6 Tbsp oil

6 whole cloves

5 small (1/4 inch long) pieces of cinnamon stick

3 small cardamom pods

2 cups unreeled tomatoes cut into ½ inch cubes

¼ tsp turmeric

Salt to taste

- 1. Steam all vegetables in a steamer and set aside.**
- 2. Put the cashews into the container of a food processor or blender and grind to a powder. Add the yogurt, coconut and water and blend to a thin paste.**
- 3. Heat the oil in a large saucepan and when it is quite hot but not smoking, add the cloves, small pieces of cinnamon, cardamom pods and turmeric. Add the tomatoes and stir. Cook about 5 minutes. Add salt to taste.**
- 4. Add the cooked vegetables and the yogurt and cashew mixture and mix well. Cover and heat gently until piping hot (about 5 minutes).**

Serves 6-8

Fried Cauliflower

(Taleli phulkobi)

1 medium cauliflower broken into flowerettes (2 ½ cups)	Salt to taste
1 Tbsp coriander-cumin powder	Juice of 1 lemon
½ tsp turmeric	2 tsp finely chopped mint leaves
1 tsp chili powder (optional)	Oil for shallow frying

- 1. Wash the flowerets and steam until; just tender. Set aside.**
- 2. Heat the oil in a frying pan or skillet. Fry the cooked cauliflower until golden brown.**
- 3. Sprinkle salt, spices and lemon juice on the cauliflower.**
- 4. Garnish with mint leaves and serve.**

Serves 4-6

Vegetables in Yogurt

(Dahivalu shak)

Make a paste of:

1 cup grated coconut (fresh or desiccated)

1 tsp cumin seeds

1 green chili (optional)

Salt to taste

¼ cup water

3 cups mixed boiled vegetables (bite size)

(a combination of any potatoes, peas, zucchini, green beans, lima beans, cabbage, cauliflower, squash)

½ tsp turmeric

3 Tbsp oil

1 cup yogurt

1. In a blender, grind the coconut, cumin seeds, green chill (optional) water and salt to a fine paste. (Add as little water as necessary to facilitate grinding.)
2. Heat the oil in a large saucepan. Add the boiled vegetables, Turmeric and the paste. Mix well and let it heat through.
3. Remove from heat. Add yogurt and serve.

Serves 4-6

Bananas with Chick-Pea Flour (Chana na loatwalu paka kala nu shak)

6 medium ripe bananas	¼ tsp hing
4 Tbsp oil	Salt to taste
¼ tsp turmeric	½ cup chick-pea flour
½ tsp paprika	2 Tbsp water
1 Tbsp ground coriander-cumin	

1. Skin bananas and slice into rounds ¼ inch wide.
2. Heat oil in a skillet or frying pan. Add turmeric, paprika, ground coriander-cumin, salt and hing, and mix the spices together.
3. Add the sliced bananas and chick-pea flour and stir well so as to coat the pieces with the flour/spice mixture.
4. Add water and mix well. Cook for 5 minutes on a very low heat (the bananas burn easily) and serve.

Tastes delicious even cold.

Serves 4-6

Bitter Melon (Karela nu shak)

3 cups bitter melon, sliced in wedges (remove seeds and spongy centers of the more mature bitter melon)	
1 Tbsp salt	Spices:
5 Tbsp oil for frying	1 Tbsp ground coriander-cumin

2 Tblsp yellow raisins	1/8 tsp hing
2 Tblsp chopped cashew nuts	1 tsp paprika
1 tsp brown sugar	1/4 tsp turmeric

1. Rub the salt over the sliced bitter melon. Mix well. Set aside for 30 minutes.
2. Taking a handful of bitter melon at a time, squeeze out the water imparted by salt (which makes the vegetable bitter) between the palms of your hands.
3. In a saucepan with a lid, heat the oil.
4. Add the spices, raisins and cashew nuts. Fry over low heat for a few minutes. Add the bitter melon. Mix well. Cover the pan and cook on low heat until bitter melon is done and all the moisture is absorbed (about 25 to 30 minutes).
5. Taste the bitter melon and if still too bitter, add the brown sugar and stir well. Cook for a few more minutes.

Serves 4-6

Spinach with Yogurt (Dahi palak)

1 bag (10 ounce) spinach	2 Tblsp ghee
3-4 Tblsp water	1 tsp mustard seeds
1 1/2 cups thick whipped yogurt	1/2 in piece ginger, grated
Pinch of sugar	3-4 small red (dried) chillies(optional)
Salt to taste	

1. Wash the spinach thoroughly and allow the water to drain.
2. Place the spinach, including the stems, in a pot. Add the water and let the spinach cook for some time till the leaves are soft.
3. In a blender, grind the cooked (cool) spinach to a fine paste.
4. Put the spinach paste in a serving bowl. Add the yogurt, sugar and salt. Mix thoroughly.
5. In a small pot, heat the ghee. Add the mustard seeds and allow it to pop. When the popping stops, laded the ginger and chillies (optional) and saute for 2 minutes. Pour this spiced ghee into the bowl with the spinach mixture, and once again, stir well.

Serving suggestion: Serve with puris or pariahs.

Serves 4-6

Snow Peas -a great delicacy-

1/4 pound fresh snow peas	Salt to taste
3 Tblsp oil	1/2 tsp garam masala
2 tsp ground coriander-cumin	1 med tomato, chopped coarsely
1/4 tsp turmeric	1 Tblsp chopped

½ tsp paprika
1/8 tsp hing

coriander leaves

1. Wash snowpeas and remove strings and cut into half.
2. In a pan or skillet, heat the oil. Add the hing and cook for 20 seconds.
3. Add the snowpeas. Mix well.
4. Add the remaining spices. Mix well. Cover and cook over low heat for 5 minutes.
5. Add chopped tomatoes and cook for another three minutes.
6. Garnish with chopped coriander leaves and serve.

Serves-4-6

Spiced Dried Potatoes (Suki bhaji)

6 cups boiled, peeled potatoes,
cut into 1 inch cubes
¼ cup oil
2 tsp black mustard seeds
2 tsp udad dal
1/8 tsp hing
1 tsp chopped fresh ginger

¼ cup coarsely chopped,
mildly hot green chillies
5-6 curry leaves (fresh or dried)
¼ tsp turmeric
Salt to taste
2 tsp lemon juice
2 Tblsp chopped coriander leaves

1. Prepare the potatoes and set them aside.
2. Heat the oil in a skillet and add the mustard seeds. When they crackle, add the udad dal and cook about 30 seconds.
3. Add the hing, ginger, Chillies and curry leaves, turmeric and salt. Cook, stirring constantly, about 30 seconds. Add the potatoes and stir gently until they are coated with spices. Turn carefully so as not to break up the potatoes pieces.
4. Sprinkle with lemon juice and half the coriander leaves. Toss gently to mix. Serve sprinkled with more fresh coriander.

Serves 6-8

Baked Eggplant (Ringana nu bhartu)

1 or more eggplants weighing 2 pounds in all
2 small boiled potatoes
2 medium tomatoes, washed, stemmed and coarsely chopped
1 small green peper, chopped fine
1 Tblsp minced ginger root
1 fresh green chilli chopped (optional)
2 Tblsp oil
1/8 tsp hing
4 tsp ground coriander-cumin
1 tsp paprika

Salt to taste

3 Tblsp finely chopped fresh coriander leaves

1. Preheat oven to 400⁰ F.
2. Wash and pat dry the eggplant with paper towels. Cut eight ½ inch deep by ½ long, evenly spaced gashes in the skin. (Do this with all the eggplants if using more than one).
3. Place the eggplant(s) in a baking dish or on a sheet of foil and bake for 1 hour or until it is tender. While it is still warm, cut the baked eggplant lengthwise and peel the skin off the pulp and discard the skin. Mash the pulp. Set aside.
4. Peel the potatoes and mash them. Set aside.
5. In a 10 to 12 inch skillet heat the oil over moderate heat. Add the hing, peppers, tomatoes, Ginger root, green chilli and salt.
6. Add the rest of the spices, 2 Tblsp of coriander leaves and saute everything for 5 minutes. Add the mashed eggplant and potatoes and stir until most of the liquid in the skillet evaporates and the mixture is thick (about 10 minutes).
7. Sprinkle with the remaining tablespoon of coriander leaves.

Serves 6-8

Eggplants come in different colors and sizes. They can be dark purple, black, white and yellow. The above recipe calls for dark purple and large eggplant. When you choose an eggplant make sure it is firm, and without brown spots.

Green Peppers with Chick-Pea Flour (Chana na loatwalu marcha nu shak)

2 medium green peppers (capsicum)	½ tsp paprika
3 Tblsp oil	¼ tsp brown sugar
¼ tsp hing	Salt to taste
2 tsp ground coriander-cumin	1 tsp lemon juice
¼ tsp turmeric	¼ cup chick-pea flour
	1 Tblsp coriander leaves

1. Wash the green peppers and cut into 1 inch square pieces.
2. In a skillet heat the oil. Remove the skillet from the heat and add all the spices and salt. Mix well and return the skillet to low heat.
3. Add the green peppers and stir well.
4. Cook covered until the green peppers are soft yet crunchy.
5. Add lemon juice and chick-pea flour. Mix thoroughly. Cook for another 5 minutes.
6. Garnish with chopped coriander leaves and serve along with another vegetable as a side dish.

Serves 4

Sweet 'N Sour Vegetables

3 cups mixed vegetables, bit size pieces (a combination of green beans, carrots,. Cauliflower, celery, snowpeas, yellow squash and zeuchini)

1 Tblsp butter

2 tsp grated ginger

½ cup apple juice

Salt to taste

2 tsp ground coriander-cumin

1 medium size tomato chopped

1 tsp paprika

2 Tblsp coriander leaves chopped

¼ tsp hing

1 Tblsp lemon juice

¼ tsp turmeric

1. In a large saucepan add all the vegetable, butter, apple juice, all the dry spices and salt and bring to a boil. Lower the heat and cook covered for 15 minutes or until; vegetables are tender.
2. Add tomato, coriander leaves, lemon juice and cook for 10 minutes.

Serves 4-6

If you do not have fresh ginger,. Substitute with ground ginger: 1 Tblsp=14 tsp ground ginger.

Potato Peas Masala

1 cup ½ inch cubes paneer, deep fried

3 medium boiled peeled potatoes cut into 1 inch cubes

2 cups boiled peas

3 Tblsp butter

1 cup water

½ cup whipped yogurt

Salt top taste

Grind to a paste in a coffee grinder or food processor:

2 tomatoes chopped

¼ tsp ground ginger

2 Tblsp shredded coconut

¼ tsp ground cardamom

1 small green capsicum

¼ tsp ground white pepper

1 Tblsp poppy seeds

2 Tblsp ground coriander-cumin

¼ tsp ground clove

½ tsp ground cinnamon

1. Heat butter in saucepan. Add ground paste and saute for 3 minutes.
2. Add vegetables, paneer cubes and saute for 3 minute more.
3. Add yogurt, water and salt and cook for 10 minutes.

Serves 4-6

Paneer and Ricotta cheese:

If you are not in a mood to spend a whole lot of time in the kitchen, and still; would like to eat Paneer-Matar ie Paneer-Peas Vegetable, Ricotta is a good substitute. Tie Ricotta in a muslin cloth for 3 to 4 hours. Bake the Ricotta until slightly brown and firm. Cool; freeze cut into squares and deep fry them.

Kohlrabi with Potatoes and Peas

4 Kohlrabi sliced thin	¼ tsp turmeric
2 potatoes peeled & sliced thin	1 tsp garam-masala
1 cup boiled peas	2 tsp brown sugar
2 Tbsp oil	Salt to taste
2 tsp ground coriander-cumin	½ cup water
1 tsp ground paprika	

1. Cut off stems of kohlrabi, peel the bulb-like portion and slice into 1 inch thin squares.
2. Peel; potatoes and slice into 1 inch thin squares.
3. Heat the oil in a saucepan and add the dry spices. Mix the spices with oil and add the kohlrabi and potatoes. Add sugar,. Salt and water.
4. Mix the vegetables and cook covered for 15 minutes on low heat.
5. As soon as the potatoes are done add the peas and mix well. Cook covered for 5 minutes more and take from heat.

Serves 4-6

Kohlrabi is a member of the cauliflower and cabbage family, with mild flavor and sweet taste. It has a shape like turnip, but it is not a root vegetable. It is generally cooked and sometimes eaten raw as a salad.

Indian Breads

Home-made Indian breads are a common sight in the Indian kitchen. Breads are eaten along with the meals and represent a major part of the lunches and dinners. Though breads vary according to the menu and occasion, generally, rotlis or chapatis or phulkas (unleavened whole wheat bread) are eaten every day of the week. In India, bread is considered to be the staff of life.

There are various kinds of bread made from various grains. The most popularly used bread, “rotlis,” is made from whole-wheat flour which is full of nutritional; merits and health-promoting qualities. There are different kinds of breads like puris, paraths, bhaturas, puran-polis, nans, khakharas and many more which are used in different parts of India.

Indian breads are eaten with dals and vegetables. A small piece is broken off from the bread and used like a spoon to pick up the food. It is dipped in the dal or is ideal for mopping up gravy, sauce or yogurt raitas from the plate.

Most of the Indian breads are round in shape, flat and think like the Mexican tortillas. Rotlis, paraths, puran-polis, puris and bhaturas are soft while, khakharas and the palas are crisp when eaten. The beginner might find that creating the round shape is a challenge. But the shape of the bread makes no difference to the taste of it. Round or square, the taste is the same. But with practice, one can achieve the shape to add to the aesthetic virtue of the bread.

So, when reading the recipe,. Do not give up because it seems lengthy. Once you have mastered the art of rolling the bread, you will want to serve you family and friends fresh bread every day.

Indian Bread (Rotlis)

2 cups whole wheat flour	½-¾ cup water
2 tsp oil	Ghee
2 tsp ghee or butter	

1. Mix flour, oil and ghee in a mixing bowl. Add water and make a dough of pie dough consistency.
2. Let mixture sit covered for at least ½ an hour or more.
3. Knead for 4-5 minutes till smooth. Divide into 12-14 balls. Dust each ball with flour (rice or whole wheat flour). Roll out very thin.
4. Heat the skillet. Place the rolled-out dough on skillet. Raise heat to high. When dough begins to bubble turn over. Let other side brown for a few seconds. As more bubbles appear, press down with a clean cloth on the edge of the rotli so it bakes evenly. Remove from the skillet and put on a plate. Spread ¼ to ½ tsp of ghee (butter or margarine may be substituted) on the rotli.
5. Repeat procedure for the other balls. Yields 12-14 medium rotlis.

Reheat the leftover Indian bread (rotlis or chapatis) in minutes; Heat the skillet and place the rotli in it. Sprinkle a little water over it. Turn, Repeat. The rotlis will be as soft as fresh. Do not reheat with butter or ghee, bread will be hard and crisp.

Banana Bread

¾ cup brown sugar	1 tsp baking soda
½ cup butter	¼ tsp salt
2 tsp egg substitute	2 tsp vanilla essence
4 Tbsp water	¼ cup chopped walnuts or any nuts (optional)
3 medium ripe bananas, mashed	
2 cups whole wheat flour	

1. Mix together the egg substitute and water.
2. Cream the sugar and butter together with an electric beater. Beat in the egg substitute. Add the mashed bananas. Stir in baking soda and salt. Add vanilla and nuts. Mix well.
3. Place mixture in large greased loaf pan 9 x 3 inch.
4. Bake for 45 minutes in preheated oven 350⁰ F or until; a fork pricked in the center comes out dry.
5. Cool before removing from pan. Yields 1 large loaf

Zucchini Thepalas

1 cup whole wheat flour
4 tsp oil
½ tsp salt
¼ tsp hing
¼ tsp turmeric
1 tsp paprika

1 Tblsp chopped coriander
leaves (optional)
½ cup grated zucchini
½-¾ cup buttermilk
Ghee, or butter for frying

1. Mix flour, oil and salt. Add all other ingredients except buttermilk. Mix well.
2. Add buttermilk till dough is of roll I dough consistency. Let mixture sit for at least ½ and hour or more.
3. Knead for 4-5 minutes until smooth and shiny.
4. Divide into 12-14 balls. Dust each hall with flour (rice or unbleached white). Roll each ball into a 6-inch diameter.
5. Heat skillet. Plea rolled-out ball in skillet. Raise heat to medium. When dough begins to bubble, turn over. Place 1 tsp of ghee (or butter) in the middle of the bread. Turn over with a metal spatula and continue turning until; both side have a number of reddish-brown spots on them.
6. Repeat for each ball. Thepalas will stay for 2 days.

Yields 12-14 thepalas

Spinach Bread (Palak thepalas)

1 cup whole wheat flour
1 Tblsp oil
½ tsp salt
¼ tsp hing
¼ tsp turmeric

1 Tblsp coriander leaves
½ tsp grated, fresh ginger root
½-¾ cup buttermilk
½ cup chopped spinach
Ghee, or butter for frying

1. Mix flour, oil and salt. Add ginger, spinach, coriander and all ingredients except buttermilk. Mix well.
2. Add buttermilk till dough is of pie dough consistency. Let mixture sit covered ½ hour or more.
3. Knead for 4-5 minutes until smooth and shiny.
4. Divide dough into 12-14 balls. Dust each ball with flour (rice or unbleached white). Roll out each ball into 6-inch diameter circles.
5. Heat skillet. Place rolled-out ball in skillet. Raise heat to high. When dough begins to bubble, turn over. Place 1 tsp ghee in middle of bread. Turn over with metal spatula, and continue turning until both sides have brown spots on them.
6. Repeat for other balls. These thepalas will stay for 2 days.

Yields 12-14 medium spinach thepalas.

If your dough stiks to the plate, rub a little salt on the plate before kneading.

Fried Chapatis (Paraths)

1 ½ cups whole wheat flour	¾ cup water (approx.)
1 ½ Tblsp oil; or ghee	Ghee for frying and brushing
½ tsp salt	

1. In a large mixing bowl, work oil or ghee and salt into the flour. Add water gradually to make a dough of medium soft consistency. Cover and let stand for half an hour.
2. Knead dough for 2-3 minutes. Make 16-18 balls about 2 inches in diameter.
3. Dust each ball with flour (rice or unbleached white). Roll out each ball into 3 inch diameter rounds. Spread one side with ghee and sprinkle some flour on it and fold in half. Smear the folded half with ghee and fold with ghee and fold again into quarters. Roll into 4 inch triangles.
4. Put ½ tsp ghee in skillet over medium heat. Place rolled out paratha in skillet and cook for a few seconds. Turn over adding ½ tsp oil to skillet. Turn paratha over several; times with a metal spatula until; both sides are light to medium brown.
5. Serve hot.

Yields 16-18 parathas

Any cooked dry dal; can be mixed with enough wheat flour, salt and water to make a dough. Knead well with a tsp of oil. Make parches in the usual way. They are tasty and nutritious.

North Indian Bread (Bhaturas)

2 cups all-purpose flour	1/8 tsp soda bicarbonate
1 cup yogurt	2 tsp salt
¼ tsp baking powder	Oil for deep frying

1. Mix flour, baking powder, bicarbonate of soda and salt in mixing bowl.
2. Add yogurt and make into soft dough. Cover and leave for 6-7 hours.
3. Pinch out small portions and roll into balls, about 1 inch in diameter.
4. Roll out the balls into 6-inch rounds,. About ¼ inch thick.
5. In a heavy saucepan, heat oil for deep frying. Introduce the rounds,. One at a time and deep fry like puris.

Yields 12-14 Bhaturas
Chapati Stuffed with Sweet Dal
(Chana Dal Puran-Poli)

For filling:

1 ½ cups chana dal
1 cup brown sugar
1 tsp ground cardamom

For dough:

2 cups whole wheat flour
2 Tblsp oil
½ - ¾ cup water

7-8 strands saffron, made into
Paste OR ¼ tsp ground saffron
½ tsp ground nutmeg

½ up rice flour for rolling
Ghee

1. Prepare dough as for chapati, set aside for 2 hours.
2. Cook the chana dal; in pressure cooker or separately in water until the dal is soft and dry.
3. Place cooked dal; in saucepan over low heat. Add sugar,. Cardamom, nutmeg and saffron paste. Mix thoroughly with a wooden spoon for 5 minutes or until the sugar is dissolved. Set aside to cool.
4. Knead dough thoroughly again and divide it into 20 equal portions forming each portion into a ball.
5. Sprinkle a little rice flour on the rolling board and roll out one of the dough balls into a circle about 2 inches in diameter.
6. Roll out a second ball; in the same manner and of the same size.
7. Spread 1 Tbsp dal; mixture evenly on one of the dough rounds leaving about ¼ inch along the edge.
8. Place and the second dough round over this like a sandwich. Seal sandwich by pinching the edges together with your thumb and forefinger.
9. Dust the board with a little rice flour and roll out the stuffed dough sandwich (puran-poli) into a circle 6 inches in diameter. (Be careful not to let the stuffing come out).
10. Heat an iron skillet on low heat.
11. Gently pick up the rolled out puran-poli and place it on the preheated iron skillet
12. Cook the Puran-poli for a minute then turn over. Cook other side till light brown. Turn over again and cook until reddish-brown spots appear on the bottom. Pick up the puran-poli with spatial and serve (with or without ghee).
13. Repeat steps 6 to 12 for remaining balls of dough. Puran-poli may be prepared ahead of time and reheated on a skillet just before serving.

Yields 10 puran-poli

Potato Paratha (Alu paratha)

Filling

6 small boiled potatoes
1 medium green pepper,
finely chopped
2 Tbsp oil
½ tsp cumin seeds
2 Tbsp chopped coriander
1 Tbsp amchur powder
Salt to taste

Dough

2 cups whole wheat flour
2 Tbsp ghee
½ - ¾ cup water
Salt to taste
½ up rice flour for rolling
Ghee or butter for cooking

1. Prepare the dough as for chapati and set aside 2 hours.

2. Mash the potatoes to a coarse consistency.
3. Heat oil in pan. Add the cumin seeds, when they start to brown, add green pepper and saute until the green pepper is tender.
4. Add mashed potatoes and remaining ingredients. Mix thoroughly and cook for 5 minutes. Set aside to cool.
5. Knead the dough once again very well and divide into 10 portions forming each into a ball.
6. On floured board, roll out dough into a 2 inch round.
7. Place 1 Tbsp of the cooled potato mixture in center of round.
8. Cover mixture by drawing edges of round towards center, like a pouch.
9. Press stuffed ball flat on floured board and roll out into a round 6 inches in diameter.
10. Heat an iron skillet on low heat.
11. Place the paratha on the hot iron skillet and cook for one minute and turn over. After another minute, add one tsp ghee along the edges of paratha. Turn again and fry other side. When brown spots appear on both sides, The paratha is done.
12. Repeat steps 6 to 11 for the remaining balls of dough.

Yields 10 parathas

Indian Puffed Bread (Puris)

- | | |
|-------------------------|-----------------------------|
| 1 cup whole wheat flour | 1 Tbsp ghee or butter |
| ¼ tsp (optional) | ¼ cup water (approximately) |
| 1 Tbsp oil | Oil for deep frying |

1. In a large mixing bowl, combine flour, salt and oil. Mix together by rubbing the oil into the flour with your fingers. Slowly add ¼ cup of water to the flour. Knead to a smooth 1 or 2 tsp water while kneading. Let the dough rest for 1 to 2 hours.
2. Grease both hands with oil and knead dough for a couple of minutes. Divide the dough into 12 or 14 equal; parts. Roll each piece into a ball and flatten between the palms of your hands.
3. Heat 1 ½ -2 cups of oil in a wok. Heat the oil; over medium heat until a piece of dough dropped into the oil, bubbles top the surface.
4. Place a few drops of oil on the rolling board. With a light, even rolling motion, roll out each piece of dough into a 3 inch diameter circle.
5. When the oil; is hot, take one round puri and gently ease into the oil. The puri will first drop to the bottom and then will rise top the surface. As soon as it reaches the surface, gently turn it over with a slotted spoon. The puri will puff like a balloon and will float. Now the puri is light golden brown on both sides. Strain the puri and place on paper towels.
6. Do the same with the remaining puris.

Yields 12-14 puris.

North Indian Baked Bread

(Nan)

3 cups unbleached flour	¼ cup milk (approximately)
2 tsp ghee	1 heaping tsp baking powder
3 Tbsp warm water	1 tsp salt
2 tsp dry yeast	1 tsp Kalunji seeds
½ cup yogurt	

1. Sift flour, baking powder and salt.
2. Dissolve yeast in warm water and add top the flour.
3. Add ghee and yogurt to flour and mix.
4. Add enough milk to make a soft dough and knead well. Cover with wet piece of cloth and set aside for 2 hours in a warm place.
5. Divide dough into 12 portions and brush with melted ghee. Pat onto rolling board into oblong shapes. Sprinkle each with a few seeds of Kalunji, press the seeds with back of spoon and place them on cookie sheet.
6. Bake in pre-heated oven at 400⁰F. until brown, for about 10 minutes. Butte3r the Nan immediately after removing from open and serve.

Yield: 12 Nans

Note: Nan can be cooked on hot griddle. Put a lid on Nan when it is cooking. Turn to cook the other side.

Rice

Rice being one of the unique grains is enjoyed by everyone all over the world. In India, millions of people eat rice everyday making it their staple food. Because of its high consumption and usage, Indians, and Chinese, have come up with wide and delicious varieties of rice and its preparation. Indian ride dishes vary from simple khichadi top the rich pullavs differing from region to region and making it desirable any time of the day.

There are various types of rice in India. The short grain, the medium grain and the long grain. And within each type, there are again many different varieties. Popular amongst these varieties is the long grain types. This variety of rice is grown north of India in Dehra Dun and in Patna. It is popularly known as Basmati Rice which means “the fragrance that please the senses” (“bas” fragrance, and “mati” senses) considered a delicacy in India, this fluffy and high quality rice is usually cooked only on festival occasions on for wedding parties. Being an expensive grain, it is not in the reach of every Indian and evens those who can afford it. Save it for special occasions. It is a dream of many Indians to eat this fragrant rice whose nutty flavor and tantalizing aroma whets the appetite.

The short grain and medium grain rice is generally used for everyday eating. They are eaten plain or used in making khichadi, idles and doss. In the west,. Carolina rice is very much like the Indian short and medium grain rice and is suited for the recipes in this book.

Different kinds of rice call for different cooking times and different amounts of water. The cooking time sometimes depends on the kind of utensils, the

softness of the water, and the intensity of the heat. The older the rice, the better it is- it tastes better. Sweeter and cooks faster. That is one of the reasons why people in India store all their grains for a whole year.

Vegetable Pullav (Shak valo pullav)

1 cup uncooked long grain rice³ (Basmati Preferred)
½ cup green peas
½ cup carrots, sliced an 1/8 inch thick rounds
2 small potatoes,. Peeled and cut into ¼ inch cubes
1 inch piece stick cinnamon, broken into 3 or 4 pieces
3 cloves
3 whole pods cardamom
2 bay leaves each about 1 inch long
4 Tbsp ghee
Salt to taste
1 ½ cups water

1. Wash rice in a sieve or colander under cold water until water runs clear.
2. In a heavy 2-3 quart saucepan with a tight fitting lid,. Heat the ghee over moderate heat. Add cinnamon, cloves,. Cardamom pods, bay leaves and cashews. Fry for 30 seconds.
3. Add salt, stirring constantly. Stir in rice and mix well.
4. Add vegetables and water. Stirring frequently, bring to a boil; over high heat. Reduce heat. Cover and cook for 20 minutes or until; rice and vegetables are tender and all; the liquid has been absorbed.

Serves 6-8

To keep rice grains separate and unbroken, add a few drops of lemon juice in your pullave or rice just before it begins to cook.

Spiced Basmati Rice

1 cup Basmati rice	3 cloves
2 Tbsp ghee or butter	3 cardamom pods
1 inch piece stick cinnamon, broken into several pieces	Salt to taste
	1 ½ cups water

1. Clean the rice and wash in cold water until; water runs clear. Drain.
2. In a heavy saucepan with a tight fitting lid, heat ghee over moderate heat. Add cinnamon, cloves and cardamom. Brown for 30 seconds.
3. Reduce heat and stir in rice until all the grains are well coated.

4. Add water and salt. Bring to a boil over high heat.
5. Stir once, cover and reduce heat to low. Cook for 20 minutes until rice is tender and all the liquid is absorbed.

Serve 6-8

Don't throw away left over plain rice. Add chilli powder, salt and cumin seeds and mash. Shape into chips and dry in the sun. Fry them for a quick snack.

Dal and Rice with Vegetables (Shake vali khichadi)

½ cup Basmati/long grain rice	1 tsp cumin seeds
½ cup yellow mung dal	1 tsp ground coriander-cumin
1 ½ cups water	½ tsp paprika
1 small green pepper, cut into ½ inch pieces	2 tsp oil
1 cup green beans, cut into ¼ inch pieces	½ tsp garam masala
½ cup peas	¼ tsp turmeric
	1/8 tsp hing
	Salt to taste

1. Pick over, clean and wash rice and dal.
2. In a pot with tight fitting lid, place washed rice and dal. Add water,. And all ingredients. Bring to a boil, stirring well. Lower heat to very low and simmer covered for approximately 25 minutes.
3. When all the water is absorbed the khichadi is ready.

Serves 6-8

Mushroom Rice

½ cup rice	1 med. Green pepper, chopped
¾ cup water	1 medium tomato, chopped
7 large mushrooms, sliced with stems	1 Tblsp oil
7 olives, sliced	Salt to taste

1. Cook rice, then cool immediately on a big plate top separate the grains.
2. Heat oil in pan and saute the tomato and peppers on medium heat.
3. Add salt.
4. Add mushrooms and olives and cook for 3 minutes.
5. Add rice and mix well. Turn off heat and empty into a serving bowl.

Serves 4

Spinach Rice (Palak no bhat)

1 cup Basmati rice	½ inch piece fresh ginger
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2 Tblsp ghee or butter
2 cups chopped spinach leaves

1 ½ cups water
Salt to taste

1. Clean rice and wash in cold water until water runs clear. Drain thoroughly.
2. Blend spinach and ginger with water in blender.
3. In a heavy saucepan with tight fitting lid, bring to a boil over high heat the blended spinach, washed rice, ghee and salt. Stir once and cover. Reduce heat to low.
4. Cook approximately 20 minutes until rice is tender and all liquid is absorbed.

Serves 6-8

Tofu, Peas and Rice

1 cup Basmati rice
¼ cup peas
1 package Tofu (bean curd)
¼ cup halved cashew nuts
1/8 tsp saffron powder
3 Tblsp ghee

1 tsp garam masala
5 cardamom pods
½ tsp ground cinnamon
¼ tsp ground cloves
1 ½ cups water

1. Clean rice and wash in cold water until water runs clear. Drain.
2. Cut the tofu into ½ inch cubes.
3. In a saucepan, heat ghee. Add tofu cubes and fry until golden brown.
4. Add cashew nuts, Garam masala, cardamom, cinnamon, cloves and salt. Mix well.
5. Dissolve the saffron powder in 2 Tblsp water and add to the spice mixture.
6. Add the peas and rice top the mixture. Mix well. Add water and bring to a boil. Lower heat and simmer covered for about 20-25 minutes.

Serves 6-8

Cream of Wheat with Vegetables and Spices (Upama)

1 cup cream of wheat
2 Tblsp oil
1 Tblsp mustard seeds
2 Tblsp udad dal
2 Tblsp peanuts
4-5 curry leaves (optional)
½ tsp minced ginger root
¼ tsp hing
2 Tblsp golden raisins

1 small tomato, chopped
3 cups water
1 ½ cups chopped vegetables
(a combination of carrots,
peas, cauliflower, and potato)
Salt to taste
1 Tblsp chopped coriander
leaves for garnish (optional)

1. Dry roast the cream of wheat on a griddle or skillet until it turns pinkish-brown.

2. Heat the oil; on low in a medium saucepan. Add mustard seeds and allow them to pop. Add dal, Nuts, curry leaves, ginger, ling, raisins, and tomatoes. Saute together for 5 minutes.
3. Add salt, water and all; vegetables. Bring to a boil and lower heat. Cook covered until the vegetables are done.
4. Add the lemon juice and coriander leaves and mix well. Slowly pour in the cream of wheat,. Stirring constantly with a whisk so that lumps do not form. Cook covered for 10 minutes on very low heat.

Serve with yogurt and mint chutney.

Serves 4-6

Chick-Pea Pullav (Kabuli chana no pullav)

1 cup rice	Salt to taste
2 Tbsp oil	1 medium green pepper
2 tsp ground coriander-cumin	chopped small
1 tsp paprika	1 large tomato chopped small
1 tsp garam masala	¼ cup whipped plain yogurt
¼ tsp turmeric	1 cup cooked chick-peas
1 tsp oregano	

1. Wash and cook rice so that each grains in separate.
2. In a saucepan, heat the oil. Remove pan from the heat, add the dry spices and salt and let saute for a few seconds. Return the pan top the sheat. Turn heat to low. Add chopped green pepper, tomatoes and cook for 3 minutes.
3. Add the yogurt and chick-peas. Mix well. Cook for 3 minutes.
4. Add the rice. Stir well; using a fork to keep ingredients in tact.

Serves 4-6

Cracked Wheat Upama (Ghaona Fala no upama)

1 cup cracked wheat	½ tsp turmeric
3 Tbsp oil	2 Tbsp lemon juice
1 tsp mustard seeds	Salt to taste
1 tsp udad dal	2 tsp finely chopped mint leaves
5-6 curry leaves	2 Tbsp finely chopped
¼ tsp hing	coriander leaves

1. Steam the cracked wheat in a steamer or pressure cooker.
2. Heat oil in saucepan. Add mustard seeds. When seeds start popping, add udad dal. When dal starts to brown,. Add curry leaves, hing, turmeric and salt.
3. Add steamed cracked wheat and lemon juice. Mix all ingredients well.
4. Garnish with chopped mint leaves and coriander leaves.

Serves 4-6

Yogurt Rice (Dahiwallo bhat)

1 cup rice (any kind)	1 chilli, finely, chopped (opt.)
2 cups water	¼ tsp turmeric
2 Tblsp oil	1 cup plain thick yogurt
1 tsp mustard seeds	Salt top taste
¼ tsp hing	1 Tblsp coriander leaves
5-6 curry leaves	

1. Wash and drain rice. Cook in 2 cups water. Set aside.
2. In a saucepan, heat oil. Add mustard seeds. When the seeds start to pop, add hing, curry leaves, chilli, turmeric and salt. Mix well.
3. Add cooked rice. Mix well.
4. Turn off heat. Add yogurt and mix gently to prevent it from becoming mushy.
5. Garnish with coriander leaves.

This rice dish tastes good even if it is served cold.

Serves 4-6

Apple Rice

4 Tsp butter	¼ tsp cinnamon
1 cup sliced apple	¼ tsp nutmeg
1 cup Basmati Rice	Salt to taste
2 cups water	

1. Wash rice thoroughly and drain.
2. Heat butter in saucepan. Add sliced apple and saute until slightly tender.
3. Add rice. Mix well. Add spices and water. Bring to a boil. Lower heat and let simmer. Cook covered for 15-20 minutes or until done.

Serves 4-6

Muth Pullav

4 tsp oil	¼ tsp hing
4 cloves	Salt to taste
5 ¼ inch cinnamon sticks	1 cup washed Basmati rice
1 Tblsp ground coriander-cumin	½ cup muth (soaked 7-8 hours)
1 tsp grated ginger	2 Tblsp chopped coriander leaves
2 Tblsp grated coconut (fresh or desiccated)	3 cups water

1. Heat oil in a pan and brown cloves and cinnamon sticks.
2. Remove pot from heat. Add remaining spices and let saute for a minute. Return pot to heat.
3. Add rice and soaked muth. Stir well.

4. Add water and bring mixture to a boil. Lower heat and cook covered for 15-20 minutes or until; done.
5. Garnish with coriander leaves and serve.

Serves 4-6

To enhance the flavor of pullav, add a couple of vegetable flavored soup cubes.

Royal Rice (Shahi pullav)

1 cup rice. soaked 1 hour	10-15 golden raisins
½ cup chana dal, sacked 4 hours	2 Tblsp coarsely ground roasted peanuts
½ cup cooked peas	3 cloves
2 cups water	6 ½ inch cinnamon sticks
3 Tblsp oil	2 bay leaves, broken small
1 tsp mustard seeds	Salt to taste
6 halved cashew nuts	

1. Heat oil in saucepan. Add mustard seeds. When the seeds pop, add all the spices in order listed and saute for 3 minutes.
2. Add drained chana dal and drained rice. Mix well.
3. Add water and bring to a boil. Lower heat and cook covered for 15-20 minutes or until dal and rice are soft. If necessary add more water.
4. Garnish with cooked peas.

It tastes delicious accompanied by yogurt.

Serves 4-6

Millet Upama (Bajari no upama)

1 cup whole millet	¼ tsp turmeric
3 Tblsp oil	2 Tblsp lemon juice
1 tsp mustard seeds	3 Tblsp chopped coriander leaves
1 Tblsp grated ginger	Salt to taste
1 green chilli, finely chopped (optional)	

1. Steam millet until the grains are crunchy and separate.
2. In a pot, heat oil and add mustard seeds, as soon as seeds pop, add all the rest of ingredients except millet. Saute for 2 minutes.
3. Add millet and mix well.
4. Turn off heat and serve. Spoon yogurt on the Upama if it is dry.

Serves 4-6

Savories and Snacks

When one walks through the streets of India one is overwhelmed by the aroma from the small stalls and shops offering tasty savories and delicious snacks served with hot and spicy chutney and sweet and sour sauce. These snacks and savories or refreshments known as “farsans” in Gujarat are very popular throughout India. They can be served with tea in the afternoon or served during dinner or as hors d’oeuvre. No festive dinner and luncheon is served without these “farsans.” It will be interesting to note that in India the success in the party. The greatest the number of savories and sweets, the greater the popularity of the hostess.

Savories and snacks are favorites of children as well as adults. Anytime is snack time for children, especially snacks like samaras, bhajias and upama are enjoyed any time of the day. Sometimes savories and snacks are eaten by office employees and workers instead of the usual lunch. These snacks are bought from street vendors and pushcart entrepreneurs. They are made with vegetables, flour, lentils, etc. So they are healthy and nutritive, too. The snacks are generally deep fried, steamed, baked or shallow fried. Some snacks and savories are quick and easy to make, while others require elaborate preparation and skill. But if the recipes are followed step-by-step there would be no difficulty in achieving the best results.

Spongy Dal Cake (Khaman Dhokla)

2 cups chana dal; or yellow split peas	½ to 1 tsp chopped fresh hot green chillies
1 cup yogurt	¼ cup oil
¾ cup water	1 tsp black mustard seeds
1 ½ tsp salt	1 tsp cumin seeds
¼ tsp hing	¼ tsp hing
1 tsp baking soda	½ cup water
1 tsp citric acid	4 Tblsp chopped coriander leaves
1 tsp grated ginger root	½ cup grated fresh coconut

- 1. Soak the dal; overnight in water about 2 inches above the dal.**
- 2. Drain dal. Pour half of them into the food processor. Add half the yogurt blended with water and grind coarsely. Take care not to over grind.**
- 3. Repeat until all the dal; is coarsely ground. Pour the mixture into a mixing bowl.**
- 4. Add the salt, hing, baking soda, citric acid, ginger and chillies. Mix well with the hands so the mixture becomes light and fluffy.**

5. Lightly oil three 8-inch cake pans. Pour 1/3 of the mixture into each pan. Arrange the pan on 3 tiers of a steamer and steam about 5 minutes or until cooked. (The tip of a knife inserted in the center will come out clean.) If you do not have a steamer with several tiers, steam one pan at a time and repeat until all the dhoklas are cooked.
6. Let the pans stand outside the steamer briefly. Cut the breads into 1 1/2 inch cubes and transfer to a platter.
7. Heat the oil in a large skillet. When it is almost hot add the mustard and cumin seeds. Cook briefly.
8. Add the hing and water. Add the cubes of bread (there will be more than one layer). Sprinkle with half the coriander and grated coconut. Toss the pieces in the skillet until they are all covered with spices. Leave on the heat for a few minutes until warm. Transfer the dhoklas to a platter and sprinkle with remaining coriander and coconut. Serve with coriander chutney.

Serves 6-8

Stuffed Bread with Dal Filling

(Mung dal kachori)

Filling

1 cup mung dal; without skin, soaked in water 4 hours	2 tsp ground chilli (optional)
5 Tbsp oil	1 tsp ground turmeric
1/2 tsp mustard seeds	1 tsp hing
1 1/2 tsp mustard seeds	2 Tbsp garam masala
Salt	Juice of 1 lemon
2 Tbsp ground cumin	1/2 coconut, grated
1 Tbsp chop. Coriander leaves	2 Tbsp raisins

Dough

1 cup all-purpose flour

Salt to taste

3 Tblsp ghee

Vegetable shortening for frying

- 1. Heat 2 Tblsp of oil in a pan. Add ½ tsp mustard seeds. Add washed dal. Add 1 ½ cups of water and salt. Allow to cook till the dal becomes tender and the water is absorbed (about 25 minutes). Remove from heat and set aside.**
- 2. Heat the remaining 3 Tblsp of oil in a pan. Add cooked dal (from step 1) and keep stirring till dal becomes dry and of golden color. Remove from heat and let it cool. Add all the other ingredients and mix well.**
- 3. In a bowl, mix the flour with melted ghee and salt. Make dough by adding water and knead well. Form balls the size of lemons and roll out into rounds 3 inches in diameter. Fill them with 1 Tblsp filling. Turn into kachori shape by pulling up the edges to form a pouch with the filling inside. Pinch the pouch opening together to seal.**
- 4. Preheat the oil and deep fry 4-5 pouches in vegetable shortening on medium heat. Do the same with the rest of the kachoris. Serve with date sauce.**

Yields 15-18 kachoris

Baked Vegetable-Dal Cake

(Handavo – No. 1)

**1 ¼ cup cream of wheat
ginger,**

2 green chillies & 1 inch

¼ cup chick-pea flour

ground into a fine paste

¼ cup rice flour

2 Tblsp chop. Coriander leaves

¼ cup wheat flour

½ cup peas

4 Tblsp oil

1 med. Potato peeled & grated

2 cups yogurt

1 cup grated zucchini

½ cup water or more

2 Tblsp oil

½ tsp soda bicarbonate

1 tsp mustard seeds

Salt to taste

1 tsp sesame seeds

2 tsp sugar

¼ tsp hing

- 1. In a mixing bowl put the cream of wheat, chick-pea flour, rice and wheat flour. Add oil,. Yogurt, water, soda bicarbonate and salt and mix well. The batter should be like a pancake batter consistency. Leave the batter for 12 to 14 hours for fermentation.**
- 2. Add sugar,. Chilli, ginger,. Coriander leaves, peas, potato and zucchini to the batter and mix well.**
- 3. In an ovenproof pan, heat oil. Add mustard seeds and sesame seeds. As soon as the mustard seeds start popping, add the hing and the batter to the oil mixture. Mix well.**
- 4. Bake in a pre-heated oven at 300⁰ for about 1 hour. It is done if inserted knife comes out clean and top of cake is brown and crispy. Cut into squares and serve with coconut chutney and date sauce.**

Sserves 4-6

Baked Vegetable-Dal Cake

(Handavo – No. 2)

1 cup rice, dry, ground,

2 green chillies & 1 inch ginger

½ cup tuver dal, ground coarse

ground to a fine paste

¼ cup udad dal, ground coarse

1 tsp soda bicarbonate

¼ cup chana dal, ground coarse

1 tsp turmeric

3 cups buttermilk

1 tsp mustard seeds

1 cups vegetable cut small

2 tsp sesame seeds

(any combination of green

½ tsp hing

peas, white pumpkin,

½ cup cooking oil

potatoes, carrots)

curry leaves

Salt to taste

- 1. In a food mill dry ground the rice and all the dals.**

2. In a large mixing bowl, place the ground rice and dal. Mix buttermilk and salt. Let stand overnight to ferment.
3. Mix rice and ground dal batter,. Chilli-ginger aster, vegetables, Soda bicarbonate,. And turmeric.
4. In an ovenproof pan, heat ½ cup of cooking oil. Add mustard seeds, sesame seeds, curry leaves, hing and fermented batter. Mix and remove from the heat .
5. Bake in a pre-heated 300⁰F oven for 45 minutes or until the top turns brown. (Insert a knife in the center of cake, when it comes out clean, it is done).
6. Serve with chutney.

Serves 4-6

Chick-Pea Flour Rolls

(Khandvi)

1 cup chick-pea flour (besan)	Garnish
3 cups buttermilk	3 Tblsp oil
1 tsp red chilli powder or	2 Tblsp grated coconut
1 ½ Tblsp green masala	1 Tblsp chop. Coriander leaves
½ tsp ground turmeric	½ tsp mustard seeds
½ tsp hing	½ tsp cumin seeds
Salt to taste	½ tsp sesame seeds

1. Mix chick-pea flour, buttermilk, red chilli powder, turmeric, hing and salt in a heavy saucepan. Place pan on medium heat,. Stirring constantly, for about 30 to 45 minutes. When mixture becomes thick, try spreading one spoonful on a plate, when it can be lifted and rolled it is ready.
2. Spread the mixture very thinly with the help of a spoon on a plain metal surface. When cool, Apply very little oil on your fingers and roll the mixture as tightly as possible.
3. Cut the roll into small pieces and arrange on a platter.

4. Sprinkle grated coconut and coriander leaves.

Garnish:

1. Heat the oil in a pan. Add mustard seeds, cumin seeds the sesame seeds and allow to pop. Remove from heat and pour over Khandvi and serve.

Serves 4-6

Deep Fried Filled Pastries

(Samosas)

Pastry

3 cups all-purpose flour

3 Tblsp ghee

1 tsp salt

$\frac{3}{4}$ -1 cup water

Filling

2 boiled potatoes (1/2 pound)

$\frac{1}{2}$ cup boiled fresh green peas

2 Tblsp vegetable oil

(about $\frac{1}{2}$ pound unshelled)

2 tsp scraped, finely

1 tsp salt

chopped ginger

1 Tblsp finely chop. Coriander

1 tsp fennel seeds

$\frac{1}{2}$ tsp garam masala

$\frac{1}{4}$ tsp cumin seeds

$\frac{1}{8}$ tsp hot red pepper

$\frac{1}{4}$ tsp turmeric

2 tsp amchur powder

Pastry

- 1. In a deep bowl, combine flour, salt and ghee. With your fingertips,. Rub flour and ghee together until they look like flakes of coarse meal. Pour $\frac{3}{4}$ cup water over the mixture all at once,. Knead together vigorously, gather dough into a ball. If dough crumbles,. Add up to 4 Tblsp water, a Tblsp at a time until the particles adhere.**
- 2. On a lightly floured surface,. Knead the dough by folding it end to end,. Then pressing it down and pushing forward several; times with the heel of your hand. Repeat until the dough is smooth and elastic (about 10 minutes). Gather into a ball, brush lightly with vegetable oil,. Set in a bowl**

and drape a damp kitchen towel over the top to keep the dough moist. (Covered with the towel, it can remain at room temperature for 4 to 5 hours.)

Filling:

1. Peel and cut the potatoes into tiny cubes.
2. In a heavy saucepan or skillet, heat the vegetable oil over moderate heat. Add the cumin seeds and when they brown, add ginger. Stirring constantly, fry for about 1 to 2 minutes.
3. Stir in fennel seeds and turmeric. Add the potatoes, peas, salt and coriander leaves. Reduce the heat to low. Cover the pan tightly and cook for 5 minutes.
4. Remove pan from heat. Stir in garam masala, red pepper and amchur powder. Taste for seasoning. Put in a bowl and cool to room temperature before using it.

Shape and Fill the Samosas two at a time in the following way:

1. Pinch off a small piece of dough and roll into a ball about 1 inch in diameter. (keep remaining dough covered.) On a lightly floured surface, roll the ball into a 3-inch round. With a pastry wheel or small knife, cut the round in half. Moisten the straight edge with a pastry brush or finger dipped in water. Shape each semicircle into a cone, fill with 1 ½ tsp of filling. Moisten and press top edges closed. (Covered with foil or plastic wrap, the pastries may be made ahead of time and kept for 2 to 3 hours.)
2. To deep fry pastries, heat 3 cups of vegetable oil in a 10-12 inch wok (in a deep fryer, heat 2-3 inches oil to a temperature of 375°F on a deep frying thermometer).
3. Preheat oven to 200°F line a large baking dish with double thickness of absorbent paper towels.
4. Deep fry Samosas 4-5 at a time for 2-3 minutes or until golden brown. When done, put them in lined dish and keep warm in oven.
5. To serve, mound samosas on a platter. Accompanied with chutney in a separate bowl.

Yields about 60 samosas

**Vegetable Fritters
(Bhajias)**

1 small cucumber	Batter
2 small potatoes	2 cups chick-pea from (besan)
2-3 cabbage leaves	¼ tsp hing
1 small zucchini	¾ cup water
1 banana	Salt to taste
3-4 spinach leaves	
Oil for deep frying	

- 1. Wash and slice vegetables thin, except for cabbage and spinach leaves, which are cut into 1 inch squares.**
- 2. Combine batter ingredients. Add enough water to make batter of pancake consistency, or slightly thinner.**
- 3. In a wok or deep fryer,. Heat oil until very hot. Lower heat. Test the oil by dropping a drop of batter into the oil, it will rise to the top immediately if the oil is of correct temperature.**
- 4. Mix 1 tsp of the hot oil into the batter top make the Bhajias crispy.**
- 5. Dip the vegetable pieces into the batter. Make sure the batter covers the vegetables thoroughly. Drop 4-5 pieces in oil at a time. Fry until brown. Continue until all the vegetables are fried. Drain on paper towels. Serve with mint chutney.**

Serves 4-6

**Dal Ball with Yogurt
(Dahi pakodi)**

Batter

1 cup udad dal
2 Tblsp finely chopped green pepper (use chilli pepper or sweet green pepper)
½ tsp salt
Water to blend
Oil for deep frying

Sauce

4 cups whipped yogurt
1 cup water
3 tsp sugar
1 tsp salt
2 Tblsp oil
2 tsp mustard seeds
2 tsp udad dal
10 dried curry leaves
3 Tblsp finely chopped coriander leaves

Batter

- 1. Clean dal and wash thoroughly. Soak in water to cover for 4 hours.**
- 2. Strain dal and place in a blender. Adding just enough water to facilitate blending, grind to a coarse consistency.**
- 3. Place blended dal in a bowl. Add chopped green pepper and salt. Mix well.**

Sauce

- 1. Place whipped yogurt in a large bowl. Mix to a smooth sauce with a mixer. Add sugar, salt and stir still blended.**
- 2. Heat oil in a small saucepan. Add mustard seeds and when they begin to pop, add udad dal and curry leaves. As soon as the leaves brown, add the mixture to yogurt and stir to blend. (Udad dal will turn slightly pink. Do not allow it to brown.)**

To assemble savory

- 1. On low heat, heat 3 incase of oil in a wok or deep fryer.**
- 2. Using your fingertips or a spoon, take a Tblsp of dal mixture and gently ease it into the heated oil. Fry only 5-7 balls at a time. They will puff to twice their size and should not be crowded in the wok. Turn the balls gently in oil with a slotted spoon to brown evenly on all sides.**

3. When the balls are brown, put them in a bowl of cold water. Let them soak for 5 minutes. Gently remove balls from water and press them between your two palms to remove any oil or water. Place dry balls on a platter.
4. Repeat steps 2 and 3 until all balls are done. Place the yogurt sauce on the balls.
5. Garnish with coriander and chill in refrigerator before serving.
6. Serve 3-4 balls with a liberal quantity of sauce in individual bowls, topped with date sauce.

Yields approximately 45 1 inch balls

Potato Rolls (Bhakarvadi)

Dough

1 cup whole wheat flour	2 Tblsp ghee
¼ cu unbleached white flour	¼ tsp salt
	½ cup water (approximately)

Filling

1 pound mashed potatoes	2 tsp amou powder
4 Tblsp ghee	Salt to taste
2 tsp cumin seeds	1 Tblsp chop. Coriander leaves
1 green chilli, chopped small	1 tsp garam masala
2 tsp ginger root	Oil for deep frying

Dough

1. Sift flour and salt into large bowl. Add ghee and mix with fingertips until; flakes are formed. Add water, gather the flakes and make a soft dough by kneading. The dough should be like a pie dough.
2. Cover dough and set aside.

Filling

1. In a skillet, heat ghee, add cumin seeds. As the seeds brown, add chilli (opt.) ginger, mashed potatoes and mix well. Add amchur powder, salt, coriander leaves and garam masala. Mix everything together thoroughly with a flat wooden spoon. Turn off heat.
2. Set aside and let cool.

To assemble savory

1. Knead dough thoroughly and divide in half. Form each into a ball
2. Dust ball with flour and roll out into 9 inch round.
3. On rolled dough, place half of potato mixture. Spotted potatoes evenly, leaving a margin of ½ inch at the outer edge.
4. Fold ½ inch of dough at top and bottom of pie over filling Repeat at sides, forming a square. The pie is now secured, and ready to be rolled.
5. Take 2 upper corners of dough and roll toward you, until ½ inch of dough remains. Seal; the roll securely by pressing the remaining edge into the roll with your fingers.
6. Cut roll in ½ inch slices. Press each slice gently but firmly between your palms preventing slices from falling apart when deep fried.
7. In preparation for deep frying,. Heat 3 inches of oil on low heat in a wok or deep fryer.
8. Repeat steps 2-6 with remaining portion of dough.
9. Deep fry the slices, 5 or 6 at a time, until; golden brown. Drain on paper towels and serve warm or at room temperature with coriander chutney.

Yields approximately 26 pieces.

Stuffed Crepe

(Puda)

Puda

1 cup mung dal

¼ cup udad dal

2 tsp ground chillies and gingers

Stuffing

2 cups boiled green peas

½ coconut, grated

Coriander leaves

Salt to taste

2 tsp garam masala

Oil as required

Salt to taste

1 Tblsp oil

- 1. Wash and soak dals together in water 2-3 hours.**
- 2. Drain water and grind into fine paste in an electric blender using very little water.**
- 3. Add chillies,. Ginger, and salt to batter, allowing them to ferment for 4-5 hours.**
- 4. Heat a non-stick skillet; and lower heat to medium. Pour a few spoonfuls of batter in skillet and spread with a spoon (like a crepe about 6 inch in diameter). Pour 1 tsp oil around the crepe and let it browns on the bottom. Browning indicates end-point for turning over; brown on other side and place on a plate. Do the same with rest of the batter.**
- 5. Mash the peas and cook with very little oil for 2-3 minutes. Add grated coconut, chopped, coriander leaves, garam masala and salt and mix well. Remove from heat.**
- 6. Spread 1 Tblsp pea mixture on each crepe and form a roll. Do same with all crepes. Serve with date sauce and mint chutney.**

Yields 12-15 crepes

Bean Sprouts and Cabbage Samosas

Filling

1 cup mung bean sprouts

2 tsp finely chopped or grated

1 ½ cups shredded

ginger root

white cabbage

1 Tblsp oil

1 green pepper, put into strips

Salt to taste

Dough

1 cup whole wheat flour

2 Tblsp oil

1 cup all-purpose flour

Salt to taste

Rice flour for rolling out dough

Filling

- 1. Warm oil in a pan. Add ginger and cook until light brown.**
- 2. Add cabbage,. Mung bean sprouts, green pepper, salt; cook until water is absorbed and filling dry. Remove from heat and cool.**

Dough

- 1. Mix flours and salt.**
- 2. Add oil, salt and sufficient water to form dough like pie dough.**
- 3. Pinch out 24 balls. Take 2 balls and roll each into 3 inch rounds. Sprinkle rice flour on one round, place the second round over it and press together. Roast lightly on both sides on a griddle or cast-iron pan. Remove when half done and separate when still warm. It will separate easily. Cut the rounds in half.**

To assemble

- 1. Take one half of a round and with a pastry brush dipped in a water moisten the straight edge of the semicircle. Shape it into a cone, and fill it with about 1 ½ tsp of filling. Moisten and press the top open edges together and seal lthe cone. Do the same with the rest of the dough. (This can be done ahead of time).**
- 2. Deep fry the samosas as in the samosas recipe.**

Yields 48 to 50 samosas

Sapiced Corn with Pomegranate

(Makai no chevado)

1 cup cooked corn kernels

1 tsp mustard seeds

½ cup fresh pomegranate seeds

¼ tsp black pepper

**¼ cup sev (vermicelli made
from chick-pea flour)**

Salt to taste

2 tsp oil

½ tsp lemon juice

2 Tblsp chopped coriander leaves

- 1. Heat oil in skillet on low heat. When hot,. Add mustard seeds.**
- 2. When mustard seeds started popping, add corn and mix well, Add salt, pepper and lemon juice. Mix well and turn off heat.**
- 3. When cool, add pomegranate seeds, sev and coriander leaves.**
- 4. Serve in individual bowls as a tea-time snack.**

Serves 4

Pressed Rice with Potatoes

(Bateta poha)

1 cup poha (pressed rice)

2 tsp sugar

2 med. Potatoes,. Boiled & cubed

2 tsp lemon juice

½ cup peas, cooked

2 Tblsp oil

1 med. Tomato chopped

Dash of hing

1 tsp minced ginger

¼ cup water

¼ tsp turmeric

2 Tblsp finely chopped

1 tsp salt

coriander leaves

- 1. Wash poha in a colander. Squeeze out as much water as much water as possible from the poha with your palms, making a fist, so they are dry.**
- 2. Spread the poha in a medium sized pan or bowl.**
- 3. Add potatoes, peas, ginger, turmeric, salt and lemon juice. Mix well.**
- 4. In a frying pan, heat oil. Add mustard seeds. As they start to pop, add hing and tomatoes. When tomatoes become soft, add poha mixture. Mix well.**
- 5. Add the water and mix everything together. Leave on low heat for 5-7 minutes.**

6. Add coriander leaves and mix. Remove from heat, and serve in individual bowls.

Tastes good with coriander chutney and masala tea.

Serves 4-6

Cabbage cheese Toast

1 cup finely shredded cabbage

1 cup finely chopped coriander leaves

¼ cup finely chopped green pepper (capsicum)

¾ cup grated mild, rennetless cheese

¾ cup chick-pea flour

¼ tsp hing

¼ cup water

Salt to taste

9 slices of brown bread

Oil for deep frying

- 1. In a bowl, mix together cabbage, coriander leaf and green pepper.**
- 2. Add cheese, flour, hing and salt, mix well with your hands.**
- 3. Add water, a little at a time, until mixture takes on the consistency of a spread.**
- 4. Cut away the crusts of the slices of bread and cut into 3 inch pieces.**
- 5. Spread mixture on bread.**
- 6. Heat oil in a deep fryer. Deep fry bread pieces. Remove from oil and place on absorbent towels.**
- 7. Serve with coriander chutney and ketchup.**

Yields 18 pieces

To make a quick snack: cut plain cheese sandwich into small squares. Dip in chick-pea batter and deep fry as in bhajias.

Yellow Split Pea Balls

(Chana dal wadas)

¾ cup chana dal, soaked for 4-5 hours
¼ cup poha (pressed rice)
1 cup spinach, finely chopped
½ cup coriander leaves, finely chopped
1 Tbsp coriander seeds, crushed or coarsely ground
½ tsp ground black pepper
2 Tbsp lemon juice
Salt to taste
Oil for deep frying

- 1. Coarsely blend the drained chana dal in a blender with a little water. Set aside in bowl.**
- 2. Wash the poha in hot water. Squeeze out as much water as possible.**
- 3. Add all the ingredients along with the poha to the ground dal and mix thoroughly.**
- 4. Shape the mixture into medium-sized balls.**
- 5. Heat oil in a deep fryer. When oil is hot,. Add balls a few at a time and lower heat. Cook until golden brown.**
- 6. Do the same with rest of the mixture.**
- 7. Serve with coconut chutney and date sauce.**

Serves 4-6

Raitas and Salads

In India, raitas and salads are served as a side dish rather than eaten as a dish by itself.

Raita is made of yogurt combined with different vegetable and/or fruits. The soothing effect of the chilled raita as opposed to the spicy dal and vegetables brings a good balance to the palate. Raitas are simple to make and take just a few minutes to put together. Once the basics are acquired, you may end up with your own combinations. Besides the ones you find in this book, raitas are some times just spiced with salt or mustard seeds and hing. It is very important to maintain the natural flavor of the yogurt and the vegetables or fruits.

As salad is to a Westerner, Cachumber is to an Indian. The Indian version of a salad requires no dressing. Cachumber is spiced with salt, pepper and lemon juice just before serving. Sometimes it is flavored with other milled spices like coriander and cumin seed powder. The crunchiness of this salad is the secret of its success. Served with khichadi, Dal-dhokali or regular lunch, it enhances the taste of food.

So raitas and cachumbers heighten the aesthetic and nutritional appeal of the food with their natural color, texture and coolness. They also add an artistic touch to the whole menu.

Chick-Pea Salad

1 cup uncooked chick-peas or	1 tsp salt
2 20 ounce cans of chick-peas	1 tsp chopped coriander (opt)
1 carrot, chopped into small bits	¼ tsp cayenne (opt.)
1 tomato, chopped small	2 Tblsp oil
1 tsp fresh roasted cumin seeds	2 tsp lemon juice

1. Soak and cook the chick-peas in water. Drain and set aside. (If using canned chick-peas, drain and wash quickly under running water.)
2. Roast cumin seeds in a dry pan on low heat, till they are slightly browned and exude a pleasant, pungent aroma. Then grind them in a coffee grinder or crush them into a coarse powder with a mortar and pestle or the back of a spoon.

- 3. Chop the carrots and tomatoes.**
- 4. Mix all ingredients together in a bowl. If you make this salad ahead of time and allow it to marinate a few hours, it gets even better.**

Serves 4-6

Cucumber-Apple Salad

1 cup shredded carrots	1 Tblsp finely chopped coriander
1 cup diced cucumber	2 tsp lemon juice
1 cup peeled, diced apple	Salt and pepper to taste

- 1. Chop vegetables and fruit.**
- 2. Mix together fruit,. Vegetables, lemon juice and chopped coriander, in a serving bowl.**
- 3. Chill briefly in the refrigerator.**
- 4. Just before serving, and salt and pepper to taste.**

Serves 4-6

Cabbage-Pineapple Salad

(Kobi-nanas nu raitu)

1 ½ cups plain yogurt	1 cup grated carrots
1 cup crushed pineapple (fresh or canned)	Salt to taste
1 cup shredded cabbage	½ cup chopped walnuts
	¼ cup black raisins

- 1. In a large bowl, whisk the yogurt until; creamy.**
- 2. If using canned pineapple, drain it well.**
- 3. To the whipped yogurt, add the pineapple (drained, if necessary) and the remaining ingredients and mix well.**
- 4. Chill for at least an hour before serving. Very refreshing and cooling in the summer.**

Serves 4-6

Carrot Salad
(Vagharela gajar)

4 cups finely shredded or grated carrots	1/8 tsp hing
2 tsp sesame oil	1/2 tsp salt
1 tsp black mustard seeds	2 tsp lemon juice

- 1. Prepare the carrots and set aside.**
- 2. Heat oil in a saucepan and when it is almost smoking add mustard seeds. Cook about 15 seconds and add carrots. Sprinkle with hing, salt, lemon juice and fresh coriander. Stir to coat shredded carrots. Cook briefly, stirring until heated through. Remove from heat.**
- 3. Empty the mixture into a salad bowl and set aside until ready to serve.**

Serves 4-6

Yogurt-Carrot Salad
(Gajar nu raitu)

4 cups shredded carrots	Salt to taste
1 Tblsp oil	2 cups plain yogurt
1 tsp mustard seeds	2 tsp finely chopped coriander leaves
1/8 tsp hing	

- 1. Heat oil in a pan and add the mustard seeds. As soon as seeds start popping,. Add the hing.**
- 2. Add the carrots, salt and yogurt to the oil. Stir mixture while the pan is still on low heat. Turn off the heat.**
- 3. Put the carrot-yogurt mixture into a serving bowl. Garnish with chopped coriander leaves and chill.**

Serves 4-6

Banana Yogurt

(Kela nu raitu)

3 cups yogurt

1 Tblsp brown sugar

3 medium ripe bananas

Salt to taste

½ tsp mustard powder

- 1. Beat the yogurt in a bowl. Add mustard powder, sugar and salt and stir well.**
- 2. Slice the bananas into ¼ inch thick rounds.**
- 3. Add the bananas to the yogurt. Mix well the serve.**

Serves 6-8

To substitute prepared mustard for dry mustard, use 3 times as much prepared mustard.

Banana-Cucumber Yogurt

(kela kakadi nu raitu)

2 ripe bananas, mashed

½ Tblsp brown sugar

½ cup yogurt

½ tsp salt

2 Tblsp shredded cucumber

¼ tsp mustard powder

- 1. Mix all ingredients together. Chill and serve.**

Serves 6-8

Cucumber Raita

(Kakadi nu raitu)

2 cups yogurt	¼ tsp cayenne (optional)
6 small cucumbers	Salt and peper to taste
1 tsp freshly roasted cumin seeds	Chopped coriander leaves for garnish (optional)

- 1. In a good sized bowl, whip yogurt with a whisk.**
- 2. Peel; cucumbers in stripes, alternating peeled sections with unreeled. This preserves nutrients and adds some color to the raita. Grate the cucumbers. (waxed cucumbers must be completely peeled.)**
- 3. Roast cumin seeds in a dry pan on low heat. Then crush them into a coarse powder with a mortar and pestle or the back of a spoon.**
- 4. Mix yogurt, spices and cucumber in a serving bowl, garnish with chopped coriander leaves. Chill the raita before serving. (Once the cucumbers have been added, it should not be allowed to sit outside very long as the cucumbers will give up their juices and thin the raita).**

Serves 6-8

Tomato Raita

3 cups yogurt	3 tsp udad dal
2 Tblsp oil	4-5 curry leaves (optional)
5 medium firm tomatoes, chopped finely	Salt to taste
½ cup dry shredded coconut	1 Tblsp fresh coriander leaves
1 tsp mustard seeds	Dash of hing (optional)

- 1. Beat yogurt in a bowl. Add tomatoes, coconut and salt.**
- 2. Heat oil in a pan. Add mustard seeds and udad dal and as soon as it begins to crackle (just prior to popping), add the curry leaves and hing (optional)**

spoon this mixture into the yogurt/tomato/coconut mixture in bowl. Mix well and serve garnished with coriander leaves.

Serves 4-6

Potato Raita

(Bateta nu raitu)

2 med. Potatoes, boiled	2 tsp ground cumin
2 cups yogurt	3 Tblsp chop. Coriander leaves
1/8 tsp chilli powder (optional)	Salt to taste

1. Beat the yogurt in a bowl until soft and cream. Add salt, chilli powder and ground cumin.
2. Peel and chop the potatoes into small cubes.
3. Add the potatoes to yogurt mixture.
4. Garnish with chopped coriander leaves. Chill in the refrigerator.

Serves 4-6

Yogo-Cheese

4 cups homemade yogurt	1/4 tsp salt
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1. Line a large strainer with two layers of muslin or cheesecloth and place strainer over a 4-5 inch deep pan.
2. Place yogurt in the strainer.
3. Cover pan and refrigerate for 8 hours to allow the water to drain into the pan.
4. Remove yoga-cheese from the strainer and put it into a glass bowl. Add salt and mix well.
5. Cover glass bowls with plastic wrap and refrigerates.
6. The excess water can be used in soups.

Note: This cheese keeps for a couple of weeks. It tastes like cream cheese and is delicious on crackers. It can also be used as a dip, in pies, etc.

Variation: Add fresh herbs and choice of spices, e.g., cumin, paprika, caraway seeds, or fresh basil.

Serves 6-8

**Coconut-Coriander Raita
(Nariyal-kothmir nu raitu)**

1 cup freshly grated coconut	Salt to taste
1 cup finely chopped coriander leaves	¼ cup golden raisins or ¼ cup fresh pomegranate seeds
1 cup thick plain yogurt	

- 1. Put all ingredients in a serving bowl and mix well.**
- 2. Chill in the refrigerator before serving.**

Serves 4-6

Kohlrabi Salad

2 small kohlrabi	1 tsp brown sugar
½ tsp cumin seeds	Salt to taste
¼ tsp hing	1 green chilli, finely chopped (optional)
1 Tbsp chopped coriander leaves	1 Tbsp lemon juice

- 1. Peel the kohlrabi and slice into paper thin 1 inch squares.**
- 2. In a dish, put sliced kohlrabi and all the spices. Mix thoroughly and allow salad to stand for 2 hours.**

Serves 4-6

Mixed Vegetable Salad

(Cachumber)

1 small grated beet	1 large tomato chopped fine
1 small grated carrot	1 Tblsp oil
1 small grated cucumber	1 Tblsp gr. Coriander-cumin
½ cup shredded cabbage	¼ tsp hing
1 med. Green capsicum chopped fine	Salt to taste

- 1. Mix all vegetables together in bowl.**
- 2. Add oil and spices and toss well.**

Serves 4-6

Sprouted Mung – Bean Salad

1 cup mung-bean sprouts	1 cucumber, chopped small
1 cup alpha-alpha sprouts	Salt and pepper top taste
1 tomato, chopped fine	

Mix all the ingredients together in a bowl and chill.

Serves 4-6

Carrot – Raisin Raita

1 cup grated carrot	1 tsp sugar
½ cup black raisins	1 tsp lemon
2 Tblsp salad oil	Salt to taste
¼ tsp mustard powder	

Mix all ingredients together in a serving bowl and chill.

Serves 4-6

Grape Raita

2 cups green and red grapes chopped in small pieces	1 tsp sugar
1 Tblsp mint chopped fine	½ tsp ground cumin
2 cups whipped yogurt	Salt to taste

Put grapes in a serving bowl, add all ingredients. Mix well and chill in the refrigerator.

Serves 4-6

Spinach Raita

(Palak Raitu)

2 cups spinach, chopped fine	½ cup whipped yogurt
1 cup cabbage, chopped fine	2 tsp oil
½ cup grated carrot	½ tsp mustard seeds
¼ cup mint, chopped fine	Salt to taste

- 1. Heat oil in a pan. Add mustard seeds. As soon as it begins to crackle, add all the vegetables.**
- 2. Cook briefly, stirring until heated through.**
- 3. Add yogurt and salt, and mix well.**
- 4. Chill and serve.**

Serves 4

Health Salad

1 head of lettuce	½ cup cream
1 capsicum, chopped fine	1 tsp lemon juice
1 apple, chopped small	Salt, peper and sugar to taste

3 cucumbers, chopped small

2 grated carrots

- 1. Wash lettuce and separate leaves. Arrange around a plate.**
- 2. Combine cream, salt, pepper, Sugar and lemon juice. Add this to the chopped and grated vegetables and fruit.**
- 3. Place this mixture in the center of the lettuce leaves.**
- 4. Chill and serve.**

Serves 4-6

Sweet Dishes

One of the foods loved by all is sweets and desserts, served at the time of feast festivals and special occasions. It is an age- old practice to share sweets and cakes with family, relatives and friend to express joy and happiness in festive celebrations. In India, as it is in other countries, festival time is fun time- sweet time!

In India, in olden days, sweet dishes were prepared only on special occasions and festivals-to mark the day. As every dish had to be prepared from scratch, cooks had to be especially careful to have every ingredient at home. Women of the town got together to help each other in the making of the sweets. They shared their time and talent endlessly, with each other. Singing folk songs while working made their task easy and faster. It was a time of intimacy and joy.

The sweets in this section are chosen from all the regions of India. The ones made u of milk and paneer are generally Bengali sweets. Today they are among the most popular all over India.

Most of the Indian sweets, called “Mithi” in the Indian language, are made with refined sugar, but to maintain the nutritional value of the sweets I have tried to substitute maple syrup, brown sugar or gur wherever possible.

Sweets can be kept for 4 to 5 days in the refrigerator, but crisp sweets like peanut brittle can be kept outside in an airtight jar for a couple of days.

The recipes chosen for this section are relatively easy to make, and the ingredients easily available on any grocery store.

Sweets are served along with the meals to balance the spicy and sour taste of the dals and vegetables. Unlike the Western countries, Indians eat their sweets along with the meals, so as to enjoy all the tastes of the food at one time. Exceptions to the rule are ice-creams and kulfis (Indian ice-cream) which are served after the meals.

You can enliven your holidays with these delicious sweets and treat your family with new and different tastes and flavors.

Green Goddess Dessert

(Vatana no dudhpak)

1 quart whole milk	1 medium apple, cut into
2 cups fresh or frozen peas	small pieces
2 cups water	¼ cup sugar
1 medium banana, cut into	1 tsp rose essence or
small pieces	½ tsp ground cardamom
	½ tsp ground nutmeg

- 1. Bring 2 cups of water to a boil and add peas. Cook till soft and tender; drain. Set aside to cool.**
- 2. In a blender, puree the cooked peas with 2 cups milk and empty into a serving bowl. Add remaining milk to puree. Add sugar, rose essence and chopped fruit. Mix until sugar is dissolved.**
- 3. Serve in small bowls, well chilled.**

Serves 4-6

Carrot Halwa

(Gajar no halwo)

3 ¾ cups grated carrots

¼ cup slivered almonds

3 1/3 cups milk

and pistachios

1 can condensed milk

2 tsp ground cardamom

2 Tblsp ghee

- 1. In a non-stick pan, bring to a boil the grated carrots and milk.**
- 2. Lower heat. Add condensed milk and cook until all the milk is evaporated and mixture becomes dry (about 25-30 minutes), stirring frequently.**
- 3. Add ghee and ground cardamom. Stir well. Cook for 10 minutes.**
- 4. Garnish with slivered almonds and pistachio and serve.**

Variation: Serve warm with a scoop of vanilla ice cream.

Serves 4-6

Saffron Flavored Sweet Yogurt Dish

(Shri Khand)

12 cups yogurt

1 tsp ground nutmeg

**1 tsp saffron strands,
loosely packed**

**½ cup slivered, unfrosted,
unsalted pistachio nuts**

½ tsp water

1 tsp ground cardamom

1 cup sugar

- 1. Line a large colander with a double thickness of cheesecloth. Scrape yogurt into cheesecloth. Cover and let drain about five hours. The yogurt will give up a good deal of liquid and will thicken as it drains.**
- 2. Discard the drained liquid. Empty the firm yogurt into a large mixing bowl.**
- 3. Blend saffron and water in a small mortar. Blend to a paste with a pestle.**
- 4. To the yogurt add saffron, sugar and ½ tsp nutmeg and cardamom. Blend thoroughly.**

5. Cut the pistachios into thin slivers. Add half of them to yogurt. Mix well.
6. Use remaining pistachio slivers and nutmeg as garnish on top. Chill and serve in individual bowls.

Serves 8-12

**Saffron Flavored Yogurt with Fruits and Nuts
(Shri Khand)**

4 cups plain yogurt	5 Tblsp sugar
1 cup mixed fresh fruits, chopped (apples, bananas, grapes, pineapple, oranges, strawberries)	9-10 strand saffron 1/2 tsp ground nutmeg 2 Tblsp slivered pistachio nuts 2 Tblsp slivered almonds

1. Drain yogurt in a cheesecloth three layers thick or in a piece of muslin cloth. Let yogurt drain for 5 hours.
2. Grind saffron in a mortar with a pestle with 2 or 3 drops water to make a paste.
3. Add sugar, Saffron, nutmeg and 1 Tblsp pistachios and 1 Tblsp almonds to yogurt and mix well.
4. Add chopped fruits and stir gently to mix well. Chill in refrigerator until ready to serve.
5. Serve in individual bowls, garnished with remaining pistachios and almonds.

Serves 4-6

**Simple Halva
(Sheera)**

1 cup ream of wheat	15-16 strands saffron
1/2 cup sweet (unsalted) butter	3 Tblsp golden raisins
1 1/2 cups water	1 tsp ground cardamom

½ cup brown sugar

½ tsp ground nutmeg

4 Tblsp slivered almonds

- 1. In a mortar with pestle, make a paste of saffron with 3 to 4 drops water.**
- 2. On low heat, heat butter in a pan and roast cream of wheat in butter until it is light brown (approximately 6-8 minutes).**
- 3. Add water, 2 Tblsp almonds, saffron and raisins and stir carefully with wooden spatula until all the water is absorbed by the cream of wheat.**
- 4. Add sugar. Continue stirring until all the sugar is dissolved.**
- 5. Add ground cardamom and nutmeg. The mixture will begin to pull away from the sides of the pan and become like a big lump.**
- 6. Empty it into a glass bowl; garnish with remaining slivered almonds. Serve warm or cold.**

Serves 4-6

Cheese Squares in Milksauce

(Ras malai)

2 cups (15 oz.) ricotta cheese

3 Tblsp milk masala

8 Tblsp maple syrup or sugar

5 fresh strawberries

1 ½ cups milk

¼ tsp rose essence or water

1 ½ pint light cream

- 1. Mix ricotta cheese with 3 Tblsp maple syrup or sugar and rose essence.**
- 2. Spread mixture in a greased 8-inch square cake pan. Bake in a preheated 300⁰F oven until slightly brown. Remove from oven, let cheese cool before putting it in the freezer to chill. When cheese hardens, cut into 1-inch squares.**
- 3. In a saucepan, add milk 5 Tblsp syrup or sugar, milk masala and bring to a boil. Turn off heat. Add cream. Allow sauce to cool, chill in the refrigerator.**

4. **Serve Cheese squares floating in the sauce in individual bowls. Garnish with this slices of strawberries.**

Yields approximately 64 squares.

Vermicelli Pudding

(Dudhpak)

4 cups milk	1 tsp ground cardamom
1 cup very thin whole wheat vermicelli	½ tsp ground nutmeg
8 Tblsp sugar	¼ tsp saffron powder
	1 can (11 oz.) Mandarin oranges

1. **Bring milk to a boil in a pan, stirring constantly.**
2. **Add sugar, cardamom, nutmeg and saffron, let it cook for 2-3 minutes over low heat.**
3. **Break vermicelli into 1-inch pieces, add to the milk and let cook for 10 minutes, stirring gently occasionally.**
4. **Turn off heat and let it cool. Then refrigerate for 4-5 hours.**
5. **Cur the orange segments in half. Serve the dudhpak topped with some orange segments in individual bowls.**

Serves 6-8

Baked Pineapple-Cheese Squares

1 small can of pineapple chunks	½ cup sugar
Pinch of ground nutmeg	1 tsp ground cardamom
1 ½ cups paneer	Pinch of saffron powder

1. **In a 9-inch pie dish, arrange pineapple chunks to cover the bottom. Sprinkle ground nutmeg over it.**
2. **In a blender, blend the rest of the ingredients for a few seconds. Pour this mixture over the pineapple chunks.**

3. Bake in a preheated oven at 300⁰F for 15 minutes.

4. Cut into 1-inch squares.

Serve hot or cold

Do not use fresh pineapple for baking, it will turn bitter.

Soft, Spongy Brown Balls is Syrup

(Gulab Jasmbu)

Gulab Jambu	¼ tsp baking soda
1 cup nonfat milk powder	¼ tsp ground cardamom
½ cup white, unbleached, all-purpose flour	¼ tsp ground saffron
3 Tbsp melted ghee	¼ cup water
	Vegetable shortening for frying

Syrup	2 cups water
2 cups light brown sugar	6 drops rose essence

Syrup

- 1. Cook brown sugar and water in a medium size pot over low heat until sugar melts (approximately 10 minutes).**
- 2. Remove from heat and set aside.**

Gulab Jambu

- 1. In a large mixing bowl, mix together milk powder, flour, soda, ground cardamom and saffron.**
- 2. Add melted ghee. With your finger, rub mixture so ghee is evenly distributed and form flakes.**
- 3. Add a little water to the flaky mixture and try to form stiff dough.**
- 4. Break away about a quarter portion of the dough (the dough may crumble aqt this stage. Just add ½ tsp water and knead lightly.)**

5. Knead this portion of dough with the palm of your hand until it becomes soft,. Smooth and manageable. (You may find it necessary to add another ½ tsp water to make it adhere and get it to the right consistency.)
6. When dough is smooth, pinch off portions to make balls about ¾ inch in diameter (about 5).
7. Heat vegetable shortening and lower heat. Slide dough balls one-by-one into shortening set on low heat. Turn balls frequently with a slotted spoon to ensure even cooking.
8. When the balls turn dark brown, remove with slotted spoon allowing them to drain completely and place them in prepared syrup.
9. Work with the rest of the dough in this way but remember to work with a small portion frying only five or six balls at a time.
10. When all the balls are in the syrup bring syrup to a boil. This will puff the balls.
11. When the syrup cools,. Add rose essence and mix carefully, do not break balls.
12. If you refrigerate Gulab Jambu, reheating will bring back its spongy quality.

Yields 20-22

Milk Cake

(Pedas)

1 cup unsalted butter (2 sticks)	1 cup milk
1 cup sugar	1 tsp ground cardamom
1 cup finely ground almonds and pistachios	1 tsp ground nutmeg
	¼ tsp saffron
	4 cups milk powder

1. Melt butter in a saucepan on low heat.
2. Add sugar and allow it to dissolve completely, stirring occasionally.
3. Add milk, nuts, cardamom, nutmeg and saffron. Mix well.

4. Add milk powder and mix thoroughly. Leave mixture on low heat for 5 minutes. Remove from heat. Set aside to cool.
5. When mixture is cool, pinch out a small portion and form into flatfish rounds 1-inch in diameter. With your thumb make a depression in the middle on one side of the round (so that it appears concave.)
6. Repeat with the rest of the mixture.

Yields 25-30 pieces.

Peadas can be stored for a week without refrigeration.

Orange Fudge (Santara ni barfi)

4 cups cashew nut powder	2 tsp grated orange rind
1 up sugar	1/2 tsp orange essence
1 cup orange juice	

1. In a saucepan, dissolve sugar in orange juice and boil over medium heat. Cook for 10 minutes or until; the syrup is of three-thread consistency. (To test for the right consistency, place a drop of syrup in a bowl of water. If the syrup has attained the right consistency, the drop will settle down in the bowl; without disintegrating.)
2. Add ground cashews and mix well. Continue stirring mixture on low heat until a lump is formed and mixture starts to draw away from the sides of the pan. Turn off heat.
3. Add orange rind and orange essence.
4. Spread mixture in a 10-inch cake pan and allow to cool. Cut into desired shape.

Yields 25-30 pieces

Coconut Fudge

(Kopra Pak)

1 cup condensed milk	1 tsp ground cardamom
3 cups desiccated coconut	½ tsp ground nutmeg
½ cup coarsely chopped cashew nuts	¼ tsp saffron powder
½ cup coarsely chopped walnut	1 Tblsp ghee
	ghee for greasing hands
Slivers of pistachio nuts and glazed cherries for garnish	

- 1. Mix condensed milk, coconut nuts and ghee in a non-stick pan and place over medium heat.**
- 2. Add cardamom, nutmeg, and saffron. Stir until it forms a lump.**
- 3. Grease hands lightly with ghee and make 24 balls with the mixture. Place each ball in a decorative paper cup. Garnish with pistachio nuts and cherries.**

Yields 24 pieces.

Rice Pudding

(Kheer)

1 quart milk	1 tsp ground nutmeg
1/3 cup desiccated coconut	4 Tblsp slivered almonds and pistachios
1 cup cooked rice	1 tsp rose water
¼ cup sugar	
1 tsp ground cardamom	

- 1. Bring milk to a boil, reduce heat to moderate and stir occasionally, cook for 10 minutes.**
- 2. Add rice, sugar, Coconut, nuts, cardamom and nutmeg and cook for 20 minutes, stirring occasionally. Be careful not to burn milk. The milk tends to sit at the bottom of the pan if not stirred.**
- 3. Cool. Stir in rose water and chill in refrigerator for about 4 hours.**

Serves 6-8

Add a pinch of salt to burnt milk while it is still hot. This will remove the scorched taste.

**Spongy Cheese Balls in Syrup
(Resgullas)**

2 quarts milk

4 cups water

Juice of 1 lemon

1/2 tsp rose essence

2 cups sugar

- 1. Bring milk to a boil, lower heat and add lemon juice to curdle the milk. Milk should separate into cheese and whey. If not, add the juice of another 1/2 lemon.**
- 2. Collect whey (the liquid can be used in soups) and tie cheese in a cheese cloth. Keep tied for 6 to 8 hours until all the liquid has drained out.**
- 3. When mixture is completely dry, knead cheese until it is very smooth (about 5-7 minutes). Form into 18-20 balls.**
- 4. In large pot, boil sugar and water. Turn down heat and simmer.**
- 5. Add balls to this syrup and continue simmering for 30 minutes. Do not cover.**
- 6. Turn off Heat. Add rose essence and chill. Best made the day before.**

Yields 18-20

If syrup is left over use it as a base for lemonade or other drinks.

Rasgulla Royale

15 rasgullas

1 quart vanilla ice cream

1 cup nectarine segments (cut into pieces)

1. With a knife slice rasgullas into halves. Stuff each half with pieces of nectarine.
 2. Arrange stuffed rasgullas halves in shallow glass bowl.
 3. Whip vanilla ice cream. Pour whipped ice cream over rasgullas in the bowl.
 4. Arrange the remaining pieces of nectarine on ice cream.
 5. Cover the bowl; with plait wrap and put it in freezer for 24 hours.
 6. Serve in individual bowls. (This dessert can be set in individual bowls.)
- Variation:** Instead of Nectarine, stuff the rasgulla halves with chopped nuts and grated chocolate. Garnish the ice cream with grated chocolate.

Serves 6-8

Chic-Choc Delite

½ cup water	1 quart vanilla ice cream
1 tsp instant coffee	2 Tblsp grated chocolate
38 ginger cookies	3 Tblsp chopped walnuts (opt.)

Sauce

6 Tblsp drinking chocolate powder	1 Tblsp instant coffee
2 Tblsp cocoa powder	1 ½ Tblsp corn flour
	2 cups cold milk

1. Mix all ingredients for sauce thoroughly in pan. On low heat, cook until mixture thickens, stirring occasionally.
2. Remove from heat and set aside to cool.
3. In a small bowl, mix water and coffee. Dip cookies in this mixture, one at a time.
4. In a round glass dish, arrange a layer of dipped cookies.
5. Pour a layer of chocolate sauce over cookies to cover thinly.
6. Repeat steps 4 and 5 until all the cookies and sauce has been used.

7. Beat ice cream and pour over prepared dish. Decorate with grated chocolate and walnuts.
8. Place in freezer 5-6 hours or until set.
9. Slice Chic-Choc Delite and serve.

Serves 6-8

Date and Rice Krispy Crunchies

3 Tblsp butter	2 cups Rice Krispies
4 Tblsp sugar	½ tsp vanilla essence
3 Tblsp milk	6 Tblsp carob powder
1 ½ cups (6 oz.) pitted dates	3 Tblsp desiccated coconut

1. Mix butter, Sugar, milk and dates in large saucepan and cook over low heat for 10 minutes. Stir well.
2. Remove from heat and add Rice Krispies, vanilla essence and carob powder. Mix thoroughly.
3. Press mixture into a baking tray and sprinkle coconut over top. Allow to set hard.
4. When set and cool into diamond shapes.

Yields 10 to 12 pieces.

Chocolate Chippers

½ cup shortening	1 tsp vanilla essence
½ cup granulated sugar	¾ tsp salt
¼ cup milk	½ tsp baking soda
1 cup sifted all-purpose flour	1 cup (6 oz.) semi-sweet
(or ½ cup all-purpose +	chocolate chips
½ cup whole wheat flour)	1 cup chopped nuts

1. Cream shortening, sugar, milk and vanilla together till light and fluffy.

2. Sift together flour, salt, baking soda. Stir into creamed mixture and mix well. Add chocolate and nuts.
3. Drop by spoonful, 2 inches apart, onto a greased cookie sheet.
4. Bake in moderate oven 375⁰F for 10-12 minutes. Remove from cookie sheet immediately.

Yields 12-14 chippers

Fudge Brownies

12 ounces semi-sweet chocolate morsels

14 ounces sweetened condensed milk

8 ½ ounces chocolate wafers, finely crushed

1 cup chopped walnuts

1. Place the chocolate in double boiler and melt it stirring constantly until smooth.
2. Add condensed milk, crushed chocolate wafers and half a cup of walnuts. Stir well to mix thoroughly.
3. Pour the fudge mixture into a non-stick 8-inch square pan and press fudge until even.
4. Press the remaining half cup of walnuts on top of fudge brownies.
5. Let stand at room temperature until firm. Cut into 2-inch squares

Yields 16 pieces

Frozen Fruit Ice Cream

8 oz. Packet of cream cheese

¼ cup maple syrup

1 ½ cu whipped cream

½ cup chopped dates

½ cup chopped walnuts

1 ½ cups chopped fruits (pineapple strawberries and peaches)

- 1. Beat cream cheese and maple syrup together with fork.**
- 2. Add whipped cream and heat again to a smooth consistency.**
- 3. Add remaining ingredients and mix well. Set in a shallow dish or bowl and place in freezer.**
- 4. Serve in individual bowls when set, approximately 5-6 hours.**

Serves 4-6

Avocado Pudding

1 large ripe avocado	¼ tsp saffron powder
6 Tblsp yogurt	½ tsp ground cardamom
8 tsp sugar	½ up grated apples
¼ tsp grated nutmeg	1 Tblsp slivered pistachio nuts

- 1. Peel avocado and remove pit.**
- 2. Puree in a blender avocado, yogurt, sugar and spices.**
- 3. Empty puree into a serving bowl. Gently add grated apples, mix and chill.**
- 4. 4 Serve in individual bowls. Garnish with slivered pistachio nuts.**

Serves 4-6

Avocado is actually a fruit, but is generally used as a vegetable in salads and dips. To test for ripeness, take the fruit and press with your fingers for softness. It should be soft to the touch. A cut avocado can be refrigerated for several days, if the pit is left in.

Fruits with Walnuts and Cream

- 2 cups cream**
- 1 medium banana, cut into cubes**
- 1 medium apple, cut into cubes**
- 1 medium pear, cut into cubes**

15 seedless green grapes, sliced

15 seedless red grapes, sliced

1 cup nectarine segments

½ tsp ground nutmeg

½ cup chopped walnuts

¼ cup golden raisins

½ cup sugar

- 1. Place all ingredients in a large serving bowl.**
- 2. Mix well and chill.**
- 3. Serve in individual bowls.**

Serves 4-6

Coconut Dreams

2 oz. Cocoa butter

1 cup unsweetened

¼ cup butter or margarine

desiccated coconut

1/3 cup brown sugar

1 cup flour

1 tsp vanilla essence

1 tsp baking soda

- 1. Preheat oven to 300⁰F.**
- 2. Melt cocoa butter over low heat,. Stirring until melted.**
- 3. Cream butter with a spoon and mix with cocoa butter. Add sugar, mix thoroughly. Add coconut and vanilla essence, mix well.**
- 4. Sift flour and baking soda, gradually adding to butter. Mix well with your hand to form smooth dough.**
- 5. Shape into small balls (the size of marbles).**
- 6. Place them on an ungreased cookie sheet and bake for 25-30 minutes till lightly browned.**

Yields approximately 30 dreams

Cocoa butter is the vegetable fat that's extracted when chocolate liquor is pressed under high pressure. This butter has a distinctive melting quality.

Spice Cookies

¾ cup (1 ½ sticks) butter	1 ½ tsp ground cinnamon
1 cup brown sugar	1 ½ tsp ground cardamom
Rind of 1 lemon, grated	¼ tsp ground cloves
2 ¼ cups wheat flour	1 tsp salt
1 tsp baking soda	2 Tblsp milk

- 1. Cream butter till soft. Add sugar and mix well. Add lemon rind.**
- 2. Sift together flour, baking soda and spices. Add sifted ingredients gradually to butter and sugar. Mix well.**
- 3. Add milk and knead for 5 minutes until it becomes a smooth dough.**
- 4. Flour a board and rolling pin. Roll out dough to ¼ inch thickness.**
- 5. Cut cookies with cookie cutter. Transfer cookies onto a greased cookie sheet.**
- 6. Bake at 350⁰F for about 10 minutes (watch so the bottom does not burn).**
- 7. Do the same with the remaining dough.**

Yields 3 dozen cookies

Pineapple Cupcakes

½ cup shortening	2 ½ tsp baking powder
1 1/3 cups sifted all-purpose flour	1 cup milk
1 cup sugar	1 tsp pineapple essence

- 1. Place shortening in a mixing bowl. Sift in dry ingredients. Add ½ cup milk. Mix until flour is moistened.**

2. Beat for 2 minutes at low speed with an electric mixer. Add remaining milk and pineapple essence to mixture and beat one minute longer.
3. Place the paper cups in muffin pans and fill cups half full with mixture.
4. Bake at 375⁰F for 18-20 minutes.

Yields 12-14 cupcakes

While making a cake, warm the mixing bowl to speed the creaming process.

Raisin Nut Cake

2 cups water	1 tsp baking soda
1 cup black raisins	½ tsp salt
½ cup butter or margarine	½ tsp cinnamon
1 cup unbleached flour	½ tsp nutmeg
¾ cup wheat flour	1 cup chopped nuts
1 cup brown sugar	

1. In a saucepan, bring water and raisins to a boil. Simmer for 10 minutes. Add butter and set aside to cool.
2. Sift together flour, sugar, baking soda, salt, cinnamon and nutmeg.
3. Add sifted ingredients to the raisin mixture and mix thoroughly. Stir in nuts.
4. Pour mixture into a greased 9-inch a square pan.
5. Bake at 350⁰F for 40 minutes.

Serves 4-6

Chocolate Applesauce Cake

(eggless and butterless)

2 cups flour	1 ½ cups sugar
3 Tbsp cocoa or carob powder	2 tsp vanilla essence

1 ½ tsp baking soda

½ tsp salt

½ cup oil

2 cups applesauce

1 ½ cups semi-sweet

chocolate bits

- 1. Stir together flour, cocoa, baking soda and salt.**
- 2. In a bowl, cream together, oil and sugar until light and fluffy. Blend in vanilla. Add flour mixture and applesauce. Stir vigorously and mix well.**
- 3. Pour into a greased 9” x 13” x 2” pan. Sprinkle with chocolate bits and chopped walnuts.**
- 4. Bake in a 350⁰F oven for 35-40 minutes. Cool in pan.**

Yields 12 to 14 pieces

If a cake fails to rise and is heavy in texture, slice and shallow fry in hot butter, roll in powdered sugar and serve.

Strawberry Cake

1 can condensed milk

2 level tsp baking powder

1 level tsp soda bicarbonate

1 cup self-rising flour

½ cup melted butter

½ cup water

1 cup chopped strawberries

2 tsp strawberry essence

1 9-inch diameter cake pan

- 1. Butter cake pan and dust with flour, set aside.**
- 2. Preheat oven to 400⁰F.**
- 3. Sift flour, baking powder and soda bicarbonate. Mix remaining ingredients together and stir well with a wooden spoon. Pour into the cake pan.**
- 4. Bake for 15 minutes and lower oven temperature to 250⁰F and bake another 15 minutes or until done.**
- 5. Cool cake, ice and decorate.**

Serves 4-6

Strawberry Ice-Cream Cake

1 ½ cups crushed butter biscuits

1/3 cup melted salted butter

1 quart strawberry ice cream (taken out half hour ahead)

½ cup sour cream

½ cup water

4 Tblsp agar-agar flakes

2 Tblsp powdered sugar

Few slices strawberries

Whipped cream

- 1. Mix butter and crushed biscuits together.**
- 2. Press mixture into a 9-inch round cake pan. Put in freezer for half an hour.**
- 3. Put strawberry ice-cream in a bowl.**
- 4. Boil water and let simmer. Add agar-agar flakes slowly and stir until all the flakes are dissolved. Add this agar-agar mixture, sour cream and sugar to soft ice-cream and mix thoroughly. Put this mixture over warm water until it becomes a smooth sauce and the agar-agar is dissolved thoroughly.**
- 5. Take out crust from freezer and pour ice-cream mixture over crust. Put cake in refrigerator to set.**
- 6. When set, arrange strawberry slices and whipped cream over cake. Cut into desired slices and serve.**

Serves 6-8

Crunchy Square Treat

1 cup creamy peanut butter

- ½ cup brown sugar**
- ½ cup corn syrup**
- 3 cups Rice Crispies**
- 6 oz. Semi-sweet chocolate morsels (optional)**
- 2 tsp vanilla essence**

- 1. In a pan, heat peanut butter, sugar and corn syrup on low heat until dissolved thoroughly. Approximately 5 minutes.**
- 2. Turn off heat, add rice crispy, chocolate morsels and vanilla essence. Mix well.**
- 3. Empty into a large cake pan, pack evenly.**
- 4. Refrigerate for 2-3 hours. Cut into desired squares.**

Yields 50-60 one-inch squares

Indian Cone-Shaped Ice Cream (Kulfi)

- | | |
|---|------------------------------|
| 1 cans condensed milk (400 gms.) | 2 Tblsp milk masala |
| 7 oz. Heavy cream (200 gms.) | ¼ tsp ground cardamom |
| 2 ½ cups milk | ¼ tsp ground nutmeg |
| | ½ tsp saffron powder |

- 1. Bring milk to a boil and add to milk, masala, cardamom, nutmeg and saffron.**
- 2. Remove from heat and add condensed milk and cream, and allow it to cool.**
- 3. Fill cone-moulds with this mixture.**
- 4. Arrange them upright in the freezer and chill for 8 to 10 hours.**
- 5. When set, take each cone and wash quickly in water. The Kulfi will slide out easily. Arrange in a shallow dish.**
- 6. Cut into ¼” slices and serve.**

Yields: 12 Kulfis

Note: The cone-shaped mould can be bought at Indian Grocery Stores, or Kulfi can be set in any other container or mould with a lid.

Drinks and Beverages

With the growing knowledge of the ill effects of alcoholic drinks on the liver and heart, every hostess is faced with the problems of what to serve her family and guests as drinks. To solve her problem, the connoisseurs of the world have come up with bright, new ideas of fruit juice mixtures and spice combinations to substitute alcoholic drinks with non-alcoholic beverages.

India known for its hot and tropical climate, offers varieties of delicious fruits and vegetables which provide a wide range of choices in each season. Commonly called “Jal-pan,” the drinks and beverages are a common sight for tourists. Favorite drinks of many Indians are water, called the thirst quencher, fresh sugarcane juice and tea, called “chai” which acts as a stimulant. Be it a railway station or the road, in the airport or in a theatre house, one always sees small booths of tea, cold drinks and snacks. But today fresh juice centers have opened everywhere.

Fresh fruit juices can serve as a prelude to many formal meals and parties. There is another kind of drink served as an appetizer in Indian wedding feasts, called “jaljeera” (cumin water). Tea is usually taken at breakfast and again in the late afternoon. Often it is served at lunch or dinner, if requested.

The recipes given in this section are simple, yet sensational. The results will amaze you and your family and friends. After attempting some of the recipes try out your imagination and create your own concoction. You may be surprised to find out that you can also produce something extraordinary.

Tropical Fruit Shake

2 cups pineapple juice

2 cups orange juice

1 cup apple juice

1 cup grape juice

6 scoops vanilla ice-cream

½ cup apple cut into tiny pieces

- 1. Mix all the juices together and chill thoroughly.**
- 2. Before serving, whip the juices with the vanilla ice-cream in a blender, till it becomes frothy and light.**
- 3. Serve in individual glasses topped with tiny pieces of apples.**

Yields 6 large glasses

Buttermilk Shake

(Lassi)

½ cup buttermilk

½ cup water

2 Tbsp maple syrup

¼ tsp rosewater

OR

½ cups buttermilk

½ cup water

2 Tbsp maple syrup

¼ tsp ground cardamom

5-6 saffron strands (soaked in water for a few minutes)

- 1. Mix all ingredients in a blender. Serve in tall glass.**

An excellent summer refresher!

Yields one large glass

Gur and Lemon Drink

(Gur pani)

2 lemons

8 Tbsp gur

4 cups water

8 ice cubes

1 tsp fresh ginger juice

- 1. Squeeze the lemons.**

2. In a pot, soak the gur in water and let stand for 2 hours.
3. Add lemon juice and ginger juice to soaked gur and mix well until all the gur is dissolved.
4. Strain over ice cubes directly into glasses and serve. If it is not sweet enough,. Add more gur.

Banana-Guava Milkshake

1 medium ripe banana	4 tsp sugar
1 ripe guava	8 cups chilled milk
1 Tblsp lemon juice	1 cup water

1. Blend all ingredients in electric blender.
2. Strain through a coarse strainer to remove guava seeds.
3. Chill and serve in small glasses.

Serves 6-8

Orange Julius

1 ½ cups frozen orange juice	Few drops vanilla essence
1 ½ cups milk	Ice cubes (optional)
1 ½ cups water	

1. Blend all ingredients in electric blender.
2. Serve in tall glasses.

Serves 4-6

Summer's Surprise

2 cups orange juice	1 bottle plain soda
2 cups apple juice	1 med. Apple cut small

2 cups pineapple juice

A few mint leaves

- 1. Mix all juices together and chill.**
- 2. Before serving, pour some plain soda in an individual glass. Fill with chilled juice.**
- 3. Spoon apple pieces and mint leaves into the glass.**
- 4. Do the same for other glasses.**

Yields 12 small glasses.

Squeeze lemon juice in ice-trays and freeze. Flavor your soft drink by adding a couple of lemon ice cubes.

Mango Shake

1 ½ cups chilled mango pulp (bought from Indian grocery)

4 ½ cups chilled milk

6 tsp brown sugar

6 drops rose essence

- 1. Put all ingredients in liquidizer and blend thoroughly.**
- 2. Serve in individual glasses.**

Serves 6 tall glasses.

Coconut Fizz

- cool summer drink -

4 cups chilled buttermilk

1 tsp pineapple essence

2 cups cold water

½ cup freshly grated coconut

12 tsp sugar (or any sweetener)

(or desiccated coconut)

½ cup chopped pineapple

- 1. Mix buttermilk and water together in a pot.**

2. In a blender make a paste of sugar, Coconut, pineapple and essence. To facilitate blending, add a little buttermilk at the beginning of the blending process.
3. Add paste to the buttermilk and water mixture. Mix well.
4. Whip the mixture with a hand beater or an electric beater until; frothy.
5. Serve Coconut Fizz in individual glasses with forth.

Serves 6-8

Spiced Buttermilk

3 cups buttermilk	2 tsp roasted cumin seed powder
2 cups water	Salt to taste

1. Mix all ingredients in blender.
2. Serve in individual glasses along with food or as a drink by itself.

Serves 6

Indian Milk Drink

(Thandai)

4 cups skim milk	Spices
2 cups water	30 almonds
12 tsp brown sugar	4 tsp fennel seeds
	4 tsp poppy seeds
	1 tsp grounds white pepper
	2 tsp ground cardamom

1. Grind all spices into a paste (a coffee grinder does this well. You may need 2 tsp water or more to facilitate grinding).
2. In a blender mix together milk, water, sugar and paste. Chill in refrigerator.
3. Serve in small individual glasses.

Yields 12 small glasses.

Spiced Indian Tea

(Masala chai)

3 cups milk

6 tsp loose black tea leaves

3 cups water

Sugar or any sweetener to

taste

1 ½ tsp tea masala

- 1. Bring milk, water and tea masala to a boil. Add sugar and simmer for 5 minutes.**
- 2. Add tea leaves and brew for 2 minutes.**
- 3. Turn off heat and cover immediately. Let tea seep for a few minutes, stirring once. Tea is ready when it is orange in color.**
- 4. Strain in a tea kettle and serve piping hot.**

Yields 6 cups

Strawberry Fruit Shake

2 cups plain lowfat yougurt

4 Tblsp brown sugar

1 cup lowfat milk

2 cups sliced strawberries

- 1. Place ingredients in blender and blend until smooth, 1-2 minutes.**
- 2. Serve immediately or chill,. Whip once just before serving.**

Serves 4-6

Spiced Milk

(Masala Dudh)

4 cups milk

4 Tblsp sugar

4 Tblsp milk masala

2 Tblsp slivered almonds

- 1. In a pan bring to a boil; milk, spices and sugar.**
- 2. Remove from heat and cool immediately by stirring to avoid forming film on the milk.**
- 3. Put in refrigerator and chill completely. Serve in glasses topped with almonds.**

Yields 4-6 glasses.

Sunny Cooler

2 cups buttermilk	4 Tblsp sugar
2 cups fresh orange juice	1 tsp orange essence

- 1. Put yogurt, orange juice, sugar and essence in blender.**
- 2. Cover and blend on high about 2 minutes, until frothy.**
- 3. Pour into tall glasses.**

Serves 4

Frothy Ginger Ale

2 cups yogurt	2 cups ginger ale
2 Tblsp grape jelly	

- 1. Chill yogurt and ginger ale.**
- 2. Combine all ingredients in blender.**
- 3. Cover and blend on high until smooth and frothy. Serve in individual glasses.**

Serves 4

Apricot Velvet

2 cups buttermilk	2 Tblsp sugar
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1 cup fresh peaches, chopped

freshly grated nutmeg

1 ½ cups apricot nectar

- 1. Put buttermilk, peaches, apricot nectar and sugar in blender.**
- 2. Blend on high, about 3 minutes until smooth.**
- 3. Pour into glasses and sprinkle with grated nutmeg.**

Serves 4

Nutritious Fig Milk

4 cups lowfat milk

4 Tblsp molasses

8 dry figs chopped small

- 1. Combine all ingredients in a pan and bring to a boil.**
- 2. Lower heat and let simmer till figs are soft and chewy. Approximately 10-15 minutes. Serve hot in bowls.**

This milk is good at breakfast or any time in winter.

Serves 4

Chutneys and Relishes

Gujarati meals are said to be incomplete without chutney. Chutney is a sauce or relish of East Indian origin made fresh with fruits herbs, coconut, spices and condiments. It can have a sweet and sour taste or a sour and salty taste. It is eaten along with meals and served twice or more if desired with other dishes. Chutneys made with coconut and coriander leaves, are a must with savories and snacks. Savories like samosas and dhokalas are dipped in the chutneys before being eaten; each enhancing the taste of the other when combined.

The taste of chutneys varies from house-to-house. Some prefer it very hot and spicy, others like it mild and sour. It can be made according to personal preferences and tastes. A chutney stimulates the taste buds to greater activity, thus aiding the digestion of food. In India, preserved

chutneys are called pickles and can be preserved without refrigeration for one year.

Thus, what mustard and relish are to Westerners, chutney and pickles are to an Indian.

Date Sauce (Khajur ni chutney)

15-20 pitted dates	Salt to taste
½ cup raisins	1 tsp cumin seeds
½ cup brown sugar	2 Tblsp lemon juice
1 tsp paprika	¼ tsp sanchal (black salt)
1 cup water	

- 1. In a saucepan, bring water to a boil. Add dates, raisins and brown sugar. Cook until the dates are soft. Set aside to cool.**
- 2. In a blender blend the cooled dates/raisins mixture and remaining ingredients. Add more water to acquire desired consistency (thickness like ketchup.)**
- 3. Serve in bowl; with any meal or snack.**

Serves 4-6

Sweet Fruit Chutney

1 large tart apple	1 tsp garam masala
2 cups dried apricots	1 tsp cumin seeds
8 large strawberries	1 tsp paprika
2 Tblsp golden raisins	3 Tblsp minced ginger root
1 ½ cups brown sugar	1 ½ tsp salt
2 cups cider vinegar	

1. Peel apple. Hull; strawberries.
2. Cut strawberries, apple and apricots into small pieces.
3. Mix with remaining ingredients in heavy saucepan. Boil gently for approximately 1 hour until the chutney has a thick consistency like that of honey.

Yields approximately 3 cups

Spiced Yogurt

(Jira valu dahi)

1 cup yogurt	½ tsp paprika
1 tsp cumin seeds roasted and ground	1 tsp salt
	Few parsley leaves for garnish

1. Whip yogurt.
2. Add remaining ingredients and stir well.
3. Chill before serving.
4. Garnish with chopped parsley.

Serves 4-6

Mint Chutney

(Phudina ni chutney)

1 cup firmly packed Fresh mint leaves scraped	1 tsp salt.
	1 inch piece ginger root,
½ cup raw peanuts	½ cup water
3 Tbsp grated coconut, fresh or desiccated	½ green chilli (optional)
	3 tsp lemon juice

1. Mix all ingredients in food processor or blender to a smooth consistency of a sauce.

Yields 1 cup

Fresh Coriander Chutney

(Kothmiri ni chutney)

1 cup firmly packed, chopped coriander leaves and stems

½ cup freshly grated coconut (or desiccated coconut)

1 Tbsp finely chopped green chillies (optional)

2 tsp salt

1 Tbsp scraped and finely chopped ginger root

¼ cup water

- 1. In a blender, grind, coriander leaves, chillies, salt, coconut, ginger and lemon juice to fine paste, adding water as necessary to facilitate grinding. If chutney is not to be used immediately, it can be stored in an airtight glass jar in the refrigerator for about one week.**

Yields 1 cup

Fresh Coconut Chutney

(Nariyal ni chutney)

8 Tbsp chana dal, roasted

1 ½ cups grated coconut

(fresh is preferable)

2 tsp salt

4 tsp lemon juice

4-6 green hot peppers

1 small piece fresh ginger root

1 cup water (or a little more)

½ tsp mustard seeds

½ tsp udad dal

5-6 curry leaves

1 Tbsp oil

- 1. Roast dal over medium heat, stirring constantly for about 10-15 minutes. Then soak in water for 2-3 hours.**
- 2. In a blender, grind the soaked dal, coconut, salt, lemon juice, green peppers, ginger and water to a coarse mixture. Transfer to a bowl.**

3. Heat oil in a small pan. Add mustard seeds and udad dal. When seeds pop and dal becomes pink, add curry leaves.
4. Add oil mixture to the ground coconut and stir. Serve at room temperature. Leftovers can be refrigerated in an airtight glass jar.

Yields 2 cups

Sweet 'N Sour Raisin Chutney

1 cup black raisins	1 tsp sanchal (black salt)
5 dried pitted prunes	2 tsp lemon juice
½ tsp ground ginger	1 cup water
1 tsp roasted ground cumin	

1. In a saucepan boil water, raisins and prunes. Cook until soft.
2. Put in blender adding remaining ingredients. Blend to a thick consistency.
3. Put in bowl and serve with any meal or snack.

Serves 4-6

Helpful Household Hints

- Peel of used lemon, dipped in salt is useful for polishing copper vessels.
- Food odors in the refrigerator can be removed by putting peels of used lemon in it.
- To remove bad odor and damp smell from clothes, before ironing, spray a few drops of Eau de cologne on the ironing table. The clothes will be fragrant with the cologne due to the heat of the iron.
- Eau de Cologne helps to clean stains on mirrors and glass in photo frames, etc.
- For an easy flow of ketchup put a straw into the bottle. The air gets at the bottom of the bottle facilitating the flow of ketchup.

- **Old toothbrushes are very useful to lean combs cups, jug handles, jewelry and those tiny places which cannot be reached easily.**
- **To clean up the mess of tiny bits of broken glass on the floor, take some cotton balls and moisten it. You will find it easy to clean the mess.**
- **To find the end of a transparent tape, press a tiny button on to the end after using it.**
- **To remove stains from burnt pots and pans, take a wet piece of cloth dusted with salt and rub.**
- **Sharpen a blunt pair of scissors by cutting sandpaper several times.**
- **Ink stains can be removed from cloths by sprinkling salt on the stains and then rubbing with a piece of lemon or lime.**
- **Milk is ideal for removing ink stains.**
- **Stains of oil or butter on clothes can be removed by sprinkling some bicarbonate of soda on the stain. Let it stand for some time. Then remove the stain with any brush.**
- **To remove unpleasant smells from dishwashing sink, rinse with warm water and a little vinegar.**
- **A small peel of orange or lemon thrown in the pot of tea gives a refreshing fragrance to the tea.**
- **If by mistake, too much salt is put in soups, vegetables or dals, drop in 2 small peeled potatoes. They will absorb the extra salt.**
- **To make cucumber more digestible, soak them in salt water for about one hour. Drain and gently squeeze out excess liquid. This makes the cucumbers absorb the dressing more easily, too.**
- **Add 10-15 black peppercorns in the spice bottle to lock in its freshness.**
- **Five drops of lemon juice in a cup of regular cream when beaten with an electric beater makes the cream fluffy and light.**
- **Cardamom pods (skin) without seeds, instead of being discarded, can be placed in a canister of tea leaves. Every time one uses the tea leaves, it enhances the flavor of the tea and gives it a wonderful aroma.**

- **Before squeezing the juice of a lemon, put it in hot water for some time. Then squeeze it. It yields twice as much juice.**
- **Dried curry leaves (limbado) placed at the bottom of the rice container will ward off insects, etc. from the rice.**
- **To stop the salt from becoming moist, put two of blotting paper (ink paper) at the bottom of the jar before storing the salt.**
- **To keep the water hot in a hot water bottle for a longer time, add a little salt to the water.**
- **Add a pinch of salt to a bottle of fresh milk to keep it for a longer time.**
- **To combat extreme fatigue and tiredness, drink a glass of cold water mixed with 1 teaspoon of sugar.**
- **One teaspoonful of fresh basil juice with honey is also good during the rainy season when people seem to suffer from loss of appetite, fever, cough and colds.**
- **During the winter, 1 teaspoon of a mixture of fresh ginger juice, fresh lemon juice and honey taken in the morning gives warmth, appetite and energy and wards off colds. This mixture can be prepared a head and stored in the refrigerator. (Proportion will be 20 teaspoons ginger juice, 5 teaspoons of lemon juice and 5 teaspoons of honey. Mix all the three ingredients together and store in a glass jar).**
- **Adults or children who complain about loss of appetite and indigestion should be given 21 leaves of fresh basil and 5 black peppercorns to chew. They should not drink water for 15 minutes after that.**
- **If one suffers from less flow of urine, ¼ teaspoon of Bishop's Weed (Ajowan) and ¼ teaspoon of jaggery (gur) mixed together and taken four times a day is effective.**
- **For colic dysentery a glass of buttermilk with one teaspoon of ginger powder taken every day is very effective.**
- **Heat one teaspoonful of fresh lemon juice. When it is lukewarm, pour it straight into your throat without letting it touch your tongue. It is excellent for people suffering from vertigo and dizziness.**

- For any kind of muscular pain or swelling use cold compress.
- This remedy is very effective for soothing burns of any kind. Make a paste of yogurt and chick-pea flour (besan) and apply it on the burnt parts or the body.
- To check an oncoming sneeze, press a finger in the middle of the upper lip. The sneeze will subside.
- Gas in the stomach can be released by lining the navel with a drop of castor oil, then press a good pinch of hing (asafetida) on the navel.
- To counteract excessive body heat, boil about five glasses of water with a tablespoon of fennel seeds (sauf). When it cools, drink this liquid two or three times a day.
- To get quick relief from throat trouble and chest congestion due to a cold, add a few leaves of basil to boiling water and simmer for five minutes. Strain and drink this hot, like tea.
- For a fair and clear complexion, take 2 tablespoons milk, add 1 teaspoon of chick-pea flour (besan) and a pinch of turmeric powder. Make a paste and apply to face and hands instead of soap. Wash off with cold water. It works miracles.
- Before washing your hair, rub a mixture of the juice of 2 lemons mixed with 2 teaspoons of coconut oil in your hair. Then shampoo. Your hair will become soft, shiny and lustrous.
- Top test real saffron, put a few strands of saffron in sulfuric acid. If the color changes from black to red it is genuine. If it changes to green then it is not genuine.

Glossary

Indian equivalents of English Terms:

English

Gujarati

Hindi

Aniseed	Sowa	Valaiti Saunf
Asafoetida	Hing	Hing
Basil	Damaro	Tulsi
Bishop's weed	Ajama	Ajowan
Black cumin	Kalu jiru	Kalunji,
Kalonji		
(Onion seeds)		
Black pepper	kala Mari	Kali Mirch
Capsicums or	Lal Marcha	Lal Mirch
Chillies		
Caraway	Shah Jiru	Shia or Siya Jira
Cardamom	Elachi	Elaichi
Cinnamon	Tuj Dalchini	Dalchini
Cloves	Lavang	Laung
Coriander seeds	Dhan a	Dhania
Coriander leaves	Kothmiri	Dhania
Cumin	Jiru	Jira
Curry Leaf	Limbdo	Curry Patta
Dill	Suwa	Soya
Fennel	Variali	Saunf
Fenugreek	Methi	Methi
Ginger	Adu	Adrak
Mango powder	Amchur	Amchur
Mint	Phudina	Pudina
Mustard	Rai	Rai
Nutmeg	Jaiphal	Jaiphal
Poppyseed	khusKhus	Kaskash
Saffron	Kesar	Zaffran, Kesar
Indian Cassta Lignea	Tamala Patra	Tejpat
Turmeric	Haldar	Haldi
Vanilla	Vanilla	Vanilla

A Guide to Pronouncing Indian Words

The following is a partial; explanation of the pronunciation of Indian words to aid you in using the names in this book.

Vowels: Each vowel is divided into long and short. The long vowels are indicated by a straight line above the letter, as in a, I, u. Words are pronounced evenly without accenting a particular syllable. Vowel sounds are similar to those in Italian.

Vowel	English equivalent
A	up or sum
A	father
I	dim
I	deem
U	tooth
U	moon

r- is considered a semi-vowel. It is spoken slightly rolled, as in the Italian signore.

Some Suggested Menus

Every day Menu

Monday

Split and Shelled Black

Udal Beans

Zucchini and Peas with Coriander

Indian Bread

Spiced Basmati Rice

Fresh Coriander Chutney

Kohlrabi Salad

Tuesday

Spiced Mung Beans

Cauliflower and Potato Vegetable

Spiced Basmati Rice

Mint Chutney

Fried Chapatis

Tomato Raita

Wednesday

Mung, Udad and Chana Dal

Spinach Rice

Cabbage with Yogurt

Sweet Fruit Chutney

Indian Bread

Mixed Vegetable Salad

Thursday

Black-eyed Beans

Spiced Basmati Rice

Vegetables in Yogurt

Fresh Coriander Chutney

Indian Bread

Cucumber-apple Salad

Friday

Split Pigeon Peas No. 1

Spiced Basmati Rice

Fried Okra with Yogurt

Sweet fruit Chutney

Fried Chapati

Crunchy Carrot Salad

Saturday

Five Lentil Mix

Apple Rice

Country Green Beans

Mint Chutney

Indian Puffed Bread

Potato Raita

Sunday

Chana Tuver Dal

Fried Chapati

Spiced Dried Potato

Spiced Basmati Rice

Green Peppers with

Fresh Coriander Chutney

Chick-pea Flour

Spiced Yogurt

Parties and Feasts Menu

No. 1

Masala Lentils

Coconut coriander Raita

Baked Eggplant

Fried Chapati or Steam

Fried Cauliflower

Yellow Split Pea Balls

Simple Halva

Date Sauce

Pita Bread

Spiced Basmati Rice

Lassi

Toasted Papads

No. 2

Mung Beans with Yogurt

Spiced Dried Potatoes

Snow Peas

Saffron Flavored Sweet

Yogurt Dish

Spongy Dal Cake

Fresh Coriander Chutney

Indian Puffed Bread

Vegetable Pullav

Yogurt Soup

No. 3

Split Lentil Dal

Vegetable Koorma

Fried Zucchini

Potato Rolls

Spongy Cheese Balls in Syrup

Mint Chutney

North Indian Bread

Spiced Basmati Rice

Coconut Fizz

No. 4

Mung-Dal Delight

Bananas with Chick-pea flour

Spiced Zucchini with Tomatoes

Deep Fried Filled Pastries

Orange Fudge or coconut Fudge

Mint Chutney

Date Sauce

Indian Puffed Bread

Spiced Basmati Rice

No. 5

Split Pigeon Peas No. 2

Fried Okra with yogurt

Sweet 'N Sour Vegetable

Dal Ball with Yougurt

Chapati Stuffed with Sweet Dal

Cucumber Raita

Apple Rice

Deep fried Papads

Orange Julius

English Equivalents of a few Indian Terms

Amchur	dried mango powder
Atta	whole wheat flour
Badam	Almonds
Bateta	potatoes
Besan	Chick-pea or gram flour
Bharta	pureed vegetable
Bhat	cooked rice
Chapati	flat bread
Chaval	cooked rice
Chhenna	Indian cottage cheese
Chokha	uncooked rice
Dahi	yogurt, curd
Dal	split pulses
Funsi	string beans or green beans
Gajar	carrot
Garam Masala	mixture of spices used for vegetables and dals
Ghee	clarified butter
Gobi	cabbage
Green Masala	mixture of fresh spices used for Vegetables and dals (see notes on ingredients)
Gulab-jal	rose water
Halwo, Halvo	sweet dish
Jal	water
Jambu	milk balls
Kacha kela	unripe banana, plantain
Karela	bitter melon

Kesar	saffron
Khichadi	rice and lentils cooked together
Kismish	raisins, sultana
Kobi	cabbage
Korma	vegetables cooked in yogurt and coconut sauce
Limbu	lime, lemon
Maida	white flour
Makai	corn
Masala	mixture of spices (see note on ingredients)
Milk Masala	Mixture of spices for milk and sweet dishes
Muth	brown colored beans like mung beans
Nan	flat bread of North India
Nimbu	lime, lemon
Paka kela	ripe banana
Panch Puran	mixture of five seed spices (see not on ingredients)
Paneer	Indian cottage cheese
Pani	water
Paratha	flat bread fried in ghee
Phulkobi	cauliflower
Pista	pistachio
Poha	beaten rice, pressed rice
Pullav, pulav	rice cooked in ghee and mixed with Vegetable and spices
Puri	deep-fried puffed bread
Raita	vegetables or fruits in yogurt
Rasgulla	paneer balls cooked in sugar syrup
Rawa	semolina, cream of wheat
Rotli, Roti	flat bread
Sanchal	black salt
Sev	vermicelli made from chick-pea flour (besan) Used as snack and bought from

Indian groceries

Shaak	vegetables
Suji	semolina, cream of wheat
Tarkari	vegetables
Tea Masala	mixture of spices used for Indian Tea

Getting to Know Pramoda Chitrabhanu

Born in Gujarat State into a devout Jain family, Pramoda was brought up from the age of five in Bombay, where she studied in all English-speaking schools. A quiet and serious child, even in her primary school years, she preferred to stay home and sing Jain chants and recite herself Jain Sanskrit stanzas and prayers, instead of socializing in the world. At 13, when many Indian families were arranging marriages for their daughters, Pramoda's family saw her genuine spiritual quest and allowed her to turn down the many proposals which came. As she grew in beauty and accomplishment, for she excelled in singing and playing the sitar, was fluent in English, and received her B. A. in psychology from Jai Hind College Bombay University, more proposals poured in. But always that longing for the spiritual life gave her the foresight and the courage to resist all temptations.

When Pramoda and her parents and sister met Gurudev, they were so moved that in the ensuing years, they never missed any of his talks. Together they went to him to study the meaning and practice of Jain philosophy meditation and ancient mantras. After graduating from college, Pramoda continued to commit herself to the spiritual path and to helping Gurudev with his work at the Divine Knowledge Society. During the seven years in which she was his student in India, a deep and pure love grew between them, but was never uttered or expressed. Their decision to marry in 1971 was not only a fulfillment of a personal vision, but it was also and especially a union for a higher purpose—to share the message of reverence for all life with the universal family of seekers from all parts of the globe. According to Gurudev, two people unite on the planet because “they are already united in the life of the

spirit, as two eyes but one vision, two ears but one sound, two minds but one dream.”

Pramoda has shared in that dream and purpose in numerous ways, which she is glad to share with us; as a committed individual with a deep spiritual quest; as one who practices, lives, and teaches the vegetarian way of life; as one who has learned how to maintain her balance and equanimity through understanding and living the role as Gurudev’s wife and as mother to two young sons; and teacher of Jain chants, shloks, and songs.

Pramoda was lauded in the New York Times By Craig Claiborne who wrote: “Like many other fine cooks, Mrs. Citrabhanu was born in a household where the kitchen was a special place, and her mother was and is a first-rate and enthusiastic cook.... her family has practiced Gujarati cooking for generations... There is no end to her inventiveness.” As an expert in nutrition and vegetarian cooking, Pramoda brings more to her cooking classes than the nutritional balance and delicious results. One gets a real feeling of harmony and well-being. The vibrations of one who lives in reverence and respect for all living beings impart love and health to her meals.

She expresses in her cooking her deep awareness of the purpose of eating. As Gurudev explains, “The foundation of health is in *adrashuddhi*, the purity of food. When you take innocent food, food which is free from the vibrations of violence and bloodshed, a miracle happens in your life. The body, which is a house for the mind, becomes an instrument for healthy-mindedness. According to that pure food, your thoughts will flourish and blossom. That itself gives you a push and takes you in the direction of your deepest quest.”

The positive effect of this conscious choice of food is far-reaching. It becomes a turning point in one’s life. Little by little, you transform all your body cells into health and vigor. In fact, you feel the meaning of the word “vegetarian,” which came from the root word “fight,” meaning vigor! You feel joy in life, for you know that you are not causing pain to your four-footed brothers and sisters or to those who fly and swim either! Mind and body feel cleansed, and work in harmony. The prospects for world peace improve, for

an Gurudev has observed, “Anyone who could not hear to harm an animal would never think to take up arms and shoot his fellow human beings.”

With this understanding in mind, we can see and appreciate the integral part which Pramoda Chitrabhanu contributes to furthering our understanding, in both its practical and spiritual aspects, of the meaningfulness of every moment of our existence.