

Granola (kitchn)	Toast for 20 mins at 220 C, toss once in between at 10 minute mark {rolled oats (1cup), powdered jaggery: coconut oil::1:1 (1/3 cup total), salt, almond, cinnamon}. The granola is damp when it comes out the oven. Let it dry. Mix with raisins.
Pita(4 nos); Keep in a casse-role covered in a cloth.	Make dough{1 cup atta+ 1/4 tsp yeast+2 tbsp yogurt+ salt+ sugar(1/2 tsp)}. 1 st rise for 2 hrs. Make the balls and cover with a damp cloth. 2 nd rise for 30 mins. Roll out the discs and brush one side with water. Place this side on the pan & cook until small bubbles appear. Invert the pan directly on to the fire. Serve with rstd plantain/potatoes. <u>Pita chips</u> : Dough after rise 2+ herbs, roll out discs, cook for 1 min /side, brush oil, cut into small pieces and bake in the oven.
Hummus Inspiredtaste.net	Cook soaked chickpeas or black-eyed peas(1/3 cup dry) with a 1 tsp of oil for 5-6 whistles. Dry roast sesame(1 Tbsp) and grind with sesame oil(1 tsp)+ garlic(1 pod), juice from 1/2 lemon+ olive oil(1 tsp)+ roasted ground cumin(1/4 tsp) and red chilli powder(1/2 tsp) into a fine paste. Skin the chickpeas, add little by little +dahi+ aquafaba to blend into a very fine smooth paste. Drizzle olive oil in the center and sprinkle red chilli powder. Optional add-ins while grinding: fresh peas/avocado/ roasted {red pepper/ brinjal/ red pumpkin/ carrot}. Top with roasted nuts and parsley.
Falafel (for 6 nos) Toriavey	Soak chickpeas/black-eyed peas(1/3 cup) for 8 hours. Drain and grind with garlic(1 pod), salt(1 tsp), besan(1.5tbsp), cumin(2 tsp), coriander powder(1 tsp), black pepper(1/4 tsp),cardamom(pinch). Mix finely chopped onions and 1/4 cup chopped parsley/ coriander and fry it! Optnl: green chilli(1),onions, red chilli(1). Serve with pita, hummus, lettuce, tahini sauce, tomatoes, onions, tabouli salad, roasted eggplant/red pepper, cucumber. Skip onion, make balls, don't squish before frying. Add eno 1/4 tsp for a fluffy taste.
Tortilla	Knead till soft with warm water (1/2 cup){Atta(3/4 cup), maida(1/4cup), baking soda(1/8 tsp), salt, butter (1 tbsp)/ dahi(2tbsp)/spinach puree}. Rest covered for 2 hours. Roll out thin and don't cook till crispy. Fold and keep covered.
Wrap	Spread any hummus on half of a tortilla, Add some veggies {carrots, cucumber, onions, sprouts, green capsicum, avocado, olives, lettuce, spinach/ rocket leaves, roasted cauliflower/sweet potato/red pumpkin/potatoes, zucchini} & wrap. If you are not using hummus but yogurt/lime sauce, white sauce+ranch, assemble the veggies+paneer+sauce.
<p>Rest all the dressings for atleast an hour before using. <u>Tahini</u>: sesame paste 1 tbsp(roasted and ground sesame seeds+olive oil), garlic grated , yogurt (2tbsp), lemon/orange juice,crushed pepper(1tsp), salt. <u>Citrus Drsg</u>: shallots, oil, s&P, vinegar +lemon/orange+basil/ mint/coriander. <u>Bean dip</u>: Cook the beans(white/pinto) and blend them with S& P, onion(r), red chillies, peppers, cumin,garlic+ hot sauce+ lemon zest/ juice. Top with cheese and green onions/coriander/parsley. <u>Chunky Muhammara</u>: Grind coarsely {Roasted red pepper(1)+ cumin + pomegranate syrup(1tbsp)+ sumac +walnut(2 tbsp)+bread crumb(1/3 cup)+ lemon (optnl)+ garlic + salt+olive oil+soaked chillies} top with nuts/mint. <u>Tzatziki</u>- fc{dill cucumber, onion}+ yogurt, lemon, S &P. <u>Mayo</u>: Soak & grind till fluffy {cashews soaked over-night(1/2 cup)/sour-cream+ S&P} +mustard pwr yellow(1/2 tsp) +vinegar(2tsp)+ garlic(grtd). <u>Pico de gallo</u>: FC{tomato, onion, coriander}, chilli pwr/ grn chilli, lime, salt. <u>Salsa</u>: Roasted {tomatillos+green chillies, garlic} +lemon+ parmesan cheese (1/4cup), S& P, onion(fc),coriander. <u>Pesto</u>: Grind basil(1 1/2 cups, tightly packed), garlic (1-2 cloves, optional), pinenuts/walnuts(1/2 cup), salt(1/2 tsp), , black pepper and olive oil (1/4 cup). Optional: 1/4 cup of carrot greens or mint or parsley or coriander, roasted red pepper. <u>Creamy or chunky Guacamole</u>: V.finely cut{onion(1), tomato(1 B), coriander(2 handful), avocado(1), green chillies} and blend with salt, lemon juice, yogurt. <u>Oil dip</u>: Marinate for 6 hrs {garlic, basil/parsley /green onions/ ginger/lemon zest, chilli flakes & salt} in mildly warm olive/sesame oil. <u>Sourcream</u>: Sour cream +{butter+onion+garlic+g-chilli+dill/other veggies/ coriander+salt}. <u>Harissa – MB</u> Soak in hot water for 20 mins {10 dried New Mexico mild/medium spice chiles+ 7 dried hot chiles de arbol}. Dry roast individually and grind { cumin (1 Tbsp) coriander seeds (2tsp),</p>	

caraway seeds(1tsp)} and grind with{ drained chillies, 4 cloves garlic, smoked paprika (1.5 tsp), sea salt (1tsp),lemon juice(2 tbsp),white wine vinegar or ACV(1 tbsp), tomato paste/ chopped sun-dried tomatoes (1tbsp), sugar (1/2 tsp)}. Add 1/4 cup olive oil at the end. Optional: roasted red bell pepper(2). <u>Garlic sauce:</u> Whip in a mixie until thick{grated garlic(2 cloves), butter/ghee(3 tbsp), lemon juice(1 tsp), salt. <u>Chimichurri-Bauer</u> Pulse coarsely{1 cup firmly packed flat-leaf parsley, garlic cloves(3), oregano (2 tsp), vinegar (2 tbsp), olive oil(1/3 cup), salt (1/2 tsp), black pepper, chilli flakes}	
Ranch pwdr	2 tsp each of powder {garlic, onion powder, dried parsley, dried dill}, 1 tsp dried {thyme, chives},S &P, saunf(optnl).
5-spice pwdr	cinnamon, cloves(1), fennel, star anise(1 petal), carom, peppercorns, pinch{dried ginger, nutmeg},pepper flakes
Flatbread	Yeast: First raise the dough for 1 hour {atta(1 cup), yeast(1/4 tsp), salt, yogurt(2 tbsp), water}, add herbs, second rise, make square parathas and grill. For a potato flatbread: Add cooked and mashed potato to the dough, skip water. Non-yeast: mix well {dahi(1/4 cup), sugar, baking soda(1 tsp), soda(1 pinch)}+APF(1 cup), butter+salt. Rest for 2 hrs.
Banh-Mi	Marinate paneer in {oil+soy sauce+lime zest+juice+pepper+garlic} and grill. Pickle {cucumber, carrots, radish, onion, chillies} cut in sticks in rice vinegar, salt, sugar. Assemble in a naan with mayo, siracha and coriander.
Pulled Jackfruit	Roast in the oven at 400 F for 20 mins{thinly sliced raw (jackfruit and onions)+sugar, spices, ketchup, ginger, garlic, mustard pwdr, vinegar, hotsauce}. Assemble in a naan with shreaded {cabbage, carrot, kale}+drained yogurt+S&P.
Pancake(O p: flax, oats seeds, chia, almond meal...)	1 cup Maida/ Atta, Salt - 1/2 tsp, Baking powder – 1/2- 1 tbsp, Milk- 1 cup, brown or white sugar - 1 tbsp and oil/ butter - 1 tbsp. Rest: 30 -60 mins, Cook on Tawa with a lid. Mandatory: Once you start cooking the second side, add butter (else, the pancake will dry out). Sub 1/2 cup buckwheat flour for 1/2 cup atta. Buttermilk pancakes: <u>Use baking soda and buttermilk</u> in the place of baking powder and milk. Make them savoury by adding finely grated veggies, herbs like parsley or thyme into the buttermilk pcake batter and cook as usual. Serve with sriracha!
Salad (self)	Assembling order: Repeat{Cooked chickpeas at the bottom. Cooked quinoa/ bulgar/ grains/ pasta, carrots (grtd), [sautéed onion, capsicum, cabbage, thyme+ sumac], tomato, cucumber (diced), avocado. Drizzle the tahini dressing!}
Papaya sld	Grate raw papaya/ cut pear. Sesame/ groundnut oil+ garlic+sambal olek+ crushed peanuts.Garnish: coriander.Yum!
Pasta red sauce (Top with fresh basil.)	Chunky (ALF): *(Blanch the tomatoes in boiling water, peel the skin, remove the seeds and cut into big pieces). {Olive oil +finely chopped onions + herbs+ tomatoes+ salt + pepper}. Blended version: Grind the blanched tomatoes & onion. Oil+onions(fc)+herbs+bay leaves and nutmeg+ tomato(fc,1) + cook till mushy, ground {tomato+onion}+ tomato paste, boil. Sauce+ pasta & bake for 15 minutes with the bottom element in 200C. Top with cheese and bake for another 5 minutes with the top element. Or simply add the pasta to the sauce and cook on stove.
Alfredo (+ zahtar, optnl)	1) Butter(2tbsp)+APF/atta(2tbsp), garlic+ cook for 1 min. Add 1cup milk (+cream(2 tbsp)) /pasta water gradually and boil on low till it shines ~ 5-8 mins. *[Dried spices+ salt+ 1/2 tsp white/black pepper+2 dashes nutmeg+cheese+nuts.] 2) Soaked cashews creamed with non-diary milk. Mix 2 tbsp of corn starch and boil until thickens+[*]
Pink sauce penne pasta- R Brar	Boiling water+ neutral oil+ Indian penne pasta(any pasta with a hole to retain sauce) cook till soft(not mushy). Don't wash in cold water. Oil+ garlic(2), onions, red chilli powder, finely pureed tomato (3), salt, cook for 5-7 mins. Add pasta, cook for 2 mins+ ketchup, corn, peppers, chilli flakes, oregano, butter and cream, blend well. Top with cheese.

Pasta vegetable sauce	Avocado: Mash avocado(1M) with green-chillies(1), tomatoes(1 L), onion(1 S), coriander, salt, lemon juice/dahi. Cauliflower/Broccoli/Pumpkin: Steam the veggie until it is soft. Blend it with soaked nuts+ seasoned pasta+ cheese. Eggplant+hummus: Roast the eggplant and mix it with hummus. Add to the seasoned pasta at the end. Don't cook.
Maggi pasta (Hebbar)	olive oil, butter, garlic, thinly sliced {onion, green pepper}, cook, finely ground{boiled tomato (2), soaked red chili 1, ketchup 1tsp}, add cooked macaroni, maggi masala, salt. Top with finely ground cashew paste!
Maggi masala (Raks)	Dry fry on low { jeera(1/2 tsp, pepper(10), clove(3), cardamom(1), cinnamon (small piece), bay leaf 1, methi 1/4 tsp, Oman pinch, fennel 1/4 tsp, star anise 1/5} turn off the heat. add on top{coriander powder(1 tsp), garlic powder 1/2 tsp, red chilli powder(1/4 tsp), turmeric (1/4 tsp), amchur(1/4 tsp), hing(1/4 tsp), ginger powder 1/4 tsp, garam masala} and fry in the residual heat. Grind with salt and sugar(1tsp).
Aglio olio	Use only spaghetti noodles. Olive oil+ garlic+ red chilli flakes/fresh red chillies+pepper+ salt+cheese+fresh parsley!
Risotto	Butter+shallots+govind-bhog rice (1 cup), cook in hot broth(4 cups) on low, keep stirring+ salt+ parsley+ parmesan.
No sauce pasta	Blanch &/or sauté veggies (broccoli, cauliflower, peppers, carrots, tomato*) in olive oil. In a small pan on the side, add butter with basil,oregano, thyme, chilli, garlic, b. pepper and salt. Don't burn the herbs! Add pasta,nuts& cheese.
Lasagna	Cook lasagna al dente. Layer (lasagna, red sauce, white sauce with spinach) and repeat 2 times. Top with grated mozzarella cheese. Bake for 30 minutes at 180C.
Baked pasta	Layer {Red sauce+ al dente pasta} 2 times. Bake at 180 C for 20 minutes. Top with cheese and bake for 5 mins.
Enchilada s- Bake using the bottom element first	Sauce: Mix and bring to boil {Maggie sauce/tomato paste(2 tbsp), hot sauce(2 tsp), cinnamon(dash), flour(2 tbsp), cumin(1tsp), garlic powder(1/2tsp), oregano, salt, water, vinegar, olive oil (2 tbsp)}+pepper. Prepare corn tortilla and fill with {soaked and pressure cook pinto beans(1/3 cup), salt them} and {sautéed veggies with herbs,salt and pepper}. Layer: sauce, filled tortilla, sauce and bake for 20 mins. Top with cheese and bake(top element) for 5 mins+coriander.
Home-made mozerella (Raji mami, Thyagaraj an sir)	Boil milk(1 cup) until you can count to 10 when you dip your finger, turn off and add vinegar(1 tsp), collect the cheese curds, keep pressing it and turning inside the liquid. Do it a few times with a spatula until it starts to come together. Remove the cheese. Add a tsp of salt to the whey and put the cheese back into the whey. Give five minutes for it to absorb the salt. Knead until it becomes stretchy for 2-3 minutes. Don't over kneed, it will become hard. Dunk it cold water and store in an airtight container.
Soft cheeses	1. Sour cream: Add dahi to warmed amul cream. Let it set. 2. Drain thick yogurt and use it as a spread! 3. Mascarpone: Bring cream to a boil, add lemon juice & stir. Filter and refeedrate. 4. Cream cheese: Make paneer and then blend.
Vegan cheese	Soak cashew (20) soaked overnight. Blend with cooked carrot (for yellow color), tapioca starch (3 tbsp) and salt. Add 1 cup of water with the mixture and cook well until it starts to get thick. Use similar to cheeses!
Pizza	First rise for 2 hours {Flour, 1/4 tsp yeast, salt, olive oil} and second rise for a day in the fridge. Sprinkle rava and then spread the dough. Let it rise for 30 mins and cool to room temp. Poke holes with a fork on the risen dough before baking at 220C for 10 mins(lower element only), then add base sauce and cook for 5 minutes, later add toppings and bake for another 10 minutes(both

	elements). {Pineapple, jalapeno, tomato}, {onion, tomato, olives, pepper, basil, rocket leaves}, marinate in hungcurd{paneer, onion, red/green peppers, r.chilli, chaat masala, gmasala, aamchur, haldi, ging-gar, kasuri methi, coriander powder+leaves, b. pepper, salt, lime juice},{broccoli,carrot, spring onions, olives, dill mayo spread}; base sauce: {sriracha, ketchup, chilli sauce}, red/pesto sauce, hummus, fc {tomato, chilli}.
Pan pizza	Make a soft dough{maida(1/2 cup), atta(1/2 cup) and rava(2 tbsp), yeast(1/2 tsp), vinegar(dash),salt, warm water (1/2 cup)} and let it rise for two hours. After the first rise, add milk powder (2tbsp, optnl) and refrigerate(optnl). Add spices(red chilli powder, oregano, thyme, basil, etc.) and knead the dough well. Make 4 balls of equal size, dust and cover it with a cloth and allow it to raise for 20 mins. Base-sauce options:fc tomato cooked with chillies+ siracha +ketchup, hummus, pesto sauce etc. Roll the rotis out, fold and make a paratha(not too thin). Cook on the first side, put oil around the paratha and press the edges; wait until you see bubbles. Make sure that the edges are light brown, then flip, poke holes evenly with a fork on the cooked side and spread the sauce. Spread the sauce/ mashed beans, add cheese pieces, sauces, sundried tomato, pre-roasted pepper, onions, olives and what not. Press the veggies into the pizza using a flat bottomed vessel or a potato crusher. Cook covered until the bottom side is crispy. Serve hot.
Tofu scramble(RE)	Squeeze the tofu and let the water drain fully. Steam broccoli until crunchy. Oil/ghee + onion +grated garlic +haldi+ chilli powder +thyme +carrot +grated ginger and fry. Add tofu & sauté+curry powder+broccoli+salt+coriander leaves.
Indonesian peanut saute (reverse engineered noodles and co.)	Sauce: Soy sauce(2tbsp), vinegar(1 tbsp), hot sauce(sambal olek- 1 tbsp), honey/syrup(1 tsp), garlic, ginger grated, peanut powder (3 tbsp). Mix and let the ingredients sit for an hour or more before using. Tofu: Pat dry and slice the tofu into long 2" pieces. Shallow fry them on the tawa until they are brown. Noodles: Cook the noodles as per instructions. Steam broccoli using the same water. Oil+ chilli flakes+ black sesame seeds(1 tsp)+ cut veggie (onion, carrot sticks, green pepper/red pepper long slices, broccoli boiled) and sauté. Add the sauces after the veggies are cooked+ tofu and noodles. Garnish with coriander leaves+ moong sprouts. Serve with a slice of lemon on the side.
Hakka noodles	Soak{chopped chillies in vinegar and fresh ground pepper}. Noodles: Boil water vigorously and dunk the noodles for 2-3 mins, rinse in cold water and apply oil. Sesame(coat the pan)+ 5-spice pinch +ging- gar, spring onion(w), same size sticks(beans, cabbage, carrot). Once the veggies become crunchy, add vinegar, green onion and noodles and fry.
Hand-made noodles	Knead {Chiroti rava/ semolina flour (1/2 cup) + APF(1 /2 cup), oil(2 tbsp), dahi(1/4 cup,optnl) and salt}, rest for 1 hr. Dust generously and roll the dough very thin, cut it into strips and pull. Add it to boiling water (doubles in thickness when you boil) and cook for 3-4mins. Don't cook immediately after rolling (clumpy) or much later (dry). Wash in cold water. Assemble: {Noodles+boiled cabbage, garlic+soy+vinegar sauces+red chilli powder} and pour boiling oil on it!
Smokey noodles	Once sesame oil (2 tbsp) starts to smoke, turn off and add{Chinese chili flakes (1 tsp), Chinese Five Spice powder (1/2 tsp), white sesame seeds (1tap), crushed ginger(1"), garlic (1)}, mix well, add the noodles, top with green onion and enjoy.
Gazpacho ☺ Alessandra	Chop coarsely{ tomatoes(5), cucumber(1S), bell pepper(1S), onion(1 S), garlic(1c), green-chilli(1)}. Take half and let the water drain. Soak one bread slice in this water. Blend coarsely with olive oil (1 tbsp)+ basil+ vinegar(2 tsp).
Mulligatawny soup (self)	Soak masoor dal(1/2 cup) + moong dal(2 tbsp) for 3-4 hours. Ghee+ jeera +carrot(diced)+beans+ celery(2 tbsps) or fennel(1/2tsp, don't add too much, becomes overpowering)+tomato(diced)+dried thyme +black pepper + rasam powder + salt +soaked dal. Pressure cook for 3 whistles and garnish with coriander leaves. Op: Add half an apple:D

Minestrone soup	Butter(4 tbsp)+onion(1)+garlic(1)+parsley+celery or fennel(1/2 tsp)+ finely diced{carrots(2), cabbage(1/4 S)}, tomato paste (1 tbsp), blanched tomatoes(3), boiled potatoes(2), veggie broth, white beans, salt, parmesan+ elbow mac.
Squash soup	Pressure cook pre-soaked pinto beans(1/4 cup) and butternut /delicate squash separately. Olive oil+ginger+garlic+ red onion pieces+ cashews/ peanut powder. Blend with the cooked squash. Add 1 tsp of rasam powder, pepper and salt. Bring to boil on low heat. Optional: add roasted coconut powder or lemon pepper.
Cream soups	Roast red pepper/ blanch tomato, remove the skin/ steam cauliflower/ broccoli. Grind until smooth+salt. Butter+ finely chopped onions+ garlic+ fry till onions are translucent (not brown)+ cream, mix well, boil for one minute+ ground paste, mix and turn off. Don't boil for a long time after adding cream because the cream can split.
Tomato soup	Prep: {Blanch and puree 4 ripe red tomatoes}, mix corn flour(1 tsp)+ water(2 tsp) and toast 2 bread slices crispy. Butter(2 tbsp), bay leaf(1), garlic(2 crushed),onion, tomato puree, pepper, salt and bring to boil. Add corn flour slurry, cream, sugar(1/2 tsp). Top with cut bread pieces and dot with cream before serving!
Clear soup	Pressure cook finely chopped{cabbage, carrot, beans} with butter. Once cooked add more water and bring to boil. Now add pepper(1 tsp), 1/8 th tsp fennel powder and salt. Garnish with spring onions and serve hot.
Hot and sour soup	On high heat, Oil(1 tbsp)+ onions+ginger-garlic paste+crushed celery/saunf+ finely chop{carrot, diagonally slit beans, cabbage, onions}, cook+ stock (2 cups)+ corn flour slurry(3 tsp flour), soy sauce(1 tbsp)+ S&P+vinegar(1tsp).
Creamy corn soup	Boil & separate the sweet corn kernels(1) and blend 3/4 of them smoothly with 1/2 green chilli. Butter(1tbsp)+spring onions+crushed saunf/celery, blended corn, milk+water (1.5 cups), boil, corn flour slurry(2tsp)+corn kernels,S&P.
Pea soup	Boil peas (1/4), carrot (1/3 big) in water until soft. Blend with a little bit of rice flour (2 tbsp). Butter (don't burn), onion, thyme, ginger(1 inch, generous), garlic(2 cloves), ground mixture, 2 cups of water. Bring to a boil. Add salt and pepper.
Curry paste base: roast till fragrant{ coriander seeds(1/2 tsp), cumin(1/2 tsp), whole white/ black pepper(2 tsp)} and grind with lemon grass(2 tbsp, soft part of the stalk), kefir lime leaves(5), thai basil(1/4 cup), galangal(2 inches, skin removed), garlic(2)}. Veggies that taste great in thai curries: eggplant, peppers(red, yellow, green, orange), bamboo shoots, zucchini, carrots.	
Thai red curry	Grind red chillies(2, soaked), red pepper(1, deseeded) with the curry paste. Coconut oil+shallots, green onions, other veggies, tomato ketchup/tomato paste, curry paste, coconut milk(from 1/2L), salt, sugar, top with soy sauce, vinegar, basil leaves(handful, torn), kefir lime leaves(3, torn), grilled tofu/paneer , simmer +coriander leaves+ lime juice/zest.
Thai green C	Grind green chillies(3) with the curry paste. Skip the tomato ketchup/paste in the thai red curry recipe.
Panang curry	Grind red chillies(2, soaked), coriander stalk(handful), turmeric(1/8 tsp). Follow the thai green curry recipe, except before adding the grilled tofu, add a tbsp of peanut butter. Add fried potatoes to this recipe! Yum! Thai hut,Evanston!
Fried rice – Soumya, NU ☺	On high, oil(2 tsp)+ 5 spice pinch+ ginger-garlic+ lots of scallions+ v.finely chopped{carrot, beans, cabbage} saute, salt (2 pinches), soy sauce and green chilli sauce. Mix the rice in and add freshly crushed pepper. If you have pineapples/ basil, add at the very end and add red chilli sauce along with soy sauce. Yum!
Cauliflower	Preethi: Blanch cauliflower in water+salt. Add cold water to stop cooking. Dip them in the batter{Maida(3/4 cup)+corn flour(1/4 cup), ginger garlic paste(1 tsp)+ red chilli powder(1/2

Manchurian/Chilli Paneer/ fried potatoes slices!	tsp)+salt(1/4 tsp)} and fry. Oil/ghee(1 tbsp)+ginger(1")-garlic(1)- green chillies(1)+ onions+ spring onions+ capsicum+ tomato sauce(2 tbsp)+ chilli sauce(1 tbsp)+ soy sauce(2 tsp)+ vinegar(1tsp)+corn flour(1 tsp) slurry+ pepper(1/2 tsp)+ salt(1/4 tsp)+ fried gobi. Garnish with green spring onions and coriander. Skip the blanching, but follow rest of the recipe for fried potatoes sticks. For chilli paneer, add equal {maida and corn flour} and chilli powder, dip paneer and fry it ghee, poke holes in the paneer before adding to the gravy. Add beetroot, red/green capsicum. Sub fried paneer with fried potato slices.
Scallion pancakes (Maine ☺)	Make the dough with warm water {atta: maida:3:1, salt & oil}, rest for 30 mins. Make rotis and spread oil +lots of green part of spring onions+ Chinese 5- spice mix. Roll tight, spiral around like you make laccha parathas. Make parathas and cook till crispy on a tawa. Serve with siracha+ soy sauce. Yum!
Quesadilla	Cook tortillas for 20 s on each side. Cook{one tortilla, beans, cheese, hot sauce and one more tortilla}. Serve with guacamole and fajita{olive oil, seasoning, onion, peppers and oven roasted long peppers like pablano}.
Salsa (heat-fat-acid-salt)	Broil{Tomatillo,chillies and garlic and grind. Garnish with salt and finely chopped onion}, cut {radish, cilantro, green pepper} +lemon+salt,cut finely{onions, tomatoes}+red chilli powder+salt, roasted {big peppers, onion, tomato, chillies}, Add diced or grated raw mango when in season. Yum!
Mexican rice	Oil+ scallions+ cooked long rice+ cilantro (1/4 cup)+ lime juice+salt. Optionally add cooked black beans and corn.
Oven-roasted potatoes	Boil the potatoes in hot water for 5 mins. Skin has to be intact. Don't overcook. Olive oil+ grated garlic+ parsley/ rosemary +potato wedges. Bake at 200C for 15 mins.
Tacos	Make small corn tortillas, cook on tawa for 10 secs and toast in a toaster. Viola! You have folded crunchy tacos! Fill with beans, salsa, fajita and cheese!
Broccoli/eggplant in garlic sauce	Sauce: Mix and set aside for 10 mins{Hot sauce and soy sauce, vinegar, corn flour (2 tsp), honey, salt, grated ginger and garlic}. Cook/ steam broccoli in hot water until bright green. If using eggplants, cut it in big chunks & fry it in oil. Sesame oil+ gin-gar+ 5 spice pinch+onions+fry, sauce. Top with green onions+broccoli. Serve with govind bhog rice.
Bibimbop (Lopamami, Battu, Ahmedabad)	Steamed eggplant: purple chinese eggplant, steam for 5 mins. Shred with hand, chopped garlic, green onion, 1 1/3 soy sauce, chilli pwd, sesame oil. Top crushed sesame. Spiced cucumber: cut in half circles. Salt it & leave, squeeze and saute in oil. Top with garlic and sesame oil. Spinach: blanch, cool, cut. Crushed garlic, spring onion, salt, sesame oil, crushed sesame seeds. Sprouts: blanch and cool. O-g-ss Carrots : cut in sticks, saute in oil. Salt + garlic. Braided tofu: fry tofu. For sauce: soy sauce, salt, sugar, chilli powder , 1/2 cup water, chopped onion, spring onion, o-g-ss Gochujang sauce: 2 tsp gochujang, 1 tsp soy sauce, 1 tsp sesame oil, 1/2 tsp vinegar, 1 tsp garlic, 1/2 tsp sesame seeds, 1/2 tsp sugar. Kimchi instant: 1/4 cup sea salt, 2 cup cold water, 2 1/2 tsp napa cabbage, 5 cloves garlic, 3 green onion, 4 tbsp gochujang sauce, 2 tsp fishsauce/soy sauce, 2 tsp apricot preserve, 2 tsp toasted carrot, sesame seeds, Cucumber kimchi: 3 cucumbers, 1 red chillis,1/2 c garlic chives, 1 clove garlic, 1 tbsp gochuchange 1 tsp soy sauce, 1 tbsp white vinegar, 2 tsp sugar.