Phulki - Knead the dough <u>until smooth by adding water little by little (~5 mins)</u> {atta(1 cup), salt(1/8 tsp), warm water(<0.5 cups)}. Don't use hot water for kneading! Oil and rest for 15 mins in an airtight container (Don't let the dough dry-out). Make crease-less balls. Roll evenly with thin edges (looking at the edges when you roll, helps get thin edges) Toast for only 10 seconds on the first side and flip. Once you see small bubbles, then cook on high flame directly. Once it puffs up, move it to a casserole, apply ghee and keep it covered inside a hand kerchief. Phulki puffs up because of the moisture in the dough. Too much atta while rolling/ dry dough will not make the rotis puff up. Adding ghee while making the dough makes softer rotis. For veggie flavoured dough: For 1 cup dough, finely grind only ¼ cup of chopped {tomato/ banana/ blanched greens/ lauki/capsicum(toasted) /cooked potato, jeera (1 pinch), red chilli powder(2 pinches} and mix into the dough.  To get max stretch in any dough made with maida, rest for 1 hour after kneading and for 10 minutes after	
	balls. Don't add too much salt in the dough!
Tawa roti (roti with spots)	Knead for 10 minutes {atta(1 cup), salt(1/8 tsp), oil(2 tsp), water}. Rest for 2-3 hours. Don't roll the roti too thin. Cook on a hot tawa, flip the roti immediately after it starts puffing on the first side. Apply butter/ghee mixed with water! Helps the rotis stay soft.
Naan	Make a tight dough {Atta(3/4 cup), maida(1/4 cup), sugar(1/2 tsp), salt(pinch), yeast(1/4 tsp)}. After the first raise (2 hours), add milk powder or mawa (2 tbsp, a must while using atta!) and kneed well. Rest covered for 20 mins after dividing into balls. Flatten, sprinkle with fc coriander lvs, garlic, sesame/ kalounji and cook the naan on a hot tawa.
Parotta –	Knead {maida: atta: :2:1(1.5 cups), salt 1/4 tsp, oil/butter(1 tbsp), water}. Mix 2 tbsp of oil or
Chandra	ghee or butter with rice flour until it mixes well. Roll the dough out and apply the mixture
dodamma	and fold it in three and apply more and roll. For masala parotta, add kmethi, ajwai to the
	dough. Sprinkle {1/4 tsp turmeric, ½ tsp chilli,1 tsp cumin, ½ tsp garam masala, 1 tsp
	amchur and salt},top with kalonji; use the pleat-method. Slather with oil/ghee/ butter.
Kulcha/	Atta(0.5 cup), maida(1 cup), soda(1/8 tsp), baking powder(3/4 tsp), dahi(2 tbsp), oil(2 tbsp),
<i>'</i>	
/romali	warm water to kneed. Rest for 5-6 hours. Stuff with spiced aloo/paneer; top with fc coriander
roti(stretch	leaves, sesame seeds. Add a this of rava to this dough, fry in oil to make bhatura! Skip dahi,
it)	soda and b powder, kneed with warm milk only for <b>romali</b> roti.
Bhatura	Ferment for 8- 10 hours {1 cup maida with 1 cup sweet dahi+baking powder (1/2 tsp), soda(1
(long) DA	pinch) and sugar(1/2 tsp)} + 2 cups of atta, salt, ghee/butter and warm water; knead till
	smooth and rest for 2 hours. Fry in the oil.
Tandoori	Kneed to make a smooth dough{Atta(1 cup), mix with oil{soda(1 pinch), baking powder(2
roti	pinches)}, salt, sugar and buttermilk (4 tbsp).} Roll out, brush with water on the side that
DA	goes on the tawa. Once you see a few bubbles, with the roti is still sticking to the tawa,z flip
	the tawa and cook directly over the flame. Drizzle some fresh butter. Yum!
Jowar/	Add boiling water(1 cup) to jowar/bajra/makkhi/rice(1.25 cups) +salt. Knead the dough for
Bajra/	10 minutes until it is soft. Make rotis using hand and a plate. Cook on a hot tawa, covered on
Makki/rice	the first side and open on the second.
roti	the first side and open on the second.
Missi roti	Make a tight dough{Besan: wheat + APF:: 1:1 or 1:2, corn flour(2 tbsp, optnl), baking
1011 1061	powder(1/2 tsp), haldi(1/4 tsp), red chilli powder(1/2 tsp), salt(1tsp), oil, kasuri methi(2 tsp)
4	
	or methi fresh, carom seeds(1/2 tsp), ginger(1/2 inch, grated), green chilli(1 fc)}. Dry roast
	and grind in mortal pestle (coriander seeds (1 tbsp), cumin (1 tsp)) and mix with onion (1, fc),
	coriander(fc). Make small balls, dip into the mixture & roll outs. Cook on both sides & top
	with ghee.
	Slit big green chillies and remove the seeds. Stuff with {ajwain, turmeric, aamchur,salt, oil} and
pan fry it. Serve with rotis! (Taught by a 12 year old in one of our train rides)	
Tortilla for wrap: {atta:maida:3:1 (1 cup, T),roasted green chillies(2), turmeric pwdr(pinch),salt, baking	
pwdr(0.5 tsp), oil(2tbsp)}	

Cook parathathe the same.	Cook parathas on low flame and brown evenly, pressing the edges. The size of the dough and filling must be the same.	
Aloo	Dough{wheat(1 cup)+besan(1 tbsp, optnl), ghee+ajwain+ salt}, rest for 1 hour. Stuffing:	
paratha	{cooked aloo+ coriander leaves, green chillies, MDH rajma masala powder +salt} or {cooked	
	aloo+ coriander leaves, green chillies, grated ginger, garam masala, chaat masala, dhania	
	powder, chilli powder, fenugreek leaves+salt}.	
Mooli	Oil+jeera+green chillies+hing+grated mooli (with water squeezed out), turmeric, red chilli,	
paratha	garam masala, chaat masala/amchur, salt and coriander leaves. Cook until it leaves the sides	
paratra	of the kadai and stuff the paratha.	
PoP	Stuff with{grated paneer +fc {onion+grnchilli, coriander}+salt+ garam+chaat masala,	
101	coriander pwdr, b.pepper	
Gobi	Oil+ jeera, green chillies, very finely grated gobi, red chilli powder, garam masala, pav bhaji	
	masala(pinch), besan and coriander leavs. Cook until it leaves the sides of the pan. Add salt	
paratha	only after it cools.	
Chole	Cook chole with ginger and garlic, drain water and grind in burr mode with salt, chilli	
paratha	powder, chaat masala, garam masala/chole masala. Stuff the paratha and cook till crisp.	
Palak	Enjoy with tomato and mint chutney! Yum!	
	Sauté/blanch the palak & grind with ginger, garlic, green chillies, ajwain, jeera, garam	
paratha –	masala(pinch), 0.5 tsp dhania pwdr. Make a tight dough with atta and make parathas or	
Varada Bal	pooris(Add whole jeera+ ajwain at the end, don't grind)	
Batua	Make dough{atta(1 cup), batua(chopped finely and wilted), cooked and mashed potato(1),	
paratha	hing, ajwain, green chillies, grated ginger, hing, sambar powder(op), jeera pwdr, and salt}.	
3.5	Cook parathas with butter/ ghee.	
Masala	Atta (2 cups)+1/4 tsp(red chilli powder+garam masala+amchur powder+cumin+ajwain+b	
parata	pepper+haldi)+ oil+salt	
	Jayashree manni: soak for an hour and grind fine{ almond (10), peanuts (10), jeera and red chilli}, mix with atta and make a regular parathas.	
Thepla	Make a tight dough {methi(sautéed)/ lauki(after peeling, grate only the outer hard part)/	
- T	sweet potato(cooked)/ grtd pumpkin/radish/grated- cooked cabbage/ aloo(cooked)(1.5 cups)	
	+ atta(1.5cup), besan(1/4 cup, for methi), grated {ginger, garlic (optional), grn chillies},	
	ajwain, salt, oil, turmeric, red chilli pwrd, hing, coriander leaves(optnl)+ dahi(5 }. Nayana	
	mami add sesame seeds and skips besan and dahi.	
Matar luchi	Grind{green peas fresh(1 cup), green chillies(1-2), ginger(1/2")}. Oil+jeera+cardamom	
	powder +ground mixture + besan(1 tbsp)+hing+red chilli powder(1/2 tsp), cook on low,	
M	constantly stirring, until dry+ garam masala +salt; make balls. Make a poori dough with 1	
	cup atta and 1 cup maida with ghee(2 tbsp)+salt. Don't undercook/over-stuff!	
Urad /	For stuffing above: Soak for 30 mins, fry in oil till dry, ground {urad dal(1/2 cup), dhania(1/2	
Moong dal	tsp), red chilli (2), jeera salt, hing} <b>or</b> {Moong dal (1/2 cup),haldi,sonth(1 pinch),fennel	
kachori	pwdr(2 pinches), amchur, dhania, red chilli, jeera}. You can also fry the dals until pick,	
Racifori	powder and add with the spices and stuff the kachoris! Yum either way!	
Punjabi	Soak chickpeas(1/2 cup) for 8-10 hours and rinse a couple of times. Pressure cook with tea	
chole (for	powder(1/4 tsp) and a pinch of soda for 8-10 whistles. Drain and rinse again after cooking to	
2)- Sonya,	get rid of all the tea particles.Oil+ghee+bay- leaves, cardamom, badi elaichi, cloves,	
NU ©	cinnamon, jeera, onion(1), ginger(1")-garlic(2cloves)-green chilli(2) paste, tomato(2, ground),	
(Don't use	cook until the oil is released. Add besan(1 tbsp), chole masala(1 tbsp), jeera powder(1/2 tsp),	
dhania	red chilli powder(1/4 tsp), black pepper(1/4 tsp)+water and cook for 5 mins. Add the chole,	
powder 'coz	salt, 2 cups of water, red chilli powder(1/4 tsp) and simmer for 10 mins. Add garam	
it changes	masala(1/4 tsp), kasuri methi, coriander leaves and chaat masala(optional). Top with	
the flavor	julienned ginger lightly toasted in ghee. Serve with raw onions, cucumbers & lemon.	
profile!)	Junelinea Singer rightly tousted in Since. Berve with raw officies, edeuliners & fellioff.	
promery		

Chole	Soak chole overnight and cook tejpatta, black elaichi, cinnamon stick, oil, salt, and cook for
(Sunita	6-7 whistles. Optional add masala chai potli and pressure cook.
mumma)	Boil tomato and onion, puree with garlic and ginger.
	Oil+ jeera+ puree+ masala (haldi, mdh chole masala, kashmiri mirch powder), cook until
	cooked, cooked chole, kasuri methi.
Peas kurma	Fry{onion(1), ging-gar, tomato(1)} grind with cashews(5) and curd(2 tbsp). Oil+cumin
– Aditi	seeds+onion+ ground masala +chilli pwdr+ haldi, garam msla pwdr+ sambar pwdr(optnl)+
Wagh,Kc	cooked peas+salt simmer for 10 mins + coriander lvs.
Thakkali	Grind {coconut(¼ cup), fried gram (1tbsp)dal,green chillies 3 and fennel(¼ tsp)}. Oil+
kurma-	cinnamon+clove+ onion(2, fc) +tomato(2,fc)+ sambar powder+ turmeric+ cook, add ground
Raks	masala+water and bring to boil.
Kurma	Amma1:Grind{Coconut(1/2 cup), ginger, garlic, green chilli, cinnamon(1/4"), clove (1),
(veggie/	fennel(½ tsp), pottukadalai(1 tbsp), cashews (10, op), roasted and soaked poppy and sesame
chole) A1,	seeds, coriander leaves(op))} oil+ tej patta, jeera, onion + tomato+ turmeric(pinch),
Jayaraman M	coriander powder(1/2 tsp), ground masala, add water and bring to boil +Steamed
IVI	veggies(potato,carrot,beans, peas, chow-chow, ridge guard), water, bring to boil. Jayaraman mama adds jeera(1 tsp), cloves(1), cardamom(1), fennel, cashews, skips pottukadalai, while
	grinding and adds lemon juice before serving.
Soya	Ground paste is the same as above. Pressure cook soya chunks (3/4 cup) +salt for 2 whistles
chunks	and squeeze the water out. Oil/ghee+ cinnamon, bayleaf, clove, cardamom, curry leaves,
kurma –	onion, turmeric, veggies(potato, carrot, beans) and cook. Add finely chopped tomato(2),
Raks.	garam masala, red chilli powder, cook for 5 mins. Add ground masala, transfer to the
(Bondi	pressure cooker with the soya for 2 whistles or cook closed. Use the same masala and instead
kurma)	of soy chunks, add bondi/farsan to make a boondi/sev kurma. SWM! © Garnish with
1101111101)	coriander.
Sev tamatar	Oil+ mustard+jeera+ hing+ ginger-green chilli+ haldi+ finely chopped tomatoes(2)+
shaak- SMP	coriander powder(1/2 tsp), cumin powder(1/4 tsp), red chilli powder(1/4 tsp), add water, salt
	and sugar and boil. Topwith sev and coriander!
Saravana	Soak and grind{Coconut(1/4L), cashew(5), toasted poppy seeds(1 tsp)(don't brown}, Steam
bhavan	the veggies(potato, carrots, chow-chow, beans, peas). Oil+bayleaf, cinnamon, cloves,
kurma	cardamom, green chilli, onion, ginger- garlic paste, tomatoes(2)+veggies+haldi, coriander
(Kannama	powder, red chilli powder, salt. Add the ground masala paste, beaten curd, garam masala
cooks)	powder, on low heat simmer for 2 mins. Turn off the gas. Top with boiled milk and coriander
	leaves.
Rajma	Soak overnight and cook rajma for 7-8 whistles with {grind{onion(1), tomato(3), ginger,
(Dassana)	garlic, green chillies}, turmeric powder, red chilli powder, jeera, garam masala(1 tsp), dry
D 1	mango powder and butter}. Add salt and garnish with raw onions(fc)and coriander leaves.
Dal	Wash well and soak for dals for 8 hrs. Cook black whole urad dhal:rajma:channa:::3:2:1 with
Makhani	ginger, garlic, g-chillies. Tadka: ghee+cumin, garlic, hing(3 shakes), fenugreek(0.5tsp),
(Taj recipe)	pureed tomatoes(3 big), cooked dhals and bring to boil. Finish with butter(1 tbsp), ghee, chilli
IZ1 1:/11-:	powder, garam masala and kasuri methi. Yum! Garnish with fresh cream.
Khadi(lauki	Bring to boil on low{whisked sour curd(1 cup) with besan(3 tbsp), salt}+green chillies(1). oil+
/onion	mustard(1 tsp), cumin (1/2 tsp), methi (1/4 tsp), hing, curry levs and 2 dried red chilli. Turn
pakoda) Sarson ka	off+ haldi, chilli powder ¼ tsp)+coriander lvs. Wash all the greens{sarson(1b), methi(1/4b), palak(1b), batua(1/4b)} and pressure cook with
	tomato(2), onions, radish, ginger(1") and garlic(4c). Once it cools down, run it in a blender
saag	and blend well. Boil for 30-40 mins. Tadka: Oil/ghee, onion, ginger, green chilli and pour
	into the greens. Serve with makki roti.
*Wash and so	oak the dals atleast for half an hour before cooking. * Mash the dal really well! * Let the dal
	the tadka for 5-10 minutes.*Always garnish with fc dhania leaves! * Kunal Kapur: <b>Tadka</b> 1:

ghee+jeera+red chillies(whole)+garlic(1 C, optnl)+hing. <b>Tadka2:</b> Ghee+ mustard+red chilliwhole+ jeera+ methi+hing +curry leaves+peanut, tomato, haldi, red chilli powder, tamarind water,jaggery. <b>Tadka3:</b> Ghee+mustard+red chilli whole+ jeera+hing +curry leaves+ garlic, onion(1/2)+turmeric, redchilli pow -der+tomato+ salt + pinch of garam masala. <b>Tadka 4:</b> Ghee+jeera+onion+garlic+ ginger (op) +green chillies +tomato+rchilli pwdr+salt. Tadka 5: Ghee+mustard+jeera+cardamom+clove+cinnamon+tomato+hing * <b>Charcoal dhungar</b> : Heat ghee in a cup, just when it starts to smoke, turn off the gas, add a piece of charcoal and immediately place the cup inside the dal container & close for 10 mins. The dal should not seep into the cup! Do it as the last step!	
Arhar Dal	1) Pressure cook {arhar dal+masoor dal (1/2 cup), green chillies(2),grated ginger, hing,
(Add palak	tomatoes(2) and onion(1)} for 5-6 whistles. Add kasuri methi, red chilli powder, garam
to make	masala, amchur(optnl), salt and simmer ~5 mins. Tadka1+ charcoal dhungar! Garnish with
palak dal)	coriander leaves. Add atta to leftover dal and make dal paratha! 2) Pressure cool arhar dal
parak dary	with haldi and hing. Tadka1. Mash the dal and simmer on low for 5 minutes.
Capsicum	Pressure cook for 4 whistles capsicum(fc) with green chillie (fc,1) along with soaked dal.
dal	
	Tadka 1. Bring to boil.
Methi dal –	Pressure cook {toor dal(1/3 cup)+ chopped methi(1.5 cup)+turmeric+hing } for 4-5 whistles.
Varada Bal	add jaggery+salt <mark>+lal mirch powder and simmer for 10 minutes</mark> .Tadka1. Deadly methi dal! So
<u> </u>	yum!
Mixed dal	1. Masoor:Moong:toor::1:2:3. Pressure cook with a pinch of salt, haldi, green chillies and
	ginger chopped. *Tadka
	2. Pressure cook soaked{ Moth beans/urad dal :channa dal:: 2:1}+salt. Oil+ bay leaves, Tadka
	4, haldi,dhania.
Moong dal	Pressure cook moong dal(1/3 cup) with turmeric for 2 whistles. Tadka with ghee, jeera, green
	chillies, hing. Lemon juice( from 1 lemon)+coriander leaves+salt. Make whole green moong
	with aloo chunks and tomato.
Matki	Soak Matki dal(1/4 cup) for 2 hours and pressure cook with tomato(1), onion(1), pinch of
masoor	garam masala and turmeric. Add red chilli powder, salt and bring to boil+ coriander leaves.
	Ghee+jeera+ hing+garlic and ginger.
Channa dal	Pressure cook channa dal (soaked for 2 hours) with turmeric for 3 whistles. Oil+ mustard
(Archana's	+cumin seeds, once seeds crackle+ red chilies +cloves+ bay leaf, cinnamon, green
Kn)	chilies+grated ginger+dry coconut+dal+salt.
Lobia	Soak for 6 hrs and pressure cook lobia with potatoes. Oil+ jeera+ onion+puree{ tomato(2),
(karam <mark>ani</mark> )	ginger, green chili, garlic, pottukadalai, coconut}, arishina, red chilli powder, dhania powder
dal	or sambar powder, garam masala powder, cook till leaves the pan. Add black-eyed peas and
(Sir <mark>is</mark> ha)	mash a bit+ salt+ coriander garnish.
Butter dal	soak, pressure cookand mash { masoor dal+ urad dal+ moong dal+ green chilli+ hing+
(Raks)	ginger, turmeric} ghee+ jeera+ fennel+ tomatoes+ red chilli powder+ dhania powder+garam
(=====)	masala powder and cook. Add dal, kasuri methi, salt, simmer. Garnish with butter and
	coriander leaves
Aam	Cut the raw mango and pressure cook with toor dal:moondal::2:1 with enough water and red
dal(raks)	chilli powder, green chilli, turmeric. Once it cooks, add jaggery and salt. Tadka:
dui(Tuks)	Oil+mustard+cumin+hing+ garlic+curry leaves.
Khichdi	Soak {rice(1/2 cup)+moong dal(1/2 cup)} for 1 hour. Ghee+ oil+jeera+bay
(cinnamon,	leaf++hing+onion+green chillies +gin-gar paste+curry leaves+turmeric
_ ·	powder+dal+rice+fry+veggies{potatoes(1)}tomato(1)+ pepper(1 tsp)+ water (3.5 C).
optnl)	
	Pressure cook on low flame for 30 mins. Oil+5 puran, red chilli(1)+tomato(3)+raisin, dates,
*Cools long as	amchur, ginger(1")+salt.
	rain rice(1cup) in 2 cups of warm water for 30 mins * After you add the veggies, stir -fry the
Soakeu Hice u	until it sticks to the base of your cooker. Add water only 3-4 mins after it starts sticking.* Cook

on low flame for 15 minutes. Open the cooker 10 mins after turning off.* Interesting combo: Palak-matar,	
mint-aloo, sprouts, methi-matar, beetroot-coconut, beetroot-capsicum	
	caramelize your onions in the pulao. Butter+bayleaf+sugar+jeera. Add onions when the sugar
starts to slight	
Chole pulao	Soak overnight and cook Chole for 4 whistles. {*} Oil+ghee+jeera+bayleaves+Marathi
choic palao	moggu+cardamom+ soaked rice and fry. Add 1 tsp of chole masala, salt, cooked channa and
	2 tbsps of fresh/dried mint. *
Vegetable –	{*}. Ghee+cinnamon+cardamom+clove(1)+saunf(1/4 tsp)+onions(TC)+gin-gar
coconut	
	paste+veggies(1cup)+green peas+ fry+soaked rice with water+ coconut powder.
pulao	Crimit (cross shillings) print sories deployees along(s) condenses ) and additions distallate
Green pulao	Grind{green chillies(1), mint, coriander leaves, clove(1), cardamom } and add immediately to
	the tadka. Butter +bay leaf+ jeera+ ground paste+onions, peas, soaked rice and fry till the
	rice starts to stick. Add cauliflower on the top along with S&P, water. Cook for 1 whistle on
	low flame or for 20 minutes on low in a pressure cooker.
Tawa pulao-	Butter+cumin+onion(fs,till translucent)+ ging-gar+soaked red chillie paste+
Serve with	tomatoes+carrot+beans+salt, cook for 2-3 mins on medium high. Add paneer, cooked green
raita	peas, capsicum (fs)+salt, cook covered on low for 5 mins. Add cooked rice+ pav bhaji
Varada	masala(2 tsp)+coriander leaves and cook covered on low for 2 mins+ lemon juice b4 serving.
Bal⊙	Roomie's recipe is the best!
Corn pulao	{*}. Ghee+bayleaves+ cardamom(1,g)+cinnamon+clove(1)+green chilli(1)+ +ginger+
	corn(1/2 cup)+pepper+10 mint leaves+2tbsp coriander+milk(1/2 cup). Add washed rice+1.5
	cups water+salt. Cook for 1 whistle on low.
Tomato	{*}.Oil+bay leaf(1), green cardamom(1), cloves(2)+jeera, green chillis(2, slit), mint(1/2 cup),
mint pulao	coriander leaves(1/2 cup), onion(1), ging-gar paste, turmeric, coriander powder+ capsicum,
1	peas+ add tomato(2) puree, rice(1 cup)+water(1 cup). Pressure cook on high for 1 whistle or
	15 mins. Serve with raw onion raita with coriander.
katrika bajji(	Slit the small brinjals (6) and stuff with paste { oil+1tbsp each of {cumin, coriander} pwdr, ½
Supritha	tsp chilli pwdr, 2 tbsp of chaat masala( this contains some salt)+ pinch of salt} & pan fry,
ATV)	covered. The skin of the brinjals should not have much oil, else the bajji batter will not coat.
111 ()	Dip the brinjal in bajji mix{Besan, red chilli powder, soda & salt} & fry!
Biryani- Top	{*}.Grind{mint leaves(10)+green chillies(4)+garlic(1)+fennel seeds(1/2
with	tsp)+cardamom(1)+cloves(1)+star anise(1/5) with water). Ghee+jeera+bayleaf+onions+fry
coriander	+garam masala ground+dhania powder(1/4 tsp )+ red chilli powder (1/4 tsp), haldi,
leaves+	veggies(carrot, peas, beans, potatoes etc)+1.5 cups of water+coconut milk(0.5 cups). Add
toasted	fried onion and cauliflower on the top. Cook in the lowest flame in a cooker for 20 mins.
bread slices	incu official and caumfower off the top. Cook in the fowest fiame in a cooker for 20 mins.
	Marinate paneer with raw papaya paste(2 tbsp, optional), fried onion(important), onion oil,
Papaya biryani- V	ginger-garlic paste, beaten curd, haldi, red chilli powder, coriander powder, fresh coriander,
•	fresh mint for 4-5 hours. Half cook basmati rice with one green chilli and pattai, elaichi,
Bhatt, Sonya Sachdeva ☺	
Sacrideva ©	shahi jeera etc. Cook on dum, layering rice and paneer marinade +saffron soaked in warm
Danadi maita	water, kewra water for 30 minutes.
Boondi raita	Whisk curd with salt, red chilli powder(1 pinch) and coriander powder(1 pinch). Add boondi
× T	just before serving. Optional add ins: chaat masala, coriander leaves, pineapple, mint.
	dient sabzis, make both the ingredients equal in quantity. * Masalas should be fragrant, so
don't burn. Always lower the heat before adding them or switch off the flame after adding them. B quick!	
	can also be mixed in water/dahi before addi- ng to the oil to prevent burning. If the oil is too
	will split! Watchout*Soak paneer in hot water for 10 mins/fry in ghee.
Regular sabzis with haldi, coriander powder, red chilli powder, garam masala: Bhindi sabzi+ amchur,	
Cabbage matar+ cinnamon, lauki- soaked channa dal sabzi(+ boiled milk at the end),onion- pottal-garam	

masala, aloo-baingan, aloo-matar, mooli sabzi, aloo-kadhu-kmethi- amchur, aloo-thattakai, tindora-onion/			
potato, tinda-onion, aloo-paraval, green moong- paneer			
*For all the gr	*For all the gravies, grind the tomatoes/onions/cashews very smooth. *Don't add too much masala!* Don't		
burn the masa			
Punjabi	Oil (2 tbsp)+mustard+jeera+hing+onion +bhindi(1", slit) +red chilli+haldi and fry for 2		
bhindi	mins. Add cubed potatoes and fry. Add garam masala and finely chopped tomatoes and salt.		
masala(vive	After the tomato softens, add coriander lvs. yum!		
k⊙)			
Stuffed	Mix with 2 tsps of oil {coriander powder(1 tbsp), amchur (1/2 tbsp), 1/2 tsp each of {chili		
Bhindi	powder, turmeric, cumin, fennel}, black salt(o), salt, garam masala(o), kasuri methi(o)}.		
DA	Wash and dry the bhindi. Cut and stuff the bhindi. Oil+hing, stuffed bhindi(don't stack) and		
	cook. Top with coriander leaves.		
Kadai	*Cut capsicum, onion into big squares. Roast Dhania(2 tsp), jeera(1/2 tsp) and red		
Paneer	Chillies(2) and make a coarse pwrd. Ghee+jeera+onion+gin-gar+hing+D-C powder+haldi,		
1 alleel			
	black pepper+ capsicum, cook+ tomato(no seeds)+hot/ tomato sauce+ paneer+ garam		
D-1-1-	masala(1/4 tsp) +salt, cook + KMethi. Garnish with lemon juice, coriander leaves!		
Palak	Clean, blanch the palak and grind it after it cools down. Ghee+bay leaves + jeera+ julienned		
paneer	ginger, turmeric, hing, whole cinnamon, clove(1), cardamom(1), finely ground {onion(1M)+		
(Dassana)	tomato(2), garlic, green chillies(1)}cook, black pepper- jeera powder + coriander powder(1		
	tsp), kasuri methi, palak puree+salt+sugar+boil+garam masala. Add pan fried paneer.		
7.5	Simmer on low for 10 minutes.		
Matar	Grind{tomatoes(3 L), cashews(soaked, 12), ginger, garlic, red chillies, green chillies, black		
paneer	pepper, dhania, cinnamon, laung, haldi, red chilli powder, hing}. Fry paneer cubes (300 g)in		
	ghee until golden brown. Ghee+butter+jeera+bayleaves, onions, ground paste, cook until oil		
	ozzes out. Add matar( 1 cup peas), water, garam masala, salt,bring to boil. Add kasuri methi,		
	malai (1 tbsp, optnl), paneer and coriander leaves.		
Achari	Roast on low flame until fragrant and make achari powder{fennel(1 tsp), cumin(1 tsp),		
paneer- DA (	nigella(0.5 tsp), mustard(1 tsp), fenugreek (1/4 tsp)}. Powder 12 cashews. Oil+red		
don't add	chillies(2)+ ginger(0.5" grated), green chillies(2), tomato(1, M), turmeric, redchilli,		
too much	coriander and cumin powder, cook until oil is released+ powdered cashews(12), sauté for 2		
masala, else	mins, add 2 tsp of ground masala, mango pickle masala bedekar (1 tsp), 1 tbsp besan, stir		
it will mask	well. On low flame add beaten curd(1 cup) and mix well. Add salt and simmer for 5 mins.		
the taste of	Add paneer(250 g) and cook for a few mins, top with kasuri methi, cream, coriander and		
paneer)	mint leaves. Sprinkle some achari masala powder on top.		
Paneer	Grind separately{very ripe tomatoes(4-5)}, {soaked cashews(15-20)}. Butter(2 tbsp), bay		
butter	leaves, ging-garlic paste+ tomato+ cook for 5 mins+red chillies(1/2 tsp), after the tomatoes		
masala (DA)	leave the sides of the pan, add cahsews paste, add more water and once it boils, julienned		
	ginger, slit green chillies(2), sugar(1/2 tsp), garam masala(1/4 tsp), kasuri methi(1 tsp), salt		
	and paneer. Top with cream and turn off. Serve with cucumber, raw onion salad and lemon.		
Shahi	Blanch in hot water{onion(1M),cashews(2Tbsp),almond(1Tbsp),melon seeds(1Tbsp)} and		
paneer- DA	grind with gin- gar(1"), green chillie. Oil+ghee+bay leaf, cloves, cardamom(g,b), cinnamon,		
1	shah jeera+ground mixture, cook until it releases oil, coriander powder, red chilli powder,		
	haldi, garam masala, cook. Add whisked yogurt or cooked tomato puree(1/2 cup), water, salt,		
	sugar, simmer for 10 mins+cardamom powder(pinch), saffron, cream, k methi &paneer.		
Lemon	Immerse paneer in hot water. Make a corn starch slurry with salt, haldi(pinch), lemon zest		
paneer	and soda. Dip the paneer and fry. Oil+fc{ garlic, onion, capsicum, coriander leavs, spring		
(adapted	onion and slice green chilli diagonally}+water+ dash of vinegar, soy sauce+ paneer+ slurry		
Raks)	+eet cubes(optnl). Top with coriander, spring onions and lemon juice.		
	tot taxta (optin), top man contained, opting ontone and following		
	1		

Mint	Grind smoothly {butter+onion+ginger-gar-gchillies+cashews}. Oil+
Paneer- R	bay+cardamom+clove+cinnamon+grnd masala on low heat, stir for 2 mins+ coriander
(don't	powrd+ mint powder/fresh+curd+boil on low for 5 miutes+ paneer+S&P.
brown)	
Paneer	Blanch 2 onions and 1 tomato in boiled water for 30 mins. Separate the onion peels and fry
dopyaza DA	in oil until golden brown. Oil+ bayleaves+cloves+cinnamon+dry chillies+maze+cardamom
Garnish	+jeera+fc raw onion(2, M), cook till golden+ tomato (blanched and chopped
dhania,	fine)+ging-garlic paste+1/4 tsp {coriander, cumin, haldi, red chilli powder, garam masala,
ginger	black pepper}, pinch of nutmeg, onion peels, paneer, salt, cook for 2 minutes. Add cream (3
(jlnd)paneer	tbsp).
(g)	In my non-onion days, I have neatly subbed red pepper and green upper for onions and
(8)	skipped garlic. This is my take on paneer-do-pyaza without pyaz!
Paneer	Cut sticks(onions, carrot, capsicum, beans, paneer, baby corn). In a broad bottom container,
jalfrezi (Add	fry paneer in ghee and salt. Ghee+cumin+red chilli(1)+ginger, veggies+coriander pwdr, haldi,
a dash of	red chilli powder and salt. Cook covered & don't disturb the veggies. Add puree of boiled
vinegar)	tomato puree/ ketchup, garam msla and salt and cook + coriander lvs.
Veg	Roast individually and grind {Oil+byadagi red chillies(2)+dhania(1tsp)+pepper(1/2
kholapuri	tsp)+dried coconut(3 tbsp) +sesame seeds(1/2 tsp)+gasa-gase(1/4 tsp)+methi(5-6)}+garam
(Shanti	masala powder(1/4 tsp); steam in a steamer these {veggie sticks{carrot,
Sagar,	potato}+cauliflower+peas+beans}. Oil/ghee+jeera+ging-garlic+onion, turmeric+ hing+
colaba!)	toma -to(fc)+ half of the masala powder + steamed veggies+salt+coriander leaves. Serve
	with sweet pineapple raita! Aah!
Navrathan	Soak for 2 hours and grind{cashew(10)+badam(10)+gasa gasa(1tbsp)+melon seeds(1 tbsp)}.
Krm (DA)	Ghee+bayleaf+cloves+ cardamom+cinnamom+onion+ging-gar-green chillies(2)+ nut seed
Pineapple	paste+curd(1/2 cup), turmeric+chilli powder+ keep on low and cook. Add veggies(carrot,
left in a dish	peas, potato, bean, cauliflower, corn)+salt+water(2 cups) +cover and cook until veggies are
for long	done. Add garam masala and cream and switch off. Garnish with slightly ghee-toasted nuts
gives bitter	{slivered (almonds, cashews, raisins, pistachios)+julienned ginger}+ coriander lvs. Top with
notes.	fc pineapple.
Khoya matar	Fry makhana till crispy in ghee. Ghee+onion(1,fc),{tomato(3)+ginger+garlic}paste, turmeric,
makhana	red chilli powder, gara- m masala, dhania powder, cook+grated mawa(100g)+water, bring to
(DA)	boil+cooked peas(1 cup), makhana+salt + sugar. Drizzle cream and garnish with coriander
M	leaves.
Lauki kofta	Kofta: Make a dough and fry{Grated lauki( squeeze out the water)+ turmeric+green
Garnish:	chillies+red chilli powder+coriander pwdr+garam masala+milk powder+besan(2
coriander	tbsp)+APF(2 tbsp)}. Oil+ghee+shahi+normal jeera+ ground paste{onion, tomato, green
	chillies+ginger+garlic+cashews(10)+turmeric+red chilli powder}+ hing and cook. Add
	water(1 cup) and bring to boil. Add kitchen king, kasuri methi, salt and fried kofta.
Malai kofta	Make tight dough, roll out koftas{grated paneer+malai (100gm), boiled potatoes(2),corn
(Dassana	flour(1tbsp), milk / almond powder(1 tbsp), red chilli powder(1/4 tsp), garam masala(1/8
Amit) Top	tsp)+soda(pinch)} and fry in oil. Ghee+bayleaf+clove +cardamom (B,
with	G)+mace+jeera+onion(2M) paste+ging-garlic +tomato(2L, P)+cashew(10) paste, red chilli
coriander	powder, turmeric and garam masala powder+ saute till it leaves the sides of the pan, add
leaves	water and cook until it becomes a flowy gravy+kasuri methi(1tsp, crushed), turn off. Place
	the koftas carefully in the gravy+ cream and grated paneer.
Methi malai	1) Oil+jeera+ garam masala(1/2 tsp)+grind{tomatoes(3)+cashews(12)+green chillies(2)+red
matar	chilli powder+ ginger+ coriander powder+hing}, boil; Add washed methi and matar +salt,
(FFTskip the	boil for 10 mins. Top with cream! Don't boil.
matar and	2) M: Grind into a smooth paste{Oil+jeera+ green chilli(2), chopped ginger and garlic,
add paneer)	sautee+onion+poppy seeds+ cashews. Don't brown the onion.} More oil+ground paste and

	sautee for another 2-3 mins, add water and finely chopped methi, matar+salt and cook until
	matar becomes soft in open pan. Switch off the stove, add some cream.
Chilli- Milli	ghee+ jeera+ cardamom+ cinnamon+ marathi moggu+ cloves+finely ground {tomato(2),
(Dassana)	soaked cashews(5)+ pumpkin seeds(1 tbsp), ginger, hing}, turmeric, red chilli powder,
	coriander powder, green chilli slit(1), cook till leaves the sides of the pan, add water and
	bring to boil+shredded{cabbage, carrot, capsicum}, peas and salt. Once it cooks add garam
	masala(¼ tap), kasuri methi, green onions, coriander leaves. Add ½ tsp of vinegar and turn
	off.
Kurma by	Boil and grind the tomato(2) and grind with ginger. Oil+jeera+ ground tomato and fry. Add
Kantimati	soaked and ground{khus- khas (2tbsp), pottukadalai (1tbsp) or coconut(1 tbsp),
mama,Divya	pumpkin,melon seeds and cashews, green chilli}, haldi, red chilli powder, dhania powder,
's mom!	jeera powder, garam m <mark>asala, co</mark> ok <mark>ed veggi</mark> es + coriander leaves!
Anjeeri	Soak anjeer(2) and cashew+pumpkin seeds in hot water for 2-3 hours. Boil 1 tomato(s)+1
matar/ Gobi	onion in water for 5 mins. Peel the skin of the tomato and grind the cooked onion and
(balance	tomato without any water. In the same water cook matar or gobi. Grind{soaked anjeer,
three	nuts+yogurt(1/2 cup fresh, sweet), red chilli powder, haldi, green chillies(2)} oil+tej
sources of	patta+sabut garam masala+jeera+ginger-garlic+ tomato-onion paste+cook till it no longer
sourness!	sticks to the pan+ anjeer masala paste+ stir well on low heat+ salt+garam masala powder,
Good luck!)	black pepper- jeera powder. Add the cooked veggies+ fresh coriander.
Bharleli	Wash and slit baingan(brinjal, small) and keep in salted water for 20 mins / long green, red
(bharli)	chillies(6). Dry roast peanut(1/4 cup), sesame (2 tbsp), coconut(4 tbsp) and grind the with
Vangi(being	onion, ginger, garlic, garam masala, turmeric, red chilli, coriander powdr, garam masala,
an)/ Mirch	cumin powder, hing. Stuff the baingan/mirch with ground paste.Oil+jeera+onion +stuffed
or Aloo ka	baigan/mirch/(aloo+masala)+ 1/4 cup water and cook closed for 10 minutes. Add more water
salan	if needed. Once the veggies become soft, add tomatoes (fc) and cook for another 10 mins.
	Add salt and keep covered for 5 mins+ coriander leaves. Instead of tomatoes, some also add
Trei calares	beaten curd at the end(Don't boil).
Tri colour	Fry and grind{ 1 tbsp(sesame seeds, peanuts), cashews(5), coconut(2 tbsp)} with green
gravy	chillies. Oil+jeera+ onion+ tri color capsicum+ cook+ masala(don't brown), red chilli
–Sharmi's	powder +garam masala+ black pepper+ kasuri methi+coriander leaves. Add lemon juice at the end.
Paingan banth	na: Roast the large baingan on fireevenly until its skin is charred and the flesh becomes soft to
0	ter it cools down and remove the pulp and mash it. Oil+mustard,
	n+ginger+green chillies(2)}, cook+fc tomato + hing+turmeric +red chilli powder and cook
	ato become soft.Add garam masala(1/4 tsp), salt, coriander powder(1/2 tsp) and mix the
	Furn off the gas. Garnish with coriander leaves. Varada used to add just add raw onions,
	en chillies, coriander leaves and salt to the brinjal pulp+ with a side of shrikhand! Wah!
Capsicum	Mix{1/4 cup besan, ½ tsp haldi, hing}. Generous amount of oil+jeera+mixed powder+green
sabzi (Saroja	chillies(2). Fry for 1 min until the mixture gives a sweet smell(Don't burn!). Add 3-4
paati)	capsicum(fc) and cook on low for 10 mins +coriander lvs.
Pumpkin	Oil+ jeera+ curry leaves, methi, haldi,red chillies, pumpkin small pieces, garam masala, cook
(Ramya)	covered. Add jaggery and imli paste and salt. Top with coriander and coconut (shredded).
(1 mill) wy	os vereus raud jugger, una mana puese una suna representativa este ana este mana este mana este mana este ana e
Vada pav	Boil aloo. Oil +mustard+ hing+ ginger+ green chillies + onion, peas and boiled aloo. Dip in
vada pav	the batter{Besan(1/2 cup), rice flour(1/4 cup), red chilli powder, salt, hing} and fry. Serve
	with lahsun chutney and coriander chutney.
Pay bhaii (4 p	pl) (dassana) : Pressure cook {cauliflower(1L or 2S), 1carrot(L), beans(handful), ½ kg
	s(1/2cup)}with a little water(1/2 cup)for 5-6 whistles. Keep the stock aside. Mash the veggies
	Butter+jeera+onions+ginger-garlic+green chillies+finely chopped tomatoes, cook till tomatoes
	finely chopped capsicum+turmeric powder(1 tsp)+red chilli powder(1 tsp)+2-3 tbsp pav bhaji
	y 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1

	Add the veggies+stock and mix well. Bring to boil and simmer for 5-10 mins. Garnish with
	ve with finely diced{dhania, onions}+lemon slices+toasted pav. For no onion-gar, use freshly
	nder+red chilli} pwdr, amchur& hing. Add cobra- peanut-sesame pwdr.
Misal pav	Sprout moong(1/6 cup) and moth beans(1/6 cup). Oil+mustard+curry
(BEST	leaves+hing+bayleaf+onion(fc)+gin-gar+ grn chillies(1)+haldi+dark red chilli
canteen,	powder+dhania powder+ goda/ garam masala+ tomato+ sugar+salt +sprouted
colaba)	beans+water(2 cups). Pressure cook for 2 whistles. Top with copra-garlic powder, coriander.
	Serve with hot pay & butter!
Ragada	Ragada: Grind tomatoes+green chillies+ginger. Soak and cook vatana(dried green peas, ½
patties(A2)	cup). Oil+jeera+ground pa <mark>st</mark> e+salt+v <mark>at</mark> ana+dha <mark>n</mark> iya powder. Garnish with raw
F	onions+coriander and khatta-meeta chutny. Patty: Mash cooked {carrots, potatoes, green
	chillies}+cornflour, chilli powder +salt, make patties and pan fry on both sides.
Undiyu	For Methi Muthia:make a tight dough of { methi leaves(fc, 1 cup), besan(1cup), sesame
(Devon)	seeds(1 tsp, roasted), ½" ginger+green chilli (3) paste, haldi(1/4 tsp), red chilli(1/4 tsp),
Serves 6	dhania powder(1/2 tsp), cumin powder(1/2 tsp), oil, soda(1 pinch, optional),salt(1/2 tsp),
people	sugar(1 tsp), aam chur powder(1 tsp)} rest for 15 hours. Make dumplings and steam
(Dassana)	For Masala: { grated coconut (½ cup ), coriander leaves (¼ cup), sesame seeds (2 tbsp), 1.5
(Dassaiia)	inch ginger, green chilli (2), haldi, red chilli powder, dhania powder (2 tbsp), jeera powder,
	salt} Slit and fill the veggies {10 small baingan, 10 baby potatoes 10, sweet potato 1, 1
	medium sized raw banana, purple yam 1}
	Sesame oil+ajwai, cumin, hing, 2 cups chopped surti {averekkai, broad beans) +valor
	papdi{thinner variety of averekai), ½ cup fresh pigeon peas (fresh tuvar) - optional and rest
	of stuffed veggies, 1 cup water and pressure cook for 3 whistles. Mix int he steamed
	dumplings. Serve with hot puris and shrikhand.
Dal-Rati-	
Dal-Bati-	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (1/4 tsp), ghee(3 tbsp)},
Churma	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (1/4 tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30
Churma Hebbar!	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.
Churma Hebbar! OMG this is	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in
Churma Hebbar!	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.
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Churma Hebbar! OMG this is	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger
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Churma Hebbar! OMG this is so good!	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with
Churma Hebbar! OMG this is so good!  Litti-Chokka	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.
Churma Hebbar! OMG this is so good!  Litti-Chokka  Spinach	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.  AWagh: Oil+jeera+garlic+onions(1)+spinach, hing. Wait till it wilts. Add salt and wait for it
Churma Hebbar! OMG this is so good!  Litti-Chokka  Spinach raita	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.  AWagh: Oil+jeera+garlic+onions(1)+spinach, hing. Wait till it wilts. Add salt and wait for it to cool. Mix with beaten dahi.
Churma Hebbar! OMG this is so good!  Litti-Chokka  Spinach raita Green	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.  AWagh: Oil+jeera+garlic+onions(1)+spinach, hing. Wait till it wilts. Add salt and wait for it to cool. Mix with beaten dahi.  Grind {coriander leaves (2 handfuls), green chillies(3), salt} +lemon. Optional add ins: mint,
Churma Hebbar! OMG this is so good!  Litti-Chokka  Spinach raita Green Chutney	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.  AWagh: Oil+jeera+garlic+onions(1)+spinach, hing. Wait till it wilts. Add salt and wait for it to cool. Mix with beaten dahi.  Grind {coriander leaves (2 handfuls), green chillies(3), salt} +lemon. Optional add ins: mint, ginger, chaat masala, black salt, cumin powder. In the place of lemon, dahi/ raw mango/
Churma Hebbar! OMG this is so good!  Litti-Chokka  Spinach raita Green Chutney Kamala	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.  AWagh: Oil+jeera+garlic+onions(1)+spinach, hing. Wait till it wilts. Add salt and wait for it to cool. Mix with beaten dahi.  Grind {coriander leaves (2 handfuls), green chillies(3), salt} +lemon. Optional add ins: mint,
Churma Hebbar! OMG this is so good!  Litti-Chokka  Spinach raita Green Chutney Kamala mami	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.  AWagh: Oil+jeera+garlic+onions(1)+spinach, hing. Wait till it wilts. Add salt and wait for it to cool. Mix with beaten dahi.  Grind {coriander leaves (2 handfuls), green chillies(3), salt} +lemon. Optional add ins: mint, ginger, chaat masala, black salt, cumin powder. In the place of lemon, dahi/ raw mango/imli could also be added.
Churma Hebbar! OMG this is so good!  Litti-Chokka  Spinach raita Green Chutney Kamala	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.  AWagh: Oil+jeera+garlic+onions(1)+spinach, hing. Wait till it wilts. Add salt and wait for it to cool. Mix with beaten dahi.  Grind {coriander leaves (2 handfuls), green chillies(3), salt} +lemon. Optional add ins: mint, ginger, chaat masala, black salt, cumin powder. In the place of lemon, dahi/ raw mango/imli could also be added.  Oil, ghee, jeera, on low heat {coriander pwdr, hing, haldi, aamchur, red chilli powder, roasted
Churma Hebbar! OMG this is so good!  Litti-Chokka  Spinach raita Green Chutney Kamala mami	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.  AWagh: Oil+jeera+garlic+onions(1)+spinach, hing. Wait till it wilts. Add salt and wait for it to cool. Mix with beaten dahi.  Grind {coriander leaves (2 handfuls), green chillies(3), salt} +lemon. Optional add ins: mint, ginger, chaat masala, black salt, cumin powder. In the place of lemon, dahi/ raw mango/ imli could also be added.  Oil, ghee, jeera, on low heat {coriander pwdr, hing, haldi, aamchur, red chilli powder,roasted cumin powder}+ cooked cut potatoes+salt. keep tossing. Add fresh coriander leaves+lemon
Churma Hebbar! OMG this is so good!  Litti-Chokka  Spinach raita Green Chutney Kamala mami Jeera Aloo	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), massor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.  AWagh: Oil+jeera+garlic+onions(1)+spinach, hing. Wait till it wilts. Add salt and wait for it to cool. Mix with beaten dahi.  Grind {coriander leaves (2 handfuls), green chillies(3), salt} +lemon. Optional add ins: mint, ginger, chaat masala, black salt, cumin powder. In the place of lemon, dahi/ raw mango/imli could also be added.  Oil, ghee, jeera, on low heat {coriander pwdr, hing, haldi, aamchur, red chilli powder,roasted cumin powder}+ cooked cut potatoes+salt. keep tossing. Add fresh coriander leaves+lemon juice.
Churma Hebbar! OMG this is so good!  Litti-Chokka  Spinach raita Green Chutney Kamala mami	Batti: Knead it to tight dough {2 cup atta, salt pinch, baking powder (¼ tsp), ghee(3 tbsp)}, rest for 2 hours, make 4 cm diameter balls, cut a cross on top and bake in the oven for 30 minutes. Dunk in ghee before serving.  Churma: pulse 5 battis in a mixer with sugar(3 tbsp) and cardamom(2 pinches) and roast in ghee till fragrant. cashew and almond roasted in 2 tbsp of ghee.  Dal: Soak for 2 hrs, boil and remove the gunk and then pressure cook with hing and oil { moong dal (½ cup), masoor(¼ cup), channadal (¼ tsp)}. Tadka: Oil+ rai, jeera, hing, ginger grated, 1 green chilli, tomato, turmeric, red chilli powder, garam masala. Garnish with coriander.  In the batti recipe above, stuff {powdered roasted channa dal, salt and stuffing from some northian pickle with sauf and kalaunji}! Roast tomato, eggplant and boil some potatoes. Mix each in a bowl with raw onions, oil, coriander and salt. Don't over complicate. Serve with ghee.  AWagh: Oil+jeera+garlic+onions(1)+spinach, hing. Wait till it wilts. Add salt and wait for it to cool. Mix with beaten dahi.  Grind {coriander leaves (2 handfuls), green chillies(3), salt} +lemon. Optional add ins: mint, ginger, chaat masala, black salt, cumin powder. In the place of lemon, dahi/ raw mango/ imli could also be added.  Oil, ghee, jeera, on low heat {coriander pwdr, hing, haldi, aamchur, red chilli powder,roasted cumin powder}+ cooked cut potatoes+salt. keep tossing. Add fresh coriander leaves+lemon

Mathura	Pressure cook aloo(3). Oil+jeera+greenchillies(2)+{haldi(1/8 tsp), hing, red chilli
wale aloo-	powder(1/8tsp), amchur(1/2 tsp} garam masala(1/2 tsp)}, 2 tbsp water cook on low. Add
DA	boiled potatoes, amchur(1/4 tsp), salt, boil+coriander lvs.
Aloo Methi/	Mustard oil, jeera, green chillies, garlic/hing, onion, add aloo cubes ,haldi, dhania pwdr,
Aloo palak	salt and water; cover and cook for 5-7 mins until the potatoes are 3/4 done. Add red chilli
	powder, garam masala, fc tomatoes, cook; methi/ palak leaves, cover and cook for 5 mins
	Optnal: For Aloo Palak, add ginger in the tadka & chaat masala at the end.
Aloo Gobi	Boil gobi in water with haldi to remove any insects. Oil/ghee+jeera+mixed in water{haldi,
(cut both in	red chilli powder, cumin powder, coriander powder, hing},madras curry powder(optnl) or
big chunks)-	garamasala, aloo, water, salt and cook covered for 10 mins. Add gobi, add more water and
Sango	continue cooking for another 10 mins on low. Garnish: coriander leaves.
Aloo mint	Oil+mustard+onion(1)+ging-garlic paste, curry leaves and fry till onion turns transparent.
	Add tomatoes, haldi(1/4 tsp), sambar powder(1 tsp), salt and cook till tomatoes get mushy.
	Add mint and boiled potatoes and mix.
Aloo dum	Dry fry jeera and powder in a mortar-pestle. Half cook, prick & fry baby potatoes.
(punjabi)	Grind{soaked cashews(5),onion(1), ginger, garlic, fennel seeds(pinch)}+dahi{1/2 cup}.
Add at the	Sarson Oil/ghee+bayleaf, cardamom, clove, cinnamon, shah jeera, caraway seeds and turn
end: roasted	off, add ground masala, cover and cook on low. Add turmeric, red chilli powder, coriander
jeera	powder, garam masala(2 pinches), dried ginger powder, black pepper powder and mix well.
powder	Add the potatoes, salt and more water. Cook cover for 10-15 mins. Add coriander leaves.
Aloo dum	Prick & fry baby potatoes(15) in sarson oil. Beaten curd(1/2 cup), sauth powder(1/4
(Kashmiri)	tsp)+saunf powder(1/4 tsp) +water, kashmir mirch +water, mustard oil + badi illaichi,
Ranveer	laung, shahi jeera, hing, Kashmiri mirch, turmeric, lower the heat, mix the dahi and stir
Brar	vigorously. Add hot aloo, cook covered. All the masala will be absorbed! Njoy!
Another	Grind{fried sesame( 2 tsp, roasted to golden color), green chilli, ginger, coconut( 1 tbsp) }
Aloo dum	+coriander powder(1 tbsp), fennel seed powder(1tbsp), turmeric(1/2 tsp), red chilli(1/2
(top with	tsp), yogurt (1/4 cup) and make a paste. In a kadai, add cumin, hing, besan (1 tbsp), red
coriander)	chilli (3 nos) and dry roast for a few seconds. Add the paste, garam masala (1/2 tsp) and fry
	till oil leaves. Add cooked potatoes (4) and mix. Add water and salt. Cook for 6-8 minutes.
Aloo Dum	Dry fry jeera on a hot tawa continously and grind in a mortor pestle. Pressure baby potatoes,
(Bengali)	peel and poke them. Butter+ bay leaf, clove, cinnamon, cardamom, Shahi, normal jeera,
1	ground{ onion(2), almond blanched (5), garlic, ginger}, fry, grnd{ tomato(2), red chilli,
A	green chilli}, turmeric, red chilli, coriander pwdr(½ tsp), cook until it thickens+ water,
A l	potatoes, salt and bring to boil. Top with kasuri methi, garam masala and roasted jeera
CL CC 1 1	pwdr.
Stuffed aloo	Scoop out halved potatoes(4) and fry both the hollow shells and the scooped out potato.
(Varada,	With the fried potato pieces+broken cashews+ raisins+green chillies(2)+grated
roomie :*)	paneer+dhania powder+jeera powder+ chat masala+salt+ red chilli powder+ coriander
Serve with sliced	leaves and stuff the aloo shells. Grind{cashews(10)+tomatoes(2)}.Oil+ mace+ cinnamom+
lemons, rice,	bay leaf+cloves+green elaichi+cumin+onions(lightly brown them)+turmeric powder+gin-gar paste+coriander powder+cumin powder+red chilli powder+water, cook.
Arhar dal!	Add the ground mixture and cook on low until it releases oils, add more water and cover and
Yum!	cook for 5 mins. Add kasuri methi, salt, stuffed potatoes and coriander and simmer for 10
Tuin.	mins. Add fresh cream and simmer for 5 more mins.
Aloo mattar	Oil +jeera+ add 1tsp pepper, hing, 3 green chillies, haldi, cooked{baby potatoes, peas} cook
Aloo mattai	for 3 minutes. Add salt, coriander chopped(1/2 cup) and lemon juice(1/2 lime). Serve hot.
Mint Aloo	Oil+ mustard+onion, curry leaves, ging-gar paste, fry, tomatos(2), haldi, sambar powder,
Willit Alou	salt. Fry till tomatoes are soft. Add chipped podina and cooked potato, mix well and cook on
	low until the curry is dry. into a coarse paste.
	1011 diffi die edity is dry. Tito a coarse paste.