

POHA / POHE *(Simple Indian breakfast made with flattened rice & spices. Can also be eaten as a snack.)*



INGREDIENTS

- 1 ½ Cups Poha (or parched rice / beaten rice flakes)
- 1 Medium Onion, chopped fine
- 1 to 2 Green Chilies, slit or chopped
- 1 Sprig Curry Leaves
- 1 Medium Potato, Cubed (optional)
- 1 ½ Tbsp Oil
- 3 to 4 Tbsp Peanuts or Cashews
- ¾ Tsp Mustard or Rai
- ¾ Tsp Cumin or Jeera
- ¼ Tsp Turmeric or Haldi
- Salt, as needed
- ½ to 1 Tsp Sugar (optional)
- Lemon Juice, as needed
- 2 Tbsp Coriander leaves, chopped

PREPARATION

1. To make poha, choose medium to thick flakes. Add them to a bowl, strainer or colander
2. Rinse quickly with water & drain water completely
3. Set aside to soften. Meanwhile, prepare the veggies
4. When the poha turns soft, add some sugar & salt
5. Run your fingers through the poha to break the lumps & spread salt

HOW TO MAKE POHA

1. Heat a pan & add peanuts
2. Dry roast peanuts until golden & aromatic. Remove to a plate & set aside
3. Pour oil to the same pan & add cumin
4. When they begin to pop, add mustard, onions, curry leaves & green chilies
5. Saute until onion turns lightly pink
6. **OPTIONAL** – Add cubed potatoes & sauté for a min. Cover & cook on low heat until soft & cooked through. If needed, sprinkle some water & cook. Once done, sauté for another minute.
7. Add turmeric & poha. Mix well & cover the pan
8. Cook on a very low heat until the poha turns hot
9. Add coriander leaves & turn off heat
10. Adjust salt & sprinkle lemon juice. Mix poha well.
11. Garnish poha with roasted peanuts & coriander leaves

DOHKLA (Popular healthy steamed snack. Can be enjoyed for breakfast or light snack in evening with tea.)



INGREDIENTS

- 1 Cup Gram Flour (besan) or Semolina flour
- 1 Tbsp Citric Acid
- 1 Tbsp Sugar
- Salt, to taste
- Pinch of Turmeric
- Water (to make batter)
- 1 Tbsp Fruit Salt/Baking Powder (dissolved in water)

FOR THE TADKA

- 1 Tbsp Oil
- ½ Tbsp Mustard Seeds
- 1 Dried Red Chili
- 7-8 Curry Leaves

HOW TO MAKE

1. In a bowl mix gram flour, citric acid, salt, sugar & turmeric. Add water & make it into a smooth batter with medium thick consistency
2. In a glass, add the fruit salt or baking powder. Add water to it & pour this into the dhokla mixture
3. Grease the steaming tin with 2 drops of oil & pour the mixture into it.
4. Steam for about 15-20 minutes or until cooked
5. In a pan add oil, mustard seeds, curry leaves & red chilies. Let it splutter.
6. Pour the tadka over the prepared dhokla
7. Cut into pieces & serve



KACHORI



INGREDIENTS (DOUGH)

- 1 Cup Maida/All Purpose Flour
- 1 Tsp Semolina/Rava/Sooji
- 3 Tbsp Oil
- Salt to taste
- Pinch of Soda (optional)
- Water to knead
- Oil for deep frying

INGREDIENTS (STUFFING)

- ¼ Cup Moong Dal
- ½ - 8/4 tsp Chilli Powder
- ¼ Tsp Turmeric Powder
- ½ Tsp Coriander Powder
- ¾ Tsp Fennel Seeds, crushed
- ¼ Tsp Cumin Powder
- ¼ Tsp Dry Mango Powder
- ¼ Tsp Garam Masala
- A pinch of Hing
- 1 Tsp Sugar
- Salt to taste
- 4-5 Tsp Water, or as needed

HOW TO MAKE MOONG DAL STUFFING

1. In large kadai (wok), dry roast moong dal & powder them
2. Add chili powder, turmeric powder, coriander powder, cumin powder, crushed fennel seeds, dry mango powder
3. Add garam masala, hing, sugar, and salt to taste. Mix well
4. Add water & mix well

HOW TO MAKE KACHORI

1. In a large mixing bowl, add 1 cup Maida, rava, oil and salt to taste
2. Crumble the flour well with oil
3. Add water, little by little, and knead to form a dough
4. Cover dough for 15 mins with wet cloth
5. Now pinch a small lemon sized ball off, flatten it
6. Scoop 1 tsp of the prepared Moong Dal stuffing
7. Get the edges together and form a bundle
8. Gentle press the edges and flatten
9. Deep fry the kachoris
10. Press with the spoon to puff up & serve



DAL (a tuvar dal based accompaniment simmered with generous tadka of spices. Best with zeera rice or hot phulkas)



INGREDIENTS

- 1 Cup Tuvar dal or Split Pea
- ½ Tsp Turmeric Powder
- Salt, to taste
- ½ Cup Tomato, chopped
- 2 Tbsp Ghee
- ¼ Tsp Hing
- 1 Tsp Zeera
- 1 Tsp Ginger, chopped fine
- 1 Tsp Garlic, chopped fine
- 2 Green Chili, split in half
- 1 Tsp Red Chili powder
- 2 Tbsp Lemon juice
- 2 Tbsp Fresh Coriander, chopped



HOW TO MAKE DAL

1. Wash the dal & add it in a pressure cooker along with 3 cups of water, turmeric powder, salt & tomato
2. Pressure cook until dal is done
3. Let the pressure release & then open the lid of the cooker
4. Heat ghee in a pan
5. Once the ghee is hot, add hing & zeera, & let them crackle for a few seconds
6. Add ginger, garlic, & green chili. Fry until garlic becomes slightly browned
7. Switch off heat & add red chili powder in the ghee
8. Immediately pour the tadka in the dal
9. Add lemon juice & mix well
10. Garnish with fresh coriander
11. Serve hot with baffle or phulke

THEPLA *(Indian flatbread made for meals or snacks)*



INGREDIENTS

- 1 ½ Cup Wheat flour or atta
- ¼ Cup Bajra or Jowar Flour (millet flour optional)
- 3 to 4 Tbsp Chickpea flour or besan (optional)
- 1 to 1 ¼ Cup Methi Leaves or Fenugreek leaves (optional)
- 1 Tsp Ginger, grated or ginger garlic paste
- 1 Green Chili, chopped fine or paste
- ¼ Tsp Salt, or as needed
- ½ Tsp Red Chili Powder
- ½ Tsp Garam Masala or coriander powder
- ¼ to ½ Tsp Turmeric or Haldi
- 4 Tbsp Curd or Yogurt (optional)
- 1 Tbsp Oil, for dough
- 1 Tbsp Oil, for frying



HOW TO MAKE DOUGH

1. Skip if making plain thepla – rinse methi leaves in water & drain well. Chop finely & add to mixing bowl
2. Add all the ingredients except oil to the mixing bowl.
3. Mix well all the ingredients to bring out the moisture from the methi leaves
4. Sprinkle water, as needed, & knead to a soft non-sticky dough. Pour 1 tbsp oil & knead well
5. Cover & rest dough for 20 minutes. Divide the dough into 8 to 9 portions. Make balls & keep covered.

HOW TO MAKE THEPLA

1. Lightly dust flour over the rolling area. Place a ball over the flour & flatten slightly. Smear flour on both sides.
2. Begin to roll to an 8 inch thepla of medium thickness. Repeat these steps to make about 5 & keep them aside.

FRYING METHI THEPLA

1. Heat a pan or tawa until hot enough. Transfer a thepla to the tawa
2. Cook on medium heat until half cooked on the bottom, then flip it & cook until golden spots appear on both sides
3. In between press down the thepla with a spatula for even cooking
4. Drizzle about ½ tsp oil on each. Stack them on a kitchen tissue to keep them soft
5. Serve thepla with curd, pickle or aam ka chunda

SOL KADHI *(Cooling drink)*



INGREDIENTS

For the Sol Kadhi

- 12 dried kokums
- 1 Cup water – for soaking
- 2 Cups water – to be added later
- 1 - 1.5 Cups thick coconut milk
- 1 Tbsp chopped coriander leaves, garnish
- Salt as needed

For tempering Sol Kadhi

- 1 – 1.5 Tbsp Oil
- 1 Tsp Mustard seeds
- 1 Tsp Cumin seeds
- 1 Sprig Curry leaves (or 9-10 leaves)
- 1 Generous pinch Asafoetida
- 2 – 3 Small to Medium garlic cloves, slightly crushed
- 1 – 2 Dry Kashmiri Red Chilies, halved and seeds removed

SOAKING KOKUM

1. Rinse 12 kokums lightly in water. Place them in a bowl & add 1 cup water.
2. Soak the kokums in the water for 30 minutes.

CRUSHING KOKUM TO MAKE SOL KADHI

1. After 30 minutes, crush & squeeze kokum completely with your fingers in the water itself.
2. Pour the kokum extract in the strainer. Keep a bowl beneath the strainer. Strainer will collect kokum shreds.
3. Press the kokum shreds with a spoon so that the kokum flavors are extracted thoroughly.

MAKING SOL KADHI

4. Add 2 cups water to the kokum extract.
5. Next add 1 cup thick coconut milk. You can also add 1.5 cups coconut milk. Mix well.
6. Add salt to preferred taste. Mix well. Keep aside while we prepare the tempering.

TEMPERING FOR SOL KADHI

1. Heat 1.5 Tbsp oil in a tadka pan or small pan.
2. Add 1 Tsp mustard seeds. Let them crackle. Add 1 Tsp cumin & let it crackle as well.
3. Add 1 sprig curry leaves, 1 – 2 dry red chilies (broken & seeded), 2 – 3 lightly crushed garlic cloves (with or without peel) & 1 generous pinch of asafoetida powder.
4. Fry for few seconds until garlic turns light gold. Quickly pour this tempering on the kokum coconut milk mix. Mix well.
5. Add 1 Tbsp finely chopped coriander leaves & mix again
6. Serve sol kadhi right away or refrigerate & serve cold. Garnish with coriander leaves before serving.

SHRIKHAND *(a dessert made with strained curd or yogurt, sugar & flavoring ingredients)*



INGREDIENTS

- 3 Cups curd/yogurt or 1 ½ Cup Greek yogurt
- 1 Pinch Saffron strands / kesar
- ¼ to ½ tsp Green Cardamom Powder / elaichi powder
- ¼ Cup Sugar, powdered
- 2 Tbsp Almonds, chopped
- 1 Tbsp Pista, chopped

PREPARATION

1. Place a strainer over a large bowl to collect whey
2. Spread a clean muslin or cheese cloth over strainer
3. Add curd to the cloth. Bring all the edges together
4. Squeeze out the excess whey from the curd
5. Place the curd along with the cloth in between a thick, large, absorbent towel or cloth
6. Transfer this to a plate & place a heavy object (like cast iron pan) over the curd.
7. Leave this in the refrigerator for 1 hour
8. Drain super thick curd (or chakka) will be ready after the whey has been drained completely
9. Soak saffron in 1 tbsp hot water or hot milk
10. Powder the sugar & set aside

HOW TO MAKE SHRIKHAND

1. Remove curd/chakka from the cloth & transfer to a mixing bowl. Most of the whey would have been drained
2. Add saffron, sugar, & cardamom powder
3. Mix everything well with spoon or with a whisk, until smooth
4. Serve with puri or chill & enjoy as a dessert
5. Garnish with nuts