

Indiafest



SOOJI

CHOCOLATE HALWA

Sooji chocolate halwa is a rich, chewy dessert that combines chocolate with traditional Indian ingredients like semolina and khoya which is milk paste.

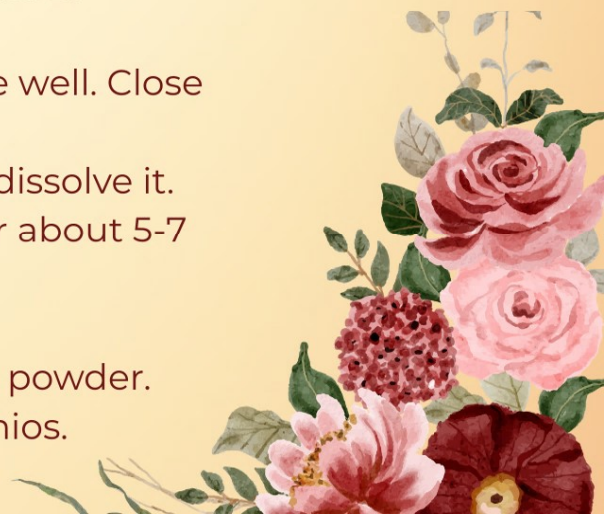
INGREDIENTS

- Clarified butter (Ghee)
- 1 cup of semolina (Sooji)
- 2 cups of milk
- ½ cup of sugar
- 1 tablespoon of chocolate chips
- Optional: pinch of cardamom powder
- Almonds, cashews and pistachios to garnish



STEPS

- Take 4-5 tablespoons of clarified butter (Ghee) and heat in a pot on the stovetop.
- Once it is heated add a cup of semolina.
- Fry semolina well until it absorbs all the clarified butter.
- Now, add 2 cups of milk and stir the mixture well. Close the lid and cook it for 5 minutes.
- Add ½ cup of sugar and stir the mixture to dissolve it. Again, close the lid and cook the mixture for about 5-7 minutes.
- Melt the chocolate chips.
- At the end add a pinch of green cardamom powder.
- Garnish with almonds, cashews, and pistachios.



PANEER KALAKAND

Paneer Kalakand is a milk based sweet that is very popular in North and East India, perfect for celebrations and festivals.

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Ingredients

- Paneer*
- Sweetened condensed milk
- Sugar
- Cardamom powder
- Milk powder
- Optional: Pistachios

***Note that fresh paneer works better than frozen as it gives softer results. As a substitute, you can also make it with ricotta cheese instead of paneer.**



Steps

- Prep the paneer by immersing the paneer in hot water for 10 mins.
- Next, drain and squeeze out the excess water.
- Place the paneer in the blender and use the pulse button to make it crumbly. Then in a mixing bowl, put the condensed milk, paneer, sugar, milk powder and cardamom powder all together and mix well.
- Pour it onto a non-stick pan. On the side, also keep a tray, greased with ghee.
- Keep mixing over a medium flame for 4 minutes or until it starts pulling away from the sides of the pan.
- Pour it onto the greased plate and let it set until it cools down.
- You can cut kalakand when it is warm into squares.



You can also decorate kalakand by pressing roasted pistachios onto each square.

PANI PURI/GOLGAPPA

Common Snack/Street Food In India



INGREDIENTS

- 1 cup semolina
- Water, as required (for dough)
- Oil for frying
- 3 -4 cups of cold water
- 2 tablespoons mint powder
- 1-2 green chili paste
- ¼teaspoon ginger paste
- ½teaspoon mango powder/lemon juice
- ½teaspoon cumin powder
- ½teaspoon chat masala
- 1 large boiled potato
- ¼cup yellow chickpeas, boiled & soaked
- 1teaspoon red chili powder
- 3coriander leaves, chopped
- Sev (small crunchy noodles)
- Salt

STEPS

- Take a bowl and sift the semolina. Knead and smooth the dough with the help of some water. Keep it covered and set aside for 10-15 minutes.
- Knead the dough once again then make lemon sized balls.
- Place 5-6 balls on tortilla maker and press to make the puris.
- Heat oil in a bottomed pan and deep fry puris from both sides until they are golden and crispy. Drain on absorbent paper.

Pani (Flavored Water) & Filling

- Mix mint powder, green chili paste, mango powder or lemon juice, cumin powder, chat masala and salt to taste in chilled water. Combine well.
- For the filling, mix boiled potato, yellow chickpeas, red chili powder, coriander leaves and salt in a bowl. Set aside.
- Make a small hole on top of each puri, put potato mixture inside the puri and add a little of the pani in each puri. Garnish with sev over the puris and serve.

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Paratha

Paratha is a flaky, buttery, and layered style of Indian flatbread.

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Ingredients

- 2 cups wheat flour (or substitute with all-purpose flour)
- 2 teaspoons oil to knead (optional)
- $\frac{3}{4}$ cup warm water (more if needed)
- $\frac{1}{4}$ teaspoon salt (optional, adjust to taste)
- $1\frac{1}{2}$ tablespoons melted butter or ghee to spread over the layers
- $1\frac{1}{2}$ tablespoons ghee or oil (to cook the parathas)

Steps

- Mix wheat flour, salt, and oil in a wide mixing bowl.
- Pour water little by little as needed and make a stiff non sticky dough.
- Knead well to make the dough soft and pliable. If the dough is hard or dry, knead with moist fingers.
- When you press down the dough with a finger, you must feel that it is soft and dents easily.
- Wrap it in a moist cloth or cover it in a container and set aside for 30 mins.
- You can also grease the ball with a few drops of oil and cover.
- Knead the dough lightly and divide it into 8 parts.
- Then roll it into balls and keep them covered.
- Add a few tbsp of flour to a small bowl and flour the rolling area lightly.
- Dip a ball into the flour and dust off the excess. Too much flour on the parathas can make them hard.
- Place the ball on the rolling area and flatten it slightly with fingers.
- With the help of a rolling pin, begin to roll each ball into a round layer of about 7 inches. Do not put pressure on the dough, just roll it with light hands.



Make Square Paratha

- Apply ghee or melted butter all over the paratha and fold $\frac{1}{3}$ part of it.
- Then apply the ghee or melted butter to the folded part as well & repeat folding the other $\frac{1}{3}$ part.
- Apply ghee or melted butter over the 3 layered long strip and fold $\frac{1}{3}$ part of it.
- Then repeat the other $\frac{1}{3}$ part & you will have a square.
- Sprinkle a little more flour if needed to prevent sticking.
- Then roll the square further to make a 7-inch square paratha.

Fry Paratha

- Heat a griddle until hot on a medium high flame.
- Dust off any excess flour over the parathas. Transfer paratha to the griddle gently. Cook it until you begin to see bubbles, then turn it to the other side.
- Fry on a medium high flame on the other side as well, pressing down with a spatula.
- Pressing down helps the parathas to puff up and the layers get separated and get cooked through.
- Flip the parathas back and forth. Cook until brown spots appear on both sides.
- Drizzle ghee or oil on both sides.

RAVA DHOKLA

A Steamed Savory Cake



Ingredients

- 1 cup rava/semolina or cream of wheat
- Ginger-chili paste (½ inch ginger + 1 green chili – crushed and made into a paste)
- 1 to 2 tablespoons of lemon juice
- Salt as required
- ½ cup water or as required.
- ½ tsp of eno (fruit salt).

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Steps

- In a mixing bowl, mix all ingredients EXCEPT for the fruit salt (eno) thoroughly with a spoon. Set aside for 15-20 minutes. The batter must be slightly thick, similar to pancake mixture.
- Grease a steaming shallow pan with oil and set aside.
- Bring 2 cups of water to a gentle boil on medium heat and place a small trivet in the saucepan inside the water.
- Add 1 tsp of fruit salt - gives a soft fluffy texture to the dhokla.
- Stir briskly and mix quickly. Make sure the fruit salt is distributed evenly. Don't overdo it as you don't want the air bubbles to escape.
- Quickly pour the batter onto a prepared greased pan.
- Spread the batter in the pan with a spoon. Shake the pan to even out the batter. Place the pan on the trivet on the saucepan.
- You can steam the mixture using a stovetop pressure cooker, an electric rice cooker or an Instant Pot.
- Cover with a lid and steam for approx. 15 to 20 minutes.
- Check with a toothpick to see if it is done, and if it comes out clean without any sticky batter on it, then the rava dhokla is steamed well.
- Remove and allow it to cool for 5 to 6 minutes.

Make Tempering

- Heat oil in a small pan. You can use peanut oil or any neutral-flavored oil.
- First add the mustard seeds. Let them crackle.
- Then add cumin seeds and allow them to splatter. Then add the asafoetida (hing), white sesame seeds and curry leaves and fry for a few seconds.
- Switch off the heat. Add 2 -3 Tbsp. of water to the tempering. Add the water carefully.
- Pour the tempering mixture evenly over the dhokla.
- Top with some chopped coriander leaves or freshly grated coconut. Slice and serve warm or cool with a side of chutney such as green chutney or mint chutney or papaya chutney.