



Recipe Collection- Quick Tiffin Recepies

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Jowar Dosa Recipe

INGREDIENTS:

- 1½ cup jowar flour / sorghum flour
- ½ tsp salt
- 4 cup water
- 1 onion (finely chopped)
- 2 tbsp coriander (finely chopped)
- few curry leaves (chopped)
- 2 chilli (finely chopped, do not add for kids)
- 1 tsp cumin
- ½ tsp pepper (crushed)
- oil (for roasting)



INSTRUCTIONS

1. Firstly, in a large bowl take 1½ cup jowar flour. make sure the flour is fresh, else the dosa will not be crispy.
2. Add ½ tsp salt and 4 cup water.
3. Whisk and mix well making sure there are no lumps.
4. Add 1 onion, 2 tbsp coriander, few curry leaves, 2 chilli, 1 tsp cumin, and ½ tsp pepper.
5. Mix well and rest the batter for 10 minutes.
6. After 10 minutes, you can see the batter is watery. you can adjust the consistency by adding water if required.
7. When the pan is super hot, pour the batter on the pan.
8. spread 1 tsp oil and allow to roast for 2.5 minutes or until the dosa turns crisp.
9. Finally, enjoy crispy jowar dosa recipe with chutney.

Wheat Flour Vegetable Dosa



INGREDIENTS:

- 1 cup wheat flour / atta
- ½ cup rice flour
- water (for batter)
- 2 tbsp oil
- 1 tsp mustard
- ½ tsp cumin
- 1 tsp chana dal
- pinch hing
- 1 onion (finely chopped)
- 2 chilli (finely chopped)
- 1 tomato (chopped)
- 2 tbsp carrot (grated)
- 2 tbsp coriander (chopped)
- ¾ tsp salt
- oil (for roasting)

INSTRUCTIONS

1. firstly, in a large bowl take 1 cup wheat flour, ½ cup rice flour, and 1½ cup water.
2. whisk and mix well making sure there are no lumps.
3. add water as required and prepare a thick flowing consistency batter. keep aside.
4. in a pan heat 2 tbsp oil. splutter 1 tsp mustard, ½ tsp cumin, 1 tsp chana dal, and pinch hing.
5. add 1 onion, 2 chilli, and saute until the onion softens slightly.
6. further add 1 tomato, 2 tbsp carrot, and saute until the tomato turns soft and mushy.
7. cool the masala slightly, and transfer it to the batter.
8. add 2 tbsp coriander, ¾ tsp salt, and mix well.
9. prepare a smooth-flowing consistency batter.
10. heat the dosa tawa and pour the batter. spread slightly thick making sure the thickness is uniform.
11. spread some oil and cook on low flame.
12. flip over and cook both sides until the dosa is cooked well.
13. finally, enjoy onion tomato dosa with coconut chutney.

Instant Pulao Recipe



INGREDIENTS:

For pulao:

- 1 cup coriander
- ½ cup mint / pudina
- 3 chilli
- 2 clove garlic
- 1 inch ginger
- 3 tsp oil
- 1 tbsp ghee
- 10 cashew (halves)
- ¼ th tsp pulao masala
- 1 onion (sliced)
- 1 carrot (finely chopped)
- 1 capsicum (finely chopped)
- ½ cup peas
- 10 beans (chopped)
- 4 cup leftover rice.
- 1 tsp salt
- ½ tsp garam masala
- ½ lemon juice

INSTRUCTIONS

1. Firstly, to prepare the masala paste, in a mixi take 1 cup coriander, ½ cup mint, 3 chilli, 2 clove garlic and 1 inch ginger.
2. Blend to a coarse paste without adding water. keep aside.
3. In a large kadai heat 3 tsp oil and 1 tbsp ghee. Add 10 cashews and fry until it turns golden brown. keep aside.
In the same oil, add 1 bay leaf, 6 cloves, 1 inch cinnamon, 4 pods cardamom and 1 tsp cumin. auté until the spices turn aromatic.(OPTIONAL)
4. Further, add 1 onion and saute until the onions change colour slightly. Now add 1 carrot, 1 capsicum, ½ cup peas and 10 beans.
5. Add ½ tsp salt and saute for 2 minutes. Cook until it turns crunchy. do not overcook the vegetables.
Add in the prepared masala paste and cook for 2 minutes or until the raw flavour disappears.
6. Now add 4 cup leftover rice, ½ tsp salt and ½ tsp garam masala.
7. Mix well combining all the masala with rice. Cover and simmer for 5 minutes, absorbing all the flavours.
8. Add in fried cashew and ½ lemon juice. mix well. Tada....pulao is ready.

Almond And Amaranth Kebab Recipe

INGREDIENTS:

Almond And Amaranth Kebab

1/4 Cup Whole Almond

1/2 cup Amaranth flour

1/2 cup Almond flour

2 tbsp Chopped Ginger

1 tsp Chopped garlic

1 tsp Chopped green chilli OPTIONAL

3 tbsp Chopped red onions

2 tbsp Boiled potato mashed

Salt to taste

1/2 tsp Red chilli powder or less

1/4 tsp Garam masala powder

1 tbsp Freshly chopped coriander leaves

Oil (for grilling)



INSTRUCTIONS

How to Make Almond And Amaranth Kebab

1. Roast almond in preheated oven at 180 degree celsius for 4 minutes and cut them roughly once cooled. (or dry roast almonds on pan for 5 - 7 minutes)
2. In a bowl, combine amaranth flour, almond flour, roughly chopped almonds, chopped ginger, chopped onion, chopped green chili, mashed potatoes, salt, red chili powder, garam masala powder and chopped coriander leaves. mix thoroughly.
3. Portion the mix in 25 gm size and keep aside in plate.
4. Heat oil in pan on medium flame, pan fry kebabs to golden and crisp.
5. Serve hot kebabs with chutney.

Sweet Potato Cutlets Recipe

INGREDIENTS:

Sweet Potato Cutlets

1 sweet potato

turmeric as required

1 and 1/2 tablespoon gram flour (besan)

1/2 tablespoon lemon juice

2 tablespoon refined oil

1/2 onion

red chilli powder as required

1/2 tablespoon rice flour

1/2 handfuls coriander leaves

salt As required



INSTRUCTIONS

Make a soft dough of sweet potatoes

1. In a medium-sized bowl, mash the sweet potatoes and add the finely chopped onions, chopped coriander leaves, salt, gram flour along with the rice flour. Now, add the lemon juice, red chilli powder along with turmeric and mix well until it turns into a soft dough.
2. Make patties of the dough Now, squeeze a little dough and make them into small round balls, flatten them out between your palms making them into patties.
3. Shallow fry the patties until golden and serve with ketchup
4. In a pan, heat oil over medium flame and shallow fry the cutlets, one by one. Flip and fry both sides until they turn golden. Once done, transfer them onto a plate lined with absorbent paper to soak up the excess oil. Serve these hot with tomato ketchup or mint chutney to enjoy!

This can be replaced with normal potatoes aswell.

Mix Vegetable Idli Recipe



INGREDIENTS:

Mix Vegetable Idli

1 Cup Besan

1 cup Semolina

1 medium chopped tomato

2 small chopped carrot

1 small chopped capsicum

1 large chopped onion

1/2 cup Grated paneer

1 tbsp Garlic and ginger garlic paste.

3-4 Green chillies (chopped)

Spring onions (optional)

2 tbsp Curd

Eno Powder for fermentation

INSTRUCTIONS

How to Make Mix Vegetable Idli

1. Take a bowl, add gram flour and semolina.
2. Then add salt, capsicum pcs, tomato, green chilli, ginger-garlic paste, chopped green garlic, chopped carrot, green peas, chopped coriander, and curd.
3. Let it rest for about 15-20 mins.
4. Once done, add paneer and mix again.
5. Now, grease the idli moulds with oil. Fill a portion of the batter.
6. Steam for about 10-12 mins. Check if the idlis are cooked or not by using a toothpick.
7. Serve and enjoy!

Beetroot Pulao Recipe



INGREDIENTS:

Beetroot Pulao
 2 Onions, sliced
 2 Tomatoes, chopped
 2 Potatoes, chopped
 1 small Beetroot, finely chopped
 1 cup Rice
 1 tbsp Ginger-garlic paste
 1 Green chilli, slit
 1/2 tsp Cumin Seeds
 1/4 tsp Turmeric powder
 1 tsp Coriander Powder
 1 tsp Garam Masala
 Salt to taste
 Red chilli powder to taste

INSTRUCTIONS

How to Make Beetroot Pulao

1. Soak rice in water for at least half an hour.
2. Fry cumin seeds in hot oil; saute onions, green chilli and ginger-garlic paste.
3. Saute tomatoes, salt and all the spices.
4. Add chopped beetroot and potatoes and rice.
5. Add water and let it all cook. Serve hot.

Corn Poha Recipe



INGREDIENTS:

Corn Poha
1 Cup Corns
2 cups Onions (sliced)
2 small Tomatoes (chopped)
8-10 nos Curry Leaves
1 tsp Mustard Seeds
1 Green Chilli
Salt to taste
Red chilli powder to taste
1/2 tsp Turmeric Powder
Coriander leaves for garnishing

INSTRUCTIONS

How to Make Corn Poha

1. Boil the corns and keep aside.
2. Wash poha and drain the water.
3. Heat oil in pan, add mustard seeds. When they start to splutter, add curry leaves. Saute for a minute.
4. Saute onions, green chilli and ginger-garlic paste.
5. Add tomatoes, salt, red chilli powder and turmeric powder. Saute till cooked.
6. Add boiled corns and mix well. Add poha, drizzle some water. Mix well and serve with the garnishing of coriander leaves.

Whole Wheat Bread Spinach – sweet corn Sandwich Recipe



INGREDIENTS:

Whole Wheat Bread Spinach-sweet corn Sandwich

1/2 Pack Baby Spinach

1 Clove Garlic

2 tsp sweet corn (boiled)

1/6 Onion

1 pinch Pepper ground

2 tsp Extra Virgin Olive Oil / butter

2 tbsp Butter, unsalted

2 Slices Cheese

2 Slices Wholewheat bread

INSTRUCTIONS

How to Make Whole Wheat Bread Spinach Sandwich

1. Heat the extra virgin olive oil in a pan and add the diced onions, sauteing till golden brown.
2. Add baby spinach and cook till it wilts.
3. Add the fresh dill, parsley, garlic and pepper and combine.
4. Empty into a bowl and add the ricotta, feta and combine into a mixture. Add cheddar slices to Wholewheat. Bread and top with spinach and cheese mixture.
5. In a pan, add extra virgin olive oil and unsalted butter and toast the sandwich till the cheese melts. Serve hot.

Coriander Burnt Garlic Rice- Recipe



INGREDIENTS:

Coriander Burnt Garlic Rice-

3-4 Babycorn

to taste Salt

1/2 cup Beans

1 small Carrot

2 cloves Garlic

2 tbsp Refined Oil

1 tsp Broth Powder

for garnishing Corinader Leaf

2 pieces Egg

1/2 tsp Sugar

1 bowl Table Rice

to taste Black Pepper

INSTRUCTIONS

How to Make Coriander Burnt Garlic Rice-

1. Chop the carrots, beans, and corn.
2. Meanwhile, keep 1 bowl of boiled rice ready.
3. Take 2 pieces of eggs and fry them.
4. Chop some garlic and sauté with the pre-chopped veggies in refined oil
5. Sprinkle Salt and pepper on top.
6. Then add the fresh veggie broth, along with the rice.
7. Toss them on a pan.
8. Finally garnish with burnt garlic and coriander leaf.

Herby Tomato Soup



INGREDIENTS:

2 tablespoons olive oil

1/2 large onion, diced

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1/2 teaspoon fennel seed (optional)

1/4 teaspoon dried thyme (optional)

2 cups Basic Tomato Sauce or 1 (28-ounce)
can diced tomatoes

2 cups low-sodium vegetable stock or water

Fresh basil and/or parsley, chopped
(optional)

Salt to taste

INSTRUCTIONS

1. Warm olive oil in a medium saucepot over medium heat. Add onion and sweat onions until translucent, about 5 minutes. Add dried spices and stir into cooked onions until fragrant, about 1 minute.
2. Add Basic Tomato Sauce or diced tomatoes to pot, stirring occasionally until mixture starts to bubble and color darks slightly.
3. Add stock or water, and fresh herbs if using, and bring soup back up to slow simmer for 15-20 minutes, uncovered. Ladle a few cups into a blender and process in batches or use an immersion blender until smooth. Taste for seasoning.
4. Serve immediately, store in an airtight container in a refrigerator for up to a week or freeze for up to two months.

Rice Salad

INGREDIENTS:

- 1/4 teaspoon smoked paprika (optional)
- 1 tablespoon extra virgin olive oil
- 1/3 cup firm tofu drained, and cut into a fine dice
- 1/2 cup fresh tomatoes, deseeded and diced
- 1/3 cup pitted black olives, drained and diced
- 2 medium dill pickles, drained and cut into a fine dice
- 1/2 cup Jarlsberg cheese diced
- 1/2 large red pepper, seeded and cored and cut into a fine dice
- 1/2 large yellow pepper, seeded cored and cut into a fine dice
- 1/2 cup frozen peas – defrosted
- 1/2 bunch of chives finely scissored (See Ann's Tips)
- salt and pepper to taste
- 2 cups cooked brown rice



INSTRUCTIONS

1. In a small bowl, toss together the smoked paprika if using, olive oil and diced tofu with a sprinkle of salt. Set aside while you prep the vegetables.
2. In a salad bowl mix the diced tomatoes, olives, pickles, cheese, red and yellow peppers and peas. Add the chives and toss together. Stir the tofu and oil into the vegetables.
3. Mix in the brown rice and toss until all the veggies are well distributed through the rice. Taste for salt. Cover in plastic wrap and chill for an hour for the flavors to blend. The salad will keep in the fridge for up to 3 days.

Coconut Halwa Muffins With Sesame Crumble

INGREDIENTS:

- 1 cup all-purpose flour
- ½ cup whole wheat pastry flour
- ½ cup unsweetened grated coconut
- ½ cup crumbled halvah
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 teaspoons ground cinnamon
- 2 large eggs
- 1/3 cup canola or vegetable oil
- 1/2 cup granulated sugar
- 2/3 cup milk
- 1 teaspoon vanilla extract

Sesame crumble

- 1 tablespoon unsweetened grated coconut
- 2 tablespoons flour
- 1 tablespoon sesame seeds
- 1 tablespoon chia seeds
- 1 tablespoon light brown sugar
- 1 ½ tablespoons canola or vegetable oil



INSTRUCTIONS

1. Preheat oven to 400 o Lightly spray a 12 muffin pan with cooking spray
2. In a medium bowl whisk together the all-purpose flour, whole wheat pastry flour, unsweetened grated coconut, crumbled halvah, baking powder, salt and ground cinnamon,
3. In a separate bowl whisk the eggs, oil, sugar, milk and vanilla.
4. Using a rubber spatula fold the egg-milk mixture into the dry ingredients until just blended. Don't overmix.
5. Make the Sesame Crumble: In a small bowl combine grated coconut, flour, sesame seeds, chia seeds and light brown sugar. Drizzle with the oil and mix with you finger tips until crumbly.
6. Spoon the batter into the prepared muffin cups, filling a little more than ¾ of their way. Sprinkle the sesame crumble on top of the muffins. Bake for 18 to 20 minutes, until the muffins are brown and springy. Remove from the oven and let them cool in the pans for 5 minutes, then transfer to a cooling rack.

Garden Salad With Avocado Dressing



INGREDIENTS:

- 5 ounces, mix baby greens (baby kale, baby arugula, baby spinach)
- 1/2 cup, thinly sliced celery stalks
- 1/3 cup, thinly sliced red onions
- 1/2 cup, thinly sliced red bell pepper
- 1 medium cucumber, sliced
- 1 small carrot, grated
- 1 cup grape tomatoes, halved

Avocado Dressing

- 1 medium avocado, peeled, pitted and chopped
- 4-5 tablespoons olive oil
- 1 garlic clove, minced
- 1/4 cup chopped cilantro
- 1 scallion, thinly sliced
- 2 limes, juiced
- 3/4 cup water, or more as needed
- 1 teaspoon salt

INSTRUCTIONS

1. In a blender or food processor, combine half of the chopped avocado, oil, garlic, cilantro, scallion, lime juice, water and salt. Puree until smooth. Transfer to an airtight container and refrigerate until use.
2. In a large bowl combine the baby greens, celery, onions, pepper, cucumber, carrots, tomatoes and the remaining half of chopped avocado. (See Chef Tips.)
3. Serve salad with the dressing.

Frozen Banana Sandwiches



INGREDIENTS:

- 1 banana, sliced into $\frac{1}{4}$ inch thick coins
- $\frac{1}{4}$ cup almond butter
- $\frac{1}{4}$ cup sliced almonds

INSTRUCTIONS

1. Assemble the sandwiches by topping half of the banana slices with a teaspoon of almond butter then a teaspoon of almonds and finally top with another banana slice.
2. Place the sandwiches on a cookie sheet and place in the freezer. Freeze for about an hour or until the sandwiches are frozen.
3. Serve or transfer to a container and store in freezer.

Healthy Jowar Thepla



INGREDIENTS:

- 1½ cup jowar flour
- ¾ cup wheat flour
- 4 tbsp palak / spinach (chopped)
- 4 tbsp methi / fenugreek leaves (chopped)
- 2 tbsp coriander (chopped)
- 1 carrot (grated)
- 1 tsp chilli powder
- ½ tsp cumin powder
- ½ tsp garam masala
- 2 tbsp sesame
- 1 potato (boiled)
- ¾ tsp salt
- ½ cup curd
- water (for kneading)
- ghee (for roasting)

INSTRUCTIONS

1. Firstly, in a large bowl take 1½ cup jowar flour and ¾ cup wheat flour. You can also add ragi flour or besan.
2. Add 4 tbsp palak, 4 tbsp methi, 2 tbsp coriander, 1 carrot, and 1 tsp chilli powder.
3. Also add ½ tsp cumin powder, ½ tsp turmeric, ½ tsp garam masala and 2 tbsp sesame.
4. Further, add 1 potato, ¾ tsp salt, and mix well.
5. Now add ½ cup curd and combine well.
6. Add water as required and start to knead the dough.
7. Knead to a smooth and soft dough adding water as required.
8. Pinch a ball-sized dough and dust it with wheat flour and roll uniformly.
9. Further, roll to a slightly thick thickness like paratha.
10. Now on a hot tawa place the rolled paratha and cook for a minute.
11. Furthermore, when the base is partly cooked, flip the jowar paratha.
12. Also, spread ½ tsp ghee and cook both sides.
13. Finally, enjoy jowar paratha with raita and pickle.

Achari Paratha Recipe



INGREDIENTS:

3 cup wheat flour
 ½ tsp ajwain
 ½ tsp salt
 water (for kneading)
 2 tsp oil

For pickle masala:

2 tsp mustard
 4 tsp coriander seeds
 2 tsp fennel
 1 tsp kalonji
 2 tsp cumin
 1 tsp pepper
 ½ tsp methi
 4 dried red chilli
 ½ tsp turmeric
 1 tsp aamchur
 ½ tsp salt

For paratha:

ghee (for layering)
 wheat flour (for dusting)
 oil (for roasting)

INSTRUCTIONS

1. How to make achari masala:
2. Firstly, in a heavy-bottomed pan take 2 tsp mustard, 4 tsp coriander seeds, 2 tsp fennel, 1 tsp kalonji, 2 tsp cumin, 1 tsp pepper and ½ tsp methi.)

3. Also, add 4 dried red chilli and roast on low flame.
4. Roast until the spices turn aromatic.
5. Cool completely, and transfer to the mixi jar.
6. Also add ½ tsp turmeric, 1 tsp aamchur and ½ tsp salt.
7. Blend to a fine powder and achari masala is ready.

How to knead dough for layered paratha:

1. Firstly, in a large bowl take 3 cup wheat flour, ½ tsp ajwain and ½ tsp salt.
2. Mix well making sure everything is well combined.
3. Now add 1 cup water and start to knead the dough.
4. Also, add 2 tsp oil and knead to a smooth and soft dough.
5. Cover and rest for 20 minutes.

How to fold for layered parantha:

1. After resting the dough for 20 minutes, continue to knead.
2. Pinch a small ball sized dough and roll.
3. Dust wheat flour and roll to thin thickness.
4. Spread a tsp of ghee over the rolled roti.
5. Also, sprinkle 1 tsp of prepared achari masala mix.
6. Now fold zig-zag way and roll spiral.
7. Sprinkle wheat flour and roll gently.
8. Roll to slightly thick thickness sprinkling wheat flour if required.
9. Now cook on hot tawa keeping the flame on medium.

Cheese Bread Balls

INGREDIENTS:

- 2 potato / aloo (boiled & mashed)
- 1 chilli (finely chopped)
- ½ tsp ginger paste
- 2 tbsp coriander (finely chopped)
- ¼ tsp pepper (crushed)
- 1 tsp mixed herbs
- ¼ cumin powder / jeera powder
- ½ tsp salt
- 2 slice bread (white/brown)
- 10 cubes cheese (cheddar/mozzarella)
- 1 cup corn flakes (crushed)
- For corn flour batter:
- 2 tbsp corn flour
- 2 tbsp maida / plain flour
- ¼ tsp pepper (crushed)
- ¼ tsp salt
- ¼ cup water

10. Roast both sides spreading oil on both sides.
11. Cook until the paratha turns golden brown and layers separate.
12. Finally, crush the achari paratha and enjoy with butter.



INSTRUCTIONS

1. Firstly, in a large mixing bowl take 2 potato.
2. Also add 1 chilli, ½ tsp ginger paste, 2 tbsp coriander, ¼ tsp pepper, 1 tsp mixed herbs, ¼ cumin powder and ½ tsp salt.
3. Additionally, tear 2 bread slices.
4. Make a soft non-sticky dough. Keep aside.
5. Now pinch a ball sized aloo mixture and flatten slightly.
6. Place a cubed sized cheese in the centre.
7. Get the edges together and stuff the cheese well.
8. Form a smooth ball, making sure there are no cracks.
9. Further, roll in crushed cornflakes or breadcrumbs covering uniformly.
10. Fry in hot oil or bake in preheated oven at 180 degree celcius for 15-18 minutes.
11. Stir occasionally without breaking cheese balls.
12. Fry until bread cheese balls turns golden brown and crisp.
13. Drain off the balls over kitchen paper absorbing excess oil.
14. Finally, enjoy bread cheese balls with tomato sauce.

Easy Suji Potato Bites Recipe



INGREDIENTS:

- 2 potato
- 1 cup rava / semolina / suji (coarse)
- ½ cup besan
- 1 tsp ginger paste
- 2 chilli (finely chopped)
- ½ tsp turmeric
- 1 tsp sugar
- ½ tsp salt
- 2 tbsp curd
- 2 tbsp oil
- 1 cup water
- ½ tsp eno fruit salt

For tempering:

- 2 tbsp oil
- 1 tsp mustard
- 1 tsp cumin
- ½ tsp turmeric
- ½ tsp chilli powder
- 2 tsp coriander (chopped)

INSTRUCTIONS

1. Firstly, in a mixer jar take 2 potato and grind them to a smooth paste.
2. Transfer the potato puree to the large bowl.
3. Add 1 cup rava, ½ cup besan, 1 tsp ginger paste and 2 chilli.
4. Also add ½ tsp turmeric, 1 tsp sugar, ½ tsp salt, 2 tbsp curd and 2 tbsp oil.
5. Mix well making sure everything is well combined.
6. Further, add 1 cup water and mix well forming a smooth batter.
7. Cover and rest for 20 minutes.
8. Now add ½ tsp eno fruit salt and mix well turning the batter frothy.
9. Transfer the batter to the pan and steam for 20 minutes.
10. Cool completely, and cut into pieces.
11. Heat 2 tbsp oil and roast the aloo suji cubes until it turns golden brown.
12. To prepare the tempering, heat 2 tsp oil. Add 1 tsp mustard, 1 tsp cumin, ½ tsp turmeric, ½ tsp chilli powder and saute on low flame.
13. Coat the roasted suji aloo cubes by mixing gently.
14. Add in 2 tsp coriander and mix well.
15. Finally, enjoy aloo suji bites with green chutney or tomato sauce.

Easy Crispy Bhindi Popcorn Recipe



INGREDIENTS:

- 15 okra / bhindi
- ½ tsp turmeric
- 1 tsp chilli powder
- 1 tsp aamchur
- ½ tsp garam masala
- ½ tsp salt
- 2 tbsp corn flour

For slurry:

- 1 cup maida
- ¼ cup corn flour
- 1 tsp chilli powder
- ½ tsp salt
- 1 cup water

Other ingredients:

- breadcrumbs (for coating)
- oil (for frying)

INSTRUCTIONS

1. Firstly, cut the bhindi into 1 inch length. Make sure to wipe the bhindi, else it turns sticky.
2. Add ½ tsp turmeric, 1 tsp chilli powder, 1 tsp aamchur, ½ tsp garam masala, ½ tsp salt and 2 tbsp corn flour.
3. Mix well making sure all the spices are well coated.
4. Marinate for 15 minutes so the flavours are absorbed well.
5. Meanwhile, prepare the slurry by taking 1 cup maida, ¼ cup corn flour, 1 tsp chilli powder, ½ tsp salt and 1 cup water.
6. Mix well making sure there are no lumps.
7. Dip the marinated bhindi into the slurry.
8. Transfer into breadcrumbs and roll uniformly.
9. Double coat the bhindi with breadcrumbs for extra crispiness.
10. Now deep fry in hot oil, keeping the flame on medium.
11. Stir until the bhindi turns golden brown and crispy.
12. Finally, enjoy bhindi popcorn with tomato sauce as a tea-time snack

Instant Chakli Recipe

INGREDIENTS:

- 2 cup rice flour (fine)
- 1 cup maida / plain flour
- 1 tsp salt
- 2 tbsp butter (room temperature)
- ½ tsp turmeric
- 1 tsp red chilli powder
- 2 tbsp sesame / til
- pinch hing / asafetida
- 1 tsp salt
- water (for kneading)
- oil (for frying)

INSTRUCTIONS

1. Firstly, in a large mixing bowl take 2 cup rice flour, 1 cup maida and 1 tsp salt.
2. Also add ½ tsp turmeric, 1 tsp red chilli powder, 2 tbsp sesame, pinch hing and 1 tsp salt.
3. Mix well making sure everything is well combined.
4. Now add 2 tbsp butter, crumble and mix until the flour is well combined with butter.
5. Add water slowly and start to knead the dough.
6. Knead to smooth and soft dough adding water as required.
7. Now take star mould and fix to the chakli maker.
8. Grease the chakli maker with some oil. This prevents the dough from sticking to mould.
9. Furthermore, make a cylindrical shape out of dough and place the dough inside the maker.
10. Tighten the lid and start preparing chaklis. On the wet cloth or butter paper make small spiral shape chaklis by pressing
11. Seal the ends so that it doesn't fall apart while deep frying.
12. Take one chakli at a time and slide it into the hot oil.
13. Flip the chakli and fry on medium flame till they turn crispy from both sides.
14. Furthermore, drain over a paper towel to remove excess oil.
15. Finally, once cooled enjoy instant chakli or store in an airtight container for 2 weeks.



Homemade Frozen Vegetable – Veggie Fingers



INGREDIENTS:

For veggie mixture:

- 2 tbsp oil
- ½ onion (finely chopped)
- 2 chilli (finely chopped)
- 1 carrot (chopped)
- 3 tbsp sweet corn
- 3 tbsp peas
- ½ capsicum (chopped)
- 2 potato (boiled & mashed)
- ½ tsp chilli powder
- ½ tsp cumin powder
- ½ tsp garam masala
- ½ tsp pepper powder
- ½ tsp chaat masala
- ½ tsp chilli flakes
- ½ tsp mixed herbs
- ½ tsp salt
- ¼ cup breadcrumbs

For slurry:

- ¾ cup corn flour
- ¼ cup maida
- ¼ tsp pepper powder
- ¼ tsp salt
- ¾ cup water

Other ingredients:

- breadcrumbs (for coating)
- oil (for frying)

INSTRUCTIONS

1. Firstly, in a pan heat 2 tbsp oil. Add ½ onion, 2 chilli and saute until the onions soften.
2. Now add 1 carrot, 3 tbsp sweet corn, 3 tbsp peas and ½ capsicum. Saute until the vegetables turn crunchy.
3. Cool completely, and transfer to a large bowl.
4. Add 2 potato, ½ tsp chilli powder, ½ tsp cumin powder, ½ tsp garam masala, ½ tsp pepper powder, ½ tsp chaat masala, ½ tsp chilli flakes, ½ tsp mixed herbs and ½ tsp salt.
5. Squeeze and mix well making sure everything is well combined.
6. Now add ¼ cup of breadcrumbs and prepare a soft non-sticky dough.
7. To prepare the slurry, in a bowl take ¾ cup corn flour, ¼ cup maida, ¼ tsp pepper powder and ¼ tsp salt.
8. Add ¾ cup water and prepare a smooth lump-free batter.
9. Now shape the veggie mixture into finger-sized.
10. Dip in corn flour slurry and coat with panko breadcrumbs.
11. You can deep fry immediately, or freeze in a zip lock bag for up to 2 months.
12. Stir occasionally, and fry until the fingers turn golden brown and crispy.
13. Drain off over kitchen paper to remove excess oil.
14. Finally, enjoy veggie fingers with tomato sauce.

Green Peas Bonda

INGREDIENTS:

- 1½ cup peas / matar
- 2 chilli
- 1 inch ginger
- 2 cup maida
- ¾ cup curd
- 1 tsp cumin
- 2 tbsp coriander (chopped)
- ¾ tsp salt
- water (as required)
- ¼ tsp baking soda
- oil (for frying)



INSTRUCTIONS

1. Firstly, in a mixer jar take 1½ cup peas, 2 chilli, and 1 inch ginger.
2. Grind to smooth paste.
3. Transfer the matar paste to a large bowl.
4. Add 2 cup maida, ¾ cup curd, 1 tsp cumin, 2 tbsp coriander, and ¾ tsp salt.
5. Mix well making sure everything is well combined.
6. Add water as required and mix well with your hand in one direction.
7. Beat the batter making sure to incorporate air well.
8. Add ¼ tsp baking soda and mix well making sure everything is well combined.
9. Now dip your hand in cold water and pinch a small ball-sized batter.
10. Drop it in hot oil keeping the flame on medium.
11. Stir and fry uniformly on medium flame.
12. Drain off the bajji once it turns golden brown and crisp.
13. Finally, matar bonda is ready to enjoy with chutney.

Ribbon Pakoda Recipe

INGREDIENTS:

For masala ribbon pakoda:

- ½ cup roasted gram dal
- 2 cup rice flour
- ½ cup besan
- 1 tsp chilli powder
- ¼ tsp turmeric
- pinch hing
- 2 tbsp white sesame
- ¾ tsp salt
- 2 tbsp hot oil
- water (for kneading)
- oil (for frying)

For garlic ribbon pakoda:

- ½ cup roasted gram dal
- 6 clove garlic
- few curry leaves
- 2 cup rice flour
- ½ cup besan
- ½ tsp pepper powder
- pinch hing
- 2 tbsp black sesame
- ¾ tsp salt
- 2 tbsp butter (softened)
- ¾ cup coconut milk
- water (for kneading)
- oil (for frying)



INSTRUCTIONS

How to make masala ribbon pakoda:

1. Firstly, in a mixer jar take ½ cup roasted gram dal and grind to a fine powder.
2. Transfer to a large bowl.
3. Add 2 cup rice flour, ½ cup besan, 1 tsp chilli powder, ¼ tsp turmeric, pinch hing, 2 tbsp white sesame, and ¾ tsp salt.
4. Mix well making sure everything is well combined.
5. Now add 2 tbsp hot oil and mix well. Crumble and mix making sure the flour is moist.
6. Further, add water as required and start to knead the dough.
7. Knead to a smooth and soft nonsticky dough.
8. Take the line mould and attach it to the chakli maker.
9. Stuff in the dough and press in hot oil.
10. Fry on medium flame on both sides until it turns golden brown and crisp.
11. Drain off over kitchen paper to remove excess oil.
11. Finally, enjoy ribbon pakoda for a month when stored in an airtight container.

How to make garlic ribbon pakoda:

1. Firstly, in a mixer jar take ½ cup roasted gram dal, 6 clove garlic, few curry leaves and grind to a fine powder.
2. Transfer to a large bowl.
3. Add 2 cup rice flour, ½ cup besan, ½ tsp pepper powder, pinch hing, 2 tbsp black sesame and ¾ tsp salt.

4. Mix well making sure everything is well combined.
5. Now add 2 tbsp butter and mix well. Crumble and mix making sure the flour is moist.
6. Further add $\frac{3}{4}$ cup coconut milk and mix well.
7. Now add water as required and start to knead the dough.
8. Knead to a smooth and soft nonsticky dough.
9. Take the line mould and attach it to the chakli maker.
10. Stuff in the dough and press in hot oil.
11. Fry on medium flame on both sides until it turns golden brown and crisp.
12. Drain off over kitchen paper to remove excess oil.
13. Finally, enjoy garlic ribbon pakoda for a month when stored in an airtight container.

Veg Fish Fry Recipe



INGREDIENTS:

For marination:

- 2 raw banana
- 1 tbsp chilli powder
- ½ tsp turmeric
- 1 tsp coriander powder
- ½ tsp cumin powder
- ½ tsp garam masala
- 1 tbsp ginger garlic paste
- ½ tsp salt
- 2 tbsp lemon juice
- 2 tsp oil

for rava coating:

- 1 cup rava / semolina / suji (coarse)
- 2 tbsp rice flour
- ¼ tsp chilli powder
- ½ tsp salt
- oil (for frying)

INSTRUCTIONS

1. Firstly, peel the skin of raw banana. Make sure to take fresh plantain else the kabab will be on the sweeter side.
2. Slice thick making sure they are of uniform thickness. Keep aside.
3. In a large plate take 1 tbsp chilli powder, ½ tsp turmeric, 1 tsp coriander powder and ½ tsp cumin powder.

4. Also add ½ tsp garam masala, 1 tbsp ginger garlic paste, ½ tsp salt, 2 tbsp lemon juice and 2 tsp oil.
5. Mix well making sure everything is well combined. This masala paste is called "meet mirsang" in mangalore.
6. Now spread the masala on the sliced raw banana.
7. Allow marinating for 30 minutes or more.
8. Now top prepare the coating, in a plate take 1 cup rava, and 2 tbsp rice flour.
9. Also, add ¼ tsp chilli powder and ½ tsp salt. Mix well making sure everything is well combined.
10. Take the marinated raw banana and coat in rava.
11. Deep fry in hot oil keeping the flame on medium.
12. Make sure to not touch the kabab pieces for at least 1 minute. Else there are chances for rava to disintegrate.
13. Stir occasionally, and fry on medium flame until the banana turns golden brown and crisp.
14. Drain off over a kitchen towel to remove excess oil.
15. Finally, enjoy raw banana rava fry with green chutney.

Thank you

