

RECIPE BOOK OF NAZISH QURESHI

SNACKS AND DESSERTS

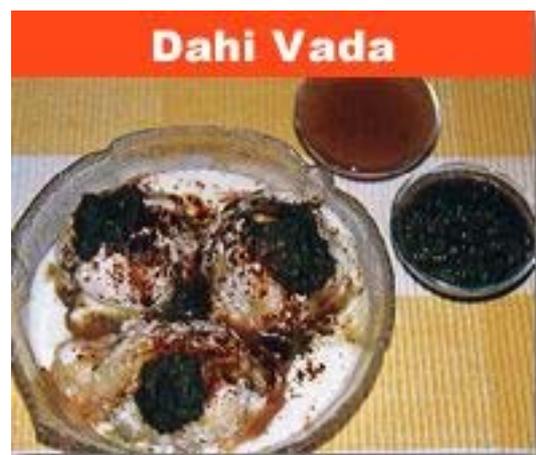


Paneer Pakora	Dahi Vada	Paneer Tikka	Pani Puri
Bread Pakora	Cheese Onion Pakora	Samosa	Onion Bhajia
Mint Chutney	Tamarind Chutney	Coriander Chutney	Garlic Chutney
Mughlai Paratha	Mooli Paratha	Makki Ki Roti	Naan
Aaloo Paratha	Pudina Paratha	Missi Roti	Sheermaal
Zarda	Shahi Tukda	Rasmalai	Rabri
Gajar Ka Halwa	Phirni	Chocolate Sponge Cake	Vanilla Sponge Cake
Black Forest Cake	Tutti-Frutti Ice Cream	Vanilla Ice Cream	Chocolate Ice Cream

PANEER PAKORA Paneer pieces dipped in masala and gram flour batter and deep fried in oil.

INGREDIENTS	METHOD
Cottage cheese 250 gms. Red chili powder 1 tsp. Mango powder 1 ¼ tsp. Oil For deep frying For the batter Gram flour 8 tbsp. Red chili powder 1 ½ tsp. Cooking soda A pinch Water As required Salt To taste	1. Cut the cottage cheese into square, thick cubes. 2. Sprinkle red chili powder and mango powder on each piece. 3. Make the batter by mixing the gram flour with red chili powder, salt, soda and sufficient water to make a slightly thick batter. 4. Dip each piece of cottage cheese into the batter and deep fry in heated oil till it turns golden brown. 5. Serve hot with green chutney.

[BACK TO TOP](#)



DAHI VADA Savouries made from lentils, served with Yogurt and exotic chutneys - Simply mouth-watering!!

INGREDIENTS	METHOD
Urad dal 1 cup Yogurt 1 kg. Cumin powder roasted 2 tsp. Red chili powder 1 tsp. Rock salt/Black salt 1 tsp.	1. Wash and soak the dal in cold water overnight. Next day, strain and grind to a smooth paste. 2. Whisk into a batter ½ tsp. salt, ½ tsp. red chili powder and raisins. 3. Heat oil in a pan. Drop 1 tbsp. of batter in it and fry

Ginger julienne 1" piece Coriander chopped 3 tbsp. Raisins 15-20 nos. Green chili, small pieces 1 no. Tamarind chutney To taste Mint chutney To taste Oil For frying Salt To taste	until light golden. 4. Remove, drain on absorbent paper. These are now called Bhallas. Put bhallas in hot water. Leave for 2 mins. Drain, squeezing out the water between the palms of your hands. 5. Whisk the Curd/Yogurt well with Rock salt (kala namak) and salt to taste. 6. To serve, place the bhallas on a plate and cover with yogurt. Add Mint chutney and Tamarind chutney. Sprinkle red chili powder and cumin powder. Garnish with coriander leaves, ginger and green chili.
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[BACK TO TOP](#)

HARYALI PANEER TIKKA Paneer marinated in Coriander chutney and yoghurt, skewered and baked in an oven or tandoor.	
INGREDIENTS	METHOD
Paneer 400 gms. Curds 1 cup Coriander leaves 2 bunch Mint 1 bunch Green chilies 4 nos. Lemon juice ½ no. Garlic 30 gms. Garam masala powder ½ tsp. Chaat masala powder 1 tsp. Oil 1 tbsp. Salt 1 tsp.	1. Chop Paneer into big pieces. 2. In a vessel take coriander leaves, to it add Curd/Yogurt, salt, chaat masala powder, Garam Masala Powder and lemon juice. Mix well and grind coarsely. 3. Pour in little oil and blend together. 4. Add paneer pieces and mix lightly. Marinate it for ½ hours. 5. Place it on skewers and cook in an oven on high temperature. 6. Serve hot.

[BACK TO TOP](#)



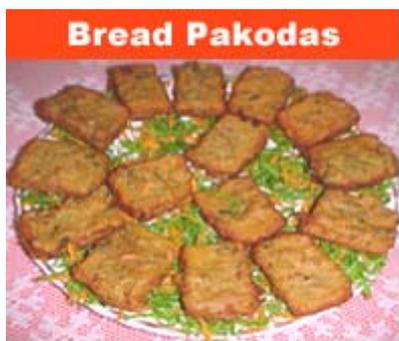
PANI PURI (GOL GAPPA) Puffed Puris with sprouted green gram dal and filled with sweet and spicy water	
INGREDIENTS	METHOD
Pani: Puffed puris As required Tamarind 4 ½ cups Water 4 cups Coriander leaves 1 small bunch Chili powder 1 tsp. Cummin seeds roasted & ground ½ tsp.	1. Boil the tamarind in the water till soft. Strain. Add the ground spices, salt and chopped coriander leaves. 2. If the mixture is too thick, dilute it with water. Make a small hole in each puri and stuff it with some moong sprouts. 3. Serve the pani and puri separately so that each guest can serve himself by dipping the

<p>Black pepper ½ tsp. Sprouted green gram (mung) ½ cup Jaggery or Sugar To taste Salt To taste</p> <p>Puri: Rawa 1 cup Ghee 2 tbsp. Oil To deep fry Salt To taste</p>	<p>puri into the pani. 4. Chutneys may also be served with this pani and puris if preferred.</p> <ol style="list-style-type: none"> 1. Combine salt and ghee and add this to rawa. 2. Rub this mixture thoroughly to form a hard dough. 3. Divide the dough in to small portions. 4. Roll out each portion of the dough in to thin round shape. 5. Heat oil in a kadai to medium hot. 6. Deep fry puri in hot oil, when puri is puffed from one side, turn it over and continue frying till puffed from both the sides, becomes crisp and golden brown in colour. 7. Remove it, drain off excess oil and then leave them to cool.
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[BACK TO TOP](#)

BREAD PAKORA Bread slices dipped in spicy gram flour batter and deep fried.	
INGREDIENTS	METHOD
<p>Besan (gram flour) ½ cup Curd ½ cup Onions, chopped 1 no. Dried pomegranate seeds, ground ½ tsp. Chili-ginger paste 1 tsp. Roasted peanut, ground ¼ cup Coriander leaves, chopped 1 tbsp. Bread, slices 6 nos. Oil As required Salt To taste</p>	<ol style="list-style-type: none"> 1. Mix the two flours with ½ of the curd, chopped onions, pomegranate seed powder, chili ginger paste, peanuts, coriander leaves and salt. 2. Add enough water to make a thick batter. 3. Mix the remaining curd with ½ cup water and make buttermilk. 4. Cut each slice of bread into 6 small pieces and then soak them in buttermilk for a few seconds. 5. Remove the bread, squeeze and then put them in the batter. 6. Coat each bread piece with enough batter and then deep fry in hot oil till light brown. 7. Serve hot with tomato sauce or chutney.

[BACK TO TOP](#)



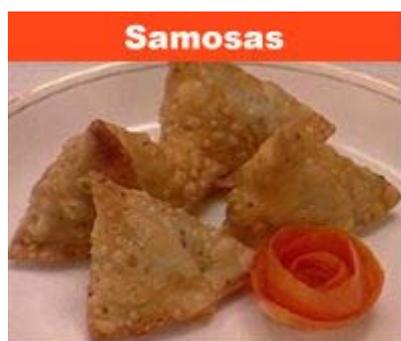
CHEESE ONION PAKORAS A quick, simple and tasty vegetarian preparation	
INGREDIENTS	METHOD
<p>Onions finely chopped 2 nos. Besan(Gramflour) 1 ½ cup Grated cheese 1 cup</p>	<ol style="list-style-type: none"> 1. Make a thick batter with water and all the ingredients except the oil. 2. Heat the oil well and deep fry spoonfuls of the

Coriander leaves chopped 2 tbsps. Green chilies cut fine 3 nos. Soda bicarb ½ tsp. Oil for frying Salt to taste	batter. 3.Repeat the procedure till the batter is over. 4.Drain on paper. 5.Serve hot with tomato sauce
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[BACK TO TOP](#)

SAMOSA	
INGREDIENTS	METHOD
<p>For the Dough Refined flour 200 gms. Ajwain ½ tsp. Ghee/Oil 3 tbsps. Salt As per taste</p> <p>Stuffing Potato cubes 250 gms. Green peas (shelled) 75 gms. Chopped ginger 1 tsp. Chopped green chili 1 tsp. Red chili powder 1 tsp. Cumin seeds 1 tsp. Garam masala powder 1 tsp. Dried mango powder 1 tsp. Chopped green coriander 1 tbsps. Oil 2 tbsps. Oil for deep frying - Salt As per taste</p>	<ol style="list-style-type: none"> Mix the dough ingredients, add water in small quantities and make a hard dough and keep it under a wet cloth for 10 - 15 minutes. Heat oil, add cumin seeds and when they start to change color, add chopped ginger, chopped green chilies and then add diced potatoes. Add red chili powder, salt, dry mango powder and Garam Masala Powder. Stir well. Sprinkle water and cook covered till potatoes are done. Add green peas and cook further for 5 minutes on a slow flame. Add chopped green coriander and let it cool. Divide the dough into 16 equal portions and make them into small balls. Apply a little flour and roll them into 4 inch diameter elongated diskettes. Cut each diskette into half and apply water on the edges. Shape it into a cone and stuff it with the potatoes and peas filling. Seal the edges and deep fry in medium hot oil till crisp and golden brown. Serve hot with Tamarind chutney.

[BACK TO TOP](#)



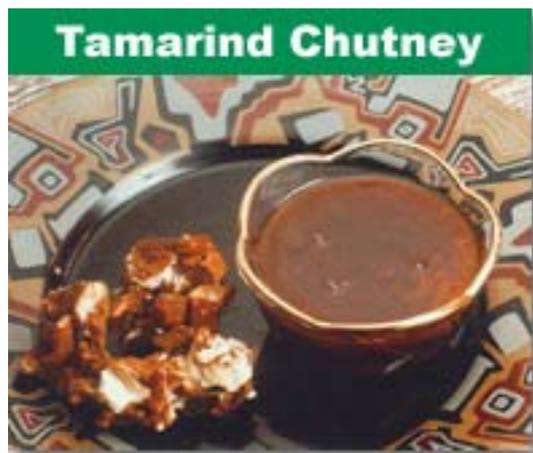
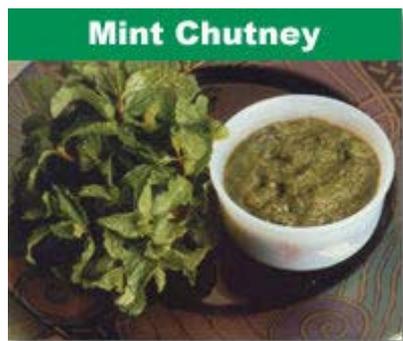
ONION BHAJIA	
INGREDIENTS	METHOD
<p>Gram flour 150 gms. Sliced onion 1¼ cup Chopped green chili 1 tsp. Chopped green coriander 1 tsp. Cumin powder 1 tsp.</p>	<ol style="list-style-type: none"> Apply salt to the sliced onions and keep aside for 10 minutes. Mix all the remaining ingredients with the gram flour and add water to make a thick batter. Squeeze out excess water from the sliced onions and mix with the batter.

Oil for deep frying - Salt As per taste	<p>4. Heat oil in a Kadhai. Drop the batter with a spoon or with hand into moderate hot oil. Deep fry until cooked and golden brown in color.</p> <p>5. Remove from oil and keep on an absorbent paper or towel to remove excess oil.</p> <p>6. Serve hot with Mint chutney.</p> <p>Note: For better results, take out bhajias when they are half done and press them between your palms (remember these will be hot) and again deep fry until golden brown and crisp.</p>
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[BACK TO TOP](#)

MINT CHUTNEY A tangy mint and fresh coriander relish.	
INGREDIENTS	METHOD
Mint leaves 500 gms. Green coriander leaves 300 gms. Green chili 5 no. Lemon juice 1 tbsp. Onion 3 nos. Scraped ginger 20 gms. Anardana powder 2 tbsp. Salt As per taste	<ol style="list-style-type: none"> 1. Wash chillies, ginger, mint leaves and green coriander leaves and slice the onions. 2. Cut roughly and then grind to a fine paste. Add a little water if required, lemon juice, salt and anardana powder. 3. Mix well and serve.

[BACK TO TOP](#)



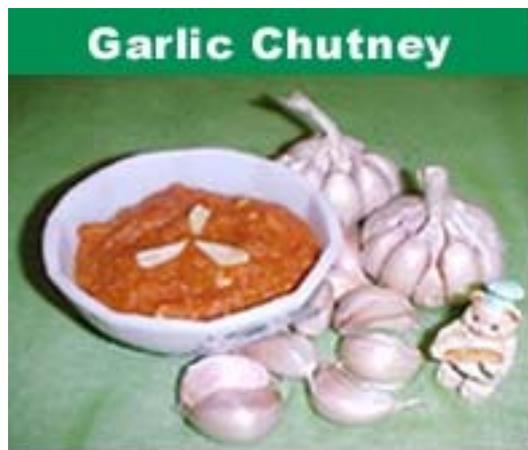
TAMARIND CHUTNEY Sweet and tangy tamarind sauce.	
INGREDIENTS	METHOD
Tamarind 200 gms. Jaggery 300 gms. Roasted cumin powder 2 tsp. Black salt 1 tsp. Dry ginger powder ½ tsp. Red chili powder 2 tsp. Garam masala powder 1 tsp. Salt As per taste	<ol style="list-style-type: none"> 1. Add 5 cups of water to tamarind. Cook on a high flame to bring it to a boil. Simmer for 10 minutes. 2. Pass it through a soup strainer and mix roasted cumin powder, black salt, dry ginger powder, red chili powder, Garam Masala Powder, jaggery and salt. 3. Bring it back to a medium heat and simmer on a slow flame for about 10 minutes till jaggery completely dissolves and the sauce gets a semi thick liquid consistency. 4. The consistency of the chutney should be a little thinner as it thickens on cooling.

[BACK TO TOP](#)

CORIANDER CHUTNEY Ground coconut relish with the freshness of green coriander.	
INGREDIENTS	METHOD

Fresh coconut ½ no. Green coriander leaves 500 gms. Green chili 4 no. Lime juice 2 tbsp. Salt As per taste	1. Cut coconut into pieces and then grind to a fine paste. 2. Grind coriander leaves and green chilies also to a fine paste. 3. Now mix all and add salt.
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[BACK TO TOP](#)

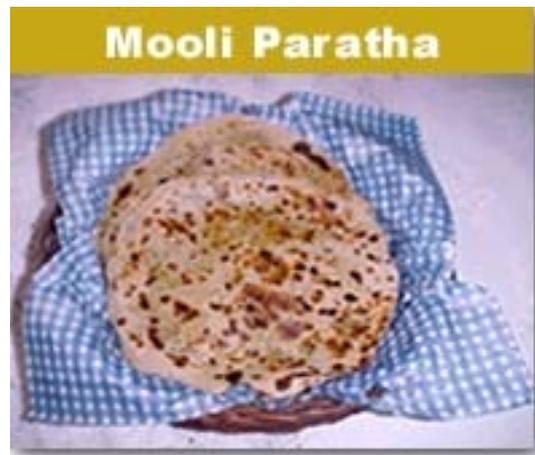
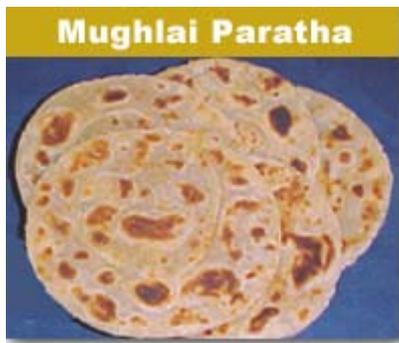


GARLIC CHUTNEY A dry chutney made of garlic flakes, lemon juice, chili powder & salt.	
INGREDIENTS	METHOD
Garlic flakes ½ cup. Lemon juice 4 nos. Chili powder 2 tsp. Salt 1 tsp.	1. Mix all the ingredients in a blender. 2. Store in the fridge and use when required. 3. Serve with khichdi or rotis.

[BACK TO TOP](#)

MUGHLAI PARATHA A rich paratha made of rava, wheat flour and maida	
INGREDIENTS	METHOD
Rava (semolina) ¼ cup Wheat flour 1½ cup Maida (refined flour) 1½ cup Milk ½ cup Oil ¾ cup Oil for frying As required Salt To taste	1. Mix the wheat flour, maida, rava with the oil, water & salt and knead into a soft pliable dough. 2. After kneading, cover and keep aside for atleast ½ an hour. 3. After ½ an hour, divide the dough equally into balls. 4. Roll out each ball and apply oil on it, then pleat it and make a circular roll. 5. Press and roll out again into a bigger round. 6. Place the paratha on a hot tava, roast both sides. 7. Heat oil in a shallow pan and shallow fry this roasted paratha in it. 8. Serve hot with curd or any vegetables.

[BACK TO TOP](#)



MOOLI PARATHA Paratha stuffed with spiced radish mixture and roasted with a good helping of pure ghee.	
INGREDIENTS	METHOD
Flour 3 cups Radish, finely grated 1 ½ cup Radish leaves, sliced A handful Coriander, sliced A handful Green chilies, minced 2 nos. Ginger, minced ½" piece Pomegranate seeds, crushed 1 tbsp. Garam masala 1 tsp. Chili powder To taste Ghee For lining tava Salt To taste	<ol style="list-style-type: none"> 1. Mix together the salt and flour and rub in the ghee, then add enough water to make a stiff dough. 2. Mix the remaining ingredients together and keep aside. 3. Divide the dough into lemon-sized balls and roll each ball into a round shape and spread the radish mixture on it. 4. Then cover it with another chapati and seal the edges nicely and sprinkle a little flour and roll the paratha as then and round as possible. 5. Grease a tava with ghee and place the paratha over it, when done on one side turn on the other side and apply ghee again and fry properly till both sides turn golden coloured. 6. Serve piping hot with a tbsp. of butter and a bowl of curd.

[BACK TO TOP](#)

MAKKI KI ROTI Wholesome pancakes made from fresh maize flour served with a lot of ghee.	
INGREDIENTS	METHOD
Maize or Makai flour 250 gms Onion, small, minced 1 no. Coriander leaves, finely chopped 2 tbsp. Green chilies, minced 2 nos. Melted ghee 1 tbsp. Salt To taste	<ol style="list-style-type: none"> 1. Mix together flour and salt. 2. Rub in the Ghee, then add the rest of the ingredients along with enough water to form a dough of medium consistency. 3. Divide the dough into five equal portions, then shape each portion into a thick, round roti on your hands. 4. Then place carefully on a well-greased smoking griddle. 5. Continue flattening by pressing all around with the palm of your hand, taking care not to break it. 6. Cook on both sides to a nice golden color. 7. Smear liberally with pure ghee or butter and serve immediately with Namkeen lassi and Sarsoan ka Saag..

[BACK TO TOP](#)



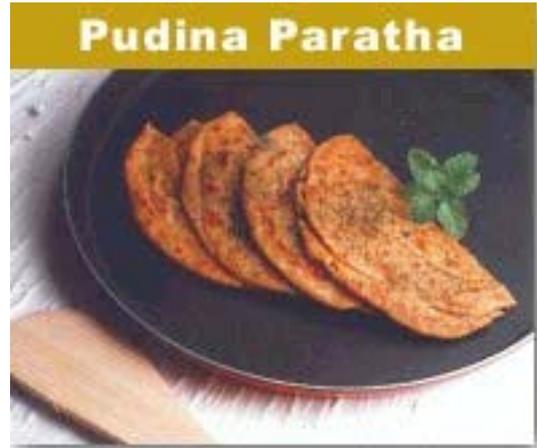
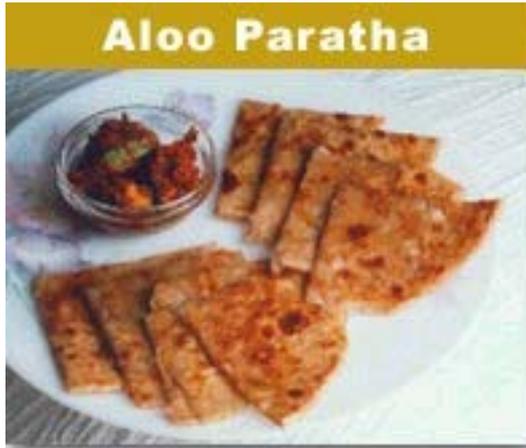
NAAN Triangles of refined flour and egg dough traditionally baked in a clay oven	
INGREDIENTS	METHOD
Flour (maida) 500 gms. Baking powder 1 tsp. Soda-bi-carb ½ tsp. Sugar 2 tsps. Egg 1 no. Milk 1 cup Onion seeds 2 tsps. Oil 3 tsps. Salt To taste	<ol style="list-style-type: none"> 1. Sieve flour with baking powder, soda bicarb and salt. Mix sugar, egg, milk and water. Knead it well into a medium soft dough. 2. Apply a little oil and cover it with a wet cloth for one hour. 3. Make 10 equal sized balls. Apply a little oil and put onion seeds on top. 4. Press sides first and then center of the dough ball. Roll it into a round shape. 5. Stretch it from one side to give a triangular (elongated) shape. 6. Now put it on a cloth pad and put it on a preheated Tandoor wall or cook in a preheated oven (250 ° C) by placing it on a greased tray. 7. Remove when it is crisp and golden brown on both sides. Remove with the help of skewers. 8. Serve hot topped with butter.

[BACK TO TOP](#)

AALOO PARATHA Shallow-fried unleavened bread with a tangy potato stuffing	
INGREDIENTS	METHOD
Whole meal flour 250 gms. Potatoes 150 gms. Pomegranate seeds 1 tsp. Red chili powder 1 tsp. Chopped green chili 1 tsp. Butter/Oil 4 tbsps. Salt To taste	<ol style="list-style-type: none"> 1. Sieve flour with ½ tsp. salt. 2. Boil potato, peel, grate and cool. 3. Grind pomegranate seeds to a coarse powder. 4. Mix potato, pomegranate seeds, red chili powder, chopped green chili and salt. Divide it into four equal portions. 5. Mix whole meal flour with ¾ cup water gradually and then knead to make a dough. Cover with a wet cloth and keep aside for 15 minutes. 6. Divide it into 4 equal portions and make balls. Cover with a wet cloth and keep aside for 5 minutes. 7. Take a ball and flatten it by pressing. Place potato mixture on it and again make it into a ball. Seal the edges completely so that the potato stuffing does not come out. 8. Flatten these balls, sprinkle a little flour and roll them with a rolling pin to approximately 6 inch diameter. 9. Cook on a Tawa (flat griddle plate) on moderate heat for three minutes. This is now, called a paratha. Turn it and pour half table spoon oil or butter. Spread it on the paratha and shallow fry over low heat. Turn it and again pour oil or butter on

the other side. Cook on a low heat till golden brown.

[BACK TO TOP](#)



PUDINA PARATHA Mint flavoured unleavened bread	
INGREDIENTS	METHOD
Whole meal flour 250 gms. Mint leaves 1 cup Oil 3 tbsp. Salt As per taste	<ol style="list-style-type: none">1. Sieve flour with salt.2. Dry half the mint leaves on a hot griddle and then powder and the remaining half chop.3. Mix the chopped mint leaves into the flour and knead into a stiff dough.4. Knead well, cover and keep aside for 10 minutes.5. Divide into 6 equal portions,6. Roll out each portion with a rolling pin to approximately six inch diameter.7. Cook rolled portion (paratha) on a Tawa (griddle plate), on moderate heat for 3 minutes. Turn it and smear half a table spoon of oil on paratha. Repeat the same on the other side.8. Cook on low heat till golden brown. Serve hot with Dal Pakhtooni or curry of your choice.

[BACK TO TOP](#)

MISSI ROTI A variation of the famous roti, made of refined flour and spinach – Simply Delicious	
INGREDIENTS	METHOD
Maida 200 gms. Besan 200 gms. Spinach, cleaned & minced 100 gms. Coriander leaves A handful Green onions, minced 4 nos. Pomegranate seeds 1 tbsp. Green Chilies 4 nos. Salt To taste	<ol style="list-style-type: none">1. Sift together the two flours and salt, stir in the rest of the above ingredients and add enough water to form a stiff dough.2. Divide the dough into lemon sized balls and roll out each ball into a thick round disc on a floured board.3. Apply ghee liberally to the uppermost side of the disc and fold into two.4. Apply ghee again on the uppermost side of the folded disc and fold both the sides again to form a square.5. Dip in dry flour and roll into a round disc or chapati.6. Fry like parathas and serve hot..

[BACK TO TOP](#)



SHEERMAAL A rich bread with a Persian influence made with a helping of milk, khoya etc. and sprinkled with poppy seeds on top	
INGREDIENTS	METHOD
Plain Flour 450 gms. Dry yeast 4 tsps. Castor sugar 40 gms. Eggs, beaten(optional) 2 nos. Warm milk 1 cup Khoya, mashed 2 cups Raisins, seedless 25gms. Double cream 100 gms. Poppy seeds 2 tsps. Kewra or rose essence ½ tsp. Saffron, soaked in 1 tbsp. milk 1 tsp. Extra milk As required Ghee or Butter 225 gms. Salt 1 tsp.	<ol style="list-style-type: none"> 1.Heat the milk but do not boil, then sprinkle yeast and sugar over it. 2.Sieve flour, salt in a bowl, add eggs, raisins, khoya, double cream and half the ghee with the yeast mixture. 3.Mix well and knead to a smooth dough, add the essence. 4.If the dough is stiff then sprinkle little extra milk and knead again, cover with damp cloth and keep in a warm place to rise for 8 hours or overnight for best results. 5.Punch the dough and knead it again and divide into 8 equal parts. 6.Roll out each part into a round thick circle and leave aside for 20 minutes until it becomes double the size. 7.Prick the roti all over with a fork, leaving 1" margin around, brush melted ghee or butter and saffron solution and sprinkle poppy seeds. 8.Bake in a pre-heated moderate oven (180° C-350° F-Gas mark 4) until the roti turns light brown in colour. 9.Sprinkle little cold milk over them when they are half done, then put them back into the oven for a few minutes more. 10.Remove from the oven and sprinkle cold milk well over both sides, as this makes the roti soft. 11.Wrap with foil or butter paper and keep aside until required. 12.This roti can be kept for 4-5 days.

[BACK TO TOP](#)

ZARDA A rice dish prepared with nuts and rose petals, sure to win you praise	
INGREDIENTS	METHOD
Delhi rice 2 cups Milk 4 cups Cardamom seeds 1 tbsp. Saffron essence ½ tsp. Sugar 4 tsps. Fresh rose petals(washed) A handful Almonds blanched 25 gms. Pistachios blanched 25 gms. Cashewnuts 25 gms.	<ol style="list-style-type: none"> 1.Heat the ghee and lightly fry the raisins and keep aside. 2.To the remaining ghee add the cardamom seeds, followed by the rice and fry for 5 minutes. 3.Next add the milk, sugar and rose petals. 4.Cook on a low flame with a coverlid till the rice is tender and almost dry. 5.Now carefully stir in the nuts, raisins and

Raisins 25 gms. Silver warq As required Ghee 3 tbsps. Salt to taste	saffron essence. 6.Cover with lid again and cook till the rice is fully dry. 7.Remove from flame and cover with the silver warq. 8.Serve hot.
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[BACK TO TOP](#)



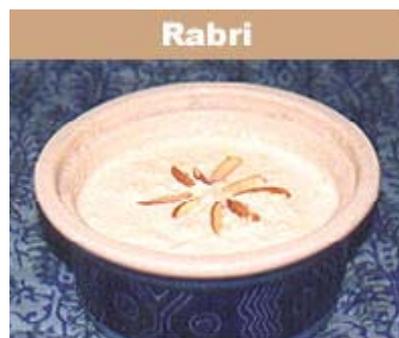
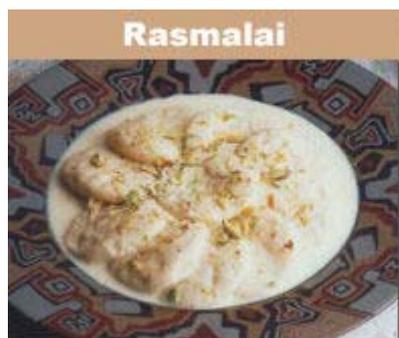
SHAHI TUKDA A rich Nawabi delicacy	
INGREDIENTS	METHOD
Sandwich Bread 6 slices Milk 2 cups Cream $\frac{3}{4}$ cup Mava crumbled 100 gms. Sugar 4 tbsps. Green elaichis 6 nos. Saffron crushed 2 pinches Cashewnuts A handful Kewra & Rose essence Few drops Ghee For frying Chironji 1 tbsp. For Garnishing : Silver foil & Rose petals	1.Remove crust and cut one slice into two. Fry the bread pieces in ghee till golden brown, then arrange on a plate. 2. Heat milk, adding the sugar and saffron and a few drops essence. Pour over the bread slices. 3. Allow the bread to soak up the milk, then arrange the bread pieces on a decorative plate. 4. Heat 2 tsps. of ghee and lightly fry the crumbled mava, elaichi powder and 2 tsps. of sugar. 5. Spread the mava layer over the soaked bread pieces. 6. To the cream, add essence. 7. Cover the mava with a cream layer and decorate with varakh, nuts and rose petals. 8. Serve warm or cold.

[BACK TO TOP](#)

RASMALAI Snowy floats in sweetened milk	
INGREDIENTS	METHOD
Chhena 250 gms. Flour 4 tbsps. Sugar 1 kg. Milk 2 liters Pistachio nuts 1 tbsp.	To Make the Rosogulla 1. Knead and mash Chhena, add 2 tbsps. flour and mash again to make a dough. 2. Divide it into 16 equal portions, make balls and press between your palms to flatten them. Keep aside. 3. Dissolve 500 gms. sugar in the same quantity of water, bring it to a boil and add rest of the flour dissolved in water. 4. Now add the dough portions in it and cook over a high flame for 10 minutes. Add half a cup of water and again bring it to a boil. Cook for another 3 minutes. 5. Remove them and keep in a thin sugar syrup prepared from 250 gms. of sugar and 500 mls. of water.

	<p>6. Now take milk in a heavy bottomed pan, bring it to a boil, reduce the flame, stir continuously. Simmer until it is reduced to a thick consistency.</p> <p>7. Add rest of the sugar and keep on a medium flame till the sugar is completely dissolved. Remove from the flame and refrigerate for an hour.</p> <p>8. Squeeze the rasogulla and put them into chilled milk. Keep in refrigerator for another half an hour.</p> <p>9. Blanch pistachio nuts in hot water. Cool, remove skin and slice.</p> <p>10. Serve cold, garnished with sliced pistachio nuts.</p>
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[BACK TO TOP](#)

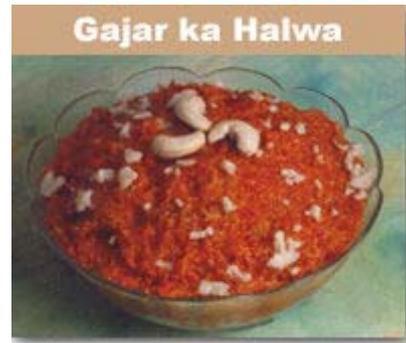


RABRI A favorite Indian sweet dish thick sweetened milk garnish with almond and pistachios	
INGREDIENTS	METHOD
Milk 4 cups Sugar 2 tbsps. Rosewater 1 tsp. Cardamoms 1 tsp. Almonds Few Pistachios Few	<ol style="list-style-type: none"> 1. Bring the milk to the boil then cook slowly on a low heat for at least 2 hours. 2. Stir frequently and let the cream thicken at the edge of the pan. 3. Add the sugar and stir until the milk is less than quarter the original amount. 4. Scrape the cream formed on the sides back into the milk. 5. When ready, stir in the rosewater and pour into a glass dish. 6. Garnish with chopped almonds, pistachios and ground cardamoms. 7. Rabri may be served either hot or chilled.

[BACK TO TOP](#)

GAJAR KA HALWA Carrot and milk pudding with a touch of green cardamom	
INGREDIENTS	METHOD
Carrots 500 gms. Milk 3 cups. Ghee 2 tbsps. Sugar 1 cup Almonds 15-20. Green cardamom powder 1 tsp.	<ol style="list-style-type: none"> 1. Peel, wash and then grate carrots. Blanch the almonds, peel and slice. 2. Heat ghee in a thick bottomed pan. Add grated carrots, cook on a medium heat for eight to ten minutes until carrots are soft. 3. Add milk and green cardamom powder. Bring it to a boil and then reduce heat. 4. Cook on a low heat until milk is almost reduced. 5. Add sugar, and cook until dry. Stir constantly. 6. Gajar halwa is relished hot as well as cold. Garnish with sliced almonds. <p>TIP: To reduce cooking time, half of the milk quantity can be replaced with Khoya (100gms).</p>

[BACK TO TOP](#)

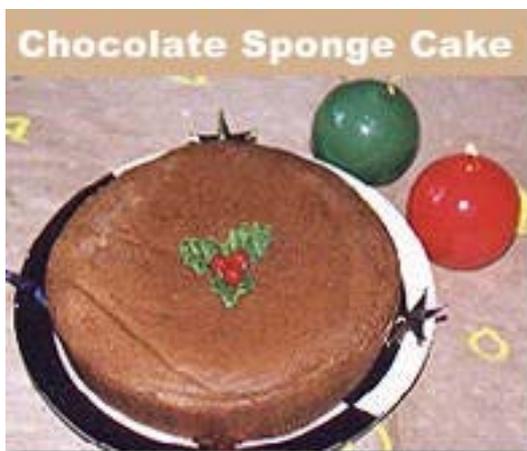


PHIRNI A seasonal mango dessert for all occasions	
INGREDIENTS	METHOD
Milk 2 cups Rice 2 tbsps. Sugar 3 tbsps. Almonds, sliced 25 gms. Pistachios, sliced 25 gms. Cardamom seeds, ground 1 tsp. Kewda essence or saffron ½ tsp. Silver or gold foil. 1 tsp.	1. Soak rice in water for a couple of hours, then drain water and grind rice to a very smooth paste. 2. Boil milk and put in rice, sugar and cardamoms and keep on stirring until the mixture turns thick. 3. Remove from fire and mix in the rest of the ingredients. 4. Put the mixture in small glass bowls and chill. 5. Serve decorated with silver or gold foil.

[BACK TO TOP](#)

CHOCOLATE SPONGE CAKE The all-time favourite. Simple to make, delicious to eat	
INGREDIENTS	METHOD
Eggs 5 nos. Castor Sugar 125 gms. Refined Flour 100 gms. Cocoa powder 25 gms.	1. Beat eggs and sugar together till the sugar is dissolved and the mixture is thick pale yellow in colour and almost treble in volume. 2. Sift flour and cocoa powder together. Add this to eggs and sugar mixture. Fold it with the help of a palette knife. 3. Grease a baking mould and pour this mixture into it and bake in a preheated oven at 175 ° C for 25 to 30 minutes. 4. Remove from the mould when it is cold and use as desired.

[BACK TO TOP](#)



VANILLA SPONGE CAKE Now the basic recipes! Have it as-is or with varied icings and toppings	
INGREDIENTS	METHOD

Eggs 5 nos. Castor Sugar 125 gms. Refined Flour 100 gms. Vanilla essence 8-10 drops.	<ol style="list-style-type: none"> 1. Beat eggs and sugar together till the sugar is dissolved and the mixture is thick pale yellow in colour and almost treble in volume. 2. Sift flour. Add this to eggs and sugar mixture. Fold it with the help of a palette knife. Add the vanilla essence. 3. Grease a baking mould and pour this mixture into it and bake in a preheated oven at 175 ° C for 25 to 30 minutes. 4. Remove from the mould when it is cold and use as desired.
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[BACK TO TOP](#)

BLACK FOREST CAKE A German delicacy	
INGREDIENTS	METHOD
Castor sugar 150 gms. Flour 90 gms. Cocoa 20 gms. Baking powder ¾ tsp. Vanilla essence a few drops Cream 100 gms. Grated chocolate for decoration Cherries 50 gms. Rum 2 tsp. Syrup of cherries ½ cup Castor sugar 2 tsp. Eggs 2 nos.	<ol style="list-style-type: none"> 1. Deseed the cherries and cut into half for decoration. 2. Sieve the flour, cocoa, baking powder atleast 4 to 6 times. 3. Beat the eggs and sugar placing it in hot water till it is light and fluffy. 4. Remove from water and add flour by cut and fold method. Add the vanilla essence. 5. Grease a baking dish and pour this mixture into it. 6. Bake at 200° C for half an hour. Cool the cake and cut horizontally into two parts. 7. Mix the rum and syrup of cherries and moist the two parts of the cake with this. 8. Beat the cream and sugar stiffly placing it on ice. 9. Spread the cream on the lower part of cake. Arrange the cherries and spread the grated chocolate. 10. Place the other part of the cake on top of this and decorate with the cream, grated chocolate and cherries. 11. Chill well and serve.

[BACK TO TOP](#)



TUTTI-FRUTTI ICECREAM Simple but tasty - candied peels with fresh cream.	
INGREDIENTS	METHOD
Mixed candied peels, chopped 1½ tbsps. Castor sugar 1½ tbsps. Egg yolks 2 nos. Vanilla essence 4-5 drops Egg whites 2 nos.	<ol style="list-style-type: none"> 1. The egg yolks, sugar and vanilla essence should be beaten until thick. 2. Beat the egg whites stiff and whip the fresh cream until thick. 3. Gradually fold the yolk mixture into the whipped cream. 4. Next add the candied peels, fold the beaten egg whites and pour into an ice cream tray.

Thick cream 1 cup	5. Cover with a silver foil and leave to set for 2 hours or more. Note : No preservatives have been added.
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[BACK TO TOP](#)

VANILLA ICECREAM A very famous ice cream the world over, that is usually topped with chocolate sauce

INGREDIENTS	METHOD
Full Cream Milk 4 cups Cornflour 1 tbsp. Gelatin 1 tsp. Water ¼ cup Sugar ½ cup Vanilla Essence 1½ tsp. Cream - chilled 200 gms. Powdered Sugar 4 tbsps.	<ol style="list-style-type: none"> Mix cornflour in a little milk and keep aside. Soak gelatine in ¼ cup water in a small heavy bottomed pan. Heat on a slow flame and stir continuously till it dissolves. Boil milk for 20 minutes on a medium fire and add sugar. Add cornflour paste, stirring continuously. Boil for 2 minutes till it becomes a thin custard. Remove from fire and let it cool. Add to it gelatine solution. Freeze for 5-6 hours. Cut the frozen custard into small cubes and beat well till smooth and fluffy. Do not let it melt while beating. Keep it in the freezer. Beat cream with powdered sugar till slightly thick. Mix the cream with powdered sugar till slightly thick. Pour into an ice cream box. Keep the ice cream container in the freezer with the bottom of the container touching the freezer directly. Unmould after 5-6 hours.

[BACK TO TOP](#)



CHOCOLATE ICECREAM A real treat for chocolate lovers - made of cocoa powder, cream, milk & sugar.

INGREDIENTS	METHOD
Sugar 1¼ cups Cocoa powder 6 tbsps. Eggs, beaten 2 nos. Milk 2 cups Thick cream 2 cups Vanilla essence 1 tsp. Salt ¼ tsp.	<ol style="list-style-type: none"> Sieve the sugar, salt, cocoa powder and then add the milk and the eggs. Stir cook on a medium flame until the mixture coats the back of the spoon. Cool this mixture, add the thick beaten cream & vanilla essence. Mix lightly, pour in containers and keep to set in the freezer. Note : No preservatives have been added.

[BACK TO TOP](#)

TIPS FOR MAKING ICE-CREAM

Earlier there were portable hand freezer to make ice cream, but now we have a wide range of electrical freezer's to select from. Want to prepare perfectly smooth and soft ice creams ?

Just follow the below mentioned steps and help yourselves to embark on a sweet frozen journey:

- 1.To start with, one might find the ice cream mixture to be very sweet, but don't worry as the sweetness will be lost during freezing.
- 2.Always freeze ice cream in shallow metal air-tight containers that touch the base of the freezer as this helps in setting the ice cream more quickly.
- 3.Ice cream should be frozen quickly so as to give it a smooth texture, as slow freezing leads to the formation of ice crystals.
- 4.You should always beat ice cream once it is half set to crush up the ice crystals and this even improve the texture of the ice cream.
- 5.All ice cream containers should be chilled before pouring the mixture as it helps to set the ice cream faster and minimises the formation of icicles.
- 6.Remove the ice cream about half an hour before serving.

[BACK TO TOP](#)