

FEMINA

AUGUST 2020

A Times of India publication

DAILY

Delights

Planned Menus

For each meal,
every day
of the week

45+

EXPERT RECIPES

Whip up chef
dishes in your
own space

EVERYDAY FOOD MADE FUN!

Make cooking
enjoyable again!

20+

VIDEOS
CUES TO BE
FAIL-PROOF

Cook with
**CHEF MARIA
GORETTI**

Sunday just turned
into Fun Day!

**SHOPPING
LISTS FOR
EACH DAY**

Tick them off

**TIPS &
TRICKS
FTW**



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Fun with Crossword

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A	S	B	U	X	U	L	N	U	F
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O	P	F	J	Y	N	L	G	S	A
R	E	A	D	P	I	Y	L	Y	Q

Find these words:

Movies | Coffee | Popcorn | Chill | Couch | Read | Fun | Talk

make me

EASY ROCKY ROAD



INGREDIENTS:

2 cups milk chocolate | 1 1/3 cup dark chocolate | 1/2 cup roasted salted peanuts | 1 cup mini marshmallows | 1 cup crushed biscuits

METHOD:

1. Grease and line an 8 inch square baking tin with parchment paper.
2. Place the milk and dark chocolate in a large bowl and pop in the microwave, stirring in-between 20 second bursts, until just melted.
3. Add the roasted peanuts, marshmallows and cookie pieces into the chocolate and stir.
4. Pour the chocolate mixture into the prepared tin and spread out into one smooth layer.
5. Refrigerate for one hour and cut into small squares and serve.

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Foreword

We are almost out of the lockdown now, though far from normal. Though

surviving the lockdown seemed impossible initially, it has been a great learning for each one of us in how well and fruitfully we all went through it. And one of the best things that came out of

the lockdown was that everyone tried their hand at cooking—be it men, women or kids. Some rediscovered their passion for cooking, some came out pleasantly surprised at their new skills, and some have literally become semi chefs. The love for food was the winner and, I think, also a source of great comfort in seeing us through these trying and challenging times.

There is something for everyone in the entire family in Femina's digital cookbook, with great options of different cuisines and variations

entire family in this, with great options of different cuisines and variations. We also have a special dish for kids for every single day of the week, where you can involve them in the cooking as well. Our cover girl, celebrity chef Maria Goretti, known for her healthy recipes, shares a special Sunday menu with you; the dishes she suggests are light, nutritious and yet exciting, and will certainly help you impress your family. Go with Maria's recommendations to make your Sunday a total fun day!

We hope this cookbook adds some more spice (and sweetness) to your kitchen and life. Happy cooking!



Ruchika

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**ANYBODY
CAN**

BE A #FIRSTTIMECHEF →



**COURTESY:
WEIKFIELD PASTA**

Miss posting delicious foodstagram moments?
This is your chance to get trending.
With Weikfield Pasta, cooking an authentic Italian pasta comes easy. You can discover your hidden talent to cook and proudly tell the world you're a #FirstTimeChef.

STARS WHO TURNED OUT TO BE SHINING FIRST-TIME CHEFS



Mikey bhaiya aka Sumeet Vyas ended up taking the #FirstTimeChef challenge when Pro Chef Ekta Kaul aka his wife caught him bragging out loud on social media. **Want more sauce on what went down?**

TUNE IN HERE TO SEE IF HE PASS-TA CHALLENGE



WANT TO WIN THE TITLE OF A #FIRSTTIMECHEF YOURSELF? AND GET REWARDED TOO?

APART FROM THE ABUNDANT PRAISES YOU'LL RECEIVE FROM YOUR FAMILY FOR PARTICIPATING IN THE CHALLENGE:

GET AN ASSURED

gaana

GIFT



THE FINAL WINNERS TAKE AWAY A BIG COOKING HAMPER WITH OUR #FIRSTTIMECHEF BADGE TOO!



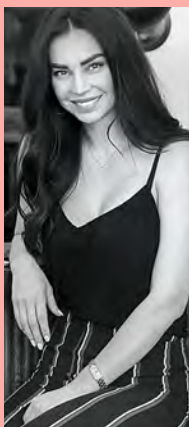
OUR Culinary EXPERTS

Introducing our roster of chefs and food experts

CHEF SARAH TODD

Former model, trained chef, restaurateur, author and entrepreneur Sarah Todd's journey into the world of cooking began in 2013 when she topped the Diplôme de Cuisine programme at Le Cordon Bleu. She worked at Michelin star restaurants before participating in Masterchef Australia. Soon after, she visited India and partnered in the setting up of Antares Restaurant & Beach Club in Goa, as well as The Wine Rack restaurant in Mumbai and The Wine Company in Delhi.

Sarah now refers to both Australia and India as her home.



Food faves: Meals cooked with fresh ingredients



CHEF DANIEL KOSHY



Currently Executive Chef at JW Marriott, Bangalore, Chef Daniel Koshy has worked with a number of leading French, German and British expat pastry chefs. After advanced pastry studies at the Culinary Institute of America, he honed his skills in Las Vegas. At the JW Marriott, Bangalore, he has coordinated high-profile events like MasterChef Australia and a Michelin star truffle promotion.

His forte lies in bringing brilliant cooking skills to quality ingredients, and motivating his teams to glory.

Food fave: Fish vevichathu
He could eat spaghetti aglio e olio every day!



CHEF DHRUV OBEROI

Head Chef at Olive Qutub & Serai, Delhi. Chef Dhruv Oberoi's passion for cooking started at a young age after being influenced by his mother's cooking. He started his career with Olive Qutub, Delhi,



winning various individual awards and as a team leader in different national and international competitions. His passion for food and learning took him to Spain, where he met his culinary god Chef Ferran Adria and learned from the master himself.

Food fave: Street-inspired food from any part of the world
He could eat a bowl of steamed rice with Indian, South East Asian, Japanese or Southern American culinary flavours every day!

CHEF GAURAV ANAND

Executive Chef with the Sheraton Grand Bangalore Hotel at Brigade Gateway, Chef Gaurav Anand brings a wealth of knowledge and experience to the culinary world. With over 15 years in the F&B industry, and a passion for quality and wholesome ingredients, Chef Anand is comfortable with both, exotic food preparation as well as simple cooking. Through his journey, he has always worked to introduce novel concepts and out-of-the-box ideas in the kitchen.

Food fave: Burrata cheese and rocket leaf salad
He would eat home-made ravioli with fresh tomatoes and basil every day!



CHEF IRFAN PABANEY



Chef Irfan Pabaney was born in Colombia and lived the first four years of his life in South America, thanks to his father being with the UN. He moved to the Philippines in 1970 and then back to India in 1980. He has been at the helm of notable restaurants in his 27 years in the business, including Under the Over, Seijo and the Soul Dish, Indigo and Hakkasan. After 20 years, he started The Sassy Spoon along with his partner and co-owner, his last stint before his current position as Country Head of SodaBottleOpenerWala.

Food fave: South East Asian
He could eat spaghetti every day! >



JEENA J BILLIMORIA

Jeena J Billimoria is a writer-turned-home chef and epicurean, who now divides her time between retailing desserts from her home kitchen and experimenting with new recipes for her Instagram page, Three With Jeena B. She can also be found scouring the Internet for new cooking techniques, or teaching her cat, Lord Stryker Bigglesworth, to appreciate The Weeknd as much as he does Wagner.

Food fave: Anything Japanese
She could eat roast chicken every day!



NEHA MATHUR



Founder of the popular blog Whisk Affair, Neha Mathur wants to help people experience food. With over two million views a month, Whisk Affair has easy-to-follow, global recipes, through which Neha promotes the use of fresh produce and authentic ingredients. She has a huge following on Instagram, Facebook, Twitter and Pinterest.

Food fave: Khichadi
She could eat rajma chawal every day!



CHEF KARISHMA SAKHRANI



Chef Karishma Sakhrani has forged a reputation as the go-to chef for restaurants and brands that champion healthy eating, quality ingredients and great sourcing. Her career took off after she reached the finals of MasterChef India 4 in 2015. Karishma is also an avid traveller and loves to explore new flavours and foods to bring back to her kitchen. Her food never compromises on flavour, and her style centres on recipes that are good for you, scrumptious, easy to make, and beautiful on the plate.

Food fave: Pizza (and lemons)
She could eat a hearty Asian curry with lots of veggies every day!



CHEF NIMISH BHATIA

With three decades of experience in culinary and F&B management in leading hotels and restaurants, Chef Nimish Bhatia has been at the forefront of modern culinary trends. Among his many awards, he has medallions from La Chaine de Rotisseurs, and was conferred with the Culinary Leadership Award 2015 by Chef Gudmundson, World President of the World Association of Chefs' Societies. As a consultant, he has successfully handled over 24 projects in India and across the globe.

Food fave: Kebabs
He could eat an Indian-style frittata every day! >

CHEF KARTIKEYA RATAN

Chef Kartikeya Ratan has been the Executive Chef at Perch (Delhi and Mumbai) for the past three years. She has worked in some of the finest restaurants, from Eleven Madison Park New York City to A Reverie, Goa, and the now-closed Zodiac Grill at the Taj Mahal Palace, Mumbai. Kartikeya believes in creating a fun dining experience that lets you enjoy the flavour pairings without being too complex.

Food fave: Pork carnitas tacos with an ice-cold margarita
She could eat a good, pan-seared, grilled cheese sandwich every day!



CHEF JULIANO RODRIGUES

Chef Juliano Rodrigues, Executive Chef at Out Of The Blue and Deli By The Blue, is a food enthusiast and loves cooking and innovating with food. The culinary art, for him, is not just to reinvent the wheel but to work with the resources already in hand. He has been in the hospitality industry for 19 years now and has been learning and evolving his skills, and adopting new trends.

Food fave: Thalipeeth with chutney
He could cook hummus with grilled veggies every day!



CHEF PRIYANK SINGH CHOUHAN



Chef Priyank Singh Chouhan is the Brand Chef for Shiro, a luxury Pan Asian restaurant located in Bangalore.

After training under Michelin Chef Georges Blanc in Vonnas, Paris, he assisted in developing new recipes and menus and setting up new restaurants. Priyank believes in exploring and building culinary skills in new cuisines.

He loves to experiment with Asian cuisines.

Food faves: Mexican and French dishes
He could eat easy-to-cook grills with a variety of marinades and rubs every day!



CHEF SHEENU DUGGAL

An autodidactic chef, Chef Sheenu Duggal loves to try out flavours from different cuisines and blend them in her own way to make her dishes bloom with spice and flavour. She enjoys travelling to places that have a great legacy of food. Besides her YouTube, Facebook, Instagram and LinkedIn pages, her workshops are popular. She is happy to educate people about the different types of food around the world. She loves what she does and does what she loves!

Food fave: Kadhi chawal
She could eat grilled sandwiches every day!



CHEF RITESH TULSIAN

With over 16 years of culinary experience in the industry, Chef Ritesh Tulsian of Yazu Pan Asian Supper Club started his journey with the Taj Group of Hotels under the guidance of Chef Hemant Oberoi, and acquired international exposure with the W Hotels in the Maldives and Atlantis The Palm, Dubai.

Cooking, for Ritesh, is not just profession but a passion.

Food fave: Thai green curry with steamed jasmine rice
He could cook ramen every day!



ROXANNE BAMBOAT

Roxanne Bamboat is a Mumbai-based food and travel writer and content creator. She shares her culinary expeditions and recipes on her website and YouTube channel, and has launched her own private guided tours where she takes travellers on culinary adventures to far-away destinations. She has also curated and hosted many food events in Mumbai.

Food fave: Dim sum
She could eat prawn curry rice every day!



CHEF REGI MATHEW



Co-owner and Culinary Director of Kappa Chakka Kandhari, award-winning Chef Regi Mathew is a veteran with over 25 years in F&B. He also documents the science behind traditional cooking and the use of spices. With Kappa Chakka Kandhari, he returns to his roots in Kerala, and champions regional food through the cuisine of his home state.

Food fave: Karimeen pollichathu
He could eat a kodampuli fish curry every day!



RICHA TIWARI

Marriage brought professional banker Richa back to Mumbai, and her passion for writing, her great love for food and her interest in photography gave birth to her blog, Savory Tales, which showcases a variety of everyday recipes, restaurant reviews and different dishes. Richa has been featured among the Top 21 Food Bloggers of India. She loves to create unique and creative content and share it with her audience via her blog and Instagram, and appreciative messages from her audience make all the effort and experience worthwhile.

Fave food: Chaat! And she could eat it every day!



CHEF ABHIJIT SAHA

Chef Abhijit Saha is the founder and principal consultant of Ace Hospitality & Consulting and Chef Patron of Red Rhino – Craft Brewery and Inspired Kitchen. With three decades of national and international experience as a chef, restaurateur and consultant, the award-winning chef has been a guest judge on MasterChef India.

A sustainable dining advocate, he has been a speaker at the TEDx, Culinary Institute of America and World Gourmet Summit Singapore, among others.

Food faves: Ingredients cultivated in harmony with nature without the use of chemical pesticides
He could eat mushroom risotto every day! >



CHEF SANDEEP KALRA



Executive Chef of The Ritz-Carlton, Bangalore, Chef Sandeep Kalra heads its nine restaurants and bars, bringing his 24 years of experience across the Italian, French, Spanish, Vietnamese, Swiss and Indian cuisines to them. For him, good food touches the soul.

Food fave: Salt and pepper prawns
He could eat scrambled eggs every day!



Catch Ka Koi Match Nahi. 100%



CHEF SOMASEKHAR GEDI

His love for food was acquired as a child, as a keen observer of his mother's culinary skills, and, today, gastronomy is Chef Somasekhar Gedi's passion. Head Chef at Four Points By Sheraton Mahabalipuram Resort & Convention Center, he is a travel enthusiast and food connoisseur who is inquisitive about local cuisine. He is known for blending local cuisine with western gourmet sensibilities.

Food fave: Dosas in many variations
He could eat sarson bhindi every day!



CHEF SUJOY GUPTA

Chef Sujoy Gupta takes the statement "The way to a man's heart is through his stomach!" very seriously. Currently Executive Chef of Taj Bengal, he has 20 years experience working with master chefs in India and abroad. A purist at heart, he specialises in team challenges and

bespoke experiences; one of his fondest memories is of handling Priyanka Chopra and Nick Jonas's wedding as the Executive Chef of Umaid Bhawan Palace, Jodhpur. At Taj Bengal, he revels in creating innovative dishes that delight guests with their unique flavours.

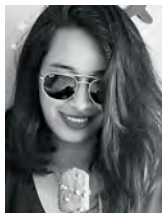
Food fave: Fish or prawn curry
He could eat bhetki macher jhol every day!



SWAYAMPURNA MISHRA

Owner of Lapetitchef and author of *My Indian Kitchen*, Swayam's name stands out for her love for "ghar ka khaana" made with a twist. A banker by profession, she has created a community of like-minded food lovers and weaves delicious stories with her photography. She is currently working on her second book.

Food fave: Hyderabad chicken dum biryani
She could eat homemade biryani every day!



CHEF VIKRAM KHATRI



For Brand Head and Head Chef of Guppy, Chef Vikram Khatri, a satisfying meal is one which has harmony, both in flavour and colour. Over 21 years, he has many accolades and firsts to his name, especially for being at the forefront of the Japanese food revolution in standalone restaurants in India with Ai.

Food fave: Rajma chawal
He could eat poke bowls every day!



CHEF UDDIPAN CHAKRAVARTHY

Executive Chef with the President, Mumbai-IHCL SeleQtions, Chef Uddipan Chakravarty is passion personified. He has worked for two decades with the Taj Hotels across different properties in Delhi, Chennai, Bangalore, and Hyderabad, but it was in Mumbai, under the mentorship of Master Chef Ananda Solomon, that he was inspired to lead. His guest list ranges from world celebrities to heads of state. He has worked closely with celebrated food writers like Matt Preston and food critics like Rashmi Uday Singh on several joint projects.

Food fave: Bhapa ilish
He could eat grilled salmon with garden-fresh vegetables every day!



CHEF SOUGATA HALDER



Executive Chef at Aloft Bengaluru Cessna Business Park, Chef Sougata Halder is a chef by profession and a foodie and traveller at heart, ready to do whatever it takes for good food. He has travelled the world in a quest to try out food from across the globe, but he believes in going local when it comes to what he loves to display to his guests. His dream is to travel to remote locations across the country to learn

about cuisines that are yet to be unearthed.
Food fave: Butter chicken
He could eat parathas with endless variants of stuffings and condiments every day!



CHEF THOMAS GEORGE



Executive Chef with Taj Connemara, Chennai, Chef Thomas George has close to two decades of experience, starting his career at Taj Malabar, Cochin, and working with some of the best hotels, finest restaurants and leading chefs of IHCL. He has experience in all formats of kitchen operations and likes to experiment with flavours and ingredients and create unique combinations. Chef Thomas follows a cuisine philosophy that involves minimal cooking and maximum flavours. He firmly believes that one never stops learning.

Food fave: Chinese potato, a simple root vegetable from Kerala called koorkka
He could eat fish every day! ♦



A SWEET AFFAIR

IF YOU WANT TO TREAT YOURSELF TO THE ULTIMATE CHOCOLATE EXPERIENCE WHILE LEAVING THE GUILT FAR BEHIND, GET READY TO EMBRACE KETO CULTURE, THE FIRST FARM-TO-BAR, SUGAR-FREE CRAFT CHOCOLATE.



the top coffee roasteries in Melbourne where drum roasters were used and I knew that this wasn't great for the coffee beans. So I built my own coffee roaster using a clean hot air principle with no fire, which meant roasting coffees in a way that is eco-friendly and carbon neutral. We are the first specialty coffee 'Air Roasters' in India and the only ones with a fluid bed proprietary coffee roaster. We applied the same concept to the cacao bean (the main ingredient in chocolate) and the result was magical."

Keto Culture's sugar-free, farm-to-bar chocolate was born after two years of innovation and research, which has resulted in a recipe that's healthy without compromising on taste.

Each bar is made from farm-grown Cacao beans, cocoa butter (cold-pressed from the same beans) and sweetened with Indian Stevia – a zero calorie natural sugar substitute derived from

K E T O
CULTURE
Sugar-Free Chocolate



the Stevia plant. The final result is a vegan, zero-sugar chocolate that has 14 to 20g protein, 2 to 6g net carbs and no artificial flavours, additives or preservatives.

While the name suggests that these chocolates are for those who opt for the keto way of life, there's something for everyone here. If you've adopted a vegan lifestyle and are on the lookout for chocolate that's vegan, sugar free, high protein and low carb, the new range of Vegan Culture bars is made for you. With a flavour profile that includes plain dark, exotic nuts, berries, coconut, mint and coffee, Keto Culture and Vegan Culture has a chocolate bar for every mood.

If you're big on artisanal products, a fitness enthusiast or just someone who enjoys a well-crafted bar of chocolate, here's a guilt-free indulgence that will not pinch your pocket and will definitely leave you craving for more.

CHOCOLATE has always been considered a sinful indulgence.

For those on a diet, it's a cheat-day treat. For others, it's a post-meal dessert. Over the years, Indians have moved towards adopting a healthy lifestyle and are now more aware about 'what goes inside the box'. Above all, they want a product that's both delicious and affordable. It's

this shift in tastes that led to the birth of Keto Culture.

Keto Culture traces its roots back to its farmers in Wayanad, Kerala. With a 5-acre plantation (since 1985) that grows cacao, nutmeg, coconut and more, Keto Culture founder Abhishek Shah, a second-generation farmer, knew he had something special on hand. "As a coffee roaster, I had worked with





ALL IN ONE ONE FOR ALL

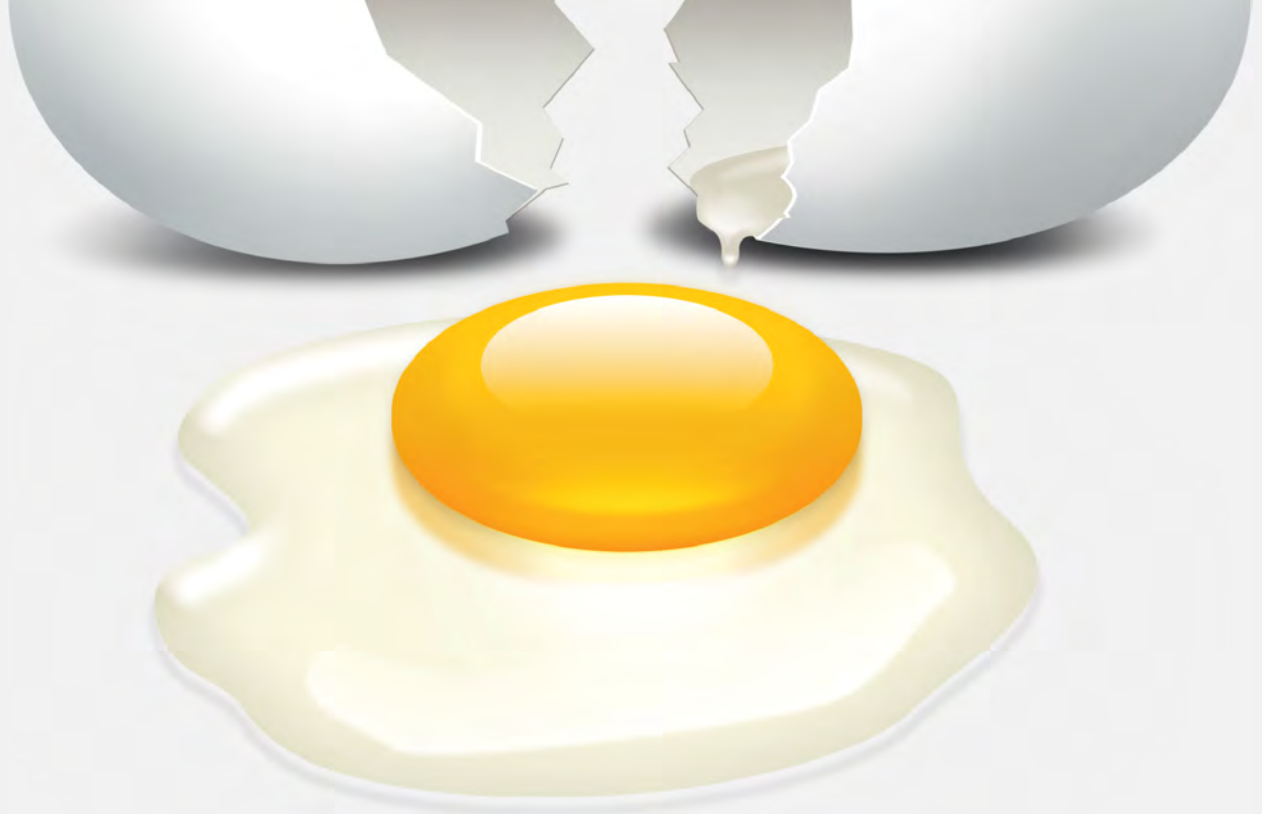
Eating Eggs is always a convenient way to get nutrition, stay healthy, active and fit.

Eggs are excellent source of proteins, Vitamin A, B5, B6, B12, D, Folic acid, minerals such as iron, calcium, Potassium, Phosphorus, zinc and choline.



**SUNDAY HO YA MONDAY,
ROZ KHAO ANDE.**

**NATIONAL
EGG CO-ORDINATION
COMMITTEE**



break the delicate
get the **strongest**

Egg gives the whole some goodness of proteins, vitamins and minerals of a variety of different foods. Eggs also supply all essential Amino acids for humans including Retinol (Vitamin A), Riboflavin (Vitamin B2), Folic acid (Vitamin B9), Vitamin B6, Vitamin B12, Choline, Iron, Calcium, Phosphorus and Potassium. Coenzyme and 6 grams of Protein.

It also contains important nutrients for development of the brain, and is said to be important for pregnant and nursing women to ensure healthy fetal brain development.



**NATIONAL
EGG CO-ORDINATION
COMMITTEE**

Sunday ho ya Monday, Roz khao Ande.



CHEF MARIA GORETTI

On food, life and love

*Our cover girl Chef Maria Goretti talks about her journey
in food, and why it always makes her happy*

FOOD! What feelings does the word evoke in you?

Food makes me happy. It reminds me of my childhood, of my grandmother and her sister making puff pastry on our dining table, of my mum in the kitchen. It reminds me of Christmases, feast days, birthdays. To me, food is always a celebration. Food is also such a powerful way to express yourself, and it has the ability to heal. When I make bread, it's like meditation. When the day is not going well, making bread puts me in a better place. Food, for me, is therapeutic.

Your food today is sprinkled by the magic dust of your grandmothers. Tell us how you've journeyed from loving the food your grandmothers made to getting into cooking.

I got into food out of sheer necessity; I was not really someone who toiled away in the kitchen before. I used to make a few things really well – like my mother had done them. I would make a mean baked chicken, a wonderful cake or a few muffins, but my repertoire was very limited. When Zeke turned two-and-a-half and he needed real food, I started asking my mum for recipes,

asking her how to do certain things. It was only in 2010 that I actually started cooking. I used to ask my friends for recipes. I would ask *anyone*. When I travelled, I would ask the chef if I liked something. That's how I started. It's been a pretty long journey for me. The food my grandparents made was very simple East Indian food, but the world has gotten smaller; the cuisines of the world have intermingled with one another. Travel has made everything accessible. And the way I cook, serve food, probably even look at food today, is very different from how my grandparents did. But, having said that, I would kill to have a fish curry made by my Grandma Rosemary, and I think my Grandma Agnes cooked the most tasty mutton; those are some things you can't get anywhere.

In your world, cooking is an act of love for people dear to you, but your world is now huge – with so many people watching your videos and following you on social media.

Yes, for me, cooking is about sharing with the ones that I really love. My book *From My Kitchen to Yours* is an extension of that; all my favourite recipes are out there for anybody who wants to share a meal that I love. Today, my love for food >

“FOR ME, FOOD IS AN ONGOING JOURNEY; IT WILL CONTINUE, AND IT SHOULD.”

has given me a wider food family because I'm constantly talking to people who've watched a video or, during this lockdown, have come to my page and liked something.

You are proudly East Indian. What do you think your heritage brings to your food?

I've studied British pub food and Italian food, and my base is French cuisine, but, because I'm East Indian, every time I cook, I add

RAPID FIRE!

My favourite dessert:
Paris Brest

My food quick-fix:
Dal, chawal, pickle, ghee, papad

My favourite ingredient:
Butter

My favourite cuisines:
Kashmiri, Bengali, Hyderabad, Keralite, Italian, Mediterranean and my East Indian food

One dish I could eat every day:
Dal and rice

One ingredient I could not live without:
Salt

One ingredient I rediscovered during the lockdown:
Green chillies, they make everything right

Food makes me:
Happy, and I really love being happy!



a small twist. I also use a lot of East Indian bottle masala. I like to marry East Indian flavours with the world food techniques that I've learnt; that brings a uniqueness to the food I cook at home.

You are always hungry for new recipes, ingredients and methods. How has lockdown played out in your kitchen?

Yes, I love learning about new techniques, new cuisines, new ingredients. I love the adventure you can have with food. This lockdown, I've done a lot more cooking than I usually do. I've revisited recipes, made up a few of my own. I've baked bread like a crazy person.

I was so excited to be searching every day for something I could make at home. Ingredients weren't easily available, so I used to ration them, plan meals so that I did one meal and my house help did the other, so even they had some respite. I've quite enjoyed my food journey during this lockdown.

What is your food philosophy?

I adhere to a philosophy where I don't like to change the taste of my vegetables too much; even with meat, I usually like to keep it to the basics. So, when I was putting the book together, I was very clear that I did not want food styling; what you see is actually what you get if you cook the dish at home. We did not use any tricks; I cooked a dish, my friend Sambo would pretty up the table, and my friend Amit Ashar who is a brilliant photographer would shoot it. I wanted the food to look achievable to anyone who wanted to cook from my book.

Can anyone cook? Give us all some words of encouragement!

I think anyone can cook; see what the lockdown has done to us: everyone, even those who had never cooked before, has gone into the kitchen and tried their hand at something that they were yearning to eat. That's the wonderful part about this lockdown for all of us. I really believe that you can learn anything. From being someone who never cooked to where I am today, it's like I've climbed a mountain. ♦



“Amaranth is a native Indian grain that’s packed with micronutrients; it’s incredibly versatile and adds serious texture to the salad. For me, it’s important to consume produce that’s locally available. By doing so, not only am I encouraging others to take sustainability seriously but also helping to reduce all our carbon footprint.”

PUFFED AMARANTH SALAD

Celebrity Chef Sarah Todd

SERVES: TWO

COOKING TIME: 20 MINUTES

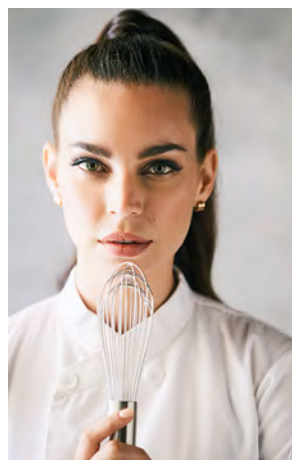
Ingredients

- 40 g amaranth grains, toasted on a hot, dry skillet until puffed

- 80 g mixed salad leaves
- ½ cucumber, diced
- 40 g goji berries, soaked in water
- 150 g seedless white grapes
- 100 g grated Parmesan
- 75 g pine nuts
- Pickled radish

For the dressing:

- 1 tsp mustard
- 15 ml olive oil
- 10 ml balsamic vinegar
- 1 tsp honey



Method

- 1 Combine the amaranth, salad leaves, cucumber, goji berries, grapes, Parmesan, pine nuts and pickled radish in a large bowl.
- 2 To prepare the dressing, whisk the mustard with the olive oil, balsamic vinegar and honey.
- 3 Pour the dressing over the salad, and serve. ♦

Ready for anything



Equipping THE SMART KITCHEN

We have a checklist to start you off

CHANCES are you already have a mix of the essential and the pieces that make you happy, but, if you're looking to streamline or upgrade, it's worth taking a closer look at what you have and what you might want.

HERE ARE SOME LISTS TO GET YOU STARTED:

Tools and utensil for food preparation:

Knives – two large, one medium, one serrated, one paring; chopping boards; measuring spoons and cups; mixing bowls; vegetable peeler; can opener; box grater; vegetable chopper; immersion blender; whisk; rolling pin and board; spiraliser; oil canister

Cookware: Pans – a large saucepan, a flat tawa to make rotis and dosas, non-stick pan, grill pan; pressure cooker; vessels of different sizes with lids; idli/dhokla steamer; colander and strainer; tongs; bakeware – cookie sheets, baking

MAX OUT YOUR MICROWAVE

Use ceramic or glass containers in the microwave.

Different foods need different cooking times. Soups heat up quickly, denser foods like potatoes take longer to cook, while papads have no moisture; use only short periods of cooking time.

Cover liquid foods to avoid a messy explosion.

Stir food to spread the heat.

Heat food until it bubbles and steams to ensure safe reheating.

Clean your microwave often to keep it working efficiently.

LOOK AFTER YOUR DISHWASHER

An energy-efficient dishwasher is a great addition to your kitchen. Maintain it well to get the most out of this appliance.

Use your dishwasher on a regular basis: Wait until it is full to use it, but using it often keeps food debris from settling at the bottom, and requiring frequent cleaning.

Clean the spinning arms and filter: Dishwashers work by spraying water onto the dishes via the spinning arms. These and the filter must be cleaned gently with a toothpick to ensure that dishes are cleansed thoroughly.

Check the door and seals:

The rubber seals around the door rim keep the machine from leaking when functioning. Wipe down the rubber seals and the door with dishwash liquid and a damp cloth to prevent build-ups

Use a good dishwasher cleaner monthly: This helps prevent the buildup of food residue and soap scum within the dishwasher.

sheets, cake and muffin tins, ovenproof casseroles, silicon brushes

Utensils: Spoons – wooden spoons, silicon ladles and spatulas (useful for non-stick cookware), slotted spoons (one for frying as well), flat ladle to roast parathas

Serveware: Serving spoons; table cutlery – forks, spoons, knives, soup spoons; crockery – plates, serving dishes, soup bowls; drinkware – cups, mugs, tumblers and glasses

Miscellaneous kitchen needs:

Parchment paper, foil, cling film; reusable net bags for storing vegetables; freezer bags; glass storage jars; oven mitts; garbage cans and bags; cleaning supplies; kitchen towels

Big and small appliances: Cooking range or hob with chimney; microwave oven; oven (OTG); refrigerator; blender and/or food processor; hand or stand mixer; toaster; dishwasher; airfryer; exhaust fan ♦



KEEP YOUR kitchen Green

Most of us like to buy local and organic produce, and reduce waste, but there are other ways you can extend the sustainability of your kitchen too



CLEAN NATURALLY

Stay away from chemical-laden household cleaners and choose all-natural options from the market. Pantry ingredients like vinegar and baking soda are effective on even the most stubborn stains.

Opt for microfibre cleaning cloths over disposable paper napkins to wipe down surfaces.

Be mindful of the amount of water you use to wash dishes.

USE SUSTAINABLE STORAGE

Change to glass and ceramic storage containers from plastic ones, and choose ones with lids in the same material or in a sustainable material like bamboo. These are good for use in the microwave

and for storage in the fridge as well.

Carry a washable organic cotton bag with you all the time to avoid bringing plastic bags into the house. Washable mesh bags are great for storing vegetables and fruits. Old mesh bags can be repurposed as scrubbers.

REMODEL YOUR KITCHEN THE GREEN WAY

If you're in line for a kitchen renovation, do it in the most eco-friendly way.

Redo your cabinet fronts with paint or laminate rather than discard the earlier ones. Have the floor polished for a new look. If you must build afresh, use sustainable wood for cabinets or frames. Go for previously-loved pieces where

possible. Consider recycled glass tiles and second-hand glass countertops.

Use eco-friendly paints that release fewer toxic volatile organic compounds (VOCs) and have a lower environmental impact.



REUSE KITCHEN WASTE

Fruit peels, for example, can be repurposed in many ways. Try making candied orange peel. Cut the peel of an orange into strips, boil them in water for 15 minutes. Then, in another saucepan, bring 1.5 cups of water and 1.5 cups of sugar to a boil, and cook the peels until soft. Remove the peels, drain and arrange on a lined tray. Coat with sugar and allow to dry before enjoying. Or allow orange and lemon peels to dry out and then grind them to a powder to use with aloe vera gel or multani mitti as a face pack.

Vegetable peels can often be used to add flavour and depth to a homemade vegetable stock. Broccoli stalks can be added to stocks, stews and soups, or roasted and grilled as a healthy snack with seasoning sprinkled over.

Bread crusts can be ground into crumbs or turned into a bread and butter pudding.

Most vegetarian food waste can be used to make compost for indoor plants.

PICK SUSTAINABLE KITCHEN APPLIANCES

Energy-efficient appliances conserve natural resources like natural gas, oil and water, and cut your electricity bill.

Induction cooktops: When you use an induction cooktop, you channel almost 85 to 90 per cent of the heat generated into cooking. An induction cooktop uses the electromagnetic induction mechanism to generate heat, using electricity to create a magnetic field that induces a current within pots and utensils, which means it is only indirectly utilising power. It heats up only when you place a utensil on the cooktop. Which means you're cooking in a more eco-friendly manner.

Dishwashers: Energy-efficient models use smaller amounts of water and fewer units of power without compromising on the cleaning.

Refrigerators with Energy Star certification: Energy Star is a certification given to energy-saving appliances that ensure they are energy efficient and consume less electricity. ♦

“Energy-efficient appliances conserve natural resources like natural gas, oil and water, and cut your electricity bill. Choose energy-efficient induction cooktops, dishwashers and refrigerators.”



Pantry PRINCIPLES

Here's a guide to maxing out your food shopping and storage

If there is one big food thing 2020 has brought us, it is a renewed appreciation for our culinary skills and our kitchen and pantry, and we know that the former very much depends on the other two. Self quarantine has taught us the importance

of keeping a well-stocked pantry in place without hoarding, and now that many brick-and-mortar and online grocery stores are operational, it's simple to make sure you always have the ingredients at hand to put together interesting and healthy meals.

Each of the daily menus in this cookbook has a list of ingredients that you can use to check that you have everything in place – store cupboard staples, fruits and vegetables, and condiments and flavourings – as well as any other items you might need to make the recipes.

Additionally, here are a few tips that will help you keep your pantry in good shape through this time, and in the future as well.

PLAN MENUS FOR A WEEK

It helps to shop with recipes in mind – our menus are great aids in this planning. This will work to ensure that you have ingredients that you need, and avoid spoilage. Plan your meals to provide enough fats, fibre, proteins, complex carbohydrates and micronutrients. Vegetables and fruits are essential for good health, so work out where you will access these from, safely, on a weekly basis. Lentils (and eggs) are a good source of protein in a vegetarian diet.

GET FRUITS AND VEGETABLES FOR A SHORT PERIOD OF TIME

Fresh fruits and vegetables are invaluable, but only as long as they remain fresh. Purchase most of these to last a week at the most, and store appropriately. Pick a mix of what must be refrigerated and what will do okay outside. Potatoes, onions, carrots, yams, sweet potato and raw bananas can be stored outside the refrigerator.

LOOK FOR WHAT WILL WORK IN MANY WAYS

- ◆ Make sure you have plenty of onions, garlic, ginger, tomatoes, potatoes and coriander leaves because they are staples in the Indian kitchen.
- ◆ Having eggs, bread, butter and cereals with you is sensible, since these can be used and consumed in different ways and to meet different meal needs. Ensure that these are well quarantined, and then stored appropriately.
- ◆ Keep some packs of noodles with you, in case of emergencies.
- ◆ Canned foods, too, are useful to have at hand.
- ◆ Lentils are invaluable to add protein and versatility.
- ◆ Cheese will add flavour and a touch of luxury to any dish.

STOCK SMART

- ◆ Keep in mind how much space you have in your refrigerator, freezer and cabinets. Buying too much also adds to spoilage, especially if vegetables are crammed together.
- ◆ Set aside an appropriate space for your provisions, as well as designate an area to quarantine anything you cannot sanitise before storing at once.
- ◆ Storage boxes for staples like rice, flour and wheat flour, and lentils are essential. We like glass containers wherever possible to be able to see the contents and availability.
- ◆ Keep an adequate supply of healthy cooking oil in hand.
- ◆ Frozen vegetables like peas and corn are a great way to bring some variety into the meal in a hurry.
- ◆ Make sure you label everything – there's nothing more frustrating than having to throw things out because you've forgotten what they are – especially with assorted flours.

ADD FLAVOUR

Not everything that you are used to cooking with is available everywhere, or all the time. Sauces, spices and other condiments and flavourings are great to add oomph to simple dishes, and usually have a reasonable shelf life. Keep an eye on your stocks of turmeric,

This year has brought us a renewed appreciation for our culinary skills and our kitchen and pantry, and we know that the former very much depends on the other two... Here's how you can make sure you always have the ingredients at hand to put together interesting and healthy meals

red chilli powder, cumin powder, coriander powder, garam masala, asafoetida, sambar powder, as well as mustard, cumin, pepper, dried red chillies, coriander and fennugreek seeds, cloves, cardamom, nutmeg and cinnamon. Also get a few ready powdered masalas like chana masala and tandoori masala into your pantry.

WATCH OUT FOR SPOILAGE

Now that the panic buying of the early lockdown period is past, ensure that you are smart about how much you store. Yes, we need wheat and rice, but order only an extra packet or two to ensure that you don't get weevils. And, importantly, do regular checks of your fridge and pantry to, firstly, keep track of what must be used immediately and, secondly, ascertain what must be discarded – in time, doing the first will greatly reduce the need for the second.

BE ORGANISED ABOUT REFILLS

Keep a notepad and a pen close at hand in the kitchen to help you note down what's finished or nearly over. Many find that doing the shopping on Saturday allows you to work up that list through the week and relax on Sunday. Also remember that you will need to use older products or produce first, so see how you will work this. You might need to tip out older rice, beans, etc. into a temporary holding bowl, refill your jars, and place the older foods on top.

FREEZE FOR FLAVOUR AND CONVENIENCE

If you have enough space in your freezer, use it to put away purees of perishable fruit as well as portions of meals that you can defrost and use on another day. In fact, it often makes sense to make double portions of any dish and freeze one to have meals at hand.

LET FOOD WORK AS MEDICINE

Immunity-boosting foods should also be on your radar. While there is plenty of information floating around on these, ginger and fresh turmeric have age-old approval and known properties. Haldi doodh and crushed ginger in warm water are great pick-me-ups. >



FOR YOUR PANTRY

STORE CUPBOARD STAPLES

Baking needs (baking powder, baking soda, cocoa, vanilla extract)
Berries and seeds (sunflower, chia, flax, pumpkin)
Bread
Breadcrumbs
Butter
Cheese (variations)
Chocolate (variations)
Coconut milk
Cottage cheese + tofu
Cream
Dried beans (variations)
Eggs
Flour (variations)
Ghee
Ginger-garlic paste
Honey
Jaggery
Lentils (variations)
Mayonnaise (variations)
Milks (variations)
Milk powder
Nuts (almonds, cashews, peanuts, pistachios, pine nuts, walnuts)
Nut butters
Nut milks (variations)
Oats (variations)
Oils (variations)
Pasta (variations) + noodles (variations)
Raisins
Rice (variations)
Stock cubes
Sugar + sweeteners
Sun-dried Tomatoes
Vinegar (variations)
Yoghurt

VEGETABLES

Amaranth leaves
Assorted greens (bean sprouts, garlic chives,

Thai basil, mint)
Arugula leaves
Avocados
Basil leaves
Beans (variations)
Beetroots
Bell peppers
Broccoli
Capsicums
Carrots
Chillies (variations)
Coconuts
Coriander leaves
Corn
Cucumbers
Curry leaves
Galangal
Garlic
Ginger
Lemons
Lettuce (variations)
Microgreens
Mint leaves
Mixed salad leaves
Mushrooms (variations)
Onions (variations)
Parsley
Potatoes (variations)
Raw mangoes
Rosemary leaves
Spinach
Spring onions
Sweet potatoes
Tomatoes + cherry tomatoes (actually a fruit!)
Zucchini

FRUITS

Apples
Grapes (variations)
Mangoes
Melons (variations)
Oranges
Papayas, Pears
Pineapples
Pomegranates
Sweet limes



CONDIMENTS & FLAVOURINGS

Bay leaves
Black peppercorns and powder
Cajun seasoning
Cardamom pods and powder
Chaat masala
Cinnamon sticks and powder
Cloves
Coriander seeds and powder
Cumin seeds and powder
Curry pastes (green and red)
Dried oregano
Dried red chillies
Fennel seeds
Garam masala powder
Garlic powder
Ginger powder
Mustard seeds
Nutmeg
Onion powder
Paprika powder
Parsi sambar powder
Pav bhaji masala
Red chilli flakes + powder
Salt (variations)
Sauces (BBQ, ketchup, chilli garlic, soy, Sriracha, hoisin, chilli bean,

sambal oelek, mustard)
Sesame seed (variations)
Tahini
Turmeric powder
Wasabi
White wine (or Chinese cooking wine)

OTHER ITEMS

Agar-agar
Amaranth grains
Burger buns
Chapatis
Coconut chips
Dried rose petals
Goji berries
Jalapenos
Kewra leaves
Matcha tea powder
Nori sheets
Olives
Pandan leaf
Peanut butter
Pickled ginger
Pickled radish
Rice paper
Rice vermicelli
Rose syrup
Rose water
Saffron
Shrikhand
Tanuki crumbs
Tortillas
Vinegared rice
Water chestnuts ♦

DOWNLOAD YOUR FAVOURITE MAGAZINES FOR FREE!

Stay Indoors. Stay Safe.



Sunday **WITH MARIA GORETTI**

Make the most of the best day of the week
with our cover girl!



BREAKFAST

**MUSHROOMS ON
RAGI PANCAKES**



SNACK

**SUN-DRIED TOMATO
HUMMUS**



LUNCH

**AUBERGINE STACKS WITH
YOGHURT & BASIL**



DID YOU KNOW?



Maria Goretti loves food, but, more importantly, she has trained extensively in the culinary arts at Tante Marie, London, and in patisserie

at Le Cordon Bleu, Paris and London. The recipes in this section are excerpted from her Gourmand Award-winning book From My Kitchen to Yours (Om Books International; 216 pages; hardback and digital versions available).

SHOPPING LIST

CHECK IF YOU HAVE THESE AT HOME

STORE CUPBOARD STAPLES

Ragi flour, Baking soda
Baking powder
Eggs, Yoghurt, Oil
Olive oil, Chickpeas
Powdered sugar
Granulated sugar
Caster sugar
Vanilla custard powder
Flour, Milk, Butter
Vegetable stock

VEGETABLES & FRUITS

Garlic, Mushrooms
Lemons, Aubergine

Garlic, Basil leaves
Onions

CONDIMENTS & FLAVOURINGS

Red chilli flakes, Mustard,
Salt, Pepper, Cayenne
pepper, Tahini paste, Dried
red chillies, Cumin

OTHER ITEMS

Sun-dried tomatoes
Pine nuts, Grated coconut
Food colour, Arborio rice
White wine, Dried apricots,
Parmesan
Whipping cream >

FOR THE LITTLE ONES EAST INDIAN COCONUT PANCAKES



DINNER RISOTTO WITH MUSHROOMS



DESSERT KHUBANI KA MEETHA



“This is an easy-to-make nutritious snack that looks glamorous as well. The mushrooms, with that subtle taste of mustard, and the chilli kicks are yummy. It’s perfect for a Sunday brunch!”



BREAKFAST

MUSHROOMS ON RAGI PANCAKES

Chef Maria Goretti

SERVES: TWO

PREP: 20 MINUTES

COOKING TIME: 25 MINUTES

Ingredients

- ½ cup ragi flour
- ¼ tsp baking soda

- ¼ tsp baking powder
- 1 egg
- ½ cup yoghurt
- Salt, to taste
- Pepper powder, to taste
- Oil, for frying

For the mushrooms:

- 1 tbsp vegetable oil
- 5 cloves garlic, finely chopped
- 100 g mushrooms, sliced
- ¼ tsp red chilli flakes
- 1 tsp mustard paste
- 1 tbsp yoghurt

Method

- 1 Mix the ragi flour, baking soda and baking powder, and set aside for 10 minutes.
- 2 Mix the egg with the yoghurt and add to the dry mix. Season with salt and pepper.
- 3 Spray a non-stick heated pan with vegetable oil. Spoon out a tablespoon of the batter on the heated pan and cook on either side for about three to four minutes or

until done. Keep warm.

- 4 To prepare the mushroom spread, heat the oil in a non-stick pan on a medium-high flame. Add the garlic, stir, and add the mushrooms. Sauté until the mushrooms are cooked and the released water dries up a bit. Add the red chilli flakes and the mustard paste. Stir well. Take the mixture off the flame, and add the yoghurt.
- 5 Spread the mushroom mixture on the ragi pancakes, and serve.



SNACK

SUN-DRIED TOMATO HUMMUS

Chef Maria Goretti

MAKES: TWO

PREP TIME: 15 MINUTES

Ingredients

- 400 g chickpeas, cooked
- ½ cup sun-dried tomatoes
- ¼ cup tahini paste
- ½ cup hung yoghurt
- 1 clove garlic
- ¼ cup lemon juice
- ¼ cup olive oil
- Salt, to taste
- Cayenne pepper, to taste

Method

1 Place all the ingredients in a blender, and pulse to a smooth puree. Check for seasoning.

2 If you need to adjust the consistency, add yoghurt and a squeeze of lemon.

3 Serve with toasted pita bread or lavash. >

“Hummus is so full of nutrition and flavour that it is a totally handy snack. Though it’s really easy to make, hummus always gives you the feeling that a lot of effort has gone into making it.”

LUNCH

AUBERGINE STACKS WITH YOGHURT & BASIL

Chef Maria Goretti

SERVES: TWO

PREP TIME: 10 MINUTES +

40 MINUTES MARINATION

COOKING TIME: 30 MINUTES

Ingredients

- 150 g aubergine
- Salt, to taste
- 5 tbsp olive oil (divided usage)
- 10 cloves garlic, finely chopped
- 8 fresh basil leaves
- 2 dried red chillies
- 500 g hung yoghurt
- 1 tsp cumin, roasted and powdered
- 1 tsp powdered sugar
- 2 tbsp pine nuts, roasted, to garnish

Method

1 Slice the aubergine along the breadth into half-inch slices. Sprinkle a little salt and set aside for 40 minutes.

2 Heat three tablespoons of the oil in a pan, and fry each slice on either side for nine minutes. Remove and set aside to cool down.

3 Heat one tablespoon of the oil in a pan, and saute the garlic. Add the basil, and turn off the heat. Remove and set aside.

4 Heat the remaining oil in a pan, and

fry the dried red chillies. Remove, and drain well.

5 Whip the hung yoghurt with the cumin powder, two teaspoons of the garlic-basil mix, and the sugar.

6 Place a slice of aubergine on a serving plate, spread with the yoghurt mixture, and sprinkle some of the remaining garlic-

basil mix. Prepare two layers or about six to eight stacks.

7 Serve the aubergine stacks garnished with the pine nuts.

“Aubergine is one vegetable I completely love. The first time I ate aubergine with yoghurt was at my friend Mini’s house. And I just fell in love with it. Her recipe, with a little add-on, is now part of my home.”





FOR THE LITTLE ONES

EAST INDIAN COCONUT PANCAKES

Chef Maria Goretti

SERVES: TWO

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

Ingredients

- 1 egg
- ½ cup flour
- ¼ cup + ⅓ cup milk
- ¼ cup water
- 1½ tbsp butter (melted)

+ extra for greasing the pan

- Salt, to taste
- 120 g grated coconut
- 3 tbsp caster sugar
- 1 drop pink food colour

Method

1 Whisk the egg in a mixing bowl, and add the flour. Gradually add the one-fourth cup milk and water. Add the butter to the batter. Add salt to taste.

2 Grease a heated non-stick pan with butter. Add one-

“As an East Indian, this is a dessert I have grown up with. I love coconut. It’s one of those ingredients I love putting into whatever I cook. And this pancake has just the right amount of sweetness. My grandma and mum used to make this a lot, which is why it tastes like home.”

fourth cup of the batter, tilting the pan in a circular motion for the batter to spread evenly. Cook only one side, so that the top stays smooth, for two to three minutes.

3 Place the grated coconut in a preheated pan and cook on a medium flame. Add the caster sugar and mix well until melted. Add the food colour. Remove, and set aside to cool.

4 Spread a big spoonful of the prepared coconut mix over a pancake and fold it into a roll. Repeat with the remaining pancakes.

5 Serve warm or chilled, either plain or with ice cream. >

DINNER

RISOTTO WITH MUSHROOMS

Chef Maria Goretti

SERVES: TWO

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

Ingredients

- 4 tbsp olive oil
- 2 tbsp butter
- 4 cloves garlic
- 2 onions, finely chopped
- 1 cup Arborio rice
- 5 cups hot vegetable stock
- 400 g mushrooms, sliced
- 100 ml white wine
- 100 g Parmesan cheese, grated

Method

- 1 Heat the olive oil and butter in a non-stick pan on a low to medium flame. Add the garlic, and sauté for a minute. Add the onions, and cook until translucent. Add the Arborio rice and lightly fry for a minute.
- 2 Add a ladle full of hot vegetable stock. Avoid stirring the rice continuously. Let the liquid get absorbed. Continue adding the stock until the rice is cooked and looks creamy. This process will take about 30 minutes (the entire quantity of stock need not be added if the rice gets cooked).
- 3 Add the sliced mushrooms and let them sweat.
- 4 Once the water from the mushrooms starts getting absorbed, add the white wine. Cook until the water evaporates.
- 5 Serve hot, garnished with grated Parmesan cheese.



“There is a certain romance to making a risotto. It’s an ideal dish to make if you and your loved one are eating at home because it takes time and patience. And, it’s fun cooking together. So love, to me, is a plate of risotto, made fresh.”

“This dessert is easy, simple to make and so tasty that everyone goes for a second and, sometimes, even a third helping. Make sure that you make enough.”

DESSERT

KHUBANI KA MEETHA

Chef Maria Goretti

SERVES: TWO

**COOKING TIME: 50
MINUTES**

Ingredients

- 3 cups water
- 150 g dried apricots
- 2 tbsp granulated sugar
- 150 ml whipped cream
- Sugar, to taste

For the custard:

- 500 ml cold milk
- 2 tbsp vanilla custard powder
- 30 g granulated sugar

Method

- 1 Bring two cups of the water to a boil in a pan. Remove from the flame, add the apricots, and soak until soft. Gently break the seeds, and reserve the almonds.
- 2 In another pan, add one cup of water to the deseeded apricot pulp. Add the sugar and cook on a low flame until the water evaporates and leaves a rich pulp behind (about 20 minutes). Take off the flame, and cool. Chill.
- 3 Add the custard powder to one-fourth cup cold milk and dissolve until smooth.
- 4 Heat the remaining milk until about to simmer. Add the custard mixture, and stir until the mixture simmers and thickens. Remove from the flame, and set aside to cool. Refrigerate to chill.
- 5 Beat the whipped cream with sugar, and chill.
- 6 Layer the apricot pulp with the custard and the fresh cream. Serve chilled, garnished with the apricot almonds. ♦



Manday HEALTH ON A PLATE



Put yourself first with these healthy but delicious dishes

SHOPPING LIST

CHECK IF YOU HAVE THESE AT HOME

STORE CUPBOARD STAPLES

Oil
Olive oil
Extra virgin olive oil
Ghee
Milk
Whole milk
Eggs
Bread
Vinegar
Apple cider vinegar
Breakfast sugar (caster
sugar)
Sugar
Honey
Baking soda
Whole wheat flour
Soy sauce
Basmati rice
Small grained rice
Cheddar cheese
Besan
Jaggery

VEGETABLES & FRUITS

Onions
Capsicum
Red peppers
Garlic
Ginger
Galangal
Green chillies
Red chillies
Coriander leaves
Rosemary leaves
Carrots
Arugula leaves
Watermelon
Lettuce
Spring onions
Mint leaves
Basil leaves
Microgreens
Lemons
Raw mango
Corn
Amaranth leaves

CONDIMENTS & FLAVOURINGS

Salt
Pepper
Paprika powder
Garlic powder
Onion powder
Dried oregano
Green cardamom
Ajwain

OTHER ITEMS

Parmesan
Peanut butter
Peanuts
Melon seeds
Dried berries
Cottage cheese
Tortillas
Jalapenos
Assorted nuts and
dry fruits
Olives
Dried rose petals



DID YOU KNOW?

Deepika Padukone is known to favour low-fat foods (veggies, grilled fish, egg whites, and low-fat milk), Malaika Arora carries almonds everywhere, even when she travels. Hrithik Roshan is a fan of steamed veggies. while Ranveer Singh eats healthy but also swears by protein shakes.

**BREAKFAST
BRUNCH ON
A PLATE**

Chef Dhruv Oberoi



**SNACK
CARROT & ROSEMARY
MUFFINS**

Chef Kartikeya Ratan



**LUNCH
ASIAN-STYLE
WATERMELON SALAD**

Chef Abhijit Saha



**FOR THE LITTLE ONES
COTTAGE CHEESE, CORN
& PEPPER BURRITO**

Chef Daniel Koshy



**DINNER
BESAN CHILLA &
COTTAGE CHEESE SALAD**

Chef Gaurav Anand



**DESSERT
CARAMEL KHEER WITH
CARAMEL GLASS SHARD**

Swayampurna Mishra >

BREAKFAST

BRUNCH ON A PLATE

Chef Dhruv Oberoi,
Head Chef, Olive Qutub
& Serai, Delhi

SERVES: TWO

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

Ingredients

- 1 tsp oil
- 2 tbsp amaranth leaves, chopped
- ¼ tsp salt
- 1 tbsp milk
- 2 eggs
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp paprika powder
- 2 slices old, crusty bread
- Grated Parmesan cheese

For the peanut butter cheese spread:

- 6 tbsp salted peanut butter
- 3 tbsp cheddar cheese spread
- 3 tbsp milk
- 3 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp breakfast sugar
- 1 tsp chilli paste
- 1 tsp salt
- ½ tsp garlic powder
- ½ tsp paprika powder

For the chilli pepper jam:

- 200 g red pepper, sliced
- 5 cloves garlic, sliced
- 1 fresh red chilli
- 5 tbsp sugar
- 3 tbsp vinegar
- 1 tsp salt



- 10 coriander leaves, chopped

For the granola:

- 3 tbsp salted peanuts, toasted
- 2 tbsp melon seeds, toasted
- 1 tbsp dried berries
- 1 tbsp honey
- 1 tsp salt
- ¼ tsp paprika
- ¼ tsp garlic powder
- 1 egg white

Method

- 1 Mix all the granola ingredients, and spread the mixture on a baking sheet. Bake it at 140°C for 10 minutes on each side. Remove from the oven, and store in an air-tight container.
- 2 Blend all the ingredients for the peanut butter spread to a smooth

“I love eggs and peanut butter and have always wanted to combine the two. This recipe has gypsy egg toast (crusty bread cooked with seasoned egg batter and sautéed amaranth leaves), spicy peanut granola, and PB&J (peanut butter cheese spread and chilli pepper jam).”

consistency. Store for use.

3 To prepare the jam, sauté the pepper, garlic, and chilli in a pan for two minutes. Add the sugar, vinegar, and salt, and cook for 10 minutes, until glazed. Remove from the flame, and add the coriander. Store for use.

4 To prepare the gypsy egg toast, heat the oil in a pan over a medium-high flame, add the amaranth leaves and salt, and cook until done.

5 Make a batter with the milk, eggs, and the garlic, onion, and paprika powders. Dip the bread in the batter on both sides.

6 Drizzle some oil into a hot pan, and cook the dipped toast for a minute on both sides.

7 Spread the toasts with the peanut butter cheese spread, jam, and sautéed amaranth. Top with Parmesan. Sprinkle with the spicy peanut granola, and serve.



“I created this recipe originally with sweet black carrots available in the winter, it was an ode to this indigenous produce we get for such a limited time. These muffins are healthy and low on sugar, because that’s generally how I prefer my desserts—guilt free.”



SNACK

CARROT & ROSEMARY MUFFINS

Chef Kartikeya Ratan,
Executive Chef, Perch
Wine and Coffee Bar

MAKES: SIX

PREP TIME: 20 MINUTES

BAKING TIME: 25-30 MINUTES

Ingredients

- 80 ml extra virgin olive oil (divided usage)
- 1 sprig rosemary (whole) + 2 g finely chopped
- 225 g shredded carrot
- 1 pinch salt
- 200 g sugar (divided usage)
- 80 ml milk + 2 tsp extra to adjust consistency
- 2 eggs
- 6 g baking soda
- 225 g whole wheat flour

Method

- 1 Preheat the oven to 160°C.
- 2 Heat a teaspoon of the extra virgin olive oil in a pan on a medium flame. Add the rosemary sprig and carrot. Cook until the oil turns slightly orange. Lower the flame. Add a pinch of sugar and salt. Cook until carrots are mushy.
- 3 Remove the rosemary sprig, mix in the chopped rosemary.
- 4 Place the carrot and the remaining sugar in a bowl, and beat with an egg beater until the sugar is well combined. Add the milk, eggs, and the remaining oil, and mix well.
- 5 Combine the baking soda with flour, and add in small increments. Mix well. Add a teaspoon of milk if the batter is too thick. Divide between six muffin moulds. Bake for 25 minutes or until a toothpick comes out clean. >



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PHOTOGRAPH: 123RF USED FOR REPRESENTATIONAL PURPOSES ONLY

LUNCH

ASIAN-STYLE WATERMELON SALAD

Chef Abhijit Saha, Chief Patron, Red Rhino

SERVES: FOUR

PREP TIME: 25 MINUTES

Ingredients

- 1 handful arugula leaves
- 800 g watermelon, peeled, seeded, and diced
- 100 g assorted lettuce, cleaned, and torn
- 8 tbsp peanuts, roasted and crushed
- 4 tbsp spring onion, finely shredded
- 16 mint leaves
- 16 basil leaves
- 12 coriander sprigs
- 1 handful microgreens

- 1 tbsp extra virgin olive oil

For the dressing:

- 1 tbsp galangal (or ginger), finely chopped
- 2 tbsp carrot, finely chopped
- 1 tbsp coriander root, finely chopped
- 1 tsp garlic, finely chopped
- 1 fresh red chilli, finely chopped
- 2 tsp caster sugar
- Salt, to taste
- 2 tbsp lemon juice
- 4 tbsp soy sauce
- 4 tbsp extra virgin olive oil

Method

- 1 To prepare the dressing, place the galangal, carrot, coriander roots, garlic, red chilli, caster sugar and salt in a mixing bowl. Whisk in the lemon juice and soy sauce. Drizzle in the olive oil, whisking continuously. Set aside.
- 2 Place the arugula in a mixing bowl, and drizzle with half the dressing. Mix gently.
- 3 Place the watermelon cubes in another mixing

bowl, and drizzle with the remaining dressing. Mix gently.

4 On four serving plates, place first the lettuce and then the watermelon and arugula.

5 Sprinkle with the peanuts and spring onions.

6 Decorate with the basil and mint leaves, and the coriander sprigs.

7 Garnish with the microgreens, and serve drizzled with extra virgin olive oil.

“This is a delicious, easy-to-prepare, and healthy recipe, that is also very fresh, flavourful, and nourishing.”

FOR THE LITTLE ONES

COTTAGE CHEESE, CORN & PEPPER BURRITO

Chef Daniel Koshy,
Executive Chef,
JW Marriott, Bangalore

SERVES: FOUR

PREP TIME: 8 MINUTES

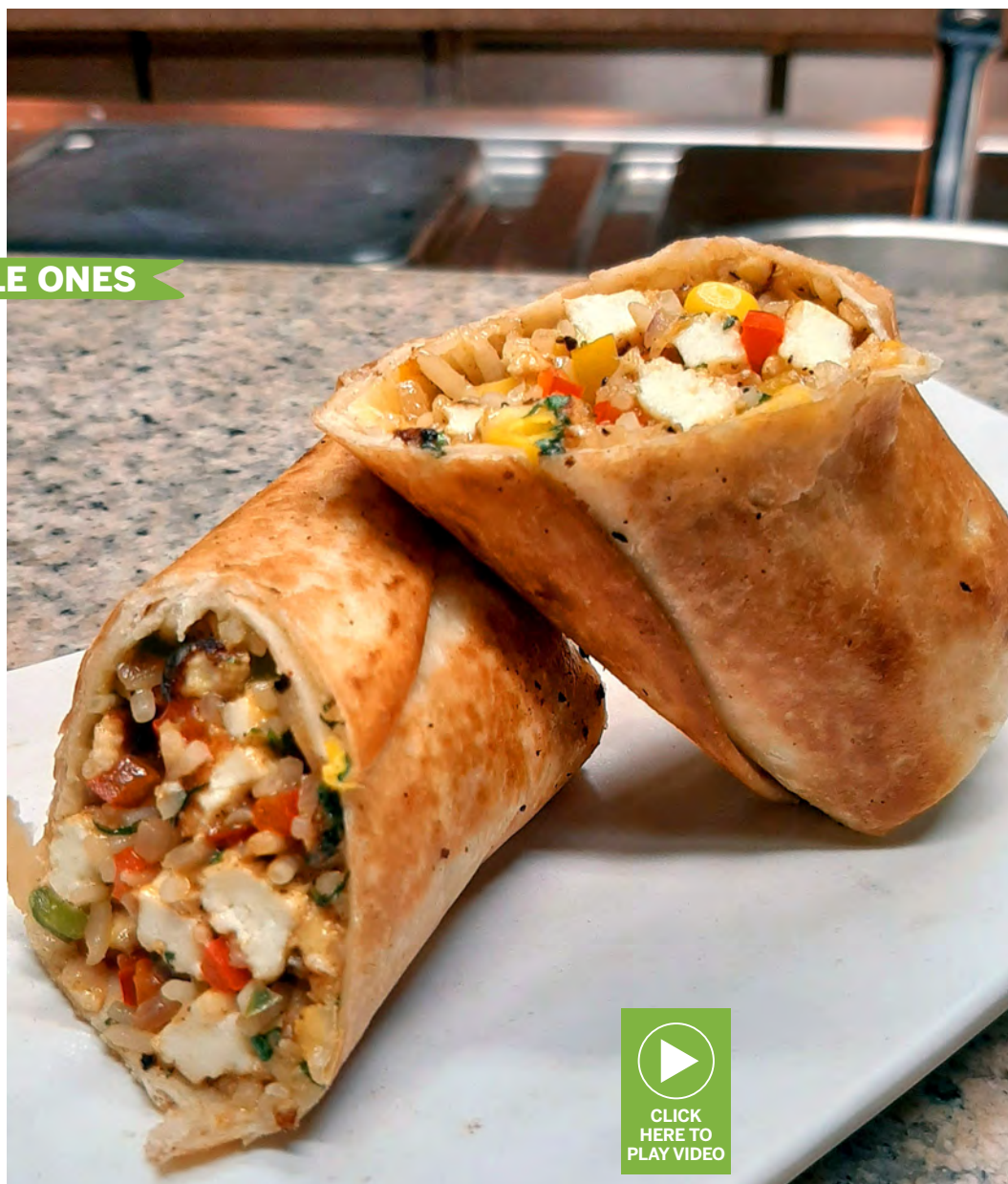
COOKING TIME: 15
MINUTES

Ingredients

- 120 g cottage cheese (in a slice)
- 1½ tsp olive oil (divided usage)
- ¼ onion, chopped
- 1 garlic clove, chopped
- ½ capsicum, chopped
- 50 ml water
- 1 tortilla
- 50 g corn, boiled
- 50 g basmati rice, cooked
- 30 g cheddar cheese
- 20 g chopped coriander leaves

For the burrito seasoning:

- ½ tsp onion powder
- ½ tsp dried oregano
- ½ tsp garlic powder
- 1 tsp dried cumin powder
- 1 tsp paprika powder
- 1 pinch black pepper powder



Method

- 1 Prepare the burrito seasoning by mixing all the ingredients.
- 2 Drizzle the cottage cheese slice with one teaspoon of olive oil, and coat it with the burrito seasoning. Heat a pan on a medium-high flame, and cook the cottage cheese slice for two minutes on both sides. Remove from the flame, allow to cool, and then chop finely.

“The burrito is a grab-n’-go dish, easy to cook so moms love it, and full of the right nutrients for kids. This Mexican dish is popular with both kids and elders.”

3 In a pan, heat the remaining oil, and sauté the onion, garlic, and capsicum for two minutes. Add the cottage cheese, and water, and cook for two minutes until slightly reduced.

4 Warm the tortilla on a pan, and top with the cottage cheese filling, corn, rice, cheese, and coriander. Fold over and pan fry over a medium flame until crisp. >

"This is another dish that the whole family will enjoy."



DINNER

BESAN CHILLA & COTTAGE CHEESE SALAD

Chef Gaurav Anand, Executive Chef, Sheraton Grand Bangalore Hotel at Brigade Gateway



SERVES: ONE

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

Ingredients

- 3 tbsp olive oil
- ¼ cup bell pepper dices
- ¼ cup raw mango dices
- ¼ cup cottage cheese dices

- 2 tbsp jalapeño dices
- 2 tbsp olives
- 1 tsp pepper

For the besan chillas:

- ½ cup besan
- 1 tsp green chillies, chopped
- 1 tsp ajwain
- 1 tsp salt

- 1 tbsp chopped coriander leaves
- Water, as needed

Method

1 To prepare the batter, mix the besan, green chilli, ajwain, salt, coriander, and water to a pancake batter consistency. Heat one tablespoon of the olive oil in a pan, and make besan

chillas. Remove from the flame, and chop into pieces. Set aside.

2 In a bowl, mix the bell pepper, raw mango, cottage cheese, jalapeños, olives, salt and pepper.

3 Add the chilla pieces, salt and pepper, and drizzle the remaining olive oil over. Toss gently, and serve.

DESSERT

CARAMEL KHEER WITH CARAMEL ROSE GLASS SHARD

Swayampurna Mishra,
Food author and recipe
developer

SERVES: SIX

PREP TIME: 30 MINUTES

TIME TAKEN: 1½ HOURS

Ingredients

- 2 litres whole milk
- ½ cup small-grained rice (like Gobindbhog), washed and soaked for 30 minutes
- 4 green cardamom pods, pounded in a mortar and pestle
- 3 tbsp jaggery, grated
- 1 tbsp ghee
- ½ cup assorted nuts and dry fruits

For the caramelisation:

- 1 tbsp sugar
- 1 tsp ghee

For the caramel rose glass shard:

- 1 cup sugar
- Dried rose petals

Method

1 To prepare the caramel rose glass shard, place the sugar in a deep, heavy-bottomed pan on a high flame. Allow the sugar to melt on its own; don't use a spoon at all—shake the pan a bit if needed to

ensure all the sugar is getting caramelised. Once it reaches a deep amber colour, quickly pour the caramel on a baking tray lined with parchment or butter paper. Tilt the tray to spread it as thinly as possible and immediately sprinkle rose petals over the caramel. Set the caramel aside to cool and solidify.

2 To prepare the kheer, heat the milk in a deep, heavy-bottomed pan over

a medium-high flame. Add the cardamom pods, and bring to a boil. Add the rice, stir well, and cook on a low flame until the milk has reduced to one-third the original volume, and is creamy. Add the grated jaggery, mix well to dissolve, and simmer to achieve the consistency you want (it thickens when it cools down, so remove from the flame when slightly runny.)

3 To prepare the caramel, heat the ghee in a small tadka pan. Add the sugar and let it caramelise until a deep amber. Pour into the kheer and mix vigorously until the kheer becomes pinkish brown. Divide the kheer between six bowls.

4 Break the set caramel into shards. Garnish each bowl of kheer with a caramel glass shard. ♦



“I love this recipe because the caramel kheer is a walk down nostalgia lane for me; it reminds me of my naani who made this for me when I was a child. This dish is a homage to her memory and to all those summer vacations at her house relishing the ‘laali kheer.’”

DESI DELIGHTS

THESE SIMPLE BUT IMPRESSIVE INDIAN RECIPES ARE SURE
TO THRILL YOUR FAMILY AND FRIENDS



Catch Ka Koi Match Nahi. 100%



SHAHI PANEER

(<http://www.catchfoods.com/recipe/shahi-paneer-recipe/>)

INGREDIENTS

300 g cottage cheese (paneer),
cut into triangles

For the paste:

60 g almonds, blanched and soaked
60 g cashew nuts, soaked
30 g poppy seeds, soaked

For the gravy:

100 ml oil
½ tsp black cumin (shahi jeera)
1 green chilli, deseeded and julienned
1 tsp Catch Red Chilli Powder
½ tsp green cardamom powder
½ tsp roasted cumin powder
½ tsp fenugreek powder
1 tbsp honey
100 g tomato puree
Salt, to taste

Water, as required
4 tbsp butter
4 tbsp cream
½ tsp Catch Garam Masala

For the garnish:

1 tsp almond flakes
1 tbsp khoya, grated
1 tsp saffron, dissolved in milk
1 tsp cream
1 sprig coriander leaves

METHOD

- To prepare the paste, blend together the almonds, cashew nuts and poppy seeds with very little water to a fine paste. Remove to a bowl, and set aside.
- To prepare the gravy, heat the oil in a pan. Add the black cumin. When it crackles, add the green chilli and ginger

juliennes, and sauté until light brown in colour.

- Add the Catch Red Chilli Powder, green cardamom, roasted cumin and fenugreek powders, and the honey, and cook for two minutes.
- Add the almond-cashew nut paste and the tomato puree; cook on a low flame for five to seven minutes, adding water in small increments as needed. Cook until the oil separates.
- Check the seasoning and consistency.
- Add the cottage cheese triangles and simmer for five minutes.
- Finish with the butter, cream and Catch Garam Masala. Give it a final mix and remove to a bowl.
- Garnish with the almond flakes, grated khoya, saffron drops, cream, and coriander leaves.

BHINDI MASALA

(<http://www.catchfoods.com/recipe/bhindi-masala-recipe/>)

INGREDIENTS

250 g lady finger
50 ml mustard oil
¼ tsp carom seeds
¼ tsp cumin seeds
1 pinch asafoetida
100 g onions, sliced
2 green chillies
1 pinch Catch Turmeric Powder
¼ tsp Catch Coriander Powder
¼ tsp cumin powder
¼ tsp Catch Chatpata Chaat Masala
Salt, to taste
1 tbsp coriander, chopped

For the garnish:

Ginger juliennes
Green chilli juliennes

METHOD

- Wash, wipe and cut the lady fingers into small pieces.
- Heat the oil in a wok, and add the cumin and carom seeds, and the asafoetida. When they splutter, add the onions, and sauté for two minutes. Add the green chillies and lady fingers. Cook, stirring continuously, for two minutes.
- Add the Catch Turmeric Powder, Catch Coriander Powder, cumin powder, and the Catch Chatpata Chaat Masala. Mix and cook, covered, for 10 minutes on a very low flame. Open and toss again, check seasoning and add the chopped coriander. Remove to a serving bowl.
- Serve, garnished with the ginger and green chilli juliennes.



Catch Ka Koi Match Nahi. 100%





Catch Ka Koi Match Nahi. 100%



MALAI KOFTA CURRY

(<http://www.catchfoods.com/recipe/malai-kofta-curry-recipe/>)

INGREDIENTS

200 g cottage cheese (paneer)
100 g potato, boiled
2 tbsp corn flour + a little extra
1 tbsp flour
2 green chillies, chopped
Salt, to taste
½ tsp white pepper powder
Oil, for deep frying

For the stuffing:

2 tbsp khoya
1 tbsp paneer, mashed
10 g cashew nut, chopped
10 g almonds, chopped
10 g raisins, chopped
Saffron, dissolved in a few drops of milk
Salt, to taste
½ tsp green cardamom powder

For the paste:

60 g almonds, blanched and soaked
20 g poppy seeds, soaked

For the gravy:

100 ml oil
½ tsp black cumin (shahi jeera)
1 green chilli, seeded and julienned
3 g ginger juliennes
100 g onion paste
½ tsp Catch Garam Masala

Salt, to taste
1/8 tsp white pepper powder
1/8 tsp sugar
50 g tomato puree
Water, as required
¼ tsp Catch Garam Masala
2 tbsp butter
2 tbsp cream

For the garnish:

1 tsp almond flakes
1 tbsp khoya, grated
1 tsp saffron (dissolved in milk)
1 tsp cream
1 sprig coriander

METHOD

- Mash the paneer and grate the boiled potato.
- To prepare the stuffing, combine all the stuffing ingredients, and mix well. Set aside.
- To prepare the paste, blend the soaked almonds and poppy seeds with very little water to a fine paste. Remove to a bowl, and set aside.
- In a bowl, combine the mashed potato, paneer, corn flour, flour, salt, green chillies, salt and white pepper powder. Knead the mixture, and divide it into equal-sized portions

of 15 to 20 grams each. Flatten each portion between the palms and stuff it with a teaspoonful of the stuffing mixture. Shape it like a ball again and set aside on a plate dusted with corn flour.

- Heat the oil for deep frying in a wok, and deep fry the kofta balls until light golden brown in colour. Remove to a tissue paper to drain. Set aside.
- To prepare the gravy, heat the oil in a pan, and add the black cumin. When it crackles, add the green chilli and ginger juliennes and onion paste, and sauté until light brown in colour.
- Add the dry spices – Catch Turmeric Powder, salt, sugar and white pepper powder – and cook for two minutes. Add the almond-poppy seed paste and the tomato puree; cook on a low flame for five to seven minutes. Add the water in small increments as required. Cook until the oil separates. Check the seasoning and consistency.
- Add the fried kofta balls and simmer for five minutes.
- Finish with the Catch Garam Masala, butter and cream. Give the dish a final mix and remove to a bowl.
- Garnish with the almond flakes, grated khoya, saffron drops, cream and coriander sprig.

FEMINA

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Tuesday EAT UP DESI STYLE



Enjoy the variety of Indian cuisines with today's recipes

BREAKFAST

AKURI

Roxanne Bamboat



SNACK

DHUSKA WITH ALU KI SABZI

Chef Uddipan Chakravarthy



LUNCH

GARLIC SPINACH WITH PARSI PATIO

Chef Irfan Pabaney





FOR THE LITTLE ONES POTATO & COTTAGE CHEESE CHAPATI PARCELS

Chef Gaurav Anand



DINNER MAMBAZHA PULISSERY

Chef Regi Mathew



DESSERT BADAM KI KHEER

Neha Mathur

SHOPPING LIST

CHECK IF YOU HAVE THESE AT HOME

STORE CUPBOARD STAPLES

Oil; Coconut oil
Ginger-garlic paste
Eggs
Rice
Chana dal
Urad dal
Sugar
Salt
Pepper
Jaggery
Vinegar
Dry red chillies
Butter
Yoghurt
Full cream milk

CONDIMENTS & FLAVOURINGS

Mustard seeds
Turmeric, cumin,
red chilli, cardamom and
coriander powders
Chaat masala
Asafoetida
Garam masala powder
Parsi sambar powder
Ajwain, Cajun seasoning
Fenugreek seeds
Cumin

VEGETABLES & FRUITS

Onions
Tomatoes

Potatoes
Coriander leaves
Green chillies
Ginger
Garlic
Spinach
Bell peppers
Shallots
Curry leaves
Mangoes
Coconut

OTHERS ITEMS

Mascarpone cheese
Chapati
Cottage cheese
Almonds
Saffron



DID YOU KNOW?

Bollywood stars love Indian food! Salman Khan is a biryani lover, Kangana Ranaut is partial to gol gappe, while pav bhaji can usually make Sonam Kapoor smile. And Shah Rukh Khan is a chhole bhature man.

BREAKFAST

AKURI

Roxanne Bamboat,
Food and travel writer,
and content creator

SERVES: TWO

PREP TIME: 10 MINUTES

COOKING TIME: 12 TO
15 MINUTES

Ingredients

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1 tbsp ginger-garlic paste
- ½ tsp turmeric powder
- ½ tsp cumin powder
- ½ tsp coriander powder
- ½ tsp red chilli powder
- Salt, to taste
- 4 eggs
- ¼ cup fresh coriander, chopped

Method

1 In a wide pan, heat the oil and fry the onions and tomatoes until they turn translucent.

2 Add the ginger-garlic paste and stir well.

3 Add the turmeric, cumin, coriander and red chilli powders, and salt. Keep cooking until the oil separates.

4 Turn the heat down to the lowest setting. Crack the eggs in another bowl and beat them, or crack them directly into the pan and scramble them. Either way, keep cooking on a low flame and stirring constantly. If you feel the heat is too much, lift the pan off for a bit and then put it back on the flame, but keep stirring. After about two minutes, turn off the flame and keep stirring for a bit.

5 Garnish with fresh coriander, and serve hot.

TIP

Be really careful with the heat – overcooking the eggs will leave you with a bhurji rather than an akuri



“This is a recipe that’s easy, that showcases a little bit the Parsi culture and community I grew up in. It’s got plenty of memories, really my childhood on a plate, and it’s an egg lover’s delight.”



PHOTOGRAPH: DINODIA USED FOR REPRESENTATIONAL PURPOSES ONLY

SNACK

DHUSKA WITH ALU KI SABZI

Executive Chef
Uddipan Chakravathy,
President, Mumbai-
IHCL SeleQtions

SERVES: FOUR
PREP TIME: 4 HOURS
COOKING TIME: 30
MINUTES

Ingredients

- 1 cup rice, washed and soaked for two hours
- 1/3 cup chana dal, washed and soaked for two hours
- 1/4 cup urad dal, washed and soaked for two hours
- 3 green chillies

- 1 inch piece ginger
- 1/3 tsp turmeric powder
- 1/2 tsp coriander powder
- 1/2 tsp chaat masala
- 1/3 tsp cumin seeds
- 1 tsp asafoetida
- Salt, to taste
- Oil, for frying

For the alu ki sabzi:

- 4 potatoes, quartered
- 1 tbsp oil
- 1 tsp cumin seeds
- 1 onion, sliced
- 1 tsp ginger-garlic paste
- 1 tomato, diced
- 2 green chillies, slit
- 1/3 tsp turmeric
- 1/2 tsp coriander powder
- 1 tsp red chilli powder
- 1/3 tsp garam masala powder
- 1 tsp asafoetida
- Salt, to taste
- Sugar, to taste (optional)
- 500 ml water

Method

- 1 Drain the rice and dals, add the green chillies and ginger and grind to a smooth, flowing batter. Set aside to rest for two hours.
- 2 After two hours, add the turmeric and coriander powders, chaat masala, cumin seeds, asafoetida, and salt to the batter, and mix well.
- 3 Heat the oil in a deep pan over a medium-high flame.
- 4 Pour a half ladle of batter into the oil; it will start puffing up like a small puri.

- 5 Remove from the oil and drain on a kitchen towel.
- 6 To prepare the alu ki sabzi, heat the oil in a pan. Add the cumin seeds, and splutter them.
- 7 Add the onion, and sauté. Add the ginger-garlic paste and saute. Add the tomato, and cook for two to three minutes.
- 8 Add the green chillies, coriander, red chilli, coriander, and garam masala powders, asafoetida, salt, and sugar (if using), and cook for two to three minutes.
- 9 Add the potatoes and water, and bring to a boil. Cover the pan, and simmer for 15 minutes until the potatoes are well cooked.
- 10 Check the seasoning, and serve hot with the dhuska. >

“This street-side snack is a specialty from Jharkhand.”

LUNCH

GARLIC SPINACH WITH MASCARPONE AND PARSI PATIO PAR EDU

Chef Irfan Pabaney,
Country head,
SodaBottleOpenerWala

SERVES: ONE, WITH A BIG APPETITE

PREP TIME: 40 MINUTES

COOKING TIME: 30 MINUTES + 10 MINUTES IN THE OVEN

Ingredients

- 1-2 tsp oil
- 1 tsp cumin seeds
- 1 green chilli, chopped
- 1 small onion, chopped
- ½ tsp ginger-garlic paste
- 2 tomatoes, chopped
- 1 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp Parsi sambar powder
- ½ to 1 tsp jaggery
- 2 tsp vinegar
- Salt, to taste
- Pepper, to taste
- 2 eggs

For the spinach:

- 1 tsp oil
- 1-2 tsp chopped garlic
- 2 cups spinach, blanched, drained, cooled, excess water squeezed out, and chopped
- Salt and pepper, to taste
- 1 tbsp mascarpone cheese

Method

1 To prepare the patio, heat the oil in a pan over a medium-high flame, add the cumin seeds, and splutter. Add the green chilli and onions, and sauté for three minutes until the onions are translucent. Add the ginger-garlic paste, and cook until the raw smell disappears. Add the tomatoes and cook for three minutes, then cover and cook for five minutes until they soften. Add the coriander, cumin, and Parsi sambar powders, and cook for another three minutes. Finish with the jaggery and vinegar, and check the seasoning. Remove, and set aside.

“This is a real fun recipe. So you get something like a Florentine, but also eggs on a sweet-sour ‘patio’. I thought the combination would be fab.... simple flavours go so well together.”

2 Preheat the oven to 150°C.

3 To prepare the spinach, heat the oil in a pan over a low flame, add the garlic, and cook until golden. Add the chopped spinach, and toss well. Add the salt and pepper, and stir. Just before taking off the flame, add the mascarpone, stir, and remove.

4 To assemble, place some patio and spinach in an oven-proof dish or cast-iron skillet. Crack the eggs over the mixture, sprinkle salt and pepper, and bake for 10 minutes or until the eggs are semi set but the yolks are runny. Serve hot with some pav.



FOR THE LITTLE ONES

POTATO & COTTAGE CHEESE CHAPATI PARCELS

Chef Gaurav Anand,
Executive Chef,
Sheraton Grand
Bangalore Hotel at
Brigade Gateway

SERVES: ONE

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

Ingredients

- 2 tbsp oil
- 1 pinch turmeric powder
- 1 pinch red chilli powder
- 1 tsp ajwain
- Salt, to taste
- ¼ cup green bell peppers, chopped
- 1 chapati
- 3 tbsp potatoes, mashed

- ¼ cup cottage cheese, crumbled
- 2 tbsp butter

For the Cajun yoghurt:

- ¼ cup hung yoghurt
- 1 tsp Cajun seasoning
- 1 tsp coriander leaves

Method

1 Heat the oil in a pan over a medium-high flame. Add the turmeric and chilli powders, ajwain, and salt, and stir. Add the bell peppers, and cook for a few minutes. Remove

and set aside.

2 To prepare the Cajun yoghurt, mix the yoghurt, Cajun seasoning, coriander leaves and salt. Set aside.

3 Spread the mashed potato on the chapati, then add the bell pepper mixture over the potato. Top with the cottage cheese, and fold over into a semi-circle.

4 Heat the butter in a pan over a low flame. Cook the chapati parcel on both sides until golden and crisp. Cut into wedges. Serve with the Cajun yoghurt. >



"This recipe is inspired by my wife, who takes a lot of trouble and interest in feeding my kids. They love to have this any time of the day."



SALTS & SPICES



KHAANE KO BANAYE SWAAD KA KHAZANA

Catch Ka Koi Match Nahi. 100%

Tuesday



SERVES: TWO
PREP TIME: 15 MINUTES
COOKING TIME: 15 MINUTES

Ingredients

- 2 tbsp coconut oil
- ½ tsp mustard seeds
- 1 tsp shallots, sliced
- ¼ tsp fenugreek
- 8-10 curry leaves
- 2 dry red chillies
- 2 green chillies
- 2 small ripe mangoes, peeled
- Salt, to taste
- 1 tsp sugar
- 1 cup beaten yoghurt

For the coconut paste:

- 1 cup grated coconut
- 6 shallots
- ¼ inch piece ginger
- 2 green chillies
- ⅓ tsp turmeric
- ½ tsp cumin

Method

- 1 Grind the coconut, shallots, ginger, green chillies, turmeric, and cumin to a fine paste. Set aside.
- 2 Heat the oil in a pan over a medium-high flame. Add the mustard seeds, shallots, fenugreek, and curry leaves, and cook for a few minutes. Add the dry red chillies, and sauté. Add the green chillies, and sauté.
- 3 Add the coconut paste, and cook until the raw flavour disappears.
- 4 Add the mango pulp and seed, and cook for a minute. Add the salt and sugar.
- 5 Add the beaten yoghurt, and adjust the consistency of the curry with water. Cook on a low flame for three to four minutes, stirring gently.
- 6 Transfer to a serving dish, and serve with rice.



DINNER

MAMBAZHA PULISSERY

Chef Regi Mathew, Co-owner & Culinary Director, Kappa Chakka Kandhari

“Mambazha Pulissery is one of my favourite dishes and evokes the wonderful memories of the monsoon, back home in Kerala.”

DESSERT

BADAM KI KHEER

Neha Mathur, Food blogger and recipe creator

SERVES: SIX

PREP TIME: 5 MINUTES + SIX HOURS SOAKING TIME

COOKING TIME: 30 MINUTES

Ingredients

- ½ cup almonds
- 1 litre full cream milk
- 2 tbsp rice
- 10-15 saffron strands + extra for garnishing
- ½ tsp cardamom powder
- ¼ cup sugar

Method

1 Soak the almonds in enough water for five to six hours.

Peel the almonds (reserve the skins to add to any other curry), and grind them to a smooth paste, using a little milk, if needed. Set aside.

2 Bring the milk to a boil in a pan over a medium-high flame.

3 Add the rice and saffron, and cook on a low flame, stirring at intervals, until reduced to almost half.

4 Add the almond paste and cook again until the kheer thickens to the desired consistency.

5 Add the cardamom powder and sugar, and cook for another five minutes.

6 Remove from the flame, and serve hot or cold, garnished with saffron strands. ♦

“I’ve always had a sweet tooth and Badam Ki Kheer, a traditional Indian dessert made with milk and almonds, is a favourite. This kheer can be served hot or cold; make sure you make a large batch for many refills. The saffron garnishing gives a nice colour and taste to this recipe.”



BREAKFAST

**MATCHA
WAFFLES**

From the Femina Food files



SNACK

**CRISPY COTTAGE
CHEESE**

Chef Ritesh Tulsian



LUNCH

**CRISPY SPICY
AVOCADO MAKI**

Chef Priyank Singh Chouhan



**FOR THE LITTLE
ONES**

GUO CUON

From the Femina Food files

DINNER

**SPICY
MUSHROOMS**

From the Femina Food files

DESSERT

**THAPTHIM
KROP**

Chef Sandeep Kalra

Wednesday

ASIA PLATED



Today is the day for a taste of the Orient - made at home by you

SHOPPING LIST

CHECK IF YOU HAVE THESE AT HOME

STORE CUPBOARD STAPLES

Eggs
Oil
Extra virgin coconut oil
Baking soda
Cottage cheese
Butter
Sugar
Instant oats
Milk powder
Peanut butter
Coconut milk

VEGETABLES & FRUITS

Garlic
Ginger
Onions
Spring onions
Iceberg lettuce
Avocado

Assorted greens (bean sprouts, garlic chives, Thai basil, mint)
Assorted mushrooms (button, shiitake, shimeji)
Curry leaves
Thai bird's eye chillies
Fresh red chillies
Tender coconut
Fresh fruit (grapes, berries)

CONDIMENTS & FLAVOURINGS

Salt
Sriracha sauce
Spicy mayo
Soy sauce
Dark soy sauce
Wasabi
Hoisin sauce
White wine (or Chinese

cooking wine)
Chilli bean sauce
Sambal oelek

OTHER ITEMS

Cashews
Almond milk
Maple syrup
Matcha tea powder
Coconut flour
Tapioca flour
Potato starch
Nori sheet
Vinegared rice
Tanuki crumbs
Pickled ginger
Rice vermicelli
Rice paper
Toasted peanuts
Water chestnuts
Rose syrup
Kewra leaf
Pandan leaf



DID YOU KNOW?

Actor Shraddha Kapoor is known to be a very experimental diner, and one of her favourite cuisines is Japanese. Because she loves raw foods and seafood, it's no surprise that sushi is a surefire winner with her, but tempura is also welcome!>

Enjoy these healthy waffles with a touch of matcha.



BREAKFAST

MATCHA WAFFLES

From the Femina Food files

SERVES: THREE

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

Ingredients

- 3 whole eggs

- 1 cup plain cashews
- 1/3 cup almond milk
- 3 tbsp pure maple syrup + extra to drizzle
- 3 tbsp extra virgin coconut oil + extra to grease the waffle iron
- 1 tbsp matcha tea powder
- ¼ tsp salt
- 3/4 tsp baking soda
- 3 tbsp coconut flour
- Fresh fruit, to serve

Method

1 Heat a waffle iron and lightly spray with coconut oil.

2 Blend together the eggs, cashews, almond milk, maple syrup, three tablespoons coconut oil and matcha tea powder until smooth.

3 Add the salt, baking soda and coconut flour and

blend again until well combined.

4 Spoon one to two tablespoons of batter into the waffle iron and cook for about two minutes, or until done.

5 Remove the waffle from the iron and keep warm.

6 Repeat with the remaining batter.

7 Serve warm, accompanied by fresh fruit.

SNACK

CRISPY COTTAGE CHEESE

Chef Ritesh Tulsian, Yazu

SERVES: TWO

PREP TIME: 20 TO 25 MINUTES

COOKING TIME: 20 MINUTES

Ingredients

- 1 cup cottage cheese cubes
- 2 tbsp potato starch

- 2 tbsp oil + extra for deep frying
- 8-10 curry leaves
- 3-4 Thai bird's eye chillies
- 1 tbsp garlic, chopped
- 1 tbsp ginger, chopped
- 2 tbsp butter
- 2 tbsp Sriracha sauce
- 2 tsp sugar
- Salt, to taste

For the cereal mixture:

- ¼ cup instant oats
- ½ cup milk powder

Method

1 To prepare the cereal mixture, combine the instant oats and milk powder. Keep the mixture on a hot surface for 10 to 15 minutes until the oats are crisp and ready to eat.

2 Dredge the cottage cheese in the potato starch. Heat the oil in a kadai, and deep fry the cottage cheese until crisp and light golden in colour.

3 Heat a wok and add two tablespoons of oil. Add

the curry leaves, and splutter. Add the bird's eye chillies, and mix well. Add the ginger and garlic, and stir fry. Add the butter and Sriracha sauce, and mix well. Season with the sugar and salt.

4 Add the fried cottage cheese, and stir fry.

5 Add the oats mixture, mix well, and cook until light brown in colour.

6 Divide the prepared cottage cheese on serving plates, and top with the oats mixture. Serve hot. >

“This dish is a perfect blend of protein, healthy carbs, and good fats. It works very well as a brunch dish or a snack or an appetiser. Curry leaves and fresh chillies provide a different dimension to the dish.”



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LUNCH

CRISPY SPICY AVOCADO MAKI

Chef Priyank Singh
Chouhan, Shiro

MAKES: EIGHT
PREP TIME: 15 MINUTES

Ingredients

- 1 nori sheet
- ½ cup vinegared rice
- ⅓ cup tanuki crumbs (divided usage)
- 2 tbsp spicy mayo
- 2 tsp spring onion
- 5 tsp iceberg lettuce, shredded
- 5 tsp avocado
- 2 tsp wasabi, to serve
- 1 tbsp soy sauce, to serve
- 5 tsp pickled ginger, to serve

Method

- 1 Cut the nori sheet into half; spread the vinegared rice evenly on the sheet.
- 2 Press the rice side into half of the tanuki crumbs and cover it entirely to form a crisp layer on top.
- 3 In a mixing bowl, add the remaining tanuki, spicy mayo, and spring onion.
- 4 Arrange the iceberg and avocado in the centre of the rice, and spread some of the tanuki-mayo mixture

on it. Roll the maki with the help of a rolling mat.

5 Cut the maki roll into eight equal pieces, and top with the remaining tanuki-mayo mixture.

6 Serve with wasabi, soy sauce, and pickled ginger.

“This is an easy-to-cook maki roll recipe, and comes with the goodness of avocado!”

FOR THE LITTLE ONES

GUO CUON

From the Femina Food files

SERVES: FOUR

PREP TIME: 30 MINUTES

Ingredients

- 1 bag rice vermicelli, cooked as per package instructions, drained, rinsed and cooled
- 1 packet rice papers
- Assorted greens (lettuce, bean sprouts, garlic chive, Thai basil and mint), washed, dried and julienned
- Salt, to taste
- Toasted peanuts, to garnish

For the dip:

- 2 tsp vegetable oil
- 2 cloves garlic, minced
- 1/3 cup hoisin sauce
- 1/2 cup peanut butter
- Sriracha sauce, as per your kids' taste

Method

- 1 Rehydrate the rice papers, one at a time, in warm water.
- 2 At one end of each rice paper, place a bed of rice vermicelli and an assortment of greens. Season to taste.
- 3 Start rolling up the filled end, tightly tucking in as you roll up. Tuck in the sides when you are half-way through rolling.
- 4 To prepare the dip, heat the vegetable oil in a small saucepan. Add the garlic and sauté until fragrant. Add the hoisin sauce and peanut butter, and whisk until smooth. Add a splash of water, and simmer to a thick consistency. Add the Sriracha sauce as per your taste for spice.
- 5 Garnish the rolls with the toasted peanuts, and serve with the dip. >

Enjoy this fresh and healthy Vietnamese appetiser, served with a spicy dipping sauce.

DINNER

SPICY MUSHROOMS

From the Femina Food files

SERVES: FOUR

PREP TIME: 20 MINUTES

COOKING TIME: 30 MINUTES

Ingredients

- 15 ml oil
- 75 g fresh mushrooms, thickly sliced
- 75 g button mushrooms, thickly sliced
- 75 g shiitake mushrooms, thickly sliced
- 75 g shimeji mushrooms, thickly sliced
- 10 g garlic, chopped
- 10 g onion, sliced
- 15 g fresh red chillies, sliced
- 20 ml white wine or Chinese cooking wine
- 20 g chilli bean sauce
- 15 ml dark soy sauce
- 20 g sambal oelek
- Salt, to taste
- 30 g scallions, sliced

Method

- 1 Heat a wok on a medium-high flame, and add the oil.
- 2 Add the assorted mushrooms, and toss on a high flame until the mushrooms are cooked and crisp.
- 3 Add the garlic, onions, and red chilli, and reduce the flame to low.
- 4 Add the white wine or Chinese cooking wine to deglaze the mushrooms.
- 5 Add the chilli bean, sambal oelek, and dark soy sauce to the wok, and stir fry on a high flame. Season to taste.
- 6 Finish with the scallions for a crunch. Serve hot.



This dish is a feast of different mushrooms, but, if you cannot get one type of mushroom, just substitute with more of another.

“Thapthim krop is a famous Thai dessert prepared with the goodness of coconut and water chestnuts. The rose water and kewra essence added to this dish stand out, apart from the delicious, nutty taste.”

DESSERT

THAPTHIM KROP

Chef Sandeep Kalra,
Executive Chef, The
Ritz-Carlton, Bangalore

SERVES: TWO

**PREP TIME: 5 MINUTES +
OVERNIGHT SOAKING**

COOKING TIME: 40 MINUTES

Ingredients

- 60 g water chestnuts
- 30 ml rose syrup
- 10 g tapioca flour
- ¼ cup of water
- 1 cup coconut milk
- 1 kewra leaf
- Crushed ice, to serve
- 1 tender coconut, drained

For the sugar syrup:

- ½ cup sugar
- 1½ cup water
- 1 pandan leaf

Method

- 1 Soak the water chestnuts overnight in the rose syrup.
- 2 Cook the sugar and pandan leaf in the water until the sugar dissolves, and the solution is reduced. Remove, and set aside.
- 3 Drain the water chestnuts. Coat with tapioca flour. Boil the water, add the water chestnuts, cook for a few minutes. Remove and place them in half the sugar syrup.
- 4 In another pan, boil the coconut milk with the rest of the sugar syrup. Add the kewra leaf; boil again. Remove, and chill.
- 5 Remove the water chestnuts from the sugar syrup, drain, and place in the coconut shell. Top with the chilled coconut milk and crushed ice. Serve chilled. ♦



Thursday GO THE VEGAN WAY



You'll find it easy to try the vegan diet with these recipes!

BREAKFAST

MANGO CILANTRO PINWHEELS

Chef Nimish Bhatia



SNACK

SUBZ KEBAB BUN

Chef Somasekhar Gedi



LUNCH

KALE GOMA-AE

Chef Vikram Khatri



SHOPPING LIST

CHECK IF YOU HAVE THESE AT HOME

STORE CUPBOARD STAPLES

Whole wheat bread
Mayonnaise, Ghee
Cheese slices
Olive oil, Sesame oil
Rice vinegar
Sugar, Maple syrup
Peanut butter, Pistachios
Kabuli chana
Oats, Butter, Besan
Dark chocolate
Mixed seeds

VEGETABLES & FRUITS

Coriander leaves
Mint leaves

Mango (ripe)
Micro herbs, Edible flowers
Cherry tomatoes
Cucumbers
Green chillies
Ginger, Carrot
French beans
Potatoes, Onions
Chives (optional)
Kale, Beetroot
Lemons, Rosemary
Thyme, Mixed lettuce

CONDIMENTS & FLAVOURINGS

Salt, Himalayan salt
Black pepper powder
Turmeric powder

Sesame seeds
Garam masala powder
Yellow chilli powder
Roasted chana dal
powder, Fennel seeds
Red chilli powder
Soy sauce
Green cardamoms
Cinnamon powder
Dried oregano

OTHER ITEMS

Burger buns
Coconut cream
Charcoal, Almond powder
Edible gold dust
(optional)
Mirin (or sugar syrup)



DID YOU KNOW?

Kangana Ranaut turned vegan in 2013. Other Bollywood actors who have tried veganism include Shraddha Kapoor, Jacqueline Fernandez, Sonam Kapoor, and Alia Bhatt.

PHOTOGRAPH: RAM SHERGILL/FILMFARE

FOR THE LITTLE ONES

PEANUT BUTTER & MANGO JAM FINGERS

Chef Gaurav Anand



DINNER

VEGAN BEETROOT BURGER

Chef Juliano Rodrigues



DESSERT

BESAN, ALMOND & PEANUT BUTTER LADOOS

Swayampurna Mishra





BREAKFAST

MANGO CILANTRO PINWHEELS

Chef Nimish Bhatia

SERVES: FOUR

PREP TIME: 8 MINUTES

Ingredients

- 8 slices whole wheat bread
- 2 tbsp mayonnaise
- Himalayan salt, to taste
- 1 tsp black pepper powder
- Half a bunch coriander leaves, washed and cleaned
- A few mint leaves, washed and cleaned
- 1 large ripe mango, peeled and thinly sliced

- 2 tsp mint chutney (optional)
- 8 cheese slices

For the garnish:

- A few micro herbs
- A few edible flowers, washed and cleaned
- 12 cherry tomatoes, washed and halved
- 8 cucumber ribbons

Method

- 1 Sprinkle a few drops of water on each slice of bread, and then roll out thin. Repeat with all the slices.
- 2 Apply mayonnaise on a bread slice, sprinkle with salt and pepper, add coriander and mint leaves, and mint chutney, if using. Top with a slice of cheese,

and roll the bread slice tightly with the help of cling film. Set aside. Repeat to make the remaining rolls.

- 3 When ready to plate, remove the cling film, and cut each roll into three. Garnish with the micro herbs, cherry tomatoes, edible flowers, and cucumber ribbons.

“This is a great dish made with everyday ingredients, but exotic in its presentation. It does not need any accompaniment as it is very moist.”

SNACK

SUBZ KEBAB BUN

Chef Somasekhar Gedi,
Head Chef, Four
Points By Sheraton
Mahabalipuram Resort
& Convention Center

MAKES: TWO
PREP TIME: 30 MINUTES
COOKING TIME: 30
MINUTES

Ingredients

- 1 tbsp olive oil + extra for frying
- 1 tbsp green chillies, chopped
- ½ tsp ginger, chopped
- ⅓ cup carrot, grated
- ⅓ cup French beans, sliced
- ⅓ tsp turmeric powder
- Salt, to taste
- ¾ cup potatoes, boiled and grated
- ½ tsp garam masala powder
- ½ tsp yellow chilli powder
- 2 tbsp roasted chana dal powder
- 1 tsp fennel seeds, crushed
- 2 tbsp coriander leaves, shredded
- 6 bun halves, pan toasted
- 1/3 cup onion rings, dressed in black salt, red chilli powder, and lemon juice
- 1 tbsp mint leaves



TIP

If you don't have roasted chana dal powder, substitute it with one tablespoon of cornstarch.



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For the garnish

- 1 tsp coconut cream, beaten with salt and red chilli powder
- 1 tsp chives (or coriander or mint leaves)

Method

1 Heat one tablespoon of the oil in a heavy-bottomed pan on a medium-high flame. Add the green chillies, ginger, carrot, French

beans, turmeric, and salt, and sauté until the vegetables soften. Remove from the flame, and set aside to cool.

2 Mix the potatoes, the sautéed vegetables, the garam masala, yellow chilli and roasted chana dal powders, fennel seeds, and coriander leaves. Combine well and divide into six portions. Shape into round

balls and then into flat kebabs. Heat oil in a pan over a medium-high flame, and pan fry the kebabs on both sides until crisp. Drain the kebabs on paper kitchen towel.

3 Place onion rings and a few mint leaves on the toasted bun halves. Add a kebab on each, top with the coconut cream, and garnish with chives. >



Catch Ka Koi Match Nahi. 100%

“A common myth I like to break is that Japanese food is all about fish and about sushi with raw seafood. This dish of kale in a creamy sesame sauce is not just a healthy vegetarian option, but good for vegans too.”



LUNCH

KALE GOMA-AE

Chef Vikram Khatri,
Brand Head & Head
Chef, Guppy

SERVES: ONE

PREP TIME: 15 MINUTES

COOKING TIME: 7 MINUTES

Ingredients

- 1 bunch kale
- ½ cup sesame seeds + extra to sprinkle
- 3 tsp soy sauce
- 4 tsp mirin (or sugar syrup)
- 2 tsp sesame oil
- 2 tsp rice vinegar

Method

1 Wash and destem the kale.
1 Blanch in boiling water for one minute and then

quickly put into an ice bath. Remove, roll into cylinders, cut into short lengths, and set aside.

2 Place the sesame seeds in a dry skillet on a low-medium flame, and toast, stirring frequently, until fragrant and just starting to change colour. Remove, and set aside to cool.

3 Grind the sesame seeds using a mortar and pestle, or in a mixer.

4 Add the soy sauce, mirin (or sugar syrup) and vinegar, and blend well to make a sauce.

5 Place the kale and the sesame sauce in a large bowl, and toss to coat, using your fingers.

6 Sprinkle some sesame seeds over to add nuttiness.

7 Allow the dish to marinate for 30 minutes to allow the dressing to coat better before serving.

FOR THE LITTLE ONES

PEANUT BUTTER & HOMEMADE MANGO JAM FINGERS

Chef Gaurav Anand, Executive Chef, Sheraton Grand Bangalore Hotel at Brigade Gateway

SERVES: ONE

PREP TIME : 10 MINUTES

COOKING TIME: 20 MINUTES

Ingredients

- 1 cup ripe mango pulp
- ½ cup sugar
- 2 tbsp peanut butter
- 1 tbsp maple syrup
- 2 slices brown bread

Method

1 To prepare the mango jam, heat a pan on a low flame. Add the mango pulp and sugar, bring the mixture to a boil, and cook for two

to three minutes. Remove from the flame, and set aside to cool.

2 Mix the peanut butter and maple syrup.

3 Spread the peanut butter mixture on one slice of bread.

4 Spread the mango jam on the other slice of bread, and place over the first to make a sandwich.

5 Cut into fingers, and serve at room temperature. >



“This is a simple recipe that my wife prepares for our kids. The jam is homemade, and without preservatives, and so healthy. Your children will love this sandwich too!”

DINNER

VEGAN BEETROOT BURGER

Chef Juliano Rodrigues,
Executive Chef,
Out of the Blue

MAKES: ONE

PREP TIME: 1 HOUR

COOKING TIME: 15 MINUTES

Ingredients

- ½ cup beetroot
- Salt, to taste
- Pepper, to taste
- 2 tbsp Kabuli chana, soaked overnight
- 1 cup oats
- 1 tsp lemon juice
- ½ tsp rosemary, chopped
- ½ tsp coriander leaves, chopped
- ½ tsp butter
- 1 burger bun
- ⅓ cup mixed lettuce

For the charcoal smoking: (this step is optional)

- ¾ cup charcoal
- 1 tbsp dried oregano
- 1 tbsp fresh thyme

Method

1 Mix the beetroot, salt, and pepper in a large bowl. Place on a baking tray and roast for 40 minutes at 140°C.

2 At the same time, boil the Kabuli chana until well cooked. Remove from heat, and mash. Set aside.

3 Peel the roasted beetroot, and grate it.

4 In a large steel bowl, mix the beetroot, Kabuli chana and oats. Add salt, pepper, lemon juice, and the rosemary

and coriander leaves, and mix well.

5 If following this step, heat the charcoal infused with the oregano and thyme, and smoke the beetroot

mixture for five minutes.

6 Shape the mixture into a burger patty.

7 Heat the butter on a skillet over a medium-high flame, and cook the

burger, undisturbed, for five minutes on one side.

8 Gently flip the burger, turn the flame down, cover and cook for 10 minutes until it gets a firm, brown crust.

9 Cut and toast the burger bun. On the bottom half, place lettuce and then the beetroot burger patty. Top with the other half of the burger bun.

TIP
Serve the burger with French fries and a tangy dip.



“This vegan burger is healthy, packed with fibre-rich oats and antioxidants that help in weight loss and keep cholesterol in check. Beetroot is rightly considered a superfood, and it’s great that it is easily available through the year.”

DESSERT

BESAN, ALMOND & PEANUT BUTTER LADOOS

Swayampurna Mishra,
Food author and recipe
developer

MAKES: 12

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

Ingredients

- 1 cup besan
- 4 green cardamom pods, crushed
- ¼ cup almond powder
- 200 g chunky peanut butter
- ½ cup powdered sugar
- 1 tsp cinnamon powder
- 1 tbsp ghee (optional)

For the topping:

- ¼ cup melted dark chocolate
- 2 tsp mixed seeds
- 6 salted pistachios, slivered
- Edible gold dust (optional)

Method

1 In a non stick pan, dry roast the besan on a low flame for 15 minutes until the colour changes to reddish, and it starts to give off a pleasant nutty aroma. Add the crushed green cardamom pods, and almond powder, and saute for another five to six minutes on a medium-low flame until the colour deepens. Keep stirring the besan because it burns easily.

2 Remove the flour to a large plate. Add the peanut

butter and mix with a spoon. Add the powdered sugar and cinnamon powder, and mix well with your hands.

3 Working quickly, start making ladoos of the mixture. Do this quickly; the ladoos won't form if the mixture gets cold.

(If it does get cold, add a little ghee to the pan and reheat the whole mixture through for a couple of minutes. Remove and form ladoos quickly!) Set aside to cool.

4 Dip each ladoo into the melted

chocolate, sprinkle some seeds over, place the pistachio slivers on top.

5 Dust a bit of edible gold dust, if using, to give it a real festive feel. ♦

"This is a delicious twist on classic besan ladoos. Flavoured with almond flour and peanut butter, these besan ladoos are perfect for any festivity, and are gluten-free and vegan as a bonus."



Friday *EAT ACROSS THE BOARD*



It's casual Friday, so here's a mixed bunch of recipes to tempt you

BREAKFAST

A TRIO OF OATMEALS

Karishma Sakhrani



SNACK

SESAME GRILLED PANEER

Neha Mathur



LUNCH

SPAGHETTI MARINARA

Chef Sougata Halder





FOR THE LITTLE ONES TAWA PANEER BURGER

Chef Sheenu Duggal



DINNER NILUFER KEBAB

Chef Thomas George



DESSERT SHRIKHAND MOUSSE

From the Femina Food files

SHOPPING LIST

CHECK IF YOU HAVE THESE AT HOME

STORE CUPBOARD STAPLES

Oil, Olive oil, Ghee
Milk, Butter
Sugar, Powdered sugar
Cream, Coconut milk
Instant oats
Yellow moong dal
Black sesame seeds
White sesame seeds
Almond milk
Honey
Almonds
Pistachios
Golden raisins
Paneer
Spaghetti
Besan

VEGETABLES & FRUITS

Garlic, Ginger
Onions, Tomatoes
Basil, Coriander leaves
Green capsicum
Mint leaves
Green chillies
Beetroot
Raw mango
Lemons, Mangoes
Apples

FLAVOURINGS & CONDIMENTS

Salt, Pepper
Cinnamon powder
Vanilla extract

Dried oregano
Dried basil
Red chilli flakes
Turmeric powder
Red chilli powder
Deghi mirch powder
Pav bhaji masala
Carom seeds (ajwain)
Green cardamom powder
Chaat masala, Saffron

OTHER ITEMS

Coconut chips
Rose water
Dried rose petals
Burger buns
Feta cheese, Shrikhand
Agar-agar



DID YOU KNOW?

He's worked in Bangkok as a chef, and Akshay Kumar's love for Thai food has not died down through all his years in Bollywood. A favourite dish has always been Thai green curry. >

BREAKFAST

A TRIO OF OATMEALS

Chef Karishma Sakhrani

Mango Sticky Rice Oatmeal

SERVES: ONE

COOKING TIME: 5 MINUTES

Ingredients

- 1 cup coconut milk
- 1 tbsp powdered sugar (or sweetener of choice)
- 1 pinch salt
- ½ cup instant oats
- 1 mango, cubed
- 2 tsp roasted yellow moong dal (optional)
- Black and white sesame seeds, toasted (optional)
- Coconut chips (optional)

Method

- 1 Heat the coconut milk in a small saucepan over a low-medium flame.
- 2 Add the sugar and salt, and combine well.
- 3 Add the instant oats, and cook for a couple of minutes. Do not overcook.
- 4 Spoon the cooked oats into your serving bowl, and top with the mango cubes, and sesame seeds and coconut chips, if using.

Baklava Oatmeal

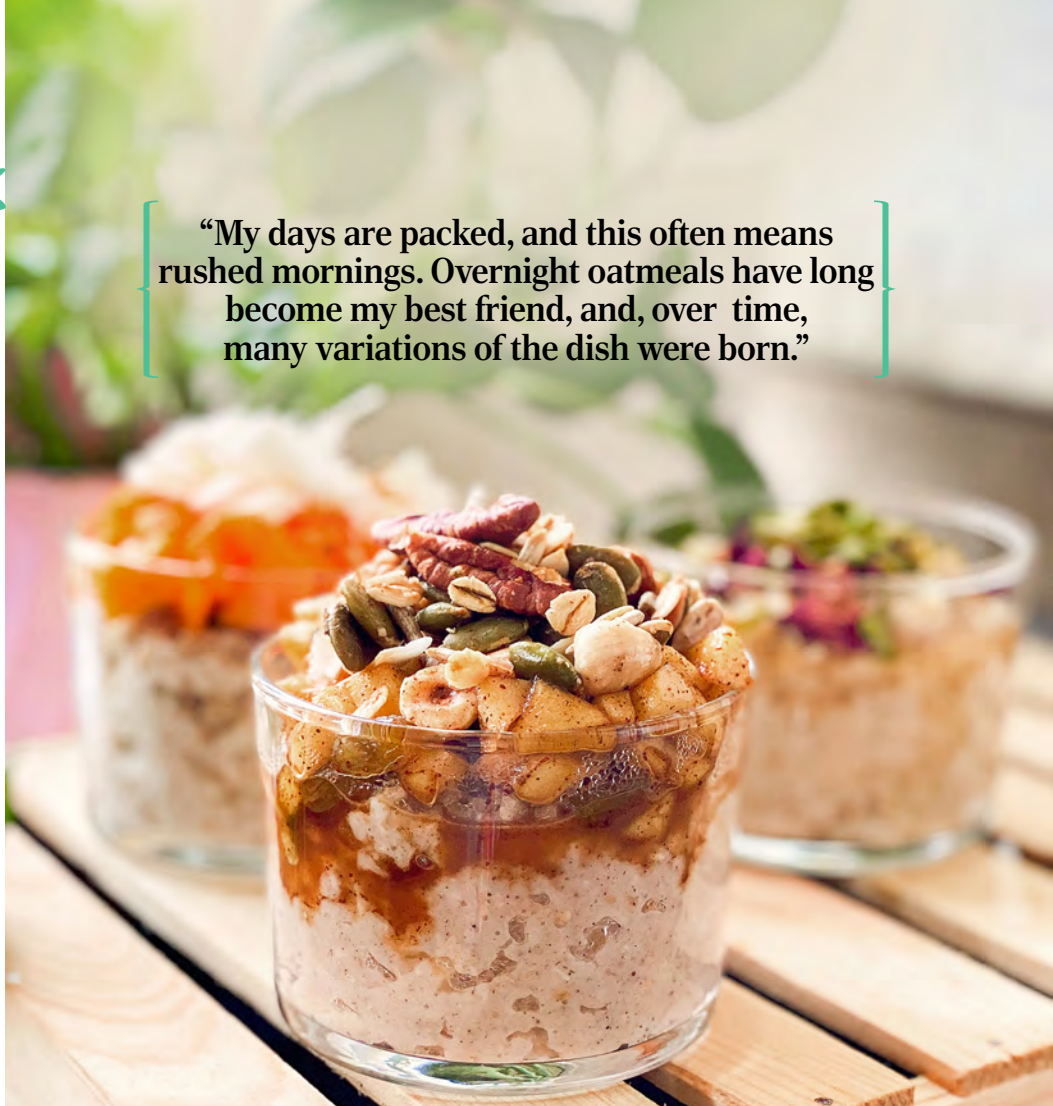
SERVES: ONE

COOKING TIME: 5 MINUTES

Ingredients

- 1 cup almond milk
- 2 tsp rose water
- 1 pinch salt

“My days are packed, and this often means rushed mornings. Overnight oatmeals have long become my best friend, and, over time, many variations of the dish were born.”



- ½ cup instant oats
- 1 tbsp honey (or sweetener of choice) + extra to drizzle
- 1 tsp dried rose petals
- 1 tsp chopped almonds
- 1 tsp chopped pistachios

Method

- 1 Heat the almond milk in a small saucepan over a low-medium flame.
- 2 Add the rose water and salt, and combine well. Add the instant oats, and cook for a couple of minutes. Do not overcook. Drizzle in the honey and mix.
- 3 Spoon the cooked oats into your serving bowl, and top with the rose petals, almonds and pistachios. Drizzle a little honey over.

Apple Pie Oatmeal

SERVES: ONE

COOKING TIME: 5 MINUTES

Ingredients

- 1 cup milk
- 1 tbsp powdered sugar (or sweetener of choice)
- 1 pinch salt
- ½ cup instant oats
- 1 tsp butter
- 1 apple, cubed small
- 1 tsp golden raisins
- 1 tsp soft brown sugar
- ½ tsp cinnamon powder
- ¼ tsp vanilla extract (optional)

Method

- 1 Heat the milk in a small saucepan over a low-medium flame.
- 2 Add the sugar and salt, and combine well.
- 3 Add the instant oats and cook for a couple of minutes. Do not overcook.
- 4 Spoon the cooked oats into your serving bowl.
- 5 In a separate pan, heat the butter, add the apples and raisins, and cook for about eight minutes until delicately stewed.
- 6 Add the sugar and cinnamon, and vanilla extract, if using.
- 7 Spoon over the cooked oatmeal and serve.



SNACK

SESAME GRILLED PANEER

Neha Mathur,
Food blogger
and recipe creator

SERVES: FOUR

PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

Ingredients

- ¼ cup vegetable oil
- 2 tbsp lemon juice
- ½ tsp dried oregano
- ½ tsp dried basil
- Salt, to taste
- ½ tsp red chilli flakes
- 600 g paneer, cut into triangles
- 4 tbsp sesame seeds

Method

1 Mix the vegetable oil, lemon juice, dried oregano, dried basil, salt, and red chilli flakes in a bowl.

2 Add the paneer triangles and coat them well with the mixture. Set aside for 10 minutes.

3 Place the sesame seeds on a plate, and coat the paneer triangles lightly with the seeds.

4 Heat a grill pan. When hot, arrange the paneer triangles on the pan, and grill until browned from both sides.

5 Serve hot with coriander chutney or any spicy dip. >

“While everyone would love a pakoda, especially when it rains, sesame grilled paneer is a very healthy alternative. Even kids love to have paneer and this can be a family snack in this season. Serve it with green coriander chutney. Try it with your hot tea in the evening!”

LUNCH

SPAGHETTI
MARINARA

Chef Sougata Halder,
Executive Chef, Aloft
Bengaluru Cessna
Business Park

SERVES: ONE

PREP TIME: 25 MINUTES

COOKING TIME: 40
MINUTES

Ingredients

- Olive oil, as needed
- 4 cloves garlic, thinly sliced
- 1 small onion, diced
- 1 tsp dried oregano
- Salt, to taste
- 100 g whole peeled tomatoes, crushed by hand, with juice reserved
- 20 g fresh basil, chopped (or use a pesto sauce)
- 120 g spaghetti
- 20 g butter
- Pepper powder, to taste

Method

- 1 Heat the olive oil in a large skillet over a medium flame.
- 2 Add the garlic, and cook for about three minutes until golden around the edges.
- 3 Add the onion, oregano and one teaspoon salt, and cook, stirring, until the onion is soft but not browned, about 10 minutes.
- 4 Add the tomatoes and juices and half cup water, and continue cooking for about 20 minutes until the sauce is slightly reduced. Stir in the basil (or pesto), and season

- 5 with salt and pepper. Keep warm over a low flame. Meanwhile, bring a large pot of salted water to the boil. Add the pasta, and cook to package directions. Reserve one cup cooking water, then drain.

“Spaghetti Marinara can be had at any time of day—it is sure to put a smile on your face.”

- 6 Add the pasta to the sauce with the butter and half a cup of the reserved cooking water. Increase the flame to medium, and toss to coat, adding the remaining cooking water as needed to loosen the sauce. Transfer the pasta to bowls, and drizzle with olive oil.



DINNER

NILUFER KEBAB

Chef Thomas George,
Executive Chef, Taj
Connemara, Chennai

SERVES: TWO

PREP TIME: 40 MINUTES

COOKING TIME: 10 MINUTES

Ingredients

- 2 medium beetroots
- 1 tsp ghee + extra for frying
- ½ tsp deghi mirch powder
- 1 pinch nutmeg powder
- 1 pinch cinnamon powder
- 1 pinch green cardamom powder
- 2 tbsp besan
- Salt, to taste
- 1 tbsp feta cheese

For the mango relish:

- 1 raw mango, shredded
- Juice of 1 lemon
- Salt, to taste
- Sugar, to taste
- 1 pinch chilli powder

For the carom seed bread:

- 4 tbsp besan
- ¼ tsp carom seeds
- 1 pinch chilli flakes
- 1 pinch turmeric powder
- ½ tsp coriander, chopped
- 1 tsp ghee

For the mint chutney:

- ¼ cup mint leaves, cleaned

- ¼ cup coriander leaves, cleaned
- ½ raw mango
- 1 small green chilli
- 1 pinch chaat masala
- Juice of 1 lemon juice
- Salt, to taste

Method

1 To prepare the carom seed bread, mix the besan, carom seeds, chilli flakes, turmeric powder, and chopped coriander to a tight dough. Rest for 30 minutes, and then flatten into a sheet, and slow cook on a griddle pan. Cut and

shape into a rectangle for presentation. Set aside.

2 To prepare the mint chutney, blend the mint and coriander leaves, raw mango, green chilli, chaat masala, lemon juice, and salt to a thick paste.

3 To prepare the beetroot kebabs, steam the beetroot until soft, and blend to a paste.

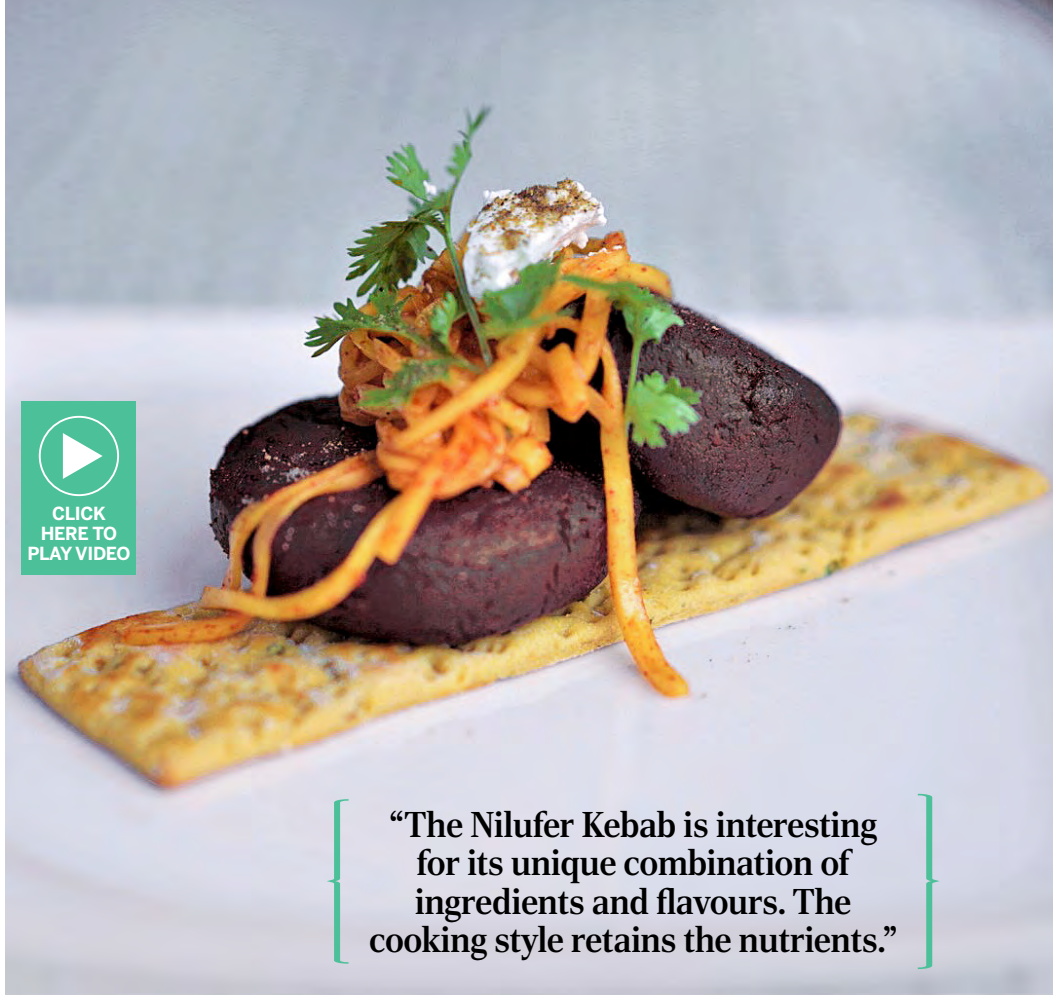
4 Warm one teaspoon ghee in a wok over a medium-high flame. Add the deghi mirch, nutmeg, cinnamon, and green

cardamom powders, and cook for 30 seconds. Add the beetroot paste, and cook on a low flame until the mixture is tight. Add the besan flour to tighten the mixture. Remove, and divide into small portions. Flatten each, place a small bit of feta cheese in the middle, and shape into kebabs.

5 Heat some ghee on a medium flame, and pan fry the kebabs.

6 Serve with mango relish, mint chutney and carom seed bread. >

“The Nilufer Kebab is interesting for its unique combination of ingredients and flavours. The cooking style retains the nutrients.”



RECIPE AND PHOTOGRAPH COURTESY EXECUTIVE CHEF DINESH WHATRE
AT THE BRASSERIE, HILTON MUMBAI INTERNATIONAL AIRPORT

Catch



**KHANE KO DIIYE
APNA CATCH TOUCH**

Catch Ka Koi Match Nahi. 100%

Friday

FOR THE LITTLE ONES

TAWA PANEER BURGER

Chef Sheenu Duggal

SERVES: FIVE

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

Ingredients

- 5 burger buns
- 1 tsp oil
- 1 tbsp butter
- 2 tbsp garlic, chopped
- 1 tbsp coriander leaves, chopped

For the burger patties:

- 2 tbsp oil
- 1 tbsp garlic, minced
- 1 tbsp ginger, grated
- 1 cup onions, finely chopped
- ½ cup green capsicum, finely chopped
- 1 cup tomatoes, finely chopped
- 1 tsp turmeric powder
- 1 tsp red chilli powder
- 1 tbsp pav bhaji masala
- Salt, to taste
- 1 cup paneer, crumbled
- ¼ cup fresh coriander leaves, chopped

Method

- 1 Heat the oil in a frying pan over a medium-high flame. Add the ginger and garlic, and fry for 30 seconds. Add the onions, and fry until translucent. Add the capsicum and tomatoes, and stir until the tomatoes are well cooked. Add the turmeric and red chilli powders, pav bhaji masala, and salt, and mix well. Add the paneer and coriander leaves, and mix well. Set aside.
- 2 Halve the burger buns. Divide the paneer filling between the five bun bottoms, and top with the bun tops.
- 3 Heat the oil and butter on a tawa over a medium-high flame. Add the garlic and coriander leaves. Sauté for a few seconds. Cook the burgers on both sides. Serve hot.



"I love street food, and this tawa paneer burger is a great example of street food made at home. The butter-garlic combination enhances the whole dish. I have great memories associated with this childhood fave."





DESSERT

SHRIKHAND MOUSSE

From the Femina Food files

SERVES: FOUR

PREP TIME: 30 MINUTES

COOKING TIME: 15 MINUTES

Ingredients

- 200 g cream
- 1 tsp saffron
- 200 g shrikhand
- 3 tsp agar-agar
- 50 g sliced almonds, to garnish

Method

- 1 Heat a pan on a medium-high flame. Add the cream and saffron, bring to a boil, remove from the flame, and set aside to cool.
- 2 Once cool, add the shrikhand and agar-agar. Mix well and pour into a kulhad (traditional clay pot).
- 3 Allow to cool, and serve garnished with almonds. ♦

This shrikhand mousse tastes best served chilled.



BREAKFAST
**FRENCH
TOAST**

Chef Saugata Halder



SNACK
**CHOCOLATE CHIP FUDGE
ORANGE COOKIES**

Chef Juliano Rodrigues



LUNCH
**PENNE
PRIMAVERA**
Chef Sujoy Gupta

Saturday **LET'S GO CONTINENTAL!**



Put together a weekend feast with these easy
and yummy recipes



**FOR THE
YOUNG ONES**
HAZELNUT BROOKIES
Chef Daniel Koshy



DINNER
**MUSHROOM AGLIO OLIO E
PEPERONCINO**
Chef Abhijit Saha



DESSERT
**ORANGE & YOGHURT
BUNDT CAKE**
Jeena J Billimoria

SHOPPING LIST

CHECK IF YOU HAVE THESE AT HOME

STORE CUPBOARD STAPLES

Bread
Butter
Cocoa powder
Eggs
Milk
Granulated sugar
Caster sugar
Icing sugar
Refined flour
Olive oil
Extra virgin olive oil
Penne pasta
Yoghurt
Honey
Baking powder
Baking soda

VEGETABLES & FRUITS

Oranges
Garlic
Broccoli
Yellow zucchini
Haricot beans
(substitute: French
beans)
Red and yellow
bell peppers
Basil
Parsley
Button mushrooms
Baby potatoes
Cherry tomatoes
Lemons
Microgreens

CONDIMENTS & FLAVOURINGS

Salt
White pepper
Ground cinnamon
Vanilla extract
Red chilli flakes

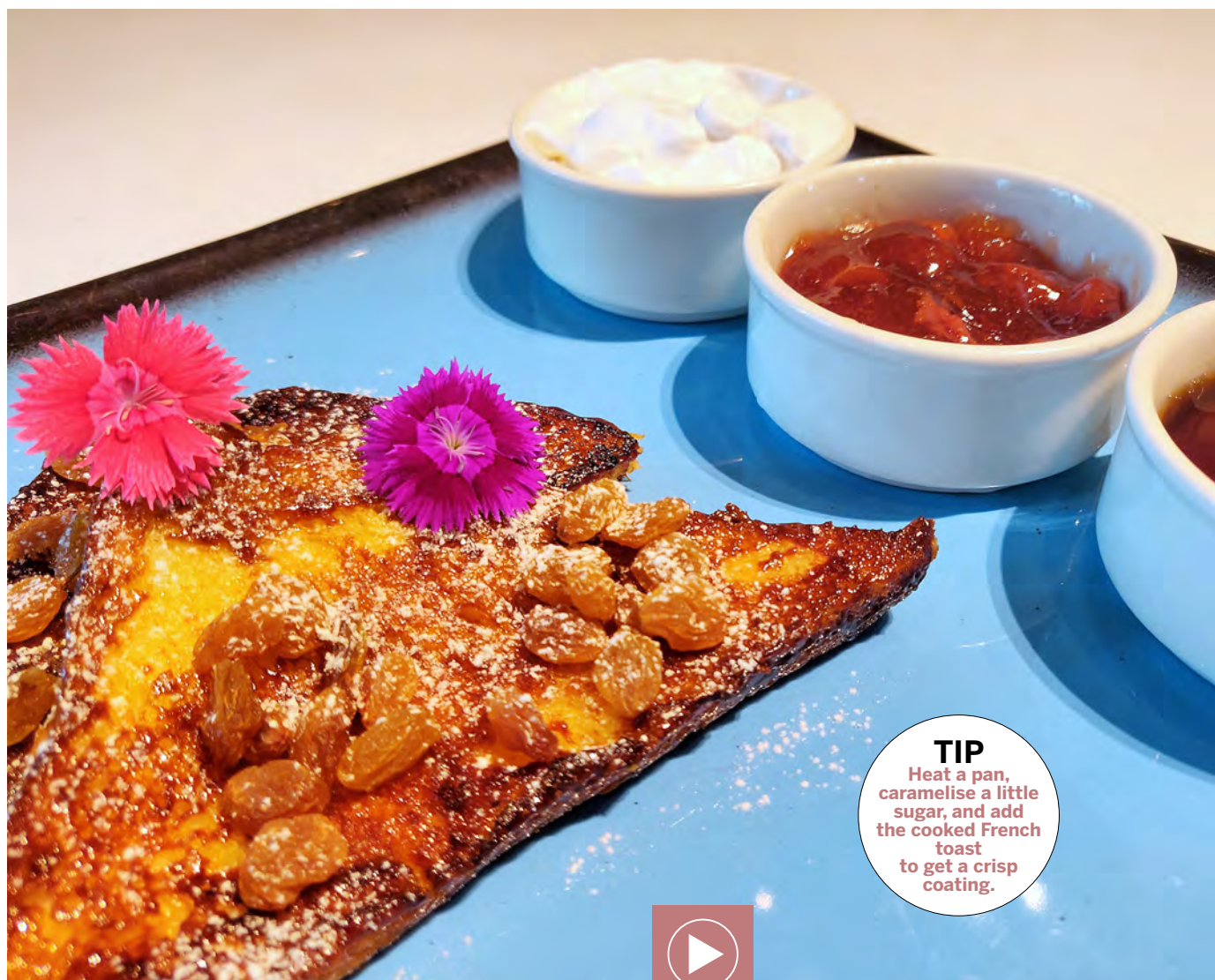
OTHERS ITEMS

Dark chocolate
compound
Walnuts
Sun-dried tomatoes
Black and green olives
Pinenuts
Parmesan
Hazelnuts



DID YOU KNOW?

Kareena Kapoor loves continental food, especially pasta and pizza. Of course, the actor is known to favour salads and juice, so it is an occasional treat. >



TIP
Heat a pan, caramelise a little sugar, and add the cooked French toast to get a crisp coating.



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BREAKFAST

FRENCH TOAST

Chef Sougata Halder,
Executive Chef, Aloft
Bengaluru Cessna
Business Park

SERVES: ONE

PREP TIME: 15 MINUTES

**COOKING TIME: 15
MINUTES**

Ingredients

- 2 large eggs
- 1 cup milk
- 1 pinch salt
- 1 tbsp granulated sugar (or honey or maple syrup)
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 2 slices sandwich bread
- Butter

Method

1 Whisk together the eggs, milk, salt, sugar, vanilla extract, and ground cinnamon in a flat-bottomed pie

“Everyone loves French toast, and, once you master the basic recipe, you can add endless combinations of toppings and flavours.”

plate or baking dish.

2 Place the bread slices, one at a time, into the egg mixture, and flip to ensure that both sides are well coated.

3 Melt the butter in a large skillet over a medium flame.

4 Place the bread slices in the skillet, and cook on a medium flame until golden brown on each side, about two to three minutes.

5 Serve immediately, or keep warm until ready to serve.

SNACK

CHOCOLATE CHIP FUDGE ORANGE COOKIES

Chef Juliano Rodrigues,
Executive Chef,
Deli By The Blue

MAKES: 10 COOKIES

PREP TIME: 25 MINUTES

BAKING TIME: 18 MINUTES

Ingredients

- ½ cup butter
- 1 cup caster sugar
- 3 eggs, beaten
- 1 tbsp cocoa powder
- ¾ cup refined flour
- 1 cup dark chocolate compound, grated
- 1 cup chopped walnuts
- 1 cup dark choco chips
- Zest of 2 oranges

Method

- 1 Preheat the oven to 170°C.
Line a baking tray with butter paper, or grease it with butter, and dust it with flour.
- 2 In a bowl, blend together the butter and caster sugar until creamy. Add the eggs and beat again.
- 3 Sieve together the cocoa powder and refined flour. Mix into the sugar-butter mixture, along with the dark chocolate compound and walnuts.
- 4 Finally, mix in the orange zest and chocolate chips to form a coarse dough.
- 5 Divide the dough into 10 portions, place on the baking tray, and bake for 15 to 18 minutes.
- 6 Allow the cookies to cool before serving. >



“These cookies are
easy to make, and go
well with coffee.”

LUNCH

PENNE PRIMAVERA

Chef Sujoy Gupta,
Executive Chef,
Taj Bengal, Kolkata

SERVES: FOUR

PREP TIME: 40 MINUTES

Ingredients

- 4 tbsp extra virgin olive oil
- 2 tsp garlic, chopped
- 1 cup broccoli florets, blanched and refreshed in ice water
- 1 cup yellow zucchini juliennes, blanched and refreshed in ice water
- ½ cup haricot beans, cut into short lengths, blanched and refreshed in ice water
- 1/3 cup red bell pepper, sliced
- 1/3 cup yellow bell pepper, sliced
- 5 cups boiled penne pasta, cooked al dente
- 2 tbsp black olives, pitted
- 2 tbsp sundried tomatoes, sliced
- 10 basil leaves
- 10 parsley leaves
- Salt, to taste
- Ground white pepper, to taste
- 2 tbsp pine nuts, toasted
- 1/3 cup shaved parmesan
- A pinch of red chilli flakes



Method

- 1 Heat the olive oil in a nonstick frying pan or iron skillet over a medium heat.
- 2 Add the garlic and cook until it starts caramelising.
- 3 Add the broccoli, zucchini, beans, and red and yellow bell peppers, and saute for two to three minutes.

“Pasta Primavera is a simple pasta dish made with garden-fresh vegetables.”

4 Add the penne, black olives, and sundried tomatoes, and toss.

5 Add the basil and parsley leaves, and salt and pepper to taste.

6 Serve the pasta garnished with toasted pine nuts, parmesan shavings and red chilli flakes.

FOR THE YOUNG ONES

HAZELNUT BROOKIES

Chef Daniel Koshy,
Executive Chef, JW
Marriott Hotel Bengaluru

SERVES: FOUR

PREP TIME: 5 MINUTES

CHILLING TIME: 30

MINUTES

BAKING TIME: 10 MINUTES

Ingredients

- ½ cup refined flour
- ¼ cup cocoa powder
- ¼ tsp baking powder
- ¼ tsp baking soda
- ¼ cup salted butter, at room temperature
- 1/3 cup icing sugar
- 2-3 tsp milk
- 3 tbsb chopped hazelnuts

Method

1 Sieve together the refined flour, cocoa and baking powders, and baking soda into a large mixing bowl.

2 Add the butter and icing sugar, and mix with a spatula.

3 Add the milk to knead the mixture to a soft dough with your hands.

4 Cover and chill the dough in the refrigerator for 30 minutes.

5 Preheat the oven to 160°C. Line a baking tray with parchment paper.

6 Shape the chilled cookie dough into round balls and place on the baking tray.

7 Garnish with the hazelnuts.

8 Bake for 10 minutes at 160°C. >

“Brookies bring you the goodness of both cookies and brownies. While kids will love the taste, mothers will enjoy how easy they are to prepare.”

PHOTOGRAPH: DINODIA IMAGES USED FOR REPRESENTATIONAL PURPOSES ONLY



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“This recipe is delicious, easy to prepare and healthy. It’s made with just a few ingredients and takes little time to prepare. It promises a sense of freshness, and is flavourful and nourishing!”

DINNER

MUSHROOM AGLIO OLIO E PEPERONCINO

Chef Abhijit Saha, Chief Patron, Red Rhino

SERVES: FOUR

PREP TIME: 30 MINUTES

COOKING TIME: 6 MINUTES

Ingredients

- 4 tbsp olive oil
- 8 cloves garlic, sliced
- 600 g button mushrooms, halved
- 200 g baby potatoes, roasted and peeled
- 200 g cherry tomatoes, halved
- 1 tsp red chilli flakes
- 4 lemon wedges
- Salt, to taste
- 16 green olives
- 16 black olives
- 12 basil leaves

For the assembly:

- ¼ cup freshly grated parmesan
- A handful of micro greens (pea shoots)
- 4 lemon wedges
- 2 tbsp extra virgin olive oil



Method

- 1 Heat the olive oil in a frying pan on a medium flame.
- 2 Add the garlic, and cook for 30 seconds without browning.
- 3 Raise the flame to high, add the mushrooms, and sauté them for a couple of minutes.

- 4 Reduce the flame to medium, add the roasted baby potatoes and cherry tomatoes, and cook for a couple of minutes, tossing from time to time.
- 5 Add the chilli flakes and cook for 30 seconds.
- 6 Add the green and black olives, and basil leaves, and toss.

- 7 Squeeze in the lemon juice, add salt to taste, stir well and remove from the flame.
- 8 Divide onto serving plates or together in a suitable bowl.
- 9 Sprinkle with the parmesan, and garnish with the micro greens and lemon wedges.
- 10 Serve drizzled with the extra virgin olive oil.

DESSERT

ORANGE & YOGHURT BUNDT CAKE

Jeena J Billimoria,
Home chef

**MAKES: ONE NINE-INCH
DIAMETER CAKE**
PREP TIME: 20 MINUTES
BAKING TIME: 30 MINUTES

Ingredients

- 1 cup sugar
- Zest of half an orange
- ½ cup yoghurt
- 3 eggs
- ½ tsp vanilla extract
- 1½ cups refined flour
- ¼ tsp salt
- 2 tsp baking powder
- ½ cup oil

For the glaze:

- ¼ cup honey
- Juice of half an orange

Method

1 Grease a Bundt tin well with butter. Preheat the oven to 180°C.

2 In a large bowl, mix the sugar and orange zest using your fingers. The sugar should start to become zesty, fragrant, and slightly clumpy.

3 Add the yoghurt, eggs, and vanilla extract, and beat well with a whisk.

4 In another bowl, sieve together the flour, salt, and baking powder.

5 Add the dry mixture, a little at a time, to the yoghurt mixture until fully combined.



“I love a good sponge cake, and this recipe is a French classic. Instead of using a traditional round cake tin, I spiced things up by pulling out a Bundt pan for that beautiful shape and texture. This cake is incredibly light and zesty, and the best thing to whip up for a taste of summer, even when it’s gloomy outside.”

6 Add the oil; the mix will look very wet and oily at this point, but that’s okay. Keep mixing until you have a glossy batter.

7 Pour the batter into the greased Bundt tin,

and bake in the preheated oven for 25 to 30 minutes.

8 To prepare the glaze, heat the honey in a small saucepan over a low-medium flame. Add the orange juice, and stir well. Set aside.

9 Once the cake is out of the oven, allow it to cool slightly, then upturn onto a plate or dish. Using a pastry brush, coat the cake with the glaze. Make sure the cake is still warm, so that it soaks up the liquid. Serve immediately. ♦

MADE IN THE Microwave

Quick! Try these three easy recipes from **Richa Tiwari**



MICROWAVE MUG PASTA

SERVES: ONE

PREP TIME: 5 MINUTES

COOKING TIME: 4 MINUTES

Ingredients

- ¼ cup macaroni, uncooked
- ¼ cup milk
- ⅓ cup water
- Salt, to taste
- ½ tbsp pizza or pasta sauce
- ½ tsp cornflour
- 1 pinch red chilli flakes
- 1 pinch oregano
- 2 tsp veggies, chopped
- 2 tbsp processed cheese

Method

- 1 Place the macaroni, milk, water and salt in a big microwave-safe mug. Microwave on High (800W) for three-and-a-half minutes. Stir at regular intervals.
- 2 Add the sauce, cornflour, chilli flakes, oregano, veggies and processed cheese. Mix well.
- 3 Microwave on High for one minute. Stir after 30 seconds.
- 4 Enjoy the microwave mug pasta while it's still warm.



MASALA PEANUTS

SERVES: TWO

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

Ingredients

- 6 tsp besan
- 3 tsp rice flour
- 1 tsp red chilli powder
- ¼ tsp turmeric powder
- ¼ tsp hing
- ½ tsp garlic powder (optional)
- ½ tsp chaat masala
- Salt, to taste
- ½ cup unsalted peanuts with skin
- 1 tsp lemon juice
- 3 tsp oil (divided usage)

Method

- 1 Mix the besan, rice flour, red chilli powder, turmeric powder, hing, garlic powder, chaat masala and salt in a bowl.
- 2 Place the peanuts and lemon juice in another bowl, and mix well. Add the besan-rice flour mixture to the peanuts with one teaspoon of the oil, and mix well. Sprinkle a little water, and mix well until each peanut is coated well with the masala.
- 3 Grease a microwave-safe plate or bowl with a little oil. Place the peanuts in a single layer, and drizzle some oil over them. Microwave for one minute, stir, and microwave for two minutes.
- 4 Remove and allow the peanuts to cool; they become crunchier as they cool down. >

“As a new mom, I’m always looking for quick and simple recipes, especially during this lockdown, when we’re eating only home-cooked meals. These microwave recipes are favourites, which can be prepared in no time.”

Ingredients

- 1 cup besan
- 2 cups buttermilk
- ⅛ tsp turmeric powder
- 1 pinch hing
- Salt, to taste
- Water, as needed
- Coriander leaves, chopped, to garnish
- Oil, for greasing

For the tempering:

- 4 tsp oil
- 1 tsp mustard seeds
- 1 pinch hing
- 5 to 6 curry leaves

Method

- 1 In a large microwave-safe bowl, mix the besan, buttermilk, turmeric powder, hing and salt with enough water to make a smooth, lump-free paste.
- 2 Cook, uncovered, in the microwave for one-and-a-half minutes. Stir well to break up any lumps, and microwave again for one-and-a-half minutes. Stir, and microwave again for one-and-a-half minutes. Mix well.
- 3 While the batter is cooking, grease the countertop or the back of a plate with a little oil.
- 4 Working quickly, spoon the batter onto the greased surface, and, using a spatula, spread into a thin layer. Allow it to rest for five minutes and get firm.
- 5 With a sharp knife, cut the khandvi into long, one-inch-wide strips. Lift one edge of the strip and roll it tightly. Repeat with the other strips.
- 6 To prepare the tempering, heat the oil in a pan, and splutter the mustard seeds. Add the hing and curry leaves. Pour the seasoning over the khandvi rolls.
- 7 Serve, garnished with chopped coriander leaves. ♦

KHANDVI

SERVES: FIVE

PREP TIME: 20 MINUTES

COOKING TIME: 5 MINUTES

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Kale Goma-ae

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