



# VEGAN INDIAN COOKING

**MARTHA STONE**

Delicious and Authentic  
**Vegan Indian Recipes** That You  
Can Finally Make At Home

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Delicious and Authentic Vegan Indian Recipes That You  
Can Finally Make At Home

By Martha Stone

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Smashwords Edition



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# About the author



**Martha Stone** is a chef and also cookbook writer. She was born and raised in Idaho where she spent most of her life growing up. Growing up in the country taught her how to appreciate and also use fresh ingredients in her cooking. This love for using the freshest ingredients turned into a passion for cooking. Martha loves to teach others how to cook and she loves every aspect of cooking from preparing the dish to smelling it cooking and sharing it with friends.

Martha eventually moved to California and met the love of her life. She settled down and has two children. She is a stay at home mom and involves her children in her cooking as much as possible. Martha decided to start writing cookbooks so that she could share her love for food and cooking with everyone else.

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# Introduction

India is a country where food and festivities are a tradition. The Indian recipes encompass the use of a variety of ingredients like spices, herbs, vegetables and fruits, which are prepared based on the age old traditional food practices.

Vegetarianism is a salient feature of Indian Cuisine with a section of the society, depending mainly on vegan diets for nutritional and health benefits. The spices from India add flavor to the cuisine and makes for an aromatic cooking experience rich in taste and high on nutrition.

The diverse flavors of food amongst the regional cross sections accord for a whole range of cooking methods and preparation, practiced in a traditional manner over the years in each region. Thus, Indian food reflects the unique and specific taste preferences of each region. Indians are also known for their hearty feasts and hospitality, welcome their guests and relatives with their extravagant menu of cuisines that makes up for a deliciously sumptuous meal.

The Indian Vegan Food offers a whole range of food varieties like starters, meals, staple food, Indian curry, pickles and desserts for special events and celebrations and a lot more choices in recipes. Each state or region has their own distinct food flavors.



Listed below are some food specials of each region in India:

1. Andhra - Pesarattu
2. Assam - Rice wine, betel nuts
3. Bihar - Malpua, Balushahi and Tekua
4. Gujarat - Primarily vegetarian, dal, roti, kadi, sabzi, chaas, vegetable handva
5. Haryana - Kadi, Pakora, besan roti, bajra aloo roti, use of dairy products in churma, kheer , raita
6. Chattisgarh - Bamboo pickle and vegetable
7. Delhi - Mughlai cuisine, Paratha, Kachori, Chaat
8. Jharkhand - Barganee chop (brinjal slice snack), Thekua (sweet), Hadia (paddy rice drink)
9. Karnataka - Mysore Rasam, Bisi bela bath
10. Kerala - Kerala sadya, appam, kuzhi paniyaram, idiyappam, puttu
11. Maharashtra - Vada pav, puran poli, modak, batata vada, Shrikhand(sweet)
12. Punjab - Sarson da saag, makki di roti, paratha, tandoori naan
13. Tamil nadu - Dosa, idli, pongal, chutney, sambar, rasam
14. UP - Dal, roti, sabzi, puri, kachori
15. West Bengal - Famous for sweets

# Some Delicious South Indian Recipes

## 1. Masala Dosa (Stuffed Spicy Roll)

Masala Dosa is a popular South Indian dish served with chutney and sambar. It is tasty and crispy made with spicy masala.

**Serving size:** 5

**Time taken:** depending on cooking speed

### **Ingredients for dosa:**

- Raw rice: 1 cup
- Boiled rice:  $\frac{3}{4}$  cup
- Urad dal(white lentel):  $\frac{1}{2}$  cup
- Fenugreek seed:  $\frac{1}{2}$  spoon
- Salt:  $1+\frac{1}{2}$  teaspoon

### **Preparation method:**

Mix raw rice, boiled rice, urad dal, and fenugreek seed with hot water to immerse it completely. Let it soak for 2 hours. Grind the ingredients to fine paste by adding enough water. Add salt to taste. Leave the batter to ferment for 8 hours. Later take a frying pan and add oil in it by spreading it evenly on the pan. Pour the prepared batter in  $\frac{1}{4}$ - $\frac{1}{2}$  cup proportion as per need and flatten the batter in a circular shape over the pan, till it gets brown on both sides upon turning over.

### **Ingredients for masala:**

- Potato – 4
- Onion big size – 1
- Tomato – 2
- Green chilli – 3

- Besan flour (Gram flour)- 1 spoon
- Bengal gram and Mustard: ¼ spoon each

Take little oil, heat and add mustard. Let the mustard seed splatter then add Bengal gram. Fry till it is reddish orange. To this add finely cut green chillies, little turmeric powder, finely cut ginger, chopped onions and chopped tomatoes to fry in a pan. Boil the potatoes, peel its outer layer and cut them into pieces and mix it along with the fried items in the pan. Add some powdered Bengal gram (Besan flour) diluted with water to this mixture. You can also add coriander for garnishing. Serve the dosa with the masala placed within it and enjoy a hearty South Indian dish.

## 2. ADAI (Lentil and rice roll)

Adai is a traditional dish made of lentils and rice.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for adai:**

- Raw rice: 1 cup
- Toor dal (yellow lentil): ¼ cup
- Channa dal (white chick peas): ¼ cup
- Red chillies: 4 small
- Salt to taste
- Onion: 1 finely chopped

### **Preparation method:**

Wash raw rice, toor dal and channa dal in water 3 times to remove dirt. Immerse this mixture in hot water for 2 hours. Put red chillies on the soaked and filtered mixture with some water and grind it to paste. Splice onions and chop it. Add to the prepared batter paste. Also, you can add curry leaves to the batter. Take a nonstick pan and add oil to fry the batter for preparation of adai. You can take ½ cup of the batter for each adai and flatten it on the pan over the oil. Make some tiny holes in the flattened batter and add oil on the holes to fry the batter completely until it turns brown and turn over to do the same thing. When the batter is completely fried on both sides, remove it from the pan and you can serve it with sambar.

### 3. Onion Sambar

Onion sambar is a dish served with rice. It consists of small onions, tamarind extracts and spices.

**Serving size:** 5

**Time taken:** 1 hour

#### **Ingredients for the dish:**

- Small red onions: 15
- Tamarind: Small lemon size
- Toor dal (yellow lentil): ½ cup
- Red chillies: 2
- Sambar powder: 1+1/2 spoon
- Salt to taste

#### **Preparation method:**

Cook Toor dal in a small pressure cooker with water till it becomes a paste. Heat some oil in pan, add mustard to it along with red chillies, onions for frying. Then soak the tamarind in water and extract the juice by repeatedly adding water and rinsing the tamarind until it gets dry. Put the tamarind juice in the pan. Add sambar powder (available in market) and heat the contents for 15 minutes in the pan. Add the cooked toor dal paste over it along with 1 spoon coriander powder. The onion sambar can be served with sprinkles of coriander leaves for garnishing.

## 4. Masala Vadai (Crisp and Spicy Snack)

Masala vadai is a crispy, spicy and delicious South Indian snack.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for the dish:**

- Toor dal: 1 cup
- Channa dal (white chick peas): ¼ cup
- Red chillies: 4 small
- Onion: 1 big
- Refined oil: 1 cup

### **Preparation method:**

Wash toor dal, channa dal with water. Take the mixture and soak it in hot water for 2 hours. Add red chillies, salt to taste and grind to a medium paste with the mixture without water. Add chopped curry leaves and onions to this. Take some oil in frying pan and place a small round shaped batter flattened slightly in the oil for deep frying it. Do the frying for both sides by turning over. When it is fully fried filter the oil and take out the vadai to serve with tomato ketchup. This makes for your evening snacks.

## 5. Sweet Pongal (Sweet rice)

Sweet pongal is a traditional dessert prepared with rice and jaggery.

**Serving size:** 5

**Time taken:** ½ hour

### **Ingredients for the dish:**

- Raw rice: 1 cup
- Moong dal (split moong beans): ¼ cup
- Channa dal (white chick peas): little
- Grated Coconut: 2 spoons
- Jaggery: 1+1/2 cup
- Ghee: ½ cup
- Fried cashew and cardamom for taste

### **Preparation method:**

Put raw rice, moong dal and channa dal in a pan and heat for a few minutes and then wash it with water to boil them in pressure cooker with sufficient water. Put jaggery separately with water in a pan and heat it till it thickens. Mix the thickened jaggery with the cooked and smashed ingredients in the pressure cooker along with coconut, fried cashew and cardamom powder for aroma. Add ghee to that and mix well- the dessert is ready.

## 6. Mysore Rasam (Tamarind and Spice Essence)

Mysore rasam is a delicious recipe made with coconut, tamarind extracts, spices and rasam powder.

**Serving size:** 5

**Time taken:** ½ hour

### **Ingredients for the dish:**

- Pepper: 1 spoon
- Coriander seeds: 1 spoon
- Channa dal (white chick peas): 1 spoon
- Red chillies: 2
- Coconut: ½ cup
- Tamarind: small lemon size
- Toor dal (yellow lentil): ¼ cup (cooked)

### **Preparation method:**

Fry pepper, coriander seeds, channa dal, red chilli in a pan. Add coconut to it and heat it little. Take the ingredients and grind them to powder. Take tamarind and rinse it with water to extract the juice completely by repeatedly adding and rinsing with water. Add salt to the extracted juice and put the powdered ingredients into it in a vessel. Boil it for 10 minutes and then add cooked toor dal to the Rasam along with some water. Heat it for another 2-3 minutes and then serve. You can also add finely chopped tomato and coriander leaves to the preparation.



## 7. APPAM (Dessert)

Appam is a sweet prepared during special occasions to greet guests and family during the festivities.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for the dish:**

- Wheat flour: 1 cup
- Rice flour: 1 cup
- Jaggery: 1 cup
- Refined oil: 1 cup
- Cardamom for aroma

### **Preparation method:**

Take both rice and wheat flour and add some grated coconut. Put finely chopped jaggery into this mixture and mix them nicely with water to make a thick paste. Then add cardamom to it. Take some refined oil in a pan and pour the paste in small cup measurements into the oil to deep fry. Keep it till it gets brown and turn to the other side to get fried. When it is completely fried, remove the appams from the pan.

## 8. Badam Kaju Barfi (Almond and Cashew Dessert)

Badam Kaju barfi is a popular South Indian sweet.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for the sweet:**

- Badam (Almond): ½ cup
- Cashew: ½ cup
- Sugar: 1 cup
- Ghee: 1 spoon
- Cardamom for aroma

### **Preparation method:**

Take half cup badam and soak it in hot water by removing the outer skin. Take another half cup cashew and grind both to a nice paste with little water. Mix it and add sugar. Pour everything into a pan and keep on mixing under medium heat until it sets and becomes solid. Add ghee to it with little cardamom powder. The color of the paste will change a little upon heating. Take a plate and spread ghee evenly on it. Pour the ingredients on the plate and flatten it evenly to make slices after cooling. You can now serve the sweet pieces upon cooling.

## 9. Mor Kozhambu (Buttermilk Based Side Dish)

Mor Kozhambu is a mild spice buttermilk based South Indian side dish taken with rice.

**Serving size:** 5

**Time taken:** ½ hour

### **Ingredients for the dish:**

- Coriander seeds: ½ spoon
- Channa dal (white chick peas): ½ spoon
- Cumin seeds: ½ spoon
- Grated coconut: ½ spoon
- Ginger: ½ spoon
- Green chilli: 2
- Butter milk: 1 cup
- Rice flour: ½ spoon
- Urad dal (white lentil): ¼ cup
- Red chill: 2
- Salt to taste

### **Preparation method:**

Soak coriander seeds, channa dal and cumin seeds in water. After 15 minutes mix them with coconut, ginger, green chilli and grind it to paste with water. Put rice flour and mix the paste in buttermilk. Heat the whole mixture for 10 minutes. Take ¼ cup urad dal in a separate container and soak it in water. Add red chilli and salt to it and grind after some time. Take a tava and make small balls and place on oil in Tava for deep frying. Remove the small balls by filtering the oil and add these balls to the whole mixture prepared above. You can add coriander leaves to garnish. You can have this with cooked rice.

## 10. Kaara Kozhambu (Spicy Sambar)

KaaraKozhambu is a spicy dish prepared with vegetables, tamarind extracts and spices.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for the dish:**

- Small onion: 15
- Garlic: 5 flakes
- Sambar powder: 2 spoons
- Tamarind: lemon size
- Salt to taste
- Refined oil: 3 spoons
- Curry leaves
- Toor dal (yellow lentil): ½ spoon

### **Preparation method:**

Put mustard seeds in a pan with oil. Heat and let it splutter. Add toor dal, red chilli and fry. After frying, put small onions and garlic in it and fry till it gets brown. Pour tamarind water upon extracting its tamarind juice fully. Add salt and steam it for 15 minutes. Add ½ spoon rice flour to thicken it. Put curry leaves and jaggery to add taste. The dish is prepared and ready to serve with cooked rice.

## 11. Parruppusili (Lentil and Vegetable Clusters)

Parrupusilli is a vegetarian recipe used as a side dish with lentils and vegetables powdered from clusters.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for the dish:**

- Toor dal (yellow lentil): 1 cup
- Red chilli: 4
- Salt to taste
- Coriander leaves
- Idli cooker

### **Preparation method:**

Soak toor dal in water. After 30 minutes, grind it with red chilli and salt to make a nice paste. Then spread the paste on an idli plate of a pressure cooker to steam it. Keep it for 10 minutes. When it becomes soft, remove the softened paste from cooker and powder it. You can also add boiled green beans or cauliflower. Take some oil in a separate pan and add mustard seeds and the prepared mixture to stir it in the oil. Let the complete mixture, turn soft, later remove it from heat and serve it with chopped coriander leaves for garnishing.

## 12. Parauppu Urundai Rasam (Floating Balls over Rasam)

Parruppu Urundai Rasam is a variety of rasam with pulses made into small balls and made to float over the rasam.

**Serving size:** 5

**Time taken:** ½ hour

### **Ingredients for the dish:**

- Toor dal (yellow lentil): ¼ cup
- Channa dal (white chick peas): ¼ spoon
- Red chilli: 2
- Tamarind: small lemon size
- Tomato: 1
- Salt to taste

### **Preparation method**

For small balls, Soak toor dal in hot water for ½ hour. Then grind it with red chilli with little water. Then take tamarind juice. Keep one vessel and put the tamarind juice extracted and diluted with water. Add rasam powder, salt and boil for 10 minutes. Then, make small balls with the dal mixture prepared earlier, and put the balls on the rasam. Don't you need to deep fry the balls? Heat it for 10 minutes and then remove from the gas. Add some coriander leaves to garnish.

### 13. Ericha Kozhambu (Mixed Vegetable Diluted Dish)

ErichaKozhambu is a spicy mixed vegetable dish prepared with tamarind extracts and spices.

**Serving size:** 8

**Time taken:** 1 hour

#### **Ingredients for the dish:**

- Chow Chow: 5 pieces
- Ash gourd: 5 pieces
- Pumpkin gourd: 5 pieces
- Potato- 5 pieces
- Green peas: 1/4 cup
- Brinjal: 1
- Beans: 3
- Raw banana: 1
- Coriander seeds: 1/2 spoon
- Channa dal (white chick peas): 1/2 spoons
- Grated coconut: 2 spoons
- Red chilli: 2
- Sweet potato: 1
- Tamarind: big lemon size
- Toor dal (yellow lentil): 3/4 cup
- Sambar powder: 3 spoons
- Salt to taste

#### **Preparation method:**

For powder, roast coriander seeds, channa dal, grated coconut and red chilli to make powder and keep it aside. Put all the vegetable cut in small pieces in a pan with water. Boil it for some time. When it is half boiled, pour the extracted tamarind juice on it and add sambar powder and salt to taste. Add cooked toor dal and the prepared powder to the prepared content in pan and heat. Flavor it with coriander leaves and the dish is prepared. You can also add some jaggery to it.

## 14. Pudi Kozhakattai (Baked Rice Balls)

Pudi kozhakattai is dinner tiffin similar to rice upma but made into small balls and steamed in a cooker.

**Serving size:** 4

**Time taken:** 1 hour

### **Ingredients for the dish:**

- Raw rice: 1 cup
- Channa dal (white chick peas): 2 spoons
- Toor dal (yellow lentil): 3 spoons
- Pepper: ½ spoon
- Red chilli: 2
- Coriander leaves
- Grated coconut: 2 spoons
- Salt to taste

### **Preparation method:**

Soak raw rice upon washing in some water and keep it aside for 15 minutes to dry. Later grind it in a mixer to form a uniform powder. Fry toor dal and pepper slightly and form a uniform powder to be added separately. Take little refined oil in a pan, heat put mustard seeds and let it splatter, add red chilli, channa dal, coriander and add 3 cups of water. Add raw rice powder and toor dal+pepper powder to it with 1 spoon salt. And stir it to cool it. Make big balls from the batter and steam it in an idli cooker for 10 minutes. Let it bake and serve it with chutney.



# Some Delicious North Indian Recipes

## 15. Palak Paneer (Spinach and Indian Cottage Cheese)

Palak paneer is a Punjabi dish consisting of spinach and paneer (Indian cottage cheese)

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for the dish:**

- Oil: 2 spoons
- Cumin seeds: 1/2 spoon
- Onion: 1
- Tomato: 2
- Chopped Spinach: 4 cups
- Garlic: 5 flakes
- Ginger: little
- Garam Masala: ½ spoon
- Chilli powder: 1 spoon
- Salt to taste
- Indian cottage cheese: 7 pieces

### **Preparation methods:**

Take chopped spinach and rinse it with water to remove dirt. Cook the spinach for 10 minutes with water. Make a separate paste of tomato, garlic, ginger, onions, clove and cumin seeds. Grind the cooked spinach separately to paste. Take a cooker and heat a little oil and cumin seeds to it with the cooked spinach and the masala paste. Then add chilli powder, garam masala and salt to taste. Mix all the ingredients in the cooker and heat. Close it and let it steam for 4-5 whistles. You can also take some ghee, add mustard seed, cumin seeds and paneer pieces to make a separate tadka and add it over the

palak paneer prepared in the cooker. Your palak paneer is ready to be served with roti.

## 16. Aloo Mutter (Potato and Green Peas)

Aloo mutter curry is a simple dish prepared with potato and green peas with spice to add flavor.

**Serving size:** 5

**Time taken:** ½ hour

### **Ingredients for the dish:**

- Cumin seeds: ½ spoon
- Oil: 2 spoons
- Onion: 1
- Tomato: 2
- Green peas: 1 cup
- Garlic: 5 flakes
- Ginger: 4 pieces
- Garam Masala: ½ spoon
- Potato: 2 big

### **Preparation method:**

Take some oil in cooker, add some cumin seeds, chopped onion, turmeric powder (1/4 spoon), chilli powder, salt, garam masala to it and fry. When the masala and onion are finely mixed, add boiled and chopped potato to it. Take some garlic, ginger, tomato and grind it to paste to add it in the cooker with onion and spices. Mix the well and later put the green peas to stir it well. Close the cooker and steam it with some water for 4-5 whistles to cook completely. You can serve this with roti.

## 17. Channa Masala (White Chick Peas Dish)

Channa masala is a both Indian and Pakistani cuisine, which is either served with roti, puri and bhature. It is a spicy curry.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for the dish:**

- Channa: 1 cup
- Oil: 2 spoons
- Cumin seeds: 1/2 spoon
- Onion: 1
- Tomato: 2
- Garlic: 5 flakes
- Ginger: 5 pieces
- Garam Masala: ½ spoon
- Chilli powder: 1 spoon
- Salt

### **Preparation method:**

Soak channa in hot water for 6 hours. Put the channa in a cooker with salt and water to boil along with a tea bag to add color. Make a separate paste of tomato, garlic, ginger, some onion and small amount of boiled channa. Put some oil in a cooker and add cumin seeds, remaining chopped onions, garam masala and chilli powder. Add the masala paste to this fried portion and mix it well while heating. Take the rest of the soaked and boiled channa and add it to the whole mixture. Add some water and steam it in the cooker. Let it get cooked for 4-5 whistles and later to add some ghee, coriander and lime juice to serve it fresh with raw onions cut and sprinkled over it for garnishing.

## 18. Gobi Manchurian (Spicy Cauliflower Dish)

Gobi Manchurian is a popular dish used as starters in any function or party. It is an Indo-chinese dish.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for the dish:**

- Oil: 2 spoons
- Cummin seeds: ½ spoon
- Chopped cauliflower: 1 full
- Garlic: 5 flakes
- Ginger: some pieces
- Chilli powder: 1 spoon
- Garam Masala: ½ spoon
- Tomato: 2
- Onion: 1

### **Preparation method:**

Take 2 spoons oil in a frying pan and add cumin seeds and chopped onion to fry with chilli powder, garam masala and salt to taste. Take 2 tomatoes, garlic, ginger and cut them to finely chopped pieces. Add this masala mixture along with the fried content in the pan and add washed and chopped cauliflower to it. Sprinkle water to the mixture time to time and close the pan with a lid to steam and cook. Garnish with coriander and add some ghee to it before serving with roti.

## 19. Rajma (Red Kidney Beans)

Rajma is a popular dish made of red kidney beans and thick gravy with spices to add taste and aroma.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients used for the dish:**

- Oil: 2 spoons
- Cumin seeds: ½ spoon
- Boiled rajma (red kidney beans) with salt water: 1 cup
- Garlic: 5 flakes
- Ginger: some pieces
- Chilli powder: 1 spoon
- Garam masala: ½ spoon
- Tomato: 2
- Onion: 1

### **Preparation method:**

Soak the rajma in hot water for 6 hours. Take the rajma (red kidney beans) and add salt and water to boil in a cooker for 3 whistles and keep it separate in a vessel. Add oil in the cooker with cumin seeds, finely chopped garlic, ginger, onion, tomato along with chilli powder and garam masala. Mix it well and let it fry for 10 minutes. Later add the boiled rajma with salted water to the contents in the cooker and let it steam for 4-5 whistles until it gets cooked completely. You may choose to add ghee, lemon juice and coriander to garnish and add taste to your preparation. You can also add some raw chopped onions over it.

## 20. Aloo Methi (Potato and Fenugreek Dish)

Aloo methi is a spicy curry prepared with fenugreek leaves and potato.

**Serving size:** 5

**Time taken:** ½ hour

### **Ingredients for the dish:**

- Oil: 2 spoons
- Cumin seeds: ½ spoon
- Potato: 2
- Fenugreek leaves: 2 cups
- Onion: 1
- Tomato: 2
- Garlic and ginger paste
- Chilli powder: 1 spoon
- Garam masala: ½ spoon
- Salt

### **Preparation method:**

Take some oil in a pan and add cumin seeds, chopped and boiled potato, onion, tomato, garlic and ginger paste to it. Fry the ingredients along with chilli powder, garam masala and salt. Rinse the fenugreek leaves with water to remove dirt and add it in the pan. Sprinkle some water over it from time to time and close the lid of the pan to get it cooked. Put a little sugar for taste and serve with roti.

## 21. Pav Bhaji (Smashed Spicy Vegetable and Bun)

Pav bhaji is a traditional Indian dish popularly known as a chat item or snack.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for the dish:**

- Tomato: 3
- Potato: 2
- Beans: 1 cup
- Green peas: 1-2 cups
- Carrot: 1
- Onion: 1
- Capsicum: 1
- Garlic: 5 flakes
- Ginger: small pieces
- Green chilli: 2
- Ghee: 2 spoons
- Sugar: 1/2 spoon
- Chilli powder: 1 spoon
- Garam masala: 1/2 spoon
- Jeera (cumin seeds): 1/2 spoon

### **Preparation method:**

Boil, peel and smash potatoes. Peel tomatoes and chop fine. Chop and cook beans, carrot, cauliflower and green peas. Chop onions and capsicum into small pieces. Make a paste of ginger, garlic and green chillies. Heat ghee in a pan, add the garlic-ginger paste, onion and capsicum and fry till the raw smell disappears. Further add the chopped tomatoes and cook. Add salt to it with the cooked vegetables to fry well. Smash these cooked vegetables and keep it aside. Heat 2 spoons of ghee in another pan, add Jeera and as it splitters put the add the ginger garlic paste and smashed vegetable paste along with chilli powder and garam masala and heat it well. Your bhaji is



ready. Now just fry the pav in ghee and roast it to serve it along with the bhaji. You can also add raw chopped onions, a little lemon juice or pickle with coriander for garnishing.

## 22. Paneer Butter Masala (Spicy Indian Cottage Cheese and Butter Dish)

Paneer butter masala is a paneer recipe which is also creamy due to the butter being added to the dish. It consists of spicy and rich tomato gravy which adds to its taste.

**Serving size:** 5

**Time taken:** ½ hour

### **Ingredients for the dish:**

1. Tomato: 2
2. Cashew: 6
3. Garlic: 5 flakes
4. Butter: 2 spoons
5. Paneer (Indian Cottage Cheese): 10 pieces
6. Cumin seeds: ½ spoon
7. Red chilli powder: 1 spoon
8. Salt
9. Garam masala: ½ spoon
10. Coriander

### **Preparation method:**

Make a paste of tomato, cashew and garlic. Put butter on a pan and fry with cumin seeds, chilli powder, garam masala, add the tomato-cashew-garlic paste to it. Fry paneer separately in ghee till it turns brown and mix it with other ingredients for cooking it in the pan. You can add coriander to garnish it. Serve with rotis.

## 23. Gajar Ka Halwa (Carrot Dessert)

Gajar ka halwa is a traditional dessert prepared with carrots.

**Serving size:** 4

**Time taken:** ½ hour

### **Ingredients for the sweet:**

- Carrot: 4 big
- Sugar: ½ cup
- Ghee: 2 spoons
- Cashew: 6 pieces
- Cardamom powder: ½ spoon

### **Preparation method:**

Take a pan, put little ghee and chopped carrots to boil it in a closed pan without water. When it is fully cooked, remove from the steam and add sugar while heating. As the whole mixture will thicken slowly, add some roasted cashews, ghee over it. You can add cardamom for aroma. Let the halwa set and feast it for special occasions.

## 24. Sooji Ka Halwa (Rava Dessert)

Soojihalwa is an easy to make and delicious Indian dessert, which is often offered to guests to welcome them.

**Serving size:** 5

**Time taken:** ½ hour

### **Ingredients for the sweet:**

- Rava (wheat product): 1 cup
- Sugar: 1+1/2 cup
- Water: 2 cups
- Kesar Food colour: small pinch
- Cashew: 6
- Cardamom: small pinch

### **Preparation method:**

Roast rava to brown colour. Add water to make it softer. Put sugar, ghee over it followed by the kesar food colour. Stir till it turns sticky. Then add roasted cashew and cardamom for flavoring.

## 25. Vegetable Pulav (Vegetable Fried Rice)

Vegetable pulav is an easy and healthy dish prepared with rice and fresh vegetables.

**Serving size:** 5

**Time taken:** 1 hour

### **Ingredients for the dish:**

- Cloves: 3
- Chopped Beans: 1/4 cup
- Chopped Cauliflower: 1/4 cup
- Mutter (Green peas): 1 cup
- Chopped and boiled Aloo: 1/2 cup
- Chopped Shimla mirch (capsicum): 1 cup
- Raw rice: 1 + 1/2 cups
- Ghee: 2 spoons
- Oil: 1 spoon
- Garlic and ginger paste: 3 spoons
- Onion: 1
- Mint leaves: 1/4 cup
- Cumin seeds: 1/2 spoon
- Salt

### **Preparation method:**

Roast rice with ghee in a pan till it turns brown. Make a paste of green chilli, onion, garlic-ginger, mint leaves and coriander. Take some oil, add cumin seeds, the paste, Shimla mirch, potato, beans, cauliflower, green peas, some cloves and mix it with the paste. Add water and the roasted rice with salt and boil the ingredients in a cooker. Your dish is ready to serve. You can add some chopped onions, tomatoes, curd and mix to make a raita as a side dish for the pulav.



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