



Aloo Parantha

Preparation time: 15 min
Cooking time: 10 min

Aloo Parantha (roti stuffed with potato) is an excellent easy Indian recipe that can be served at anytime (but mostly breakfast). It goes nicely with all, mango pickles, chutney or curd (dahi) or any vegetable curry. You can also improvise Aloo Parantha to your taste by adding some spicy elements.

FLOUR to make dough,
Boiled, mashed **POTATOES**,
Finely chopped **ONION** (optional),
Finely chopped **GREEN CHILLIES**
Finely chopped **CORIANDER LEAVES**,
Two pinches of **TURMERIC POWDER**,
Half teaspoon **CORIANDER POWDER** (optional),
SALT, to taste.

INGREDIENTS

PREPARATION

Prepare the dough.
Mix *Flour*, water and salt to taste and knead properly. Set aside the dough for half an hour,

so it becomes a bit soft. Mash the boiled *Potato* to fine, thick paste and add chopped *Onion*, *Green Chillies*, *Coriander Powder*, *Turmeric Powder* and *Salt* to taste. Kneading can be done in two ways: you can either mix the

dough and the potato paste and knead it, or you can stuff the potato in the dough. Second method needs some practice. Now, roast the paratha on the pan. Add butter, ghee or oil while roasting.

SERVE HOT Aloo Paranthas **WITH** some **PICKLE, CHUTNEY OR HOT CURRY.**

Garima Chaudhary



ALOO CHAT

Aloo Chat is a popular spicy vegetarian snack.

Preparation time: 10 minutes

Serves: 2

POTATOES 4 no.,
CHAAT MASALA 1 1/2 tsp,
RED CHILLI POWDER 1/2 tsp,
ROASTED CUMIN POWDER, 1 tsp,
TAMARIND CHUTNEY, 1 tsp,
MINT CHUTNEY, 1/2 tsp
CORIANDER LEAVES, chopped
OIL
SALT, to taste

INGREDIENTS

PREPARATION

Boil the potatoes and peel their skin. Cut the potatoes into small cubical pieces (1").

In the frying pan, heat the oil and fry the chopped potatoes till they appear golden

brown. Take out the potatoes from the pan, drain the oil and in a bowl or plate, mix them with red chilli powder, cumin powder, chaatmasala and salt. Now, add mint chutney and tamarind chutney to your taste.

Finally, decorate the top with chopped coriander leaves.

Garima Chaudhary

gajar ka halwa

carrot pudding

Gajar ka halwa or carrot pudding is a very popular sweet dish.

It is mostly prepared during the winters when fresh carrots are available.

Preparation time: 10 minutes

Serves: 2

GHEE, 3 tablespoon

RED CARROTS (*grated*), 6,

SUGAR 1/2 cup,

ELAICHI POWDER, 1/4 teaspoon

SAFFRON, *strands*, a few

MILK (*full fat*), 1/2 cup,

CREAM, 2 tablespoon

INGREDIENTS

PREPARATION

Heat the *ghee* in a broad non-stick pan and fry the *carrots* for 2 to 3 minutes. Put the *milk* and stir till it

evaporates. Then, add the *sugar* and continue to stir until the mixture becomes slightly thick.

Add the *cardamom powder*, *saffron* dissolved in a little *milk* and *cream* and mix properly, and it is ready!

SERVE HOT.

Garima Chaudhary