

# BHEL PURI

Bhel puri is a very popular snack across India. Method to prepare this delightful recipe is explained in simple steps:

## Ingredients

Puffed rice - 3 cup  
Besan flour chips (paapri or papdi gatiya) - 1 1/2 cup  
Thin Besan noodles (sev) - 3/4 cup  
Potato, boiled and mashed - 2 cups  
Onions, chopped - 1 cup  
Tomato, finely chopped - 1/2 cup  
Coriander leaves, chopped - 1/2 cup  
Black pepper powder - 1 teaspoon  
Red Chilli powder - 1 teaspoon  
Green chillies, finely chopped - 2 teaspoons  
Tamarind sauce - 1 tablespoon  
Lemon juice - 1 tablespoon  
Mint chutney - 1 tablespoon  
Salt to taste

Preparing time: 10 minutes

Serves 2



## Method

Take a large bowl and mix: puffed rice, besan flour chips, sev (besan noodles), black pepper powder, chilli powder and salt. Add chopped onions, mashed potatoes, chopped green chillies and lemon juice. Mix bhel with a spoon. Then, add chopped tomato, mint chutney, tamarind sauce. Mix well. Finally, sprinkle chopped coriander leaves over bhel puri recipe and serve immediately.





# Aloo Parantha

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

## Ingredients

Flour (atta) to make dough  
Potatoes, boiled, mashed  
Onion, finely chopped (optional)  
Green chillies, finely chopped  
Coriander leaves, finely chopped  
Turmeric powder, two pinches  
Coriander powder, 1/2 teaspoon (optional)  
Salt to taste



## 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 onions, chillies, coriander leaves, 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 (tawa). Add butter, ghee or oil as you prefer while roasting.

Serve hot aloo paranthas with some pickle, or chutney or hot curry.

# Gajar Ka Halwa

Gajar ka halwa (carrot pudding) is a very popular sweet dish, especially in Northern India. It is mostly prepared during the winters when fresh carrots are available.

Preparation time **30** minutes

Serves **2**

## Ingredients

6 red carrots, grated  $\frac{1}{2}$  cup  
full fat milk  $\frac{1}{2}$  cup  
sugar  $\frac{1}{4}$  tsp  
elaichi powder  
a few saffron strands  
2 tbsp cream  
3 tsp ghee



## Method

Heat the ghee in a broad non-stick pan and fry the carrots for 2 to 3 minutes.  
Then put the sugar and Put the milk and stir till it evaporates.  
Put the cardamom powder, saffron dissolved in a little milk and cream and mix properly, and it is ready to serve.

