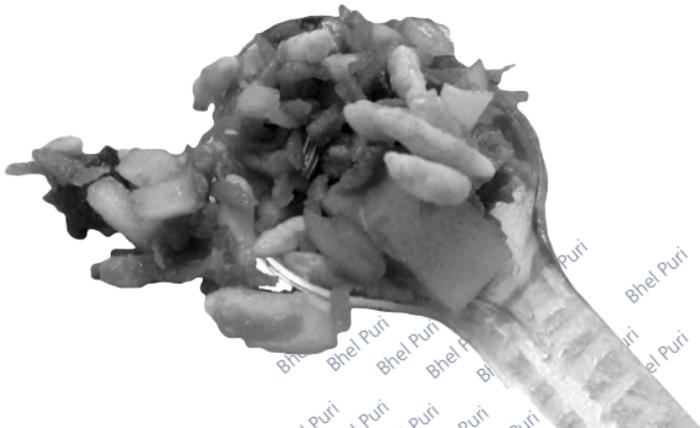


BHHEL PUDRI



BHHEL PURI

Ingredients

Puffed rice	. 3 cups
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
Green chilies finely chopped	. 2 tsp
Black pepper powder	. 1 tsp
Red Chilli powder	. 1 tsp
Tamarind sauce	. 1 tbsp
Lemon juice	. 1 tbsp
Mint chutney	. 1 tbsp
Salt	to taste



Bhel puri is a very **POPULAR**

SNACK across India. Method to

prepare this delightful recipe is explained in simple steps:

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.



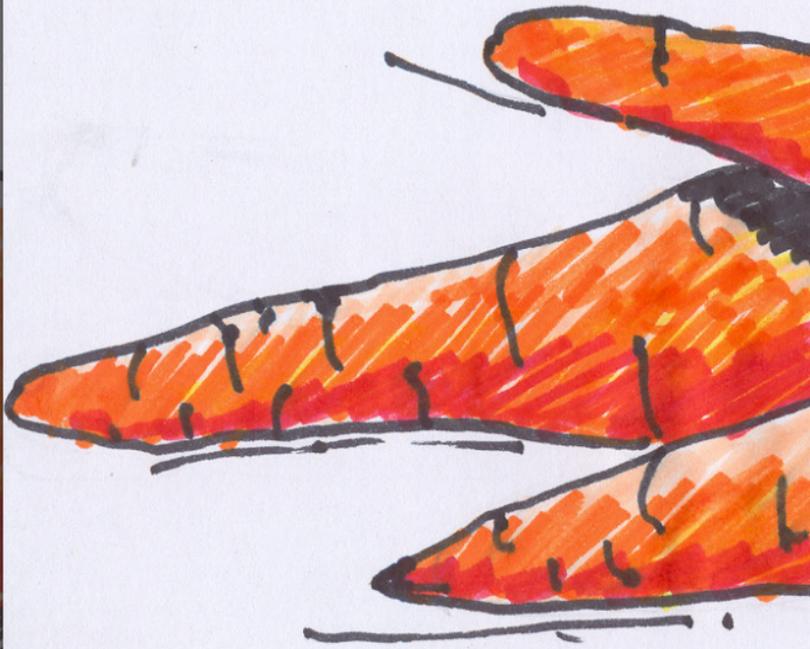


BHHEL PURI

Ingredients

- | | |
|---|-------------|
| Puffed rice | . 3 cups |
| 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 |
| Green chilies
finely chopped | . 2 tsp |
| Black pepper
powder | . 1 tsp |
| Red Chilli powder | . 1 tsp |
| Tamarind sauce | . 1 tbs |
| Lemon juice | . 1 tbs |
| Mint chutney | . 1 tbs |
| Salt | to taste |

GAJAR KA HALWA



GAJAR KA HALWA

INGREDIENTS

ORANGE CARROTS - 1/2 CUP
GRATED

FULL FAT MILK - 1/2 CUP

SUGAR - 1/4 TSP

ELAICHI POWDER - 1 TSP

SAFFRON STRANDS - 2 OR 3

CREAM - 2 TBSP

GHEE - 3 TSP

PREPARATION TIME:

30
MINUTES

2
SERVES



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.

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 PUT THE SUGAR AND CONTINUE TO **STIR** UNTIL

THE MIXTURE BECOMES **SLIGHTLY THICK.**

PUT THE CARDAMOM POWDER, SAFFRON

DISSOLVED IN A LITTLE MILK AND CREAM AND **MIX**

PROPERLY, AND IT IS READY TO **SERVE.**

GARNISH WITH RAISONS AND

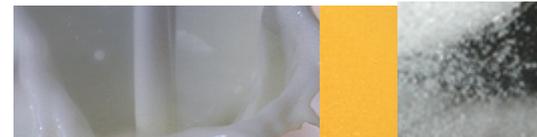
ALMONDS TO BREAK THE SOFT TEXTURE WITH SOME

CRUNCHY NUTS

PREPARATION TIME:

30
MINUTES

2
SERVES



PRATHIMA

GAJAR KA HALWA

INGREDIENTS

ORANGE CARROTS - 1/2 CUP

GRATED

FULL FAT MILK - 1/2 CUP

SUGAR - 1/4 TSP

ELAICHI POWDER - 1 TSP

SAFFRON STRANDS - 2 OR 3

CREAM - 2 TBSP

GHEE - 3 TSP



A l o o P a r a n t h a



Aloo Parantha

Ingredients:

Flour (**atta**) to make dough

Potatoes,
boiled, mashed

Onion,
finely chopped

Green chillies,
finely chopped

Coriander leaves,
finely chopped

Turmeric
powder, 2 pinches

Coriander
powder, 1/2 teaspoon

Salt to taste

preparation time: **15**,
minutes

cooking time: **10**
minutes



AlooParantha

(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 improve alooparatha to your taste, adding some spicy elements.

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 **parantha** on the pan (tawa). Add butter, ghee or oil as you prefer while roasting.

Serve hot alooparanthas with some pickle, or chutney or hot curry.

preparation time: **15** minutes

cooking time: **10** minutes



Prathima

A l o o P a r a n t h a

Ingredients:

Flour (atta) to make dough

Potatoes,
boiled, mashed

Onion,
finely chopped

Green chillies,
finely chopped

Coriander leaves,
finely chopped

Turmeric
powder, 2 pinches

Coriander
powder, 1/2 teaspoon

Salt to taste