

# Gajar Ka Halwa

Brought to you  
by Neera V. N

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.

serves 2

Preparation time  
30 minutes

## INGREDIENTS

SIX RED CARROTS, GRATED

HALF CUP OF FULL FAT MILK

A FEW SAFFRON STRANDS

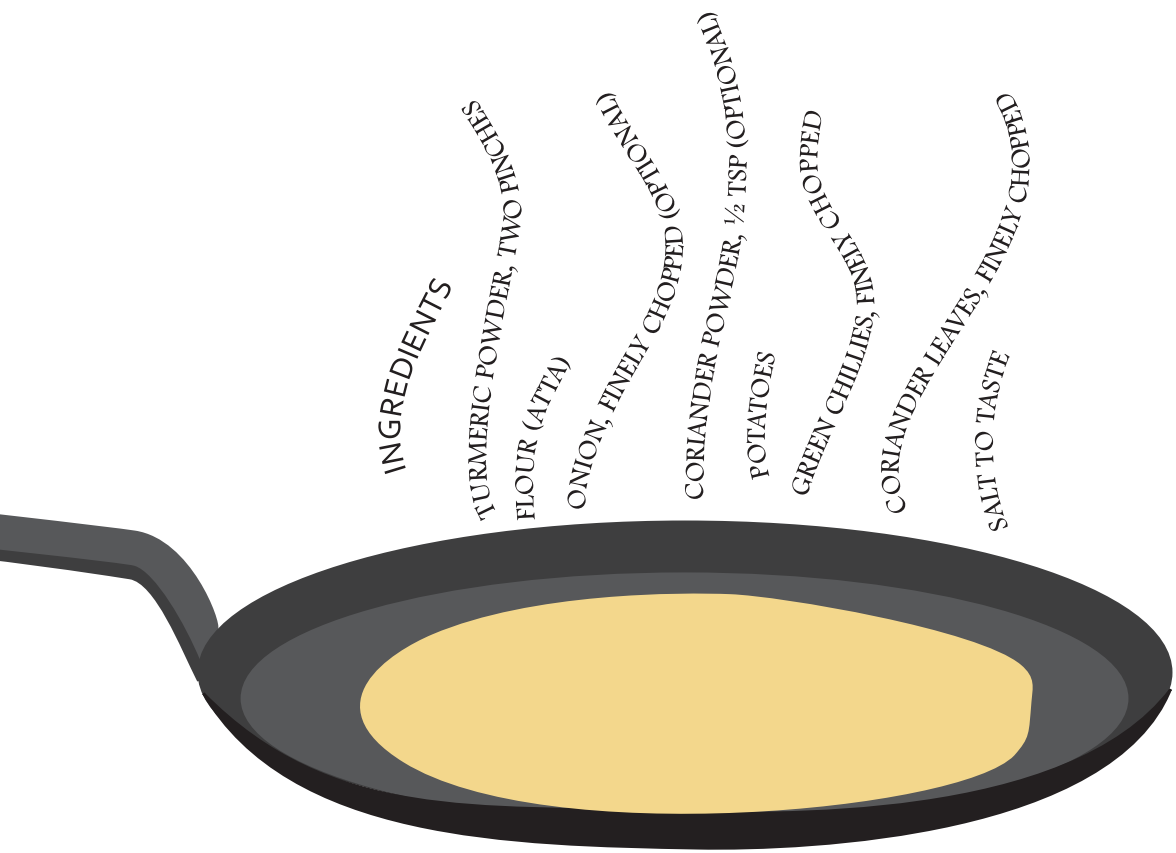
TWO TBSP CREAM

THREE TSP GHEE

QUARTER TSP ELAICHI POWDER

HALF CUP SUGAR

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 elaichi powder, SAFFRON dissolved in a little milk and cream and mix properly, and it is ready to serve.



# AlooParatha

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

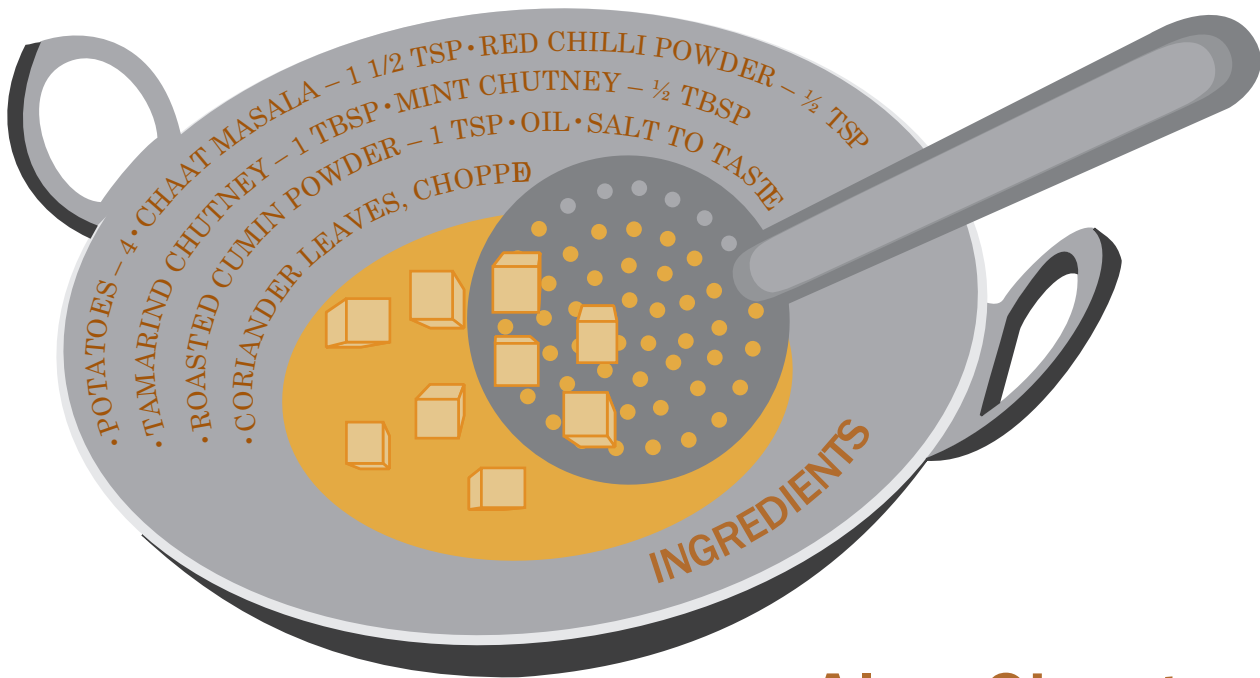
serves 2

Preparation time 15 minutes

Cooking time 10 minutes

## PREPARATION

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. Now, roast the paratha on the pan (tawa). Add butter, ghee or oil as you prefer while roasting. Serve hot alooparathas with some pickle, or chutney or hot curry.



# Aloo Chaat

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Aloo Chaat takes just 10 minutes to prepare and it is very easy to cook for most of us. This spicy vegetarian recipe is so common in fast-food restaurants, but many of us do not know how to prepare aloo chat at our homes. This is how you will prepare Aloo chaat in your kitchen

serves 2

Preparation time  
**20 minutes**

## PREPARATION

Boil the potatoes and peel the skin. Cut the potatoes into small cubical pieces (1"). Heat oil in the frying pan and fry the potato till they appear golden brown. Take out the potatoes from the pan, drain them. Mix the potatoes with red chilli powder, cumin powder, chaat masala and salt, mint and tamarind chutney. Finally, garnish with chopped coriander leaves.