

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 ½ cup
full fat milk ½ cup
sugar ¼ 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. 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.

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Bhel Puri

Preparing time: 10 minutes

Serves 2

Bhulpuri is a very popular snack across India.

Ingredients

Puffed rice	3 cups
Besan flour chips (paapri or papdigatiya)	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

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 bhulpuri recipe and serve immediately.



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.

Preparation time 15 minutes.

Cooking time: 10 minutes

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.

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