

Kutchi Delicacies

Jasmine Chheda



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Editors Note



*I thought of publishing a "**Kutchhi Delicacies Recipe Book**" in English. Every morning, my darling daughter, Ketki would ask me, "What have you made today, Mummy?" "Dhokla, Undhiya, Shrikhand or Bhel?" Ketki was fond of cooking as well as eating. She got her eating likes from her father, Jayant Chheda. She used to question of how each variety of foods is made whenever I was busy in the kitchen. At the end of the day, behind closed doors I wrote for her all the recipes so that she can make it at her home.*

*I want to especially thank my husband, **Jayant Chheda** who was and is my backbone. He inspired me to write the recipe book. I remember him saying, "You are not an author, poet, but you do have some art and that is The Art of Cooking! of which you can spread knowledge to all young girls and women of today. In olden days we used to measure with our hands and made assumptions for which the recipe turned out tasty, however due to changing times it is necessary to go along with todays generation.*

*I not only thank my husband, Jayant Chheda, but also my mother in law, Late. Laxmibai and my mother Premilaben who taught me to cook, **my daughter, C.A. Ketki & my son, Yash and son-in-law Dipesh**, who gave me full support and stood by me during ups and downs.*

- Jasmine Jayant Chheda

Food On Patlas

The tradition of eating on patlas has totally vanished. Now a days we are all eating on a dining table with comfort. We need the tables neatly decorated and eatables well garnished. In olden days the patlas (wooden sitters) were used to place plates or thalis whilst eating. Patlas were arranged properly & decorated.

These type of eating food on Patlas we generally see in Kutchhi's homes. They put cotton assaniya or cane chhatayi and Patlas and on leftside below leg they keep wooden shape gudhiya. These are for support and on these people sit and take lunch and dinner. Patlas must be of a good size, colourful, decorative put Thali on patlas, vatis, saucers, steel lotta for water and keep napkin on right side.

How To Serve Thali

From left side Thali serve Salt, lemon piece, Chatanis, Pickles, Salads, Raitas, Vegetables and pulses. In Vatis Put Kadhi, Shrikhand, Masala milk or Mango raas and other varieties which you have prepared from salt side: puri, chappati, Bhakhari, (Wooden Sitters). in the centre of the thali, keep snacks, Sweets. In saucer keep Dahiwada, pakodi, keep roasted papad on left side half in thali and half out keep only one chappati and serve as people want and last serve, Rice and Chaas (Kutchi Beer) and Mukhwas.

Food In Thali

Salt, Lemon, Chutneys, Mango Pickles, Lemon Pickles, Chunda, Chillys, Salad, Raita, Vegetable, of Ladyfinger, Karela, Potato, Pulses (Math) Puri, Khaman Dhokla, Khadi, Masala Milk (Dhudhpak), Papad, Chhas.

Mukhwas

Paan, Pkt of Dhanadal, Variali, Suva, Supari, Ajwain, Til, Red Supari.



**Utensils, Vessels,
Electronic Things**

- | | |
|----------------|--|
| Fry Pan | - Tawa |
| Nut Cutter | - for cutting small pieces of dry fruit or making powder of dry fruit. |
| Chilly Cutter | - For Making Chilly Smash or small pieces . |
| Chop and Churn | - for cutting Vegetables in to small pieces. |
| Bowl Casserole | - To keep eatables, hot like, Idlis, Roti, Snacks. |
| Hand mixer | - To make pulp and make more smoothy (liquid) |
| Peeler | - One Kind of knife for peeling Vegetables, |
| Kitchen Master | - For purifying soup & Fruit juice. |
| Mixer | - For grinding and making juice |
-
-

**Words Used
In Kitchen**

- To Serve** - put eatables in plates and thali
- To mash** - To Smash (Vegetables)
- Cotting** - outside the eatables which we prepare
- To Bitter** - Make more smoothly (Ice cream, Butter, Cheese)
- Beans** - Likes Peas (Watana) Tuwar
- Starters** - Means taking before the lunch or Dinner like (Paneer Roll, Harabhara Kabab, Samosa, Corn tikki)
- Tooth Pick** - To hold the starters, snacks, eating, so hand doesn't become oily or burn
- Grease** - For baking or Making cake put Ghee and spread on whole vessel and they spread maida flour
- Condense Milk** - Sweet thick milk.
- Paper** - Fold paper on eatables
- To Churn** - To grind slowly in mixer
- Pulp** - Garvey of tomato, fruit and vegetable
- Stock Water** - Boil Water of vegetables
- Sauces** - Thick liquid of tomato
- Aluminium Foil** - For folding or packing bowls or eatables.
-
-



Aniseed / सॉफ



Asafoetida / हींग



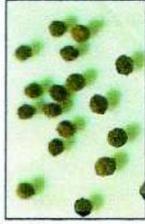
Basil / तुलसी



Bayleaf / तेज पत्ता



Bengal Gram / चना दाल



Black Pepper / काली मिर्च



Cardamom / छोटी इलायची



Cinnamon / दाल चीनी



Cloves / लोंग



Cumin / जीरा



Cumin Black / शाहजीरा



Coriander, Cilantro / साबुत धनिया



Curry Leaf / करी पत्ता



Fenugreek Seeds / मेथी दाना



Garlic / लहसुन



Ginger / अदरक



Gram Flour / बेसन



Lentil / मसूर दाल



Mace / जावित्री



Mint / पुदीना

Kutchi Delicacies

h

				
Nigella / कर्कसी	Nutmug / नमूगल	Pomegranate Seeds / अंगूरदाना	Poppy Seeds / खस खस	Red Gram (split) / अरहर दाल
				
Red Kidney Beans / राजमा	Saffron / केसर	Sesame Seeds / कार्ले तिल	Split Green Gram / सुकी मूग दाल	Tamarind / इमली
				
Turmeric / हल्दी	Thymo Seeds / अजवायन	Da / दाल मां छिचका	Whole Lentils / सागुल मसूर	Black Cardamom / मोदी इलायची
				
Ma Sabut / मां साबुत	Red Chillies / तातल मिर्च	Green Chillies / हरी मिर्च	Onion / प्याज	

**Cooking
Ingredients**

Boiled	- To Boil In Water
Roasted	- To Roast
Fried	- To Deep fry
Aniseed	- Variali
Asafoetida	- Hing
Basil	- Tulsi
Bay leaf	- Tej Patta
Bengal gram	- Channadal
Black Pepper	- Kala Mari
Cardomon	- Elachi
Cinnamon	- Tej
Cumin Black	- Sahajeera
Curry leaf	- Kadi Patta
Fenugreek seeds	- Methi Dana
Garlic	- Lehsun
Ginger	- Adrak
Gram flour	- Besan
Lentil	- Masoor Dal
Nigella	- Kalongi
Nutmug	- Jayfal
Pomegranate Seeds	- Anardana
Poppy Seeds	- Khus Khus
Red gram	- Arahardal
Red kidney Bean	- Rajma
Saffron	- Kesar
Sesame seeds	- Til

j**Kutchi Delicacies**

Tamarind	-	Emli
Turmeric	-	Haldi powder
Thymol seeds	-	Ajwain
Cardomon	-	Big Elacha
Red Chillies	-	Lal Mirchi
Green Chillies	-	Hari Mirchi
Onion	-	Kanda
Beaten rice	-	Jada Phoa
Dry Fenugreek leaves	-	Kasuri Methi
Roasted Channadal	-	Dalia
Black Salt	-	Suncher
Mustard Seeds	-	Rai
Soda bi Carbonate	-	Eating Soda
Yellow Mustard Seeds	-	Rai na Kuria
Chaas	-	Butter Milk
Sour	-	Khatta
Boiled	-	Cooked in hot water
Stir-fry	-	Sauteed in little oil
Fried	-	Deep Fry in hot oil
Chopped Corriander	-	Cuttet in small pieces.
Cloves	-	Laving

Kitchen Tips

1. If making Raw bananas foods, boil and mash it to make a soft dough like. Add in poha and mix it to make binding. Make cutlets or vadas from these. No extra oil will remain in them.
 2. If your dal becomes thin and also want to increase the quantity, add channa flour and mix it. Quantity of dal will be more and tasty.
 3. In all foods you put crushed chilly (green) so your chillies doesn't go waste.
 4. While preparing ghee in home we put Bajra flour in melted Butter the ghee comes up and Bajra flour remains down. These flour you can eat it, can put in Muthiyas, Theplas. In Kutchi we call that katti.
 5. Keep dry coconut khaman in freeze and put in Dal, Subjis, Kelawada, Kachori, Garlic Chutney, Coconut, Chutney.
 6. Suddenly a guest come at home, no sweets is available make Rava or wheat flour sheera and decorate it with almond and cashewnut.
 7. If lemon is not there in house put Mango Powder (Aamchur). Where sour is necessary.
 8. To make subji Red colour put red chilly powder and for colour put beetroot pieces, crushed or grate it.
 9. Don't put Haldi powder in green vegetables because of Haldi powder green vegetables becomes yellow.
 10. On Khakhra, spread milk malai so fat doesn't go in your body.
 11. Instead of agino motto using in Chinese dishes use food soda.
 12. In Sambhar Masala Powder put ghee or oil and use for chutneys immediately.
 13. For pattice of Raw Banana put cornflour in Mawa and smash it and put masala in between & fry it.
 14. In dosa batter put Rava then dosa will become crispy.
 15. For making spicy ghatiya don't put oil then also it becomes crispy.
 16. Make ginger paste put lemon drops and keep it in deep freezer and use in everycooking there will be no gastric problem.
 17. In Rainy season Roast the salt and put in bottle.
-

Kutchi Delicacies

18. In green Chutney and Coconut Chutney instead of Dalia's you can use groundnut also.
19. Roast groundnut, make powder and use in subji's.



For Kitchen Utensils To Use

Mud Pot, 12 set of Tapela with extra thali, 12 set of Thali, 24 Vati, 12 Spoon, 12 Glass, Steel Dishes 12 Big, 12 Small, Kadai - Big 1, Kadai - Small 1, Kadai - Medium 1, Plucker, Chipiya, Valan, Khamni, Crusher, Rice Spoon, Dal Spoon, Chapatti Casserole, Masala Box, Achar Box, Oil Bottle, Ghee Jar, for Snacks Small/Big Box, Cup & Saucer, Spoon Big, Small, Medium, Tea Tin, Sugar Tin, Tea Masala Tin, Coffee Bottle, Glass Plate, Dinner Set, Tea Kettle, Milk Kettle, Pressure Cooker, Masala Big Jar, Fridge, Microwave Oven, Boss Machine, Mixer Grinder, Chopper, Baster, Idli Stand, Dhokla Stand, Tray Set, Cotton Towel for Kitchen use, Cotton duster for Kitchen use, Fruit Tray, Potato Onion Tray, Tava for Chappati, Tava for Dosa Making, Salad Tray, Sweet bowl (12)

Yearly Storages

In January we store Jaggery, Fill in air-tight box,

In February we store Tuvardal, Channadal, Make Dry in a Sun and Keep in air Tight box.

In March and April we store Masala - Red Chilly Powder, Turmeric (Haldi) Powder, Dhaniya Powder, Rai, Jeera, Methi, Varali, Suva, Ajwain (poppy seeds), Dhanadal, Black Pepper, Kokam, White Til

In May - We store wheat spread castor oil and rub properly. Fill in the box

In November & December - We Store Rice Spread Boric Powder and fill in big box of Aluminium or Steel while using rice wash properly and then use.

On New Year day we buy or shopkeeper send "Salt" that is good for new year Starting. Many Store salt for whole Year.

To Cook Food Appliances

We use Bombay gas - Stove (Preimus)

We use Cylinder gas

Electric Cooking range and sagdi

Electric Oven

Chula (it was used in olden days)

Generally Nowadays everybody is using cylinder gas

New Technique has came gas come through pipeline that is called Mahanagar Gas.

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Thepla, Rotli (Chhappatti), Paratha, Pudla

- Methi Thepla
 - Khichdi Rotla
 - Bajra Rotla
 - Jaggery Bajra Rotla
 - Jowar Rotla
 - Makai Rotla
 - Roti (Chhappatti)
 - Jaggery's Wheat Chhappatti
 - Cabbage Paratha
 - Steam Rice Palak Paratha
 - Wheat Flour Paratha
 - Methi Bhaji Dabra
 - Moogdal Khichdi (Simple, Masala)
 - Green Moongdal Khichdi
 - Channadal Flour Pudla
 - Green Moongdal Pudla
 - Sweet Pudla
-

Methi Thepla

Ingredients - Methi Bhaji - 1Judi, Wheat Flour - 3 vati, Salt - 2 Tbs, Oil - 1 Tbs, Haldi Powder - 1 Tbs, Paste of green chilly - 1/2 Tbs, Til - 1 Tbs, Sour Dahi/ Water

Method :- Take Methi Baji wash and cut into small piece. Put in Big thali and put 3/4 vati wheat flour and put all things given above and make dough and roast in a little oil in parathas. You can eat hot hot also and can use 2/3 days for travelling purpose also.



Khichdi Rotla

Ingredient :- Green Moongdal Khichdi, Bajra Flour, Water

Method :- Khichdi which you have made become more keep it in freeze and use it in Bajra flour and put water do rotla on wooden chakla & Roast on Tawa or Mud Tavdi



Bajra Rotla

Ingredients :- Bajra Flour 1 vati, Water, Ghee, Salt Pinch

Mehod :- Take a Bajra flour put pinch of salt and put water as requirement and make a dough and roast it on Tawa and spread ghee on it and eat it.



Jaggery Bajra Rotla

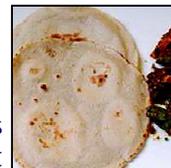
Ingredients :- Bajra Flour, Jaggery water, Ghee

Method :- Take a Bajra flour put jaggery water as requirement and make dough and make rotla and roast it and spread ghee on it and use of eating.

Jowar Rotla

Ingredients :- Jowar flour 1 vati, Water, Ghee

Mehod :- Take a Jowar flour 1 vati put water as requirement and make a dough and make rotla and roast



Makai Rotla

Ingredients :- Makai Flour 1 vati, Salt 1 Tbs, Ghee / Oil 1Tbs, Water

Method :- Take Makai flour (Makai Atta) In Thali put pinch of Salt, 1tbs oil and put water and make dough and then roast it and spread ghee on it and eat it.



Rotli (Chhapatti)

Ingredients :- Wheat flour, Oil, Salt, Water

Method :- Take a wheat flour, put salt, oil, tbs and make dough by putting water and then roast it on gas.



Jaggery's Wheat Chappati

Ingredients :- Wheat flour, Oil, Salt, Water

Method :- Take a wheat flour, put salt, oil tbs, and Make dough by putting water and then roast it on gas. All hot hot 4/5 Chappatti's make small pieces and then cut jaggery into small pieces and put ghee and smash it all and eat with a glass of chaas.

Cabbage Paratha

Ingredients :- Wheat flour - 1vati, cabbage - 1 vati , Paste of ginger - 1/2 tbs, Paste of Green Chilly - 1/2 tbs, Oil - 1 tbs, Til - 1 tbs, lemon drop - 1 tbs, Garam Masala - 1tbs, Corriander, Ria - 1/3 spoon, Jeera - 1/3 Spoon

Method :- Take cabbage and crush the leaves of cabbage in crusher and put salt and keep it then remove water Take kadai put 1tbs oil and heat it put Rai, Jeera, Haldi, Power and put salt cabbage in it and all other masala given above on and then roast in little oil on both side.



Steam Rice Palak Paratha

Ingredients :- 1 Vati Wheat Flor (4 - Paratha), Steamed Rice 1/4 Vati, Paste of Spinch 1/2 Vati, Pinch of Salt, Oil 1Tbs, Paste of Green Chilly, Corriander (Kothmari)

Method :- Take Thali put wheat flour Steamed rice, paste of spinch (PalaK), Salt, oil 1tbs, paste of green chilly, Corriander, Mix at together and make dough and make paratha & Roast on nonstick Tawa eat with Tomato Sauce and green chutney.



Wheat Flour Paratha

Ingredients :- Wheat Flour 1vati, Oil 1tbs, Salt

Method :- Take 1 Thali put wheat flour, oil 1 tbs, and pinch of salt and put water and make a dough and roast on Tawa with oil give shape in triangle and round.



Methi Bhaji Dabra

Ingredients :- Methi Bhaji - 1 vati, Bajra Flour - 1/2 vati, Wheat Flour - 1 vati, Paste of Greenchilly - 1Tbs, Ajwain (Ajma), Haldi Powder 1 Tbs, Oil - 1Tbs, Dahi 1/4 vati, Salt, Garlic Paste.

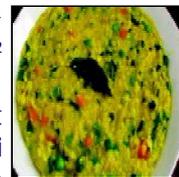
Method :- Take Methi Bhaji Washand soak and crush it and thali put Bajra flour, wheat flour, and 1tbs Green Chilly, Ajwain, Haldi Powder, 1tbs Oil, Dahi, Salt, Garlic Paste put water as requirment and make a dough of it and make Debra on wooden pattla, and roast it by oil and each with green chutney, sauce, garlic chutney.



Moongdal Khichdi

Ingredients :- Yellow Moongdal - ¾ vati, Rice - ¾ Vati, Salt -1¼ tbs, Hing Pinch, Haldi Powder - ¼ tbs, 4½ vati Water.

Method :- Take ¾ vati Rice, ¾ vati Moongdal Mix it and wash it and put 4½ vati water filter 1 vati 3 vati Water put Salt, Pinch of Hing, Haldi Powder, for simple Khichai and for making masala put Onion, Potato, Tomato piece, paste of garlic ½ spoon Red Chilly Powder, 1 tbs Garam Masala, put Kothmari and all put in utensil and put in pressure cooker and let it boil inside and let 7/8 whistle comes and close the gas. After 20 minues open the cooker lid and eat hot hot khichdi with kadi & Dahi and Papad.



Green Moongdal Khichdi

Ingredients :- ¾ vati rice, ¾ vati Green Moongdal, Salt, 4 ½ vati water.

Method :- Take ¾ vati rice, ¾ vati Green Moondal, wash it then put salt and 4½ vati water mix it all in utensil and put in pressuer cooker and boil it left 6/7 whistle come and close the gas after 20 minutes eat hot hot Khichdi with kadi or cold milk.



Channadal Flour Pudla

Ingredients :- ½ vati Channadal Flour (4/5 Pudla), 1 tbs Salt, 1 tbs Red Chilly powder, 1tbs Haldi Powder, 1tbs Dhaniya Powder, ½ vati Kothamari, ½ vati Onion & Tomato Piece.

Method :- Take a big bowl put channadal flour, salt, Red Chilly Powder, Haldi Powder, Dhaniya Powder, Corriander and ½ vati piece of Onion & Tomato (if necessary) put water and make kheera and do pudla on non stick Tawa or pan roast it bothside with oil and eat with sauce and Green Chutney.



Green Moongdal Pudla

Ingredients :- ½ vati Green Moongdal, ½ tbs salt, Corriander, Paste of Ginger, Green Chilly

Method :- Take Green Moongdal and deep in water for 4/5 hours and then wash and take out water and leaves of dal & then grind dal in mixer after grinding put batter in Bowl, and put in Corriander, salt, paste of ginger, garlic and water as requirement and do pudla on non stick Tawa and eat hot pudla with green chutney and Tomato Sauce. For green pudla let leaves of dal be inside and grind it.



Sweet Pudla

Ingredients :- Wheat flour - 1vati, Channadal Flour ¼ vati, Powder of sugar ½ vati, 4 spoon ghee, water

Method :- Take a bowl put both wheat flour, 1 vati and ¼ vati channadal flour and put water as requirement make liquid like dosa aha and put pudla on non stick Tawa and roast on bothside put in thali all pudla and smash it put sugar powder and ghee and smash all properly and put sugar powder as requirement. Eat these pudla hot.



Rice, Khichdi

Rice

- Jeera Rice
- Yellow Lemon Rice
- Onion Brown Rice
- Peas Carrot Rice
- Biryani
- Steam Rice (Sada Rice)

Khichdi

- Tuvardal Khichdi
 - Moongdal Green Khichdi
 - Moongdal Green Masala Khichdi
 - Mogardal (Yellow) Masala Khichdi
-
-

Rice Item

Jeera Rice

Ingredient :- Jeera ½ tbs, Rice - 1 vati, Ghee - 1tbs, Salt 1 tbs

Method :- Take 1 vati rice and wash it and keep a side. Take Big utensil and put water and keep on gas as water starts boiling put rice in it and when rice is boiled close the gas and separate the rice and water and let be cool for 10 minutes and then put in thali on the fan let it be completely cool, then take kadai and put ghee, jeera and boil rice mix it properly and eat hot with Dal Fry.



Yellow Lemon Rice

Ingredient :- Rice 1 vati, Haldi Powder 1½ tbs, Rai - 1/3 Tbs, Hing - pinch, Jeera -1 pinch, Salt - 1Tbs, Corriander

Method :- If Rice is more otherwise make rice in cooker also, put in Thali and put oil in kharai & put Rai, Jeera, Hing, Haldi Powder & Kothamari and mix it well slowly slowly and put lemon drops on it & eat it even you can put sev also.



Onion Brown Rice

Ingredient :- Rice 1 Vati, 2 Vati Water, Onion - 3, Salt -1 tbs, Ghee -1 tbs, Rai - 1/3 tbs, Hing Pinch

Method :- Take 1 vati rice wash it and keep aside cut 3 onion pieces and take kadai put oil or ghee 1 tbs, 1/3 tbs rai, pinch Hing, and put pieces of onion and fry, it becomes brown put washed rice and fry it for five min. Then put 2 vati water and let it boil all water will soak and brown rice is ready to eat it with vegetable curry.



Peas Carrot Rice

Ingredient :- Rice - 1 vati, Peas - ¼ vati, Carrot - ¼ vati, Cashewnut - 2 tbs, 1 tbs Kismis, Salt.

Method :- Take Rice and wash it and boil it put cashewnut pieces, kismis and make ready rice & keep aside peas, carrot piece, put in water, pinch of soda and boil it and keep aside and then take out water from Peas & Carrot let it become dry. In bowl put boiled rice with kismis, Cashewnut, piece and piece of carrot & peas and mix it well and eat hot hot rice with Tomato Soup and Kadi.



Biryani (Basmati Rice)

Ingredients :- Rice - 1½ vati, Salt - 1½ tbs, Ghee - 2tbs, Soda - Pinch, Biryani Masala - 2 tbs, Paneer Cubes 1/3 vati, Cashewnut Piece 1 tbs, Carrot Pieces - 1/3 vati, Frenchbeans 1/3 vati, Peas - 1/3 vati, Shimla Mirchi - 1/3 vati, Onion - 1/3 vati, Potato - 1/3 vati, Baby Corn Small 1/3 vati, Cauliflour - 1/3 vati.



Method :- Take all Vegetable and cut it into pieces all keep in Thali and keep aside. And take 1½ vati rice and boil it and keep Boiled rice aside. Take big Kadai put 2 tbs ghee and put all Vegetables given above and put ½ spoon salt and pinch of soda and fry it put cashewnut pieces and kismis also, Babycorn, also and then vegetable is cooked put all rice and 2/3 tbs Biryani Masala and mix it well put salt as requirment and for Hydrebadi Biryani put green chutney in it & mix it well and put in Bowl and put paneer pieces, cherry, for decoration. Eat it with curd or Raita of onion and tomato and fry masala papad or roast papad.

Sada Rice (Steam Rice)

Ingredients :- Rice 1vati, (4 Person), Salt

Mehtod:- Take a rice and wash it and boil it with salt and keep boil rice in bowl and eat hot hot (Daily Rice)



Khichdi

Tuwardal Khichdi

Ingredients :- ¾ vati Tuwardal, ¾ vati Rice, Salt - 1 Person, Turmeric - pinch, Kadi patta, Ghee 1 spoon, Rai ¼ tbs, Jeera - cumin Black a safoetida Hing - pinch, Cinnamon, Cloves, Red Chilly Corriander.



Mehtod :- Take ¾ vati Tuwardal + ¾ rice and put in bowl and wash it and put 4 ½ vati water and take kharai, put 1 spoon ghee, Rai, Jeera, Kadipatta, cinnamom, cloves, turmeric, Red Chilly, Salt Corriander, and put washed rice dal and then put in big vessel put 4½ vati water and put vessel in pressure cooker minimum 6/7 whistle must come & then close the gas and after 10/15 minutes open the cooker and take hot hot khichdi to eat. If 1 vati khichdi is there then put 3 vati water.

Moongdal Green Khichdi

Ingredients :- Moongdalgreen - ½ vati, Rice - ½ vati, Salt, Water.

Method :- Take ½ vati Moongdalgreen, ½ vati Rice so it become 1vati khichdi so take in bowl and put 3 vati water and put salt and put bowl in pressure cooker. let 5/6 whistle come and closed the gas after 10 to 15 minutes put in ghee and eat it.



Moongdal Green Masala Khichdi

Ingredients :- Moongdalgreen - ½ vati, Rice - ½ vati, salt, Haldi Powder, Redchilly Powder, Water.

Method :- Take ½ vati Moongdal green, ½ vati rice so it become 1 vati Khichdi so take in bowl and wash properly and put 3 vati water and put salt Haldi Powder, Chilly Powder, & put in bowl in pressure cooker and let 5/6 whistle come and after 10 to 15 minutes put ghee and eat it hot hot Khichdi.



Mogardal (Yellow) Masala Khichdi

Ingredients :- ¾ vati Mogardal, ¾ vati Rice, Salt, Onion 1, Tomato - 1, Potato -1, Haldi Powder, Garam Masala, Red Chilly, Water, Oil or Ghee, Rai, Jeera

Method :- Take ¾ vati Mogardal and ¾ vati rice wash it and put 4½ vati water put piece of onion, tomato, potato and put haldi powder, garam masala, oil or ghee, Rai, Jeera, put bowl in pressure cooker and let 5/6 whistle come and after 10 to 15 minutes open the cooker and eat hot hot khichdi with kadi or dahi.



Dal, Kadi

- Dal Dhokli
 - Tuvar Dal
 - Udad Dal
 - Kadai
 - Mixer of Three Dal
 - Lady Finger Kadi
 - Masala Chaas
-
-

Dal, Kadi

Dal Dhokli

Ingredients :- Tuvardal 2 vati, small, Ground nut 2 tbs, Red Chilly Powder - 2tbs, Haldi Powder (Turmeric) 1½ tbs, Salt - 2tbs, Cumin + Coriander, Kokam, 8/9 piece, Jaggery - 2 tbs, Cinnamon, Cloves, Curry leaf, Corriander (Green Kothamari), Wheat flour - 3 vati, Tomato 1 Big.



Method :- Take ½ vati Tugar Dal in a vessel and wash it properly put in pressure woker and let 3 wishtle come after 10 to 15 minute take out tuvar dal vessel and make a liquid with Boss Machine. Take a kadai put a oil, Rai, Cumin, Cloves, Cinnamon, Curry Leaf, Turmeric, Powder, put liquid of Tuvardal make whole dal propely not so thick and not so thin put Groundnut, Tomato piece, and put vessel on gas let it heat for 15/20 minutes. Take a wheal flour as person in your house to eat, 2 chappati one man eat is the measurement so take wheat flour put salt, Red Chilly Powder, Turmeric Powder, oil and make dough thick with water and big chhapati. cut in to big pieces and put and big chhapati. Cut in to big pieces and put in heated dal put corriander's small pieces and again heat for 15/20 minutes and close the gas. put in big cassrole and leave it till 20/25 minutes. Then use to eat put onion pieces, Lemon drops and ghee and pieces of kachi keri.

Tugar Dal

Ingredients :- Tugar dal - ½ vati, salt - 2tbs, Hing (Asafoetida), Ria - 1/3tbs, Cumin, Turmeric (Haldi Powder) 2 tbs, Kokam ¾, Jaggery - 1tbs, Curry Leaves, Corriander (kothmari), Green Chilly.



Method :- Take a ½ vati Tugar dal in vessel and wash it properly. Put vessel in pressure cooker and keep for boiling. After 3 whitsle close the gas. After 10 to 15 minutes open the cooker and grind the boiled dal so it became soft thick liquid. Take a khadai keep on gas put oil, Ria, Cumin, Haldi Powder, Hing (as foelida), curry leaves, put boiled dal put water if needed put kokam, Corriander (Kothmari), boil, for 5/7 minutes, serve the dal is not much thick make medium use for eating.

Udad Dal

Ingredient :- Udad dal ½ vati, Salt, Red Chilly Powder, Turmeric Powder, Tomato, Garlic Paste, Corriander.

Method :- Take Udad dal in vessel and wash it properly and put in pressure cooker and keep 3 whistle came after 10 to 15 minutes open the cooker take out udad dal vessel take khadai put on gas put oil, rai, cumin, curry leaves, put boiled udad dal put salt, Red Chilly Powder, Turmeric, Dhaniya Powder, Garlic Paste, if wanted and tomato pieces. water as per needed and spread corriander leaves on it- while eating put lemon drops on it and use for eating.



Kadi

Ingredients :- Sour Butter Milk 2 ½ vati, Channadal Flour 3tbs, Cloves 3 to 4, Cinnamon 1 to 2 Small pieces, Fenugreek Seeds (dānu vāz) Tea masal (pinch of) salt, corriander (Kothmari) Green Chilly, Oil, Ghee Rai Cumin.

Method :- First Take a vessel put sour butter milk and do little bit hot and then put channadal flour and grind with boss machine to make liquid smooth. Then take kadi put oil or ghee put Rai, Cumin, Fenugreek seeds, cloves Cinnamon, Curry leaves, green chilly, put sour Butter Milk which u had kept ready before then put salt, sugar, Tea Masala (pinch), and corriander (Kothmari) let it kept for boiling for 10 minutes Taste it if needed put salt or sugar so kadi is not so thick and thin made medium kadi can be used for eating with Rice, Khichadi & Pulav.



Mixer of Three Dal

Ingredients :- Moongdal Green ½ vati, Channadal ½ vati, Tuvardal or Udad dal ½ vati, Curry leaves, oil, Salt, Rai, Jeera, Haldi Powder (Turmeric), Corriander (Kothmari), Red Chilly Powder, Dhaniya Powder.

Method :- ½ vati Moongdal Green, Channadal, Tuvardal or Udad dal, Mix in vessel and wash it properly put the vessel in pressure keep on the gas. Take Kadai put Oil, Rai, Jeera Cumin, Curry leaves, put boiled dal and put turmeric powder, Dhaniya powder, salt, put water how much needed don't make much thin and thick dal while taking dal in use spread kothmari (corriander) these dal we can eat with rice & Sweet rice.



Lady Finger Kadi

Ingredients :- Lady Finger 10 to 15, Sour Chaas 2 vati, Jaggery 2 tbs, Channadal Flour, 2/3 tbs, Turmeric Powder (Haldi), Salt, Mustard Seed (Rai), Cumin Seed (Jeera), asofoetida (Hing).



Method :- Wash the lady finger 10 to 15 and cut in to round piece take kadai put oil Rai, Cumin Seed (Jeera), Curry leaves, Haldi powder (Turmeric Powder), put 2vati sour chaas, and then put channadal flour, and then smash with wooden (mandiyani) other wise before putting in to kadai take sour chaas heat it put channadal flour and smash with boss machine put in to kadai put salt , Jaggery and let boil for 10 / 15 Minutes keep little bit thick gravy put lady finger in it and boil it till necessary.

Masala Chaas

Ingredients :- Chaas Fresh, Salt, oil 4/5 drop, Mustard Seed (Rai), Cumin Seed (Jeera), Corriander (Kothmari), Grinded Green Chilly, Curry leaves.



Method:- Take a fresh chaas, Take Kadai put oil, Rai, Jeera, Curry leaves, and grinded green chilly, Salt make chaas thin. Then put in small pieces cutted. If urgent u want to make put green chutney in chaas stir it with spoon and then use for drinking.

Sabji

- Potato Dry Sabji
 - Potato Sabaji Gravy
 - Raddish Vegetable (Muda)
 - Kurkure Lady Finger
 - Cauliflower Bhajiya Sabji
 - Cabbage Kachapaka Sabji
 - Caluliflower Sabji
 - Cabbage Green Sabji
 - Cabbage Peas Sabji
 - Sev Tomato Dry Sabji
 - Karela Groundnut Dry Sabji
 - Karela Sabji
 - Dhidhi Channadal Sabji (Bottle Gourd)
 - Guvar Sabji
 - Vadi Sabji
 - Papd Methi Sabji
 - Brinjal (Bangan) Bhartha
 - Tindali Vegetable
 - Undhiya
 - Danger (Pumpkin) Sabji
 - Chibda Sabji
 - Jain Green Undhiya
 - Dry Methi Sabji
 - Turiya Sabji
 - Cauliflower And Peas Green Sabji
 - Brinjal And Potato Sabji
 - Drumstick Sabji
-

- **Gunda Sabji**
 - **Palak Potato Sabji**
 - **Palak Turvardal Sabji**
 - **Kachi Keri Sabji**
 - **Beans Sabji**
 - **Vegetable Stuff Sabji**
 - **Ripe Bannan Sabji**
 - **Ripe Bannan Masala Sabji**
 - **Raw Bannan Dry Sabji**
 - **Raw Bannan Fried Sabji**
 - **Parval Shak**
 - **Kala Mogri Sabji**
 - **Green Mogri**
 - **Green Leaves Onion Sabji**
 - **Potato And Onion Sabji**
 - **Green Peas Sabji**
 - **Potato And Green Peas Sabji**
 - **Valpapdi Gatta Sabji**
 - **Besan Gatta Sabji**
 - **Potato Green Sabji**
 - **Papad Sabji**
 - **Stuffed Mirchi (Moongdal)**
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Vegetables (Sabji)

Potato Dry Sabji

Ingredients :- Potato 5/6, Turmeric, Powder (Haldi), Salt, Mustard Seed (Rai), Cumin Seed (Jeera), Corriander (Kothmari), Curry Leaves (Kadi Patta), Green Chilly - 1.



Method :- Take Potato put in pressure cooker and boil it as 3 whistle come close it 10 to 15 minutes take out boil potato peel out the potato and make small small pieces. Take kadai put oil, mustard seed, cumin seed, Turmeric Powder, curry leaves, green chilly, salt and pieces of boiled potato stir it with spoon put on it corriander leaves.

Potato Sabji With Gravy

Ingredients :- Potato 5/6, Turmeric Powder (Haldi), Salt, Mustard Seed (Ria), Cumin Seed (Jeera), Corriander (Kothmari), Curry leaves (Kadi Patta), Green Chilly & Red Chilly Powder, Water Tomato 2 piece, Garlic Paste, Garam Masala, Channadal flour,



Method :- Take Potatoes in pressure cooker and boil it as 3 whistle come close it. After 10 to 15 minutes take out boil potato peel out the potatoes and make small pieces. Take kadai put oil, mustard seed, cumin seed, turmeric powder, curry leaves, green chilly, salt and pieces of boiled potato and water and paste of channadal flour to make gravy thick put red chilly powder, pinch of sugar, 1spoon garam masala, garlic paste and kothmari and pieces of tomato.

Raddish Vegetable (Muda)

Ingredients :- Raddish Green Leaves, Salt, oil, Turmeric Powder, Red Chilly Powder, Corriander Powder, Channadal Flour.



Method :- Wash the Raddish leaves and cut the leaves thinly and put salt and smash the leaves ke, ep it for some times. Then press the leaves after 10 minutes removes water put red chilly powder, corriander powder, take kadai put, oil, rai, jeera and put, leaves and move it with spoon, we can eat these vegetable with Bajra Rotla and if u put channadal flour it became channadal flour vegetable.

Kurkure Lady Finger

Ingredients :- Lady Finger, Red Chilly Powder, Jeera Powder, Chat Masala, Amchur Powder, Salt, Oil.

Method :- Take lady finger wash it and make dry on clothes. Cut the lady finger in straight pieces. Take kadai put oil and fry all pieces of lady finger (kadak) then put in plate fried lady finger spread red chilly powder, jeera, chaat masala, Amchur powder and salt and mix all properly and put in bowl. These vegetable we can keep as an salad also and can keep as vegetable when guest come.



Cauliflower Bhajiya Sabji

Ingredients :- Cauliflower, Tomato 3/4, Channadal Flour, Til, Cinnamon (sS), Cloves (gthN), Sugar or Jaggery, Red Chilly Powder, Salt, Kothmari, Rai, Jeera, oil.

Method :- Take Tomatoes put in vessel and put water and boil it after boiling remove Tomato skin and crush with boss machine and make thin gravy like soup, Take kadai put oil, rai, jeera, 2/3 pieces of cinnamon, cloves, Til ½ spoon put Tomato gravy, Red Chilly Powder, Jaggery or sugar let keep it bowl. Take vessel put channadal flour, salt, Turmeric Powder, cauliflower piece, put water and make thick kheera put bhajiya in hot oil when u sit to eat take big bowl put hot Tomato soup and put all cauliflour Bhajiya and spread kothmari and eat hot hot sabji.



Cabbage Kachapaka Sabji

Ingredients :- Cabbage, Ginger Paste, Green Chilly Paste, Lemon, Sugar, Salt, Haldi (Turmeric Powder).

Method :- Take Green cabbage removes leaves and cut in to thin leaves put salt, ginger, and green chilly paste, sugar, lemon syrup. Take Kadai put oil, Rai, Turmeric powder, put cabbage leaves and cook for 4/5 minutes take out sabji in bowl.



Cauliflour Sabji

Ingredients :- Cauliflower, Salt, Rai, Jeera, Turmeric Powder (Haldi), RedChilly Powder, Tomato, Corriander Powder, Sugar.

Method :- Take boil water put small small pieces of cauliflower in and put salt so if is there it will all cameout and then take kadai put oil, Rai, Jeera, put Cauliflower pieces Haldi (Turmeric Powdr) Salt, little bit water and then let it kepted for cooking as cauliflower is properly cooked put Red Chilly Powder, Corriander powder sugar, Tomato Pieces. In these sabji we can put green peas also and boiled potato pieces also.



Cabbage Green Sabji

Ingredients :- Cabbage, Salt, Kharo (Papad Khar), Rai, Jeera, Hing.

Method :- Take Cabbage remove leaves cut thinly put salt, pinch of papadkhar, Take kadai put oil, Rai, Jeera, Hing put cutted leaves of cabbage and spread Khotmari with pinch of papad khar sabji remains green.



Cabbage Peas Sabji

Ingredients :- Cabbage, oil, Rai, Jeera, Salt, Turmeric Powder (Haldi), Red Chilly Powder, Dhaniya Powder, Dhaniya Powder, Kothmari.

Method :- Take Cabbage cut in to thin leaves. Take Kadai put oil, Rai, Jeera, put Cabbage leaves salt, red chilly powder, Dhaniya Powder, Sugar, Peas, Tomato pieces and even boiled potato piece we can put it cooked 5/10 minutes sabji is ready.



Sev Tomato Dry Sabji

Ingredients :- Tomato, Salt, Hing, Turmeric Powder (Haldi) Dhaniya Powder, Rai, oil, Jeera, Jaggery or sugar, Kothmari, Red Chilly Powder.

Mehtod :- Wash Tomato and cut in medium pieces take kadai put oil, Rai, Jeera, Tomato Pieces, Haldi Powder, Red Chilly Powder, Dhaniya Powder, Salt, Jaggery and cooked it put sev.



Karela Groundnut Dry Sabji

Ingredients :- Karela, Groundnut, Salt, Red Chilly Powder, Dhaniya Powder, Turmeric Powder (Haldi), oil, Cashewnut.

Method :- Take Karela peel the skin. Take Kadai put oil as oil become hot put karela's round cutted pieces and fry (kadak) and put in steel Box fry groundnut mix with fried karela put all masala salt, red chilly powder, Dhaniya powder, Haldi Powder, put fried kaju mix altogether put in Box. These Dry sabji we can take this sabji.



Karela Sabji

Ingredients :- Karela, Sour Chaas, Salt, Oil, Rai, Jeera, Turmeric Powder (Haldi), Red chilly Powder, Dhaniya Powder, Kismis, Cashewnut (Kaju)

Method :- Take Karela Peel the skin and cut into round ring put salt and sour chaas and smash it keep till 1½ hour. Then take kadai put oil, Rai, Jeera, Haldi Powder put complete smash karela so bitterness remove put jaggery, red chilly powder, dhaniya powder, cook till it become salt put kaju and kismis.



Dhudhi Channa Dal Sabji (Bottle Gourd)

Ingredients :- Dhudhi (Bottle Gourd), Channadal, Tomato, Salt, Rai, Jeera, Oil, Jaggery, Red Chilly Powder, Turmeric Powder (Haldi), Dhaniya Powder.

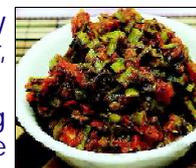
Method :- Take Dudhi peel the skin and cut in to small pieces and put channadal wash it an boil in pressure cooker. After boiled take kadai put oil, rai, jeera, haldi powder, put boiled sabji put red chilly powder, dhaniya powder, jaggery salt and put water little and pieces of tomato cooked it put corriander keep ras thick on thin.



Guvar Sabji

Ingredients :- Guvar, Salt, Oil, Jaggery, Red Chilly Powder, Turmeric Powder (Haldi), Dhaniya Powder, Ajma.

Method :- Take Guvar Vegetable cut in to pieces big and let boil in pressure cooker after 3 whistle close the gas. After 10 minutes take out from pressuer. Take Kadai put oil and ajwain put boil guvar salt, jaggery, chilly powder, dhaniya powder eat these with khichhadi and Bajra Rotla.



Vadi Sabji

Ingredients :- Vadi, Red Chilly Powder, Dhaniya Powder, Lemon Syrup, Turmeric Powder, Sugar, Salt, Oil, Sourchaas.

Method :- Take Kadai put oil as oil become hot put vadi and fried it then put water as per needed and let it become soft for 15-20 minutes then put salt, red chilly powder, turmeric powder, dhaniya powder, sugar, lemon syrup. As in vadi salt is there so put salt little.



Papad Methi Sabji

Ingredients :- Dry Sukhi Methi - 1 cup, Hing Pinch, Salt, Red Chilly Powder, Oil 1 tbs, Dhaniya Powder, Turmeric Powder (Haldi), Papad, Amchur Powder, Garam Masala, Jaggery.

Method :- Take 1 cup Dried Methi and put in water keep for 1 hour and then boil it. Same After boiling take all water. Take a Kadai put oil, hing, haldi powder, red chilly powder, put 3 cup water. And put salt, Jaggery, and dhaniya powder. As water goes on boiling put pieces of papd and put sukhi methi. Put amchur powder, garam masala and serve hot hot vegetable. Put masala as per needed.



Brinjal (Bangan) Bhartha

Ingredients :- 1 big Brinjal or small Brinjal ¼ kg onion 2, Tomato 2/3, Garlic Paste, Garam Masala, 2/3 spoon, Red Chilly Powder ¾ spoon, Dhaniya Powder 2/3 spoon, Oil, Rai, Turmeric Powder (Haldi), Jeera(Pinch), Chilly Powder 2/3 spoon, Garlic Paste 1 spoon, Salt 2 spoon.

Method :- Wash brinjal and cut into pieces and boil into pressure cooker while cutting brinjal see whether snail is there or not cut tomato and onion into small pieces. Take Kadai put oil, then rai, jeera, turmeric(haldi) powder, red chilly powder, garlic paste then put cutted onion & tomato pieces move spoon let it cook and then put boiled pieces of brinjal put 1 or 2 spoon of sugar 2 spoon salt, 2/3 spoon of garam masala, and move all with a spoon and taste it put if any necessary.



Tindali Vegetable

Ingredients :- Tindali ¼ kg, Salt, Oil 2 spoon, Pinch of Soda, Sugar, Turmeric Powder (Haldi), Red Chilly Powder, Dhaniya Powder, Corriander, Cocount.

Mehtod :- Cut Tindali Horizontally and wash it. Take put oil 2 spoon, Rai, Jeera, put cut tindali, put salt and pinch of soda keep water in thali on above kadi let it be cook after five seven minute it is cooked then put sugar, haldi powder, red chilly powder dhaniya powder, put corriander and coconut khaman.



Undhiya

Ingredients :- Mix Green Vegetable ½ kg (especially all papadi val), Potato, Onion, Kand, (for Jain put only Raw Kela), Bhaji Methi, Channadal flour, sugar, lemon, garam masala, dhaniya powder, red chilly powder, Tomato, Salt, Pinch of soda, Coconut Khaman, Corriander, Oil, Ajwain.

Method :- For gatha take 2 vati channadal flour put washed cutted methi leaves, salt, sugar, lemon, oil, garam masala, red chilly powder, make dough and make small small ball and fry at a slow gas keep a side. Take a big Kadai put oil as oil heated put ajma and then put all cutted vegetable put salt and pinch of soda and move with a spoon put big Thali on kadai with little water. Till that time put above make gatha in water to make soft as vegetable is cooked put turmeric powder, red chilly powder, garam masala, sugar, dhaniya powder and put gatha which kept in water, throw water away and taste it & put what is necessary.



Dangar (Pumpkin) Sabji

Ingredients :- Dangar (Pumpkin), Salt, Oil, Rai, Jeera, Red Chilly Powder, Turmeric Powder, Dhaniya Powder.

Mehtod :- Peel the Dangar and cut it in to pieces. take kadai put oil as oil get heated put rai, jeera and cuttedpieces of Dangar and put salt and water as pieces get boiled put red chilly powder, haldi powder, dhaniya powder. This sabji you can eat with bajra ka rotla and with khichadi also.



Chibda Sabji

Ingredients :- Paka Chibda, Oil, Rai, Jeera, Salt, Sugar, Red Chilly Powder, Turmeric Powder (Haldi), Dhaniya Powder.

Method :- Peel the Chibda and make pieces. Take Kadai put oil, as oil get heated put rai, jeera, water as pieces get cooked put salt, sugar, red chilly powder, turmeric powder (haldi), dhaniya powder. This sabji you can eat with Bajra ka rotla or Jowar ka rotla.



Jain Green Undhiya

Ingredients :- Green Vegetable (especially all Papdi), Kaccha Kela, Methi Baji, Sugar, Lemon, Garam Masala, Red Chilly Powder, Salt, Pinch of soda, Corriander, Green Chilly Paste, Coconut Khaman

Method :- The above given Recipe of undhiya is same for making Jain Green Undhiya but instead of red chilly powder put green chutney made of palak and for jain undhiya put rawkela instead of onion, potato, garlic paste.



Dry Methi Sabji

Ingredients :- Sukhi Methi, Hing, Salt, Oil, Red Chilly Powder, Turmeric Powder (Haldi), Dhaniya Powder, Channadal flour.

Method :- Take Methi put in vessel put water let it boil, After boiling take out water and dry methi. Take Kadai put oil, hing, channadal flour. salt red chilly powder, turmeric powder, dhaniya powder, roast channadal flour then put boil methi stir it keep 10 minutes on slow gas.



Turiya Sabji

Ingredients :- Turiya ¼ kg., Oil, Rai, Jeera, Salt, Jaggery, Turmeric Powder (Haldi), Red Chilly Powder, Dhaniya Powder.

Method :- Take Turiya from mkt taste it whether it is Bitter or not peel the turiya make piece take kadai put oil, rai, jeera, salt, haldi powder, red chilly powder, dhaniya powder and jaggery. Put water as per needed. In these u can put patra also.



Cauliflower and Peas Green Sabji

Ingredients :- Cauliflower, Peas, Carrot, Beans, Potato or Kahcakela, Garam Masala, Green Chutney, Sugar, Salt, Pinch of Soda, Oil.

Method :- Cut all vegetable given above and wash it make a green chutney and keep aside. Take a kadai put oil and put all cutted vegetables in it and water as per necessary put pinch of soda and salt as vegetables is cooked put garam masala and green chutney and move with spoon don't make thin gravy. You can put 2 spoon milk malai also with this u can eat parathas also.



Brinjal And Potato Sabji

Ingredients :- Brinjal ¼ kg, Potato 2/3 kg, Tomato 1, Groundnut Powder, Salt, Hing, Rai, Jeera, Sugar, Turmeric Powder (Haldi), Red Chilly Powder, Dhaniya Powder, Garlic Paste, Corriander, Coconut Khaman.

Method :- Take Kadai put oil as oil is heated put cutted piece of Brinjal, potato, and tomato and water as necessary let it boil for 5/10 minutes as brinjal and potato are cooked put all Masala, Salt, Sugar, Haldi Powder, Red Chilly Powder, Dhaniya Powder, Garam Masala, Groundnut Powder, and garlic paste keep the gravy thick not so thin put corriander and coconut khaman.



Drumstick Sabji

Ingredients :- Drumstick, Channadal flour, Jaggery, Salt, Tumeric Powder (Haldi), Sour Chaas, Oil, Jeera, Rai.

Method :- Buy Drum Stick from Mkt peel the Drumstick and boil in water. Take sour chaas put channadal flour in it and stir it well keep little bit thick take Kadai put oil, rai, jeera, haldi powder, put sour chaas put jaggery, salt and stir it and then put boil drumstick and then eat it with bajra rotla also.



Gunda Sabji

Ingredients :- Gunda, Channadal flour, Salt, Haldi Powder, Red Chilly Powder, Garam Masala, Dhaniya Powder.

Mehtod :- Take Gunda take out seeds from it, take channadal flour, put salt, haldi powder, garam masala, dhaniya powder, two tbs oil, mix it put these flour in gunda and keep for boil in hole wala thali and in down vessel but water 10/12 min. it will be boiled. take kadai put oil, jeera, hing and put boiled gunda and put corriander leaves.



Palak Potato Sabji

Ingredients :- Palak Bhaji 2, Potato - 2/3 piece, Turmeric Powder (Haldi) - 1 tbs, Dhaniya Powder - 1tbs, Garam Masala 1tbs, Red Chilly Powder-1tbs, Sugar - 1tbs.



Method :- Take Bhaji Clean out neat leaves in water and boil it put in mixer. put plup a side. Boiled potato make picecs. Take Kadai put oil, Jeera, put pulp of boiled potato Haldi Powder, Salt, Dhaniya Powder, Garam Masala, Red Chilly Powder, Sugar and make medium gravy no thin and no thick.

Palak Tuvardal Sabji

Ingredients:- Palak Bhaji, Tuvardal, Turmeric Powder, Salt, Garlic, Red Chilly Powder, Tomato, onion.



Method :- Cut the palak bhaji leaves, wash it take kadai put oil put garlic paste, Turmeric Powder, leaves of palak and then boiled tuvardal, Red Chilly Powder, Tomato and Onion Piece.

Kachi Keri Sabji

Ingredients :- Kachi Keri, Jaggery, Salt, Corriander, Red Chilly Powder Turmeric Powder (Haldi), Kashmiri dry Chilly, Cloves.



Method :- Take Kachi Keri peel it and make pieces and boil it in hole wala thali it is boil. Take kadai put oil, cloves, cinnamom put boiled kachi keari pieces as per needed water add jaggery, salt, Red Chilly Powder Turmeric Powder and Corriander.

Beans Sabji

Ingredients :- Beans, Salt, Soda, Turmeric Powder, Red Chilly Powder, Dhaniya Powder,



Method :- Cut Beans into small small pieces and wash it. Take Kadai put oil, red chilly powder, jeera and cutted beans, soda, salt, keep up thali and water init after 7/8minutes as beans are cooked put red chilly powder, Turmeric powder, dhaniya powder, can put tomato pieces and boiled potato pieces.

Vegetables Stuff Sabji

Ingredients :- Shimla Mirchi, Lady Finger, Potato, Onion, Brinjal, Channadal flour, Turmeric Powder (Haldi), Red Chilly Powder, Salt, Til, Sugar, Lemon drops, Oil, Groundnut Powder, Corriander, Dry Khaman, Garam Masala.



Method :- Take Chanadal flour, put salt, sugar, lemon syrup, Turmeric Powder, Red Chilly Powder, Dhaniya Powder, Groundnut Powder, Garam Masala, oil, sugar and mix it with slow hand put these mixer in any of vegetable given above and boil it in holewala thali. As it get boiled. Take Kadai put oil, rai, jeera, til and boiled vegetables and sprinkle dry khaman and corriander leaves.

Ripe Banana Sabji

Ingredients :- Ripe Banana, Sugar, Ghee, Elachi

Method :- Cut pieces of Banana. Take Kadai put ghee and pieces of banana put sugar and Elachi powder and stir it with spoon and eat hot hot shak.



Ripe Banana Masala Sabji

Ingredient :- Banana, Salt, Red Chilly Powder, Dhaniya Powder, Oil, Jeera, Rai, Sugar.

Method :- Cut Pieces of Banana put all Masala give above Take Kadai put oil, rai, jeera, pieces of Banana and water and cook for 5/10 minutes Instead of water u can put sour chaas also.



Raw Banana Dry Sabji

Ingredients :- Raw Banana - 4, Salt 1½, Sugar 1 tbs, Turmeric Powder (Haldi) - 1tbs, Red Chilly Powder 1½, Dhaniya Powder 1½, Lemon Syrup 1 tbs, Corriander leaves, Coconut Khaman.

Method :- Boil Raw Banana in cooker. As it get boiled peel out and make pieces. Take Kadai put oil, rai, jeera, kadi patta, til, Pieces of Raw Banana and move it with spoon sprinkle corriander leaves and dry Khaman on it.



Raw Banana Fried Sabji

Ingredients :- Raw Banana, Salt, Tuemic Powder, Red Chilly Powder, Dhaniya Powder, Corriender.

Method :- Peel out the Raw Banana and make pieces and fry in oil and put in thali and spred all msala given above corriander leaves and eat it.



Parval Sabji

Ingredients :- Parval ¼kg, Salt ½ tbs, Oil ¼ tbs, Rai ¼ tbs, Jeera ¼ tbs, Sugar 1 tbs, Turmeric Powder (Haldi) ¼ tbs, Red Chilly Powder 1tbs, Dhaniya Powder 1 tbs.

Method :- Take Parval wash it and peel out cut into round round ring other wise long long pieces. Take Kadai put oil, jeera, turemeric powder, and put parval and let it be kept cook as it be cooked put salt, sugar, red chilly powder, dhaniya powder put masala as per needed.



Kala Mogri Sabji

Ingredients :- Kala Mogri ¼ kg, Oil ½ tbs, Salt 1tbs, Sugar 1tbs, Rai ¼tbs, Jeera ¼ tbs, Red Chilly Powder 1tbs, Turmeric Powder (Haldi) 1tbs, Dhaniya Powder 1tbs, Lemon droups.

Method :- Take Kala Mogri wash it and cut into small pieces. Take Kadai put oil, rai, jeera, put kala mogri as it is cooked put turmeric powder, red chilly powder, dhaniya powder, sugar, while eating put lemon drop.



Green Mogri

Ingredients :- Green Mogri ¼kg, Oil ½ tbs, Salt 1tbs, Sugar 1tbs, Rai ¼ tbs, Jeera ¼ tbs, Red Chilly Powder 1tbs, Turmeric Powder (Haldi) 1 tbs, Dhaniya Powder 1tbs.

Method :- Take Green Mogri ¼kg wash it and cut into small pieces. Take Kadai put oil, rai, jeera put green mogri cook 2/3 minute so its colour remain green only put red chilly powder, turmeric and dhaniya powder.



Green Leaves Onion Sabji

Ingredients :- Green Leaf Onion, Salt, Oil, Rai, Jeera, Turmeric Powder (Haldi), Red Chilly Powder, Dhaniya Powder.



Method :- Take Green Leaf onion cut into small pieces and wash it. Take Kadai put oil, rai, jeera put cutted green leaf onion put turmeric powder, Red Chilly Powder, Dhaniya Powder, These shak we can eat with khichadi and with bajra rotla also.

Potato And Onion Sabji

Ingredients :- Onion 2, Potato 3, Salt 1½ tbs, Oil 1tbs, Rai ¼ tbs, Jeera ¼ tbs, Tomato 1, Red Chilly Powder 1tbs, Turmeric Powder (Haldi), Dhaniya Powder 1tbs, Garam Masala 1tbs, Garlic Paste.



Method :- Boil the Potatoes cut the onion into small piece, cut Tomato into small pieces. Take Kadai put oil, rai, jeera, garlic paste, onion pieces, tomato pieces, boiled potato pieces, all masala given above salt, sugar if needed. to make gravy put water.

Green Peas Sabji

Ingredients :- Green Peas ¼kg, Oil ¼ tbs, Salt 1tbs, Jeera ¼ tbs, Soda pinch.

Method :- Take Green Peas. Take kadai put oil and put jeera and then green peas put pinch of soda and salt. After five minute u can eat these sabji as a starter aslo.



Potato And Green Peas Sabji

Ingredients :- Potato 4, Green Peas ½ vati, Oil 1tbs, Jeera ¼ tbs, Rai ¼ tbs, Turmeric Powder (Haldi) 1tbs, Red Chilly Powder, Dhaniya Powder 1tbs, Salt 1½ tbs, Sugar 1tbs, Garam Masala, 1tbs, Tomato 1.

Method :- Boil Potato take ½ vati green peas and cut tomato pieces. Take kadai put oil, rai, jeera, put green peas, pieces of tomato, piece of Boiled Potatoes and all masala given above put water little only sprinkle corriander leaves and coconut khaman on it and eat hot hot sabji with puri, parathas, roti.



Valpapdi Gutta Sabji

Ingredients :- Valpapdi ¼kg, Oil ¼ tbs, Rai ¼ tbs, Jeera ¼ tbs, Turmeric Powder (Haldi) 1tbs, Red Chilly Powder 1tbs, Dhaniya Powder 1tbs, Besan 1vati, Garam Masala 1tbs, Sugar 1 tbs, Salt 1½ tbs.

Method :- Take Val Papdi Cut into two pieces and wash it. Take Kadai put oil, rai, jeera, put valpapdi put water and salt let it be kept for cooking. Take 1 vati Besan put salt, turmeric powder, red chilly powder, dhaniya powder, sugar, lemon drop or amchur powder, and oil 2/3 tbs. Make a dough. Take patla and make a roll thin and cut in to pieces and put in shak and do gray thick. If it becomes dry put water little bit and put turmeric powder, red chilly powder and dhaniya powder and stir it will spoon and taste it these shak will became gravywala.

Besan Gatta Sabji

Ingredients :- Besan, Salt, Red Chilly Powder, Oil, Soda, Turmeric Powder (Haldi), Red Chilly Powder, Dhaniya, Dahi, Corriander.



Method :- Take Besan put salt, red chilly powder, oil, put pinch of soda put water and make a dough thick from these dough make a roll like a finger and boil it. After Gatta get boiled take out water and cut boiled gatta into small pieces. take kadai put oil, rai, jeera, salt, turmeric powder (haldi), red chilly powder, dhaniya powder, put boiled water and cook for 10 minutes. As sabji becomes cool put 1cup Curd, 2green chilly and sprinkle corriander leaves.

Potato Green Sabji

Ingredients :- Potato 4/5, Oil 1tbs, Rai ¼ tbs, Jeera ¼ tbs, Salt 1½ tbs, Corriander 1judi, Green Chilly 3/4, Dalia 4tbs, Lemon 1.



Method :- Take Potato boil it in cooker and make pieces. Take Kadai put oil, rai, jeera salt and put boiled potato pieces put green chutney. Make Green Chutney as given above put little water to make green potato gravy sabji. we can eat with puri and parathas put dry khaman on it.

Papad Sabji

Ingredients :- Papad 4, Oil 1tbs, Rai ¼ tbs, Jeera ¼ tbs, Salt 1tbs, Jaggery 2/3 tbs, Sour Chaas 2 vati, Turmeric Powder (Haldi) 1tbs, Red Chilly Powder 1tbs, Dhaniya Powder 1tbs.



Method :- Take papad and make pieces medium and fry it. Take kadai put oil, rai, jeera and fried papad piece and sour chaas and jaggery, red chilly powder, dhaniya powder, salt as per needed become soft and cooked properly.

Stuffed Mirchi (Moongdal)

Ingredients :- Moongdal 1vati, Khaman 2tbs, Garam Masala 1tbs, Salt 1tbs, Lemon 2/3 drop, Sugar 1tbs, Red Chilly Powder 1½ tbs, Dhaniya Powder 1½ tbs, oil 5/6 tbs, Corriander leaves, Shimla Mirchi 4.



Method :- Boil Moongdal put khaman garam masala, salt, red chilly powder, dhaniya powder, corriander mix all these take shimla mirchi take out seeds nicely put mix mava made of moongdal and then cook in more oil 5/7 minutes put in dish decorate it with khaman and corriander leaves.

Pulses

- Naram Moong
 - Matki
 - Brown Channa
 - Vaal
 - White Peas
 - Tuvar
 - Masur
 - Rajma
-
-

Pulses

Naram Moong

Ingredients :- Moog 1cup, Salt, Jeera, Turmeric Powder, Dhaniya Powder, Green Chilly, Kadipatta, Corriander.

Method :- If you have time put moong in water for 2/3 hrs if urgent then put water and moong and boil on gas as moong get cooked put salt, Turmeric powder keep moong water little only. take pan put oil jeera, kadipatta, and corriander then put moong and stir it with spoon and eat hot hot moong. we can cook moong on pressure cooker also In cooker we have to cook till 3 whistles come.



Matki

Ingredients :- Matki, Onion, garlic, corriander, tomato, oil, salt, red chilly powder, garam masala, Turmeric Powder.

Method :- Put Matki in vessel and put of pinch soda and it be cooked in cooker. take kadai put oil, rai, jeera, onion pieces, garlic paste, tomato pure, garam masala, turmeric powder and red chilly powder, and put water as per needed and sprinkle corriander leaves on it.



Brown Channa

Ingredients :- Brown Channa, Jaggery, Tamrind, Channadal flour, Turmeric Powder, Red Chilly Powder, Dhaniya Powder.

Method :- Take Brown Channa, wet in water till 10 to 12 hrs and then cook in pressure cooker. After boil take out black boil water. Take Kadai put oil, Jeera, Hing, Turmeric Powder, Red Chilly powder, Dhaniya Powder and put channa and put needed water. Boil Amla & Jaggery put its boiled paste in it. put channadal flour in water and put its paste and make it gravy thick and taste it put any necessary Ingredients.



Vaal

Ingredients :- Vaaldal, salt, Turmeric Powder, Red Chilly Powder, Corriander

Method :- Take Vaaldal put in vessel and deep in water till 8/10hrs. Then peel out vaal skin and then remove all water. Take kadai put oil, rai, jeera, haldi powder and put vaal and water put dhaniya powder red chilly powder and put paste of channadal hour and make thick gravypot salt.



White Peas (Pulses)

Ingredients :- White Vatan 1cup, Salt 1tbs, Turmeric Powder 1tbs, Corriander leaves, oil 1tbs, Hing pinch, Channadal flour.

Method :- Deep peas in water till 10/12 hrs. Then boil in pressure cooker. After the peas is boiled take a kadai put oil put boil peas, water, hing, turmeric powder, corriander leaves, for thick gravy put channadal flour in water and make paste and put it for green peas the same method is there.



Tuvar

Ingredients :- Tuvar 1vati, Salt 1tbs, Oil 1tbs, Turmeric Powder 1tbs, Red Chilly Powder 1tbs, Dhaniya Powder 1tbs, Jaggery, Amla Paste 2tbs.

Method :- Deep Tuvar in water for 10/12 hrs. Then boil in pressure cooker. After boiled take kadai put oil salt, turmeric powder, Red Chilly Powder, Dhaniya Powder, Jaggery turmeric paste and water for thick put channadal flour paste and serve it with coriander leaves.



Masur

Ingredients :- Masur 1cup, Salt 1tbs, Turmeric Powder ¼ tbs, Red Chilly Powder 1tbs, Onion 1, Garlic, Oil 1tbs, Dhaniya Powder 1tbs.

Method :- Take Masurdal put in water wash it and cook in pressure cooker. Take a pan put oil, garlic paste, onion pieces, put boile masurdal put red chilly powder, turmeric powder, dhaniya powder, garam masala, and serve with corriander leaves put masala if needed more as an taste.



Rajma

Ingredients :- Rajma 1cup, Salt, Corriander leaves, dry Khaman, Onion, Ginger, Green Chily, Tomato, Dahi, Jaggery or turmeric.

Method :- Deep Rajma in water at least 10-12hrs. boil in pressure cooker. Take kadai put oil, ginger paste, green chilly paste, tomato piece, onion pieces and then boiled rajma put jaggery turmeric paste garam masala, salt taste it put as per more masala you can eat it with kashmiri pulav.



Sweet

- Lapsi (Sweet Rice)
 - Coconut Pak
 - Milk Pak
 - Rava Sheera
 - Mesurpak
 - Ladoo
 - Maplua
 - Boiled Wheat Sev
 - Wheat Thula Sheera
 - Kheer (Rice)
 - Wheat Sev Sheera
 - Kachariu
 - Ginger Pak
 - Til Chikki
 - Burfi Churma
 - Gum Dink
 - Udadpak
 - Moongdal Sheera
 - Wheat Grugri
 - Jaggery Bajra Rotla
 - Dates Pak
 - Pooran Poli (Chanadal)
 - Wheat - Channadal Ladoo
 - Wheat Flour Ladoo
-

Sweet

Lapsi (Sweet Rice)

Ingredients :- Rice 1vati, Jaggery 1vati, ghee 1tbs.

Method :- Take 1vati rice and wash it. Take Kadai put ghee and cloves put rice in it and close the gas. Take 1vati Jaggery and 1 vati water and boil it keep aside Jaggery water. Put these jaggery water in rice and cook in pressure cooker let 3 whistle come your sweet rice or lapsi is ready.



Coconut Pak

Ingredients :- Coconut, Sugar, Milk, Mava, Elachi, Ghee, Yellow food Colour,

Method :- Take Cocount make Khaman. Take Kadai put 2 spoon ghee put khaman as little bit roasted put sugar and milk. For yellow colour put food yellow colour. As sugar melt properly. Take Kadai down with spoon as it become little bit cool put mav and elachi powder spread ghee in thali put these whole mixer of khoprapak spread it properly. cut into pieces.



Milk Pak

Ingredients :- Milk 1ltr, Sugar 10 tbs, Almond, Pista, Kesar, Elachi, Jayfal.

Method :- Take a vessel put a milk keep it for boiling as it comes up slow it and put sugar. Take almond boil in hot water keep aside and then peel out and make long long katri and take kesar put in milk and melt properly. Make katri of pista powder of Jayfal and elachi powder put all this in boiled milk and then let it boil as the colour of milk becomes little bit yellow colour taste it if necessary put sugar these item is special for kutchis.



Rava Sheera

Ingredients :- Rava, Ghee, Sugar, Milk, Elachi, Kismis

Method :- Take a Kadai put ghee put rava and roast it as it became brown put milk and kismis as milk burn put sugar. as sugar melt put elachi powder and put katari of almond.



Mesur Pak

Ingredients :- Channadal flour 1 vati, Ghee 3 vati, Sugar 1½ vati, 2tbs Milk, Elachi Powder.

Method :- Take sugar in vessel put water till sugar deep and keep for boiling. Make chasni of one tari and keep on slow gas. Take Channadal flour, roast in a ghee till it became brown the put sugar chasni sprinkle 1 spoon milk stir it more and make ghee more hot and put in it flour come aside and as chasni comes up put elachi powder. Then spread whole this in holewala thali and put on vessel so whole ghee comes out in vessel there will be Jari in Mesur as it becomes little bit cool cut into pieces.



Ladoo

Ingredients :- Wheat flour, Ghee, Jaggery.

Method :- Take wheat flour put little bit ghee and make dough and make muthiyas. Fry it in ghee. As it became brown keep it aside and grind it all put in chani as all flour comes soft cut jaggery and put in it mix it properly put hot ghee in it make a ladoo.



Malpua

Ingredients :- Wheat flour 500gm, Sugar Powder 500gm, Ghee, Khas Khas.

Method :- Take Wheat flour put Sugar powder. put hot water and make Atha. keep 5/6hrs Atha. Then Stir it with slow hand so a nice Jari will come. Take a pan put ghee atha with spoon and pour on Tava as it became brown colour put in thali sprinkle khas khas on it.



Boiled Wheat Sev

Ingredients :- Milk, Wheat Sev, Sugar, Almond, Elachi.

Method :- Take wheat sev spread it and roast in a ghee. Take a milk in vessel and boil it. As it boil put wheat sev and sugar in it. as it becomes more thick bring down from gas and make cool put khis of almond and elachi powder.



Wheat Thula Sheera

Ingredients :- ½ vati Wheat Thula, 1½ vati Water, ½ vati Jaggery, Elachi powder, Kismis, Cashewnut, Ghee 2/3 spoon.

Method :- Take Kadai put ghee, ½vati wheat thula and roast it. Take 1½ vati water put ½ vati jaggery and put in water let it boil as jaggery melt in water close the gas and put in kadai in wheat thula mix with spoon 5/10 minutes. put Elachi powder, cashewnut pieces and kismis and after 10/15 minutes open the cooker and eat hot hot sheera. If 1vati wheat thula is there then put 3 vati water.



Kheer (Rice)

Ingredients :- Milk, Rice, Sugar, Elachi, Kesar, Badam.

Method :- Take rice deep in water. Take or milk let it boil put rice in it which was deeped in water, put Sugar, Elachi, Kesar and let it boil and put almond katri, make thick kheer.



Wheat Sev Sheera

Ingredients :- Milk, Rice, Sugar, Elachi, Ghee.

Method :- Take Kadai put ghee put wheat sev let it roast in ghee as it becomes brown in colour put hot water and put sugar move with it spoon and put elachi powder. keep on a slow gas and then close the gas after 15/20 minutes take for eating.



Kachariu

Ingredients :- Black Till, Groundnut, Jaggery, Gundar, Suth Powder, Badam Powder.

Method :- Take Groundnut Roast it and take out the skin of groundnut and make powder. Take til roast it and make powder of it. Take gundar fry it and make powder of it. Take jaggery put 1spoon ghee, 1spoon water and make chasni and one one thing and stir it and mix it.



Ginger Pak

Ingredients :- Ginger, Fried Gundar, Sugar or Jaggery, Ghee, Khas khas, Badam, Pista, Elachi, Jayfal.

Method :- Take cocount or dry khaman roast in ghee for 5 minutes, khas khas, badam, pista. roast in a ghee, khis ginger and roast in ghee take a sugar put 2tbs ghee, 1tbs water make chasani as in chasani bubbles comes close the gas after 2 minutes put ginger and mix it. Put all things together and spread in thali.



Til Chikki

Ingredients :- Til, Jaggery, Ghee

Method :- Roast only Til. Then a jagger put 2tbs water and make thick chasni. As chasni become perfect put til and mix it on granite platform spread ghee and put this til mixer and pressure it with vati or woodenrod fast fast so it become thin thin and then make pieces.



Burfi Churma

Ingredients :- Wheat flour, Ghee, Sugar, Rava, Milk, Almond, elachi, Charoli.

Method :- Take wheat flour and rava put ghee and milk make a dough and then make muthiya slow slow gas fry this muthiya in a brown colour. Then grind it in mixer. Take hole wala thali put the mixer and rub it with hand. The Soft flour comes down put sugar powder, hot ghee put elachi powder grease the thali with ghee make cool this mixer in thali and put not ghee on it then sprinkle almond katri and charoli.



Gum (Dink) Pak

Ingredients :- Gum (Dink), Rava, Ghee, Coconut, Sugar Powder, Badam, Dry Ginger Powder, Pista.

Method :- Take a Kadai put ghee Gum (Dink) will blow, Then with vati make powder. Take rava and ghee in kadai roast till brown colour. Take khaman and roast it in ghee mix all the mixer put sugar powder, Badam Pista Powder Khas Khas powder of ginger, elachi powder extra remaing ghee out in it grease the thali spread the (Dink) Pak and sprinkle badam pista katri and charoli.



Udad Pak

Ingredients :- Udad dal flour, Mava, Fried Gundar, Badam, Pista, Dry Ginger Powder, Sugar, Jayfal, Mace (Javatri), Ghee.

Method :- Take Udaddal flour little thick put little ghee and milk and a dough and keep a side then rub it and roast in ghee put mava and roast it 5/7minutes. Remove from the gas and put all masala.put ½cup water in sugar and make chasni of 1tar as it become cool put all masala and mix it and make laddoo.



Moongdal Sheera

Ingredients :- Moongdal Flour, Milk, Ghee, Sugar, Elachi Powder, Boiled Almond, Cashew Nut.

Method :- Take a kadai put ghee as it becomes hot put Moongdal flour and roast it on gas keep a milk for hot. Put milk in it as a milk burn in it Then put sugar as ghee comes up at that time put elachi powder. Put Katri of almond and pieces of cashewnut.



Wheat Gugari

Ingredients :- Wheat 1 vati, Soda Pinch, Sugar Powder ½vati, Ghee 2/3 tbs, Til laddoo 2

Method :- Take wheat see any stone is there or not then wash it and deep in water put soda. Deep at least 8/10 hrs, Then Boil in pressure cooker let 3 whistle come. Take out all water properly so it. becomes dry then put ghee sugar powder and til laddoo and mix it all. put sugar as per necessary for sweetness.



Jaggery Bajra Rotla

Ingredients :- Bajra flour, Ghee, Jaggery.1

Method :- Make bajra rotla and smash it not hot put ghee and jaggery and smash it make muthiya or laddoo eat with chaas.



Dates Pak

Ingredients :- Dates, Ghee, Pista, Badam, Cashewnut.

Method :- Take out Seeds from Khajur, Boil for 5/7 minutes. Take Kadai put ghee and put khajur let it cook for 5/10 minutes put pista, almond, cashewnut pieces. Spread mava in thali and make pieces and eat it generally we eat in winter.



Pooran Poli (Channadal)

Ingredients :- Channadal 1 vati, Sugar $\frac{3}{4}$ vati, Elachi powder, wheat flour, oil.

Method :- Take Channadal wash it put in cooker for boiling. After boiling take out all water and make dry. Then crush it with crusher and make mava. Take kadai put ghee and put channadal mava and sugar and move it with spoon as it become thick and mava become separate from spoon put Elachi powder. Take a wheat flour put oil and make a dough make a roti put ball of puran given above fold it again make a roti on tawa roast it on both side. Spread ghee on it eat hot hot. Instead of channadal a can use tuvardal and instead sugar you can use jaggery also.



Wheat Channadal Ladoo

Ingredients :- Wheat Flour 250gm, Channadal Flour 250gm, Charoli, Elachi, Elachi, Milk, Ghee 350 gm, Sugar Powder.

Method :- Take wheat flour and Channadal flour, put ghee and a dough of both separate make Muthiya of separate and fried in slow gas. As it becomes brown take it out and then grind both. put together mixer of both flour in hole wala harvara. Soft powder of both flour put in one thali put sugar, charoli, elachi powder put hot ghee and make a dough with a slow hands and make a ladoo or grease the thali with ghee put the dough put hot ghee on it as ghee become cold into pieces.



Wheat Flour Ladoo

Ingredients :- Wheat flour $1\frac{1}{2}$ vati, Ghee 2tbs, Sugar $\frac{1}{2}$ vati, Elachi Powder, Almond.

Method:- Take a wheat flour put ghee and malai and mix it and make dough with aslow hand keep aside for 2hrs. Then take hole wala thali put it and rub with hand all soft flour comes down then roast it in ghee on a slow gas. As it become brown close the gas and bring the kadai down as it become cool put sugar powder, elachi, powder and katri of for kantra ladoo put kantra as flour is roasted then it will become the kantra ladoo.



Snacks

- Sabudana Wada
 - Paneer Sandwich
 - Khandvi
 - Dahi Wada
 - Raw Bannan Wada
 - Aloo Paratha
 - Madu Vada
 - Potato Vada
 - Bhakarwadi
 - Green Peas Kachori
 - Kanji Vada
 - Beet Peas Cutlet
 - Raw Bannan Muthiya
 - Cabbage Muthiya
 - Patra
 - Bottle Gourd (Dudhi) Muthiya
 - Raw Bannan Pattice
 - Poha
 - Handva
 - Yellow Moongdal Kachori
 - Green Leaf Bhajiya
 - Green Moongdal Dhokla
 - Boiled Rice Bhajiya
 - Gota (Big Bhajiya)
 - Raw Bannan/Potato Samosa
 - Bread Roll
 - Moongdal Bhajiya
 - Farali Potato Pattice
 - Mix Vegetable Bhajiya
 - Green Methi Bhajiya
 - Canaps (Monita Corn)
 - Three Dal Dhokla
 - Rice Flour Khichi
-

Snacks

Sabudana Wada

Ingredients :- Sabudana, Groundnut, Corriander, Ginger, Greenchilly, Salt, Potato, Lemon.

Method :- Wash the sabudana and take out all water and sprinkle little water and keep for 7/8hrs, Boil potato. make a powder of roasted groundnut, paste of greenchilly, salt, lemon drop. Smash a boil potato i it and mix all together and make a dough. Make round round ball and fry it in oil eat it with Tomato sauce or sugarwala dahi



Paneer Sandwich

Ingredients :- Paneer, Bread, Cucumber, Tomato, Onion, Corriander, Poatato, Red Chilly Powder, Salt

Method :- Smash paneer and put all ingredients given above take bread put all these masala but another slice. Take Tawa put butter and toast it.



Khandvi

Ingredients :- Channadal flour - 1 vati, /sour Chaas 2 vati, Salt, Turmeric Powder (Haldi), Green Chilly Paste.

Method :- Take 1 Vati Channadal flour, and 2 vati sour chaas and mix it and pour in any other vessel with garvy. put salt turmeric powder cooker to cook let 5/7 whistle come. As it became cool stir it with spoon and spread on granite platfrom fast fast thinly,as it become cool roll it and cut into pieces in thali take a kadai put oil, rai, jeera, green chilly, kadi patta spread on cutted piece of khandvi spread corriander and coconut khaman on it.



Dahiwada

Ingredients :- Green Moongdal, Salt, Green Chilly Paste, Dates Chatni, Dahi, Red Chilly Powder, Jeera Powder.

Method :- Take 1vati Moongdal deep in water for 5/6hrs and then wash and take out skin amd make dry, slat, chilly paste, hing and dry in a hot oil and put all wada in hot water in bowl and keep for 10 minutes to become soft press the wada and take out water ad keep in Thali and while eating take in a dish put wada dates chutney, Dahi, Jeera Powder, Redchilly Powder, salt, and sprinkle cutted corriander leaves and then use for eating.



Raw Banana Vada

Ingredients :- Raw Banana, Lemon Drop, Sugar, Garam Masala, Corriander, Green Chilly Paste, Channadal Flour, Besan.

Method :- Take Raw kela and boil in pressure cooker. Peel the boiled kela put given above all ingredients make a ball and keep aside. Take Channadal flour make a kheera and deep one one ball and fry in a oil. Eat these vada with khajur tamarind chutney and green chutney.



Aloo Paratha

Ingredients :- Aloo, Corriander, Wheat Flour, Oil, Rai, Jeera, Salt.

Method :- Take a aloo and boil it peel out boiling potatoes, Take kadai put oil, Rai, Jeera, Corriander, and put in aloo mava. Take a wheat flour put oil & salt make a dough. make a roti put in a mava ball and hold it and again make roti and roal in a little oil and make aloo paratha. Eat with green chutney and tomato sauce.



Medu Vada

Ingredients :- Udad dal 1vati, Green Chilly Paste 1tbs, Salt ¼ tbs, Hing pinch, oil.

Method :- Deep Udaddal in water for 4/5 hrs. Then wash it and take out all water make dry and then grind in the mixer. Don't put more water. Take a atha of udaddal in a vessel put salt, hing, green chilly paste. Take kadai put oil for frying udad wada. Take atha put on fingers make a hole in middle let it make to fry. Eat with a coconut chutney.



Potato Vada

Ingredients :- Potatoes ½kg, Salt 1½ tbs, Garlic Paste 2tbs, Green Chilly Paste 2 tbs, Rai ¼tbs, Jeera ¼tbs, Besan 1 vati, Soda pinch, Oil, Corriander.

Method :- Boil the potatoes ½kg in cooker. Peel out the boiled potatoes and smash it. Take Kadai out little 1tbs spoon oil put rai, jeera, kadipatta, corriander leaves, salt, garlic paste, green chilly paste and mix together and make ball of it. Take Besan put salt and soda and put water make thick kheera. deep 1-1 ball and fry it in oil.



Bhakarwadi

Ingredients :- Corriander 2 vati, Khaman Dry 2vati, Oil 1tbs, Rai ¼tbs, Hing Pinch, Til ¼ vati, Salt, Red Chilly Powder 2 tbs, Dhaniya Powder 2 tbs, Turmeric Powder (Haldi) 1tbs, Sugar 1tbs, lemon drop / Amchur, Garam Masala 2tbs, Kismis 8/10, Cashewnut Powder ¼ vati, Wheat FLour, Channadal Flour.



Method :- 2 vati Corriander, 2 vati dry khaman, 1 spoon oil, take kadai put oil, rai, jeera, hing, put corriander and khaman. put til put salt red chilly powder, dhaniya powder, turmeric powder, sugar, take 2 part of wheat flour & channadal flour, put oil salt, turmeric make a dough thick make a small roti put masala and make a roll and pack properly and cut into pieces.

Green Peas Kachori

Ingredients :- Green Peas, Corriander, Green Chilly, Ginger, Garam Masala, Sugar, Coconut Khaman, Turmeric, Maida, Oil, Salt.



Method :- Take a green peas grind in mixer. Take a Kadai put oil ginger green chilly paste and put mava of green peas put salt and move it till 10 minutes as it is cooked let it be kept cool. put corriander, sugar, khaman, amchur salt, garam masala, move with a slow hand taste it. Take maida put salt and oil make adough. Make a puri put mava and fold it and make a kachori and fry on a slow gas as it become light brown that it doesn't remain kacha see it eat with khajur or green chutney.

Kanji Vada

Ingredients :- Green Moongdal, Rai 2 tbs, Lemon Flour, Tamarind water or Sour Chass, Red Chilly Powder, Salt.



Method :- Take a green Moongdal deep in water 6/8 hrs. Wash the dal and take out skin and grind in mixer or stone kundi and make a kheera soft. Take rai and put in water and make a soft paste in stone kundi. put in water make a big big pakoda of green moongdal and put in rai water as it kept deep in water it becomes tasty.

Beet Peas Cutlet

Ingredients :- Beet, Peas, Raw Kela, Ginger, Green Chilly, Salt, Corriander, Rava

Method :- Boil Rawkela, peel out the boil kela put mava. put salt ginger, green chilly paste, corriander, boil beet pieces, peas make a oil shape and rub in Rava and fry in oil. Eat with Kajur Chatni, Tomato Sauce and green chutney.



Raw Banana Muthiya

Ingredients :- Raw Banana 4, Corriander, Garam Masala, Sugar 1tbs, Lemon 5/6 drop, Green Chilly Paste 2tbs, Turmeric Powder (Huldi) 1tbs, Hing Pinch.

Method :- Take Raw Kela Boil in pressuere cooker, put all above given ingredients in mava and make small small muthiya and fry it. Eat with green chutney.



Cabbage Muthiya

Ingredients :- Cabbage ¼kg, Corriander, Bajra Flour, Channadal Flour, Wheat Flour, oil, Salt. Green Chilly Paste.

Method :- Take cabbage and take out leaves and cut thinly. Put corriender leaves, bajra flour, wheat flour, channadal flour, oil, salt, and green chilly paste, and mix it with slow hands and make muthiya and keep for boiling cut into pieces. Take kadai put oil, rai, jeera, kadipatta and til put cut piece of muthiya and eat it.



Patra

Ingredients :- Patra leaves, Jaggery/ tamarind, Corriander, Red Chilly Powder, Garam Masala, Turmeric Powder (Haldi), oil, Salt.

Method :- Take Patra leaves wash it and rub with clothes properly and then arrange in a bunch and take out fibre with knife slowly, that leaves doesnot tear. In thali take channadal flour, put all ingredients given above take a big leaves and spread kheera which u had made given above then put other leave again spread flour and put other leave like this make leaves layer and fold from down and side and make a roll tightly. Keep to boil for atleast 45 minutes and let it cool for 2/3 hrs. As it become cool cut in to pieces and you can fry the pieces also and take a kadai put oil, rai, jeera, til, and put cuttled pieces of patra and move with spoon and eat hot hot patra.



Bottlegourd (Dudhi) Muthiya

Ingredients :- Bottlegourd (Dudhi), Channadal Flour, Wheat Flour, Sugar, Lemon Drop, Garam Masala, Corriander, Salt, Ginger Garlic Paste.

Method :- Khis dudhi and press it and take out all dudhi water. put channadal flour and wheat flour put all ingredients given above and make muthiya and boil it and eat hot hot muthiya.



Raw Banana Pattice

Ingredients :- Raw Banana, Corriander, Khamandry, Ginger Chilly Paste, Salt, Sugar, Lemon Syrup, Corn Flour, Kismis.

Method :- Take Raw kela boil and peel out the boil banana make mava put cornflour, salt, corriander coconut khaman mix it put kismis, chilly paste sugar, lemon, salt, mix it all and make a puran. Take boil mava make a ball and make a hole put puran in it and close and fry it.



Poha

Ingredients :- Thick Poha, Salt, Lemon, Sugar, Kadipatta, Corriander, Oil, Rai, Jeera, Pea, Turmeric Powder (Haldi)

Method :- Take a thick poha wash it in a hole wala thali and dry it for 5/10 minutes. Put salt, sugar, peas, lemon, drop, kadipatta, corriander, kaju pieces. Take a kadai put 1 tbs oil put rai, jeera, turmeric powder, and put dry poha and move with a spoon slowly. Decorate with kaju pieces, corriander leaves and khaman sprinkle sev on it and eat as an breakfast or as an snacks.



Handva

Ingredients :- Dhokla, Oil, Rai, Jeera, Til, Kadi Pata, Corriander, Turmeric Powder (Haldi).

Method :- Take Vessel put dhokla atha put turmeric powder (haldi) Groundnut. Take a pan put oil 1tbs, rai, jeera, kadipatta, corriander put small small handva and as became brown turn on next side and handva is ready. Eat with green chutney, Tomato Sauce.



Yellow Moongdal Kachori

Ingredients :- Yellow Moongdal, Red Chilly Powder, Green Chilly Paste, Turmeric Powder (Haldi), Garam Masala, Turmeric, Sagar, Sugar, Kaju, Kismis, Madia, Wheat Flour, Oil, Salt.



Method :- Deep Yellow moongdal in Water. Boil on a hole wala thali. put all masala given above make puran cool. Take Maida put salt and oil and make a dough make puri put puran and fold it and make kachori and fry in a oil fry on a slow gas so it does not remain kacha. Eat with green chutney & sauce.

Green Leaf Bhajiya

Ingredients :- Ajwain Leaf, Raddish Leaf, Methi Leaf, Corriander Leaf, Green Onion Leaf, Channadal Flour, Salt, Red Chilly Powder, Dhaniya Powder.



Method :- Take Channadal flour put salt, Red Chilly Powder, Dhaniya Powder, Corriander and put water to make Kheera take kadai put oil and take one leaf which given above deep in kheera and make bhajiya. Eat with Dates chutney and green chutney.

Green Moongdal Dhokla

Ingredients :- Green Moongdal, Salt, Ginger Green Chilly, Corriander.



Method :- Take green moongdal Deep in water atleast 6/8 hrs. Then wash it and take out all skin. Then grind in a mixer make dry first put hing, salt, ginger green chilly, put water ¼ and of same measure thali put kheera on thali on vessel kept for boiling in 4/5 minutes the dhokla will be ready. Eat hot hot dhokla with ghee green chutney and tomato sauce.

Boiled Rice Bhajiya

Ingredients :- Boiled Rice, Curd or Sour Chaas, Red Chilly Powder, Channadal Flour, Turmeric Powder (Haldi), Dhaniya Powder.



Method :- Take a boiled rice and if boiled rice is going waste use it put all Masala given above, if onion u want put cut the pieces. take kadai put oil and make Bhajiya.

Gota (Big Bhajiya)

Ingredients :- Channadal Flour, Wheat Flour, Green Chilly Paste, Hing, Garam Masala, Turmeric Powder (Haldi), Red Chilly Powder, Sugar, Oil, Salt.

Method :- Take a vessel put both flour and put given ingredients above put water and make kheera thick and make big big gota and fry in a deep oil. We put coriander also.



Raw Banana/Potato Samosa

Ingredients :- Potato or Raw Banana, Peas Green, Fudina, coriander, Greenchilly, Amchur, Salt, Maida.

Method :- Take Potato or Raw Banana and smash it in it put green peas, amchur and make taste mava. Take maida and wheat flour and put oil and make a dough. Knead it properly make a roti big big roast on a Tava both side. Roast one side properly. Keep aside when u want to make samosa cut the roti in between put mava and maida and water mix kheera and fry it on a slow gas. Eat with green chutney and Dates chutney.



Bread Roll

Ingredients :- Potato 5/6, Oil, Rai, Jeera, Garlic, Green Chilly Paste, Corriander, Bread.

Method :- Put Potato boil in cooker, then peel out the boil potato. Take a kadai put oil, rai, jeera, green chilly paste, garlic paste, coriander and make mava. Take a bread deep in water and take out water by pressing it and put mava and roll it see mava doesn't been seen and fry in a pan. Eat with green chutney Dates chutney.



Moongdal Bhajiya

Ingredients :- Green Moongdal, Corriander, Ginger Green Chilly Paste, Asfoetidia (Hing), Salt, Black pepper.

Method :- Take green moongdal deep in water for 6/8 hrs. Put in a stone kundi and make a soft paste put hing, salt, coriander, make a ready kheera. Take a kadai and put oil and fry in a deep oil and make a bhajiya and eat with dates chutney.



Farali Potato Pattice

Ingredients :- Potato, Corriander, Khaman Ginger Chilly Paste, Salt, Sugar, Lemon, Cornflour, Kismis.

Method :- Boil potato and make mava. put salt put corriander Dry khaman both mix it then put kismis, ginger chilly paste, sugar lemon salt mix all and make potato mava make a hole put mixture in it and pack the ball and rub in corn flour and fry in it.



Mix Vegetable Bhajiya

Ingredients :- Turiya, Cucumber, Pumpkin, Simla Mirchi, Potato, Raw Kela, Channadal flour, Corriander, Red Chilly Powder, Salt, Hing, Dhaniya, Jeera.

Method :- Take a bowl put channadal flour, salt, red chilly powder, hing(asfoetidira), dhaniya powder, corriander, Black pepper and make a thick kheera. In these kheera put one one vegetable given above and make a bhajiya.



Green Methi Bhajiya

Ingredients :- Green Methi, Ripe Banana, Channadal flour, salt, Red Chilly Powder, Dhaniya Powder.

Method :- In Channadal Flour put green methi cutted, ripe banana, salt, red chilly powder, Dhaniya Powder and make Kheera and make bhajiya eat with Dates and green chutney.



Canaps (Monita Corn)

Ingredients :- Raw Kela 6, or Potato, Ginger Green Chilly 1 ½ tbs, Channadal flour, Onion, Cucumber, Corriander, Sev ½kg, Tomato 2, Green Chutney, Khajur Chutney, Garlic Chutney, Canaps 1 Box.

Method :- Kacha kela or Potato boil it make a mava. Take Channadal flour put salt, make a paste. Take a Canaps put mava of raw banana potato spread a paste a channadal flour, and fry in a deep oil put tomato, onion, cucumber, spread kahjur chutney, green chutney, garlic chutney, sev and corriander and eat hot hot canaps. In oven it u want to make canaps kadak keep it on dish. If will become hard and put mava and tomato, onion, cucumber, sev, chutney.



3 Dal Dhokla

Ingredients :- Green Moongdal, 1 vati, Channadal ½ vati, Udad Dal ½ vati, Beans, Peas, Ginger Green Chilly Paste, Corriander, Salt,



Method :- Cut Beans Small pieces and mix peas and keep for boiling. Take given above all 3 dal and deep in water in separate separate bowl and then grind in mixer and mix in one big bowl put green chilly paste, ginger paste, and boiled vegetables given above put salt, hing, grease the ghee and put kheera in a thali and spread corriander and let it keep for Boiling dhokla as it become cool. cut into pieces. Take a kadai put oil rai, jeera, kadipatta, dry kashmiri mirchi and put pieces of dhokla and eat it with green chatney and dates chutney.

Rice Flour Khichi

Ingredients :- Rice Flour 1cup, Green Chilly Paste, Jeera, Oil, Soda, salt, Papad Khar.



Method :- Take 1cup rice flour, 1½ cup water, Keep for boiling in a vessel Green Chilly Paste ,Jeera, 2 tbs Oil, Eating Soda, and oil then put thali onit and stir it with valan wooden rod with which we make roti after stiring 5/7 minutes let it be kept it like that only. put in a bowl and eat with red chilly powder and oil and eat hot hot kichu.

Snacks (Nasta)

- Chivda (Thin Poha)
 - Spicy Ghatiya
 - Chakri
 - Chakri (Instant)
 - Mehti Masala Puri
 - Corn Poha Chivda
 - Bajri Vada
 - Bhel Puri
 - Maida Puri
 - Raw Bannan (Wafer)
 - Fried Channadal
 - Jada Phoa Chivda
 - Sweet Sakarpar
 - Saloni
-
-

Snacks (Nasta)

Chivda (Thin Poha)

Ingredients :- Thin Poha, Dalia, Groundnut, Kadipatta, Salt, Turmeric Powder (Haldi), Sugar Powder, Dry Coconut, Kaju, Kismis.

Method :- Take poha put in a thali keep in a sun for heating. Take a kadai big and roast it as it become hard. put in another thali. Take a kadai put oil fry groundnut, green chilly pieces, as groundnut becomes dark brown put dalia turmeric powder (haldi), salt, dry coconut, katri and then put poha and move with spoon slowly.



Spicy Ghatiya

Ingredients :- Channadal Flour, Salt, Red Chilly Powder, Ajwani, Oil.

Method :- In Channadal Flour, put red chilly powder and put ajwain and make dough and put ghatiya with machine and if we want to make sev then not to put ajwain and fry in a oil.



Chakri

Ingredients :- Wheat Flour, Salt, Jeera, Green Chilly Paste, Oil.

Method :- Take wheat flour put in a cotton cloth and fold properly with knot and keep for boiling in vessel in pressure cooker. After boiled take out flour from cotton cloth and rub properly and take out from whole wala thali In soft flour put Jeera, Salt, green chilly paste, Then make a dough and make a chakali on wooden patla and fry in a deep oil.



Chakri (Instant)

Ingredients :- Jowar Flour, Salt, Jeera, Green Chilly Paste, Til.

Method :- Take Jowar flour in a thali put salt, jeera, green chilly paste, and til and make dough put in chakri machine and put chakri directly in a deep oil.

Methi Masala Puri

Ingredients :- Methi bhaji, Wheat flour, Green Chilly Paste, Salt, Oil, Til.

Method :- Take Wheat flour, wash the methi bhaji and cut leaves and put in it put green chilly paste, salt, til, oil and make a dough and make a small small puri and make a hole with knife in it let it dry for some time and then fry on a slow gas.



Corn Poha Chivda

Ingredients :- Corn Poha, Salt, Red Chilly Powder, Groundnut, Curry leaf.

Method :- Take corn poha and fry it in a hot oil in a kadai and keep a side then put salt, red chilly powder and fried groundnut and mix it with slow hand.



Bajri Vada

Ingredients :- Bajra Flour - 2 vati, Wheat Flour 1 vati, Red Chilly Powder 3 tbs, Turmeric Powder (Haldi) 1tbs, Dhaniya Powders 2tbs, Garam Masala - 1tbs, Ajwain 1tbs, Chilly Paste, Salt 2tbs.

Method :- Keep hot water mix both the flour and put all masala given above and make a dough. Take a little dough and press with hands as a puri and fry in a hot oil in a kadai.



Bhel (Puri)

Ingredients :- Maida ½ vati, Wheat Flour 1vati, Salt 2 tbs, Oil 2 tbs.

Method :- Take wheat flour 1vati take maida ½ put salt and oil and put hot water to make a dough. Then make small small puri and make a hole with knife and then fry in a deep oil.



Maida Puri

Ingredients :- Maida Flour 2 vati, Salt 2tbs, Black Pepper Powder 1 tbs, Oil 2/3 tbs.

Method :- Take a maida flour put salt, black pepper powder, and put a hot water and make a dough and make a puri and fry in a deep oil.



Raw Banana (Wafer)

Ingredients :- Raw Banana, Salt, Oil, Black Pepper Powder.

Method :- Take Raw Banana peel it and make a chips and fry directly in oil in it put salt water so wafer become hard. After it become cool put black pepper powder.



Fried Channadal

Ingredients :- Channadal, Salt, Red Chilly Powder, Turmeric Powder (Haldi), Soda.

Method :- Take Channadal put in a deep water put a soda in it keep in a water atleast 8/10 hrs. then take out water and dry on a cloth. take a kadai put channadal in a hot oil let it fry properly. put in one bowl put salt red chilly powder, turmeric powder (haldi) Mix it properly with so airtight box.



Jada Poha (Chivda)

Ingredients :- Phoa, Salt, Turmeric Powder (Haldi) Oil, Curry Leaf, Groundnut.

Method :- Take a hole wala spoon big put phoa in it and fry in a deep hot oil in a kadai put in a thali and fry groundnut put salt, red chilly powder turmeric powder and mix all properly. put fry groundnut and fry curry leaf in it.



Sweet Sakarpar

Ingredients :- Maida, Oil, Sugar, Ghee.

Method :- Take maida flour put ghee and make a dough with a sugar water. Deep sugar in a water properly and then put u make dough khead properly make big roti and cut in to small pieces and fry in a ghee on a slow gas.



Saloni

Ingredients :- Maida 2 vati, Salt 2 tbs, Oil 1tbs.

Method :- Take a maida in thali put salt and oil and make a dough and make roti thick and cut in between and then cut horizontally and put in a hot oil for frying fry on a slow gas.



Daily's Hot Drinks

- Tea Masala
 - Dryfruit Masala Milk
 - Bajra Flour Milk Raab
 - Bajra Flour Chaas Raab
 - Elachiwala Milk
 - Turmeric (Haldi) Milk
 - Coffee
 - Gunder Raab
 - Moong Water
 - Wheat Flour Jaggary Raab
 - Asariewala Raab
 - Cloves And Cinnamon Kada
 - Tea
 - Ajwain Kada
 - Dry Ginger Raab
-
-

Daily's Hot Drinks

Tea Masala

Ingredients :- Tea Masala Milk, Milk 1cup, Sugar 2tbs, Water ½ cup.

Method :- Take a tea vessel put milk and water and put sugar and tea masala and boil it and it comes up close the gas and put in a mug and drink it.



Dryfruit Masala Milk

Ingredients :- Milk 5 cup, Sugar 10 tbs, Pista, Badam, Elachi, Kesar.

Method :- Take a vessel put milk and sugar keep for boiling put pista thin pieces and boiled almond katri, put kesar and Elachi powder and it boil it.



Bajra Flour Milk Raab

Ingredients :- Milk 1vati, Bajra flour 2tbs, Salt, Water ¼.

Method :- Take a vessel put Bajra flour 2tbs, stir it with spoon and put salt, milk and keep to boil and use to drink hot hot. These Raab we use to drink when we are suffering from cold.

Bajra Flour Chaas Raab

Ingredients :- Bajra Flour 2 tbs, Slat, Chaas 1 vati, water ¼ vati.

Method :- The Method is same above only Insted of Milk use Chaas.



Elachiwala Milk

Ingredients :- Milk 1cup, Sugar tbs, Elachi, Jayful Powder.

Method :- Take Vessel put milk Elachi & Jayful Powder and sugar and drink it at night.



Turmeric (Haldi) Milk

Ingredients :- Milk 1cup, Sugar ¼tbs Turmeric (Haldi) Powder.

Method :- Take a vessel put a milk and sugar in it put Turmeric Powder and boil and use for drinking.



Coffee

Ingredients :- Coffee (Nescafe), Milk 1 cup, Sugar 2 tbs, Water ¼cup.

Method :- Take a vessel put a milk, sugar and coffee powder and let it keep to boil. and then use for drinking. If for cold coffee take a cold milk put sugar and coffee and mix with boss machine and put in mug and drink it.



Gundar Raab

Ingredients :- Gundar, Sugar, Elachi, Almond.

Method :- Take a kadai and roast gundar in it and put in one thali. Then put ghee and put roasted Gundar first smash it and then put it. Then put water and sugar and elachi powder and almond katri.



Moong Water

Ingredients :- Moong 1 vati, Jaggery 2/3 tbs, Jeera, Salt, Oil, Curry Leaf, Green Chilly, Turmeric Powder.

Method :- Take a Vessle keep moong for boiling as moong get boiled put salt and Turmeric (powder). Take out the moong water. Take kadai put oil jeera and put moong water curry leaf, Green Chilly, Jaggery.



Wheat Flour Jaggery Raab

Ingredients :- Wheat Flour, Jaggery, Ghee 1tbs.

Method :- Take kadai put ghee and roast wheat flour put water and jaggery. As the liquid become thick use for drinking.



Asariaewala Raab

ingredients :- Assaria 3/4 tbs, Milk 1cup, Sugar 2 cup, Elachi Powder, Water.

Method :- Take a Vessel put water put assaria to boil. As it is boiled take a milk and put sugar, elachi powder and boiled asaria and boiled it for 5/10 minutes.

Cloves and Cinnamon Kada

Ingredients :- Cloves 4/5, Cinnamon ½, Jaggery 5/6 tbs, Water 2 vati.

Method :- Take a vessel put water, cloves, cinnamon and jaggery and keep for boiling. As it become 1vati from 2 vati close the gas and use for drinking. We Generally drink when we have sever cold.



Tea

Ingredients :- Tea Powder 4 tbs, Sugar 4/6 tbs, Milk 2cup, Wate 2cup, Kesar, Elachi powder.

Method :- Put in a vessel ingredients given above put tea masala taste it as per sweet put in tea kettle to remain hot and drink it.



Ajwain Kada

Ingredients :- Ajwain 4/5tbs, Jaggery 3/4 tbs, Water 2 vati.

Method :- Take a vessle put ajwain jaggery keep for boiling from 2vati, it remain 1 vati take chalni of tea and use for drinking hot hot kada.



Dry Ginger Raab

Ingredients :- Ginger Powder 1tbs big, Ghee 2 tbs, Jaggery 3/4, Water Elachi -pinch, Almond 3-4 pieces Kesar 2/3 fiber, Piprimul ½ tbs.

Method :- To make a Raab Flour cup take a big spoon ginger powder and ghee and put water. put Jaggery Elachi Powder, almond katri ½ spoon Piparimula, ½ black pepper powder put kesar and boil it and use for drinking.



Instant Pickle

- **Keri-Methi**
- **Tindli Methi**
- **Cucumber Methi**
- **Cabbage Dandi**

Methi Masala Means Methi Sambhar which is used to make achar or pickles. We get this methi sambar in all grocery shop. In Season of pickles April & May we get fresh methi sambhar.

Instant Pickle

Keri-Methi

Take 1 Kacha Keri Peel it and make small pieces and put 2tbs methi masala and 1tbs oil and mix it.



Tindli Methi

Buy Tindli Vegetable cut into small round pieces put methi masala and oil and mix it.



Cucumber - Methi

Take Cucumber peel it and make a round pieces put methi masala and oil and mix it well.



Cabbage Dandi

Cabbage dandi which is between the cabbage leaves. cut the Dandi into small small pieces put methi masala oil and mix it.

Methi Masala Means Methi Sambhar which is used to make achar or pickles. We get this methi sambar in all grocery shop. In Season of pickles April & May we get fresh methi sambhar.

Green Chilly Pickles

- **Green Chilly Thesa**
 - **Channadal Pickle Chilly**
 - **Channadal Flour Chilly**
 - **Shimla Mirchi Sambhariya**
 - **Khaman (Coconut) Chilly**
 - **Fried Green Chilly**
-
-

Green Chilly Pickles

Green Chilly Thesa

Ingredients :- Green Chilly, Salt, Garlic, Rai, Jeera, Oil

Method :- Green Chilly Salt and garlic put in a mixer bowl and grind it and make a paste. Take a Small Kadai put oil, Rai, Jeera, and put paste which made eat with bajra rotla.



Green Pickle Chilly

Ingredients :- Green Pickle Chilly ¼ kg, Rai Powder 100gm, Methi Powder 100 gm, Oil, lemon, sugar, Jaggery, Turmeric Powder (Haldi), salt, Black pepper.

Method :- Cut the green pickle chilly in to two pieces put salt and rub it with hands take out seeds of chilly. Then put all ingredients given above and keep in bowl 8/10 hrs. As jaggery is Melt. Then keep in freeze to eat pickle so the colour of chilly remain green.



Channadal Flour Chilly

Ingredients :- Channadal flour ¼ vati, Green Chilly 5/6, Salt 2tbs, Turmeric powder (Haldi) 1tbs, lemon, sugar 1tbs, Oil 3/4 tbs, rai ¼ tbs, Jeera ¼ tbs, Hing Pinch.

Method :- Take a kadai put oil 3/4 tbs put rai, jeera, green chilly pieces, salt, sugar, lemon drop, hing and put water let it boil for sometime then put channadal flour in it and stir it with spoon as it doesn't stick to kadai the pickle is ready.



Shimla Mirchi Sambhariya

Ingredients :- Shimla Mirchi 6, Channadal Flour 2vati, Red Chilly Powder 2 tbs, Turmeric Powder (Haldi) 2tbs, Salt 1½ tbs, Garam Masala 2tbs, Oil 2/3 tbs, Sugar 2 tbs, lemon 1, Khaman Sukhi 4/5 tbs, Groundnut Powder ¼ vati

Method :- Take a thali put channadal flour put given ingredients above and roast in a pan keep aside. Take shimla mirchi cut into two pieces take out seeds and put these masala which made in shimla mirchi and keep in over for 4 minute to oil or in a vessel put water keep up hole wala thali put all stuffed mirchi and boil it 5/6 minutes. Take kadai put oil, rai, jeera, til, and put all sambhariya and move it spoon.



Khaman (Coconut) Chilly

Ingredients :- Cocount, Sugar, Salt, Lemon, Turmeric Powder (Haldi), Rai, Jeera, Green Chilly.

Method :- Break the coconut and take out khaman take kadai put oil, rai, jeera, turmeric powder, and pieces of green chilly, sugar, salt, lemon, drops put cocount khaman in it and move with a spoon. so your khaman chilly is ready.

Fried Green Chilly

Ingredients :- Green Chilly 6/8, Oil 2 tbs, Rai ¼ tbs, Jeera ¼ tbs, Salt 1 tbs, Turmeric Powder (Haldi) 1tbs, Dhaniya Powder 1tbs.

Method :- Take a Kadai put oil, rai, jeera, salt, Turmeric, and put green chilly and move with a spoon for 1 to 2 minutes take out in bowl sprinkle Dhaniya powder on it.



Yearly Pickles

- **Gunda Pickle**
 - **Sweet Keri Pickle**
 - **Kacha Keri Pickle**
 - **Keri Chunda (Sweet)**
 - **Ginger, Turmeric, Lemon Pickle**
-
-

Yearly Pickles

Gunda Pickle

Ingredients :- Gunda 25 gm, Methi Masala 2 tbs, Oil 100 gm, Kachakeri 1.

Method :- Take a Thali put methi sambar we get in a shop. khis 1 kacha keri. take a gunda take out seeds from it and put masala given above in gunda, put in a glass jar and place all gunda and put oil on it. Frist heat the oil properly and make it cool and then put on it till gunda deep.



Sweet Keri Pickle

Ingredients :- Kacha Keri 3 Kg, Turmeric Powder (Haldi), Methi Powder, Methi Powder, Rai Powder, Red Chilly Powder, Hing, Jaggery 2 kg, Sugar, Surso Oil.

Method :- Take Rajapuri kacha keri and make a big pieces. Put Turmeric powder and salt and mix and put in big vessel for 1day. next day take out 1-1piece and dry on a cotton cloth. take a big thali in middle put methi powder, rai powder, red chilly powder, turmeric powder, hing, make oil heat and put in it. mix all masala. As the masala become cool put jaggery pieces, sugar, red chilly powder, and piece of kachakeri and put in big vessel till one week daily move with a spoon and preserve in a pickle jar.



Kacha Keri Pickle

Ingredients :- Kacha Keri ¼ kg, Methi Powder 2/3 tbs, Salt 2/3 tbs, Hing Pinch, Red Chilly Powder 4/5 tbs, Turmeric Powder (Haldi) 2tbs, Oil 3/4 tbs.

Method :- Take a Kacha Keri make a medium size pieces. Take a methi powder, hing, red chilly powder, turmeric powder, salt and mix it and put in a jar and put keri pieces and close it. next day make oil hot and cool it and put in a jar on pickle and move it properly.



Keri Chunda Sweet

Ingredients :- Kacha Keri Rajapuri 2kg, Sugar 2 kg or jaggery, Jeera, Hing, Salt, Red Chilly Powder.

Method :- Take a keri peel it out and make a khish and press it and take out all water. put salt and sugar and move with hands or spoon so all sugar get properly melt. keep in a broad vessel and cover with mulmul cloth keep this in a sun in terrace for 8/10 days or 15 days. Daily move with spoon and then keep it. As it is ready with 1½ chasni make a cool put red chilly powder, jeera powder, and taste it and preserve in a big glass pickle jar we can eat with thepla, muthiya, dhokla, bhajiya.



Ginger, Turmeric, Lemon Pickle

Ingredients :- Lemon 20 Piece, Pickle Haldi 1kg, Amba Haldi ½kg, Ginger ½kg, Red Chilly Powder, Hing Sugar 3 kg, salt.

Method :- Cut pieces of lemon, amba haldi, pickle haldi, ginger, and put salt in it and keep in a big pickle jar for 1 month. In between move with spoon. As lemon skin become so soft take out in all in a big thali separate the water and dry all the pieces under fan then put hing red chilly powder and mix all and put in a glass jar and keep in a sun for 3 to 4 days and use for eating.



Chutneys

- Corriander Chutney
 - Daliya Groundnut Dry Chutney
 - Udaddal Chanadal Chutney
 - Garlic Dry Chutney
 - Fresh Coconut Chutney
 - Kashmiri Chilly Chutney
 - Lady Finger Chutney
 - Til Khaman Chutney
 - Lauki (Dhudhi) Skin Chutney
 - Dry Khaman & Channadal Chutney
 - Papdi Chutney
 - Red Tomato Chutney
 - Green Tomato Chutney
 - Kacha Keri Chutney
 - Fresh Coconut-Onion Chutney
 - Tamarind/Kajur Chutney
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Chutneys

Corriander Chutneys

Ingredients :- Corriander 1 judi, Green Chilly 2/3, Ginger 1small piece lemon -1, Salt 1tbs.

Method :- Buy a Corriander pick out nice leaf and wash it properly so no mud remain cut in a small pieces put green chilly, ginger, salt, lemon, put in a bowl and grind it even we can put palak also pudina also.



Daliya Groundnut Dry Chutney

Ingredients :- Groundnut, Dalia, Jeera, Red Chilly Powder, Salt

Method :- Take a Kadai roast groundnut and then dalia. Rub the groundnut and take out skin of it. Put in a mixer groundnut and dalia put jeera, salt, and grind it. Even we can put dry Khaman and til.



Udaddal Chanadal Chutney

Ingredients :- Channadal ½ vati, Udaddal ½ vati, Jeera 1tbs, Salt 1tbs, Red Chilly Powder.

Method :- Roast both the dal separately. Roast jeera and in mixer bowl put both dal, jeera, salt and red chilly powder and grind it preserve in a bowl. These chutney we can use for eating at Indli, in madrasi they sey mudgapuri.



Garlic Dry Chutney

Ingredients :- Garlic, Sukhi Khaman, Salt, Red Chilly Powder.

Method :- Peel the garlic and make paste of it. Take a bowl put in it put sukhi khaman, salt, and red chilly powder and move with a slow hands properly. Eat with lunch, dinner, especially with potato vada and can put in a vegetable also.



Fresh Cocount Chutney

Ingredients :- Coconut 1, Corriander ½ Judi, Green Chilly 2/3, Ginger 1piece, lemon 1, salt 2/3 tbs, Card ½ vati, Sugar 2 tbs, Dalia ¼ vati.

Method :- Cut the cocount and make a khaman put corriander leaves. green chilly, ginger, lemon, salt, curd, sugar, dalia and little water and grind in a mixer. take a kadai put oil, rai, jeera and udaddal put chutney and keep it eat after 10/15 minutes keep in freeze.



Kashmiri Chilly Chutney

Ingredients :- Kashmiri Chilly, Papdighathiya, Til, Salt, Lemon, Red Chilly Powder.

Method :- Take Kashmiri Chilly and deep in water for 10/12 hrs. take out seed and water put til, salt, lemon, red chilly powder, papdi and grind in a mixer and put in an air tight box. These chutney we can use in pav bhaji, punjabi bhaji, the colour of bhaji comes red. If garlic paste want to put we can put it.



Lady Finger Chutney

Ingredients :- Lady Finger 200gm, Green Chilly 2/3, Curd ½ cup, Turmeric Powder ½ tbs, Jeera, Methi Powder, Hing, Salt, Oil.

Method :- Take ladyfinger wash and make dry. Fry it then except curd grind in a mixer and then put in bowl put curd and salt so ur chutney is ready.



Til Khaman Chutney

Ingredients :- Til Sukhi Chutney, Kaju, Salt,

Method :- Take Til and roast it take a khaman and roast mix both and put all ingredients given above and grind in a mixer. Take a kadai put oil, rai, jeera, hing and red chilly and put which we grinded a both til and khaman. After it becomes cool put in a jar.

Lauki (Dudhi) Skin Chutney

Ingredients :- Dudhi, Khaman, Til, Groundnut, Khaskhas , Salt, Red Chilly Powder, Turmaeric Powder, Sugar, Oil, hing, Curry Leaf, Anardana

Method :- Peel of the dudhi the peeling leaves of dudhi wash it and make pieces and fry it put all ingredients given above. Take a kadai put oil, rai & hing curry leaf and put mixer of chutney which we have made.

Dry Khaman & Channadal Chutney

Ingredients :- Dry Khaman, Channadal Fried, Til, Salt, Oil, Red Chilly Powder, Turmeric Powder, Sugar, Rai, Hing.

Method :- Take a kadai put dry Khaman and roast in oil take a fried channadal mix both put salt red chilly powder, turmeric powder, til, and sugar powder, grind in mixer. Take kadai put oil, rai, hing and chilly put chutney which we grinded as it become cool put in jar and preserve it.

Papdi Chutney

Ingredients :- Papdi Ghathiya, Lemon, Dhaniya Powder, Sugar, Red Chilly Powder, Salt.

Method :- Make Powder of papdi put ingredients given above put water and grind a mixer.



Red Tomato Chutney

Ingredients :- Red Tomato 2, Green Chilly 2/3, Salt 1½ tbs, Dalia ¼ vati, Sugar 2 tbs, jaggery 3 tbs.

Method :- Take red tomato make pieces put salt dalia sugar, or jaggery red chilly powder and grind in a mixer and put in a chalini so no tomato skin comes between. If sauce is over then we can make chutney emergency.



Green Tomato Chutney

Ingredients :- Green Toamto 3, Salt 2tbs, Sugar 2tbs, Rai ¼ tbs, Jeera ¼ tbs, Dalia ¼ vati, Oil 1tbs.

Method :- Take green tomato cut into pieces put Salt, sugar, dalia, and grind in mixer take a small pan put oil, rai, jeera, and put chutney in ti use for eating.



Kacha Keri Chutney

Ingredients :- Kacha Keri 3-4 pieces, Jaggery 1½ vati, Salt 2/3 tbs, /Red Chilly Powder 3tbs, Jeera, Dalia ¼ vati

Method :-Take a Kacha keri peel it make a pieces put red chilly powder, jeera, dalia and salt, jaggery then grind in a mixer and put in a bowl keep in a freeze these chutney we can eat till one month.



Fresh Cocount-onion Chutney

Ingredients :- Fresh Cocount 1, Onion 1, Corriander ½ judi, Salt 1½tbs Lemon 1, Dalia ¼ vati Curry Leaf 4/5 leaves, Green Chilly.

Method :- Take a pieces of coconut and onion put corriander, salt, lemon, dalia, curry leaf, green chilly and grind in a mixer and make a chutney. Eat with kachori and pattice.



Tamarind/Dates Chutney

Ingredients :- Tamarind 5gm, Dates 200gm, Jeera 1tbs, Red Chilly Powder 2 tbs, Salt 1tbs, Jaggery 1vati.

Method :- Take out the seeds from khajur put tamarind, jeera, salt, red chily powder, and jaggery put in vessel and boil in cooker. After boiling grindin mixer and put in plastic box and keep in deep freezer. when to make use for eating take out from freeze 2/3, hrs before and put water to make thin chutney.



Raitas

- Boondi Raita
 - Fruit Raita
 - Onion Raita
 - Shimla Mirchui Raita
 - Pomegranate Raita
 - Beet Root Riata
 - Cucumber Tomato Raita
 - Banana Rita
 - Cucumber Rita
-
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Raitas

Boondi Raitas

Ingredients :- Boondi, Dahi, Salt, Rai, Jeera, Curry leaf, Udadal, Corriander, Red Chilly Powder.

Method :- Take a bowl put curd and smash it so it become soft. Put Boondi in it put salt chilly powder. Take kadai put oil, rai, jeera, udaddal, curryleaf, corriander and put on raita move with a spoon and keep in freeze if it becomes thick put little chaas.



Fruit Raita

Ingredients :- Orange, Mosambi, Pineapple, Dahi, Sugar.

Method :- In a bowl take Dahi and Smash it with Boss to become soft and put fruit any given above. If necessary put sugar or salt pineapple Raita taste more tasty to eat keep in freeze and eat.



Onion Raita

Ingredients :- Onion, Dahi, Salt, Oil, Rai, Jeera, Hing.

Method :- Take a Dahi and make soft with Boss machine put onion pieces and take kadai put oil, rai, jeera curry leaf and put raita



Shimla Mirchi Raita

Ingredients :- Shimla Mirchi, Salt, Oil, Rai, Jeera, Udaddal, Dahi.

Method :- Make a pieces of shimla mirchi put dahi in bowl smash it put salt. Take kadai put oil, jeera, rai, udaddal and raita eat cold raita.

Pomegranate Raita

Ingredients :- Pomegranate 1, Curd 1bowl, Jeera Powder ½ tbs, Salt 1tbs, Chat Masala, Sugar, Red Chilly Powder.

Method :- Take a Bowl put curd and make soft with boss machine put sugar, jeera powder, red chilly powder, salt, Pomegranate ½ tbs chat masala while serving put mint leaves.



Beet Root Raita

Ingredients :- Beet Root, Salt 1tbs, Curd 1bowl, Corriander.

Method :- Take 1 beet root boil in a pressure cooker. Take a bowl put curd and smash with boss machine. put salt khis the boil beet and put it put beet as of necessary only.



Cucumber Tomato Raita

Ingredient :- Cucumber, Tomato, Curd, Corriander.

Method :- Take Curd in a bowl and make soft with boss machine put salt khis cucumber and put in it and put small small pieces of tomato and corriander leaves if onion a can put onion pieces in it.



Banana Raita

Ingredients :- Banana 2, Curd 1bowl, Salt 1tbs, Sugar 2/3 tbs, Corriander, Red Chilly Powder

Method :- Take a curd in a bowl and make soft put salt, sugar, red chilly powder, and cut banana round pieces put in curd and sprinkle corriander leaves.



Cucumber Raita

Ingredients :- Cucumber, Curd, Salt, corriander, Sugar.

Method :- Take a curd put in a bowl and make soft with boss machine put salt, sugar, corriander and khis cucumber and take out water an d put khis cucumber in curd keep in freeze and eat cold cold raita.



Salad

- **Salad Masala**
 - **Carrot Salad**
 - **Cabbage Tomato Salad**
 - **Tomato Onion Salad**
 - **Mogri Salad**
 - **Potato Salad**
 - **Amaba, Admari, Ginger Haldi Salad**
 - **Cucumber Salad**
 - **Green Peas Salad**
 - **Tomato, Onion, Kachi Keri, Salad**
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Salads

Salad Masala

Ingredients :- Dalia, Groundnut, Sukhi khaman, Til, Variali, Jeera, Black Papper, Sukha Red Chilly, Anardana, Bay leaf, Oil.



Mehtod :- Take groundnut peel out the skin. Take a Kadai put oil and roast all seperatley sukhi khaman, til variali, jeera, balck pepper, sukha red chilly, mix all put dalia and groundnut and grind in mixer and put annardana and mix properly in a thali. These salad masala we can put in vegetable fruit and salad. If necessary put salt and sugar.

Carrot Salad

Ingredients :- Carrot, Amba Haldi, Admari Haldi, Ginger, Salt, Lemon drop, Green Chilly, Corriander, Sugar, Oil, Rai, Jeera, Curry Leaf.



Mehtod :- Take a carrot and khis it take out a hard side from middle.put Amba Haldi, Admari Haldi, and ginger pieces. put pieces of green chilly, corriander, salt, lemon drop, and put sugar and take kadai put oil, rai, hing and curry leaf put salad in it.

Cabbage Tomato Salad

Ingredients :- Cabbage (green) 3-4 leaves, Tomato 1, Sugar 1tbs, salt ¼tbs, Black Pepper Powder pinch, Corriander



Mehtod :- Take a cabbage take out green leaves and cut thinly put tomato pieces small small, put corriander sugar, salt, and Black Pepper, Powder. Eat cold salad keep in freeze.

Tomato Onion Salad

Ingredients :- Tomato, White onion, Salt, Sugar, Green Chilly, Corriander, Dhaniya Powder, Black Pepper Powder.



Method :- Take Tomato and wash it make a small small pieces, cut onion in to small pieces put salt, sugar, and pieces of green chilly and corriander.

Mogri Salad

Ingredients :- Mogri (green), Salt, Sugar, Green Chilly, Salad Masala, Corriander.



Metod :- Take a green mogri in to small pieces put salt, sugar, green chilly pieces, salad masala and corriander.

Potato Salad

Ingredients :- Potato 2, Green Chutney ¼vati, Salt pinch.

Method :- Boil the potato and cut into pieces put green chutney sprinkle corriander and khaman and mix it eat with toothstick and decorate in a dish properly and put toothstick on one one boil potato.



Amba, Admari, Ginger Haldi Salad

Ingredients :- Amba Haldi, Admari Haldi, Ginger Haldi ¼kg, Salt, Lemon.

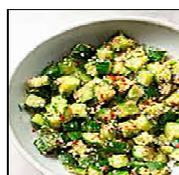
Method :- Take a Amba Haldi, Admari Haldi, Ginger Haldi, Cut into small small pieces put salt and lemon syrup or drop preserve in a jar and keep in a freeze.



Cucumber Salad

Ingerdients :- Cucumber, Dalia, Salt, Green Chutney, Sugar.

Method :- Take a cucumber peel it and make pieces put salt, Green Chutney, Sugar dalia powder mix well keep in bowl in freeze.



Green Peas Salad

Ingredients :- Green Peas, Jeera, Salt, Oil, Corriander.

Method :- Take a vessel put green peas in a water put pinch of soda and boil on a gas. 2/3 minutes the green peas get boiled and take out water and make dry. kadai put and jeera put green peas and salt mix it and put corriander leaves and eat hot hot.

Tomato, Onion, Kachi Keri, Salad

Ingerdients :- Kachi Keri, Onion, Tomato, Corriander, Salt, Black Pepper, Red Chilly Powder.

Mehthod :- Take onion, tomato, and kachi keri make a samll small pieces put salt, black pepper powder and red chilly powder and eat it.



Kutchi Mukhwas

- Supari
 - Roasted Varali
 - Ajwain (Thymol Seeds)
 - Til
 - Suaa
 - Mix Mukhwas
 - Magaz
-
-

Kutchi Mukhwas

Supari

Ingredients :- Roasted Supari, Varali, Cloves, Cinnamon, Elachi, Jesthimadh.

Method :- Make pieces samll samll of roasted sopari put varali, cloves, cinnamon, elachi, jesthimadh mix all and grind it and powder fill in a jar.



Roasted Varali

Ingredients :- Varali, Salt, Turmeric Powder (Haldi)

Method :- Take bowl put salt and turmeric powder, and stir with spoon. Take big thali put varali and water of salt and turmeric as per necessary and dry in sun on cloth. As varali became dry then roast on gas in kadai or and a oven also. After it becomes cool rub it and take out if any dandi or stone is there.



Ajwain (Thymol Seeds)

Ingredients :- Ajwain Salt, Lemon drop, Turmeric Powder (Haldi)

Method :- Take ajwain in a thali put salt and lemon drop and mix it and make dry and then roast it. Even we can put roasted til & varali.



Til

Ingredients :- Til, Salt, Turmeric Powder (Haldi)

Method :- Take til put salt and turmeric powder in water and mix it with til. Let it be dry and then roast it. After eating these teeth became clean.



Suaa

Ingredients :- Suaa, Salt, Lemon Drop, Turmeric Powder (Haldi).

Method :- Take suaa put salt and turmeric powder in water and mix it well then make dry in sun on cloth and then roast it. Roasted ajwain can put in to it.



Mix Mukhwas

Method :- Saaa, Varali, Til, Dhanadal all roast it and then mix together and fill in air tight jar.



Magaz

Take chibda seeds and make hard and dry put it become kadak put salt and turmeric powder and keep to dry. After drying roast it on a slow gas.



Kitchen Masala

Garam Masala

Ingredients :- Corriander cilantro 2 vati, Jeera ¼vati, Cinnamon, Cloves, Black Pepper, Black Cardomom Dagadg, Cumin Black, Bay leag, Badia.

Method :- Take all things given above roast all in kadai Grind it in mixer and make masala. These masala is dry so fill in a jar and keep for a long time.



Tea Masala

Ingredients :- Sunth, Black Pepper, Cardomon, Clove, Cinnamon.

Method :- Given above all ingredients dry in sun on terrace or roast in a kadai then grind in a mixer and masala is ready fill in jar.



Milk Masala

Ingredients :- Almond ½ vati, Pista ¼ vati, Charoli ¼ vati, Elachi 5/6 tbs, Sunth Piece, Kesar 3-4 fiber.

Method :- Take all given ingredients put in a mixer bowl and grind it the milk masala is ready fill in air tight jar keep in freeze.



Rasam Masala

Ingredients :- Channadal ¼ vati, Methi ½tbs, Curry leaf, Khaman 2 tbs, Black Pepper ¼ tbs, Coriender cilanto 2/3 tbs, Hing, Jeera 1tbs, Haldi stick 1 small.

Method :- Roast Channadal and as it become brown. Khaman roast in oil, roast all sepretely then grind it mix all in channadal powder and mix all together and put masala 1spoon when we make rasam.



Vegetable Masala

Ingredients :- Khaman, Til, Groundnut, Dry Red Chilly, Clove, Cinnamon, Black Pepper, Poppy Seeds (Khas Khas), Black Cardomom, Corriander Cilanto, Jeera, Variali, Anardana.

Mehthod :- Make a khis of dry coconut and roast in little oil. Roast groundnut and take out skin and make powder roast til and poppy seeds. Cloves, Cinnamon, Black Pepper, Corriander, Cilanto, Jeera, Variali, Anardana, mix all together and fill in a air tight jar. Then put in any vegetable and eat it.



Jiralu

Ingredients :- Sindav, Sanchar, Jeera, Turmeric Powder(Haldi), Red Chilly Powder, Hing, Sunth.

Method :- Take all ingredients given above grind in a mixer and fill in a glass jar.



Curry Masala

Ingredients:- Corriander Cilanto, Jeera, Poppy Seeds (Khas Khas), Dry Red Chilly, Til, Rai, Black Pepper, Methi, Tuemic Powder, Ghathiya.

Method :- Roast all the ingredients brownish colour and grind in a mixer and fill in a glass jar use when you make curry.



Corriandar Cilanto (Dhana Jeera)

Ingredients :- Corriander Cilanto, Jeera, Cloves, Cinamon, Elachi.

Method :- Corriander Cilanto put in heat on terrace. Then put jeera, cloves, cinamon, elachi, and grind in chaki or mixer and then pack in air tight jar. put little bit salt on it.





Jasmine Jayant Chheda

My passion for social works comes from my father Padamshi Tokershi Khona. Having gotten the passion to do something from the community comes from him as well as my mother, Premilaben Khona and mother in law, Laxmiben Visanji Chheda. They had all started to do a noble cause for the community and I have kept going on the tradition. I am B.A. graduate, I loved arts from the very beginning and decided to excel in the field. After acquiring my degree, I decided not to venture outside but take care of my family and be a silent social worker. I have looked out for the poor, helpless and orphans educated them and made sure they get graduated and get associated with good firms. Besides that, I have thought of giving the community The Art of Cooking. Up till today I have published an edition in Gujarati Language under which there are two books

1st book – Aavnavo Kutchi Rasthal (અવનવો કુટ્ચી રસથાળ)

2nd book – Pav ni Vaividhyata (પાવની વૈવિધ્યતા)

After Achieving good responses for the earlier books and much demands from the public to publish an edition in English Language, I thought to give in to their demands and have written my 1st book in English – Kutchi Delicacies.