


Dalda Cook Book

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Preface

 THE DALDA COOK BOOK has been a part of Indian domestic life since 1942. The third edition was published in 1951 and has become a “best seller,” over 60,000 copies having been sold. This has encouraged us to publish our fourth edition.

The new DALDA COOK BOOK contains more than 300 recipes, but its contents are not confined to recipes alone. To get the maximum success from the use of these recipes the housewife should have a good knowledge of (*a*) nutrition, (*b*) food facts, (*c*) menu planning, (*d*) household budgeting, and the important details of (*e*) preparing and serving food. This is why the introductory chapters of our Cook Book deal with a section covering these factors.

The recipe section has something for every housewife—both beginners and the more experienced. Each of the recipes in this book has actually been tried out in our Dalda Advisory Service kitchen, and the ingredients and methods to be used are easily available to and understood by the average housewife. The Indian recipes are classified according to the region from which they originate and a preface to each section gives a brief idea of the general composition of a meal in that region. A section on International recipes has also been included as an interesting addition for the ambitious housewife who would like to try something different.

As a result of practical experience, each recipe in this cook book uses the simplest and quickest method to achieve satisfactory results. We hope this book will be of real practical help to every housewife who seeks to get the best possible return for the time and money she expends on her household food and its preparation. Happy cooking to you !



The story of the Dalda Advisory Service

WHEN DALDA VANASPATI was first introduced, we received a large number of enquiries not only on how it was made and how best to use it but also on general matters of cooking, nutrition and health. These enquiries suggested to us the idea of starting an Advisory Service, an independent organisation which would help to familiarize the public with simple facts on cooking and nutrition. The Dalda Advisory Service was launched in November 1947, and from a very modest beginning it has now developed into an organisation whose advice is sought by men and women all over the country.

The Dalda Advisory Service has three major functions—to answer enquiries, to publish factual leaflets and booklets on food and to hold free cooking demonstrations and lectures.

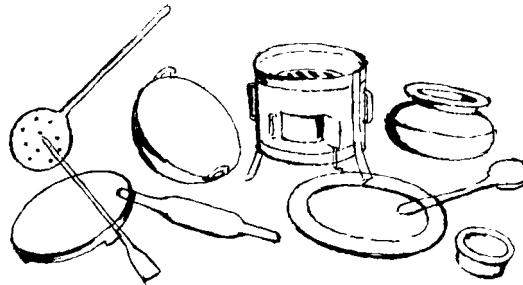
We encourage people to write to us about their food and nutrition problems. We receive about 2,000 letters every month and every one is answered individually by experts, written in simple language and designed to help get the best out of the foods available.

The second function of the Service is to publish recipes, booklets and bulletins relating to food, nutrition, cooking and general health. All these are written on simple lines and are issued in all the major

Indian languages as well as in English. The best known of our publications is the DALDA COOK BOOK, the third edition of which was published in 1951. Since then 60,000 copies have been sold, a record which makes the DALDA COOK BOOK one of India's 'best-sellers' in recent years. In addition to English, there are Hindi, Tamil and Bengali editions too. The immense popularity of this book has encouraged us to publish this fourth edition incorporating several new and interesting features. These include planning meals for a balanced diet, cooking terms and methods, and a chapter on the basic principles of cooking. Information is also given about the best methods of frying "masalas" and of conserving the nutritive value of foods.

The third function of the Dalda Advisory Service—to hold free cooking demonstrations and lectures on diet, nutrition, etc.—is a

recent development which has resulted from the enthusiastic interest shown in our activities by the public. The Service began by giving these demonstrations in different parts of Bombay, and they proved so popular that we have now established a permanent home in India House, opposite the General Post Office, Bombay. This centre contains a spacious demonstration hall, an experimental kitchen and a library. More and more housewives are attending the lectures and demonstrations regularly provided at the centre, and since balanced, well-cooked meals mean better health, it can be said that the Dalda Advisory Service is making its contribution to national welfare. To all who are interested, we send a cordial invitation to visit us, and to those who do not have the opportunity of coming to Bombay we shall continue to give service by mail.



Your Food and You

THROUGHOUT the world, certain valuable principles of nutrition are becoming more widely known and accepted, with regard to (1) planning the daily diet of average families, and (2) cooking methods. In India, Health organisations and Women's organisations are helping to tell more and more people about these, and it is being increasingly realised that whether we are vegetarians or non-vegetarians, the food we eat must have the correct *food value* to keep us healthy, and to give our children the energy they need and the ability to grow and develop properly.

Necessary food elements which are foods in themselves are called *nutrients*. Our bodies need these various nutrients in some form every day. These nutrients are:

- 1 PROTEINS: foods for growth, as well as repair and maintenance of tissues.
- 2 CARBOHYDRATES: sources of quick heat and energy.
- 3 FATS: concentrated sources of heat and energy.
- 4 MINERALS: normal constituents of blood, bones, teeth, etc., help to regulate our bodily processes; aid growth and repair.
- 5 VITAMINS: are largely responsible for 'healthful well-



being', which proves that our bodies are in sound condition.

Besides these five nutrients, water is an essential for all functions of the body.

Most foodstuffs are composed of several nutrients, and there are very few that contain only one. The largest quantity of any nutrient in any particular item determines the way it is classified—for example, rice, which also contains protein and other nutrients, is classified as a carbohydrate because it contains most of this element.

Functions of food:—The main functions of food are threefold. However, food and drink play a significant part in social life, and that is why the way a meal is cooked and the manner in which it is presented are important.

According to their respective functions, foods can be divided into three general groups:

1 BODY-BUILDING FOODS

2 PROTECTIVE FOODS

3 HEAT AND ENERGY-GIVING FOODS

BODY-BUILDING FOODS are proteins and minerals. A child must have these to help him grow normally; an adult needs them to stay healthy. We get proteins from both animal and vegetable sources—meat, fish, eggs, milk; and wheat, millets, lentils, green vegetables and certain fruits. Vegetable proteins by themselves are not enough to ensure perfect health, and one-fifth of this nutrient should come from animal sources. Vegetarians, therefore, must be careful to include milk and milk products such as cheese, curds and cream in their diet, to get their necessary proteins.

Minerals, such as iron and copper, are essential for the blood; calcium for bones and teeth; phosphorus for healthy nerve tissue; sulphur, present in proteins, keeps skin, hair and nails in good condition.

PROTECTIVE FOODS are vitamins. They promote health, and enable us to resist infection and disease, and are essential for certain normal functions of the body. Important sources of vitamins are milk and milk products, unpolished cereals, eggs, meat, fish, fresh fruit and leafy vegetables.

HEAT AND ENERGY-GIVING FOODS are carbohydrates and fats. Carbohydrates can be grouped under *starches*, such as cereals, potatoes and root vegetables; and under *sugars*, such as honey, beetroot and fresh and dried fruits.

Fats have both animal and vegetable sources. Butter and ghee are animal fats; edible oils—til, groundnut, mustard and coconut—are vegetable fats, as is DALDA Vanaspati. Fats provide twice as much energy as carbohydrates, and one's daily diet should include at least 2 ozs. of fat a day.



Budgeting your food income

SOWEVER small or large an income may be, it is necessary to budget it carefully if the best results are to be obtained for the money you spend on your family every month. Intelligent budgeting makes it possible to provide for necessities as well as for comforts. Since requirements vary according to individual, family, period and state, it is difficult to set up a standard budget to meet everybody's needs.

Food is perhaps the most important item in every domestic budget. Statistics show that families in small-income groups spend a third of their earnings on food. This is wise, because too little expenditure on meals results in poor health, leading to doctors' bills, while too much does not leave a sufficient balance for the other necessities of life. The wise housewife aims at providing meals which are both nourishing and tasty, and to this end plans the daily menu, keeping in mind the means at her disposal. In this connection, it is good to remember that rich food is not necessarily wholesome. The best-fed people, from the nutritive angle, are those whose diet is rich in all those elements which are essential for health.

Expenditure on food might be usefully grouped under the following heads: 1. Cost of the daily bazaar and routine expenditure for meals prepared at home. 2. Outlay on meals taken outside, as in the case of office workers. 3. Expenses for entertaining at home.

If a careful record of expenditure under these headings is kept over a period of a month or so, the housewife will be able to tell

whether the amount she has set aside for food needs to be reduced or increased.

Buy Wisely! True economy does not mean going without things but buying wisely, and using in the best possible way every scrap of food that is bought. Spend some time in making a list of what you need, and buy only what you really require. It is always economical to buy on a bulk basis, provided facilities for storage and refrigeration are adequate.

With both fruit and vegetables, it is important to remember that the largest specimens are not always the tastiest or the best. Over-ripe fruit too, must be avoided as it leads to digestive disorders. Vegetables which are not fresh have very little food value, a point worth remembering when shopping. Insist on getting "quality products" as far as your budget will allow and there will be little chance of your money being misspent.

KNOWLEDGE OF FOOD VALUES AS AID TO FINDING SUBSTITUTES

A varied diet need not entail extra expense. A knowledge of food values helps the housewife to find substitutes for expensive items; for example, to include *dal*, which is rich in proteins, in the menu when the price of meat is high and to combine foodstuffs in such a way that a maximum of nutrients is provided at each meal. Wise planning ensures both economy and success, so vital to the smooth running of a home.



Planning a Meal

MAN is said to be distinguished from the beasts of the field,” says a writer, “in being a conversing and dining animal.” The correct planning, preparing and serving of meals is an art which can be acquired by observation, by reading and by practice. Aim at meals which are appetising, attractively served and, above all, nourishing, always bearing in mind the limits of the family budget.

Variety is an important consideration in the planning of a meal and it is, therefore, necessary to think out menus in which the same dish does not appear over and over again. A mixed diet ensures not only the amount of varied nutrients the body needs from different sources, but provides a welcome assortment of items.

It has been suggested by some dietitians that the amount allotted to food in your budget should be divided into five equal parts:

The first to be spent on vegetables, leafy and unleafy

The second on pulses and fruits

The third on cereals—rice, wheat and other grains

The fourth on animal products—milk, fish, eggs and meat

The fifth on fat, sugar and other extras.

Each meal should contain at least one item from each of these groups, and the items should be varied at each meal. If rice, a meat-and-potato curry, curds and fruit are served at lunch, the evening meal should include leafy vegetables, *dal*, chappaties, a milk pudding or some other sweet preparation.

“A salad a day keeps the doctor away” is very sound dietetic advice. Green leafy vegetables are rich sources of vitamins and minerals; this specially applies to those which can be taken raw such as lettuce, tomatoes, carrots, cabbage and spring onions, while other vegetables like spinach and ladies’ fingers which need to be cooked before they can be eaten, also help to maintain good health.

Pulses—which include all types of *dal*—can be included with advantage in the diet to supplement those elements which are lacking in cereals. It often happens that people cling to their favourite grains

or cereals day after day so that their bodies get only the particular nutrient provided by each. They are the cheapest as well as the chief source of carbohydrates which comprise the bulk of the food.

A daily intake of animal food is essential. The only source of animal food open to vegetarians, of course, is milk. At least half a seer of milk should be taken daily either in its natural form or made up into cheese or panir, kheer, curds, cream, phirni and so forth, if deficiency diseases are to be avoided. Milk, it must be remembered, is a near-perfect food, and its inclusion in the diet even of the non-vegetarian has beneficial results. As meat, fish and eggs are rich in nutrients, they need not appear together on the midday or evening meal. Served with vegetables, raw or cooked, cereals and fruit, or a milk preparation, each of these three items suffices to balance the diet.

Since our traditional cooking processes are, generally speaking, limited to either frying or *baghar*, steaming and boiling (baking being a newcomer in the field and restricted to a tiny fraction of the population), *fats* form an important cooking medium in our diet. They are obtained from two sources: animal and vegetable. To the former

category belong ghee and butter which, like other animal products, are expensive to buy, and to the latter DALDA Vanaspati, which is a nourishing and economical cooking medium.

Sugar, like starch, is also an energising element though not to the same degree as fat. Like spices, its principal function is to make the food tasty, a function which to a certain extent assists digestion. When catering for families whose members have varied tastes in food, find out items which are acceptable to all and aim at variations based on each.

In planning a meal there are three main factors to be considered: the food should be nourishing; it should taste good; it should be pleasing and attractive to the eye. One should try to avoid repetition in the menu, as even a tasty and well-cooked dish becomes unappetising if served too often. Excessive use of spices should be discouraged as it has been found that they have a very bad effect on the liver. As a medical authority says, there is no doubt that to the question "Is life worth living?", the answer is "It all depends on the liver."

The Art of Serving



THE value of serving a meal attractively cannot be overstressed—it is part of true hospitality. A little thought and originality only are needed to make your guests feel at home and get every little detail just right.

The first principle for every hostess to follow is: serve hot foods piping hot, cold foods properly cooled or chilled. The in-betweens are likely to spoil the entire meal.

Thalis: Nothing can take away from the traditional charm of serving food in ‘thalis’ and ‘katories.’ When doing so, take care to provide ‘patras’ for your guests to sit on, and low ‘tipais’ to put the thalis on, so that they can eat in comfort and not have to stoop over their food. Leave plenty of elbow room for them too.

With a ‘thali meal,’ it is not possible to arrange attractive little centre-pieces as on a table, but if the ‘thalis’ and ‘katories’ are shining and the floor spotlessly clean, and you have decorated the room with flowers or plants, you will have brought in an atmosphere

of graciousness that will be appreciated.

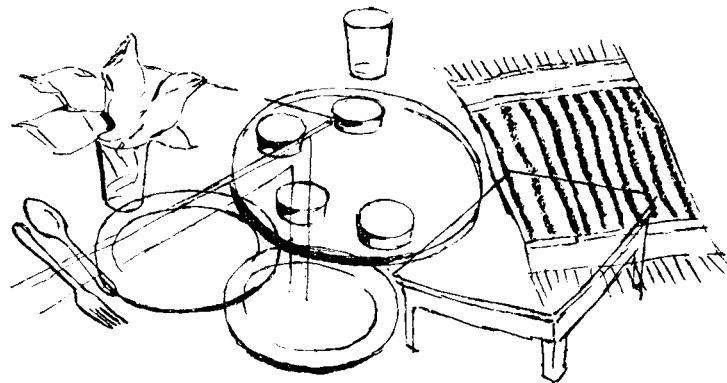
When serving, do not heap your guests' 'thalis'. Offer second helpings, taking care to keep the dishes warm. Do not forget to keep lime, green chillies, 'achar' and chutney on each thali. If serving a salad, alternate slices of tomato, lettuce, onions and beetroot, and use fresh sprigs of parsley or coriander leaves for garnishing.

Western style: If your guests are going to sit at table, make it look lovely with some unusual centre-piece, freshly laundered table-cloths and napkins or colourful mats. Your cutlery and glassware should gleam, and plates and dishes be clean and neat.

Buffet meals: Buffet dinners and lunches have greatly simplified entertaining of late, as the hostess can plan less elaborate menus, invite more guests each time and allow them to help themselves to

the food. When you next ask your friends to a buffet meal, remember these useful points:

- (1) Even if most of your guests find it quite convenient to eat standing, arrange a certain number of chairs and stools for those who might want to sit down, with small tables on which glasses of water or sherbet can be kept.
- (2) Arrange all dishes on the table so that the guests can help themselves easily.
- (3) Confine the menu to dishes that do not need carving or changing of plates.
- (4) If serving coffee after the meal, allow a little time to pass and let your guests be seated in comfort before handing round the cups.



Kitchen Equipment



SOME of us may, through women's magazines from America and the West, have become familiarised with beautiful kitchens painted in pale pastel shades and fitted with modern, streamlined refrigeration, cooking and storing equipment matching with cheerful chintz curtains in appropriate shades—which, in short, reflect every housewife's dream of paradise on earth! But these luxuries are beyond the reach of the average housewife here. However, there are a few things which most of us can do to make our kitchens attractive. A coat of paint, a certain amount of soap and water, and careful planning can work miracles to create a cheerful atmosphere for the housewife to work in.

Where gas or electricity is laid on, white-tiled flooring, white walls and ceiling, or even a pale pastel shade of distemper, will make the kitchen look light, cool and clean. Keep a sharp watch for those

pests of the kitchen—those cockroaches and flies which seem to appear from nowhere and are often a great menace to the health of the household, if they settle on exposed food.

Every kitchen, large or small, should have separate sections reserved for preparation, for cooking and cleaning up. Sturdy shelves, suitably spaced, are an ideal means of solving the storage problems and are easy to keep clean. Where wall space is limited, shelves should be adjusted according to the height of the articles they are meant to contain. A kitchen table with plenty of drawers is a useful asset, especially if the drawers have partitions in which *degchi* lids may be stored for easy accessibility. The different varieties of spoons used for cooking, corkscrews, tin openers, strainers, and such equipment may be suspended from a wall rack so that they are within easy reach whenever required. A pail covered with a lid for

kitchen refuse (which should be emptied at least twice a day) is an essential item of the kitchen equipment, and must be washed and disinfected with care.


Every kitchen must have a proper supply of water, and if no tap is available, the water can be stored in a clean barrel fitted with a tap. This should be cleaned out daily. The minimum equipment required in the kitchen for a family of four should include the following:—

1. Five degchies – for rice, dal, vegetables, meat and milk; (preferably a set in which each fits into another for convenience in storing). 2. Three cooking spoons and one fork. 3. One wooden spoon. 4. One ultani—a pair of tongs. 5. Two knives (one each for meat and vegetables). 6. Rolling pin and board. 7. One

tawa. 8. One karai. 9. One large thali (for kneading flour). 10. One bucket. 11. One large vessel for storing water for cooking purposes. 12. One bowl. 13. One kettle. 14. Two *sigris* if there is no chulha or stove.

These are necessities. When the general budget allows, various other articles should be bought, with an eye to usefulness and economy. By keeping well informed about market prices the housewife will be able to take advantage of reductions. Shopping in person is also an advantage as servants are likely to be careless about quality and unconcerned about cost. Ingredients like tea, coffee, spices, flour, cereals, dry fruit, etc. can be bought in bulk so as to last over a month or even a longer period. These should be carefully stored in tins, bottles and boxes tightly lidded and labelled.

Basic Principles of Cooking

ERHAPS what most impresses a visitor from a foreign country is the infinite variety of costumes and peoples, languages and scenic loveliness in this vast subcontinent of ours. This variety extends also to our food; and Indian cookery with its rich and delicate flavours holds pride of place in the cuisine of the Orient. It is not the cookery of a single nationality or of recent civilisation. Centuries old, it is a combination of the cookery of many nationalities. The result is a complicated art dating back to remote ages and dependent on religion, health, customs, taste and climatic conditions. All these factors play an important part in the selection of the dishes as well as their preparation. Rice and curry, for example, are cooked in different ways in different parts of the country, as are innumerable other dishes, and called by different names. In the north of India a 'jalebi' made from 'dal' batter is called 'Amriti' while in the south it is called 'Jangiri'; the flavour, taste, colour and shape being absolutely identical. The diet of the North Indian is very different from that of the South Indian, and in fact it varies from

region to region and state to state. These differences are often determined by the climatic conditions prevalent in a given area, which call for the type of food best suited for keeping healthy in that area. It is interesting to note in this connection how Nature provides the raw materials for these different dietetic requirements.

In cooking, as in every other art, one finds that there are certain basic principles which, if closely adhered to, will help any timid housewife to become skilled and efficient. On the other hand, it is best to start simply—to attempt to make a *pulao* before one has learned to boil rice, or to launch on pooris before one's chappaties turn out to be real chappaties, are unwise things to do. It is absolutely essential for every woman, especially a housewife, to know the elements of cooking. As boiled rice presents many difficulties to the beginner, it might be useful to remember the general rule that one cup of rice requires two cups of water, though some types of grain now and again need a little more or less. The pan should be partially covered and placed on a moderate fire till all the water is absorbed.

When ready, lift the pan off the fire and put a few live coals on the lid to steam off extra moisture and prevent the rice from becoming lumpy.

Curry, "one of the gifts of India to the world," is made with either fish, meat, vegetables or eggs in a lot of gravy, and is usually eaten with rice. It can be both rich or simple, according to the type of ingredients used. A plain curry is generally flavoured with turmeric, chillies—green or red—garlic and ginger, while for the richer varieties cumin seed, mustard seed, coriander seed, coconut and almonds are used.

The secret of making a success of your chappaties depends on kneading the dough to the right consistency. It should be kneaded soft and allowed to stand for about an hour before being made into chappaties. Depending on individual preference, vegetables may be cooked with or without gravy. Spinach and other leafy vegetables, ladies' fingers and pumpkin are better without gravy, while potatoes, cauliflower, beans and peas make delicious curries. The spices used for these curries are usually the same as those used for a meat curry, and often the method of preparing them is also identical.

'Dal', another popular favourite and available in a number of varieties, is eaten with rice. The best method of cooking 'dal' is to boil it in water and then give it a '*baghar*.' This process involves first frying a few chopped or sliced onions in DALDA Vanaspati,

then frying chillies, turmeric, mustard seed, a little chopped ginger and salt to taste, and adding the lot to the dal. When ready it should be served hot with boiled or fried rice.

While the pattern of our diet is, for the most part, set by the items of food available in a given area, planning of meals should take into account the need for a balanced diet and for food which meets requirements imposed by climate. Research in Nutrition, which has become a major science in America and other Western countries in recent years, suggests that a sufficient intake of the right type of food in the correct well-balanced proportions is the soundest basis for good health.

In issuing this Cook Book, therefore, we have two ends in view:

- (a) To help the average housewife to plan meals which are tasty and health-giving.
- (b) To provide information, *based on dietetic research*, on the choice and combination of dishes which result in a balanced diet.

The recipes in this Cook Book include recipes from all the major regions of India and feature the tastiest and the best. The choice has been made with due regard to the food value of each food and to the needs of festive and other occasions. We hope that it will help you to plan menus which are economical, varied and based on those essential principles of nutrition which ensure a good diet.

RECIPES SECTION





North Indian Recipes

THE diet of North India is probably the best balanced in the whole country from the nutritional point of view, as it contains plenty of wheat, meat, milk, vegetables and fat. The cooking of North India shows the influence of the Moghuls, whose rich meat preparations were a characteristic feature of their diet.

The climate of North India has wide seasonal variations and the diet of these regions varies accordingly. During the cold months the body must have a diet rich in fats to keep it warm. During the hot summer months, however, North Indian meals are quite different, consisting mainly of milk, fruit and vegetable preparations.

The characteristic North Indian meal begins with a vegetable or meat dish—on special occasions both may be served. This is accompanied by a wheat preparation, such as chapati, poorie or paratha. Next, fried rice or pulao is generally served with a rich or plain curry. Finally comes a sweet, such as a halwa, to complete the meal.

Since cooking fat plays such an important part in North Indian food, it is most essential that the housewife should use only the best possible cooking medium for these recipes.

North Indian Recipes

VEGETARIAN

- 1 Sabzi Pulao
- 2 Zarda
- 3 Phirni
- 4 Phulka
- 5 Paratha
- 6 Mooli Ka Paratha
- 7 Roghni Roti
- 8 Paneer Ki Bhaji
- 9 Dahi Ki Bhaji
- 10 Sabzi Kabab
- 11 Palak Ka Sag
- 12 Sookhi Dal
- 13 Aloo Ka Bharta
- 14 Raita
- 15 Masala Bhara Mircha
- 16 Shahi Tukra

NON-VEGETARIAN

- 1 Biryani
- 2 Yakhni Pulao
- 3 Moti Pulao

- 4 Jheenga Pulao
- 5 Murgh Khoobani
- 6 Murgh Masala
- 7 Roghan Josh
- 8 Moghlai Qorma
- 9 Shahi Kofta
- 10 Murgh Do Pyaza
- 11 Shahi Murgh
- 12 Vindaloo
- 13 Shami Kabab
- 14 Nargisi Kabab
- 15 Seekh Kabab
- 16 Boti Kabab
- 17 Kabuli Kabab
- 18 Masala Chop
- 19 Moghlai Chop
- 20 Bhap Chop
- 21 Dahi Chop
- 22 Bhuna Murgh
- 23 Bhuni Kaleji
- 24 Tandoori Murgh

1 SABZI PULAO

Ingredients

Rice	1 cup—add salt, boil and cool
Onions	3—slice finely
Peas	½ lb.—shell
Potatoes	3—boil and slice into big pieces
Cauliflower	½ lb.—cut in big sprigs
Carrots	¼ lb.—cut in cubes
Tomatoes	2 large—cut in fours
Onions	2
Garlic	6 flakes
Ginger	2 inch piece
Coriander and mint leaves	a few
Cardamoms	4
Green chillies	to taste
Cloves	4
Cinnamon	1 inch piece
Turmeric powder	1 teaspoon
Poppy seed	3 teaspoons
Chilli powder	to taste
Salt	to taste

Grind to a paste

Garnishing

Saffron (kesar)	1 teaspoon—heat, crush and soak in a little milk
Almonds	10—blanch, slice and fry till light brown
Raisins	12—clean and fry
Dalda 2 tablespoons			

Method: Brown onions in hot Dalda until crisp. Add the ground masala and fry for 5 minutes, add tomatoes, carrots and peas and cook on low heat till half done. Add remaining vegetables and cook till done. In a large vessel put half of the vegetables and cover with a layer of rice; repeat until all vegetables and rice are used up. Dot

generously with Dalda, sprinkle saffron and cover degchi tightly. Steam it by placing live coal or boiling water on the lid. Garnish with almonds and raisins. For 4 persons.

2 ZARDA

Ingredients

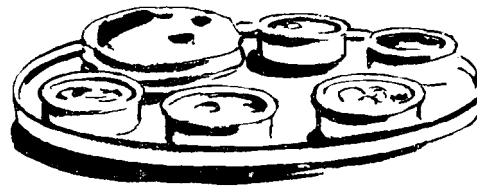
Rice	1 cup—half boil
Milk	1 cup
Sugar	4 tablespoons or to taste
Cardamoms	3—crush coarsely
Cinnamon	1 inch stick—crush
Salt	a pinch or to taste
Cream	2 tablespoons
Lime juice	1 teaspoon (optional)

Garnishing

Saffron (kesar)	½ teaspoon—heat, crush and soak in a little milk
Almonds	2 tablespoons—blanch and slice
Raisins	2 tablespoons—clean
Pistachios	2 tablespoons—blanch and slice

Dalda 3 tablespoons

Method: Heat Dalda, add rice, salt and crushed spices and fry for a few minutes. Add milk and sugar and cover degchi. When



fully cooked add cream and mix. Sprinkle saffron and lime juice. Cover and cook for a minute. Serve garnished with almonds, raisins and pistachios. For 4 persons.

3 PHIRNI

Ingredients

Milk	2 cups
Rice flour	2 tablespoons
Sugar	½ cup or to taste
Rose water	½ teaspoon

Garnishing

Almonds	2 teaspoons	} Blanch, slice and fry till light brown
Pistachios	2 teaspoons	
Raisins	2 teaspoons—fry	
Dalda ½ tablespoon				

Method: Bring milk to boil. Add rice flour and sugar and cook on gentle fire, stirring all the time until it thickens. Sprinkle rose water. Garnish with almonds, pistachios and raisins. For 3-4 persons.

4 PHULKA

Ingredients

Whole wheat flour	2 cups
Salt	to taste

Method: Mix salt and flour together and make a soft dough with water. Let it stand for half an hour. Knead again thoroughly and form into small balls. Roll out thin like poories but a little larger. On a hot tawa place rounds and bake till tiny blisters appear. Turn the other side and bake well. Remove from tawa. Spread a little Dalda on it and serve hot. Makes about 8-10 phulkas.

N.B.—Phulkas are best cooked on live coals. They should be taken off the tawa when done on one side and placed on live coals for a minute to bloat up.

5 PARATHA

Ingredients

Whole wheat flour..	2 cups	} Mix together
Salt	to taste	
Dalda	2 tablespoons	
	Dalda for frying	

Method: Rub 2 tablespoons of Dalda into flour and make a soft dough. Divide into two balls and roll out evenly into big rounds. Smear each with Dalda, sprinkle flour and form into a roll. Cut into about 2 inch pieces. Place each piece cut side up, flatten and roll into desired shape. Heat tawa, bake paratha for a minute, add Dalda round the edges and fry. Fry both sides till parathas are crisp and evenly brown. Serve hot. Makes 6 to 8 parathas.

N.B.—For more flakiness, smear the round with Dalda, fold in half, smear again with Dalda, fold over to form the shape of a cone. Roll out.

6 MOOLI KA PARATHA

Ingredients

Whole wheat flour..	½ cup
Radish	4 medium—grate finely and season to taste
Salt	to taste
	Dalda 4 tablespoons

Method: Rub 2 teaspoons of Dalda into flour and salt and prepare dough. Divide into 8 balls and roll out as for chapatties. Spread evenly 1/4th part of radish on one round and cover

with another round, press down edges and fry as for plain parathas. Makes 4 parathas.

N.B.—Boiled and mashed potatoes, chopped cauliflower—cooked or raw, coarsely mashed tender peas—cooked or raw, may all be used for stuffing parathas.

7 ROGHNI ROTI

Ingredients

Flour	2 cups
Dalda	2 tablespoons
Salt	to taste
Milk	3 tablespoons

Method: Mix flour and salt. Rub Dalda in the flour and knead it to a soft dough with milk and water. Roll out about ¼" thick and bake evenly on a tawa on low heat, till crisp and brown. Makes 3-4 rotis.

8 PANEER KI BHAJI

Ingredients

Curd	1 lb.	} Grind
Onion	1—slice	
Garlic	3 flakes	
Ginger	1 inch piece	
Green chillies ..	to taste—slice	
Cumin powder ..	½ teaspoon	
Turmeric powder ..	½ teaspoon	
Coriander powder..	1½ teaspoons	
Poppy seeds .. .	1 teaspoon—grind	
Chilli powder .. .	to taste	
Salt	to taste	
Tomato	1—chop	
	Dalda 2 tablespoons	

Method: Mix with curd half the salt, cumin powder, turmeric and chilli powder. Tie in a fine cloth and allow to drain. When all the water is

drained off press curd into half inch thick slab and cut into 1 inch cubes. Fry in hot Dalda till golden brown. In a degchi fry onion and green chillies. Add the remaining masalas and fry till brown. Add tomato and cook gently. Add curd cubes 5 minutes before removing. For 4-5 persons.

9 DAHI KI BHAJI

Ingredients

Curd	1 lb.
Onion	1 large—slice finely
Ginger	2 inch piece—slice finely
Green chillies ..	to taste—slice finely
Coriander powder..	2 teaspoons
Chilli powder .. .	to taste
Pepper	¼ teaspoon
Cinnamon powder	¼ teaspoon
Salt	to taste
	Dalda 2 tablespoons

Method: Put curd in a thin piece of cloth and drain off all the water. Heat two tablespoons of Dalda in a degchi and fry ginger and green chillies, till brown. Add onion, other spices and salt, and fry for a few minutes. Add curds. Remove from fire when almost dry. For 4-5 persons.

10 SABZI KABAB

Ingredients

Potato	½ lb.—boil and mash	} Grind to a paste
Yam (suren) .. .	¼ lb.—boil and mash	
Garlic	4 flakes	
Ginger	a small piece	
Coriander leaves ..	one small bunch	
Green chillies .. .	to taste	
Salt	to taste	
Mango powder .. .	to taste	
or sour lime .. .	to taste	
	Dalda for frying.	

Method: Mix masala paste and mango powder with the mashed vegetables. Divide into balls. Grease a wooden stick about $\frac{1}{4}$ inch thick and wrap the balls around it with greased fingers. Gently slide off stick and deep fry till brown. Makes 12-14 kababs.

N.B.—Sour lime juice should be sprinkled on fried kababs.

11 PALAK KA SAG

Ingredients

Spinach 2 large bunches
Onions 2 large—chop finely
Green chillies .. to taste—chop
Salt to taste
Dalda 2 tablespoons

Method: Wash and cut spinach. Heat Dalda, fry onions till brown, add chopped chillies. Add spinach. Cover and cook till dry and Dalda begins to separate. Add salt and stir. For 4 persons.

12 SOOKHI DAL

Ingredients

Black gram $\frac{1}{2}$ cup
Garlic 4 flakes—slice finely
Green chillies .. to taste—chop
Turmeric powder .. 1 teaspoon
Cumin seeds $1\frac{1}{2}$ teaspoons
Salt to taste
Dalda 1 tablespoon

Method: Soak black gram for an hour, drain the water. Heat Dalda, add garlic, green chillies, turmeric powder and cumin seeds. Add gram and fry for five minutes. Sprinkle a little water, cover it up and cook on low heat till tender. Add salt and stir. For 4-6 persons.

13 ALOO KA BHARTA

Ingredients

Potatoes 2 lbs.—roast on live coal, peel and cut in small pieces.
Curd $\frac{1}{2}$ cup
Tamarind juice .. 1 tablespoon
Coriander leaves .. a few
Mint leaves a few
Green chillies .. to taste
Pepper $\frac{1}{4}$ teaspoon
Cinnamon powder .. $\frac{1}{4}$ teaspoon
Cardamom powder .. $\frac{1}{4}$ teaspoon
Salt to taste
Dalda 1 tablespoon

Grind to a paste

Method: Heat Dalda, add masalas, tamarind juice and potatoes. Fry till all are mixed well. Take off the fire and mix it with beaten curd. For 4-6 persons.

14 RAITA

Ingredients

Yellow pumpkin .. $\frac{1}{2}$ lb.—peel and grate
Curd $\frac{1}{4}$ lb.
Ginger $\frac{1}{2}$ inch—slice finely
Green chillies .. to taste—slice finely
Mustard seeds $\frac{1}{4}$ teaspoon
Cumin seeds $\frac{1}{4}$ teaspoon
Salt to taste
Dalda 1 tablespoon

Method: Boil grated pumpkin in little water. When the water is absorbed, mix curd, ginger, green chillies and salt. In a deep round spoon, heat Dalda and fry mustard seeds and cumin seeds and pour over the raita. For 4 persons.

15 MASALA BHARA MIRCHA

Ingredients

Capsicums (large green chillies) .. 6—wash and slit lengthwise for stuffing.
Bengal gram 2 tablespoons—soak for 2 hours

Onions 2 medium—slice finely
Garlic 4 flakes
Ginger 1 inch piece
Green chillies .. to taste
Coriander leaves .. 1 small bunch
Turmeric powder .. $\frac{1}{2}$ teaspoon
Chilli powder to taste
Salt to taste
Dalda 2 tablespoons

Grind to a paste

Method: Mix sliced onions, gram and ground masalas together. Lightly fry in a little Dalda and stuff in the capsicums. In the same pan heat Dalda and carefully place capsicums. Cover pan and cook on low heat. Sprinkle water occasionally. When tender fry the capsicums in the same degchi by adding a little more Dalda. For 3-4 persons.

16 SHAHI TUKRA

Ingredients

Bread 6 slices—1 inch thick
Sugar $1\frac{1}{4}$ lbs.
Milk 1 cup
Cardamoms 2—crush
Saffron (kesar) .. 1 teaspoon—heat, crush and soak in little milk

Garnishing

Almonds 2 tablespoons—blanch and slice
Pistachios 2 tablespoons—slice
Dalda $\frac{1}{2}$ lb.

Method: In a large fry pan fry pieces of bread till light brown. Remove. In the same pan, mix 1 cup of water with milk and bring to boil. Add sugar and boil for 10 minutes. Arrange the browned pieces of bread in the same pan (not placing one on top of the other). Pour saffron on the slices and cook on low heat till moisture is absorbed. Garnish with chopped nuts and sprinkle cardamoms. Serve in a flat dish. For 4 persons.

1 BIRYANI

Ingredients

Rice	.. 1 cup—add salt and half boil	
Chicken	.. 1—clean and cut into pieces	
Curd	.. 2 cups (½ lb.)	
Onions	.. 3—slice finely	
Onions	.. 2	} Grind to a paste
Garlic	.. 6 pods	
Ginger	.. 4 inch piece	
Coriander and mint leaves	.. a few	
Cardamoms	.. 4	
Mace (javintri)	.. 2 blades	
Green chillies	.. to taste	
Cloves	.. 4	
Poppy seeds	.. 2 teaspoons	
Cinnamon	.. 1 inch stick	
Salt	.. to taste (salt)	

Garnishing

Almonds	.. 10—blanch, slice and fry till golden brown
Raisins	.. 12—clean and fry
Eggs	.. 4—hard boil and slice
Saffron (kesar)	.. 1 teaspoon—heat, crush and soak in a little milk

Dalda 1 cup

Method: Soak chicken in curds and masala paste at least for 2 hours. Brown sliced onion in hot Dalda until crisp. Add the onion to the chicken mixture and mix well. Cook on low heat until chicken is almost tender. In a large thick vessel, put half chicken and cover with a layer of rice. Repeat until all the chicken and rice are used up. Dot generously with Dalda. Sprinkle saffron. Cover tightly and seal with dough. Allow to steam on gentle fire for about ½ hour. Before serving,

garnish with eggs, almonds and raisins. For 4 persons.

2 YAKHNI PULAO

Yakhni

Ingredients

Mutton	.. 1 lb.—wash and cut into pieces	
Onion	.. 1 small—peel and quarter	} Tie in a muslin bag
Garlic	.. 6 flakes	
Ginger	.. 1 inch piece—cut in slices	
Green chillies	.. To taste—chop in big pieces	
Cinnamon	.. 1 inch piece	
Cloves	.. 6	
Coriander seeds	.. 2 teaspoons	
Salt	.. to taste	
Water	.. 4 cups	

Method: In a degchi place meat, the muslin bag and water and slowly bring to a boil. Simmer gently till meat is almost done. Remove bag.

Pulao

Ingredients

Rice	.. 1 cup—pick and wash
Curd	.. 1 cup
Onion	.. 1 large—slice finely
Garlic and ginger paste	.. 1 teaspoon
Cumin seeds (shahi)	2 teaspoons
Cinnamon	.. 2 inch piece
Cardamoms	.. 6
Cloves	.. 8
Salt	.. to taste

Garnishing

Hard boiled eggs	.. 3—slice
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Dalda 3 tablespoons

Method: Fry onion a rich brown and remove half for garnishing. Add all masala and fry for a few minutes. Add meat from Yakhni and curd, fry till brown. Add rice and little salt and fry for 5 minutes. Add 'Yakhni' (2 cups) to soften rice. When done steam for a few minutes. Garnish with browned onions and sliced eggs. For 4 persons.

3 MOTI PULAO

Moti

Ingredients

Minced meat	.. ½ lb.	
Coriander leaf	.. a small bunch—chop finely	
Green chillies	.. to taste—chop finely	
Cardamoms	.. 2	} Grind to a paste
Cinnamon	.. 1 inch piece	
Cloves	.. 4	
Salt	.. to taste	
Egg	.. 1	

Dalda 2 tablespoons

Method: Grind meat very fine. Mix well with masala and egg. Make small balls of the size of marbles. Shallow fry in Dalda until well browned.

Pulao

Ingredients

Rice	.. 1 cup—add salt and boil until almost done. Cool
Onions	.. 2 medium—slice finely
Ginger	.. 1 inch piece—grind
Coriander leaves	.. a few—chop finely
Bay leaves	.. 2
Green chillies	.. to taste—chop
Turmeric powder	.. ¼ teaspoon
Coriander powder	1 teaspoon
Chilli powder	.. to taste
Sugar	.. to taste
Salt	.. to taste

Garnishing

- Onion 1 medium—slice finely and fry till brown and crisp
- Dalda 2 tablespoons

Method: Brown sliced onions, add ginger and sugar. Add all other masalas and salt and fry for a few minutes. Add cold rice to masala and mix gently. In another thick degchi arrange alternate layers of rice and 'moti' (the last layer should be rice). Dot with Dalda and steam. Garnish with fried onions. Serve with Dahi Ki Bhaji (Recipe No. 9). For 4 persons.

4 JHEENGA PULAO

Ingredients

- Rice 1 cup—add salt, boil and cool
- Prawns 2 cups—clean
- Onion 1 medium—slice finely
- Green peas ½ lb.—shell and boil
- Carrot 1 small—cut in cubes, boil
- Tomato 1 big—cut into big slices
- Capsicums (big green chillies) 4—cut in rings
- Eggs 2—make an omelette and chop
- Salt to taste
- Dalda 4 tablespoons

Garnishing

- Onion 1—slice and fry till golden brown

Method: Heat two tablespoons of Dalda in a degchi and fry prawns, sliced onion, tomato and capsicum till almost dry. Add salt. Mix the rice with peas, carrots and chopped omelette. Spread over prawn mixture. Dot with Dalda. Cover and steam for a few minutes. Serve, garnished with brown onions. For 4 persons.

5 MURGH KHOOBANI

Ingredients

- Chicken 1 medium
- Apricots ¼ lb.—remove stones
- Onions 2 medium—chop finely
- Tomatoes 2 medium—blanch
- Garlic 1 part } .. ¼ teaspoon paste
- Ginger 2 parts }
- Cinnamon 1 inch stick
- Cardamoms 2
- Salt to taste
- Saffron (kesar) .. ¼ teaspoon—heat, crush and soak in little milk
- Dalda 2 tablespoons

Method: Cut and clean chicken. Fry onions till very light brown. Add garlic and ginger paste, fry well. Add chicken and the rest of the ingredients except apricots and saffron. Cook on low heat. Place water on the lid and add to chicken as required. Add apricots and saffron when chicken is almost done, cook till apricots soften. For 4-5 persons.

N.B.—The chicken must have enough gravy to allow apricots to cook. The apricots must not become pulpy.

6 MURGH MASALA

Ingredients

- Chicken 1 medium—clean and cut in large pieces
- Tomatoes 5 large—blanch and chop
- Onion 1 large
- Ginger 1 inch piece } Grind to a paste and rub into chicken
- Garlic 1 whole }
- Turmeric powder .. 1 teaspoon
- Cumin seeds 1 teaspoon

- Cinnamon 2 inch piece } Grind to a paste and rub into chicken
- Cardamoms 2 }
- Cloves 4 }
- Salt to taste }
- Jaggery a little (optional)
- Dalda 3 tablespoons

Method: Put in a thick bottomed pan chicken with masala and tomatoes. Dot with plenty of Dalda. Cover tightly. Let it simmer till tender. Fry for a few minutes. For 4-5 persons.

7 ROGHAN JOSH

Ingredients

- Meat 1 lb.—cut into pieces } Soak and cook till half done
- Curd ½ lb. }
- Onion 1 large—slice finely
- Onion 1 medium
- Garlic 4 flakes
- Ginger 4 inch piece
- Coriander leaves .. a small bunch
- Green chillies .. to taste
- Turmeric powder .. 1 teaspoon
- Coriander powder .. 2 tablespoons
- Poppy seeds 2 tablespoons } Grind to a paste
- Cumin seeds (shahi) 1 tablespoon }
- Chilli powder to taste
- Cloves 6
- Cinnamon 2 inch piece
- Dry coconut 4 inch piece
- Salt to taste
- Almonds 16—blanch and halve them.

Garnishing

- Saffron (kesar) .. ¼ teaspoon—heat, crush and soak in little milk
- Dalda ½ lb.

Method: Brown onions, add masala paste and fry until well browned. Add meat and cook till meat becomes rich brown in colour. Add almonds. Allow meat to cook on gentle heat till tender. Add saffron and cook for 5 minutes more. For 4-5 persons.

8 MOGHLAI QORMA

Ingredients

- | | | |
|---------------|--|--------------------|
| Meat | .. 1 lb.—cut into large pieces and half boil | |
| Curds | .. ¼ lb. | |
| Onions | .. 3 medium—slice finely | |
| Garlic | .. 4 flakes | } Grind to a paste |
| Ginger | .. 1 inch piece | |
| Mint leaves | .. a few | |
| Cardamoms | .. 6 | |
| Cinnamon | .. ¼ inch piece | |
| Peppercorns | .. 4 | |
| Cumin seeds | .. 2 teaspoons | |
| Chilli powder | .. to taste | |
| Salt | .. to taste | |

Garnishing

- | | | |
|-----------------|---|------------------------|
| Almonds | .. 1 tablespoon—blanch and halve | } Fry till light brown |
| Raisins | .. 1 tablespoon | |
| Saffron (kesar) | .. ½ teaspoon—heat, crush and soak in little milk | |
| Dalda | 3 tablespoons | |

Method: Fry onions until light brown. Add masala and fry for 5 minutes. Remove meat from liquid, and add it to masala. Fry until well browned. Add curds a spoonful at a time, stirring till all the curds are used up. Add the meat liquid. Cook till tender. Add saffron, almonds and raisins before serving. For 4-5 persons.

9 SHAHI KOFTA

Ingredients

- | | | | |
|------------------|-------------------------|--------------------------------------|-------------------------------|
| Minced meat | .. 1 lb. | } Mix together | |
| Egg | .. 1 | | |
| Onion | .. 1 large—slice finely | } Grind to a paste and mix with meat | |
| Onion | .. 1 medium | | |
| Ginger | .. 1 inch piece | | |
| Peppercorns | .. 6 | | |
| Cinnamon | .. a small piece | | |
| Coriander leaves | .. a small bunch | | |
| Green chillies | .. to taste | | |
| Salt | .. to taste | | |
| Coriander powder | .. 1 tablespoon | | } Grind to a paste separately |
| Turmeric powder | .. 1 teaspoon | | |
| Cumin seeds | .. 1 tablespoon | | |
| Chilli powder | .. to taste | | |
| Mace | .. a small piece | | |
| Cardamoms | .. 3 | | |
| Salt | .. to taste | | |
| Dalda | 4 tablespoons | | |

Method: Form small balls from meat mixture. Heat Dalda and fry till light brown. Remove. In the same Dalda brown onions. Add ground



spices and fry for a few minutes. Add half cup of water and meat balls and cook till the gravy is thick. For 4-5 persons.

10 MURGH-DO-PYAZA

Ingredients

- | | | |
|-----------------|-------------------------------|----------------------|
| Chicken | .. 1—medium, whole, with skin | |
| Onions | .. 3 lbs.—cut in thick slices | |
| Potatoes | .. 4—cut in halves | |
| Red chillies | .. to taste | } Grind in ¼ cup |
| Garlic | .. 8 flakes | |
| Cumin seeds | .. 1½ teaspoons | } tamarind pulp and |
| Mustard seeds | .. 1½ teaspoons | |
| Coriander seeds | .. 1½ teaspoons | } soak chicken in it |
| Ginger | .. 2 inch piece | |
| Salt | .. to taste | |

Mix the following masala with fried giblets and stuff into chicken. Close up opening as much as possible by drawing the edges of skin together with cloves (or sew up).

- | | | |
|------------------|------------------|--------------------|
| Coriander leaves | .. 1 small bunch | } Grind to a paste |
| Ginger | .. 1 inch piece | |
| Garlic | .. 6 flakes | |
| Cloves | .. 6 | |
| Cardamom seeds | .. ½ teaspoon | |
| Green chillies | .. to taste | |
| Turmeric powder | .. 1 teaspoon | |
| Coconut | .. ½ | |
| Salt | .. to taste | |
| Dalda | ¼ lb. | |

Method: Choose a degchi with a tight fitting lid. Line the bottom with dots of Dalda. Spread one inch layer of onion. Place chicken. Surround with halves of potatoes. Again spread a layer of onion and then dot with Dalda. Cover tightly and seal it with dough. Cook on low heat till chicken is tender and onions are browned. For 4-5 persons.

11 SHAHI MURGH

Ingredients

Chicken	1 medium—clean and cut in pieces
Onions	3 medium—slice
Ginger	½ inch piece—slice
Green chillies ..	to taste—slice
Peppercorns ..	to taste
Salt	to taste
	Dalda 2 tablespoons

Method: Fry onions till brown. Keep aside. In the same pan add pieces of chicken and fry till partially done. Add ginger, chillies, pepper and salt. Fry for a few minutes more. Add one cup of hot water and let the chicken simmer. When tender serve with browned onions sprinkled over. For 4-5 persons.

12 VINDALOO

Ingredients

Meat	1 lb.—cut into pieces	
Vinegar	½ cup	
Onions	2 medium	} Grind to a paste in little vinegar
Garlic	3 flakes	
Ginger	1 inch piece	
Turmeric powder ..	½ teaspoon	
Cumin seeds	1 tablespoon	
Cloves	4	
Cinnamon	a small piece	
Cardamoms	4	
Salt	to taste	
	Dalda 2 tablespoons	

Method: In a pan heat Dalda. Add masala and fry for a few minutes. Add meat and fry till brown. Add vinegar and cook on low heat till done. If necessary add a little warm water. For 4-5 persons.

13 SHAMI KABAB

Ingredients

Minced meat ..	1 lb.	} Boil and grind
Bengal gram ..	½ cup	
Ginger	½ inch piece	} Grind to a paste
Coriander powder ..	1 teaspoon	
Turmeric powder ..	½ teaspoon	
Cumin seeds ..	1 teaspoon	
Chilli powder ..	to taste	
Cinnamon	½ inch piece	
Cloves	4-6	
Salt	to taste	} Chop
Onion	1 medium	
Ginger	½ inch piece	
Garlic	8 flakes	
Green chillies ..	to taste	
Coriander leaves ..	a few	

Garnishing

Lime	1—slice in rounds
Onion	1 medium—cut in rings
	Dalda 3 tablespoons

Method: Mix the meat mixture with the ground masala. Divide mixture into portions and form into balls, place chopped masala in centre of each. Flatten into thick cakes and shallow fry in hot Dalda till brown. Serve with raw onion rings and lime. Makes 8 to 10 kababs.

14 NARGISI KABAB

Ingredients

Minced meat ..	1 lb.—boil and grind finely	
Eggs	8—hard boil and remove shell	
Ginger	½ inch piece	} Grind to a paste
Cumin seeds ..	½ teaspoon	
Coriander powder ..	1 teaspoon	
Turmeric powder ..	½ teaspoon	

Chilli powder ..	to taste	} Grind to a paste
Cinnamon	2 inch piece	
Cloves	4	
Salt	to taste	
Eggs	2 raw—mix in the paste	
Lime	½	
	Dalda 3 tablespoons	

Method: Mix masala paste and the meat. Damp fingers and coat meat mixture on boiled eggs. Shallow fry in hot Dalda. Sprinkle lime juice and serve either whole or sliced lengthwise. Makes 8 kababs.

15 SEEKH KABAB

Ingredients

Minced meat ..	1 lb.—grind finely	
Egg	1 raw—mix with meat	
Coriander powder ..	1 teaspoon	} Grind to a paste
Cumin seeds	½ teaspoon	
Chilli powder	to taste	
Cinnamon	1 inch piece	
Cloves	4	
Salt	to taste	

Garnishing

Lime	1—slice in rounds
Onion	1—cut in rings
Tomato	1 large—cut in quarter
	Dalda 3 tablespoons

Method: Mix well meat and masala. Liberally grease metal skewers with Dalda. Grease fingers and bind small portions of meat evenly round the skewer. Baste well with Dalda and roast on brisk fire constantly turning skewer. When brown, gently slide kababs off skewers. Garnish with onion, tomato and lime. Makes 8 kababs.

16 BOTI KABAB

Ingredients

Meat	..	1 lb.—cut in 1 inch pieces	
Curd	..	1 tablespoon	
Onion	..	1 small	} Grind to a paste
Ginger	..	1 inch piece	
Coriander powder	..	2 teaspoons	
Turmeric powder	..	1 teaspoon	
Poppy seeds	..	1 teaspoon	
Chilli powder	..	to taste	
Salt	..	to taste	
Dalda	..	2 tablespoons	

Method: Soak meat pieces in boiling water for five minutes. Take them out. Mix together masalas and curd. Coat meat with the paste. Pack tightly pieces of meat on metal skewers leaving the ends free for roasting on open fire or grilling. Baste well with Dalda. For 4-5 persons.

N.B.—The masala paste should be thick so that it sticks to the meat well.

17 KABULI KABAB

Ingredients

Minced meat	..	1 lb.—grind to a fine paste	
Onion	..	1 large	} Grind to a paste
Ginger	..	½ inch piece	
Green chillies	..	to taste	
Coconut grated	..	1 tablespoon	
Coriander leaves	..	a few	
Cinnamon	..	¼ inch piece	
Cardamoms	..	4	
Almonds	..	8	
Salt	..	to taste	
Gram flour	..	2 tablespoons	
Dalda	..	3 tablespoons	

Method: Heat 1 tablespoon of Dalda, fry masala, add meat and cook till dry. Make small balls, flatten them and coat with gram flour. Fix on wooden sticks. In a frying pan heat remaining Dalda and shallow fry kababs till golden brown. For 4-6 persons.

18 MASALA CHOP

Ingredients

Chops	..	8	
Potatoes	..	3—cut into halves	
Tomatoes	..	3—cut into halves	
Onion	..	1—slice finely	} Grind to a paste
Garlic	..	8 flakes	
Ginger	..	1 inch piece	
Mint and coriander leaves	..	a small bunch	
Green chillies	..	to taste	
Turmeric powder	..	¼ teaspoon	
Cumin seeds	..	1 teaspoon	
Poppy seeds	..	2 teaspoons	
Cinnamon	..	½ inch piece	
Peppercorns	..	6	
Salt	..	to taste	
Dalda	..	3 tablespoons	

Method: Half boil chops and potatoes in water just enough to cover. When water is absorbed, add masala and cook for five minutes. In a frying pan fry onion, tomatoes and potatoes separately, remove, and then fry chops till brown. Serve chops with fried vegetables. For 4-5 persons.

19 MOGHLAI CHOP

Ingredients

Chops	..	8—pound lightly
Potatoes	..	2 medium—half boil and cut in rounds

Ginger	..	2 inch piece	} Grind to a paste
Garlic	..	8 pods	
Turmeric powder	..	1 teaspoon	
Chilli powder	..	to taste	
Vinegar	..	2 tablespoons	
Salt	..	to taste	

Garnishing

Onions	..	2 medium—slice finely and fry till brown and crisp
Dalda	..	4 tablespoons

Method: Mix the masala paste with vinegar and salt. Rub on chops and allow to soak for 1 hour. Fry chops until well browned. In a separate pan fry potatoes till light brown. Add chops and browned onions. Fry for a few minutes. Serve with tomato sauce. For 4-5 persons.

20 BHAP-CHOP

Ingredients

Chops	..	8—pound lightly	
Garlic	..	4 flakes	} Grind to a paste
Ginger	..	2 inch piece	
Coriander leaves	..	¼ of a small bunch	
Cumin seeds	..	¼ teaspoon	
Red chillies	..	to taste	
Salt	..	to taste	
Vinegar	..	1½ tablespoons	
Breadcrumbs	..	½ cup	
Eggs	..	2—beat well	
Dalda	..	3 tablespoons	

Method: Coat chops with masala paste and soak for at least 2 hours. Dip in beaten egg, roll in breadcrumbs and then shallow fry in hot Dalda. Transfer chops and Dalda to a pan, cover and seal the rim with dough. Steam on low heat till done. For 4-5 persons.

21 DAHI CHOP

Ingredients

Chops	.. 8—pound lightly	
Curd	.. $\frac{3}{4}$ lb.	
Garlic	.. 4 pods	} Grind to a paste and mix with curds
Ginger	.. 2 inch piece	
Coriander leaves	.. a small bunch	
Green chillies	.. to taste	
Turmeric powder	.. $\frac{1}{2}$ teaspoon	
Peppercorns	.. 10	
Salt	.. to taste	

Garnishing

Onions	.. 2 medium—slice finely and fry till brown and crisp
Dalda	3 tablespoons

Method: Coat chops with curd and masala paste. Soak them for 1 hour. Heat Dalda and fry chops with curd till tender and brown. Garnish with brown onions. For 4-5 persons.

22 BHUNA MURGH

Ingredients

Chicken	.. 1 medium—clean and cut in large pieces	
Flour	.. 1 cup	} Mix together
Pepper and salt	.. to taste	
Eggs	.. 2—beat well	
Breadcrumbs	.. $\frac{3}{4}$ cup	
Dalda	$\frac{1}{2}$ cup	

Method: Roll the chicken pieces in the flour mixture, then in the eggs and then in the breadcrumbs. Heat Dalda in a frying pan, add the chicken pieces and cover. Cook on low heat till tender. For 4 persons.

23 BHUNI KALEJI

Ingredients

Liver	.. 1 lb.—wash, drain and cut in $\frac{1}{2}$ inch thick slices	
Vinegar	.. 1 tablespoon	} Grind to a paste
Tamarind pulp	.. 1 tablespoon	
Onion	.. 1—slice finely	
Ginger	.. 1 inch piece	
Garlic	.. 2 flakes—slice finely	
Green chillies	.. to taste	
Turmeric powder	.. 1 teaspoon	
Chilli powder	.. to taste	
Peppercorns	.. to taste	
Salt	.. to taste	

Dalda 2 tablespoons

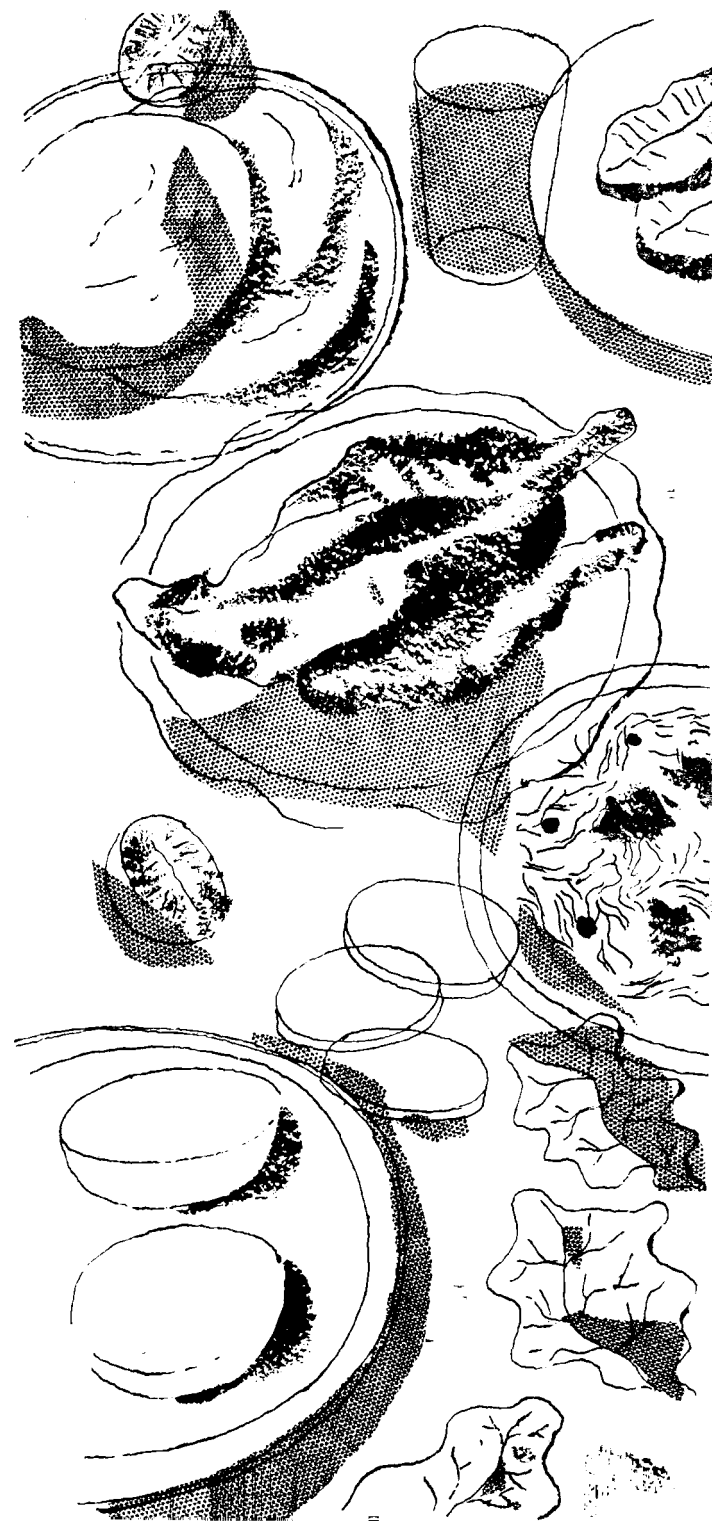
Method: Mix all the ground masalas with vinegar. Rub masala paste to liver pieces. Shallow fry in Dalda. Add tamarind pulp and salt. Cook till well fried. For 4 persons.

24 TANDOORI MURGH

Ingredients

Chicken	.. 1 medium—clean, remove skin and keep it whole	
Turmeric powder	.. 1 teaspoon	} Mix together in little water
Chilli powder	.. 1 teaspoon	
Pepper	.. 1 teaspoon	
Salt	.. to taste	
Dalda	1 tablespoon	

Method: Rub masala on chicken. Dot with Dalda and cook in a tandoor. For 4 persons.





South Indian Recipes

THE South Indian diet is normally considered poor from the purely nutritional point of view, but South Indian recipes may well be helpful to those who are looking for a light diet without much fat.

Though mainly vegetarian food is regarded as characteristic of South India, a fairly large section of the South Indian population are non-vegetarians, and both vegetarian and non-vegetarian recipes have been included in the following pages.

A typical South Indian meal has boiled rice as a basis accompanied by a dry curry (fried vegetables) or a wet curry, with a pulse preparation and buttermilk. Pories are a common part of a South Indian meal ; other wheat preparations, such as chapati or paratha, are less frequently served. On special occasions a more elaborate meal with six or seven accompanying courses may be served, and this may be followed by a sweet. Fried rice or pulaos are also served for special occasions.

South Indian Recipes

VEGETARIAN

- 1 Mangai Chithranam
- 2 Ell Shadham
- 3 Chinakku
- 4 Ma Poli
- 5 Curry Vaypilai Curry
- 6 Erisheri
- 7 Kudamilakai-Inippu Curry—
Pulippu Curry
- 8 Pattani Moli
- 9 Olan
- 10 Vendhaiya Sambar
- 11 Beetroot Rasam
- 12 Murungai Kai Curry
- 13 Vendai Kai Masala Curry
- 14 Avial
- 15 Koottu
- 16 Kalan
- 17 Vellarikai Pachadi
- 18 Curry Kai Puli Pachadi
- 19 Pinju Katharikai Vadhakkal
- 20 Katharikai Rasavangi
- 21 Urulai Kizhangu Podimas
- 22 Chola Adai
- 23 Inippu Kayppai Dosai
- 24 Nayndhran Prathamam
- 25 Sukhiyan

NON-VEGETARIAN

- 1 Pala Kottai Curry
- 2 Chicken Kurma
- 3 Mutton Curry
- 4 Thayir Curry
- 5 Mutton Peerkangai Curry
- 6 Iral Eruvu Curry
- 7 Kadu Gurini
- 8 Mutton Milagu Masala

1 MANGAI CHITHRAM

Ingredients

Parboiled rice	.. 2 cups—boil and cool	} Grind to a paste
Mustard seeds	.. 1 tablespoon	
Red chillies	.. to taste	
Coconut	.. ½—grate finely	
Salt	.. to taste	
Mango, just turning yellow	.. 1 lb.—peel and cut to obtain 1 cup pulp	} Fry together
Turmeric powder	.. 1 teaspoon	
Bengal gram	.. 1 tablespoon	
Curry leaves	.. 1 small sprig	
Asafœtida	.. a pinch	
	Dalda ½ cup	

Method: Add coconut paste, mango pulp and the fried masala to rice and mix lightly. For 4 persons.

2 ELL SHADHAM

Ingredients

Rice	.. 2 cups—boil and cool	} Fry in Dalda
Black gram	.. 1 teaspoon	
Mustard seeds	.. 1 teaspoon	
Curry leaves	.. a few	} Roast and grind to a powder
Sesame	.. 2 tablespoons	
Red chillies	.. to taste	
Salt	.. to taste	
	Dalda 1 tablespoon	

Method: Add the sesame powder and salt to rice. Season with fried black gram, mustard and curry leaves. Mix well. For 4 persons.

3 CHINAKKU

Ingredients

Rice flour	.. 4 cups
*Stale coconut water	½ cup

Thick coconut milk. 1 cup

Jaggery	.. ½ lb.—grate
Baking powder	.. ½ teaspoon

Method: Mix rice flour and coconut water and leave in a covered vessel for 4 hours. Add coconut milk. Mix into smooth batter. Leave again until slightly sour. Then add jaggery and baking powder. Steam in Iddle set or fill small cups half-full, place in large degchi with boiling water. Cover. Chinakku must puff up nicely and crack on top. Garnish with grated coconut. Makes 10 chinakku.

* To get stale coconut water, put the fresh coconut water into a bottle with ½ a teaspoon of sugar. Cork tightly. Use next day.

4 MA POLI

Filling

Ingredients

Rice flour	.. 2 cups
Boiling water	.. 2 cups
Salt	.. to taste
	Dalda 1 tablespoon

Method: Mix all together to form a soft dough. Turn out on greased board. Knead. Form into small balls.



Covering

Ingredients

Flour	.. 1 cup	} Knead to a soft dough
Water	.. 1 cup	
Cardamom powder	1 teaspoon	
Salt	.. to taste	
	Dalda 1 tablespoon	

Method: Grease fingers and palms well. Take a little of the covering and flatten it. Put a ball of filling in the centre. Pull mixture over the ball so as to fully cover. Flatten and roll out on a well-greased plate to look like a chapati. Bake both sides, spooning Dalda over and around poli. Fry until both sides are golden brown. Makes 12 ma poli.

5 CURRY VAYPILAI CURRY

Ingredients

Fresh curry leaves (without stalk)	.. 1 cup	} Mix together
Thick tamarind juice	4 cups	
Garlic	.. 12 flakes—grind	
Salt	.. to taste	
Small onions or cubes of large onion	.. 2 cups	
Black gram	.. 1 tablespoon	
Red chillies	.. 2 or to taste	
Peppercorns	.. 1 tablespoon	
Sugar	.. to taste	
	Dalda 1 tablespoon	

Method: Fry black gram, red chillies, peppercorns and curry leaves for a few minutes in Dalda. Grind to a smooth paste. Add to tamarind mixture. Add sugar. Cook on slow fire until fairly thick.

In a separate pan fry onions. Cook until they

are transparent. Add to curry. Simmer gently, until Dalda floats. For 4 persons.

N.B.—Serve with coconut rice or dosai at breakfast. Tastes best when made in mud 'chatti'.

6 ERISHERI

Ingredients

Red pumpkin .. 2 cups—cut in tiny cubes
 Curd ½ cup
 Mustard seeds .. 2 teaspoons } Grind to a smooth paste
 Coconut ½—grate }
 Boiling water .. 4 cups
 Salt to taste

Few curry leaves, Bengal gram and black gram for "seasoning".

Dalda 1 teaspoon

Method: Boil pumpkin in water with salt until half cooked. Drain. Mix mustard paste into curd. Add to pumpkin. In a spoon heat Dalda, fry curry leaves and grams. Add to erisheri. For 4 persons.

7 KUDAMILAKAI-INIPPU CURRY, PULIPPU CURRY

Ingredients

Capsicums (medium sized) 8—cut around stem. Remove the inside cone and seeds
 Onions 2 medium } Slice finely
 Garlic 4 flakes }
 Ginger 1 inch piece }
 Thick tamarind juice ½ cup
 Jaggery to taste—grate
 Curry leaves .. 6

Mustard seeds .. 1 teaspoon
 Salt to taste
 Dalda 2 tablespoons

Method: Boil capsicum in water until three-quarter done. Drain. Use this water for preparing thick tamarind juice. Fry half of the sliced onions until crisp. Drain and keep aside. Fry curry leaves, mustard seeds, remaining onion, ginger and garlic. Put in tamarind juice and capsicum. Cook until vegetable is just cooked enough. Add salt and jaggery. Bring it to boil. Garnish with browned onions. Serve with curd and rice. For 4 persons.

N.B.—If to be served with roast mutton reduce amount of jaggery. Into each capsicum insert one to two dried apricots then cook as usual.

8 PATTANI MOLI

Ingredients

Peas, shelled .. 2 cups—steam until half cooked
 Cashewnuts .. 1 cup—fry
 Onions 6 small
 Garlic 6 flakes—crush coarsely
 Ginger 1 inch piece—grate finely
 Green chillies .. to taste—slit and remove seeds
 Coconut 1—prepare 2 cups thick milk
 Powdered cinnamon, mace, cardamom and cloves .. 2 teaspoons
 Rice flour 1 teaspoon
 Dalda 2 tablespoons

Method: In Dalda fry onion, ginger, garlic, mixed cinnamon powder and rice flour. Do not allow onions to brown. Add coconut milk, peas,

chillies and nuts. Simmer till peas are tender. For 4 persons.

N.B.—To extract coconut milk refer to Recipe 24.

9 OLAN

Ingredients

White pumpkin .. 3 cups—¼ inch squares
 Fresh beans .. 2 cups—boil
 Coconut 1—prepare 2 cups thick milk
 Cumin seeds .. 1 teaspoon } Roast and powder
 Peppercorns .. 1 teaspoon }
 Red chillies .. to taste
 Salt to taste

Method: Cook pumpkin and beans in just sufficient water to cover. Add masala and salt to coconut milk and pour on to vegetables. Bring to just a boil. Remove. For 4 persons.

10 VENDHAIYA SAMBAR

Ingredients

Red gram 1 cup—roast
 Fenugreek seeds .. 1 teaspoon
 Mustard seeds .. 1 teaspoon
 Red chillies .. 2—break into pieces
 Turmeric powder .. 1 teaspoon
 Asafoetida .. a pinch
 Garlic 6 flakes
 Dried coconut .. 3 inch piece } Roast and grind to a paste
 Cumin seeds .. 2 teaspoons }
 Coriander seeds .. 4 teaspoons }
 Cinnamon 1 inch piece }
 Tamarind water .. 1 cup
 Salt to taste
 Jaggery ½ teaspoon—grate } Boil together for 5 minutes
 Chilli powder .. to taste }
 Coriander leaves .. ¼ bunch—chop }
 Dalda ¼ cup

Method: Cook red gram and fenugreek seed in sufficient water until soft. Fry mustard seeds, asafoetida, chilli, garlic and turmeric for 5 minutes and add to cooked gram along with ground masala. Add the tamarind mixture and bring to a boil. For 4 persons.

11 BEETROOT RASAM

Ingredients

Beetroot ½ lb.—boil, peel and grate
 Onion 1 large—chop
 Cloves 4
 Cinnamon 1 inch piece
 Peppercorns 8
 Red gram 3 tablespoons
 Salt to taste
 Turmeric powder .. ¼ teaspoon
 Tamarind size of ½ lime

Method: Add 1 cup of boiling water to tamarind and allow to get cold before squeezing out the juice. Add one cup of boiling water to beetroot. Mash with a wooden spoon. Strain through coarse sieve. In a separate pan boil onion, cloves, cinnamon, peppercorns, red gram, turmeric and salt until thick. Mash well. Add tamarind water and bring to boil. Strain and add beetroot juice. For 4 persons.

12 MURUNGAI KAI CURRY

Ingredients

Drumsticks .. 4—cut in pieces
 Coconut milk .. 1 cup—thick
 Long green chillies . 8—slit and seed
 Cashewnuts .. 24—roast and grind
 Aniseeds 1 teaspoon
 Cinnamon 1 inch piece
 Cloves 6
 Cardamoms .. 6
 Dry ginger .. ¼ inch piece

} Grind to a
 fine paste

Turmeric powder .. 1 teaspoon
 Chilli powder .. 1 teaspoon or to taste
 Onion 1 medium—slice
 Thin coconut milk. 1 cup
 Coriander leaf paste 2 tablespoons } Mix
 Salt to taste } together
 Dalda 1 tablespoon

Method: Fry drumsticks and boil in thick coconut milk and coriander paste. When done add green chillies, cashewnuts and aniseed. In a pan fry onion till brown. Add turmeric and chilli powder. Then add cinnamon paste. Fry for a few minutes and add drumsticks and thin coconut milk. Cover and cook on very gentle heat till chillies discolour. For 4 persons.

13 VENDAI KAI MASALA CURRY

Ingredients

Ladies' fingers .. ½ lb.—cut ends
 Coriander powder .. 1 tablespoon
 Turmeric powder .. 1 teaspoon
 Ginger 2 inch piece—slice finely
 Garlic 1 small bulb—peel and crush
 Onions 3 medium—slice finely
 Green chillies .. to taste—slit and remove seeds
 Tamarind juice .. 2 cups—add salt to taste
 Mustard seeds .. 1 teaspoon
 Curry leaves .. 6
 Coconut 3 inch piece—grind
 Salt to taste
 Dalda 2 tablespoons

Method: Add green chillies and half the garlic to tamarind juice. Fry ladies' fingers till soft. Remove. In the same Dalda fry onion until light brown. Add ginger and remaining garlic and fry for 5 minutes. Add turmeric and coriander powder

and fry well sprinkling water if necessary. Add tamarind juice and bring to boil. Add ladies' fingers and let simmer for a few minutes. Add coconut paste, mixed in a little water and salt. In a spoon heat Dalda and fry mustard seeds and curry leaves. When seeds burst, add to curry. For 4 persons.

14 AVIAL

Ingredients

Elephant yam
 (suren) ¼ lb.
 White pumpkin .. ¼ lb.
 Red pumpkin .. ½ lb.
 Drumsticks .. 2
 Raw plantains .. 2
 Snake gourd .. ½
 Thick sour curd .. 1 cup
 Turmeric powder .. 1 teaspoon
 Chilli powder .. to taste
 Green chillies .. to taste
 Coconut ½—grate—grind to a paste
 Curry leaves .. a few
 Salt to taste
 Dalda 2 tablespoons

Method: Wash, peel and cut vegetables into 1½ inch pieces. Boil them in 2 cups of water adding turmeric powder and chilli powder. When cooked add salt. Mix well. Add thick sour curd. Cook for 10 minutes. Add the coconut paste and mix well. Sprinkle curry leaves. Add melted Dalda. For 4 persons.

15 KOOTTU

Ingredients

Bengal gram .. ½ cup—boil till tender
 Elephant yam
 (suren) ¼ lb. } Peel and cut into
 White pumpkin .. ½ lb. } 1 inch pieces

Turmeric powder .. ½ teaspoon
 Chilli powder .. ¼ teaspoon

Coconut ½—grate } Make a paste with half the coconut and keep the other half for seasoning

Cumin seeds .. ¼ teaspoon
 Curry leaves .. a few
 Mustard seeds .. 1 teaspoon
 Salt to taste
 Dalda 1 tablespoon

Method: Boil the vegetables in the cooked gram with turmeric and chilli powder. When tender add salt and boil for 5 minutes. Add the coconut paste. Mix well and bring to boil once. Remove from fire. In a separate pan fry curry leaves, grated coconut and mustard seeds. Add to curry and mix well. For 4 persons.

16 KALAN

Ingredients

Elephant yam (suren) ½ lb. } Peel and cut in 1 inch square pieces
 Plantains (Rajali type) 2 }
 Black pepper powder 1 teaspoon
 Turmeric powder .. 1 teaspoon
 Thick sour curd .. 4 cups
 Green chillies .. to taste
 Coconuts 2—grate } Grind into a smooth paste
 Mustard seeds .. 2 teaspoons
 Curry leaves .. a few
 Salt to taste
 Dalda 1 tablespoon

Method: Boil the vegetables adding pepper and turmeric powder. When tender add salt and boil till water is absorbed. Add sour curd and boil until half the quantity of curd is absorbed. Remove from fire and add the coconut paste and mix well. Sprinkle curry leaves. Fry mustard seeds in Dalda till they burst and add to curry. For 4 persons.

17 VELLARIKAI PACHADI

Ingredients

Cucumber .. 1 large—peel and grate
 Curd 1 cup—beat well
 Coconut ½—grate } Grind to a smooth paste
 Green chillies .. to taste }
 Mustard seeds .. 1 teaspoon
 Salt to taste
 Dalda 1 teaspoon

Method: Add the coconut paste, cucumber and salt to the curd. Mix well. In a deep round spoon heat Dalda, fry mustard seeds till they burst. Pour over pachadi. For 4 persons.

18 CURRY KAI PULI PACHADI

Ingredients

Raw plantains or snake gourd .. 2 lbs.—boil and strain
 Tamarind juice .. 1 cup
 Turmeric 1 inch piece }
 Red chillies .. to taste } Grind to a paste
 Mustard seeds .. 4 tablespoons }
 Sesame seeds .. 2 tablespoons }
 Grated coconut .. 2 tablespoons }
 Salt to taste
 Dalda 1 teaspoon

Method: Fry masala paste for a minute in Dalda. Add tamarind water a little at a time till

just sour. Bring to a boil. Add vegetables. Remove from fire. For 4 persons.

19 PINJU KATHARIKAI VADHAKKAL

Ingredients

Brinjals 8
 Black gram .. 1 tablespoon } Roast and grind to a paste
 Dried coconut .. ¼—grate }
 Coriander seeds .. 1 tablespoon }
 Red chillies .. to taste }
 Salt to taste
 Cloves 1 teaspoon } Fry and grind
 Nutmeg ¼ inch piece }
 Mace ½ inch piece }
 Salt to taste
 Thick tamarind juice ¼ cup or to taste
 Dalda ¼ cup

Method: Slit brinjals lengthwise into four pieces, but do not cut completely. Fry the masala paste in Dalda, until the fat separates. Stuff it into the brinjals. Heat Dalda and fry the second lot of masala. Add brinjals and pour tamarind juice over them. Allow this to simmer until brinjals are tender. For 4 persons.

20 KATHARIKAI RASAVANGI

Ingredients

Brinjals 6
 Turmeric powder .. 1 teaspoon
 Thick tamarind juice 1 cup—add 1 cup water
 Bengal gram .. ½ teaspoon } Fry in 2 teaspoons Dalda and grind to a paste
 Black gram .. 1 teaspoon }
 Coriander seeds .. 2 teaspoons }
 Red chillies .. to taste }
 Asafœtida .. a pinch }
 Coconut ¼—grate }

Mustard seeds .. 2 teaspoons
 Salt to taste
 Curry leaves .. a few
 Dalda 1 tablespoon

Method: Cut each brinjal into 6 or 8 pieces. Add tamarind juice, turmeric powder and salt and boil for $\frac{1}{2}$ hour. Add the paste and mix well. Bring to a boil. Fry mustard seeds and curry leaves and add to curry. For 4 persons.

21 URULAI KIZHANGU PODIMAS

Ingredients

Potatoes $\frac{1}{2}$ lb.—boil, peel and mash
 Black gram .. 2 teaspoons
 Coconut $\frac{1}{4}$ —grate
 Green chillies .. to taste
 Ginger 1 inch piece } Slice finely
 Turmeric powder .. $\frac{1}{2}$ teaspoon
 Mustard seeds .. 1 teaspoon
 Lime 1—extract juice
 Salt to taste
 Dalda 1 tablespoon

Method: In a karai heat Dalda, fry mustard seeds and black gram. When mustard seeds burst add green chillies, ginger and turmeric powder. Add potatoes and salt. Remove from fire. Add grated coconut and lime juice. For 4 persons.

22 CHOLA ADAI

Ingredients

Ripe corn 6—grate finely } Mix
 Flour 1 tablespoon } together
 Sugar $\frac{1}{2}$ cup
 Egg yolks 3—beat well
 Coconut 1—prepare 3 cups thick milk

Cinnamon powder . 1 teaspoon
 Clove powder .. 1 teaspoon
 Salt to taste
 Dalda 1 teaspoon

Method: Mix egg yolk into meal mixture. Add coconut milk a little at a time to make batter of dropping consistency. Add sugar, salt, cinnamon powder and clove powder. Smear tawa well with Dalda. Pour batter to make a disc, about 4 inches in diameter. When the top blisters, turn. When done, have ready the handle of a wooden spoon of about $\frac{1}{2}$ inch diameter. Rub Dalda over handle. While the adai is still hot, roll around the greased handle. Keep for 2 minutes and slip it on to plate. Makes 12 adai.

23 INIPPU KAYPPAI DOSAI

Ingredients

Ragi flour .. 1 cup
 Baking powder .. 1 teaspoon
 Dry ginger powder. $\frac{1}{2}$ teaspoon
 Salt to taste
 Ripe plantains .. 2—mash thoroughly
 Curd $\frac{3}{4}$ cup—beat smoothly
 Jaggery $\frac{1}{2}$ cup
 Coconut $\frac{1}{4}$ —grate
 Dalda 1 tablespoon

Method: Mix all the above ingredients except jaggery and coconut. Smear tawa well with Dalda. Spread a little batter and cook. Serve with powdered jaggery and coconut. Makes 8 dosai.

24 NAYNDHRAN PRATHAMAN

Ingredients

Raw plantains .. 6
 Jaggery 3 lbs.

*Coconut 8—grate and extract milk in 3 lots
 Dried coconut .. $\frac{1}{2}$ —slice into small pieces
 Dalda 2 tablespoons

Method: Peel and boil plantains in a wide-mouthed thick-bottomed vessel in sufficient water till done. Mash and continue boiling until all the water is dried up. Add jaggery and stir well. Add the third lot of coconut milk and cook until half the quantity of milk is dried. Add the second lot of coconut milk and cook until it becomes thick but not completely dry. Remove from fire and add the first lot of coconut milk. In a pan heat Dalda and fry the sliced coconut until it is light brown. Add to prathamam, and mix well. For 4 persons.

*To extract coconut milk—to the grated coconut add $\frac{1}{2}$ cup of hot water. Squeeze out the milk—1 cup and strain—lot 1. Grind the coconut. Add 2 cups of water. Squeeze out the milk and strain—second lot, should be about 2 $\frac{1}{2}$ cups. Again grind the coconut. Add 6 cups of water. Squeeze out the milk.

25 SUKHIYAN

Filling

Ingredients

Bengal gram .. 1 cup—boil till tender
 Jaggery 1 lb.—make a thick syrup
 Coconut 1—grate
 Cardamom powder. 1 teaspoonful

Method: Grind the coconut with gram to a smooth paste. Add the paste to the syrup and cook on a slow fire until dry. Add cardamom powder. Make into small balls (size of marbles) with greased fingers.

Covering

Ingredients

- Black gram .. 1 cup—soak for 3 hours and grind to a smooth paste with little water
- Salt .. a pinch
- Dalda for frying

Method: Mix salt to the gram paste and beat well. Add little more water if necessary to form a thick batter. Heat Dalda in a frying pan. Dip the filling into the batter and deep fry in hot Dalda till golden brown. Drain. Serve hot or cold. Makes 25 sukhiyans.

1 PALAKOTTAI CURRY

Ingredients

- Jackfruit seeds .. 15—remove top skin. Boil until they burst
- Dry prawns (shelled) 2 tablespoons—pound into shreds
- Thick coconut milk. 2 cups
- Onion, sliced .. ½ cup
- Dry chillies .. to taste
- Shahi zeera .. ½ teaspoon
- Coriander seeds .. 1 teaspoon
- Grated coconut .. ½ tablespoon
- Salt .. to taste
- Dalda 2 tablespoons

Method: Heat Dalda and fry onions and prawns. Add masala paste, salt, coconut milk and seeds. Simmer until thickened. For 4 persons.

2 CHICKEN KURMA

Ingredients

- Chicken .. 1 medium—clean and cut in pieces

- Onions .. 4 medium—slice finely
- Cloves .. 4
- Cinnamon .. ½ inch piece
- Ginger .. 1½ inch piece—slice finely
- Garlic .. 12 flakes—peel and crush
- Green chillies .. to taste
- Ginger .. ½ inch piece
- Coriander seeds .. 1 tablespoon
- Coconut .. ½—grind finely
- Poppy seeds .. 1 tablespoon
- Salt .. to taste
- Coriander leaves .. a small bunch
- Fried cashewnuts .. 24
- Lime .. 1—extract juice
- Dalda 4 tablespoons

Method: Heat Dalda. Brown onions, fry cloves, cinnamon, ginger and garlic adding each ingredient separately. Add chicken, let fry. Add fried masala paste to chicken! Fry well. Add 2 cups hot water. Cover tight. When half done add coconut paste. When chicken is tender add nuts and lime juice. For 4 persons.

3 MUTTON CURRY

Ingredients

- Mutton .. 1 lb.
- Onions .. 2 medium
- Ginger .. 1 inch piece
- Green chillies .. to taste
- Coriander leaves .. a small bunch
- Cumin seeds .. ½ teaspoon
- Poppy seeds .. 1 teaspoon
- Red chillies .. 3
- Garlic .. 6 flakes
- Turmeric .. 1 inch piece
- Mustard seeds .. 1 teaspoon
- Salt .. to taste
- Dalda 3 tablespoons

Method: Heat Dalda, brown onions. Add ground masala and salt and fry till brown. Add meat. Fry. Add sliced masala and cook for about 1 minute. Add sufficient hot water to tenderise the meat. Cook till dry. For 4 persons.

4 THAYIR CURRY

Ingredients

- Mutton .. 1 lb.
- Onions .. 2 medium—slice finely
- Curd .. 1½ cups—beat well
- Aniseed .. 1 teaspoon—roast and powder
- Turmeric powder .. 1 teaspoon
- Coriander leaves .. ½ bunch
- Green chillies .. to taste
- Garlic .. 3 flakes
- Ginger .. 1 inch piece
- Cinnamon .. 1 inch piece
- Salt .. to taste
- Dalda 2 tablespoons

Method: Rub ground masala into meat and soak for 1 hour. Heat Dalda, fry onion till light brown. Add meat. Cook till Dalda separates. Add curd. Stir well. Add aniseed powder and salt. Cook till meat is tender. For 4 persons.

5 MUTTON PEER KANGAI CURRY


Ingredients

- Ridge gourd .. 2 lbs.—peel and slice
- Mutton .. 1 lb.—cut in medium size pieces
- Onions .. 2 large—chop finely
- Turmeric powder .. 1 teaspoon
- Salt .. to taste
- Coriander powder .. 1 tablespoon
- Red chillies .. to taste



Maharashtrian and Gujerati Recipes



OTH the Gujeratis and the Maharashtrians are essentially vegetarians, and their diet is similar in many respects. It is a mixed one, comprised of wheat, rice, cereals, vegetables and a large quantity of milk and milk products, these being the only source of animal proteins for a vegetarian. However, quite a large number of Maharashtrians are non-vegetarians who include meat, fish and eggs in their daily meal.

A typical Maharashtrian or Gujerati meal begins with a chapati, a liquid dal and a couple of vegetable preparations, followed by chutney and pickles. Next comes rice, eaten with the same dal and vegetables, and then curds or lassi. If any sweet like 'birfi', 'sheera' or 'laddu' is served, it generally accompanies the first part of the meal, with the 'chapati' or 'poori'.

Maharashtrian and Gujerati

VEGETARIAN

- 1 Butty
- 2 Cobi Bhat
- 3 Leelvani Khichadi
- 4 Masala Khichadi
- 5 Ravaiya Bhat
- 6 Tomato Bhat
- 7 Wangi Bhat
- 8 Metheeni Bhajeeni Bhakhri
- 9 Ratalyachi Poli
- 10 Teen Padari Poli
- 11 Bhindani Kadhi
- 12 Bhindane Batatano Sambhar
- 13 Dahi Bhinda
- 14 Kantoli Vatana Bhaji
- 15 Lal Bhopalyachi Bhaji
- 16 Mothya Mirachyanchi Bhaji
- 17 Papdeenu Undhiyun
- 18 Usal
- 19 Wangyachen Bharit
- 20 Batatane Tameta
- 21 Gol Amleenu Shak
- 22 Khaman Dhokla

Recipes

- 23 Magni Dalni Patties
- 24 Naralachi Kadhi
- 25 Shakkariyanni Dal
- 26 Tamboli
- 27 Takachi Kadhi
- 28 Tomatochen Sar
- 29 Valni Dal
- 30 Basoondi
- 31 Farsi Poori
- 32 Kelanu Raitun
- 33 Khaman Makai
- 34 Methenei Bhajeena Pakoda
- 35 Osaman
- 36 Batata Vada
- 37 Shreekhand
- 38 Vatanyachen Patties

NON-VEGETARIAN

- 1 Bharaleli Karli
- 2 Ande Ghaloon Cauliflower Bhaji
- 3 Bombil Chutney
- 4 Masalyachi Andi
- 5 Mutton Bhaji

1 BUTTY

Ingredients

Rice 1 cup—add salt, cook till done—cool	
Curd ¼ lb.	} Chop finely
Garlic 6 flakes	
Coriander leaves	.. a small bunch	
Green chillies	.. to taste	
Onion ½ medium	
Milk ¼ cup	
Salt to taste	

Method: Mix all the ingredients with the boiled rice. Serve cold. For 4 persons.



2 COBI BHAT

Ingredients

Rice 1 cup—wash and soak for ½ hour	
Cabbage ¼ lb.—chop finely	} Grind finely
Onion 1 large—chop finely	
Coconut ½—grate	
Garlic 3 flakes	
Ginger 1 inch piece	
Red chillies	.. to taste	
Mustard seeds	.. ¼ teaspoon	
Cumin seeds	.. ½ teaspoon	
Poppy seeds	.. 1 teaspoon	
Cinnamon ½ inch piece	
Salt to taste	
Dalda 5 tablespoons		

Method: Heat Dalda, brown onions. Add rice, masala and cabbage, fry for a few minutes. Add water and cook till rice is tender. Garnish with grated coconut. For 4 persons.

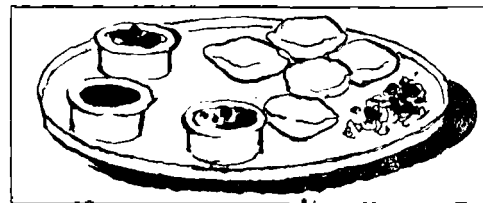


3 LEELVANI KHICHADI

Ingredients

Rice 1 cup—wash and soak for ½ hour
Beans ½ lb.—cut in slices
Cloves 8
Raisins ½ cup
Ginger 1 inch piece—chop finely
Asafœtida a pinch
Almonds 2—chop finely
Choroli 1 teaspoon
Salt to taste
Dalda 5 tablespoons	

Method: Fry asafœtida, cloves and raisins in Dalda for one minute. Add rice and beans and fry until rice begins to stick to the bottom of the pan. Add water to cover ½ inch above rice level. Add remaining ingredients and cook on gentle heat till done. For 4 persons.



4 MASALA KHICHADI

Ingredients

Rice 1 cup	} Roast in a pan
Tur dal ½ cup	
Onion 1 large—slice finely	} Grind to a paste
Garlic 4 flakes	
Ginger 1 inch piece	
Cinnamon 1 inch piece	
Cloves 4	
Salt to taste	
Dalda 5 tablespoons		

Method: Heat Dalda, brown onions. Remove half the onions for garnishing. Add ginger paste and salt, fry till brown. Add rice and dal and fry well. Add water, cinnamon and cloves and cook till done. Garnish with browned onions. For 4 persons.



5 RAVAIYA BHAT

Ingredients

Rice 1 cup—add salt, cook till done—cool	
Potatoes ¼ lb.—peel and slit in fours	} Mix together
Brinjals ¼ lb.—slit in fours	
Cumin powder	.. ½ teaspoon	
Coriander powder	.. 1½ teaspoons	
Turmeric powder	.. 1 teaspoon	
Chilli powder	.. to taste	
Salt to taste	
Sugar to taste	
Lime ½—extract juice	
Gram flour	.. 1 teaspoon	
Dalda 6 tablespoons		

Method: Heat little Dalda, and fry masala. Stuff fried masala in potatoes and brinjals. Heat remaining Dalda in another pan, fry potatoes and brinjals on gentle heat for 5 minutes. Add a little water and allow to cook until done. Make a layer of rice over vegetables. Dot with Dalda. Steam for 10 minutes. For 3 persons.



6 TOMATO BHAT

Ingredients

Rice	..	1 cup—wash and soak for ½ hour
Tomatoes	..	1 lb.—blanch and chop finely
Onion	..	1 large—slice finely
Garlic	..	4 flakes
Ginger	..	1 inch piece
Peppercorns	..	4
Cloves	..	3
Salt	..	to taste

Garnishing

Coriander leaves	..	1 small bunch—chop finely
Dalda	..	4 tablespoons

Method: Add 1 cup of water to tomatoes and cook for 5 minutes. Strain the juice and set aside. Heat Dalda, brown onion, remove half for garnishing, add all masalas and fry for five minutes. Add rice and fry well. Add tomato juice and enough water to cook rice. Add salt. Cook till done. Garnish with browned onions and chopped coriander. For 4 persons.

7 WANGI BHAT

Ingredients

Rice	..	1 cup—wash and soak for ½ hour
Brinjals	..	1 lb.—small round ones without seeds
Onion	..	1 large—slice finely
Red chillies	..	to taste
Mustard seeds	..	½ teaspoon
Cumin seeds	..	½ teaspoon
Poppy seeds	..	1 teaspoon
Garlic	..	2 flakes
Turmeric powder	..	½ teaspoon
Peppercorns	..	4
Cloves	..	3
Cinnamon	..	1 inch piece
Groundnuts	..	2 tablespoons
Salt	..	to taste
Coconut	..	½—grate
Dalda	..	6 tablespoons

Fry in
Dalda and
grind to a
paste

Method: Slit brinjals and fill with ground masala. Heat Dalda and fry onion a light brown. Add brinjals and fry well. Sprinkle water if necessary and cook till done. In another degchi heat Dalda, add rice and fry well. Add water and salt and cook till done. Arrange brinjals and rice in layers. Garnish with grated coconut. For 4 persons.



8 METHEENI BHAJEENI BHAKHRI

Ingredients

Whole wheat flour	..	1 cup
Fenugreek leaves	..	¼ lb.—chop finely
Turmeric powder	..	1 teaspoon

Asafoetida	..	a pinch
Green chillies	..	to taste—chop finely
Sugar	..	to taste (optional)
Salt	..	to taste
Dalda	..	2 teaspoons
		Dalda for frying

Method: Rub 2 teaspoons of Dalda into the flour. Mix all the ingredients to form a soft dough. Divide into four and roll out thick chapaties. Shallow fry on tawa. For 4 persons.



9 RATALLYACHI POLI

Ingredients

Whole wheat flour	..	1 cup
Sweet potatoes	..	¼ lb.—boil, remove skin and mash.
Cardamoms	..	4—crush finely
Sugar	..	2 tablespoons
		Dalda for frying

Method: Knead flour to a soft dough. Divide into four balls. Mix sweet potato, cardamom and sugar. Divide into four portions. Fill each ball with one part of the sweet potato mixture. Roll like a chapati. Shallow fry on tawa. For 4 persons.

10 TEEN PADARI POLI

Ingredients

Flour	..	1 cup
Salt	..	to taste
Dalda	..	½ tablespoon
Milk	..	¼ cup or as required
		Dalda for frying

Method: Rub $\frac{1}{2}$ tablespoon of Dalda into the flour and knead, with milk, to a soft dough. Divide into three equal portions. Roll out into thin chapatis. Smear one chapati with Dalda, sprinkle dry flour, place another one on top of it. Smear it again with Dalda, sprinkle dry flour, place the third chapati on it. Shallow fry on tawa. For 4 persons.



11 BHINDANI KADHI

Ingredients

- Ladies' fingers .. $\frac{1}{2}$ lb.—slit in half
 - Buttermilk .. $\frac{1}{2}$ lb.
 - Turmeric powder .. 1 teaspoon
 - Gram flour .. $\frac{1}{2}$ tablespoon
 - Ginger .. 1 inch piece
 - Green chillies .. to taste
 - Coriander leaves .. a few
 - Salt .. to taste
- } Chop finely
- Dalda 2 tablespoons

Method: Fry ladies' fingers in a degchi on very gentle heat. Add the remaining ingredients and bring to boil. Remove. For 4 persons.

12 BHINDANE BATATANO SAMBHAR

Ingredients

- Potatoes .. $\frac{1}{2}$ lb. medium—peel and slit into fours.
- Ladies' fingers .. $\frac{1}{4}$ lb. small—wipe, remove the top and slit lengthwise.



- Coconut .. $\frac{1}{4}$
 - Coriander leaves .. $\frac{1}{2}$ bunch
 - Coriander powder .. 1 teaspoon
 - Cumin powder .. $\frac{1}{2}$ teaspoon
 - Turmeric powder .. 1 teaspoon
 - Chilli powder .. to taste
 - Salt .. to taste
- } Grind to a paste
- Dalda 4 tablespoons

Method: Stuff part of masala into potatoes and ladies' fingers. Heat Dalda in a degchi, add potatoes, fry for a minute. Cover with a deep lid with water in it. Cook on very gentle heat. When half cooked, add ladies' fingers. Shake the pan occasionally to avoid burning. When almost done add left-over masala paste, fry until done. For 4 persons.



13 DAHI BHINDA

Ingredients

- Ladies' fingers .. $\frac{1}{4}$ lb.—cut in halves
- Turmeric powder .. 1 teaspoon
- Chilli powder .. to taste

- Asafœtida .. a pinch
 - Coriander leaves .. a few
 - Ginger .. 1 inch piece
 - Coconut .. $\frac{1}{4}$ —grate
 - Curd .. $1\frac{1}{2}$ cups—beat well
 - Salt .. to taste
- } Chop finely
- Dalda 1 tablespoon

Method: Fry ladies' fingers in Dalda for 5 minutes. Add salt, turmeric, ginger, asafœtida and fry until done. Mix well the curd, remaining masala and coconut. Add to ladies' fingers and serve. For 4 persons.



14 KANTOLI-VATANA BHAJI

Ingredients

- Kantoli (small round bitter gourd) .. 1 lb.—remove seeds and cut in small pieces.
 - Peas .. $\frac{1}{2}$ lb.—shell
 - Onions .. 4 large—slice finely
 - Garlic .. 3 flakes
 - Ginger .. 1 inch piece
 - Green chillies .. to taste
 - Coriander leaves .. a small bunch
 - Salt .. to taste
- } Chop finely
- Dalda 6 tablespoons

Method: Heat Dalda, fry onions till soft. Add masalas and salt and fry well. Add kantoli and peas, fry till done. For 4 persons.

15 LAL BHOPALYACHI BHAJI

Ingredients

Red pumpkin	.. ½ lb.—peel and cut into 1 inch cubes	
Tomatoes	.. 2 medium—blanch and slice	
Curd	.. ½ lb.—beat well	
Onion	.. 1 small	} Chop finely
Ginger	.. 1 inch piece	
Garlic	.. 4 flakes	
Green chillies	.. to taste	
Coriander leaves	.. a small bunch	
Curry leaves	.. a few	
Turmeric powder	.. ½ teaspoon	
Mustard seeds	.. ½ teaspoon	
Coconut	.. ¼—grate	
Salt	.. to taste	
	Dalda 2 tablespoons	

Method: Heat Dalda, add mustard seeds, turmeric powder, coriander and curry leaves, onion, ginger, garlic and green chillies. Fry for 5 minutes. Add pumpkin, tomatoes and salt. Cook till done. Before serving add curd. Garnish with coconut. For 4 persons.



16 MOTHYA MIRACHYANCHI BHAJI

Ingredients

Capsicums	.. 6—chop finely
Mustard seeds	.. ½ teaspoon
Asafetida	.. ¼ teaspoon
Gram flour	.. ¼ cup
Coconut	.. ¼—grate

Coriander leaves	.. a small bunch—chop finely
Salt	.. to taste
	Dalda 2 tablespoons

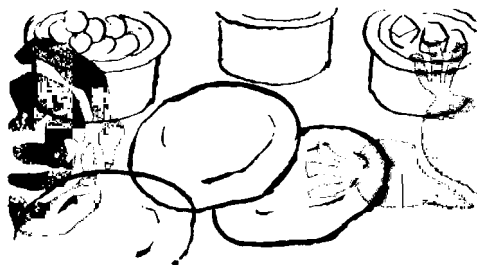
Method: Heat Dalda, add asafetida and mustard seeds. When they burst add capsicums. Cook till done. Add gram flour, coconut, coriander leaves and salt. Fry for 5 minutes. For 4 persons.



17 PAPDEENU UNDHYUN

Ingredients

Broad beans	.. ½ lb.—string and cut in halves	
Brinjal	.. 1 small—cut in small pieces	
Suran	.. 1 small piece	} Boil, peel and cut in cubes
Potatoes	.. 2 small	
Bananas (raw)	.. 2	} chop finely
Sweet potato	.. 1 small	
Ginger	.. 3 inch piece	
Green chillies	.. to taste	
Coriander leaves	.. a few	
Coconut	.. 1—grate	
Salt	.. to taste	
	Dalda 3 tablespoons	



Method: Fry broad beans, ginger, green chillies, coriander leaves and salt in hot Dalda for 10 minutes. Add other vegetables and fry for 5 minutes. Add coconut and cook on slow fire till done. For 4 persons.

18 USAL

Ingredients

Sprouted lentils	.. 1 cup	
Cumin seeds	.. ½ teaspoon	} Grind
Turmeric powder	.. ¼ teaspoon	
Garlic	.. 3 flakes	
Chilli powder	.. to taste	
Onion	.. 1 medium—chop finely	
Coriander leaves	.. a small bunch—chop finely	
Salt	.. to taste	
	Dalda 1 tablespoon	

Method: Heat Dalda, brown onions, fry ground masala. Add lentils and salt and fry well. Cook till done. Garnish with coriander leaves. For 4 persons.



19 WANGYACHEN BHARIT

Ingredients

Brinjals	.. 1 lb.—roast in live coal. Remove skin	
Onions	.. 3 medium—slice finely	
Garlic	.. 3 flakes	} Grind finely
Cumin seeds	.. ¼ teaspoon	
Turmeric powder	.. ¼ teaspoon	
Chilli powder	.. to taste	
Salt	.. to taste	
	Dalda 3 tablespoons	

Method: Heat Dalda, fry onions till brown. Add masala and salt. Add brinjals and fry well. For 4 persons.



20 BATATA NE TAMETA

Ingredients

- Potatoes ½ lb.—peel and cut into small cubes
 Tomatoes ½ lb.—cut in slices
 Coriander leaves .. a few—chop finely
 Green chillies .. to taste } Grind to a
 Ginger 1 inch piece } paste
 Turmeric powder .. 1 teaspoon
 Chilli powder .. to taste
 Mustard seeds .. ½ teaspoon
 Sugar 1 teaspoon or to taste
 Salt to taste
 Dalda 2 tablespoons

Method: Fry mustard seeds in hot Dalda until they burst. Add potatoes and fry a little. Add a little water and allow to cook until almost done. Add tomatoes and remaining ingredients. Cook on slow heat until tomatoes become pulpy. For 4 persons.

21 GOL AMLEENU SHAK

Ingredients

- Potatoes ½ lb.—boil and cut in pieces
 Gram flour 2 teaspoons—make a thick batter with water
 Tamarind a lemon size—soak in ¾ cup of water. Extract juice

- Turmeric powder .. 1 teaspoon
 Red chillies .. to taste—break into pieces
 Coriander powder .. 2 teaspoons
 Cumin powder .. 1 teaspoon
 Mustard seeds .. 1 teaspoon
 Asafœtida .. a pinch
 Jaggery 2 teaspoons or to taste
 Salt to taste

Dalda 2 tablespoons

Method: In hot Dalda fry mustard seeds, asafœtida and red chillies until mustard seeds burst. Add potatoes, fry for a minute. Stir in rest of the ingredients. Bring to a boil. Remove. For 4 persons.



22 KHAMAN DHOKLA

Ingredients

- Bengal gram .. ½ lb.—soak overnight and grind to a paste
 Green chillies .. to taste—grind
 Ginger 1 inch piece— } Add to
 } grind } gram paste
 Turmeric powder .. 1 teaspoon
 Salt to taste
 Coriander leaves .. 1 small bunch—chop finely
 Coconut ½—grate } Add when
 Peppercorns .. 12—crush } frying
 } coarsely }
 Chilli powder .. to taste
 Asafœtida .. a pinch
 Mustard seeds .. ½ teaspoon
 Sesame seeds .. ½ teaspoon
 Lime ½—extract juice
 Dalda 4 tablespoons

Method: Spread gram mixture evenly on a greased thal. Place it on a degchi of the same size containing boiling water. Cover and steam till the mixture comes off the thal. Take it off the fire and cut into squares.

Heat Dalda in a degchi and fry chilli powder, asafœtida, mustard seeds, and sesame seeds. Add the pieces and fry for a few minutes. Remove. Sprinkle lime juice. Garnish with coconut and coriander leaves. For 4 persons.



23 MAGNI DALNI PATTIES

Ingredients

- Green gram .. 1 cup—soak for 2 hours
 Cucumber 1 small—cut in small pieces
 Coconut ¼—grate
 Coriander leaves .. ¼ bunch—chop finely
 Green chillies .. to taste } Grind to
 Ginger 1 inch piece } a paste
 Salt to taste
 Turmeric powder .. 1 teaspoon
 Baking powder .. a pinch
 Banana leaves .. cut into 6 inch squares.
 Grease.
 Dalda 1 tablespoon

Method: Drain water from gram and grind to a paste. Add rest of the ingredients to the paste and mix well. Spread one tablespoon of the mixture thickly on one leaf and cover with another. Bake on a hot tawa till light brown. For 4 persons.

24 NARALACHI KADHI

Ingredients

Coconut	1—extract milk*	
Gram flour	2 tablespoons	
Chilli powder	to taste	} Grind finely
Garlic	3 flakes	
Cumin seeds	1 teaspoon	
Turmeric powder	$\frac{1}{4}$ teaspoon	
Mango powder	3 teaspoons	
Asafœtida	a pinch	
Mustard seeds	$\frac{1}{4}$ teaspoon	
Curry leaves	a few	
Salt	to taste	
	Dalda 1 tablespoon	

Method: Heat Dalda, add asafœtida, mustard seeds, curry leaves, and fry till mustard seeds burst. Add ground masala, salt, thin coconut milk and gram flour. After one boil add thick milk and mango powder. Stir and remove. For 4 persons.

* Grate, grind and soak coconut in one cup of hot water. Extract thick milk and set aside. Repeat to extract one cup of thin milk.



25 SHAKKARIYAN NI DAL

Ingredients

Red gram	$\frac{1}{2}$ cup—wash and soak for 2 hours
Sweet potatoes	$\frac{1}{4}$ lb.—peel and cut in cubes
Tamarind	a lemon size—soak in $\frac{1}{2}$ cup of water. Extract juice.
Turmeric powder	1 teaspoon
Ginger	1 inch piece
Green chillies	to taste—slice finely

Asafœtida	a pinch
Jaggery	1 tablespoon—break coarsely
Salt	to taste
	Dalda $1\frac{1}{2}$ tablespoons

Method: Add 4 cups of water to the gram and bring to boil. Add sweet potatoes, cook until soft. Mash to a pulp. In another degchi heat Dalda, fry asafœtida and other ingredients. Add to the gram. Bring to boil. For 4 persons.



26 TAMBOLI

Ingredients

Tamarind	2 ozs.—soak in 2 cups of water and extract juice	
Onion	1 large—chop finely	
Coriander seeds	1 teaspoon	} Grind to a paste
Mustard seeds	$\frac{1}{4}$ teaspoon	
Cumin seeds	$\frac{1}{4}$ teaspoon	
Peppercorns	4	
Chilli powder	to taste	
Curry leaves	a few	
Mustard seeds	$\frac{1}{4}$ teaspoon	
Coriander leaves	a small bunch—chop finely	
Coconut	$\frac{1}{4}$ —grate	
Jaggery or sugar	to taste	
Salt	to taste	
	Dalda 1 tablespoon	

Method: Heat Dalda, add curry leaves and mustard seeds. When mustard seeds burst add masala paste and fry for 2 minutes. Add tamarind juice. Mix well. Add onion, coriander leaves, coconut, salt and jaggery. For 4 persons.

27 TAKACHI KADHI

Ingredients

Curd	$\frac{1}{2}$ lb.—beat well	
Gram flour	2 tablespoons	
Curry leaves	a few	} Chop finely
Green chillies	to taste	
Garlic	4 flakes	
Coriander leaves	a small bunch	
Ginger	1 inch piece	
Mustard seeds	$\frac{1}{4}$ teaspoon	
Asafœtida	$\frac{1}{4}$ teaspoon	
Salt	to taste	
	Dalda 1 tablespoon	

Method: Heat Dalda. Add asafœtida, mustard seeds, curry leaves and fry till mustard seeds burst. Add the remaining ingredients. Cook for 5 minutes. For 4 persons.



28 TOMATOCHEN SAR

Ingredients

Tomatoes	$\frac{1}{2}$ lb.	} Boil together till lentils are soft.
Lentils	$\frac{1}{4}$ lb.	
Water	4 cups	
Red chillies	to taste—break into tiny pieces	} Strain.
Garlic	3 flakes	
Ginger	$\frac{1}{2}$ inch piece	} Chop and mix with tomato mixture
Coriander leaves	a few	
Turmeric powder	$\frac{1}{4}$ teaspoon	
Mustard seeds	$\frac{1}{4}$ teaspoon	
Cumin seeds	$\frac{1}{4}$ teaspoon	
Curry leaves	a few	
Salt	to taste	
	Dalda 1 tablespoon	

Method: Heat Dalda, fry chillies, mustard seeds, cumin seeds and curry leaves till mustard seeds burst. Add turmeric powder, tomato mixture and salt. Bring to boil, remove. For 4 persons.



29 VALNI DAL

Ingredients

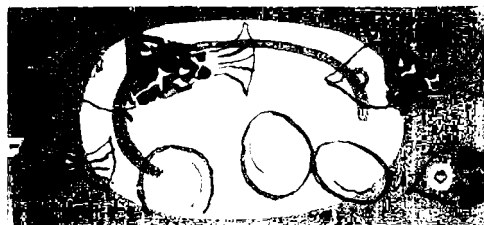
- Dry beans ½ cup—soak overnight, drain.
- Asafœtida a pinch
- Mustard seeds .. ½ teaspoon
- Chilli powder .. to taste
- Turmeric powder .. 1 teaspoon
- Salt to taste
- Dalda 1½ tablespoons

Method: In 1 tablespoon of Dalda fry mustard seed, asafœtida and chilli powder till mustard seeds burst. Add beans, salt and turmeric powder. Fry a few minutes. Add water to cover and allow to cook on slow fire until done. Before serving add ½ tablespoon of hot Dalda. For 4 persons.

30 BASOONDI

Ingredients

- Milk 4 seers
- Sugar 2 cups—or to taste
- Pistachios 1 tablespoon } Grate
- Almonds 1 tablespoon } coarsely
- Nutmeg ¼—crush finely



Method: Bring milk to a boil. Add sugar. Continue boiling till reduced to half its quantity. Keep stirring all the time to prevent the cream forming on the top. When fairly thick (pouring consistency) remove and cool. Garnish with nuts and nutmeg. For 4 persons.



31 FARSI PURI

Ingredients

- Flour ½ lb.
 - Semolina ½ lb.
 - Turmeric powder .. ½ teaspoon
 - Salt to taste
 - Rice flour 2 tablespoons
 - Dalda 3 tablespoons
- } Mix together
- Dalda for frying

Method: Rub 2 tablespoons of Dalda in the flour mixture. Add water to form a soft dough. Beat 1 tablespoon of Dalda and rice flour together until creamy. Roll out the dough into a thick round, spread creamy mixture evenly on it and roll up. Fold it vertically. Roll again. Cut 3" poories with a sharp lid. Deep fry in hot Dalda on slow fire until light brown and well arisen. Makes 32 pieces.

32 KELANU RAITUN

Ingredients

- Bananas 2—peel and mash
- Curd ½ lb.
- Cumin seeds .. 1 teaspoon
- Chilli powder .. to taste
- Salt to taste
- Dalda 1 teaspoon

Method: Heat Dalda. Add cumin seeds, remove from fire and stir in the remaining ingredients. For 4 persons.



33 KHAMAN MAKAI

Ingredients

- Dry corn ¼ lb.—grind to meal
 - Coriander leaves .. ½ bunch
 - Green chillies .. to taste
 - Ginger 1 inch piece
 - Coconut ¼—grate
 - Lime juice to taste
 - Asafœtida ½ teaspoon
 - Salt to taste
 - Dalda 5 tablespoons
- } Chop finely

Method: Heat Dalda, add corn meal and asafœtida. Fry for 10 minutes. Remove. Stir in the remaining ingredients. For 4 persons.

34 METHEENI BHAJEENA PAKODA

Ingredients

- Fenugreek leaves .. 1 bunch—chop finely
 - Gram flour .. 1 cup
 - Baking powder .. ¼ teaspoon
 - Banana (ripe) .. 1—mash
- } Sift together

Coriander leaves .. a few—chop finely
 Turmeric powder .. 1 teaspoon
 Chilli powder .. to taste
 Salt .. to taste
 Water .. ½ cup
 Dalda for frying

Method: Mix all the ingredients together. Add water gradually and allow to stand for an hour. Stir in a teaspoon of hot Dalda and deep fry small portions a golden brown. Makes 20 pieces.



35 OSAMAN

Ingredients
 Red gram .. ½ cup
 Chilli powder .. to taste
 Turmeric powder .. 1 teaspoon
 Coriander leaves .. a few
 Coconut .. ¼—grate
 Tamarind .. a lemon size—soak in ½ cup of water. Extract juice
 Jaggery .. 1 tablespoon
 Water .. 4 cups
 Salt .. to taste

Method: Mix all ingredients except tamarind and coconut. Cook till done. Allow to stand. Strain the liquid into another degchi. Add to it tamarind and bring to boil. Season with asafetida and a little Dalda. Sprinkle grated coconut.



Gram pulp .. cooked
 Turmeric powder .. ½ teaspoon
 Asafetida .. a pinch
 Salt .. to taste
 Dalda 2 tablespoons

Method: Heat Dalda; fry asafetida and turmeric powder. Add salt and gram pulp. For 4 persons.



36 BATATA VADA

Ingredients
 Potatoes .. 1 lb.—boil and mash
 Rice flour .. 3 tablespoons } Make a
 Gram flour .. 3 tablespoons } thin batter
 Coconut .. ¼—grate
 Green chillies .. to taste
 Ginger .. 1 inch piece } Chop finely
 Coriander leaves .. a few
 Turmeric powder .. 1 teaspoon
 Salt .. to taste
 Dalda for frying

Method: Mix all ingredients except rice flour batter. Form small balls, flatten, dip in batter and deep fry in Dalda. Makes 36 pieces.

37 SHREEKHAND

Ingredients
 Curd .. 1 lb.—drain off whey through a muslin cloth
 Sugar .. 1 lb.—powder finely
 Cardamoms .. 10—crush finely
 Saffron (kesar) .. 1 teaspoon—soak in 1 tablespoon of milk

Method: Mix well the curd and sugar. Tie a fine muslin over a degchi. Place mixture on the muslin and rub it through. Mix in saffron and cardamoms. Serve with poorties. For 4 persons.




38 VATANYACHEN PATTIES

Ingredients
 Peas .. 1 lb.—shell, boil and mash
 Potatoes .. ½ lb.—boil and mash
 Rice flour .. ½ cup
 Mustard seeds .. ¼ teaspoon
 Green chillies .. to taste
 Asafetida .. ¼ teaspoon
 Pepper .. ¼ teaspoon
 Coconut .. ¼—grate
 Salt .. to taste
 Dalda for frying

Method: Heat Dalda and fry mustard seeds, green chillies, asafetida and pepper. Mix with peas, potatoes, coconut and salt. Form small balls, flatten and roll in rice flour. Shallow fry a golden brown in hot Dalda. Makes 10 pieces.



Bengali Recipes

 THE Bengali diet shows wide variety including rice, wheat flour, fish, meat, eggs, milk, vegetables and pulses and a generous amount of cooking fat. The main item of the meal is rice, but wheat is also used in the form of 'loochies' (poories). Bengali sweets are, of course, especially famous, and a pinch of sugar is included quite often in their savoury preparations.

A typical Bengali meal generally starts with a rather bitter preparation, e.g. shukto, bitter-gourd, etc., which is eaten with rice. This is followed by vegetables, pulses, and a fish or meat dish eaten with rice or loochies. Chutney and papad are served next, then curd, and the meal ends with a sweet dish.

A small percentage of Bengalis are strict vegetarians, and they include more vegetables, fruits and milk in their diet.

Bengali Recipes

VEGETARIAN

- 1 Chhanar Polao
- 2 Dhakai Parota
- 3 Dal Poori
- 4 Karaishutir Kochuri
- 5 Chhana Diye Patoler Dolma
- 6 Heenger Aloor Dam
- 7 Chhanar Dalna
- 8 Shuktoni
- 9 Bhaja Maslar Tarkari
- 10 Dhonkar Dalna
- 11 Neeramish Chop
- 12 Doi Phul Copi
- 13 Palang Shaker Ghanto
- 14 Posto Charchari
- 15 Aloo Patol Borir Jhol
- 16 Sheembichir Dal

- 17 Kanch Kolar Jhoori
- 18 Bandha Copi Diye Chaler Jhal
- 19 Panch Phoroner Tarkari
- 20 Narkoler Bara

NON-VEGETARIAN

- 1 Mangsher Gota Maslar Curry
- 2 Murgeer Malai Curry
- 3 Machher Ball Curry
- 4 Machher Kalia
- 5 Machher Dam Pokto
- 6 Machher Charchari
- 7 Machher Mauli
- 8 Mangsher Kochuri
- 9 Lau Chingri
- 10 Chhanchra
- 11 Chingrir Cutlet
- 12 Ghoogni

1 CHHANAR POLAO

Ingredients

Rice	1 cup—wash and drain
Peas	¼ lb.—shell
Chhana	½ lb.—cut into squares
Cassia leaves	2
Cloves	4
Cinnamon	2 inch piece
Cardamoms	2
Green chillies	to taste—slit
Salt	to taste
Sugar	to taste
Raisins	2 teaspoons—fry

Dalda 3 tablespoons

Method: Heat Dalda, fry chhana a golden brown. Remove. In the same pan add little more Dalda, fry cassia leaves, cloves, cinnamon and cardamoms. Add rice and fry for 5 minutes. Add peas, chillies, salt, sugar and enough water to cook the rice. When water is almost absorbed put in chhana pieces and raisins. Cook on slow fire till water is completely absorbed and rice is tender. For 4 persons.



2 DHAKAI PAROTA

Ingredients

Flour	1½ cups	} Mix together
Salt	to taste	
Dalda	3 tablespoons	

Dalda for frying

Method: Rub 1 tablespoon of Dalda in flour and knead to a soft dough. Divide the dough into

8 balls. Roll each ball into a round like a chapati. Smear with little Dalda and sprinkle flour. Cut from the centre of the round to the edge. Roll from one edge to the other forming a cone. Press cone, flatten and roll into round shape. Heat tawa, bake parota for a minute, add Dalda round the edges and fry both sides till golden brown and crisp on slow fire. Makes 8 pieces.



3 DAL POORI

Filling

Ingredients

Black gram	..	1 cup—soak for 2 hours and grind to a paste
Cumin seeds	..	1 tablespoon
Cardamom	..	1
Cloves	..	4
Cinnamon	..	1 inch piece
Red chillies	..	to taste
Salt	..	to taste

Dalda 1 tablespoon

Method: Heat Dalda, fry ground masala and add gram paste. Fry till moisture is absorbed.

Covering

Ingredients

Whole wheat flour	..	1 cup	} Sift together
Salt	..	to taste	
Dalda	..	1 tablespoon	

Dalda for frying

Method: Rub 1 tablespoon of Dalda into the flour and knead to a soft dough. Divide dough into 8 balls. Press each in the centre and fill

with dal mixture. Close the opening well and flatten. Roll out into rounds about 4 inches in diameter. Deep fry in Dalda on slow fire. Makes 8 pieces.

4 KARAISHUTIR KOCHURI

Ingredients

Flour	1½ cups—mix salt and sift
Dalda	3 tablespoons
Peas	½ lb.—shell
Ginger	1 inch piece
Green chillies	to taste
Aniseeds	2 teaspoons
Asafœtida	½ teaspoon
Salt	to taste

Dalda for frying

Method: Rub 2 tablespoons of Dalda in flour and knead to a soft dough. Heat 1 tablespoon of Dalda and fry asafœtida till light brown. Add pea paste and salt. Fry well. Remove from fire and let it cool.

Divide dough into 8 balls. Press each ball in the centre and fill it with peas mixture. Close the opening well and flatten. Roll as for poories. Deep fry in hot Dalda on slow fire. Makes 8 pieces.



5 CHHANA DIYE PATOLER DOLMA

Ingredients

Parwal (poto)	6 large
Chhana	¼ lb.
Ginger	1 inch piece
Green chillies	to taste

} Grind to a paste

Coriander powder ..	$\frac{1}{4}$ teaspoon	} Grind to a paste
Cumin powder ..	$\frac{1}{4}$ teaspoon	
Cloves ..	4	
Salt ..	to taste	
Dalda	2 tablespoons	

For filling: Mix chhana and ground masala and fry in 1 teaspoon of Dalda. Cut one end of parwal and scoop out the centre, fill with the chhana mixture. Fix the end piece back with small sticks or cloves. Fry the stuffed parwal in Dalda till light brown.

For Gravy

Curd ..	$\frac{1}{4}$ cup
Onion ..	1 medium—grind
Ginger ..	$\frac{1}{2}$ inch piece—chop
Green chillies ..	to taste—slice
Turmeric powder ..	$\frac{1}{2}$ teaspoon
Chilli powder ..	to taste
Cumin powder ..	1 teaspoon
Cloves ..	2
Cardamom ..	1
Cinnamon ..	1 inch piece
Cassia leaf ..	1
Salt ..	to taste
Sugar ..	to taste
Dalda	3 tablespoons

Method: Heat Dalda; fry cassia leaf, cloves, cinnamon and cardamom. Add ground onion and fry till golden brown. Put in ginger, turmeric powder, chilli powder, cumin powder, $\frac{1}{2}$ curd mixed with water and fry till brown. Put in the fried stuffed parwal, chillies and remaining curd. Add salt and sugar. Add enough water to cover and cook till gravy is thick. For 4 persons.

6 HEENGER ALOOR-DAM

Ingredients

Potatoes ..	1 lb. small—boil and peel
Curd ..	$\frac{1}{2}$ cup
Ginger ..	1 inch piece—grind
Green chillies ..	to taste
Turmeric powder ..	$\frac{1}{2}$ teaspoon
Cassia leaves ..	2
Cloves ..	3
Cardamoms ..	2
Cinnamon ..	1 inch stick
Asafœtida ..	$\frac{1}{4}$ teaspoon
Salt ..	to taste
Sugar ..	to taste

Dalda 2 tablespoons

Method: Fry potatoes until light brown. Drain and keep aside. In the same Dalda fry chillies, cloves, cinnamon and cardamoms. Add asafœtida and mix well. Then add the ginger, turmeric powder and one tablespoon of curd with one tablespoon of water. Fry until masala is browned. Add rest of the curd mixed with three tablespoons of water, salt and sugar. Add the potatoes. Mix well and let it simmer for five minutes. For 4 persons.



7 CHHANAR DALNA

Ingredients

Chhana ..	$\frac{1}{4}$ lb.—cut into cubes
Potatoes ..	3—peel, cut in small pieces and fry till light brown
Tomato ..	1 large—cut in pieces
Ginger ..	1 inch piece—slice

Green chillies ..	to taste—slice
Turmeric powder ..	1 teaspoon
Chilli powder ..	$\frac{1}{2}$ teaspoon
Cumin powder ..	$\frac{1}{2}$ teaspoon
Cloves ..	2
Cinnamon ..	2 inch stick
Cardamom ..	1
Cassia leaves ..	2
Salt ..	to taste
Sugar ..	to taste
Lemon ..	1—extract juice
Dalda	3 tablespoons

Method: Heat Dalda, fry chhana cubes till light brown. Drain and keep aside. In the same fat add cassia leaves, cloves, cinnamon, cardamom and chillies. Add ginger, turmeric powder, chilli powder and cumin powder and fry for five minutes. Add tomato, potatoes, salt, sugar and 1 cup of water and cook till the potatoes are tender. Add chhana pieces and gently mix together to prevent the cubes from breaking. For 4 persons.



8 SHUKTONI

Ingredients

Green beans ..	2—clean and cut into six long pieces
Brinjals ..	2 small—cut into long pieces
Potatoes ..	2 medium—peel and cut into long pieces.
Drumstick ..	1—scrape and cut into 2 inch pieces
Broad beans ..	$\frac{1}{4}$ lb.—cut into halves
Radish ..	1—slice thinly lengthwise and cut into 1 inch pieces
Peas ..	$\frac{1}{4}$ lb.—shell

Bitter gourd	.. 2—slice thinly and fry light brown	
Baris	.. 8—fry light brown	
Ginger	.. 1 inch piece	} Grind to a paste
Turmeric powder	.. ¼ teaspoon	
Mustard seeds	.. 1 teaspoon	
Fenugreek		} Mix—1 teaspoon
Onion seeds		
Aniseed		
Cumin seeds		
Mustard seeds		
Cassia leaf	.. 1	
Milk	.. 2 tablespoons	
Salt	.. to taste	
Sugar	.. to taste	
	Dalda 2 tablespoons	

Method: Heat Dalda, fry mixed masala and cassia leaf. Add vegetables, fry a little. Add baris, ground masala, salt, sugar and enough water to cook vegetables. Cover and let it simmer till vegetables are tender. Add milk. The gravy should be thick. For 4 persons.



9 BHAJA-MASLAR TARKARI

<i>Ingredients</i>		
Brinjals	.. ¼ lb.—cut lengthwise into halves	
Curd	.. ¼ lb.	
Green chillies	.. to taste—slit into halves	
Red chillies	.. to taste—break in tiny pieces	
Mustard seeds	.. ½ teaspoon	} Roast and powder
Cumin seeds	.. ½ teaspoon	
Fenugreek seeds	.. ¼ teaspoon	

Salt	.. to taste
Sugar	.. to taste
	Dalda 2 tablespoons

Method: Heat Dalda, fry fenugreek seeds and red chillies. Add brinjals and fry well. Add sour curd mixed with half a cup of water, salt, sugar and green chillies. Cover and cook till the brinjals are tender and gravy is thick. Add spices, mix well and remove from fire. For 4 persons.



10 DHONKAR DALNA

<i>Ingredients</i>		
Bengal gram	.. 1 cup—soak overnight and grind to a paste	
Potatoes	.. 2 large—peel and cut into small cubes and fry till light brown	
Tomatoes	.. 2 large—cut in fours	
Onion	.. 1 medium—slice finely	
Cumin seeds	.. ½ teaspoon	
Onion	.. 1 medium	} Grind to a paste
Ginger	.. 1 inch piece	
Green chillies	.. to taste—slice finely	
Turmeric powder	.. ½ teaspoon	} Mix into a paste
Chilli powder	.. to taste	
Cumin powder	.. 1 teaspoon	
Cloves	.. 2	} Grind and mix with 2 teaspoons of water
Cardamom	.. 1	
Cinnamon	.. 1 inch stick	
Salt	.. to taste	
Sugar	.. to taste	
	Dalda 3 tablespoons	

Method: Heat 1 teaspoon of Dalda and add ground gram, onion and ginger paste, cumin seeds, chillies and salt and cook till moisture is absorbed. Spread mixture on a plate, cool and cut into 1½" cubes. Heat Dalda, fry cubes till light brown, drain and keep aside. In another pan, heat Dalda, brown sliced onions, add masala paste and fry till brown. Add tomatoes and cook till it thickens. Add potatoes, salt, sugar and little more than enough water to cook potatoes. When almost done add gram cubes. Add cloves, cardamom and cinnamon mixture and mix well. Remove. For 4 persons.



11 NEERAMISH CHOP

<i>Ingredients</i>		
Potatoes	.. 1 lb.—boil and mash	
Peas	.. ½ lb.—shell and crush	
Milk	.. 4 tablespoons	} Mix to a batter
Flour	.. 4 tablespoons	
Breadcrumbs	.. 4 tablespoons	
Ginger	.. ¼ inch piece—grind to a paste	
Green chillies	.. to taste—slice finely	
Cumin powder	.. ½ teaspoon	
Cloves	.. 2	
Cardamom	.. 1	
Cinnamon	.. 1 inch stick	
Cassia leaf	.. 1	
Pepper powder	.. ½ teaspoon	
Vinegar	.. 2 teaspoons	
Salt	.. to taste	
Sugar	.. to taste	
	Dalda 3 tablespoons	

Method: Mix well salt, sugar, pepper and ½ teaspoonful of milk with mashed potatoes. Mix

ginger, cumin powder, vinegar, chillies, salt and sugar with peas. Heat Dalda, fry cloves, cinnamon, cardamom and cassia leaf. Add the peas mixture and fry till light brown. Remove from heat and let it cool. Remove whole masalas. Divide the mashed potatoes into small balls and stuff each with peas mixture. Flatten.

Dip each potato chop into flour batter coating it thinly on all sides. Cover with breadcrumbs, and shallow fry in hot Dalda. Makes 8 chops.



12 DOI PHUL COPI

Ingredients

Cauliflower	..	1 lb.—cut in large sprigs
Curd	..	½ lb.
Onions	..	3 large
Garlic	..	4 flakes
Ginger	..	1 inch piece
Cloves	..	2
Cardamoms	..	2
Cinnamon	..	2 inch stick
Salt	..	to taste
Sugar	..	to taste
		Dalda 2 tablespoons

Method: Slice finely half of the onions and grind the remaining half with garlic and ginger. Beat the curd and mix it with half of the ginger paste, salt and sugar. Coat the curd paste properly on to the pieces of cauliflower, stuffing the mixture well into the crevices.

Fry sliced onion in hot Dalda until light brown. Add cloves, cinnamon, cardamoms and the remaining ginger paste, fry for 5 minutes. Add the pieces of cauliflower and fry gently.

Sprinkle little water. Cover and let it simmer. Add fat at short intervals to prevent sticking. Cook till the cauliflower is done. For 4 persons.



13 PALANG SHAKER GHANTO

Ingredients

Spinach	..	1 lb.—boil till tender and water is fully absorbed, mash into paste
Potatoes	..	2 large—peel and cut into tiny pieces and fry
Baris	..	4—fry and crush coarsely
Coconut	..	½ small—grate ¼ coconut and rest cut into tiny cubes
Green chillies	..	to taste—slit into halves
Coriander seeds	..	¼ teaspoon
Cumin seeds	..	¼ teaspoon
Turmeric	..	¼ inch piece
Red chillies	..	to taste—break into tiny pieces
Cumin seeds	..	¼ teaspoon
Cassia leaves	..	2
Aniseed	..	¼ teaspoon
Salt	..	to taste
Sugar	..	to taste
		Dalda 3 tablespoons

Method: Fry coconut cubes lightly in Dalda, drain and keep aside. Mix ground masala, green chillies, salt and sugar in spinach paste. Heat Dalda, fry cassia leaves, cumin seeds, aniseed and red chillies. Add spinach mixture and fry well. Add grated coconut and potatoes and fry a little. Add enough water to cook potatoes. Cover and let

it simmer till the potatoes are tender and water is absorbed. Add coconut cubes and baris. Mix well and remove from fire. For 4 persons.

14 POSTO CHARCHARI

Ingredients

Potatoes	..	½ lb.—cut into small cubes, fry lightly
Turmeric powder	..	1 teaspoon
Poppy seeds	..	3 tablespoons—grind
Red chillies	..	to taste—break into small bits
Chilli powder	..	to taste
Salt	..	to taste
		Dalda 1 tablespoon

Method: Heat Dalda, fry red chillies and poppy seeds till brown. Add potatoes, turmeric powder, chilli powder and salt. Add enough water to cook potatoes. Let it simmer till potatoes are tender and water absorbed. For 4 persons.



15 ALOO-POTOL-BORIR JHOL

Ingredients

Potatoes	..	½ lb.—peel and cut into fingers. Fry and drain
Parwal (potol)	..	¼ lb.—cut into halves. Fry and drain
Baris	..	6—fry till light brown
Green chillies	..	to taste—slit into halves
Onion seeds	..	¼ teaspoon

Cumin seeds .. 1 teaspoon	} Grind to a paste
Turmeric powder .. ½ teaspoon	
Coriander seeds .. 1 tablespoon	
Red chillies .. to taste	
Salt .. to taste	
Dalda 2 tablespoons	

Method: Heat Dalda, fry onion seeds. Add ground masala and vegetables. Fry for 2 minutes. Add 3 cups of water, green chillies and salt. Let it simmer till vegetables are almost done. Add baris and cook till tender. For 4 persons.



16 SHEEM BICHIR DAL

Ingredients

Dry beans .. ¼ lb.—soak in water for 15 minutes, then skin	} Cut into small pieces and fry lightly
Potatoes .. 2 medium	
Brinjals .. 2 medium	
Baris .. 6—fry till light brown	
Green chillies .. to taste	
Cloves .. 2	
Cinnamon .. 1 inch stick	
Cardamom .. 1	
Ginger .. 1 inch piece—grind	
Cumin seeds .. ¼ teaspoon—grind	
Turmeric powder .. ½ teaspoon	
Milk .. 2 teaspoons	
Salt .. to taste	
Sugar .. to taste	
Dalda 2 tablespoons	

Method: Heat Dalda, fry cloves, cinnamon, cardamom, ginger, cumin seeds and turmeric

powder till brown. Sprinkle water while frying. Add beans. When half cooked, add potatoes, chillies, milk, salt, sugar and enough water to cover. Cook for five minutes. Then add brinjals and baris. Cover and let it simmer till vegetables are tender. For 4 persons.



17 KANCH-KOLAR JHOORI

Ingredients

Raw bananas .. 3—cut in big pieces and boil	} Slice finely
Potatoes .. 2 large—boil and cut in small pieces	
Onion .. 1 large	
Garlic .. 3 flakes	
Ginger .. ½ inch piece	
Turmeric powder .. ½ teaspoon	
Chilli powder .. ¼ teaspoon	
Cassia leaf .. 1	
Cloves .. 2	
Cinnamon .. 1 inch stick	
Cardamoms .. 2	
Vinegar .. 2 teaspoons	
Salt .. to taste	
Sugar .. to taste	
Dalda 2 tablespoons	

Method: Peel and mash bananas. Mix turmeric powder, chilli powder, garlic and ginger. Heat Dalda. Fry cassia leaf, cloves, cardamoms and cinnamon. Add onion and fry till golden brown; add the mashed bananas, potatoes, chilli powder, salt and sugar. Fry for a few minutes. Add vinegar and cook for two minutes, stirring constantly. For 4 persons.

18 BANDHA COPI DIYE CHALER-JHAL

Ingredients

Cabbage .. 1 medium—cut finely and steam	} Slice finely
Rice .. 1 tablespoon—soak in water for 10 minutes	
Potatoes .. 2—peel and cut in small pieces	
Onion .. 1 large	
Ginger .. ½ inch piece	
Green chillies .. to taste	
Turmeric powder .. ½ teaspoon	
Chilli powder .. ¼ teaspoon	
Cassia leaf .. 1	
Cloves .. 2	
Cardamom .. 1	
Cinnamon .. 1 inch stick	
Salt .. to taste	
Sugar .. to taste	
Dalda 2 tablespoons	

Method: Heat Dalda, fry potatoes till light brown, drain and keep aside. Fry onions, cassia leaf, cloves, cardamom and cinnamon. Add rice, chilli powder, turmeric powder and ginger and fry till brown. Add sufficient water to cook rice. When rice is practically done add the cabbage, potatoes and chillies and let it simmer till water is absorbed. Add salt and sugar and fry for five minutes. For 4 persons.



19 PANCH-PHORONER TARKARI

Ingredients

Potatoes .. 3 large—peel and cut each into 8 pieces

Brinjal 1	} Cut same as potatoes
Pumpkin ¼ lb.	
Peas ¼ lb.—shell	
Green chillies to taste	
Red chillies to taste—break in tiny pieces	
Onion seeds	} .. ½ teaspoon—mixed
Mustard seeds	
Cumin seeds	
Fenugreek seeds	
Aniseed seeds	
Milk 1 tablespoon	
Cassia leaves 2	
Salt to taste	
Sugar to taste	
Dalda 2 tablespoons	

Method: Heat Dalda, fry red chillies, mixed masala and cassia leaves. Add vegetables and stir a little. Add chillies, sugar, salt, milk and enough water to cook vegetables. Cover. Let it simmer till vegetables are tender and water is absorbed. For 4 persons.



20 NARKOLER BARA

<i>Ingredients</i>	
Coconut ½—grate	
Whole wheat flour .. 2 tablespoons	
Aniseed ½ tablespoon	
Green chillies to taste—slice finely	
Salt to taste	
Sugar to taste	
Dalda 2 tablespoons	

Method: Mix the grated coconut with all the other ingredients. Form flat cakes and fry till light brown in Dalda. Makes 8 pieces.



1 MANGSHER GOTA MASLAR CURRY

<i>Ingredients</i>	
Mutton 1 lb.—cut into small pieces	
Curd ½ cup	
Onions 3 large	} Slice finely
Garlic 8 flakes	
Ginger ½ inch piece	
Coriander seeds .. 1 teaspoon	
Cardamoms 4	
Cumin seeds ½ teaspoon	
Red chillies 3—break in small pieces	
Salt to taste	
Sugar to taste	
Dalda 2 tablespoons	

Method: Soak garlic in ½ cup of water for 15 minutes. Then pour this water on the mutton along with the sliced garlic and let the mutton soak in this water for ½ hour.

Heat Dalda, add sliced onions, mutton with garlic water and red chillies.

In a thin cloth bag tie ginger, coriander seeds, cumin seeds and cardamoms and put it along with the mutton to simmer. Add salt and sugar. When the mutton is nearly done, take out the bag and squeeze out as much juice as possible into the degchi. Now add the curd mixed with very little water and fry the mutton till well browned. Add more Dalda if necessary. Remove. For 4 persons.

2 MURGEER MALAI CURRY

<i>Ingredients</i>	
Chicken 1 medium—clean and cut in pieces	
Potatoes 4 medium—peel and cut in cubes	
Coconut 1—grate and extract milk	
Onions 2 medium—slice one and grind the other	
Ginger ½ inch piece—slice	
Garlic 4 flakes—slice	
Green chillies to taste	
Turmeric powder .. ½ teaspoon	
Chilli powder ½ teaspoon	
Cassia leaf 1	
Cloves 4	
Cardamoms 2	
Cinnamon 1 inch piece	
Salt to taste	
Sugar to taste	
Dalda 4 tablespoons	

Method: Heat Dalda, fry potatoes and set aside. In the same degchi add little more Dalda, cassia leaf, cloves, cardamoms and cinnamon. Add sliced onion and fry till brown. Add ground onion, garlic and ginger and fry for a few minutes. Add other masalas, chicken, salt and sugar and fry well. Add coconut milk and cook till almost done. Add potatoes. Cook till done. Instead of chickens prawns can also be used. For 4 persons.

3 MACHHER BALL-CURRY

<i>Ingredients</i>	
Fish 1 lb.—steam, remove bones and mash	
Coconut ½—grate	
Potatoes 3 medium—boil one potato, cut in cubes the rest	
Onion 1 large—slice	

Onion	.. 1 large	} Grind
Ginger	.. 1 inch piece	
Green chillies	.. to taste—slice finely	
Turmeric powder	.. ½ teaspoon	
Cumin powder	.. ½ teaspoon	
Coriander powder	.. ½ teaspoon	
Chilli powder	.. ¼ teaspoon	
Cassia leaf	.. 1	
Cloves	.. 2	
Cardamom	.. 1	
Cinnamon	.. 1 inch piece	
Tomato sauce	.. 1 tablespoon	
Bread	.. 1 slice—soak in one table- spoon of milk	
Salt	.. to taste	
Sugar	.. to taste	
	Dalda 3 tablespoons	

Method: Mix fish, grated coconut, sliced chillies, half of ground onion, tomato sauce, boiled potato, bread and salt. Form into small balls and fry till brown. Drain and keep aside.

In the same frying pan heat 1 tablespoon of Dalda and fry cubed potatoes till light brown. Drain and keep aside. Heat Dalda in a degchi, fry cassia leaf, cloves, cardamom and cinnamon. Add sliced onions and fry till golden brown. Add ground onion, ginger and rest of the masalas. Add salt, sugar, potatoes and 2 cups of water and cook till potatoes are done. Put in fish balls. Remove. For 4 persons.

4 MACHHER KALIA

Ingredients

Rahu fish	.. 1 lb.—cut into big pieces, rub salt and turmeric powder and fry
Potatoes	.. 2 medium—peel and cut into big pieces and fry till light brown

Cauliflower	.. 1—cut into big pieces and fry till light brown	
Peas	.. ¼ lb.—shell	
Onion	.. 1 large—slice finely	
Onion	.. 1 large	} Grind together
Ginger	.. ½ inch piece	
Green chillies	.. to taste—slit into halves	
Turmeric powder	.. ½ teaspoon	
Chilli powder	.. to taste	
Cardamom	.. 1	
Cloves	.. 2	
Cinnamon	.. 2 inch piece	
Cassia leaves	.. 2	
Curd	.. 2 tablespoons	
Salt	.. to taste	
Sugar	.. to taste	
	Dalda 2 tablespoons	

Method: Heat Dalda, fry cassia leaves, cloves, cinnamon and cardamom. Add sliced onions and fry till golden brown. Add onion paste, turmeric powder and chilli powder and fry till brown. Add curd and vegetables, fry for 2 minutes. Add salt, sugar, green chillies and enough water to cook the vegetables. When vegetables are almost done add fish. Cook till done. For 4 persons.



5 MACHHER DAM-POKTO

Ingredients

Fish	.. 1 lb.—clean and slice
Curd	.. 1 cup
Ginger	.. 1 inch piece—grind
Green chillies	.. to taste—slit into halves

Cassia leaves	.. 2
Cardamoms	.. 2
Cloves	.. 2
Cinnamon	.. 1 inch stick
Almonds	.. 8—blanch, slice and roast on tawa
Salt	.. to taste
Sugar	.. to taste
	Dalda 1 tablespoon

Method: Mix all the ingredients together and steam till the fish is tender. For 4 persons.



6 MACHHER CHARHARI

Ingredients

Fish	.. 1 lb.—clean, cut in cubes and rub turmeric powder and salt	
Potatoes	.. 2 large—cut into two and slice lengthwise into ½ inch thick strips	
Onions	.. 2 medium—slice finely	
Green chillies	.. to taste—slit into halves	
Turmeric powder	.. ¼ teaspoon	} Grind to a paste
Red chillies	.. to taste	
Salt	.. to taste	
	Dalda 2 tablespoons	

Method: Heat Dalda in a karai and fry fish till golden brown. Drain and keep aside. Add potatoes, fry and remove. In the same pan brown onions, add masala paste and fry for 2 minutes. Add potatoes and pour enough water to

cover. Add green chillies and salt. When the potatoes are half tender, add fish cubes. Cover and allow to cook till potatoes are tender and the gravy is quite thick. For 4 persons.



7 MACHHER MAULI

Ingredients

Rahu fish 1 lb.—clean, cut into pieces
and fry lightly in Dalda.
Keep aside.
Onions 2 large—slice finely
Green chillies .. to taste—slice finely
Coconut 1—extract 1 cup thick milk
Lemon 1—extract juice
Salt to taste
Dalda 3 tablespoons

Method: Heat Dalda; fry onions and chilli till golden brown. Add 4 tablespoons of coconut milk and cook a little. Add fish and pour the remaining coconut milk. Add salt. Cover and let it simmer till fish is cooked. Add lemon juice. For 4 persons.

8 MANGSHER KOCHURI

Filling

Ingredients

Minced meat .. ½ lb.—boil with little salt
Onion 1 large
Ginger ½ inch piece
Garlic 4 flakes
Chillies 3
Cassia leaf 1

} Slice finely

Cloves 2
Salt to taste
Sugar to taste
Vinegar 1½ tablespoons
Dalda 1 tablespoon

Method: Heat Dalda, fry sliced onion till golden brown. Add ginger, garlic, chillies, cassia leaf, cloves and meat. Add salt and sugar. When meat is done and dry add vinegar and fry for a minute. Remove and let it cool. Remove cloves and cassia leaf.

Covering

Ingredients

Flour 1 cup
Dalda 1 tablespoon
Baking powder .. a pinch
Salt to taste
Dalda for frying

Method: Mix flour, salt and baking powder together. Rub in 1 tablespoon of Dalda and knead well with water to make a soft dough. Divide into small balls and roll out as for poories. In the centre place a teaspoon of the meat stuffing. Fold the kochuri into half, forming semi-circle. Seal the edges well. Deep fry in hot Dalda till light brown on slow fire. Makes 8 pieces.



9 LAU CHINGRI

Ingredients

White pumpkin .. 1 lb.—peel, cut into very small cubes and steam.

Shrimps ¼ lb.—clean and boil
Green chillies .. to taste—slit
Cumin seeds .. ¼ teaspoon
Cassia leaf 1
Coriander powder .. ½ teaspoon
Turmeric powder .. ½ teaspoon
Chilli powder .. to taste
Milk 1 tablespoon
Salt to taste
Sugar to taste
Dalda 2 tablespoons

Method: Heat Dalda, fry cumin seeds, cassia leaf and green chillies. Add turmeric, coriander and chilli powder, fry well. Put in pumpkin, shrimps, salt, sugar and milk. Cook for five minutes. For 4 persons.



10 CHHANCHRA

Ingredients

Rahu fish heads .. 4—rub ½ teaspoon of turmeric and salt, fry
Peas ¼ lb.—shell
Potatoes ¼ lb.
Pumpkin ¼ lb.
Brinjals 2 medium
Onion 1—slice finely
Green chillies .. to taste—slice finely
Turmeric powder .. ½ teaspoon
Red chillies .. to taste—break into tiny pieces

} Cut into long pieces

Mustard seeds	}	½ teaspoon—mixed
Aniseeds		
Onion seeds		
Fenugreek seeds		
Cumin seeds		
Cassia leaves	.. 2	
Salt to taste	
Sugar to taste	
Dalda 2 tablespoons		

Method: Heat Dalda; fry mixture of seeds, cassia leaves and red chillies. Add turmeric, fish heads, vegetables and green chillies, fry well. Add salt, sugar and enough water to cook vegetables and fish. Cover and let it simmer till quite tender and thick. For 4 persons.



11 CHINGRIR CUTLET

<i>Ingredients</i>		
Prawns 8 large	} Grind to a paste
Onions 2 medium	
Garlic 4 flakes	
Ginger 1 inch piece	
Green chillies	.. to taste	
Salt to taste	
Egg 1—beat well	
Breadcrumbs	.. ½ cup	
Dalda 4 tablespoons		

Method: Clean prawns, slit lengthwise and make light gashes on the surface. Smear prawns with paste and let it soak for half an hour. Dip prawns in egg. Cover with breadcrumbs and

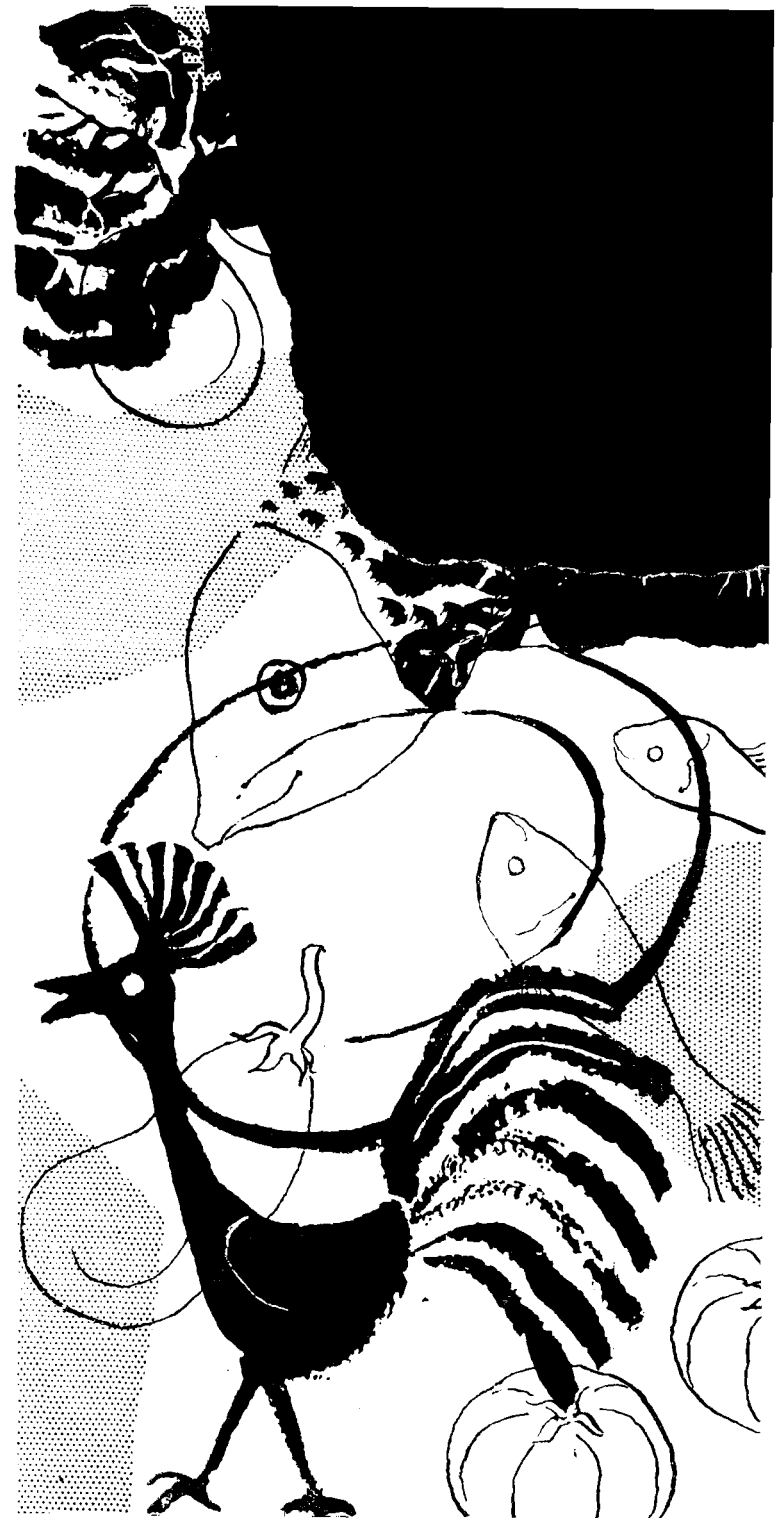
shallow fry in hot Dalda till crisp and brown. For 4 persons.



12 GHOOGNI

<i>Ingredients</i>		
Mutton ¼ lb.—cut into ½ inch cubes	
Dry peas ¼ lb.—soak overnight	
Potatoes ¼ lb.—peel and cut into ½ inch cubes	
Onion 1 large	} Slice finely
Garlic 2 flakes	
Ginger 1 inch piece	
Green chillies	.. to taste—slit into halves	
Turmeric powder	.. ½ teaspoon	
Coriander powder	.. 1 teaspoon	
Chilli powder	.. to taste	
Cumin seeds	.. 1 teaspoon—roast and powder	
Cardamom	.. 1	
Cloves 2	
Cinnamon 1 inch stick	
Flour 1 teaspoon—mix with 1 tablespoon of water	
Salt to taste	
Sugar to taste	
Dalda 3 tablespoons		

Method: Fry potatoes in Dalda till light brown. Drain. Add onion, cardamom, cloves, cinnamon, garlic and ginger and fry till brown. Add turmeric powder, chilli powder and coriander powder along with meat and peas and fry till light brown. Add sufficient water to cook meat and simmer till it is almost done. Add potatoes, cumin powder, green chillies, salt and sugar and cook till meat is tender. Add flour paste and mix well. Remove when thick. For 4 persons.





Recipes from Many Lands



THIS section is intended for the housewife who occasionally likes to include something out of the ordinary in her meals when entertaining guests. Here we have included recipes from twelve different countries. All these dishes are appetising, attractive and delicious to eat; and the ambitious housewife will derive much interest from trying them and finding out for herself the characteristics of the food eaten by people of other lands. Care has been taken to select dishes which should have a particular appeal for the Indian housewife and which she can readily prepare with the resources available to her.

Recipes from Many Lands

VEGETARIAN

FRENCH

1 Brunoise

SWEDISH

2 Pickled Beetroot

NON-VEGETARIAN

AMERICAN

1 Maryland Chicken

2 Pumpkin Pie

3 Doughnuts

CHINESE

4 Foo Chow

5 Foo Young Hy

6 Chinese Chop Suey

DUTCH

7 Jacptshotel

8 Dutch Potatoes

ENGLISH

9 Lemon Curd

FRENCH

10 Poulet Farci En Cocotte

11 Apples Under a Blanket



GERMAN

- 12 Hasenpfeffer
- 13 Schinkennudeln

ITALIAN

- 14 Vermicelli E Alici
- 15 Fritto Misto
- 16 Cenci
- 17 Fricco

JAPANESE

- 18 Gomoku Mazé
- 19 Chicken Mizutaki

MEXICAN

- 20 Salmon Chalupas
- 21 Mexican Tamale Pie

RUSSIAN

- 22 Croquettes
- 23 Apple Mush

SWEDISH

- 24 Swedish Omelette
- 25 Dolma
- 26 Cutlets a la Rudstroem

SPANISH

- 27 Churros
- 28 Paella a la Valenciana

French

1 BRUNOISE

Ingredients

Carrots 3 large
 Onions 2 medium
 Celery 2 sticks
 Turnips 2 small
 Peas (shelled) .. 4 tablespoons
 French beans .. 16
 Salt to taste
 Pepper powder .. to taste
 Warm water .. 4 cups
 Dalda 1 tablespoon

Method: Peel and dice vegetables. In a deep pan heat Dalda, add all vegetables except peas and beans. Cook on a slow fire stirring occasionally till the vegetables are well browned. Add warm water, salt and pepper, bring to boil and let it simmer for an hour. Add the peas and beans about $\frac{1}{2}$ an hour before removing from fire. For 4 persons.

Swedish

2 PICKLED BEETROOT

Ingredients

Beetroot 3 medium—boil, skin and slice finely
 Vinegar $\frac{1}{2}$ cup
 Sugar 1 tablespoon
 Water $\frac{1}{2}$ cup

Method: Soak sliced beetroot in vinegar, water and sugar. Serve like a pickle.

American

1 MARYLAND CHICKEN

Ingredients

Chicken 1 medium—cut in four pieces
 Potatoes 2 large—peel, cut into fingers and fry till golden brown
 Yolk of eggs .. 2—beat
 Flour $\frac{1}{2}$ cup
 Breadcrumbs .. $\frac{1}{2}$ cup—very fine
 Salt to taste
 Pepper powder .. to taste
 Dalda 4 tablespoons

Method: Season the chicken pieces with salt and pepper. Brush with flour and coat with egg yolk and breadcrumbs. Fry on a slow fire, in hot Dalda till golden brown. Serve with fried potatoes. For 4 persons.

2 PUMPKIN PIE

Ingredients

Cooked pumpkin .. 2 cups—mash finely
 Milk 2 cups
 Brown sugar or jaggery 1 cup
 Eggs 6—beat well
 Vanilla $\frac{1}{2}$ teaspoon (optional)
 Ground cinnamon, mace and nutmeg .. $\frac{1}{2}$ teaspoon
 Salt a pinch
 Dalda 3 tablespoons

Method: Mix pumpkin, salt and one tablespoon of Dalda. Put the pumpkin when quite cold in a bowl add milk, sugar, spices, eggs and vanilla.

Take a pie dish, line it with crust pastry and bake lightly. Pile the pumpkin mixture over this and bake in a quick oven for $\frac{1}{2}$ hour. When cold sprinkle with sugar and serve. For 4 persons.

Note.—To make crust—use equal parts of flour and Dalda and little salt. Knead and roll like a chapati. Set in a pie tin and bake lightly.

3 DOUGHNUTS

Ingredients

Sugar $\frac{1}{2}$ cup
 Dalda 1 $\frac{1}{2}$ tablespoons
 Egg 1—beat well
 Milk $\frac{1}{2}$ cup
 Flour 2 cups
 Baking powder .. 2 teaspoons
 Ground cinnamon, } $\frac{1}{2}$ teaspoon } Sift
 cloves, mace .. } together
 Salt a pinch
 Dalda for frying

Method: Cream sugar and Dalda. Add egg and milk, mix well. Add the rest of the ingredients and mix thoroughly. Turn out on slightly floured board and roll to $\frac{1}{2}$ inch thickness. Cut with a doughnut cutter or cut in big round about 2 inches in diameter and again the same round with another cutter about 1 inch in diameter. Deep fry in hot Dalda. Sprinkle with powdered sugar. Makes 24 pieces.

Chinese

4 FOO CHOW

Ingredients

Mushrooms .. $\frac{1}{2}$ lb. } Boil till
 Sprouted beans .. 2 $\frac{1}{2}$ cups } tender
 Eggs 7

Cream 2 tablespoons
 Salt to taste
 Pepper powder .. to taste
 Dalda 2 tablespoons

Method: Heat 1 tablespoon of Dalda and fry mushrooms to a light brown. Add sprouted beans and fry for a few minutes. Remove. Mix eggs, cream, pepper and salt and beat for a minute. Cook in a little Dalda till it thickens. Heap the mushrooms and sprouted beans in the middle of a serving dish, arrange the scrambled eggs over this and serve. For 4 persons.

5 FOO YOUNG HY

Ingredients
 Crabs 12—clean and boil
 Eggs 4—beat well
 Salt to taste
 Pepper powder .. to taste
 Dalda 1 tablespoon

Method: Heat Dalda in a frying pan and fry crabs. Add pepper, salt and beaten eggs and fry for a few minutes stirring constantly. Serve immediately. For 4 persons.

6 CHINESE CHOP SUEY

Ingredients
 Meat 1 lb.—cut into small pieces
 Mushrooms .. 1 cup—peel and slice
 Celery stalk .. 1—shred
 Onion 1—chop finely
 Chestnuts ½ cup—slice finely
 Sprouted beans .. 2 cups
 *Stock 2 cups
 Salt to taste
 Dalda ¼ cup

Method: Fry meat in Dalda until well browned. Remove. Add mushroom, celery, onion and chestnuts. Fry for five minutes. Add fried meat, sprouted beans, salt and stock. Cover and simmer for about ½ an hour. Serve with rice. For 4 persons.

*Take about 1 lb. of meat, cut up vegetables, e.g. carrot, turnip, etc., add 4 cups of water and let it simmer for ¾ hour. Strain and cool.

Dutch

7 JACPTSHOTEL

Ingredients
 Meat ½ lb. } Cook and slice
 Potatoes 2 lbs. }
 Onions 2 medium—slice
 Sour apples .. 3—peel and core
 Meat and vegetable
 stock 1½ cups
 Pepper powder .. to taste
 Nutmeg powder .. to taste
 Salt to taste
 Dalda 2 tablespoons

Method: Heat Dalda, fry onions and apples till light brown. On a fireproof dish arrange alternate layers of potatoes, meat, apples, and onions. Sprinkle nutmeg, pepper and salt on each layer. Pour the stock over the whole. Dot with Dalda and bake in moderate oven till light brown. For 4 persons.

N.B.—For stock, see Recipe No. 6.

8 DUTCH POTATOES

Ingredients
 Potatoes 6—boil and slice
 Onion 1 medium—chop

Chopped parsley .. 1 tablespoon
 Egg 1—beat } Mix
 Milk ½ cup } together
 Breadcrumbs .. 1 cup
 Salt to taste
 Pepper powder .. to taste
 Dalda 1 teaspoon

Method: Put potatoes in layers in greased baking dish, sprinkling each layer with onion, parsley, salt and pepper. Pour egg mixture over potatoes. Cover with crumbs. Bake in moderate oven (350° F) for 30 minutes. For 4 persons.

English

9 LEMON CURD

Ingredients
 Eggs 6—beat well
 Sugar 2 cups
 Lemon juice .. ½ cup
 Dalda ¼ cup

Method: Combine ingredients and cook over hot water stirring frequently until thick. Serve as a filling for layer cakes or as a spread on toast, biscuits or bread. Makes about 1 cup.

French

10 POULET FARCI EN CONCOTTE

Ingredients
 Chicken 1 medium—clean and keep whole

Chicken liver	.. ¼ lb.	} Clean and chop finely	} Mix well together
or Goat's spleen	.. 1		
Onions	.. 2 medium—	} chop finely	
Bread	.. 1 loaf—small		
Parsley	.. a small bunch	} —chop finely	
Sago	.. 1 teaspoon		
Egg	.. 1—beat		
Salt and pepper	.. to taste		
	Dalda 3 tablespoons		

Method: In a saucepan heat 1 tablespoon Dalda, add the mixture and cook on a slow fire for 15—20 minutes stirring frequently. Add egg to bind it. Stuff the chicken with this. In another pan heat 2 tablespoons of Dalda, add the chicken and cook till golden brown, turning and basting it frequently. Season with salt and pepper. Cover pan and place in a moderate oven. Cook till chicken is tender. When ready carve the chicken and serve hot. For 4 persons.

11 APPLES UNDER A BLANKET

Ingredients

Apples	.. 6—peel, cut into halves and core
Eggs	.. 5
Sugar	.. 4 tablespoons
Lemon rind	.. ½—chop
	Dalda 1½ teaspoons

Method: Place apples one against the other in a pie dish well smeared with Dalda. Sprinkle sugar and put a blob of Dalda on each piece of apple. Bake till nearly tender. (The apples must cook dry.) Beat up the yolks of 5 eggs with sugar and chopped lemon rind. Beat the white till frothy

and mix with the yolks and lemon rind. Pour it over the apples and bake for ten minutes in a warm oven (300°F). Peaches or apricots may be prepared the same way. For 4 persons.

German

12 HASSENPFEFFER

Ingredients

Game meat	.. 2½ lbs.—cut meat from bones
Carrots	.. 2—chop
Mushroom	.. ¼ cup—chop
Bay leaf	.. 1
Cloves	.. 8
Garlic	.. 4 flakes—chop finely
Pepper	.. ¼ teaspoon
Mustard seeds	.. 1 tablespoon
Cream	.. 1 cup
Salt	.. to taste
	Dalda 2 tablespoons

Method: Heat Dalda, add all ingredients except cream. Brown well. Add 1 cup of water or vinegar. Cover and simmer until tender (about 1 hour). Add cream. Mix well and serve hot. For 4 persons.

13 SCHIKENNUDELN

For Noodles

Ingredients

Flour	.. 8 ozs.
Egg yolks	.. 4
Salt	.. to taste

Method: Mix the flour, salt and eggs to the consistency of stiff dough and allow to stand for half an hour. Make three portions of the dough, roll out thinly on a floured board and let it stand for about an hour. Make a thin round of each

of the portions and cut into long strips about ¼" broad. Boil these for 5 minutes in salted water place in a sieve and shower cold water over them. Drain well till no moisture is left.

For Sauce

Ingredients

Mutton	.. ¼ lb.—cook and chop	} Cook together on a very slow fire
Sour cream	.. 1½ cups	
Egg yolks	.. 2	
Cheese	.. 2 ozs.—grate finely	
Pepper powder	.. to taste	
Salt	.. to taste	
Dalda	.. 2 tablespoons	
Cheese	.. 2 ozs.—grate finely	
Breadcrumbs	.. ½ cup	

Method: In a fireproof dish arrange noodles in layers moistening each layer generously with sauce, dust over with grated cheese and breadcrumbs and bake in a moderate oven for 35 minutes. For 4 persons.

N. B.—Instead of mutton, ham can also be used.

Italian

14 VERMICELLI E ALICI

Ingredients

Tomatoes	.. 1 lb.—chop finely
Vermicelli	.. ½ lb.
Olive oil	.. 2 tablespoons
Onion	.. 1 medium—chop
Bay leaf	.. 1
Anchovies	.. 5—chop
Cheese	.. 4 ozs.—grate

Parsley 1 small bunch—chop finely
 Salt to taste
 Pepper powder .. to taste
 Dalda 1 tablespoon

Method: In a saucepan of salted boiling water put vermicelli and boil till tender. Drain thoroughly in a colander. When drained mix well with the following sauce.

Heat Olive oil and Dalda in a saucepan, and fry onion a golden brown. Add tomatoes, bay leaf, parsley, salt and pepper. When cooked to a pulp rub through a sieve, replace in the saucepan, add the chopped anchovies, stir. When hot mix with the vermicelli. Garnish with cheese. For 4 persons.

15 FRITTO MISTO

Ingredients
 Mutton ½ lb.—cut in small pieces
 Brinjals 1 lb.—slice into ½ inch pieces
 Eggs 3
 Brains 2—boil and quarter
 Mushrooms .. ½ lb.—clean
 Parsley 1 bunch—small
 Salt and pepper .. to taste
 Flour 1 cup
 Dalda for frying

Method: Beat two eggs, mix with all the ingredients except flour. Roll in flour and fry in Dalda till done. Drain off extra Dalda. Other vegetables may be substituted for those included here. For 4 persons.

16 CENCI

Ingredients
 Flour ½ lb.
 Egg yolks 3

Whole eggs .. 2
 Powdered sugar .. 1 tablespoon
 Vanilla essence .. 1 teaspoon
 Dalda for frying

Method: With flour and 3 egg yolks make a stiff dough. When ready add the sugar, vanilla, whole eggs and knead into a firm smooth dough. Sprinkle little flour on the board and roll out the dough. Cut into narrow strips. Tie each strip into a bow or rosette. Deep fry in Dalda till golden brown. Drain and sprinkle sugar. For 4 persons.

17 FRICCO

Ingredients
 Meat 1 lb.—cut into cubes
 Potatoes 1½ lbs.—slice finely
 Onion 1 large—cut into thick slices
 Cream ¼ cup
 Pepper powder .. to taste
 Salt to taste
 Dalda 2 tablespoons

Method: Smear a pudding dish with Dalda and arrange a layer of potatoes at the bottom. Dot with Dalda. Spread a layer of meat cubes with salt, pepper and onion slices previously stewed in a little Dalda. Continue in this manner ending with a layer of potatoes. Pour cream over this. Cover the dish, put in a saucepan of water and allow to boil for about two hours. For 4 persons.

Japanese

18 GOMOKU MAZE

Ingredients
 Prawns ½ lb.—clean

Chicken 1—remove bones. Cut in small pieces
 Cabbage ¼ lb.—wash, separate leaves and cut in small pieces
 Carrot 1—cut in thin strips about 1 inch long
 French beans .. ¼ lb.—slice finely lengthwise
 Spring onion .. 1—chop in big pieces
 Onion 1—slice in thick pieces
 Celery stalk .. 1—cut in 1 inch pieces
 Peas ½ lb.—shell
 Ginger 1 inch piece—chop
 Salt and pepper .. to taste
 Vinegar 1 teaspoon
 Egg 1—make plain omelette. Cut in thin strips
 Dalda 2 tablespoons

Arrowroot Sauce

Arrowroot .. 1 tablespoon } Mix with
 Pepper powder .. ¼ teaspoon } 1 cup of
 Soyabean sauce .. 1 tablespoon } water

Method: Heat Dalda, fry prawns and chicken till water is absorbed. Add vegetables, ginger, salt and pepper, and cook till half done. Add arrowroot sauce and mix well. Add vinegar and salt. Stir. Cook till vegetables are tender but not too soft. Garnish with omelette strips. Serve with vegetable pickles. For 4 persons.

Vegetable Pickle

Cabbage a few leaves—
 slice very
 finely }
 Carrots a few—slice
 very finely } Mix well
 Salt to taste
 Sugar to taste
 Vinegar 2 tablespoons

19 CHICKEN MIZUTAKI

Ingredients

Chicken	1 small—cut in small pieces
Rice	2 tablespoons
Ginger	1 inch piece—cut in big pieces
Salt	to taste
Pepper powder	to taste
Vinegar	1 teaspoon
Soyabean sauce	2 tablespoons
Spring onions	2—chop finely
			Dalda 1 tablespoon

Method: Heat Dalda, fry chicken lightly. Add enough water to come up 1 inch above the chicken. Add all the other ingredients. Cook till chicken is very tender, and rice is completely mashed making the gravy thick. (After it is cooked there should be plenty of gravy.) Serve with spring onions, soyabean sauce and vinegar mixed together. For 4 persons.

Mexican

20 SALMON CHALUPAS

Ingredients

Corn meal	1 cup
Boiling water	1 cup
Salt	to taste
Egg	1—beat well
Salmon	½ lb.—steam
Cheese	½ cup—grate
			Dalda for frying

Method: Mix well corn meal, water, salt, egg and salmon. Form into patties for frying. Deep

fry in hot Dalda till brown. Sprinkle a tablespoon of grated cheese on each patty and serve with tomato sauce and onion slices. For 4 persons.

21 MEXICAN TAMALES

Ingredients

Mutton	1 lb.—grind	} Mix together
Raisins	1 cup	
Olives	12—slice	
Pepper powder	½ teaspoon	
Chilli powder	½ teaspoon	
Salt	to taste	
Corn meal	1½ cups	
			Dalda 1 tablespoon	

Method: Put the mutton mixture in a saucepan. Cover with cold water, and bring to boil. Let it simmer on gentle heat for about 20 minutes. Stir in 1 tablespoon corn meal. In another pan boil water with a pinch of salt. Stir in balance of corn meal. Add Dalda. Boil until mixture is mushy. Line a greased baking dish with slightly more than half of this batter. Pour in meat mixture. Cover with the remaining batter. Bake at moderate heat (350° F.) for 30 minutes. Serve hot. For 4 persons.

Russian

22 CROQUETTES

Ingredients

Meat	1 lb.—mince finely
Curd	1 cup
Onion	1 small—chop finely
Eggs	2—beat well
Breadcrumbs	½ cup

Pepper powder	to taste
Salt	to taste
			Dalda ½ lb.

Method: Mix meat, onion, salt and pepper well. Form into flat oblong shapes. Bind the croquettes with the eggs. Coat with breadcrumbs. Deep fry in hot Dalda. Remove. To the remaining Dalda in the pan add curd and pour it over the croquettes when serving. For 4 persons.

23 APPLE MUSH

Ingredients

Apples	1 lb.—cut and dice
Powdered sugar	6 tablespoons
Cream	2 tablespoons
Egg	1—beat well
			Dalda 1 tablespoon

Method: Mix egg with cream and sugar. Add the mixture to apples. Mix well and pour into a cake tin lined with brown paper greased with Dalda. Bake for 35 minutes in moderate oven (350°F). It has paste-like consistency. For 4 persons.

Swedish

24 SWEDISH OMELETTE

Ingredients

Eggs	3
Flour	1 tablespoon
Milk	1½ cups
Salt	to taste

Method: Beat eggs with flour and salt.

Mix in milk gradually and let it stand for an hour. Grease a fireproof dish, pour in mixture and bake at moderate heat (350° F) for about 45 minutes till top gets brown. Spread spinach mixture on top.

Spinach Mixture :

- Spinach (palak) .. 1 small bunch
- Flour 1 tablespoon
- Milk ½ cup
- Salt and pepper .. to taste
- Dalda 1 teaspoon

Method : Boil a bunch of spinach (palak) and crush it in a mortar. Put a teaspoon of Dalda in a saucepan, stir in flour, milk and the spinach water. When thickened stir in spinach, salt and pepper. For 4 persons.

25 DOLMA

Ingredients

- Cabbage 1 medium
- Mutton 1 lb.—mince
- Rice ½ cup—boil
- Egg 1—beat well
- Salt to taste
- Pepper powder .. to taste
- Milk ¼ cup
- Dalda 2 tablespoons

Method : Loosen the big leaves of the cabbage separately and steam, until soft enough to fold without breaking. Mix rice, meat, egg, salt, pepper and sufficient milk to make a smooth mixture. Put a little meat mixture on each cabbage leaf, tuck in sides and roll up. Heat Dalda in a frying pan and fry cabbage

rolls till brown on both sides. Remove. Put them in a pan and steam for 1—1½ hours. Place on serving dish, make gravy from what is left in the pan. Serve with boiled potatoes. For 4 persons.

26 CUTLETS A LA RUDSTROEM

Ingredients

- Mutton 1 lb.—mince
- Potatoes 2 medium—boil and mash
- Beetroot 1 cup—finely diced
- Onion 1 small—chop finely
- Egg 1—beat well
- Dalda for frying

Method : Mix well all the above ingredients. Shape into cutlets. Fry in Dalda. For 4 persons.

Spanish

27 CHURROS

Ingredients

- Flour 1 cup
- Eggs 4 large
- Water 1 cup
- Icing sugar or powdered sugar .. ½ cup
- Vanilla a few drops
- Salt a pinch
- Dalda 2 tablespoons

Method : Put salt, water and Dalda in a small saucepan and bring to boil, stirring constantly.

Remove saucepan, add flour and stir with a wooden spoon to a smooth paste. Put the saucepan back on a low fire and keep stirring till the paste leaves the sides of the pan. Slightly beat the eggs and add one at a time stirring till they are well mixed. Add flavouring and remove from fire when the paste is firm. Take a piping machine used for icing cakes with a funnel ½ inch wide. Put a little of the paste in it. Heat Dalda in a deep frying pan and drop about 6 inches of the paste in it and fry a golden brown. Drain. Dust over with sugar before serving. For 4 persons.

28 PAELLA A LA VALENCIANA


Ingredients

- Chicken 1 small—cut in 8 pieces
- Rice 2 cups
- Lobster 1—boil, shell and cut into pieces
- Crabs 2—boil and shell
- Peas ¼ lb.—shell
- French beans .. 10—slice
- Garlic 4 flakes—slice
- Bay leaf 1
- Turmeric powder .. ¼ teaspoon
- Salt to taste
- Pepper powder .. to taste
- Dalda 3 tablespoons

Method : Fry chicken pieces, lobster and crab meat in Dalda till golden brown. Add garlic and rice. Fry for a few minutes. Put in beans, peas, salt, pepper, bay leaf and turmeric. Add enough water to cook rice. Cook stirring frequently till water is absorbed. Remove from fire. Serve hot. For 4 persons.

Recipes for Invalids



N planning the diet for a sick person, the main principle is to follow the doctor's orders. The diet prescribed by the doctor is likely to be classified as liquid (or fluid), soft or semi-solid, or light. Every one in the family should know what these terms imply.

Food for the sick must be carefully selected, prepared and served. A patient's appetite is generally in a rather delicate condition and must be stimulated by attractive presentation of his meals. Even a necessarily dull diet can be made more appetising by the way it is served.

The recipes in this section include dishes in all the categories mentioned above. They are all easy to prepare and will help to provide a varied diet for the invalid.

Recipes for Invalids

VEGETARIAN

- 1 Cornflour Mould
- 2 Cream of Tomato Soup
- 3 Dal Soup
- 4 Fruit Jelly
- 5 Melba Toast
- 6 Stuffed Potato
- 7 Spring Vegetable Soup

NON-VEGETARIAN

- 1 Albuminized Milk Shake
- 2 Baked Custard

- 3 Bread Pudding
- 4 Baked Egg
- 5 Chicken Jelly
- 6 Chicken Soufflé
- 7 Creamed Fish
- 8 Fruit Whip
- 9 Lemon Soufflé
- 10 Mutton Tea
- 11 Mutton Broth
- 12 Sautéed Liver
- 13 Steamed Custard

1 CORNFLOUR MOULD

Ingredients

- Corn flour .. 2 tablespoons
- Sugar to taste
- Milk 4 cups
- Vanilla 4 drops

Method: Mix corn flour in a little cold milk. Add sugar to remaining milk and heat. Stir in corn flour mixture. Cook for 2-3 minutes, stirring constantly till the mixture begins to thicken. Add essence. Pour the mixture in a wet mould. Allow to set. Serve cold. For 4 persons.

2 CREAM OF TOMATO SOUP

Ingredients

- Tomatoes 2 medium—blanch
- Onion 3 slices
- White sauce .. ½ cup
- Coriander leaves .. a small bunch
- Salt to taste

Method: Strain through sieve onion, coriander leaves and tomatoes. Heat and add gradually to white sauce. Beat well to avoid curdling. Add salt. For 1 person.

*N.B.—*For sauce, see Recipe No. 6 for Chicken Soufflé overleaf.

3 DAL SOUP

Ingredients

- Green gram .. 2 tablespoons
- Salt to taste
- Turmeric powder .. ¼ teaspoon
- Water 2 cups

Method: Mix all ingredients together. Cook slowly till green gram is tender and water is reduced to half. Mix well. Strain. For 1 person.

*Note.—*If permitted soup may be seasoned with ¼ teaspoon cumin seeds fried in ¼ teaspoon hot Dalda.

4 FRUIT JELLY

Ingredients

- Gelatin 1 tablespoon—dissolve in ¼ cup cold water
- Sugar ½ cup
- Boiling water .. ¾ cup
- Salt a pinch
- Lime juice 1 tablespoon
- Chopped lemon rind 1 teaspoon
- Apple ¼—chop
- Grapes ¼ cup—chop
- Cream 2 tablespoons

Method: Add the sugar mixture to gelatin, stirring all the time. Stir in the lime juice and rind. Chill in a greased mould. When begins to set add chopped fruit. Chill until set. Serve with cream. For 2 persons.

5 MELBA TOAST

Ingredients

- Bread 4 slices

Method: Toast bread in a very slow oven till crisp and brittle. These can be stored in large quantity and before serving make crisp again in oven. For 2 persons.

6 STUFFED POTATO

Ingredients

- Potato 1—grease the surface and bake till soft
- Milk 1 tablespoon
- Grated cheese .. 1 tablespoon
- Salt to taste
- Pepper powder .. to taste
- Dalda 1 teaspoon

Method: Scoop out the centre of the potato keeping the casing whole. Mix the pulp with Dalda, milk, salt and pepper. Beat till creamy. Fill the potato casing with the mixture and sprinkle cheese. Tie a string round the potato if necessary. Bake in hot oven, cook till cheese is melted, and browned. For 1 person.

7 SPRING VEGETABLE SOUP

Ingredients

- Peas ¼ lb.—shell
- Tomatoes 1 lb.
- French beans .. ¼ lb.
- Onion 1 small
- Corander leaves .. a small bunch—chop
- Celery stalk .. 1—chop
- Salt to taste
- Pepper powder .. to taste
- Flour 1 tablespoon
- Dalda 1 tablespoon

Method: Put vegetables, salt and pepper in a pan with sufficient water to come 1 inch above the vegetables and boil till very tender. Strain. Stir in the flour mixture. Bring to boil. For 2 persons.

1 ALBUMINISED MILK SHAKE

Ingredients

Milk 1 cup—thoroughly chill
Sugar to taste
Vanilla ¼ teaspoon
Egg white 1

Method: Add egg white to milk, sugar and vanilla, mix well. Strain. Beat well till frothy. Serve chilled. For 1 person.

2 BAKED CUSTARD

Ingredients

Milk 2 cups
Eggs 2
Sugar ¼ cup
Salt ¼ teaspoon
Nutmeg for flavouring

} Mix together

Method: Heat milk and pour over the egg mixture. Pour into a baking dish. Sprinkle nutmeg. Set the dish in a pan of hot water, bake in a moderate oven (350° F) till set. For 4 persons.

3 BREAD PUDDING

Ingredients

Bread 4 slices
Milk 1½ cups
Eggs 2
Sugar ½ cup
Vanilla a few drops
Raisins 1 tablespoon
Dalda 1 teaspoon

} Mix together

Method: Dot a shallow pie dish with Dalda. Arrange the bread slices and pour the milk mixture over. Sprinkle raisins. Bake on a slow oven till set. For 4 persons.

4 BAKED EGG

Ingredients

Eggs 4
Cream 4 tablespoons
Salt to taste
Pepper powder .. to taste
Dalda 1 teaspoon

Method: Grease shallow baking dish. Break each egg into it. Dot with Dalda. Sprinkle salt and pepper. Add 1 tablespoon of cream on each and bake in moderate oven (350° F) until set. Serve hot. For 4 persons.

5 CHICKEN JELLY

Ingredients

Chicken 1 small—clean, cut in pieces,
pound lightly.
Water 6 cups
Celery stalk .. 1—chop
Parsley sprig .. 1—chop
Gelatin 1 tablespoon—soak in little
water
Egg 1—separate white
Salt to taste
Pepper powder .. to taste

Method: Put chicken pieces in a pan. Add all ingredients except gelatin and egg white. Cook until chicken is very tender. Strain the liquid and boil till reduced to about 2 cups. Add to the gelatin, stir in egg white and allow to boil for five minutes stirring constantly. Set into moulds. For 4 persons.

6 CHICKEN SOUFFLÉ

Ingredients

White sauce .. ½ cup
Egg white 1
Breadcrumbs .. 2 tablespoons
Chopped chicken .. ½ cup
Salt to taste

Method: Mix egg yolk, breadcrumbs and chicken with white sauce, add salt. Fold in stiffly beaten egg white. Pour into greased baking dish. Set in a pan of hot water and bake in a slow oven (325° F) for 15-20 minutes. For 1 person.

White Sauce

Flour ½ tablespoon
Milk 1 cup
Salt to taste
Dalda 1 teaspoon

Method: Melt Dalda in double boiler, mix in the salt and flour to make a smooth paste. Add milk gradually to the flour mixture. Continue stirring until thickened. Cook for 10-15 minutes (1 cup).

7 CREAMED FISH

Ingredients


Steamed fish .. ¼ cup—flake in small pieces
Egg 1—hard boil, chop the white
White sauce .. ½ cup
Toast 2 slices

Method: Mix fish flakes, sauce and egg white. Pour over the toast. For 1 person.

N.B.—For sauce, see Recipe No. 6.



Children's Recipes

 THE diet of a young child is at least as important as the diet of an infant or an adult—perhaps even more so, since the years between infancy and maturity represent the period of growth and development. Great care must be taken to supply the child with plenty of food which not only provides all the essential nutrients but which he can also handle easily and enjoy.

Children need a daily supply of certain foods which give the nutritional essentials necessary for their normal growth and development. The main items are milk, meat, eggs, fruits, vegetables and cereals, all of which should, if possible, be included in the daily diet of a child.

The recipes in this section will help the mother to plan a nourishing, varied and enjoyable diet for her child.

Children's Recipes

VEGETARIAN

- 1 Apple Crisp
- 2 Banana Cream Toast
- 3 Beet and Cabbage Scramble
- 4 Boiled Peas
- 5 Carrot Soup
- 6 Cereal Gruel
- 7 Cheese Biscuits
- 8 Deluxe Tomato Soup
- 9 Mashed Vegetable
- 10 Sweet Rice

NON-VEGETARIAN

- 1 Apple Meringue
- 2 Chicken with Potatoes

- 3 Chocolate Fingers
- 4 Clear Soup
- 5 Dal Cutlet
- 6 Egg with Peas
- 7 Fish Risotto
- 8 Fish-on-Tomato
- 9 Grilled Chops
- 10 Kidney Pie
- 11 Mousse-on-Chocolate
- 12 Poached Egg
- 13 Steamed Fish
- 14 Stewed Chicken
- 15 Surprise Mould

1 APPLE CRISP

Ingredients

Apples 3 medium—cut in fours
Hot water $\frac{1}{2}$ cup
Flour $\frac{1}{4}$ cup
Sugar $\frac{1}{4}$ cup
Dalda 2 tablespoons

Method: Arrange apples in a greased pie dish. Pour water over apples. Cream Dalda, add flour and sugar (flour should have crumbly texture). Sprinkle over apples. Bake in hot oven (400° F.), until apples are tender and top is browned. For 4 children.

2 BANANA CREAM TOAST

Ingredients

Bananas 2—peel and mash
Toast slices 4
Milk 1 cup
Flour 1 tablespoon
Sugar 1 tablespoon
Cream 2 tablespoons
Salt a pinch

Method: Mix flour to a smooth batter with equal quantity of milk. Bring remaining milk to boil. Stir in flour batter, sugar and salt. Cook on slow heat until it thickens. Mix bananas with cream and add to flour mixture. Pile lightly on toast. For 4 children.

3 BEET AND CABBAGE SCRAMBLE

Ingredients

Beetroot 1 medium—half boil, skin
and shred coarsely
Cabbage $\frac{1}{2}$ small—shred finely
Onion 1 small—slice finely
Pepper powder $\frac{1}{8}$ teaspoon

Fine sugar $1\frac{1}{2}$ teaspoons
Vinegar 2 tablespoons
Water 2 tablespoons
Salt to taste
Dalda 1 tablespoon

Method: Heat Dalda in a degchi. Add vegetables, sprinkle salt, pepper and sugar; add vinegar and water. Cover and cook on slow fire stirring occasionally till vegetables are tender and water is absorbed. For 4 children.

4 BOILED PEAS

Ingredients

Peas $\frac{1}{2}$ lb.—shell
Mint leaves 3-4
Sugar a pinch
Salt to taste
Dalda 1 teaspoon

Method: Put the peas in a degchi and cover with cold water. Add mint, salt and sugar. Boil until tender and water is absorbed. Toss in hot Dalda for a minute and serve hot. For 4 children.

5 CARROT SOUP

Ingredients

Carrots 4 large
Onions 2 small
Celery a small stick
Parsley 1 bunch
Pepper powder to taste
Salt to taste
Dalda 1 tablespoon

Method: Place all ingredients in a degchi. Cover with cold water and simmer for 2 hours. Strain through a sieve. For 4 children.

6 CEREAL GRUEL

Ingredients

Rice flour 2 tablespoons
Milk $\frac{1}{2}$ cup
Salt to taste

Method: Mix rice flour with enough cold water to make a smooth paste. Place in a double boiler, add 3 cups of boiling water and keep stirring until the mixture becomes transparent. Add hot milk and salt. Cook for half an hour. Serve hot or cold. For 4 children.

7 CHEESE BISCUITS

Ingredients

Flour 1 cup
Cheese $\frac{1}{2}$ cup—grate
Milk 2 tablespoons
Baking powder $\frac{1}{2}$ teaspoon
Salt to taste
Dalda 2 tablespoons

Method: Sift flour, baking powder and salt together. Rub Dalda into flour, add cheese. Add milk gradually, until dough leaves the bowl clean. Roll out and cut into shapes. Place on a greased tin and bake in a moderate oven (350° F.) for 15 minutes. Makes 32 pieces.

8 DELUXE TOMATO SOUP

Ingredients

Tomato juice 6 cups
Onion 1 medium—slice
Coriander leaves .. a small bunch—chop finely
Bay leaves 2
Flour 1 teaspoon
Milk 4 tablespoons
Pepper powder to taste
Salt to taste
Dalda 1 teaspoon

Method: Simmer together tomato juice, onion, coriander leaves, bay leaves, pepper and salt for five minutes. Remove from fire and strain. Heat Dalda, add flour and fry for a minute. Add milk and cook until it thickens. Slowly stir in strained liquid. Remove. For 4 children.

9 MASHED VEGETABLE

Ingredients

Potatoes ½ lb.—boil and chop finely
Cabbage ½ lb.—cut in small pieces
and steam
Onions 2 small slices
Pepper powder .. to taste
Salt to taste
Dalda 1 tablespoon

Method: Heat Dalda in a frying pan. Add potatoes, cabbage, onions and mix well. Sprinkle salt and pepper. Fry till light brown. For 4 children.

10 SWEET RICE

Ingredients

Rice 4 ozs.—half cook
Sugar 4 ozs.—make thin syrup with
1 cup water
Cardamoms .. 2
Cloves 2
Almonds 2 ozs. } Blanch and slice
Pistachios 2 ozs. }
Lemon ½—extract juice
Rose-water .. 1 teaspoon
Dalda 1½ tablespoons

Method: Heat Dalda, add cardamoms, cloves and fry for two minutes. Add rice, syrup, nuts, lemon juice and rose-water. Cover and simmer till rice is cooked. For 4-5 children.

1 APPLE MERINGUE

Ingredients

Apples 3—peel and cut in fours
Eggs 2—separate white from yolk
Lemon rind—grated ½ teaspoon
Powdered sugar .. 2 tablespoons
Sugar 2 tablespoons
Dalda 2 tablespoons

Method: Stew apples, sugar and lemon rind together until apples are tender. Mix apples, Dalda and well beaten egg yolks. Pour the mixture in a pie dish. Beat the egg whites until stiff and fold in powdered sugar. Pour on apple mixture. Bake in moderate oven (350° F.) until browned. For 4 children.

2 CHICKEN WITH POTATOES

Ingredients

Chicken 1 small—clean, boil, remove
bones and cut in small
pieces
Potatoes 3 large—boil, mash and add
salt
Chicken gravy .. 1½ cups
Nutmeg a pinch
Pepper powder .. to taste
Salt to taste
Dalda 1 teaspoon

Method: Put all the ingredients except potatoes in a degchi. Cook for 15 minutes. Serve on a bed of mashed potatoes. For 4 children.

3 CHOCOLATE FINGERS

Ingredients

Icing sugar .. ¼ lb.
Cocoa 2 teaspoons
Coconut 1—grate

Eggs 2—separate white from yolk
Lemon juice .. a few drops

Method: Beat egg whites to a stiff foam. Sift sugar and cocoa together and fold it into the egg whites. Stir in coconut and add the lemon juice. Cut into fingers. Put fingers on a tin greased with Dalda and bake in a hot oven (400° F). Makes 20 pieces.

4 CLEAR SOUP

Ingredients

Mutton bones and
minced meat .. ½ lb.
Turnip 1 small
Carrot 1 small } Chop coarsely
Celery stalk .. 1
Onion 1 small }
Cloves 3
Egg white 1—beat
Egg shell 1
Pepper powder .. to taste
Salt to taste
Water 3 cups
Dalda 1 teaspoon

Method: Put all ingredients except egg white and shell into a degchi and bring to boil. Add egg white and shell. Simmer until meat and vegetables are tender. Strain. For 4 children.

5 DAL CUTLET

Ingredients

Lentils 1 cup—soak for ½ hour
Onion 1 small
Coriander leaves .. 1 small bunch } Chop finely
Green chillies .. to taste
Egg 1—beat well
Breadcrumbs .. ¼ cup

Pepper powder .. to taste
 Salt .. to taste
 Dalda for frying

Method: Steam lentils till soft and grind to a paste with water. Mix all the ingredients together except egg and breadcrumbs. Form into flat oblong shape. Dip in egg, then in breadcrumbs. Fry in hot Dalda till golden brown. For 4 to 6 children.

6 EGG WITH PEAS

Ingredients

Shelled peas .. ½ lb—boil and rub through a sieve
 Eggs .. 4
 Pepper powder .. to taste
 Salt .. to taste
 Dalda 3 tablespoons

Method: Make a border of the boiled peas in a baking dish. Put Dalda in the centre and drop the eggs on it. Season with salt and pepper. Bake until eggs are set. For 4 children.

7 FISH RISOTTO

Ingredients

Fish .. 1—clean and fillet
 Rice .. 1 cup—boil
 Stock .. ½ cup—(soup made of fish bones)
 Milk .. ¼ cup
 Cheese .. ¼ cup—grate
 Tomato sauce .. 1 tablespoon (optional)
 Pepper powder .. to taste
 Salt .. to taste
 Dalda 1 tablespoon





Method: Roll up each fillet, put in a dish greased with Dalda. Add stock, milk, pepper, salt and Dalda, cover with butter paper and bake until cooked. Mix together rice, fish and tomato sauce. Serve with cheese. For 5 to 6 children.

8 FISH-ON-TOMATO

Ingredients

- Cooked fish .. 2 cups—remove bone and mash
 - Tomatoes .. 4—large—cut top and remove pulp
 - Potatoes .. ½ lb.—boil and mash
 - Onion .. 1 large—chop finely
 - Coriander leaves .. a small bunch—chop finely
 - Breadcrumbs .. 2 tablespoons
 - Pepper powder .. to taste
 - Salt .. to taste
- Dalda 1 teaspoon

Method: Mix fish, tomato pulp, coriander leaves, onions, pepper and salt. Pack the mixture into tomatoes. Top with mashed potato sprinkled with breadcrumbs. Place in a dish dotted with Dalda. Bake in moderate oven (350° F) until tomatoes are tender. For 4 children.

9 GRILLED CHOPS

Ingredients

- Mutton chops .. 4—small
- Tomatoes .. 4—small
- Pepper powder .. to taste
- Salt .. to taste

Method: Pound the chops lightly. Sprinkle with salt and pepper. Grill the chops for 8—10 minutes on each side and tomatoes for 3—4 minutes on each side. For 4 children.

10 KIDNEY PIE

Ingredients

Meat ½ lb.	} Cut in small pieces
Kidneys 2	
Onion 1 small	
Salt to taste	
Egg 1—beat well	
Flour ½ cup	} Make dough with water
Dalda 2 teaspoons	
Salt to taste	
Pepper powder to taste	
Water ½ cup	

Dalda 1 teaspoon

Method: Put all ingredients except dough and egg in a pie dish. Roll out the dough to ¼ inch thickness. Smear it with Dalda. Place it on the pie dish, trim the edges. Brush the top with beaten egg and bake in moderate oven for 1 hour. For 4 children.

11 MOUSEE-ON-CHOCOLATE

Ingredients

Chocolate 2 ozs.—semi-sweet
Eggs 3—separate yolk and white
Vanilla 1 teaspoon

Method: Melt chocolate over hot (not boiling) water. Remove from heat. Beat in egg yolks. Add vanilla. Beat egg whites until stiff, fold into chocolate mixture. Pour into cups and chill. For 4 children.

12 POACHED EGG

Ingredients

Eggs 4
Toast 4
Vinegar ½ teaspoon
Salt to taste

Method: Break and slip the eggs in a pan of cold water, to which vinegar and salt have been added (this will help the eggs to set) and cook until eggs are set. Serve on toast. For 4 children.

13 STEAMED FISH

Ingredients

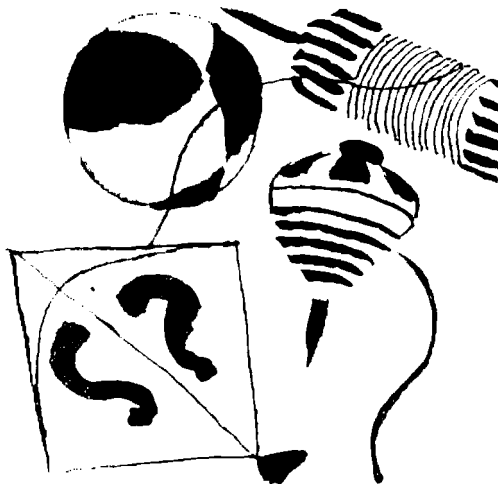
Fish ½ lb.—clean and soak ½ hour in salt water
Tomato sauce ½ cup

Method: Cut fish in small pieces and steam until tender. Serve with tomato sauce. For 3-4 children.

14 STEWED CHICKEN

Ingredients

Chicken 1—cut into small pieces
Celery 1 stalk—chop
Carrots 6 small



Onions 12 small—peel
Lemon ½—extract juice
Milk ½ cup
Flour 1 tablespoon
Pepper powder to taste
Salt to taste

Dalda 1 tablespoon

Method: Heat Dalda; add chicken and vegetables, fry a little. Add pepper, salt and enough water to cover chicken and vegetables. Boil till tender. Remove chicken and vegetables, strain liquid. Add enough water to make 4 cups gravy. Mix flour and milk to a smooth paste and add to liquid and boil till it thickens. Remove from fire. Add lemon juice and pour over chicken and vegetables. For 4 children.

15 SURPRISE MOULD

Ingredients

Peaches 6—rub through sieve
Orange juice 2 cups
Gelatin 1 tablespoon
Egg whites 2
Sugar 1 teaspoon

Method: Mix orange juice and peaches. Put the peach mixture, sugar and gelatin in a sauce pan and beat until gelatin is dissolved. Cool. Beat the egg whites to a stiff foam and fold into the peach liquid. Pour in a mould and allow to set. For 4 children.

Savouries



THESE preparations can be served as a savoury contrast to sweets. They can be used as a tea-time preparation or as a light refreshment before or after a meal, and can be presented attractively as a colour-contrast to sweets.

The preparation of Indian savouries normally includes the addition of a pinch of chilli powder or some other pungent spices.

Savouries

VEGETARIAN

- 1 Besani Roti
- 2 Dahi Vada
- 3 Dhokla
- 4 Gol-gappe
- 5 Khasta Kachauri
- 6 Khari Boondi
- 7 Khatte Chane
- 8 Masala Dosai
- 9 Nimki
- 10 Pakore
- 11 Pithalen
- 12 Patrel
- 13 Potato Basket

- 14 Sagoo Vada
- 15 Sagoo Khichari
- 16 Tea-time Cutlet
- 17 Vada

NON-VEGETARIAN

- 1 Cheese Balls
- 2 Fried Chicken
- 3 Hamburg Sandwiches
- 4 Mutton Puffs
- 5 Meat Roll
- 6 Mutton Loaf
- 7 Qeema Paratha
- 8 Qeema Goli
- 9 Samosa

1 BESANI ROTI

Ingredients

Gram flour	.. ½ cup	} Mix together
Whole wheat flour	.. ¾ cup	
Green chillies	.. to taste—slice finely	
Onion	.. 1 medium—slice finely	
Coriander leaves	.. a small bunch—chop	
Salt	.. to taste	
Dalda	2 tablespoons	

Method: Make a soft dough with water. Divide into small balls and roll like a thin 'chapati'. Heat tawa, smear with little Dalda and cook the chapati evenly on both sides. Makes 12 pieces.

2 DAHI VADA

Ingredients

Black gram	.. ½ cup—soak overnight	} Roast and powder
Curd	.. 3 cups—beat well	
Cumin seeds	.. 2 teaspoons	
Chilli powder	.. to taste	
Cloves	.. 8	
Cinnamon	.. ½ inch piece	
Salt	.. to taste	
Dalda	for frying	

Method: Grind black gram to a coarse paste. Beat the mixture for ½ hour to a stiff paste with little hot water. Place damp muslin over a water glass. Hold the cloth tight. Make small balls of mixture and flatten lightly on muslin. Slide gently from the muslin into hot Dalda and fry until evenly browned. Put the 'vadas' in warm salted water for a minute. Take out and squeeze out water. Pour beaten curd over 'vadas'. Sprinkle roasted powder. Makes 12 'vadas'.

3 DHOKLA

Ingredients

Rice flour	.. ¼ cup	} Mix and soak overnight
Gram flour	.. ¼ cup	
Curd	.. 4 tablespoons	
Turmeric powder	.. a pinch	
Fenugreek powder	.. a pinch	
Green chillies	.. to taste	
Coconut	.. a small piece—grate	
Coriander leaves	.. a few	
Salt	.. to taste	
Dalda	1 teaspoon	

Method: Mix all ingredients with rice flour except coriander leaves and grated coconut. Spread the mixture on a perforated dish and steam. Spread coriander leaves on top. Steam till set, sprinkle coconut and cut into squares. Makes 12 pieces.

4 GOL-GAPPE

Ingredients

Whole wheat flour	.. 1 cup
Dalda	.. 1 teaspoon
Baking powder	.. a pinch
Chilli powder	.. to taste
Salt	.. to taste
Dalda	for frying

Method: Sift flour, salt and baking powder. Add chilli powder. Rub Dalda and knead to a soft dough. Roll out thinly into a big round and cut the same into small rounds about 1½" diameter. Deep fry in hot Dalda till light brown. (They must be crisp and well bloated.) Serve with tamarind water. Makes 40 pieces.

Tamarind water:

Ingredients

Tamarind	.. 1 cup—wash and clean
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Black pepper	.. ½ teaspoon—crush coarsely
Cumin seeds	.. ½ teaspoon—roast and crush
Jaggery	.. to taste
Water	.. 4 cups

Method: Boil tamarind in water till about ¼ of its quantity remains. Strain. Add cumin powder, pepper powder and jaggery. Mix well. When cold strain again. Add little cold water if it is too thick.

5 KHASHA KACHAURI

Ingredients

Flour	.. 2 cups
Black gram	.. ½ cup
Chilli powder	.. ½ teaspoon
Cumin powder	.. 1 teaspoon
Ginger	.. 1 inch piece—chop finely
Asafoetida	.. a pinch—dissolve in a little water
Salt	.. to taste
Dalda	for frying

Method: Soak dal overnight and grind coarsely to a thick paste, without using any water. Add masalas. Divide the paste into tiny balls. Rub 3 tablespoons of Dalda in the flour and knead to a soft dough. Divide the dough into small balls. Fill gram paste into each ball and close up. Make dent in the middle. Deep fry in hot Dalda on slow fire. Makes 20 pieces.

6 KHARI BOONDI

Ingredients

Gram flour	.. 2 cups	} Mix to a smooth batter of pouring consistency
Edible yellow colour	.. a pinch	
Baking powder	.. a pinch	
Chilli powder	.. to taste	
Salt	.. to taste	
Dalda	for frying	

Method: Pour batter through a perforated spoon (jhara) into hot Dalda. When crisp remove and drain. For 4 persons.

7 KHATTE CHANE

Ingredients

Large white gram .. 1 cup—soak overnight in water slightly salted
 Chilli powder .. to taste
 Turmeric powder .. ½ teaspoon
 Cumin powder .. 1 teaspoon
 Salt .. to taste
 Lime .. ½—extract juice
 Dalda 1 tablespoon

Method: Drain off the water in which gram is soaked. Roast the gram, preferably in earthenware pot to make it dry. Dissolve salt in a tablespoon of water and add it to the hot gram. Allow water to evaporate by stirring constantly. Heat Dalda in a fry pan, add salted gram, chilli powder, cumin powder, and turmeric. Fry for a minute. Remove. Sprinkle lime juice. For 4 persons.

8 MASALA DOSAI

Filling

Ingredients

Potatoes .. 4 medium—boil and cut into small pieces
 Onions .. 2 medium
 Green chillies .. to taste
 Ginger .. 1 inch piece } Chop finely
 Turmeric powder .. ¼ teaspoon
 Lime .. 1—extract juice
 Salt .. to taste
 Dalda 1 tablespoon

Method: Heat Dalda and fry onions lightly. Add turmeric powder and fry for a minute. Add chillies, ginger, salt and potatoes. Fry till well mixed. Remove. Sprinkle lime juice.

Covering

Ingredients

Black gram (with-out husk) .. ½ lb.—soak for 4 hours and grind finely. } Mix together to a pouring consistency
 Green chillies .. to taste—chop finely
 Salt .. to taste
 Dalda 1 tablespoon

Method: Heat a flat tawa, smear with Dalda. Pour ½ cup of mixture at a time. Fry on both sides. Before removing dosa from the tawa, add two tablespoons of filling and fold. Remove. Makes 8 pieces.

9 NIMKI

Ingredients

Flour .. 1 cup
 Salt .. to taste } Sift together
 Dalda 1½ tablespoons
 Dalda for frying

Method: Rub 1½ tablespoons of Dalda into flour. Add sufficient water to make a soft dough. Roll out into thin 'poories' about 4 inches in diameter, sprinkle a little flour on each, fold into half and then quarter. Moisten the corners and press. Deep fry in hot Dalda on slow fire. Makes 16 pieces.

10 PAKORE

Ingredients

Gram flour .. 1 cup
 Baking powder .. a pinch

Cauliflower .. 1 small—cut sprigs
 Brinjal .. 1 small—cut thin slices
 Spinach .. a few leaves
 Chilli powder .. to taste
 Coriander powder .. ¼ teaspoon } Mix with gram flour
 Turmeric powder .. ¼ teaspoon
 Salt .. to taste
 Dalda for frying

Method: Make a thick batter with gram flour mixture, baking powder and water. Dip vegetable pieces in the batter and deep fry in hot Dalda till golden brown and crisp. Serve immediately. Makes about 30 pieces.

11 PITHALEN

Ingredients

Gram flour .. ½ cup
 Green chillies .. to taste
 Coriander leaves .. a small bunch
 Turmeric powder .. ¼ teaspoon
 Chilli powder .. to taste
 Cumin powder .. ½ teaspoon
 Coriander powder .. ½ teaspoon
 Coconut .. ¼—grate
 Salt .. to taste
 Onion .. 1 small—slice
 Mustard seeds .. ¼ teaspoon
 Asafœtida .. a pinch
 Dalda 1 tablespoon

Method: Heat Dalda, brown onion. Add mustard seeds and asafœtida and fry for a minute. Add gram flour batter and cook on slow fire till water is absorbed and gram flour is cooked. For 4 persons.

12 PATREL

Ingredients

Colocasia leaf .. 3—wash and dry
 Gram flour .. 1 cup

Ginger	1 inch piece	} Grind to a paste
Onion	1 medium	
Coriander leaves ..	a small bunch	
Green chillies ..	to taste	
Coconut	$\frac{1}{4}$ —grate	
Chilli powder ..	to taste	
Turmeric powder ..	$\frac{1}{2}$ teaspoon	
Cumin seeds ..	1 teaspoon	
Salt	to taste	
	Dalda—1 teaspoon	
	Dalda for frying	

Method: Mix 1 teaspoon of Dalda, gram flour and masala well. Divide paste into 2 parts. Spread one part evenly and thinly on a leaf leaving half inch space all round. Place another leaf on top and spread the remaining paste, fold the sides and form into a roll. Place a leaf on a perforated pan, put the patrel on it. Steam over boiling water for about $\frac{1}{2}$ hour. Remove and cool. Cut in half inch slices and fry in hot Dalda. Makes 10 pieces.

13 POTATO BASKET

Ingredients
 Potatoes 1 lb.—peel and wipe
 Salt to taste
 Dalda for frying

Method: Grate peeled potatoes coarsely on a clean duster. Cover with another clean duster and press well to remove as much moisture as possible. Line a small size strainer with grated potatoes, press a smaller strainer inside to keep potatoes in position. Dip strainers in very hot Dalda. Fry till potatoes are golden brown. Turn out, dust with salt, repeat until all potatoes are used up. Makes 8 baskets.

N.B.—These baskets may be filled with seasoned minced meat or vegetables.

14 SAGOO VADA

Ingredients
 Potatoes $\frac{1}{2}$ lb.—boil and mash
 Groundnuts $\frac{1}{4}$ lb.—roast and grind coarsely
 Sago $\frac{1}{4}$ lb.—soak for 1 hour and drain
 Coconut $\frac{1}{2}$ —grate
 Green chillies } to taste—chop
 Coriander leaves }
 Dry mango powder. to taste
 Salt to taste
 Dalda for frying

Method: Mix together all the above ingredients. Divide into small balls, flatten and deep fry in hot Dalda till golden brown. Makes 24 pieces.

15 SAGOO KHICHARI

Ingredients
 Sago $\frac{1}{2}$ lb.—wash, drain water, keep for one hour
 Groundnuts $\frac{1}{4}$ lb.—roast and crush
 Potatoes $\frac{1}{2}$ lb.—peel and cut into thin slices
 Green chillies .. to taste
 Cumin seeds $\frac{1}{2}$ teaspoon
 Coriander leaves .. a few
 Coconut $\frac{1}{2}$ —grate
 Salt to taste
 Dalda 2 tablespoons

Method: Heat Dalda, add cumin seeds and green chillies, fry for 2 minutes. Add sago, groundnuts, potatoes and salt. Stir well. Cover the degchi and cook on slow fire for a few minutes. Remove from fire and stir khichari to avoid lumps. Garnish with coriander leaves and grated coconut. For 6 persons.

16 TEA-TIME CUTLET

Filling
Ingredients
 Raw plantains .. 3 —peel and slice
 Cauliflower $\frac{1}{2}$ small—cut sprigs
 Peas $\frac{3}{4}$ lb.—shell
 Tomatoes 2 medium—blanch and mash
 Onion 1 medium } Chop finely
 Green chillies .. to taste }
 Coriander leaves .. a small bunch }
 Black pepper $\frac{1}{2}$ tablespoon—grind coarsely
 Dalda 1 tablespoon

Method: Fry onion and pepper together. Add all the vegetables and fry until they are cooked. Coarsely mash with wooden mallet. Add chillies and coriander leaves. Cook on slow fire until almost dry. Divide into 15 parts and shape.

Covering
Ingredients
 Eggs 2 } Mix together
 Flour 2 tablespoons } to form
 Milk $\frac{1}{2}$ cup } smooth
 Salt to taste } batter
 Poppy seeds 1 tablespoon—roast
 Dalda 2 tablespoons

Method: Dip each part of filling in the batter. Shallow fry on tawa. While frying sprinkle the tops with poppy seeds. Turn once. Remove when golden brown. Makes 15 pieces.

17 VADA

Ingredients
 Black gram $\frac{1}{2}$ cup—soak for 2 to 3 hours and grind finely
 Onion 1 medium } Chop finely
 Green chillies .. to taste }
 Coriander leaves .. a few }
 Ginger $\frac{1}{2}$ inch piece }

Curry leaves .. a few
 Salt to taste
 Dalda for frying

Method: Mix all the ingredients well. Divide into small balls and flatten on a moistened leaf. Slide them into hot Dalda and fry till golden brown. Makes 20 pieces.

1 CHEESE BALLS

Ingredients
 Cheese 1 lb.—grate
 Breadcrumbs .. 2 cups
 Eggs 3—beat well
 Worcestershire sauce (optional) .. 1 teaspoon
 Salt to taste
 Chilli powder .. to taste
 Baking powder .. ¼ teaspoon
 Egg 1—beat
 Water 2 tablespoons } For coating
 Breadcrumbs ..
 Dalda for frying

Method: Mix cheese, crumbs, 3 beaten eggs, worcestershire sauce, baking powder, salt and chilli powder. Form into balls. Dip in slightly beaten egg diluted with water, roll in crumbs and deep fry in hot Dalda until light brown. Serve hot. Makes 24 pieces.

2 FRIED CHICKEN

Ingredients
 Chicken 1 medium—clean and cut in big pieces
 Flour 1 cup
 Chilli powder .. to taste } Mix together
 Salt to taste

Garlic 4 flakes } Grind
 Ginger 2 inch piece } finely
 Dalda for frying

Method: Rub masala paste on to chicken pieces. Roll in flour. Melt enough Dalda in a large iron frying pan to have it about 1 inch deep. When hot place the chicken pieces in it. Cover and fry slowly until tender and both the sides are light brown. For 4 persons.

3 HAMBURG SANDWICHES

Ingredients
 Bread 16 slices
 Minced meat .. 1 lb.—grind finely
 Onion 1 small ,, } Mix
 Green chillies .. to taste ,, } well
 Salt to taste
 Dalda 1 tablespoon

Method: Divide meat into small balls and flatten. Heat Dalda and fry on slow fire till brown. Serve between two slices of bread. Makes 8 pieces.

4 MUTTON PUFFS

Filling
Ingredients
 Minced meat .. ½ lb.
 Onion 1 medium—slice
 Turmeric powder .. ¼ teaspoon
 Green chillies .. to taste—slice
 Cloves 2
 Cinnamon ½ inch piece
 Bay leaf 1
 Lime juice or vinegar to taste
 Salt to taste
 Dalda 1 tablespoon

Method: Heat Dalda, brown onion, add all masalas and salt. Add meat and fry for five minutes. Cover and cook till meat is tender, and moisture absorbed. Add vinegar. Cool. Remove bay leaf and cinnamon.

Covering

Ingredients
 Flour 1 cup } Sift together
 Salt to taste }
 Dalda 1 tablespoon
 Rice flour or corn flour .. 2 tablespoons } Mix well
 Dalda 1 tablespoon } and beat
 Dalda for frying } until light.

Method: Rub 1 tablespoon of Dalda into flour and knead with water to a soft dough. Divide the dough into two and roll into thin rounds. Smear well with Dalda-rice-flour mixture. Form into a roll. Cut in 1 inch slices. Close one end of the slice and keep the other side up, press and roll into an oblong shape. Turn it upside down. Fill with meat mixture. Fold and press the ends. Deep fry in hot Dalda on slow fire. Makes 12 pieces.

5 MEAT ROLL

Ingredients
 Minced meat .. 1 lb.
 Breadcrumbs .. 5 tablespoons
 Tomato juice or milk .. 2 tablespoons
 Eggs 2
 Melted Dalda .. 2 tablespoons } Mix
 Cinnamon powder .. ½ teaspoon } together
 Pepper powder .. ½ teaspoon
 Chilli powder .. to taste
 Salt to taste

Potatoes (boiled and mashed)	.. 1 cup	} Mix together
Milk	.. 1 tablespoon	
Pepper powder	.. ½ teaspoon	
Salt	.. to taste	
Peas (shelled)	.. 1 cup—boil and mash	} Grind and mix with peas
Coriander leaves	.. a small bunch	
Green chillies	.. to taste	
Salt	.. to taste	

Dalda for frying

Method: Pat the meat mixture out on greased paper to form rectangular sheet 7" × 9" and about ½ inch thick. Spread potatoes over one half of meat and peas on the other. Roll meat firmly, starting with the end of the rectangle covered with the peas. Wrap in greased paper. Chill till it hardens. Cut with a sharp knife into slices, about ¾ inch thick. Shallow fry in Dalda. Turning carefully, fry the other side. Makes 10 pieces.

6 MUTTON LOAF

Ingredients

Minced meat	.. 1 lb.—grind	} Mix together
Breadcrumbs	.. ½ cup	
Egg	.. 1	
Onion	.. 1 small—chop	
Coriander leaves	.. a small bunch—chop	
Dalda	.. 2 tablespoons	
Chilli powder	.. to taste	
Coriander powder	.. ½ teaspoon	
Garlic and ginger paste	.. 1 teaspoon	
Salt	.. to taste	
Milk	.. ½ cup	

Dalda for basting

Method: Moisten the above ingredients with milk. Put meat mixture in a greased loaf pan and spread top with Dalda. Bake in moderate oven

325° F. for 1 hour. Prick top with fork to allow meat to absorb Dalda. Baste occasionally with melted Dalda and a little hot water till meat is tender. Cut in slices and serve cold with tomato catsup or pickles. Makes 12 pieces.

7 QEEMA PARATHA

Ingredients

Whole wheat flour	.. 2 cups—add salt and sift	} Powder finely
Minced meat	.. 1 lb.—grind finely	
Onion	.. 1 medium—chop finely	
Turmeric powder	.. ¼ teaspoon	
Chilli powder	.. to taste	
Black pepper	.. ¼ teaspoon	
Cinnamon	.. 1 inch stick	
Salt	.. to taste	
Dalda 6 tablespoons		

Method: Rub 1 tablespoon of Dalda into flour and knead to a soft dough. Heat 1 tablespoon Dalda. Add onion and fry till light brown. Add meat, masalas and salt. Fry for 3 minutes. Let it cool. Divide dough into 12 balls. Roll out as for chapaties. Spread meat mixture evenly on one round and cover with another round. Press edges well. Shallow fry in hot Dalda on slow fire till brown and crisp. Makes 6 pieces.

8 QEEMA GOLI

Ingredients

Minced meat	.. ½ lb.—grind very fine	} Grind finely
Onion	.. 1 medium	
Green chillies	.. to taste	
Coriander leaves	.. a small bunch	
Curd	.. 1 tablespoon	
Salt	.. to taste	
Dalda for frying		

Method: Mix all the above ingredients and form into small balls. Deep fry in hot Dalda. Makes 12 pieces.

9 SAMOSA

Filling

Ingredients

Minced meat	.. 1 lb.	} Grind to a paste
Onion	.. 1 medium—slice finely	
Green chillies	.. 1	
Garlic	.. 2 flakes	
Ginger	.. 1 inch piece	
Turmeric powder	.. ¼ teaspoon	
Coriander powder	.. ¼ "	
Chilli powder	.. ¼ "	
Cumin seeds	.. 1 "	
Lime	.. ½—extract juice	
Coriander leaves	.. a few—chop finely	
Salt	.. to taste	

Dalda for frying

Method: Heat Dalda, brown onions and fry ground masala. Add meat and salt and let it fry a little. Sprinkle water, cover and cook till meat is tender and moisture is absorbed. Add coriander leaves and juice of lime. Cool.

N.B.—Vegetables like cauliflower, peas, potatoes, cabbage, etc., can be substituted for meat.

Covering

Ingredients

Whole wheat flour	.. ½ cup	} Sift together
Flour	.. 1 cup	
Salt	.. to taste	

Dalda 1½ tablespoons

Method: Rub 1½ tablespoons of Dalda into flour and knead to a soft dough. Divide into small balls. Roll each into thin rounds, about 4" in diameter. Cut into half and form cones. Damp edges and press together. Fill and close the open end carefully. Deep fry in hot Dalda on slow fire till light brown. Makes 20 pieces.



Festive Sweets

SWEETS play an important and traditional role in Indian hospitality, and the making of sweets is a necessary part of the preparation for a festive occasion. Not only do they add something special to the meal; they can also give extra attraction to the appearance of the table.

The art of making sweets requires a lot of care and skill, and a housewife should not be unduly disappointed if her first efforts do not achieve a 'professional' finish. This will come with practice.

Festive Sweets

- 1 Amriti
- 2 Anarase
- 3 Bombay Halwa
- 4 Badami Halwa
- 5 Boondi Ladoo
- 6 Chirote
- 7 Chhanar Malpoa
- 8 Chocolate Barfi
- 9 Dal-ka-Halwa
- 10 Dudhi Halwa
- 11 Dalda Delight
- 12 Gulab Jamun
- 13 Gaja
- 14 Gokul Pithe
- 15 Jeebe Gaja

- 16 Khaja
- 17 Karanji
- 18 Mohan Thal
- 19 Mahim Halwa
- 20 Makhan Vada
- 21 Mysore Pak
- 22 Patishapta
- 23 Pantua
- 24 Ranga Aloor Puli
- 25 Rasogolla
- 26 Shankar Pale
- 27 Sandesh
- 28 Tirangi Mithai
- 29 Andon Ka Halwa
- 30 Kangan

1 AMRITI

Ingredients

Black gram	.. 1 cup—soak dal for 4 hours and grind finely	
Sugar	.. 5 cups	} Make medium syrup and add colour. Keep warm
Water	.. 3 cups	
Milk	.. 1 tablespoon—to clarify sugar syrup if necessary	
Yellow edible colour	.. a pinch—mix in little water Dalda for frying	

Method: Take thick square piece of cloth, size of a handkerchief. Make a hole in the centre with a knitting needle and buttonhole it. Heat Dalda in a flat pan. Beat the ground dal till fluffy and light. Take a little of it in the cloth and squeeze out the batter, making circular design in hot Dalda. When lightly brown, dip hot Amriti in warm syrup and allow to soak for 2 minutes. Drain. Makes 40 pieces.

2 ANARASE

Ingredients

Rice	.. 1 cup—soak for 3 days changing water every day
Jaggery	.. 1 cup
Poppy seeds	.. 1 tablespoon
Dalda	.. 2 tablespoons Dalda for frying

Method: Remove rice from water on the fourth day. Wash and dry it slightly. Grind finely. Rub 2 tablespoons Dalda in flour and mix jaggery. Leave for two days. Divide in small balls. In a thali smear Dalda and sprinkle poppy seeds. Flatten the balls on the thali, making them about 2" in diameter. Deep fry in Dalda. Makes 14 pieces.

3 BOMBAY HALWA

Ingredients

Semolina	.. 1 lb.
Sugar	.. 2 lbs.
Cardamoms	.. 10—powder
Almonds	.. $\frac{1}{2}$ cup—blanch and slice
Rose-water	.. 2 tablespoons Dalda 1 lb.

Method: Soak semolina in water for 5 hours and when it is quite soft grind it very fine and let it remain undisturbed for a few minutes. Strain the water off, add sugar and cook over a moderate fire stirring all the time. When half done add Dalda, a little at a time, stirring briskly and let it remain over the fire till thick. Add almonds, cardamoms and rose-water. Remove and flatten on a greased thali. Allow it to cool, and then cut as desired. Makes 20 pieces.

4 BADAMI HALWA

Ingredients

Flour	.. 1 cup
Sugar	.. 1 cup—make thin syrup
Almonds	.. 12—blanch and grate finely
Pistachios	.. 12—blanch and grate finely
Saffron (kesar)	.. $\frac{1}{2}$ teaspoon—mix in little water Dalda $\frac{1}{2}$ cup

Method: Add flour in the sugar syrup and cook until thick. Add Dalda, little at a time, stirring all the time till the halwa leaves the sides of the pan. Add saffron. Mix well and pour on a thali. Let it set. Sprinkle grated almonds and pistachios. Cut in diamonds. Makes 20 pieces.

5 BOONDI LADOO

Ingredients

Gram flour	.. 1 cup—make paste of pouring consistency
Sugar	.. 1 cup—make medium syrup
Dry cucumber seeds (magaj)	.. 1 tablespoon
Saffron or edible yellow colour	.. $\frac{1}{2}$ teaspoon Dalda for frying

Method: Add saffron or yellow colour to the syrup. Heat Dalda in a karai. Place a perforated spoon (jhara) on the edge of the karai and pour a little gram flour paste in the spoon, so that it drops in hot Dalda through the holes forming round 'bundi'. Fry it for a few minutes, drain and put in the syrup. Add dry cucumber seeds. Form into compact balls. Makes 25 pieces.

N.B.—While making balls the fingers should be greased and the syrup warm.

6 CHIROTE

Ingredients

Flour	.. 1 cup
Dalda	.. 1 tablespoon
Salt	.. to taste—add to flour
Powdered sugar	.. 1 cup Dalda for frying

Method: Rub one tablespoon of Dalda in flour and knead to a soft dough. Divide into 12 balls and roll out each into thin rounds about 6" diameter. Take one round, smear little Dalda, sprinkle dry flour and place another round on top. Repeat till all the rounds are over. Smear again the top and roll the whole thing. Cut into $\frac{1}{2}$ " pieces. Flatten each piece with the cut side up. Roll in

oblong shape. Deep fry in hot Dalda till a light brown. Sprinkle powdered sugar. Makes 14 pieces.

7 CHHANAR MALPUA

Ingredients

Chhana ½ cup
 Flour 1 tablespoon
 Milk ½ cup
 Salt a pinch
 Sugar 1 cup—make medium sugar syrup.
 Dalda 4 tablespoons

Method: Rub chhana to a smooth paste; add flour, pinch of salt and mix well. Pour in the milk and mix again. The batter should be of a pouring consistency.

Put in a tablespoonful of the batter in hot Dalda and fry till golden brown. Turn over and fry the other side. Remove and dip into the prepared syrup. Makes 8 pieces.

8 CHOCOLATE BIRFI

Ingredients

Mawa (khoa) .. 2 cups
 Sugar 1 cup
 Cocoa 1 tablespoon
 Cardamoms .. 12—powder
 Milk 1 tablespoon
 Dalda 1 teaspoon

Method: Mix mawa and sugar in a karai on slow fire till the mixture comes off from the sides of the pan. Add cardamoms. Pour in a greased thal and allow to cool and set.

Chocolate coating: Save a little birfi paste in the karai. Add cocoa and milk and cook on slow fire till it forms a paste. Spread a thin layer on the birfi. Cut into diamonds. Makes 20 pieces.

9 DAL-KA-HALWA

Ingredients

Green gram (with-out husk) .. ½ cup—soak overnight, drain and grind to a smooth paste
 Sugar 1½ cups—make thin syrup
 Saffron (kesar) .. ½ teaspoon—heat, crush and soak in a little milk
 Almonds 1 tablespoon—blanch and slice finely
 Raisins 1 tablespoon—fry with almonds
 Cardamoms .. 6—powder
 Dalda 1½ cups

Method: Fry green gram in Dalda until raw taste disappears and the mixture thickens. Add sugar syrup and cook well until Dalda separates. Sprinkle saffron and mix well. Take off the fire. Garnish with cardamoms, raisins and almonds before serving. For 4 persons.

10 DUDHI HALWA

Ingredients

White gourd .. 1 lb.—peel, remove seeds and grate
 Mawa (khoa) .. ½ cup
 Sugar ½ cup or to taste
 Cardamoms .. 4—powder
 Almonds 8—blanch and slice finely
 Dalda 1 tablespoon

Method: Boil grated white gourd in 2 table-
 spoons of water. Cook till soft and moisture absorbed. Add sugar, mawa and Dalda and fry till it comes off from the sides of the pan. Sprinkle cardamoms and almonds. Mix well. Serve when cold. For 4 persons.

11 DALDA DIL-PASAND

Ingredients

Almonds or cashew-nuts ½ lb.
 Rose-water .. ½ cup
 Sugar 1½ cups—make thin syrup
 Saffron (kesar) .. ¼ teaspoon—heat, crush and soak in little milk
 Pistachios .. 2 tablespoons—grate
 Cardamoms .. 8—powder
 Dalda 1 cup

Method: Grind almonds (or cashewnuts) to a paste in rose-water. Add the paste to the sugar syrup and cook until thick. Add Dalda, stirring constantly. When Dalda begins to separate add saffron, mix well and take it off the fire. Spread out on a plate thickly and sprinkle pistachios and cardamoms. When half set cut into squares. Makes 14 pieces.

12 GULAB JAMUN

Ingredients

Mawa (khoa) .. ½ cup
 Flour 4 tablespoons
 Sweet potato .. 2 ozs.—boil and mash
 Sugar 6 tablespoons—make thin syrup
 Baking powder .. a pinch
 Cardamoms (big) .. 6—peel (optional)
 Dalda for frying

Method: Knead mawa to a soft dough to break up lumps. Sieve flour and baking powder together. Gradually mix mawa, maida and sweet potato and knead to a soft dough. Form small smooth balls. (In the centre put a little cardamom and little sugar if desired.) Heat Dalda in a karai and add the balls. Take the karai off the fire

to prevent gulab jamun from cooking too fast. When golden brown drain and put in the warm syrup.

On cooling add rose essence if desired. Makes 12 pieces.

13 GAUJA

Ingredients

Flour 1 cup
 Dalda 2 teaspoons
 Sugar 1 cup—make medium syrup
 Cardamoms .. 8—powder
 Salt a pinch
 Dalda for frying

Method: Sift flour and salt together. Rub two teaspoonfuls of Dalda in the flour and knead to a soft dough. Divide into 14 parts. Roll each into thin poories. Make slits in the centre taking care that the ends are not separated. Hold the ends and twist. Deep fry in Dalda. Dip in syrup and remove after a few minutes. Sprinkle crushed cardamoms. Makes 14 pieces.

14 GOKUL PITHE

Filling

Ingredients

Grated coconut .. 1 cup
 Mawa (khoa) .. ½ cup
 Sugar 3 teaspoons
 Cardamoms .. 4—powder

Method: Mix together all the above ingredients and heat until the mixture holds together. Allow it to cool. Shape into small flat balls.

Covering

Ingredients

Flour ½ cup
 Milk ½ cup
 Salt to taste
 Sugar ½ cup—make medium syrup
 Dalda for frying

Method: Mix flour and salt. Gradually add milk and beat for a few minutes, till well mixed.

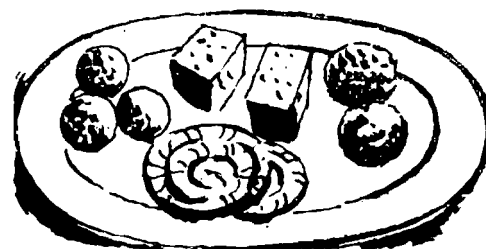
Heat Dalda in a frying pan. Dip mawa balls into the flour batter and fry a golden brown. Drain and put in syrup. Remove. Makes 20 pieces.

15 JEEBE GAJA

Ingredients

Flour 1 cup
 Baking powder .. ½ teaspoon } Sift
 Salt a pinch } together
 Sugar 4 tablespoons—make thick
 syrup
 Dalda for frying

Method: Rub 1 tablespoon of Dalda in flour and knead with water to a soft dough. Divide the dough into 16 balls. Roll each ball to a thin oblong shape. Prick with fork. Heat Dalda and deep fry till light brown and crisp. Soak in syrup. Makes 16 pieces.



16 KHAJA

Ingredients

Covering

Flour 1 cup
 Semolina (suji) .. 2 tablespoons
 Salt to taste
 Rose-water .. 1 cup

} Rub 2 table-
 spoons of Dalda
 in flour. Make
 a smooth soft
 dough with rose-
 water

Mohan

Dalda .. 1 tablespoon
 Flour .. 2 tablespoons

} Mix well and
 beat until light.
 A drop of it
 should float in
 water.

Filling

Khoa ½ cup
 Cardamoms .. 6—powder
 Pistachios .. 1 tablespoon (coarsely crush)
 Sugar ½ cup—make into a medium
 syrup
 Rose petals .. a few
 Dalda for frying

Method: Roll out dough very thin and spread Dalda and flour mixture lightly and sprinkle water evenly all over. Roll up and twist the roll. Chill in the refrigerator or over ice for one hour. Divide roll into 2 inch pieces, press them down vertically and roll out about the size of a saucer. Place a spoonful of khoa in the centre and cover with another round. Damp edges and stick together. Deep fry in hot Dalda till crisp and evenly brown (during frying press the top lightly to help it bloat up). Pour sugar syrup over it. Sprinkle crushed cardamoms, pistachios and rose petals.

17

KARANJI*Filling**Ingredients*

Coconut ½—grate
Sugar ¼ cup
Raisins ¼ cup
Almonds ¼ cup—blanch and slice finely
Cardamoms 8—powder

Method: Mix all ingredients and heat till moisture from coconut is dried up.

*Covering**Ingredients*

Flour 1 cup
Semolina ¼ cup
Dalda 1 tablespoon
Salt to taste
	Dalda for frying

Method: Mix flour, salt and semolina. Rub 1 tablespoon of Dalda and knead to a soft dough. Divide the dough into two, roll like a 'chapati'. Smear with Dalda and sprinkle dry flour. Roll like a pancake. Cut in 1 inch pieces. Flatten and roll thin 'poories'. Fill with coconut mixture and fold. Seal the edges well. Deep fry in Dalda till light brown. Makes 14 pieces.

18

MOHAN THAL*Ingredients*

Gram flour 1 cup	} Mix
Milk ¼ cup	
Dalda 2 tablespoons	} together
Sugar 2 cups—make thick syrup	
Pistachios 2 tablespoons—slice finely	
Almonds 2 tablespoons—blanch and slice finely	
Cardamoms 6—powder	
	Dalda ½ cup	



Method: Heat ½ cup Dalda and fry gram flour mixture till golden brown. Add sugar syrup and stir till well mixed. Pour on a flat tray (thal) and allow it to set. Sprinkle cardamoms and garnish with nuts. Cut into diamonds. Makes 16 pieces.

19

MAHIM HALWA*Ingredients*

Flour 1 cup
Sugar 3 cups
Dalda 3 cups
Water 1 cup
Cardamoms 4—powder
Almonds 2 tablespoons—blanch and slice

Method: Mix water, sugar and flour. Add 1 cup Dalda and cook, stirring all the time. Gradually add the remaining Dalda and continue cooking. When the Dalda begins to separate and the mixture forms a ball, remove. Spread while hot on a greased thal and flatten into a thin layer. Sprinkle almonds and cardamoms. Cut into squares about 4" × 4". Place one on top of the other with greased paper in between. Makes 12 pieces.

20

MAKHAN VADA*Ingredients*

Flour ½ lb.
Curd ¼ lb.
Dalda ¼ lb.
Sugar ½ lb.—make medium syrup
	Dalda for frying

Method: Tie the curd in a fine cloth to drain off the water. Add ¼ lb. Dalda to the flour and mix well. Add 3 tablespoons of curd solids and



Drinks

D PART from their value as a refreshment, especially in a hot climate like ours, drinks play their part as a factor in nutrition. The following recipes can all be prepared easily with fruits or vegetables that are nutritious and are easily available.

Drinks

- 1 Apricot Nectar
- 2 Appleade
- 3 Blackberry Cordial
- 4 Chocolate Syrup
- 5 Chocolate Milk Shake
- 6 Doodh Badam
- 7 Flavoured Chocolate
- 8 Green Mango Cooler
- 9 Ice-cream Soda
- 10 Kokam Kola

- 11 Lemonade
- 12 Mixed Fruit Punch
- 13 Mintade
- 14 Orangeade
- 15 Pineapple Banana Milk Shake
- 16 Punch for a Crowd
- 17 Tak
- 18 Two-in-one Fruit Drinks
- 19 Egg Nog
- 20 Pineapple Lime Frost

1 APRICOT NECTAR

Ingredients

Ripe apricots .. 2 cups
Water .. 6 cups
Sugar .. to taste
Lemon juice .. 1 teaspoon

Method: Wash and pit sound apricots. Add enough water to cover and simmer on slow fire until soft. When tender, strain through a fine sieve. Add sugar and lemon juice to strained juice. Serve cold. For 4 persons.

2 APPLEADE

Ingredients

Sour apples .. 4
Sugar .. to taste

Method: Peel and quarter apples. Cover with water and simmer until tender. Mash to a pulp. Add sugar. Add enough cold water to make 4 glasses. Strain and serve cold. For 4 persons.

3 BLACKBERRY CORDIAL

Ingredients

*Blackberry juice .. 4 cups
Sugar .. 1½ cups or to taste
Cloves .. 8
Cinnamon .. 1 inch piece } Tie in
Nutmeg .. ¼ } a bag

Method: Simmer juice and sugar with the spice bag for about 30 minutes. Remove bag and serve cold. For 4 persons.

* Wash berries and simmer in enough water until soft. Strain.

4 CHOCOLATE SYRUP

Ingredients

Cocoa .. 1 cup
Sugar .. 2 cups

Salt .. ¼ teaspoon
Cold water .. 2 cups
Vanilla .. 1 tablespoon

Method: Mix cocoa, sugar and salt. Slowly stir in cold water. Simmer until smooth and thick, stirring all the time. Cool and add vanilla. Bottle and keep in refrigerator.

5 CHOCOLATE MILK SHAKE

Method: Add 2 tablespoons of chocolate syrup to 1 cup of milk. Beat with egg beater. For 1 person.

6 DOODH BADAM

Ingredients

Almonds .. 1 cup—blanch and grind
finely
Milk .. 4 cups
Fine sugar .. 4 tablespoons or to taste
Saffron (kesar) .. ½ teaspoon—soak in little
milk

Method: Bring milk to a boil, add almond paste and sugar. Stir to avoid sticking to the bottom of the degchi. Boil for 2-3 minutes. Cool. Add saffron. Serve cold. For 4 persons.

7 FLAVOURED CHOCOLATE

Ingredients

Milk .. 1 cup—chill well
Chocolate syrup
(Recipe No. 4) .. 2 tablespoons
Mint .. 1 small sprig
Peppermint flavour .. 2 drops
Whipped cream .. 2 tablespoons

Method: Add milk to syrup stirring constantly. Add flavouring and beat well. Pour into glasses. Put a tablespoon of whipped cream in each glass. Garnish with a sprig of mint. For 2 persons.

8 GREEN MANGO COOLER

Ingredients

Raw mangoes .. 1 lb.
Sugar .. 1 lb.
Saffron (kesar) } .. optional
Mint leaves }

Method: Boil mango till quite tender. Squeeze out the pulp. Strain through a fine cloth. Add sugar and six glasses of water. When sugar dissolves cool and serve. Add saffron and garnish with mint leaves. For 6 persons.

9 ICE-CREAM SODA

Ingredients

Chocolate syrup
(Recipe No. 4) .. 3 tablespoons
Cream .. 1 tablespoon
Soda .. 1 cup
Ice-cream .. 2 tablespoons

Method: Mix syrup and cream in a tall glass. Add ice-cream. Add soda and stir well. For 1 person.

10 KOKAM KOLA

Ingredients

Ripe kokam .. 12
Sugar .. ½ cup—or to taste
Water .. 6 cups

Method: Slice kokam and remove seeds. Add sugar and water and boil till tender. Strain and serve very cold. For 4-5 persons.

11 LEMONADE

Ingredients

Sugar .. 1 cup or to taste
Water .. 1 cup
Lemons .. 2—chop rind
Lemon juice .. ½ cup
Ice water .. 4 cups

Method: Mix sugar, water and lemon rind and stir over low heat until sugar is dissolved. Boil for about 5-7 minutes. Add lemon juice and ice water. Pour over ice in big glasses. Garnish each glass with a sprig of mint. For 4 persons.

12 MIXED FRUIT PUNCH

Ingredients

Hot water	.. 2 cups	} Prepare thick syrup. Cool
Sugar	.. 2 cups	
Chopped pineapple	½ cup	
Lemon juice	.. 4 tablespoons	
Orange juice	.. 1½ cups	
Soda	.. 2 cups	

Method: Add pineapple, juices and soda water to the syrup. Serve ice-cold. For 4 persons.

13 MINTADE

Ingredients

Fresh mint	.. a small bunch
Sugar syrup	.. ½ cup
Lemon juice	.. 2 tablespoons
Grape fruit juice	.. ½ cup
Water	.. 1 cup
Soda	.. 2 cups

Method: Crush the mint leaves in hot syrup. Let stand for ½ hour. Strain. Add fruit juices and water. Chill. Add soda before serving. For 4 persons.

14 ORANGEADE

Ingredients

Orange juice	.. 3 cups
Lemon	.. 1—extract juice
Sugar	.. ½ cup
Water	.. 6 cups

Method: Dissolve sugar in water. Add orange and lemon juices. Pour liquid over ice. Garnish with orange slices. For 4 persons.

15 PINEAPPLE BANANA MILK SHAKE

Ingredients

Bananas	.. 2—peel and mash
Pineapple juice	.. 2 cups
Milk	.. 2 cups

Method: Mix banana and pineapple juice well. Pour in 1 cup milk and beat till well blended. Pour over crushed ice. For 4 persons.

16 PUNCH FOR A CROWD

Ingredients

Sugar	.. 2 cups	} Boil for 10 minutes
Water	.. 1 cup	
Strong black tea	.. 1 cup	
Lemon juice	.. 1 cup	
Orange juice	.. 1½ cups	
Pineapple juice	.. 2½ cups	
Water	.. 16 cups	
Cherries	.. 6 ozs.	
Gingerale	.. 4 cups	

Method: Add tea and fruit juices to sugar syrup and mix well. Chill for 2 hours. Add cherries, water and gingerale. For 25 to 30 persons.

17 TAK

Ingredients

Curd	.. 1 cup—beat well
Water	.. 4 cups
Curry leaves	.. a few
Mustard seeds	.. ½ teaspoon
Salt	.. to taste
	Dalda ½ teaspoon

Method: Mix curd and water, beat well with egg beater. In a deep spoon heat ½ teaspoon Dalda, fry mustard seeds and curry leaves. Pour over the tak. Add salt. Serve cold. For 1 person.

18 TWO-IN-ONE FRUIT DRINKS

Ingredients

Mango juice	.. 2 cups
Strawberry juice	.. 2 cups

Method: Half fill a tall glass with crushed ice. Pour the two juices simultaneously one on each side of the glass. The juices should be well chilled in the tin or bottle before pouring. Serve immediately to prevent juices from blending. For 4 persons.

19 EGG NOG

Ingredients

Egg	.. 1
Sugar	.. 1 tablespoon
Milk	.. ¾ cup
Salt	.. a pinch
Nutmeg	.. to taste

Method: Beat egg yolk. Add sugar, salt and milk. Strain. Add egg white stiffly beaten. Add nutmeg. Serve cold. For 1 person.

20 PINEAPPLE LIME FROST

Ingredients

Egg white	.. 4	} Mix together
Powdered sugar	.. 4 tablespoons	
Lime juice	.. 1 tablespoon	
Pineapple juice	.. 4 cups	

Method: Beat the mixture vigorously till well blended and frothy. Pour over ice in glass and serve at once. For 4 persons.

Glossary

IN ENGLISH	IN HINDUSTANI
A lmonds	Badam
Anchovies	Chhoti herring machhli
Aniseed	Saunf
Apples	Seb
Apricots	Khubani
Arrowroot	Araroht
Asafœtida	Heeng
B aking powder	Pakane ka soda
Banana	Kela
Bay leaf	Tej paat
Beetroot	Chukandar
Bengal gram	Chana dal
Bitter gourd	Karela
Black gram	Maash, Urad dal
Black pepper	Kali mirch
Brain	Bheja, Magz
Bread	Double roti
Breadcrumbs	Sukhi double roti ka choora
Brinjal	Baingan
Broad beans	Sem
Brown sugar	Boora shakkar
Butter	Makkhan
C abbage	Band gobhi
Capsicum	Simla mirch, Bare mirch
Cardamoms (white)	Safed ilaichi
Carrot	Gajar
Cashewnuts	Kaju
Cassia leaves	Tej paat

IN ENGLISH
Cauliflower
Celery
Cheese
Chicken
Chops
Cinnamon
Cloves
Cochineal
Coconut
Colocasia leaf
Coriander leaves
Coriander powder
Coriander seeds
Corn flour
Corn meal
Crabs
Cream
Cucumber seeds
Cumin seed
Curd (Yoghurt)
Curry leaves
D esiccated coconut
Drumstick
Dry beans
Dry coconut
Dry peas
Dry prawns
E ggs
Egg yolk
Elephant yam

IN HINDUSTANI	IN ENGLISH	IN HINDUSTANI
.. .. Phool gobhi	F enugreek Methi
.. .. Ajwain ka patta	Fig Anjeer
.. .. Cheese (Vilayati paneer)	Fine sugar Barik shakkar
.. .. Murghi	Fish Machhli
.. .. Champ (Bakre ka paslika gosht)	Flour Maida
.. .. Dalchini	Fresh beans Hare sem
.. .. Laung	French beans Pharas bean
.. .. Pakane ka gulabi rang	Fresh mint Hara poodina
.. .. Narial	G ame meat Shikar
.. .. Arvi ka patta	Garlic Lehsoon
.. .. Hara dhaniya	Gingerale Adrak ke swad ka sharbet
.. .. Sukha pisa dhaniya	Goat's spleen Bakre ki tili
.. .. Sukha dhaniya	Gram dal Chane ki dal
.. .. Makai ka atta	Gram flour Besan
.. .. Makai ki suji	Grapes Angoor
.. .. Kekre	Grated cheese Kisa hua cheese
.. .. Dabbe-ki-malai	Green beans Sem ki phaliyan
.. .. Kakri ke beej	Green chillies Hari mirch
.. .. Zeera	Green gram Moong dal
.. .. Dahi	Green peas Hare mattar
.. .. Meethi neem ke patte	Groundnuts Moongphali
.. .. Sukhe nariyal ka choora	I cing sugar Icing shakkar
.. .. Saijan ki phali	J ack fruit seeds Kathal ke beej
.. .. Chauli, Raungi	Jaggery Gur
.. .. Khopra or sukha narial	K idney Gurda
.. .. Sukhe mattar	L adies fingers (Okra) Bhindi
.. .. Sukhe jheenge	Large white gram Kabuli chana
.. .. Ande	Lemon Neembu
.. .. Ande ki zardi	Lemon rind Neembu ka chhilka
.. .. Zamikand	Lentils Masoor dal
	Lime juice Neembu ka ras
	Liver Kaleji
	Lobster Bara jheenga

IN ENGLISH	IN HINDUSTANI
M ace	Javitri
Mango juice	Am ka ras
Mango powder	Amchur
Minced meat	Keema
Mint leaves	Poodina
Mushrooms	Kukar mootte
N utmeg	Jaiphal
O lives	Zaitun
Olive oil	Zaitun ka tel
Onion	Pyaz
Onion seeds	Pyaz ke beej
Orange juice	Narangi ka ras
P arsley	Ajmoda ke patte
Peaches	Aaru
Peppercorns	Kali mirch
Peppermint flavour	Poodine ka sat
Pineapple	Ananas
Pineapple juice	Ananas ka ras
Pistachio	Pista
Plantains	Kele
Pomfret	Pamflet machhli
Poppy seed	Khaskhas
Potatoes	Alu
Powdered sugar	Pisi shakkar
Prawns	Jheenge
Pumpkin	Kaddu
R adish	Mooli
Raisins	Kishmish
Red chilli	Lal mirch
Red gram	Arhar dal
Red pumpkin	Lal kaddu
Rice	Chawal
Rice flour	Chawal ka atta
Ridge gourd	Torai
Ripe apricots	Pakki hui khubani
Ripe corn	Makai

IN ENGLISH
Rose-water ..
Rose petals ..
S ago ..
Saffron ..
Salmon ..
Sesame seed ..
Semolina ..
Shrimps ..
Snake gourd
Soda ..
Soft breadcrumbs
Sour apple ..
Sour cream ..
Sour curd ..
Spinach ..
Spring onion
Sprouted beans
Stale bread ..
Stale coconut water
Sesame ..
Strawberry juice
Strong black tea
Sugar ..
Sugar candy
Sweet potato
T amarind juice
Thick coconut milk
Tomato ..
Tomato sauce
Turmeric ..
Turnip ..

IN HINDUSTANI		IN ENGLISH	IN HINDUSTANI
.. ..	Gulab jal	Vanilla	Vanilla
.. ..	Gulab ki pattian	Vermicelli	Sevain
.. ..	Sagodana	Vinegar	Sirka
.. ..	Kesar	White gourd.. ..	Lauki, ghia
.. ..	Sahman machhli	White pumpkin	Kaddu
.. ..	Til	Whole wheat flour	Gehun ka atta
.. ..	Sooji	Yam	Suren
.. ..	Chhote jheenge	Yellow edible colour	Khane ka peela rang
.. ..	Chirchira	Yellow pumpkin	Peela kaddu
.. ..	Pakane ka soda		
.. ..	Tazi double roti ka choora		
.. ..	Khatte seb		
.. ..	Khatti malai		
.. ..	Khatta dahi		
.. ..	Palak		
.. ..	Hara pyaz		
.. ..	Phooti hui chauli/raungi		
.. ..	Basi double roti		
.. ..	Nariyal ka basi pani		
.. ..	Til		
.. ..	Strawberry ka ras		
.. ..	Bina dood ki tez chai		
.. ..	Shakkar		
.. ..	Misri		
.. ..	Shakarkand		
.. ..	Iml ka ras		
.. ..	Nariyal ka garha ras		
.. ..	Tamatar		
.. ..	Tamatar ka sas		
.. ..	Haldi		
.. ..	Shalgam		

NOTES TO THE GLOSSARY

BARI: Small cone-shaped cakes made out of black gram dal, soaked and ground into paste, and dried in the sun.

CHHANA: A soft solid residue obtained by the addition of lime juice to warm milk and straining through muslin.

MAWA: A soft solid obtained by boiling milk till moisture is evaporated.

POTOL: Parwal.

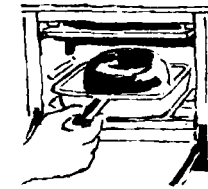
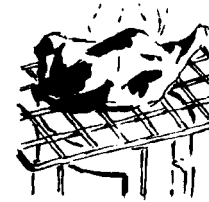
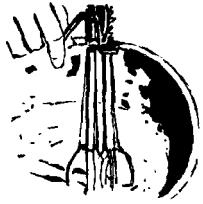
RAGI FLOUR: Millet flour.

WHITE SAUCE: A smooth paste of fat, flour and seasoning stirred into hot milk and cooked till thick.

STOCK: See Chinese chop suey recipe.

TANDOOR: A rural oven, made of straw-reinforced clay, in the shape of a barrel. It has a wide opening at the top through which ignited fuel is introduced, and a small opening at the base for circulation of air and removal of ashes. When the inner walls are red-hot, the food to be cooked is suspended inside the tandoor for baking by radiant heat. Chapatis, however, are pressed against the inner walls.

Another kind of tandoor is built of a large narrow-mouthed earthen vessel, buried in the ground up to the rim.



Cooking Terms and Methods

'AU GRATIN': This refers to a covering of browned bread-crumbs dotted with butter or margarine on top of a cooked dish of meat, fish, eggs or vegetables. The food may first be covered with a thick sauce. The gratin is then put under the grill or in a very hot oven to form a crisp brown crust. Serve in the dish in which it is cooked, i.e. a fire-proof glass casserole.

BAKING: Cooking by dry heat inside an oven. Foods baked with a little fat are often spoken of as roasted, e.g. meat and potatoes. The important points to remember in baking are:

1. Do not waste oven space but fill the oven to capacity. This does not mean overcrowding. There must be room for hot air to circulate around all dishes or they will not cook evenly. Follow the instructions given with the stove.
2. Cook together foods which require

the same temperature; for example, a stew in a casserole with a rice pudding. 3. When baking foods which require different temperatures—pastry, cakes and custard, for example—start off with the foods which need the highest temperatures. 4. To obtain best results it is important to place food correctly in the oven. Follow the advice of the maker in this, as stoves vary a great deal and no general instruction can be given.

BASTING: Pouring spoonfuls of liquid or melted fat over the surface of food being baked or roasted. This prevents the surface from becoming dry.

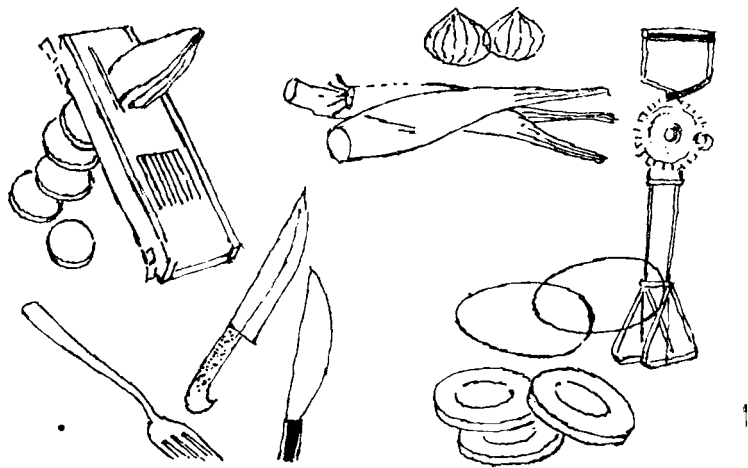
BATTER: Mixture of flour with water or milk and seasoning, and sometimes eggs, can form a batter. It should be thin enough to pour.

BEATING: Using an up-and-down motion which results in enclosing air in the mixture and thereby making it light and smooth. Beating can be done either by a mechanical beater or with a fork, using a circular wrist movement.

BLANCHING: Removing the skins where necessary from tomatoes, peaches, almonds, pistachios and certain fruits, by dipping them in boiling water for a few minutes and then plunging them in cold water.

BLENDING: Mixing two or more ingredients into a smooth paste or mixture.

BOILING: Cooking in boiling water or other liquid which is bubbling hot. Violent boiling should be avoided for many reasons. It wastes fuel; it tends to break up the food, thus spoiling its appearance; there is danger of the liquid evaporating



too quickly and the food being burnt; and it does not cook any faster. Sometimes, however, it may be necessary to reduce the quantity of liquid quickly—for instance, when making sugar syrup or a sauce.

• **BOUQUET GARNI**': A bunch of herbs used as flavouring for stocks, soups, stews, and other savoury dishes. It consists of small sprigs of mint, bay leaves and parsley tied together with thick thread. If fresh herbs are not available, tie dried herbs in a piece of muslin. The ' Bouquet Garni ' must always be removed before the dish is ready because it is not meant to be eaten but only to flavour the food.

BRAISING: Browning of meat in a casserole in a small amount of fat; then cooking slightly in the meat juice or added liquid (water, lemon juice, etc.)

BRUSHING WITH EGG OR MILK: Covering the surface of the food with an even coating of egg or milk. It is used for giving a shiny top to pastry, buns, etc., making the food brown more quickly and to a deeper shade. Special pastry brushes are made for this purpose.

CARAMELISE: To heat sugar to a golden brown.

CASSEROLE: A heat-proof baking dish with a lid, generally used for oven cooking of stews or similar dishes. The food is usually served direct from the casserole.

CEREALS: Foodgrains—such as barley, millets, rice, wheat and oats. These are commonly available in India.

CHILL: To allow to become thoroughly cold but not frozen.

COMBINE: To mix unlike ingredients.

COAT: To cover with a layer.

CONSISTENCY: Term used to describe the thickness or texture of a mixture, e.g. batter and dough.

CREAMING: Blending two ingredients together, such as creaming fat with sugar until the mixture is light and fluffy.

'CROUTONS': Small pieces of toasted or fried bread used for sprinkling on soup and sometimes for garnishing savoury dishes.

CUTTING IN: Combining fat with dry ingredients. They are combined into small crumbly particles by blending them with the finger tips or knives or a pastry mixer.

DICE: To cut in small cubes usually $\frac{1}{4}$ " to $\frac{1}{2}$ " in size.

DOT: To scatter small bits of fat over the surface of food.

DOUGH: A thick mixture of flour, liquid and other ingredients.

DRY INGREDIENTS: Ingredients such as flour, salt, sugar, baking powder, spices, etc.

'FRICASSEEING': Frying food in a little fat in a hot pan. The food is turned frequently so that the hot fat reaches all sides. It is then stewed, steamed or baked in thick sauce or gravy.

FILLETS: Long thin boneless strips of lean meat or fish.

FOLD IN: To mix by a gentle motion, i.e. cutting down through the mixture and bringing up close to bowl, then folding over before cutting through again. Proper folding in prevents loss of air.

FORCEMEAT: Meat used for stuffing.

GARNISH: To decorate with small portions of colourful food.

GELATINE: Used for setting jellies. It can be bought granulated or in sheet form. Allow $\frac{1}{2}$ oz or $\frac{3}{4}$ oz per pint of liquid. Soak

the gelatine for 10 minutes in a little cold liquid and then dissolve it in the remaining liquid which has been heated to boiling point. Add sweetening and flavouring. Packet jellies consist of gelatine, flavouring, colouring and sometimes sweetening. They should be prepared according to the directions on the packet.

GLAZE: This term is generally used for the process of brushing the top of pastries, pies, buns, etc. with egg and water, sugar and water, or some preparation which improves the surface of the finished product. An egg glaze is generally brushed on before the food goes into the oven. A sugar and water glaze is put on when the food is cooked. A meat glaze consists of a clear stock thickened by boiling to get rid of most of the water.

GRATE: To rub against a grater to reduce food to bits or shreds of various sizes.

GRILLING: This consists of cooking foods directly on an open fire or coal. The grill is also very useful for browning the tops of savoury dishes when the oven is not in use.

1. Follow the method of grilling recommended by the manufacturer of the stove but remember that the grill must be red-hot before cooking is started.
2. Grease the grill rack before placing the food on it.
3. Lean meat and fish cakes need brushing with melted fat or oil before grilling and white fish needs basting with melted fat during cooking. Fatty fish such as herrings do not need brushing with fat.
4. Turn the food once or twice during grilling, taking care not to pierce the surface with a fork or the juices will run out. Foods which require more than 5 minutes' cooking should be cooked more slowly after they have browned.

Slower cooking is done either by reducing the heat of the grill or by moving the food further away from the heat. Over a coal or coke fire, turn the food frequently.

KNEAD: To work a dough lightly with the knuckles. by bringing the outside of the dough into centre.

MARINATE: A mixture of vinegar, spices, herbs and oil in which meat is steeped before cooking to improve the flavour and make it more tender. Marinating is a popular method of tenderising meat. The meat is brushed with a mixture of 1 tablespoon of lemon juice or vinegar and 2 tablespoons of oil or fat and allowed to stand several hours.

POT ROASTING: This is an alternative to roasting in an oven. It is done by putting joints of meat, game or poultry in a pot (*degchi*) straight on the fire.

PARBOILING: Boiling of food in water until partially cooked.

'PUREE': A thick pulp obtained by rubbing cooked fruits, vegetables, or other food through a sieve.

RASPINGS: Very fine crumbs obtained by grating the crust of stale bread on a fine grater. Browned breadcrumbs are sometimes called raspings.

SCALD: To heat a liquid to just below boiling point.

SIFT: To pass through a sieve or flour sifter. This is done to remove

lumps, and in the case of flour and raising agents (yeast, baking powder) to blend them.

SIMMERING: Cooking food slowly below boiling point on top of stove. A liquid simmers when only an occasional bubble shows on the surface. Foods which can be simmered are meat, fish, poultry and stews.

SKEWER: A metal or wooden pin used for fastening pieces of meat together to keep them in place during cooking.

STEEP: To soak in hot or cold water.

STIR: To mix, usually with a spoon in circular motion.

STEWING: Simmering of food, generally meat, fish, poultry or game in a small amount of water or soft liquid.

STOCK: The liquid in which meat, vegetables or fish have been cooked. It is used for soups, sauce, stews, etc.

TEMPERATURE: The degree of heat. In cooking, the temperature is generally measured in degrees Fahrenheit, expressed as °F.

Boiling water 212° F.

Simmering water 185° F.

Tepid water 80° F.

TEPID: The temperature of a mixture of 2 parts of cold water to 1 part of boiling water, about 80° F.

WHIP: See “ Beat ”. Whipping generally refers to beating cream or eggs.

Weights and Measures



WEIGHING is the most accurate method for measuring large quantities of food like rice, flour and sugar as well as foodstuff that is difficult to measure into cups, e.g. fat, meats, etc. However, household measures by cups and spoons are more convenient and are easily available.

It is important to measure the ingredients accurately, especially in making cakes and pastries. The measures in the Cook Book are either given by weight or in level cups and level spoons. In our recipes, some measures should be adhered to strictly, i.e. in cake making. Others may, however, be varied to suit personal taste. For example, the amount of DALDA or seasoning, or sugar used in a preparation.

When measuring, some precautions have to be taken:

1. Measure dry ingredients in a cup. Fill the cup and pass the edge of a knife over the top to level off.
2. Measure flours after they have been sifted. The cup should not be tapped or packed tightly.

3. Measure a teaspoonful or tablespoonful of dry ingredients by heaping the spoon first and then passing the edge of a knife across the top to level off.
4. Fats (solid) should be packed into the spoon and levelled. They can also be weighed on a piece of wax paper. (One cup weighs approximately eight ounces.)

Fats do not change in volume during melting. Therefore, sometimes it is easier to melt the fat first and then measure. However, this should be done only if the melted fat is to be used in a recipe.

Equivalents :

60 drops	1 teaspoon
2 teaspoons	1 dessertspoon
3 teaspoons	1 tablespoon
2 tablespoons	1 oz
16 tablespoons	1 cup
1 teacup	4 to 5 ozs
$\frac{1}{2}$ cup	1 gill
2 cups	1 pint
1 tumbler	6 ozs

Equivalents :

1 oz baking powder	2 $\frac{1}{2}$ tablespoons
1 lb beans (dried)	2 $\frac{1}{2}$ cups
1 lb cheese (grated)	3 $\frac{1}{2}$ cups
1 oz cooking chocolate (grated)	4 tablespoons
1 lb cocoa	4 $\frac{1}{2}$ cups
1 lb Dalda	2 cups
1 oz gelatine	3 $\frac{1}{4}$ tablespoons
1 lb dry fruit (chopped)	3 cups
11 ozs honey	1 cup
8 ozs milk (liquid)	1 cup
1 lb milk (powdered)	2 $\frac{1}{2}$ cups
1 lb sugar	2 $\frac{1}{2}$ cups
1 lb whole wheat flour	4 $\frac{1}{2}$ cups
1 lb rice	2 $\frac{1}{4}$ cups

Table of Food Values

(Extract from the Government Health Bulletin No. 23 of 1951)

THE study of nutrition is incomplete without the knowledge of food values of the commonly consumed foods. The tables given represent percentages, e.g. grammes per 100 grammes. Iron is expressed as milligrammes per 100 grammes. The absence of figures or estimates of vitamin content means that tests have not been carried out. For easy reckoning, the following conversion table may be useful.

1,000 grammes (1 kilo)	..	2.2 pounds (avoirdupois)
1,000 grammes	87.5 tolas
100 grammes	3.5 ounces (avoirdupois)
100 grammes	8.75 tolas
1 pound (avoirdupois)	..	453.6 grammes
1 ounce (avoirdupois)	..	28.4 grammes
1 tola	11.4 grammes
1 seer—2 pounds (avoirdupois)	907.2 grammes
1 chattak—2 ozs (avoirdupois)	56.8 grammes

