

# **Coronet 1957 Part I**

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field. I would be grateful to those who receive this booklet to try out these recipes and send me their reactions so that these recipes may be useful in all parts of the country.

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## MAIZE AS A FOOD CROP

Maize also known as corn is a food grain of considerable importance in many parts of the world. It is utilised not only as food, feed and fodder, but also for some 500 different industrial purposes. Corn is used for human consumption, while the plants themselves furnish large quantities of succulent green fodder. Maize has been the most important food crop of the original inhabitants of the America for atleast a thousand years. In India specially in the State of the Punjab, Hinachal Pradesh, Uttar Pradesh, Bengal and Bihar maize is utilised mostly for human consumption - flour for chapatis, green cobs for roasting, and dried grains for popping or parching in hot sand. Many more tasty dishes can also be prepared which you will find on the following pages.

There are several varieties of maize. Some plants are tall, some very small, some produce long ears, while others short stubby ears. The colour of the grains may vary from black or deep purple to red, bright orange, yellow or white. Again, the quality of the grain makes special types suitable for particular purposes. The crop has a very wide range of cultivation and is grown throughout the tropical zone. Varieties

have also been evolved which suit the colder zones, and the crop can be grown in all such regions where the summer is long enough to permit its cultivation, and the frost does not set in too early. In India maize is a good crop of some importance, and in Punjab, Bengal, Bihar, Uttar Pradesh and Himachal Pradesh, it is grown on a field scale, elsewhere to a large extent it is grown on small areas almost like a garden crop. Young cobs are fit for eating raw or boiled in about two months; in about three months the cobs are quite mature and can be picked.

For nutrition purposes maize comes under cereals and millets which constitute the major portion of our food. Cereals do not contain vitamins A, D, B<sub>12</sub> and C. Yellow maize, however, contains fair amounts of carotene (Provitamin A).

The food value of maize is as follows:\*

Name of the food stuff	Moisture %	Protein %	Fat %	Mineral matter %	Fibre %	Carbohydrate %	Calcium %
Maize	14.9	11.1	3.6	1.5	2.7	66.2	0.01
Rice/ <sup>raw</sup> & milled.	12.2	7.0	0.5	0.7	0.2	79.3	0.01
Wheat	12.8	11.8	1.5	1.5	1.2	71.2	0.05

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	Phosphorus %	Iron mg. %	Calorific value per 100 gm.	Vit. A value (I.U. per 100 g)	Vit B1 (mg. per 100 gm.)	Nicotinic acid (mg. 100 g.)	Riboflavin (mg. per 100 g.)	Vitamin C (mg. per 100 g.)
M	0.33	2.1	342	560	0.42	1.2	0.14	0
R	0.11	2.8	348	0	0.11	1.0	0.03	0
W	0.32	5.3	348	108	0.54	5.0	0.12	0

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\* "Our Food" by M.Swaminathan and R.K.Bhagavan.

From the above table it will be clear how the maize stands in comparison with the other cereals.

BREAKFAST RECIPES. 1. DALIYAIngredients:

Maize	-	225 gms.
Water	-	2 cups
Milk	-	2 cups
Sugar	-	To taste

Method:

Grind maize coarsely.

Fry it a little, either plain or with ghee.

Add water to it and let it boil till soft.

Serve it with milk and sugar.

or

Add curds or butter-milk with salt instead of milk and sugar.

2. UPPAMAIngredients:

Maize	-	225 gms.
Ghee	-	1 tablespoon
Green corriander	-	Few leaves.
Salt	-	To taste.
Shelled groundnuts	-	100 gms.
Rai (mustard)	-	1 teaspoon
Onion	-	1
Green chillies	-	4 or 5.

Method:

Grind maize coarsely like suji.  
 Chop onion and green chillies.  
 Fry rai, chopped onion and green chillies in ghee.  
 Then add maize and fry till golden brown.  
 Add water to it which should be one and a half time the quantity of maize.  
 Add shelled groundnuts and salt when water is absorbed.  
 Garnish it with finely chopped corriander leaves or curry leaves.

3. USARIngredients:

Tender corn.	-	3 cobs
Bengal grandal	-	$\frac{1}{2}$ cup
Coconut	-	1
Rai	-	$\frac{1}{2}$ teaspoon
Hing (Asphoetida)	-	A pinch
Turmeric	-	$\frac{1}{2}$ teaspoon
Line	-	1
Green corriander	-	Few leaves
Salt	-	To taste
Sugar	-	1 tablespoon
Oil	-	3 tablespoons
Green chillies	-	4

Method:

Soak Bengal grandal four hours before cooking.

Grate the tender corn.

Chop corriander leaves and green chillies.

Grind the soaked dal into fine paste.

Heat the oil and fry the rai, hing and chillies.

Mix grated corn and dal and fry it for five to ten minutes.

Stir it well and cover it.

Cook it on slow fire.

After ten to fifteen minutes of cooking add grated coconut, salt, sugar and corriander leaves.

Put lime juice while serving.

DESSERT RECIPES4. HALWAIngredients:

Maize	-	250 gms
Sugar	-	250 gms
Sweet oil	-	200 gms
Grated coconut	'	
Kismis (dried grapes)	-	A little
Cardamom	'	
Water	-	2 cups

Method:

Grind the maize coarsely.  
Fry the coarsely ground maize (like suji) in oil.  
When it becomes golden brown, add water which is one and a half times the quantity of maize.  
When water is absorbed and it is cooked, add sugar.

or

Prepare sugar syrup and add this to fried maize.  
Garnish it with coconut, kismis and ilaichi (cardamom).

5. KHEERIngredients:

Milk	-	1 litre
Corn	-	250 gms
Sugar	-	225 gms or to taste
Dry fruit	-	A little

Method:

Crush the corn coarsely.  
Boil it in milk till soft.  
Add sugar.  
Garnish with dry fruit.

6. JAVUIngredients:

Maize flour	-	250 gms
Water	-	2 cups
Jaggery	-	250 gms

Method:

Boil the maize flour with water.  
When it becomes thick in consistency  
add jaggery and cook for few minutes.

SNACKS RECIPES7. BAKLIYANIngredients:

Maize	-	1 kg
Sugar	-	250 gms

Method:

Boil maize in water.  
The water should just cover the maize.  
When it becomes soft, add sugar to it.

8. MURMURAIngredients:

Maize	-	1 kg
Gur	-	375 gms

1. Method:

Pop the corn in hot sand.  
Add gur when it is still hot.  
Make small balls with wet hands.

2. Method:

Pop the corn in hot sand.  
Melt the gur in a pan.  
Add popped corn to it.  
Prepare like laddus with wet hands  
when still hot.

9. LADDUIngredients:

Popped corn	-	1½ kg
Gur ( <del>Desiccated</del> )	-	375 gms
Kismis (raisins)	-	50 gms
Black pepper	-	10
Saunf (Aniseed)	-	1½ teaspoon

Method:

Grind the popped corn coarsely.  
 Prepare gur syrup by melting it in a pan. Add  
 popped corn, kismis, pepper & saunf.  
 Prepare laddus with wet hands.

10. JAJARIYAIngredients:

Corn	-	6 cobs or 500 gms
Ghee	-	125 gms
Sugar	-	500 gms

Method:

Scrape the corn from the cob with a  
 sharp knife.  
 Fry this shredded corn in ghee.  
 This should be cooked on a very slow fire,  
 till it becomes golden brown.  
 Add sugar to it, and let it cook for  
 five minutes more.  
 If desired dry fruit can also be added.

11. CHULI GURIIngredients:

Maize flour	-	500 gms
Wheat flour	-	500 gms
Gur	-	375 gms
Saunf (Aniseed)	-	1 teaspoon
Grated coconut	-	1 tablespoon

Method:

Soak gur in that much of water which can be utilised for preparing the dough. Prepare the dough of mixed flour i.e. maize & wheat flour with this gur water. Add saunf and coconut. Take a big dekchi. Put small twigs in it. The twigs should not be poisonous. On these twigs put munj grass in thick layers. Add little water to it. If munj grass is not available take some leaves. Make small balls and flatten them a little with hands. Take two citrus leaves. Smear these with oil or ghee. Put the ball in between these leaves. Arrange these balls on the grass in the dekchi. Let it steam for few minutes. Then arrange another layer of these balls on the previous ones. Like this arrange all the balls and steam them. These can be steamed in a steamer also or by arranging the balls in a sieve which fits into a dekchi of boiling water and covering it with lid.

12. BURFI - GUNJHAKIngredients:

Maize flour	-	250 gms
Ghee	-	250 gms
Sugar	-	250 gms
Khoya	-	125 gms

Method:

Fry the maize flour in ghee till golden brown.  
 Add khoya to it and fry a little more.  
 Before removing it from fire add sugar.  
 Smear a plate with ghee.  
 Pour the mixture on it & let it set.  
 Cut into diamond shape after it is semi dried.

13. TIKKIYANIngredients:

Maize flour	-	250 gms
Ghee	-	50 gms
Gur	-	125 gms
Saunf (Aniseed)	-	1 teaspoon

Method:

Heat up the ghee.  
 Add ghee in the flour and mix it well with the fingers.  
 Add saunf in the flour.  
 Mix gur with just sufficient quantity of water which will be enough for making a hard dough.  
 Prepare thick, small chapaties with this dough.  
 Bake it well.

14. MAIZE AND COCONUT LADDUIngredients:Filling

Coconut	-	1
Gur	-	125 gms
Ghee	-	1 tablespoon
Elaichi & nutmeg powder	-	1 teaspoon
Salt	-	A pinch

Covering

Maize flour	-	250 gms
Gur	-	50 gms
Milk	-	$\frac{1}{2}$ litre
Salt	-	A pinch

Method:

Grate the coconut, add gur, 3 tablespoon of water and one tablespoon of ghee. Put on the fire and stir it. When water dries, remove from fire and add elaichi and nutmeg powder. Bring the milk to boil. Add gur, ghee and maize flour and cook till the moisture dries up and dough consistency is formed. Remove from fire, add a little ghee and knead well. Make small balls, fill with the filling and fry to golden brown.

15. MAIZE POTATO - JAMENIngredients:

Potatoes	- 1 kg.
Milk	- 1½ litre
Maize flour	- 50 gms
Khoya	- 125 gms
Ghee	- For frying
Sugar	- 500 gms
Egg	- 1

Method:

Boil potatoes, peel and mash them.  
Mix the potatoes with milk.  
Cook the mixture till it becomes dry.  
Remove it from fire, allow it to cool and add maize flour.  
Make small balls.  
Coat these with egg and fry.  
Place them in sugar syrup.

16. BOILED MAIZEIngredients:

Corn cobs	-	10 or 1 kg
Ghee	-	1 tablespoon
Salt	-	To taste
Onion	-	1 big
Green corriander	-	Few leaves
Green chillies	-	4 or 5
Lemon	-	2

1. Method:

Boil the corn cobs (when they are still not completely dried up) in just sufficient quantity of water which will cover it.  
When they become soft remove the grains.  
Fry finely chopped onion and chillies in ghee.  
Add boiled maize, corriander leaves and salt.  
Cook for just a few minutes.  
Squeeze the lemon over it.

2. Method:

When the corn becomes soft after boiling, cut the cobs into 3 pieces.  
Fry them in ghee.  
Apply salt and pepper.

17. PATHORIngredients:

Arabi leaves	-	2 (big ones)
Maize flour	-	250 gms
Ghee	-	To fry
Onion	-	1
Garlic	-	3 to 4 flakes
Ginger	-	$\frac{1}{2}$ piece
Salt	-	To taste
Chillies (green)	-	4 to 5

Method:

Chop onion garlic and ginger finely.  
Make a thin paste of maize flour  
and add chopped onion, garlic, ginger,  
salt and chilli powder.  
Spread this paste on the leaves  
which are smeared with oil or ghee.  
The paste should be put on the smooth  
side of the leaves..  
Tie those leaves with thread, so  
that the paste will not come out.  
Steam it.  
When cooked cut it into small  
pieces and fry them.

13. PAKORASIngredients:

Maize flour	- 250 gms
Onion	- 2
Spinach	- 125 gms
Potatoes	- 125 gms
Soda	- $\frac{1}{4}$ teaspoon
Salt	- To taste
Chillies	- To taste
Oil	- For frying
Anardana (dried)	- 1 teaspoon

Method:

Prepare a batter of maize flour as for ordinary pakoras by adding enough water to the maize flour to make it thin. Add soda to it, salt, chillies and anardana.

Cut the vegetables in small cubes. Mix the vegetables with batter and fry them.

19. ROASTED CORNIngredients:

Corn cobs	-	8
Lemon	-	1
Salt	-	To taste
Pepper	-	To taste

Method:

Roast the corn on live coals on all the sides. When it becomes golden brown, remove it. Apply lime juice, salt and pepper. Instead of lime juice butter can also be applied.

20. POPPED CORN

Ingredients:

Maize	- 250 gms
Ghee	- 1 tablespoon
Salt	- To taste

1. Method:

Take some sand in an open iron pan.  
Heat it up.  
When it becomes very hot, add  
maize to it.  
Cover it with a lid for few  
minutes.  
Stir it with a wooden spoon.  
Go on stirring it till all the corn  
becomes popped.  
Fry it in ghee. Add salt to it.  
or  
Mix it with little butter, salt and  
pepper.

2. Method:

Soak the maize in water for few hours.  
Then dry it in the sun.  
Roast then in sand as in method No.1.

MEAL

21. ROTI

Ingredients:

Maize flour	- 1 kg
Water	- 2 to 3 cups

Method:

Prepare a hard dough of maize flour with hot water.  
Knead it well.  
Spread a wet cloth over a rolling board.  
Make small balls of dough and press it on the cloth. or  
Prepare chapatis with hands.  
Bake it on a hot tawa.  
Apply butter or ghee when still hot.

## 22. STUFFED ROTI

### Ingredients:

Maize flour	-	1 kg
Kachalu (Colocasia)	-	250 gms
Onion	-	2
Ginger	-	$\frac{1}{2}$ " piece
Green corriander	-	Few leaves
Salt	-	To taste
Chillies	-	To taste
Anchur	-	1 teaspoon

### Method:

Boil kachalus.  
 Mash it and season it with salt, chillies, anchur, chopped onion, ginger and green corriander leaves.  
 Prepare dough of maize flour with hot water.  
 Make two small chapaties and spread the kachalu in between.  
 Press the sides and prepare roti with hands and cook it.

### Note:

Boiled potatoes, peas and dal can also be used.

23. MAIZE ROTI WITH PALAK OR METHIIngredients:

Maize flour	-	1 kg.
Palak (spinach)	-	250 gms
Green corriander	-	Few leaves
Salt	-	To taste
Chillies	-	To taste
Zeera (cumin seed)	-	1 teaspoon

Method:

Chop spinach finely.  
Rub flour with spinach till properly mixed.  
Add all the seasonings.  
Add water if necessary and prepare a dough.  
Make it into chapaties and bake it.  
Eat with ghee or butter milk.

24. POTATOES WITH MAKKI ROTIIngredients:

Potatoes	- 125 gms
Maize flour	- 250 gms
Salt	- 1 tablespoon
Red chilli powder	- $\frac{1}{2}$ teaspoon
Anardana	- 1 teaspoon
Ghee	- 100 gms

Method:

Boil, peel and mash the potatoes.  
Mix all the ingredients, including the maize flour.  
Knead well to form a smooth dough.  
Make chapaties.  
Fry on a greased tawa.

25. RABRIIngredients:

Coarsely ground maize	- 250 gms
Butter milk	- 1 litre
Salt	- To taste
Chillies	- 1 teaspoon (to taste)

Method:

Boil the butter milk.  
Add the maize, salt and chillies  
and cook for 1½ hours.

Note: This can be kept for 2 to 3 days.  
This is eaten with rice.

26. PAPPADIngredients:

Maize flour	- 1 kg
Sajji (Soda)	- 1 teaspoon
Salt	- To taste
Chillies	- 1 teaspoon

Method:

Mix soda in maize flour.  
Boil this flour in about equal  
quantity of water.  
When it starts boiling add salt  
and chillies.  
As it becomes very thick, roll it  
into pappad shape. Dry it in sun.  
Fry it when needed.

27. DHOKALAEIngredients:

Maize flour	-	250 gms
Dal (any)	-	250 gms
Salt	-	To taste
Turmeric	-	$\frac{1}{2}$ teaspoon
Ghee	-	1 tablespoon

Method:

Prepare the dough of maize flour.  
Add salt to the flour.  
Make small balls with a depression in the middle.  
This can be done by pressing the ball with the thumb.  
Cook the dal as usual with all seasonings.  
As soon as the dal starts boiling put these balls in the dal.  
When these balls get cooked remove it from dal.  
Usually these balls start floating at the top.  
Apply ghee on these or fry them.  
They can be taken with the cooked dal.

28. CHAKLIIngredients:

Maize flour	-	2 cups
Besan	-	1 cup
Azwain(Bishop's weed)	-	1 teaspoon
Chilli powder	-	1 teaspoon
Turmeric	-	$\frac{1}{2}$ teaspoon
Butter	-	1 tablespoon
Salt	-	To taste
Oil	-	For deep frying

Method:

Mix all the ingredients except oil with luke warm water.  
 Prepare a soft dough.  
 Put this dough in a mould (specially prepared for chakli).  
 Fry it in deep oil till golden brown.  
 Eat with butter or curd.

29. MAIZE RICEIngredients:

Maize	-	250 gms
Water	-	Double the maize

Method:

Pound the maize.  
 Take out the emeriyo.  
 Cook it as rice i.e. add double the quantity of water and cook it till it becomes soft.

30. PURRAIngredients:

Maize flour	-	1 cup
Jowar flour	-	$\frac{1}{2}$ cup
Besan	-	$\frac{1}{2}$ cup
Onion	-	2
Green chillies	-	2 to 4
Turneric	-	$\frac{1}{2}$ teaspoon
Green corriander	-	few leaves
Curds	-	$\frac{1}{2}$ cup
Salt	-	To taste
Oil	-	For shallow frying

Method:

Chop onions, green chillies and green corriander leaves finely.

Mix maize flour, jowar flour and besan together.

Add chopped onions, green chillies and corriander leaves.

Prepare a thin batter of this so that it can be poured on the tawa.

Clean a smooth tawa properly. Add little ghee and pour the batter a tablespoon full at a time. Spread it well and cover it for few minutes.

Turn it and fry the other side also.

Serve hot with chutney and curds.

31. CORN WITH PALAK (BHUIA)Ingredients:

Corn (half ground)	-	125 gms
Palak	-	250 gms
Green chillies	-	4 to 6
Onion	-	1
Salt	-	To taste
Turmeric	-	$\frac{1}{2}$ teaspoon

Method:

Boil corn (half ground) with little water.  
 Mix chopped palak (spinach) and green chillies, salt and turmeric and cook for few minutes until dry.  
 Fry chopped onion and green chillies in ghee until brown.  
 Pour it on the corn and palak.

32. SATHUIngredients:

Corn (not very soft)

Method:

Take fresh corn cobs.  
 Remove the corn.  
 Roast them in a karahi or a frying pan.  
 Dry these in sun.  
 Then grind these dried grains.  
 Eat with salt, butter milk or gur.

33. BARA (VADDAE)Ingredients:

Maize	-	250 gms
Water	-	$\frac{1}{2}$ litre
Salt	-	To taste
Chillies (green)	-	4 to 5
Ghee	-	To fry
Ginger	-	$\frac{1}{2}$ " piece
Green corriander	-	Few leaves
Onion	-	Two

Method

Soak the maize in water for 24 hours.

Then grind it into a fine paste. Add chopped onion, ginger, green corriander leaves, salt and chillies.

Make it into vadda shape.

Deep fat fry it.

Note: It can be put in curds also, after soaking it in hot water for half an hour.

34. KHOBRUIngredients:

Butter milk	-	2 litres
Rice	-	375 gms
Maize flour	-	250 gms
Salt	-	To taste
Chillies	-	To taste
Turmeric	-	$\frac{1}{2}$ teaspoon
Onion	-	Two
Garlic	-	6 - 8 flakes
Ginger	-	$\frac{1}{2}$ " piece
Ghee	-	75 gms

1. Method:

Boil the butter milk first.  
 Add the washed rice in it.  
 Let it boil for 2 to 3 minutes.  
 Prepare a hard dough with maize flour, and make it into small balls.  
 Put it in the boiling rice and butter milk.  
 Add salt, turmeric and chillies.  
 When these balls get cooked they start floating .  
 Remove it from fire. See that rice is also cooked.  
 Take little ghee and brown the chopped onion, garlic and ginger.  
 Add this to the cooked rice with butter milk.

Note: Take rice with little cooked butter milk and eat with maize balls.

2. Method:

Before boiling the butter milk season it and then cook as method No.1.

### 35. MAIZE CUTLETS

#### Ingredients:

Fresh corn	-	500 gms
Besan	-	125 gms
Onion	-	Chopped
Garlic	-	Chopped
Ginger	-	Chopped
Salt	-	To taste
Chillies	-	To taste
Green corriander	-	Few leaves
Ghee	-	To fry

#### Method:

Grate the corn.  
Add besan to it.  
Mix salt, chillies and all the other ingredients.  
Make them into cutlet shape.  
Fry them till golden brown.  
Serve hot with chutney.

### 36. KARI DAY

#### Ingredients:

Maize flour	-	250 gms
Salt	-	To taste
Chillies	-	To taste

#### Method:

Prepare hard dough of maize flour.  
Add salt and chilli powder.  
Steam it as described for chuli guri.  
When cooked eat it with butter milk.

Note: Instead of salt, gur can also be added.

### 37. KARHI

#### Ingredients:

Butter milk	-	1 litre
Maize flour	-	250 gms
Garlic	-	6 flakes
Salt	-	To taste
Chillies	-	To taste
Pakoraa	-	10 to 15
Ghee	-	1 tablespoon

#### Method:

Add maize flour to butter milk and mix it well with salt and chillies.  
Crush the garlic and fry till golden brown.  
Add the mixture of maize flour and butter milk.  
Add pakoras.  
Let it boil for half an hour.