

## **About IHM**



The Institute of Hotel Management, Catering Technology and Applied Nutrition, Mumbai is one of the oldest institutes in South East Asia which imparts training for the hospitality industry. In 1954, a group of brave and enthusiastic women from the All India Women's Central Food Council, under the leadership of Late Smt. Lilavati Munshi, founded the esteemed institute.

The purpose of the All India Women's Central Food Council was to improve the nutritional status of the average Indian, from a diet high in cereals to a balanced diet. Late Smt. Lilavati Munshi with her team, which included Smt. Homi J H Taleyarkhan and Smt. Leela N Jog, established a chain of Annapoornas (restaurants) all over the country to prepare and sell reasonably priced but healthy refreshments and foods. There was a dearth of trained personnel to run these Annapoornas on a self-sustaining basis which led to the birth of IHM Mumbai, a training institute to meet the manpower requirements at different levels.

The Late Shri P C Rajpal on deputation from Tea Board of India became the first Principal of the Institute, after undertaking a study tour of Europe and U.K. sponsored by the FAO. Later, in 1955, on the request of Smt. Lilavati Munshi, the Late. Mr. Belfield Smith of U.K. one of the founder members of Hotel Catering and Institutional Management Association, U.K., was assigned as an expert to India by Food and Agricultural Organization of the United Nations through the Ministry of Food and Agriculture, Department of food.

In March 1956, Mr. C. Belfield Smith took charge as the Principal of the Institute. The journey started with six students, when classes commenced in 1954 at Bhavan's College Campus, Andheri. Since, then there has been no looking back. The Three Year Diploma Programme in Hotel Management & Catering Technology was started in 1958. It was acknowledged by the Directorate of Technical Education, Maharashtra State.







### From the Principal's Desk

he Institute of Hotel Management, Mumbai is heading towards its 75 glorious years of imparting education & knowledge. IHM Mumbai since its days of inception has always strived to be the best & for the past 65 years has been one of the leading hospitality management institutes in Asia Pacific region with the vision centre of excellence.

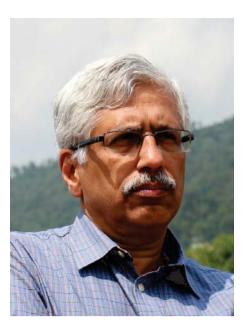
'Excellence with Values' is our guiding principle, which gets reflected in each & every activity undertaken by IHM Mumbai. The staff & faculty always try to instill & inculcate these principles in our students so that they grow to become the pioneers in this industry.

Our infrastructure is upgraded on a regular basis with the emphasis on including current trends in our system. We also try & sync our curriculum & knowledge – imparting methods with technological advancements, and try to match them with the expectations of the guests of the hospitality industry.

The need for a vegetarian diet is very visible in today's day & age as the need for people to 'detox' has increased considerably. People have started changing their outlook towards the vegetarian aspect of the diet & it is no longer the boring counterpart to the meat dishes. The inclusion of vegetables is not something new for the people of India as they have always consumed & tried to incorporate vegetables in their diet throughout.

To further put impetus on this aspect the food production faculty of the institute came up with this idea of making vegetarian dishes made with ingredients that are locally grown & available. Even the tough times of the COVID 19 lockdown did not deter the spirit of the team & they were enthusiastic about getting this book published. It gives me great pleasure in presenting to you 'Subz ki Tokri', a vegetarian book for everyone.

Arun Kumar Singh



### An Expert's View

hen we talk of vegetarian cuisine, most think about it as a spiritual or religious choice. However, there is a growing demand for plant-based food all over the world for its variety and health benefits. There is a wealth of knowledge about vegetarian cuisine just waiting to be explored. This book, 'Subz kiTokri', is a step in that direction.

India has a rich and varied cuisine that adds beauty to our nation's diversity. A large percentage of India's population primarily depends on a plant-based diet in some way or another. Although globalization pened up world cuisine for India, traditional vegetarian food knowledge was fast disappearing with the last generation. Something was amiss and urgently required the attention of our country's policy-makers.

A personal experience opened my eyes to the potential of having an exclusive Vegetarian Degree curriculum for interested students in the Hotel Management and Catering colleges of our country. A wish became a passion as I set out to rally opinion about preserving our vegetarian heritage and encouraging in-depth research in the field through this course. After a relentless pursuit of this goal for more than eight years, the Government of India directed the National Council for Hotel Management and Catering Technology (NCHMCT) to introduce a B Sc Degree with option of Learning Vegetarian only in the central Institute of Hotel Management (IHM) colleges.

I thank the government machinery, the supporters and the NCHMCT for beginning the Vegetarian Degree in 63 IHM colleges. The victory isn't mine to celebrate, it belongs to the numerous passionate students who wished to be a part of this booming service industry but couldn't, simply because 'Vegetarian Only' was never an option for them before.

I am delighted that the book 'Subz ki Tokri', written by the chefs at IHM Mumbai, will spread the love for vegetarian cuisine far and wide. Drawing on the rich knowledge of culinary experts and combining it with readily available and local ingredients, the book is a treasure trove of recipes to suit every palate. Common vegetables are transformed into gastronomical delights for those who enjoy their food. 'Subz Ki Tokri'is not another recipe book; it documents our rich culture and passes the knowledge to the next generation.

I wish all the best to the book and its creators. I am sure the readers will experience the recipes first hand and encourage the chefs to create more such collections. Look forward to many more of vegetarian food/recipe books by expert chefs in future.

#### CA Chandrashekhar R Luniya



"Nothing will benefit health and increase the chances of survival of Earth as the evolution to a vegetarian diet"
-Albert Einstein

### An Insert by Chef Siddharth

et me begin by saying that it is such an honour to be asked to write the foreword for this book. My heartfelt thanks to my teacher from my Alma Mater,

— Professor Neelam Nadkar, for giving me this opportunity.

My culinary journey began from the prestigious IHM Mumbai back in 1996-1999, where I also had an opportunity to teach Food Production practical classes to the final year students briefly in 2006. I began my career in the kitchens of The Oberoi Hotels, Nariman Point Mumbai and after three years went to work on board the luxury ocean liner, Queen Elizabeth 2. My next stint was at a fine dine restaurant called Aurus Home by the Sea, after which I joined the Taj Lands' End. Later on I was heading one of the biggest catering service providers of India, Foodlink. This was the beginning of my focus on vegetarianism as we did hardcore vegetarian events on massive scales. Post this I got the opportunity to shift from hospitality to healthcare and I joined Sir H. N. Reliance Foundation Hospital at Charni Road, Mumbai, in the capacity of Executive Chef as part of the pre-opening team where I am still based after 6 wonderful years.

Healthcare made me look at food in a totally new perspective. While in hotels the focus is always on taste and presentation of food, in healthcare it is all about retaining its nutrition. Being a professionally trained chef, my endeavour is to make the food taste better as well as present it in a nicer way, thereby making the patients feel that hospital food need not be boring. As no one comes to a hospital out of free will, unlike a hotel, and food is the only thing over which a patient has some control over, it makes my task extremely challenging and also interesting. There is no greater joy than the feeling of satisfaction that you get when a patient enjoys his meal, because a good meal uplifts a person's mood and thereby helps him recover faster.

One dilemma which I faced was how to design a balanced menu since only vegetarian food is served in the hospital. But our capable team of dieticians helped me out and together we managed to create some interesting menus for our patients as well as staff. The dieticians ensure that the menus are well balanced and I as the Chef ensure that the meals are not only healthy but tasty too.

Vegetarianism as a trend is only growing and more and more people are now understanding the benefits of a vegetarian meal. A vegetarian diet is high in fibre, vitamins, minerals and low in saturated fats. This keeps blood pressure and cholesterol levels in check. Seasonal fruits and some vegetables, which can also be eaten raw, are naturally high in phytonutrients and antioxidants. It is a myth that vegetarians do not get enough proteins or their meals are not balanced. Our ancestors were highly intelligent and the choices they made still stand the test of time. They knew the art of mixing cereals and pulses in the correct proportion and using plant-based protein and millets in food for maximum health benefits.

At the hospital we believe in eating only the local seasonal produce. Hence, we make four menus over the year, starting with the summer menu from Holi till beginning of monsoon. Then we have the monsoon menu from June to September, during which time we avoid all leafy vegetables as well as other vegetables like cauliflower, brinjal and lettuces which are prone to being infested with worms. Next comes the post monsoon menu where all these vegetables are re-incorporated. Lastly comes my favourite menu which is the winter menu, as it consists of the best quality produce of the year—a chef's delight. Red carrots, purple yams, tender papdi shoots and green peas - the list and choices become abundant. We also avoid refined sugar in all preparations at the hospital throughout the year. Instead, all desserts are made with jaggery or honey, and for diabetics we use stevia.

Over time, regular consumption of a vegetarian diet shows far more beneficial results in one's overall health. To sum up I quote Hippocrates "Let food be thy medicine and medicine be thy food"

I am sure you will enjoy this book and try out the recipes listed here. More importantly, this book will help you move towards a healthy lifestyle.

#### Siddharth N. Vadhavkar



### Word from the HoD

The inclusion of fruits, vegetables in the diet has helped a lot of people to give up 'meats' from their diet as well. For a majority of the people in India the food habits depend on the Dharmic practices or religion followed by them. Personally being from a strictly vegetarian family all my life I have grown up eating a vegetarian diet until I joined the institute as a student. Vegetables were a must & a compulsion at times. The major problems occasionally would be the limitations of the dishes that could be made. It wasn't that the vegetables could not be made into more interesting dishes but it was rather the following of traditional recipes & not a lot of scope for innovation.

From the health point of view the vegetarian diet include all the essential nutrients that is required for a normal human being to function properly. The only hiccup is that we don't know how to use these vegetables & in what combination to extract maximum nutrition out of it. The reason why vegetables are considered boring by many is because they feel it has a limited array of usage. Whereas it is not true, it is the constantly used & reused recipes that is made is what makes it boring. We need to hunt for our traditional recipes being made by our grandmothers & great grandmothers, but at the same time we should have the courage to tweak the recipes to come up with our own innovation. The permutations & combinations that can be used to create various dishes using vegetables is infinite, the thought of using vegetables for making innovative dishes is the first step towards exploring the majorly unexplored world of vegetarian cuisine.

Following the success of the Book of Maharashtra by the Food Production faculty of IHM Mumbai, we wanted to follow it up with another book that would actually reach out to a lot of people & help them in the pursuit of making new recipes. While brainstorming for the same we came up with the idea of making dishes that are available locally & can be made by anyone at home. From there on we started our journey in creating this book that is aptly called 'Subz ki Tokri'. The main aim of our was to make sure that the ingredients of the Tokri will be made into main course, accompaniments & dessert as well. The unique part of this book is a humble attempt from our side to include recipes from each & everyone of the Food Production faculty which is a beginning of a new trend at IHM Mumbai.

Thope you enjoy reading & making the recipes from the book as much as we enjoyed making & presenting it to you.

Ms. Neelam Nadkar

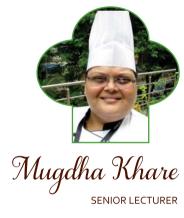
### **Chefs Involved**



Neelam Nadkar HEAD OF DEPARTMENT, FOOD PRODUCTION

A graduate of 1988 batch, she has been teaching in IHM Mumbai since 1993 and currently is the HOD of the Food Production Department. She is what you would call a caring mother figure. Over the years, she has mastered the art and science of cooking in industrial kitchens. She has also been a part of various Cookery TV shows and live talk shows about Indian and bakery sweets. She loves cooking in a clean atmosphere, thus ends up cleaning the kitchen before cooking! She strongly believes that we work better together and teamwork is the key to success.

Chef Mugdha Khare is a senior lecturer in Food Production Department. She has been a part various books and was invited as a panel member at the WICA for a panel discussion. She has conducted Cookery TV shows and live talk shows on international cuisine. Chef Mugdha has been a regular publisher of research papers and also received awards for the same. The most recent research paper was about Women Entrepreneurship which was selected to be presented at the International conference to be held at NCHM Delhi.





Maitreyee Lovalekar

A graduate of 1993 batch, Chef Maitreyee is a senior lecturer in the Food Production department. She has been teaching in IHM Mumbai since 1995. She is known to be the Chef with the 'Heart for the environment'. She promotes conservation of energy & resources & tries to get the students into the same habit. She also is a chef who strongly promotes Veganism & follows a vegetarian path as way of life. As a chef, she is passionate, adventurous and enthusiastic. As a teacher, she is warm, accessible & caring.

A graduate of 2004 batch, Chef Santosh is a lecturer in the Food Production department. He also holds a master's degree in Tourism and Hospitality Management. Being an academician all his life he has worked for institutes like Rizvi school of Hospitality & Kohinoor College for Hotel management. He was also a food consultant for RBI. He is known for his extensive knowledge about Indian cuisine and his phenomenal culinary skills.



Santosh Kumar Das

### **Chefs Involved**



Amol Balkawade

Chef Amol Balkawade is a graduate of IHM; Mumbai has been working in the same college since his graduation in 2008. He was selected as an Assistant Lecturer in 2013 and later got promoted to a Lecturer in 2019. He performed stints as a kitchen consultant between 2009-2013 for some well-known brands like Yummy dogs, Shiv wada Pav, BBQ Nation, Escobar (a fine dine restaurant) & others. He has completed various courses to enhance teaching skills namely Certified Hospitality Trainer & Certified Learning Facilitator. He is passionate about cooking, always willing to learn and try out new dishes from different cuisines.

After completing graduation from the institute in 2008, she went ahead to work with the Park Group of Hotels followed by Taj Lands End, Mumbai. Her love for teaching and food brought her back to IHM Mumbai to become a chef instructor. It has been more than 7 years that she is spreading knowledge and skills to the young budding chefs. She is passionate about the food she cooks and her specialty is continental cuisine. She believes that nothing can happen in the kitchen without teamwork and that's a value she tries to imbibe in her students. "People eat with their eyes first," which is why she emphasizes on plating and tries to make tasty dishes look tastier!

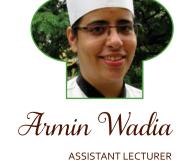




Asmita Powar

Chef Asmita Powar after graduating from IHM Mumbai in 2009 joined Novotel Juhu Beach as a part of its pre-opening team and went on to play a pivotal role in setting up its Bakery-Patisserie SOPs and operations. During her stint there, she specialized in working with Chocolate and even won the Silver medal at Chocolate showpiece Competition. Thereafter, her desire to inspire and guide future generations of bakers and patissiers, brought her back to her Alma matter as an Assistant lecturer. Chef Asmita is a firm believer in authenticity and perfection, emphasizing on "innovation on a base of robust fundamentals". She believes that continuous reinvention is the key to keeping one's self relevant and ahead of the curve in an ever evolving world of desserts.

Chef Armin Wadia, like most chefs in this column graduated from IHM Mumbai in the year 2009. She has worked as Management trainee at The Leela Palace, Bangalore and as a Kitchen Executive at The Leela, Bangalore & Mumbai. She joined the institute as a Teaching Associate (Bakery & Patisserie) in 2014 and was promoted to Asst. Lecturer in 2016. As a chef, she is observant and enterprising. She has a deep understanding of her craft and tries to inculcate discipline in her pupils.



### **Chefs Involved**



Ankit Pillai

Graduate of IHM Mumbai batch of 2011, Chef is a young, dynamic chef with a special knack towards international cookery. Currently working as an Assistant Lecturer at the Institute, he has worked as a chef at Vivanta by Taj, he is known for his innovative cookery and extensive knowledge of various cuisines. His friendly nature and easily approachable attitude compliments his teaching skills.

A graduate of IHM Mumbai batch 2011, Chef Satya got placed as Hotel Operations Management Trainee at the Taj Mahal Palace & Towers, Mumbai through campus placement. After the management program, he ventured into the Chocolate Production Industry & was hired as the Head Chocolate Chef at Haldiram's International, Nagpur to start up their Chocolate Department. Shifting gears, he entered the teaching arena of Food Production & joined his alma mater in 2016 as a Teaching Associate after which he was promoted to Assistant Lecturer in the year 2017. He loves to explore authentic Indian food & is fond of pairing Indian food flavors with chocolates. His mantra "Anyone can cook, however cooking with passion & love will always show on the plate" is what he strongly believes in.



Satya Shankar Raman
ASSISTANT LECTURER

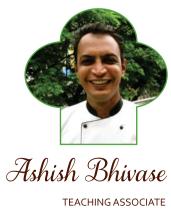


Shubhada Kotibhaskar

TEACHING ASSOCIATE

A veteran of the institute, she joined IHM Mumbai as a Demonstrator in Dietetics department in the year 1989 and used to conduct demonstrations for the socially underprivileged people. After the National Council took charge of the dietetics department, she shifted from dietetics to bakery. Though it was a challenging task for her initially, she mastered the art in a short span of time. Since then, she has been working tirelessly to impart knowledge and shape the future of potential bakers.

Chef Ashish Bhivase joined the institute as a faculty with an ambition to impart knowledge to the young generation in the field of bakery and confectionery. He has worked with brands like Grand Sarovar premium, The Oberoi's and P and O cruise lines. He is known for his extraordinary baking skills and precision in whatever he does. He often goes beyond the books to help the students and is also known for his amicability towards them.

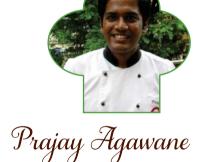


### **Chefs Involved**



He graduated from this institute in 2015, worked in brands like JW Marriott, Grand Hyatt and Westin. He then got an opportunity to join this institute as a faculty and has been working wholeheartedly, since 2019. He has always believed that food is like a common language around the world and unites us all. According to him, cooking and sharing a meal with friends and family can be the best memories one can make.

He graduated from IHM Mumbai in 2016 & started his career as a pre- opening Chef at Indigo Delicatessen. Further to enhance his learning and skills, he joined Taj Hotels and followed it up by joining O Pedro. He got back to his roots from where he began his culinary journey. He got an opportunity to work with IHM Mumbai, as a faculty member in 2019. His passion is to travel as far as one can go, to explore how others live, eat and cook. Such experiences while exploring new cuisines change him from within. The journey stays with him, in his consciousness and his heart.





Anwesha Patra

TEACHING ASSOCIATE

A graduate of batch 2016, she joined the institute as a teaching associate in 2019 and is known for her unconventional ideas and skills. Modern Indian Cuisine is her real forte. She believes in the Indian Philosophy of cooking with love and sharing with others. Cooking is not just a source of bread and butter for her. She gleefully lives each moment and enjoys herself to the fullest in the Kitchen.



## Preface

Vegetarianism has been a 'Way of life' for a majority of people in India for a long period of time. It stems from one of the most ancient practices, Ayurveda, which holds central that food not only has nutritional properties but also medicinal healing properties. Ayurveda is derived from Sanksrit words 'Ayu' which means Life & 'Veda' which means knowledge, so it is a study of health & well being of human beings. Ayurveda also states that the food consumed has a direct effect on the mind of the person who consumes the food. The mind is directly affected by the type of food consumed & hence there were set rules regarding the type of food to be consumed at different times of the day, month, season etc. The rules not only mentioned the foods to be eaten but also the balance of acid & alkaline elements required in the body. Ayurveda has been considered a base for food recipe formulation for a number of years. Another very important aspect mentioned in the Ayurveda is that the body can be healed of any disease by consumption of some foods at the right time & in the right quantity.

The trend of using locally grown fruits & vegetables are on a rise since people have started appreciating the fact that locally grown fresh vegetables are a more viable & healthier option. Promoting the local farmers for producing variety of products also resulted in an increase in the availability of these fresh fruits & vegetables. The uncertain times of the COVID-19 lockdown also made people realize the importance of eating a well balanced meal which includes various fruits & vegetables that give a lot of nutrition. People have realized that instead of being just a side dish, vegetarian food also provides wholesome nutrition by itself.

'Subz ki Tokri' is a collective effort of the faculty of the Food production department of the Institute of Hotel Management, Catering Technology & Applied Nutrition, Mumbai who have meticulously researched unique and traditional recipes but have also taken the liberty of adding their very own signature twist to it & are now sharing these recipes with you. Hope that this book not only is of help to the upcoming generations of food enthusiasts but also to the food lovers & aficionados who are ready to explore more.

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## Baadal Jaam

#### BY CHEF SATYA SHANKAR

<u>Ingredients</u>	Qty / Units
Brinjal (bharta variety)	400 grams
Red Chilli Powder	15 grams
Turmeric Powder	5 grams
Rice Flour	40 grams
Oil (for Frying)	40 ml
Oil (for Gravy)	50 ml
Onion	100 grams
Tomato	50 grams
Ginger Garlic Paste	15 grams
Lime Juice	10 ml
Coriander Powder	15 grams
Salt	to taste
Curd	500 grams
Mint	few sprigs
Green Coriander	few sprigs

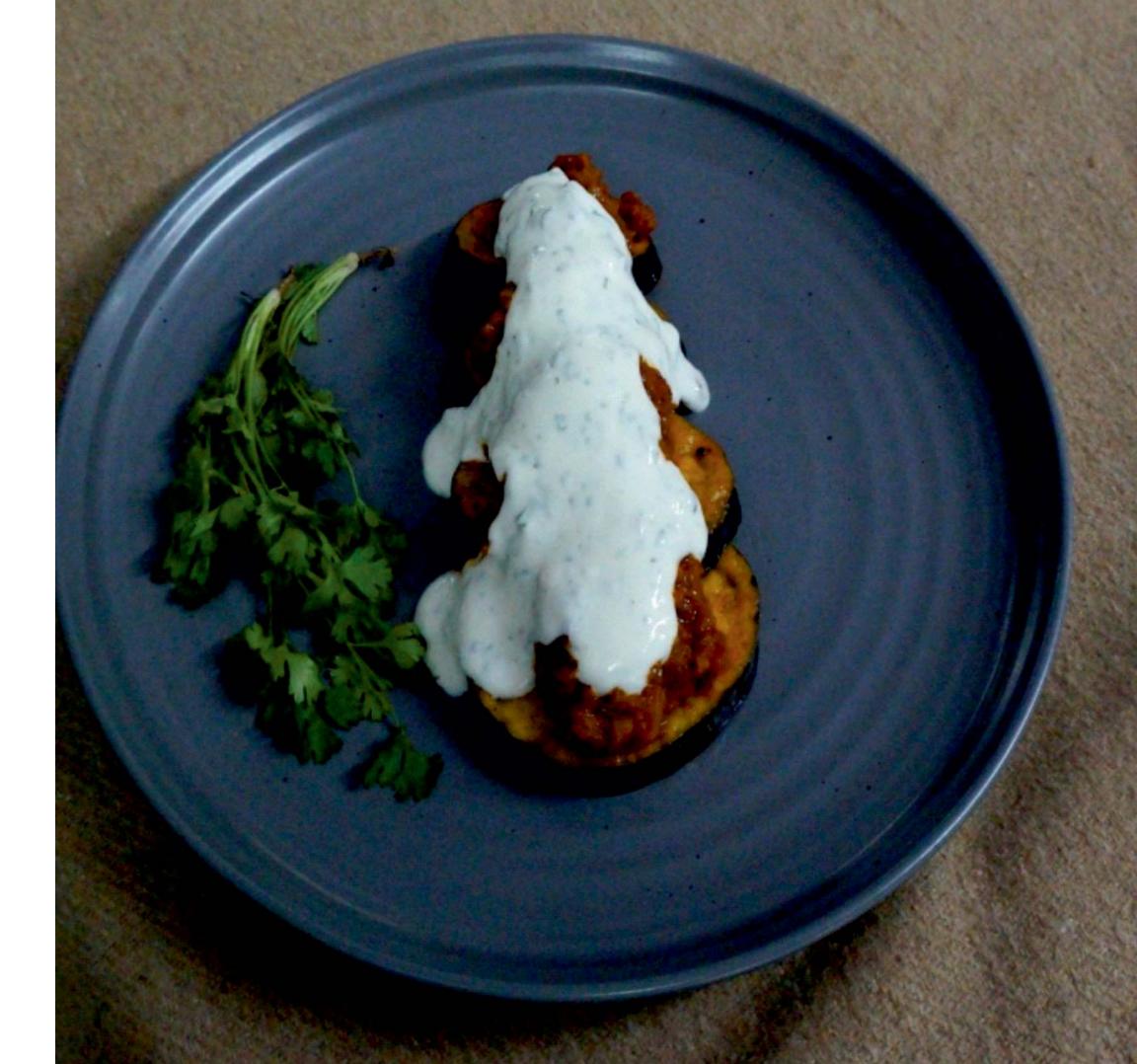


#### Portions: 4

#### Pre-Preperation:

- 1) Season rice flour with little salt
- 2) Wash and cut brinjal into 1 inch thick roundels
- 3) Make a marinade with red chilli powder, turmeric & salt & keep for 15 minutes
- 4) Chop onion, tomatoes & extract lime juice.
- 5) Hang the curd in a muslin cloth overnight so that the volume of curd reduces by 50%.

- 1) Coat the marinated brinjal roundels with rice flour seasoned with salt
- 2) Heat some oil in a non stick pan and place the roundels of brinjal; cook on moderate flame till the base of the roundels get light golden brown color. Turn the side and repeat the procedure & keep aside.
- 3) For the gravy heat some oil in a pan & saute the chopped onions.
- 4) Once the onion turns translucent add in the ginger garlic paste & cook.
- 5) Add in the powdered spices to this mixture & cook.
- 6) Add in the tomatoes & cook till the tomatoes break down and dissolve.
- 7) Adjust the seasoning & add chopped coriander.
- 8) Add in the chopped coriander, mint & salt to the hung curd mixture.
- 9) For plating, place the fried egyplant on a plate put the onion tomato masala on top.
- 10) Top it off with the hung curd mixture like shown in the picture.
- 11) Serve immediately.





# Baigan Ka Raita

#### BY CHEF ANKIT PILLAI

I	ngredients	Qty / Units
Br	rinjal	200 grams
Go	arlic	10 grams
GI	reen Chili	5 grams
С	urd	250 grams
Oi	:l	15 ml
n	Austard Seeds	2 grams
Re	ed Chili Whole	2 no.
n	Aethi Seeds	1/2 grams
Co	oriander Leaves	10 grams



#### Portions: 4

- 1) Char roast the brinjal, garlic and green chili and deskin them.
- 2) Finely chop the vegetables and whisk the curds
- 3) Mix the curds with the brinjal mixture and add salt.
- 4) Heat oil in a sauce pan and temper with mustard seed, broken red chili, methi seeds.
- 5) Pour the tempering over the raita, mix well and serve garnished with coriander.





## Bharta Pie

#### BY CHEF SATYA SHANKAR

<u>Ingredients</u>	Qty / Units
For base mixture:	
Brinjal (Bharta variety)	500 grams
Onions	150 grams
Tomato	75 grams
Green chillies	2 nos
Ginger garlic paste	30 grams
Oil	40 ml
Red chilli powder	10 grams
Turmeric powder	5 grams
Coriander powder	10 grams
Green coriander	Few sprigs
Salt	to taste
Butter (for greasing)	10 grams
For potato topping:	
Potatoes	400 grams
Butter	10 grams
Grated cheese	30 grams
White pepper powder	2 grams
Salt	to taste



#### Portions: 4

#### Pre-Preperation:

- 1) Apply some oil onto the brinjal & roast it on live fire. Once roasted remove the skin & finely chop the flesh of the brinjal.
- 2) Destem and chop green chillies
- 3) Chop onions & tomatoes finely
- 4) Wash and chop green coriander finely
- 5) Peel and cut potatoes into big dices. Boil them starting in cold water. When well cooked, drain and dry the potatoes. When the potatoes are still warm, mash the potatoes well and add salt, white pepper powder and butter. Mix well

- 1) In a pan, heat up 15 ml oil. Add chopped onions and green chillies.
- 2) Saute till onions are translucent. Add ginger garlic paste. Saute well.
- 3) Add red chilli powder, turmeric powder & coriander powder. Saute well.
- 4) Add tomatoes & cook till the tomatoes become soft.
- 5) Add finely chopped brinjals, salt and cook well
- 6) Grease the pie dish with butter. Add the brinjal mixture at the base and spread evenly
- 7) Mix cheese with the potatoes & Spread the potato mixture on top of the brinjal mixture.
- 8) Bake in a pre-heated oven at 200° C till the top becomes golden brown
- Serve hot.





# Imam Bayildi

#### BY CHEF ABHISHEK NANDI

<u>Ingredients</u>	Qty / Units
Small Brinjals	500 grams
Onions	250 grams
Tomato	250 grams
Garlic	50 grams
Parsley	100 grams
Cumin seeds	10 grams
Olive oil	50 ml
Thyme (optional)	10 grams
Sugar	5 grams
Salt	to taste



#### Portions: 4

#### Pre-Preperation:

- 1) Puree the fresh tomatoes coarsley.
- 2) slice the onions thinly
- 3) Slice garlic
- 4) Slit the brinjals on one side and till midway, do not completley cut in half, Keep the stem on.

- 1) Put some garlic, thyme in the slits in the brinjal, marinate with some oil and salt.
- 2) Roast the brinjals in a pre heated oven at 180C for 10 mins.
- 3) In a pan, heat clive oil, add the cumin seeds and garlic.
- 4) Add the sliced onions, and cook till soft.
- 5) Add the tomato puree to the onions, add sugar and cook till the rawness of the tomatoes evaporates.
- 6) Add salt and water to make a slightly thick sauce, put some chopped parlsey.
- 7) With a spoon, smash the slit side of the brinjal to form a pocket, remove the thyme.
- 8) Fill the brinjal pockets with the tomato mixture.
- 9) Drizzle clive cil on the sauce and put back in the oven at 200C for 10mins
- 10) Sprinkle Chopped parsley on top and serve hot.





# Ringda Ravaiya

#### **BY CHEF PRAJAY AGAWANE**

<u>Ingredients</u>	<u> Qty / Units</u>
For Chutney Stuffing	
Coconut	1 no.
Coriander	250 grams
Mint leaves	25 grams
Green chillies	10 nos.
Garlic	5 pods
Cumin seeds	2 grams
Lemon (juice)	3 nos.
Sugar	3 grams
Salt	to taste
For Ravaiya	
Purple Brinjal	400 grams
Red Chilli powder	5 grams
Turmeric	2 grams
Oil	15 ml
Salt	to taste



#### Portions: 4

#### Pre-Preperation:

- 1) Blend all the chutney ingredients to make a smooth paste adding enough water.
- 2) Wash the brinjals and in each make two slits lengthwise keeping the stems on.
- 3) Mix the turmeric, red chilli powder and salt and rub this masala marinade into each of the brinjals.
- 4) Stuff the chutney in each brinjal. Ensure that the brinjals don't break.
- 5) Let it rest for about 30 minutes to ensure the masala seeps in.

- 1) Heat oil and sear the brinjals lightly.
- 2) Add the remaining chutney to the seared brinjal along with 120 ml of water.
- 3) Cover and let the Ravaiya cook for about 15-20 min until the brinjals become
- 4) If the chutney dries up add a little water to adjust the consistency. It should be thick enough to coat the brinjals.
- 5) Serve piping hot with rotis or rice.







# Bell Pepper Bread

#### BY CHEF ASMITA POWAR

<u>Ingredients</u>	Qty / Units
Refined Flour	250 grams
Sugar	10 grams
Yeast	10 grams
Butter	10 grams
Salt	5 grams
Red Pepper	25 grams
Yellow Pepper	25 grams
Green Capsicum	25 grams
White Pepper	to taste



#### Portions: 10

#### Pre-Preperation:

Finely chop the peppers

- 1) Sieve flour, add sugar, yeast, pepper powder and water and knead to a soft dough.
- 2) Knead in salt and butter to get a smooth and soft dough.
- 3) Round up and allow to ferment for 30 mins.
- 4) Lightly mix in the finely chopped peppers.
- 5) Make a plait using 3 portions of the dough and top it with the balance peppers.
- 6) Place each wreath on a lightly greased tray and prove.
- 7) Bake at 200°C for 15 mins.





## Bell Pepper Parmigiana



#### BY CHEF AMOL BALKAWADE

<u>Ingredients</u>	Qty / Units
Yellow Bell Pepper	100 grams
Green Bell Pepper	100 grams
Processed Cheese	100 grams
Dried Mixed Herbs	5 grams
Onion	100 grams
Garlic	25 grams
Tomato	250 grams
Tomato Puree	100 grams
Olive Oil	25 ml
Dry Bread Crumbs	50 grams
Fresh Bread Crumbs	200 grams
Refined Flour	150 grams
Fresh Basil	20 grams
Parsley	10 grams
Parmersan Cheese	50 grams
Oil	50 ml
White Pepper Powder	2 grams
Salt	to taste

#### Portions: 4

#### Pre-Preperation:

- 1) Peel and chop the onion and garlic finely. Chop the tomatoes finely. Shred the basil roughly.
- 2) Grate the cheese. Cut the peppers into 1/2 inch thick slices and remove the seeds.
- 3) Chop the parsley finely and combine it with fresh bread crumbs and grated parmesan cheese.
- 4) Make a thick slurry using 100 grams of refined flour and 75 ml of water along with salt.

- 1) Heat olive oil in a pan and add in the garlic and onion and saute until the onion turns translucent.
- 2) Add in the tomatoes and tomato puree along with 250 ml water and cook until the raw flavor from the tomatoes vanishes (10-15 mins).
- 3) Once the tomatoes are cooked and the mixture has reduced to a thick saucy consistency add in the mixed herbs and basil salt and pepper powder. Remove from flame.
- 4) Grind 1/4th of the above sauce to a smooth puree and keep aside.
- 5) Cool the tomato mixture down and and add in the cheese and dry bread crumbs. Stuff this mixture into the pepper discs.
- 6) Dry dust the pepper discs in refined flour. Dip the pepper discs in the refined flour slury and coat with the fresh bread crumbs.
- 7) Pan fry the pepper discs in refined oil until they have formed a golden brown crust on both the sides.
- 8) Serve hot, with the pureed tomato sauce.





# Bhutanese Red Chilli Ezay



#### **BY CHEF ANWESHA PATRA**

<u>Ingredients</u>	Qty / Units
Dry red chillies	5-6 nos.
Tomato	25 grams
Onions	25 grams
Garlic	5-6 cloves
Oil	40 ml
Black pepper powder	5 grams
Salt	to taste
Green chillies	1-2 nos
Coriander leaves	a few sprigs

#### Portions: 4

#### Pre-Preperation:

- 1) Roughly chop up the tomatoes, green chillies onion and garlic.
- 2) Remove the stems and deseed the dry red chillies.
- 3) Chop up the coriander leaves finely.

- 1) Heat oil in a kadhai. Add the garlic and onions. Fry till they turn light brown.
- 2) Add the red chillies, green chillies and the tomatoes. Fry till the tomatoes are
- 3) Transfer all the ingredients into a mixer jar,add salt,black pepper powder and grind coarsely.
- 4) Garnish with chopped coriander. Serve warm or at room temperature.





## Chilli Bomb with Dill Garlic Yogurt



#### BY CHEF AMOL BALKAWADE

<u>Ingredients</u>	<u> Qty / Units</u>
Panveli Chilli/ Large Chilli	200 grams
Milk	200 ml
Processed Cheese	75 grams
Onion	50 grams
Dried Mixed Herbs	5 grams
Butter	50 grams
Refined Flour	100 grams
Dried Bread crumbs	150 grams
Yogurt	100 grams
Garlic	15 grams
Dill	20 grams
Black Pepper Powder	2 grams
Refined Oil	For frying
Salt	to taste

#### Portions: 4

#### Pre-Preperation:

Pre-Preparation:

- 1) Peel and chop the onion and garlic finely. Chop the dill finely.
- 2) Grate the cheese. Slit the chilli from one side and remove the seeds.
- 3) Blanch the chillies in boiling water for 30 seconds and immediately put them in cold water.
- 4) Combine the garlic, dill and yogurt to make the sauce. Refrigerate it.
- 5) Prepare a slurry using refined flour and water.

- 1) Melt the butter in a pan and add in 50 grams of refined flour to it cook until the mixture begins to froth up.
- 2) Add in the milk and along with onions, mixed herbs, salt and pepper. Cook until the mixture thickens.
- 3) Cool the mixture down and add in the cheese and refrigerate for an hour.
- 4) Stuff the cheese mixture into the chillies. Coat the chillies in the remaining flour.
- 5) Dip the chillies in refined flour slurry and coat them with bread crumbs.

  Repeat this procedure once more (Double coating).
- 6) Place the chillies in a freezer for 1-2 hours until they harden up completely.
- 7) Deep fry the chillies in refined oil until golden brown in colour.
- 8) Serve hot, with the dill garlic yogurt dip.





# Stuffed Bell Peppers

#### BY CHEF AMOL BALKAWADE

<u>Ingredients</u>	Qty / Units
Red Bell Pepper	100 grams
Yellow Bell Pepper	100 grams
Green Bell Pepper	100 grams
Soya Granules	100 grams
Rice	100 grams
Onion	100 grams
Garlic	25 grams
Tomato	200 grams
Tomato Puree	100 grams
Olive Oil	50 ml
Paprika	5 grams
Pine Nuts	20 grams
Zataar Spice Mix	5 grams
White Pepper Powder	2 grams
Salt	to taste



#### Portions: 4

#### Pre-Preperation:

- 1) Pre heat the oven to 180 C.
- 2) Peel and chop the onion and garlic finely. Chop the tomatoes finely.
- 3) Par boil the rice. Cook the soya granules in boiling salted water for 5 mins and then drain them thoroughly.
- 4) Cut the tops of the bell peppers and deseed them, retain the tops.
- 5) Toast the pine nuts.

- 1) Heat oil in a pan and add in the garlic and onion and saute until the onion turns tarnslucent.
- 2) Add in the tomatoes and tomato puree along with 250 ml water and cook until the raw flavor from the tomatoes vanishes (10-15 mins).
- 3) Once the tomatoes are cooked and the mixture has reduced to a thick saucy consistency add in all the remaining ingredients.
- 4) Stuff the tomato-rice-soya mixture into the deseeded peppers and cover with the tops of peppers.
- 5) Apply some oil on the exterior of the peppers and bake them in the oven for 10 mins.
- 6) Serve hot, with some tomato sauce.







## Bhopla Poori

#### BY CHEF MAITREYEE LOVALEKAR

<u>Ingredients</u>	<u> Qty / Units</u>
Red pumpkin	200 grams
Pure ghee	30 grams
Red chilly powder	1/2 tsp.
Turmeric powder	1/4 tsp.
Coriander powder	1/2 tsp.
Salt	to taste
Green coriander	5-6 sprigs
Garam masala powder (Optional)	1/4 tsp.
Ajwain	1/4 tsp.
Whole wheat flour	250 grams
Oil	To fry
White butter (Loni)	50 grams



#### Pieces: 10

#### Pre-Preperation:

- 1) Separate the flesh from the skin of pumpkin.
- 2) Grate the flesh.
- 3) Lightly roast and crush ajwain with a rolling pin.

- 1) Heat pure ghee in a pan.
- 2) Add chilly powder, turmeric powder and coriander powder. Add pumpkin without letting the powdered masalas burn.
- 3) Sauté over a high flame. Add salt.
- 4) Add ajwain, garam masala powder and turn off the flame.
- 5) Let this mixture cool down to room temperature. Add wheat flour. Mix well.
- 6) Add little water at a time to make stiff dough. Rest it under a damp duster for 10-15 mins.
- 7) Divide the dough into 10 equal portions. Roll each one into a flat roundel. Use oil if required for rolling.
- 8) Deep fry in hot oil till brownish on both sides.
- 9) Remove them on absorbent paper.
- 10) Serve with white butter.





# Bhopalyache Upasache Thalipeeth



#### BY CHEF MUGDHA KHARE

-		
	<u>Ingredients</u>	<u> Qty / Units</u>
	Bhopla (Red Pumkin)	500 grams
	Green Chillies paste	10 grams
	Rajgira flour	200 grams
	Sago Flour	200 grams
	Peanut crushed powder	100 grams
	Salt	to taste
	Sugar	10 grams
	Coconut Grated	50 grams
	Coriander Leaves	1/4 bunch
	Pure Ghee	50 grams

#### Portions: 4

#### Pre-Preperation:

- 1) Peel the pumkin and grate.
- 2) Clean Coriander leaves and finely chop.

- 1) Add Peanut crush, Chillies paste, Grated Coconut, Coriander Leaves, Salt, Sugar into the grated pumkin.
- 2) Mix the sago flour and rajgira flour and bind into a semi soft dough with little water at a time.
- 3) Divide into four portions.
- 4) Take a non-stick pan and apply ghee. Take one portion and press it on the pan with your palms.
- 5) Cook it on slow flame till it becomes golden brown on both sides and gets cooked.
- 6) Serve hot with curd.





# Courge Skin Chutney



#### BY CHEF MAITREYEE LOVALEKAR

<u>Ingredients</u>	<u> Qty / Units</u>
Bottle gourd skin	100 grams
Red pumpkin skin	100 grams
Oil	20 ml
Mustard seeds	1/4 tsp.
Cumin seeds	1/4 tsp.
Asafetida	1/4 tsp.
Aamchur powder (Opt)	1/4 tsp.
Sesame seeds	1 tsp.
Green chilly	2 nos.
•	

Portion: 150 Grams

#### Pre-Preperation:

- 1) Dehydrate the pumpkin and bottle gourd skins in sun. Use them only when they are nicely dried.
- 2) Slit green chillies.

- 1) Heat oil in a kadai and add mustard seeds, cumin seeds, green chillies, asafetida and sesame seeds.
- 2) Add in the dried skin pieces.
- 3) Add salt and aamchur powder. Sauté for a minute.
- 4) Turn the flame off and let the mixture cool in the same container.
- 5) Grind to a coarse or fine powder as per choice.
- 6) Store in a dry airtight container.





## Cucumber Cake

#### BY CHEF ARMIN WADIA

<u>Ingredients</u>	Qty / Units
<u>Dry ingredients :</u>	
Whole wheat flour	250 grams
Rice flour	125 grams
Baking Powder	2.5 grams
Baking soda	2.5 grams
Salt	1.25 grams
Cardamom Powder	5 grams
Cashewnuts	125 grams
<u>Wet Ingredients</u>	
Jaggery	250 grams
Flaxseed powder	45 grams
Apple sauce	65 grams
Coconut Milk	125 grams
Coconut Oil	60ml
Cucumber	500 grams



#### Portions: 4

#### Pre-Preperation:

- 1) Chop the jaggery into very small pieces. Mix it with 15mlof water and heat it so that it dissolves and mixes evenly in the batter.
- 2) Whisk the flaxseed powder with 135ml of water.
- 3) Peel and grate the cucumbers. English cucumbers with very tiny seeds are the easiest to use here, but if any other kind with large seeds are used be sure to de-seed it first.
- 4) Lightly toast the cashewnuts
- 5) Pre -heat the oven to 160degree celsius.
- 6) Grease and line the cake tin with baking sheet.

- 1) Whisk all the dry ingredients together in a bowl
- 2) In a large bowl mixall the wet ingredients together.
- 3) Add all the dry ingredients to the wet and mix until everything comes together.

  Pour the batter into the lined cake tin and smoothen the top
- 4) Bake it in apre-heated oven at 160 degree celsius for 30 to 45mins or until a toothpick inserted in the center comes out clean.
- 5) Demould 10 minutes after removing from the oven. Cool thoroughly on a rack, then slice and eat.





# Gawar Bhopla

#### BY CHEF ANKIT PILLAI

<u>Ingredients</u>	Qty / Units
Cluster beans	250 grams
Pumpkin	75 grams
Oil	10 ml
Ajwain	1/2 grams
Turmeric	1 grams
Hing	1 grams
Red chili powder	2 grams
Goda masala	2 grams
Salt – to taste	to taste
Coconut fresh	100 grams
Jaggery	25 grams
Milk	50 ml
Coriander leaves	20 grams



#### Portions: 4

- 1) Peel the pumpkin and cut in neat dices.
- 2) Trim the ends of the cluster beans and cut them into inch long pieces.
- 3) Heat oil in a heavy bottom pan and temper the oil with ajwain, turmeric, hing, red chili powder and add the beans.
- 4) Sprinkle some salt and water and cover and cook for 3-4 mins.
- 5) Add the pumpkin in side and cook for 4-5 mins. and add grated coconut and coriander.
- 6) Add the milk, jaggery and goda masala and cook for a minute. Check the seasoning
- 7) Serve hot garnished with coconut and coriander.





# Kakadi cha Kyrus



#### BY CHEF MUGDHA KHARE

<u>Ingredients</u>	Qty / Units
Cucumber (Kakdi)	250 grams
Tamrind pulp	25 grams
Crushed peanuts	25 grams
Roasted Til Seeds	20 grams
Grated Coconut	100 grams
Coriander leaves chopped	1/4 bunch
Red chilly powder	5 grams
Salt	10 grams
Jaggrey	100 grams
<u>Tempering</u>	
Oil	50 ml
Mustard Seeds	5 grams
Turmeric	1/4 tsp.
Hing	1/4 tsp.
Curry Leaves	1 sprig

- 1) Peel the cucumber and chop into very fine pieces.
- 2) Chop jaggery and mix with tamarind pulp.
- 3) Mix all ingredients together except coriander leaves.
- 4) Make a tempering with mustard seed, Turmeric, Hing, curry leaves and pour it over the cucumber mixture.
- 5) Serve Kakadi Cha Kyrus at the room temperature as an accompaniment garnished with coriander leaves.





## Lauki Nazakat

#### BY CHEF AMOL BALKAWADE

<u>Ingredients</u>	Qty / Units
Lauki	500 grams
For gravy:	
Onion	250 grams
Ginger-garlic paste	10 grams
Red chilly powder	5 grams
Coriander powder	5 grams
Turmeric	2 grams
Poppy seeds paste	10 grams
Curd	50 grams
Oil	30 ml
Salt	To taste
Green coriander	20 grams
Cashew nuts paste	25 grams
Fresh cream	30 ml
Garam masala powder	2 grams
For Stuffing	
Mava	100 grams
Paneer	200 grams
Sultanas	15 grams
Cashew nuts	20 grams
Green chilly	5 grams
Green coriander	10 grams
Garam Masala Powder	2 grams
Salt	to taste
Sugar	5 grams



#### Portions: 4

#### Pre-Preperation:

- 1) Wash the lauki and peel the outer skin. Cut the lauki into 3 inch roundels.
- 2) Remove the seeds and inner flesh of the lauki using a knife, leaving 1 cm flesh on the edges .
- 3) Heat water in a big pot and boil the lauki for 5-6 minutes. Drain and let it dry for a few minutes.

#### Preperation:

#### For Lauki:

- 1) Chop the chillies, sultanas, cashews and coriander for the stuffing, grate the mava and paneer.
- 2) Combine all the remaining ingredients in a bowl for the stuffing. Stuff this mixture inside the boiled lauki. Allow to set in refrigerator for 1-2 hours.
- 3) Cut the stuffed lauki into 1 cm thick roundels. Coat the lauki discs with refined flour.
- 4) Heat ghee in a pan and shallow fry the lauki on low heat from all the sides till it is slightly browned. Keep aside.

#### For curry:

- 1) Chop onions and green coriander. Whisk curd.
- 2) Heat oil. Fry onions to a light brown colour. Add ginger-garlic paste and poppy seeds paste. Fry well till oil separates add little water if required.
- 3) Add chilly powder, coriander powder and turmeric. Fry well and add curd in 2-3 batches. Cook over a medium flame. Sprinkle garam masala powder.
- 4) Add cashew nuts paste, fresh cream and mix well. Keep some fresh cream aside for garnish.

#### To assemble:

In a serving dish, arrange lauki and ladle the gravy over. Garnish with green coriander and remaining cream. Serve hot.





## Olan



#### BY CHEF SATYA SHANKAR

<u>Ingredients</u>	Qty / Units
Ash gourd	300 grams
Cow peas	50 grams
Curry leaves	3-4 sprigs
Green chillies	2 nos.
Salt	to taste
Coconut milk	200 ml
Curry leaves	1 sprig
Coconut oil	15 ml

#### Portions: 4

#### Pre-Preperation:

- 1) Wash & soak the cowpes overnight. Cook the cowpeas in salted water till its done.
- 2) Peel & cut the ash gourd into cubes.
- 3) Slit green chillies.

- 1) Take half the amount of coconut milk & mix water to it. Cook the ash gourd in this mixture on a low flame.
- 2) Once the ash gourd is cooked add in the cooked cowpeas. Add in the remaining
- Adjust the seasoning & simmer this mixture for 4-5 minutes. Do not boil this mixture.
- 3) For the tempering heat coconut oil in another vessel, add mustard seeds till it crackles.
- Add in the slit green chillies & the curry leaves.
- 4) Pour the tempering on top of the olan.
- 5) Serve hot.





## Panchphoran Pumpkin Shorba



#### **BY CHEF ANWESHA PATRA**

<u>Ingredients</u>	Qty / Units
Pumpkin	200 grams
Onion	25 grams
Garlic	15 grams
Oil	20 ml
Cumin Seeds	2 grams
Mustard Seeds	1 gram
Nigella Seeds	1 gram
7enugreek Seeds	1 gram
Fennel Seeds	2 grams
Red Chilli Powder	5 grams
Fresh Cream	10 ml
Salt	to taste

#### Portions: 4

#### Pre-Preperation:

- 1) Chop up the onion roughly.
- 2) Chop up the garlic roughly.
- 3) Peel and cut the pumpkin into chunks.(1/2 inch in size approximately)
- 4) Mix up the mustard, cumin, nigella, fenugreek and fennel seeds to make Panchphoran.

- 1) Heat oil in a pan and add the panchphoran mix.
- 2) Add the garlic and onions. Saute till the onions become translucent
- 3) Add the pumpkin and saute for 2-3 minutes. Add the red chilli powder.
- 4) Add about 500ml of water and cook till the pumpkin becomes soft and mushy.
- 5) Puree the mixture, add salt and adjust the consistency with water.
- 6) Serve hot garnished with a swirl of cream.





## Petha



#### BY CHEF SATYA SHANKAR

<u>Ingredients</u>	Qty / Units
Ash gourd	800 grams
Edible Lime (Chuna)	10 miligrams
Sugar	250 grams
Lime	1 no.
Cardamom powder	10 grams
Rose water	20 ml

#### Portions: 8

#### Pre-Preperation:

- 1) Peel & cut the ash gourd into cubes. Mix half of edible lime (chuna) lime with a bit of water & coat the ash gourd pieces with this mixture & wash the ash gourd.
- 2) Mix remaining edible lime (chuna) with sufficient water. Prick the ash gourd with the fork & soak it in the lime mixture overnight.
- 3) Mix sugar with equal amount of water & boil to make a sugar syrup with 'One string' consistency. Add lime juice to remove any impurities from the sugar syrup.

- 1) Drain the ash gourd & wash it thoroughly. Boil it in water till it is cooked & turns transperant.
- 2) Once cooked add the ash gourd to the sugar syrup & simmer on the flame for 5-10 minutes. Add rose water.
- 3) After 10 minutes remove the pieces from the sugar syrup, drain excess sugar syrup out & spread it out onto a plate & let it dry.
- 4) Serve once dried & store it in a air tight container in a cool dry place.





## Pumpkin Barfi

#### BY CHEF AMOL BALKAWADE

-		
	<u>Ingredients</u>	Qty / Units
	Red Pumpkin	250 grams
	Ghee	25 grams
	Dessicated Coconut	50 grams
	Mava	50 grams
	Sugar	100 grams
	Cardamom powder	2 grams
	Pumpkin Seeds	20 grams
	Salt	1 grams



#### Portions: 10

#### Pre-Preperation:

- 1) Peel and chop the pumpkin roughly.
- 2) Grate the Mava. Dry roast the coconut on a low flame until it turns golden brown in colour.
- 3) Roast the pumpkin seeds in an oven at 100 C for 1 hour until they become slightly brown and crunchy.

- 1) Heat ghee in a pan and add in the pumpkin to it along with 100 ml water.
- 2) Cook the pumpkin until mashes up completely and the mixture dries up.
- 3) Add in the sugar salt to the pumpkin and cook while continously stirring until the mixture leaves the sides of the vessel (10-15 mins).
- 4) Now add in the mava, coconut and cardamom powder and combine well.
- 4) Cook for further 5 mins. Transfer the mixture onto a greased tray, and sprinkle the pumpkin seeds over it.
- 5) Allow the mixture to set and cut them into diamonds or squares and serve.





## Pumpkin Bread

#### BY CHEF ARMIN WADIA

-		
	<u>Ingredients</u>	Qty / Units
	Refined Flour	250 grams
	Fresh yeast	10 grams
	Sugar	15 grams
	7at	10 grams
	Salt	5 grams
	Red Pumpkin	150 grams
	Raisins	20 grams
	Pumpkin Seeds	15 grams
	Water	100 ml (apx)



#### Portions: 5

#### Pre-Preperation:

- 1) Peel and grate the red pumpkin
- 2) Seive the Flour
- 3) Clean and wash the raisins
- 4) Accurately weigh the ingredients.
- 5) Prepare the bread tin by greasing it with melted fat or oil

- 1) Mix the grated pumpkin and the flour together.
- 2) Remove the above ingredients on a work table, make a well in the center and add fresh yeast along with sugar to it.
- 3) Add little water to the well, mix it. Gradually start pouring the water with one hand and binding the dough with the other hand.
- 4) Once a soft dough is formed start kneading the dough with both hands so that it becomes smooth and lump free.
- 5) After the dough has been kneaded well, cream the fat and the sugar on the table and incorporate it into the dough.
- 6) Round the dough and keep it covered under a moist cloth for 30mins or till it doubles in size.
- 7) Knockback the dough by picking it up and placing it upside down on the work bench whilst lightly pressing it to expel the air.
- 8) Mould the bread. Sprinkle some water on top of the bread, cover it with pumpkin seeds and place it in the prepared bread tin.
- 9) Place the bread tin in the prover and allow it to prove for 30 mins or till it doubles in size.
- 10) Bake the bread in a pre heated oven at 210 degree celcius for 15 to 20 mins.
- 11) As soon as the bread is baked remove it from the tin and apply melted fat over it.
- 12) Allow the bread to cool over a wire rack.





## Pumpkin Seed Granola Bar



#### **BY CHEF ARMIN WADIA**

<u>Ingredients</u>	<u> Qty / Units</u>
Butter	90 grams
Honey	175 grams
Brown Sugar	25 grams
<u>Dry Ingredients :</u>	
Apricot	40 grams
Oats	175 grams
Sesame seeds	25 grams
Cinnamon Powder	5 grams
Almonds	40 grams
Raisins	40 grams
Dates	40 grams
Pumpkin Seeds	150 grams

Portions: 8 Nos.

#### Pre-Preperation:

- 1) Clean all the dry Ingredients
- 2) Cut apricots and dates into dices.
- 3) Slice the almonds thinly. Wash and clean the raisins
- 4) Grease and line a tray with baking sheet.
- 5) Pre-heat the oven to 150 degree celsius

- 1) Mix all the dry ingredients in a bowl.
- 2) Caramalise the brown sugar in a thick bottom vessel. Add honey and butter to it. Let it come to a vigorous boil.
- 3) Mix the dry ingredients into the cooked mixture with a wooden spoon.
- 4) Tip the mixture into the lined baking tray while hot.
- 5) Press the mixture to spread it out evenly.
- 6) Smoothen it by using a rolling pin over it.
- 7) Bake in a pre-heated oven for 15 mins at 150 degree celcius
- 8) After it is cooled down completely demould it onto a chopping board and cut it into the required shape and size.





# Tzaziki BY CHEF SANTOSH KUMAR DAS



<u>Ingredients</u>	Qty / Units
Hung Curd	150 grams
Cucumber	50 grams
Fresh Breadcrumbs	30 grams
Mint Leaves	10 grams
Olive oil	10 ml
Garlic	10 grams
Salt	To taste

#### Portions: 4

#### Pre-Preperation:

- 1) Peel and deseed cucumber, chop finely.
- 2) Chop mint leaves & garlic finely.

- 1) Combine all the ingredients together except the olive oil.
- 2) Add salt & keep it in the refrigerator.
- 3) Serve cold garnished with red chilly powder.









### Bharvan Bhindi

#### BY CHEF MAITREYEE LOVALEKAR

<u>Ingredients</u>	Qty / Units
Ladies fingers	200 grams
Oil	20 ml
Cumin seeds	1/4 tsp.
Onion	100 grams
Ginger	5 grams
Garlic	5 grams
Green chilly	2 no
Red chilly powder	1/4 tsp.
Coriander powder	1/4 tsp.
Turmeric powder	a pinch
Salt	to taste
Gram flour (Besan)	75 grams
Garam masala powder (Opt)	to taste
Green coriander leaves	4-5 sprigs



#### Portions: 4

#### Pre-Preperation:

- 1) Wipe the lady fingers using a damp duster. Cut off the tip and make a slit. Keep aside.
- 2) Chop onion, ginger, garlic, green chilly and green coriander finely.
- 3) Sieve the besan.

- 1) Heat oil, add cumin seeds and onions.
- 2) Fry onion till light brown and add ginger, garlic and green chillies.
- 3) 7ry well and add chilly powder, coriander powder and turmeric.
- 4) Add besan, salt and garam masala powder. Sprinkle water and cover the pan to allow the besan to cook.
- 5) Stuff this mixture in the bhindi and place in a greased pan. Cover and cook over a slow flame till bhindi is done.
- 6) Serve hot with indian bread.





### Bhindi Pachadi



#### BY CHEF SATYA SHANKAR

<u>Ingredients</u>	Qty / Units
Ladyfingers	250 grams
Oil (For frying)	150 ml
Salt	5 grams
Green chillies	2 nos.
Ginger	5 grams
Curd	200 grams
Oil (For tempering)	10 ml
Mustard seed	1 gram
Red chillies	1 no.
Curry leaves	1 sprig

#### Portions: 4

#### Pre-Preperation:

- 1) Wash and wipe the ladyfingers. Slice it thinly at an angle. Deep fry the ladyfingers till they turn golden brown. Remove & keep it on absorbent paper.
- 2) Finely chop ginger & green chillies.

- 1) Whisk the curd & add in the chopped ginger & green chillies. Add salt & keep it in the refrigerator.
- 2) For the tempering heat some oil in a pan crackle mustard seeds, add red chillies & curry leaves.
- 3) At the time of service mix the lady fingers with the curd mixture & keep it aside.
- 4) Pour the tempering on this mixture & serve immediately.





## Chinese Styled Fried Okra



#### BY CHEF SNEHA MAHAJAN

<u>Ingredients</u>	<u> Qty / Units</u>
Bhindi (Okra)	400 grams
Ginger	50 grams
Garlic	50 grams
Tomato ketchup	100 ml
Tamarind pulp	30 ml
Honey	30 ml
Five spice powder	5 grams
Salt	to taste
Soya sauce	3 ml
Refined oil	to deep-fry
Refined oil	30 ml
Cornflour	30 grams
For Five spice powder:	
Sichun pepper corns	1 gram
Cinnamon	1 gram
Cloves	1 gram
Fennel seeds	1 gram
Star anise	1 gram

#### Portions: 4

#### Pre-Preperation:

- 1) Wash the okra and wipe dry. Thinly slice the okra length wise.
- 2) Heat oil for deep-frying in a kadhai. Coat the okra evenly with cornflour and deep-fry the okra until golden brown and crispy.
- 3) Chop the ginger and garlic finely.
- 4) For the five spice powder, dry roast all the ingredients and grind into a powder.

- 1) Take a pan, heat oil and saute the chopped ginger and garlic until golden brown
- 2) Add tomato ketchup, tamarind pulp, honey, soya sauce, five spice powder and salt and simmer for one minute
- 3) Add the fried okra and toss quickly until the sauce coats all over the okra.
- 4) Serve hot on a plate as a starter.





## Hyderabadi Dahi Bhindi



#### BY CHEF AMOL BALKAWADE

<u>Ingredients</u>	Qty / Units
Bhindi	600 grams
Onion	100 grams
Tomatoes	100 grams
Ginger-Garlic Paste	10 grams
Yogurt	200 grams
Grated Fresh Coconut	30 grams
Cashew Nuts	15 grams
Milk	30 ml
Kasoori Methi	2 grams
Garam Masala powder	2 grams
Red Chilli Powder	5 grams
Turmeric Powder	2 grams
Amchur Powder	5 grams
Coriander Powder	5 grams
Oil	150 ml
Sugar	5 grams
Salt	to taste
For Tempering:	
Mustard Seeds	5 grams
Cumin Seeds	5 grams
Urad Dal	10 grams
Dry Red Chillies	2 grams
Asafoetida	A pinch
Curry Leaves	One sprig

#### Portions: 4

#### Pre-Preperation:

- 1) Wash and wipe the bhindi dry and cut it into 1" pieces. Soak the cashew nuts in warm milk.
- 2) Chop the onion and tomatoes finely. Whisk the yogurt.
- 3) Heat 100 ml oil in a pan and stir fry the bhindi until they are cooked, keep them aside.
- 4) Grind the cashew nuts and coconut to a smooth paste using milk.

- 1) In a pan add in the remaining oil and crackle mustard seeds, cumin seeds, urad dal, asafoetida chillies and curry leaves.
- 2) Add onions and brown them, now add in the ginger garlic paste and cook it.
- 3) Add the chilly, coriander and turmeric powder and cook them.
- 4) Add in the tomatoes and cook them until the raw flavor of tomatoes vanishes.

  Add in the coconut paste and cook it for 2 mins.
- 4) Add in the yogurt and garam masala powder, amchur powder, kasoori methi, sugar and salt along with 50 ml of water.
- 5) Bring the gravy to a simmer and add in the fried bhindi.
- 6) Serve hot with chapatti.







### Green Pea And Mint Soup With Coconut



#### BY CHEF SNEHA MAHAJAN

<u>Ingredients</u>	<u> Qty / Un</u>
Frozen peas	400 grams
Onion	100 grams
Garlic	40 grams
Mint leaves	25 grams
Coconut milk powder	50 grams
Milk	100 ml
Fresh cream	100 ml
Salt	to taste
White pepper powder	3 grams
Butter	25 grams
Olive oil	15 ml
Boiled spinach	50 grams
Vegetable stock	300 ml
For vegetable stock:	
onion	50 grams
carrot	50 grams
celery	30 grams
peppercorn	10 nos.
bayleaf	2 nos.

#### Portions: 4

#### Pre-Preperation:

- 1) Chop onion and garlic finely.
- 2) Cut all the vegetables for the stock roughly and boil it in 500 ml water for 15 minutes along with the bayleaf and peppercorns. Strain and keep aside the
- 3) Clean and wash the mint leaves. Keep aside 2-3 mint leave for garnish.
- 4) Chop the boiled spincah.
- 5) Dissolve the coconut milk powder in milk and keep aside.

- 1) In a pan, heat the butter and olive oil together. Saute the chopped onion and garlic together until translucent.
- 2) Add the frozen green peas and mix well.
- 3) Add the flour and mix until the flour starts sticking to the base of the pan.
- 4) Add the coconut milk powder and milk mixture along with the vegetable stock and mint leaves to the soup.
- 5) Simmer on a low flame for 15 minutes and switch off the gas.
- 6) Cool down the mixture and puree in a blender along with the boiled chopped spinach until smooth.
- 7) Strain the soup if required and add in the fresh cream and mix well.
- 8) Reheat the soup gently on a low flame and serve hot garnished with a swirl of cream and mint leaves on top.





### Motorshutir Kochuri



#### BY CHEF ABHISHEK NANDI

Ingredients	Qty / Units
Green peas	500 grams
Ginger	50 grams
Green chilli	50 grams
Hing	5 grams
Garam masala powder	10 grams
Refined flour	500 grams
Ghee	10 grams
Sugar	10 grams
Salt	to taste
Oil	for deep frying

#### Portions: 4

#### Pre-Preperation:

- 1) Grind together the fresh green peas, ginger and chilli, with very little water to a slightly coarse paste.
- 2) In a kadhai, heat 30ml oil, put hing.
- 3) Put the pea paste in the kadhai, add sugar.
- 4) Cook the paste till it starts leaving the sides of the kadhai, add salt and garam masala powder, let it cool.

- 1) Take maida in a bowl, add the ghee, and salt and rub together (mouyan).
- 2) Make a soft dough, the dough should be as soft as the pea mixture is.
- 3) Portion out the dough in 10 balls.
- 4) Roll the balls in a small disc and then pinch the edges thin all around.
- 5) Take the pea stuffing as big as the dough ball and stuff it, close the edges and pinch off the extra dough to seal it.
- 6) Roll out the stuffed balls into puris, about 0.5cm thick.
- 7) In a kadhai, heat oil for deep frying, keep the oil temperature medium to low.
- 8) Deep fry the kachoris starting at low temperature, till it becomes light golden
- 9) Increase the oil temperature and finish frying till golden brown.





### Matar Chi Karanji



#### BY CHEF MUGDHA KHARE

<u>Ingredients</u>	Qty / Unit
Matar(Green peas)	250 grams
Green chillies	10 grams
Garlic peeled	10 grams
Ginger	10 grams
Salt	10 grams
Sugar	10 grams
Lime juice	10 ml
Saunf	10 grams
Coriander seeds	10 grams
Grated fresh coconut	50 grams
Garam masala powder	5 grams
Oil	for frying
For The Dough:	
Refined flour	150 grams
Wheat flour	150 grams
Pure ghee	100 grams

#### Portions: 4

#### Pre-Preperation:

- 1) Sieve the refined flour and whole wheat flour.
- 2) Add the ghee to the flour mixture and mix it lightly with finger tips.
- 3) Add luke warm water as required and make a stiff dough(like a poori dough).

  Cover and keep aside
- 4) Clean and chop ginger, green chillies and garlic fine.

#### For Filling:

- 1) Grind coarsely green peas, saunf and coriander seeds in a mixer.
- 2) In a kadhai add 50ml of oil and sauté chopped ginger and garlic.
- 3) Add in the green pea paste and cook till it becomes dry.
- 4) Add the garam masala, salt, grated coconut, lime juice, sugar.
- 5) Mix well.

#### Assembling:

- 1) Divide the dough and peas mixture equally into 8 portions.
- 2) Roll out each portion and spoon the mixture on it.
- 3) Fold it in a shape of a half moon and seal the edges with a fork.
- 4) Deep fry in hot oil and serve hot as a snack or fried accompaniment.





## Tuvaer Aloo ki Subzi

#### BY CHEF AMOL BALKAWADE

<u>Ingredients</u>	<u> Qty / Units</u>
Tuvaer Beans	500 grams
Potatoes	150 grams
Onion	100 grams
Garlic	25 grams
Tomato	150 grams
Mustard Seeds	100 grams
Oil	25 ml
Chilly powder	10 grams
Turmeric Powder	2 grams
Green Chilly	5 grams
Asafoetida	1 pinch
Curry Leaves	1 Sprig
Fresh Coriander	10 grams
Salt	to taste



#### Portions: 4

#### Pre-Preperation:

- 1) Shell the twaer beans. Peel and cut the potatoes into 1 cm dices.
- 2) Peel and chop the onion and garlic finely. Chop the tomatoes, chilly and coriander finely.

#### For Filling:

- 1) Heat oil in a pan and add in the mustard seeds. Once they crackle and in the garlic, chilly, curry leaves and onion and saute until the onion turns tarnslucent.
- 2) Add in the chilly powder, asafoetida and turmeric powder and cook for a minute without burning the masalas.
- 3) Add in the tomatoes and cook until they mash up completlety.
- 4) Add in the potatoes along with 100 ml water and cook until they are half done; now add in the tuvaer and cook until both the vegetables are cooked and the water has evaporated.
- 5) Add salt and coriander to the subzi.
- 6) Serve hot, with chapati.







## Cajun Spiced Baked Potato Wedges



#### **BY CHEF SNEHA MAHAJAN**

<u>Ingredients</u>	Qty / Units
Potatoes	400 grams
Parsley	5 grams
Butter	30 grams
Cajun spice powder	30 grams
For Cajun spice powder:	
Onion powder	5 grams
Garlic powder	5 grams
Fennel powder	3 grams
Mustard powder	2 grams
Ginger powder	2 grams
Mixed dry herbs	3 grams
Powdered sugar	2 grams
Chilli powder	2 grams
Black pepper powder	2 grams
Salt	5 grams

#### Portions: 4

#### Pre-Preperation:

- 1) Wash and scrub the potatoes well to removed superficial dirt and wipe dry the potatoes.
- 2) Cut the potatoes into wedges and boil them in salted boiling water for 5 minutes and drain them and keep aside.
- 3) Mix all the ingredients for the cajun spice in a bowl.
- 4) Chop the parsley finely.
- 5) Melt the butter.

- 1) Place the potatoes in a bowl and add the cajun spice powder and toss well until all the potatoes are coated with the cajun spice evenly.
- 2) In a roasting tray, place the potato wedges with the skin side at the base of the tray and apply melted butter with the help of a brush.
- 3) Preheat the oven at 180 C and roast the potatoes for 15 minutes or until the potatoes get a golden brown crust on top.
- 4) For service, place the potatoes on a serving tray and sprinkle chopped parsley and serve hot along with tomato ketchup or mayonnaise.





## Chatpata Salli

#### BY CHEF NEELAM NADKAR

<u>Ingredients</u>	Qty / Units
Potato	400 grams
Oil	(For Frying) +25 ml
Sesame Seeds	15 grams
Broken Cashewnuts	50 grams
Sultanas	50 grams
Red Chilli Powder	15 grams
Chaat Masala	15 grams
Sugar	25 grams
Salt	To taste
Coriander (Sprigs)	For Garnish
-	



#### Portions: 4

#### Pre-Preperation:

- 1) Peel and cut potato into 5cmx1cmx1cm dimensions.
- 2) Heat the oil in a kadhai and deep fry the potato till golden brown in colour and they are well cooked
- 3) Remove from the oil & spread them on absorbent paper to remove the excess oil.
- 4) Wash and chop coriander.

- 1) Heat 20 ml of oil in a kadhai and add sesame seeds, allow them to crackle.
- 2) Add cashewnuts saute, add sultanas and saute them till light golden brown.
- 3) Add red chilli powder, chaat masala, salt and sugar and saute for 30 seconds.
- 4) Add the potatoes in the above tempering and toss well.
- 5) Serve hot garnished with chopped green coriander leaves.





### Dum Aloo Kashmiri



#### BY CHEF AMOL BALKAWADE

<u>Ingredients</u>	<u> Qty / Units</u>
Baby potatoes	500 grams
Yogurt	300 grams
Kashmiri red chili powder	15 grams
Fennel powder	10 grams
Khoya	50 grams
Ginger powder	5 grams
Coriander powder	10 grams
Shahi jeera	5 grams
Garam Masala powder	5 grams
Fresh Coriander	20 grams
Sugar	5 grams
Cloves	1 gram
Green cardamom	1 gram
Cinnamon	1 gram
Bayleaf	1 gram
Pure ghee	50 grams
Asafoetida	A pinch
Oil	For frying
Salt	To taste

#### Portions: 4

#### Pre-Preperation:

- 1) Wash potatoes and par boil them. Peel the potatoes and prick them with a toothpick. Deep fry the potatoes.
- 2) Mix together and kashmiri chili powder and asafoetida, using water to make a thick paste.

- 1) Heat ghee in a heavy bottom pan; add cloves, green cardamom, cinnamon, bay leaves and the chili paste, sauté for few seconds and then add whisked yogurt and sauté for a minute.
- 2) Add 500 ml of water, fennel powder, ginger powder, coriander powder and salt and let it boil.
- 3) As the water comes to a boil add fried potatoes, grated khoya and shahi jeera and mix well.
- 4) Cover the pan with a lid and simmer for approx 20 minutes, keep stirring occasionally.
- 4) When the gravy thickens and potatoes have absorbed almost all the gravy then add sugar, garam masala, chopped fresh coriander and mix.
- 5) Serve hot with naan, paratha or rice





### Aloo Ka Halwa



#### BY CHEF SATYA SHANKAR

-		
	<u>Ingredients</u>	Qty / Units
	Potatoes	500 grams
	Milk	250 ml
	Sugar	400 grams
	Mava	75 grams
	Pure Ghee	40 grams
	Pistachio	5 grams
	Almond	10 grams
	Cashewnuts	10 grams

#### Portions: 4

#### Pre-Preperation:

- 1) Chop cashewnuts, cut almonds & pistachios into slivers.
- 2) 7ry it in 5 grams of ghee till it turns brown & keep aside.

- 1) Peel & grate potatoes.
- 2) Heat ghee & saute the potatoes.
- 3) Add milk & cook till the potatoes are soft & the milk is absorbed.
- 4) Add sugar & mava. Cook until the mixture is dry.
- 5) Add some more pure ghee & saute the halwa.
- 6) Serve hot garnished with the fried nuts.





### Sweet Potato Crumble



#### BY CHEF SHUBHADA KOTIBHASKAR

<u>Ingredients</u>	Qty / Units
Butter	60 grams
Sweet Potatoes	300 grams
Grain Sugar	75 grams
Vanilla Essence	1 tsp.
Milk	140 ml
Salt	a pinch
Toppings:	
Pecans/Walnuts	100 grams
Br. Sugar	60 grams
Ref. Flour	40 grams
Butter	30 grams

Portions: 10

#### Pre-Preperation:

- 1) Wash the sweet potatoes and bake them in the oven @ 180°C for 20 minutes . Remove the skin, cool and mash them.
- 2) Grease a baking tray with butter & keep it ready.

- 1) Heat ghee in a heavy bottom pan; add cloves, green cardamom, cinnamon, bay leaves and the chili paste, sauté for few seconds and then add whisked yogurt and sauté for a minute.
- 2) Add 500 ml of water, fennel powder, ginger powder, coriander powder and salt and let it boil.
- 3) As the water comes to a boil add fried potatoes, grated khoya and shahi jeera and mix well.
- 4) Cover the pan with a lid and simmer for approx 20 minutes, keep stirring occasionally.
- 4) When the gravy thickens and potatoes have absorbed almost all the gravy then add sugar, garam masala, chopped fresh coriander and mix.
- 5) Serve hot with naan, paratha or rice







## Belvang / Green Tomato Bhaji



#### **BY CHEF NEELAM NADKAR**

<u>Ingredients</u>	Qty / Units
Green tomato	400 grams
Onions	50 grams
Mustard seed	2 grams
Oil	25 ml
Asafoetida	2 grams
Curry Leaves	1 sprig
Green chillies	2 nos.
Red chilli powder	5 grams
Turmeric powder	2 grams
Goda masala	5 grams
Sugar/Jaggery	10 grams
Crushed peanuts	25 grams
Salt	to taste
Green Coriander (garnish)	few sprigs
Grated coconut	10 grams

#### Portions: 4

#### Pre-Preperation:

- 1) Wash and cut the green tomatoes into dices
- 2) Remove the stalk and chop green chillies
- 3) Chop onions finely
- 4) Wash and chop green coriander finely

- 1) Heat up oil in a pan/kadai. When hot, add mustard seeds and allow them to crackle. Add asafoetida, curry leaves, chopped green chilles and saute well
- 2) Add red chilly powder, turmeric powder and goda masala. Saute well. Add dices of tomatoes and salt
- 3) Cover the pan/kadai with lid and allow the tomatoes to cook well. Stir occasionally
- 4) When tomatoes are cooked, add sugar and crushed peanuts. Saute till sugar dissolves
- 5) Serve hot. Garnished with grated coconut and chopped green coriander





## Green Tomato Chutney



#### BY CHEF MUGDHA KHARE

<u>Ingredients</u>	Qty / Units
Green Tomatoes	250 grams
Mustard Seeds	20 grams
Green Chilies	3-4 nos
Hing	5 grams
Turmeric	5 grams
Curry Leaves	2 sprigs
Til Seeds	50 grams
Fresh Coconut Grated	100 grams
Salt	to taste
Sugar	20 grams
Oil	100 ml

#### Portions: 4

- 1) Wash and cut the green tomatoes into small cubes and green chilies, chopped.
- 2) Make a tempering with 80ml oil, mustard seeds, hing, turmeric, curry leaves and add chopped tomatoes and chilies. Sauté until the tomatoes are cooked, add coconut too.
- 3) Add till seeds, salt and sugar
- 4) Cool and paste
- 5) Take 20ml Oil, add a few mustard seeds, curry leaves, and pour over the chutney.





### Mexican Tomato Soup



#### BY CHEF PRAJAY AGAWANE

<u>Ingredients</u>	<u> Qty / Units</u>
Tomato	400 grams
Red peppers	40 grams
Spring onions	5 grams
Garlic	6 pods
Basmati rice	20 grams
Coriander	300 grams
Jalapeno chillies	5 grams
Lime (juice)	1 no
Salt	to taste
Roasted cumin powder	3 grams
Crushed pepper	3 grams
Olive oil	10 ml

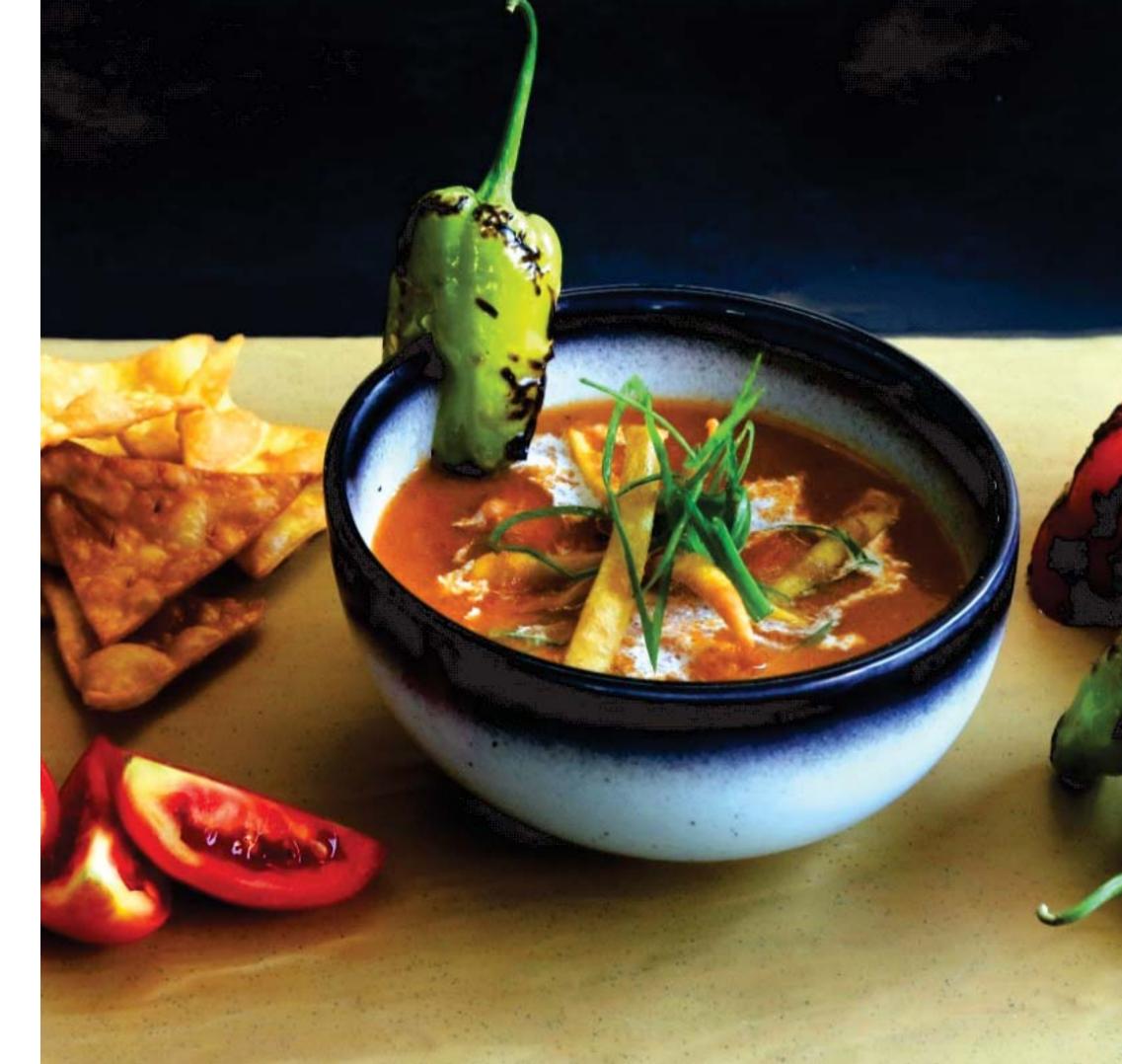
#### Portions: 4

#### Pre-Prepartion:

- 1) Place the pepper directly onto the gas flame and let them char and blister.

  When charred, remove them into a bowl and cover with a clingflim/napkin.
- 3) Leave the pepper to steam, then remove the cling flim/napkin. Allow the peppers to cool down.
- 4) When they are cool enough to handle, rub off the blackened skin and brush away the seeds from inside.
- 5) Wash the tomatoes and cut them into half.
- 6) Wash and cut spring onions greens.
- 7) Destem and chop jalapeno.
- 8) Wash and chop the green coriander stems, retain the leaves for garnish.
- 9) Finelly chop the garlic.

- 1) Heat oil in a heavy bottomed container. Add the spring onions, garlic, coriander stems, charred roasted peppers and jalapeno.
- 2) Add tomatoes and rice. Saute them for a while.
- 3) Pour 850 ml of boiling water into the container, add a pinch of salt and thye roasted cumin powder. Cover with a lid.
- 4) After the tomatoes are cooked, blend the soup until a smooth texture is obtained.
- 5) Add the juice of the lime and add salt to taste.
- 6) Serve the soup hot in a bowl, garnished with finely chopped coriander leaves.





### Sundried Tomato Pesto Bread



#### BY CHEF ASHISH BHIVASE

<u>Ingredients</u>	<u> Qty / Units</u>
Refined Flour	250 grams
Sugar	10 grams
Yeast	10 grams
Butter	10 grams
Salt	5 grams
Sundried tomato	100 grams
Olive oil	50 ml
Basil Leaves	10 to 15 nos.
Mozzarella cheese	100 grams
Garlic	5 to 7 nos.

#### Portions: 4

#### Pre-Prepartion:

Make a pesto by using sundried tomato, basil, olive oil, garlic and grind in a mixer to make a smooth paste

- 1) Remove the above flour on a work table, make a well in the center and add fresh yeast along with sugar to it.
- 2) Add little water to the well, mix it. Gradually start pouring the water with one hand and binding the dough with the other hand.
- 3) Once a soft dough is formed start kneading the dough with both hands so that it becomes smooth and lump free.
- 4) After the dough has been kneaded well, cream the fat and the sugar on the table and incorporate it into the dough.
- 5) Round the dough and keep it covered under a moist cloth for 30mins or till it doubles in size.
- 4) After the dough becomes double in size, roll out the fermented dough into a rectangle, apply the pesto all over, add greated mozzerela cheese and chopped basil and roll like a swiss roll.
- 5) Place rolled dough on a greased baguette tray & shape it into a long cylindrical shape.
- 6) Allow the bread to prove for 30 mins or till it doubles in size.
- 7) Ferment and bake @ 210°C FOR 20 mins. Remove it from the oven & apply olive oil all over.
- 8) Serve hot.







