



NOGS 20-21

**THE NAGPUR OBSTETRIC &
GYNAECOLOGICAL SOCIETY
2020-21**

NOGS KE Bawarchi



रुहाना राफर

**OT से
KITCHEN
तक**





From the President's Desk . . .

It's a matter of immense virtual bliss to lay out in front of you a lavish spread of tasty, nutritious recipes all compiled in an elegant E-booklet. Our NOGS team 20-21 took charge amid lockdown. We got to work from day one and to instill some enthusiasm and a dash of fun among our members, we decided on a unique monthly Talent contest with a new theme every month titled **"NOGS Got Talent"**. The theme for first month of April was Culinary Skills. We got a huge response from our members, both boys and girls and we were overloaded by the large portion of unique delicious dishes. The secret ingredient in each was love! We awarded prizes in various categories like snacks, main courses and desserts and special appreciation prizes for men as well and a special **"FOOD ART CHAMPION AWARD"** We have compiled all the exquisite food into a handy e booklet titled **NOGS KE BAWARCHI - SUHANA SAFAR : OT SE KITCHEN TAK**. Surgeons are known to be great cooks. But the array of cuisines covered by our doctors was simply mind boggling.

Do sit back, relax and pamper your senses with the virtual sensations of all the delectable dishes created by our Gynaecologists!!

I want to profusely thank our coordinators Dr. Mangala Ghisad & Dr. Shivangi Jahagirdar for their tremendous efforts and hard work they put in for the success of this activity!!

Presenting the aroma of Love and Passion from the City of Oranges, Nagpur!!

Dr. Vaidehi Marathe

President



THE TEAM



DR. VAIDEHI MARATHE
PRESIDENT



DR. RAJASI SENGUPTA
HON. SECRETARY

THE COORDINATORS



DR. MANGALA GHISAD



DR. SHIVANGI JAHAGIRDAR



WINNERS

Champion of Champions

Dr. Ankita Kothe



Snacks



1st Dr. Manisha Dhanorkar

2nd Dr. Sheela Jain

3rd Dr. Shantala Bhole

Main Course



1st Dr. Archana Kothari

2nd Dr. Ranjana Suryavanshi

3rd Dr. Deepti Kiratkar

Desserts



1st Dr. Yamini Kale

2nd Dr. Anjali Dhote

3rd Dr. Alka Mukherjee

Special Appreciation



Dr. Amogh Chimote

Dr. Pawan Gulhane

Dr. Rajesh Gajbhiye

Dr. Sandeep Nikhade

Dr. Indrajeet Mulik



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KESAR RASMALAI

Dr. Ankita Kothe



Ingredients :

Milk, Saffron, cardamom powder, Almonds, Pistachios, Sugar, citric acid

Recipe :

For the rabri -

- Boil 3 cups of milk on high flame with constant stirring.
- Add 15 to 20 strands of saffron to it. Reduce the milk to half.
- Now add ½ tsp cardamom powder, two tsp of finely chopped almonds & two teaspoons of finely chopped pistachios.
- Add 3 tablespoons of sugar and continue to boil on low for a about 4 to 5 mins.
- Your rabri is ready. Let it cool.

Now for the chena discs -

- Boil one litre of milk. Once boiling add about 1/4th tsp of citric acid crystals to curdle the milk.
- Strain this curdled milk through a muslin cloth. Wash with some water.
- Strain out all the excessive water, tie the muslin cloth and hang for about 1/2 an hour.
- After half an hour, take the paneer on a board and knead it for 10 minutes till it becomes real smooth.
- Add 1/3 rd tsp of cornflour to this dough and knead again for 2 mins.
- In the meanwhile take 2 cups of sugar in a pan add 4 cups of water and one cardamom.
- Stir till the sugar dissolves completely now let boil for 10 mins.
- Continuing with the chena, divide the kneaded chena into small parts, enough to make discs about 3 cms in diameter.
- After the sugar water boils for 10 mins, drop these chena discs into the boiling sugar water and allow to boil, covered with a lid for about 7 mins.
- After 7 mins remove the discs from the boiling syrup and transfer them into a bowl of ice cold water.
- Let it rest in this water for 5 mins. After 5 mins, squeeze these discs completely and transfer them into the rabri pan.
- Let it stay in the rabri for at least 10 mins before serving.





PALAK PANEER

Dr. Ankita Kothe



Ingredients :

350 grams spinach, 1 medium tomato, 5 large garlic cloves, divided, 3 whole and 2 finely chopped 1 inch ginger, 1 green chili or more to taste, 1 tablespoon oil 15 ml, I used sunflower oil, 2 bay leaves/tejpatta, 1 large onion, finely chopped, 1/2 cup water or as needed, 1/2 teaspoon garam masala, 1/4 teaspoon turmeric powder, 1/4 teaspoon red chili powder or to taste, salt to taste, 2-3 tablespoons heavy cream, or adjust to taste, 200 grams paneer, cut into cubes.

Recipe :

- To a pot of boiling water, add little salt and then spinach leaves to it.
- Blanch the spinach leaves for 2 to 3 minutes until wilted.
- Take them out and put them in ice cold water.
- This helps the leaves in retaining their green color.
- To a blender, add the blanched spinach along with 3 cloves of garlic, ginger and green chili.
- Puree to a smooth paste and set aside. Make tomato puree of one tomato.
- Heat a pan on medium heat.
- Once hot, add the oil, 2 bay leaves and then add the remaining 2 cloves of chopped garlic.
- Sauté for few minutes until it starts changing color. Then add the chopped onions.
- Cook the onion for 2 to 3 minutes until soft and translucent.
- Now add the tomato puree and allow to cook on low flame till the oil starts separating.
- Now, add in the prepared spinach puree and mix. Also add around 1/4 cup water at the point.
- Allow to boil, add the garam masala, turmeric powder, red chilli powder and salt.
- Mix and cook for 1 minute. You may also add 1/2 teaspoon of sugar at this point if you like.
- Then add the heavy cream and mix. Stir in the paneer and mix.
- Let the curry simmer for 3 to 4 minutes. Switch off the flame.
- Serve palak paneer hot, garnished with cream & a tsp of grated paneer with wheat flour butter garlic naan





WHEAT FLOUR GARLIC BUTTER NAAN

Dr. Ankita Kothe



Ingredients :

On tava, without yeast - 1/2 cup wheat flour, 1/2 cup all purpose flour, 1/2 tsp baking soda, 3/4 tsp salt, 2 tbsp butter, 1/2 cup curd, 1 tsp garlic, grated water for kneading.

For the garlic butter topping : 3 tbsp butter, melted, 2 tsp garlic, grated, 2 tbsp coriander, finely chopped, 1 tsp nigella seeds or kalonjil.

Recipe :

- In a large mixing bowl take 1 & 1/2 cups wheat flour, 1/2 cup all purpose flour, 1/2 tsp baking soda and 3/4 tsp salt.
- mix well. Add 2 tbsp melted butter, 1/2 cup curd and 1 tsp garlic.
- Mix well making sure everything is well combined.
- Further, add water as required and knead to a smooth and soft dough.
- Grease the dough with oil, cover and rest for one hour. After one hour, knead the dough slightly to remove if any air present in the dough.
- Pinch a ball sized dough. Gently roll to oval shape using a rolling pin.
- Make sure you do not make too thin nor thick. Also, it should not be larger than your tawa size.
- Once rolled, sprinkle a little grated garlic and few nigella seeds on the naan.
- Roll the naan once again very gently.
- Apply water over naan on the oppsite side of the application of the garlic & nigella seeds.
- Make sure you coat the water uniformly. This helps naan to stick on tawa.
- Now, slowly flip over and put it on hot tawa.
- Remember, be gentle and put the water coated side down to tawa.
- Also do not use nonstick tawa. Keep on low heat and cooked covered with a lid.
- This will help naan to cook. Once you see the naan has risen and appears brownish on the lower sides (This usually happens in about a min and a half and you see evaporated water on the inside of your lid), flip the tawa upside down and cook naan directly on flame till they turn golden brown.
- Gently scrape the naan from the bottom & remove. Serve garlic naan hot with palak paneer.





IDLI ART

Dr. Ankita Kothe



Ingredients :

Urad dal, Methi seeds. Idli Rava, Salt, Carrots for the art, Fresh Coriander leaves on sticks

Recipe :

- Take one glass of urad dal & add few methi seeds and soak it for 3 hours.
- Take separately 2 and half glass of Idli sooji and soak, Grind urad dal very nicely & smoothly, don't make it too liquid.
- Then keep draining idli sooji taking into hand and squeezing all water and add to the grinded batter and mix nicely so that u fill air. Rest it for fermenting and next day add salt and steam the idlies.

Presentation : Just cut the carrot in your desired shape put it on batter which is put in the idli mould. Use some green coriander leaves for the idli art and steam the idlis in the idli cooker.

Recipe for Sambhar :

INGREDIENTS FOR PRESSURE COOKING:

½ cup toor dal ½ tsp turmeric powder, 2 cups water, VEGETABLES, 6 drumstick pieces, ¼ onion, cubed, Few cut pieces of red pumpkin,

OTHER INGREDIENTS : ½ lemon sized tamarind 1 tsp jaggery or sugar 1 tsp red chilli powder salt to taste, ½ tsp turmeric powder, 2 tsp sambhar powder.

TEMPERING INGREDIENTS : 1 tbsp cooking oil, 1 tsp mustard seeds, ¾ tsp urad dal, few curry leaves, pinch of hing.

Recipe :

- In a pressure cooker add ½ cup of toor dal with 2 cups of water, also add pinch of turmeric.
- Pressure cook it 3 whistles & simmer for 5 mins. Boil the drumsticks in a water with salt separately.
- Meanwhile, in a small bowl take small half lemon sized tamarind and soak in water.
- After 5 mins, press out the juice from the tamarind & keep aside. Also, prepare and chop onions and red pumpkin..In a kadai add 2 tsp of oil. When hot, add mustard seeds.
- Once the mustard seeds splutter, add hing, curry leaves, turmeric powder, chilli powder, onions, red pumpkin pieces and let cook.
- Once cooked, add boiled drumsticks, sambhar powder, salt & allow to cook on low flame for 2 mins.
- Add the boiled mashed toor dal to this and mix well, tamarind water, a little more water, 1 tsp of sugar.
- Allow to boil for a 2 to 3 mins on a low flame with intermittent stirring. Put off the flame.
- Sambar is ready.

Coconut dalia chatni Ingredients : 1 cup of coconut, freshly grated, ¼ cup of dalia /chutney dal/roasted gram dal, 3-4 green chillies, ½ tsp jeera (cumin seeds), 3-4 curry leaves, ½ cup – ¾ cup of water, Salt as per taste.

For tadka/tempering : 1 tsp mustard seeds, 1 tsp urad dal, 2 dried red chillies, A pinch of hing / asaefotida, 1 tsp of oil.

Recipe :

- Grind together all the ingredients with out adding water first, Add ¼ cup water at a time and grind it to smooth paste.
- For tempering heat a tsp of oil, add mustard seeds let them splutter, add Urad dal, add red chillies and curry leaves and fry for a few seconds on low heat.
- Lastly add a pinch of hing/ asaefotida and pour the tempering on top of the chutney mix and serve





QUINOA BIRYANI PLATTER

Dr. Archana Kothari



Ingredients :

1 Cup Quinoa	1/2 Cup Moong Dal Green	1/4th Cup Chana Dal
1/2 Cup sliced Cabbage	1/2 Cup sliced Carrot	1/2 Cup sliced Green Capsicum
1/2 Cup Green peas	1/2 Cup Sweet Corn	2 Onions, 1/2 inch Ginger
5-6 Cloves of Garlic	1/2 inch Cinnamon stick	2 Badi elaichi, 3
-4 Elaichi	6-7 Black pepper	4-5 Red Pepper
Tej Pan 2	Salt	Red Chilli powder
Turmeric Powder	Biryani Masala powder	1/4th Cup Ghee/Oil
Rai, Jeera for seasoning	Cashews and Kishmish	Coriander leaves for garnishing.

Recipe :

- Wash Quinoa / Moong dal / Wash Chana dal 2-3 times with water
- Soak Quinoa in water for 2 hrs
- Add Quinoa & Moong dal along with water (2bl qty.) in the pressure cooker.
- Add cinnamon stick Tej patta Cloves & Elaichi, salt, Put the lid and take 2 whistles
- Boil Chana dal in cooker - only one whistle.
- Take a Pan, Add Ghee / Oil
- Add Rai, Jeera, Tej pan cloves elaichi pepper, Ginger garlic & green chillies paste, onion and saute for a minute
- Saute all vegetables and Add haldi, chilli, salt, biryani masala & saute.
- Allow Quinoa to cool a little and then add to the sauted vegetables, Mix it well
- Garnish it with fried onion cashews & coriander
- Serve the biryani with Mirchi ka salan / Dahi raita and salad kachumer and Papad .

Speciality:

Moong dal and Chana dal used which is not used in routine biryani.
High protein / Fiber content





STUFFED IDLI / SANDWICH IDLI

Dr. Archana Kothari



Ingredients :

For Idli - Boiled Rice/Urad Dal, Boiled potato/Green peas, Green chillies / Coriander Jeera, Salt, Haldi powder

Green Chutney - Daliya, Coconut grated, Coriander, Chillies green, Garlic Cloves optional, Curd, Jeera, Rai,
Red Chutney - Tamarind, Red chillies, jaggery, Jeera, Salt

Sambar - Tur dal 1 kg, Vegetables, Onion, Garlic, Tomato, Sambar, powder, Salt , Tamarind pulp, Rai Jeera Hing & curru patta

Recipe :

- Boiled Rice 2 cup Urad dal 1 cup Soak for 4-5 hours
- Grind it Keep for fermentation.
- **For Stuffing** - Boiled potato, onion Chillies, Oil for tadka Take a pan.
- Add oil, Rai, jeera, finely chopped onions, green chillies and saute.
- Add boiled mashed potato, salt, haldi powder as per your taste.
- Add green peas also (optional)
- Take idli pot Put 1/2 Spoon of idli batter Put a small ball (flatten) of stuffing.
- Put ½ spoon of batter over it to cover.
- Fill all idlies like this Put in Idli pot and steam for 15 min.





**सुशीला
&**

TIRAMISU SHOT

Dr. Ranjana Suryawanshi



Sushila

साहित्य :

मुरमुरे, बारिक चिरलेला कांदा, हिरवी मिरची, टोमॅटो, शेंगदाणे, तेल, जिरं, मोहरी, हळद, कोथिंबिर, मिठ-साखर चविप्रमाणे

कृती :

- मुरमुरे भिजवून (रोळीत), पोह्याप्रमाणे फोडणी घालणे.
- कॅलरिज कमी, चविची हमी!! सोबत थोड मॅंगो क्रिम आहे. गोड हवं म्हणून

Tiramisu Shot

Ingredients :

Cake, Coffee Powder, Condensed Milk, Cream Cheese

Recipe :

- Make round slices of vanilla cake, dip it into coffee syrup.
- Place at the bottom of shot glass.
- Pour condensed milk and cream cheese mixture as a second layer.
- Place one more slice of cake dipped in coffee syrup as a third layer.
- Pour condensed milk and cream cheese mixture as a 4th layer.
- Sprinkle coffee powder on it.
- Finish it with chocolate flakes as decoration.





GREEN THAI CURRY

Dr. Ranjana Suryawanshi



Ingredients :

Ingredients: For the paste.... 1 tbsp coriander seeds 2 cloves 6 to 7 black pepper 5 to 6 garlic cloves 1 and half inch ginger 3 chopped green chilies 1 chopped onion 1/2 cup coriander leaves 1/2 cup (thai) or holi basil 2 to 3 lime leaves 1 tbsp vinegars salt to taste For Curry..... Red / Green capsicum Baby corn Broccoli Carrot 1 small binjal without seeds Cauliflower 2 cups coconut milk 1 tbsp corn flour Salt to taste

Recipe :

- The paste Dry roast coriander seeds, clove, black pepper and grind.
- Add garlic, ginger, onion, green chilies, coriander leaves, holi basil, lime leaf, vinegar and salt.
- Grind all the ingredients to a fine paste.
- **For curry:**
- Heat 1 tbsp oil, add 5 to 6 tbsp green paste, cook it for a minute, move it aside in pan, pour some oil in free space of pan and saute all vegetables.
- Pour half of the coconut milk. Add corn flour in rest half of coconut milk and pour in pan.
- Let cook all this for 2 to 3 minutes.
- Add 1 or 2 gbruised lime leaves and basil, salt as required.
- Once curry starts boiling turn off the flame.
- Green thai curry is ready to serve.





BEETEROOT HALWA & APPLE BANANA SMOOTHIE

Dr. Dipti Kiratkar



Ingredients :

Beetroots, Suga, Ghee, Dryfruits, Milk

Recipe :

- Fry few dry fruits in ghee & keep it aside.
- Heat some ghee and add grated beetroots for 5 mins.
- Then add 1 cup of milk, cover & cook for 10 mins. Saute for another 5 mins till it becomes dry. Add sugar, cardamom powder & cook it till it becomes dry.
- Garnish it with initially fried nuts.

Apple Banana Smoothie

Ingredients :

For 2-

2 banana, 1 apple (roughly chopped with chilka), 2 glass milk, a pinch of salt, 1-2 tsp honey, fresh mint leaves

Recipe :

- Blend all ingredients together and serve immediately.
- Small specks of red and green colour look appetizing.
- Tasty and nutritious.





PANEER TIKKA MASALA & CURD RICE

Dr. Dipti Kiratkar



Paneer Tikka Masala

Ingredients :

250 grams Paneer cubed, greek yogurt / thick curd
Ginger Garlic Paste, chili powder, Garam-masala, turmeric, salt
Capsicum, onion (optional) cubed & layers separated

Recipe :

- Fry chopped onions until golden.
- Add tomatoes, cashews, salt & fry till soft. Add the spices
- Cool and blend with $\frac{1}{2}$ to $\frac{3}{4}$ cup water until very smooth.
- Fry ginger garlic paste in pan & add the onion tomato puree.

Gravy for paneer tikka masala

- Add Ginger Garlic Paste, sugar, kasuri methi, coriander leaves to oil.
- Pour water & cook until the gravy turns thick.
- Sprinkle crushed kasuri methi over it.

& Curd Rice

Ingredients :

Cooked rice, curd, rai, urad dal, kadi patta, green chillies, hing & dhania

Recipe :

- Combine the rice and curds in a bowl.
- Heat the oil in pan & add the mustard seeds, urad dal, kadi patta, green chillies.
- Add hing, salt & mix well. Serve hot garnished with coriander.





GARLIC BUTTER NAAN

Dr. Dipti Kiratkar



Ingredients :

Maida, dry yeast, plain yogurt, oil , grated garlic, nigella seeds/kalonji ,
Garlic butter, butter, milk & water

Recipe :

- Whisk maida with salt & set it aside.
- To the steel bowl of your stand mixer, add lukewarm water and then add the sugar and yeast. Let it bloom for 5-10 minutes. You will know the yeast is activated when it's all bubbly and frothy on top.
- Once the yeast is activated, add to it lukewarm milk, yogurt and oil & Add whisked maida
- Add the grated garlic & the remaining flour. It just shouldn't be very sticky.
- Cover the bowl with a kitchen towel and the dough rise in a warm place for 60-90 minutes. If it's cold where you live, pre-heat your oven for a few minutes and then turn it off. Then place your dough inside the oven (remember the oven should be off!)
- After around 90 minutes, the dough will be more than double in size. Punch the dough lightly to release the air.
- Meanwhile melt 3 table spoons of butter, add minced garlic and chopped cilantro to it. Keep the garlic butter ready to brush on the naan.
- Heat up an iron skillet on medium-high heat.
- Take a dough ball and roll it into an oval shape. Simply stretch it length wise and then width wise.
- Transfer the rolled naan onto the hot skillet. Let it cook for a couple of minutes until you see bubbles on top. Brush the naan at this point with the prepared garlic butter.
- Flip both sides directly on the flame.

You can also skip the step of applying butter at this point and apply it directly once the naan is cooked. I like applying it twice > more garlic flavor!





PANEER SATAY WITH THAI PEANUT SAUCE

Dr. Manisha Dhanorkar



Ingredients :

Paneer - 250 gms For marinade

Coconut milk - 3 tbsp /coconut powder 2 tbsp

Coriander stems & leaves 2 sprigs

1 tsp ginger garlic paste

Red chilli powder 1/2 tsp

Salt per taste

Peanut butter 2 tbsp

2 - 3 curry leaves

Jaggery 1 inch

Green chillies 2

Lemon juice 2 tsp

Grind into paste mixing all.

Recipe :

- Use 1/3 of this paste + rice flour 2 tsp for marinating paneer for 10 minutes and grill it with Satay sticks.
- Remaining 2/3 paste is your dip. Simple na

Nutritive Value :

Paneer and peanut butter makes it high protein starter. Coconut milk is rich in short and medium chain triglycerides that are considered to be healthy fats. It is completely guilt free as it is prepared in almost zero oil.





PANCHMEL VEGETABLE KHICHDI

Dr. Manisha Dhanorkar



Panchmel Vegetable Khichdi is a one pot meal and a healthy variation of simple khichdi. It consists of five different lentils/dals high in protein, B complex and multivitamins. Also, vegetables add the fibre value to this dish. It is made in pure ghee which is beneficial for a healthy gut and skin.

Ingredients :

Tuvar Da Arhar dal - 1 tbsp	Masoor Dal - 1 tbsp	Split moong Dal - 1 tbsp
Urad Dal - 1 tbsp	Chana Dal - 1 tbsp	Uncooked rice - 1 & 1/4 cup
Chopped onions - ½ cup	Peas - 1 tbsp	Chopped potatoes-1 Brinjal
Drumsticks - 1 stick	Chopped carrots	Black peppercorns - 4
Cinnamon stick - 1 small	Ghee - 2 tbsp	Green cardamom - 2
Clove - 2	Cumin seeds - ½ tsp	Ginger garlic paste - 1 tsp
Curry leaves - 7-8	Red chilli powder - 1 tsp	Turmeric powder - 1/4 tsp
Coriander powder-1 tbsp	Salt as per taste	Water - 3 cups

Recipe :

- Soak all the lentils and rice for half hour.
- In a pressure cooker, heat ghee.
- Add cumin seeds, cinnamon, cardamom, cloves, black pepper, curry leaves, onion, ginger garlic paste.
- Add all the vegetables, salt, turmeric, chilli powder, coriander powder & coriander leaves. Sauté this for few minutes.
- Then put soaked lentils and rice and add water.
- Let it cook at low flame for 15 minutes.

Serve hot with coriander leaves, dahi, papad and pickle.





OVERNIGHT SOAKED OATS WITH FRESH FRUITS

Dr. Manisha Dhanorkar



Ingredients :

For soaking oats :

Oats - 1/2 cup	Milk - 2 cups	Mashed banana - 1
Chia seeds - 2 tbsp	Sunflower seeds - 1 tbsp	Flax seeds-1 tbsp
Vanilla essence - ½ tsp	Saffron - few strands	Honey - 1 tbsp

Fruits :

Chopped banana - 2	Pomegranate seeds - ½ cup	Chopped pineapple - ½ cup
Choco chips - ½ cup	Chopped almonds - 2 tbsps	

•Recipe :

- Soak oats overnight with milk, mashed banana, chia seeds, sunflower seeds, flax seeds, vanilla essence, honey and saffron in refrigerator.
- Garnish these oats with fresh chopped fruits, choco chips and chopped almonds.
- Serve cold.

Nutritive value :

Oats are gluten-free and a great source of important vitamins, minerals, fiber and antioxidants. It is also beneficial for weight loss, lower blood sugar levels and a reduced risk of heart disease. It also reduces hunger pangs.

Chia seeds, sunflower seeds and flax seeds are rich in Omega 3 fatty acid and Vitamin-E. These fruits have low glycemic index, high fibre value and carotene.

Honey acts as a natural sweetener.





CAKE WITH FRUIT CUSTARD

Dr. Sheela Jain



Ingredients :

Milk powder 1 cup	Maida 2 cups
Milk 1 and half cups	Sugar 1 cup
Melted ghee 1 teaspoon	Baking powder 1 teaspoon
Baking soda 1 teaspoon	Vanilla essence 1 teaspoon

Recipe :

- Mix baking powder and baking soda in maida thoroughly and keep aside.
- Warm milk till lukewarm, add ghee.
- Add sugar and keep stirring till it dissolves.
- Add milk powder and keep stirring till it dissolve.
- Add maida and keep stirring till a smooth batter is ready.
- Lastly add vanilla. Smear the cake pot with ghee, sprinkle little maida, spread it all over and remove any excess maida.
- Now gently pour the cake batter in this cake pot from one side and bake it.
- It will be ready in about 30 min. Prepare fruit salad.
- Take a slice of cake, soak it in fruit salad and leave it in refrigerator for 1 hr.
- The fruit salad will get absorbed in the cake.
- Remove it, pour some more fruit salad and fruits and serve chilled.

Nutritive value :

It is nutritious, rich in protein, calcium and vitamins.

Easy to prepare. Total preparation time 1 hr 15 min. Cooling and chilling time extra.





METHI PURI CHAT

Dr. Sheela Jain



Ingredients :

Poori - wheat flour, freshly chopped green methi leaves, red chilli powder, dhaniya powder, salt, oil.

Chat - Finely chopped onion, chopped boiled potatoes, sprouts, green coriander chutney, tamarind chutney, shev, toasted groundnut, curd, chopped green coriander

Recipe :

- Whole wheat flour - 4 katori Washed, dried, finely chopped मेथी leaves.
- Salt as per taste. Red chilly powder, dhania powder, 3 tablespoon oil.
- Mix all the ingredients well and knead it to make dough.
- Ensure it is not very soft. Leave it aside for 30 min.
- Then roll them into small poories, prick them with a fork at 2 or 3 places and deep fry till golden brown.
- These can be stored for 2wk or even more with no change in taste.
- **For making chat** - Methi poories Finely chopped onion and boiled potatoes, sprouts, roasted groundnut, curd, green coriander chutney, Tamarind chutney, sev, finely chopped coriander.
- Put onion, potatoes, curd, sprouts, ground nut, chutneys on the poories.
- Garnish with sev and coriander.
- Ready for serving





CHATPATA CHEESY LOLLIPOP

Dr. Shantala Bhole



Ingredients :

1 small onion
2 slices of brown bread
1/2 tsp of red chilly powder
1/4 tsp each - coriander powder, cumin powder, amchur powder & chat masala.
A pinch of turmeric and garam masala.

250 gms of chopped veggies of your choice
(cabbage, cauliflower, carrots, peas etc.)
100 gms soya chunks/ grated paneer Seasoning

Recipe :

- In a pan add 2-3 tsps of oil and saute onions for 2 mins.
- Add soya chunks which have been boiled.
- Add veggies and cook till partially done. Then add grated paneer.
- Turn off the heat and add the seasoning.
- After it cools down add boiled potatoes and 2 slices of bread. Mash everything together and make lemon sized balls.
- Take an appan pan and cook these balls till they are brown and crispy.
- Put pieces of cheese slices on them and serve with green chutney and tomato sauce

Nutritional info of each lollipop :

Cal 120, Carb 8 gm, Fat 5 gm, Prot 5 gm





BANANA BREAD

Dr. Yamini Kale



Healthy Banana Bread (Sugar Free)

Ingredients :

Atta 1 1/2 cups

2 eggs

Buttermilk 1/2cup

Vanilla extract 1 tspn

Salt 1/4 tspn

Cinnamon powder 3/4 tspn

Maida 1/3 cup

Cooking oil 1/2 cup

Mashed ripe bananas

Baking soda 1 tspn

Dates (khajoor) powder 1 cup

Recipe :

- Mix flour, maida, baking soda, cinnamon powder, khajoor powder & salt in a bowl.
- In a separate bowl, mash bananas, add oil, buttermilk , vanilla extract and mix. Beat 2 eggs into it and whisk together.
- Fold the dry ingredients into the wet in 3 parts and mix well.
- The mixture will be a bit lumpy
- Bake in a loaf tin at 180 degrees for 45-50 minutes until the fork comes out clean.

Note :

The bread can be refrigerated for upto 3 days in an air tight container or cling film wrap.

Nutrition (amount per serving)

Carb: 24 gms, Fat: 4.8 gms, Protein: 2.4 gms Total calorie intake: 160 cal





KOLIWADA TEMPURA PRAWNS

Dr. Yamini Kale



Ingredients :

Prawns medium sized 250 grams (washed and deveined)
 Garlic 5 cloves
 Ginger 1 tspn (crushed)
 Red chilli powder ½ tspn
 Pinch of salt
 Vinegar 1 tspn
 Lemon juice 1 tspn
 Chana dal/ besan ½ cup
 Cornflour ¼ cup
 Egg 1
 Soda water 30-50 ml

Recipe :

- Marinate prawns in paste of ginger garlic, red chilli and 1 tspn of cooking oil, also add red chilli powder, vinegar, lime juice, salt, set aside for 2 hours.
- For the batter, mix besan and cornflour, beat 1 egg into the mixture, add soda water and a pinch of red chilli powder
- Dip each piece of prawn into the above batter and deep fry till golden and crisp

Note :

The above recipe can be made in the air fryer to minimize oil intake

Nutrition :

Carb: 290 cal, Proteins: 15 gms, Fats: 6 gms, Total calorie intake: 400 cal, Serves 3-4





CHICKEN SORPOTEL (GOAN STYLE)

Dr. Yamini Kale



Ingredients :

300 gms boneless chicken, medium pieces	Turmeric 2 tspn
Garlic 4 cloves	Ginger ¼ tspn
Cloves	Small cinnamon stick
Peppercorns 3	Jeer 1 tspn
4 deseeded soaked red chilli (Kashmiri)	Vinegar 1 tspn
Oil 2 tbspn	Onion 1 medium sized finely chopped
Salt as per taste	Water as required
Jaggery (Gul) 1 tspn	Coriander for garnish

Recipe :

- Marinate the chicken with salt and turmeric. Set aside for 1 hour.
- On a non stick pan, heat oil and put in the boneless chicken. Let it cook for 2-3 minutes on each side.
- For the masala, put garlic, ginger, cloves, cinnamon, peppercorns, jeera, dried red chilli, vinegar and turmeric powder and grind in a mixer.
- In a separate kadhai, heat oil and sauté onions on a low flame until brown for 10 minutes.
- Then add the ground masala and let it cook for 10 minutes
- Now, add the semi cooked chicken and add little water. Cover with a lid and cook for 10 minutes, Add salt and jaggery, Garnish with coriander.

Nutrition :

Carb: 25 gms, Protein: 75 gms, Fat: 15 gms , Total calorie intake: 530 cal, Serves : 3-4





RAAGI CHOCO CAKE

Dr. Anjali Dhote



Ingredients :

Ragi flour 150 gms,

Date jaggery 75 gms,

Vanilla essence 1 tsf.,

Coco powder 2 tsf.

whole wheat flour 100 gms,

sugar free powder 50 gms,

Baking soda 1 pinch,

Eggs 4,

Ghee 50gms,

Baking powder 1 tsf.,

For the ganache : Dark chocolate compound 75 Gms.,

Sugar free powder 2 teaspoons, Fresh cream 3 teaspoons.

Recipe :

- Seive all dry ingredients I.e. ragi flour, whole wheat flour, baking soda, baking powder & coco powder in a bowl.
- In a blender jar, mix the eggs, sugar free powder, date jaggery powder and blend.
- Add ghee and blend again.
- Add the blended mixture to the dry ingredients and mix gently.
- Can add a little amount of milk to adjust the cons...





MAKHANA KHEER

Dr. Alka Mukherjee



Ingredients : Makhana, Dryfruits, Ghee & Milk

Recipe :

- Heat the ghee in a broad non-stick pan, add the lotus seeds and saute on a medium flame for 3 to 4 minutes or till they turn crisp.
- Remove from the flame, allow it to cool and blend in a mixer to a coarse powder. Keep aside.
- Boil the milk in a deep non-stick pan, add the sugar, mix well and cook on a high flame for 2 minutes or till the sugar dissolves, while stirring continuously.
- Reduce the flame to medium, add the coarsely crushed lotus seeds, and coarsely grinded dry fruits like almonds & Cashew nuts for extra thickness & protein value (optional), mix well and cook for 19 minutes or till the milk has reduced to half, while stirring and scraping the sides of the pan occasionally.
- Add the saffron and nutmeg powder & elaiyachi powder, mix well and cook on a medium flame for 1 more minute.
- Switch off the flame and allow cooling completely.
- Refrigerate serve chilled.

Speciality :

Its an excellent sweet dish, can go with snacks & Hi-Tea or post-meals.

As it's a dry fruit we can have it as sweet nutritious dish on fasts / upwas, Navratri or Ekadashi.

Makhana kheer is super easy to make and with that it will give a treat to your eyes as well as your taste buds.

The process of making makhana kheer is pretty simple. The rich aroma of this milk is enhanced with intoxicating spices like nutmeg and saffron. This makhana kheer tastes heavenly when served cold.

You can replace sugar with jaggery.





SMOKED CHICKEN SPEGHETTI IN BBQ SAUCE.

Dr. Amogh Chimote



Ingredients :

5 big tomatoes
2 tsp garlic paste
Oregano
Cheese
Oil. Olive oil

1 full garlic
Bbq sauce 1 full bowl
Basil
Butter
Spaghetti

Recipe :

- Glaze the chicken/sausage with garlic butter and slow cook in oven /grill at 280 deg for 20 min
- (Add charcoal in the oven to give a nice smoky taste)
- Puree the tomatoes and add 1/2 cup water.
- Heat a large pan and add the purer . Med flame.
- Add finely chopped onions, garlic and ginger paste along with basil 1 table spoon, oregano 1 table spoon. And stir
- Add salt to taste and let it sit for 10 min.
- Add bbq sauce and stir and let it sim for 15 min at med flame till you get a sweet aroma of onion caramalization
- Once the chivken/sausage is cooked and golden brown in colour remove from oven and add it to the sauce.
- Boil the spaghetti and add salt to taste and olive oil while boiling.
- Once spaghetti boils remove from flame and drain water. Lay it on a flat plate
- Pour the prepared sauce on the spaghetti and garnish with parmejano cheese. (amul cheese will also do).

Ready to serve.





SOOKHA MUTTON

Dr. Rajesh Gajbhiye



Ingredients :

½ kg meat, 3 spoon saur curd, Ginger 1 inch, Garlic about 10, coriander leaves, 3 onions, 5 cloves, 4 green cardamom, 2 large cardamom, cinamon bark 1 inch, 1/2 tsf shahjeera, 4-5 pepper, 1/2 tsf poppy seeds, 2 bay leaves, 1/2 star flower, small jaypatri, Averest meat masala, Red chillipowder 1/2 tsf, Haldi powder, Coriander powder 1/2 tsf

Recipe :

- Step 1 : Marination
- wash meat & put 1/2 tsf Haldi and 1 tsf salt and 3 tsf saur curd. Mix well & keep aside for an hour.
- Step 2 : making pastes
- Take 3 onions, roast and make paste. keep aside
- Take Ginger Garlic, Coriander and all dry masala roast in a pan with little oil and make a paste. keep aside.
- Step 3 : Pressure cook
- The marinated mixture is put in pressure cooker and add two cup of water and give 3 suttis till meat is done.
- Step 4 : Masala making
- Take 4-5 tsf oil heat it well, put mohiri, pinch of Hing and one bayleaf.
- Now put onion paste saute for 3-4 minutes till it changes colour. Now put second paste of ginger Garlic and all dry masala. Saute for 4 min.
- Now add meat masala, coriander powder, Red chilli powder, Haldi and salt.
- Now add to this the pressure cooked meat along with its liquid.
- Cook for 10 min on slow flame
- Spread coriander leaves over it.
- Mutton sukha is ready





MUTTON BIRYANI

Dr. Rajesh Gajbhiye



Ingredients :

½ kg meat, 1/2 kg India gate basmati rice, 2 large size onion, 3 onions long cut and fried , 250ml saur curd, 7-8 green chillies, coriander leaves, 6 tsf Ginger Garlic paste, 5tsf everest shahi biryani masala, 2tsf meat masala, 2 tsf salt, kesar for colour, two bayleaf, 1 cinamon stick, 15 Black pepper, a strand of jaypatri, 2 large cardomom, 4green cardamom, 1/2 tsf shahjeera, 1/4 nutmeg, 5 cloves, 1 star flower

Recipe :

- Step 1. Marination
- Wash the meat and put saur curd 250ml, put 7 green chillies, 2tsf salt, 6 tsf ginger garlic paste, 5 tsf shahi biryani masala, 2tsf mutton masala and all dry masala, 2 raw onion, coriander, onions
- all mix and keep aside for an hour
- Step 2: Soak the rice in water for 1/2 hour
- Step 3: Akhani
- Take 4 spoon oil in a cooker. Add the marinated mixture in it. Put half cup water. pressure cook it for 5 siti, put 1tsf lemon juice, check for salt.
- Step 4 : Take a utensil pour water in it. Put 1tsf oil, 1 bayleaf, salt and bring it to boil, now put soaked rice. When the rice is near cooked. Now drain the water.
- Step 5: Layering
- Take a big container. Put layer of rice and then layer of akhani over it. Some coriander leaves and some mint leaves. Also spread fried onion. Make such 3-4 layers
- put some kesar. 1/4 tsf of kewada water
- cover with a lid and seal it with dough. cook on a low flame for 20 min.

Nutritive value High in Proteins

The Mouth watering Biryani is ready





PAAN

Dr. Indraajeet Mulik



Ingredients :

Paan (Betel Leaf), Lime (Chuna), Ajwain, Chaman Chutney, Dalchini (Cinnamon), Clove, Betel Nut (Supari), Cardomom (Elaichi), Fennel Seeds (Saunf), Navratan Kimam (optional), Baba 120 (optional), Kattha, Gulkand (for sweetened pan).

Recipe :

- Take one or two Paan leaves and apply the Chuna and the Kattha powder according to personal preference.
- Add the above-mentioned spices and herbs.
- Addition of Kimam and Tobacco (Baba 120) is purely optional.
- You may add Gulkand for a sweet tasting Paan
- Fold the Paan in a triangular fashion and staple/fasten it with a clove on the top.





CARAMEL CUSTARD

Dr. Pavan Gulhane



Ingredients :

500ml milk

5 eggs

SugarVanilla essenc

Recipe :

- Take 5 eggs in a bowl and whisk them.
- Add warm milk slowly in eggs and keep whisking it so that egg protein doesn't get solidified.
- Add vanilla essence.
- Prepare caramel by heating sugar in a pan.
- Pour caramel sugar immediately to a container (in which you want make caramel custard).
- Make a layer of it and let it settle, now stain the egg and milk mixture and add it slowly to container over caramel.
- Keep it in otg at 200 degree for 20 minutes.
- After removing refrigerate it for 6 hour.
- Place it upside down on a dish and tap slowly.
- Your tasty caramel custard is ready.



GARLIC BREAD WITH BOONDI RAITA

Dr. Sandeep Nikhade



Ingredients:

sandwich Bread
butter
cheese

garlic
oregano

coriander
chilli flakes

Recipe:

- Mix garlic + coriander + butter in a bowl and then apply the paste of above on sandwich breads.
- Then put oregano and chilli flakes and cheese on the bread.
- Then make sandwich.
- Again apply the paste on upper bread.
- Then keep the sandwich on fry pan till bread gets little brown.
- Then turn the bread again apply paste and then keep on fry pan till gets little brown.
- You can cut the breads as per the shape u want .
- Snacks is ready to serve





GREEN LEAF ONION SOUP

Dr. Pradyna Gijre



Ingredients:

1. Green Leafy Onions 8 to 10 (chopped)
2. Potato 1 large.
3. Garlic cloves 2 to 3
4. Cinmon stick 1/2 inch
5. Oil 2 tsf
6. Butter 2 cubes.

Recipe:

- Saute the ingredients in oil and butter.
- Add water and cook covered till the potato is cooked.
- Cool and blend to a fine paste.
- Heat in a pan and add salt and paper to taste.
- For the garlic butter sticks add garlic powder ans chopped coriander to melted butter.
- Apply it on toasted crisp bread.
- Cut into long strips.
- Serve hot squeezing lemon juice just before serving.





TANGY LEMON TARTS AND SAVOURY FRUIT CHAAT TARTS.

Dr. Vidya Sutaone



Ingredients :

- 1 & 1/4 cup maida
- 1/2 cup butter (cold)
- 3 tbsp cold water

Recipe :

- Mix maida and butter in a bowl using fingertips.
- Add cold water, knead the dough, but not too much
- Refrigerate for 15 min
- Now take a ball, roll it into a round, put it on tart mould, press gently and remove excess dough from edges.
- Can make flower or star shaped tart shells or
- Decorate edges with braids (cut three thin strips and braid them and place all around the edge)
- Bake in preheated oven at 200°C at 10 to 12 min.
- Cool a little and remove from tart moulds.

Lemon curd filling

Ingredients :

- 1/4 cup butter, 1/2 cup sugar, 2 eggs, 2 tbsp lemon juice

Recipe :

- Mix butter, sugar and lemon juice in a vessel and stir continuo





FRUIT AND JELLY CUPS

Dr. Vidya Sutaone



Ingredients :

- 1 packet orange jelly crystals
- 1 packet strawberry jelly crystals
- cut mango pieces
- pomegranate seeds
- kivi slices for decoration

Recipe :

- In a vessel empty contents of packet of strawberry jelly crystals
- pour 500 ml hot water, stir well
- Place 4 ice-cream bowls in a tilted position
- pour hot jelly crystals in the bowls
- put mango pieces and allow to cool for 45 min
-
- once set, place bowls in upright position
- Pour orange jelly crystals in a vessel, pour 500 ml boiling water, stir, cool just a little, pour in bowls, put some pomogrenate seeds
- decorate with kiwi slices
- allow to set for 45 min
- Serve chilled.

Nutritional Information

It is a zero fat dessert, with vitamin and fibre rich fruits such as mango, kiwi and pomogrenate.

Decorative and easy to prepare .





TRIPLE LAYERED CHEESE PANEER SANDWICH

Dr. Prianka Kamble



Ingredients :

Medium size bread

Cheese cubes 2-3

Ghee / Oil

Paneer 100 gm

Onion 3,

Tomatoes 3 Salt,

Turmeric,

Chilli Powder

Small pinch of sugar for making paneer bhurji

Garlic 10-12 petal - 3-4

Green n red chilly For green chutney

Coconut, Coriander leaves, Curd, Sugar, Salt

Recipe :

- First make a Paneer bhurji.
- Fry some garlic, red, green chill finely cut.
- Apply butter on either side of bread & make it crisp on tawa on medium flame.
- On first slice of bread spread evenly paneer bhurji & put second bread slice & Again put paneer bhurji evenly spread put third slice of bread on it.
- Third layer bread slice topping done with fried garlic n chiles.
- Grate the cheese on garlic cheese toppings.
- Grill the sandwiches till the cheese is well done.
- Serve hot with green chutney & Curd.





MASALA DRUMSTICKS

Dr. Prajakta Barde



Ingredients :

Drumsticks 10 to 12,	Two big sized onions	Dried coconut 5 to 6 pieces,
Red chilli powder,	Turmeric powder	Coriander powder
Salt as per taste	Oil,	Mustard seeds
Fresh coriander for garnishing .		

Recipe :

- Cut the drumsticks into 5 to 6 pieces after washing properly.
- Take two big sized onions and place them on the gas flame to burn till the outer covering turns black; similarly burn the dried coconut pieces till edges are black.
- Remove the outer covering of the onions and grind them into a paste along with coconut pieces.
- Take a pan, heat oil in it, add mustard seeds. After they crackle add paste to it.
- Then add red chilli powder, turmeric powder, coriander powder and salt as per taste.
- Add the drum sticks & cover the lid and cook for 1 minute. Then add water into this and cook till the drumsticks soften.
- Garnish with fresh coriander and serve with garam rotis.
- Drumsticks are good source of magnesium, vitamin C and antioxidants





DAHI PAPDI CHAT

Dr. Sonia Wardekar



Ingredients :

For Papdi :

Maida , Oil, Cumin Seeds , Salt , Carom Seeds

For chat :

One Boiled Potato, Chopped Onion, Shev, Green Chutney, Khajur Imli Chutney, fresh Coriander n Sweet Yoghurt

Recipe :

- Take one cup maida
- Add three table spoons of hot oil
- Salt (as per taste)
- 1 tsf cumin n carom seeds
- Add water to make dough let it rest for 10 minutes
- Make small papdi and deep fry till golden brown on low to medium flame

CHAT...

Mashed boiled potato. Take 5 - 6 papadi in a bowl

Add half katori sweet yoghurt.

Add green and Mithi chutney chopped onion shev

Garnish with fresh coriander





PALAK-ALUCHYA PANNACHI PATAL BHAJI

dr. Sadhana Raut



Ingredients :

Palak 150gm, Alu chi pane (Dhopa) 7-8, Shengdane 1/4 katori, Chana dal 1 tbsp, Mula 1/4th(radish), Mohari(sarso) 1/2tsp, Jeera 1/4 tsp, Methidana 1/4tsp, Hing 1/4 tsp, Halad 1/2tsp, Tikhat 1 tsp, Gode madala 1/2tbsp, Dane pd 1 tsp, Besan 1 tbsp, 2 lal mirchi, Oil 2tbsp, Salt, Gul, Chinchu, Kadhipatta

Recipe :

- Cooker madhe kapalela palak, alu che pane, mula, shengdane, ani chana dal sobat lava:
- Eka kadhait tel garam kara, mag mohari, jeera, methi che daane, ani laal mirchi chi phodni dya. Tyat hinga, halad, tikhat, goda-limba, ani dhane powder ghala.
- Shizlela alu-palak ghusaloon kadhait ghala. Tyat kala masala, kolaleli chinchu, gul, ani mith ghaala.
- Besan madhe paani ghalun bhaajit ghala.
- Ukali aali ki kothimbir ghala.
- Havi aslyaas vartoon phodni deta yete.

NUTRITIONAL VALUE

High in folic acid, iron, and proteins.





KHIMA BALL BIRYANI

Dr. Sushma Deshmukh



Ingredients :

One fourth kg mutton Khima
Onion 2
Curds 1 tablespoon
Garam masala 1 tea spoon
Chilli powder 1 tea spoon

Two bowls Basmati rice
Egg 1
Coriander
Cardamom 4
Clove 4, Potato 1

Recipe :

- Wash the basmati rice and Khima keep aside.
- Add Garam masala, egg, curd, turmeric, chilli powder, salt and coriander and marinate for half an hour.
- Cut the onion in long slender pieces and fry in oil till brown
- Put a pan and add 1 tablespoon ghee.
- Add Basmati rice and fry lightly
- Meanwhile put 4 bowls of water for boiling
- Then add this water to rice. Add salt and cook it
- Put pressure cooker on flame.
- Add 1 tablespoons oil and 1 tablespoon ghee.
- Cut the potato in big pieces and spread in pressure cooker.
- The make small balls of khima and put in between the potato pieces.
- Add cooked rice and layer the rice with onions.
- The cook it till one whistle.

Nutritional value - Very good nutritional value with proteins and adequate carbohydrates and fats





MUSHROOM BIRYANI

Dr. Rupali Deshpande



Ingredients:

Rice	Mushrooms	Oil
Onion	ginger garlic paste	Shahajire
cardamom	clove	bay leaves
Red chilli	star anise	chilli powder
Beaten curd Salt		

Recipe:

- Keep rice to boil.
- Make birista by frying cut onions in oil to brown colour.
- In a pan add oil and add all khada spices and ginger garlic paste.
- Add sliced mushrooms to it and saute.
- Add birista to it.
- Add chilli powder, beaten curd, mix and simmer for 5 mts.

Assembling layers:

- Grease kadhai with ghee.
- Add mushroom layer and rice alternately.
- In between sprinkle saffron milk and fried onions and ghee.
- Cover with lid and cook for 20 minutes.





RAMFAL MALAI KULFI

Dr. Anagha Amte



Ingredients:

- 1 cup deseeded Ramfal pulp.
- 3/4 th cup cream or malai.
- 2 tsf milk.sugar according to taste

Recipe:

- Take one cup (175 ml) of deseeded ramfal pulp (you can take Sitphal or Chikoo also).
- To remove seeds, place the pulp with seeds on sieve used for flour and with fingers rub the seeds till they separate from pulp.
- Take 3/4th cup malai, two table spoon milk and half cup sugar (according to taste, how sweet you want).
- Blend all these ingredients with pulp to make smooth, thick puree.
- Add cardamom and keshar to it and mix once more.
- Add nuts if you wish.
- Fill the kulfi moulds with the mixture and keep in freezer for 6-7 hours.
- Demould the kulfi and serve to kids as malai kulfi.





AAM SUKH
Dr. Payal Agrawal



Ingredients:

Mango purie, Cream,
Sugar, agar agar
Mango Icecream

Recipe:

- 1 mango to be pureed.
- 25% cream half cup, milk half cup, 1/4 th cup sugar to be added in one pan and boiled.
- Agar agar 1 teaspoon to be boiled.
- Add all the mixture.
- Set in a small bowl for 4 to 5 hours in refrigerator.
- Can be demoulded after that.

Mango Icecream:

Ingredients:

Alphanso mango 1 kg around 5. Whipping cream about 300 gms.
Sugar as per taste.

Recipe:

- Whip the cream with beater till soft peaks, puree the mango.
- Also add sugar in the puree.
- Add all the mixture and set in freezer atleast for 6 hours.





गुडपापडी

Dr. Yamini Alsi



Ingredients :

1वाटी कणिक, 1 वाटी गूळ, वाटी तूप , इलायची, बदाम कापलेले

Recipe :

- कढईत तूप गरम करून त्यात कणिक छान खमंग भाजून घ्यावे.
- ग्यास बंद करून गूळ घालून चांगले मिसळा.
- वेलची पावडर घालावी.
- थाळीत थापून वरती बदाम काप टाकून थापावे.
- आवडीप्रमाणे वड्या कापाव्या .
- आस्वाद घ्यावा

खास वर्हाडी बेत. कढी गोळे आणि ज्वारीची भाकरी हिरव्या मिरचीच्या ठेच्याबरोबर

Ingredients :

चना डाळ 1 वाटी भिजवलेली

बारीक वाटून घेतली.

त्यात लसूण, लालमिरची पावडर, हळद. मीठ. कढिपत्ता, कोथिंबीरमिसळून गोळे बनवून घ्यावे.

कढीकरता ताक, थोडे बेसन, लसूण, मिरची, कढिपत्ता, मीठ, चवीपुरती साखर.

Recipe :

- नेहमीप्रमाणे कढी ला फोडणी दिल्यानंतर उकळी आल्यानंतर त्याला गोळे सोडावे.
- गोळे शिजल्यानंतर वरती येतात, तेंव्हा ते शिजले असे समजावे.
- कोथिंबीर घालून सजवावे.





GREEN MOONG DAL CHILLA WITH PANEER N CARROT.

Dr. Shaila Gandhi



Ingredients :

green moong dal

Rice flour

Green chilli

Ginger

Asofoetida

Salt

oil

For toppings - Grated carrot and paneer

Recipe :

- Chilla is made by soaking n blending green moong dal with water.
- Then salt, asafoetida, green chilli n ginger paste n rice flour are added to make a batter.
- Pour a ladleful of batter on a non stick tava n cook it.
- Top with mixture of grated carrot n paneer (already prepared).
- Cook on a low flame.
- Moong dal chilla is ready .
- It is ideal for bfast.
- Serve with green chutney.
- 1 chilla has 200 calories.





DAANA METHI SABZI / POORI N SHRIKHAND

Dr. Preeti Chandak



Ingredients :

Dana methi 1 cup soaked for 2 hours
Dry fruit, rasins
Oil, rai, jira, green chill, amchurpowder

Recipe :

- Take a pan put oil hot it put rai, jira, green chilly Dana methi , dry fruits, haldi, mirchi and mix it and cover it and allow it to cook for 15 min and then put salt at last.

Shrikhand - Very instant

Ingredients :

Hunged curd
Sugar
Dryfruits
Kesar

Recipe :

- Take hunged curd put grounded sugar in curd and mix it very nicely at last put dry fruits and kesar and shrikhand is ready.





HEALTHY WRAP

Dr. Anuradha Ridhorkar



Ingredients :

Onion, Tomato, Simla Mirch, Cabbage & Paneer ,
Salt , black pepper & red chilli powder
Grated cheese

Recipe :

- Mix above ingredients in a bowl n microwave for 2 minutes.
- Add some tomato sauce / Maggie masala if you like.
- Spread on Roti (घडीची पोळी) .
- Make a role n roast it on nonstick pan with slight butter.
- Serve with home made Pudina Chatni.

Advantage :

Quick n nutritious n satisfying (पोटभर), For All ages, All ingredients easy available at house, We can even use left over roti, very simple to make Ingredients Onion, Tomato, Simla Mirch, Cabbage n Paneer, Salt, black pepper & red chilli powder Grated cheese Recipe Mix above ingredients in a bowl n microwave for 2 minutes Add some tomato sauce / Maggie masala if you like Spread on Roti (घडीची पोळी) Make a role n roast it on nonstick pan with slight butter. Serve with home made Pudina Chatni





VEGETABLE UPMA

Dr. Anjali Bedekar



Ingredients :

1 katori upma Rawa, small pieces of cut veggies, carrots, green peas, beans, onions in small pieces, 5 to 6 tsf oil, jeera, mustard seeds, hing powder, karripatta leaves, black gram daal ie Udad daal

Recipe :

- Step 1 roast rawa on Low flame with little oil, till it is pinkish, keep aside.
- Heat. Water, double the amount of rawa , in separate vessel.
- Use a big kadai for upma making.
- 2 put 6 tsf oil in kadai, let it heat, put mustard seeds, jeera, hing, udad dal, karri patta, red chillies 2 to3,, fry them a little till done.
- 3 step, put roasted rawa on it, mix it, well, before rawa, you put all veggies, fry them well, then add rawa.
- After its nicely mixed and, sauted, put boiling water on it, mix it and Cover it with lid for 5 min.
- Mix it well again.
- Upma is ready.
- Garnish it with, dhaniya and coconut.
- Tip. Put little blob of pure ghee on it.

Nutritional value,

1.Serving. Carb 123, protein 16, rest 52 oil and fat,, all in k, calories





DOSA SAMBAR WITHOUT OIL

Dr. Neeta Sapre



Ingredients:

Dosa batter - rice and 1 udad daal in 3:1 proportion, soaked overnight before grinding and kept aside the whole day to ferment

Sambar - tur Daal, tomatoes, onions, curry leaves, wet coconut, drumsticks, pumpkin, cumin seeds, turmeric powder, Sambar masala, amchur powder

Recipe:

- Dosa made from home made batter without a drop of oil on non stick tawa

Sambar Recipe -

- Cumin seeds roasted on non stick pan,
- Chopped Onion also roasted on non stick pan.
- Drum sticks , pumpkin and tomatoes boiled in cooker along with Daal
- Turmeric powder was put in dal while cooking in cooker
- Everest sambar masala used with amchur powder,
- Curry leaves and boil.

Chutney_ no tadka for chutney

- It has green chillies, coriander, grated coconut and futana daal, jeera powder grinded and mixed with curd
- With subji of Boiled potatoes

Nutrition

Protein in daal, Veggies as roughage

Low fat - no oil used for dosa, sambar, chutney.

Potato veg for carbs, All veg are organic, so no pesticides





SAOJI CHICKEN

Dr. Ujwala Kedare



Ingredients :

Desi or gawran chicken (not broiler)... 1kg	Ginger a small piece
Garlik....6-7pieces	Refined oil...5-6tsf
Chilli powder..2-3tsf	Onion..2big ..finally chopped
Badi elaychi..2-3	Jeera...1 tsf
Kali mirch..8-10	Kalmi..2-3small pieces
Dry coconut 2-3 small pieces	Khaskhas 1 tsf

Recipe :

- Wash chicken pieces and keep aside.
- Take kalmi , badi elaychi, Jeera, Coconut, one onion pieces in a कढ़ई and put half table spoon oil and fry it till brown and then add 1tsf of khaskhas in to it and fry little more. Now grind it by adding some water to make a fine paste.

Make a paste of garlic and ginger separately.

- Heat oil in a pan add onion pieces into it till turns brown now add chilly powder and salt, after frying it for some time add ginger garlic paste.
- Fry it a little & now add another paste of khada masala.
- Fry it till it dries (tel zodte Tak).
- Now add chicken pieces and first fry it open for 5 mts. at medium flame then cover it and again keep it for 5-10mts .
- Now add water and cook it .

Nutritive value - Highly nutritious





RICE BALL & CHEESE CHILI GARLIC MINI KULCHA

Dr. Sangeeta Tajpuriya



Ingredients :

Boiled rice , Rice flour, oil asafoetida, mustard seeds, curry leaves, green chillies.

Recipe :

- Take 2 bowls of boiled rice and churn it in a mixer with 2 spoon of water to make a homogeneous paste.
- Add 200 gms of rice flour step by step to make a fine dough of rice.
- Make small small rice pops by adding a tinge of oil to your hand.
- Than boil the balls in 2 glass hot water till it swims up. Keep it to cool.
- Than give tadka with asafoetida mustard seeds , chilli, and kadi patta.
- Sprinkle chilli flakes, chat masala , coriander and ready to serve.
- Serve it with schewan sauce or mint chutney.

Cheese chili garlic mini kulcha

Ingredients :

Maida, salt, sugar, curd, milk and soda water.

Mozarella cheese, green chillies, garlic and chat masala.

Recipe :

- 2 cups Maida, 1 teaspoon sugar, curd, salt to taste, 1/2 cup milk and soda water to make the dough.
- Mozarella cheese with garlic green chillies and chat masala for the mixture to be filled.
- Stuff this dough with the mixture and make on normal tawa so that we get the fire flame on the kulcha.
- Serve it with chole, paneer or mix vegetables as per your choice.





BLACK FOREST CAKE

Dr. Sangeeta Tajpuriya



Ingredients :

Bournbourn biscuits 20

whip cream

dark chocolate

cherry.

Recipe :

- Made the cake by bourn bourn biscuits on tava.
- After cooling for 8 hours
- Than used Amul whip cream and whipped it till it reached thick consistency.
- Than did the layerings of whipped cream on the cake.
- Sprinkled dark chocolates on the cream.
- Decorated it with cheery

The black forest cake is ready.





LEHSUNI PALAK PANEER

Dr. Meghna Agrawal



Ingredients :

500 gm Palak,
Garlic ,
baking soda,
paneer 200 Gms,
onion,
oil

Recipe :

- Palak to be boiled with 4-5 pieces of garlic, 1 chilli and one tbs baking powder.
- Make a purée of it.
- Boil 200 GMS of paneer cubes separately and keep them soft and ready,
- Take 10 ml oil in a pan, add cumin seeds, onion pieces & again garlic & sauté them.
- When they turn brown, add Palak purée plus paneer and salt to taste
- Lehsuni Palak paneer is ready.

Nutritive value :

4 person serving, Total calories 700

Protein - 54gms. Carb- 38 Gms., Calcium - 1 gm

So very low in carbs & calories, rich source of protein.





MOONG-FRUIT-VEG SALAD

Dr. Pragati Khalatkar



Ingredients :

Sprouted moong - 1 cup

Diced paneer - 1/2 cup

Chopped capsicum - 1

Chopped tomato - 1

Pineapple - 2 slices diced

Lemon juice - 2 tbsps

Everest chaat masala - 1 tsp

Soaked and boiled chickpeas -1 cup

Chopped boiled egg - 1

Chopped onion - 1

Coriander - 1 sprig

Diced apple - 1

Roasted cumin powder - 1 tsp

Salt to taste

Recipe :

- Mix all the above ingredients in a bowl. Add salt, lemon juice, chaat masala and toss it all well and serve.

Nutritive value :

Sprouted moong dal, chickpeas, paneer and egg act as excellent source of Protein.

All the veggies provide plenty of multivitamins & minerals.





MAHARASHTRIAN STYLE BHAKRI, ZUNKA, THECHA & SHENGHDANA CHUTNEY

Dr. Ragini Mandlik



Ingredients :

For Bhakri - Jawar flour - 2 cups, Hot water - ½ cup, Pinch of salt,

For Zunka - Gram flour/Besan - 2 cups, Onions chopped - 2, Tomato chopped - 1
Green chillies - 5, Curry leaves - 7-8, Fresh coriander - ½ cup, Turmeric, red chilli powder, coriander powder, garam masala - 1tsp each, Cumin seeds - 1tsp, Oil - 3 tbsps, Water - 1 cup, Salt

For Thecha - Green chillies - 10-12, Garlic cloves - 8-10, Cumin powder - 1 tsp, Oil - 2 tsps, Salt

For Groundnut/Shenghdana chutney - Roasted ground nuts - 1cup, Garlic cloves - 5-6, Puffed rice flakes/Poha - 1/4 cup, Red chilli powder - 2 tbsps, Salt

Recipe :

- Knead a dough using jowar flour, salt and hot water. Make bhakris out of this.
- Heat oil in pan, add cumin seeds, curry leaves, green chillies, chopped onions, tomatoes and let it cook for few minutes. Add dry powders and gram flour and salt. Roast for 5 minutes, then sprinkle water and let it cook for 10 minutes. Garnish with coriander leaves.
- Heat oil in pan. Add green chillies, garlic, cumin powder and salt. Stir fry it till slightly brown. Grind it into a coarse paste.
- In a pan, roast groundnuts and poha till it is crispy. Add garlic, red chilli powder and salt. Grind into a coarse paste.

Nutritive value :

Jowar Bhakri is gluten free, low caloric and rich in iron and complex carbohydrates and good for digestion.

Zunka is high in protein. Groundnut chutney is a source of healthy fat and is high in protein.

