



About the Author



I am Vaishali Parekh, a resident of Kolkata, India and a Graduate Nutritionist. My passion for health and nutrition and a natural love for cooking drove me to come up with the website www.indian-cooking.info in the year 2007.

I perpetually keep on searching for new ideas and information related to cooking, health and nutrition. Wherever I go and whatever I do, my antennas are always alert for any whiff of something new and interesting. As soon as I get hold of an interesting piece of info, I process it and deliver it to my readers with the help of my site.

Most of the times I deliver info for free. But at times when the cost of acquiring specialized info is quite high, I am left with no other option but to charge my readers.

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Vaishali Parekh



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Biscuit Pizzas

Preparation Time	Serves
25 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Cream cracker biscuits (for sauce) - 15 ✓ Red tomatoes - 500 gms ✓ Fresh cream - 3 tbsp ✓ Red chili powder - 1 tsp ✓ Cloves, finely crushed - 2 sticks ✓ A pinch of ajwain (carom seeds) ✓ Sugar - 3 tsp ✓ Salt and pepper to taste 	<p>For the Topping :</p> <ul style="list-style-type: none"> ✓ Capsicum, finely chopped - 2 ✓ Tomatoes, finely chopped - 2 ✓ Onion, finely chopped - 1 ✓ Boiled American corn - half cup ✓ Salt and pepper to taste ✓ Grated cooking cheese for topping
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Method :

- ❖ Boil the tomatoes and remove skin. Grind the pulp in a grinder to get a thick puree.
- ❖ Add red chili powder, cloves, ajwain, salt and pepper. Cook on a low flame until the sauce thickens.
- ❖ Allow it to cool. Then add the cream.
- ❖ Arrange the biscuits on a baking tray. Spread the tomato sauce over it.
- ❖ Mix the vegetables with salt and pepper and spread it over the sauce.





- ❖ Sprinkle grated cheese and bake until the cheese melts on a low flame.
- ❖ Serve hot.

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Bread Rolls

Preparation Time	Serves
25 minutes	4

Ingredients :

<ul style="list-style-type: none">✓ Bread slices – 12✓ Mashed boiled potato – 2 cups✓ Chili powder – 1 tsp OR Chopped green chili – 1 tsp✓ Coriander leaves – 1 tbsp	<ul style="list-style-type: none">✓ Ginger-garlic paste – 1 tsp (optional)✓ Salt to taste✓ Water – 2 cups✓ Oil to deep fry
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Method :

- ❖ Mash the potatoes properly.
- ❖ Add all the spices and coriander leaves and mix properly.
- ❖ Now take a wide bowl and pour water in it.
- ❖ Dip the bread slices lightly taking care not to soak them in it. The motto is just to wet it so that they bind easily.
- ❖ Roll the bread slices lightly with a roller pin.
- ❖ Now divide the potato stuffing into 12 balls.
- ❖ Stuff the potato stuffing into the slices and wrap them properly such as to make tennis balls. Take care to bind them so that the stuffing does not come out of the bread.
- ❖ Wet your hands lightly, if you find it difficult to bind them.





- ❖ Keep them for 5 – 10 min.
- ❖ Now heat the oil in a pan and deep-fry them till dark orange in color on medium flame.
- ❖ Serve hot with tomato ketchup / tamarind-date chutney or coriander chutney.

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Corn Kebabs

Preparation Time	Serves
10 minutes	8

Ingredients :

✓ White corn kernels - ½ cup	✓ Rice flour – 3 tsp
✓ Capsicum, finely chopped - ¼ cup	✓ Salt to taste
✓ Green chilies, finely chopped – 2	✓ Oil for deep frying

Method :

- ❖ Purée the corn in a blender, without using any water, to get a coarse paste.
- ❖ Combine the corn, capsicum, green chilies, rice flour and salt and mix well.
- ❖ Divide this mixture into 8 equal portions. Shape each portion into a round; press the rounds lightly to make flat kebabs.
- ❖ Deep-fry the kebabs in hot oil till they are golden brown. Drain on absorbent paper.
- ❖ Serve hot with green chutney.



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Crisp Fried Aubergines

Preparation Time	Serves
30 minutes	4

Ingredients :

✓ Gram flour – ½ cup	✓ Hot chili powder – 1 tsp
✓ Semolina or ground rice – 1 tbsp	✓ Salt – to taste
✓ Onion seeds – ½ tbsp	✓ Aubergine (eggplant) – 1 large
✓ Aniseeds – ½ tsp	✓ Oil – for deep frying

Method :

- ❖ Sift the gram into a large mixing bowl. Add all the remaining ingredients except the aubergine and oil.
- ❖ Halve the aubergine lengthwise and cut each half into ¼ inch thick slices.
- ❖ Rinse them and shake off the excess water, but do not pat dry.
- ❖ With some of the water still clinging to the slices, add them to the spiced gram flour mixture.
- ❖ Toss them around until they are evenly coated with the flour. Use a spoon if necessary to ensure that all the flour is used.
- ❖ Heat the oil in a deep fat fryer or other suitable pan over medium heat. Drop a small piece of day old bread in the oil. If it floats immediately, the oil has reached the right temperature.





- ❖ Fry the spice coated aubergine slices in a single layer. Avoid overcrowding the pan as this will lower the oil temperature, resulting in a soggy texture.
- ❖ Fry until the aubergine are crisp and well browned.
- ❖ Drain on kitchen paper and serve with chutney.

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Curried Lamb Samosa

Preparation Time	Makes
45 minutes	12

Ingredients :

<p>For the covering:</p> <ul style="list-style-type: none"> ✓ Refined flour – 2 cups ✓ Salt – to taste ✓ Oil – 4 tsp ✓ Water – 7-8 tbsp 	<p>For the filling:</p> <ul style="list-style-type: none"> ✓ Butter – 2 tbsp ✓ Lamb (minced) – 1 cup ✓ Mild curry paste – 2 tbsp ✓ Salt and black pepper – to taste
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Method :

For the covering:

- ❖ Make a semi-soft dough by mixing the flour, salt, oil and water and knead properly for 8-10 minutes.
- ❖ Divide into 14 portions.
- ❖ Roll out each piece into 5" diameter rounds, covering the remaining pieces.
- ❖ Cut it with a sharp knife.
- ❖ Repeat the process with the remaining rounds and stack the rolled cones in a plastic wrap to keep them moist.
- ❖ Prepare a paste of whole wheat flour (2 tbsp) and 1 tbsp of water and keep aside.





For the filling:

- ❖ Heat a little butter in a large pan and add the lamb. Fry for 5-6 minutes, stirring occasionally until browned.
- ❖ Stir in the curry paste and cook for 1-2 minutes. Season and set aside.
- ❖ Melt the remaining butter in a pan.
- ❖ Brush the strips of rolled dough with butter, then lay another strip on top and brush with more butter.
- ❖ Place a spoonful of lamb in the corner of the strip and fold over to form a triangle at one end. Keep folding over in the same way to form a triangular package.
- ❖ Deep-fry them in oil till golden brown on medium heat.
- ❖ Tip them on a kitchen towel or a kitchen paper.
- ❖ Serve hot with mint chutney or tomato ketchup.

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Fish Cutlet

Preparation Time	Serves
25 minutes	4

Ingredients :

✓ Cooked flaked fish - 200g	✓ Minced chilies - 1 tbsp
✓ Potatoes - 150g	✓ Egg - 1
✓ Butter – 1 tbsp	✓ Salt & pepper to taste
✓ Onion chopped - 1	✓ Few bread crumbs

Method :

- ❖ Mix together all the ingredients except egg and bread crumbs.
- ❖ Then make flatten balls from the mixture, dip into beaten egg, roll on the bread crumbs and keep aside for 5 minutes.
- ❖ Now deep-fry the patties on both sides in a non-stick pan with little butter or oil until brown in color.
- ❖ Serve hot with ketchup.



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Garlic Baby Corn Mushroom

Preparation Time	Serves
25 minutes	4

Ingredients :

✓ Fresh Baby Corn 100 gms	✓ Paprika - 1 tsp
✓ Fresh Mushrooms, cut into halves - 200 gms	✓ Salt to taste
✓ Butter - 1 tbsp	✓ Oregano - ½ tsp
✓ Finely chopped garlic - 75 gms	✓ Vinegar - few drops
	✓ Coriander leaves - 1 tsp

Method :

- ❖ Steam the Baby Corn and Mushroom such that they are half cooked. Set aside.
- ❖ Heat the butter in a pan, add the garlic and sauté.
- ❖ Add the half cooked baby corn and mushroom and mix well.
- ❖ Sprinkle the Paprika, Salt and Oregano. Stir-fry and remove from heat.
- ❖ Sprinkle the vinegar over and garnish with the Coriander leaves. Serve hot.

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Grilled Prawn

Preparation Time	Serves
30 minutes	4-6

Ingredients :

<ul style="list-style-type: none"> ✓ Cooked prawns – 18 large ✓ Lemon juice – 4 tbsp ✓ Salt – 1 tsp ✓ Chili powder – 1 tsp ✓ Brown sugar – 1 ½ tsp ✓ Oil – 3 tbsp plus some extra for basting 	<ul style="list-style-type: none"> ✓ Crushed garlic – 1 tsp ✓ Chopped coriander – 2 tbsp ✓ Green chili, sliced – 1 ✓ Tomato, sliced – 1 ✓ Onion, cut into rings – 1 small ✓ Lemon wedges
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Method :

- ❖ Peel the prawns and rinse them gently under cold water. Pat dry.
- ❖ Make a slit at the back of each prawn and remove the black vein. Open each prawn out into a butterfly shape.
- ❖ Mix the remaining ingredients, except chili, tomato, onion and lemon wedges, in a bowl. Stir in the prawns and marinate for 1 hour.
- ❖ Preheat the grill to the maximum setting. Place the green chili, tomato slices and onion rings in a flame proof dish. Add the prawn mixture.
- ❖ Grill for 10-15 minutes, basting several times with a brush dipped in oil.





- ❖ Serve immediately garnished with the lemon wedges.

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Mushrooms And Cheese Squares

Preparation Time	Serves
30 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Bread – 4 slices ✓ Button mushrooms, cut into two each – 15 ✓ Cheese, grated – 60 gms ✓ Milk – ½ cup ✓ Refined flour – 1 tbsp ✓ Mustard powder – ¼ tsp 	<ul style="list-style-type: none"> ✓ Butter – 1 tbsp ✓ Green chili, finely chopped - 1 ✓ Lime juice – 1 tsp ✓ Chili powder – ¼ tsp ✓ Coriander leaves, chopped – ¼ tsp ✓ Salt to taste.
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Method :

- ❖ Wash and cook the mushrooms in a little water with 1/2 tbsp butter, chili powder and salt to taste till tender. Keep stirring till done and dry. Remove from heat and keep aside.
- ❖ Stir the flour in the remaining butter till light brown in colour.
- ❖ Gradually add the milk, stirring constantly till all the milk is used up. Add salt, green chili, mustard powder and lime juice and stir for a while on a very low heat. Remove from heat and keep aside.
- ❖ Cut 30 small squares from bread slices and spread the prepared mixture over them.





- ❖ Place a slice of cooked mushroom over it. Sprinkle grated cheese and coriander leaves over it.
- ❖ Bake in a moderately hot oven for 10 minutes.
- ❖ Serve hot with a toothpick inserted into each square.

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Onion Bhajia

Preparation Time	Makes
25 minutes	20-25

Ingredients :

<ul style="list-style-type: none"> ✓ Gram flour – 2 cups ✓ Chili powder – ½ tsp ✓ Ground turmeric – 1 tsp ✓ Baking powder – 1 tsp ✓ Asafoetida – ¼ tsp ✓ Salt – to taste 	<ul style="list-style-type: none"> ✓ Chopped fresh coriander – 2 cups ✓ Finely sliced onions – 2 large ✓ ½ tsp each of nigella, fennel, cumin and onion seeds, coarsely crushed ✓ Water – to mix ✓ Oil – for deep frying
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Method :

- ❖ Using a sharp knife, slice the onions into thin rounds. Separate the slices and set them aside on a plate.
- ❖ In a bowl mix together the flour, chili powder, ground turmeric, baking powder and asafoetida.
- ❖ Add salt to taste. Sift the mixture into a large mixing bowl.
- ❖ Add the coarsely crushed seeds, onion slices, green chilies and fresh coriander and toss together well.
- ❖ Add enough cold water to make a paste, then stir in more water to make a thick batter that coats the onions and spices.





- ❖ Heat enough oil in a pan for deep frying. Drop spoonfuls of the mixture into the hot oil and fry the bhajias until they are golden brown.
- ❖ Leave enough space to turn the bhajias.
- ❖ Drain well and serve hot.

Tips & variations :-

- ❖ This versatile batter can be used with other vegetables including okra, cauliflower and broccoli.

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Paneer Tikka

Preparation Time	Serves
60 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Paneer (cut into big pieces) – 1 kg ✓ Capsicum (cut into big pieces) – 250 gms ✓ Tomato (cut into big pieces) – 250 gms <p>For Marinating :</p> <ul style="list-style-type: none"> ✓ Garlic + ginger (crushed) – 1 tsp ✓ Chopped green chili – 1 tbsp 	<ul style="list-style-type: none"> ✓ Coriander leaves – 1 tbsp ✓ Salt to taste ✓ Curd – ½ cup ✓ Turmeric powder – 1 tsp ✓ Garam masala – 1 tsp ✓ Chaat masala – 1 tsp ✓ Lemon juice – of 1 lemon
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Method :

- ❖ Mix all the ingredients for the marinating.
- ❖ Take out the seeds of the capsicum and tomatoes and cut into big pieces.
- ❖ Marinate the paneer, tomatoes and capsicum for half an hour.
- ❖ Pierce them into the skewers and brush them lightly with oil.
- ❖ Roast them directly on the gas flame or roast them in the oven till all the sides become brown in color. Serve them hot with cut onion rings and a few cut lemon pieces.





Shammi Kebab

Preparation Time	Serves
30 minutes	6

Ingredients :

✓ Minced meat – 1 kg	✓ Salt to taste
✓ Sliced onion (medium) – 1	✓ Egg – 2
✓ Chana (gram) dal – 2 tbsp	✓ Turmeric powder – ½ tsp
✓ Garam masala – 2 tsp	✓ Green chili (chopped) – 2
✓ Coriander leaves (chopped) – 1 tbsp	✓ Water – 1 ½ to 2 cups
	✓ Oil for frying

Method :

- ❖ Put the meat and other spices in the pressure cooker.
- ❖ Add water and cook the meat for 15 – 20 minutes.
- ❖ After the first whistle cook on low flame.
- ❖ Open the cooker; if there is any water, cook till it dries.
- ❖ Grind the meat. Add 2 eggs.
- ❖ Mix well and keep aside for 30 – 40 minutes.
- ❖ Mix the filling in kebab.
- ❖ Divide the mixture into 20 – 24 medium sized kebabs.
- ❖ Deep fry in oil till brown in color.

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Spicy Fried Fish Cubes

Preparation Time	Serves
40 minutes	4-6

Ingredients :

<ul style="list-style-type: none"> ✓ Cod fillet or any other fish – 675 gms ✓ Lemon juice – 1 tbsp ✓ Salt – 1 tsp ✓ Grated garlic – 1 tsp ✓ Crushed dried red chili – 1 tsp 	<ul style="list-style-type: none"> ✓ Garam masala – 1 ½ tsp ✓ Chopped fresh coriander – 2 tbsp ✓ Tomatoes – 2 medium ✓ Corn flour (corn starch) – 2 tbsp ✓ Oil – 2/3 cup
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Method :

- ❖ Skin the fish and remove any remaining bones.
- ❖ Cut into small cubes. Place in a bowl, cover and put into the refrigerator to chill.
- ❖ Using a sharp knife, cut the onion into thin slices. Put into a bowl and add the lemon juice and salt.
- ❖ Add the garlic, crushed red chilies, garam masala and fresh coriander and mix well.
- ❖ Peel the tomatoes by dropping them into boiling water for a few seconds. Remove with a slotted spoon and gently remove the skin.
- ❖ Chop the tomatoes roughly and add to the onion mixture in the bowl.





- ❖ Tip the contents of the bowl into a food processor or blender and process for about 30 seconds. Remove the fish from the refrigerator. Pour the contents of the food processor or blender over the fish and mix well.
- ❖ Add the corn flour and mix again until the fish pieces are well coated.
- ❖ Heat the oil in deep pan. Fry the fish, few pieces at a time on medium flame.
- ❖ Turn them gently, as they are liable to break easily. Cook for about 5 minutes until the fish is lightly browned.
- ❖ Remove the fish pieces from the pan and drain on kitchen paper. Keep warm and continue frying the remaining fish.
- ❖ Serve warm with apricot chutney.

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Spinach Kebabs

Preparation Time	Serves
30 minutes	5-6

Ingredients :

<ul style="list-style-type: none"> ✓ Spinach (Palak) – 5-6 bunch ✓ Gram (chana dal) – 150 gms ✓ Green chilies, chopped - 7-8 ✓ Few sprigs of coriander leaves, chopped 	<ul style="list-style-type: none"> ✓ Garam masala - 2 tsp ✓ Corn flour - 4 tbsp ✓ Bread crumbs - ½ cup ✓ Salt to taste ✓ Oil for frying
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Method :

- ❖ Boil 2 glasses of water, add spinach leaves and boil for 5 more minutes. Drain water and keep aside.
- ❖ Squeeze all the water from the spinach leaves and grind to a smooth paste.
- ❖ Boil chana dal until tender, drain water and grind to a smooth paste. To this paste, add spinach paste, garam masala, chopped green chilies, bread crumbs, salt, coriander leaves and make a batter.
- ❖ Make small balls from the batter, roll the balls in the corn flour and press a little to give a shape of the kebab.
- ❖ Heat oil in a deep frying pan and fry the kebabs until golden. Serve hot with tomato sauce.



Stuffed Bread Mushroom Bakes

Preparation Time	Serves
30 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Bread - 12 slices ✓ Potatoes, boiled, peeled and cut into long, thin slices – 12 ✓ Mushrooms, finely chopped – ¼ cup ✓ Onions, cut into strips -2 ✓ Refined flour – 1 tsp ✓ Lemon juice – 1 tsp 	<ul style="list-style-type: none"> ✓ Dry ginger powder – ¼ tsp ✓ Mustard powder – ¼ tsp ✓ Chili powder – ½ tsp ✓ Butter – 1 tbsp ✓ Capsicum, cut into thin rounds - 1 ✓ Salt to taste
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Method :

- ❖ Sauté the mushrooms in butter for about five minutes till tender. Sprinkle salt and pepper and stir well.
- ❖ Cut the bread into ovals and spread this mushroom mixture over them. Arrange the potato and onion slices in a crisscross fashion on the bread ovals.
- ❖ Heat the remaining butter, add the flour and stir continuously till it is golden in colour.
- ❖ Add ginger powder, mustard powder, chili powder, salt and lemon juice.





- ❖ Add milk and keep stirring till the mixture starts thickening. Remove from heat. Put 1 1/2 tsp. or more of this flour mixture on each bread oval.
- ❖ Place a slice of capsicum over it. Lastly dot with butter.
- ❖ Put these bread ovals on a greased baking tray and bake in a moderately hot oven for 10 minutes or till golden.
- ❖ Serve directly from the oven.

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Stuffed Mushrooms

Preparation Time	Serves
35 minutes	5

Ingredients :

✓ Button mushrooms - 20	✓ Coriander, chopped - 2 tsp
✓ Melted butter - 2 tsp	✓ Chili ginger paste - 1 tsp
✓ Onion, finely chopped - 1	✓ Salt and pepper to taste
✓ Cheese, grated - 2-3 tbsp	

Method :

- ❖ Wash the mushrooms properly if using fresh mushrooms.
- ❖ Remove the stems from the mushrooms. Chop them finely and keep aside.
- ❖ Heat the butter in a frying pan.
- ❖ Fry the onions for two minutes and add the grated cheese, chili garlic paste, finely chopped mushroom stems and chopped coriander. Mix well and allow to cook for two minutes.
- ❖ Stuff the mushrooms with the above mixture.
- ❖ Arrange in a flat microwave dish. Microwave for a minute before serving.
- ❖ Serve hot.



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Tomato Spread With Paneer

Preparation Time	Serves
35 minutes	6

Ingredients :

✓ Bread - 12 slices	✓ Unsalted butter - 1 tsp
✓ Large ripe tomatoes – 3	✓ Ginger, chopped fine – 1" piece
✓ Breadcrumbs - 1 tbsp	✓ Green chili, chopped - 1
✓ Paneer, flaked - ¼ cup	✓ Salt and pepper to taste
✓ Worcestershire sauce – 1 tsp	

Method :

- ❖ Scald and peel the tomatoes. Mash them to a smooth pulp.
- ❖ Heat butter. Add tomato pulp, Worcestershire sauce, ginger, green chili, breadcrumbs, sugar and salt to taste.
- ❖ Cook on a low heat till the mixture thickens. Sprinkle a little pepper powder. Remove from heat.
- ❖ Spread a layer of this mixture on the un-toasted side of bread triangles and garnish with paneer flakes.
- ❖ Bake in a moderately hot oven till the paneer flakes turn golden.
- ❖ Serve hot.



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Vegetable Samosa

Preparation Time	Makes
45 minutes	28

Ingredients :

<ul style="list-style-type: none">✓ For the covering:✓ Refined flour – 2 cups✓ Salt – to taste✓ Oil – 4 tsp✓ Water – 7-8 tbsp <p>For the filling:</p> <ul style="list-style-type: none">✓ Potatoes boiled and roughly mashed – 3 large✓ Boiled peas – $\frac{3}{4}$ cup✓ Canned sweet corn, drained – $\frac{1}{3}$ cup	<ul style="list-style-type: none">✓ Ground coriander – 1 tsp✓ Ground cumin – 1 tsp✓ Dry mango powder (amchur) – 1 tsp✓ Salt – to taste✓ Onion, finely chopped – 1 small✓ Green chilies, finely chopped – 2✓ Chopped coriander leaves – 2 tbsp✓ Fresh mint leaves, chopped – 2 tbsp✓ Lemon juice – of 1 lemon✓ Oil - for deep frying
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Method :

- ❖ For the covering:
- ❖ Make semi-soft dough by mixing the flour, salt, oil and water and knead properly for 8-10 minutes.
- ❖ Divide into 14 portions.
- ❖ Roll out each piece into 5" diameter rounds, covering the remaining pieces.

- ❖ Cut it in half with a sharp knife.
- ❖ Repeat the process with the remaining rounds and stack the rolled cones in a plastic wrap to keep them moist.
- ❖ Prepare a paste of whole wheat flour (2 tbsp) and 1 tbsp water and keep aside.

For the filling:

- ❖ Toss all the filling ingredients together in a large mixing bowl until they are well blended.
- ❖ Adjust the seasoning with salt and lemon juice if necessary.



Folding the samosas:

- ❖ Using one strip of the covering at a time, fold the strip in such a way that it forms a cone, with 2 ends meeting at one place.
- ❖ Brush the corners with the flour paste and gently press with the fingers, so that they stick together.
- ❖ Now stuff in the filling, 1 tsp at a time and press it gently and again brush the paste on the edges and seal pack them properly, to ensure that it does not break loose from any side.
- ❖ Repeat the process with other strips. This is a skillful process. It may take time initially, but would speed up as one gets to understand the process properly.



- ❖ Now deep-fry the samosas until golden brown.
- ❖ Tip them on a kitchen paper or kitchen towel.
- ❖ Serve warm with tomato ketchup or coriander chutney.

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Yoghurt Kebabs

Preparation Time	Serves
40 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Yogurt (curd) - 1 kg ✓ Ginger-garlic paste - 1 tsp ✓ Green chilies, chopped - 4 ✓ Garam masala - ¼ tsp ✓ Cashew nuts – 4 tbsp 	<ul style="list-style-type: none"> ✓ Coriander leaves - 5 sprigs ✓ Corn flour – 3 tbsp ✓ Salt to taste ✓ Oil for frying
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Method :

- ❖ Remove the water from the curd by placing it in a cloth and tie it with a thread very tightly.
- ❖ To this curd, add ginger-garlic paste, green chilies, chili powder, chopped cashews, salt, corn flour and mix well.
- ❖ Make kebabs from the mixture, roll them again in corn flour and fry in hot oil until they are golden brown.
- ❖ Serve hot with any chutney or ketchup.



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Yoghurt Tarts

Preparation Time	Serves
50 minutes	6 - 8

Ingredients :

<p>For the tarts</p> <ul style="list-style-type: none"> ✓ Plain flour (maida) - 3 cups ✓ Semolina (rawa) - 1 cup ✓ Hot oil - 6 tsp ✓ Salt to taste ✓ Oil for frying. 	<ul style="list-style-type: none"> ✓ For the yoghurt filling ✓ Carrots, grated – 2 ✓ Cucumber, grated - 1 Cabbage, finely sliced - 1 cup ✓ Capsicum, finely sliced - 1 ✓ Cream - 100 gms ✓ Curd - 100 gms ✓ Green chilies (finely chopped) - 2-3 ✓ Chopped coriander - 2 tbsp ✓ Salt and pepper to taste
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Method :

- ❖ Mix both the flours.
- ❖ Heat six tablespoons oil, add it and knead firmly to make a dough by adding water. Keep aside for an hour.
- ❖ Roll and cut small rounds. Press outside the tart moulds (3) and deep-fry the moulds in hot oil until crisp. Store in air-tight containers.





- ❖ Mix the curd and the cream. Chill it.
- ❖ Add all the vegetables, salt, pepper, to the above mixture. Mix well and chill it.
- ❖ When required, tilt the cases with the yoghurt mixture and serve immediately.

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Nature & Us

In ancient times man was completely at the mercy of nature. Sometimes nature was extremely harsh on him, but at the same time it also took care of him by providing him with all the resources that he needed to survive.

It provided him with all the foods and medicines for him to stay healthy and active. In due course, man prospered and developed in every way possible – intellectually, financially and physically.

Slowly and surely man started drifting away from his roots and today things have come to such a head that he has almost forgotten where his roots are. He has begun considering himself as the Supreme Being who can control everything. In his pursuit of material possessions, he has become blind to the fact that nature has its own way of striking back. And when it does, all his acquired power will not be able to save him, as we have seen so many times in the past.

So, why not try to reconnect with our roots?

Why not try some simple and natural home remedies whenever you are down with some common ailment, instead of running to the doctor?

I have developed an e-book on such remedies with painstaking effort, for you to go through. It shall be your asset throughout life.

Check it out.

<http://www.indian-cooking.info/HomeRemedies/ebook.htm>