

SABJIMANDI

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PANEER :

You may call it indigenous cheese. Paneer's application in India is chiefly as a desirable alternative for cheese. It is used widely in vegetable dishes and is also a regular in sweets. Normally, it is freshly made for use but it can also be stored in deep freeze.

Full Cream Milk - 1 litre, Lime - One

Boil milk for about 6 minutes. If it overflows before that time, you don't have to wait for the full 6 minutes in discipline. Then reduce heat & add lime juice gradually; stir gently. Remove the mixture from the source of heat and wait patiently till the milk curdles. Strain through a muslin. Then, to squeeze the water out, place a reasonably heavy substance on it like your mother-in-law or a steel utensil or iron or anything heavy enough to squeeze the mixture dry. And lo! the paneer is ready.

Baked Palak Paneer

2 bunch Spinach
6 flakes Garlic
1 inch Ginger
1 tsp Coriander Powder
1 tsp Cumin Seed Powder
4 tbsp Butter
4 tbsp All Purpose Flour
1 cup (grated) Cheese
3/4 cup Milk
100 gms (peeled and sliced) Tomato
50 gm (firm, cut into neat slices) Tomato
250 gm (cut into small pcs) Paneer (Cottage Cheese)
To taste Salt
To taste Green Chili

1. Put sliced tomatoes, spinach, ginger, garlic, chilies, spices and salt together in a saucepan and cook till the spinach is soft. Mash to a paste.

2. White Sauce -- Melt butter, add flour and fry to a light golden color .Put in milk gradually, stirring all the time .When it turns thick, add 3\4 cup cheese and keep on stirring till it melts and blends in to the sauce.

3. Spread the spinach evenly in a greased ovenware dish . Spread paneer on top of the spinach, pour white sauce on top .Sprinkle with remaining cheese, dot with butter and bake (at 180 degree Centigrade) for 30 minutes.

Bread Pakora

1/2 tsp Ajwain (Tymol Seeds) - 1/4 tsp Asafetida - 1/4 tsp Baking Powder - 8 Slices Bread - 1 Cup Gram Flour - 1/4 tsp Nigella - to taste Salt - 1/4 cup Water - 1 large Onion - 2 large Potato - 2 pods Garlic - 1/2 inch Ginger - 1/4 tsp Garam Masala Powder - 2 tbsp Cooking Oil - 1/2 cup Cooking Oil - 1/2 tsp Turmeric powder
- 1/2 tsp Red Chili Powder

1. Prepare The Batter: 2. Mix everything from Ajwain to Salt in a bowl. Add water slowly and keep on mixing it till the batter becomes smooth and thick. 3. Prepare the Stuffing: 4. Boil the potatoes either in Microwave or in a pressure cooker. Once boiled peel off the skin and cut into small 1/2" cubes. 5. Heat the 2 tbsp oil in a frying pan. Add the Garam Masala powder (for ingredient in GMP do a search for it in the recipe section), and fry it for 1/2 minute. Add the finely sliced onion and fry it till it is light brown. 6. Add grated ginger and garlic and fry it for 3 minutes. Add the turmeric and red chili powder and fry it on slow heat for 10 min. 7. Now add the boiled potato and fry it for another 5 minutes. Your stuffing is ready. 8. Prepare the Bread Pakora:
9. Heat the 1/2 cup oil in a frying pan. Take 2 triangular pieces of the bread and fill it with the potato stuffing. Dip it in the batter till it is entirely covered by the batter. Deep fry in the oil till for about 5 to 10 min. Remember to keep the oil in medium heat.
10. It is a very tasty snack and goes very well at tea time.

Dal Palak

1 cup Red Lentil - 12 oz. (chopped) Spinach - 8 oz. Green Peas
2 chopped Tomato - 4 sliced Green Chili
0.5 tsp Turmeric powder
2 pods (finely chopped) Garlic
0.5 inch pc (chopped finely) Ginger
8 stalk (chopped) Cilantro
1 tsp Sugar - to taste Salt
2 tbsp Cooking Oil
3 cups Water
2 for seasoning (phoron) Bay Leaf
1/2 tsp for seasoning (phoron) Cumin Seeds
1 cup, finely chopped Onion
1/2 tsp Garam Masala Powder

1. Boil the lentil in a deep bottomed pan along with spinach, green peas, tomatoes, turmeric powder and green chilies. Cook on high heat till the lentil starts boiling, and then cook on low heat till they are cooked.
2. Heat oil in a pan. Add the Bay leaf and cumin seeds. Fry for a minute. (This process is called seasoning or forum)
3. Fry onion, ginger and garlic till it turns light brown.
4. Add the cooked dal and bring to boil. Add garam masala powder. Add salt and sugar. Cook in medium to slow heat for 5 to 10 minutes.
5. Garnish with cilantro. Serve with rice or roti.

Bhindi Chorchori

0.5 lb Okra

1/4 tsp Turmeric powder

1/2 tsp Coriander Powder

1/2 tsp Cumin Seed Powder

1/8 tsp Onion Seeds

4 silted Green Chili

1/4 tsp Sugar

To taste Salt

4 stalks (chopped) Cilantro

2 table spoon Cooking Oil.

1. Slice off stem and tip of the okra. Slice okra into four strips. For quick preparation you can use the frozen cut okras.
2. Heat oil. Add onion seeds and cook until spluttering stops.
3. Add okra. Stir fry for about five minutes. Add salt. Add all the masalas. Stir and cook for a couple of minutes. Add sugar.
4. Add half cup water (not required if using frozen okras). Add green chilies. Simmer over medium heat until cooked and the pan are nearly dry and oil has come to the surface. Serve hot with rice or roti.

Sandesh-Mithai

1 liter Milk

1/2 cup Sugar

5 Chopped Pesta

2 Seeds crushed Cardamom

1 Lemon

1. Dissolve lemon juice (or 1/2 teaspoon citric acid) in half cup of warm water.

2. Bring milk to boil, reduce heat and pour the acidic water all over it. Milk will curdle; stir till milk is fully curdled.
3. Pour the curdled milk over a muslin cloth. Drain out water completely. Squeeze to remove any excess water and hang the whey for about 25 minutes.
4. Empty the whey on a large plate and knead thoroughly for about 30 minutes.
5. Heat a nonstick pan in medium heat and add the paneer and sugar. Stir continuously pressing with a heavy spoon for about 6 to 8 minutes.
6. Pour in a large plate, cool and mix till smooth. Take a small amount of paneer mixture and either with the help of hand or a mould makes sandesh of desired shape.
7. Sprinkle crushed pista and cardamom over each sandesh, cool and serve.

Chinese Fried Rice

2 cups Basmati Rice

3 cups Water

1/2 tsp Ajinomoto

1 tsp Soya Sauce

1 tsp Tomato Sauce

To taste Salt

As reqd. Cooking Oil

3 sticks Cinnamon

3 Cardamom

3 Cloves

3 Peppercorns

1/2 tsp Cumin Seeds

1 Bay Leaf

1 inch chopped Ginger

1/2 cup, finely chopped Carrot

1/2 cup, chopped French Bean

1/2 cup, finely chopped Onion

1 chopped Bell Pepper

1/4 red, cut into small bits Onion

Handful chopped Cilantro

1. Cook basmati rice in electric rice-cooker with 3 cups of water. Remove rice from vessel, cool immediately on a neat napkin.

2. Meanwhile heat oil in a wok. Roast all dry ingredients. Add the chopped vegetables one by one and fry continuously till golden brown, add salt.

3. Add cooked rice (cooled) and fry for 5 minutes. Mix tomato ketchup, Soya-sauce, and ajinomoto. Remove from heat. Garnish with cilantro leaves.

Mom's Dressing

Oil, for sauteing

2 onions, chopped

2 ribs celery, chopped

1 apple, chopped

2/3 loaf white bread, toasted and broken into pieces

2 eggs

1 1/2 cups milk

1 teaspoon dried sage

1 teaspoon salt

1 teaspoon pepper

Preheat oven to 350 degrees F. In a medium-sized saute pan, heat the oil over medium heat. Add the onion, celery, and apple and saute until just tender. Remove from the heat and add the onion mixture to the bread in a large mixing bowl. In a medium mixing bowl, beat the eggs with the milk, sage, salt, and pepper. Pour over the bread mixture and stir to combine and moisten the bread. Transfer to a casserole dish and bake for about 1 hour or until browned on top. Serve.

Artichoke Spinach Dip – Slimmed

This creamy and satisfying dip has half the calories and a quarter of the fat of traditional artichoke dip. To save even more calories, we serve it with cut-up vegetables instead of crackers.

9-ounce box frozen artichoke hearts, thawed

5 ounces frozen spinach, thawed (about 1/2 cup)

2 slices fresh white sandwich bread, crusts trimmed

1 1/2 cups part-skim ricotta cheese (about 12 ounces)

1/2 teaspoon freshly grated lemon zest

1/2 teaspoon fresh thyme leaves

1 teaspoon kosher salt

Pinch cayenne

1/4 cup freshly grated Parmesan

Vegetable cooking spray

1 tablespoon extra-virgin olive oil

2 garlic cloves, minced

Serving suggestion: Strips of yellow or red bell pepper, and endive

Preheat the oven to 350 degrees F. Drain the artichoke hearts and spinach in a colander, pressing with the back of a large spoon to remove excess liquid. Set aside to drain.

In a food processor, pulse the bread to make medium-textured crumbs. Transfer crumbs to a small bowl and set aside.

Put the ricotta, zest, thyme, 3/4 teaspoon salt, and cayenne in the processor and pulse until smooth. Add the artichokes, spinach, and Parmesan; pulse until evenly mixed but chunky. Spray a 4-cup gratin dish with vegetable cooking spray. Transfer the artichoke-spinach mixture to the dish.

Heat the olive oil in a medium skillet over medium heat. Add the garlic, cook until aromatic and lightly toasted, about 1 minute. Stir in the bread crumbs and the remaining 1/4 teaspoon salt, cook another minute. Spread the crumbs over the artichoke-spinach mixture. Bake the dip until browned and warmed through, about 45 minutes. Serve warm.

Tips:

-Use lemon zest instead of lemon juice to add zing to vegetables - it won't turn them brown

-Frozen artichoke hearts have less than half the calories of the marinated bottled kind.

Spicy Greens with Warm Balsamic Dressing



1 bunch arugula, cleaned, trimmed and chopped

1 head radicchio, chopped

2 cups chopped escarole, 1/2 head

1/4 cup extra-virgin olive oil

1 clove garlic, cracked

1/3 cup balsamic vinegar
Salt and pepper

Arrange greens on a large platter. Heat oil and garlic in a small pan over moderate heat. Simmer garlic in oil to infuse the flavor. Remove the garlic from the oil and transfer it to a small bowl. Wipe the pan and return to heat. Add balsamic vinegar. Raise heat to high and reduce vinegar by 1/2, 30 seconds. Stream oil into saucepan and whisk to combine with vinegar. Drizzle dressing over the salad and season the greens with salt and pepper.

Mixed Green Salad with Sherry Vinaigrette

1/3 cup sherry vinegar
1 large clove garlic
2 teaspoons dried oregano
1 teaspoon salt, plus more for seasoning
1/2 teaspoon freshly ground black pepper, plus more for seasoning
1/2 cup extra-virgin olive oil
1 (4.5-ounce) bag mixed baby greens, rinsed and spun dried
1 red bell pepper, seeded and diced
1/2 cup pitted kalamata olives, halved
2 ounces feta cheese, coarsely crumbled

Blend the vinegar, garlic, oregano, 1 teaspoon of salt, and 1/2 teaspoon black pepper in a blender until the garlic is finely chopped. With the blender running, slowly blend in the oil. Toss the baby greens, bell pepper, olives, and cheese with enough vinaigrette to coat. Season the salad, to taste, with more salt and black pepper, and serve

Simple Tomato Sauce



1/2 cup extra-virgin olive oil
1 small onion, chopped

2 cloves garlic, chopped
1 stalk celery, chopped
1 carrot, chopped
Sea salt and freshly ground black pepper
2 (32-ounce) cans crushed tomatoes
2 dried bay leaves
4 tablespoons unsalted butter, optional

In a large casserole pot or Dutch oven, heat oil over medium high heat. Add onion and garlic and saute until soft and translucent, about 5 to 10 minutes. Add celery and carrots and season with salt and pepper. Saute until all the vegetables are soft, about 5 to 10 minutes. Add tomatoes and bay leaves and simmer uncovered on low heat for 1 hour or until thick. Remove bay leaves and check for seasoning. If sauce still tastes acidic, add unsalted butter, 1 tablespoon at a time to round out the flavors. Add 1/2 the tomato sauce into the bowl of a food processor. Process until smooth. Continue with remaining tomato sauce.

If not using all the sauce, allow it to cool completely and pour 1 to 2 cup portions into freezer plastic bags. This will freeze up to 6 months.

Lentil Soup with Chili Oil

3 cups castelluccio lentils
6 tablespoons extra-virgin olive oil
1/2 medium red onion, chopped into 1/8-inch dice
3 cloves garlic, thinly sliced plus 2 whole cloves
4 cups chicken broth, hot
Salt and freshly ground black pepper
1/4 pound Tuscan or Umbrian country bread
1 cup pasta shells
Chili Oil

Wash and drain the lentils, carefully picking through them to take out any pebbles. In a 3-quart saucepan, heat the 6 tablespoons oil until just smoking. Add the onions and sliced garlic. Cook until softened but not brown, about 6 to 8 minutes. Add the lentils and the hot chicken stock. Bring the liquid to a boil. Lower then heat and simmer for 25 to 30 minutes, keeping the level of the liquid just over the lentils by periodically adding more water. Add the pasta shells during the last 6 minutes of cooking. Season, to taste, with salt and pepper.

In the meantime, preheat the grill or broiler. When the soup is ready to serve, grill or toast, slices of the bread until golden brown, about 2 minutes per side. Rub each slice with a cut garlic clove.

Ladle the soup into warm bowls. Place a slice of garlic bread on top of each soup serving. Drizzle the bread and the soup with the chili oil and serve immediately.

Chili Oil:

2 cloves garlic, sliced thin
2 tablespoons chili flakes
1/4 cup extra-virgin olive oil
2 teaspoons salt
1 teaspoon cracked black pepper

In a small hot sauté pan, add extra-virgin olive oil and garlic. Sauté until golden and add chili flakes and salt and pepper. Cook for 2 minutes. Remove from the heat and let infuse.

Tiramisu recipe (From Eggs)

Ingredients:

6 eggs (the larger the better)
6 tablespoons caster sugar
1 & 1/2 packets Pavesini biscuits (any good Italian deli should have them)
500g Mascapone cheese
2 to 3 cups good quality coffee (add some liquor if desired)

Method:

- 1: Separate eggs into yolk and whites
- 2: Mix egg yolks and sugar until light and creamy.
- 3: Add mascarpone cheese and mix. Set aside mixture.
- 4: In a separate bowl, whisk egg whites until stiff peaks form.
- 5: Using a metal spoon, fold the egg white mixture to the cheese mixture (do this by hand not mixer).
- 7: Line base of tin with a layer of biscuits (this recipe is perfect for tin 30cmX25cm)
- 8: Drizzle coffee over biscuits, do not soak completely.
- 9: Layer a third of the cheese mixture over the biscuits.
- 10: Repeat steps 7 to 9 (you should end up with 3 layers-the last layer is the cheese mixture)
- 11: Sprinkle cocoa powder on the final layer.
- 12: Refrigerate min of 2 days before serving.

ENVIIOUS GREEN

INGREDIENTS

1 cup uncooked brown rice (cook according to package directions), ¼ cup bottled low fat Italian vinaigrette (or 3 tbsp. olive oil and 2 tbsp. wine vinegar), ½ cup chopped parsley, 1 large tomato, seeded and diced (1 cup), 2 stalks celery, diced (1 cup), 1 tbsp. fresh basil chopped (or 1 tsp. Dry), salt and pepper to taste, 1 bunch green onions minced (¾ cup), 4 oz. cheddar cheese cut into small cubes, 1 can (2.25 oz.) sliced olives drained.

METHOD

Add vinaigrette, salt, and pepper to cooked, cooled rice. Toss lightly. Add remainder of ingredients and toss. If desired, add more vinaigrette to taste. Chill. Serve on a bed of lettuce and garnish with parsley.

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