

Basic Recipes





Basic Recipes

Dhokla Flour

Ingredients

4 cups rice
2 cups bengalgram dal (channa dal)
1 cup urad dal

Method

Wash and soak in plenty of water for 2-3 hours.

Drain, spread on a clean large kitchen cloth till dry.

Dry roast till all moisture is dried up.

Grind to a flour of the texture of fine semolina.

This may be done in a home flour mill or at the commercial flour mills.

Store in dry airtight container.

Courtesy : Saroj Kering



Basic Recipes

Chhaalpeeth Flour

Ingredients

- 1 cup wheat
- 1 cup jowar
- 1/2 cup rice
- 1/2 cup bengalgram dal.

Method

Roast the grains lightly in a heavy pan, individually.

Mix, cool and grind to a flour.

Cool, store in airtight container, in dry area.

Add water to knead to a smooth dough when required.

Proceed to pat thick chappati, sprinkle finely chopped coriander, onion, chillies, etc. over it, press in.

Make small hole in it with blunt end of hand churner.

Roast on hot griddle over low flame till roasted crisp.

Courtesy : Saroj Kering



Basic Recipes

Handvoh Flour

Ingredients

1 cup wheat
1 cup jowar
1/2 cup rice
1/2 cup bengalgram dal.

Method

Roast the grains lightly in a heavy pan, individually.

Mix, cool and grind to a flour.

Cool, store in airtight container, in dry area.

Add water to knead to a smooth dough when required.

Proceed to pat thick chappati, sprinkle finely chopped coriander, onion, chillies, etc. over it, press in.

Make small hole in it with blunt end of hand churner.

Roast on hot griddle over low flame till roasted crisp.

Courtesy : Saroj Kering



Basic Recipes

Coating Batter For Dipped Bhajias

Ingredients

1 cup gram flour
1 tbsp. rice flour
3/4 tsp. salt
few ajwain seeds
pinch of asafoetida
1/2 tsp. cumin powder
2-3 pinches baking soda
2 tsp. hot oil (after batter has be prepared).

Method

Mix together all the ingredients

Make a batter which will coat the back of a spoon thickly, when dipped.

One may add ground garlic, ginger, chillies, as desired.

Dip chunks of paneer, or sliced capsicums, cucumbers, potato, onions, zuchinni, whole hot green chillies, boiled whole babycorns, etc.

Courtesy : Saroj Kering



Basic Recipes

Coating Batter For Fritters

Ingredients

1 cup plain flour
1 tbsp. corn flour
1 tbsp. rice flour
1/2 tsp. salt
ground ginger, garlic, chillies for taste.

Method

Mix all the ingredients

Add enough water to make a batter which will coat the back of a spoon thinly when dipped.

Dip chunks of cauliflower, baby corn, etc. which should have first been boiled to be tender but mushy.

Chill the boiled veggies before frying.

One may even fry thick rings of onion, capsicums, etc.

Courtesy : Saroj Kering



Basic Recipes

Rice Idli Batter

Ingredients

2 cups rice semolina

1 cup urad dal (soaked for 3 hours, then ground to a very fine thick paste and kept overnight).

Method

Soak semolina for 2 hours.

Wash well by draining top water 2-3 time till it is white.

Mix into the ground dal batter, beat till very light and fluffy, after adding salt.

Do not keep the batter too thin.

Proceed as for idlis in idli steamer.

Courtesy : Saroj Kering



Basic Recipes

Appam Batter

Ingredients

1-1/2 cups raw rice
1-1/2 cups parboiled rice
2-3 tbsp. urad dal.
1 cup coconut milk
1/2 tsp. soda bicarb
1 tsp salt

Method

Soak for 4 hours in water, wash well

Grind to a fine thick paste, keep overnight.

Morning add coconut milk, soda bicarb, and salt

Beat well.

The batter for Appam is ready

Apply a little oil on a non-stick or heavy griddle.

Pour a ladleful of batter on hot griddle.

Hold handle and rotate and tilt griddle quickly such that its full base is covered with batter.

Do not spread with spoon. A thin dosalike pancake must be the result.

Courtesy : Saroj Kering



Basic Recipes

Moong Dal Pakora Batter

Ingredients

- 1 cup green gram dal with skin
- 3 green chillies
- 1 tsp. grated ginger
- 1/2 tsp. crushed garlic
- salt to taste
- 1/4 cup chopped coriander
- 1/4 tsp. coarsely crushed coriander seeds
- 1/2 tsp. coarsely crushed cumin seeds
- 3-4 pinches baking soda
- 1 tbsp. hot oil.

Method

- Soak dal for 2 hours,
- Grind to a paste with chillies, ginger, garlic, adding as little water as possible.
- Add all other ingredients just before making pakoras.

Courtesy : Saroj Kering



Basic Recipes

Vegetable Pancake Batter

Ingredients

1/2 cup gramflour
1/2 cup rice flour
1 tbsp. plainflour
1 tbsp. semolina
1/2 tsp. baking soda.

Method

Grate and add veggies as desired, spinach, carrots, gourds, fenugreek greens, anything.

To season add ground chillies, garlic, ginger, cumin, coriander, etc. 1 tbsp. oil.

Proceed to make a medium batter, and spread as for dosas.

Courtesy : Saroj Kering



Basic Recipes

Medu Vada Batter

Ingredients

4 cups urad dal

1 cup short grain rice.

Method

Soak for 5-6 hours, grind it fine with minimal water.

Just before frying beat well till light, add whole blackpeppers, coconut gratings, green chillies.

Courtesy : Saroj Kering



Basic Recipes

Pumpkin (Orange) Sauce

Ingredients

- 1 kg. orange pumpkin
- 500 gms. sugar
- 150 gms. salt
- 1 small bulb garlic (peeled)
- 1 tsp. garam masala powder
- 2 tsp. red chilli powder
- 400 ml white vinegar
- 5-6 drops red colour (optional)
- 3 tbsp. oil

Method

Peel and chop pumpkin fine. Take care to discard seeds and stringy pith. Grind garlic to a fine paste.

Heat oil in a large pan, add garlic. Saute till light brown, stirring continuously. Add chillies, garam masala, stir for a minute.

Add pumpkin and salt. Mix and cover. Simmer stirring occasionally, till pumpkin is soft. Add sugar and cook till a very soft lump is formed.

Cool to room temperature. Add vinegar and blend in mixie. Strain and add colour. Mix and preserve.

Courtesy : Saroj Kering



Basic Recipes

Chilli Garlic Sauce

Ingredients

500 gms. long red chillies

2 medium bulb garlic

200 gms. salt

300 ml. vinegar

1 tbsp. oil

1-1/2 tbsp. cornflour

Method

Peel garlic, destalk chillies.

Grind together till fine.

Add vinegar to help the grinding process.

Add salt. Keep aside.

Heat oil in a deep pan, add cornflour.

Stir fry flour for a few seconds.

Add paste, mix continuously.

Stir frequently, simmer till thick.

Bottle in sterile jars, preserve.

Courtesy : Saroj Kering



Basic Recipes

Green Chilli Sauce

Ingredients

peel garlic, destalk chillies.
grind together till fine.
add vinegar to help the grinding process.
add salt. keep aside.
heat oil in a deep pan, add cornflour.
stir fry flour for a few seconds.
add paste, mix continuously.
stir frequently, simmer till thick.
bottle in sterile jars, preserve.

Method

Wipe chillies clean, destalk and chop.
Mix salt and vinegar, to dissolve salt.
Add green chillies, marinate for 1 hour.
Stir, and dry roast cornflour pan, for a minute.
Grind chillies, marinade, cornflour to a fine paste.
Heat oil, add mixture, bring to a boil.
Simmer till thick, stirring occasionally.
Preserve in sterile bottle.

Courtesy : Saroj Kering



Basic Recipes

Tomato Sauce

Ingredients

1 kg. tomatoes ripe, red, flat small variety

50 gms. onion chopped

25 gms. ginger peeled

10 gms. garlic peeled

2 tsp. chilli powder

3 tsp. salt

100 gms. sugar

3 tbsp. vinegar

1/5 tsp. citric acid dissolved in vinegar

1/5 tsp. sodium benzoate dissolved in 2 tsp. warm water

Tied in a pouch (of muslin cloth):

5 cloves

2" cinnamon stick broken

1 bay leaf

2 cardamoms

1/2 tsp. cumin seeds.

Method

Wipe tomatoes clean, nip off base scar. Chop onion, tomatoes roughly. Crush garlic, ginger and mix with tomatoes and onions. Put in a large, heavy pan, drop in spice pouch. Heat while stirring frequently. Do not allow to burn at the bottom.

When the tomatoes are very soft, take off fire. Remove pouch, blend smooth, sieve to remove skins, seeds, etc. Add chilli powder, salt and sugar. Boil till consistency achieve plate test. Add vinegar, boil for 5 minutes. Remove from stove, add sodium benzoate immediately. Stir and fill in sterilized bottles while still hot.

Cap immediately.

Courtesy : Saroj Kering



Basic Recipes

Jain Tomato Sauce

Ingredients

2-1/2 kg. ripe tomatoes
200 gms.sugar
1/4 cup salt
1/4 cup red chilli powder
1/2 tsp. citric acid
150 ml. brown cooking vinegar
crush to coarse bits:
1" piece cinnamon
6-7 cloves
2 bay leaves
2 large black cardamoms

Method

Tie crushed spices in a clean muslin cloth to form a pouch. Wash and wipe tomatoes dry. Chop and boil, without adding water.

Take care to stir frequently. When tomatoes get soft, blend to a smooth puree. Strain, discards seeds, skins, etc.

Put back to boil in a heavy, deep saucepan. Put in spice bag, allow to boil in it. When reduced to half, add sugar and salt.

When almost done (by plate test), add chilli and vinegar. Boil again for 2-3 minutes. Remove spice bag.

Take off fire, add citric acid, stir well. Pour into sterile bottles, cool, close caps, seal with wax.

Once bottle is opened for use, refrigerate.

Courtesy : Saroj Kering



Basic Recipes

Pungent Sauce

Ingredients

- 1 red chilli finely chopped
- 10 flakes garlic finely chopped
- 1 tbsp. ginger grated
- 1 stalk celery finely chopped
- 1 stalk mint leaves finely chopped
- 1 spring onion with greens
- 1 tbsp. cornflour
- 1 stalk choice of herb (basil, thyme, rosemary)
- 1-1/2 cups water
- 1 tsp. soya sauce
- 1/4 tsp. crushed black pepper
- 1/2 tsp. sugar
- salt to taste
- 1 tsp. oil

Method

Dissolve cornflour in 1/2 cup water. Keep aside. Chop herb very fine, keep aside. Heat oil, add ginger, garlic, chillies, stirfry.

Add chopped onions, celery, stir. Add remaining 1 cup water. Bring to a boil. Add sugar, salt, soya sauce, mint, herb, pepper.

Add cornflour, stir and cook till sauce becomes transparent. Serve hot, with steamed rice, snacks, bhajias, and even soups.

Courtesy : Saroj Kering



Basic Recipes

Chinese Schezwan Sauce

Ingredients

- 25 red chillies (dried long)
- 3 bulbs garlic, flaked and peeled
- 10-15 flakes garlic finely chopped
- 3 green chillies finely chopped
- 2" piece ginger, peeled and grated
- 2 white onions finely chopped
- 1 stalk celery finely chopped
- 2 tsp. cornflour
- 1 tbsp. brown vinegar
- 1 tbsp. sugar
- 2 pinches ajinomoto (optional)
- 1 tbsp. oil

Method

Boil garlic and red chillies in 2 cups water, for 5 minutes. Drain water, keep aside. Grind chillies, garlic to a paste.

Heat oil in a heavy pan. Add ginger, chopped garlic, chopped chillies, stir. Add celery, onions, stirfry till onions are transparent.

Add paste, stirfry for 2-3 minutes. Dissolve cornflour in 2 tbsp. water. Add all other ingredients, and drained water from chillies.

Bring back to boil, stirring continuously. Simmer for 2-3 minutes, till sauce is thick and smooth.

Bottle, cool, refrigerate, use in chinese cooking as required

Courtesy : Saroj Kering



Basic Recipes

Hot And Sour Sauce

Ingredients

3 ripe tomatoes
1 tbsp. sugar
1 tbsp. vinegar (brown)
1 tsp. soya sauce
1 tsp. chilli sauce
1/2 tsp. ginger finely grated
1 tsp. cornflour
salt to taste

Method

Wash and wipe tomatoes dry. Chop and boil, without adding water. Take care to stir frequently.

When tomatoes get soft, blend to a smooth puree. Strain, discards seeds, skins, etc. Add all other ingredients.

Add 2 tbsp. hot water. Mix well. Resume boiling, till sauce is thick enough. Check taste for salt.

Courtesy : Saroj Kering



Basic Recipes

White Sauce

Ingredients

3 cups milk
1/2 cup plain flour
1 tbsp. butter
2 tbsp. cheese grated
salt to taste
pepper to taste

Method

In a dry heavy sauce pan, dry roast the flour till light pinkish in colour.
Remove and keep aside to cool.
Melt butter in the pan, add half the milk.
Mix the remaining milk in the cooled flour to form a smooth paste.
When milk comes to a boil, add paste and stir continuously.
Bring back to a boil.
Cook till the sauce is thick enough to coat the back of a spoon thickly.
Sprinkle salt and fresh ground pepper and stir to mix well.
Add grated cheese to the mixture.
Use as required in individual recipes.

Courtesy : Saroj Kering



Basic Recipes

Pizza Tomato Sauce

Ingredients

1 cup tomato puree
1/2 cup onions finely chopped
8-10 flakes garlic
1/2 tbsp. sugar
1/2 tsp. red chilli crushed
1/4 tsp. omam (oregano) seeds
1/4 tsp. cinnamon clove powder
2 tbsp. cornflour
2 tbsp. butter
salt to taste

Method

Heat butter. Add chopped onions. Stirfry for 2-3 minutes. Add tomato puree, bring to a boil.

Pound together garlic, chilli powder, salt, clove-cinnamon powder. Add all ingredients except cornflour, simmer for 5 minutes.

Mix cornflour in 1/2 cup water to make smooth paste. Add to the boiling sauce, stirring continuously to avoid lumps.

Stir and cook till thick enough to spread on pizza bread. Cool, stirring occasionally, to avoid surface from drying up.

Courtesy : Saroj Kering



Basic Recipes

Dhania (Coriander Seeds) Powder

Ingredients

corriander seeds

Method

Choose crisp green seeds, which do not have teeny holes made by worms.

Remove stalks, husk, etc.

Place in strong sunlight for 30 minutes

Grind to a fine powder.

Sieve and grind again the more coarse part of the powder

Sieve again

Store in clean sterile tightlidded jar.

Courtesy : Saroj Kering



Basic Recipes

Red Chilli Powder

Ingredients

1 kg red dry chilli

1 tsp oil

for preseving: small blocks of asafoetida

or

salt

Method

For a deep colour but a not too spicy taste, choose the long shiny thick dried chillies.

Sun them till crisp.

Break off stalks, and discard.

While pounding add a tsp. oil to a kg. of chillies.

This will keep the sting of the chillies from permeating the air and everybody's nostrils. (It will also act as a preservative.)

Pack in ziplock or seamseal polythene bags. Or in sterile glass jars, with airtight lids.

Put small blocks of asafotedia or spread some salt on top of the powder to preserve from getting spoilt for longer time

For a milder colour, use slender, wrinkled skin dried chillies, they are usually extra long

Courtesy : Saroj Kering



Basic Recipes

Green Chilli Powder

Ingredients

green chillies
salt
oil
water

Method

Choose healthy firm green chillies.

Put plenty of water to boil, add a tsp. of salt to it.

When boiling starts, add destalked chillies

Boil till they come to the top.

Drain, and spread on a thick towel till excess water is drained.

Dry in strong sun or in a warm switched off oven, till chillies turn crisp.

They will look transparent, once they dry.

Pound the chillies adding 1/2 tsp oil

These chillies, can be used where spiciness is required, but you do not want the colour chillies.

Eg. White pulaos, white sauce, etc

Courtesy : Saroj Kering



Basic Recipes

Turmeric Powder

Ingredients

fresh turmeric
or
dry turmeric

Method

Buy thick firm, healthy ones.

Wash in plenty of water

Drain water in a large colander

Then dry in strong sun.

See that they are absolutely dry and brittle, before you pound.

If grinding in a machine, then pound to a semicrushed state by hand, to avoid the blades of the dry grinder from injuring.

Dry turmeric in strong sun for an hour

See that they are absolutely dry and brittle, before you pound

Pound

If grinding in a machine, then pound to a semicrushed state by hand, to avoid the blades of the dry grinder from injuring.

Courtesy : Saroj Kering



Basic Recipes

Jeera (Cumin) Powder

Ingredients

cumin seeds

Method

Choose plump, brown, aromatic cumin seeds.

Warm them a bit over a warm griddle or in a switched off oven, before grinding.

Dry grind in a mixer, till crushed fine.

Since crushed cumin tends to lose its flavour fast, grind just enough for a fortnight or so.

Courtesy : Saroj Kering



Basic Recipes

Amchoor (Dried Mango) Powder

Ingredients

raw mangoes

Method

Choose large firm raw green mangoes. The omelette or raspuri varieties are best. Those with more flesh and lesser fibre.

Peel with a vegetable peeler.

Slice into long thin slices, and put in strong sun immediately, by spreading on a clean dry cotton sheet in single layer.

The slices should be in bright strong sun for at least 4-5 hours, to avoid them from discolouring.

Spread in a dry warm area in the night and spread again as before till the pieces are crisp and brittle.

Pound and then run in dry grinder till a fine powder is got.

Sieve if required to make even powder.

Store in clean sterile airtight jars.

Courtesy : Saroj Kering



Basic Recipes

Cardamom Powder

Ingredients

cardamom (ilaichi)

Method

Remove the lump of blackish seeds from the cardamom

Grind them to a powder.

The skins are either discarded or mixed into tea leaves, to give a faint fragrance in the tea.

Though this is a wonderful way to use the skins, if one has a large quantity, then it is liable to go waste

Courtesy : Saroj Kering



Basic Recipes

Garlic Salt

Ingredients

100 gms. garlic, peeled and chopped
250gms. salt.
1/2 tsp. rice flour

Method

Dry garlic in sun till brittle.
Grind to a fine powder.
Add salt, run grinder for a few seconds.
Keep for 2 days for flavour to merge fully in salt.
Mix in 1/2 tsp. rice flour
Put in sprinkler and use as required.

Note: the rice flour will keep the salt from turning lumpy.
Store in clean, dry airtight jar.
Keeps for over 6 months, easily.

Courtesy : Saroj Kering



Basic Recipes

White Pepper Powder

Ingredients

fresh green pepper

Method

To prepare this from fresh pepper, the green peppers are peeled.

Then the inner cores are dried and powdered.

When commercially ground, the peeling is done in automatic machines.

White pepper powder is used, where the taste is supposed to be more sharp.

At the same time, the colour of the dish is not affected.

Courtesy : Saroj Kering



Basic Recipes

Tamarind Paste

Ingredients

500 gms tamarind
20 gms. salt
1 tbsp. oil
2 cups hot water

Method

Clean and soak tamarind in 1 cup hot water.
Take care to remove any seeds that may be in tamarind.
Boil in same water after 20 minutes.
Cool and blend in mixie till smooth.
Add remaining water, mix well.
Pass through a sieve, removing any fibres, etc.
Heat oil in deep heavy pan.
Add tamarind paste, bring to a boil.
Add salt, cook till a thick coating consistency is got.
Cool completely, stirring in between, fill into clean sterile jar.

Courtesy : Saroj Kering



Basic Recipes

Chilli Paste (Green Or Red)

Ingredients

250 gms. fresh green hot chillies
1 tbsp. oil
1 pinch asafoetida
1 tsp. salt

Method

De-stem and clean chillies

Heat oil in a frying pan.

Add chillies, asafoetida, salt.

Stir and cover, remove from fire.

Keep covered for 3-4 minutes.

Pound without water, or grind in small electric grinder, to form a paste.

Do not add water.

Store in clean jar, refrigerate.

Courtesy : Saroj Kering



Basic Recipes

Ginger (Or Garlic) Paste

Ingredients

250 gms. ginger/garlic

1 tsp. salt

1 tbsp. oil

Method

Clean, peel and grind Ginger/Garlic, salt to a fine paste.

Use minimum or no water.

Heat oil, add Ginger/Garlic, stir for 30 seconds.

Take off fire.

Cool and bottle in airtight jar.

Use as required.

Courtesy : Saroj Kering



Basic Recipes

Chilli Garlic Paste

Ingredients

- 100 gms. garlic, peeled
- 100 gms. chillies (fresh red or green)
- 1 tsp. salt
- 1 tbsp. oil

Method

Heat oil, add garlic and chillies, cover and shut off flame.

Allow temperature to come down to warm.

Add salt and pound in a mortar and pestle till a coarse paste is got.

Or use a small wet grinder, but do not use water.

Store in clean airtight glass bottle.

Courtesy : Saroj Kering



Basic Recipes

Ginger Garlic Paste

Ingredients

100 gms. garlic, peeled
100 gms. ginger, peeled
1 tsp. salt
1 tbsp. oil

Method

Heat oil, add Garlic and Ginger, cover and shut off flame.

Allow temperature to come down to warm.

Add salt and pound in a mortar and pestle till a coarse paste is got.

Or use a small wet grinder, but do not use water.

Store in clean airtight glass bottle.

Courtesy : Saroj Kering



Basic Recipes

Ginger Chilli Paste

Ingredients

- 100 gms. ginger, peeled
- 100 gms. chillies (fresh red or green)
- 1 tsp. salt
- 1 tbsp. oil

Method

Heat oil, add Ginger and chillies, cover and shut off flame.

Allow temperature to come down to warm.

Add salt and pound in a mortar and pestle till a coarse paste is got.

Or use a small wet grinder, but do not use water.

Store in clean airtight glass bottle.

Courtesy : Saroj Kering



Basic Recipes

Hot Sweet Sour Paste

Ingredients

100 gms. tamarind strips
15 green or red chillies
1/2 cup jaggery
1 tsp. salt
1 tsp. cumin seeds
1/2 tsp. mustard seeds
1 tbsp. hot oil

Method

Heat tamarind in 1/3 cup water.

When boiling, take off fire.

Cool till it can be handled.

Put jaggery, tamarind with water and chillies in a small wet grinder.

Run till contents are crushed coarsely.

Add salt, cumin seeds, run again till smooth.

Use as little water as possible.

Heat oil, add mustard seeds, allow to splutter.

Pour over paste, mix gently till well mixed.

Store in sterile bottle in refrigerator till required.

Courtesy : Saroj Kering



Basic Recipes

Coconut Paste

Ingredients

- 1 large onion sliced
- 1 small coconut shredded coarsely
- 2 tsp. coriander (dhania) seeds
- 1 tsp. cumin seeds
- 1 large garlic clove, separated & peeled
- 15 green or red chillies
- 2 cloves
- 1" cinnamon stick
- 5 peppercorns
- 1/2 tbsp. sesame seeds
- 1/2 tbsp. khuskhus
- 5-6 cashews
- 1 tbsp. oil

Method

Roast dry masala over dry griddle. When crisp, grind till coarsely crushed. Heat oil, fry onions till light pink and tender.

Add all other ingredients, including crushed dry masalas. Stir fry for 2 minutes. Cool and grind with as little water as possible, to make a thick paste.

Refrigerate, and use as required. Cool and grind with as little water as possible, to make a thick paste.

Refrigerate, and use as required.

Courtesy : Saroj Kering



Basic Recipes

Shahi Paste

Ingredients

2 large onions, sliced

10 red chillies

8-10 garlic flakes

1" piece ginger grated

1 tbsp. oil

soak together for 30 minutes in 1/2 cup water:

1 tbsp. khuskhus

1 tbsp. cashews

1 tbsp. sesame seeds

1 tbsp. magaz (peeled watermelon seeds)

Method

For a bland shahi paste just grind soaked ingredients in their water, till fine.

For a spicy shahi paste:

Fry onions in hot oil till tender.

Add ginger, garlic, chillies, stir for 2 minutes.

Take off fire, add to bland ingredients.

Grind into smooth paste

Courtesy : Saroj Kering



Basic Recipes

Onion Masala Paste

Ingredients

- 2 large onions
- 3 green or red chillies
- 5 flakes garlic
- 1" piece ginger, chopped coarsely
- 1 tbsp. oil
- 1/2 tsp. salt

Method

- Fry onions in hot oil till tender.
- Add all other ingredients, stir for 2 minutes
- Cool and grind to a thick paste.
- Store in refrigerator or freeze in plastic freezerware.

Courtesy : Saroj Kering



Basic Recipes

Roti

Ingredients

whole wheat flour (gehu atta)

Method

Take 2 cups wheat flour, add 1/2 tsp. salt and mix well with fingers.

Add a little water at a time and mix to bind the dough loosely.

Now use both hands and knead dough till a soft, elastic, texture is obtained.

For still more smoothness, grease palms with a bit of ghee.

Now knead dough again, lightly.

Cover with a moist muslin cloth and keep for 10 minutes at least before using.

If made many hours ahead or if extra, store in refrigerator.

Take care to cover well or wrap in clingfilm to keep the texture same.

To make chappaties or phulkas, refer rotis, naans etc.

This dough will make about 15 thin phulkas.

Courtesy : Saroj Kering



Basic Recipes

Rice

Ingredients

take 1 cup basmati, long grain rice, wash with water in a rotary motion, between palms.
remove water 2-3 times till milkiness disappears.
soak with enough water over the rice, add 1/2 tsp. salt.
keep aside for 15 minutes.
same procedure for any other rice, soak 30 minutes.

Method

On stove, place plenty of water to boil. When boiling starts, add rice and its water. Once boiling resumes, simmer covered partially.

Simmer till done, (approx 10 minutes) To check, take a grain between thumb & finger.

Courtesy : Saroj Kering



Basic Recipes

Dals

Ingredients

channa dal
water

Method

Wash the dal like rice, soak for 20 minutes.

Place plenty of water, add dal and boil.

Simmer and cook covered, add more water if required.

Toor dal takes approx. 40 minutes over stove

3 whistles pressure cooker

1:3 water in microwave high 12-14 minutes.

Yellow moong dal: 25 minutes on stove

2 whistles in pressure cooker

1:2 water in microwave high 8-9 minutes.

Others: General rules similar to above.

Courtesy : Saroj Kering



Basic Recipes

Indian Masala Tea

Ingredients

pepper corns
cardamom (ilaichi)
sugar (cheeni)
water

Method

Take 1 cup water put to heat. Add 1 1/2 tsp. sugar, 1/4 tsp. chai masala (refer below)
2 pinches cardamom powder, 1 full tsp. CTC leaf tea. Allow to simmer till aroma exudes.
Add 1 cup milk, bring back to boil. Allow to simmer for 2 minutes.
Cover and take off heat. Keep aside for 2 minutes. Strain and serve piping hot.

For Chai masala:

1 cup dried ginger root, 1/2 cup elaichi pods (green cardamom),
1 tbsp. peppercorns, 6-7 2" sticks cinnamon.
Grind all the mixture together into powder.

Courtesy : Saroj Kering



Basic Recipes

Basic Gravy

Ingredients

1 tomato
1 onion
3-4 cloves garlic
1" piece ginger
4 dry red chillies (deseeded)
1/2 cup curds
6-7 cashews broken
1 tbsp. oil
1/2 tsp. red chilli powder
1/2 tsp. dhania powder
1/4 tsp. turmeric powder
3-4 pinches asafoetida
1/4 tsp. garam masala
3-4 pinches cinnamon-clove powder
salt to taste

Method

Grind all ingredients together except oil (use mixer if hand grinder not available).

Heat oil, add paste, stir fry till oil separates.

Add 1 cup water, bring to boil, simmer till thick.

Courtesy : Saroj Kering



Basic Recipes

Paneer

Ingredients

milk - 1 litre

citric acid or lemon (juice) - 1/2 tsp

water - 2 tbsp

Method

Dissolve the citric acid in water.

Bring milk to boil, stirring continuously.

Add the acid solution gradually, while stirring.

When the milk curdles fully, switch off the gas.

Cover for 3-4 minutes.

Drain into a muslin cloth.

Hold pouch under running water.

Press out excess water.

Shape and place cloth under heavy weight required (stone slab) for 2-3 hours before using as required.

Courtesy : Saroj Kering



Basic Recipes

Makkhan (Butter)

Ingredients

milk
cream (malai)

Method

Put the above cream in a mixie, add the juice of a whole lemon, whip. When a smooth lump is formed, add some chilled water. Whip sparingly.

The butter will form a solid lump and water will separate.

Drain water, take lump in a wide bowl.

Turn with moist hands, washing with chilled water 2-3 times.

Drain out all the excess water.

The butter is ready to use. Either as is, or salted with a few pinches salt.

Or use to flavour as in the recipes in the following days.

Courtesy : Saroj Kering



Basic Recipes

Sprouted Lentils

Ingredients

yellow lentil (masoor dal)
water

Method

For good home-made sprouted lentils follow the following steps:

Soak lentils in lots of water overnight.

In the morning drain water and wash by draining and adding water 2-3 times. Do not rub. Finally drain all water.

Cover and keep in warm dark place.

At night add water and drain out.

Cover and keep again as before.

By morning 3/4 long sprouts are ready!

Preferably use a porous container eg. an earthen pot. for best results.

Courtesy : Saroj Kering



Basic Recipes

Tomato Puree

Ingredients

5 ripe healthy tomatoes
1 litre boiling water

Method

Drown tomatoes in the boiling water.

Cover, keep aside for 15 minutes.

Remove from water.

Puree in mixer till smooth.

Strain to remove seeds and skins.

OR

Chop and pressurecook tomatoes till soft.

Do not add water the the container holding the tomatoes.

Cool, blend and strain.

Refrigerate and use as required.

Courtesy : Saroj Kering



Basic Recipes

Ghee

Ingredients

butter

Method

2 cups butter (either homemade or saltless commercial)

Take butter in a large deep vessel.

Stir and heat on high till it comes to a boil.

Keep stirring till it stops rising to the top.

Then simmer and stir occasionally.

Cook till a solid residue separates from the formed ghee.

The ghee should look a light yellow and give out an aroma.

Cool a little before straining through a clean muslin cloth.

Store in clean dry jar. No need to refrigerate.

Note:

If continuously stirred, the residue will not turn brown and stay creamy coloured. This can be added to flour to make paratha or chappati dough, in which case they will turn out

Courtesy : Saroj Kering



Basic Recipes

Sago Soaking

Ingredients

saboodana (sago)
water

Method

Take in a wide bowl, wash gently by passing fingers through it.

Change water 2-3 times. Drain out excess water.

Cover and keep for 15 minutes. It will become a lump.

Loosen gently with fingers and break lumps till sago is in separate particles.

Sprinkle some more water, cover and keep for 15 minutes.

Repeat above procedure till sago is soft, separated and spongy.

Take care to be gentle while handling soaked sago.

Proceed as recipe requires.

Tips:

Boil a tsp. of soaked sago in 1 cup water till sago becomes transparent.

Add 1/4 cup milk, sugar and a pinch of cardamom powder. Serve as a hot broth to persons suffering from loose motions, fever, etc.

Courtesy : Saroj Kering