


Gravy Dishes

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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.

Curd Gravy

Ingredients

1 curds fresh, thick
1 tsp. red chilli powder
1/2 tsp. dhania powder
1/4 tsp. turmeric powder
2-3 pinches asafoetida
salt to taste
1/2 tsp. each cumin & mustard seeds
1 stalk curry leaves
1 tsp. wheat flour
2 tbsp. oil
1 cup water

Method

Beat curds with a spoon till well broken. Keep aside.

Mix all dry masalas in 2 tbsp. water, dissolve. Keep aside.

Heat oil, add seeds, allow to splutter.

Add asafoetida, curry leaves and dissolved masala. Stir.

When oil separates, add curds, stir continuously till whiteness of curds vanishes.
Dissolve flour in remaining water, add and stir till boil resumes.

Add veggies at this stage.

Simmer till gravy thicken a bit.

Garnish with coriander, serve hot with rice, roti, or paratha.

Goes well with: Boiled potatoes, peas, beans.

Brown Gravy

Ingredients

1 tomato grated or finely chopped
1 large onion cut in slivers
1 capsicum cut in thin lengths
1 tsp. garlic grated
1 tsp. ginger grated
1 tbsp. coriander leaves finely chopped
2 tbsp. tamarind water
1 tsp. wheat flour
1/2 tsp. red chilli powder
1/4 tsp. turmeric powder
1/2 tsp. dhania (coriander seed) powder
1/2 tsp. cumin seeds
3 pinches asafoetida
salt to taste
3 tbsp. oil

Roast together and dry grind:

2 cardamoms
2 cloves
2 peppercorns
1/2 cinnamon stick broken
1 bayleaf
2 whole red chillies dry

Method

Dry roast wheat flour to a light pink, stirring continuously. Keep aside.

Heat oil, add onions, fry till well browned.

Drain well by pressing, putting back oil in pan.

Cool onions a bit. Grind in mixie. Keep aside.

In remaining hot oil, add cumin seeds allow to splutter.

Add asafoetida, capsicum, ginger, garlic stir fry for a minute. Add all dry and ground masalas, flour, stir well.

Add tomatoes, tamarind water, salt, stir.

Simmer till gravy is thick and oil starts to separate. Add prepared veggies and stir, keep cooking for 2 minutes.

Garnish with chopped coriander, serve with parathas, rotis, etc.

Goes well with: Chunky veggies like boiled baby potatoes with skin, boiled peas, chopped stirfried brinjal pieces. (For this, fry brinjals pieces in oil, drain, keep aside, adjust quantity of oil required, and continue by frying the onions.)

Curd Gravy

Ingredients

1 cup fresh curds	1 piece ginger
1/2 cup fresh cream	1 tsp. coriander finely chopped
1 tsp. grated cheese or paneer	1 slice dayold bread white
3/4 cup milk	1 tsp. sugar
1 tbsp. cashewnuts broken	3-4 glazed or canned cherries (optional)
1 tbsp. peanuts (husked & lightly roasted)	salt to taste
1 tsp. khuskhus seeds	1/5 tsp. cinnamon-clove powder
(soaked in 2 tbsp. milk for 1 hour)	3 tbsp. ghee or oil
3 green chillies	

Method

Grind together in a dry mixie, cashew, peanuts and bread.

Grind together in a wet mixie, onion, ginger, chillies, khuskhus with milk.

Heat fat in a heavy pan, add onion mixture, saute for 3-4 minutes.

Add curds and cook, stirring continuously till whiteness of curds disappears.

Add milk, bring to a boil, add sugar, salt, dry mixture, spice powder, cream.

Stir gently till boil resumes. Add vegetables, etc. at this stage.

Cook covered for few minutes till thickened.

Garnish with grated cheese, coriander and cherries.

Goes well with: Paneer chunks, mixed vegetables with a few pineapples bits, potato and peas, etc.

Green Gravy

Ingredients

4 cups spinach chopped, washed and drained	1 tbsp. cheese grated (optional)
1 cup bottle gourd grated	salt to taste
1 small onion finely chopped	1 tsp. lemon juice
1/2 tsp. ginger grated	1 pinch soda bicarb
2 tsp. wheat or millet flour	1/2 tsp. cinnamon-clove powder
3 green chillies	3 tbsp. oil

Method

Take spinach in a large vessel, add gourd and soda.

Toss to mix. Sprinkle 2 tbsp. water all over it.

Cover and put to boil on high, for 3 minutes.

Cool in a plate or run under tap water to cool.

Put in a mixie, add chillies, flour and a few pinches salt.

Run till semi-smooth. Heat oil in a pan, add ginger, stir.

Add cinnamon clove powder, and stir. Add onions, stir fry till light pink.

Add blended spinach mixture, all other ingredients except cheese

Stir and allow to cook till thick or 3-4 minutes.

Add prepared vegetable at this stage. Allow to cook for 2-3 minutes more.

Garnish with grated cheese before serving.

Goes well with: Veggies like peas, baby corn, french beans, potato chunks, etc.

Makes: 2 cups gravy (approx.)

Red Tomato Gravy

Ingredients

2 large juicy ripe tomatoes	1/2 tsp. garam masala powder
1 large onion	3/4 tsp. red chilli powder
1 small capsicum	1/4 tsp. turmeric powder
1 tbsp. coriander leaves (finely chopped)	1/2 tsp. sugar
1 tbsp. cashews or peanuts	salt to taste
1 tsp. each ginger & garlic (grated or crushed)	2 tbsp. oil or ghee
1/4 tsp. cinnamon-clove powder	

Method

Dry roast peanuts or cashews lightly. Dry grind coarsely.

Semi puree tomatoes and capsicum together.

This should be done in a food chopper or grated.

Chop onions very fine or run in a chopper.

Heat oil or ghee in a heavy pan. Add ginger garlic and stir for a moment.

Add onions and stir fry till light pink. Add tomato capsicum puree, stir bring to boil.

Add all other masalas, salt, sugar and crushed nuts. Stir.

Add veggies at this stage. Mix. Cover and simmer till gravy is thick and fat starts separating.

Garnish with coriander before serving.

Goes with: Vegetables like brinjals, baby corn, potato, stuffed baked capsicum, or cauliflower.

Shahi Paneer

Ingredients

250 gms. paneer (cottage cheese)	1/2 tsp. garam masala
3 tbsp. ghee or butter	salt to taste
1 onion chopped into strips	1/2 cup milk
1/2" piece ginger chopped fine	2 tbsp. tomato sauce
2 green chillies chopped fine	
4 tomatoes chopped fine	
2 cardamoms crushed	
1/4 cup beaten curd	
1/2 tsp. red chilli powder	

To garnish:

2 tbsp. grated paneer
1 tbsp. chopped coriander

Method

Chop the paneer into 2" fingers.

Heat half the ghee. Add onion, ginger, green chilli and cardamom. Fry for 3-4 minutes.

Add tomatoes and cook for 7-8 minutes, covered.

Add curd and cook for 5 minutes. Add 1/2 cup water and cool.

Blend in a mixie till smooth.

Heat remaining ghee, add gravy and other ingredients except milk and paneer.

Boil to get a very thick gravy.

Just before serving, heat gravy, add milk and paneer fingers and boil for 3-4 minutes.

Garnish with chopped coriander and grated paneer.

Methi Matar Malai

Ingredients

1 cup boiled green peas
1/2 cup cream or malai
1 bunch methi leaves chopped
3 tbsp. ghee or butter
salt to taste
1/2 tsp. cumin seeds
1 pinch asafoetida

Powder together:

1 cardamom
2-3 cloves
1/2" stick cinnamon

Grind to a paste:

1 onion
1 tbsp. khuskhus (poppy seeds)
1-1/2 tbsp. cashew nuts
1 tbsp. curds
1 tsp. sugar
2-3 green chillies
1/2" ginger

Method

Immerse methi in salted hot water for 5 minutes.

Drain and wash well in colander under running water.

Press out well to remove as much water as possible.

Keep aside. Beat malai till smooth. Keep aside.

Heat ghee, add cumin seeds and asafoetida.

Add paste and stir fry for 2-3 minutes.

Add powdered spices.

Stir, and add peas, methi leaves and malai.

Add all other ingredients.

Boil for 2-3 minutes or till gravy thickens.

If gravy feels too watery sprinkle a dash of flour and stir.

If too thick, add a few tbsp. of milk.

Serve piping hot with parathas, rotis, etc.

Aloo Palak

Ingredients

3 cups chopped spinach
2 large onions chopped fine
2 large potatoes boiled and peeled
1 tomato grated
2 green chillies
1" piece ginger
1 tsp. lemon juice
1/2 tsp. wheat or other flour
1 tsp. red chilli powder
1 tsp. cinnamon-clove powder
1/4 tsp. turmeric powder
1/2 tsp cumin seeds
2 pinches asafoetida
1/2 tsp. garam masala
1/2 tbsp. butter
4 tbsp. ghee
salt to taste

Method

Put the washed spinach in a pan, add very little water (just a sprinkle) and a pinch of salt.

Cover and boil over a high flame for 2 minutes. Cool quickly, or hold under running water in a colander.

Put in a mixie, add green chilli and run for a minute. Keep slightly coarse, do not make very smooth. Keep aside.

Cut the potatoes into big pieces. Heat ghee and fry potatoes till light brown.

Drain the potatoes, keep aside.

In the same hot ghee add the cumin seeds. Add the ginger, onions and fry till very tender.

Add the tomato and further fry for two minutes. Add all the dry masalas and fry till ghee separates.

Add spinach and potatoes. When it resumes a boil sprinkle the flour and stir well. Boil for 2-3 minutes. Add lemon juice

Just before serving heat butter in a tiny saucepan and add the asafoetida.

Pour over the vegetable and mix gently. Serve hot with naan or parathas or even rice.

Gobi Manchurian

Ingredients

1 medium. cauliflower (clean and broken into big florettes)	3 tbsp. corn flour
1 small bunch spring onion finely chopped	1/4 tsp. red chilli powder
2 tsp. ginger finely chopped	2 red chillies, dry
1 tsp. garlic finely chopped	3 tbsp. oil
1/4 cup plain flour	1 1/2 cups water
	1 tbsp. milk

Method

Boil the florettes for 3-4 minutes in plenty of water, to which a tbsp. of milk has been added.

Drain and pat dry on a clean cloth.

Make thin batter out of flour and 2 tbsp. corn flour, adding 1/4 tsp. each of ginger and garlic and red chilli powder and salt to taste.

Dip the florettes in the batter one by one and deep fry in hot oil. Keep aside.

In the remaining oil, add remaining ginger, garlic and crushed red chilli and fry for a minute.

Add the salt and spring onions. Stir fry for a minute. Add 1 1/2 cups water and bring to a boil.

Add 1 tbsp. corn flour to 1/4 cup water and dissolve well.

Gradually add to the gravy and stir continuously till it resumes boiling.

Boil till the gravy becomes transparent. Add florettes and soya sauce.

Boil for two more minutes and remove. Serve hot with noodles or rice.

Navratan Korma

Ingredients

2 cups peas boiled
1 large carrot chopped and boiled
1/2 cup tomato sauce
1/4 cup curd
1/4 cup malai(cream)
3 tbsp. butter
1 small sweet lime
1 small apple
1 banana
2 slices pineapple
10-15 cashew nuts
20 raisins
2 glazed cherries for decoration
1 tbsp. coriander chopped
1 tbsp. ghee
salt to taste

Dry Masala:

1 tsp. cumin seeds
2 tsp. khuskhus (poppy seeds)
1 tsp. cardamoms

Wet Masala:

1 large onion
1/4 cup coconut shredded
3 green chillies

Method

Grind coconut, green chilli, fresh paneer to a fine paste, keep aside.

Clean and chop all fruit finely, keep aside.

Heat pan, add butter, add paste and dry masala, tomato puree stir fry for 2-3 minutes.

Add carrots, peas, curds, flour, stir on high.

Add all fruit, cream cashews, raisins, salt, sugar, stir and take off fire.

Garnish with cherries and cheese before serving.

Serve hot with naans, or stuffed kulchas.

Potato in Curd Gravy

Ingredients

3 medium. potatoes boiled and peeled
1 cup curd or yogurt beaten
1 tsp. red chilli powder
1 tsp. salt
1/2 tsp. dhania powder
1/4 tsp. turmeric powder
1/4 tsp. garam masala
2 pinches asafoetida
1 stalk curry leaves
1 tbsp. coriander leaves chopped
1 1/4 cup water
1/2 tsp. each ginger, garlic grated
2 green chillies slit
1 tsp. each cumin, mustard seeds
1/4 tsp. wheat flour
1 tbsp. oil

Method

Cut potatoes into big pieces. Mash 3-4 pieces fine with hand. Keep both aside.

Mix all the dry masala in 1/4 cup water. Heat oil. Add the seeds (cumin and mustard). When they splutter, add ginger-garlic, chilli and curry leaves.

Add the masala mixture and fry for 2 minutes. Add beaten curd and fry for 5 minutes or till the curd loses its whiteness. Stir continuously after adding curd.

Add the remaining water and all the potato and flour. Stir well. Boil and simmer for 10 minutes or till gravy thickens Garnish with chopped coriander. Serve hot with thin wheat chappaties and rice.

Sindhi Saibhaji

Ingredients

1 each - carrot, capsicum, onion, small cabbage,
potato, brinjal, tomato, ladyfinger (okra)
100 gms. french beans
1/2 bunch each spinach, coriander, khatta (3 leaves) greens.
1/2 bunch any other leafy greens.
1 cup green gram dal
1/2 cup horse gram dal (channa dal)
4-5 green chillies
2-3 clovettes garlic
1 tsp. red chilli powder
1 tsp. dhania (coriander seed) powder
1 tsp. salt
1/2 tsp. turmeric
3 tbsp. oil
1/2 tbsp. ghee
2 pinches asafoetida

Method

Clean and wash dals. Clean, wash and chop spinach and vegetables except tomato.

Heat oil in a pressure cooker, add all the vegetables, spinach and dals.

Mix well, add enough water to cover the contents. Add all masalas and mix.

Place whole tomato on top, cover and pressure cook for 3 whistles.

Cool the cooker, open and hand blend the contents. Heat 1/2 tbsp. ghee add a pinch of asafoetida add to the mashed vegetable.

Serve hot with parathas or steamed rice.

Drumsticks in Red Gravy

Ingredients

5 drumsticks, scraped (cut in 2"-3" pieces)	1 tsp. coriander seed (dhania) powder
3 ripe firm tomatoes, grated	1/4 tsp. turmeric powder
1 onion grated	1/4 tsp. garam masala powder
2 flakes garlic grated	2 pinches asafoetida powder
1" piece ginger, grated	1/2 tsp. sugar
1 stalk curry leaves	salt to taste
1 tsp. coriander leaves finely chopped	1/2 tsp. each cumin & mustard seeds
1 tbsp. coconut, finely scraped	1 tbsp. oil
1 tsp. red chilli powder	

Method

Heat oil, add cumin & mustard seeds, asafoetida allow to splutter.

Add ginger, onion, garlic, stir fry till oil separates.

Add drumsticks, stir, cover and simmer till half done, stirring occasionally.

Add tomato, curry leaves, coconut, stir. Cover and cook till drumsticks are almost done.

Add all dry masalas, sugar, salt, 1/4 cup water.

Cover and cook till drumsticks are tender to touch.

Pour into serving bowl, garnish with coriander leaves.

Serve hot with thin phulkas, puris or steamed rice.

Bean-Paneer in White Gravy

Ingredients

10 French beans, strung	2 green chillies deseeded, chopped
10-12 long firm ladies fingers	4-5 flakes garlic, peeled
1 tbsp. coriander leaves finely chopped	3-4 peppercorns
1 tsp. gram flour or plain flour	1" stick cinnamon
15 cashews whole	2 cloves
1/2 cup fresh cream	1/2 tsp. mustard seeds
1/2 cup fresh curds	2 tbsp. ghee
1/2 cup coconut grated	1 tbsp. butter
2 tbsp. cashews broken	salt to taste

Method

Slice okra into two lengthwise. Cut into finger sized lengths. Sprinkle some salt, gram flour, mix and keep aside for 10 minutes.

Cut french beans into finger sized oblique pieces. Grind broken cashews, coconut, chillies, garlic to a fine paste.

Heat ghee in a heavy pan, fry whole cashews till golden, drain, keep aside. Add french beans, fry till tender, drain, add to cashews.

Add okra, fry to a crisp green, drain, add to cashes. Add ground paste to remaining ghee, stir fry and cook for 2-3 minutes.

Add curds, stir continuously and cook till whiteness of curds disappears. Add salt, fresh cream, chopped coriander, stir well.

Add fried veggies and cashews, mix gently. Transfer to serving dish.

Heat butter in a small pan, add whole spices and mustards seeds.

Allow to splutter, pour over vegetables. Serve fresh and hot.

Karela Gravy

Ingredients

Medium size Karelas - 6	2 green chillies deseeded, chopped
Medium size Onions - 5	4-5 flakes garlic, peeled
Garlic - 1 clove	3-4 peppercorns
Dhania Powder - 2 tea spoons	1" stick cinnamon
Jeera Powder - 1 tea spoon	2 cloves
Salt - as per needed	1/2 tsp. mustard seeds
Turmeric Powder - 1/4 tea spoon	2 tbsp. ghee
Chilli Powder - 1 1/2 tea spoon	1 tbsp. butter
Tamarind - small ball size	salt to taste
Curd - 2 table spoons	
Oil - 1/2 cup	

Method

First cut the karelas in 2 halves and carefully remove the seeds from the center of the karelas with the help of a small tea spoon.

Now dip the karelas in little amount of water along with the curd, salt and turmeric powder, and boil for 10-15 min. Remove from heat and squeeze the karelas lightly to remove the bitterness.

Now deep fry the karelas until light brown and keep them aside.

Cut the onions finely. Grind onions, garlic, jeera powder, dhania powder, chilli powder, turmeric powder and salt (don't grind too much the onions).

Now take a large pan, pour oil and add the above masala. After 10 min. put the fried karelas and add little amount of water and cover it with a lid and keep on low heat.

Mushroom Gravy

Ingredients

Mushroom - 4 (medium size)
Onion - 1 (small cut into thin strips)
1 tsp each of mustard seeds & urad dal
Oil to fry
Salt to taste
Fresh coriander & curry leaves - 1/2 tsp each

Grind to paste :

Coconut grated - 1/2 cup
Jeera (cumin seeds) - 2 tsp fried
Coriander seeds - 2 tsp fried
Cashew nuts - 4 (whole)
Blend the above ingredients to a fine paste with enough amount of water.

Method

Heat oil in a pan, add urad dal & mustard seeds. When they splutter, add the onions fry for 1 min.

Then add the mushrooms which is being cleaned & cut into thin strips it would be easy to cook. Let it stand for few min stir in between.

Once when the mushroom is half cooked now u add the grinded paste. If u feel the gravy is too thick add 1/2 cup of water other wise just ignore adding water. Add salt to taste.

Simmer the flame let it stand till well done or when it leaves the oil & the smell of the masala is gone.

Before serving garnish with coriander leaves. Taste good with steam rice.

Vegetable Gravy

Ingredients

Potatoes 4
Cauliflower 6 or 7 flowers
Frozen Peas and Carrots 100 gms

For gravy:

Coconut 1/2 grated
Tomatoes small (2)
Fresh Ginger small piece
Garlic 3 flakes
Cinnamon stick small one
Cloves 4
Fennel seeds 1 tsp
Coriander seeds 1 tsp
Cumin seeds 1 tsp
Red Chilli Powder as Per taste
Garam Masala 1 tsp
Fresh Coriander small amount

Method

Boil water in a pan and add all the vegetables and cook the vegetables with little turmeric and salt.

Add all the ingredients for gravy and grind it in a mixer grinder.

Heat oil in a pan, cut 1 big onion into thin strips and add to the pan. Fry the onions till golden brown.

Add the grinded gravy and let it cook for 10 minutes in medium heat.

Finally add the boiled vegetables and add fresh coriander leaves.

This Gravy goes well with Rice and Chappathi.

French Beans and Tomato Gravy

Ingredients

French beans (frozen or fresh) 1 packet
Tomato 3 medium
Onions 1 medium
Ginger 1 tsp
Garlic 1 tsp
Red chilly powder 1 tsp
Coriander powder 1 1/2 tsp
Turmeric powder 1/2 tsp
Cummin seeds 1 tsp

Method

French beans can be the frozen one which comes finely chopped in long pieces. Or else you can chop the beans into thin long pieces. Chop the tomatoes, ginger & garlic into small pieces.

Take 2 tsp of oil in a pan & add on the cumin seeds into it. Once it is roasted, add the chopped onions, ginger & garlic to it. Saute till golden in color & add the tomatoes.

Cook till it is soft & can be smashed, add on the masalas & fry for 2 minutes till the gravy leave the sides of the pan.

Now add the french beans, salt, mix up & add 1/2 a cup of water, lower the flame, cover the pan & leave it for sometime till it is cooked.

This can be prepared without onions also and can be served with Rice, Chappati or Puris.

Cabbage in Coconut Gravy

Ingredients

1/2 kg cabbage
100 gms shelled peas
1 cup toor dal
1/2 tsp turmeric powder
1 sprig curry leaves
1 tsp whole mustard seeds
2 tbsp black gram dal
2 tsp oil
4 red chillies
1 tsp cumin seeds
1 grated coconut

Method

Cut cabbage into small pieces and pressure cook along with the shelled peas and toor dal, turmeric powder and curry leaves till done.

Add black gram dal and red chillies in hot oil.

Fry till it turns pink in colour and grind to a paste along with grated coconut, cumin seeds and little water.

Add this to the cooked vegetables. Heat oil and add mustard seeds, black gram dal and red chillies.

When brown pour the vegetables. Add salt and water and bring it to boil.

Vegetable Kurma

Ingredients

100 gms Cauliflower (cut into medium sized florettes)
2 medium sized Potatoes (cut into 1/2 inch cubes)
1 medium sized Onion (chopped finely)
2 Carrots (cut into 1/2 inch cubes)
100 gms French Beans (chopped finely)
100 gms of Shelled Peas

For Gravy:

2 tbsp of Dhania
3 tbsp of grated Coconut
3 Green Chillies
1/2 tsp Khas-Khas
2 Cloves
1 inch piece of Cinnamon
1 Cardamom
1 Cashew-nut
1/2 cup Milk

Method

Fry the onions till light pink.

Pressure cook all the vegetables (except Cauliflower) and the fry onions with a little salt. Boil the Cauliflower separately, so that it does not get mashed.

Soak the khas-khas, cloves, cinnamon, cardamom and the cashew in a little water.

Grind the spices with dhania, coconut, green chillies and milk.

Add the above ground mixture to the boiled vegetables.

You can add more milk if the consistency is thick. If you want to make it rich, you could add fresh cream instead of milk.

Beetroot Gravy

Ingredients

1/2 cup moong dal.	1 teaspoon of rice.
3 med. sized beetroots.	2 teaspoons of sugar.
1 big onion.	little curry leaves.
2 med. sized tomatoes	corainder leaves for garnishing.
2 - 3 green chillies.	1 teaspoon of lime juice.
4 - 5 flakes of garlic.	2 teaspoons of ghee.
1/2 teaspoon of pepper.	salt to taste.
1/2 teaspoon of cumin seeds.	

Method

Cut the onions, tomato and beetroot into small pieces.

Heat ghee in a tava, allow the curry leaves to splutter and add the onions first, when golden brown tomato and then beetroot.

Grind chillies, pepper, rice and cumin seeds in the mixie and add it to the vegetables.

Add sugar. Add salt and allow the ingredients to cook to 10 - 15 minutes, till beetroot is cooked.

Add cooked moong dal to the cooked vegetables for 5 minutes in low flame.

Remove it from the tava and add lime.

Onion Tomato Gravy

Ingredients

Onions 3 (large)
Tomatoes 2 (large)
Chillies 3
Cloves 2
Cinnamon 2
Cardamom 2
Ginger-Garlic paste 2 tsp
Salt to taste
Chilli Powder
Oil 6 tsp
Coriander

Method

Heat oil in a thick bottom vessel. Put the cloves, cardamom and cinnamon.

As the spices splutter, put the finely cut onions and chillies (cut lengthwise) into the vessel.

After 2 minutes put the finely cut tomatoes into the vessel. Now add the ginger-garlic paste and salt to the contents.

Close the vessel with a lid and let the contents cook on a low heat.

Just 2 minutes before you remove the vessel from the flame add chilli powder according to your taste and garnish with finely chopped coriander.

Tastes good with Parathas, Rotis and Rice.

Phanu (Pahadi Daal Gravy)

Ingredients

Dal Moong or Arhar - 1 cup	4 to 5 Green Chillies
Onion - 1 medium, chopped	Yogurt - 3 tbsp
Ginger-1/2 tsp grated	A pinch of Asafoetida (hing)
Oil (for frying and sauteing)	A pinch of Turmeric
1/2 tbsp Rai (Mustard seeds)	Salt - to taste
1/4 tsp Jeera	Water

Method

Wash daal and soak it in water for 2 hrs.

Blend the soaked daal with yogurt and chillies in a blender to form a thick paste.

Heat some oil in a thick pan. Take 1/4 portion of the paste. Make small cutlets out of this paste and deep-fry them

Keep the cutlets aside Put 1 tbsp oil in a frying pan.Heat it. Add jeera, rai (mustard seeds), hing and let them splatter a little bit. Add chopped onion and turmeric.

Add the remaining 3/4 paste. Pour 3 cups of water and cook it till it boils. (Amount of water can be increased/decreased if you want thinner/thicker consistency).

Add cutlets, cover with lid and let it cook at low fire

Serve with hot Rice

PHANU is ready. This dish can be made without yogurt. You can garnish it with green coriander leaves

Kadi

Ingredients

Buttermilk (5 Cups)

Besan Dal (1 1/2 Cup)

Salt - to taste

4 Red Chillies

Mustard Seeds - 1 tbsp

Jeera Seeds - 1 tbsp

Cooking Oil - 2 tbsp

Red Chilli Powder - to taste

Fresh Coriander Leaves

Method

Heat The cooking Oil and put mustard. Allow to splutter .

Add jeera seed , chillies , salt and chilli powder & turmeric.

Cook till the chillies look brownish/black.

Add the buttermilk to this (shake the can/pack well before opening it).

Reduce the heat.

Add the besan gradually by constant stirring.

Allow it to simmer for 15 minutes with constant stirring.

Add Coriander leaves to it.

Serve it with Rice and Papad.

Capsicum Curry

Ingredients

2 capsicum
1-1/2 cup besan (gram flour)
1/2 tsp mustard
1/2 tsp cumin seeds
4 green chillies
5-6 cloves of garlic
1 1/2 cup buttermilk
1/4 tsp turmeric
salt
oil 5 tbsp
coriander

Method

Heat oil in nonstick vessel, add mustard when oil is hot then cumin. Add crushed garlic and turmeric, fry for 1/2 min, now add chillies and fry for 1/2 min.

After this add cut capsicum and fry till soft.

Now add buttermilk and let it boil when boiling sprinkle besan (add besan till it is thick mixture) with one hand and mix with other hand (with spatula), now add salt, coriander and mix then cover and steam for 4-5 min.

If sticking add little more oil and steam if again sticking add some more oil, when done let it cool for a while and crumble with hand (it is very imp to crumble).

Serve with rice or chappati.

Potatoes and Peas Curry

Ingredients

2 big potatoes
2 tomatoes
Half kg green peas
1tsp mustard seeds
Half tsp cumin seeds
asafoetida a pinch
1 tsp chilli powder
half tsp turmeric powder
a pinch of garam masala
1 cup coconut milk (powder or tinned)
small piece of jaggery or half tsp sugar
salt to taste

Method

Heat 1tsp oil in a kadai, put the mustard seeds in it, after they crackle add cumin seeds and asafoetida then put in the chopped potatoes, tomatoes and green peas.

Add 2 cups of water and the turmeric powder, chilli powder, jaggery (or sugar) and the salt.

Let it cook till the potatoes are done. Then add the coconut milk (if powder is being used, first mix it in cold water and then add to the hot mixture) bring it to a boil and put it off.

Garnish with finely chopped coriander leaves.

Good to eat with rice and with rotis.

Baby Corn Masala Curry

Ingredients

Baby Corn 1 Kg peeled.

Tomatoes 4 numbers medium size.

Onion 3 numbers medium size.

Roasted Groundnut powder (fine ground) one tea cup.

Salt one teaspoon

Turmeric powder 1/4 teaspoon

Chopped Coriander Leaves 1/4 tea cup

Chilli Powder 1 teaspoon

Seasoning - Onion seeds, Mustard seeds, Fenugreek seeds,

Ani seeds ('saunf') and Jeera 1/4 teaspoon each.

Oil Normal cooking oil 2 table spoon.

Method

Cut Baby corn into one inch pieces. Add one teaspoon of salt and 1/4 teaspoon of turmeric powder and pressure cook in 4 tea cups of water for 10 minutes (until it becomes soft).

Puree 4 tomatoes. Grind onion into a paste.

Keep the 'kadai' on the fire. Put 2 table spoons of oil. When hot, add the seasoning and after the seasoning splutters, add the ground onion and saute till the raw smell goes.

Add the tomato puree and cook for a few minutes. Add the chilli powder and powdered groundnuts and again cook for a few minutes.

Add the cooked baby corn and boil for five minutes. Add salt to taste. Sprinkle cut coriander before serving hot.

Goes well with Chappathis, Parathas and Poories.

Chinese Tofu Curry

Ingredients

firm tofu or use very soft paneer (but tofu preferable)
3 dry red chillies smashed
1 cut green pepper
1 onion cut into long slices.
1 cup cut spring onions
1.5 tsp corn flour
oil
1.5 tsp soya sauce
vinegar
1 cut green chilli

Method

Cut tofu into small cubes and keep aside.

Heat oil and fry onion and green chilli

Add cut green pepper and stir fry for 2 minutes on high flame.

Then add soya sauce, vinegar, dry smashed chillies and salt.

Add 1 cup water (or more as desired) and let boil.

Now add tofu to it and boil. Mix corn flour in little water to make a paste and add to boiling mixture. This makes gravy thick.

Thus your tofu curry is ready. Serve it with Noodles or Rice.

Mango Curry

Ingredients

1/2 kg Green Mangoes (sliced)
6 Red Chillies
1 dessertspoon Coriander
1/2 tsp. Cumin
1/2 tsp. Turmeric
6 flakes Garlic
1/2" piece Ginger
2 Onions (sliced)
1 tbsp. Jaggery
Salt to taste

Method

Grind the chillies, coriander, cumin, turmeric, garlic and ginger.

Fry the onions till brown then add the ground masala and fry well

Add the mangoes and jaggery and cover with water.

Add salt to taste. Cook till a little thick.

Palak Gravy for Rice

Ingredients

1 bunch palak
3 or 4 small onions
3 or 4 flakes garlic
1 tsp jeera
1 or 2 green chillies
1 cup boiled tuvar dhal

Method

Fry onions, jeera, garlic, green chillies in ghee or oil.

When it softens add chopped palak.

Cook till palak becomes soft.

Cool this & grind in mixie.

Add tuvar dhal to the ground palak & cook for 2 or 3 min.

Serve with Rice.

Maampazha Kootu

Ingredients

- 1 mango - not too ripe, with a hint of sweetness
- 2 tsps of fenugreek seeds (vendhayam)
- 6-7 dry red chillies (veththamolagai)
- 1 tsp mustard seeds (kadugu)
- 1 stem curry leaves (karugapilai)
- 1 tsp red gram dal (kadalai paruppu)
- 1 cup - grated coconut
- 1-2 tsp salt
- 3 cups fresh curds
- 1 tsp turmeric powder

Method

In one tsp oil, fry the fenugreek seeds, curry leaves and red chillies.

Turn off the flame and add the coconut to the above.(don't fry the coconut)

Set the above for cooling(about 5 minutes) and then grind them to a fine paste.

In a kadai, sputter mustard in 1 tsp.oil, add some curry leaves,and red gram dal.

Cut the mango into finger size pieces, and add to the oil.

Fry nicely for 5-10 mins and close with lid.

Add the ground paste to the mango and mix well.

Add 1-2 tsp. salt and the turmeric powder.

Add curds to the above, and wait for it to simmer once.

Don't let it simmer too much. 5 minutes should be good.

Drumstick Kootu

Ingredients

drumsticks - 7/8
tur dal - 3 tbsp (cooked and mashed well)
red chillies - 5
pepper-2 tsp
urad dal - 2 tsp
gram dal - 1 tsp
coconut - 3-4 tbsp
sambar powder - 2 tsp
asafoetida
salt to taste
oil- 2-3 tsp
mustard
curry leaves
rice flour - 1 tsp

Method

Boil about 3 cups of water and add sambar powder and salt to it.

Cut drumsticks into 2 inch pieces and add to the boiling water. Allow it to cook well.

Heat some oil in a pan and fry red chillies, pepper, urad dal, gram dal, asafoetida and coconut to golden colour and grind them together.

Add this ground paste to the cooked drumsticks.

Add cooked tur dal. If the kootu is slightly watery, mix some rice flour with water and add to it to get required consistency.

Splutter some mustard and urad dal in oil and add it to the kootu.

Garnish with curry leaves.

Cucumber Kootu

Ingredients

cucumber 1
moong dhal 4 tbsp
channa dhal 2 tsp
scrapped fresh coconut 4 tsp
black gram dhal 2 tsp
jeera 1 tsp
green chillies 2

Method

Cut cucumber (after peeling skin) and Chillies into small pieces.

Add Moong dhal, Channa dhal and 3/4 cup water to Cucumber and chillies.

Cook mixture in pressure cooker.

Fry blackgram dhal in little oil till it turns light brown in colour & grind with coconut.

Mix preparation in Step 3 with that in Step 2

Add Jeera & Hing after mixing.

Season with mustard, black gram dhal & curry leaves. Cook for 2 mins

Cucumber kootu is ready for serving.

Tip: Cucumber kootu can be served with Ghee rice.

Spinach Kootu

Ingredients

urad dal
split green gram (moong dal)
spinach (palak)

Method

Soak 1/2 cup of Masoor Dal and Moong Dal each for 2 hours.

Boil it with salt and haldi.

Wash Spinach and cut into small pieces and boil it separately. Put in dal.

Fry in 1 tbsp Oil, 2 tsp Urad Dal, 4 Red Chillies, 10 Pepper.

And grind with Coconut. Add this to the dal.

Season with Mustard Seeds, Urad Dal, and Curry Leaves.

It is yummy and can be eaten with rice and pappad.

Hope you enjoy it.

South Indian Kadi

Ingredients

sour curd (leave the curd overnight outside) - 2 cups

onion - 1 medium, finely chopped

ginger - small piece, finely chopped.

green chilli - 2 finely chopped

coriander - 1/4 th bunch curry leaves

oil - 2 tbsp

1/4 spoon of each - mustard seeds, urad dal, chana dal, jeera,

hing - little

1 red chilli

turmeric - pinch

Method

Add salt, turmeric to curd. Mix.

Heat oil in a pan. Add mustard, jeera, urad dal, chana dal, hing red chilli.

When mustard pops, add green chilli, ginger chopped pieces and fry little.

Now add onions and fry them for a while.

See that onion raw smell is gone and just started to cook.

Add curry leaves and coriander.

Add curd mixture to above and mix well.

Leave on low heat for another minute and transfer the contents to a serving bowl.

Ready to serve with Hot Rice or Vangi Bath etc.

Aloo Baigain (Potato and Brinjal)

Ingredients

potato - 1 large
brinjal - 4 - 5 (small)
red chili powder - 1 tbsp or green chilies - 3-4
cumin and coriander powder 1 teaspoon
turmeric powder - 1 teaspoon
salt as per taste
garlic paste
cumin and mustard seeds (optional) - 1 teaspoon

Method

Cut potato and brinjal into small pieces.
Take frying pan and pour 1 tbsp oil.
After the oil is hot, add cumin and mustard seed to it.
Add potato and brinjal.
Let it get fried for some time (10-15 sec).
Add garlic paste and other dry powders as mentioned above.
Add water 1 - cup and stir it.
Add salt.
Cover the pan and put the gas on low heat. Heat till it get cooked.
Serve with rice or chappathi.

Bhindi Masala

Ingredients

250 gms bhindi (ladies finger/okra)

2-3 medium sized potatoes (optional)

3-4 green chillies

8-10 flakes garlic

1/2 inch ginger

1/2 bunch coriander leaves (cilantro)

1 tsp coriander powder

1/2 tsp haldi

1 tbsp oil

salt as per taste

2-3 medium sized tomatoes or 1/2 tsp amchoor powder (mango powder)

Method

Boil the potatoes and cut into small pieces.

Grind the red chillies with some water and the tamarind to make a paste.

Heat oil in a kadai (Typical saag is made with coconut oil and those of you who like it can use it) and fry the chopped onions till light brown.

Add the potato pieces, salt, red chilli - tamarind paste or if you are in a hurry - red chilli powder and tamarind paste.

Add a little water if too thick and bring to a boil and then let it simmer for 10-15 mins till a thick gravy is formed.

Serve with Rice or hot Phulkas.

Dal Makhani

Ingredients

200 gms black dal

20 gms chana dal

20 gms rajma

Method

Mix all the dal and sock over night.

After 8 to 10 hours boil it adding salt according to your test.

Take a pan put a tab spoon of ghee after the ghee become warm add a tbsp add fresh cream.

Now add 1 teaspoon jeera, fry till the jeera turns brown.

Add to it 1 teaspoon of finely chopped garlic and 1 teaspoon ginger.

Fry for some time, add to it a packed of 200 gram, tomato pure, fry it properly.

Add to your test put dhania powder, red chilli powder, haldi powder, kasuri methi 1 teaspoon, mix it thoroughly.

Now add 1 more tbsp of fresh cream and let it cook for some time.

If u want add a pinch of orange red color.

We put the boiled dal, in this gravy and let it cook for 10 to 15 min and sim gas.

Now your delicious dalmakhani is ready to serve.

Paneer Capsicum

Ingredients

1/4 kg paneer
1/4 kg capsicum
2 big onions
3 big tomatoes (pureed)
1 tbsp ginger - garlic paste
1 tsp jeera
2 tsp red chilli powder
1 tsp haldi powder
2 tsp coriander powder
1 tsp garam masala
1 cup milk
1/2 cup cream

Method

Grate the onions. Cube the paneer. Slice the capsicums.

In a kadai heat oil, and add jeera. When it splutters, add the grated onions and fry till pink. Add the ginger- garlic paste and fry for some more time.

Add the sliced capsicum and fry for 2 minutes. Add all the powder masala and fry. Add the pureed tomatoes and salt. Let it cook.

Lastly add the paneer pieces and let it cook in the masala.

Finally add the milk and the cream. Cook for 5 minutes.

Garnish with coriander leaves and serve it hot with hot parathas.

This is a favorite dish at all parties. The milk and cream makes the gravy rich, thick and creamy.

Potato Korma

Ingredients

1/4 kg white potato
2 tbsp channa dhal
1 big onion
2 ripe tomatoes
4 medium pieces of coconut.
4 pieces of garlic
ginger small piece
5 green chillies (can reduce or increase as per taste)
mustard seeds and cumin seed for seasoning
2 tsp oil.
coriander leaves (cilantro) for garnishing

Method

Grind coconut, Garlic, Ginger and Chillies into a very fine paste. Soak Channa dhal in water for five minutes.

Cook the potatoes and peel them and keep aside. Cut them into one medium sized cubes. Splutter Mustard seeds and Cumin seeds in oil.

Add finely chopped onion and fry till golden brown. Add finely chopped tomatoes for a minute.

Add turmeric powder. Add the soaked dhal without water. Add the coconut, Ginger, garlic, chillies paste and the potatoes.

Add 2 cups of water or as much water so that the gravy is of medium consistency. Add salt to taste.

Allow this to cook for 15 minutes. Garnish with fresh green Coriander leaves just before serving.

Capsicum with Peanuts

Ingredients

big capsicum - 4
roasted peanuts - 5 tsp
coconut - 4 tsp (grated)
tamarind paste - 2 tsp
jeera - 1 tsp
oil - 3 tsp
garam masala - 2 tsp
red chilli powder - 1 tsp
turmeric - a pinch
salt to taste

Method

Soak the roasted peanuts for 10 min. Cut the capsicum in to pieces.

Put the oil in a pan, add jeera and allow it to split.

Then add capsicum pieces cook until the pieces are soft.

Grind the peanuts with grated coconut & tamarind paste with little amount of water.

Add this paste to the capsicum in the pan. Allow it to cook for 2 min.

Add salt, chilli powder, garam masala & turmeric. Cook until the oil floats on the gravy.

Sprinkle some coriander. Serve hot with Chapati or Fried rice. Hope you will enjoy this recipe.

Jain Chole

Ingredients

kabuli channa - 1 cup
coriander seeds 1/4 spoon
tomatoes - 2
green chilli - 5 to 6 nos
jeera - 1/2 spoon.
coriander leaves - half bunch.
jaggery - little bit
curd - 2 spoons (optional)
ginger - small piece.
aloo - 1 large, if its small then 2 nos.

Method

Pressure cook the channa for about 8 to 9 whistles and set aside.

Now for the gravy, grind above all the ingredients except chole and aloo and jaggery.

Make it into fine paste and set aside.

Take wok, put some oil slightly fry the potato. When done add the ground gravy.

Now add the chole and salt and mix well.

Keep it on sim for about 10 min. Let the chole get mixed and immersed in the gravy.

Finally before switching of stove add jaggery.

Pour the whole thing serving dish garnish with fresh coriander leaves and if you like to make tomato in form lotus and keep in the centre.

Finally add spoon of butter. Serve with Rotis, Nan's or Rice.

Channa Palak

Ingredients

white channa - 1 cup (soaked)
spinach leaves - 1 cup (washed and chopped)
onion - 1 minced
ginger-green chilli paste - 2 tsp
channa masala powder - 1 tsp
garam masala powder - 1 tsp
salt/oil as needed

Method

Soak white channa for 5 hrs and boil till soft.

Chop cleaned spinach leaves and par-boil for 5 mins.

Heat pan and add 2 tbsp oil. When heated add the chopped onions. Fry.

Now add the ginger-chilli paste and fry further, add 1/2 cup curd and continue frying till the masala cooks well.

Now add the garam masala and the spinach. Mix well.

Add the boiled channa and simmer the gravy. Add salt to taste.

Once the gravy is done sprinkle coriander leaves.

In a separate pan heat 1 tbsp ghee or butter.

When hot add 1 tsp channa masala and pour over the gravy.

Serve hot with Rotis or Bread.

Indian Cauliflower Manchurian

Ingredients

one cauliflower break into small florets
plain flour two table spoons
chilly powder two tea spoons
onion two, finely chopped
tomato puree one table spoon
coriander leaves two table spoons
salt as per taste

Method

Take a bowl put in the cauliflower florets, salt and little bit of chilly powder.

Add little water make a batter and deep fry it.

Now take a pan pour oil and fry the onions first then add the tomato puree, chilly powder, salt and water.

Let it cook on high fire for some time.

Once the gravy becomes thick put in the fried cauliflower mix well.

Garnish with coriander leaves and serve hot.

Make sure that you serve it as soon as you mix it or else it becomes soggy.

Paneer Butter Masala

Ingredients

paneer - 20 cubes
tomatoes - 1/2 kg (puree)
onions - 7 medium size
garam masala - 1 tsp
chilli powder - 2 tsp
ginger-garlic paste - 3 to 4 tsp
coriander leaves - 1/2 bunch
dhania powder - 2 tsp
cream - 1/2 cup
red colour powder - 1 tsp
ghee - 3 to 4 tsp
oil and salt

Method

Fry paneer in ghee until it becomes golden brown and dip the paneer cubes in hot water immediately so that they will be soft.

Fry onions in oil till golden brown and add the chilli powder, garam masala and ginger garlic paste.

Put the dhania powder in the gravy two times in the ratio 1:1

Now add the tomato puree to the gravy and allow it to boil.

Now add the paneer cubes to the masala, sprinkle the food colour and allow it to boil for 5 more mins.

Add the coriander leaves after switching the gas and decorate it with fresh cream.

Akbari Paneer

Ingredients

Paneer - 250 grams
Onion - 2 (medium) no. cut in long thin pieces
Ginger - 1" piece cut in long thin pieces
Garlic - 8 kali cut in long thin pieces
Small cardamom - 3 no.
Cinnamon - 1" piece
Ghee or oil - 4 tbs
Tomato - 3 (medium size)
Salt to taste
Red chilli powder - 1 tea spoon
Milk - 1 to 2 glass

Method

Hot the ghee in a pan.

Put onion, ginger, garlic, cinnamon and cardamom.

Fry it till the onion becomes light brown.

After that keep out all the things from ghee and make a smooth paste with tomato in mixer.

Then again fry for 4 to 5 minutes the paste in ghee and add salt and chilli powder.

Add paneer pieces and fry for two to three minutes.

Add milk and cook till the gravy become thick.

Garnish with chopped coriander .

Serve hot with paratha or rice.

Malai Kurma

Ingredients

For Gravy:

badam, kaju, pista. (1/2 cup grated)
3 tablespoons white cream (malai)
1/2 cup grated shing (peanuts)
tomato paste -2-3 tomatoes.
green chillies, ginger paste, garlic paste
garam masala, red chilli powder.

Vegetables: (boiled)

french beans (1 cup cut in cubes)
carrots, green peas, corn cubes, onions
coriander leaves for dressing

Method

Grind the ingredients given in gravy in the mixer first, heat the ghee or butter in the vessel and fry the onions till it is brown.

Add the green chillies ginger and garlic paste.

Then put the gravy and fry and stir it for 5 min.

Then add the boiled vegetables to it (the vegetables should be be like 1/2 boiled) boil it separately in a vessel outside not in pressure cooker.

Mix the all ingredients well for 15-20 min.

Serve with coriander leaves.

Tomato Gojju

Ingredients

tomatoes - 5 (preferably ripe)
rasam powder - 2 tsp
jaggery - 2 -3 tsp
tamarind - lemon sized
salt as per taste
rice flour for thickening
oil - 2 tsp
mustard seeds - 1 tsp
asafoetida - a pinch

Method

Cut the tomatoes into small pieces.

Heat oil, add mustard seeds and let it splutter.

Then add asafoetida and tomatoes.

Fry for a minute. Add 2 cups water, salt, jaggery, rasam powder and let it boil.

Add thin tamarind extract and allow the gravy to boil for 5-10 minutes.

Mix rice flour in little water and add to get a thicker gravy.

Hot gojju is ready!

Mixed Vegetable Saag

Ingredients

onions - 2
chow - chow - 1/2
carrots - 2
beans - 100 gms
potatoes - 2
peas little
cauliflower - 1/2
salt to taste
oil - 3 tbsp

Grind together:

coconut - 1/2 scraped
green chillies - 10
coriander leaves - 1 big bunch
ginger - 1 pinch
roasted gram - 1 tbsp

Method

Cut onions finely.

Dice all the vegetables, and add enough water and cook in pressure cooker.

Heat oil in a pan, season with mustard seeds, black gram dhal, bengal gram dhal and curry leaves.

Add onions and fry till translucent.

Add the ground mixture fry for a minute, mix all the vegetables with enough water and salt.

Cook for 10 - 15 minutes or till the gravy thickens.

Serve hot with puris or idlis.