

# Leftover Recipes

# Peas And Peaspod Pulao

## Ingredients

2 cups long grain rice,	1 tsp. kasoori methi
1/4 cup soya beans, soaked in water overnight	1 lemon juice extracted
1 cup fresh green peas, boiled, drained	1 bay leaf
1/2 cup orange pumpkin peeled, sliced	2 cloves
1/2 cup peapod pieces (refer note)	2 whole small cardamoms
1 sprig spring onions finely chopped	1/2" stick cinnamon
1/2 cup coconut scraped	1/2 tsp. cumin seeds
3 green chillies	2-3 pinches asafoetida
1" piece ginger	salt to taste
1/4 tsp. dried mint powde	2 tbsp. ghee or oil

## Method

Pressure cook soyabeans for 3-4 whistles, till cooked, but not mushy. Boil rice in plenty of salted water, till each grain is separate. Drain excess liquid, spread on a plate, too cool. Crush chillies, ginger, garlic, in a small mixie.

Add coriander, a pinch of salt, run for just 2-3 seconds more. The coriander look finely chopped, not crushed. Heat oil in a heavy saucepan. Add all whole spices, seeds, asa-fetida, crushed mixture. Stir, add coconut, pumpkin, peapods, half cup water. Cover and cook till pumpkin is tender.

Add peas, soyabeans, mix and cook for a minute. Evaporate excess moisture, take off fire. Add spring onions, methi, mint, lemon juice, salt. Mix and add to boiled rice. Mix well, till all rice is evenly coated.

To heat either place covered in microwave or hot oven. Or place inside a pressure cooker with hot water. Serve hot with kadhi, kachumber or curds.

## Note:

Use either the very tender pods, by snipping off both ends (the snowpea variety: its skin is very soft).

Or use the deseeded pods, by stripping off the thin inner skin, the sides, side threads, and tips. Chop into halve if the pods are too large. Wash and drain before using.

# Peas Parathas

## Ingredients

### For filling:

1 cup green peas, boiled  
3 green chillies  
1 tbsp. coriander leaves finely chopped  
1" piece ginger, peeled, chopped  
1 sprig mint leaves finely chopped  
1/2 tsp. dried mango powder (amchoor)  
1 tsp. cornflour  
salt to taste

### For Dough:

2 1/2 cups wheat flour  
1 stalk curry leaves  
3 green chillies  
1 sprig mint leaves  
salt to taste

## Method

### To Proceed:

Divide dough into 10 portions, make round balls. Divide filling into same number of portions, keep aside.

Roll one portion of dough into a 4" thick chappati. Place one portion of filling in the centre. Bring edges together over filling, and press down gently to seal.

Dust with a little flour, roll gently to form a 6" wide round. Heat a skillet, roast till brown specks form, drizzle with a little oil.

Roast evenly till golden and crisp on both sides. Serve hot with chutney or tomato sauce.

# Noodle Cheese Balls

## Ingredients

2 cups of leftover noodle dish  
2 tbsp. cornflour  
2 tbsp. rice flour  
1 tbsp. wheat flour  
2 cup bread crumbs  
chilli garlic sauce as per taste

crushed chilli as per taste  
salt as per taste  
1 tbsp. semolina  
1 cup cheese grated  
oil to deep fry

## Method

Mix all flours, bread crumbs in a large plate. Break noodles a little, add to plate. Mix, check taste, add sauces, chilli as required.

Mix shape into pingpong sized balls. Mix semolina and cheese in a plate. Roll balls in cheese, press gently with palms, to secure cheese on balls.

Refrigerate for 30 minutes, or till required. Heat oil, add in a few balls at a time. Deep fry in hot oil, till golden brown all over.

# Aamiri Khaman From Idlis

## Ingredients

cold steamed idlis  
1/4 tsp. turmeric powder  
1/4 tsp. sugar powdered  
1/2 tsp. each cumin & mustard seeds  
2 pinches asafoetida  
1 stalk curry leaves  
1/2" piece ginger grated  
1 green chilli finely chopped  
salt to taste  
1 tbsp. oil

## Other ingredients:

1 onion finely chopped  
1 tomato finely chopped  
1 tbsp. coriander leaves finely chopped  
1 tbsp. green all purpose chutney  
2-3 tbsp. sweet tamarind chutney  
1/2 cup fine sev (optional)

## Method

Warm idlis slightly over boiling water in a colander. Pass idli through large holed sieve, till it looks like bread crumbs.

Add salt, sugar, keep aside. Heat oil in small pan, add seeds, allow to splutter. Add curry leaves, asafoetida, chilli, ginger.

Pour over idli crumbs, add to sieved idli. Toss gently with hands, till well mixed.

# Roast From Pasta And Potato

## Ingredients

3 large, boiled day old potatoes  
1 capsicum thinly sliced  
1 cup noodles, ribbon or spaghetti pasta dish, leftover  
1 tsp. butter  
1/2 cup cheese grated  
1 tbsp. cornflour  
3 green chillies chopped finely  
salt to taste  
pepper to taste  
flat bottomed nonstick pan

## Method

Grate potatoes coarsely, divide into 2 parts. Add half chillies, salt and pepper to taste, mix gently. Warm pan, rub half butter on pan. Place one portion of potato in centre. Press down into 5" wide round, at least 1/2 cm. thick.

Carefully spread out leftover pasta dish over potato layer. Sprinkle half cheese over pasta. Place remaining potato and press down gently over pasta. Sprinkle remaining chillies, salt, pepper. Top with chopped capsicum, press down lightly.

Allow to roast on low flame till bottom is golden and crisp. Flip carefully, and roast other side, taking care not to break. Carefully dot other side with butter, or drizzle around roast. Flip onto serving dish, garnish with remaining cheese.

Cut into sections, serve hot and crisp with sauce ketchup or chutney.

## Note:

The dish may be prepared and refrigerated, prior to roasting for at least a day. Roast just a half hour before required

# Jelly Pudding

## Ingredients

1 cup leftover jelly

1 cup fresh thick cream

1/2 cup sugar powdered

1 cup milk

1/2 tsp. vanilla essence

1/2 cup slice fruit of choice (kiwi, lemon, mango, papaya, chickoo)

## Method

Chop jelly into small cubes, keep aside half, in refrigerator. Whip cream with sugar, till thick enough to form peaks.

Blend remaining half jelly crystals, in mixie. Add milk, blend for a few seconds till frothy and smooth.

Chill for an hour or till thick but not set. Stir in whipped cream, fruit, pour and chill till well set.

Serve topped with a scoop of icecream or slice fruit.

# Snack From Ghaat

## Ingredients

2 cups leftover ghaat	2-3 pinches asafetida powder
1 onion finely chopped	1/4 tsp coriander seed (dhania) powder
1 tomato finely chopped	1/2 lemon, juice extracted
2 green chillies halved	1/4 tsp each, mustard and cumin seeds
1 stalk curry leaves	1/2 tsp skinned black (urad) dal
1 tbsp coriander leaves finely chopped	salt to taste
1/2 tsp red chilli powder	2 tbsp. oil
1/4 tsp turmeric powder	

## Method

Loosen ghaat if it hardened to a lump. Gently break and loosen with fingers.

Sprinkle salt, chilli powder, turmeric, dhania powder. Gently mix into ghaat.

Heat oil in a saucepan, add dal, seeds, allow to splutter.

Add chillies, curry leaves, asafetida, onions, stir fry till onions are transparent.

Add tomatoes, saute for 2 minutes.

Add ghaat, mix gently, cover and simmer on low for 2 minutes.

Add lemon juice, half coriander, mix well.

Pour into serving dish, garnish with remaining coriander.

Serve hot as a breakfast dish, or as an accompaniment.

# Roti Saag

## Ingredients

3 rotis  
1/4 tsp each cumin and mustard seeds  
1 tsp ghee  
1/2 tsp red chilli powder  
1/5 tsp turmeric powder  
1/4 tsp lemon juice  
3-4 curry leaves 1 tbsp coriander leaves (finely chopped)  
1 cup water  
salt - to taste

## Method

Break Chappatis into 1" squares roughly.

Mix all the masalas in the water and stir.

Heat ghee in a sauce pan, add seeds to splutter.

Add curry leaves .Add the masala water, and bring to a boil.

When it starts boiling well add the chappati pieces, coriander and lemon juice.

Cook on low to soften the chappati and allow most of the water to soak.

Do not make too dry. It should be mushy to eat. Serve hot.

# Khakhra-papad Ki Choori

## Ingredients

3-4 leftover papads,  
roasted 3-4 leftover rotis 1/4 tsp  
red chilli powder 1/4 tsp  
cumin seed powder 1 tsp  
ghee melted

## Method

Put one roti on warm griddle.

Use a thick, kitchen towel to press.

On low flame, press and roast, lightly moving it on griddle in a circular motion.

When one side is light golden and specky, flip and repeat for other side.

Repeat with all rotis. Khakhras are ready

## Method for Choori:

Roast papads, or make them crisp by warming if already roasted.

Warm and crispen khakhras.

Crush both together to a coarse mixture

Add chilli powder, cumin powder, mix.

Add ghee, mix well till blended evenly.

Serve as a snack or an accompaniment with dal and rice.

Very good snack while traveling long distance.

## Variation:

One may use any proportion of papads to khakhras, or even any one of the two by itself.

The result is equally tasty.

# Sesame Pakoras From Biryani

## Ingredients

1 cup sesame seeds (white or brown)  
2 tbsp. semolina  
2 tbsp. cornflour  
3 cheese cubes  
salt to taste  
1/2 cup boiling water  
oil to deep fry

## Method

Remove any whole bay leaves, cloves, etc. from biryani.  
Run it in a small mixie, with short spurts, till rice is crushed a little.  
In a heavy frying pan, dry roast semolina, stirring continuously.  
When aroma exudes, add boiling water, stir till the mixture is cooked.  
Add more water if required to make a soft mixture.  
Add crushed biryani, salt and spices if required after checking taste.  
Add cornflour, cool mixture, form into pingpong ball sized rounds.  
Press in palm, place a small piece of cheese cube in center.  
Bring up sides, shape again into a ball, with cheese tucked inside.  
Keep oil to heat in a frying pan.  
Roll each ball in a plate of sesame seeds.  
Press seeds in place by enclosing with palms.  
Let into hot oil, to deep fry till golden and crisp.  
Cut into halves with a sharp knife.  
Serve hot with ketchup, chutney , etc

# Paratha Stuffing From Sabz

## Ingredients

### For Dough:

2 cups wheat flour

1/2 tsp. salt

water

### For filling:

1 cup any leftover vegetable

(except bittergourd and veggies with thick or running gravies)

1 onion finely chopped

1 capsicum finely chopped

2 green chillies finely chopped(optional)

1" piece ginger, finely chopped

2 flakes garlic crushed (optional)

1 tbsp. wheat flour or bread crumbs

salt to taste

1 tbsp. oil

oil to shallow fry

## Method

Mash leftover vegetable such that there are no large chunks, keep aside. Heat oil in a saucepan. Add onions,capsicum, stirfry for a minute. Add ginger, garlic, chilli, stirfry further for a minute. Add salt, mashed vegetable, any further required masalas as per taste.

Sprinkle flour or crumbs, mix and allow all extra moisture to soak. Take off fire, cool completely.

### To Proceed:

Take a pingpong sized ball of dough. Flatten and roll to a 4" wide circle. Place a tbsp. of filling in center, bring edges to center.

Press ends together like a pouch, press down firmly with palm. Dust with flour, roll to 6" wide circle. Heat skillet, roast on both sides till golden brown.

Use oil to shallow fry paratha till crisp. Serve hot with ketchup or chutney. Serve hot with ketchup, chutney , etc

# Potato Sabzi Cutlet

## Ingredients

2 cups leftover dry potato vegetable  
green chillies to make filling spicier, if desired  
salt to taste  
oil to shallow fry  
fine semolina or breadcrumb

## Method

Mash potato well, if chunks are very large. Adjust seasoning by adding more salt, chillies, etc.

Make round pingpong sized balls, keep aside. Flatten and shape balls into heart or oblong shapes.

Heat a flat bottomed pan or griddle, drizzle some oil onto it. Roll each cutlet into a plate of crumbs or semolina to cover all over.

Place on heated griddle, shallow fry till golden and crisp, flip side and repeat till golden. Drain, serve hot with chutney or sauce.

# Rice-veggie Casserole

## Ingredients

3 cups leftover cooked rice, pulao etc.  
2 cups any leftover gravy vegetable  
2 potatoes, boiled sparingly, sliced  
1/2 cup spring onion greens, chopped with bulbs  
1/2 cup shredded cabbage  
1 small capsicum slivered thinly  
1/4 cup shredded salad leaves  
1 small tomato sliced thinly  
1 tsp. white vinegar  
salt and pepper to taste  
1/2 cup grated cheese  
deep casserole dish  
1 tbsp.oil

## Method

Heat oil in a pan, add chopped capsicum. Add cabbage, onion, vinegar, salt, pepper, stir fry for 2 minutes.

Take off fire, pour over cold potato slices, toss gently with fingers. Take casserole dish, line with a layer of one third of rice.

Press gently, cover with a layer of vegetable with gravy. Cover with half of remaining rice.

Spread remaining gravy vegetable. Cover with remaining rice. Toss cheese into potato mixture. Spread potato mixture over rice to cover fully.

Bake in preheated oven at 300oC for 12-15 minutes. Just before serving, take out.

Garnish with tomato slices, salad leaves.

Serve piping hot, as a wholesome meal by itself.

## Note:

Vegetable may be anything from rajma, to paneer to mix veggies, etc.

Similarly, the rice may be either steamed, jeera, pulao, or even a mild biryani.

# Rice Croquettes

## Ingredients

2 cups leftover cooked rice or pulao  
1 tbsp tomato sauce  
1 tsp. chilli sauce or 1/2 tsp. crushed red chillies  
1/2 tsp. soya sauce  
1/2 tsp tabasco sauce  
2 tbsp grated cheese  
2 tbsp. cornflour  
salt to taste  
1/2 cup fine bread crumbs  
oil to deep fry

## Method

Mash leftover steamed or other cooked rice well.  
Warm it either in the cooker or microwave for ease before mashing.  
Add all other ingredients, except breadcrumbs, oil.  
Heat oil in a frying pan, while shaping croquettes from mixture.  
Roll each croquette in breadcrumbs, let into hot oil.  
Deep fry few at a time, till golden and crisp.  
Serve hot with ketchup, chutney, etc.

# Batata Vada

## Ingredients

2 cups leftover dry potato vegetable  
green chillies to make filling spicier, if desired  
salt to taste  
oil to deep fry  
mix to a batter for vadas  
1 cup gram flour  
1 tbsp rice flour  
3-4 pinches turmeric powder  
salt to taste  
1 tbsp hot oil

## Method

Mash potato well, if chunks are very large.  
Adjust seasoning by adding more salt, chillies, etc.  
Make round pingpong sized balls, keep aside.  
Mix all ingredients of batter well, adding enough water.  
Batter should be thick enough to coat back of spoon.  
Heat oil for deep frying, in a frying pan.  
Dip one ball into batter at a time, and let into hot oil.  
Repeat few at a time, deepfry till light golden, and crisp.  
Drain, serve hot with chutney or sauce.

# Papad Ki Choori

## Ingredients

7-8 leftover papads, roasted  
1/4 tsp red chilli powder  
1/4 tsp cumin seed powder  
1 tsp ghee melted

## Method

Roast papads, or make them crisp by warming if already roasted.

Crush to a coarse mixture, crushed cornflakes.

Add chilli powder, cumin powder, mix.

Add ghee, mix well till blended evenly.

Serve as a snack or an accompaniment with dal and rice.

Very good snack while traveling long distance.

# Saboodana Kichidi Papadums

## Ingredients

2 cups leftover saboodana kichidi

1/2 cup water

salt to taste

2 pinches soda bicarbonate

## Method

Put water to boil in a deep vessel.

Add kichidi, salt, soda, stir and cook.

Cook till mixture is thick and gooey.

Take off fire. Spread a thick sheet of plastic or a cloth sheet.

Place the sheets in an open space under direct sunlight.

Take ladlefull of mixture, spread into small thick circles.

Repeat to use up all mixture. Dry in sun till brittle, flipping side when half dried.

Store in airtight container. Deepfry in hot oil, as and when required.

Serve as a tasty, crunchy snack.

# Instant Snack "Bhel" From Bread

## Ingredients

1 packet jelly crystals of desired flavour  
1/2 litre vanilla icecream  
1 1/2 cups cake chopped into small cubes  
1 bar cadbury chocolate (plain)  
1 tbsp curd/yogurt  
4-5 drop lemon juice  
few glace cherries to decorate  
1 tsp sugar

## Method

Boil 1 cup water, add jelly crystals and stir. Take off flame. Add 1 tsp sugar and stir.

Add hot jelly to softened icecream. Beat in a bowl over tray of icecubes. Stir till thick like thick shake.

Add curds and lemon juice and stir again. Pour into a transparent bowl.

Fold in the cake cubes carefully. Set in fridge, when almost set grate chocolate and sprinkle on top.

Decorate with cherries.

# pudding From Leftover Sponge

## Ingredients

1 packet jelly crystals of desired flavour  
1/2 litre vanilla icecream  
1 1/2 cups cake chopped into small cubes  
1 bar cadbury chocolate (plain)  
1 tbsp curd/yogurt  
4-5 drop lemon juice  
few glace cherries to decorate  
1 tsp suga

## Method

Boil 1 cup water, add jelly crystals and stir. Take off flame. Add 1 tsp sugar and stir.

Add hot jelly to softened icecream. Beat in a bowl over tray of icecubes.

Stir till thick -- like thick shake. Add curds and lemon juice and stir again.

Pour into a transparent bowl. Fold in the cake cubes carefully.

Set in fridge, when almost set grate chocolate and sprinkle on top. Decorate with cherries

# Kofta Curry From Leftover Rice

## Ingredients

1 1/2 cups leftover rice  
1/2 cup grated bottle gourd  
salt to taste  
1 tbsp chopped coriander  
1 tsp wheat flour  
1/2 tsp chilli powder  
oil to deep fry

## Gravy:

1 whole red chilli  
8-10 cashewnuts  
1 tomato  
1 onion  
2-3 pods garlic  
1" piece ginger  
1/4 tsp cinnamon/clove powder  
1 tsp red chilli powder  
1/4 tsp turmeric powder  
1/2 tsp garam masala  
1 cup water  
2 tbsp oil (used for frying)

## Method

Mix all ingredients (of the gravy) for gravy and grind in a grinder.

Keep aside. Squeeze water from the grated gourd. Add all other ingredients for Koftas, except oil.

Make table tennis-ball sized rounds. Fry till golden.

Used 2 tbsp of remaining oil in another kadai and heat. Add gravy and fry for 4-5 minutes till the oil separates.

Add Koftas and bring to boil. Serve hot with chapattis or puris.

# Cutlets From Leftover Vegetables

## Ingredients

2 potatoes, boiled, peeled and mashed.  
1 cup leftover boiled or cooked vegetables.  
salt, chillies green as required.  
2-3 slices bread  
1/2 tsp ginger-garlic paste  
2-3 tbsp. leftover noodles (optional)  
oil to shallow fry.  
1/2 tsp cornflour.

## Method

Add all ingredients to the potatoes except oil and bread.  
Run the bread in a dry mixie to get fine bread crumbs. Keep aside.  
Mash the potato mixture well. If required add more salt or green chillies.  
If too soggy add 1-2 tsp cornflour. Mix bread crumbs with cornflour.  
Shape the mixture into patties of desired shape. Roll in the crumbs.  
Heat skillet, add some oil to shallow fry, place a few patties .  
When browned flip over to fry other side.

# Spicy Rasam from Leftover Tomato Soup

## Ingredients

2 cups tomato soup warm  
6-7 peppercorns, 1tsp cumin seeds  
1 sprig curry leaves  
1 sprig mint leaves  
1 whole red chilli  
1 marble sized piece jaggery  
1 sprig coriander leaves  
salt to taste  
1 bay leaf, 1" piece tamarind  
4-5 cup water  
2 tsp ghee, pinch asafoetida, pinch cinnamon powder

## Method

Roast the pepper and cumin seeds together. Grind under stone or in grinder. Add to soup.

Add the curry, mint, coriander leaves, bayleaf, chilli, salt, tamarind, jaggery and rub to crush the ingredients.

Or run a hand mixie for a few seconds.

Add water, bring to boil. In a small crucible heat ghee, asafoetida and cinnamon powder.

Add a few cumin seeds. When they splutter add to rasam. Boil for 2 minutes.

# Croquettes From Leftover Rice

## Ingredients

2 cup leftover rice  
2 tbsp chopped spinach  
6-7 green chillies finely chopped  
1" piece ginger crushed or grated  
1/2 tbsp wheat flour or maida  
1 tbsp semolina fine  
1 tsp butter  
2-3 pods garlic crushed  
oil to deep fry  
salt to taste

## Method

Mix all ingredients, except oil to deep fry, and semolina.

If too soggy add some flour, if too dry add a few tsps water. Shape in croquettes.

Roll in the semolina to coat. Heat oil in kadai.

Let in the croquettes few at a time to fry on medium flame till golden brown.

Serve hot with tamarind sauce, green chutney or ketchup.

# Stuffed Veggies From Leftover Rice

## Ingredients

1 thick spicy sev	1/2 tsp. chilli powder
2 ripe tomatoes finely chopped	3 pinches turmeric powder
1 onion finely chopped	1/2 tsp. sugar (optional)
1/2 tsp. ginger grated	1/2 tsp. cumin seeds
1 stalk curry leaves	salt to taste
1 tsp. mint leaves finely chopped	1 tbsp. oil
1 tbsp. coriander leaves finely chopped	
2 green chillies slit lengthwise	

## Method

Heat oil in a heavy pan. Add cumin seeds, allow to splutter.

Add green chillies, curry leaves, ginger, stir. Add onions, stirfry till soft.

Add tomatoes, masalas, cook till tomatoes are mushy.

## 5 minutes before serving:

Heat prepared gravy well, Add 1/2 cup water, bring to a boil.

Add sev, 1/2 coriander, mint, stir and cook for a minute.

Pour into serving dish, garnish with remaining coriander.

Serve hot with parathas, phulkas, or even slices of fresh bread.

## Note:

Masalas may be adjusted depending on spiciness of sev.

# Sev Ka Saag

## Ingredients

1 thick spicy sev	2 green chillies slit lengthwise
2 ripe tomatoes finely chopped	1/2 tsp. chilli powder
1 onion finely chopped	3 pinches turmeric powder
1/2 tsp. ginger grated	1/2 tsp. sugar (optional)
1 stalk curry leaves	1/2 tsp. cumin seeds
1 tsp. mint leaves finely chopped	salt to taste
1 tbsp. coriander leaves finely chopped	1 tbsp. oil
2 green chillies slit lengthwise	

## Method

Heat oil in a heavy pan. Add cumin seeds, allow to splutter.

Add green chillies, curry leaves, ginger, stir.

Add onions, stirfry till soft. Add tomatoes, masalas, cook till tomatoes are mushy.

Heat prepared gravy well,

Add 1/2 cup water, bring to a boil.

Add sev, 1/2 coriander, mint, stir and cook for a minute.

Pour into serving dish, garnish with remaining coriander.

Serve hot with parathas, phulkas, or even slices of fresh bread.

## Note:

Masalas may be adjusted depending on spiciness of sev.

# Saboodana Papadums

## Ingredients

2 cups leftover saboodana khichdi (refer recipe)  
1 cup water  
salt to taste  
oil for greasing  
oil for deep frying

## Method

Put water to heat in a deep, heavy vessel. Add 1/2 tsp. salt, bring to a boil. Add leftover khichdi, cover and cook for three minutes.

Remove lid, stir, add more boiling water if required. Stir and cook till a thick mixture is formed. The contents should fall in a blob when dropped on a surface.

Remove from heat, cover and keep for five minutes. Lightly grease a large, thick plastic sheet. Spread on a clean cotton sheet, in direct bright sunlight. Place weight on corners to keep sheets in place.

Make sure greased side faces upwards. Put a ladleful of mixture on a corner of plastic, spread like a thick pancake.

Repeat till rounds are made of all mixture. Allow to dry in direct sunlight for 4-5 hours. Flip sides carefully, dry other side.

Repeat drying next day if required. Papadums should be brittle and fully dry.

Store in airtight dry containers.

## To use:

Heat oil for deep frying, till smoky. Hold a papadum with tongs. Dip into hot oil till fully fluffed, remove and drain.

Do not over fry, or it will taste bitter. Serve as a tasty snack with tea, lemonade, or just crunch when desired.

# Vegetable Mughlai

## Ingredients

1 cup mixed boiled vegetables (carrots, beans, peas, cauliflower, etc.)	2 tsp. khova or 2 kaju katlis
1 onion sliced thinly	1 tsp. chilli powder
1 tsp. garlic crushed	1 tsp. coriander seed (dhania) powder
1 tsp. ginger grated	1 tsp. salt
1 tomato chopped	1/4 tsp. turmeric powder
1 green chilli	1/4 tsp. garam masala powder
1 tbsp. coriander leaves finely chopped	1 tbsp. cheese or paneer grated
2 tsp. cream or malai	1 cup leftover potato vegetable
	1 tbsp. oil

## Method

Grind together tomato, ginger, garlic, potato vegetable. Heat oil, add onions, stirfry till soft. Add ground paste, masalas, stir and cook till oil separates.

Add 1 cup water, bring to a boil. Add all other ingredients, except paneer and coriander leaves.

Stir and cook till for 2-3 minutes more. Pour into serving dish, garnish with coriander leaves and paneer.

Serve hot with roti, parathas, or rice.

# Surprise Chapati Snack

## Ingredients

3-4 day old chapattis	1/2 tsp. red chilli powder
1 onion finely chopped	3 pinches turmeric powder
1/2 tomato finely chopped	2 pinches asafoetida
2 green chillies chopped	salt to taste
1/2 tsp. ginger grated	1/4 tsp. each cumin & mustard seeds
1 tsp. coriander leaves finely chopped	1 tsp. lemon juice
1 stalk curry leaves	1 tbsp. oil
1 tsp. coconut grated (optional)	

## Method

Roughly break up chapati. Run in mixie to form crumbs. Spread in a plate, keep aside for half hour, to dry a bit.

Sprinkle dry masalas, salt, over crumbs, mix lightly. Keep aside. Heat oil in a pan, add seeds, allow to splutter.

Add chillies, curry leaves, asafoetida, ginger, stir. Add onions, stirfry till they turn transparent.

Add tomatoes, lemon juice, coconut to onions, stir. Add crumbs, mix well.

Take off fire when well heated. Garnish with chopped coriander, serve hot.

# Khichdi Kakhras

## Ingredients

1 cup leftover moong dal khichdi (refer recipe)  
2 cups wheat flour  
2 tsp. chilli powder  
1 tsp. salt  
1/4 tsp. turmeric powder  
1/4 tsp. garam masala powder  
1/2 tsp. amchoor powder  
3-4 pinches asafoetida  
1 tbsp. butter  
3 tbsp. ghee

## Method

Mix together flour, salt, butter, masalas. Add cold khichdi, knead into a smooth soft dough.

Add some more flour if required. Make 20 portions, roll into very thin rounds. Use dry flour for dusting while rolling.

Dry roast lightly on a griddle on both sides. Put 1/4 tsp. ghee on roti, put seconds on on top. Rub together to coat both.

Pile all, cover with cloth, cool for an hour at least. Reheat tawa (griddle), rub and roast to make khakhras. (refer khakhra recipe)

Pile, with a piece of clean cloth placed at bottom, to cool completely. Store like regular khakhras, serve with tea, milk, or as a snack.

Excellent for travelling packs.

# Sabzi From Leftover/Hard Rossogolla

## Ingredients

5 rossogolla  
1 onion slivered  
1 onion chopped  
1 tomato  
1 capsicum  
1 cup cabbage chopped  
1 tbsp. coriander leaves finely chopped  
1 tbsp. grated cheese or paneer (optional)  
1 tsp. ginger  
3 flakes garlic  
1 tsp. red chilli powder  
1 tsp. coriander seed powder  
1/4 tsp. turmeric powder  
1/4 tsp. garam masala powder  
salt to taste  
1-1/2 tbsp. oil

## Method

Squeeze out excess syrup in rossogolla. Pressure cook rossogolla for 1 whistle if they are hard, keep aside.

Heat oil, add slivered onion, stirfry till soft. Heat 1/2 tbsp. oil, add slivered onions, cook till soft. Transfer to a small mixie, after cooling a little.

Add tomatoes, ginger, garlic, grind to a smooth paste. Heat remaining oil, add chopped onion, capsicum, stir for two minutes.

Add dry masalas, ground paste, stirfry for 2 minutes. Once oil starts to separate, add rossogolla, 1/4 cup water.

Mix gently, bring back to a boil, simmer till gravy thickens. Garnish with chopped coriander, grated paneer.

Serve hot , with chappatis, rice, or tandoori roti, etc.

# **Creamy Surprise From Leftover Fruit Pudding**

## **Ingredients**

2 cup leftover trifle or fruit pudding  
1 tbsp. curds  
2 tbsp. cream  
1/2 tsp. vanilla essence  
1/2 cup biscuits crushed coarsely

## **Method**

Beat together all ingredients, except biscuits.

Beat till soft and light and smooth.

Save 1 tbsp. biscuit crush, add remaining.

Fold in gently. Pour into a setting dish, or individual containers.

Sprinkle remaining biscuit crush on top.

Set till firm. Top with sliced fruit or whipped cream.

Serve as a brand new dessert.

# Poha Pakodas

## Ingredients

1 cup leftover poha  
1 onion finely chopped  
1 tbsp. spinach leaves finely chopped  
1/2 cup corn kernels crushed  
1 potato boiled, mashed  
3 green chillies finely chopped  
salt to taste  
oil to deep fry

## Method

Squeeze out excess water from onion and spinach.

Add to poha, along with all other ingredients.

Bind into soft mixture. Drop small lumps of mixture in very hot oil.

Deep fry in hot oil, on low till golden and crisp.

Serve hot with tomato ketchup.

# Croquettes From Upma

## Ingredients

1 cup leftover upma  
1 cup mixed vegetables chopped fine (in chopper)  
(capsicum, carrot, peas, onions, cabbage, etc.)  
1 cup boiled mashed potato  
5 green chillies  
5 flakes garlic  
1" piece ginger chopped  
2 sprigs mint leaves  
salt to taste  
2 tbsp. dry semolina  
1 tsp. cornflour  
oil to deep fry

## Method

Crush ginger, garlic, chillies, mint together in small mixie.  
Mix together all ingredients, except cornflour and semolina.  
Shape into 3" long cylindrical croquettes or cutlets.  
Refrigerate for one hour, if soft.  
Run semolina and cornflour in a dry mixie till fine and blended.  
Just before frying, wet each croquette by wetting your palms.  
Roll in powdered mixture.  
Deep fry in hot oil, till crisp and golden all over.  
Serve hot with tomato ketchup, sweet chutney or jam.

# Pakodas From Discards

## Ingredients

1 cup gram flour  
1 slice day old bread  
1 onion sliced thinly  
1 tbsp. spinach stems finely chopped  
1 tbsp. colocasia leaf stems finely chopped  
1 tbsp. bottle gourd peels finely chopped  
1 tbsp. cucumber peels finely chopped  
1 tbsp. skins from green gram (see note below)  
3 green chillies finely chopped  
1 tbsp. coriander leaves finely chopped  
1/4 tsp. turmeric powder  
3-4 pinches asafetida powder  
2 tbsp. hot oil  
salt to taste  
oil to deep fry

## Method

Take sliced onions in a large bowl.

Sprinkle a little salt, keep aside for 5 minutes.

Sprinkle gramflour, all other ingredients, except bread and oil.

Mix them with light hand. Soak bread under running water, crumble into mixture.

Add hot oil to mixture, mix again lightly.

Heat oil in a frying pan, add small dumplings of mixture to oil.

Allow to fry on medium flame till light golden, flipping once if required.

Serve hot and crisp with chutneys or sauce.

# Cauliflower Leaf Stalk Pulao

## Ingredients

2 cups cooked and cooled basmati rice	3 green chillies
8-10 tender cauliflower stalk, cleaned, cut thinly, slanting	1" piece ginger, peeled
1 cauliflower floret, broken	2-3 flakes garlic, peeled
1 potato, chopped with peels	1 tbsp. curds
1/2 cup peas, boiled	1/2 tsp. turmeric powder
1 stalk curry leaves	1/2 tsp. garam masala powder
1 tbsp. coriander leaves finely chopped	3-4 pinches asafetida
1/2 cup ridge gourd, bottle gourd, cucumber peels, grated.	1/2 tsp. each cumin & mustard seeds
10-12, spinach stems, chopped	1 bayleaf
1/4 cup fresh coconut, scraped	2-3 pinches cinnamon-clove powder
1 lemon, juice, extracted	salt to taste
	2 tbsp. oil

## Method

Spread rice in a large plate, making each grain separate.

Grind peels, chilli, garlic, ginger, coconut, curds to a paste.

Heat oil in a heavy pan, add seeds, allow to splutter.

Add curry leaves, asafetida, potatoes, cauliflower, cauliflower stalks.

Stirfry till potatoes are tender. Add paste, stir and cook till oil separates.

Add peas, stems, cook for one minute.

Add all other ingredients, cook further one minute.

Add to rice, mix gently with hands, till well blended.

Garnish with chopped coriander, heat again in an oven, or pan, as desired.

Serve hot with hot kadhi or chilled curds.

# Bottle Gourd Juliennes In Noodles

## Ingredients

2 cups boiled, drained, hakka or magi noodles  
10-12 tender long thick bottle gourd peels  
(1"x 6" approx.)  
1 thick slice cabbage  
1 carrot, peeled  
3-4 french beans, strung  
1 spring onion with greens  
2-3 tender spinach stems

2 red chillies sliced thinly  
2 flakes garlic finely chopped  
1" piece ginger peeled  
1 tsp. hot schezwan sauce  
1 tsp. soya sauce  
salt to taste  
2 tbsp. oil

## Method

Wash, wipe, and chop peels into thin match sticklike juliennes.

Sprinkle some salt over them, mix, keep aside.

Similarly chop all other veggies, including onion greens.

Heat oil, add ginger, garlic, chilli, stir for a few seconds.

Add julienned peels, carrots, onion, beans, stirfry for 2-3 minutes.

Add spinach stems, cabbage, onion greens, stirfry for one minute more.

Add sauces, salt, mix and pour over noodles, mix with hands till flavours blend.

Serve hot with any gravy Chinese dish like hot and sour veggies or chopsuey.

# Ridge gourd Peels Chutney

## Ingredients

1 cup fresh ridge gourd peels  
2 flakes garlic (optional)  
2 green chillies chopped  
3-4 sprigs mint leaves  
1 stalk curry leaves  
2 sprigs coriander leaves

1/2 lemon juice extracted  
1/2 tsp. cumin seeds  
1 pinch asafoetida  
1 tsp. oil  
salt to taste

## Method

Wash and drain peels. Heat oil in a pan, add peels, stir fry for 2 minutes.

Take off fire, cool. Place peels with oil in a small mixie.

Add all other ingredients, grind to a smooth chutney.

Adjust salt, chilli, as per taste.

Add a dash of sugar if desired.

Serve as a novel accompaniment to bhajis, etc.

May also be used as sandwich chutney.

# Chinese Chicken Salad Recipe

## Ingredients

4-6 oz. chicken, diced  
2 t. plus 1/3 cups honey mustard salad dressing  
1/2 head iceberg lettuce, shredded  
1/2 head napa cabbage, shredded  
1 carrot, peeled and shredded  
3 green scallions, thinly sliced  
1/2 cup crunchy chow mein noodles

## Method

Toss chicken with 2 tablespoons of honey mustard salad dressing.  
Mix together lettuce, cabbage, carrots and remaining salad dressing.  
Top with chicken, chow mein noodles and scallions.

# Chicken Nachos Recipe

## Ingredients

- 1 large bag of nacho chips
- 1 can refried beans
- 2 cups grated cheddar cheese
- 2 cups cooked chicken, chopped
- 1 large jar salsa

## Method

Line a cookie sheet with foil wrap. Spread chips evenly on sheet.

Drop small spoonfuls of refried beans on the chips.

Mix Salsa and chicken together, making chicken "wet".

Pour mixture over the chips evenly. Sponsored Links

# Chicken Bar-b-que Recipe

## Ingredients

6 oz. chicken, diced  
favorite bar-b-que sauce  
1 small onion, diced  
1/2 green pepper, diced  
american cheese  
potato rolls

## Method

Mix chicken, sauce, onion and pepper in a large pot and slow cook until onion and pepper are soft, 1-2 hours.

Place chicken mixture on roll and top with american cheese. Sponsored Links

# Chinese Chicken Salad

## Ingredients

4-6 oz. chicken, diced  
2 t. plus 1/3 cups honey mustard salad dressing  
1/2 head iceberg lettuce, shredded  
1/2 head napa cabbage, shredded  
1 carrot, peeled and shredded  
3 green scallions, thinly sliced  
1/2 cup crunchy chow mein noodles

## Method

Toss chicken with 2 tablespoons of honey mustard salad dressing.  
Mix together lettuce, cabbage, carrots and remaining salad dressing.  
Top with chicken, chow mein noodles and scallions. Sponsored Links

# Chicken Noodle Soup

## Ingredients

tablespoons vegetable oil  
2 medium onions, chopped  
3 medium carrots, cut into 1/4-inch rounds  
3 celery ribs, cut into 1/4-inch thick slices  
1 (6- to 7-pound) chicken  
2 quarts chicken broth or canned low-sodium broth  
1 quart cold water, or as needed  
4 sprigs of fresh parsley  
3 sprigs of fresh thyme or 1/2 teaspoon dried thyme  
1 bay leaf  
salt and freshly ground black pepper  
2 cups egg noodles  
chopped fresh parsley, for garnish

## Method

Heat the oil in a broth pot over medium heat. Add the onions, carrots, and celery and cook, stirring often, until softened, about 10 minutes. Cut the chicken into 8 pieces. If there are any pads of yellow fat in the tail area, do not remove them.

Add the chicken to the pot and pour in the broth. Add enough cold water to cover the ingredients by 2 inches. Bring to a boil over high heat, skimming off the foam that rises to the surface. Add the parsley, thyme, and bay leaf.

Reduce the heat to low. Simmer, uncovered, until the chicken is very tender, about 2 hours. Remove the chicken from the pot and set aside until cool enough to handle. Remove and discard the parsley and thyme sprigs and bay leaf.

Let stand 5 minutes and degrease the soup, reserving the fat if you are making matzo balls. Discard the chicken skin and bones and cut the meat into bite-size pieces. Add the noodles and cook until done, about 10 minutes.

Stir the meat back into the soup and season to taste with salt and pepper. Serve hot. (The soup can be prepared up to 3 days ahead, cooled, covered, and refrigerated, or frozen for up to 3 months.)

# Ziti Chicken Casserole

## Ingredients

2 cups ziti pasta  
12 oz. can chunk dark and white meat chicken, drained  
2 cups shredded muenster cheese  
10 oz. can condensed cream of chicken soup  
1 soup can water  
dash pepper  
1/4 cup grated parmesan cheese

## Method

Preheat oven to 350 degrees F. In large pot, cook ziti as directed on package and drain well.

Combine all ingredients except Parmesan cheese and spoon into a greased 2-quart casserole dish.

Top with Parmesan cheese. Sponsored Links

# Vegetable Chicken Casserole

## Ingredients

8 oz. medium egg noodles  
1 cup water  
1-1/2 cups chicken broth  
16 oz. pkg. frozen broccoli, cauliflower and red peppers, thawed  
1 onion, chopped  
2 cups chopped cooked chicken  
1/2 tsp. garlic powder  
1/2 tsp. salt  
1/4 tsp. pepper  
1 cup shredded swiss cheese

## Method

In 3 quart microwave safe casserole dish, mix noodles, water and chicken broth.

Cover with lid and microwave on high for 6 minutes, stirring once during cooking.

Add vegetables, onion, chicken and seasonings. Sponsored Links

stirring once during cooking, until vegetables are hot and crisp tender and noodles are tender.

Stir in half of cheese and mix well. Sprinkle casserole with remaining cheese.

Cook, uncovered, on high for 2-3 minutes until cheese is melted.

# Traditional Egg Salad Recipe

## Ingredients

7 hard boiled large eggs  
1/2 cup diced celery  
1/2 cup diced sweet pickle  
3 tbs. mayonnaise  
1/4 tsp. ground pepper  
1/2 tsp. salt

## Method

Slice eggs in half and take out 3 yolks, put them aside. In a medium bowl chop the rest of the eggs into small pieces.

Add celery, sweet pickles, salt and pepper. In a small bowl, take the 3 yolks and mash them with a fork.

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