

Snacks Recipes

Samosa

Ingredients

2-3 cups of cubed boiled potatoes
1/2 cup of finely chopped onions
few cauliflower florets (optional)
1/2 cup of green peas
1/4 cup of chopped green coriander
2 teaspoon coriander powder
1 teaspoon cumin powder
two-three flour tortillas
add red chili powder and salt according to taste.
oil for frying

Method

Take some oil in a pan. Fry the onions to golden brown.

Put cumin and coriander powder and fry for another minute.

Add the boiled potatoes and green peas. Add salt and chilli powder according to taste. Stir for 10-15 minutes.

Stir in the chopped green coriander leaves and stir for another minute or so. Your filling is ready.

Now cut the flour tortillas lengthwise, put the filling, roll it in the shape of a triangle and seal the edges with a flour and water paste. Your Samosa is ready.

Heat some oil in a deep pan. Fry your Samosas to light golden brown and serve hot with Mint Chutney or any other Chutney.

Healthy Samosa

Ingredients

4 large boiled potatoes
1 medium onion, finely chopped
2 cup frozen peas
1 large carrot, cut into small pieces
2 tablespoons oil
1 tablespoon lemon juice
1/4 teaspoon cumin seeds
4-5 green chillies, finely chopped
1 teaspoon ginger paste
salt and garam masala as per taste
1/2 teaspoon sugar
6 flour tortillas, thin burrito style
1/2 cup all-purpose white flour
water

Method

Boil peas and carrots in water until cooked, and then drain water.

Cut boiled potatoes into little cubes.

In pot, heat oil. When oil is hot, add the cumin seeds. Wait till they splutter and then, add the chopped onions.

Fry onions till golden brown.

Add the paste and fry for a bit longer. Add the chillies, potatoes, peas, carrots, lemon juice, salt, sugar, and garam masala. Mix well, lightly mashing together ingredients.

After thoroughly mixed, remove from heat.

Methi Samosa

Ingredients

maida 2 cups
methi chopped 1 cup
warm oil to knead
warm water to make the dough soft
salt to taste.
oil to deep fry
oil 3 tbsp
ginger & garlic paste 1 tbsp
cooked peas 1 cup
cooked potatoes 2 medium
coriander powder 1 tbsp
jeera powder 1 tsp
mustard 1 tsp
turmeric 1/2 tsp
fennel seeds powder 1 tbsp
garam masala powder 1 1/2 tsp
salt to taste

Method

Samosa filling:

First take oil in a kadai or a big pan and put mustard seed after it splutter add peas and fry for sometime then add ginger garlic paste, turmeric and fry again for 2 seconds then add all the dry masala powder and the the potatoes and fry very nicely till it becomes dry. At last add coriander leaves for the flavour.

Samosa Crust

Take maida mix salt, Methi and warm oil together and make a dough, then use warm water to make the dough soft. Take a big ball of the dough a roll it very thickly.

Then cut it into half make a cone and put the above filling into it and close it with the help of water. Repeat the same thing with the other half also.

Then heat oil in a kadai to fry the samosa, remember that you should fry the samosa in a low flame.

Then enjoy it with any garlic chutney.

Punjabi Samosa

Ingredients

Samosa Filling

oil 3 tbsp
ginger & garlic paste 1 tbsp
peas 1 cup
potatoes 2 medium
coriander powder 1 tbsp
jeera powder 1 tsp
mustard 1 tsp
turmeric 1/2 tsp
fennel seeds 1 tbsp
salt to taste

Samosa Crust

maida 2 cups
warm oil 1/2 cup
ajwain 1/2 tsp
warm water if required to knead
salt to taste
oil to deep fry

Method

Samosa filling:

First take oil in a kadai or a big pan and put mustard seed after it splutter add peas and fry for sometime then add ginger garlic paste, turmeric and fry again for 2 seconds then add all the above listed powder and the the potatoes and fry very nicely till it becomes dry.

At last add coriander leaves for the flavour.

Samosa Crust:

Take maida mix salt, ajwain and warm oil to their and make a dough, then just wet your hand with warm water to make the dough soft.

Trani Samosa (Small Samosa)

Ingredients

½ cooked samosa wrappers (the wrappers are available in super markets)

meat

onion

ginger

garlic

chilli powder

garam masala

oil - to deep fry

Method

These samosas are made with ½ cooked samosa wrappers which are prepared like thin chapathis.

Make a filling with cooked minced meat with fried onion, ginger, garlic, chilli powder and garam masala.

Fill and fry in moderately hot oil till crisp.

Bread Samosa Sandwich

Ingredients

4 tbsp plain flour (maida)
12 pieces of bread
2-3 medium size potatoes
2-3 green chillies(chopped)
1/2 tsp red chilli powder
1/4 tsp turmeric powder
3-4 flakes of garlic
6 tsp green chutney
4 tsp tomato ketchup
salt to taste
oil to fry

Method

Boil and mash potatoes. Add to mash potatoes chilli powder, turmeric powder, green chillies, garlic(crushed) and salt.

Mix well the mixture. Keep a side.

First take breads and place a small bowl on the bread and press it and the round piece of bread comes out. Repeat for all breads.

Take a fistful of dough and roll into 1/4" thick 5" diameter round.

Then take a piece of round bread and place on it the mixture and then place the bread on the rolled dough such that the mixture part comes on the rolled dough.

On the upper part of bread apply green chutney and then place another round piece of bread on it and apply ketchup on it and then close the whole thing with the rolled dough and keep a side.

Repeat for remaining breads and rolls.

Take oil in the pan. Fry the pieces one by one till golden brown.

After frying cut it from the middle in to 2 parts.

You will see layer of mixture, chutney and ketchup. It looks like a sandwich.

Kheema Samosa - American Style

Ingredients

2 kgs frozen pastry shells
2 cloves garlic, chopped
1-2 medium sized onions chopped
1 tsp turmeric
2 tsp fresh lime juice
1 lb. ground lamb (any meat i.e. chicken, turkey, goat)
1tbsp shortening
1 dash each of cloves, cinnamon nutmeg and black pepper
1 tsp salt
1 tsp ginger, grated
3/4tsp ground red pepper

Method

Melt shortening and saute onions and garlic.

When the onions are brown, add the ginger and other spices.

Fry for 3 minutes. Add the ground meat.

Add a few drops of water and cook for a few minutes.

Uncover and cook a while until the meat is cooked. Add the lime juice.

While the above is being prepared, bake the pastry shells according to directions.

Cut the tops of the shells.

Stuff the pastry with the meat and replace the top.

Bake the stuffed shells for five more minutes. Serve warm.

This type of Samosa may be prepared vegetarian style by substituting potatoes and peas for meat the other ingredients will remain the same.

Samosas Calcutta Style

Ingredients

For cover:

2 cups plain flour
3 tbsp. melted ghee
salt to taste

1/2 tbsp. coriander finely chopped
1/2 tsp. amchoor (dried mango) powder
1/2 tsp. garam masala
1/4 tsp. turmeric
salt to taste

For filling:

1 cup cauliflower
2 cups potatoes boiled
6-7 green chillies
1 tsp. ginger grated
1 tsp. panchpuran

1/2 tbsp. raisins
1 tbsp. cashew pieces
3-4 pinches asafoetida
1 tbsp. oil
oil for deep frying

Method

Sift flour and salt together. Add ghee and mix well. Add water to knead a soft dough. Cover with moist cloth and keep aside for 30 minutes. Brush liberally with ghee, knead, cover again and keep aside.

For filling:

Grate cauliflower, mash potatoes and finely chop green chillies. Heat oil, add cashews and fry till light golden. Add panchpuran and allow to splutter, add cauliflower.

Add all other ingredients and mix well. Take off fire. Keep aside.

To proceed:

Make small balls, the size of small lemons, from dough. Knead one into thin chappati about 5" diameter. Cut into half, take one, fold into cone, seal edge with some water.

Fill with one tbsp. filling, seal open edges to form triangular pyramid. Seal edges and corners well with moist fingers. Make four or five, deep fry in hot oil till golden and crisp.

Repeat for all filling and dough. Serve hot with green and tamarind chutneys.

Easy Layer Samosas

Ingredients

2 sheets pepperidge farm puff pastry	1/4 tsp garam masala powder
3 tbsp oil	1 tbsp water
2 large onions, chopped finely	salt to taste
2 green chillies, chopped	1 egg white -lightly beaten
1 cup chopped coriander leaves	water to seal edges
1 tbsp ginger garlic paste	a little dry flour to roll pastry
1/2 tsp turmeric powder	

Method

The filling:

Heat the oil in a sauce pan.

Add the onions and cook till they caramelize (turn light brown).

Add the ginger-garlic paste, turmeric, garam masala powder, green chillies and cook on medium for 5mts.

Add the water to avoid the filling from drying and cook 5 mts.

Add coriander leaves and let the filling cool.

Prepare the pastry:

Pre-heat oven to 350 F.

Cut the pastry sheets into three strips each.

Start rolling each strip till it is as thick as a paratha.

Cut into 6 sections.

Add 1/2 tsp of filling in the center of the pastry and wet the edges with water.

Fold over the pastry to form a triangle (samosa) and press the edges to seal.

Place on baking sheet and brush lightly with beaten egg white.

Bake for 10-15 mts checking every 5 mts till the tops turns a nice dark brown.

Cocktail Samosas

Ingredients

For Crust:

maida- 1 cup
oil - to fry and 1 teaspoon to knead maida.
salt - to taste.
take maida in a pan,
add salt and knead.
cover this dough with a wet kitchen napkin,
until the filling is ready.

For filling:

boiled potatoes- 3 or 4
oil - 2 teaspoon
onion - 1 v. thin slices
jeera - 1/2 teaspoon
salt, turmeric, chilli powder, fresh coriander
peas (optional)
chat masala- i teaspoon

Method

Heat oil in a pan, add jeera.

Then add onion. After the onions turn transparent, add turmeric, chilli powder, salt and heat for a few more seconds.

Then add the boiled potatoes (smashed). Add peas and green coriander if desired. And the filling is all ready.

Now, make balls out of the dough (size that of a puri). Cut it into half. Use these 2 halves to make 2 samosas.

Put the filling onto the centre. Fold as a triangle. Fry them.

Arrange them in a plate. Now sprinkle some chat masala on to them. Your samosas are ready... and enjoy the party.

Sabzi Kachodi

Ingredients

For The Sabzi:

5-6 boiled potatoes
2 tablespoon cooking oil
half teaspoon saunf
half teaspoon kaala jeera
half teaspoon methi seeds
half teaspoon cumin seeds
2 lavang
half teaspoon haldi
1 teaspoon red chilli powder
2 tablespoon dhania powder

2 tablespoon dhania powder
1 teaspoon amchoor
1 teaspoon garam masala
salt to taste

For filling:

For The Dough:

half cup urad dal
2 cups of plain flour
salt according to the taste
1 teaspoon kaala jeera

Method

Preparation of dough:

Soak urad dal for 3-4 hrs and then drain the water and grind it into very fine paste.

Mix this paste into the flour and add salt and kaala jeera into it.

Add water if necessary and make a semi hard dough.

Keep it for 2-3 hrs. Preparation of sabzi. Heat oil in the pan.

When heated add jeera, kaala jeera, methi seeds, saunf and lavang and cook for half a min .

Add haldi and red chilly powder and add 3 cups of water.

Add boiled potatoes, dhania powder and salt and cook for some time.

Add amchoor and garam masala when the sabzi is cooked.

Khasta Kachod

Ingredients

moong dal-200 gms

maida- 250 gms

garam masala-1 tea spoon

haldi (turmeric)-1/2 tea spoon

red chilly powder-1 tea spoon

dhania powder-2 tea spoon

salt to taste

oil

Method

Soak moong dal for 2 hrs and then grind it into semi solid paste.

Put around 5 to 6 teaspoon of oil in pan and start frying the paste in it over slow flame keep doing it till it becomes golden brown and solidifies into small spherical shaped mixture.

Grind it into fine powder and to this add all the above masala and salt to taste.

To the maida add around 5 teaspoon of oil (to soften the maida) and salt and mix it well and then make it into soft dough using lukewarm water. Roll this maida dough into small circles and fill the mixture in it, seal it and roll it again lightly and fry it in oil till it is light brown and serve it hot with sweet Tamarind Chutney or Tomato Sauce.

Sweet Kachori

Ingredients

For filling:

200 gms khoya 50 gms milk powder

1/2 tsp. nutmeg-cardamom-cinnamon powder

For cover:

250 gms. plain flour

1 tbsp. cornflour

30 gms. ghee

For syrup:

250 gms. sugar

1 cup water

1 big pinch saffron

ghee for deep frying

Method

Mix ingredients for filling. The mixture should be soft and crumbly. Mix ingredients for cover. Using water knead to a pliable dough.

Cover with a wet cloth. Keep aside. Boil sugar and water adding a tbsp. of milk to clear the syrup.

Boil till the syrup is slightly sticky between the fingers. Strain. Crush and add the saffron. Keep aside.

Make 15 to 16 flattish balls of the mixture. Divide dough also into 15 to 16 parts. Roll one part into a puri, place one mixture ball in the centre.

Pull up all the sides to seal the mixture and press in centre. Make 5 to 6 such kachoris, heat ghee and fry on low flame till light brown, turning once.

Repeat for remaining kachoris. When slightly cool, make a hole in the centre of each (approx. 2cm. diameter).

Pour about half tbsp. of syrup and roll kachori around to let the syrup spread. Allow to stand for half hour before serving.

Note:

The unsweetened kachoris may be stored without refrigeration for one week and sweetened as required .

Khasta Kachori

Ingredients

4 cup maida flour
1 cup wheat flour
1 cup rawa flour
1 cup besan flour
salt to taste...
1 tsp baking soda
1/2 cup whole dhania
1/4 cup vegetable oil

For syrup:

1/4 cup black pepper
1 cup variyari
1/2 cup jira
2 tsp red chilli
1 tsp garlic paste
1 tsp ginger paste

Method

Frying oil in pan.

Mix all ingredients like whole Dhania, black pepper, variyari, jeera, red chilli and salt to taste and fry for few minutes in oil.

Grind all mix in grinder to make powder.

Mix grinded powder and remaining ginger, garlic paste with all flour.

Add 1/4 cup oil and add baking soda with little water at a time to make dough.

Keep dough for 15 minutes and then make small round balls to make thick puri like Kachori and fry in pan with oil on stove.

Fry thick kachori - just like Puries....

When kachori is eatable cool, add turmic paste and yogurt on top and sprinkle red chilli powder and serve.

Manilalji Ki Kachori

Ingredients

potatoes boiled 1 kg
corn flour 2 tb sps.
fresh coriander leaves 2 cups (finely chopped)
kashu nuts 1/2 cup (broken)
resins 1/2 cup
grated coconut 1/2 cup
green chilies 4 nos (finely chopped)
poppy seeds 1 tb sp.(roasted)
oil for frying.
salt to taste

Method

Peel and mash Potatoes.

Mix Corn flour and salt with Potatoes.

Mix rest of the ingredients to make the filling.

Make small balls of the potato mixture and roll them to make circlet of about 4".

Place some filling and close the circlet carefully.

Flatten it with your palms.

Deep fry in oil (or Ghee if desired) till golden brown.

Serve with Chhuhara chutney.

Tapioca Cutlets

Ingredients

tapioca - ½ kilo boiled and mashed
green chilli - 3pcs finely diced
shallots (small onions) - 100 grams finely diced
ginger - 5 grams finely diced
garam masala - ½ tablespoon
coriander - 5 grams chopped finely
jumbo prawns - 100 grams boiled and shredded finely
egg whites - 2
powdered bread crumbs

Method

Lightly fry the chilli, shallots, ginger with the garam masala.

Mix all the ingredients together with the tapioca and prawns.

Shape it and dip in egg white and crumbs before deep frying to a golden brown.

Serve hot with sauce.

Peas Kachori

Ingredients

For filling:

1 cup fresh peas, shelled
1/2 cup green or yellow moong dal
5 green chillies
1" piece ginger, grated (optional)
1/2 tsp. garam masala powder
1/4 tsp. coriander seeds, crushed coarsely
1 tsp. chilli powder
1/4 tsp. turmeric powder
1/4 tsp. amchoor powder
salt to taste
1/4 tsp. each mustard & cumin seeds
3-4 pinches asafoetida
1 tbsp. oil

For crust:

2-1/4 cups plain flour
1 tbsp. melted ghee
salt to taste
water to knead

Method

To proceed:

Make a thick paste of the saved flour mixture, for sealing cracks. Divide dough into 10 parts, so also the filling. Make a firm ball of each portion of filling. Shape dough portion in to round. Press into a 3" wide round, with fingers and palm.

Place one ball of filling in center. Pull over all edges to make a pouch. Take care not to leave behind any part of edge. Firm press together, pluck off any extra dough. Flatten this round carefully on palm, with side of other palm. A flat, 1/4 inch thick round, with no leaks, folds should result.

Heat oil in frying pan, till smoky. Turn off flame, allow to cool for a minute. Add enough kachoris to fit comfortably. Switch on flame again, on low, when sizzling slows. Do not disturb too often. Flip when one side is golden. Fry other side, drain, keep aside.

Repeat for all dough and filling. If any cracks or slits appear on frying, seal by brushing with batter paste. Fry further till well sealed. Serve hot with green or tamarind chutneys. .

Soft Potato Kachoris

Ingredients

1 kg potatoes
1/2 kg arrow root powder
Ingredients for the stuffing
1 grated coconut
200 gms roasted peanuts
2-3 green chillies (finely chopped)
1 small bunch of coriander leaves
2 tbsp sugar
salt to taste
oil for deep frying

Method

Pressure cook the potatoes till 5-6 whistles. After peeling mix well with arrowroot powder to make dough.

Dry Grind the coconut, peanuts, sugar very coarsely.

Add finely chopped coriander, green chillies and salt to taste to this mixture.

Roll out small puris and put 1 tbsp of this mixture and make balls.

Deep fry in oil to light brown colour.

Groundnut Cutlets

Ingredients

2 cups groundnuts (roasted and coarsely powdered)

1 large onion (finely chopped)

4 slices bread (soaked in water and drained)

4-5 green chillies

coriander leaves

1/2 tbsp ginger-garlic paste

salt to taste

2-3 tbsp maida (add water to make thick batter as for batata vadas)

Method

Mix all together to form a thick mixture. Make balls.

Press, dip in maida paste and deep fry in oil till golden brown

Rava Cutlets

Ingredients

1 cup fine rava	coriander leaves a few
2 small packets cheese	carrot 4 to 5
3 cups milk	green peas 1/4 kg
butter 3 tbsp	lime 1 (extract the juice)
4 to 5 green chillies	bread crumbs 1 cup
ginger 1 inch	salt per taste
garlic small pod	oil for frying
make paste out of both ginger & garlic)	
onions 2 (finely chopped)	

Method

First roast rava till light brownish in color, keep aside

Cut vegetables finely and boil the Veg. with little salt, and keep aside (strain the remaining water)

Take milk in a vessel and boil it. Then add little by little Rava and mix well, stir and add cheese, butter, boiled veg.

Take thick bottom vessel heat some oil fry green chillies, finely cut onions, ginger garlic paste, coriander leaves and add salt. then add rava mixture extracted lime juice and stir for few minutes.

Grease the plate and pour the mixture and cool it, then make desired shapes and roll in bread crumbs and deep fry in oil till golden brown in color.

Serve hot with Tomato ketchup!!

Coconut Cutlets

Ingredients

1 cup coconut scrapped fine

3 potatoes, boiled, peeled, mashed

4 green chillies finely chopped

1" piece ginger grated finely

salt to taste

1 tbsp. cornflour

1/4 cup bread crumbs

2 tbsp. desiccated coconut powder

oil to deep fry

Method

Mix coconut, potatoes, chillies, ginger, salt, cornflour.

Knead to make a pliable dough.

Divide into ten-twelve parts, shaping each into a cutlet.

Mix breadcrumbs and coconut powder in a plate.

Roll each cutlet in crumb mixture.

Place in refrigerator till required or 10 minutes at least.

Heat oil in a frying pan, gently drop in a few cutlets, when oil is hot.

Fry on medium flame till golden brown, flip sides.

Fry other side evenly, drain.

Place on kitchen paper for a few minutes to drain excess oil.

Serve hot with green and tamarind chutneys or tomato ketchup.

Chicken Cutlets

Ingredients

500 gms minced chicken
2 onions minced fine
1 1/2 tsp ginger paste
1/2 tbsp garlic paste
1 tsp pepper powder

2 potatoes boiled
3-5 tbsp flour
2 tsp lemon juice
salt to taste
oil for frying

Method

Mix coconut, potatoes, chillies, ginger, salt, cornflour.

Knead to make a pliable dough.

Divide into ten-twelve parts, shaping each into a cutlet.

Mix breadcrumbs and coconut powder in a plate.

Roll each cutlet in crumb mixture.

Place in refrigerator till required or 10 minutes at least.

Heat oil in a frying pan, gently drop in a few cutlets, when oil is hot.

Fry on medium flame till golden brown, flip sides.

Fry other side evenly, drain.

Place on kitchen paper for a few minutes to drain excess oil.

Serve hot with green and tamarind chutneys or tomato ketchup.

Wholesome Cutlets

Ingredients

big potatoes - 6
channa dhal - 1 small cup
5 bunches palak leaves
3 carrots
3 medium sized onions
garam masala, rusk powder,
fine semolina (little)
chilli powder
2 limes
salt
green chillies (optional)

For the Chutney:

2 tbsp dry grapes
1 tsp tamarind powder or paste
garam masala
salt
jeera powder
jaggery
green chilli - optional.

Method

Soak channa dhal for six hours before preparing cutlet.

Pressure cook potatoes with little water, at the same time pressure cook washed palak leaves without water. Cook till softly done, drain water from both potatoes and palak (palak will collect lot of water while steam cooking), DO NOT THROW THE WATER AWAY. Drain palak and potatoes very well, peel and mash potatoes in to a bowl.

Grind palak with channa dhal to a smooth paste without adding water, grate carrots, cut onions finely and fry in little oil, add all these to mashed potatoes, add garam masala, salt, chilli powder to taste.

Add juice of 2 limes, (green chilli) mix very well. If mixture turns a little watery add fine semolina to turn the mixture to a thick paste.

Shape to cutlets, roll in rusk powder and shallow fry on dosa griddle with oil till done.

Note:

The cutlets retain good shape and taste even without oil.

So the oil used while cooking may be varied depending on the age of the person who eats. Oil need not be used at all for ailing people.

Corn Cutlets

Ingredients

fresh soft maize (grated)
1 tablespoon gram flour (besan)
1 tablespoon rava
1 cup boiled peas
1 teaspoon ginger paste or grated ginger
2 green chillies finely chopped
2 teaspoon finely chopped coriander
1 lime juice
chat masala or garam masala

For frying:

refined vegetable oil
2 table spoon rava
1 teaspoon roasted sesame seeds

Method

Take grated maize (this will be like a paste with some juice try to take thick portion of this and take off juice with the help of spoon and by pressing the thick portion)

Put the thick portion of grated maze in a hollow big bowl, add gram flour, rava, ginger paste, boiled peas without water, chopped chillies and coriander, salt, lime juice and chat masala or garam masala if you like.

Mix this mixture well keep this mixture in refrigerator for 1/2 hour to set.

Take out the mixture out of fridge and see if the mixture is very loose and you find difficult to make shapes then add some more rava till you are comfortable but let this mixture not be very tight. If you have followed the instruction well this problem will not arise.

Heat the oil in frying pan.

Take a plate and spread thick layer of rava and sesame seeds over it. Make flat oval shapes of the batter and put it on this plate. Try to wrap the rava and sesame seeds all over the shape and put in the heated oil carefully for deep frying.

Let the cutlets be brown on slow flame in heated oil.

Take out the cutlets over blotting paper.

Maize Cutlets

Ingredients

fresh soft maize (grated)
1 tablespoon gram flour (besan)
1 tablespoon rava
1 cup boiled peas
1 teaspoon ginger paste or grated ginger
2 green chillies finely chopped
2 teaspoon finely chopped coriander
1 lime juice
chat masala or garam masala

For frying:

refined vegetable oil
2 table spoon rava
1 teaspoon roasted sesame seeds

Method

Take grated maize (this will be like a paste with some juice try to take thick portion of this and take off juice with the help of spoon and by pressing the thick portion)

Put the thick portion of grated maize in a hollow big bowl, add gram flour, rava, ginger paste, boiled peas without water, chopped chillies and coriander, salt, lime juice and chat masala or garam masala if you like.

Mix this mixture well keep this mixture in refrigerator for 1/2 hour to set.

Take out the mixture out of fridge and see if the mixture is very loose and you find difficult to make shapes then add some more rava till you are comfortable but let this mixture not be very tight. If you have followed the instruction well this problem will not arise.

Vegetable Cutlets

Ingredients

3 potatoes	3 potatoes
2 carrots	2 carrots
200 gms french beans	200 gms french beans
400 gms cabbage	400 gms cabbage
1 tsp. ghee	1 tsp. ghee
2 to 3 onions	2 to 3 onions
3 tsp. plain flour	3 tsp. plain flour

Method

Chop all the vegetables finely.

Heat the Ghee in a frying pan and fry the onions for a minute

Add turmeric, chilli powder and salt along with vegetables and continue to cook till vegetables are cooked.

Sprinkle the plain flour on the vegetables, mix and cook again for a few minutes. Mash the vegetable.

Add the coriander and green chillies and mix well.

Shape into Cutlets. Roll in breadcrumbs and fry on frying pan

Sprout Cutlets

Ingredients

any sprouts : 250gms
bread : 1/2 loaf
salt to taste
red chilli powder : 1/2 tsp
green chillies : 2
onion : 1 small
oil for frying
water : in a bowl

Method

Gently separate the sprouts with finger tips in a container.

Now cut green chillies, onion & mix these well with sprouts (chillies/chilli powder./onion/salt)

Cut the sides of bread & keep aside.

Heat oil for frying in a karahi . Dip bread in bowl of water for a second take out & fill little mixture of sprout & roll (not like a ball but little elongated)

Now fry these but not in very hot oil, take out when Light brown. Do not make & keep balls for frying as they'll become soggy

Potato Cutlets

Ingredients

potato (boiled and mashed) : 1
onion : 1 finely chopped
rice : 2tbsp (soaked for an hour)
grated coconut : 1/2cup
garlic pods : 2
red chillies : 2
jeera : 1tsp
green chillies : 2
salt to taste
oil for shallow frying

Method

Grind together soaked and washed rice, garlic pods, jeera, red chillies with a little water into a smooth semi solid paste.

Mix mashed potato, chopped onion, chopped green chillies, salt, haldi, grated coconut and the ground masala together.

Heat a tava and add oil to it.

Take lemon sized balls of the mixture and flatten it and then shallow fry it on both sides till golden brown.

Fish Cutlets

Ingredients

1 green pepper	6 slices of bread
3 small onions	2 green chillies
1 tomato	1 egg
bunch of fresh coriander	1 tsp jeera
2 sardine tins	1/2 tsp yellow powder
5 flakes garlic	1 boiled potato
1" piece ginger	

Method

Blend the above in a hand mixer that blends ingredients into a paste. (I have my moms old mixer.

It's very old fashioned. You put all the ingredients. in gradually and grind and it all comes out on the other end into a paste).

If you don't have this type of blender, then make sure you slice the onions, pepper, fresh coriander, tomato, potato, bread, into tiny small bits and pieces... if possible blend the onions, pepper, ginger, garlic, coriander and the tomatoes in a normal blender.

After you do that, then you add the mashed potato, sardines 1 egg and the slices of bread.

By the way, extra bread can be added if you find the mixture still sticky.

After you prepare this mixture, add the masalas, mix and only if you find the mixture still kind of watery, then only you add more slice bread.

Add a pinch of salt or to taste.

Keep the mixture in the fridge. Use small amounts if and when needed. Mixture can be kept for days. Doesn't get bad.

Take small amounts, the size of half an egg in your hands and make square or rectangular shapes or round what ever you want.

Dip each shape in egg, then in bread crumb. Keep for a while in the fridge for about 10 minutes before frying in sufficient amount of oil.

Minced Meat Cutlets

Ingredients

1 lb. ground meat
3 big potatoes
2 chillies
4 cloves garlic
1 small piece ginger
1 onion
1 egg
bread crumbs
oil to fry

Method

Cook potatoes separately and peel off the skin. Cut into small pieces.

Make paste chillies, garlic and ginger.

Cook ground meat with the paste.

Fry the meat without any water. Add salt to taste.

Cut onion into small pieces and fry in the oil. Mix potatoes, minced meat and fried onion and make them into small balls.

Dip the meat balls in egg and bread crumbs.

Fry in the oil and when it comes golden brownish color it is ready to take out.

Burgers

Ingredients

6 fresh burger buns
2 tsp. butter
2 tomatoes
1 cucumber
1 capsicum
1 bunch salad leaves
1/2 cup grated cheese optional
1 tbsp. tomato sauce
1/2 tsp. chilli sauce

For patties:

3 raw cooking bananas
1/2 cup peas, boiled drained
1 tsp. tomato sauce
2 red chillies crushed
1/2 tsp. vinegar
1/2 tsp. sugar powdered
salt to taste
2 tbsp. oil

Method

For patties:

Pressure cook whole bananas for 3 whistles or till soft.

Cool, skin, chop, add peas and smash coarsely.

Add all other ingredients, except oil.

Shape into 6 round patties, the size of the buns.

Coat them with the oil, shallow fry on both sides on griddle, till light golden.

Keep aside, reheat when required.

To proceed:

Cut tomatoes, cucumber, capsicum in very thin round slices.

Shred salad leaves coarsely, keep aside.

Slice buns horizontally in halves, apply a little butter all over.

Cook a little on both sides on hot griddle.

Keep aside.

Meat Burgers

Ingredients

1/2 kg lean lamb mince

C

1 onion, minced

1/2 tsp garlic paste

2 green chillies, minced

1/4 tsp ginger paste

salt as per tast

Method

Mix all the ingredients except sesame seeds and oregano

Shape into patties of your own choice

Sprinkle sesame seeds and oregano on it

Preheat grill or broiler

Grill the patties on medium flame (both the sides)

Serve with shredded lettuce leaves, raw vegetables .

Mushroom Burgers

Ingredients

4 buns	1/2 tsp pepper powder
1 cup shredded carrots	1/2 cup chopped coriander leaves
8 slices of tomato	1/4 cup boiled peas
1/2 cup grated cheese	1/4 cup chopped french beans, boiled
oil for frying	1 cup breadcrumbs
1 tbsp butter	1 egg white
1 cup small mushrooms, chopped coarsely	3 green chillies, chopped finely
1 onion, chopped finely	salt as per taste
1 tsp garlic paste	

Method

Heat butter in a pan .Fry onion till transparent .

Simmer garlic paste for 2 minutes .

Add mushroom and saute for 12-15 minutes, till dry .

Drain and Keep aside .

Mix all the other ingredients of patties with mushroom.

Make 4 patties of the mixture .

Shallow fry till golden brown .

Warm the buns .Slit into halves .

On 4 halves, put tomato slices, patties, shredded carrots and finally grated cheese .

Cover with the remaining halves .

Serve with ketchup .

Vegetable Burgers

Ingredients

4 potatoes, boiled and peeled

1/4 cup peas

10 french beans, finely chopped

2 carrots, finely chopped

1/2 cup small cauliflower florets

1 tsp lemon juice

1 egg white

1-1/2 bread crumbs

1 tbsp cornflour

4 green chillies chopped finely

1/2 tsp turmeric powder

1/2 tsp garam masala

1/4 tsp ginger paste

1/2 cup chopped coriander leaves

salt as per taste

oil for shallow frying

Method

Boil peas, french beans, carrots and cauliflower .

Smash it coarsely .

Smash potatoes .

Mix all the ingredients except for the oil .

Make patties of the mixture .

Heat oil in a shallow pan .

Fry patties on both the sides till golden .

Serve on toasted roll spread with chutney .

Tuna Burgers

Ingredients

1 can tuna, drained	2 tomatoes, sliced
3 potatoes, boiled and peeled	1 onion, sliced
1 egg	1 tbsp lemon juice
1 cup bread crumbs	2 tbsp mayonnaise
1/2 cup chopped celery	1 tsp finely minced ginger
1 tbsp lemon juice	1/8 tsp salt
1 tbsp chilli sauce	1/8 tsp pepper powder
3 tbsp mayonnaise	1/8 tsp vegetable oil
1/2 tsp black pepper powder	2 tbsp chopped celery
salt as per taste	

Method

Blend tuna and lemon juice well in a food processor

Smash the potatoes

Mix all the ingredients well keeping 1/2 cup bread crumbs

Make 6 burgers of the patties

Roll them in bread crumbs

Chill them for 1/2 hour

Grill in pre-heated griller for 5 -7 min on each side, till brown

Serve the burgers with lemon sauce over it and with tomatoes and onion slices

Chicken Burgers

Ingredients

For Burgers:

1/2 kg ground chicken
1/2 cup chopped yellow bell pepper
1/4 cup chopped french beans, boiled
1/4 cup chopped carrots, boiled
2 potatoes, boiled and peeled
1-1/2 cup bread crumbs
1/2 cup chopped coriander leaves
3 green chillies, chopped finely
1/2 tsp ginger paste
1/2 tsp garlic paste
1 tsp garam masala
1 tbsp lemon juice
salt as per taste

For Cucumber Relish:

1/4 cup white vinegar
1/2 tsp salt
1 cucumber, peeled and sliced in thin rounds
1 tsp lemon juice
1 spring onion, chopped finely
4 buns, split open and buttered
4 cheese slices
1/4 cup semolina (rawa)
oil for deep frying

Method

Mix all the ingredients well .Make into 4 patties .Roll them in semolina .

Deep fry till golden brown .

Method for Cucumber Relish:

Mix all the ingredients

Chill for 2-3 hours

To Proceed:

Lightly toast the buns

Place the burgers in the buns

Top with cucumber slices and cheese slice

Serve the burgers with chips

Barbecued Burgers

Ingredients

For Burgers:

1/2 kg mince meat
1 cup bread crumbs
2 small onions, minced
1/4 tsp garlic paste
1/4 tsp pepper powder
2 tbsp corn flour
1/4 cup semolina
1 egg, beaten
oil for deep frying

For Barbeque Sauce:

1 tbsp worcestershire sauce
1/2 cup tomato ketchup
2 tbsp vinegar
2 tbsp granulated sugar
1/8 tsp mustard sauce

Method

Mix all the ingredients of burgers .

Make 4 big patties or 6 small patties of the mixture .

Dip in beaten egg and then roll in semolina .

Heat oil in pan .

Deep fry the patties till golden brown .

Remove and Drain .

Put the patties in a baking tray .

Pour the Barbeque sauce on them .

Bake in 325o F for 30 mins.

Serve with shredded raw vegetables.

Crispy Burgers

Ingredients

1/2 kg shrimp, peeled, deveined and finely chopped	3 cup bread crumbs
1 onion, chopped finely	1 potato, boiled, peeled and mashed
1/2 tsp garlic paste	1 tbsp oil
1/2 tsp ginger paste	2 tbsp chopped celery
1/4 cup finely chopped capsicum	1/4 tsp pepper powder
1 egg	salt as per taste
1 egg beaten	oil for frying
1 tbsp mayonnaise	

Method

Heat 1 tbsp oil in a pan .

Add onion and fry till transparent .

Add capsicum and celery and simmer for another 2-3 minutes .

Add shrimp and cook till crisp .

Remove from fire and crush with back of spoon .

Mix shrimp, potatoes, ginger, garlic, salt and pepper powder .

Add 1 egg, mayonnaise and 2 cup bread crumbs .

Mix it well and make 6 flat patties of the mixture .

Dip the patties in beaten egg and coat with remaining bread crumbs .

Deep fry the patties (3 at a times) till crispy golden

Serve with shredded lettuce leaves and tomato slices .

Herbed Burgers

Ingredients

For Burgers:

1/2 kg ground lamb meat	2 round buns
2 tbsp chopped fresh thyme	1/2 cup garlic mayonnaise
1/4 cup chopped parsley	1/2 cup chopped olives
1/2 tsp dried rosemary	1/2 shredded carrots
1 spring onion, chopped finely	1/4 tsp dried thyme
1 garlic cloves, crushed finely	
1/4 tsp ginger paste	
1/2 tsp black pepper powder	
salt as per taste	
4 tbsp butter	

Method

Mix all the ingredients of burger except butter .

Make 4 patties of the mixture .

Shallow fry the patties in butter (till both sides are brown) .

Mix dried thyme in mayonnaise .

Halve the buns and warm them (till the crust is little toasted) .

Apply mayonnaise on the inner side of the buns .

Place the burgers on the halves .

Top with chopped olives and shredded carrots .

Dot it with remaining mayonnaise .

Serve with salad .

Cocktail Burgers

Ingredients

For Burgers:

4 potatoes, boiled, peeled and smashed
1 cup grated cheddar cheese
1 egg, beaten
1/4 chopped coriander
3 green chillies, chopped finely
1/4 cup boiled peas
1/2 tsp garam masala
1/4 tsp turmeric powder
1/4 tsp ginger paste
1/4 tsp garlic paste
salt as per taste
1 cup bread crumbs

For Cocktail Sauce:

1/4 cup ketchup
1/4 cup salsa sauce
1/2 tsp worcestershire sauce
1/4 cup finely chopped coriander
1/8 tsp red chilli powder
(mix all the ingredients well)
1/4 cup crushed vermicelli (thin)
oil for frying

Method

Mix all the ingredients of burgers .

Make 6 patties of the mixture .

Chill for an hour.

Roll in vermicelli and deep fry till golden brown .

Serve with cocktail sauce .

Pizza Burgers

Ingredients

4 rounds breads	1 tbsp cornflour
1 cup grated mozzarella cheese	1 tbsp butter
onion slices	salt to taste
1/2 dried oregano	1/2 kg lean minced meat
1/2 cup tomato puree	1/2 cup finely chopped capsicum
3 garlic flakes	1/2 onion, minced
1/2 tbsp sugar	1 tbsp tomato puree
1/4 tsp red chilli crushed	1/2 tsp black pepper powder
1/8 tsp dried oregano	1/2 cup boiled corn kernels
1/8 tsp cinnamon powder	salt as per taste

Method

Heat butter in pan .Add tomato puree, bring to boil .Pound together garlic, chilli powder, salt, cinnamon powder

Add all ingredients except cornflour, simmer for 5 minutes .Mix cornflour in 1/4 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

Use how much required, rest can be stored in freezer for further use .Brown meat in a skillet .Add rest of the ingredients of the burgers .Simmer for 10 minutes .Remove and let it cool a bit

Make 4 burgers of the mixture .Butter the breads .Place it on baking tray .Spread pizza sauce over it .Place 1 burger on each bread

Garnish with mozzarella cheese .Top with onion slices .Bake of 15 mins until cheese has melted .You can top the pizza with mushroom, capsicum .Serve with french fries

Beans Burgers

Ingredients

1-1/2 cup red kidney beans	2 tbsp bread crumbs
1/2 cup minced meat	3 tsp oil
1 cup finely chopped mushrooms	1/2 tsp turmeric powder
1/2 tsp garlic paste	1 tsp cumin seeds powder
1/2 tsp ginger paste	1/2 tsp garam masala
1/2 tsp black pepper powder	1 tsp red chilli powder
1/4 cup chopped coriander leaves	1 tsp coriander powder
salt as per taste	1/4 cup grated cheese

Method

Soak the beans for 78-hours and boil till soft .Smash the beans and mix with meat .Heat 2 tsp oil in a pan .Simmer onion, ginger and garlic little onion are transparent

Add mixed powders and simmer for 2 minutes .Add mushrooms and simmer till softened

Remove from and let it cool .Mix it with bean and meat mixture .Add requires salt, coriander leaves and breadcrumbs

Make 6 flat patties of the mixture .Put it on the griller .Brush the patties with remaining 1 tsp of oil .Sprinkle pepper powder

Grill the patties on one side 7-8 mins till golden brown .Turn it and again brush with oil and sprinkle grated cheese

Grill it for another 7-8 mins till golden brown .Serve with raw vegetables

Fish Rolls

Ingredients

1/2 kg any fleshy fish (shark will be quite good)
3 potatoes, boiled and mashed
1 tsp turmeric
1 tsp red chilli powder
1/2 tsp ground pepper
juice of 1 lime
2 tbsp fish stock
1 egg, beaten well
breadcrumbs
oil for frying

Method

Clean and boil the fish in lightly salted water.

Remove bones (if any) and mash together with the potatoes, chilli powder, turmeric and pepper.

Add enough lime juice and stock to moisten. Add salt if required.

Form into oval rolls, dip in the egg then coat with breadcrumbs.

Deep fry until golden.

Bread Rolls

Ingredients

6 slices bread
5 medium sized potatoes
1 small onion
1 small bunch coriander leaves
6 pods garlic
4 green chillies
1/2 tsp garam masala (optional)
1 tsp chilli powder (less or more depending on taste)
salt to taste
oil for deep frying

Method

Hold the bread slices together and cut the rough edges. Boil potatoes (the best is to pressure cook them since this will be the fastest)

Meanwhile, chop onions, green chillies, coriander, garlic and green chillies finely. Keep aside. Once potatoes are cooled, peel and mash. Add all ingredients except the bread and oil. Mix well.

Take a little water in a flat plate and dip the bread slices one by one in it. Squeeze excess water from the bread slices and keep them aside on a tissue. Make sure that the slice does not get too soft or watery or too hard.

Heat oil in a deep frying pan / kadai. Take a slice of the wet bread on a dry plate. Spread some potato mixture on it. Roll the bread slice towards you till the edges meet. Seal the edges by pressing the bread slice.

Pat the roll to even out edges. This may seem a little difficult at first, but you will get used to it. Deep fry in hot oil. Repeat for remaining slices.

Serve hot with Tomato ketchup and mint chutney.

Cabbage Rolls

Ingredients

8 large cabbage leaves parboiled for 5mins. & drained
2 medium onions chopped
1 cup paneer
turmeric & chilli powder
1/2tsp. garam masala
1-2 green chillies chopped
coriander leaves
string for tying rolls
oil.

Method

Heat 3tsp. of oil & fry onions till brown

Add paneer, turmeric & chilli powder, garam masala, green chillies, salt, coriander leaves & fry for 5-6mins.

Place a 2tsp. of mixture on a cabbage leaf and roll up, folding two sides in.

Tie with a string. Heat oil and fry the rolls turning once.

Chappati Rolls

Ingredients

leftover chappatis	1/2 cup cabbage shredded
1/2 tin baked beans	3 green chillies
1/4 cup cheese	1/4 tsp. garlic paste
4 tbsp sauce	1/4 tsp. ginger paste
for filling:	1/2 tsp. lemon juice
1 carrot	1/2 tsp. soya sauce
5 french beans	1/2 tsp. tomato ketchup
1/4 cup boiled peas	salt to taste
1 capsicum	1 tbsp. oil
1 large floret of cauliflower	

Method

Clean and chop carrot, capsicum, cauliflower, french beans, into thin 2" long slivers or sticks.

Chop green chillies also into small pieces. Heat oil in a nonstick pan. Add green chillies, garlic, ginger, stir.

Add all other vegetables, stirfry on high till veggies are tender. Add soya, tomato sauces, lemon juice, salt, sugar, stir. Divide filling into 6 portions.

Take on chappati, put filling in half portion. Spread over half area evenly. Sprinkle some cheese. Fold empty half portion over.

A half round with stuffing inside should result. Apply a little water to the inner edges, press together to seal. Arrange them in a shallow ovenproof dish

Pour a half tin of baked beans in tomato over them, from tin. Sprinkle cheese, sauce
Bake in preheated oven (200oC) for 10 minutes.

Serve as a casserole dish.

Potato Rolls

Ingredients

For Masala :

potatoes- 1/2 kg
finely cut onions - 3 tbsp
chopped coriander leaves - 2 tps
ginger garlic paste 1 tbsp
green chillies -3
turmeric powder -1/2 tsp
red chilli powder-1 tbsp
salt to taste
oil for frying

maida -1 cup
fine rawa - 1/2 cup
oil - 4 tsp
salt-1/2 tsp

Method

Mix maida, rawa, oil and salt in a basin and make a smooth dough.

Cook the potatoes and smash coarsely and add the other ingredients and mix well.

Make medium sized balls & rollouts like chappathis and place the filling lengthwise on that at one corner leaving little gap behind gently roll from that corner to other end.

Seal with maida paste at that end & sides of the roll & deep fry till crisp & golden brown.

Serve hot with Tomato Ketchup.

Tortilla Rolls

Ingredients

buy 1 doz. tortilla (any brand with no lard) from the super market.

1 pkg. philladelphia cream cheese - 8 oz - room temperature.

3 to 4 pickled jalapeno - finely chopped (optional).

1 medium size tomato - finely chopped (optional).

Method

Warm up tortilla in the pan which will help you to roll them easily.

Mix all other ingredients. Spread the mixture on the tortilla then roll them.

Cut the rolls in 2 to 2 1/2 centimeter size.

Arrange them in the plate and serve by itself or with hot salsa (hot sauce can be made at home or buy them in the jar).

Spring Rolls

Ingredients

maida 3/4th cup
salt to taste
oil 1 teaspoon
1 tsp chopped celery
1/2 cup onion cut lengthwise
1/2 cup capsicum cut lengthwise
1/2 cup cabbage cut lengthwise
1/4th teaspoon ajinomoto
1/4th cup bean sprouts
2 teaspoon soya sauce
1 teaspoon vinegar
1 teaspoon chilli sauce
oil for frying.

Method

Mix 3/4th cup maida with 1/4 teaspoon salt, 1/2 teaspoon oil. Add enough water and make a soft dough. Divide into 5 parts. Roll into puris.

Separate 4 puris, spread 1 teaspoon oil and 1/2 teaspoon maida on 4 puris. Make a stack and cover the stack with the fifth puri. Roll and make a ten inch chapati.

Bake quickly on hot tava lightly on both sides. Remove from heat separate each chappati, keep aside covered.

Filling:

Heat 1 teaspoon oil. Add 1/2 cup onion cut length, stir fry lightly.

Add 1/2 cup capsicum cut lengthwise, 1/2 cup cabbage, 1 teaspoon chopped celery, ajinomoto, 1/4th bean sprouts, 2 teaspoon soya sauce, 1 teaspoon vinegar, 1 teaspoon chilli sauce. Stir for 4-5 min. Cool.

Monaco Cheese Rolls

Ingredients

1/2 cup paneer
1 cup crushed monaco biscuits
1/2 cup milk
1 tbsp flour
1 chopped onion
6-8 cashewnuts
1 tbsp butter
salt, pepper & chilli powder to taste
extra monaco crumbs.

Method

Fry flour, onion & chopped nuts. Add milk & stir till thick.

Remove from fire & blend in paneer, salt, pepper chilli powder & monaco crumbs.

Mix well & keep for 1 hr in fridge.

Shape 10-12 rolls. Roll in extra crumbs & fry till done.