

ZERO THERAPY

RECIPES

For Emotional Health...



By Vipinchand Bomb & Zero Therapy Family

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No Commercial Value.
Valuable for those who understand
the value of values.

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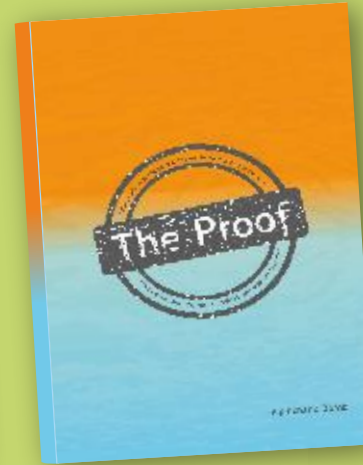
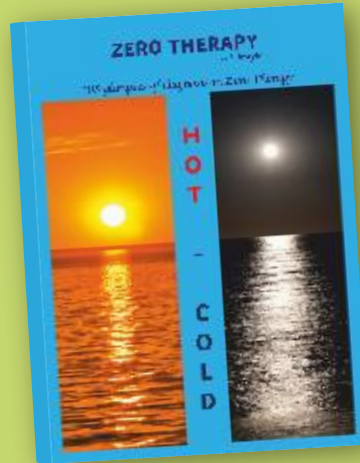
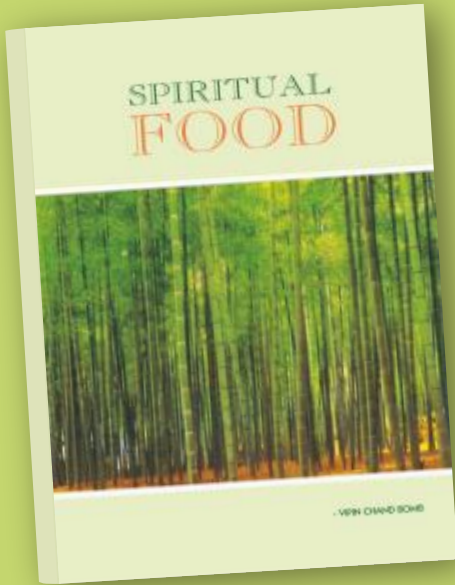
Disclaimer :

The recipes are a general summary of the founder's understanding and experience of food science. The user may apply his mind on the working on his / her body and the author and publishers are not responsible in any way

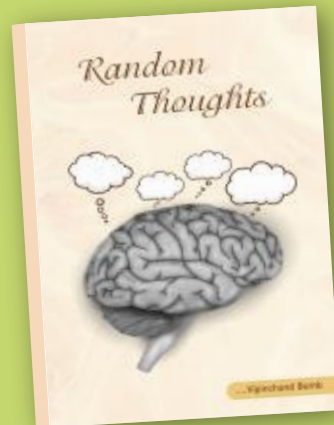
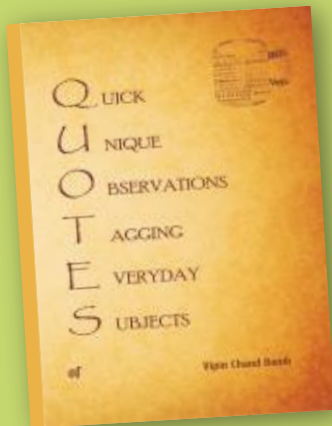


The colours and environment act as a catalyst for emotional health.

Note : One important point that is observed in the photo of the dining table, is no forks are seen. Forks are not used for eating but only spoons, as the act of piercing the food for eating is not in consonance with the emotional property of the Zero Therapy Lifestyle.



Other Books by
Vipinchand Bomb





Way to hospitality...



Preamble

Dear Reader,

The book in your hand features Zero Therapy Recipes.

This is the only recipe book in the world where the ingredients DO NOT include curd or lemon, besides onion, cauliflower, garlic, ginger etc.

The scientific reason behind this :

Curd: Fermentation is not good for the body, as all bodily functions are controlled by bio-chemistry, which fermentation can greatly disturb. Its our experience that curd with any item causes more fermentation.

Idly: In Idly the fermentation continues, in Dosa it stops due to oil/ghee which acts as an insulation and stops further fermentation. This applies to all deep fried items.

Lemon: A lemon drop on the floor leaves a permanent mark. Lemon may be good for the meat and flesh eating body. This may not be good for the Zero Therapy lifestyle body.

Cauliflower: Simple common sense, flowers are only for fragrance and visual appeal. Flowers should not be eaten as vegetables.

Onion & Garlic: These have powerful negative smell, and across cultures Onion and Garlic have been categorized as negative foods. Every food item has emotional and physical properties. Science talks only of physical properties. Here emotional properties change due to smell, which produces negative electricity in the brain which runs the body through the mind.

Ginger: The water content in Garlic, as in other roots, damage the system due to their smell and water content. This is the reason why certain sects like Jains eat ginger only after drying.

Root foods: All under roots have water content. The negative effects of foods grown under the earth are for the simple reason that they are not exposed to sunlight. These do have medicinal effect in terms of physical properties. The emotional property of these foods is negative.

Food Combinations: It is a general rule that combining acid with acid or alkali to alkali is right. Wheat and vegetables, pulses and rice are good combinations. My observation is that Dal and Roti is not a right combination and causes bloating of the stomach.

General precaution:

Salt, Black pepper, Red Chilli etc should not be sprayed on the food items. They should go to 'tadkas' only where the Oil and Ghee nullify the effect.

Spicy food is not suitable for the Zero Therapy lifestyle body, as by constitution they are not hot.

Any food becomes stale after approximately 3 hours from its preparation, depending on the geography. If food continues to remain on Oven/flame, this is not applicable.

Under Zero Therapy lifestyle raw salads (raw vegetables except tomato) are not accepted by the body. Human body has now evolved to eat cooked food. Now research proves raw vegetables damage the liver. More about it is featured in my upcoming book.

Why tea should not be boiled: Tea when boiled above 100 deg C, gets a thermal shock. It then releases a chemical that's harmful to the body.

Summary

The recipes in the following pages will show you it is not as complex as it looks. In fact, once you get used to this kind of food, the control over one's tongue is greatly enhanced. To me the dining table is the cricket ground where the match for good health is played. The tongue is the bat and the food is the ball. The best way to win the match is to have a good control of the tongue. Enjoy your game. Know which balls to play and which balls to leave. The followers of the Zero therapy lifestyle are living testimonials to the efficacies of this type of food. The book in your hands is your passport to this new lifestyle.

Jai Prakriti. Salutations to Nature.
Vipin Chand Bomb
Founder, Zero Therapy.

About Zero Therapy?

Zero Therapy is no Therapy
but a Lifestyle

You can imagine a life

- Without a wife
- Without children
- Without a mother
- Without a father
- Without friends & relatives

But have you ever imagined a life WITHOUT MEDICINE? Certainly NOT!!!

Zero Therapy is not a treatment but a lifestyle. It was founded by Vipinchand Bomb. Initially to prove this we needed some proof. Those cases and people are now before the world, and now it's for the world to understand the science - how it works, why it does not work for some people, why people don't adopt it even though its available free and every person's body is a doctor by itself. It is a point to ponder...

There are some things which are beyond the comprehension of mankind. There are few things which mankind does not want to comprehend. And there are many more things which mankind comprehends but refuses to accept.

These things people brand and tag as supernatural, magical, non-existent, superstition, coincidence, fluke or impossible. These are the things which, just because the majority cannot do or prove, are sidelined and covered up. These 'things' have been theories, inventions or discoveries, which were resisted very strongly in the initial days only to be accepted at a later date. The Sun being the center of the solar system and not the earth is a classic example. And one such 'thing', which many have witnessed in the present day, is Zero Therapy

Zero therapy is:

- An art because it needs discipline and will power to master it.
- A science because not all laymen can comprehend it.
- Magic because science cannot do what it does
- Faith because unless you believe it completely, it does not help you.

Zero Therapy is nothing but to keep away from unnatural chemicals.

Disease is created when the hormones are imbalanced and in turn they create gases which manifest in the form of disease. For any disease the gas is the vital factor, and if one is able to balance the difference in temperature within the individual body, he has the best health. Zero Therapy's main tool is dry and wet cold pack.

Why so many Therapies - Why not one?

Everyday we find some new science in the medical field is taking birth like acupuncture therapy, accupressure therapy, allopathy, homeopathy, ayurvedic therapy yoga therapy, naturopathy, Reiki therapy, Pranictherapy, aroma therapy, osteopathic therapy etc.

- The reason for all this in one line - Diagnosis in the first attempt is not perfect.
- This leads the public to jump from one to another.
- The various cases of instant perfect diagnosis as documented in the various Zero Therapy publications are available for the public to take note. Once the diagnosis is perfect, treatment automatically starts.

- Zero Therapy is a non commercial, not for profit voluntary group. The main purpose of Zero therapy is to elevate the Soul by means of Spiritual Food and thereby generating universal prosperity, peace and happiness

Ultimate Therapy

Zero therapy is the science of harmony of changing the individual cells of each family member and there by the side-effect takes care of the disease with food as catalyst. Its food biochemistry and thought chemistry, which are complementary to each other. This is Ultimate Therapy, not Alternative Therapy. It works on the principle of balancing individual hormones, which vary from person to person. Ultimate Therapy is the name given to it since no external material goes into the body. No food is prescribed for any particular organ but for the whole body.

What is the meaning of HEALTHY?

The present day world is looking for healthy body and healthy mind and in turn healthy soul. Now lets go through the origin of what health is. To me - **"HEALTHY - HEAL THY (self healing)"**

Thus healthy is HEAL THY (Heal Yourself). If body has capacity to heal itself the person is known as healthy. Nature has provided all the mechanisms for healing oneself. There cannot be any better doctor then the body itself. Healthy can be further divided into emotional health, physical health and mental health. All these three types of health depend on the individual depending on the basic principle of Zero Therapy.

"What matters to the body is the matter that goes into the body"

The matter in the form of food goes into the body which decides the emotional health, physical health, mental health. Food that the mother takes during the nine months of pregnancy also decides the child's emotional health, physical health, mental health.

Child's health can be taken care of without any medicine in any form, if Zero Therapy lifestyle is followed during nine months of pregnancy. Under Zero Therapy so many children have been cured just by changing the mother's diet.

As such child specialist hospitals are not required.

In present day world, health management is most important. Once a man knows how to manage his health, he is more successful in business management also. Again attention is invited to my quote :

Profit: If the person is professional & emotionally fit, the organisation is under profit

For more quotes refer the book Quotes by Vipin Chand Bomb

So, emotional health is good for business management. Zero Therapy Life Style food (that normal regular diet at home) gives emotional health, physical health and mental health by sheer combination of normal daily zero therapy diet.

What is disease?

Each body is made up of four elements which are fixed in a particular ratio for that body at the time of birth. Any disturbance in this ratio is disease and Zero Therapy re-balances the four elements to the original ratio at the time of birth - with proper food and thought with respect to climatic conditions and geography of the place taking into account temperature, humidity at those days.

We suggest diet to be prepared at home (by blood relative, who loves to prepare and loves to serve the individual to be cured) which balances your hormone. Our WILL to cure you and your WILL to get cured, gets you cured.

Food

Food is disease. Food is health. Food is solution. The book "SPIRITUAL FOOD" deals with our whole approach to food and its various facets. Using uncommon common sense, a whole new definition of food is brought out. Common sense now a days is not very common. The reason is people living with nature have better common sense than people living against nature.

Zero Therapy and your Immune System

Zero Therapy is a **food science** which not only improves the individual's present status of health, but resists all types of disease by energizing individual cells throughout the body, thus developing the superior immune system.

What is immunity?

When a body does not allow any mal-functioning / dead cells to worsen the body, it is known as immunity. The theory

behind this is survival of the fittest. The live cells of an individual of zero therapy are so powerful that mal-functioning / dead cells are either thrown out or corrected and re-energized. The body thus gets immunity to all sorts of diseases.

Modern medical science wrongly believes in the theory that bacteria and viruses can create disease. In Zero Therapy bodies, the immune system is so powerful that none of the harmful bacteria can create any disease in the individual. The body system is improved to such an extent that all unwanted matter are thrown out of the body in the form of vomiting, dysentery and so on.

How does Zero Therapy compare to any other Therapy?

Zero Therapy is a therapy where as the name zero suggests means no start no end. It is your body which is responsible for disease and it is your body which is responsible for cure, provided no external help is taken in any form, like Acupuncture therapy Acupressure therapy, Allopathy, Homeopathy therapy, Ayurveda, Homeopathy, Naturopathy, Reiki therapy, Pranic healing or any other

alternative therapy (No external help). When external help is taken, the organs including the glands sub consciously stop the inbuilt curing power of the body.

Zero Therapy is a science of 'Bhavana'. Thought, attached with a deep rooted emotion to get a desired outcome is 'Bhavana'. It is the science of food with Bhavana, where along with the food being taken, what matters is the 'Bhavana' of the persons who are preparing, serving and sharing the food.

Zero Therapy is not an Alternative Therapy. Zero Therapy is the Ultimate Therapy. Zero means no value but if added with power of mind, power of body and power of soul, it has all the properties of curing incurable diseases. Zero Therapy is the science of harmony of body, mind and soul which when harnessed by 'Bhavana', release powerful chemicals from within the body with the help of glands. These chemicals as released are capable of curing any incurable disease. Hence Zero Therapy is the treatment of the body, for the body and by the body. Basically it's the brain chemistry that takes care of the emotional balance and that emotional

balance treats any disease. Zero Therapy is the science of uncommon common sense. Zero Therapy is the science of biochemistry of mind and body which release special chemicals from the glands, directed through the brain, which is essential for curing any type of disease. It may be clearly noted that organs are all secondary and the main source of curing power or built in power of the body lies with the glands which communicate with each other for balancing the hormones. Once any of the glands is operated upon, the body loses its built in curing power or healing power (Since it is the chemicals released by the glands which have the power of curing and not the mechanical organs).

Thus Zero Therapy is different from all other therapies because it does not use any external aid for curing the body, but activates the body's ability to heal itself.

Every word in the word has its origin and it derives energy from the universe at the time of birth. And when we pronounce a word it gives a feeling in the form of energy giving the meaning and feeling at the same time. This depends on the individual karma of the word at the time

of birth. So healthy has its origin from HEAL+THY.

HEAL+THY which means a body capable of healing itself is a healthy body. It has got all inbuilt capacity to take care of any disease. In case of requirement, it releases chemicals whenever and where ever required by the body. In other words the software of the Heal Thy person is at its best to take remedial action without any external help.

If the life style of the individual is zero therapy life style, the person will never get these so called dangerous diseases. For the persons following zero therapy lifestyle, the software (mind) is so strong that the body can heal itself. If one follows 'what we should do is take care of what we should not do', one will not fall sick. What we 'should not do' should be experienced from cause and effect.

For a healthy person the senses are very powerful and send signals in form of chemicals throughout the body, balancing the hormones incase of any disturbance. This happens if the life style as above is followed.

Thermal imaging as per modern science is a detection technique that converts invisible heat energy into visible picture.

Modern science can see what is unseen by the naked eye, but advance thermal imaging sees what is unseen by modern science. If any organ is under tension or problem it gets heated and the heat energy sent out is measured by modern science. The particular spot which is not normal gets heated more compared to the other spot which is normal. The hotter part of the body which is abnormal, sends out more heat compared to the cooler part which is normal and sending out lesser heat. This is how the Thermal Imaging Camera of modern science, sees the temperature.

My experience through observation

Every thing in the world is expansion and contraction (hot and cold). Each individual has got hot and cold, red and blue in a particular ratio fixed at the time of birth. Ultimately it is hot and cold, Expansion and Contraction

Whenever a person comes to me it is unbelievable that I am able to read the temperature of skin at various spots of

the body in no time. This is how advance thermal imaging is done without any equipment but with the help of all the five sense organs working together. Every time I am able to tell the temperature of a person from a distance – again advance thermal Imaging. Not only this, in many cases I am able to tell if the person is vegetarian, meat eater, alcoholic or smoker just by reading the temperature of the body or parts.

For example a smokers lips radiate more heat which I am able to read by the temperature. The lips also release feelings due to smoke, which again am able to read. My software is also helped by signals from the nose.

Meat Eater / flesh eater radiates heat in the form of aura all round the body which we are able to measure without any equipment. Hence we are able to pin point the food one eats and also the parental food.

The reasoning as stated above.

Each object sentient or non-sentient radiates heat. Meat and flesh radiates more heat hence the eater of these items radiates extra heat than the normal

vegetarian body. This can be measured by modern science through equipment and by me without any equipment. The various experiences of Zero Therapy followers are a testimony to this.

Each eatable prepared or unprepared, cooked or raw has its own inherent property which builds the character of the individual person like jealousy, egoism etc.

This is advance thermal imaging

When we talk of life style of zero therapy it is my foremost duty to explain what zero therapy is.

The basic principles of zero therapy are –

What matters to the body is the matter that goes into the body.

What matters to the body is the matter that goes out of the body.

What we should do is (take care of) what we should not do.

The whole theory of curing, treatment, soul purification, Atma, Intuition, Aura (Physical aura , Emotional Aura, Spiritual Aura), Character – all are related in some way to the principle stated above.

Principle one

What matters to the body is the matter that goes into the body

Matter as per science is an object that occupies space and has weight but here matter is also thought, which also has weight. A friend of mine aged around 75 used to regularly visit me and he used to keep track of his weight, which was constant. One day when he came I said your weight has increased by 500 gms, He weighed and he was dumbfound on the correctness of my judgment. I told him your friend has become chief minister and due to happiness your weight has increased. Hence thoughts have weight and in Zero Therapy, when we say matter it includes thoughts. In another instance, a patient entered my office (sorry not the clinic). She was facing a tremendous problem and under great stress. I asked her to weigh herself and note down. She waited for sometime. I chatted with her and then again I asked her to weigh after around ten minutes. The weight had increased by 400 grams, yet again proving that thoughts have weight.

It may be noted here, in between the two measurements, none of them had eaten or drunk anything.

The whole body, the aura, the character, physical and emotional, all depends on the matter that goes inside the body.

Not only the food, the person who prepares food also matters. Next the person who serves also matters, with whom one eats also matters, where one eats also matters. So it is the food and this environment when eating, all put together that makes the software and hardware strong or weak as the case may be.

Action and Reaction

When one takes medicine, the body tries to throw out the invader (medicine) and the effect is either vomiting, dysentery, fever or so on. This is cause and effect. The cause is medicine, the effect is reaction. It is very interesting to note that modern medical science (doctors) in India generally tells the patient " it is a reaction " but in fact reaction is nothing but the effect of wrong action (ie) it is presumed as meddling with ones body.

It is bound to create some effect, invariably a negative effect, because the

body is not supposed to accept any chemical other than the natural chemical like fruits and vegetables. It is cause and effect.

When any artificial chemical goes inside the body, if the body is well balanced, it will try to retaliate in the form of dysentery, fever, vomiting which again is treated as a disease by modern medical science whereas this is the effect of the cause and is not a disease. Several recent research as featured in the newspaper also confirm that it is not the medicine that cures - it is the faith in the medicine that cures.

Pain

Many a time people come to me for pain, and just by talking to them they get relieved of their pain without any sort of external treatment - just transformation of energy by way of talk and the pain is gone.

Now it is conclusive that matter is food and also the thoughts. All this matter that goes inside has to come out of the body, so the next principle.

Principle Two

What matters to the body is the matter that goes out of the body.

Here it is essential to watch the urine, the sweat and the toilet. What is the colour of the toilet, urine / toilet loose or tight, the flow of urine, the smell of sweat - all these are covered under "What matters to the body is the matter that goes out of the body".

A person came to me, his sweat was smelling. We checked the quality of milk he was consuming, stopped him from drinking milk as it was adulterated and the result - his smell stopped.

A person's urine was yellow. I told him to drink 'Jeera Misri' boiled, and the urine colour became normal

In yet another case, I told another friend of mine to take half a cup of milk at room temperature mixed well with half a cup of water at room temperature.

After drinking this, the colour of his urine was back to normal.

The stool of one person was tight and I told him to eat ghee and sugar and his stool became normal.

The stool colour of one child was green. I prescribed one leaf of saffron with milk. The next day stool colour became normal.

When a person sits in an air conditioned room, though he is not eating or drinking anything yet matter enters inside the body through the nose. When the persons body is cooled beyond the normal level (depends on the individual), he passes more urine (the matter that goes outside the body). Of course the reason is urine increases blood circulation - remedy by the body to avoid getting cooler than normal requirement.

Dysentery was stopped for a person by prescribing Gulab Jamun

In yet another case, dysentery was stopped by prescribing cottage cheese (panneer).

These two principles are for knowing and maintaining the status of ones health.

Now, for the remedy.

Principle Three

What we should do is what we should not do.

A list of what we should not do, as featured on our website www.zerotherapy.com is given below -

No Medicine in any form not even herbal

No Tobacco in any form

No Alcohol

No Meat and Eggs

No Honey

No Butter

No Cheese

No Sprouts

No Coconut water

No Ice Water

No Tea Masala

No Garam Masala

No Kali Mirch (Pepper)

No Pipalamor

No Reiki

No Accu Pressure

No Accu-puncture

No Yoga

Avoid Onion, Garlic, Beetroot and like (with powerful smell)

Avoid Curd, Butter Milk

Avoid Coffee

Avoid Podina

Avoid Ice Cream, Chocolate, Cake

Avoid Lemon

Avoid Menthol (like mint based toffees)

Avoid Mosquito Repellent

Avoid Betel nut

Avoid too much spicy food

Avoid Biscuits

Avoid Negative Smell (perfumes, chemicals, balm etc)

Avoid Fermentation

Avoid same fruit and vegetables (It may be good for few days but may be excess after five days or so..)

A person came to me complaining about fever, body pain and what not, on account of eating a particular type of berry (jamun) but I found that the tongue gave indication to me that this was on account of salt sprayed on raw food. On asking her, she said she had sprinkled salt on Jamun. The salt matters here which goes inside and the resultant fever, body pain is the matter what goes outside the body

A person came to me with heavy vomiting and nothing was accepted by the body, not even water. Diagnosis was smell of perfume (matter that goes inside through the nose, vomiting the matter that goes outside the body). In the latter stage of the book you will find many such diagnoses.

Recently we had a mail from a person working in USA who was forced to lose his job on account of body smell. After reading on our website "What matters to the body.... ", he understood that smell is on account of unwanted matter like meat, flesh and eggs. Immediately he changed his lifestyle and the smell started reducing. What matters to the body is the matter that goes inside and outside the body - is In a way, a common mantra across religions and cultures. This if followed, leads to peace and harmony in the body, in families, in spirituality and in business.

Advance thermal imaging

Every thing in the world sentient or non sentient releases heat in the universe. Along with heat it sends a vibration and if a person is able to read the vibration of sentiment then it is advance thermal

Imaging. The present scientist can take the photo of heat but cannot understand the feelings. The volume of diagnosis in the latter part of the book is the testimony of advance thermal imaging.

Lets see how it works.

A Person who is suffering comes to me with full faith for getting cured. In such cases the organ which is in problem or the person suffering on account of one organ that sends heat and feeling into the universe - at transmitter a wireless connection is made by me and the patient through the universe in the form of transmitters and receiver. The feelings are picked up by the receiver and hence diagnosis is done in 15 seconds.

On 17-6-2010, one dedicated Zero therapy family came to me complaining about knee pain. Immediately after looking at the knee I asked for how many days medicine had gone into her body. It was unimaginable for me to ask this question to a dedicated Zero Therapy follower but for the conviction to cure get cured. Invisible thought from the knee went into the sky, the heat of the

thought measured and read immediately brought forward this question. The lady answered that three months ago she had a new set of teeth fitted and in the process she was given local Anesthesia.

The interesting point to be noted here for medical science - any doctor, any theory would have prescribed several tests for diagnosing and a number of days would have been lost without locating the actual cause.

At the most, a thermal imaging camera could have only measured the heat by means of the infrared thermometer and nothing beyond that. The advance thermal imaging of mine, loudly and clearly reads the temperature and along with the temperature reads the thoughts of the particular organ which is in problem. So reading thoughts is advance thermal imaging, which is not possible by the current level of medical science.

This is another case of the first principle of Zero therapy where the medicine acted as invader in the body. The body being intelligent safely deposited this on the joints of the knees (to stop it

interfering with bodily functions) which in turn was seen as swelling and in turn pain.

What matters to body... another example. One week before the above example, a pregnant lady under zero therapy from her fourth month of pregnancy, having undertaken folic acid and calcium tablets in the earlier three months, came in with the complaint of blood vomiting. Immediately diagnosed over phone without seeing the tongue, just by sheer voice and the vibration and feeling of the voice (through advance thermal imaging) that it is due to smell of balm or incense stick. It turned out she had gone to an Indian temple where liberally incense sticks are used. In the evening she came to me and surprisingly the weight was the same as the previous day (42.1 kg) in spite of blood vomiting. The most interesting part is the lady instead of complaining said "every time when I used to vomit earlier there was a burning sensation in my throat and today surprising after vomiting I am feeling better again. What matters to the body...Incense smell went inside the

body and blood came outside the body. Patient feels better. What an amazing science, don't you think so?

The reason for vomit.

In the normal body the incense smell and chemical particles would have entered and settled somewhere. The body without medicine (like the Zero Therapy body) generally is so strong and the burglar alarm is so sensitive, that the invader is detected immediately and action taken to throw it through blood (as here), dysentery, cough etc.

One lady came with a walker having been under medication for five years and one and half month under Zero Therapy. I looked at the tongue and before she could say anything, I said, "Madam your swelling is on account of perfume". The lady said, "My husband uses perfume". Here what matters is not the food, what matters is smell. So as earlier mentioned in book 'Spiritual Food' - "Food is not what you eat. Food is what goes inside the body in the form of air AND smell". For more details refer page 13 of 'Spiritual Food'.

Who is the next best doctor after your body ?

Your partner. After your own body, for married couples either of the partner is the best doctor. Before we proceed further we need to review the Indian concept of 'Bhavana'. Thought, attached with a deep rooted emotion to get a desired outcome is 'Bhavana'. If both partners are eating the same food, then if one of them falls sick, the other can act as a catalyst for cure due to 'Bhavana', provided they are on 'Satvik' food.

They need to sleep facing each other, so that the exhaled breath of one, becomes the inhaled breath of the other.

If one of the partner is not eating the same food, in all probability he/she may not only stop the other ones recovery but in fact may further worsen the case. This is the reason we give utmost importance to 'Bhavana' of food, 'Bhavana' of the person who prepares the food, and the person who serves the food.

Now, lets move on to the Zero Therapy Food Recipes.



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S

weets



GULKAND

RECOMMENDED SEASON

Summer and Warm Weather

INGREDIENTS

Rose petals	300 gms ("Paneer Rose" flowers)
Sugar	400 gms

SERVING :

This can be eaten as it is or alongwith almond paste before going out into the hot sun, as it keeps the body cool. It can also be taken alongwith milk at room temperature (one or two teaspoons to a glass of milk), but it has a very cooling effect. It is used in the preparation of Thandai as seen in beverages section.

Select pink colour rose flowers (preferably organic) that have not been sprayed with chemicals, the variety that are called "Desi Rose". You can watch video of this preparation on www.zerotherapy.com, "Summer Recipes 2009".

Separate the petals from the flowers. Sieve the petals so as to remove any dust particles. Then wash the petals well in a bowl and sieve them again.

Slightly grind the sugar so that it melts easily when mixed with the petals. Do not grind to get a fine powder. Just run the mixer briefly and stop.

Once you have clean wet petals, soak on a cloth take the sugar in a clean bowl and add the petals and mix them well with the sugar. Mash well with your hands. The sugar melts and mixes with the petals. Keep for 3-4 hours

Then keep the mixture in the sunlight, covering the bowl with a sieve. In the evening, keep the bowl indoors without disturbing it. If the sun is very hot, then it would be sufficient to keep the mixture in the sun for 3 days. Otherwise, it might take 5 or 6 days to turn the mixture into gulkand. The pink coloured mixture shall turn into a dark maroon colour.

Then, it can be bottled (preferably in a glass container). This should not be refrigerated. This can be stored for as long as it lasts.

BESAN KI BARFI / LADDU

RECOMMENDED SEASON

All seasons, but to be had less in summer and more in winter.

INGREDIENTS

Ghee	125 gms
Powdered sugar	150 gms
Bengal Gram Flour	300 gms

Heat ghee enough to melt it, mix in the gram flour and keep stirring and cooking on a slow fire, till the flour turns dark pink in colour. Turn off the flame, let it cool from hot to warm and then add the powdered sugar and also you can mix the sugar and water and boil till you get a one string consistency. Mix well and either make laddus or fill in plate and cut into burfis when completely cold.

In winter, cardamom powder and finely chopped dry almonds and pistachios may be added when you turn off the flame.

PANEER (COTTAGE CHEESE)

RECOMMENDED SEASON

More in summer, less in winter

INGREDIENTS

Milk	1 litre
Fresh curd (not a part of ingredients)	100 to 150 gms

Boil the milk in a pan. Turn down the flame to simmer, take some milk in a big ladle, keep it over the pan and add fresh curd to it with another ladle. Keep mixing the milk and curd inside the big ladle with the help of the other ladle. You can see the milk in the big ladle curdling and separating into Paneer and clear whey water. Then mix the Paneer into the pan of milk and take another big ladleful of milk. Keep repeating the process until the whole panful of milk is separated into Paneer in clusters and clear whey water.

Switch off the stove and keep the vessel covered for half an hour. This makes the Paneer soft. Then strain the contents of this vessel through a net or a thin muslin cloth so that the cloth contains Paneer and the whey water is collected in another vessel. The Paneer still contains some water in it. So, tie the muslin cloth into a bundle and hang it, so that the water from the Paneer gently drips away from it. Leave it for about 5 minutes and gently squeeze it to remove water.

The whey water might be used to knead dough for rotis or to curdle milk (instead of curd) the next time you want to make Paneer. The water should not be used more than 2 hours later.

Once all the water has drained from the Paneer, transfer it to a vessel, wash it with plain water twice and strain it again, gently squeezing all the water from it. Then, it has to be kneaded well with



SERVING :

Use paneer on the same day or next day if refrigerated or you can bake it in microwave oven for 2 minutes.

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the hand (to make it soft) before it can be further cooked either to make sweets or to be added to vegetables.

For adding to vegetables, Paneer should never be fried (shallow or deep), it should be baked. Alternatively, after kneading it, spread it out evenly in a plate or shallow bowl, and cook it in a pressure cooker for 2 whistles to the same effect. Cut the layer of Paneer into thin cubes and then add to the curry after the vegetable is cooked. While kneading the Paneer, very little salt and chilly powder may be added to it, so that when it is cooked and added to the curry, it tastes good. Use Paneer on the same day or next day if refrigerated or you can bake it in microwave oven for 2 minutes.

RASGULLA

RECOMMENDED SEASON

Ideal for summer and warm weather. If consumed in rainy season or winter, it may be advisable to eat the rasgulla after gently squeezing out the syrup, to avoid catching a cold.

INGREDIENTS

Paneer Extracted	from 1 lt milk
Water	200 ml
Sugar	100 gms

SERVING :

Serve the balls along with a little of the syrup. You can eat rasgulla on the same day or within 2 days if refrigerated.

Make Paneer as given in the earlier recipe, knead well and make into small balls. Keep them aside. Take 200 ml of water in a pressure pan, turn on the flame and add 100 gms sugar to it. Keep stirring and cook till the sugar melts and the water reaches boiling point make balls from Paneer.

Turn to a slow flame and place the Paneer balls gently one by one in the pan in such a way that they (as far as possible) do not touch each other. Close the pan and pressure cook on a medium flame till you get two whistles. (Let the pan lose steam and cool). Rasgulla is ready.

RAS MALAI

RECOMMENDED SEASON

Ideal for summer and warm weather. But adding cardamom, nuts and saffron can balance the cooling effect in winter.

INGREDIENTS

Paneer Extracted	from 1 lt milk
Water	200 ml
Sugar	100 gms + 50 gms
Milk	500 ml

SERVING :

Eat immediately, within 2 to 4 hours of preparation.

Boil 500 ml milk separately in a pan, simmer and keep boiling for some time (stirring it from time to time) till you get a thick consistency with some cream on top. Add 50 gms sugar after the milk has thickened.

Make rasgulla as given in the previous recipe. (Once you get two whistles and turn off the stove, make the pan lose its steam right away by raising the weight from the pan with the help of a ladle. Place the handle of a ladle under the weight so that it is raised and the pressure escapes right away) Open the lid of the pan, very gently squeeze the rasgullas and drop them in the thickened milk (which is on a slow flame). After adding all the rasgullas to the milk, bring the milk to a boil and then turn off the flame. Keep it covered for a few minutes.

In winter and rainy season, after turning off the flame, you can add a pinch of cardamom powder and a few chopped dry almonds and pistachio nuts. You can also garnish with a couple of saffron petals. Soak the saffron petals in a teaspoon of milk for half an hour before using. Add the milk with the petals to add colour and flavour to the dish.

MILK CAKE

RECOMMENDED SEASON

All season at room temperature, in winter to be eaten hot.

INGREDIENTS

Milk	2 lts
Ghee	1 cup (100 ml)
Sugar	1 to 1 ¼ cups (100 to 125 gms)
Curd	¾ cup (75 ml)

SERVING :

If the sweet is made on the same day that it has to be served on, then after turning off the flame, cover the hot pan with a lid and let it stand for half an hour before serving it.

Boil milk in a pan and after it boils, add curd, mix well, and churn with a churner for 5 minutes, till the curd mixes well with the milk and the milk curdles.

Add ghee and sugar and cook and keep stirring till light pink on a high flame. (To avoid boiling ghee from spilling out of the pan, you can hold a lid over with one hand while stirring the ghee with other)

Once it turns light pink, turn off the flame, and immediately transfer the sweet to a container (preferably an air tight stainless steel box) so that the quantity of the cake is equal to or a little less than the full capacity of the container. Wrap a thick towel around the box and place it inside a bigger, tall container and cover tightly or cover it with a big vessel, mouth down, so as to keep the heat within. Leave it overnight or for 8 to 10 hours. This stays fresh for 7 to 8 days without refrigeration.

KALAAKAND

RECOMMENDED SEASON

All seasons

INGREDIENTS

Milk	2 lts
Sugar	$\frac{3}{4}$ cup (100 gms)
Curd (not a part of ingredients)	$\frac{3}{4}$ cup (75 ml)

Boil milk in a pan and after it boils, add curd, and churn with a churner for 5 minutes, till the curd mixes well with the milk and the milk curdles. Keep stirring till the whey water is absorbed by the curdled milk. Add sugar and cook till the sugar melts and mixes well with the mass. Turn off the flame and keep the pan covered for half an hour. This sweet is white in colour.

Alternative Method - (Same ingredients as above)

Make Paneer of 1 lt of milk, as given earlier, strain the whey water, wash Paneer and strain again. Boil the other 1 lt of milk and keep boiling till it condenses it to $\frac{1}{2}$ lt. Knead the Paneer well and add it to the condensed milk and mix well. Add sugar and cook till sugar melts and mixes well, when the sweet is almost done. If you want a burfi or cake like dry consistency then keep stirring till all the water is absorbed. If a semi-liquid consistency is required, then stop when all the ingredients are mixed well. This method helps save time and fuel.

DAL KA SEERA

RECOMMENDED SEASON

Ideal for winter

INGREDIENTS

Split Green Gram	1 part (without skin)
Ghee	1 ½ parts
Sugar	1 part
Water	4
cardamom powder	¼ teaspoon
saffron petals half a	pinch
Almonds	5
Pistachios	5

SERVING :

If the ghee-dal mixture has been stored in the refrigerator, transfer it to pan. Heat till the ghee glistens on the surface, and then add hot sugar syrup.

Wash and soak the dal for 2 hours. Strain the water completely. Heat the ghee just enough to melt it. Grind the dal and ghee together in a mixer into a fine paste. Transfer the paste to a pan and cook stirring all the while on a high flame till it turns light brown and powdery. Make sure there are no lumps. This cooked mixture can be stored in the refrigerator for later use upto 15 to 20 days.

Mix the sugar and water in another thick pan till the sugar melts and the water comes to boiling point. Add the sugar-water to the dal-ghee mixture slowly and keep stirring till the ghee separates from the mixture. When ghee separates, turn off the flame. Add powdered cardamom powder, chopped almonds, pistachios and saffron petals that have been soaked in water for half an hour.

You can add sugar to milk instead of water if the taste is preferred. If sheera is not consumed within 24 hours of making it, it can be refrigerated and consumed within 8 to 10 days. But it tastes best when it is fresh.

BADAM KA SEERA (ALMOND HALWA)

RECOMMENDED SEASON

Ideal for winter

INGREDIENTS

Almonds	250 gms
Ghee	225 gms
Sugar	150 gms
Water	125 to 150 gms

SERVING :

In winter or rainy season, you can soak a little saffron for half an hour in water and add at last after turning off the flame.

Soak almonds for 4 to 5 hours. Peel and grind them with melted ghee. Fry in a pan till light pink colour. Mix sugar and water and boil together, add to the almond-ghee mixture and cook till the ghee separates.

MILK MYSORE PAK

RECOMMENDED SEASON

More in winter, less in summer

INGREDIENTS

Gram flour	1 part
Sugar	1 ¼ parts
Ghee	2 ¼ parts
Milk	½ part

Mix all the ingredients in a thick pan and cook on a slow fire. Keep stirring till the ghee separates. Pour the mysore pak into a pre-greased plate. Don't flatten or adjust the mass in any way. Cut it into pieces.

GAJAR KA HALWA

RECOMMENDED SEASON

All seasons

INGREDIENTS

Carrots	½ kg
Milk	1 cup (100 ml)
Sugar	¾ cup (75 gm)
Ghee	3 to 4 tablespoons

Wash and peel carrots. Grate them and sauté lightly in ghee. Add milk and cook till soft. Add sugar, mix well till sugar melts and mixes and turn off the flame. If, less ghee is to be used in the preparation of halwa, then increase the quantity of milk.

KHEER

RECOMMENDED SEASON

All seasons In winter, cardamom, saffron and nuts can provide balance in hot and cold effect.

INGREDIENTS

Milk	1 lt (if Full Cream Milk) or 2 lt (if Toned Milk)
Rice	¼ cup (50 gms)
Sugar	½ cup (100 gms)

Soak rice for half an hour, wash well and drain the water. Boil milk and slightly thicken it (5 to 10 minutes if full cream milk is used and 15 to 20 minutes if toned milk is used). Add rice to the thickened milk and cook till the rice is very soft. Keep stirring frequently so that the rice does not stick to the bottom of the pan. Once rice has been cooked very soft, add the sugar on a slow flame, mix well and turn off.

In winter, 4 or 5 saffron petals (soaked in 5 ml milk for 30 minutes) can be added after turning off the flame. Also, cardamom powder, and finely chopped dry almonds and pistachios can be added in winter and rainy season.

In summer, finely chopped almonds can be added if they have been earlier soaked in water for 4 or 5 hours and then have been peeled.

For Badam Kheer, soak more number of almonds (about 50 gms or so) and peel and chop them into fine pieces and add to the kheer after turning off the flame.

AMLA MURABBA

RECOMMENDED SEASON

Only in summer

INGREDIENTS

Gooseberries	1 ¼ kg
Sugar	1 to 1 ¼ kg (as per required sweetness)

Select the big variety of gooseberries that have the astringent taste. Wash the gooseberries well and wipe dry with a cloth. Cut and remove the stems and black spots if any. Grate the gooseberries using a medium sized grate (neither too fine nor too broad).

Boil 1½ lt water. After the water reaches boiling point, add the gooseberry pulp, mix and cook till it reaches boiling point again and turn off the flame. While it is hot, strain this mixture through a net, and squeeze so as to remove all the water.

Transfer the cooked gooseberry pulp to a heavy-bottomed pan or vessel, add sugar, mix well and keep covered for about 10 to 15 minutes. Then, turn on the flame, and keep stirring the mixture till you get a one-string consistency (or more thickness, not less). Turn off the flame and keep it to cool.

After it is cold, bottle it. Do not refrigerate. This murabba can be kept for as long as it lasts and does not get spoiled as long as it is handled properly, each time using a dry spoon, storing it in a glass container, keeping it in a cool dry place, etc.

IMPORTANT:

Do not use any iron utensils or materials during the entire process, even for filtering etc. Instead steel can be used and plastic sieve

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may also be used. But interaction with iron turns the gooseberry extract into black colour.

Uses :

This can be eaten as it is as a sweet or along with any food like a sweet chutney or accompaniment. If a person finds it too sweet to eat it as it is, then he can mix it with water and drink the sweetened water and then eat the pulp left, which will then taste less sweet.

KULFI

RECOMMENDED SEASON

Strictly summer (that too occasionally)

INGREDIENTS

Milk	1 lt
Sugar	½ cup (50 gms)
Saffron	5 to 6 petals
Cardamom Powder	a pinch
Dry Almonds and Pistachios	4 each

Boil milk, turn down the flame, keep cooking it and reduce the milk to half the quantity by stirring all the time. Sugar can be added at any stage, but it has to be added carefully and slowly. Once the required consistency or quantity is reached, turn off the flame, add saffron petals (soaked in milk for half an hour), cardamom powder, and the coarsely ground almonds and pistachios.

If you do not like to find cream in the milk, then you can run the milk in the mixer when it cools down. After the milk has cooled down, it can be refrigerated or frozen in a freezer, either in a cup, glass, or mould (with a stick or handle).

MISHRI KI ROTI (HOME MADE BISCUITS)

RECOMMENDED SEASON

Most suitable for winter, but can be had in moderation during all seasons.

INGREDIENTS

White flour	3 parts
Powdered Sugar	1 $\frac{3}{4}$ parts
Ghee	1 $\frac{1}{2}$ parts
Cardamom powder	$\frac{1}{4}$ teaspoon
Almard	8 pistas

Ghee is to be used in its natural semi-solidified form for this recipe. Do not heat or melt it. Mix ghee and powdered sugar together thoroughly, with the hand for about 15 minutes or beat with a beater for about 5 minutes, till the mixture is creamy. Then add white flour and knead into a soft and sticky (not too firm) dough. Add quarter spoon cardamom powder and knead again until it is mixed well.

Meanwhile, heat a tandoor (Indian oven) over a slow fire on the stove. The tandoor contains aluminium containers and plates that fit in it. (Only aluminium suits this purpose, as other metals would burn this biscuit.)

Take small lumps of the dough, place them one by one on the plate or container of the oven and flatten them into small thin discs with your fingers. Place chopped pieces of almonds and pistachios on each of these discs and press them slightly so that the pieces are somewhat embedded in the discs.

You can also soak a couple of saffron petals in 10 ml of water, dip your finger in the saffron coloured water and drip onto or lightly touch the discs with this water. Alternatively, you can also take a large portion of the dough and flatten it into a big roti using your fingers.

Once the garnishing is done, bake the discs in a tandoor for 15

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minutes or in an oven for 10 minutes. They are done if the sides of the mishri roti have turned pink. If not, bake them for some more time.

If you have made it into a big roti, you can cut it into smaller discs using a cup before baking. Otherwise, once you remove from fire, cut it into smaller pieces with a knife while it is still hot. Or it will break into irregular shaped pieces, if you try to cut it once it has started cooling.

SOOJI KA HALWA

RECOMMENDED SEASON

All Seasons

INGREDIENTS

Semolina (Rawa)	1 cup
Sugar	1 cup
Water	3 cups
Ghee	½ cup

Mix the sugar and water, bring to boiling point on one burner, and keep it on simmer. Add the ghee to a thick bottomed pan on another burner and shallow fry the semolina till light pink. Then add the sugar-water, keep stirring on a slow flame till it mixes well and comes to the right consistency. Keep it covered and let it cook on a slow flame for 5 to 10 minutes. Turn off the stove and garnish with cashew nuts that have been shallow fried in ghee.

Quantity of sugar can be adjusted according to taste.

GULAB JAMUN

RECOMMENDED SEASON

All Seasons

INGREDIENTS

Condensed Milk	1 kg (Khoa)
White flour	120 gms
Ghee Enough for	deep frying
Sugar	800 to 900 gms

SERVING :

Gulab jamun can be served either with some syrup or without syrup (after it has been kept in the syrup for half an hour or so). Gulab jamun can be garnished with a dab of khoa on each piece.

Grate the khoa and mash well. Add the white flour to it and mix well. Check the consistency and see if you are able to make balls out of the mixture. If it feels too dry, then add 1 or 2 spoons of water.

Make balls of the preferred shape and size and deep fry in ghee over a slow fire. Take a thick bottomed, flat bottomed pan for the purpose. The balls would be very soft and care has to be taken to avoid breaking them. Once you have dropped the balls into the ghee and feel that one side is done, gently move the pan to turn the balls over to their other side for frying. If possible, do not touch with a spoon or spatula for turning them over. If necessary, stir them very gently. After they have been fried to a dark brown colour, remove carefully from the ghee and add to sugar syrup.

Sugar syrup :

Start by adding very little water to the sugar and mix well in an open pan, preferably flat bottomed. Turn on the flame and keep stirring while adding water little by little, until you get a thick syrup with 1-string consistency. Turn off the flame and add cardamom powder and saffron petals that have been soaked in water for half an hour. Keep this syrup ready before you fry the balls in ghee.

JALEBI

RECOMMENDED SEASON

More in winter, less in other seasons

INGREDIENTS

White flour	1 cup
Gram flour	1 spoon
Ghee Enough for	deep frying
Sugar	250 gms

Mix white flour and gram flour with a little water so as to make a thick batter. In summer, let it stand for 8 to 10 hours and in other seasons, let it stand for 12 hours. At the end of this duration, the batter becomes thinner. Transfer the batter into a dispenser. An old fashioned sauce dispenser is ideal for this purpose. It is a plastic bottle with a cap that can be screwed onto the bottle and is like an inverted funnel. The batter has to be dropped into hot ghee (in circular or oblong shaped strings) for deep frying and using the bottle, the batter can be controlled effectively.

The ghee has to be very hot for making jalebi. Wait till the ghee reaches high temperature before you drop the batter and keep the flame on high when frying. After the jalebi turns golden in colour, remove from ghee and drop into sugar syrup already prepared. The jalebis can be dipped into the syrup even when cold, just before serving, or as preferred.

Sugar syrup :

Start by adding very little water to the sugar and mix well in an open pan, preferably flat bottomed. Turn on the flame and keep stirring while adding water little by little, until you get a thick syrup with 1-string consistency.

MALPOA

RECOMMENDED SEASON

More in winter, less in other seasons

INGREDIENTS

Milk	1 lt
White flour	1 ¼ cup
Ghee Enough for	deep frying
Sugar	250 gms

Boil the milk and reduce to half the quantity. Keep it aside till it cools down completely. Add the white flour to the milk and blend into a smooth mixture. Keep it covered for 3 hours.

After 3 hours, heat ghee in a pan, and with a round spoon, pour spoonfuls of the mixture into the boiling ghee. Each spoonful will spread out into a small flat cake and float to the top of the ghee. Turn them to fry the other side. When they are done, the outer edge will be light pink in colour and the centre portion remains light pink. Once both sides are done, remove from ghee and drop into sugar syrup and remove immediately.

Sugar syrup :

Start by adding very little water to the sugar and mix well in an open pan, preferably flat bottomed. Turn on the flame and keep stirring while adding water little by little, until you get a thick syrup with 1-string consistency.

ALTERNATIVELY, SOUTH INDIAN (INSTANT) APPAM

RECOMMENDED SEASON

Only Summer

INGREDIENTS

Milk	1 lt
Wheat flour	2 cups
Ghee Enough for	deep frying
Sugar	250 gms
Cardamom powder	a pinch

Boil the milk and reduce to half the quantity. Let it cool a little and add the warm milk to the wheat flour and mix well to avoid lumps. You can use a blender/beater to get a smooth mixture.

Heat ghee in a pan, and with a round spoon, pour spoonfuls of the mixture into the boiling ghee. Each spoonful will spread out into a small flat cake and float to the top of the ghee. Turn them to fry the other side. Once both sides are done, remove from ghee and drop into sugar syrup.

Sugar syrup :

Start by adding very little water to the sugar and mix well in an open pan, preferably flat bottomed. Turn on the flame and keep stirring while adding water little by little, until you get a thick syrup with 1-string consistency. Turn off the flame and add a pinch of cardamom powder.

MURMURA LADDU/BARFI (PUFFED RICE BALLS/CANDY)

RECOMMENDED SEASON

More in winter, less in other seasons

INGREDIENTS

Puffed Rice	4 parts
Sugar	1 part (or as given below*)
Ghee	enough to grease

Heat a thick bottomed pan, add sugar and keep stirring till the sugar melts and becomes syrup. Turn off the flame and immediately add the puffed rice and mix well. If you can handle very hot stuff, then apply ghee to your hands and make balls out of the mixture. If not, then apply ghee to a flat surface (clean counter top or a flat plate or tray), transfer the mixture to this surface, roll it out flat and evenly with a rolling pin (to which also ghee has been applied beforehand) and cut into pieces of desired shape and size, while it is still hot.

(* Add 2 tablespoons of sugar to the pan, melt it and turn off the flame. Take 2 cups of puffed rice and add as much as the syrup would sufficiently cover the puffed rice. By trial and error, one might arrive at the ratio between sugar and puffed rice.)

GROUNDNUTS LADDU / CHIKKI

RECOMMENDED SEASON

More in winter, less in other seasons

INGREDIENTS

Roasted Groundnuts	2 parts
Sugar	1 part
Ghee	enough to grease

Remove the husk of the roasted groundnuts and break them roughly into smaller pieces using a rolling pin or hammer.

Heat a thick bottomed pan, add sugar and keep stirring till the sugar melts and becomes syrup. Turn off the flame and immediately add the groundnuts and mix well. If you can handle very hot stuff, then apply ghee to your hands and make balls out of the mixture. If not, then apply ghee to a flat surface (clean counter top or a flat plate or tray), transfer the mixture to this surface, roll it out flat and evenly with a rolling pin (to which also ghee has been applied beforehand) and cut into pieces of desired shape and size, while it is still hot.

SOOJI KE LADDU / RAWA LADDU

RECOMMENDED SEASON

All seasons

INGREDIENTS

Rava	2 cups
Ghee	½ cup
Milk	½ cup
Sugar	1 - 1 ½ cups
Water	½ cup

Heat ghee, add Rava Add hot creamy milk, mix well and keep it covered for 1 ½ hours. Then crumble the mixture so that there are no lumps. Roast till it turns light pink. Mix the sugar water and boil while stirring, till you get a one - string consistency. Add roasted rava. Keep for 15-20 minutes. Make laddu or put in a plate and cut like burfi / chikki.

LAAPSEE CHANNA

RECOMMENDED SEASON

Ideal in winter

INGREDIENTS

Laapsee Ingredients :

Coarsely Broken Wheat (Dalia) 1 cup,

Sugar 1 cup

Water 2 ½ cups

Ghee ½ cup

Channa Ingredients :

Red chick peas 1 cup

Chana dal ¼ Cup

Salt 1½ teaspoons

Turmeric 1 teaspoon

Cumin seeds ½ teaspoon

Ghee 2 tablespoons

Chilly powder ½ teaspoon

Coriander seeds powder ½ teaspoon

Coriander leaves 2 tablespoons

Laapsee Recipe :

Add sugar to water and boil till sugar melts. Heat ghee in a pan and fry the Broken wheat in it till it turns pink. Add the sugar syrubb, mix well in a pan, turn to slow flame and let it cook for half an hour. After half an hour, trun off the flame. This is served along with Lal Channa.

Channa Recipe :

Wash Soak red chick peas overnight. In the morning, remove the water, wash the chick peas well, add enough water to cover the chick peas, a pinch of turmeric and ½ teaspoon of salt. Pressure cook up to 4 whistles, then turn to slow flame and let it cook for half an hour. After half an hour, turn off the flame. Heat 2 tablespoons of ghee, add cumin seeds, when it splutters, add the cooked chick peas, 1 teaspoon salt, big pinch of turmeric, chilly powder, coriander seeds powder and chopped coriander leaves. Mix well and let it cook for 5 minutes.

[You can add a channa dal while cooking the red chick peas to thicken the gravy.]

KAJU KI KATLI

RECOMMENDED SEASON

Most suitable for winter, but can be had in moderation during all seasons.

INGREDIENTS

Cashew nuts	1 cup (100 gms)
Sugar	½ cup (50 gms)

Wash the cashew powder nuts and dry it, grind them, add sugar and grind again into a fine powder. In a thick bottomed pan, cook the paste for 10 to 15 minutes, stirring all time, till you get a binding consistency. Take a pinch or more of the paste, roll it between your fingers and check if you are able to make a ball.

Before you start cooking the paste, keep ready on the counter next to the stove, a large flat plate with sides on the edges. Once the paste is cooked, turn off the flame and immediately transfer it to the plate. Or if the counter is clean, you can transfer the paste onto the counter, which is more convenient.

You have to knead the paste well while it is super hot. It loses temperature very soon. So, this transferring and kneading has to be done quickly and skillfully. You can knead the paste using two spatulas or ladles. Then roll out the paste into an even surface using a rolling pin. When it is cold, cut it into squares and store in a container.

BADAM KI KATLI (ALMOND FUDGE)

RECOMMENDED SEASON

Most suitable for summer, but can be had in moderation during all seasons.

INGREDIENTS

Almonds	1 cup
Sugar	$\frac{3}{4}$ cup

Soak almonds for 4 to 5 hours, peel them and grind them in a mixer. Add sugar and grind again, adding very little water (1 or 2 teaspoons) into a fine paste. In a thick bottomed pan, cook the paste for 10 to 15 minutes, stirring all time, till you get a binding consistency. Take a pinch or more of the paste, roll it between your fingers and check if you are able to make a ball.

Before you start cooking the paste, keep ready on the counter next to the stove, a large flat plate with sides on the edges. Once the paste is cooked, turn off the flame and immediately transfer it to the plate. Or if the counter is clean, you can transfer the paste onto the counter, which is more convenient.

You have to knead the paste well while it is super hot. It loses temperature very soon. So, this transferring and kneading has to be done quickly and skillfully. You can knead the paste using two spatulas or ladles. Then roll out the paste into an even surface using a rolling pin. When it is cold, cut it into desired shapes.

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TOMATO SOUP

RECOMMENDED SEASON

Winter only

INGREDIENTS

Tomatoes	3 to 4 (depending on size)
Ghee	1 tablespoon
Cumin seeds	½ teaspoon
Sugar	3 teaspoons

Wash the tomatoes well and grind them coarsely. Do not filter the pulp. DO NOT add water. Heat ghee in a pan, add cumin seeds, after it splutters, add the raw tomato pulp and sugar. Cook till it reaches boiling point 3 or 4 times and turn off the flame. If preferred, a pinch of salt can also be added while cooking.

MIXED VEGETABLE SOUP

RECOMMENDED SEASON

All seasons

INGREDIENTS

Tomatoes	3 to 4
Carrots	2
Beans	5
Green peas	25 gms
Bottle gourd	¼ piece (optional)
Salt	1½ teaspoon
Ghee	1 teaspoon
Milk Cream	
water	2 cup

SERVING :

While serving, add a teaspoonful of milk cream to each bowl of soup. This soup can be thin in consistency.

Pressure cook tomatoes for 4 whistles and grind them to pulp, Chop carrots, beans and bottle gourd into small pieces and pressure cook along with water and green peas for 3 whistles, adding salt. Mix the boiled tomato pulp and the cooked vegetables in a pan and add ghee while they are boiling together. Cook till they blend for about 10 to 15 minutes.



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SAVOURIES



AATA-BESAN PAPDI

RECOMMENDED SEASON

All seasons

INGREDIENTS

Wheat flour	2 cups (200 gms)
Gram flour	1 cup (100 gms)
Salt	1 teaspoon
Chilly powder	1 teaspoon
Cumin seeds powder	1 teaspoon
Oil	4 to 5 tablespoons
Water	1 to cups

Mix wheat flour and gram flour along with salt, chilly powder, cumin seeds powder, oil and warm water, to make a firm yet supple dough. Keep it covered for ½ an hour. Make big balls out of the dough. Roll out each ball into a big, slightly thick roti, and cut it into small puris, using a small round box or any shape. (Triangle, Rectangle, Diamond) Deep fry these puris till light pink. They will turn darker after removing from the oil.

AATA PAPDI

RECOMMENDED SEASON

All seasons

INGREDIENTS

Wheat flour	2 cups (200 gms)
Salt	1 teaspoon
Cumin seeds	powder
Oil or ghee	4 to 5 tablespoons
Water	1 to 2 cups

Mix wheat flour along with salt, chilly powder, cumin seeds (or powder), Ghee and warm water, to make a firm yet supple dough. Keep it covered for ½ an hour. Make big balls out of the dough. Roll out each ball into a big, slightly thick roti, and cut it into small puris, using a small round box. Deep fry these puris store.

MAIDA PAPDI

RECOMMENDED SEASON

Ideal for Winter and Cool Weather

INGREDIENTS

White flour (Maida)	2 cups
Salt	1 teaspoon
Curry leaves	5 to 6 leaves
Cumin seeds powder	1 teaspoon
Oil	

Add salt, curry leaves (chopped to small pieces) and cumin seeds powder to maida, no oil and knead into a firm dough using only warm water. Roll out into big, very thin rotis and cut them into small pieces using the blunt side of a knife, as square pieces, long pieces, or as desired. Deep fry in oil, till its light pink in colour.

MIXTURE

RECOMMENDED SEASON

occasionally in winter or rainy season

INGREDIENTS

Beaten Rice (Poher)	100 gms
Groundnuts	50 gms
Roasted Bengal Gram (Dalia) without skin	50 gms
Cashewnuts	25 gms
Curry Leaves	10 to 12
Salt	1 teaspoon
Chilly Powder	½ teaspoon
Turmeric Powder	¼ teaspoon

Dry roast the groundnuts. Wash the curry leaves and dry them under the fan. Lightly shallow fry the cashew nuts and curry leaves in a teaspoon of oil. Take a large bowl and add the groundnuts, cashew nuts, curry leaves, and Dalia, turn off the flame add salt, chilly powder and turmeric powder.

Select thick to medium sized beaten rice. Heat oil in a pan for deep frying. Place a steel strainer in the hot oil in the pan. Toss the beaten rice into this strainer, and fry well. When the rice flakes are fried, they will become rounder and crisp. Quickly lift the strainer and transfer the rice flakes to the large bowl. Toss the contents well while the flakes are still hot so that all the ingredients are mixed well and evenly coated with the spices.

(The rice flakes are fried inside the strainer so that all of them may be quickly removed from the heat at once.)

BHEL PURI

RECOMMENDED SEASON

Occasionally in winter or cool weather

INGREDIENTS

Puffed rice	50 gms
Seasoned Beaten rice (as prepared for dry "mixture")	10 gms
Thin Sev / Omapodi	10 gms
Any Papdi	10 gms
Tomato	1
Carrot	1
Green Chutney	3 to 4 tablespoons
Tamarind Chutney	½ tablespoons

sev and boondi.

(Puffed Rice - Murmura (Hindi), Pori (Tamil))

Chop the tomato into fine pieces, grate the carrot and crush the papdi into small crumbs. Mix the pieces of tomato and grated carrot with green chutney, tamarind chutney, chilly powder and sea salt. (The puffed rice already contains salt so cooking salt need not been added.) Mix this mixture well and add all the dry, crisp ingredients just before serving. The proportion of the ingredients may be adjusted according to individual taste preferences.

If you already have boiled chick peas on hand, this can also be added.

KAJU PAKODA

RECOMMENDED SEASON

Occasionally in winter or cool weather

INGREDIENTS

Cashew Nuts	50 gms
Gram flour	1 cup (100 gms)
Rice flour	1 cup (100 gms)
Salt	1 teaspoon
Red chilly powder	1 teaspoon
curry leaves	10 to 12
Oil	For deep frying

Mix all the ingredients, including cashew nuts, adding water to make a firm dough. Heat oil and add 1 tablespoon of hot oil to the mixture and mix again. Drop small quantities of the mixture using a spoon into the hot oil and fry till golden brown. Do not let the oil smoke.

PANNEER PAKODA / TIKKA

RECOMMENDED SEASON

All seasons, but occasionally

INGREDIENTS

Panneer Made from	½ lt milk
Gram flour	1 cup (100 gms)
Salt	1½ teaspoon
Red Chilly powder	½ teaspoon
Turmeric powder a	pinch

Knead the panneer well adding ½ teaspoon of salt. Spread it flat on a plate or shallow bowl with your hand. Pressure cook for 2 whistles. After cooling, cut it into small squares. Mix gram flour, 1 teaspoon of salt, chilly powder and turmeric with water into semi thick (bajji like) consistency. Dip the panneer pieces in the batter and deep fry in hot oil till golden brown. Do not let the oil smoke.

KACHODI

RECOMMENDED SEASON

Occasionally in winter or cool weather

INGREDIENTS

White flour (Maida)	2 cups (200 gms)
Salt	1 teaspoon
Oil	4 to 5 tablespoons + For Deep Frying
Water	½ cup

SERVING :

Deep fry the kachodis flipping them over gently, till golden brown. Serve them with tomato sauce or tamarind chutney.

For Filling - Split green gram (without skin) ½ cup, Oil 2 tablespoons, Cumin seeds 2 teaspoons, Fennel seeds 1 teaspoon, Asafoetida a pinch, Salt 1 teaspoon, Turmeric ¼ teaspoon, Chilly powder ½ teaspoon, Coriander seeds powder ½ teaspoon, Gram flour 1 or 2 tablespoons (if required) Curry leaves 8

Soak the green gram for 2 hours. Wash well, drain the water and grind into a coarse paste (without adding water). Heat oil in a thick bottomed pan, add cumin seeds, asafoetida, curry leaves and the dal paste. Cook the paste till you get a powdery consistency. If it does not dry up, you can add gram flour to absorb the moisture. Add salt, turmeric, chilly powder and coriander seeds powder, mix well and turn off the flame.

Mix Maida, salt, oil and very little water, and knead into a very firm dough in a basin or large bowl. Keep it covered for half an hour. Knead it well, punching it, picking it up and throwing it at the bowl, or hitting it with a rolling pin on a flat surface.

Make large balls of the dough, roll out into thick chapathis. Place 1 or more tablespoons of the prepared dal masala on the chapathi, fold all the sides of the chapathi towards the centre to cover the masala and make a round packet of the stuffed chapathi.

SAMOSAS

RECOMMENDED SEASON

All seasons, but occasionally

INGREDIENTS

Green peas	50 gms
Carrots	3
Beans	5
Raw Plantain	1
Cumin seeds	1 teaspoon
Asafoetida	a pinch
Salt	1 teaspoon
Turmeric	¼ teaspoon
Chilly powder	½ teaspoon
Coriander leaves	½ cup
White flour	2 cups (200 gms)
Salt	1 teaspoon,
Oil 4 tablespoons	+ For Deep Frying
Water	½ cup

SERVING :

Serve with tomato sauce or tamarind chutney.

Chop carrots and beans. Pressure-cook only the raw plantain for 5 whistles. Carrots, beans and green peas need to be cooked for only 1 whistle or flame may be turned off even before a whistle. If the vegetables are fresh and tender, then they can even be cooked covered in a pan with just a little water. If there is water in the cooked vegetables, drain it. Peel the plantain.

Heat 2 teaspoons of oil in a pan, add cumin seeds and asafoetida, (when cumin seeds splutters) the cooked vegetables, plantain, salt, turmeric, chilly powder and Mix well and cook till it binds into a mass. Add chopped coriander leaves, mix well, and turn off the flame. Let it cool for a while. Make small balls of the cooked vegetable mass.

Mix white flour, salt, oil and very little warm water, and knead into a very firm dough in a basin or large bowl. Keep it covered for half an hour. Knead again and make balls of the dough, roll out into thin rotis and cut each into half. Make the ends of the straight edge meet in such a way that each half is shaped like a cone. Place a ball of the cooked vegetables in each cone and seal the cone. Deep fry these samosas flipping them over gently, till golden brown.

VEGETABLE KOFTA OR BONDA (& PANNEER KOFTA)

RECOMMENDED SEASON

All seasons

INGREDIENTS

Green peas	50 gms
Carrots	3
Raw Plantain	1
Gram flour or	50 gms
Cumin seeds	1 teaspoon
Asafoetida a	pinch
Salt	1 teaspoon
Turmeric	¼ teaspoon
Chilly powder	½ teaspoon
Coriander leaves	½ cup

SERVING :

Serve hot with green chutney or tamarind chutney.

Chop carrots, beans and raw plantain. Pressure-cook the raw peeled plantain for 5 whistles. Carrots, beans and green peas need to be cooked for only 1 whistle or flame may be turned off even before a whistle. If the vegetables are fresh and tender, then they can even be cooked covered in a pan with just a little water. If there is water in the cooked vegetables, drain it.

Heat 2 teaspoons of oil in a pan, add cumin seeds and asafoetida, (when cumin seeds splutters) the cooked vegetables, salt, turmeric powder and chilly powder. Mix well and cook till it binds into a mass. Add chopped coriander leaves, mix well, and turn off the flame. You can also add (baked) crumbled paneer. After turning off the flame add cooked plantain and mix well. Let it cool for a while.

Heat oil in a kadai or deep frying pan. Mix the gram flour with 50 ml of water in a bowl. Make balls of the cooked vegetable mass. Dip them in the flour batter to get a thick coating, and deep fry them in hot oil on a medium flame till golden brown in colour.

GATTA (GRAM FLOUR CHUNKS)

RECOMMENDED SEASON

All seasons, preferably in winter

INGREDIENTS

Gram flour	2 cups (200 gms)
Salt	1 teaspoon
Chilly powder	$\frac{3}{4}$ teaspoon
Coriander leaves	3 teaspoons (chopped)
Oil	3 tablespoons
Water	

SERVING :

These can be used to make pulao, curry (with or without another vegetable), eaten as it is or with rice.

Mix gram flour, salt, chilly powder and coriander leaves, with oil and very little water to make a firm dough. To know if quantity of oil is right, after adding oil, mix the flour, and check if you are able to get binding consistency, if not, add some more oil. Then add water as necessary and knead well.

Take small balls of the dough and make oblong, finger like pieces. Boil these pieces in water for 15 to 20 minutes, till they are cooked well inside and bubbles appear on the surface of the pieces. You can take one or two pieces out and check by cutting into half and see if the inside is cooked. Take the pieces out of the water and let them cool. Break the pieces randomly into smaller pieces.

SEASONING FOR CURRY

RECOMMENDED SEASON

Seasoning for curry

INGREDIENTS

Oil	3 – 4 tablespoons
Mustard seeds	1 teaspoon
Cummin seeds	1 teaspoon
Curry leaves	5 or 6
Chilly powder	½ teaspoon
Coriander seeds Powder	1 teaspoon (ground raw)
Turmeric	½ teaspoon
Tamarind	1 inch piece

Some gram flour gets dissolved and is mixed in the water used for boiling the pieces. Leave the water undisturbed for 5 minutes. Discard some of the water at the top, the bottom half of the water will be like thin gram flour batter. Transfer this batter to a pan and boil it well, stirring all the time, till the water evaporates.

Make about 3 tablespoons of thin juice out of the tamarind. Heat oil in a pan and pop mustard seeds and cumin seeds and curry leaves. Add the thickened gram flour paste, tamarind juice, let it cook for 5 minutes. Add the pieces kept aside in the above recipe, coriander seed powder, chilly powder and turmeric, and fry till the pieces are coated well.

NAMKEEN PURI

RECOMMENDED SEASON

All seasons

INGREDIENTS

Wheat Flour	2 cups (200 gms)
Bengal Gram Powder (Besan)	50 gms
Salt	1 teaspoon
Red chilly powder	1 teaspoon
Turmeric powder	¼ teaspoon
Oil as required	(4 tablespoons)
Water	½ to ¾ cup

Add salt, chilly powder and turmeric to wheat flour along with oil and water and knead into a soft dough. Keep it covered for ½ an hour. Make small puris out of this dough and fry in hot oil till golden brown.

SEV / OMAPODI

RECOMMENDED SEASON

All seasons

INGREDIENTS

Gram Flour	1½ kgs
Oil	350 gms + for deep frying
Salt	100 gms
Red chilly powder	75 gms
Cumin seed powder	50 gms
Water	

Add salt, chilly powder and cumin seed powder to gram flour along with oil and knead into a firm dough, adding water little by little as required. Heat oil in a pan for deep frying. Make large balls of the dough, fill them one by one in a sev maker (a pressing device with perforated plates) and press it so as to drop the dough in desired shapes into hot oil and deep fry till golden in colour.



A large, stylized letter 'V' in a serif font, rendered in a light green color. It is positioned on the left side of a white rectangular area, which is framed by a thick green border. The 'V' is the first letter of the word 'Vegetable'.

egetable

CURRY

VEGETABLE CURRY

RECOMMENDED SEASON

Note: For cooking any vegetable as a curry, the following seasoning and spices can be commonly used.

INGREDIENTS

Mustard Cumin seeds or
black gram
Curry leaves
Salt
Chilly powder
Turmeric powder
Coriander seed powder

To add taste to the curry, a little tamarind juice may be added to the seasonings, cooked till the raw smell disappears, and then the vegetable be added, for vegetables like cabbage, green peas, bottle gourd, beans, etc.

Boiled carrot can be ground (or liquidised) to a fine paste and added to make gravy for curries to go with roti. The combination of tamarind and carrot gives a mild sweet-sour taste to the curry.

½ cup of split green gram (dehusked) can be soaked for half an hour, drained, and added to the curry and cooked for 10 to 15 minutes. This can add volume and taste to vegetables like carrot, beans, cabbage, snake gourd, etc.

After the curry is done and the flame is turned off, 2 tablespoons of grated coconut may also be added to add taste to the vegetable.

After the curry is done and the flame is turned off, 1 or 2 cups of chopped raw tomatoes may also be added to the curry. Turn off flame, add tomatoes, close lid and keep covered for 5 to 10 minutes before serving hot. This is even better with gravy curries and it adds necessary fibre to the diet.

MUTTER PANEER CURRY

RECOMMENDED SEASON

All seasons, but occasionally

INGREDIENTS

Paneer cubes	1 ½ cup
Green peas	100 gms
Tomato	1 big
Cashewnuts	10 to 12
Poppy seeds	1 teaspoon
Fennel seeds	1 teaspoon
Ghee	1½ tablespoons
Cumin seeds	1 teaspoon
Salt	½ teaspoon
Turmeric, pinch Sugar	1 teaspoon
Chilly powder	¼ teaspoon
Coriander seed	¼ teaspoon

Make Paneer as given in the sweets section. While kneading the Paneer, before pressure cooking it, add a pinch of salt and knead well. After cooking in the cooker, cut the Paneer slab into pieces of required shape and size. Cook the green peas.

Grind the tomato, cashewnuts, poppy seeds and fennel seeds in a mixer to a fine paste. Heat ghee in a pan, add cumin seeds, salt, turmeric, sugar, chilly powder and the paste. Cook the paste till ghee separates. Then add the cooked green peas and Paneer cubes and mix gently. While making Paneer curry, only ghee should be used and not oil.

KOFTA CURRY

RECOMMENDED SEASON

Occasionally in winter

INGREDIENTS

Paneer Kofta or Vegetable Kofta As per recipe given in the snacks section.

Tomato	1 big
Cashewnuts	10 to 12
Poppy seeds	1 teaspoon
Fennel seeds	1 teaspoon
Oil	1 tablespoon
Cumin seeds	1 teaspoon
Salt	½ teaspoon
Turmeric	pinch
Sugar	1 teaspoon
Chilly powder	¼ teaspoon

Grind the tomato, raw cashewnuts, poppy seeds and fennel seeds in a mixer to a fine paste. Heat ghee in a pan, add cumin seeds, salt turmeric, sugar, chilly powder, and the paste. Cook the paste till ghee separates. Then add the koftas and mix gently.

SWEET KARELA CURRY

RECOMMENDED SEASON

Occasionally in winter

INGREDIENTS

Bitter-gourd	250 gms
Mustard	1 teaspoon
Cumin seeds	1 teaspoon
Tamarind	2 inch
piece Sugar	2 tablespoons
Salt	1 teaspoon
Turmeric powder	pinch
Chilly powder	½ teaspoon
Coriander seed	½ teaspoon

Wash and soak the tamarind for 15 to 20 minutes. Wash the bitter-gourds well and lightly peel the ridges. Chop off the ends, slit each bitter-gourd along its length and cut into semi-thick circles. Heat oil in a pan, add mustard and cumin seeds, and when mustard pops, add the pieces of bitter-gourd, salt, turmeric, chilly powder and coriander seed powder, and mix well. Make juice of the tamarind, filter it and add that to the vegetable. Cook covered till the bitter-gourd becomes soft and changes colour. Add sugar, mix well and cook covered for 5 minutes. Mix again and turn off the flame. If the curry is preferred to be less sweet, then the amount of tamarind juice also has to be reduced.



Rice

ITEMS

KHICHDI OR PONGAL

RECOMMENDED SEASON

All seasons

INGREDIENTS

Rice	1 cup
Half Green (without)	1 cup (or Turdal) or Rice 1¼ cup
Dal	¾ cup
Ghee	3 table spoons
Water	8 cups, 2spoon
Turmeric powder	1 teaspoon
Red chilly powder	1 spoon (only if adding vegetables)
Mustard	1 teaspoon
Water	3 cups
Salt	2 spoons (or according to taste)
Turmeric	½ teaspoon
Rhree-ded chilly powder	1 spoon (only if adding veqt.)
Mustard	1 teaspoon
Cumin seeds	2 teaspoons
Asafoetida a	pinch
Curry leaves a	handful,
Vegetables	1 ½ to 2 cups.

(Vegetables that can be suitably used for khichdi are carrot, beans and green peas.)

Soak rice and dal together in water for ½ an hour. Remove the water, wash well and drain the water. Keep aside.

Heat ghee in a pan and add mustard and cumin seeds. When mustard pops, add asafoetida and curry leaves. Then add the chopped vegetables, salt, turmeric powder and red chilly powder, and saute for 5 minutes. Add the drained rice and dal, mix well, add the water and pressure cook for 4 or 5 whistles. After the pressure is released, remove lid, mix well and serve.

The quantity of water may be adjusted as per the consistency preferred.

For Pongal, vegetables, turmeric and red chilly powder are not added, and split green gram (without skin) is only used. Also, the more common ratio of rice to dal is 2:1

JEERA RICE AND DAL FRY

RECOMMENDED SEASON

All Seasons

INGREDIENTS

Rice	1 cup
Cumin seeds	2 teaspoons
Ghee	2 tablespoon
Salt	1 teaspoon

Basmati rice or jeera samba rice may be selected for this dish. Soak rice for half an hour and wash well. Heat ghee in a pressure pan, add cumin seeds, when they splutter, add the rice, saute for 5 minutes, add water and salt, and pressure cook for 1 or 2 whistles, depending on quality of the rice. When the steam is released, remove lid, mix gently and serve hot with Dal Fry or Vegetable curry.

DAL FRY

RECOMMENDED SEASON

All seasons.

INGREDIENTS

Turdal or Split green gram dal (without skin)	1 cup
Ghee	2 tablespoons
Cumin Seeds	1 teasspoon
Curry Leaves	7 or 8
Tomatoes	2 big
Salt	1 to 1½ teasspoons
Chilly Powder	¾ teasspoon
Turmeric powder	½ teasspoon

Soak the dal for half an hour. Drain the water, wash well and drain again. Grind tomatoes into a smooth paste. Heat ghee in a pressure pan or cooker. Add cumin seeds, curry leaves, tomato paste, salt, turmeric minutes. Add 2 cups of water and pressure cook for 5 to 6 whistles. You can add chopped coriander leaves also if preferred.

Alternatively you can first pressure cook dal, grind tomatoes separately and then add to the seasonings in a pan.

VEGETABLE PULAO

RECOMMENDED SEASON

All seasons

INGREDIENTS

Basmati Rice	1 cup
Salt	1 teaspoons
Turmeric powder	½ teaspoon
Red chilly powder	½ teaspoon
Cumin seeds	2 teaspoons
Tamarind	1 inch piece
Coriander leaves	handful
Vegetables	1 to 1½ cups

(Vegetables that can be suitably used for pulao are carrot, beans and green peas. Cabbage may also be used if preferred.)

Wash well soak to melt on hour, cook the rice and spread flat plate. Chop the vegetables. Wash tamarind, soak it in $\frac{3}{4}$ cup of water for 10 to 15 minutes and squeeze it in the same water, and filter it.

Heat ghee in a pan and add cumin seeds. When they splutter, add the chopped vegetables, salt, turmeric, coriander seed powder and red chilly powder, and sauté for 5 minutes. Add the tamarind juice, cover and cook till the vegetables are soft and cooked, and the raw smell of tamarind is gone. When they are cooked add the coriander leaves, and mix well. Add the cooked rice, mix gently and serve.

CHANNA PULAO

RECOMMENDED SEASON

All seasons

INGREDIENTS

Rice	2 cups
Brown chick peas	2 cups
Salt	1½ teaspoons
Cumin seeds	1 teaspoon
Tamarind	1½ inch piece
Turmeric powder a	pinch
chilly powder	1 teaspoon
Coriander seed powder	½ teaspoon

Soak brown chick peas (lal channa) overnight. In the morning, remove the water, wash the chick peas well, add enough water to cover the chick peas, a pinch of turmeric powder and ½ teaspoon of salt. Pressure cook up to a whistle, then turn to slow flame and let it cook for half hour.

Soak rice in water for half an hour, wash well and cook. Wash tamarind, soak it in ¾ cup of water for 10 to 15 minutes and squeeze it in the same water, and filter. Heat 2 tablespoons of ghee, add cumin seeds, when it splutters, add the tamarind juice, 1 teaspoon salt, chilly powder and coriander seed powder. Cook it till the raw smell of tamarind disappears. Add the cooked chick peas, mix, let it cook for 5 minutes, add coriander leaves and mix again. Add cooked rice, mix well, and serve.

Alternatively, ¾ teaspoon salt can be added to rice when it is being cooked and ¼ teaspoon salt added to the seasonings. Cooked cabbage or any other vegetable can also be added to the rice.

TOMATO RICE

RECOMMENDED SEASON

All seasons

INGREDIENTS

Rice	2 cups
Green peas	1 cup
Mustard	1 teaspoon
Cumin seeds	1 teaspoon
Tomatoes	4 or 5 big
Curry leaves	7 or 8
Salt	2 teaspoons
Turmeric	pinch
Sugar	1 teaspoon
Chilly powder	1 teaspoon
Coriander leaves	handful
Ghee	2 tablespoons

Soak rice for half an hour. Drain the water, wash well and drain again and cook the rice. Grind the tomatoes into a smooth paste. Heat ghee in a pan, add the rice. Grind the tomatoes into smooth paste. Heat ghee in a pan, add mustard, cumin seeds, tomato paste, curry leaves, Green Peas, salt, turmeric powder, sugar and chilly powder, and mix well. Cook till the raw smell is gone. Add the green peas and mix again. Add chopped coriander leaves, mix well and add the cooked rice. Mix well and serve hot. After turning off the flame, you can add finely chopped thin tomato slices as a garnish, before serving.

TAMARIND RICE

RECOMMENDED SEASON

All seasons, but not too often (Advisable to avoid for people with sensitive skin)

INGREDIENTS

Rice	2 cups
Mustard	1 teaspoon
Black gram	1 tablespoon
Bengal gram	1 tablespoon
Fenugreek seeds	10 to 12 grains
Curry leaves	8 to 10
Tamarind	4 inch piece
Red Chillies	3 to 4
Roasted Groundnuts	1 cup
Salt	2 teaspoons
Oil	3 table spoons.

Soak rice for half an hour and cook rice. Wash and soak the tamarind for 10 to 15 minutes, preferably in warm water for softening it quickly. Take thick juice out of the tamarind. Heat the oil in a pan, add mustard, black gram, Bengal gram, and red chillies and fry till the dals turn pink in colour. Add fenugreek seeds, curry leaves, tamarind juice and salt, and cook till the raw smell of tamarind disappears and the oil separates. Add the cooked rice and roasted groundnuts and mix Dal, cook well.

COCONUT RICE

RECOMMENDED SEASON

All seasons

INGREDIENTS

Rice	2 cups
Mustard	1 teaspoon
Cumin seeds	1 teaspoon
Black gram	1 tablespoon
Bengal gram	1 tablespoon
Curry leaves	8 to 10
Red chillies	2 to 3
Grated coconut	2 cups
Salt	1 teaspoon

Wash rice and soak for half an hour and cook rice. Heat 2 or 3 teaspoons oil in a pan, add mustard, cumin seeds, black gram, Bengal gram and red chillies and fry till the dals turn pink in colour. Add curry leaves, cooked rice and salt, mix well. Turn off the flame. Add the grated coconut and mix well. Alternatively, salt can be added to the rice at the time of cooking for better taste.

Cooked green peas can also be added.



Rice

ACCOMPANIMENTS

AVIYAL

RECOMMENDED SEASON

All seasons, but occasionally

INGREDIENTS

Vegetables 750 gms
 Carrot Beans (different kinds of beans - French beans, cluster/runner beans, saber beans and karamani) Cabbage Green peas Bottle gourd
 Chow Chow Ash gourd Yellow Pumpkin, Snake gourd, Drum stick, Ridge gourd,
 Tomatoes 2
 Grated coconut 2 tablespoons
 Cumin seed powder 2 teaspoons
 Curry leaves 8 to 10
 4 or more any of the above vegetables can be used to make aviyal.

Cut the selected vegetables into medium sized pieces and pressure cook them adding salt and water (enough to cook them soft). Do not add too much water. Grind tomatoes to a fine paste. When the vegetables are cooked, heat them again in a pan, add curry leaves, tomato paste, bring to boil and mix well. Turn off the flame, and add cumin seed powder, grated coconut or a fine coconut paste and mix well. This can be eaten with rice, roti, adai, etc.

VEGETABLE KURMA

RECOMMENDED SEASON

occasionally in winter or cool weather

INGREDIENTS

Vegetables	500 gms
	Carrot Beans Cabbage
	Green peas Raw plantain
or Potato	
Grated coconut	2 tablespoons
Red chillies	3 or 4
Fennel seeds	2 teaspoons
Curry leaves	8 to 10
Raw Cashew nuts	6 or 7
Poppv seeds	1 teaspoon
Salt	$\frac{3}{4}$ teaspoon
Tomatoes	2 big

Chop all vegetables, sauté them (except the tomatoes) in oil for 5 minutes and cook them till soft.

Grind tomatoes, red chillies, poppy seeds, cashew nuts and fennel seeds to a fine paste. Heat 2 tablespoons of ghee in a pan, and the ground paste and curry leaves, and fry till the ghee oozes out. Add the cooked vegetables and salt, and simmer on a slow flame till you get a thick gravy. Turn off the flame, add the grated coconut, mix well and serve.

VEGETABLE KOOTTU (PORICHA KOOTTU)

RECOMMENDED SEASON

All seasons.

INGREDIENTS

Split green gram (dehusked) 1 cup (Or Turdal)

Vegetables - 300 to 400 gms :

(Chow Chow, Yellow Pumpkin, Snake gourd, Ridge gourd, Ash gourd (*), Cabbage (*), Bottle gourd, Carrot Green peas)

Grated coconut 2 tablespoons

Cumin seeds powder 2 teaspoons

Curry leaves 8 to 10

Mustard 1 teaspoon

Black gram 2 teaspoons

Red Chillies 2

Turmeric Powder a pinch

Mostly only one vegetable is used for koottu. Green peas may be added to koottu along with any other vegetable. Carrot is not a preferred vegetable for this dish, but it may be added to another vegetable like chow-chow or bottle gourd. [(*) When making koottu with ash gourd or cabbage, Bengal gram is more suitable than the other dals. Cook Bengal gram separately and later, add to the cooked vegetable.]

Soak the dal for half an hour in water. Remove the water, wash well. Cut the selected vegetable into medium sized pieces and add to the dal. Pressure-cook the vegetable and the dal together adding turmeric powder, salt and water (enough to cook them soft). A pinch of sambar powder may also be added.

Heat 1 or 2 teaspoons of ghee in a pan, add mustard and black gram, when black gram turns pink, add the asafoetida, cooked dal and vegetable, and curry leaves. Mix well and cook for 5 minutes, till it blends into a soft mass. Turn off the flame, and add the cumin seeds powder and grated coconut or coconut paste and mix well.

A different taste may be brought to this dish by adding another ingredient. Shallow fry 2 tablespoons of black gram in 1 teaspoon of ghee, till the dal turns pink and grind to a fine paste. Add this to the koottu before turning off the flame.

SAMBAR

RECOMMENDED SEASON

All seasons.

INGREDIENTS

Tur Dal	1 cup
Any vegetable	2 cups
Mustard	1 teaspoon
Curry leaves	8
Turmeric powder	a pinch
Sambar Powder	1½ teaspoons
Salt	1 teaspoon
Tamarind	4 inch piece
Tomatoes	2

Vegetables that are suitable for sambar are - drum stick, lady's finger, yellow pumpkin, capsicum (in winter only) chow-chow, bottle gourd, carrot and potato.

Cook tur dal in a pressure cooker till soft. Wash tamarind and soak it in water for half an hour. Chop the vegetable into medium sized pieces. Grind the tomatoes into a fine paste. Heat 6 teaspoons of ghee in a pan, add mustard and when the mustard pops, add asafoetida, curry leaves, the vegetable, ¼ teaspoon salt, and turn of oil or ghee in a pan, add mustard, fenugreek seeds, red chillies, and when the mustard pops, add asafoetida, curry leaves, the vegetable, ¼ teaspoon salt, and turmeric powder. Mix well, sauté for 10 minutes, add ½ cup of water, cover and cook till the vegetable becomes soft.

Add tomato paste, tamarind juice, sambar powder ½ spoon and salt, and let it boil on high flame for 10 to 15 minutes, stirring occasionally. Mash the cooked dal, add to the sambar and mix well. Bring to a boil once and turn off and flame. Add chopped coriander leaves (optional)

RASAM

RECOMMENDED SEASON

All seasons

INGREDIENTS

Ghee	2 tablespoons
Mustard	1 teaspoon
Fenugreek seeds	3 or 4 (very few)
Cumin seeds	1 teaspoon
Tomatoes	3 big
Curry leaves	8
Turmeric powder	1 heaped teaspoon
Coriander leaves	½ cup

Grind the tomatoes in a mixer to get a smooth paste). Heat ghee in a pan, add mustard, fenugreek seeds and cumin seeds, and when the mustard pops, add asafoetida, the chopped tomatoes and curry leaves. Add salt, turmeric powder, rasam powder and sugar, mix well, add ½ cup of water and cook covered on a high flame for about 10 minutes, till the tomatoes get cooked, change colour and turn mushy. Then add 4 cups of water or more according to consistency of the rasam preferred, quantity of salt and rasam powder added, etc. When the rasam boils after adding water for about 5 minutes, add as reinview chopped coriander leaves, mix and turn off the flame.

1 or 2 tablespoons of very softly cooked turdal can be added to this rasam just before turning off the flame.

SWEET KOZHAMBU

RECOMMENDED SEASON

All seasons, in moderation during summer

INGREDIENTS

Any one vegetable	2 cups
Mustard	1 teaspoon
Fenugreek seeds	1 teaspoon
Bengal gram	1 tablespoon
Red chilly	1
Curry leaves	8 to 10
Turmeric powder a	pinch
Sambar powder	1 teaspoon
Salt	1 teaspoon
Tamarind	4 inch piece
Coriander leaves	handful (optional)
Sugar	2 or 3 teaspoons
Rice flour	1 teaspoon

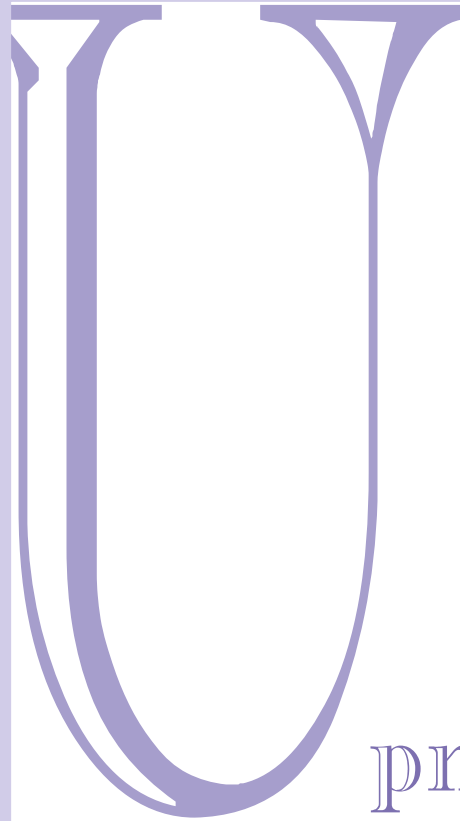
Vegetables that are suitable for sweet kozhambu are - yellow pumpkin, bottle gourd - carrot, or chow-chow - carrot, capsicum (in winter), drum stick, and lady's finger or okra.

Wash tamarind and soak it in water for half an hour. Chop the vegetable into medium sized pieces. Heat 2 tablespoons of ghee in a pan, add mustard, Bengal gram, red chillies, and when the Bengal gram turns light pink, asafoetida, curry leaves, the vegetable, ¼ teaspoon salt, and turmeric powder. Mix well, saute for 5 minutes, add ½ cup of water, cover and cook till the vegetable becomes soft.

Add tamarind juice, sambar powder, sugar and ¾ teaspoon salt, and let it boil on high flame for 10 to 15 minutes, stirring occasionally, till the volume of water reduces a little.

Mix the rice flour with a teaspoon of water to make a smooth paste and add this to the boiling kozhambu, stirring continuously. Add a little water if necessary, mix, bring to a boil once and turn off the flame. Add chopped coriander leaves if the taste is preferred. Sugar can be adjusted according to taste.





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SEVAI ITEMS

POHA (AVAL UPMA)

RECOMMENDED SEASON

Accepted in all seasons, most ideal in winter.

INGREDIENTS

Beaten Rice	250 gms
Green peas	2 tablespoons
Mustard	1 teaspoon
Cumin seeds	1 teaspoon
Tomatoes	2 big
Curry leaves	7 or 8
Salt	½ teaspoon
Turmeric powder a	pinch
Chilly Powder	½ teaspoon
Coriander	leaves handful

Select beaten rice of medium thickness (medium sized, light coloured - machine pounded). Wash beaten rice, drain the water and keep it covered for 15 to 20 minutes. Grind the tomatoes into a fine paste.

Heat 2 tablespoon ghee or oil in a pan, add mustard, cumin seeds, tomato paste, Green Peas, Curry leaves, salt, turmeric and chilly powder, mix well and Green, Peas, curry leaves, salt, turmeric and chilly powder, mix well and cook for 10 minutes. Add the beaten rice. Mix well chopped coriander leaves. Mix well again and turn off the flame.

RAVA UPMA

RECOMMENDED SEASON

All seasons, most ideal in winter.

INGREDIENTS

Semolina (Rawa)	200 gms (2 cups)
Water	450 to 600 ml (4.5 to 6 cups)
Vegetables	2 cups (Carrots, Beans and Green peas. Cabbage and /or capsicum optional)
Ghee	4 tablespoons
Cashewnuts	8 to 10
Mustard	1 teaspoon
Black gram	2 teaspoon
Curry leaves	8
Salt	2 teaspoons
Turmeric powder a	pinch
Chilly Powder	½ teaspoon
Coriander leaves	½ cup

Roast the semolina in a thick pan in 2 tablespoons of ghee till the colour changes slightly and keep aside. Chop the vegetable into small pieces. Heat 2 tablespoons of ghee in a pan, add mustard and black gram, and when black gram turns pink, add cashew nuts, When cashew nuts turn pink, add curry leaves and vegetables, including green peas. Add a pinch of turmeric powder, salt and chilly powder and saute the vegetables for 5 minutes. If the vegetables need more time to cook, add ½ cup water and cook covered to soften them quickly. Then add the remaining water and let it boil furiously. Now turn down to a slow flame, add the semolina little by little, stirring all time to avoid forming any lumps. Mix well and cook covered for 5 minutes on a slow flame. Add chopped coriander leaves, mix again and turn off the flame.

PORI UPMA

RECOMMENDED SEASON

All seasons.

INGREDIENTS

Puffed Rice	200 gms (for 3 people)
Mustard	1 teaspoon
Cumin Seeds	1 teaspoon
Tomatoes	2 big
Curry leaves	7 or 8
Salt	½ teaspoon
Turmeric	pinch
Chilly powder	½ teaspoon
Coriander leaves	handful
Powdered (roasted) groundnuts	1 to 2 tablespoons
Or Powdered roasted Bengal gram	

Soak puffed rice in water for 20 minutes. Grind the tomatoes into a fine paste. Heat 1 tablespoon ghee or oil in a pan, and mustard, cumin seeds, tomato paste, curry leaves, salt, turmeric and chilly powder, mix well and cook for 10 minutes. Remove the puffed rice from water, gently squeezing to drain the water and add to the cooked tomato paste. Mix well and add chopped coriander leaves. Mix well again and turn off the flame. Add the powdered groundnuts or powdered roasted Bengal gram, mix well and serve.

ARISI UPMA (BROKEN RICE)

RECOMMENDED SEASON

All Seasons

INGREDIENTS

Broken Raw Rice	200 gms (2 cups)
Split green gram	2 tablespoons (dehusked)
Tamarind	2 inch piece
Oil	2 to 3 tablespoons
Mustard	1 teaspoon
Black gram	2 teaspoons
Curry leaves	7 or 8
Salt	1 teaspoon
Chilly Powder	½ teaspoon
Turmeric powder a	pinch
Water	600 ml (6 cups)

Soak the split green gram in water for 10 to 15 minutes. Wash the tamarind and soak it also in water for 10 to 15 minutes. Wash the green gram well and drain the water. Heat oil in a pan, add mustard and black gram, and when the black gram turns pink, add curry leaves, green gram, and sauté for 5 minutes. Squeeze the tamarind in the water to make juice and filter it into the pan or you can cook in the cooker. Add the water and the chilly powder, salt and turmeric powder, and bring it to a boil. Turn down to a slow flame and add the broken raw rice little, stirring all the while. Mix well and cook covered till the water is absorbed and the broken raw rice looks fluffy. Keep stirring to avoid sticking to the bottom burning. Roasted groundnuts can be added to the upma.

[How to make Broken Raw Rice at Home - Wash rice well, drain the water and spread the wet rice on a clean dry cloth or towel under the fan and let it dry 80%. Then dry grind this rice in a mixer to get coarse rice powder. Use a very thin sieve to sort out the flour and a broad sieve to sort out the very big pieces of grains. The remaining rice is to be used for this purpose.] Broken raw rice is also available in the market.

RICE SEVAI

RECOMMENDED SEASON

All seasons

INGREDIENTS

Rice flour	4 cups
Water	4 cups
Salt	1 teaspoon
Oil	2 teaspoons

Heat the water in a thick bottomed pan, add salt and oil, and let it boil furiously. Turn to a slow flame, and add the rice flour stirring all the while to avoid lumps. Cook for 5 minutes, till the white colour changes to a dull colour. Remove from fire and keep it covered for about 10 minutes.

Take a portion of the cooked flour onto a plate, dip your hands in water and knead it well. If it is too hot, you can try to use two ladles to knead the flour. Then make large, oblong balls of the flour. In this manner, make balls of all the cooked flour. Heat a large vessel half-full of water to boiling point, and drop the balls in the boiling water. Cover the vessel with a lid and cook the flour balls till they float to the top of the water surface. This is the indication that they have been cooked.

To make noodles, if you do not have the traditional sevai pressing device, you will need a pressing device that is used to make snacks like sev (omapodi) and select a disc that has small holes. If the noodles are thin, it is better.

Keep a large basin or wide bowl ready. Fill the press with the cooked flour balls to its full capacity and press it so that the noodles drop into the basin or bowl. Take out the balls from water using a curved spatula with holes, so that water is drained from the balls. It is easier to make the flour into noodles when the balls are still hot, than when they get cold. So keep them hot after removing from the water. Let the sevai or noodles cool. If the strings are too long, then break them gently into smaller pieces. This rice sevai can be seasoned in different ways as given in the following pages.

COCONUT SEVAI

RECOMMENDED SEASON

All Seasons

INGREDIENTS

Grated Coconut	1 small or ½ big
Mustard	1 teaspoon
Black gram	2 teaspoons
Red chillies	2 or 3
Cashew nuts	5 or 6
Curry leaves	7 or 8
Oil	2 or 3 tablespoons

Shallow fry the cashew nuts to a light pink colour. Heat oil in a pan, add mustard, black gram and red chillies, when black gram turns pink, and curry leaves, and turn off the flame mixing well. Pour these seasonings over the cooled sevai, add the grated coconut, mix well and serve. This seasoning can also be used without coconut and can be served with coconut chutney.

SWEET SEVAI

RECOMMENDED SEASON

All Seasons

INGREDIENTS

Sugar	2 cups
Water	$\frac{3}{4}$ cup
Cashew nuts	5 or 6
Cardamom powder	$\frac{1}{2}$ teaspoon
Sevai	3 cups

Shallow fry the cashew nuts to a light pink colour. Mix the sugar and water and boil till you get a one-string consistency or more, add the fried cashew nuts and turn off the flame. Add the cardamom powder, add the sevai and mix well. Grated coconut can also be added to this seasoning after turning off the flame.

TAMARIND SEVAI

RECOMMENDED SEASON

All seasons, but not too often (Advisable to avoid for people with sensitive skin)

INGREDIENTS

Sevai	2 cups
Tamarind	

Make the tamarind seasonings like it is made for tamarind rice (Page 78) or puliyodarai, and mix it with the sevai.

BLACK GRAM SEVAI

RECOMMENDED SEASON

All Seasons

INGREDIENTS

Black gram	1 cup
Salt	1 teaspoon
Red chillies	2 or 3
Mustard	1 teaspoon
Curry leaves	5 or 6

Soak the black gram in water for at least one hour. Wash well, drain the water and grind to a smooth paste, adding red chillies and salt. The paste should be neither too firm nor too watery. Fill this paste in a greased idli mould and steam it for about 15 minutes on a high flame. Stick a knife into the black gram idlis to test if they have been cooked. If the knife is clean, then they are ready. If some paste sticks to the knife then they have to be steamed for some more time. Once they are cooked, transfer them to a plate and after cooling break them down to a powdery mass.

Heat 4 or 5 teaspoons of oil in a pan, add mustard, when it pops, add asafoetida and curry leaves, and the powdered mass of steamed black gram. Mix well and then add the cooled sevai. Mix again and turn off the flame.

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VARIETIES

RICE-URAD DAL DOSAI & UTHAPPAM

RECOMMENDED SEASON

All seasons

INGREDIENTS

Raw Rice or Idli Rice	3 to 4 cups
Black Gram	1 cup
Salt	1 teaspoon

First wash & then soak

Soak rice and dal separately drain the water, wash rice and dal adding water. Add salt and enough water to make a watery batter. Grind the rice and dal separately and mix just before making dosas.

Heat an iron pan or flat pan. Grease it with oil or ghee. Pour one or two ladlefuls of the batter on the pan and spread it into a thin dosa using the ladle. Drip oil or ghee around the dosa, cover with a lid (that has a knob or handle to lift it) and let it cook for a minute or two. When you remove the lid, you will see the outer edges of the dosa coming away from the tawa. Flip it onto the other side and cook for another minute or two. Remove from tawa and serve hot with coconut chutney.

Applying oil on the tawa with a small, thick, short stub of wood after every dosa keeps the pan greased and clean.

(-) You can grind the rice and dal adding enough water to make a thick batter batter. Then you can add grated carrot, finely chopped cabbage, cooked green peas and chilly powder (½ teaspoon) to make uthappam.

ADAI

RECOMMENDED SEASON

All seasons, in moderation during summer.

INGREDIENTS

Raw Rice or Idli Rice	3 to 4 cups
Turdal	¼ cup
Black Gram	1 tablespoon
Split green gram	¾ tablespoon
Bengal gram	1 ½ tablespoons
Red chillies	2 or 3 Salt 1 teaspoon
Curry leaves	8 to 10

SERVING

Applying oil on the tawa with a small, thick, short stub of wood after every adai keeps the tawa greased and clean.

Soak rice separately, and all the dals together, overnight. In the morning, drain the water, wash rice and the dals thoroughly and grind to a fine paste, adding red chillies and enough water. Add salt, curry leaves and enough water to make a watery batter. With a watery batter, one can get thin, crisp yet soft “paper dosas”. If you are not going to make the adais immediately, then grind the rice and the dals separately and mix just before making adais. You can also add grated carrot and / or finely chopped cabbage to the batter.

Heat an iron tawa or flat pan. Grease it with oil or ghee. Pour one or two ladlefuls of the batter on the tawa and spread it into a thin adai using the ladle. With the tip of the spatula, gently make four holes in the adai and drip oil or ghee in those holes and around the adai. Cover with a lid (that has a knob or handle to lift it) and let it cook for a minute or two. When you remove the lid, you will see the outer edges of the adai coming away from the tawa. Flip it onto the other side and cook for another minute or two. Remove from tawa and serve hot with aviyal or powdered sugar. If you are serving with aviyal, which already has lot of vegetables, you need not add carrot or cabbage to the batter.

GODUMAI (WHEAT) DOSAI

RECOMMENDED SEASON

All seasons, in moderation during summer.

INGREDIENTS

Wheat flour	200 gms (2 cups)
Salt	½ teaspoon
Chilly Powder	¼ teaspoon
Curry Leaves	7 or 8
Cumin Seeds	1 to 2 teaspoons
Grated Carrot	½ cup (1 big carrot)

Mix all the above ingredients and make a watery batter. Heat an iron pan or flat pan. Grease it with oil or ghee. Take a ladle full of batter and pour around the edge of the pan. The batter being watery, part of it gravitates towards the centre, thus spreading into a dosa with some holes in it. Drip oil or ghee in those holes and around the dosa. Cover with a lid (that has a knob or handle to lift it) and let it cook for a minute or two. When you remove the lid, you will see the outer edges of the dosa coming away from the tawa. Flip it onto the other side and cook for another minute or two. Remove from pan and serve hot with green chutney.

RAVA UTHAPPAM

RECOMMENDED SEASON

All seasons.

INGREDIENTS

Semolina (Rawa)	1 ½ cups
Tomato	1 big
Carrot	1 big
Cabbage	25 gms
Green peas	25 gms
Curry leaves	7 to 8
Salt	1 teaspoon
Chilly Powder	½ teaspoon.

Finely chop the tomato and cabbage and grate the carrot. Mix green peas, other vegetable pieces, curry leaves, salt, chilly powder and semolina with enough water to get a thick, chunky batter, mix well and keep covered for half an hour.

After half an hour, mix well and pour a ladle of the batter on a pan or flat pan, spread it slightly with the ladle to form a thick cake, pour oil around the cake, cover with a lid and cook for 2 or 3 minutes. Take care not to burn it. Then, remove the cover and turn it onto the other side with a spatula. Once both sides are done to a golden brown colour, serve with coconut chutney.

PAYATHAM PARUPPU DOSAI

RECOMMENDED SEASON

All seasons

INGREDIENTS

Split Green Gram (without skin)	1½ cups
Salt	1 teaspoon
Turmeric	pinch
Red Chilly	1

Carrots 2 Cabbage 50 gms Panneer 50 gms or ½ cup Coriander leaves handful Salt ¾ teaspoon Chilly powder ½ teaspoon Cumin seeds 1 teaspoon

Soak green gram for 1 ½ hours, remove water, wash well and grind into a fine paste adding salt, turmeric and chilly. Add only very little water while grinding, otherwise batter will become very watery. Make dosas with this batter. After the dosa is done on both sides, place a tablespoon of the filling on the dosa, fold it into half and serve hot with green chutney or tamarind chutney.

Filling : Grate the carrots, finely chop the cabbage and coriander leaves, and crumble the panneer into powder. (While kneading the panneer, before pressure-cooking, add a pinch of salt to it.) Heat 1 teaspoonful of oil in a pan, add cumin seeds, toss in the grated carrots, chopped cabbage, panneer crumbs, salt and chilly powder and saute till the cabbage is cooked. If the vegetables are too dry, add ¼ cup of water to soften and cook easily. Add the coriander leaves, mix well and turn off the flame.

MOONG DAL CHILDA

RECOMMENDED SEASON

All seasons (with added vegetables)

INGREDIENTS

Split green gram with husk	2 cups
Red chillies	2
Cumin seeds	1 teaspoon
Salt	$\frac{3}{4}$ teaspoon

Rinse the dal three times. Soak it for two hours. Grind the dal with red chillies, cumin seeds and salt, adding water if required, into a fine paste. Add enough water to make a watery batter. You can also add grated carrot and / or finely chopped cabbage to the batter.

Heat an iron pan or flat pan. Grease it with oil or ghee. Pour one or two ladlefuls of the batter on the pan and spread it into a thin dosa using the ladle. Drip oil or ghee around the dosa, cover with a lid (that has a knob or handle to lift it) and let it cook for a minute or two. When you remove the lid, you will see the outer edges of the dosa coming away from the pan. Flip it onto the other side and cook for another minute or two. Remove from pan and serve hot with coconut chutney.



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URAD DAL VADAI

RECOMMENDED SEASON

All seasons

INGREDIENTS

Black gram	2 cups
Salt	$\frac{3}{4}$ teaspoon
Red chilly	1
Cumin seeds	1 teaspoon (optional)
Finely chopped Cabbage Or grated ash gourd	1½ cups
Oil	for deep frying.

SERVING :

Serve hot with coconut chutney or sambar

Soak the dal for 2 hours, wash the dal well a couple of times, till you get clear water. Drain the water and grind the dal with red chilly, salt and cumin seeds, without adding water, to a smooth paste. Cumin seeds may be omitted if the taste is not preferred. (Option : To the dal paste add the finely chopped cabbage or grated ash gourd and mix well.)

Heat enough oil in a frying pan (not letting it smoke). Traditionally, a hand sized portion of a plantain leaf was greased, and this was used to make the batter into the required shape before frying it.

Alternatively, you can keep a bowl of water ready, dip your hand in it and take a small lump of the batter with your wet hand. Toss and roll this lump around on your wet fingers into a ball, slightly flatten it and make a hole in the centre of this ball with your thumb. Drop this into the oil. Drop enough balls of batter to cover the oil in the pan with room enough to flip them over. When both sides turn golden brown, remove them onto a plate.

CHANNA DAL VADAI

RECOMMENDED SEASON

All seasons, in moderation during summer

INGREDIENTS

Bengal gram	2 cups
Split green gram	1 tablespoon (optional)
Red chillies	1 or 2
Salt	$\frac{3}{4}$ teaspoon
Cumin seeds	1 teaspoon
Finely chopped cabbage	1 cup
Grated carrot	1 cup
Curry leaves	7 or 8
Chopped Coriander leaves	$\frac{1}{2}$ cup

SERVING :

Serve hot with coconut chutney

First wash well and then soak and then 3 - 4 hours. Remove water and wash the dal well. Drain the water and grind the dal with red chilly, salt and cumin seeds, without adding water, to a smooth paste. Soak the split green gram in a cup of water for half an hour. Alternatively, you can retain a tablespoon of the soaked Bengal gram itself before grinding.

To the dal paste, add the soaked green gram or Bengal gram, finely chopped cabbage, grated carrot, curry leaves and chopped coriander leaves and mix well.

Heat enough oil in a frying pan (not letting it smoke). Keep a bowl of water ready, dip your hand in it and take a small lump of the batter with your wet hand. Toss and roll this lump around on your wet fingers into a ball and flatten it with your thumb. Drop this into the oil. Drop enough balls of batter to cover the oil in the pan with room enough to flip them over. When both sides turn golden brown, remove them onto a plate



C

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DIPS / SAUCES

TOMATO SAUCE

RECOMMENDED SEASON

Ideal for winter, but can be had during all seasons in moderation

INGREDIENTS

Tomatoes	1 kg
Dry roasted cumin seeds	1 teaspoon
Dry roasted fennel seeds	1 teaspoon
Salt	1 teaspoon
Chilly powder	½ teaspoon
Sugar	4 to 5 teaspoons (according to taste)
Water	¼ cup

Select ripe red tomatoes that are fresh. Wash the tomatoes, cut them into big pieces, add dry roasted cumin seeds and fennel seeds and pressure cook them adding quarter cup of water for 4 whistles.

Filter out the water. After the tomatoes have cooled down, grind the cooked tomatoes till you get a smooth texture. Filter. Pour the pulp into a vessel. Add table salt, rock salt, asafoetida, black pepper, red chilly powder and sugar to taste. Put to flame. Boiled till all water is evaporated. Mix well. Transfer to a glass or ceramic container and store it in a fridge. Can be refrigerated.

TAMARIND CHUTNEY

RECOMMENDED SEASON

All seasons

INGREDIENTS

Tamarind	200 gms
Sugar, Sea Salt	1/4 spoon and 1/4 spoon
Black salt, Dry roasted cumin seeds powder	1 teaspoon

Wash the tamarind and soak it in water for half an hour. Grind the tamarind in a mixer along with the water and filter it through a strainer or net. Measure this thick tamarind pulp and take equal quantity of sugar and add to the pulp. Boil this mixture in a thick bottomed vessel or pan till the raw smell of tamarind is lost. While boiling, add table salt, sea salt (sendha namak) and black salt (kala or ganda namak). Turn off the flame and add dry roasted cumin seed powder. Mix well and bottle it after it cools down completely. This can be used for 1 to 1 ½ months if refrigerated.

Quantity of Sugar can be increased depending on individual taste.

MANGO CHUTNEY

RECOMMENDED SEASON

Occasionally in Summer

INGREDIENTS

Raw Mango	1
Red chillies	1 or 2
Cumin seeds	1 teaspoon
Salt according to	taste
Sugar	2 table spoons

Peel the mango and grate it coarsely or grind it. Grind red chillies and cumin seeds, add salt, sugar and the grated mango, and mix well. This can be kept in the refrigerator for 3 to 4 days.

COCONUT CHUTNEY

RECOMMENDED SEASON

All seasons

INGREDIENTS

Coconut	1 (medium sized, wet)
Roasted Bengal gram	1 cup (100 gms)
Red chillies	1 dry
Salt	1 teaspoon
Mustard	½ teaspoon
Black gram	2 to 3 teaspoons
Curry leaves	7 or 8
Coriander leaves	1 cup (optional)

Peel the brown skin of the coconut, cut into smaller pieces and grind in the mixer.

Shallow fry the seasonings i.e. mustard, black gram, red chillies and curry leaves separately and keep aside.

Add Roasted Bengal gram (Dalia), Dry Red chillies and salt. Grind in the mixer - first without water and next adding drinking water, to make a fine paste. Transfer this paste to a serving bowl, add the fried seasonings and mix well.

Option :

If preferred, a little portion of the fried seasonings (mustard, black gram and curry leaves) may also be ground along with the other ingredients. Coriander leaves may be added while grinding if the taste is preferred. It may be beneficial to rinse the leaves in hot water before adding to the other ingredients. Since the leaves are not cooked, rinsing them in hot water could remove pesticide or other chemical deposits on the leaves.

GREEN CHUTNEY

RECOMMENDED SEASON

All seasons

INGREDIENTS

Coriander leaves	2 cups
Salt	½ teaspoon
Tamarind	1 piece
Red Chilly	1,2,3 piece cashnet.

Wash the coriander leaves well. Wash the tamarind and dry roast the red chilly.

Grind the coriander leaves, salt, tamarind and red chillies together, adding a little water if required, to a fine paste.

TOMATO-CORIANDER CHUTNEY

RECOMMENDED SEASON

Ideal for Winter

INGREDIENTS

Tomatoes	1 kg
Coriander leaves	2 cups
Sugar	4 to 5 tablespoons
Bengal gram	2 tablespoons
Red chilly	1 Salt 1 teaspoon
Mustard	½ teaspoon
Black gram	2 to 3 teaspoons
Curry leaves	7 or 8 Oil 1 teaspoon
Alternatively	
Cumin seeds	1 teaspoon
Chilly powder	½ teaspoon
Salt	1 teaspoon
Ghee	2 teaspoons

SERVING :

1/5th glass concentrate and 4/5ths glass of milk. This can be tried and adjusted according to taste and preference.

Wash the tomatoes, cut them into big pieces and pressure cook them without adding water for 4 whistles. Rinse the coriander leaves in hot water. Shallow fry the Bengal gram till pink in colour, in a teaspoonful of oil along with the red chilly. Also shallow fry the seasonings, mustard, black gram and curry leaves separately and keep aside. Grind the boiled tomatoes, coriander leaves, fried Bengal gram, red chilly and salt together, without adding water till you get a smooth texture. Transfer it to a serving bowl, add the fried seasonings and mix well.

Alternatively - Chop the tomatoes into small pieces and rinse the coriander leaves in hot water. Heat the ghee in a pan, add cumin seeds and when they splutter, add the tomatoes, sugar, salt and chilly powder, and cook till the tomatoes turn mushy. Add the coriander leaves and cook for a minute or two. Turn off the flame and let it cool.

ROASTED GROUNDUT CHUTNEY (OR POWDER)

RECOMMENDED SEASON

All seasons, in moderation during summer

INGREDIENTS

Roasted groundnuts 100 gms
Salt $\frac{3}{4}$ teaspoon
Dry Roasted Red Chillies 1 or 2 Dry
Roasted Cumin seeds $\frac{1}{2}$ teaspoon
Sugar 1 teaspoon (optional)
Amchur powder $\frac{1}{2}$ pinch.

Grind all the above ingredients together into a coarse powder.
This can be stored for a couple of days also.

RIDGE-GOURD CHUTNEY (INDIAN TURAI)

RECOMMENDED SEASON

All Seasons

INGREDIENTS

Ridge-Gourds	1 kg
Tamarind	1 inch piece
Salt	1 teaspoon
Turmeric powder a pinch	Bengal gram 2 tablespoons
Red chillies	2 or 3
Curry leaves	7 or 8
Mustard	½ teaspoon
Black gram	2 teaspoons.

SERVING :

When the ridge-gourd turns cool, grind it with the Bengal gram and red chillies, to a fine paste. Add the fried seasonings and mix well. Transfer to serving bowl.

Lightly peel the ridge-gourds along the ridges and wash them thoroughly. Cut them into pieces. Wash the tamarind. Heat 1 teaspoon oil in a pan and add the ridge-gourd pieces, tamarind, turmeric powder and salt and cook till the vegetable becomes soft. Let it cool.

Again heat 1 teaspoon oil in a pan and fry Bengal gram and red chillies till the dal becomes pink in colour. Turn to slow flame and remove the dal and chillies from the pan. To the same oil, add mustard and black gram. Fry till the dal turns pink in colour, add curry leaves and turn off the flame and keep stirring. The curry leaves turn crisp.



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SAMBAR POWDER

RECOMMENDED SEASON

All seasons

INGREDIENTS

Red chillies	100 gms
Coriander seeds	125 gms
Bengal Gram	50 gms
Fenugreek Seeds	100 gms

Remove the stem of the red chillies. Heat 1/4 teaspoon of oil in a thick pan and roast the ingredients individually, one after the other, till the red chillies turn crisp and the other ingredients slightly change colour. Grind them all together.

RASAM POWDER

RECOMMENDED SEASON

All seasons, in moderation during summer.

INGREDIENTS

Red Chillies	100 gms
Coriander Seeds	100 gms
Cumin Seeds (Jeera)	30 gms
Tur Dal	30 gms (optional)

Remove the stem of the red chillies. Heat 1/4 teaspoon of oil in a thick pan and roast the ingredients individually, one after the other, till the red chillies turn crisp and the other ingredients slightly change colour. Grind them all together.

MOLAGA PODI (DALS - CHILLY)

RECOMMENDED SEASON

In moderation during winter,
avoidable during summer and warm weather.

INGREDIENTS

Black gram	½ cup
Bengal gram	½ cup
Red chillies	½ cup
Salt	1 to 1 teaspoon

Dry roast the dal and cumin seeds, one after the other, separately, in a thick pan till dal turns dark pink and cumin seeds are lightly fried. Let them cool and then grind them together till you get a fine powder. Add salt to this powder, mix well and store it in a dry container. Serve it along with hot melted ghee, which is to be mixed in equal measure as the powder. This is ideal to be mixed with rice.

CURRY POWDER (MENTHI KARAM)

RECOMMENDED SEASON

All Seasons

INGREDIENTS

Fenugreek Seeds	1 tablespoon (heaped)
Bengal Gram	1 cup (100 gms)
Black Gram	1 cup (100 gms)
Red chillies	5 to 6 (or according to taste)
Cumin seeds	1 teaspoon (heaped)
Coriander seeds	½ teaspoon (optional)
Oil	1 tablespoon

Heat 1 tablespoon oil in a pan. Keep the flame on medium to less heat throughout the process. Add fenugreek seeds and fry till they start turning pink in colour. Add the Bengal gram and black gram and stir till they turn light pink in colour. After stirring for 2 minutes, before the gram turns pink, add red chillies and stir. After the gram turns pink, add cumin seeds and coriander seeds, stir for half a minute, turn off the flame and keep stirring for another minute. That heat is also enough for cumin seeds and coriander seeds as they get roasted very quickly. Then transfer the contents to a plate and let them cool a little. Grind them to a powder in a mixer while still a little warm. After the powder cools, store it in an airtight container.

This powder may be added to vegetables like ridge-gourd, Indian ivy gourd and snake-gourd. Cook the vegetable as usual in a pan, adding salt, and when it has turned soft, add the powder, mix well, cook covered for another 5 minutes, stir again and turn off the flame. Such curries go well with rice.

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GULAB SHERBET

RECOMMENDED SEASON

Only Summer

INGREDIENTS

Rose Petals	100 gms ("Panner Rose" flowers)
Sugar	500 gms
Water	300 ml.

SERVING :

1/5th glass concentrate and 4/5th glass of milk. This can be tried and adjusted according to taste and preference.

Select pink colour rose flowers (preferably organic) that have not been sprayed with chemicals, the variety that are called 'Desi Rose or Paneer Rose'. You can watch video of this preparation on www.zerotherapy.com, "Summer Recipes 2009".

Separate the petals from the flowers. Sieve the petals so as to remove any dust particles. Then wash the petals well in a bowl and sieve them again. Spread the petals on a cloth so that excess water is removed from the petals. Do not press or squeeze the petals.

With the above given quantities of sugar and water, make sugar syrup till you get a two-string consistency. Add the rose petals, mix well and after one boil, turn off the flame. Cover it and let it stand for 24 hours. Filter and remove the petals from the syrup, using a thin muslin cloth or net. Don't squeeze the petals too hard or it would turn bitter. The syrup is concentrated Gulab Sherbet. Bottle it and refrigerate it.

It is preferable to add this syrup to milk (at room temperature) to make rose milk. This drink has a very cooling effect on the body.

KAIRI PANI / RAW MANGO

RECOMMENDED SEASON

Summer and Warm Weather

INGREDIENTS

Big sized raw mangoes	2 (Indian Standard)
Water	500 ml
Sugar	400 gms
Cumin Seeds	1 spoon (dry roasted and coarsely ground)

SERVING :

1/5th concentrate and 4/5th water (stored in a mud pot), adjusted to taste. This is cooling and energizing during summer and warm weather.

Wash the mangoes. Cut off the tip of the stem side of the mangoes and pressure cook in the given quantity of water for 4 whistles. The mangoes will become soft when cooked. After they have cooled, remove the peel and squeeze the mango and the peel using your hand to get a soft pulp. Filter this thick pulp and keep aside.

Add some water to the mango seed thoroughly and squeeze well in a different bowl. Now you can discard the mango seed. Filter the juice through a net or a thin muslin cloth. Add sugar to this juice and cook it in an open pan till it comes to boiling point. Add the thick pulp to the boiling mango juice.

When it boils, turn off the flame and add the dry roasted and coarsely ground cumin seed (jeera) powder. The final juice should be neither too thick nor too diluted. When this juice becomes cold, transfer it to a glass bottle and refrigerate it, if it is to be kept for more than a day. When refrigerated, it can be kept for 10 to 15 days. If it has to be stored for a longer period (more than 10 days), then it has to be made into a thick juice. Add less quantity of water during preparation.

THANDAI

RECOMMENDED SEASON

Summer and Warm Weather

INGREDIENTS

Black Pepper	8 gms
Fennel & Poppy Seeds	10 gms
Musk Melon Seeds	10 gms
[also available as Cucumber seeds or vellari vedai]	
Water Melon Seeds	10 gms
Peeled Cardamom	8 gms
Gulkand	1 small cup (50 gms)
Saffron petals	¼ tsp (small)
Almonds	100 gms
Sugar	1 Kg
Water	1 ltr

Soak all the Masala ingredients in water (from black pepper to cardamom, except gulkand) together in a vessel for 4-5 hours. Also soak the almonds in a vessel separately for 4-5 hours. Drop the soaked almonds in hot water (near boiling point). Peel the almonds.

In a wet grinder or mixer, grind the peeled almonds, all the soaked masala items and gulkand till you get a fine paste. Add water while grinding, for free grinding. Take out the mixture and pass it through a net. Take the filtered water and filter it again using a thick cotton cloth or double layered thin muslin cloth. Take 10 ml of this double filtered water and soak the saffron petals in a cup for half an hour.

Grind the residue, which was left in the net, again, adding water 100 ml. And filter this mixture again twice, once through the net and once through the cloth. This water can be added to the first extracted and filtered water.

Now take the residue (from the net) again for the last time, and adding 100 ml water, grind it well. Filter this mixture also twice as before. Keep this water separate from the earlier extracts. The residue in the net can now be discarded.

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SERVING :

Mix 1 part of the concentrate to 4 parts of milk (at room temperature or slightly chilled). Do not take it with very cold milk or hot milk and never with water.

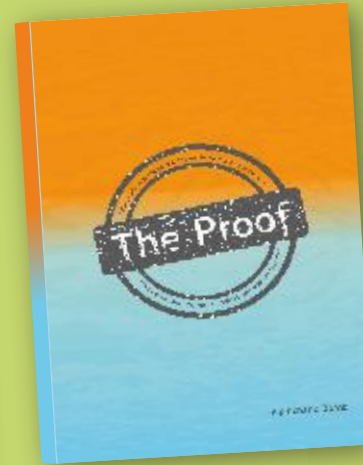
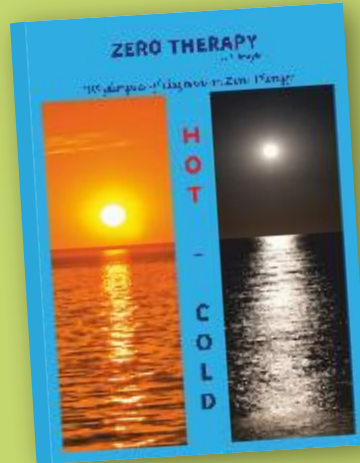
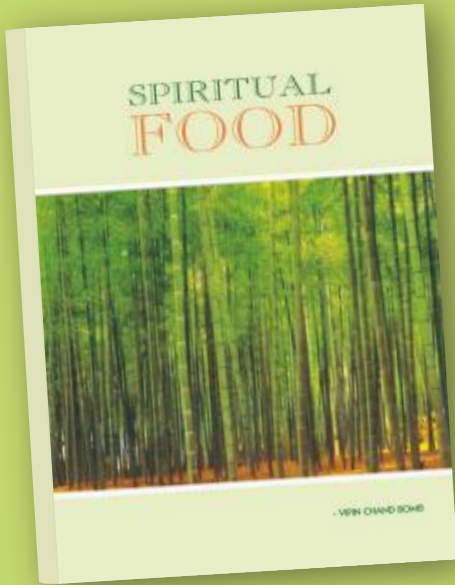
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Boil the water extracted the third time, adding 1 kg of sugar to it, till the sugar melts and mixes, and it reaches a boiling point. Then add the water extracted the first and second times, and bring it to a boil again. Turn down to a slow flame, add the saffron along with the water, mix and turn off the flame. After it cools down completely, bottle it and store in the refrigerator.

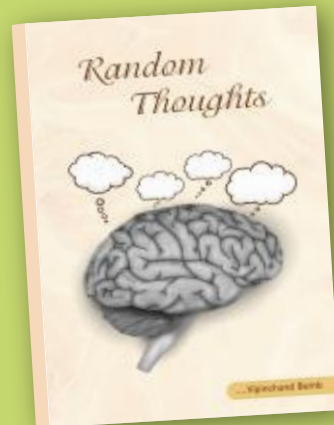
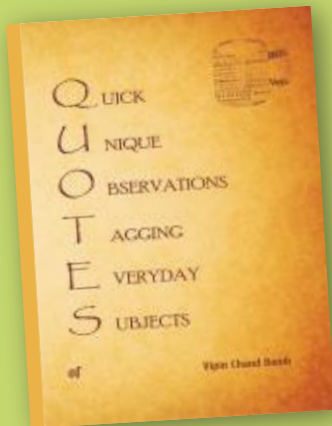
This concentrate can be stored in the refrigerator for 2 to 3 months.

• Aata Papdi	51	• Green Chutney	116
• Aata-besan Papdi	50	• Groundnuts Laddu / Barfi	40
• Adai	101	• Gulab Jamun	35
• Alternatively, South Indian (Instant) Appam	38	• Gulab Sherbet	127
• Amle Murabba	29	• Gulkand	16
• Arisi Upma (Broken Rice)	93	• Jalebi	36
• Aviyal	82	• Jeera Rice And Dal Fry	73
• Badam Ka Seera (Almond Halwa)	25	• Kachodi	57
• Badam Ki Katli (Almond Fudge)	44	• Kairi Pani / Raw Mango	128
• Besan Ki Barfi / Laddu	17	• Kaju Ki Katli	43
• Bhel Puri	54	• Kaju Pakoda	55
• Black Gram Sevai	98	• Kalaakand	23
• Channa Dal Vadai	109	• Kheer	28
• Channa Pulao	76	• Khichdi or Pongal	72
• Coconut Chutney	115	• Kofta Curry	68
• Coconut Rice	79	• Kulfi	31
• Coconut Sevai	95	• Laapsee Channa	42
• Curry Powder (Menthi Karam)	125	• Maida Papdi	52
• Dal Fry	74	• Malpoa	37
• Dal Ka Seera	24	• Mango Chutney	114
• Gajar Ka Halwa	27	• Milk Cake	22
• Gatta (Gram Flour Chunks)	60	• Milk Mysore Pak	26
• Godumai (Wheat) Dosai	102	• Mishri Ki Roti (home Made Biscuits)	32

• Mixed Vegetable Soup	47	• Sambar Powder	122
• Mixture	53	• Samosa	58
• Molaḡa Podi (Dals - Chilly)	124	• Seasoning For Curry	61
• Moong Dal Childa	105	• Sev / Omapodi	63
• Murmura Laddu/Barfi (Puffed Rice Balls/Candy)	39	• Sooji Ka Halwa	34
• Mutter Paneer Curry	67	• Sooji Ke Laddu / Rawa Laddu	41
• Namkeen Puri	62	• Sweet Karela Curry	69
• Paneer (cottage Cheese)	18	• Sweet Kozhambu	87
• Panneer Pakoda / Tikka	56	• Sweet Sevai	96
• Payatham Paruppu Dosai	104	• Tamarind Chutney	113
• Pohe (Avul Upma)	90	• Tamarind Rice	78
• Pori Upma	92	• Tamarind Sevai	97
• Ras Malai	21	• Thandai	129
• Rasam	86	• Tomato Rice	77
• Rasam Powder	123	• Tomato Sauce	112
• Rasgulla	20	• Tomato Soup	46
• Rava Upma	91	• Tomato-coriander Chutney	117
• Rava Uthappam	103	• Urad Dal Vadai	108
• Rice Sevai	94	• Vegetable Curry	66
• Rice-urad Dal Dosai & Uthappam	100	• Vegetable Kofta Or Bonda (& Panneer Kofta)	59
• Ridge-gourd Chutney (Indian Turai)	119	• Vegetable Koottu (Poricha Koottu)	84
• Roasted Groundut Chutney (or Powder)	118	• Vegetable Kurma	83
• Sambar	85	• Vegetable Pulao	75



Other Books by
Vipinchand Bomb



Emotional health is the driver for physical & mental health Zero Therapy food ensures emotional health. "The match for good health is played on the dining table. The food is the ball and tongue is the bat. The skill lies in knowing which balls to play and which to leave. The winner is one who has control over the bat", says Zero Therapy founder Vipinchand Bomb.

This book features Zero Therapy recipes that can be your foundation for a life without medicine.



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- Businessman with a mission.
- Free flowing fountain of wisdom.
- Crusader for Truth in Private and Public life.