



धरुती KITCHEN

LATA DHARMADHIKARI

03 JUNE 2021

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In memory of

I dedicate this book to my Father, Late Shri Madhukar Vaidya and my Father-in-Law, Late Shri Shrinivas Dharmadhikari, for their unflinching love & support, when they were alive and their confidence in me that I can & I should write a "Recipe Book"

NOTE :

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घरगुती KITCHEN

मनोगत

“आई, मला लवकर (whatever पदार्थ) रेसीपी सांग आणि प्रमाण (proportion of ingredients) पण सांग “अशी demand, कधीही आणि कुठल्याही वेळी येते, जास्त करून आमच्या मुलींकडून. मुली अमेरिकेत असल्याने वेळेचा (because of time difference) पण घोळ होतो. कधी कधी इतर नातेवाईक पण विचारतात

कधी कधी मुली असेही म्हणतात की, माझ्याकडे ह्या वेळी इतकेच ingredients आहेत तर त्यापासून कुठला पदार्थ करता येईल ते immediately सांग. ती परीक्षाच असते .

I, therefore decided to write a recipe book, which would be always available with them.

I have been thinking of writing a recipe book for quite a while particularly for our dear daughters, Manasi and Gauri. I have been writing down/ making notes of all new recipes in diaries / loose papers etc. But converting them into a book form did not happen. However, the lock down due to Covid, gave me an opportunity to utilize this time to finally write the recipe book.

Manasi had interest in cooking right from the college days and she has been a good cook since then. Yet, sometimes she needs help from me for a particular recipe. Gauri did not have much inclination to cooking before her marriage. I was worried as to how she is going to manage cooking after the marriage. But to my surprise, she picked up cooking real fast. Now she cooks all varieties of dishes and I am very happy that she does it.

I want to specifically mention here that our both the daughters have a full-time job, being in USA, they have to take care of household chores & cook food without any help of the maids, take care of kids. Further, they cook, not only for their family but there are often lot of guests & a large friend circle for whom they happily cook (quantity kitchen) variety of food items.

I also must mention that my son in laws, Uday Karmarkar and Sameer Deo help their wives in daily chores including cooking.

My husband had a transferable job & therefore we lived in many states of India, where I could learn each state's specialities.

We had a joint family for quite a few numbers of years after my marriage and the whole Dharmadhikari being foody, I could experiment & learn more & more dishes.

We have tried to cover most of the common recipes, which are cooked in Maharashtrian homes. There are lot of other recipes which could not be accommodated in this book as it was taking a long time. I may write another book, covering balance hundred odd left out recipes.

This book is not professionally written. It is basically for our daughters, the way they want it and can understand it. So, the language is English & Marathi mix (बोलचालीची भाषा)

It also provides lots of tips for perfect cooking.

My husband has always been behind me & gave me full support including writing the book and editing it again & again.

I must thank Meera & Vibhu Dharmadhikari, for helping us in designing the cover page and all the separators with images.

Last but not the least, I need to mention here that my father had been a constant source of inspiration to me & he wanted me to write a recipe book but I couldn't do it while he was alive.

My father in law was an admirer of my cooking & was always praise for me whenever & whatever I cooked

Yours' sincerely

Lata Dharmadhikari
3rd June 2021
+91 9050085352 (Mobile)

DONATION : *If you appreciate my efforts to write this "Recipe Book " I would be delighted if you could donate any amount , you feel like , to Gajanan Maharaj Sansthan, Shegaon for "Annadan".*

Any amount above Rs 31 can be paid "On Line". I am enclosing the relevant link.

<https://online.gajananmaharaj.org/>

A word from Mohan Dharmadhikari.

I endorse every word what my wife has written.

I would like to add that my wife is an excellent cook and it is her passion. She is चालतं फिरतं kitchen. She tells my daughters & other relatives, the recipes including proportion of ingredients without batting an eyelid and without referring to any book/ notes, which is really incredible.

It was our desire to compile all the notes, written over the years by my wife into a book form & passed on to our dear daughters.

I am very proud of our daughters who have become good cooks like their mother.

My wife always won first prize in cooking competitions arranged by NTPC (my employer) ladies clubs at various power stations as well as other places. This must have been probably, one of the reasons for her father to insist upon her to write a recipe book.

This book will remain with our daughters forever and they will always remember Aai as the "Best Cook "(notwithstanding the fact that every child thinks that his/her mother is the best cook in the world)

This book has been written by "Yours' truly, as told by my wife.

In addition to Vibhu & Meera Dharmadhikari, I also must thank Mr Harsha Udipi, my friend & neighbour in Mumbai, who helped me to convert this collection of recipes into a book form.

(This book has been completed very recently & we have chosen 3rd Jun to release this book for the reason that it happens to be our 44th wedding anniversary).

Yours' truly
Mohan Dharmadhikari
3rd Jun 2021

(For limited circulation)



गोड पदार्थ

1. Shrikhand



Ingredients:

Milk, sugar, cardamom, nutmeg, saffron

Preparation:

Hung curd:

- Boil the milk & when it becomes lukewarm, विरजण लावायचे. After about 3 to 4 hours when दही is formed, pour it in a bigger cotton cloth and कापड बांधून, hang करून ठेवायचे -3 to 4 hours
- Measure the quantity of hung curd with वाटी as a measuring bowl.

Shrikhand:

- Add half the quantity of sugar as compared to hung curd.
- (If curd is sour – आंबट , then you will need more sugar . It is better that curd is not आंबट)
- Properly mix the sugar into hung curd and keep it inside the freeze for minimum 3 to 4 hours to dissolve the sugar.
- Using the finest sieve (मैदा चाळणी) वरील mixture घोटून घेणे.

- Then add cardamom, nutmeg & saffron. Keep it inside the freeze.

Tips:

1. Always prepare shrikhand minimum 2 days prior to use. It tastes better.
2. When you start the shrikhand preparation, mix the saffron in Luke warm milk & after it becomes cool, keep it inside the freeze. It tastes better & also the quality of saffron colour enhances.
3. If Shrikhand is kept in a water tight (preferably steel) container & in deep freezer immediately, it will remain good for 2 to 3 months.
4. If you want to store it for a longer period (6 months), use चासनी instead of sugar

2. बासुंदी

Ingredients:

1 litre milk, 1/2 वाटी sugar, जायफळ, विलायची

Method:

- Take milk in a thick bottom कढई or Pan (little bigger in size).
- Cook milk on low flame.

Important Tip:

1. With the help of spatula, the मलाई/साय which gathers on the sides of the Pan should be scrapped & put back into milk, every now & then.
2. When 1 litre milk becomes half, pour 1/2 वाटी sugar into milk. Let the milk boil again and turn off the gas a bit earlier than the consistency of बासुंदी you want.
3. When the बासुंदी cools down, it will become thicker.
4. Add जायफळ & विलायची powder after बासुंदी cools down.
5. You may add किसमिस or other dry fruits just at the time of serving (otherwise बासुंदी नासू शकते)
6. Also properly clean the sugar before it is added to milk.

3. जिलबी

Batter:

1 & 1/4 cup मैदा, 1 tablespoon besan, 1 tablespoon curd. Mix them and add about 3/4 th cup warm water and make batter of pakora consistency. Keep it overnight at a warm place to ferment it.

While preparing जिलबी, add orange or yellow food colour to the fermented batter.

Take a small, thicker polythene bag & make a small hole at one of the corners at the bottom.

चासनी:

Take one cup sugar & 3/4 th cup water in a bowl and boil it. Add saffron.

Make preferably ऐकतारी चासनी. (बोटांना चिकट लागलं पाहीजे). Add cardamom powder & lemon juice to the चासनी.

जिलबी:

- For frying जिलबी, Pan should be of lesser height (like डब्याचे झाकण).
- Heat ghee (or refined oil) in the Pan. Now put batter inside the polythene bag and hole मधून जिलबी टाकायची. (First heat the oil & then keep the gas on medium flame). Take out the जिलबी with the help of चिमटा (tong)
- Put the fried जिलबी directly into the चासनी. Keep it there for two minutes and take it out.

Another method:

- 1 वाटी मैदा, 1 वाटी रवा (सूजी), 1 tablespoon besan, 1/4th teaspoon baking soda.
- 1/2 वाटी दही घेऊन भिजवायचे. Add water as required to make pakora consistency batter.
- जिलबी can prepared after 10 minutes (No fermentation required as we have added baking soda)
- Rest method is same as above.

4. पुरण पोळी

Ingredients:

2 वाटी चणा डाळ, 2 & half वाटी sugar, जायफळ, वेलची (optional), कणिक, मैदा.

Method:

- If possible, keep 2 वाटी चणा डाळ भिजत for 2 to 3 hours & then cook it in a cooker. After cooker gets cool, डाळ काढून वाटावी. (Use mixer or पुरण चाळणी). Then mix sugar in it & stir (ढवळून) it. Again, cook this mixture in thick bottom भांड/कढई. Continuously stir it with डाव. (शेवटी शेवटी पुरणाचे चटके उडतात म्हणून हाताला फडके बांधून करावे) सगळं पाणी आटलं की पुरण शिजले समजावे. जायफळ व वेलची पावडर टाकून छान मिसळावे
- पुरण थंड झाल्यावरच पोळी करावी.
- Cover: Half वाटी कणिक व half वाटी मैदा, बारीक चाळून, mix it. Put salt & oil and सैल सर भिजवावे. वरून चांगल तेल लावून, दोन तास तरी मुरत ठेवावे.
- कणिक + मैदा याचा अगदी छोटा गोळा घेऊन ,थोडा मैदा वापरून थोडेसे लाटून , त्यात पुरणाचा मोठा गोळा ठेवून, हाताने ती पारी बंद करावी व पोळी लाटावी (with light hands). तव्या वर भाजावी.

Tips:

1. पुरण बरोबर झाल की नाही हे बघायला, कुकर मधल्या पुरणात , सराता or डाव ठेवावा . तो तसाच उभा राहतो (पडत नाही)
2. थंड झाल्यावर ही पुरण पातळ वाटले तर, मलमल कापडावर पसरवून ठेवायचे. (Cloth will soak the water)
3. If still it is loose (सैल), परत gas वर ठेवून शिजवावे.

5. सांजा पोळी

Ingredients:

1 वाटी सूजी, 1 & half वाटी साखर, 2 वाटी पाणी, जायफळ, विलायची

Method:

- Keep 2 वाटी पाणी for boiling.
- Add above sugar in the water.
- After sugar gets dissolved & water starts to boil (उकळी), add above सुजी (न भाजलेली) & stir with a spoon so that no गुठळी gets formed.
- Then झाकण ठेवून ऐक वाफ (steam) आणायची.
- After it becomes cold add विलायची & जायफळ powder and mix. This is सांजा.

Cover:

पोळी करायला,कणकेत (आटा) oil & salt घालून मऊसर (soft) भिजवायची (पुरणासारखी नाही).

Take a little small गोळा of आटा, थोडं लाटून, सांज्या चा गोळा भरायचा व पोळी लाटायची. तव्या (PAN) वर, तूप टाकून शेकावी.

6. लाल भोपळ्याचे घारगे

Method:

- Remove the cover of pumpkin & make normal size pieces.
- Steam it either in steamer or cooker. (No water in pumpkin). Then mash it.
- Heat ghee in a Pan & add mashed pumpkin to it.
- Add jaggery or sugar in half quantity of mashed pumpkin.
- Cook it. (When sugar melts it will become liquid but then it will turn thicker.)
- After it turns cold, add wheat flour to it, whatever quantity gets adjusted in it.
- Add विलायची powder & mix
- Then deep fry like puri's (घारगे) in ghee or oil.

Tips:

- Instead of steaming the pumpkin, it can be shredded & cooked with ghee and jaggery or sugar in a Pan as above.
- Instead of frying, you can make पराठे also.

7. गुळाची पोळी

Ingredients:

(सारण):

1/4 वाटी बेसन, 1/4 वाटी normal तीळ (sesame seeds, polish न केलेले), 1 वाटी बारीक केलेला गुळ, 2 tea spoon खसखस, विलायची पूड

(कणकेची पारी): 1 and half वाटी कणिक, 1/4 वाटी बेसन, 1/4 वाटी मैदा, salt & oil

Method:

(सारण):

- On low flame, 1/4 वाटी बेसन भाजायचे. Separately तीळ भाजून make its powder.
- Mix बेसन & तीळ and then add बारीक गुळ to it & mix.
- Add 2 spoon खसखस पूड (तीळा सारखीच, खसखस पण dry भाजावी) and add विलायची powder and mix.

(कणकेची पारी):

- कणिक , बेसन व मैदा mix करून , put oil & salt and भिजवायची (with water)

Making पोळी:

- कणिक पारीमध्ये सारण (गूळाचा गोळा) भरून पोळी लाटायची व make a roti on Pan (on low flame)

Another method:

- कणकेचे दोन सारखे छोटे गोळे लाटायचे (separately) and make two small पोळी .
- Put गूळाचे सारण on one पोळी and spread over it.
- Then put another पोळी on it and seal the edges (कडा दाबणे).
- Now हे sandwich चांगले लाटायचे व ही पोळी Pan वर तुपा बरोबर भाजायची (like पराठे)

Tips:

गुळ बारीक करणे :

1. Keep गूळ in microwave for 30 seconds to 1 minute. Then take it out and बारीक करायचा.
2. Alternatively, make small pieces of गूळ and heat it on gas in Pan (कढई). When गुळ starts melting add some milk so that it doesn't become पाक.
3. While making पोळी on the Pan, if गूळ comes out then add some, भाजलेली (तीळ powder or peanut powder or dry coconut powder)

8. बेसनाचे लाडू

Ingredients:

1 वाटी बेसन, 3/4 वाटी पिठी साखर, 2 table spoon तूप, dry fruits बारीक केलेले

Method:

- Put ghee in Pan (कढई) and बेसन टाकून, मंद आचेवर (low flame) बेसन भाजायचे.
- Patiently बेसन लालसर व खमंग भाजायचे. (कढई थोडी tilt करून ठेवायची. Extra ghee if any should be removed)
- Gas बंद करून, बेसन थोड थंड झाल्यावर, बेसनात साखर, dry fruits, विलायची powder टाकून लाडू वळायचे.
- Ladoos thus made will be loose (सैल) for some time They will automatically become little harder after couple of hours.

Tip:

1. Secret of recipe is low flame वर खमंग बेसन भाजणे. (Takes about half an hour for above quantity)
2. Preferably, take little जाड बेसन and बुरा साखर (बुरा साखर म्हणजे पाकाची केलेले साखर)
3. बेसन भाजण्या करता Use thick bottom Pan.
4. If you want little less sweet laddoo, take little less than 3/4 वाटी sugar

Quantity:

About 6 to 7 लाडू

Following is the picture(colour) of भाजलेले बेसन (without sugar).



9. रवा (सूजी) + नारळ लाडू

Ingredients:

1 glass (bigger) सूजी, 3/4 glass coconut (खोवलेले ओल नारळ), 1 glass sugar (1 glass हून थोडकमी), finely cut dry fruits (optional), cardamom powder, 2 table spoon ghee

Method:

- Take a Pan & roast सूजी with 2 table spoons of ghee on medium flame (till it becomes light in weight. You will feel it. Turn off the gas.
- At this point of time add coconut & again roast for some time.

चासनी :

- In a separate Pan, put sugar and add water till the सूजी is just submerged. Keep stirring. The sugar will get dissolved & start boiling. After about 5 minutes, check the strain of चासनी. We need one strain चासनी. Turn off the gas.
- Pour this चासनी into, already roasted सूजी. Add dry fruits, cardamom powder and mix it properly.
- After this mixture becomes cold & little thick & dry (will take about half an hour to 3/4 hours depending upon quality of चासनी). Make ladoos.

Tips:

1. After sugar gets dissolved & it boils for some time (when चासनी becomes little bit sticky) i.e., before चासनी is final, take one डाव of half cooked चासनी and add it to the roasted सूजी.
2. To check whether the चासनी is ready:

Take चासनी in a डाव and pour it back into the Pan. After the चासनी falls down, the last drop will try to fall but will not fall & come back.

That is when the चासनी is final



Quantity: 25 Ladoos

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10. रवा (सूजी)+बेसन लाडू

Ingredients:

1 वाटी बेसन, 3/4 वाटी सूजी, तूप, One & one fourth वाटी sugar, dry fruits तुकडे, विलायची

Method:

सूजी: Put half tea spoon ghee in a Pan and add सूजी . Roast it on medium flame.

बेसन: Put 2 table spoon ghee in a Pan and add बेसन . Roast it on low flame (like in बेसन लाडू recipe)

चासनी: Make चासनी same as ' सूजी & नारळ ' लाडू recipe with one & one fourth वाटी sugar (single strain)

Put चासनी into roasted सूजी & बेसन mixture (including विलायची & dry fruits). Mix it. Make ladoos, which will be loose (सैल). They will become tight within half an hour to 3/4 hours.

Tips: Same as सूजी & नारळ लाडू recipe.

Quantity: 7 to 8 ladoos

11. कणकेचे (आटा) लाडू

Ingredients:

1 वाटी आटा, 3/4 वाटी पीठी साखर, 2 table spoon ghee, 1/2 वाटी किसलेले खोबरे, जायफळ, विलायची पूड, finely cut dry fruits (optional)

Method:

- First roast the dry coconut (without ghee) till it becomes light brown. Remove it
- Roast आटा in a Pan with ghee on low flame till it turns light red brown (don't burn it). Remove it.
- Add roasted coconut (थोडे हाताने चुरून) to roasted आटा & then add sugar (पीठी साखर). Add जायफळ, विलायची, dry fruits
- (जायफळ tastes good in these ladoos)
- Immediately लाडू वळायचे.

Tips:

1. You can roast आटा (alternatively) in microwave but without ghee at a reduced heat.
2. Care is to taken that every 1 & half to 2 minutes, it is to be stirred by opening the microwave.
3. Otherwise, it will burn. If it is normal heat level then it has to stirred every minute.
4. If you don't have coconut. You may use roasted पोहे instead. (Roasted पोहे be churned a little & then added).
5. Even you can use गुळ instead of साखर. गुळ किसून (shredded) टाकायचा .

Quantity:

6 to 7 ladoos

Dry fruits लाडू:

Ingredients:

1 & half वाटी कणिक, 1/2 वाटी Almonds pieces, 1/2 वाटी cashew nuts pieces, 1/2 वाटी किसमिस, 1 वाटी dry dates (खारीक) powder, डिंक 1/4 वाटी, 1 वाटी shredded dry coconut.

Method:

- As above तुपात कणिक भाजावी.

- Fry डिक in four spoons of ghee (put डिक part by part. (It will swell after frying).
- Remove डिक and add खारीक powder in the Pan & sauté it for one minute and remove. Again add 2 spoons ghee & fry almonds pieces + pistachio. Remove it & fry cashew nuts pieces.
- Sauté shredded coconut separately in a Pan (without ghee)
- Take ghee in a Pan & add 1 & half वाटी graded गुळ. Let it melt. Then put all above ingredients and mix.
- Add to it the cardamom & nutmeg powder.
- Immediately लाडू वळायचे.

Tips:

1. You may take half गुळ and half sugar OR half गुळ & half dates OR half sugar & half dates (any combination)
2. These are good during winter.

Peanuts लाडू:**Ingredient:**

1 वाटी भाजलेले half crushed peanuts, 1 वाटी small pieces of dates without seeds, 1/2 वाटी गुळ, 1/4 वाटी ghee.

Method:

- Heat ghee in a Pan, add गुळ. After गुळ dissolves, add date and peanuts. Mix it & turn off the gas.
- लगेच छोटे छोटे लाडू वळायचे

Tip:

1. You may add shredded dry coconut and any available dry fruits.

कणकेची पौष्टिक वडी :**Method:**

- Take 1 वाटी कणिक, add 1 teaspoon ghee, mix it & roast it in microwave. Keep aside.
- Take 1 वाटी dry fruits like खारीक powder, desiccated coconut, crushed almonds & cashew, किसमिस, seeds of pumpkin, musk melon etc

- Take 1 वाटी shredded गूळ or sugar or both (half, half). Transfer it in a glass bowl & add water just above the level of ingredients. Dissolve ingredients in the water (without heating).
- Heat 2 teaspoon ghee in a Pan, add all above dry fruits. Sauté it for 2 minutes. Add roasted कणिक & again sauté for 2 minutes. Add cardamom & जायफल powder and immediately add गूळ water (at 3 above) and mix & sauté it properly. When the mixture turns little घट्ट, transfer it onto a ghee applied plate. Spread it evenly & cut into small वडी.

12. मुगाचे लाडू

Ingredients:

Yellow मूग डाळ, पीठी साखर, ghee

Method:

- Put मूग डाळ on a wet cloth and rub it so that any preservative powder gets removed.
- Roast it in a Pan सुखी (without ghee) On a low or medium flame till it turns लालसर (golden) and grind it in a mixer. Add about half (or little more) the quantity of grounded sugar to it. (If मूग डाळ is 4 वाटी add 2 & 1/2 वाटी grounded sugar. Mix it & keep it separately in an air tight container.
- Now, whenever, you want to make ladoos, take ghee in a pot and add above mixture of dal & sugar. (Quantity of ghee should be enough to make the mixture wet.) Add finely cut dry fruits, if you want.
- Immediately make Ladoos.

तीळाची (sesame) वडी:

Take unpolished white तीळ. Sieve it properly (चाळून घेणे)

Method:

- Roast तीळ on medium flame (खमंग).
- Churn them in a mixer (just one or two spins are enough, otherwise it will become wet & not remain as powder). Add cardamom powder.
- Take half quantity (or little less) of गूळ as compared to तीळ powder.
- (2 वाटी heaped तीळ powder & 1 वाटी गूळ not heaped)
- *Keep a plate ready with ghee applied on its surface.*
- Heat Pan and add गूळ. It will melt. (It will form bubbles). Then add 1 table spoon milk, make low flame & mix it.
- After 1/2 a minute (when again bubbles get formed) add तीळ powder. Immediately mix it and turn off the gas. (It will become sort गोळा)
- Now immediately, remove above mixtures & transfer it onto the ghee applied plate & spread it equally with the help of वाटी.
- Spread dry or desiccated coconut over it and cut it into pieces.

Tips:

1. You may take तीळ powder + roasted peanuts powder in equal proportion or
2. 2:1 proportion.

Second Method (Easy)

- Take 2 बाटी तीळ powder & 1 बाटी shredded गूळ. Add cardamom powder & desiccated coconut. Churn all the ingredients together in the mixer.
- With the help of cookie cutter, make वडी. Or even you can make small laddoos.

Peanut वडी:

Take roasted peanut powder and you can make वडी with the both above processes.

गूळ + दाणे वडी For kids

- Heat little ghee in a Pan & add गूळ. After it melts & forms good bubbles, add roasted peanuts (with or without छिलका) Peanut's quantity should be double the quantity of गूळ.

Tips:

1. Instead roasted (salted) peanuts available in USA, using normal peanuts & baking them will taste good. Or you may use unsalted roasted peanuts if available.

13. तांदळाचे लाडू

Ingredients:

1 वाटी तांदळाचे पीठ, 3/4 वाटी पीठी साखर, 2 table spoon ghee, जायफळ (dry fruits not required)

Method:

- Roast rice flour with ghee on medium flame till it turns pink / लालसर
- Transfer it to a separate container and add sugar & जायफळ powder. Mix it and make ladoos

Tip:

These are good in summer for kids.

बुंदीचे लाडू (Easy to make)

Method:

(बुंदी न पाडता , ही सोपी पध्दत आहे)

- Soak 1 वाटी चणा दाल in water for 3 to 4 hours. Remove water & grind it coarse in a mixer (दलदरीत)
- Make small small पकौडे & fry them in ghee (very light golden)
- Again, churn them in mixer (दरदरीत so that you can see बारीक बुंदी. You may separate bigger size बुंदी with चाळणी & again churn them, so that all बुंदी is preferably of same size.
- Take 1 & 1/4 वाटी sugar in a Pan and add 1 वाटी water and make पाक. Even after the sugar gets dissolved, let it boil for 3 to 4 minutes. Take out a drop of पाक on a plate & after it cools down, दोन बोटात घेऊन, one strain पाक झाला की नाही बघा. (if not done , boil it for another 1 to 2 minutes)
- Turn off the gas & add cardamom powder, yellow colour and immediately add बुंदी to it & mix.
- Add dry fruits if you want & cover it with a plate.
- Make लाडू immediately after the mixture cools down.

Tips:

1. After you add बुंदी to the पाक, if you find the पाक is not done (mixture is more ओलसर & ready to make ladoos), then again heat the mixture for some time.
2. After turning off the gas, immediately लाडू वळावे.
3. 10 लाडू are made from 1 वाटी चणा दाल.

14. चिरोटे & करंजी

Ingredients:

1 वाटी बारीक सुजी (खा), 1 table spoon corn flour, ghee, 1 & 1/2 वाटी साखर.

Method:

- Add तुपाचे मोयन in सूजी and a pinch of salt & make a dough with water (पोळी आटा सारखे)
- Rest it for an hour.
- Take corn flour & add ghee & mix it well to make "पिठठी" & keep it separately.
- Now make चासनी as made in सूजी + नारळ लाडू. (चासनी should be little less than one strain)
- Add lemon juice and saffron.
- Now take a dough of सूजी & make its roti (roti size). Take पीठठी and spread over roti. Then roll it.
- (While rolling, spread पिठठी at every fold). Cut small pieces of rolled roti and each piece is to be rolled.
- (which will be square in shape).
- Immerse the fried चिरोटा in चासनी. Remove it when you immerse the next चिरोटा.

Tips:

1. Instead of 1 वाटी बारीक सूजी, you can take 3/4 वाटी बारीक सूजी + 1/4 वाटी मैदा
2. Alternatively, you can also make one roti, spread पिठठी over it and put another roti over it. Then roll both the roti's together & spread पिठठी at every fold. Then cut it into small pieces and लाटायचे in to square pieces.
3. For making it कुरकुरीत: Don't add मोयन in सूजी (while भिजवतांना with water. Just add a pinch of salt and make a dough. Then make roti, spread पिठठी over it (or just add little ghee) and again make it into ball and again roll it. Then follow the same procedure it i.e., spread पिठठी, roll it & spread पिठठी at every fold.
4. Cut it into small pieces & roll into square pieces.
5. When you put चिरोटे in चासनी, it (चासनी) should be warm (not hot)

करंजी :

Method:

- सारण : 2 वाटी खोवलेले नारळ , 1 वाटी साखर , 1 to one & half वाटी दूध .
- Cook all above together. Keep on stirring it. Make it one day earlier or in the morning to make करंजी in the evening.
- After it cools down add some खसखस, cardamom powder, dry fruits (दरदरीत) if you want, किसमिस
- Cover: 1 वाटी fine सूजी (if सूजी is not fine, grind it in a mixer just once). Add 1 table spoon मैदा, salt to taste. Mix it.
- Heat 2 teaspoon ghee separately and add it the above mixture. Then make a dough (not very tight) with the help of milk. Let the dough rest for 2 hours. It will become little tight. Again, make the dough soft with the help of little bit of milk. Make small balls.
- Ball लाटून, करंजी च्या mould मध्ये टाकून, त्यात सारण भरून, करंजी बनवायची.
- Make all करंजी and cover them with wet muslin cloth. Keep them under muslin cloth immediately after they are made.
- Fry: Fry the करंजी in medium hot ghee.

Tips:

1. If the सारण is loose (ओलसर or चिकट) add भाजलेली कणिक to it.

15. सांजोरी

Ingredients:

पारी (cover) : 1/2 वाटी सूजी, 1/2 वाटी मैदा, भिजवायला कच्चे (raw) दूध, तूप or oil

सारण : 3/4 वाटी सूजी, 3/4 वाटी पीठी साखर, दूध (normal), cardamom powder, dry fruits coarse powder (optional) i.e. जाडसर पूड.

Method:

- **पारी (cover)**: Mix सूजी , मैदा and Pinch of salt and add one table spoon of ghee or oil, mix it properly and make it's dough with raw milk . Then Keep it aside.
- **सारण** : Roast सूजी in a Pan without any ghee or oil . After it turns cold, continue sprinkling normal milk and हलक्या (with light hands) हाताने soft भिजवायचे. Add grounded sugar and again sprinkle milk if required to make a गोळा. Also add cardamom powder & dry fruits भरड while adding sugar.
- Take a small ball of पारी (cover), थोडी लाटायची, add a ball of सारण (just like पुण)
- And again roll (लाटायचे) to make like पुरी and then fry it in oil. (First heat the oil and then reduce the flame and fry on low flame)

Tips:

1. सूजी should be preferably बारीक
2. Fry on low flame
3. You can store it for 2 days

16. शेवयाची खीर & other खीर

Ingredients:

1 & half वाटी शेवया, One & half litre milk, 1 वाटी साखर, dry fruits, cardamom powder, 1 tea spoon ghee

Method:

- Take 1 tea spoon ghee in a Pan, add शेवया & परतणे on low flame to make golden colour.
- Add milk & boil it on low flame. Add 1 वाटी sugar and again let it boil. Add dry fruits & cardamom powder. Done

Tips:

1. Take one & half litre milk and boil it down to approximately one litre.
2. You may use locally available white शेवया (bambino) Or the roasted शेवया (golden colour)
3. Even if you take already roasted शेवया, still fry them a little bit in ghee
4. The dry fruits (लहान तुकडे) could be used after तुपात परतून (For better taste)

शीर कुरमा

(with same as above ingredients but in this recipe you use only roasted शेवया)

Method:

- Take 3 to 4 tea spoon ghee in a Pan, add clove, cardamom, one small stick of cinnamon & dry fruits. Sauté it a little bit & then add one litre of normal milk (not thickened with boiling) & 3/4 वाटी sugar. After it is boiled, add 3 वाटी शेवया and boil for five minutes on normal flame. Add saffron to it & done.

गाजर (carrot) ची खीर:

Ingredients:

Grated गाजर 2 वाटी, 1 litre milk, साखर, तूप, dry fruits, cardamom powder, 2 tea spoon आटा

Method:

- Put 2 tea spoon ghee in a Pan & add grated carrot. Sauté it on low flame to cook it. Then add 1/2 वाटी sugar, which will get dissolved. Again, let it get cooked for five minutes. Then add 3/4th litre milk & again let it boil.
- Take 2 tea spoon ghee in a separate Pan, add dry fruits & sauté a little bit. Remove these dry fruits and add it to cooked खीर.
- In the same Pan of ghee (after removing dry fruits) add one full heap tea spoon of आटा and sauté it till आटा turns little लालसर.
- Then add remaining 1/4th litre milk to the above Pan & mix it.
- Then add above mixture milk (& आटा) to main खीर and boil it & stop the flame. Now add cardamom powder & done.

लाल भोपळा (Pumpkin) खीर:

Same as above. In place of carrot, take pumpkin.

Ingredients:

1 litre milk, 1/2 वाटी साखर, 1 tea spoon ghee, 3 table spoon सूजी, cardamom powder, dry fruits.

Method:

- Take ghee in a Pan & get the pieces of dry fruits fried just for few seconds and remove them
- In the same Pan, pour सूजी and sauté it on low flame (five minutes approximately) till it turns pink.
- Separately, boil the milk. Then add sugar & again let it boil. Turn off the gas and then add सूजी to the milk. Again, turn on the gas and let it boil for some time Turn off gas. Then add dry fruits & cardamom powder.

Tips:

The खीर will become thicker when it cools down.

17. तांदळाची (rice) खीर

Ingredients:

1 litre milk, 1/2 वाटी तांदूळ (preferably good quality), 3/4 वाटी sugar, cardamom powder, dry fruits

Method:

- Before starting preparation, wash the rice and keep rice separately for half an hour.
- Keep milk for boiling in a thick bottom pan. After the milk gets boiled, add rice by hand after crushing it (by hand).
- Then let it boil on a very low flame. Just stir it in between. If the भांड is thick bottomed, not much stirring is required.
- When the rice gets cooked, add sugar and again let it boil on a low flame. After adding the sugar milk will become little thinner but it will again become thicker. Add saffron while it is hot to get the colour.
- Then turn off the gas. Add cardamom powder, dry fruits after खीर cools down.

Tips:

1. Importantly, this खीर is not prepared in normal times. Therefore, just add little bit of सूजी just before adding rice to the milk.
2. Alternately, after washing rice, sprawl it on the cloth. Then crush it a little bit in a mixer. (don't make powder). Then हा rice तुपात परतून then add the milk to it \, & then boil it.

18. साबूदाणा खीर

Ingredients:

1 litre milk, 1/2 वाटी sugar, 1/4 वाटी साबूदाणा, cardamom powder, dry fruits

Method:

- साबूदाणा भिजत टाकायचा (minimum 1 hour earlier) , Keep milk for boiling and add this साबूदाणा to it . Let it boil till साबूदाणा becomes transparent. Then add sugar to the milk and let it boil.
- After it cools down add cardamom powder & dry fruits.

Tips:

It is good when you are little unwell as it is easy to digest. However, it can be prepared otherwise also.

साबूदाणा custard खीर:

Method:

- Same as above except following:
- Take one cup milk out of 1 litre milk. Take 1 table spoon custard powder separately & add one tea spoon sugar to custard powder, mix it & then add this to 1 cup cold milk and mix it properly.
- (Adding sugar to custard power before mixing with milk will ensure no lumps are formed)
- Then add above to साबूदाण्याची खीर and boil.

19. शिरा (सूजी)

Ingredients:

1 वाटी सूजी, 1 वाटी sugar, 1 table spoon ghee, विलायची powder, dry fruits pieces

Method:

- Take ghee in a Pan & Sauté सूजी till it turns light golden.
- Add 3 वाटी water and mix / sauté. After सूजी शिजल्या वर add sugar & mix. Before the mixture becomes
- Thick, turn off the gas. Add 1 tea spoon ghee and cover with झाकण. Add विलायची powder / dry fruits etc.
- Serve it after mixing.

Tips:

- 1) If the सूजी is fine, add 2 & half वाटी water instead of 3 वाटी.
- 2) Instead of first adding water and then sugar, you can alternately take three वाटी water & add 1 वाटी sugar to it. After the sugar gets dissolved, add this to परतलेली सूजी

कणकेचा (साखरेचा) शिरा:

Ingredients:

1 वाटी कणिक, 2 table spoon ghee, 1 वाटी sugar. Dry fruits.

Method:

- On low flame, sauté कणिक with 2 table spoon ghee till it turns golden. Then add 2 वाटी water or milk or half वाटी water & half वाटी milk. After the water gets absorbed add sugar. Properly sauté it. Cover it with lid for some time (वाफ आणायची). Add dry fruits etc, add one table spoon ghee, turn off the flame and cover it with lid.
- Serve it after mixing.

कणकेचा (गूळाचा) शिरा:

Method:

- Take 1 वाटी गुळ in place of sugar.
- Method is same as above.

मुगाचा शिरा:

Ingredients:

1 वाटी मुगाची डाळ, 1 वाटी साखर, 1 वाटी दूध, 1 वाटी पाणी

1 table spoon warm milk & add saffron & विलायची powder, chopped dry fruits

Method:

- Wash मूग डाळ & keep it in a strainer for 1/2 an hour to remove all the water.
- Heat the Pan & sauté the मूग दाल (without water) till it turns golden yellow.
- Grind it in a mixer (दरदरीत). Sieve it thru medium चाळणी. Take remaining मूग (जास्त जाड मूग)
- & again, sieve thru same चाळणी. again, grind जाड मूग (दरदरीत).
- Heat 1 table spoon ghee in a Pan & sauté this (रवाळ) मूग दाल on low flame to golden yellow.
- Now add above 1 वाटी milk & 1 वाटी पाणी (or you may add 2 वाटी milk & साय). Sauté it and add 1 वाटी sugar. Cook it. Keep on stirring. Then add saffron milk, dry fruits. Mix it add 1 table spoon ghee after it is cooked.
- Done.

20. शीरा (आंबा)

Ingredients

1 वाटी सूजी, 1 वाटी साखर, 1 वाटी आंब्याचा रस, 3 table spoons ghee

Method:

- Take 2 tablespoon ghee, add सूजी & roast on medium flame.
- Take another Pan & add above mango रस, add 1 वाटी water. After it boils, add sugar & let it boil till sugar dissolves.
- सूजी भाजून झाली की, add above water mixture to it and keep in on low flame .

शिरा (केसरी) South Indian:

Ingredients:

1 वाटी सूजी, 1 & 1/4 वाटी साखर, orange food colour, 1/4 वाटी ghee.

Method:

- Take 2 spoons ghee in a Pan and fry dry fruits on a low flame.
- Remove dry fruits & take सूजी in the same Pan and sauté it for 5 minutes. Then add 2 वाटी boiled water & then the sugar. Mix/ stir it with spoon to avoid formation of lumps.
- Before all water dissolves (when it is ओलसर) add above ghee and turn off the flame. Add dry fruits & cardamom powder.

पुल्नाव आणि श्रात



पुलाव आणि भात

1. मसाले भात

Ingredients:

1 वाटी rice, 1 वाटी onion तुकडे (bigger), 1 वाटी potato तुकडे, 3/4 वाटी मटार, खडा मसाला

Method:

- First wash rice
- Heat oil in a Pan, add 1 slit मिरची, कढी पत्ता, हिंग, mustard seeds, cumin seeds, तेज पान, 2 लवंगा, 1 विलयाची, 1 दालचिनी (cinnamon) चा तुकडा, 1-star फूल. Then add potato, onion & sauté.
- Add rice, turmeric, 1/2 teaspoon तिखट and sauté. Then add two & half वाटी hot water.
- Add 1 teaspoon coriander powder, 1/4 teaspoon cumin powder, 1 teaspoon काळा मसाला, grated ginger, 2 pinch गरम मसाला & 1/2 teaspoon sugar.
- पाणी संपायला आल की झाकण ठेवायचे . After 5 minutes add one tea spoon ghee, झाकण ठेवून turn off the gas.

Tips:

1. You can add any combination of vegetables like potato, onion, flower, तोंडले, मटार.
2. न शिजणारी भाजी असेल तर 3/4th आधीच शिजवून घ्यायची .
3. If you want, add cinnamon powder also.

Tamarind rice:

Ingredients:

Cooked rice, भिजत टाकलेली चणा डाळ, tamarind coriander powder, sesame powder, pea nuts, कढीपतता, मिरची.

Sprinkle salt on cooked rice.

Method:

- Heat oil and add mustard seeds, हिंग, भिजलेली चणा डाळ, little slit मिर्ची, कढीपतता & sauté. Then add turmeric powder, peanuts & sauté. Add tamarind paste, coriander powder, sesame powder, साबूत (whole) लाल मिर्ची and gur. Sauté. (Taste it)
- Add above फोडणी to cooked rice (with salt) in proportion to rice, mix it properly.

Tips:

1. One वाटी तांदळाचा भात असेल तर, coriander powder should be 1 & half teaspoon, 2 teaspoon roasted sesame seeds powder.

2. लिंबू भात

Ingredients:

Cooked rice, भिजलेली चणा डाळ, लिंबू, कढीपतता, लालमिरची, हिंग powder

Method:

- Take earlier cooked rice, sprinkle salt over it
- फोडणी : Heat oil in a Pan , add mustard seeds, कढीपतता , भिजलेली चणा डाळ , green or red or both मिरची , हिंग , turmeric , sauté and turn off the gas and add lemon juice .
- Put above cooked rice in the above फोडणी & mix.

कैरी भात:

Replace lemon juice by graded कैरी (raw mango). Balance process is same.

Tips:

You may add peanuts in the फोडणी.

दही भात (curd rice):

Take Cooked soft rice, add curd to it, salt, a little bit of milk and वरून फोडणी.

फोडणी:

Heat oil in a Pan, add mustard seeds, उडद दाल, कढीपतता, हिंग, लाल मिरची.
Mix this फोडणी with the above rice.

Tips:

You can do garnishing with pomegranate, अदरक Julian.

3. बेसन भात

Ingredients:

1 वाटी तांदूळ, 1&1/2 वाटी बेसन, 1 वाटी ताक, 1 वाटी पाणी

Method:

- Roast dry बेसन without oil in a Pan (खमंग).
- Heat oil in a Pan, add mustard seeds, हिंग, cut garlic pieces, कढीपतता, one whole red chilli, one slit green chilli. Then add rice & sauté. Now add turmeric, 1 teaspoon coriander & cumin powder.
- You may add red chilli powder also. Now add above water, ताक & salt to taste.
- After the rice gets cooked 80%, add roasted बेसन and mix.
- Cover it with lid & cook it.

4. गोळा भात

Ingredients

1 वाटी तांदूळ, 1 & 1/2 वाटी बेसन (जाडसर is preferred)

Method:

- Wash the तांदूळ & keep it separately.
- Take बेसन in a separate bowl & add turmeric, chilli powder, salt, coriander powder, cumin powder, हिंग & 3 tea spoon of oil. Mix it properly & make its dough (medium consistency)
- Heat the oil in a Pan & add mustard seeds, हिंग. Then add तांदूळ & sauté.
- Pour 2 वाटी hot water & salt. Let the rice cook.
- When the rice is 75 % cooked & there is some water remaining, add बेसनाचे गोळे to it.
- Let it get cooked on low flame with lid on.

फोडणी:

- Heat the oil in a Pan, add mustard seeds, हिंग, garlic cloves & red chilli.
- Take cooked rice in a bowl & add above फोडणी to it and garnish coriander leaves.

Tips:

If बेसन is fine then roast it without oil for some time.

चिंचेचा सार :

Ingredients:

Tamarind, jaggery कढीपतता, green and /or red chilli or both, हिंग, fenugreek seeds & 1 to 2 teaspoon बेसन

Method:

- Heat the oil in a Pan, add mustard & fenugreek seeds, हिंग, chilli.
- Add 1 teaspoon बेसन & sauté it for few seconds on a low flame. Then add turmeric, tamarind water, jaggery & salt.

बेसीबळे भातः

Ingredients:

1 वाटी तांदूळ, 3/4 अरहर दाल, सांबर मसाला, कढीपतता, dry red chilli and different vegetables, cashew nuts

Method:

- Cook 1 वाटीचा भात & अरहर दाल.
- Now make सांबर.
- Heat oil in a Pan, add few cashew nuts & sauté them golden brown and remove them.
- Add mustard seeds to above Pan, कढीपतता, whole red chillies (May add whole green chilli with a slit, if you want. Add vegetable like cut onion & other vegetables, salt. Sauté and add water & cook it. Add सांबर मसाला, tamarind water. Cook it for some time.
- After the vegetables get 80 % cooked, add already cooked भात. Let it cook on low to medium flame
- Until the water gets evaporated. Consistency has to be medium.
- Add 1 teaspoon ghee, cashew nuts & coriander leaves.

Tips:

1. You may use whatever vegetables you have but preferably it should be onion, drum sticks, brinjal, pumpkin, potatoes, carrot, cauliflower and crushed tomatoes.
2. You may add 1/4th teaspoon sugar
3. Left over rice and left over सांबर can be utilised to make बेसीबळे.
4. This is a Party item.
5. If there is a left over खिचडी, then make a सांबर with vegetables but without दाल and add खिचडी to it. After it is cooked, add little ghee or फोडणी.

5. Spinach & all veggies rice

Ingredients:

1 वाटी तांदूळ (soaked in water for 20 minutes), पालक & other vegetables

Method:

- Heat oil in a Pan, add 2 cloves, 2 cardamom, तेजपान, 1 चक्री फूल then cumin, mustard seeds, 1 teaspoon चणा दाल, 1 teaspoon ऊडद दाल Further add cut spring onion, ginger & garlic (if you want), Sauté and add cut tomatoes. After some time add 1 वाटी पालक purée (raw पालक leaves churned in mixer). Let पालक get cooked & then add broccoli, carrot, cut French beans, salt.
- After it is half cooked add soaked rice. Sauté it.
- Then add finely cut red, yellow, green capsicum. Add 2 वाटी hot water. Mix it & taste water and adjust salt. Add little गरम मसाला.
- Let it get cooked.

Tips:

1. Whatever vegetables you have could be added.

6. तवा पुलाव

Ingredients:

झालेला भात (cooked 3 to 4 hours earlier), garlic & ginger paste, vegetables like Capsicum, carrot, मटार, beans, tomatoes & onion and पाव भाजी मसाला

Method:

- Sprinkle salt and पाव भाजी मसाला on the cooked rice. Mix it & keep it ready.
- Heat butter on a Pan, add cumin, onion, ginger & garlic paste. Then add above cut vegetables.
- Again, add salt for vegetables & let it cook. Then again add पाव भाजी मसाला for vegetables. You may add red chilli powder if you want.
- Then add to above, the already cooked rice & some butter. Sauté it and done.

7. नारळी भात

Ingredients:

1 वाटी बासमती or any long grain rice, 1 & 1/2 वाटी grated coconut (ओल), 1 & 1/2 वाटी sugar, dry fruits, 1/2-inch cinnamon stick, 2 cloves, 2 green cardamom, saffron.

Method:

- Wash rice with water 1/2 an hour before & keep it separately after removing water.
- Heat ghee in a Pan, add dry fruits, sauté them & remove.
- Then add (in the same Pan), the cloves, green cardamom & cinnamon stick. Then add above rice and sauté (with light hands so that rice grains don't break. Then add 1 & 3/4 वाटी hot water & let the rice get cooked on low flame. After rice is 90% cooked, add grated coconut & sugar and saffron & half quantity dry fruits as well. Then cook it 100% on low flame. Turn off the gas.
- After the rice is cooked, add 1 teaspoon ghee & balance dry fruits and cover it with a plate.

Tips:

1. Cinnamon stick is optional.
2. If you don't have ओल नारळ, take desiccated coconut, add little milk to it & keep it for 1/2 hour to make it like ओल नारळ.
3. Add water to rice as per the quality of water.
4. The quantity of water should be little less than the requirement because when we add sugar & coconut, it also has its own water.

8. Microwave Vegetable पुलाव

Method:

- Take a glass bowl. Add ghee or oil, cumin, ginger + garlic + chilli paste (you may add खडा मसाला like clove, cardamom, cinnamon & तेजपान, if you want). Also add coriander + cumin + turmeric + chilli powder. Mix it and keep it in Microwave for 2 minutes.
- Take out the bowl & add already cut vegetables like onion, potatoes, carrot, peas etc.
- Add little curd (2 tea spoon), coriander leaves, salt for veggies. Mix it and again Microwave it for 4 minutes.
- Again, take it out & add 1 वाटी धुतलेले तांदुळ, 2 & 1/4 वाटी water, salt for rice. Mix it & again Microwave it for 5 minutes. Again, take out the bowl, mix it and again Microwave it for 5 minutes.
- Done

Tips:

1. For 1 वाटी तांदुळ, take 3/4th वाटी of each vegetable. We have taken more water as above as it has to cook vegetables as well.

9. पनीर पुलाव

Method:

- First cook the rice
- Grind clove, pepper, cardamom & cinnamon in a mixer (दरदरीत).
- Sauté पनीर pieces in ghee.
- Heat oil in Pan, add cumin & above no 2 मसाला. Add garlic, ginger paste & frozen peas (or steamed peas). Then add rice, sauté. Then add पनीर, lemon juice & sauté.
Done

कढ़ी व पातळ झाजी



कढी व पातळ भाजी

1. पालक पातळ भाजी

Ingredients:

पालक , शिजलेली तुरीची (cooked अरहर) डाळ (वरण),garlic, चिंच, गूळ,salt, pea nuts, coconut small slices.

Method:

- Steam the पालक along with peanuts & coconut slices. Add वरण to steamed पालक and mix it nicely. (घोटून घेणे).
- Take oil in a Pan, heat it and add mustard seeds, garlic तुकडे, chilli (optional), two tea spoon बेसन
- Sauté till it turns golden. Add turmeric, तिखट, हिंग and above mixture of पालक. Add water & then चिंच पाणी, गूळ, salt, काळा मसाला. Adjust water & boil.

Tips:

1. Suggest cook everything in cooker. Take अरहर डाळ, पालक (add मेथी leaves, if you want) peanuts & coconut pieces. Mix it properly after it is cooked and फोडणी टाकायची as above.

मेथीची पातळ भाजी:

Method:

- Same as above, replacing पालक by मेथी.

Tips:

1. You may take half पालक and half मेथी.
2. You may mix अरहर डाळ with yellow मूग डाळ or even add little चणा डाळ.

आळूची (अरबी) पातळ भाजी:

Method:

- Wash चणा डाळ and steam it with chopped अरबी पान, coconut & peanuts as above.
- फोडणी as above .

Tips:

1. Instead of चिंच you may take raw mango or आमसुल.
2. Add raw mango with डाळ & अरबी while cooking

(Different) पालक with potato पातळ भाजी:

Ingredients:

पालक,one चिरलेला कांदा, साल काढून चिरलेला बटाटा (two small),two small tomatoes (cut)

Method:

- Cut पालक add potatoes, onion, tomatoes and cook in cooker.
- After cooking, blend it properly. Add salt & काळा मसाला or गरम मसाला & pinch of sugar.
- Then वरून फोडणी देणे.

2. दहयाची पालक पातळ भाजी

Ingredients:

पालक , बेसन , दही , मिरची , garlic , turmeric .

Method:

- Take oil in a Pan, heat it & add mustard, smashed garlic, मिरची. Add Palak & salt.
- Let it get cooked.
- Take curd separately, add two table spoon बेसन to it and mix properly (blend), add some water and pour it on cooked भाजी. Boil it.

Tips:

As per your requirement, add water to make it पातळ or thick.

दह्याची मेथी पातळ भाजी:

Method:

Same as above, replacing पालक with मेथी.

3. मराठी कढी & कढी गोळे

Ingredients:

Butter milk, बेसन, लवंग, विलायची, मेथी seeds, turmeric, ginger, green chilli, कढीपतता, हिंग, salt

Method:

- Take 6 to 7 बाटी butter milk in a pot, add 2 table spoon बेसन, 1 teaspoon sugar (or according to your taste.) चांगल घुसळून घेणे .
- Take another Pot & heat oil or ghee, then add cumin, mustard & मेथी seeds. Then add लवंग & 2 विलायची, हिंग, 1/4 teaspoon turmeric, green chilli, कढीपतता, ginger (optional). Sauté and then add above buttermilk & then salt, coriander leaves. Boil it. Keep on stirring it.

कढी गोळे:

Method:

- Prepare कढी as above.
- Soak चणा डाळ for 3 to 4 hours (Remove all water).
- Add green chilli, ginger, garlic, हिंग, turmeric. Grind it in a mixer without water (दरदरीत). Add salt to taste & mix.
- When कढी is boiling, add small balls of above mixture, one by one. When these balls get cooked, they will float, then done.

Tips:

1. This can be eaten with rice.
2. You can take out few गोळे out & add फोडणी to it (oil, mustard seeds, हिंग, garlic & red dry chilli) and eat with roti or पराठा.

4. कढी पकोडे

Ingredients:

For कढी - बेसन, curd, मेथी seeds, red dry chilli, garlic, cinnamon.

For Pakoras - Spinach, onion, बेसन

Method:

- Make pakoras with onion or spinach or plain.
- Take बेसन, add finely cut spinach (or cut onion) turmeric, chilli powder, salt. Mix it with water.
- Heat oil in a Pan (add pinch of baking powder or baking soda to above batter & mix it well, just when oil is getting hot). Fry them.

कढी:

Take 3 to 4 garlic cloves, 1 tea spoon mustard seeds, हिंग, 1 green chilli and grind it in a mixer.

Take butter milk add more बेसन than we take for normal कढी (like पिठलं).

फोडणी for कढी:

Heat oil or ghee in a Pan, add cumin, mustard then add above grinder garlic paste.

Then add turmeric & sauté. (you may add उभा चिरलेला कांदा at this point). Sauté and add above buttermilk, salt and boil it. While it is boiling add above pakoras and again boil.

(एक उकळी आली की gas बंद करायचा).

वरून फोडणी:

Heat ghee in a Pan, add मेथी seeds, cinnamon stick, साबूत लाल मिरची, red chilli powder. Add this to कढी.

5. आंब्याची (raw mango) कढी

Method:

- Boil 1 कैरी and take out its pulp after it cools down.
- Heat oil in a Pan & add mustard & मेथी seeds, हिंग, कढीपत्ता, green chilli, whole red chilli & 2 teaspoon बेसन. Sauté it on low flame till it turns golden. Then add mango pulp, water & jaggery, salt according to taste. Boil it.

6. Tomatoes सार

Ingredients:

4 tomatoes, 6 garlic cloves, 1 green chilli, ginger.

Method 1:

- Make two slices of tomatoes & cook them in a cooker.
- Remove the cover (साल) from the tomatoes & add garlic, chilli, ginger and churn it in a mixer.
-
- Then pour it in a pot & add water, salt, sugar to taste & roasted peanut powder (3 teaspoon). Boil it.
- फोडणी : Heat ghee in a Pan & add cumin & हिंग .
- Add फोडणी to सार.

Method 2:

Process is same up to churning it in a mixer.

Heat oil in a Pan, add mustard seeds, cumin seeds, कढीपतता, हिंग, turmeric, तिखट.

Add above churned purée. Then add salt, jaggery, water & peanut powder.

Method 3:

Ingredients same as method 1

Method:

- Instead of boiling the tomatoes in a cooker, cut them into small pieces.
- Heat oil in a Pan & add mustard & cumin seeds, कढीपतता, green chilli, garlic, ginger, turmeric, chilli powder. Add finely cut tomatoes and salt.
- After tomatoes get cooked, add water, jaggery, coriander leaves, peanut powder.
- Boil it.

श्राज्या



भाज्या

1. Capsicum rings (side dish)

Ingredients:

one each of red, green & yellow colour capsicums, paneer, green chutney, red chutney or saffron.

Method:

- Cut round rings of all Capsicums, grate the paneer & make it's 3 portions.
- Add green chutney in one portion, red chutney in second portion (or make one teaspoon saffron milk & mix it in the second portion to get the orange colour & add few finely cut dry fruits) and add little finely cut green chilli & coriander leaves in the third portion.
- Now add 3/4th to one tea spoon मैदा in each portion. Mix it well and keep three portions ready.
- Take bigger ring of green capsicum, then keep smaller yellow ring of capsicum inside it and keep smallest red capsicum ring inside.
- Now fill up the gaps with above three portions with colour combinations. Let the three portions not get mixed with each other.
- Shallow fry above on the Pan.

Tips:

1. If the rings are not getting fitted inside of each other, you may cut a small portion of it to make it fit.

2. Punjabi kurma (mixed veg.)

Ingredients:

steamed peas, deep fried pieces of potatoes, flower, carrot, capsicum & French beans (don't fry them much to make them golden colour)

Paste:

Heat oil in a Pan, add sliced onion, sauté & then add grated coconut (ओल खोबरं is preferred), add ginger & garlic. Then add tomatoes. Sauté & add water-soaked cashews. After it cools down, grind it in a mixer.

Method:

- Heat oil in a Pan & add bay leaf, star फूल, green cardamom, clove.
- Add above paste. Then add turmeric, red chilli powder & sauté. Add गरम मसाला, kitchen king मसाला, salt.
- Then add all above vegetables and cook them.

3. मटर कोफता

कोफता:

Steamed or frozen मटर (crushed), boiled potatoes, ginger, garlic, chilli paste, सोंफ, बेसन, salt, green coriander leaves.

Mix all above ingredients. Deep fry कोफते.

Gravy:

make gravy of onion, tomatoes and मसाले.

Add gravy to कोफता while serving.

मलाई कोफता:

Method: कोफता:

- Boiled potatoes, corn flour, salt, black pepper.
- Mix them & make balls. Fill inside each ball, mixed dry fruits small pieces.
- (Close the balls and apply little corn flour if required). Deep fry them & keep them in a plate.

Method: White Gravy:

- Roast full onion directly on the gas, remove the cover, cut it. Or
- Sauté the cut onion in the butter Or
- Boil onion in water.
- Prepare onion in any of above 3 ways and make it's paste.
- Now take cashew, खसखस, ginger, garlic, coriander & cumin powder. Keep these ingredients in hot water for 1/2 an hour and then make it's paste.
- Heat oil or butter in a Pan, add above two pastes, add red chilli powder, गरम मसाला, salt, sugar.
- Cook it.
- Add खना or cream to it, add required water and boil it. Taste it and adjust मसाले according to your taste. Gravy is ready.

While serving, add gravy to कोफता.

4. पिठले: (different types)

Onion & Tomato पिठले

Ingredients:

1 onion, 2 tomatoes, 6/7 garlic cloves, green chilli, 3 tablespoon besan.

घोल:

Take a bowl, add besan & add two cups of water. Mix it well so that lumps are not formed.

Method:

- Heat oil in a Pan, add mustard, हिंग, green chilli, कढीपतता & pieces of garlic. Then add cut onion. Sauté.
- Then add cut tomatoes & little salt (it will help tomatoes to cook faster). Sauté and add turmeric, red chilli powder. Add above mix of besan & water. Adjust salt & add coriander leaves and let it get boiled/cooked.

Curd पिठले:

- Method is same as above except following -
- While making घोल, add also the curd according to your taste.
- Don't add tomatoes.

घट्ट पिठले:

Method:

- Heat oil in a Pan, add mustard, हिंग, green chilli (big pieces), कढीपतता.
- Add besan घोल, turmeric, salt & coriander leaves. Cook it.
- (घट्ट होण्याकरिता, पाणी फक्त, बेसन शिजण्या पुरते घेणे)

Tips:

2. Instead of besan, you may take grinded soaked chana daal.
3. Add तेलाची फोडणी (mustard, हिंग, Kashmiri red mirch powder) while serving.

सुख पिठले:

- Heat oil in a Pan add mustard, हिंग, कढीपतता & 1 वाटी besan.
- Sauté it well on low flame (to make it golden colour). Then add turmeric, red chilli powder, salt and 1 & half वाटी water. Let it get cooked & then add coriander leaves. If you want, you may add little आमचूर powder.
- (हे पिठलं खराब होत नाही, प्रवासात वापरता येते)

5. फणसाची (Jackfruit) Curry भाजी

Ingredients:

Onion, dry coconut, poppy seeds, cumin, cinnamon, clove, green विलायची, मिरपूड, तिखट, हळद, गरम मसाला.

Method:

- **Wet मसाला:** Take little oil in कढई, कांदा परतायचा. Then put वरील खडा मसाला व dry coconut (किसलेले). After it becomes cool, make it's paste in a mixer.
- **Green मसाला:** Take ginger, garlic & coriander and make paste in a mixer
- jackfruit चे तुकडे (थोडे मोठे) करायचे and boil for 10 minutes
- put oil in Pan and put bay leaf & add No 2 green मसाला and then No 1 मसाला
- Then add हळद, तिखट and sauté properly.
- Add boiled jackfruit & salt to above & also add the water which has been used to boil jackfruit.
- Another 10 minutes and it is ready

फणसाची dry (सुखी) भाजी:

Method:

- Take थोडे लहान तुकडे of jackfruit and boil them for 10 minutes.
- Take oil in Pan (कढई), add cumin, धनीया powder, हळद, तिखट, हिंग, salt and little आमचूर.
- Separate jackfruit pieces from water thru चाळणी and add to Pan. Sauté and done.
- If you feel that the भाजी is not done (शिजली नाही) तर, sprinkle little bit of above water and cook (वाफ आणायची)

Tips:

1. It is little difficult to cut this vegetable as it is sticky. Apply oil on your hands & knife, when you cut.

6. भरली वांगी

Ingredients:

small brinjal, onion, coconut, आल, लसून, मिरची, coriander powder, roasted peanut powder, roasted sesame powder, काळा मसाला, गूळ, चिंच

Method:

- Cut small portion of upper part of brinjal & give two slits in cross on the lower portion of brinjal.

Dry मसाला:

- Mix powders of peanut, sesame, coriander, cumin, turmeric & तिखट, मीठ, गूळ, tamarind paste or आमचूर, काळा मसाला. Taste it.
- Stuff this मसाला into brinjal in the slits. Keep balance dry मसाला separately.

Wet मसाला:

- Then grind, coconut, onion, garlic, ginger, chilli in the mixer.
- Heat oil in the Pan, add तेजपान & wet मसाला, a little bit of turmeric & तिखट. Sauté it properly for some time (तेल सुटे पर्यंत). Add stuffed brinjals to it, sauté it and cover the Pan with झाकण
- (Pour some water in the झाकण) . मधून मधून वांगे परतायचे .
- वांगे व्हायला आले की , add उरलेला dry मसाला to it . Also add झाकणा वरच पाणी to it.
- You may add any of the मसाला, salt etc as the taste.

Tips:

1. रससा जसा हवा त्या प्रमाणे पाणी add करायचे .
2. May add sesame & peanut powder to make it thick.

भोपळ्याची (pumpkin) पंचफोडण भाजी (ढाबा style)

Ingredients:

Pumpkin medium size pieces 1/2 kg, ginger Julian, 1 small tomato, green & red chilli, हिंग, cumin, सौंफ, fenugreek seeds, कलौंजी, dry मसाला – turmeric, red chilli powder, coriander powder, आमचूर powder, तेजपतता, salt, black salt if available, small pinch of सोडा (to get the colour)

Method:

- Heat oil in a Pan & add cumin, सौंफ, fenugreek seeds, हिंग, तेजपान, cut green chilli & full red chilli, cut tomato. Then all dry मसाले except salt. (If you find that dry मसाले are burning, add 1 or 2 teaspoons of water. Sauté it till oil separates.
- Then add pumpkin pieces, salt, गूळ, गरम मसाला. cover it with plate & cook it. Then add coriander leaves & कसूरी मेथी. Done.

Tips:

1. This sabzi goes well with पुरी or पराठे.

7. भरली (stuffed) कारली भाजी

मसाला:

finely cut onion, grated dry coconut, coriander powder, cumin powder, आमचूर powder or tamarind (चिंचेचा कोळ), गूळ, turmeric, red chilli powder, काळा मसाला, salt, grated ginger, garlic, green chilli, coriander leaves.

Grind all items together except (onion & coriander leaves) in a mixer.

Add finely cut onion & coriander leaves to above मसाला.

मसाला is ready . (Taste मसाला & adjust ingredients accordingly)

कारल:

- Cut both end & wash them thoroughly.
- Cut them into 1& half to 2 inches pieces. Now scoop the inside material with the help of a spoon but keep the one side base intact. Keep the scooped material separately.
- Fill the मसाला inside the करेला & press it with thumb.

Method:

- Heat oil in a Pan, add हिंग, turmeric, little red chilli powder. Add कारले to the Pan
- Then take the balance scooped material (only soft portion after removing hard seeds) and mix it with left out मसाला & add to the Pan
- Sauté & cover it with a plate on low flame. Cook it.

Tips:

1. If you want भाजी, little sweeter & sourer, you may add little tamarind + jaggery mix thick water or आमचूर + sugar while भाजी is getting cooked.
2. If you want भाजी less oily then transfer the भाजी from the Pan after it is cooked for few minutes to a separate bowl and steam it in a steamer. (It will cook faster)
3. All stuffed भाजी need more oil.

Stuffed Capsicum

मसाला:

Finely cut onion, grated coconut (ओल नारळ), coriander leaves, soaked चणा दाल, coriander + cumin powder, गरम मसाला, finely cut tomato, आमचूर powder, finely cut ginger + garlic + green chilli, red chilli powder & salt.

Mix all above ingredients. मसाला is ready .

Capsicum:

Preferably take small size capsicum. Remove the inside seeds (seeds are not good for health) either cutting it lengthwise & by scooping or making cross cuts at bottom & scooping.

Again, wash the capsicum with water, so that all the remaining seeds are removed.

Stuff the मसाला inside the capsicum

Method:

- Heat oil in a Pan, add हिंग, turmeric, little red chilli powder and then add stuffed capsicum. Cover it with a plate. Cook it on low flame.

Stuffed बेसन capsicum:**मसाला:**

- Heat little oil in a Pan and roast the बेसन. Add turmeric, हिंग, red chilli powder & salt.
- After the बेसन gets roasted sprinkle little butter milk (curd water) Or water. If you sprinkle water then add little आमचूर.

Small Capsicum:

Prepare capsicum as above & stuff मसाला into it.

Method:

- Heat oil in a Pan & add हिंग, turmeric & then add stuffed capsicum. Put some salt and cook it on low flame with cover.

Stuffed potato capsicum:**मसाला:**

Take Smashed boiled potatoes add red chilli powder, salt, coriander + cumin powder, आमचूर powder, गरम मसाला, coriander leaves.

Capsicum: Prepare capsicum as above & stuff with above मसाला.

Method:

- Heat oil in a Pan, add turmeric, हिंग & then add capsicum. Cook it in a low flame with cover.

Tips:

1. Remove all seeds.

8. बटाट्याची भाजी UP style (dry)

Ingredients:

Boiled बटाटे, coriander powder, cumin powder, turmeric, chilli powder, हिंग, गरम & काळा मसाला, आमचूर, cumin.

Method:

- **मसाला:** 2 teaspoon coriander powder, 1/4 teaspoon cumin powder, 1/4 आमचूर powder, 1 teaspoon काळा मसाला , 1/4 teaspoon गरम मसाला, 1 teaspoon chilli powder, 1/2 teaspoon turmeric powder, हिंग. Keep this मसाला ready in above proportion.
- Sprinkle salt to taste on boiled potatoes.
- Heat oil in a Pan, add cumin & then add above मसाला to taste and turn off the gas. Then add above potatoes, mix it and again turn on the gas. Sauté it till it turns (खरपूस).

Tips:

1. You may use ghee instead of oil for फोडणी.
2. You may make more quantity of above मसाला and store it. Use it as & when required.

9. बटाटा curry भाजी

Ingredients:

Boiled potatoes, onion, वाटण- (आल, लसून, dry खोबरे, मिरची & coriander powder), खडा मसाला

Method:

- Heat oil in a Pan, add cumin, तेज पान, cinnamon stick, star फूल, बारीक चिरलेला onion. Sauté & then add above वाटण. Add turmeric, तिखट, salt. Sauté till the oil separates.
- Add boiled potato and sauté. Add hot water. Then add गूळ, काळा & गरम मसाला, coriander leaves. Let it get cooked for some time.

Tips:

1. You can use boiled, small (full) potatoes instead of cut potatoes
2. Take half boiled full small potatoes, pierce them with fork. Sauté them little till they turn golden. Use them instead of cut potatoes.
3. To make curry thicker, you may add one boiled potato (कुस्करून)

10. Watermelon (waste) भाजी & पराठे

(1) भाजी

Ingredients:

White part of water melon (after eating red part & removing green colour साल (छिलका) (It is easy to peel it) , भिजवलेली चणा डाळ

Method:

- Cut white part into small pieces. Heat oil in a Pan & add mustard, हिंग, turmeric, तिखट and then डाळ. Sauté it & then add small pieces of white part of water melon.
- Cover it with plate and let it get cooked on low flame. Remove cover, sauté and add salt & again cover it. भाजी शिजायला आली की add gur & काळा मसाला . Let it get cooked with cover on for five minutes.

Tips:

You may add water or you can keep it dry.

(2) भाजी:

Ingredients:

Grated white part, बेसन, तिखट and salt.

Method:

- Heat oil in a Pan & add mustard, हिंग, and then add grated white part, turmeric, तिखट, salt, sauté & cover it with plate. After it gets cooked add बेसन. Sauté & cover with plate.

Tips:

If बेसन is fine then roast it without oil in a Pan.

(3) पराठे:

Ingredients:

Grated white part, आटा, sesame seeds, green chilli, coriander leaves, turmeric, तिखट, salt

Method:

- Mix all above ingredients with grated white part and then add wheat flour to it (मावेल तेवढा) and make its dough.
- Make पराठे immediately.

Tips:

1. If you are not making पराठे immediately, then keep the dough in the freeze.
2. While grating, first remove green cover & then grate it.

11. भिंडी मसाला (ढाबा style)

Ingredients:

2 medium size onion, 3 tomatoes, 1/2 kg lady finger, garlic, green chilli, coriander powder, गरम मसाला, mustar seeds.

Method:

- Cut length wise 3/4th cut to lady finger. If it is longer, cut it into half then give similar cut.
- **मसाला:** Cut onion into small pieces , slit chilli into two portions and keep these items aside .
- Cut tomatoes & add about 8 garlic cloves & two teaspoon mustard seeds and churn all this in a mixer.
- Heat oil in a Pan, put cumin, turmeric, chilli powder, 2 teaspoon coriander powder, 1/2 teaspoon गरम मसाला & add 2 to 3 teaspoon water (to avoid मसाला getting burnt) then add above slit chilli, onion small pieces, & sauté. Then add above tomatoes मसाला & 1/4 teaspoon salt and sauté till oil gets separated. Then add above lady finger and sauté (you may cover it with plate for some time).
- Add additional salt to taste. Sauté.

Tips:

There is no filing in slit lady finger in this recipe.

भिंडी दो पयाजा:

Method:

- Slit okra lengthwise & cut it into 2 or 3 pieces (if okra is long), cut onion in square shape & separate each layer, cut tomatoes in square & remove its seeds.
- Heat Little oil in a Pan & add okra & salt. Sauté it to cook. Remove it in a separate bowl.
- Again, heat little oil in a Pan & add onion slices & salt. Sauté it to cook.
- Similarly cook tomatoes.
- Again, heat oil in Pan, add finely cut onion, tomatoes, turmeric, red chilli powder, coriander powder, tomatoes purée, little bit of curd, salt for this. Sauté it till oil separates out.
- Then add ginger Julian & okra. Add गरम मसाला & mix.
- It is ready now.
- While serving, add above cooked square onion & tomatoes and serve.

भिंडी कुरकुरी: (Golden Crispy)

Method:

- Cut okra finely (slanting & longer).
- Take in same proportion the बेसन & rice flour (4 teaspoon each) in a separate bowl, & add water to make watery consistency. Add turmeric, chilli powder, salt. गरम मसाला & आमचूर .
- Dip above okra (each separately) in above घोळ and deep fry.
- Garnish it with चाट मसाला & red chilli powder.

12. Party तवा भाजी & गोळयाची भाजी

Ingredients:

Vegetables like small brinjals (cut in 2 to 3 pieces) boiled potatoes (big pieces after removing cover), boiled अरबी (cut into length) करेला (2 to 3 pieces), भेंडी (2 pieces length wise), flower (bigger pieces) सीमला मिरची (bigger square pieces)

Paste of tomatoes, green chilli & ginger (more quantity), and चाट मसाला.

Method:

- Heat oil in कढई (for deep fry), put भेंडी, half cook it and remove. Similarly put all above vegetables, one by one, half cook them and remove.
- Keep all above vegetables separately.
- *Powder*: Make mixture of red chilli powder, salt and चाट मसाला (salt should be less as चाट मसाला has salt in it.)
- Sprinkle this mixture of powder on all above vegetables.
- *Final मसाला*: Heat a little oil in a Pan, add the paste as prepared above, add red chilli powder, salt & sauté till oil separates.
- Take a big flat तवा, keep all vegetables along the edge, separately.
- According to the individuals 'liking / requirement, put some final मसाला in the middle of the तवा and add the required vegetables to the final मसाला, add 2 teaspoon water, sauté for few seconds, sprinkle चाट मसाला and serve hot.

Tips:

1. The potatoes & अरबी should be boiled minimum 2 to 3 hours earlier, so that they don't remain mushy.
2. It is difficult to mix each vegetable with final मसाला on the तवा and serve according to individual demand at home. Therefore, mix each vegetable separately with final मसाला in a Pan and keep all the vegetables separately on the separate तवा & serve as per requirement.

गोळयाची भाजी:

Ingredients:

1 वाटी बेसन, onion, garlic, dry coconut, tamarind, jaggery, coriander & cumin powder, काळा मसाला

Method:

- Sauté बेसन dry (if it is very fine) on low flame for 3 minutes. If it is coarse, no need to do it.
- After it cools down, add turmeric, red chilli powder, salt, cumin & coriander powder, crushed garlic. Add 2 teaspoon oil and mix it. Then add water spoon by spoon to make a dough
- (like आटा dough). Make small balls.
- Heat little oil in a Pan and shallow fry these balls (5 minutes) to make them brownish.
- **मसाला :**
- Heat a Pan, add cumin, grated dry coconut or desiccated, garlic. Sauté and then grind it in a mixer
- Heat oil in a Pan, add mustard seeds, हिंग, finely chopped onion. After onion turns brown, add above grinded मसाला. Add cumin, coriander powder, turmeric, red chilli powder. Sauté.
- Then add tamarind, Jaggery & one cup water.
- Then take two teaspoons dry भाजलेले बेसन in a separate bowl, add water to make a watery paste Add this बेसन paste to above मसाला, add salt, काळा मसाला. उकळी आली की then add बेसन balls and boil it . (it should taste तिखट, आंबट, गोड).

13. (छोटे) वांगे,बटाटे रससा भाजी (without onion, garlic)

Method:

- Cut brinjal & potatoes, both lengthwise.
- **मसाला** : Dry coconut, roasted peanut powder , ginger & coriander leaves . Churn it in a mixer
- (coarse), without water.
- Heat oil in a Pan, add mustard, cumin seeds, हिंग & above मसाला. Sauté it on low flame.
- Add turmeric & red colour chilli powder (काश्मीरी लाल मिर्ची for colour), काळा मसाला & then potatoes. Sauté and add hot water. After 2 minutes add brinjal. Let it get cooked.
- Garnish with coriander leaves.

14. भेंडी रससा भाजी

Method:

- Heat oil in a Pan, add mustard seeds, हिंग, turmeric, chilli powder, coriander powder then adds cut okra. Sauté. Add salt. After it is cooked, add tamarind juice, gur, and then water
- (for रससा consistency). Add काळा मसाला. After the water boils, add peanut powder. Done.

भोपळा भाजी (सुखी)

Method:

- Cut भोपळा (preferably small pieces) and steam them.
- Take very little olive oil or butter or ghee, add cumin seeds, red chilli powder & then add steamed भोपळा pieces & then salt, peanuts powder & coriander leaves.
- You may also add any steamed vegetables like broccoli, corn.

लौकी भाजी (सुखी)

Method:

- With the same method as above, you can prepare लौकी भाजी.

भेंडी भाजी (सुखी)

Method:

- Heat a Pan, add okra without oil, sauté (to get rid off stickiness)
- Take another Pan, put small quantity of oil or butter (just to crackle cumin).
- Then add chilli powder, turmeric, and then add above okra, salt & peanut powder and little bit of आमचूर powder.

भोपळा रससा भाजी:

Method:

- Cut भोपळा into medium size pieces (with छिलका if it is thin otherwise remove छिलका).
- Heat oil in a Pan, add mustard, cumin, मेथी seeds (after these seeds crackle, turn off the gas for some time), then add कढीपतता, खसखस, turmeric, red chilli powder, coriander powder, roasted sesame powder & dry coconut powder. Sauté & then turn on the gas on low flame and add भोपळा pieces, salt, sauté. Cover it with plate & put some water on the plate. Remove cover in between & sauté it. After some time, pour the water (on the plate) into Pan, then add tamarind juice, काळा मसाला, gur & peanut powder.

आंबाडी (घोंगुरा) भाजी

Method:

- आंबाडी चे फक्त पान निवडून घ्यायचे .
- Clean them nicely and cut them.
- Boil them in water. Remove the water (गाळून घ्यायचे, otherwise it will become आंबट)
- Heat oil in a Pan, add मोहरी, हिंग, चिरलेला कांदा, हळद, लाल तिखट.
- Sauté to cook कांदा. Add शिजलेली भाजी, salt and add बेसन.
- वाफ येऊ देणे .

15. पालक & शेपू भाजी

Ingredients:

(शेपू, कोथिंबीर सारखा निवडायचा. कोवळ्या दांड्या घ्यायच्या)

Wash both with water and cut them.

Take both in equal proportion. (If you don't like the शेपू taste much , then take शेपू 1/4 th and पालक 3/4 th proportion)

शिजलेली अरहर दाल वरण , garlic , dry whole red chilli

Method:

- Heat very little oil in a Pan. Add mustard, turmeric, both भाज्या, salt, little red chilli powder.
- Cook it.
- Add शिजलेल्या वरणाचा गोळा. Adjust salt.

फोडणी:

Heat oil in a Pan, add mustard, garlic, red chilli powder & red dry whole chilli.

Add this फोडणी to already cooked भाजी. Done.

Tips:

Instead of whole red dry chilli, you may add cut dry red chilli but remove its seeds.

16. कोफता लौकी (दूधी)

Preparation:

लौकी किसायची . Take 2 वाटी grated लौकी. Add red chilli powder, turmeric, salt, sesame seeds, coriander leaves and besan to it such that you can make pakoras out of this batter. (Excess water after grating can be removed & kept separately)
Fry pakoras of the batter.

Gravy:

- Heat little oil in a Pan. Add one sliced onion & little bit of salt & sauté.
- Then add two tomatoes slices. 5 garlic cloves, ginger. Sauté.
- After it gets cooked, let it cool down. Grind above in a mixer.

Alternate method: Take all above ingredients in a bowl and microwave it for 4 to 5 minutes After it cools down, grind it in a mixer

Method:

- Heat oil in a Pan, add cumin, bay leaf, star फूल, small cardamom.
- Add above gravy masala, coriander powder, cumin powder, turmeric, red chilli powder & salt.
- Mix it and sauté for some time. Then add water & let it boil. Add coriander leaves, गरम मसाला or any other मसाला.
- Then add above fried कोफते. ऐक उकळी आली की झाकण ठेवून turn off the gas .

Tips:

1. If you want make it शाही, you may add cashew nuts, खसखस while making gravy.
2. If you find gravy little watery, you may add little corn flour (1/2 tea spoon) or besan mixed with water.

17. शाही पनीर

Preparation:

Marinate paneer – Take 1/2 cup curd, add turmeric, red chillies powder, salt, 2 tablespoon coriander leaves, 1 tablespoon cream. Mix it and add paneer pieces to it. Keep it for 1 hour.

Gravy: coconut (any), 1 tablespoon cashew pieces, 1/2 tablespoon खसखस, ginger, कसूरी मेथी, green chilli, दालचिनी or it's powder, green cardamom, cumin.

Soak all above in water for 1 hour and then make its gravy in a mixer.

Method:

- Heat oil in a Pan, add one sliced onion & sauté and above gravy. Let it get cooked nicely.
- Then add above marinated paneer pieces to it & sauté. Then add little warm water and boil it.

Veg पनीर पसंदा:

Preparation:

Make onion paste (कांदा तेलावर परतून), tomato paste & ginger, garlic paste.

Steamed vegetables (like carrot, peas, cauliflower, French beans, green capsicum, baby corn etc) and paneer pieces.

Method:

- Heat oil in a Pan & add bay leaf, green cardamom, little star फूल.
- Then add already prepared above three pastes.
- Add little turmeric, red chilli powder, hung curd, 1 tablespoon cashew nuts powder and little bit tomato sauce.
- After it gets cooked, add steamed vegetables & paneer.
- Add little bit of warm water as needed. Let it boil.

18. Veg. Kolhapuri

Preparation:

Cut following vegetables into medium size pieces –

1 each of onion, potato & carrot. 5 to 6 French beans and cauliflower.

Deep fry all of them, one by one.

Also cut 1 capsicum but don't fry it.

Gravy / Paste: 1/4th cup coriander leaves, 2 green cardamom & 2 cloves, small cinnamon stick, green chilli, 8 to 10 मेथी दाणा, cumin, 1/2 teaspoon each of (sesame seeds, coriander powder, desiccated coconut), 3 garlic cloves, 1 medium size onion, 2 to 3 red dry Kashmiri chilli (soaked in warm water for 1 hour).

Mix them and grind them together in a mixer.

Method:

- Heat oil in a Pan & add above paste. Then add above fried vegetables including capsicum. Also add tomato purée, cut tomato, salt.
- Cook it.

Tips:

1. If you don't get red colour from Kashmiri chilli, you may add some red colour.
2. If you don't want it spicy, avoid green chilli.

दिवाळी पदार्थ



दिवाळी पदार्थ

1. शंकरपाळे

Ingredients:

1 वाटी sugar, 3/4 to 1 वाटी melted ghee, 1 वाटी milk, 5 वाटी मैदा, oil

Method:

- Take milk in a Pan, add sugar & ghee. Heat it till sugar gets melted. Cool it.
- First take only 4 वाटी मैदा in a Pan. Add above milk to मैदा and make a dough. Add remaining 1 वाटी मैदा to above mixture. (If required add more मैदा but normally 5 वाटूया will do). Let it rest for 2 hours.
- Make roti of above mix and cut शंकरपाळे. Then heat the oil in कढई, then on low flame, fry the शंकरपाळे
- (golden colour)

Tips:

Ghee should be 1 वाटी or little less than 1 वाटी but in no case less than 3/4 वाटी.

Dry fruits roles:

Ingredients:

Finely cut pieces of seedless dates & pigs (अंजीर) and also other dry fruits like almond, cashew, pistachio,

मनुका , walnuts & desiccated coconut or खसखस.

Method:

- Heat little (1/2 teaspoon) ghee of butter in a Pan. First add dates & sauté (it will become soft). Then add pigs & मनुका & sauté. Now add all other dry fruits. On low flame, mix properly all dry fruits. (गोळा होईल). Turn off gas.
- Take a plate, apply ghee on it & also on the palm. Then transfer the above mix on the plate and make a roll with both hands.
- Sprinkle desiccated coconut on another plate and roll the above dry fruits roll on the coconut. Cut it into about 6 inches rolls.
- Transfer it on a aluminium foil. Tightly pack with the foil and keep inside the freeze.

- As and when require, take them out from the freeze and cut into small rolls (1 cm thick) before serving.

2. मठरी

Ingredients:

2 वाटी मैदा, 1 वाटी कणिक, अजवाइन (carom seeds), oil, salt

Method:

- Mix मैदा & कणिक, add salt for taste & carom seeds (after crushing by hands - चुरून)
- Add 4 to 5 table spoon hot oil to above mix. Spread oil over it & mix it. Now take fist full mix in hand. If it stays together then the mix is ok. Otherwise add little bit more hot oil. Now using water, make a dough
- Let it rest for 2 hours.
- गोल पोळी लाटायची (little bit thin) . Fork ने त्याच्या वर टोचे मारयचे and cut longer strips.
- Heat oil in a Pan & then fry them on low flame (golden colour)
- Keep it in air tight container

Tips:

1. Instead of mixing मैदा & कणिक, you may take only maida.

मेथीची मठरी:

Ingredients & Method:

Same as above except add some कसूरी मेथी (for bitter taste) to the mix in step 1

3. चिवडा

Ingredients:

पातळ पोहे , मुरमुरे (if you want) , दाणे (peanuts) , डाळ्या , खोबरे , मिरची , कढीपतता , turmeric, तिखट , हिंग (asafoetida) , Seeds - mustard cumin , sesame , poppy. (powder) - coriander, cumin आमचूर. Grounded sugar, salt, सौंफ (fennel seeds), oil.

Method:

- Sauté पोहे in a Pan (dry), also sauté मुरमुरे dry separately. Keep it to cool down
- Fry in oil peanuts and coconut separately. Also separately fry कढीपतता.
- In proportion to quantity of पोहे, take in a separate bowl, the turmeric, तिखट, coriander powder, cumin powder, fennel powder, आमचूर powder, grounded sugar & salt.
- Proportion for मसाला: (If you take 1 spoon तिखट, then take 1 spoon coriander powder, 1 spoon fennel powder, 1/2 spoon cumin & आमचूर powder each, 1 spoon salt, 1 & 1/2 spoon grounded sugar.
- Take oil in a Pan, add mustard seeds, cumin seeds, some fennel, pieces of green मिरची, हिंग, डाळ्या. After sauté, add sesame & poppy seeds. Now add above मसाला, mix it and add पोहे. Sauté the mixture properly & add fried peanut, coconut, & कढीपतता then add मुरमुरे. Mix it & done.
- The चिवडा will become crisp after it cools down.

Tips:

1. Add मसाला made in given proportion. You can add anything according to your taste.
2. Care needs to take while frying peanuts & खोबरे that it is not over fried.
3. Don't keep चिवडा under the fan while it is cooling down
4. Keep it in the airtight container and take out only that much quantity which you are going to consume.
5. Add little bit of oil in the Pan & turmeric and little salt, while roasting पोहे. It will not allow पोहे to curl & पोहे चांगले भाजले जातात.

Only मुरमुरे चिवडा:

Sauté only मुरमुरे (dry) in a Pan on low to medium flame.

Take oil in Pan & add mustard, cumin, कढीपतता, मिरची (if you want), peanut & डाळ्या.

Reduce the flame & add turmeric, तिखट, आमचूर, coriander & cumin powder, grounded sugar & salt. Mix it and turn off the gas. Add मुरमुरे to it and mix.

Simple मुरमुरे चिवडा:

- Sauté मुरमुरे dry in a Pan
- Take little oil in a Pan & add cumin, mustard seeds, हिंग, turmeric, तिखट, salt & sugar.

Tips:

1. For kids, don't add तिखट. Add garlic powder if you want.

4. करंजी

Ingredients:

2 वाटी fine सुजी, 4 वाटी खोवलेले नारळ, 2 वाटी sugar, 4 tea spoon poppy seeds, cardamom powder, ghee & milk

Method:

- **पारी:** Add 2 tea spoon ghee to 2 वाटी सुजी and pinch of salt . Make a dough with milk (like पोळीचा गोळा). Rest it for 2 hours. (Resting of सुजी will enable easy पोळी लाटणे)
- **सारण:** Add 2 वाटी milk & 2 वाटी sugar to 4 वाटी खोवलेले नारळ . Cook it on low flame till all milk is dissolved & it turns thick (ओलसर). Turn off flame. Let it cool down. It will become thicker. (prepare this सारण preferably one day earlier) .
- Next day add cardamom powder, poppy seeds powder (sauté poppy seeds on low flame for few seconds & churns it in mixer) Or poppy seeds can be churned in mixer without sauté.
- Also add slices of cashew nuts & almond, if you want. Mix it.
- **करंजी:** Take a small गोळा of पारी and पुरी एवढी लाटायची . Put one full table spoon सारण on the पुरी and with the help of mould, make shape of करंजी. Then fry it in ghee on a low flame.

Tips:

If you find सारण a little wet (ओलसर), then sauté little कणिक on low flame (golden) and mix with सारण. You can even add भाजलेली सुजी to सारण instead of कणिक.

5. सूजी & तांदूळ चकली

Ingredients:

1 measuring cup सुजी, 1 measuring cup तांदूळ पीठ, 2 teaspoon ghee, (आल + लसून + मिरची) paste without using water, हिंग, ओवा, तीळ, मीठ, तिखट

Method:

- Take 2 measuring cups water in a Pan. After the water becomes little hot, add सुजी & mix it. Add two teaspoon ghee (solid). After the water gets absorbed, turn off the gas & झाकून ठेवायचे.
- After it becomes थोडं थंड (हात लावण्यासारखं), add तांदूळ पीठ & all above मसाला ingredients.
- Mix it properly. Let it rest for half an hour.
- Using चकली machine, make चकली (long pieces instead of round ones) and fry deep fry them. Let these become cold without fan and then keep in air tight डब्बा.

Tips:

चकली ची भाजणी नसेल तर ही चकली करायला हरकत नाही.

चटणी



चटणी

1. लसणाची (dry) चटणी

Ingredients:

1 & half वाटी dry किसलेले खोबरं, 1/2 वाटी सोललेला garlic, 1 & half tea spoon तिखट, 1 teaspoon cumin, 1 & half tea spoon sugar, 1/2 tea spoon salt.

Method:

- Make slices of garlic, add तिखट and churn a little in mixer. Then mix all other items and churn them separately. Mix both churned items.

Tips:

1. Alternately get garlic roasted a little bit (कढई मधे परतून घेणे). Then churn all items together except खोबरं. Churn खोबरे separately and mix it. (This is to ensure that the चटणी doesn't become wet.

लसणाची ओली (भाकरी चटणी)

Ingredients:

1 वाटी खोबरं, 1/4 वाटी लसुण, 2 table spoon तिखट, 3 table spoon coriander powder, 1 tea spoon cumin, चिंच (चिंचेचा कोळ) & गूळ (गूळ double of चिंच), 1/2 table spoon salt.

Method:

- Get above mixture churned in mixer. If required add water to make it of required consistency.
- वरून , तेल , मोहरी & हिंगाची फोडणी देणे .

2. फुटाणे,दाणे (सुखी) चटणी

Ingredients:

1/4 वाटी भाजलेले दाणे (pea nuts), 1/4 वाटी चणे (फुटाणे), 7 to 8 garlic cloves, 1 tea spoon तिखट, 1 tea spoon sugar, 1/2 teaspoon salt, 1/4 teaspoon आमचूर, 1 teaspoon cumin, 1 green chilli.

Method:

- Take 1 teaspoon oil, add दाणे & चणे. Sauté and then add cumin, garlic, chilli & sauté. Turn off gas. After it becomes cold, put it in mixer, add sugar, salt, तिखट & आमचूर and churn.

Sesame चटणी:

Ingredients:

Sesame, तिखट, salt

Method:

- Sauté sesame in a Pan (dry) on low flame (लालसर) & turn off gas.
- After it becomes cold, add salt & तिखट and churn it in a mixer.

Flax seeds चटणी:

Ingredients:

1/2 वाटी flax seeds, 1 वाटी sesame, 1/2 वाटी कारळ (if available)

Method:

- Sauté all three ingredients separately, dry in a Pan, on a low flame.
- Churn them in mixer, again separately. Then mix them & add salt, तिखट & cumin and again churn the mixture.

Tips:

Adding कारळ will taste it little bit bitter. If you like that taste then only add it.

3. चना डाळ चटणी

Ingredients:

4/5 hours भिजलेली चणा डाळ, मिरची, आल, cumin, curd, salt.

Method:

- Mixer मध्ये डाळ, मिरची, आले & cumin टाकून churn करायचे.
- Take it out in a bowl & add salt & curd. Mix it.
- फोडणी : Heat oil in a Pan, add mustard, हिंग , turmeric.
- Pour this फोडणी on to the above डाळ.

Tips:

1. This can be served with the meal. It goes well with पूरण पोळी.
2. It also tastes good with दोसा or इडली.

4. मिरची, दही चटणी

Ingredients:

Green मिरची, coriander leaves, roasted peanuts, cumin, salt & curd.

Method:

- Grind all above in a mixer.

Tips:

1. Goes well with any धिरे, दोसा, cutlets
2. If you don't have coriander leaves, still it can be made without it
3. You may even add little bit of mint leaves.

Easy दही चटणी:

Method:

- Take curd, add salt, red chilli powder & वरून तडका.

तडका: Heat oil in a Pan , add mustard seeds . After mustard seeds crackles, turn off the flame & add turmeric & हिंग and immediately add curd to it.

Tips:

For variation, you can add one teaspoon मेलकूट in it.

दोसा green चटणी:

Ingredients:

Coriander leaves, ओले coconut, green chilli, ginger, little bit soaked चणा दाल or दलीया, salt cumin, 1/2 onion, ईमली juice.

Method:

- Grind all above in a mixer to make paste. Then give it a तडका.

तडका: Heat oil in a Pan & add mustard seeds , उडीद दाल , कढीपतता & dry red chilli . Add this to above paste.

Tips:

If ईमली juice is not available, then take कोकम juice or curd.

Onion चटणी:

Method:

- Heat oil in a Pan & add ऊडद दाल, हिंग, sliced onion, dry red chilli. Sauté.

- Then add salt, cumin & tamarind. After it cools down, grind it in mixer (दरदरीत).
- वरून तडका : Heat oil in a Pan & add mustard, हिंग.

Tomatoes चटणी:

Method:

- Heat little oil in a Pan, add चणा दाल, sliced onion, red dry chilli, turmeric, हिंग salt and cut tomatoes. Sauté. After it cools down, grind it in a mixer and वरून simple तडका.

Another tomatoes चटणी:

Method:

- Heat oil in a Pan and add one cut onion, two tomatoes, ginger & garlic. Sauté.
- After it cools down, add salt, turmeric, तिखट and grind it in a mixer.
- Make simple तडका & add above paste to it and cook it for some time.

5. Mint sauce

Method:

- Put following in a mixer jar:
- Fresh Mint leaves, salt, sugar, olive oil. Churn.
- Remove it in a separate bowl. Then add lemon juice.
- Adjust the ingredients according to taste.
- Pour it in an air tight glass container and keep inside the freeze.

Tips:

1. It will remain good for one year.
2. You can add very little bit of above sauce to any chutney, पानीपुरी water, or even into a simple curd



मसाले

1. गरम मसाला

Ingredients:

Coriander seeds (5 table spoons), cumin seeds (3 tablespoons), शाही जिरा (1 tablespoon) , मोठी विलायची (3 tablespoon), black pepper (2 table spoon), cinnamon (2 inches), थोडं पत्थर फूल, green cardamom (3 tablespoon), 8 nos. cloves, 1-star फूल, 2 जावित्री, 3 तेजपान, 4 सुखी लाल मिरची, सौंफ (2 teaspoon), थोडा जायफळ तुकडा, salt 1/2 tablespoon.

Method:

- वरील सर्व ingredients (including salt) कढई मध्ये थोडेसे गरम करायचे (so that these can be grinded easily in a mixer), in following batches –
- Coriander, cumin, सौंफ, शाही जिरा
- मोठी विलायची , green cardamom, pepper , cinnamon, clove , star फूल , पत्थर फूल
- तेज पान , मिरची , जावित्री , जायफळ
- Then mix all above and grind them in a mixer.

Tips:

1. Ingredients like पत्थर फूल, शाही जिरा etc if not available, you can do away with it.
2. सुखी लाल मिरची च्या seeds , separate कराव्या & don't use them .
3. Since we use it very little every time, above quantity will last for about 6 months.

2. काळा मसाला

Ingredients:

1/4 kg coriander seeds, 1 वाटी cumin seeds, 1/4 th वाटी शहाजिरे, 100 grams तेजपतता 10 gms. cloves, 100 gms. black pepper, 20 gms green cardamom, 50 gms मोठी विलायची, 50 gms दालचिनी, 10 nos. चक्री फूल, 4 tablespoon खसखस, 1/2 वाटी sesame seeds, 1 जायफळ, half dry coconut, 5 to 6 dry red chilli.

Method:

- Heat 1 tablespoon oil & sauté on medium flame all coriander seeds. Remove them.
- Then in 1/2 teaspoon oil, sauté cumin seeds. Remove it.
- Then sauté शहाजिरे in the same oil. Remove it.
- In 1/2 teaspoon oil, sauté तेजपतता.
- Take little bit oil and sauté one by one, separately, cloves, black pepper, cardamom, मोठी विलायची, दालचिनी, चक्री फूल.
- Then sauté in the same Pan (without oil) sesame seeds.
- Also sauté grated coconut dry.
- Heat little bit the जायफळ.
- Sauté in little oil, the dry red chilli.
- In the same Pan, sauté खसखस.
- After above ingredients cool down, grind all items, one by one, in a mixer.
- Then mix all grinded items, and again grind the mixture in a mixer once.
- After the मसाला cools down, store it in an air tight container. (Don't keep it in the freeze)

3. चहा मसाला

Ingredients:

10 grams clove powder, 25 grams pepper powder, 25 grams dry ginger (सुंठ), 10 grams cardamom powder, 5 grams each cinnamon & जायफळ powder.

Method:

Mix them all.

Done. Use only a small pinch of it.

4. छोले मसाला

Ingredients:

50 grams आमचूर, 50 grams अनार दाना, 20 grams सौंफ + जिरे, 10 grams each - black pepper, cardamom, clove, black salt, carrom seeds (ओवा), dry ginger (सुंठ), मेथी दाणा, लाल मिरची, शहाजिरे, 5 to 6 bay leaves (तमाल पत्र).

Method:

- Leaving powders, warm a little bit all other ingredients and grind them in a mixer.
- Mix balance powders.

5. चाट मसाला

Ingredients:

3 tea spoon जिरे, 2 teaspoon घणे, 2 मोठी विलायची, 2 छोटे तुकडे दालचिनी, 1 tea spoon black pepper.

Method:

- Warm them little and grind them in a mixer.
- Add dry ginger powder, dry mango powder, red chilli powder, salt & black salt and हिंग.
- Again, mix them and grind together.

Sandwich मसाला:

Ingredients & Method:

2 table spoon black pepper powder, 1 tablespoon dry ginger powder (सुंठ), 1/2 tablespoon dry mango powder (आमचूर), 1 teaspoon cumin powder, 1/2 tea teaspoon red chilli powder ,1/2 teaspoon carrom powder (ओवा), हिंग, salt & black salt.
Mix them well.

Frankie मसाला:

2 teaspoon आमचूर powder, 2 teaspoon सुंठ, 1 teaspoon cumin powder, 1 teaspoon black pepper powder, 1 teaspoon red chilli powder, salt & black salt.
Mix them well.

Pizza मसाला:

2 tablespoons mixed herbs, 2 tablespoons cumin, 1 tablespoon black pepper, 1 teaspoon ओवा, 10 Kashmiri mirch, 1/2 teaspoon dry ginger powder, 1 teaspoon dry mango powder, हिंग, salt & black salt.
Except herbs & powders, warm all other ingredients and grind them in mixer.
Mix herbs & other powders to above.

फराळ (snacks) & STARTERS



फराळ (Snacks) & Starters

1. मुठीया (cabbage)

Ingredients:

Cabbage, तांदूळ पीठ & बेसन in the ratio of 2: 1, आल + लसुण + मिरची (paste)

Method:

- Cut the cabbage fine. Add above मसाला paste, turmeric, salt, sugar, oil & mix it properly.
- Add तांदूळ पीठ & बेसन. Mix.
- Steam the mixture. थंड झाल्यावर , Then फोडणी देणे .
- फोडणी: तेल, mustard, sesame seeds, हिंग. Add मुठीचा in फोडणी & sauté it on low flame. Garnish with coriander leaves.

Tips:

1. मुठीचा can be steamed in the form of rolls. It can also be steamed in इडली पात्र plates.
2. It can also be steamed in microwave but you need to keep a separate smaller bowl full of water along with मुठीचा inside the microwave. Look at it every two minutes if it has cooked.
3. It is better to steam it in a steamer.
4. If you don't have steamer, steam it in a cooker without valve (whistle) but keep the मुठीचा pot over a stand or empty pot.

2. Instant रवा (सूजी) इडली

Ingredients:

सूजी, दही, भिजलेली चणा डाळ, Baking powder

Method:

- 1 वाटी रवा मधे, 1/2 वाटी दही, मीठ व साधारण 1 किंवा 3/4 वाटी पाणी टाकून 10 मिनिट तसेच ठेवायचे. नंतर तेल मोहरी जिरे हिंग फोडणी टाकायची. भिजलेली चणा डाळ टाकायची व अर्धा चमचा बेकिंग पावडर किंवा सोडा खाववायचा टाकायचा व लगेच इडली बनवायची

इडली : Recipe is at page no. 130

3. दलीया

Ingredients:

दलीया & available vegetables like carrot , broccoli, simla mirch, flower, French beans, मटर corn etc.

Method:

- Heat little 1/4 teaspoon oil (olive), add cumin & then add available vegetables, sauté & add salt. Then add two table spoon दलीया, sauté and then add hot water. Let it get cooked.

Tips:

5. We have not added any मसाला in above फोडणी.
6. You may therefore add any मसाला, like - cashew nuts or turmeric, गरम मसाला, तिखट
7. You may otherwise add any sauce you like
8. If दलीया is thick then soak in hot water in a separate Pan, at least half an hour before cooking.
9. Two table spoon दलीया is enough for one person

4. कैरी डाळ (dry)

Ingredients:

Raw mango. भिजविलेली चणा डाळ, कढी पत्ता, मिरची, coriander leaves, onion

Method:

- Soak चणा डाळ in water for 4 to 5 hours. Remove all water & grind in a mixer (दरदरीत) with मिरची & cumin.
- कैरी किसून घ्यायची . Onion चिरून घ्यायचा.
- Heat oil in a Pan, add mustard, cumin, onion, turmeric, हिंग, कढीपत्ता. Sauté.
- Add डाळ to it. Then add salt, तिखट, साखर (for taste) and sauté. Keep lid for some time.
- Then add कैरी & वाफ आणायची. Add coriander leaves.

Tips:

1. When raw mango is not available, use curd instead. Sauté it till it becomes dry.
2. It can be eaten as a snack or as a side dish with meals.
3. You can also make फाढे with above stuffing.

कैरीची डाळ (ओली):

Ingredients:

Same as above except onion.

Method:

- Make दरदरीत चणा डाळ as above. Take it in a bowl. Add कैरी, sugar (to taste), salt, तिखट.
- फोडणी : Heat oil in a Pan , add mustard , हिंग , turmeric.
- Add this फोडणी to above डाळ & garnish with coriander leaves.

Tip:

आंबट, तिखट, गोड चवी प्रमाणे.

5. लौकी (दुधीभोपळा) चा मुठीया

Ingredients:

Shredded लौकी, turmeric, chilli powder, sugar, salt, garlic powder or garlic & ginger paste, coriander leaves, sesame & mustard seeds, rice flour & बेसन

Method:

- Add all above except (sesame, mustard, rice flour & बेसन) to shredded लौकी. Mix it properly.
- Now add rice flour & besan in the ratio of 2:1.
- Make a loose dough of above (without water as लौकी + salt will generate water) and make small cylindrical rolls.
- Steam them.
- Steaming: If you don't have a steamer, steam in cooker.
- Steaming in Cooker: Put some water in the cooker. Keep one smaller size empty pot inside. Then keep the pot containing मुठीचा over smaller empty pot. Don't use cooker valve.
- Cut rolls in pieces.

फोडणी:

Heat oil in Pan, add mustard, sesame seeds, हिंग and shallow fry the pieces of मुठीचा.

Tips:

1. You can steam मुठीचा in इडली पात्र.
2. You can eat मुठीचा without shallow fry
3. Instead of rice flour, you can use बाजरी or ज्वारी or रागी flour along with बेसन

6. Veg. कबाब (सोया chunks)

Ingredients:

1 वाटी सोया chunks, 1 medium size onion, 1/4 वाटी भिजवलेले - मूग or मुगाची डाळ (with or without छिलका) for binding.

Method:

- Put सोया chunks in hot water for 15 to 20 minutes (turn off the gas). Again, put them in normal water and then squeeze the water out of it.
- Cut the onion & sauté it in a little oil till it turns brown. Alternately, if you don't want oil to be used then roast the full onion directly on the flame. Remove the onion cover after it becomes cold & cut it.
- Now add this onion & सोया chunks in the mixer. Also add 2 garlic cloves, one small ginger piece, 1 chilli, salt. Then churn it.
- Also churn separately the भिजवलेले मूग in the mixer.
- Add 2 teaspoon churned मूग to above सोया mix. Thoroughly mix it and make कबाब (टीककी)
- Apply olive oil on the Pan with brush & put टिककी on the Pan. Apply little oil with brush on the कबाब as well and shallow fry them golden

Tips:

1. Use मूग डाळ as per requirement for binding (Alternately you can use भाजलेले बेसन for binding)
2. Eat with combination of ईमली & green chutney or ketchup or even as a sandwich with bread.

सोया कबाब: (सोय granules)

Method:

- Instead of सोया chunks, you may take सोया granules. Put it in boiled water for 15 minutes. Put them again in normal water and squeeze them
- Heat oil or butter or ghee in a Pan, add finely chopped ginger, garlic & green chilli (or it's paste) & salt.
- Turn off the gas. Then add turmeric, red chilli powder, गरम मसाला. Again, turn on the gas & add डाळ्या पीठ (चिवड्यात टाकतो त्या) & little corn flour.
- Add above सोया granules. Mix it properly & sauté. Add little water to form consistency so that you can make कबाब. After a little while, turn off the gas.
- After the mix becomes cold, make कबाब shape and shallow fry.

- Serve with pudina chutney.

7. Veg. कबाब/टीककी

(1) Corn ढोकला टिककी:

Ingredients:

2 वाटी corn aata (yellow), 1/2 वाटी दरदरीत वाटलेले fresh मटार, ginger, garlic, chilli paste, सौफ, जिरा, chilli powder, turmeric, coriander powder, coriander leaves, salt.

Method:

- Take corn aata, add above ingredients plus 1 pinch baking powder. Add 1 teaspoon olive oil & mix. Add lukewarm water & make dough. Make round टिककी & make a small hole with finger & apply oil with brush and steam it in इडली पात्र.
- You can eat steamed टिककी or give it तडका of olive oil.

तडका: Heat olive oil & add mustard , cumin & sesame seeds , हिंग , dry red chilli .

Put टिककी in this तडका or add तडका to टिककी.

(2) राजमा टिककी:

Ingredients:

2 वाटी boiled & completely drained राजमा, ginger, garlic, chilli paste, coriander & cumin powder, chilli powder, turmeric, चाट मसाला, coriander leaves, salt.

Method:

- Take 1 & half वाटी राजमा out of above & crush it in mixer (दरदरीत). Remove it from mixer & add balance 1/2 वाटी राजमा (half crushed with hands). Then add one boiled smashed potato. Add all other ingredients. Mix it.
- To make टिककी add some binding (भाजणी आटा or बेसन or बाजरा आटा or रागी आटा).
- Apply oil with brush on Pan as well on टिककी and cook it on Pan on low flame, both the sides to make it golden colour.

Tips:

1. To make it healthier, you may add finely chopped or shredded green, red, yellow capsicum (whatever available) & carrot.
2. If the टिककी becomes little watery (before cooking), add सुजी to it.
3. You may keep the dough in freeze for half an hour before cooking
4. While making round टिककी, apply some oil on the hands to avoid stickiness.
5. You may add finely cut onion, if you want.

(3) Different टीककी:

Method:

- You can take boiled & completely drained लाल चणा or छोले (left over छोले) or साबूत मसूर in place of राजमा.
- If you use left over छोले then you may further cook it to remove its water content. In that case, no need to add all other ingredients. Just add some binding material.
- You may add finely cut onion if you want.

(4) Veg. Nuggets:

Ingredients:

Grate 1/2 carrot, finely cut 2 tablespoon cabbage, 2 tablespoon grated paneer, 2 boiled potatoes, 2 tablespoon corns, finely cut 4 to 5 French beans, finely cut 1/2 capsicum & peas.

Method:

- Take a bowl. Mix all above ingredients. Add salt, 1/2 teaspoon black pepper powder, chilli flakes, mixed herbs, finely cut ginger, 3 table spoons bread crumbs, 1/2 tea spoon chaat masala, finely cut green chilli. Mix well. Make nuggets.
- **Batter:** Take in a separate bowl, 2 tablespoons मैदा & 2 tablespoon corn flour, salt, 1/2 teaspoon pepper powder. Add water to above and make batter. Mix well.
- Take bread crumbs in a separate bowl
- Now dip the nuggets in the batter and also in bread crumbs.
- Deep fry the nuggets.

8. Dry छोले or Red चना or Sprouts

Method:

- First boil the छोले.
- Heat oil or butter in a Pan and on low flame add cumin, चणा मसाला, chilli powder, हिंग and add immediately 2 to 3 teaspoon water (to avoid मसाला getting burnt). Then add छोले
- (removing the water). Add salt. After 5 minutes (वाफ आल्यावर), turn off the flame.
- While serving, heat it and garnish with finely chopped onion, green chilli & coriander.

Tips:

1. The process is same for red चणा also
2. If you don't have चणा मसाला, use coriander & cumin powder, turmeric, chilli powder, आमचूर powder & गरम मसाला.
3. Goes well with drinks

Dry Sprouts:

Ingredients:

Sprouted - मटकी, मूंग, लाल चणा.

Method:

- Heat 1/2 teaspoon olive oil, add cumin, हिंग, red chilli powder, turmeric. Then add sprouts. Add salt & sauté for 3 minutes & turn off the gas.
- Serve it hot with garnish of finely chopped - onion, coriander leaves, green chilli and cut tomatoes (without seeds), काकडी and pomegranate, different colour capsicum, carrot.
- Sprinkle चाट मसाला, black salt & peeper as per taste.

Tips:

1. You may take any one or any two or all sprouts mix.
2. Only finely cut onion, chilli & coriander leaves are sufficient. Others are optional.

9. ढोकळा (बेसनाचा)

Ingredients:

1 वाटी बेसन, 1 tablespoon curd, garlic/ginger/chilli paste, baking powder or खायचा सोडा

Method:

- On the previous night, add 1 teaspoon hot oil to बेसन, add salt, curd & water to make it to Pakora consistency. Leave the mixture as it is overnight. Next day it will get fermented.
- Then add garlic/ ginger/ chilli paste to it & add little bit of turmeric & sugar.
- Apply little bit of oil to steamer plate and heat steamer with water. Add less than 1/4 th teaspoon of baking powder & mix it properly. It will become light.
- Immediately pour this mixture on the steamer plate. Close the lid & cook it for 10 minutes.
- Check with tooth pick whether the ढोकळा got cooked. (The inserted tooth pick has to be dry when taken out and not wet). After it cools down, add फोडणी to it.
- **फोडणी** : Heat oil in a Pan , add mustard seeds , हिंग , red or green chilli with slit .
- Pour above फोडणी onto the ढोकळा & garnish with coriander leaves and shredded coconut (preferably wet)
- Then cut it into pieces.

Tips:

1. If the mixture does not get properly fermented overnight then add little more baking powder.
2. Mix turmeric (a little bit) properly otherwise it will ढोकळा will get red spots because of baking powder.

ढोकळा (Mix):

Ingredients:

1 वाटी rice, 3/4 वाटी चणा दाल, 1/2 वाटी ऊडद दाल, 1/4 वाटी मूग दाल and garlic/ginger/chilli paste.

Method:

- Mix above rice & दाल and add water. Keep it for 3 to 4 hours.
- Then grind it with little water to make it इडली consistency. Keep it overnight for fermentation.
- Next day add garlic/ginger/chilli paste to the batter and also add salt, little turmeric (No baking powder required) & mix.
- Make ढोकळा in idli stand. It takes about 8 to 10 minutes.
- Make four pieces of each idli.

फोडणी: Heat oil in a Pan, add mustard seeds, sesame seeds, हिंग, कढीपतता, slit chilli (green & red).

Then add 1/2 cup water, 2 teaspoon sugar, salt, 1/2 lemon juice. (Taste this water). After it boils, turn off the gas. Let the water cool down. Then add this water to the above cut ढोकळा pieces (Ensure that both ढोकळा & water are not hot). Garnish with coriander leaves & shredded coconut.

Tips:

1. For a party, the ढोकळा can be made two days earlier and kept inside the freeze.
2. While serving, make फोडणी in a कढई and add cold ढोकळा into कढई.
3. Garnish and serve.

10. Vegetable Platter

Ingredients:

Capsicum, cauliflower, Broccoli, Paneer, Carrot, baby corn, 1 वाटी मैदा, 1/4 वाटी corn starch.

Method:

- Mix above मैदा & corn starch & add salt, pepper, chilli flakes. Add water to make "pakora" consistency.
- Mix all above (medium to big cut vegetables) to Pakora consistency flour.
- Fry these vegetables dipped in flour. Remove & keep them on paper napkin.
- Heat oil in a Pan, add finely cut green chilli, ginger, garlic, sesame (if you want). Then add finely cut onion & cabbage on high to medium flame. Sauté
- Then mix the sauces (tomato sauce, chilli sauce & soya sauce) in a separate वाटी & taste it.
- Then add above mix of sauces in the Pan and add above fried vegetables. Toss them & mix.
- Garnish it with finely cut green spring onions.

Tips:

Add honey to sauce mix if you want.

Vegetables Sizzler:

Ingredients:

Medium cut square shaped capsicum (all colours), onion, baby corn, mushrooms, cauliflower, broccoli, cabbage, carrot, tomatoes (without seeds)

Finely cut green chilli, garlic, ginger.

Also make a sauce of tomatoes, soya & chilli sauce & vinegar. Make it to your taste.

Method:

- Just when the party starts, heat oil in a work or simple कढ़ई (not heavy bottom) (no non-stick pans). **On high flame**, add chilli, garlic & ginger & little bit of mix of above sauce. Then immediately add all above vegetables, toss them to make them half cooked & crunchy.
- Add above sauce, mix it and serve immediately (hot).

Tips:

सगळी तयारी आधीच करून ठेवायची . Then make it just before serving. It takes only 5 minutes.

11. मुंगोडे

Ingredients:

सालाची मूग दाल (green), onion, green chilli, ginger, coriander leaves & seeds, सौंफ

Method:

- मुगाची दाल , 2 to 3 hours पाण्या मध्ये भिजत ठेवायची . Then remove all the water. (while washing मूगं with water with the help of the hands, let few छिलके go off). Then add some green chilli & ginger to दाल and churn it in a mixer (दरदरीत).
- Add finely chopped onion, coriander leaves, सौंफ, half crushed coriander (if coriander is not available then take coriander powder), salt, chilli powder & turmeric to your taste. Mix it and deep fry them.
- Garnish with चाट मसाला, coriander leaves & onion rings.
- Serve with two चटणी - tamarind चटणी and green पुदिना चटणी.

दाल वडा:

Ingredients:

1 वाटी चणा दाल, 1/4 वाटी मूगं दाल, 1/4 वाटी उडीद दाल

Method:

- Soak above in water for 3 hours. Remove water.
- Keep 1 or 2 tablespoon दाल separately and churn balance दाल with green chilli & ginger in a mixer (दरदरीत).
- Add separately kept दाल to above churned दाल. Add finely chopped onion, coriander leaves, कढीपतता, turmeric, chilli powder (optional), coriander powder cumin powder & salt.
- Deep fry them in a टीककी shape.
- Garnish them as above & serve above with two चटणी.

Tips:

You may take all or any दाल, but चणा दाल is must, as one ingredient. You may also add अरहर दाल, मसूर दाल.

लाल चणे कबाब:

Ingredients:

1 वाटी Boiled लाल चणे, 1 smashed boiled potato, 1 bread slice (mixer मध्ये churn करून), finely cut onion.

Method:

- Churn above चणे (without water) along with ginger, garlic, green chilli in a mixer.
- Take it in a separate bowl and add cut onion, coriander leaves, chilli powder, turmeric, coriander powder, cumin powder, आमचूर powder & salt. Mix it.
- Make टीककी with the help of above boiled potato & bread powder (as much required to bind the टीककी)
- Shallow fry the टीककी.
- Sprinkle चाट मसाला & garnish with coriander leaves & ring onion & serve with चटणी.

Tips:

1. You may use भिजवलेले पोहे instead of boiled potato for binding.
2. These टीककी can be wrapped in bread slices or in a roti.

Another Option:

Instead of boiled लाल चणा, you may take, boiled राजमा or boiled साबूत मसूर or boiled काबूली चणा.

चना दाल टिककी:**Method:**

- Soak चणा दाल in water for 3 hours. Remove water & add ginger, green chilli and churn just twice in a mixer. Then add sliced onion & ओल नारळ, cumin, salt and again churn in mixer (दरदरीत).
- Take above in a separate bowl & add finely cut onion, coriander leaves. For binding, add बेसन or मैदा or बाजरा or any आटा or even any भाजणी.
- Mix it and make small टिककी & shallow fry it.

Mix दाल वडी (or stick):**Ingredients:**

Take 2 table spoon (same quantity) of each दाल i.e., चणा, ऊडद, मूंग, अरहर & मसूर

Method:

- Soak all above दाल in water for three hours.
- Remove water & add ginger, garlic, green chilli, coriander leaves, salt, turmeric. Churn it in mixer (दलदरीत). You may add little water while churning.
- Take above in a bowl and ते खूप फेटायचे.
- Apply little oil on a plate & pour above mixture on it. Steam it.
- After it cools down, cut it like finger chips or in square shape.
- *You may eat as it is or deep fry or shallow fry.*

- Or heat oil in a Pan, add mustard, sesame seeds, हिंग, whole red chilli, slit green chilli, कढीपतता and then add above finger chips to Pan and sauté.

12. दाल कचौरी

Ingredients:

1 वाटी मूंग दाल, 2 tablespoon बेसन, 3 वाटी मैदा, दरदरीत paste of ginger & green chilli, मसाले

Method:

- Soak मूंग दाल for 2 hours in water. Keep it चाळणी.
- Heat oil in a Pan, add हिंग, above दलदरीत paste, finely cut कढीपतता, 2 tablespoon बेसन. Sauté.
- Then take another Pan, add little oil & then soaked दाल to it, add salt, turmeric, chilli powder. Sprinkle 1/2 वाटी water (हबका).
- Then cook it on low flame & sauté in between.

Cover:

- Take 3 वाटी मैदा, add 3 tablespoon oil & rub oil to मैदा properly. (Try out that it is held together in a fist (मुठटी).
- Then make a dough like roti dough with water. It will become little sticky, so add some oil and mix it properly. Rest dough for 1/2 hour.
- When the cooked दाल becomes cold (See that it gets crushed easily with fingers)
- Then add coriander, आमचूर & सौंफ powder, गरम मसाला, cumin powder. Mix it and adjust मसाले to your taste. Make small balls of this mixture.
- Take the rested dough & again knead it. Make balls of this dough also.
- Add this mixture to dough, close it and हलक्या हाताने कचौरी (पुरी size) लाटायची.

Deep fry:

- Oil must not be hot. (If you put a small कचौरी in oil, as a test, it should not immediately come up. In that case, let the oil cool down). Fry them on low flame.

Tips:

1. Splash oil on the कचौरी but don't turn it upside down. Once the upper side swells, turn it upside down. Then you may slightly increase the flame.
2. We add the mixture to the cover dough & close it & then पुरी लाटतो. The side which we close should be kept above while deep fry.

शेगाव कचौरी:

Method:

- Heat oil in a Pan, add दरदरीत paste of ginger, garlic, finely chopped coriander leaves & green chili.
- Sauté it. Then add 1 & half वाटी बेसन and sauté properly till बेसन turns light brown.
- Add salt, turmeric, red chili powder, हिंग. Sprinkle little water (हबका). Sauté & turn off the gas. Take a separate Pan & add 1 tablespoon each of coriander, cumin & सौंफ powder. Sauté it for some time (without oil) and then add this दरदरीत powder to above mixture and also add little आमचूर. Mix it properly.

Cover: It is same as above.

Deep fry: Same as above.

13. वडे (पुरणा बरोबरचे)

Ingredients:

1 / 2 वाटी मटकी, 1 वाटी मूंग, 1 वाटी चणा दाल, 1/4 वाटी अरहर दाल.

Method:

- Soak all above in water for 6 hours. Remove water, add ginger, green chilli, कढीपतता & churn it in a mixer (दरदरीत).
- Transfer above in a separate bowl, add turmeric, chilli powder.
- Then heat 1 table spoon oil in a Pan, add cut कढीपतता, हिंग & coriander powder (a little more than normal).
- Add this to the mixture in the bowl.
- Also add to the bowl, तेला मध्ये परतलेला 1/2 teaspoon मेथी दाणा (after crushing it.)
- Mix it & make flat & round वडे of above mixture. (if वडा is not holding it self then add बेसन to it or take a little mixture, again churn it in a mixer & add it.
- Make a small whole in the middle and then deep fry.

Important Tips:

1. While frying oil should be hot (not smoking hot)
2. Once you put वडा in the oil, let it get cooked (don't touch it with झारा)
3. Once they are done from one side, then turn the upside down
4. Fry them a little golden brown.
5. Instead of deep fry you may also steam them & eat.

14. दाबेली

Ingredients:

4 boiled potatoes, 3 finely chopped onion, लसणाची चटणी, चिंचेची चटणी, (or in place of these two, only भाकरीची लाल चटणी & चिंचेचा कोळ), अनार दाणे, roasted peanuts, nylon शेव and bun (लदी) पाव

Method:

- Heat oil & butter in a Pan, add little onion & sauté. Then add turmeric, red chilli powder, coriander & cumin powder, गरम मसाला, चाट मसाला & little water.
- Then add smashed potatoes, salt, tamarind pulp, sugar. Mix it properly and add water if required to make it soft. Turn off the gas. Transfer this mix into another bowl, add chopped onion, coriander leaves, little अनार दाणा & few peanuts. Mixture is ready.
- Heat butter on a Pan or तवा. Apply butter on both sides of bun पाव and heat them on the Pan.
- Remove bun and apply लसणाची चटणी on one part & tamarind paste on another part of bun. Also add the mixture already cooked. Then add chopped onion, अनार दाणा, peanuts, शेव and close the bun. Now again apply butter on upper side of closed bun & heat it.

15. Dry snacks

Ingredients:

Boiled लाल चणा or boiled छोले (remove water)

Method:

- **फोडणी:** Heat oil in a Pan , add cumin seeds, हिंग , coriander leaves & then add लाल चणा or छोले . Add छोले मसाला and salt.
- (if छोले मसाला is not available, then coriander, cumin & red chilli powder, आमचूर, गरम मसाला , हिंग & salt.
- While serving, heat it, add chopped onion, chopped green chilli, coriander leaves and sprinkle चाट मसाला.

Dry Peanuts:

Method:

- Cook peanuts in pressure cooker. Remove water.
- While serving, add red chilli powder powder, salt, finely chopped onion & green chilli, coriander leaves.



Special dishes

1. बटाटे वडा

Method:

- Boil the potatoes. साल काढू कुस्करून घ्यायचे.
- **फोडणी:** Heat oil in a Pan, add coarse paste of green chilli & ginger.(garlic is optional).
- Add finely cut कढीपतता, turmeric, हिंग
- Mix (with hands) the above फोडणी with the potatoes & add salt & coriander leaves. Mix.

OR

Second method:

- Heat oil in a Pan, add mustard, ऊडद दाल, कढीपतता, green chilli, ginger turmeric, हिंग & coriander leaves. Now add potatoes into the Pan and mix it properly.

(Both the methods are almost similar. The difference being, in the first method, the potatoes are not hot & mushy and can be immediately used for making वडे)

- **बेसन batter:**
- Take बेसन, add salt, little bit of turmeric, red chilli powder & mix. Then add water to make batter of pouring consistency. हे batter चांगल फेटून घ्यायचे & let it rest for at least 15 minutes .
- Make balls of potatoes, dip it in the batter & deep fry them.

2. दही वडा & सांबर वडा

Ingredients:

1 वाटी ऊडद दाल, 1/4 th वाटी मूंग दाल (yellow), curd, green चटणी & चिंचेची चटणी.

Method:

- Soak both the दाल together in water over night or at least for 6 hours.
- Remove the water and churn it in a mixer (consistency between smooth & coarse). While churning add grated ginger. (No water to be added. If at all it is required then add only 1 or 2 teaspoon of water)
- Keep above batter in परात and बराच वेळ फेटायच, to make it light & fluff. (It is done if a little batter if put in water, it will float.). This will ensure that दही वडे becomes light.
- Add salt to batter. Now it is ready for deep fry.
- Fry them on medium flame.
- Take water in a separate pot, add little salt & keep it ready.
- Put the fried वडे directly into the water.
- दही : Add salt & little sugar but without water (घुसळून घेणे)
- Take another pot with water & add हिंग to it. Now take out each वडा immersed in water, lightly squeeze it and put it the water with हिंग. Let it be there for say 15 minutes & again remove each of them & squeeze them lightly. (This process will remove the oil from the वडा)
- Place these वडे on a plate, add दही, add green & tamarind चटणी to it, sprinkle black salt, and मसाला
- मसाला : 1 tea spoon whole cumin , 7 to 8 pepper corn (मिरे) ,1/4 teaspoon carrom seeds
- (ओवा). Roast above ingredients a little bit and make its powder.
- Garnish with डाळिंब दाणे & nylon शेव.

Tips:

मूंग दाल is not necessary but it is preferable as it is easy to digest.

सांबर वडा:

- The procedure of making सांबर वडा is same as above except a little variation –
- While churning the soaked दाल with grated ginger, you may also add green chilli & कढीपतता.
- Since the chilli has been added, spoon ने batter फेटायचे.
- While frying, make a little hole to the वडा.

सांबर:

Method:

- Cook अरहर दाल & smoothen it.
- Heat oil in a Pan, add mustard, हिंग, कढ़ीपतता, onion. Sauté & add vegetables (you have) such as drum stickers, radish (in small quantity). carrot, brinjal. French beans, लाल भोपळा, बटाटा लौकी, टमाटर (tomato paste also will do), flower etc. Add water & then सांबर मसाला, salt (for vegetables). After it is cooked add tamarind pulp & Cooked दाल. Adjust salt, 1/4 teaspoon sugar.
- Boil it & then garnish with coriander leaves.

सांबर मसाला:**Ingredients:**

5 table spoon coriander seeds, 2 teaspoon cumin, 1/ 2 teaspoon मेथी दाणा, 1 tablespoon each of चणा दाल & ऊडद दाल, 6 to 7 cloves ,12 pepper corn (मिरे), 2-inch दालचिनी तुकडा.

Method:

- Heat 1 teaspoon of oil in a Pan, add मेथी दाणा, sauté it & then add coriander & again sauté and then add other ingredients except both the lentils. Sauté it properly & remove this mixture.
- Roast both the lentils separately (without oil).
- Mix roasted lentils and above ingredients & grind it to powder.

3. साबूदाणा खिचडी

Ingredients:

साबूदाणा , boiled smashed potatoes , दाण्याचा कुट , green chilli, coriander leaves.

Method:

- Soak साबूदाणा in water as explained above.
- Take soaked साबूदाणा & add salt, sugar, दाण्याचा कुट (दलदरीत) + half crushed दाणे and mix it.
- Heat oil or ghee in a Pan, add cumin seeds, red chilli powder (if you want), green chilli, sliced potatoes (raw) or (boiled potatoes), salt for potatoes. Sauté till potatoes get cooked. Then add above साबूदाणा. Sauté it frequently and वाफ आणायची. (Cook it)
- *Alternately*, after adding साबूदाणा as above, immediately turn off the gas. Then shift it to a separate glass bowl. Then microwave it for 30 seconds to one & half minute depending upon the quantity.
- It can be even microwaved plate by plate (for 30 seconds) as and when required.
- *This is a better & convenient method.*

Tips:

1. It is likely that when you add वडा to heated oil, then it can burst. Therefore, put only 1 वडा first & keep away from gas.
2. If वडा is bursting, you may add more smashed potatoes or you may add any उपासाचे पीठ or even little bit of कणिक / बेसन.
3. Fry them on medium flame. Let वडा get cooked for some time and then turn upside down. Don't change its sides frequently.
4. Add दाण्याचा कुट as well as half crushed दाणे.

दाण्याची चटणी:

Method:

- Take roasted peanuts or it's powder, curd, green chilli, coriander leaves, cumin, salt.
- Churn all ingredients in a mixer.

उपासाची बटाटा भाजी:

Method:

Add salt to boiled potatoes and दाण्याचा कुट.

Then heat oil or ghee in a Pan, add cumin seeds, green chilli, red chilli powder & then add above potatoes. Sauté & garnish with coriander leaves.

4. साबूदाणा वडा

Ingredients:

साबूदाणा, boiled smashed potatoes, दाण्याचा कुट, green chilli, coriander leaves.

Method:

- Wash साबूदाणा with water 3 to 4 times. Leave little water in the bowl and cover it. Keep it overnight Or at least for 4 to 5 hours.
- Add smashed potatoes to साबूदाणा. Also add salt, cumin seeds, finely cut green chilli, दाण्याचा कुट, coriander leaves. Mix it. (If you cannot make balls easily then add more smashed potatoes.)
- Deep fry.

Tips:

5. It is likely that when you add वडा to heated oil, then it can burst. Therefore, put only 1 वडा first & keep away from gas.
 6. If वडा is bursting, you may add more smashed potatoes or you may add any उपासाचे पीठ or even little bit of कणिक / बेसन.
 7. Fry them on medium flame. Let वडा get cooked for some time and then turn upside down. Don't change its sides frequently.
 8. Add दाण्याचा कुट as well as half crushed दाणे.
- It can be even microwaved plate by plate (for 30 seconds) as and when required.
 - *This is a better & convenient method.*

5. हराभरा कबाब & Other

Ingredients:

Blanche spinach (drain out all the water & churn just once), मटर (if it is fresh then churn it दरदरीत. If it is frozen then just crush it), finely cut coriander leaves, पुदिना, finely chopped green onion & finely cut green chilli, ginger Julian & boiled smashed potatoes.

Method:

- Heat little oil in a Pan, add green onion, sauté & add green garlic (if available), then add spinach, then मटर. Cook it without cover (to make it dry). Then add chopped coriander, पुदिना, green chilli. Sauté to make it dry. Take it out in a separate bowl.
- After it *cools down*, add smashed potatoes (whatever required for binding). Now add गरम मसाला आमचूर, salt. If still it is soggy then add little bit of corn flour.
- Make above mix into round कबाब shape & fix ginger Julian to each कबाब & even cashew nut (if required take little corn flour in the hands while giving it a shape.) (Mind well that more corn flour will again make it sticky). Keep कबाब inside the freeze for at least half an hour. (If you have a party, make them one day earlier & dump them in the freeze)
- *Shallow fry or deep fry.*

Tips:

1. If you do shallow fry, don't add corn flour in the mix (because the corn flour will not get cooked). In this case you may add बेसन while cooking vegetables or soaked & churned चणा दाल
2. (1 or 2 tea spoon.)
3. If required, you may spread corn flour on the कबाब from outside before shallow fry (corn flour then will get cooked)

Spinach वडी:

Method:

- Take 1& half वाटी बेसन, add 2 teaspoon rice flour, turmeric, ginger, garlic, chilli paste, salt, lemon juice, 2 teaspoon oil. Mix it, add water to make (pakora consistency) then 1 & half वाटी चिरलेली spinach. Add 2 pinch of baking powder. Mix it properly.
- Steam it in Cooker (without weight) or in Steamer. Takes about 15 minutes for normal quantity.
- Remove in a plate and cut it into वड्या (after it cools down).
- *You can eat as it is.*
- Or it can be deep fried or make फोडणी.

- **फोडणी:** Heat oil in a Pan , add mustard , हिंग , sesame , कढीपतता and put the वड्या into फोडणी & sauté for some time .

Tips:

In place spinach, you make take coriander leaves Or finely cut cabbage, Or cabbage + grated carrot.

Coriander वडी:

Ingredients:

Soaked 1 वाटी चणा दाल (soaked for 4 hours), ginger, garlic, chilli paste, 1 & half वाटी finely cut coriander leaves.

Method:

- Churn soaked दाल in a mixer (दलदरीत). You may add ginger, garlic & chilli while churning or add the paste separately. Then add salt, turmeric, 1 pinch of baking powder, 1 teaspoon oil. Mix it properly. Then steam it.
- ***You may eat it as it is.***
- Or Shallow fry.
- Or Do फोडणी as above.

6. राजमा patties

Ingredients:

Boiled राजमा or left over राजमा, bread

Method:

- Take left over राजमा, add finely chopped onion. Ginger Julian, finely cut green chilli, red chilli powder, coriander leaves. (Add above ingredients as per requirement)
- If you take boiled राजमा, add above ingredients and also other मसाला as per your taste.
- Take a separate bowl, add water & some salt.
- Remove the edges of the bread and dip it in the bowl. Then take it out & remove the water by pressing with palms.
- Spread above राजमा mix on the bread and roll it and close the sides.
- Shallow fry.

Tips:

You can even take two slices of bread. Spread the राजमा mix over it & overlap them & roll the लाटणं over it.

Vegetables (भाज्या) कबाब:

Method:

- Heat little oil in a Pan, add finer chopped Capsicum, मटर, graded carrot, finely chopped cauli flower (optional), salt and sauté it.
- Take above in a separate bowl and add boiled & smashed potatoes, then add spices (coriander, cumin, आमचूर & red chilli powder.) Add finely cut green chilli, garlic, ginger Julian & coriander leaves. Mix it properly.
- Give it a shape (cylindrical). Roll them in dry corn flour and keep them inside the freeze (Minimum 1/2 hour for setting).
- Shallow fry or deep fry them.

Tips:

After adding boiled & smashed potatoes to vegetables, if the mix is soggy, then you may add dry फतलेले बेसन.

7. Corn चाट

Ingredients:

Corn, onion, Capsicum, tomatoes or cherry tomatoes, zucchini, carrot

Method:

- Steam corn, whole onion & carrot in a steamer. Cut bigger pieces of onion.
- Heat little oil or butter in a Pan, add Capsicum pieces. Sauté and then add zucchini, carrot, corn & tomatoes.
- Add salt, pepper, chilli flakes & lemon juice OR
- Add salt, mint & tamarind चटणी

Corn पकौड़े:

Ingredients:

Churn (raw) corn in a mixer (दरदरीत). Keep some whole corn separately.

Dry roasted oats powder, chopped spinach, coriander leaves, green chilli, ginger Julian.

Method:

- Take churned corn in a separate bowl, add above ingredients & also whole corn. Add salt, turmeric, chili powder. Mix it.
- Deep fry the पकौड़े.

Tips:

1. You may take soaked चणा दाल (1/4 th of corn) along with corn.
2. Instead of oats, you may take बेसन.

Corn dish:

Ingredients:

Grated corn, soaked चणा दाल (2 वाटी corn with 1/4 th वाटी चणा दाल), chopped onion.

Method:

- Heat oil in a Pan, add mustard seeds, हिंग, chopped green chilli, कढीपत्ता & onion.
- Sauté.
- Add turmeric, chilli powder, corn & चणा दाल. Add salt, sugar and 1 tablespoon curd. Sauté it on low flame and cover it. Cook it.

Tips:

Instead of adding curd, you may add lemon juice but after it is cooked.

8. सुरळीची वडी

Method:

- Take 1 वाटी बेसन add 3 वाटी buttermilk, turmeric, salt, हिंग, & 1 tablespoon rice flour
- (optional)
- Pour it in the Pan (medium flame) and keep on stirring.
- Take a separate ताट, apply oil to the back of the ताट. (Alternately apply oil on clean surface of kitchen platform.)
- When बेसन is cooked (घट्ट पिठलं consistency) using bigger spoon, put it on the ताट while it is hit & spread it with spatula as thin as possible & evenly.
- After it cools down, cut it into long strips. Then roll each strip to make it cylindrical.

फोडणी:

- Heat oil in a Pan, add mustard seeds, हिंग, कढीपतता & long slit green chilli.
- Then pour फोडणी over the सुरळी वडी and then garnish with shredded wet coconut, coriander leaves

Tips:

1. To check whether the mixture is ready, see if it is sticking to the back side of the spoon.
2. If it is not sticking, let it get cooked for some more time.
3. Also, when it gets cooked, it will start leaving the Pan.

9. Vegetable Lollypop

Method:

Cut bigger pieces of flower & boil (half cook) them in salt water in a Pan.

Take a separate bowl, add मैदा & corn flour (Approx. same proportion). Add salt, ginger & garlic paste, schezwan sauce, red colour (optional). Add water to make it पकौडे consistency.

Dip the half-cooked flower pieces into the above batter & deep fry.

For a party, serve them with tooth pick inserted into each Lollypop.

Vegetable Finger:

Method:

- Steam pieces of flower, carrot, मटर, French beans.
- Smash them with hands. Add salt, schezwan sauce, colour (optional).
- Roll them into small finger rolls.
- Coat these rolls with mixture of मैदा & corn flour. Keep them inside the freeze at least for one hour
- Take them out from the freeze & directly deep fry them.

10. Paneer in garlic lemon sauce & crispy potato honey chips

Method:

- Heat little oil in a Pan, add 2/3 whole red dry chilli, finely chopped garlic (2 teaspoon), finely chopped ginger (1 teaspoon). Sauté it. Then add Paneer pieces & sauté till it turns golden.
- Then add salt, chilli powder, pepper powder, 1 teaspoon honey, lemon juice & also a little bit of grated lemon साल (lemon zest). Sauté to make it dry. Add coriander leaves.

Tips:

1. The quantity of मसाला should be such that it should taste hot, sweet & sour (tangy taste)
2. Whole red dry chilli is just for presentation.

Crispy potato finger chips with honey:

Method:

- Cut potato like finger chips.
- Sprinkle little bit of water and then sprinkle sufficient quantity of corn flour.
- Deep fry. (Keep it separately)
- Heat Pan & add two spoon oil, two spoon sesame seeds, ginger Julian, add green chilli & capsicum(lengthwise). Sauté till it is half cooked.
- Now add tomato sauce, red chilli sauce, soya sauce, honey.
- Mix it properly and then add above fried finger chips & mix.

11. Onion & Capsicum rings

Method:

- Boil the potatoes & smash them.
- मसाला according to potatoes – red chilli powder , turmeric, coriander powder , आमचूर , cumin powder , गरम मसाला , salt .
- Heat oil in a Pan, add हिंग, above मसाला. Turn off the gas & add mashed potatoes & mix it.
- Batter: Make watery घोल of बेसन + rice flour OR मैदा + corn flour with water.
- Make round rings of onion & capsicum. Keep the onion rings (& Capsicum rings separately) on the palm & put potatoes mixture over it. Dip these rings in the watery batter, then dip it in the bread Crum and shallow fry.

Tips:

You may take 1 or 2 bread slices & grind them in a mixer to make bread crumbs.

12. बाटी

Ingredients:

2 वाटी कणिक, ओवा, ghee, oil

Method:

- Take 2 वाटी कणिक in a Bowl, add salt to taste, 1 tea spoon ओवा, 2 teaspoon oil and one pinch baking soda / baking powder. Mix it thoroughly. Make a dough with water (पण मळायचा नाही. एकत्र बांधायचे). Make small गोळे.
- Take कढई & apply ghee all over it. Heat कढई & add half teaspoon ghee to it. Put above गोळे in कढई & cook them on lowest flame. Cover it with झाकण and every two minutes, turn its upside down.
- It would take about 10 minutes.

Tips:

1. 2 वाटी कणिक घेतली तर, 8 to 9 बाटया तयार होतात.
2. Eat it with दाल and / or भरता.
3. Apply ghee to बाटी, if you want.

13. मिसळीची भाकर

Ingredients:

Flour of ज्वारी, बाजरी, गहू, रागी, चणा or बेसन (whatever is available)

Method:

- Mix above flours & add red chilli powder, turmeric, salt & coriander powder. Make dough with normal water and make भाकरी just like roti. (If the flours are old then use warm water)

चटणी for above भाकरी:

Ingredients:

1/4 वाटी garlic, 1/2 वाटी dry coconut, 3 tea spoon coriander powder, 1/2 teaspoon cumin, 1 teaspoon chilli powder, tamarind कोळ (tamarind with water), gur (gur is double that of tamarind) & salt

Method:

- Grind above in a mixer.
- फोडणी : Heat oil in a Pan & add mustard , हिंग . Add फोडणी to above.

कढी:

Method:

- 1 वाटी चिरलेला मेथी. Heat oil in a Pan & add mustard, green chilli, चिरलेली मेथी, turmeric, हिंग, salt. Let it get cooked.
- Take another pot. Take 1 & half cup curd, add 3 spoon बेसन and घुसळायचे. Then add water & pour it above मेथी. Let it boil. Add salt as per requirement.

Tips:

मेथी नसेल तर कसूरी मेथी पण चालले .

भाकरी वरची फोडणी:

- Heat oil in a Pan & add more mustard & हिंग.

14. कणिक + कांदा थालीपीठ

Method:

- Take finely chopped onion, add red chilli powder, turmeric, salt, coriander leaves, finely cut green chilli & ओवा & mix it. Then add wheat flour. Mix it and then add water to make a loose dough.
- Apply oil on the Pan & heat it a little bit. Keep it on low flame. हात ओला (with water) करून, takes a dough and place it on the Pan . Again, हात ओला करून, spread the dough on the Pan. Further spread it with ओला हात. (ओला हात will ensure that the dough does not stick to your hand).
- Now keep the flame medium & make small holes to spread out dough, pour little oil in the holes and on the sides also.
- Cover it with plate. After about 2 minutes remove the cover and flip the side. Now don't put cover.
- Let it get cooked.

काकडीचे थालीपीठ:

Method:

- Grate the काकडी after removing cover. Add salt, red chilli powder, turmeric, coriander leaves, finely chopped green chilli, sesame seeds. Mix it properly.
- Then add wheat flour which can get accommodated in the above mix. (don't add water).
- Dough consistency should be loose
- Make थालीपीठ as per above method.

भोपळा थालीपीठ:

Method:

- This method is same as काकडी थालीपीठ except following.
- Since भोपळा does not have its own water (like काकडी) and it is slightly sweetish, add curd while making dough (No water).
- *Balance everything is same.*

वरणाचे (उरलेल्या) थालीपीठः

Method:

- Take वरण or पातळ भाजी, add उरलेले vegetables if any (like लौकी, बटाटा, brinjal etc). Smash vegetables by hand. Add wheat flour & salt, red chilli powder, coriander leaves.
- Method is like काकडीचे थालीपीठ.

Tips for all थालीपीठः

Instead of wheat dough, you may add any flour. Or you may mix any flour with wheat flour like ज्वारी, बेसन, rice flour etc

15. दोसा & इडली:

Ingredients:

3 वाटी rice, 1 वाटी ऊडद दाल, one handful पोहे, one teaspoon मेथी दाणा

Method:

- Soak the rice in water for minimum 4 hours or overnight separately and दाल plus मेथी दाणा together (separately). (Wash above items before soaking)
- In the morning, keep पोहे to soak for 10 minutes and churn in a mixer. Also churn rice & दाल separately.
- Consistency should be neither thick nor liquid. Mix all item and let it ferment for 8 to 10 hours.
- Add salt for taste to the batter and Make दोसा.

Tips:

4. If दोसा is sticking to the Pan then apply oil on the Pan with the help of cut onion and sprinkle salt water over the hot Pan. (if required every time while making dosa). (Cut onion into half & pierce fork on the other side and use it to apply oil).
5. Heat the Pan medium and pour दोसा batter while the Pan is not on the gas.
6. If you want crisp दोसा then batter should be thicker.

इडली:

Ingredients:

2 वाटी rice, 1 वाटी ऊडद दाल.

Method:

- Soak in water above separately and churn in mixer, same as above.
- Steam इडली.

इडली & दोसा with इडली रवा:

Method;

Remove water & again add water & wash it. This is to be done 3 times. Remove water after the रवा settles down. (This will remove impurities in the रवा)

- Then pick up with 2 वाटी इडली रवा + 1 वाटी ऊडद दाल with one teaspoon मेथी seeds.
- Soak only ऊडद दाल plus मेथी seeds overnight in water.
- Pour water in इडली रवा, just for 1 hour before churning.

- Churn in mixer the ऊडद दाल plus मेथी to paste. Remove it in a separate bowl.
- Now wash with hands the इडली रवा with the same water which was poured into it.
- both hands the रवा, squeeze it & then add to ऊडद दाल paste.
- Add salt to the batter and ferment it for 8 to 10 hours.
- Then you can make इडली.
- **For दोसा:**
- Take above fermented batter (whatever quantity is required), add little पोहे (optional) and churn it in the mixer.
- Make दोसा.

Tips for इडली:

You may take 1 & 1/2 वाटी इडली रवा instead of 2 वाटी इडली रवा and add 1/2 वाटी तांदूळ to 1 वाटी उडद दाल, soak it and churn it together.

उत्तपम:

Method:

- Any of the above batter (preferably दोसा batter) can be used to make उत्तपम.
- To make उत्तपम, add finely cut onion & green chilli, over the spread batter on the Pan. Cover it with plate (to cook onion)

16. ऊकरपेंडी

Ingredients: भाजलेली कणिक.

Preparation:

- 1 Take कणिक in glass bowl and microwave it for 8 minutes but in the starting open microwave door every 1 to 1.5 minutes & with spoon परतायची. After wards you will be required to open microwave door every 30 seconds & परतायची, otherwise the कणिक may burn in the middle of the bowl.
- खमंग भाजायची
- 2 Alternately, कढई मधे भाजायची (medium flame). सारखी परतायची . खमंग भाजायची .

Method:

- Heat oil in a Pan, add mustard seeds, कढीपतता, मिरची, हिंग, finely cut onion, turmeric, तिखट, salt, sugar for taste, आमचूर and add above कणिक. Mix it. (taste it & according adjust whatever you want)
- Then add warm water, (approximately equivalent to quantity of कणिक or little less).
- Mix it and वाफ येऊ देणे. Garnish with coriander leaves.

Tips:

1. When you add finely cut onion, let it remain little raw.
2. When you add water, don't add all the water in one go. Add it slowly.

17. पंचामरुत

Ingredients:

तेल, मोहर, हिरवी मिरची, हळद, कढीपतता, हिंग, मेथी दाणा, peanuts, खोबरे तुकडे (if available), चिंचेचे घट्ट पाणी, गूळ ,salt
तीळाचा कूट, दाण्याचा कूट, धणे कूट

Method:

- Heat oil in a Pan and add above ingredients, in the same order & cook it.

Tips:

Quantity of गूळ should be double of चिंच.

18. Christmas Cake

1) *Ingredients:*

मैदा 2 cups, sugar 1 cup, 1 cup white butter (if not available then ghee or oil), 2 tea spoon baking powder, 1/2 teaspoon salt, 3 eggs and 1 & 1/2 cup dry fruits (10 to 12 cut seedless dates & balance other cut dry fruits)

2) *Marmalade:*

- Take 2 tea spoon ginger Julian add 3 teaspoon sugar to it. Heat it & cook it in a Pan without water. (पाकवायच)
- Take orange (or kinnow) cover. Clean it with water & remove the white रेशे. Cut it to Julian,
- Boil 1 बाटी water separately in a bowl & put these Julián in the water. Boil them for 30 seconds.
- Strain the all the water fully. Again, cook it like ginger Julian as above with sugar.
- We need table spoon of orange marmalade.

3) *Caramelise* 4 teaspoon sugar:

- 4) Take 3 to 4 cloves powder, nutmeg (जायफल) & cinnamon powder. We need 1/2 to 1 teaspoon powder mix of above three ingredients.
(Make above 2, 3 & 4 items one day earlier & keep them ready)

Dry fruits: Keep above 1 & 1/2 cup dry fruits in the rum for at least 2 days in the rum (dry fruits बुडतील इतकी rum घेणे). It would give good results in terms of colour & taste if dry fruits are kept immersed in rum for one month (in the freeze)

Method:

- मैदा : Take 2 cups मैदा add above quantity baking powder & salt . Sieve this mixture 3 times
- Eggs: Take 3 eggs, separate yellow & white portion.
- Add 1 cup sugar to butter or ghee or oil & फेटायच then add yellow portion and खूप फेटायच with fork
- Add 1/4 teaspoon sugar to white portion & खूप फेटायच
- By "cut & fold method " mix little मैदा with little yellow portion & add little white portion & mix it.
- Do this process for all the quantity of मैदा, yellow & white portion.
- Add caramelised sugar, ginger & orange marmalade, rum-soaked dry fruits to above mixture.
- Add no 4-mix powder to above mix and mix well.
- Make cake of this mixture.

Tips:

1. Caramelised sugar: Take sugar in the pan & heat it on low flame. Keep on stirring till the sugar turns brown. Turn off the gas & add two teaspoon hot water to it.

Another simple method:

- Mix sugar & butter (फेटायच) add eggs (yellow & white portion both). फेटायच .
- Now mix मैदा to it portion by portion. Then add all other balance ingredients one by one. Mix it
- Make cake

Tips:

For any cake preparation, if you find cake batter is little thicker, add little milk to it.

19. फलाफल

Method:

Soak one वाटी छोले overnight.

Grind it in a mixer (दरदरीत) without water, along with onion, garlic, coriander leaves, green chili or red chili powder, black pepper, cumin, white sesame seeds & lemon juice.

Add to above bread crumbs or बेसन or मैदा or बेसन & मैदा mix. Add also a pinch of soda. Mix it & let rest for 15 minutes.

Make it balls (फलाफल) & deep fry them on medium flame till they turn golden.

Serve them with any chutney.

20. मिसळ

- **1 - Paste for मिसळ** - Heat oil in Pan, add one cut onion & sauté. After the onion becomes little soft add sliced coconut, again sauté & then add one sliced tomato, then add salt, garlic & ginger. Sauté it till it is cooked. Let it become cold and add green coriander to it and grind it in a mixer.
- **2 - Curry** - Heat little more oil in a Pan, add mustard, cumin, हिंग, कडीपतता.
- Then add above paste & sauté and cover it with lid. Sauté till oil separates.
- Now add 2 tablespoon besan, turmeric, red chilli powder, coriander & cumin powder, गरम मसाला, green chopped chilli. Sauté it till oil separates. Then add about 1 litre water and when it starts boiling, turn the gas on sim flame. Boil it 7 to 8 minutes (तेलाचा तवंग येईल) and turn off the gas.
- **3 - मटकी** - Heat oil in a Pan, add mustard, cumin, हिंग, कडीपतता & sprouted *one cup* मटकी.
- Add turmeric, red chilli powder, coriander & cumin powder, गरम मसाला & green chilli (bigger pieces), salt. Add water required for cooking only & cook it (Don't cook it in a cooker). Then add coriander leaves.
- **4 - Potatoes** - Boil 3 to 4 potatoes, cut them. Heat little oil in a Pan add mustard, cumin seeds, हिंग, कडीपतता, turmeric, cut boiled potatoes and salt, coriander leaves. Cook it.
- **5 - Final मिसळ** - Take a bowl. First add potatoes भाजी, then फरसाण over it then add मटकी, then add curry, then finely add chopped onion, green coriander leaves, little bit of lemon juice and again little फरसाण.
- Serve it with bread and cut onion, coriander leaves, lemon.
- **Tips:**
 1. You may take any sprouted कडधान्य or a mix of it. (Total sprouted: one cup)
 2. For red colour, use Kashmiri red mirch powder or dry red Kashmiri chilli soaked in hot water & then grinded.

21. Pudachi Vadi

Ingredients:

Besan (1 cup), 1/2 cup maida, 1/4 cup fine suji, 1 cup cleaned & dried finely cut coriander 1 cup, 1/2 cup dry shredded coconut, 1/2 cup finely cut onion, green garlic, if available, otherwise normal garlic, shredded ginger, finely cut green chili, red chili powder, turmeric, salt, sugar, amchur or lemon juice, khaskhas (2 tea spoon), coriander & cumin powder. (Black masala): In a separate bowl, take 2 tea spoon oil & add 2 tea spoon black masala, sauté & mix it

Method:

(Dough): Prepare dough of besan, maida, suji, salt, turmeric, little bit (1/4th tea spoon) of carrom seeds (optional), red chilli powder and 2 tea spoon hot oil. Properly mix it and make a dough with water. Let it rest.

(Kothimbir masala): Heat one tea spoon oil in a Pan, add green chilli, khaskhas, shredded garlic or green garlic (whatever available), ginger and sauté. Turn off the gas & add 1/2 tea spoon coriander powder, 1/4th tea spoon cumin powder, 1/4 tea spoon turmeric powder, amchur or lemon juice, sugar & red chilli powder to taste. Then add shredded coconut & sauté. Now add onion and mix it. Then add salt, sugar to taste and mix.

Take finely cut coriander leaves in a separate bowl, & add above masala to it & mix properly. (Taste it & ensure that it tastes sour, sweet & tikhat and also it gives a taste of ginger). **Kothimbir masala is ready.**

Now take one ball of the dough & flatten it into a shape of roti with a rolling pin. Apply above made black masala.

Spread the kothimbir masala all over the roti, leaving 1/2-inch space along the edge. Start folding it (1 to one & half inch width) to make a roll & apply black masala on to each fold. In the last, seal both ends edges and then cut it into three to four pieces. Now try to close the open face a little bit, dip it in dry maida & again dab both the sides.

Keep a bowl on the gas & turn it on to heat the oil. Fry above rolls in a medium hot oil to make them golden brown.

With this process, the pudachi vadi becomes very tasty as the kothimbir masala inside also gets fried, however this masala sometimes comes out while frying, if not properly sealed & dabbed.

Alternative:

- Roll a roti little smaller but little bigger than Puri, apply black masala on each fold & kothimbir masala as described above. (The kothimbir masala needs to

be prepared as given below), close both the ends and fry it without cutting. Now cut it in two parts.

- Kothimbir masala (different process): You need to sauté the finely cut onion in the oil, then add finely cut kothimbir & sauté. Turn off the gas.
- Sauté separately the dry shredded coconut without oil. Add this to above mixture.
- Heat one tea spoon oil in a Pan, add green chilli, khaskhas, shredded garlic or green garlic (whatever available), ginger and sauté. Turn off the gas & add 1/2 tea spoon coriander powder, 1/4th tea spoon cumin powder, 1/4 tea spoon turmeric powder, amchur or lemon juice, sugar & red chilli powder to taste and sauté. Now add above masala to above kothimbir mixture and fry pudachi vadi.



वरण व SOUPS

वरण & soups

1. Mixed Veg soup

Ingredients:

Cabbage, carrot, French beans, corn, peas, spring onions, corn flour.

Method:

- Heat little butter or ghee or oil. Add white portion of spring onion (cut), finely cut cabbage, carrot, beans. Sauté. Add salt & 1 bay leaf (तेजपान). Add water & let it boil.
- Add peas & corn & black pepper powder. Let it cook. Add 1 tea spoon corn flour dissolved in water (for thicker consistency). Sprinkle chilli flakes over soup as garnishing & taste as well.
- Let it cook.

Tips:

Each vegetable should be about 3 tablespoons.

2. फोडणीचे वरण

Cook अरहर दाल in a cooker

1) चिंच गूळाचे वरण:

Method:

- Heat oil in a Pan add mustard seeds, हिंग, कढीपतता, finely chopped onion. After onion turns golden brown add turmeric, chilli powder, salt. Then tamarind water, gur and mashed दाल. Then add काळा मसाला, coriander leaves. Boil it.

Tips:

You make take garlic in place of onion.

2) Onion, tomatoes वरण:

Method:

- Heat oil in a Pan, add mustard & cumin seeds, कढीपतता, green chilli, garlic, finely cut onion, cut tomatoes and salt, sugar, turmeric, chilli powder. After it gets cooked add already cooked दाल & ginger Julian.
- Adjust water & salt. Add coriander leaves, गरम मसाला or काळा मसाला or even both. Boil it.
- Add lemon juice if required after वरण is ready.

Second method:

- While cooking दाल, mix it with onion, tomatoes, ginger, garlic, chilli powder, salt, coriander powder & a little bit गरम मसाला. Cook it.
- फोडणी : Heat oil in a Pan, add mustard & cumin seeds, हिंग , कढीपतता . Also add little bit of cut onion & tomato, red chilli powder, 1 whole red chilli, little bit of गरम मसाला. Boil it. Garnish with coriander leaves.

3) ताक वरण:

Method:

- Take mashed cooked दाल, add water, salt. Boil it.
- फोडणी : Heat oil in a Pan , add mustard seeds , हिंग . Turn off the gas & add red chilli powder.
- Add above फोडणी to दाल. then add butter milk. (Don't heat the दाल after adding butter milk)

Tips:

Don't heat वरण, after you have added buttermilk.

4) Drum stick वरण:

Method:

- Method is same as serial no. 1 & 2 above, except the following:
- Add drumstick pieces along with finely cut onion in the Pan, add little water and let the drumsticks get cooked.
- Remaining procedure is same.

Tips:

Don't eat करेला भाजी with drum stick वरण or vice versa.

3. कलसलेल वरण

Method:

- आधीच / उरलेलं अरहर दाल घट्ट वरण (even फोडणीचे वरण पण चालेल) . पातळ वरण सुद्धा चालेल .कढीपतता .
- Heat oil in a Pan add mustard seeds, onion, कढीपतता, turmeric, red chilli powder. Then add वरण, adjust salt, काळा मसाला, थोडा गूळ. Cook it till it turns घट्ट.
- Garnish with coriander leaves.

घट्ट वरण (पेंड वरण):

Method:

- शिजवलेले अरहर घट्ट वरण (preferably थंड) . Add red chilli powder, salt, काळा मसाला, finely chopped onion, finely cut green chilli (optional), coriander leaves and add room temperature oil. Mix it and done.

Tips:

1. You can make little more quantity of वरण and then make पेंड वरण next day.
2. You can eat it with पोळी or Paratha.

4. Tomato & other Soup

Ingredients:

4 tomatoes, 1 small onion, 1 bay leaf, 1 pinch of cinnamon powder or 1 small stick, 1/4 bread slice.

Method:

- Take all above ingredients & cook them in a cooker.
- After it gets cold, remove bay leaf and churn in a mixer.
- Adjust water and add salt, peeper & boil it.
- While serving you may add little butter.

Tomatoes, carrot, beetroot soup:

Ingredients:

4 tomatoes, 1 carrot, 1/2 beetroot.

Method:

- Boil above ingredients in a cooker and churn it in a mixer.
- Add water, salt, peeper & boil it
- While serving you may add little butter.

Tip:

1. Heat little butter in a Pan and add finely cut 2 table spoon cabbage & 2 tablespoon peas. Sauté it little bit.
2. Add this in the bowl while serving.

Spinach Soup:

Ingredients:

2 वाटी Spinach leaves, 2 small or 1 big tomato.

Method:

- Boil above ingredients & churn in a mixer.
- Add water & boil it. Add peeper & salt & cook it.
- While serving add corns cooked in butter.

Cabbage & Capsicum soup:

Ingredients:

1 वाटी cut cabbage, 1 small capsicum & 1 small potato.

Method:

- Boil all above ingredients & churn them in mixer.
- Add water, salt, pepper, butter & boil it

Tomato शोरबा:

Ingredients:

4 tomatoes, 1 green chilli, 6 cloves garlic, 1 inch ginger.

Method:

- Heat little butter or ghee & sauté a little bit the above ingredients.
- Then cook above by adding water.
- After it cools down, churn it in the mixer (you may remove the green chilli).
- Pour above mixture in a Pan & add water, salt, sugar for taste & Kashmiri mirch for colour. Boil it.
- You can serve it as it is with little butter & coriander leaves.
- If you want it little thicker then add 1 teaspoon corn flour mixed with water.

Tips:

You may add lemon juice according to taste.

5. Tomatoes, pumpkin & onion soup

Method:

- Cut all above ingredients, add cinnamon powder or stick, bay leaf & very little ginger and cook it in a cooker.
- After it becomes cold, churn it in a mixer.
- Take butter in a Pan, heat it & add one tea spoon corn flour and water if needed. Then add above mixture & sauté. Add salt, pepper & cream if you want. Boil it & serve after garnishing with green peas. (Peas little bit sauté in butter)

Tips:

Remove bay leaf & cinnamon stick before churning in a mixer.

Lentil soup:

Ingredients:

मसूर दाल , onion , garlic , 1 small potato.

Method:

- Take all above in a cooker, add 1 bay leaf & cumin. Cook it.
- Churn it in a mixer.
- Take it in a separate pot, adjust water. Add salt, pepper. Boil.
- Garnish with coriander leave & add few drops of lemon juice & serve hot

Tips:

Remove bay leaf before churning it in a mixer.

6. Tomato & pumpkin soup

Method:

- Steam the tomatoes, pumpkin, onion & capsicum without seeds in a cooker.
- After it cools down, make its purée in a mixer.
- Heat butter in a Pan, add little corn flour and sauté it well.
- Then add above purée to it. Add salt, black pepper powder, adjust water & boil it.
- Then add little cream.
- While serving add little butter.

पराठे व धिरडे



पराठे व धिरडे

1. आलू पराठे

Option 1 -

Method:

- Take boiled potatoes. mash them and add दखरीत paste of garlic, ginger & green chilli.
- Then add coriander powder, coriander leaves, (you may add red chilli powder instead of green chilli). Mix it and add salt at the time of making पराठे (otherwise salt leaves water)
- Make wheat flour dough.
- Now add a ball of potatoes mix to dough and हलक्या हाताने लाटायचे.
- With the help of oil or ghee, make पराठे.

Option 2 –

Method:

- The method is same as above except add finely chopped onion & grated Cauli flower or carrot to smashed potatoes.
- Then make पराठे.

Tips:

Consistency of dough should be same as consistency of आलू mix.

पालक पराठे:

Method:

- Cut spinach, add sugar & salt and steam it. (sugar & salt ensure that green colour is retained)
- Make दखरीत paste of ginger, garlic, green chilli, coriander leaves (along with its stem)
- Crush spinach with hand once it is cold.
- Mix paste and steamed spinach and add wheat flour & began (3: 1 ratio) to it (whatever it can get accommodated in spinach)
- If required add little water to make dough.
- Make पराठे with oil or ghee.

मेथी पराठे:**Option 1:****Method:**

- Take मेथी leaves add turmeric, chilli powder, salt, sugar. Then add curd / butter milk, garlic, ginger (either paste or ठेचून). Make a dough with wheat flour (add water if required)
- Make पराठे with oil or ghee.

Option 2**Method:**

- Heat little oil in a Pan, add मेथी leaves & salt. Cover it with plate. Remove cover after 2 minutes. After it becomes cold, add paste of garlic, ginger & chilli & then add turmeric, salt.
- Add wheat flour to above & make a dough.
- Make पराठे.

Option 3:**Method:**

- Wash मेथी leaves and churn once or twice in a mixer. (Add little water while churning)
- Take above मेथी in a bowl and add salt, turmeric, green paste, coriander leaves.
- Add wheat flour which can get adjusted in above mix.
- Make पराठे.

Tips:

You may take wheat flour or mix of different flours like जवारी, बाजरी, बेसन in combinations.

2. पनीर पराठे & other

Method:

- Grate the पनीर, add finely chopped onion & green chilli, coriander leaves, salt & ओवा.
- Make wheat dough.
- Put a ball of above पनीर in the puri of dough and लाटून, पराठे करायचे.

Cauli Flower पराठे:

Method:

- Grate flower, add coriander leaves, finely chopped green chilli, ओवा, grated ginger & salt, turmeric, red chilli powder (optional)
- Add boiled potatoes for binding.
- Make a wheat dough. Roll dough into a puri shape & put a ball of above mix on it.
- Then लाटून, make पराठे.

मटार पराठे:

Method:

- First churn मटार with green chilli in a mixer (coarse).
- Heat oil in a Pan, add finely chopped onion then after some time add churned मटार, salt, turmeric, red chilli powder, coriander powder, cumin powder, आमचूर powder and sauté & वाफ आणायची.
- (Instead of all above powders you may add चणा मसाला). Add coriander leaves. Mix
- Make wheat flour dough.
- Put a ball of मटार on to a puri shape of dough. लाटायचे & Make पराठे .

Coriander leaves पराठे:

Method:

- First roast बेसन without oil. Cut coriander leaves.
- Heat oil in a Pan, add हिंग, turmeric & coriander leaves. Then add finely chopped green chilli, red chilli powder, salt and sauté for 2 minutes. Turn off the gas. Add roasted बेसन, grated dry coconut, sesame seeds, cumin & आमचूर powder. Adjust salt & red chilli powder to taste.
- Take wheat flour dough. Make it in a puri shape and put a ball of above mix. लाटायचे and make पराठे.

Onion पराठे:

Method:

- Take finely chopped onion, add coriander leaves, कसूरी मेथी, red chilli powder, turmeric & little bit of roasted बेसन. (Don't add salt at this stage)
- Make wheat flour dough.
- Put a ball of onion mix on to a puri shape of dough, sprinkle salt in each पराठा (This will avoid it becoming soggy)
- Make पराठे.

दाल पराठे:

Method:

- Soak yellow मुंग दाल or चणा दाल. (मुंग दाल for 2 hours and चणा दाल for 4 hours).
- Churn दाल along with ginger, garlic & green chilli in a mixer (दरदरीत) (No salt)
- Heat oil in a Pan, add cumin, turmeric, salt, हिंग, red chilli powder (optional). Then add above churned दाल and cook it.

Tips:

3. You may take any दाल or mix of दाल. (even ऊडद दाल)
4. Take out the mix in a separate bowl. If you find it dry then add little buttermilk so that you can make balls.
5. Make wheat flour dough. Make a puri shape of dough & put a ball of दाल. लाटायचे & make पराठे .
- 6.

General Tips for all पराठे:

- The consistency of a dough should be same as the consistency of a mix.
- If you find the mix (सारण) soggy, then add 1 tablespoon of roasted wheat flour or बेसन to it or apply it to each ball of सारण while putting it on the puri shape of dough.

3. काकडी पराठे

Method:

काकडी किसायची & add green chilli , coriander leaves , turmeric, salt , red chilli powder , sesame . Mix it.

Add wheat flour to above (whatever quantity which gets accommodated)

Make a dough & then make पराठे.

Pumpkin पराठे:

Same as above except take shredded pumpkin in place of cucumber.

4. मुगाचे धिरडे

Method:

- . Soak in water the yellow मूग दाल (for 45 minutes).
- Churn it in mixer along with ginger, garlic, green chilli (बारीक). May add little water while churning. Then add salt, turmeric, हिंग. Mix it.
- Make धिरडे on Pan. Apply oil or butter after the mix is spread on the Pan.

Tips:

Green मूग दाल or साबूत मूग दाल also could be used instead of yellow मूग दाल.

Instant सूजी धिरडे:

Method:

- Take 1 वाटी rice flour, 1 वाटी सूजी, 3 teaspoons मैदा & 2 teaspoon बेसन. Mix it and add green chilli, ginger, salt & हिंग. Add water to make dosa like batter. Let it rest for 10 minutes.
- Batter will become thicker. Again, add water.
- Spread the mix on the Pan & then apply oil or butter. (You may spread chopped onion on the mix after it is spread on the Pan, add oil & then cover it. Then turn it upside down.)

Instant Poha & सूजी धिरडे:

Ingredients: one cup suji, 3/4 th cup thin poha.

Method: Churn dry above in a Mixer. It will become powder. Add 1/2 teaspoon salt & 2 teaspoon sugar. Add 1/2 cup curd & 1 cup water. Mix it. Again, add about 1 cup water & mix. Then add 1/2 teaspoon Eno fruit salt and mix.

Now make धिरडे (thicker like uthappam) on a Pan.

Tips:

If you want, you may add finely cut onion, green chilli, coriander to above batter.

Rice & दाल mix धिरडे:

Method:

- Soak in water, 1 वाटी rice, 1/2 वाटी चणा दाल, 1//2 वाटी ऊडद दाल, 1/4 मूग दाल. (Soak for 4 hours) .
- Churn it in mixer along with, ginger, garlic, green chilli & cumin. (बारीक)
- Add salt & mix.
- धिरडे can be made immediately or after it is fermented.

Tips:

दाल can be added in any proportion and even it is not necessary to take all दाल.

Rice & tomatoes धिरडे:**Method:**

- Soak 1 वाटी rice in water (for 2 hours). Churn it in mixer.
- Take 1 big or 2 small sliced tomatoes, add cumin, green chilli & churn it in mixer.
- Mix above two and you can make धिरडे immediately.

Quick & healthy धिरडे:**Method:**

- Take 1/2 वाटी तांदूळ or इडली खा and 1/2 वाटी मुंग दाल, Soak it in water for 2 hours.
- Remove water & grind it in a mixer. Then mix 1 वाटी नाचणी flour (if available) or ज्वारी or बाजरी or even wheat flour will do. Add salt & water to make it watery mixture.
- धिरडे करायचे .
- You may add to above mix following:
- Heat oil in a Pan & cook finely cut onion, green chilli, ginger Julian & coriander leaves. Add it to above mix and make धिरडे.

Tips:

1. Pour the thin mix on heated Pan, add little ghee or oil. Cover it with a plate.
2. Then परतायचे & done.

Common Tips for all धिरडे:

To make धिरडे crispy, make the batter thicker.

5. Wheat, ज्वारी, बाजरी (or mix आटा) पराठे

Ingredients:

Shredded pumpkin, finely cut onion & green chilli, coriander leaves, ginger Julian, red chilli powder, चाट मसाला, salt, little curd and any of above आटा or mix of it.

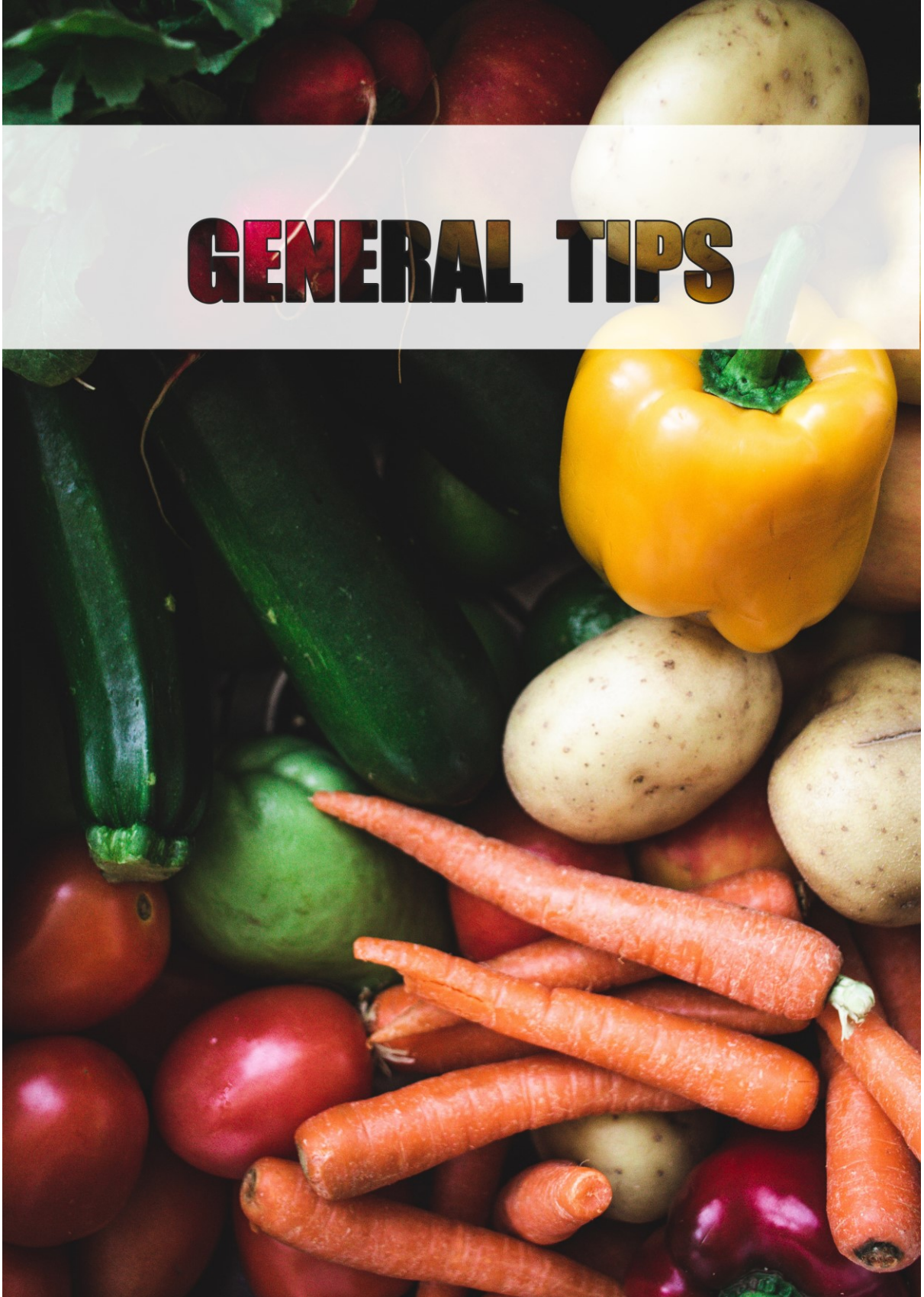
Method:

- Take आटा & add all above ingredients and make a dough with little water.
- Roll a thick roti & make पराठे. Use oil or ghee.

Another version:

- Take आटा or mix of different आटा, add मेथी or पालक leaves, ginger+ garlic + green chilli paste, coriander & cumin powder, आमचूर powder, sesame seeds. Make a dough with water and make पराठे.

Tips: Use warm water while making dough.



General Tips:

1. General tips

Preservation of grains:

- If you want to store rice for a longer period particularly in cities where it is hot & humid, then you should properly apply “boric acid powder “available at chemist shop & store it in a air tight container.
- Wheat & lentils: Keep them under hot sun (room, balcony or terrace) for at least three days & then store it in an air tight container. You may put “नीम leaves “in the container.
- Dry coconut if kept alone in a container, it may start smelling after few days. You may keep it inside the अरहर दाल container.
- To preserve red chilli powder, add little bit of salt or “हिंग खडा “. (Sprinkle little salt at the bottom of the container then add chilli powder. Again, sprinkle little bit of salt & again add chilli powder. Do it layer by layer
- If you find ants in sugar container, keep few cloves in it.
- Whiling boiling eggs, add a pinch of salt in the water. Eggs will not break.

FOOD ITEMS:

- **Pakora:** To make pakora crispy, add little bit of rice flour to the batter.
- **Puri** –When you make “पुरी “in larger quantities, keep a tissue at the bottom of a container & then keep fried पुरी over it.
- Also Add little bit of salt & sugar in the पुरी batter so that it remains popped up.
- Add little bit (1 or 2 tea spoon) of “सूजी “to the batter if the wheat flour is fine.
- **Lady finger भाजी:** Add little bit of आमचूर or lemon juice so that the भाजी doesn't become sticky.
- **Sprouted मूंग / मटकी:** Sometimes, it smells while sprouting. To avoid it, wash it with warm water or add little vinegar to normal water to wash it before keeping it to sprout.
- **डोसा / धिरडे:** Sometimes the डोसा or धिरडे tend to stick to the Pan (तवा). To avoid this, apply one drop of oil to the Pan, a few hours prior to making डोसा / धिरडे.
- It is advisable to keep one” iron तवा “separately for डोसा, धिरडे, थालीपीठ etc. Wash this तवा with soap water after its use and don't rub it (घासायचा नाही)

मुखवास



मुखवास

1. मुखवास (भाजलेला ओवा-carrom seeds)

Method:

- Take 1 वाटी ओवा & add 2 teaspoon curd to it & 1/4 th teaspoon salt. Mix it.
- Rest the mixture for 4 to 5 hours.
- Then roast in a Pan on low flame till it turns dry and gets roasted.
- Roast (without any thing) dry coconut small slices till they turn golden.
- Mix coconut slices with ओवा.
- It is good to eat after meals as it is digestive and very tasty as well.

गोड सुपारी:

Ingredients: (with proportions written in bracket):

चिकणी सुपारी (1/4 वाटी) (if not available then white सुपारी), ओवा (1/4 वाटी), लवंग (8 nos) विलयाची (10 nos), जेष्ठमध पावडर (2 to 3 table spoon), सौंफ (1 वाटी)

Method:

- थोडं गरम करून , mixer मध्ये grind करायचं
- सुपारी separately &
- ओवा , लवंग , विलायची & सौंफ together.
- Mix all items and add जेष्ठमध पावडर to it.