



It all starts with the everyday

presents



A TWIST OF

TRADITION





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To our STOP HUNGER trust, our NGO partner Sulabh International Centre for Action Sociology, our inspiring women farmers, brilliant culinary team, clients and customers who inspired this book of nutritious delights.

Your dedication to bettering the world through food continually creates flavoursome waves of change.

We are eternally grateful for all you do.

Thank You!
Sodexo.



LOVE  **FOOD**

Preface

Supporting people, improving their quality of life, and creating change in everyday things- it all forms a part of Sodexo's vision to build a better future for our people, our communities, and the world. One of the ways our vision comes to life is through our food services and CSR initiatives.

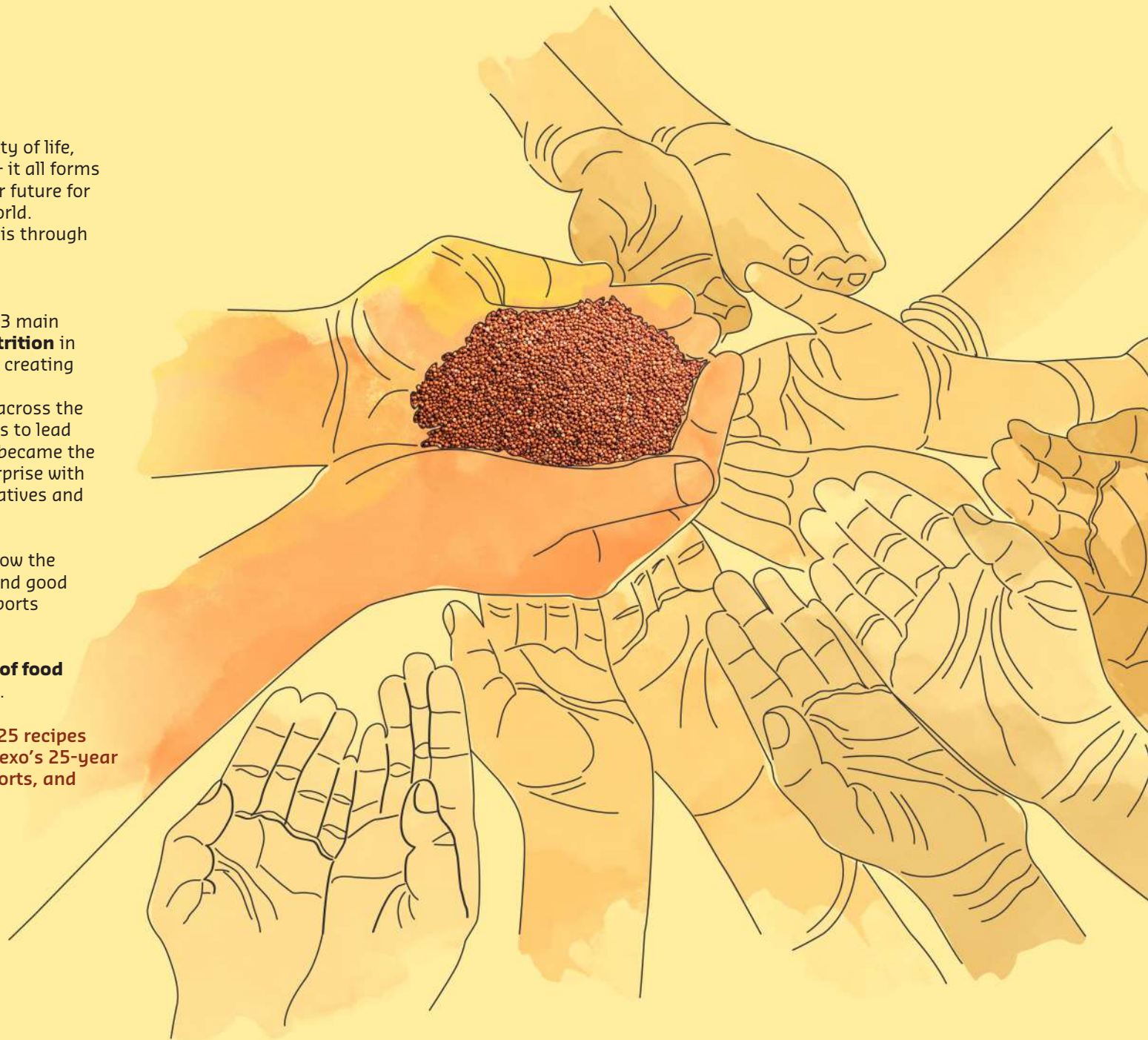
For decades, the Sodexo STOP HUNGER philanthropic missions have focused on 3 main aspects: **reducing hunger and malnutrition** in countries, **women empowerment**, and creating **balanced, sustainable livelihoods**.

It works to provide women and families across the globe with nutritious food and the means to lead healthier, fulfilling lives. This, therefore, became the starting point of a passionate food enterprise with countless community development initiatives and sustainability projects.

Together, we've set out to inspire and show the world that eating healthy can be tasty and good for all, as it nourishes the body and supports agrobiodiversity in the long run.

We believe that **food is love** and a **love of food** is what will create the future we all want.

Ultimately, this book is a celebration, 25 recipes lovingly curated to commemorate Sodexo's 25-year journey in India, our STOP HUNGER efforts, and the International Year of Millets.





A journey of food, farming, and beyond

Explore Sodexo's mission to create a delicious revolution and a new set of recipes that celebrate good ingredients and goodwill.

Fresh. Organic. Sustainable. These are the main ingredients of our food mission. We believe in celebrating the ways of old, when food went from farm to table, and when seasonal produce ruled the kitchen. For this, we take steps to support women farmers and bring the joy of food and flavours to the world. Here's how!

Since 1996, Sodexo has been working to end the hunger struggle in communities. Our global STOP HUNGER non-profit network empowers women with resources to eradicate food scarcity in their families, address nutritional concerns, attain economic equality and create a self-sufficient society.



Stirring the pot of sustainability

Everything Sodexo does is rooted in sustainable practices and aims for minimal environmental impact. We partner with global and local organisations/NGOs to reduce food waste, promote plant-based meals, improve food supply chains and use innovative cooking methods that lessen the strain on our resources. In short, we're leading the way to **eat green** and **go green**.



Hands that grow the grain

We support local farmers and women entrepreneurs by promoting farming methods that nurture the bio-diversity and trading practices that encourage self-sufficiency. It's a holistic approach toward creating a harmonious life and economy where everyone can thrive.

Creating fruitful futures with Sulabh

STOP HUNGER's collaboration with Sulabh International Centre for Action Sociology worked to uplift the womenfolk of quaint Ahmednagar villages. Together, we guided them to farm the lands themselves, grow their own gardens and reap the rewards of an eco-friendly and economically independent life.



Maidens of the Millet

By providing high-quality indigenous seed banks, we encouraged them to revive the ancient love of native crops that nourished the ecosystem and the body. The result? A bountiful harvest of seasonal grains, millets and vegetables. Full of flavour, full of goodness.

What follows are the recipes, plucked right from their kitchens, carefully curated—with our own twist added in—to create a special book that pays homage to our LOVE OF FOOD and the INTERNATIONAL YEAR OF MILLETS (2023).

Glossary



Hing
Hing or heeng is the Hindi word for asafoetida. Typically used as a seasoning in South Asian cuisine.



Vangi Bharit
Translates to stuffed eggplant/brinjal. A popular dish in the state of Maharashtra.



Moong dal
The Hindi word for green gram or mung beans. A staple lentil in Indian households.



Kulith
Kulith/Kulthi is a type of legume, generally grown in dry agricultural areas. Also known as horse gram.



Labneh
A Middle Eastern food made by removing most of the liquid from yoghurt.



Kothimbir
The Hindi word for coriander. It's a versatile ingredient with a fresh herby taste.



Bajra
Bajra is the Indian word for pearl millet. A profoundly nutritious and easy-to-digest cereal grain.



Kasundi
Kasundi is typically Bengali spicy and savoury mustard chutney.



Ambadi
It's a wild leafy vegetable, also known as sorrel leaves or Gongura. It has a tangy lemony flavour.



Amchur
Dried powdered mango. It has a tangy yet sweet taste.



Matki
Moth beans or Matki is a staple legume in various cuisines across India.



Atta
The Hindi word for flour or brown powder that is made by grinding grain.



Kanda-lasun masala
A flavourful base masala made from a paste of onion, garlic, and a blend of spices.



Ragada
Ragada (colloquially ragda pattice) is a dish of mashed potato, chickpea and pea sauce.



Coulis
A type of thick sauce made with pureed vegetables or fruit and often used as a garnish, mainly in French cuisine.



Tandul Papad
A type of rice cracker.



Bonda
The young flowers or buds of the Ambadi/Gongura plant.



Dangar
A red pumpkin.



Phirni
A slow-cooked sweet pudding.



Urid Papad
A thin wafer made of urid dal, a type of lentil.



Mohan
A Marathi term for oil that is heated then cooled down to lukewarm and added to flour to make it crispy.



Khursani Seeds
A nutrient-dense seed also known as karale seeds or niger seeds in English.



Garam Masala
A traditional Indian spice blend. Garam means 'hot' while masala means 'spices'.



Bhindi
A staple vegetable in India, known in many English-speaking countries as ladies' fingers or okra.



Rissole
A European dish of minced meat or fish covered with pastry and deep fried.



Ajwain
Ajwain is common in Indian food and is also known as carom seeds, bishop's weed, and ajwain caraway.



Nagli
Ragi or finger millet is known as nagli. Grown in the tribal hilly district of Dang and it is a great source of nutrients.



Shingule/Shengole
A Maharashtrian dish of dough noodles-made of millet or wheat flour-in a spicy gravy.



Motichoor Boondi
Boondi is an Indian snack made from fried chickpea flour. 'Motichoor' translates to crushed pearls.



Paneer Bhurji
Paneer is an Indian cottage cheese and bhurji means 'scrambled'.



Patodi
Patodi (patvadi) is a dish made with cooked (by steaming) gram flour.



Dashmi
Dashmi is a wheat and besan flatbread from Maharashtrian cuisine.



Gharya
Gharya is a traditional dish of deep-fried dough in the shape of pancakes.



Sandgey
Sandgey is multigrain dried dumplings rich in fiber used for gravies in Maharashtra.



Meet the women farmers from our Sulabh International Centre for Action Sociology collaboration.

These ladies are inspiring a new dawn of change in their communities by exploring social entrepreneurship, sustainable farming, and fair trade systems, one ingredient at a time.



Recipes





Gharya with Chocolate Sauce and Mixed Fruit Salsa



INGREDIENTS

For Gharya:

| | |
|--------|---------------------------|
| 500gms | Red Pumpkin |
| 300gms | Jaggery |
| 800gms | Wheat Flour |
| 10gms | Fennel Seeds |
| 20gms | Salt |
| 1litre | Oil (For frying) |
| 50ml | Hershey's Chocolate Sauce |
| | Icing Sugar (For dusting) |

For Fruit Salsa:

| | |
|--------|-------------------|
| 100gms | Papaya |
| 50gms | Pineapple |
| 50gms | Muskmelon |
| 50gms | Apple |
| 100gms | Kiwi |
| 100gms | Dragon Fruit |
| 100gms | Grapes (Seedless) |
| 20gms | Mint Leaves |

 **METHOD****For Gharya:**

1. Grate the pumpkin finely.
2. Add grated jaggery and salt.
3. Cook this mixture in a pressure cooker on low flame.
4. Take wheat flour and mix it with the cooled mixture of pumpkin, jaggery and salt.
5. Make small balls, roll with some flour and deep fry in hot oil.
6. Once puffed, remove from oil and drain.

For Fruit Salsa:

1. Chop all fruits into small pieces.
2. Chop fresh mint leaves.
3. Mix all the above and set aside.

For Plating:

1. Place gharya on a clean plate.
2. Dust icing sugar on top.
3. Drizzle chocolate sauce.
4. Sprinkle fruit salsa and garnish with mint leaves.

**Tasty Trivia**

Eating fresh or roasted ripe pineapple can help boost immunity, and improve recovery time after surgery. It's best eaten on an empty stomach!





INGREDIENTS



For Dashmi:

| | |
|-------------|-----------------------|
| 350gms | Wheat Flour |
| 150gms | Besan |
| 30ml | Cooking Oil |
| 3gms | Hing |
| 2gms | Turmeric Powder |
| 10gms | Chilli Powder |
| 10gms | Jeera Powder |
| 5gms | Coriander Powder |
| 20gms | Salt |
| As required | Water (To make dough) |
| As required | Oil (For cooking) |

For Vangi Bharit:

| | |
|--------|-------------------------|
| 400gms | Eggplant |
| 20ml | Cooking Oil |
| 100gms | Onion |
| 100gms | Tomato |
| 20gms | Green Chillies |
| 50gms | Coriander Leaves |
| 30ml | Lemon Juice |
| 50gms | Crushed Roasted Peanuts |
| 10gms | Salt |

For Falafel:

| | |
|--------|------------------------|
| 400gms | Dry Chickpeas |
| 7gms | Baking Soda |
| 100gms | Fresh Parsley |
| 100gms | Fresh Coriander Leaves |
| 30gms | Garlic |
| 80gms | Onion |
| 15gms | Salt |
| 3gms | Black Pepper (Crushed) |
| 10gms | Jeera Powder |
| 5gms | Coriander Powder |
| 30gms | Green Chillies |
| 5gms | Red Chilli Powder |
| 20gms | Sesame Seeds |
| 10gms | Baking Powder |
| 1litre | Oil (For frying) |
| 30gms | Mayonnaise |
| 1gm | Dill Leaves (A sprig) |

For Thecha:

| | |
|--------|--------------------|
| 100gms | Fresh Red Chillies |
| 50gms | Garlic |
| 1gm | Hing |
| 1gm | Mustard Seeds |
| 1gm | Jeera Seeds |
| 20ml | Oil (For cooking) |

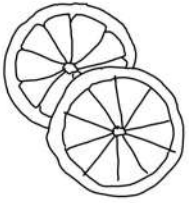


**Dashmi Pita and Red Chilli Thecha,
Vangi Bharit and Falafel**





METHOD



For Dashmi:

1. Put all the dry ingredients in a bowl and mix well.
2. Add water little by little to form a smooth dough.
3. Divide the dough into equal portions and roll with some flour into 6" diameters.
4. Heat a tawa and griddle the dashmi till well done.
5. Smear some oil for even cooking till golden brown on both sides.

For Thecha:

1. Heat some oil in a pan.
2. Add mustard seeds and jeera seeds. Wait till it splutters.
3. Add hing, add fresh chillies and garlic cloves.
4. Roast till slightly golden brown. Season with salt and set aside.
5. Cool down and grind coarsely in a mortar pestle/blender.

For Vangi Bharit:

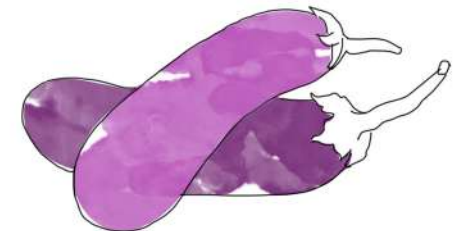
1. Take a big eggplant and pierce/make slits on the sides.
2. Apply oil all over the eggplant and put on a live flame to roast.
3. Roast it till the skin is burnt to ash and you get a smoky flavour to the eggplant.
4. Take out from heat and let it rest.
5. Once cool, peel off the skin and clean any burnt skin.
6. Chop the peeled eggplant. Drain it in a strainer to remove excess water from the cooked eggplant.
7. Finely chop onion, tomatoes, coriander leaves and green chillies.
8. Add the chopped vegetables to the chopped eggplant, add lemon juice, crushed peanuts and salt.
9. Make a tempering of hing, jeera and mustard seeds.
10. Mix well and set aside.

For Falafel:

1. One day in advance, place the dried chickpeas and baking soda in a large bowl filled with water to cover the chickpeas by at least 2 inches.
2. Soak overnight. When ready, drain the chickpeas completely and pat them dry.
3. Add the chickpeas, herbs, onions, garlic and spices to the large bowl of a food processor fitted with a blade.
4. Run the food processor 40 seconds at a time until all is well combined forming the falafel mixture.
5. Transfer the falafel mixture to a container and cover tightly.
6. Refrigerate for at least 1 hour or (up to one whole night) until ready to cook.
7. Just before frying, add the baking powder and sesame seeds to the falafel mixture and stir with a spoon.
8. Scoop tablespoonfuls of the falafel mixture and form into patties (½ inch in thickness each).
9. It helps to have wet hands as you form the patties.
10. Fill a medium saucepan 3 inches up with oil. Heat the oil on medium-high until it bubbles softly.
11. Carefully drop the falafel patties in the oil, let them fry for about 3 to 5 minutes or so until crispy and medium brown on the outside.
12. Avoid crowding the falafel in the saucepan. Fry them in batches if necessary.
13. Place the fried falafel patties in a colander or plate lined with paper towels to drain.

For Plating:

1. Take a plate, place dashmi.
2. Smear thecha on top, arrange vangi bharit.
3. Place falafel tikki on top.
4. Drizzle mayonnaise and garnish with dill leaves.



Moong Dal and Coconut Kadan



INGREDIENTS

| | |
|--------|-----------------------|
| 350gms | Moong Dal |
| 600ml | Coconut Milk |
| 450gms | Jaggery |
| 10gms | Salt |
| 30gms | Ghee |
| 20gms | Raisins |
| 30gms | Cashew nuts |
| 50gms | Grated Coconut |
| 5gms | Green Cardamom Powder |
| 800ml | Water |





METHOD

1. Dry roast moong dal in a hot pan till slightly pink in colour.
2. Set aside and cool. Once cool, add 800ml water and pressure cook dal till mushy and well done.
3. Once the dal is cooked, add jaggery and let it cook slowly till the jaggery is melted.
4. Add salt and continue cooking.
5. In a separate pan, heat ghee, add raisins and cashew nuts and roast till golden brown.
6. Remove from the pan and set aside.
7. Add grated coconut to the pan and slightly brown.
8. Next, add the raisins, cashew nuts and coconut to the kadan and let it simmer slowly.
9. Finish with coconut milk and continue slow cooking till you get a creamy smooth mixture.

For Plating:

1. Put the kadan in a clean coconut shell or a bowl.
2. Drizzle some coconut cream.
3. Serve hot.



Tasty Trivia

Moong dal is rich in protein and fiber, so its easily digestible. It also helps regulate blood sugar levels.



Vegan Kulith Sandgey Stew with Cauliflower Couscous



INGREDIENTS

400gms Kulith Sandgey
 10ml Oil
 20gms Salt
 1litre Water

For Masala:

30gms Fresh Ginger
 30gms Fresh Garlic
 150gms Onion
 80gms Dried Coconut
 20gms Dry Red Chillies
 20gms Chana Dal
 10gms Jeera Seeds
 10gms Coriander Seeds
 3gms Black Peppercorn
 20ml Oil
 100ml Water

For Stew:

100gms Onion
 80gms Tomato
 3gms Curry Leaves
 50ml Oil
 2gms Mustard Seeds
 1gm Hing
 1gm Turmeric Powder
 15gms Red Chilli Powder
 20gms Salt
 10gms Coriander Leaves
 As required Stock
 (Cooked Kulith Liquid)

For Cauliflower Couscous:

1.5kg Cauliflower (Grated)
 2gms Black Pepper Powder
 30ml Lemon Juice
 10gms Garam Masala Powder
 20gms Curry Powder
 20gms Salt
 150ml Olive Oil
 100gms Coriander Leaves
 20gms Red Bell pepper
 20gms Yellow Bell pepper
 50gms Capsicum





METHOD

1. Heat water, add salt and oil. Boil vigorously.
2. Add kulith sandgey and boil with a lid on, till it is soft.
3. Once soft, drain the sandgey.
4. Retain the stock to use it for further cooking.

For Stew:

1. Heat pan, add oil. Add mustard seeds and wait for it to splutter.
2. Add sliced onion and sauté till golden brown.
3. Add sliced tomatoes and let it cook till it forms a paste.
4. Add hing and dry spices.
5. Once the base is ready, add the ground masala and cook till it oozes oil.
6. Add little stock to form a semi-gravy.
7. Add the boiled kulith sandgey and let it simmer.
8. Once the kulith is cooked and absorbs the flavour, add chopped coriander leaves.



Tasty Trivia

Kulith or horse gram is a super legume rich in calcium, protein and iron. It helps to even heal ulcers and lower cholesterol levels.

For Masala:

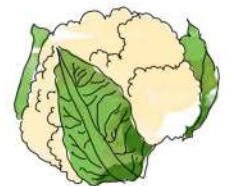
1. Heat a pan and add oil.
2. Roast the listed ingredients one by one till they are slightly golden brown in colour.
3. Transfer to a grinder and with little water, grind to a fine paste.
4. Set aside.

For Couscous:

1. Wash the chopped cauliflower florets thoroughly.
2. Now, add the chopped florets into a food processor and form a coarse mixture that resembles the texture of couscous.
3. Next, place a pan over medium flame and add olive oil in it.
4. Add the cauliflower couscous with curry powder and garam masala powder.
5. Mix well to coat the couscous evenly with the spices and then add salt and pepper as per your taste.
6. Cut the bell peppers into small dices and sauté with cauliflower couscous.
7. Reduce the flame to low and let it cook while stirring occasionally.
8. Once the colour of the cauliflower has darkened, add lemon juice and mix. Remove from heat and transfer it to a bowl.
9. Top it up with chopped coriander leaves.

For Plating:

1. Take couscous on a plate and make a well in the centre.
2. Add the piping hot kulith stew in the centre.
3. Garnish with some tempering and coriander sprigs.





Anarase with Rose Rabdi Anglaise



INGREDIENTS

For Anarase:

| | |
|--------|--------------------------|
| 500gms | Broken Rice (Tukda rice) |
| 350gms | Organic Jaggery |
| 20gms | Poppy Seeds |
| 30gms | Fennel Seeds |
| 1litre | Groundnut Oil |

For Rose Anglaise:

| | |
|-------|----------------|
| 100ml | Condensed Milk |
| 50ml | Rose Syrup |
| 5gms | Pistachios |
| 20gms | Rose Jam |
| 10gms | Rose Petals |
| 5gms | Almonds |

 **METHOD****For Anarase:**

1. Soak rice for three days, changing the water after every 24hrs.
2. After the third day, drain the water and place the rice to dry in sunlight.
3. Grind the rice to a slightly coarse texture.
4. After grinding, mix it with grated jaggery and soak for one day.
5. On the second day, mix with the roasted fennel seeds and make balls out of the dough which are hollow on one side. Fill the hollow side with poppy seeds.
6. Heat groundnut oil in a vessel, do not heat the oil too much.
7. Once the oil is adequately hot add the balls to fry on a low flame.

For Rose Anglaise:

Mix condensed milk with rose syrup and make an amalgamated mixture.

For Plating:

1. Take hot anarase on a plate.
2. Drizzle rose anglaise.
3. Add small dallops of rose jam, top it with rose petals.
4. Sprinkle almonds and pistachio shavings on top.
5. Place fresh herbs to finish.

**Tasty Trivia**

Roses are one of the top ten most edible flowers and are packed with vitamins A and C, iron, calcium, and potassium. They can even help soothe anxiety.

Tandul Papdya with Beetroot Labneh



INGREDIENTS

For Stuffing:

| | |
|-------|---------------------|
| 50gms | Tandul Papad (5nos) |
| 500ml | Oil (For frying) |

For Beetroot Labneh:

| | |
|--------|----------------------------|
| 300gms | Hung Curd |
| 200gms | Beetroot |
| 30gms | Olive Oil |
| 20gms | Salt |
| 30gms | Garlic |
| 3gms | Black Peppercorn (Crushed) |
| 5gms | Dill Leaves |
| 2gms | Black Sesame Seeds |
| 2gms | White Sesame Seeds |





METHOD

For Stuffing:

1. Heat oil in a pan.
2. Deep fry papad till crisp. Drain and set aside.

For Beetroot Labneh:

1. Marinate peeled beetroot with oil, salt, pepper, and chopped garlic.
2. Roast in a pre-heated oven at 180°C for 30-35 minutes for a rustic smoky flavour.
3. Once cooked, cool it and blend it to a smooth paste.
4. Mix the purée with the hung curd.

For Plating:

1. Take a plate.
2. Spread the beetroot labneh.
3. Sprinkle toasted black and white sesame seeds on top.
4. Insert crisp cracked papad.
5. Place dill leaves sprig.
6. Drizzle olive oil.



Tasty Trivia

Beetroots are one of the best sources of folate and are great for lowering blood pressure. They come in a variety of shapes and sizes - round, oval, tapered, long, or flat, some as small as marbles.



Healthy Moth Bean Bhel



INGREDIENTS

- | | |
|--------|------------------------|
| 300gms | Sprouted Matki |
| 200gms | Murmurra (Puffed rice) |
| 150gms | Cucumber |
| 100gms | Tomato |
| 100gms | Onion |
| 100gms | Coriander Leaves |
| 20gms | Salt |
| 50ml | Lemon Juice |
| 8gms | Chaat Masala |
| 10gms | Roasted Jeera Powder |
| 5gms | Amchur Powder |
| 50gms | Pomegranate Seeds |
| 3gms | Red Chilli Powder |





METHOD

1. Chop cucumber, tomato, onion and coriander leaves finely.
2. Blanch sprouts, drain and dip in cold water. Drain well and set aside.
3. Take a clean bowl.
4. Mix all the ingredients and toss well.

For Plating:

1. Make a cone of banana leaf.
2. Fill in the bhel and serve.



Tasty Trivia

Matki or moth beans are high in fibre and zinc and help to build muscle. If stored right, they can last up to 4 to 5 months.



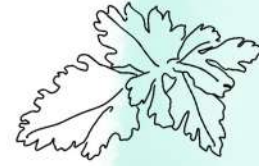
Bengal Gram Leaf Pesto



INGREDIENTS

For Bengal Gram Leaf Pesto:

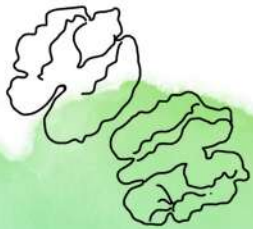
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|--------|--------------------|
| 200gms | Bengal Gram Leaves |
| 100gms | Coriander Leaves |
| 50gms | Garlic |
| 10gms | Salt |
| 10gms | Black Pepper |
| 50gms | Grated Parmesan |
| 30gms | Walnut/Pine nuts |
| 150ml | Olive Oil |



METHOD

For Pesto:

1. Put all the ingredients in a blender.
2. Blend to a smooth paste.



Tasty Trivia

Bengal gram leaves have a bitter taste similar to fenugreek (methi) leaves. They also contain higher amounts of important minerals, as compared to spinach or cabbage.



Shingule Khao Suey



INGREDIENTS

For Shingule:

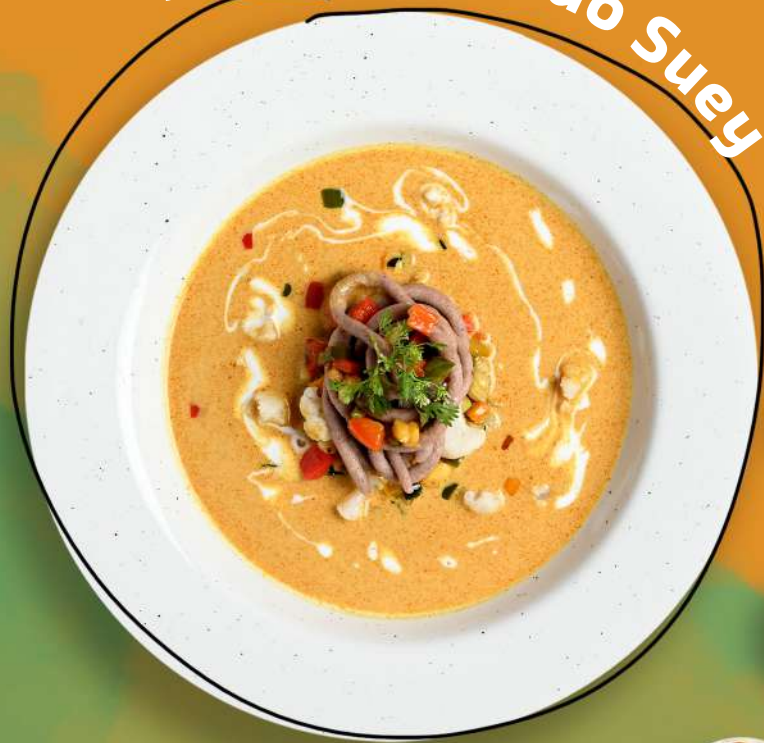
500gms Nagli Flour (Ragi flour)
10gms Salt
50gms Garlic Paste
20gms Red Chilli Powder
2litres Water
20ml Groundnut Oil

For Khao Suey:

150gms Yellow Curry Paste
400ml Coconut Milk
50gms Cauliflower
50gms Carrot
50gms Broccoli
50gms Yellow Zucchini
50gms Green Zucchini
50gms Baby corn
50gms Pak choy
30ml Cooking Oil
5gms Salt
3gms White Pepper Powder

For Toppings:

10gms Fried Onion
5gms Crushed Peanut
10gms Chopped Spring Onion
5gms Chopped Green Chillies
5gms Chopped Coriander Leaves



 **METHOD****For Shingule:**

1. Take nagli flour in a vessel. Add 2 tsp red chilli powder, salt and garlic paste. Add water and make a dough. Set aside for 10-15 minutes.
2. Make noodle shapes with the thickness of a pen from the dough.
3. Boil 2 litres of water in a vessel.
Add 2 tsp groundnut oil to the boiled water.
4. Cook the noodle-shaped pieces in the boiled water for 30-45 minutes.
5. Remove the cooked noodle shapes from the water.

For Plating:

1. Place the blanched and tossed vegetables in a bowl.
2. Pour in the hot khao suey broth.
3. Top it with shingule and add the toppings.

**For Khao Suey:**

1. Cut cauliflower and broccoli into florets.
2. Cut carrot, zucchini, baby corn into cubes.
Shred pak choy leaves and dice the stem.
3. Blanch all the vegetables and set side. Then add a little oil and toss the vegetables.
4. Take a heavy bottom pan and heat some oil. Sauté the yellow curry paste.
5. Once the curry paste oozes oil, slowly add the coconut milk and let it simmer.
6. Check for seasoning.

**Millet Merit**

The first mention of Ragi in Indian history goes back to ancient Sanskrit writers who used to refer to it as 'Rajika'. It is most popularly grown in the state of Karnataka.



Satpudchya Patodya



INGREDIENTS

For Stuffing:

| | |
|--------|----------------------------|
| 350gms | Dry Coconut (Grated) |
| 50gms | Poppy Seeds |
| 100gms | Sesame Seeds |
| 30gms | Ginger Paste |
| 30gms | Garlic Paste |
| 100gms | Coriander Leaves (Chopped) |
| 20gms | Black Pepper Powder |
| 10gms | Green Cardamom Powder |

For Patode:

| | |
|--------|--------------------|
| 350gms | Besan |
| 125gms | Atta (Wheat flour) |
| 10gms | Salt |
| 3gms | Hing |
| 5gms | Turmeric Powder |
| 50ml | Cooking Oil |

For Spreading:

| | |
|-------|--------------------|
| 50gms | Kanda-Lasun Masala |
| 100ml | Groundnut Oil |





Tasty Trivia

Besan is a gluten-free flour made from raw or roasted chickpeas and is a super source of fiber. Its uses are not just limited to the kitchen. It is even used as a facial exfoliant!



METHOD

For Stuffing:

1. Mix all the ingredients in a bowl and set aside.

For Patode:

1. Take besan, and atta in a clean bowl. Add salt, hing and turmeric powder.
2. Add water and mix well till you get a pouring consistency.
3. On a hot pan, add a little oil and spread a ladle full of the batter to make a dosa.
4. Cook thoroughly and then take it out of the pan.
5. Place it on a plate, spread the kanda-lasun masala mixture on the patode.
6. Place the stuffing and roll.
7. Serve hot with chutney of your choice.





Papad Tacos with Vangi Bharit



INGREDIENTS

For Tacos:

- 5nos Urid Papad
- 15gms Sour Cream

For Vangi Bharit:

- 400gms Eggplant
- 20ml Cooking Oil
- 100gms Onion
- 100gms Tomato
- 20gms Green Chillies
- 50gms Coriander Leaves
- 30ml Lemon Juice
- 50gms Crushed Roasted Peanuts
- 10gms Salt

For Tempering:

- 20ml Groundnut Oil
- 2ml Hing
- 1gm Mustard Seeds
- 1gm Jeera Seeds



METHOD

For Taco:

1. Roast urid papad and fold it in half to get the shape of a taco.

For Bharit:

1. Take a big eggplant and pierce/make slits on the sides.
2. Apply oil all over the eggplant and put on a live flame to roast.
3. Roast it till the skin is burnt to ash and you get a smoky flavour to the eggplant.
4. Take out from the heat and let it rest.
5. Once cool, peel off the skin and clean any burnt skin.
6. Chop the peeled eggplant. Drain it in a strainer to remove excess water from the cooked eggplant.
7. Finely chop onion, tomatoes, coriander leaves and green chillies.
8. Add the chopped vegetables to the chopped eggplant, add lemon juice, crushed peanuts and salt.
9. Make a tempering of hing, jeera and mustard seeds.
10. Mix well and set aside.

For Plating:

1. Take the folded papad, put the bharit inside.
2. Level it with the help of a spoon.
3. Drizzle sour cream on top.



Tasty Trivia

Known as papad, poppadom, happala, or appalams, these crispy delights have been an Indian favorite for millennia. In fact, the first mention of papad dates back to 500 BC in Jain literature.



Palak Pez Vadi with Paneer Bhurji



INGREDIENTS

For Palak Pez Vadi:

| | |
|--------|---------------------------|
| 300gms | Spinach |
| 500gms | Rice Flour |
| 15gms | Salt |
| 500ml | Water (For making batter) |
| 20ml | Oil |

For Paneer Bhurji:

| | |
|--------|-------------------|
| 350gms | Paneer |
| 100gms | Onion |
| 80gms | Tomato |
| 20gms | Green Chillies |
| 50gms | Coriander Leaves |
| 2gms | Mustard Seeds |
| 2gms | Cumin Seeds |
| 15gms | Salt |
| 5gms | Red Chilli Powder |
| 3gms | Turmeric Powder |
| 5gms | Jeera Powder |
| 30ml | Groundnut Oil |





METHOD

For Palak Pez Vadi:

1. Wash rice and place it under sunlight for drying.
2. After the rice has dried, grind it in a mixer to make flour.
3. Pluck spinach and clean. Wash nicely. Shred it fine and set aside.
4. Take a clean bowl. Mix rice flour, salt and water to form a batter. Add shredded spinach.
5. Heat a pan on the gas stove, and add 1 tsp oil.
6. Add a ladle full of batter to the pan and spread it across the pan.
7. Cover the pan with a lid and cook for 2-3 minutes.
8. Turn the spinach pez vadi on the other side to cook the same way.

For Paneer Bhurji:

1. Grate paneer and set it aside.
2. Chop onion, tomatoes, coriander leaves and green chillies.
3. In a pan, heat oil and mustard seeds and let it splutter.
4. Add onion and sauté till translucent.
5. Add tomatoes and chopped green chillies.
6. Cook together till the tomatoes are done.
7. Add all dry spice powders and salt.
8. Add crumbled paneer and continue mixing.
9. Once the paneer starts cooking it will form clumps.
Continue mixing to break these clumps.
10. Check for seasoning.
11. Add chopped coriander leaves and turn off the flame.
12. Serve with spinach pez vadi.



Tasty Trivia

Spinach's nutritional content ranges from vitamin K, C, A, E, and B-6. It usually has three different varieties: savoy, semi-savoy, and flat-leafed.



Vanilla Crepes with Dangar Halwa



INGREDIENTS

For Crepes:

| | |
|--------|-------------------|
| 350gms | Whole Wheat Flour |
| 2ml | Vanilla Essence |
| 1no | Egg (Optional) |
| 5gms | Salt |
| 3gms | Baking Powder |
| 20gms | Sugar |
| 750ml | Full Cream Milk |
| 50ml | Cooking Oil |

For Dangar Halwa:

| | |
|---------|-----------------------|
| 500gms | Red Pumpkin |
| 250gms | Sugar |
| 50ml | Ghee |
| 10gms | Green Cardamom Powder |
| 2litres | Full Cream Milk |
| 50gms | Raisins |
| 30gms | Cashew nuts (Chopped) |
| 150ml | Condensed Milk |
| 100gms | Fresh Grated Coconut |

For Plating:

| | |
|------|--------------------|
| 10ml | Rose Syrup |
| 5gms | Chopped Pistachios |





METHOD

For Crepes:

1. Sieve whole wheat flour with baking powder.
2. Take a clean bowl, add flour, sugar, egg (optional). Add milk and start beating with a whisk.
3. Add vanilla essence and 10ml oil. Mix well.
4. Take a non-stick pan, add oil.
5. Once the oil is hot, pour the batter in batches and make thin dosas.
6. Cook for 1 minute and then turn over.
7. Make sure the crepes are cooked thoroughly from both sides.
8. Once cooked, keep the crepes on a clean plate.

For Halwa:

1. Peel the pumpkin and grate.
2. Take a heavy bottom pan and heat milk. Keep aside when milk is boiled.
3. In a pan, add ghee and fry raisins and cashew nuts till golden brown. Take it out when the dry fruits are done.
4. In the same pan, sauté grated pumpkin. Once it starts sweating, cook further till the water is evaporated.
5. Add freshly grated coconut and mix well.
6. Add sugar and combine well. Add boiled milk and continue cooking till the milk reduces.
7. Add condensed milk, and sprinkle the green cardamom powder.
8. Let the halwa cook and form a well-combined mixture.
9. Add the fried dry fruits and mix well.

For Plating:

1. Take the crepes, place the dangar halwa on top of each one and fold them similar to a dosa.
2. Drizzle rose syrup on top.
3. Sprinkle chopped pistachios.



Tasty Trivia

Dangar or red pumpkin is in season throughout the year and is low in calories and fat. Great for weight balance!

Kulith Kothimbir Vadi with Papaya Sambaro, Green Garlic Chutney



INGREDIENTS

For Kulith Kothimbir Vadi:

| | |
|--------|----------------------------|
| 150gms | Kulith Flour |
| 100gms | Besan |
| 250gms | Coriander Leaves (Chopped) |
| 50gms | Ginger Garlic Paste |
| 8gms | Baking Soda |
| 15gms | Salt |
| 20gms | Green Chillies (Chopped) |
| 10gms | Red Chilli Powder |
| 3gms | Turmeric Powder |
| 5gms | Jeera (Cumin) Powder |
| 5gms | Coriander Powder |
| 100ml | Cooking Oil |
| 400ml | Water |

For Papaya Sambaro:

| | |
|--------|-------------------|
| 350gms | Raw Papaya |
| 20ml | Cooking Oil |
| 20gms | Green Chillies |
| 1gm | Turmeric Powder |
| 1gm | Red Chilli Powder |
| 10ml | Lemon Juice |
| 2gms | Mustard Seeds |
| 1gm | Hing |
| 10gms | Salt |

For Green Garlic Chutney:

| | |
|--------|-------------------|
| 200gms | Coriander Leaves |
| 50gms | Garlic |
| 20ms | Green Chillies |
| 50gms | Roasted Chana Dal |
| 10gms | Salt |
| 20ml | Lemon Juice |



METHOD



For Kulith Kothimbir Vadi:

1. Grind ginger, garlic and green chilli together to a medium coarse paste.
2. Wash the coriander leaves. Remove any wilted or discoloured leaves.
3. Spread them on a paper towel to remove excess moisture, pat it dry and then finely chop them and add to a big bowl.
4. Add kulith flour and besan (gram flour) to the chopped coriander leaves.
5. Add sesame seeds, red chilli powder, cumin-coriander powder, turmeric powder, baking soda, ginger-garlic-chilli paste and salt.
6. Add little water at a time as needed and mix well to make a thick batter.
7. Pour 1-2 glasses of water into a steamer or a broad and deep vessel and heat it over medium flame. Place a stand in the steamer.
8. Grease a tray or dish with oil and place it over the stand. Spread the batter in the greased tray.
9. Cover it with a lid and steam it for 15-20 minutes over medium flame. Do not open.
10. After 15 minutes, remove the lid and check it by inserting a toothpick or a knife in the centre. If it comes out clean, then it is cooked.
11. Remove the tray from the steamer and let it cool at room temperature for 10-15 minutes.
12. Run a knife on the sides of the tray and invert it on a plate so the steamed batter comes out easily.
13. When it cools completely, cut it into small pieces.
14. Heat some oil in a non-stick pan over medium flame. Place 7-8 pieces (or more depending on the size of the pan) in a pan and shallow fry them until the bottom surface turns light golden brown.
15. Flip them carefully and shallow fry the other sides until light golden brown.
16. Remove them using a slotted spoon on a paper towel placed on a plate. Shallow fry the remaining vadis.



For Papaya Sambaro:

1. Peel raw papaya, wash it and cut it in half, remove seeds if any and grate it.
2. Add red chilli powder and toss it.
3. Take a pan, add oil and heat.
4. Add hing, curry leaves and mustard seeds and let it splutter.
5. Add slit green chillies and toss.
6. Add turmeric powder and turn off the gas. Make sure the turmeric does not burn.
7. Pour over the grated raw papaya. Sprinkle salt and lemon juice.
8. Mix well and serve.

For Green Garlic Chutney:

1. Clean coriander leaves and wash them well. Pat dry on a kitchen paper towel.
2. Mix all the ingredients in a mixer jar and blend to a paste.
3. Serve with hot kothimbir vadi.



Ridge Gourd Guacamole with Nachos



INGREDIENTS

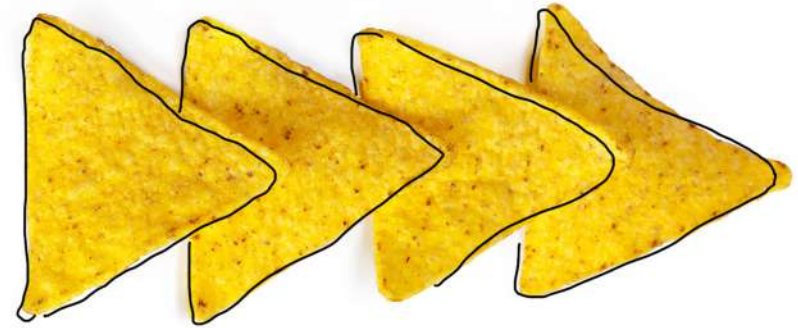
| | |
|--------|----------------------|
| 200gms | Ridge Gourd |
| 80gms | Onion |
| 80gms | Tomato |
| 10gms | Green Chillies |
| 15ml | Lemon Juice |
| 5gms | Salt |
| 20ml | Cooking Oil |
| 5gms | Roasted Cumin Powder |
| 60gms | Coriander Leaves |
| 50gms | Nachos |





METHOD

1. String the ridge gourd, peel slightly if there is hard skin and cut in half.
2. Remove seeds and dice.
3. In a pan, heat oil. Sauté the ridge gourd till it sweats and set aside.
4. Blend in a mixer till a little coarse.
5. Chop onion, tomatoes, green chillies and coriander leaves and set aside.
6. Take a clean bowl. Add ridge gourd, chopped onion, tomato, coriander leaves and jeera powder.
7. Add salt and lemon juice and mix well.
8. Set in the refrigerator for an hour so that the flavour is imparted well.
9. Serve with nachos.



Tasty Trivia

Ridge gourds are a powerhouse of dietary fibre, antioxidants, and much more. Its benefits help in improving eye health.



Savoury Bajra Pancake with Tomato Kasundi



INGREDIENTS

For Savoury Bajra Pancake:

| | |
|--------|-------------------|
| 350gms | Bajra Flour |
| 100gms | Whole Wheat Flour |
| 50gms | Carrot |
| 100gms | Onion |
| 80gms | Tomato |
| 10gms | Green Chillies |
| 50gms | Coriander Leaves |
| 10gms | Salt |
| 30ml | Groundnut Oil |
| 400ml | Water |

For Tomato Kasundi:

| | |
|--------|-------------------|
| 200gms | Ripe Tomatoes |
| 20ml | Mustard Oil |
| 1gm | Hing |
| 10gms | Ginger |
| 5gms | Garlic |
| 5gms | Green Chillies |
| 2gms | Mustard Seeds |
| 1gm | Cumin Seeds |
| 1gm | Turmeric Powder |
| 2gms | Red Chilli Powder |
| 3gms | Jeera Powder |
| 5gms | Salt |
| 20gms | Sugar |





Millet Merit

Bajra or pearl millet has a world of benefits like reducing cholesterol, stomach ulcers, acidity, and more.



METHOD

For Savoury Bajra Pancake:

1. Wash carrots and tomatoes and dry them.
2. Grate carrots and chop onions, tomatoes, green chillies and coriander leaves.
3. In a bowl, mix bajra flour and whole wheat flour. Add salt, and all the prepared vegetables.
4. Add water little by little and make a semi-runny batter.
5. On a non-stick pan, heat some oil and pour batter in a 5" diameter and make small pancakes.
6. Once the mixture cooks from the bottom, turn over to the other side and cook till crisp.
7. Cover the lid for faster cooking and use little oil if required.
8. Take out from the pan once cooked and crisp.
9. Serve with tomato kasundi.



For Tomato Kasundi:

1. Chop ripe tomatoes finely. Chop garlic and grate ginger. Slit green chillies in half.
2. In a pan, add mustard oil, hing and mustard seeds and let it splutter. Add slit green chillies.
3. Add chopped garlic and grated ginger.
4. Sauté till golden brown.
5. Add chopped tomatoes and cook.
6. Add turmeric powder, red chilli powder, cumin powder and salt.
7. Cook till the tomatoes are mushy and shrink in volume.
8. Add sugar to balance the sourness of the tomatoes.
9. Serve with bajra pancakes.



Ambadi Cottage Cheese Rissoles with Ragada



INGREDIENTS

For Ragada:

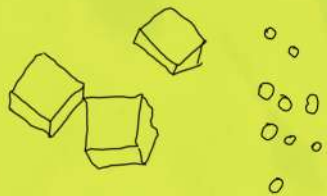
| | |
|--------|----------------------|
| 300gms | Dry White Peas |
| 100gms | Boiled Potatoes |
| 100gms | Onion |
| 3gms | Turmeric Powder |
| 10gms | Ginger Garlic Paste |
| 5gms | Salt |
| 3gms | Roasted Cumin Powder |
| 3gms | Garam Masala Powder |
| 20ml | Cooking Oil |
| 2gms | Cumin Seeds |
| 600ml | Water |

For Rissoles:

| | |
|--------|--------------------------|
| 200gms | Ambadi Leaves |
| 150gms | Paneer |
| 200gms | Boiled Potatoes |
| 20gms | Green Chilies |
| 50gms | Coriander Leaves |
| 100gms | Spring Onion |
| 10gms | Cumin Powder |
| 5gms | Coriander Powder |
| 2gms | Red Chilli Powder |
| 10gms | Ginger Garlic Paste |
| 2gms | Amchur |
| 1gm | Turmeric Powder |
| 3gms | Chaat Masala |
| 2gms | Garam Masala |
| 10gms | Salt |
| 5gms | White Pepper Powder |
| 200gms | Breadcrumbs |
| 500ml | Oil For Frying |
| 200gms | Whole Wheat Flour |
| 100ml | Water (To make a slurry) |

For plating:

| | |
|-------|-------------------|
| 15ml | Mint Chutney |
| 15ml | Sweet Curd |
| 15ml | Tamarind Chutney |
| 10gms | Pomegranate Seeds |



 **METHOD****For Ragada:**

1. Wash and soak dry white peas overnight.
2. Drain the peas the next day, add fresh water and some salt and pressure cook till mashy and well done.
3. Once the white peas are cooked, mash a little and set aside.
4. In a pan, heat oil, add cumin seeds and let it splutter.
5. Add onion and sauté till translucent. Add ginger garlic paste and sauté.
6. Add turmeric powder, and garam masala and cook with little water to avoid burning.
7. Add boiled potatoes and mix well. Add mashed white peas and cook.
8. Add roasted cumin powder and let it simmer.
9. Check for seasoning.

For Plating:

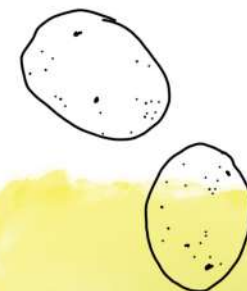
1. Take a plate, pour ragda on the base.
2. Arrange the fried rissoles.
3. Drizzle sweet curd, mint chutney and tamarind chutney.
4. Top with pomegranate seeds and arrange fresh herbs to finish.

**Tasty Trivia**

Ambadi leaves are also called Sorrel leaves and are easy-to-grow, climate-resilient plants. They are super high in vitamin C and help to keep bones strong.

**For Rissoles:**

1. To make a slurry, mix whole wheat flour, salt and white pepper powder with some water. Set aside.
2. Clean, wash and drain ambadi leaves and pat dry on a kitchen towel.
3. Shred the ambadi leaves and put them in a clean bowl.
4. Add grated boiled potatoes, grated paneer, chopped coriander leaves, ginger garlic paste and chopped spring onions.
5. Add dry spice powders and mix them all together.
6. Make sure the mixture is combined well.
7. Make cylinder shapes of the mixture and dust them in some whole wheat flour.
8. Dip the cylinders in the slurry and coat them evenly with breadcrumbs.
9. Heat oil in a pan for frying. Deep fry the crumbed rissoles till golden brown.



Ambadi Bonda Chimichurri on Eggplant Parmigiana



INGREDIENTS

For Ambadi Bonda Chimichurri:

| | |
|--------|------------------------|
| 50gms | Ambadi Bonda |
| 100gms | Coriander Leaves |
| 50gms | Flat Parsley |
| 20gms | Fresh Red Chillies |
| 20gms | Garlic |
| 2gms | Dry Oregano |
| 150ml | Olive Oil |
| 20ml | Red Wine Vinegar |
| 5gms | Salt |
| 3gms | Black Pepper (Crushed) |

For Eggplant Parmigiana:

| | |
|--------|---------------------|
| 5nos | Eggplant |
| 200gms | Whole Wheat Flour |
| 15gms | Salt |
| 5gms | Black Pepper Powder |
| 250gms | Breadcrumbs |
| 20gms | Parsley |
| 100gms | Butter |
| 100ml | Cooking Oil |





METHOD



For Ambadi Bonda Chimichurri:

1. Clean coriander leaves, flat parsley, fresh red chillies and ambadi bonda (flower).
2. Chop coriander leaves, flat parsley, fresh red chillies, garlic and ambadi bonda (flower) finely.
3. In a clean bowl, take olive oil and red wine vinegar and make an emulsion.
4. Add dry oregano, salt and pepper.
5. Add chopped herbs to the emulsion and set aside for 15-20 minutes.
6. Chimichurri is ready to use.



Tasty Trivia

The first eggplant was documented in India 4,000 years ago. The skin of eggplants contain a rare antioxidant called Nasunin, which fights off inflammation.

For Eggplant Parmigiana:

1. Take the eggplant and cut it into 1" thick roundels.
2. Sprinkle salt and set aside for 15-20 minutes and let it sweat. Next, drain and pat dry with tissue paper.
3. Season whole wheat flour with salt and pepper.
4. Chop parsley and mix it with the breadcrumbs.
5. Put the eggplant in seasoned flour.
6. Dip it in slurry and then coat it with herbed breadcrumbs.
7. Heat butter and oil together in a pan.
8. Shallow fry the eggplant for 3-4 minutes on each side. Once fried, place on a paper towel to absorb any excess oil.
9. Serve it with chimichurri.





Phirni Mousse with Berry Coulis



INGREDIENTS

For Phirni:

- | | |
|--------|-----------------------|
| 350gms | Rice |
| 1litre | Full Cream Milk |
| 50ml | Condensed Milk |
| 100gms | Sugar |
| 2gms | Green Cardamom Powder |
| 20ml | Rose Water |
| 5gms | Cashew nuts |
| 10gms | Almonds |
| 5gms | Pistachios |
| 50ml | Ghee |
| 300ml | Water |

For Berry Coulis:

- | | |
|--------|------------|
| 100gms | Strawberry |
| 100gms | Raspberry |
| 50gms | Sugar |





METHOD

For Phirni:

1. Soak rice for half an hour. Drain after soaking and let it dry on a muslin cloth.
2. Once the rice is dry, blend coarsely in a mixer.
3. Meanwhile, boil milk in a saucepan.
4. Add coarsely ground rice to the boiled milk and let it cook on slow flame till the rice is soft and cooked.
5. Once you get a thick starch mixture, add condensed milk and continue cooking.
6. Add rose water and green cardamom powder. Add sugar if needed.
7. In another pan, add ghee and fry dry fruits lightly till golden brown.
8. Add fried dry fruits into the phirni and continue to simmer for a few minutes.
9. Set it aside to cool.

For Berry Coulis:

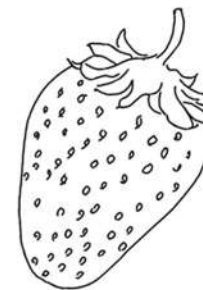
1. In a pan, add berries and sugar.
2. Cook slowly till it begins to sweat. Mash the berries with spoon.
3. Once cooked, mash it through a sieve.

For Plating:

1. Take a glass. Layer the phirni and coulis and let it set in a chiller.
2. Serve with chopped pistachios on top.

Tasty Trivia

Berries are perennial plants, they grow back again and again. Raspberries and blueberries have a lifespan of 10 to 50 years, while mulberry trees can live for over 100 years.





Khursani Tadka Curd



INGREDIENTS

| | |
|-------|------------------------------|
| 50gms | Khursani Seeds (Niger Seeds) |
| 15gms | Garlic |
| 5gms | Red Chilli Powder |
| 10gms | Salt |
| 10ml | Groundnut Oil |
| 200ml | Curd |

For Tadka:

| | |
|--------|---------------|
| 15ml | Cooking Oil |
| 2gms | Mustard Seeds |
| 1gm | Hing |
| 4-5nos | Curry Leaves |





METHOD

For Khursani:

1. In a non-stick pan, heat oil, roast the khursani seeds, add garlic and continue roasting till golden brown.
2. Turn off the flame, let it cool and then transfer it to a mixer.
3. Add red chilli powder and salt.
4. Blend it to a coarse powder.
5. Beat curd, add the khursani and mix. Set aside.

For Tadka:

1. In a hot pan, heat oil.
2. Add mustard seeds and let it splutter.
3. Add curry leaves and hing. Pour the tempering on the curd mixture and mix.



Tasty Trivia

Khursani seeds or Niger seeds are excellent for rheumatism and relieving cold and flu symptoms. They can be stored for up to a year without spoiling.



Banana, Peanut Butter, Jawas Smoothies



INGREDIENTS

- | | |
|-------|-------------------|
| 3nos | Bananas |
| 100ml | Yoghurt |
| 20ml | Honey |
| 100ml | Full Cream Milk |
| 100ml | Peanut Butter |
| 10gms | Flaxseeds (Jawas) |
| 10ml | Chocolate Sauce |



Tasty Trivia

Flaxseeds contain around 27% fibre and act as a great egg substitute, which is useful in vegan baking.



METHOD

For Smoothie:

1. Mix all ingredients in a blender except the flaxseeds.
2. Once the smoothie is ready. Mix in flaxseeds.

For Plating:

1. Drizzle chocolate sauce in a glass.
2. Fill in the smoothie mixture and top with more flaxseeds.





Bhajni Tostadas with Sweet and Tangy paneer



INGREDIENTS

For Tostada:

| | |
|--------|-------------------------------|
| 500gms | Rice |
| 125gms | Harbhara Dal (Green Gram Dal) |
| 20gms | Poha |
| 30gms | Puffed Rice (Murmurra) |
| 30gms | Urid Dal |
| 5gms | Methi Seeds |
| 5gms | Cumin Seeds |
| 3gms | Black Peppercorn |
| 10gms | Ginger Garlic Paste |
| 2gms | Ajwain Seeds |
| 5gms | Red Chilli Powder |
| 2gms | Turmeric Powder |
| 10gms | Salt |
| 500ml | Water (For making dough) |
| 20ml | Oil (Hot) |
| 1litre | Oil (For frying) |

For Topping:

| | |
|--------|-------------------------|
| 150gms | Apple |
| 150gms | Pineapple |
| 150gms | Paneer |
| 80gms | Onion |
| 20gms | Capsicum |
| 5gms | Red Chilli Powder |
| 1gm | Turmeric |
| 3gms | Garam Masala |
| 15gms | Ginger Garlic Paste |
| 50gms | Coriander Leaves |
| 50gms | Tomato Ketchup |
| 80gms | Mayonnaise |
| 50gms | Grated Processed Cheese |
| 150gms | Iceberg Lettuce |
| 20ml | Oil |
| 10gms | Salt |



METHOD

For Tostada:

1. Dry roast rice, harbhara dal, poha, puffed rice, urid dal, methi seeds, cumin seeds and black peppercorn till slightly pinkish brown in colour.
2. Cool it and grind it to a flour.
3. Add ginger garlic paste, red chilli powder, turmeric powder, salt and hot oil (mohan) and rub it into the flour till it gets a breadcrumb consistency.
4. Add water little by little to make a dough. Leave it to rest for 20 minutes.
5. Divide into equal balls and roll in 4" diameter.
6. Deep fry in hot oil till crisp.
7. Drain on a paper towel.

For Topping:

1. Cut apple, pineapple, capsicum and paneer into thin strips (julienne).
2. Slice onion and chop coriander leaves.
3. Take a pan and add oil. Add onion and sauté. Once translucent, add ginger garlic paste and cook further.
4. Add all the julienned ingredients and toss well.
5. Add red chilli powder, garam masala, turmeric, salt and sauté.
6. Take it out from the heat and let it cool.
7. Once cool, add ketchup, half mayonnaise, chopped coriander leaves and grated cheese.

For Plating:

1. Take tostadas, apply mayonnaise and arrange shredded lettuce.
2. Place toppings on top, sprinkle some fresh herbs and serve.



Tasty Trivia

Green gram dal is one of the richest plant-based sources of protein and aid in keeping blood pressure under control.





Nagli Gnocchi in Rose Sauce



INGREDIENTS

For Rose Sauce:

| | |
|--------|---------------------|
| 80gms | Broccoli |
| 30gms | Red Bell pepper |
| 30gms | Yellow Bell pepper |
| 10gms | Green Capsicum |
| 300gms | Tomato Sauce |
| 100ml | Milk |
| 10gms | Whole Wheat Flour |
| 15gms | Butter |
| 1gm | Oregano |
| 10gms | Fresh Basil |
| 50gms | Onion |
| 15gms | Garlic |
| 1gm | Chilli Flakes |
| 10gms | Salt |
| 3gms | White Pepper Powder |
| 20ml | Oil |
| 20gms | Mozzarella Cheese |

For Gnocchi:

| | |
|--------|-------------------|
| 300gms | Boiled Potatoes |
| 200gms | Nagli Flour |
| 100gms | Whole Wheat Flour |
| 10gms | Salt |

To boil:

| | |
|--------|-------|
| 1litre | Water |
| 20ml | Oil |
| 20gms | Salt |

 **METHOD****For Gnocchi:**

1. Mash the boiled potatoes.
2. Take a clean bowl, mix mashed boiled potatoes, flours, salt and knead into a dough.
3. Dust flour on the work table and roll the dough into a long cylindrical shape. Cut into 1" pieces.
4. Press with the fork to get a design on the gnocchi.
5. Boil water with some salt and oil.
6. Put the gnocchi into boiling water and cook for 3-4 minutes till it gets cooked and floats on top.
7. Drain and set aside.

For Rose Sauce:

1. Cut broccoli in florets and blanch in salted water for 2-3 minutes. Drain and steep in ice-cold water to avoid discolouration.
2. Dice bell peppers and sauté. Set aside.
3. Heat a pan and add oil.
4. Add chopped garlic and let it turn golden brown.
5. Add chopped onion and sauté till it turns translucent.
6. Add chilli flakes, oregano, salt and pepper powder and toss.
7. Add tomato sauce and cook.
8. Make white sauce with flour, butter and boiled milk. Add half the mozzarella cheese.
9. Add white sauce to tomato sauce and mix.
10. Add the remaining cheese and let it mix with the sauce to get a creamy consistency.
11. Add milk if required to adjust consistency.
12. Add the gnocchi and toss. Serve hot.

**Millet Merit**

Ragi (Nagli) is a wonder millet that is extremely good for weight management and is the only cereal with the highest amount of calcium.





Stuffed Masala Bhindi with Savoury Pearls



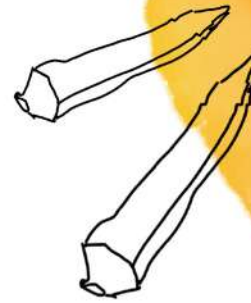
INGREDIENTS

| | |
|--------|--------------------------|
| 500gms | Bhindi (Okra) |
| 20gms | Cumin Powder |
| 20gms | Coriander Powder |
| 10gms | Amchur Powder |
| 20gms | Roasted Fennel Powder |
| 15gms | Garam Masala Powder |
| 10gms | Red Chilli Powder |
| 2gms | Turmeric Powder |
| 5gms | Chaat Masala |
| 50gms | Grated Dry Coconut |
| 10gms | Salt |
| 50ml | Oil |
| 100gms | Mayonnaise |
| 10gms | Pickle Purée |
| 100gms | Savoury Motichoor Boondi |



Tasty Trivia

Okra (bhindi) are a much-loved staple vegetable in many Indian households. They are super healthy as they aid in digestion, and are high in vitamin C which can boost immunity.



METHOD

1. Wash okra thoroughly, pat dry.
2. Cut the crown and bottom of the okra.
3. Slit the okra lengthwise without cutting it in two.
4. Check the inside thoroughly for any insects or black dots.
5. Mix all dry spices with coconut and make the stuffing.
6. Put the stuffing in the okra.
7. Heat oil in a pan, arrange the okra and let it cook.
8. Do not cover with a lid (so that the okra remains crisp).
9. Turn the okra to avoid burning and ensure even cooking.
10. Once the okra is cooked, remove from the pan and set aside.
11. Mix mayonnaise with pickle purée. Add little water if the mixture is too thick.
12. Arrange okra on a plate, and drizzle mayonnaise mixture on top.
13. Sprinkle motichoor boondi.

Tip: You can serve okra, achari mayonnaise and boondi separately.



Masala Flavoured Fermented Bajra Porridge



LOVE  FOOD



INGREDIENTS

| | |
|--------|------------------|
| 100gms | Bajra Flour |
| 600ml | Water |
| 15gms | Green Chillies |
| 10gms | Garlic |
| 5gms | Cumin Powder |
| 5gms | Salt |
| 5gms | Black Salt |
| 20gms | Coriander Leaves |
| 600ml | Buttermilk |





METHOD

1. Make a paste of green chillies, coriander leaves and garlic.
2. Mix the paste in buttermilk, add cumin powder, salt and black salt.
3. In a heavy bottom pan, add water to the bajra flour and mix.
4. Cook the bajra and water mixture on a low flame till the mixture is cooked.
5. Once the mixture is ready, set aside to cool.
6. Add buttermilk to the bajra mixture and mix well.
7. Put it in the chiller and serve chilled.



Millet Merit

Bajra is a recommended food for pregnant women and nursing mothers due to its amazing iron and folic acid content.

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