

Balti Chhole

INGREDIENTS

soaked and boiled chhole
garlic paste
crushed *sabut lal mirch*
crushed *sabut dhaniya*
chopped tomatoes and
green chillies
coriander leaves
lemon juice
garam masala
kasoori methi
ghee for frying
salt to taste

METHOD

Sauté the garlic paste in the *ghee* for about 1 minute. Add crushed spices and fry for another 30 seconds.

Add tomatoes, green chillies, one tsp of ginger and $\frac{1}{4}$ cup of *hara dhaniya*.

Then add the pre-cooked *chhole* and fry for 5 minutes. Add salt, lemon juice, *garam masala* and *kasoori methi* and stir.

Finally, serve garnish with remaining ginger and *hara dhaniya*.

Bajre ki Khichdee

INGREDIENTS

2 cups *bajra*
1 cup *oong daal dhuli*
1 tsp salt or to taste
2 tbsp *ghee*
1/8 tsp asafoetida
1 tsp cumin-seeds
2 tsp coriander powder
1 tsp *garam masala*
1 tsp chilli powder

METHOD

Wash the *bajra*, drain, and pound. Toss to remove husk. Repeat till most of husk is removed.

Mix *bajra*, *moong daal*, coriander powder, *garam masala* and chilli powder with enough water to cook tender and is a thin pastey consistency.

Heat *ghee*, add cumin and *heeng*. When the cumin splutters, add the *bajra* mixture and simmer for 2-3 minutes.

Bhein ke Kabab (Lotus Root Kabab)

INGREDIENTS

Makes 12 cocktail kababs

2 large *kamal kakri* (*bhein/lotus stem*)-washed and sliced
1 cup *chana daal*
2 black cardamoms-seeds only
2 tsp ginger-chopped fine
1 tsp garlic-peeled and chopped fine
1 tsp salt or to taste
green chillies-chopped fine to taste
2 tbsp onions-chopped fine
2 tbsp coriander-chopped
2 tbsp *ghee*/oil to pan-fry
onion rings and lemon wedges to garnish

METHOD

Place *kamal kakri*, *daal*, *elaichi*, ginger and garlic in a pan with about 1 cup water (should be absorbed by the time it is cooked).

Bring to a boil, lower the heat and cook, covered till soft.

Remove from heat and when cool grind to a thick dough-like paste.

Mix the salt, chillies, onions and coriander and form into small flat rounds (about 1").

Heat the oil in a non-stick frying pan and pan-fry on both sides till brown.

Serve hot garnished with the onion rings and lemon wedges, with a green chutney on the side.

You can make *kale chane ke kabab* in the same way, using only boiled and mashed *kala chana* instead of *bhein and daal*.

Creamy Makhana and Mushroom

INGREDIENTS

200 gm mushrooms-fresh, sliced
 1 cup roasted *makhana*s
 1/2 cup spring onions-chopped
 2 tbsp butter
 1 tsp oil
 1 tbsp refined flour
 1/4 tsp *pissi kali mirch*
 1 cup milk
 1 tsp salt or to taste
 1 tbsp *ajwain* leaves-chopped fine OR
 1/2 tsp oregano leaves
 1/2 cup grated cheese
 1/2 cup cream

METHOD

Heat the butter and oil in a pan and add the onions. Sauté till onions are a little soft.

Add the mushrooms and *makhana* and sauté for about half a minute. Add the flour and turn around till the mixture leaves the sides of the pan.

Remove from heat and add the milk very gradually, stirring all the time to avoid lumps.

Bring to a boil and lower the heat. Add the *kali mirch*, salt and *ajwain* leaves, simmer for a few minutes, add cream and serve, garnished with the grated cheese.

Garlic Mushroom

INGREDIENTS

350 gm whole mushrooms
 1 tbsp butter
 1 tbsp shredded spring onions
 2 tsp chopped garlic
 3 shredded green chillies
 1 tbsp thick tomato puree
 1 tbsp cream
 2 tbsp shredded garden herbs

METHOD

Heat butter. Add spring onions, garlic and chillies. After a few seconds, add mushrooms to the pan. Cook for 2 minutes.

Stir in tomato puree and cream. Season well and finish with herbs. Serve hot with *raita*.

To prepare *raita*, whisk all ingredients together. Season and serve with mushrooms.

Spinach *raita*

200 ml yoghurt
 2 tbsp blanched spinach paste
 grated rind 1 lime
 grated nutmeg
 1/4 tsp roasted, ground cumin
salt and pepper

Gatte (A Chickpea Flour Gravid Dish)

INGREDIENTS

2 cups *besan*
3 tbsp oil
1/2 tsp salt
1/4 tsp chilli powder
1/4 tsp turmeric
water to knead
oil to fry

Gravy

2 tbsp oil
1 tsp cumin seeds
1/8 tsp asafoetida
1/2 tsp chilli powder
1/4 tsp *garam masala*
2 tsp powdered coriander seeds
2 tsp salt
1/2 cup tomato-grated
1/2 tsp turmeric
1/4 cup yogurt
coriander leaves

METHOD

Sieve *besan* and add salt, pepper and turmeric. Rub oil into it, and add water and knead to a stiff, smooth, glossy dough. Leave to rest for 15 minutes.

Shape into cylindrical rods and boil in 4 cups of water till they come up and are covered with tiny bubbles. Lift out of the water, leave to cool and reserve the water. Cut into rounds and deep fry.

To make gravy, heat oil, and add cumin and asafoetida. Add tomatoes and cook, till the fat separates. Add turmeric, salt, coriander powder, *garam masala* and chilli powder. Make up to 3 cups of liquid with the reserved water, adding water if need be, and add to the tomato mixture.

Simmer, uncovered, for few minutes. Add beaten yogurt and *gattas*. Simmer for a few minutes and serve hot garnished with the coriander leaves.

Gobhi Masaledaar (Spicy Cauliflower)

INGREDIENTS

1 kg *gobhi*-cut into small flowerets
3-4 green chillies-slit a little
1 cup grated onions
1 tsp garlic paste
1 tsp ginger paste
1 cup tomato-grated
1/4 cup oil
2 tsp cumin seeds
2 bay leaves
1/2 tsp turmeric
1 tbsp salt
1/2 tsp *garam masala*
1/2 tsp powdered red pepper
1 tbsp powdered coriander seeds
1 tbsp chopped coriander leaves, for garnish

METHOD

Heat oil and add the cumin seeds and the bay leaves. When seeds splutter, add the onions, ginger and garlic and sauté till brown and fat separates.

Add the tomatoes, turmeric, salt, *garam masala*, red pepper and the coriander powder, and stir fry till the fat separates.

Add the *gobhi* and the green chillies and sauté over high heat till the vegetables look glossy. Lower the heat and simmer, covered till cooked through.

Serve hot, garnished with the coriander leaves.

Gobhi Mussallam

INGREDIENTS

1 cauliflower
 1 tbsp lemon juice
 2 tbsp water
 1 1/2 tsp salt
 1/4 cup oil
 1 cup onions-chopped fine
 1 cup onion-grated
 1 tsp ginger paste
 1 tsp garlic paste
 1 tsp coriander powder
 1 tsp cumin seed powder
 1 tsp *kashmiri* chilli powder
 1 tsp turmeric powder
 1 cup tomatoes-blانched, peeled and chopped fine
 1 cup tomatoes-pureed and strained
 1 tsp salt

Garnish

cardamom powder
garam masala

METHOD

Mix together the water, lemon juice and the salt.

Cut off the stem of the cauliflower right till the base. Prick with a sharp knife all over.

Place the cauliflower in a deep pan with water to cover and add lemon juice. Bring to a boil, shut off the heat and leave the cauliflower in it till cool. Drain and leave aside. Or you can steam it till cooked but firm.

Heat oil and add chopped onions. Sauté till brown. Add the grated onions, ginger and the garlic paste, coriander, cumin, chilli powder, turmeric and the tomatoes.

Stir fry till fat separates. Add to this the blended tomato and cook for 5 minutes. Add salt to this gravy.

Place the cauliflower in the pan and cover with the gravy. Cover tight and cook over low heat for 15-20 minutes.

Serve hot garnished with the cardamom and *garam masala*.

Hyderabadi Baingan

INGREDIENTS

small aubergine
cumin seeds
fenugreek seeds
curry leaves
turmeric and red chilli powder

Gravy

cumin seeds
coriander seeds
sesame seeds
peanuts and onion, roast these together and grind to a powder
tamarind pulp
green chillies
coriander
oil and salt to taste

METHOD

Cut the *baingan* into quarters, leaving stems intact and soak in salt water.

Heat oil and add fry *jeera*, *methi*, *curry patta*, *haldi* and red chilli powder. Add drained *baingan* and fry in the *masala* for about ten minutes.

For the gravy, heat the remaining oil and fry the ground *masala* for. About three minutes.

Then add the tamarind pulp, green chillies & fresh *dhaniya* and simmer. Finally add *baingan* in to the gravy & simmer for 10 minutes.

Kadahi Sabzi

INGREDIENTS

2 cups mixed vegetables- chopped
3-4 green chillies- slit
1 cup grated onions
1 tsp garlic paste
1 tsp ginger paste
1/2 cup hung curd
1/4 cup oil
2 tsp cumin seeds
2 bay leaves
1/2 tsp turmeric
1 tbsp salt
1/2 tsp *garam masala*
1/2 tsp powdered red pepper
1 tbsp powdered coriander seeds
1 tbsp chopped coriander leaves- for garnish

METHOD

Heat the oil and add the cumin seeds and the bay leaves.

When the seeds begin to splutter, add the onion and the ginger and garlic pastes. Sauté till brown and fat separates. Add the vegetables and stir fry till cooked through.

Add the curd, turmeric, salt, *garam masala*, red pepper and the coriander powder, and stir-fry till the fat separates.

Add the green chillies and sauté over high heat till well mixed. Serve hot, garnished with the coriander leaves.

Ker Sangri (A Rajasthani Vegetable)

INGREDIENTS

75 gm *ker*- soaked in water 15 minutes, washed and drained
75 gm *sangri*-soaked in water 15 minutes, washed and drained

For the main preparation

2 tsp oil
1 tsp cumin seeds
2 tsp ginger garlic paste
5 - 6 whole red chillies
1 tsp coriander powder
1 tsp red chilli powder
1 tsp turmeric powder
1 tsp mango powder
5-6 dried pieces of mango
4 tsp yogurt
1 tsp salt
fried garlic
fried whole red chillies and coriander leaves to taste

METHOD

Boil *ker sangri* for 15-20 min in water, drain and keep aside.
Heat oil in pan. Add cumin seeds, ginger-garlic paste, whole red chillies, coriander powder, red chilli powder, turmeric powder, mango powder, dried mango pieces and curd.

Sauté the *masala* well. Then add *ker sangari* and salt. Mix it well. *Ker Sangri* is ready to eat.

Garnish with fried garlic, fried whole red chillies and coriander leaves.
Serve hot with *roti*.

Kolhapuri Vegetables (Mixed Vegetables)

INGREDIENTS

½ kg mixed vegetables- chopped
2 tbsp yogurt (mix with ginger-garlic paste & leave for 3-4 hours)
1 tsp ginger-garlic paste
2 tsp lemon juice
1 ½ tsp salt
2 tbsp oil
½ cup onion-grated

METHOD

Heat oil and add the onions and stir-fry till light brown.

Add the ground *masala*, sauté till well mixed and add the vegetable mixture.

Bring to a boil, lower the heat and simmer 3-4 minutes and serve.

Dry roast separately and grind

1/4" cinnamon
1/2 tsp cloves
¼ tsp peppercorns and black cumin
1/4 tsp broken up mace
1/4 dry grated coconut
1 tbsp coriander seeds
1 tsp *dagar phool* (available in Bombay, Pune, etc.)
2 *Kashmiri mirchi*

Khatkhate

INGREDIENTS

50 g pigeon peas
(Tur/Tuvar Daal)
50 g green peas
1 cup water
desired vegetables in
desired proportions
½ grated coconut
½ tsp turmeric powder
2 local red chillies
1 small piece of tamarind
salt to taste
1 tbsp jaggery
6 piece *trifala*

METHOD

Soak pigeon peas(*dal*) in water for half an hour. Put water, *dal* and green peas in pan and place on fire. Cover and leave for ten minutes.

Now put the vegetables in the pan in the order of their tenderness, with the hardest going in first. Cook till vegetables get soft.

Grind coconut, turmeric powder, red chillies and tamarind to a paste. Add paste to the boiled vegetables in the pan. Add salt and jaggery. Simmer for another five minutes.

Add flattened *trifala*. *Khatkhate* is ready. Serve as it is or with rice.

Baby Corn Masala (Bhutta Masalewala)

INGREDIENTS

200 gm baby corn cobs
1/4 cup oil
1 tsp cumin seeds
1 bay leaf
1 tsp finely chopped
ginger
1 tsp finely chopped garlic
1/2 cup onions-grated
1 cup tomatoes-chopped
fine
2 tsp salt
1/4 tsp *garam masala*
1/2 tsp powdered red
pepper
1 tsp powdered coriander
seeds

METHOD

Heat oil and add cumin, when it splutters, add bay leaf, ginger and the garlic, and sauté till a light brown.

Add onions and sauté till a golden brown, then add tomatoes and stir fry over medium heat.

When fat separates, add the salt, *garam masala* and the red pepper and stir till well mixed.

Add baby corn and sauté till fat separates and serve hot.

Lobia

INGREDIENTS

(Serves 4)

225 gm black-eyed beans
 - soaked overnight
 1 tbsp ginger paste
 1 tbsp garlic paste
 5 tbsp oil
 3 medium onions - finely
 diced
 1 tsp coriander powder
 1 tsp cumin powder
 2 tomatoes- peeled and
 chopped
 6 tbsp yoghurt
 1/3 tsp chilli powder
 1/2 tsp *garam masala*
 salt to taste

METHOD

Cook beans in fresh water until soft. Heat oil, fry onions till golden in color. Add ginger and garlic paste and cook for a minute. Add coriander and cumin powder, followed by tomatoes. Cook until soft.

Stir in yoghurt, chilli powder, *garam masala* and salt. Add cooked beans to the pan.

Simmer for 10 minutes. Add the remaining ingredients just before serving.

To finish

1 tbsp lemon juice
 1 tbsp chopped coriander
 200 gm chopped, sautéed
 mushrooms

Rajmah (Curried Kidney Beans)

INGREDIENTS

Pudina Rice (Mint Rice)

2 cups red kidney beans
 (*rajmah*)-soaked in water
 for 4-6 hours

INGREDIENTS

3 cups roughly chopped
 2 cups long grained rice-
 onions-ground to paste
 cleaned and soaked for an
 hour
 1 tbsp ginger
 1 tbsp garlic
 1/2 cup sliced onions
 2 tsp *garam masala*
 2 tsp cumin seeds
 1 tsp cumin seeds-
 1 tsp salt
 roasted
 2 tsp paste of mint
 2 cups finely chopped
 leaves
 tomatoes
 a few drops of lemon juice
 1 tsp salt
 2 tsp oil
 1/2 tsp powdered turmeric
 2 tsp powdered coriander
 seeds
 1 tsp powdered red
 pepper
 2-3 green chillies
 1/2 cup oil
 2 tbsp chopped coriander
 leaves for garnish.

METHOD

Wash the *rajmah* and cook till tender, in fresh water.

METHOD

Strain and keep the liquid and the beans, separate.

In a heavy bottomed sauce pan, heat the oil and add the cumin seeds. Heat oil, and add the onion paste and stir-fry till fat separates.

Add the onions and sauté till transparent but not brown. Add the chopped tomatoes and stir fry, till fat separates again.

Add rice and mint paste and turn around a few times before adding 3 cups of water. Add the salt, turmeric, coriander powder and red pepper and turn around a few times, till well mixed.

Bring the mixture to a boil, sprinkle a few drops of lemon juice, cover the pan Add the beans and green chillies and turn around a few times over high heat. and lower the heat. The rice should be ready in 10 minutes.

Measure the liquid, make it up to 4 cups with water and add to the *rajmah* and bring to a boil and then simmer, till the gravy is well blended, (approx.10 minutes.)

**grind the onions,
 ginger-garlic and
 garam masala together.**

Shukto

INGREDIENTS

1 potato
 1 *karela*
 ½ raw banana
 1 small sweet potato
 6 small *bari*
 100 gm french beans
 1 drum stick
 25 gm ginger paste
 25 gm mustard paste
 a pinch of chilli powder
 ½ tsp turmeric
 10 gm *panch foran masala*
 salt to taste
 25 gm mustard oil
 ½ cup water

METHOD

Cut and wash the vegetables and the raw banana. Put the pieces into turmeric water.

In hot mustard oil, put in the *panch foran masala* and the ginger paste. Cook until a golden brown.

Add mustard paste, chilli powder and turmeric.

Cook until the oil separates. Then add the vegetables and sauté for 2 minutes.

Add water and cook until the vegetables are tender.

Tandoori Gobhi

INGREDIENTS

1 kg *gobhi*-cut into florets

For the *masala*

4 cloves
 1/8 tsp broken cinnamon
 1/8 tsp nutmeg-grated
 4 cardamoms - seeds only
 1 pinch of dry ginger
 1 tsp cumin seeds
 1 tsp coriander powder
 1/2tsp fenugreek seeds
 1/2tsp carrom seeds
 1/2tsp pepper powder
 1 tsp garlic paste
 1 tsp ginger paste
 1/2 cup hung curd
 1 tsp oil
 1 pinch of red chilli powder
 2 tsp salt
chaat masala and lemon juice to taste

METHOD

For the *masala*, grind the cloves, cinnamon, nutmeg, cardamom, dry ginger, cumin seeds, coriander powder, fenugreek seeds, carrom seeds and black pepper together to a fine powder.

Then add garlic paste, ginger paste, curd, oil, red chilli powder, pepper powder, and salt. Mix it well. The *masala* is ready.

Marinate the *gobhi* in the *masala*. Pierce the *gobhi* through skewers and cook in the *tandoor*. If you don't have a *tandoor*, cook in a very hot oven in a drip tray till brown and done.

Brush with oil and cook 2-3 minutes. Sprinkle *chaat masala* and lemon juice on top and serve hot.

Tundli (Kundru) ki Sabzi

INGREDIENTS

15-20 *tundlis*
1/2 cup oil
1 tsp cumin seeds-
roasted and powdered
1/2 tsp chilli powder
1/4 tsp turmeric
2 tsp coriander powder
salt to taste
1/2 tsp *garam masala*
1 tsp mango powder
1/4 tsp asafoetida
1 tbsp chopped coriander
leaves

METHOD

Cut the *tundli* lengthwise into halves.

Heat the oil in a *kadahi*, over high heat, add the *tundlis* and fry to a light brown and till the edges fold towards each other.

Add the rest of the ingredients, except the coriander leaves. Lower heat, cover and cook till tender but bite like. Serve hot, garnished with coriander leaves.

Undhiyo

INGREDIENTS

100 gm yam-peeled and diced
 100 gm potato-peeled and diced
 100 gm beans-diced
 100 gm raw banana-diced
 1/2 tsp asafoetida
 1/2 tsp whole cumin
 Oil to fry

For Muthiya

2 cups chickpea flour
 1 tsp *kastoori methi*
 1 tsp red chilli
 1 tsp *sathri* or lemon flower
 1 tsp sugar
 2 tsp oil for binding
 salt to taste
 1/4 tsp cumin
 1/2 tsp turmeric

For the masala

1 tbsp grated coconut
 3 tsp coriander powder
 1/2 tsp cumin
 1 tbsp fresh coriander-chopped
 1/2 tsp turmeric powder
 1 tsp red chilli powder
 1/2 tsp oil
 salt to taste

METHOD

Lightly fry all the vegetables and keep aside.

To prepare *muthiya*, mix all the ingredients in a bowl. Make small balls from this mixture and fry.

To prepare the *masala*, mix all the ingredients. Keep aside.

Heat oil in a pan and add asafoetida and cumin. Now add the *masala* mixture and cook for few minutes.

Finally add all the vegetables and *muthiya* balls and cook till done.

Rajma Masala Dry Gravy (by: Astha Malhotra)

INGREDIENTS

250 gm *rajma* (Red Kidney Beans) - soaked overnight
 2 onions - chopped and grated
 25 gm coriander leaves - chopped
 20 gm ginger -

METHOD

Pressure cook the *rajma* with salt for about 30 minutes or till it becomes soft.

Drain the boiled *rajma* and store the water in another pan.

Heat *ghee* in a *kadahi* and add cinnamon, clove, cardamom, *jeera*, onion and salt and fry till the onion turns brown in colour.

Add ginger, green chillies and garlic to it and fry for a while till the *ghee* separates.

chopped 5-6 cloves of garlic - chopped 4 tomatoes - chopped and pureed 2 green chillies - chopped 1 tsp <i>garam masala</i> 2 tsp coriander powder 1 tsp red chilli powder 1 tsp <i>jeera</i> 5-6 cloves 1 inch cinnamon 2 cardamoms (black) salt 2 tbsp <i>ghee</i>	Now add boiled <i>rajma</i> mix well and fry in the gravy for some time. Mix in the drained water to it. Sprinkle <i>garam masala</i> , garnish with chopped coriander leaves and serve hot.
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Rani Palak (by: Upendra D Kulkarni)

<u>INGREDIENTS</u>	<u>METHOD</u>
spinach garlic - paste onion - paste green chilli apple cashew nuts raisins/ <i>kishmish</i> butter cream/milk	Make a fine paste of spinach alongwith 2-3 green chillies. Keep aside. Beat the cream and keep aside. Cut the apple into thin dices and keep them soaked in sugar syrup for some time. Fry the raisins and keep aside. Heat oil in a <i>kadahi</i> and add the onion paste and fry it till it changes colour. Add the garlic paste and saut 類 t. Add the green chillies and cream to it and mix well. Add the spinach pur 鑼 and allow it to cook. Then add the diced apple and let it dissolve in spinach. Mix well. Add salt and butter. Garnish with raisins and <i>kishmish</i> .

Methi Malai Matar (by: Smita)

<u>INGREDIENTS</u>	<u>METHOD</u>
250 gm fenugreek leaves - chopped and blanched 1 cup green peas 2 onion 2tomato 1/2 tsp <i>jeera</i> 2 red chillies 1 tsp ginger-garlic paste 1 tsp coriander	Heat oil in a non-stick pan and add red chillies and <i>jeera</i> to it. Add ginger-garlic paste and chopped onions to it and let it fry till it becomes golden brown in colour. Add chopped tomatoes and other spices. Fry it and then add blanched <i>methi</i> and <i>matar</i> . Add salt and cook for about 1o minutes.

powder 1/2 tsp turmeric powder 1/4 tsp red chilli powder 1/2 cup <i>malai</i> 1 tbsp oil	Add <i>malai</i> and serve hot.	
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Users Comments

For people who like to omit malai, use boiled cauliflower paste to the dish in the beginning. It will taste and look like makai

- Basantlal Nagdev (basantlal@hotmail.com)

Pudina Roti (by: Manjula)

<u>INGREDIENTS</u>	<u>METHOD</u>
100 gm <i>pudina</i> 3 cups of wheat four 1 cup milk 1 tbsp pepper salt for taste	Chop the <i>pudina</i> leaves finely. Make a dough out of wheat flour and milk and mix chopped <i>pudina</i> leaves to it. Also add pepper powder and salt and leave it aside for some time. Then roll them just like <i>rotis</i> and cook them with oil. Serve hot with coconut <i>chutney</i> or butter.

Stuffed Masaladar Bhindi (by: Sheetal Patra)

<u>INGREDIENTS</u>	<u>METHOD</u>
250 gm <i>bhindi</i> For masala 2 onions 1 tbsp <i>jeera</i> 10 gm sunflower seeds 2 tbsp coconut - grated 1 tbsp <i>khus khus</i> sugar 2 tbsp ginger-garlic paste	Slit the <i>bhindi</i> straight from its head to the tail and keep aside. Grind the <i>masala</i> into paste. In a non stick pan heat 1 tbsp oil, <i>jeera</i> along with the <i>masalas</i> . Add little water to it and stir till done. Stuff the <i>bhindis</i> with this <i>masala</i> . Heat oil and add <i>jeera</i> and the stuffed <i>bhindis</i> to it. Cover the lid and stir for some time. Serve hot.

Olan (by: Vidhya)

<u>INGREDIENTS</u>	<u>METHOD</u>

250 gm red pumpkin 250 gm ash gourd 1/2 cup red/white lobia/whole green moong 1 cup coconut milk salt 10-12 curry leaves 2-3 green chillies 1 tbsp coconut oil	Soak the <i>lobia/moong</i> and cook separately. Slice both the vegetables. Cook with water, add salt to it. Add salt and chillies towards the end. Add the cooked <i>lobia</i> to this. Mix well. Add coconut milk and curry leaves. Add coconut oil to enhance flavour. Serve hot with rice.
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No-oil Gobhi Matar (by: Vidhya)

<u>INGREDIENTS</u>	<u>METHOD</u>
1 cauliflower- medium size 1 cup peas 1/2 tsp <i>haldi</i> 1 tsp salt 1/2 tbsp pepper 1tbsp coriander seeds 2 red chillies 1/4 tsp <i>jeera</i>	Cook washed cauliflower florets and peas with water, salt and <i>haldi</i> . Dry-roast the pepper, <i>jeera</i> , coriander and chillies. Make a coarse powder. Add this to the cooked vegetables and simmer for 5-8 minutes. Garnish with fresh coriander and serve. Potatoes, carrots, beans also can also be added

Indo- Thai Mix Vegetable (by: Payal Thaper)

<u>INGREDIENTS</u>	<u>METHOD</u>
1 green bell-pepper 1 yellow/red bell- pepper cauliflower chopped green peas 1 grated carrot 1 medium onion 2 cloves of garlic 1 medium tomato 2 green chillies 1/4 cup fresh coconut - grated salt chilli powder 1/2 tsp coriander seeds <i>heeng</i> coriander leaves olive/vegetable oil	In a fillet, heat a little olive oil add <i>heeng</i> and saute the chopped cauliflower till it becomes brownish in colour. Add finely chopped onions and the rest of the diced vegetables, except for the tomatoes. Saute it over medium flame and then add salt, garlic and chilli powder. Cook it for 10-15 minutes and add little water if required. Add chunks of tomato to the mixture and toss it. Garnish with coriander leaves and serve hot.

Crispy Bhindi (by: Sharmila Sinha)

<u>INGREDIENTS</u>	<u>METHOD</u>
250 gm bhindi 1 cup besan 1/2 tsp red chilli powder 4 tbsps lemon juice 1 tbsps rice flour 1/2 tsp ajwain salt to taste oil to fry	Wash the bhindis and pat dry. Cut half lengthwise halfway. Mix all ingredients into a paste and cover bhindis. Heat oil in a flat pan. Place each bhindi and shallow fry till golden brown. Serve hot.

Baby Corn Pulao (by: Chitra Sivakumar)

<u>INGREDIENTS</u>	<u>METHOD</u>
1 cup <i>basmati</i> rice 4 babycorns 1 onion - chopped finely small piece of ginger 6 pods of garlic 4 green chillies 1 or 2 <i>biryani</i> leaf cloves cinnamon spring onions - a few salt - as required oil - as required	Soak rice in the water for half an hour. Cut the babycorns into two or three pieces. Grind the green chillies, ginger and garlic to a fine paste. Heat oil in a cooker and add the <i>biryani</i> leaf, cinnamon, cloves. Then add the paste. Fry until the raw smell disappears. Then add the onions. When the onions are fried add the babycorns, rice, salt, turmeric powder, rice and water. Pressure cook for three whistles. Then garnish with spring onions.

Moong Palak Curry (tamil Nadu Style) (by: Elsie Christobal)

<u>INGREDIENTS</u>	<u>METHOD</u>
4 tbsps moong (yellow)-soaked for 1 hour 1/2 kg palak-cut thinly 3 onions-cut thinly 2 tomatoes-cut in small pieces 1/2 tsp ginger-garlic paste 4 green chillies-thinly cut 1/2 tsp mustard seed 1/2 tsp jeera (whole) 1/4 tsp heeng 1/2 tsp turmeric 1/2 tsp chilli powder curry leaves-few sprigs	Heat oil in a kadhai. Add the mustard seeds, jeera, methi, curry leaves and heeng. Now add onions. Fry the onions till pinkish. Add ginger/garlic paste, tomatoes, turmeric, chilly powder, and salt. Fry till oil separates. Now add the palak cut thinly. After it is half cooked, add the soaked dal, and cook for 25 minutes with closed lid. After it is cooked, add grated coconut, garam masala, and garnish with coriander leaves. Serve hot with phulkas or paranthas. Also serve as side dish with plain sambar or rasam rice.

coriander leaves-for garnishing
 1/2 tsp garam masala
 1/2 cup grated coconut
 1/2 tbsp refined oil

Sol Kadhi (by: Archana Gawde)

INGREDIENTS

1 coconut - grated
 4-5 salted *kokam* rinds
 2 green chillies - finely chopped
 1 garlic clove - finely chopped
 coriander leaves
 salt

METHOD

Extract milk from the grated coconut.
 Soak the *kokam* rinds in water (for 10 mins, squeeze and extract the *kokam* juice).
 Add it to coconut milk, add salt, garlic, chillies and garnish with coriander.

Thechwani (garhwali Recipe) (by: Tripti Bhatt)

INGREDIENTS

3 raddish roots
 1 potato
 2 tbsp *ghee*/vegetable oil
 4/5 garlic cloves
 ginger
 1 onion - chopped
 1 tomato - chopped
 1 tsp cumin seeds
 4-5 red chillies
 pinch of asafoetida
 1/2 tsp coriander powder
 1/2 tsp turmeric powder
 1/2 tsp red chilli powder
 6 cups water
 salt

METHOD

Wash and peel the raddish, potatoes and crush them into small pieces, also crush ginger and garlic.
 Heat oil in the frying pan on a moderate flame. Stir-fry crushed garlic and ginger in the hot oil, add crushed radish and potato. Fry the mixture for 2-3 minutes.
 Keep aside.
 Add cumin seeds, red chillies, asafoetida in the remaining oil. Add chopped onions and fry till light brown.
 Add turmeric powder, dry coriander powder, red chilli powder. Fry for some time, add fried vegetable, chopped tomatoes, salt and add some water.
 Boil for 2-3 minutes. Add water, cook on slow fire for about 25-30 minutes till the raddish becomes soft.
 Garnish with coriander leaves and green chillies.

Mushroom Pulav (by: Senthakanna)

INGREDIENTS

200 gm mushroom

METHOD

<p>100 gm tomatoes 1 onion 1 cinnamon stick 1 piece ginger 2 cloves 4 cardamoms 5 flakes of garlic 3-4 green chillies 2 cups basmati rice 4 cups water <i>mint</i> coriander leaves 50 gm <i>dalda</i></p>	<p>Cut the mushrooms into small pieces. Grind ginger, garlic, green chillies to a fine paste.</p> <p>Cut mint, coriander, onion and tomatoes.</p> <p>In a cooker put <i>dalda</i> add cloves, cinnamon and cardamoms to that add onion and fry till it becomes golden brown.</p> <p>Add the paste, mint, coriander leaves, tomatoes and mushroom. Fry for a while.</p> <p>Then add the rice pour the water as given with required salt and cook. Counting of whistle is as usual as you cook for rice. Tasty mushroom <i>pulav</i> is ready.</p>
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Healthy Cabbage Roll (by: Vinita)

<u>INGREDIENTS</u>	<u>METHOD</u>
<p>1 cabbage 200 gm sprouts 200 gm <i>paneer</i> 2 onions - finely chopped 2 tomatoes - finely chopped coriander leaves salt 1 tsp pepper powder 1 tbs butter</p>	<p>Blanch the cabbage in boiling water for about 15 minutes. When it becomes soft separate the leaves one by one.</p> <p>For the filling heat butter in a pan and saute the onions, tomatoes, mashed <i>paneer</i> and sprouts.</p> <p>Add salt and pepper to it. Once it is properly mixed, spread the filling on each cabbage leaf.</p> <p>Fold all the four sides and seal with a toothpick.</p> <p>Grease a dish with butter and put the rolls in it and microwave for 8-10 minutes. Serve hot.</p>

Unni Appam (by: Sandhya Raghu)

<u>INGREDIENTS</u>	<u>METHOD</u>
<p>2 cups rice 1/2 cup <i>maida</i> 1 cup coconut - shredded 1/2 cup jaggery 2 ripe bananas</p>	<p>Fry the shredded coconut and keep aside.</p> <p>Heat 1 cup of water and add jaggery to it. In another bowl add rice powder and maida and mix it well.</p> <p>Add the melted jaggery and the coconut to the mix and stir well.</p> <p>When the batter cools add few mashed bananas to it. Keep aside.</p> <p>Take the <i>unni appam</i> vessel and add oil to each hole. When it boils, pour the mix.</p> <p>Fry both the sides and serve.</p>

Pittha (by: Madhoo)

<u>INGREDIENTS</u>	<u>METHOD</u>
<p>un-polished rice</p> <p>For Stuffing <i>chana daal</i> green chillies ginger-garlic paste turmeric powder red chilly powder coriander leaves</p> <p>For Frying mustard oil sesame seeds curry leaves</p>	<p>Soak rice in water for 6 hours. Grind to a thick paste.</p> <p>Heat half a teaspoon mustard oil in pan and put rice paste in it. Add little water and keep stirring till it's in the form of dough. Now knead it using cold water on your palms finally.</p> <p>For Stuffing, make a thick paste of <i>chana daal</i> (make sure you've used little water to grind). Now add rest of the things in it.</p> <p>Now make small <i>puris</i> of rice dough by wetting your palms first and fill the stuffing with spoon.</p> <p>Seal it well using water and let it boil for 15 minutes or so. Now wash in cold water and cut into pieces.</p> <p>Serve with <i>dhania ki chutney</i>. It can be fried too.</p>

Mung Salad (by: Barkha Java)

<u>INGREDIENTS</u>	<u>METHOD</u>
<p>1 cup dried <i>mung</i> 1 small bunch green onions - chopped 2 cloves garlic - crushed 1/2 cup coriander leaves - chopped 1 tsp green chillies - chopped 1 tsp salt or to taste 1/8 tsp black pepper powder 3 tbsp olive oil 4 tbsp lemon juice 2 tbsp pomegranate seeds</p>	<p>Place the <i>mung</i> in a saucepan and cover with cold water to about two inches above the <i>mung</i> and bring to boil.</p> <p>Cover saucepan, then cook over medium/low heat for about 40 minutes or until the <i>mung</i> is tender.</p> <p>Drain <i>mung</i> and allow to cool then place in a salad bowl.</p> <p>Stir into the <i>mung</i> remaining ingredients, except pomegranate seeds.</p> <p>Sprinkle pomegranate seeds on top and serve.</p>

Coconut Chutney

INGREDIENTS

100 gm peanuts - roasted, skinned and ground
 100 gm grated coconut
 2 green chillies- seeded and chopped
 1 tbsp chopped coriander
 1 tbsp chopped mint
 2 tsp garlic paste
 1 tsp sugar
 1 tbsp lemon juice
 salt
 1 tbsp oil
 1/2 tsp mustard seeds
 12 curry leaves

METHOD

Grind peanuts, coconut, chillies, herbs, garlic, sugar, and lemon juice and salt together.

Heat oil and toss in mustard seeds and curry leaves.

Stir and Fry for a few seconds before mixing into the chutney.

Users Comments

A very good one

- Jo

adding peanuts to chutney will make it to taste "Yuck"! The actual south indian coconut chutney contains Fried Channa Dal in place of the peanuts.

Niru : This is not my recipe, but it is not mentioned that it is a South Indian Recipe. This is the chef's choice

adding peanuts to a chutney will not make it taste "Yuck",it will give same taste and texture as fried channa dal. Typical south india chutney will not have garlic in it.

- manisha

adding peanuts made this chutney superb, it was very good.

- Riya

The actual south indian chutney "actually" contains dry-baked channa dal (pottu-kadalai) and not "fried" channa dal! And Niru, the presence of mint, coriander and lemon juice tell this is NOT a south indian chutney, but your chef's own!

- Mahesh

Just to shed some light, I often find this served a lot in the restaurants North of country with the South

Indian dishes

- Abhijit

INGREDIENTS

1 kg black *chana* - boiled
 3 cups grated coconut
 150 gm shallots
 50 gm whole red chillies
 50 gm whole coriander
 2 sprigs curry leaves
 100 ml coconut oil
 10 gm garlic
 salt
 10 gm mustard seeds
 100 gm onions - sliced
 25 gm red chilli powder
 5 gm *garam masala* powder

METHOD

Sauté the grated coconut, shallots, red chillies, coriander, curry leaves, and garlic in oil till it becomes golden brown and grind.

Sauté mustard seeds, add the sliced onions, coriander powder, chilli powder and *garam masala*.

Add ground *masala* and sauté.

Add sufficient water to this and add the boiled *chana* and cook well.

Add salt and serve it hot.

Gavar Sabji (by: Sarada Venugopal)

<u>INGREDIENTS</u>	<u>METHOD</u>
250 gm <i>gavar</i> (cluster beans) 1 onion - chopped 1 tomato - chopped 2 green chillies - chopped 7-8 pods of garlic - chopped 1 tsp turmeric powder 1 tsp <i>jeera</i> powder 1 tbspcoriander powder salt coriander leaves - chopped	Cook <i>gavar</i> till tender. Heat oil in a pan and fry garlic and onions till they turn golden brown in colour. Add the tomatoes and the chillies and saute for some time. Then add <i>gavar</i> and the other spices and continue to cook over a low flame. Keep stirring. Garnish with coriander leaves and serve.

Daal Peshawri (by: Munish Kapoor) <u>INGREDIENTS</u>	<u>METHOD</u>
120 gm whole <i>kaali urad daal</i> salt to taste 20 gm ginger paste 20 gm garlic paste 5 gm red chilli powder 120 gm white butter 80 ml fresh cream 200 gm tomato puree	Pick and wash the lentils (<i>daal</i>) in running water, five to six times, soak overnight and drain. Put the drained lentils in a thick bottomed pan. Add water and boil the lentils till well cooked. Mash the lentils. Add ginger-garlic paste, red chilli powder, salt, tomato puree and butter. Cook for 20-25 mins on medium fire till it gets a thick texture. Add cream and cook for another 10-15 minutes. Remove and serve hot with butter.

Noodles Briyani (by: Salma)

<u>INGREDIENTS</u>	<u>METHOD</u>
1 pack maggi noodles 1 onion 1 tomato oil to fry 100 gm carrots 100 gm beans small cauliflower 50 gm green peas 1 small stick of cinnamon-powdered	Heat the oil in a pressure pan and add sliced onions. Add the chopped tomatoes and fry them till they turn brown. Now add all the vegetables, cut in small sizes and fry. Add cinnamon/clove powder, ginger garlic paste, red chilli powder, salt, maggi taste maker and stir well. To this add 2 cups of water and close the pan and let it give 2 whistles and then turn off the stove. Open the pan when all the pressure is out you should have one cup of water in the pan left then add maggi noodles and close the pan and put the stove on and allow for one

<p>2 cloves-powdered 1 tbsp ginger garlic paste 1 tbsp red chilli powder salt to taste 2 cups water coriander leaves to garnish boiled eggs to garnish</p>	<p>whistle till there is no extra water inside.</p> <p>Allow it to cool and garnish with the coriander leaves and boiles eggs. Spicy masala maggi briyani is ready. Serve hot with raita or curd.</p>
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Vegetable Modaks (by: Sudha Anantkrishnan Iyer)

<u>INGREDIENTS</u>	<u>METHOD</u>
<p>2 cups parboiled rice 3/4 cup grated coconut 1 small capsicum 1 carrot 5-6 beans 2 tbsp green peas 1 small onion-optional salt to taste</p> <p>For Seasoning 1 tsp mustard seeds 1 tsp jeera 1 tsp black <i>til</i> seeds 1 tsp <i>udid daal</i> 3 green chillies ginger 1"piece curry leaves</p>	<p>Soak the rice in water for 3-4 hours. Then grind it coarsely with the grated coconut and enough salt to a coarse paste.</p> <p>Take a <i>kadai</i>, add a little oil and add the ingredients for seasoning, except chillies, ginger and curry leaves. When the mustard splutters, add the chillies/ginger and fry for a minute.</p> <p>Add the vegetables and a little salt and saut 類 or 5 minutes. Now add the coarsely ground rice paste and mix it well till the paste with vegetables rolls out without sticking in the <i>kadai</i>.</p> <p>Now make small <i>modaks</i> out of this rice vegetable mixture and steam in <i>idli</i> plates for 5-7 minutes.</p> <p>Tasty and healthy vegetable <i>modaks</i> are ready. Eat hot with tomato /green /coconut <i>chutney</i>.</p>

Pudina Rice (by: Radhika)

<u>INGREDIENTS</u>	<u>METHOD</u>
<p>1 onion-sliced 9 green chillies 2 bunch of <i>pudhina</i> leaves 4 cups rice 6 to 7 cups water salt to taste</p>	<p>Take oil in a pan and fry onions till golden brown. Now add rice to it and fry it for 3 minutes.</p> <p>Grind <i>pudhina</i> and green chillies with little water and add it to fried rice.</p> <p>Now add water to it and salt to taste. Cook it for 15 minutes with a lid on the pan in medium to low flame and keep stirring it in between.</p> <p>Now reduce the flame to low and cook it for 10 more minutes and switch off the stove.</p>

Gatt Govi Fry (by: Rita Kaul)

INGREDIENTS	METHOD
1/2 kg cabbage 1 tsp <i>saunth</i> - grinded 1 tsp <i>saunf</i> - grinded salt ot taste mustard oil <i>Kashmiri mirch</i>	Slice the cabbbage in rounded form along with the skin. Coat them with salt and dry chilli powder. Keep it aside for half an hour. Then deep fry them in the oil, till they are of pink colour. When done add grounded <i>saunth</i> and <i>saunf</i> , little chilli and salt, fry them for a minute and add little water. Cover the frying pan and put it on low flame. Sprinkle <i>dalchini</i> powder. Serve hot.

Beetroot-dhaniya Curry[coriander Seeds Powder] (by: Mrs.Babu)

INGREDIENTS	METHOD
MEDIUM SIZED BEETROOT-1;ONE SMALL ONION;DHANIYA POWDER- 1tb.sp;SALT&MIRCH POWDER ACCORDINGLY	Peel off the beetroot & cut it into four pieces. Boil it in cooker upto one whistle. Cut them into small pieces. Stoke the water used for boiling. Cut onion into small. Take a pan, put oil, add urad daal, mustard, cumin seeds onion & fry them till golden brown. Add beetroot, dhaniya powder, salt & water used to cook beetroot and make a deep fry. Add mirch powder 1mt before turn off the flame. It will be tasty with rice and roti

Hariyali Tikki Aur Chole (by: geeta gohil)

INGREDIENTS	METHOD
1 cup grated boiled potatoes 1 cup chopped fenugreek (methi) leaves 4 green chillies, finely chopped 10 cubes mozzarella cheese [cut into 25 mm. (1") cubes] salt to taste oil for shallow frying For serving 1 recipe chole 1 sliced onion	How To Proceed 1. Combine the potatoes, fenugreek leaves, green chillies and salt in a bowl. Mix well. 2. Divide into 10 equal portions and shape each portion into a 50 mm. (2") diameter circle. 3. Place one cube of the cheese in the centre of each circle. Bring the sides together in the centre so as to seal the cheese stuffing inside the potato circle. 4. Roll the tikki between the palms of your hands in such a way that there are no cracks on the surface. Press firmly on top to make flat tikkis. 5. Repeat the procedure and make 9 more tikkis. 6. Shallow fry on both sides in hot oil on a griddle (tava) until golden brown in colour. 7. Serve hot with chole and sliced onions. Handy tip(s) :

1. Two medium sized potatoes will give you 1 cup grated potatoes.
2. Instead of mozzarella, you can use your favourite cooking cheese.

Kur Kuri Bhindi (by: Japneet)

<u>INGREDIENTS</u>	<u>METHOD</u>
1/2 kg bhindi 2 onions 2 tbsp curd-beaten 2 medium tomatoes- deseeded 1 tbsp coconut- roughly grated 1/3 tsp mustard seeds 1/4 tsp cumin seeds salt to taste 1 tbsp oil to fry 1/2 tsp chilli powder 1/2 tsp turmeric powder 1/2 tsp coriander powder 1/4 tsp garam masala	Remove the head and tail of the bhindi and dice it into equal portions. Peel the onion and slice it finely. Heat the Oil in a heavy bottom pan or kadhai. Add the cumin and mustard seeds, when they begin to splutter add the chopped onion. Fry until golden brown and then all add the spices, fry for another minute or so. Add the Bhindi and reduce the flame, cover and cook until the bhindi is semi- cooked. Add the curd and the chopped tomatoes along with the coconut. Mix gently, let the curd get absorbed throughly and the tomatoes get cooked. In the last few minutes raise the heat and keep stirring to make it crunchy. Garnish with some more coconut and chopped coriander.

Moong Paratha (by: sharmila)

<u>INGREDIENTS</u>	<u>METHOD</u>
259 gm moong daal 50 gm wheat-for 10- 12 chappaties oil for roti salt chillie powder amchur powder	Soak moong in 3 cups water for 30 minutes, then put in cooker add 1 more cup of water and give four whistles. Wait for 10 minutes, open the cooker and drain the moong cooked. Don't waste the drained water. It can be used for drinking as a soop. Take wheat floor, make dough from it add salt and little oil and red chillie powder . Take drained moong add chilli powder and amchur powder Make small small balls of it, roll it half put the the mixture of moong fold it again make paratha like puran puri and roast it on tawa with a little oil.. Serve it with Dahi or raita.

Channa Rolls (by: Nilima)

<u>INGREDIENTS</u>	<u>METHOD</u>
100 gm besan 50 gm green <i>channa</i> 100 gm onion 25 garlic 25 gm ginger 200 ml oil 1 tsp chilli 1 tsp turmeric 1 tsp coriander powder salt to taste 1 tsp <i>amchoor</i> 1 tsp <i>garam masala</i>	Grind <i>channa</i> add salt and fry in a little oil and mix <i>amchoor</i> . Knead <i>besan</i> with few drops of oil. Make small bowls of <i>besan</i> dough and fill it with <i>channa</i> mixture and make roll of it. Fry this roll in deep oil and keep aside. Now prepare the gravy by frying the onion, ginger-garlic paste in oil till light brown. Mix all the <i>masala</i> - chilli, turmeric, coriander, <i>garam masala</i> . Add one cup of water in the gravy and cook for 5-10 minutes. Now keep the <i>channa</i> rolls inside the gravy. Simmer for 10 minutes and serve hot.

Kadhi Palak Bhindi Vali (by: Srinivas Kollur)

<u>INGREDIENTS</u>	<u>METHOD</u>
250 gm spinach 10 okras (<i>bhindi</i>) 250 ml thick curd 1 tbsp <i>sambhar</i> powder 1 tsp mustard seeds 1/2 tsp chilli powder 1/2 tsp turmeric 2 tbsp gram powder salt to taste 3 red dry chillies few curry leaves	Chop the spinach very fine. Chop the okras into 1 inch pieces. Beat the curd till it turns into a smooth paste and add 250 ml of water to it. Add the gram powder into this and mix it to get a smooth watery soup. Add the salt, turmeric and chilli powder to it. Put it on heat and bring it to boil. Add the spinach and okra to it. Cook on low heat till the okra softens. Keep moving the soup so that it does not stick to the pan. Mix the <i>sambhar</i> powder into thick paste with water and add to it. Take it off the stove. Heat a little oil in the small pan and add the mustard seeds and red chillies till they splutter. Add this to the cooked kadhi and close. This can be served with rice.

Mango Pachchadi (by: Anand Moorthy)

<u>INGREDIENTS</u>	<u>METHOD</u>
2 to 3 un-ripe sour mangoes 1/8 tsp turmeric 2 tbsp salt For seasoning 2 tbsp oil 1/2 tsp mustard seeds 1 tsp <i>methi</i> seeds 2 tbsp red chilli	Peel and shred the mangoes using a carrot shredder and put it in a bowl. If the mango has a hard-core seed just discard it or use it in some other dish for sourness. Add salt and turmeric powder to the shredded mango and mix very well using a clean and dry spoon. Keep it aside for 30 minutes. Heat oil in a small pan or seasoning ladle and add mustard seeds in it. When its about to splutter add the <i>methi</i> seeds.

<p>powder L tsp asafoetida powder curry leaf?optional</p>	<p>When the <i>methi</i> is turning into golden brown add red chilli powder and asafoetida powder and fry for 2 seconds.</p> <p>Add the curry leaves if you wish and remove from the stove. Let it cool very well. Then add this seasoning to the shredded mango and mix it thoroughly.</p> <p>Taste and add salt if necessary. This <i>pachchadi</i> can be mixed with hot steamed rice adding <i>ghee</i>. Also tastes good with <i>chapattis</i> and bread.</p> <p>Put it in the airtight bottle. It will stay fresh for 2 to 3 weeks if refrigerated</p>
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Mumery (by: rita)

<u>INGREDIENTS</u>	<u>METHOD</u>
<p>rice Floor grated cocunut chopped onion chopped green chilli grated ginger chopped corrinde leaves</p>	<p>First make the dough adding all these and salt to taste.</p> <p>The dough should not be loose nor tight like <i>roti</i> dough.</p> <p>Take clean paper or banana leave.</p> <p>Take small portion of these dough. On a paper put little oil.</p> <p>With hands put the portion on paper make the shape of <i>roti</i> and put on <i>tawa</i>.</p> <p>After 1 minute remove the paper.</p> <p>Put oil to roast</p> <p>after few minutes crispy mumery(rice dosa) is ready.</p>