

TASTY



ISSUE -1

be good at cooking





The Choco

Creating a new cho

The Chocolate Room is the latest place that has opened up in town, pledging to serve the chocolate-savvy with utmost fervor. Perfect for all age-groups, this joint holds the key to the doors of most hearts in town – those that start beating faster with any mention of chocolate. Visit TCR (The Chocolate Room) and spoil yourself with flavours of chocolate that will make your soul yearn for more. The heart won't relent even when the stomach's full. This place is a drug, because you'll be addicted!



OUR BRANCHES

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Chocolate Room

chocolate culture in India



*We invite you to
Try, Smell & Adore
our chocolates.*

1. Hot chocolate
2. Choctails
3. Chocshakes
4. Coffee, tea & mocktails
5. Chiller's & cooler's, bread and More

HOT GOURMET SAVOURIES

6. Paninos, croquet
7. Wraps, paguettes, Sandwiches
8. Crepes, de licious, pastas
9. Salads, pastries & cakes
10. Pancakes on the rocks
11. Sweet icons, chocizza
12. Affogato, ice cream
13. Mouth watering sundaes
14. Famous fondue



CHOCOLATE IS GOOD FOR YOU

Eat more chocolate – Stay Young !

Chocolate contain antioxidant

Called flavonoids That protect the body against Damaging free radicals These antioxidants minimize the effects of the ageing process

Eat more chocolate – stay healthy !

The chocolate, anther antioxidants, found in cocoa beans help to protect the body against degenerative diseases such as cancer and heart disease. Dark chocolate is a particularly good source of catechins

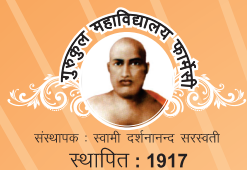
Eat more chocolate – stay young

Chocolate contain calcium, phosphorus magnesium which are minerals essential for strong bones and teeth. Chocolate also contains iron, copper, protein and vitamin E all essential for your well being & healthy.

Chandigarh * Mumbai * Mysore * Napure * Pune * Surat * V. vidhyanagar

6 ■ Email: tcrchandigarh@hotmail.com ■ Website: thechocolateroomindia.com

Earlier Known As



Chat Masala

Gurukul Masalas are blended to perfection using only fresh, handpicked spices. These are absolutely pure and delight your food with their taste and aroma.

INGREDIENTS

Salt, Dry Mango, Mint, Black Salt, Kachri, Red Chilli, Cumin, Coriander, Tartaric Acid, Bishop's Weed, Pomegranate, Nausadar, Big Cardamom, Cinnamon, Ginger, Sugar, Asafoetida, Black Pepper, Clove.

NUTRITIONAL INFORMATION

Amount per 100g (approx.)

Protein	8.78 g.
Total Fat	4.49 g.
Carbohydrate	39.71 g.
Crude Fibre	4.84 g.
Sugar	0.00 g.
Saturated Fat	0.65 g.
Mufa	1.86 g.
Pufa	1.79 g.
Trans Fat	0.01 g.
Energy	234.37 Kcal
Sodium	17230.00 mg.
Phosphorus	106.61 mg.
Calcium	297.07 mg.
Magnesium	126.61 mg.
Zinc	1.62 mg.
Iron	30.01 mg.
Potassium	56.30 mg.
Cholesterol	0.00mg.



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Remembering **Tarla Dalal**



Born in 1936 in Pune, Maharashtra, Tarla Dalal's eventful journey in the world of cooking began when she got married to Nalin Dalal, who was doing his M.S. in Chemical Engineering in America. Her husband loved multi-cuisine food and motivated his wife to try her hand at different cuisines. For the next few years she perfected her technique, until she had mastered the art of multi-cuisine cookery, after which she shifted to Mumbai. In 1966, when her friends persuaded her to start a cooking class to share her skills with youngsters, Dalal started with six students. Before long, her classes became the talk of the town even as young impressionable women lined up to get groomed in culinary skills. That was followed by her first cook book 'The Pleasures of Vegetarian Cooking', which was released in 1974 and became a huge success. There was no looking back thereafter. In 1987 she bought her own office and launched Sanjay & Co. along with her son, Sanjay Dalal. Her books were translated into Hindi, Gujarati, Marathi, Russian and Dutch too. With the help of her son, she also set up Tarladalal.com in 1988, to reach out to millions of her followers who wanted to avail of her

cooking skills.

According to Sanjay Dalal, his mother was also extremely tech-savvy, which ensured that she kept in touch with followers across all age-groups. "She loved to be in touch with the younger generation and was buzzing on all popular social media platforms including Facebook, Twitter, LinkedIn, Word Press, Instagram, Pinterest, Picasa, and her own blog."

Sanjay points out that the Tarla Dalal app was the most recent 'techie' addition to her repertoire. Apart from that, her recipe videos on YouTube became a huge hit. Recalls Sanjay, "While holidaying in Singapore in 2010, a fan asked her why she had no videos, as that was the latest way to follow recipes. As soon as she returned to India, she started making recipe videos and posting them on YouTube. That is how proactive she was!"

Apart from this, Dalal also used to publish a bi-monthly magazine, 'Cooking & More'. Her television shows 'Tarla Dalal show' and 'Cook It Up With Tarla Dalal' had a great following among men and women alike.

Sanjay has now resolved to continue his mother's legacy and bring out many more books and on-line content based on the treasures that she has left behind.



India's noted cookery author and celebrated chef, Tarla Dalal passed away on 6th November 2013, after suffering from a heart attack. With more than 170 titles to her credit in the world of cookery, including multi-cuisine and health cookbooks, Tarla Dalal had become a household name among millions who cultivated their culinary skills to perfection by simply following her. Her positive influence on people won her the Padmashree Award in the year 2007 for her contribution to the field of cooking. Incidentally, she was the first Indian to have been awarded in this category.



Paneer and Corn Quesadillas

Preparation Time: 20 mins
Cooking Time: 20 mins
Makes 5 quesadillas

INGREDIENTS

For the Tortillas

3/4 cup whole wheat flour (gehun ka atta)
1/2 cup plain flour (maida)
1/2 tsp oil
1/4 tsp oil for kneading
Salt to taste

To Be Mixed Into A Stuffing

3/4 cup grated paneer
1/4 cup boiled sweet corn kernels, lightly crushed
1/4 cup grated mozzarella cheese
2 tbsp chopped tomatoes (without the pulp)
2 tbsp chopped red and yellow capsicum
1 tsp finely chopped green chillies
2 tbsp chopped coriander (dhania)
Salt to taste

Other Ingredients

Plain flour (maida) for rolling
2 1/2 tsp oil for cooking

METHOD

For the tortillas

1. Combine all the ingredients in a bowl and knead into a soft dough using enough warm water. Keep aside covered with a wet muslin cloth for 10 to 15 minutes.
2. Knead again using oil till smooth and divide it into 10 equal portions.
3. Roll out each portion into a 150 mm. (6") diameter thin circle using a little flour for rolling.
4. Cook each tortilla, lightly on a tava (griddle) and keep aside.

How to proceed

1. Divide the stuffing into 5 equal portions and keep aside.
2. Place a tortilla on a clean, dry surface and spread a portion of the stuffing evenly over it.
3. Place another tortilla over it and press it lightly.

4. Repeat with the remaining tortillas and stuffing to make 4 more quesadillas.
5. Just before serving, cook each quesadilla on a tava (griddle) using 1/2 tsp of oil till pink spots appear on both the sides.
6. Cut into equal pieces and serve hot.



A Tarla Dalal Favourite Recipe



Chocolate Pie

Setting time: 2 to 3 hours

Preparation Time: 10 mins

Cooking Time: 1 mins

Makes 1 cake

INGREDIENTS

For the Biscuit Base

- 1 cup crushed digestive biscuits
- 5 tbsp melted butter

For The Filling

- 2 cups roughly chopped milk chocolate or dark chocolate
- 1/4 cup milk
- 2 cups beaten whipped cream
- 2 tbsp powdered sugar
- 1 tsp vanilla essence

For The Garnish

- 3 tbsp grated milk chocolate or dark chocolate

METHOD

For the biscuit base

1. Combine the biscuit and melted butter in a bowl and mix well.
2. Press the mixture into the base of a 150 mm (6") loose-bottomed pie dish.
3. Refrigerate for 15 to 20 minutes or till the base is firm.

For the filling

1. Combine the chocolate and the milk in a microwave-safe bowl and microwave on high for 30 to 40 seconds. Mix gently till no lumps remain. Keep aside.
2. Combine the beaten whipped cream, powdered sugar and vanilla essence and fold gently.
3. Add the prepared chocolate mixture and fold gently.

How to proceed

1. Spread the filling over the set biscuit base and refrigerate for 2 to 3 hours or till firm.
2. De-mould the pie, garnish with grated chocolate, cut into 6 equal wedges and serve chilled.



A Tarla Dalal
Favourite Recipe



Moong Dal and Paneer Pudina Chila

Chock-full of nutrients and abundant in flavour too, the Moong Dal and Paneer Phudina Chila is a wonderful snack to have any time of the day, whether for breakfast, supper or as a tea-time treat for a sudden guest. Ready in minutes, this flavourful chila features an exciting stuffing of mint-tinged paneer.

Preparation Time: 5 mins

Cooking Time: 4 mins

Makes 4 servings

Ingredients

- 1/2 cup yellow moong dal (split yellow gram), soaked for 4 hours
- 1/2 tsp ginger-green chilli paste
- 1/4 tsp asafoetida (hing)
- 1/2 tsp sugar
- Salt to taste

To Be Mixed Into A Topping

- 1/2 cup crumbled paneer (cottage cheese)
- 1/4 cup finely chopped mint leaves (pudina)
- 1/2 tsp finely chopped green chillies
- 1/2 tsp chaat masala
- Salt to taste

Other Ingredients

- Oil for greasing and cooking

Method

1. Divide the topping into 4 equal portions and keep aside.
2. Drain the soaked moong dal, add ½ cup of water and blend in a mixer till smooth.
3. Transfer the mixture into a bowl, add the ginger-green chilli paste, asafoetida, sugar and salt and mix well.
4. Divide the batter into 4 equal portions and keep aside.
5. Heat a non-stick tava (griddle), grease with a little oil, pour a portion of the batter on the tava and spread it evenly to make a 125 mm. (5") diameter round.
6. Spread a portion of the topping evenly over it and press it gently so the topping sticks to the chila.
7. Cook, using a little oil, till it turns golden brown in colour from both the sides.
8. Repeat steps 5 to 7 to make 3 more chilas.
9. Serve immediately with green chutney and tomato ketchup.



Paneer Makai

While you would surely have tried the common combo of paneer and green peas, here is a mind-blowing preparation of paneer with sweet corn, perked up with crisp capsicum, green chillies, ginger and spices. One exciting aspect of Paneer Makai is that sweet corn is used both in whole and puree form, so its flavour is very dominant, making every mouthful a pleasurable experience.

Preparation Time: 10 mins

Cooking Time: 12 mins

Makes 3 servings

Ingredients

- 1 1/2 cups paneer (cottage cheese) cubes
- 1 cup sweet corn kernels (makai ke dane)
- 1/2 cup thinly sliced capsicum
- 2 tbsp oil
- 1 tsp cumin seeds (jeera)
- A pinch of asafoetida (hing)
- 1 1/2 tsp finely chopped green chillies
- 1 tsp grated ginger (adrak)
- 1/2 cup boiled sweet corn kernels (makai ke dane)
- A pinch sugar
- Salt to taste

For The Garnish

- 2 tbsp finely chopped coriander (dhania)

Method

1. Combine the sweet corn kernels and ½ cup of water in a mixer and blend to a coarse paste.
2. Heat 1 tbsp of oil in a deep pan, add the capsicums and paneer and sauté on a medium flame for 4 to 5 minutes or till they are lightly browned, remove and keep aside.
3. Heat the remaining 1 tbsp of oil in the same pan and add the cumin seeds and asafoetida.
4. When the seeds crackle, add the corn purée, green chillies, ginger and ½ cup of water, mix well and cook on a medium flame for 5 minutes, while stirring occasionally.
5. Add the boiled corn, sugar and salt, mix well and cook on a medium flame for 1 minute.
6. Add the sautéed capsicum, paneer and mix gently and cook on a medium flame for 1 minute.
7. Garnish with coriander and serve hot with parathas.



Tarla Dalal

Noted Indian food writer, chef, best-selling cookbook author, Padma Shri awardee and host of cooking shows like "Tarla Dalal Show" and "Cook It Up With Tarla Dalal". She has written over 170 titles, several of which have been translated into various languages and sold around the world.

Atta Ka Sheera

This is one of the easiest Gujarati sweets to make - with just a few ingredients, which can be found on all kitchen shelves. Just note a few simple points, and success is assured. While sautéing, keep a lookout for when the ghee separates and the atta becomes lighter, as this is the perfect indication that your atta is well cooked. If you have a very sweet tooth, you can add two more tablespoons of sugar. Also remember to serve this dish immediately to avoid lumps.

Preparation Time: 2 mins

Cooking Time: 17 mins

Makes 4 servings

INGREDIENTS

- 1 cup whole wheat flour (gehun ka atta)
- 1/2 cup melted ghee
- 3/4 cup sugar
- 1 tsp cardamom (elaichi) powder

FOR THE GARNISH

Almond slivers

METHOD

1. Heat the ghee in a non-stick kadhai. Add the whole wheat flour and sauté on a medium flame for 8 to 10 minutes or till it turns brown in colour and the ghee separates.
2. Add the sugar, cardamom powder and 3/4 cup of water, mix well and cook on a slow flame for another 5 to 7 minutes or till the sugar dissolves, while stirring continuously.
3. Serve hot garnished with almond slivers.



Chilli Coriander Fried Rice

Quick, easy and delightfully oriental, this Chilli Coriander Fried Rice is something you can prepare anytime, any day as it makes use of the most common ingredients in your kitchen. It does not even involve chopping of veggies, making it perfect for those days when you get caught in a traffic jam on your way home. With pungent hints of soya sauce and garlic, fresh hints of coriander and fiery shades of red chillies, this one will send a tingle down your taste buds!

Preparation Time: 5 mins

Cooking Time: 2 mins

Makes 4 servings

INGREDIENTS

- 1 tbsp finely chopped fresh red chillies
- 1/2 cup finely chopped coriander (dhania)
- 4 cups cooked rice (chawal)
- 1 tbsp finely chopped garlic (lehsun)
- 1 tsp soy sauce
- 1 tbsp oil
- Salt to taste

METHOD

1. Heat the oil in a broad non-stick pan, add the garlic and red chillies and sauté on a medium flame for a few seconds.
2. Add the soya sauce, rice, coriander and salt, mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
3. Serve hot.



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Tofu

truly amazing
health benefits!

More and more people are moving away from the bad cholesterol associated with eating other foods, and have moved to the protein benefits of soy that tofu is made from.

It contains all essential amino acids that are the building blocks of protein. It is used as a substitute for meat and can be grilled, but also, as you will see from my recipe this month, baked in desserts!

As little as 25 grams of soy protein in tofu may have positive heart benefits. Tofu contains substances that are believed to assist in prevention of hormone-related cancers, and help reverse bone density loss and "hot flushes" in menopausal women. Add to that, tofu is low in fat, low in calories & high in calcium!

Tofu is very versatile, providing texture and protein whilst taking on the flavour of whatever it is added to. It's available in different varieties and consistencies, and can be sliced, stir-fried, seasoned, pureed as a cheese substitute, mashed, blended, & used in dips and toppings. Wow!

Here's a quick guide to the types of tofu available and how they can be used:

- **Firm (or regular) tofu**

This is an all-purpose tofu. It is drained and pressed, but still has a lot of moisture. It has a softer texture, not as smooth as silken tofu or as grainy as extra-firm. Not the best tofu for grilling, but it absorbs marinades well so it's a good option for stir-fries. When fried, it is creamy on the inside. Use it as a topping on pizza, or in tacos.

- **Silken tofu**

As the name suggests, silken tofu is smooth. It's an un-drained, un-pressed tofu, with a high moisture content & a custard-like texture. Silken tofu is often used as a fat substitute in desserts, and replaces cheese in some dishes. Use it in salad dressings, pie fillings, puddings and smoothies.

- **Extra-Firm tofu**

This is tofu has the least moisture since most of the liquid has been pressed out; it won't fall apart during cooking. If you want to try grilled or seared tofu, this is the right choice.

My chocolate tofu cake is easy-to-make, moist, flavoursome, and full of benefits for your health. It helps with dietary needs and is a wonderful addition to your baking/dessert arsenal. The Tofu Gingerine is a quick recipe for you to enjoy a savoury version of tofu. Bon appétit!





Chocolate Tofu Cake

Preparation time: 25-30 min

Serves: 6-8 people

INGREDIENTS

- 2 cups flour
- 3/4 cup dark coco powder
- 1 tsp salt
- 1 tsp baking powder
- 2 tsp baking soda
- 2 cup brown sugar
- 1 cup coconut oil / vegetable oil
- 1 cup water
- 1 1/4 tsp coffee
- 1/2 cup tofu / cottage cheese
- 1 cup almond milk / regular milk
- 1 tsp vanilla essence

METHOD

1. Preheat oven to 160° C.
2. Grease the mould with oil spray or coco powder.
3. Dissolve coffee powder in hot water.
4. Sift flour, combine with salt, baking powder, baking soda, coco powder and sugar.
5. In another mixing bowl mix milk, hot coffee decoction.
6. Puree tofu and mix it with all the liquids. Add vanilla essence.
7. Combine all the wet ingredients with dry ingredients, beat the batter for 2-3 min
8. Pour the batter in mould and bake for 25-30 min until the wooden pick inserted in the middle of cake comes out clean.
9. Let the cake completely cool before removing from the pan.

Tofu Gingerine

Preparation time: 5- 10 min

Serves: 4-6 people

INGREDIENTS

- 400 gm tofu
- 1/4 cup ginger
- 1/4 cup garlic
- 1/8 cup sesame seeds
- 1 tbl spoon red chilli chopped
- 2 tbl spoon of oil
- 2 tbl spoon soy sauce
- 2 tbl spoon chopped scallion for garnish
- 2 tsp orange zest

METHOD

1. Heat oil in a pan and add ginger, garlic and chilli. Cook until fragrant.
2. Add tofu and cook till its firm.
3. Add soy sauce and sesame seeds.
4. Garnish with chopped scallions and orange zest



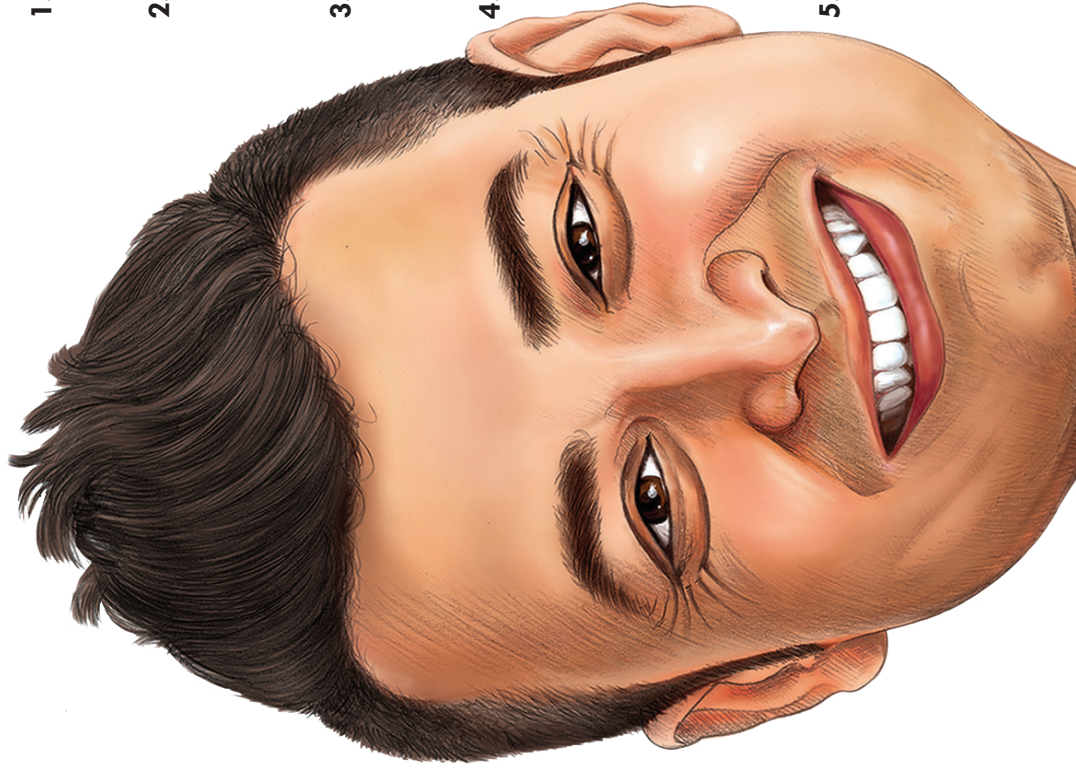
Chef Jasbir Kaur

Jasbir (or Jazz, as she prefers) has caused ripples around the world with her unique approach to cooking, encompassing every nationality. The zest and joy Jazz brings to her work is something quite special. Jazz has worked in the UK and in many top US hotels, gaining experience and insight along the way. She's a guest speaker on radio and also writes for specialist food blogs. Recently, she has been the guest chef on Good Morning on TV One, and has completed 50 shows detailing seasonal, fresh, and healthy produce. She has an extensive knowledge of herbs and spices, their healing properties and a passion for French cuisine. Her recipes and simplicity in food creation have gained her a broad cross-section of followers.

If you have any special vegetarian recipes you'd like to request from Chef Jasbir, please write to us at feedback@visionasia.com.au and we'll feature them in the magazine.

Stay healthy, eat healthy &

ENJOY EVERY MINUTE



1. **What are your Hobbies/Passions?**
Family, Food and Formula1, I like to call them the F3 of my life.

2. **What is your idea of perfect happiness?**
Watching Sharang, my son, drop everything & run to me when I pick him up from school.

3. **What is your success mantra?**
For me, success is directly proportional to innovation & smart work.

4. **Who or what is your inspiration?**
My family. I look at my mother who has worked in the food industry for more than half of her life & still wakes up with the same passion every day. I look at my wife & son who want me to be successful, who never hesitate to put me first & who never ask for anything in return. That inspires me more than anything.

5. **What is your most memorable moment?**
I can't single out one. The day I met my wife, the day my son was born, the day I got into the MasterChef kitchen, the day I met Heston Blumenthal. They all are very memorable & I don't want to make

11. **Favourite holiday destination?**
Of the ones I have travelled to so far, it has to be Singapore. I just love the diversity of food in Singapore.

12. **What do you love or admire in Australia?**
I love Australia for its natural beauty, food diversity & variety of wines. Most of all I admire Australia for its people - I've met & made some amazing friends along the way.

13. **What outdoor activities do you like / how do you relax?**
I like to play golf, tennis & drive go-karts. My relaxation is watching television whenever I can.

14. **Which talent would you most like to have?**
Salesmanship, I think if I had the ability to sell anything, I would be more successful.

15. **The craziest things you've ever done?**
Walked from Andheri to Vile Parle (2 train stations in Mumbai) on train tracks. For those who don't know there are 8 different train lines between these two stations & local trains in Mumbai run every 3 minutes.

any one more important than the other.

6. How important is it to fail before you succeed?

I think using the word "fail" carries a negative connotation. There is always something to learn from your unsuccessful attempts, so I choose to call it learning. I strongly believe taking lessons from & improving on your failed attempts is important to succeed in life.

7. What do you value most in life?

Time, it is the most important dimension of one's life. As one can't change time, it means it is very valuable.

8. Favourite movie & star?

My favourite movie is James Bond's Skyfall. Favourite movie star is none other than Madhuri Dixit.

9. Favourite food/restaurant?

My favourite type of cuisine is Sichuan Chinese. My favourite restaurants keep changing as I try new places; my current favourite is Chianti Classico in Adelaide.

10. Favourite Sport & player?

Favourite sport is Formula 1 & sports person Michael Schumacher.

So while walking on those tracks you have to judge which way the train is coming from. It tops my list of the stupidest things I have done in my life...but I blame it on being a teenager!

16. What is your greatest fear?

I fear one day there will be no fish in the sea due to current overfishing in the world. That will be one sad day in the history of mankind & it's only a few decades away.

17. What do you think is the secret to a good life?

Stay healthy, eat healthy & enjoy every minute of your life.

18. If your house was on fire & you could only grab 3 things what would they be?

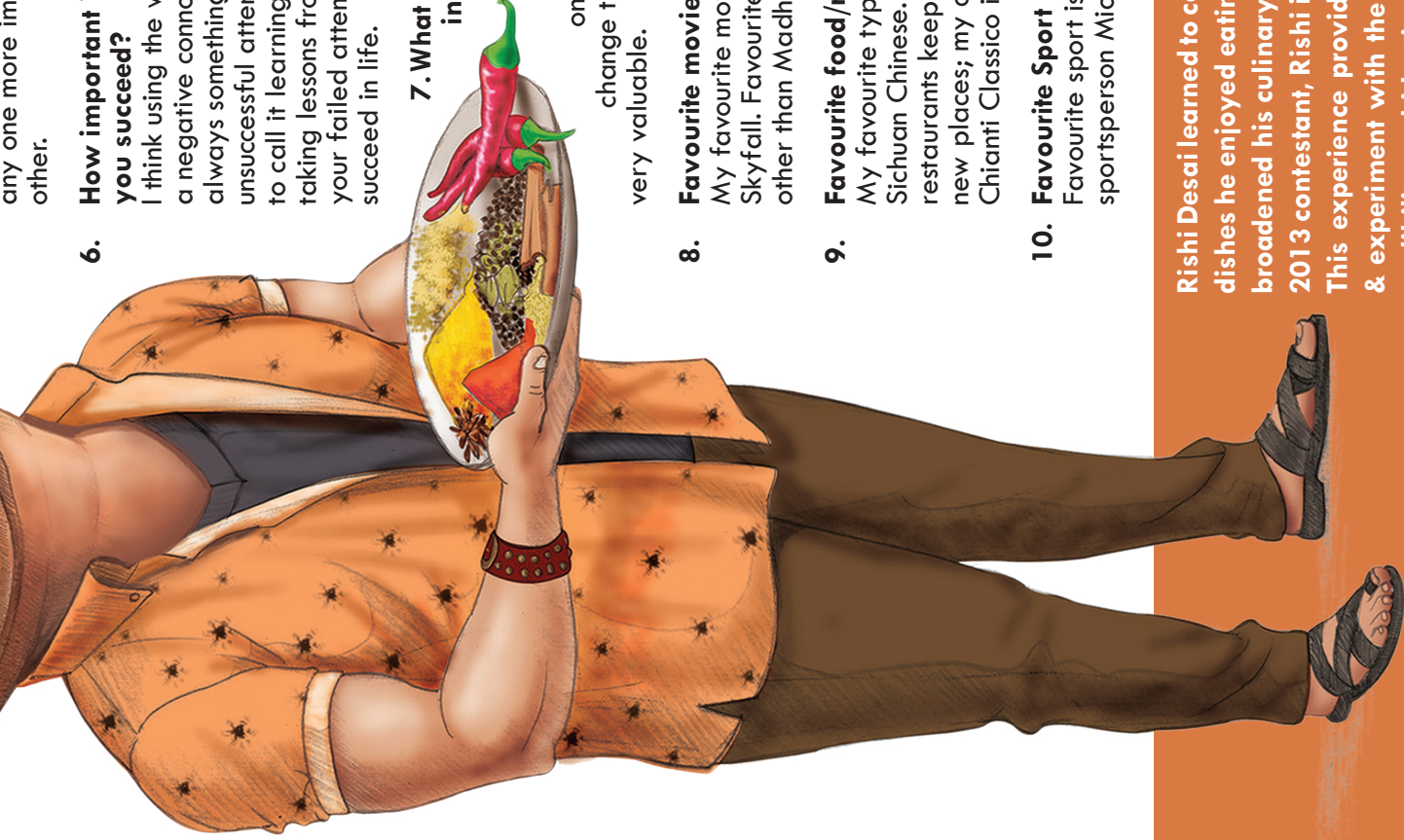
Given my family & my cat are already outside the house, wallet, passport & birth certificate.

19. What phrase or words do you use the most?

"Absolutely Brilliant"

20. Name one achievement that you are proud of:

I am proud of the fact that I am able to follow my passion in food & so far have been successful with it.



Rishi Desai learned to cook at a young age; initially recreating the traditional everyday dishes he enjoyed eating in his hometown in India. The opportunity to work overseas broadened his culinary horizons & inspired his repertoire. As a MasterChef Australia 2013 contestant, Rishi impressed the judges with his flair, palate & considerable skill. This experience provided him with the opportunity to nurture his love of cooking & experiment with the traditional dishes of India. Ultimately, it has established his credibility and identity as a chef of inspired modern Indian cuisine.



Quick Rava and Vegetable Dhoklas

Preparation Time: 30 mins

Cooking Time: 15 mins

Makes 3 to 4 servings

Quick rava and vegetable dhoklas are delicious, healthy and easy to make too. You just need to plan half an hour ahead to ferment the quick-fix batter, and you are ready to go. With colourful veggies and a springy soft finish, children will love these dhoklas; and so will the others in your family!

INGREDIENTS

- 1 1/4 cups semolina (rava)
- 2 cups buttermilk
- 1/4 cup boiled mixed vegetables
- 2 tsp ginger-green chilli paste
- 1 1/2 tsp fruit salt
- 1 tbsp oil
- Salt to taste
- Oil for greasing

FOR THE TEMPERING

- 1 tsp mustard seeds (rai / sarson)
- 1 tsp sesame seeds (til)
- A pinch of asafoetida (hing)
- 1 tbsp oil

METHOD

1. Mix the semolina, buttermilk, vegetables, ginger-green chilli paste, oil and salt in a bowl to make a smooth batter. Keep aside for at least 30 minutes.
2. Add the fruit salt, mix well and pour the batter into a greased 200 mm. (8") diameter thali. Steam for 8 to 10 minutes.
3. Prepare the tempering by heating the oil, adding the mustard seeds, sesame seeds and asafoetida and frying until the seeds crackle. Pour the tempering over the prepared dhokla.
4. Cut into pieces and serve hot with green chutney.

TIPS

It is important to add the fruit salt just before you put the dhoklas to steam and to ensure the water is boiling when you put the dhoklas to steam.

VARIATION: QUICK VEGETABLES IDLIS

You can also steam the same batter to make idlis.

Vegetable and Bean Soup

Preparation Time: 10 mins

Cooking Time: 20 mins

Makes 4 servings

INGREDIENTS

- 2 cups finely chopped tomatoes
- 1 cup finely chopped onions
- 1/2 cup potato cubes
- 1/2 cup chopped cabbage
- 1/4 cup soaked and cooked rajma (kidney beans)
- 2 tbsp soaked and cooked barley (jau)
- 2 tsp olive oil
- Salt to taste
- Freshly ground black peppercorns (kali mirch) to taste

FOR THE GARNISH

- 2 tsp roasted wheat bran

METHOD

1. Combine 1 cup of tomatoes, 1/2 cup of onions, potatoes, 3 cups of water and salt, mix well and pressure cook for 2 whistles.
2. Allow the steam to escape before opening the lid.
3. Cool and blend in a mixer to a smooth purée. Keep aside.
4. Heat the oil in a deep non-stick pan; add the remaining onions and sauté on a medium flame till they turn translucent.
5. Add the cabbage and sauté on a medium flame for another minute.
6. Add the remaining 1 cup of tomatoes, rajma, barley, salt and pepper powder, mix well and cook on a medium flame for 1 to 2 minutes.
7. Add the tomato-onion mixture, mix well and bring to boil.
8. Serve hot garnished with roasted wheat bran.

An appetizing combination of fresh veggies and protein-rich beans cooked in olive oil, which contains a blood cholesterol-lowering substance called 'squalene'. Antioxidants like 'quercetin' and 'selenium' found in onions protect the heart from free radical damage.



Tarla Dalal

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Paneer Mutter Biryani

Paneer is a show-stealer! Layers of rice and spicy paneer mutter make this Biryani a real delicacy. And roasted onions add a yummy touch to the brown rice. I have used low-fat milk to enhance its calcium and protein content, even while curbing the calories. To keep the paneer soft, place it in warm water for a few minutes and then use it.

Preparation Time: 20 mins

Cooking Time: 12 mins

Baking Time: 13 to 15 minutes.

Baking Temperature: 200°C (400°F).

Makes 4 servings

INGREDIENTS

For The Paneer Mutter Mixture

1/2 cup low-fat paneer cubes

1/4 cup boiled green peas

1/4 cup finely chopped onions

1 tsp chilli-garlic paste

1/2 tsp ginger-green chilli paste

1/2 cup fresh tomato pulp

1/2 tsp chilli powder

1/2 tsp garam masala

A pinch of sugar

1/2 tsp dried fenugreek leaves (kasuri methi)

Salt to taste

FOR THE ONION BROWN RICE

2 1/4 cups cooked brown rice

1/2 cup finely chopped onions

Salt to taste

OTHER INGREDIENTS

2 tbsp low-fat milk

METHOD

For the Paneer Mutter Mixture

1. Heat a non-stick pan on a medium flame. Add the onions and dry roast on a medium flame for 1 to 2 minutes or till they turn light brown in colour. Sprinkle a little water if they start burning.
2. Add the chilli-garlic paste, ginger-green chilli paste and 1 tbsp of water and dry roast on a medium flame for about 1 minute.
3. Add the fresh tomato pulp, chilli powder, garam masala, sugar and dried fenugreek leaves, mix well and cook on a medium flame for 2 to 3 minutes.
4. Add 1/4 cup of water, mix well and cook on a medium flame for another 2 minutes.
5. Add the paneer, green peas and salt, mix gently and cook on a medium flame for 1 more minute. Remove from the flame and keep aside.

For the onion brown rice

1. Heat a deep non-stick pan on a medium flame and when hot, add the onions and dry roast on a medium flame for 2 minutes or till the onions turn brown. Sprinkle 1 tbsp of water to prevent the onions from burning.
2. Add the brown rice and salt, mix well and cook on a medium flame for 1 minute.
3. Divide the rice into 2 equal portions and keep aside.

HOW TO PROCEED

1. Spread one portion of the onion brown rice evenly at the bottom of a baking glass bowl.
2. Spread the paneer mutter mixture evenly over it.
3. Spread the other layer of onion brown rice evenly over the paneer mutter mixture and pour the milk evenly over it.
4. Cover with a lid and bake in a pre-heated oven at 200°C (400°F) for 8 to 10 minutes.
5. Serve immediately.

Kewra Phirni

Kewra essence is a flavouring substance extracted from the flower of the Pandanus or screw pine tree. An irresistible flavour, it is commonly used in north India and Pakistan, as well as in places like Australia and the Pacific Islands, where the trees are found in large numbers. This Kewra Phirni is nothing but traditional milk and rice phirni flavoured with kewra essence, which gives it an exotic and rich touch.

Soaking time: 1 hour

Setting Time: 1 hour

Preparation Time: 5 mins

Cooking Time: 15 mins

Makes 4 servings

INGREDIENTS

- 4 cups full-fat milk
- 5 tbsp long grained rice (basmati)
- 1/4 cup sugar
- 5 to 6 drops of kewra essence

FOR THE GARNISH

- 1 tbsp pistachio slivers

METHOD

1. Soak the rice in a small bowl using enough water for about 1 hour.
2. Drain all the water and grind the rice in a mixer to a coarse mixture.
3. Transfer the mixture into a bowl and add 1/2 cup of cold milk to the rice, mix well till smooth.
4. Boil the remaining 3 1/2 cups of milk in a deep non-stick pan, add the rice-milk mixture, mix well and cook on a slow flame for 10 minutes, while stirring occasionally.
5. Add the sugar, mix well and cook on a slow flame for another 2 minutes while stirring continuously.
6. Remove from the flame and allow the mixture to cool completely.
7. Add the kewra essence and mix well.
8. Refrigerate for at least 1 hour and serve chilled garnished with pistachio slivers.



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The wonders of Turmeric



I love turmeric – it's my favourite superstar spice in cooking and for its medicinal qualities! Recent research has revealed that turmeric is a natural wonder, proving beneficial in the treatment of many different health conditions from cancer to Alzheimer's. Fresh root of turmeric, which looks like a skinny version of ginger, has a peppery, warm and bitter flavour and a mild fragrance slightly reminiscent of orange and ginger. Turmeric is known to heal the "whole person". It is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions. In India alone, turmeric has been in use for over 2,500 years!

Scientists tell us that vegetables such as cauliflower, cabbage, broccoli, brussel sprouts, kale, kohlrabi and turnips and Curcumin – the major constituent of turmeric that gives the spice its yellow colour – could be an effective therapy not only to prevent prostate cancer, but to inhibit the spread

of established prostate cancers. Best of all, my wonderful combination of Cauliflower Spiced with Turmeric is absolutely delicious!! What I particularly like about turmeric is that its healing properties work both internally and externally. When applied externally it can treat everything from acne to bruises, psoriasis, rashes and wounds. Turmeric is also well known for its use as a skin tonic – you just have to be careful not to apply too much to avoid staining your skin yellow.

Numerous studies have proven turmeric also helps in repairing intestinal walls and combating inflammation for gluten allergies – my next article will help further with gluten-free foods.

Good luck in your cooking and experimenting with this wonderful spice – I'm sure you'll love it and I'd be delighted to hear from you what uses you have for turmeric in your own cooking.

Oven roasted cauliflower with pine nuts

Preparation Time: 15 min
Serves 2-4 people



INGREDIENTS

- 1 head of cauliflower
- 1 tsp salt
- 1 tsp pepper
- ½ tsp turmeric
- 3 cloves of garlic
- 1 thumb of ginger cut into thin slices
- 2 tbsp olive oil
- 2 tbsp of lemon juice
- 2 tbsp of roasted pine nuts
- 1 tbsp of chat masala
- ¼ cup chopped coriander

METHOD

1. Cut the cauliflower into large chunks of florets. Place them in roasting tray. Drizzle it with oil and season it with salt, pepper, turmeric, garlic and ginger.
2. Roast the cauliflower at 150 °C for 15 minutes.
3. Once cooked add lemon juice and chat masala.
4. Garnish with coriander and pine nuts.



Stir fry cabbage

Serves 2-4 people
Preparation time 15 min.

INGREDIENTS

- 1 med size cabbage (thinly sliced)
- 1 cup green peas
- ½ white onion - sliced
- 2 tsp oil
- 2 cloves - crushed
- 1 green chilli
- ½ tsp mustard seeds
- 1 tsp turmeric
- ½ tsp chilli flakes (optional)
- 1 tsp salt
- ½ tsp pepper
- ¼ cup chopped peanuts (optional)

METHOD

1. In a large sauté pan, add oil, mustard seeds and green chilli
2. Add onion, garlic and cabbage, cook for 2 minutes
3. Add salt, pepper and turmeric
4. Garnish with chilli flakes and chopped peanuts.

Ginger and turmeric pickle

Serves 2-4 people
Preparation time 15 min.

INGREDIENTS

- ¼ cup ginger root
- ¼ cup turmeric root
- 1 tsp mustard seeds (optional)
- 1 tbsp coconut oil (odourless)
- 2 tsp fennel seeds
- 2 tsp salt
- 2 cups lemon juice

METHOD

1. Wash ginger root and turmeric root.
2. Cut into very thin slices (be careful as it may stain your hands)
3. Take a pan, add oil and mustard seeds
4. Once mustard seeds crackle remove from heat and let it cool
5. Add lemon juice, salt, fennel seeds along with ginger and turmeric
6. Store in cool and dry place.



Chef Jasbir Kaur

Jasbir (or Jazz, as she prefers) has caused ripples around the world with her unique approach to cooking, encompassing every nationality. The zest and joy Jazz brings to her work is something quite special. Jazz has worked in the UK and in many top US hotels, gaining experience and insight along the way. She's a guest speaker on radio and also writes for specialist food blogs. Recently, she has been the guest chef on Good Morning on TV One, and has completed 50 shows detailing seasonal, fresh, and healthy produce. She has an extensive knowledge of herbs and spices, their healing properties and a passion for French cuisine. Her recipes and simplicity in food creation have gained her a broad cross-section of followers.

Paneer Lababdar

Low-fat paneer cubes in an aromatic, spicy gravy with sautéed onions, the Paneer Lababdar is sure to be the highlight of your meal. Using low-fat paneer ensures that this flavourful dish is low in fat but rich in calcium and protein. Serve this subzi hot with whole wheat paratha.



Preparation Time: 10 mins

Cooking Time: 8 mins

Makes 4 servings

INGREDIENTS

- 1 cup low-fat paneer (cottage cheese) cubes
- 1 tsp oil
- 1/2 tsp cumin seeds (jeera)
- 1 tsp roasted and crushed coriander (dhania) seeds
- 3 whole dry Kashmiri red chillies , coarsely powdered
- 1/2 tsp dried fenugreek leaves (kasturi methi)
- 1/2 cup finely chopped onions
- 1 1/2 tsp ginger-garlic (adrak-lehsun) paste
- 1 1/2 cups chopped tomatoes
- 1/4 tsp turmeric powder (haldi)
- 1/4 tsp corn flour dissolved in 1/2 cup low-fat milk
- 1/4 tsp garam masala
- Salt to taste

METHOD

1. Heat the oil in a broad non-stick pan, add the cumin seeds, crushed coriander seeds, coarsely powdered dry Kashmiri red chillies, dried fenugreek leaves, onions and ginger-garlic paste and sauté on a medium flame for 1 to 2 minutes or till the onions turn slightly brown in colour.
2. Add the tomatoes, turmeric powder and 4 tbsp of water and cook on a medium flame for 2 to 3 minutes.
3. Remove from the flame and allow it to cool slightly and then blend in a mixer to a smooth paste.
4. Transfer the paste into a deep non-stick pan, add the corn flour-milk mixture, mix well and cook on a medium flame for 1 to 2 minutes.
5. Add the paneer, garam masala and salt, mix well and cook on a medium flame for 1 minute.
6. Garnish with coriander and serve hot with whole wheat parathas.

Hara Bhara Soya Tikkis

The goodness of soya, garlic and spinach is reinforced in these tikkis. Fibre from soya and spinach along with allicin in garlic, inhibit cholesterol synthesis in the body, helping to maintain normal blood cholesterol levels.

Preparation Time: 10 mins

Cooking Time: 8 mins

Makes 6 servings

INGREDIENTS

- 1 cup blanched and chopped spinach
- 1/4 cup soya granules
- 1/4 cup chopped coriander (dhania)
- 1 tsp ginger-green chilli paste
- 1 tsp finely chopped garlic (lehsun)
- 2 tbsp powdered roasted chana dal (daria)
- 2 tbsp besan (bengal gram flour)
- Salt to taste
- 1 tsp oil for greasing and cooking

METHOD

1. Soak the soya granules in enough lukewarm water for 30 minutes and squeeze out all the water.
2. Combine all the ingredients, including the soya granules, in a bowl and mix well.
3. Divide the mixture into 6 equal portions and shape each portion into a 50 mm. (2") flat round tikkis.
4. Heat and grease non-stick pan using 1/4 tsp of oil and cook each tikki till they turn golden brown in colour on both the sides.
5. Serve immediately with chutney.



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Corn, Spinach and Rice Balls

An innovative snack of cooked rice, luscious sweet corn kernels and healthy spinach bound together by cheese and a thick sauce, coated with batter and bread crumbs, and deep-fried till crisp. The Corn, Spinach and Rice Balls feature a perfectly crisp top layer and a luxuriously soft interior, which makes the overall effect wonderful beyond words. Indeed, a great starter for a grand meal.

Preparation Time: 15 mins

Cooking Time: 20 mins

Makes 20 balls

INGREDIENTS

3/4 cup cooked sweet corn kernels (makai ke dane)
1/4 cup blanched and finely chopped spinach (palak)
1 1/2 cups cooked rice (chawal)
2 tbsp finely chopped coriander (dhania)
1 tbsp finely chopped green chillies
2 tbsp grated processed cheese
Salt to taste
5 tbsp plain flour (maida)
3/4 cup of water
Bread crumbs for rolling
Oil for deep-frying

FOR THE SAUCE

3 tbsp butter
5 tbsp plain flour (maida)
1 cup milk

METHOD

For the Sauce

1. Heat the butter in a broad non-stick pan, add the plain flour and cook on a medium flame for 1 minute, while stirring continuously.
2. Add the milk, mix well and cook on a medium flame for 2 to 3 minutes or till the sauce thickens, while stirring continuously.
3. Allow to cool completely. Keep aside.

HOW TO PROCEED

1. Combine the prepared sauce, sweet corn, spinach, rice, coriander, green chillies, cheese and salt in a deep bowl and mix well.
2. Divide the mixture into 20 equal portions and roll each portion into a round ball.
3. Dip each ball in the prepared plain flour-water mixture and roll in the bread crumbs till they are evenly coated from all the sides.
4. Heat the oil in a kadhai and deep-fry, a few balls at a time, till they turn golden brown in colour from all the sides. Drain on an absorbent paper.
5. Serve hot with tomato ketchup.

Baby Corn Masala

Baby corn, sliced onions and capsicum literally play together in this attractive, mouth-watering and crunchy dry subzi. Using coloured capsicums greatly enhances the visual appeal of this dish.

Preparation Time: 15 mins

Cooking Time: 9 mins

Makes 2 servings

INGREDIENTS

- 1 cup sliced baby corn
- 2 tsp oil
- 1/2 tsp carom seeds (ajwain)
- 1/4 cup sliced onions
- 1/4 cup coloured thinly sliced capsicum – yellow, red & green
- A pinch of turmeric powder (haldi)
- 1/4 tsp chilli powder
- 1/4 tsp garam masala
- 1/4 tsp cardamom (elaichi) powder
- 1/4 cup thinly sliced tomatoes
- Salt to taste

METHOD

1. Combine the oil and carom seeds in a deep microwave safe bowl, mix well and microwave on high for 1 minute.
2. Add the onions, mix well and microwave on high for 2 minutes.
3. Add the baby corn, capsicums and 2 tablespoon water, mix well and microwave on high for 3 minutes, stirring once in between after 1½ minutes.
4. Add the turmeric powder, chilli powder, garam masala, cardamom powder, tomatoes and salt, mix well and microwave on high for 3 more minutes.
5. Serve hot garnished with coriander.



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Paneer Capsicum Stir-fry

Paneer capsicum stir-fry, a great combination of paneer and capsicum stir fried with other vegetables and Indian herbs to give that special taste. Worth a try!

Preparation Time: 10 mins

Cooking Time: 6 mins

Makes 3 servings

INGREDIENTS

- 2 cups paneer (cottage cheese) cubes
- 1/2 cup capsicum, cut into thin strips
- 1 tbsp oil
- 1 tsp garlic (lehsun) paste
- 1/2 tsp chilli paste
- 1 tsp coriander (dhania) seeds, coarsely crushed
- 1 tsp finely chopped green chillies
- 1/2 tsp chopped ginger (adrak)
- 3/4 cup finely chopped tomatoes
- 1/4 tsp dried fenugreek leaves (kasuri methi)
- Salt to taste

FOR THE GARNISH

- 1 tbsp finely chopped coriander (dhania)

METHOD

1. Heat the oil in a broad non-stick pan, add the garlic paste and sauté on a slow flame for a few seconds.
2. Add the capsicum, chilli paste and coriander seeds and sauté on a slow flame for 1 minute.
3. Add the green chillies and ginger and sauté again for a few seconds.
4. Add the tomatoes, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
5. Add the kasuri methi and salt mix well and cook on a medium flame for 1 minute.
6. Finally, add the paneer, mix gently and cook on a medium flame for 1 minute.
7. Serve hot garnished with coriander.



Crunchy Mini Potato Pancake

Easy methods, common ingredients, fast preparation, perfect texture, great taste, enough nutrients – the Crunchy Mini Potato Pancake has all that it takes to make your morning! With potatoes and peanuts for energy, and coriander and chillies for taste, these pancakes are great for breakfast but can be served as a snack any time. Cook these Crunchy Mini Potato Pancakes as soon as you prepare the mixture, to prevent the potatoes from getting discoloured.



Preparation Time: 10 mins

Cooking Time: 8 mins

Makes 14 servings

INGREDIENTS

- 1 cup peeled and grated potatoes (raw)
- 1/2 cup rice flour (chawal ka atta)
- 1/4 cup finely chopped coriander (dhania)
- 2 tsp finely chopped green chillies
- 2 tbsp coarsely crushed roasted peanuts
- Salt to taste
- Oil for greasing and cooking

FOR SERVING

- Green chutney
- Tomato ketchup

METHOD

1. Combine all the ingredients along with 1 cup of water in a bowl and mix well.
2. Heat a pan and grease it lightly using a little oil.
3. Pour 2 tbsp of the batter in the pan and spread into a circular motion to make a 75 mm. (3") diameter round.
4. Cook them, using a little oil, till they turn golden brown in colour from both the sides.
5. Repeat steps 3 and 4 to make more pancakes.
6. Serve immediately with green chutney and tomato ketchup.



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Dhruv

Vanaspati

INGREDIENTS:

PALM OIL SESAME OIL VITAMIN A VITAMIN D

MADE FROM VEGETABLE OILS ONLY

• FFA-0.25 (Max) • Free from Argemone Oil • Test for mineral oil negative



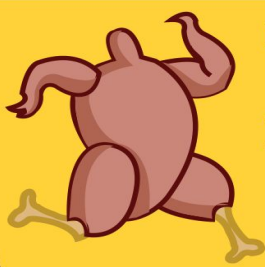
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INGREDIENTS:

Red Chilli Pulp, Vegetable Pulp
Water, Edible Common Salt,
Sugar Thickener (E1422, E415),
Acidity Regulator (e260),
Coriander Powder, Garlic
Powder, Mixed Spices and
Preservative (E211)

NUTRITIONAL FACTS:

Energy (Kcal)	33.3
Protein (g)	1.04
Carbohydrate (g)	1.14
Total Sugar (g)	12.26
Salt as Sodium (g)	1.84
Fat (g)	0.23

