



## Pumpkin Flower Bhaja

Serves: 2

*4 pumpkin flowers  
1 tbs rice powder  
salt to taste  
4 tbs water*

*1½ tbs gram flour  
¼ tsp chilli powder  
oil for shallow frying*

### METHOD:

Make a batter with the flours, spices and water. Dip flowers and shallow fry.

*Note:* Alternate batter – soak two tbs of rice for two to three hours. Grind it with one tsp cumin seeds. Add salt and chilli powder. The consistency should be more like a paste.

## Jackfruit Fry

Serves: 4

*500 gms jackfruit  
salt to taste  
1 tsp cumin seeds*

*¼ tsp turmeric  
2 tbs rice  
¼ tsp chilli powder*

### METHOD:

Cut jackfruit into ½" thick wedges and cook with water turmeric and salt. Drain and mix with the batter and shallow fry.

*For the batter:* soak two tbs rice for two to three hours. Grind with one tsp cumin seeds. Add salt and chilli powder. The consistency should be like a paste.

## Vegetable Fry

Serves: 4

*1 onion*

*1 potato*

*½ brinjal*

*salt to taste*

*½ tsp mustard*

*1 cup water*

*1 green/raw banana*

*2 drumsticks*

*¼ tsp turmeric*

*1 tbs oil*

*2 chillies*



### METHOD:

Peel and slice banana, potato and onion. Cut drumstick and brinjal into three inch long pieces. Bring water with turmeric and salt to boil. Add vegetables except onion. Remove when done and dry. Heat oil add mustard and chillies. On crackling add onion and fry till half done. Place vegetables carefully and lower fire. Turn when one side is done and fry the other side.

## String Beans Bhaja

Serves: 4

*250 gms string beans*

*½ tsp cumin seeds*

*1 tsp coriander powder*

*salt to taste*

*1 onion*

*1 tsp cumin powder*

*¼ tsp turmeric*

*2 tsp oil*

### METHOD:

Cut string beans into two inch long pieces. Halve and slice onion. Dry roast cumin and coriander and keep aside. Heat oil and put cumin seeds. On crackling add onion and fry till it starts changing colour. Add vegetable, turmeric and salt. Sprinkle some water, cover and cook till done. Put powder spices and stir-fry for another four to five minutes.



## Banana Stem Raita

Serves: 4

6" stem  
1" ginger  
1 tsp mustard  
2-3 curry leaves  
salt to taste

1 cup curd  
3-4 green chillies  
½ tsp ghee  
½ tsp sugar

### METHOD:

Chop stem and grind half tsp mustard. Heat ghee put mustard seeds and curry leaves. On crackling add stem. Cover and cook till done and dry. Remove and cool. Mix with all the ingredients.

## Mango Chutney

Serves: 4

2 green mango (4" long)  
2 red chillies  
4 tbs sugar  
½ tsp 5-spices  
1 tsp oil  
1 cup water

1 tsp cumin seeds  
½ tsp fenugreek seeds  
½ tsp turmeric  
6-7 curry leaves  
1 tsp salt

### METHOD:

Cut mangoes into small pieces. Dry roast cumin seeds and chillies and powder them. Pound fenugreek seeds. Heat oil. Put 5-spices and curry leaves. On crackling add mango and turmeric and fry for two to three minutes. Add salt and fenugreek and fry for a minute more. Pour water and cook till done. Add sugar and cook till it dissolves. Mix well, sprinkle cumin powder and remove.

## Date Chutney

Serves: 4

6 dates  
½" ginger  
2 tbs sugar  
½ tsp 5-spices  
2 tsp oil

4 tomatoes  
2 green chillies  
¼ tsp turmeric  
6-7 curry leaves  
½ tsp water

### METHOD:

Wash and deseed the dates. Wash and quarter tomatoes. Chop ginger and chillies. Heat oil, put 5-spices and curry leaves. On crackling add tomatoes, dates, turmeric and salt. Fry till tomatoes are soft. Pour water and let it cook for two to three minutes. Add ginger, chillies and sugar. Cover and simmer for five to six minutes. Mix well and remove.

## Tomato Badi Khatta

Serves:

4 tomatoes  
1½ tsp mustard  
½" ginger  
1 red chilli  
¼ tsp turmeric  
1 tbs oil

4 badis  
6 cloves garlic  
½ onion  
¼ tsp chilli powder  
1 cup water  
salt to taste

### METHOD:

Wash and quarter tomatoes. Grind one tsp mustard and garlic. Chop ginger and onion. Fry badis in one tsp of oil and keep aside. Heat the remaining oil. Put the mustard seeds and red chilli. On crackling add onion and ginger and fry till translucent. Put tomatoes, turmeric and salt and cook till tomatoes turn soft. Add water, mustard paste and chilli powder and cook till almost done. Add badis and simmer till they are soft. Remove.





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Suji Manda



Pani Santula



Jack Fruit Fry



Chakuli