



100 Kids Lunchbox Recipes



Recipes from The Best Indian Food Blogs



BONUS!
30 Printable
lunchbox love
notes for your
little ones!



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Banana Nutella SANDWICH

Blog Name: Foodie Adam & Cookie Eve

Blogger : Jofy Abraham

Ingredients:

Bread slices – 6
Oil – 3 tbsp
Milk – 1/2 cup
Egg – 1
Sugar – 2 tbspn
Nutella Banana

Method:

1. Beat egg, sugar, milk in a bowl.
2. Dip each slice in the above mixture, smear some nutella on it.
3. Arrange the banana slices on the nutella smeared bread slice and cover it with another slice.
4. Heat a pan, add little oil and toast the sandwich. Yummy Breakfast ready. Serve with a glass of milk.



Mini PIZZA

Blog Name: My Kitchen Aroma

Blogger : Saritha

Ingredients:

Brown bread
Tomato sauce
Mozerella cheese
Chopped onions
Chopped tomato
Chopped capsicum

Method:

1. Cut the sides of the bread, if possible cut the bread into round circle.
2. Spread tomato sauce. Spread onions, tomatoes and capsicum.
3. Grate mozerella cheese on each slice.
4. Preheat oven and bake until the cheese starts melting.



Cheese n Veg Foot Long BREAD

Blog Name: Priya's Feast

Blogger : Priya

Ingredients:

Foot Long Bread – 1
Onion, Sliced – 1
Butter – half tsp
Sweet Corn – half cup
Capsicum, sliced – 1
Cheese – 1 cube
Mayonnaise – 1 tbsp
Salt to taste
Pepper to pinch

Method:

1. Cut the bread into half and scoop out the center
2. Saute onion, Capsicum and Corn, it should not be overcooked.
3. Let it cool, add a tsp of mayonnaise, bread crumbs and mix
4. Fill the bun with it and top it with grated cheese
5. Microwave it for 1-2 minutes until all the cheese gets melted.



Grilled Apple Peanut Butter SANDWICH

Blog Name: Cook with Manali

Blogger : Manali

Ingredients:

1 apple, cut into thin slices
¼ cup peanut butter, creamy
4 slices bread of your choice
2 tablespoons granulated sugar
½ tablespoon cinnamon powder
1 tablespoon butter, salted

Method:

Cut the apple into thin slices and set aside.
In a small bowl mix together sugar and cinnamon powder and set aside.
Spread the creamy peanut butter on all 4 bread slices.
Arrange cut apple slices on 2 of the bread slices
Sprinkle a good amount of cinnamon-sugar mixture over the apples.
Close the breads with the remaining 2 breads with the peanut butter side facing down.
Melt butter in a grill/frying pan on medium heat and place the sandwiches on the pan.
Grill the sandwiches till both sides are golden brown in color [around 1-2 minutes each side].
Cut the sandwiches diagonally.
Sprinkle with more cinnamon sugar mixture.



Eggless FRENCH TOAST

Blog Name: Nithya's kitchen

Blogger : Nithya Ravi

Ingredients:

Bread 4-5 Slices
Semolina/sooji - 2tsp
Curd - 2tsp
Green chillies -2
Onion - 1
Salt - to taste
Oil - 2-3 tsp
Red chilli powder -1/2tsp
Turmeric powder -1/2tsp
Coriander leaves -a few
Garlic crushed -1 pod



Method:

1. In a mixing bowl add semolina/sooji, red chilli powder, turmeric powder, salt, curd, finely chopped onions, green chillies, crushed garlic pod and coriander leaves. Mix in to a smooth and no lump batter preferably of medium consistency so that you can easily spread it on the bread.
2. Heat oil in a tawa and place two breads side by side and apply the above made batter on to the bread carefully.
3. Now flip and spread on the other side and make a fine toast.
4. Take out and serve hot with tomato ketchup.

Tips:

- * Since kids are eating keep the amount of chilies low or else you can increase.
- * You can add pepper powder too to the batter
- * If you want add grated carrots a little bit as we don't want the veggies to come out of bread they should stick on to it.

Caramelized Onion Grilled Cheese SANDWICH

Blog Name: Sujas Kitchen

Blogger : Suja Ilangoan

Ingredients:

3 Tbsp Butter/Margarine
2 large red onions finely sliced
1/2 Tsp Freshly ground black pepper
4 slices sharp Cheddar cheese
8 slices White/Wheat bread
4 slices Pepper Jack/Monetary Jack cheese
Hot & Sweet Sauce or BBQ Sauce
Salt to taste

Method:

1. Melt some butter in a skillet over medium heat.
2. Add onions and saute, stirring, until edges are browned, about 10 to 12 minutes. Season with salt and freshly ground black pepper, to taste.
3. Spread some hot & sweet sauce on a slice of bread, place a Cheddar slice on 1 slice bread.
4. Spread a large amount of caramelized onions on top of cheese and top with a slice of Pepper Jack/Monetary jack Cheese.
5. Top with other slice of bread. Repeat with 3 more sandwiches.
6. Take a nonstick skillet or griddle & spread some butter on it and heat until hot.
7. Place sandwich on griddle and weigh down with a heavy skillet.
8. Lower heat to medium-low and grill until underside is a brown but not burnt and cheese is partially melted, about 5 to 6 minutes.



Black Olive Hummus & Brown Bread VEG SANDWICH

Blog Name: Life with Spices

Blogger : Kalpana Sareesh

Ingredients:

Black Olive Hummus

- 1 cup - Garbanzo beans / chickpeas, cooked until soft
- 1/4 cup - Black Olives
- 1/2 tsp - Red chilli flakes
- 2 cloves - Garlic, minced
- 3 tbsp - Olive oil
- 2 tbsp - Lemon juice
- Salt (not required) if required add a pinch

Method:

1. Add all the ingredients in a processor and blend until creamy and smooth.
2. Store in an airtight container and refrigerate.

Vegetable Sandwich

Ingredients:

- 8 slices - Wheat bread
- 1/2 - Cucumber, peeled n sliced
- 5 leaves - Lettuce, torn in small pieces
- 1 no - Carrot, peeled n sliced
- 1 no - Tomato, sliced
- 1 no, Onion, sliced
- 1/2 cup - Hummus
- Salt and Pepper as required
- Olive oil

Method:

1. Spread generous amount of hummus on a slice of bread, arrange veggies, sprinkle salt n pepper, spread hummus on another slice of bread, place on top.
2. Drizzle olive oil on a grill pan and toast the sandwich on both the sides until crisp and serve warm!!



Pizza SANDWICH

Blog Name: Charus Cuisine

Blogger : Charulata

Ingredients:

Whole wheat bread or brown bread - 10-15 slices
Cabbage - 1/2 cup (grated or chopped finely)
Carrot - 1/2 cup (chopped finely)
Onion - 1/2 cup (chopped finely)
Tomato - 1/2 cup (chopped finely)
Capsicum - 1/2 cup (chopped finely)
Semolina or sooji - 1/2 cup
Milk - 1/2 cup
Green chillies - 2 (chopped finely)
Black pepper powder - 1/2 teaspoon
Oregano - 1/2 teaspoon
Cheese - as per requirement
Butter
Salt to taste
Mint/pudina chutney - 1/2 cup



Method:

1. Take semolina in a bowl. Add milk to it and soak for about 2 hours. Keep it aside
2. In a mixing bowl, add cabbage, carrot, capsicum, onions and tomatoes and mix well. Add salt, pepper powder, oregano, green chillies and mix well. Now add soaked semolina and mix thoroughly. Set aside. (the consistency should not be very watery or thin consistency)
3. For mint chutney, combine a few leaves of coriander and mint, 1 green chilly, 1/4 tsp of cumin seeds, 10-12 peanuts, 1 teaspoon of lemon juice and salt. Grind all to make a thick paste and mint chutney is ready. Take one single piece of bread slice. Smear or apply mint chutney evenly on the bread. Then spread the vegetable mixture evenly on top of it.
4. Heat a non-stick pan on a medium flame. Place this bread slice with the mixture on the face of the pan. Smear butter on the top of the bread slice. Heat for upto 2 minutes on a low flame.
5. After 2 minutes, flip on the other side and grate the cheese on the top of the bread. Heat on a low flame for another 1 minute till the base gets little crispier.
6. Remove from the pan into a serving plate. Pizza sandwich is ready to be served.
7. Cut it into equal pieces or diagonally and serve hot with tomato ketchup.

Tips :

You can also use white bread, but brown bread is a healthier version of this sandwich.

Grilled Cheese Paneer & Corn SANDWICH

Blog Name: Cook with Manali

Blogger : Manali

Ingredients:

- 1 cup paneer, grated
- 1/2 cup sweet corn [I used frozen]
- 1 onion, small or 1/4th of a big onion
- 1 garlic pod, big
- 1 teaspoon kasuri methi [dried fenugreek leaves], crushed
- 1/8th teaspoon red chilli powder or to taste
- 3/4 tablespoon oil
- 2-3 tablespoons of butter, salted
- 1 tablespoon coriander leaves, chopped
- 4 bread slices, of your choice
- 2 cheese slices, of your choice



Method:

1. Heat 3/4 tablespoon oil in a pan on medium heat. Once hot add finely chopped onion and garlic.
2. Cook for around 2 minutes till raw smell goes away.
3. Add grated paneer, corn, kasuri methi, red chilli powder, salt, pepper and give a good mix. Cook on medium heat for 2 minutes and then remove the pan from heat. Set aside.
4. In a small bowl, melt 1.5 tablespoons of butter. Add finely chopped coriander leaves to the butter and mix.
5. Take your bread slices and apply butter-coriander mixture on two of them. If remaining, you can apply on the other two slices as well.
6. Arrange the paneer-corn mixture over the buttered bread slices. The stuffing should be on the higher side so make a thick layer.
7. Place cheese slices over the paneer-corn mixture and close the sandwich with the other 2 slices of bread. Melt 1/2-1 tablespoon of butter on a grill pan on medium heat. Once hot place the sandwich on the grill pan.
8. Grill till sandwich is golden brown in color from both sides and has nice grill lines.
9. Cut the sandwich into shape of your choice and serve with tomato ketchup.

Mushroom Spinach and Corn SANDWICH

Blog Name: nandoo's kitchen

Blogger : Lisha Aravind

Ingredients:

Butter (unsalted) - 2 tablespoon
Onion (finely sliced) -1 tablespoon
Mushrooms -1/2 cup
Spinach (finely chopped) -1/2 cup
Corn (boiled) -1/4 cup
Salt -to taste
Pepper- 1/4 teaspoon
Bread - 4 pieces
Cheese (grated)- 4 tablespoon



Method:

1. In a pan heat 1 tablespoon of butter. Add onion and saute well. Then add mushrooms and corn, cook on high heat until softened.
2. Add chopped spinach, season with salt and pepper, mix well. Cook for few seconds.
3. Take 4 pieces of bread, spread the remaining butter on one side of all the 4 pieces. Top 2 pieces of bread with cheese.
4. Add cooked mushroom mixture and top it again with cheese. Close the sandwiches with the remaining bread pieces.
5. Heat a griddle, add sandwiches and cook over medium heat turning once and cook until cheese gets melted. (I have used the toast mode of oven)
6. Sandwiches are ready to be served. Enjoy!

Sandwich KABAB

Blog Name: Desi Fiesta

Blogger : Manjula

Ingredients:

Brown Bread - 6-7 nos
Sandwich cheese - 3-4 nos
Lettuce as needed
Potato masala as needed
Green chutney to serve
Cherry tomato

Method:

1. Cut bread to 4 form squares .
2. Apply potato masala in one square and top it with other square bread.
3. The same way Keep the cheese and lettuce in the square.
4. Arrange the assembled sandwich in a stick and prick a cherry tomato on top.



Soya Chunks Manchurian SANDWICH

Blog Name: Creative Saga

Blogger : Sowmya

Ingredients:

Bread - 8 slices
Soya chunks - 1 cup
Red chilly powder, cornflour 1tsp+2tsp
Soya sauce - 1tsp + 1tbsp
Spring onions - 2 bunches chopped fine
Tomato sauce- 1tbsp
Ginger garlic green chilly paste -1tsp
Capsicum - 1/2 of a medium sized capsicum
chopped into small pieces
Salt to taste
Oil- 1tbsp+1tbsp
Butter- Around 1tbsp



Method:

1. Wash the soyachunks in water and drain the water.
2. Add cornflour(1tsp),red chilly powder and soya sauce and mix well. Heat oil in a pan.
3. Add the soya chunks and fry by sauteing it well for around 5 minutes.Remove and keep aside.
4. Heat oil in a pan. Add the ginger garlic paste.Saute for few seconds.
5. Add the spring onions along with capsicum and saute for a minute.
6. Add soya sauce and tomato sauce. Mix.Add a glass of water.Allow it to boil.Add the prepared soya chunks.
7. Mix and allow it to cook for 5 minutes.Dissolve 2tsp of cornflour in water and add it to the soya chunks gravy.Add salt to adjust the taste.It will take around 4-5 minutes to thicken properly.
8. Apply butter on both sides of your bread slices.
9. Place a portion of the soya chunk manchurian on the bread slice.
10. Cover with another slice.
11. Place it in a griller or your sandwich maker.
12. Cook till it is done.(Bread slices is roasted to a golden brown colour.)

Tips:

- * You can deepfry the soya chunks instead of shallow frying in oil.
- * You can add finely chopped green chillies in the manchurian. Add along with ginger garlic paste.
- * Use small sized soya chunks.
- * Use any variety of bread- white,wholemeal or multigrain etc.
- * Ensure the gravy thickens and is absorbed thoroughly by the chunks. The mixture should be completely dry so that the bread does not turn soggy.

Avocado SANDWICH

Blog Name: Oriyarasoi - Flavours from a oriya kitchen

Blogger : Sweta Biswal

Ingredients:

3 slices of whole wheat/multi-grain bread
1/2 of an avocado (cut into slices)
iceberg lettuce leaves
a few slices of tomato
1 tbsp mayonnaise
1/4 tsp mustard sauce
1/4 tsp vinegar
1/2 tsp honey
4 tbsp grated cheese
freshly ground pepper
salt to taste



Method:

1. Cut the bread diagonally into triangles. Lightly toast the slices.
2. Mix the mayo, mustard sauce, vinegar, honey, pepper and a bit of salt in a bowl to prepare the sandwich spread.
3. Take one bread triangle. Cover it with the spread and then layer the avocado slices over it. Cover it with a bread slice. Add another layer of the sandwich spread before sprinkling the grated cheese and layering the tomato slices and lettuce. Sprinkle a bit of salt. Close with the final slice. Gently press.
4. Repeat for the remaining slices.
5. Serve immediately (or cover tightly with a foil wrap and put in the kids lunch box).
It stays good even after 4-5 hours.

Cheesy Sweetcorn Grilled SANDWICH

Blog Name: Yummy Food

Blogger : Lubna Karim

Ingredients:

4 Whole wheat bread slices
2 tbsp. melted Butter
3 tbsp. Sweetcorn kernels
1 tbsp. diced green Capsicum
1 tbsp. diced Tomato
½ tbsp. crushed Black pepper
¼ tbsp. Oregano
2 tbsp. grated Mozzarella
Salt



Method:

1. In a bowl mix sweetcorn kernels, diced green capsicum, diced tomato, crushed black pepper, oregano and salt. Gently toss the mixture.
2. Brush butter on one side of the two bread slices and on the non-buttered side spread the above made mixture evenly.
3. Top with grated mozzarella and then top it with other two bread slices and brush with butter.
4. Heat sandwich maker as per instructions given in the manual, using grill plates.
5. Now place the sandwiches on the grill plates and grill for 4-5 minutes or till crisp and brown (as shown in the pic).
6. Serve hot by cutting them diagonally with tomato sauce.
7. Add love to make these sandwiches taste 'Yummy'.

Channa CROUSTADES

Blog Name: Food Recipes

Blogger : Vidya

Ingredients:

2 hot dog buns

Filling

3/4 cup channas - soak for 6-8 hours or overnight and boil

1 tbsp oil, 2 small spring onions - chopped including the greens

10 - 12 curry leaves, 1 green chilli - chopped

1 tomato - deseeded & chopped,

1 tsp Soya Sauce, 1/2 tsp salt

1/2 tsp pepper

Topping

some mayonnaise or mustard, a few grapes or cherries



Method:

1. Cut 1 hot dog bun into half lengthwise. Scoop out the soft center portion of the lower halves with a knife, leaving a border.
2. Brush butter on the cut surface of all 4 pieces.
3. Grill all the 4 pieces.
4. For the filling, heat a tbsp oil in a pan, add white of spring onions & green chillies
5. Cook for 2 mins, stirring. Add boiled channas, soya sauce, curry leaves, salt & pepper.
6. Mix well, mashing the channas for about 3-4 mins. Add tomatoes, mix.
7. Add greens of spring onion. Mix. Remove from fire.
8. Spoon this hot mixture into grilled hollowed bread croustades.

Eggless Spinach Pesto Filled Flower Shaped BUNS

Blog Name: Nitha Kitchen

Blogger : Sangeetha Priya

Ingredients:

Flour - 2n 1/4 Cup
Sugar - 1tsp
Salt - 3/4tsp
Butter - 3 Tbsp (room temperature)
Yeast - 1 n1/2 tsp
Warm Milk--> +3/4 Cup(I use 2% or whole milk)
Few Sesame Seeds - To Sprinkle on top

Pesto and Veg Filling

Almonds or Peanut or Cashewnuts - 1/4 Cup
Spinach or Coriander Leaves - 1/2 Bunch
Shredded Broccoli - 3/4 Cup
Lemon Juice - 1/2 Tbsp
Salt - As Needed
Red Chili Flakes/Paprika - 1tsp
Pepper - 2tsp
Parmesan Cheese Powder - 1/3 Cup (You can replacee with bread crumbs as well)



Method:

1. If using almonds soak the almonds in warm water/milk for 15 minutes at least. Saute the shredded broccoli with paprika till all moisture evaporates, keep aside.
2. Clean and pick the spinach/coriander leaves with young stem if you wish
Add water drained spinach, soaked almonds, pepper, salt and lemon juice in the food processor, blend all together. Finally add sauteed broccoli and parmesan cheese to the spinach pasta and adjust salt.

Method for the stuffed bread:

1. Mix al the dry ingredients and slowly add warm milk. Knead the dough very well, the dough should be soft and bit sticky at this stage add the butter and keep kneading using hands o machine.
2. Allow to proof for 1 hour in oil greased bowl at warm temperature. Once the doubled in size punch and divide in to 10 equal parts. Also during the time of proofing make sure to prepare the filling and keep aside to cool completely. Divide the filling also in to 10 equal parts. Flat a circle and keep the filling at center.
3. Cover the filling properly with outer bread dough and again gently roll in to approx 3" circle. Keep the center intact and cut the circle 5 sides leaving equal space in between. I cut few in depth and few not like it, to my experience cutting the dough in depth gives beautiful outcome at the same time you can see the stuffing very well. Gently transfer the shaped bread in to parchment lined baking tray.
4. Repeat the same for the remaining balls and allow to raise/second proof for another 30 minutes. Preheat the oven at 375°F., sprinkle some sesame seeds all over buns and bake for 15-18 minutes or till golden brown. Apply butter when it is out from oven to get shiny brown color.
5. Serve when it is warm!!!

Broccoli, Spring Onions Grilled SANDWICH

Blog Name: Your Everyday Cook

Blogger : Radha Natarajan

Ingredients:

Some broccoli florets, blanched.

(and drained well)

1/2 cup sweet corn, some coarsely pulsed.

3 small green chillies finely cut.

2 tsp pizza mix powder

(available everywhere)

salt ..a pinch

some chopped spring onions, the white part and the greens too.

Grated cheese...to sprinkle between layers of bread and on top of the filling so that the breads will hold well.

Butter to spread on one side of each bread while toasting first.

Pinch of white pepper.

Method:

Filling

1. Wash , clean the florets, plunge in very hot boiling water with salt. Keep covered. After few minutes, remove the broccoli florets, drain well.
2. Heat a pan, add a tsp of oil, , keep pan in medium flame, add the broccoli florets, shelled corn, the pulsed corn, green chillies, spring onions , salt, the pizza powder, , keep stirring on a high heat as we need a filling that is not damp.
3. Let the filling cool well.

To make the cheese toast sandwiches

4. Use a grill if you have one. Butter one side of a bread, place on a hot skillet/ Tava sprinkle cheese on the top part, place filling on the grated cheese, again sprinkle cheese on top so that the bread will hold the fillings, while getting toasted/grilled .
5. Place the other side of bread on top to cover the filling, and toast both sides on medium heat, carefully remove and toast both sides well, place a heavy object on top if doing on a tava , I use my roti marble slab, very heavy and useful !.so that the sandwich remains in place, the melted cheese will keep the fillings together.



Mini Bread Seekh Kebab PIZZA

Blog Name: Sadia's cuisine

Blogger : Sadia

Ingredients:

Bread Slices
Pizza Sauce
Green-red bell pepper
Onion
Italian seasoning
Cheese
Chilli Flakes
Seekh Kabab

Method:

1. Using the round shape cutter, cut the bread slices into round shapes.
2. Apply pizza sauce on the bread.
3. Then sprinkle chopped green-red bell pepper and onion.
4. Cut seekh kebab in thin slices and put them on the bread slices.
5. Now sprinkle Italian seasoning and grated cheese on the top.
6. And then sprinkle chilli flakes on the top of the mozzarella cheese.
7. Brush the baking tray with Olive oil.
8. Preheat the oven on 350F/180c for 10 mins and bake it for 5-7 mins until the cheese melts and the bread turn crispy.
9. Serve hot.



Mini Masala IDLI

Blog Name: My Magic Pan

Blogger : Sundari N

Ingredients:

Mini Idlis – 15 to 20
Ghee – 1 tbsp
Oil – 1 tbsp
Idli/Dosa Milagai Podi – 1 tbsp
Onion – 1
Capsicum – 1/2
Carrot – 1
Mustard – 1 tsp
Curry leaves – a sprig
Salt – as needed



Method:

1. Take idli/dosa batter and pour it in mini idli mould. Steam it for 7-10 mins. Once cooked take the idlis from the mould and keep it aside.
2. Chop onion finely, capsicum into thin strips and grate the carrot. Keep the veggies ready.
3. Heat a pan with ghee and add the mini idlis. Saute them so that it gets coated well with ghee and becomes slightly brown. Keep it aside.
4. In the same pan add oil and temper with mustard seeds and curry leaves.
5. Add finely chopped onions and saute until transparent. To this add capsicum and carrot and required salt (remember the idlis will have salt in them). Saute for a min or two. Let it be a little crunchy.
6. Add the fried idlis and saute.
7. Finally add idli/dosa milagai podi and saute so that all the ingredients blend well.
8. Mini Masala Idli is ready.

Tips:

- * If you dont have mini idli mould, make normal idlis and cut them into 4 pieces each and make the above recipe..
- * Since this recipe is especially for kids, I have not added any green chillies. U can add 1 or 2 green chillies along with onion and saute. Adjust Idli/dosa Milagai podi accordingly.
- * U can use pepper powder instead of idli/dosa milagai podi.

Mixed Millet PANIYARAM

Blog Name: VIRUNTHU UNNA VAANGA

Blogger : Vijayalakshmi

Ingredients:

Varagu/Kodo millet – ½ Cup
Samai/Little millet – ½ Cup
Thinai/Foxtail millet – ½ Cup
Kuthiraivaali/Barnyard millet – ½ Cup
Kambu/Pearl millet – ½ Cup
Cholam/Jowar millet – ½ Cup
Idli rice/Parboiled rice – ½ Cup
Urad dal – ¾ Cup
Fenugreek – 2 Tsp
Water – To require grinding
Salt – To taste
Jaggery – 2 Cup, small pieces
Water – 2 Tbsp
Cardamom powder – 1 Tsp
Walnut – 2 Tbsp, chopped



Method:

1. Soak all the millets with parboiled rice for 2 hours.
2. Soak urad dal and fenugreek for 2 hours.
3. Drain the urad dal and fenugreek and grind it into a smooth batter with spreads of some water and transfer into a large vessel.
4. Next, drain the millets and grind into batter with spreads of water.
5. Transfer the batter into the urad dal mixture, add salt and mix it well with clean hands.
6. Allow 8-12 hours for fermentation. Now it's ready to make paniyaram.
7. Take the required amount of paniyaram batter into a mixing bowl and keep it aside.
8. Take the grated or small pieces jaggery add 2-4 Tbsp of water and melt it completely.
9. Add the jaggery syrup into the batter via coffee filter little by little and stir it well.
10. Check the sweetness of the batter and add according to your sweet taste, if not enough add little and mix it well. Heat paniyaram pan on low-medium flame.
11. Add 1 Tsp of oil in every well of the paniyaram pan. Add walnuts to the oil and then pour sweet paniyaram batter to the ¾ of the well, because it will rise while cooking. And cover with lid for 1 minute on low flame.
12. Now flip the each paniyaram with the help of skewer or wooden stick.
13. After it gets cooked take out from the well and keep it in bowl.
14. Serve it hot, if you wish serve with coconut chutney.

Stuffed Appos / PANIYARAM

Blog Name: Flavors And Colors

Blogger : Aparna

Ingredients:

For Potato subzi

- 3 small sized potatoes, boiled and diced into small cubes
- 1/2 cup finely chopped onions
- 1/2 tsp mustard seeds
- Few curry leaves
- 1/4 tsp red chilli powder [Adjust as per your preference for spicy levels]
- 1/8 tsp of turmeric 1/4 tsp sambhar powder
[You may adjust and increase this, I used little keeping in mind that my younger one has to approve the spicy levels]
- Pinch of asafoetida
- Finely chopped coriander leaves
- Salt to taste
- Oil/Ghee for greasing the pan

For appos

- 2 cups dosa/ Idli batter

Method:

Prepare the subzi.

1. Heat oil in pan, Add mustard seeds and as they splutter add finely chopped onions.
2. Saute it until light brown. Add finely chopped curry leaves, followed by dry spice powders.
3. Next add cubed potato pieces, salt and mix well. Cook it covered on low flame for 2 mins more.
4. Switch off the flame and garnish with finely chopped coriander leaves. The subzi/stuffing is ready. Keep it aside.

Appos

1. Heat the appa kayili/pan, grease each mould with few drops of oil.
2. Pour a tablespoon of idli/ dosa batter in each mould, followed by a tsp of potato subzi and then pouring a little more batter on top to cover the filling [see in the collage pic above].
3. Cover the pan, lower the flame and allow it to cook.
4. Flip the appos once they are done on one side and cook for a couple of minutes more.
5. Stuffed appos are ready.



Nutella GUNDPONGLU

Blog Name: Taste of Mysore

Blogger : Lakshmi Grandhim

Ingredients:

Prepared Dosa Batter : 1 Cup

Nutella : 1Tbsp

Gundponglu Pan

Spoon

Method:

1. Heat gundponglu pan. Oil the wells thoroughly.
2. Spoon dosa batter into the wells.
3. Cover and cook for 1 min.
4. When batter is half cooked, add 1/4tsp of Nutella on top of gundponglu.
5. I have left 3-4 plain gundponglu to cover the Nutella Gundponglu.
6. Flip the plain ones on top of the Nutella gundponglu and fry well till Gundponglu is cooked well.
7. Remove from the pan and prick a tooth pick in the center to serve.
8. Circles of Gundpongulus in Triangular boxes for a boy who loves shapes.



Brown Rice PADDU

Blog Name: Home Made Recipes

Blogger : Supriya S

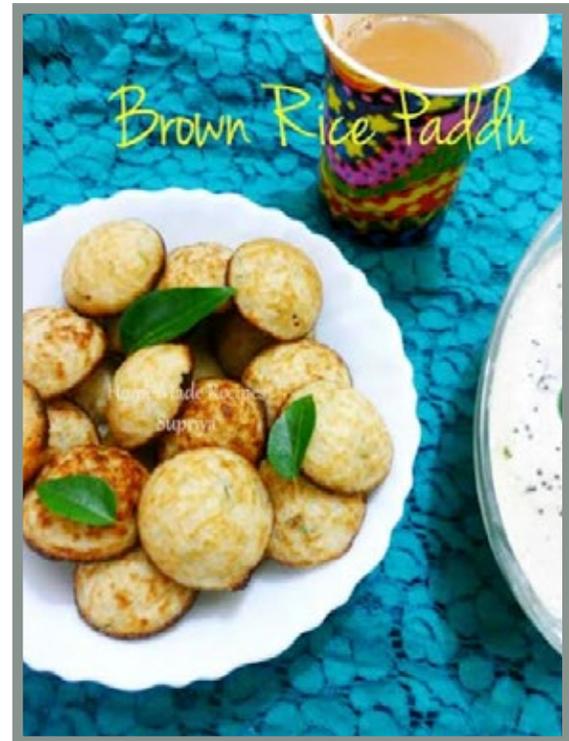
Ingredients:

For the batter

Urad Dal - 1/2 cup
Dosa Rice - 1/2 cup
Brown Rice - 1 cup
Avalakki/ Beaten Rice - 1/2 cup
Methi / Fenugreek seeds - 1/2 tsp
Salt to taste

For the toppings

Onions - Finely Chopped - 2
Green chillies - 3 Finely chopped
Few Curry leaves , chopped
Few freshly chopped coriander leaves.
Oil for greasing the paddu molds



Method:

1. Wash and soak brown rice, dosa rice, urad dal , methi seeds and beaten rice for 5-6 hours.
2. Grind it to a smooth paste and allow it to ferment overnight.
3. Next morning, add in the toppings mentioned and salt . Mix well.
4. Heat and grease the paddu molds.
5. Pour the paddu batter into the mold. Cover it and cook it on both sides flipping it once with a spoon or a knife , till it turns golden brown in color.
6. Make sure to cook on a low - medium flame as this brown rice paddu takes few mins more time to cook than the ones we make with the regular rice.
7. Enjoy with your favorite chutney.

Rava PADDU

Blog Name: Sattvaa

Blogger : Nagashree

Ingredients:

- 1 cup upma rava/sooji
- 1/2 cup slightly sour yogurt
- 1/2 - 3/4 cup water
- 1 Tsp salt (adjust to taste)
- 2 Tbsp thinly chopped fresh coconut
- (optional but recommended)
- 2 Tbsp oil to roast paddus

Seasoning:

- 1 Tbsp oil
- 1 Tsp mustard
- 1/2 Tsp cumin
- 1/2 Tsp grated ginger
- 1 Tsp chana dal
- 1 Tsp finely chopped green chillies (reduce or skip if you are making it for the kids)
- 1 Tsp chopped curry leaves



Method:

1. Mix 1/2 cup water, yogurt and salt and whisk it briskly to make a homogeneous liquid.
2. Take the upma rava in a bowl and add the yogurt mixture to it.
3. Mix well to avoid any lumps.
4. Set aside for 20-30 minutes to give rava a chance to soak.
5. Add the chopped coconut & onions.
6. Make a seasoning of all the ingredients listed under seasoning.
7. When mustard pops and the dal turns pink, switch off the stove.
8. Check the rava mix and adjust it to be of idli batter consistency (it should drop easily from the ladle but not flow) with additional water.
9. Add the prepared seasoning and give a mix.
10. Heat the paddu pan on medium heat, add a drop of oil into each of the cavities and drop the batter by spoonfuls.
11. Cover and cook for 3-4 minutes or until the bottom layer is golden brown.
12. Flip them over and cook for a couple of minutes without covering.
13. Take them out and serve it with any chutney or sauce of choice.
14. This makes a great lunch box recipe since it tastes good when cool.

Cheesy Mini UTTAPAM

Blog Name: Chitra's Food Book

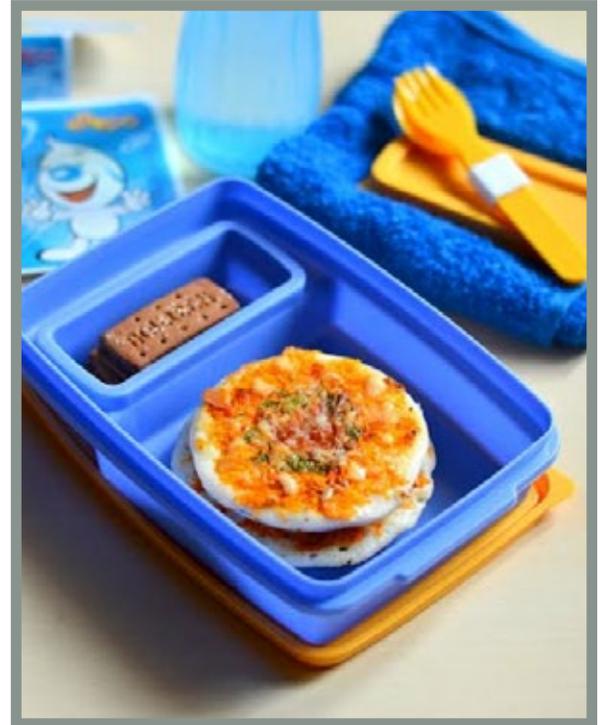
Blogger : Chitra Sendhil

Ingredients:

Idli/dosa batter - 1/2 cup
Grated carrot - 3 tbsp (as needed)
Grated cheese - as needed
Finely chopped coriander leaves - 1 tbsp
Finely chopped onions - 1/2 no (optional)
Oil.ghee - 1 tsp for each dosa

Method:

1. Wash and Grate carrot.Chop onions(if using) and coriander leaves finely.Grate cheese n set aside OR u can grate it directly over the dosa.Heat dosa pan and pour a ladleful of batter.Do not spread it.Batter should not be too thick or too thin.
2. After pouring the dosa batter,simmer the flame completely.Leave it for few seconds.Bubble will start to appear.
3. Now spread the grated carrot as outer layer and put some coriander leaves towards the middle.Lastly put the finely chopped onions in the center.Drizzle a tsp of oil/ghee around the dosa.Keep the flame low always else dosa will get burnt.
4. Flip the dosa and leave it for few seconds.Again flip the dosa and add the grated cheese or grate cheese all over the dosa.Leave till cheese melts.
5. Remove and serve hot or allow it to become warm and pack in lunch box.
6. U can make the same dosa for adults by sprinkling idli podi or pepper powder over the dosa.Reduce the quantity of carrot and add more onions.



Mixed Veg. UTTAPAM

Blog Name: Krishnaammas Kitchen

Blogger : Krishnaamma

Ingredients:

Dosa dough 2 cup
Onion chopped 1/2 cup
Carrot 1/2 cup - grated
Green chilly 4
cumin seeds 1/2 sp
Salt
Coriander leaves
Cumain seeds



Method:

1. Chop one or two onions finely.
2. Chop 4 - 5 Green chilies finely.
3. Chop Coriander leaves and add all the ingredients with Dosa dough.
4. Add some Cumin seeds also.
5. Make thick Dosas out of the dough. Serve with dosa chilly powder.

Notes :

* You can put mint leaves or curry leaves in Uttapam

Mini UTTAPAMS

Blog Name: Taste of Mysore

Blogger : Lakshmi Grandhim

Ingredients:

Dosa Batter
Color Capsicum cut into cubes
Cookie Cutter of diff shapes
Tooth Pick
Salt to sprinkle on capsicum and to mix with dosa batter

Method:

1. Pour small circles of dosa batter on your pan.
2. Sprinkle capsicum on dosas.
3. When dosa is almost cooked, cut them cookie cutter
4. Be gentle and careful while cutting them.
5. You can arrange them in lunch box according to your own creativity.



Surnali DOSA

Blog Name: Flavors and Colors

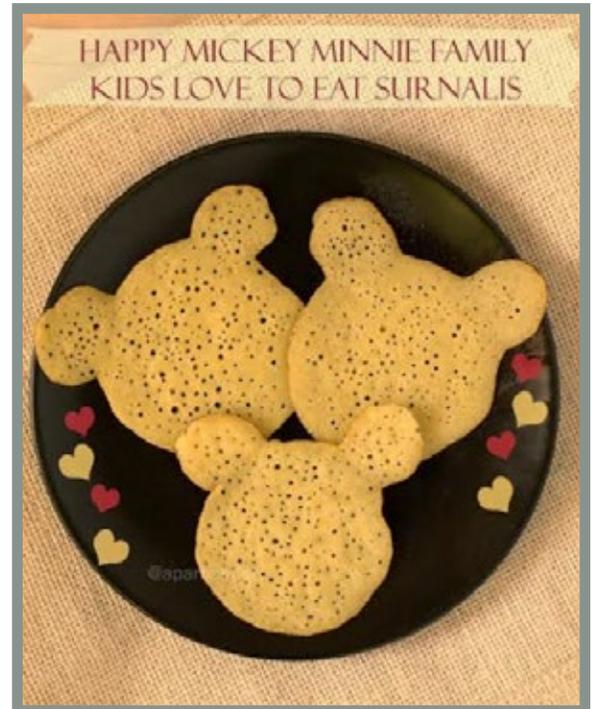
Blogger : Aparna

Ingredients:

2 cups dosa rice
1/2 tsp fenugreek seeds
1/2 cup grated fresh coconut
Fistful of puffed rice (Kurmura)
1 cup jaggery, grated [adjust as per your taste]
1/4 - 1/2 tsp turmeric powder
1 cup mangalore cucumber/yellow cucumber, diced into small cubes or grated [The water content of this ingredient helps while grinding the batter, so take care to add water gradually little by little while grinding the batter]

Method:

1. Wash and soak rice in just enough water with 1/2 tsp of fenugreek seeds for 4-6 hours.
2. Mix rice with coconut and cucumber pieces.
3. Grind the ingredients in portions to smooth thick paste. Add soaked water little by little while grinding the batter [if required].
4. Add salt, turmeric powder and grated jaggery to this paste. Mix well.
5. The consistency of batter for this dosa is thick than usual dosa batter, so take care that it does not become watery. Keep it aside and allow it to ferment overnight.
6. Next day morning you should see an increase in the volume of the batter.
7. Heat a nonstick pan. Reduce the flame. Pour a laddle full of batter and don't spread as you would do for the normal dosa.
8. Allow the batter to take a round shape on its own.
9. Once you start seeing the holes/dimples appear on the surface of dosa now cover the pan with lid.



Tomato DOSA

Blog Name: My Kitchen Odyssey

Blogger : Priya

Ingredients:

- 1 1/2 large country tomatoes(naatu thakkali)
- 1 cup boiled rice(pulungal arisi)
- 1 handful of urad dal(uluntham parupu)
- 1/2 tsp Jeera(jeeragam)
- 3 red chili(vara milagai)
- salt as required

Method:

1. Soak boiled rice and urad dal for one hour.
2. Cut tomatoes very small pieces .
3. Grind together tomatoes,jeera,chili and soaked rice and urad Dal.
4. Grind it to a smooth paste(takes about 20 min)
5. Heat dosa tava and add oil to it.
6. Put the batter to the tava when its hot and spread it .
7. Add oil to it and Cover it with lid .
8. After a min flip it when the other side is roasted take it out .
9. Serve it with your favourite chutney or sambhar .



Mini Vegetable Quinoa Lentil ADAI

Blog Name: Dishesfrommykitchen

Blogger : Pavithra

Ingredients:

Quinoa - 1/2 cup
Raw rice - 1/4 cup
Idli rice - 1/4 cup
Bengal gram dhal/ channa dhal - 1/4 cup
Toor dhal & Masoor dhal -1/4 cup each
Urad dhal - 1/8 cup
Moong dhal - 1/8 cup
Yellow split peas - 1/4 cup
Red chillies - 8
Pepper corns - 8
Cummin seeds - 1/2 tsp
Curry leaves few
Asafoetida - 1/8 tsp
Oil to drizzle
Salt as needed
Tempering :
Mustard seeds - 1 tsp
Curry leaves few
Cilantro few chopped finely

Method:

1. Wash dhal and rice + Quinoa separately. Let them soak in water for atleast 2 to 3 hrs.
2. First grind the rice, quinoa and spices to coarse rawa like texture. Then add all other dhal/ Lentils and grind not too coarse and not too fine.
3. Batter can be used immediately for making adai / cheela. But I would suggest and prefer to grind them 2 to 3 hrs before.
4. Adjust the batter by adding little water to pouring (Still it has to be thick not so thin) consistency. Temper with mustard seeds and curry leaves , add chopped Cilantro. Mix well. In a hot skillet pour one ladle full of batter and spread like a pancake or thick crepes.
5. Drizzle tsp of oil once bottom is golden brown in color flip to other side. Roast till they are crisp and golden color on both the sides.
6. Serve with tsp of ghee or butter on top with spicy onion chutney, garlic chutney, Tomato chutney or coconut chutney.

Tips:

- * If you don't have Idli rice use raw rice itself.
- * If you don't have any dhal/lentil in hand just substitute with other dhal by increasing the quantity.
- * If you haven't tried coconut oil for adai, drizzle them at the end instead of ghee or butter. It tastes so good.



Paneer, Horsegram Vermicelli PULAO

Blog Name: Priya's versatile recipes

Blogger : Priya Suresh

Ingredients:

1/2kg Horsegram sevai/Kollu sevai
250grms Paneer (cubed)
1no Onion(big&chopped)
2nos Tomatoes (chopped)
1tsp Ginger garlic paste
2nos Green chilly (slit opened)
1tsp Red chilly powder
1/2tsp Garam masala powder
1/4tsp Turmeric powder
2nos Whole spices (bay leaves, cloves, cardamom & cinnamon stick)
Oil
Salt
Few coriander leaves
To Roast & Grind:
1tbsp Coriander seeds
1tsp Cumin seeds

Method:

1. Soak and cook the sevai as per instructions given in the packet.
2. Dry roast the coriander seeds and cumin seeds and grind as powder.
3. Heat enough oil in a large kadai, fry the whole spices, curry leaves..add immediately the chopped onions, slit opened green chillies, ginger garlic paste and sauté until the onions turns translucent.
4. Add immediately chopped tomatoes, cook until the turns mushy.
5. Now add the red chilly powder, garam masala powder, turmeric powder cook for few minutes.
6. Add the cubed paneer, stir for few minutes until the oil get separates..
7. Immediately add the cooked sevai, grounded powder and toss gently until everything get well mixed.
8. Enjoy warm with any sort of side dish or raitas..



Palak Fried Rice with Paneer & VEGETABLES

Blog Name: Seduce Your Tastebuds

Blogger : Padmajha Sureshbabu

Ingredients:

Palak Puree- ¼ cup

Cooked rice-as needed. Cool the cooked rice and keep aside.

Mixed vegetables-1 cup , chopped into thin slices [I used tri color bell peppers, baby corn , mushroom]

Paneer-1/4 cup ,cubes

Onion-1, sliced

Garlic-2 cloves, chopped

Kalonji-1/2 teaspoon

Cumin seeds-1 teaspoon

Garam masala- 1 teaspoon

Cinnamon-a small piece, broken into bits

Salt to taste



Method:

1. Heat oil in a pan and add the kalonji and cumin seeds.
2. When the cumin splutters, add onion and garlic and saute for a minute.
3. Add all the vegetable and cook for 2 minutes .
4. Add the palak puree and mix.
5. Add a little water, around ¼ cup and paneer cubes.
6. Put in the masala powder and mix well.
7. Add salt and cook on low flame till the moisture has almost evaporated but the mixture should still be a little moist.
8. Add the rice and mix everything together.Cook on low for another 2 minutes for the flavors to blend.
9. Pack this with some crispies...

Cabbage Chickpeas FRIED RICE

Blog Name: Great-secret-of-life

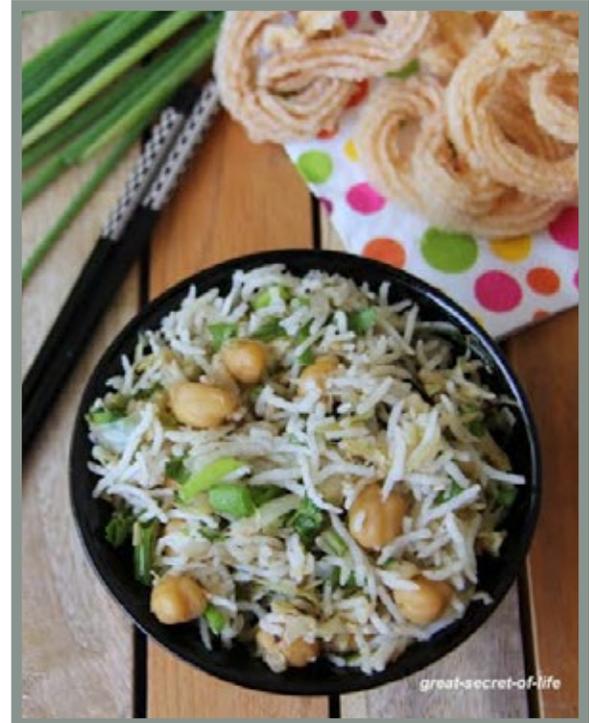
Blogger : Veena

Ingredients:

Cabbage - 1.5 cup
Cooked chana / Chickpeas - 1 cup
Cooked basmati rice (you can use any long grain rice) - 3 cups
Pepper powder - 1 teaspoon (Adjust to your spice level)
Green chillies - 3 (slit into 2)
salt to taste
Spring onion - 1 bunch (separate the white portion and chop it)
Soya sauce - 2 teaspoon
Sesame oil - 1 tablespoon
Coriander leaves - 1 tablespoon (chopped finely)
Curry leaves - 10 (optional)

Method:

1. Heat oil in a pan and add white portion of spring onion and garlic.
2. Fry till garlic is brown in color. Add green chillies and curry leaves.
3. Fry for 20 Sec. Add cabbage and fry it in high flame for about 3-4 mins.
4. Add cooked Chickpeas. Fry for 30 sec. Add pepper, salt, soya sauce. And mix well.
5. Add cooked rice mix well. Fry it in high flame for 3-4 mins.
6. Add spring onions, coriander leaves and mix well.
7. Serve hot.



Soya Chunks BIRYANI

Blog Name: Sashiga Kitchen

Blogger : Menaga Sathia

Ingredients:

Basmathi - 2 cups
Soya chunks - 1 cup
water - 3 cups
Onion - 1 big (Sliced Lengthwise)
Tomato - 1 (chopped)
Curd -2 Tbspn
Turmeric Powder - 1/4 tspn
Chilli Powder - 1 tspn
Ghee - 1 Tbspn
Oil - 1 Tbspn
Salt - To taste

TO GRIND

Green chilli -2
ginger - small piece
Garlic Pods - 5
Fennel Seeds - 1 tspn
Small Onion - 2
Mint + coriander - a handful

TO TEMPER

Bay Leaf -2
Cloves -2
Cardamon -2
Cinnamon - Small piece



Method:

1. First Soak the Soya chunks in hot water for 10 mins.then it will be double in size.wash it well in cold water for 3-4 times.Grind the items given under " To Grind " table with smooth paste.
2. Wash the rice well & soak it for 30 mins.In a bowl mix the soya chunks+ curd+turmeric Powder+chilli powder+little salt+little grind paste miw & marinate for 15 mins.
3. In a Pressure cooker Heat oil &Temper the items given under "To Temper " table.
4. Then add sliced onion , fry till transparent .Add tomato saute it well.
5. Then add rest of the grind paste,saute it well until the raw smell goes away. Add 3 cups water+salt.once the water boils add rice .
6. Pressure cook it For 3 Whistle. Once the pressure release transfer the rice into another bowl add ghee & gently mix it. Serve with raita or potato varuval.

Carrot Capsicum RICE

Blog Name: Magee's kitchen World

Blogger : Magee

Ingredients:

Cooked Rice - 1 cup

Carrot - 3 No.

Capsicum - 1 No.

Cashew / Pista - 25 Gms

Chilly Powder - as per spice level.

Salt to taste

Oil / Ghee - to temper.

Masala Powder:

Fennel Seeds - 1 tsp

Jeera - 1 tsp

Pepper - 1 tsp

Poppy Seed - 1 tsp

Dry Roast the above ingredients and grind to powder.



Method:

1. Grate the Carrot. Slice the Capsicum thinly lengthwise.
2. Heat a pan with 4 tsp oil, add Cashews and saute well.
3. Add Carrot and Capsicum and saute well.
4. Add the Masala powder - 1 tsp is enough for a cup of Rice.
5. Salt to taste and allow the vegetable to cook until its done. Once the Veggies are cooked add the Rice to it and Mix well.
6. Switch off the stove, Now its ready to Pack.

Paneer/Cottage Cheese FRIED RICE

Blog Name: SPICY FOOD

Blogger : Princy

Ingredients:

Paneer 1 cup cubed
Basmati rice - 2 cups soaked for half hour
Onion 1 large
Tomato 1 large
Ginger 1/2 inch piece, Garlic 4-5 pods
both chopped finely or crushed
Garam masala powder 1 tsp
Salt to taste
Yogurt/curd 2 tablespoons
Warm Water 2 cups
Ghee/Butter/Oil or a mix of both in any
ratio you want 1 tablespoon
Whole spices - cinnamon 1 inch piece

Method:

1. Soak the basmati rice for half hour and drain and keep aside.
2. Heat some water to cook this rice keep this ready.
3. Heat oil in a deep vessel, add the butter/ghee and add the cinnamon stick. Add paneer to this and brown the pieces. Remove the paneer and set aside.
4. Add onions fry well then add the crushed ginger garlic and saute well.
5. Add tomato and fry well until mashed. Now add the Yogurt/curd and saute well for 2-3 minutes. Add garam masala powder and fry well.
6. Add the drained basmati rice and fry well until it goes translucent.
7. Add the warm water now and check for salt. Add the fried paneer now.
8. Once this water starts boiling mildly reduce the flame to medium and cover this and cook for 12-15 minutes or until all the water has been absorbed by the rice.
9. Fluff the rice up with a fork in between do not stir once the rice is added



Beetroot PULAO

Blog Name: Cook click n devour!!!

Blogger : Harini

Ingredients:

1½ cups basmati rice
1 large beetroot, peeled and grated
1 onion, sliced
3 tablespoons curd/yogurt
½ teaspoon chilli powder
½ teaspoon turmeric powder
½ teaspoon garam masala powder
2 green chillies
1" ginger, crushed
2 tablespoons mint leaves
2 tablespoons cilantro leaves
½ teaspoon mustard
½ teaspoon cumin seeds
Salt
1 teaspoon ghee
Oil

Method:

1. Wash, soak and drain basmati rice. Cook the rice and allow it to cool.-How to cook basmati rice
2. Heat oil in a kadai and temper with mustard and cumin seeds. Add crushed ginger and green chillies.
3. Add the washed cilantro and mint leaves. Saute well. Add the chopped onions and saute till golden
4. Add the grated beetroot and saute well.
5. Add chilli powder, turmeric powder, curd and mix well. Saute till the curd is absorbed and beetroot is cooked
6. Add garam masala, cooled rice and ghee. Cover for 10 minutes.
7. Mix gently and serve hot.



Jeera RICE

Blog Name: Dishing with Divya

Blogger : Divya

Ingredients:

Basmati Rice - 1 Cup
Cumin Seeds - 1-1/2 Teaspoons
Cinnamon Stick - 1 inch stick
Bay leaf - 2 no's
Green Cardamon - 2 no's
Cloves - 2 no's
Oil / Ghee / Butter - 2 Tablespoon
Ginger Garlic paste - 1/2 Teaspoon
Red/Yellow Onion - 1 Small
(finely chopped)
Salt - as needed
Water - 2 Cups



Method:

1. Take the Basmati rice in a bowl. Wash until clear water runs out.
2. Soak the rice with water until an inch on top of rice for 20 minutes. Drain water completely and keep aside.
3. Take a heavy bottomed pot. Heat Ghee/Oil on low-medium flame. Add Bay leaves, Cinnamon, Cardamon stick, Cloves, Cumin seeds (Don't let this burn).
4. Add Onion with required salt and cook until they are transparent. Add Ginger garlic paste and sauté for 2 minutes on low flame or until the raw smell goes off.
5. Once onions are golden brown, add rice.
6. Toast rice on Low flame for 5 minutes (you can smell a nice aroma around). Add the water and check for salt.
7. Bring the water and rice to boil. Reduce the flame to low and cover it for 15 minutes or until water is completely absorbed by rice and rice is cooked soft.
8. Move the pot and let it sit for 10 minutes. Fluff the rice with a fork before serving.

Baby Corn PULAV

Blog Name: Suji's Cooking Lab

Blogger : Suji

Ingredients:

Basmati rice - 2 cups
Baby corn - 6 - 8 pcs - cut into small pieces
Onion - 1 - sliced + 1 - chopped
Green chilly - 1 - chopped
Curd - 2 tbsp
Turmeric powder - 1/4 tsp
Coriander powder - 2 tsp
Red chilli powder - 1 tsp
Bayleaf - 1
Cloves - 4
Ginger - a small piece
Garlic - 6 nos
Garam masala powder - 3/4 tsp
Salt - to taste
Ghee - 1 tbsp
Oil - 1 tbsp

Method:

1. Grind chopped onion with ginger, garlic and all masala powders with little water to a smooth paste.
2. Heat ghee & oil in a pressure cooker, add the bayleaf and cloves. Saute for a minute and then add the sliced onions and green chilly.
3. Saute till onions turn light brown. Add the masala paste and baby corn, mix well.
4. Saute the mixture for around 6 - 7 mins.
5. Add curd, stir, add rice and water (3 cups), close the cooker and when 1 whistle comes, switch off. After the pressure goes, open the cooker and gently fluff the rice with a fork. Serve with a raita of your choice.



Samai Mushroom BIRYANI

Blog Name: Delectable Flavours

Blogger : Sooriya Kasirajh

Ingredients:

Samai / Little Millet - 1 cup

Mushroom - 100 grams

Onion - 1

Tomato - 1

Ginger Garlic Paste - 1 tsp

Turmeric Powder - 1/2 tsp

Red Chilli Powder - 1 tsp

Garam Masala - 1 tsp

Salt - to taste

Water - 2 cups (For rice) + 1/4 cup (For mushroom masala)

To grind to a paste: Coriander Leaves - 1/2 cup

Mint Leaves - 1/2 cup

Green Chillies - 1

To Temper: Ghee - 2 tsp

Oil - 1 tbsp

Cloves - 4

Cardomam - 1

Bay Leaf - 1

Cinnamon - 1 stick

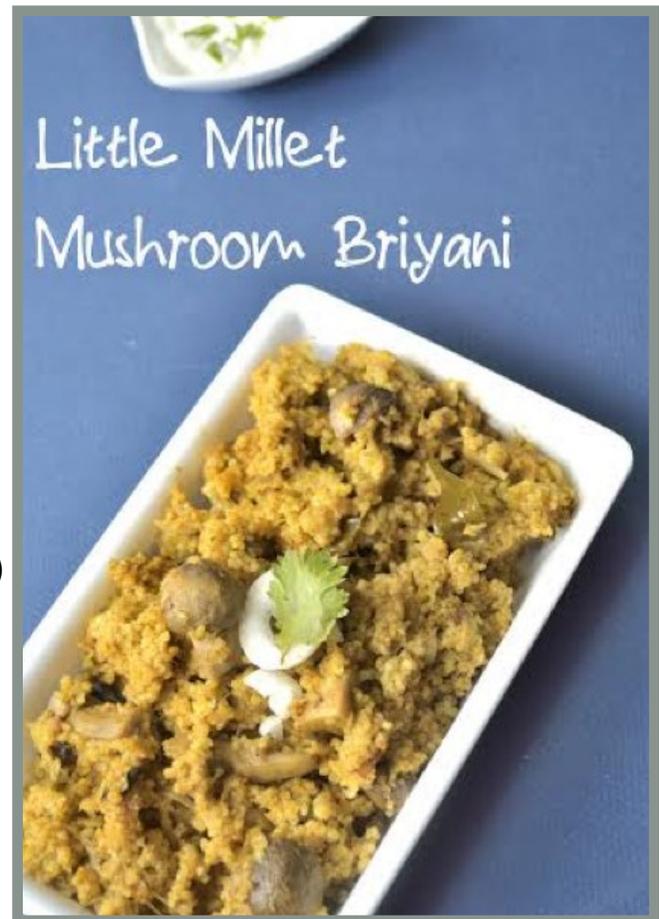
Star Anise - 1

Mace - small piece

Fennel Seeds - 1 tsp

Cumin Seeds - 1 tsp

Curry Leaves – few



Method:

1. Dry roast the samai rice for 1-2 minutes.
2. Grind the items under to grind with little water to a fine paste.
3. Keep aside.
4. Heat ghee and oil in a pressure cooker, add the items to temper, and fry til aroma comes.
5. Add the chopped onions and fry til golden brown. Add the tomatoes and saute well. Add Ginger Garlic paste and saute well for a minute.
6. Add the masalas, salt and the coriander- mint paste. Mix well.
7. Saute well and then add the chopped mushrooms. Saute well.
8. Add 1/4 cup of water and let the mushrooms cook for few minutes.
9. Once it starts to boil, add the samai rice.
10. Add 2 cups of water (For 1 cup of rice).
12. Add few coriander and mint leaves.
13. Add 2 tsp of ghee.
14. Close and pressure cook for 1 whistle and simmer for five minutes.
15. Switch off. Open after the pressure is released.

Tips:

* Consume hot with any gravy and onion raita.

* Use fresh and clean mushrooms. I have used button mushroom here.

Methi RICE

Blog Name: Veggie Platter

Blogger : Suma Gandlur

Ingredients:

- 1 cup Basmati Rice
- 1 tbsp oil
- 1 tbsp cashews
- 1 big onion, sliced
- 1 - 2 green chillies (I used 2 and it was spicy enough for us. Reduce the quantity for kids or add little chili powder at the final stages of cooking.)
- 1/4 tsp turmeric powder
- 1 bunch fresh fenugreek leaves / methi leaves (At least 2 cups packed)
- Salt to taste

Method:

1. Wash and soak Basmati rice in water for 15 - 20 minutes.
2. Drain and cook adding 2 cups of water. (I used a pressure cooker.)
3. Heat oil and add cashews.
4. Toast them until golden brown and remove them with a slotted spoon and keep them aside.
5. To the same oil, add green chillies and onion and fry until onion turns translucent.
6. Then add roughly chopped methi leaves, turmeric powder and salt.
7. Keep sauteeing until methi leaves wilt and are cooked.
8. Next add the cooked rice, toasted cashews and mix well.



Kashmiri PULAO

Blog Name: Traditionally Modern Food

Blogger : Vidya Srinivasan

Ingredients:

Basmati Rice – 1 cup (Soaked and drained)
Milk – 1 cup
Water – 1 cup
Saffron – 1/8 tsp
Ghee / Oil – 2 tbsp (I used ghee)
Cinnamon – 1/2 piece
Cloves – 2
Fennel Seed powder – 1/4 tsp
Cardamom – 2 pods
Grapes – 1/2 cup
Pomegranate – 1/4 cup
Nuts – 1/2 cup (Almonds, Cashews and Walnuts)
Raisins – 2 tbsp
Salt – as needed
Sugar – 1/4 tsp (Optional)



Method:

1. Soak saffron in milk for 10 minutes
2. Add 1 tbsp ghee to the pan. When its hot, add whole spices (Cinnamon, cardamom, cloves and fennel seeds) and saute for minute. Add rice and saute for 1-2 minutes
3. Add milk, water, saffron and salt, and close the lid. Switch off after the rice is cooked
4. Spread the rice in a wide pan and set aside
5. Add ghee to the pan, once the ghee is hot add the nuts and saute till they are crunchy.
6. Add raisin at the end as they cook soon.
7. Add fruits and nuts to the rice pan after rice is cooled (Adding fruits when is rice is hot makes the pulao watery) and gently mix. Easy and yummy pulao is ready:-)
8. Serve it with any gravy. We had with Malai Kofta.

Tips:

- * Add fruits of your choice. Apple, pineapple, grapes, pomegranate etc. can be added
- * Instead of using whole spices, you can also use garam masala
- * Instead of cooking rice directly, you can also pressure cook or use slow cooker

Easy Vegetable PULAO

Blog Name: Kitchen Samraj!

Blogger : Niloufer Riyaz

Ingredients:

1cup Basmati rice
1nos Onion(sliced)
1nos Green chilli(sliced)
1cup Mixed vegetable
3tbsp Curd
1tsp Biryani masala
1tbsp Ghee
1tbsp Ginger garlic paste
Salt
a very small pinch Sugar

Method:

1. Wash the rice.
2. Heat the pressure cooker , add oil and fry onions, ginger garlic paste, green chilli for a minute.
3. Add the vegetables and rice, biryani masala and fry for a minute. Add curd, salt n sugar, 2 cups hot water.
4. Bring to a boil, close the pressure cooker and cook for 2 whistles.
5. Open the lid after the pressure subsides.
6. Serve hot with Raita.



Cabbage RICE

Blog Name: Remmy's Kitchen

Blogger : Remya

Ingredients:

Basmati rice : 2 cup
Shredded cabbage : 2 cup
Grated carrot : 1/2 cup
Chopped onion : 1 big
Chopped garlic : 1 tblspn
Garam masala : 1 tspn
Pepper powder : 1/2 tspn (up to your spice level)
Lemon juice : 2 tspn
Water : 3 cup
Salt
Oil

Method:

1. Soak basmati rice for 20 minutes
2. Drain the rice and pressure cook it with 3 cups of water,salt and lime juice .
3. One whistle is enough. Let it cool
4. When pressure subsides open the cooker and keep aside
5. Heat a pan with oil.
6. Add chopped garlic. Sauté it well till it leave the raw smell
7. Add shredded cabbage,chopped onion and grated carrot to it.
8. Sauté it well till the cabbage turns light brown colour.
9. Add salt .Be careful while adding salt because already we added little salt in rice..
10. Add garam masala and pepper powder.
11. Mix it well
12. Now add cooked rice and mix it well.
13. Switch off the flame and serve it with raitha or tomato sauce



Paachoru / Palm Jaggery RICE

Blog Name: My Healthy Happy Kitchen

Blogger : Asiya Omar

Ingredients:

Cooked rice - a soup bowl size

grated coconut - half cup

ghee -1 tbsp

cashew nuts - 1 tbsp

for jaggery syrup:

palm jaggery (crushed)- 100 gm

cardamom - 2

water - 50 ml



Method:

1. Cook the rice and keep aside.
2. For preparing palm jaggery syrup, Take 50 ml water and add crushed jaggery and crushed cardamom, bring to boil, when the jaggery dissolves switch off the flame. Strain and keep aside.
3. Heat ghee and fry the cashew nuts till golden brown.
4. Then add palm jaggery syrup to the hot cooked rice and mix well and throw the roasted cashew nuts along with the ghee.
5. Garnish with grated coconut and serve .
6. Delicious Paachoru / Palm Jaggery Rice is ready to serve. Suitable for kids lunch box.
7. Traditionally in our side the newly wed are given this after the wedding occasion.

Soya Veggie VERMICELLI

Blog Name: The Secret Ingredient

Blogger : Anshu Pande

Ingredients:

2 cup Roasted Vermicelli
1 Onion
1 Green Capsicum
5-6 Green Beans
1 Carrot
1/2 Cup Frozen Corns
1/2 Cup Soybean Granules
3 Cup Water
1 tsp Mustard Seeds
1 tsp Cumin Seeds
Salt, to taste
1/2 tsp Turmeric powder
Red Chili Powder, optional
5-6 Kaddi Patta or Curry Leaves
1 tbsp Oil



Method:

1. Finely chop Capsicum, Onions, Green Beans and Carrots. Take lukewarm water in a bowl and put frozen corns to thaw. Keep aside.
2. In a pan or wok pour some oil and add Mustard Seeds. When they start to splutter add Cumin seeds.
3. Put chopped onions and saute them till they start sweating.
4. Add Kaddi Patta.
5. Add capsicum, green beans and carrots and cook for 5 minutes or till you see they loose their firmness.
6. Drain water from the corns and put them along with the vegetables to cook.
7. Add salt, turmeric and red chili powder.
8. Add water and cover with a lid and cook on medium low flame for 5 minutes till the vegetables become tender.
9. Add vermicelli and Soya granules.
10. Mix everything together and add water
11. Cover with a lid and let it cook on low flame till the water is absorbed.
12. Fluff it up and Serve hot with tomato ketchup.

Chutney Pulao with Mixed VEGETABLES

Blog Name: SARA'S TASTY BUDS

Blogger : Sharanya

Ingredients:

Rice – 1 ½ cup
Peas – ¼ cup
Carrot -1
Beans – 4
Onion – 1
Garam masala – ½ tsp
Oil/ ghee – 2 tbs
Cinnamon – 1 small stick
Cumin seeds – ¼ tsp
Cloves – 2
Salt as required
Lemon juice (optional)

For chutney:

Coriander leaves – a handful
Mint leaves – a handful
Green chillies – 3
Garlic – 4 cloves
Ginger – 1" piece

Method:

1. Wash and Soak the rice for 15 minutes.
2. Grind the ingredients in for chutney , to a nice paste with little water.
3. Chop the carrot , beans and onion.
4. Heat ghee in a pressure cooker, add the cinnamon , cloves and cumin , let it fry.
5. Add the chopped onion and sauté till it becomes translucent.
6. Add in the chopped carrot , beans and peas , sauté for a minute.
7. Add the grounded chutney , garam masala and soaked rice , mix well. Sauté for two minutes.
8. Add about 3 cups of water and required salt.
9. Cook for a whistle. After the steam goes off , open the lid , give a gentle stir.
10. Sprinkle lemon juice.
11. Chutney pulov with mixed vegetables is ready to serve.
12. Serve with any raita of your choice.



Paruppu SADAM

Blog Name: TamilsKitchen

Blogger : Tamilarasi Sasikumar

Ingredients:

Rice - 1 Cup
Toor dal - 1/2 cup
Onion - 1, chopped
Tomato - 1/2, chopped
Garlic pods - 2, chopped
Green chilly - 1, slited
Turmeric powder - 1/4 tsp
Corriander leaves - Few, for garnishing
Oil / Ghee - 1 tbsp

For Tempering:

Mustard seeds / Kadugu - 1/2 tsp
Urad dal / Ulutham paruppu - 1/2 tsp
Fenugreek seeds / Venthayam 1/4 tsp
Cumin seeds / Jeeragam - 1/4 tsp
Pepper Corns / Milagu 1/4 tsp
Dry red chillies - 2
Curry leaves - a spring
Asafoetida - a pinch



Method:

1. Wash the rice and dal and soak it for 10-15 mins.
2. Grab the needed ingredients.
3. Heat oil in a cooker and temper it with the given ingredients. Wait till mustard splutters.
4. Then add the onions, garlic and greenchilli and saute till the onions become soft.
5. Now add the tomato and fry for a min.
6. Add the drained rice & dal to the onion tomato mixture.
7. Add water in 1:2 Proportion (rice & dal 1 & 1/2 cup means 3 cups of water). Add turmeric powder and enough salt and give it a good mix.
8. Close the lid and pressure cook for three whistlees and simmer it for 3-4 mins and switch off the flame.
9. Let the pressure releases by itself and open the pressure cooker.
10. Garnish with few corriander leaves.
11. Drizzle a tsp of ghee and serve hot with potato fry or with any spicy side.

Rice with Coconut milk / COCONUT MILK RICE

Blog Name: Madraasi

Blogger : Deepa

Ingredients:

Thick Coconut milk – 1 ½ cup

Water – 1 ½ cup

Basmathi Rice – 2 cup

Turmeric powder- ¼ tsp

Ghee – 1 tbsp

Cashew – 10 nos

Raisins – 7 nos

Bay leaf – 1 no

Cardomom – 2 nos

Cloves – 2 nos

Cinnamon – ½ stick

Salt to taste.



Method:

1. Wash the rice in water.
2. Put the rice in rice cooker. Pour in the coconut milk, water, salt and turmeric powder and stir it well.
3. In a tadka, heat ghee and put bay leaf, cardamom, cinnamon and cloves. Wait till the colour changes.
4. Put only the spices to the rice.
5. Again heat the same ghee in tadka, put cashew and raisins. Wait till the colour changes.
6. Pour with the dry fruits with ghee to the rice.
7. Cover with the lid and let to cook.
8. Serve hot. This goes out well with any spicy and hot curries.

Drumstick Leaves, Brown Rice & DAL BHAT

Blog Name: Priya's versatile recipes

Blogger : Priya Suresh

Ingredients:

2cups Organic Sona Masoori rice/Brown rice
1/2cup Mixed dals
1/4tsp Turmeric powder
1tsp Lemon juice
1tbsp Sambar powder
Salt
Few curry leaves
1/2cup Drumstick leaves
1tbsp Oil
1tsp Mustard seeds& urad dal
1/2tsp Cumin seeds
2nos Green chillies (slit opened)
2nos Dry red chillies
1no Onion (chopped)
1no Tomato(big & chopped)
Few curryleaves
1/4tsp Asafoetida powder
Salt
1tsp Ghee



Method:

1. Wash and soak the rice and dals together for 15minutes in 6 cups of water and keep aside.
2. Take now the soaked rice and dals with drumstick leaves, turmeric powder,sambar powder,salt in pressu-recooker along with the soaked water.
3. Meanwhile heat the oil in a pan, let splutters, the mustard seeds,urad dal,cumin seeds,dry red chillies,slit opened green chillies and asafoetida powder, add the curry leaves, fry for few minutes.
4. Now add the chopped onions, chopped tomatoes and saute until the veggies turns mushy.
5. Add this mixture to the pressure cooker.
6. Close the cooker with the lid and pressure cook upto 3 whistles.
7. Once the steam gets off, open the lid, give a stir.
8. Finally add the chopped coriander leaves and lemon juice.
9. Toss gently.
- 10.Serve hot topped with ghee or pack in lunch box.

Kanda POHA

Blog Name: Flavours & Aromas

Blogger : Marie Salve

Ingredients:

Jada Poha - 2 cups
Cooking oil - 2 tbsp
Mustard seeds / rye (optional) - 1 tsp
Curry leaves - 5 pinched
2 medium onion - chopped fine
1 large/2 medium potatoes cubed -
boiled or raw
Tomatoes - 1 small (optional) I add this
as I find the Poha too dry otherwise.
Handful of roasted peanuts.
Peel off the skin.
1/4 tsp - haldi / turmeric powder
Juice of 1/2 a lime - optional
Salt to taste
Chopped coriander to garnish



Method:

1. Wash the Poha under running water in a strainer or sieve for 1 minute and set aside to drain.
2. Heat oil and fry potatoes till golden brown.
3. Roast peanuts on a tawa and keep aside to cool. Peel the skins.
4. Once the potatoes are done, set aside on a plate. Then add mustard seeds, curry leaves, green chillies.
5. Once done, add chopped onions. Turn off the flame.
6. Drain the Poha well and add to the seasoning in the frying pan. Add haldi powder and mix well. Then light the stove.
7. Add salt to taste. Sprinkle water all over the Poha and cover with a lid on a low flame.
8. Once done, garnish with coriander leaves and squeeze lemon juice.
9. Serve hot.

Ragi Savory Homemade SEVAI

Blog Name: Nitha Kitchen

Blogger : SangeethaPriya

Ingredients:

For dough

Ragi Flour - 1 n 1/2 Cup

Water - 1 Cup to 2 Cups (Varies by method n recipe follows)

Salt - As Needed

Garlic/Shallot/Red Chilli - 2 Each (Optional)

Cumin seeds - 1tsp

For Tempering

Steamed RagiSev

Oil - 1 Tbsp

Chopped Onion/Shallot - 1/2 Cup

Red Chilli or Green chilli - 1-2 Numbers

Curry Leaves - 1 Sprig

Channa/Urad dhal - 1 Tbsp each

Mustard Seeds - 1tsp

Method:

1. Boil 1 Cup + 2 Tbsp of water with onion/red chilli n garlic, when starts boiling, filter and again bring to boil.
2. The water should boil well, now make a well in the flour and pour the very hot/boiling water in batches.
3. Mix well with wooden spatula and when all flour gets the moisture, stop adding more water.
4. You may not need all water but depends on the boiling temp I have given extra quanti, for 1 1/2 cup of flour 3/4 Cup + 2 Tbsp of water is what i exactly used).
5. The right consistency is the flour changes color/wet enough and need not be rolled together like a chapathi dough.
6. Now when you knead with your palms it should gather well without any crack/breaks...
7. By this time the flour will be half cooked (Pic 1, stepwise picture below) n dough should be slightly gooey...
8. You can rest the dough for 5 mins but it is not necessary, when the dough is warm you can press it easily...



Easy Chicken BIRYANI

Blog Name: Gitas Kitchen

Blogger : Gita

Ingredients:

Boneless skinless chicken, washed and cut into small bite-size pieces, 1 cup.

Basmati rice, 1 cup. (washed and soaked for an hour). I usually soak the rice overnight, so it will be ready for cooking in the morning rush.

Lemon juice, a tablespoon.

Ghee, a tablespoon.

To Grind:

Cinnamon, a small piece.

Fennel seeds, 1/4 teaspoon.

Cardamom, 1.

Star anise, a small piece, (half).

Green chilies, 1-2 depending upon preferred spice level.

Mint leaves, a handful.

Garlic, 2 cloves.

Ginger, a small piece.

Turmeric powder, a pinch,

Salt, as needed.



Method:

1. Grind all the ingredients given under the "to grind" list into a smooth paste with a little water.
2. Add this to the chicken along with the lemon juice and mix everything well.
3. Transfer this to a zip lock bag or any other closed container and let it sit in the refrigerator overnight or for a couple of hours.
4. Slow cooking the chicken is ideal for a good flavor of the biryani. I usually add the chicken in a thick pan with 2 tablespoons of oil, and slow cook the chicken under low flame for 15-25 minutes (closed), so that the chicken is cooked in its own juice.
5. At this point, if cooking the rice in a rice cooker, transfer the contents to a rice cooker along with 2 cups of water and cook the rice until it is done.

Beetroot POORI

Blog Name: Anitha's Kitchen Diary

Blogger : Anitha

Ingredients:

Beetroot Poori

- 1 cup Wheat flour
- 1 medium size Beet root
- 2 -3 tsp + deep frying - Oil
- Salt to taste

Method:

1. Wash and chop the beetroot roughly and blend it in a blender until smooth.
2. If the beetroot is dry while grinding add small amount of water.
3. In a mixing bowl take wheat flour, salt and 2-3 tsp of oil and mix well.
4. Now add the beetroot puree and form smooth dough. If required add some water while kneading. Rest it for 10 -15 minutes.
5. Divide the dough into equal size balls and roll into circle using rolling pin.
6. Mean while heat oil in a kadai for deep frying.
7. Once oil hot put rolled dough into oil and cook on both sides.
8. Repeat the process for remaining dough.

You can pack this Beetroot Puri with Channa Masala (or) Raita (or) Alu Subzi



Palak POORI

Blog Name: My Magic Pan

Blogger : Sundari N

Ingredients:

Wheat Flour – 2 cups
Spinach – 1 cup(tightly packed)
Salt – as needed
Water- as needed
Chilli powder – 1 tsp
Jeera/Cumin Powder – 1/4 tsp
Asafoetida – a pinch
Oil – to deep fry

Method:



1. Separate the spinach leaves from the stem (tender stems can be included), wash 3-4 times and clean it.
2. Heat a pan with water and add salt and asafoetida to it. Bring it to a boil. Then add the cleaned/washed spinach leaves and let it cook for 3-5 mins.
3. Drain the excess water and keep it aside. Do not waste it. Grind the cooked spinach leaves in a mixer into a smooth puree.
4. Take wheat flour, spinach puree, salt (remember we have added some salt while cooking spinach), chilli powder and jeera powder in a bowl and mix well.
5. Knead it into a soft dough adding enough water (Use the water drained from the cooked spinach)
Pinch a small sized ball and roll it into a small circle.
6. Meanwhile heat a pan with oil enough to deep fry. Drop the rolled poori in hot oil and fry it evenly on both sides. Drain in paper towels.

Tips:

- * While cooking spinach add very less water. Bring it to a boil and then add the spinach leaves.
- * You can add ginger garlic paste along with the other ingredients while kneading the dough.
- * You can skip chilli powder and grind 1 or 2 green chillies along with the cooked spinach.

Aloo POORI

Blog Name: Creative Saga

Blogger : Sowmya Madhavan

Ingredients:

Wheat flour/Atta - 2 cups

Potato- 2 big peeled

Red chilly powder- 1tsp

Coriander powder- 1tsp

Turmeric powder-1tsp

Fennel seeds(powdered)- 1/2tsp

Salt to taste

Oil - 1tsp or more(during kneading dough) and some for deep frying



Method:

1. Knead a dough adding water little by little to the atta.
2. Add the oil and knead well to form a smooth, firm and non sticky dough.
3. Cook the potato in a pressure cooker till soft.
4. Mash it well. Add the red chilly powder, turmeric powder, fennel seeds, coriander powder and salt.
5. Mix everything well together.
6. Pinch a small portion of the dough. (lemon sized.)
7. Roll with a rolling pin to a small disc.
8. Place a small portion of the potato stuffing.
9. Seal the ends and roll it back to a ball and flatten it.
10. Roll with a rolling pin to a small disc.
11. Heat oil in a pan for deep frying.
12. When its hot, drop the poori into oil and fry till it turns a golden brown.
13. Repeat the same with rest of the dough and potato stuffing.
14. Serve immediately.
15. If you are packing it in the box, place them in aluminium foil, seal and keep it in the box.

Chilli Chapathi - INDO CHINESE DISH

Blog Name: Curry World

Blogger : Veena

Ingredients:

Medium sized Chapathi-8
Big Onion-2 medium
Garlic-2cloves
Chopped Ginger-1tsp
Tomato-1 chopped
Capsicum-1/2 of 1
Kashmiri chilli powder-1/2tsp
Coriander powder-1/2tsp
Garam masala -1/4tsp
Chilli sauce -1/2 tbsp
Soya sauce-1tsp
Sugar-1tsp
Green chilli-1 or 2
Coriander leaves -2tbsp
Spring Onion-2tbsp
Lemon Juice-1tsp
Salt-
Red Colour-opt
Oil-2tbsp



Method:

1. Cut chapathi into small pieces and keep aside .
2. Heat oil in a pan add chopped onion,ginger,garlic and green chilli sauté till the onions are translucent ..
3. Can add pinch of colour if u want ..Here i added for the presentation purpose ..
4. If u r adding colour ,mix with 2 tbsp of water and add water ,otherwise colour won't spread evenly ..
5. Then add powders and sauté till the raw smell goes..
6. Now add tomato and allow to cook well till the oil oozes out ..
7. To this add chilli sauce ,sugar,salt,soya sauce and sauté for one more minute in medium flame ..
8. Add 1/2 cup of boiled water and boil ..Check the taste .. Adjust the seasoning accordingly ..
9. Now add chopped chapathi along with chopped capsicum .. U can add capsicum in the beginning too ..but i don't want to cook my capsicum too long ..
10. So mix chapathi well in the gravy .. Finally add spring onions and coriander leaves and lemon juice ..
11. Transfer to a serving plate and decorate with chopped onions and lemon piece

Gobi PARATHA

Blog Name: Mom's Recipes

Blogger : Sireesha

Ingredients:

For The Dough

3 cups whole wheat flour (gehun ka atta)
2 tsp oil
salt to taste
water for kneading

Other Ingredients

whole wheat flour (gehun ka atta) for rolling
oil for cooking

For The Gobi Stuffing

3 cups finely grated cauliflower
1 tsp cumin seeds (Jeera)
1 tsp carom seeds (Ajwain)
2 tsp finely chopped green chillies
1/2 cup finely chopped coriander (dhania)
salt to taste
4 tsp oil



Method:

Making the dough :-

1. In a mixing bowl add wheat flour, oil and salt and make a smooth dough by adding enough water slowly.
2. At the end add little bit of oil, cover and keep it aside .

Preparing the gobi/cauliflower stuffing:-

1. Grate the gobi/cauliflower finely. Squeeze the cauliflower take out as much water as possible.
2. Then add some finely chopped green chillies ,carom seeds,cumin seeds,chopped coriander,salt and mix well.
3. Add salt while making only if you add before then it will ooze out water and stuffing will become moist and it will be difficult to make paratha.
4. Make small balls out of that mixture.

Making Paratha :-

1. Knead the dough again and divide the dough into equal portions.
2. Roll one part of the dough into a three inch circle. Place one part of the filing in the center.
3. To wrap, pull the edges of the rolled dough together to cover the filling.
4. Allow each ball to settle for a minute before rolling.
5. Press the filled ball lightly on both sides on a surface and dust with with dry wheat flour.
6. Roll the ball with a light hand into 6" circles, dust with dry wheat flour if required.
7. Place rolled paratha on the hot tava. Once cooked, Flip the paratha and cook again
8. Finally spread a teaspoon of oil over both the sides of paratha. Repeat with the remaining dough and stuffing to make more parathas.
9. Serve hot gobi paratha with yogurt, pickle or butter or Aloo Mattar.

Carrot-Tofu PARATHA

Blog Name: Cubes n Juliennes

Blogger : Farrukh Aziz Ansari

Ingredients:

For Dough:-

1½ cup, split yellow lentils(moong dal), soaked for 3 to 4 hours and drained
1 tsp, cumin seeds
1 inch, piece of ginger
4 cups, whole wheat/multi grain flour (atta)
Salt as per taste
Water for kneading

For Stuffing:-

2½ cups, carrot, grated
150 gms, tofu, grated
Carom seeds(ajwain)
3 tbsp, mint leaves, finely chopped
1 tsp, dried fenugreek leaves(kasuri methi)
½ cup, coriander leaves, finely chopped
¾ tsp, chaat masala
½ tsp, black pepper powder
1 nos, small green chili (optional)
1 tsp, cumin seeds
Salt as per taste

Method:

For dough:- 1.Grind together soaked moong dal, cumin seeds and ginger to a smooth paste.

2. In a large bowl, combine salt, flour and grounded moong dal mixture.

3. Gradually add water and knead to form a medium soft dough. The dough should neither be very hard nor sticky, Cover with a damp cloth and let it rest for 15 mins.

For Stuffing:- 1. Remove any excess water from the grated carrot and tofu.

2. In a bowl, combine grated carrot, tofu and all the other ingredients mentioned under “For Stuffing”.

For Paratha:- 1. Divide the dough into equal medium sized balls or as required.

2. Take one ball of the dough. Roll it out into small circle taking care that the edges of the rolled circle is thin and the center part is slightly thick.

3. Take the rolled circle in your palm. Place enough of carrot tofu stuffing in the center and seal the edges of the circle.

4. On a floured surface, gently press the stuffed ball and roll out into a uniform paratha. If needed you can apply a little more flour.

5. Do not apply too much pressure at one.

6. Place it on the hot griddle and allow it to get brown spots on the lower side. Flip it and repeat for the other side. Apply ghee, butter or oil and fry till you get nice brown spots and parathas are cooked well.

7. Serve them hot with butter, curd, pickle or ketchup.



Cabbage PARATHA

Blog Name: Sony's Kitchen

Blogger : Sonali

Ingredients:

Wheat flour 1 cup
Grated / Chopped cabbage 1/2
Turmeric 1/2 tsp
Red chili powder 1/2 tsp
Garam masala 1/2 tsp
Ginger garlic paste 1/2tsp
Chopped cilantro 2 tsp
Oil 2 tsp
Salt As needed
Water As needed

Method:

1. Take a large bowl, mix wheat flour, cabbage, red chili powder, garam Masala, ginger garlic paste, cilantro, turmeric, oil and required salt.
2. Knead and make soft yet pliable dough by adding little amount of water. Keep aside for 10 minutes.
3. Divide dough into equal size of balls. Roll it out using rolling pin, dust flour when needed.
4. Heat tawa / pan on medium flame. Roast them on both sides till golden brown in color, apply oil on both sides.
5. Serve hot with curd or pickle

Tips:

- * Grated cabbage releases water, carefully add water while kneading dough.
- * Do not keep dough longer time as water releases from cabbage and you may not be able to roll paratha.



3 Colour Capsicum PARATHA

Blog Name: Sashiga Kitchen

Blogger : Menaga Sathia

Ingredients:

Wheat flour - 2 cups
oil -1 tspn + pan fry
salt - to taste

For Stuffing

Finely chopped capsicum -1/2 cup
Grated Cheese -1/2 cup
Finely Chopped coriander leaves - 1 tspn
jeera powder -1/4 tspn
Garam Masala - 1/4 tspn
Red chilli Powder - 1 tspn
Salt - as needed

Method:

1. Mix the Stuffing ingredients given under the table "For Stuffing "
2. In a bowl mix wheat flour+ 1 tspn oil+ salt +water ..prepare the dough .
3. Take a small size ball,roll it , keep the stuffing in the middle.
4. Close it towards the middle & roll out carefully.
5. Cook over the hot Tawa with little oil. cook it on both sides with low flame.
6. Serve with curd or pickle.

Tips:

- * Dont Reduce the cheese amount. always add equal amount of capsicum + cheese.
- * Here i used 3 colour capsicum.
- * Always cook the paratha in low flame to ensure even cooking.



Tri Colored Multi Grain Flour ROTI

Blog Name: Veggie Platter

Blogger : Suma Gandlur

Ingredients:

3 cups multi grain flour (See the notes below)
Salt to taste
Chili powder to taste
1/2 tsp. coriander powder
1/2 tsp cumin powder
1/2 tsp garam masala
1/2 cup peeled and chopped carrot cubes
1/2 cup peeled and cubed beetroot
1/2 cup spinach puree
Milk / yogurt / water to grind the vegetables
Canola / vegetable oil
Extra wheat flour for dusting

Method:

1. Combine the flour, salt and spices if using in a mixing bowl. Divide the mixture into three parts.
2. Add carrots to a blender and grind finely using as little liquid as possible. (I use milk / yogurt for grinding, to make the rotis more nutritious and keep them softer.)
3. Similarly grind beetroot pieces separately and keep it aside.
4. Blanch the spinach if using fresh leaves or thaw in the microwave for 4 -5 minutes if using frozen spinach.
5. Grind it into a fine puree and keep it aside. If you don't prefer the strong flavor of ground spinach, just wash and chop the spinach leaves finely.
6. To one part of the flour add carrot puree and about 1 tbsp of oil. Combine to form a firm, pliable dough. (If the dough appears to be sticky, add some extra flour and if the dough is too dry then add some extra liquid.)
7. To the second part of the dough, add beetroot puree and a tbsp. of oil. Again form a firm dough and keep it aside.
8. To the third part of the flour add the spinach puree / finely chopped spinach and a tbsp. of oil and prepare the dough.



Tofu Aloo PARATHA

Blog Name: Priya'smenu Food lovers

Blogger : Priya

Ingredients:

2 Cups Wheat Flour
Salt to taste
2 Tbsp Oil
Water to knead
3 Big Potatoes, Boiled and Mashed
1 Cup Tofu, grated
Few finely chopped coriander leaves
1 Tsp Garam Masala
1/2 Tsp Turmeric powder
2 Green chillies, finely chopped
Salt to taste

Method:

1. Mix Wheat flour, salt, oil and water in a bowl.
2. Knead well and prepare a soft dough. Keep aside.
3. Add mashed potatoes along with grated tofu in a separate bowl.
4. Now add garam masala, salt, turmeric powder, chopped coriander leaves and finely chopped green chillies.
5. Mix well and prepare small balls.
6. Divide the chapati dough into big sized balls.
7. Roll out each balls into a small circle and fill it with tofu-potato mixture.
8. Now bring all the sides together and seal it tightly.
9. Roll it again gently using rolling pin and cook it on the tawa or griddle using little oil or butter until both sides turns golden color.
10. Remove from the flame and serve hot.



Sprouts PARATHA

Blog Name: Merry Tummy

Blogger : Shweta Agrawal

Ingredients:

Mixed sprouts- ½ cup
Curry leaves -5-8
Garlic- 8 cloves
Green chilles-4-5
Onion -1 medium size
Ginger- ½ inch piece
Salt to taste
Asafoetida- a pinch
Turmeric powder- ½ teaspoon
Garam masala- ¼ teaspoon
Oil to make parathas
Water as needed to knead

Method:

1. Wash sprouts 2-3 times and strain water.
2. In a food processor pulse ginger, garlic, onion, sprouts, curry leaves, green chilles to make a coarse paste.
3. Finally add the above mixture with flour, salt, asafoetida, ½ tablespoon oil and turmeric. Mix well.
4. Take little water and knead to form a soft dough. Let it rest for 10 minutes.
5. After 10 minutes, divide dough into equal parts and give them a round shape of ball. Take 1/2 cup dry wheat flour in a plate for dusting. Take one dough ball, flatten it like Pattie and dust dry wheat flour over it. Roll out the paratha.
6. Place it on a hot tava/griddle and cook over medium flame. When tiny bubbles starts to rise on the surface, flip it and reduce the flame to low.
7. Spread 1/4 tsp oil around edges and spread over the paratha. Flip it again and spread 1/4 tsp oil around over it.
8. Press it with spatula and let it cook over medium flame. Cook until golden brown spots appear on both sides. Follow the same process for remaining dough balls.



Methi Vegetable and Cheese PARATHA

Blog Name: Seduce Your Tastebuds

Blogger : Padmajha Sureshbabu

Ingredients:

Whole wheat flour- 2 cup
Methi leaves/ fenugreek leaves- a large handful, washed and drained, roughly chopped
Grated radish-1/4 cup
Grated carrot-1/4 cup
Grated cheese as needed for the filling
Cumin seeds- 1 teaspoon
Turmeric powder- a large pinch
Oil-1 tablespoon
Salt to taste

Method:

1. In a bowl take the flour, methi leaves, cumin seeds, turmeric powder, grated vegetables, salt and mix well.
2. Let it sit for 5 minutes. The vegetables will sweat in the meantime. Now add water little by little and knead to a smooth and elastic dough. Add oil and knead for a couple of minutes.
3. Divide the dough into golf sized balls.
4. Dust the work surface with flour and roll out into parathas. Place some grated cheese in the center and close it up with dough by bringing the side together.
5. Roll it out.
6. Use a cookie cutter and cut the paratha to any shape you desire. [Remove the excess dough from the side and reuse it].
7. Cook on a heated griddle till brown spots appear on both sides.
8. Remove from heat and pack along with a side dish of the kids choice.



Coriander ROTI

Blog Name: USHASRIKUMAR'S COOKSPACE AND MORE

Blogger : Usha

Ingredients:

Wholewheat flour - 2 cups
Maida -1 cup
Oil -2 tsp
Green Chillies -4
Coriander (CHOPPED) - 2 cups
Ajwain Seeds - 1 tp
Cumin Seeds -1/2 tp
Salt to taste
Ghee - As needed



Method:

1. Mix together wheat flour, Maida, Salt, Finely Chopped Chillies, Cumin seeds and Coriander.
2. Add the oil and mix well.
3. Sprinkle water little by little and knead to a soft and pliable dough.
4. Keep aside for 30 minutes.
5. Make lemon sized balls from the dough and dust the balls with some maida and roll out into thin rotis about 6-8 inches diameter.
6. Cook the rotis on a hot tawa till brown spots appear on both the sides.

Akki ROTI

Blog Name: Cook With Smile

Blogger : Smitha

Ingredients:

Rice Flour - 2 cup
Grated Coconut - 1/2 cup or more
Onion- 2 medium chopped
Green chillies - 4-5 ,finely chopped
Curry leaves - few string , finely chopped
Coriander leaves - few string , finely chopped
Dill leaves (sabsige Soppu) - a handful or 2; finely chopped (optional)
Soaked Bengal gram - 1 tbsp (optional ; gives nice crunchy taste in between)
Jeera - 1 Tsp
Salt
Oil - to roast

Method:

1. Add onion, coconut, green chilli, coriander, Curry leaves, dill leaves, soaked bengal gram, cumin seeds and salt in a wide mixing bowl. Mix it nicely by crushing onions with your hands for few minutes. This brings out more flavors from them.
2. Add rice flour to it. Start adding water little by little and mix it nicely to form a dough.
3. The dough should be such that its easy to spread / pat with hands. It should not be too hard , smooth-firm dough.
4. There are two ways in which you can spread the rotti on the tawa :
5. Method 1 ----> Grease a plastic sheet / aluminum foil / parchment paper / banana leaf . Take an orange sized dough and pat it evenly with your hands to a medium thin pancake. Wet your hands in between with water to ease the patting. Make a hole on the rotti so that they get cooked uniformly.
6. Heat the griddle. When its hot , put the sheet on the griddle (rotti side facing the griddle). Cook the rotti along with the sheet for 30 sec and then slowly remove the foil. Rotti gets transferred from sheet to the griddle.
7. Method 2 ----> use two - three tawas to make these rottis. Grease the cold tawa and take orange sized dough and pat it evenly on the cold griddle to a medium thin pancake. Switch on flame and cook on medium flame. Do not attempt to pat the dough on hot tawa as the dough doesnot spread well. How to cool tawa quickly ? refer NOTES
8. Once you have patted rottis using method 1 or 2 , cook them medium heat. Pour some oil in the holes and all over the rotti. Cover and cook till it becomes slightly brown in colour. Then flip the rotti and continue cooking for about a minute or so till the rotti becomes crispy.
9. Akki rotti is ready to be served. Serve it coconut chutney / chutney powder + yoghurt / chutney powder + butter. Enjoy them as your heart weekend breakfast / Snack / Dinner .



Jowar DHAPATE

Blog Name: Lazy 2 Cook, Loves 2 Eat

Blogger : Pooja Shinde

Ingredients:

1 cup Jowar Flour
1/2 cup Wheat flour
1-2 tsp. Green chili
6-7 garlic cloves
1/4 cup chopped cilantro
1/4 tsp. turmeric powder
1/2 tsp. carom seeds
1/4 tsp. cumin seeds or 1/2 tsp. cumin seed powder
Salt to taste
Oil as required

Method:

1. Make a paste of green chilly and garlic.
2. Add chilly and garlic paste, cilantro, turmeric powder, carom seeds, cumin seed, garam masala and salt Jowar flour and wheat flour. Jowar flour should be more than wheat flour.
3. Add water and knead the dough. Divide the dough into small balls.
4. Take a thick plastic paper or thick cotton Cloth. Fold into half width-wise. Apply little water. Place one dough ball inside. Put water on your fingers and press with fingers to make a medium circle. You can also roll to required thickness.
5. If the edges are cracking, adjust with fingers. And put small holes with one finger in the center on rolled Dhapate , as in pictures.
6. Heat pan, add some oil and put rolled Thalipeeth carefully from cloth or plastic paper. Also put some oil drops from holes to cook evenly from middle also.
7. Cover and cook over medium heat. Cook from both sides.



Methi THEPLA

Blog Name: Sandhya's KITCHEN

Blogger : Sandhya Hariharan

Ingredients:

1 Bunch of Methi : cleaned, washed
n chopped finely- Rougly 1 cup
2 Cups of Wheat flour
1 tsp Turmeric
1 tsp Chilli powder or 2 Green chilli
crushed (Optional)
3/4-1 tsp Cumin Powder
1/2 tsp Ajwain
1/2 tsp Asfoetida/Hing
Salt to taste
3/4 -1 Cup Yogurt
1 tbsp.Oil
More Oil for cooking the thepla's

Method:

1. In a large dry mixing bowl, add the wheat flour also known as Aata and other dry. Make a large deep dip in the middle of the flour and now add yogurt. If the yogurt is quite thick, dilute it with 1/4th portion of water.
2. Knead the dough for atleast 2 minutes until all the flour and yogurt has combined. Add the oil on your palm and let it drip over the dough too. Doing this helps to remove the sticky dough off your hand ,as you knead the dough for another 5 minutes. Set it aside for at least 30 minutes .
I have used an Ikea Cup for measurement. This dough yields me 24-26 thepla's.
3. Make small equal portions of the dough in the size of a ping pong ball. I would portion the dough in a size that fits inside my palm. A size similar to the size of chapatti dough.
4. Lightly oil your palm and pinch out small 5-6 equal sized dough balls.
5. Taking one dough ball at a time,Flatten these balls with your palm, dust with whole wheat flour and roll out 5-6 inches. If the dough begins to stick, dust some more flour and roll out.
6. Cook the thepla on a tava/skillet, until the dough changes color and looks dry. Flip it over, using a spatula and you should find it slightly golden brown.Apply few drops of oil and cook it all the way through by gently pressing with the spatula on either side.
7. Repeat the process with the rest of the dough. As you make the thepla's ,store them in a casserole to keep it soft and warm.Serve the hot theplas with aloo jeera,yogurt and pickle.When you are serving your little ones, just roll it in a tissue and give it to them or serve it with some ketchup and yogurt.



Potato Croquettes with CHEESE

Blog Name: The Happy Palates

Blogger : Menaka Arun

Ingredients:

Potatoes (boiled and mashed) 3-4 nos
Mozarella Cheeze (cubed) 1 cup
Onions (diced) 1 no
Fresh red/ green chilli
(de-seeded and diced finely) 1 no
Cilantro (chopped finely) ¼ cup
Chat masala 1 tsp
Roasted jeera powder 1 tsp
Bread crumbs 4 tbsps and more for coating
Egg(optional) 1 no
Cornflour- for coating
Salt to taste
Oil for frying



Method:

1. Boil and mash the potatoes well. There should be in lumps in the potatoes.
2. Dice the onions finely, add them to the potatoes.
3. De-seed the red/ green chilli and chop it finely. Add this to the potato.
4. Add the finely chopped cilantro leaves to the mixture.
5. Add the 2-3 tbsps of bread crumbs, chat masala, jeera powder and season with salt. Mix all these well using your hands. Check the seasoning and texture, adjust accordingly.
6. Cut the mozzarella into ½ "cubes and keep ready.
7. Make small balls with the potato mixture and flatten it in the centre.
8. Keep a cube of cheese in the centre and close, making a ball.
9. Roll well to cover all sides so that the cheese does not ooze while frying. Now, make all the balls and keep ready for coating.
10. Now in 3 bowls, have cornflour, beaten egg(optional) and bread crumbs ready. (Now, if you don't want to use the egg, make a slurry with cornflour)
11. Dip the potato croquette in the cornflour coating all sides, dust the excess. Now, put the cornflour dusted ball in the egg mixture. Coat on all sides, remove and roll it over the bread crumbs. Make sure to coat the croquettes evenly. Do the same for all the croquettes and keep ready.
12. Heat oil in a deep pan for frying.
13. Add the croquettes 2-3 at a time and deep fry.
14. Drain on absorbent paper.
15. Serve hot with mint chutney or tomato ketchup.

Magic Rice BALLS

Blog Name: MahekSiddhartha

Blogger : MahekSiddhartha

Ingredients:

1 cup cooked rice (chawal)
1/4 cup cooked sweet corn kernels (Makai Dana)
1/2 cup any par boiled Mixed Vegetable
(I used Carrot, Beans, Capsicum)
2 tbsp CornFlour or Plain Flour
Maida
2-3 Green Chillies (Optional)
1 inch Ginger
1 tsp Chat Masala Powder
1tsp Red Chilly Powder
1/2 cup Bread crumbs for rolling
2 tbsp Corn Flour mixed in 1/4 cup water
oil for deep-frying
salt as per taste

For Serving

Tomato Ketchup
Green Coriander - Mint Chutney (Optional)



Method:

1. Mix sweet corn, rice, green chillies, mixed vegetables, ginger, transfer to a grinder and grind once or twice.
2. Do not over grind to paste. Also do not add any water (This mixture has to be thick as dough)
3. Once mixture is ready mix salt, red chilly powder, chat masala.
4. Divide this mixture into 10 equal portions and roll each portion into a round ball.
5. Dip each ball in the prepared corn flour and water mixture and roll in the bread crumbs till they are evenly coated from all the sides.
6. 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.
7. Drain on an absorbent paper.
8. Serve hot with tomato ketchup

Happy Cooking !!

Sabudana TIKKI

Blog Name: The Secret Ingredient

Blogger : Anshu Pande

Ingredients:

Cup Sabudana
3-4 Medium Sized Potatoes
Green Chilies, to taste
Half Inch Ginger, finely grated
Coriander Leaves
Sendha Namak or Table Salt, to taste
Red Chili Powder, to taste
1 tsp Amchur



Method:

1. Soak Sabudana in water for 2-3 hours . The water should be enough to cover the sabudana. If you add more water they will become mushy. Also boil and peel potatoes.
2. Put the potatoes in a bowl and mash them using a potato masher or simply with your clean hands.
3. Add pre soaked sabudana to potatoes. Drain water before adding to potatoes, if any.
4. Add red chili powder.
5. Add chopped coriander leaves, chopped green chilies and finely grated ginger.
6. Add salt or sendha namak and amchur.
7. Combine them together using your fingers.
8. Pour Oil in a pan and let it heat on a medium low flame. I plan to use little oil to fry them so I am using a flat bottom pan. If you wish to deep fry them you can pour oil in a wok by all means. Also you can use Pani-yaram or Apne Maker Pan for oil free sabudana vada.
9. Take little mixture in your palms and shape it into a croquette or tikki. Make them thin so that they cook till inside even on frying. Remember we are not deep frying them. You can roll them into balls, if you like.
10. Put them on the pan to fry with hot oil.
11. Cook on both sides till they acquire golden brown colour.
12. Transfer them on a kitchen paper towel so that extra oil can be absorbed by paper. Remove them after a minute or else the paper might stick to the croquettes.
13. Serve them hot with Pudina Chutney or Spinach Coriander Chutney without onion garlic.

Hara Bhara KABAB

Blog Name: Tasty Appetite

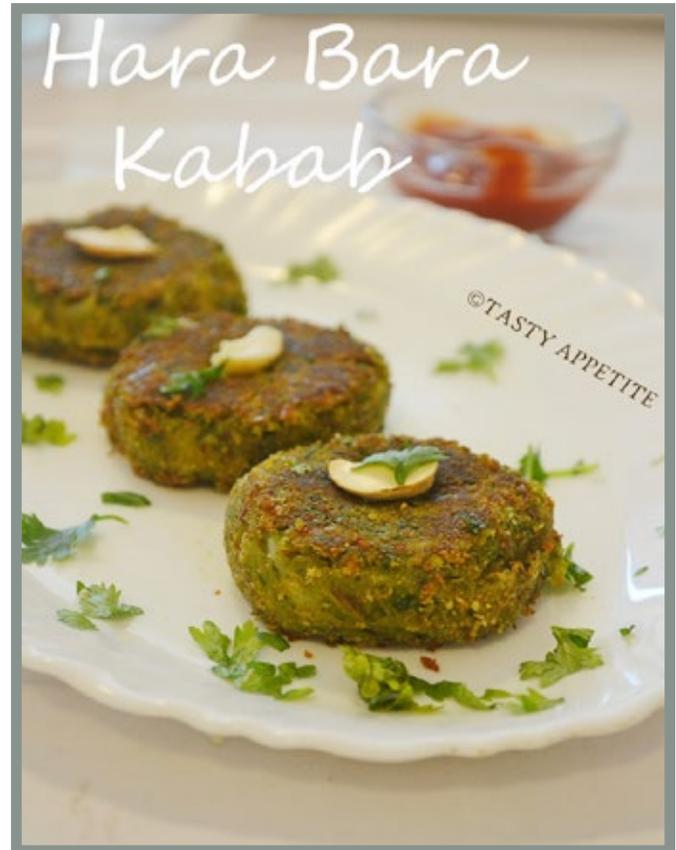
Blogger : Jayanthi

Ingredients:

Capsicum 1
Cooked peas 1 cup
Coriander leaves sliced 1 cup
Mint leaves sliced 1 cup
Ginger grated 2 tsp
Green chilly 2
Chopped spinach 2 cups
Oil 3 to 4 tbsp
Cumin seeds 1 tsp
Turmeric pwd ½ tsp
Cooked & grated potatoes ½ cup
Bread crumbs 1 cup
Corn starch 1 tbsp
Salt to taste

Method:

1. Wash and slice capsicum, coriander leaves, mint leaves, ginger, green chilly, spinach and keep ready.
2. Heat 1 tsp of oil in a fry pan. Add cumin seeds and wait to crackle.
3. Add sliced green chilly and ginger. Saute for a minute.
4. Add capsicum and stir well. Add peas, mint leaves, spinach and mix well.
5. Add ½ tsp salt and turmeric pwd. Mix well.
6. Saute in low medium flame, until the moisture from the mixture is completely evaporated.
7. Turn off flame.Allow to cool.
8. Add it to blender and crush coarsely.Transfer it to mixing bowl.
9. Add cooked grated potatoes.
10. Add 2 tbsp of bread crumbs, 1 tbsp corn starch, salt and combine well.
11. Make small ball out of the mixture.Pat it flat to small patties.
12. Spread bread crumbs in a plate.Coat the patties with bread crumbs and keep ready. Heat enough oil in a fry pan for shallow frying.
13. Place the patties gently in the hot oil. Cook in low medium flame, flipping it to both sides.
14. Shallow fry until both sides are cooked to light brown and crisp. Remove it in kitchen towel.
15. Yummy , colorful Hara bara Kabab is ready. It tastes lipsmacking with crisp outside and soft inside. Pairs up best with tomato ketchup...enjoy..!



Potato Stuffed Bread ROLLS

Blog Name: RaaaZzzfoodlove

Blogger : Razina

Ingredients:

Bread - 4 slices, edges trimmed
Potatoes - 2 medium sized, boiled, peeled and mashed
Peas - 1/4 cup, boiled
Cumin Seeds - 1/4 tsp
Green chili - 1, finely chopped and crushed lightly
Salt - to taste
Coriander leaves - 1 tbsp, chopped
Amchur/Dry Mango Powder - 1/4 tsp (optional)
Oil - for deep frying



Method:

1. In a bowl, mix all the ingredients except the bread
2. Dip the bread slice in water very lightly and press it with hands to remove all water
3. Put a tbsp of the filling in the center and cover it completely with the bread making it into oval shape
4. Leave it to rest for around 5-10 minutes
5. In a kadhai, heat oil and fry the rolls till they become golden brown colour on all the sides
6. Serve hot with ketchup or any chutney of your choice!!!

Carrot Dalia PATTIES

Blog Name: Authentic Food Delights

Blogger : Sushma Mallya

Ingredients:

1/4 Cup Dalia (soak for 1/2 hr)
2 med sized carrot (grated)
1 Onion chopped
1/2 cup grated Paneer
1 tsp Shiracha sauce (you can use any chilli sauce available)
1 tsp soya sauce
3 green chillies (minced finely)
1 tsp grated ginger
3 tbsp rice flour of binding + 4 tbsp rice flour for making a paste
1 tbsp coriander leaves
3 tbsp Maida (Plain Flour)
oil to shallow fry
salt to taste.



Method:

1. Soak Dalia for 1/2 hour and squeeze out water out and mix in grated carrot, onion, grated paneer, sriracha sauce, soya sauce, green chillies, grated ginger.
2. Add Rice flour to it and mix it well. Add coriander leaves and salt. Mix well .
3. Make balls out of this and flatten it a bit keep it aside.
4. Make a paste of maida (Plain flour) and rice flour add water and till it gets a semi thick consistency.
5. Dip the balls in this batter.
6. Heat little oil about 4 tbsp in sauce pan and shallow fry in oil till crisp on both the sides.
7. Serve hot with dip of your choice.....Simply Awesome...I loved the taste :)

Spinach Stuffed MUSHROOMS

Blog Name: Dishing with Divya

Blogger : Divya Shivaraman

Ingredients:

Button Mushrooms - 10 oz / 20 no's
Spinach - 1 heaped cup (Roughly chopped)
Onion / Shallots - 1/2 cup (Finely Chopped)
Garlic - 3 pods (finely chopped)
Olive oil - 1 tablespoon
Italian Bread Crumbs - 1 tablespoon
Mozzarella cheese - 2 tablespoon (I used Low Moisture partly skimmed, Use more if you like cheesy)
Dry Oregano - 1/2 teaspoon
Crushed Red Pepper - 1/2 teaspoon
Grated Parmesan cheese - 1 tablespoon
Salt - to taste

Method:

1. Wash and remove the stem of mushrooms.
2. Finely chop the removed stems. Foil baking tray and keep it ready.
3. Heat Oil, Add Chopped Onion, Garlic, Salt and saute until they are fried to slight brown colour.
4. Throw in chopped mushroom stems and saute until soft, like for a minute.
5. Put in chopped spinach and saute for 30 seconds. Switch off the flame.
6. To the cooked mixture, add in Grated Parmesan, Crushed Red pepper, Dry Oregano, Italian Bread Crumbs and stir well to combine everything together (Remember the stove should be turned off in this process).
7. Arrange Mushrooms in your foiled tray. Fill in the prepared filling. Top with some Mozzarella cheese. Bake at 350°F for about 20 to 25 minutes (It took me 20 minutes).
8. Serve them as sides for Pasta or Fried Rice/Chicken.



Pakistani KEKABS

Blog Name: A - WORLD My World My Kitchen

Blogger : Aarti

Ingredients:

½ kilo mince/kheema (mutton)
2 medium onions
2 Sticks of cinnamon
Few cloves
3-4 dry red chillies
Few cloves of elaichi
1 tsp Garam masala powder
1tsp cumin powder
2tsp coriander powder
1 bunch fresh mint leaves
1 bunch fresh coriander leaves
Salt to taste



Method:

1. In a bowl add the mince and all the remaining ingredients together and mix well.
2. In a deep non stick pan, add oil and cook the mince mixture till all the water dries up.
3. Make sure the mince is completely cooked.
4. Once it cools, shape them into kebabs or patties and leave them in the freezer for 10-15 minutes.
5. In non stick pan/tawa, add just a tsp of oil and fry the kebabs till for about 2 min on each side.
6. Serve hot with chapattis or any sauce/mint chutney.

Chicken Bengal Gram PATTIES

Blog Name: The Big Sweet Tooth

Blogger : Rafeeda AR

Ingredients:

250 gm boneless chicken
1 cup chana dal,
soaked for around 4 hours and
drained
3 green chillies
2 small pcs ginger
7-8 curry leaves
1 tsp black pepper
1/2 tsp garam masala powder
Salt to taste
2 eggs, slightly beaten
Oil for shallow frying



Method:

1. Mince the chicken in the grinder. Empty into a bowl.
2. Grind the chana dal coarsely, leaving some bites.
3. Put over the minced chicken.
4. Add the remaining ingredients upto salt and mix well.
5. Shape into patties and dip in beaten egg.
6. Heat oil in a frying pan to cover the layer.
6. Shallow fry both sides on medium-low flame till golden brown.
7. Drain onto paper towels. Serve warm!

Homemade Chicken NUGGETS

Blog Name: Ruchik Randhap

Blogger : Shireen Sequeira

Ingredients:

500 grams tender boneless chicken
(preferably breast fillets)
1/3 cup plain flour / maida
1 large egg or 2 small ones,
lightly beaten
150 - 175 grams potato chips / crisps
(I prefer Lays, any flavour)
salt & pepper to taste
oil for shallow frying



Method:

1. Cut the chicken into nugget sized pieces. Make sure they are as even as possible in terms of their thickness. Slices of medium thickness would be perfect as they will cook faster.
2. Wash the chicken and allow it to drain on a colander. Pat dry with a clean kitchen towel or tissue if required.
3. Marinate the pieces with salt & pepper and keep aside for anything between 20 mins - 4 hours.
4. Prick a small hole in the bag of chips, let the air escape so that the packet shrinks. Then take a rolling pin and thrash the chips till they evenly turn into a powder - go ahead, take all your frustration on them!
5. Place the flour, beaten eggs and the chips powder in three shallow plates.
6. Coat each chicken piece in the flour (shake off the excess), then dip it in the egg solution and finally coat it with the chips mixture. Place on a plate. Repeat the process till all the chicken is used up.
7. Heat oil in a skillet and shallow fry the chicken nuggets on a medium heat till they turn golden on both sides.
8. Serve piping hot with some ketchup or cheese dip or eat them plain or as an accompaniment to your meal.

Penne Pasta with VEGETABLES

Blog Name: Bhawish's Kitchen

Blogger : Bhawya

Ingredients:

1 cup Penne pasta
1/2 cup Broccoli florets
1/2 cup Carrots, cut into strips
1/4 cup Green peas
1/4 cup Fresh corn
1/4 cup Milk
2 tbsp Cheddar cheese, shredded or powdered
1/4 tsp garlic powder or 3 garlic cloves, chopped finely
1 tsp Ground pepper
1 tsp Oil
Salt as required



Method:

1. Wash all the veggies in running water.
2. Heat a tsp of oil in wide pan over medium-low heat. Add all the veggies, garlic powder, salt and pepper.
3. Mix well, close the lid and cook until the veggies cooked well.
4. Meanwhile, cook the pasta in another pan according to the packet instruction. Drain well and put it back to the pan.
5. Add milk and cheese, cook untill it thicken.
6. Now add the cooked veggies to pasta, toss it well and remove it from the flame.

Baked Raviolis - UNFRIED RAVIOLIS

Blog Name: Home Cooked Food

Blogger : Linsy Patel

Ingredients:

1 lb. Cheese ravioli
(it was jumbo and 12 in packet)
oil to spray
Marinara sauce for dipping

Method:

1. Preheat the oven at 400F.
2. Separate the raviolis in spray baking dish.
3. Put it in the oven for 20-30 minutes turning both sides till its brown.
4. Take it out from oven and when it comes to room temperature serve it with warm marinara sauce.



Cheesy Fusilli Pasta with TOMATO SAUCE

Blog Name: Pepper Chilli and Vanilla

Blogger : Gloria

Ingredients:

- 1 cup fusilli
- 1/2 red capsicum
- 1/2 green capsicum
- 1/2 cup sweet corns boiled.
- 1 tsp oregano
- 1 tsp mixed herbs
- 1 tsp red chilli flakes
- 3 cloves of garlic minced
- 2 tbsp tomato ketchup
- 1/2 cup milk
- 1 tbsp butter
- 1 tsp flour
- 1/2 cup cheese
- 1.5-2 tbsp olive oil.



Method:

1. Boil the pasta in enough water with salt & tsp oil cook till Al Dente, drain completely & sprinkle oil , set aside.
2. Heat butter & oil to this add minced garlic & saute.
3. Add the chopped bell peppers & saute for 2-3 min.
4. Now add flour & saute for 2 min.
5. Mix in tomato sauce & toss ,while still mixing slowly add milk.
6. Add the herbs & cheese & mix well .
7. Mix in the cooked pasta & toss well.
8. Sprinkle some herbs & grated cheese & serve hot.

One Pot One Shot PASTA

Blog Name: Ask ChitVish

Blogger : Chithra Viswanathan

Ingredients:

Macaroni /pasta - 1 cup
(can be any millet also)
Grated tomato - 1 cup
Water - ½ cup
Butter - 1 tbsp
Sliced onion - 1
Garlic cloves, minced - 2,3
Chilli flakes - ½ tsp
Pizza seasoning
(oregano)- ½ tsp
Salt - ½ tsp



Method:

1. Mix all ingredients in a small pressure cooker and cook on medium heat.
2. Cook for 2 whistles.
3. Open after 10 mins & serve.

This is a One Pot One Shot Pasta with Marinara Sauce – cooks fast, but tastes great!

Tandoori Tofu with Spinach MACARONI

Blog Name: Cook Book Jaleela

Blogger : Jaleela

Ingredients:

Macaroni – 300 grams (cooked)

Marination for Tandoori Tofu

Tofu – 150 gram

Salt – ¼ tspn (to taste)

Kashmiri red chilli – ½ tspn

Eastern Tandoori masala – 2 tspn or you can use any Brand shan, Basha kitchen king etc .,

Lemon juice – ½ tspn

Ginger garlic paste – ½ tspn

for tempering

butter + oil – 2 + 2 tspn

green chilli – 2 nos (chopped)

chopped capsicum – 2 tbspn

Mixed vegetable (frozen) – 100 gram

Corn - 50 gram (frozen)

Sugar – 2 pinches

Knor vegetable Stock – ½ cube

Soy sauce – 1 tbspn

Chilli sauce – 1 tspn

Tomato ketchup – 1 tbspn

White pepper – ½ tspn

Salt – ¼ tspn

(left over) Spinach pesto – 2 tbspn (see Note.no1)

Garnishing

Walnut - few (Chopped)

Method:

1. Cook macaroni as per packet direction and strain it ,mix little olive oil and keep aside.
2. Add above (marination) masala to tofu and marinate for 10 min, then heat a non stick pan add 2 tspn oil + butter do shallow fry.
3. In a wide non stick pan add 2 tspn butter + oil add green chilli , sugar , add all the veggie , knor vegetable stock stu soy sauce, chilli sauce, tomato ketchup, salt stir it well and cook for 2 min in low flame
4. Now add fried tofu, cooked macaroni and gently mix it well, and sprinkle white pepper stir it and remove from the heat. You can also Send this kids to lunch, may be his whole class will be around his box for his yummy Tandoori tofu macaroni.



Three Pepper CASSEROLE

Blog Name: My Culinary Trial Room

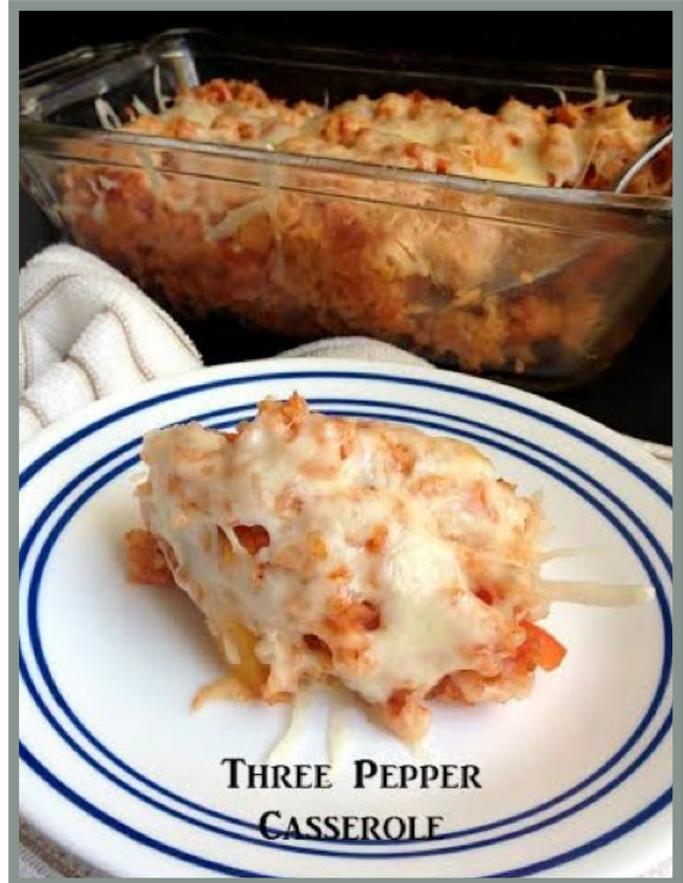
Blogger : Vimitha

Ingredients:

Cooked rice - 2 cups
Red, yellow, orange peppers - 1 cup, chopped
Crushed tomatoes - 1/2 cup
Garlic - 2, chopped
Onion - 1, medium, chopped
Olive oil - 1 tbsp
Salt, pepper - to taste
Italian seasoning - 1 tsp
Mozzarella cheese - 1 cup

Method:

1. Heat oil in a saucepan.
2. Add the garlic and saute for a minute followed by the onions.
3. Saute till brown. Add the peppers and saute for 2 mins.
4. Add the tomatoes and combine together.
5. Season with salt, pepper and italian seasoning.
6. Transfer to a greased loaf pan and top with loads of grated cheese.
7. Preheat oven to 350F.
8. Bake the casserole for 25-30 mins or until the cheese is melty and bubbly.



Avo-Carrot Savory MUFFINS

Blog Name: Sujas Kitchen

Blogger : Suja Ilangovan

Ingredients:

3/4 cup flour
(Multi-grain or all purpose flour)
1/2 Tsp Coriander powder
1/2 Tsp. Cumin powder
1/2 Tsp. Baking powder
1/2 Tsp. Baking soda
1/4 - 1/2 Tsp. Paprika
1/8 cup - Flax seed / sunflower seeds/
chopped nuts
1/8 Tsp. Grated Nutmeg (Optional)
Salt - as needed
1 serving cup of
Unsweetened Apple sauce (100 gm)
2 carrots - grated/chopped fine
1/2 an Avocado - mashed
1 egg - at room temp



Method:

1. Preheat oven to 375 F.
2. Line muffin cups with paper baking cups or grease generously.
3. Mix the first 9 ingredients in a large bowl.
4. Stir in Apple sauce, Carrots & Avocado.
5. Whisk the egg in a bowl & mix gently with the batter.
6. Spoon batter into prepared cups until 3/4th full.
7. Bake until they are golden brown & slightly firm to the touch and a toothpick inserted in the center comes out clean.
8. Cool for a few minutes & serve warm for breakfast or snack

Dairy Free Strawberry MUFFINS

Blog Name: Subha's Dairy Free Treats

Blogger : Subha Rajesh

Ingredients:

All Purpose Flour 1.5 cups
Granulated sugar 3/4 cup
Baking powder 2 tsp
Cinnamon powder 1/2 tsp
Olive oil 1/3 cup
Egg 1 large
Coconut milk 1/3 – 1/2 cup
Vanilla essence 1.5 tsp
Diced strawberries 3/4 – 1 cup
Salt 1/2 tsp



Method:

1. Preheat the oven to 400 degrees F.
2. In a mixing bowl, add the dry ingredients namely flour, sugar, baking powder, cinnamon powder and salt. Using a wire whisk, mix them well.
3. In a measuring jug which can hold up to 1 cup of liquid ingredients, pour in the oil and add the egg. Whisk well. Fill the measuring jug to the 1 cup line with dairy free milk of your choice. I used coconut milk (Koko brand). You can use any type of milk. Add the vanilla essence and whisk well. Now we have our wet ingredients.
4. Pour the wet mixture into the dry mixture after making a well at the centre of the dry ingredients. Mix them together but be careful not to overmix.
5. Add the fresh strawberries
6. Line the muffin tray with paper cups and pour the batter on each cup. Do not fill the cups to the top as the muffins would rise when they get baked.
7. Bake the muffins for 15 – 20 minutes or till a tooth pick when inserted comes out clean and the tops are golden brown. It took exactly 20 minutes for mine to be ready.
8. Cool them completely on a wire rack and enjoy!!

Whole Wheat Date MUFFIN

Blog Name: Motions and Emotions

Blogger : Amrita

Ingredients:

Dates - 20

Milk - 1 cup

Whole Wheat Flour (Atta) - 1 1/2 cup

Baking soda - 2/3 teaspoon

Oil - 2/3 cup

Sugar - 2/3 cup

Cashew Nuts - 10 to 12

Method:

1. Deseed the dates and chop them.
2. Soak the chopped dates in a cup of warm milk for 3 to 4 hours.
3. Add Sugar into the milk and make a smooth paste out of it. If you find one or two pieces of dates in that let them be.
4. Sieve Wheat Flour and baking soda, keep aside.
5. Now in that paste add oil and mix well. After that fold, sifted flour into the mixture. Keep your muffin moulds ready using cake liners. Place batter in each mould (fill 3/4th of the mould).
6. Place cashew nuts on top.
7. Preheat oven in baking mode for 180 degree C for 10 minutes.
8. Keep the batter filled moulds inside the oven and bake for 15 minutes at 180 degree C.
9. Insert toothpick, if it does not come out clean bake for another 5 minutes.
10. Serve it with tea or coffee.



Apple Chocolate MUFFIN

Blog Name: Babi's Recipes

Blogger : Babitha

Ingredients:

Wheat flour-1 cup
cocoa powder-3 tbsp
Oil-4 tbsp
Granulated sugar-3¼ cup
(then powder it in a mixer)
Hot water-1½ cup + 2 tbsp
Cinnamon powder-1 tsp
Grated apple-from 2 apples
(medium sized)
Baking powder-1 tsp
Baking soda-½ tsp
Vanilla essence-1 tsp



Method:

1. Sieve flour with baking soda, baking powder, cocoa powder well.
2. Grate the apple.
3. In bowl add powdered sugar, oil and mix. Then add hot water (1½ cup), essence and mix well.
4. Slowly add in sieved flour in batch and mix if it's difficult to mix add some water.
5. Lastly fold in grated apple and cinnamon powder.
6. Pour the batter in lined muffin pan and bake it in a preheated oven for 20-25 mins until a skewer inserted comes out clear. or till done.
7. Cool and enjoy it with your tea/coffee or breakfast.

Tips:

* Baking time may vary from oven to oven.

Pumpkin PANCAKES

Blog Name: Follow foodie

Blogger : Preethi

Ingredients:

To make Pancake Mix :

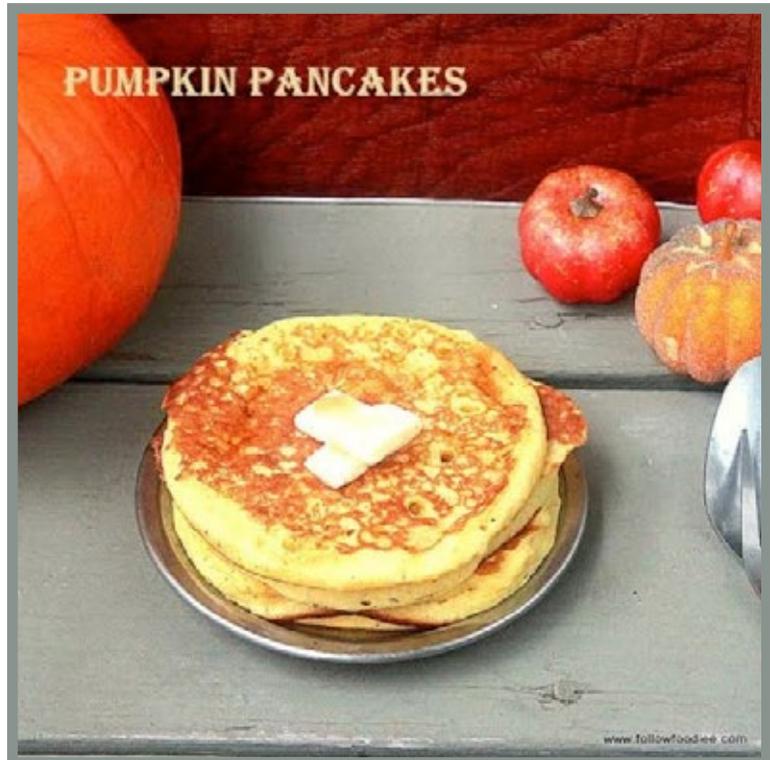
All purpose flour - 1 1/2 cups
Baking powder - 1 1/2 tablespoon
Sugar - 1 1/2 tablespoon
Salt - 1/2 tsp

Wet ingredients :

Eggs - 1 number
Pumpkin puree - 1 cup ([Click here for the recipe](#))
Vanilla Extract - 1 teaspoon
Milk - 1/2 cup
Water - As needed

To Serve:

Butter
Maple Syrup



Method:

1. Take a large mixing bowl . Add all the dry ingredients and mix . The dry ingredients are All purpose flour , Baking powder , Sugar and salt and mix well . Set aside . (The ready made pan cake mix could also be used . It is available in the grocery store .)
2. Take the pumpkin puree in a bowl , add the egg and Vanilla Extract .
3. Add the Milk to it and whisk all the contents together .
4. Pour the wet ingredients over the dry ingredients (Pan cake Mix)
5. Add some water if required and mix without lumps . Do not beat the contents Only fold the ingredients . The batter should be thick and not too thin .
6. Heat a Griddle . Spread some butter on the griddle . Pour a ladeful of batter on the griddle and allow it to cook till the bubbles are formed .
7. Flip to the other side once the bubbles are seen . Cook on both sides. Serve hot .
8. Serve the pancakes with Butter and Maple syrup .

Colorful Protein PANCAKES

Blog Name: Indo Global Food

Blogger : Pravina

Ingredients:

1/2 cup split moog dal (soak in a water for 3 hours)
2 tbs chopped spinach
1/3 cup chopped carrot
1/2 tsp green chili ginger paste
2 tsp rice flour
2 tsp soji flour
oil as needed
salt to test
3 to 4 tbs water

Method:

1. Once daal is soaked properly, split it in two equal parts.
2. Add spinach in one part and carrot in another part.
3. Grind each part in grinder. Add little water as needed to make smooth batter.
4. Now add 1tsp rice flour and 1tsp soji flour in each (green and orange batter).
5. Add chili ginger paste and salt. Mix it very well.
6. As you can see in picture below, at this point you should have really bright colored batter ready.
7. Turn on stove top on medium heat and put griddle on top of it.
8. Spread some oil on griddle and spread some batter on griddle. Flip it on other side when bottom looks slightly brown and cooked.
9. You can keep thickness or size as per your preference. My daughter usually makes mini pancakes for her kids that are usually little thick. While for herself she makes bigger and thinner.



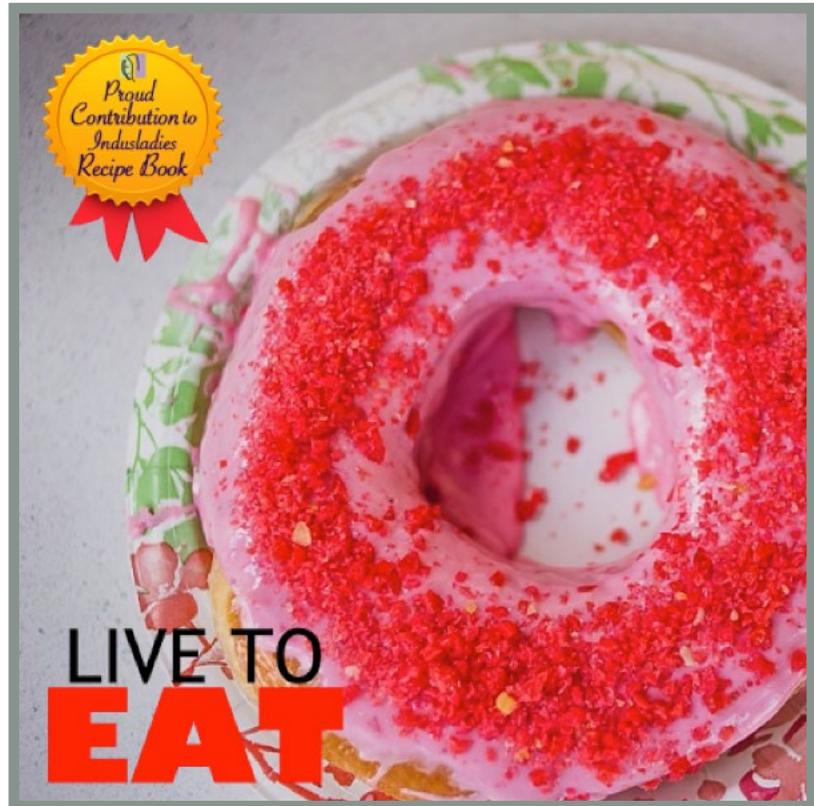
Crispy and Creamy DOUGHNUTS

Blog Name: Live to Eat

Blogger : Mac

Ingredients:

2 (0.25 ounce) envelopes active dry yeast
1/4 cup warm water (105 to 115 degrees)
cups lukewarm milk
1 1/2
1/2 cup white sugar
1 teaspoon salt
2 eggs
1/3 cup shortening
5 cups all-purpose flour
1 quart vegetable oil for frying
1/3 cup butter
2 cups confectioners' sugar
1 1/2
teaspoons vanilla
4 tablespoons hot water or as needed



Method:

1. In a large bowl, mix together the yeast mixture, milk, sugar, salt, eggs, shortening, and 2 cups of the flour.
2. Mix for a few minutes at low speed, or stirring with a wooden spoon. Beat in remaining flour 1/2 cup at a time, until the dough no longer sticks to the bowl.
3. Knead for about 5 minutes, or until smooth and elastic. Place the dough into a greased bowl, and cover.
4. Set in a warm place to rise until double. Dough is ready if you touch it, and the indentation remains.
5. Turn the dough out onto a floured surface, and gently roll out to 1/2 inch thickness. Cut with a floured doughnut cutter.
6. Let doughnuts sit out to rise again until double. Cover loosely with a cloth.
7. Melt butter in a saucepan over medium heat. Stir in confectioners' sugar and vanilla until smooth. Remove from heat, and stir in hot water one tablespoon at a time until the icing is somewhat thin, but not watery.
8. Set aside.
9. Then Heat oil in a deep-fryer or large heavy skillet to 350 degrees F (175 degrees C).
10. Slide doughnuts into the hot oil using a wide spatula.
11. Turn doughnuts over as they rise to the surface. Fry doughnuts on each side until golden brown. Remove
12. from hot oil, to drain on a wire rack.
13. Dip doughnuts into the glaze while still hot, and set onto wire racks to drain off excess.
14. Keep a cookie sheet or tray under racks for easier clean up.
15. You also can use Rainbow sprinkles/ Vanilla/ Strawberry Sauce to decoration.

Chole WRAP

Blog Name: Desi Fiesta

Blogger : Manjula

Ingredients:

Chole - 1 cup (Make it semi gravy)
Tortillas - 2 nos
Lettuce as needed
Sliced Onions
Sliced Capsicum
Spring onion greens chopped

Method:

1. Take a tortilla place the lettuce and them on top put the channa masala/ chole.
2. Top it with onion, capsicum, and spring onions.
3. Fold the bottom end and the fold the side edges together.
4. Tie it with a thread or you can use spring onion greens to tie.



Beetroot WRAP

Blog Name: Great secret of life

Blogger : Veena Theagarajan

Ingredients:

Sweet potato - 1 (when cooked and mashed 1 cup)
Green Gram sprout - 1 cup (cook it with bit of salt. If you are using pressure cooker then cook till 1 whistle)
Grated beetroot - 2 cup
Onion -1 (finely chopped)
Garlic - 5 pods (finely chopped)
Ginger - 1 inch (finely chopped)
Tomatoes - 1 (finely chopped)
Pav Baji masala / Kitchen masala / subji masala - 3/4 teaspoon
(I have used Pav Baji masala)
Chilli powder - 1/2 teaspoon
(adjust to spice level)
Turmeric powder - 1/4 teaspoon
Cumin seeds - 1 teaspoon
Oil - 3 teaspoon
Coriander and Mint leaves - 2 tablespoon
Wrap - 7-8
Mayo - as required
Yogurt - As required



Method:

1. Heat the pan and add oil. When oil is hot add cumin seeds.
2. When it start to crackle add ginger / garlic and fry till garlic is brown in color. Add onion and fry till transparent.
3. Add tomatoes fry till it is mushy. Add turmeric powder, Chilli powder, masala powder. Fry till raw smells goes off. Add Mashed sweet potato. Mix well.
4. Add cooked sprouts and Grated beet root. Mix well. Let it cook by closing the lid. Mine took about 5 mins.
5. Add coriander and mint leaves and mix well.
6. Keep it aside
7. Heat the wrap in flat tawa. Add whatever sauce or spread you need (I have used Mayo, Yogurt. Both tasted good) take a spoon full of beet filling and spread it along.
8. Cook for 30 sec. Remove it from Pan and fold it to desired shape
9. Serve hot or pack it for lunch

Paneer Burji ROLLS

Blog Name: UmaS Food Tales

Blogger : Uma

Ingredients:

Oil – 1/2 tsp
Onion – 1 finely chopped
Ginger garlic paste – 1 tsp
Tomato – 1 finely chopped
Turmeric powder – 1/2 tsp
Red chilli powder – 1 tsp
Garam masala – 1/2 tsp
Paneer – 200g crumbled with hand

Method:

1. Prepare the 3 Rotis and keep aside.
2. In a pan, add the oil and then add the finely chopped onion and fry well. Add ginger garlic paste and fry well.
3. Add in the chopped tomatoes and mix well for a minute or two, on high heat, so that the tomato mashes well.
4. Add turmeric powder, red chilli powder, garam masala and mix well.
5. Now add in the crumbled paneer to the pan. Sprinkle salt to taste. Mix well. Switch off heat.
6. Place this Paneer Burji on the prepared rotis and roll and pack for lunch.



Healthy Vegetable QUESADILLA

Blog Name: MahekSiddhartha

Blogger : Maheksiddhartha

Ingredients:

8 flour Tortillas
(Makes about 4 Quesadilla)
1 cup grated cheese, Mozzarella
2 tablespoons butter
2 cup any vegetables of your choice
(I used French Beans, Carrots, Sweet
Corn Kernels and Capsicum)
2 tsp Pepper Powder
Salt as per taste
Sweet and Sour Tomato Ketchup
(As per Taste)



Method:

1. Saute Vegetables in a frying pan, then add pepper and salt. Once done keep aside
2. Next, Lay the tortillas flat on any plate or surface, spread tomato ketchup, then sprinkle some cheese ((Try not to get it too close to the edge))
3. Add vegetables over cheese, and then sprinkle some amount of cheese over again. Sprinkle some salt and pepper again
4. Now, put another tortilla over this mixture and press with your palm, so that the mixture sticks in between the two
5. Now, Warm a skillet over low heat and add 1 tablespoon of the butter. Add the tortilla to the skillet and cook until it is lightly brown, about 2 minutes.
6. Using a spatula, gently lift the edge and check if its getting cooked
7. When 1 side is brown, turn the tortilla over and cook the other side until brown and the cheese is all gooey.
8. Use a spatula to transfer to individual plates or a large platter
9. Repeat with remaining butter and tortillas
10. Cut it into 4 pieces, each as a triangle and Serve
11. Enjoy with Ketchup and Salsa Sauce

Mushroom Pepper Mini QUESADILLA

Blog Name: Relish The Bite

Blogger : Suganya Hariharan

Ingredients:

Yellow onion – 1 cup
Bell peppers – 1 cup
(used both yellow and red)
Mushrooms – 2 cups (sliced)
Butter – 3 tbsps
Olive oil – 1 tbsps
Tortillas – 10 corn tortillas
Cheese – 1 ½ cup (shredded)
Chilli powder – 1 ½ tsp
crushed pepper – ½ tablespoon
Sour cream - to garnish
Spring onions - to garnish
Cilantro - to garnish
salt - as needed



Method:

- Onion-Pepper preparation:** Slice the onion and pepper into thin strips. Heat the olive oil in a wide pan, add the onions and a dash of salt and sauté them for 4-5 minutes over medium heat or until it gets soft. Then add the peppers and sauté them for 5 minutes until it becomes kind of roasted outside and soft. Add the chili powder and crushed pepper. Cook for five minutes. Switch off and Keep it aside.
- Mushroom preparation:** Clean the same pan by wiping with a paper towel. Add one tablespoon of butter and add the mushrooms. Sauté them until it become soft. Keep it aside. Add the onion pepper that we kept aside on top of it. Give a stir and switch off.
- Tortilla plating preparation:** Place one tortilla; keep some cheese on top of it, then some mushroom onion pepper. Then place some cheese on top of that and another tortilla on top of it. Arrange them all and keep aside.
- Final step:** Heat a medium skillet on the stove over medium heat. Place one quesadilla preparation into the pan. If you have bigger one like this, you can cook like this. So, cook them for few minutes, and then flip carefully with a spatula. Cook for two minutes and switch off. Let the quesadillas cool on a cutting board for a few minutes, and then slice each quesadilla into four slices using a pizza cutter or a very sharp knife. Garnish with sour cream, spring onions and coriander.

Three Cheese QUESADILLA

Blog Name: Oriyarasoi - Flavours from a oriya kitchen

Blogger : Sweta Biswal

Ingredients:

For the Tortilla/rotis -

1 cup wheat flour or maida

1 tsp butter

salt to taste

a dash of pepper

warm milk for kneading

For the filling and final touches -

1 cup chopped vegetables (I used lettuce, peppers and tomatoes)

4 tsp grated Cheddar cheese

4 tbspc cream cheese (one can also substitute it with softened/crumbled paneer)

4 tbspc grated processed cheese (I used Amul processed cheese)

pinch of pepper

a bit of grated garlic

a dash of vinegar/lemon juice (optional)

salt to taste

EVOO for brushing the quesadillas.



Method:

1. Take the flour in a wide plate. Add salt, pepper and butter. Rub in.
2. Add milk to the flour, little by little and keep on mixing so that it is well incorporated into the dough. We want a soft dough. It is ok if it is slightly sticky but too sticky means more flour should be added.
3. Cover dough with moist cloth and rest aside for 30 mins.
4. Take the veggies in a mixing bowl. Add the cheddar cheese, cream cheese, pepper, vinegar/lime juice, garlic and salt. Mix well and keep aside.
5. Pinch small balls from the dough. Dust a working surface with flour and roll out into thin circles.
6. Cooking - Heat a tawa/flat pan. Put the roti/tortilla on it. Wait till small bubbles begin to form. Add some of the veggie filling to one half of the circle. Sprinkle processed cheese on the veggies. Fold over the other half so that the veggies and the cheese are sandwiched inside.
7. Slightly press with a spatula for 1 minute or so to allow the cheese to melt from the heat. Brush some olive oil on the side. Flip over and brush more olive oil on the other side. Cook for 30 seconds.
8. Remove from tawa and keep aside. Repeat with the remaining dough and filling.
9. Serve immediately or cover tightly with a foil wrap before putting in the lunchbox.

Spinach Paneer (Cottage Cheese) WRAPS

Blog Name: Indo Global Food

Blogger : Pravina

Ingredients:

- 1/2 cup spinach
- 1/2 cup onion
- 1/3 cup paneer
- 1/2 tsp red chili powder
- 1/4 tsp garam masala (all spice)
- Salt to taste
- 2 tsp oil
- 6 tortilla (roti) store bought or homemade
- 6 tsp shredded cheese

Method:

Method to make filling:

1. In a frying pan combine oil and onion with pinch of salt.
2. Put it on gas stove on medium high heat. Stir it for few minutes until onion turns pink.
3. Now add spinach and little bit of salt.
4. After few minutes add red chili powder and garam masala powder (all spice powder)
5. Cook until water is absorbed. Now take this spinach/onion mixture off of the gas and let it cool down little bit.
6. Add crumbled paneer and mix it well.

Method to assemble Spinach Paneer Wrap:

1. Take 1 tortilla in a plate and sprinkle some shredded cheese on it.
2. Add 2 to 3 tsp spinach mixture on top of the cheese.
3. Fold the tortilla as shown in the picture below.
4. Roast the wrap on skillet on both sides on medium high heat. Apply oil as needed on skillet.
5. Wrap is ready to be served.



Kolkata Style CHICKPEA ROLLS

Blog Name: Spice Chronicles

Blogger : Rinku Bhattacharya

Ingredients:

For Garnishing

- 1 medium sized red onion, thinly sliced
- 1/3 cup cider vinegar
- Chopped Cilantro
- Chopped Green Chilies to Taste
(this depends on the heat level of your kids)

For the paratha flatbreads

- 1 cup of all-purpose white flour
- 1 cup of whole wheat flour
- 1 teaspoon salt
- 2 tablespoons of oil or vegetable shortening
- ¾ cup cold water to mix
- Extra flour for rolling
- Oil for frying

For the filling

- 2 eggs beaten with salt (optional)
- 1 serving about ¾ cup of chickpea filling from this recipe
[<http://www.spicechronicles.com/sundal-inspired-chickpeas-tempered-stir-fried-chickpeas/>]
- Parchment Paper for rolling



Method:

1. Mix in the red onion with the cider vinegar and set aside.
2. Sift the flours with the salt and rub in the oil or vegetable shortening.
3. Gradually add in the cold water and mix in until the dough is nice and pliable, but not too soft. Give it a nice knead until springy. Cover for about 15 minutes and organize your work place in the meantime. The organization is important to get this working and done in a systematic manner.
4. Place the oil, beaten egg and dough near the stove and frying pan. Cut 6 pieces of parchment paper, about 6- inches in size and stack neatly. Keep a clean cutting board and keep the chickpea mixture and garnishes.
5. Break the dough into 6 lemon-sized balls. Place the flat pan on heat, roll out one of the circles and place on the fire and roll the second one out. Turn the flatbread and then smear with a little oil, turn and spread with some of the egg filling if using, let the egg set, turn and add a little more oil to cook the egg.
6. Place on the board, add some of the chickpea filling in the center, add a few vinegar onions and cilantro and green chilies if using, carefully fold the edges into a roll.
7. Cover with the parchment paper and wrap tightly.

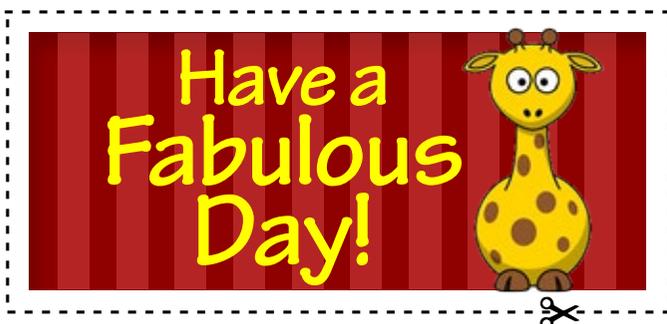
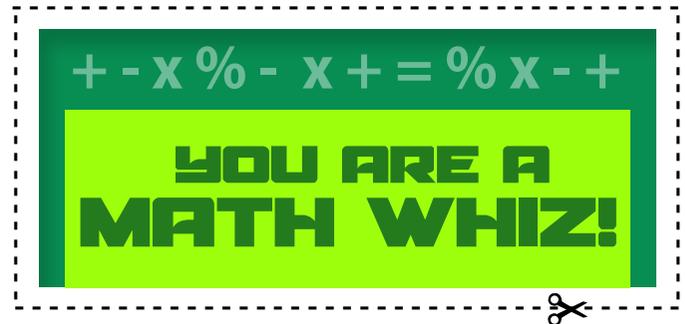
100 Kids Lunchbox Recipes

30 Printable Lunchbox Love Notes To send everyday in your little ones lunchbox to put a smile in their face 😊



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