

Punjabi Traditions in Wolverhampton 1945-1999

Cooking Recipe Book



2020-2021



Please note all recipes can be cooked healthy way using a clay pot and less oil/ghee or even without any oil. Especially people with health conditions and they have been advised to take less fat in their diet.

Most lentils can cook without any fat, and they taste as good as we cook with fat.

For example

These are all Ovenproof pots

Suitable for use with ovens, gas & electric hobs, microwaves, agas and barbecues



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Introduction

Heritage Project - Punjabi Food Traditions - Recipe Book

The project service delivery had explored heritage food traditions within communities of Punjabi heritage in Wolverhampton (1945-1999). The project focused on how South Asian Women used cultural cooking traditions to build their lives in Wolverhampton.

This project initiative has built on the work that BME United has been developing within local South Asian communities around the importance of food as a focus through which South Asian communities can address health-inequalities to tackle typical chronic-diseases such as diabetes and hypertension - much of this project work has involved various generations of Asian women.

The objective of this project was to enlighten and encourage young generations of Punjabi origin and others by giving them some food for thought to discover their heritage. Their contribution to this initiative was critical to preserve their heritage by using one entity like food as a stepping-stone to discover other elements about their background.

Punjabi heritage in Wolverhampton (1945-1999) project activities have practically demonstrated, enabled the device and the production of this Recipe Book as a reference to upskill traditional (heritage) food cooking, and to adopt healthy lifestyle.



1. Aloo Tikki

I learnt this recipe from my grandmother, and I want to share this recipe with new young generation because it's very tasty and easy to make.



40 MINUTES



DIRECTIONS

1. Boil/steam/microwave 3-4 medium size potatoes till they are cooked well!
2. Peel and mash/grate the potatoes. Add one small onion, ginger and finely chopped green chilli. Add garam masala, coriander, and salt according to your taste.
3. If needed add small amount of corn flour or plain flour to make binding strong.



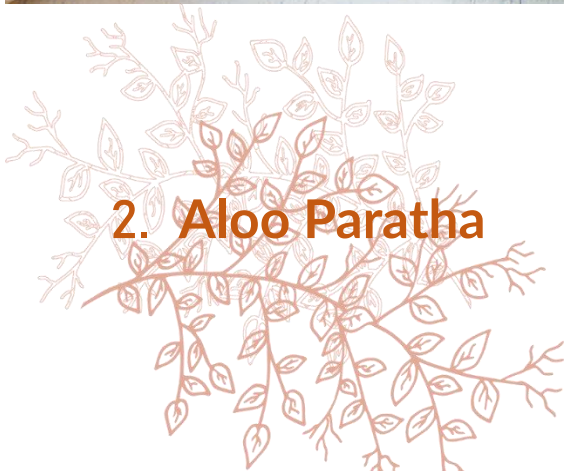
INGREDIENTS LIST

- 3-4 Potatoes
- 1 Onion
- 1/2 tsb Ginger
- 2 Green Chilli
- ½ tsb Coriander
- ½ Garam Masala
- Salt according to taste
- 50-gram Corn or Plain flour
- 50ml Cooking Oil

Served with green chutney / tomato ketchup / salad

4. Mix the whole mixture well. Take medium sized portions from the aloo mixture and flatten into round patties.
5. In a shallow frying pan or tava, heat oil. Place the tikis in the frying pan or tava. Keep on turning them carefully that they do not break after intervals and fry them till golden brown and crisp.
6. Put in a plate and serve with green chutney or tomato ketchup with salad.

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



2. Aloo Paratha

My mother was a brilliant cook, she taught me cooking and this is one of my favourites.



30 MINUTES



DIRECTIONS

1. Making dough for paratha: In a large bowl take 2 cup wheat flour and salt according to taste. Mix well.
2. Add water as required and start to knead. now add 2 tbs oil and start to knead well. Knead to a smooth and soft dough.
3. Making aloo stuffing for paratha: in a large bowl take 3 potatoes, 1 tbs ginger paste, 2 chillies, 2 tbs. coriander and ½ tbs coriander seeds.
4. Add ajwain, chilli powder, cumin powder, garam masala, and tbs. salt. Mix well making sure all the ingredients are well combined.
5. Now, pinch a ball sized dough and roll about 4 inches in diameter.
6. Place a ball sized prepared aloo stuffing in the centre.
7. take the edge and start pleating bringing it to the centre. Join the pleats together and secure tight pinching off excess dough.
8. On a hot tawa place the rolled paratha and cook for a minute. Flip the paratha when the base is partly cooked.
9. Serve aloo paratha with raita or pickle.



INGREDIENTS LIST

- 2 cup wheat flour
- Salt according to taste
- Water as required
- 2 tsp oil
- 3 Potatoes
- 1 tsp ginger paste
- 2 chillies
- 2 tsp coriander
- ½ tsp coriander seeds
- ½ tsp Ajwain
- ½ tsp Chilli powder
- ½ tsp Cumin seeds
- 1tsp Garam Masala

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



3. Punjabi Choley (White Chickpeas)

My older sister, who learnt cooking from our mother, taught me this recipe and now I am teaching it to my daughter to keep up the tradition.



25 MINUTES



INGREDIENTS LIST

- 1 cup Kabuli Choley
- Salt according to taste
- 1 tsp oil or desi ghee
- ½ tsp cumin seeds
- 1 bay leaf, black cardamom, and cinnamon stick
- 1 tsp garam masala or chana masala
- 2 fresh tomatoes
- 1 onion
- Fresh coriander leaves
- 3 Green chillies



DIRECTIONS

1. First soak the Choley in water for about 8 to 10 hours.
2. Cook Choley along with salt and with its soaked water, adding more water if required.
3. Heat oil in a large heavy pan and 1/2 teaspoon Cumin seeds (Jeera), 1 Bay leaf (tej patta), 1 black cardamom, 1 stick of cinnamon, ½ tsp. garam masala and 2 fresh tomatoes and stir-fry for a few seconds.
4. Once browned, add in the cooked chickpeas into the masala and stir all the masala well into the chickpeas.
5. Cover the pan, turn the heat to low and simmer for 20 to 30 minutes until the Choley gets well coated with the masala.
6. Garnish with thin slice cut onion, fresh coriander, green chilli.

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



4. Punjabi Chicken Curry

This was my favorite recipe from my mum and grandmother, and I want to teach it to the younger generation.



30 MINUTES



DIRECTIONS

1. Peel the ginger and garlic and blitz with the onion in a food processor.
2. Heat the oil in a non-stick pot and cook onion mixture on high heat until it gets light brown. When the mixture changes colour, add the turmeric and chilli powder and salt to taste.
3. Fry for five minutes and add the chopped tomatoes. Stir for another five minutes and then lower the flame and simmer.



INGREDIENTS LIST

- 1 ½ inch ginger
- 5 garlic cloves
- 1 large onion
- 2 tsp oil
- 1 tsp chilli powder
- ½ tsp turmeric powder
- Salt to taste
- 2 medium tomatoes
- 4/5 skinless chicken thighs / drumsticks
- 1 tsp Garam masala
- Coriander leaves

Serve with Nan and salad

4. Wait until you see the mixture giving out oil. Little holes may appear as oil comes out from the sides as well.
5. After 5 minutes, add the chicken. When the chicken is cooked, stir in the gram masala.
6. Sprinkle with some coriander leaves to serve with Nan and salad.

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



5. Punjabi Kadhi

I learnt a lot of recipes from my mum and grandmother, but this is my favourite recipe.



45 MINUTES



DIRECTIONS

1. To a large bowl, add 100-gram besan and 500-gram yogurt. Make sure the yogurt is at room temperature.
2. Whisk until besan and yogurt are well combined. Add 1 and 1/2 teaspoon of salt, red chili powder according to your taste and 1/2 teaspoon turmeric powder.
3. Add 6 cups water (around 1.5 litres of water) and mix until it is all mixed together.
4. In a large and deep pan, add 2 tablespoons of mustard oil on medium-high heat. You can use any oil or Desi Ghee.

5. Once the oil is hot and flavour has left, add 1/2 teaspoon cumin seeds and methi seeds. Add 6 garlic cloves, 1 onion and a green chili cooked until light brown then add the prepared besan-yogurt mixture into the pan.
6. Cooked on medium heat for 30-40 minutes. Once it's cooked you can add Pokoras (Please see Pokora Recipe next page).
7. Serve with Rice or Roti.

INGREDIENTS LIST

- 100-g besan (gram flour)
- 500-g yogurt
- 1 and 1/2 tsp salt
- 1/2 tsp turmeric
- Red chilli powder to taste
- 6 cups or 1.5 litres of water
- 2 tsp any oil or desi ghee
- 1/2 tsp cumin and methi seeds
- 6 garlic cloves
- 1 onion
- 1 green chili

***Please check your allergies before you use this recipe as it may not suit your dietary needs.**



6. Pakora

This is my favourite recipe which I would like to share with the younger generation.



25 MINUTES

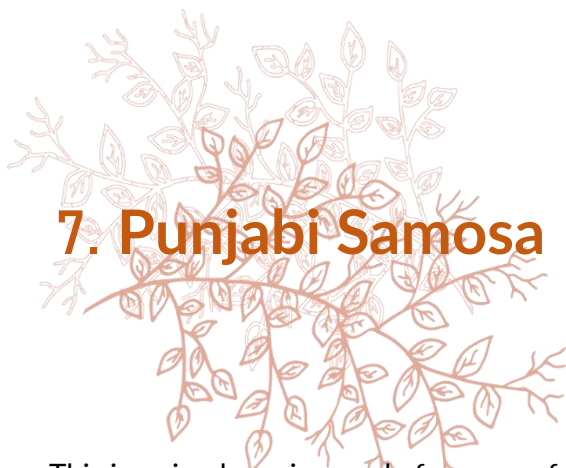


DIRECTIONS

1. Add 200 gram besan, along with 2 sliced onions, 1 large thinly sliced potato, 2 chopped green chilis, 1/4 cup chopped coriander, ½ tsp. red chili powder, garam masala and salt.
2. Start adding water, little by little to form a thick batter. Add 2 pinches of baking soda and mix the batter for a minute using your hands.
3. Meanwhile heat oil (around 2 cups) in a Kadhi on medium heat to fry the pakoras.

4. Once the oil is hot, mix the batter again for a minute using your hands and then start dropping the batter into the hot oil.
5. Let it cook and turn golden brown from one side and then flip and cook the other side.
6. Cook until pakoras are golden brown from both sides. Drain on a paper towel.
7. Serve the Pakora with chutney.

**Please check your allergies before you use this recipe as it may not suit your dietary needs.*



7. Punjabi Samosa

This is a simple recipe made from very few ingredients and is very quick to make.



45 MINUTES



DIRECTIONS

1. Making Samosa Dough: To a mixing bowl, add 500 grams Maida, ajwain, salt, and 4 tsp. ghee or oil. Mix everything well.
2. Rub the flour in your palms; add some water to form dough. (Make a firm and stiff dough). Then, leave for 25 to 30 mins.
3. For stuffing: Wash 500 grams of potatoes and boil them (or you can pressure cook), peel them. Heat 1 tsp. oil in a pan. Add cummin seeds, chopped onion, green chillies, spice powders and green pees to the pan. Saute it for 2-3 mins.

4. Mix all the stuffing with spices .
5. Make small balls from the dough. Flatten the ball about 5.5 inches diameter. Cut it in the centre to make 2 parts.
6. Join the edges to make a cone shape.Fill the cone with potato masla.Apply water on the edge.Stick the edges to seal well.
7. Heat a pan with oil. Gently slide the samosas one by one. Fry until golden brown and serve with chutney.



INGREDIENTS LIST

- 500-g Maida (Plain Flour)
- 5-g ajwain
- 5-g salt
- ½ cup ghee or oil
- Water
- 500 g potato
- 1 tsp Cumin seed
- 2-3 Green chillies
- 1 Onion
- 1/3 cup green peas
- 2 tsp chat masala powder
- ½ tsp garam masala
- ½ tsp red chilli powder

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



8. Sarson Ka Saag

My grandmother learnt this recipe from her grandmother and now I am teaching it to my daughter to carry on the tradition.



130 MINUTES



INGREDIENTS LIST

- 1kg Mustard leaves
- 250g Methi (Fenugreek leaf)
- ½ kg Spinach
- 6 green chillies
- Salt to taste
- 1 and half litre water
- 4 tsp. ghee / cooking oil
- 8 cloves chopped
- 2 tsp chopped ginger
- 1 large onion
- 50-g corn flour



DIRECTIONS

1. Clean all the leafy vegetables in running water. Cut and peel the stems of mustard leaves before chopping, then finely chop all the leaves.
2. In a large pot, mix the spinach, mustard greens, green chillies, and salt. Add water, cover, and bring to a boil over high heat. Lower the heat to medium-high and continue to boil for an hour
3. Blend the cooked saag with corn flour and then prepare the tempering.
4. Heat 2 to 3 tablespoon ghee or cooking oil in a deep pan,

4. Add finely chopped onions, garlic and ginger in a cooking vessel until it all gets dark golden. Add the saag mixture, salt (to taste). Cook for next 10-12 minutes.
5. When the saag has prepared, pour melted ghee on top and serve with Maki di roti or nan
6. Serve it with Makki di roti, a glass of lassi.

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



9. Sevai without Milk

My mother taught me this yummy and simple recipe which my children love very much.



30 MINUTES



DIRECTIONS

1. Heat a pan and melt 2 tablespoons of clarified butter or Ghee and add a cup of vermicelli
2. Roast while constantly stirring it until Sevai gets golden brown on medium flame. Add chopped cashews, almonds to it and roast them on low flame.
3. Add two cups of water and sugar in it and cook until sugar dissolves in it now cook for 20 minutes.

5. Cook for another 5 minutes on medium flame with open the lid and stir. Sweet vermicelli without milk is ready to be served in a bowl with pin of saffron on the top.

* Nuts and saffron can be avoided.

INGREDIENTS LIST

- 2 tsp. ghee or unsalted butter
- 1 Cup vermicelli (Sevai)
- 10 Cashews
- 10 Almonds
- 2 ½ cups water
- Sugar to taste
- Pinch of saffron

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



10. Carrot Laddu

My mum and my aunt were brilliant cooks, and I learnt this recipe from both.



30 MINUTES



DIRECTIONS

1. Wash the carrots thoroughly and grate them. Now heat some ghee in a non-stick pan!
2. Add the grated carrot into the pan. Stir on low flame till its colour gets changed. Add sugar and cardamom powder and then mix it well. Cook till carrot mixture dries up.
3. Add milk powder, raisins, and cashew nuts. Cook till it becomes dry. Switch off the flame and let the mixture cool.

4. Grease your hand with ghee take small amount size of carrot mixture and shape them into small laddo.
5. Now roll the laddus on desiccated coconut and put chopped pistachios and cashew nut on each of them.
6. Carrot Laddu is now ready to be served.



INGREDIENTS LIST

- Carrot 5-6
- 2 tsp Ghee
- 100-g Sugar
- ½ tsp Cardamom powder
- 100-g Dry milk powder
- 10 Raisins
- 10 Cashew nuts
- 1 cup Desiccated coconut
- 10 Pistachios

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



11. Sweet Rice

This is a recipe I originally learned from my mum that I have added my own twist to it.



20 MINUTES



DIRECTIONS

1. First rinse some basmati rice in 1 cup water for 2-3 times. (Time to cook rice may vary)
2. Heat some ghee in a deep pan add some cashew nuts, raisins with rice and fry them on low heat for few seconds. Now add sugar and saffron water to this mixture.
3. Stir it well, though carefully so as not to break rice grains.

4. At this point also add cardamom powder. Mix everything well.
5. Cover the lid and cook for 10 to 15 minutes. Now open the lid and check if its fully cooked, otherwise cook for 5 another minutes
6. Yellow sweet rice is ready to eat, Yummy!!!!

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



12. Jeera Rice

My mother was a good cook with very few fresh ingredients, but the food was always the best.



INGREDIENTS LIST

- 1 cup long grain (Basmati Rice)
- 2 cups Water
- 1 tsp ghee or oil
- 1 tsp Jeera
- 2-3 Green chillies
- Coriander for Garnish
- Salt according to taste



30 MINUTES



DIRECTIONS

1. Wash the basmati rice a few times in enough water.
2. Heat the ghee or oil in a pot and add jeera. Let them crackle. They must be fried well otherwise you will taste uncooked jeera in the rice.
3. Add green chillies, Stir for a few seconds. Now add rice and 2 cups of water.
4. With a fork, gently mix the rice grains and cooked for 15-20 minutes.
5. Open the lid and check if rice is fully cooked otherwise cover the lid again and cook for another 2-3 minutes.
6. Once rice fully cooked add coriander for garnish.
7. Serve jeera rice hot or warm with a dal or vegetable/paneer curry of your choice.



13. Aloo Gobi

I was always interested in traditional cooking which is made from fresh and very few ingredients just like this.



30 MINUTES



DIRECTIONS

1. Heat 2 teaspoon of oil in a pan on medium heat. Add cauliflower florets and fry for 2-3 minutes and then add the sliced potatoes.
2. In another pan, fry chilli, garlic, and ginger in 2 tbsp. oil and cook until brown 1 minute.
3. Add salt, garam masala, turmeric, jeera, curry leaves and cayenne and cook until toasted, 1 minute more.



INGREDIENTS LIST

- 1 large cauliflower
- 3 Potatoes
- 2 Onion,
- 1 tsp turmeric
- 1 tsp chilli powder
- 1 tsp Salt
- 1 tsp masala
- 1/2 tsp turmeric powder
- 4 tsp oil or ghee
- 1/2 tsp Jeera (Cumin seeds)
- 2 curry leaves
- 4 garlic cloves,
- 1 tsp Crushed Ginger
- 2 chopped tomatoes
- 2 chillies
- coriander chopped.

4. Now add the potatoes and cauliflower to it and mix. Add some garam masala and cook the potato and cauliflower on medium-low heat for 15-20 minutes.
5. Checked if fully cooked otherwise you can cook for another 2-3 minutes.
6. Garnish with coriander.
7. Serve with roti or nan



14. Chicken Rice (Pulao)

I learnt this recipe from my mother which is very easy, but I love to put a little of my own taste/touch to it.



40 MINUTES



DIRECTIONS

1. Add chicken pieces in one pot with 3 glasses of water.
2. Now add chopped onion, garlic and ginger and 1 tbs salt and cook for 15 minutes. We are doing this to make soup which we will add in the rice.
3. Have one more pot put 2-3 tsb oil and add chopped onions with dry masalas Cook until brown.

4. Stir and add chicken soup which we had boiled 15 min let it boil and add rice in it.
5. Then leave on flame 10 mins on low heat.
6. After that it's ready to eat.



INGREDIENTS LIST

- ½ Kg rice
- ½ kg chicken pieces
- 1 Onion
- 1 tsp turmeric
- 1 tsp chilli powder
- 1 tsp Salt
- ½ tsp garam masala
- ½ tsp turmeric powder
- ½ tsp Black pepper
- 4 tsp oil or ghee
- ½ tsp Jeera (Cumin seeds)
- 2 curry leaves
- 4 garlic cloves,
- 1 tsp Crushed Ginger
- 2 chopped tomatoes
- 2 chillies
- coriander chopped.

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



15. Turnip and Lamb

My sister and I learnt cooking from our mother and this one is one of my favourite recipes now.



45 MINUTES



DIRECTIONS

1. In a pot, add lamb and all ingredients (except turnip) along with 3 to 4 glasses of water.
2. Let it cook for 20-25 minutes until water gets dry. Then add 5 to 6 table spoon of oil. Stir it now for 8-10 minutes
3. Cut turnip into medium pieces and add in meat and then stir it for next 3 to 5 minutes

4. Then, add one glass of water and leave it to cook for further 10-15 minutes.
5. Let the water dry. When water gets dry, you can add green coriander.
6. Now it's ready to eat.



INGREDIENTS LIST

- 1 kg lamb
- ½ kg turnip
- 1 onion,
- 2 big tomatoes
- 6/8 cloves garlic & 1 medium piece of ginger
- 2/3 green chilli
- 1 spoon red chilli
- ½ tsp turmeric powder
- 1 tsp mix masala (coriander powder,
- 1 tsp Cumin (zeera)
- Add salt according to taste

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



16. Chicken Biryani

No one can beat a mother's cooking. I am still trying to be a good cook like her.



30 MINUTES



DIRECTIONS

1. Soak 300g basmati rice in warm water, then wash in cold until the water runs clear.
2. Heat 25g butter in a saucepan and cook 1 finely sliced large onion with 1 bay leaf, 3 cardamom pods and 1 small cinnamon stick for 10 minutes.
3. Sprinkle in 1 tbsp. turmeric, then add 4 chicken breasts, cut into large chunks, and add all ingredients. Cook until aromatic.

4. Stir the rice into the pan then pour over 850ml chicken stock.
 5. Place a tight-fitting lid on the pan and bring to a hard boil, then lower the heat to a minimum and cook the rice for another 5 mins. Turn off the heat and leave for 10 mins
 6. Stir well, mixing through 15g chopped coriander.
- And its ready to serve.



INGREDIENTS LIST

- 300g basmati rice
- Water
- 25g butter
- 1 large onion
- 1 bay leaf
- 3 cardamom pods
- Small cinnamon stick
- 1 tsp turmeric
- ½ Cumin powder
- 4 skinless chicken breasts
- 850ml chicken stock
- Salt According to taste
- Red chili flake According to taste

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



17. Masala Potatoes

My grandmother taught me this recipe and I wish to teach it to the younger generation.



25 MINUTES



DIRECTIONS

1. Cut potatoes in to medium-small pieces in a large bowl. Peel them properly.
2. Get a pot, add some oil to it. Then add all the ingredients into the pot.
3. Add 1 cup of water. Now put the lid on and let it cook on low flame 15-20 minutes.
4. Add the red chili-garlic paste and stir well to mix. Let the potatoes cook another 2-3 minutes until the water dries out. Add salt to taste and lime juice and garnish, if desired, with coriander.
4. When water dries put green coriander leaves.
5. Serve hot with roti and rice.

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



INGREDIENTS LIST

- 2 potatoes
- 3-4 tsp oil
- 1 cup water
- Salt According to taste
- Red chilli powder ½ tsp.
- Red chili flakes ½ tsp.
- Chopped coriander
- 3 to 4 tsp. oil
- Turmeric powder ½ tsp.
- 1 green chili
- Green coriander leaves



18. Channa Dal and Lauki

You can't beat the traditional cooking which is cooked slowly and with lots of love.



INGREDIENTS LIST

- 1 cup chana dal
- 1 Lauki
- 3 cups of water
- 5-6 tsp oil
- 1 onion
- 1 tsp Ginger
- 1 tsp garlic paste
- 2-3 tomatoes
- Salt, red chili, green chili
- 1 tbs mix masala powder (dry coriander, cumin, cinnamon stick)
- Green coriander



45 MINUTES



DIRECTIONS

1. Heat oil in a large pot or pressure cooker. Crackle the cumin first.
2. Add the onions and ginger and green chilies and saute for 10 to 15 seconds till they brown
3. Now add the tomatoes and all the dry spice powders. Cook till the tomatoes soften. Keep on stirring.
4. Now add the chana dal and stir. Add the chopped lauki (bottle gourd) and salt as required. Pour water and stir.
5. Cover with the lid and pressure cook for about 4 to 5 whistles on a high heat. But if you are cooking in a deep pan then cook for 30 min check if its fully cooked otherwise cooked for few more min.
6. If there is lots of liquid in the sabzi, then simmer without the lid to dry the liquids.
7. This lauki chana dal gravy has a medium consistency.
8. When the pressure drops on its own, then only remove the lid and stir the chopped coriander leaves.

***Please check your allergies before you use this recipe as it may not suit your dietary needs.**



19. Chicken Kebab

I do not give my children fast food because it is not healthy. So, I love to cook every dish fresh with fresh ingredients.



30 MINUTES



DIRECTIONS

1. Soak 1 cup of chana dal for at least 30 minutes.
2. In a deep pan heat oil and add cumin seeds, cloves, black peppercorns, cinnamon, coriander seeds, ajwain, red chilli and chilli flakes. Cook for 1 minutes.
3. Now Add the boneless chicken, salt and soaked chana dal.
4. Cook until all the water has evaporated, and chicken is tendered.
5. Let it cool for some time and then grind all the ingredients to a thick paste.
6. In the paste add ginger, green chili, garlic, coriander leaves and mint leaves. Mix all the ingredients to combine well.
7. Now add the raw eggs liquid and mix thoroughly. Your palms make the kebabs of any desired shape and size, generally flat round shape. Now dipping in egg fluid
8. Shallow fry the kebabs from both sides till golden brown.
9. You can serve the kebabs hot with chutney of your choice.



INGREDIENTS LIST

- 1 Cup chana dal
- 2 tsp oil
- 1 tsp cumin seeds
- 7-8 Cloves
- 7-8 nos black peppercorns
- 2 sticks cinnamon
- 2 tsp coriander seeds
- 1 tsp ajwain
- 3 red chilli whole
- 1/2 tsp chilli flakes
- 500-gram boneless chicken
- 1 tsp salt
- 1 cup water
- 1 tsp ginger, finely chopped
- 2 Green chilli
- 2 tsp garlic, finely chopped
- 1/2 cup coriander leaves, chopped
- 1/2 cup mint leaves, chopped
- 2 Egg

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



20. Punjabi Khichdi

I would like to carry on traditional cooking and pass on my mother's recipe to my daughter.



30 MINUTES



DIRECTIONS

1. Rinse $\frac{1}{2}$ cup moong (Yellow Dal), red lentils and $\frac{1}{2}$ cup rice together. When the lentils and rice have had time to absorb water, drain and set aside.
2. Now heat 2 tsp ghee or oil in a deep pan add 1 tbs cumin seeds or jeera.
3. As soon as the cumin begins to splutter, add chopped Onions, green chili, ginger, and garlic.
4. Cook for until brown add in chopped tomatoes.
5. Now add the drained rice and mixed lentils and stir for about a minute or until all the ingredients are fully combined.
6. Add 3-4 cups water and mix well and cook for 20-25 minutes on medium to high heat.
7. Check if rice and lentils are fully cooked, If not, cook for another 3-5 minutes.
8. serve with pickle and yogurt.



INGREDIENTS LIST

- $\frac{1}{2}$ cup moong (Yellow Dal) and masoor lentils
- $\frac{1}{2}$ Cup Basmati rice
- 3 cups water
- 2 tsp. oil
- 1 tsp cumin seeds or jeera.
- 1 tomato
- Red chili according to taste
- Salt according to taste
- 3-4 garlic clove
- 1 inch ginger
- 2 green chillies
- Fresh coriander leaves

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



21. Jaggery (Gur) Rice

This is my favourite recipe. I learnt this recipe from my Naani.



30 MINUTES



DIRECTIONS

1. In a small, heavy pan or pot, combine Gur/jaggery with water. Do not stir.
2. Cover and place on stove over low flame.
3. Let jaggery/Gur melt. Do not stir just sway the pot. About 5-7 minutes depending on the quality and size of Gur pieces.
4. In a medium pot boil roughly one litre of water.
5. In other pan add 2 tsp ghee and crushed cardamoms, raisins, cloves, almonds and saute for about 10-15 seconds or till fragrant.
6. Carefully pour in the melted jaggery/Gur and add in strained rice.
7. Cook for about a minute over medium flame to bring everything to a boiling point.
8. Cover the pot and lower the flame to simmer.
9. Let simmer for about 15-20 minutes or until all the moisture is absorbed and rice are fully cooked.
10. Serve warm with thick cream.

*Please check your allergies before you use this recipe as it may not suit your dietary needs.

INGREDIENTS LIST

- 120 g Jaggery
- 1 ½ cup water
- ¾ cup rice (basmati preferably)
- 2 tsp. ghee
- 4 green cardamoms
- 4 cloves
- 15-20 raisins
- Almonds



22. Bharwari Bhindi (Stuffed Okra)

I learnt this recipe from my mom and wanted to teach it to others.



30 MINUTES



DIRECTIONS

1. Wash 250 gram whole Bhindi (okra) in water very well. Wipe them & dry with a kitchen towel.
2. Slice off the crown part of each bhindi and make a cut in the middle.
3. for Stuffing, mix all masala together and Stuff the masala in the Bhindi one by one with a small spoon or with the help of your fingers.
4. Take a heavy pan or Kadahi.
5. Heat 2 to 3 tablespoons oil in it. Add the stuffed bhindi in the oil.
6. Gently shallow fry until fully cooked.
7. Squeeze lime or lemon on can garnish it with coriander leaves.
8. Serve bharwa bhindi with roti, paratha and yogurt or raita for a comforting and satisfying meal.

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



INGREDIENTS LIST

- 250g Bhindi (Okra)
- 2 tsp Garam Masala
- ½ tsp Haldi (Turmeric Powder)
- 1 tsp Salt, or as per taste
- 2 tsp Dhania Powder (Coriander Powder)
- 1 tsp Saunf (Fennel Seeds)
- ½ tsp Jeera (Cumin Seeds)
- ½ tsp Amchur (Dry Mango Powder), optional
- 2 tsp Dry Roasted 500 Besan (Gram Flour), optional
- 4 tsp Cooking Oil
- 1 lemon



23. Palak (Spinach) Paneer

This is my favourite recipe which I would like to share with you all.



30 MINUTES



DIRECTIONS

1. Put 3 tablespoons of oil in a large frying pan on low to medium heat.
2. When it is hot, you can add cumin seeds, and stir them in oil for 30 seconds.
3. Add diced paneer, ground turmeric, ½ tsp chilli powder and ½ tbs fine sea salt and shallow fry and put on one side
4. Now add spinach to a saucepan with 1 cup of water boil for 10 minutes.
5. Drained remaining water from spinach.

5. Now, heat ghee or oil in different frying pan add chopped onion, garlic and ginger and cook until brown now add chopped tomato.
6. Add all the rest of masala and salt mix well.
7. Now add boiled spinach and paneer and cook for 8-10 minutes.
8. Stir in a little single cream to finish off.
9. Serve with rice and roti.



INGREDIENTS LIST

- 5 tsp oil or ghee
- 1 tsp cumin seeds
- 250g paneer
- ½ tsp. chilli powder
- 1 tsp ground turmeric
- ½ tsp salt
- 450g spinach
- 4 cloves garlic
- 1 inch ginger
- 1 onion
- 1 tomato
- Optional lemon juice and single cream

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



24. Curry with Mixed Vegetables

I learnt this recipe from my sister. I want to share this recipe with all of you.



45 MINUTES



DIRECTIONS

1. In a bowl, add 2 cups of yogurt, 1 cup of besan, 5 cups of water & 1tbs. turmeric & mix it well.
2. Pour some oil in a pan and then add Jeera.
3. Add chopped onions, Ginger, Garlic, and chillies to the pan. cook it until it starts looking medium brown.

4. Add mixed Vegetables and salt with rest of the ingredient
5. Add yogurt and besan mixture and mix well, simmer for 45 minutes.
6. Add dry Mithi and coriander and serve to ready with rice and Nan (Roti).



INGREDIENTS LIST

- 1 cups yogurt
- 1 cups besan
- 5 cups of water
- 1 tsp turmeric
- 1 cup mixed vegetable
- 2 tsp oil
- 1 tsp jeera
- 1 tsp Masala
- 1 tsp ginger and garlic paste
- 6-7 green / red chilis
- 2-3 onions
- 2 tsp dry Mithi
- Salt to taste
- 1 tsp Coriander

*Please check your allergies before you use this recipe as it may not suit your dietary needs.



25. Pav Bhaji

I learnt this recipe from my husband, who learnt it from his grandmother.



40 MINUTES



DIRECTIONS

1. In a pressure cooker, cook the vegetables with half cup water, a little salt and turmeric powder.
2. When cooked, mash the vegetables to a rough paste and keep aside. Use a hand mixer to mash quickly.
3. Heat a Kadai with the oil and 3 tsp. butter, when hot add the onion and sauté.
4. After a minute add the chopped garlic and sauté till light brown.

5. Add a little water to make a smooth paste and let cook. Check for salt.
6. If the bhaji has less masala powder, let it cook for a minute for some time. Add a pinch of sugar to round off the taste.
7. Heat a pan and add little pav bhaji Garam Masala to the butter.
8. Now use butter to roast the bread (Buns)
9. Its ready to serve.

*Please check your allergies before you use this recipe as it may not suit your dietary needs.

