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# World Vegetarian Congress Cookery Exhibition

TEMPTING RECIPES



Lilaben Shah

Chairman



ALL INDIA RECEPTION COMMITTEE  
**XIX WORLD VEGETARIAN CONGRESS 1967**  
 DELHI-CALCUTTA-MADRAS-BOMBAY.

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## INTRODUCTION

Cooking is an art peculiar to man as far as we know, there are no plants, insects or animals that prepare, blend and heat their food. At best we come across some peeling of skins and cracking of shells. The very early man must have eaten his food raw. But with the mastery of fire cooking appeared in its various aspects : roasting, boiling, baking, braizing, broiling and so on.

The art of cooking is almost as old as humanity. A most important art it is, for it has extended enormously the range of human food. Many nutrients, quite useless in their raw state, became eatable when subject to heat. We could not provide enough food for all without the cooking fire and the art of cooking. No wonder that home and hearth mean the same to us—a place made sacred by the role it plays in our lives.

There are many kinds of food and since the body and the mind of man are made of food, the quality of the food consumed matters enormously.

Man is spirit incarnate while food is only a means to physical survival. Our food can help us on our way to a goal or bring us down.

The experience of many generations has shown that man is what he eats. Exceptional individuals might have escaped this rule, but to the vast majority of mankind this rule is absolute.

In the multilevel and multi-form world that is India there are many social groups with varying food habits. We can easily trace the effect of a given pattern of food on the physical and mental structure and emotional, moral and spiritual culture of the people.

I shall not go into the arguments which put flesh of living beings beyond the range of human foods. Many have done it already and many will do it better than I can. I would like to serve the cause of non-violent nutrition by contributing to the art of making food healthy, palatable and economical. In a country as poor as India it is absolutely necessary to make the best use of every nutrient that can feed a human body. On investigation we have found that there are many

unusual but useful plantfoods, easy to prepare, palatable and digestible. To such foods a good part of this collection of recipes is devoted.

Every recipe was tested and the proportions given are based on actual experience. Of course they can vary a little according to taste.

Recipes are like the musical *ragas*. Without the rigid structure of the *raga* numberless variations are permitted.

A good cook knows beforehand how will taste the food she is preparing and she knows what to do to achieve the taste desired. She is an artist in taste and smell and in shape and colour as well. A dish well prepared and served is a piece of art and a cook is an artist in every sense of the word. She is also the family doctor for the health and wellbeing of the family are in her hands. Even the cost of food is affected by the cook's skill. Tasteless and coarse food is first wolfed and gulped down. Quality is made up by quantity. When the food is well planned and prepared, a little is enough. Small, light, balanced and tasty meals are good for pocket, wealth and temper. Life is only as good as the liver and the liver is made by its food.

—LILABEN SHAH

*Chairman*

*Note :* Only Recipes of those dishes which are displayed in the exhibition are given in this small booklet.

## *Dhana Ata (Paddy Flour)*

(Contents : Rice, Bran & Husk)

### Nutrient Analysis :

Moisture	..	..	..	9.0	Gram.
Proteins	..	..	..	9.0	Gram.
Fats	..	..	..	2.8	Gram.
Carbohydrates	..	..	..	66.3	Gram.
Ash	..	..	..	6.0	Gram
Calcium	..	..	..	0.1	Gram.
Phosphorus	..	..	..	0.3	Gram.
Iron	..	..	..	5.0	Gram.
Fibre	..	..	..	7.0	Gram.
Phutic Acid	..	..	..	0.1	Gram.
Calories	..	..	..	325/100	Gram.

Average daily intake 215 gram.

## 1. DHANA ATA RECIPES

### *Greenpeas and Paneer Puri*

100 grms. Dhana Atta,

50 ,, Bal Atta,

100 ,, wheat flour,

150 ,, green peas,

2 cup milk,

2 table-spoon curd,

Salt, green chillis, corriander leaves,

Ghee for frying.

Mix all the flours, salt and 2 table-spoon ghee. Bind the flour with water to a smooth dough. Shell the peas and grind coarsely. Heat the milk. When it starts boiling throw in the curd, stir. The milk will curdle. Stain in a muslin cloth and drain of all the water. The paneer is ready. In a table-spoon of ghee fry the green peas and put in salt corriander leaves and crushed chillis. Take off the fire and mix in powder Paneer. Divide the dough in small balls. Roll the ball, put some green peas. Mixture in the centre and fill. Again roll this like puri. Make all the puries in the same way and fry in hot ghee.

—PRERANA

### *Black gram Dal Puri*

150 gms. Dhana Atta,  
100 ,, wheat flour,  
1 cup Black gram Dal,  
2 Table-spoon garam masala,  
Salt and oil for frying.

2 Table-spoon hot masala (spicery)

Mixture of dry coriander, cloves, cinamoms, red chillies, varilli salt.

Mix both the flours and add salt and 2 table-spoon oil. Bind the flour with water to a smooth dough. Soak Dal in water for four hours and grind it coarsely. Fry the dal in little ghee when done add salt and masala. Divide the dough in small balls. Roll each ball to fill in the dal filling fold and Roll the puri. Fry in hot oil.

—PRERANA

### *Green Gram Paratha*

$\frac{1}{2}$  kg. Shelled green grams,  
3 Table-spoon Dhana Atta,  
1 ,, gram flour,  
1 ,, curd,  
Coriander leaves, salt green chillis, green ginger,  
Oil for frying.

Grind coarsely green grams. Mix in both the flours, little oil and required amount of salt. Finely cut green chillis, ginger, coriander leaves, and curd. Mix well and bind to a smooth dough. The colour of the dough should be green. Divide into balls and roll like thick chapattis. Roast on tava with little oil. This paratha tastes better when eaten with curd. In the same way other varieties can be made with methi Bhaji, white pumpkin, ripe bananas etc.

—PRERANA

### *Cauliflower and Potato Paratha*

$\frac{1}{4}$  kg. cauliflower,  
 $\frac{1}{4}$  kg. Potatoes,  
200 grams Dhana Atta,



50 grams wheat flour,  
Salt, pepper powder and ghee.

Wash and scrape the cauliflower keep aside. Boil the potatoes peel and mash them mix salt and pepper to both the vegetable. Mix all the flour add salt 2 table-spoon ghee and bind to a smooth dough Divide in small balls. Take two ball and roll puri. Spread ghee on one puri put potato mixture on it cover with another puri. Secure the edges and roll to a thick chapati and roast on tava with little oil. In the same way make Cauliflower parathas. parathas can even be made of scraped radish.

—PRERANA

### *Methi Bhaji Rotla*

1 cup Dhana Atta,  
1 cup Bajara flour,  
Finely cut green ginger and chillis,  
1 bunch methi bhaji,  
4 table-spoon ghee,  
Salt.

Clean and cut the bhaji. Mix both the flours and add 2 table-spoon solid ghee, cut bhaji and required amount of salt and cut ginger and chillies. Mix to a soft dough. Do not knead Grease a flan dish put in the ball of dough and flatten it spread little ghee on top and bake in moderate oven till golden brown.

This tastes better when served with butter or curd.

### *Bitter gourd Peel Vegetable*

1 kg. Bitter gourd,  
4 table-spoon Dhana Atta,  
2     ,,     Bal     ,,  
2     ,,     gram flour,  
Green ginger and chillis, corriander leaves, scraped cocoanut. Take  
of 1 lemon, chilli powder,  
4 table-spoon sugar,  
Salt, turmeric powder and asafoetida.

Wash oil & peel the gourd. Add some salt to the peel. Keep aside for a while and span water. Mix to all the flour and above mentioned ingredients and little oil. Bind to a stiff dough and divide into small long balls. Fry them in hot oil.

Slice the peeled gourd and fry in oil. Heat some oil in a saucepan and throw in the fried slices and fried balls mix. Keep for some time. Take off fire and add cocoanut and coriander leaves and serve.

*Note.* One can also make a tasty vegetable of Bitter gourd peel alone. Heat some oil and throw in the peel and all the masala. Make a batter of gram flour and mix in the cooking peel. When done take off fire and serve.

—PRERANA

### *Savoury Cake (Dhana Ata)*

Dhanna Atta 6 cups,  
Sour curd 6 cups,  
Salt red chilly powder,  
Green chilly paste oil 3 Table-spoon,  
1 kg. fresh green peas, green chilly paste,  
Lemon juice, sugar according to taste,  
Coriander leaves and grated coconut.

*For decoration* 1 carrot and 6 boiled potatoes and boiled peas  
 $\frac{1}{4}$  cup.

Make a dough adding sour curd to dhana atta (dropping consistancy) Add 3 table-spoon oil. Add Red chilly powder and green chilly paste. Keep aside for 2 hours.

Grind peas finely toss peas in a 1 table-spoon hot oil. Cook on a slow fire for 10 minutes. Add green chilly paste salt and sugar. Let it cool for few minutes. Add lemon juice chopped coriander leaves and grated coconut. Make 3 pankies of Dhana atta using banana leaves for a roasting. In a round dish make 3 layers of Pankies, spreading green peas mixture on each layers. Top the whole cake with mashed Potatoes. With the star nozzle decorate the cake with mashed potatoes. Arrange green peas on the sides make a flower out of carrot and decorate on the top.

—ARUNIKA SHAH

### *Mexican baked Potatoes*

½ kg. medium size Potatoes,  
100 grms. spring onions,  
100 gram. french beans.  
100 grms. green peas,  
100 grms. carrots.  
One tea-spoon chilly sause,  
One tea-spoon soya sauce,  
One tea-spoon chopped Parsle and cellery,  
One tea-spoon red chilly powder,  
½ tea-spoon black pepper powder,  
One tea-spoon Ajinomoto powder,  
3 cups milk,  
4 table-spoon Dhana Atta and 2 Table spoon maida,  
2 table-spoon butter,  
2 table-spoon oil or salad oil,  
4 table-spoon grated cheese.

Boil Potatoes, carrots and peas and French Beans. Remove skin of Potatoes and carrots. Scoop Potatoes neatly with a round scooper. Chop carrots finely. Chop onions, french beans parsle and cellery finely.

Heat 2 table-spoon oil or salad oil add all chopped vegetable for binding add mashed Potatoes (which were scooped out). Add other seasoning and sauces. Fill the scooped potatoes with this mixture.

Fry 4 table-spoon maida and Dhana Atta in 1 table-spoon butter. Add milk and make white sauce. Cook until dropping consistancy. Apply butter to a pyrex bowl. Arrange Potatoes and add the prepared white sauce over the potatoes. Sprinkle grated cheese. Put some dots of butter. Bake in a medium oven or 250° till golden brown. Serve hot.

—ARUNIKA SHAH

### *Pizza*

2 cups Dhana Atta,  
½ cup water ¼ milk,  
1 tea-spoon yeast  
½       ,,       sugar,

½ red tomatoes  
¼ tea-spoon black pepper powder.  
¼     ,,     red chilly powder.  
Salt 1 tea-spoon,  
Salad oil,  
Garlic and onion according to taste.  
Herbs.  
1 table-spoon butter.

Mix milk and water and warm the mixture. Add ½ tea-spoon sugar and yeast. Keep for ½ an hour in a warm place. Add Dhana atta. Mix well. Add 1 tea-spoon of butter. Keep for 2 hours in a warm place. Chop the tomatoes and keep them on a slow fire. Add black pepper red chilly powder, salad oil and herbs. Chopped garlic and onion. Pass the gravy through a sieve and let it cool for some time.

Knead the dough and roll out a pie to the size of 14". Put all tomato gravy on the top sprinkle grated cheese and put some dots of butter. Bake in a very hot oven i.e. 400°F for 15 minutes. Serve hot.

—ARUNIKA SHAH

### *Amiri Khaman*

Channa Dal 200 grams.  
Dhana Ata 200 grams.  
250 grams moong Peas soaked in water and sprouted.  
125 grams Groundnuts and  
Corriander leaves, cocoanut, chillies, lemon salt, oil etc.

Soak Channadal over night & next day grind it to paste. Add to it Dhana Ata Salt, chillies & little Soda in hot water, mix the batter & steam in a thali. When cook allow it to cooler break into coarse powder.

Boil & moong & peas dry them & fry, in oil & mix in some salt & chilly powder, chop the groundnut also.

Now mix the channadal powder fried moong & peas & chopped groundnut. Pile in a plate & sprinkle corriander leaves & scraped cocoanut on top & serve with pieces of lemon.

Mix grams Veg. Sandwiches 100 grams each of channadal, moong dal, Masoor dal, Harhar dal, & math dal 500 grams kand (Surti). Green Chutney & salt & green chillies.

Oil for frying.

Soak all the dals & grind to a thick Paste add salt & green chillies. Peel kand & cut in round slices & fry in oil.

Heat oil, form round puries on hand & fry in hot oil when done take out & cut in two slices. To the cut sides spread green chutney. Put a slice of kand in between & sandwich cut into pieces & serve with tomato sauce. Tomato slice may be used instead of kand.

—SARLA K. DHABLIWALA

### *Bitter gourd feel Chillies.*

1 Cup Dhana Atta.

$\frac{1}{4}$  Cup channa flour.

$\frac{1}{4}$  Cup Bitter gourd peel.

1 Cup oil.

Salt chillies, coriander leaves, Jaggery, turmeric powder, Dhania, Jeera Powder etc.

Add salt to ground peel & keep aside mix both the flours & add the salted peel. Put the required amount of masala's & little oil. Bind the flour to a stiff dough. Divide the dough into small pieces & each shape piece like a chilly & fry them in hot oil; this tastes best when served immediately.

### *Khakhra (Crisp Chapati)*

1 Cup Dhana Atta.

$\frac{1}{4}$  Cup Wheat Flour.

$\frac{1}{4}$  Cup Methi Bhaj.

$\frac{1}{4}$  Cup Ghee.

Little Oil.

Salt, powder chillies, coriander leaves; green chillies, turmeric powder. Dhani jeera powder, lemon, jaggery etc.

Clean & finely cut the bhaji & add soje salt to it. Mix both the flours & put in some oil & required amount of other ingredients. Mix & bind to a stiff dough. Divide into small balls. Roll each ball thinly. & roast like chappati. Apply ghee to each chappati, when all done re-roast all the chappatis on a slow fire till crisp.

—SARALA K. DHABLIWALA

### *Khichu*

1 Cup Dhana Atta.

$\frac{1}{4}$  Cup Wheat Flour.

1 Cup Jaggery.

$\frac{1}{2}$  Cup finely cut Onions.

$\frac{1}{2}$  Cup finely cut Radish & its leaves.

Salt, chillies, corriander leaves & scraped cocoanut, add some salt to onions & radish. Heat some water & add jaggery, then add both the flours & stir with wooden spoon when cooked add onions & radish, corriander leaves, chillies etc. Cook for a while & add cocoanut. Take off fire & serve when set.

—SARALA K. DHABLIWALA

### *Kanji Wada*

2 Cup Bal Atta.

1 Cup green gram dal,

1 r. sp. mustard seeds,

Salt, chillie powder,

Oil for frying,

Soak dal for four hours. Grind in paste and mix in salt, chilly powder and flour. Previous day. Heat 1 litre water and add roasted mustard seed powder and salt. Fry wada in hot oil and soak in the prepared water. Serve next day.

—RAJASTHANI MAHILA MANDAL

### *Upama*

2 cup Bal Atta,  
½ Coconut grated,  
Juice of 1 lemon,  
4 green chillies crushed,  
Finely cut coriander leaves,  
Curry leaves, salt, little oil.

Bind the flour with water and make dough. Roll the dough in thick Chappati and roast it. keep aside for one day. Next day break the Chappati in powder form. Heat some oil in a pan and throw in some mustard seed and curry leaves. When they start spluttering add the prepared flour. Let it cook on slow fire too five minutes. Take off fire and add lemon juice, coconut and coriander. Mix and serve.

—RAJASTHANI MAHILA MANDAL

### *Corn Puris*

1 cup corn,  
1 cup Dhana Atta,  
¼ cup wheat flour,  
1 bunch coriander leaves finely cut,  
1 Table spoon oil,  
1 Table spoon green chillie paste,  
¼ table spoon Citric acid  
2 Table spoon sugar or jaggery,  
Salt and little turmeric powder,  
Oil for frying.  
Grind the corn to a paste.

Mix both the flours add all the other ingrediants. Bind the flour to a stiff dough with the he'p of grounded corn. No water to be used. Knead well and divide into small balls. Roll each ball very thinly and prick with a fork. Heat the oil and fry the puris till crips. When cool serve. This stays for days so may be stored in an air tight jar.

—SARYU NANAVATI

### *Orange Skin Vegetable*

Skin of six oranges,  
3 medium size onions,  
1 Table spoon chilly powder,  
4 green chillies finely cut,  
1 small piece ginger finely cut,  
1 bunch corriander leaves finely cut,  
25 grams Jaggery  
Small ball tamarind  
2 Table spoon ghee or oil  
Salt and little turmeric powder.

Wash the skin scrap the white pith and cut till into pieces. Boil them in little salted water Cooked and drain off the liquid. Chop the onions and heat ghee in pan and fry onions till they change colour, add orange skin chilly powder cut ginger, chillies and corriander leaves add  $\frac{1}{2}$  a cup of water. Cook till tender. Soak tamarind in water and take out thick liquid. Add jaggery, tamarind water, salt and turmeric powder and cook till all the water is absorbed. This will be dry vegetable. If gravy is required instead of  $\frac{1}{2}$  cup water add 1 cup of water.

—SARYU NANAVATI

### *Gol-Papdi*

1 cup Dhana Atta,  
1 cup finely cut jaggery,  
 $\frac{3}{4}$  cup ghee,  
 $\frac{1}{2}$  table-spoon Cardamom powder,  
 $\frac{1}{4}$  „ nutmeg powder,  
 $\frac{1}{2}$  „ (परीयाली)  
 $\frac{1}{2}$  „ dry ginger powder,  
1 „ poppy seed.

Heat the ghee in a sauce-pan and fry the flour. Then add the jaggery when properly mixed, add all the above ingrediants except the poppy Seeds. Spread it in plate and sprinkle the poppy seeds on top and cut into pieces. Store in jar when cool.

—JAYA SHAH



### *Muthia*

1 cup Dhana Atta,  
1 bunch methi bhaji,  
1 table spoon green ginger and chilly paste,  
2 table spoon ghee,  
Little turmeric powder,  
1 table spoon cummin seed,  
Little assofoetida,  
Salt to taste,  
Oil for frying.

Clean and cut the bhaji finely. Add to this all the masala. Mix ghee in the flour and add the bhaji to it. Bind to a stiff dough without the help of water. Form into small oblong balls and fry in oil on slow fire till crisp.

*Note* :—These can be made with any other green Bhaji for variations.

—JAYA SHAH

### *Papadums*

1 cup Dhana Atta,  
1 table-spoon sago,  
 $\frac{1}{2}$  table spoon Soda-bi-Carbonate,  
1 table spoon cummin seed,  
Salt to taste,  
 $\frac{1}{2}$  table spoon red chilli powder,  
Little oil,  
1 to  $\frac{1}{2}$  cup water.

Heat the water and add salt and Soda to it. When it starts boiling add Sago to it. When cooked add the flour red chillie powder and cummin seeds. Stir it well. Take off fire. Divide the dough in four portions and form into balls steam this balls. After  $\frac{1}{2}$  hour take out one ball and knead it properly and cut into small balls. Roll each ball thinly with the help of little oil dry in the Sun. Store deep fry when required.

—JAYA SHAH

### *Chakri*

1 cup Dhana Atta,  
1 cup sour curd,  
1 Table-spoon cummin seeds,  
1     ,,         til seeds,  
1     ,,         red chilli powder,  
Little tumeric powder,  
2 Table Spoon ghee,  
Salt to taste,  
Oil for frying.

Put all the masala's in the flour. Add ghee mix. Add the curd and bind to smooth dough. Form into chakris and fry in heated oil on medium fire till golden brown in colour. Store when cool.

*Note* :—Chakris can also be made by steaming the flour in a piece of cloth. In these process no ghee is required but more curd is required

JAYA SHAH

### *Nimkin*

1 cup Dhana Atta,  
25 grms. Polson butter,  
3 table-spoon milk,  
Salt, pepper powder and cummin seed powder as required,  
Ghee for frying.

Add salt pepper and cummin seed to the flour. Mix and add the butter with the help of milk bind the flour to a stiff dough. Form small balls of the dough. Press the balls to thick puries and make two three cuts of on the top of each puri . So that they won't puff while frying.

Fry them on slow fire till crisp.

—MRIDULA THAKKAR

### *Ladu—(SWEET BALLS)*

1 cup Dhana Atta,  
4 Table-spoon ghee,  
Little hot water,

25 grms. jaggery,  
1 Table-spoon cardamom powder,  
Ghee for frying.

Mix the ghee to the flour and bind to stiff flour. Form into lemon size balls and fry to light pink in hot ghee. When cool grind to balls and seive the flour. Add cardamom powder to the flour. Heat the jaggery in little ghee. When liquid mix in the flour and form in small balls.

—PUSHPA KOTAK

### *Vermicelli*

1 cup Dhana Atta,  
2 cups water,  
1 table-spoon Soda-bi-carbonate,  
Salt, chilli powder, cummin seed powder as required.

Heat two cups of water. Add all the masala to the water. When it starts boiling add the flour mix well and take off fire. When cool pass the dough through vermicelli making machine and dry in the Sun. When completely dry store in a jar. Fry in hot ghee when required.

—PUSHPA KOTAK

### *Masala Fruit Cake*

1 kg. Jowar,  
 $\frac{1}{4}$  kg. moong daal,  
 $\frac{1}{4}$  kg. harhar daal,  
 $\frac{1}{4}$  kg. channa daal,  
 $\frac{1}{4}$  kg. Rice or Dhana Atta.  
Mix all the above and grind it coarsely.  
4 cups basic flour,  
1 cup curd (sour),  
4 Table-spoon oil,  
1       ,,       Turmeric powder,  
3       ,,       Red chilli powder,

1 piece jinger finely cut,

6 chillis finely cut

Salt to taste,

$\frac{1}{2}$  T. sp. Soda-bi-carbt.

1 cup green gram (moong)

1 cup red gram (math)

1 cup grams (channa)

} Sprouted.

4 Table-spoon oil, 1 Table-spoon mustard seed, 1 Table-spoon til seeds, 1 Table-spoon cummin seed and few curry leaves.

Mix flour, oil curd, turmeric, chillie powder, cut jinger, cut chillis salt and Soda-bi-Carbonate. Add enough water to make a thick batter. Boil all the sprouted thing in salted water. The prepared batter is to be used after 6 hours. Then add in it boiled moong, math and channa. In a sauce-pan heat oil throw in all the seeds and curry leaves when they starts spluttering take off fire and pour the batter in it. Smooth the surface and bake in a moderate oven till golden brown.

—RANJAN KAJI

### *Dal Atta and Methi Balls*

$\frac{1}{2}$  cup of Dal Atta,

6 methi bundles,

One finely chopped onion,

$\frac{1}{2}$  cup of Chana atta,

2 green chillis,

1 table-spoonful fried cummin seeds,

1 table-spoonful of til seeds,

1 table-spoon ful of garam masala,

Salt to taste and sweet oil to fry.

Cut the chillis and methi finely and add attas and other things to it. Add a little water and mix it to a thick consistancy and prepare small balls. Fry on slow fire. Do not burn them. Serve with fresh butter or a few drops of lemon juice or Tomato sauce.

—MRS. PRAMILA ANANDKAR

## Karanji

2 cups of maida,  
2 table-spoon ful of *Dal atta*,  
1 cup of arrowroot flour,  
1 cup of Margarine,  
2 table-spoons of sweet oil,  
A cup plain flour for rolling out,  
One scrapped coconut,  
half tea spoon powdered cardamom,  
10/15 sultana,  
200 grams of jaggery,  
Salt to taste.

Mix Maida, Dal Atta, oil and salt to form a soft dough. Beat it with a grinding stone, divide it into 4 equal balls. Roll out the balls into big round chappatis, sprinkle flour. Apply  $\frac{1}{4}$  part of arrowroot flour and  $\frac{1}{4}$  part of margarine and place another chappati on it. Repeat the same thing until all the chappatis are finished. Press all the chappatis with the tips of your fingers and turn it into a long roll. Pull out the roll until it is 15 to 16" long. Cut it with knife in 12 equal parts and keep them aside covered under a damp cloth.

Prepare a little paste of jaggery on a slow fire and add the scrapped coconut to it. Simmer the coconut and jaggery for 15 minutes.

Now take each piece, twist it and press it a little bit on your palm.

(1) Roll out that piece lengthwise for about 3" in length.

(2) Place one spoonful of stuffing on half side. Close the stuffing by the other half very tightly, if it does not close properly, apply a little water for sticking,

(3) Cut with the Cutter the sides neatly and evenly as shown on the side. Prepare all the Karanjis in the same manner and bake them in a moderate oven.

—MRS. PRAMILA ANANDKAR

## Alu Patrel

12 Alu (Colocassia) leaves,  
 $\frac{1}{2}$  dry coconut (copra),  
12 green chillies medium size,

Chillies medium size,  
 6 onions chopped fine and fried in ghee or oil,  
 1 green banana,  
 1 cooking Rajalee banana (or one more green banana),  
 1 tea-spoon jeera (cummin seeds),  
 1 „ khus khus (poppy seeds),  
 1 „ Dhania (corriander seeds),  
 A few seeds each of methi (fenugreek seeds),  
 rai (mustard seeds),  
 taj (cinnamon),  
 lavang (cloves),  
 Ilaichi (cardamom),  
 Mari (black pepper),  
 1½ table-spoons dhana jeera mixture,  
 ½ „ of curry powder,  
 ½ „ of sambhar,  
 ½ „ haldi (turmeric),  
 1 „ of gur (brown sugar),  
 250 gramme channata (Bengal gram flour),  
 250 gramme dhana atta (whole rice flour),  
 1 table-spoon of imli (tamarind) water or more to taste,  
 1 tea-spoon of salt or more to taste.

Blend gram and dhan atta. Fry the onions, grind all spices and copra together with water very smoothly.

Mix the flours with the ground spieces, add brown sugar, crushed bananas, fried onions, tamarind water and fold in to the consistency of soft butter.

Wash the leaves, remove the ribs; pile up three leaves with 2 layers of paste between, fold in two sides, roll up and tie round and round with at least one metre of white thread. Prepare four rolls, dividing the paste equally among the four and steam over boiling water for ½ hour of actual steaming.

Steamed patrel can be eaten as such with some lime juice, cold or warm. It can be also sliced and fried before serving.

—HIRABEN PETTIT

## II. VEGETARIAN RECIPES—INDIAN & WESTERN STYLES

### *Lily Kofta*

$\frac{1}{2}$ kg. Potatoes	$\frac{1}{2}$ kg. Paneer (Cottage cheese)
150 grms. Almonds, pistachard, and Cashew nuts	$\frac{1}{2}$ cup Cream
2 Fine Tomatoes	100 grms. Kyoya (dried milk)
4 Table-spoon Sooji	2 Small Onions
1 Table-spoon Pomegranate seeds	1 cup Bread crumbs butter
5 Cinnamon sticks	8 Cardamom
10 Dry Chillis	12 Cloves
Green ginger and Chillis	1 Table-spoon Pepper corns
Cocoanut and salt	20 Raisins
	Coriander leaves
	Ghee for frying

Boil peel and mash the potatoes. Mix in salt and paneer knead well and divide in lemon size balls flatten each ball and put in little piece of butter, raisin and some pieces of all the nuts. Secure firmly in oblong shape. Make a thin batter of sooji and water dip each prepared kofta in this batter and roll in bread crumbs and fry in hot ghee. Keep aside.

Grind almond cashew and pistachio nuts, cinnamon, cardamom, cloves, pepper, poppy seeds, dry chillis with the help of cream. Dip tomatoes in hot water. Peel and cut also cut the onions and ginger. Heat a vessel and add 4 table-spoon ghee and fry cut onions and ginger then the grinded masala and lastly cut tomatoes. Add 2 table-spoon curd and stir when the ghee floats add khoya, required amount of chilli powder and salt. Add coriander leaves, cocoanut 1 table-spoon sugar and cut green chillis.

Add all the kofta's to the gravy and heat for five minutes and serve.

—PRERANA

### *Ginger Biscuits*

250 grms. Refined flour	62 grms. Butter
125 grms. Sugar	3 Table-spoon Golden syrup
1 table-spoon Milk	$\frac{1}{4}$ „ dry ginger powder
3 „ fresh Ginger juice	Pinch of Soda bi. cab.

Pinch of Baling powser

1 Table -spoon Salt

Add baking powder, Soda-bi-Carbonate and salt to the flour and seive it. Melt the butter in a saucepan then add the syrup and sugar stir it well. Take off fire and add milk to this mixture add the seived flour ginger powder and ginger juice mix to smooth dough. Roll the dough and cut the biscuits as desired. Bake the biscuits on a tray in a preheated oven at 350° till golden brown.

—PRERANA

### *Chocolate Biscuits*

250 gms. Refined Flour

250 gms. Butter

100 „ Caster sugar

25 „ Bourn vita

50 „ Chocolate powder  
(grated) or vanilla  
butter cream

2 Table-spoon Sugar

Sieve the flour after adding Cocoa add butter and sugar. Mix well with a spoon and prepare dough. Divide in three portions and roll on a wooden board longish  $\frac{1}{4}$  inch thickness with the cutter cut the Biscuit in oblong shape and prick with a fork greese a baking fray and arrange biscuit in the dish and bake in a moderate hot oven for 15 minutes and take them out of oven. Put Vanilla butter cream or chocolate cream between 2 biscuits and granulated sugar on top of the biscuits and again bake them for 15 minutes.

—PRERANA

### *Cocoanut Biscuits*

2 Cocoanuts

$\frac{1}{2}$  kg. Maida

250 gms. Butter or Ghee

150 gms. Caster sugar

Few drops of Vanilla essence

Pinch of Baking powder =  $\frac{1}{4}$

Almonds Rasins

Paper cups

Grate cocoanuts and keep it in Sunshine for 15 minutes till dry. Mix butter and sugar in a bowl and beat with a wooden spoon till fluffy. Add sifted flour, cocoanut, vanilla essence, baking powder. Mix well



with a spoon it put this mixture in the paper cups and decorate with Almonds and rasins. Arrange the paper cups in a baking dish and bake in hot oven.

—PRERANA

### *Instant Fruit Cake*

1½ cup Condensed Milk	1 cup Chopped walnuts
1½ cup Desicated Coconaut	2 cups Chopped dates
100 gms. Butter	

Mix all above ingrediants in a bowl . Mix well. Put this mixture in small cake tins and bake in a medium hot oven for 25 minutes till golden brown remove from the oven and cool on a rack.

—PRERANA

### *Apricot Pudding (EGGLESS)*

300 gms. Dry Appricots	25 Apricots almonds
100 gms. Pistaschio	(small and round)
4 Table-spoon Sugar	2 cups Cream
2 cups Milk	25 sticks china grass

Remove stones from appricots and boil it in a sauce pan till soft.

Add little sugar, almonds and pistachio. Soak china grass in little water for 15 minutes. Heat milk in a sauce pan and add China grass stir it well till it thickens. Add the above mixture, little vanilla and sugar Let it cool for a little while and add whipped cream mix well. Put it in a Pudding bowl and keep this bowl in the Refrigerator to cool. Serve cold.

—PRERANA

### *Red Pumpkin Pudding*

½ kilo Red pumpkin	1 Table-spoon Cornflour
1 big cup Sugar	½ Litre Milk
50 gms. Almonds	50 gms. Pistachios

$\frac{1}{2}$  Packet China grass                      50 gms. Crystatised fruits  
 1 Table-spoon Saffron, Red Currants      Cream  
 10 gms. chirongi

Scrape and grate the pumpkin finely. Then cook it in the steam. But it should not be over-cooked and sticky. Then fry the cooked. pumpkin in little hot ghee. Boil the milk. Add to it the sugar. Allow it to boil. Then add to it above fried pumpkin. Boil again Mix one table-spoon cornflour in little cold milk. Add this paste to above boiling milk. When the milk becomes thick, add to it crystalised fruits and remove from the fire. Pour this into a bowl and allow it to cool.

Soak the China grass in the water for half an hour. Then add this grass to the boiling milk and prepare the jelly. Add to it grinded paste of saffron. Let it be cool. Then put it in the frigidaire. Allow it to set. Then unmould the jelly on the pumpkin pudding. Decorate with cream dryfruits.

—PRERANA

### *Coconut Balls*

1 Tin Condensed Milk

Sweet 400 gms. decicated coconut, rose, vanilla, edible colours green and red and pineapple essence. Leaves for decoration.

Make 3 division of coconut then add condensed milk till you can form small balls. Add different essence and colour in two sections. Keep one white with rose essence. Then form into shapes and then put the leaves for decoration. Stays for two days.

—PRERANA

### *Veg. Ravioli*

500 gms. Refind Flour	2 Table-spoon Ghee, Salt
200 gms. Potatoes	100 gms. Green Peas
50 gms. French Beans	1 Carrot
1 Small Cauliflour,	Dalda
2 Onions	Pepper powder

3.  
Soya Sauce

Cheese-Parsley

White sauce

*Gravy 200* :—gms. Tomatoes, 2 Onions, Paneer, in crumb form Parsley, Butter.

Cut all above vegetables in small pieces and steam them. Heat butter and cook vegetables and add salt and pepper, add soya sauce and prepared white sauce. Add salt and ghee in refined flour and make dough like puri, roll puris, make pairs of 2 puris and fill the veg. stuffing and fry in ghee.

Brown onions in hot butter and then add peeled and cut tomatoes. It should mix properly. When the gravy thickens add salt, pepper, paneer, chilly sauce, and allow it to cook for two minutes. Take out gravy in a dish and add fried raviolis in it and top it with parsley if you like.

—PRERANA

### *Corn Cutlets*

15 Corns

Small bunch Parsley

4 Green Chillies ground

Coriander leaves

Bread crumbs

$\frac{1}{2}$  kg. Potatoes

Ground small piece Ginger

Salt

Juice of 1 lemon

Oil or butter

Grate 12 corns and from 3 corns take out cobs and boil. Mash boiled potatoes. Now grind grated corns. Heat butter or oil and cook this corn paste remove from fire and after 5 minutes add whole corns in corn paste mashed potatoes and all above spices and mix thoroughly to form a dough. Flatten and Roll a small ball from this dough and shape into corn shape. On this cutlets arrange remaining boiled whole corns. So that it looks like whole corn. Apply bread crumbs on all sides and shallow fry in hot oil. Decorate on salad leaves and serve with Tomato sauce. Make all cutlets similar.

—PRERANA

### *Peanut Soup*

125 gms. Ground nuts	62 gms. Butter
1 cup Milk	2 Table-spoon Flour
1 Onion	Salt and pepper taste

Roast the peanuts on a low heat and remove the outer covers of and grind it coarsly. Melt butter in a sauce-pan and add peanuts. Store it well. Add 4 cups of water in it and allow to cook.

In another sauce-pan put little butter and add grated onion and cook it till it is golden brown and add flour. Stir it well and add milk. Let it cook till it is thick. Remove it from fire and strain it. Put this sauce in the boiling peanut mixture and cook for 15 minutes. If it is too thick add little water or milk add salt and pepper as to your taste and serve.

—PRERANA

### *Atom Bomb Patties*

1 kg Potatoes	12 Tomatoes small size
$\frac{1}{2}$ kg. Green Peas	Salt
Green Chillies	Ginger piece (small)
Coriander leaves	Lemon juice of one Lemon
Sugar	Grated Cocoanut
Sooji	Breadcrumbs
Cornflour	Oil

Add all above Masala according to your taste.

Boil potatoes, peel and mash, add salt and lemon juice of one lemon, also add little cornflour and mix properly and keep aside.

Scoop tomatoes and keep aside its lid Scoop tomatoes. For filling shell green peas and grind coarsly. Heat little oil in a sauce-pan and cook ground green peas, when quite cooked add ginger and chilli paste, finely cut corriander, scraped cocoanut, salt, lemon juice. Fill scooped tomatoes with this filling and cover with its lid the top of tomatoes. Then cover the tomatoes with the potato mixture properly—so that tomatoes are not to be seen. Form it into nice round shape.

Soak sooji in water. Dip tomato Paties in this mixture and then roll it in bread crumbs and then deep fry in hot oil. Cut it in half to show three coloured sections and serve.

—PRERANA

### *Corn Dahivada*

2 doz. Corn	1 litre Milk
Grounded ginger and green chillies	Salt
Ghee for frying	Sugar
4 spoons Cornflour	Bread crumbs
Curds—3 cups	2 Capsicums (cut into small pieces)
Curry leaves	Red round Chillies
	Grated Cocoanut

Remove corn from three cobs and boil. Grate rest of the corns and then grind into a paste. Heat ghee and cook corn paste and then add milk. When corn is cooked and paste is thick remove from fire. Allow it to cool and then add cornflour, ginger, chillies, capsicum, boiled whole corn and coriander. Mix properly, delicately. Roll balls of this mixture then roll in bread crumbs and flatten it your hands and fry them in ghee on medium heat. Arrange all Vadas in a plate and pour curds on Vadas.

Heat ghee and add red chillies and curry leaves and pour it on top of curds. Decorate it with coriander and grated cocoanuts.

—PRERANA

### *Quick "Dahivada"*

1 Britannia Sliced Bread	25 gms. Chirongi
25 gms. Red currants	$\frac{1}{4}$ kilo curd
Salt	Red chilly powder
Date and tamarind chutney	Ghee for frying

Buy the bread one day ahead. Cut the outer sides of the slices. Then cut the slice like that of the sandwiches. Then soak them into little curd. Take out in a dish. Put the chirongi and red carrants on one slice. Put another slice on it. Press it with the palms of hands

and fry them in hot ghee. Then put them in the churned curd. While serving put the "Dahivada" in a dish, sprinkle salt, red chillies and date and tamarind chutney over it.

—PRERANA

### *Nagpuri Bananas*

4 Table spoons gramflour	$\frac{1}{2}$ Tablespoon wheat flour
Little Salt	Oil

Soak 2 Table-spoons Poppy seeds in water and then grind it into paste. 2 onions, 1 bunch corriander, 1 tea-spoon turmeric powder, little sugar, juice of one lemon, 1 table-spoon coriandar powder, finely cut green chillies and ginger. Hot spices-powder.

Mix above 2 flours, add oil. Add salt to it and prepare dough with little water. The dough should be thick. Cut onions very fine. In a sauce-pan put ghee and brown onions heat it, then add finely corriander leaves, grated cocoanut, then ground ginger and chillies, turmeric and coriander powder, after that sugar and salt and lemon juice. Go on stirring all the time. Add hot spices powder also. When everything is properly mixed remove it from fire and take it out in a dish and allow it to cool.

Make balls out of the dough, roll them long and apply to it poppyseed paste and fill it with above mixture and shape like banana (don't fold edges) and make three edges like bananas. Dip Fry it in oil on moderate heat.

—PRERANA

### *Date Ghugharas*

1 packet seedless Dates	1 cup refined Wheat Flour
Ghee (butter)	Little milk
2 spoons Poppy seeds	$\frac{1}{4}$ cup desicated Cocoanut
Dalda for frying	Few Cardamom powdered
Powdered Sugar	

Rub ghee till it is fluffy and add flour to it and put little salt and milk and prepare dough. Smoothen the dough by beating on a wooden board with a hammer. Then make small balls, roll them into small round Puris.

Crush dates in the palm of your hands. Prepare fine mixture of poppy seeds, cocoanut, cardamom powder, 2 table-spoon powder, sugar and make it into small balls. Fill this mixture into rolled Puris and nake it into semicircle shape and close the edges properly and fry them in medium hot oil.

—PRERANA

### *Kwause—Burmese Dish*

1 Packet Chinese Noodles	1 Cocoanut grated
100 gms. Green Peas	$\frac{1}{4}$ kg. French beans
$\frac{1}{4}$ kg. Cauliflower	100 gms. carrots
$\frac{1}{4}$ kg. Marrow	2 Potatoes
2 Onions	$\frac{1}{4}$ kg. Red Tomatoes
2 Bunch Green Onions	1 Bunch Coriander leaves
2 lemons	50 gms. ginger
1 pod garlic	2 table-spoon dry Corriander
2 Spoon red Chillies	Powder
Little Turmeric, Salt and Oil	

Squeeze out milk from cocoanut. Clean all the above vegetables and cut into small pieces and boil them in a sauce-pan, grind separately dry coriander, chillies, ginger, garlic, cut lemon into small pieces. Cut Coriander and green garlic finely. Cut tomatoes and onions into small pieces.

Heat oil and brown onions in it. Then add all the ground masala and cook, then add tomatoes when all are cooked. Add cocoanut milk and let it boil. Then add all the boiled vegetables. Add salt and turmeric powder and let all these be cooked on low heat.

15 minutes before serving boil noodles in very hot. Boiling water, when cooked strain the water. Fry few noodles in hot oil till little brown.

In a soup dish put noodles, then add vegetable curry. Sprinkle on top green onions, few fried noodles, finely cut coriander leaves, 2 lemon pieces and serve. Keep noodles and curry hot.

—PRERANA

### *Poppyseed Halwa*

1 kg. Poppy seeds	1 Tea-spoon Cardamom powder
1 kg. Sugar	200 gms. Rasins
1 litre Milk	200 gms. Almond
250 gms. Khoya	One cup grated cocoanut

Clean poppyseeds properly and wash it 4-5 times in water so it is quite clean. Then soak it in. Little milk for 4 hours. Heat rest of the milk till it thickens, grind to a paste poppy seeds on stone. Add it to the hot milk (thick) and stir it. So that it does not stick at the bottom of the pan. Add cardamom powder, When it is quite thick then take it in a thali and spread it evenly and arrange rasins on top and allow it to cool and then cut into small pieces.

PRERANA

### *Cream Drops*

1½ liter Milk to 3 bottles.	1 cup Sugar
15 Almonds	15 Pistachio
15 Cardamoms	Few strands of Saffron
Little green colour Cochineal	500 gms. Green Cocoanut or
250 gms. Fine Sooji	250 gms. Khoya

Slightly roast sooji in a sauce-pan. Add sugar, ground cocoanut or khoya mix, well. Then add milk little by little and stir it when all the milk has thickened and sooji becomes into sticky consistency, then remove from fire. Then divide this into four portions. In one portion add saffron for colouring in one, add little cochinal red, in third portion add green colour, and keep one portion white. Make small balls out of it and keep aside. Heat milk in another sauce-pan. Add sugar. Add almonds, pistachio and powder cardamom. When the milk is little colourish, then



add above different colour balls and let it cook for 10 minutes. Then keep it in Refrigerator and serve cold.

PRERANA

### *Raw Papaya Halwa*

250 gms. grated raw Papaya	$\frac{1}{4}$ Litre Milk
1 cup condensed milk,	Almonds
Cardamom powder	Silverfoil
Pistachios	

Cook the grated papaya in the steam. Then put it in the pan and stir little a while so that papaya becomes dry. Then add to it the milk and cook in it. When it becomes thick add to it the condensed milk stirring all the time. Sprinkle cardamom powder, when the mixture becomes thick, remove from the fire and spread the mixture in a thali. Sprinkle chopped almonds and pistachios over it. Spread the silverfoil over it. Serve it cool.

PRERANA

### *"Navratna" Chutney*

250 gms. dry Dates	100 gms. Red Carrants
25 gms. Pistachios	25 gms. almonds
10 gms. cardomoms	5 gms. dry ginger
5 gms. Pepper पीपर	5 gms. Black pepper
Little Chilly powder	250 gms. dry Mango powder
500 gms. Coriander seeds	A piece of ginger
1 $\frac{1}{2}$ Kilos Sugar	5 gms. वंशलोचन
Little saffron	4 Lemons
Little Asafoetida	Curin seeds
Chirongi	

Soak and seed the dry dates and cut it into small pieces. Chop the almonds and pistachios. Grind above all the things separately. Prepare one-threaded syrup of the sugar on gas stove. Add above all the things one by one. Put little salt and lemon juice to it.

PRERANA

### *Vegetable Joker*

Any left over food like Rice, Khichdi, Sama, etc.

1 cup kuti flour

1 cup sour curd

2 boiled Potatoes

Green chilly paste

2 Carrots

3 Small tomatoes

3 Mashed potatoes

Corriander leaves

*Ingredients for Chutney :*

1 Small piece of ginger salt lemon

Grated cocoanut

Green chillies

Make a thick paste. Ing. for sweet chutney, Dates, Gur, Salt red chillies P. and mango powder.

—ARUNIKA SHAH

### *Method for sweet Chutney ;*

Soak dates in water for some time. Remove seeds grind all to a fine paste add salt and red chilli powder and mango powder.

Mix Kuti with sour curd and any left over thing like Sama, rice, or khichdi. Add green chilly paste and salt add mashed potatoes. Roast four pankies using banana leaves.

Make four layers of Pankies using green chutney and sweet chutney alternately. To make joker roll out mashed potatoes on the surface of the layers applying a little oil to the roller.

Make the nose with a ball of mashed potatoes mixed with little red colouring. Make the hot with the carrots shaped in the form of leaves. Make the yoke with tomatoes.

### *Chutney from the Green Part of Moong Dal*

$\frac{1}{2}$  cup Green part of moong dal

A small bunch of corriander leaves

$\frac{1}{2}$  cup. Grated cocoanut

1 small piece of ginger

$\frac{1}{2}$  cup curd

2 green chillies

Urad dal

1 tea-spoon bay leaves

Boil 1 cup of water. Add moong dal (chilka). Let it be on fire for five to ten minutes. Grind coconut, corriander leaves and boiled chilkas of moong dal. Add curd. Mix well. Add salt. Fry bay leaves and urad dal in ghee or oil and add it to above chutney.

—ARUNIKA SHAH

### *Panoli*

$\frac{1}{2}$  kg. Green moong dal

Salt

Asfotida

Corriander leaves

$\frac{1}{2}$  kg. Fresh curd

Paste of green chillies

Soda-bi-carb and lemon

Oil

Soak green moong dal at least for 8 hours. Then remove and wash it well. Remove green part of dal. Put it aside. Grind the remaining dal finely without using much water. If using liquidizer, use thick curd while grinding. Mix salt, paste of ginger and green chillies and hing as required in the prepared batter, squeeze half lemon over two table-spoons of hot oil mixed with a pinch of soda-bi-carbonate. Beat the batter very well.

In a big aluminium vessel, boil the water. Tie a thick piece of cloth round the sides of vessel very tightly. Apply little oil on the cloth when the water starts boiling, put one dessert spoon full of batter in round shape on the cloth sprinkle finely chopped corriander leaves cover the vessel with deep aluminium thali. Put a heavy weight on that. Do not allow steam to escape. Panoli will be ready within ten minutes. Serve hot with chutney.

—ARUNIKA SHAH

### *Orange Sandesh*

3 litres Milk

1 Lemon

3 to 4 Orange

Sugar (powdered)

Make paneer out of the milk by adding lemon juice. Knead it well. Now add the same quantity of sugar as the Paneer and two teaspoons of orange skin juice. Peel the oranges and take out the segments. Make small puris fill with one orange segment and cover. Wrap with silver decorative paper and decorate with fruits cherries or dry fruits.

—ARUNIKA SHAH

### *Sama Khichdi*

4 Table-spoons Dhakshni

Garam Masala

1 cup Sama

Garlic and onions

## Dried coconut

Grind Dhakshni garam masala garlic onions and coconut to a fine paste. Wash sama and soak in water for 15 minutes. Fry above grinded masala in ghee.

Add 3 cups of boiling water and soaked sama. Cook for 20 minutes and then for 10 minutes on very slow fire. Decorate with finely chopped corriander leaves and boiled pease.

—ARUNIKA SHAH

## *Vegetable Doopiazu*

$\frac{1}{4}$ kg. Cauliflower	}	Wash and cut
$\frac{1}{4}$ „ Tomatoes		
$\frac{1}{4}$ „ White pimpkin		
$\frac{1}{4}$ „ Onions		
$\frac{1}{4}$ „ Green peas		
$\frac{1}{4}$ „ Carrots		
12 Red chillies	}	Grind to a fine paste
2 Table-spoon Corriander seeds		
2 Table-spoon Cummin seeds		
$\frac{3}{4}$ Table-spoon mustard seeds		
1 big piece Ginger		
10 Plakes garlic		
$\frac{1}{4}$ kg. Onions	}	4 Big spoons ghee
Salt to taste		

Cut the onions finely in long strips and fry to a golden brown in 2 spoon ghee. Take out the fried onions and fry the masala in the ghee adding some more ghee. Add all the vegetables and fry for a while. Then add two cups of water and fried onions and salt. Cook on slow fire. When the vegetables are tender and the gravy is thick take off the fire and serve hot sprinkle some corriander leaves and fried onion on top.

—SARYU NANAVATI

### *Peas and Potato Savory Cake*

1 cup Mashed boiled potatoes	1 cup green peas boiles
1 cup Finely cut potatoes (Boiled)	1 cup rice flour
1 Bunch corriander leaves (Finely cut)	$\frac{1}{2}$ Cocoanut scraped
2 Table-spoon oil	6 Green chillies (grounded)
Little asafoetida	1 Piece green ginger (grounded)
	2 Banana leaves

Mix all the above ingredients very lightly. Add some water to make a very thick batter. Grease the banana leaves and cover 6" cake tin. Put in the batter and cake with another banana leaf. Secure it firmly. Bake in a hot oven for about 15 minutes or with fire on both sides. Cut into pieces and serve.

—SARYU NANAVATI

### *Chocolate Cake*

12 digestive Biscuits	10 Tea-spoon Chocolate powder
10 Tea-spoon dessicated Cocoanut	150 grams margerine or butter
2 table-spoons Condensed milk	1 Slab plain chocolate

Powder the biscuits scrape the Chocolate slab. Mix the biscuit powder dessicated cocoanut Chocolate powder and margerine or butter very lightly add the condensed milk and form into balls. Roll in scraped chocolate and serve in paper cases.

### *Brittle-Nut Toffee*

1 cup Sugar	1 Cup nuts chopped
1 Tea-spoon Soda-bi-Carb	

Heat the sugar in a thick pan on slow fire. When dissolved add the chopped nuts. Stir and take off the fire immediately. Sprinkle Soda-bi-Carb stir briskly and set in greased plate. Break when cool and store in airtight jar.

—SARYU NANAVATI

### *Boorooloo*

4 Cups urad ka dal (Black gram)	3 Cups gram dal
Few Cardamons	2½ Cup sugar
Little salt	1 tea-spoon Nutmeg powdered
and Ghee for frying	1 Tea-spoon yogurt (Dahi)

Steep the urad dal in cold water for about two hours and grind it to a fine paste. Mix salt and yogurt to the paste and keep it aside for few hours to ferment.

Boil gram dal and grind it finely. Add sugar and dry the water on slow heat. Add powdered nutmeg and cardamons and form in walnut size balls. Stir briskly the urad dal paste add a little water if required Dip the balls in the urad dal paste. Lift sufficient batter with the bal and fry in hot ghee. Serve immediately.

—SARYU NANAVATI

### *Vindaloo*

1 kg. Mix vegetables (Potatoes, green peas french beans and carrots)	
3 Table-spoon Ghee or refined oil	1 Table-spoon Pounded garlie
1 „ Grounded green	2 „ Chilli powder
ginger	1 „ Roasted corriander
½ „ Roasted cummin	Seeds powder
seed powder	6 „ Cardamoms
6 „ Cloves powdered	powdered
2-3 Sticks Cinnamon powdered	Salt to taste
Some bay leaves and pepper corns.	
1 Cup cooking vinegar	

Cut the vegetables. Shell the peas wash and steep them in salt, vinegar and all the ground ingredients for at least 12 hrs. Now heat the ghee and put in the vegetables mixed in masala adding pepper corns and bay leaves. Allow it to simmer on a very slow fire till all the vegetables are cooked and tender. Serve hot. No water is to be used.

—SARYU NANAVATI

### *Banana Skin Pickle*

12 Bananas skin	1 Pod garlic
25 gms. Green ginger	25 gms. Green chillies
100 „ Dried dates (kharek)	100 gms. raisins
1 cup Vinegar	300 gms. Jaggery
Salt to taste	

Cut banana skin into longish strips. Finely cut garlic and green chillies cut green ginger into thin strips. Soak dates overnight in cold water next day remove the seed cut and dry in Sun for about an hour. Boil some water remove from fire and throw in banana skin keep for five minutes and drain off water and allow it to dry on a piece of cloth till the water dries. Mix all the prepared ingredients and add to it raisins vinegar and cut jaggery and salt. Allow to simmer on slow fire till all the water burns away and only the jaggery syrup remains. Remove from fire and cool. Store in a cool jar.

—SARYU NANAVATI

### *Mango Skin Curry*

12 Ripe mangoes skin (golden colour)	4 Table-spoon Ghee
4 Onions finely cut	2 Mangoes cut in slices
<b>Masala</b>	
1 Table-spoon Turmeric powder	} Grind to a fine paste
1 „ Cumminseed	
1 „ Coriander seeds	
1 „ Poppy seed	
1 „ Chillies powder	
$\frac{1}{2}$ Coconut scrapped	
6 Chillies	
1 Small bunch coriander leaves	
1 Piece Ginger and Salt	

Cut and wash the mango peel. Heat the ghee and fry the onions, when they change colour. Put in the grounded masala and fry. Then fry the cut mango peel. Fry well and add mango slices salt and 3 cups water. Cook on slow fire till gravy thickens and skin is tender. Serve hot.

—SARYU NANAVATI

### *Eggless Chocolate Cake*

150 gramm self Raising Flour,  
30    ,,    Cocoa or Chocolate,  
90    ,,    butter or margarine,  
90    ,,    of brown sugar or jaggery,  
1 tea spoon vanilla essence, a pinch of salt,  
 $\frac{1}{2}$  litre milk to mix.

#### *Preparation*

Sieve the flour, salt and cocoa together and rub in the butter or margarine. Add the sugar and vanilla and mix with the milk to the consistency of thick cream. Prepare a round tin 5 to 6 inches in diameter lined with buttered brown paper and pour in the mixture. Bake in a moderate (375°F) oven for about 40-50 minutes. Test with a toothpick, (the stick should come out dry).

—HIRABEN PETTIT

### *Masala Fruit Cake*

#### *Ingredients*

##### *For the Cake*

1 cup gram-dal, ગ્રામડાલ  
 $\frac{1}{4}$  table-spoon soda-bi-carbonate,  
1    ,,    paste of green ginger and chillis,  
Salt to taste.    ચીણી    પર-પર

Soak the dal over night. Grind it to a paste, preferrably in a mixer. Add the masala just before making it.

##### *For the Filling*

50 grams french beans cut finely,	}	boil.
50    ,,    carrots                    ,,		
50    ,,    potatoes                   ,,		
50    ,,    shelled green peas   ,,		

##### *For the Masala*

1 table-spoon paste of green ginger chillies,  
1    ,,    powdered clove and cinnamon,  
Juice of  $\frac{1}{4}$  lime,



Salt to taste

$\frac{1}{4}$  table-spoon sugar,

Add to the vegetable filling and mix.

*For the Chatni Filling*

$\frac{1}{4}$  scrapped coconut,

One small bunch coriander leaves,

Juice of one lime,

A pinch of sugar,

Salt,

1 green chilli.

Make a fine paste.

*For the Icing*

Curds made from  $\frac{1}{2}$  litre milk,

(Tie up the curds in a piece of cloth and allow the water to drain out. The curds will become thick like chakka or butter.)

salt to taste

*For colouring and flavour*

Vanilla essence if desired

Green & red colour.

A few silver balls.

One baking dish of 7" diameter.

Turn out 2 equal sized cakes, either in an oven or by steaming. Allow them to cool.

Place one cake on a cake dish. Apply  $\frac{1}{2}$  the chatni over it. Spread the veg. filling over it. Apply the remaining half on the other cake and place it on the prepared cake, with chatni side inward. i.e. the top of the cake should be plain.

*For Icing*

Take the chakka, add salt. Keeps 2 table-spoon aside for decoration. Apply the chakka over the cake evenly on all sides.

*For decoration*

Add red colour to one tea-spoon chakka to make it pink and green to the other 1 tea-spoon chakka. Pipe out pink flowers and green leaves for decorations. Place silver balls on flowers.

—MRS RANJAN KAJI

### *Pumpkin's Skin Papad*

Pumpkin skin, salt to taste, chilly powder, sweet oil for frying.

Remove the skin and cut it into small pieces 2" x 2" size. Apply salt and masala and dry them in Sun. These pieces can be stored. When needed, fry them on slow fire and serve.

—MRS. PRAMILA ANANDKAR

### *Gourd's Skin Wafers*

Gourd, Sweet oil, a little chilli powder, a little plain flour, salt to taste.

Remove the skin of gourd and cut it into 2" strips, again cut these strips into  $\frac{1}{2}$ " strips. (i.e. the pieces will be  $\frac{1}{2}$ " x  $\frac{1}{2}$ ") Apply salt and chilli powder and flour. Fry it on slow fire. These wafers are tasty and crisp when hot.

### *Triveni*

1½ cup black gram dal,  
1 cup moong dal,  
1 cup green peas (fresh),  
½ coconut,  
1 bunch coriander leaves,  
1 lemon,  
1 piece ginger,  
6 green chillies,  
Salt, sugar, Asafoetida, oil, Turmeric.

Soak both the dals separately and grind to a paste. Coarsely grind green peas. Scrap the coconut. Cut the coriander leaves. Take out the juice of lemon. Grind green chillies and ginger. To black gram paste add salt, pinch of Asafoetida and two spoons oil. Mix well. To moong dal paste add salt pinch of asafoetida oil, and turmeric. Fry the green peas in little oil for five minutes and then add salt, coconut, coriander leaves, juice of lemon, green chilly and ginger paste, two tea-

spoon full sugar. Wet a hanky and form two small puris of black grinded paste over it put little moong dal paste on top of one puri put a small ball of green peas massala cover with other puri secure finely and fry in hot oil till golden brown.

—KUMUDINI MASTER

### *Cashew-nuts Patra*

1 cup cashewnut,  
 $\frac{3}{4}$  cup sugar,  
25 grams walnuts shelled,  
1 table-spoon strawberry jam  
green colour.

#### *Method*

Wash the cashew-nuts and soak in water for few hours. Grind then to a fine paste. powder the walnuts. Heat the jam. To the cashew-nuts add sugar and dry the water on slow fire till it forms a soft ball. When cool add the green colour, mix it well. Roll the paste thinly and apply heated jam. Sprinkle powdered walnuts on top and roll. Cut into pieces.

—KUMUDINI MASTER

### *Vegetable Dahi Wadas*

200 grams boiled potatoes, (Mashed),  
100 grams french beans (finely cut and boiled)  
100 grams carrot,  
100 grams green peas shelled and boiled,  
 $\frac{1}{2}$  cup black gram dal,  
Salt, green ginger, green chillies, coriander leaves, garam masala,  
cummin seeds, sugar, curry leaves,  
3 cups curd, oil for frying.

Mix all the boiled vegetables with the mashed potatoes and add salt, finely cut ginger, and green chillies and coriander leaves, and one spoon of garam masala form balls of walnut size.

Soak black gram dal for 2 hrs. and grind it to a fine paste. Add water to make a thick barter and add salt to the paste.

Beat the curd and add some water finely cut green chillis, green ginger, coriander leaves, sugar, salt. Heat some oil and fry cummin seeds in it and also curry leaves. Throw this in the curd. Heat oil fry the vegetable balls after dipping in black gram paste to a golden brown colour. Dip the fried vadas in prepared curd. Serve cold.

—KUMUDINI MASTER

### *Green Peas Shell Vegetable*

Green peas shell

Salt, sugar, ghee, mills, green ginger, green chillies, garlic and soda bi-carb.

Take out the inner foil of the shell and wash. Heat some ghee and throw in the prepared peel and little soda. Cook on slow fire. When cooked add salt, finely cut green ginger, chillies, garlic, sugar and 1 cup milk. Simmer for five minutes and serve.

—MRS. J. NAGARSHETH

### *Green gram Husk Vada*

1 cup green gram Husk

2 big potatoes.

Salt, green chill, green ginger, lemon, coriander leaves, mint leaves, curry leaves, turmeric powder, oil for frying.

Boil the husk and potatoes. Peel and mash the potatoes. Mix in the boiled husk and all the above ingredients. Divide in small ball. Press and fry in hot oil. Serve hot.

—MRS. J. NAGARSHETH

### *Chikoo Lotus.*

3 Semi ripe chikoos.

1 Tb. sp. custard powder.

2 Tb. sp. milk.

1 Tb. Sp. Sugar.

Silver foil.

Peel chikoos Take out the seeds cut in scalloped fashions. Prepare the custard and fill the scooped centre of the chikoos. Stick silver foils Refrigerate and serve cool.

—MRS. J. NAGARSHETH

### *Bananas Puri (बनवा)*

$\frac{1}{2}$  cup Dhana Atta.

1 ripe green Banana.

Salt, Chilli powder, Turmeric powder, Lemon juice, Ghee for frying.

Wash the bananas and mix in the flour and all the other ingredients. and bind to a stiff dough. Divide in small balls and flatten each ball on hand and fry in hot ghee.

—MRS. J. NAGARSHETH

### *Corn Chillies*

1 cup Maida.

18 Corn cobs

25 grms. green chillies and ginger.

Til seeds, garam masala, sugar, corriander leaves, dry mango powder or citric acid, Soda bi-carb, salt and oil.

Grind the corriander leaves, add salt, grinded corriander and little oil to the flour and bind to a dough. Scrape the corn from the cobs. Heat some oil and throw in some till seeds. When they start spluttering throw in the corn and little soda-bi-carb and little water. Fry till cooked. Take off fire and add all the masala. Divide dough in small balls and roll puris. Fill the prepared cores in the puri and shape like chillies and fry in hot oil.

—MRS. J. NAGARSHETH

### *Masoor Dal Rolls*

1 cup masoor Dal.

$\frac{1}{2}$  Beet root.

200 grs. French beans.

2 Tbl. sp. wheat flour coarse

1 bunch corriander leaves.

Salt, Lemon, green chillies and ginger, Soda-bi-carb and oil.

Soak dal for four hours. Boil the dal with beet root in the required amount of water. When cooked mash and add to it salt, lemon juice and flour. Keep aside finely cut and boil the french beans, heat some oil and throw in the boiled French beans, stir and take off fire and add to it salt, crushed chillies and ginger, juice of lemon, and corriander leaves. Roll the dal paste to a big chapatti and spread the French beans mixture on it, roll and cut into pieces. Press each piece and fry in pot oil.

—MRS J. NAGARSHETHI

### *Green peas Malpua*

1 Kg. Green Peas.

$\frac{1}{2}$  Cup Rice flour.

1 Cup Gram flour.

4 Green Chillies.

Salt, Turmeric powder, Chilli powder, Ghee for frying.

Mix both the flours and prepare thin batter, shell the peas, grind the chillies, mix in the batter shelled peas, green chillies, salt turmeric, and chilli powder. Heat ghee in a frying pan and fry 1 big spoonful at a time. When done serve immediately.

—RAJASTHANI MAHILA MANDAL

### *Vegetable Cone*

$\frac{1}{4}$  Kg. Maida

Ghee

Cone mould.

Add 1 Tb. sp. ghee to maida and bind to a dough. Roll a piece of dough to a big chappati, cut in 1 inch stripes, grease the mould and

wrap the stripe round the mould. Fry in hot ghee with the mould, Slip off the mould and fry till crisp. Fill the cones with potato mixture or chole or Russian salad etc. and serve.

—RAJASTHANI MAHILA MANDAL

### *Chinese Plait*

4 oz. Maida.	$\frac{1}{4}$ Tb. Sp. Cinnarron powder.
$\frac{1}{2}$ oz. Butter	4 oz. Sugar
1 Tb. sp. Baking power	$\frac{1}{2}$ cup Milk.

Ghee for frying.

Mix all the above ingredients to the flour and bind the dough. Roll the dough into big chappati and cut  $\frac{1}{4}$  stripes. Take three such stripes and plait. Make the syrup of sugar, cut the prepared plait to 3" size and fry in hot ghee. Dip in sugar syrup and serve on a plate.

—RAJASTHANI MAHILA MANDAL

### *Dal Bhata*

(Dal Boiled in Rice)

Gram Dal  $\frac{1}{4}$  kg.

Cocoanut

Green Chilli

Dhania leaves

Mustard Oil

Salt

Sugar

Soak dal in water for  $\frac{3}{4}$  hrs. Strain water and add, corriander leaves, cocoanut and green chilli and grind to a fine paste add required quantity of salt, little oil, little sugar and mix well wrap in plantain leaf and tie well so that water may not enter in.

In a big pan cook rice. When the rice is nearly cooked put the wrapped dal in the boiling rice. When the rice is cooked remove the wrapped dal and remove the leaf cut in slices and serve hot.

—BANGALI MAHILA SAMITI

### *Mochar Ghanta*

Mocha (Plantain flower)

Potatoes

Haldi powder

Dhania „

Jira „

Dry chilli „

Tejpata

Ghee

Garam masala

Cocoanut bits

Gram dal Bara

Sweet oil

Salt

Sugar

Cut the flower in to small bits and keep in water for 7/8 hours.

Cut the potatoes in bits.

Remove the flower from the water and boil in fresh water, drain the water. Mix a little haldi and salt, and keep aside.

Heat oil in the pan. When the oil is hot fry potato bits, take out then fry tejpatta cocoanut bits and powdered spices and salt, add the prepared flower and potatoes and little water cook on slow fire till water dries up. Add some ghee and garam masala mix and serve.

—BENGALI MAHILA SAMITI

### *Gokul Pitha*

(A Bengali Sweet)

Khoya

Cocoanut 1

Sugar  $\frac{1}{2}$  kilo

Currants  $\frac{1}{2}$  kilo

Ghee

A good amount maida.

Grate the cocoanut mix with the khoya and grind. Mix the currants with the above mixture and form into medium sized flat balls.

Make syrup with the sugar—not too thin. Mix the maida with water and prepare a thin batter as for bhajias. Heat the ghee nicely, dip each ball of khoya-cocoanut in the maida-batter and fry golden brown. Immediately dip them in the syrup. After sometime take them out and place in a plate with a little of the syrup.

Makes 35—40 flat round balls.

—BENGALI MAHILA SAMITI



### *Rash Vada*

Black gram dal (urud dal), Gur (Molasses) (Barishap) Ghee for frying.

Soak dal in cold water for 7 to 8 hours. Then grind it properly. Stir it untill it becomes jelly like and mix it up with mouri powder (Barishap powder). Then fry the Bara (small balls prepared out of it) in ghee. After frying dip them in syrup of gur (Molasses) for 4 to 5 hours.

—BENGALI MAHILA SAMITI

### *Dal with Vegetables*

Mugh dal, Cauli-flower, Pumkin, Sweet-potato, Papdi, Green chillies, Haldi-powder, chilli-powder, Dhania-Jira powder, Tajpata, Pauch masala, Salt.

Roast mugh dal, cut all the vegetables. Cook dal in boiled water. When the dal becomes half-boiled add all cut vegetables, salt, haldi. powder, chilli-powder, dhania-jira powder, one or two green chillis. When cooked, keep it aside and heat little oil in another pan, put Pauch Masala (jira, kala-jira, methi, joan, barishap) and tejpata in it and put the entire quantity of vegetable dal in it and keep it for 2 to 3 minutes. Take off fire and serve.

—BENGALI MAHILA SAMITI

### *Sweet Pancakes* (Patisapta)

For Batter

1 Cup Dhan Atta or Suji

1 Cup Wheat flour

1 Tb. Sp. Sweet oil

Small lump of Gur or 2 Tb. Sp. Sugar

1 Cocoanut grated.

Sugar or gur little Khoya if desired.

Mix the gur and cocoanut and khoya and heat on slow fire till the mixture leaves the sides, keep the filling aside.

Mix all the above ingredients and make a smooth batter with water or milk.

Heat a Tava and smear little oil on it when the oil smokes pour a dessert spoonful batter on it and spread it thinly with a ladle in a round shape, put some filling on the prepared round and roll it and serve in a plate. Prepare all the pancakes in the same way.

—BENGALI MAHILA SAMITI

### *Potato peel Suki Bhaji*

1 Cup Potato peel.

$\frac{1}{4}$  Cocoanut grated

1 Tb. sp. poppy seeds

1 Tb. Sp. Kalonji seeds

2 Dry Chillis.

Salt, turmeric powder, chilli powder, oil

Heat some oil in a sauce pan, add dry chillies and kalonji seeds. When the chillies change colour, put in cut peel little salt and turmeric powder and chilli powder. Fry on slow fire till tender. Add cocoanut and grounded poppy seeds mixed with water. Go on stirring till the mixture is light brown and serve hot.

—BENGALI MAHILA SAMITI

### *Green Banana-skin Vada*

Boiled green banana skin.

A little flour, or whole wheat flour, or gram flour or any kind of flour to bind.

Turmeric powder

Red chilly powder or green chillis mixed according to taste.

Salt.

A pinch of sugar to taste

Poppy seeds.

Oil for frying.

Grind boiled green banana skin to a smooth-paste without adding water. Mix all the ingredients, adding a little or a few drops of oil

to flour ; make a soft dough. Divide in equal portions, flatten, roll in poppy seeds, fry in oil until golden brown on low fire, serve hot.

—BENGALI MAHILA SAMITI

### *Palak Bhaji*

- |                        |                           |
|------------------------|---------------------------|
| 1 Kilo Palak           | ½ Kilo tender brinjal     |
| ¼ Kilo Green peas      | A piece of ginger         |
| 6 Green Chillis        | 4 Flakes of garlic,       |
| 4 Tb. Sp. Oil          | 1 Tb. Sp. Pure Ghee       |
| 1 Tb. Sp. Mustard seed | 1 Tb. Sp. Sugar and Salt. |

Clean and cut palak, wash well and soak in water for 15 minutes. Cut brinjal small cubes, shell peas, grind ginger to a very fine paste. Heat oil a sauce pan. When the oil smokes add brinjal, fry brinjal till tender and brown. Take out and keep aside.

Now add pure ghee in it, when ghee is heated, put in mustard seeds, green chillies and flakes of garlic. Add chopped palak, sugar, salt paste or ginger, peas, stir well. Cover the pan sauce cook till palak is very tender and dried up. Do not add water. Add fried brinjals. Mix well, serve hot with rice or chappaties.

—BENGALI MAHILA SAMITI

### *Pumpkin Leaves Bada*

6 Pumpkin leaves.

1 Cup of steamed Vegetables.

(Potato, carrot and peas) or any other vegetables as desired.

1 Tb. Sp. Grated Cocoanut,

1 Tb. Sp. Poppy seeds,

2 Green Chillies

1 Tb. Sp. Mustard Oil,

Salt to taste and oil to fry.

For dipping prepare besan as usual.

Wash the pumpkin leaves thoroughly and keep them aside for some time. When it is dried sprinkle a bit of salt. Grind all the

masa'a and mix it with steamed vegetable and mustard oil. Now put a lump of this in the pumpkin leaf and fold it. Dip it in besan and fry it, serve hot.

—BENGALI MAHILA SAMITI

### *Modak*

1 Cup Rice flour

To make rice flour, wash rice and dry at night, grind and make flour.

### *Cocoanut Filling*

Grate cocoanut, mix with sugar, almonds, rasins, cardamoms.

Take one cup of rice flour and one cup of water, boil the water add pinch of salt, and  $\frac{1}{2}$  tea spoon of oil. Add rice flour to the cup of water and mix well, make dough.

Make a small ball and fill it with cocoanut and then steam it.

—MRS. INDUMATI KHER

### *Thali-pith*

1 Kilo Rice

$\frac{1}{4}$  Ki'o Channa dal

$\frac{1}{4}$  Kilo Black grain

$\frac{1}{8}$  Kilo Wheat

$\frac{1}{8}$  Kilo Jawar

$\frac{1}{8}$  Kilo Bajree

2 oz. Cummin seeds

2 oz. Dry Coriander Seeds

1 oz. Fenugreek seeds.

1 oz. Cinammon stick

1 oz. Cloves

$\frac{1}{2}$  oz. Black Pepper.

$\frac{1}{4}$  Tea Sp. Turmeric powder

$\frac{1}{2}$  Tea Sp. Red Chillie

$\frac{1}{2}$  Tea Sp. Salt.

Green Chillies

Oil for frying.

1 oz. Curds

1 oz. Oil.

—MRS. INDUMATI KHER

Roast the cereals and dry masala separately and grind coarsely. (You can keep this flour for more than two months). Take one cup of flour. Cut up 1 big onion, 2 green chillies, add Turmeric and chilli powder, salt to taste. Add one oz of curds and little oil and mix with water. Make dough roll out in a round shape directly on the frying

pan, add little oil on it and cover up. Then turn and let it cook. Serve with a nob of butter.

### *Puran Poli*

1 Cup Gram Dal	$\frac{1}{2}$ Cup Oil
1 Cup Jaggery	1 oz. Cardamoms.
1 Cup Maida	Salt to taste.
	Ghee

Boil one cup channa dal, until done and drain the water. add one cup jaggery, salt to taste. Let it mix on fire then cool it. Grind it to paste. Make maida dough ready knead well with oil at least two hours before making the poli. Make a ball and put the dal filling and roll out a chapati and fry in ghee.

—MRS. INDUMATI KHER

### *Chutney Turya—Gourd*

100 Gm. Turya skin	10 Gm. Til seeds
4 Green chilli	Sugar to taste
Corriander leaves	Salt to taste
$\frac{1}{4}$ Table Spoon Turmeric powder	Grated Cocoanut
$\frac{1}{2}$ Table Spoon Red Chilli	1 oz. Sour lime and Oil

Fry the Turya skin with til seeds, chilli pieces. Corriander, salt and sugar to taste. Turmeric, grated cocoanut and grind to paste squeez lime juice.

—MRS. INDUMATI KHER

### *Arvi Leaves*

Arvi leaves with stems	
4 Green chillies	
2 oz. Gram Dal	} Soak overnight before cooking
2 oz. Pea nuts	
Cocoanut	Juice of half cocoanut
2 oz. Tamarind	1 oz. Jaggery
2 oz. Gram dal flour	$\frac{1}{2}$ oz. Asfoetida
$\frac{1}{2}$ oz. Mustard seeds	Salt to taste
1 Tea-spoon Red chilli powder	$\frac{1}{2}$ Tea-spoon turmeric powder.
1 oz. Oil.	

Cut up arvi leaves and stems very finely. Brown the vegetable on oil and add gram dal and peanuts and let it cook until soft with chilli pieces. After cooking the above add cocoanut milk, tamarind water, jaggery and boil.

Add little gram flour mixed in water and boil. Fry garlic in oil. Asfoetida and mustard seeds and pour the mixture in it and let it boil.

—MRS. INDUMATI KHER

### *Bamboo Shoots Vegetable*

250 gm. Bamboo shoots	100 gm. Tur dal
Salt to taste	$\frac{1}{2}$ Tea-spoon Chilli powder
$\frac{1}{4}$ Tea-spoon Turmeric powder	1 oz. Jaggery
1 oz. Cocoanut grated	1 pinch Asafoetida
$\frac{1}{4}$ Tea-spoon Mustard seeds	

Cut up bamboo shoots very finely and soak in water overnight. Soak tur dal for one hour. Boil together with grated cocoanut, chilli powder, turmeric powder and jaggery and salt to taste.

Lastly fry mustard seed and asfoetida powder in oil and put in all the boiled bamboo shoot and Turdal and stir well.

### *Banana Flower*

250 Banana flower	$\frac{1}{2}$ Tea-spoon Masala
1 cup Butter milk	"
2 oz. Dry peas or chana dal	$\frac{1}{4}$ " Turmeric powder
1 oz. Jaggery	$\frac{1}{2}$ " Red chilli powder
2 Tea-spoon Salt	$\frac{1}{4}$ " Asafoetida
$\frac{1}{2}$ Tea-spoon Mustard	

Clean and cut the banana flower and soak in buttermilk overnight. So that it does not get black. Cook with chana dal and add salt, jaggery, masala, turmeric powder. Then fry mustard and asfoetida in oil and add cooked ingredients.

—MRS. INDUMATI KHER

### *Annarsa*

500 Gm. Rice or Sama	375 Gm. Jaggery
375 Gm. Sugar	Ghee for deep frying
20 Gm. Poppy seeds.	

Soak rice in water for four days, change water everyday on the fourth day drain and spread rice on cloth. When slightly damp, pound and make flour. Make sugar to powder (Grate the Jaggery). Mix flour and sugar and add little ghee warmed. Keep in a tin. Use only after 8 or 10 days. When making Annarasa make small balls and roll out in small flat cakes put poppy seeds on one side. Fry in ghee with poppy seed side up. Keep on paper so that extra ghee is drained off.

—MRS. M. B. PATKI

### *Mirgund—Pava—Bundi*

1 Kilo Pava	1 Tola Til seeds.
¼ Tola Soda-bi-carb	1 Tola Cummin seeds
¼ Tola Asafoetida	

Roast Pava with cummin seed and til seeds, and grind to flour. Add salt and red chilli powder. Take one cup of boiling water and add one cup of flour and make dough Pound and mix well and make small " bundi " with hand and fry in oil.

—MRS. MALTI MULE

### *Date and Sweet Potato Cake*

200 gms. Sweet potatoes	1 Table-spoon Butter
125 ,, Dates	1 Baking powder
50 ,, Cashew nuts	

Boil sweet potatoes, peel and mash to a fine pasted crush the dates. Powder the cashew nuts. Mix all the above three and add butter and baking powder. Mix well. Grease a cake tin and put in the mixture and bake in hot oven till done. Serve when cold.

*Note* :—Raisins and pieces of crystalized fruits may be added if desired.

—SARALABEN DHABLIWALA

### *Groundnut Milk Thandai*

Thandai Masala	12 Almonds
12 Pistachios	12 cardamoms
Few pumpkin seeds	Black pepper seeds
2 Table-spoon Sugar	1 cup Groundnut seeds
5 Cups water	

Roast the groundnut seed and grind them to a fine powder. Soak this powder in 3 cups of water. Mix it in the mixer or egg beater and strain the milk. Add another 2 cups of water and take out the milk in the same way. Keep the residue aside.

Grind the thandai masala mix in some milk and strain. Repeat this process two or three times. Cool the mixture and serve cold. More sugar may be added if desired.

*Note* :—Ground nut milk has very high protein value. The ground nut residue need not be thrown away. Chikki or any other thing can be prepared from it.

—SARALABEN DHABLIWALA

### *Kandno Handvo (CAKE)*

500 gms. Kand (Surti)	500 gms. mix vegetables and
1 cup oil	green peas, French beans and
25 gms. Coarse wheat flour	carrots
750 ,, curd	

Green chillies, ginger, coriander leaves and salt as required. Peel and cut kand, steam and scrape it. Shell the peas and cut French beans and carrots. Steam all the vegetables.

Mix the prepared kand and vegetables add all the masalas. Grease a cake tin and put in the mixture. Heat some oil and pour over it and bake in an oven till done. Bind the curd in a clean cloth and drain the water for two to three hours, cool and pour the curd over the prepared cake. Spread it properly and decorate with green peas and coriander leaves.

—SARALABEN DHABLIWALA



### *White Pumpkin Peel Chutney*

White pumpkin peel (Doodhi)	Dry cocoanut
Til seeds	Salt
Red chillies	Curry leaves and Tamarind
Little oil	

Weigh the peels and the masala should be half of the peel. Fry the peel in little oil till crisp in the same way fry the other ingredients. Mix and grind with salt and tamarind.

—SARALABEN DHABLIWALA

### *Gram Dal Pancake*

1 cup Gram flour	Corriander leaves
Chilli powder	Green chillies and salt according to take
Oil for frying	
Pancake mould of desired shape.	

Prepare butter by mixing water to the flour. Add all the masalas. Heat oil in a pan dip the mould in the butter and dip in nut oil. Fry till crisp. Serve.

—SARALABEN DHABLIWALA

### *Banana and Pumpkin Peel Vegetable*

White pumpkin peel	Banana peel
Turmeric powder	Salt
Corriander leaves	Cocoanut
Dhania jeera powder	Chilli powder
Oil	Mustard seed

Cut both the peels finely. Heat some oil throw in little mustard seeds, when they start spluttering put in pumpkin peels add some soda and cook on slow fire. When tender add banana peel and all the other ingredients. Mix well and keep on fire for 2 minutes. Serve with a piece of lemon.

—SARALABEN DHABLIWALA

# OUR

We are pleased to present a glossary of names of

Name of food stuff	Hindi	Tamil	Telugu
ARISITHIPPILI		Arisithippili	
ASAFOETIDA	Hing	Perungayam	Inguva
CARDAMOM	Elaychi	Elakkai	Elakkayi
CINNAMON	Dalchini	Kandathippili	
GREEN CHILLIES	Hari Mirchi	Pachai milagai	Pachi mirapakayi
RED CHILLIES	Lal Mirch	Milagai vathal	Endu mirapakayi
DRY CLOVES	Laung	Kirambu Lavangam	Endu lavangalu
GREEN CLOVES		Pachai Kirambu	Pachi lavangalu
CORIANDER	Dhanja	Kothamalli virai	Dhaniyalu
CUMMINSEEDS	Zira	Jeeragam	Jeelakara
FENUGREEKSEEDS . .	Methi	Venthayam	Menthulu
DRY GARLIC		Ullipundu	Vellulli
FRESH GINGER	Adrak	Inji	Allam
KANDANTHIPPILLI.		Kandanthi-ppilli	
LIME PEEL	Neelre ka chpilakai	Elumicham thol	Nimma-thokku
MACE	Javitri	Jathipathiri	Japathri
NUTMEG	Jaiphal	Jathikai	Jajikai
OMUM	Ajwain	Omum	Vamu
GREEN PEPPER		Pachai milagu	Pachi miriyalu
DRY PEPPER	Kalimircha	Milagu	Endu miriyalu
TAMARIND PULP	Imli	Puli	Chintha-pandu
TURMERIC	Haldi	Manjal	Pasupu

# CONDIMENTS

cooking ingredients in different regional languages in this.

Marathi	Bengali	Gujarati	Malayalam	Kashmiri
..	Pipul	..	Arisithippili	..
Hing	Hing	Hing	Perungayam	Yangu
Velchi	Elachi	Elaychi	Elathari	Aa'l Budu'a aal
..	..	..	Ana-Thippali	..
Mirchi hirvi	Kancha lanka	Lila marcha marcha	Pacha mulaku	Myool martsu Waungun
Mirchi lal	Sukna lanka	Sukvela marcha	Kappal mulaku	Warazul martadi
Luvang	Sukna labanga	Lavang	Karambu	Ru'ang
Luvang	Kancha labanga			
Dhane	Dhania	Kothmir libdhana	Kotham balari	Daaniwal
Jira	Zira	Jiru	Jeerakam	Zyur
Methi	Methi	Methi	Uluva	..
Lusoon	Lasan	Rashun	Vellulli	Ruhan
Ale	Adu	Ada	Inji	
Mire		Pipul	Kandanthi-ppalli	
Limbsal	Limbuni chhal	Lelrer-khoshu	Cherunar angatholu	
Jaypatri	Jayitri Jayphal	Javantri	Jathipathri	Jalwatur
Jaiphal	Jaiphal	Jayphal	..	Zaaphal
Onva		Joan	Omam	Jaaweni
Mire		Kancha golmarich	Kacha kuru mulaku	
..	Mari	Sukna golmarich	Amli	Maruts
Chinch		Tentul	Puli	Tambe'r
Hulad	Haldhar	Halud	Manjal	

# OUR LEAFY AND

## A GLOSSARY OF TERMS IN

Name	Hindi	Tamil	Telugu	Kannada
CABBAGE	Band gobee	Muttacose Kose keera;	Goskura	Matle Kosu
CORIANDER .. LEAVES	Dhania	Kotham- alli	Kottimiri	Kotham bari
CURRY LEAVES	Gandhela	Karu veppilai	Karive paku	Karibevu
LETTUCE	Salad			
MINT	Paudina	Pothina	Pothina	Pudina
NEEM		Veppailai	Vepa	Bevu
SPINACH	Palak	Pasalai keerai ; Kothu pasalai	Dumpa bucchale	
BEET ROOT ..	Chequan- dar	..		
CARROT	Gajar	Manjal mullangi	Pechcha mullangi	
COLOCASIA	Arwi	Seppan kizhangu	Chama dumpa	Keshave
ONION	Pyaz	Vengayam	Nirulli	Erulli
POTATO	Alu	Urulai kizhangu	Urula gaddah Alu gaddalu	Urula gadda
RADISH ..	Muli	Mullangi	Mullangi	Mullangi
SWEET POTATO	Shakar- quand	Sarkarai valli kizhangu	Dumpalu ; Chelagada dumpalu ; Ratnapuri gadda	Genasu
YAM .. (elephant)	Zamin kand	Senai kizhangu	Surei kanda	Dodda Suvarna gedda

# ROOT VEGETABLES

## DIFFERENT REGIONAL LANGUAGES

Oriya	Marathi	Bengali	Gujarati	Malayalam	Kashmiri
Bhandha kopee	Kobi	Bandha kopee	Kobi	Mutta gose	Band-goobee
Dhania	Kothimbir	Dhane sag	Kothmer ; Dhana	Kothamalli	Daaniwal
Bhrusunga patra	Kadhi limb	Bursunga	Mitha-limbdo	Karivepila	
Leteus saga		Salad pata	Salat	Uvar cheera	Salaa'd
Podana patra	Pudeena	Pudina sag	Fudina	Mint	Pudynn
Nima	Kodu limb	Neem pata	Limdo	Arya Veppila	
Palanga saga	Palak	Palang sag	Palak	Vasala-cheera	Paalakh
Bitra	Beet	Beet	Beet	Beet root	
Gajara	Gajar	Gajar	Gajar	Karat	Gaazur
Saru	Alu kanda	Kochu	Alvi	Chembu	
Piaja	Kanda	Pyaj	Dungli	Ulli	Gandu'
Alu	Batata	Alu	Batata	Urula kizangu	Oloo
Mula	Mula	Mulo	Mula	Mullangi	Muj
Kanda mula	Ratale	Rangalu	Sakkaria	Chakkara kizhangu	
Hatikhojia Alu	Suran	Ol	Suran	Chena (valuthu)	

# OUR PULSES

## A GLOSSARY OF TERMS IN

Name	Hindi	Tamil	Telugu	Marathi
BENGAL .. GRAM, WHOLE	Chana	Muzhu kadalai	Sanagalu	Hurbhura
BENGAL GRAM ROASTED, dehusked	Bhuna chana	Pottukada- lai (Pottu necki)	Putnalu pappu	Futana
BENGAL GRAM DAL	Chana ki dal	Kadalai paruppu	Pacha Sa- naga pappu	Harbharya- chidal
BLACK GRAM DAL	Urd dal	Ulutham paruppu	Minapa pappu	Uddachi dal
COW GRAM ..	Lobia bada	Karamani	Alachanda- lu	Kuleeth
FIELD BEAN. .. DRY	Val	Mochai	Adavichi- kudu	Walpapdi
GREEN GRAM WHOLE	Mung	Pachaipa- yaru ; Pa- sippayaru	Pesalu	Mug
GREEN GRAM	Mung dal	Pasiparup- pu; Payat- tham pa- ruppu	Pesara pappu	
HORSE GRAM. .	Kulthi	Kollu	Ulavalu	Kuleeth
KESARI DAL ..	Lang dal	Vattuparu- paruppu Khesari paruppu	Lamka pappu	Lakh dal
LENTIL ..	Masoor dal	Mysore paruppu	Misur pappu	Masur
PEAS, DRIED	Bada mattar	Pattani	Endu batani	Vatana
PEAS, ROASTED	Bhuna mattar	Varutha pattani	Vepudu batani	..
RAJMAH ..	Fransbean	..	..	..
RAWAN ..	Lobhia	..	..	Chawali
RED GRAM ..	Arhar dal	Tuvaram paruppu	Kandi pappu	Toor
SOYA BEAN ..	Bhat	..	..	Soya

# AND LEGUMES

## DIFFERENT REGIONAL LANGUAGES

Bengali	Gujarati	Malayalam	Kannada	Kashmiri	Other Names.
Chola (Gota).	Chana	Kadala	Kadale	Chanu'	Chickpea ; Garbanzo
Bhaja boot (chhatu)	Futana	Varutha kadala	Huri Kadale	..	Vepudu sanaga pappu
..	..	..	Kadalebele	..	..
Mashkalai (Chhata); Kalai Barbati	Aalad	Uzhunnu	Uddina	Maha	Urid
		Payar	Thadaguni		Flat gram ; Cowpea ; Ghanghra
Sukna sim	Walpapdi	Mochhak- kotta	Avare	..	Kaduwal
Mug	Mag	Cheru- payaru	Hesaru kalu	Muang	..
..	..	..	Hesara bele	..	
Kulthi kalai Khesari	Kuleeth  Lakh ; Lang	Muhhira  Khesari	Huruli		Kulat Kur- thi sattoo ..
Masuri	Maşur	Masura payaru	Masur bele	Musur	Masur mah
Sukhna matar	Vatana	Pattani payaru un- angiyathu	Vona batani	Kara'	Mator ; Kabli matar
Bhaja matar	—do—	Pattani payar varuthathu	Hurida batani		..
Barbati	..	Rajmah		Raazmaha	..
Barbati sim	Chola	Rawan	..	..	..
Arhar dal	Tur ; Tuver	Thuvara	Thugare bele	Arhar	Pigeon pea
Gari kalai	Soya	Soya bean			..

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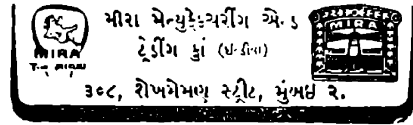
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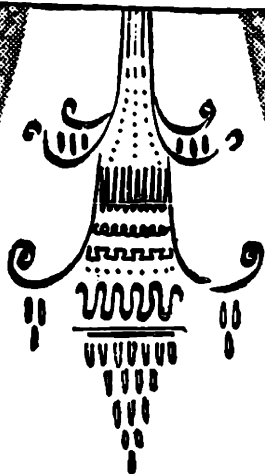
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नाइवाहज्ज किंचण ॥ १ ॥

1. Do not injure any Living being.

सब्बे पाणा पियाउया सुहसाया दुक्खणडिकूला अप्पियवहा  
पियजीविणो जीविउकामा सब्बेसि जीवियं पियं ॥ २ ॥

2. All living beings love their (own) life desire (crave for) pleasures, and are averse to pain; they dislike any injury to themselves; everybody is desirous of life, and to every living being, his own life is very dear.

समया सब्बभूएसु सत्तुमित्तेसु वा जगे ।  
पाणाइवायविरहे जावज्जीवाए दुक्करं ॥ ३ ॥

3. Impartiality (equanimity) towards all living beings in the world, whether friends or foes and life-long (total) abstention from injury to living beings, is a vow difficult to observe,

FROM TEACHINGS OF LORD MAHAVIR