



Lexicon
Institute of
Hotel Management

Presents

KITCHEN TALES

RECIPES WRAPPED IN
WARM MEMORIES



About Us:

Lexicon Institute of Hotel Management, Pune

Lexicon Institute of Hotel Management (Lexicon IHM) stands as a beacon in the field of Hospitality Management, founded on the ethos of being 'By the Hoteliers, For the Hoteliers.'

Lexicon IHM is meticulously crafted to cater to the exacting standards of the Hotel Industry, with a primary focus on shaping individuals into 'Day Zero Professionals,' which signifies the commitment to providing students with a comprehensive blend of theoretical knowledge, practical skills, and experiential learning opportunities. Through collaborative efforts with industry mentors and dedicated faculty, students are groomed to seamlessly transition into their careers.

At Lexicon Institute of Hotel Management, we nurture dreams and cultivate future hospitality leaders. The curriculum encompasses Food & Beverage, Culinary Arts, Front Office Management, Digital Marketing, Housekeeping, and expertise in Wines & Spirits and Cocktails, ensuring comprehensive preparation for aspiring hospitality leaders.



Preface:

Welcome to 'Kitchen Tales: Recipes Wrapped in Warm Memories,' where flavors meet feelings.

In this Book, we take you on a flavorful odyssey that not only tantalizes the taste buds but also stirs the soul with heartwarming memories. Each recipe shared within these pages is more than just a list of ingredients and instructions; it's a story waiting to be told. From diverse locales, each dish represents a cherished memory, a cultural tradition, or a special moment shared with loved ones.

As you flip through the pages of 'Kitchen Tales,' you will discover rich flavors and experiences, each as unique as the individuals who contributed to them. From comforting classics to innovative creations, there's something to delight every palate. But beyond the recipes themselves, this book is a celebration of community, connection, and the joy of sharing food with others. Whether you're a seasoned chef or a kitchen newbie, these stories and recipes inspire you to create unforgettable memories around the table.

So, gather your ingredients, fire up the stove, and let the magic of 'Kitchen Tales' transport you to new culinary experiences!

Bon Appétit!



Foreword



Mr. S. D. Sharma

Chairman - The Lexicon Group

At Lexicon IHM, we believe that food isn't just sustenance; it's a canvas upon which memories are painted, and each dish crafted is an artwork in itself. As a hotel school founded on the ethos of 'By the Hoteliers, For the Hoteliers,' we understand the profound importance of confidence in the kitchen, for it is the cornerstone of genuine hospitality.

"Kitchen Tales: Recipes Wrapped in Warm Memories" is more than just a collection of recipes; it's a testament to the transformative power of food in our lives. Each recipe contained within these pages is not only steeped in tradition but also brimming with emotion, offering not just culinary guidance but also the poignant story behind the dish. In recreating these cherished recipes, you're not merely cooking; you're immersing yourself in the love and warmth they represent, weaving new memories with each stir of the spoon and dash of seasoning.

Kitchen Tales isn't just a cookbook; it's your companion on a journey of culinary discovery and self-discovery. It embraces the joy of cooking, serving as your trusted guide in the kitchen and nurturing a sense of accomplishment with every perfectly executed recipe. With each dish you create, you'll not only hone your culinary skills but also gain the confidence to craft lasting memories, echoing the heartfelt stories found within these pages.

So, as you embark on this gastronomic adventure, remember that every dish you create is more than just a meal; it's a masterpiece of flavor, texture, and emotion—a reflection of the beautiful tapestry of memories that make up your life. Let "Kitchen Tales" be your inspiration as you paint your own culinary canvas, one delectable recipe at a time.



Foreword



Mr. Pankaj Sharma

President - The Lexicon Group of Institutes
and Chairman & MD, Pune Times Mirror,
Civic Mirror & MultiFit

At Lexicon IHM, we believe that hospitality is more than just a service—it's an art form, and the kitchen serves as its sacred sanctuary. It's a place where love gently simmers, where timeless traditions are lovingly passed down, and where the very essence of our stories takes shape.

"Kitchen Tales - Recipes Wrapped in Warm Memories," embodies this profound ethos, encapsulating the soulful essence of what we endeavor to instill in our students. Within the pages of this enchanting collection, you'll encounter not mere recipes, but rather heartfelt narratives woven around each dish—a rich fabric of emotions and memories waiting to be unfolded.

Here, we celebrate the culinary journeys that traverse generations, the bonds of friendship strengthened over shared meals, and the tender moments when couples carve out new traditions together. These are the narratives that breathe life into every dish, infusing them with meaning beyond mere ingredients.

As you delve into "Kitchen Tales," we invite you not only to recreate these cherished recipes but also to inscribe your own stories upon its pages. Let the fragrant aroma of simmering spices transport you to cherished memories, and allow the act of cooking to transcend mere sustenance, becoming a conduit that bridges generations and cultures alike.

May each dish you create become a testament to the enduring power of love, tradition, and shared moments around the table.



Foreword



Mr. Neeraj Sharma

Vice Chairman, The Lexicon Group & Director,
Pune Times Mirror, Civic Mirror & MultiFit

At Lexicon IHM, an institution committed to nurturing the next generation of hospitality visionaries, we understand the profound therapeutic quality inherent in food. "Kitchen Tales: Recipes Wrapped in Warm Memories" beautifully encapsulates this essence. Each recipe within the book serves as a poignant reminder of the personal narratives that intertwine with food – tales of family, joyous laughter, and timeless traditions. It's a language that transcends generations, weaving together the fabric of our shared humanity.

As someone who finds solace and joy in the act of cooking, I am particularly drawn to the intimate nature of this book. It feels like a personal invitation to not only share recipes but to exchange stories and experiences – a delightful blend of flavors and memories.

With "Kitchen Tales" as your guide, embark on a journey of culinary exploration and self-discovery. Allow yourself to experiment with novel flavors and techniques, creating new memories that will be cherished for years to come. Let this book serve as a catalyst for your culinary adventures, fostering the warmth and connection that epitomize genuine hospitality – a principle deeply ingrained in every student of the Lexicon Institute of Hotel Management.



Foreword



Mrs. Deepti Sharma

Director - The Lexicon Group

Kitchen Tales isn't just about mastering dishes; it's about capturing the love and laughter that surrounds them. As you cook, imagine the stories behind each recipe and the family gatherings filled with joy. With every successful dish, you create lasting memories and a sense of connection for yourself and your loved ones.

Do you recall the tender embrace of Grandma's kitchen, where every crackle of spice meeting hot oil and every waft of irresistible aroma promised a culinary delight? "Kitchen Tales: Recipes Wrapped in Warm Memories" penned by Lexicon IHM isn't just a mere collection of recipes; it's a cherished treasure trove of nostalgia, a doorway to those heartwarming moments of yesteryears. Within its pages, each recipe serves as a whispered tale passed down through the ages, carrying with it the essence of love and laughter shared across generations.

These meticulously crafted recipes aren't just about mastering the art of cooking; they're about encapsulating the spirit of familial bonds and the joy that accompanies them. With each step carefully outlined, "Kitchen Tales" gently guides you through the culinary journey, inviting you to immerse yourself in the stories woven into every dish.

As you stand by the stove, conjuring up these beloved recipes, let your imagination wander to the cherished memories of family gatherings and shared laughter. With every successful creation, you not only honor the traditions of the past but also forge new connections and memories for yourself and your loved ones. Let "Kitchen Tales" be your guide as you embark on a culinary adventure filled with love, laughter, and the timeless magic of shared meals.



Foreword



Mr. Nasir Shaikh

Group CEO - The Lexicon Group of Institutes,
EduCrack & Easy Recruit+, Associate Editor -
Pune Times Mirror & Civic Mirror

Welcome to the delicious journey of "Kitchen Tales - Recipes Wrapped in Warm Memories," a culinary odyssey that transcends the mere act of cooking to embrace the rich legacy of memories woven around food. As the Group CEO of The Lexicon Group of Institutes, EduCrack & Easy Recruit + and the Principal of Lexicon IHM, it is my utmost pleasure to introduce this collection of recipes that not only tantalize the taste buds but also stir the soul with heartfelt reminiscences.

In our fast-paced lives, it's easy to overlook the profound role that food plays beyond mere sustenance. It serves as a conduit for cherished memories, a vessel through which we preserve and celebrate our cultural heritage, familial traditions, and personal milestones. Each dish in this compendium carries with it a story, a memory, a moment frozen in time – waiting to be revisited with every bite.

Throughout my journey in hospitality, I've witnessed firsthand the transformative power of food. It has the remarkable ability to transcend language barriers, bridge cultural divides, and evoke a symphony of emotions. Whether it's the aroma of freshly baked bread that transports you back to your grandmother's kitchen or the taste of a beloved childhood treat that ignites a spark of nostalgia, these culinary experiences shape our identity and connect us to our roots.

As you embark on your culinary adventure with "Kitchen Tales," my hope is that each recipe not only delights your palate but also stirs your heart. May the sizzle of the skillet and the simmer of the saucepan kindle fond memories and spark new ones. Let the laughter of loved ones, the joy of shared meals, and the warmth of cherished moments infuse every dish you create.

In the spirit of culinary exploration, I invite you to embrace the magic of cooking, not merely as a task but as a journey of discovery and connection. May the flavors of these recipes bring a smile to your face, just as they have to countless others, and may each bite be imbued with the essence of cherished memories. Here's to savoring the beauty of "Kitchen Tales" and to the countless new memories waiting to be created.

To Creating Memories & More...



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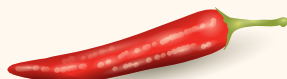

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Bhuana's Famous Dhokle

A recipe by
Palak Gurjar



INGREDIENTS

- 1 kg green wheat
- 1 ltr. water
- 1 Tbsp. oil
- ½ Tbsp. cumin
- ½ Tbsp. carom seeds
- 1 cup groundnuts
- 1 Tbsp. red chilli powder
- 2 green chillies
- 4 garlic buds
- ½ Tbsp. turmeric powder
- Salt
- Coriander

METHOD:

- First, roast the raw wheat and then grind it.
- Take a plate and put roasted green flour in it. Then add oil, cumin, carom seeds, groundnuts, turmeric powder, red chili powder, chopped green chillies, garlic buds, and salt to taste. Finally, prepare a stiff dough.
- Let the dough rest for some time.
- Place a steamer on the stove, keeping the flame low.
- Pour 1 glass of water into the steamer.
- Shape the dough into small round balls, apply oil on them, and place them inside the steamer.
- After 20 minutes, check if they're done. Take out the dhokla, sprinkle some coriander on top, and it's ready to eat.
- Serve dhokla with oil, chili, buttermilk, onions, and garnish with groundnuts if desired. Enjoy!

MY MEMORY OF THIS RECIPE:

I craved mom's dhoklas after college, and she whipped up a batch, my favorite. Inspired, I decided to learn to make them myself. These steamed dumplings are soft, flavorful, and delicious. Making them wasn't easy at first. I forgot salt once, and even accidentally set them on fire! I was ready to give up, but my mom's encouragement kept me going. Finally, I surprised her with a successful batch!

My parents loved it, and Dad even celebrated with a gift. This dhokla journey wasn't just about the recipe; it taught me perseverance, patience, and the importance of family. The funny mishaps, like the sugar-for-salt incident, just added to the sweetness of success. Who knew dhoklas could bring so much joy and laughter?



Black Pepper Chicken Sandwich

A recipe by
Arthur Joseph



INGREDIENTS

- 500gms minced meat (lamb or chicken)
- 2 onions, finely chopped
- 2 tomatoes, pureed
- 2 cloves of garlic, minced
- 1-inch piece of ginger, grated
- 1 green chili, finely chopped
- 2 Tbsp breadcrumbs
- 1 egg
- 1 Tbsp ginger-garlic paste
- 2 tsp cumin powder
- 2 tsp coriander powder
- 1 tsp turmeric powder
- 1 tsp chili powder
- 1 cup water
- Salt and pepper to taste
- Oil for frying
- Fresh coriander leaves for garnish

METHOD:

- Take boneless chicken, boil it, and cut the chicken into very fine pieces.
- Mix the chicken with black pepper, garlic, oregano, chili flakes, mayonnaise, and barbecue sauce.
- Spread butter on bread slices.
- Place a cheese slice on one bread slice.
- Spoon the chicken mixture onto the cheese slice.
- Top it with the other bread slice.
- Toast the sandwich until it is golden brown and the cheese melts.
- Serve hot and enjoy!

MY MEMORY OF THIS RECIPE:

My sister taught me how to make this sandwich, and it remains the best thing she has ever made for me. The taste of the sandwich is especially delightful during the winter season, as the hot filling warms your mouth. It's truly delicious. I remember how she would act haughty and insist that I bring all the ingredients, or else she wouldn't make it. I soon mastered the art of making it and prepared it almost every week while adding little improvements each time. I still tease her, saying that I can make a better sandwich than her. However, the reality is that the best sandwich I've ever had was the one my sister made for me.



Chicken Coriander Kebab

A recipe by
Vinita Sham Wadhvani



INGREDIENTS

- 500 gms chicken (Boneless Thigh)
 - 1 Tbsp lime juice
 - 1 Tbsp ginger garlic and green chilli paste
 - 100 gms hung curd
 - 30 gms cashew paste
 - 1 Tbsp coriander powder
- 1 Tbsp coriander seeds, crushed
 - 3 Tbsp mustard oil
 - 10 gms kasuri methi
 - 1 tsp garam masala powder
 - Salt to taste
 - Butter, for basting

METHOD:

- Cut the chicken thighs into cubes (3*3).
- Marinate the chicken thighs with lime juice, ginger garlic paste, hung curd, cashew paste, coriander powder, crushed coriander seeds, mustard oil, kasuri methi, salt, and garam masala powder.
- Marinate the chicken for 4 to 6 hours or overnight.
- Put the kebabs in the oven at 200 degrees Celsius for 15 minutes, and baste the kebabs with butter at intervals.
- Your Chicken Kebabs are ready!

MY MEMORY OF THIS RECIPE:

The aroma of chicken coriander kebabs sizzling on the grill brings back memories of warm summer evenings in my childhood. I can vividly recall the way my mother meticulously marinated the chicken with fragrant spices and fresh coriander leaves, infusing each bite with a burst of flavor. As the kebabs cooked, the irresistible aroma would waft through the house, drawing everyone to the kitchen in eager anticipation. When they were finally ready, we would gather around the table, eager to savor each juicy, tender morsel. Those moments shared with my family over my mother's delicious chicken coriander kebabs are etched in my memory as some of the fondest and most flavorful times of my life.



Dahi Vada

A recipe by
Vimal Singh



INGREDIENTS

- ½ cup white urad dal
- ½ tsp salt
- ¼ tsp asafoetida
- 1 tsp chilli powder
- 600 gms curd
- ¼ cup sugar
- 2 whole red chillies
- ½ teaspoon mustard seeds
- 5-6 curry leaves
- Tamarind chutney, as required
- Oil

METHOD:

- Soak urad dal in water for 6 hours. Drain the soaked dal and grind it into a fine paste with chili powder, salt, and asafoetida. The consistency should be similar to that of pakoda batter.
- Heat oil in a pan for deep frying. Drop small portions of the dal batter into the hot oil and fry until golden brown.
- In a bowl, mix curd with sugar, red chili powder, and salt until it achieves a creamy texture. Add water and mix well.
- Heat oil in a pan, add mustard seeds, whole red chillies, and curry leaves. Sauté for a minute and then add this tadka to the curd mixture.
- Once fried, soak the vadas in water for 2-3 minutes. Squeeze out excess water from the vadas and add them to the prepared curd mixture. Ensure that the vadas are thoroughly coated with the curd.
- Refrigerate the mixture for 3-4 hours, turning 1-2 times if necessary.
- Serve the vadas soaked in curd with tamarind chutney. You can also garnish with pomegranate seeds for added flavor and visual appeal.

MY MEMORY OF THIS RECIPE:

In 1987, while traveling by air from Bhubaneswar to Nagpur, we were served Dahi Vada for lunch in the aircraft. Although I never used to eat Dahi Vada, I gave it to my husband. After he took the first bite, he insisted I taste it. To my surprise, I found the sweet and sour taste of Dahi Vada so delicious that I ended up reclaiming the entire serving. My husband has a habit of encouraging me to recreate dishes he enjoys, whether from hotels or someone's home.

So, when he asked me to try making Dahi Vada at home, I decided to give it a shot. It was my first attempt, and it turned out fine. Everyone enjoyed it, but I wasn't entirely satisfied. Determined to enhance the flavor, I made it again, this time adding tadka to the Dahi Vada. The result was incredibly tasty, so much so that my husband declared it even better than what we had on the aircraft. This recipe was shared by my mom.



Grilled Chicken

A recipe by
Shivani Sawaiya



INGREDIENTS

- 1 kg cold-dressed chicken
 - 3 Tbsp fresh lime juice
 - 1 Tbsp cold pressed olive oil
 - 1 tsp soya sauce
- 5 gms chilli flakes
 - 5 gms Italian mix herbs
 - Salt as per taste

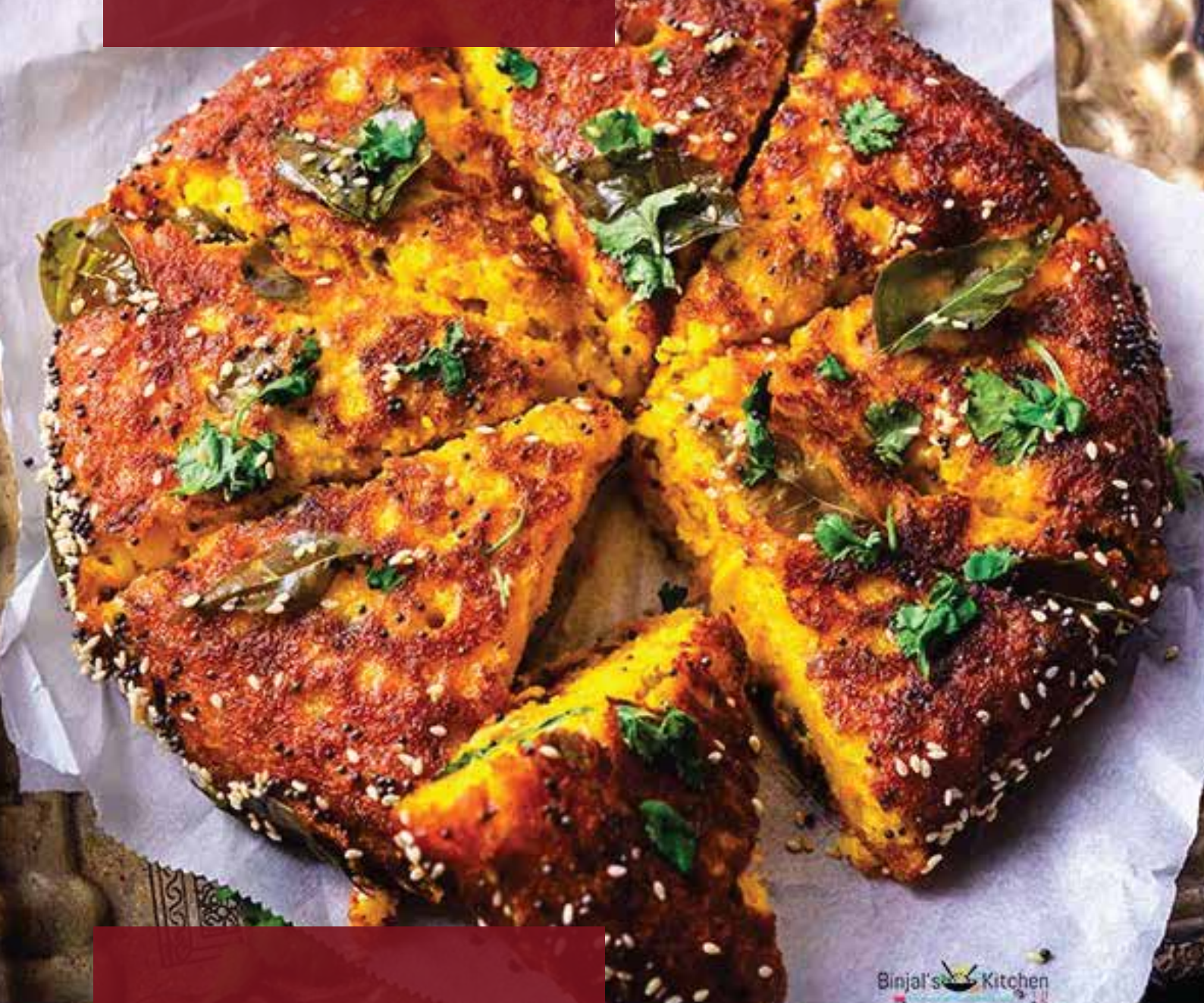
METHOD:

- Clean the cold-dressed chicken under fresh running water and pat dry with kitchen napkins.
- Mix all the other ingredients and marinate the chicken overnight, or for a minimum of 6 hours.
- Preheat the oven to 220 degrees Celsius.
- Place the marinated chicken in the preheated oven and bake for 45 minutes on one side.
- After 45 minutes, turn the chicken over and bake for another 30 minutes.
- Once cooked, remove the chicken from the oven and let it rest at room temperature for 5 minutes.
- Serve the soft and tender, flavorful grilled chicken with garlic mayo sauce, pita bread, and hummus.

MY MEMORY OF THIS RECIPE:

I remember my father often reminiscing about the amazing grilled chicken he had during a trip to Dubai. He would tease my mother about trying to recreate the dish, but it did not turn out like the original he had tasted. My mother would always say, "If you want it exactly alike, make it yourself." One weekend, I decided to cook the grilled chicken myself. I vividly recall the chaos and commotion in the kitchen, with my father's enthusiastic involvement and my parents' adorable arguments mixed in with the mess. It was a memorable experience, filled with laughter and delicious aromas.





Handvo

A recipe by
Rachna Nagevadia



INGREDIENTS

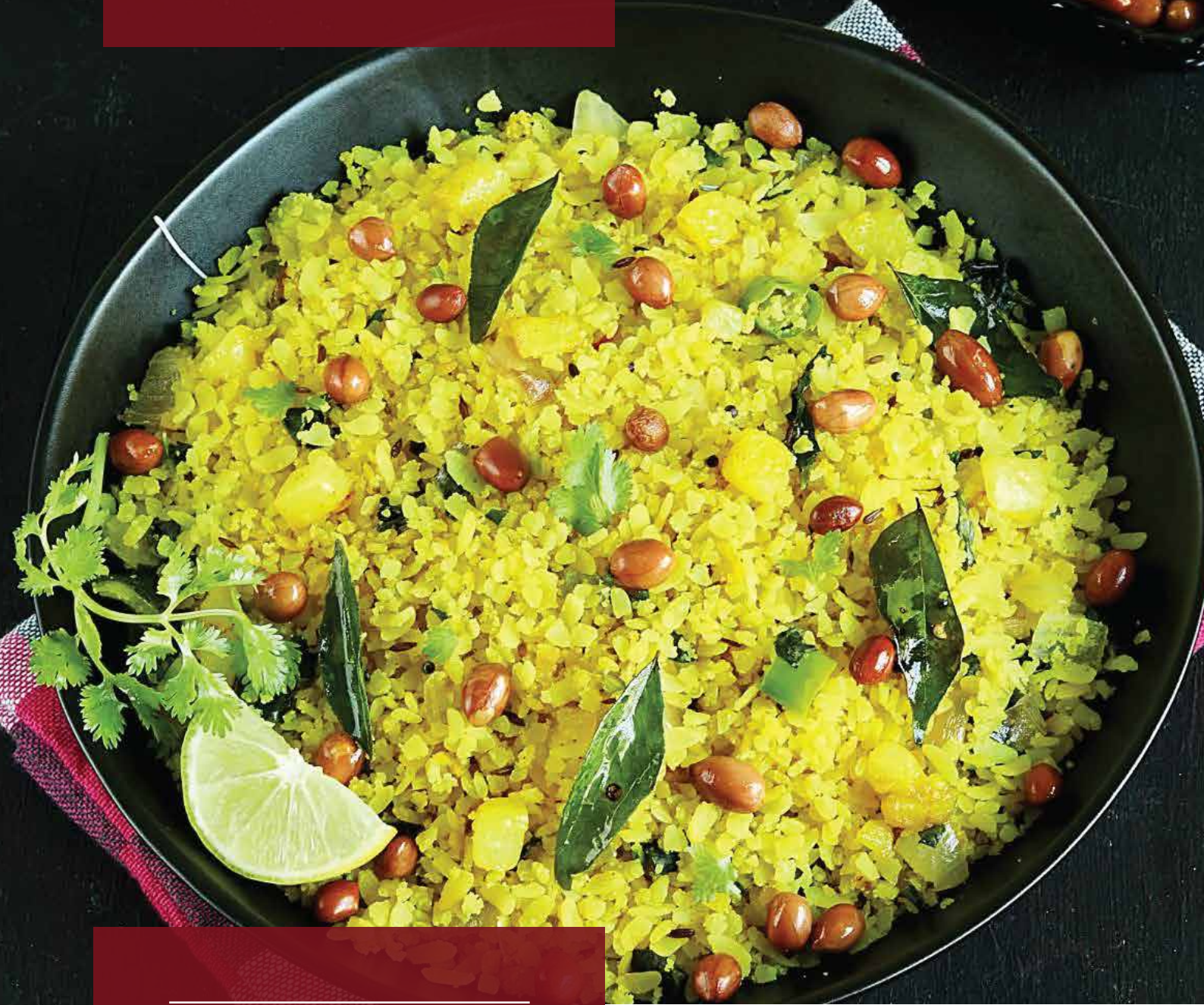
- 1 cup rice
- ½ cup chana dal
- ¼ cup toor dal
- 2 Tbsp urad dal
- 2 Tbsp yellow moong dal
- ½ cup curd/yogurt
- 1 cup bottle gourd / lauki, grated
- ¼ cup carrot, grated
- ¼ cup of baby spinach
- 1 Tbsp ginger paste
- 2 green chilies, finely chopped
- 1 tsp sugar
- ¼ tsp kashmiri red chilli powder
- ¼ tsp turmeric powder
- ¼ tsp hing / asafoetida
- 2 Tbsp oil
- 1tsp Mustard/Rai
- 1 tsp cumin
- 1 tsp sesame
- Few curry leaves
- ¼ tsp baking soda / Eno
- 1 Tbsp lemon juice
- Coriander, finely chopped

METHOD:

- Rinse and soak rice, toor dal, chana dal, urad dal, and yellow moong dal for 3-4 hours.
- Drain the water and add the soaked rice and lentils to a blender.
- Add curd / yogurt and pour ½ cup water.
- Blend into a smooth yet slightly coarse and thick batter.
- Transfer the batter to a large bowl. Cover and let it ferment overnight. Alternatively, you can skip fermenting and use a leavening agent.
- Peel the bottle gourd (lauki) and grate it. Also, grate the carrot. Add coriander leaves, baby spinach, ginger paste, and green chilies.
- You can bake this in the oven or in a pan on the stovetop. To bake in the oven, preheat it to 180°C (350°F) for at least 15 minutes. Grease the bottom and sides of a 6-inch round or square baking pan with 1-2 teaspoons of oil. Alternatively, you can use a cast iron skillet.
- Add grated vegetables. Next, add salt, turmeric powder, red chili powder, asafoetida, and sugar. Stir well to combine.
- Heat 1 tablespoon of oil in a cast iron skillet. Add mustard and cumin seeds. When they splutter, add 1 sprig of curry leaves and sesame seeds. Stir for 15-20 seconds.
- If you have not fermented the batter, then add baking soda/eno and pour in 1 tablespoon of lemon juice. Mix the entire batter.
- Pour the handvo batter into the skillet and spread it gently on top.
- Cover and cook on low heat for 5 to 7 minutes.
- When the top layer becomes partially dry and the bottom layer turns golden brown, flip it gently.
- Press down the handvo with the spatula and cook uncovered until the bottom is all cooked.
- Flip it back and cook for a few minutes until you get a crisp and golden crust on the handvo.
- Take it out of the skillet, and then cut it into pieces. Your delicious handvo is ready!

MY MEMORY OF THIS RECIPE:

I am Rachna Nagevadia, a proud native of Gujarat, where culinary traditions hold a special place in our hearts. This recipe is not just a dish; it's a cherished memory from my childhood. My mom used to prepare it on my birthday. Passed down through generations, this pure Gujarati recipe is not only rich in protein but also infused with the warmth of a mother's love.



Kanda Poha

A recipe by
Darshana Lalwani



INGREDIENTS

- 12 cups thick poha (flattened rice)
- 1/2 cup onion, finely chopped
- 2 Tbsp oil
- 2 green chilies, finely chopped
- ¼ cup raw peanuts
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 4 curry leaves
- A pinch of asafoetida (hing)
- ½ tsp turmeric powder
- Salt to taste
- 8 tsp nylon sev
- Fresh coriander leaves, chopped, for garnish
- Freshly grated coconut, for garnish
- Lemon wedges for serving

METHOD:

- Rinse the poha under running water. Drain excess water and let it sit for about 5 minutes to soften. Be careful not to soak it too long, or it will become mushy. It should remain separate and retain its texture.
- Heat oil in a pan or kadhai over medium heat. Add peanuts and roast them until they turn golden brown. Remove and set aside.
- In the same pan, add mustard seeds. When they start spluttering, add cumin seeds, curry leaves, and asafoetida.
- Add chopped onions and green chilies. Sauté until the onions turn translucent.
- Add turmeric powder, rinsed poha, and salt to the pan. Mix well, and cook for 2-3 minutes on medium flame, stirring occasionally.
- Garnish with chopped coriander leaves, freshly grated coconut, and nylon sev.
- Serve hot with lemon wedges on the side for squeezing over the poha. Enjoy your delicious Kanda Poha!

MY MEMORY OF THIS RECIPE:

I usually make Maharashtrian-style kanda poha for my family's breakfast and sometimes even serve it as an evening snack. My kids, Tanish and Jinesh love it, and I often pack it in their tiffin boxes. I like to top it with bhujiya sev, which adds an extra delicious crunch. One of my fondest memories is enjoying kanda poha outside Pune station, where they garnish it with sev and masala peanuts. It's a popular street food, especially near train stations. So, if you're in a rush, just grab a packet and enjoy the flavors!



Maggi Cheese Balls

A recipe by
Radha Sethuraman



INGREDIENTS:

- 2 cups Maggi Noodles
- ¼ cup Finely chopped Onions
- ¼ cup Finely chopped Capsicum
- 1 tsp Finely chopped Green Chillies
- ¼ tsp Turmeric
- 1 Tbsp Maida (Plain flour)
- 1 Tbsp Cornflour

TO BE MIXED INTO A SLURRY USING

- Water - 1/3 cup
- Maida (Plain flour) - 3 tbsp
- Corn flour - 3 tbsp
- Salt to taste

OTHER INGREDIENTS:

- Cheese cubes - 15 small
- Crushed Maggi Noodles - 2 cups
- Oil for deep frying

METHOD:

- For Maggi Cheese Balls. Combine Maggi Noodles, 2 cups of water, and salt in a deep bowl.
- Mix well and cook on a medium flame for 8 to 10 minutes until it's perfectly cooked.
- In a deep bowl, add boiled Maggi noodles, onion, capsicum, green chillies, Maggi masala, turmeric powder, maida, corn flour, and salt.
- Mix it well, take a portion of the mixture using oil-greased hands, and slightly flatten it.
- Place a cheese cube in the center and properly seal it to make a round shape ball.
- Repeat steps 2 and 3 to make the remaining Maggi cheese balls.
- Dip each ball into the slurry and coat it well in the crushed Maggi.
- Heat oil in a deep pan, and deep fry a few Maggi balls at a time.
- Deep fry them on a medium flame until golden brown. Drain well.
- Serve the Maggi Cheese Balls hot with ketchup.

MY MEMORY OF THIS RECIPE:

On a rainy evening, as raindrops gently tapped against the windows, I found solace in my cozy kitchen. With the scent of spices filling the air, I embarked on preparing my beloved Maggie Cheese Balls, a family favorite. Beside me stood my children, Malini and Pranav, their faces alive with anticipation and joy. Memories of our past cooking adventures flooded my mind, each moment a precious reminder of the warmth and love we shared as a family. These simple yet profound moments of togetherness filled me with immense gratitude and reminded me of the true beauty of family bonds.



Methi Puri

A recipe by
Swati Diwan



INGREDIENTS

- 100 grams fenugreek leaves (methi), washed and finely chopped
 - ½ -inch piece of ginger, finely grated
 - 5-6 slices of garlic
 - 2 Tbsp sesame seeds
 - 1 Tbsp salt
 - ¼ tsp turmeric powder
 - Oil
- ½ Tbsp red chili powder
 - ½ Tbsp cumin seeds
 - 4-5 green chilies, finely chopped
 - ½ Tbsp carom seeds (ajwain)
 - 1 Tbsp semolina
 - 3 Tbsp gram flour (besan)
 - 1 cup whole wheat flour

METHOD:

- In a mixing bowl, combine the chopped fenugreek leaves, grated ginger, garlic slices, sesame seeds, salt, turmeric powder, red chili powder, cumin seeds, chopped green chilies, carom seeds, semolina, gram flour, whole wheat flour, and 1 tablespoon of oil.
- Gradually add water and knead the mixture into a smooth and firm dough.
- Cover the dough and let it rest for about 15-20 minutes.
- Heat oil in a deep-frying pan over medium heat.
- Pinch small portions of the dough and roll them into small balls.
- Roll each ball into a flat disc (puri) using a rolling pin.
- Carefully slide the puri into the hot oil and fry until it puffs up and turns golden brown.
- Remove the methi puri from the oil using a slotted spoon and place it on absorbent paper to drain excess oil.
- Repeat the process for the remaining dough balls.
- Serve the methi puris hot.

MY MEMORY OF THIS RECIPE:

Methi puri holds a special place in my heart, as it is a cherished comfort food passed down from my mom. Crispy, golden-brown puri carries the warmth of memories from our travels. The aroma of fenugreek, ginger, and garlic evokes a sense of home, while the sesame seeds add a delightful crunch. These puris, seasoned with love, perfectly blend the familiar tastes that transport me back to those moments on the road. Enjoying them today is not just a culinary experience but a nostalgic journey, connecting me to the care and culinary magic my mom created during our travels.



Stuffed Mushroom

A recipe by
Rachna Pulgam



INGREDIENTS

- 6 large button mushrooms
- 1 capsicum, finely chopped
- 2 tomatoes, finely chopped
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 cup spinach, finely chopped
- 1/2 cup beans, finely chopped
- 1/2 cup grated mozzarella cheese
- Salt to taste
- Pepper powder to taste
- Paprika powder to taste

METHOD:

- Clean the mushrooms thoroughly by washing them to remove all dirt.
- Remove the stalks from the mushrooms, creating a hollow space in the center.
- Finely chop the mushroom stalks and mix them with the rest of the chopped veggies.
- Season the veggie mixture with pepper powder, paprika powder, and salt to taste.
- Add half of the grated mozzarella cheese to the veggie mixture and set the remaining cheese aside.
- Carefully stuff the vegetable mixture into the mushrooms without breaking them.
- Sprinkle the remaining mozzarella cheese on top of the stuffed mushrooms.
- Preheat the oven to 180°C (350°F). Place the stuffed mushrooms on a baking tray and bake for about 15-20 minutes, or until the cheese melts and the mushrooms are cooked through.
- Serve the stuffed mushrooms piping hot.

MY MEMORY OF THIS RECIPE:

Traditionally, a mother teaches cooking and passes down traditional recipes to her daughter. But in this case, I, a proud mother, have had the pleasure of learning a recipe from my daughter! My daughter, currently pursuing her MSc in Physics at St. Lorraine University, France, is not only passionate about her studies but also an ardent foodie who dearly misses 'Ghar ka Khana'. Despite her hectic academic schedule, she manages to find time to cook and constantly experiments with new dishes. As a health-conscious individual, she prioritizes nutritious and wholesome meals. The recipe I share today is one of her creations that I've had the joy of trying.





Mix Flour Thalipeeth

A recipe by
Chef Harshal Kamble



INGREDIENTS

- 1 cup whole wheat flour
- ½ cup bajra flour
- ½ cup jawar flour
- 1 cup onions, finely chopped
- 1 tsp garlic, finely chopped
- 1 tsp ginger, finely chopped
- ½ cup fresh coriander, finely chopped
- 1 tsp turmeric powder
- 1 pinch asafoetida
- 1 Tbsp red chili powder
- 1 Tbsp cumin seeds
- 1 tsp carom seeds
- 100 ml oil
- ½ cup fresh homemade white butter
- Salt to taste

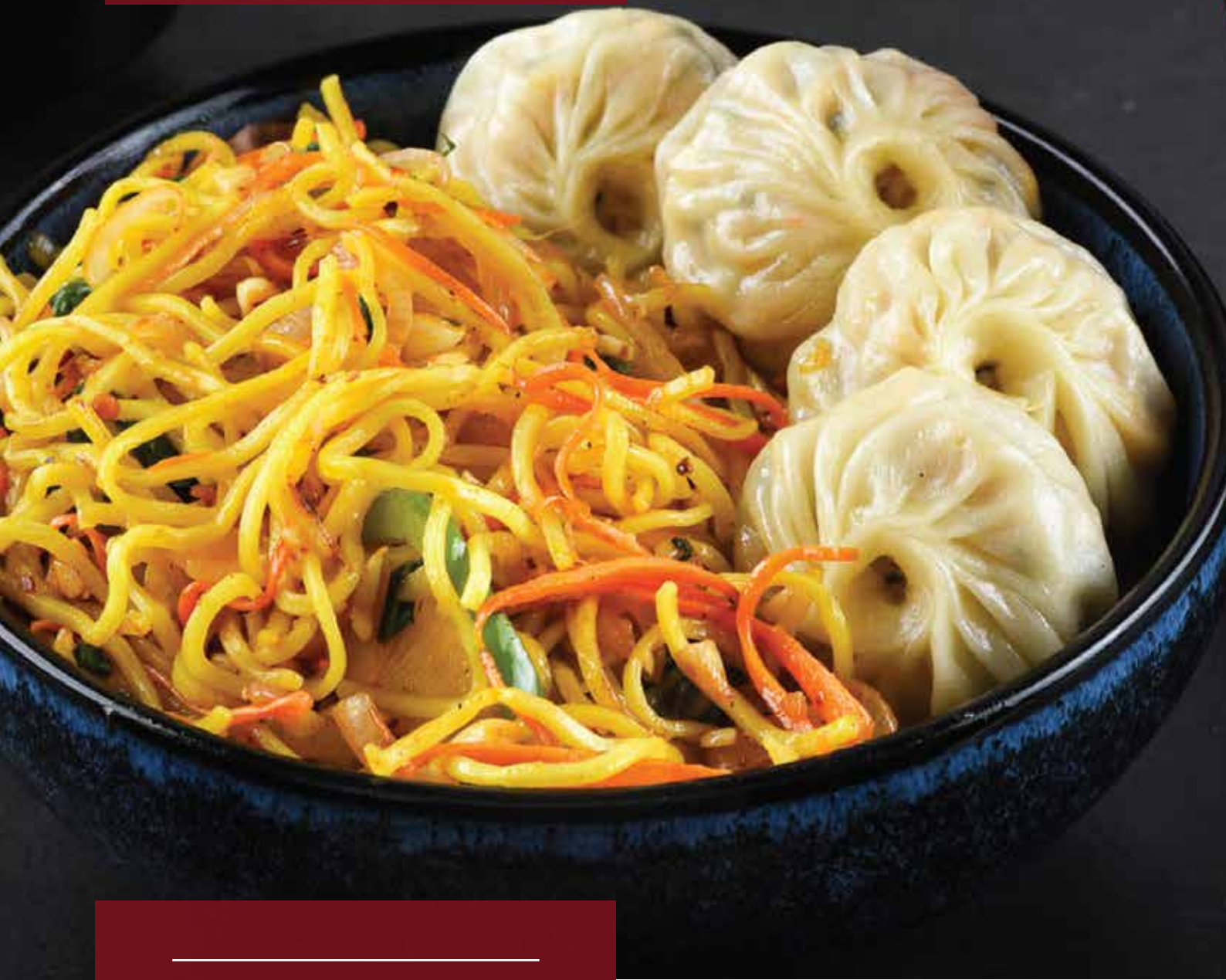
METHOD:

- Combine all the flours in a mixing bowl. Add salt, turmeric, asafoetida, red chili powder, cumin seeds, and carom seeds. Mix well.
- Add chopped onions, garlic, ginger, and fresh coriander leaves to the flour mixture.
- Mix properly and let it rest for 5 minutes.
- Gradually add water to the mixture to form a smooth dough. Let it rest for 10 minutes.
- Take a muslin cloth or thick reusable plastic paper.
- Heat a griddle over a moderate flame.
- Divide the dough into equal-sized balls. Flatten each ball by hand on the muslin cloth, making small holes at equal distances.
- Transfer the flattened dough onto the hot griddle. Pour a generous amount of oil to prevent sticking.
- Cook until both sides are nicely browned and crispy.
- Serve hot on a plate with homemade white butter.

MY MEMORY OF THIS RECIPE:

The memory of this recipe is truly heartwarming. Whenever my mother prepared the Mix Flour Thalipeeth, the aroma filled the cozy kitchen with love. I would watch her with admiration as she prepared the dish. Each bite of Thalipeeth was a delightful combination of flavors—crisp edges and a comforting warmth that felt like a hug from my mother. Those moments spent together in the kitchen, sharing laughter and love over a simple yet delicious meal, are etched in my mind like a timeless melody. Mix Flour Thalipeeth has always held a special place in my heart, symbolizing the warmth and joy of family and home.





Wheat Momos & Wheat Spaghetti

A recipe by
Tanushree Chaudhry



INGREDIENTS

For Wheat Momos:

- 1 cup whole wheat flour
- Water (as needed)
- 1 cup finely chopped vegetables (cabbage, carrots, bell peppers, etc.)
- 200 grams paneer (cottage cheese), crumbled
- 1 Tbsp oil
- 1 tsp ginger-garlic paste
- 1 green chili, finely chopped
- 1 Tbsp soy sauce
- Salt and pepper to taste

For Wheat Spaghetti:

- 1 cup whole wheat spaghetti
- Water for boiling
- Salt (to taste)
- 2 Tbsp olive oil
- 3-4 cloves of garlic, minced
- 1 can (400g) crushed tomatoes
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper to taste
- Red chili flakes (optional)

METHOD:

For Wheat Momos:

- In a mixing bowl, combine whole wheat flour, a pinch of salt, and water gradually to form a smooth, elastic dough. Cover it and let it rest for 30 minutes.
- For the filling, heat oil in a pan. Add ginger-garlic paste and sauté until fragrant.
- Add chopped vegetables and cook until they are slightly tender.
- Add crumbled paneer, soy sauce, chopped green chili, salt, and pepper. Cook for a few more minutes. Let the mixture cool.
- Divide the rested dough into small portions. Roll each portion into a thin circle to form the momo wrappers.
- Place a spoonful of the filling in the center of each wrapper. Fold and pleat the edges to seal the momos.
- Steam the momos for 10–12 minutes or until the wrappers are cooked.

For Wheat Spaghetti:

- Boil the whole wheat spaghetti in salted water until al dente. Drain and set aside.
- In a pan, heat olive oil and sauté minced garlic until aromatic.
- Add crushed tomatoes, dried oregano, dried basil, salt, pepper, and red chili flakes. Simmer the sauce for 15–20 minutes.
- Toss the cooked spaghetti into the sauce, ensuring it's well coated.
- Serve hot, garnished with grated Parmesan cheese and fresh basil if desired.

MY MEMORY OF THIS RECIPE:

Sundays in our Bengali household is a celebration of flavors, blending the vibrant tastes of cuisine with healthier twists. Recently, I attempted to prepare Chinese cuisine by making Wheat Momos and Wheat Spaghetti paired with stir-fried vegetables and lean proteins, all tossed in delectable sauces, showcasing the beauty of simplicity. The elegant crockery and chopsticks added excitement, encouraging a mindful approach to dining. Our joy in food goes beyond consumption to the artistry of presentation, ensuring dishes delight both the palate and the eye.



Aloo Rasa

A recipe by
**Sujata Thakur &
Twinkle Thakur**



INGREDIENTS

- 1 Kg Potatoes
- 300 grams yogurt

FOR THE TEMPERING

- 2/3 spoonfuls of pure cow ghee
- Cumin seeds
- Pinch of Hing (Asafoetida)
- Curry leaves - a handful
- 3/4 Green chilies - chopped
- Turmeric powder
- Red chili powder

METHOD:

- Boil the potatoes, peel them, and mash them with your hands.
- Add 300 gms of yogurt to the mashed potatoes, mix, and keep it aside.
- Let it rest till you are ready for the tadka (Tempering).
- Tempering: Place the pan on the stove, add pure cow ghee only, and add cumin seeds, a pinch of hing (Asafoetida), a handful of curry leaves, chopped green chilies, turmeric, and red chili powder.
- Add the mixture of potatoes and yogurt to it.
- Gradually add water as per the consistency required.
- Let it boil for a few minutes. Now add salt to taste and boil for another 5 minutes.
- Switch off the stove and garnish with coriander. (Do not miss this step)

This recipe can be consumed during fasting as well.

MY MEMORY OF THIS RECIPE:

Some live to eat; my mother lives to feed. She can make the simplest of dishes into a finger-licking food masterpiece. The humble aloo curry recipe shared here is proof. What's also characteristic of my mother's cooking is not being able to cook in smaller quantities. It's not that she can't get the proportions right, it's just that the more people she feeds, the merrier she is. At family get-togethers, she happily cooks for as many as 40 people without anyone's help since she is particular about how she wants to chop her veggies, etc. If things are not her style, she simply orders them and chops them again.

Amongst family and friends, she is known as 'Annapurna Devi', the Hindu Goddess of food and nourishment. She attributes her love for serving food to her own mother, who was an extraordinary cook herself. One of our epic family fables is of my grandmother mistaking a thief for a visitor and insisting he have something to eat before leaving the house!

The reason I am sharing this recipe is because when my maternal grandmother was unwell and had stopped eating any food, my mother made aloo ka rasa for her. It was so magical that Nani started eating food again. What an amazing memory!



Au Gratin

A recipe by
Aditi Thakker



INGREDIENTS

- ¾ cup carrots
 - 1 cup potatoes
 - ½ cup beans, peas, and cauliflower
 - 2 Tbsp Cheese (cheddar cheese, mozzarella cheese, or processed cheese)
 - 2 cups boiled buffalo milk
 - ½ cup vegetable sauce
- 2 Tbsp wheat flour
 - ½ tsp crushed pepper
 - ¼ tsp oregano
 - ¼ tsp chilli flakes
 - ¼ cup butter
 - ½ teaspoon finely chopped garlic
 - Salt

METHOD:

- Boil water and add salt. Add carrots, potatoes, beans, peas, and cauliflower. Cook for 3 minutes.
- Drain and remove the vegetables. Do not overcook.
- Heat butter until melted. Add finely chopped garlic and wheat flour. Keep whisking until no dry flour is seen. Add milk gradually, whisking simultaneously to avoid lump formation. Keep stirring until it starts to thicken. Add salt, crushed pepper, oregano, chili flakes, and cheese.
- Add cooked vegetables. Mix well and cook for a minute, then switch off the heat.
- Preheat the oven to 200°C for 10 minutes. Transfer the mixture to a baking dish, layer it with some butter, and then add the vegetable sauce. Sprinkle grated cheese to cover the top.
- Bake in the preheated oven at 200°C for 20 minutes. Change to grill mode for the last 2-3 minutes to get a golden crusty top. Your Veg Au Gratin is ready to be served.

MY MEMORY OF THIS RECIPE:

I have a special memory tied to this recipe that I'd like to share. Growing up in Sangli, my culinary journey was limited to simple meals. When I got married and moved to Mumbai, I wanted to impress my mother-in-law with her favourite dish. I struggled to find the recipe but then my mother's guidance made it possible. Through her teachings, I learned the importance of patience and attention to detail in cooking. Both my mom and mother-in-law instilled in me the belief that food is a way to bring people together and express love. I'm grateful for their support in improving my cooking skills.



Bangde Hugga

Hot and tangy
dry Mackerel

A recipe by
Resha Kamat



INGREDIENTS

- 3 pieces Mackerals -
 - Half of a medium sized Coconut grated
 - 10 to 12 Dried red byedgi chillies
 - 1/4 tsp Turmeric powder
 - Lemon size ball Tamarind
- 8 to 10 pieces Teppal /Sichuan pepper
 - 3 tsp Coconut oil
 - Salt to taste
 - 2 Turmeric leaves (cut them into smaller pieces)

METHOD:

- Wash, cut, and clean the Mackerel into 3 portions each (head, body, and tail).
- Apply a little salt & turmeric to it as marination.
- Soak the dry Sichuan pepper (which is black in colour) in water. If you have fresh green peppers, then smash them into smaller bits and soak.
- Form a thick paste using very little water, grinding coconut, red chillies, tamarind, a little turmeric, and salt.
- In a kadai or thick bottom pan, add the grounded paste, some water, and the soaked Sichuan pepper. Bring to a boil, then add the fish to the mixture.
- Cover the dish in the kadai with turmeric leaves and pour 3 tsp of coconut oil over it.
- Cover it with a lid and let it steam on a low flame for 10 minutes.
- You will know the dish is ready as the room gets filled with aroma.
- Enjoy it with rice, chapati, or neer dosa.

MY MEMORY OF THIS RECIPE:

For me, this recipe is a very special one since it was one of my mother's star recipes. My earliest memories are one when my home was filled with the aroma of turmeric leaves as my mother made the dish. In fact, this one dish was a favourite amongst our family and friends too, and each time someone was invited to lunch or dinner, they would specially ask my mother to include her hot & tangy mackerel dish on the day's menu.

This dish brings so many flavours together, which makes it irresistible. Known for its special tangy flavour, the dish is prepared across Karanataka, Goa, and Konkan using different ingredients to get that tangy flavour. For instance, in Konkan & Goa, you will find them using kokam (the fruits of the Goa butter tree) and tamarind in Karnataka. The dish can be prepared using both kokum and tamarind. Another important ingredient is Sichuan pepper, which can be used fresh (green in colour) or dried. This particular pepper is called Teppal in Konkani and Tirphal in Marathi.

Lastly, the turmeric leaves bring their own earthiness, aroma, & elevate the dish.



Bharli Vangi

A recipe by
Pinky Patil



INGREDIENTS

- ¼ cup peanuts
- ½ cup desiccated coconut
- 1 Tbsp white sesame seeds
- 1½ Tbsp cumin
- 1½ Tbsp Kashmiri red chili powder
- 2 Tbsp turmeric powder
- 2 Tbsp goda masala (Maharashtrian Masala)
- A pinch of asafoetida (hing)
- ½ tsp coriander powder
- 5 to 6 garlic cloves, peeled and chopped
- 1 inch ginger, peeled and finely chopped
- 3 to 4 Tbsp sunflower oil or any neutral flavored oil
- ½ cup onions, chopped
- 250 gms baby brinjals
- ½ cup tomatoes, chopped
- 1 Tbsp of tamarind pulp
- 1 Tbsp of jaggery
- Salt as required
- Finely chopped coriander leaves to garnish

METHOD:

- Slit the baby brinjals in the center and soak them in water to prevent discoloration.
- To prepare the stuffing, in a pan or iron kadai, roast peanuts on low flame until crunchy. Add cumin, white sesame seeds, and desiccated coconut. Roast until golden brown.
- Set aside to cool completely, then transfer to a small jar.
- Add turmeric, chili powder, goda masala, salt, garlic, and ginger. Blend into a coarse paste without water. Use this paste to stuff the brinjals, keeping the leftover masala aside for the gravy.
- To make the gravy, heat oil in a large kadai. Splutter mustard and cumin, then add a pinch of hing. On low flame, add turmeric and chili powder, sauté until aromatic.
- Add the leftover stuffing masala and sauté for 2 minutes until blended.
- Add the diced tomato and cook until soft.
- Finally, add the stuffed brinjals and mix gently. Add tamarind pulp and jaggery for a tangy-sweet taste. Pour in half a cup of water, cover, and cook until brinjals are tender.
- Garnish with fresh coriander.

Best served with Bhakris or Chapatis!

MY MEMORY OF THIS RECIPE:

This is a traditional recipe hailing from a typical Maharashtrian household, a delicacy for some, and a first go-to for others who love brinjal. Growing up abroad, one tends to hang on harder to their roots, and I was exactly one of those teens who tried to take in as much culture and learn my roots every time I visited India, where my Aiji lived. On one of these similar vacations, in the monsoons when everything around us was lush green and the redolence of those rains filled the air, she and I indulged in my maiden voyage to make this authentic Maharashtrian dish known as Bharli Vangi in Marathi and Stuffed Brinjals in English. This recipe requires fresh baby brinjals. This dish is the perfect blend of spices and condiments. I dedicate this beautifully complete recipe, seeped in taste and tradition, to my beloved grandmother.



Bhutte Ka Kees

Grated Fresh Corn

A recipe by
Manju Gurjar



INGREDIENTS

- 5 medium fresh corn cobs
- 4 Tbsp oil/ghee
- ½ tsp cumin seeds
- 1/8 tsp asafoetida
- 2 tsp ginger paste
- ½ tsp green chilli paste
- 1½ tsp salt
- 1 cup milk
- 1 Tbsp finely chopped coriander
- ½ cup grated coconut

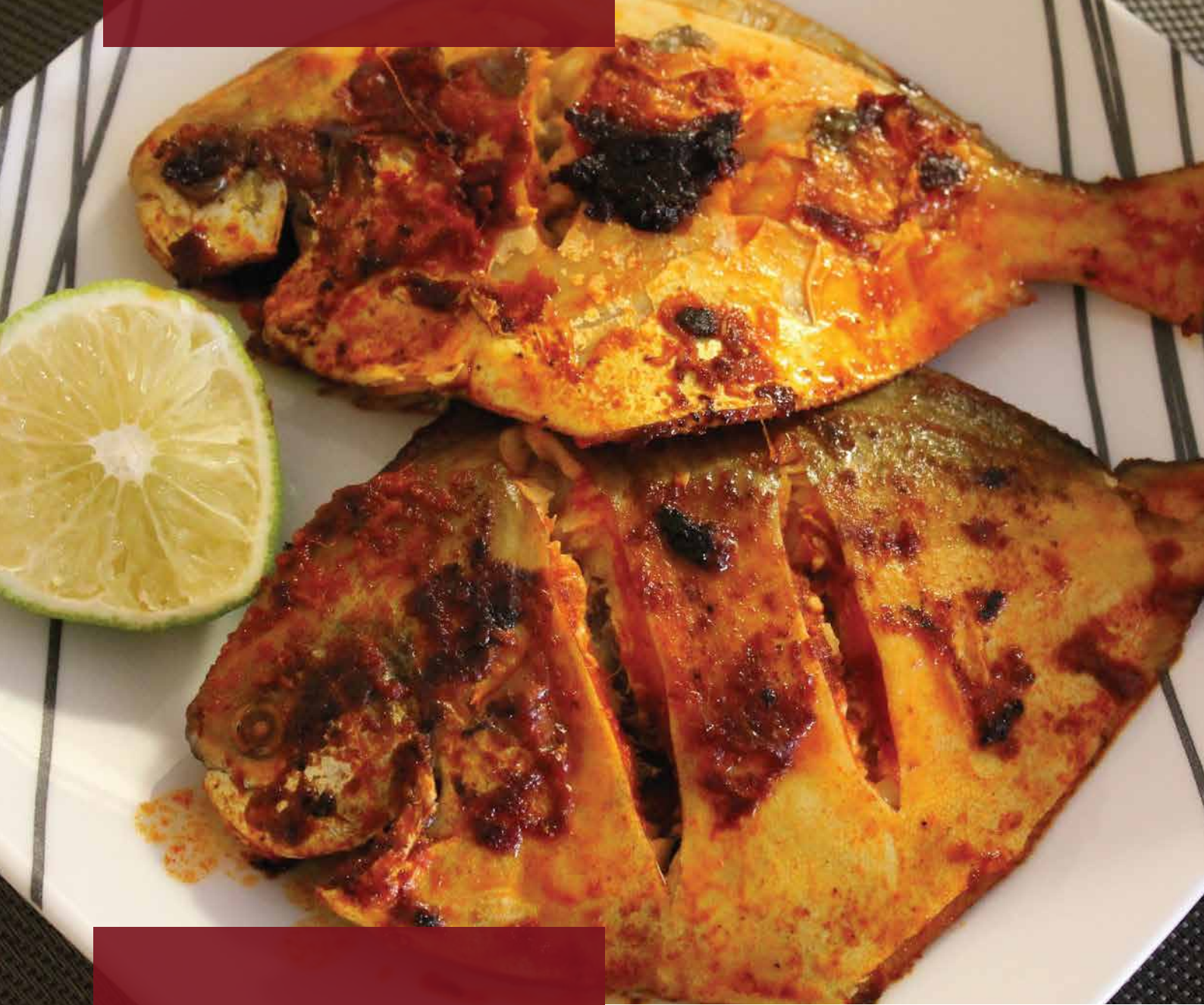
METHOD:

- Grate four corn cobs and finely chop the remaining one.
- Heat oil/ghee in a pan; add cumin seeds, asafoetida, and ginger paste.
- Once the ginger turns light brown, add corn, chilli paste, and salt.
- Gradually pour in the milk while stirring continuously, bringing it to a boil.
- Simmer for a few minutes until the corn is cooked.
- Serve hot, garnished with coriander leaves and grated coconut. Enjoy the delicious flavours of Bhutte ka Kees!

MY MEMORY OF THIS RECIPE:

In the heart of Madhya Pradesh's Indore, I (Manju Gurjar) fell in love with the local street food called 'Bhutte ka Kees'. Then putting my own spin on this traditional recipe, I grated fresh corn, added spices, and cooked it in milk until it became creamy and delicious. The final dish, garnished with coriander and coconut, caught the attention of my family and neighbours. And now Manju's 'Bhutte ka Kees' represents my culinary journey - a blend of flavours that combines tradition and innovation that I am happy to share with others.





Black Pomfret

A recipe by
Yusuf Lokhandwala



INGREDIENTS

- 1 kg fresh black pomfret, cleaned and gutted
 - 1/2 kg hung curd
 - 3 Tbsp fresh lime juice
 - 1 Tbsp mustard oil
 - 20 gms tandoori masala
- 1/2 tsp ginger garlic paste
 - 1/2 tsp turmeric powder
 - 1/2 tsp Kashmiri chili powder
 - Salt as per taste

METHOD:

- Clean the black pomfret under fresh running water and pat dry with kitchen napkins.
- In a bowl, mix all the other ingredients to make a thick paste.
- Marinate the fish with the prepared paste for 30 minutes.
- Preheat the oven to 180 degrees Celsius and bake the fish for 75 minutes. There's no need to turn or flip the fish midway while baking.
- Once baked, remove the fish from the oven and let it rest at room temperature for 5 minutes.
- Serve the soft and tender baked black pomfret with freshly squeezed lime juice and freshly prepared green chutney.

MY MEMORY OF THIS RECIPE:

This dish brings back fond memories of my childhood when we lived in a joint family of 8 members. Dinners were always a delightful affair, filled with lively banter. Looking back, I realize it must have been quite a task to select a meal that suited everyone's tastes and preferences. My mother, Mrs. Rumana Lokhandwala, has always been an expert in preparing quick and delicious meals, and she never failed to satisfy everyone's cravings.

Her simple 3 to 5-step recipes were a lifesaver for me during the years I worked overseas, alleviating any feelings of homesickness. One of my all-time favorite recipe that she taught me is the Baked Black Pomfret. Now, I prepare this dish for my mother, continuing the tradition of sharing delicious meals and cherished memories.





Chicken Curry

A recipe by
Leena Saldhana



INGREDIENTS

- 1 kg Chicken (boneless)
- 300 gms Curd
- 750 gms Onions
- 500 gms Tomatoes
- 7-8 tsp Ginger garlic paste
- 10-15 Black peppercorns
- 3 Cloves
- 4 Green cardamom
- 1 Black cardamom
- 1 tsp Sesame seeds
- 1-inch Cinnamon
- 1 Bay leaf
- 1 tsp Cumin seeds
- 2 tsp Coriander seeds
- 2 strands Mace
- 5 Dry red chillies
- 2 tsp turmeric powder
- 7 tsp red chilli powder
- 2 tsp pepper powder
- Salt to taste
- Oil for cooking
- Fresh coriander
- 15-20 Fresh mint leaves

METHOD:

- Clean the chicken thoroughly, wash it, cut it into curry-sized pieces, and drain away all the water.
- Marinade the chicken in curd, ginger-garlic paste, pepper powder, chili powder, turmeric, and salt. Keep aside for at least 2 hours.
- Chop onions and sauté them in oil in a large kadhai until deep brown. Keep aside to cool.
- Immerse tomatoes in boiling water until their skin pops, then remove and let cool.
- Once the tomatoes and onions are cool enough, grind them into a fine paste.
- Dry roast all the whole dry masalas in a small kadhai or on a tava. Allow them to cool, then grind them. For a better taste, pound them into a slightly coarse powder using a pestle and mortar.
- In the same kadhai used for sautéing onions, add oil. Once hot, add the tomato-onion paste, ginger-garlic paste, dry masala powder, turmeric, and chili powder.
- Roast this mixture on a medium flame for 15 minutes, ensuring it doesn't burn. If it starts to burn, add small quantities of water.
- Once the masala develops a rich flavor, add the chicken. Sauté for a few minutes.
- After about 5 minutes, add water, adjust seasoning, and cover. Allow it to cook on a medium flame for about 20 minutes.
- Keep checking after 15 minutes to ensure the chicken doesn't overcook.
- Finally, add finely chopped coriander and mint leaves, and allow a final simmer for a couple of minutes.

Enjoy with roti, rice, bread, or naan!

MY MEMORY OF THIS RECIPE:

During one of our daily video calls, my 22-year-old son, residing in the UK, mentioned, “Ma, did I tell you about this new pan I bought? It cost me 23 pounds; it had better last forever! And oh, I didn't find any green cardamom in the shop. Is there any other spice I can replace it with in the chicken curry I'm making tonight?”

As he expertly cut the chicken, washed it, drained out the water, and whipped up a delicious marinade for the chicken in his faraway kitchen, I watched the screen with misty eyes, filled with pride, realizing that this cherished chicken curry recipe, passed down through generations, was now in safe hands for at least one more!



Daal Peetha

A recipe by
Geeta Vishwakarma



INGREDIENTS

- 200 gms Rice flour
 - 100 gms Chana Daal
 - Salt To taste
 - A pinch of Asafoetida
 - 10 gms Cumin
 - 5 gms Mustard Seeds
 - 5 gms Turmeric
- 50 ml Refined oil
 - 10 gms Garlic
 - 10 gms Ginger
 - 10 gms (2/3 Nos) Green chilli
 - 1 Tomato
 - 1 Sprig Curry Leaves
 - 50 gms Green Coriander

METHOD:

- Soak the Chana dal overnight. Grind the soaked Chana Dal with garlic, ginger, green chili, and salt.
- Heat 2 tablespoons of oil in a frying pan and add cumin seeds, asafoetida, and turmeric.
- Stir over low heat for 8-10 minutes until the stuffing is ready.
- Mix rice flour with water to make a soft and smooth dough, adding ½ teaspoon of oil.
- Shape the dough into small balls and flatten each ball into a small chapati. Place a portion of the prepared stuffing onto each chapati and fold it to enclose the stuffing.
- Arrange the stuffed dumplings in a steaming pot and steam for 15-20 minutes.
- Serve the Daal-Peetha hot with a side of green chutney.
- For the Green Chutney, blend one tomato, ½ green chili, coriander leaves, and garlic until smooth.

MY MEMORY OF THIS RECIPE:

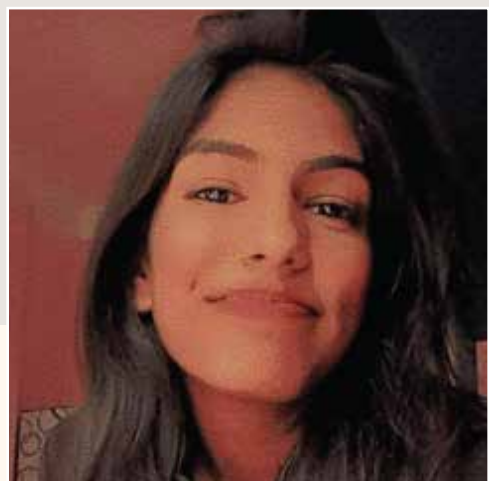
One nostalgic memory from my childhood kitchen revolves around a simple yet lovely dish called "Daal Peetha." When boredom struck from the routine of rice and lentils, my mother would surprise us (my siblings & me) with this flavorful twist. Hailing from North India, Daal Peetha is a winter favorite, especially delightful when paired with fresh green chutney. Leftovers transform into a delicious "Fried Peetha" the next morning, fried with a tempering of mustard seeds, chili, and curry leaves. Each bite brings back cherished memories of time spent with my mother in the kitchen. What makes it even better is its nutritional value, making it a wholesome choice for any meal.



Doi Katla

Dahi Katla

A recipe by
Hritika Singh



INGREDIENTS

- 5 pieces Katla fish (cut & cleaned)
- 2 Tbsp Poppy seeds
- 12 pieces Cashew nuts
- 1-2 Tbsp Mustard oil
- ½ Tbsp Turmeric powder
- 1 Tbsp Cumin powder
- 1 Tbsp Coriander powder
- 4 Tbsp Mustard oil
- 3 pieces Dry red chilis
- 1 piece Bay leaf
- 4 pieces Cloves
- 4 pieces Cardamom
- 2 pieces Cinnamon sticks
- 2 Onion
- 8 pieces Green chilis
- 2 Tbsp Ginger-garlic paste
- 4 Tbsp Curd
- Coriander leaves: a few strands
- ½ Tbsp Sugar
- Salt to taste

METHOD:

- Marinate the Katla fish with ½ tsp of salt, ½ tsp of turmeric powder, and ½ tsp of refined oil, ensuring that all the pieces are evenly coated.
- Allow it to marinate for 10 minutes.
- Make a paste using the onion and set it aside for later use.
- Prepare a smooth, creamy paste using the poppy seeds, cashew nuts, and a little water. This is for later use.
- Heat 3 tsp of mustard oil in a wok until it reaches a high temperature. Carefully add the fish pieces and fry them lightly on both sides before removing them once done.
- Use the same wok to temper using 1 tsp of mustard oil, dry red chilis, bay leaf, cloves, cardamom pods, and cinnamon sticks.
- Sauté them until they emit a pleasant aroma.
- Add onion paste and stir-fry until the raw smell evaporates.
- Add some ginger-garlic and green chili paste and stir it.
- Once the raw smell from the ginger-garlic paste dissipates, add the cashew and poppy seed paste. Stir well.
- Add the coriander powder, cumin powder, and salt. Mix everything thoroughly. When the spices release oil, it indicates they are well blended.
- Reduce the heat and add the beaten curd. Mix thoroughly.
- Add the required amount of water to achieve your preferred gravy consistency. Now, add all the fried fish pieces. Cover and let it cook for 10 minutes.
- Add just ½ tsp sugar to the gravy and toss in 4 green chilis along with freshly chopped coriander leaves.
- The Doi Katla is ready to be served with rice.

MY MEMORY OF THIS RECIPE:

Doi Katla is a traditional Bengali dish passed down through generations in my family. Taught by my mother, who learned from her mother, the recipe holds deep roots in our culinary heritage. During the pandemic, I learnt cooking from my mother and aunt. I mastered the art of preparing this delicacy over a wood-fired mud hearth which adds a smoky flavor to the dish. The challenge of controlling the flame to get the right flavour taught me valuable lessons in both cooking and life.



Gatte ki Sabji

A recipe by
Prof. Kavita Pareek



INGREDIENTS

- 2 cups besan gram flour
 - 7 Tbsp oil canola or vegetable oil
 - 2 tsp salt
 - 1½ tsp red chili powder
 - 1/4 tsp asafetida (hing)
 - 1 tsp fennel seeds
 - 2 bay leaves
- 2 dry red chilies
 - 1/2 tsp turmeric powder
 - 1 Tbsp coriander powder
 - 1 Tbsp Kasuri Methi
 - 1 tsp mango powder
 - 1/2 tsp garam masala

METHOD:

- In a mixing bowl, combine besan with salt, red chili powder, asafetida, and 4 tablespoons of oil. Gradually add water as needed to form a stiff dough. Knead the dough well and let it rest for 10 minutes. Divide the dough into small portions and roll them into cylindrical shapes to form the gatte.
- In a large pot, bring the water to a boil. Carefully drop the gatte into the boiling water and cook until it floats to the surface.
- Once cooked, remove the gatte from the water (save the water as this will be used to make gravy) and let them cool. Cut them into bite-sized pieces and set aside.
- Heat oil in a pan. Add asafetida (hing), fennel seeds, and dry red chilies. Sauté until fragrant. Then add the cooked gatte and stir-fry for about 4-5 minutes until they are light golden brown.
- Add bay leaves, chili powder, turmeric powder, coriander powder, and salt to the pan. Stir-fry for about 2 minutes.
- Pour in the reserved water (from boiling the gatte) and add Kasuri Methi. Bring the mixture to a boil, then reduce the heat to low-medium and let it simmer, covered, for about 10 minutes.
- Turn off the heat, add mango powder, and garam masala. Stir well. Your Gatte Ki Sabji is now ready to serve. Enjoy!

MY MEMORY OF THIS RECIPE:

Gatte ki sabji, a popular gravy-based dish from the rich, rustic, and super flavorful Rajasthani cuisine, holds a special place in my heart. My mother taught me how to cook this delicious sabji, and it has become a cherished recipe in my household. As a child, I was picky about eating vegetables, and when my mother first prepared Gatte ki Sabji, I was hesitant to try it. However, she convinced me that it was something different and delicious. After tasting it, I found it so irresistible that I ended up enjoying almost four chapatis with it. Now, after my marriage, whenever I visit my hometown my mother lovingly prepares this dish for me. Cooking Gatte ki Sabji at home always brings back fond memories of my childhood, filled with my mother's care and affection.



Golden Chicken

A recipe by
Prashant Singh



INGREDIENTS

- ¼ cup Honey
 - 3 Tbsp Whole grain mustard
 - 2 Tbsp Smooth Dijon mustard
 - 2 Tbsp Olive oil
- 1 Tbsp Turmeric
 - 1 Tbsp minced Garlic
 - Salt to season
 - 700 gms of boneless chicken thighs or chicken breasts. I used chicken thighs.

METHOD:

- In a small bowl, whisk together all of the marinate ingredients (mix the salt in the honey).
- Use half the marinate prepared on the chicken and keep aside. The remaining marinate is to be used as a dressing later.
- If possible, you can place the marinated chicken in the refrigerator for 2 hours.
- Heat a nonstick pan over medium heat with about a teaspoon of oil.
- Brush oil on both sides of the chicken and place in the pan.
- Cook until golden and crispy (about 5 minutes per side for chicken thighs works).
- Serve the chicken after pouring the reserved marinate over it with rice or bread.

MY MEMORY OF THIS RECIPE:

I have always been a foodie, and the backstory behind the above meal is quite interesting. I was in 11th grade and chose home science. It was the first day of class, and I was scared because I didn't know how to cook. Kavita ma'am, my home science teacher, went out of her way to allay my fear. She asked me what my favourite dish was, and after learning I enjoyed non-vegetarian fare, she took a special interest in training me for one month. I learned how to chop vegetables and how the spices work to bring out special flavours while cooking chicken. It was she who taught me how to cook the irresistible Golden Chicken recipe. It was another six months before I could master the dish as she taught me. It has been years since I first learned it, but I still cook the dish for special occasions. And believe me, each time I also recreate those six months of fun learning with Kavita Ma'am.





Kadgi Chakko

A recipe by
Rajivi Kamat



INGREDIENTS

- 1 small sized Raw jackfruit
- 1 half of a medium sized Coconut (grated)
- 8-9 Dry red chillies
- lemon sized Tamarind ball
- 1 small piece Jaggery
- 2 tsp Coriander seeds
- 1 tsp White lentils (Urad dal)
- Salt as per taste

FOR THE TEMPERING

- 1 tsp Coconut oil
- 1 tsp Mustard seeds
- Few curry leaves.

METHOD:

- We use the inner, soft portion of the raw jackfruit, which we cut into smaller pieces for the recipe.
- Wash and pressure cook it for 2 whistles. Here, while the cooker contains water, we don't add water to the container holding the jackfruit pieces since the steam alone will cook them.
- Once done, leave the jackfruit to cool. The jackfruit needs to be dry, so remove any water.
- Take a pan and add 1/2 tsp coconut oil, roast coriander seeds, urad dal, and dry red chillies, till the mixture releases an aroma. Be careful not to over roast the mixture.
- Using a mixer, grind the grated coconut, roasted red chilli, urad dal, coriander seeds, tamarind, jaggery, and salt to a thick paste, adding very little water.
- Add the paste to the cooked jackfruits, mixing it well.

Tempering:

- Take a kadai or a thick bottom pan, add oil, mustard seed, and curry leaves.
- Once the mustard seeds crackle, add the jackfruit, making sure to mix it well.

Your dry jackfruit vegetable is ready to eat. It is best served with rice, chapati, and neer dosa.

MY MEMORY OF THIS RECIPE:

I hail from a family of restaurateurs, where nourishing and flavorful cuisine has always been paramount. Living in cosmopolitan Mumbai, I've noticed a trend of veering away from traditional dishes passed down by our grandparents. Thankfully, my mother had preserved a wealth of traditional recipes, including one for a staple springtime dish featuring jackfruit—a versatile fruit used in both sweet and savory recipes, alongside its aromatic leaves. Today, I'm excited to share a simple yet authentic Konkani-style raw jackfruit dry vegetable known in our Gaud Saraswat Brahmin (GSB) community as Kadgi Chakko, often served in South Indian temples.



Kadhi Chawal

A recipe by
Swati Chaudhary



INGREDIENTS

- 1½ cup yogurt (dahi)
- 3 cups gram flour (besan)
- 4 cups water
- ½ tsp mustard seeds
- 1½ teaspoon cumin seeds
- ¼ tsp fenugreek seeds (methi)
- ½ tsp turmeric powder
- 1 tsp red chili powder
- ½ tsp baking soda
- ½ tsp asafoetida
- 1 tsp Kashmiri red chili powder
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 tsp green chili paste
- 2 green chillies (slit lengthwise)
- 1 onion, finely chopped
- 5-6 curry leaves
- 2 dried whole red chilly
- 2 Tbsp ghee
- Oil for deep frying
- Salt to taste
- 2 Tbsp coriander leaves, finely chopped
- 1 cup rice

METHOD:

- In a mixing bowl, combine gram flour, chili powder, salt, baking soda, onions, green chili paste, and coriander leaves.
- Gradually add water while stirring to form a thick batter of dropping consistency.
- Heat oil in a kadai for deep frying. Drop spoonfuls of the batter into the hot oil in small ball shapes. Fry them until golden brown, turning occasionally. Fry the pakoras in small batches. Drain them on kitchen paper to remove excess oil.
- In a large mixing bowl, whisk sour curd with gram flour (besan) and water until smooth and without any lumps.
- Add red chili powder, turmeric, and salt to the mixture.
- Heat oil in a kadai over low flame. Add fenugreek seeds and asafoetida. When fenugreek seeds turn pink, add green chili, ginger paste, and garlic paste. Stir well and gradually add the sour curd mixture while stirring constantly to prevent lumps from forming.
- Lower the heat and continue stirring until the mixture starts boiling. Let it simmer for 10-15 minutes on low heat or until the kadhi thickens to the desired consistency. Adjust the consistency by adding water if necessary.
- Switch off the flame and add the fried pakoras to the kadhi. Allow the pakoras to absorb the kadhi.
- In a small pan, heat ghee over a low flame. Add asafoetida, mustard seeds, and cumin seeds. When the mustard seeds begin to crackle, add curry leaves and dried red chili. Cook for 30 seconds, then remove from heat. Add Kashmiri chili powder to the tadka and pour it over the kadhi.
- Now for rice, wash the rice properly and set aside.
- In a separate pan, boil water. Add rice and salt. Cook for 15 minutes, then reduce the heat and let it cook until the rice is completely soft.
- Drain the rice and water over a colander.
- Serve the hot Punjabi kadhi with rice.

MY MEMORY OF THIS RECIPE:

Kadhi Chawal is a universal favorite of all North Indians. I still remember this dish, specially made by my mother on the day of Govardhan Pooja. It is typically enjoyed by all family members after offering the food to God. So for me, Kadhi Chawal recalls all the memories of childhood spent with my family. The aroma and taste of this dish transports me back to moments of joy and togetherness, triggering feelings of nostalgia. The process of cooking and serving this dish fosters feelings of happiness and fulfilment. For me, Kadhi Chawal is more than just a culinary delight; it carries with it a rich tapestry of emotions, memories, and cultural significance.



Kolhapuri Pandhra Rassa (Veg)

A recipe by
Namrata Magar



INGREDIENTS

- | | | |
|--|---|---|
| <ul style="list-style-type: none">• 1 Tbsp poppy seeds (khuskhus)• 1 Tbsp sesame seeds (Til)• 1/4 cup grated coconut• 1 large onion• 1/4 cup grated coconut• 1 stick cinnamon | <ul style="list-style-type: none">• 3-4 green cardamoms• 2 black cardamoms• 2-3 cloves• 8-10 black pepper• 2 bay leaves• 4 Tbsp oil• 1-inch ginger, chopped | <ul style="list-style-type: none">• 8-10 garlic cloves, chopped• 2 green chillies• 1/4 tsp nutmeg powder• 1 tsp white pepper powder• 1 tsp garam masala powder• 2 cups vegetable stock• Salt to taste |
|--|---|---|

METHOD:

- Soak poppy seeds in warm water for fifteen minutes. Dry roast sesame seeds in a pan.
- Boil sesame seeds and poppy seeds together in half a cup of water for five minutes and let it cool. Drain the mixture and grind the coconut to a fine paste. If required, add a little water.
- Boil onion in one cup of water for 6-8 minutes. Drain, cool, and grind to a fine paste along with ginger, garlic, and green chillies.
- Heat oil in a thick-bottomed pan, add cinnamon, black cardamoms, green cardamoms, cloves, and bay leaves. Sauté for a minute.
- Add the onion mixture paste to this and sauté on low flame for five minutes, stirring continuously. Do not let this mixture change its color.
- Add sesame, poppy, and coconut paste and cook on medium heat for 5 minutes.
- Add salt, white pepper powder, and nutmeg powder and sauté for another one minute.
- Add water and bring it to a boil. Then lower the flame. You can add sautéed veggies or soya chunks to this gravy to make Veg Kolhapuri Pandhra Rassa (For non-veg, add mutton/chicken stock).
- Let it boil for 10 minutes.
- Garnish with green coriander, and serve.

MY MEMORY OF THIS RECIPE:

Every woman's life changes after marriage, and the one who brings about change is her life partner. My husband is a die-hard fan of non-vegetarian food, while I'm not. But there's one famous non-veg dish that I love, and that's Pandhra Rassa. I learned about it from my husband, and it's the only common food we both enjoy. Despite my lesser inclination towards non-vegetarian dishes, I also learned to make a vegetarian version of Pandhra Rassa. I've experimented with vegetable stocks such as mixed vegetables and sprouts. Nowadays, I particularly enjoy the Veg Pandhra Rassa made from chickpea stock. Surprisingly, my husband can't find any difference between the veg and non-veg Pandhra Rassa.



Kurdai chi Bhaaji

A recipe by
Ritu Dandge



INGREDIENTS

- 1 onion, finely chopped
- 1 tomato, finely chopped
- 2-3 green chilies, chopped
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- A pinch of asafoetida
- 1/2 tsp turmeric powder
- 1 tsp red chili powder
- 1 tsp coriander powder
- 1/2 tsp garam masala (optional)
- Salt to taste
- 2 Tbsp oil
- Coriander leaves for garnish
- 4 to 5 Kurdai pieces

METHOD:

- To prepare the kurdai, soak it in water for a few minutes. This is necessary before adding it to the bhaji.
- Apply a medium heat to oil in a pan.
- Heat the oil and stir in the cumin and mustard seeds, allowing them to sputter.
- Season the pan with asafoetida (hing) and finely chopped green chilies. Fry for a short while until aromatic.
- Add onions to the pan, finely chopped. The onions should be sauteed until transparent.
- Add the red chili powder, coriander powder, turmeric powder, and salt to taste once the onions are transparent. Blend thoroughly.
- Chopped tomatoes should be added to the pan. Saute them until they become mushy and the oil begins to separate from the masala.
- After soaking, add the kurdai to the pan. Gently stir to ensure that the masala evenly coated the kurdai.
- Cook on low heat for 3–4 minutes, stirring periodically, until the kurdai cooks in the masala. This enables the tastes to combine.
- Lastly, sprinkle the bhaji with garam masala and gently stir. Add some fresh coriander leaves as a garnish. Serve with chapati or Bhakri.

MY MEMORY OF THIS RECIPE:

‘Kurdai chi bhaaji’ is a classic Maharashtrian meal prepared using kurdai, a unique variety of sun-dried noodle-like papad made from fermented whole wheat ground into batter. The kurdais are stewed in a tangy and spicy curry.

Typically, kurdais are sun-dried during summer and stored throughout the year. Fried kurdai are served as an accompaniment with meals. However, for me ‘Kurdai chi bhaaji’ takes me back to my childhood kitchen, when my mom and grandmother skilfully prepared this dish and the aroma of spices filled the air. This dish not only entices my palate, but it also fills me with memories and makes me miss my mother's homey, loving cuisine.



Litti Chokha

A recipe by
Rajiv Ranjan



INGREDIENTS

- 2 cups whole wheat flour
- 2 cups sattu (roasted chickpea flour)
- 2-3 Tbsp ghee
- 2 tsp mustard oil
- 1 tsp ajwain (carom seeds)
- 6 green chilies, finely chopped
- 1 tsp ginger-garlic paste
- 1 tsp lemon juice
- 2 brinjal (eggplant), roasted and mashed
- 2-3 tomatoes, roasted and mashed
- 2-3 cloves of garlic, minced
- 2 Tbsp chopped coriander leaves
- Salt to taste
- Water, as needed

METHOD:

- In a large mixing bowl, combine whole wheat flour, sattu, ajwain, salt, and ghee. Mix well. Gradually add water and knead the mixture into a firm dough. Cover and let it rest for 15-20 minutes.
 - Meanwhile, prepare the stuffing. In a bowl, mix sattu, green chilies, ginger-garlic paste, mustard oil, lemon juice, coriander leaves, and salt. Add a little water if needed to bind the mixture.
 - Preheat your oven to 180°C (350°F) or prepare a barbecue grill.
 - Divide the dough into equal portions and shape them into small balls.
 - Flatten each ball in your palm, place a spoonful of stuffing in the center, and seal the edges carefully. Roll it back into a smooth ball.
 - Repeat the process for the remaining dough and stuffing.
 - Place the stuffed balls on a baking tray lined with parchment paper or directly on the barbecue grill.
 - Bake or grill the littis for 25-30 minutes, turning occasionally, until they turn golden brown and crisp on the outside.
 - Once cooked, brush them with ghee for extra flavor.
 - Now prepare the chokha, roast the tomatoes and brinjal directly over a flame until the skin is charred. Let them cool, then peel and mash them. Add minced garlic, chopped green chilies, mustard oil, lemon juice, and chopped coriander leaves to the mashed brinjal and tomatoes. Mix well. Adjust seasoning according to taste.
 - Serve hot littis with chokha on the side.
 - You can also serve littis with some melted ghee or yogurt for dipping.
- Enjoy your delicious Litti Chokha!

MY MEMORY OF THIS RECIPE:

The recipe for Litti Chokha holds a special place in my heart, as it's a cherished family tradition passed down from my mother. Her perfected chokha, with a blend of roasted brinjal, tomatoes, garlic, and mustard oil, evokes fond memories of home and childhood. Litti Chokha, beloved in Bihar, offers a delicious taste of tradition and heritage. Whether enjoyed as a hearty breakfast, a fulfilling lunch, or a comforting dinner, Litti Chokha brings warmth and contentment to every mealtime. With its rustic charm and soul-satisfying flavors, it isn't just food—it's a delightful experience that brings joy to every bite, making every mealtime a special occasion.





Malai Kofta

A recipe by
Kiran Khatri



INGREDIENTS

- 2 cups grated paneer (Indian cottage cheese)
- 1 cup mashed, boiled potatoes
- 2 onions, finely chopped
- 2 tomatoes, pureed
- 1 Tbsp ginger-garlic paste
- 1 cup cashew nuts, soaked in water for 30 minutes
- 2 Tbsp all-purpose flour
- 2 tsp garam masala
- 1 tsp red chili powder
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 1 tsp coriander powder
- 1 cup cream
- Salt to taste
- Oil
- Fresh coriander leaves for garnishing

METHOD:

- In a large mixing bowl, combine grated paneer, mashed potatoes, all-purpose flour, salt, garam masala, and red chili powder. Mix until smooth.
- Shape the mixture into round or oval-shaped koftas.
- Heat oil in a deep-frying pan and fry the koftas until golden brown. Drain the excess oil and set it aside.
- In a separate pan, heat oil and add cumin seeds. Sauté onions until translucent, then add ginger-garlic paste and cook until fragrant.
- Add the tomato puree and cook until the oil separates. Grind the soaked cashew nuts into a smooth paste and add them to the mixture.
- Add turmeric powder, coriander powder, garam masala, and salt. Mix well.
- Pour in the cream and cook until the gravy thickens.
- Arrange the fried koftas on a serving dish, pour the hot gravy over them, and garnish with fresh coriander leaves.
- Serve hot with naan, roti, or rice!

MY MEMORY OF THIS RECIPE:

I remember the first time I tried Malai Kofta at a restaurant with my family. My granddaughter loved the dish, which motivated me to try this recipe at home as a wholesome and healthy option for her. When I finally made it and she ate it with a big smile, it became a cherished memory for me.



Meatball Curry

A recipe by
Shama Sanowar



INGREDIENTS

- 500gms minced meat (lamb or chicken)
- 2 onions, finely chopped
- 2 tomatoes, pureed
- 2 cloves of garlic, minced
- 1-inch piece of ginger, grated
- 1 green chili, finely chopped
- 2 Tbsp breadcrumbs
- 1 egg
- 1 Tbsp ginger-garlic paste
- 2 tsp cumin powder
- 2 tsp coriander powder
- 1 tsp turmeric powder
- 1 tsp chili powder
- 1 cup water
- Salt and pepper to taste
- Oil for frying
- Fresh coriander leaves for garnish

METHOD:

- In a large mixing bowl, combine minced meat, chopped onion, minced garlic, grated ginger, green chili, breadcrumbs, egg, cumin powder, coriander powder, turmeric powder, salt, and pepper. Mix well.
- Shape the mixture into small meatballs.
- Heat oil in a frying pan over medium heat. Fry the meatballs until golden brown on all sides. Remove and set aside.
- In the same pan, heat 2 tablespoons of oil. Add chopped onion and sauté until translucent.
- Add ginger-garlic paste and cook for a minute until fragrant.
- Add cumin powder, coriander powder, turmeric powder, and chili powder. Cook for another minute.
- Add tomato puree and cook until the oil separates from the masala.
- Pour in water and bring the curry to a simmer.
- Gently add the fried meatballs to the curry.
- Cover and let it simmer on low heat for about 15-20 minutes, allowing the flavors to meld together and the meatballs to cook through.
- Sprinkle fresh coriander leaves on top and turn off the flame.

Serve hot with steamed rice, naan, or roti. Enjoy!

MY MEMORY OF THIS RECIPE:

My kids love meatball curry. Their enthusiasm for this dish inspired me to prepare it. It's a very authentic Indian dish that my family adores. I fondly remember eating it as a child myself, and now I find joy in making this dish not only for my children but also for my grandchildren. It's a culinary tradition that spans generations, connecting us through the love of food and cherished memories shared around the dinner table.



Nalli Nihari

A recipe by
Shagufta Ashraf



INGREDIENTS

- 750 gms lamb leg pieces
- 2 Tbsp nihari masala
- 2 medium onions, sliced
- 2 Tbsp fried onions
- 2 cup Lamb stock
- 7 green cardamoms
- 12-14 black peppercorns
- ½ inch piece ginger, cut into thin strips
- 2 Tbsp whole wheat flour (atta)
- 2 Tbsp coriander leaves, chopped
- 1 Tbsp roasted chana dal powder
- 1 tsp dry ginger powder (soonth)
- 1½ tsp poppy seeds (khuskhus)
- 1½ Tbsp cumin seeds
- 2 black cardamoms
- 1 tsp lemon juice
- 8-10 cloves
- 3 blades mace
- 6 dried red chillies
- 2-inch stick cinnamon
- 1 tsp nutmeg, grated
- 1 bay leaf

METHOD:

- To make the nihari masala, dry roast cumin seeds, green and black cardamom, cloves, mace, fennel seeds, black peppercorns, red chillies, cinnamon, poppy seeds, nutmeg, ginger powder, and bay leaf in a non-stick pan.
- Grind the roasted spices along with the roasted chana dal powder.
- Heat the ghee in a deep, non-stick pan. Add the onions and sauté until well browned.
- Add the lamb and two tablespoons of nihari masala and sauté for eight minutes.
- Add six cups of water, fried onions, and salt. Cook for forty five minutes, or till the lamb is soft.
- Add the lamb stock and the remaining nihari masala and mix well.
- Combine whole wheat flour with six tablespoons of water in a small bowl, ensuring that there are no lumps. Add this to the lamb and continue to simmer till the gavy thickens.
- Sprinkle the lemon juice, garnish with the ginger strips and coriander leaves, and serve hot.

MY MEMORY OF THIS RECIPE:

Eating Nalli Nihari with a sprinkle of lemon juice and garnishing with coriander leaves was always bliss to me! This recipe reminds me of my childhood memories. On winter mornings, the dastarkhan was laid out, and all family members, along with my maternal grandfather (Nana), the head of the family, were present during these gatherings. This dish is always close to my heart, reminding me of my Nana.



Paneer Makhani

A recipe by
Kamini Jayasree



INGREDIENTS

- 2 Tbsp unsalted butter
- 1-inch ginger, grated
- 2 garlic cloves, minced
- 2 small onions, finely chopped
- 4 diced tomatoes
- 2 green chilies, seeded and finely chopped
- 2 green cardamoms
- 1-inch cinnamon stick
- 2 cloves
- 1 Tbsp cashew nut paste
- 1 tsp red chili powder
- ¼ tsp turmeric powder
- ½ tsp garam masala
- ¼ tsp salt
- ¼ cup heavy cream
- 200 gms paneer, cut into cubes
- ½ Tbsp vegetable oil
- Pinch of dried fenugreek leaves (Kasuri Methi)
- Salt to taste

METHOD:

- In a bowl, toss the paneer cubes with vegetable oil, red chili powder, garam masala, and salt. Set aside for 15 minutes.
- Heat butter in a large pan over medium heat. Add the cardamoms, cinnamon sticks, and cloves. Let them sizzle for a few seconds, then add the chopped onions and cook until they soften and turn brown.
- Add the grated ginger, minced garlic, and chopped green chilies. Cook for another minute.
- Add the diced tomatoes with their juices. Bring to a simmer and cook for 15 minutes, stirring occasionally, until the sauce thickens. Then add the cashew nut paste.
- Stir in red chili, turmeric, and garam masala. Season with salt to taste.
- In a separate pan, heat a little oil over a medium flame. Pan-fry the marinated paneer cubes until they turn brown.
- Add the cooked paneer to the simmering makhani sauce.
- Pour in the heavy cream and simmer for another 5 minutes, allowing the flavors to meld.
- Garnish with crushed Kasuri Methi and serve hot with roti or pulao.

MY MEMORY OF THIS RECIPE:

This isn't just a recipe; it's about the heartwarming memory and mouthwatering dish I learned from my sister before she left for Australia. As a non-vegetarian, I never used to like eating paneer. However this one time I was at home, and my sister was cooking in the kitchen. The heady aroma made me crave the dish despite having finished my lunch earlier. I couldn't wait to taste it. Oh god! It was so delicious. Each bite was a delightful blend of textures, leaving me with a sense of wanting more. From then on, the velvety cubes of paneer, in a rich and creamy tomato gravy is my favorite dish.



Punjabi Chole

A recipe by
Mona Bharaj



INGREDIENTS

- 2 cups chickpeas, soaked and boiled
- 2 green chilies, finely chopped
- 1-inch ginger (to make ginger juliennes)
- 1 tsp cumin seeds powder
- 4 tsp coriander powder
- 3 tomatoes, pureed
- 2 bay leaves
- 1 Tbsp ginger-garlic paste
- 1 tsp garam masala
- ½ tsp amchur powder
- 1 Tbsp ghee
- 2 Tbsp oil
- 2 Tea Bags (for colour)
- Salt to taste
- Coriander (for garnish)

METHOD:

- Soak raw chickpeas overnight.
- Drain the water from the soaked chickpeas in the morning.
- Transfer the chickpeas to a pressure cooker and add 2 bay leaves and tea bags for colour. Add around 5 cups of water and 1 teaspoon of salt.
- Pressure cook at high heat for 1 to 2 whistles. Then, lower the heat to medium and let the chickpeas cook for another 10 to 12 minutes.
- Allow the pressure cooker to cool down. Remove the tea bags and bay leaf from the cooker.
- Heat a pot or kadai on medium heat. Add oil to it, then add coriander powder. Stir until the color of the coriander powder becomes dark brown.
- Now, add tomato puree, chopped green chilies, and ginger-garlic paste. Stir well.
- Cover the pot and cook the tomatoes for around 15 minutes on medium-low heat.
- Once the tomatoes are cooked, add red chili powder, cumin powder, amchur powder, and salt as per taste.
- Stir and cook the spices for 1 to 2 minutes.
- Add the boiled chickpeas (along with the water in which they were boiled) to the pan. Stir until the chickpeas are well combined with the masala. Add an extra 1/2 cup water and then cover the pan and let it simmer on medium-low heat for around 30 minutes. Mash some of the chickpeas while they are simmering.
- For tempering, heat ghee in a small pan. Once hot, add ginger juliennes to it. Fry until the juliennes are golden brown.
- Add the tempered mixture to the chole curry, mix well, and switch off the flame.
- Garnish the chole with coriander leaves and serve hot.

MY MEMORY OF THIS RECIPE:

My mom Rita Marwaha's chole recipe, is more than just food; it's a journey back to my cherished childhood memories. The comforting aroma fills the kitchen, bringing back the rhythmic sounds of Mom cooking her signature Punjabi chole with Puri. I remember her grace as she stirred the pot, infusing every dish with love and dedication. The warm spices paint a picture of family dinners filled with laughter and stories. Each spoonful carries the essence of those moments—comfort, togetherness, and the taste of home. Mom's recipe is a valuable heritage passed down through generations, reminding us that love is the key ingredient in every dish. Making chole today connects me deeply to my roots and the enduring legacy of a mother's embrace through food.



Saoji Mutton

A recipe by
Shahnaz Sheikh



INGREDIENTS

- 500 gms mutton, cleaned and cut into pieces
- 3-4 onions, finely chopped
- 2 tomatoes, finely chopped
- 2-3 green chilies, slit
- 1 Tbsp ginger-garlic paste
- 1 Tbsp saoji masala
- 1 tsp red chili powder
- 1/2 tsp turmeric powder
- Oil / ghee for cooking
- Coriander leaves for garnishing
- Salt

METHOD:

- Marinate the mutton pieces with ginger-garlic paste, turmeric powder, red chili powder, and salt. Let it marinate for at least 30 minutes.
- Heat oil or ghee in a pressure cooker or a heavy-bottomed pan. Add chopped onions and sauté until they turn golden brown.
- Add the chopped tomatoes and cook until they become soft and mushy.
- Now, add the marinated mutton pieces to the pan. Cook on high heat for a few minutes until the mutton changes color.
- Lower the heat and add the saoji masala. Mix well to coat the mutton pieces evenly with the masala.
- Add slit green chilies. Stir well.
- Pour in some water, just enough to cover the mutton pieces. Adjust the salt if needed.
- Close the pressure cooker lid and cook for about 4-5 whistles, or if using a pan, cover and cook until the mutton is tender and cooked through.
- Once the mutton is cooked, check the consistency of the gravy. If it's too thin, cook uncovered until it thickens to your desired consistency.
- Garnish with fresh coriander leaves, and serve hot with steamed rice, roti, or naan.

MY MEMORY OF THIS RECIPE:

This recipe, prepared by my mumma, holds a special place in my heart. I remember vividly the first time I tasted Saoji Mutton. With the first bite, I was hooked. The tender mutton, combined with the rich and spicy Saoji masala, was a burst of flavor in my mouth. To my surprise, I found myself reaching for chapatis continuously. Despite usually being content with 2-3 chapatis, the deliciousness of the Saoji Mutton compelled me to indulge in 5!

What made this meal even more special was the setting—a rare occasion when my entire family gathered together for dinner on our grandpa's farm. The warmth of family bonds and the delicious food made it a cherished memory.



Sarson Da Saag

A recipe by
Anisha Shinde



INGREDIENTS

- 500 gms fresh organic mustard leaves
 - 250 gms spinach
 - 100 gms fenugreek leaves
 - 100 gms bathua leaves
 - 5-6 green chillies
 - 1-inch piece of ginger
- 2 onions, finely chopped
 - 6-7 cloves of garlic
 - 1/4 cup soaked chana dal
 - Pinch of hing (asafoetida)
 - 1 teaspoon cumin seeds
- 1 tsp salt
 - 2 tsp makki ka atta or wheat flour
 - 4 Tbsp ghee
 - White butter

METHOD:

- Coarsely chop the mustard leaves, spinach, fenugreek leaves, and bathua leaves after thoroughly cleaning them.
- In a large cooker, combine the chopped leafy vegetables with green chillies, ginger, garlic, soaked chana dal, hing, and salt.
- Cook the mixture on medium-low flame, stirring occasionally and mashing it until the saag thickens and becomes dark green.
- Add makki ka atta, or wheat flour, to the saag to enhance taste and texture.
- In a separate pan, prepare the tempering by heating ghee and adding finely chopped onions, green chillies, garlic, and jeera. Cook until onions turn translucent.
- Add the tempered mixture to the saag and let it cook for another 10-15 minutes on low flame, covered.
- Garnish with freshly churned white butter and Serve hot with makki ki roti or plain roti!

MY MEMORY OF THIS RECIPE:

Growing up in a Punjabi family, food has always been my ultimate obsession. Whether it's street food, home-cooked meals, or even a simple khichdi, I relish every bite with pure joy. My passion for cooking stems from my warm, loving family, where everyone is not just a good cook but also a great host. I owe a lot of my culinary skills to my mom, who never forced me into the kitchen but encouraged me to explore cooking at my own pace. It wasn't until after my marriage that I truly began experimenting with recipes, but one dish that always takes me back to my roots is Sarson ka Saag. I learned to make this traditional Punjabi delicacy from scratch during my time staying with my masi in Ambala. The freshness of the green leafy vegetables, combined with the love and patience poured into cooking, makes this dish truly unforgettable.



Shepu Birdyacha Bhaat

A recipe by
Megha Kulkarni



INGREDIENTS

- 1 cup rice
- 1 cup shepu (dill), finely chopped
- 1/2 cup birdye or sprouted kadave waal (Limba beans)
- 1 tsp coriander powder
- 1/2 tsp cumin powder
- 1/4 tsp garam masala powder
- 1/4 tsp turmeric powder
- 1/4 tsp asafoetida
- 1/2 tsp mustard seeds
- 2 green chillies
- 4 cloves of garlic
- 2 Tbsp oil
- Curry leaves
- 2 Tbsp ghee
- Water
- Salt to taste

METHOD:

- Wash the rice and soak it in water.
- Finely chop the shepu (dill).
- Make a paste of green chillies and garlic.
- Heat oil in a pan, add mustard seeds, and once they crackle, add the drained rice and stir-fry for a few minutes.
- Stir in the green chilli-garlic paste until the raw aroma disappears. Add turmeric powder and asafoetida, chopped shepu, and continue to stir-fry.
- Add coriander powder, cumin powder, and garam masala. Mix in the Birdye (Limba beans) and season with salt to taste.
- Add ghee and boiling hot water to the pressure cooker.
- Close the lid of the pressure cooker and cook on medium heat for one whistle.
- Once done, let the pressure release naturally before opening the cooker.
- Your flavorful Shepu Birdyacha Bhaat is ready to be served.

MY MEMORY OF THIS RECIPE:

I remember when I was a teenager, my mom asked me to do some work, but I was in a hurry to go out. Without thinking, I refused to do the work, and we ended up having a tiff. She insisted that I complete the task before leaving, but I rebelled and walked off, slamming the door behind me. My mom yelled after me, reminding me that she was my mother and could act accordingly if I continued to rebel. Later, when I returned home for lunch, my mom prepared a rice dish with shepu and birdye. I was frustrated, and I didn't expect my mom to be so adamant. I pleaded with her, saying that I didn't like shepu or birdye, but she insisted. Reluctantly, I took a bite, and to my surprise, I found myself enjoying it. By the time I finished the last bite, I had come to love the dish. From that day on, I affectionately called it 'Rebel Rice.' Try it; it's really delicious. It has a special touch of love that turns bitterness into sweetness.



Surmai Fish Curry

A recipe by
Nikita Jadhav



INGREDIENTS

- 1/2 kg surmai fish, sliced
- 2 tbsp mustard oil
- 2 onions, finely chopped
- 1/2 cup grated fresh coconut
- 1/2 tsp turmeric powder
- 1/2 tsp Kashmiri Chilli Powder
- 1/2 tsp ajwain (Carom Seeds)
- 1/2 tsp curry leaves
- 1/2 cup fresh coriander leaves, chopped
- Salt

METHOD:

- Clean the sliced Surmai fish under running tap water and set aside until the water drains from the fish. Pat dry with paper towels.
- Heat mustard oil in a pan over medium heat. Shallow fry the sliced fish until half cooked. Remove the fish from the pan and set aside on a plate.
- In the same pan, add 1 teaspoon of mustard oil and heat it over medium flame. Add curry leaves and finely chopped onions. Sauté until the onions turn translucent.
- Add turmeric powder, Kashmiri chili powder, and salt to the pan. Stir well and let it cook for 2 minutes.
- Add the half-cooked fish back into the pan and mix gently with all the spices.
- Add grated fresh coconut and pour in 1/2 cup of hot water. Add 1/2 tsp of ajwain and stir gently to combine all the ingredients.
- Allow the mixture to simmer for 5 minutes until the fish is fully cooked and flavors combine.
- Once done, turn off the flame and garnish the dish with chopped fresh coriander leaves.

Serve hot with rice or roti. Enjoy your delicious Surmai fish curry!

MY MEMORY OF THIS RECIPE:

Among my mom's many wonderful dishes, her simple and quick fish curry with bajra roti holds a special place in my heart. The taste of her cooking remains vivid in my memory, inspiring me to carry on her legacy in my kitchen. As I prepare Surmai Fish Curry, memories flood back, each step bringing me closer to the flavors of my childhood.





Tupatale Chicken

A recipe by
Chef Savita Patil



INGREDIENTS

- 500 gms chicken (curry cuts)
- 500 gms grated onions
- 75gms ghee
- 150 gms tomatoes
- 1 Tbsp ginger garlic paste
- 2 green chillies
- ½ tsp turmeric powder
- 2 tsp garam masala
- 1 tsp yellow chili powder
- 2 tsp coriander powder
- ½ tsp cumin powder
- 2 Tbsp fresh coriander, chopped
- ¼ tsp jeera (cumin seeds)
- Salt to taste

METHOD:

- Apply salt and turmeric powder on the chicken and keep it aside for 15 minutes.
- Grate the onions and squeeze the juice.
- Heat ghee, add jeera and chopped green chillies.
- Add grated onion and sauté on a slow flame until they turn brown. Then, add ginger garlic paste and all the dry ingredients.
- Sauté for 2 minutes, then add half of the chopped coriander leaves and tomatoes. Mix well.
- Add the chicken, mix well, and cover with a lid. Put water on the lid and allow the chicken to cook, stirring occasionally.
- Garnish with the remaining chopped coriander leaves. Serve hot with roti or paratha.

MY MEMORY OF THIS RECIPE:

The recipe has been a surprise! My mother and I walked into the kitchen to find a chaotic scene that nearly made us scream! To our amazement, it was my father trying his hand at improvising my mother's regular chicken preparation. There were grated onions, chopped tomatoes, spices, and, to my astonishment, a bottle of ghee. My expression was one of disbelief: ghee in chicken? Until then, I had never seen anyone use ghee in chicken, especially back in the early '80s. I wondered where the "paata varvanta" (used for grinding masalas) was. Amidst the chaos, I couldn't help but wonder, 'Is this going to be a disaster?' I decided to disappear from the kitchen. But soon, a mouth watering aroma lingered. I returned to the kitchen out of curiosity and peeped into the khadhai (wok). I could see chicken in it, but it wasn't the usual red curry. The chicken was coated with thick, brown dry masala, which had a sweetish aroma from the grated onions! I couldn't resist tasting it then and it remains an all time favorite of mine!





Ubadiyu

A recipe by
Manisha A. Gayakwad



INGREDIENTS

- 1 cup garlic cloves
- 1/4 cup ginger root
- 10 green chillies
- 1 Tbsp turmeric powder
- 1 tsp salt
- Ginger-garlic-green chilly paste
- 1/8 cup vegetable oil
- 1 Tbsp carom seeds
- 3/4 cup roasted, peeled, and crushed peanuts
- 1/2 cup desiccated coconut
- 1/4 cup white sesame seeds, crushed
- 1 tsp asafoetida powder
- 1 Tbsp coriander powder
- 1/2 tsp cumin powder

VEGETABLES AND BEANS

- 500 gms sweet potato & potato, cut into large pieces (with peel)
- 500 gms purple yam, cut into chunks
- 1 kg hyacinth beans in pods
- 500 gms field beans in pods
- 250 gms fresh sugarcane stalks
- Indian nettle/Kalhar
- Black honey shrub/Kamboi
- Lemon leaf/Limbda
- 7-8 Aakda na phool (Calotropis gigantean crown flower)

METHOD:

- In a deep dish, mix beans with ginger-garlic-green chilly paste, carom seeds, salt, turmeric powder, vegetable oil, kamboi leaves, kalhar leaves, and lemon leaves. Rub well, and set aside. Repeat the same process with root vegetables in another deep dish.
- Mix crushed peanuts, sesame seeds, desiccated coconut, ginger-garlic-green chilly paste, salt, turmeric powder, coriander powder, cumin powder, asafoetida powder, and vegetable oil in a bowl. Stuff this mixture into the brinjals and pack them back compactly.
- Place Vanaspati leaves at the base of an earthen pot with assorted leaves. Layer marinated beans, root vegetables, stuffed brinjals, and sugarcane stalks, sandwiched between the marinated beans. Pack everything with assorted leaves on top.
- Place beans at the cooking site. Upright the pot onto those beans. Cover with dried coconut leaves, sugarcane waste, dried cow dung cakes, and dried mango leaves. Cook for 45 minutes.
- Discard the packing leaves and upturn them onto a large platter. Serve with spicy green coconut chutney and chilled buttermilk.

MY MEMORY OF THIS RECIPE:

Making Ubadiyu is more than just preparing a dish; it's a ritual that binds our family together with love and tradition. Every year, as winter sets in, my family gathers, eager to create this age-old recipe passed down through generations.

I remember vividly the lively kitchen, filled with laughter and chatter as we chopped vegetables, crushed spices, and prepared the stuffing for the brinjals. My mom guided us through each step, sharing her childhood memories associated with Ubadiyu. As we waited for the Ubadiyu to cook, we huddled around the fire, sharing stories and laughter and forging memories that would last a lifetime. For us, Ubadiyu isn't just a dish; it is a symbol of the bond we share as a family.



Banana Fritters

A recipe by
Michaela Ceaser



INGREDIENTS

- 2 very ripe or overripe bananas
- 1 egg
- 1 cup of flour
- 1/4th tsp nutmeg powder
- 1/4th tsp cinnamon
- 1/4th tsp salt
- 1/4th tsp baking powder
- 1/4th tsp vanilla extract (optional)
- Sugar to taste (optional)

METHOD:

- Mash the bananas with a fork to achieve a chunky consistency. Add the egg and vanilla extract.
- In a separate mixing bowl, combine flour, salt, nutmeg, cinnamon, and baking powder thoroughly. Gradually add the wet ingredients to this mixture. Adjust the consistency by adding a little milk or melted unsalted butter if it's too thick, or a bit of flour if it's too thin. The batter should have a medium-thick consistency, allowing you to scoop it onto a pan using a ladle.
- Heat a non-stick pan and add a small amount of butter once it's hot. Be cautious not to add the butter too early, as it may burn. On medium heat, pour the batter onto the pan to form 2–3-inch pancake shapes. Cook until the outside is golden brown and crispy.

These pancakes are perfect as a snack or dessert, especially when served with a scoop of vanilla ice cream!

MY MEMORY OF THIS RECIPE:

When I was growing up, both my parents worked. My maternal grandmother, Nana (Mabel), lived with us and welcomed my brother and me home from school daily. She always had delicious snacks ready for us when we arrived. These banana fritters were my favorite, with just the right balance of sweet and salty flavors. Looking back, I realize they were the perfect healthy snack, providing the energy needed to finish homework and play with friends. Any leftovers made for a perfect school snack break the next day!





Beetroot Laddu

A recipe by
N. Gopi



INGREDIENTS

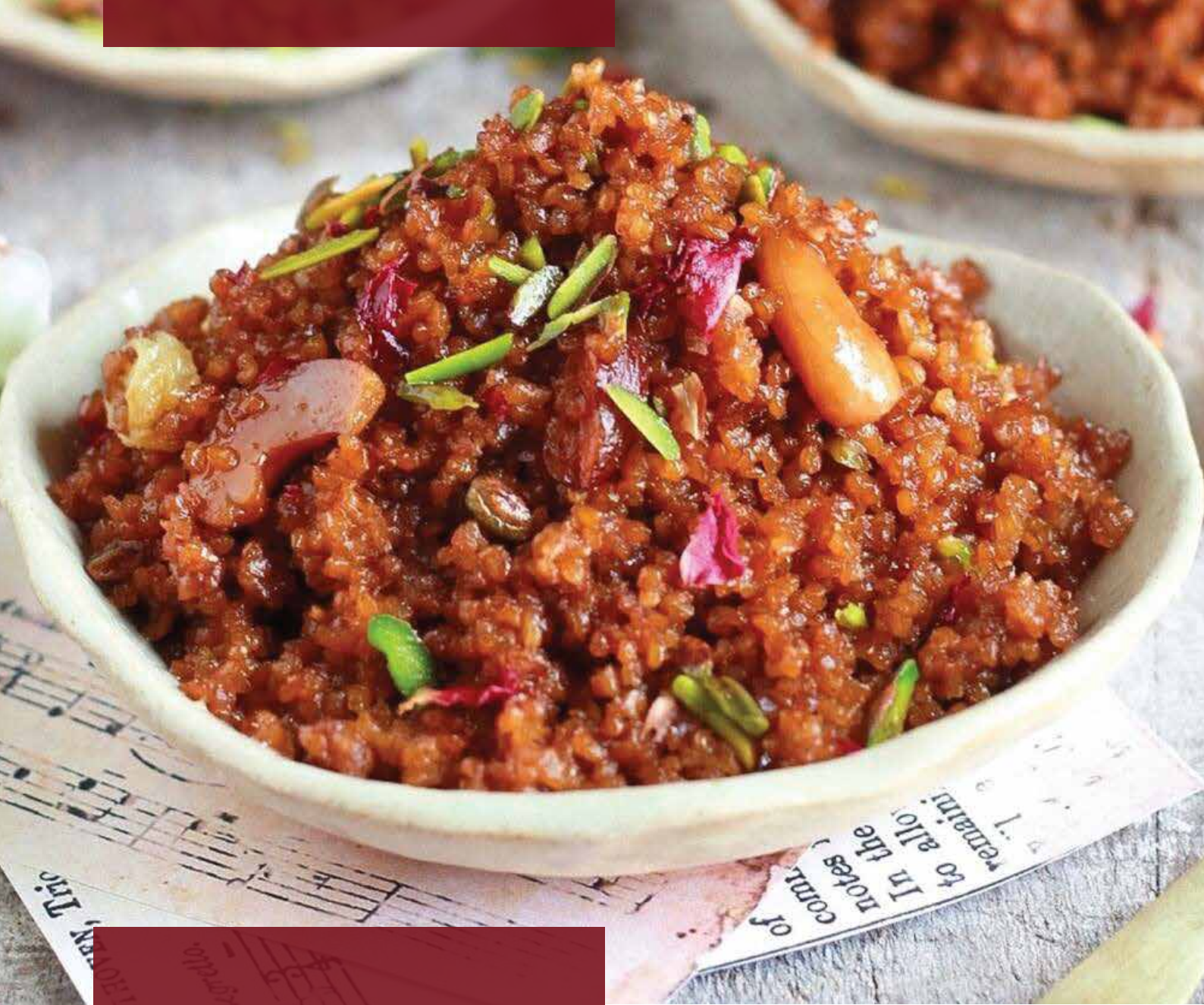
- 2 medium-sized beetroots
- 200 gms shredded jaggery
- 200 gms ghee
- 50 gms shredded almonds
- 30 gms shredded cashew nuts
- 0.5 gm saffron
- 30 gms poppy seeds
- 100 ml milk
- 2 Tbsp almond slivers for garnish

METHOD:

- Grate beetroot on a thin grater.
- Heat pan, add ghee, and cook beetroot till it gets translucent and cooks well.
- Add shredded almonds, cashew nuts, and milk.
- Cook till milk reduces and gets to a thick consistency.
- Add shredded jaggery and mix well till jaggery dissolves in the mixture.
- Check for required sweetness.
- Place it on a plate and cool it down.
- Take some poppy seeds and spread them out, add ghee, and roast a bit.
- Once the mixture cools down, shape it into a laddoo with an equal quantity.
- Roll the laddoo on the poppy seeds.
- Garnish with almond slivers and a strand of saffron and serve

MY MEMORY OF THIS RECIPE:

The Beetroot Laddu, a nostalgic childhood treat, was a creation of my mom's kitchen. Crafted from leftover beetroot halwa, it was a favorite indulgence of mine. My mom often made it for us, sometimes adding grated coconut instead of poppy seeds. These laddus were not only a delightful after-school sweet but also a cherished addition to our school lunch boxes.



Lapsi

A recipe by
**Krutika Shingare &
Shila Deshmukh**



INGREDIENTS

- 1 cup broken wheat
 - 5 raisins
 - 5 almonds
 - 2 Tbsp ghee
 - 3 cups water
 - 1 cup powdered jaggery
- 1 tsp powdered green cardamom
 - 5 cashews
 - 12 slices coconut
 - 4 strands saffron
 - 2 pistachios
 - 1 tsp flaked almonds

METHOD:

- Soak raisins in water.
- Heat ghee in a pan, fry the dry fruits individually (almonds, cashews, coconut, and pistachios), and set them aside.
- In a deep-bottomed pan, heat ghee over medium flame. Add the broken wheat and sauté until light brown.
- Pour water into the pan and cook until the wheat is tender and the water is almost absorbed.
- Once only 1/3 of the water remains, add cardamom powder and saffron. Pressure cook until tender. Then, mix jaggery powder.
- Remove from heat and garnish with flaked almonds and raisins.

Enjoy your delicious Lapsi!

MY MEMORY OF THIS RECIPE:

Growing up, summer visits to my grandmother's home in Indore always meant indulging my sweet tooth with Lapsi. Served as breakfast, the dish was my grandmother's way of feeding us a healthy diet early in the morning before we went out to play. The dish is also known as Fada Lapsi when the pieces of broken wheat are coarse as compared to the normal lapsi. What's also great is that it is a very easy-to-cook dish that can be part of your regular meal, but you only need to add an extra dose of dry fruit garnishing and silver foil to make it a festive dessert.





Magas

(Gram Flour
Festive Sweet)

A recipe by
Rajeshwari Adappa



INGREDIENTS

- 3 cups of coarse-gram flour (Besan)
 - ½ cup pure cow ghee
 - 3-4 Tbsp milk
 - 1 cup powdered sugar
 - 1 tsp cardamom powder
- 5–6 pistachios, slivered for garnishing
 - 5–6 almonds, sliced for garnishing
 - 8–9 raisins for garnishing
 - Rose petals for garnishing

PRE-PREPARATION:

If coarse gram flour isn't available, a process called 'Dhabo' is needed to achieve the desired texture. Follow these steps:

- Combine gram flour with 4-5 tablespoons of warm milk to form clots.
- Let it rest for 30 minutes. Adjust the milk quantity for a dry enough mixture to be sieved.
- Use a medium-hole sieve to get grainy gram flour suitable for the recipe.

METHOD:

- Melt the ghee in a pan over medium heat.
- Add the flour to the pan, keeping the flame low-medium, and stir continuously to prevent sticking and burning.
- Roast the flour well until it darkens in color and releases a nutty aroma
- Remove the pan from the heat to prevent burning.
- Stir in the cardamom powder, powdered sugar, and raisins.
- Grease a tray with ghee and spread the mixture evenly. Tap the tray on the counter to facilitate spreading.
- Garnish the tray and use a knife to make diamond-shaped or square cuts while the mixture is still wet. This aids in easy removal when the mixture hardens. Alternatively, use parchment paper in a tray and a spatula to easily remove the pieces.

MY MEMORY OF THIS RECIPE:

Magas, this Gujarati sweet, is my mother's favorite. Almost like a rite of passage, every Diwali, this is the first sweet that she prepares during the festive season. The aroma as the besan is roasted brings to mind memories of my mom teaching me to roast it just right—not to burn it but to ensure it is not raw either. My mother's litmus test, so to speak, for the perfect amount of roasting was the besan-turning Gulabi (a rosy hue). As a child, I complained about all the stirring then, but the final enticing rose gold Magas was always worth the effort!



Malai Ghewar

A recipe by
Komal Baheti



INGREDIENTS

- 500 gms all-purpose flour
- 300 gms ghee
- 2 ltr water
- 2 ltr milk
- 7-8 ice cubes
- 30 gms chopped almonds
- 30 gms chopped cashews
- 10 gms chopped melon seeds
- 20 gms chopped pistachios
- 700 gms sugar
- 1 tsp saffron
- 1 tsp cardamom powder
- Rose petals for garnishing

METHOD:

- Add ghee to a large mixing bowl and whip with ice cubes until fluffy.
- To this, add flour, water, chilled milk, and whisk to make a lump-free smooth batter.
- Fill a deep saucepan halfway with ghee/oil. Now heat it on high heat.
- Once the ghee is smoky hot, take a ladle full of batter.
- Pour the batter little by little slowly in a thread-like stream into the center of the ghee. The batter will frizzle up and spread immediately.
- When the foam settles, make a hole in the center by removing the batter from the center with the back of a ladle or a spatula.
- Pour 5-6 more ladlefuls of batter into the hole formed in the center, repeating the same steps.
- Once the pouring is done, start pressing the ghevar slightly inside the oil using the back of a spatula.
- Fry until golden, then drain excess oil.
- Now, prepare the sugar syrup. Add sugar, water, and saffron strands to a pan and heat it over high heat.
- Stir sugar syrup until sugar dissolves, then boil until string consistency.
- Now make rabri for Ghewar. Add whole milk to a heavy-bottomed pan. Let it come to a boil. Once the milk starts boiling, lower the heat to medium. As soon as the cream layer is formed on top, start scraping it from the sides with a spatula.
- Boil until the milk has reduced to half. Now add in the saffron strands soaked in the milk. Keep stirring it occasionally to make sure that it is not sticking to the bottom.
- Once the milk is thick and 1/4 of the quantity, add sugar and stir well.
- Let it cook until the sugar dissolves, add cardamom and chopped nuts. Stir well and turn off the heat.
- For Serving Ghewar, place the bowl on a large plate and put the ghevar on top of the bowl. Pour a sufficient amount of sugar syrup evenly all over and let it stay there for 2 minutes to drain the excess syrup.
- Spread warm rabri and garnish with chopped nuts, silver leaf, and rose petals. Enjoy warm or hot.

MY MEMORY OF THIS RECIPE:

I'm passionate about the timeless tradition of making Malai Ghewar. It's a recipe that's been passed down through generations in my family. My mother learned it from her mother, who learned it from hers. In every kitchen I've worked in, whether it's a restaurant or my own, I add my unique twist to Malai Ghewar. It's my way of honoring tradition while also bringing something new to the table. Every time I serve it, it's met with smiles and requests for seconds. It's more than just a sweet treat; it's a piece of my heritage that I'm proud to share with others.



Shahi Tukda

A recipe by
Monika Gupta



INGREDIENTS

- 5 bread slices
 - 150 ml water
 - 3 cup milk
 - 1 Tbsp cashews
 - 1 Tbsp pistachios
- 1/2 cup ghee
 - 1/2 cup sugar
 - 6-strand saffron
 - 2 pinches powdered green cardamom
 - 1 Tbsp almonds

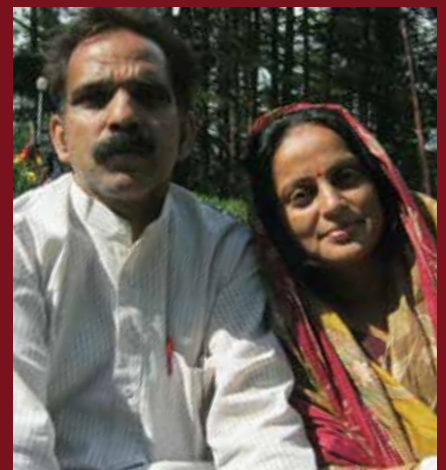
METHOD:

- In a saucepan, heat the water and sugar. Once the sugar dissolves, add saffron strands. Let it boil until the syrup achieves a two-string consistency. Once thickened, turn off the stove and set it aside.
- In another pan, boil the milk over medium flame until it reduces to about 1/4th of its original quantity, stirring continuously. Once reduced, add cardamom powder and 1/4th of the prepared sugar syrup. Mix well.
- Continue heating the milk mixture while stirring for another 5 minutes. Once done, remove the pan from the flame, and your rabri is ready. Keep aside until required.
- Now, slice the bread slices into two triangles. Heat ghee in a pan and shallow fry the bread slices until they are crisp and golden brown on each side.
- Once fried, soak each bread slice in the remaining sugar syrup for about a minute.
- Arrange the soaked bread slices on a serving dish. Pour the prepared rabri over the bread slices.
- Garnish with chopped nuts and rose petals.

Your Shahi Tukda is ready to be served. Enjoy!

MY MEMORY OF THIS RECIPE:

I have a sweet tooth and a deep love for desserts, especially Shahi Tukda. Whenever I have a craving, I turn to this recipe, which holds a special place in my heart. It's not just a dessert; it's a cherished memory of my father, who used to make it for me whenever I asked. Even after his passing, this dish reminds me of him. My father learned this recipe from my mom, so it's a creation from my mom that has been passed on to me. As I savor a bite of Shahi Tukda, I'm reminded of the love, joy, and memories that my parents brought into my life. This dish is a connection to my past and a poignant reminder of the enduring bond between parents and a daughter.





Sweet Potato Puran Poli

A recipe by
Priyadarshini Deshpande



INGREDIENTS

- 2 medium-sized sweet potatoes
- 1 cup jaggery powder
- Cardamom powder
- 2 Tbsp ghee
- 2 cups wheat flour
- 1 cup milk

METHOD:

- Boil the sweet potatoes, allow them to cool, peel, and then mash them until smooth.
- In a pan, heat ghee and add jaggery, mashed sweet potatoes, and cardamom powder. Cook until it reaches a thick Puran consistency. Let it cool.
- Now, mix flour, a pinch of salt, and milk to form a soft dough.
- Roll out small portions of the dough into flattened wheat rotis. Place a portion of the puran filling in the center of each roti, then fold and seal tightly. Roll out the stuffed rotis and cook on medium flame until crispy on both sides.
- Serve hot, generously drizzled with ghee.

MY MEMORY OF THIS RECIPE:

Mothers truly are God-sent magicians in our lives. As a working woman, my mother always had quick fixes for my troubles. This dish I'm writing about was one such solution for my craving for Puran Poli, a traditional Maharashtrian sweet flatbread filled with lentils, often enjoyed during festivals. Making Puran Poli involves extensive preparation, from soaking lentils to grinding them to a specific consistency—it's far from a quick fix. However, when I once craved it, my mother came up with an alternative that's just as delicious and can be made in less than half the time. That's the beauty of a mother's creativity!





Zat Pat Badam Burfi

A recipe by
Satish Patil



INGREDIENTS

- 1 can Condensed milk
- 125 gms Butter
- 1 can Coarsely ground almond (or cashews/pistachios)
- A pinch Saffron
- 1/4 tsp Cardamom powder
- 1 tsp Ghee

METHOD:

- Pour one can of condensed milk, a pinch of saffron, and 2 tablespoons of butter in a microwave-safe dish.
- Microwave the mixture for 3 minutes.
- Remove from the microwave and mix well. Add one can of coarsely ground almonds (or cashews/pistachios) and cardamom powder. Mix thoroughly.
- Microwave the mixture again for 3 minutes.
- Now, brush a thali (a flat plate or tray) with ghee.
- Spread the cooked mixture evenly onto the greased thali and let it cool down.
- Once cooled, transfer the thali to the refrigerator to allow the mixture to solidify further.
- Once solidified, cut the mixture into pieces.
- Garnish the burfi with almond flakes before serving. Enjoy your homemade burfi!

MY MEMORY OF THIS RECIPE:

Just as I was about to start preparing dinner, my friends called and said they were on their way over with food, with the condition that I whip up something for dessert. Unfortunately, my plan to make sheera was dashed, as they specifically requested nothing made from rawa. Then, it dawned on me—I had a can of sweetened condensed milk. Recalling a recipe for quick badam barfi that our family friend Anuradha had shared with me, I sprang into action and managed to make it just in time for their arrival. Needless to say, my friends were thrilled with the delightful dessert.





Laal-Chai

A recipe by
Farheen Belgaumwala



INGREDIENTS

- 2 cups water
- 2 tsp jaggery
- 1/2 tsp tea leaves
- 2 holy basil/tulsi leaves
- 1 inch ginger
- 1 pinch salt
- Lemongrass, to taste
- 1 tsp lemon juice

METHOD:

- In a saucepan, bring 2 cups of water to a boil.
- Add jaggery, tea leaves, holy basil/tulsi leaves, ginger, salt, and some lemongrass to the boiling water.
- Let the mixture simmer for a few minutes.
- Turn off the heat, squeeze in the lemon juice, and strain.
- Serve the Laal Chai hot and enjoy the aroma and flavors that transport you to the hilly landscapes of Arunachal Pradesh.

P.S.: Feel free to adjust the ingredients and brewing time according to your preference. If you can procure the spherical lemon from the Northeast, this tea will taste even more refreshing!

MY MEMORY OF THIS RECIPE:

During one of my journeys through the breathtaking landscapes of Arunachal Pradesh, I stumbled upon a quaint tea shop nestled amidst the serene mountains. Here, the warm hospitality and light, refreshing tea left a lasting impression on me. Inspired by my encounter with this gracious host and her cherished recipe, I am delighted to share the essence of "Laal-Chai" with you all. Though her name remains unknown to me, her spirit and the flavors of Arunachal Pradesh are captured in every sip of this nectar.





Mango Blast

A recipe by
Navnath Bhagwat



INGREDIENTS

- 2 Alphonso mangoes
- 250 ml milk
- 50 gms Sugar
- Pinch of cardamom powder
- Chopped dry fruits
- 2 scoops mango ice cream
- 4 to 5 ice cubes
- Fresh Mint (for garnish)

METHOD:

- Wash and clean the Alphonso mangoes under cold, running water. Wipe them with a clean cloth.
- Peel and chop the mangoes, then place them in a bowl.
- Blend the mango pulp with powdered sugar, cardamom, milk, and 4-5 cubes of ice in a blender jar. Do not add water.
- Refrigerate the mango puree for 15-20 minutes.
- Pour the chilled puree into glasses.
- Place 2 scoops of mango ice cream on top of each glass.
- Garnish with fresh mint leaves. Enjoy chilled!

MY MEMORY OF THIS RECIPE:

Summer is special, for sure, and incomplete without mangoes. It reminds me of my childhood days at the market with my mother. Apart from enjoying ice gola, what I treasured the most was selecting delicious Alphonso mangoes. My mother taught me the skill of sniffing and choosing the right mangoes from the market, amidst the numerous varieties available. I can vouch for the sense and skill my mother had in selecting the best and sweetest mangoes. The best part was turning those mangoes into Mango Blast. I always cherish the Mango Blast recipe that she makes for all of us at home. With every sip, I tasted not only the sweetness of the fruit but also the love and care she put into it. Now, whenever I make Mango Blast, I feel the nostalgia and warmth of my childhood with my mother.



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