

Indian Foods
to warm our
heart



Disclaimer

All participants are reminded that this session is solely intended to share personal recipes, tips and information about Indian foods and cooking.

The information in this presentation is not intended or implied to be a substitute for professional medical advice or diagnosis and treatment. All information including text, graphics, images and information available through this session is for general information only.

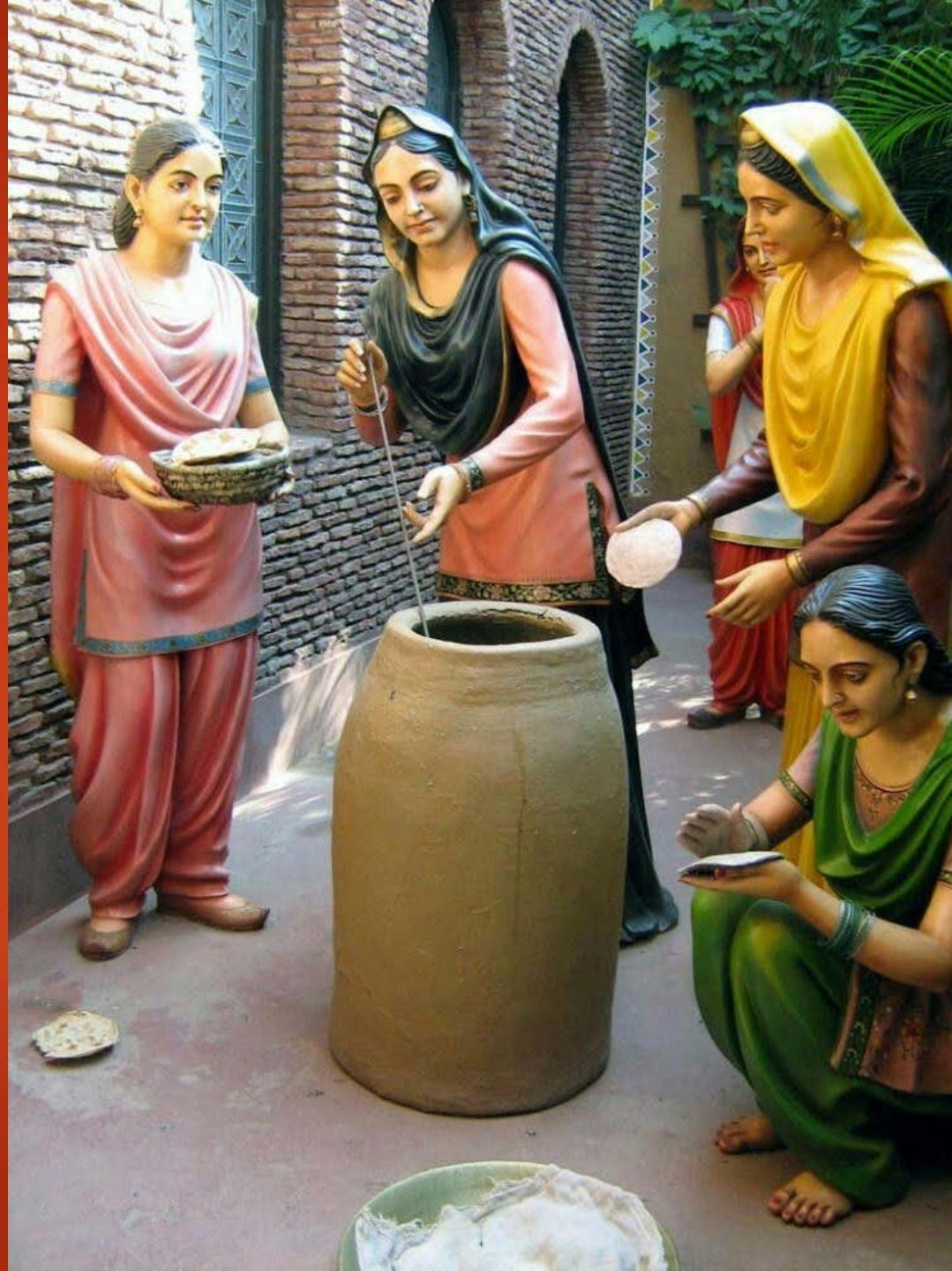
Users are encouraged to use this information in accordance to their medical condition, any treatments or allergies.

INDIAN CUISINE MAP





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- ▶ According to Ayurveda, everything in nature is made up of five elements: Earth, Water, Fire, Air, and Space.

Ayurveda elements

Ether



Air



Fire






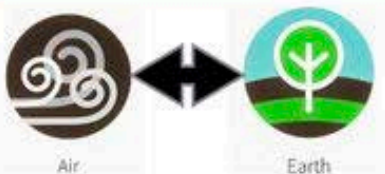


Earth



Water



TASTE	Elements	Source examples	VĀTA	PITTA	KAPHA
SWEET (madhura)	 Earth Water	Honey, rice, sugar, nuts, fruit, carbohydrates, grains, natural sugars, milk	↓	↓	↑
SOUR (amla)	 Earth Fire	Yogurt, citrus fruits, ascorbic acid, vitamin C, vinegar, cheese, fermented foods	↓	↑	↑
SALTY (lavana)	 Fire Water	Seaweed, tamari, table salt, sea salt, sea vegetables	↓	↑	↑
PUNGENT (katu)	 Air Fire	Cayenne, chile pepper, black pepper, ginger, garlic, herbs and spices	↑	↑	↓
BITTER (tikta)	 Air Ether	Turmeric, dark leafy greens, herbs and spices	↑	↓	↓
ASTRINGENT (kashāya)	 Air Earth	Alum, green banana, legumes, raw fruits and vegetables, herbs	↑	↓	↓

Seasonal vegetables



14 Fruits Vegetables in Season for January in India



Savory pancake

Ingredients

- 1 cup semolina
- ½ cup rice flour/plain flour
- 1 table spoon Greek yoghurt
- ½ cup grated carrots
- Few spinach leaves finely chopped
- 1 onion finely chopped
- Water as needed to make a thick paste
- Oil for greasing and cooking
- Salt to taste

Method

- To start with, combine all the ingredients in a deep bowl.
- Use enough water to make a thick paste.
- Leave it aside for about 10-15 minutes.
- Heat a pan and make the pancakes. Use oil as needed.
- Serve hot with green chutney or ketchup.



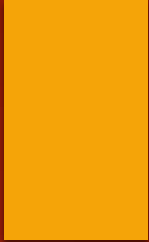

Lunch

A hearty vegetable and lentil soup which can be eaten with crusty bread roll, rice or naan bread.

Ingredients

- 1 cup red or brown lentils, soaked for at least an hour
- ½ cup finely chopped onions
- 4-5 cloves of garlic, finely chopped
- 1 inch of ginger finely chopped
- ½ cup finely chopped carrots,
- ½ cup finely chopped fresh French beans
- 1 tin of tomatoes, plum preferably
- A pinch of turmeric powder
- 1 spoon of sugar-optional
- 1 tablespoonful of oil
- Salt to taste
- Fresh coriander leaves to garnish
- Butter to garnish



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- Heat a deep pan and add a spoonful of butter or oil.
 - Sauté onions, garlic and ginger for a few minutes.
 - Add the vegetables and sauté for a few more minutes.
 - Drain the water from the soaked lentils and add it to the veg mix.
 - Saute for a few minutes
 - Then add the tomatoes and turmeric powder and mix well.
 - Finally add enough water(veg or chicken stock) and salt.
 - Mix and cover it to simmer till cooked well.
 - Garnish with butter and fresh coriander.
 - Serve hot with bread of your choice.

Evening snack

Masala chai and onion bhajis



INGREDIENTS YOU'LL NEED FOR ONION BHAJIS

- 2/3 Red onions – I prefer red onions in my fritters. But you can always use White onions too, if that's what you like.
- 1 cup Gram flour – also known as Chickpea Flour or Besan are naturally Gluten Free. They are easily available in major supermarkets.
- Fresh coriander. If you don't like them, simply leave them out.
- Spice Powders – 1 tsp each of *Ground Cumin*, *Ground Coriander* and *Turmeric*.
- Chilli powder or Green Chillies – optional
- Salt to taste
- Oil for frying.
- Water – Add only as much as needed.

HOW TO MAKE CRISPY ONION BHAJIS?

1. Slice the Onions Thin and Uniform
2. In a mixing bowl, add the sliced onions, gram flour, coriander leaves, spice powders and salt. Mix them well.
3. Allow the mixture to sit for at least 20 minutes (or longer up to 1 hour). This step is essential for achieving crispy bhajis.
4. When you are ready to make onion bhaji's, squeeze the Onions to release the water. This liquid is usually sufficient in combining the onion fritters batter.
5. However, if you feel the batter is too dry, add one teaspoon of water at a time and mix with hands until the batter sticks to the onions together.
6. Heat Oil in your pan. Check if your oil is sufficiently hot by adding a pinch of the onion bhaji batter.
7. If it comes up immediately, you know the oil is ready for frying the remaining Onion Pakora.
8. Fry the bhajis using a spoonful of batter for each one.
9. Serve hot with masala chai and green chutney or ketchup.

Paneer tikka sizzler



Ingredients

For Tikka paneer

100 grams paneer/cottage cheese
3 Red Yellow and Green Bell Peppers , (one each)
2 Onions , diced
1 spoon Greek yoghurt
½ tablespoon Ginger Garlic Paste
½ tablespoon tandoori masala
½ teaspoon Garam masala powder
1 teaspoon Black pepper powder
Salt , to taste

To assemble sizzler

Iceberg lettuce
Onion , sliced to circles and grilled
Tomatoes , sliced and grilled

Serves 2

For Peas Pulao

1 cup Cooked rice
1 cup Green peas , steamed
1 teaspoon Cumin seeds (Jeera)
1 teaspoon Ginger , grated
Green Chillies , slit
2 Cloves
2 Cardamom Pods/Seeds , crushed
1/2 inch Cinnamon Stick
1/2 Bay leaf, torn
Salt , to taste
1 tablespoon Ghee

To begin making Paneer tikka Sizzler ,we will prepare the shashlik first.

- Take a bowl and add all the ingredients. Mix and rest for an hour.
- Once they have marinated for an hour, take a skewer and skew all vegetables one after one, alternating with your pattern.
- Put in on hot grill pan, drizzle a little oil and cook on low medium flame till all sides are done. Take care not to burn veggies or paneer.

Peas Pulao

To prepare peas pulao, in a kadai, heat a little ghee and sizzle cumin seeds. Once the cumin seeds have sizzled add bay leaf, cardamom, clove, cinnamon and saute till aromatic.

Next add the green chillies peas and salt to taste .

Cook covered for a minute.

Add cooked rice and stir carefully until the flavours blend into rice. Check for salt and adjust.

Switch off flame.

Arranging the Paneer sizzler

- Take a sizzler plate (cast iron) and add few drops of oil all over.
- Heat the sizzler plate for 15 minutes in an oven or on the flame.
- Line it with cabbage or lettuce leaves.
- Place flavoured peas pulao on it.
- On the sides place the grilled onions and tomatoes.
- Place the paneer shashlik on the rice and drizzle a few drops of fresh lemon juice on it.
- Serve hot.
- You can replace the paneer with chicken if needed.



Carrot pudding

1 litre whole milk
4 medium sized carrots,grated
 $\frac{3}{4}$ tin of condensed milk
Few raisins
A tsp of cardamom powder

- Boil a litre of milk in a thick bottom or a non stick pot.
- After the first boil, add the grated carrots.
- Keep it on a low flame with constant stirring.
- When milk starts to thicken, add condensed milk.
- Keep stirring until all the milk is absorbed and you get a smooth consistency.
- It may take a good couple of hours to prepare this delicacy but is totally worth it.
- Garnish with raisins and cardamom powder.



Some commonly eaten foods that keep you warm during winters

Dried fruits and nuts. ...

Pepper, Fenugreek and Hing(asafoetida). ...

Tulsi (basil) and ginger. ...

Root vegetables and leafy greens. ...

Whole grain cereals and pulses. ...

Ghee

Sesame seeds

Jaggery

Honey



Chikki (energy bars)

The Indian nutritious bar of nuts and jaggery is a perfect crispy dessert. You can ditch your chocolates for this healthy sweet substitute. It serves as a snack, a good dessert or just something to munch on while you beat your boredom. A chikki a day is sure to keep the winter chills away!



