Sunflame®

THE CLEAR CHOICE



COOKING RANGE
OPERATING MANUAL
WITH **RECIPES**

Congratulations



You are now the lucky owner of a beautiful sleek, functional and practical cooking range from Sunflame.

To help you get the best from your new purchase and to ensure utmost satisfaction we provide you in this booklet the important features and usage of Sunflame cooking ranges.

SALIENT FEATURES

- Body ergonomically designed to occupy minimum kitchen space.
- Provided with a glass top cover which serves as a tabletop and splashguard.
- Scratch resistant vitreous enameled or stainless-steel working top.
- Burner tops of varying sizes made of brass and with compatible mixing tubes and pan support of maximum thermal efficiency and smooth functioning.
- The top grill burner in the chamber provides optimum and even grilling over a larger area.
- Well insulated oven chamber for even distribution of heat at different temperatures.
- Toughened heat resistant double layered glasses for maximum visibility and heat retention.
- Vitreous enameled chamber makes cleaning easier.

SUNFLAME COOKING RANGE MODELS

- Regalia - Fully operated on Gas having four brass burners on top, separate Grill and Oven Chambers.
- Exotica Super Dx - Gas cum Electric having four brass burners on top, Grill on Gas and Electric Oven in separate chambers.

  Exotica Dx is available with three brass burners on top and electric hot plate.

CHECK LIST AND INSTALLATION

1. When unpacking make sure that these parts are included.

a) Grill Rack **b) Grill Tray**

c) Oven Rack **d) Pan Support**

e) Legs-4 Nos. **f) Mini Pan Supports**

g) Shewers-3 Nos. **h) Operating Manual with Recipes**

I) Burning Cleaning Pin **j) Heat Divertor Plate**

2. When choosing a place to keep your Cooking Range make sure it's on a firm level.
3. The Cooking Range needs plenty of air. Allow at least 8" clearance from the wall at the back and about 1 meter (40") clearance above the working top.
4. Keep all inflammable matter like paper, wood, paraffin etc. away from the Cooking Range.

CONNECTING GAS SUPPLY

Slide the rubber gas pipe on to the nozzle without causing any damage to the nozzle and the tube, and check for any leakage.

TECHNICAL SPECIFICATIONS

Model	Gas consumption in gm/hr at 30 gmf/cm^2 BURNERS					
	L.H.F.	L.H.R.	R.H.F.	R.H.R.	GRILL	OVEN
Regalia	143	177	177	143	234	295
Exotica Super Dx	143	177	177	143	234	Electric
Exotica Dx	143	177	177	Electric	234	Electric

Electric Hot Plate: 1000 Watts &
Electric Oven: 2300 Watts at 230 V AC 50 Hz Single Phase

Dimensions (Unpacked) For all Models	Width	Depth	Height	
	51.5 cm	58 cm	89 cm	When closed
			137 cm	With lid open
			85 cm	upto working top

HOW TO USE REGALIA COOKING RANGE

1. To light the Burners

a) Open the main gas valve on your gas cylinder. Bring alighted matchstick to the Burner which is to be lit. Then push the relevant knob in and turn it to the 'ON' position.

b) To adjust the flame to simmer position, turn the knob further in anti-clockwise direction.

2. To light the Grill

a) Open the main gas valve on your gas cylinder. Bring a lighted matchstick to the Grill Burner which is on the upper part of the Grill Compartment. Switch on the knob marked 'Grill' by pushing it inwards and towards the 'ON' position. Do not use lighter for igniting the grill burner. Use only lighted matchstick.

b) In the Grill too, the flame may be adjusted in the same way as the burners.

3. To light the Oven

a) The Oven Burner is at the base of the Oven Compartment, covered by a sliding cover, which has an opening for easy access to light the burner.

b) After opening the valve on your gas cylinder bring a lighted matchstick to the burner and switch on the gas knob labelled 'Oven'. Then set the Oven at the required temperature by turning the thermostat knob to the corresponding marking.

To turn “OFF' the Burners, Grill, or Oven, turn the gas control knobs back to the 'OFF' position.

Regalia Super Dx - This model of Regalia is provided with Multi Spark Electric Ignition for all the top 4 burners. To light the burners-Press and turn the relevant knob and press the ignition switch with the other hand simultaneously. This model is also provided with motorized rotisserie in the grill chamber operating at 2 RPM. An additional skewer with fork set and skewer on drum are provided with motorized rotisserie. Fork set is to be used for holding bigger items to be grilled. A toggle switch is provided to operate the rotisserie motor.

USING THE GRILL

1. Open the Grill Door and remove the Grill Tray and Rack. Put the food to be cooked on the grill rack which is then placed on the Grill Tray. Light the Grill Burner as explained earlier. Push the rack all the way into Grill Chamber.
2. Grill Rack has been provided, which may be used from either side depending on the thickness of the dishes to be broiled or grilled.
3. We recommend that you put a little water on the Grill Tray, this makes the Grill Tray easier to clean.
4. While grilling, keep the Grill Door half open to allow the smoke to go out. Fix the heat divertor plate before grilling to avoid the overheating of knobs.

USING THE OVEN

1. The Oven in your **Regalia** Range is fitted with an adjustable rack on which baking is done. Depending on the size of the dish adjust the rack in the Oven.

2. First ignite the Oven burner as mentioned, keeping the knob at 'ON' position. Pre-heat the Oven Chamber for about 5 minutes. Then place dish to be baked on the rack and push the rack in and close the Oven Door.

3. Set the thermostat knob at the desired temperature.

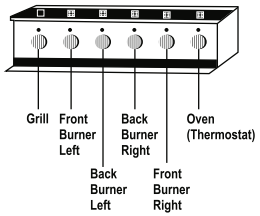
4. You can look through the heat resistant glass window of the Oven Door to see the baking in progress.

5. Once the baking is over, switch off the burner. Open the door slightly, wait for a few minutes to open the door completely and remove the baked dish.

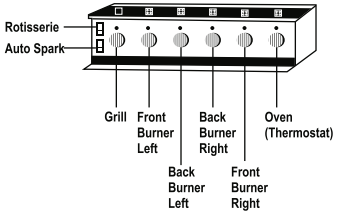


PANEL LAYOUT

REGALIA



REGALIA SUPER-Dx



HOW TO USE EXOTICA COOKING RANGE

1. To light the Burners

a) Open the main gas valve on your gas cylinder. Bring a lighted matchstick to the Burner which is to be lit. Then push the relevant knob in and turn it to the 'ON' position.

b) To adjust the flame to simmer position, turn the knob further in anti-clockwise direction.

2. To light the Grill

a) Open the main gas valve on your gas cylinder. Bring a lighted matchstick to the Grill Burner which is on the upper part of the Grill Compartment. Switch on the knob marked 'Grill' by pushing it inwards and towards the 'ON' position. Do not use lighter for igniting the grill burner. Use only lighted matchstick.

b) In the Grill too, the flame may be adjusted in the same way as the burners.

3. To operate the Oven

Connect the plug into a three-pin power socket, switch on the plug point first and then turn the oven knob on the control panel to 'ON' position. Ensure that the power supply is properly earthed.

Exotica Super Dx - This model of Exotica Cooking Range is provided with Multi Spark Electric Ignition device for all the three top burners. To light the burners - Press and turn the relevant knob to 'ON' position and press the ignition switch with the other hand simultaneously. This model is also provided with motorized rotisserie in the grill chamber operating at 2 RPM. An additional skewer with fork set and skewer on drum are provided with motorized rotisserie. Fork set is to be used for holding bigger items to be grilled. A toggle switch is provided to operate the rotisserie motor.

USING THE GRILL

1. Open the Grill Door and remove the Grill Tray and Rack. Put the food to be cooked on the grill rack which is then placed on the Grill Tray. Light the Grill Burner as explained earlier. Push the rack all the way into Grill Chamber.

2. Grill Rack has been provided, which may be used from either side depending on the thickness of the dishes to be broiled or grilled.

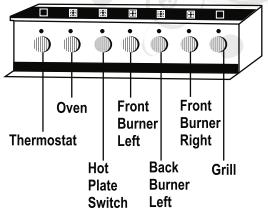
3. We recommend that you put a little water on the Grill Tray, this makes the Grill Tray easier to clean.

4. While grilling, keep the Grill Door half open to allow the smoke to go out. Fix the heat divertor plate before grilling to avoid the overheating of knobs.

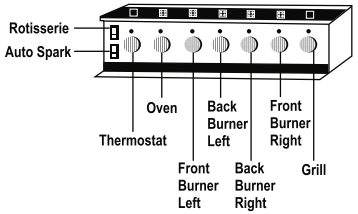


PANEL LAYOUT

EXOTICA Dx



EXOTICA SUPER-Dx



USING THE OVEN

1. The Oven in your Exotica Range is fitted with an adjustable rack on which baking is done. Depending on the size of the dish adjust the rack in the Oven.
2. It would be advisable top reheat the Oven chamber for best results. Place the dish to be baked on the rack and push it inside and close the door.
3. Set the thermostat knob at the desired temperature.
4. Make sure that the Oven door is tightly closed when the Oven is switched 'ON'.
5. You can look through the heat resistant glass window of the Oven Door to see the baking in progress.
6. Once the baking is over, switch off the burner. Open the door slightly, wait for a few minutes to open the door completely and remove the baked dish.

DO's AND DONT's

1. Don't dismantle the Range or the gas valve or any parts yourself. Call your dealer to attend to any fault.
2. Do not allow water to fall on the Oven or Grill glass door when Grill or Oven is in use, since this may cause the glass to crack.
3. Ensure a sufficient length of rubber tubing between the gas cylinder and the Range to avoid sharp bends.
4. When putting off your Range burners, first turn off the valve of your cylinder and then regulating knobs.
5. Take care to avoid spillage while cooking, as this may result in extinguishing the flames and clogging the Burner holes.
6. Make sure your Kitchen is properly ventilated.
7. If you suspect a gas leak turn "OFF' the gas cylinder valve. Open all doors and windows and refrain from turning 'ON' any Electrical Switches, lighting matches or lighters etc. In such an eventuality call your nearest LPG dealer.
8. Always remember to switch 'OFF' and unplug your cooking range while not in use.
9. Do not operate hot plate and oven while standing in a damp area.
10. In case of any electrical fault contact your nearest dealer.

CARE AND MAINTENANCE

After cooking always wipe the Cooking Range clean with a soft dry cloth. You may also use warm soapy water followed by wiping off with dry cloth.

Use a pin to clean the Burner clogging of the top Burners.

HINTS ON HOW TO SAVE COOKING GAS

1. Make sure the Burners remain unclogged by dirt or spilled over food.
2. If your cooking vessel has a broad base use the large Burner. The smaller burner is for the smaller vessel.
3. Adjust Burner knobs so that the flame only touches the base of the cooking vessel. The heat of the flame licking the sides of the cooking vessel is wasted and only means extra gas consumption.
4. If you are baking, plan your meals in such a way that you can bake 3 or 4 dishes together, rather than heating the OVEN again and again.
5. Do not leave any of the Burners ignited while you prepare the food to be cooked on it.
6. Before removing a dish from the Burner, switch 'OFF' the appropriate knob.

Note: In view of continuous improvement the Design Facia and Specifications are subject to change without prior notice.

RECIPES



SNACKS

MUSHROOM & CHEESE TOASTED SANDWICH

No. of Serving:	1
Size of Serving:	2 Sandwiches

Ingredients:

Bread:	2 Slices
Butter:	20 gm.
Processed Cheese:	25 gm.
Mushroom:	50 gm.
Salt & Pepper:	To Taste
Mustard Powder:	A Pinch

Method:

1. Wash the mushrooms and cut into 4 piece each.
2. Heat 1 tsp. of butter in a pan and saute the mushrooms over low heat, till dry.
3. Toast the bread slices lightly.
4. Mix a pinch of mustard powder in butter and butter the toasted bread.
5. Arrange the mushrooms on toast, sprinkle salt and pepper and cover with grated cheese.
6. Cook under the grill, till cheese melts and turns golden brown.
7. Serve hot.



TOMATO AND CHEESE TOASTED SANDWICH

No. of Serving:	1
Size of Serving:	2 Sandwiches

Ingredients:

Bread:	2 Slices
Butter:	15 gm.
Processed Cheese:	25 gm.
Tomato:	100 gm.
Salt & Pepper:	To Taste
Mustard Powder:	A Pinch

Method:

1. Slice the tomatoes and grate the cheese.
2. Toast the bread slices lightly.
3. Mix a pinch of mustard powder in butter and spread over toast.
4. Arrange tomato slices on toast, sprinkle salt and pepper and cover with grated cheese.
5. Cook under the grill, till cheese melts and turns golden brown.
6. Serve hot.



VEGETABLE CUTLETS

No. of Serving:	1
Size of Serving:	2

Ingredients:

Potatoes:	75 gm.
French Beans:	20 gm.
Carrots:	20 gm.
Peas:	30 gm.
Green Chilli:	1 (Chopped)
Ginger:	1/4 inch
Bread Slice:	1/2
Salt:	1/2 tsp.
Red Chilli Powder:	1/4 tsp.
Amchur and Garam Masala:	1/4 tsp.
Egg:	1/4
Bread Crumbs:	2 tsp. (For coating)
Ghee For Frying	

Method:

1. Boil all the vegetables.
2. Peel potatoes, shell peas, string beans.
3. Mash the vegetables.
4. Soak bread in water and squeeze out the water.
5. To mashed vegetable mixture, add bread, green chillies, salt, red chilli powder, amchur and garam masala and mix well.
6. Divide the mixture into 2 equal parts and shape into cutlets of desired shape.
7. Beat egg, dip the cutlets in beaten egg and coat with bread crumbs
8. Deep fry in hot fat.
9. Serve hot with chutney.



FISH CUTLETS

No. of Serving:	1
Size of Serving:	2

Ingredients:

Fish:	75 gm.
Potatoes:	75 gm.
Garlic:	2 Flakes
Onion:	20 gm.
Whole Black Pepper:	2 Coms
Vinegar:	1 tsp.
Salt:	1/2 tsp.
Red Chilli Powder:	1/4 tsp.
Garam Masala:	1/4 tsp.
Green Chilli and Coriander Leaves:	Few
Egg:	1/4
Bread Crumbs:	2 tsp. (For coating)
Ghee:	For frying

Method:

1. Wash and clean the fish.
2. Cook the fish with vinegar, garlic and whole black pepper.
3. Boil the potatoes, peel and mash them.
4. Chop onion, green chillies and coriander leaves.
5. Take 1 tsp. of fat in a pan and fry the chopped onion etc.
6. Add flaked fish to it and cook till all the moisture dries off.
7. Add the mashed potatoes and spices to the fish mixture and mix well.
8. Shape into cutlets.
9. Dip in beaten egg and coat the bread crumbs.
10. Deep fry in hot fat.
11. Serve hot with chutney or sauce.



BAKED EGG OR EGG ON BIRDS NEST

No. of Serving:	1
Size of Serving:	2

Ingredients:

Egg:	1
Bread Slice:	30 gm. (1 Big)
Butter:	5 gm.
Processed Cheese:	15 gm.
Salt and Pepper:	To Taste

Method:

1. Pre-heat the oven to 176^{0}C.
2. Butter the slice and sprinkle half of grated cheese over it.
3. Break the egg, separate yolk from the white and beat egg whites with egg beater till stiff.
4. Pile the egg white on the bread slice.
5. Drop the egg yolk in the center of the egg white.
6. Sprinkle rest of the grated cheese over egg.
7. Sprinkle salt and pepper and bake in a moderately hot oven till egg white is baked and light brown in colour.
8. Remove from oven and serve hot.



PAN CAKES

No. of Serving:	1
Size of Serving:	3-4

Ingredients:

Maida:	40 gm.
Milk:	100 ml.
Egg:	1/3
Salt:	A Pinch
Fat:	3 tsp.

Method:

1. Sift the flour along with salt in a bowl.
2. Make a well in the center of the flour and break the egg into it.
3. Gradually add the milk, mix and beat thoroughly till the batter is smooth and free of lumps.
4. All the batter to stand in a cool place for ½ hour, give final whisk before using.
5. Heat little fat in frying pan (Non-stick) to smoking point.
6. Pour a ladleful of batter in the pan to cover the bottom thinly. Tilt the pan while pouring so that the batter spreads evenly all over the bottom of the pan.
7. Cook on one side till it is set and light brown in colour. Toss or turn and cook on the other side.
8. Fry all the pan cakes in similar manner.

NOTE: For filled pancakes put hot filling onto pancakes away from handle. Put on to a hot dish and keep hot in a slow oven.



SOUPS

VEGETABLE STOCK

Yield:	2 Cups of Stock

Ingredients:

Carrots:	25 gm. (Chopped)
Onion:	25 gm. (Chopped)
Turnip:	25 gm.
Shelled Green Peas:	20 gm.
Water:	2 Cups
Bay Leaves:	1-2
Butter:	1 tsp.
Salt:	1/2 tsp.
Pepper:	1/8 tsp.

Method:

1. Saute the vegetables slightly in butter.
2. Add all other ingredients and pressure cook for 5-10 minutes.
3. Strain through a colander to remove the solids.



CREAM OF MUSHROOM SOUP

No. of Serving:	1
Size of Serving:	1 Soup Bowl
Ingredients:	
Mushrooms:	75 gm.
Onion:	20 gm. (1/2 Small)
Garlic:	1 Clove (Crushed)
Butter:	2 tsp.
Chicken Stock/Water:	1/2 Cup
Corn flour:	1 tsp.
Milk:	1/4 Cup
Bay Leaf:	1
Pepper Corn:	1-2
Salt:	To Taste
Garnish Cream:	1 tsp. (15 gm.)
Fried Onion Rings:	2-3

Method:

1. Heat 1 tsp. of butter in a saucepan and saute chopped onion and garlic.
2. Keep aside 2-3 mushrooms and chop the rest. Add mushroom to onion and fry gently soft.
3. Add whole spices, seasoning and stock/water, bring to boil, reduce heat and simmer for 15-20 minutes. Mix in a blender.
4. Mash and sieve to get approx. 150 ml. of extract.
5. Finely chop 2-3 mushrooms and add to the soup and boil.
6. Prepare white sauce using 1 tsp. butter, corn flour and milk season.
7. Whisk hot mushroom soup into the white sauce at the time of serving.
8. Serve hot garnished with cream and crisply fried onion rings.



CREAM OF TOMATO SOUP

No. of Serving:	1
Size of Serving:	1 Bowl
Ingredients:	
Tomatoes:	200 gm.
Onion:	20 gm. (1/2 Small)
Bay Leaf:	1
Pepper Corns:	1-2
Stock of Water:	1-2 Cups
Butter:	2 tsp.
Corn Flour:	1/4 Cup
Pepper:	1/8 tsp.
Garnish	
Cream:	1 tsp.
Bread:	1/4 Slice
Fat:	For Frying

Method:

1. Melt butter in a saucepan and saute chopped onions, sliced tomatoes and whole spices.
2. Add stock or water, bring to a boil, reduce heat and simmer for 15-20 minutes. Mix in a blender.
3. Pass through a sieve and season (Volume or extract should be approx. 150 ml.).
4. Prepare white sauce - 1 tsp. of butter in a pan, stir in the flour, cook for a few minutes. Remove from fire and gradually add milk with constant stirring to avoid lump formation. Return the mixture to heat and cook with constant stirring up until smooth and thickened season.
5. Reheat tomato soup and whisk it into white sauce at the time of serving.
6. Serve hot garnished with cream and bread croutons.



CREAM OF MIXED VEGETABLE SOUP

No. of Serving:	1
Size of Serving:	1 Soup Bowl
Ingredients:	
Carrots:	20 gm. (1/2 Small)
Turnip:	20 gm. (1/2 Small)
Peas (Shelled):	25 gm.
Tomatoes:	50 gm. (1 Small)
Onion:	20 gm. (1/2 Small)
Bay Leaf:	1
Pepper Corn:	1-2
Water/Stock:	1/2 Cup
Butter:	2 tsp.
Corn Flour:	1 tsp.
Milk:	1/4 Cup
Salt:	1/4 tsp.
Pepper:	1/8 tsp.
Garnish	
Grated Cheese:	10 gm.

Method:

1. Heat 1 tsp. butter in a saucepan and saute chopped onions, carrots and turnip in it.
2. Add peas, cut tomatoes, whole spices, water/stock and seasoning to sauted vegetables.
3. Bring it to boil, reduce heat and allow to simmer till vegetables are tender. Mix in a blender.
4. Sieve to get approx. 150 ml. of vegetable extract.
5. Prepare white sauce using 1 tsp. of butter, 1 tsp. corn flour and 1/4 cup of milk.
6. Reheat vegetable soup and whisk it into white sauce, at the time of serving.
7. Serve hot garnished with grated cheese.



CHICKEN SWEET CORN SOUP

No. of Serving:	1
Size of Serving:	1 Bowl
Ingredients:	
Shredded Chicken:	50 gm.
Stock (Chicken):	1 & 1/2 Cups
Sweet Corn:	50 gm.
Corn Flour:	1 & 1/2 tsp.
Egg White:	1/2
Ajinomoto:	1/4 tsp.
Soya Sauce & Chilli Sauce:	To Taste

Method:

1. Bring the stock to boil and add sweet corn and shredded chicken to it and bring to a boil again.
2. Make paste of corn flour in 1 tsp. water and add to boiling soup with constant stirring. Cook for 2-3 minutes till it thickens.
3. Add spoonful of beaten egg white to simmering soup.
4. Add ajinomoto and serve hot in a soup bowl with soya sauce and chilli sauce.



CHICKEN STOCK

Yield:	2 Cups of Stock

Ingredients:

Chicken: (Use neck feet & bones)	250 gm.
Water:	4 Cups
Sliced Onion:	50 gm.
Pepper Corn:	8-10
Bay Leaves:	2
Salt:	1 tsp.

Method:

1. Break bones and cut chicken into small pieces.
2. Add water and all other ingredients and pressure cook for 15-20 minutes.
3. Strain through a colander to remove the solids.



BROWN STOCK

Yield:	2 Cups of Stock

Ingredients:

Bones & Mutton:	100 gm.
Water:	2 Cups
Sliced Onion:	10 gm.
Carrot:	10 gm.
Bay Leaves:	1
Salt:	1/2 tsp.
Pepper:	1/8 tsp.

Method:

1. Break bones and chop mutton into small pieces.
2. Add water and all other ingredients and pressure cook for 1/2 hours.
3. Strain through a colander to remove the solids.
4. Cool the stock and remove the hard fat from top.



MINESTRONE SOUP

No. of Serving:	2
Size of Serving:	1 Soup Bowl
Ingredients:	
Mutton:	25 gm.
Onion:	20 gm. (1/2 Small)
Carrot:	20 gm. (1/2 Small)
Cabbage:	10 gm. (1 Leaf)
Tomato:	100 gm.
Shelled Peas:	20 gm.
Butter:	1 tsp.
Brown Stock:	1 Cup
Noodles:	10 gm.
Salt:	1/2 tsp.
Pepper:	1/8 tsp.
Garnish	
Grated Cheese:	10 gm.

Method:

1. Cut meat into cubes and boil.
2. Boil noodles in salted water and strain.
3. Cook the tomatoes and take out thick puree.
4. Chop onion, dice carrots and shred cabbage.
5. Heat butter in a pan, saute onion, carrots, peas and mutton.
6. Add stock, bring to boil and gently simmer till vegetables are done (if the volume gets reduced make up the volume of liquid to 1 cup).
7. Add shredded cabbage, tomato puree and boiled noodles and seasoning. Bring to boil.
8. Serve hot in a soup bowl, garnished with grated cheese.



RICE PREPARATIONS

PLAIN PULAO

No. of Serving:	1
Size of Serving:	2 Plates
Ingredients:	
Rice:	80 gm.
Water:	Double the amount of rice by volume
Fat:	1 tsp.
Onion:	50 gm. (1 Small)
Cumin Seeds:	1/4 tsp.
Black Cardamom:	1
Clove:	1
Cinnamon:	1 Small Stick
Bay Leaf:	1
Salt:	3/4 to 1 tsp.

Method:

1. Clean, wash and soak the rice for 1/2 hours.
2. Heat fat in heavy degchi, add whole spices and thinly sliced onions. Fry till the onions are light brown in colour.
3. Drain rice (reserving the water) and add to the onions and fry for 2-3 minutes more.
4. Add measured amount of water (Use the water in which rice has been soaked) and salt. Bring to boil.
5. Reduce the heat and cook covered till the rice is done and the water dries up.
6. Serve garnished with curry or raita.



MIXED VEGETABLE PULAO

No. of Serving: 1

Size of Serving: 1 Plate

Ingredients:

Peas: 50 gm.

Beans: 30 gm.

Carrots: 50 gm.

Rest of the ingredients are same as in plain pulao.

Method:

1. Clean, wash and soak the rice for 1/2 hour.
2. Shell peas, string, and dice beans, peel and dice carrots.
3. Heat fat in heavy degchi, add whole spices and thinly sliced onions. Fry till the onions are light brown in colour. Add all the vegetables and fry for a few minutes on slow fire. Proceed as in plain pulao from step no. 3.



MUSHROOM PULAO

No. of Serving: 1

Size of Serving: 1 Plate

Ingredients:

Mushrooms: 50 gm.

Rest of the ingredients are same as in plain pulao.

Method:

1. Clean, wash and soak the rice for 1/2 hour.
2. Slice mushrooms.
3. Heat fat in heavy degchi, add whole spices and thinly sliced onions. Fry till the onions are light brown in colour. Add sliced mushrooms and fry for a few minutes on slow fire. Proceed as in plain pulao from step no. 3.



CHINESE FRIED RICE

No. of Serving:	1
Size of Serving:	1 Plate
Ingredients:	
Rice:	50 gm.
Egg (Omelet):	1 Egg
Capsicum:	25 gm. (1/2)
Peas:	25 gm.
Spring Onion:	1 or onion-1 Small (50 gm)
Carrots:	50 gm. (1/2)
Cabbage:	50 gm. (1/2)
French Beans:	50 gm.
Ajinomotto:	A Pinch
Oil:	1 tsp.
Soya Sauce:	1/2 tsp.
Chilli Sauce:	Few Drops
Salt:	1/2 tsp.
Green Chilli:	1
Vinegar:	2 tsp.

Method:

1. Shell the peas and steam them.
2. Slice the onion thinly.
3. Shred the cabbage thinly.
4. Clean and cut the capsicums, french beans and carrots into thin long strips.
5. Pick, clean and wash the rice.
6. Boil the rice in plenty of water, and drain the extra water. Put rice in a sieve and leave to cool.
7. Heat oil in a frying pan and add all the prepared vegetables to it. Lightly saute them, cover and cook till done.
8. Add chopped omelet, boiled rice, salt and ajinomoto and keep frying till everything mixes up well.
9. Add soya sauce and mix.
10. Serve hot along with chilli sauce and chillies in vinegar.



MUTTON BIRYANI

No. of Serving:	1
Size of Serving:	1 Plate
Ingredients:	
Rice:	100 gm.
Boneless Mutton:	100 gm.
Onion:	100 gm. (2 Small)
Tomato:	50 gm.
Zeera:	1/2 tsp.
Cinnamon:	1/2" piece
Pepper Corns:	3-4
Khuskhus:	1/4 tsp.
Bay Leaves:	1-2
Ginger:	1/2" piece
Garlic:	3-4 Cloves
Ghee:	4 tbsp.
Kesar:	1 tbsp.
Milk:	1 tbsp.
Red Chilli Powder:	1/2 tsp.
Haldi:	1/4 tsp.
Cloves:	2
Black Cardamom:	1
Curd:	1/2 Cup

Method:

1. Clean, wash and soak the rice.
2. Grate 50 gm. (1 Small) onion, roast dry spices on a tawa and grind along with ginger and garlic.
3. Take 2 tsp. fat in a thick bottomed pan and fry onion till golden brown. Add ground spice paste and fry a little more. Add salt, haldi, red chilli powder, cut tomatoes and beaten curd and fry for some more time.
4. Add washed cleaned mutton and fry till ghee separates.
5. Add water and pressure cook at 15 lbs. pressure for 10 minutes, open the cooker and if there is too much gravy dry it.
6. Prepare rice as for boiled rice.
7. Take a thick bottomed pan, add a tsp. of ghee and spread 1/3rd rice the rest of mutton and finally spread the last layer of rice
8. Spread 1 tsp. melted fat on top.
9. Dissolve kesar in milk and sprinkle over the rice.
10. Cut 50 gm. (1 Onion) into rings and deep fry to crisp brown.
11. Serve hot garnished with fried onions.



STUFFED CAPSICUM

Number of Serving:	1
Size of Serving:	2 capsicums
Ingredients:	
Capsicum:	100 gm. (2 Small)
Potato:	100 gm. (2 Small)
Onion:	30 gm. (1/2" Piece)
Ginger:	5 gm. (1/4" inch)
Salt:	1/2 tsp.
Red Chilli Powder:	1/2 tsp.
Garam Masala:	1/4 tsp.
Amchur:	1 tsp.
Fat:	1 tsp.

Method:

1. Boil, peel and mash potatoes.
2. Heat 1 tsp. of ghee. Add chopped onion, ginger, spices and mashed potatoes.
3. Fry for 2-3 minutes and keep aside to cool.
4. Wash capsicum and remove stalk along with a thin slice from top.
5. Fill with potato stuffing and replace top (Secure with tooth picks).
6. Heat 2 tsp. ghee and cook capsicum in it on slow fire in a covered pan till tender.



GRAVY FOR KOFTAS

Number of Serving:	1
Size of Serving:	2 Small Bowls
Ingredients:	
Onion:	50 gm.
Tomato:	50 gm. (Medium 1/2)
Ginger:	5 gm. (1/4" inch)
Garlic:	5 gm. (1-2 cloves)
Fat:	1 tbsp.
Salt:	1/2 tsp.
Haldi:	1/4 tsp.
Coriander Leaves:	Few
Curd:	1 tbsp.
Red Chilli Powder:	1/4 tsp
Garam Masala:	1/4 tsp.

Method:

1. Grind onion, ginger, and garlic to a fine paste.
2. Blanch and cut the tomatoes into small pieces.
3. Beat the curd.
4. Heat ghee in a degchi and fry the onion, ginger and garlic paste to a golden brown till the ghee separates out.
5. Add salt, red chilli powder, haldi, tomatoes and curd and fry with the help of little water till the masala is done and ghee separates out.
6. Add sufficient water and cook covered for a few minutes.



PANEER KOFTA CURRY

Number of Serving:	1
Size of Serving:	2 Small Bowls

Ingredients:

Paneer:	75 gm.
Corn Flour:	10 gm. (2 tsp.)
Salt:	1/4 tsp.
Red Chilli Powder:	1/4 tsp.
Garam Masala:	A Pinch
Fat:	For Frying
Ingredients for Gravy:	As given in Recipe

Method:

1. Make gravy as given in recipe.
2. Grate and knead the paneer.
3. Add corn flour and masala and mix well.
4. Make walnut sized balls and deep fry in hot fat till golden brown.
5. Add fried koftas to gravy and cook on slow fire for 5 minutes.
6. Serve hot sprinkled with garam masala and coriander leaves.



SPINACH PANEER KOFTA CURRY

Number of Serving:	1
Size of Serving:	2 Small Bowls

Ingredients:

Spinach:	100 gm.
Bread Slice:	1/2
Bread Crumbs:	5 gm. (1 tsp.)
Paneer:	25 gm.
Salt:	1/4 tsp.
Garam Masala:	A Pinch
Fat:	For Frying
Red Chilli Powder:	1/4 tsp.
Ingredients for Gravy:	As given in recipe

Method:

1. Make gravy as given in recipe.
2. Wash spinach leaves and cook them covered without putting water for about 5 minutes. Then uncover the degchi to evaporate extra water.
3. When dry, grind to a fine paste.
4. Soak and squeeze.
5. Add masala, bread and bread crumbs to spinach paste and mix well.
6. Grate paneer season in it and mix well.
7. Divide spinach and paneer, make a ball and cover it with spinach mixture.
8. Deep fry the koftas in hot fat to a golden brown colour.
9. Add the koftas to gravy and cook for 5 minutes.
10. Serve hot sprinkled with garam masala and coriander leaves.



SHEPHERD'S PIE

Number of Serving:	1
Size of Serving:	2 Small Bowls
Ingredients:	
For Potatoes Layer:	250 gm.
Butter:	25 gm.
Milk:	50 ml.
Salt:	1/2 tsp.
For Filling:	
Paneer:	125 gm.
Peas:	250 gm. (unshelled)
Onion:	100 gm.
Green Chillies:	2
Coriander Leaves:	Few
Salt:	1/2 tsp.
Red Chilli Powder:	1/4 tsp.
Garam Masala:	1/4 tsp.
Fat:	1 tsp.
Butter (For Lining Dish):	25 gm.

Method:

1. Boil the potatoes, peel and mash them well.
2. Add salt, butter and milk to mashed potatoes and beat to a thick smooth consistency.
3. Chop onions and green chillies and fry lightly in fat. Add salt, chilli powder and garam masala. Add shelled peas and cook in a covered pan on a slow fire.
4. Add crumbled paneer and cook till dry.
5. Grease a pie dish with butter (10 gm.). Spread the mashed potatoes on it. Cover with peas and paneer mixture. Dot with 15 gm. butter and bake in a moderate oven till brown on top.



METHI CHAMAN

Number of Serving:	1
Size of Serving:	2 Bowls
Ingredients:	
Spinach:	50 gm.
Methi:	50 gm.
Potato:	50 gm. (1 Small)
Milk:	350 ml.
Fat:	20 gm.
Shredded Ginger:	5 gm. (1/4 Piece)
Turmeric Powder:	A Pinch
Coriander Seeds:	1/4 tsp.
Salt:	1/2 tsp.
Red Chilli Powder:	1/4 tsp.
Garam Masala:	1/4 tsp.
Tartaric Acid:	A Pinch

Method:

1. Make paneer using milk and tartaric acid. Keep 100 ml. of whey water.
2. Get paneer into small pieces. Fry and soak in 100 ml. whey water.
3. Grind methi leaves and spinach together.
4. Cut potato into thin fingers and deep fry.
5. Heat ghee, add the ground mixture and try for sometime.
6. Add about 2 tsp. whey water, salt, turmeric powder, ground coriander seeds and red pepper during frying.
7. When the mixture is fried, add fried potato fingers, fried paneer and remaining whey water.
8. Simmer on slow fire till potato fingers are cooked and ghee separates from the curry.
9. Sprinkle garam masala and shredded ginger and leave for about half an hour on slow fire or in an oven.



GOBHI MUSALLAM

Number of Serving:	1
Size of Serving:	1 Bowl

Ingredients:

Cauliflower:	250 gm. (1 Small)
Onion:	75 gm. (1 Small)
Tomato:	75 gm. (1 Small)
Ginger:	1/2” piece
Coriander Leaves:	Few
Fat:	10 gm.
Bread Crumbs:	1 tbsp.
Salt:	1/2 tsp.
Haldi:	1/8 tsp.
Red Chilli Powder:	1/4 tsp.
Garam Masala:	1/4 tsp.
Garlic:	3-4 Cloves

Method:

1. Steam the whole cauliflower in salted water till slightly tender.
2. Grind onion, ginger and garlic to a paste.
3. Blanch tomatoes.
4. Heat ghee and fry onion, ginger and garlic paste two golden brown. Add blanched tomatoes and fry for some time more. Add dry masala and cook the above mixture by adding small amount of water left after boiling the cauliflower.
5. Remove the masala and fill it in the cauliflower and overhead with the rest of the mixture.
6. Sprinkle bread crumbs and bake or grill at 190.5°C till golden brown.
7. Serve garnished with chopped coriander leaves on top.



PANEER A LA KING

No. of Serving:	2
Size of Serving:	1 bowl

Ingredients:

Paneer:	100 gm. (cut into cubes)
Capsicum:	100 gm.
Onion:	125 gm.
Tomato:	150 gm.
Curds:	20 gm.
Cashewnuts:	10 gm.
Fat:	30 gm.
Salt:	1/2 tsp.
Red Chilli Powder:	1/4 tsp.
Haldi:	1/8 tsp.
Garam Masala:	1/4 tsp.
Jeera:	1/4 tsp.
Ginger:	5 gm. (1/4")
Garlic:	5 gm. (3-5 cloves)

Method :

1. Prepare puree from 100 gm. tomatoes.
2. Grind to a paste 25 gm. onion, ginger, garlic and cashewnuts.
3. Cut capsicum, rest of onion and tomatoes into quarters.
4. Heat ghee in a pan, add jeera and ground paste and fry for a little while (do not let it brown).
5. Add beaten curds and tomato puree and dry spices and fry for 5 minutes.
6. Add all cut vegetables and paneer and cook on slow fire for 5-10 minutes.



BAKED VEGETABLES

Number of Serving:	2
Size of Serving:	1 Small Bowl

Ingredients:

Peas:	100 gm. (50 gm. Shelled)
Beans:	50 gm.
Carrots:	50 gm.
Cauliflower:	50 gm. (Able Portion)
Potato:	50 gm.
Milk:	200 ml.
Corn Flour:	3 tsp.
Butter:	3 tsp.
Salt:	1/2 tsp.
White Pepper:	1/4 tsp.
Tomato:	1/4 tsp.
Tomato:	50 gm. (For Garnishing)
Processed Cheese:	25 gm. (Grated)

Method:

1. Shell peas, cut cauliflower, beans and carrots into small pieces.
2. Steam these vegetables till tender.
3. Boil potato, peel and cut into pieces.
4. To prepare white sauce, heat butter in a pan, add corn flour and fry lightly on slow fire. Remove from fire. Add milk gradually with constant stirring. Cook with constant stirring till thick. Add seasonings and half of the grated cheese.
5. Mix well the vegetables with the prepared sauce. Put the mixture in an oven proof dish. Arrange tomato slices on top and sprinkle the left over grated cheese.
6. Bake in a moderately hot oven till golden brown on top (Approx. ½ an hour).



BAKED VEGETABLES WITH SPINACH

Number of Serving:	2
Size of Serving:	1 Small Bowl

Ingredients:

For Spinach Base:

Spinach:	500 gm.
Onion (Sliced):	75 gm.
Green Chilli:	1 (Chopped)
Corn flour:	1/2 tsp.
Fresh Cream:	15 ml.
Fat:	1/2 tsp.
Salt:	1/2 tsp.
Pepper:	1/4 tsp.
Peas:	100 gm. Unshelled (50 gm. Shelled)

For Vegetables:

Carrots:	50 gm.
Beans:	50 gm.
Cauliflower:	75 gm.
Butter:	3 tsp.
Milk:	200 ml.
Cheese (Grated):	15 gm.
Pepper:	1/4 tsp.

For Baking:

Cheese (Grated):	10 gm.
Tomato (Sliced):	50 gm.

Method: (For Spinach Base)

1. Wash and chop spinach.
2. Cook till soft and dry.
3. Grind to a paste.
4. Heat ghee, fry onions, flour and green chilli for a little while (Avoid browning of onion).
5. Add ground spinach, cream, salt and pepper. Cook for 1 minute.

For Vegetables:

6. Shell the peas, cut cauliflower, beans and carrots into small pieces.
7. Steam the vegetables till tender.
8. Prepare white sauce (as given in baked vegetables using butter, corn flour and milk).
9. Add salt, black pepper and mix in the grated cheese.
10. Mix the vegetables with the sauce.

For Baking:

11. Spread the spinach on a greased baking dish and cover with vegetables mixture.
12. Sprinkle grated cheese on top and arrange tomato slices. Bake in a hot oven at 237.7° C for about 20 minutes.



BAKED BRINJAL IN TOMATO SAUCE

No. of Serving: 2
Size of Serving: 1 small bowl

Ingredients:

Brinjal (round):	1 medium (250 gm.)
Fat:	1 tsp.
Salt:	1/4 tsp.

For Tomato Sauce:

Tomatoes:	500 gm.
Garlic:	2 cloves
Onion:	75 gm.
Chilli Powder:	1/4 tsp.
Ajwain:	1/4 tsp.
Cottage Cheese Salt:	1/2 tsp.

Method:

1. Slice the brinjal.
2. Heat oil a non-stick trying pan and spread the brinjal slices over the hot oil.
3. Sprinkle a little salt, cover and cook till soft.

For Tomato Sauce:

4. Chop the tomatoes and onion.
5. Mix tomatoes, onion and garlic. Cover and cook till soft.
6. Blend the mixture in a liquidizer.
7. Add chilli powder, ajwain and salt and cook for a few minutes.
8. Taste and if sour, add a tsp. sugar.
9. In a greased baking dish, make layers of brinjal and tomato sauce.
10. Cover with crumbled cottage cheese and bake in a hot oven at 237^{0} C for 5-10 minutes.



PANEER IN BUTTER SAUCE

No. of Serving: 2
Size of Serving: 1 Small Bowl

Ingredients:

For butter sauce:

Butter:	1 tsp.
Onion:	50 gm.
Ginger:	10 gm.
Garlic:	2 cloves.
Tomatoes:	100 gm.
Salt:	1/4 tsp.
Red Chilli Powder:	1/2 tsp.
Sugar:	1 & 1/2 tsp.
Cream:	2 tbsp.
Lemon Juice:	1 & 1/2 tsp. (1 lemon)
Garam Masala:	1/2 tsp.

For Paneer:

Paneer:	100 gm.
Butter:	2 tbsp.
Red Chilli Powder:	1/4 tsp.
Shredded Ginger:	10 gm.
Green Chilli:	1
Roasted Cumin Powder:	1/4 tsp.
Garam Masala:	1/4 tsp.

Method:

1. Heat butter in a pan and add finely cut onion, ginger and garlic and fry till transparent.
2. Add red chilli powder, cut tomatoes, salt and sugar and cook covered for 10-15 minutes pass through a sieve.
3. Beat the cream and add the puree.
4. Add lemon juice and garam masala and cook for 2-3 minutes.
5. Remove from fire and leave it covered.

For Paneer:

6. Heat butter and fry lightly the pieces of paneer and remove from fat.
7. Add red chilli powder and tomato sauce and cook for about 5 minutes.
8. Add fried paneer, shredded ginger and slit green chillies. Simmer for few minutes till flavor of sauce penetrates into paneer.
9. Remove from heat.
10. Sprinkle roasted cumin powder, garam masala and finely chopped coriander leaves.



SPINACH POTATO BAKE

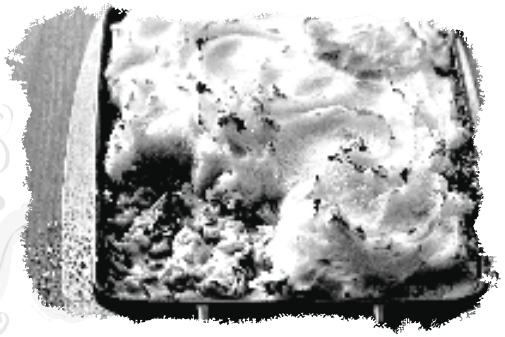
No. of Serving:	1
Size of Serving:	1 small bowl

Ingredients:

Spinach:	3 bunches
Potatoes:	1/2 kg.
Grated Cheese:	1 cup
Butter:	50 gm.
Milk:	1/2 litre
Corn Flour:	1 & 1/2 tsp.
Egg:	2
Salt:	to taste

Method:

1. Pick and clean the leaves of the spinach. Chop finely and steam in a pressure cooker. Grinder it to a paste and keep aside.
2. Boil the potatoes. Mash them well with the butter. Make a white sauce by stirring corn flour with the milk over gentle heat. When the sauce thickens, set down from the fire add three fourth cup of grated cheese and eggs beaten well. Add salt and pepper to taste Do not boil the sauce again. Add the prepared spinach and beat well, with an egg beater.
3. Grease a baking dish and arrange the mashed potatoes in a thick layer. Over this layer, pour the spinach sauce. Sprinkle with the remaining grated cheese and bake in a moderate oven for 20 minutes or till well browned.



TOMATO PEAS MACARONI

No. of Serving:	1
Size of Serving:	1 small bowl

Ingredients:

Tomatoes:	500 gm.
Phool Patashes:	30 gm.
Peas:	250 gm.
Macaroni:	10-15 pieces
Fat:	100 gm.
Red Chilli Powder:	1/2 tsp.
Coriander Powder:	1 tsp.
Cumin Powder:	1/2 tsp.
Garam Masala:	1/4 tsp.

Method:

Chop tomatoes. Shell peas. Heat fat. Add chopped tomatoes and fry well. Add powdered masala and fry it further to 10 minutes. Add water and shelled peas and cook for 10 minutes. Add phool patashes and cook for a further 10 to 15 minutes.



MUTTON CHOP

No. of Serving:	1
Size of Serving:	2 chops
Ingredients:	
Mutton Chops:	2 (120 gm.)
Garlic:	2-3 cloves
Ginger:	8 gm.
Vinegar:	1 tsp.
Curd:	1 tsp.
Salt & Red Chilli Powder:	to taste
Egg:	1/2
Bread Crumbs:	2 (for coating) tsp.
Fat:	for frying
Garnish:	onion rings & lemon slices.

Method:

1. Clean and mash the chops and pound the flesh.
2. Grinder ginger and garlic and mix well with vinegar and seasoning.
3. Marinate the chops in the above paste for 2-3 hours.
4. Remove the chops from marinating mixture, dip them in beaten egg and coat with bread crumbs.
5. Deep fry in hot fat until tender and golden brown in colour.
6. Serve hot garnished with onion rings and lemon slices.



SHAMMI KABAB

No. of Serving:	1
Size of Serving:	2 kabab
Ingredients:	
Minced Mutton (Keema):	100 gm.
Channa Dal:	30 gm.
Ginger:	1/2" piece
Garlic:	2-3 cloves
Salt and Red Chilli Powder:	to taste
Green Chilli:	1 to 2
Cinnamon:	1/2 piece
Cloves and Pepper Corns:	1 each
Egg:	1/2
Bread Crumbs:	50 gm.
Fat:	for frying
Garnish:	onion rings 20 gm. (1/2 small)

Method :

1. Pick and wash the dal, wash the mince.
2. Chop ginger, garlic and green chillies.
3. Pressure cook minced mutton along with dal, ginger, garlic, green chillies, slat and whole masala and sufficient water for 15 min.
4. Uncover and dry the mixture completely over fire.
5. Discard the whole spices, cool and grind to a fine paste.
6. Mix egg yolk to the above mixture and divide the mixture into 4 parts.
7. Shape into balls and flatten them and shape into kabab.
8. Dip in beaten egg white and coat with bread crumbs.
9. Deep fry in hot fat, till golden brown.
10. Serve hot garnished with onion rings and chutney.



SHEPHERD'S PIE

No. of Serving: 1
Size of Serving: 1 dish

Ingredients :

Minced Meat:	120 gm.
Onion:	20 gm. (1/2 small)
Fat:	1 tsp.
Tomato Ketchup:	1 tsp.
Worcestershire Sauce:	1/2 tsp.
Salt:	1/4 tsp.
Pepper:	1/8 tsp.
Milk:	80 gm.
Butter:	2 tsp.

Method:

1. Cook minced meat in sufficient water till cooked.
2. Saute chopped onions in fat. Add minced meat and seasoning and cook till dry. Add tomato ketchup and worcestershire sauce.
3. Boil, peel and mash the potatoes.
4. Add milk and 1 tsp. butter and cream the mashed potatoes.
5. Take an over proof dish, grease it and place the mince mixture in it.
6. Put a layer of mashed potatoes over it. Mark with fork and brush with 1 tsp. melted butter.
7. Bake in a moderately hot oven for 30 min. or till light brown on top.
8. Serve hot.



CHILLI CHICKEN

No. of Serving: 1
Size of Serving: 1 bowl

Ingredients:

Chicken:	150 gm.
Salt:	1-2 tsp.
Red Chilli Powder:	1-4 tsp.
Pepper Powder:	1-4 tsp.
Corn Plour:	1 tsp.
Oil:	30 gm.
Mushroom:	20 gm.
Capsicum:	30 gm.
Cucumber:	30 gm.
Spring Onion:	1
Onion Cutout:	10 gm.
Ginger:	10 gm.
Garlic:	2 cloves
Vinegar:	1-2 tsp.
Water/stock:	2 tsp.
Corn Flour:	1-2 tsp.
Salt:	1-4 tsp.
Sugar:	1-4 tsp.
Soya Sauce:	1-2 tsp.
Pepper:	1-4 tsp.
Ajinomotto:	a pinch

Method :

1. Clean chicken and cut into 1" boneless pieces.
2. Sprinkle 1/4 tsp. salt, red chilli powder and pepper powder.
3. Mix egg white and corn flour and coat chicken pieces with this.
4. Heat oil in frying pan and fry chicken in this for 4 to 5 min. or till done.
5. Clean and cut mushrooms capsicums and cucumber into cubes. Finally chop onion, garlic and ginger.
6. Reheat the oil and saute all the vegetables separately one by one adding salt to each.
7. Mix all the ingredients for sauce, heat and add chicken and salted vegetables. Cook for 5 minutes.
8. Serve hot.



FRIED CHICKEN WITH TOMATO SAUCE

No. of Serving:	2
Size of Serving:	2 pieces

Ingredients:

Chicken (Cut Into Small Pieces):	250 gm. (1/4 chicken)
Tomatoes (Chopped):	150 gm.
Carrots (Grated):	50 gm. (1 small)
Onion (Chopped):	20 gm. (1/2 small)
Vinegar:	1 tbsp.
Ghee:	2 tsp. plus 1/2 tsp.
Salt:	1/2 tsp.
Cornflour:	1 tsp.
Garlic Juice:	1/2 tsp. (4-5 cloves)
Cumin Seed (Roasted 7 Powdered):	1/2 tsp.
Coriander Leaves for Garnishing:	a few
Desiccated Coconut:	1 tsp.

Method:

1. Marinate the chicken with salt and vinegar for 3 to 4 hours.
2. Heat 2 tsp. fat in a frying pan and frying pan and fry the chicken pieces until evenly browned.
3. For sauce-boil tomatoes, carrots and onion in sufficient water (1/4 cup) and strain through a sieve.
4. Brown corn flour in 1/2 tsp. of fat and add the above sauce and cook till thick.
5. Add garlic juice and cumin speed powder to the sauce.
6. Pour the sauce onto the fried chicken.
7. Garnish with desiccated coconut and coriander leaves.



IRISH STEW

No. of Serving:	2
Size of Serving:	1 bowl

Ingredients:

Mutton:	100 gm.
Potatoes:	200 gm.
Onion:	50 gm.
Salt & Pepper:	to taste

Method:

1. Wash and cut meat into neat pieces. Cut the potatoes and onion in rings.
2. Place alternate layers of vegetable and meat in pan, finishing with a layer of potatoes.
3. Add salt and pepper and sufficient water to half cover.
4. Bring to a boil and simmer gently for about 2 hours or until meat and potatoes are tender.
5. Pile the meat, gravy and some of the potatoes at either end of the dish and serve hot.



TANDOORI FISH

No. of Serving:	4
Size of Serving:	1 piece each

Ingredients:

Promfret:	1 whole (approx.. 500 gm.)
Salt:	1 tsp.
Chilli Powder:	1/2 tsp.
Ginger:	20 gm.
Garlic:	4 cloves
Ajwain:	1 tsp.
Lemon:	3
Curd:	150 gm.
Vinegar:	1/2 tsp.
Garam Masala:	1 tsp.

Method:

1. Scrap the scales and cut the promfret on the belly side. Clean the inside. Cut the fins and tail. Wash well and dry. Give 3-4 slit crosswise evenly spaced on both sides upto the bone (do not cut bone).
2. Make a paste of 10 gm. ginger, 2 cloves garlic, 1/2 tsp. salt, 1/2 tsp. chilli powder and 1 lemon. Apply this paste well on outside and inside of the fish and leave for 1/2 hour.
3. Prepare a mixture of curd, salt, vinegar, garam masala, haldi and left over ajwain powder, ginger, garlic paste and lemon juice.
4. Marinate prepared fish in this curd mixture for one hour spooning it well inside and into cuts.
5. Put on to skewers (through mouth and right through tail) and cook in a tandoor or moderate hot oven till half done.
6. Hang to drain out the moisture.
7. Brush with oil all over and again put in the tandoor till done all over.
8. Serve hot garnished with onion rings, tomato and lemon slices.



FRESH MUSHROOMS WITH MIXED VEGETABLES

Cooking Time:	25 minutes

Ingredients:

White Bean Curd:	2 pieces
Oil:	2 tbsp.
Corn Noodles:	1/2 oz
Mushroom:	4 oz
Stock:	
Salt:	
Lily Petals:	1 oz
Spinach:	3 oz
Sugar:	1/2 tsp.
Corn Flour:	1 tsp.
Cold Water:	1 tsp.
Sesame Oil:	

Method:

1. Put the bean curd into boiling oil and cook for 3 minutes.
2. Remove and cut in to fine slices.
3. Immerse corn noodles in boiling oil for 4 minutes.
4. Put mushrooms in an oiled pan, add double the amount of stock required to cover them.
5. Cook for 5 minutes and add salt to taste.
6. Add lily petals, bean curd, corn noodles and spinach and cook for 6 minutes.
7. Sprinkle with sugar and cook for 4 minutes.
8. Dilute corn flour with water, pour in to the pan, blend.
9. Sprinkle with sesame oil. cook for 1 minute and serve.



CHICKEN CHOW-MIN

Cooking Time:	12-13 minutes
Ingredients:	
Chicken (Shredded):	6 oz
Lean Pork, Shredded Salt:	6 oz
Ve-Tsin:	1/2 tbsp.
Soya Sauce:	1 tbsp.
Corn Flour Oil:	1 dessertspoon
Noodles (Cooked):	1 lb.
Garlic & Pepper Crushed:	1 dessertspoon
Onion (Sliced):	1
Cabbage Shredded:	8 oz
Celery Diced:	4 oz
Cold Water:	2 tbsp.
Spring Onions (Chopped):	1/2 oz

Method :

1. Place chicken and pork in a bowl, add a little salt, Ve-Tsin, Soya sauce, half the corn flour, and 1 teaspoon oil. Mix well.
2. Heat enough oil in pan to cover bottom of pan evenly, and fry noodles quickly (1-2 minutes). (They should be crisp on the outside and soft inside).
3. Remove drain and keep hot.
4. Heat 1 dessertspoon oil with the garlic and fry chicken and pork for 5 minutes.
5. Add oyster sauce, salt and pepper to taste, onion, cabbage and celery, and cook for 5 minutes.
6. Dilute remainder of corn flour with water, add to the pane bring to a boil.
7. Stir, add spring onions. Pour mixture over noodles and serve.



CHINESE FISH KROMESKIS

Cooking Time:	5-6 times
Ingredients:	
1 Halibut (Filleted):	1 lb.
Lean Ham (Sliced):	4 oz
Spring Onions:	1 oz
Soya Sauce:	1 tbsp.
Brandy:	
Salt & Pepper:	to taste
(Assorted Shelled Nuts):	1/2 oz
Oil:	2 tbsp.
Oyster Sauce:	1 dessertspoon

Method:

1. Skin the fish, cut into uniform oblong strips about 3-inches by 1 inches and about 1/2 inches thick.
2. Beat them slightly to flatter.
3. Cut ham into similar shape, 1/2 inch long and 1/4 inch wide.
4. Cut spring onions into strips 1inch long.
5. Mix soya sauce, brandy and 1 dessertspoon corn flour, with the water.
6. Lay the rest of the corn flour on a piece of grease proof paper.
7. Lay the fish slices on a board, sprinkle with salt.
8. Place on each slice a strip of ham, a piece of spring onion, and some chopped nuts.
9. Roll up the fish slices and seal with corn flour (a cocktail stick can be used for securing the rolls and must be removed before serving).
10. Dip these little cigar-shaped rolls in corn flour.
11. Heat the oil and fry the halibut rolls for 3 minutes, turning them carefully.
12. Add oyster sauce, cook for 2 minutes, stirring carefully, or shaking the pan from time to time to avoid damaging the rolls.
13. Add soya sauce and brandy. Bring to the boil, season with pepper to taste, and serve.



FISH ROLLS

Cooking Time:	8-10 minutes
Ingredients:	
Fish (Skinned & Boned):	1 lb.
Egg:	1
Salt:	1 tsp.
Cornflour:	2 tbsp.
Mushrooms (Sliced):	1-2 oz
Asparagus 'Tips':	
(drained & Cut in Chunks):	1 small can
Ham (Diced):	2 oz
Fat:	(for deep frying)
Ginger Fresh (Chopped):	1/2 oz
Spring Onions (Chopped:	1/2 oz
Asparagus Water:	4 tbsp.
Soya Sauce:	1/2 tbsp.
Ve-Tsin:	a pinch

Method:

- Cut fish into thick fingers and make a slit in each piece, without cutting right through, but just to make a "pocket".
- Beat egg with salt and 1 tablespoon cornflour, add fish and coat all pieces
- Insert a slice of mushroom, a piece of asparagus and a small piece of ham into each 'pocket'. Roll up the pieces of fish, secure with cocktail sticks.
- Heat fat and deep fry the fish rolls 6-7 minutes, until crisp and golden.
- Drain, extract cocktail sticks and arrange fish rolls on a heated serving dish. Keep warm.
- Mix ginger with spring onions, toss in a little oil in a frying pan, add whatever remains of mushrooms, asparagus and ham, cook for 1 minute.
- Mix remaining tablespoon of cornflour with asparagus water, soya sauce and Ve-Tsin,. pour over mixture in the frying pan, cook for 1-2 minutes until the suace thickens pour over fish rolls and serve.



LOBSTER WITH TOMATOES

Cooking Time:	10 minutes
Ingredients:	
Corn Noodles Oil:	1/2 oz
Lobster Meat (Sliced):	8 oz
Bamboo Shoots (Sliced):	1/2 oz
Bean Sprouts:	4 oz
Onions (Sliced):	3 oz
Mushrooms, Diced Salt:	1 oz
Tomatoes (Peeled):	8 oz
Celery (Sliced):	1/2 oz
Corn Flour:	1 tsp.
Cold Water:	2 tbsp.
Sesame Oil:	few drops
Sugar:	1 tsp.
Soya Sauce:	1 tsp.
Egg (Beaten):	1

Method:

1. Cook corn noodles in pan of boiling oil for 3 minutes and drain.
2. Heat 1 tablespoon oil in another pan and cook lobster for 1 minute.
3. Add to it bamboo shoots, bean sprouts, onions, celery and mushrooms. Salt to taste. Cook for 1 minute.
4. Add tomatoes and cook for 2 minutes.
5. Add corn flour diluted with water, sesame oil, sugar, soya sauce and corn noodles and cook for 1 minute.
6. Put on a dish.
7. Put egg in hot oiled pan and cook for 2 minutes.
8. Place the resulting omelets over the lobster dish and serve.



FRIED LOBSTER WITH RICE NOODLES

Cooking Time:	5 minutes

Ingredients:

Thick Rice Noodles:	6 oz
Oil:	1 tbsp.
Hot Water:	
Lobster Meat (Diced):	8 oz
Bean Sprouts:	3 oz
Mushrooms (Sliced):	1 oz
Cucumber (Sliced):	2 oz
Celery Sliced:	1 oz
Salt:	1 oz
Sugar:	1 tbsp.
Soya Sauce:	1 dessertspoon

Method:

1. Put the noodles in a bowl, cover with hot water and leave to stand for 30 minutes.
2. Heat oil in pan and saute the lobster for 1 minute.
3. Add all the vegetables and cook together for 1 minute.
4. Add salt, sugar, soya sauce and stock.
5. Cook for 1 minute, add drained noodles, cook for 2 minutes and serve.



PRAWNS WITH CHILLI SAUCE

Cooking Time:	9-10 Minutes

Ingredients:

Uncooked Dublin Bay Prawns:	1 lb.
Oil:	1 dessertspoon
Garlic Chopped:	1/2 clove
Green Ginger (Chopped):	1/2 tsp.
Tomato Sauce:	1 tbsp.
Chilli Sauce:	1 tbsp.
Water:	1/4 pint
Spring Onions (Chopped):	

Method:

1. Do not shell the prawns but merely remove the heads.
2. Put oil in pan with garlic, and as soon as the oil gets hot add prawns and ginger.
3. Saute briskly, shaking the pan all the time to prevent sticking.
4. As soon as prawns change colour, add tomato and chilli sauces.
5. Blend them in, add water bring to a boil, simmer for 6 minutes.
6. Sprinkle with spring onions and serve.



GRILLED CHICKEN

Ingredients:

Chicken (Broiler):	1 small
Cooking Oil:	4 tbsp.
Soya Sauce:	1 dessertspoon
Lemon Juice:	1 tbsp.
Salt & Pepper:	to taste
Green Salad:	

Method:

Cut the chicken into four joints the two legs, and two joints of breast and wing. Wash dry and prick the pieces a little with a fork. Put the pieces into the grill pan. Mix the oil, lemon juice, soya sauce and seasoning together. Pour over the chicken and leave to stand for one or two hours, turning around occasionally. Cook under a medium hot (167.5°C) grill for about 20 minutes, turning and busting with the oil mixture until tender and browned. Serve with the juices from the grill pan poured over and surround with crisp green lettuce, tomato slices and onion rings.



FRIED FISH WITH MUSHROOMS

Cooking Time:	6 minutes

Ingredients:

Fish (Any Round Fish):	1 lb.
Corn Flour:	1 tbsp.
Cold Water:	1 tbsp.
Mushrooms:	2 oz
Onions:	2
Bamboo Shoots:	1 oz
Oil:	2 oz

Method:

1. Cut fish into thin slices.
2. Mix corn flour with water and dip fish in it.
3. Slice mushrooms, onions and bamboo shoots and fry in a little oil for a few minutes.
4. Remove vegetables, add rest of oil, heat and fry the fish for 2 minutes, turning carefully.
5. Put back the onions, mushrooms and bamboo shoots, add a tablespoon water, cover with lid and simmer for 1 minute. (The dish is ready as soon as the fish turns white).



MIXED PULSE AND VEGETABLE SALAD DINNER ACCOMPANIMENT

No. of Serving:	2
Size of Serving:	1 small bowl
Ingredients:	
Rajmah:	25 gm.
Kabuli Channa:	25 gm.
Potatoes:	50 gm.
Cucumber:	50 gm.
Coriander Leaves:	few
Onions (Finely Chopped):	30 gm.
Green Chilli (Finely Chopped):	1/2
Lemon:	1
Salt:	1/2 tsp.
Pepper:	1/4 tsp.

Method:

1. Soak rajmah and kabuli channas overnight.
2. Boil the pulses and potatoes separately.
3. Peel and cut potatoes and cucumber.
4. Mix all the ingredients. Add lemon juice, salt and pepper.
5. Mix well and serve.



PANEER, APPLE AND PINEAPPLE SALAD (DINNER ACCOMPANIMENT)

No. of Serving:	1
Size of Serving:	1 small bowl
Ingredients:	
Paneer:	30 gm.
Apple:	25 gm.
Pineapples Slices:	1
Cucumber:	25 gm.
Grapes:	25 gm.
Carrots:	15 gm.
Walnuts:	1-2
Curds:	25 gm.
Fresh Cream:	25 gm.
Castor Sugar:	1/2 tsp.
Salt:	1/2 tsp.
Tomato Sauce (Op.):	1/2 tsp.
Salad Leaves:	1-2

Method:

1. Slice paneer, apple, (do not peel) pineapple, cucumber and grapes.
2. Grate the carrots.
3. For dressing, beat cream. Add curds to 1/2 the sugar, tomato sauce and chill.
4. Mix the fruits, paneer, cucumber, walnuts and add 1/3 tsp sugar and salt.
5. Add chilled dressing and mix thoroughly.
6. Pile the salad in the center of a dish and decorate with grated carrots and salad leaves.
7. Serve chilled.



RUSSIAN SALAD (MAIN COURSE)

No. of Serving:	1
Size of Serving:	1 Bowl
Ingredients:	
Potatoes:	50 gm.
Pineapple Bits:	2 Small Slices
Beans:	25 gm.
Carrots:	25 gm.
Egg (Boiled):	2
Peas:	50 gm.
Cream:	15 gm.
Salt White Pepper:	To Taste
Mayonnaise:	30 gm.

Method:

1. Boil all vegetables shell peas and dice other vegetables neatly.
2. Mix mayonnaise and cream and add seasonings.
3. Mix the vegetables, egg and pineapple with the prepared dressing and put into a bowl.
4. Garnish with slices of boiled egg and pineapple bits.



FRUIT SALAD (DESSERT)

Ingredients:	
Orange:	1/2
Banana:	1/2
Glazed Cherries:	2
Pineapple Bit:	1 Slice
Grapes (Black or Green):	50 gm.
Salad Leaves:	2-3
Lemon:	1/2
For Salad Dressing:	
Pineapple Juice:	15 ml.
Orange Juice:	15 ml. (1/2 Orange)
Lemon Juice:	15 ml. (1 Lemon)
Water:	10 ml.
Egg:	1/2
Sugar:	15 gm.
Cream:	25 gm.

Method:

1. Heat fruit juices and water.
2. Beat egg lightly on top of a double boiler.
3. Add sugar and fruit juices.
4. Cook in the double boiler till thickened.
5. Cool and add whipped cream when ready to serve.

For Salad

1. Peel the orange and remove the white skin to get the segments.
2. Cut banana into pieces.
3. Mix all the fruits with the dressing and serve in bowl lined with salad leaves. Garnish with glazed cherries.



MIXED VEGETABLE SALAD WITH CURD SAUCE (DINNER-ACCOMPANIMENT)

No. of Serving:	1
Size of Serving:	1 Small Bowl
Ingredients:	
Green Peas:	100 gm.
Carrots:	50 gm.
French Beans:	50 gm.
Green Chilli:	1/2
Mint (Finely Chopped):	Few Leaves
Curd:	50 gm.
Fresh Cream:	15 ml.
Salad Leaves:	2-3
Salt:	1/2 tsp.
Pepper:	1/4 tsp.

Method:

1. Clean the French beans and cut into 1" long pieces. Shell peas and dice carrots.
2. Steam the vegetables till tender.
3. Keep in a bowl and chill for about an hour.
4. Chop green chilli, mix with curd and fresh cream. Season with salt and pepper and mix well.
5. Before serving, prepare a bed of salad leaves in a dish. Heap vegetables on the salad leaves and cover with curd sauce. Sprinkle with chopped mint.



DEVILLED EGG (DINNER ACCOMPANIMENT)

No. of Serving:	1
Size of Serving:	1 Egg
Ingredients:	
Hard Boiled Egg:	1
Mayonnaise:	2 tsp.
Salt:	1/8 tsp.
Pepper:	A Pinch
Minced Onion:	1/2 tsp.
Lettuce Leaves:	2
Tomato Sliced:	50 gm.

Method:

1. Cut the hard boiled egg lengthwise.
2. Remove egg yolk. Mash and combine with remaining ingredients.
3. Refill egg white with the above mixture, chill.
4. Serve on a plate lined with lettuce, garnish with tomato slices on the sides.



LEMON SOUFFLE

No. of Serving:	1
Size of Serving:	1 Souffle Dish

Ingredients:

Cream:	80 gm.
Lemon:	1 Lemon
Egg:	1 Egg
Castor Sugar:	30 gm.
Gelatin:	5 gm.
Water:	1 tbsp.
Vanilla Essence:	1-2 Drops
Lemon (Yellow Colour):	A Drop

For Garnishing:

Cream (Whipped):	30 gm.
Glazed Cherry:	1

Method:

1. Prepare a souffle dish by tying around it a double band of grease proof paper with its fold at the bottom. So that it stands about 2" above the top of the dish.
2. Extract the juice from the lemon and grate the rind of 1/4 lemon and keep it for garnishing.
3. Separate the egg yolk and white and put the yolk in a pan with the lemon juice. Add yellow colour and sugar.
4. Put the pan over a hot water pan and beat well until creamy. Remove and beat until cold.
5. Dissolve the gelatin in water by first softening the gelatin in cold water and then placing it in a pan containing very hot water so that the gelatin dissolves.
6. Add the dissolved gelatin to the egg yolk mixture gradually and stir well. Allow it to set a little.
7. In the meantime, beat egg white stiff and whip the cream.
8. Fold in the whipped cream, stiff beaten egg white and vanilla essence into a semi liquid mixture (If the mixture has overset, keep it over a pan of hot water and stir till it is semi liquid before adding the cream and egg white.
9. Pour the mixture into the prepared soufflé dish and leave in the fridge to set.
10. Remove the paper (This may be done by dipping a knife in hot water and passing it between the two folds of paper).
11. Serve garnished on top with whipped cream, grated lemon rind and pieces of glazed cherry.



HOT PUDDINGS
HOT ORANGE SOUFFLE

No. of Serving:	2
Size of Serving:	1 Bowl

Ingredients:

Butter:	12 gm. (2 tsp.)
Flour:	12 gm. (1 tbsp.)
Milk:	1/4 cup
Orange (Kinoo):	1/2
Castor Sugar:	30 gm.
Egg Yolk:	1 & 1/2
Egg White:	2 Eggs

Method:

Note: Do not open the oven till the end of cooking time as the souffle might sink.

1. Melt the butter in a sauce pan, stir in the flour and cook for 1-2 min.
2. Gradually add milk, stirring continuously and bring to boil and cook for 1 min. Remove from fire.
3. Grate orange rind fine and extract juice of orange. Stir in orange juice and castor sugar into above sauce. Allow the mixture to cool slightly and beat in the egg yolks.
4. Whisk egg whites until stiff and then fold them gently into the egg yolk mixture.
5. Spoon the mixture into a greased oven proof dish and bake it at 180^{0} C for 20 min.
6. Serve hot decorated with grated orange rind.

For Chocolate Souffle:

Increase castor sugar to 40 gm. in the basic recipe stir in 60 gm. melted un-sweetened. Chocolate or 1 tsp. cocoa and 30 ml. of milk in place of orange juice.

For Vanilla Souffle:

Add 1/2 tsp. of vanilla essence and 30 ml. milk instead of orange juice.



CHOCOLATE ECLAIR

Ingredients:

For Chouse Pastry:	As given in basic recipe

For Filling:

Fresh:	100 gm.
Icing Sugar:	1 tsp.
Cocoa:	5 gm.
Water:	2 tsp.

Method:

1. Make the chouse pastry as given in basic recipe.
2. Put the mixture into a piping bag.
3. Pipe the mixture into a baking tray into 3" long finger.
4. Bake at 180°C for about 30 minutes till crisp.
5. When baked do not remove from oven immediately but open the door and leave in the oven for about 10 minutes to prevent collapsing.
6. Remove from the oven and slit them on one side to let the steam to escape leave to cool
7. Whip the cream and sweeten it with sugar fill into the eclairs.

For Icing:

1. Sieve icing sugar and cocoa together.
2. Add warm water and mix to a paste till smooth and glossy.



SPONGE CAKE (BASIC RECIPE)

No. of Serving:	4
Size of Serving:	1 piece each

Ingredients:

Egg:	2
Flour:	50 gm.
Castor Sugar:	50 gm.
Warm Water:	2 tsp. (if required)
Vanilla Essence:	a few drops

Method:

1. Prepare a cake tin either by lining or dusting method.
2. Beat the eggs to mix yolk and white.
3. Add castor sugar to eggs.
4. Keep this pan over warm water and beat the mixture till light and creamy.
5. Sieve the flour twice.
6. Add the flour to the egg and sugar mixture by cut and fold method.
7. Add essence and water, if required so that the batter is of dropping consistency.
8. Pour into the prepared cake tin.
9. Bake at 190°C for about 15-20 minutes, or till light brown and firm to touch.
10. Remove from oven and cool on a wire rack.



SWISS ROLL PUDDING

Ingredients:

Maida:	3/4 cup
Ground Sugar:	1/2 cup
Eggs:	2
Baking Powder:	1 tea spoon
Essence:	
Juice, Custard, Fruit Jelly:	

Method:

Beat egg white till stiff & add egg yolk. Beat again and add ground sugar tea spoon by tea spoon. Add maida by tea spoon in the baking tray. Spread mixture and bake in hot oven for 10 minutes. Touch it & see whether done, not dark brown but light. Remove and spread Jam scrape pepper & roll into slice. Arrange slice in glass bowl. Make custard 1 tsp. in 1 cup milk with 3 tsp. sugar. Chop fruit & set jelly spread fruit on slices. Pour custard & put set jelly. Decorate & serve.



PASTRIES SHORT CRUST PASTRY (BASIC RECIPE)

Prepare short crust pastry and use for the preparation of custard tarts, lemon tarts, jam tarts, orange cream tarts, pineapple tarts.

No. of Serving:	2
Size of Serving:	2-3 pastries

Ingredients:

Flour:	60 gm. (20 z)
Butter:	30 gm. (10 z)
Castor Sugar (optional):	1/2 tsp.
Salt:	1/8 tsp.
Cold Water:	2-3 tsp.

Method:

1. Sieve flour and salt.
2. Rub in the butter gently using finger tips till the mixture resembles fine bread crumbs. Use minimum handling. (Rub quickly and lightly lifting mixture up all the time to get a much cool air in as possible).
3. Add cold water, sprinkling it evenly over the mixture.
4. Mix with a palette knife or a round blade kitchen knife, cutting through and pressing together (A knife keeps the pastry cool).
5. Put down the knife and bind the mixture into a smooth dough with the hand.
6. Place the dough on a lightly floured board or table top.
7. Roll the rolling pin lightly, on floured board or table top.
8. Roll out the pastry 1/4" thick and cut into 4 rounds using a biscuit cutter. Clean and grease a tart tray and line with pastry rounds.
9. Bake the pastry in a hot oven 220°C for about.
10. Minutes to set the bottom. Now fill the tarts with any of the given fillings and bake further for 10 minutes in moderate oven (190°C).

Note: Recipe with 60gm. (20 z) pastry means pastry made with 60gm. (20gm.) flour Custard tarts.



CHOCOLATE PUDDING

No of Serving: 2
Size of Serving: 1/2 mould

Ingredients:	**Ingredients for Sauce:**		
Cocoa Powder:	1 tsp. (level)	Cocoa Powder:	1/2 tsp. (level)
Milk:	75 ml.	Water:	75 ml.
Fresh Bread Crumbs:	2 big slices	Cornflour:	2 tsp.
Butter:	25 gm.	Salt:	a pinch
Sugar:	30 gm.	Vanilla Essence:	few drops
Egg:	1/2	Butter:	1 gm.
Baking Powder:	1/8 tsp.	Sugar:	30 gm.
Vanilla Essence:	few drops		

Method:

1. Dissolve cocoa in milk, pour on to the bread crumbs and leave to soak for 15-20 min.
2. Cream together fat and sugar till light and soft.
3. Beat in the egg yolk and then the soaked crumbs.
4. Add a few drops of vanilla essence and lastly fold in the egg white and baking powder.
5. Put the mixture into a greased mould and steam for about an hour, till well risen and firm.

Method for Sauce:

1. Mix the corn flour and salt to a smooth paste with a little water.
2. Heat rest of the water and when boiling pour on to the blended cornflour stirring all the time.
3. Return to heat and continue boiling with constant stirring.
4. Add cocoa dissolved in a little water and sugar and cook for 4-5 min. stirring and beating.
5. Stir in vanilla essence and butter.
6. Pone on the prepared pudding 8 relish.



BAKED CUSTARD

No. of Serving: 2
Size of Serving: 1 Bowl

Ingredients:

Egg: 1
Sugar: 1 tsp.
Milk: 150 ml.
Vanilla: 3-4 Drops

Method:

1. Beat the egg and sugar lightly to blend the white and yolk.
2. Pour this on cold milk.
3. Add the flavouring.
4. Bake the custard in a moderately hot oven (190° C) till set and brown from top.
5. Serve hot or cold.



BLACK FOREST PASTRIES

No. of Serving: 4

Size of Serving: 1 Pastry

Ingredients:

Cake of 2 Egg (baked in rectangular tin) (15cm x 8cm)

Chocolate Sponge:

Cream:	100 gm.
Icing Sugar:	2 tsp.
*Tinned Cherries:	12
Syrup (from the tinned cherries):	2 tsp.
Plain Milk Chocolate:	10 gm.

Method:

1. Cool the sponge cake and cut into pastries (approx. 8 cm x 4 cm).
2. Cut each pastry horizontally into two.
3. Soak these pieces with syrup.
4. Whip the chilled cream till stiff. Add icing sugar and mix well.
5. Put a layer of cream and chopped cherries (2 in each pastry on one piece of each pastry and sandwich the other on top).
6. Apply cream on top of each pastry and decorate with scraped or grated chocolate and place one cherry in centre on top of the pastry.

*A typical black forest pastry has black cherries as a filling and decorate.



SWEET PLAIN BISCUITS (BASIC RECIPE)

No. of Serving: 3

Size of Serving: 2-3 Biscuits

Ingredients:

Flour:	50 gm.
Butter:	25 gm.
Castor Sugar:	25 gm.
Baking Powder:	1/4 tsp.
Egg:	1/4 tsp.
Milk:	to make the dough (approx. 1 tsp.)

Method:

1. Sieve flour and baking powder together.
2. Cream butter sugar till light and fluffy.
3. Beat in egg.
4. Add the flour to the above mixture and make the dough using a little milk.
5. Roll out the dough on floured board into 1/4" thickness.
6. Place on a greased baking tray and bake in a moderate oven (180 °C) for about 10 to 15 minutes or till golden brown in colour.
7. Remove and cool on a wire rack before serving.



GLOSSARY

Ajinomotto	-	A Chinese Salt
Amchur	-	Unripe Mango dried
Banana	-	Kela
Bayleaf	-	Tejpatta
Bread	-	Double Roti
Brinjal	-	Baigan
Butter	-	Makhan
Cabbage	-	Band Gobhi
Capsicum	-	Simla Mirch
Cardamom	-	Bari Elaichi/ Chhoti Elaichi
Carrot	-	Gajar
Cashew Nuts	-	Kaju
Castor Sugar	-	Ground Sugar
Cauli Flower	-	Phool Gobhi
Celery	-	Shalari
Chilli	-	Mirch
Cinnamom	-	Dalchini
Cloves	-	Laung
Coconut	-	Narial
Coriander	-	Dhania
Cottage Cheese	-	Chhenna Paneer
Corn Flour	-	A Thickening Agent
Cream	-	Malai
Cucumber	-	Kheera
Cumin Seed	-	Jira
Curd	-	Dahi
Eggs	-	Ande
Essence	-	Khushboo
Fish	-	Machhili
French Beans	-	Fras Beans
Garlic	-	Lahsun
Gelatin	-	A Jelly Like Sbstance
Ginger	-	Adarakh
Grapes	-	Angoor
Ham	-	The Upper Part of Pig's Hind Leg.
Lemon	-	Nimbu
Lettuce Leaves	-	Salad Patta
Lobster meat	-	The flesh part of - a lobster
Mint	-	Pudina
Milk	-	Doodh
Mushroom	-	Khumb and - Goochi
Mustard powder	-	Sarson/Rai
Onion	-	Pyaz
Oil	-	Tel
Oyster Sauce	-	a sauce used in - Chinese dishes
Peas	-	Hara Matar
Pepper	-	Kali mirch/ - Gol Mirch
Pineapple	-	Annanas
Potato	-	Alu
Prawns	-	Jhinga
Processed Cheese	-	a cheese made by heating and blending together several natural cheese with an emulsifying agent
Pomfret	-	Chhamna
Rice	-	Chawal
Sesame Oil	-	Til Ka Tel
Soya Souce	-	a sauce used in Chinese dishes
Spinach	-	Palak
Stock	-	Shoorba/Yakhni
Tomato Ketchup	-	Tamatar Sauce
Turnip	-	Shulgam
Turmeric Powder	-	Haldi
Ve - Tsin	-	a Chinese Salt
Vinegar	-	Sirka
Worcestershire Sauce	-	a Chinese Sauce

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