



**H(S)NC Board's
Kishinchand Chellaram College
Churchgate**

Jigyaasa

Science Honors Program

ہفت روزہ جیگیاسا

A unique attempt to tease our palate with mouth-watering and nutritious dishes straight from Gourmet mystery boxes

**An Initiative under
DBT Star College Scheme**

Note from Editors...

K.C. College is famous for its unique and out of box thought process, when it comes to integrating knowledge and hands-on skills, while training its students in different areas which are beyond the boundaries of the prescribed syllabus. The ‘fun and learn’ motto was exemplified, during an amazing and unique exercise, undertaken by students and teachers of Jigyasa-SHPKCC. ‘Daawat-e-Shp’, a module designed for learning culinary skills and nutritional benefits of food ingredients, was organized under the DBT- Star Scheme Activity by Department of Life Sciences, during the last academic year. It all started with exploring an out of the box idea for learning nutrition and dietetics. After the brain storming session between the mentors of Team SHP, what emerged was this wonderful concept of making students learn the techniques of healthy cooking, along with knowing the dietary benefits of healthy yet less explored food ingredients. However, this year, this Daawat turned into a contest of Master Chefs for the students of Jigyasa-SHP batch XIV. A total of six teams (30 shpians) participated in the event and were guided at every step of this journey, by teacher mentors, led by Atul Kotian, the youngest staff member of Team Jigyasa-SHP. The day of the competition dawned with a lot of surprises, as students had excelled in their task beyond expectations of the mentors. Each team had come up with an array of delicious, mouth-watering recipes, from the ingredients of their mystery box. The menu included a welcome drink, starters, salad, soup, main course and also a desert from only five –seven predefined ingredients selected, not by the students themselves but given to them by the teachers. But the journey did not end here... Team Jigyasa-SHP, decided to go a step further and document the novel recipes learnt during this module. This idea has materialized in the form of this short memoire of healthy recipes discovered by the six teams, Pro-Teens, 5 Foodies, Five Spice, Appetite, Binge and Aroma.

We are thankful to the Principal, Dr. Hemlata Bagla for her enthusiasm for supporting all our activities at SHP and both Vice Principals, Mr. Smarjit Padhi and Dr. Shalini Sinha, who took up the mantle of judging the entries during the competition this year.

We are sure that, all those who try out these recipes, will find this compilation as a valuable addition, to their innovating cooking kitty. This recipe book comes to you with tireless efforts of mentor teachers, Ms. Shailaja Rane and Atul Kotian and also the Master Chefs from each team, who put in extra efforts to bring out this interesting document. Inviting you all the tasty ‘Daawat’ and wishing you a ‘Bon Appetite’...

By: Dr. Sagarika Damle- Convenor
Team Jigyasa-SHPKCC

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TEAM PRO-TEENS

Team Members

Pratiksha Gijare

Sohrab Sethna

Sukaina Abbas

Uzma Shaikh

Mystery Box Ingredients

- Wheat
- Coconut
- Paneer
- Rosemary*
- Cauliflower
- Besan
- Popcorn

Additional Ingredients

- Lemon
- Sesame seeds
- Cardamom (elaichi) powder
- Garlic
- Fennel seed (saunf) powder
- Parmesan cheese powder

List of all recipes

- Cauliflower Poppers
- Par-Mary Pops
- Zingy-Rosy Paneer
- Tropical Splash
- Hybrid Dhokla
- Tender Coconut Salsa
- Golden Coconut-ty Wheat Pudding (Kheer)
- 4some Coconut Barfi
- Coconut Blast Munchies

Cauliflower Poppers (Baked, Gluten-free, Vegan)

Ingredients:

- 1 medium uncooked cauliflower
- ½ tsp dried rosemary
- ½ tsp chili powder, or more to taste
- 1 tsp. sesame seeds
- Juice of half a lemon

Salt to taste

Rice bran oil for greasing

Cooking time: 20min

Serves: 5

Procedure:

Preheat oven to 400°F.

Grease a baking sheet with oil.

Tip: Use a greasing brush (made of silicon) for greasing your baking tray. In case you don't have a brush, cut an onion/potato into half, dip it in oil and use it to grease the baking tray.

Cut cauliflower florets into bite-sized pieces (there should be about 4 cups).

Place the cauliflower in a bowl and add dried rosemary, chili powder, salt, and lemon juice and sesame seeds; toss well to coat.

Spread cauliflower on prepared baking sheet and bake until cauliflower is tender, but not mushy, stirring halfway through, about 10 minutes.

Best paired with: Hari-bhari chutney.

Nutritional Information

Nutritional Information per serving:

Calories 37.2 cal

Carbohydrates 5.8g

Sugar 2.2g

Dietary Fiber 2.4g

Protein 2.2g

Fat 1.2g

Saturated fat 0.3g

Cholesterol 0mg

Sodium 35.28mg

Contains high amounts of potassium, vitamin B6, magnesium and very high amount of vitamin C

Par-Mary Pops

Ingredients:

1 cup unpopped corn (popcorn seeds)

3-4 rosemary sprigs

5 tbsp. olive oil

2 tsp. parmesan cheese powder

Cooking time: 25 mins

Serves: 5

Procedure:

Nutritional information

Calories 113 cal

Carbohydrates 5g

Sugar 0g

Dietary Fiber 1g

Protein 1g

Fat 10g

Toast rosemary sprigs lightly in olive oil and let it sit for a few minutes.

Strain the oil that has now been infused with rosemary flavor.

In a saucepan, add two tbsp. of the oil.

Add a cup of popcorn seeds and pop them.

Sprinkle parmesan cheese powder while serving.

Nutritional information per serving:

Saturated fat 4g

Cholesterol 13mg

Sodium 290mg

Contains high amounts of iron, vitamin B6 and magnesium

Zingy-Rosy Paneer (High protein)

Ingredients:

200 g paneer
40 g black sesame seeds
Half a coconut (fresh & grated)
7-8 garlic cloves (crushed)
1-2 tsp. dried rosemary
Salt to taste
Oil for shallow frying

Cooking time: 45 mins

Serves: 5

Procedure:

Cut the paneer into rectangular slices about half an inch thick.

For the crust, mix shredded coconut, crushed garlic, sesame seeds, rosemary & salt in a plate.

Place some of this crusting mix onto your palm, put a paneer slice over it & cover it with some more crusting mix on top.

Gently press the crusting mix onto the paneer to ensure that it sticks to its surface and doesn't come off while frying.

Heat some oil in a non-stick pan and shallow fry the encrusted paneer until deep golden brown or till the paneer seems firm enough.

Tip: Let the paneer rest for some time before serving.

Best paired with: Tender coconut salsa.

Nutritional Facts

Nutritional Facts per serving:

Calories 371.58 cal

Carbohydrates 36.7g

Sugar 15.1g

Dietary Fiber 9.6g

Protein 10.7g

Fat 27.7g

Saturated fat 14.64g

Cholesterol 10.4mg

Sodium 249.3mg

Contains very high amounts of magnesium, potassium, calcium, iron, vitamin C and vitamin

Tropical Splash

Ingredients:

Coconut water of 5 tender coconuts
Juice of 2 ½ lemons
5 tsp. honey
Ice cubes
5 lemon rings for garnishing

Cooking time: 10 mins

Serves: 5

Procedure:

Mix all the ingredients in a jug.

Place a lemon ring on all the glasses and serve.

Nutritional information

Nutritional information per serving:

Calories 58.5 cal

Carbohydrates 18.5g

Sugar 12.7g

Dietary Fiber 3.5g

Protein 2.1g

Fat 0.6g

Saturated fat 0.4g

Cholesterol 0mg

Sodium 266.9mg

Contains high amounts of potassium, magnesium, calcium & vitamin C.

Hybrid Dhokla (Vegan)

Ingredients:

For starter culture:

4 ½ tbsp. besan

1 ½ tbsp. sugar

Water to make the slurry (as required)

For Dhokla batter:

300g besan

150g rava/semolina

1 tsp. sugar

Salt to taste

For tadka:

3 tsp. rice bran oil

1 ½ tsp. sesame seeds

For garnishing: freshly grated coconut

Cooking time: 80 mins

Serves: 5

Procedure:

Making the starter culture:

Make slurry of 3 tbsp of besan and 1 tbsp sugar in water and allow it to ferment overnight.

The next day, discard some of the slurry and add fresh besan (1 ½ tbsp) and sugar (1/2 tbsp) to give fresh food to the 'good bacteria' in your starter culture.

Let it ferment for 1 more night.

Your starter culture for super healthy Dhokla is now ready!

Tip: You may skip the second overnight fermentation and proceed with the first night starter culture if you do not prefer sourness in your Dhokla.

For Dhokla batter:

Mix the besan, rava, sugar, salt and starter culture along with approx 200 mL water.

Let it ferment overnight.

The next day, boil water in your steamer vessel.

Grease a steaming tray with some oil and half-fill it with some fermented Dhokla mix.

Steam it for 10-15 minutes, remove from the steamer vessel and cool.

Cut into squares/diamonds according to your preference and remove from the tray using a knife.

Repeat the steps for the next 2 batches of Dhokla.

For tadka:

Prepare the tadka by heating some oil in a small, deep pan and pop the sesame seeds in it.

Pour it over your Dhokla cubes and garnish them with freshly grated coconut before serving.

Best paired with: Hari-bhari chutney.

Nutritional information

Nutritional information per serving:

Calories 136 cal

Carbohydrates 18g

Sugar 7g

Dietary Fiber 3.2g

Protein 12g

Fat 12g

Saturated fat 3g

Cholesterol 4mg

Sodium 213mg

Contains high amounts of potassium, iron, vitamin A and calcium.

Tender Coconut Salsa: (Gluten-free, Vegan)

Ingredients:

The flesh of 3 tender coconuts (approx. 300g)

1 ½ fresh red chili

Juice of 1 ½ a lemon

¾ tsp. dried rosemary

Cooking time: 5 mins

Serves: 5

Procedure:

Coarsely chop the flesh of the tender coconut (1 cm pieces approx.) and transfer it to a bowl.

Chop the red chili and add to the bowl, add dried rosemary and lemon juice and mix.

Tip: Add the lemon juice just before serving.

Hari-Bhari Chutney

Ingredients:

½ a coconut, grated

2 green chilies

Juice of a lemon

Salt to taste

Cooking time: 25 mins

Serves: 5

Procedure:

Grind the grated coconut, green chilies along with lemon juice and salt until velvety.

Serve.

Golden Coconut-ty Wheat Pudding (Kheer): (Vegan)

Ingredients:

100g dehusked (pounded) wheat
200g jaggery
Milk of ½ medium-sized coconut (approx. 300 mL)
1 tsp. freshly ground fennel seed (saunf) powder
½ tsp. freshly ground green cardamom (elaichi) powder

Cooking time: 90 mins

Serves: 5

Procedure:

Soak the wheat in water for 1 night.

The next day, transfer the entire mixture into a pressure cooker and cook till the wheat obtains a sabu dana-like consistency (2-3 whistles).

In a thick bottom vessel, grate the jaggery and allow it to melt over medium flame till you get a beautiful golden syrup.

Transfer the boiled wheat into it and stir to remove any clumps.

Stir in the coconut milk and bring the kheer to a simmer for about 15-20 minutes. Do not cover the vessel at any point of time.

Lastly, add the saunf and green cardamom powder and mix.

Remove the kheer from heat, cool it and garnish with freshly grated coconut before serving.

Tip: You can set the kheer in phirni bowls (the ones made of red clay) and serve it cold.

Nutritional information

Nutritional information per serving:

Calories 374.2 cal

Carbohydrates 55.08g

Sugar 36.06g

Dietary Fiber 2.01g

Protein 3.78g

Fat 14.64g

Saturated fat 13.04g

Cholesterol 0mg

Sodium 20.52mg

Contains high amounts of calcium, vitamin B and iron.

4some Coconut Barfi (Gluten-free)

Ingredients:

1 ½ cup grated coconut
¾ cup sugar
1 cup water
¼ tsp. cardamom (elaichi) powder
2 tsp. ghee

Cooking time: 25 mins

Serves: 5

Procedure:

Heat a non-stick pan and add water and sugar in the pan.

Once the sugar melts in water, add cardamom powder (elachi) in the sugar

water and let it cook till you get one string consistency.

Tip: To check the consistence of the sugar syrup (chashni), just take a drop of sugar syrup carefully between your thumb and index finger you can see a single string forming.

If you can see single string forming then it is the right consistency to add desiccated coconut to the sugar syrup.

Mix well all the ingredients and cook as it will start to thicken and form mass and also leave the sides of the pan.

Lightly grease a tray with clarified butter (ghee).

Then turn off the flame and transfer the coconut mixture to greased tray and spread it evenly and make the top smooth.

Then cut it into desire size and sprinkle some slivered almonds or nuts of your choice on top.

Once the mixture cools down it becomes hard and your easy coconut Barfi is ready to serve.

Nutritional information

Nutritional information per serving:

Calories 156 cal

Fat 9.8g

Saturated fat 8.5g

Cholesterol 2mg

Sodium 5mg

Carbohydrates 18.3g

Sugar 16.0g

Dietary Fiber 2.3g

Protein 1.0g

Contains high amount of iron

Coconut Blast Munchies (Vegan)

Ingredients:

1 cup unpopped corn (popcorn seeds)

1 cup desiccated coconut

½ cup sugar

2 cups water

Cooking time: 25 mins

Serves: 5

Procedure:

Prepare the coconut-flavored sugar syrup (1 string consistency) by heating desiccated coconut, sugar and water in a saucepan.

Add a cup of popcorn seeds to it and pop them.

Sprinkle some desiccated coconut before serving.

Nutritional information

Nutritional information per serving:

Calories 302 cal

Fat 29.4g

Saturated fat 5.2g

Cholesterol 0mg

Sodium 8mg

Carbohydrates 64.4g

Sugar 21.4g

Dietary Fiber 9.2g

Protein 7.6g

Contains high amounts of iron and potassium



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APPETITE

Team Members

Aesha Agrawal
Shaikh Anam Fatima
Gaurav Sriram
Krina Jagdish Parmar
Neeti Kothari

Mystery Box Ingredients

- Rice Flour
- Cheese
- Ginger*
- Rajgira
- Corn
- Beetroot
- Banana

Additional Ingredients:

- Honey
- Black salt
- Oregano
- Ghee
- Sugar

Recipe List

- Ginger Splash
- Sweetcorn Cheese Patty
- Rajgira Roti
- Corn Cheese Salad
- Raw Banana Vegetable
- Beetroot Halwa
- Banana Barfi

Ginger Splash

Ingredients:

Fresh Ginger paste

Honey 3 Teaspoons

Sparkling Water 200 ml

Black Salt ½ teaspoon

Pinch of Citric Acid Crystals

Fresh Mint Leaves

Cooking time: Approximately 5 mins

Best Paired with: Fresh Mint Leaves

Procedure:

- a) Prepare a Ginger Paste by cutting and peeling a walnut sized ginger

and grinding it by means of a pestle.

- b) Add honey in approximation to three teaspoons to the ginger paste to sweeten the taste.
- c) Add half teaspoon of Black Salt and pinch of Citric acid crystals.
- d) Pour sparkling water over the mixture in a glass and mix
- e) Add shredded Mint leaves and serve chilled.

Nutritional Information:

Nutritional Information per serving:

Carbohydrates 41.2g

Dietary Fibre 0.8g

Protein 0.72g

Fat 0.32g

Sweetcorn Cheese Patty

Ingredients:

Boiled corn 100g

Cheddar cheese (grated) 1 or 2 cubes

Rajgira flour 50g

Dried Oregano powder 1/2 teaspoon

Black pepper powder according to taste

Chilli flakes according to taste

Cooking Time: 45 minutes to 1 hour

Serves: Grate with cheese and serve

Procedure:

Boil the Corn and gently grind it with a pestle.

Grate the Cheddar Cheese and add to the Grinded Corn along with Oregano, Black Pepper, Chilli Flakes.

Add Salt as per requirement.

Make balls of the above mixture and shallow fry.

Serve hot with grated cheese.

Best Paired With: Tomato Ketchup

Nutritional Information:

Nutritional Information per serving:

Carbohydrates 18g

Dietary Fibre 0.0213g

Protein 11g

Fat 11.67g

Sodium 0.0213g

Rajgira Roti

Ingredients:

1 cup (240 ml) Rajgira atta

Salt

Red chilli powder (2 spoons)

Ghee (1 and half tablespoon)

Water (2 tablespoons)

Cooking Time: 20 minutes

Procedure:

Take Rajgira atta in a bowl. To make a dough of Rajgira, mix it with water to get the appropriate consistency (2 tablespoons of water) or (half glass). Add minute quantity of ghee to soften the dough. Add chilly powder and salt in accordance to the taste. Shape the dough. Cover the dough and rest it for 15 minutes. Now take rolling board and flatten the ball. Because of its crumbly nature you cannot have smooth edges. Hit the pan on medium heat and

make the roti by heating it on the pan. Apply some ghee on it.

Nutritional Information:

Nutritional Information per serving:

Carbohydrates 23g

Fat 4g

Sodium 0.258g

Beetroot Corn Cheese Salad

Ingredients:

Rice Papad
Boiled Corn (Spoon full)
Beetroot (1g)
Cheese
Salt, Black Pepper.

Cooking time: 20 Minutes

Serves best with: Serve with grated cheese

Procedure:

Roast the Rice Papad over the flame. Boil the corn and beetroot. Grate them and add them over the roasted Papad. Serve by grating cheese.

Nutritional Information:

Nutritional Information per serving:

Carbohydrates 7.16g

Dietary Fiber 0.4g

Fat 0.24g

Sodium 0.031g

Raw Banana Vegetable

Ingredients:

6 Raw Bananas
3-4 Baby corn
Half tablespoon Red Chilli powder
1/4 tablespoon Black pepper
Salt to taste
2 Table Spoon of Oil

Cooking Time: 40 to 45 mins

Serves: To be served hot

Procedure:

Peel the Raw Banana and keep Baby corn for boiling.

Cut the raw banana into pieces and shallow fry in oil.

Add Black pepper, Red chili powder and salt as per taste.

Add the boiled pieces of Baby corn and add salt accordingly.

Serve Hot with cheese and Corn.

Nutritional Information:

Nutritional Information per serving:

Carbohydrates 0.9g

Dietary Fiber 0.5g

Protein 0.7g

Fat 0.1g

Beetroot Halva

Ingredients:

1/2 kg beetroot

4 tablespoon Sugar

2-3 tablespoon Ghee/oil

(Can be served as hot or chilled or at normal temperature)

Cooking time: 50 minutes to 1 hour

Serves: Served hot or chilled

Procedure:

- 1) Grate the Beetroot.
- 2) Heat a steel vessel and add little oil.

3) Put the grated beetroot into the vessel and stir till all the water is evaporated.

4) Add Little Sugar and Ghee and Serve.

Best Paired With: Dry fruits like almonds

Nutritional Information:

Nutritional Information per serving:

Carbohydrates 500g

Dietary Fiber 20g

Protein 20g

Fat 14.65g

Banana Barfi

Ingredients:

Rice Flour

Peeled Bananas

Sugar

Oil

Powdered Cardamom

Dry fruits

Cooking time: 1 to 2 hours

Serves: Served chilled

Procedure:

Place a non-stick pan on medium heat and take 1 teaspoon oil.

Add 2 tablespoon of rice flour and mix it will with the oil till it starts turning brown.

Add half cup of sugar and pinch of cardamom for sweetening and taste. Mix well.

Cut into desired shapes and serve chilled.

Nutritional Information:

Nutritional Information per serving:

Carbohydrates 219.9g

Protein 52.6g

Fat 82.3g



Ginger Splash



Corn Cheese Patty



Rajgira Roti



Beetroot Corn Cheese Salad



Raw Banana Vegetable



Beetroot Halwa



Banana Barfi



4 Foodies

Team Members

Dhara Sankhla

Purva Chonkar

Janav Panchal

Sarrah Rampurawala

Mystery box ingredients

- Besan
- Makhan
- Potato
- Watermelon
- Red Rice
- Yoghurt
- Basil*

Additional Ingredients

- Cloves
- Oregano
- Cardamom
- Mint leaves
- Lemon juice
- Cumin seeds
- Coriander powder
- Red chili powder
- Dry red chili

List of all recipes

- Baemelon Splash
- Makhana Sabji
- Besan Bhakri (Gram Flour)
- Aromatic Red Rice
- Sweet red rice
- Basil Aloo sabji
- Basil Aloo Bhajiyas
- Makhana Raita

Baemelon splash

Ingredients

- 1 Watermelon
- 5-6 Fresh Basil Leaves
- 3-4 Fresh Mint Leaves
- Juice of half a lime

Cooking time: 10 minutes

Serves: 4

Procedure

1. Chop the watermelon and remove any seeds. Chop and place into a blender with the basil and mint leaves.

2. Taste and add more herbs if you'd like to.
3. Serve cold over ice. Store in an airtight glass container in the fridge for 1-2 days. Best consumed immediately.

Nutritional Information

71 calories in 1 cup of Watermelon Juice.

4% fat

89% carbs

7% protein.

Makhana sabji

Ingredients

- Makhana (Puffed Lotus Seeds) (50 gram)
- Yoghurt (2 tablespoon)
- Cumin seeds (1/2 Teaspoon)
- Coriander powder (1 Tablespoon)
- Red chili powder (as required)
- Salt to taste
- Oil (2 tablespoon)

Cooking Time: 30 minutes

Serves: 2

Procedure

1. Dry roast makhanas in a non-stick frying pan until they turn crunchy. Take the makhanas out of the pan and place it in a bowl.
2. Now take another bowl and add yogurt in it. Add red chili powder, coriander powder and salt in yogurt and mix it well.

3. Take a pan and add some oil in it. After the oil gets heated add some jeera and let it sizzle.
4. Now add our yogurt mix which we prepared earlier and cook it over a low flame for 4-5 minutes till the oil separates.
5. Add some water and cook it for until it starts reducing and then add makhanas and cook it with the lid on for 4-5 minutes.
6. Take it off the flame and let the makhanas rest until they turn soft.
7. Serve the makhana sabji in a bowl and garnish it with some roasted makhanas and eat it along with besan bhakhri.

Nutritional Information

145 Calories

Proteins 3.0g

Carbs 9.3g

Fats 7.2g

Fiber 2.3g

Besan bhakhri (gram flour)

Ingredients

- Besan i.e. Gram flour (250 gram)
- Water as required
- Salt as required
- Oil

Cooking Time: 20 minutes

Serves: 2

Procedure

- 1) Prepare dough with water, besan and salt as required. Dough should be balanced; it should not be too dry or too wet.
- 2) Add a little oil in the dough and knead it.
- 3) Pinch a small or medium sized ball, flatten it and dust it with some gram flour.
- 4) Take a plastic or butter paper so it does not stick on the surface and keep the gram flour ball in the middle of it and flatten it with your palm.

- 5) Roll the flattened ball with a rolling pin and gently remove the flat uncooked bread from the butter paper and place the roti on a hot tava or flat pan.
- 6) Cook on one side and then flip and cook the other side. Add a little oil on its surface while flipping it and cook it till little brown spots appear on the surface.
- 7) Serve it with makhana sabji or any other sabji of your choice and if you don't care about some extra calories then add some ghee while serving.

Nutritional Value

1 bhakri contains 95 calories.

Protein	3.2g
Carbs	12.3g
Fats	3.6g
Fiber	2.2g

Aromatic red rice

Ingredients

- 1¼ cups Bhutanese red rice
- Salt
- Chopped basil leaves
- Dry oregano seasoning
- 1 small dried red chilli crushed

Cooking Time: 1 hour

Serves: 3

Procedure

1. In a small saucepan, bring rice, a pinch of salt, and 2 cups water to a boil.

2. Add chopped basil leaves, oregano seasoning to pot along with chile.
3. Cover, reduce heat to a simmer, and cook until rice is tender, 30–40 minutes.
4. Let stand off heat, covered, 5 minutes.
5. Fluff with a fork before serving.

Nutritional Value

189 calories in 100 grams of Red Rice (Cooked).

2% fat
90% carbs
8% protein

Sweet red rice

Ingredients

- 1¼ cups Bhutanese red rice
- Salt
- 2-3 clove sticks
- Cardamom powder
- Ghee
- Jaggery

Cooking Time: 1 hour

Serve: 4

Procedure

1. In a small saucepan, add ghee clove sticks and sauté rice, a pinch of salt, and 2 cups water to a boil.

2. Cover, reduce heat to a simmer, and cook until rice is tender, 30–40 minutes.
3. Add jaggery and cardamom powder for taste.
4. Let stand off heat, covered, 5 minutes.
5. Fluff with a fork before serving.

Nutritional Information

189 calories in 100 grams of Red Rice (Cooked).
2% fat
90% carbs
8% protein.

Basil aloo sabzi

Ingredients

- Square shaped chopped potatoes -3
- Garlic -5 cloves
- Cumin seeds – ¼ tsp
- Chili powder -1/4 tsp
- Basil – 1 bowl chopped
- Oil to sauté
- Salt to taste

Cooking Time: 25 minutes

Serves: 4

Procedure

1. Take oil in a pan heat it

2. Add cumin seeds and garlic
3. Sauté till the garlic is golden brown
4. Add basil leaves , allow the leaves to cook for a while (3mins)
5. Add the potatoes and red chili powder with salt
6. Toss the potatoes
7. Serve it hot Garnished with basil leaves.

Nutritional Information

96 calories in 100 grams of Aloo Sabzi.
25% fat
66% carbs
9% protein.

Basil aloo bhajiyas

Ingredients:

- Potato chopped in thin slices -3
- gram flour -100grms
- basil finely chopped – 12 leaves
- turmeric powder – ½ tsp
- salt to taste
- oil-6 tbsp
- Chili paste (green chilies) - ½ tsp.

Cooking Time: 20 minutes

Serves: 4

Procedure

1. Wash and peel the potatoes.
2. Mix the gram flour, turmeric powder, chopped basil, red chili

powder and salt together keep the mix and store in the refrigerator overnight.

3. In a pan take oil and heat.
4. Dip the round shaped cut potatoes into the mixture and shallow fry in the oil.
5. Garnish with basil leaves.

Nutritional Information

59 calories of Potato, raw
51 calories of Besan (Gram Flour)
20 calories of Sunflower Oil
1 calories of Chili powder
1 calories of Turmeric, ground
0 calories of Salt

Makhana raita

Ingredients

- For one small bowl
- Makhana(15 to 20 pieces)
- Red chili powder(1/3 tea spoon)
- Yogurt(1 cup)
- Salt(as required)
- Sugar(as required)

Cooking Time: 10 minutes

Serves: 2

Procedure

1. Dry roast makhanas until crispy.
2. Take a bowl and add yogurt, salt and red chili powder and stir it.
3. Add little sugar if required and stir.
4. Now add roasted makhanas and mix it in yogurt.
5. Let it rest for 5 to 10 minutes.
6. Garnish it with some makhanas on top and serve it cold.

Nutritional Information

96 calories in 100 gm of yogurt
10 calories in 10gm makhana



Baemelon Splash



Makhana Sabzi



Besan Bhakri



Aromatic Red Rice



Sweet Red Rice



Basil Aloo Sabzi



Basil Aloo Bhajiya



Makhana Raita



The Five Spice

Team Members:

Siddhi Jain

Shubhankar Dube

Shireen Siddiqui

Pratiksha Chavan

Atmaya Vartak

Mystery box ingredients:

- Sweet potato
- Arrow root powder
- Yoghurt
- Pineapple
- Moong Daal

- Jowar
- Rajgira
- Kalongi*

Additional Ingredients

- Black pepper
- Cumin seeds

List of Recipes

- Sweety Tweety Fries
- Rajgira Rolls
- Rajgira and sweet potato tikki
- Pineapple Panna
- Black Carassay Chaat

Sweety Tweety Fries

Ingredient:

2 Large sweet potatoes, peeled and cut into wedges.

Vegetable oil 2 tablespoon

Salt ½ teaspoon

Ground black pepper ½ teaspoon

Red chilli powder ¼ teaspoon

Serving Per recipe: 4

Cooking Time: 30 minutes

Procedure:

1. Place sweet potatoes and half of the oil in large bowl, toss lightly. Sprinkle with salt, pepper and red chilli powder.
2. Keep this overnight in the fridge.
3. Position rack and preheat the oven.
4. Arrange the sweet potatoes in a single layer on the baking tray, being sure not to overcrowd.
5. Bake until tender and golden brown, turning occasionally. Cooking time is between 18-24 minutes.

Nutritional Information:

Nutritional Information per serving:

Calories 287 cal

Carbohydrates 46g

Sugar 10g

Dietary Fiber 7g

Protein 3.6g

Fat 10.4g

Saturated fat 2.0g

Cholesterol 0mg

Sodium 345mg

Potassium 775mg

Vitamin A 32280IU

Vitamin C 6mg

Calcium 70mg

Iron 4mg

Niacin 2mg

Magnesium 61mg

Folate 25mcg

Rajgira Rolls

•Ingredients:

Jowar flour 2 bowls

Rajgira flour 1 bowl

3 Sweet potatoes (boiled and mashed)

Chilli sauce 2-3 tsp

Chilli powder 2 tsp

Cumin seeds 1 pinch

Oil 1 tbsp

Dahi 2-3 tbsp

Salt by taste

Water (for binding) 1 cup

Serving Per recipe: 4

Cooking time: 30 minutes

Procedure:

1. Take jowar flour and rajgira flour in a proportion of 2:1 and add this to boiled water with oil and salt.
2. Make a dough and roll chapatis out of them.
3. Roast them using small amount of oil.
4. Take a table spoon of oil in a kadai and heat it.
5. Add some cumin seeds to it.
6. Then add one teaspoon of chilli powder and stir.
7. Now add the mashed sweet potatoes and mix well. The stuffing is ready.
8. Now take the chapati and apply some chilli sauce on it.
9. Place the potato stuffing and roll them.
10. Serve hot with a dip of dahi mixed with chilli powder.

Serving:

To be served hot with a dip made from dahi mixed with a pinch of chilli powder.

Nutritional Information:

Nutritional Information per serving:

Calories 287 cal

Carbohydrates 149.88g

Sugar 6.87g

Dietary Fiber 13.1g

Protein 25.68g

Fat 9.31g

Saturated fat 2.0g

Cholesterol 0mg

Sodium 446mg

Potassium 722mg

Vitamin A 548IU

Vitamin C 11mg

Calcium 181mg

Iron 8mg

Rajgira and sweet potato tikki

Ingredients:

Rajgira flour 1 bowl

Sweet potatoes 3-4 (boiled and mashed)

Chilli powder 1 tsp

Cumin seeds powder 1 pinch

Black paper powder 1 pinch

Salt to taste

Oil 1 tbsp

Serves: 2-4

Cooking time: 30 minutes

Method:

1. Take rajgira flour in same size bowl of boiled sweet potato.

2. Then add the boiled sweet potato in the rajgira mixture and mix well.
3. Add 1 pinch cumin powder, salt to taste, 1 tbsp black pepper powder, 1 tbsp chilli powder In the mixture.
4. Now add 3-4 table spoon of oil in the pan.
5. Now make round shaped cutlets.
6. Then shallow fry the cutlets and cover it for 1-2 min.
7. Shallow fry till it becomes golden colour in both sides

Serving: To be served hot in plate with chilli sauce.

Nutritional Information:

Nutritional Information per serving:

Calories 287 cal
Carbohydrates 77g
Sugar 6.7g
Dietary Fiber 8.9g
Protein 15g
Fat 7g
Saturated fat 2.0g

Cholesterol 0mg
Sodium 21mg
Potassium 779mg
Vitamin A 548IU
Vitamin C 11mg
Calcium 181mg
Iron 8mg

Pineapple panna

Ingredients:

Pineapple.
Black pepper powder 1 tbsp
Cumin seed powder 1 tbsp
Sugar 3-4 tbsp
Ice cubes

Serves: 2-4

Cooking time: 30 minutes

Method:

1. Preheat oven to 180° C.
2. Arrange the pineapple roundel on a baking tray. Put the tray into the preheated oven and bake for 5 minutes. Remove from heat and cool.
3. Chop the baked pineapple roundels.
4. Heat a non-stick pan. Add chopped baked pineapple and sugar and mix. Add ¼ cup water, mix and cook till the pineapple turns soft and pulpy.
5. Add 3-4 tablespoons water, mix and cook for 1-2 minutes. then add 1 tbsp black pepper powder, pinch of cumin powder and salt to taste, mix and cook for 1-2 minutes.
6. Add ¼ cup water, mix and cook for 2-3 minutes. Transfer in a glass

7. Put some ice cubes and 1 tablespoon pineapple mixture in a serving glass.

8. Pour some water, mix and serve chilled garnished with pineapple triangle.

Serving: To be served cool in glass with ice cubes and garnished with pineapple triangle.

Nutritional Information:

Nutritional Information per serving:

Calories 420 cal
Carbohydrates 11g
Sugar 8g
Dietary Fiber 1.1g
Protein 3g
Fat 0g
Saturated fat 0g
Cholesterol 0mg
Sodium 1mg
Potassium 88mg
Vitamin A 2IU
Vitamin C 46mg
Calcium 11mg
Iron 0.2mg

Black Carassary Chaat

Ingredients.

Jowar flour 3bowls
Rajgira flour 2bowls
Moong dal (boiled) 3cups
Kalonji 2tbsp
Pineapple pieces 1cups
Cumin powder 1 pinch
Chilli powder 1pinch
Oil 1tbsp
Salt By taste
Yogurt 2-3 tbsp

Serves: 2-4

Cooking time: 30 minutes

Procedure

First keep the oven for preheat for 10 mins.

Take Jowar flour and rajgira flour in a proportion of 3:2 and mix it with water and oil and salt.

Mix it with Kalonji and make the dough. Make a small roti and give the shape of a cupcake in a muffin wrapper.

Then bake it at 180°c for 20 mins

After that your tart is ready

For stuffing

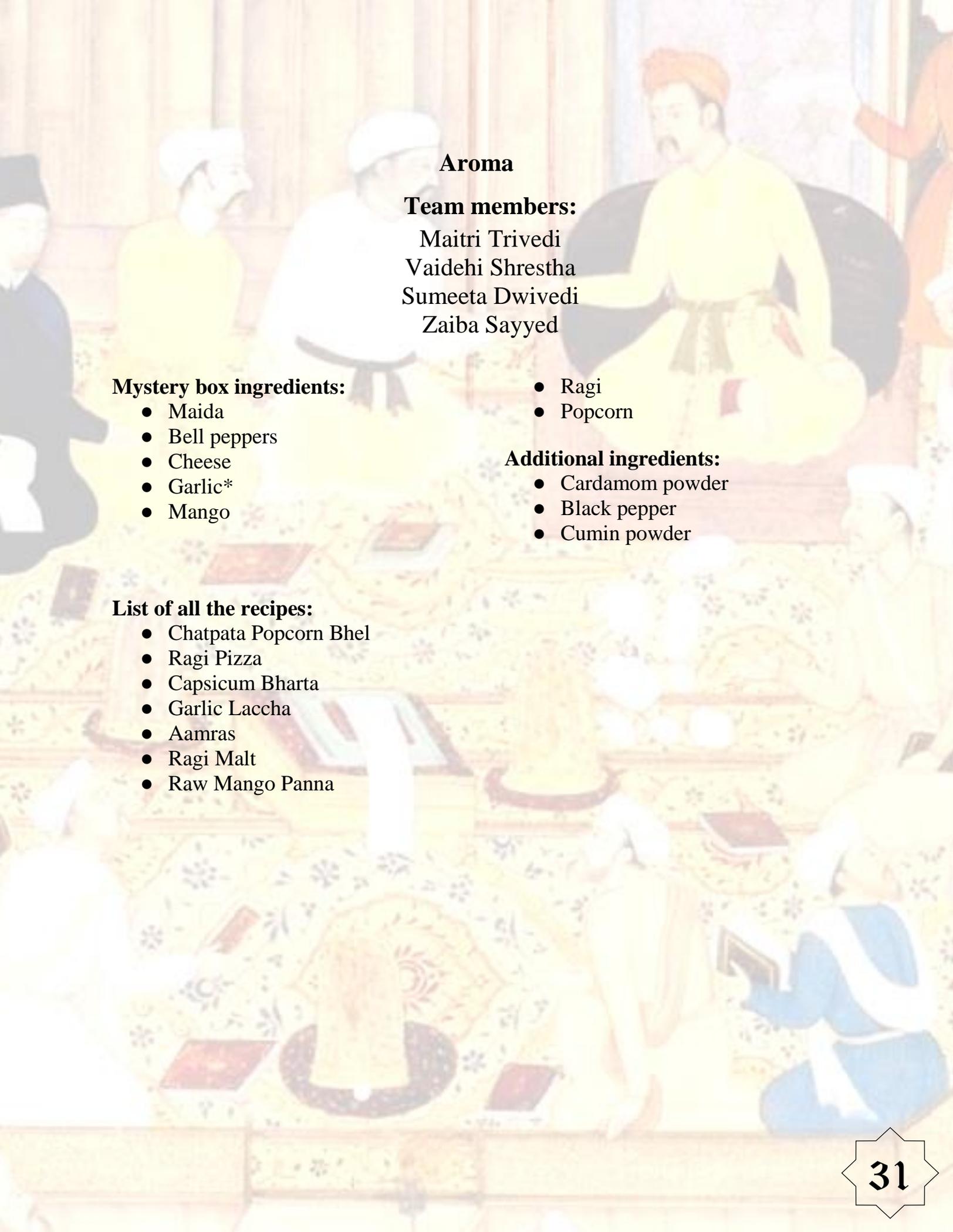
Take boil moong and add 3tps of yogurt to it

Add little bit of salt, chilli powder and cumin powder as per your taste and mix well

Nutritional Information per serving:

Calories 287 cal
Carbohydrates 46g
Sugar 10g
Dietary Fiber 7g
Protein 3.6g
Fat 10.4g
Saturated fat 2.0g
Cholesterol 0mg
Sodium 345mg
Potassium 775mg
Vitamin A 32280IU
Vitamin C 6mg
Calcium 70mg
Iron 4mg





Aroma

Team members:

Maitri Trivedi
Vaidehi Shrestha
Sumeeta Dwivedi
Zaiba Sayyed

Mystery box ingredients:

- Maida
- Bell peppers
- Cheese
- Garlic*
- Mango

- Ragi
- Popcorn

Additional ingredients:

- Cardamom powder
- Black pepper
- Cumin powder

List of all the recipes:

- Chatpata Popcorn Bhel
- Ragi Pizza
- Capsicum Bharta
- Garlic Laccha
- Aamras
- Ragi Malt
- Raw Mango Panna

Chatpata popcorn bhel

Cooking time: 5 mins

Ingredients:

Popcorn 1 packet
1 Raw mango
Garlic powder 4 tablespoons
Chilli powder 3 tablespoons
Salt to taste

Directions:

1. Cut the raw mango into small and big pieces. Crush the big pieces and remove its juice by pressing it through a strainer

2. Take a packet of popcorn in a deep bowl. Add the garlic powder, chilli powder and raw mango pieces.
3. Add the raw mango juice, around 2 spoons and mix well.
4. Serve it in a paper cone in its traditional way and enjoy the filling chatpata snack!

Nutritional values:

Calories. 185
Total fat. 1g

Ragi pizza

Ingredients

- For pizza spread
Red bell peppers 2
Green bell pepper 1
Yellow bell pepper 1
Garlic cloves 7-8
Tomato ketchup 2 spoons
Cheese 3 cubes /1 cup
- Ragi base
Ragi powder 2 cups
Maida 2-3 spoons
Water
Salt to taste

Cooking time: 15-20 minutes

Serves: 3 pizzas.

Directions:

1. For the pizza spread, roast 2 red bell peppers till some part of the skin

turns black. This gives the red peppers a smoky taste.
2. Place the hot peppers into cold water and remove the black part gently by rubbing.
3. Take 7 to 8 garlic cloves and crush them into a paste.
4. Mix the red bell peppers and the garlic cloves and grind them into a paste, add salt and ketchup to balance the spicy taste.
5. For the base, mix two cups of ragi and 3 spoons maida. Add in salt and water and make it into a dough.
6. Now roll out the pizza dough into thick circles and cook on medium flame on any regular skillet.
7. Once cooked on both sides, add the pizza spread evenly through one side of the base. Add some pieces of green, red and yellow bell peppers on top.

8. Now add in any kind of cheese and place it on a pan. Cover the lid. Cook for 2-3 minutes.
9. Garnish on top with more bell pepper pieces and chilli flakes.
10. Any other pizza seasonings can also be used.
11. Make the other pizzas in a similar manner. Healthy pizzas are ready to serve.

Nutritional values

NUTRITIVE VALUE OF DISH per serving.

Calories	274
Total Fat	5 g
Saturated	0 g
Polyunsaturated	0 g
Monounsaturated	0 g

Capsicum bharta

Ingredients:

Bell pepper	3
Garlic	2 clove
Olive oil	
Maida.	100g
Cheese.	50g
Corn.	20g

Cooking Time: 30 mins approximately

Preparation:

a) Preparation of white sauce:

1. Take a pan and add around 3 tbsp of olive oil
2. Keep the flame on a small flame.
3. Add 100g (approximately) of maida and 50g (approximately) cheese and mix them thoroughly.
4. In the mixture add around 3 smashed garlic cloves and mix it.

5. Now slowly keep on adding water while continuously stirring the mixture, till a consistent sauce is formed.

6. Once sauce is ready add small dices of capsicum and previously boiled corn and mix.

b) Preparation of Capsicum Bharta:

1. Take 2 Capsicums of different colours and cut the upper portion and properly remove the seeds from inside.
2. Fill the Capsicums with the sauce prepared earlier till the top.
3. Grate little cheese on the top.
4. Take a pan and add 2 tbsp of olive oil heat it.
5. Put the Capsicums on the pan and cover the pan.
6. Let the capsicum cook for 10-15 mins.

Best Served with: Garlic Bread

Garlic Laccha

Ingredients:

Maida. 100g
Garlic. 4 cloves
Olive oil.
Salt

Cooking Time: 40 minutes

Preparation:

1. Make the dough with maida little oil and salt

2. Keep the dough for 15-20 minutes for softening it.

3. Make medium size balls from it.

4. Roll it in a circular shape and in that spread little oil and some garlic paste made in a mortel pestel.

5. Roll this in a Frankie form and again make it in ball shape

6. Roll the ball again in a circular shape and heat it on pan.

Aamras

Aam means mango and ras means juice. Basically aamras is a mango juice also called as mango nectar.

Mostly, the alphonso mango is used for making aamras. Though you can also make it with any sweet juicy mangoes. Just make sure the mangoes are not fibrous.

Serve: 2

Duration: 15 mins

Ingredients:

Two mango pulp
Sugar as per your taste
1/2 teaspoon Cardamom powder

Directions:

- 1) Rinse the mango then peel and chop them.
- 2) In a blender add chopped mangoes, cardamom powder, and sugar and blend it.
- 3) You can add water or milk.
- 4) Serve it in a bowl and refrigerate it.
- 5) Serve aamras with pooris and chapatis.

Nutrition Facts:

Calories 201

Total Fat: 1.3 g

Saturated fat 0.3 g

Polyunsaturated fat 0.2 g

Monounsaturated fat 0.5 g

Cholesterol 0 mg

Sodium 3.4 mg

Potassium 564.5 mg

Total Carbohydrate 50 g

Dietary Fiber 5 g

Sugar 46 g

Protein 2.8 g

Vitamin A 72%

Calcium 3%

Vitamin C 203%

Iron 2%

Vitamin B-6 20%

Magnesium 8%

Ragi Malt

Ragi malt is suitable to everyone from babies to aged. Ragi is a rich source of fiber and helps lower cholesterol level. Ragi is the best food for weight control, diabetes and cooling the body. With its cost effectiveness ragi is definitely a healthy food.

Duration: 15 mins

Ingredients:

3 tbsp Ragi (finger millet)

3 tbsp jaggery

1 cup water.

Serves: 2

Direction:

- 1) Take ragi flour in a container, add water in it and stir well to avoid lumps.
- 2) Put this container on stove in medium heat.
- 3) Add jaggery and stir continuously.
- 4) Cook until it looks glossy thick consistency.
- 5) Serve hot in a glass.

Nutrition Fact:

Calories	455
Total fat	5.1 g
Saturated fat	0.6
Trans fat	0 g
Polyunsaturated fat	3.1 g
Monounsaturated fat	1.1 g
Sodium	4.8 mg
Potassium	267 mg
Total carbohydrates	89g
Dietary fiber	4.2g
Sugars	2g
Protein	13g

Raw mango panna

Ingredient:

3 raw mangos

Half tablespoon roasted cumin powder

Salt as per your taste

Chili powder

Time required: 35 minutes

Directions:

- 1) Roast the raw mango and keep it to cool in a bowl filled with cold water for 10 minutes
- 2) Keep the pan on stove and put 2 glass of water in it. Let it boil.
- 3) Pell the roasted mango and keep it aside.
- 4) After boiling of water put the peeled mangoes in it. Let it cook for 10 minutes.
- 5) Put the half tablespoon of roasted cumin powder, chili powder and salt.
- 6) Let it boil for 15 minutes.
- 7) Put off the stove and let it cool.
- 8) Served the chilled mango juice and enjoy it

Vitamin C	100%
Sodium	0 mg
Potassium	0 mg
Total carbs	35 g
Dietary fiber	4 g
Sugars	31 g
Cholesterol	0 mg

Nutrition Fact

One medium mango

Calories	130
Total fat	1 g
Polyunsaturated	0 g
Monounsaturated	0 g
Trans	0 g
Saturated	0 g
Vitamin A	160%



Garlic laccha and capsicum Bharta



Chatpata Popcorn bhel



Ragi Pizza



Aamras and Ragi Malt





Binge

Team Members:

Divya
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Pooja

Mystery box ingredients

Pumpkin
Oats

Makhana
Soy milk
Coriander

List of Recipes

- Pumpkin Paratha
- Pumpkin Puri
- Oats Kheer
- Pumpkin ki Subzi
- Coriander Chutney
- Raisin Makhana Laddoo
- Pumpkin Spring Rolls
- Raisin Water

Pumpkin paratha

Ingredients:

Pumpkin -1 cup finely grated
Maida -2cups
Salt
Chilli powder-1-2 tbsp
Ajwain-1/2tbsp
Few chopped coriander leaves
Ghee or oil -1-2tbsp

Method:

1. Take a pumpkin remove its seeds, skin and finely grate it.
2. In a large mixing bowl take 2cups of Maida, 2 tbsp of chilli powder, salt, ajwain 1/2tbsp, coriander leaves and 1 cup grated pumpkin.
3. Mix well without using water keep mixing

until it forms a nice dough

4 let the dough set for 10 mins. Then make small balls from the dough

5 Make parathas from the dough

6. Tawa fry the paratha on both sides by drizzling ghee on it.

7. Serve hot with coriander chutney

No of serves- 5-6

Dietary benefits of pumpkin paratha

1. It contains pumpkin which is a rich source of vitamins A, E, C and K
2. Powerful source of beta-carotene, an antioxidant which offers protection against asthma and boosts immunity.
3. Helps to maintain healthy eyesight.

Pumpkin puri

Ingredients:

2 cups pumpkin(peeled and grated)
1 cup jaggery(adjust to taste)
1 cup maida
1/2 tsp ghee
oil to fry
1/2 tbsp fresh nutmeg powder

Method:

1. Peel and then grate the pumpkin. Traditionally we use 'red pumpkin' but you can replace these with any variety of pumpkin or squash which is sweet in taste.
2. Heat deep nonstick pan, add ghee, grated pumpkin and jaggery. Cook together until

mixture comes together, cooked and almost all water evaporates.

3. Remove from the heat, Keep aside to cool. Add maida and nutmeg powder to pumpkin mixture. Knead to form a dough. The dough should not be too tight nor too elastic. Keep aside covered for 5 minutes.

4. Make small balls out of dough and pat it into a small puri with your hand or roll into puri.

5. Heat the oil in deep skillet. Fry puri until golden brown on medium heat. Drain these on a tissue paper.

6. Serve hot or cold. (Can also be served with pumpkin sabji)

No. Of serves-20-25 puris

Dietary benefits of pumkin puri

- 1) It contains Jaggery which acts as a detox, as it helps cleanse the liver by flushing out nasty toxins from the body.
- 2) Jaggery is loaded with antioxidants and minerals like zinc and selenium, which help

prevent free-radicals (responsible for early ageing).

- 3) It helps boost resistance against infections, hence building stronger immunity.
- 4). It contains pumkin which is a rich source of vitamins A, E, C and K
- 5). Powerful source of beta-carotene, an antioxidant which offers protection against asthma and boosts immunity.
- 6) Helps to maintain healthy eyesight.

Oats Kheer

Ingredients:

20ml Soya milk
100g Oats
20g raisin
30g Makhana

Recipe:

1. Bring the soya milk to a boil about 2 minute.
2. Add oats in soya milk.

3. Then add makhana, 20g raisin and sugar according to your taste.
Mix all this well and cook for 5-7 minute.

Oats kheer is ready.

Benefit of Oats kheer:

- Eating oat kheer can lower your cholesterol.
- Lower weight.
- It is a source of fiber.

Pumpkin ki sabji

Ingredients:

250g pumpkin (peeled)
Salt as per your preference
4 green chilly
1 tsp oil

Method:

Add oil to the deep skillet. Then add chopped green chilly.
Add pumpkin and stir fry.
Cook for 12-15min.
Serve ho

Coriander ki chutney

Ingredients:

200gm coriander
100gm green chilly
Salt according to taste

Method:

Wash coriander properly
Grind green chili and coriander together
It's ready

Benefits

Coriander or cilantro is a wonderful source of **dietary fiber, manganese, iron** and

magnesium as well. In addition, coriander leaves are rich in **Vitamin C**, **Vitamin K** and **protein**. They also contain small amounts of **calcium**, phosphorous, **potassium**, thiamin, niacin and carotene.

Nutrition

Coriander chutney has adequate amount of **vitamin A, B, C & E** along with **minerals** like calcium, phosphorous, iron and magnesium.

Raisin Makhana Laddoo

Total Cook Time: - 30 mins

Servings: - 6

Calories per Serving: - 14 kcal

Ingredients-

150gms soaked raisins

½ cup Maida

3-4 cardamom pods (powdered)

Makhana

Jaggery (optional)

1. Soak the Raisins in warm water
2. Once they swell up, blend them in a mixer grinder with water and transfer to a pan
3. Start the pan on slow flame and add the Maida.

4. Stir till a semi solid consistency is achieved.

5. Add the powdered cardamom and stir

6. Add a small amount of jaggery if needed.

7. Transfer to a dish and let it cool.

8. Mould the halwa into a cup shape and place a Makhana ball inside. Cover the makhana with halwa to make a laddoo

9. Garnish with Badam Shavings, Kesar and/or Makhana and serve

Nutrition Facts

Carbohydrates: - 31.41g

Lipids: - 2.65g

Protein: - 2.9g

Pumpkin spring rolls

Requirements:

2 cups pumpkin (peeled and grated)

1 tsp turmeric powder

1 tsp chili powder

1/2 tsp vegetable oil

1/2 Maida

Salt to taste

Recipe:

1. Peel and then grate the pumpkin.

2. Heat deep nonstick pan, add vegetable oil, turmeric powder, chili powder and finally the grated pumpkin.

3. Knead the Maida into a dough.

4. Flatten the dough to make thin sheets, cut equal sized square.

5. Spread some of the prepared pumpkin filling, wrap them. Seal using slight amount of water on the edges

6. Shallow fry till it is golden brown in color.

7. Serve hot

TIPS: to make it healthier you can replace the Maida with wheat.

Benefits:

Pumpkin:

- Sharp vision
- Helps in weight loss
- Boosts immunity
- Reduces the risk of cancer

Raisin water

Ingredients:

- 1 cup of raisins
- 3 cups of water

Method

- Boil 3 cups of water.
- Soak the raisin in the warm water overnight.
- The next morning, just strain the water off the raisin and heat some of that delicious water back up.
- Serve cold or hot.

Tip:

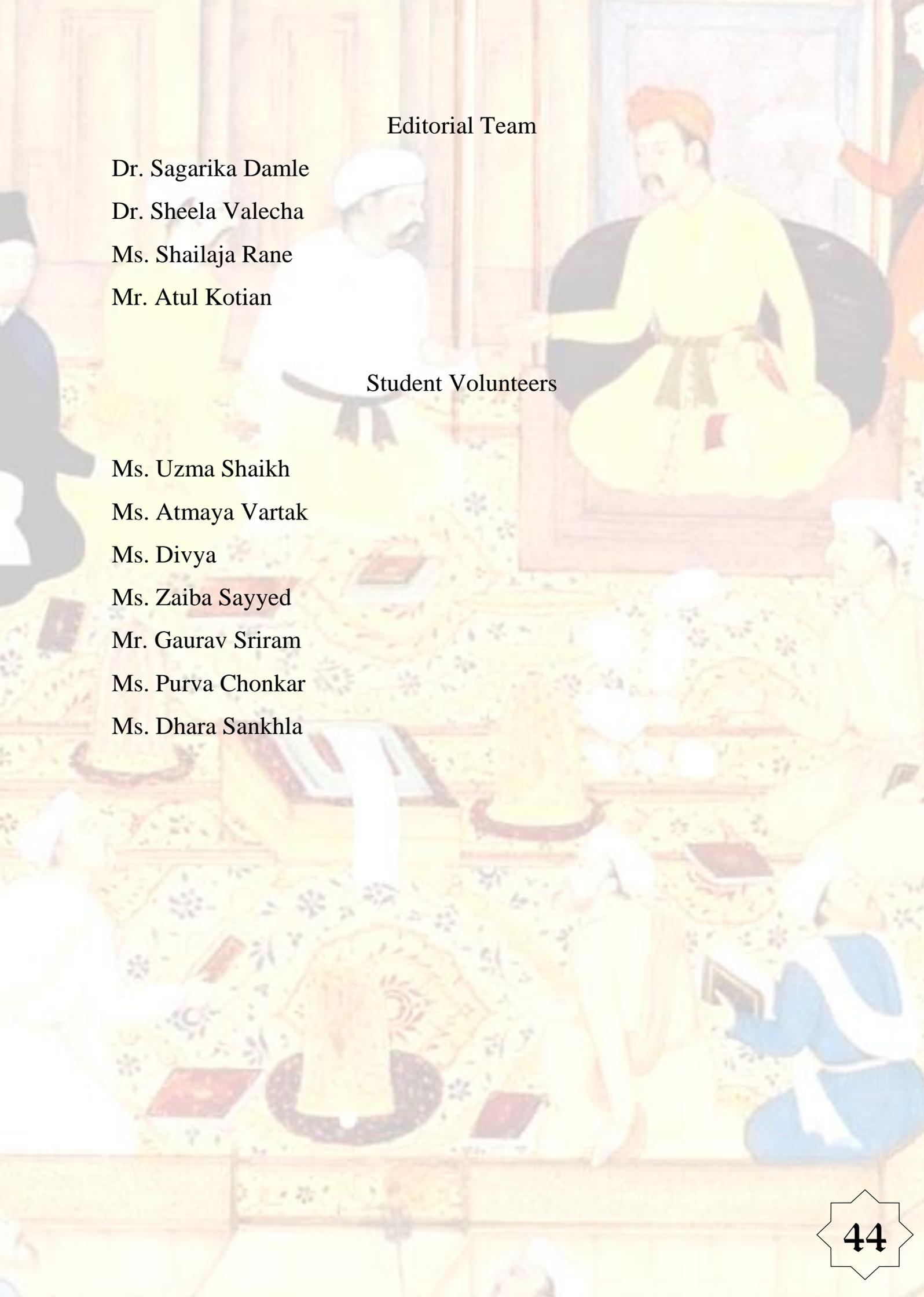
- Consume the raisin water in empty stomach, early in the morning.

Benefits:

- Detox the body
- Natural source of antioxidant
- Aids digestion



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