



# VEGETARIAN INDIAN COOKBOOK

50 RECIPES FOR GREENS AND  
PLANT BASED DISHES FROM INDIA

M A Y A Z E I N

# **VEGETARIAN INDIAN COOKBOOK**

*50 Recipes for Greens and  
Plant-Based Dishes from  
India*

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## Introduction

India has received many immigrants with a number of religious traditions through more than 4,000 years of recorded history. To understand the dynamics of India's native food culture, one has to know that this nation is far from culturally homogeneous. Regions and sects make up a great deal of the food. "Indian food" was invented a term that a native will probably chuckle at because such a word would be like saying "North American wine" to a wine expert. Many places in India have special cooking methods, seasonings, and fresh ingredients. Tipping its population scale to over a billion, its food diversity is as diverse as its inhabitants. The four main geographic types of Indian cooking are the North, East, South, and West. North India was impacted by the Mughal dynasty, which held power for 300 years until they were substituted by the British in the 18th century. Naan bread, produced in a tandoor, is not native. It is the Afghani people's daily meal. Naan is not Indians' baked daily bread, but it has been a common misconception of Indian food outside the region for decades.

The Hindus are categorized into vegetarians and non-vegetarians. Their common thread in Kerala's Southern Region is coconut, which is the state's culinary mascot. The Gujarat, Maharashtra, and Goa western states all have unique experiences of health. Gujarat has predominantly Muslims, Hindus, Parsis, and Jains who have their cooking methods. Parsis have a rich diet of poultry and seafood. Gujaratis are primarily veggie eaters, and Gujarat is known as one of the best places for consuming vegetarian food. Maharashtra is a large state with its Mumbai city of fame. East states are very distinct. Bengali cuisine, with fish and rice at the core of the diet, can be characterized as delicate and subtle. The order of a Bengali meal starts with a mixed vegetable dish with a bitter taste and finishes with a rich sweet dessert based on milk, for which Bengali is popular.

The past of Indian food is the background of innovation from various societies in periods of need and succession. Such dishes were created for general populous sake, while others have been imported from all over the geographies. Indian food is becoming increasingly common in the US. It is like a highly specialized food right now. Apart from Chinese cuisine, which

is almost part of the American environment, the food network shows even more references to Indian cuisine, and Indian ingredients show up everywhere in the US. Thanks to their wonderful taste, Indian dishes have earned popularity around the world. Several tasty Indian meals are cooked in different dining spots around the country. Various fans on a global scale have noticed the vast range of salads, appetizers, sweets, side dishes, and desserts, as Indian restaurants have been expanded at an unprecedented pace, with immense popularity in every imaginable community and every imaginable corner of the Globe.

Indian cuisine is known in the world for its spices and aromatic taste. The numerous Indian restaurants in Washington DC prepare mouth-watering dishes and serve them to both the region's visitors and the local people. Every place has unique culinary art, which is completely different from each other. These techniques were introduced to western countries and acquired enormous prominence among citizens. For special occasions, the special dish is cooked. Many international buyers have been fascinated by the spices and the different products used to cook such dishes. Indian cuisine is comprised of a number of modern and conventional Indian subcontinent cuisines. Owing to the variety of land, climate, history, ethnic groups, and professions, these foods differ considerably and use herbs, vegetables, and fruits available locally. Also, Indian food is highly related to religion, particularly Hinduism, social decisions, and rituals.

The use of spices like onion, turmeric, ginger, and garlic contributes to several health advantages such as better cholesterol, lower risk of cancer, and better kidney function. While we know that Indian food has several medical advantages, including spices and vegetables, you may be shocked that Indian food is not always safe. Most Indian cuisine is plant-based. Research shows there are several positive effects of consuming a plant-based diet. Indian dishes are perfect nutritious recipes, using a wide range of vegetables, legumes, and grains. The mixture of rice helps you to get full protein. Since Indian ingredients use various foods every day, all the minerals and vitamins found in different plants are more likely to be collected. There are several nutrients and antioxidants in the vegetables in these dishes that are good for health, liver, and brain.

Indian food includes the use of a large range of spices. They are mixed and used extensively in different recipes. The same spice flavor may be rendered

completely different with a slight change in the style of cooking. "Vegetarian Indian Cookbook" is a complete recipe book based on all types of Vegetarian and Vegan Indian dishes. It has four chapters with detailed knowledge of the introduction to Indian cuisine. Recipes from different regions of India are given in each chapter. These chapters are characterized into breakfast, appetizers, snacks, lunch, dinner, desserts, soups, salad, and India's most famous vegan dishes. Try these dishes at your home and make your meals more like Indians.

## **Chapter 1: Vegetarian Indian Appetizers and**

### **Breakfast Recipes**

The Indian Breakfast Recipes can be cooked in less time and can be useful for every one of you. Both Northern India breakfast dishes and Southern India breakfast dishes, which can be cooked in minutes, are scattered throughout this chapter. Look at these Indian Recipes for breakfast and brunch. You will now make them at home in the mornings easily by following the given recipes.

## 1.1 Thattai

Thattai is a dark rice flour delicacy popular during the Sri Krishna Jayanthi celebration in Southern India. There are salted and sweet variants of this dish. Crisp fried rice snacks known as Thattu vadai or Thattai are popular in Tamilnadu food. These are served with coffee as a treat. These crisp rice crackers, also called thattu vadai, are a staple of Tamil food. Thattai is sold all year round in southern India's sweet and pastry shops. Baking powder, urad daal, nuts, fried gram, chana dal, and other seasonings are basic foods blended in ratios and deep-fried in oil. It comes in a variety of tastes, including Butter, Pepper, and Masala. Making thattai takes a little time, but it's not a difficult procedure.

**Cooking Time:** 40 minutes

**Serving Size:** 25 thattai

### Ingredients:

#### For Roasting

- 1 cup rice flour
- 1 tablespoon urad dal

#### Other Ingredients

- 10 tablespoons water
- Oil as required
- ½ teaspoon red chili powder
- 2 tablespoons coconut
- ½ teaspoon salt
- 1 teaspoon white sesame seeds
- 1 tablespoon chana dal
- ¼ teaspoon asafoetida powder
- 1 tablespoon chana dal
- 1 tablespoon curry leaves
- 1 tablespoon butter

### Method:

1. Wash the chana dal and keep it in hot water for a few minutes.
2. A hardpan should be heated. Toss in the urad dal.
3. For 2 minutes, gently roast the urad dal.
4. Add rice flour to the same plate.

5. Fry the corn starch on moderate to medium heat, often moving until soft to the touch.
6. Keep the roasted urad dal and grind it in a small mixer.
7. Add roasted chana dal as well.
8. Combine the rest of the ingredients, as well as the spices.
9. Mix the butter and flour with your fingertips.
10. To make a semi-soft dough, combine all ingredients and knead until smooth.
11. In a skillet, keep oil for slow cooking.
12. Shape the dough into little balls.
13. Put softly in the hot oil.
14. Start frying the thattai on medium heat.
15. Fry the thattai until it is crisp and golden brown.

## 1.2 Spring Rolls

Spring rolls are a type of appetizer or dim sum found in Asian, Southeast Asian, South Asian, and Central American cuisines. The term chn jun is a straight translation from Chinese. Based on the context of the area, the type of wrapping, contents, and cooking technique employed and the name vary significantly across this broad area. Spring rolls were a springtime snack that began as a pancake stuffed with the new season, especially spring veggies, a welcome break from the preserved meals of the cold winter season. They can be sweet or savory, with the former commonly filled with red bean paste and the latter with veggies. Before being pan-fried or deep-fried, they are tightly covered.

**Cooking Time:** 1 hour

**Serving Size:** 3

### **Ingredients:**

#### **Filling**

- 1½ tablespoon oyster sauce
- 2 teaspoon soy sauce
- 1½ cups green cabbage
- 1 teaspoon cornflour
- 1½ cups carrot
- 1½ cups bean sprouts
- 1 tablespoon oil
- 400g pork
- 6 shiitake mushrooms
- 2 garlic cloves

#### **Spring Rolls**

- 1 tablespoon water
- Oil for frying
- 2 teaspoon cornflour
- 20 spring roll wrappers

#### **Sweet and Sour Sauce**

- 2 tablespoon tomato ketchup
- 2 teaspoon soy sauce
- ½ cup apple cider vinegar
- 1/3 cup brown sugar

- 2 tablespoon water
- 2 teaspoon cornflour

**Method:**

1. In a pan or wok, melt the oil over medium temperature.
2. Insert the garlic and whisk rapidly before adding the bacon.
3. Carrots, bean sprouts, lettuce, and mushrooms are all good additions.
4. Cook for three minutes until it has ripened veggies.
5. Cook for two minutes, or until the liquid has evaporated, adding cornflour, sesame oil, and oyster sauce as needed.
6. In a small bowl, combine cornstarch and water.
7. Fill a skillet or big saucepan halfway with oil to twice the height of the spring rolls.
8. Heat on high for a few minutes before hot.
9. Put spring rolls in the oils and fry, turning regularly, for two minutes, or until deep yellow. Repeat for the rest of the spring rolls.
10. Offer with Sweet and Tamarind Chutney while it is still hot!

### 1.3 Tamarind and Rava Upma Rice

Puli Upma is a sour upma that is mainly acidic and spicy rice rava upma with vinegar flavoring. Puli Upma Food is a typical Southern India snack time recipe that, like most other upma recipes, may also be served for breakfast. Ground rice is cooked in a temper vinegar solution in this original arya vysya dish. It has a different flavor from other upma varieties created at home, with tanginess, chili, and a hint of sweetness. This dish resembles a cross between puliyogare and upma in flavor and texture. This delicious breakfast doesn't require any additional ingredients. We may serve it simply or with toasted papad because it has all of the flavors and spices that our taste senses crave.

**Cooking Time:** 20-30 minutes

**Serving Size:** 6-8 people

#### Ingredients:

- 2 cups Rava rice
- 1 onion thinly chopped
- 3-4 green chili with a cut
- ½ roughly chopped ginger
- 1 cup of minced vegetables
- 1 ½ teaspoons ghee
- 9 cashew nuts (optional)
- 4 cups of water
- Salt

#### For Seasoning Purposes

- 1 teaspoon of mustard seeds
- 1 curry sprig leaves
- 1 teaspoon seeds of cumin
- 1 teaspoon gram of Bengal
- 1 teaspoon black dal

#### Method:

1. In a pan, heat the oil, add cumin and seeds.
2. Insert curry leaves, onion, and green chilies, and then let the color change with the leaves.
3. Add the dal in it and fry until the dal is finely baked in oil.
4. Add water to it and let it boil. Put salt as per your liking.
5. Add rice Rava constantly when cooking.

6. Stir well, cover the lid and cook over medium-high heat until all of the humidity is consumed.
7. Lower the flame and steam until they are cooked.
8. Turn the heat off and serve it.

## 1.4 Nippattu

Nippattu is one of Karnataka's most famous snacks. They are also known by several names in other South Indian states. These Hot Rice Chips are not only a great teatime companion, but they're also a popular snack for Krishna Janmashtami and Diwali. Nipattu is a savory, crisp disc-like food made from rice flour and barbecued traditionally. When opposed to Kodu bale, they are incredibly simple to create and take considerably less time. Nippattu recipes vary greatly from one family to the next and from one state to the next. The Karnataka variant, for example, is slightly thicker and contains peanuts and a small amount of maida. Thattai from Tamilnadu and Andhra's Chekkalu are both thin and light, with no or little peanuts.

**Cooking Time:** 30 minutes

**Serving Size:** 15-20

### Ingredients:

- ¼ cup water or less
- Oil for frying
- ¾ teaspoon salt or as required
- 2 tablespoons hot oil
- 2 sprigs curry leaves
- 1 teaspoon red chili powder
- 1 cup rice flour
- 2 tablespoons dry coconut
- 1 tablespoon sesame seeds
- 2 tablespoons all-purpose flour
- ¼ cup peanuts
- 3 tablespoon fried gram
- 2 tablespoon chiroti rava

### Method:

1. Dry roast groundnuts in a skillet until the skin begins to peel.
2. Add the dry coconut and bake for 20-30 seconds with the groundnut.
3. In a machine, combine all of the ingredients.
4. Set that aside after pulsing it into a gritty powder.
5. Add rice flour to the same pot and dry bake for two minutes on medium heat.
6. Insert the all-purpose starch and rava, and proceed to roast for 1 minute

more.

7. Merge fine groundnut dust, dried chili powder, minced curry leaves, green onions, and salts in this roast rice flour.
8. Add the oil for frying over medium-high heat.
9. Pick the rolled pastry and gently place it in the hot oil.
10. Take the fried nippattu out of the oil and serve.

## 1.5 Dosa Rava Onion

Rava dosas are a famous Southern India dosa variant that is crispy, netted, and light. They're simple to create and don't require any grinding or fermenting. Suji, semolina, or milk of wheat is referred to as rava. As a result, one of the main components of this dosa is called after it. The kind of rava utilized is Bombay rava, which is a good kind of rava. Rava is husked wheat that has been roughly or finely milled. The dish determines the sort of rava used in a meal. Fine rava, for example, is used to make Rava Idli, Upma, Sooji Halwa, Sheera, and other dishes. Suji ka dosa can be served plain or spiced up with red onion, coriander powder, herbs, and spice.

**Cooking Time:** 15 minutes

**Serving Size:** 3

### Ingredients:

- Half cup of semolina (sooji)
- 2 teaspoons sliced coriander
- 1 sprig Stripped curry
- Half cup flour of rice
- 1 tablespoon roughly minced ginger
- 1 sliced chili
- ¼ cup of Maida
- One teaspoon cumin seeds
- 1 thinly sliced onion
- Ghee-where appropriate

### Method:

1. Get all of the products in a cup except onions and add water. For fast mixing, use a whisker.
2. Hold aside the onions. The batter must be thin.
3. Preferably, heat a non-stick dosa plate. It should be heated. Drizzle and spill the soupy batter with some grease. First, make a larger ring and then fill in the middle.
4. Instantly scatter over the sliced onions on it. Add a teaspoon of oil/ghee to it. Let the moderate flame cook till the dosa turns to a golden hue.
5. Then serve it.

## 1.6 Pesarattu

Pesarattu is a croissant bread comparable to dosa that originated in Andhra Pradesh, India. It is created with green gram batter but does not include urad dal, like dosa. Pesarattu is a brunch and snack dish popular in Andhra Pradesh. These crispy crepes are a specialty breakfast from Andhra food, created with delicately spiced mung bean flour. Moong Dal Dosa is the literal translation of Pesarattu. Pesara dosa is another name for pesarattu in Telugu. Pesarattu is full of protein and vegetarian. This recipe can be made gluten-free by omitting the asafetida. They're simple to manufacture. The batter does not need to be fermented. After crushing the batter, you can use it right away.

**Cooking Time:** 4 hours 20 minutes

**Serving Size:** 7

### Ingredients:

#### For Batter

- 1 tablespoon rice flour
- Salt to taste
- 2 tablespoon chana dal
- Water as required
- 1 cup moong dal

#### Other Ingredients

- 1-inch ginger
- 1 green chili
- Half onion
- Seven teaspoon oil

### Method:

1. First, soak chana dal and mong dal for a minimum of up to eight hours in a big mixing cup.
2. Drain the water and mix the batter until it is creamy.
3. Place in a big mixing cup.
4. To put additional crispiness, add corn starch.
5. Season with salt to taste.
6. Shake the batter thoroughly until it reaches the strength of the dosa

batter.

7. Using a spoon, spill a ladleful of batter onto a frying pan.
8. Place it thinly in a clockwise direction.
9. Over the pessarattu, spread a little coarsely diced onions, jeera, chili - pepper, and oil.
10. Strip the dosa from the ends gradually.
11. And then fold it into a triangle or some other shape you like.
12. Serve pessarattu with warm uppitu, Allam sorbet, or mango pickle as a finishing touch.

## 1.7 Dadpe Pohe

A delightful Maharashtrian night snack prepared of flat rice, Dadpe Pohe is a delightful Maharashtrian dinner snack. It's a famous recipe from Maharashtrian cuisine. However, it resembles the avalakki upkari dish from Karnataka food. Poha, or flat rice, is not boiled; instead, it is combined with bell peppers, tomato, and garlic powder and softens as the juices from the vegetables are released. After that, a flavorful tadka with bay leaves, asafetida, walnuts, and curry leaves is added to the poha. This recipe calls for a thin kind of poha or flat rice. Dadpe Pohe is a peppery, delicious evening snack that goes well with a cup of hot green tea. It's usually made for breakfast every morning and goes well with other breakfast dishes like upma or Bombay combination.

**Cooking Time:** 30 minutes

**Serving Size:** 3

### Ingredients:

- 1 ½ cups Small Flattened Rice
- 1 cup of onion thinly Sliced
- ¾ cup coconut grated
- Powdered Sugar 2 tablespoon
- Lemon zest 2-3 teaspoons
- Fresh Peanuts 3 teaspoons
- Two tablespoon Leaves of Coriander
- Salt as per your liking or taste
- Oil 3 teaspoons
- Asafetida ¼ teaspoon

### Method:

1. Mix the finely sliced onions, coconut grated, cinnamon, sugar, and lemon zest.
2. Scatter smooth flattened rice in a bowl and mix at the rim.
3. Heat a pan and add cooking oil to it. Insert the fresh peanuts and fried them before they shift the hue. Remove and set aside.
4. Now add the mustard seeds to the same hot oil and add the asafetida, chopped chilies, and curry leaves. Turn off the flame and add the turmeric powder. Mix it well.

5. Put this mixture over the ready pohe.
6. Offer a quick flip of the whole mix.
7. Shield and hold aside for around 10 to 15 minutes to merge and relax all the tastes.
8. Serve this tasty Dadpae Pohe for brunch or snack at any time.

## 1.8 Jhal Muri

Jhal muri is a wonderful and famous Kolkata food stall snack. Puffed rice, unsalted cashews, onions, peppers, cooked potatoes, spicy powders, and herbs are used to make this vegetarian snack. 'Jhal' signifies spicy in Bengal, while 'muri' denotes puffed rice. Jhal muri, like most food stalls snacks, has a peppery, acidic flavor. Mustard oil is a particular element used in jhalmuri. This imparts a typical pungent flavor to this puffed rice meal, with hints and bursts of mustard oil flavor and scent. Puffed rice snacks are available in almost every state in India. Jhal muri come in a variety of flavors, thicknesses, and tastes. The green chilies provide spice and fire.

**Cooking Time:** 15 minutes

**Serving Size:** 3

### Ingredients:

#### Main Ingredients

- 1 teaspoon lemon juice
- 2 tablespoons coconut
- 1 teaspoon mustard oil
- 3 tablespoons coriander leaves
- 2 cups puffed rice
- ¼ cup roasted peanuts
- 3 tablespoons chana chur
- ¼ cup onions
- 1 to 2 green chilies
- ½ teaspoon ginger
- ¼ cup tomato
- ½ cup boiled potatoes
- ¼ cup cucumber

#### Spice Powders

- ½ teaspoon black salt
- ½ teaspoon rock salt
- ¼ teaspoon garam masala powder
- 1 teaspoon mango powder
- ½ teaspoon coriander powder
- ¼ teaspoon black pepper
- ½ teaspoon red chili powder

- ½ teaspoon cumin powder

**Method:**

1. To begin, finely chop the vegetables.
2. Set them aside for now.
3. Heat a wok over moderate to medium heat.
4. Put two cups of puffed rice into the mixture.
5. Turn off the heat and place the pan on the counter.
6. The fire from the skillet will roast and aromatize the spice powders.
7. Combine the puffed rice and seasoning powders in a mixing bowl.
8. Add ¼ cup roasted peanuts to the mix.
9. The coarsely diced onions, peppers, mushrooms, diced peppers, and ginger are then added.
10.           After that, squirt one teaspoon of lime juice all over.
11.           Re-blend gently.
12.           Add sev to the mixture. You may also use chana chur rather than sev.
13.           Coriander leaf should be added at this stage.
14.           Taste and season with more salt, lime juice, or seasoning powders if desired.
15.           Jhal muri should be served right away.

## 1.9 Namak Para

Namak para, sometimes known as nimki or nimkin, is a crispy salty snack popular in India. In some areas of Nepal and Uttar Pradesh, it is also known as Mathri. Namak para is beautifully flavored ribbon-like pieces of pastry in pure ghee and any oiled with ajwain and coriander seeds. The look, flavor, and texture are similar to samosa dough. The name comes from the major flavor for the pastry, which is namak ("sodium"). Other components include atta flour (whole grain), maida flour (processed), or semolina, as well as granulated sugar and bicarbonate of soda. One of the most popular snacks among Indian children is namak para. Other flavors, such as dried coriander leaves, dried fresh mint, and so on, can be put to the mathri.

**Cooking Time:** 1 hour 5 minutes

**Serving Size:** 4

### Ingredients:

- Salt to taste
- Oil for frying
- 2 to 3 tablespoon oil
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup water
- 1 teaspoon cumin seeds
- $\frac{1}{4}$  teaspoon baking soda
- 1 teaspoon carom seeds
- 1 teaspoon black pepper
- 1 cup all-purpose flour
- 1 cup wheat flour

### Method:

1. Combine the whole wheat grain, wheat bread, white vinegar, and salt in a large mixing bowl.
2. Carom seeds can be included now.
3. Combine the carom seeds and the remaining sieved flours.
4. Start kneading the dough with the water.
5. Shape the dough into medium-sized spheres and roll them in flour.
6. Create criss-cross shapes on the rolling dough with a sharp blade.
7. Take the diamond-shaped designs from the skillet and pan-fry them in hot oil until lightly browned and crispy.

8. When they have cooled down, place them in an airtight container.
9. Namak para can be served with tea or as a snack.

## 1.10 Vegetable Cutlets

Vegetable cutlets, often known as a veg patty, are a tasty snack made from various steamed veggies. These crispy and flavorful vegan patties are best served hot with tomato sauce and green salsa as an occasional treat. They're a tasty teatime snack that can also be cooked during the rainy season. Carrots, potatoes, kidney beans, cabbage, asparagus, French beans, and capsicum are among the vegetables that can be used. These cutlets have been crumb coated to make them crunchy. All-purpose flour is used to make a crumb coat recipe (maida). You can use gram flour (besan) or cornflour instead of all-purpose wheat for a healthy alternative. These vegetable cutlets go well with tamarind salsa, mint sorbet, or cilantro chutney. You can also put them between two slices of bread or a Veg hamburger.

**Cooking Time:** 45 minutes

**Serving Size:** 3

### Ingredients:

- ⅓ cup bread crumbs
- 3 tablespoons oil
- 2 tablespoons all-purpose flour
- 3 tablespoons water
- ½ cup boiled carrots
- ½ teaspoon masala powder
- 3 tablespoons bread crumbs
- 1 cup boiled potatoes
- ¼ teaspoon red chili powder
- ½ teaspoon cumin powder
- ½ inch ginger
- ½ cup fresh green peas

### Method:

1. In a broiler pan or heat cooker, thoroughly cook the potato, cabbage, and green peas.
2. When the vegetables are cooling, finely chop four to five slices of toast in a mixing bowl or blender to make bread crumbs.
3. Set aside the bread crumbs on a sheet or plate.
4. Slice and cut the carrots and potatoes.

5. Use a spoon or a masher to smash them.
6. Mix with the rest of the ingredients.
7. Add two tablespoons of all-purpose starch and three tablespoons of liquid in a separate small bowl.
8. Put the cutlet combination on a plate, then.
9. In a skillet, heat two to three tablespoons of oil for deep frying.
10.           Then thinly roll the cutlet in breadcrumbs.
11.           Remove any leftover bread crumbs before placing them in the medium-hot liquid.
12.           Flip a few more times to ensure that all of the vegetables are cooked through.

## 1.11 Uttapam

An uthappam is a form of Southern India dosa. Uttapam is fatter and has toppings than a standard dosa, which is crispy and crepe-like. Appam and Utthia or Uttria are two Tamil words that make up the name. Because Appam is prepared in a pan with a circular bottom, Utthia-Appam is prepared on a flat skillet. Its name mentions it in Tamil historical texts. Traditional garnishes for uttapam include tomatoes, onions, chilies, peppers, and cilantro; alternative options include coconut, shredded carrots, and beetroot. It's often served with sambar or chili. It is one of the most famous South Indian recipes. Apart from the garnishes, the uttapam may be made in various ways by adding Kodo Millet.

**Cooking Time:** 40 minutes

**Serving Size:** 8

### Ingredients:

- 1 teaspoon kosher salt
- ¼ cup water
- 4 cups Idli Batter

### Toppings

- ½ cup cilantro
- ¼ cup ghee
- 2 tomatoes
- 2 to 4 green chilies
- 1 medium red onion

### Method:

1. To make a pancake-like texture, add salt and sugar to the idli batter.
2. To make a 6-inch croissant, spread around two spoons full of batter.
3. First, on the uttapam, place one tablespoon onions, pepper, ¼ teaspoon green chili, and ½ tablespoon coriander.
4. With a small silicone spoon, gently pick up the uttapam, come in from the sides, touch the middle, and turn it over.
5. As the onions begin to caramelize, fry the strong part for 1 to 2 minutes.
6. Remove the uttapam and eat with mango pickle or cilantro leaf chutney and paratha, top side up.

7. Repeat for the rest of the batter.

## 1.12 Paneer Crepes and Green Peas

Cheelas/dosas are tiny dosas prepared with Besan as the main component. Because these components are nearly usually accessible in Indian households, it takes relatively little time to make. Besan, or powder toasted Bengal Gram, is a flexible component that can be mixed into a mixture, laden with your favorite veggies, and put on a Tawa to produce a nutritious cheela at any hour of the day. The mixture has also been infused with grated cheese for enhanced flavor. These are full of protein and fiber.

**Cooking Time:** 45 minutes

**Serving Size:** 4 persons

### Ingredients:

- 1 cup Green peas
- 2 cup of Paneer (Homemade Cheese Cottage)
- Chopped two tablespoon Ginger
- 2 Green Chili, sliced
- 2 teaspoon Turmeric powder
- 4 teaspoons of Powder Red Chili
- 2 Amchur teaspoon
- 2 teaspoon of Powdered Coriander
- 1 cup wheat flour
- For kneading, olive oil

### Method:

1. Put the sifted flour in a broad mixing cup. Add water a few times to make a moist to the fluffy dough by kneading.
2. When all the dough has become round, drizzle the top of the dough with a teaspoon of oil and knead for another few minutes. Wrap the dough, but we are going to prepare the filling.
3. Heat a skillet with some oil over medium flame. Add cumin seeds in it and allow it to splutter for a couple of seconds. Add all spices, and cook it well. Add peas to it. Cook them until they are half done.
4. Add crushed paneer and cook them well over medium heat before the raw flavor of the spice fades. Hold it to cool away.
5. Divide parts of the dough into medium-sized lemon balls.
6. Pat the dough section and sprinkle it with flour. Roll the dough out into

a coil 5 inches in diameter. In the middle of the dough, spoon a good part of the filling.

7. Wrap the ends by pulling the ends close. Lightly brush the paratha back into the flour and roll gently to clear any pockets of air.
8. Roll the paratha such that the filling remains within and therefore does not seep out, creating very little strain.
9. The next move is to cook the paratha. Heat the skillet and put the paratha on it.
10. Switch and cook from both surfaces before external brown stains emerge. Drizzle the paratha with ghee or oil and cook at low to medium heat until both sides have the paratha cooked through it and golden brown.
11. Move the paratha to a plate until finished, and prepare the rest of the Paneer and Green Peas Packed Parathas the same way.

## 1.13 Vegetable Rava Upma

The Veggie Rava Upma Food also called the Sooji Upma, is rich in veggies and a delicious breakfast. Vegetable Rava Upma is a typical south Asian morning meal prepared with semolina and veggies, and spices. In Karnataka, this meal is referred to as Khara Bath. Roasted rava is cooked in water flavored with butter (or oil), walnuts, urad dal (peas), chana dal (pickled chickpeas), onions, garlic, and other spices and herbs in this classic meal. For a somewhat sweet and savory meal, sugar might be used. This hot breakfast meal may be turned vegan by replacing the ghee with oil. For a complete breakfast, combine it with salsa and coffee. Rava is the key component in every upma dish.

**Cooking Time:** 20 minutes

**Serving Size:** 2

### Ingredients:

- 1 cup of Rava
- 1 sliced onion
- ¼ cup peas
- 1 cup of combined, diced vegetables
- 3 green, sliced chilies
- 1 tablespoon of ginger, sliced
- Just a couple leaves of curry
- ½ teaspoon urad dal
- ¼ teaspoon of mustard seeds
- Leaves of coriander, sliced
- Oil 1 tablespoon
- Salt as per your liking

### Method:

1. Take a big saucepan and add vegetable oil, and heat it over medium-high heat.
2. Add all seeds that are finely chopped, red chilies, and ginger. With a wooden skewer, blend the products properly.
3. In a pan, add peas and dal to combine the products properly, flip the pan tightly.

4. Stir fry for a few moments, then adds curry leaves.
5. Meanwhile, grab a cutting board and individually cut all the vegetables. Now in the pan, put chopped vegetables and mix it all well.
6. Add ample water to the pan and sprinkle very well salt. Use a lid to cover the pan and cook it over medium-high heat.
7. Cook until a deep mixture is created.
8. For a couple of minutes, take a non-stick pan and add 1 tablespoon of oil and cook semolina in it over medium-high heat.
9. When vegetables are fried, add cooked semolina in small amounts steadily, stirring constantly.
10.                 Keep continuously stirring, and check that no chunks are created.
11.                 Cook on a low flame for 5 minutes and then move it to a serving bowl. Garnish it with cashews and mint leaves.
12.                 Serve immediately.

## **Chapter 2: Vegetarian Indian Lunch and Dinner**

### **Recipes**

The main course meals are taken for lunch and dinner. We may have a light dinner, too, but you can still have a nice breakfast and a better lunch. A list of such recipes has been shared in this chapter which can be served for lunch or dinner. The purpose is to share the recipes, but you can also get the collection-based ideas and seek or make any other dishes not listed here.

## 2.1 Tandoori Curry Sandwich

Tikka chicken sandwich is also an Indian-inspired meal that is delicious. It's a tasty sandwich with minty, coriander, onions, tomatoes, and feta sauce on top. This sandwich was founded on two different sandwiches: a club and a tikka masala. Sandwiches aren't often linked with Asian spices, though a handful of street food sellers and eateries in the country do provide them. The idea is to use Indian tastes such as chili powder/cayenne pepper, chaat masala powder, as well as any tandoori masala powder you can find. This is a terrific way to use up any leftover chicken.

**Cooking Time:** 1 hour

**Serving Size:** 4 persons

### Ingredients:

- 1 entire chicken, cut into pieces.
- 1 cup Greek simple yogurt
- ½ yellow, diced onion
- 1 peeled, freshly grated ginger
- 2 Garlic Cloves
- 2 tablespoons healthy citrus juice
- ½ teaspoon of cumin
- ½ teaspoon of ground cilantro
- 1 tablespoon olive oil
- Salt and potatoes

### For Making Sandwiches

- 1 big, entire wheat bread
- Regular Greek yogurt
- ½ teaspoon of cumin field
- ½ teaspoon of ground cilantro
- ¼ teaspoon garlic powder
- Salt and tomatoes
- Lettuce

### Method:

1. Put chicken pieces in a big zip-lock bag.
2. Mix milk, onion, ginger, garlic, lemon juice, cumin, coriander, and oil in a food processor, until it becomes creamy.

3. Season with salt and pepper as per your taste.
4. Put the sauce with the chicken into the zip-lock bag and shake to cover it.
5. Just let the chicken marinate in the fridge for a minimum of 4 hours.
6. Preheat the oven up to 500 degrees. Put the chicken into the rack, skin downside.
7. Roast, approximately 35 minutes, before burnt spots begin to emerge on the bird, tossing once.
8. Reduce heat to 450 and cook about 10 minutes more before the chicken is cooked completely.
9. Dice the remaining chicken into pieces of bite-size if you wanted.
10.           In a shallow bowl, mix yogurt and spices.
11.           Open each half of the pita to shape a pocket and fill it with meat, lettuce, tomato sauce, and yogurt.

## 2.2 Masoor Daal

Masoor Dal is a famous lentil-based Northern India meal that is often prepared in Indian households. Pink lentils, also called Masoor dal in Hindi, are used to make this meal. Moong dal and orange beans are other names for pink lentils. Cracked pink lentils are cooked in a velvety, spicy vegetarian sauce. These lentils are pinkish-orange in hue and have been husked and divided. Split red lentils are another name for them. The dish is simple to prepare and takes approximately 30 minutes to prepare, making it ideal for hectic weekdays. Masoor dal is a soothing Indian dish when served with steaming basmati rice, pickle, and papad. Apart from that, masoor dal may be served with veggie raita, cucumbers raita, or Indian veggie salad.

**Cooking Time:** 2 hours

**Serving Size:** 4 persons

### Ingredients:

- 2 cups of dry masoor dal
- 8 cups of water
- 1 tablespoon of oil
- 1 big, yellow onion
- 6 cloves of garlic, minced
- 1 tablespoon of minced ginger
- 2 green chilies, minced
- 1 tablespoon of Indian curry powder
- 1 teaspoon of whole seed mustard
- 1 teaspoon of coriander
- ½ teaspoon of cumin
- 1 ½ teaspoon salt
- 1 ½ cups of new chopped tomatoes

### Method:

1. In a broad jar, mix the lentils and water.
2. Carry to a boil, then put down the pressure to simmer.
3. Cook it while partly wrapped with the lid until the lentils are soft, for about 15-20 minutes normally.
4. Prepare the tadka when the lentils are cooking.
5. Heat a skillet over medium heat and add a pinch of salt, oil, and

onion, garlic, ginger, chilies.

6. Fry for around 5 minutes until it becomes tender.
7. Add the spices along with the salt, curry powder, mustard, coriander, and cumin.
8. Remove for around 60 seconds to mix and prepare, then add the tomatoes. If frozen, cook the tomatoes for around 7 minutes, or until the tomatoes are soft and saucy.
9. To infuse with spice, add the tadka to the cooked lentils, and simmer over low heat for around 5 minutes.
10. Garnished it with basmati rice and cilantro. And serve.

## 2.3 Pasta Masala

This is a simple, flavorful, and quick vegetarian pasta meal prepared in the Indian way. Many people, especially children, like masala pasta and spice noodles. This recipe creates a delicious masala pasta perfect for a breakfast, snack, or light meal. You may make the spaghetti with whichever vegetables you choose. Furthermore, Indian-style pasta may use basic tomato sauce, spicy and sweet curry sauce, or any mayonnaise recipe for sauces. This dish, however, may be done without any vegetables. As a snack, breakfast, or light supper, serve the masala noodles hot or warmed. Sprinkle the masala paste with lime juice, veggie parmesan cheese, or shredded cheddar cheese before serving.

**Cooking Time:** 1 hour

**Serving Size:** 3 persons

### Ingredients:

- 1 cup of pasta to pick as per your liking
- 1 tablespoon of olive oil
- 1 teaspoon of seed cumin
- 3 sliced garlic cloves
- 1 tiny sliced onion
- 3 thin, diced tomatoes
- 1 tablespoon powder of turmeric
- 1 teaspoon of option curry powder
- 1 tablespoon powder of coriander
- Ground red chili as per your taste
- Salt as per your taste
- 1 cup of water or, as needed

### Method:

1. Place an electric pot in high stir fry mode. Add oil, then let it get warm.
2. Add garlic, onions, and cumin seed and cook for a while.
3. Now add the tomatoes and cook them until they are tender. Include all the dried spices and salt.
4. Fry for one or two minutes.
5. Add pasta and water. Mix properly, then turn off stir fry mode.

6. Set it to mode high for 7 minutes, holding the ventilation to the sealing spot. After 10 minutes, unlock it.
7. Serve it as per your liking.

## 2.4 Dhal of Indian with Spinach

Dal Palak is simple and healthful spinach and pigeon's pea lentils dish. It's also a famous Indian lentil meal since it mixes the benefits of pigeon pea lentils and spinach. Palak ki dal may be prepared in a variety of ways. Palak and dal are a great combination. It has a mild ghee scent, balanced with cumin, a lemony flavor, and creamy and smooth. There are no strong spices in this dal, such as garam masala. It's delicious with basmati rice and fluffy roti or chapatis. You may use oil for temper, but ghee has a greater taste and flavor.

**Cooking Time:** 2 hours

**Serving Size:** 4 persons

### Ingredients:

- 2 cups of yellow split peas
- 8 cups of water
- Freshly squeezed lemon juice
- Kosher salt two teaspoons
- Eight teaspoons butter
- Two teaspoons of cumin seeds
- 1 ½ teaspoon of turmeric
- 5 big garlic cloves
- ¼ cup of fresh ginger
- 1 medium chili serrano
- Spinach, 8 ounces

### Method:

1. In a fine-mesh strainer, position the split peas and rinse them vigorously under cold water. Switch to a wide saucepan, add the water you have weighed, and boil over high heat.
2. Reduce the heat to medium-low and simmer, occasionally stirring and skimming any scum off the surface with a large spoon until the peas are completely soft and the consistency of split pea soup thickens for about 30 minutes.
3. Set aside, remove from the heat, and add the lemon juice and the measured salt in it.
4. Heat the butter over medium heat in a frying pan until it is foamed. Add the cumin seeds and turmeric in it and simmer until the cumin seeds are

toasted and fragrant and the butter is very foamy, stirring periodically, for around 3 minutes.

5. Add the garlic, ginger, and serrano; season with salt; and simmer for around 2 to 3 minutes, stirring periodically, until the vegetables have softened. Add the spinach in it and simmer until the spinach is fully wilted, stirring periodically, for around 4 minutes.
6. With the split peas, move the spinach mixture to the reserved saucepan and mix to blend. Serve with steamed rice or naan.

## 2.5 Matar Paneer

Mattar paneer is a Northern Indian and Punjabi vegan dish made with beans and cheese in a tomato-based sauce flavored with garam masala. It's usually eaten with rice and a sort of Indian bread. Green beans and Indian cottage cheese are included in this classic Indian curry meal. Paneer is a creamy, unaged Indian cottage cheese prepared mostly from dairy milk. If you don't have a paneer, you may substitute ricotta cheese, but keep in mind that ricotta cheese is salty, whereas paneer isn't. Indian flatbreads such as Roti, Paratha, and Naan pair nicely with matar paneer. It also goes great with cooked Basmati rice and spice rice.

**Cooking Time:** 10 minutes

**Serving Size:** 2

### Ingredients:

- Small pack coriander
- Naan bread, roti, or rice
- 150g frozen peas
- 1 teaspoon garam masala
- 1 tablespoon sunflower oil
- 1 green chili
- 4 large ripe tomatoes
- 225g paneer
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2.5cm piece ginger

### Method:

1. In a deep fryer, flame the oil over medium temperature until it shimmers.
2. Reduce the heat to low and add the paneer.
3. In a sauce, combine the ginger, smoked paprika, turmeric, coriander seeds, chili, and continue cooking.
4. Then use the back of a spoon, mix the tomato in.
5. Stirring occasionally for another two minutes after adding the peas, stir

in the paneer and season with garam masala.

6. Offer with peanut sauce, roti, or rice, divided into two bowls and topped with coriander leaves.

## 2.6 Navratan Korma

Navratan Korma is a smooth and creamy meal named after the nine flavors cooked together in such a highly creamy sauce (nav=nine and ratan=jewels). This curry's foundation is built with walnuts and pumpkin seeds, and it's coated with cream for a delicious touch. It is customary to utilize 9 main components in a meal, often a combination of veggies, fruits, and nuts. This dish is sweet due to the mixture of fruits, almonds, and cream. It has a nice, creamy flavor to it that isn't hot at all. Almonds and melon seeds are sometimes added to the base. Navratan korma is nutrient-dense, yet it's also delicious and filling. With naan roti, flatbread, chapatis, or parathas, offer navratan korma. It's also delicious with jeera rice.

**Cooking Time:** 50 minutes

**Serving Size:** 5

### Ingredients:

- Pinch garam masala
- 2 tablespoons pineapple pieces
- 1 tablespoon pomegranate arils
- Pinch cardamom powder
- 2 onion
- 5-6 whole cashews
- Pinch saffron
- 1-inch ginger
- 4 large garlic cloves
- 1 green chili
- 20 cashews
- ¼ cup cream
- 2 teaspoons golden raisins
- 1 tablespoon poppy seeds
- One teaspoon salt or to taste
- ¾ teaspoon sugar
- 3 cups water
- ¼ teaspoon red chili powder
- ¾ cup water
- 1 teaspoon coriander powder
- ½ teaspoon cumin powder

- 1 tablespoon ghee
- 1 bay leaf
- 1 medium potato
- 1/3 cup green peas
- 1 tablespoon oil
- 2 cloves
- 1 large carrot
- 14 green beans
- 1 cup cauliflower florets
- 3 whole green cardamom

**Method:**

1. Insert 3 cups water, cabbage, carrot, cloves, green chili, cashews, and pumpkin seeds in a big pan.
2. Cook for 10 minutes on medium-high heat.
3. Chop all of the vegetables, keeping in mind to chop them thinly.
4. In the meantime, add cabbage, shallots, onion, beans, and beans to a boiling water pan.
5. Cook for ten minutes over medium heat.
6. One tablespoon oil, heated in a wok.
7. Add the bay leaf, garlic, and cardamom to the pot.
8. Enable the spices to cook for a few minutes.
9. Insert the rosemary powder, cilantro, and red chili powder after the mixture has cooked for five minutes.
10. Add the vegetables and stir to combine.
11. Then stir in the milk.
12. Blend in the pomegranate, roasted cashew nuts, and pecans.
13. Insert the saffron milk that has been prepared as well.

## 2.7 Indian Sparkling Dhal

This dal is a typical Gujarati dish that is delicious, hot, and sour all at once. It's a thick soup or puree made from beans or legumes that are a favorite in India. This is a plain mung bean dal that can be served with rice and boiled rice as a simple daily Indian dinner or as a dipping sauce as part of a bigger dinner. The lovely buttery taste comes from a method known as Tarka, which involves adding spices that have been sizzled in ghee to the pot towards the conclusion of the roasting process. Blend the dal until it has a velvety smooth surface. You may serve it thick like a veggie purée or thin with a little liquid and serve it as a soup. Red lentils or golden split peas, for example, might be substituted.

**Cooking Time:** 1 hour

**Serving Size:** 4 persons

### Ingredients:

- One tablespoon of oil
- 1 cup sliced onion
- 2 (delicately sliced) garlic cloves
- 1 tablespoon (coarsely diced) ginger
- 4 cups of water
- 1 cup rinsed dried red lentils
- 1 tablespoon cumin
- 1 tablespoon of coriander
- 1 tablespoon of turmeric
- ¼ teaspoon cardamom
- ¼ teaspoon of Cinnamon
- ¼ teaspoon pepper
- Salt as per your liking
- 2 tablespoons of a paste of tomato

### Method:

1. Collect all ingredients.
2. Warm the oil over a moderate flame in a medium-sized soup pan. Add the onion, garlic, and ginger to it. Cook and keep stirring regularly, for around 6 minutes.
3. Add water, lentils, vegetables, and salt. Keep stirring continuously. Carry the soup to a low boil, then switch the heat down to low, cover

and cook for around 20 minutes or until the lentils become very soft.

4. Add the tomato paste when well blended. Cook for some more minutes.
5. Serve it and enjoy.

## 2.8 Vegetable Biryani

Biryani is a rice dish that is usually created using layers of rice, seasonings, and meat. This Vegetable Biryani is a traditional Indian vegetarian dish made with your favorite rice, vegetables, and spices. Every taste of this aromatic biryani is a burst of flavors filled with vegetables, spices, seasonings, and nuts. This wonderful veg dum biryani demands both attention and thoughtfulness and is made with time and a lot of affection. With its lovely scent and diverse tastes, Veggie Biryani strikes all the right notes. After layering the vegetables and rice, the biryani is baked over low heat with a hefty item put on the bottom of the tank of biryani. This method is known as "dum," and the dish is also called Vegetable Dum Biryani.

**Cooking Time:** 2 hours

**Serving Size:** 3 persons

### Ingredients:

- 2 teaspoons of oil
- One small cauliflower, separated into tiny parts
- 2 big, peeled and cut into cubes sweet potatoes
- 1 big onion, chopped
- One stock of hot veggies
- One tablespoon of curry paste
- One chili, thinly sliced
- Big pinch of threads of saffron
- One tablespoon of mustard seeds
- 500 g Rice
- 140g beans
- Two tablespoons of lemon juice
- A couple of leaves of coriander

### Method:

1. On moderate flame, heat ghee in a big deep pan.
2. Add the onion, and simmer for around 5 minutes until it softened.
3. Mix the cumin seeds in it; cook it for around 5 minutes, and the cumin seeds start to pop.
4. Add the paste of ginger, garlic, onions, and ½ cup sugar.

5. Take it to a boil and cook for around 5 minutes until the water is absorbed.
6. Mix the peas, onion, and carrots in it. Also, add all spices to it. Stir carefully, then wrap it with a lid and simmer for three minutes.
7. Add 4 cups of water and carry to a cook over medium temperature.
8. Mix rice after boiling, reduce heat to mild, re-heat, and cook for 10 minutes.
9. Lower the heat and proceed to cook for another 20 minutes before the rice has softened.

## 2.9 Dahi Kebab

Dahi ke kababs include Dahi or curd-based kababs that are crisp, supple, and delicious. The dahi utilized here is hanging curd. Even Greek yogurt may be used to create dahi kababs. Fresh curd that has been refrigerated for many hours is required to create Dahi ke kebab. The yogurt should not have a sour taste to it. Making Dahi kababs is simple and straightforward. The only difficult aspect is forming the kababs. If you're making these kababs for a party, shape them ahead of time and chill them. You may cook them just before presenting. Serve Dahi ke kabab with chopped onions on the side. Don't forget to sprinkle the chaat masala on over.

**Cooking Time:** 12 hours 25 minutes

**Serving Size:** 6

### Ingredients:

- 2 tablespoon cornflour
- Oil for deep frying
- ½ teaspoon pepper
- ¼ cup bread crumbs
- 2 tablespoon dry fruits
- Salt to taste
- 2 cups curd
- 1 green chili
- 2 tablespoon coriander leaves
- 1 cup paneer
- 1-inch ginger
- ½ small onion

### Method:

1. To begin, make a smooth and creamy custard.
2. One cup of crushed paneer is also added.
3. Add the onion, spice, chili, coriander, and dried fruits to the mix as well.
4. Insert salt and cracked pepper to taste.
5. Make sure the paneer and hanging curd are thoroughly mixed.
6. To extract excess moisture, dust the tortillas with cornflour.
7. In a hot pan, deep-fry the patties.

8. Cook, stirring regularly, on medium heat.
9. Fry the patties or kababs until they are nicely browned.
10. Eventually, serve Dahi ke kabab with risotto or sauce made from pudina.

## 2.10 Chana Dal

This dal has a lot of flavors since it's made with fresh vegetables and a few spices. It's also dairy and vegetarian. The dish also works since all of the delicious flavors and quality products complement each other well. Bengal gram or split chickpeas are other names for chana dal. The flavor of these beans is sweet and nutty. The dal also has a Smokey taste that comes from the dhungar way of cooking. This dish is quite tasty, and the use of raw vegetables is what makes it work. This Chana Dal is made in the north Indian way. Chana dal is strong in fiber, a decent protein source, and a healthy choice for diabetes or those on a limited or diabetic-friendly plan.

**Cooking Time:** 1 hour

**Serving Size:** 4

### Ingredients:

- 1 teaspoon red chile flakes
- 3 tablespoons cilantro
- 6 whole cloves
- 4 large garlic cloves
- 1 cup split chickpeas
- 1 ½ teaspoons turmeric
- 1 bay leaf
- 1 teaspoon salt
- 2 tablespoons sunflower oil
- ½ teaspoon cardamom

### Method:

1. In a medium skillet, give the chana dal, fenugreek, cinnamon, lemon zest, salt, and 4 cups liquid to a boil.
2. Cook for another 20 minutes, adding 1 cup of water as needed.
3. Remove the bay leaf from the dish.
4. In a shallow dish, add the oil to start making the tadka.
5. Add the chilies to the hot oil and let them swirl for about thirty seconds until its aromatic.
6. Cook, keep stirring, till the garlic is moderate brown.
7. Spill the tadka into the dal and bring to a simmer softly.
8. Serve with coriander as a garnish.

## 2.11 Veg Pulao

Pulao or pilaf is the epitome of comfort cuisine. This grain and the one-pot veggie recipe has been spiced and herb-infused for a subtle fragrant taste. It's also vegan, and it's delicious on its own or with raita, pickles, and roasted papad. Vegetable pulao, also known as Veg Biryani in India, is one of the most popular rice dishes in the country. A pulao is a one-pot meal made with rice, veggies, proteins, seasonings (leeks, cloves, ginger, etc.), seasonings, and spices. The most vital aspect of a pulao meal is that the rice grains are precisely cooked and do not cling or get mushy. After cooking, the rice grains should be separated and non-sticky.

**Cooking Time:** 50 minutes

**Serving Size:** 2

### **Ingredients:**

#### **For Pulao Masala Paste**

- 1 teaspoon fennel
- ¼ cup water
- 1-inch cinnamon
- 5 cloves
- ½ cup coriander
- 2 chili
- 2 pod cardamom
- ¼ cup mint
- 2 clove garlic
- 1-inch ginger

#### **For Veg Pulao**

- 1 teaspoon salt
- 2 cup water
- ½ carrot
- ½ potato
- 2 tablespoon ghee
- ½ capsicum
- 2 tablespoon peas
- 1 tomato
- 5 beans
- 1 teaspoon cumin

- 1 bay leaf
- ½ teaspoon pepper
- 1-inch cinnamon
- 2 pod cardamom
- 3 cloves
- 5 cashew
- ½ onion
- 1 cup basmati rice

**Method:**

1. To begin, place whole cloves in a small blender.
2. Two tablespoon ghee, heated in a big wok, cumin, lemon zest, cloves, coriander, garlic, pepper, and cashews, are added to the pot.
3. Sauté on low heat until the spices become fragrant.
4. Put one tomato and continue to sauté.
5. Include vegetables as well.
6. Cook for a minute, just until the veggies are fragrant.
7. Please ensure the basmati rice is soaked for 20 minutes before adding the veggies.
8. The veg pulao is ready to eat after 20 minutes.

## 2.12 Brinjal Rice

Vangi bath is a nutritious and flavorful rice dish cooked with brinjal famous in Maharashtrian and Karnataka cuisines. It's quite simple to make a vangi bath. All you have to do now is cook the rice. After that, make the brinjal gravy. Then combine the rice and brinjal gravy. The grade of the vangi bath masala determines the flavor of the bath. Green brinjals are often utilized. Pink and green or purple striped brinjals may also be used. Just make sure the brinjals are nice and delicate. Vangi bath may be served with paratha or plain curd.

**Cooking Time:** 30 minutes

**Serving Size:** 4

### Ingredients:

- 1.5 cups basmati rice

### For Ground Masala Paste

- ½ teaspoon fennel seeds
- 4 to 5 tablespoons water
- 2 cloves
- 2 green cardamoms
- 1 tablespoon coconut
- 1-inch cinnamon
- 3 tablespoons coriander leaves
- 2-inch ginger
- 7 medium garlic cloves
- 2 to 3 green chilies
- 3 tablespoons mint leaves

### Other Ingredients

- ½ cup water
- Salt as required
- ¼ cup French beans
- 2 cups coconut milk
- ⅓ cup capsicum
- ⅓ cup green peas
- 3 tablespoons oil
- ⅓ cup tomatoes
- ½ to ¾ cup cauliflower florets

- 1 large tej patta
- ½ cup onions
- ½ cup carrots
- 2 cloves
- 1 green cardamom
- 1-inch cinnamon
- ½ cup potato

**Method:**

1. Soak 1.5 cups basmati rice in water for a few minutes.
2. Put spices in a tiny mixer jar and grind them.
3. In a 3 gallon slow cooker, heat three tablespoons of oil.
4. One-inch cloves, two garlic, and one green cinnamon can be added right away.
5. Fry spices for a few seconds before fragrant.
6. Then add a third of a cup of sliced tomatoes.
7. Now add the masala paste that has been ground.
8. After that, toss in the vegetables.
9. After that, add the rice.
10. Cook for ten minutes on medium heat in a pressure cooker.
11. With some raita, eat veg brinji grain.

## 2.13 Mushroom Biryani

Mushroom Biryani is a traditional vegan biryani made with juicy mushrooms, soft fluffy grains, and aromatic spices. These dishes just need one pot and take less than 45 minutes to cook! These vegan mushrooms biryanis are a hot, flavorful mushroom and rice dish excellent for a delightful weekday supper. These biryanis are hot and have a rich flavor. Unlike the classic Veg Biryani, cooked in stages and dum cooked, the Southern India type of biryani is usually made in a single pot. Spices are used liberally in a nice biryani. Only two ground herbs are used in the mushroom biryani dish. This mushroom biryani dish is vegetarian. If you don't have coconut milk on board, you may substitute yogurt for it.

**Cooking Time:** 40 minutes

**Serving Size:** 3

### Ingredients:

- 1 cup water
- ½ teaspoon rose water
- ½ teaspoon paprika
- ¾ teaspoon salt
- ¼ cup mint
- ½ teaspoon garam masala
- 1 cup basmati rice
- ½ cup coconut milk
- ¼ cup cilantro
- 2 tablespoons oil
- 2 teaspoons ginger-garlic paste
- 10 oz. white mushrooms
- 1 bay leaf
- 1 green chili
- 15 whole cashews
- 1 teaspoon shahi jeera
- 1 medium red onion
- 3 whole cloves
- 6 black peppercorns
- 1-inch cinnamon stick
- 4 whole green cardamom



## Method:

1. Wash the basmati rice till the water is clear when you begin.
2. Transfer the seasoning to the Instant Pot's sauté feature.
3. And insert the green chili, tomato, and cashew nuts.
4. Cook for 3 minutes before adding the ginger-garlic paste and continuing to cook for two minutes.
5. Heat for 2 minutes after adding the mushrooms.
6. After that, whisk in the coconut milk.
7. Add the coriander and mint, diced.
8. The garam masala, cayenne pepper, and salt are then added.
9. Add the rice, which has been rinsed and washed.
10. Open the lid on the pot.
11. Cook for five minutes on elevated heat using the manual setting.
12. With a spoon, fluff the rice after opening the lid.
13. Serve mushrooms Biryani with yogurt or raita on the side.

## 2.14 Potato Kurma

Potatoes are a worldwide favorite that no one can dispute or conceal their affection for. Herbs and chopped coconut mixture are used for cooking the potatoes. Potatoes are kid-friendly food that can be made quickly. The veggie korma's clean tastes make it an enormously delightful side dish with flavorful rice like biryani, pulao, roti, or boiled rice. The kurma seems spicy due to its vivid orange-red hue. However, byadagi red chilies, despite their rich red hue, are not spicy. The crucial components that improve the tastes of the potato korma by huge leaps are pure coconut, pumpkin seeds, and cashew nuts. If you want to taste true aloo korma, don't skip or scrimp on these three components.

**Cooking Time:** 45 minutes

**Serving Size:** 5

### Ingredients:

- 1 tablespoon sunflower oil
- Salt, as required
- 1 teaspoon coriander
- ½ teaspoon garam masala
- 3 potato
- ½ teaspoon turmeric powder
- 1- ½ teaspoon red chili
- 1 onion
- 1-inch cinnamon stick
- 1 teaspoon ginger garlic paste
- 1 bay leaf
- 2 tomatoes

### Ingredients to Grind

- ½ cup fresh coconut
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds

### Method:

1. Cook the potatoes in the pressure cooker.
2. In a blender, combine all of the ingredients listed under "To Grinding" and crush them into a thick powder.

3. In a medium deep fryer, heat the oil.
4. Cinnamon, garlic, bay leaf, and coarsely diced onion are added to the pot.
5. Sauté for several minutes with the ginger garlic paste.
6. Heat until the vegetables have broken down into a sauce.
7. Heat until the cayenne pepper, dried chili powder, balsamic vinegar, and curry paste powder are mixed with the onion-tomato mixture.
8. Transfer the thinly sliced potatoes to the bowl and mix them well with the spicy combination. Serve immediately.

## **Chapter 3: Vegetarian Indian Dessert, Soups and**

### **Salad Recipes**

Dessert is the icing on a plate. There is no doubt saying that desserts offer every meal a satisfactory ending. No wonder people have a weakness for sweets and desserts. Not only are deserts part of our staple food, but they are also even served in many worship areas. By and wide, sugar, milk, and khoya are used as staple ingredients in all Indian desserts.

### 3.1 Indian Barfi

A form of mithai, barfi is a rich milk-based dessert from the Indian sub-continent. The name comes from the Urdu term "barf," which means "snow." Chana dal barfi, Kaju barfi, Kesar barfi, and song barfi are some of the most well-known variants of barfi. Plain barfis are made mostly of dried milk and sugar. In a container, the components are heated until the solution hardens. Vark is a thin covering of edible metallic leaf that is commonly applied on barfis. They're usually shaped like squares, diamonds, or rounds. The dessert may be simply changed for every occasion, from the most casual to the most elegant. The color and texture of various sorts of barfi vary. It's one of the greatest gluten-free no-bake desserts on the market.

**Cooking Time:** 40 minutes

**Serving Size:** 20

#### Ingredients:

- 2 cups of granules of creamy milk
- Hard cream about 300ml
- 400g Condensed milk
- Half cup of pistachios

#### Method:

1. Collect all the ingredients.
2. Mix together all milk and cream and whisk it until creamy.
3. Cover the pan and put it in the microwave, and set the time for about 8 minutes.
4. Carefully monitor the dish, and if the solution seems like it could boil over, avoid automatically by stopping the microwave for 8 to 10 seconds. Start again and work until the duration of 8 minutes has elapsed. Take it out and mix it well.
5. Return the pan to the microwave and put it high again for 8 minutes. Monitor the first minute carefully, and then allow the cooking to begin.
6. Scatter the sliced pistachios over the barfi's surface whenever the time is up while still in the microwave and let it stay for 10 minutes.
7. Remove the barfi from the microwave after 10 minutes and cut it into 2- inch squares. Cool it down, and then serve it.

## 3.2 Koora Cabbage

Cabbage Kura is similar to Muttaikose Poriyal, with the distinction that in Pradesh, it does not contain coconut. Cabbage Kura is simple to prepare a dish that is easy on the stomachs. It's a perfect accompaniment to sambar rice and Rotis. Green chilies provide the spiciness in this dish. This meal has a surprising lightness to it. It's sweet, but not excessively so, thanks to the coconut. It's healthier, plus it's a terrific way to use up the last of the veggies leftover from previous curries.

**Cooking Time:** 2 hours

**Serving Size:** 4

### Ingredients:

- Cooking oil: 3 tablespoons
- 2 chili peppers dried hot, cut into bits
- 1 tablespoon black split skinned lentils
  
- 1 tablespoon Bengal gram
- 1 teaspoon of mustard seeds
- A few curry leaves
- 1 pinch of powder Asafetida
- 4 peppers of green chili, chopped.
- 1 cabbage head, thinly sliced
- ¼ cup of frozen peas

### Method:

1. Heat the oil over a moderate-high flame in a broad skillet; cook the red chili peppers, all types of gram mentioned above, and mustard in the hot oil. If the gram starts browning, add the curry leaves and asafetida powder. Stir it well.
2. Add the green chili peppers and proceed to cook for another 3 minutes.
3. Add the cabbage, peas, and lentils to the combination; season it with salt; continue cooking until it starts to wilt but stays a little crunchy for about 10 minutes.
4. Put the coconut into the combination, and simmer for another 2 minutes.
5. Instantaneously serve and enjoy.

### 3.3 Vegetable Pakora

A bhaji is a hot chili snack or entrée meal that originated in the Indian subcontinent and came in a variety of flavors. Pakoras are deep-fried pancakes made with gram flour (also known as besan) and veggies. Skinned black chickpeas are used to make gram flour. The pakora will flavor vary depending on the vegetables you choose. This vegetable pakora has a crunchy, crispy outside with a soft inside and is easy to modify with your favorite veggies. The dish is vegetarian by default and may be made gluten-free as well. When you have finicky eaters in your household, this version of creating pakoras with different veggies is an excellent option. They have the option of selecting their favorite vegetarian pakora.

**Cooking Time:** 20 minutes

**Serving Size:** 5

#### Ingredients:

##### Ketchup Chutney

- ½ teaspoon sugar
- ½ teaspoon salt
- 1 tablespoon water
- ½ tablespoon chaat masala
- ½ cup ketchup

##### Pakora Batter

- 1 cup luke-warm water
- Sunflower oil
- ½ cup cilantro leaves
- 1 yellow onion
- 2 cups besan
- ½ teaspoon baking powder
- 1 green chili pepper
- ¾ teaspoon sea salt
- 1 tablespoon red pepper flakes

#### Method:

1. In a mixing dish, combine all of the chutney components.
2. Half-fill an 8-inch cast-iron pan or other heavy-bottom pot with grease.
3. Preheat the oil to 375 degrees Fahrenheit.

4. Combine the besan, dried chili flakes, flour, icing sugar, sliced chili pepper, coriander, and diced onion in a big mixing cup.
5. Slowly drizzle in the water, constantly stirring with a spoon or your fingers.
6. When the oil is hot enough, gently drop a heaping tablespoon of mixture into it.
7. Fry the pakoras until they are a pecan-brown color.
8. Then use a cooling rack over a baking sheet, clean the pakoras.
9. Continue for the remaining batter.
10.            Serve the hot pakoras with the Tomato Sauce Chutney straight away.

### 3.4 Fruit Custard Recipe

A simple and pleasant summer dessert is basic fruit pudding. Custard becomes tastier after the fruits have been sitting in it for a while. A basic custard consists just of fruits. However, adding nuts such as almonds or walnuts may make it more full and tasty. Cocoa chips or tutti frutti, as well as coconut flakes, may be added. You may also add cardamom powders and rose water to it. Fruit Custard was especially popular during the summer months when there were enough fruits to go around. It's simple to create and doesn't need many spices: just a nice custard powder, cream, honey, and fruits.

**Cooking Time:** 25 minutes

**Serving Size:** 5

#### Ingredients:

- Pinch cardamom powder
- 2 cups assorted fruits
- 3 tablespoons custard powder
- Splash of rose water
- 4-5 tablespoons sugar
- 3 cups whole milk

#### Method:

1. In a thick bottomed pan over medium-high heat, pour 3 cups milk.
2. Three tablespoons of milk should be removed from the pan and placed in a small cup.
3. Add in 3 teaspoons of custard powder with the cream.
4. Then reduce the heat to low and stir in the sugar until it is well mixed.
5. Begin to incorporate the custard blend.
6. Cook for a further 2-3 minutes, just until the custard has thickened.
7. At about the same moment, chop and chill all of the fruits you will be using in the custard.
8. Shift the custard to a mixing bowl and stir in the fruits after they have chilled.

### 3.5 Indian Rice Pudding

Rice Kheer Indian Rice Pudding is indeed a velvety and fragrant Indian rice pudding cooked with simple ingredients. It is the traditional Indian delicacy that each and every Indian grew up enjoying. It's the ideal way to end an Indian dinner with cardamom, almonds, and rose water. Rice, dairy, and sugar are the only three fundamental components. It is most likely the most frequent dessert prepared in every Indian home. Nevertheless, to create the kheer even tastier, a few spices and seasonings are often included. Simply replace the usual milk with almond milk, and the dish will taste just as excellent while also being vegan. Also, omit the step of toasting the rice with ghee at the start of the recipe to make it vegan.

**Cooking Time:** 50 minutes

**Serving Size:** 4

#### Ingredients:

- Half cup of rice
- 3 cups of full-fat milk
- 1 cup of coconut milk
- Half cup of sugar
- Half teaspoon of green cardamom
- One tablespoon oil
- One spoonful of cashews
- One spoonful of pistachios
- One tablespoon of almonds
- One teaspoon of saffron

#### Method:

1. Gather all of your ingredients.
2. Soak the rice you use for 30 minutes if you want to reduce the cooking period. Not only does this reduce the boiling period, however, up to half less milk would be used.
3. If you use entire pods of cardamom, smash them coarsely with a pestle and mortar. Add nuts in it and crush it to a fine paste.
4. Add the milk, coconut milk, and the rice into a deep saucepan and carry it to a boil. To steam, reduce the heat and insert the sugar and cardamom. To heat the butter. Stir it continuously.

5. Cook until the rice is smooth, not rubbery, stirring regularly. Based on the rice you have been using, the cooking period would vary around 1 hour. Keep a close eye on the mixture as it heats, and if it is becoming too hot, add some more sugar.
6. Assemble the toppings you want to use and toast the nuts in rice.
7. Let it cool off. And then serve it.

### 3.6 Cabbage and Grape Salad

Many people remark the taste and texture, and the color combination adds to the attractiveness. This salad is delicious and salty, thanks to the inclusion of grapes. It's simultaneously crispy, tangy, and sweet. It's prepared with a light pineapple juice and honey vinaigrette, which gives just the right amount of sweetness to bring the flavors together. This unique spin on coleslaw nicely balances the sweetness of the grapes and crunchy cabbage. Remember to set aside for at least 20 minutes before adding to allow the flavors to blend and the cabbage to soften somewhat.

**Cooking Time:** 35 minutes

**Serving Size:** 4

#### Ingredients:

- ¼ cup sunflower seeds
- 2 tablespoons chives
- ½ small red cabbage
- 1½ cups seedless grapes
- 2 tablespoons red wine vinegar
- Kosher salt and pepper
- ¼ cup olive oil
- 1 teaspoon dijon mustard
- ½ teaspoon thyme
- ½ teaspoons sugar

#### Method:

1. In a big mixing cup, combine red wine vinegar, salt, cayenne pepper, minced chives, kosher salt, and a few squeezes of pepper.
2. Add the olive oil and whisk to combine.
3. Combine sliced red cabbage, doubled seedless grapes, pickled roasted seeds, and sliced chives in a shallow mixing bowl.
4. Season with salt and pepper.
5. Allow for at least a few minutes of resting time before serving.

### 3.7 Creamy Bottle Gourd Soup

This is a dish for gourd soup from Spain. In India, the bottle gourd is called lauki or ghiya. In Spanish, this dish is usually made with courgette or zucchini. However, Indians create this soup using bottle gourd, which produces an incredibly thick, rich, velvety, and healthy bottle of gourd soup. Lauki Soup is a fast, hearty, thick, and delicious soup that only requires a few components and can be cooked in the Instant Pot or Slow Cooker. Bottle Gourd Broth is a low-carb, vegetarian, vegan, gluten-free diet, or intuitive eating soup dish that's perfect for midweek meals. The bottle gourd soup may be served as a beginning, with bread or rice. It's also suitable for breakfast or small evening supper.

**Cooking Time:** 20 minutes

**Serving Size:** 3

#### Ingredients:

- Salt and black pepper
- Cilantro
- 1 medium onion
- 1.5 cups water
- 1 medium bottle gourd
- 3 medium garlic cloves
- 1 green chili
- 1 teaspoon olive oil

#### Method:

1. In the Instant Pot, choose to sauté mode.
2. When the olive oil is sweet, add the minced garlic, vegetables, and green chilies and cook until the onions are softened.
3. Combine the diced bottle gourd, liquid or veggie broth, and salt in a large mixing bowl.
4. Set the timer for five minutes and the container to manual.
5. Allow the pressure to escape as the instant port buzzes spontaneously.
6. Then use a stand mixer, puree the soup until it is almost creamy.
7. Season with black pepper, ground.
8. If desired, garnish with cilantro just before eating.

### 3.8 Palak Soup

This green soup is a low-calorie way to get some nutritious greens into your diet. Even though spinach is one of the healthier vegetables, not everyone enjoys its flavor, which is particularly true for certain children and adults. In general, the pairing of spinach with cream is a winning combo. The addition of gram flour not only adds a subtle sweetness to the stew but also thickens it. The use of fresh cracked pepper warms and spices the soup. Palak soup may be eaten on its own, with toasted bread, or as a beginning. Cooked pasta may also be added to the soup.

**Cooking Time:** 15 minutes

**Serving Size:** 2

#### Ingredients:

- 1 tablespoon cornflour
- 1 teaspoon fresh cream
- ½ teaspoon pepper
- ½ teaspoon sugar
- 1 tablespoon butter
- ½ cup milk
- Salt to taste
- 1 tej patta
- 1 bunch palak
- ¼ cup water
- 1 clove garlic
- ¼ onion

#### Method:

1. Add the butter and tej leaves to a big wok.
2. Sauté until it begins to smell floral.
3. Add coarsely diced garlic and onions as well.
4. Cook until they are golden brown.
5. Palak leaves should also be added.
6. Sauté for a moment on medium heat, or until they have shrunk in bulk.
7. Mix the combination until it forms a smoother puree, adding more water if needed.

8. Allow the puree to come to a boil.
9. Insert the cornflour mixture and whisk briefly.
10. To create corn flour powder, combine one tablespoon rice flour and  $\frac{1}{4}$  cup water in a mixing bowl.
11. Check the quality by stirring once more.
12. Then, in a serving cup, drain the soup and finish with fresh milk.

### 3.9 Rajma Salad

The Chatpata Rajma Bowl Food is a delicious salad that goes well with any Indian meat course. With the inclusion of lime juice and chaat masala, the salad has a lovely zing. The rajma is soaked in water and cooked under pressure until soft yet firm. The salad has a chatpata taste thanks to basic seasonings like chaat masala, lime juice, and chilies. The addition of mint leaves gives a touch of freshness to this delicious rajma salad. Kidney beans, often known as rajma, are a rich source of dietary fiber. They also aid in cholesterol reduction, are beneficial to diabetics, and increase energy levels. Iron, copper, folic, and magnesium, which are important for key biological activities, are also found in kidney beans.

**Cooking Time:** 40 minutes

**Serving Size:** 4

#### Ingredients:

- Mint leaves
- Salt, to taste
- 1 teaspoon chaat masala powder
- 1 lemon, juiced
- 2 cups rajma
- 1 tomato
- 2 green chilies
- 1 onion

#### Method:

1. Soak the rajma overtime and pressure bake for four to six whistles with water.
2. Reduce the heat to low and cook for the next 20 minutes after four to six whistles.
3. Enable the pressure to dissipate normally. Rajma must be roasted and soft.
4. Drain the accumulated water and set aside the rajma if there is any.
5. Add the chopped rajma, carrots, peppers, green chile sauce, chaat masala paste, salt, fresh mint, and lime juice to a mixing cup.
6. Toss the rajma salad together thoroughly.
7. Taste for salt and change as needed. Chill before serving.

### 3.10 Bean Sprout and Macaroni Salad

Green beans and chow mein pasta are both typical ingredients in chop suey, and when mixed in a salad with a fragrant sesame-soy vinaigrette, they produce a crisp Asian caesar salad. It's simple to prepare and much simpler to consume! Bean sprouts have a luscious texture and a refreshing flavor, making them the ideal summer salad. Bean sprouts taste best when they're served cold and crisp. Select sprouts with dazzling white stems and a spring green cap. Sprouts with a grey tone to the stems should be avoided. If feasible, keep them chilled in the cooler and use them the very same day.

**Cooking Time:** 30 minutes

**Serving Size:** 8

#### **Ingredients:**

##### **Soy-Ginger Dressing**

- 2 tablespoons mayonnaise
- ¼ cup vegetable oil
- 1 teaspoon ground ginger
- ¾ teaspoon pepper flakes
- 1 tablespoon sugar
- 1 tablespoon sesame oil
- 6 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 3 medium garlic

##### **Pasta Salad**

- ½ cup peanuts
- ¼ cup cilantro
- 2 cups bean sprouts
- 3 green onions
- 3 medium carrots
- 1 medium red bell pepper
- 2 tablespoons salt
- 8 ounces broccoli florets
- 1-pound beef
- 1 pound penne pasta

**Method:**

1. In a 2-cup Pyrex mason jar, combine the garlic, sesame oil, salt, starch, soy sauce, spice, and pepper seasoning.
2. Mix in the tomato sauce until dry, then drizzle in the oil in a long, steady stream to create an emulsions dressing; chill until prepared to use.
3. In a big soup pot, bring 1 liter of water and two teaspoons of salt to a simmer.
4. Insert the spaghetti and cook until only tender, whisking frequently and incorporating the broccoli over the last moment.
5. Set aside as you finish cooking the rest of the salad ingredients.
6. Combine all salad ingredients in a big mixing bowl or a gallon-size zip pack.
7. When ready to eat, insert the dressing and toss it to cover.

### 3.11 Broccoli and Baby Corn Salad

It's crisp asparagus, corn, mixed tomato salad with a tangy cranberry dressing. The dressing is easy to make and has a lot of flavors. Baby Corn Bowl with Broccoli is a fast and easy way to mix up your green salad without having to spend a lot of time in the kitchen. To save time and effort, use packaged salad dressing instead of making your own. Add some fresh sprigs like cilantro and basil for more flavor or a dollop of rich, condensed milk for more enjoyment.

**Cooking Time:** 15 minutes

**Serving Size:** 6

#### Ingredients:

##### Salad Ingredients

- 1 large carrot grated
- ¼ cup cranberries
- 1 cup cherry tomatoes
- ½ can produce corn or corn
- 2 medium broccoli

##### Dressing Ingredients

- 4 tablespoon mayo
- 1 large garlic clove
- 4 tablespoon ranch

#### Method:

1. Broccoli should be chopped into small thin strips.
2. Merge sliced broccoli, two tablespoons sliced tomatoes, corn cobs, one red onion, and ¼ cup blueberries in a large mixing bowl.
3. Combine four tablespoon ranch dressing, four tablespoon mayonnaise, and 2 pressed garlic powder in a shallow mixing bowl or measuring cup.
4. Toss the salad with the dressing and adjust the seasonings to taste.

### 3.12 Ras Malai Recipe

It's saffron and cardamom-flavored Indian greek yogurt dumplings steeped in sweetening thick cream. Rasmalai is a regal treat that is often presented at marriages and on special events. Rasmalai is made up of two parts: rasmalai balls and sweetened milk. Rasmalai balls are made by boiling milk and then curdling it with lemon juice or vinegar. After draining the liquid from curdled milk, the proteins that remain are known as "chena" or "paneer." After that, the chena is mashed until it is creamy. The chena is then formed into little balls and put into boiling sugar syrup until cooked.

**Cooking Time:** 4 hours

**Serving Size:** 8

#### **Ingredients:**

##### **For Rabri**

- 5 almonds
- 10 cashews
- 2 tablespoons saffron milk
- 7 pistachios
- 1-liter milk
- ½ teaspoon cardamom powder
- ¼ cup sugar

##### **For Chenna**

- 2 tablespoon lemon juice
- 1 cup water
- 1-liter milk

##### **For Sugar Syrup**

- 8 cups water
- 1½ cup sugar

#### **Method:**

1. To begin, heat the milk.
2. In particular, stir in the lemon juice.
3. Drain and pinch the curdled milk to remove any extra water.
4. Start kneading after thirty minutes.
5. Also, make little balls and flatten them.
6. To begin, combine water and sugar.

7. Get the syrup to a boil for ten minutes.
8. Afterward, release the paneer balls that have been packed.
9. Cook for fifteen minutes with the lid on.
10.         Get the milk to a boil.
11.         Glucose, coriander powder, and saffron milk are also added.
12.         Put it in the fridge for another 2-3 hours.
13.         Place the chilled rabri over the balls now.
14.         Finally, add a few nuts as a finishing touch.

### 3.13 Besan Lado Recipe

A famous Indian treat is prepared with gram flour, icing sugar, and bacon fat called Cassava flour Ladoo or Besan Ke Laddu (ghee). Besan Ladoo is spherical sweet balls created by combining gram flour and oil, then adding butter to produce a thick cookie crust that is then molded into delightful, melt-in-your-mouth balls. Festivals aren't complete without sweets, and events aren't complete without ladoos in India. The roasted procedure is, in speaking, the most crucial element of preparing a good laddu. The items must be roasted long enough to be properly cooked while also releasing their fragrant characteristics. Correct roasting also helps achieve the desired dough consistency, allowing the balls to form and remain together.

**Cooking Time:** 35 minutes

**Serving Size:** 10 lado

#### Ingredients:

- ¼ teaspoon cardamom powder
- 2 teaspoons nuts
- ½ cup powdered sugar
- ¼ cup ghee
- 1 cup gram flour

#### Method:

1. Transfer the ghee to a heavy-bottomed pan and melt it over low pressure.
2. Transfer the poured besan to the pan until the ghee has melted.
3. On medium heat, continue cooking constantly.
4. Switch off the heat in the bowl.
5. Then stir in the cardamom powder.
6. Combine the sugar and peanuts in a mixing bowl.
7. Integrate all of the ingredients in a large mixing bowl before the sugar and nuts are thoroughly mixed.
8. Pinch a little bowl out of the dough now.
9. To make a circular shape, press, and roll across your palms.

## **Chapter 4: Vegetarian Indian Vegan Recipes**

These days, more people want to eat only vegan food than Non-veg because most Non-vegan dishes raise the fat amount in our body and take a long time to get digested because of certain health issues such as obesity, thyroid, weight gain. This chapter will study some of the vegan dishes, which are both nutritious and tasteful.

## 4.1 Ragi Rava Idli

Ragi Rava Idli is a healthier version of the classic Rava Idli, prepared using Ragi Semolina and Sooji. Ragi flour, also called millet flour, is blended with flour (rava) and seasoned with diced peppers, coriander, and curry leaves in this Ragi Rava Idli dish. It's a quick and easy Rava Idli recipe that provides a terrific diabetic and high-protein meal in India. It aids in preserving bone health and the prevention of osteoporosis that affects people who have low hemoglobin levels. It has a good amount of natural fiber and is gluten-free. Ragi idli is a nutrient-dense dish that is suitable for both youngsters and the elderly. These idlis are spongy, soft, and healthful.

**Cooking Time:** 50 minutes

**Serving Size:** 4 persons

### Ingredients:

- Idli rice 1 cup
- Flour 2 cups
- 1 cup dal
- ½ teaspoon seeds of fenugreek
- Salt if required

### Method:

1. Wash and soak seeds, urad dal, and fenugreek for 4 hours. For 5 hours, clean and rinse the rice independently.
2. Crush dal and seeds until they become sleek and creamy. Remove in a container, and set it aside.
3. Crush the rice to make it flour and add water to prepare a visibly rough mixture or batter.
4. Now add rice batter into a dal seeds mixture. Add salt and other spices all together until combined properly.
5. The strength of the batter should be close to the Idli batter.
6. Take the wet blender out of it and blend well with your fingertips.
7. Allow it to settle for some time. To keep it from spilling, use a wide vessel since it can double during fermentation.
8. Our batter Ragi Idli is set.
9. Warm the water in an idle or steamer vessel. Mix well the soaked ragi idli batter, pour a spoonful of idli batter into the oiled molds, and put it into the broiler pan.

10. Heat to cook for 20 minutes, or a toothpick placed in the idli core comes out clean.
11. After 5 minutes, extract it from the mold using a teaspoon submerged in water.
12. Serve the hot Ragi Idli with your option of chutney.

## 4.2 Dosa Dhania Palak

A balanced breakfast or even a midweek meal may be made with a tasty and healthy spinach and cilantro dosa dish. In Southern India, dosa is one of the most favorite breakfast dishes. At home, dosa is a daily staple, and there isn't a day when people don't have batters. Sambar is now a must-have breakfast in every Indian house, and it's frequently served with mango pickle. Different locations in South India give dosai/dosa a fresh, unique taste. Even the potato layer varies depending on where you go. The green and cilantro dosa is a healthier alternative that looks not only good but also tastes great and is a great breakfast choice for picky kids and adults.

**Cooking Time:** 10 minutes

**Serving Size:** 5

### Ingredients:

- 2 ½ cups rice, has to be soaked overnight
- 1 cup dal has to be soaked overnight
- One tablespoon fenugreek seeds
- Salt as per your liking
- Leaves of spinach and coriander
- Oil to use

### Method:

1. For the preparation of dosa, wash the rice, spinach, and coriander in water. Let the rice be completely submerged in water. Let it simmer for about six hours.
2. Drench the dal and fenugreek in water so that the whole dal is fully submerged in water. Let them simmer for about six hours.
3. When saturated, grind the dal into a fluffy batter. Only add sufficient water when grinding to turn it into a softer batter. The batter is going to appear fluffy. Put this batter into a bowl.
4. Crush the rice into a somewhat smooth batter, add only the amount of water needed to process. Using a lot of water would make it too watery for the dosa mixture. The rice batter can be slightly softer, but it must be extremely soft for the dal batter.
5. Merge the dal and the rice batter, add salt as per your liking and settle it

down for the batter fermentation process for at least overnight. You will note that the amount of the batter will have gone up. That is why you can position the batter in a wide jar.

6. In a blender grinder, blend spinach leaves and coriander to create a perfect paste and hold aside.
7. Stir rapidly with a spatula until the batter gets its thickness, and add the salt as per the flavor.
8. Now add the pasta and combine the vegetable mixture so that all is well absorbed.
9. Steam a dosa, and apply a few drops of oil. Lubricate the Tawa(pan) with a limited quantity of oil.
10. Take a batter handful and drop back down in the Tawa middle. Spread it uniformly in a clockwise direction into the outside.
11. Apply a few drops of oil from the edges and even in the middle. Fry the dosa till it gets brown at the bottom. And then serve it.

### 4.3 Rava Idli Sabbakki

Idlis produced with a mixture of semolina and sabakki are known as Sabbakki Rava Idlis. This delectable mix results in pillow-soft idlis that melt in your mouth. They're quick and simple to cook, and they're great for breakfast or supper. Because it is high in vitamin D, it provides a substantial benefit for bones and muscles. It also helps hypertensive people by lowering blood pressure. Furthermore, since it is an excellent source of carbs, it aids in weight gain and digestion. As a result, sabudana meals are often offered in India during fasting and other holy occasions.

**Cooking Time:** 12 minutes

**Serving Size:** 15

#### Ingredients:

- 1 Sooji cup
- 1 tablespoon mustard seeds
- Cumin seeds with one teaspoon
- 1 tablespoon Chana dal
- 1 tablespoon Black Dal (Split)
- Cashew nuts 1/3 cup, sliced
- 1 sprig of shredded curry leaves
- Ginger 1 tablespoon
- Asafoetida as per your liking
- 2 chilies, chopped
- Oil as per your use
- 2 tablespoons of coriander thinly sliced
- Salt
- ¼ cup Tapioca Perls
- 1 cup Curd, battered
- Oil for greasing

#### Method:

1. Firstly, simmer tapioca perls in enough water for two hours. Filter this and squeeze out the extra water using your fingertips, do not panic if it partially crumbles or loses its form.
2. In a moderate-flame pan, heat oil. Add seeds and let them vibrate. After

some time, add cumin seeds and dal mixture. Mix in a low flame until it becomes golden

3. Add hinges, curry, ginger, and chilies at this point and cook for 5 minutes, ensure that the products are cooked perfectly.
4. This helps the Rava idli mix to be processed for potential usage in an airtight bag. Add the Rava and roast, then switch off the flame after 5 minutes.
5. Heat water in idli steamer. Lubricate the molds of Idli.
6. Add Rava idli mixture, strained tapioca pearls, coriander leaves, salt per your liking, and yogurt in a bowl and mix and give it a nice blend.
7. Change the batter's consistency to a thick consistency.
8. Force the batter into the idli mold and heat for 15 minutes.
9. Sprinkle with some oil and serve it.

## 4.4 Sesame and Beetroot Thepla

The Beetroot and Chestnut Thepla is a must-try Asian bread that you will enjoy when served with subzi. The Indian flatbread is produced by combining wheat flour with grated beets and seasoning it with sesame oil, amchur powders, and coriander. It's stretched flat and grilled on a skillet with sesame oil on top at the end. Beetroot is essential to include in your daily diet since it includes potassium and magnesium. It's also an excellent source of dietary fiber, which is important in our daily diet. To create a healthy lunch, serve the Beetroot and Sesame Thepla with a Besan Kela Subzi, Gujarat Dal, and vegetables on the side.

**Cooking Time:** 25 minutes

**Serving Size:** 2

### Ingredients:

- 1 Grated Beetroot
- ½ cup of Ground wheat
- ½ cup of besan
- ½ teaspoon cumin powder
- ½ Amchur teaspoon
- ½ teaspoon powder of Garam masala
- One teaspoon mixture of Red Chili
- Oil as per you need
- Salt as per your taste

### Method:

1. Add all the herbs, salt, and ghee with the diced beetroot.
2. Also, add wheat and besan flour and squeeze a soft mixture with water.
3. Take a small portion and shape it into a thepla.
4. Heat the Tawa and put a thepla on it.
5. Heat it for about a minute and then turn it and heat about a minute but at the other side.
6. Serve it with curd.

## 4.5 Dosa Buckwheat

Buckwheat is among the healthier foods available and a pleasant, incredibly simple, and low-cost option. Buckwheat isn't technically a grain. The edible part is seeding from a plant related to rhubarb leaves. Buckwheat is gluten-free and packed in vitamins and minerals. This healthful and healthful dosa is easy to make and is a great substitute for bread. Buckwheat has a strong, somewhat nutty flavor that complements a wide range of fillings. This recipe calls for the batter to sit for at least 24 hours before mixing the flours with the water. They schedule it and start to stand over a period to be utilized the following day. The batter may be stored in the refrigerator for up to two days.

**Cooking Time:** 10 minutes

**Serving Size:** 10

### Ingredients:

- 1 cup of flour for Buckwheat
- ½ cup Oat flour
- ½ cup almond flour
- Water as your liking
- ½ tsp of salt

### Method:

1. To prepare a softer batter: whisk Buckwheat, oat, and salted almond flours. Cover and allow to remain in the refrigerator at room temperature overnight.
2. Add water and mix it well.
3. Set a temperature for the Dosa maker machine to setting 1.
4. To the upper and bottom cooking racks, grease it with a thin layer of oil. Pour a spoonful of batter in.
5. Cook for 3 minutes. Open to inspect the dosa, and cook for 1 minute if necessary.
6. Serve it.

## 4.6 Bengali Vegetable Form Pohe

Either Upma and Poha are common breakfast items in our house. They're easy to make and nutritious. Poha upma is a Southern India upma variety created using poha. There are just a few more famous poha dishes, such as Aloo poha. Poha is a popular breakfast dish with a gentle sweetness flavor. The inclusion of raisins and veggies in the Bengal Chirer Pulao makes it a nutrient-dense meal that is also a healthy option for school lunches. Prepare the Bengali Chirer Pulao Recipe for the morning with a steaming cup of Masala Tea or as a lunchtime snack in the evening.

**Cooking Time:** 40 minutes

**Serving Size:** 4

### Ingredients:

#### For Batter

- Maida ½ cup
- ½ semolina cup
- 1 tablespoon of sugar
- 1 tablespoon of shredded fennel seeds
- Evaporated milk 350ml
- Oil as per your needs for frying

#### For Sugar Syrup

- 1 cup of drinking water
- Four green cardamom
- 1 cup of sugar

### Method:

1. Get all the items specified for a batter in a medium bowl and blend them properly so that no chunks are there. Add just a little milk if you like it is too dense. Let it rest for some time.
2. Put the ingredients for sugar sauce in a saucepan and cook them together until you have syrup of one string.
3. Hot enough oil in a pan to deep fry.
4. To shape a tiny pancake of 2 diameters, pour a spoon of flour in the liquid.
5. Fry on medium fire. Cook and turn one side over.
6. Suppose all sides turn brown, remove with a spatula, and indulge in

- sugar syrup instantly. Leave for 1 minute to full.
7. Remove hot, and serve it.

## 4.7 Garlic Mushrooms

Pan-seared Garlic Mushrooms are a popular side dish at restaurants, bistros, pubs, and steakhouses across the globe, as well as in people's homes. You'll adore this quick and simple 10-minute side dish that goes with just about everything! It's low-carb and Keto-friendly. Garlic mushrooms are usually cooked with butter and garlic, thus the recipe's name. The additional components we add, on the other hand, will make you even happier! Because a little more zing never harmed anybody! Mushrooms are so flexible that you can even shove them inside chicken breasts! Alternatively, keep it simple and put them on cakes (or garlic bread). White wine and onion are two extra (and optional) components that set this dish apart from other garlic mushroom recipes.

**Cooking Time:** 1 hour

**Serving Size:** 3

### Ingredients:

- 2 tablespoons of butter
- Oil: 2 tablespoons
- A quarter cup of finely sliced onion
- 1 cup of mushrooms button
- 2 tablespoons of finely ground garlic
- 2 tablespoons parsley fresh
- ½ teaspoon thyme
- Oregano ½ tablespoon
- Red chili flakes as per your taste

### Method:

1. In a non-stick skillet, add oil and butter and cook over low or moderate heat.
2. Add onions in it and stir fry for 3 minutes.
3. Include the mushrooms and fry until it turns out to be light brown.
4. Add all the spices and stir and cook it well.
5. Cook until it is flavor-some with garlic. Be alert not to let the garlic burn.
6. Add the rest parsley and turn off the heat easily and enjoy it.

## 4.8 Rajma Chawal

Rajma is a vegan meal from the Indian subcontinent that consists of red kidney beans cooked in a rich sauce with a variety of Indian fresh herbs and served over rice. While kidney beans are not native to the Indian subcontinent, they are a staple in Northern India's cuisine. Rajma is a Punjabi dish cooked with kidney beans, shallots, peppers, and softly spicy, creamy, and tasty spices. The fragrant and savory masala foundation is cooked down to a wonderful gravy texture with additional water and then completed with some cream. The classic (and most prevalent) way of cooking rajma curry is followed in this rajma dish. There's no way this easy and delicious meal can go wrong if you read the directions to the mark.

**Cooking Time:** 45 minutes

**Serving Size:** 4

### Ingredients:

- 1 tablespoon black pepper
- 1 tablespoon ghee
- 1 tablespoon garam masala powder
- 1 black cardamom
- 1 cup red kidney beans
- 1 tablespoon cumin powder
- Salt as required
- 1 tablespoon garlic
- 2 chopped green chili
- 2 large tomato
- 1 cup rice
- 2 clove
- 3 tablespoon mustard oil
- 2 large onion
- 1 cinnamon stick
- 2 green cardamom
- 1 teaspoon ginger
- 1 tablespoon black pepper
- 1 tablespoon coriander powder

### Method:

1. Rajma should be washed.
2. Pressure cook with 2 cups sugar, one tablespoon salt, and turmeric.
3. Finely cut the onions and set them aside, as well as the tomatoes, which should be grated and set aside.
4. Get a spice, onion, and sweet chili paste.
5. Add mustard oil to a depth skillet.
6. Cook until lightly browned, then add the onions.
7. Heat on medium for 4-5 minutes after adding the tomatoes.
8. Combine the ginger, cloves, and sweet chili sauce, as well as the spices.
9. Cook until the spices are fragrant and the oil begins to run down the sides of the pan.
10.           Now insert one cup of hot water and the rajma.
11.           Pour the rice into the water.
12.           Strain the water until the rice is soft and doubled in size.
13.           Enable the rice to cool for 2-3 minutes after spreading it out on a pan.
14.           Serve immediately with the Rajma that has been prepared.

## 4.9 Chana Masala

The cuisine chana masala comes from the Indian subcontinent. The major component is chana or Kala chana, a chickpea type. With creamy chickpeas, fresh powder seasonings, onions, tomatoes, and herbs, this Gujarati Chana Masala is a traditional North Indian Chickpeas Currie. The nutritional advantages of chickpeas, which are high in protein, vitamins, and fiber, make chana masala a natural vegan meal. Chickpea curries are prepared in a variety of ways across India. Increase the amount of red chili powder, green chilies, and curry paste powder to acquire the additional spice and heat if you enjoy spicy dishes.

**Cooking Time:** 35 minutes

**Serving Size:** 4

### Ingredients:

- Lemon wedges
- Fresh cilantro
- 1 large can of tomatoes
- 2 cans chickpeas
- 1 cup basmati rice
- ½ teaspoon turmeric
- Pinch of cayenne pepper
- 2 tablespoons coconut oil
- 1 ½ teaspoons coriander
- ¾ teaspoon cumin
- 1 onion
- 1 tablespoon ginger
- 1 ½ teaspoons garam masala
- ½ teaspoon fine sea salt
- 5 cloves garlic
- 1 serrano

### Method:

1. Prepare the rice. Remove the cap and fluff the grain with a spoon, seasoning to taste with kosher salt.
2. Add the oil in a small Dutch oven or big saucepan over medium-low heat.

3. Combine the carrot, chilies, and salt in a mixing bowl.
4. Cook for about five minutes or until the onions are soft.
5. Cook for 30 seconds to 1 minute, till the cloves and spice are fragrant.
6. Cook, stirring continuously, for the next minute after adding the spices.
7. Toss in the tomatoes, along with their juices.
8. Add the lentils and boost the oven temperature.
9. Take the combination to a low boil, then reduce to low heat.
10.           If needed, season with more salt to taste.
11.           If chosen, pour over basmati rice with a lemon slice or two and a sprinkling of dried basil leaves.

## 4.10 Masala Dosa

Masala dosa is a spin-off of the iconic Southern India dosa, which originated in Karnataka's Tuluva Mangalorean food. Rice, beans, potatoes, mustard, ghee, and curry leaves are used to make this dish, which is eaten with chutneys and lentils. Masala dosa is a spicy and flavorful potato mixture filled with crispy rice and lentil pancakes. Lentils and grain batter are soaked and ground to make this dish. The dosa's distinctive soft and crispy consistency is achieved by fermenting the crushed batter overnight. Masala dosa is a famous Southern India tiffin snack that is popular both in and outside of India. Masala dosa is also available on the menus of several North Indian eateries. Making masala dosa is a time-consuming task, but it is well worth it.

**Cooking Time:** 1 hour

**Serving Size:** 10

### **Ingredients:**

#### **For the Dosa Batter**

- ½ teaspoon salt
- Vegetable oil
- One teaspoon fenugreek seeds
- ½ cup urad dal
- 2 cups short-grain rice

#### **For the Potato Filling**

- 1 ½ pounds potatoes
- ½ cup cilantro
- 4 garlic cloves, minced
- 2 small green chiles
- 1 tablespoon grated ginger
- 8 curry leaves
- 3 tablespoons ghee
- ½ teaspoon turmeric
- Pinch of asafetida
- 1 teaspoon mustard seeds
- 1 medium onion
- ½ teaspoon salt
- 2 small hot red peppers

- ½ teaspoon cumin seeds

### **Method:**

1. In a pan, clean the rice thoroughly and coat it with 4 cups of ice water.
2. In a small container, combine the urad dal and fenugreek nuts, rinse properly, and cover cold water.
3. In different colanders, drain the rice and the dal-fenugreek combination.
4. Fill a stick blender, mixer, or wet-dry slicer halfway with rice.
5. In a large mixing dish, combine two blends.
6. Add enough water to make a medium-thick mixture by whisking it together.
7. There should be around 6 cups total.
8. In a large skillet, melt ghee over medium-high heat.
9. Toss in the potatoes and half a cup of water.
10. Heat, constantly stirring, for around five minutes, or until the fluid has faded away.
11. Set a broiler pan or cast-iron pan over medium heat to create dosas.
12. ½ teaspoon oil drizzled over the edge.
13. Allow dosa batter to color on one side only until the outer layers start to look clean, about two minutes.
14. Marginally deflate the potato blend. Cook and serve right away.

## Conclusion

Indian food can be thrilling and daunting, with all its exotic products, unfamiliar sauces, and tongue-tingling tastes. It is a complete world of taste. To get a titillating culinary experience, you mix many strategies from other cuisines and incorporate mysterious spices. Do not be afraid to start cooking Indian food at home. First, the different dishes and flavors that make up Indian food are important to consider. The food in India is as popular as you can find in Europe. All are entirely new, and the only element that links is a judicious awareness of the usage of spices. In history, geography, and environment, variety can be seen in India's cuisine. Spices are a crucial part of the preparation of food and are used to increase a dish's taste. For the proper preparation of Indian cuisine, accurate usage and combining of aromatic spices are essential. Also, oil is an essential part of cooking, be it mustard oil in the north or coconut oil in the south. Vegetables differ according to season and area. The vegetables are cooked as a main dish. Indian Food has an extra advantage for vegetarians. It is one of the most comfortable cuisines around for them. Judicious application of seasoning and sauces bring the taste of potatoes, cauliflower, spinach, and eggplant. Keep things easy at home as you start. Prepare foods, explore with ingredients, and use these dishes to enjoy a healthier and more enjoyable life.