

VEGETARIAN INDIAN COOKBOOK



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INDIA VEGETARIAN COOKBOOK

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INDIA CULTURE

India is famous all over the world because of its culture. Different cultures thrive in India from north to south and east to west. India has received the crown of unity in diversity around the world only because of its culture. Any country is recognized by its culture. Culture means the way the people of that place live there and spend their lives.

The main thing in the culture is how the people there dress, what they eat, how they worship and what is the language of talking among them.

India is identified with the same cultures that take a new form every hundreds of kilometers. People of different religions live in India, who belongs to many castes. Every Indian follows his culture and carries it forward.

Indian culture is one of the oldest civilizations in the world. The Indus Valley or Harappan civilization flourished in India from 3300 BCE to 1300 BCE. In India, people of different origins live in peace and with

love. Indians celebrate many festivals together whether it is Diwali, Christmas, Guruparva or Eid.

Every person in India respects the religion of another person. Living together is a wonderful art of the people of India, every person in the country gets complete freedom and the opportunity of equal status is realized.

Through this article, we will look at some important links related to the culture and civilization of India.

FESTIVAL

People of different religions live in India who follows different customs. Many festivals are celebrated in every religion. In India, everyone is in the sorrow and happiness of others, and celebrates their festival with enthusiasm.

RELIGION

There are mainly four religions in India, which include Hindu, Muslim, Sikh and Christian. Many other religious people also live in India; those religions are Jainism, Buddhism, Ambedkarism etc. India is a country where people of all religions live together in love and goodwill. All people respect each other's religion and customs and live in harmony with goodwill.

- **Hinduism** - This is the oldest religion in India and this religion started from India itself. This is considered the highest religion in India. Most of the sacred places of Hinduism are located in India. In Hinduism, worship is done in temples. Hindus consider the Gita to be a holy book. About 80 percent people in India believe in Hinduism.
- **Muslim religion** - Peace religion in India is also widely believed by people in Islam. This religion is also a major

religion in India. Those who follow this religion, offer prayers in the mosque. India has the highest mosque in the world. Muslims consider the Quran as a holy book and follow it. About 13-15 percent of Indians are Muslims.

- **Christianity** - Saint Thomas preached Christianity in India. The Bible is read in this religion. A large population in India follows this religion. This religion is worshiped in the church.
- **Sikh** - Gurugranth Sahib is worshiped in Sikhism. Guru Nanak Sahib created this religion. Archana of this religion is done in Gurudwara.

WEDDING

There are basically two types of weddings in India. Love marriage or coherent marriage. The practice of consistent marriage has been going on for a long time in India. Marriage is decided by parents in a coherent marriage. In this marriage, there is not much contact between the boy and the girl before marriage.

The practice of love marriage has started in India after modernity. In such marriages, boys and girls choose for themselves the spouse. In this era of modernity, most Indians are adopting this marriage.

Some main buildings of India

India is a country of differences, where there is also natural variation. Many buildings in India have been declared as World Heritage by UNESCO. These include buildings across the country.

Taj Mahal - Taj Mahal is located in Agra, Uttar Pradesh state. This palace was built by Shah Jahan in memory of his begum. Taj Mahal is one of the biggest places to visit around the world. Taj Mahal is made of marble. It is part of the Seven Wonders of the World.

Great Himalayan Park - This wonderful park is located in the state of Himachal Pradesh. This park is established in the highest mountain of OD.

Elephant Cave - These caves are found near the place called Shirdi in Maharashtra. This cave is a giant and was built by human hands.

LANGUAGES

In our country it is believed that water changes every thousand meters and language changes with water. Many languages are spoken in India. In which Hindi language is spoken almost all over India. Almost every state in India has a different language. There is a glimpse of the culture of India in every language. Sanskrit language is one of the ancient languages of India.

Apart from this, India is home to languages like Punjabi, Urdu, English, Marathi, Malayali, Tamil, Assamese, and Kannada.

COSTUMES

Every state, every religion wears costumes according to its civilization. There is a different traditional type of clothing everywhere in India. Indian people wear both foreign and native clothes.

When a child is born, it is worn with a cloth that can cover its entire body. This type of cloth is called diapers.

Traditional costumes of India include kurta pajamas, sarees, suits etc. The sari is a female garment which is about six meters long. In India, this garment has been trending since men and it is considered to be the most comfortable garment for women.

Indian saris have a different influence all over the world. Every foreign woman who comes to India once wears a sari. There are many types of sarees in India such as Banarasi, silk sarees etc. Women wear this garment on festivals and special days.

Kurta is famous in India for men, which is worn with lungi. The lungi is wrapped around the body.

FOOD AND DRINK

Every state in India has a special mode of catering. Every type of food is available in India, whether it is chili or sour. Different types of food are available in all four directions of India. The method of preparing every food in the country is different.

Indian food is the most different in the world. There is a belief in India that if food is made with love, its taste is different. Every corner of India will have a different taste of food; there are no two places where the food tastes the same.

Spices of India are well-known all over the world. Indian cuisine has different types of dishes in every direction. Every festival has a different type of dish in our country which is very breathtaking.

rites and customs

In India, elders are respected by touching their feet. In India, their feet are greeted by greeting their elders. Blessing of the big bourgeois is taken before doing some important work and on festivals and important days. After waking up every morning, the elders are greeted by touching their feet. In our country, the conversation starts with a Namaste, it is considered a symbol of respect.

Fasting - The tradition of India involves fasting. Fasting in Hindu and Muslim religions is considered sacred. In Hinduism, some festivals are fasted such as Janmashtami, Shiva Ratra, Navratri and Karva Chaith. The fast of Karva Chaith is kept for the long life of the husband, in which women fast without eating anything. The same fast is kept in the Muslim religion, in which fasting is to be observed during the month of Ramadan.

In India, it has been said that the guest should be served whole heartedly.

WAY OF LIVING

There have been joint families in India since old times, but during this change people have started living in the original family. India is a country which is bringing change in itself over time. Joint family and parent family have their own importance and both are very important for our society.

Joint family - Many generations of people live together in this type of family. Mostly three to five generations when living together and the eldest senior member is the head of the family. He takes all the important decisions of the family. To live together in Indian culture means respect.

Native families - In today's times, the trend of original families has increased. People come out to find work and start living in the same place.

The difference between both types of families - Both types of families are good for culture and society. In the joint family, we get the experience of seniors, in the same family, we realize our responsibilities and we are able to work independently.

THE FILMS

India's cinema industry is the largest industry in the world. Many films are produced every year in India. This industry is the oldest. It started in the year 1913. The director of the first film was Dadasaheb Phalke and the name of the film was Raja Harish Chandra.

Apart from Bollywood in India, many other states also have their own film industry. All states make different films according to their language and region.

Southern glimpse into Indian culture

In today's era, there is competition for modernity everywhere and everybody wants change. For this reason, some major things of

India have changed such as how the way of wearing clothes; jeans and tops are worn in India today. They are also more comfortable and they are also easier to wear.

The largest Indian population in the world speaks English. Getting hold of English language helps in getting good job. Today, the trend of Indians is being drawn towards southern songs and dances. Earlier people used to celebrate festivals by staying at home, but today everyone likes to spend time with family members and celebrate various festivals.

Apart from all this, Indian culture and civilization is still in a strong position in the world. People of all countries are trying to adopt Indian culture.

FEATURES OF CULTURE

Following are the salient features of Indian culture:

ANTIQUITY

Indian culture is one of the oldest cultures in the world. The rock paintings found in Bhimbetka in Madhya Pradesh, excavations in the Narmada Valley and some other ethnographic and archaeological evidences have proved that India land has been the oldest work place of humans. It is also evident from the details of the Indus Valley Civilization that about five thousand years ago, a high quality culture had developed in a large part of Northern India. Similarly, the Indian culture reflected in the Vedas is not only a proof of antiquity, but it is also a great expression of Indian spirituality and thinking. Rome and Greek culture from Indian culture to ancient and Egypt based on available evidence, is considered contemporary with cultures like Assyria and Babylonia.

CONTINUITY

An important feature of Indian culture is that even after thousands of years, this culture is still alive in its original form, while the cultures of Egypt, Assyria, Greece and Rome have almost forgotten its original form. In spite of some changes, there has been such a continuity in the basic elements of Indian culture, values of life and the method of speech, that even today, millions of Indians feel themselves connected to those values and thinking systems and get inspiration from it.

FLEXIBILITY AND TOLERANCE

The tolerant nature of Indian culture has given it longevity and stability. There is hardly as much tolerance in any culture of the world as is found in Indian culture. Whenever a situation of inertia was created in this flexible form of Indian culture, some great man gave it dynamism and set its tolerance in a new aura.

RECEPTIVITY

Due to the tolerance and generosity of Indian culture, a receptive tendency got an opportunity to develop in it. In fact, in a culture where the basis of democracy and stability is broad, the tendency towards receptivity naturally arises in that culture. In our culture, the original inhabitants here lost their identity by merging the process of coordination as well as people of species like Shaka , Hun , Unani and Kushan coming from outside .

The advent of Islamic culture in India also came through Arabs, Turks and Mughals. Despite this, the Indian culture remained separate and the Indian culture did not hesitate to accept some good things from the newcomers. The same situation also applies to the Christian culture developed in India due to the arrival of European castes and the British Empire. Although these cultures are now an integral part of Indian cultures, the nature of 'Indian Islam' and 'Indian Christian' cultures is somewhat different from other Islamic and Christian religions of the world. The fundamental reason for this difference is that most Muslims and Christians in India Originally, Indians are residents of the land. Perhaps this is why there was no change in their social environment and cultural behavior and Indianness became their identity.

COORDINATION OF SPIRITUALITY AND MATERIALITY

In the Indian culture, with the ashram-system, four purusharthas like religion, artha, kama and moksha have a special place. In fact, these efforts made an amazing coordination of materiality with spirituality in Indian culture. In our culture, religion was associated with both the physical and ecological aspects of life. Religion calls those principles, elements and life systems, so that mankind can make their cosmic life happy by developing divine powers and can experience individual peace after death. The body is mortal, the soul is immortal, this immortality is associated with salvation, and to

achieve this salvation, it is also necessary to make efforts for artha and Kama. Thus, in Indian culture, religion and salvation are interrelated with the spiritual message and the material imperative of meaning and work. This syncretism of spirituality and materiality reflects that specific concept of Indian culture, which was created by the Indian mystics to make this folk and the hereafter happy. Other cultures of the world do not worry about happy human life. Through the complete genres of literature, music and art, this spiritual and physical co-ordination of Indian culture can be easily understood.

UNITY IN DIVERSITY -

Geographically, India is a country of diversities, yet its existence as a culturally entity has existed since ancient times. In this vast country, the mountainous terrain of the north, which extends to the Brahmaputra in the east and the Indus rivers in the west? Along with this, the fertile agricultural land of Ganga, Yamuna, Sutlej, Vindhya and plateau terrain covered with forests of the south, Thar Desert in the west, coastal region in the south and Assam and Meghalaya in the east Includes picturesque area of overflow. Apart from this geographical variation, economic and social variation also exists in this country. In fact, due to these differences, many cultural subsections have developed and flourished in India.

Despite many variations, India has been a separate cultural authority. The Himalayas have been a symbol of the pride of the whole country, so the people of the rivers like Ganga - Yamuna and Narmada have been praising it since ancient times. Rites of birth, marriage and death are common throughout India from North to South and East to West. There is also commonality among various customs, practices and festivals. There is a diversity of languages, yet there is a surprising similarity in the fundamental forms of music, dance and drama. The seven tones of music and the trital of dance are equally popular throughout India. India is a continent of many religions, sects, beliefs and different beliefs and beliefs; however its

cultural set and the nature of unity in diversity has been a matter of astonishment for other countries of the world.

VEGETARIANISM IN INDIA

Among those interested in India, it is widely believed that all adherents of Hinduism are vegetarians. But, firstly, those who don't eat meat because they can't afford it can't be called true vegetarians, and most among Hindus. And secondly, it would be a mistake to call Indian vegetarianism purely "ethical". Various reasons led to it, which we will now examine in detail.

Let's start with the times far from us. So that the current authors of Vedic cooking publications and recommendations for "Vedic women" and "Vedic men" would not approve there, the creators of the Vedas were not vegetarians. The sacred texts themselves speak about this (I give a couple of examples, but there are much more):

The fact that in the Vedic period meat-eating was widespread is also evidenced by grhyasutras, texts dating from the middle to the middle of the first millennium BC. e., dedicated to the home ritual. From these prescriptions, it can be seen that the Indians were not vegetarians during the Grihyasutra period. They did not refrain from

taking meat food if it brought them physical and spiritual strength. The grhhyasutras are even more saturated with Vedic ideas of animal sacrifice and meat food. Therefore, they recommended eating meat. However, a trend towards vegetarianism later emerged.

Why did this trend manifest itself? Let's try to figure it out.

1. Ethical reasons for vegetarianism.

They are associated with the introduction into the public consciousness of the Ahims principle ("harmlessness"). This happened around the turn of the epoch, when Buddhism was strong in India and the Hindu reformation began (in the course of which important borrowings were made from Buddhism). It is worth mentioning Emperor Ashoku - the man who made Buddhism a world religion. It wouldn't be an exaggeration to say that he (including by personal example) more than others contributed to the fact that the Ahimsa became an important part of the Indian worldview.

At the same time, the process of "vegetarianization" of the Indians was not so fast. So, in the "Arthashastra", the rules for keeping slaughterhouses and storing meat are set forth, and a variety of ancient Indian sources mention various meat dishes.

2. Climatic causes of vegetarianism.

In the south, it is easier to do without meat than in the north. Ethnographic studies conducted in different regions of India show that in time in North India meat products are consumed much more often than in the rest of India. Interestingly, while in India as a whole, people belonging to high castes, primarily Brahmins almost do not eat meat, then in Kashmir and Himachal Pradesh this is not so, even the Brahmins here are mostly not vegetarians.

In addition to the fact that the natural need for meat in the relatively harsh conditions of the North of India (primarily mountainous regions) is much higher, it is much easier to store meat for a long

time, which, for example, in the conditions of South India before the era of refrigerators, was very problematic.

In addition, mountain residents, for obvious reasons, are not able to live off crops and, if they did not eat meat, then what would they eat?

3. The economic causes of vegetarianism.

The spread of vegetarianism is directly related to the agricultural structure of the economy, to which the Aryans switched. It became unprofitable to kill animals and, first of all, cows. And if, for example, in the Aryans of the Vedic period, the bride's father in honor of the groom, arranging an argha ceremony (meeting the groom) sacrificed a cow in honor of the guest, then already during the grihyasutra the killing of the cow for treating the guest became optional, and during the Purana period (approximately from the 3rd century AD) it was already completely forbidden.

Why is it more profitable for Indians to have a live cow? Everything is simple. How much meat will one cow give? Not so much. And given that in hot climates this meat cannot be stored for a long time? A live cow is milk and butter. Bulls are draft animals.

But this is not the main thing. It is much more important that in connection with the deforestation of the Indo-Gangetic lowland that began a couple of thousand years ago, "only an abundance of cows allowed the Indian village, in conditions of extreme scarcity of firewood, to solve the fuel problem by producing dung" ("Ethnography of the nutrition of the peoples of Asian countries" edited by Arutyunov, 1981). Cow dungs are both fuel and building material.

It turns out that a live cow is economically much more profitable.

A combination of all three causes led to the development of vegetarianism in India. Currently, most Indians of the higher castes are vegetarians. The lower the caste, the less strictly vegetarianism is observed. And let's not forget about forced meat eaters

(highlanders) and forced vegetarians (the poor, who would like to eat meat, but cannot afford).

Thus, we have found out the main circumstances that affect vegetarianism in India:

- Moral
- Environmental
- Economic
- Medical

Speaking about the healing factors regarding the vegetarian diet, we cannot but mention Ayurveda - the ancient system of Indian alternative medicine and philosophy. Let's talk about this in more detail.

AYURVEDA

Ayurveda is a concept aimed at harmonizing the physical body, spirit, mind and psyche - if all these factors are in harmony and balance, then a person has good health and well-being. Violation of even one of them can lead to various diseases.

Most of the medicines used to treat Ayurveda are made from herbs and natural ingredients. Also, metals and minerals are used as medicines.

Proper nutrition plays a crucial role in the treatment of various diseases - doctors prescribe a specific diet for patients. According to Ayurvedic medicine, food tastes have properties that can also have the necessary therapeutic effect. There are six different tastes in total:

- Sweet reduces the level of bile in the body, nourishes tissues, prevents fainting, and has a rejuvenating effect. This taste includes honey, nuts, milk, rice, legumes, and butter.
- Salty foods such as salt and seaweed stimulate the digestive system and can be used as a laxative.

- Bitter cleanses the body of toxins and parasites, reduces body weight, eliminates bad breath, and positively affects intellectual activity. Various herbs, such as aloe, spinach, lettuce, sorrel, chicory, belong to this taste.
- Acute is an antiparasitic and antispasmodic, reduces swelling and the amount of fat in the body. Here we can include all spices, herbs, spices.
- Sour helps to quench thirst, rapid digestion, has a beneficial effect on the vascular and digestive systems. These are all sour fruits, pickles, tomatoes, cheese, soy sauce, sour cream.
- A viscous taste, or astringent, cleanses and whitens the skin of the face and body, as well as blood. This type includes bananas, black currants, cabbage, pomegranate, chickpeas, and honey.

One of the main rules in eating food is to eat foods of different tastes in moderation, in small quantities and approximately the same proportions - this approach will provide the body with a healthy and balanced diet, which will have a beneficial effect on the general condition.

Ayurveda does not prohibit meat, but it advises eating more plant foods, fruits, nuts, seasonings and dairy products. Everyone drinks milk in India - it is believed that it is healthy, accessible to all and obtained peacefully.

In general, as we can see, Indian vegetarianism is based on Ayurvedic principles of nutrition, so it is obvious which foods are most consumed by Indians.

NATIONAL DISHES

We talked about the motives of vegetarianism of the Indians and the system on which their diet is based. Now let's find out about the interesting Indian dishes that the locals eat. So what is worth a try if you find yourself in India?

First of all, this, of course, gave - the most famous Indian soup. It is prepared from lentils or peas, which are boiled heavily, and then ginger, turmeric, coconut milk, curry, tomatoes, fried onions, garlic are added to the resulting mass.

This dish is very satisfying, so get ready for the fact that it alone will be enough to completely satisfy your hunger. It is also interesting that dal can be served with rice as a sauce. It is also worth paying attention to the fact that this is a very spicy food.

Pacora - vegetables baked in batter with an abundance of seasonings. Basically, they put potatoes or cauliflower as the filling, but they can use any other vegetables that are at hand.

Poha is an Indian popular snack that consists of fried rice flakes with onions, asafoetida, mustard seeds, cashew nuts, turmeric, chili pepper, sugar and salt. This dish can be served with fresh tomatoes.

The dish is prepared very simply and quickly, so it is often used when you just want to have a bite, and also eat it in the morning for breakfast.

Indian cuisine is also known for its dough cakes, which are served with main dishes - flour products are also loved by local residents. They can be eaten with tea.

Here Are Lists Of India Vegetarian Recipes

INDIAN SUMMER SALAD



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 130 KCAL
- SQUIRRELS: 1.9 GRAM
- FATS: 9.3 GRAM
- CARBOHYDRATES: 10,2 GRAM

INGREDIENTS

- Carrot - 3 pieces
- Zucchini - 2 pieces
- Radish - 1 bunch
- Red onion - ½ heads
- Olive oil - 2 tablespoons
- Mayonnaise - 1 tablespoon
- Dijon mustard - 1 teaspoon
- Fresh mint – taste
- Salt – taste
- Ground black pepper – taste

PREPARATION

1. Beat vinegar, mustard and mayonnaise into a homogeneous mass. Gradually stir in olive oil, salt and pepper.
2. Grate the carrots on a coarse grater, chop the onion finely, cut the radish into thin slices, the zucchini - into strips. Mix vegetables, add leaves of fresh mint. Dress with sauce, mix well.

RECIPE TIP: Any vegetable in this salad, if desired, can easily be replaced with chopped fennel, finely chopped fresh broccoli, yellow or red pepper.

EGGPLANT STEWED IN SOUR CREAM WITH BELL PEPPER



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 256 KCAL
- SQUIRRELS: 8.3 GRAM
- FATS: 9.8 GRAM
- CARBOHYDRATES: 35.5 GRAM

INGREDIENTS

- Eggplant - 2 pieces
- Tomatoes - 2 pieces
- Bulb onions - 2 heads
- Bell pepper - 2 pieces
- Sour cream - 5 tablespoons
- Salt – taste
- Ground black pepper – taste

PREPARATION

1. Cut the eggplant in slices 1 cm thick, salt, let stand for 10 minutes, squeeze.
2. Put the onion, pepper, tomatoes, eggplant, sliced in strips, in a glass saucepan, stew under the lid for 6 minutes, add sour cream, pepper and stew for another 2 minutes.

RED LENTIL SOUP WITH SPICES AND CILANTRO



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 283 KCAL
- SQUIRRELS: 10,2 GRAM
- FATS: 16,4 GRAM
- CARBOHYDRATES: 22 GRAM

INGREDIENTS

- Red lentils - 1 cup
- Water - 5 glasses
- Melted butter - 2 tablespoons
- Cumin (Zira) - 1 teaspoon
- Black mustard seeds - 1 teaspoon
- Asafoetida – pinch
- Garlic - 2 cloves
- Turmeric - 1 teaspoon
- Curry leaves - 5 items
- Masala - ½ teaspoon
- Salt - ½ teaspoon
- Cilantro - 1 bunch

PREPARATION

1. Rinse the lentils twice and soak overnight.

2. In the morning, drain the water. Place the lentils in a saucepan, pour 4 cups of water, and bring to a boil and cook, not closing, over medium heat for 30 minutes. Stir occasionally to avoid sticking to the bottom. Add a glass of water and cook for another 15–20 minutes or until lentils are soft. Then set aside.
3. Prepare masala (spice mix): take 1 teaspoon of cloves, 1 teaspoon of cardamom, 1 teaspoon of black pepper, 5 bay leaves, 1 teaspoon of cinnamon, 5 teaspoons of cayenne pepper (the amount can be changed to taste). Fry each spice separately, then carefully grind and mix all the ingredients. Keep closed.
4. Add mustard, cumin and asafoetida seeds to the melted butter or vegetable oil heated in a ladle or in a small frying pan. When the seeds begin to crack, add, stirring, the garlic and fry it until a faint brown. Now add the crumbled curry leaves, chopped cilantro, turmeric and masala. Stir quickly.
5. Then mix this mixture into the soup. Salt and add the remaining water or as much water as needed for the desired density of the soup. Cook after boiling for 2 minutes and serve with rice and chapati or bread.

RECIPE TIP: Passing garlic helps to get rid of the gas-forming action of lentils. This dish is well suited for people with flu or diarrhea. Red lentils are a rich source of iron, and therefore useful for hematopoiesis and cleansing the liver.

INDIAN LENTIL MASURDAL SOUP



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 476 KCAL
- SQUIRRELS: 15.9 GRAM
- FATS: 26.2 GRAM
- CARBOHYDRATES: 40.9 GRAM

INGREDIENTS

- Red lentils - 250 g
- White onion - 1 piece
- Carrot - 1 piece
- Tomatoes - 1 piece
- Grated ginger - 1.5 teaspoons
- Garam Masala - 3 teaspoons
- Turmeric - 1 teaspoon
- Chilli - 1 teaspoon
- Garlic - 3 cloves
- Cream 20% - 50 g

PREPARATION

1. Put the lentils on the fire - for such an amount a little more than 1 liter of water is required. If you have a vegetable broth, it's even better (it's a vegetable broth! Indians are mostly vegetarians). Once it boils, add 1 teaspoon of garam masala and salt.
2. While the lentils are boiling, it's time to make a roast for the soup - consider it, create its soul, character. To do this, preheat

ghee in a pan, add all the spices there - the remaining 2 tablespoons of garam masala, turmeric, chili (if you use Russian chili, you may need another teaspoon; preferably Asian, of course) and grated ginger. Hold them in the pan for a while, stirring vigorously.

3. Chop onions finely (we used 2 medium onions), garlic, grate carrots (the size is slightly larger than average). Add to the pan to the spices. Fry it all together. The mixture at some point may seem a little dry - in this case, you can safely add more melted butter.
4. Peel a tomato (we had a strong one; 2 pieces of medium size are also suitable) - this is easier than it seems: make a few cuts on the base and on the tip and throw the poor fellow in boiling water. In a minute, the skin itself will try to save by flight - the main thing is not to overstrain the tomato in boiling water - otherwise it will turn into porridge ahead of time. Diced peeled tomato. This is the final chord for our roasting.
5. Meanwhile, lentils are ready to get enough of India's amazing aromas and flavors. Feel free to add the contents of the pan to the soup. Now all the ingredients need to get married - give them time, do not rush things. Stir occasionally, leave on low heat for 10-15 minutes. In my personal opinion, such a dish is impossible to digest. After 5 minutes, opening the lid of the pan, you will fill the kitchen with the smells of the mysterious east. When there is no strength to wait, turn off the heat and pour in the cream.
6. Sprinkle finely chopped cilantro before serving. Needless to say, the next day the dal will be even tastier and richer. Bon Appetite!

SESAME BALLS



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 805 KCAL
- SQUIRRELS: 19 GRAM
- **FATS: 63.6 GRAM**

INGREDIENTS

- Sesame seeds - 200 g
- Powdered milk - 90 g
- Coconut flakes - 50 g
- Vanilla sugar - 1 teaspoon
- Powdered sugar - 90 g

PREPARATION

1. Melt the butter; fry the sesame seeds in it (about 110 grams) until golden brown, cool.
2. Mix milk powder, shavings, powdered sugar, and vanilla sugar.
3. Combine both mixtures, leave for an hour.
4. Fry the remaining sesame seeds in a dry pan.
5. Mix the mixture thoroughly, divide into 10 parts, roll the balls and roll in sesame.

RECIPE TIP: You can roll balls in coconut, you can use colored chips. When rolling balls, wet your hands with cold water.

POTATO SALAD WITH MINT AND AROMATIC DRESSING



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 242 KCAL , SQUIRRELS: 4 GRAM
- FATS: 15.6 GRAM , CARBOHYDRATES: 23 GRAM

INGREDIENTS

- Potatoes - 4 pieces
- Sour cream - 2.5 tablespoons
- Cucumbers - 1 piece
- Fresh mint - 1 tablespoon
- Lemon juice - 1 tablespoon
- Salt - ½ teaspoon
- Fresh red pepper - 1 piece
- Coconut flakes - ½ tablespoon
- Cumin (Zira) - 1 teaspoon
- Mustard seeds - 1 teaspoon
- Vegetable oil - 2.5 tablespoons

PREPARATION

1. Boil the potatoes with the skins, cool, peel, cut into cubes, about 1 cm.
2. Cut the cucumber into slices, like potatoes.
3. Chop the leaves of fresh mint.
4. Mix everything by adding lemon juice and salt.
5. Season with sour cream.
6. Heat the oil in a saucepan; fry the mustard in it over low heat until the grains stop cracking. Add the zira for 20 seconds, until

it turns brown, fry the finely chopped pepper. Last toss coconut, for 5 seconds.

7. Carefully pour the contents of the pan into the salad. Stir, add sour cream if necessary. Cool.

INDIAN RICE WITH PINE NUTS AND RAISINS



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 392 KCAL
- SQUIRRELS: 7 GRAM
- FATS: 12,2 GRAM
- CARBOHYDRATES: 64.5 GRAM

INGREDIENTS

- Raisins - 2 tablespoons
- Rice - 300 g
- Pine nuts - 2 tablespoons
- Curry - $\frac{1}{4}$ teaspoon
- Salt –taste
- Olive Oil

PREPARATION

1. Put the raisins in a cup, pour warm water and leave for 15-30 minutes.
2. At this time, cook rice: pour rice into a pot of boiling unsalted water, mix with a wooden spatula and cook over high heat for 12-15 minutes until the rice is soft. Pour the rice into a large colander and rinse well under cold water. Let the water drain.
3. Drain the raisins and then pat dry with paper towels. Add oil in a saucepan; add the nuts and cook, stirring vigorously, for 2-3

minutes until they turn golden brown. Pour curry, mix. Add raisins and rice and cook over low heat, stirring for 10 minutes. Salt, mix well. Serve right away.

CREAM SABJI



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 245 KCAL
- SQUIRRELS: 12.8 GRAM
- FATS: 15.4 GRAM
- CARBOHYDRATES: 10,2 GRAM

INGREDIENTS

- Zucchini - 1 piece
- Tomatoes - 2 pieces
- Broccoli - 200 g
- Cream 20% - 150 g
- Adyghe cheese - 200 g
- Dill – taste
- Ground paprika -1 teaspoon
- Ground coriander - 1 teaspoon
- Asafoetida - 1 teaspoon
- Salt - 1 teaspoon

PREPARATION

1. Cut the cheese into cubes, cut the dill, fry in a sink. Dill and cheese until golden brown can be salted. Remove from heat.
2. Cut the zucchini into medium cubes, divide the broccoli into small inflorescences, and cut the tomatoes into large cubes so as not to fall apart.
3. In a pan with rast, or drain. Fry broccoli with butter, add zucchini, stew for 5-7 minutes, add half the tomatoes, simmer

for 5 minutes - check with a fork the broccoli and zucchini are Ready - if ready, mix the cream with spices, add Adyghe cheese (or panir) to the pan of vegetables, the remaining tomatoes and cream - mix and simmer for 5 minutes. Remove from heat.

KICHRI WITH MASH, RICE AND ADYGHE CHEESE



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 375 KCAL
- SQUIRRELS: 18.2 GRAM
- FATS: 21,4 GRAM
- CARBOHYDRATES: 21.5 GRAM

INGREDIENTS

- Peas mash - $\frac{1}{2}$ cup
- Basmati Rice - $\frac{1}{4}$ cup
- Cabbage - 200 g
- Carrot - 1 piece
- Bell pepper - 1 piece
- Asafoetida - $\frac{1}{4}$ teaspoon
- Turmeric - $\frac{1}{3}$ teaspoon
- Adyghe cheese - 300 g
- Cumin (Zira) - 2 teaspoons
- Ground black pepper - $\frac{1}{3}$ teaspoon
- Salt - 1.5 teaspoons
- Olive oil - 75 g

PREPARATION

1. Boil rice and mash separately until cooked.
2. Stew cabbage, carrots, peppers along with spices.

3. Fry Adyghe cheese.
4. Let it brew a little.

RECIPE TIP: Instead of basmati rice, you can take ordinary white rice. 2. You can also take any other kind of cabbage, zucchini, eggplant, tomatoes and / or pumpkin

SHAHI PANEER



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 383 KCAL
- SQUIRRELS: 20.8 GRAM
- FATS: 22.8 GRAM
- CARBOHYDRATES: 17.5 GRAM

INGREDIENTS

- Adyghe cheese - 300 g
- Cream - 200 ml
- Tomatoes - 2 pieces
- Bulb onions - 1 piece
- Ginger - 1 tablespoon
- Cashew - 15 pieces
- Tomato paste - 2 tablespoons
- Ground chili - ½ teaspoon
- Garam Masala - 1 teaspoon
- Cardamom Boxes - 4 pieces
- Salt – taste
- Garlic - 2 cloves
- Clove - 3 pieces
- Ground Cumin (Zira) - ½ teaspoon
- Bay leaf - 1 piece
- Ground coriander - 1.5 teaspoons
- Sugar - 1 teaspoon

PREPARATION

1. Cut the onions, scald the tomatoes with boiling water, remove the skin from them and cut into slices. Subsequently, it is better to grind the tomato sauce with a blender so that a smooth sauce is obtained, then the size of the onion and tomato slices is not important, and if chopped finely, they will almost dissolve themselves.
2. Onions are sautéed in a saucepan, when it becomes transparent; add a grated 2 cm piece of ginger and 2 rather large cloves of garlic crushed by the garlic press.
3. Add tomatoes to the onion, simmer everything together.
4. Grind 15 cashews into gruel and add to the tomatoes. You can do without cashews, although they give an interesting connotation.
5. Add the spices. If you plan to attach a blender to the process, then we take out the cardamom boxes and add only the seeds (if not, you can crush the box with your hands and drop the whole) and add the bay leaf after. 0.5 tsp chili - it will turn out a little spicy; adjust the pepper to your liking.
6. Then either puree or not, then add the tomato paste and a little sugar to compensate for the acid from the paste. Pour in the cream, stir.
7. Adyghe cheese (or better, panir (homemade cheese), cut into cubes of a size convenient for food and add to the sauce, cook for a few more minutes: we give the cheese the opportunity to absorb all the flavors.
8. Serve with Indian naan cakes, another kind of bread or rice.

RECIPE TIP

Instead of cream, you can use HOME YOGHURT (tested! Made with a thick fermented milk product from a yogurt maker), it will turn out less greasy, although it is tastier with cream. Sour-sweet balance adjust sugar to your taste.

INDIAN SPICY SOUP "DAL"



INGREDIENTS

- Peas mash - 250 g
- Bulb onions - 1 piece
- Tomatoes - 1 piece
- Bell pepper - 1 piece
- Garlic - 1 head
- Olive oil - 2 tablespoon
- Garam Masala - 1 teaspoon
- Ginger root - 1 teaspoon
- Ground black pepper – taste
- Turmeric - ½ teaspoon
- Salt – taste

PREPARATION

1. Pour the peas of mung bean into a small saucepan and fill it with 2 glasses of water. We let it boil over medium heat, then close the pan with a lid, turn down the heat to a minimum and cook for 30 minutes, stirring occasionally. Next, we need 1-1.5 more glasses of water, but boiling water, so boil the required amount.
2. In the meantime, while the peas are cooked, dice the onion, tomato and pepper. Grate ginger root and garlic on a fine grater.
3. In a pan, add olive oil, put the onion and heat it to a translucent state. Next, add chopped cubes of tomato and pepper, as well

as grated ginger and garlic. Season with spices and salt to taste. Stew over low heat under the lid for 15 minutes and off.

4. After the mash is boiled, it is necessary to add 1-1.5 glasses of water, depending on the required density. As a rule, the thicker, the richer and tastier. Add dressing and mix. If you need to add salt - salt. Beat a little with a blender and cook for another 10 minutes, then turn it off and let the soup brew a little before serving. If desired, you can add warm cream, the taste becomes softer.

BAKED POTATOES WITH ADYGHE CHEESE “ALU GAURANGA”



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 575 KCAL
- SQUIRRELS: 22.7 GRAM
- FATS: 34,4 GRAM
- CARBOHYDRATES: 37,4 GRAM

INGREDIENTS

- Adyghe cheese - 460 g
- Potatoes - 1 kg
- Sour cream - 600 g
- Asafoetida - $\frac{3}{4}$ teaspoon
- Ground black pepper - 1 teaspoon
- Salt – taste
- Chopped Cilantro (Coriander) - $\frac{1}{2}$ beam
- Ground coriander - 3 tablespoons
- Turmeric - 1 teaspoon
- Olive oil
- Powdered milk - 2 tablespoons

PREPARATION

1. Peel the potatoes and make them into thin slices. Mix sour cream with 1 tsp. turmeric.
2. Oil the bottom of the mold and put a third of the potatoes.
3. Sprinkle potatoes with a third of all spices in the following sequence: asafoetida, salt, pepper, chopped cilantro, chopped

coriander. Asafoetida can be replaced with garlic, about 3 cloves.

4. Top with Adyghe cheese (if there is a panir, of course, it will be more authentic), pour one third of sour cream with turmeric and one third of the oil in the microwave.
5. Then lay the second layer of potatoes, spices and cheese in the same order, then the third, only without greens - leave it for decoration when it is ready.
6. Pour milk powder on top of the third layer (it is possible without this stage).
7. Cover the mold with foil, tighten the edges tightly and put in the oven preheated to 200 degrees for 1.5 hours. Keep in mind: the liquid in the form will be decent, it is better to put it in the oven on a pallet or do it in a high form, without bringing it to the brim, so as not to overflow.
8. 10 minutes before ready to remove the foil, so that the top is browned.
9. When ready, decorate with the remaining green cilantro.

POTATO WITH SPINACH



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 532 KCAL
- SQUIRRELS: 8.1 GRAM
- FATS: 43.8 GRAM
- CARBOHYDRATES: 26 GRAM

INGREDIENTS

- New potatoes - 600 g
- Spinach - 100 g
- Cilantro - 5 branches
- Garlic - 3 cloves
- Vegetable oil - 4 tablespoons
- Coconut milk - 250 ml
- Sesame oil - 2 tablespoons
- Cream 10% - 200 ml
- Green Curry Paste - 1 tablespoon

PREPARATION

1. Coarsely chopped potatoes (pre-cooked) and fry in a well-heated frying pan in vegetable oil for 4–5 minutes, until golden brown.
2. Add coarsely chopped garlic to the pan, pour coconut milk, cream, add curry paste, spinach leaves and coarsely chopped cilantro in a minute.
3. Salt and simmer another 2-3 minutes.
4. Remove from heat, pour in sesame oil, mix and serve.

DAL FROM GREEN LENTILS



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 419 KCAL
- SQUIRRELS: 17.4 GRAM
- FATS: 25 GRAM
- CARBOHYDRATES: 75 GRAM

INGREDIENTS

- Green lentils - 250 g
- Fenugreek seeds - 30 g
- Bow - 90 g
- Carrot - 180 g
- Tomatoes - 120 g
- Garlic - 4 cloves
- Chilli - 1 piece
- Bay leaf - 3 pieces
- Melted butter - 1 tablespoon
- Chives – taste
- Cilantro – taste
- Indian naan flatbread - 2 pieces

PREPARATION

1. Rinse the lentils with cold water and soak for an hour.
2. Put ghee in a pan with a thick bottom.
3. Add chopped onion and crushed garlic, fry for several minutes.
4. Add fenugreek and fry with vegetables for another minute.

5. Put in a pan carrots and tomatoes, diced, lentils and pour 450 ml of cold water.
6. Add finely chopped chili pepper, bay leaf and salt.
7. Bring to a boil, reduce heat, close tightly with a lid and cook for 45 minutes - lentils should be boiled.
8. Serve with green onions, cilantro and bread cakes.

DAL FROM MASHA WITH TOMATOES



INGREDIENTS

- Peas mash - 130 g
- Ginger root - 1 piece
- Tomatoes - 1 piece
- Bulb onions - 1 piece
- Garlic - 5 cloves
- Green chili peppers - 1 piece
- Vegetable oil - 2 tablespoons
- Lemon juice - 2 tablespoons
- Cumin (Zira) - 1 teaspoon
- Turmeric - $\frac{3}{4}$ teaspoon
- Salt – taste
- Sugar - $\frac{1}{2}$ tablespoon
- Lemon $\frac{1}{2}$ pieces

PREPARATION

1. Mash sort and rinse. Soak in 1 liter of water for 8 hours.
2. Without draining the water, bring the mung bean to a boil and cook until the first signs of boiling, 40 minutes.
3. Peel gingers (about 5 cm), remove seeds and partitions from chili peppers. Cut ginger and chili into thin strips and add to the soup together in turmeric. Cook another 10 minutes.
4. Onion slice into half rings, chop the garlic. Heat oil in a skillet with medium heat and fry onions and half minced garlic, 5-7 minutes. Add cumin, fry for another 1 minute, until seed color changes.

5. Cut a large tomato into medium cubes.
6. Add the fried onions and garlic, tomato, salt, sugar and remaining garlic to the soup. Cook another 1 minute.
7. Serve by sprinkling with lemon juice and garnishing with lemon slices.

DAHL: VEGETARIAN STEW FOR THE WINTER



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 504 KCAL
- SQUIRRELS: 26 GRAM
- FATS: 19.8 GRAM
- CARBOHYDRATES: 59.1 GRAM

INGREDIENTS

- Peas mash - 250 g
- Lentils - 50 g
- Peas - 50 g
- Garam Masala - 1 tablespoon
- Asafoetida - 1 teaspoon
- Turmeric - 1 teaspoon
- Tomato paste - 1 can
- Cream 20% - 200 ml
- Olive oil
- Fresh ginger - 1 teaspoon
- Cumin (Zira) - 1 teaspoon

PREPARATION

1. Mix the beans and soak them for a period of two hours to the whole night. If there are no legumes, there's nothing to worry

about - you can cook on one mash or on one lentil (preferably red or yellow, they swell better).

2. Boil the beans to a mushy state of boiled. This usually takes from an hour to two hours.
3. Add Olive oil. Pour all seasonings and grated ginger into it. Then add the tomato paste, cream, beans themselves. Stew under the lid on the stove for another half an hour.
4. Serve on the table. The dish is combined with green onions, fresh bread or thick tortillas.

CREAMY MUSHROOM SOUP



INGREDIENTS

- Potatoes - 500 g
- Champignon - 500 g
- Carrot - 1 piece
- Bulb onions - 2 pieces
- Cream - 900 ml
- Dill - 1 bunch
- Salt – taste
- Ground black pepper – taste
- Ground red pepper – taste
- Chives - ½ beam

PREPARATION

1. Boil potatoes in salted water, mashed.
2. Finely chop 2 medium onions, grate 1 large carrot on a coarse grater, simmer together in a non-stick frying pan without oil until cooked, season with salt / pepper, then mashed in a blender and put in a pan to mashed potatoes.
3. Finely chop the champignons, stew in a non-stick frying pan without oil until tender, salt / pepper, puree in a blender and send to the potato and onion pan.
4. Pour in the cream, puree it well again with a submersible blender so that there are no lumps, taste it if necessary to add salt / pepper, bring to a boil, turn off the heat, add finely chopped dill, mix, cover and let it brew for half an hour.

5. Serve by garnishing with finely chopped dill and green onions.
6. After storage in the refrigerator, the soup will thicken, but will become thinner when heated, if necessary, it can be diluted with water or milk.

INDIAN PARATHA TORTILLA WITH HERBS AND CHEESE



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 623 KCAL
- SQUIRRELS: 22.9 GRAM
- FATS: 28.6 GRAM ,CARBOHYDRATES: 62,4 GRAM

INGREDIENTS

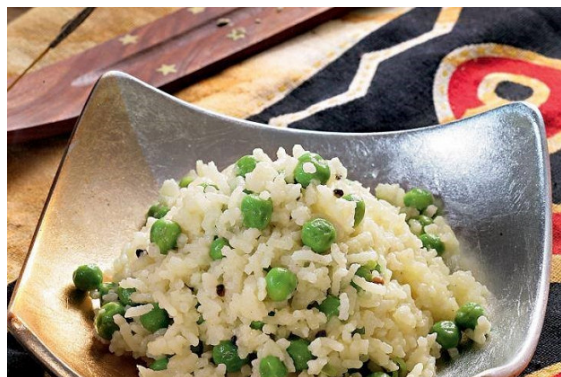
- Fresh cilantro (coriander) - 1 bunch
- Whole Grain Flour - 500 g
- Ghee - 4 tablespoons
- Adyghe cheese - 200 g
- Sea salt - 2 teaspoons
- Ground black pepper - 0.4 teaspoons
- Asafoetida - 0.4 teaspoons
- Cheese Paneer - 150 g

PREPARATION

1. Melt in a steam bath 2 tablespoons of oil. Mix it in a deep bowl with flour, rubbing it thoroughly with your hands until the flour becomes crumbly.
2. Dissolve the salt in a glass of warm water and, gradually pouring water into the flour, knead the dough. The dough should be soft and not stick to your hands. Cover the dough with a towel, put in a warm place and leave for about half an hour.

3. Until the dough comes, finely chop the greens, grate the panir, mix the grated cheese, herbs and spices.
4. Divided dough is divided into approximately ten parts. Roll each part into a ball and roll into a thin cake on the surface previously sprinkled with flour.
5. In the center of the tortillas, place the filling from the casseroles, herbs and spices. Pinch the edges of the cake and roll it into a not-so-thin cake once again. Do the same with the remaining cakes.
6. Put the pan with a thick bottom on a strong fire and melt the oil in it (there should not be much oil). In turn, put cakes on it and fry on both sides until a golden crust forms.

INDIAN PULAO



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 352 KCAL
- SQUIRRELS: 8 GRAM
- FATS: 12.5 GRAM
- CARBOHYDRATES: 54.1 GRAM

INGREDIENTS

- Basmati Rice - 2 cups
- Olive oil – 3 tablespoon
- Clove - 10 pieces
- Cardamom Boxes - 10 pieces
- Turmeric - 1 teaspoon
- Salt – taste
- Frozen Green Peas - 1 cup

PREPARATION

1. Rinse thoroughly with running water, soak for 30 minutes. in cold water, then recline on a sieve and allow to dry.
2. Dissolve turmeric and salt in a glass of water.
3. Heat ghee in a pan with a thick bottom, fry in it, for 30 seconds, seeds taken out of the cardamom boxes and cloves.
4. Add rice and stir, fry for another 30 seconds.
5. Pour in water with turmeric, add 2 more glasses of water, stir and bring to a boil over high heat.
6. Cook over low heat under a lid for 20 minutes.

7. In 5 minutes until ready to pour peas (in no case do not mix during cooking!).
8. Add a few slices of ghee (to taste) and let it brew.
9. Stir before serving.
10. Can be served with fried paneer (homemade cheese).

ROLL WITH VEGETABLES



ENERGY VALUE PER PORTION

- CALORIE CONTENT: 283 KCAL
- SQUIRRELS: 11.5 GRAM
- FATS: 7.6 GRAM
- CARBOHYDRATES: 44.3 GRAM

INGREDIENTS

- Tortillas - 1 piece
- Red onion - ¼ pieces
- Carrot - 1 piece
- Bell pepper - ½ pieces
- Green salad - 1 bunch
- Natural nonfat yogurt - 1 tablespoon
- Cottage cheese - 1 tablespoon
- Mustard - 1 teaspoon
- Salt – taste
- Ground black pepper – taste

PREPARATION

1. Combine cheese, yogurt, mustard, salt, and pepper in a bowl.
2. Spread a mixture of tortilla (tortilla or pita bread) or pita bread.
3. Add chopped vegetables, salad, grated carrots, a little salt.
4. Roll the roll.

MATAR PANIR



INGREDIENTS

- Cheese Paneer - 300 g
- Tomatoes - 2 pieces
- Fresh ginger - 20 g
- Caraway seeds - 1 teaspoon, Bay leaf - 2 pieces
- Ground cinnamon - ½ teaspoon
- Clove - 2 pieces
- Ground coriander - 1 tablespoon
- Turmeric - ½ teaspoon
- Paprika - 1 teaspoon, Salt - 1 teaspoon, Sugar - 1 teaspoon
- Green pea - 300 g
- Sunflower oil - 4 tablespoons

PREPARATION

1. Pour boiling water over the tomatoes and peel.
2. In a blender, mix mashed tomatoes and ginger.
3. Cut the cheese into 2x2 cm squares and fry over high heat until golden brown. Then put separately on a plate and let cool.
4. Fry caraway seeds, cinnamon, cloves and bay leaf in a pan in vegetable oil for about 1 minute.
5. Then add the tomato puree, coriander, turmeric, paprika, salt. Stir, reduce heat to medium and simmer for 5 minutes.
6. Add green peas, cheese, sugar and simmer again for 7-8 minutes.

7. Top with sprinkled sesame seeds and chia seeds. Matar panir can be served with rice or unleavened cakes.

RECIPE TIP: If there is no cheese panir, you can take the Adyghe, they practically do not differ. For those who like it sharper, you can add green chili peppers to tomato puree. For those who like a very thin sauce, you can add a little water at the end of cooking. If desired, garnish with chia seeds and sesame seeds on top of the dish. The dish is served with rice or with a tortilla.

SAMBAR



INGREDIENTS

- 3 potatoes
- Cabbage - 200 gr.
- Carrots - 1 pc.
- Salt
- Spice
- vegetable oil
- turmeric - 1 tsp
- Lentils red or green - 200 gr.

PREPARATION

- We put a pot of water on the fire and cook the lentils.
- While the lentil is cooked, prepare the vegetables.
- Dice potatoes, carrots and cabbage.
- Heat oil in a pan, add spices, and fry them for 30 seconds.
- Then add the carrots, fry for 5 minutes, then add the potatoes and fry for 5 minutes, and add the cabbage and fry them all together for 15 minutes, adding salt and additional spices.
- At this time, add turmeric to the lentils, mix and beat with a blender, bring to a boil.
- When the vegetables are ready, then add them to the pan with lentils and cook for 5 minutes.

And our sambar is ready!

It can be served with rice or cakes.

INDIAN BEAN PILAF



Indian pilaf (pulao) with a variety of chickpeas chana dal - this is a very easy to prepare vegetarian dish, perfect for fasting and diet. Nourishing, surprisingly tasty, it will give you an unforgettable gastronomic pleasure, while allowing you to follow a protein-free diet.

INGREDIENTS

- Chana Dal - $\frac{3}{4}$ cup
- Chile - 1 pc.
- Carnation - 4 pcs.
- Cardamom green - 4 pcs.
- Ground cinnamon - 1 tsp
- Star anise - 3 amounts.
- Salt - 1 tsp
- Turmeric - 2 tsp
- Basmati Rice - 2 cups
- Ghee or vegetable oil - for frying
- Pickled green chili - for decoration

PREPARATION

1. Rinse the vat and soak for 15 minutes. Drain the water.
2. Heat oil in a deep container. In a hot oil, fry all spices except chili and turmeric.
3. Add vat dal, salt and 1 liter of water to the spices. Boil the vat under the lid until cooked (30-40 min).
4. Simultaneously put the basmati rice to cook. Rinse the rice properly, drain the water several times. Cook on low heat with a

tightly closed lid.

5. When the rice and chan dal are ready, mix them. Add turmeric and chili.
6. Extinguish over low heat for another 5 minutes. If desired, cashew nuts can be added to the pool at this stage.
7. Remove from heat. Put the pool in a deep bowl. Drizzle with oil. Garnish with green chili pods or coriander.

SOYA BEAN CURRY



Soya bean curry is the dish you simply can't do without if you are fasting or on a vegetarian diet. However, this spicy, completely spicy dish will appeal to all lovers of bean recipes: despite the simplicity of its preparation.

INGREDIENTS

- 2 tsp zira or ground cumin
- 200 g chickpea flour
- 3 tsp turmeric or 1 tsp. saffron
- 2 tsp universal masala
- 3 tbsp tamarind pasta
- 1 tbsp brown cane sugar
- 450 g soya beans
- salt - a pinch
- asafoetida - 1 tsp
- 3 cups (250 g each) of water
- 2 tbsp vegetable oil

PREPARATION

1. Boil soybeans in unsalted water for 30 minutes. Throw it in a colander.

2. Heat vegetable oil in a pan. Add spices (cumin / zira, turmeric, asafoetida, universal masala). Sauté for 2 minutes over medium heat.
3. Add flour and fry another 2 minutes. Stirring the flour to mix with the spices.
4. Reduce heat to a minimum and carefully pour in water, constantly stirring flour with spices so that no lumps form.
5. When you get a homogeneous mixture, add sugar and tamarind paste. Shuffle.
6. Add soybeans and stew them in the resulting sauce for 5 minutes. Turn off the fire. The dish is ready!
7. Serve with fresh coriander leaves.

INDIAN BRAISED CABBAGE



INGREDIENTS

- white cabbage - 1/2 small swing
- Fresh chili - 2 pcs.
- cumin (zira) - 1/4 tsp
- Turmeric - 1/4 tsp
- garam masala - 1/4 tsp
- ginger paste - 1/2 tsp
- garlic paste - 1/2 tsp
- asafoetida - a pinch
- coconut flakes - 2 tbsp. |
- onions - 1 head
- canned cut tomatoes - 3 tablespoons
- salt to taste
- fresh coriander (cilantro) - a handful

PREPARATION

1. Chop the cabbage into medium-sized pieces. Cut the onion into rings.
2. Heat the oil in a deep container. Add ginger and garlic paste, cumin, garam masala and asafoetida.
3. Fry spices for 1 minute. Then add onions

4. Fry the onions in spices until soft (2-3 minutes over medium heat).
5. Add cabbage and coconut, tomatoes, turmeric and chopped fresh chili.
6. Stew the vegetables for 5-8 minutes (or until the cabbage you need is ready - some like it to crackle).
7. Turn off the fire. Sprinkle with fresh coriander. The dish is ready!

FRIED ZUCCHINI CURRY



INGREDIENTS

- Zucchini - 1 kg
- Onions - 130 g
- Green chili pepper - 1 pc.
- Garlic - 15 g
- Ginger - 30 g
- Peeled tomatoes in own juice - 200 g
- Fresh cilantro - 20 g
- Vegetable oil - 1 tablespoon
- Cumin - 1 tsp
- Black mustard seeds - 1 tsp
- Turmeric - 1 tsp
- Red chilli flakes - 1 tsp
- Garam Masala - 1 tsp
- Salt - 2 tsp

PREPARATION

1. Heat oil in a pan, add cumin, black mustard seeds and fry for 1 minute.
2. Add the onions, chopped into small cubes, and fry until golden brown over medium heat for about 2 minutes, add the garlic and continue to fry for another 1 minute.
3. Add peeled tomatoes in your own juice and mix fry for 2 minutes.
4. Add ginger, green chili pepper, red pepper flakes, turmeric and salt, mix well and fry for 2-3 minutes.

5. Add chopped zucchini, mix well and cover, simmer over low heat for 35-40 minutes.
6. Add the spice to the garam masala, mix, turn off the heat and sprinkle with fresh cilantro. Serve with boiled rice. Fried zucchini curry ready. Bon Appetite!

PALAK PANIR



INGREDIENTS

- Frozen or fresh spinach - 250 gr.
- Adyghe cheese - 200 gr.
- Red chili pepper - 2 pcs.
- Fresh ginger root - 20 gr.
- Garlic - 5 cloves
- Onions, large - 1 pc.
- Tomato - 1 pc.
- Caraway seeds - 1/2 tsp
- Ground turmeric - 1/2 tsp
- Red chilli, ground - 1/2 tsp
- Ground cumin - 1/2 tsp
- Ground coriander - 1/2 tsp
- Ground garam masala - 1/2 tsp
- Fat cream - 2 tablespoons
- Butter ghee - 2 tbsp.
- Salt

PREPARATION

1. Heat the pan and fry the spinach on 1 tablespoon of melted butter for 3-5 minutes.
2. Heat the oil in a pan; add chili pepper, cumin seeds, ginger, garlic and fry for 2 minutes.
3. Add onions and fry on medium heat for 2-3 minutes.
4. Add tomatoes, turmeric, chili pepper, ground cumin, coriander and cook them over medium heat for 2-3 minutes, until they

become soft.

5. Spinach and fried vegetables with spices, beat with a blender until smooth, add 100 ml of boiled water.
6. Preheat the pan, put one tablespoon of melted butter and add the chopped vegetables and spinach. The mixture should be a consistency of not thick sour cream, if necessary, add water.
7. Cover the pan and simmer for 2-3 minutes over medium heat.
8. Add cream and Adyghe cheese, diced.
9. Add ground gara masala, salt to taste and mix, simmer for 2 minutes over low heat.

Garnish with fresh cream and grated cheese.

10. Palak Panir ready. Served with boiled rice or chapati.

INDIAN BRAISED CABBAGE



INGREDIENTS

- White cabbage - 500 g.
- Frozen green peas - 1 tbsp.
- Laurel leaves - 2 pcs.
- caraway seeds - 1/2 tsp
- garlic - 5 cloves
- Ginger - 25 g.
- chili pepper - 2 pcs.
- onions - 2 medium onions
- tomatoes 2 large or 4 small tomatoes
- ground turmeric - 1/2 tsp
- red chilli - 1/3 tsp
- ground coriander - 1/2 tsp
- ground cumin - 1/3 tsp
- Masala mountains powder - 1/3 tsp
- vegetable oil - 4 tablespoons, and salt

PREPARATIONS

1. Chop vegetables.
2. Heat vegetable oil in a pan, put bay leaf, caraway seeds, chili pepper and fry for 40-60 seconds.
3. Add chopped ginger and garlic, fry for 2 minutes over medium heat.
4. Add chopped onions and fry until golden brown over medium heat for 2 minutes.
5. Add turmeric, red chili pepper, caraway seeds, coriander, mix spices and fry them for 1 minute over low heat.

6. Add chopped tomatoes and fry until they are soft, 3-4 minutes.
7. Add green peas, chopped cabbage and salt to taste, mix.
8. Cover the pan and fry for 15 minutes over low heat, stirring occasionally.
9. Add garam masala powder, cover the pan with a lid and simmer over low heat for 1 minute

ZUCCHINI IN INDIAN STYLE



INGREDIENTS

- Zucchini - 1.5 kg
- Flavorless vegetable oil - 100 ml.
- Hot green pepper - 2 pods
- Caraway seeds - 2 tbsp.
- Turmeric - 1 tsp
- Ground coriander - 1 tbsp.
- Lemon juice - ½ pcs.
- Green peas (you can use frozen) - 3 tbsp.
- Cilantro greens - 1 medium bunch
- salt - 30 g

PREPARATION

1. Wash the zucchini, dry, peel; remove the seeds, cut into 1.5 cm cubes.
2. Wash hot peppers, dry; remove seeds, cut into strips.
3. Rinse the greens well under running water, shake off the water, dry and chop not very finely.
4. Rinse the green peas well, put in a colander and let the water drain. Do not thaw frozen peas
5. In a cauldron over medium heat, heat the odorless vegetable oil.
6. Add hot pepper and cumin to the cauldron, fry until they darken.
7. Add the cubes of zucchini, turmeric, coriander, green peas and half green. Close the cauldron with a lid, simmer for 10 minutes, stirring occasionally.
8. Remove the lid and fry everything until the zucchini is soft.

9. Salt, add the remaining greens, sprinkle with lemon juice, and mix gently.
10. Spread the hot mass in dry sterile jars, cover with sterile lids.
11. Put the cans in a pan with hot water and sterilize for 20 minutes.
12. Roll up the cans tightly, turn them upside down, wrap them up and allow to cool completely.
13. Store blanks in a cool, dry place.

BOMBAY POTATO (BOMBU ALU)



INGREDIENTS

- 3 potatoes, peeled and diced
- salt - 2 tsp
- Turmeric - 1 tsp
- vegetable oil - 6 tbsp
- onions - 1/2 head
- Ginger paste or chopped ginger - 1 tbsp.
- garlic paste - 2 tsp
- Garam Masala - 1 tsp
- ground cumin - 1 tsp
- chili flakes - 1 tsp
- Bulgarian pepper - 1/2 pcs.
- Tomato paste - 2 tbsp.
- Lemon juice or tamarind paste - 1/2 tbsp.
- 1 tomato, peeled and cut into 8 parts
- Fresh coriander for decoration

PREPARATION

1. Boil potatoes in salted water with turmeric.
2. While the potatoes are cooked, finely chop the onion and fry it in 6 tbsp. oil in a deep frying pan for 3-4 minutes.
3. Add garlic paste, ginger, garam masala, cumin and chili to the onion. Stir fry for 3 minutes.
4. Add diced bell pepper, tomato paste, tamarind paste, tomato. Stew for another 2 minutes.

5. Potatoes should be ready by this time. Throw it in a colander, dry it a little and put it in the pan to the vegetables. Stir well and turn off the heat immediately.
6. Sprinkle the chopped coriander (cilantro) on top and serve on the table with tortillas, papadom and yogurt raites.

PEANUT CHAAT



INGREDIENTS

- Peanuts - 1/2 tbsp. (preferably raw)
- Turmeric - 1/4 tsp
- Water - 2 tbsp.
- Tomatoes - 1-2 pcs
- Cucumbers - 1-2 pcs
- Green chili - 1 pc. (I did not use)

For refueling:

- asafoetida - on the tip of a knife
- Black salt
- Mango powder - 1/2 tsp
- Black caraway seeds - 1/2 tsp
- Mustard (seeds) - 1/4 tsp
- Ground red chili - 1/8 tsp
- Ground black pepper - 1/8 tsp
- Sugar - 1/4 or 1/2 tsp
- Grated ginger - 1 tablespoon
- Lemon juice - 1-2 tbsp

PREPARATION

- In a small saucepan, combine peanuts, water, a little salt and turmeric. Boil peanuts until soft (about 20 minutes over medium heat), cool.
- If there is no raw peanuts, you can use roasted, but still boil / scald / soak so that it is soft enough.

- Peel the tomatoes and cut into small cubes.
- Cucumbers also cut into cubes.
- If you use chili pepper, then it needs to be cleaned of seeds and chopped very finely.
- Fry the seeds of caraway seeds and mustard in a dry pan (as soon as they begin to change color - remove from heat, then grind).
- Mix all the ingredients for seasoning.
- In a bowl, combine cucumbers, tomatoes, peppers, peanuts and dressing, mix everything.

ALU GOBI आलू गोबी (OPTION)



INGREDIENTS

- Potatoes - 500 gr
- Cauliflower - 500 gr
- Tomatoes - 500 gr.
- Fresh ginger - 2 cm
- zira - 2 tsp (1 tsp grind)
- Caraway seeds
- Turmeric - 1-2 tsp
- Coriander - 1 tsp
- Fresh pepper or ground chili
- Cinnamon - 1-2 pinches
- Salt
- Vegetable oil

PREPARATION

- Dice potatoes, not too small, but not large.
- Sort cabbage into inflorescences, approximately the size of potato cubes.
- Make mashed potato from tomatoes and ginger (you can add a couple of cloves of garlic).
- Fry the potatoes and cabbage in a pan with a little oil. You do not need to be ready, just brown, transfer to a cauldron or stew pan.

- In the same pan in 1 tbsp. fry the oils not ground cumin and cumin, as soon as it starts to change color - pour tomato puree, warm over medium heat, pour in the remaining spices (except cinnamon), mix.
- Pour the vegetables with tomato sauce, return to the fire and simmer until cooked (20 minutes), and salt to taste.
- Remove from heat, sprinkle with cinnamon, cover and let stand for 5-10 minutes.
- Stir, sprinkle with herbs.
- Serve as an independent dish with tortillas or as a side dish.

LADDU PEARL (MOTICHUR LADDU)



INGREDIENTS

For the test:

- 1 tbsp. chickpea (or pea) flour
- 3/4 Art. Water
- 1 pinch of saffron
- ground cardamom

For syrup:

- 1 tbsp. Sahara
- 1 pinch of saffron
- 1/2 tbsp. water

Additionally:

- Vegetable or ghee for frying

PREPARATION

In a saucepan, add all of the ingredients for the syrup, put on fire. Dissolve the sugar and then boil the syrup until the density is “one thread” (that is, if you squeeze a drop of syrup between the thumb and forefinger and separate your fingers, the drop should stretch out with one thread).

1. Sift flour; add saffron and water mix with a whisk or mixer.
2. The consistency of the test should turn out a little thicker than for pancakes.
3. Heat enough vegetable oil in a saucepan (2-3 fingers).

4. Next, take a slotted spoon with round holes and pour the dough on top through this slotted spoon. Thus, small droplets of dough will dip into the heated oil. They are fried very quickly, 30 seconds, do not yawn))
5. Transfer the finished "droplets" to a paper towel to get rid of excess oil.
6. In the same way we cook all the dough.
7. Then, put everything in a bowl, sprinkle with cardamom and pour hot (!) Syrup, mix thoroughly and wait until the whole syrup is absorbed (3-5 minutes).
8. Next, with a blender, with a quick press (2-3 times) grind the mass (you can add 1-2 tablespoons of hot water, if suddenly the mass began to dry). You can also add seeds or nuts at this stage.
9. Grease your hands with vegetable oil and form balls while the mass is still warm.
10. You can eat immediately or place in the refrigerator for a short while.

LIMA BEANS WITH VEGETABLES AND SPICES



INGREDIENTS

- Mistral Lima Beans - 300 gr. ov (soak overnight)
- 4 tomatoes secondary
- zucchini-1 pc
- Bulgarian pepper-1 pc. Big
- ginger - 4-5 cm root
- Zira-1 tsp
- mustard seeds-1 tsp
- allspice - 5-6 pcs
- olive oil-3 tsp
- cilantro-50 gr. Ov
- curry (a mixture of spices in powder) -1 tsp
- salt-3/4 tsp

PREPARATION

1. Wash the soaked beans, drain the water, pour fresh at the rate of 1 to 3, bring to a boil in a saucepan and cook with a closed lid for 20-30 minutes until soft
2. Pour into the pan 3 tbsp. oil, put spices there (whole) and fry until flavor (40 sec-1 min)

3. There we put finely chopped ginger and bell pepper. Fry 5 min over medium heat
4. Add finely chopped tomatoes to the pan. Fry for 5 minutes, salt, add curry, stir, simmer for 3-4 minutes
5. Finely chop the zucchini and add to the vegetables.
6. Cut the cilantro and add it to the vegetables. Stir, cover and simmer over minimal heat, stirring every 5 minutes.
7. We discard boiled beans and colander
8. Add beans to the finished sauce with vegetables
9. Stir; simmer with the lid closed for 5-7 minutes, turn off the gas and leave to stand for 10-15 minutes. Bon appetite!

ONION PANCAKES (BHAJI)



INGREDIENTS

- 2 medium onions
- 1 tbsp. flour
- 1 tbsp. water
- 2 chili peppers
- 2 cloves of garlic
- ½ tsp turmeric
- ½ tsp garam masala
- 1 tsp cumin grains
- 1 tsp sea salt
- 2 tbsp chopped cilantro
- Deep frying vegetable oil

PREPARATION

1. Fry cumin seeds in a dry frying pan for about a minute, so that they lightly brown and become fragrant. Grind them in a mortar into powder.
2. Cut the onion to thin half rings and dry on paper napkins. Remove the seeds from the chili peppers and chop finely. Finely chop the garlic and cilantro.
3. Put the onions in a large bowl, add garlic, chili, herbs, all spices and salt and mix everything thoroughly so that the whole onion is covered with spices and flour. Pour in water gradually, stirring well. It should be a thick dough.
4. Heat oil for deep frying in a pan. Spread a spoonful of dough in hot oil, forming round pancakes. Fry for 3-4 minutes, remove

with a slotted spoon and lay on paper towels. Repeat with the remaining dough.

5. Serve with fruit chutney or peppermint sauce.

WRIGHT OKROSHKA



INGREDIENTS

- Fresh cucumber-1 large
- Fresh zucchini-1 pc. Middle
- Red bell pepper-1 pc
- Olive oil-2 tbsp
- Fresh cilantro-50 gr. Ov
- Mustard seeds-2 tsp
- Zira-1 tsp
- Fresh ginger - 5 cm root
- Salt - 1 tsp
- A mixture of spices in powder (curry) -1 tsp
- asafoetida (optional) - 1 tsp.
- Yogurt without additives - 0.5 l

PREPARATION

1. Getting started! heat the oil in a pan
2. Fry the spices in the seeds until flavor.
3. Cut the pepper and ginger into small pieces.
4. Add to the pan, salt, add the curry, fry over high heat for 4-5 minutes, stirring, cover, reduce the gas for a minimum, and simmer for 10 minutes.
5. Meanwhile, on a coarse grater, we rub the cucumber and zucchini in a bowl
6. Finely chop the cilantro and mix everything together.
7. Remove the pepper with ginger and spices from the heat,

8. add the cucumber-zucchini mixture, mix, pour in yogurt and mix everything together again. Delicious Wright is ready! Bon Appetite!

SUBJI - BEETROOT STEW



INGREDIENTS

- Fresh beets-1 pc
- 1 fresh carrot
- Fresh potatoes - 4-5 pieces
- Red bell pepper-1 pc
- Fresh tomato-1 pc
- Fresh ginger - 5 cm root
- Fresh cilantro-50 gr. Ov
- Ghee oil (ghee) - 3 tbsp.
- Cinnamon 1/6 sticks
- Mustard seeds - 1/4 tsp
- 2 whole cloves
- Zira-1/4 tsp
- 1 bay leaf
- Fenugreek-1/4 tsp
- Cardamom-4 boxes, crushed
- Fennel seeds-1/4 tsp
- Coriander beans-1/2 tsp
- Powder curry - 1 tsp
- Salt-1 tsp

PREPARATION

1. Heat the oil in a pan. Fry spices and ginger on it

2. Cut the tomato. Add it to the pan. Salt, add curry, simmer, stirring over medium heat
 3. Cut the carrots, beets and potatoes into cubes and add to the pan, stir, simmer over low heat for 5 minutes with the lid closed
 4. Finely chop the pepper, add it to the vegetables. Cover with a lid, then simmer it for 10 minutes while mixing.
 5. Cut the cilantro, add to the pan
 6. Stir and simmer another 20-30 minutes
 7. Turn off the gas and leave to insist under the lid
- Bon appetite!

MUNG DAL-INDIAN LENTIL SOUP



INGREDIENTS

- Chopped lentils (I have a yellow Persian from "mistral") - 1 cup (approx. 300 gr. s).
- Olive oil - 6 tablespoons.
- Fresh ginger-7 cm root.
- Fresh carrots-1 medium.
- Cinnamon -1/4 sticks.
- Mustard seeds - 1 tsp
- Spice mix (I have kitchen king masala, curry is also good)) - 1 tsp with a slide.
- Indian black salt (regular) - 1.5 tsp
- Water - 3 cups

PREPARATION

1. Melt 3 tbsp. of oil inside a pan with a thick bottom,
2. Throw a mixture of spices in the powder and fry for 10 seconds.
3. Put it there (lentils) and fry on medium heat for 3-5 minutes, so that the oil with spices is absorbed into the lentils, add 3 / tsp of salt.
4. Then fill the lentils with water, bring to a boil, reduce the gas to a minimum, cover with a lid and leave for 15 minutes)
5. Meanwhile, three carrots and ginger on a coarse grater.

6. In a pan, melt 3 tbsp. tablespoons of Olive oil, put cinnamon in it and fry it for 3-4 minutes over medium heat, so that the oil acquires a cinnamon flavor.
7. We take out the cinnamon, toss the mustard seeds in the oil, and when they crack, put ginger and carrots in the pan.
8. Add 3/4 tsp. salt and fry over medium heat, stirring for 5 minutes.
9. The resulting carrot-ginger mixture is transferred to a pan with lentils, mix and close the lid and leave on minimum heat for 5-10 minutes.
10. Turn off the gas and leave the soup to brew for 10-15 minutes, give it preferably with basmati, decorating with cilantro or other greens) Bon appetite!

VEGGIE SISLER



INGREDIENTS

- Average pumpkin-1 pc
- 5 boiled carrots
- 4 boiled potatoes
- 1 boiled broccoli small
- Fresh cilantro -100 gr
- Rennet cheese (without enzymes of animal origin) -150 gr
- Fresh ginger - 5 cm root
- Zira-1 tsp
- Fennel in seeds - 0.5 tsp
- Mustard seeds-0.5 tsp
- Caraway seeds - 0.5 tsp
- Turmeric-1 tsp
- Black indian salt-1 tsp
- Olive oil-2 tsp
- Ghee oil-4 tbsp.

PREPARATION

- First, prepare our pumpkin: cut it in half, scrape the flesh and seeds from the inside, grease the walls with olive oil, wrap with foil and put in the oven for 15-20 minutes.
- In the meantime, let's get stuffed: Cut all the previously boiled vegetables into medium cubes and mix.
- In a pan with thick bottom over medium heat, heat the ghee oil, put the seeds and ginger in the seeds and fry until fragrance. Then we add turmeric and salt fry another 2-3 minutes.
- Mix the spices in oil with chopped vegetables, chop the cilantro and add it there too)
- Next, rub the cheese on a coarse grater and mix 2/3 of it with the filling.
- We fill the prepared pumpkin with the filling, sprinkle the remaining cheese on top and into the oven, for 15-25 minutes at a temperature of 180 g (depending on the capacity of the oven)

We get our sisler from the oven and, Bon appetite! You can eat right from the pumpkin; you can put it on a plate as you wish

RECIPE TIP: This recipe is adapted for autumn Russia Pumpkins are abundant, as there is no inspiration for food with their participation) and in India, Goa sisler is cooked in half a cabbage and in a charcoal grill, on a cast-iron stand.

BIRIANI "THE VEGETARIAN KING"



INGREDIENTS

For the basics:

- 400 gr. basmati rice

For filling:

- Finely chopped vegetables - 600 gr.
- Boiled carrots
- Broccoli
- Cauliflower
- Boiled potatoes
- Red bell pepper
- Adyghe cheese, cut into medium cubes-150 gr.
- Canned peas - 0.5 tins
- Canned corn -0.5 cans
- Finely chopped ginger - about 5 cm root

Spices in rice:

- Zira - 1.5 teaspoon
- Mustard (grains) -1.5 tsp
- Turmeric-1 tsp
- Black Indian salt - 0.5 tsp
- Ghee butter (or ghee) -4 tbsp.
- Green cilantro

Spices for filling:

- Peppercorns-7 pcs
- Cardamom-4 boxes, crushed
- Zira-0.5 tsp
- Coriander-0.5 tsp
- Star anise star
- Mustard - 0.5 tsp
- Cinnamon-1 stick broken
- Indian black salt - 0.5 tsp

PREPARATION

Prepare the rice base:

1. 3 tablespoons of ghee butter are melted in a large saucepan with a thick bottom over medium heat, add spices in grains (zira and mustard), and fry until aroma appears.
2. Then we throw rice in a pan with spices, continue to fry, stirring so that the rice is saturated with aromatic oil.
3. Add turmeric and salt to the rice, and thoroughly mixing, pour the rice with water so that the water covers the rice completely and another + 0.25 of the volume of rice in the pan.
4. Bring to a boil, and when water boils, reduce the gas to a minimum and close the lid.
5. After 15-20 minutes, when the rice absorbs all the water, turn off the gas and leave the rice in the saucepan "reach" and "cool down")

While the base rice "comes" we are preparing the filling:

6. in a pan, melt 4 tablespoons of oil, when it boils, throw peppers, cardamom, zira, coriander, star anise, mustard into the pan,
7. Cinnamon and ginger, fry for 2-3 minutes.
8. Then add Adyghe cheese, fry it with spices for 3 minutes, after which we add alternately fresh cabbage and bell pepper, salt, fry all together, mixing, 1-2 minutes.

9. Reduce the gas to a minimum, cover, leave for 10 minutes to stew the vegetables.
10. Then add boiled carrots and potatoes, mix, give 5 minutes to stew, then add canned peas and corn
11. Mix, grind and then add cilantro to the filling.
12. Mix and cover, after 10 minutes turn off the gas and leave.
13. While the filling vegetables are cooling, we form our rice cake!
14. lay out a deep metal bowl with cling film.
15. We put about 2/3 of the rice into a bowl, distributing it and ramming it tightly throughout the bowl to make a "hole".
16. We send the filling there. And cover it with the remaining rice.
17. We press everything carefully - we tamp.
18. Take a plate along the radius like a bowl or more and turn our biriani on a plate and remove the film 20-30 minutes let our beauty stand, and Biriani is ready)

Bon Appetite!

BESAN ROTI - LENTIL BREAD



INGREDIENTS

- Green lentils - 0.5 stack
- Chickpea flour - 0.5 stack
- wheat flour - 1.5 stack
- Broccoli - 0.5 stack
- Caraway seeds - 1 tsp
- Coriander - 1 tsp
- Parsley - 6 tablespoons
- Water - 0.5 stack
- Salt

PREPARATION

1. Place the washed green lentils in a pot of water, bring to a boil. Cook green lentils on low heat until cooked for 10-15 minutes.
2. Pour chickpea and wheat flour into a bowl
3. Add parsley, caraway seeds, coriander and salt to the flour, mix. Instead of parsley, you can use spinach; it will also turn out delicious.
4. Add chopped broccoli.
5. Add boiled and chilled lentils to the bowl. Add water and knead the dough.
6. We divide the dough into pieces; roll out on a table sprinkled with flour into thin cakes according to the diameter of the pan. Fry the roti in a dry, well-heated frying pan on both sides for 2-3

minutes until the tan marks, do not dry, the cakes should remain soft and curl up. Notice that roti are fried without oil!

7. Serve to the table with any spreads: with caviar from zucchini and eggplant, herbs, leans sauce. You can wrap the stuffing in roti, or you can tear off pieces and scoop up the sauce with them.

VEGETABLE CURRY IN A SLOW COOKER (TEST DRIVE)



INGREDIENTS

- Coriander seed 0.5 tsp
- Caraway seed 0.5 tsp
- Mustard seeds 0.5 tsp
- Ground ginger 0.5 tsp
- Ground turmeric 1 tsp
- Onions (100 g)
- Garlic 3 cloves
- Chili pepper (small pepper)
- Coconut milk 1 can (400 ml.)
- Olive oil for frying
- Salt
- Non-digestible potato 700 g
- Large carrots (150 g)
- Cauliflower 200 g (inflorescence weight)
- zucchini 200 g
- green peas frozen 100 g
- Corn of 4-6 mini-ears (or 100 g of frozen grains)
- sprigs of cilantro (parsley)

PREPARATION

CULTIVAR COOKER MODEL VITEK VT-4204-GY

1. Pour 3 tbsp. into the multicooker bowl. Oil, add peeled and chopped onions and garlic + chili peppers without seeds. Turn on the FRY mode, cook with the lid closed for 7-10 minutes.
2. In this mode, time is not set, as soon as the product “loses” moisture, the FRY mode switches to TEMPERATURE SUPPORT (45 minutes by default, then it turns off completely), so that you will not fry the product, it will not burn.
3. Without stopping the cooking mode, open the lid, add spices: coriander + caraway seeds + mustard + ginger + turmeric, pour coconut milk + 1 multi-glass of water, bring to a boil in the previous mode. Press STOP. Pour the mixture into a high saucepan, add 1 hour. I salt, beat with a blender to completely chop the onions and spices.
4. Prepare the vegetables: Cut the peeled potatoes coarsely, wash from excess starch in cold water. Peel the carrots and zucchini in circles, mini corn cobs into 3-4 parts.
5. Put potatoes in the multicooker bowl, pour coconut milk with spices, put cauliflower and other vegetables in the double boiler tray, pour peas on top, add a little salt on top, put the vegetables tray in the bowl above the potatoes (we cook at the same time). Turn on the STEAMING mode, time 40 minutes. .At a signal of readiness, open the multicooker lid, put ready-made vegetables from the steam tray to the potatoes, mix gently, leave in TEMPERATURE MAINTENANCE mode, 7-10 minutes. Garnish the serving dish with cilantro (or parsley) leaves when serving.

Bon Appetite!

TAMATAR PANIR MALAI WITH RICE

KERALA PUMPKIN CURRY (MATANGYA ERISERRY)



INGREDIENTS

For spice paste:

- 3/4 cup grated fresh coconut
- 4-6 chopped chili peppers
- 1 tsp cumin seeds (zira)
- 1/2 tsp turmeric

For submission:

- 4 tbsp. grated fresh coconut

Main ingredients:

- 2 cups peeled and diced pumpkin
- Himalayan rock salt (or sea salt)
- 2 tsp ghee (or any vegetable oil for frying)

- 1 tsp black mustard seed
- 1/2 tsp dried curry leaves

PREPARATION

1. Grind in a mortar all the ingredients for the pasta from spices to a delicate texture, gradually adding 1/2 cup of water or grind in a blender. Set aside.
2. Heat the ghee oil inside a saucepan (or pan). When the oil has warmed up enough, throw the mustard seeds, when they begin to crackle and turn gray, add curry leaves and mix.
3. Add the pumpkin to the spices; mix well, so that the spices are evenly distributed among the pieces.
4. Pour 3/4 cup of water and leave to simmer over medium heat for 15-20 minutes, until tender. Pumpkin should be soft, but not boil.
5. Add previously prepared spice paste to the pumpkin, mix, salt and leave for another 2-3 minutes.
6. Sprinkle with grated coconut before serving and mix. Serve with boiled (or steamed) basmati rice.

SAFFRON RICE



INGREDIENTS

- 150 gr. rice jasmine "mistral"
- 1 liter of water
- 4 gr. Salt
- Olive oil 3 tablespoon
- 10 ml milk
- Saffron 0.21 gr.
- for serving - arugula and pine nuts

PREPARATION

1. Rinse well.
2. Bring the water to a boil, add salt. Pour rice and cook for 7 minutes.
3. Grease the mold with butter.
4. Melt butter in a bowl; add milk and saffron, crushed in a mortar.
5. Rice toss in a colander.
6. Transfer the rice into a mold, pour the milk mixture without stirring, cover with parchment paper, and wrap the foil tightly on top.
7. Put in the oven for 15 minutes at 200 degrees.
8. Remove from the oven, loosen with a fork, and serve as a side dish.



Grilled Vegetable Tortilla

6 People

Preparation Time: 20 Min.

Cooking Time: 60 Mins

Calories: 307 Cal / Pers.

Ingredients

1 kg of apples earth amandine

8 organic eggs

250 g grilled vegetables of your choice: spinach, pepper, red onion, zucchini, and eggplant

1 tablespoon (s) of cornstarch

1 tablespoon goat cheese

Oil

Paprika

Salt

Pepper

Preparation

1. Cook for 20 minutes in salted boiling water 1 kg of diced amandine potatoes. Whisk 8 organic eggs with 1 tsp. domed corn flour, 1 tsp. domed goat cheese, salt, pepper, paprika.

Add the drained potatoes and 250 g of grilled vegetables of your choice (spinach, pepper, red onion, zucchini, eggplant...). Oil a large baking pan, pour the preparation and bake for 40 min at 185 ° C. Eat warm or cold.



The veggie: vegetable paella

4 People

Preparation Time: 30 Min.

Cooking Time: 30 Min.

Ingredients

300 g Spanish rice

250 g green asparagus tips

250 g small purple artichokes

150 g peeled beans

150 g frozen peas.3 new onions

2 cloves of garlic

1.2 l vegetable broth

8 pinches of pimento

1/2 teaspoon powdered saffron

4 tablespoon (s) of olive oil

Salt pepper

Preparation

1. Peel off the garlic cloves, and then chop it finely. Peel the onions and chop them. Cut the asparagus tips in half lengthwise. Keep artichokes only for the tenders heart and leaves and cut them into quarters.

2. Turn on the oven at 180 ° C. Heat the oil in a 24-inch paella pan and brown the garlic and onion. Add the vegetables and mix for 5 minutes, then stir in the rice and turn until it is pearly.

3. Pour the broth, boiling. Sprinkle with chili and saffron, salt, pepper and cook for 5 minutes over high heat and then 5 minutes over low heat.
4. Slide into the oven and continue cooking for 10 minutes.
5. Serve hot in the paella pan.

The Trick

Vary the vegetables according to the spring market, but always brown them in oil before adding the rice.

Ripe tomatoes and basil salad



Ingredients

Serves: 2

- Four vines ripened tomatoes
- good pinch sea salt
- handful basil leaves rolled and thinly sliced
- One tablespoon good aged balsamic vinegar
- One tablespoon extra-virgin olive oil

Preparation

- Prep: 5min
- Ready in 5min
- Grab an attractive serving plate; flat glass or black works nicely. Slice the tomatoes thinly and scatter onto a plate. Sprinkle with salt, then spread all over the basil leaves. Drizzle over the

vinegar and oil. Cover with cling film and then leave at room temperature until ready to serve.

Mango, kiwi and berries salad



Ingredients

- Two lemons, juiced
- One teaspoon honey
- Two tablespoons chopped fresh mint, + extra leaves for garnish
- 1 pound mango chunks
- 1 pound kiwis, peeled and sliced
- 1 pound strawberries, hulled and quartered
- Preparation
- In the small bowl, whisk together the lemon juice, honey, and chopped fresh mint. Set aside while preparing the fruit to allow the mint to infuse the mixture. You can make this up to one day ahead.
- Put the fruit pieces in the large bowl and gently toss with the lemon mixture. Chill in the refrigerator until its ready to be served. Best eaten within a few hours.

Can a person be vegan without health problems?

- It is essential that the diet is organized in a responsible and organized way, to ensure that the body receives all the necessary nutrients for a healthy life
- Otherwise, you could suffer from various disorders, from irritable bowel and feeling tired to depression and cardiovascular disease

Can a person be vegan without problems? Yes. In the event that this article insinuates otherwise, countless testimonies would come to attest that following this lifestyle is a true and real possibility, and assuming it does not necessarily imply a risk to one's own health. However, there are also testimonies - such as those collected, for example, in this BBC article - of people who, after years of embracing veganism, decide to ingest products of animal origin again. In many of these cases, the reason given is that being vegan was causing them various health problems.

Perhaps many advocates of veganism will suspect that the problem of these people was in their diet: it could be that it lacked animal products, but was not balanced and, therefore, did not provide all the necessary nutrients for a healthy life. That is, the problem was the way they practised veganism and not the vegan way of life itself.

Some studies have suggested that this kind of feeding could be related to problems in dental health and in the menstrual cycle, and even with depression and other psychological disorders. Irritable bowel syndrome, other intestinal problems and even less libido are other negative consequences sometimes expressed by those who have practised for a while, and then abandoned, veganism. However, all the scientific works cited emphasized the need for new research that came to corroborate or rectify their initial results.

Mistakes you make when becoming a vegetarian

Many institutions have warned in recent years, from different areas, about the imminent need to reduce meat consumption, both for environmental and health reasons. On the one hand, the World Health Organization (WHO) placed red meat in Group 2A (probably carcinogenic foods) and processed meats in 1 (carcinogenic foods for humans), which caused some social alarm and gave place to reduce the consumption of meat, a sustained trend in recent years worldwide.

In Spain, for example, according to data from the Ministry of Agriculture, Fisheries and Food that includes the Food Consumption Report, 2.6% less meat were consumed in 2018 than in 2017, a figure that has been falling form held in the last seven years. In the United Kingdom, meanwhile, a study by the Sainsbury supermarket chain said that 91% of Britons are actively reducing meat consumption not only for health reasons but also for ethical and environmental issues.

Similarly, various environmental groups have warned in recent years of the need to drastically reduce the consumption of meat and dairy products to preserve the health of the planet. According to the current Land Use Report, released last August by the Intergovernmental Panel on Climate Change (IPCC), a United Nations organization, the high consumption of beef, especially in the West, is aggravating The climate crisis crucially.

There are plenty of reasons, then, to commemorate World Vegetarianism Day, which is celebrated worldwide on October 1, a movement that is increasingly adept and struggles, among other things, to defend the rights of animals and the health of the planet. Although there are many who try to become vegetarians, so are

those who stay on the road due to the difficulties of all levels going from an omnivorous diet to a vegetarian diet, both from a dietary and socialization point of view. This is explained by Daniele Rossi, co-owner of Rasoterra, in Barcelona, a vegetarian restaurant of reference attached to the Slow Food movement.

What Is Plant-Based Feeding?

It is a style of food abundant in vegetables and fruits, whole grains such as legumes (chickpeas, lentils, and adzuki beans) and whole grains (brown rice, quinoa, millet, buckwheat, etc.), nuts and seeds, in instead of a food of animal origin and processed foods.

Plant-Based Feeding:

1. IMPROVE YOUR HEALTH STATUS

Over the past years, scientific articles that show the benefits of increasing the consumption of plant-based foods have not ceased to be published, articles that indicate that following a more plant-based diet helps prevent and even reverse some of the diseases that they cause more incidences of deaths in the western world, being in many situations more effective than medication or surgical interventions.

This type of plant-based diet is the only one that has been shown to reverse the number 1 cause of deaths - heart attacks. Doctors such as Dean Ornish and Caldwell Esselstyn proved with their studies that they follow a low-saturated vegetable diet, rich in complex carbohydrates and basically vegetable-based protein, and changing some lifestyle habits (moving the body at least 30 min/day) cardiovascular diseases can be reversed.

A vegetable-based diet also helps prevent certain types of cancer, reduces the incidence of heart disease and diabetes, cholesterolemia, hypertension, Alzheimer's, Parkinson's disease, rheumatoid arthritis, ulcers, and vaginal infections. Do we continue?

A plant-centered diet has a positive effect on the prevention of accumulation of abdominal fat, the appearance of acne, aging, allergies, asthma, body odor, cellulite, eczema, metabolic syndrome, and body weight control.

With just increasing the consumption of fruits and vegetables, we increase the chances of extending our life expectancy, but a life with

a higher quality of health. On the contrary, the consumption of meat and other foods of animal origin, such as dairy products, have shown that possibly due to its high content of saturated fats, arachidonic acid, and Hemo iron, life is shortened.

The consumption of meat, fish, dairy, and eggs also increases exposure to antibiotics, mercury, and other heavy metals and xenoestrogens in fish and carcinogenic substances in meat that are formed when cooked at high temperatures.

Myths About Plant Food

1. Plant food is becoming vegetarian.

A plant-based diet is a diet that favors plant-based foods, but which does not necessarily exclude animal products. The idea is instead to consume it less often and in smaller quantities. Change your habits and reverse the place that meat and vegetables occupy on your plate. Ideally, meat should not be on your menu every day of the week.

2. Plant food causes deficiencies.

Fruits and vegetables, whole grains, including legumes contain all the nutrients the body needs, such as fiber, carbohydrates, vitamins, and minerals. The only vitamin to actually watch out for is vitamin B12, which is found almost only in animal products. So you can search for vegan products labeled "fortified with vitamin B12" or take a supplement. Talk to your pharmacist, who can guide you.

Also, some people are concerned about the lack of protein caused by a plant-based diet. However, plant-based foods like legumes, nuts, tofu, and some grains are excellent sources of protein, as well as often less high in saturated fat than meat. Remember that animal product is not the only source of protein.

3. Plant food leaves you hungry.

We must forget the preconceived idea that the plant-based diet is limited to eating salad from morning to night. Plant products go far beyond fruits and vegetables. These include whole grains, legumes, soy, nuts, good fats, and more. Be sure to vary the categories of plant products, increase your portions, and eat enough fat (good fats) to increase your feeling of satiety. Whole foods are much more satisfying than processed commercial products that are high in calories... empty.

4. Plant food is expensive.

First, legumes and whole grains are less expensive than meats and fish. For example, substitute ground beef with crumbled tofu or lentils in your recipes, and you will see your grocery bill go down. Another right way to eat affordable vegetable food is to favor local foods in season and freeze them to enjoy them all year round. If you can have a vegetable patch at home, it's even better.

5. Plant food is tedious and complicated.

It's quite the opposite! By mainly adopting a diet based on plant products, you will discover new foods and new recipes that will change your usual menu. Plant food is colorful and very varied! Plus, all of your favorite recipes can be made into a vegan version without the hassle.