

## Dhana Methi Ki Sabzi

(Bengal Gram Dal & Fenugreek Seeds Curry)

### Ingredients:

1 cup bengal gram dal, washed and soaked for 1 hour  
1 tbsp yellow or green fenugreek seeds, washed  
1 tsp. red chilli powder  
1/2 tsp. dhania (coriander seed) powder  
1/4 tsp. turmeric powder  
3-4 pinches garam masala powder  
2 pinches asafoetida powder  
salt to taste  
1/2 tsp. amchoor or juice of 1/2 lemon  
1 stalk curry leaves  
1/2 tsp. each cumin & mustard seeds  
1/2 tsp. wheat flour  
2 tbsp. oil

### Method:

1. Wash, drain and keep dal and fenugreek seeds aside, separately.
2. Boil fenugreek seeds in water, till soft but should not burst.
3. Drain, wash a couple of times, drain, keep aside.
4. Mix chilli, turmeric, dhania powders in 1/2 cup water and keep aside.
5. Heat oil in a heavy pan.
6. Add mustard and cumin seeds, allow to splutter.
7. Add curry leaves, asafoetida, mix.
8. Add masala water, stir till oil floats.
9. Add drained dal, 1 cup water bring to a boil.
10. Cover and simmer till dal is tender to pressing.
11. Add methi seeds, wheat flour, amchoor, garam masala, mix well.
12. Simmer further 2-3 minutes, take off fire.
13. The gravy should be a not too thick masala.
14. Cover and allow flavours to blend for at least 15 minutes before serving.
15. Serve hot with chapatis or hot steamed rice.

For non-chaturmashians: Add chopped green chillies, onions, tomato and capsicum while adding curry leaves.

**Making time:** 25 minutes

**Makes:** 3 servings

**Shelflife:** 5-6 hours, room temperature

## JAIN DISHES

## Navratan Korma

### Ingredients:

1/4 cup fresh curds  
1/4 cup fresh cream or malai  
1/4 cup grated cheese or paneer  
2 tbsp. fresh soft paneer  
2 tbsp. butter  
1/2 tbsp. plain flour  
2 tbsp. tomato puree  
2 cups shelled fresh peas, boiled  
1 carrot chopped and boiled  
1/4 cup fresh grated coconut  
2-3 green chillies  
1 small apple  
1 small sweet lime  
1 banana  
2 slices canned pineapple, drained  
8-10 cashews  
15-20 raisins  
2-3 cherries for garnishing

### Grind to a dry powder:

1/2 tsp. cumin seeds  
1 tsp. khuskhus  
2 cardamoms, shelled  
salt to taste  
sugar to taste (optional)

### Method:

1. Grind coconut, green chilli, fresh paneer to a fine paste, keep aside.
2. Clean and chop all fruit finely, keep aside.
3. Heat pan, add butter, add paste and dry masala, tomato puree stir fry for 2-3 minutes.
4. Add carrots, peas, curds, flour, stir on high.
5. Add all fruit, cream cashews, raisins, salt, sugar, stir and take off fire.
6. Garnish with cherries and cheese before serving.
7. Serve hot with naans, or stuffed kulchas.

**Making time:** 30 minutes  
**Makes:** 6 servings  
**Shelflife:** Best fresh

## JAIN DISHES

## Paneer makhanwala

### Ingredients:

250 gms firm paneer  
2 tbsp. butter  
1 tbsp. cream or malai  
1 large tomato quartered  
1 medium tomato finely chopped  
1 small capsicum finely chopped  
1/4 cup cabbage shred coarsely  
1 slice bread toasted lightly & quartered  
1 tbsp. coconut grated  
10 cashews  
1 tsp. wheat flour  
1 stalk curry leaves  
1 tbsp. coriander leaves finely chopped  
1 tsp. red chilli powder  
1/2 tsp. coriander seed powder  
1/4 tsp. garam masala powder  
1/4 tsp. turmeric powder  
1/2 tsp. sugar  
salt to taste  
2 tbsp. oil

### Method:

1. Grate 2 tbsp. paneer, keep aside for garnishing.
2. Chop remaining paneer into thick cubes.
3. Heat one tbsp. oil in a heavy frying pan.
4. Lightly fry 5 cashews, drain, keep aside.
5. Add quartered tomato, cabbage, to same oil.
6. Stirfry till cabbage is limp, stir in toast pieces, take off fire, cool a little.
7. Wet grind above mixture along with unfried cashews, in a small mixie, using little water.
8. Heat remaining oil in same pan.
9. Add chopped capsicum and tomato, stir fry for a minute.
10. Add all dry masalas, ground paste, flour (dissolved in 1 tbsp. water).
11. Cook till gravy is thick, add sugar and salt.

12. Add paneer pieces, fried cashews, butter, cream, mix gently.
13. Pour into serving dish, garnish with grated paneer, coriander.
14. Serve hot with rotis, parathas or even soft slices of fresh bread.

**Making time:** 45 minutes

**Makes:** 4 servings

**Shelflife:** Best fresh

## JAIN DISHES

### Malai Kofta

**Ingredients:**

**For koftas:**

- 1 cup firm paneer
- 1 tbsp. malai
- 2 raw bananas peeled, boiled and mashed
- 15-20 cashews
- 10-12 raisins, soaked in cold water for 10 minutes
- 1 tsp. charoli seeds
- 2 tbsp plain flour
- 1 green chilli very finely chopped
- 1/2 tsp. ginger powder
- 1/4 tsp. salt
- oil to deepfry

**For curry:**

- 1/2 cup firm paneer
- 1/2 cup thick cream or malai
- 1/4 cup fresh thick curds, beaten
- 1 tbsp. butter
- 1/2 cup tomato puree
- 1/2 cup cabbage finely shred
- 1/2 cup milk
- 1 tbsp. oil
- 1 tbsp. plain flour
- 1 tsp. charoli
- 2 cloves
- 1 cardamom
- 1" stick cinnamon
- 2-3 whole peppercorns
- 3 finely crushed dry red chillies
- 1/5 tsp. garam masala powder
- salt to taste
- 1/2 tsp. sugar

1 bay leaf, broken into four pieces  
1/4 cup finely chopped cabbage

**For garnishing:**

1/4 cup grated paneer or cheese  
4-5 fresh rose petals (optional)

**Method:**

**For koftas:**

1. Squeeze out water from raisins.
2. Mix raisins, cashews, charoli seeds, malai in a small bowl.
3. Mix and mash together well, bananas, ginger, chilli, salt, flour and paneer.
4. Make pingpong sized balls with mashed mixture.
5. Make a thumb like depression in centre, place a little dryfruit mixture inside.
6. Reshape ball to cover filling from all sides.
7. Chill them in fridge for 10-15 minutes.
8. Deepfry to crisp golden just before required.

**For curry:**

1. Grind together paneer and curds. Keep aside.
2. Dry roast plain flour till very lightly fragrant and pinkish.
3. Take off fire, keep aside.
4. Heat oil add dry spices, add cabbage, stir fry till limp.
5. Add tomato puree, dry masalas, salt, sugar, bring to a boil.
6. Add curd paneer paste, stir till boil resumes.
7. Simmer, add roasted flour (dissolve in 1/4 cup water)
8. Add malai, stir till whiteness dissolves.
9. Simmer till gravy is thick and bubbly.

**15 minutes before serving:**

1. Add koftas to boiling gravy.
2. Pour into serving dish, garnish with grated paneer and rose petals.
3. Serve hot with roti, naan, kulchas or even bread.

**Note:** One may alter both malai and chillies as per taste and calories allowed, to make it as bland or hot as per individual preference.

**Making time:** 45 minutes

**Makes:** 5 servings

**Shelflife:** Before assembling 1 day refrigerated  
After assembling, best fresh

### Ingredients:

1 cup rajma (dry) soaked overnight in plenty of water.  
1 cup chopped tomatoes  
1 capsicum chopped  
1 stalk curry leaves  
1 tbsp. coriander leaves finely chopped  
2 green chillies slit lengthwise  
1/4 cup coconut scraped finely  
1 tsp. red chilli powder  
1 tsp. coriander seed powder  
1/4 tsp. turmeric powder  
1/4 tsp. garam masala powder  
1/2 tsp. sambhar masala powder  
3-4 pinches asafoetida  
salt to taste  
1 lemon  
1/2 tsp. cumin seeds  
1 tbsp. ghee  
2 tbsp. oil

### Method:

1. Wash and pressure cook rajma in plenty of water, till very tender, (at least 6 whistles).
2. Drain, wash with clean water, keep aside.
3. Grind 2 tbsp. cooked rajma with 1/2 cup water in a mixie.
4. Heat oil in a pan, add cumin seeds and asafoetida, allow to splutter.
5. Add coconut, stir fry for a minute.
6. Add capsicum, curry leaves, tomatoes, stir fry for 2 minutes.
7. Add all dry masala powder, stir for a minute.
8. Add boiled rajma, 1 cup water, salt, cook for 3-4 minutes after boil resumes.
9. Add ground rajma, stir and cook till gravy is thick not watery.
10. Add lemon juice, ghee, stir and remove into serving dish.
11. Garnish with chopped coriander.
12. Serve hot with steamed rice or naans, etc

**Making time:** 30 minutes (excluding pressurecooking time)

**Makes:** 3 servings

**Shelfife:** 2 days refrigerated

## Chole masala

### Ingredients:

- 1 1/4 cup kabuli channa (soak overnight in plenty of water)
- 1 tsp. tea leaves (tied into a small muslin cloth to form a pouch)
- 1 bay leaf
- 2 capsicums chopped
- 1 tomato chopped
- 2 whole green chillies, slit lengthwise
- 1 stalk curry leaves
- 1/4 tsp. cinnamon-clove powder
- 1/2 tsp. garam masala
- 1 tsp. chole masala
- 1 tsp. coriander seed powder
- 1/2 tsp. chilli powder
- 1/4 tsp. turmeric powder
- 3-4 pinches asafoetida powder
- 1/2 tsp. cumin seeds
- juice of 1 lemon
- salt to taste
- 2 tbsp. oil
- 1 tbsp. ghee or butter

### Grind to a paste:

- 2 tbsp. boiled channa
- 1 tomato
- 1 tsp. coriander leaves
- 1 sprig mint leaves
- 1/2 cup water in which channa was boiled
- 1 bayleaf (which was cooked) with channa

### Method:

1. Add bayleaf, tea pouch to channa before pressurecooking,
2. Pressurecook soaked channa till very soft, but not mushy (At least 5 whistles).
3. Drain, but save water, do not discard.
4. Heat oil in a heavy pan.
5. Add capsicum, tomatoes, stirfry for 2 minutes.
6. Add ground paste, stir and cook till oil separates.
7. Add all dry masalas, 1 cup water which was drained from channa.
8. All to come to a boil, add channa, allow to resume boiling.
9. Simmer till gravy is almost dry, and remove from fire.

10. Pour into serving dish.

**Before serving, temper as follows:**

1. Heat ghee in a small pan.
2. Add cumin seeds, asafoetida, allow to splutter, add chillies and curryleaves.
3. Add lemon juice, 1/4 cup water which was drained from channa.
4. Pour immediately over channa, mix gently till to blend a little.
5. Serve hot with slices of bread, parathas, or bhaturas.

**Making time:** 45 minutes

**Makes:** 3 servings

**Shelflife:** 2 days refrigerated (microwave when required)

**JAIN DISHES**

**Samo  
sas**

**Ingredients:**

**For cover:**

2 cups plain flour  
1 tbsp. oil  
salt to taste  
1 tsp. cornflour  
cold water

**For filling:**

2 raw cooking bananas  
1 cup cabbages shredded  
1 cup bottle gourd finely chopped  
4 green chillies finely chopped  
1/4 tsp. garam masala powder  
1/4 tsp. turmeric powder  
1/2 tsp. lemon juice  
salt to taste  
1/4 tsp. each cumin & mustard seeds  
3-4 pinches asafoetida  
1 tsp. each fresh coriander, mint leaves finely chopped  
(optional)  
2 tsp. oil  
1 tsp. cornflour

**Other ingredients:**

Oil to deep fry



## Method:

### For cover

1. Sieve together, flours, salt, add oil, mix gently.
2. Add cold water, make a soft pliable dough.
3. Knead dough for 4-5 minutes, till very elastic and smooth.
4. Cover with moist clean cloth, keep aside.

### For filling:

1. Pressurecook bananas in skins for 2 whistles (or boil till tender).
2. Cool a little, peel, grate and keep aside.
3. Heat oil in a heavy pan, add seeds, asafoetida, allow to splutter.
4. Add chopped cabbage, bottle gourd, mint.
5. Stirfry till tender.
6. Add bananas, all other ingredients, stir well.
7. When mixture is a soft lump, take off fire, cool.

### To proceed:

1. Make a thin 5" diam. round with some dough.
2. Cut into two halves. Run a moist finger along edges.
3. Join and press together to make a cone.
4. Place a tbsp. of filling in the cone and seal third side as above.
5. Make five to six. Put in hot oil, deep fry on low to medium till light brown.
6. Do not fry on high, or the samosas will turn out oily and soggy.
7. Drain on rack or kitchen paper.
8. Serve hot with green and tamarind chutneys (refer chutneys), or tomato sauce.

**Making time:** 30 minutes

**Makes:** 12-14 pieces approx.

**Shelflife:** 1 day at room temperature.

Both filling and dough may be made hours ahead, and stored in refrigerator

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**JAIN DISHES**

**Cutlets**

**Ingredients:**

1/2 cup semolina  
1 cup hot water  
1 carrot grated  
1/2 cup peas, crushed coarsely  
1/2 cup cabbage chopped  
1 raw cooking banana, peeled and chopped fine  
1 tsp. cornflour  
4 green chillies, crushed or finely chopped  
1 tbsp coriander leaves finely chopped  
1 tsp. ginger finely chopped or crushed  
1/4 tsp. garam masala powder  
1/4 tsp. turmeric powder  
3-4 pinches asafoetida powder  
salt to taste  
oil to deep or shallow fry as desired.

### **Method:**

1. Boil banana pieces in water, till soft, drain, keep aside.
2. Dry roast semolina on slow flame in a heavy large pan.
3. When aroma exudes, add hot water, all prepared vegetables.
4. Add all other ingredients, except oil.
5. Stir and cook till soft lump forms.
6. Keep aside to cool till it can be handled.
7. Shape into 10 oblong or round patties, 1/2" thick.
8. Shallow fry on hot griddle or deep fry in hot oil, till golden and crisp.
9. Serve hot with chutneys or sauce.

**Making time:** 30 minutes

**Makes:** 10 patties

**Shelflife:** 1 day

**JAIN DISHES**

**Bh  
el**

### **Ingredients:**

2 cups puffed rice  
1 tbsp. cucumber finely chopped  
1 tbsp. tomato finely chopped  
1 tsp. fresh coriander finely chopped  
1 tbsp. carrot grated coarsely  
1 tsp. tamarind chutney (refer [chutneys](#))  
1/2 tsp. allpurpose green chutney (refer [chutneys](#))  
2 tbsp. fine sev(optional)

1 tbsp. cornflakes  
salt to taste  
lemon juice to taste

**Method:**

1. Dilute green chutney in 1 tsp. water
2. Take puffed rice in a large salad bowl.

**To proceed before serving:**

1. Add all other ingredients, salt and lemon juice.
2. Toss very well till chutneys have blended, with hand or ladle.
3. Put in individual serving dishes, top with some sev and chopped coriander.
4. Serve immediately.

**Making time:** 10 minutes

**Makes:** 2 servings

**Shelflife:** Best fresh.

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**JAIN DISHES**

**Chol  
e**

**Ingredients:**

1 cup kabuli chana, washed & soaked overnight  
2 tomatoes  
1 capsicum  
1/2 lemon juice  
1 tbsp. coriander leaves, chopped finely  
1 stalk curry leaves  
2 green chillies  
1/2 tsp. chole masala  
1/2 tsp. garam masala  
3-4 pinches cinnamon-clove powder  
1 tsp. red chilli powder  
1 tsp. coriander seed (dhania) powder  
1/4 tsp. turmeric powder  
1 tsp. sugar  
salt to taste  
2 tbsp. oil  
1/2 tsp. cumin seeds

3-4 pinches asafoetida  
1 tsp. ghee or butter

**Method:**

1. Pressurecook chana till very soft (refer recipe of [chole bhature](#))
2. Drain, save water, keep aside.
3. Use same water to grind one tomato, 1tbsp. boiled channa, together.
4. Chop one tomato finely, keep aside
5. Chop capsicum into thin strips, keep aside
6. Mix all powders in 1 cup water, add salt.
7. Heat oil in a heavy large pan.
8. Add capsicum, stirfry till tender, drain, keep aside.
9. Add cumin seeds, curry leaves, asafoetida, allow to splutter.
10. Add tomatoes, stir till soft.
11. Add masala water, bring to boil, add ground paste.
12. Simmer till gravy thickens, oil is seperated.
13. Add channa, fried capsicum, green chillies, 1/2 cup chana water.
14. Stir, simmer covered, till gravy thickens again.
15. Garnish with coriander.
16. Serve hot with bhature, roti, bread, etc.

Add capsicum, stirfry till tender, drain, keep aside.

**Making time:** 30 minutes

**Makes:** 3-4 servings

**Shelflife:** 1 day

**JAIN DISHES**

**Peas  
Kachori**

**Ingredients:**

**For crust:**

2-1/4 cups plain flour  
1 tbsp. melted ghee  
salt to taste  
water to knead

**For filling:**

1 cup fresh peas, shelled  
1/2 cup green or yellow moong dal  
5 green chillies  
1" piece ginger, grated (optional)  
1/2 tsp. garam masala powder

1/4 tsp. coriander seeds,crushed coarsely  
1 tsp. chilli powder  
1/4 tsp. turmeric powder  
1/4 tsp. amchoor powder  
salt to taste  
1/4 tsp. each mustard & cumin seeds  
3-4 pinches asafoetida  
1 tbsp. oil

**Other ingredients:**

oil to deep fry

**Method:**

**For crust:**

1. Sieve flour and salt.
2. Add ghee, mix till flour is crumbly.
3. When a fistful of this flour is held tightly, it should hold the shape.
4. If required, add a little more ghee.
5. Keep aside 1 tbsp. of this mixture.
6. Add water little by little, to knead a soft, pliable, dough.
7. Knead dough for 6-7 minutes, till texture is smooth and elastic.
8. Grease hands with a little more ghee, rub over smoothened dough.
9. Cover with a moist cloth, then lid, keep aside for at least 30 minutes.

**For filling:**

1. Put plenty of water to boil.
2. When hot, add washed, drained dal.
3. Bring back to boil, simmer for 5-6 minutes.
4. Dal should be firm, not mushy.
5. Drain out water in colander, keeping aside to drain till cool.
6. Crush chillies in a small mixie.
7. Add peas little by little, run in short spurts.
8. Run till all peas are coarsely crushed.
9. Heat oil in heavy or nonstick pan.
10. Add asafoetida, seeds, crushed coriander seeds, allow to splutter.
11. Add peas mixture,(ginger), dal, stir and cook till a soft lump is formed.
12. Take care not to allow to burn at bottom of pan.
13. Add all other ingredients, except oil to deep fry.
14. Mix well, allow to cool till warm.

**To proceed:**

1. Make a thick paste of the saved flour mixture, for sealing cracks.

2. Divide dough into 10 parts, so also the filling.
3. Make a firm ball of each portion of filling.
4. Shape dough portion in to round.
5. Press into a 3" wide round, with fingers and palm.
6. Place one ball of filling in center.
7. Pull over all edges to make a pouch.
8. Take care not to leave behind any part of edge.
9. Frim press together, pluck off any extra dough.
10. Flatten this round carefully on palm, with side of other palm.
11. A flat, 1/4 inch thick round,with no leaks, folds should result.
12. Heat oil in frying pan, till smoky.
13. Turn off flame, allow to cool for a minute.
14. Add enough kachoris to fit comfortably.
15. Switch on flame again, on low, when sizzling slows.
16. Do not disturb too often. Flip when one side is golden.
17. Fry other side, drain, keep aside.
18. Repeat for all dough and filling.
19. If any cracks of slits appear on frying, seal by
20. brushing with batter paste.
21. Fry further till well sealed.
22. Serve hot with green or tamarind chutneys.

**Making time:** 1 hour

**Makes:** 10 kachori

**Shelflife:** 2 days

**Note:** Both filling and crust dough may be made hours ahead and stored in fridge till required. Or semifry kachories and keep aside. Finish off frying to a crisp golden, just before serving.

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**JAIN DISHES**

**Ragda  
Patties**

**Ingredients:**

**For patties:**

- 3 raw cooking bananas
- 1 tbsp. semolina
- 3 slices bread
- 4 green chillies
- salt to taste
- oil to shallow fry

**For ragda:**

1 cup dehydrated white peas (soaked in water for 2 hours)  
1/4 tsp. cumin powder  
1/4 tsp. garam masala powder  
1/4 tsp. black pepper powder  
1/4 tsp. turmeric powder  
1/4 tsp. dhania powder  
1/4 tsp. jaljeera or chaat masala  
1/4 tsp. black salt powdered  
1/4 tsp. amchoor powder  
salt to taste  
1 tbsp. oil

**Grind to a paste:**

2 green chillies  
1 tbsp. coriander leaves  
1 tbsp. mint leaves  
2 slices bread  
1 tbsp. fresh coconut chopped fine  
2 tbsp. boiled white peas

**Other ingredients:**

Some beaten fresh curds  
Red chilli powder  
Crushed cumin powder  
Salt to taste  
Green allpurpose chutney (as per recipe in [chutneys](#))  
Tamarind chutney (as per recipe in [chutneys](#))  
Fresh coriander finely chopped  
Fine bland sev (optional)

**Method:****For patties:**

1. Pressure cook whole bananas or halved for 2 whistles or till soft.
2. Drain, cool a little, mash with a potato masher.
3. Toast bread very lightly, crumble fine with chillies.
4. Add semolina, bread crumbs, salt to bananas.
5. Mix well, shape into patties.
6. Shallow fry on a hot griddle, till both sides are a crisp golden.
7. Repeat for all patties.

**For ragda:**

1. Pressure cook peas with four cups water till soft and mushy. (At least 5 whistles may be required).

2. Cool cooker, remove. Keep aside 2 tbsp. peas for grinding paste.
3. Put oil in a heavy deep vessel, and heat.
4. When smoky, add paste, stirfry for 2 minutes.
5. Add all dry masalas, salt, stirfry further 2 minutes.
6. Add boiled peas, water and all, bring to boil.
7. Simmer till the liquid is thick enough to thinly coat the back of a spoon.
8. Remove, from fire, cover and store.

**To proceed:**

1. Place 2 hot patties on individual plate.
2. Pour 2 tbsp. or more of hot ragda over it.
3. Drizzle a tbsp. of curds, followed by both chutneys as desired.
4. Sprinkle salt, cumin, chilli powder.
5. Garnish with sev and coriander, serve hot.

**Making time:** 45 minutes (excluding pressure cooking and soaking time)

**Makes:** 5 servings

**Shelflife:** Both patties and ragda may be made hours ahead. After assembling best fresh and hot.

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## JAIN DISHES

### Banana Koftas (Kele Vada)

**Ingredients:**

5 raw cooking bananas  
1/2 cup fresh peas, boiled  
1 tbsp. mint leaves finely chopped  
1 tbsp. coriander leaves finely chopped  
4-5 green chillies finely chopped  
1" piece ginger grated(optional)  
1/2 tsp. each mustard & cumin seeds  
4-5 pinches asafetida  
1/2 tsp. turmeric powder  
1 tsp. lemon juice  
2 tbsp. oil  
oi to deep fry

**For batter:**

1-1/2 cups gram flour



1 tbsp. rice flour  
1/4 tsp. tumeric powder  
1 pinch soda bicarb  
1 tbsp. hot oil  
salt to taste

**Method:**

1. Pressurecook bananas with skins, till soft.
2. Remove skins, mash while hot. Keep aside.
3. Heat oil heavy pan, add seeds, allow to splutter.
4. Add asafoetida, mint, coriander, chillies, ginger, peas, lemon juice.
5. Stir, add mashed bananas, salt, turmeric,mix well.
6. Keep mixture aside to cool.

**For batter:**

1. Mix both flours, soda bicarb, salt, turmeric.
2. Add enough water to make a batter which will coat the back of a spoon thickly.
3. Add hot oil, mix well.

**To proceed:**

1. Put oil to heat in a frying pan.
2. Make pingpong ball sized balls of mixture.
3. Dip in batter, put in hot oil.
4. Fry on medium flame, till golden.
5. Drain, serve hot with green and tamarind chutneys, or sauce.

**Making time:** 30 minutes (excluding pressurecooking time),br> **Makes:** 15 koftas

**Shelflife:**

**filling and batter may be made hours ahead. After frying, best fresh**

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**JAIN DISHES**

**Jain  
Croquettes**

**Ingredients:**

2 tbsp. semolina  
3 raw bananas  
1 cup paneer (cottage cheese),grated

4 green chillies  
salt to taste  
2-3 pinches chat masala  
Oil to deep fry

**Method:**

1. Pressure cook whole bananas (3 whistles), skin and mash.
2. Add grated green chillies, chat masala, allow to cool.
3. Dry roast semolina in a heavy pan, till aroma exudes.
4. Add 2 tbsp. water, stir till a lump forms.
5. Keep aside to cool.
6. Add salt, paneer, mix well to form a smooth dough.
7. Shape into oblong croquettes or as desired.
8. Deep fry in hot oil, till light golden.
9. Serve hot with chutneys, or sauce.

**Making time:** 30 minutes

**Makes:** 10 croquettes

**Shelflife:** Best fresh

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**JAIN DISHES**

**Jain  
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3. Dry roast semolina in a heavy pan, till aroma exudes.
4. Add 2 tbsp. water, stir till a lump forms.
5. Keep aside to cool.
6. Add salt, paneer, mix well to form a smooth dough.
7. Shape into oblong croquettes or as desired.
8. Deep fry in hot oil, till light golden.
9. Serve hot with chutneys, or sauce.

**Making time:** 30 minutes

**Makes:** 10 croquettes

**Shelflife:** Best fresh

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**JAIN DISHES**

**Rajma Ki  
Sabzi**

(White Or Red Kidney Bean Vegetable)

**Ingredients:**

1 cup beans, washed and soaked for 2 hours  
1 pinch soda bicarb.  
1-1/2 tsp. red chilli powder  
1 tsp. dhania powder  
1/4 tsp. turmeric powder  
1/4 tsp. garam masala powder  
1/6 tsp. amchoor powder or juice of 1/2 lemon  
salt to taste  
1/2 cup fresh curds, beaten smooth  
1 tbsp. fresh cream of milk  
1/2 cup water  
1/2 tsp. wheat flour  
1 tsp. coriander leaves to garnish  
1 lemon chopped into quarters

1 stalk curry leaves  
1/2 tsp. each mustard and cumin seeds  
3-4 pinches asafoetida  
1 bay leaf  
2 tbsp. oil

**Powder together:**

1 small piece cinnamon  
1 clove

**Method:**

1. Wash, add plenty of water, add 1 pinch of soda bicarb.
2. Pressure cook till soft. (approx. 6 whistles should suffice)
3. Cool cooker, wash with running water, and drain beans.
4. Take in a large plate, sprinkle all dry masalas, salt and mix well.
5. Heat oil, add seeds, asafoetida, curry leaves, bay leaf, ground spice powder, allow to splutter.
6. Add curry leaves, curds, and stir till it boils.
7. Add beans, water, mix, bring to a boil. Add flour.
8. Cook for 2-3 minutes, add cream, stir and bring back to boil.
9. Reduce heat, cover and simmer till most of water evaporates.
10. Pour into serving dish, garnish with chopped coriander and pieces of lemon.
11. Serve hot with paratha, roti, or phulka.

**Note:** If you soak beans overnight in water, then the soda bicarb may be omitted.

**For non-chaturmashians:** Add chopped capsicum, onions, tomato, spring onion greens, while adding curry leaves. Stir fry till tender, proceed with remaining recipe.

**Making time:** 15 minutes (pressure cooking not included)

**Makes:** 4 servings

**Shelflife:** 10-12 hours

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**JAIN DISHES**

**Channa Ki  
Sabzi**

**Ingredients:**

2/3 cup channa (red) (soak for 4 hours in water)  
1 stalk curry leaves

1 tsp. coriander leaves finely chopped  
1 tsp. red chilli powder  
3/4 tsp. dhania (coriander seeds) powder  
3/4 tsp. amchoor powder or juice of 1/2 lemon  
1/4 tsp. turmeric powder  
1/2 tsp. wheat flour  
1/2 tsp. each mustard and cumin seeds  
3 pinches asafoetida  
salt to taste  
1 tsbp. oil

**Method:**

1. Add plenty of water and pressurecook channa till very tender to touch. (Approx. 4 whistles should suffice).
2. Cool cooker before opening lid.
3. Drain, wash with running water, drain, keep aside.
4. Mix all dry masala and salt in 1/2 cup water.
5. Heat oil in heavy saucepan.
6. Add seeds, curry leaves, asafoetida. Allow to splutter.
7. Add masala mixture, cooked channa, 1/4 cup water, and mix well.
8. Bring to boil, reduce heat, simmer covered for 3-4 minutes.
9. When almost all water evaporates, sprinkle flour, mix and remove from fire.
10. Cover and keep aside for 2-3 minutes.
11. Pour into serving dish, garnish with chopped coriander.
12. Serve hot with rice or chapathi.

**Making time:** 30 minutes

**Makes:** 4 servings

**Shelflife:** 10-12 hours at room temperature

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**JAIN DISHES**

**Chawli Ki  
Sabzi**

(Black eyed beans dry vegetable)

**Ingredients:**

2/3 cup black eyed beans (soak for 2 hours in water)  
1 stalk curry leaves  
1 tsp. coriander leaves finely chopped

1 tsp. red chilli powder  
3/4 tsp. dhania (coriander seeds) powder  
3/4 tsp. amchoor powder or juice of 1/2 lemon  
1/4 tsp. turmeric powder  
1/2 tsp. wheat flour  
1/2 tsp. each mustard and cumin seeds  
3 pinches asafoetida  
salt to taste  
1 tsbp. oil

**Method:**

1. Add plenty of water and pressurecook chawlibeans till very tender to touch. (Approx. 4 whistles should suffice).
2. Cool cooker before opening lid.
3. Drain, wash with running water, drain, keep aside.
4. Mix all dry masala and salt in 1/2 cup water.
5. Heat oil in heavy saucepan.
6. Add seeds, curry leaves, asafoetida. Allow to splutter.
7. Add masala mixture, cooked beans, 1/4 cup water, and mix well.
8. Bring to boil, reduce heat, simmer covered for 3-4 minutes.
9. When almost all water evaporates, sprinkle flour, mix and remove from fire.
10. Cover and keep aside for 2-3 minutes.
11. Pour into serving dish, garnish with chopped coriander.
12. Serve hot with rice or chapathi.

**Variations:** Kumtia, mathki, can all be prepared with the same method.

**Making time:** 30 minutes (both)

**Makes:** 4 servings

**Shelflife:** 10-12 hours at room temperature

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**JAIN DISHES**

**Mathki Ki  
Kadi**

**Ingredients:**

1/3 cup mathki (soak for 2 hours in water)

**For kadhi:**

1 stalk curry leaves

2 green chillies, slit lengthwise  
1 tsp. coriander leaves freshly chopped  
1 cup slightly sour curds  
1 tbsp. gram flour  
1/2 tbsp. wheat flour  
1 tsp. red chilli powder  
1/4 tsp. turmeric powder  
salt to taste  
3-4 pinches asafoetida  
1/2 tsp. each mustard & cumin seeds  
2 cups water  
2 tbsp. ghee

### **Method:**

1. Add plenty of water and pressurecook mathki till very tender to touch. (Approx. 4 whistles should suffice).
2. Cool cooker before opening lid.
3. Drain, wash with running water, drain, keep aside.

### **For Kadhi:**

1. Mix chilli powder, turmeric powder, salt in 1/2 cup water, keep aside.
2. Beat the curds till smooth
3. In 2 cups water add both flours and beat till no lumps are left.
4. Add cooked mathki in the above mixture
5. Heat ghee in large deep pan, add seeds and curry leaves and green chillies.
6. Allow to splutter, add asafoetida, add masala paste.
7. Simmer and stir till ghee floats on top.
8. Remove a tbsp. of this ghee layer in a cup, and keep aside.
9. Add beaten curd mixture, stir continuously, till it boils.
10. Add flour and water mixture and bring it to boil
11. Reduce flame, allow to simmer for 7-8 minutes, stirring occasionally.
12. Taste and check for salt and sourness.
13. If not sour at all, add a pinch of citric acid crystals, to taste.
14. Pour into serving dish, garnish with chopped coriander and masala ghee kept aside.
15. Serve hot with steamed hot rice, dry sabzi and papadams.  
(Consistency: Kadhi should be pourable easily, and leave behind a thin coating on spoon after pouring. )

**Making time:** 30 minutes

**Makes:** 4 servings

**Shelflife:** 10-12 hours at room temperature

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## JAIN DISHES

### Pachkoota (Dehydrated Rajasthani Vegetables)

#### Ingredients:

1tbsp. ker  
1 tbsp. sangri  
2tbsp. goondha  
1 tbsp kumtia  
1 pieces amchoor  
2 dry red chillies  
1 stalk curry leaves  
2 tbsp. fresh curds  
1 tsp. red chilli powder  
1 tsp. dhania powder  
1/4 tsp. turmeric powder  
1/2 tsp. amchoor powder  
salt to taste  
1/2 tsp. each cumin and mustard seeds, crushed together  
1/2 tsp. each cumin and mustard seeds, whole  
3-4 pinches asafoetida  
1-1/2 tbsp. mustard oil

#### Method:

1. Clean and remove any spoilt dehydrated vegetables.
2. Put all (ker,sangri,goonda,kumtia,chilli,amchoor) in one container.
3. Wash with plenty of water 2-3 times.
4. Add enough water, two pinches turmeric, pressure cook till soft.
5. Cool, drain, wash with running water, drain well by pressing out excess water.
6. Take in a large plate, sprinkle all dry masalas, salt, crushed seeds, add curds.
7. Mix well with hands.
8. Heat oil in a heavy pan.
9. Add whole seeds, asafoetida, curry leaves, allow to splutter.
10. Add vegetable mixture.
11. Stir gently with spatula, cover and cook for 3-4 minutes, till oil seperates.
12. Stir in between.
13. Remove from fire, pour into serving dish.
14. Serve hot with chapathi, rotis, phulka.



**Variations:** One or more of the vegetables may be made in permutation /combination as desired in the same way. Total measure put together should be 5 tbsp. for above recipe proportions.

**Making time:** 20 minutes (excluding pressure cooking time)

**Makes:** 4 servings

**Shelflife:** 2 days at room temperature if moisture is properly evaporated.

**Note:** to make this dish spicier, one may add a tsp. of the masala part of spicy mango pickle. Also, this dish taste better if cooked in mustard oil, but desired oil may be used.

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## JAIN DISHES

### Dry Peas Ki Sabzi

#### Ingredients:

2/3 cup dry peas (soak for 6 hours in water)  
1 stalk curry leaves  
1 tsp. coriander leaves finely chopped  
1 tsp. red chilli powder  
3/4 tsp. dhania (coriander seeds) powder  
3/4 tsp. amchoor powder or juice of 1/2 lemon  
1/4 tsp. turmeric powder  
1/2 tsp. wheat flour  
1/2 tsp. each mustard and cumin seeds  
3 pinches asafoetida  
salt to taste  
1 tsbp. oil

#### Method:

1. Add plenty of water and pressurecook peas till very tender to touch. (Approx. 4 whistles should suffice).
2. Cool cooker before opening lid.
3. Drain, wash with running water, drain, keep aside.
4. Mix all dry masala and salt in 1/2 cup water.
5. Heat oil in heavy saucepan.
6. Add seeds, curry leaves, asafoetida. Allow to splutter.
7. Add masala mixture, cooked peas, 1/4 cup water, and mix well.
8. Bring to boil, reduce heat, simmer covered for 3-4 minutes.

9. When almost all water evaporates, sprinkle flour, mix and remove from fire.
10. Cover and keep aside for 2-3 minutes.
11. Pour into serving dish, garnish with chopped coriander.
12. Serve hot with rice or chapathi.

**Making time:** 30 minutes

**Makes:** 4 servings

**Shelflife:** 10-12 hours at room temperature

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## JAIN DISHES

### Channa Curry

#### Ingredients:

1/3 cup channa (red) (soak for 4 hours in water)

#### For kadhi:

1 stalk curry leaves  
2 green chillies, slit lengthwise  
1 tsp. coriander leaves freshly chopped  
1 cup slightly sour curds  
1 tbsp. gram flour  
1/2 tbsp. wheat flour  
1 tsp. red chilli powder  
1/4 tsp. turmeric powder  
salt to taste  
3-4 pinches asafoetida  
1/2 tsp. each mustard & cumin seeds  
2 cups water  
2 tbsp. ghee

#### Method:

1. Add plenty of water and pressurecook chawlibeans till very tender to touch. (Approx. 4 whistles should suffice).
2. Cool cooker before opening lid.
3. Drain, wash with running water, drain, keep aside.

#### For Kadhi:

1. Mix chilli powder, turmeric powder, salt in 1/2 cup water, keep aside.

2. Beat the curds till smooth
3. In 2 cups water add both flours and beat till no lumps are left.
4. Add cooked channa in the above mixture
5. Heat ghee in large deep pan, add seeds and curry leaves and green chillies.
6. Allow to splutter, add asafoetida, add masala paste.
7. Simmer and stir till ghee floats on top.
8. Remove a tbsp. of this ghee layer in a cup, and keep aside.
9. Add beaten curd mixture, stir continuously, till it boils.
10. Add flour, channa and water mixture and bring it to boil
11. Reduce flame, allow to simmer for 7-8 minutes, stirring occasionally.
12. Taste and check for salt and sourness.
13. If not sour at all, add a pinch of citric acid crystals, to taste.
14. Pour into serving dish, garnish with chopped coriander and masala ghee kept aside.
15. Serve hot with steamed hot rice, dry sabzi and papadams.  
(Consistency: Kadhi should be pourable easily, and leave behind a thin coating on spoon after pouring. )

**Making time:** 30 minutes

**Makes:** 4 servings

**Shelflife:** 10-12 hours at room temperature

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