

Recipe- Lemon Cucumber Cooler

Recipe- Fruit Punch

Recipe- Noodle Veggie Cutlet

Recipe- Mango Shrikhand

Mango Shrikhand



Ingredients

Mango Pulp 1 Bowl

Hung Curd 1 Bowl

Sugar 6 tsp

Saffron 2 Pinch

Green Cardamom 4 nos

Nutmeg/ Jaiphal Powder 1 pinch

Fresh Milk 1 tsp

Method

- Grind mango pulp and hung curd with sugar, keep aside.
- Crush and grind well saffron, green cardamom seeds, nutmeg

powder and milk in a traditional grinding stone (Fig Below).

- And mix this with mango pulp and hung curd mix.
- Pour in a serving dish and garnish with some saffron and cardamom seed.
- Refrigerate for an hour.
- Serve chill.



Tips

Use sweet mango otherwise the taste would not be good.
Adjust sugar as per the sweetness of mango.

“Be Vegetarian”

“Live and Let Live”

Recipe- Paneer Bhurji

Paneer Bhurji



Oil 1 tbsp

Jeera 1 tsp

Hing /Asafoetida 1 pinch

Turmeric Powder 1 tsp

Coriander Powder 2 tsp

Red Chili Powder 1 tsp

Aamchur powder 1 tsp

Salt 1 tsp (or according to taste)

Method

- Take 1 tbsp oil in a pan and heat on high flame.
- When oil is hot enough add jeera and let it crackle.

- Add onion and fry till pink in color.
- Add hing, ginger, green chili, turmeric powder, coriander powder, red chili and fry.
- Now add grated paneer and salt and mix well.
- Cover the pan and switch off the flame.
- Open in 5-6 minutes and add aamchur powder, mix well and cover the pan again.
- Open in another 4-5 minutes.
- Serve with chapata, paratha, puri or use as a sandwich filling.

Tips

After adding paneer switch off the flame otherwise paneer may get hard.

You may also add finely chopped capsicum as well.