

Recipe- Bread Poha

Bread Poha



Ingredients

Bread slice 6 (Cut into 1 inch pcs)

Tomato 1 small (Roughly chopped)

Onion 1 small (Sliced in thin strips)

Carrot 1 small (Sliced in thin strips)

Capsicum 1 small (Sliced in thin strips)

Crushed black pepper 1 tsp

Salt 1 tsp (or according to taste)

Add all other vegetables, fry for few seconds, cover the pan and reduced the flame to low .

0.5 tsp salt and 1 tbsp tomato ketchup.

Raise the flame to high and add bread pcs, pour ghee and sprinkle salt.

Toss well on high flame when bread pcs starts looking crispy and golden brown in color, switch off the flame and sprinkle crushed blacked pepper.

Serve hot.

Tips

You can use yellow or red capsicum as well to make the dish more colorful.

To make it more healthier add sprouted green moong with vegetables.

according to your child taste and tolerance.

“Be Vegetarian be Happy”

“Live and Let Live”

Recipe - Pancake

Suji/

Semolina



Suji/ Semolina Pancake

Ingredients (4 nos)

Suji/ Semolina 2 cups

Curd 2 tbsp

Salt 1 tsp or according to taste

Eno Salt 2 tsp

Mustard Seeds 2 tsp

Sesame Seeds 2 tsp

Oil to temper

Method

- Take suji in a deep bowl add curd and salt, mix well.
- Add sufficient water to make a thick paste.
- Cover and keep aside for 0.5- 1 hour.
- Divide the mixture in 4 portions.
- Take 1-2 tsp oil in a deep pan and heat on high flame.
- When oil is hot enough add 0.5 tsp Mustard seeds and let it cracker.
- Meanwhile take a small bowl add one portion of suji paste and mix 0.5 tsp Eno salt to it.
- Pour this batter in the heated pan and sprinkle 0.5 tsp of sesame seeds over it.
- Cover the pan and reduce the flame on low.
- let it cook for 5 minutes on low flame.
- Check if its upper side is cooked.
- Otherwise cover the pan for another 1-2 minutes and check again.
- Turn pancake carefully and cover the pan again.
- Let this side also cook for 5 minutes approx.

- When both sides are cooked and golden brown in color.
- Remove and serve hot with chutney.
- Make other pancakes following the same steps.

Tips

Do not beat too much after adding Eno salt.

Eno salt.

according to your child taste and tolerance.

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