

Toddlers

Recipe- Olive Bread

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- Kuli Paniyaram/ Appe

Kuli Paniyaram/ Appe



Ingredients

Dosa Batter 2 cups
Onion 1 large (Finely Chopped)
Capsicum 1 small (Finely Chopped)
Carror 1 medium (Finely Chopped)
Curry Leaves 15-20 nos
Green Chilli 2 nos
Oil 1 tbsp+ to fry
Mustard Seeds 1 tsp
Salt 1 tsp
Baking Soda 1 pinch

Method

- Take 1 tbsp oil in a non stick pan and heat on medium flame.
- When oil is hot enough add 1 tsp Mustard seeds and let it cracker.

- Add curry leaves and fry (Fig 2).
- Add all vegetables and 0.5 tsp salt, fry for few seconds.
- Cover the pan and reduced the flame to low, check after 2-3 minutes.
- When vegetables looks bit soft, switch off the flame (Fig 3).
- And add this tempering to dosa batter, Mix well (Fig 5).
- Now add a pinch of baking soda, beat well and keep it aside (Fig 6).
- Heat Kuli Paniyaram tawa on high flame.
- Add few drops of oil in each groove.
- Now pour a tbsp of dosa batter in each groove (Fig 7).
- Cover the tawa and reduce the flame to low and let it cook for 5-6 minutes.
- Check if the top side looks cooked (Fig 8) flip the Kuli Paniyaram and let other side also cook (Fig 9).
- Check in 4-5 minutes if done remove all in a serving tray.
- And follow the same method with rest of the batter.
- Serve hot with chutney.

