

Recipe- Pongal

Pongal



Ingredients

Rice 1 cup

Dhuli Moong yellow Daal 0.5 cup

Water 4 cups

Salt 1tsp (or according to taste)

Whole black pepper 10-15 pc

Ginger chopped 2 tsp

Green chilli chopper 2 pc

Jeera 1 tsp

Ghee 2 tbsp

Cashew chopped 15-20 pc

Method

- Wash properly rice and daal together.
- Take a Pressure cook and heat on high flame.
- Add Daal, Rice, Salt and Water in the pressure cooker with one tsp of ghee (Ghee is optional here).
- Close the lid and pressure cook (1 whistle) on high flame and then until 2 whistle on low flame.
- Switch off the gas and let pressure cooker cool down.
- Meanwhile take a small pan, add ghee and heat on high flame.
- When ghee is hot add Jeera to it.
- When jeera starts cracking add whole black pepper and fry for few seconds.
- Add cashew to it and fry till golden brown.
- Now add ginger and green chillis to it and fry.
- Add this tempering to pongal and mix well.
- Serve hot.

Tips

To enhance taste add more ghee.

You can use curry leaves also in tempering.

Jains or others who don't eat root vegetables, can cook this recipe without ginger.

Vegan should substitute ghee with vegetable oil or shortening.

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Recipe- Bread Uttam

Bread Uttam



Ingredients

Bread slice 6

Suji/ Semolina 3 tbsp

Curd 1 tbsp

Crushed black pepper 1 tsp

Salt 1 tsp or according to taste

Chopped onion 2 tbsp

Chopped tomato 1 tbsp

Chopped carrot 1 tbsp

Chopped capsicum 1 tbsp

Method

- Take suji in a deep bowl add curd and salt and mix well.
- Add sufficient water to make a thick paste.
- Cover and keep aside for 1-2 hours.
- Add chopped vegetables, black pepper and pinch of salt mix well.
- Spread the mixture over the bread slices.
- Heat non stick tawa on a medium flame.
- Apply 1 tsp ghee or oil on the mixture side of bread and fry on tawa at low flame.

- Turn and fry as well other side of bread till crispy.
- Enjoy with ketchup.

Tips

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

according to your child taste and tolerance.

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Recipe- Jalebi

Jalebi



Ingredients

Maida 1 Cup

Besan 1 tbsp

Curd 2 tbsp

Baking Soda 1 pinch

Ghee to fry

Method

- Mix maida and besan in a deep bowl.
- Add curd and mix well with spoon.
- Now add sufficient water to make a thick paste of a pouring consistency.
- Cover bowl and keep in a warm place for about an hour.
- Add soda powder and beat well.
- Pour the mixture in a piping cone or in the plastic empty ketchup bottle.
- Now take sufficient ghee in a pan to fry.
- Heat ghee on medium flame.
- Pour the batter through bottle or cone in a medium heated ghee making your favorite shape.

- Fry them till golden brown.
- Remove and soak in a warm [single string sugar syrup](#) for 1-2 minutes.
- Serve Hot.



Tips

You can also serve jalebies topped with Rabri or Vanilla Ice cream.

Before frying check if ghee is heated sufficient.

Prefer flat pan to fry jalebies.

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