

# 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”**

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# Recipe- Semolina Bites

## Semolina Bites



### Ingredients

Suji/ Semolina 1.5 cups

Curd 2 tbsp

Salt 1 tsp or according to taste

Eno Salt 5 gm pkt (Unflavored)

Mustard Seeds 2 tsp

Curry Leaves 15-16 nos

Oil 1 tbsp

### Method

- Take suji in a bowl add curd and salt, mix well.
- Add sufficient water to make a medium thick paste.
- Cover and keep aside for 0.5- 1 hour.

#### 1. Steam Method

- Heat a steamer and grease the plates.
- When done add the eno salt to the semolina paste and mix well (Fig 1).
- greased plates.
- And steam for 20 minutes.
- Check with the help of knife or tooth pick, if not cooked keep it for another 2-3 minutes (Fig 2).

#### 2. Microwave Method

- For that half fill a big wide microwave safe bowl with water.
- And microwave for 5 minutes.
- Meanwhile grease a microwave safe bowl and keep aside.
- Now add the eno salt to the semolina paste and mix well (Fig 1).
- greased microwave safe bowl.
- And place this bowl in the water filled big and wide bowl (Like a double boiler system).

- *Cover with another bowl and microwave for 10 minutes on high.*
- When done remove from the bowl and allow to cool (Fig 3).