



Garden to Kitchen

Nutrient Rich Recipes from Home Garden Produce



सत्यमेव जयते

Science for Equity Empowerment and
Development (SEED) Division,
Department of Science & Technology, Govt. of India



Vigyan Prasar
An Autonomous Organisation of the
Department of Science & Technology, Govt. of India

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Preface

In spite of green revolution and several National Nutrition Intervention Programmes, the prevalence of under nutrition, especially multiple micronutrient deficiencies continue to be of public health significance in India particularly in the states like Jharkhand, Bihar, West Bengal and Orissa where the population of tribals is very high. Among the micronutrient deficiencies, anaemia is most serious public health problem among children and women. Low access to micronutrient rich food is the main reason of micro-nutrient deficiency. India is passing through the phase of economic transition and while the problem of under nutrition continues to be major problem, prevalence of non-communicable diseases are becoming a very significant problem, especially in the rural & tribal areas. Fresh vegetables are store house of micro-nutrients and their sufficient daily consumption could help in the prevention of micronutrient malnutrition and certain chronic diseases such as cardio-vascular diseases and cataract. Vegetables are low cost nutritional supplements which can ameliorate this situation. Therefore, it is necessary to enhance the consumption of vegetables in diversified form in the daily diets of the people.

Fruits and vegetables start deteriorating after harvest and are available in abundance at low price at a particular time of season. Due to lack of basic infrastructures and technical knowhow, post harvest loss in fruits and vegetables is quite high. If these are appropriately processed, losses can be significantly reduced, which are important for a country like India, where per capita availability of protective food is very low. Through preservation techniques, surplus fruits and vegetables can be utilised properly and efficiently. Keeping this objective in view, this publication describing recipes for several preparations utilizing vegetables is being brought out. All these recipes are simple to prepare and do not require any special appliances. Separate chapter on preserved products of locally available fruits and vegetables has been included to enable housewives to utilize fruits and vegetables grown in their home garden or farm in an effective manner for achieving household food and nutritional security. This recipe book suits the requirements of the rural households and adapts regional Indian delicacies. Attempts have been made to widen the scope of inclusion of more portions of vegetable in daily diet. We hope rural tribal women & farmers, extension workers and others will find this information very useful for improving the nutritional quality of household diet in diversified manner.

October 2019
New Delhi

Rekha Sinha
Kinkini Dasgupta Misra



Introduction

Vigyan Prasar, a national level organisation of Department of Science & Technology (DST), Government of India, engaged in science communication & popularisation, presents a recipe book 'Garden to Kitchen' to suit the requirements of the rural households. The initiative is aligned with the National Food Security Mission of Government of India and caters the need for incorporation of vegetables and fruits and daily dietary habits of the common people. In order to capture the huge knowledge resources lying scattered in various silos, it is deemed necessary to disseminate the information in a recipe book form regarding nutrient rich vegetables and fruits that can be grown in the gardens at the household level, along with their nutritional significance.

Vigyan Prasar implements the initiative of providing food as well as nutrition security to the tribal families through home gardening through a project supported and catalysed by Science for Equity, Empowerment & Development (SEED) Division of the Department of Science & Technology, Government of India. It has undertaken the project "Development of communication resources on applications of science & technologies for the home garden: Popularise locally adaptable practices for real-life gains." The recipe book has been prepared for the rural households in the tribal areas of State of Jharkhand.

The initiative aims to present an easy to use information resource on locally adaptable tools and techniques for rural households to enhance livelihood options. The objective of the initiative is to empower these women to diagnose and develop need-based preventive and remediation strategies for use in a timely manner. These contents are also significant for tribal areas of Bihar, West Bengal and Odisha. As part of this initiative, Vigyan Prasar has developed a Crop Calendar, a Compendium of vegetables and fruits, and the Recipe book to be used principally as training material. These training materials are to be utilised for providing training purpose to the agricultural extension workers, women workers in the grassroot level, Self Help Groups (SHGs), Krishi Vigyan Kendras (KVKs), and health care professionals.

Attaining food security is a matter of prime importance for India where more than one-third of its population is estimated to be poor, and as many as one-half of its children have suffered from malnourishment over the last three decades. India has a history of hunger and food insecurity in the past. After seven decades of independence, India is still suffering from the problem of food insecurity that has caused the death of people due to starvation. About 15.2% of the population is undernourished in India, 15% of children under five years are the prevalence of wasting (underweight as per height) and 38.8% of children under five years is the prevalence of stunting.

Food energy intake at the household level is now given prominence in assessing food security. It has become common practice to estimate the number of food-insecure households by comparing their calorie intake with required norms. Attaining food security is a matter of prime importance for India where more than one-third of its population is estimated to be poor, and as many as one-half of its children have suffered from malnourishment over the last three decades. Both the supply side and demand side factors have their roles in the present condition of food security and undernourishment in India. Food security is thus a multi-dimensional concept and extends beyond the product availability, and demand for food.



The problem of food security is addressed better if the production and consumption of localised crop suiting to geographical conditions are promoted. The challenge is providing food security for all, and localised self-sufficiency of localised production is the answer. Fresh vegetables are storehouses of micro-nutrient, and their sufficient daily consumption could help to prevent micronutrient malnutrition and certain chronic diseases. Vegetables have all potential of providing a low-cost nutritional supplement to ameliorate this situation and it is necessary to enhance the consumption of vegetables in a diversified form in the daily diets of the people.

Green leafy vegetables (GLVs), other vegetables and fruits are easily available. Most vegetables, particularly GLVs, are inexpensive. These foods can be grown in the backyard as home garden with very little effort and cost. Even in lean seasons like summer, they can be grown using household wastewater. Home gardens can make an important contribution to food security as an additional food source or by supplying off-season production as well as an addition to the income of the tribal families giving a livelihood to the women of tribal areas of Jharkhand.

It is imperative to find ways to eat more servings of vegetables per day to get the maximum nutritional benefits from fruits and vegetables. Keeping this in view, this vegetable based recipe book has been prepared to enable the tribal women to include more servings of vegetables in their diet in diversified ways. These recipes are attractive, palatable, affordable and yet nutritious. Ingredients which are widely available and are within reach of rural households were selected to formulate nutritionally rich healthy recipes which are region and culture-specific. The book provides the amount of calories, protein, fat and minerals contents per serving of the recipe.

Women of tribal households have been actively engaged in economic activities. They have been participating in all the modes based on resource use in the long history of humankind; namely, the gathering (including shifting cultivation), settled cultivation and industry including construction and manufacturing. But the women have not been able in making control over material assets, intellectual resources and ideology as yet in spite of constitutional provisions about raising their status, enhancing their quality of life, malnutrition, bringing about gender equality and gender justice.



Kinkini Dasgupta Misra
Vigyan Prasar

Basics of Nutrition

Nutrition is a basic human need and prerequisite to a healthy life. A balanced diet is essential from the very early stages of life for proper growth, development and to remain active. Vegetables are the most important component of a balanced diet. They are referred to as protective foods because green leafy vegetables, other vegetables and fresh seasonal fruits are the treasure of several minerals and vitamins and therefore provide protection from many diseases. They contain abundant amounts of iron, calcium, vitamin-C, folic acid, carotenoids and phytochemicals. Some vegetables like green leafy vegetables, radish, bottle gourd, cucumber, all type of gourds etc. provide low calories, whereas some others such as potato, sweet potato, tapioca and yam are rich in starch and therefore, provide energy in good amount. Hence, the vegetables can be used to increase or decrease calories in the diet.

What functions do these nutrients and special factors in vegetables perform in our body?

Iron

Iron is an essential element necessary for the formation of haemoglobin, the red pigment present in the red blood cells. Haemoglobin plays an important role in the transport of oxygen to the tissues. Reduction in haemoglobin in the blood leads to anaemia, a condition with symptoms like paleness, fatigue and increased susceptibility to infections. In green leafy vegetables, Iron is available in good quantities. But the absorption of iron is limited. To improve iron absorption, foods rich in Vitamin C must be consumed daily.

Vitamin A

This is a fat-soluble vitamin. It is necessary for clear vision in dim light, and for maintaining the integrity of epithelial tissues. In vitamin A deficiency, the white part of the eye (conjunctiva) loses its lustre and becomes dry. In severe vitamin A deficiency, the black part of the eye (cornea) gets necrosed, leading to irreversible blindness in young children. Vitamin A also has a role in maintaining resistance of the body to common infections. Carotenoids are plentiful in fruits and vegetables that are green or deep yellow/orange in colour, such as green leafy vegetables, carrots, tomatoes, sweet potatoes, papaya, and mango.

Vitamin C

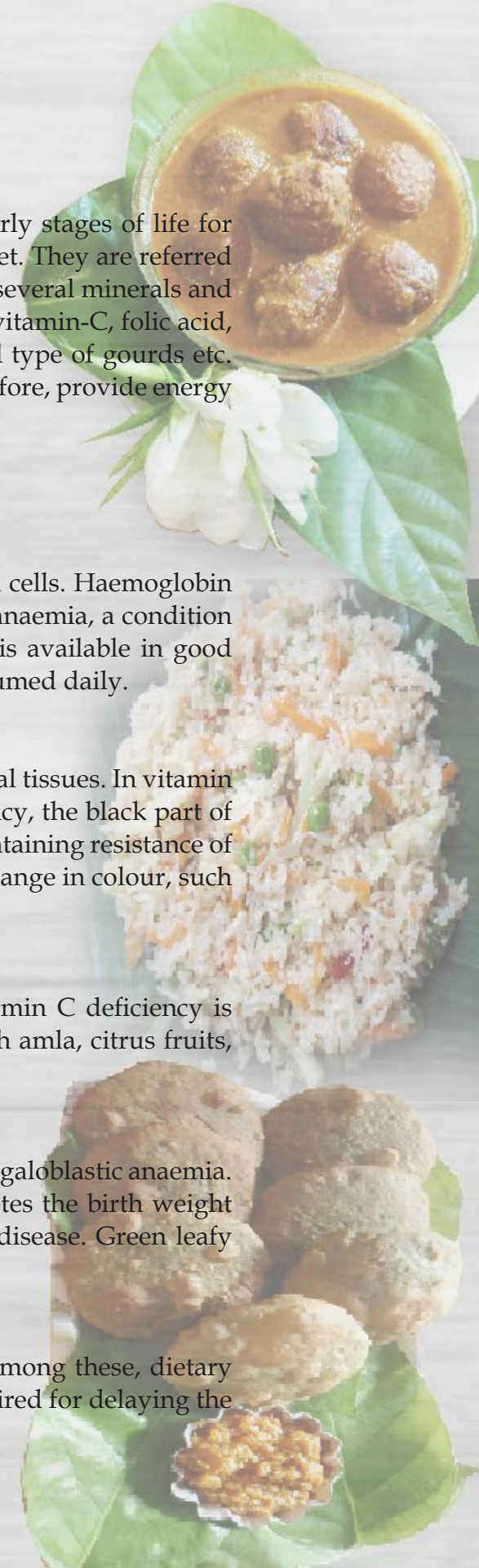
Vitamin C is an essential nutrient required for healthy bones and teeth. It also promotes iron absorption. Vitamin C deficiency is characterised by weakness, bleeding gums and defective bone growth. Vitamin C is abundantly available in fresh amla, citrus fruits, guava, banana and certain vegetables such as tomatoes.

Folic acid

Folic acid is a haemopoietic vitamin essential for multiplication and maturation of red cells. Its deficiency leads to megaloblastic anaemia. Folic acid intake during pregnancy protects the foetus from developing certain congenital defects. It also promotes the birth weight of infants. Folic acid deficiency increases homocysteine levels in the blood, thereby increasing the risk of heart disease. Green leafy vegetables, legumes, nuts and liver are good sources of folates.

Non-nutritional factors in vegetables and fruits

Vegetables also provide certain non-nutritional factors of considerable health significance to the human body. Among these, dietary fibre, antioxidants and other bio-active constituents require special mention. These non-nutritional factors are required for delaying the ageing process and preventing the processes which lead to diseases such as cataract and cardiovascular diseases.



Dietary fibre

Dietary fibre delays the intestinal transit of the food consumed. Dietary fibre is important for proper bowel function and to reduce chronic constipation, diverticular diseases and haemorrhoids. The protective role of dietary fibre against various digestion related disorders has long been recognized.

Antioxidants

In the recent past, the roles of vegetables and fruits as sources of antioxidants have been receiving considerable attention. Antioxidants restrict the damage that reactive oxygen free radicals can cause to the cell and cellular components. They are of primary biological value in giving protection from certain diseases. Some of the diseases that have their origin in deleterious free radical reactions are atherosclerosis, inflammatory joint diseases, asthma, and diabetes. Raw and fresh vegetables like green leafy vegetables, carrots, fresh fruits including citrus and tomato are the source of antioxidants (free radical scavengers). The nutrients namely vitamin C and carotenoids that are present in these vegetables are also potent antioxidants.

How much should we consume?

The Expert Committee of the Indian Council of Medical Research (ICMR), considering the nutrient requirements, has recommended that every individual should consume at least 300 g of vegetables (green leafy vegetables: 50g; other vegetables: 200g; roots and tubers: 50g) daily. Besides, fresh seasonal fruits (100g) should be consumed regularly. Since the requirement of iron and folic acid are higher for pregnant women, they should consume 100g of leafy vegetables daily.

Which vegetables should be consumed?

We should consume locally available seasonal fresh vegetables. They have more micronutrients and are tasty. However, no single fruit or vegetable provides all the nutrients we need. It is important to include varieties of vegetables with different colours in the diet for vital health significance. Inclusion of commonly consumed leafy greens, tomatoes and other vegetables, apart from yellow, orange, red, deep red, purple coloured citrus fruits enrich the diets significantly.

How to prevent cooking losses?

Vitamins are lost during washing of cut vegetables and cooking of foodstuffs. However, proper methods of cooking can substantially reduce these losses. Nutrient losses occur when the vegetables are washed after cutting into pieces for cooking. Consumption of properly washed raw and fresh vegetables is always beneficial.

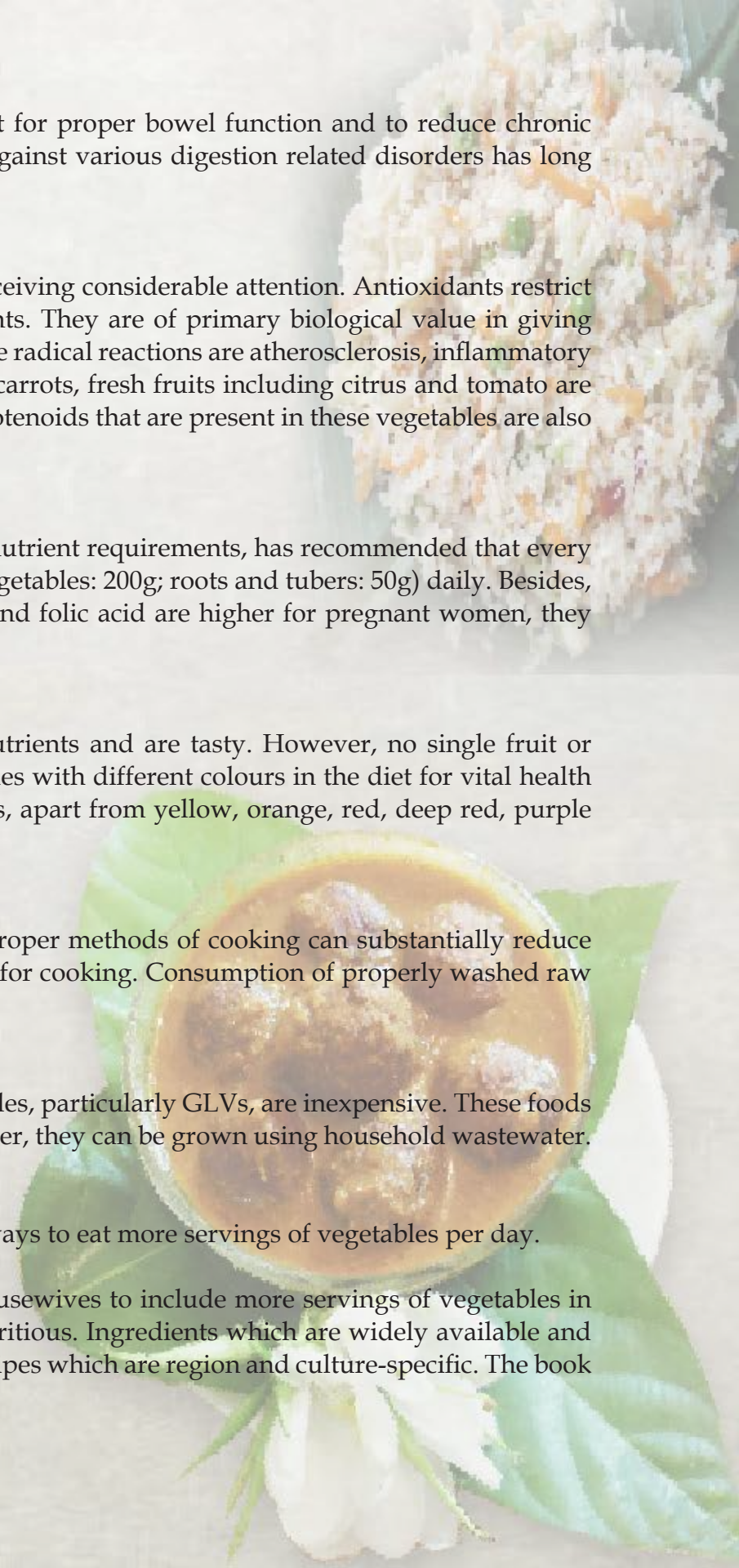
How do we get these foods?

Green leafy vegetables (GLVs), other vegetables and fruits are easily available. Most vegetables, particularly GLVs, are inexpensive. These foods can be grown in the backyard with very little effort and cost. Even in lean seasons like summer, they can be grown using household wastewater.

How to accommodate more servings of vegetables in a day?

To get the maximum nutritional benefits from fruits and vegetables, it is important to find ways to eat more servings of vegetables per day.

Keeping this in view, this vegetable based recipe book has been prepared to enable the housewives to include more servings of vegetables in their diet in diversified ways. These recipes are attractive, palatable, affordable and yet nutritious. Ingredients which are widely available and are within reach of rural households were selected to formulate nutritionally rich healthy recipes which are region and culture-specific. The book provides the amount of calories, protein, fat and minerals contents per serving of the recipe.



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Appetizers



Bread Pakora

Nutritive value per serving

Energy (Kcal)	413
Protein (g)	9.25
Fat (g)	22.27
Mineral (g)	1.42
Fibre (g)	2.15
Calcium (mg)	96.88
Iron (mg)	2.39
Carotene (µg)	281.70

Method

1. Boil, peel and mash potatoes.
2. Blanch chopped capsicum, beetroot, French bean and carrot.
3. Heat oil (1 dsp), add ginger, garlic paste, chopped chillies, coriander leaves and rest of the spices including salt.
4. Add potato, blanched vegetables, mix well and fry for a few minutes.
5. Divide the mixture into six equal portions.
6. Make a batter with Bengal gram flour with water.
7. Add curd, all spices including salt into the batter.
8. Trim the edges of the bread slices and cut each slice into two triangular pieces.
9. Put stuffs between two triangular pieces.
10. Dip stuffed bread slices one by one into the batter and fry them in hot oil till golden brown.
11. Serve with chutney.

Ingredients	Weight	Measure/No.
Bread	200 g	6 slices
Bengal gram flour	100 g	1 cup
Refined oil (absorbed)	50 ml	5 dsp
Curd	10 g	1 dsp
Green chilli paste	4 g	1 tsp
Coriander powder	2 g	1½ tsp
Ginger paste	2 g	½ tsp
Garlic paste	2 g	½ tsp
Red chilli powder	1 g	½ tsp
Garam masala	1 g	½ tsp
Water	100 ml	2/5 cup (appx.)
Salt	to taste	to taste
For filling		
Potato	50 g	1 medium size
Capsicum	25 g	1 small size
Beet root	25 g	1 small size
French bean	25 g	5 piece
Carrot	25 g	1 small size
Mustard oil	10 ml	1 dsp
Green chilli	3 g	2 piece
Coriander leaves	2 g	Few
Ginger paste	2 g	½ tsp
Garlic paste	2 g	½ tsp
Chat masala	2 g	1½ tsp
Salt	to taste	to taste
Cooked preparation	540 g	6

Bread Pakora



Cabbage- Onion Pakora

Nutritive value per serving

Energy (Kcal)	235
Protein (g)	6.59
Fat (g)	11.38
Mineral (g)	1.17
Fibre (g)	1.32
Calcium (mg)	49.77
Iron (mg)	2.28
Carotene (µg)	97.39

Method

1. Chop vegetables.
2. Take cabbage and onion in a bowl.
3. Add flour, chopped green chilli, other ingredients except oil and mix together.
4. Divide into 8 portions.
5. Heat oil; deep-fry each portion till brown and crispy.
6. Serve with chutney.

Ingredients	Weight	Measure/No.
Cabbage	50 g	½ cup
Onion	25 g	1 small size
Gram flour	20 g	2 dsp
Rice flour	10 g	1 dsp
Oil (absorbed)	10 ml	1 dsp
Green chilli	3 g	2 piece
Ginger paste	2 g	½ tsp
Garlic paste	2 g	½ tsp
Cumin seed powder	0.50 g	¼ tsp
Carom seeds	0.50 g	¼ tsp
Red chilli powder	0.25 g	¼ tsp
Turmeric powder	0.25 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	100 g	8

Cabbage- Onion Pakora



Vegetable Momo

Nutritive value per serving

Energy (Kcal)	230
Protein (g)	5.37
Fat (g)	3.16
Mineral (g)	1.57
Fibre (g)	2.19
Calcium (mg)	100
Iron (mg)	1.76
Carotene (µg)	1241

Method

1. Make dough by mixing flour, oil, salt and keep aside for half an hour.
2. Chop vegetables and blanch for 2-3 minutes except onion and green chilli.
3. Heat oil and fry chopped onion till light golden brown. Add green chilli, blanched vegetables, ginger and garlic paste. Stir- fry for 5 minutes with covered lid.
4. Divide cooked vegetable mixture into eight equal parts.
5. Divide dough into equal parts (8), roll like poori and place fried vegetables, bring edges together by giving a shape of momo.
6. Steam for 15 minutes.
7. For chutney, grind all ingredients together.
8. Serve hot with chutney

Ingredients	Weight	Measure/No.
Refined flour	80 g	½ cup
Cabbage	50 g	½ cup
Onion	50 g	1 medium size
Carrot	25 g	1 small size
Capsicum	25 g	1 small size
Coriander leaves	25 g	4 bunch
Tomato	25 g	1 small size
Rice flour	20 g	2 dsp
French beans	15 g	5 piece
Garlic paste	5 g	1 tsp
Ginger paste	5 g	1 tsp
Oil	5 ml	1 tsp
Green chilli	2 g	1 piece
Water	75 ml	¼ cup (approx.)
Chutney		
Garlic	5 g	10 cloves
Ginger	5 g	1 piece
Lemon juice	5 g	1 tsp
Mustard oil	2.5 ml	½ tsp
Red chilli	2 g	4 piece
Salt	to taste	to taste
Cooked preparation	276 g	8

Vegetable Momo



Vegetable Spring Rolls

Nutritive value per serving

Energy (Kcal)	199
Protein (g)	4.43
Fat (g)	5.36
Mineral (g)	0.61
Fibre (g)	0.68
Calcium (mg)	33.20
Iron (mg)	1.57
Carotene (µg)	263

Method

1. Chop vegetables.
2. Heat 1 tsp oil in a karahi and fry chopped onion till light brown. Add vegetables and sauté till done.
3. Add salt, black pepper and sauces. Remove from flame.
4. Mix refined flour, corn flour, salt, water and make a batter.
5. Heat a tawa, pour oil and sprinkle water.
6. Pour a spoonful of batter, spread and cook like dosa.
7. Spread cooked vegetables evenly, roll and cut it.
8. Deep fry and serve hot with chutney.

Ingredients	Weight	Measure/No.
Refined flour	50 g	1/3 cup
Onion	40 g	1 medium size
Tomato sauce	30 g	2 tbsp
French bean	25 g	6 piece
Rice flour	25 g	5 tsp
Carrot	25 g	1 small size
Capsicum	25 g	1 small size
Beet root	15 g	Half small size
Chilli sauce	10 g	1 dsp
Soy sauce	10 g	1 dsp
Refined oil	10 ml	1 dsp
Black pepper powder	0.25 g	¼ tsp
Water (as required)	90 g	2/3 cup (appx.)
Salt	to taste	to taste
Cooked preparation	250 g	6 piece

Vegetable Spring Rolls



Vegetable Ragi Pitha

Nutritive value per serving

Energy (Kcal)	319
Protein (g)	6
Fat (g)	7.43
Mineral (g)	1.61
Fibre (g)	2.19
Calcium (mg)	152.5
Iron (mg)	2.37
Carotene (µg)	251.6

Method

1. Chop vegetables.
2. Blanch all vegetables except onion.
3. Heat oil, stir-fry chilli, onion, ginger and garlic paste.
4. Add blanched vegetables, salt and other spices.
5. Cook for 2 minutes.
6. Make dough by mixing flour with water.
7. Divide dough and fillings into six portions.
8. Roll out each dough portion into small oval shape.
9. Place fillings in centre and bring the edges together in round shape.
10. Boil water, put balls into boiling water and cook for 15 minutes.
11. Serve hot with chutney.

Ingredients	Weight	Measure/No.
Rice flour	100 g	½ cup
Ragi flour	100 g	2/3 cup
Water (as required)	300 ml	1 cup (approx.)
Fillings		
Onion	75 g	2 small size
Cabbage	(Chopped) 50 g	½ cup
Capsicum	25 g	1 small size
Carrot	25 g	1 small size
Beans	20 g	6 piece
Potato	20 g	1 small size
Oil	20 ml	2 dsp
Black pepper powder	2.5 g	1 tsp
Green chilli	2 g	1 piece
Ginger paste	2 g	½ tsp
Garlic paste	2 g	½ tsp
Salt	to taste	to taste
Cooked preparation	420 g	6

Vegetable Ragi Pitha



Vegetable Omelette

Nutritive value per serving

Energy (Kcal)	551
Protein (g)	7.22
Fat (g)	11.7
Mineral (g)	0.77
Fibre (g)	0.38
Calcium (mg)	47.6
Iron (mg)	1.42
Carotene (µg)	434

Method

1. Chop finely all vegetables and blanch except coriander leaves.
2. Beat eggs till frothy, add blanched vegetables, pepper, salt and chopped coriander leaves.
3. Heat oil in a shallow frying pan, and pour the beaten batter.
4. Spread and cook for 5 minutes.
5. Serve hot with tomato ketchup.

Ingredients	Weight	Measure/No.
Eggs	100 g	2
Onion	25 g	1 small size
Capsicum	15 g	½ small size
Carrot	10 g	½ small size
Tomato	10 g	½ small size
Beans	10 g	3 piece
Oil	5 ml	1 tsp
Green chilli	2 g	1 piece
Coriander leaves	2 g	Few
Black pepper powder	0.50 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	175 g	2

Vegetable Omelette



Potato Chat

Nutritive value per serving

Energy (Kcal)	620
Protein (g)	13.5
Fat (g)	0.17
Mineral (g)	0.85
Fibre (g)	0.62
Calcium (mg)	29.87
Iron (mg)	0.68
Carotene (µg)	717.55

Method

1. Grind chopped coriander leaves with spices and salt to prepare chutney.
2. Boil, peel and slice potatoes.
3. Pour chutney evenly on potatoes.
4. Sprinkle chat masala powder and lime juice just before serving over potatoes.

Ingredients	Weight	Measure/No.
Potato	200 g	4 medium size
Coriander leaves	20 g	1 bunch
Ginger paste	5 g	1 tsp
Chat masala	3 g	½ tsp
Lemon juice	2.5 g	½ tsp
Green chilli	2 g	1 piece
Garlic paste	2 g	½ tsp
Salt	to taste	to taste
Cooked preparation	125 g	20 slices

Potato Chat



Crunchy Poha

Nutritive value per serving

Energy (Kcal)	506
Protein (g)	8.14
Fat (g)	29.9
Mineral (g)	2.28
Fibre (g)	2.43
Calcium (mg)	92.9
Iron (mg)	11.78
Carotene (µg)	309

Method

1. Chop vegetables.
2. Soak flaked rice in water for 1 minute, strain and keep aside.
3. Heat oil (1 tsp), roast groundnut and keep aside.
4. Heat oil (3 tbsp), put mustard seed, curry leaves, chilli and fry onion till golden brown.
5. Add chopped vegetables and fry till they soften.
6. Add soaked flaked rice, salt and stir-fry for 1-2 minutes.
7. Add groundnut and serve.

Ingredients	Weight	Measure/No.
Rice flakes	150 g	1 ½ cup
Tomato	50 g	1 medium size
Oil	50 ml	5 dsp
Capsicum	30 g	1 small size
Carrot	30 g	1 small size
Onion	30 g	1 small size
Cabbage	30 g	½ small size
French bean	30 g	6 piece
Groundnut	20 g	2 dsp
Green chilli	5 g	2 piece
Mustard seed	0.50 g	½ tsp
Curry leaves	1 g	Few
Salt	to taste	to taste
Cooked preparation	225 g	2 bowl

Crunchy Poha



Upma

Nutritive value per serving

Energy (Kcal)	575.00
Protein (g)	13.04
Fat (g)	27.45
Mineral (g)	1.07
Fibre (g)	1.65
Calcium (mg)	75.05
Iron (mg)	2.60
Carotene (µg)	399

Method

1. Soak dal for 2 hours and drain the water.
2. Chop vegetables.
3. Heat oil (2 tbsp), fry groundnut and semolina separately, remove and keep aside.
4. Heat oil (2 dsp), put mustard seeds, dal and add onion, stir-fry till golden brown.
5. Add chopped vegetables and sauté for a few minutes till done.
6. Add semolina, salt and pour water and cook till the moisture is evaporated and semolina cooked.
7. Garnish with groundnut and chopped coriander leaves.
8. Serve hot.

Ingredients	Weight	Measure/No.
Semolina	150 g	¾ cup
Onion	50 g	1 medium size
Oil	50 ml	5 dsp
French bean	25 g	5 piece
Capsicum	25 g	1 small size
Cabbage	25 g	½ small size
Carrot	25 g	1 small size
Groundnut	20 g	2 dsp
Green gram dal	5 g	1 tsp
Urad dal	5 g	1 tsp
Green chilli	5 g	2 piece
Mustard seed	0.50 g	½ tsp
Water	200 ml	¾ cup (approx.)
Curry leaves	1 g	Few
Salt	to taste	to taste
Cooked preparation	415 g	2 bowl

Upma



Green Manchurian

Nutritive value per serving

Energy (Kcal)	199
Protein (g)	4.43
Fat (g)	5.36
Minerals (g)	0.61
Fibre (g)	0.68
Calcium (mg)	33.20
Iron (mg)	1.57
Carotene (µg)	263

Method

1. Chop vegetables.
2. Add flour, pepper powder, salt, sauce to chopped vegetables, mix and make ten balls.
3. Heat oil and deep-fry balls in oil and keep aside.
4. Cook spinach in a pressure cooker and make a smooth paste.
5. Heat oil, fry ginger and garlic paste.
6. Add tomato puree and cook for 2 minutes.
7. Add tomato sauce, spinach paste, spices, salt and cook till the gravy is slightly thick.
8. Deep Dip balls into gravy and serve hot.

Ingredients	Weight	Measure/No.
For gravy		
Spinach(chopped)	125 g	1¼ cup
Tomato puree	50 g	½ cup
Tomato sauce	30 g	2 tbsp
Oil	10 ml	1 dsp
Garlic paste	2 g	½ tsp
Ginger paste	2 g	½ tsp
Green chillies	2 g	1 piece
Red chilli powder	0.50 g	¼ tsp
Black pepper powder	0.25 g	¼ tsp
Salt	to taste	to taste
For manchurian balls		
Tomato sauce	30 g	2 tbsp
Cabbage	25 g	¼ small size
Carrot	25 g	1 small size
Onion	25 g	1 small size
Corn flour	20 g	2 dsp
Refined flour	20 g	2 dsp
Refined oil (absorbed)	20 ml	2 dsp
Capsicum	15 g	½ small size
French bean	15 g	4 piece
Soy sauce	5 g	1 tsp
Chilli sauce	5 g	1 tsp
Black pepper powder	0.25 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	380 g	10 balls (2 bowl)

Green Manchurian



Vegetable Chilli

Nutritive value per serving

Energy (Kcal)	161
Protein (g)	4.26
Fat (g)	0.97
Mineral (g)	1.43
Fibre (g)	2.26
Calcium (mg)	63.82
Iron (mg)	2.50
Carotene (µg)	773.18

Method

1. Chop vegetables.
2. Divide chopped capsicum and onion in two parts.
3. Make a thick mixture of pouring consistency paste by mixing flour, half chopped capsicum, onion, salt and other vegetables with sufficient water. Divide the mixture into 16 balls.
4. Deep-fry balls in hot oil.
5. Shallow-fry remaining half chopped capsicum, onion, green chilli, ginger-garlic paste and add salt.
6. Add fried balls in it.
7. Mix sauce and stir-fry for 2 minutes.
8. Serve hot.

Ingredients	Weight	Measure/No.
Capsicum	100 g	1 big size
Carrot	50 g	1 medium size
Cabbage	50 g	½ small size
French bean	50 g	10 piece
Onion	50 g	1 medium size
Tomato sauce	50 g	3 tbsp
Refined flour	30 g	2 tbsp
Corn flour	30 g	2 tbsp
Oil (absorbed)	30 ml	2 tbsp
Garlic paste	5 g	1 tsp
Ginger paste	5 g	1 tsp
Soy sauce	5 g	1 tsp
Chilli sauce	5 g	1 tsp
Green chilli	2.50 g	2 piece
Salt	to taste	to taste
Cooked preparation	525 g	16 balls

Vegetable Chilli





A close-up photograph of a white ceramic bowl filled with a clear vegetable soup. The soup contains chunks of potatoes, carrots, and green beans. A semi-transparent yellow banner with the text "Soup and Raita" is overlaid across the middle of the bowl. In the foreground, a slice of rustic bread is placed on a white paper napkin to the left of the bowl. The background shows more bread and a wooden surface.

Soup and Raita

Mixed Vegetable Soup

Nutritive value per serving

Energy (Kcal)	56
Protein (g)	1.94
Fat (g)	0.48
Mineral (g)	0.50
Fibre (g)	0.89
Calcium (mg)	29.30
Iron (mg)	0.80
Carotene (µg)	446.35

Method

1. Finely chop all vegetables.
2. Heat oil, stir-fry chilli, onion, carrot, capsicum and bean till soft.
3. Add garlic and ginger paste, stir for a minute and add salt.
4. Add water and bring to a boil.
5. Allow the vegetables to simmer with lid for 20 minutes, stir occasionally.
6. Add little water to corn starch and make a smooth paste by stirring.
7. Add starch paste to simmering vegetable and simmer for a few minutes.
8. Season with pepper powder and sauce.
9. Add coriander leaves and serve hot.

Ingredients	Weight	Measure/No.
Carrot	20 g	1 small size
Tomato	20 g	1 small size
Onion	20 g	1 small size
Corn starch	20 g	2 dsp
Cabbage	10 g	small piece
Capsicum	10 g	½ small size
French beans	10 g	4 piece
Oil	10 ml	1 dsp
Tomato sauce	5 g	1 tsp
Coriander leaves	5 g	1 bunch
Soy sauce	3 g	½ tsp
Garlic paste	2 g	½ tsp
Ginger paste	2 g	½ tsp
Chilli sauce	2 g	½ tsp
Green chilli	2 g	1 piece
Black pepper powder	0.50 g	¼ tsp
Water	500 ml	2 cup (approx.)
Salt	to taste	to taste
Cooked preparation	170 ml	2 bowl

Mixed Vegetable Soup



Mixed Vegetable Raita

Nutritive value per serving

Energy (Kcal)	80
Protein (g)	3.14
Fat (g)	3.12
Mineral (g)	0.94
Fibre (g)	0.40
Calcium (mg)	133.7
Iron (mg)	0.53
Carotene (µg)	249

Method

1. Chop onion, tomato, chilli and coriander leaves.
2. Boil potatoes and cut them into small pieces.
3. Blend curd separately.
4. Add chopped vegetables, boiled potatoes and other ingredients.
5. Garnish with coriander leaves and serve.

Ingredients	Weight	Measure/No.
Curd	150 g	3/4 cup
Potato	50 g	1 medium size
Onion	25 g	1 small size
Tomato	25 g	1 small size
Coriander leaves	5 g	Few
Green chilli	2 g	1 piece
Roasted cumin powder	0.50 g	¼ tsp
Red chilli powder	0.50 g	¼ tsp
Salt	to taste	to taste
Black salt	to taste	to taste
Cooked preparation	258 g	2 bowl

Mixed Vegetable Raita



Cucumber Raita

Nutritive value per serving

Energy (Kcal)	38
Protein (g)	1.88
Fat (g)	2.17
Mineral (g)	0.61
Fibre (g)	0.35
Calcium (mg)	85
Iron (mg)	46
Carotene (µg)	105.46

Method

1. Grate cucumber.
2. Blend curd.
3. Add salt, black salt, cumin seed and chilli powder.
4. Add grated cucumber, chopped green chillies and mix properly.
5. Garnish with coriander leaves and serve.

Ingredients	Weight	Measure/No.
Curd	100 g	½ cup
Cucumber	100 g	2 medium size
Coriander leaves	2.5 g	Few
Green chillies	2 g	1 piece
Roasted cumin powder	0.50 g	¼ tsp
Red chilli powder	0.50 g	¼ tsp
Salt	to taste	to taste
Black salt	to taste	to taste
Cooked preparation	200 g	2 bowl

Cucumber Raita





A close-up photograph of a stack of several golden-brown, slightly charred paranthas. In the background, a bowl of green chutney and a bowl of red chutney are visible. The text "Rice and Parantha" is overlaid in a yellow, cursive font with a black outline.

Rice and Parantha

Vegetable Pulao

Nutritive value per serving

Energy (Kcal)	287
Protein (g)	4.51
Fat (g)	15.65
Minerals (g)	0.89
Fibre (g)	1.47
Calcium (mg)	60.2
Iron (mg)	1.38
Carotene (µg)	316.8

Method

1. Wash rice and soak for an hour. Drain the water just before cooking.
2. Soak soy chunks in warm water for about 15 minutes and squeeze out excess water.
3. Chop vegetables.
4. Heat oil (1 tbsp) in a thick pan, add bay leaves, cumin seeds, cinnamon, cloves and cardamom, allowing enough time for individual ingredients to turn brown.
5. Add vegetables and fry till golden.
6. Add drained rice and fry for 2-3 minutes.
7. Add salt, sugar, soy chunks and water (double the amount of rice) and bring to boil.
8. Lower heat to medium low, stir and cover the pan with a lid. It will take 10-15 minutes for the rice to get cooked.
9. Serve hot with curry and pickle.

Ingredients	Weight	Measure/No.
Rice	60 g	¼ cup
Carrot	30 g	1 small size
Onion	50 g	1 medium size
Capsicum	30 g	1 small size
Cauliflower	25 g	¼ cup
Peas	25 g	¼ cup
Oil	15 ml	1 tbsp
Soy chunks	10 g	10 piece
Green chillies	2 g	1 piece
Cumin seed	0.50 g	¼ tsp
Cinnamon	0.50 g	1 small piece
Cloves	0.25 g	2 piece
Cardamom	0.50 g	1 piece
Sugar	0.25 g	½ tsp
Bay leaves	1 piece	1 piece
Salt	to taste	to taste
Water	120 g	½ cup (approx.)
Cooked preparation	360 g	2 bowl

Vegetable Pulao



Green Pulao

Nutritive value per serving

Energy (Kcal)	231
Protein (g)	5.10
Fat (g)	8.19
Mineral (g)	1.67
Fibre (g)	1.73
Calcium (mg)	76.7
Iron (mg)	1.81
Carotene (µg)	3157

Method

1. Wash rice and soak for an hour. Drain the water just before cooking.
2. Soak soy chunks in warm water for about 15 minutes and squeeze out excess water.
3. Chop vegetables.
4. Blanch chopped spinach in boiling water for 2 minutes. Cool and grind to a fine paste.
5. Heat oil (1 tbsp) in a thick pan, add bay leaves, cumin seeds, cinnamon, cloves and cardamom, allowing enough time for individual ingredients to turn brown.
6. Add vegetables and fry till golden.
7. Add drained rice and fry for 2-3 minutes.
8. Add spinach paste, soy chunks, salt, sugar and water (double the amount of rice) and bring to boil.
9. Lower heat to medium low, stir and cover the pan with a lid. It will take 10-15 minutes for the rice to get cooked.
10. Serve hot with seasoned curd and pickle.

Ingredients	Weight	Measure/No.
Spinach	100 g	1 cup
Rice	60 g	¼ cup
Carrot	30 g	1 small size
Onion	50 g	1 medium size
Capsicum	30 g	1 small size
Cauliflower(chopped)	25 g	¼ cup
Peas	25 g	¼ cup
Oil	15 ml	1 tbsp
Soy chunks	10 g	10 piece
Green chillies	2 g	1 piece
Cumin seeds	0.50 g	¼ tsp
Cinnamon	0.50 g	1 small piece
Cloves	0.25 g	2 piece
Cardamom	0.50 g	1 piece
Sugar	0.25 g	½ tsp
Bay leaves	1 piece	1 piece
Salt	to taste	to taste
Water	120 g	½ cup (approx.)
Cooked preparation	360 g	2 bowl

Green Pulao



Red Pulao

Nutritive value per serving

Energy (Kcal)	239.67
Protein (g)	4.95
Fat (g)	7.89
Minerals (g)	1.06
Fibre (g)	1.88
Calcium (mg)	49.35
Iron (mg)	1.84
Carotene (µg)	367.17

Method

1. Wash rice and soak for an hour. Drain the water just before cooking.
2. Soak soy chunks in warm water for about 15 minutes and squeeze out excess water.
3. Chop vegetables.
4. Grind beetroot to a fine paste.
5. Heat oil (1 tbsp) in a thick pan, add bay leaves, cumin seeds, cinnamon, cloves and cardamom, allowing enough time for individual ingredients to turn brown.
6. Add vegetables and fry till light golden.
7. Add drained rice and fry for 2-3 minutes.
8. Add beetroot paste, soychunks, salt, sugar and water (double the amount of rice) and bring to boil.
9. Lower heat to medium low, stir the pulao and cover the pan with a lid. It will take 10-15 minutes for the rice to get cooked.
10. Serve hot with seasoned curd and pickle

Ingredients	Weight	Measure/No.
Beetroot	100 g	1 big size
Rice	60 g	¼ cup
Carrot	30 g	1 small size
Onion	50 g	1 medium size
Capsicum	30 g	1 small size
Cauliflower	25 g	¼ cup
Peas	25 g	¼ cup
Oil	15 ml	1 tbsp
Soy chunks	10 g	10 piece
Green chillies	2 g	1 piece
Cumin seed	0.50 g	¼ tsp
Cinnamon	0.50 g	1 small piece
Cloves	0.25 g	2 piece
Cardamom	0.50 g	1 piece
Sugar	0.25 g	½ tsp
Bay leaves	1 piece	1 piece
Salt	to taste	to taste
Water	120 g	½ cup (approx.)
Cooked preparation	400 g	2 bowl

Red Pulao



Paustic Missi Roti

Nutritive value per serving

Energy (Kcal)	178
Protein (g)	6.39
Fat (g)	1.20
Minerals (g)	1.62
Fibre (g)	1.47
Calcium (mg)	74.7
Iron (mg)	2.57
Carotene (µg)	653.38

Method

1. Make dough by mixing wheat flour, ragi flour, besan with chopped spinach, carrot and other ingredients.
2. Cover with a wet cloth and keep for 30 minutes.
3. Divide into small balls (6), roll and place on a hot tawa and let it remain for a few seconds.
4. Turn it and wait till the side of roti has a few brown marks. Turn and pat with a piece of cloth to puff. Puffing can also be done by placing the roti on live charcoal.
5. Serve hot with pickle.

Ingredients	Weight	Measure/No.
Wheat flour	100 g	¾ cup
Besan	25 g	5 tsp
Ragi flour	25 g	5 tsp
Spinach (chopped)	25 g	¼ cup
Carrot	25 g	1 medium size
Ginger paste	2 g	½ tsp
Garlic paste	2 g	½ tsp
Green chillies	2 g	1 piece
Carom seeds	0.50 g	½ tsp
Black cumin seeds	0.25 g	¼ tsp
Water	90 ml	¾ cup
Salt	to taste	to taste
Cooked preparation	260 g	6

Paustic Missi Roti



Paustic Palak Parantha

Nutritive value per serving

Energy (Kcal)	310
Protein (g)	6.4
Fat (g)	2.02
Minerals (g)	1.59
Fibre (g)	1.23
Calcium (mg)	35.95
Iron (mg)	2.69
Carotene (µg)	729.35

Method

1. Chop green chillies.
2. Add oil (1 dsp), chopped spinach and other ingredients into wheat flour and make a dough.
3. Cover dough with wet cloth and keep it aside for 30 minutes.
4. Divide the dough into 4 equal balls, roll it and place on a hot tawa and wait till slightly cooked.
5. Turn and wait till brown marks appear.
6. Apply some oil, turn and shallow-fry from both sides.

Ingredients	Weight	Measure/No.
Wheat flour	100 g	¾ cup
Oil	30 ml	2 tbsp
Spinach(Chopped)	25 g	¼ cup
Green chillies	3 g	2 piece
Ginger paste	2 g	½ tsp
Lemon juice	2 ml	½ tsp
Coriander powder	0.50 g	¼ tsp
Garam masala	0.50 g	¼ tsp
Water	50 ml	1/5 cup
Salt	to taste	to taste
Cooked preparation	155 g	4

Paustic Palak Parantha



Stuffed Cauliflower Parantha

Nutritive value per serving

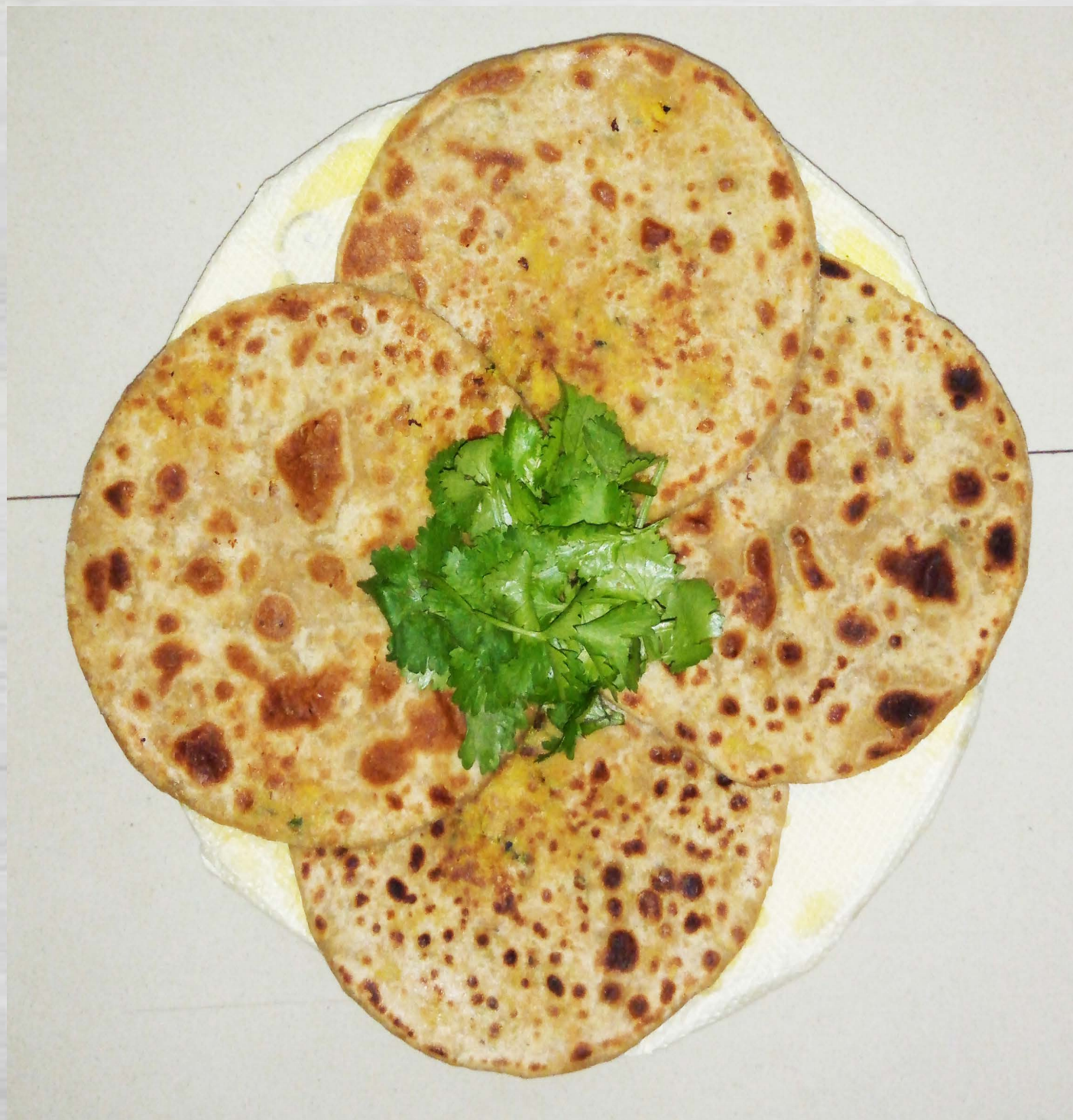
Energy (Kcal)	255
Protein (g)	8.40
Fat (g)	7.49
Minerals (g)	2.26
Fibre (g)	2.38
Calcium (mg)	55.9
Iron (mg)	3.80
Carotene (µg)	113

Method

1. Chop green chilli and coriander leaves.
2. For filling heat 1 tsp oil, sauté grated cauliflower, add all spices and salt.
3. Knead wheat flour into smooth dough and keep aside for half an hour.
4. Divide dough and fillings into four portions.
5. Roll out each dough portion into a small roti, place about one portion of stuffing in the centre, bring the edges together and press firmly.
6. Roll the stuffed dough into a parantha and shallow fry smearing oil.
7. Let both sides of the parantha turn golden brown.
8. Serve hot with curd or pickle.

Ingredients	Weight	Measure/No.
Wheat flour	100 g	3/4 cup
Grated cauliflower	170 g	1 cup
Oil	15 ml	1 tbsp
Green chillies	4 g	2 piece
Ginger paste	2 g	½ tsp
Coriander leaves	2 g	A few
Turmeric powder	0.50 g	¼ tsp
Carom seeds	0.25 g	½ tsp
Black cumin seeds	0.25 g	½ tsp
Lemon juice	0.25 ml	¼ tsp
Water (as required)	90 ml	1/3 cup (aprx.)
Salt	to taste	to taste
Cooked preparation	236 g	4

Stuffed Cauliflower Parantha



Stuffed Radish Parantha

Nutritive value per serving

Energy (Kcal)	268
Protein (g)	6.88
Fat (g)	9.87
Minerals (g)	1.94
Fibre (g)	2.12
Calcium (mg)	61.22
Iron (mg)	3.67
Carotene (µg)	90.2

Method

1. Knead wheat flour into smooth dough, cover it with a damp cloth and keep it aside.
2. For filling mix chopped chillies, coriander leaves, ginger paste, turmeric powder and salt into grated radish.
3. Divide the dough and fillings into four small portions.
4. Roll out each dough portion into a small roti, place a portion of stuffing in the centre, bring the edges together and press firmly.
5. Roll the stuffed dough into a paratha and shallow-fry smearing oil.
6. Let both the sides of the paratha turn golden brown.
7. Serve hot with curd and pickle.

Ingredients	Weight	Measure/No.
Grated radish	170 g	1½ cup
Wheat flour	100 g	¾ cup
Water	90 ml	1/3 cup approx
Oil	20 ml	1 tbsp
Green chillies	4 gm	2 piece
Coriander leaves	2 g	Few
Ginger paste	2 g	½ tsp
Turmeric powder	0.50 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	210 g	4

Stuffed Radish Parantha



Vegetable Rawa Chilla

Nutritive value per serving

Energy (Kcal)	256
Protein (g)	6.9
Fat (g)	6.8
Minerals (g)	0.62
Fibre (g)	0.67
Calcium (mg)	85.25
Iron (mg)	1.34
Carotene (µg)	337.9

Method

1. Chop onion, carrot, French bean, green chillies and coriander leaves.
2. Blanch chopped carrot, French bean for 3-5 minutes.
3. Mix semolina, salt and green chillies with curd and make a batter by adding water.
4. Add chopped onion, coriander leaves and blanched vegetables to the batter and mix well.
5. Heat a tawa, grease it with oil, pour a ladleful of batter on heated tawa and spread.
6. Cook for a few minutes and turn the upside down.
7. Cook for a few seconds, roll it and serve with sauce.

Ingredients	Weight	Measure/No.
Semolina	80 g	½ cup
Curd	70 g	¼ cup
French bean	25 g	6 piece
Onion	25 g	1 small size
Carrot	25 g	1 small size
Refined flour	20 g	2 dsp
Refined oil	10 ml	1 dsp
Green chillies	3 g	1 piece
Coriander leaves	2 g	Few
Water	100 ml	2/5 cup
Salt	to taste	to taste
Cooked preparation	255 g	6

Vegetable Rawa Chilla



Vegetable Ragi Chilla

Nutritive value per serving

Energy (Kcal)	178
Protein (g)	3.91
Fat (g)	6.72
Minerals (g)	1.17
Fibre (g)	1.66
Calcium (mg)	118.8
Iron (mg)	1.70
Carotene (µg)	278

Method

1. Chop vegetables and blanch for five minutes.
2. Mix ragi, besan, salt and green chilli and make batter by adding water.
3. Heat oil, add green chillies and chopped onion, stir-fry till transparent. Add blanched vegetables and stir-fry for 5 minutes with lid on.
4. Add coriander leaves to fried vegetables.
5. Divide fried vegetables into six equal portions.
6. Heat a tawa, grease it with oil, put a ladleful of batter and spread.
7. Cook for a few seconds and turn the side.
8. Spread a portion of fried vegetables over it.
9. Cook for a few seconds, roll it and serve with sauce.

Ingredients	Weight	Measure/No.
Ragi flour	70 g	1/3 cup
Carrot	50 g	1 small size
Bengal gram flour	30 g	3 dsp
Onion	25 g	1 small size
Capsicum	25 g	1 small size
Cabbage	25 g	4 of small size
Oil	15 ml	1 tbsp
Coriander leaves	2 g	Few
Ginger paste	2 g	½ tsp
Water	150 ml	½ cup (approx.)
Cooked preparation	360 g	6

Vegetable Ragi Chilla



Amaranth Puri

Nutritive value per serving

Energy (Kcal)	180
Protein (g)	8.96
Fat (g)	25.88
Minerals (g)	2
Fibre (g)	1.66
Calcium (mg)	191.5
Iron (mg)	2.56
Carotene (µg)	1398

Method

1. Steam amaranth leaves and grind to a fine paste.
2. Add oil (1 tbsp) to sieved flour and mix properly.
3. Add amaranth paste, ginger-garlic paste, salt, carum and cumin seeds and make a dough.
4. Cover the dough with a wet cloth and keep aside to rest.
5. Divide dough into ten equal balls and roll into small chapaties.
6. Heat oil and deep-fry each small chapatti till they puff and become slightly brown on both sides.

Notes: Palak and other seasonally available leaves can be used in place of amaranthus leaves.

Ingredients	Weight	Measure/No.
Amaranthus leaves(Chopped)	50 g	½ cup
Wheat flour	50 g	1/3 cup
Ragi flour	50 g	1/3 cup
Oil (absorbed)	50 ml	5 dsp
Garlic paste	2 g	½ tsp
Ginger paste	2 g	½ tsp
Carum seeds	0.25 g	¼ tsp
Black cumin seeds	0.25 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	188 g	10

Amaranth Puri



Khasti Kachauri

Nutritive value per serving

Energy (Kcal)	698
Protein (g)	12.11
Fat (g)	48.68
Minerals (g)	1.57
Fibre (g)	0.79
Calcium (mg)	71.07
Iron (mg)	2.72
Carotene (µg)	1408

Method

1. Soak dal for 2 hours, drain water completely and grind coarsely.
2. Steam spinach and grind it.
3. Add spinach paste to flour and make smooth dough.
4. Heat oil (1 tbsp), add all spices and stir for a minute.
5. Add ground dal, sugar, salt and stir-fry for 2-3 minutes.
6. Divide fillings and dough into 8 equal portions.
7. Roll out each dough portion into a small roti, place one portion of dal fillings in the centre, bring the edges together and press firmly.
8. Roll the stuffed dough into a puri.
9. Heat oil and deep fry till golden on both sides.

Ingredients	Weight	Measure/No.
Refined flour	100 g	2/3 cup
Oil (absorbed)	95 ml	2/5 cup
Black gram dhal	50 g	1/4 cup
Spinach	50 g	1/2 cup
Red chilli powder	1 g	1 tsp
Mango powder	0.50 g	1/4 tsp
Coriander powder	0.50 g	1/4 tsp
Carum	0.25 g	1/4 tsp
Cumin seed	0.25 g	1/4 tsp
Sugar	0.25 g	1/4 tsp
Garam masala	0.25 g	1/4 tsp
Salt	to taste	to taste
Cooked preparation	252 g	8

Khasti Kachauri





A collage of Indian curries and koftas. The top half shows a large, shallow metal bowl filled with a light-colored, creamy soup or curry. Below this, several smaller metal bowls with ornate handles are arranged on a wooden surface. These bowls contain various dishes: a green chutney with sliced onions, a bright yellow curry with red chili and herbs, a rich red curry with sliced onions and tomatoes, and a yellow curry topped with a white cream swirl and red chili. In the bottom left corner, a piece of golden-brown, porous fried bread is visible. The background is a warm, wooden surface with some blurred green and red items in the top left.

Curry and Kofta

Lauki Ka Kofta

Nutritive value per serving

Energy (Kcal)	357
Protein (g)	5.56
Fat (g)	26.9
Minerals (g)	1.58
Fibre (g)	2.64
Calcium (mg)	74.6
Iron (mg)	2.98
Carotene (µg)	126.2

Method

1. Grate bottle gourd, chop green chillies, tomato, onion and coriander leaves.
2. Mix grated bottle gourd, besan, rice flour, salt, turmeric and divide mixture into eight portions and make balls.
3. Fry the balls in deep oil till brown on all sides.
4. Drain and keep aside.
5. Heat 1 dsp oil and stir-fry onion till golden brown.
6. Add ginger-garlic paste and other spices including salt and fry for a few minutes.
7. Add chopped tomatoes and cook till all the moisture evaporates.
8. Add a cup of water and allow to simmer till the gravy is slightly thick.
9. Add deep fried kofta and remove from the flame.
10. Garnish with coriander leaves and serve hot.

Ingredients	Weight	Measure/No.
Bottle gourd (grated)	75 g	¾ cup
Onion	50 g	1 medium size
Tomato	50 g	1 medium size
Bengal gram flour	25 g	5 tsp
Oil	20 ml	2 dsp
Ginger paste	17 g	1 tbsp
Rice flour	10 g	1 dsp
Garlic paste	5g	1 tsp
Coriander powder	5 g	2 tsp
Cumin seed powder	2.5 g	1 tsp
Green chillies	2 g	1 piece
Red chilli powder	1 g	½ tsp
Turmeric powder	1 g	¼ tsp
Fenugreek seeds	0.50 g	¼ tsp
Black pepper powder	0.50 g	¼ tsp
Gram masala	0.25 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	336 g	8 (2 bowl)

Lauki Ka Kofta



Stuffed Capsicum

Nutritive value per serving

Energy (Kcal)	123
Protein (g)	4.18
Fat (g)	16.56
Minerals (g)	1.72
Fibre (g)	4.78
Calcium (mg)	136.78
Iron (mg)	2.88
Carotene (µg)	1151

Method

1. Chop vegetables except capsicum and potato.
2. Cut capsicum into halves and scoop.
3. Boil potato and mash it.
4. Heat oil (1 tbsp), add asafoetida, chopped onion, garlic and fry till golden brown.
5. Add green chilli, carrot, spices and salt.
6. Add mashed potato and stir-fry till oil separates.
7. Fill capsicum halves with cooked vegetables.
8. Either bake them in an oven or fry on slow fire in a pan by applying oil (1 tbsp) with heavy cover.
9. Serve hot.

Ingredients	Weight	Measure/No.
Capsicum	200 g	2 big size
Potato	100 g	2 medium size
Carrot	50 g	1 medium size
Oil	30 ml	2 tbsp
Onion	20 g	1 small size
Coriander powder	10 g	1 dsp
Garlic paste	5 g	2 tsp
Cumin powder	5 g	2 tsp
Coriander leaves	5 g	1 bunch
Green chillies	2 g	1 piece
Red chilli powder	0.50 g	¼ tsp
Turmeric powder	0.50 g	¼ tsp
Asafoetida	0.25 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	345 g	4 piece

Stuffed Capsicum



Stuffed Bitter gourd

Nutritive value per serving

Energy (Kcal)	220
Protein (g)	3.33
Fat (g)	17.32
Minerals (g)	1.28
Fibre (g)	2.51
Calcium (mg)	76.83
Iron (mg)	1.88
Carotene (µg)	155.73

Method

1. Wash and chop onion.
2. Cut bitter gourd longitudinally into half without separating, scoop and boil for a few minutes.
3. Heat oil (3 tbsp), fry onion, garlic and ginger paste till golden brown.
4. Add all spices, salt and fry till cooked.
5. Stuff cooked mixture into bitter gourd.
6. Fry (shallow) stuffed bitter gourd on slow fire in a heavy pan with lid.

Ingredients	Weight	Measure/No.
Bitter gourd	330 g	4 medium size
Onion	200 g	4 medium size
Oil	65 ml	¼ cup
Coriander powder	15 g	1 tbsp
Garlic paste	15 g	1 tbsp
Cumin powder	5 g	1 tsp
Ginger paste	5 g	1 tsp
Mango powder	1.50 g	1 tsp
Turmeric powder	0.50 g	¼ tsp
Black pepper	0.50 g	¼ tsp
Red chilli powder	0.50 g	¼ tsp
Fenugreek seeds	0.50 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	330 g	4

Stuffed Bitter gourd



Stuffed Tomato

Nutritive value per serving

Energy (Kcal)	154
Protein (g)	2.11
Fat (g)	10.63
Minerals (g)	0.97
Fibre (g)	1.79
Calcium (mg)	83.77
Iron (mg)	1.23
Carotene (µg)	629.95

Method

1. Scoop the tomato.
2. Boil potato and mash it.
3. Chop vegetables and blanch.
4. Heat oil (2 tbsp), add chopped onion, garlic and fry till golden brown.
5. Add blanched vegetables, green chillies, other spices and salt.
6. Add potato and stir-fry till oil separates.
7. Fill the tomato with the fried vegetables.
8. Either bake them in an oven or shallow-fry on slow flame in a heavy pan with lid.

Ingredients	Weight	Measure/No.
Tomato	300 g	4 big size
Potato	100 g	2 medium size
French bean	50 g	10 piece
Carrot	50 g	1 medium size
Onion	50 g	1 medium size
Oil	40 ml	4 dsp
Coriander powder	5 g	1 tsp
Cumin seed powder	5 g	2 tsp
Chat masala	5 g	1½ tsp
Coriander leaves	5 g	1 bunch
Green chillies	2 g	1 piece
Red chilli powder	0.50 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	345 g	4

Stuffed Tomato



Baigan ki Kalonji

Nutritive value per serving

Energy (Kcal)	260
Protein (g)	2.92
Fat (g)	23.9
Minerals (g)	0.67
Fibre (g)	2.17
Calcium (mg)	45.47
Iron (mg)	1.44
Carotene (µg)	104.19

Method

1. Slit brinjal into two half without separating.
2. Grind garlic, ginger and green chilli to a fine paste.
3. Grind coriander, mustard, fennel, cumin and fenugreek seeds to a fine powder.
4. Apply some masala on brinjal.
5. Heat oil and shallow fry brinjal with lid till done.
6. Heat remaining oil and add asafoetida, carom seed and allow it to splutter for few seconds. Add all wet and dried masala and cook till oil gets separated.
7. Add water to masala and boil for a few minutes.
8. Add fried brinjal to gravy and let it simmer for a few seconds.
9. Remove from the fire and sprinkle coriander leaves.

Ingredients	Weight	Measure/No.
Brinjal	250 g	4 piece
Mustard oil	45 ml	3 tbsp
Garlic	10 g	10 cloves
Coriander seed	5 g	1 tsp
Coariander leaves	5 g	1 bunch
Ginger	5 g	½ inch
Green chillies	5g	2 piece
Mustard seed	5 g	1 tsp
Fennel	2 g	1 tsp
Red chilli powder	2 g	½ tsp
Cumin seed	1 g	½ tsp
Mango powder	2 g	½ tsp
Fenugreek seed	1 g	¼ tsp
Turmeric	1 g	¼ tsp
Carom seed	0.55 g	¼ tsp
Garam masala	0.50 g	¼ tsp
Asafoetida	0.25 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	347 g	2 bowl

Baigan ki Kalonji



Kurkuri Bhindi

Nutritive value per serving

Energy (Kcal)	154
Protein (g)	2.27
Fat (g)	12.93
Minerals (g)	0.60
Fibre (g)	0.90
Calcium (mg)	44.96
Iron (mg)	0.68
Carotene (µg)	39.8

Method

1. Cut lady's finger lengthwise into four pieces.
2. Spread these pieces on tray.
3. Sprinkle salt, chilli powder, garam masala, amchur powder and mix gently.
4. Sprinkle gram flour and spread it evenly.
5. Heat oil and fry small portions till brown and crisp.
6. Serve hot.

Ingredients	Weight	Measure/No.
Lady's finger	125 g	10 piece
Oil (absorbed)	30 ml	2 tbsp
Gram flour	10 g	1 dsp
Red chilli powder	0.50 g	¼ tsp
Amchur powder	0.25 g	¼ tsp
Garam masala	0.25 g	¼ tsp
Turmeric powder	0.25 g	¼ tsp
Salt	to taste	to taste
Cooked preparation	75 g	40

Kurkuri Bhindi







Sweets and Dessert

Gajar Ka Laddoo

Nutritive value per serving

Energy (Kcal)	228
Protein (g)	1.84
Fat (g)	13.98
Minerals (g)	1.56
Fibre (g)	1.53
Calcium (mg)	103
Iron (mg)	1.33
Carotene (µg)	2382

Ingredients	Weight	Measure/No.
Carrots	250 g	3 big size
Sugar	50 g	5 dsp
Coconut powder	20 g	2 dsp
Ghee	15 g	1 tbsp
Cardamom	0.25 g	¼ tsp
Cooked preparation	210 g	9

Method

1. Grate carrots.
2. Heat ghee, add carrots and stir-fry till golden.
3. Add sugar and cook while stirring frequently till ghee separates.
4. Add cardamom and coconut powder.
5. Allow the mixture to cool a little so that the mixture can be handled.
6. Take about 25 g of the portion and press between palms to make a laddoo.

Gajar Ka Laddoo



Gobhi Ki Kheer

Nutritive value per serving

Energy (Kcal)	744.33
Protein (g)	24.32
Fat (g)	42.93
Minerals (g)	5.23
Fibre (g)	1.36
Calcium (mg)	1094
Iron (mg)	3.04
Carotene (µg)	270.24

Ingredients	Weight	Measure/No.
Milk	500 ml	2 cup
Cauliflower (grated)	100 g	½ cup
Sugar	20 g	2 dsp
Refined oil	10 ml	1 dsp
Raisins	10 g	10 piece
Cardamom powder	0.25 g	¼ tsp
Cooked preparation	260 g	1cup

Method

1. Grate and blanch cauliflower.
2. Heat oil and sauté grated cauliflower.
3. Add milk and cook while stirring frequently till done.
4. Add dry fruits and cook for 2 minutes.
5. Remove from fire and add sugar.
6. Allow it to cool and serve.

Gobhi Ki Kheer



Lauki Ka Halwa

Nutritive value per serving

Energy (Kcal)	352
Protein (g)	4.73
Fat (g)	11.21
Minerals (g)	3.09
Fibre (g)	3.85
Calcium (mg)	63.8
Iron (mg)	4.55
Carotene (µg)	20.25

Ingredients	Weight	Measure/No.
Bottle gourd (grated)	450 g	1 medium size
Sugar	70 g	¼ cup
Ghee	15 ml	1 tbsp
Coconut powder	5 g	1 tsp
Cardamom	0.50 g	¼ tsp
Cooked preparation	140 g	2 bowl

Method

1. Grate bottle gourd.
2. Heat ghee and fry grated bottle gourd.
3. Allow to simmer for 20 minutes, covered with lid, stir occasionally.
4. Add sugar, cardamom powder and stir-cook till ghee starts separating from the mixture.
5. Cool it, sprinkle coconut powder and serve.

Lauki Ka Halwa







Preserved Products
Pickles

Mixed Vegetable Pickle

Method

Ingredients	Weight/ Measure
Cauliflower	500 g
Turnip	250 g
Carrot	500 g
Green pea	500 g
Unripe papaya	1 Kg
Beans	250g
Radish	500g
Capsicum	500g
Oil	500 ml
Salt	400 g
Red chilli powder	2 tbsp
Fennel	1tsp
Mustard seed	150 g
Ginger	250 g
Garlic	250 g
Fenugreek	1tsp
Turmeric	3tbsp
Vinegar	1 cup
Ajwain	1 tsp
Mangrella	1 tsp
Asafoetida	½ tsp

1. Wash all vegetables and cut into small cubes.
2. Blanch all vegetables except ginger and garlic for 2-3 minutes.
3. Dry in the sun for 2-3 hour.
4. Roast fenugreek, fennel and grind coarsely.
5. Heat oil to the smoking point, add asafoetida and put off the fire.
6. Add all spices, chopped ginger, garlic, vinegar, oil, salt to vegetables. Add cooled oil to the vegetables and mix properly.
7. Keep in sun for 4-5 days.
8. Pack pickles in dry jar and store at dry place.

Prepared Product: 4.5 Kg

Mixed Vegetable Pickle



Tomato Pickle

Ingredients

	Weight/ Measure
Tomato	1 kg
Vinegar	1 cup
Oil	200 ml
Green chilli	100 g
Salt	60 g
Mustard seeds	60 g
Garlic	50 g
Ginger	50 g
Fenugreek seed	½ tsp
Turmeric powder	½ tsp
Curry leaves	Few
Red chilli powder	2 tsp

Prepared Product: 1 Kg

Method

1. Wash tomatoes and cut into four pieces.
2. Grind mustard seeds to a fine powder.
3. Grind garlic and ginger with vinegar.
4. Heat oil, put fenugreek seed and allow spluttering for a few seconds.
5. Add curry leaves, garlic-ginger paste and fry for 10 minutes.
6. Add chopped green chilli, red chilli powder, mustard powder and turmeric to fried mixture.
7. Add tomatoes and cook till oil separates.
8. Add vinegar and cook for 5 minutes.
9. Fill in bottle and seal it.

Tomato Pickle



Mango Pickle

Ingredients

	Weight/ Measure
Mango slices	1 kg
Fenugreek seeds	100 g
Salt	150 g
Black cumin seeds	10 g
Red chilli powder	25 g
Black pepper	20 g
Fennel seeds	50 g
Turmeric powder	25 g
Mustard oil	500 ml

Prepared Product: 1 Kg

Method

1. Select healthy, under ripe mangoes.
2. Wash the mangoes, cut into pieces.
3. Spread the pieces on clean cloth till surface moisture evaporates.
4. Roast the spices lightly and grind coarsely.
5. Add salt and spices to mango pieces and mix thoroughly.
6. Fill it in dry, sterilised jar and pour mustard oil in the jar.
7. Store in a cool dry place.

Mango Pickle



Jack Fruit Pickle

Ingredients	Weight/ Measure
Jackfruit	1 kg
Ginger	100 g
Garlic	100g
Mustard seed	50 g
Fennel (roasted)	25g
Carum seeds	10 g
Salt	125 g
Red chilli powder	25 g
Turmeric powder	20 g
Mustard oil	½ kg
Vinegar	1 cup

Prepared Product: 800 g

Method

1. Select tender jack fruit for pickle making.
2. Peel the outer rind with a stainless steel knife after applying oil/ fat on its surface to avoid sticking.
3. Cut the fruit into small pieces of 2-3 cm size. Blanch the pieces into boiling water for 5 -6 minutes.
4. Spread the blanched pieces on a clean cloth in the sun till surface moisture evaporates.
5. Peel garlic and ginger and grind to a fine paste with vinegar.
6. Grind mustard seeds and roasted fennel coarsely.
7. Heat oil in a karahi. Add ginger- garlic paste and fry for 5 minutes. Add all spices, salt and fry for 1-2 minute.
8. Remove from the flame. Add blanched jackfruit pieces, remaining vinegar and mix thoroughly.
9. Fill in dry clean jar and keep in the sun for one week.
10. The pickle gets ready in 10-15 days.

Jack Fruit Pickle



Ole Ka Pickle

Ingredients	Weight/ Measure
Ole	1kg
Ginger	200g
Peeled garlic	200g
Green chillies	100g
Mustard powder	25g
Roasted coriander powder	10g
Roasted fenugreek powder	5g
Roasted cumin powder	5g
Roasted fennel powder	5g
Ajwain	½ tsp
Mangrealla	½ tsp
Haldi powder	20g
Oil	½ litter
Vinegar	1 cup
Salt	125g

Prepared Product: 1.25 Kg

Method

1. Peel and grate ole and ginger.
2. Chop green chillies and garlic into fine pieces.
3. Heat oil to the smoking point; add hing and put off the fire.
4. Add all spices, salt, vinegar, chopped green chilli, garlic and cooled oil to grated ole and ginger and mix thoroughly.
5. Keep in the sun for one week.
6. Fill the pickle in a dry and sterilized jar.

Ole Ka Pickle



Green Chilli - Ginger Pickle

Method

Ingredients

Weight/ Measure

Green chillies

1 kg

Ginger

500 g

Lemon Juice

150 g

Salt

150 g

Vinegar

10 ml

1. Wash green chillies thoroughly and spread on a clean cloth till water evaporates.
2. Slit chillies lengthwise.
3. Peel and cut ginger into slices and spread it on a clean piece of cloth till the moisture evaporates. Add lemon juice, salt and vinegar to green chillies and ginger slices.
4. Fill it in a clean jar and keep in the sun for 5-6 days.

Prepared Product: 1.5 Kg

Green Chilli - Ginger Pickle



Stuffed Red Chillies Pickle

Ingredients	Weight/ Measure
Red chillies	1 kg
Amchur	50 g
Mustard oil	250 ml
Salt	100 g
Cloves	2 g
Cinnamon	2 g
Cumin seeds	2 g
Mustard seeds	20 g
Black Cardamom	1 g

Method

1. Select sound, fully developed and big sized red chillies.
2. Wash red chillies thoroughly and spread on a clean piece of cloth till the moisture evaporates.
3. Remove the stalk and separate the seeds.
4. Roast and grind all the spices.
5. Heat some oil; add spices, salt and seeds. Fill the mixture into chillies thoroughly and transfer it in jars.
6. Keep in sun for 3-4 days. Pour remaining oil on chillies.

Stuffed Red Chillies Pickle



Amla Pickle

Ingredients

	Weight/ Measure
Amla	1 kg
Mustard oil	250 ml
Salt	150 g
Red chilli powder	2 tsp
Turmeric powder	2 tsp
Black cumin seed	2 tsp
Fenugreek seeds	25 g
Mustard seeds	50 g
Fennel seeds	25 g

Prepared Product: 1.25 Kg

Method

1. Select fully mature, healthy amlas. Wash them thoroughly under running water.
2. Blanch in boiling water for 5-6 min.
3. Drain away the water and spread on a muslin cloth till the moisture evaporates.
4. Roast fenugreek seeds, black cumin seeds, fennel seeds slightly and grind separately to a fine powder.
5. Put mustard oil in a pan. Allow it to heat. Add a pinch of salt and a few drops of water to produce foam. This evaporates the raw flavour of mustard oil.
6. Add all the spices and fry for 2-3 min.
7. Add amlas and salt; mix them thoroughly and fry for 2-3 min.
8. Allow it to cool.
9. Fill in the dry and sterilised jar.
10. Keep the jar under the sun for 5-6 days. Shake the jar occasionally.

Amla Pickle



Lemon Pickle (Sweet & Sour)

Ingredients	Weight/ Measure
Lemon	1 kg
Sugar	500 g
Salt	150 g
Black salt	50 g
Carum seeds	15 g
Black pepper	10 g
Cumin seeds	10 g
Cloves	02 g
Cinnamon	02 g

Prepared Product: 1.25 Kg

Method

1. Select fully ripe lemons and wash thoroughly.
2. Spread on a muslin cloth and allow them to dry.
3. Cut all the lemons in four parts keeping the bottom attached.
4. Roast spices slightly and grind separately to a coarse powder.
5. Add salt, sugar, roasted spices to lemon cuts and mix properly.
6. Pour the pickle in clean, dry and sterilised jar.
7. Keep it in the sun for 7-8 days.

Lemon Pickle (Sweet and Sour)



Green Chilli Pickle

Ingredients	Weight/ Measure
Green chillies	1 kg
Mustard seeds	50 g
Salt	50 g
Cumin seeds	25 g
Fennel seeds	25 g
Turmeric powder	50 g
Mustard oil	25-30 ml
Lime juice	20 ml

Prepared Product: 1.2 Kg

Method

1. Wash the green chillies thoroughly and spread on a clean cloth till water evaporates.
2. Slit chillies lengthwise.
3. Roast fenugreek seeds, fennel seeds slightly and grind coarsely. Also grind mustard seeds separately.
4. Heat oil in a pan, add spices and fry for 2-3 min. add salt and mix thoroughly.
5. Fill chillies with masala.
6. Fill in the clean, dry and sterilised jar. Pour lemon juice and shake well.

Green Chilli Pickle



Bamboo Shoot Pickle

Ingredients	Weight/ Measure
Tender bamboo shoots	1 kg
Salt	100 g
Mustard oil	300 ml
Fenugreek seeds	20 g
Tamarind powder	30 g
Fennel seeds	40 g
Red chilli powder	15 g
Mustard seeds	30 g
Vinegar	1tbsp

Prepared Product: 1 Kg

Method

1. Cut bamboo shoots into small pieces.
2. Boil chopped bamboo shoots 3-4 times by changing water.
3. Spread boiled bamboo shoots on a clean cloth in sun for 2-3 hours.
4. Roast fenugreek, fennel seeds till it starts to splutter. Let it cool down.
5. Now grind roasted fenugreek, fennel, mustard seeds separately into coarse powder.
6. In a mixing bowl, add the bamboo shoots, ground spices, vinegar, salt and mustard oil. Mix all together nicely.
7. Transfer the mixture in a sterilized jar and keep in the sun for 7-8 days.

Bamboo Shoot Pickle



Mahua Ka Pickle

Ingredients	Weight/ Measure
Dried Mahua flower	500 g
Tamarind paste	200 g
Mustard oil	100 ml
Acetic acid	½ tsp
Red chilli powder	1 tsp
Roasted fenugreek seed powder	1 tsp
Roasted cumin seed powder	1 tsp
Mustard powder	2 tsp
Hing	½tsp
Fennel seed	½tsp
Salt	70 g

Prepared Product: 1.25 Kg

Method

1. Soak dried Mahua flower in water for overnight
2. Blanch soaked mahua flower in 2% citric acid solution for 5-6 minutes.
3. Drain the water and spread on a clean piece of cloth till moisture evaporates.
4. Heat oil and put hing; add all spices, salt and stir fry for 1-2 minutes.
5. Add acetic acid and transfer the content to a clean and dry jar and keep it in the sun for 3-4 days.

Mahua Ka Pickle







Preserved Products
Jam and Jelly



Guava Jelly

Ingredients	Weight/ Measure
Guava	1 kg
Citric acid	½ tsp
Sugar	as required
Water	1 litre
Prepared product	2 bottle

Test of Pectin

Take two teaspoonfuls of cooked fruit extract and add gently four spoons of methylated spirit or alcohol and shake a little. The pectin present in the extract will jell. If one thick clot is formed, sugar equal or 3/4th of the weight of the juice is to be added and the juice is considered rich in pectin. If clot breaks up into two or three pieces, the pectin content is medium and 2/3rd or 3/4th to 1/2 amount of sugar by weight is to be added. If the pectin test indicates below medium pectin (very thin gelatine air mass) the extract should be heated to concentrate pectin, till it gives a test for good or medium pectin. Synthetic pectin, if needed can also be added.

Method

1. Select just ripe guava, wash and cut them into thin pieces.
2. Add water to cover up the fruit slices well.
3. Add citric acid and simmer over slow flame for about half an hour.
4. Crush and press while cooking, stain the extract. Again boil the residue after adding a little amount of water.
5. Strain and mix it with earlier extract.
6. Filter the extract through thick cloth without squeezing.
7. Allow it to stand overnight to make it clear.
8. Perform the pectin test for determining the amount of sugar to be added.
9. Put the extract on fire.
10. Cook quickly, till the end point is reached or the temperature reaches to 105.5° C.
11. Remove scum quickly near the end point. Add flavour, edible colour, if desired. Strain, if needed, through muslin cloth.
12. Pour in clean dry wide- mouthed jars.

End Point Test

End point of jams and jellies can be determined by sheet test or drop test.

Sheet test: when the product becomes sufficiently thick in consistency, dip a spoon into it and let the product run off the sides of the spoon. Allow it to cool, if the product falls off in the form of a sheet instead of flowing in a single stream, it means that the end point has reached and the product is ready for filling into containers. Otherwise continue cooking till the sheet test is satisfactory.

Drop test: Pour a drop of concentrated product in a plate containing water. If it settles down without disintegration, the end point is reached.

Guava Jelly



Tomato Jam

Ingredients

Tomato	1 kg
Sugar	750 g
Pectin	10 g
Citric acid	½ tsp
Prepared Jam	2 bottle

Weight/ Measure

Method

1. Boil tomato slices and extract puree through a stainless steel strainer to separate the seeds and skins.
2. Add sugar to puree, boil and strain once again.
3. Concentrate the mixture.
4. Add citric acid and pectin when mixture started thickening.
5. When the mass has become sufficiently thick in consistency, dip a spoon into it and let the product run off the sides of the spoon. If, on cooling, the product falls off in the form of a sheet instead of flowing in a single stream it means that jam is ready,
6. Pour the hot jam into clean dry jars or bottles.

Tomato Jam



Mixed Fruit Jam

Ingredients		Weight/ Measure
Pineapple	} Peeled and chopped	250g
Guava		250 g
Mango		250g
Banana		250g
Sugar		750g
Citric acid		3-4 g
Water		250 ml
Prepared Jam		2 bottle

Method

1. Wash pineapple, guava and mango, remove the peel and cut into small pieces.
2. Peel banana and cut into slices and mix with above mixture.
3. Add water and citric acid, cook till it becomes soft.
4. Crush while boiling so that it turns into a uniform thick mass.
5. Add sugar, stir continuously and simmer for 1-2 minutes.
6. Cook rapidly till end point is reached.
7. Add desired colour.
8. Pour the hot jam into clean jars and cover properly.

Mixed Fruit Jam





The image shows five glass bottles of preserved products, likely sauces or chutneys, arranged on a red and white striped cloth. Each bottle has a red cap. The bottles are filled with a yellowish-brown liquid. The background is a plain, light-colored surface.

Preserved Products
Sauce / Ketchup and Chutney

Tomato Ketchup

Ingredients	Weight/ Measure
Tomato	2 kg
Onion	100 g
Ginger	50 g
Garlic	20 g
Garam masala	15 g
Red chilli powder	20 -25 g
Salt	10 g
Sugar	100-150 g
Acetic acid	2 tbsp
Sodium benzoate	1 g/kg cooked preparation

Prepared Product: 1 Kg

Method

1. Select fully ripe deep red colored tomatoes.
2. Cook tomato, onion, red chilli powder, garlic and ginger in pressure cooker till one or two whistle.
3. Strain puree through stainless steel strainer to separate the skins and seeds. Discard the seeds and skins.
4. Add about 1/3 rd of sugar
5. Tie garam masala in a muslin cloth and immerse into pulp.
6. Cook pulp till it reduces to one third of its original mass.
7. Take out garam masala bag and squeeze it properly to extract the juice and flavour of spices.
8. Remove the muslin bag; add acetic acid, salt and remaining sugar.
9. Cook it till the finished product is of desired consistency.
10. Test consistency of Ketchup by pouring a little sample on a dry plate. If water separates out, cook for some more time.
11. Remove from fire; mix sodium benzoate to a small quantity of the finished product and transfer it to the rest of the product.
12. Mix well and pour the product into clean and dry bottles while hot and seal.

Tomato Ketchup



Chilli Sauce

Ingredients

	Weight/ Measure
Green chilli	1 kg
Unripe Papaya	1 kg
Ginger	200 g
Garlic	200 g
Vinegar	2 litre
Sugar	150 g
Salt	120 g
Cardamom powder	5 g
Turmeric powder	2 tsp
Dalchini powder	½ tsp

Prepared Product: 3.5 Kg

Method

1. Peel ginger, garlic and unripe papaya.
2. Cut papaya into medium size.
3. Grind ginger and garlic with vinegar to a fine paste.
4. Cook papaya, chilli, ginger-garlic paste with turmeric powder and vinegar in pressure cooker for 10 minutes and keep aside to cool.
5. Grind cooked mass and strain through stainless steel strainer.
6. Cook it on low flame.
7. Add all spices, salt, and sugar.
8. Cook it till the product is of desired consistency.
9. Pour the sauce into sterilised bottles while hot and seal.

Chilli Sauce



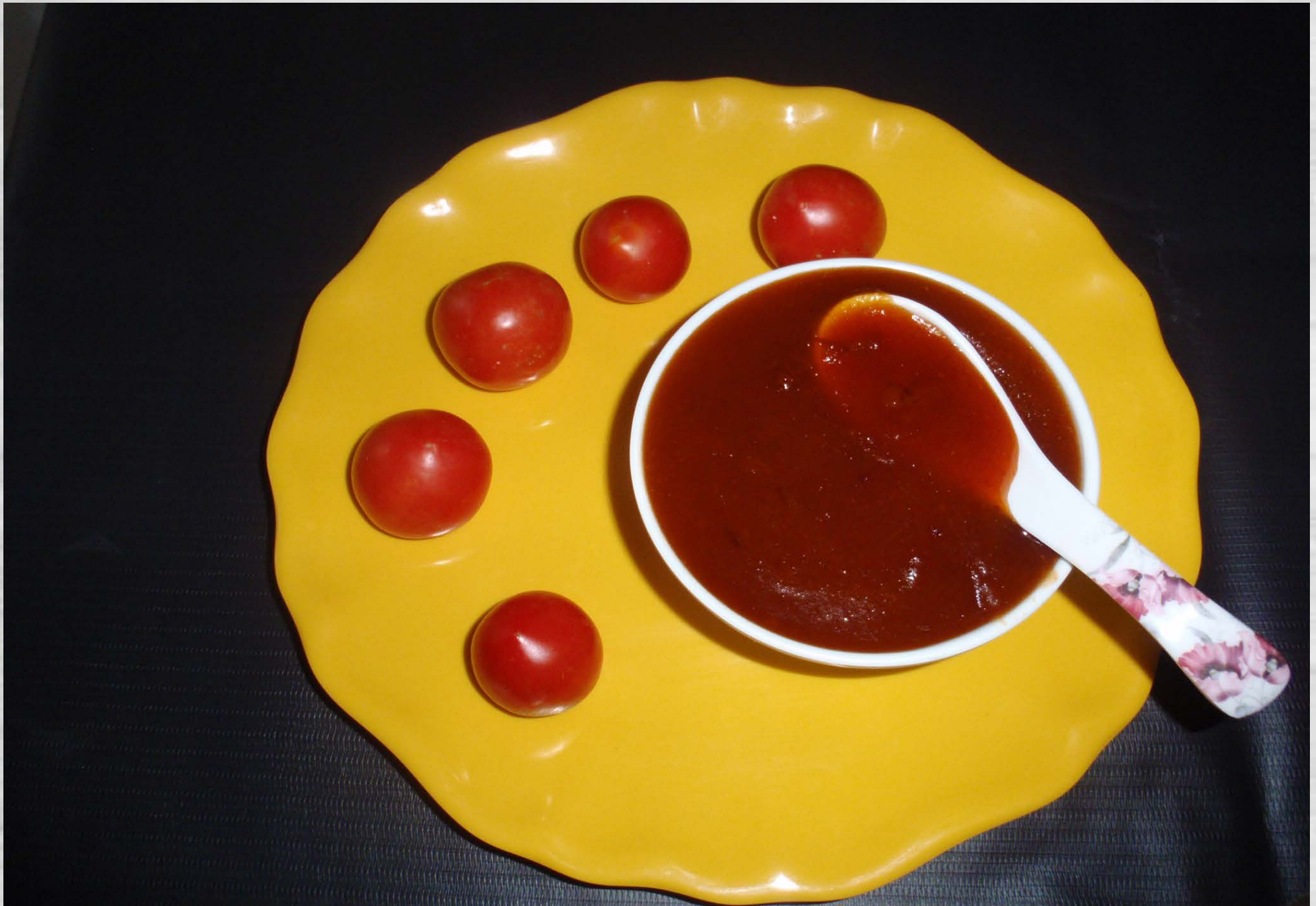
Tomato Chutney

Ingredients	Weight/ Measure
Tomato	1 kg
Sugar	750 g
Onion	100 g
Ginger	50 g
Garlic	20 g
Red chilli powder	10 g
Salt	10 g
Garam masala	7 g
Acetic acid	5 ml
Prepared Chutney	1.5 Kg

Method

1. Blanch tomato for 3-4 minutes.
2. Dip immediately in cold water.
3. Peel, mash and strain through stainless steel strainer.
4. Cook all ingredients except acetic acid till thick consistency.
5. Turn off the flame and add acetic acid.
6. Pour the chutney in clean jars and seal.

Tomato Chutney





A glass bottle filled with a vibrant green liquid, likely squash, sits on a decorative lace doily. The doily is light-colored with intricate gold-colored patterns. The bottle is positioned in front of a window with a white frame, through which some greenery is visible. The background is a light-colored tiled surface.

Preserved Products
Squash

Bael Squash

Ingredients

Bael juice

Weight/ Measure

1 litter

Sugar

1½ kg

Water

1 litter

Citric acid

4 tsp

Potassium meta bisulphite

600 mg/kg of
finished product

Prepared Product : 3 bottle

Method

1. Extract pulp with the help of spoon.
2. Remove seed and fiber.
3. Add double quantity of water to its weight and leave overnight.
4. Next day rub the pulp and strain the juice by passing through a stainless steel strainer.
5. Mix sugar, citric acid and water and boil. Remove scum and strain through a muslin cloth.
6. Mix juice and syrup when it is cool. Dissolve potassium meta bisulphite in small quantity of squash and add this to entire quantity.
7. Fill squash into dry sterilized bottles, leaving 2.5-3.5 cm space at the top.
8. Seal the bottle and store in cool dry place.

Bael Squash



Green Mango Squash

Ingredients	Weight/ Measure
Raw mango	1 kg
Water	1.5 kg
Sugar	1.5 kg
Salt	80g
Mint juice	4 tsp
Cumin seed powder	2 tsp
Citric acid	1 tsp
Sodium benzoate	0.6 g/kg prepared product
Green colour	200mg/kg of prepared product

Prepared Product : 4 bottle

Method

1. Peel the skin of the mango and grate.
2. Cook grated pieces with water till soft
3. Strain the juice and let it cool.
4. Take mint leaves(50g) and grind with little water and strain the juice
5. Mix sugar, citric acid and water and boil. Add salt, spices and turn off the flame. Remove scum and strain through a muslin cloth.
6. Mix both juice and syrup when it is cool. Dissolve potassium meta bisulphite, colour in small quantity of squash and add this to entire quantity.
7. Fill squash into dry sterilized bottles, leaving 2.5-3.5 cm space at the top.
8. Seal the bottle and store in cool dry place.

Green Mango Squash



Lime Squash

Ingredients

	Weight/ Measure
Juice	1 liter
Sugar	1.50 kg
Water	750 ml
Colour	200mg/kg finished product
Potassium Meta bisulphite	0.6g/kg finished product

Prepared Product : 3 bottle

Method

1. Wash the fruit, cut into halves and extract the juice.
2. Strain through muslin cloth to remove seeds and coarse pulp.
3. Mix sugar and water to dissolve sugar completely, boil 2-3minutes.
Strain through a muslin cloth.
4. Cool and mix with juice.
5. Dissolve preservative , colour in small quantities of squash and mix it with the prepared squash. Transfer into sterilised bottles.

Lime Squash



Litchi Squash

Ingredients

Litchi juice

Sugar

Water

Citric acid

KMS

Weight/ Measure

1litter

1.25kg

750 ml

30g

1.8g

Prepared Product : 3 bottle

Method

1. Select fully ripe litchi. Peel and remove stone.
2. Blend pulp and strain the litchi juice through a sieve.
3. Place water and sugar in a pan and stir over low heat till sugar dissolves.
4. Once it dissolves, add citric acid and bring to a boil.
5. Boil for about two minutes.
6. Take the syrup off the heat. Remove scum and strain through a muslin cloth. Let it cool.
7. Mix juice and syrup. Dissolve KMS in small quantity of squash and add this to entire quantity.
8. Fill squash into clean bottles and seal.

Litchi Squash







Preserved Products
Preserve and Candy

Amla Preserve

Ingredients

	Weight/ Measure
Amla	1 kg
Sugar	1 kg
Water (for syrup)	400 ml
Citric acid	½ tsp

Prepared Product: 2 Kg

Method

1. Select large-sized fruits for making the preserve.
2. Wash the fruits in water to remove dirt, dust etc.
3. Prick them with a needle of bamboo (wood) or stainless steel. Do not use an iron needle as the fruit is rich in tannins which combine with iron salts to form blue or black compounds.
4. After pricking, place the fruit in 2 percent common salt solution.
5. Raise the strength of the salt solution progressively by 2 percent on subsequent days, until the final concentration reaches 8.0 percent.
6. Wash the fruits in water and place them in freshly prepared 8 percent brine for about a week. This treatment removes most of the astringency in the fruit.
7. Wash the fruits again. Ordinary iron equipment should not be used so as to avoid discoloration.
8. Blanch the fruits in 2 percent alum solution until they become sufficiently soft, taking care to see that the segments do not break or crack in the process.
9. Take sugar equal to half the weight of amla. Place the sugar and amla in alternate layers in a vessel and leave the mass for 24 hours. During this period the fruit would give a syrup of 36⁰ - 38⁰ Brix.
10. Next day, boil the mass for a few minutes and raise the strength of the syrup to 60⁰ Brix by adding more sugar.
11. Citric or tartaric acid can be added to invert the sugar to prevent crystallization which can be @ 1.5-2.0 g/kg of sugar added.
12. On the third day raise the strength of the syrup to 70⁰ Brix and leave the mass in the syrup for one week. After this the product will be ready for packing in jars.

Amla Preserve



Bael ka Muraba

Ingredients

Bael pieces

Weight/ Measure

01 kg

Sugar

01 kg

Water

750 ml

Citric acid

02 g

Prepared Product: 1.5 Kg

Method

1. Select half ripe Bael. Break and remove the shell. Cut into slices. Remove seeds and other gummy parts.
2. Prick them with a needle of bamboo or stainless steel.
3. After pricking, place the pieces into 2% lime solution for 3 hours.
4. Take out the pieces and wash the slices nicely with water.
5. Blanch the fruit pieces in water until they become soft.
6. Take sugar equal to half the weight of fruit pieces and dissolve in water. Add citric acid and boil the solution. Add the blanched pieces into boiling syrup and cook on low flame for ½ hour.
7. Next day remove the slices from the solution and add the other half of the sugar to the syrup and bring it to boil.
8. Add slice to the syrup and cook the pieces in the syrup till the syrup becomes thick like honey.
9. Allow the preserve to cool. Put it in clean Jars, cap it tightly and store in a cool and dry place.

Bael ka Muraba



Carrot Candy

Ingredients

	Weight/ Measure
Carrot	1 kg
Sugar	1 kg
Water (for syrup)	500 ml
Citric acid	1 tsp

Prepared Product: 450 g

Method

1. Select tender carrots of medium size.
2. Scrape off the outer peel of the carrots and wash thoroughly.
3. Remove the head and tail of carrots. Keep carrots whole or cut length wise. Prick the carrots extensively with stainless steel fork.
4. Boil the slices or whole carrots in water till they become soft and drain out the water.
5. Take sugar equal to half the weight of carrot. Prepare syrup by dissolving sugar into equal quantity of water. Add 2-3 g of citric acid. Immerse prepared fruit in 50% sugar syrup
6. Next day, boil the syrup by taking out pieces for a few minutes and raise the strength of the syrup to 60⁰ Brix by adding more sugar. Add pieces and leave overnight.
7. On the third day raise the strength of the syrup to 70⁰ Brix (corresponds to syrup of 2-3 consistency) and leave the mass in the syrup for 48 hour.
8. Boil the syrup after removing the pieces for 3-4 minutes. Add pieces.
9. Next day drain off the syrup.
10. Dry the candy at room temperature or in the sun for 4-5 hours.
11. Pack in airtight glass jars.

Carrot Candy



Petha Candy

Ingredients

Petha pieces

Weight/ Measure

1 kg

Sugar

1 kg

Water

300 ml

Citric acid

1.5 g

Prepared Product: 600 g

Method

1. Select ripe and fully mature petha.
2. Peel it and remove the seeds.
3. Cut longitudinally into large pieces.
4. Prick the slices with stainless steel fork.
5. Soak the pricked slices overnight in 2-3% lime water. Lime hardens the tissues.
6. Drain out lime water; wash the pieces with water.
7. Prepare 1-2% alum solution. Add a small quantity of potassium metabisulphite to the solution. Bring the solution to boil and blanch the pieces till they become tender. The chemical cleans the fruit and makes it perfectly white.
8. Drain off the water, wash and spread the boiled slices on a clean cloth to remove excess of water.
9. Place the prepared pieces of fruit in alternate layers with half of the sugar in a vessel and keep for 24 hours. The pieces will give out sufficient water to dissolve the sugar. Add 300 ml of water, if required.
10. Next day, remove the slices from the solution and add the other half of the sugar to the syrup and bring it to boil.
11. Cool the syrup, add citric acid and dissolve completely.
12. Add the pieces to the syrup and boil for about five minutes and keep it over night.
13. Next day take out the pieces and again boil the syrup till it becomes thick.
14. Cool the syrup, add the pieces and allow these to remain in the syrup for two days.
15. Again take out the pieces from syrup and boil the syrup till it spins two threads. Add the pieces into the prepared syrup.
16. Next day repeat the process once again and continue boiling till the syrup attains 3-4 thread consistency. Leave for 2-3 days.
17. Drain off the syrup.
18. Dry the candy at room temperature or in the sun for 4-5 hours.

Petha Candy







Preserved Products
Vadian

Cabbage- Tomato Vadian

Ingredients	Weight/ Measure
Tomato	500 g
Black gram dal	1 kg
Cabbage	500g
Cumin seed powder	1 tsp
Black Peeper powder	1 tsp gm
Red chilli powder	01 tsp
Green chilli paste	50 g
Ginger paste	50 g
Prepared Bari	930 g

Method

1. Chop cabbage and tomatoes finely.
2. Clean and soak dal overnight.
3. Grind dal coarsely with tomato juice.
4. Add all spices, chopped tomatoes and cabbage to the paste
5. Mix till it becomes light.
6. Take handful of mixture and drop into small lumps/ balls on a greased polythene sheet or cloth in sun.
7. Dry for 3-4 days turning them upside down.
8. Pack in air-tight tins or polythene bags.

Cabbage- Tomato Vadian



Radish-Tomato Vadian

Ingredients	Weight/ Measure
Radish	01 kg
Tomato	½ kg
Black gram dal	1 kg
Green chilli paste	50 g
Ginger paste	50 g
Zeera powder	½ tsp
Black peeper power	½ tsp
Red chilli powder	01 gm
Garam Masala	½ tsp
Prepared products	920 g

Method

1. Clean and soak dal overnight
2. Grate radish and chop tomato finely
3. Grind dal coarsely with tomato juice
4. Add grated radish, chopped tomatoes and all the spices to ground paste
5. Mix the paste till it becomes light
6. Take handful of mixture and drop into small lumps/ balls on a greased polythene sheet or cloth in sun
7. Dry for 3-4 days turning them upside down.
8. Pack in air-tight tins or polythene bags.

Radish-Tomato Vadian



Bathua Vadian

Ingredients

	Weight/ Measure
Bathua	500 g
Lentil dal	1 kg
Cumin seed powder	1 tsp
Pepper powder	1 tsp
Red chilli powder	2 tsp
Garam masala	½ tsp
Prepared Bari	910g

Method

1. Clean and Soak dal overnight.
2. Clean and pluck tender twigs of bathua discarding fibrous part. Cut twigs into approximately 1 inch length pieces. Wash and spread on clean cloth to remove excess of water.
3. Make bundles of bathua consisting 5-6 pieces per bundle.
4. Grind dal coarsely with very little water.
5. Add all the spices to ground paste.
6. Mix the paste till it becomes light.
7. Apply dal paste evenly all over each bundle.
8. Dry for 3-4 days turning them upside down.
9. Pack in air-tight tins or polythene bags.

Bathua Vadian





Glossary



Glossary

Amaranth leaves: Lal sag

Asafoetida: Hing

Bay leaf: Tejpta

Bengal gram flour, gram flour: Besan

Black gram: Urd dal

Black pepper: Kalimirch

Black salt: Kala namak

Cardamom: Illayachi

Carum seed: Ajwain

Cinnamon: Dalchini

Cloves: Laung

Coconut powder: Nariyal powder

Coriander: Dhaniya

Cumin seed: Jeera

Fenugreek: Methi

French bean: Bean

Green gram: Moong dal

Mango powder: Amchur powder

Ragi: Madua

Refined flour: Maida

Rice flakes: Chura

Scented long grain rice: Basmati rice

Semolina: Suji or rawa

Soya chunks: Soyabean badi

Spinach: Palak

Split legume: Dal

Glossary of terms used in food preparation

Beat: Move an instrument back and forth to blend ingredients together to achieve a smooth texture.

Blend: Mixing two or more ingredients so completely that they lose their separate identities.

Grate: Cutting into fine pieces.

Chop: Cut into no specified shape.

Mix: Combine ingredients in such a way that the parts of each ingredient are evenly dispersed in the total product.

Blanch: To precook by heating in boiling water or steam in order to inactivate enzymes and shrink some foods for freezing, drying or canning. To aid in removal of skin from nuts, fruits and vegetables.

Grind: Cut ingredients into fine paste with grinder.

Sauté: To brown or cook in a small amount of fat.

Simmer: Cooking foods in a pan with a well-fitting lid at temperature just below the boiling point (82- 99°C) of the liquid in which they are immersed.

Batter: Mixture of flour, liquid and other ingredients which is sufficiently soft to be beaten.

Warm: Raise temperature to 105-114°F.

Seasoning: Improving the aroma and flavour of food by adding spices and herb.

Stir: To mix food materials with a circular motion.

Whip: To beat rapidly to incorporate air and produce expansion.

Pickle: Fruit or vegetables which is preserved in vinegar, lime or oil with salt and spices.

Frying: A method of cooking in heated oil or fat.

Shallow frying: Food is fried in a shallow pan like frying pan or 'tawa' with a small amount of fat.

Deep frying: During deep frying, food is completely immersed in excess quantity of hot oil in a deep vessel like iron 'karai'.

Sterilize: To destroy microorganism by use of high temperature with steam or boiling liquid.



Appendix

Some nutrient-rich vegetables

Nutrients	Food groups	Foods	Nutrient content for 100g edible portion	
Protein	Leafy vegetables	Celery, amaranth bathua leaves, spinach, rape leaves	2-6.3 g	
	Leguminous vegetable	Beans, Cowpea pods, Peas, French beans	1.7-7.4 g	
Beta-carotene	Leafy vegetables	Ambat chukka, coriander leaves, ponnaganti, spinach, leaves, mint, radish leaves, some other leafy vegetable like agathi, amaranth, curry leaves, gogu, colocasia leaves, beet greens, coriander leaves, mustard leaves, turnip greens	2-10 mg	
	Other Vegetables	Pumpkin and green chillies	1 mg	
	Yellow and orange coloured vegetables	Carrot, tomato	0.35-1.8 mg	
Folic acid	Green leafy vegetables	Amaranth, ambat chukka, mint and spinach	120 µg	
Iron	Green leafy vegetable	Amaranth, bangalgram leaves, cauliflower greens and radish leaves	18-40 mg	
Calcium	Green leafy vegetables	Amaranth, cauliflower greens, curry leaves, knol-khol leaves	500-800 mg	
		Agathi	1130 mg	
		Colocasia leaves	1540 mg	
Vitamin C	Green leafy vegetables	Agathi, cabbage, coriander leaves, drumstick leaves, knol-khol greens	120-220 mg	
		Other vegetables	Capsicum	137 mg
			Green chillies	117 mg
Fibre	Leafy vegetables	Lettuce, mustard leaves, rape leaves, spinach, susni, cabbage, cauliflower, amaranth, colocasia leaves (dried)	0.6-16 g	
		Root vegetables	Onion, potato, carrot, ginger, yam, sweet potato, beet-root	0.4-1.3 g
		Other vegetables	Cucumber, plantain green, brinjal, jackfruits, drumstick	0.4-4.8 g
Riboflavin	Leafy vegetables	Amaranth, carrot leaves, colocasia leaves, curry leaves, fenugreek leaves, gogu, mint, radish leaves and spinach	0-25 mg	

Low calorie vegetables and fruits (20 Kcal)

Name of the vegetables	Kcal/100gm
Leafy vegetables	
Amaranth (stem)	19
Spinach stalk	20
Roots and tubers	
Radish table	16
Radish white	17
Other vegetables	
Ash gourd	10
Bottle gourd	12
Cluster beans	16
Colocasia stem	18
Cucumber	13
Kovai	18
Parwal	20
Ridge gourd	17
Snake gourd	18
Fruits	
Musk melon	17
Water melon	16
Orange juice	9
Tomato ripe	20

Source: Nutritive value of Indian Foods, 2009

Vegetables and fruits with high calorie value (≥ 100 Kcal)

Name of the vegetables	Kcal/100gm
Leafy Vegetables	
Colocasia leaves (dried)	277
Curry leaves	108
Chakunda (dried)	292
Rape leaves (dried)	297
Tamarind leaves	115
Roots and tubers	10
Arrow root flour	334
Sweet potato	120
Tapioca	157
Yam ordinary	111
Yam wild	110
Other vegetables	20
Beans, scarlet runner	158
Jack fruit, seeds	133
Karonda (dry)	364
Lotus stem (dry)	234
Sundakai (dry)	269
Water chestnut (fresh)	115
Water chestnut (dry)	330
Fruits	
Apricot (dry)	306
Avocado pear	215
Banana	116
Bael fruit	116
Currants, red	316
Dates (dried)	317
Dates fresh	144
Mahua (ripe)	111
Raisins	308
Seetaphal	104
Wood apple	134

Source: Nutritive value of Indian Foods, 2009

Weights and Measures

Approximately

1 tsp = 5 ml

1 dsp = 10 ml

1 tbsp = 15 ml

1 cup = 250 ml

Nutritive Value: The nutritive value of each preparation (per serving) is calculated using the information on dietary nutrients given in the publication 'Nutritive value of Indian Foods' (2009).

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