



Shree K.V.O. Sthanakvasi Jain Mahajan Mumbai

Nari Utkarsh Samiti

Presents

*Kuchh
Mitha
Ho Jaye*

Indian & International Dessert





Shree K.V.O. Sthanakvasi Jain Mahajan Mumbai

Nari Utkarsh Samiti

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Kalpana Gada



Shree K.V.O. Sthanakvasi Jain Mahajan Mumbai

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Kuchh Mitha Ho Jaaye

If you have an appetite for cooking, you'll want to get your hands on some of the best recipes.

The Contest "Kuchh Mitha Ho Jaaye" organised by the committee of KVO Sthanakvasi Jain Mahajan Naari Utkarsh Samiti, 2019, shows that you don't have to be a professional chef to make a gorgeous gourmet meal! 145 contestants' dishes, exquisitely turned out under pressure, prove that any amateur cook can achieve excellence.

Whether you are a foodie, an aspirant or an enthusiast in food and culinary space, it was the perfect moment to witness magic being served on plate! Ladies from the age group of 20 to 70's participated in this contest. The competition was judged by highly skilled chefs. It was truly inspirational to be a part of the journey of the home cooks who competed for glory. The dishes became symbols of taste and imagination and of course a part of memories.

In this book those moments have been recreated through the dishes and photographs that celebrate our culture and our diversity.

Simple, comforting, extraordinary cooking is the theme of all the recipes This E-Book will help you make the leap from kitchen amateur to culinary master with tips and recipes from the most creative contestants.

Special thanks to:

Ms. Hetal Bhavin Chheda for guiding us through this contest.



Glimpse of

Kuchh
Mitha
Ho Jaye

24-12-2018



INDIAN SWEETS - 1st Prize



BARKHA RAMBHIA

CRUNCHY MUNCHY BIJORA INGREDIENTS FOR CHIKKI:

Pumpkin seeds	2tbsp Chopped almonds	2tbsp
Black sesame seeds	2tbsp Cinnamon powder	½ tsp
Watermelon seeds	2tbsp Sunth powder	½ tsp
Sunflower seeds	2tbsp Elaichi powder	½ tsp
Flax seeds	2tbsp Jaggery	200gm
Chopped walnuts	2 tbsp Ghee	1tbsp

METHOD:

Roast all seeds & dryfruits. Heat jiggery in a pan & keep it till you get the required consistency. To check the consistency, take water in a bowl & add little amount of jaggery in it. If jaggery becomes hard & cruchy then it is done. Once jaggery is melted, add all the ingredients except ghee. Mix properly & make it into desired shape.

INGREDIENTS FOR BALL:

Sweet bijora(chopped)	¼ cup
Sweet amla(chopped)	¼ cup
Milk powder	4 tbsp
Desiccated coconut	2 tbsp
Milk maid	1/3 cup
Orange emulsion	1/8 tsp

METHOD: Mix all the ingredients properly. Once the mixture is ready, make small balls out of it.

GARNISHING:

In a dish place chikki. Place balls above chikki. On each ball put drop of kesar water.

INDIAN SWEETS - 2nd Prize

RIDDHI CHHEDA

NUTRITIOUS JAGGERY BARS INGREDIENTS:

Ragi	100gms	Gundar	100gms
Urad dal	100gms	Crushed almonds	100 gms
Moong dal	100gms	Crushed pista	100gms
Chana dal	100gms	Crushed walnut	100gms
Mogar dal	100gms	Aserio	4tbsp
Oats	100gms	Variyari powder	6 tbsp
Makhana	100gms	Dry ginger powder	3 tbsp
Quinoa	100gms	Peparamud powder	3 tbsp
Wheat flour	100gms	Chopped jaggery	900gms
Cow ghee	1kg		

METHOD:

Take uradd dal, moong dal, chana dal, mogar dal & ragi. Mix it together. After mixing all the dals take a pan at low flame. Roast all dals without using ghee or oil. Now in other pan put Quinoa & roast it. Then in same pan roast oats & makhana one after other. Now in other pan put gundar & roast it. Then take roasted dals & grind it in mixer. Take roasted Quinoa, makhana & grind it in mixer. Take roasted gundar & grind it. Now take big pan put ghee & put all dals powder & roast it well. After some time put wheat flour & roast it well. After 2-3 min put gundar powder, dry ginger powder, paparamud powder, 4tbsp variyari powder, crushed almond, crushed pista, crushed walnut in it & make batter. We can put more ghee if required. In other pan put ghee chopped jaggery, let it melt. Put aserio & make mixture. Then put this mixture in batter. And stir it well. Afterwards take a big plate & bowl. Grease with ghee & put all batter in it. And make flat surface with the help of bowl. Garnish it with variyari powder & also press it so that it sticks to batter. Then take knife & cut into bars. Now our nutritious jaggery bars is ready.

INDIAN SWEETS - 3rd Prize



RIDDHI UMESH SHAH

SMALL WONDER INGREDIENTS:

Chia seeds	50 gm	Jaggery	125 gm
Pumpkin seeds	50 gm	Edible gum (Gundar)	25gm
Sunflower seeds	50 gm	Ghee	3 tbsp.
Flax seeds	50 gm	Dried ginger powder (Sooth powder)	1 tbsp.
White Sesame seeds	50 gm	Ganthoda powder	1 tbsp
Black Sesame seeds	50 gm	Elaichi powder	1 tbsp.
Muskmelon seeds	50 gm	Vanilla essence	6 - 8 drops
Black dates	300 gm	Almonds	4 pieces

METHOD:

Roast all 7 seeds on low flame separately till they are crunchy and cool them. Melt the jaggery in a pan on low flame, stirring it continuously till the mixture reaches hard ball stage. When the jaggery comes to this consistency add all the 7 seeds & give quick stir & pour the mixture on greased plate or marble board. With rolling pin roll to even out the chikki layer and cut them in square pieces. Fry edible gum in ghee and crush them. Cook black dates in pan till they become soft & cool it Add dried ginger powder, Ganthoda powder, Elaichi powder, crushed edible gum and vanilla essence to above mixture. Make square mould of dates mixture and place the chikki in it. Decorate the same with chopped almonds.

Consolation



HARSHA SUDHIR SAVLA

GHEVAR

INGREDIENTS FOR GHEVAR BATTER.(MAKES 6 SMALL GHEVARs)

- | | | | |
|--------|-------------------------------|----------|-------------|
| 1 CUP | - MAIDA OR SIEVED WHEAT FLOUR | | |
| ½ CUP | - GHEE | ¼ CUP | - MILK |
| 2 CUPS | - CHILLED WATER | 3 PIECES | - ICE CUBES |
- GHEE FOR FRYING GHEVAR MOULD

INGREDIENTS FOR SUGAR SYRUP. INGREDIENTS FOR RABADI.

- | | | | |
|-------------|----------------------|---------|--------------------|
| ½ CUP | - WATER | 1 LITRE | - MILK |
| ¼ TSP | - CARDAMON POWDER | ½ CUP | - SUGAR |
| 4-5 STRINGS | OF KESAR | ½ TBSP | - CARDAMON POWDER |
| A PINCH OF | ORANGE COLOUR POWDER | 3-4 | - STRINGS OF KESAR |
| 3-4 | ALMOD FLAKES | 3-4 | PISTA FLAKES |

METHOD: METHOD FOR GEHVAR BATTER.

In A Bowl Pour ½ Cup Ghee And 3 Ice Cubes, Beat Till It Whitens And Becomes Thick. Remove Ice Once Done.beat It Till It Becomes Fluffy And Doubles In Portion.add Maida And Beat It. Add Milk, Water And Lime Juice And Mix Well.keep Adding Water Untill You Get Pouring Consistency And Then Keep In Fridge For Min. 30 Mins.take A Shallow Pan And Heat Ghee For Frying.once The Ghee Is Heated, Pour The Ghevar Batter In The Mould And Keep Making Hole In The Middle.repeat This Process For 10 Times At A Time For Making One Ghevar.

Method For Making Sugar Syrup.

Mix All The Ingredients Mentioned And Boil It Till You Get 1 String Consistency.pour This Hot Syrup On The Ghevar When You Want To Serve.

Method For Making Rabadi.

In A Pan Boil Milk And Sugar, Let It Simmer On Slow Flame.once The Malai Starts Forming, Take A Spatula And Accumulate It On The Side. Keep Doing It Till The Milk Is Reduced To 1/4th Quantity.once Done Take It Down From The Flame And Let It Cool And Add The Dryfruits.pour The Chilled Rabadi On Ghevar And Its Ready To Serve.

Consolation



BINA D MAMANIA

KHAJUR ANJEER BARFI

INGREDIENTS:

Dried figs (anjeer)	500gms
Dates (khajur)	300gms
Edible gum (gundar)	50gm
Roasted dryfruits	½ cup (almonds & walnuts)
Pistachios	½ cup
Ghee	1tbsp

METHOD:

Take small pieces of dried figs & dates together in a bowl & mix it well together. Put this mixture of (dried figs & dates) on low flame & stir it, until it becomes a proper fragrant. Mix well & put off the flame. Once the mixture is soft, add the edible gum (gundar) in it. Pour the roasted dryfruits in the mixture. Let the mixture cool down enough to handle. Now roll the mixture using an aluminium foil. Refrigerate the roll for 4-5 hrs or overnight so that it becomes firm & hard enough to be cut into a roundel. If you wish, spread little pistachios on top for décor. The roundels can be stored at room temperature for 10-15 days and up to a month on refrigeration.

Consolation



KHERUDA

KUSUM GOSAR

INGREDIENTS:

Edible gum	100gms
Almonds, cashew nuts, pistachio	4-5 tbsp
Rice flour	2tbsp
Powder sugar	4tbsp
Melted butter	100gms
Mava	50 gms
Milk	2tbsp Pinch of saffron

METHOD:

In a bowl, put crushed edible gum & table spoon of rice flour & milk. Mix well & make small balls of dough & roll the balls. Slight thick & deep fry in a melted butter. Coat it with sugar powder & make a hole in a centre of puri & pour chopped dry fruits with sweet mava. Serve the delicious kheruda. Garnish as you like.

INTERNATIONAL DESSERT - 1st Prize



Meghna Gala

TIRAMISU CAKE

INGREDIENTS: INGREDIENTS: FOR CHOCOLATE CAKE

Maida	100 gms	Milk	200ml
Cocoa powder	25gms	Vanilla essence	1tbsp
Salted butter	50 gms	Condensed milk	200gms
Baking powder	½ tsp	Baking soda	½ tsp

FOR COFFEE DECOCTION:

Instant coffee granules	2tbsp	Hot water	1 cup
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FOR COFFEE CREAM/TIRAMISU FROSTING

Whipped cream	1 bowl	Cheese mascarpone	50gms
Cocoa powder	1tbsp	Instant coffee	1 tbsp
Icing sugar	80 gms		

FOR GARNISH

1 cup grated chocolate shavings 1 coffee twile

FOR MASCARPONE CHEESE

Amul fresh cream	250 gms	Lemon juice	1tbsp
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FOR COFFEE TWILE

Butter	3 tbsp	Instant coffee powder	1tbsp
Water	1tbsp	Icing sugar	42 gms
Maida	23 gms		

METHOD: FOR CHOCOLATE CAKE:

In a mixing bowl beat butter & condensed milk together then add vanilla essence & mix well. Sieve maida with baking powder & baking soda, cocoa powder & keep aside. Grease a cake tin with butter & bus maida & keep aside. Preheat the oven to 180 degree Celsius. Add maida mix to butter & condensed milk then add milk & make smooth batter. Pour the batter in greased tin & bake it in a pre heated oven for 35 mins over 180 degrees Celsius.

FOR COFFEE DECOCTION: Boils water add instant coffee give it one boil & keep it aside.

FOR TIRAMISU FROSTING: Whip the whipping cream until soft peaks are formed. Then fold in mascarpone cheese & add icing sugar & mix it nicely. Then fold sugar in the instant coffee & cocoa powder & fill it in a piping bag & refrigerate it.

FOR MASCARPONE CHEESE: Take fresh cream in heavy bottom pan & heat it on low flame. Once cream becomes warm & bubbles arise on the side of the pan. Add lemon juice, switch off the gas & place a muslin cloth over a strainer, pour the mixture on it & keep it on room temperature for an hour, then refrigerate it for 6-8 hours. Homemade mascarpone cheese is ready to use.

FOR COFFEE TWILE: In a pan, take water add instant coffee & butter, cook it on a slow flame till butter melts. Then switch off the gas add icing sugar & maida & mix well then refrigerate it for an hour. Then take baking tray place parchment paper on t spread 1tbsp butter on it & bake it in preheated oven for 12-15 mins over 150 degrees Celsius.

TO ASSEMBLE THE TIRAMISU: Cut small rounds of chocolate sponge cake. Soak the cake with coffee decoction then pipe tiramisu on it. Cover with another sponge cake again soak it with coffee decoction & pipe the tiramisu cream on it. Finally cover it with chocolate shavings dust some cocoa powder & serve chilled. Garnish with coffee twile & chocolate leaves.

INTERNATIONAL DESSERT - 2nd Prize



Dr. HEMAL A. GADA

BAKLAVA:

ROSE, CARSAMOM, PISTACHIO FLAVOR INGREDIENTS:

For Syrup FOR FILLING:

Sugar	250gms	Pistachio	200 gms
Honey	2 tbsp	Icing Sugar	75 gms
Lemon juice	1 tsp	Cardamom Powder	1 tbsp
Rose essence	1 tsp	Water	150 ml

For BAKLAVA: 6 sheets filo pastry, 100 gms melted butter.

METHOD:

For syrup, add water, sugar, honey & lemon juice in a pan & bring to boil. Simmer for about five minutes until syrup has made. Stir in rose essence & leave to cool.

For filling, pulse the pistachio, icing sugar & cardamom in a food processor to make wafer powder.

For Assembling Baklava :

Brush the filo sheets with butter. Spread pistachio filling along one long edge of filo sheet. Carefully roll up the filo, starting at long edges covered in filling to create long sausage shape. Preheat oven at 600 c. Grease the baking tray with butter. Lift the roll and place it on baking tray. Brush with melted butter and bake for 25 min or until golden brown and crisp. Once baked, cut each roll into 2 inch length while still in tray. Cover the hot baklava with cooled syrup and put syrup across cut edges. Set aside to cool completely.

TIPS:-Baklava is best made the day before you want to eat them.

ORANGE, CINNAMON, WALNUT, ALMOND

INGREDIENTS: For Syrup FOR FILLING:

Sugar	250gms	Almond	100gms
Honey	2tbsp	Walnut	100gms
Lemon juice	1tsp	Icing sugar	75gms
Orange essence	1tbsp	Cinnamon powder	1tsp
Water	150ml	Orange (zest only)	1

FOR BAKLAVA: 6 sheets filo pastry 100gms melted butter.

METHOD:

For Syrup, put the sugar, honey, lemon juice and water in a pan and bring to boil. Simmer for about five minutes until syrup has formed. Stir in the orange essence and leave to cool.

For Filling, add the walnuts and almonds to a pan and cook on a low heat until golden brown. Put toasted walnuts and almond in food processor and pulse until broken to small pieces. Add icing sugar, cinnamon and orange zest and pulse to combine.

FOR ASSEMBLING BAKLAVA: Brush the filo sheets with melted butter. Spread walnut almond filling along one long edge of the filo sheet. Carefully roll up the filo ,starting at long edges covered in filling to create long sausage shape. Preheat oven at 160o c. Grease the baking tray with butter. Lift the roll and place it on baking tray. Brush with melted butter and bake for 25 min or until golden brown and crisp. Cover the hot baklava with cooled syrup and put syrup across cut edges. Once baked, cut each roll into 2inch length while still in tray. Set aside to cool completely.

3rd Prize - NATURAL PUDDING



DEEPA DHAROD

INGREDIENTS:

Red guava	300gms	Milk	½ ltr
Custard apple	300 gms	Almond halfly chopped(Katri)	3 spoon
Chickoo	300 gms	Rosewater	1 spoon
Sugar	300gms	Pinch kesar(saffron)	
Cornflour/ vanilla custard pwder	50gms		
Pomegranate	3spoon		
Cardamon powder ½ spoon		fresh cream	100 gms
2 spoon unsalted butter		walnut halfly chopped (katri)	3 spoon

METHOD:

Remove the guava peels & remove extra seeds from guava & crush it into the mixer till its paste. (Take red guava only as after crushing it turns into pink paste which looks good). As done for guava crush the custard apple & chickoo & make it paste. Add 75 gms of sugar, rosewater & 1 spoon of unsalted butter, mix it on the high gas till sugarmelts & cool it down. Add 75gms sugar, soaked saffron, custard apple pulp & ½ spoon of unsalted butter, sauté it on low gas till it turns thick. Add cardamom powder in chickoo pulp & ½ spoon of unsalted butter & sauté it on gas till it tuns thick & cool it down. In 1 cup of milk add some custard powder, mix it well add the mixture into hot milk. Add 1 spoon of unsalted butter as well as almond & walnut halfly chopped into the mixture. Mix everything well till it turns into thick mixture & keep it for cooling down. To set the pudding, grease the mould/container/bowl with butter. Add yellow custard apple mixture & add some milk of custard powder. Now in the second layer add the chickoo & cardamom mixture & again the custard powder milk on it. Now at last keep it into fridge. For garnishing add sugar in fresh cream beat it & drizzle it on the top with some pomegranate seeds.

CONSALATION



(DESSERT NACHOS)

NIPA SHAH

INGREDIENTS:

Maida	1 cup+ dust
Makai atta	1 ¼ cup
Salt a pinch	
Cocoa powder	2 tbsp
Oil for greasing	
Icing sugar	4 tbsp
Cinamon powder	½ tsp
Dark chocolate cookies	2-3
Dark chocolate chopped	¾ cup
Colorful sprinklers for garnish	

METHOD:

Preheat oven to 180 degree Celsius. Put refined flour & makai ata into a bowl. Add salt & cocoa powder & mix well. Add sufficient water & knead to stiff dough. Dust the worktop with flour. Take a portion of dough & roll out in a thin disk. Place a thali on the rolled portion & cut into roundel. Cut into triangles with a pizza cutter. Prick with fork. Grease the baking tray with oil & arrange the nachos on it. Bake in the pre heated oven for 8-10 mins or until crisp. Allow to cool. Dust half the icing sugar & half the cinnamon powder on top. Melt the chocolate in the microwave, whisk well. Arrange the nachos on a serving plate. Crush chocolate cookies & sprinkle on top of the nachos. Drizzle the melted chocolate on them. Sprinkle colorful sprinkler. Dredge remaining icing sugar & cinnamon powder & serve.

CONSALATION



ITALIAN TIRAMISU WITH OATS CRUMBLE

RESHMA JENISH SHAH

INGREDIENTS:

Oats	½ cup	Vanilla sponge cake	1 tsp
Maida	½ cup	Vanilla essence	1 tsp
Sugar	½ cup	Whipped cream	1 cup
Butter cubes	3tbsp	Coffee syrup	1 cup

METHOD: (FOR CRUMBLE MIXER)

Put oats & maida & sugar & butter in the bowl. Mix it with hand then add vanilla essence. Put crumble mixer in a baking tray & press it. Put this mixer in the pre heated oven on 180 degree Celsius for 20 mins until it is golden & crisp.

ASSEMBLING:

Take a glass put vanilla sponge cake of round shape dip it in coffee syrup & place it in the bottom of the glass. Then topping with whipped cream. Put whipped cream in piping bag & decorate it. Then put crumble mixture on it. Then put coffee syrup 1 tbsp. Then repeat same process once a time. Last garnish with chocolate flakes.

VANILLA SPONGE CAKE: INGREDIENTS

Maida 1 cup	½ cup caster sugar
½ cup milk maid	½ cup oil
1tsp baking powder	½ tsp baking soda
1tsp vanilla essence.	

METHOD: Take a bowl add caster sugar, milkmaid & oil. Mix it properly. Add maid, baking powder, baking soda & vanilla essence. Mix it properly. Then add in grease baking tray & bake in preheated oven on 180 degree Celsius for 30mins.

SPECIAL PRIZE -SURATI GHARI



BHAVNA H VIRA

INGREDIENTS: FOR DOUGH FOR STUFFING:

Maida	100gms	Almond	10 pcs powdered
Ghee	1 tbsp frozen	Pista	10 pcs powdered
Milk	¼ cup	Mava	100gms
Gram flour	2tbsp		
GHEE	Saffron		
8 threads dissolved in milk	For frying	Cardamon	½ tsp
Frozen ghee for coating			
Tagar/ bura sugar	4tbsp		

METHOD:

Roast mava in pan for 2 to 3 mins on slow flame. Take it in bowl once the ghee separates. Now take 1 tbsp ghee in a pan & roast gram flour till golden brown. Then mix mava & all the stuffing ingredients & mix well. Let it cool. Add sugar & mix till ball formation stage. Make 6 flat balls & refrigerate for 10 mins. Make dough using maida, ghee & milk. Knead it well & let it rest for ½ hour. Divide it in 6 portions. Make very thin rotis, place the stuffing balls & pack it like kachoris removing excess dough on the top. Heat ghee on slow flame. Place 1 piece on the perforated frying spoon & hold it over the hot ghee pan. Pour hot ghee repetitively on it with another spoon till light pink. Invert the piece & repeat the procedure. Do not immerse the piece in the ghee. Fry all the pieces in this manner.

South indian Ladoo (Kadalamavu Ladoo)



GEETA SHRIDHER

MASTER-CHEF AND BLOGGERS

A Master-chef Finalist. Cooking and Lifestyle my passion. Come experience my world through my eyes as Geeta Ma

for the sugar syrup:

1.5 cups sugar free natura $\frac{3}{4}$ cup water

for the boondi batter:

- 1.5 cups besan/gram flour
- 1 cup + 1 tbsp water or add as required (the amount of water to be added depends on the quality of besan/gram flour)
- 6 cardamoms crushed to powder in a mortar-pestle, about $\frac{1}{2}$ tsp cardamom powder
- 2 black cardamoms, seeds kept and the husks discarded
- a pinch of edible camphor (optional)
- $\frac{3}{4}$ tbsp ghee to be added or ghee for applying on your palms for shaping the ladoos
- oil for deep frying the boondis

preparing the sugar syrup:

mix sugarfree nature as it is good for making caramel or syrup and water in a pan. keep the sugar solution on stove top on a low heat.

cook the sugar syrup, till you get a one thread consistency. switch off the flame. keep the sugar solution aside.

the sugar syrup should be hot when you add the boondis. so you can keep the sugar solution on a hot water bath. meaning place the pan on a plate or tray filled with hot water. you can fry the boondis and prepare the sugar solution side by side. thats what I did.

Cont....

preparing the boondis:

- take all the dry ingredients for the boondi batter in a mixing bowl- besan/gram flour
- add water to make a smooth batter. the consistency of the batter is important. we will check if the consistency is right, by frying a few boondis.
- tap the wired whisk or the handle of a spoon which has a bit of batter in to the hot oil. the boondis should have a round shape
- if they become flat, the batter is thin and if they get tail ends, the batter is thick. if thin, then add a bit of gram flour and check by frying a few boondis. if thick, then add a bit of water and then do the same test. once you get the correct consistency, proceed with the next step of frying the boondis.
- take a dry perforated ladle and place it above the hot oil. don't keep too much on a height, as the batter droplets, when falling from a height, do not give a round shape.
- with a spoon add some batter on the perforated spoon ladle.
- spread the batter lightly with a spoon. finish up the batter on the perforated spoon ladle this way.
- fry the boondis till they are cooked. don't make them crisp or over do the frying. when the oil stops sizzling, remove the boondis.
- this step is also important because if boondis becomes crisp then the boondi ladoos won't be soft and they won't be able to absorb the sugar syrup. after each batch, wipe the perforated ladle with a clean piece of kitchen towel from both sides.
- strain them well with a slotted spoon and then add them directly to the hot sugar syrup. fry all the boondis with the above method and then add them to the sugar syrup.
- finally add cardamom powder, black cardamom seeds, ghee and a pinch of edible camphor (optional). ghee helps in binding the boondi ladoos. i added about 1 tbsp of ghee later.
- mix well and shape the boondi mixture into laddoo.

*thanks my mother in law is a sugar patients and now
she eats all sweets because of sugar free natura.*

Indian Sweets



BLACK CURRENT SEVAIYAAN



HETAL CHHEDA

INGREDIENTS:

Sevaiyaan Roasted	1 cup
Milk(full fat)	2 ltr
Fresh black grapes	1 cup
Sugar	1 cup

METHOD:

FOR BLACK CURRENT PULP:

First grind grapes & cook them in pan with sugar till it melts. Take a pan put sevaiyaan roast for min then add full fat milk. Let it boil then add black bunent pulp. Boil it for another 10 mins. Let it cool down & then keep in refrigerator for 1 hour. Serve it chill.

1. PAPAYA LADOO



LUV PIYUSH DEDHIA

INGREDIENTS:

Papaya Pulp	:	1cup
Desiccated Coconut	:	1cup
Sugar	:	½ cup
Cardamom Powder		
Ghee	:	½ tsp
GARNISH	:	Dry cheery, Almond, Pistachio

METHOD:

Heat a pan add ghee. Then add the papaya pulp and keep stirring. When the pulp starts to thicken add coconut and sugar, stirring continuously. When it thickens and starts leaving the sides of the pan, turn off the gas. Then add the cardamom powder and mix well. When it cools down. Roll into medium sized ladoos.

Garnish it with dried cherries.

2. SHIYALU KHAREK PAK



VASANTI VINOD SHAH

INGREDIENTS:

Dry dates	:	400 gms
Urad dal (karkaro lot)	:	250 gms
Chopped almonds, Pistachios	:	150 gms
Milk (for making mava)	:	1 ltr.
Nutmeg	:	2 pec.
Cardamom	:	15 gms
Ghee	:	400 gms
Sugar	:	500 gms

VASANA:

White Musli	:	10 gms
Punjabi Salam	:	10 gms
Lindi Piper	:	10 gms
Chopchini	:	10 gms
Aseriyo	:	75 gms
Poppy (Khaskhas)	:	100 gms
Pipramul	:	40 gms
Ginger powder	:	50 gms
Gunderkani	:	50 gms

For Drabo : 1 bowl ghee, $\frac{3}{4}$ bowl milk

METHOD:

Soak the dry dates for 8 hours in the water, cut it in small pieces. Boil 1 liter milk, after some time adds white musli powder, punjabi salam powder & mix it well. After that add small pieces of dry dates & make thick molasses (Mavo). After giving drabo to urad dal flour, add ghee in kadai & roast the flour till it gates golden brown. Then add mava & roast it for 2-3 mins. Then add add gunderkani bake it well & add aserio & roast it for some time. Then add roasted Chopped almonds, Pistachios, chopchini, lindi piper, ginger powder, pipramul, Poppy (Khaskhas), nutmeg powder, Cardamom powder & mix it well.

CHASNII:

Take water as much as sugar Submersion. Prepare sugar syrup (2 taar jadi chasnii). Add this sugar syrup in well roasted flour & mix it well. Spread this mixture in thali & sprinkle some Poppy (Khaskhas). Make pieces after 8 hours.

3. TOM-PEA BARFI



PUSHPA R CHHEDA

INGREDIENTS:

Tomato	:	500gms	Milk powder	:	100 gms
Sugar	:	200 gms	Ghee	:	2tsp
Fresh Cream	:	100gms	Elaichi Powder	:	1 tsp
Desiccated Coconut	:	100 gms			

METHOD:

Grind tomato make paste strain it well so we get smooth puree. Boil the puree for 15-20 mins. When puree is thick then add sugar & desiccated coconut stir for 5 mins then add milk powder again stir for 5 mins. Add mawa again stir for 5 mins. Then add little ghee and elaichi powder. Our tomato barfi is ready.

GREEN PEAS BARFI.

INGREDIENTS:

Green peas	:	500gms	Milk powder	:	100 gms
Sugar	:	200 gms	Ghee	:	2tsp
Fresh Mava (Cream)	:	100gms	Elaichi Powder	:	1 tsp
Desiccated Coconut	:	100 gms			

METHOD:

Crush green peas well take 2tsp ghee in kadai. Add crushed green peas & sauté it well then add sugar till it melts well with gree peas. Then add rest of ingredients sauté after we feel barfi is leaving sides. Finally add elaichi powder our green pea barfi is ready.

4. RABORI



KUSUM

INGREDIENTS:

Urad dal	250 gms	Gund	50 gms
Powder sugar	100 gms	Almond	20 pes
Cardamom	1 tsp	Cashew nuts	20 pes
Ghee	4 tsp	Pistachios	20 pes
Water as per requirement.			

METHOD:

First of all grind the urad dal in mixture & clean it. Add ghee & lukewarm water & mix it well. Spread this mixture in dish & keep it aside. After 10 minutes clean the mixture with sieve (chalni). Till the flour cools, roast the gund, after few minutes add chopped almonds, cashew nuts & pistachios & roast it well. When the flour cools at room temperature in a pan take ghee & beat it. Add little little sugar while beating. Beat until foam is lightened then add cardamom powder, roasted flour & mix it well, after that add roasted gund & dry fruits & Fill in a container.

DECORATION: Spread finely chopped almond & pistachios.

5. PALAK PEDA WITH RABADI SHOTS



CHHAYA SAVLA

FOR PALAK PEDA:

Spinach / Palak	:	1 bundle
Milk	:	2 cups
Cow's ghee / butter	:	1 tablespoon
Powdered almonds	:	8 pcs.

INGREDIENTS:

Powdered Cashews	:	8 pcs.
Mashed Deseeded Dates	:	8 pcs.
Organic Jeggery Powder	:	1tsp as per taste

METHOD:

Wash the Spinach / Palak & blanch it. For this soak it in boiling water for 1 minute. Remove & immediately soak in chilled water (preferably with ice-cubes). This preserves the fresh green colour & the crisp texture. Blend to form a coarse paste. Take a shallow non-stick pan, add the cow's ghee or butter & turn on the burner to a low flame. The non-stick pan ensures that the ghee/butter doesn't stick to the pan, hence & helping with better cooking with less ghee/butter. Add the spinach puree & sauté for 1 few minutes till water from the spinach has evaporated. Add milk to the spinach puree & cook on low flame. (Tip: use warm or luke warm milk do not use chilled or cold milk). Cook the whole mixture evenly, stirring continuously on slow flame. (Tip: stir gently, not vigorously to ensure that smoothness of the texture of the spinach). Once the mixture begins to thicken, stir in the Organic jiggery powder. As you keep stirring gently, you will notice the mixture leaving the sides as it thickens further. At this point turn off the flame & add in the Mashed Deseeded dates & mix thoroughly. Add in the powdered almonds & cashews & with the help of two spatulas knead the mixture to form a rough dough. Set aside to cool. Once the temperature is bearable to touch, roll into a large soft ball.

RABDI:

Milk	:	1 ltr
Dates Pitted	:	10 pcs.

INGREDIENTS:

Cashew nuts	:	12 pcs.
Elaichi Powder	:	½ tsp

METHOD:

Take 1 ltr. Full fat milk in a broad bottom thick & boil on medium to slow flame. Keep simmering till milk starts to form malai on top & begins to thicken. Keep collecting this thin layer of malai on one side of the pan. (Tip: stir slowly & continuously to avoid sticking of milk to the pan). Stir gradually to form a uniform & thick consistency. Add the mashed & pitted dates to the thick milk once it reduces to half the quantity. Keep collecting the malai on the side of the pan. Turn off the flame when the milk has been reduced to between 1/3 & ¼ of the original quantity. Add elaichi for flavor & vanilla essence for a twist. Garnish with dry fruits & serve hot or cold.

PRESENTATION:

Take a short glass. Pour a layer of rabdi at the bottom. Pour a layer of thick cream over the rabdi. Set 4-5 small palak pedas above the cream layer. Pour a layer of rabdi over the palak peda. Lastly top the layer of rabdi with dry fruit palak peda for garnish.

6. PEAS RABDI



DEEPAL SHAH (GADA)

INGREDIENTS :

Ghee	:	3 tsp
Peas	:	1 bowl
Milk	:	600 ml
Sugar	:	1 tbsp + 1 tsp
Almond flakes	:	1 tsp
Pista flakes	:	1 tsp
Brown raisins	:	1 tsp
Cardamom powder	:	½ tsp
Nutmeg powder	:	½ tsp
Condensed milk	:	2 tbsp

FOR GARNISHING:

Pista Flakes

METHOD:

In a thick bottomed pan heat ghee, add blanched and coarsely crushed peas without water, cook till it leaves the sides of the pan forming a lump, add milk and cook for 15-20 minutes till it becomes thick, add sugar and boil for 5 minutes, add almond flakes, pista flakes, raisins and boil for 5-10 minutes, off flame, allow it to cool, add condensed milk, cardamom powder, nutmeg powder, mix well. Keep in fridge to chill. Serve chilled in sand pots garnished with pista flakes.

7. GHEVAR AUR RABDI



CHETNA M GALA

INGREDIENTS:

GHEWAR

Maida : 1 cup
Ice : 5 cubes
Ghee : 4 tsp
Ghee/ oil for frying
Cornflour : 1 tsp
Sugar : 1 cup
Water : 400 ml

RABDI

Milk : $\frac{3}{4}$ ltr
Sugar : 3tbsp
Fresh cream : 1tbsp

Cardamom powder
Dry fruits & saffron

METHOD : GHEWAR

Beat ghee with crushed ice with you hand till it becomes smooth. Mix 300ml water, maida & ghee. Add water & maida to ghee in small portions. Beat the above batter to remove any lumps. Heat ghee /oil for frying on high flame. Sprinkle the batter 14-15times in the hot ghee/ oil to form layers of ghewar. Take the ghewar out from the pan once golden brown. Make sugar syruo with 1 cup sugar & 100 ml water. Put the warm sugar syrup on ghewar.

RABDI:

Mix cornflour & milk & then boil this mixture. Add sugar & cream, stir till consistency becomes thick. Add cardamom powder & saffron.

8. ENERGETIC CALCIUM LADDU



INGREDIENTS :

Ghee	:	110gms
Oats	:	150 gms
Makhana	:	50gms
Gundar	:	20 gms
Nuts	:	150 gms
Ginger powder	:	2tbsp
Coconut crunch	:	2tbsp
Nachani powder	:	100 gms

METHOD :

First roast& crunch the makana, then same with oats then crunch gundar & put sugar in it. Then put ghee in kahai & fry nachani powder , flour & rince(mix it) smoothly. Now off the gas & mix ginger powder, nuts powder, coconut powder, cardamom powder properly & lastly mix sugar powder, nuts powder, coconut powder, cardamom powder properly & lastly mix sugar powder & shape the mixture in a round laddoo shape & serve & garnsh it with some nuts(roasted).

9. OATS MAKHANA LADOO



DAYA KIRIT VEERA

INGREDIENTS:

Makhana(crushed & roasted)	:	1 cup
Oats	:	½ cup
Desi edible gum(gundh)	:	½ cup
Cardamom powder	:	1tsp
Sugar(powdered)	:	¾ cup
Desi ghee	:	½ cup
Saffron	:	½ tsp or 50 mg
Crushed pistachios & almonds	:	½ cup

METHOD:

Heat a broad non-stick pan, add oats & dry roast on a medium flame for 3 mins. Remove & keep aside to cool completely. Heat the same broad non-stick pan, add the 1 tbsp desi ghee & roast the makhana on a medium flame for 3 mins. Remove & keep aside to cool completely. Crush the roasted oats & makhana on a medium flame for 3 mins. Remove & keep aside to cool completely. Crush the roasted oats & makhana into a coarse mixture. Heat the same broad non-stick pan, add 1tbsp desi ghee & roast the crushed mixture on a medium flame for 2 mins. Keep aside to cool completely. Add the roasted oats & makhana mixture, crushed pistachios & almond, cardamom powder, saffron, powdered sugar & the remaining desi ghee & mix very well. Divide the mixture into equal portions & roll out each portion into a round ball. Serve the fresh ladoos.

10. GUNDAR NI PEND



TARA FURIA

INGREDIENTS:

Milk	:	1ltr
Powdered rock sugar	:	200gms
Edible gum	:	150 gms
Ghee	:	150 gms
Powdered dried dates	:	150 gms
Finely grated dry dates	:	150gms
Powdered almonds,	:	50gms

walnut & cashew

Dried ginger powder	:	2tbsp
Ganthoda powder	:	2 tbsp
Cardamom powder	:	1 tsp
Khaskhas seeds	:	2tsp

METHOD:

Grind & make powder of rock sugar, dried dates, almonds, walnuts& cashews.Heat ghee in a big kadhai, add edible gum & fry it. After the edible gum puff, slowly add milk & stir continuously. Soon the milk starts to curdle. Allow the mixture to boil .As soon as it boils add the powdered rock sugar. Mix it well until the mixture thickens. Later add powdered dried dates & grated dried coconut & mix it well. Add all the powdered dry fruits. Stir the mixture until all the water has evaporated. Add the remaining spices dried ginger powder, ganthoda powder& cardamom powder when a thick gressy lumps of the mixture is created. Add 2 tsp of khaskhas & mix it well. Bring it to a room temperature, store in an airtight container.

11. KHERUDA



MINAL GALA

INGREDIENTS :

Rice flour	:	1 cup
Powdered goondh	:	½ cup
Ghee	:	1 cup
Powdered sugar	:	1 cup
Milk	:	as required
Pistachios & saffron	:	garnishing

METHOD:

Mix rice flour & goondh. Add milk to make a stiff dough. Divide the dough into small balls & roll them into slightly thick puri. Heat ghee a separate pan. Fry the puris until they turn golden brown & crispy. Dust powdered sugar on both sides. Garnish it with pistachios & saffron strands.

12. KESAR RABDI CAKE



ASHA SAVLA

FOR CAKE: INGREDIENTS:

Maida	250 gms	Baking powder	½ tsp
Baking soda	½ tsp	Vanilla essence	1 spoon
Milk maid1 tin	100 gms	Milk	150 ml
Amul butter	150 gms		

METHOD:

Take maida flour, baking powder & baking soda sieve thrice to get fine powder. Take a bowl. Add butter & beat well. Then add milkmaid & repeat the process. Then add the sieved powder & mix well. Then add food essence & mix well. The dough is ready. Take an aluminium container. Add little ghee & spread throughout. Add little maida flour & spread throughout. Then add the dough to the container & spread evenly. Take a big aluminium vessel & fill more than half of it with sand or salt. Cover the vessel with lid & heat on high flame for 10 mins. Then place the container with dough into the big container & cover with a lid. Heat on high flame for 10 mins & then on low flame for 10mins. Pierce a knife into the centre of the cake & check whether the cake is properly baked or not. The knife must be dry if the cake is baked. If the knife does not come out dry, then bake for 5-10 mins as per requirement. Once the cake is baked, turn off the flame & let it sit for 30 mins. Then cut out the sides if the to get even sides of the cake. Then cut the cake horizontally into half.

FOR CAKE DRESSING: INGREDIENTS:

Milk	1ltr	Kesar + badam+pista+kaju+elaichi	20gms
Sugar	200gms	Whipped cream	500ml
Cake decorating ingredients as per choice			

METHOD:

Take a vessel. Put milk & the other ingredients & heat on medium flame until only 250ml milk remains. This is the keasri masala milk. Spread half of it on the lower slice of the cake. Then place the upper slice of the cake on it & spread the remaining half of the keasri milk masala on it. Refrigerate it for 2 hrs. Remove the cake & place on a cake decorating turntable. Apply the whipped cream evenly all across the top & the sides of the cake. Decorate & garnish with the whipped cream & other cake decorating ingredients as per choice.

13. GULAB KAJU ROLL



KAJAL SANJAY SHAH (GADA)

INGREDIENTS:

Powdered cashews	2 cup
Dry rose petal	20 gms
Sugar	1 cup
Cashew chopped	2 tbsp
Milk	2tbsp
Rose essence	¼ tsp
Ghee	2tsp
Red rose color	¼ tsp
Water	½ cup

METHOD:

Take a shallow pan & heat it on a medium flame & add some water in it. Add sugar & stir continuously until it is fully dissolved. Bring the syrup to boil until it reaches to one string consistency. Add cashew powder & stir well for 5-10 mins. Add milk & make thick dough. Transfer the cashew pasted to a large plate & cool down slightly. Grease a plate with gee & transfer this cashew dough on it. Add color & essence & mix properly. Add cashew chopped in it. Using a rolling pin, gently roll until the dough spread out on a plate. Allow it to cool & cut the dough in a small diamond shape or roll out in a roll & stick dry rose petals on it & cut in a small piece or ball. Serve it with dry rose petals.

14. DRY FRUIT LADOO



BHAVINI GANGAR

INGREDIENTS:

Mix dal	100 gms
Cardamom powder	1tsp
Sugar	100gms
Ghee	100gms
Ghee	1tbsp
Cashews	50 gms
Almonds	50 gms
Pistachios	50 gms
Walnut	50gms
Raisins	70 gms
Dried fig	50 gms
Dates	70 gms

METHOD:

Heat 1 tbsp ghee oil in a pan, mix 50 gms daal with it add pistachios, almonds, walnuts & roast them for 5-7 mins or till they change color slightly. Add this mixture into a blender & coarsely blend dry fruits & dal. Keep aside. Heat 1tbsp ghee in another pan add raisins dried figs dates & fry them on a medium heat for 3-5mins. Transfer the mixtures into a blender & coarsely blend these dry fruits & daal. Keep aside. In a mixing bowl add both the blender mixture in it. Add cardamom powder 100gms ghee & 100gms sugar in it & mix well. Take a small part of mixture & roll them in round balls. Serve immediately or store laddoo in airtight container.

15. PROTIN LADU



NILAM CHETAN MARU

INGREDIENTS:

Mung Dal	250 gms	Sugar	400 gms
Chana Dal	250 gms	Cashew nuts, Almonds, Pistachios	400 gm
Urad Dal	250 gms	Gund	200 gm
Ghee	400 gms	Cardamom	20 gm

METHOD:

First of all mix all three dal and roast it, then take it for the Karaoke flour PC. Then take all the dry fruits and roast it than cut into the small pieces, take the medium pc to the gund, then heat the pan and roast the flour on the medium-sieve, roast it for a few minutes, to make it cool after roasting, add sugar, dry fruit, cardamom, mix well, make the laddu according to your desire.

Note: This laddu is full of protein & calcium and can be eaten in all seasons.

16. ORANGE RABDI WITH VERMICELLI BASKET



INGREDIENTS: FOR VERMICELLI BASKET

Vermicelli	200gms
Condensed milk	200gms
Butter	3tbsp

FOR ORANGE RABDI

Full fat milk	1ltr
Milk powder	200gms
Sugar	100gms
Orange zest	3tbsp

METHOD : FOR VERMICELLI BASKET:

Heat butter in a pan, once butter melts add broken vermicelli & cook it on low flame for 15-20 mins till vermicelli becomes golden brown. Then add condensed milk to the vermicelli switch off the gas mix well & press the vermicelli in oiled moulds & refrigerate it for 30 mins.

FOR ORANGE RABDI:

Heat milk in a heavy bottom pan & reduce it till it becomes hold in quantity. Then add milk powder, sugar & again cook it for 20 mins. Then add orange zest mix well & cook it for another 10-15 min till mixture thickens. Chill the rabdi in fridge before serving.

FOR ASSEMBLING:

Pour 1 tbsp rabdi in vermicelli basket, garnish with pistachios & fresh orange segments & serve.

17. MULTI DAL WITH BAJARI LADOO



VEENA MUKESH SALIA

INGREDIENTS :

Multidal(moong dal, urad dal, chanadal,
masoor dal) all of them

50gms

Bajari 100gms

Asaria seeds 1tbsp

Jaggery 250gms

Elaichi as per taste

Sundh powder 1tbsp

Jaiphal as per taste

Gundar 100gms

Dry fruits 100gms

Ghee 250gms

METHOD :

Mix all the dals & bajari in the ghee & keep it on the low flame. Mix till it gets brown & add gundar & fry it. Switch off the gas & keep it for cooling. When the batter becomes cool then add elaichi, sundh, asario seeds, jaiphal & dry fruits. Keep the pan on the stove & add jaggery to it & add jiggery to it & melt it. Put this jaggery in the batter & mix it well. Make it in the shape of ladoo. For garnishing use dry fruits.

18. PARWAL PARADISE



PRABHA MANILAL DEDHIA

INGREDIENTS:

Parwal	:	250gms
Milk	:	500ml
Sugar	:	100gms
Silver coated jintan balls	:	10gms (for decoration)
Cherry	:	25gms(for decoration)

METHOD:

Peel parwal. Cut into half & remove seeds. Boil parwal in sugar syrup till soft. In a separate vessel add sugar to milk to make khava.

SERVING INSTRUCTIONS.

Stuff the cut parwal with khava. Decorate with diced cherry & jintan balls.

19. MUMBAI KIWI ICE HALWA



INGREDIENTS:

Semolina(Rava)	1 cup
Cardamom powder	1 tsp
Sugar	4 cup
Green color	few drops
Milk	4 cup
Parchment sheet	
Ghee	1 cup
Puree of 1 kiwi	
Nuts (badam, etc)	¼ cup chopped finely

METHOD:

Take rawa, Sugar, milk, & ghee in a non-stick kadai. Keep on cooking & stir on medium heat. After 15 mins add kiwi puree & cook & stir continuously.

After 15 mins the mixture leaves side of pan & comes in on big mass around the spoon & should form dough. Add color & cardamom powder. Now mixture is ready. Grease parchment sheet with ghee. After 10 mins place the mixture on parchment & roll it using rolling pin till it is thin on your liking. Sprinkle with nuts & again roll with rolling pin so nuts stick to the halwa.

Keep this halwa in room temperature for 3 hours & 2 hours in fridge. Now cut it into square or rectangle shape of your choice keep parchment sheet between 2 slide. Halwa is ready to serve.

20. PAN PURANPOLI



SEEMA SHANTILAL FURIA

INGREDIENTS : (FOR STUFFING)

Dessicated Coconut	4-5tbsp	Saffron	½ tsp
Sugar	2tbsp	Finely chopped pistachio	1tsp
Milk Powder	3 tbsp	Finely chopped almonds	1 tsp
Nagarval pan chopped finely	15-16	Cardamon powder	1tsp
Rose petals chopped	1 tbsp	ghee	1 tsp
Fresh cream	1 tbsp		

(FOR OUTER COAT) DOUGH

1 ½ cup wheat flour & water accordingly.

METHOD:

Take pan, mix all the ingredients above for stuffing & roast it for around 2-3 mins so that all the ingredients get mix well. Let it cool & make balls out of it. Then take a dough & roll it in puri size, keep the stuffing ball in the centre & cover the dough again into a ball & roll it into a chapatti size. Roast the puram pol with ghee on both sides properly. Serve it hot & cold & garnish it with almonds, pista & cardamon powder.

21. PAN PURANPOLI



SEEMA SHANTIL FURIA

INGREDIENTS : (FOR STUFFING)

Dessicated Coconut	4-5tbsp	Saffron	½ tsp
Sugar	2tbsp	Finely chopped pistachio	1tsp
Milk Powder	3 tbsp	Finely chopped almonds	1 tsp
Nagarval pan chopped finely	15-16	Cardamon powder	1tsp
Rose petals chopped	1 tbsp	ghee	1 tsp
Fresh cream	1 tbsp		

(FOR OUTER COAT) DOUGH

1 ½ cup wheat flour & water accordingly.

METHOD:

Take pan, mix all the ingredients above for stuffing & roast it for around 2-3 mins so that all that all the ingredients get mix well. Let it cool & make balls out of it. Then take a dough & roll it in puri size, keep the stuffing ball in the centre & cover the dough again into a ball & roll it into a chapatti size. Roast the puram pol with ghee on both sides properly. Serve it hot & cold & garnish it with almonds, pista & cardamon powder.

22. POHA GULKAND BALLS



RESHMA JENISH SHAH

INGREDIENTS:

Poha	1cup	Gulkand	4tbsp
Mava	½ cup	Milk	2tbsp
Kaju powder	½ cup	Mix nuts	3tbsp
Caster sugar	½ cup	Red food color	
Ghee	1tbsp	Green food color	

METHOD:

Grind the poha like rava in a mixer. Take a pan & put ghee & roast the poha on medium flame for 2-3 mins. After add mava roast it for 2 mins or light pinkish color. Then add sugar mix it properly. Then add milk cook it till the pan leave. Then add kaju powder & green color. When it mixes properly switch off the gas. Keep this mixer on the grease place for cool.

Take the bowl for stuffing. Take gulkand & nuts mix it. Put red color if want. Now take poha mixer make smooth with press with palm. Take small piece of mixer stuff the gulkand in it & cover it properly. Make a ball & decorate with pista powder.

23. KULCHA-E-KHATAI



HETAL GOSAR

INGREDIENTS :

Split Green Grams Flour	100 gms
Sugar powder	50 gms
Melted butter	50 gms
Almonds, cashew nuts & Pistachio	2 tbsp
Cardamom powder	1 tbsp

METHOD :

In a bowl put melted butter & sugar powder & stir till it gets fluffy. Add cardamom powder & put chopped dry fruits in it. Add Split green grams flour & mix it properly & prepare in a dough form. Convert dough into small flat balls & bake in a 160degree Celsius pre heated oven for 25min. Garnish it with almonds on top of khatai & serve.

NOTE:

Alternatively, this can be made in pressure cooker, put salt in bottom & bake for 25mins in medium flame.

24. SHAHI GULAB PAK



VIDHI VANDAN GOSAR

INGREDIENTS :

Rose petals	1 cup	Water	½ cup
Ghee	3tbsp	Cardamom powder	½ tsp
Mawa	250 gms	Rose Syrup(Exceptional)	½ tsp
Kesar	1 pinch	Chopped Dry nuts	¼ cup
Milk	4tbsp	Almond for decoration	
Sugar	1 cup		

METHOD :

Heat ghee in a non stick pan, add mawa into it. Saute on a slow flame till it gives an aroma or melts completely. Keep it aside. Make sugar syrup by adding very little water & sugar. It should be of almost 1tar/string consistency. When almost done, add cleaned & chopped rose petals into the sugar syrup. Also add kesar milk and cardamom powder (elaichi powder). Switch off the flame. Now add cooked mawa to sugar syrup. Put it on gas and keep sautéing on a slow flame. Add chopped dry nuts. Cook for a few mins. Remove from pan & spread in a greased plate. Cut into desired shape & garnish with rose petals & almonds.

25. KUTCHI DESI KHARUDA



CHANDRIKA NAGDA

INGREDIENTS :

Dink/ edible gum	¼ kg
Sugar	2tbsp
Black sesame	
Ghee for frying	
Rice flour	1 tsp
Milk	¼ cup

METHOD :

Add dink with rice flour & milk to make a semi dough like as of chapatti. Mix it well & see to it that it is ready to make puri like dough. Heat ghee in a frying pan one by one start frying puris of dink into the ghee & when crispy remove them. See to it that the gas flame is slow. Remove the crispy dink puris in plate & sprinkle & garnish it with sugar powder. As it is hot sugar sticks easily on it. For decoration start adding black sesame seeds to it to make it more brighter. Keep it in a airtight box.

26. BAJRA HALWA



INGREDIENTS :

Bajra	1 cup
Ghee	½ cup
Jaggery	½ cup
Milk with malai	½ cup
Saffron, cardamom, cashew, almonds as per taste	

METHOD :

Soak bajra for 3 hours & grind the bajra in mixer. Roast the bajra mixture in pan with ghee for 5 mins. Add milk & jaggery. Keep on stirring till the mixture leaves the sides of pan. Add cardamom, almonds, saffron & cashew nuts & stir the mixture for 1 min. Bajra halwa is ready.

27. PUMPKIN HALWA



Varsha Jagdish Shah

INGREDIENTS : GARNISH:

Pumpkin	250gms
Kaju, badam, pista Mava	150 gms
Desiccated coconut	3tbsp
Natural Sugar (Tadgola)	6-8 tbsp
Pinch or orange peel grated flavour	

INGREDIENTS:

Peel the pumpkin, remove the seeds & sticky stringy bits from the middle. Grate it coarsely. Medium heat then adds the pumpkin. Cook for few mins, stir now & then until it has softened. Dont rush this bit; you should see it change color.

Add the mava & stir it in so that it is absorbed, then add the sugar & desiccated coconut. Stir in & cook for a few minutes until glossy-looking but not wet. Lastly switch off the flame then add grated orange peel. With garnish kaju, badam, pista you can serve it warm or chilled.

28. RAGI DATES DELIGHT



INGREDIENTS

Ragi Flour	150 gms	Dry fruits	100 gms
Wheat Flour	50 gms	Coco Powder	1 & ½ tbsp
Gund(dink)	40 gms	Drinking chocolate	3tbsp
Ghee	150 gms	White chocolate	150 gms
Dates	280 gms		

METHOD :

Heat ghee in pan. Roast dry fruits in ghee & then remove them. In the same pan fry gund(dink), remove it in a dish & crush it. In the same pan later roast ragi & wheat flour till the smell of roasted flour comes. Remove from the flame. In a separate pan roast dates (seedless) till they form dough. Once done with roasting all the ingredients, mix all the roasted ingredients along with coco powder & drinking chocolate together. Make small smooth balls of it. Now for chocolate cups melt white chocolate in microwave for 1 minute. Pour it in silicone mould & pour out the excess. Keep the mould in refrigerator for 5 mins then demould the chocolate cups. And now you are ready to present the dish.

29. LAPASI



INGREDIENTS :

Milk	750 ml	Sugar	100 gms
Ghee	100 gms	Makhana(Powder)	15gms
Gundar	100 gms	Kharek (Powder)	3tbsp
Dry coconut	100 gms		

METHOD :

Heat ghee. Add gundar until they puff. Add dry coconut & sauté until brown. Add kharek & makhana. Add milk & sugar & let it boil. Boil till thick & then add dry fruit, elaichi & rose petals & sunth as per taste.

Serve hot with dry fruits on top.

30. TIL LADOO



GEETA CHHEDA

INGREDIENTS:

White til	20gms
Jaggery	150 gms

METHOD:

Clean the white till & crush them roughly in mixer jar. Remove the til mixture & mix it with copped jaggery. After mixing it properly make ladoos.

31. EXPRESSO BEAN PEDHA



KETAN SAVLA

INGREDIENTS:

Full cream milk	1l tr
Sugar	125 gms
Fresh brewed or Readymade Espresso coffee	25ml

METHOD:

Set the non stick pan on the burner & turn it on a slow flame. Pour milk into the pan. Stir with a silicone spatula. Keep stirring on low flame. After 10 mins of stirring, turn the flame onto medium level. After 5 mins of stirring on medium flame, the volume of the milk must have reduced to $\frac{3}{4}$. At this point pour 25ml. of fresh brewed espresso coffee. Alternatively readymade espresso coffee may be used. However use fresh brewed for best results. Turn the flame to low and continue stirring. Continue stirring until you see the milk condensing into lumps. At this point add suhgar & turn the flame upto medium level. Continue stirring until you see the formation of bubbles. At this point turn te flame to low & you will see the bubbles settling. Continue stirring until you see the entire mix turning into a large grainy lump & the liquid disappear. At this point turn off the flame & let settle. When it cools enough to touch, knead the lump until the graininess is replaced with a smooth texture. Roll into a cylindrical shape & make 8-10 equal portions. Take each portion & roll into semi oval shape. Repeat with all the portions. Place the ovals onto a serving plate. Using the back of a spoon, mark out a ridge along the centre of the oval to create a coffee bean like appearance.

32. MALAI BARFI



VANSHIKA GALA

INGREDIENTS:

Fresh full fat whole milk	500ml
Sugar	3tbsp
Curd	1tsp
Water	2tbsp

METHOD:

Pour the milk a large thick pan & place the pan on the stove top. Add sugar & 1tsp curd. Bring milk to gentle boil first on low to medium flame. Then lower the flame & simmer the milk stir at intervals whilst the milk is simmering. The milk will froth many times while its being simmered so when you see this happening with a spatula stir the milk. Scrape the milk solids from the sides & add to the milk. The milk will continue to reduce & thicken as its being simmered on a low flame a stage will reach when the reduced milk will resemble rabari pour water. Continue to simmer & stir. Towards the end when the milk has reduced much you will see bubbles bursting in the reduced milk at his point continuously stir if you don't then add reduce milk will get browned or burnt the bubbles are due to moisture in the milk, it time to switch off the flame with a spatula separate the milk solids from the sides & add these to the greased thali cool at room temperature. Cool. Cut into square.

33. TIL SANKADI



NEETA KHUSHAL GALA

INGREDIENTS:

Mixed white & black til	$\frac{3}{4}$ cup
Chopped jaggery	$\frac{1}{2}$ cup
Ghee	1 tsp

METHOD:

Heat a pan add the til seeds & dry roast on a medium flame for 5 to 8 mins. Remove & keep a side. Heat the pan add the jaggery cook on medium flame for 5 mins. While stirring continuously switch off the flame add the ghee & roasted til seeds & mix very well. When the mixture is ready, put the entire mixture over the back of greased thali or a smooth stone surface. Roll it out thinly into a round circle using a greased rolling pin. Cut them into square pieces using a sharp knife. Allow to cool completely. Once cooled store in airtight containers.

34. DIL BAHAR



CHANDRABEN MONSHI DEDHIA

INGREDIENTS:

Chironji(Charoli)	100 gms	Ghee	1tsp
Almond	100 gms	Cardamon Powder	1tsp
Sugar	100 gms	Khoya(Mava)	200gms

GARNISH:

Finely chopped slicers of almond & pistachio. Chironji & almond coarse powder mawa also crumbled.

METHOD:

In a pan roast khoya for 5-7 minutes slow flame and keep a side. Take sugar in a non-stick pan. Add water till sugar just dips, cook while stirring continuously. Cook till the syrup is 1 thread consistency while stirring. Switch off the gas. Now to this syrup add khoya coarsely ground. Chironji, almond, elaichi powder & add ghee & mix for 1 minute. Grease a thali with ghee & spread this mixture evenly using a flat spatula. Sprinkle the almond and pistachio slicers evenly over it and put it lightly. Let it cool & cut it into desired shapes.

35. LAKHNAVI MALAI PAAN (GILORI)



ALPA PARAS SHAH (MAMANTIYA)

INGREDIENTS : MALAI LAYER : STUFFING:

Full Fat Milk	500ml	Crushed Almond & Pistachio	3tbsp
Saffron Strands	8-10	Cardamom powder (Kesar)	¼ tsp
Rock Sugar (Misri)	2tbsp	Milk	2-3 tbsp

GARNISHING:

Almond & pistachio slices and rose syrup.

METHOD:

Firstly, add the full fat milk to a non-stick pan and stir in the saffron strands. Keep it on high flame till first boil. Turn the heat on low after one boil and let the milk stay until a layer of malai is formed. Keep checking continuously, after about 40-50 mins of cooking, the milk will have evaporated and there will only be a layer of malai left. Keep the malai aside and let it cool down to room temperature. Now for the stuffing of the paan, in a bowl take crushed almonds and pistachios. Add cardamom powder, semi-crushed rock sugar & mix the dry ingredients well. Then add the milk to bind it & your stuffing is ready. Now take the paan and gently separate the edges of the malai layer the paan. Make four equal slits in a plus method in the malai layer and keep the pieces in the fridge for 5-10 mins. Take one piece and add the filling in the middle top and fold the malai in shape of a paan. Let it chill in the fridge for 15 mins. To serve, sprinkle almond & pistachio slices with a drizzle of rose syrup. Delicious Shahi Lucknowi Malai Paan (Gilori) is ready.

36. KHAJUR (DATES) DELIGHT



HEENA P GADA

INGREDIENTS :

Khaju(dates)	1kg
Pista	100gms
Almonds	100gms
Ghee	1tbsp

Few cashew nuts, powdered sugar, almond, pista, pink color, anjeer & silverballs for decoration.

METHOD :

Roast almond & pista in a pan till golden brown. Keep it aside. Put ghee in a pan & smoothen the dates. Mix it properly. As it smooth mix roasted almond & pista. Grease the tray. Spread the dates mixture in the tray. Shape it as a kurta for decoration mix powdered sugar & crushed chashew nuts well. Make small balls of it. Take a small portion of that and put pink color in the mixture. Decorate the cashew nut mixture on hand , neckline etc. Make half cutting of anjeer & decorate on duppata. Decorate with almod, crushed pista, cashew nuts & silver balls.

37. HEALTHY GUL DRYFRUITS BALLS



JIGNA DEDHIA

INGREDIENTS:

Ghee	½ tbsp	Cashew nut pieces	½ bowl
Gulkand	½ bowl	Almond pieces	½ bowl
Fig (dry)	1 bowl	Pan Dates (black)	1 bowl
Bowl medium			

METHOD:

Make small pieces of figs. Make small pieces of cashew nuts & almonds, put into a separate bowl. Remove seeds from dates. Now take an aluminium thick kadai. Put ½ tbsp ghee & gas on. Then put dates, stir it well. Then add fig pieces & stir it till properly mixed & mixture of both leave the surface of kadai. Now add pieces of cashew nuts & almonds, mix it. Lastly add gulkand then mix it properly & gas off. Make it some cool. Use pinch of ghee in our both palms & make balls small size & our gul dryfruit balls are ready to eat. It is too healthy for all. It can also eat with pan. Take a pan a ball in it then fold pan & eat dryfruit pan. It last to cool. It gives us a lot of energy.

38. FRUIT & NUT PEDA



ASHA SAVLA

PEDA INGREDIENTS :

Dried dates powder	30 gms
Saunf	10 gms
Marie biscuits	1 packet
Milk	½ cup
Ghee	2 tbsp

METHOD :

Take a container & mix all the ingredients. Then add ghee & mix, & start heating at low flame for 5 mins resulting in the dough. Make small balls of the dough & make a small partial cavity in the centre for the fillings.

FRUIT & NUT FILLING : INGREDIENTS:

Almonds	5 pcs
Cashe nuts	5 pcs
Pistachio	5 pcs
Sugar free	3 sachets
Food color(yellow)	2 drops
Food essence(pineapple)	2 drops
Water	½ tsp

METHOD:

Cut the almonds, cashew nuts & pistas into small pieces. Add sugar free, food color & water & mix. Pour the filling in the cavity in peda.

39. LAADKA LADU

RAMILA CHHEDA

INGREDIENTS:

Wheat flour	1 cup (Sieve it)	Ghee	1 tsp
Ghee	1 cup	lukewarm water	1tsp(for Drabo)
Powder sugar	¾ cup	Cashew nuts pieces	1tsp
Cardamom powder	1 tsp		

DECORATION :

Cardamom, chopped Pistachios & nuts, rose petals.

METHOD:

In a wheat flour add ghee & lukewarm water & mix it well (give drabo). Then sieve it well & roast this mixture on slow flame till it gets golden brown. Cool at room temperature.

Mix the sugar & ghee & beat it well. Than add the rosted flour, Cashew nuts pieces, Cardamom powder & mix it well & make the laddu.

40. HEALTHY SWEET HEART



INDIRA GALA

INGREDIENTS:

Nachani flour	1 cup	Black dates	½ cup
Wheat flour	½ cup	Grated jaggery	1 cup
Ghee	1 cup	Makhana	1 tbsp
Gundar	¾ cup	(roasted & grinded)	
Diced badam	2 tbsp	Oats	1tbsp
Diced kaju	2tbsp	(roasted & grinded)	

METHOD:

Melt the ghee in non stick kadhai & add ragi & wheat flour. Sauté on a slow flame for approx 15-17 mins, stirring continuously. Then add gundar & allow it to pop. Add dry fruits, makhana & oats. Stir it for 5 mins. Add black khajir & mix it properly. Remove from the flame & after 2 mins add jiggery & mix well. Then pour it into the greased thali. Cut it, while still warm.

41. KHAJUR SANDWICH



RITA ATUL VORA

INGREDIENTS :

Dates	2cup
Dinka	½ cup
Makhana	½ cup
Dry fruits	½ cup (cashew, almonds, pista)
Ghee	1 cup

INGREDIENTS FOR SANDWICH SLICE

Oats powder	1 cup
Powdered sugar	1 cup
Ghee	½ cup
Makhana powder	½ cup
Cardamom powder	½ tsp

METHOD :

Take 1 cup ghee in a vessel fry dinka in the ghee. Then stir fry with makhana powder & stir fry dry fruits with them. Remove this mixture, keep aside & stir fry the dates in a vessel, then mix the dates with the mixture & let it rest on butter paper.

METHOD FOR SANDWICH SLICE:

Mix oats powder, makhana powder, ghee & powdered sugar in a utensil. Make flat slice with this mixture place the dates mixture in between two slices. Then garnish the sandwich with pieces of dry fruits.

42. GULAB PAK

INGREDIENTS:

Milk (for mava)	250 ml	Alum powder	a pinch
a pinch Milk	250ml	Rose essence/water	
few drops Sugar	40gms	Rose pink color	
optional Cashew (coarse powder)	50gms		
Pistachio flakes	garnishing		
Dried rose petals	1 to 2 tbsp		
Dried rose petals	garnishing	Ghee	1 tsp

METHOD:

In a thick bottom pan add 250ml milk & stir continuously on high flame to make mawa(approx 10-15 mins). Remove in a bowl. Soak the rose petals in 1tbsp luke warm water. Now in another pan pour 250ml of milk & stir continuously on medium flame till boils. Now add a pinch of alum powder to it. Stir continuously, add sugar to it & stir till it melt. Now add 1 tsp ghee to thick bottom pan & roast the mawa for 2-3 mins. Add the milk to it & stir. Once your mixture is thick & leaves sides of the pan add soaked rose petals with water. Mix well. Turn off flame after 1-2 minutes. Add rose essence & rose pink color (optional). Mix well. Grease a tray with ghee. Pour your mixture in the tray & spread evenly. Garnish with dried rose petals & pistachio flakes. Let it set for 2-3 hours. Cut into pieces. Serve.

43. HEALTY DRYFRUIT KAJUR LADOO



HANSA L SHAH

INGREDIENTS :

Kajur	200 gms (black or red)	Suth powder	1tsp
Khaskhas	2tsp	Gundh	50gms
Dried coconut	2tsp	Ghee	2tsp
Roasted kaju, badam, pista 10 gms			

METHOD :

First roast all dryfruits & gundh in little ghee & keep it aside. Add kaju in little ghee in a pan & stir until softens. Then just add the roasted dryfruits, gundh & khakas powder to the soft kaju base & mix well & rolled it in the shape of ladoos. Garnish the rolled ladoos with dried coconut coating & then ready to serve.

44. COCONUT BETAL LADOO



ASHMI DEDHIA

INGREDIENTS:

Dry coconut powder	250 gms	Chopped dryfruits	1tbsp
Condensed milk	200gms	Gulkand	1tbsp
Beta leaves	10-12	Ghee	1-2 tsp

METHOD :

Take ghee in pan & roast coconut powder for 2-3 mins. Let it cool. Grind betal leaves & condensed milk & make smooth green paste. Add paste in coconut powder & make some ladoos. Fill some gulkand & chopped dryfruits in centre of ladoos. Cover ladoos with dry coconut powder & serve it.

45. AVAL RABRI BALL



NIPA SHAH

INGREDIENTS : FOR AVAL BALL

Aval (nylon poha/rice flakes)	1 cup	Khoya	100gms
Sugar powder	1 cup	Cardamom powder	1 ½ tsp
Saffron strands	12-15		

FOR FILLING

Walnut fine pieces	2 tbsp	Cashew nut powder	2 tbsp
Desiccated coconut	2 tbsp	Almond powder	2 tbsp
Chopped raisin	1 tsp	Honey	4-5 tsp
Gulkand	2tbsp		

FOR RABRI:

Full fat milk	1.25 ltr/ 5cups	Sugar	2.5 to 3tsp
Cardamom powder	5-6 or ½ tsp	Saffron strands	12-15
Rose water	1 tsp		

FOR DECORATION: Almonds & pistachios sliced - 2tbsp each

METHOD: RABRI

Take milk in thick bottomed kadai or pan & begun to heat the milk on a low to medium flame, till the milk starts to froth or form a layer of cream/malai on top. Once the milk reduces to half, then add sugar & add crushed saffron strands & cardamom powder. Stir gently. Continue collecting the cream & bringing it to sides of the pan also stir the milk gently after you bring the cream towards the sides of pan. If you don't stir the milk there is a possibility of milk getting brown or burnt from the bottom. When the milk gets reduced to 1/3 or ¼ of its original quantity then switch off the flame. The cream layer will be collected on the sides scrape off the entire cream layers. Stir gently then add 1tsp rose water. Stir gently again.

AVAL BALL:

Take aval in a bowl, rinse it well & soak in water for ½ hour. Remove the extra water; remove the aval from sev maker machine (sev sancha). Remove khoya also from sev maker machine. Mix aval & khoya in kadai or pan add sugar, kesar & elaichi. Put the mixture on the gas & stir it well till the mixture gets thick. After the mixture gets thick, switch off the flame & allow cooling. After the mixture gets cool make small balls of mixture by putting filling inside the ball. Soak the balls inside the rabri for 1 hour before eating.

46. CHOCO AVOCADO POSU



DEENA DEHDIA

INGREDIENTS:

China grass, Milk, Avocado pulp, chocolate sauce, melted white chocolate, pieces of kiwi & strawberry, silver balls, crushed biscuits.

METHOD :

Take some china grass in the vessel & soak it in proportionate water for 10-15 mins. After soaking it, add milk & mix it well. Then steam it in steamer for 5 mins & your posu is ready. Keep it in refrigerator for 1 hour & then cut it in circular shape. Prepare some avocado pulp & mix it with chocolate sauce.

ASSEMBLING:

On 1 slice of posu, put crushed chocolate biscuit. Layer it with another slice of posu. Above it put avocado pulp & chocolate sauce mixture. Spread evenly. Melt white chocolate & garnish the posu with white chocolate. Keep pieces of strawberry & kiwi & sprinkle silver balls to make it look attractive.

International Sweets



1. MILK FRUIT JELLY



CHANDRABEN DEDHIA

INGREDIENTS:

Nestle Milk Maid ½ tin (200 gms)
Jelly Crystals (Strawberry) ½ packet
Seasonal Fruits Eg- Kiwi, Pear, etc

METHOD:

Prepare Jelly as per pack instructions. Take this in a glass bowl. Fold in milkmaid into a jelly. Add chopped fruits. Allow it to set in a refrigerator. Serve chilled.

2. CHURROS WITH FRUIT CHOCOLATE DELITE



CHANDRKA NAGDA

INGREDIENTS:

Water	1 cup	Butter	½ cup
Salt	¼ tsp	All purpose flour	1 cup
Vegetable oil for frying			
Ground cinnamon	¼ tsp		
Cup cakes (mava cake)	2		
Seasonal fruits			
Whipped dark chocolate & white chocolate cream.			

METHOD:

Combine 1 cup of water with butter & salt in a sauce pan & bring to a boil over high heat. Using wooden spoon, stir the flour reduce the heat to low & stir vigorously until the mixture forms a ball about 1 min. Remove the dough from the heat. Heat the ghee in frying pan & put the dough in a machine of chakri & remove long shaped stick or chakri shaped dough to fry in ghee or oil. Fry it till it turns crispy & remove it out in a plate. So we have churros sticks or chakri ready. Pre heat the white & dark chocolate slab separately & let it melt to a minimum consistency so that we can add to our delite. Whipped cream it so well that you can add to it fresh fruits to make a separate dip. Once all the seasonal fruits are finely chopped & shaped .You can add first mava cake finely powdered into the bowl or sit in a glass. Sideways in bowl decorate it delite by fruits & Add on mava cake, chocolate & fresh cream on it. You can garnish & decorate it with fresh fruits all seasonal. Churros can be eaten separately with various fresh fruit dips too.

3. HEALTHY CAKE



MAHI H DEDHIA

INGREDIENTS:

Bournbon	150gms packet
Oreo biscuits	120gms packet
Sugar powder	
Milk	
Eno	
For decoration colorful salli.	

METHOD:

First take bournbon biscuits packet, crush it in to mixture put into a bowl. Then take oreo biscuits packet & crush it into mixture put into a bowl. Now add 3 tbsp milk & some water to make cake thick proper mixture. Now add 1 tbsp sugar powder stir it well. When it is properly mixed, add ½ tsp eno & stir it. Now grease aluminium cake mould (½ kg) pour mixture of our cake. Now put cooker on gas & boil 1 ½ cup of water then put stand in cooker now put our cake mould lid it, don't put cooker whistle. Now bake cake for 25 mins in cooker. Now turn the gas off, make cake cool. Take a plate push mould on back side then cake come out. Now for decoration use colorful sallis& cake ready to eat. For decoration we can also use chocolate syrup, dryfruit, small pieces. It becomes more healthy.

4. OATS-BERRIES OVERLOADED



POOJA KUNTESH GADA

INGREDIENTS:

Wheat Flour	1cup	Fresh Milk	½ cup
Oats Flour	½ cup	Whipped Cream	
Baking Powder	1 tsp	Fresh Strawberry Juice	
Baking Soda	½ tsp	GARNISHING	
Condensed Milk	½ Cup	Hazel Nuts	
Oil	¼ Cup +2tbsp	Cranberry	
Vanilla Essence	1 tsp	Chocolate Chips	
Strawberry juice	4tbsp	Almonds	
Some fresh strawberry pieces		Walnuts	

METHOD:

Seive oats flour, wheat flour, baking powder and baking powder and baking soda and keep aside. In a separate bowl mix all wet ingredients oil, condensed milk, fresh milk, vanilla essence and strawberry juice. Pour all the dry ingredients slowly into the wet ingredient bowl and mix well making sure there are no lumps formed and should have flowing consistency. Now pour the batter into greased baking container and bake at 180 degree for 20-25 mins. Let it cool down to room temperature and sponge crumbs.

ASSEMBLING:

In a dessert glass or jar, first put some sponge crumbs, further add some strawberry syrup, over it some whipped cream and mixture of all berries and nuts. Repeat the layers till the glass/ jar is full. Garnish with nuts and refrigerate for over 1 hour and serve chilled.

5. EXOTIC WHEAT STRAWBERRY ROLLS



POOJA KUNTESH GADA

INGREDIENTS:

STUFFING ROLL BATTER

Khoya	100gms	Wheat Flour	1 cup
Sugar	1 ½ tbsp	Maida	2tbsp
Cardamom powder	1tsp	Sugar	1tbsp
Strawberry fruit	pieces	Ghee	1tbsp
Red color optional		Baking Soda	½ tsp
Baking powder	1tsp		
Water	as required		

METHOD: STUFFING:

Heat pan and roast khoya. Once khoya starts melting then add sugar. Keep stirring till the mixture thickens. Let it cool, and add cardamom powder, strawberry pieces and red color. Keep it aside to cool down further.

BATTER:

Mix wheat flour, maida, baking powder, baking soda, ghee & add sugar. Stir well with help of water to make thick batter.

Heat pan and make small pancakes, roast properly on both sides, thereafter fill stuffing and make rolls. Garnish with strawberry crush syrup and rose petals and serve.

6. ICE CREAM DELIGHT



ANJU KIRAN SANGOI

INGREDIENTS:

Daliya	400 gms	Ghee	400gms
Moong Dal	100 gms	Butterscotch crush	100gms
Badam	60 gms	Sugar powder	600 gms
Cashew	60 gms	Butter scotch	5-10 drops
Pista Crush	20 gms	Vanilla Essence	3-5 drops

METHOD:

Soak moong dal for a night. Dry it on a cloth and deep fry in ghee. Grind it into coarse powder. Fry almond and cashew separately in the same ghee. Grind daliya into coarse powder. Beat the ghee in a vessel. Add all the ingredients to the daliya powder and mix well. Let it rest for 4-5 hours and then mould into ladoos.

7. GREEN PEAS & PISTACHIOS TART



MEENA D DEDHIA

INGREDIENTS:

Shelled green peas	1cup
Green cardamom powder	¾ tsp
Pista	½ cup
Oreo biscuits	2 packs
pure ghee+ for greasing	3tbsp
Butter	3tbsp
Grated khoya (Mawa)	2 cup
Dairy milk for garnish	1
Sugar	¾ cup

METHOD:

Put green peas in a mixer jar & grind. Heat ghee in a non-stick pan; add ground pea & sauté, stirring continuously till all the moisture evaporates. Add mawa & mix well & continue to sauté till well blended. Add sugar & mix & sauté. Add green cardamom powder & mix & sauté. Add half the pistachios & mix well. Grind Oreo biscuits in grinder and add melted butter. Place a greased round ring in the plate & put Oreo mixture into it & press. Keep it in the fridge to set. Once the burfi is prepared and lukewarm, put the barfi in ring on the oreo base & set it in the fridge. Use grated dairy milk for garnish.

8. AMRUT CAKE



Chanchal Dharod

INGREDIENTS:

Milk	1ltr	Alum	pinch
Pistachio Coarse	½ cup	White pumpkin	½ cup
Sugar	1/3cup	Lime	½ tsp
Pista Color Almond, pistachio			
Cardamom Cottage cheese	1/3cup		
Saffron & saffron color icing sugar	1/3cup		
Cardamom	½ tsp		
Silver varakh			

METHOD:

Heat the milk; add a pinch of alum into the milk till it comes to a boil. Stir it on a high gas. Cook till it turns to the 1/3 of it. Add sugar, pista powder, cardamom, and saffron & pista color to it. Mix it till it softens. Spread it into a glass plate or bowl or container. Grate white pumpkin (note: take a big hole grater). Soak the pumpkin in lime water. Remove the pumpkin from the lime water, & wash in normal water for 3-4 times so there are no lime traces in pumpkin. Put the pumpkin in normal water & boil it till it is cooked. Add alum to it. Add 1 cup of water in sugar & make 1 string sugar syrup. Add the cooked pumpkin in the sugar syrup again stir it till it turns into 1 string sugar syrup and off the flame. Add saffron color to pumpkin & wait till it cools & strain it. Add cardamom, pista & almond to the mixture. Spread this mixture with hands up on the previous green layer. Now last but not the least. Add the icing sugar in cottage cheese with some sugar & soften it. Add some cardamom, Almonds, pistachio in the mixture. Decorate our mithai with some silver varakh. Here, the tempting, delicious & mouthwatering sweet is ready.

NOTE: you can eat this cake by setting it in a round bowl or also can eat it as a sweet.

9. CUSTARD BISCUIT PUDDING



MEHA VIJAY SAVLA

INGREDIENTS:

Sugar	2tsp	
Custard	2tbsp	
Milk	4-5tsp for custard & 2cups for custard preparation	
Vanilla essence	1tsp	
Crushed plain biscuits of your choice	1packet	
Melted butter	1 ½ tsp	
Corn flour	2tsp	

FOR GARNISHING:

Dry fruits (own choice), Cocoa powder to sprinkle, Chocolate for topping.

METHOD:

First prepare the custard by adding 4-5 tsp of milk & mix it avoid lump formation make a fine paste. Add milk in a pot & let it boil when it starts boiling add custard & continuously stir so that there are no lumps. Add sugar mix & add corn flour for thick consistency & stir continuously avoiding lump formation. Now add vanilla essence for flavor. Add butter in plain crushed biscuits & mix well. Now we will start layering. Take a glass add 2tsp of crushed chocolate biscuits & set it with the help of spoon. Now for second layer add custard followed by the third layer of crushed plain biscuits on it & sprinkle some cocoa powder. Add dry fruits for the fourth layer & add some chocolate crumbles or kit kat pieces.

10. AMERICAN BITES IN INDIAN STYLE



KAVITA VORA

APRICOT BITES: INGREDIENTS:

1 cup dried apricot	1/2 cup	cashews, 1/4 cup
almonds	3tp dried	coconut, 1 tp
vanilla extract.		

METHOD:

Mix all ingredients well in mixer grinder & make a small ball ready to eat.

LEMON BITES: INGREDIENTS:

1 cup dried dates	1/3 cup	dried oats	1/2 cup
dried coconut	1/2 cup	cranberry	3tp
dried coconut	2 tp lemon zest.		

METHOD:

Mix all ingredients well in mixer grinder & make a small ball ready to eat.

OATS BITES: INGREDIENTS:

1 cup dry oats	1/4 cup	almond	1/4 cup
pista	1/4 cup	honey	1/2 tsp
cinnamon powder, vanilla extract.			

METHOD:

Mix all ingredients well in mixer grinder & make a small ball ready to eat.

CARROT BITES: INGREDIENTS:

1 cup dried date	1 cup	oats	1/2 cup
dried coconut	1/2 cup	berry	2 tp
orange zest	1/2 tp cinnamon powder		

METHOD:

Mix all ingredients well in mixer grinder & make a small ball ready to eat.

11. BROWNIE PANCAKE ROLL



JIGNA

BROWNIE INGREDIENTS & PROCESS:

Take half cup dark chocolate, melt it in double boiler. Add half cup melted butter (mix well). Add half cup purpose flour, $\frac{1}{4}$ cup cocoa powder, $\frac{1}{2}$ tsp baking powder & $\frac{3}{4}$ cup powdered sugar. Mix it well. Add $\frac{1}{2}$ cup milk & 1 tsp vanilla extract & mix gradually. Take a 7 inch oil greased square mould. Pour the batter into the mould & bake it for 30-40mins. Brownie is ready.

PANCAKE INGREDIENTS & PROCESS:

Take 240g purpose flour, 240 ml milk, 2 tbsp sugar(optional), 1tsp butter, 1 tsp baking powder, 1tsp cocoa powder(optional) & $\frac{1}{2}$ tsp baking soda. Mix well & make batter. Take pan & heat it up, pour the batter in the pan & spread it round(like a dosa). Pan cake is ready.

GARNISHING:

Banana, Handfull dry fruits, Nachni vanilla chips, Dy fruit museli, melted dark, milk, white chocolate.

SERVING:

Take a fancy plant, keep the brownie. Take the banana& roll it up in the pancake keep it over the brownie. Pour melted dark, milk, white chocolate respectively over the roll & garnish with hand full of dryfruits, nachni vanilla chips dry fruit muesli.

12. 3 LAYERED PUDDING



HANSA VINOD VISARIA

INGREDIENTS:

Milk	½ lt
China grass	1 packet
Sugar	2tbsp
Saffron	as required
Strawberry jelly	1 packet
Cream	as required

METHOD:

Soak china grass in water for 5 mins. Boil milk & add sugar, saffron & china grass. Add to a container & let it freeze for 10-15mins. Make jelly with lesser quantity of water & add it above the freezed layer. Let it freeze for 10 misn. Decorate with cream & let it freeze for 5 mins. Enjoy the 3 layered pudding.

13. CHOCOLATE PEANUT BUTTER MOUSSE



RAHUL DEDHIA

PEANUT BUTTER CRUST:

Butter	5tbsp
Peanut butter	5tbsp
Powdered sugar	70gms
Almond meal	100gms
All purpose flour	150gms
Heavy cream	40 ml

Whip butter & peanut butter till fluffy. Then add almond meal, sugar & mix well & then add all purpose flour & mix lightly & then add heavy cream & mix well till soft dough is formed.

Then roll the dough & bake in pre heated oven for 12 mins at 350 degree Celsius.

CHOCOLATE & PEANUT BUTTER MOUSSE:

Dark chocolate	150gms
Peanut butter	70gms
Vanilla extract	1tsp
Whipped cream	5tbsp
Sugar	5tbsp

METHOD:

On a water bath melt chocolate with peanut butter & then bring it to room temperature & add vanilla essence, whipped cream & sugar & follow it slowly.

14. GOONDH PAK & COCONUT CRUMBLE



RAHUL DEDHIA

INGREDIENTS:

Urad dal flour	250 gms
Cardamom powder	10gms
Cashew Powder	250 gms
Almonds	50 gms
Edible gum(goondh)	200gms milk+water+ghee(in equal amount)
Sugar	500gms
Mava	500gms
Ghee	500gms

METHOD:

Fry goondh & keep aside. Heat milk, water & ghee in equal amount & mix it with urad dal flour till the whole mixture resembles bread crum like structure. Then fry the above urad dal mixture in ghee till light brown in color. Then prepare sugar syrup (chasni) of 1 ½ string. Mix the mixture, elaichi powder, fried goondh & chasni & put in a greased plate to set for atleast 2 hours & then cut in desired shape & serve.

FOR CRUMBLE:

Mix 2 tbsp rava, 1 cup urad dal & 1tbsp ghee & heat till it turns light brown in color. Then add chopped almonds, dessicated coconut & cardamom powder & mix well till 2 mins & shut the flame. Then add powdered sugar as per your taste & serve.

15. HEDGEHOG SLICES



DEEPAL SHAH

INGREDIENTS: FOR ICING

Butter	50gms	Dark cooking	
Dark cooking chocolate	80gms	chocolate	100gms
Condensed milk	150gms	butter	30 gms
Marie biscuits	125gms		
Cocoa powder	1tbsp	Milk cooking	
Roasted walnuts	15gms	Chocolate	50 gms
Roasted almonds	15gms	Butter	15gms
Dessicated coconut	25gms		

METHOD:

In a pan on flame melt butter, add dark cooking chocolate pieces, melt them, add condensed milk, stir, off flame. In a big bowl add marie biscuits big pieces, cocoa powder, roasted walnuts, roasted almonds, desiccated coconut, mix, melted above chocolate mixture, mix well. On a butter greased tray on all sides place a butter paper, grease it with butter, pour the above mixture on it, press well giving a square shape, keep it in the fridge to set for 25 mins, remove from the fridge.

METHOD FOR ICING:

In a microproof bowl take dark cooking chocolate pieces, butter melt in microwave for 30 seconds. In a microproof bowl take milk cooking chocolate pieces, butter, melt in a microwave for 30 seconds. Pour dark chocolate icing on the square, milk chocolate icing on it. With a toothpick swirl round & round, keep it in fridge for 25 mins.

16. CHURROS



VIDHI VANDAN GOSAR

INGREDIENTS:

Water	200ml	Oil for frying
Salted Butter	2tbsp	Chocolate sauce for serving
Sugar	2 tbsp	
All purpose flour or maida	$\frac{3}{4}$ cup or 100gms	

COATING:

Castor Sugar	$\frac{1}{4}$ cup	Cinamon powder	2 tsp
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METHOD:

Combine water, sugar & butter. Mix well & bring to boil on a medium flame. This will take approx. 2-3 mins. Switch off the flame, add the flour & mix well with the help of a spatula to form soft dough. Transfer the mixture in a plate & keep aside to cool for 5 mins. Knead the dough again for 1-2 mins or till it is smooth. Put the dough in piping bag fitted with a star nozzle & pipe out 50mm (2") sized churros on a flat surface. Heat the oil in a deep non-stick kadhai & deep-fry churros on medium flame till golden brown in a color from all sides. Drain on absorbent paper. Add the churros into the castor sugar-cinnamon mixture & toss well till they are evenly coated with the mixture from all the sides.

Serve with chocolate sauce.

17. RASPBERRY CREAM CHEESE TARTS



AAYUSHI JAGDISH SHAH

RECIPE FOR THE TART DOUGH:

100 grams	sifted plain flour	15 grams	caster sugar
65 grams	unsalted butter	Softened Dash of vanilla extract	
One and a half tsp of ice-cold water		Pinch of salt	

METHOD:

In a bowl, beat unsalted butter together with salt, caster sugar and vanilla extract till peaks form. Add in water and beat till combined. Fold in the sifted flour in two additions, folding well until no white streaks appear using a spatula after each addition. Wrap with cling wrap and refrigerate for a minimum of 12 hours then when using, remove from the fridge 30 minutes before using. Using a rolling pin, flatten the floured dough between two pieces of parchment paper and then roll in one direction first then roll out till it can fit around 5 times 3.5 inch diameter circles. Cut out the circles using the 3.5 inch diameter cookie cutter round then place the aluminium foil tart in the middle of each 3.5 inch diameter dough and gently ease the dough into the tart cases. Repeat till you use up all the dough and then use a fork to poke holes on the bottom of the dough/ Bake in a preheated oven of 180 degree Celsius for 12 minutes, rotating the tray and baking for a further of 3 minutes.

RECIPE FOR CREAM CHEESE FILLING:

200 grams	rtp cream cheese	20 grams	softened butter
56 grams	icing sugar	50 grams double/whipping cream, Cold	
Raspberry Filling			

METHOD:

In a clean bowl, beat the cream cheese and butter till softened. Add in the icing sugar then beat till incorporated meaning no white streaks can be seen. Next, pour in the cream and continue to whip till combined. Add in the vanilla paste and mix well. Bake the tarts in a preheated oven of 170 degree Celsius, middle-lower rack for 12 minutes. After baking, let them cool for 15 minutes at rtp. Then, bake further for 3 minutes in a preheated oven of 150 degree Celsius. Open the oven door a little bit to let them cool after baking. Eat it warm. Leftovers can be refrigerated overnight but do note that the tart will become a bit soggy and the swirls will disappear into the cream cheese filling. Put into a piping bag. Put some raspberry Filling onto the bottom of the baked tart cases then pipe in the filling cream. Decorations with raspberry filling

18. CHOCOLATE MUHALLABIA



SHEETAL GADA

INGREDIENTS: FOR TOPPINGS:

Milk	½ ltr.	Water	3 tbs
Sugar	5 tbs	Corn Flour	½ tbs
Cornflour	3 tbs	Coco powder	2 tbs
Coco powder	2 tbs	Cashew Nuts	9-10 pes.
Milk cream	2 tbs	Choco Chips, Piping bag	

METHOD:

In pan take milk & cook on low flame. In bowl take 4-5 tbs milk & add corn flour, mix it well. Add this paste into milk & cook on low flame stir continuously until milk thickens. Now for pudding paste is ready.

Divide this paste into 2 parts.

In one part add milk cream, coco powder & mix it well. Keep this into room temperature for ½ hour before garnishing.

FOR TOPPINGS:

In small frying pan add water, sugar, coco powder, corn flour & cook until thick paste is formed & stir continuously.

In piping bag add topping mixture & set aside.

GARNISH:

In bowl add chips powder & make different layers of milk powder paste & coco powder paste. Draw lines on pudding with the help of piping bag & garnish with cashew nuts & set into refrigerator.

19. ROYAL TREAT



SEEMA SHANTILAL FURIA

INGREDIENTS:

1.DRYFRUIT CHIKKI:

4-5 tbsp	sugar
2 tbsp	chopped kaju, pista & almonds
1 tsp	ghee to grease the tray

METHOD: Take a pan, add sugar to it & let it caramelize then add dryfruit to it. Grease the pan & let it cool. Your dryfruit chikki is ready.

2. SAFFRON CREAM:

1 tbsp milk
1 tbsp fresh cream
1 tsp saffron strings

METHOD: Take a microwave bowl, mix all the above ingredients & microwave it for 30 sec. Remove it & your saffron cream is ready.

ASSEMBLING:

Take a icecream bowl, add 1 scoop kesar badam ice cream, then put crushed dryfruit chikki & put saffron cream & make a layer of rasgulla on that then again a layer od saffroan cream & dryfruit chikki to garnish.

20. CHOCO COOKIES



HETVARTH PIYUSH DEDHIA

INGREDIENTS:

Maida	100gms
Powdered oats	10gms
Unsalted butter/ghee	1tbsp
Baking powder	1/8 tsp
Powdered sugar	80gms
Choco chips	1tbsp
Pinch of salt	

METHOD:

Beat ghee/ butter for 2 mins. Add powdered sugar in it & beat it till it become fluffy. Add maida, baking sugar, oats powder in it & make dough. Add choco chips in it & keep it aside for 20 mins. Make small parts of dough & shape it like cookies. Add some more choco chips on it. Bake cookies in pre-heated oven for 10mins on 150degree Celsius. Now make little cracks with help of fork & again bake it for 10mins. Increase temperature on 180 degree Celsius & bake it for 10 mins. Let cookies be cool. Serve it.

21. CHOCO MARBLES:



ASHMI PIYUSH DEDHIA

INGREDIENTS:

Oreo biscuits	2 packets
Condensed Milk	1tbsp
Unsalted butter	1-2tsp
Some white chocolate	
Some dark chocolate	

METHOD:

Grind biscuits in mixer jar. Add some butter & condensed milk (in small quantity) & make dough. Make ladoos. Double boil both chocolates separately. Dip some balls in white chocolate & another in dark chocolate. Set it in freeze for 5-7 mins. Make design on it with help of spoon & again set them in freeze for 2-3 mins. Serve it.

22. DRAGON CREAM PARFAIT



JAINAM DEDHIA

INGREDIENTS:

Dragon fruit	1 pc	Bread slices	4
Elaichi powder	½ tsp	Kiwi	2
Sugar	1tbsp	Pineapple slice	3
Rose syrup	1 tbsp	Hung curd	5tbsp
Chopped almonds	¼ tbsp	Unsalted butter	
Chopped cashew	¼ tbsp		
Chopped pista	¼ tbsp		

METHOD:

Prepare a pulp of dragon fruit. Take some butter in pan & add pulp in it. Saute till it gets thick & then add sugar. After stirring properly add elaichi powder & roasted dry fruits. Add rose syrup & turn off the gas.

ASSEMBLING:

Cut the edges of bread & arrange it in a plate. Take one slice of bread & spread sugar syrup followed by pineapple pulp. Add another slice of bread followed by dragon fruit mixture. Do the same procedure & apply kiwi pulp. Put slice of bread above it. Cover all edges with hung curd. Garnish with pieces of kiwi, pineapple & dragon. Your parfait is ready.

23. CHOCOLATE MOUSSE



DIPTI ARVIND MOTA

INGREDIENTS:

Dark chocolate	150gms
Butter	50gms
Fresh cream whipped	100gms
Chocolate flakes	

METHOD:

Melt chocolate and butter in a double boiler. Fold fresh cream, Set in a mousse glass & decorate with chocolate flakes.

24. FRUIT WICH



KETAN SAVLA

INGREDIENTS:

Bread	4 slices
Whipped cream	50 gms
Butter	20gms
Seasonal fruit- 2 varieties -	50gms each
Sugar	20gms
Food color- corresponding to the fruit being used 3-ml for each fruit	

METHOD:

Cut off the thick crusty sides of the bread slices. Apply butter on one side of each of the 4 slices of the bread. Take a bowl & add diced seasonal fruit, sugar & the corresponding fruit color & mix well. Layer the fruit-sugar mix on to the buttered side of the slices. Cover it with another buttered slice. On top of that spread a generous heaped layer of a whipped cream. Top that with a buttered slice of bread with the buttered side on the top. Repeat step 3 to 5 with the other seasonal fruit. Then cut diagonally from the centre (or any other creative way you please). Arrange the pieces in a serving tray with the crust sides down. Apply whipped cream on the outer sides of Fruit-Wich. Garnish as you please. Serve it at the end or after meals. Makes for a fresh tasting sumptuous dessert.

25. OREO WALNUT SHOTS



VEENA MUKESH SALIA

INGREDIENTS:

Oreo biscuits	200gms	Milk	1 cup
Almonds	10-12 pieces	Cocoa powder	1tbsp
Vanilla essence	2-3 drops	Dark chocolate	1 cup
Baking soda	1tbsp	Walnut	10-12
Powdered sugar	½ cup	Butter melted	2tbsp
Cream	¼ cup		

METHOD:

Break oreo biscuits & grind into powder. Add crushed oreo in a bowl then add powdered sugar to it. Add vanilla essence. Mix the ingredients well. Add melted butter. Mix it. Add milk mix well. Add walnuts. Add almonds & mix well (brownie). Grease the baking tray with butter & also with flour. Add baking soda in the batter. Pour the batter in the baking tray. Tap the tray 3-4 times. Pre heat cooker without whistle. Place the baking tray in the cooker & bake or 25-30 mins on medium flame then remove the tray. Cut the brownie horizontally from middle. Take half portion & cut it in to circle. Place the brownie piece in a shot glass & pipe chocolate cream over it & repeat the same till the top of glass.

26. RED VELVET TIRAMISHU



KHUSHBOO

INGREDIENTS:

For CAKE For CREAM

Maido	1 cup	Butter	¼ cup
Backing powder	½ tsp	Cream Chees	¾ cup
Backing Soda	¼ tsp	Powder Sugar	¾ cup
Coco powder	½ tsp	Red Colour	3 Drops
Melted butter	½ cup		
Milkmaid	½ cup		
Venila essence	½ tsp		
Curd	¼ cup		
Red colour	2 drops		

Method:

In one bowl take maida, baking powder, baking soda & cocoa powder clean it & mix it wel. In another bowl take butter, milkmade, vanilla essence, curd, water (as per requirement) and color, beet the mixture. Then add 1st bowls mixture in it & mix it well. pour the above mixture on a butter greased tray on all sides. For baking in cooker put for 20 minutes & for oven 20 minutes at 180o C. Cool at room temperature
Decorations: Place the layer of cake, put the cream on it. Make two layers in such a way. After that, garnish and serve the cake.

27. RASPISTABERRY MOUSSE

INGREDIENTS:

Fresh cream	¼ cup	white chocolate ganache	¼ cup
Chopped white chocolate	¾ cup	Pistachio flakes garnishing	
Whipped cream	1 cup	Chocolate sticks garnishing	
Raspberry filling paste	1-2 tbsp		
Few drops pistachio essence	few drops		
Pink & green color	few drops		
Chopped pistachio	1 tbsp		

METHOD:

To prepare white chocolate ganache, heat cream in a non stick pan & bring it to boil. Take white chocolate in a bowl. Add hot cream & mix well till the chocolate melts. Add 1/3 of whipped cream to ganache & fold. Add remaining whipped cream & fold well. Divide the mixture in 2 parts. Add raspberry filling paste & pink color (optional) to one part. In other part add pistachio essence, green color & chopped pistachio. This is raspberry mousse & pistachio mousse. Fill the mousse (half raspberry & half pistachio) in small silicon mould & tap. Freeze for 1-2 hours. Demould & place the mousse on top of wire rack. Take white chocolate ganache in other bowl. Add pink or green color, swirl & pour on top of the set mousse. Let extra drip. Apply pistachio flakes on the sides of each set of mousse. Place each prepared mousse on individual mini cake board & place on a serving platter. Garnish with chocolate sticks & serve immediately.

28. KHANOM CHAN THAI LAYERED CAKE



APEKSHA SAVLA

INGREDIENTS:

INGREDIENTS FOR CAKE INGREDIENTS FOR RASPBERRY SAUCE

150 gms	tapioca flour	170 gms	raspberries
40 gms	rice flour	60 gms	sugar
250 gms	sugar	1tsp	lemon juice
600 ml	coconut milk	1 tbsp	raspberry essence
5-6 drops	red food colour		Oil for brushing

METHOD: FOR CAKE:

In a pan add coconut milk, sugar and boil it on low flame until sugar dissolves completely. add the tapioca flour, rice flour in a bowl and pour the coconut milk mixture to form a batter. add the raspberry essence and mix it. divide the mixture into 2 parts and add red colour to one. The one with the colour should be a bit more. Put a greased pan into a boiling steamer. Pour a bit of the coloured batter and let it steam for 5 mins. Mix the batter before pouring. when the first layer is solid add the next layer of plain batter and steam again for 5 mins. Repeat the process with every layer for 9 times. The last layer should be the coloured one. Once done take it out and let it cool down. Brush oil on the surface. Demould it softly and delicately with hands. Serve it chilled.

FOR RASPBERRY SAUCE:

Mix all the ingredients, cook on medium flame. Stir till sugar dissolves. Turn off heat and let it cool. Pour it in a blender and blend it. Pass it through a sieve and discard the seeds. Sauce is ready to serve.

NOTE:

In case you don't get tapioca flour you can use cornstarch flour or water chestnut flour. Desired results shall be achieved using tapioca flour.

29. CHOCOLATE HAZELNUT AND CARAMEL MOUSSE



LEENA CHETAN SANGOI

INGREDIENTS:

175 grams dark chocolate Whipped cream as required
15-18 hazelnuts 75 grams white chocolate, chopped
½ cup castor sugar Edible golden dust as required
250 grams dark chocolate sponge cake 1 cup fresh cream
1-2 tablespoons chocolate-hazelnut spread

METHOD:

Line 2 ring moulds with parchment paper. Halve the sponge and cut the halved cake into roundels using a medium size cookie cutter. Roughly chop 100 grams dark chocolate and transfer into a bowl. Heat ½ cup cream in a non-stick pan and bring to boil. Heat castor sugar in another non-stick pan and cook till it caramelizes. Add hot cream to chocolate and mix well till smooth. Heat remaining cream in a non-stick pan and bring to boil. Add to caramel and mix well. Transfer in a bowl and cool. Add hazelnut-chocolate spread to chocolate-cream mixture and mix well. Add some whipped cream and fold well. Add some whipped cream in caramel sauce and fold well. Roughly chop 6-8 hazelnuts. Fill in caramel mousse and chocolate-hazelnut mousse mixture in 2 different piping bags. Place ring moulds onto a serving platter. Place a sponge roundel in the mould, pipe out a thin layer of caramel mousse and tap. Put some chopped hazelnuts, pipe out some chocolate mousse and level it out. Refrigerate to set for 1-2 hours. Melt the remaining dark chocolate and white chocolate in a microwave and mix well. Take a projector sheet, pour some melted dark chocolate over and spread evenly and set aside. Repeat for melted white chocolate. Cut the set chocolate sheets into roundels using a medium cookie cutter. Make a whole in the centre of dark chocolate disc using a small cookie cutter. Cover with other projector sheets and refrigerate to set 5-6 minutes. Coat the remaining hazelnuts with remaining melted dark chocolate, put onto a plate and brush some edible golden powder over. Demould the mousse and place the white chocolate disc. Put the chocolate coated hazelnuts over the edge of the discs and place dark chocolate ring over and dust some edible golden dust. Serve.

30. YUMMY CAKE POPS



JAY SHAH (LALAN)

INGREDIENTS:

Cake
Chocolate

Amul fresh cream
Sprinklers

METHOD:

Take cake smash it into small pieces. Add amul fresh cream & chocolate Make small balls of it. Freeze it for about 1hour then take melted chocolate. Dip cake balls in chocolate & use sprinklers for decorations. Again freeze& enjoy the yummy sprinklers & cake pops.

31. ROYAL BALLS



CHETNA MANOJ BHEDA

INGREDIENTS:

Almonds	1 cup	Gundar	1 cup
Pista	1 cup	Sugar	1 cup
Cashew nuts	1 cup	Ghee	1 cup
Elaichi	1 cup	Rose pettles(garnishing)	

METHOD:

Grind all ingredients except ghee separately. Take a pan & heat ghee in it & simultaneously in a steel container make layers of all nuts one by one then add layer of powdered elaichi & powdered sugar & lastly gundar. Pour the hot ghee on this mixture & let it settle so that gundar will open up & then stir the mixture to mix well & stie again after some time when mixture comes down to room temperature. Close the container & let the mixture settle till 10-12 days. After 10-12 days open the container & prepare balls from the mixture & garnish with rose petals.

32. PARWAL PRALINE



FORAM SAVLA

INGREDIENTS:

Parwal(peeled, slit & seeded)	250gms
Dried whole milk (khoya)	1 cup
Milk powder (optional)	2tbsp
Sugar	½ cup
Soda bicarbonate a pinch	
Almond(chopped)	10
Pista (chopped)	10
Raisins (chopped)	10
Cashew nuts(chopped)	10
Dried cranberries	10
Edible silver glitter	

33. LAYERED KIWI SPONGE WITH CASHEW CREAM



CHETNA GALA

INGREDIENTS:

KIWI CAKE:

Maida	½ cup	Baking powder	½ tsp
Fresh unsalted butter	¼ cup	Baking soda	½ tsp
Kiwi crush	1 tsp	Green food color	few drops
Milk powder	¼ cup	Warm water	1 spoon
Milk	¼ cup	Vanilla essence	2 drops

CASHEW CREAM:

Pieces of cashew nut	¼ cup	Pinch of salt	
Fresh cream	¼ cup	Vanilla essence	2 drops
Powdered sugar	¼ cup	Fresh kiwi, kiwi crush, cashew nuts	
Cottage cheese	1tbsp		
Lemon	½		

KIWI CAKE:

Beat butter till fluffy & smooth. Add all dry ingredients to butter little by little & mix well. Mix batter along with milk & kiwi crush & vanilla essence. Add warm water to the batter. Bake cake in small round mould in microwave.

CASHEW CREAM:

Soak pieces of cashew nuts in water for 4 hrs. Churn water soaked cashew nuts with fresh cream, sugar, cottage cheese, lemon & salt.

Take a round mould, line it with butter paper. Put cashew cream on sides of the mould. Layer mould with kiwi cake, kiwi crush, cashew cream, fresh kiwi & repeat the same. Put top layer with cashew cream. Unmould & garnish with cashew nuts, kiwi crush & kiwi fruit.

34. BAKLAVA



BHAVNA VIRA

INGREDIENTS:

FOR DOUGH FOR SYURUP

Maida	1 cup	Sugar	1/3 cup
Butter	1 tbsp	Water	1/3 cup
Vinegar	¼ tsp	Lemon juice	½ tsp
Water	as required	Rose essence	¼ tsp

FOR STUFFING:

Walnut	½ cup	Cardamom powder	¼ tsp
Pista	½ cup	Cinammon powder	¼ tsp
Almond	½ cup	Cranberry	2tbsp
Dried orange	2 tbsp	Brown sugar	2 tbsp

METHOD:

Make coarse powder of all nuts & small pieces of cranberry & dried orange. Add brown sugar, Cardamom & cinnamon powder & mix well. Stuffing is ready. To make syrup, add sugar to water in a pan & put it on a medium flame. When sugar melts add lemon juice & boil. When sugar reached 1 thread consistency take it off the flame. Add rose essence once the syrup cools. Bind a soft dough with maida, butter, water & vinegar. Let it rest for ½ hour. Divide the dough into 8 equal balls. Make thin rotis of same size & keep aside. Sprinkle a mixture of cornflour & maida on each roti & make a stack of rotis. Now roll the entire stack with least pressure to a very thin stage of each roti. Now cut the entire stack in a rectangle shape. Then take each roti brush it with melted butter & spread the stuffing on it leaving all four sides. Now start making rolls by folding the sides & brushing with butter on each fold. In this manner roll all the rotis to stuffed rolls. Preheat the oven at 180 degree Celsius for 20-25 mins till the outer layer become light pink in color. Pour sugar syrup on hot rolls & then let them cool. Delicious baklavas are ready to serve.

35. BREAD CUSTARD PUDDING



MEHA VIJAY SAVLA

INGREDIENTS:

Bread slices	6-7	Custard powder	$\frac{3}{4}$ cup
Sugar	1 cup	Milk	1 $\frac{1}{2}$ cup
Milk powder	3tbsp		

METHOD:

Take the bread slices & remove the edges & break them into small pieces add it into mixer grinder. Grind it till it becomes fine crumbles of bread. Keep it aside. Take a cake tin add 2tbsp of sugar with 2tbsp of water & cook in on low flame. Keep stirring it regularly till the color reached to golden brown i.e caremelise sugar syrup. Take care that the syrup is spread evenly throughout the tin. Then take a vessel add 1 cup milk then 1 cup sugar & let the milk boil. Till then take $\frac{3}{4}$ cup custard powder then add $\frac{1}{2}$ cup milk making sure no lumps form. Now add this paste into the boiling milk on medium flame & stir it regularly as it can settle down. As the mixture gets little thick add 3tbsp milk powder & stir avoiding lump formation. Let it thicken a little then switch the stove off & add the bread crumbs. Add the crump enough for the require consistency. Now add the batter in the cake tin with the sugar syrup & level it with spoon. Take a kadai & add a little water & place a stand & place the cake tin on the stand. Cover the kadai with the lid & let it cook for 40 mins. Make sure to keep a check on water as the water gets evaporate add water. After 40 mins uncover the lid & check the surface of the cake is dry than the cake is ready. Let it cool down & remove the cake in a plate after it cool down a little. Now the cake is ready.

36. GULKAND PANNA COTTA



CHETNA BHEDA

INGREDIENTS:

Fresh cream	200gms
Milk	¼ cup
White chocolate	150 gms
Gulkand	1 tbsp
Agar agar powder	1tbsp
Rose pettles garnish	

METHOD:

In a pan add fresh cream, white chocolate & milk stir gently on a low flame, add agaragar powder to the mixture. Add gulkand & stir continuously till it becomes Cream mixture. Apply gulkand layer in the mould then pour creamy mixture & granish with rose pettles.

37. RUSTIC PUMPKIN CUSTARD TART



CHHAYA SAVLA

Tart Base:

Flour	1&1/2 cup	Baking Powder	1/4 tsp
Chilled Butter	100 gms	Chilled water	1/4 cup
Sugar	1/2 cup	Pumpkin Spice	1/4 tsp
Pumpkin puree	1/4 cup	Salt	1/4 cup

METHOD:

Sieve all dry ingredients & mix together in a bowl. Take butter from refrigerator & add to dry flour. Mix butter evenly in the flour try to form a dough. Slowly add chilled water little by little n form a crumbly dough. Cover this dough & keep in refrigerator at least for an hour. Remove from refrigerator & set in greased tart pan. Keep in refrigerator again for an hour. Bake for 25 minutes on 190o till golden brown. Allow to cool to get the right texture.

CUSTERED BASE: INGREDIENTS:

Milk	1/2 ltr.	Sugar	1/2 cup
Custard powder (vanilla)	1/2 cup	Pumpkin Spice	1/2 tsp
Pumpkin puree	3/4 cup		

METHOD:

Boil milk in a pan. Add sugar & keep stirring, when milk starts boiling continuously, slowly add the custard paste to the milk. Stir continuously to form smooth even custard. Gradually add the pumpkin puree & spice. Stir continuously to form a smooth ever custard. Do not overlook to curdle the custard.

RUSTIC TART DRESSING: INGREDIENTS:

Chocolate ganacha	1/2 cup	Chocolate Sprinkles	2 tsp
Chocolate Brownies	4-5 pcs.		

METHOD:

Pour chocolate ganacha over the tart. Then add a thick layer of pumpkin custard over the ganacha, top the custard with chocolate brownies. Garnish with chocolate sprinkles. Serve hot or cold.

38. The Choco Corn Plater



Sneha Rashmin Shamji Chheda

Ingredients:

Popcorn	5cup	Fresh Strawberries	350gms
White chocolate compound	100gms	Granulated Sugar	1/2cup
Milk chocolate compound	100gms	Heavy cream	1/4cup
Dark chocolate compound	600gms	Fresh cream	1tb.sp.
Vanilla whipped cream	1cup	Sprinkles of choice	1/2cup
Chocolate whipped cream	1cup	Mint leaves	2nos.

For Popcorn bowls

- Divide popcorn in 3bowls and crush lightly.
- Melt 100gms of white chocolate and add spoon by spoon to one bowl of popcorn until all popcorn kernels are well coated.
- Cover an empty bowl with aluminium foil.
- Pour in the popcorn chocolate mix in the bowl and shape it. Cover any gap with left over molten chocolate
- Set in freezer for 2 mins or until set. Store in air tight container in cool place. Put in fridge if required.
- Repeat with milk and dark chocolate each. 3bowls are ready now.

For Serving

- In the White Chocolate popcorn bowl, add the strawberry fresh cream base. Top with strawberry sauce.
- In the Milk chocolate popcorn bowl add pieces of brownie. Top with caramel sauce in the dark chocolate popcorn add scoop of mousse. Top with chocolate ganache.
- use sprinkles and mint leaves to decorate according to your choice and serve.

39. CHRISTMAS DELIGHT



RIDDHI UMESH SHAH

RECIPE OF CUP CAKE INGREDIENTS:

Maida	40 gm
Ghee	15 gm
Milk maid	50 ml
Sodium bicarbonate (eating soda)	1/4 tsp
Baking powder	1/2 tsp
Vanilla essence	6-8 drops

METHOD:

Preheat the oven to 180 degree Celsius. Mix ghee and milkmaid in bowl and stir it properly. Then add maida, baking powder, eating soda and vanilla essence. Stir it properly. Now the batter is ready. Pour this batter in greased cupcake mould.

Bake the same in oven for 10 minutes at 180 degree. The cupcake are now ready

RECIPE OF CHOCOLATE CUP

INGREDIENTS:

Dark chocolate	1/2 cup
Paper cup	10 pieces

METHOD:

Melt the chocolate and pour it in the paper cup. Keep the paper cup in refrigerator to set for 10 minutes. Remove the cups from refrigerator and demould it. Now chocolate cups are ready.

40. ROYAL BITE



BHAKTI DEDHIA

INGREDIENTS:

Cashew nuts	50 gms
Haleen seeds	3-4 tbsp
Pistachios	50 gms
Edible gum	3-4 tbsp
Almonds	25 gms
Poppy seeds	3 tbsp
Dates	10-12 pcs
Melted butter	4 tbsp
Walnut (Crunchy)	4-5 pcs
Gulkand	3-4 tbsp

METHOD:

In a pan, put ½ tbsp melted butter & roast dry fruits in low flame. Dates & figs to be roast separately. Crush half of dry fruits & rest of dry fruits. To be chopped in small pieces. Mix all the above ingredients properly & give the shape you like. Garnish as you like.

41. RASMALAI



JIGNA JIGAR GALA

INGREDIENTS: FOR CHHENA FOR SUGAR SYRUP

2 tbsp lemon juice + 1 cup water

2 cups sugar + 5 cups water

1 ltr cow milk

METHOD:

Add 5 cups water to 2 cups sugar & bring to boil (sugar syrup is ready). Take milk & boil it by stirring continuously. Once it comes to boil switch off the gas & keep aside for 5 mins. After that add lemon water in it slowly till whey is separated. After that add 1 cup normal water & strain the mixture using muslin cloth. Wash the chhena thoroughly with water to remove any sour taste of lemon. Strain the chhena again with muslin cloth. Keep it hanging for 3 mins so that excess water is drained. Your soft paneer is ready for further use.

RASMALAI:

INGREDIENTS: Prepared paneer from 1ltr cow milk

METHOD:

Take paneer in a plate. To this mash is properly with palm. Now make equal size flat balls out of it. Boil the above prepared sugar syrup, now drop the paneer balls. Cover the vessel. Cook it on a high flame for 20 mins switch off the gas & add 1 cup water. Transfer to cool syrup if you have or place the vessel in a water bath.

RABDI

Fat milk 1 ltr

Chopped almond & pistachio

2tbsp

Sugar ½ cup

Saffron

few strands

Cornflour 1 tsp

Take 1 ltr fat milk. Keep ¼ cup milk aside and to this milk add 1tsp cornflour. Add few strands of saffron too the remaining milk & reduce to ¾th. Then add ½ cup sugar. When the milk is reduced to ¾. Add the cornflour added milk. Stir the milk continuously till becomes slightly thick. Then add chopped almonds & pistachio. Boil for 3-4 mins & your rabdi is ready. While serving squeeze the round shaped properly so that no sugar syrup is remaining. Then dip them in rabdi. Garnish with dry fruits.

Paan Petha



Jigna Savla

Ingredients :

20 Petha slices

20 cloves (laung / lavang) for garnishing To be mixed into a filling 1 recipe sandesh

2 tbsp finely chopped pistachios a few saffron (kesar) strands

1/4 tsp cardamom (elaichi) powder 2 to 3 drops green food colour

METHOD:

- Cut the ash gourd into wedges, peel and remove the seeds. Prick the wedges all over with a needle. Mix the lime powder in three litres of water and soak the ash gourd wedges in it for two to three hours.
- Remove and wash the wedges thoroughly under running water at least three to four times.
- Cut the wedges into half-inch cubes. Alternatively, cut the wedges into small cylinders with a cylinder-shaped cutter.
- Mix together four cups of sugar and four and a half cups of water in a deep non-stick Paan and bring to a boil.
- Add four tablespoons of milk. When the scum rises to the top, collect it with a ladle, and discard. Add one cup of water and bring the mixture to a boil again.
- Add the ash gourd and cook on low heat for forty to forty-five minutes, or till completely cooked and translucent.
- Meanwhile, dissolve the remaining sugar in one and a half cups of water and bring it to a boil.
- Add the remaining milk. When the scum rises to the top, collect it with a ladle, and discard. Continue cooking to make a syrup of one-string consistency.
- Strain the syrup into a clean bowl; add the rose essence and mix. Add the cooked ash gourd and leave to soak overnight in the syrup and serve.
- Divide the filling into 20 equal parts and shape each portion into even sized rounds.
- Place one portion of the filling on a petha slice. Fold it along the sides to form a triangle and stud it with a clove .

TRIPLE DELIGHT



SONAL CHETAN DEDHIA

INGREDIENTS:

Chana Dal	1 cup	Homemade ghee	½ cup
Sugar	1 cup	Water	2 ½ cup
Pineapple crush	2tbsp	Strawbery crush	5 tbsp
Kiwi crush	5 tbsp		
Chopped & roasted dryfruits 3 tbsp (Almond & cashew nuts)			

METHOD:

Wash chana dal with water & soak it for 3-4 hours. Make fine paste of soaked chana dal (optionally chana dal can be semi crushed to get crunchy taste while eating). Take a pan & pour ghee in it. Once ghee melts & is hot, add chana dal paste. Stir the chana dal continuously on slow flame till the chana dal turns golden brown. In another pan, pour water & add sugar in it & boil it till sugar melts. Now add the hot sugar mixture in cooked chana dal. Stir it on low flame till lumpy texture of chana dal is formed such that it doesn't stick to pan. Make 3 equal portion of the above mixture. In one portion add pineapple crush & stir properly on a low flame till the consistency is achieved as mentioned above. Similarly prepare other portions using kiwi crush & strawberry crush.

PRESENTATION:

In a glass jar makes a layer of strawberry portion. Sprinkle roasted dry fruits on it. Add a layer of kiwi portion. Sprinkle roasted dry fruits on it. Add a layer of pineapple portion. Garnish with roasted dry fruits & fresh fruits.

CRUSH: Boil 250 gms pineapple. Crush it & let the small pieces be there. In a pan pour water & add 25 gms sugar & heat till sugar melts. Add crushed pineapple till it turns into thick paste. Keep the pineapple mixture to cool it at room temperature. Add pineapple essence & lemon yellow color & crush is ready.

PAAN GULLA



VIBHUTI VIRA

INGREDIENTS:

Cow milk	1 ltr	Paan masala syrup
Lemon juice	2-3 tbsp	Meetha paan masala/
Sugar	1.5cup	gulkand as per taste
Water as per requirement		Cherries/ tutti futti
Fresh cream 250ml		Sugar for cream

METHOD:

PART-1

Bring milk to boil on a medium flame. Keep stirring while boiling to prevent layers of cream on top. When you see the milk begins to boil, por 2tbsp lemon juice & mix. Once you see the milk curdled completely. Switch off the flame. Spread a muslin cloth over a strainer & transfer over it drain the whey. Rinse it with 2 glasses of water to remove sourness. Next tie the chenna in the muslin cloth, squeeze it gently & drain excess water hang it for 30 mins to get correct amount of moisture. After 30 mins transfer chenna into a plate & crumble it with hand. Knead the chenna well to make smooth dough till the gets greasy. Take small portions of it & roll to tiny balls (as they expand in size).

PART 2:

Heat 1.5 cups sugar with 4 cups water in a large broad vessel (having lid) pressure cooker/ saucepan & make sugar syrup. Stir to dissolve the sugar & bring it to boil. Gently drop the prepared balls in it, Cover it with a lid & let it cook over medium flame for about 8-10 mins. Switch off the flame & keep aside for 15-20 mins. Then open the lid & check the rasgullas they would have expanded in size. Refrigerate for 5-6 hours.

PART 3:

Whip the fresh cream & gradually add sugar & paan syrup as per your taste. While serving you need to assemble in the following way- In a small serving bowl add 2 tbsp of cream that is prepared. Squeeze the rasgulla little & cut into halves & add it to the cream. Top it over with your gulkand / meetha paan masala, tuti futti & cherry with a dash of syrup of paan.



Indian Global Store Wishes



Darshana Mehta, Proprietor at Indian Globalstore, we are into exports of some organic products and health supplements. At the moment we are catering to the requirements sent to us from UAE, however our vision is to expand it globally.

Our other tie ups, Cosmetic: L'oreal, Matrix, Maybelline Khadi Natural: Herbal Shampoos, Conditioner, Oils etc..

International Courier services are a more specialized delivery service that businesses and individuals turn to when they need a package to reach its destination safely and quickly. This is our recent and new start up.

We are looking up for opportunites globally in exports and the international courier service.

**For further queries kindly get in touch with
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