



RECIPES FROM THE JNI KITCHEN

20-03-2017

PALAK DOSA पालक डोसा

Calories – 110Kcals

Serves – 4 no

INGREDIENTS:-

RICE (चावल)-1 CUPS

SPLIT BLACK GRAM (उड़द दाल)-1/4 CUP

PALAK(STEAMED & GRINDED) पालक (उबले हुए और पीसने वाले) -1/4 CUP SALT(नमक)- TO TASTE

Method:-

Soak the rice and split black gram dal for 2hrs. Grind it. Keep it overnight for fermentation. Add the grinded palak. Mix well add salt for taste. Make dosa out of it.

DRUMSTICK LEAVES WITH DAL SOUP

Calories – 122Kcals

Serves – 2 person

INGREDIENTS

VEGETABLE STOCK (सब्जी भंडार) – 1 CUP

GREEN GRAM DAL (मूंग दाल) – 20 GM

DRUMSTICK LEAVES (ड्रमस्टिक के पत्ते)-FEW LEAVES

ONION (प्याज) – 1 MEDIUM SIZE

GINGER (अदरक) - A SMALL PIECE

GARLIC (लहसुन) – 2 CLOVES

CUMIN POWDER (जीरा चूर्ण)-1TSP

PEPPER POWDER (काली मिर्च पाउडर)-1/2 TSP

SALT TO TASTE (नमक स्वाद अनुसार)

Method:-

Pressure cook dal and keep it aside. Heat pan, sauté onion, ginger, garlic and drumstick leaves. Add cumin powder and Dal stock. Finally add vegetable stock, simmer well with salt and pepper . Serve hot.

KOKKUM CHUTNEY

Calories – 65Kcals

Serves – 2 person

INGREDIENTS

KOKKUM (कोककुम) (SOAKED & STEAMED): 30GMS

OIL (तेल) :1/2 TSP

CUMIN (जीरा) : 1/2 TSP

ONION (प्याज) (CHOPPED): 1MEDIUM

GARLIC (लहसुन) (CHOPPED): 2-4CLOVES

CORIANDER LEAVES (धनिया के पत्ते) (CHOPPED) : 10GMS

DRY RED CHILI (सूखी लाल मिर्च): 2PIECES

JAGGERY (गुड़): 1/2 TSP

SALT (नमक): TO TASTE

Method:-

1. Soak kokkum for 2-3hrs & then steam it for 10-20mins. Let it cool down.
2. Heat oil in a pan. Add cumin seeds, dry red chili, garlic, onion & fry.
3. Add coriander leaves & salt to taste. Sauté for a while. Then put off the flame & let it cool.
4. Now add this mixture, Jaggery to the steamed kokum & grind it to make a chutney.

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RECIPES FROM THE JNU KITCHEN

06-03-2017

Calorie: 220 Kcals/serving

INGREDIENTS

Chapati(रोटी)- 2pc.

Garlic(लहसुन)- 2tsp

Pepper pd.(काली मिर्च पाउडर).- 1/4tsp

Preparation

1. Make the chapati & keep it aside.
2. Heat oil in a pan. Add garlic, onion & all the ingredients.
3. Add the tofu & sauté well with the sauce. Add salt & pepper for taste. Remove from flame.
4. Now, take 1spoon full of the tofu filling & place it on one side of the chapati. Roll the chapati to form the kathi roll.
5. Serve hot with your favourite dip.

TOFU KATHI ROLL

Serves: 2 Person

Tofu(टोफू): 1/2C (grated)

Capsicum(शिमला मिर्च): 1medium

Oil(तेल)-1tsp

Onion(प्याज)- 1medium

Soya sauce(सोया का सालन)-2tsp

Salt(नमक)- to taste

TOMATO WITH BASIL SOUP

Calories – 60 Kcals per serving

INGREDIENTS

Tomato(टमाटर)- 100gms

Onion(प्याज)- 1medium

Basil leaves(तुलसी की पत्तियाँ) -4nos.

Black pepper(काली मिर्च पाउडर) - to taste

Method:-

1. For Stock: Boil water. Add the diced vegetables to it. Simmer it for 10-15mins. Then blend it to make a thick stock & keep it aside.
2. In a deep pan, heat oil. Sauté garlic, ginger & onion.
3. Add pepper powder & salt to taste. Now pour the stock to it & add the basil leaves.
4. Simmer for few more minutes.
5. Serve piping hot!

Serves – 4 Persons

Bottle gourd(लौकी)- 50gms

Ginger(अदरक)- 1tsp

Oil(तेल)- 2tsp

Water(पानी)- 250ml

Carrot(गाजर)- 50gms

Garlic(लहसुन) - 2tsp

Salt(नमक))- to taste

Calories – 20 Kcals per serving

INGREDIENTS

Fresh tomato puree(टमाटर का भर्ता) - 1C

Tomato sauce(टमाटर की चटनी)- 1T

Celery stalk- few

Red chili paste(लाल मिर्च का पेस्ट)- 1T

Method:-

1. Heat oil in a pan. Sauté ginger, garlic & onion.
2. Add celery stalk, fresh tomato puree, tomato sauce, vinegar, red chili paste. Mix well.
3. Add salt to taste. Simmer for few minutes.
4. Serve as a dip.

GARLIC SCHEZWAN SAUCE

Serves – 4 Persons

Garlic(लहसुन)- 1T

Onion(प्याज)- 1med.

Oil(तेल)- 2tsp

Ginger(अदरक)- 1tsp

Vinegar(सिरका)- 1-2tsp

Salt(नमक))- to taste

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RECIPES FROM THE JN1 KITCHEN

27-02-2017

ALMOND SOUP WITH BAYLEAVES

Calories – 130Kcal

INGREDIENTS:-

Soaked Almond/ लथपथ बादाम -30gms

Baked Onion/ पके हुए प्याज - 75 gms

Peppercorn (crushed)/ काली मिर्च मकई (कुचल) - to taste

Tomato / टमाटर - 50gms

Baked Garlic/बेकड लहसुन- 2 cloves

Water/ पानी - 500ml

Serves – 2 no

Bottle gourd / लौकी - 50gms

Salt/नमक - to taste

Bay leaf/ तेज पत्ता - 5gms

Method:-

1. Steam the tomatoes and ghiya in a steamer with water
2. Blend the above ingredients in a mixer along with the soaked Almonds(remove the skin)
3. Strain in the soup strainer the stock is ready to use.
4. Bake/steam Onion and Garlic (chopped).
5. Cook the soup stock for five minutes, add garlic & onion to the above stock.
6. Add Bayleaves, salt and freshly ground peppercorns. Bring to a boil, partially covered, for twenty minutes.

OKRA WITH BABY CORN

Calories – 65Kcals

INGREDIENTS:-

Okra/ ओकरा -200 gm

Tomatoes/टमाटर- 2 no peeled and deseeded

Red chilly powder / लाल मिर्च पाउडर -1 no

Onion seeds/ प्याज के बीज -1/4 tsp

Fennel seeds/सौंफ के बीज- ¼ tsp

Coriander leaves chopped/हरा धनिया कटा हुआ- 2 tsp

Baby corn/बेबी कॉर्न- 100 gm

Baked Onion/ पके हुए प्याज -1 no

Shredded garlic/कटा हुआ लहसुन-2 tsp

Mustard seeds/सरसों के बीज- ¼ tsp

Lemon juice/नींबू का रस- 1stp

Serves – 2 no

Green chillies/ हरी मिर्च- - 1 no

Oil/तेल-2 tsp

Method:-

1. Add oil in a pan, Sauté onion, onion seeds, Fennel seeds and Mustard seeds.
2. Add shredded garlic, Green chillies, Red chilly powder and tomatoes.
3. To this add baked Bhindi and baby corn marinated with tomatoes and chilli powder and
4. Sauté for 5 minutes.

KOSAMBARI

Calories – 65 Kcals

INGREDIENTS

Yellow Split Moong (soaked) / पीले विभाजित मूंग- -1 cup

Carrot/ गाजर- 2 medium grated

Lemon Juice/ नींबू का रस - 1 tsp.

For Tempering/ तड़के के लिए :-

Oil/ तेल - 1 tsp

Asafoetida/ एक चुटकी हींग – a pinch

Cucumber - 1 medium(chopped)/ककड़ी - 1 मध्यम(कटा हुआ)

Fresh Coriander leaves/ ताजा हरा धनिया -1 tbspp chopped

Gingerअदरक/- 1/2 tsp grated

Salt to taste

Mustard Seeds/ सरसों के बीज - 1/2 tsp

Curry leaves- few- करी पत्ते

Green Chillies/हरी मिर्च- 2 chopped

Method:-

1. Place drained beans, cucumber, carrot, coriander, ginger, lemon juice and salt in a bowl.
2. Mix well and set aside.
3. Heat oil in pan, add the mustard seeds and allow the seeds to pop. Add green chillies, and fry for a few seconds.
4. Add asafoetida and remove from the heat.
5. Add this seasoning to the drained mixture, mix well and serve.

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RECIPES FROM THE JNU KITCHEN

20-02-2017

GHIYA MANCHURIAN

Calorie: 55 Kcals/Person

Serves: 3 Person

INGREDIENTS:-

Ghiya: 100 gms
Turmeric : a pinch
Soya sauce :1 tbsp
Onion : 1 med sized

Besan :10gms
Oil: 4 tspn
Tomato sauce: 2tspn
Green capsicum : 1 med sized

Chilly powder : 1 tspn
Salt to taste
Chopped ginger & garlic : 1tspn

Method:-

1. Peel and grate ghiya ,mix besan ,chilly powder, turmeric and salt
2. Make medium sized kofta balls with the above mixture and bake at 180c for 10 mins
3. Heat oil in a pan ,saute onions ,green chilly ginger garlic and the sauce stir well

TOFU RED RICE

Calorie: 110 Kcals/Person

Serves: 3 Person

INGREDIENTS

Tofu: 250gms
Green chillies: 4nos (chopped)
Capsicum: 2nos (steamed)

Onion: 2nos, (chopped)
Brown rice: 200gms (cooked)
Oil: 1tbsp

Garlic: 5 cloves
Soya sauce: 1tsp

Method

1. Take oil in a pan, add onion, garlic, green chilli saute for a few minutes.
2. Now add the tofu, capsicum, soya sauce, salt and finally brown rice and mix well for few minutes.

MOONG CHILLA

Calories – 110 Kcals /ser

Serves: 3 Person

INGREDIENTS

Split green gram-1/4 cup
Onion roughly chopped -1 medium
Salt- to taste

Ginger -1 1/2 inch piece
Green chillies roughly- chopped 3nos
Red chilli powder-1/4 teaspoon

Garlic roughly chopped:5-6 cloves
Oil to grease the tava.

Method

1. Soak moong dal in three cups of water for about half an hour. Drain and grind with ginger, garlic, onion, green chillies and salt to a smooth batter.
2. Add red chilli power and mix well. Heat a tawa and grease it. Spread a ladle full of batter to a thin disc. Drizzle a little oil and cook on medium heat till the underside is done.
3. Carefully flip over, and cook till the other side is done too. Serve hot.

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