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RecipeBook

 **WONDERCHEF**
Cook with Pride



Ceramide

Safe, Durable, Cook & Serve
Ceramic Pans



Recipe Book

www.sanjeevkapoor.com

Sabz Makai Kalimirch Ka Shorba

Ingredients

- Red capsicum, seeded, cubed 1/4 medium
- Yellow capsicum, seeded, cubed 1/4 medium
- Carrot, 1/2 cm cubes, blanched 1/2
- Broccoli florets 4-5 small
- French beans, 1/2 cm pieces 4-5
- Sweetcorn, crushed 1 cup
- Oil 1 tbsp
- Finely chopped garlic cloves 5-6
- Black peppercorns, crushed 5-6

For Vegetable Stock

- Cloves 2
- Bay leaf 1
- Black peppercorns, crushed 7-8
- Salt to taste
- Carrot roughly chopped 1/2
- Cauliflower stems 3-4
- Onion, roughly chopped 1 medium
- Ginger, roughly chopped 1 inch piece



Method

1. Boil five cups of water in a **Ceramide Pan**. Add all the ingredients for the vegetable stock and simmer for half an hour. Strain and discard the residue.
2. Heat oil in another **Ceramide Pan**. Add garlic and saute for five seconds. Add the strained stock and bring it to a boil. Add sweet corn and cook on medium heat, stirring continuously, for two to three minutes.
3. Add red capsicum, yellow capsicum, carrot, broccoli and french beans. Add salt and some of the freshly crushed black peppercorns and cook for two to three minutes.
4. Garnish with remaining crushed black peppercorns and serve piping hot.

Aaloo Posto

Ingredients

- Potatoes, peeled and cut into pieces 5-6 medium
- Poppy seeds (khus khus) 4 tbsps
- Mustard oil 2 tbsps
- Onion seeds (kalonji) 1/2 tsp
- Salt to taste
- Sugar 1/2 tsp
- Green chillies, slit 2
- Pure ghee (optional) 1 tsp



Method

1. Soak poppy seeds in one cup warm water for fifteen to twenty minutes. Drain and grind to a smooth paste.
2. Heat mustard oil in a **Ceramide Pan** till it reaches smoking point. Remove, cool and heat the oil again on medium heat. Add kalonji and saute for a few seconds. Add potatoes and cook on medium heat for five minutes, stirring frequently.
3. Stir in the poppy seed paste and half a cup of water; cover and cook on low heat till the potatoes are almost done. Uncover the pan and add salt, sugar and slit green chillies.
4. Continue to cook for one minute more, or till the potatoes are completely cooked. Stir in pure ghee and serve hot.

Dal Makhani

Ingredients

- Whole black gram (sabut urad) 1/2 cup
- Red kidney beans (rajma) 2 tbsps
- Salt to taste
- Red chilli powder 1 tsp
- Ginger, chopped 2 inch piece
- Butter 3 tbsps
- Oil 1 tbsp
- Cumin seeds 1 tsp
- Garlic, chopped 6 cloves
- Onion, chopped 1 large
- Green chillies, slit 2
- Tomatoes, chopped 2 medium
- Garam masala powder 1 tsp



Method

1. Pressure-cook urad dal and rajma in about 4-5 cups of water with a little salt till 8 whistles are given out.
2. Drain and reserve the cooking liquid. Chop onions and garlic. Cut ginger into thin strips.
3. Heat ghee and butter in a **Ceramide Pan**. Add cumin seeds and saute for a few seconds. Add onions, garlic and ginger. Saute for 2 minutes or till lightly browned. Puree tomatoes. Add red chilli powder and tomato puree to the onions. Mix well and cook till fat separates.
4. Add cooked dals and 1 1/2 cups of cooking liquid. Mix well. Add garam masala powder. Mix well and cook on low heat for 15-20 minutes, stirring frequently. Add cream and stir to mix.
5. Serve hot garnished with a swirl of cream and a coriander sprig.

Andhra Mutton Curry

Ingredients

- Mutton, 1/2 cm cubes 500 gm
- Salt to taste
- Turmeric powder 1/4 tsp
- Poppy seeds (khus khus / posto) 1 tsp
- Fennel seeds (saunf) 1/2 tsp
- Peppercorns 4
- Coriander seeds 1 tsp
- Cumin seeds 1 tsp
- Cinnamon 1 inch peice
- Cloves 2
- Green cardamoms 2
- Olive oil 4 tbsp
- Curry leaves 10
- Onion, chopped 3 medium
- Ginger-garlic paste 1 tsp
- Red chilli powder 1/2 tsp
- Black pepper powder 2 tsp
- Tomato, chopped 1 large
- Fresh coriander leaves, chopped 1/2 tbsp



Method

1. Pressure cook mutton pieces with two cups of water, salt and turmeric powder for six whistles.
2. Open the lid when the pressure reduces, drain and reserve the cooking liquid.
3. Dry roast poppy seeds, fennel seeds, black peppercorns, coriander seeds, cumin seeds, cinnamon, cloves and green cardamoms. Cool and grind to a fine powder.
4. Heat olive oil in a **Ceramide Pan**. Add curry leaves and onions. Saute till the onions are brown. Add ginger-garlic paste, red chilli powder and half of the black pepper powder and saute for a minute.
5. Add tomato and mutton pieces, cook on high heat till the tomato is soft. Add salt and spice powder and simmer for five minutes.
6. Add the reserved cooking liquid and one cup of water and bring to a boil. Simmer till all the mutton pieces get well coated with thick gravy. Add the remaining black pepper powder and stir well.
7. Garnish with coriander leaves and serve hot

Palak Methi Aur Corn Ki Sabzi

Ingredients

- Spinach, blanched and shredded 1 bunch
- Fenugreek leaves (methi), blanched and chopped 1/2 bunch
- American corn kernels, blanched 1/2 cup
- Oil 2 tbsps
- Green cardamoms 3
- Cloves 2
- Bay leaf 1
- Ginger, chopped 1/2 inch piece
- Green chillies, chopped 2
- Garlic, chopped 6-8 cloves
- Onion, chopped 1 large
- Cashew nut paste 6 tbsps
- Yogurt 1/2 cup
- Salt to taste

Method

1. Heat oil in a **Ceramide Pan**, add cardamoms, cloves, bay leaf, ginger, green chillies, garlic and onion. Mix and saute till onion is translucent. Add cashew nut paste and yogurt. Mix well and cook for five minutes.
2. Add spinach, fenugreek leaves, corn kernels and salt. Mix well and cook for two to three minutes.
3. Serve hot.



Aloo Bhaji

Ingredients

- Potatoes, boiled, peeled and cubed 3 large
- Oil 1 tbsp
- Mustard seeds 1/2 tsp
- Asafoetida 1/4 tsp
- Split bengal gram (urad dal dhuli) 1 tsp
- Green chillies, chopped 2
- Curry leaves 6-8
- Onion, chopped 1 large
- Turmeric powder 1/2 tsp
- Salt to taste
- Coriander leaves, chopped 2 tbsps
- Lemon juice 1 tbsp



Method

1. Heat oil in a **Ceramide Pan**. Add mustard seeds and when they splutter. Add asafoetida and split bengal gram and saute till lightly browned.
2. Add green chillies, curry leaves and onion and saute till onion is lightly browned.
3. Add potatoes, turmeric powder and salt. Mix well.
4. Sprinkle a tablespoon of water and cook till the potatoes are heated through.
5. Add coriander leaves and lemon juice and mix well.
6. Serve with uttapams and dosas.

Ginger Garlic Pak Choy

Ingredients

- Pak choy 250 gms
- Oil 1 tbsp
- Ginger, sliced 2 inch piece
- Garlic cloves, sliced 10
- Cornflour, dissolved in 1 cup water 1 tbsp
- Soy sauce 1 tbsp
- Salt to taste
- Sugar 1/2 tbsp
- Sesame oil 1 tbsp



Method

1. Wash the pak choy well.
2. Heat a **Ceramide Pan**. Add a little oil. Add ginger and stir fry for half a minute.
3. Add garlic and continue to saute.
4. Add pak choy and toss.
5. Blend cornflour in a little water. Add soy sauce, salt, sugar and half a cup of water to the **Ceramide Pan** and cook.
6. Remove the pak choy pieces and place them in a serving bowl. Add cornflour to the **Ceramide Pan** and cook till the sauce thickens.
7. Pour over the pak choy. Drizzle sesame oil and serve hot with steamed rice.

Vegetable Fried Rice

Ingredients

- Rice, boiled
 - Broccoli florets, blanched
 - French beans, cut into diamonds and blanched
 - Olive oil
 - Onions, sliced
 - Green chilli sauce
 - Green capsicum, seeded, cut into diamonds
 - Bean sprouts
 - Spinach leaves, chopped
 - Salt
 - Spring onion greens, chopped
- | |
|------------|
| 1 1/2 cups |
| 8-10 small |
| 5-6 |
| 1 tbsp |
| 2 medium |
| 3 tbsps |
| 1 medium |
| 1/2 cup |
| 10 |
| to taste |
| 2 |

Method

1. Boil sufficient water in a **Ceramide Pan** and blanch the broccoli and french beans.
2. Drain and set aside.
3. Heat the oil in another **Ceramide Pan**, add onions and saute.
4. Add French beans, broccoli and green chilli sauce. Stir and add capsicum and salt.
5. Saute for a minute and add bean sprouts and spinach. Add salt and saute for one more minute.
6. Add rice and mix well and cook till heated through. Add spring onion greens and mix again.
7. Serve hot.



Handi Biryani

Ingredients

- Rice, soaked and drained 1 1/2 cups
- Carrot, cut into 1/2 inch cubes 1 medium
- French beans, cut into 1/2 inch cubes 10-15
- Cauliflower, cut into florets 1/4 medium
- Green cardamoms 2-3
- Green peas 1/2 cup
- Cloves 2-3
- Black cardamom 1
- Bay leaf 1
- Cinnamon stick 1 inch
- Salt to taste
- Oil 2 tbsps
- Caraway seed (shahi jeera) powder 1/2 tsp
- Onion, chopped 1 medium
- Green chillies, chopped 4-5
- Ginger & garlic paste 1 tbsp
- Turmeric powder 1 tsp
- Coriander powder 1 tbsp
- Red chilli powder 1 tsp
- Tomatos, chopped 2 medium
- Yogurt 3/4 cup
- Saffron (kesar) a few
- Kewra water few drops
- Fried onions 1 cup
- Mint leaves few sprigs
- Coriander leaves few sprigs
- Ginger cut into thin strips 1 inch piece
- Ghee 2 tbsps
- Garam masala powder 1/2 tsp



Method

1. Cook rice in four cups of salted boiling water with green cardamoms, black cardamom, cloves, cinnamon and bay leaf, until three-fourth done.
2. Drain and set aside. Mix together carrot, french beans, cauliflower and salt and boil in three cups water till three-fourth done.
3. Add peas and cook for a couple of minutes. Drain and refresh under cold running water. Set aside.
4. Heat two tablespoons of oil in a **Ceramide Pan** and add caraway seeds. When they begin to change colour, add onion and saute until golden brown.
5. Add green chillies, ginger paste and garlic paste and stir. Add a little water so that the mixture does not burn. Add turmeric powder, coriander powder, red chilli powder and mix well.
6. Add tomatoes and cook till they are soft. Add half the yogurt and salt and mix well. Add the boiled vegetables and mix well. Mix the saffron in kewra water. In a handi, arrange a layer of the vegetables and top it with a layer of rice.
7. Sprinkle fried onions and a little salt. Sprinkle torn mint leaves, torn coriander leaves, ginger strips, a little saffron-kewra water and ghee.
8. Spread another layer of vegetables, rice, fried onions, torn mint, torn coriander, ginger strips, saffron-kewra water and ghee.
9. Sprinkle garam masala powder and remaining yogurt. Cover and place over a hot tawa. Cook for fifteen to twenty minutes. Serve hot with a raita.

Penne Arrabiata

Ingredients

- *Penne* 250 gms
- *Garlic cloves, crushed* 6
- *Onions, sliced* 2 medium
- *Tomatoes* 5 medium
- *Red chillies, crushed* 1 tsp
- *Chopped parsley* 1 tbsp
- *Salt* to taste

Method

1. Blanch tomatoes, peel, deseed and roughly chop.
2. Heat six cups of salted water in a **Ceramide Pan**, bring it to a boil and cook penne till al dente. Drain and set aside.
3. Heat another **Ceramide Pan**, add garlic and roast until light brown.
4. Add onions, roast until onions are transparent and then add tomatoes.
5. Cook for about five minutes on low heat. Add salt, crushed red chillies and parsley.
6. Pour the sauce over penne and serve hot.



American Chopsuey

Ingredients

- Noodles 300 gms
- Oil 6 tbsps + to deep fry
- Cornflour 2 tbsps
- Eggs 4
- Garlic cloves, finely chopped 3-4
- Ginger piece, grated 1 inch
- Boneless chicken, cut into thin strips 100 gms
- Onion, finely sliced 1 medium
- Carrot, cut into thin strips 1/2 medium
- French beans, cut into diagonal pieces 3-4
- Cabbage, finely shredded 1/4 small
- Tomato sauce 1/2 cup
- Soy sauce 1/2 tbsp
- White pepper powder 1/2 tsp
- Salt to taste
- Green capsicum, cut into thin strips 1/2 medium
- Chicken stock 2 cups
- Vinegar 1 tbsp
- Bean sprouts 1/2 cup



Method

1. Boil noodles until almost cooked, drain and cool. Heat sufficient oil in a **Ceramide Pan** and deep-fry noodles till crisp and golden brown in colour. Drain on an absorbent paper. Divide fried noodles into four equal portions and keep warm in separate shallow plates or serving platter.
2. Mix cornflour in half a cup of water. Heat half tablespoon oil in a Frying Pan, break an egg, cook for half a minute on both sides.
3. Repeat this to make four such double fried eggs.
4. Heat four tablespoons oil in a **Ceramide Pan**, add garlic and ginger and stir-fry for half a minute. Add chicken strips and cook for half a minute. Add onion, carrot, french beans and cabbage and continue to stir-fry for a minute.
5. Add tomato sauce, soy sauce, white pepper powder, salt, capsicum and stir in the chicken stock. Cook for two minutes and stir in the cornflour mixture. Continue to cook for a minute or until the sauce thickens.
6. Add vinegar and bean sprouts, stir well and pour over the fried noodles.
7. Serve hot with each portion of American Chopsuey topped with a double fried egg.

Saeb Aur Suji Halwa

Ingredients

- Apples, thinly sliced 2 large
- Apple, pureed 1 large
- Semolina (suji/rawa) 1/2 cup
- Skimmed milk 1 cup
- Sugar 1/3 cup
- Green cardamom powder 1/2 tsp
- Saffron 1 pinch
- Pistachios, blanched and slivered 5-6

Method

1. Dry roast semolina in a **Ceramide Pan** taking care that it does not get coloured.
2. Boil milk with one cup of water in a **Ceramide Pan**. Add sugar, cardamom powder and half of the saffron to it.
3. Slowly add semolina and cook, stirring till it becomes semi-dry. Add pureed apple. Cook for two to three minutes.
4. Divide into four portions. Pack each portion tightly into a bowl, turn it upside down onto a serving plate and de-mould.
5. Decorate with apple slices, pistachios and saffron.



Chocolate Walnut Kheer

Ingredients

- Grated dark chocolate 1/2 cup + 2 tbsps for garnishing
- Dry roasted, coarsely crushed walnuts 1/2 cup + for garnishing
- Rice 2 tbsps
- Milk 4 cups
- Grated mawa / khoya 1/4 cup
- Sugar 1/3 cup



Method

1. Take rice and milk in a **Ceramide Pan** and cook, stirring continuously, so that the rice does not stick to the bottom.
2. Cook till the rice is soft and the milk reduced. Add mawa and mix. Add sugar and stir till it dissolves.
3. Add crushed walnuts and stir. Transfer into a bowl and add chocolate and mix.
4. Cool and chill.
5. Pour into individual bowls. Sprinkle grated chocolate over the top, place a walnut in the centre and serve.

Kesari Phirni

Ingredients

- Saffron a few
- Milk 1 litre (5 cups)
- Basmati rice 50 gms
- Sugar 1 cup
- Green cardamom powder 1/2 tsp
- Rose water few drops
- Pistachios 1 tbsp



Method

1. Bring milk to a boil in a **Ceramide Pan**. Lower the heat and let it simmer till it reduces a little.
2. Grind soaked rice to a coarse paste.
3. Add little milk to it and mix to make it a little thinner.
4. Add this to the reduced milk in the pan and cook, stirring continuously to avoid lumps.
5. Add saffron and mix. Add sugar and cook till it thickens. Add green cardamom powder and rose water and mix.
6. Take it off the heat. Add pistachios and mix. Pour into individual kasures / bowls and set aside to cool.
7. Chill and serve.

Note: Kasures are earthenware bowls, which should be soaked in water for a few hours so that all the loose mud is washed away. Then keep them to dry before use.

Caramel Custard

Ingredients

- Sugar 3/4 cup
- Milk 2 1/2 cups
- Eggs 4
- Vanilla essence 1 tsp

Method

1. Take 1/4 cup sugar in a **Ceramide Pan**. Add a few drops of water and heat till the sugar caramelizes.
2. Pour the caramel into a mould and let it settle by cooling. Heat milk either on a gas stove or on an Induction Plate in a **Ceramide Pan**.
3. Place a metallic ring in the pressure cooker. Add four cups of water and heat.
4. Break eggs into a bowl. Add half cup of sugar, vanilla essence and mix gently with a whisk.
5. Add warm milk and mix. Strain the mixture. Pour the egg-milk mixture into the mould with the caramel.
6. Cover with aluminum foil and place it in the cooker.
7. Cover with lid and steam for twenty-five to thirty minutes. Do not use the whistle.
8. Remove when done. Serve, turned out with caramel side up, either hot or cold.

