



WONDERCHEF
Cook with Pride

Recipe Book

Nutri-cook
Heater Blender



WONDERCHEF
Cook with Pride



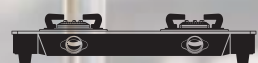
Cookware



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Tools & Accessories

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Dear Customer,

Thank you for choosing Wonderchef Nutri-cook Heater Blender. It presents a unique combination of powerful blending with convenience of heating function to ease out the kitchen routine.

From crushing hard ingredients to preparing smooth consistency baby food, from making steaming hot beverages to fresh juices and smoothies; it does it all at a touch of a button. Steam your food or simply decide to keep it warm for serving with this task master. Use the self-cleansing function and you are all set on your kitchen to do list.

With health, taste and convenience at the core, we at Wonderchef strive to bring best of the product offerings to facilitate the culinary artist in you!

Here, we present exclusive recipes curated by Chef Sanjeev Kapoor that you can explore using Nutri-cook Heater Blender. Do give these a try!

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Baby Food

Apple Puree

Ingredients :

½ medium red apple, peeled and roughly chopped
A small pinch of cinnamon powder

Method :

1. Transfer the apple, cinnamon powder and ½ cup water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **BABY FOOD** button and let the ingredients cook for 18 minutes.
3. Transfer in a serving bowl and serve warm.



Baby Food

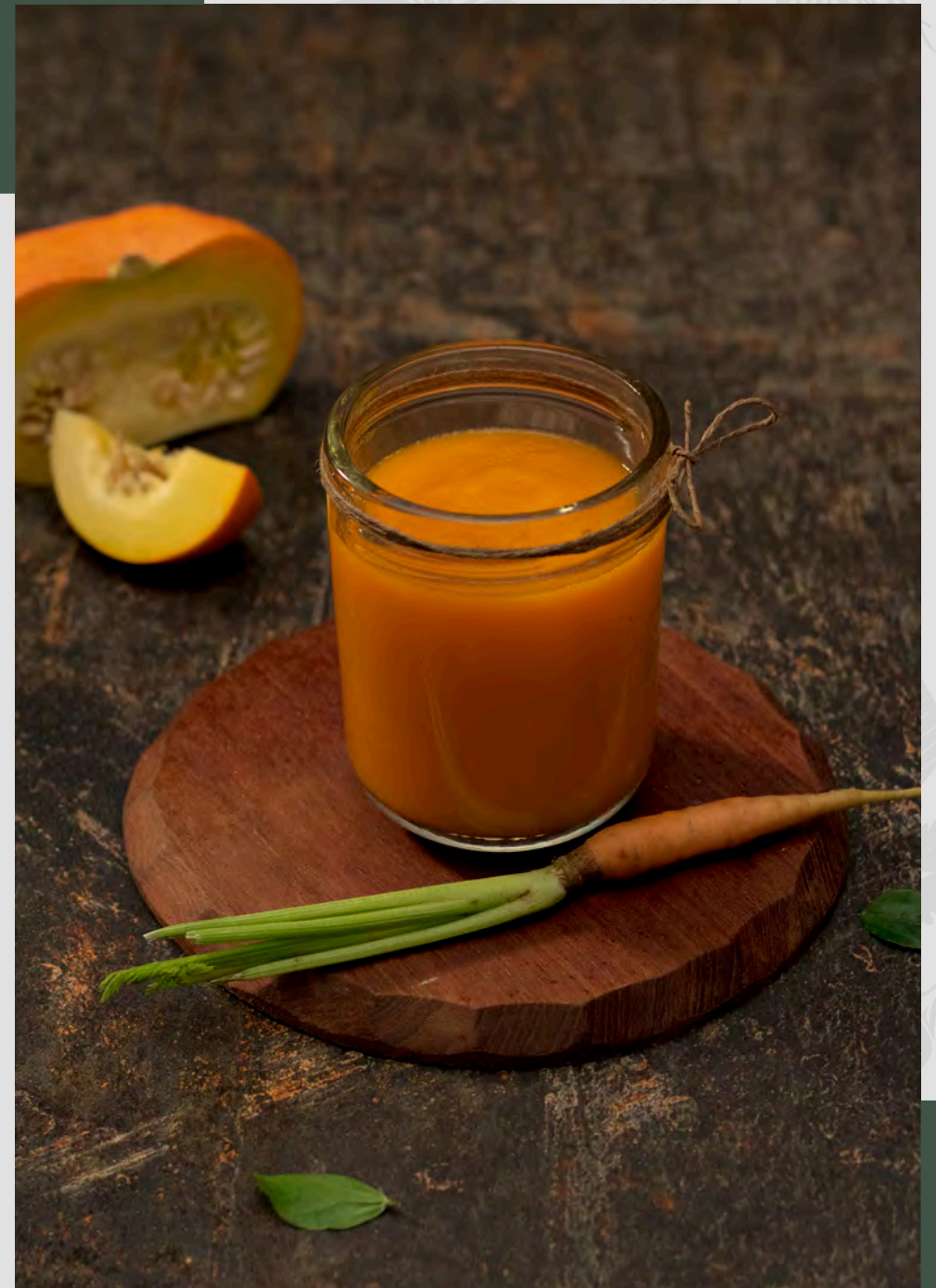
Carrot And Pumpkin Puree

Ingredients :

½ small carrot, peeled and roughly chopped
50 grams red pumpkin, peeled and roughly chopped

Method :

1. Transfer carrot, red pumpkin and ½ cup water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **BABY FOOD** button and let the ingredients cook for 18 minutes.
3. Transfer in a serving bowl and serve warm.



Baby Food

Hari Bhari Khichdi

Ingredients :

- 2 tbsps short grain rice, soaked for 30 minutes and drained
- 1 tbsp split green gram with skin (chilkewali moong dal), soaked for 30 minutes and drained
- 8-10 fresh spinach leaves, stemmed
- 2 tbsps roughly chopped fresh coriander leaves
- 2 tbsps shelled green peas
- 2 tsps ghee + to drizzle
- Salt to taste

Method :

1. Transfer short grain rice, whole green gram, spinach leaves, coriander leaves, green peas, ghee, salt and 1 cup water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **BABY FOOD** button and let the ingredients cook for 18 minutes.
3. Transfer in a serving bowl, drizzle some ghee on top and serve warm.



Baby Food

Potato And Green Pea Soup

Ingredients :

- 1 small potato, peeled and roughly chopped
- 2 tbsps shelled green peas
- 2 tsps ghee
- A pinch of salt
- A pinch of cumin powder

Method :

1. Transfer the potato, green peas, ghee, salt, cumin powder and $\frac{1}{2}$ cup water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **BABY FOOD** button and let the ingredients cook for 18 minutes.
3. Transfer in a serving bowl and serve warm.



Blend Function

Appam

Ingredients :

- 1 cup short grain rice, soaked for 3-4 hours and drained
- 3 white bread slices
- ½ cup cooked rice
- ½ cup scraped fresh coconut
- Salt to taste
- Oil for cooking

Method :

1. Transfer short grain rice, bread slices, cooked rice, coconut, salt and 1½ cups water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **BLEND** button and let the ingredients grind for 3 minutes at **P6**.
3. Transfer the batter in the bowl. Now add ½ cup water to the jar and place on the base machine.
4. Close the lid, press **ON** button and press **CLEAN** button. Let the mixture blend for 30 seconds at **P6**.
5. Transfer in the same bowl and mix well. Allow to ferment for 6-8 hours.
6. Heat appam chetti and drizzle some oil. Swirl some batter, cover and allow to cook for 4-5 minutes.
7. Serve hot.



Blend Function

Basic White Gravy

Ingredients :

- 4 medium onions, roughly chopped
- 7 green cardamoms
- 1 inch cinnamon stick
- 2 black cardamoms
- 4 cloves
- ½ cup grated mawa/khoya
- 10 cashew nuts
- 2 tbsps melon seeds (magaz)
- Salt to taste
- White pepper powder to taste
- 2 green chillies
- ½ tsp green cardamom powder
- 2 tbsps ghee
- 300 grams cottage cheese (paneer), cut into 1 inch cubes
- Fresh cream to drizzle
- Crushed black peppercorns to sprinkle
- Chopped fresh coriander leaves to sprinkle
- Paranthas for serving



Blend Function

Basic White Gravy

Method :

1. Transfer onions, green cardamoms, cinnamon, black cardamoms, cloves, mawa, cashew nuts, melon seeds, salt, white pepper powder, green chillies, green cardamom powder, ghee and 1½ cups water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **STEAM** button and let the ingredients steam for 15 minutes. Switch off the machine.
3. Close the lid, press **ON** button and press **BLEND** button. Let the mixture grind for 3 minutes at **P6**.
4. Transfer in a pan. Add ¼ cup water, cottage cheese pieces and cook for 2-3 minutes.
5. Transfer in a serving bowl, drizzle some fresh cream, sprinkle crushed black peppercorns, coriander leaves and serve hot with paranthas.



Blend Function

Green Gazpacho

Ingredients :

2 medium cucumbers, peeled and roughly chopped
2 medium green capsicums, seeded and roughly chopped
1 medium green apple, seeded and roughly chopped
2 inch celery stick, roughly chopped
1 green chilli, stemmed
6-8 walnut kernels
4-5 garlic cloves
Salt to taste
Crushed black peppercorns to taste + to sprinkle
1 tbsp olive oil + for drizzling
1 tsp vinegar
2 white bread slices
10-15 fresh mint leaves

Method :

1. Transfer cucumbers, green capsicums, green apple, celery, green chilli, walnuts, garlic, salt, crushed peppercorns, 1 tbsp olive oil, vinegar, white bread slices, mint leaves and 1 cup chilled water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **BLEND** button and let the ingredients grind for 3 minutes at **P6**.
3. Transfer in individual mugs, drizzle olive oil sprinkle crushed peppercorns and serve.



Blend Function

Moongdal Idli

Ingredients :

- ½ cup split skinless green gram (dhuli moong dal), soaked for 30 minutes and drained
- ½ cup split skinless black gram (dhuli urad dal), soaked for 30 minutes and drained
- ½ inch ginger piece, roughly chopped
- 3 green chillies, stemmed
- Salt to taste
- Oil for greasing
- Coconut chutney for serving

Method :

1. Transfer moong dal, urad dal, ginger, green chillies, salt and 1 cup water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **BLEND** button and let the ingredients grind for 3 minutes at **P6**.
3. Transfer the batter in the bowl. Now add ¼ cup water to the jar and place on the base machine.
4. Close the lid, press **ON** button and press **CLEAN** button. Let the mixture blend for 30 seconds at **P6**.
5. Transfer in the same bowl and mix well. Allow to ferment for 6-8 hours.
6. Heat sufficient water in a steamer. Grease idli moulds with some oil and pour a spoonful of batter in each mould.
7. Steam for 10-12 minutes.
8. De-mould and serve with coconut chutney.



Blend Function

Red Chilli Garlic Chutney

Ingredients :

10-12 dried red chillies, stemmed and soaked for 30-40 minutes

8-10 garlic cloves

2 tsps lemon juice

Salt to taste

½ tsp cumin seeds

Method :

1. Drain the red chillies and transfer in Wonderchef Nutri Cook Heater Blender Jar. Add garlic, lemon juice, salt and cumin seeds and ½ cup water.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **BLEND** button and let the ingredients grind for 3 minutes at **P6**.
3. Transfer the chutney in the bowl. Now add ¼ cup water to the jar and place on the base machine.
4. Close the lid, press **ON** button and press **CLEAN** button. Let the mixture blend for 30 seconds at **P6**.
5. Transfer in the same bowl and mix well.
6. Use as required.



Healthy Juices

ABC Juice

Ingredients :

- 3 medium red apples, seeded and roughly chopped
- 1 medium beetroot, peeled and roughly chopped
- 1 large red carrot, peeled and roughly chopped
- 1 inch ginger, roughly chopped
- 10-15 fresh mint leaves
- Black salt to taste
- 1 tbsp lemon juice
- Celery sticks for garnish

Method :

1. Transfer apples, beetroot, carrots, ginger, mint, black salt, lemon juice and 2½ cups water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **JUICE** button and let the ingredients blend for 1 minute 10 seconds.
3. Strain through a fine strainer, transfer in individual glasses, garnish with celery sticks and serve.



Healthy Juices

Healthy Green Juice

Ingredients :

- 2 medium cucumbers, roughly chopped
- 1 medium bottle gourd, peeled and roughly chopped
- 15-20 fresh spinach leaves
- 2-3 inch celery sticks, roughly chopped
- 2 medium green apples, seeded and roughly chopped
- 15-20 iceberg lettuce leaves

Method :

1. Transfer cucumbers, bottle gourd, spinach leaves, celery, green apples, lettuce leaves and 2 cups chilled water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **JUICE** button and let the ingredients blend for 1 minute 10 seconds.
3. Strain through a fine strainer, transfer in individual glasses and serve.



Healthy Juices

Pineapple Ginger Juice

Ingredients :

- 1 large pineapple, peeled and roughly chopped
- ½ inch ginger, roughly chopped
- 2 tbsps honey
- 1 tsp black salt

Method :

1. Transfer pineapple, ginger, honey, black salt and 3 cups chilled water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **JUICE** button and let the ingredients blend for 1 minute 10 seconds.
3. Strain through a fine strainer, transfer in individual bottles and serve.



Healthy Juices

Watermelon and Anar Juice

Ingredients :

- 1 medium watermelon, peeled and roughly chopped
- 1 cup fresh pomegranate pearls
- 20-24 fresh mint leaves
- 1 inch ginger, roughly chopped
- ½ tsp roasted cumin powder
- Black salt to taste

Method :

1. Transfer watermelon, pomegranate pearls, mint leaves, ginger and 1 cup chilled water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **JUICE** button and let the ingredients blend for 1 minute 10 seconds.
3. Strain through a fine strainer, add roasted cumin powder, black salt and mix well.
4. Serve chilled.



Porridge

Apple and Rice Porridge

Ingredients :

- 1 medium red apple, peeled and roughly chopped
- 1 cup rice rawa
- 4 cups milk
- ½ cup sugar
- A pinch of cinnamon powder
- Pistachio powder for garnish
- Sliced red apples for garnish

Method :

1. Transfer the apple, rice rawa, milk, sugar and cinnamon powder in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **PORRIDGE** button and let the ingredients cook for 18 minutes.
3. Transfer in a serving bowl, sprinkle pistachio powder, garnish with sliced apples and serve warm.



Porridge

Oats and Date Porridge

Ingredients :

2 cups quick cooking oats
20-24 seedless dates
5 cups milk
1 tsp green cardamom powder
Sliced bananas for garnish

Method :

1. Transfer the oats, dates, milk and green cardamom powder in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **PORRIDGE** button and let the ingredients cook for 18 minutes.
3. Transfer in a serving bowl, garnish with sliced bananas and serve warm.



Porridge

Ragi Porridge

Ingredients :

- 1 cup finger millet (ragi) flour
- 4 cups milk
- 6 tbsps sugar
- 2 tbsps ghee
- 1 tsp green cardamom powder
- Sliced almonds for garnish
- Sliced pistachios for garnish

Method :

1. Transfer ragi flour, milk, sugar, ghee and green cardamom powder in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **PORRIDGE** button and let the ingredients cook for 18 minutes.
3. Transfer in a serving bowl, garnish with sliced almonds and pistachios. Serve warm.



Porridge

Semolina and Almond Porridge

Ingredients :

1 cup semolina (rawa)
16-20 almonds
5 cups milk
2 tbsps ghee
½ cup sugar
1 tsp green cardamom powder
Fried almond halves for garnish

Method :

1. Transfer the semolina, almonds, milk, ghee, sugar and green cardamom powder in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **PORRIDGE** button and let the ingredients cook for 18 minutes.
3. Transfer in a serving bowl, garnish with fried almonds and serve warm.



Smoothies

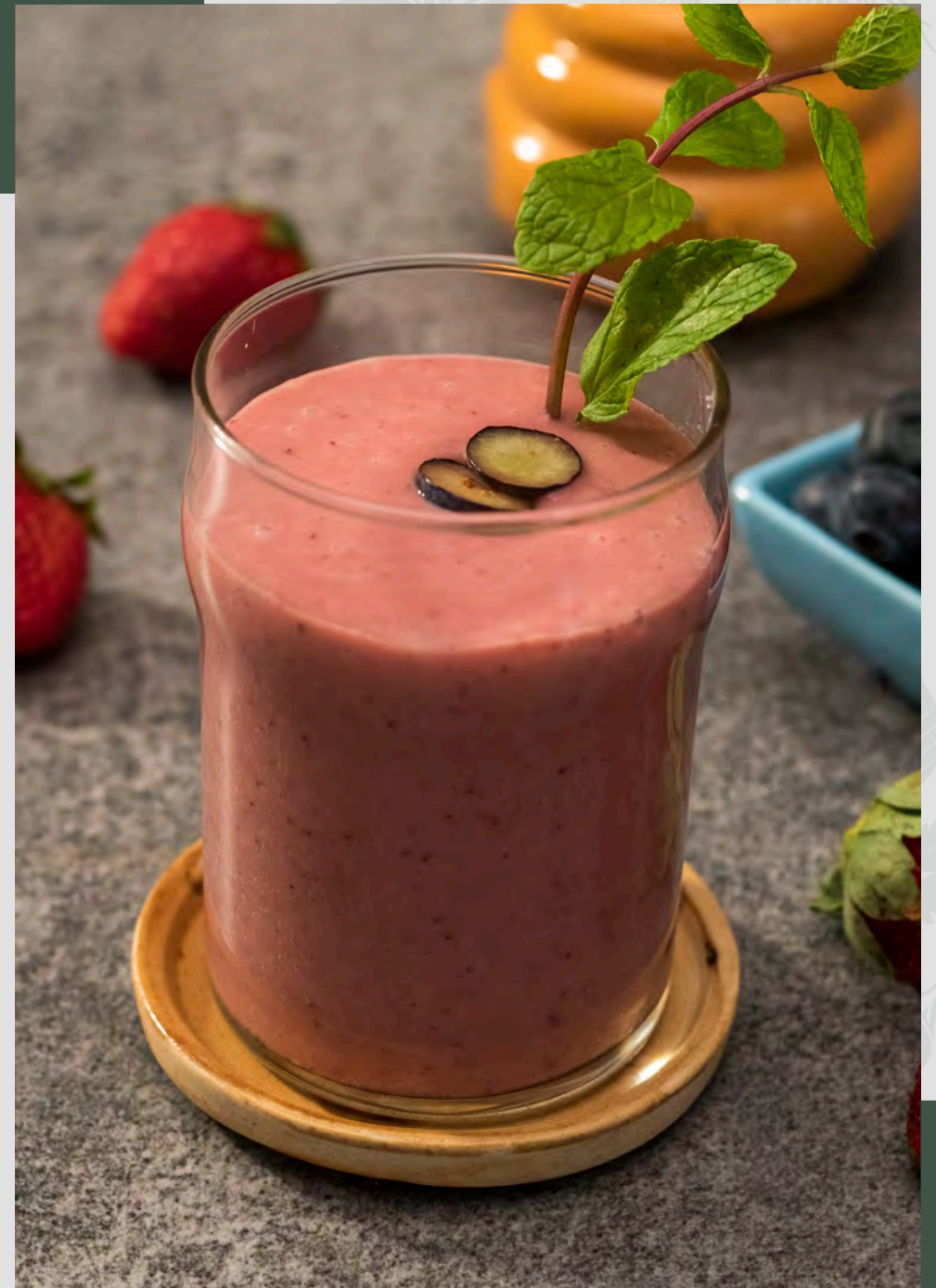
Banana Berry Smoothie

Ingredients :

4 ripe bananas, peeled and roughly chopped
16-20 strawberries, hulled and roughly chopped
½ cup fresh blueberries
2 tbsps honey
2 cups chilled yogurt
Sliced fresh blueberries for garnish
Fresh mint sprigs for garnish

Method :

1. Transfer bananas, strawberries, blueberries, honey and yogurt in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **SMOOTHIE** button and let the ingredients blend for 20 seconds at **P6**.
3. Transfer in individual glasses, garnish with sliced blueberries and mint sprigs. Serve chilled.



Smoothies

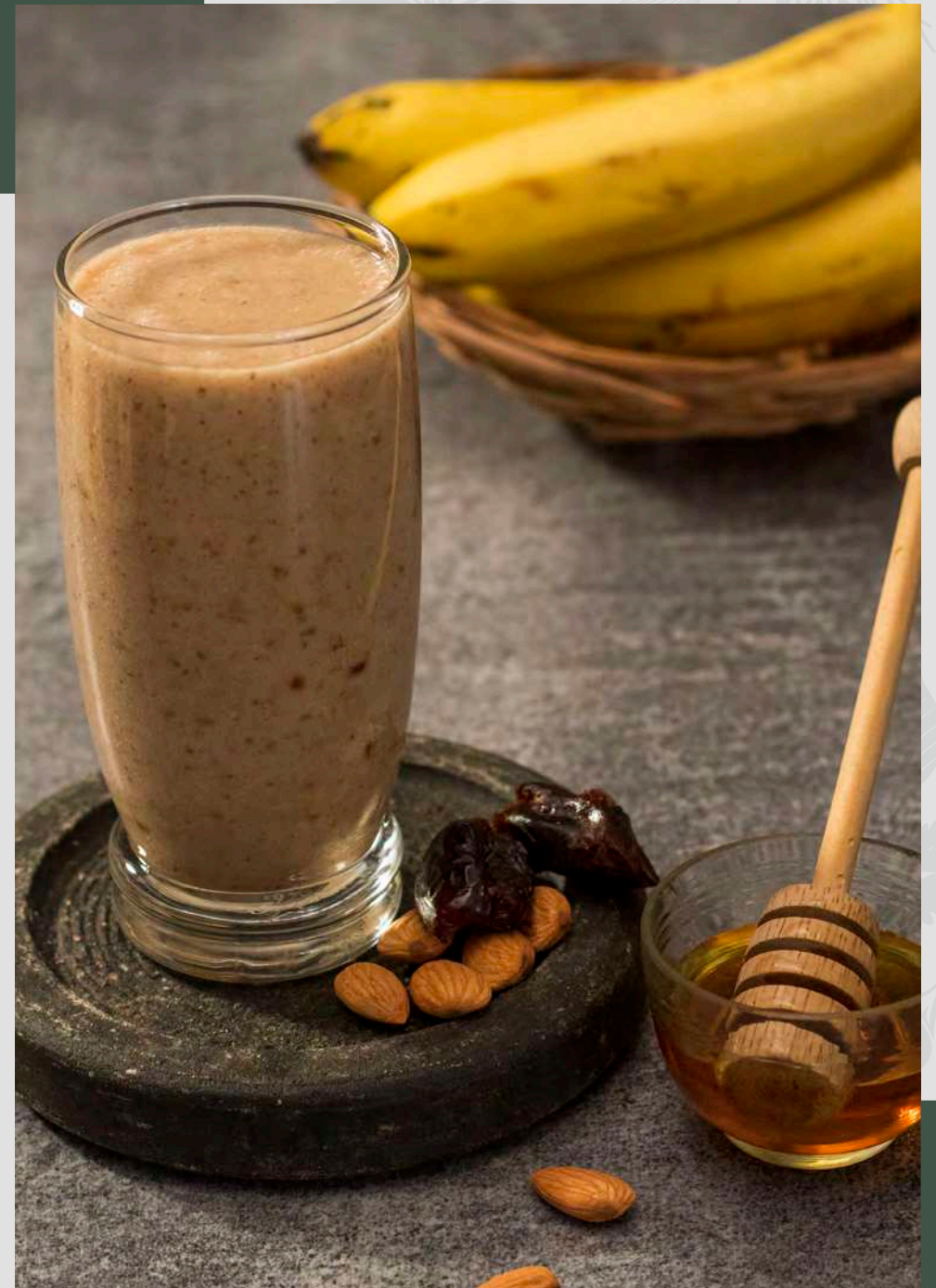
Banana Dates Almond Smoothie

Ingredients :

4 ripe bananas, peeled and roughly chopped
20 seedless dates, roughly chopped
20-24 almonds
2 cups chilled almond milk
4 tbsps honey

Method :

1. Transfer bananas, dates, almonds, almond milk and honey in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **SMOOTHIE** button and let the ingredients blend for 20 seconds at **P6**.
3. Transfer in individual glasses and serve chilled.



Smoothies

Kale and Kiwi Smoothie

Ingredients :

- 20 -24 kale leaves
- 4 kiwis, peeled and roughly chopped
- 2 cups chilled yogurt
- 4 tbsps maple syrup

Method :

1. Transfer kale leaves, kiwi, yogurt and maple syrup in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **SMOOTHIE** button and let the ingredients blend for 20 seconds at **P6**.
3. Transfer in individual glasses and serve chilled.



Smoothies

Watermelon and Rose Smoothie

Ingredients :

- 1 medium watermelon, peeled, seeded and roughly chopped
- ½ cup rose syrup
- 2 cups chilled yogurt
- 2 tsps lemon juice
- Finely chopped watermelon pieces for garnish

Method :

1. Transfer watermelon, rose syrup, chilled yogurt and lemon juice in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **SMOOTHIE** button and let the ingredients blend for 20 seconds at **P6**.
3. Transfer in individual glasses and serve chilled garnished with watermelon pieces.



Soups

Pumpkin and Thyme Soup

Ingredients :

- 1 kilogram yellow pumpkin, peeled and roughly chopped
- 6-8 fresh thyme sprigs, leaves separated
- 4 tsps olive oil
- 16-20 garlic cloves
- 2 medium onions
- Salt to taste
- 10-12 black peppercorns
- Toasted pumpkin seeds for garnish

Method :

1. Transfer pumpkin, thyme, olive oil, garlic, onions, salt, black peppercorns and 4 cups water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **SOUP** button and let the ingredients cook for 20 minutes. Switch off the machine.
3. Transfer in individual serving bowls, garnish with toasted pumpkin seeds and serve hot.



Soups

Tomato and Carrot Soup

Ingredients :

8 medium tomatoes, roughly chopped
2 medium carrots, peeled and roughly chopped
4 tsps olive oil
15-20 garlic cloves
2 medium onions, roughly chopped
Salt to taste
10-12 black peppercorns
6-8 fresh basil leaves
Fresh basil sprigs for garnish
Crushed black peppercorns to sprinkle
Breadsticks to serve

Method :

1. Transfer tomatoes, carrots, olive oil, garlic, onions, salt, black peppercorns, basil leaves and 4 cups water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **SOUP** button and let the ingredients cook for 20 minutes. Switch off the machine.
3. Transfer in individual serving bowls, garnish with basil sprigs, sprinkle crushed peppercorns and serve hot with breadsticks.



Soups

Wild Mushroom Soup

Ingredients :

30-40 button mushrooms, roughly chopped
40-50 enoki mushrooms, roughly chopped
30-40 shitake mushrooms, roughly chopped
4 tsps olive oil
2 tsps butter
16-20 garlic cloves
4-5 fresh thyme sprigs, leaves separated
2 tsps whole wheat flour (atta)
Salt to taste
Crushed black peppercorns to sprinkle

Method :

1. Transfer button mushrooms, enoki mushrooms, shitake mushrooms, olive oil, butter, garlic, thyme, whole wheat flour, salt and 4 cups water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **SOUP** button and let the ingredients cook for 20 minutes. Switch off the machine.
3. Transfer in individual serving bowls, sprinkle crushed black peppercorns and serve hot.



Soy Milk Mode

Gujarati Kadhi

Ingredients :

- 1 cup yogurt
- 3 tbsps gram flour (besan)
- 3 green chillies, stemmed and roughly chopped
- 1 inch ginger, roughly chopped
- Salt to taste
- 2 tsps sugar
- 1 tbsp oil
- ½ tsp mustard seeds
- A pinch of asafoetida (hing)
- 6-8 curry leaves
- 4-5 button dried red chillies
- Steamed rice for serving

Method :

1. Transfer the yogurt, gram flour, green chillies, ginger, salt, sugar and 2 cups water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **SOY MILK** button and let the ingredients cook for 21 minutes. Transfer the mixture in a bowl.
3. For tempering, heat oil in a non-stick pan. Add mustard seeds and once they start to splutter, add asafoetida, curry leaves and dried red chillies. Sauté for a few seconds. Immediately add this tempering to the kadhi.
4. Transfer in a serving bowl and serve hot with steamed rice.



Soy Milk Mode

Paneer Makhni

Ingredients :

400 grams cottage cheese (paneer), cut into 1 inch cubes
500 grams tomatoes, quartered
7-8 garlic cloves
1½ inch ginger piece, roughly chopped
7 green cardamoms
½ mace blade
2 tsps red chilli (deggi mirch) powder
½ cup butter
Salt to taste
1½ tsps dried fenugreek leaves (kasoori methi)
6-8 cashew nuts
1 tbsp honey
¼ cup fresh cream + to drizzle

Method :

1. Transfer the tomatoes, garlic, ginger, green cardamoms, mace, red chilli powder, butter, salt, dried fenugreek leaves, cashew nuts and 1½ cups water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press **ON** button. Now press **SOY MILK** button and let the ingredients cook for 21 minutes. Transfer the mixture in a bowl.
3. Heat a non-stick pan. Transfer the prepared gravy and add honey, fresh cream and mix well. Add paneer pieces and cook for 4-5 minutes on medium heat.
4. Transfer in a serving bowl, drizzle some fresh cream on top and serve hot.



Soy Milk Mode

Pasta Sauce

Ingredients :

5 medium tomatoes, roughly chopped
8 garlic cloves
Salt to taste
2 tsp sugar
6-8 fresh basil leaves
2 tbsps tomato ketchup
Boiled pasta as required

Method :

1. Transfer the tomatoes, garlic, salt, sugar, basil, tomato ketchup and ½ cup water in Wonderchef Nutri Cook Heater Blender Jar.
2. Place the jar on the base machine, close the lid and press ON button. Now press SOY MILK button and let the ingredients cook for 21 minutes.
3. Mix the pasta with the sauce and serve.

