

### Nutri-cook Rice Cooker with Single Bowl

Sanjeev 1/

# Recipe Book

## Aloo ki Sabzi

#### Ingredients

- 2 tbsp. Desi ghee
- 1 tsp. Jeera
- 1 inch Ginger (Chopped)
- 2 Green chillies (Chopped & as required)
- 1 tsp. Saunf crushed (Fennel seeds)
- 1 tsp. Sabut dhania crushed (coriander seeds )
- 2 Dry red chillies
- 1 tsp. Hing (Asafoetida)
- 1 tsp. Turmeric powder (haldi)
- 1 tsp. Red chilli powder
- 2 tsp. Soaked methi seeds (Fenugreek seeds, soaked for 2 hours minimum)
- 1 tbsp. Besan (Gram flour)
- 7-8 Potatoes peeled and diced
- Salt to taste
- Water as required (I used about 1 lire)
- 1 tbsp Jaggery/sugar (optional)
- Amchur powder 1 tsp.
- Kala namak a pinch (Optional)
- Kasuri methi 1 tsp.
- Fresh coriander as required

#### Instructions

1.In Nutri-cook rice cooker pot, add some desi ghee, you can also use oil.

2. Add in the 1 tbsp. jeera, ginger (Chopped), green chillies (Chopped & as required), crushed saunf (Fennel seeds), crushed coriander seeds (Sabut dhania), dry red chillies & sauté for a minute. Do not over burn the spices.

3. Add in the hing (Asafoetida), turmeric powder (haldi), red chilli powder, soaked methi which we had soaked earlier, besan (Gram flour) & cook for half a minute.
4. Add 7-8 potatoes and 3 cups of water. Add salt to taste.

5. Cook for 15 minutes.

6. Now add in the amchur powder, kasuri methi, black salt and cook for 2 minutes.
7. Add some fresh coriander & garnish with some ginger juliennes & fresh coriander & serve the delicious aloo ki sabzi with the crisp bedmi puri hot!

## Dal Makhani

#### Ingredients

 200 gms Soaked over night black lentil (sabut urad dal)

- 3 tbsp. Chopped garlic
- ¼ cup Butter
- Water as required
- For tempering
- ½ Cup ghee
- 1 tbsp. Ginger garlic paste
- 1 tsp. Red chilli powder
- 1 ½ Cup tomato puree
- ¼ cup Butter
- Salt to taste

#### For 2nd tempering

- 2 tbsp. Ghee
- 1 tsp. Kasuri methi
- ½ tsp. Degi red chilli powder
- 2 tbsp. Water
- ¼ cup Butter

#### For garnish

- 2-3 Butter cubes
- ½ tbsp. Fresh cream

#### Instructions

In the rice cooker add wash and soaked urad dal, garlic & let it cook for 20-30 mins till the dal is cooked completely. Once the dal is cooked add butter to it.

#### For 1<sup>st</sup> tempering

 Heat ghee in a Wonderchef fry pan.
 Add ginger garlic paste, red chilli powder, and fresh tomato puree. Sauté till the tomato puree is well cooked.
 Add the tempering to the cooked dal. Mix it well and mash it.

4. Add butter and salt to it and cook until well combined.

#### For 2<sup>nd</sup> tempering

 Heat ghee in a pan, add kasuri methi, red chilli powder & water. Add the tempering to the dal and add butter.
 Serve hot in a serving bowl and garnish with cream or butter cubes and serve with hot roti or jeera rice.

### One pot Spaghetti

#### Ingredients

- 1 tbsp. Olive oil
- 1 tbsp. Butter
- 1 tbsp. Garlic chopped
- 1 Onion, finely chopped
- 1/2 Yellow capsicum, cut into squares
- 1/2 Green Capsicum, cut into squares
- 2 Tomatoes, boiled & pureed
- 2 cups Water
- 100 gms Spaghetti
- 1/2 cup Baby Corn, chopped
- 1 cup Broccoli florets
- 1 tsp. Oregano, dried
- 8-10 Basil leaves
- 1 tsp. Red Chilli Flakes
- 1/4 tsp. Pepper Powder
- 6-7 Cherry Tomatoes
- 3 tbsp. Cheese, grated
- 3/4 cup Fresh Cream
- Salt to taste

#### Instructions

- 1. Heat oil & butter in a rice cooker.
- 2. Add chopped garlic and give it a mix.
- 3. Add onion and cook it for 2 minutes.

4. Now add yellow, and green capsicum and cook it for a minute.

5. Add tomato puree and cook it for 3-4 minutes.

6. Add water, once the water comes to a boil, add spaghetti, baby corn, broccoli and cover it and cook it for 8 minutes.
7. Add oregano, basil leaves, red chilli flakes, pepper powder, cherry tomatoes, cheese, fresh cream, and salt give it a good mix and let it cook for 3-4 minutes.
8. Turn the rice cooker off or put it in warm mode.

### Instant Rice Payasam I Rice Kheer

#### Ingredients

- Raw Rice 1/2 Cup (Soaked
   For 15 Minutes )
- Milk 1 litre
- Condensed Milk 200 ml
- Ghee 2 Tsp.
- Cashew Nuts chopped roughly
- 2 tbsp.
- Raisins 2 tbsp.
- Cardamom Powder 1/2 Tsp
- Saffron few strands

#### Instructions

1. In the Nutri-cook rice cooker pot, add the milk. Bring it to a boil.

 Add the rice to the milk, cover and let it simmer till the milk is thickened.
 Add condensed milk (you can also add sugar) and mix well.

4. Heat some ghee in a Wonderchef fry pan, add nuts and roast those till they are golden in colour.

5. Add the roasted nuts, cardamom powder & saffron strands to the kheer & mix well.

6. Serve the instant rice kheer warm.



# Dal Pakwan

#### Ingredients

#### For the dal

- 1 cup Chana dal
- ¼ tsp. Turmeric powder
- Salt to taste
- 1 tbsp. Ghee
- ½ tsp. Cumin seeds
- 1 green Chilli chopped
- 2 tsp. Finely chopped garlic
- 1/2 cup Ginely chopped onions
- ¼ tsp. Garam masala
- ½ tsp. Chilli powder
- 1½ tsp. Lemon juice

#### Ingredients for serving

- 4-5 mini pakwans
- 1 cup Khajur imli ki chutney
- ½ cup Green chutney
- 1 cup Finely chopped onions
- 1 cup Pomegranate
- Salt for sprinkling
- 1 cup Bikaneri bhujia

#### For the garnish

• 5 tbsp. Chopped coriander

#### Instructions

 To Nutri-cook rice cooker pot add ghee.
 Switch on the rice cooker, heat the ghee and add the cumin seeds.

2. When the cumin seeds crackle, add the green chilli and garlic, and sauté for a few seconds.

3. Add the onions and sauté on a medium flame for 1 to 2 minutes.

4. Add the soaked chana dal, garam masala, chilli powder and little salt, mix well and lastly add 4 cups of water, cover and cook for 20-25 minutes, while stirring occasionally.

5. Once the dal is cooked, add the lemon juice and mix well. Keep aside.

#### Serving Dal Pakwan

1. Just before serving, arrange 9 mini pakwans on a serving plate.

2. Top each mini pakwan with a little dal, 1 tbsp. khajur imli ki chutney, ½ tbsp. green chutney, 1 tbsp. onions and 1 tbsp. pomegranate.

3. Sprinkle little salt evenly over each pakwan and top it with 1 tsp. Bikaneri bhujia.

4. Garnish with 1 tbsp. of coriander.

5. Repeat steps 1 to 4 to make 4 more plates.

6. Serve immediately.

### One Pot Vegetable Pulao

#### Ingredients

- Basmati rice 1 cup
- Oil 1 tbsp.
- Jeera 1 tsp.
- Green cardamom 2 nos.
- Black cardamom 1 nos.
- Cinnamon stick 1 inch
- Black peppercorn 3-4 nos.
- Cloves 3-4 nos.
- Bay leaf 1-2 nos.
- Onion 2 medium size (sliced)
- Ginger garlic paste 1 tbsp
- Green chillies 1-2 nos.
- Turmeric powder 1/4th tsp
- Red chilli powder 1 tbsp.
- Coriander powder 1 tbsp.
- Tomatoes 2 medium size (chopped)
- Salt to taste
- Carrot ½ cup
- Potatoes 2 medium size
- Green peas 1/4th cup
- Soya chunks 1 cup (cooked)
- Water 1 ½ cup
- Fresh coriander 1 tbsp. (chopped)
- Lemon wedges 2 nos.

#### Instructions

 Rinse the raw rice thoroughly with fresh water and clean it until the water is clear.
 Soak rice in water for 20-30min.
 Switch on the Nutri-cook rice cooker, heat oil add the whole dried spices and sauté. Once spices release their aroma add onions and cook until translucent.
 Add ginger garlic paste, green chillies and sauté for a minute. Add the powdered spices & sauté for a minute.
 Add tomatoes and salt. Cook until they are mushy and add carrots, potatoes, green peas and soya chunks.

5. Cook for 2-3 minutes.

6. Add water & bring it to a boil, add the soaked rice, fresh coriander, lemon wedges and garam masala and give it a nice stir.

7. Let it cook for 10-12 minutes. Switch off the rice cooker. Mix once again very gently8. Serve hot with chilled vegetable raita or any raita of your choice.



#### Ingredients

- ½ cup Moong dal
- ¾ cup Rice basmati rice
- 2 tbsp. Ghee
- 1 tsp. Grated Ginger
- 2 tbsp. Chopped onion
- 1 tsp. Turmeric powder
- ¼ tsp. Hing/ asafoetida
- 1 tsp. Garam masala powder
- ½ tsp. Red Chilli Powder
- 1.5 tsp. Salt
- 5 cups Water

#### Instructions

1. To prepare the Dal Khichdi, rinse and soak the lentil for 10 – 15 minutes. Wash and soak rice in a separate bowl as well. Drain out the water from lentils rice and keep them aside.

2. Switch on the rice cooker. Heat ghee or oil, add cumin seeds and allow them to splutter for 1-2 minutes.

3. Add grated ginger, chopped onion & sauté till it is translucent

4. Add salt to taste, red chilli powder, garam masala, turmeric powder,

asafoetida and sauté well.

5. Add some water, cover the lid & set the rice cooker to cook mode.

Garnish with coriander and serve the moong dal khichdi with some extra ghee on top. Also, it's usually served with some papad, achar and yoghurt on the side.

### Dalia Khichdi

#### Ingredients

- 1 cup Dalia (broken wheat)
- 1 cup Finely chopped onion
- ¼ cup Green peas
- ¼ cup Finely chopped carrot
- ¼ cup Finely chopped green beans
- 1 tbsp. Peanut
- 1 tbsp. Cashews, sliced
- 1 2 Green chili, chopped
- Salt to taste
- 1 tsp. Cumin seeds (jeera)
- 1 tsp. Red chili powder
- ½ tsp. Turmeric powder
- Juice of 1 lemon
- 2 tbsp. Cooking oil
- 1.5 cup Water

#### Instructions

1. Dry roast dalia over low heat for 3 – 5 minutes or till aromatic and light brown in colour.

2. Transfer to a plate and set aside. To make dalia khichdi heat oil in the rice cooker.

3. Once the oil is hot enough add jeera and wait till the seeds start crackling.

4. Then add peanuts, cashews and fry for 10 – 20 seconds.

5. Add chopped onion and green chilli. Sauté till the onion turn light brown.

6. Now add the vegetables and sauté for 3– 5 minutes.

7. Add broken wheat to the sautéed vegetables. Season with salt and spices.8. Stir to evenly combine the seasoning.Pour water into the rice cooker, stir once, close the lid and set on cook more. Let it cook for 10-12 minutes.

 Remove the lid. Gently, fluff the khichdi with a fork. Drizzle lemon juice and freshly chopped coriander. Gently mix.
 Serve hot with curd.

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### Pearl millet khichdi / Bajra Khichdi

#### Ingredients

- 1 cup Pearl millet Bajra 1 cup broken
- 1/3 cup Split moong lentil chilka moong dal
- 1 medium Potatoes chopped
- 1 cup Cauliflower florets
- 1/2 cup Broccoli florets
- 1 cup Chopped carrot
- 1 cup Green peas
- 3 Tomato chopped
- 1 big piece chopped Ginger
- Green chilies as per your need
- Cilantro handful
- 2 tsp. Cumin seeds Jeera
- 1/4 tsp. Asafoetida Hing
- 1/2 tsp. Turmeric powder
- 1/2 tsp. Red chili powder
- 1 tsp. Coriander powder
- 1 tsp. Salt to taste
- 2 tsp. Ghee Ghee
- 4 cup Water 1:4 ratio of bajra

#### Instructions

- 1. Soak bajra for one hour.
- 2. Switch on the Nutri-cook rice cooker and heat the ghee.

3. Put asafoetida (hing) and cumin seeds (jeera).

4. Let it splutter. Then add ginger, green chillies, potato and all the vegetables.

- 5. Mix nicely and sauté for 3-4 minutes.
- 6. Then add soaked bajra and lentil (no need to soak the lentil just wash it and add it to the rice cooker).

7. Add salt and other spices and water, mix well and close the lid.

8. Cover with a lid and let it cook for 20 minutes.

9. Open the lid and give it a good stir.

10. Transfer the khichdi in a serving bowl and put some ghee on top.

11. Serve with papad, yoghurt or pickle.

## Instant Palak

### Khichdi

#### Ingredients

#### Ingredients for Khichdi in Rice Cooker :-

- ½ Cup Moong Dal /Yellow Split Moong Ientil
- ½ Cup Basmati Rice ,Washed
- 1 tsp. Salt
- ½ tsp. Turmeric Powder
- 3 Cup Water
- 2 Cups Spinach leaves(tightly packed) washed and blanched
- ½ Cup Water for making the spinach puree

#### Ingredients for making Lasooni Tadka

- 2 tbsp. Desi ghee
- 1 tsp. Cumin seeds
- ½ Inch Cinnamon Stick
- 2 Black Cardamom
- 1 Bay leaf
- 1 tbsp. Garlic (chopped)
- 1 tsp Kashmiri Lal Mirch
- 1 Dry Red Chilli(Round One)
- Pinch of Asafoetida

#### Instructions

- 1. Wash and Drain the Rice and Dal.
- 2. Switch on the rice cooker. Add Rice, dal, turmeric, salt and water.
- 3. Close the lid and let it cook for 12 minutes.

4. Puree the blanched spinach leaves with <sup>1</sup>/<sub>2</sub> cup of water in the blender and keep it aside.

5.In a Tadka Pan Add ghee. Heat it. Add Cumin seeds, dry red chilli, asafoetida, bay leaf, black cardamom and garlic to it. Fry it nicely so that it releases the natural flavour. Avoid burning it.

6. Remove the lid of the Rice cooker and mix the spinach puree to it.

7. Add Kashmiri red chilli powder to the tadka pan and immediately transfer the tadka to the rice cooker.

8. Mix it nicely and let it cook for 2 minutes.

9. Your Spinach / Palak Khichdi is ready to serve.

10. Serve this with Papad, Chutney and Pickle. Enjoy.

### Vegetable Masala Khichdi

#### Ingredients

- ½ cup Short grain rice or broken rice
- ¼ cup Yellow moong dal (split and skinless)
- ¼ cup Chilkewali moong dal
- ½ inch Ginger
- 2 cloves Garlic
- 1 Green chili
- 3 tablespoons Oil
- ½ teaspoon Mustard seeds
- ½ teaspoon Cumin seeds
- 2 Dried red chilies
- <sup>1</sup>/<sub>2</sub> cup Red onion chopped
- ¼ cup Tomato chopped
- ¼ cup Carrot chopped
- ¼ cup Green peas
- ¼ cup Capsicum (Green bell pepper) chopped
- ¼ cup Potatoes peeled and cubed

#### Instructions

#### Making Vegetable Masala Khichdi :

 Heat the oil in a Nutri-cook rice cooker.
 Add mustard seeds, as they pop add cumin seeds & let them sizzle.

3. Then add chopped onions and crushed ginger, garlic and chilli. Mix and cook till the onion becomes soft and translucent.4. Now add all the vegetables, salt,

turmeric, red chilli, coriander, cumin, garam masala powder, dal and rice. Mix well.

5. Add water and stir. Close the lid and switch on the rice cooker let it cook for 12 minutes.

6. Open the lid. Mix with a spatula & serve.



## Steamed Idli

#### Ingredients

#### Ingredients for Idli batter

- 1/2 tbsp. Fenugreek seeds
- 11/2 cup Urad dal
- Salt as required
- 21/2 cup Idli rice
- Water as required

#### Instructions

1. Add urad dal & fenugreek seeds in a bowl & soak it, add idli rice to another bowl and wash it very well until the water is clear.

Soak them in water for 6-8 hours.
 After soaking add dal, fenugreek, salt & water to a blender jar or a wet grinder.
 Blend the batter thick & smooth.
 Ferment the idli batter overnight.

4. To make idlis, switch on the rice cooker & press the cook button and add 1 ½ water for steaming.

5. Grease the idli plates & pour the batter into the moulds. When the water begins to boil, keep the idli stand in the rice cooker.

6. Steam it for 12-15 mins, remove the idli stand & let it cool. Serve it with coconut chutney & sambhar.



# Chocolate Sponge Cake

#### Ingredients

- 2 cups all purpose flour (Maida )
- ½ cup Cocoa powder
- 1 tsp. Baking powder
- 1 tsp. Baking soda
- ¼ Salt
- 2 tsp. Sugar powder
- 400 gm Condensed milk
- 200 ml Water
- 2 tsp. Vanilla extract
- 1 ½ gm Melted butter

#### Instructions

 Mix the wet ingredients in a bowl & sieve the dry ingredients in another bowl.
 Mix wet & dry ingredients in one bowl.
 Grease and flour the cake mould (unless it is non-stick).

3. Pour the mixture into the cake mould. Switch on the rice cooker & press the cook button. Add 1 ½ cup water in the pot, the cake mould inside on a stand or any raised surface & cook for 35-40 mins.

4. Test your cake with a skewer to see if it is cooked.

5. Remove the mould, Place the sponge on a cooling rack to cool and serve



## Chicken Curry

#### Ingredients

- Chicken, curry cut pieces- 1Kg
- Salt- 2 tsp.
- Turmeric powder-1tsp.
- Red Chilli Powder- 2 tsp.

#### Spice paste

- Cumin seeds- 2 tsp.
- Kashmiri Chillies- 6
- Poppy seeds (Khus khus)- 4 tsp. (White sesame seeds can be used as a substitute)
- Dry Coconut (Khopra), small pieces or shreds- 2 tsp.

#### **Tempering:**

- Green Cardamom- 5
- Cloves- 5
- Cinnamon- 2 pieces
- Bay leaf-2 (cut into 2)
- Onion, chopped- 4 (total 250 gms)
- Ginger Garlic paste- 4 tsp.
- Whisked curd or yogurt- 4 tsp.
- Coriander Powder- 3 tsp.
- Garam Masala Powder- 1 tsp.
- Refined Oil- 5 tsp.

#### Instructions

 Add the items for spice paste in a pan and dry roast on low heat for 3-4 mins.
 Remove into a bowl and set aside to cool. Grind it in a blender/grinder to a powder.

3. Clean and wash the chicken pieces, drain the water in a colander.

4. Marinate the chicken pieces with salt, turmeric & red chilli powder and set aside for 30 mins.

5. Heat oil in a Nutri-cook rice cooker. Add the spices for tempering and give a stir.

6. Now add the chopped onions & cook for12 mins till light brown in colour.

7. Add the ginger garlic paste and mix it till the raw smell goes.

8. Add in the marinated chicken, mix and cook while stirring for 2-3 mins.

9. Now add the spice powder made earlier and cook with a splash of water for 2 mins.10. You may add a splash of water whenever it tends to stick to the bottom while frying.

11. Add the coriander powder and Garam masala powder and cook for another 2-3 mins.

12. Now add the whisked curd/yoghurt and cook for 2-3 mins till the oil separates.13. Add 350 ml water, give a mix and cover the rice cooker with the lid.

14. Cook for 30 mins or until the chicken is cooked & add chopped coriander leaves.15. Serve hot with rice or roti.



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