

 **WONDERCHEF**[®]

Cook with Pride

Recipe Book

SUMO

MIXER GRINDER

**1000
WATTS**





WONDERCHEF[®]

Cook with Pride



"For years I have done shows and written my books with just one thought in mind - empower women by enabling them to cook better. Besides a good recipe, a very important element for cooking well is the quality of the kitchenware used in your kitchen. To enable you to cook healthy and tasty food, Wonderchef develops unique & quality products across the world.

Enjoy these wonderful products and become a part of my Wonderchef family."



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Sambhar Masala

Ingredients

- *Bengal gram (chana dal)* 4 tbsp (72 g)
- *Black gram (urad dal)* 2 tbsp (36 g)
- *Coriander seeds* 4 tbsp (27 g)
- *Cumin seeds (jeera)* 2 tsp (9 g)
- *Fenugreek seeds (methi)* 1 tsp (5 g)
- *Dry coconut* 8 tbsp (38 g)
- *Dry red chillies* 10-15 (10 g)
- *Spring curry leaf* 3 leaves

Method

- *Dry-roast the above ingredients in a pre-heated pan on a low/medium heat until there is enough aroma from the ingredients.*
- *After roasting, allow the ingredients to cool to room temperature.*
- *Pour the roasted ingredients into the medium jar fitted with the Pounding Blade and grind as per the table below.*

Speed	Time
Pulse	5 times (for about 1 second each pulse)
1	10 seconds
2	10 seconds
3	5 seconds
Remarks	Stop and scoop off if ingredients stick to wall of jar

Note: The timings in all the above recipes are indicative to obtain the desired level of fineness/coarseness close to the traditional grinding method. However, you may adjust the timings as per your requirements.

Puliyodharai Masala

Ingredients

- Sesame seeds 4 tsp (16 g)
- Bengal gram (chana dal) 4 tbsp (72 g)
- Urad dal 2 tbsp (36 g)
- Dried red chillies 8-10
- Black pepper 2 tsp (9 g)
- Coriander seeds 4 tsp (10 g)
- Fenugreek seeds 1/3 tsp (3 g)

Method

- Dry-roast the sesame seeds, chana dal and urad dal in a pre-heated pan on a low/medium heat until there is enough aroma from the ingredients. Then add black pepper, dried red chillies, coriander seeds and fenugreek, one by one, in this order and roast the entire mixture for a bit longer.
- After roasting, allow the ingredients to cool to room temperature.
- Pour the roasted ingredients into the medium jar fitted with the Pounding Blade and grind as per the table below.

Speed	Time
Pulse	10 times (for about 1 second each pulse)
1	5 seconds
2	-
3	-
Remarks	Stop and scoop off if ingredients stick to wall of jar

Note: The timings in all the above recipes are indicative to obtain the desired level of fineness/coarseness close to the traditional grinding method. However, you may adjust the timings as per your requirements.

Rasam Powder

Ingredients

- *Coriander seeds* 2 cups (50 g)
- *Tur dal* 2/3 cup (50 g)
- *Dried red chillies* 6-8
- *Black pepper* ½ cup (30 g)
- *Cumin seeds (jeera)* 3 tsp (15 g)

Method

- *Dry-roast the coriander seeds and tur dal in a pre-heated pan on a low/ medium heat until the mixture of ingredients turns brown/slightly dark. Then add black pepper, dried red chillies and cumin, one by one, in this order and roast the entire mixture for a bit longer.*
- *After roasting, allow the ingredients to cool to room temperature.*
- *Pour the roasted ingredients into the medium jar fitted with the Pounding Blade and grind as per the table below.*

Speed	Time
Pulse	-
1	10 seconds
2	15 seconds
3	-
Remarks	Stop and scoop off if ingredients stick to wall of jar

Note: The timings in all the above recipes are indicative to obtain the desired level of fineness/coarseness close to the traditional grinding method. However, you may adjust the timings as per your requirements.

Idli Podi

Ingredients

- Sesame seeds ½ tsp (2 g)
- Bengal gram (chana dal) ½ cup (100 g)
- Urad dal ½ cup (100 g)
- Dry red chillies 4-5 nos
- Peeled garlic cloves 5 nos
- Spring curry leaf 1 nos
- Asafoetida 1 pinch
- Salt as per taste

Method

- Dry-roast the above ingredients in a pre-heated pan on a low/medium heat until there is enough aroma from the ingredients.
- After roasting, allow the ingredients to cool to room temperature.
- Pour the roasted ingredients into the medium jar fitted with the Pounding Blade and grind as per the table below.

Speed	Time
Pulse	10 times (for about 1 second each pulse)
1	15 seconds
2	-
3	-
Remarks	Stop and scoop off if ingredients stick to wall of jar

Note: The timings in all the above recipes are indicative to obtain the desired level of fineness/coarseness close to the traditional grinding method. However, you may adjust the timings as per your requirements.

Garam Masala

Ingredients

- Cloves 16 (9 g)
- Cum in seeds (*shahi jeera*) 1 tbs p (27g)
- Bay leaf 4-5 (3 g)
- Green cardamom 1 tsp (5 g)
- Black cardamom ½ tsp (5 g)
- Star anise 2 tbs p (6 g)
- Mace 8 (3 g)
- Cinnamon 15-16 leaves (9 g)
- Black pepper 7 g
- Lichen (*pathar ka phool*) 2 g

Method

- Dry-roast the above ingredients in a pre-heated pan on a low/medium heat until there is enough aroma from the ingredients. Add cumin seeds (*shahi jeera*) and bay leaves at the end.
- After roasting, allow the ingredients to cool to room temperature.
- Pour the roasted ingredients into the Medium Jar fitted with the Pounding Blade and grind as per the table below.

Speed	Time
Pulse	10 times (for about 1 second each pulse)
1	15 seconds
2	-
3	-
Remarks	Stop and scoop off if ingredients stick to wall of jar

Note: The timings in all the above recipes are indicative to obtain the desired level of fineness/coarseness close to the traditional grinding method. However, you may adjust the timings as per your requirements.

Dane ki Chutney

Ingredients

- *Peanuts roasted* 120 g
- *Red chilli powder* 6 g
- *Salt to taste* 3 g
- *Cumin seeds* 4 g
- *Coriander seeds* 5 g
- *Oil* 2.5 ml
- *Asafoetida powder* 2 pinch (0.5 g)

Method

- *Dry-roast the above ingredients in a pre-heated pan on a low/medium heat until there is enough aroma from the ingredients.*
- *After roasting, allow the ingredients to cool to room temperature.*
- *Pour all the roasted ingredients (except the peanuts) into the medium jar fitted with the Pounding Blade and grind as per the table below.*

Speed	Time
Pulse	3-4 times
Stop	Scoop and mix

- *Then add the roasted peanuts to the mixture and grind again as per following table.*

Speed	Time
Pulse	4 times, or as required
Stop	Scoop and mix

Note: The timings in all the above recipes are indicative to obtain the desired level of fineness/coarseness close to the traditional grinding method. However, you may adjust the timings as per your requirements.

Tomato And Ginger Chutney

Ingredients

- Tomatoes 2 medium
- Ginger 1 1/2 inch peice
- Oil 2 tablespoons
- Mustard seeds 1 teaspoon
- Asafoetida 1/4 teaspoon
- Split Bengal gram (chana dal) 1 tablespoon
- Curry leaves 15-20
- Dried red chillies 3-4
- Salt to taste
- Scraped coconut 2-3 tablespoons

Method

Heat oil in a non-stick pan. Roughly chop ginger and tomatoes.

Add mustard seeds, asafoetida, chana dal, curry leaves and ginger to the pan and saute till lightly coloured. Add red chillies and mix. Add tomatoes and cook. Add salt, a little water and cook till the tomatoes are soft.

*Cool and put the mixture into the **Sumo Mixer Chutney Jar**. Add coconut and grind with a little water till smooth. Serve with appam or dosa.*

Coconut Chutney

Ingredients

- Coconut 1/2
- Garlic 3-4 cloves
- Fresh coriander leaves 1/2 cup
- Green chillies 3
- Yogurt 3 teaspoons
- Lemon juice 1/2 tablespoon
- Sugar 2 teaspoons
- Salt to taste

Method

Scrape coconut. Peel, wash and roughly chop garlic. Clean, wash and roughly chop coriander leaves.

*Remove stems, wash and roughly chop green chillies. Mix all ingredients except yogurt and grind them into a coarse paste in the **Sumo Mixer Chutney Jar**.*

Mix yogurt in the chutney thoroughly, adjust seasoning and serve with snacks.

Green Chutney

Ingredients

- *Fresh coriander leaves, chopped* 1 cup
- *Fresh mint leaves, chopped* 1/2 cup
- *Green chillies, chopped* 2-3
- *Black salt (kala namak) to taste*
- *Sugar* 1/4 teaspoon
- *Lemon juice* 1 teaspoon

Method

*Grind fresh coriander, fresh mint and green chillies in the **Sumo Mixer Chutney Jar** to a smooth paste with a little water if required.*

Add black salt and sugar.

Transfer to a bowl, add lemon juice and mix well.

Flax Seed Chutney

Ingredients

- *Flax seeds* 1/2 cup
- *Sesame oil (til oil)* 2 tablespoons
- *Garlic cloves, mashed* 25-30
- *Dried red chillies, broken* 8-10
- *White sesame seeds* 3 tablespoons
- *Rock salt (sendha namak) to taste*

Method

Heat oil in a non stick pan. Add garlic and saute till golden. Add dried red chillies and saute till crisp.

*Add flax seeds and sesame seeds and transfer into the **Sumo Mixer Chutney Jar**. Add rock salt and cool and grind to a chutney. Transfer into a serving bowl and serve with snacks.*

Adrak Ki Chutney

Ingredients

• <i>Ginger, peeled and sliced</i>	100 grams
• <i>Oil</i>	3 tablespoons
• <i>Tomato, roughly chopped</i>	1 medium
• <i>Onion, sliced</i>	1 medium
• <i>Salt to taste</i>	
• <i>Tamarind paste</i>	1 tablespoon
• <i>Asafoetida</i>	a pinch
• <i>Cumin seeds</i>	1/2 teaspoon
• <i>Mustard seeds</i>	1 teaspoon
• <i>Dried red chillies, broken</i>	5
• <i>Curry leaves</i>	8-10

Method

Heat 2 tbsps oil in a non-stick pan, add onion and saute till light golden. Add ginger and saute for 2-3 minutes. Add tomato and saute for 2-3 minutes.

*Add salt and mix well. Add tamarind paste and mix well. Turn off the heat and transfer the mixture into the **Sumo Mixer Chutney Jar** and grind to a paste with 1/2 cup water. Transfer this chutney into a bowl.*

Heat 1 tbsp oil in a non-stick pan, add asafoetida, cumin seeds and mustard seeds. When the seeds splutter, add dried red chillies and curry leaves. Add this tempering to the chutney. Transfer into a serving bowl and serve.

Date And Tamarind Chutney

Ingredients

- Dates (*khajur*) 15-20
- Tamarind pulp 1 cup
- Cumin seeds 2 teaspoons
- Fennel seeds (*saunf*) 1/4 teaspoon
- Jaggery (*gur*), grated 1/2 cup
- Red chilli powder 2 teaspoons
- Dry ginger powder (*soonth*) 1 teaspoon
- Black salt (*kala namak*) 1 teaspoon
- Salt to taste

Method

Wash, stone dates and chop roughly.

*Dry roast cumin seeds and fennel seeds. Cool slightly and grind to a powder in the **Sumo Mixer Grinding Jar**.*

*Soak tamarind in water for 1-2 hours and pulp it in the **Sumo Mixer Chutney Jar**.*

Mix together dates, jaggery, tamarind pulp, cumin and fennel powder, red chilli powder, dry ginger powder, black salt, salt to taste and four cups of water.

Cook on medium heat till it comes to a boil, reduce heat and continue to cook for six to eight minutes. Cool and serve.

Curry Masala Powder

Ingredients

• Coriander Seeds	1/2 cup or less
• Cumin Seeds	2 tbsp
• Fennel seeds	3 tbsp
• Pepper Corns	1 tsp
• Black Mustard seeds	1 tbsp
• Dry Red Chilies	5
• Methi seeds/Fenugreek seeds	1/4 tsp
• Curry leaves	15-20 leaves
• Ground Turmeric/Turmeric Powder	2 tsp
• Ground Ginger/Ginger Powder	1 tsp
• Cinnamon 3" stick	2
• Cloves	10

Method

Heat a pan, dry roast all the ingredients one by one separately for 4-5 minutes or till aroma comes.

Coriander seeds, methi seeds, mustard seeds will pop lightly when u roast them, so roast until the popping sound stops.

Roast Everything on medium heat, do not stir the spices frequently, just toss them gently.

Do not roast turmeric and ginger powder, simply added it while grinding.

*Allow the mixture to cool for a while. Grind it to a fine powder in the **Sumo Mixer Grinding Jar**.*

Chutney Powder

Ingredients

- Urad dal/Uluthamparuppu/white lentils/black gram dal 1 cup
- Channa dal/Bengal gram dal/kadalai paruppu 1/2cup
- Dry Red chillies/Vara Milagai 8-10
- Curry leaves 1-2 sprigs
- Garlic 2-5 cloves
- Hing/Asafoetida/Perungayam 1/4 tsp
- Salt to taste
- Oil 1/2 tsp

Method

Heat oil in a pan/wok, first add urad dal and roast it on medium heat until it turns golden brown and flavor comes.

Once done transfer it to a plate and to the same pan add channa dal and roast till it turns golden brown and then transfer it to the same plate

And now add chillies and curry leaves and roast till the leaves and chillies turn crisp and flavor comes.

*After that allow these ingredients to cool for a while and then in the **Sumo Mixer Grinding Jar** first grind chilli, curry leaves and garlic to a coarse mixture.*

Then add roasted dal, hing and enough salt and grind it again to a coarse powder.

To serve mix it with sesame oil or ghee and serve as an accompaniment for Idly/Dosa/Paniyaram/Adai

Goda Masala

Ingredients

• Cardamoms (<i>Elaichi</i>)	5
• Cinnamon (<i>Tuj/Dalchini</i>)	1/2 inch stick
• Cloves (<i>Lavang</i>)	5
• Bay Leaves (<i>Tej Patta</i>)	2
• Oil	1 teaspoon
• White Sesame seeds (<i>Til</i>)	2 teaspoons
• Coriander seeds (<i>Dhania</i>)	2 teaspoons
• Flaked Coconut (<i>Nariyal</i>)	4 teaspoons
• Black Pepper corns (<i>Kalimirchi</i>)	10
• Cassia Buds	5

Method

Remove the cardamom seeds from their husks.

Saute cinnamon, cloves, cardamom seeds and bay leaves in the oil until the cloves swell.

Dry-Roast the rest of ingredients over low heat until the coconut is dark brown.

*Cool and grind in the **Sumo Mixer Grinding Jar** with sauteed spices until fine.*

Store in an air tight container.

Phanch Phoron

Ingredients

- *Cumin Seed (Jeera)*
- *Fennel seeds (Saunf)*
- *Fenugreek seeds (Methi)*
- *Black Mustard seeds (Raai/Raee)*
- *Nigella seeds*

Method

Mix equal quantities of the above ingredients.

*Grind them to a thin powder in the **Sumo Mixer Grinding Jar** .*

It is best to grind small quantities and use as and when required.

Phanch Phoron is added to hot oil before adding vegetables or other legumes.

Arhar Aur Tamatar Ka Shorba

Ingredients

- Split pigeon pea (toor dal/arhar dal), soaked 1/2 cup
- Tomatoes, ripe 3 medium
- Oil 1 tablespoon
- Onion 1 medium
- Garlic 5-6 cloves
- Ginger 1 inch piece
- Cumin seeds 1/2 teaspoon
- Salt to taste
- White pepper powder to taste
- Fresh mint leaves 1 sprig

Method

Heat oil in a pressure cooker. Chop onion, garlic cloves and ginger in a chopper. Add cumin seeds to the cooker and when they change colour, add onion-garlic-ginger and saute for 1-2 minutes.

Drain and add dal and mix well. Add salt, pepper powder, 1 1/2 cups water and mix. Chop tomatoes roughly and put into the cooker. Close the cooker and cook under pressure till 3-4 whistles are given out.

Open the lid when pressure reduces completely and let the mixture cool a little. Blend till smooth in the **Sumo Mixer Blender Jar** and strain back into the cooker and let it come to a boil.

Pour into a soup bowl, garnish with a sprig of fresh mint and serve hot.

Palak Shorba

Ingredients

- *Spinach* 1 bunch
- *Oil* 1 tablespoon
- *Cinnamon* 1 inch stick
- *Black peppercorns* 15-20
- *Cloves* 5
- *Black cardamoms* 3
- *Bay leaves* 2
- *Ginger, finely chopped* 2 tablespoons
- *Garlic, finely chopped* 1 tablespoon
- *Onion, finely chopped* 1 medium
- *Green chilli, chopped* 1
- *Bottle gourd (lauki/doodhi)* 1/4
- *Carrot* 1/2medium
- *Salt* to taste
- *Milk* 1 cup
- *Black pepper powder* a pinch

Method

Heat oil in a non-stick pan. Add cinnamon, black peppercorns, cloves, black cardamoms, bay leaves, ginger and garlic and saute. When garlic turns light brown, add onion and saute. Add green chilli and mix.

Cut bottle gourd and carrot into small cubes and add. Roughly chop spinach and add. Saute for a minute and add 5 cups water. Add salt and mix well. Cover and cook for 8-10 minutes.

*Add milk and mix and let the mixture come to a boil. Cool slightly, transfer into the **Sumo Mixer Blender Jar** and blend into a paste.*

Strain this mixture into a bowl. Transfer it back into the pan and bring it to a boil.

Transfer shorba into a serving bowl, sprinkle some black pepper powder and serve hot.

Potato Corn Soup

Ingredients

- Potatoes, boiled and peeled 2 medium
- Creamed sweet corn 200 grams
- Onions 2 medium
- Garlic 2 cloves
- Olive oil 1 tablespoon
- Salt to taste
- Milk 1 1/4 cups
- Parsley a few sprigs
- Black pepper powder to taste

Method

Roughly chop onions and garlic. Heat oil in a deep non-stick pan, add onions and garlic and saute for 2 minutes. Add salt.

*Roughly chop potatoes and add. Saute for 2 minutes. Transfer into the **Sumo Mixer Blender Jar**. Add 1 cup water and grind to a fine puree.*

Pour the puree back into the pan, add milk and mix well. Add cream style sweet corn and mix well and heat. Finely chop parsley.

If you wish you can add a little black pepper powder. Cook the soup till it comes to a boil. Pour the soup into individual soup bowls, garnish with parsley and serve piping hot immediately.

Tomato Soup

Ingredients

- Tomatoes 1 kilogram
- Carrots 2 medium
- Onions 2 medium
- Bay leaf 1
- Cinnamon 1 inch stick
- Ginger 1 inch piece
- Sugar 1 teaspoon
- Black pepper powder 1/2 teaspoon
- Salt to taste
- Butter 1 teaspoon
- Cumin powder 1/2 teaspoon
- Fresh coriander leaves, finely chopped 2 tablespoons
- Bread, diced
- Fresh cream

Method

Take tomatoes, carrots, onions, bay leaf, cinnamon, ginger and four cups of water and pressure cook for ten minutes or one whistle.

Remove and let the pressure release. Remove and blend it in the **Sumo Mixer Blender Jar** till smooth.

Heat a deep non-stick pan. Add the paste and bring it to boil. Add sugar, black pepper powder and salt and continue cooking.

Heat butter in another pan, add cumin powder and mix well. Add this to the above pan and mix well and continue cooking till it gets soupy consistency.

Serve hot garnished with coriander leaves, bread croutons and malai.

Mexican Corn Soup

Ingredients

• Sweet Corn, drained	7 tablespoons
• Oil	2 tablespoons
• Onions, chopped	2 medium
• Celery, chopped	1 tablespoon
• Garlic	5-6 cloves
• Carrot	1 medium
• Salt to taste	
• Coriander powder	1/2 teaspoon
• Cumin powder	1/2 teaspoon
• Vegetable stock	3 cups
• Pickled jalapenos	1 slice
• Red capsicum, roasted chopped	1 medium
• Fresh coriander leaves	a few sprigs

Method

Heat 2 tbsps oil in a deep non-stick pan. Add onions and celery. Crush garlic and add and saute for 2 minutes.

Cut carrot into small pieces and add along with salt, coriander powder, cumin powder and mix well. Add vegetable stock, cover and cook for 2 minutes.

Add 4 tbsps corn, cover and continue to cook. Add jalapeno and cook till carrot is soft.

Strain the stock into a bowl and put the solids into a mixer jar. Add 1/4 cup cold vegetable stock and blend till smooth in the **Sumo Mixer Blender Jar**.

Pour the strained stock back into the pan add the puree and mix well and bring to a boil. Add 3 tbsps sweet corn, most of the roasted capsicum and mix.

Pour into a soup bowl and serve piping hot garnished with remaining roasted red capsicum and a sprig of fresh coriander leaves.

Solkadhi

Ingredients

- Kokum petals, soaked in water 10-15
- Scraped coconut 3 cups
- Coriander stems 15-20
- Garlic cloves 8-10
- Green chillies, broken 3
- Pomegranate pearls 1 cup
- Salt to taste

Method

Mix together coconut and 6 cups water in a bowl.

Grind together kokum water, coriander stems, garlic cloves, green chillies and pomegranate pearls in the **Sumo Mixer Grinder Jar**.

Transfer into the coconut bowl. Add salt and mix. Strain through a muslin cloth in another bowl. Serve chilled

Dahi Wada

Ingredients

- Split black gram skinless (*dhuli urad dal*) 1 cup
- Salt to taste
- Asafoetida a pinch
- Cumin seeds 1 teaspoon
- Oil to deep fry
- Yogurt, whisked and chilled 2 1/2 cups
- Black salt (*kala namak*) 1/2 teaspoon
- Red chilli powder 1 teaspoon
- Roasted cumin powder 1 teaspoon
- Sweet tamarind chutney 1/2 cup
- Fresh coriander leaves, chopped 1/4 cup

Method

Soak dal for three to four hours. Drain and grind, using very little water, to a thick, coarse and fluffy batter in the **Sumo Mixer Grinding Jar**. Add salt, asafoetida and cumin seeds and

mix well with hands to make a well blended mixture.

Heat sufficient oil in a kadai. Fry a small portion of the batter in hot oil to test if the batter holds well. Apply a little water on palm.

Take a small portion of batter and pat lightly with damp fingers to flatten it. Gently put into hot oil. Repeat with remaining batter.

Fry till wadas are golden brown. Drain and soak in cold water. Squeeze out wadas and arrange on a serving dish.

Pour chilled yogurt over them and serve garnished with rock salt, red chilli powder, cumin powder, sweet tamarind chutney and chopped coriander leaves.

Hare Chane Ke Kebab

Ingredients

- *Green chana (hare chane)* 2 cups
- *Salt to taste*
- *Coriander powder* 1 1/2 teaspoon
- *Cumin powder* 3/4 teaspoon
- *Green chilli paste* 1 tablespoon
- *Onion, ground* 1 medium
- *Garlic paste* 1 tablespoon
- *Yogurt* 1/2 cup
- *Ghee plus to shallow fry* 2 tablespoons
- *Roasted chana dal powder* 1/2 tablespoons
- *Powdered sugar* 1 teaspoon
- *Fresh coriander leaves, chopped* 2 tablespoons
- *Garam masala powder* 1 1/2 teaspoons

Method

Boil the soaked chana in two cups of water along with salt, coriander powder, cumin powder, green chilli paste, ground onion, ground garlic, yogurt and two tablespoons of ghee till cooked and all the liquid is absorbed.

*Cool and grind the mixture in the **Sumo Mixer Grinding Jar**. Add the remaining ingredients and mix well to a smooth dough. Divide the dough into twelve equal parts and shape them into tikkis.*

Heat a little ghee in a pan and shallow-fry these tikkis till golden brown on both the sides. Drain onto an absorbent paper.

Paunk Ke Vade

Ingredients

- *Jowar* 1 1/2 cups
 - *Ginger* 1 inch peice
 - *Green chillies* 1-2
 - *Onions* 2 medium
 - *Red chilli powder* 1 teaspoon
 - *Turmeric powder* 1/4 teaspoon
 - *Amchur powder* 1 teaspoon
 - *Soda bicarbonate* a pinch
 - *Gram flour (besan)* 2 tablespoons
 - *Salt to taste*
 - *Oil*
 - *Fresh mint leaves*
- For Chutney**
- *Garlic cloves* 5-6
 - *Green chillies* 3-4
 - *Yogurt* 3 tablespoons
 - *Chaata masala* 1/2 teaspoon

*to deep fry
for garnish*

Method

Grind Jowar coarsely in the **Sumo Mixer Grinding Jar** and transfer into a bowl.

Finely chop ginger, green chillies and onions and add to the paunk along with red chilli powder, turmeric powder, dried mango powder, soda bicarbonate, gram flour and salt and mix well. Add a little water and mix.

Heat sufficient oil in a kadai. Grease banana leaves with oil.

Put a little paunk (Jowar) mixture on a banana leaf and flatten it to make a vada. Similarly make more vadas.

Deep fry the vadas in hot oil till half done, drain on absorbent paper

Reheat the oil and deep fry the vadas again till golden and crisp. Drain on absorbent paper.

Grind together garlic, green chillies and yogurt in the **Sumo Mixer Chutney Jar**. Transfer this chutney into a bowl. Add chaat masala to the chutney.

Transfer the vadas onto a serving plate. Garnish with mint leaves and serve hot with chutney.

Paani Puri

Ingredients

- *Crisp Puffed Puris* 40
- *Date and tamarind chutney* 1 1/2 cups
- For Filling**
- *Bean sprouts, boiled* 1 cup
- *Potatoes, boiled and cut into small pieces* 2 large
- *Black salt (kala namak) to taste*
- *Chaat masala* 1 teaspoon
- For Pani**
- *Fresh coriander leaves, small* 1 bunch
- *Fresh mint leaves, small* 1 bunch
- *Green chillies* 5-6
- *Paani puri masala* 2 tablespoons
- *Dried mint powder* 1/2 tablespoon
- *Black salt (kala namak) to taste*
- *Salt to taste*
- *Roasted cumin powder* 1/2 tablespoon
- *Lemon juice* 3 tablespoons
- *Boondi* 1/4 cup

Method

To make the moong sprout filling, combine all the ingredients in a bowl, toss to mix well and set aside.

*To make paani grind coriander leaves, mint leaves and green chillies to a paste in the **Sumo Mixer Chutney Jar** using water as required. Transfer coriander and mint paste into a large bowl.*

Add paani puri masala, dry mango powder, black salt, salt, cumin powder and lemon juice and stir to mix well. Add six cups of water to the above mixture.

Stir to mix well and put to chill in the refrigerator. While serving add boondi to the prepared paani and stir.

Take a puri, break a little of the crust, fill it up with a little moong and potato filling followed by a half a tablespoon of sweet date and tamarind chutney.

Dip the puri in the prepared paani and serve immediately. Similarly prepare the remaining puris and serve.

Palak Paneer

Ingredients

- Spinach (900 grams) 2 large bunches
- Paneer (cottage cheese) 200 grams
- Green chillies 2-3
- Garlic, chopped 8-10 cloves
- Oil 3 tablespoons
- Cumin seeds 1/2 teaspoon
- Salt to taste
- Lemon juice 1 tablespoon
- Fresh cream 4 tablespoons

Method

Remove the stems and wash spinach thoroughly in running water. Blanch in salted boiling water for two minutes.

*Refresh in chilled water. Squeeze out excess water. Grind into a fine paste along with green chillies in the **Sumo Mixer Grinding Jar**. Cut the paneer into one inch by one inch by half inch pieces.*

Heat oil in a pan. Add cumin seeds. When they begin to change colour, add garlic and saute for half a minute. Add the spinach puree and stir. Check seasoning.

Add water if required. When the gravy comes to a boil, add the paneer and mix well. Stir in lemon juice. Finally add fresh cream. Serve hot.

Chicken And Prawn Laksa

Ingredients

• Boneless chicken, cut into thin strips	100 grams
• Prawns (kolambi/jhinga)	10-12 medium
• Whole dry red chillies, soaked	6-7
• Shallots	12-14
• Garlic	3-4 cloves
• Lemon grass	1-2 stalks
• Fresh turmeric	1 inch piece
• Roasted peanuts	2 tablespoons
• Salt to taste	
• Oil	3 tablespoons
• Chicken stock	1 cup
• Coconut milk	1 cup
• Noodles, boiled	1 cup
• Bean sprouts	1/2 cup
• Fresh mint leaves, chopped	5-6
• Onion, thinly sliced and deep fried	1 small
• Lemon, thinly sliced	2

Method

For laksa paste, remove the seeds from the red chillies and put them in the **Sumo Mixer Grinding Jar**. Add eight to ten shallots, garlic, lemon grass, turmeric, peanuts, salt, one tablespoon olive oil and a little water and grind to a smooth paste. Chop the remaining shallots and set aside.

Heat the remaining oil in a pan. Add chicken and saute for two to three minutes. Add the laksa paste and stir. Add chicken stock, prawns and coconut milk. Mix and cook till both chicken and prawns are done.

Put the noodles in a bowl. Pour the laksa over them. Top with bean sprouts, chopped shallots, mint leaves, fried onion slices and lemon slice and serve hot.

Palak Phulka

Ingredients

- Spinach leaves (palak) 15-20
- Salt to taste
- Green chillies 2
- Ginger 1/2 inch piece
- Whole wheat flour (atta) 1 1/2 cups + for dusting

Method

Heat some water in a non-stick pan. When it comes to a boil, add a little salt and spinach leaves and let them blanch.

*Remove the spinach from hot water and dip them in iced water. Drain and put in the **Sumo Mixer Chutney Jar**. Add green chillies and ginger and grind till smooth.*

Add a little water if required. Strain this mixture into a bowl. Add wheat flour and knead into a soft dough. Cover and let the dough rest for 10-15 minutes.

Heat a non-stick tawa. Divide the dough into small portions and roll into balls. Dust the balls in a little flour and roll into thin rotis.

Cook the rotis on both sides slightly on the tawa and then put on direct flame till well puffed.

Bhajnee Thalipeeth

Ingredients

- *Bhajnee flour* 3 cups
- *Salt to taste*
- *Turmeric powder* 1/2 teaspoon
- *Onion, chopped* 1 medium
- *Olive oil +shallow fry* 2 teaspoon

Method

Mix salt, turmeric powder, onion and two teaspoons of olive oil with bhajnee flour. Add water as required, a little at a time and form into a soft dough.

Divide dough in to eight equal portions. Flatten each portion, on a moist banana leaf or a thick polythene sheet, into quarter inch thick discs of four to five inches diameter.

Make a hole in the center of each thalipeeth. Heat a tawa (griddle), spoon a little oil and transfer thalipeeth carefully onto the tawa. Spoon a little oil on the sides of thalipeeth and cook on low heat for one minute.

Turn the thalipeeth and cook the other side for one minute or till crisp and golden brown. Serve hot with yogurt.

Chef's Tip

*The only effort in this lies in the making of bhajnee flour from scratch. To do that, dry roast 1 cup whole wheat, 1 cup rice, 2 cups jowar (sorghum), 2 cups bajra (millet), 3/4 cup black chane (whole Bengal black gram), 3/4 cup dhuli urad dal (split black gram), 1/2 cup coriander seeds separately. Cool, mix and grind to a fine powder in the **Sumo Mixer Grinding Jar**. It can be stored up to one month.*

Curry Masala Powder

Ingredients

• Coriander Seeds	1/2 cup or less
• Cumin Seeds	2 tbsp
• Fennel seeds	3 tbsp
• Pepper Corns	1 tsp
• Black Mustard seeds	1 tbsp
• Dry Red Chillies	5
• Methi seeds/Fenugreek seeds	1/4 tsp
• Curry leaves	15-20 leaves
• Ground Turmeric/Turmeric Powder	2 tsp
• Ground Ginger/Ginger Powder	1 tsp
• Cinnamon 3" stick	2
• Cloves	10

Method

Heat a pan, dry roast all the ingredients one by one separately for 4-5 minutes or till aroma comes.

Coriander seeds, methi seeds, mustard seeds will pop lightly when u roast them, so roast until the popping sound stops.

Roast Everything on medium heat, do not stir the spices frequently, just toss them gently.

Do not roast turmeric and ginger powder, simply added it while grinding.

*Allow the mixture to cool for a while. Grind it to a fine powder in the **Sumo Mixer Grinding Jar**.*

Chutney Powder

Ingredients

- Urad dal/Uluthamparuppu/white lentils/black gram dal 1 cup
- Channa dal/Bengal gram dal/kadalai paruppu 1/2cup
- Dry Red chillies/Vara Milagai 8-10
- Curry leaves 1-2 sprigs
- Garlic 2-5 cloves
- Hing/Asafoetida/Perungayam 1/4 tsp
- Salt to taste
- Oil 1/2 tsp

Method

Heat oil in a pan/wok, first add urad dal and roast it on medium heat until it turns golden brown and flavor comes.

Once done transfer it to a plate and to the same pan add channa dal and roast till it turns golden brown and then transfer it to the same plate

And now add chillies and curry leaves and roast till the leaves and chillies turn crisp and flavor comes.

*After that allow these ingredients to cool for a while and then in the **Sumo Mixer Grinding Jar** first grind chilli, curry leaves and garlic to a coarse mixture.*

Then add roasted dal, hing and enough salt and grind it again to a coarse powder.

To serve mix it with sesame oil or ghee and serve as an accompaniment for Idly/Dosa/Paniyaram/Adai

Glossary

English Name

Aniseed / Fennel Seed
Asafoetida
Basil
Bay leaf
Cumin / Caraway seeds
Black Pepper
Black Salt
Cardamom
Carom / Thymol seeds
Cinnamon
Clove
Coriander seeds
Dry Fenugreek Leaves
Dry Ginger
Dry Mango powder
Dried Pumpkin / Water Melon seeds
Fenugreek seeds
Onion seeds
Mace
Mustard seeds
Nutmeg
Pomegranate seeds
Poppy seeds
Saffron
Sesame seeds

Indian / Hindi Name

Saunf
Hing
Tulsi
Tejpatta
Jeera
Kali Mirch
Kala Namak
Elaichi
Ajwain
Dalchini
Laung
Dhania
Kasoori Methi
Saunth
Amchoor
Magaz
Methi Dana
Kalonji
Javitri
Rai / Sarson
Jaiphal
Anardana
Khus Khus
Kesar
Til

Glossary

English Name

Turmeric
Vinegar
Bengal gram, split
Black Gram, skinless split
Colocasia
Cottage Cheese
Curry Leaves
Gram Flour
Green Gram, skinless split
Green Gram, whole
Olive
Peppercorns, black
Pigeon peas, split
Prawns
Refined flour
Rice, parboiled
Ukda chawal
Shallots
Shrimp
Yogurt

Indian / Hindi Name

Haldi
Sirka
Chana Dal
Dhuli udad dal
Arbi
Paneer
Kadhi Patta
Besan
Dhuli Moong Dal
Sabut Moong Dal
Jaitun
Kali mirch
Toovar dal / arhar dal
Jhinga
Maida
Ukda chawal
Sooji / rawa
Chhote Pyaaz
Chotta Jhinga
Dahi



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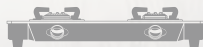
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