

 **WONDERCHEF**
Cook with Pride



Chef Kapoor
**SUPER
TANDOOR**



RecipeBook

www.sanjeevkapoor.com

Aloo Ki Tikki

Ingredients

- Potatoes, boiled, peeled and mashed 3-4 large
- Green chillies chopped 3
- Coriander leaves, chopped 2 tbsp
- Salt to taste
- Red chilli powder 1 tsp
- Oil as required



Method

1. In a deep bowl place the potatoes and add green chillies, coriander leaves, salt, and red chilli powder and mix well. Divide into ten to twelve portions.
2. Shape them into round tikkis.
3. Preheat **Chef Kapoor's Super Tandoor** for one minute.
4. Open the lid and place the tikkis on the preheated **Tandoor** and drizzle a little oil all around. Do not close the lid and grill the tikkis for two minutes or till the underside is golden. Flip and cook till the other side is equally cooked and golden.
5. Serve with green chutney or lemon pickle.

Aloo Toast

Ingredients

- *Fresh white bread* 8 slices
- *Butter* 6 tbsp
- *Green chutney* 4 tbsp
- *Potatoes, boiled, peeled and sliced* 4 medium
- *Onion, sliced* 1 medium
- *Salt* to taste
- *Black pepper powder* to taste
- *Grated cheese* 1/2 cup



Method

1. Apply butter and green chutney on one side of all the bread slices.
2. Arrange potato slices and onion slices on the four slices of the bread.
3. Sprinkle salt, pepper and cheese.
4. Preheat **Chef Kapoor's Super Tandoor** on high for one minute
5. Cover with other slice and grill in the preheated **Tandoor** on moderate heat till grill marks are seen.
6. Serve hot with tomato ketchup.



Cheese Toast

Ingredients

- *Grated cheese* 1 1/2 cups
- *Fresh white bread* 8 slices
- *Green chillies, chopped* 4-6
- *Coriander leaves, chopped* 2 tbsp
- *Onion, chopped* 1 medium
- *Green capsicum, chopped* 1 medium
- *Sweet corn kernels, boiled* 1/4 Cup
- *Crushed black peppercorns* 1 tsp
- *Salt* to taste

Method

1. Combine cheese, green chillies, coriander leaves, onion, capsicum, corn kernels, crushed peppercorns and salt in a bowl. Divide the mixture into eight equal portions.
2. Preheat **Chef Kapoor's Super Tandoor** for one minute.
3. Place the bread slices, close the lid and grill for one minute.
4. Spread the cheese mixture on the bread slices.
5. Place them back on the **Tandoor**, close the lid and grill for 1 to 2 minutes or till the cheese melts and turns golden brown.
6. Cut each slice diagonally into two and serve hot with a sauce of your choice.

Bombay Veg Grilled Sandwich

Ingredients

- *Fresh white bread* 8 slices
- *Onions, sliced* 2 medium
- *Tomatoes, sliced* 2 medium
- *Cucumber, peeled and sliced* 1
- *Potatoes, boiled, peeled and sliced* 2 medium
- *Butter* 2 tbsp
- *Chaat masala* 1/2 tsp
- *Salt* to taste
- *Black peppercorns, crushed* 1/2 tsp
- *Coriander and mint chutney* 1/2 cup



Method

1. Trim the sides of the bread slices, apply butter and coriander mint chutney on one side only.
2. On a flat board, arrange four bread slices with chutney spread, layer it with onion, cucumber, tomato and potato. Sprinkle some chaat masala, salt and crushed peppercorns. Cover each of them with another slice of bread and press it lightly.
3. Preheat **Chef Kapoor's Super Tandoor** for one minute.
4. Place the sandwiches, one at a time, on the preheated **Tandoor** and grill on moderate heat till grill marks are seen on both sides.
5. Cut each sandwich diagonally and serve immediately with tomato ketchup.

French Toast

Ingredients

- *Fresh white or brown bread* 12 slices
- *Eggs* 4
- *Milk* 2 cups
- *Powdered sugar* 6 tbsp
- *Oil* 2 tbsp



Method

1. Break eggs into a deep bowl and beat with a fork.
2. Pour in milk (it should not be too cold or too warm) and continue beating with a fork. Mix in sugar and beat till well combined.
3. Preheat **Chef Kapoor's Super Tandoor** for one minute.
4. Dip one bread slice fully into the egg. Using the fork turn the side so that both the sides are coated well with egg mixture.
5. Gently transfer the slices onto the preheated **Tandoor** and drizzle a little oil all around. Close the lid and grill for two to three minutes or till golden brown on both sides.
6. Serve hot.

Grilled Vegetables

Ingredients

- *Sliced green zucchini* 1 medium
- *1 inch pieces red capsicum* 1 medium
- *1 inch pieces yellow capsicum* 1 medium
- *1 inch pieces green capsicum* 1 medium
- *Oil* 1 tbsp
- *Crushed garlic clove* 1
- *Paprika flakes* 1 tsp
- *Crushed black peppercorns* 1 tsp
- *Salt* to taste



Method

1. Heat **Chef Kapoor's Super Tandoor** on high for one minute.
2. Sprinkle a little oil, place the crushed garlic, green zucchini, red capsicum, yellow capsicum, green capsicum on the **Tandoor**. Close the lid and grill for two minutes.
3. Sprinkle paprika flakes, crushed pepper and salt and serve hot.

Herb And Garlic Bread

Ingredients

- *French loaf* 1
- *Dried oregano* 1 tbsp
- *Chopped garlic cloves* 10-12
- *Butter* 100 gram



Method

1. Preheat **Chef Kapoor's Super Tandoor** for 1 minute.
2. Soften the butter, add the oregano and garlic and mix well.
3. Cut the French loaf into one-inch thick slices. Spread the garlic butter on one side of the slices.
4. Place the slices on the preheated **Tandoor** and close the lid and cook for three to four minutes.
5. Serve warm.

Chocolate Pancake With Exotic Fruits

Ingredients

For Pancakes

- *Chocolate* 100 grams
- *Warm milk* 1 cup
- *Egg* 1
- *Cocoa powder* 1 tbsp
- *Refined flour (maida)* 3/4 cup

For Stuffing

- *Butter* 1 tbsp
- *Caster sugar* 1/4 cup
- *Small apple, cut into 1/2 inch cubes* 1
- *Small bananas, cut into 1/2 inch cubes* 2
- *Kiwi fruit, cut into 1/2 inch cubes* 1
- *Port wine or fruit juice* 2 tbsp
- *Fresh pomegranate kernels* 1/4 cup



Method

1. To prepare the pancake batter, take chocolate in a heat proof bowl and melt it in a double boiler. Once it cools slightly, add warm milk and egg and mix gently. Add cocoa powder and flour and whisk till smooth. Place in the refrigerator to chill for thirty minutes.
2. For the stuffing, heat butter in a pan. When it melts add caster sugar and mix well.
3. Add fruit cubes, port wine or fruit juice. Lower heat and simmer till fruits are tender and totally dry. Add pomegranate kernels and mix well. Remove the pan from heat and keep warm.
4. To make the pancakes, heat **Chef Kapoor's Super Tandoor** on medium, pour in a ladle full of batter. Close the lid of the **Tandoor** and cook pancake on both sides. Gently slide pancake onto a plate and prepare more pancakes with the remaining batter in the same way.
5. Divide filling into as many portions as the number of pancakes. Place a pancake on a plate, spread fruit mixture on one half and fold the other half over.
6. Serve immediately.

Vegetable Enchiladas

Ingredients

- Corn tortillas 6
- Mozzarella cheese *as required*
- For Filling**
- Olive oil 3 *tbsp*
- Onion, sliced 1
- Garlic cloves, chopped 4
- Green capsicum, chopped 1 *medium*
- Baked beans 3/4 *cup*
- Red chilli flakes 1/2 *tsp*
- Mixed dried herbs 1/2 *tsp*
- Cottage cheese (*paneer*), crumbled 1 *cup*



Method

1. Heat one tablespoon oil in a non-stick pan. Add onions and saute. Add garlic and green capsicum and cook till the onions are softened.
2. Add baked beans, red chilli flakes and mixed dried herbs and mix and cook till almost dry.
3. To make the sauce, saute garlic in one tablespoon olive oil in a non-stick pan. Add pureed tomatoes, sugar, red chilli flakes, oregano and half the mozzarella cheese and cook till the mixture reaches a sauce consistency.
4. Place a tortilla on the work top, spread some of the filling in the centre and top with paneer. Roll the tortilla. Similarly make more rolls.
5. Preheat **Chef Kapoor's Super Tandoor** on high heat and brush with a little oil. Place the prepared enchiladas on the **Tandoor**, close the lid and grill till crisp. Repeat the procedure for the remaining rolls.
6. Cut into diagonal slices and serve hot.

Aloo Tuk

Ingredients

- *Baby potatoes, boiled and peeled* 250 grams
- *Oil* 2 tbsp
- *Red chilli powder* 2 tsp
- *Dry mango powder* 1 tsp
- *Coriander powder* 1 tsp
- *Salt* to taste
- *Lemon juice* 1 tsp
- *Chopped fresh coriander leaves* 2 tbsp



Method

1. Lightly press the potatoes.
2. Preheat **Chef Kapoor's Super Tandoor** for one minute.
3. Place the potatoes on the **Tandoor**, drizzle a little oil around. Close the lid and cook for three to four minutes or till the potatoes turn crisp and golden.
4. Transfer the potatoes into a deep bowl and sprinkle the red chilli powder, dry mango powder, coriander powder and salt and toss so that the potatoes get evenly coated with the masalas.
5. Sprinkle lemon juice and coriander leaves and serve hot.

Soya Burger

Ingredients

• Soya granules	1 cup	• Cinnamon powder	1/4 tsp
• Skimmed milk	2 1/2 cups	• Lemon juice	1 1/2 tsp
• Potatoes, boiled and mashed	4-5 medium	• Salt	to taste
• Onion, finely chopped	1 medium	• Brown breadcrumbs, for coating	3/4 cup
• Green chillies, finely chopped	2	To serve	
• Coriander leaves, chopped	2 tbsp	• Brown burger buns	4
• Cumin powder	1/4 tsp	• Mustard paste	4 tbsp
• Red chilli powder	1 tsp	• Tomato ketchup	4 taste
• Clove powder	1/4 tsp	• Lettuce leaves	10-12
		• Onion, sliced into rings	1 medium

Method

1. Soak soya granules in two cups of milk for fifteen minutes. Drain and squeeze out extra milk. Grind to make finer granules.
2. In a large mixing bowl, mix together soya granules, mashed potatoes, onion, green chillies, coriander leaves, cumin powder, red chilli powder, clove powder, cinnamon powder, lemon juice and salt.
3. Divide mixture into four equal sized balls. Shape each ball into patty of three inches diameter and about half inch thick.
4. Coat each patty evenly with breadcrumbs.
5. Heat **Chef Kapoor's Super Tandoor** on medium heat for one minute. Place the patties on the tandoor, close the lid and grill for three to four minutes or till both sides are golden and crisp.
6. Halve a burger bun horizontally and grill lightly on the heated **Tandoor** till toasted. Apply mustard paste on the base half and tomato ketchup on the top half. Place two to three lettuce leaves on the base half. Place one patty on this, top with onion rings, cover with the top half of the bun and serve immediately.
7. Make the remaining burgers similarly.

Paneer Satay

Ingredients

- *Cottage cheese (paneer), cut into 2-inch thick fingers* 400 grams
- *Salt* to taste
- *Soy sauce* 2 *tbsp*
- *Lemon juice* 1 *tsp*
- *Garlic cloves, crushed* 4
- *Ginger, crushed* 1 *inch*
- *Brown sugar* 2 *tsp*
- *Honey* 2 *tsp*



Method

1. Place the paneer fingers in a bowl. Add salt, soy sauce, lemon juice, garlic, ginger, brown sugar and honey and mix. Leave to marinate for one hour preferably in a refrigerator.
2. Preheat **Chef Kapoor's Super Tandoor** on medium and brush with oil. Thread the marinated paneer onto satay sticks and place on the **Tandoor**. Pour some of the excess marinade over the paneer, close the lid and grill for two to three minutes.
3. Serve hot.

Paneer Tikka Kathi Rolls

Ingredients

For Paneer tikka filling

- | | | | |
|--|----------|------------------------|----------|
| • Low fat cottage cheese (paneer),
1/2 inch cubes | 1 cup | • Garlic paste | 1/4 tsp |
| • Tomatoes, seeded and chopped | 2 medium | • Gram flour (besan) | 1 tbsp |
| • Oil | 1 tsp | • Chaat masala | 1/2 tsp |
| • Green capsicum, seeded & chopped | 2 medium | • Dry fenugreek leaves | 1/2 tsp |
| | | • Garam masala powder | 1/2 tsp |
| | | • Salt | to taste |

For Marinade

- | | | | |
|---------------------|---------|----------------------------|----------|
| • Yogurt, whisked | 1/4 cup | • For Chapatis | |
| • Red chilli powder | 1 tsp | • Whole wheat flour (atta) | 1 cup |
| • Turmeric powder | 1/4 tsp | • Skimmed milk | 1/4 cup |
| • Ginger paste | 1/2 tsp | • Salt | to taste |

Method

1. Mix together all the ingredients for the marinade in a deep bowl. Add paneer and tomatoes and toss lightly. Set aside to marinate for ten minutes.
2. Heat oil in a non-stick pan. Add green capsicum and saute for two minutes.
3. Add the paneer mixture and saute over high heat for four to five minutes, stirring occasionally. Cook till dry and set aside.
4. For chapatis combine all the ingredients and knead into a soft dough. Divide the dough into eight equal portions. Roll out each portion into a thin chapati.
5. Preheat **Chef Kapoor's Super Tandoor** for one minute.
6. Open the lid and place the chapati on it. Cook each chapati lightly on both sides. Set aside.
7. Divide the paneer tikka filling into eight equal portions.
8. Place one portion of the filling in the centre of each chapati and roll up tightly.
9. When you want to serve, preheat **Chef Kapoor's Super Tandoor** again for one minute.
10. Open the lid and place the chapati roll on it. Close the lid and cook the rolls for about one to two minutes or till they get warmed up.
11. Cut into two-inch long pieces and serve hot.



Lehsuni Paneer Tikka

Ingredients

•Cottage cheese, cut into 1 1/2 inch cubes	500 grams
•Garlic paste	2 tbsp
•Tandoori masala	2 tbsp
•Drained yogurt	300 grams
•Cream	3 1/2 tbsp
•Garlic cloves, chopped	5-6
•Green chilli, chopped	1
•Coriander leaves, chopped	2 tbsp
•Salt	to taste
•Red chilli powder	1 tbsp
•Turmeric powder	1/2 tbsp
•Garam masala powder	1 1/2 tbsp
•Carom seed powder	1 tbsp
•Chaat masala	1 tbsp
•Roasted gram flour	4 tbsp
•Vinegar	1 tbsp
•Oil	2 tbsp

Method

1. Slit the cottage cheese cubes without cutting through.
2. Mix one tablespoon of garlic paste and tandoori masala in a small bowl. Stuff the mixture into the slits of the cottage cheese cubes with your fingers. Set aside.
3. Mix together yogurt, cream, remaining garlic paste, chopped garlic, green chilli, fresh coriander, salt, chilli powder, turmeric powder, garam masala powder, carom seed powder, chaat masala, roasted gram flour, vinegar and oil in a bowl. Soak the stuffed cottage cheese in this marinade and set aside for around two hours in a refrigerator.
4. Preheat **Chef Kapoor's Super Tandoor** on high for one minute.
5. Thread the cottage cheese cubes, one inch apart, on the skewers.
6. Place the skewers on the preheated **Tandoor**, close the lid and grill for three to four minutes.
7. Serve hot with salad and Green Chutney.

Pav For Pav Bhaji

Ingredients

- Pav
- Pav bhaji masala
- Salt
- Butter

8
2 tsp
to taste
4 tbsps



Method

1. Preheat **Chef Kapoor's Super Tandoor** on high for one minute.
2. Slit the pav horizontally without cutting through. Open it out and apply the butter on both sides. Place the pav on the preheated **Tandoor**. Close the lid and grill for one minute.
3. Sprinkle with pav bhaji masala and serve hot with bhaji.

Tandoori Subz Shaslik

Ingredients

- Pineapple, cut into 1 1/2 inch cubes 200 grams
- Green capsicums, cut into 1 1/2 inch pieces 2 medium
- Onions, cut into 1 1/2 inch pieces 2 medium
- Tomatoes, seeded and cut into 1 1/2 inch pieces 2 medium
- Salt to taste
- Red chilli powder 2 tsp
- Powdered dried fenugreek leaves 1 1/2 tsp
- Garam masala powder 2 tsp
- Chaat masala 1 tsp
- Vinegar 2 tbsp
- Oil 1 tbsp



Method

1. In a bowl, mix together salt, chilli powder, powdered dried fenugreek leaves, garam masala powder, chaat masala, vinegar and oil. Add the pineapple and vegetables and mix thoroughly. Set aside to marinate for one hour.
2. Thread the pineapple, capsicum, onion and tomato one after the other onto toothpicks. Pour the remaining marinade on top.
3. Preheat **Chef Kapoor's Super Tandoor** on medium heat for one minute. Place the toothpicks on it, close the lid and grill for two minutes or till the vegetables are lightly coloured.
4. Serve hot with a salad and chutney.



Soya Shaami Kabab

Ingredients

- *Soya granules* 1 1/4 cups
- *Split Bengal gram (chana dal), soaked* 1/2 cup
- *Cloves* 4
- *Cinnamon stick* 1 inch
- *Bay leaf* 1
- *Oil* 3 tbsp
- *Ginger piece, grated* 1 inch
- *Garlic cloves, chopped* 5
- *Dried red chillies, broken into 2* 4
- *Green chillies, chopped* 2
- *1 teaspoon dry pomegranate seeds (anardana)* crushed
- *Salt* to taste
- *Bread crumbs* 1 cup

Method

1. Soak soya granules in hot water for about twenty minutes. Drain and squeeze out excess water.
2. Tie cloves, cinnamon and bay leaf in a piece of cloth to make a small potli.
3. Heat one tablespoon of oil in a pan, add the potli and stir-fry for about two minutes. Add ginger, garlic, red chillies and green chillies and continue to cook for another couple of minutes.
4. Add soya granules and chana dal and saute for five minutes. Add one and half cups of water, mix well and then lower heat. Cook until dal is cooked and liquid dries completely.
5. Cool the mixture thoroughly, discard potli, and grind mixture to a fine paste.
6. Add anardana, salt and bread crumbs and knead into a stiff dough.
7. Divide into twelve equal portions. Shape each portion into a round tikki.
8. Preheat **Chef Kapoor's Super Tandoor** on high for one minute. Place the tikkis on the **Tandoor** and grill, without closing the lid, for three to four minutes. Flip and grill for three to four minutes or till both the sides are equally golden.
9. Serve hot with a chutney of your choice.

Chicken Nuggets

Ingredients

- *Frozen chicken nuggets* 16
- *Oil* 2 *tb*sp



Method

1. Heat **Chef Kapoor's Super Tandoor** on high for one minute.
2. Place the chicken nuggets on the **Tandoor** and drizzle a little oil all around. Close the lid and grill for two to three minutes.
3. Sprinkle remaining oil and cook further till golden and crisp.
4. Serve hot with a sauce of your choice.

Chicken Tikka

Ingredients

• Boneless chicken, cut into 1 1/2 inch cubes	800 grams
• Kashmiri chilli powder	1 tsp
• Lemon juice	1 tbsp
• Salt	to taste
For Marinade	
• Yogurt	1 cup
• Kashmiri chilli powder	1 tsp
• Salt	to taste
• Ginger paste	2 tbsp
• Garlic paste	2 tbsp
• Lemon juice	2 tbsp
• Garam masala powder	1/2 tsp
• Mustard oil	2 tbsp
• Butter	2 tbsp
• Chaat masala	1/2 tsp
• Onions, cut into rings	2 medium
• Lemon, cut into wedges	1 medium

Method

1. Put the chicken cubes into a bowl. Make a paste of chilli powder, lemon juice and salt; rub the paste into the chicken and set aside to marinate for half an hour.
2. Drain the yogurt through a muslin cloth for fifteen to twenty minutes. Mix chillipowder, salt, ginger paste, garlic paste, lemon juice, garam masala powder and mustard oil with the drained yogurt.
3. Rub the yogurt mixture into the chicken cubes and marinate in the refrigerator for three to four hours.
4. Thread the chicken cubes onto skewers.
5. Preheat **Chef Kapoor's Super Tandoor** on high for one minute.
6. Open the lid and place the skewers on the tandoor and close the lid. Grill for four to five minutes. Baste with butter and cook for another two minutes.
7. Sprinkle chaat masala and serve with onion rings and lemon wedges.



Fried Egg

Ingredients

- Eggs
- Oil
- Salt

4
4 tsp
to taste



Method

1. Preheat **Chef Kapoor's Super Tandoor** for one minute.
2. Break an egg on the **Tandoor**, sprinkle salt and drizzle one teaspoon of oil all around it.
3. Close the lid of the **Tandoor** and grill the egg for two minutes.
4. Remove onto a plate and serve immediately. Similarly cook the remaining eggs.

Grilled Fish

Ingredients

- *Fish darnes - Surmai, 75 grams each* 8
- *Salt* to taste
- *Lemon juice* 3 *tbsp*
- *Malt vinegar* 2 *tbsp*
- *English mustard paste* 3 *tsp*
- *Ginger, cut into strips* 2 *inch piece*
- *Oil* for greasing
- *Cloves* 16



Method

1. Marinate the fish in salt, one tablespoon lemon juice, malt vinegar and English mustard paste for half an hour.
2. Marinate the ginger strips in the remaining lemon juice adding salt to taste. Set aside for garnish.
3. Lightly grease **Chef Kapoor's Super Tandoor** with oil and preheat it for one minute.
4. Stud the marinated darnes with cloves, place them on the preheated **Tandoor** and close the lid and cook for four to five minutes or until fish flakes easily with fork. Do not overcook the fish.
5. Remove the cloves and serve hot.

Grilled Chicken

Ingredients

- *Chicken sausages*
- *Oil*
- *Mustard paste*

*12
as required
to serve*



Method

1. Heat **Chef Kapoor's Super Tandoor** on medium heat and brush with oil.
2. Place the sausages on the **Tandoor**, sprinkle a little oil and close the lid. Grill for three minutes or till the grill marks are seen.
3. Serve hot with mustard paste.

Baida Roti

Ingredients

For Roti

- Refined flour (maida) 1 cup
- Salt to taste
- Oil 1 tbsp
- Baking powder 1/8 tsp
- Egg, whisked 1

For Filling

- Eggs 8
- Oil 1 tbsp
- Onion, finely chopped 1 medium
- Minced mutton (kheema) 1 cup
- Green chillies, chopped 2
- Salt to taste
- Garam masala powder 1/4 tsp
- Chopped fresh coriander leaves 1 tbsp



Method

1. Place refined flour in a bowl, add salt, oil, baking powder and egg and mix well. Add one-fourth cup water and knead into a soft dough.
2. Divide the dough into four equal portions and shape into balls. Cover the dough with a damp cloth and set aside for a few minutes.
3. For the filling, heat one tablespoon of oil in a non-stick pan; add the onion and saute till light brown. Add the minced mutton, green chillies and salt and cook over medium heat till the mince is cooked and completely dry. Add garam masala powder and coriander leaves and mix well. Set aside to cool.
4. Roll out each ball of dough into an eight-inch square roti.
5. Preheat **Chef Kapoor's Super Tandoor** for one minute.
6. Open the lid of the **Tandoor** and place the roti on it. Place some mince masala in the center and pour two tablespoons of beaten egg over the mince. Fold in the sides to make a square packet.
7. Pour some more beaten egg over the roti and drizzle a little oil around it. Close the lid of the **Tandoor** and grill till golden and crisp on both sides.
8. Serve hot with green chutney.



Cook with Pride



Cookware



Pressure
Cookers



Electrical
Appliances



Large Appliances



Tools & Accessories

Customer Care No.: 18602660788*

care@wonderchef.in

www.wonderchef.com

*Standard charges apply.

RecipeBook