

★ WONDERCHEF



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RecipeBook

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Celebration
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RecipeBook



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Sweet Corn Vegetable Soup

Ingredients

- Cream style sweet corn 150 gms
- Carrot, finely chopped 1/2 medium
- Cauliflower, finely chopped 1/4 medium
- Cabbage, finely chopped 1/4 medium
- French beans, finely chopped 4-5
- Cornflour 2 tbsps
- Vegetable stock 4 1/2 cups
- Salt to taste
- White pepper powder 1/4 tsp
- Sugar 1/2 tbsp
- Msg (optional) 1/4 tsp



Method

1. Boil two cups water in a **Ballarini Non-Stick Wok**, add carrot, cauliflower, cabbage, french beans and parboil. Drain and set aside.
2. Mix cornflour with a quarter cup of water and set aside.
3. Boil vegetable stock in a **Ballarini Non-Stick Wok**. Add sweet corn and cook till uniformly mixed.
4. Add salt, white pepper powder, sugar and MSG (if using). Gradually stir in the cornflour mixture into the soup, stirring continuously. After it comes to a boil cook for one more minute.
5. Add all the boiled vegetables and give a final boil and remove. Serve piping hot.

Vegetable Seekh Kebab

Ingredients

- Potato, boiled and mashed 1 medium
- Carrot, grated 1 medium
- Green peas, crushed 1/2 cup
- French beans, crushed 5-6
- Oil 2 tbsps
- Ginger paste 1 tsp
- Dry mango powder 1 tsp
- Chaat masala 2 tsps
- Green chillies, chopped 3-4
- Chhunda 1 1/2 tbsps
- Roasted chana dal powder 3 tbsps
- Skimmed milk cottage cheese (paneer), grated 150 gms
- Salt to taste



Method

1. Heat one tablespoon oil in a **Ballarini Non-Stick Wok**. Add ginger paste and cook for half a minute. Add potato, carrot, green peas and french beans and saute till fragrant.
2. Add amchur, chaat masala, green chillies, chhunda, roasted chana powder and continue to cook for two to three minutes.
3. Add cottage cheese and mix well. Add salt and mix again.
4. Divide into eight equal portions. Take each portion and spread it around a skewer in a cylindrical shape.
5. Heat a **Ballarini Non-Stick Grill Pan** and place the skewers on it. Drizzle the remaining oil and cook on medium heat, rotating the skewers from time to time so that the kebab gets cooked evenly from all sides, to a golden brown color.
6. Serve hot with the chutney of your choice.

Vegetable Shaami Kebabs

Ingredients

- Yam, cut into 1 inch pieces 200 gms
- Potatoes, cut into 1 inch pieces 2 medium
- Split bengal gram (chana dal) soaked 4 tbsps
- Carrot, grated 1 large
- French beans, finely chopped 10-12
- Green peas, coarsely ground 1/4 cup
- Cumin seeds 1 tsp
- Ginger, finely chopped 1 inch
- Green chillies, finely chopped 2-3
- Salt to taste
- Coriander leaves, freshly chopped 2 tbsps
- Turmeric powder 1/4 tsp
- Garam masala powder 1/2 tsp
- Red chilli powder 1/2 tsp
- Lemon juice 5 tsps



Method

1. Drain the chana dal and transfer it into a **Ballarini Non-Stick Wok**. Add yam and potatoes and one-fourth cup of water. Cook till completely dry.
2. Heat a **Ballarini Non-Stick wok**. Add cumin seeds and roast lightly. Add carrot, French beans, green peas, ginger, green chillies, salt and saute on medium heat for two minutes. Transfer onto a plate and cool.
3. Grind the chana dal mixture along with the sauteed vegetables to a smooth mixture.
4. Add coriander leaves, turmeric powder, garam masala powder, red chilli powder, lemon juice and mix well. Adjust seasoning.
5. Divide this mixture into sixteen equal portions and shape into balls. Flatten these balls lightly with the palm of your hands to form kebabs. Refrigerate for an hour.
6. Heat a **Ballarini Non-Stick Grill Pan** and cook the kebabs till golden on both sides. Serve hot with coriander and mint chutney.

Chef's tip: Even the kids would enjoy it because these kebabs are extremely delicious.

The combination of chana dal and vegetables is a healthy one. Yam or suran is rich in potassium and fibre and therefore helpful to menopausal women.

Babycorn Sticks

Ingredients

- Babycorn cobs, blanched 12
 - Oil 2 tbsps
 - Onion, quartered, layers separated 1 medium
 - Cucumber, cut into 1-inch cubes 1 medium
- For Marinade**
- Salt to taste
 - Soy sauce 1 tbsp
 - Lemon juice 1 tsp
 - Garlic paste 1 tsp
 - Ginger paste 1 tsp
 - Brown sugar 1 tsp
 - Honey 1/2 tsp



Method

1. Place the babycorns in a bowl. Add salt, soy sauce, lemon juice and mix well. Add garlic and ginger pastes, brown sugar and honey and mix again. Set aside to marinate for fifteen minutes.
2. Heat oil in a **Ballarini Non-Stick Grill Pan**. Thread the marinated babycorn onto the satay sticks and place on the grill pan. Pour some of the excess marinade over the baby corns. Turn the satay sticks on the griddle to cook the baby corns evenly.
3. Serve them hot with a sauce of your choice.

Corn Bon Bon

Ingredients

- American corn cobs (*bhutta*) 2
- Salt to taste
- Butter 2 tbsps
- Lemon juice 2 tbsps
- Red chilli flakes 1 tsp
- Red chilli powder 1 tsp
- Brown sugar 2 tsps



Method

1. Peel off the skin of the corn cobs.
2. Sprinkle salt, red chilli flakes, red chilli powder, brown sugar and smear butter and lemon juice.
3. Heat a **Ballarini Non-Stick Grill Pan**, place the corn cobs on it and cook for ten minutes or till the corn is lightly browned.
4. Serve hot.

Healthy Masala Sprouts

Ingredients

- Sprouted green gram (*moong*) 1/2 cup
- Sprouted bengal gram (*chana*) 1/2 cup
- Sprouted chick peas (*kabuli chana*) 1/4 cup
- Oil 2 tbsps
- Green chillies, finely chopped 2
- Onion, finely chopped 1 medium
- Tomato, chopped 1 medium
- Salt to taste
- Green capsicum, cut into 1/2 inch cubes 1/2 medium
- Yellow capsicum, cut into 1/2 inch cubes 1/2 medium
- Red capsicum, cut into 1/2 inch cubes 1/2 medium
- Black peppercorns, crushed 7-8
- Lemon juice 1 tbsp
- Melted butter 3 tbsps



Method

1. Heat one cup of water in a **Ballarini Non-Stick Wok**, add sprouted moong, chana and kabuli chana and cook on medium heat for two minutes. Drain excess water.
2. Heat oil in a **Ballarini Non-Stick Wok**. Add onion and green chillies and saute till the onion is lightly browned.
3. Add tomatoes and salt and cook till the tomatoes become a little soft.
4. Add green, yellow and red capsicum and toss. Cook for a minute.
5. Add mixed sprouts and toss. Add crushed peppercorns and lemon juice and toss again.
6. Serve hot or warm.



Vegetable Club Sandwich

Ingredients

- *Green capsicum, cut into thin strips* 1 medium
- *Carrot, peeled and grated* 1 medium
- *Cabbage, grated* 1/4 medium
- *Tomatoes, sliced* 2 medium
- *Cucumber, sliced* 1 medium
- *Bread slices* 12
- *Mayonnaise sauce* 1/4 cup
- *Salt* to taste
- *White pepper powder* 1/4 tsp
- *Pineapple slices, cut into small pieces* 2
- *Butter* 4 tbsps
- *Lettuce* 1/2 bunch
- *Cheese slices* 4

Method

1. Mix mayonnaise with capsicum, carrot and cabbage to make coleslaw. Add pineapple pieces to it. Season well.
2. Apply butter on all the bread slices on one side and on both the sides of four of them. Place four slices of bread, single side buttered, on a board. Arrange half of the lettuce leaves on them, keep some coleslaw aside for serving as accompaniment and spread the remaining evenly on all the four slices. Arrange another layer of bread slices, both sides buttered, on it. On this bread slice place the remaining lettuce leaves, tomato and cucumber slices, sprinkle seasoning and place cheese slices.
3. Cover with the final layer of toasted bread slices, single side buttered. Lightly press with palm to set the ingredients well.
4. Heat a **Ballarini Non-Stick Grill Pan** and place the sandwiches on it and grill till both the sides of the sandwich are golden.
5. Using a very sharp knife cut the sandwich diagonally. Serve with reserved coleslaw and potato wafers.

Dry Chilli Chicken

Ingredients

- Green chillies, sliced 6-8
- Boneless chicken, cut into fingers 400 gms
- Eggs 2
- Cornflour 2 1/2 tbsps
- Salt to taste
- Soy sauce 2 tbsps
- Chilli sauce 2 tbsps
- Oil 1 tbsp + to deep fry
- Garlic cloves, finely chopped 8-10
- Onions, thickly sliced 2 medium
- Green capsicums cut into thick strips 2 medium
- Msg 1/4 tsp
- Crushed black peppercorns 1/2 tsp
- Vinegar 2 tbsps



Method

1. Add eggs, two tablespoons cornflour, salt, one tablespoon each of soy sauce and chilli sauce to the chicken pieces and mix well. Leave aside for half an hour.
2. Mix the remaining cornflour in three tablespoons of water.
3. Heat sufficient oil in a **Ballarini Non-Stick Wok** and deep-fry the marinated chicken pieces till crisp. Drain on an absorbent kitchen towel.
4. Heat one tablespoon of oil in another **Ballarini Non-Stick Wok**, add garlic and saute for one minute. Add onions and green chillies and continue to saute for a couple of minutes.
5. Add capsicum strips and saute. Add remaining soy sauce and chilli sauce, MSG, salt, crushed peppercorns and cornflour mixture.
6. Add the fried chicken pieces and saute till the sauce coats the chicken pieces. Add vinegar and mix.
7. Serve hot with Sichuan sauce.

French Toast

Ingredients

- Fresh white or brown bread slices 12
- Eggs 4
- Milk 2 cups
- Powdered sugar 6 tbsps
- Ghee 2 tbsps



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. Place a **Ballarini Non-Stick Grill Pan** on low heat. As it begins to warm up, add ghee and increase the heat to medium.
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. Using the fork gently transfer the slice into the grill pan. Do the same thing with the remaining bread slices.
5. Fry them on one side for two minutes and using the wooden spatula gently turn the side. Cook till nicely brown on both the sides. Serve hot.

Grilled Fish

Ingredients

- Fish darnes (surmai)(75 grams each) 8
- Salt to taste
- Lemon juice 3 tbsps
- Malt vinegar 2 tbsps
- English mustard paste 3 tsps
- Ginger, cut into strips 2 inch piece
- Olive oil for greasing
- Cloves 16

Method

1. Marinate fish in salt, one tablespoon lemon juice, malt vinegar and English mustard paste for half an hour.
2. Marinate ginger strips in remaining lemon juice adding salt to taste. Set aside for garnish.
3. Heat a **Ballarini Non-Stick Grill Pan** and add a little oil.
4. Stud marinated darnes with cloves, place them in the hot grill pan and cook for eight to ten minutes (or until fish flakes easily with fork) turning once. Do not overcook the fish. Remove cloves and serve hot.



Chicken Satay

Ingredients

- Chicken breasts, skin removed (150 grams each) 4
 - Lemon juice 2 tbsps
 - Dark soy sauce 1 tbsp
 - Oil 1 tsp
 - Red chilli powder 1 tsp
 - Salt to taste
- For Peanut Sauce**
- Oil 1 tsp
 - Onion, grated 1 small
 - Garlic cloves, chopped 4
 - Red chilli powder 1/2 tsp
 - Dark soy sauce 1 tbsp
 - Tomato puree 3 tbsps
 - Honey 2 tsps
 - Roasted peanuts, coarsely crushed 1/4 cup
 - Salt to taste



Method

1. Soak the wooden skewers (satay sticks) in water for at least half an hour.
2. Cut each chicken breast into half-inch broad strips and flatten lightly.
3. Mix lemon juice, soy sauce, oil and chilli powder in a bowl. Mix in the chicken and set aside to marinate for one hour.
4. Thread chicken onto the wooden skewers.
5. Heat a **Ballarini Non-Stick Grill Pan**, grease it lightly with a few drops of oil and place a few skewers with the chicken on it. Cook on high heat, turning frequently, for three to four minutes, or till just cooked.
6. For the peanut sauce, heat oil in **Ballarini Non-Stick wok**; add onion and garlic and cook on high heat, stirring continuously, for half a minute.
7. Add chilli powder, soy sauce, tomato puree, honey, crushed peanuts, salt and one cup of water.
8. Bring the sauce to a boil and simmer for five minutes, stirring occasionally.
9. Serve the chicken satay with peanut sauce.

Boondi Ki Sabzi

Ingredients

- Unsalted boondi 250 gms
- Oil 1 tbsp
- Cumin seeds 1/2 tsp
- Asafoetida 1 pinch
- Spring onions with greens, chopped 4-5
- Turmeric powder 1/4 tsp
- Red chilli powder 1 tsp
- Coriander powder 1 tsp
- Salt to taste
- Chopped fresh coriander 1 tbsp



Method

1. Heat oil in **Ballarini Non-Stick Wok**. Add cumin seeds and when they begin to change colour, add asafoetida and spring onions with the greens. Saute till lightly coloured.
2. Add turmeric powder, red chilli powder and coriander powder and saute till fragrant.
3. Add boondi and salt and stir to mix well. Add a quarter cup of water and simmer for two to three minutes.
4. Garnish with fresh coriander and serve immediately.

Nuggets Masala

Ingredients

- Soy bean nuggets 1 1/2 cups
- Fresh mushrooms, quartered 15-20
- Oil 1 1/2 tps
- Bay leaf 1
- Black peppercorns, crushed 5-6
- Ginger piece, chopped 1 inch
- Garlic cloves, chopped 5
- Onions, chopped 3 medium
- Red chilli powder 1 tsp
- Coriander powder 1 tsp
- Turmeric powder 1/4 tsp
- Tomatoes, finely chopped 2 medium
- Salt to taste
- Garam masala powder 1/2 tsp
- Sprigs of fresh mint leaves, finely chopped a few



Method

1. Soak soy bean nuggets in warm water for fifteen to twenty minutes. Squeeze to remove excess water, cut them into two and keep aside.
2. Heat oil in a **Ballarini Non-Stick Wok**, add bay leaf and crushed peppercorns and stir-fry briefly.
3. Add ginger and garlic and cook on high heat for half a minute, stirring continuously.
4. Add onions and continue cooking until onion turns translucent.
5. Add red chilli powder, coriander powder and turmeric powder and stir well. Add tomatoes and salt and continue cooking over medium heat.
6. Add mushrooms and soy bean nuggets. Stir well.
7. Sprinkle garam masala powder and mint leaves. Mix well. Cook over high heat for two minutes. Cover and simmer over medium heat for two to three minutes.
8. Serve hot.

Aloo Jeera

Ingredients

- Potatoes, boiled, peeled and cut into 1 inch cubes 8 medium
- Oil 3 tbsps
- Cumin seeds 4 tps
- Asafoetida 1/4 tsp
- Green chillies, chopped 4
- Ginger, chopped 2 inches
- Garlic paste 2 tps
- Turmeric powder 1/2 tsp
- Salt to taste
- Lemon juice 2 tps
- Fresh coriander leaves, chopped 2 tps



Method

1. Heat oil in a **Ballarini Non-Stick Wok**. Add cumin seeds and when they begin to change colour, add asafoetida, green chillies, ginger, garlic paste and turmeric powder. Saute till fragrant.
2. Add potatoes and salt, mix well and cook, uncovered, for two minutes on high heat.
3. Stir in lemon juice and serve hot, garnished with coriander leaves.

Spaghetti With Mixed Vegetables & Herb Sauce

Ingredients

- Whole wheat spaghetti 250 gms
- Carrot, 1 inch dices 1 medium
- Broccoli, small florets 1 small
- Mushrooms, halved 8-10
- Green capsicum, 1 inch dices 1 medium
- Whole wheat flour 3 tbsps
- Skimmed milk 1 1/2 cups
- Mixed herbs, roasted 1/2 tsp
- Salt to taste
- White pepper powder 1/4 tsp
- Parsley, chopped 1 tbsp



Method

1. Boil five cups of water in a **Ballarini Non-Stick Wok**, add spaghetti and cook till just done. Drain, refresh and set aside.
2. Boil one cup water in a wok, add carrot and broccoli separately and blanch for two to three minutes. Drain and refresh.
3. For herb sauce lightly roast whole-wheat flour in the wok. Add milk and whisk rapidly so that no lumps form. Strain if required. Add salt, pepper and mixed herbs. Mix and set aside.
4. In another **Ballarini Non-Stick Wok** put carrots, broccoli, mushrooms, capsicum and spaghetti, toss well and cook on medium heat for two minutes.
5. Add herb sauce and mix well. Check for seasonings.
6. Serve garnished with chopped parsley.

Spaghetti Bolognese

Ingredients

- Spaghetti 150 gms
- **For Bolognese Sauce**
- Mutton mince 2 cups
- Olive oil 2 tbsps
- Onion, chopped 1 medium
- Celery stalk, chopped 2 inch
- Garlic cloves, chopped 2-3
- Carrot, chopped 1 medium
- Refined flour (maida) 2 tbsps
- Butter 2 tbsps
- Salt to taste
- Black peppercorns, crushed 3-4
- Tomato concasse 2 cups
- Tomato puree 4-5 tbsps
- Cheese sauce 1/2 cup
- Grated processed cheese 1/2 cup



Method

1. For making the sauce heat olive oil in a **Ballarini Non-Stick Wok**. Add onion, celery and saute. Add garlic and continue to saute.
2. Add carrot, mutton mince and continue to saute on high heat for three to four minutes. Lower the heat, add half a cup of water and cook.
3. Boil plenty of water in another wok add spaghetti and cook till just done.
4. Take flour in a small bowl, add butter and rub it in. Lightly knead into a dough and form into three to four small balls (beurre manie).
5. Add salt, freshly crushed peppercorns to the mince. Add tomato concasse, tomato puree and mix well.
6. Add the beurre manie and continue to cook stirring continuously till the sauce thickens.
7. Drain the spaghetti with the Pasta fork and add to the sauce in the wok. Mix gently and serve hot.



Penne Arrabiata

Ingredients

- Penne 250 gms
- Tomatoes 5 medium
- Olive oil 2 tbsps
- Garlic cloves, crushed 6
- Onions, sliced 2 medium
- Crushed red chillies 1 tsp
- Oregano 1 tbsp
- Salt to taste
- Basil leaves 5-6

Method

1. Boil sufficient water in a **Ballarini Non-Stick Wok**, add tomatoes and blanch for two to three minutes. Drain, peel, remove seeds and coarsely chop.
2. Boil plenty of salted water in the wok, add penne and cook till just done. Drain, refresh in cold water and set aside.
3. Heat another **Ballarini Non-Stick Wok**, add oil and garlic and saute until light brown.
4. Add the onions and saute until transparent. Add crushed red chillies, oregano and tomatoes.
5. Cook for about five minutes on low heat. Add salt and mix well.
6. Add penne and roughly torn basil leaves and toss lightly. Serve hot.

Vegetable Hakka Noodles

Ingredients

- Noodles 400 gms
- Oil 6 tbsps
- Onion, sliced 1 medium
- Carrot, cut into thin strips 1 medium
- Green capsicum, cut into thin strips 1 medium
- Cabbage, finely shredded 1/4 small
- Soy sauce 1 tbsp
- Msg 1/4 tsp
- Salt to taste
- White pepper powder 1/4 tsp
- Bean sprouts 1 cup
- Spring onion green, finely shredded 1 stalk



Method

1. Boil water in a **Ballarini Non-Stick Wok** and add noodles. Cook till just done. Drain and cool.
2. Heat oil in another wok, add onion and stir-fry for two minutes. Add carrot, capsicum and cabbage and stir-fry for two minutes, stirring and tossing continuously.
3. Add noodles, soy sauce, MSG, salt to taste and white pepper powder and cook on high heat for a couple of minutes or until the noodles are heated, through tossing continuously.
4. Add bean sprouts, mix well and serve hot garnished with spring onion greens.

Vegetable Fried Rice

Ingredients

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



Method

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

You can make all these and many more exciting dishes with Ballarini Celebration Set.