

Festive

Recipe Book

by

Sangeet Kapoor



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Sangeet Kapoor

Happy Diwali...





Index

Besan ke Laddoo	1
Anarsa	2
Baked Karanji	3
Palak Namakpara	4
Oats and Dates Gujiya	5
Lemon Coconut Tofu Squares	6
Methi Sev	7
Til and Dry Fruits Laddoo	8
Kesar Pista Muffin with Srikhand Frosting	9
Truffles - Chocolates	10
Baked Chatpati Shankerpali	11



BESAN KE LADDOO

- Gram flour (besan) 4 cups
- Cashewnuts 12-15
- Almonds 12-15
- Ghee pure 1 cup
- Green cardamom powder 1 teaspoon
- Powdered sugar 2 cups

Method

- Place the cashewnuts and almonds in a blender jar and coarsely grind them. Transfer into a bowl and set aside.
- Heat ghee in a non-stick pan. Add gram flour, cook, stirring continuously, for 15-20 minutes or till gram flour is fragrant and turns light brown in colour.
- Add cardamom powder, cashewnuts and almonds. Mix well and remove from heat. Cool for 15 minutes.
- Add powdered sugar and mix well. You may use your hands to mix this.
- Shape into walnut sized round laddoos and arrange on a plate. When the laddoos have cooled completely, store them in an airtight container.



Anarsa

- kolam rice 1½ cup
- Jaggery (gur) grated ½ cup
- Ghee 7 tablespoons
- Semolina (rawa/suji) 2 tablespoons
- Sugar 2 tablespoons

Method

- Soak rice for 6-7 hours. Drain and spread on a absorbent towel to dry for 15-20 minutes
- Put rice in a grinder jar and grind to a smooth powder. Sift the powder into a bowl through a fine sieve.
- Add jaggery and 1 tablespoon ghee and knead into semi-soft dough without using water. If required, use milk. Cover and rest the dough for 5-6 hours.
- Divide dough into equal portions and shape them into small round balls.
- Combine semolina and sugar on a plate and mix well. Place a round ball, flatten into a ½ cm thick round and coat it evenly well in the mixture. This is anarsa. Similarly prepare the remaining balls.
- Heat 6 tablespoons ghee in a non-stick pan. Place anarsa and shallow-fry till light brown. Keep on pouring hot ghee from the sides in the pan on the anarsa. Do not flip the anarsa. Drain on absorbent paper.
- Serve.



Baked Karanji

- Whole wheat flour (atta) 1 cup
- Ghee 2-3 tablespoons + for greasing
- Scraped coconut 1½ cups
- Jaggery (gur) grated 1 cup
- Green cardamom powder ½ teaspoon
- Poppy seeds (khuskhus/posto) 1 teaspoon

Method

- Preheat oven at 180°C. Grease a baking tray with ghee.
- Take flour in a bowl. Add ghee and sufficient water and knead into a stiff dough. Set aside.
- Heat a non-stick pan. Add coconut and jaggery, mix well and cook for 5-7 minutes.
- Add cardamom powder and poppy seeds and mix well. Transfer in a bowl and cool to room temperature.
- Divide dough into equal portions, apply some ghee and roll out into thick discs. Put a spoonful of coconut mixture on one side, bring the other side over it, press edges and pinch the edges to give a pattern.
- Place the karanjis on the greased tray, put tray in the preheated oven and bake for 12-15 minutes.
- Serve hot.



Palak Namakpara

- Spinach puree 1/4 cup
- Spinach leaves (palak) shredded 10-12
- Refined flour (maida) 1 cup + fo
- Oil for greasing
- Baking powder 1/2 teaspoon
- Pure ghee 3 tablespoons
- Salt 3/4 teaspoon
- Carom seeds (ajwain) crushed 1/2 teaspoon

Method

- Mix together refined flour and baking powder into a bowl. Add ghee and rub in with fingertips till the mixture resembles breadcrumbs.
- Add salt, crushed carom seeds, spinach puree and shredded spinach leaves and mix well. Add one-fourth cup chilled water and knead into a stiff dough. Cover and set aside for fifteen minutes.
- Preheat oven to 180C. Grease a baking tray with a little oil and dust with some flour.
- Sprinkle some flour on the worktop and roll out the dough into a half-centimeter thick disc.
- Cut the rolled out dough into diamond shaped pieces. Place them on the baking tray, place the tray in the preheated oven and bake for ten to fifteen minutes. Remove from oven and cool.
- Serve or store in an airtight container.



Oats and Dates Gujiya

- Refined flour (maida) 2 cups
- Oil 3 tablespoons +
for deep-frying and greasing
- Filling
- Oats 1 cup
- Dates chopped 1/2 cup
- Cashewnuts chopped 10
- Almonds chopped 10
- Walnuts chopped 10
- Raisins 20
- White sesame seeds toasted 1 tablespoon

Method

- To make the covering, sift refined flour into a bowl. Add three tablespoons oil and rub it in. Add chilled water as needed and knead into a stiff dough. Cover with a damp cloth and set aside.
- To make the filling, Put oats, dates, cashewnuts, almonds, walnuts, raisins and sesame seeds in a bowl and mix well. Divide into twelve equal portions.
- Grease your palms with some oil, divide the dough into twelve equal portions and shape them into balls.
- Grease a gujiya mould.
- Roll out the dough balls into small puris. Place one in the mould and press lightly. Place a portion of the stuffing in the hollow portion. Apply a little water on the edges, close the mould and press firmly. Open the mould and remove extra dough. Keep the gujiyas covered with a damp cloth.
- Heat sufficient oil in a kadai and deep-fry gujiya on medium heat till golden. Drain on absorbent paper. Set aside for two to three minutes.
- Serve immediately.



Lemon Coconut Tofu Squares

- Coconut oil 1/4 cup
- Whole wheat flour (atta) ¾ cup + for dusting
- Butter for greasing
- Castor sugar (caster sugar) 1/2 cup
- Sea salt 1/4 teaspoon
- Vanilla essence 1/2 cup
- Icing sugar for dusting
- Filling
- Lemon 1 large
- silken tofu strained 1/4 cup
- Castor sugar (caster sugar) ¾ cup + 2 tablespoons
- Whole wheat flour (atta) 1 tablespoon
- Baking powder 1/8 teaspoon

Method

- Preheat the oven to 250°C. Grease a square baking tin with some butter and dust with some flour.
- Put wheat flour, castor sugar, sea salt, vanilla essence and coconut oil in a bowl and mix till well combined.
- Spread this mixture evenly in the baking tin, place the tin in the preheated oven and bake for fifteen to twenty minutes. Remove from oven and cool.
- To make the filling, process together the tofu, castor sugar, flour and baking powder. Grate the lemon peel and add along with its juice and process till smooth.
- Spread the filling evenly over the baked base, place it in the preheated oven and bake for twenty to twenty five minutes. Remove from oven and cool.
- Cut into squares, dust icing sugar on top and serve.

Methi Sev

- Fenugreek powder roasted dried 1 1/2 teaspoons + for sprinkling
- Gram flour (besan) 2 cups
- Oil 3 tablespoons + for greasing and deep-frying
- Salt to taste
- Carom seeds (ajwain) 1/2 teaspoon
- Turmeric powder 1/4 teaspoon

Method

- Grease a chakli press with some oil.
- Heat sufficient oil in a kadai.
- Heat 2 tablespoons oil in a non-stick pan.
- Combine flour, salt, carom seeds, fenugreek powder and turmeric powder and mix. Add hot oil and mix well. Add sufficient water and knead into a semi-soft dough. Add remaining oil and knead again. Set aside for 20-30 minutes.
- Divide the dough into equal portions. Fill in the greased chakli press fitted with sev attachment with a portion of prepared mixture. Press it out into hot oil and deep-fry till golden and crisp. Drain on absorbent paper.
- Sprinkle some chaat masala and fenugreek powder on top.
- Store



Til and Dry Fruits Laddoo

- Sesame seeds (til) 1/2 cup
- Almonds 1/4 cup
- Cashewnuts 2 tablespoons
- Raisins 2 tablespoons
- Seedless dates 1/2 cup
- Dried figs 8-9
- Desiccated coconut 2 tablespoons
- Green cardamom powder 1/4 teaspoon
- Nutmeg powder a pinch

Method

- Dry roast the almonds till well browned. Remove from heat and set aside. Dry roast the cashewnuts till well-done. Remove from heat and set aside.
- Chop the dates and figs.
- Grind together the chopped dates, figs, almonds, cashewnuts, raisins, coconut, cardamom powder and nutmeg powder coarsely. Transfer onto a plate.
- Spread the sesame seeds on another plate.
- Divide the ground mixture into twelve equal portions and shape them into small laddoos. Coat the laddoos with the sesame seeds.
- Serve or place in an airtight container and refrigerate to store.



Kesar Pista Muffin with Srikhand Frosting

- saffron strands soaked in 1 tablespoon milk + for garnishing a pinch
- Pistachios blanched and chopped 12-15
- Refined flour (maida) 1 cup
- Shrikhand 1 cup
- Butter 1/2 cup
- Condensed milk 1/2 cup
- Yogurt 3-4 tablespoons
- Baking powder 1 teaspoon

Method

- Preheat an oven at 180°C. Line a silicon muffin mould with muffin paper cups.
- Cream together butter and condensed milk using an electric blender till soft and fluffy. Add yogurt and fold well.
- Sieve in flour and baking powder. Add pistachios reserving some for garnishing and saffron-milk mixture and fold well.
- Fill in a piping bag with the batter and pipe it into the lined silicon muffin mould and tap. Put the mould into a baking tray. Place the baking tray in preheated oven and bake for 20-25 minutes. Demould and cool.
- Fill in a piping bag with srikhand and pipe it on top of baked muffins.
- Serve garnished with remaining pistachios and saffron strands.



Truffles - Chocolates

- White chocolate 400 grams
- Fresh cream 1/2 cup
- Rose petals Candied (gulkand) 1/2 tablespoon
- saffron strands 1/2 teaspoon
- Green cardamom powder 1/2 teaspoon
- Almonds blanched and peeled 10-15
- Pistachios blanched 10-15
- Dried rose petals 1/4 cup

Method

- Roughly chop chocolate and transfer into a bowl.
- To prepare ganache, heat cream in a non-stick pan and bring to boil. Remove from heat, add to chopped chocolate and mix well till chocolate melts. Divide it equally into 3 different bowls.
- Add candied rose petals to 1st bowl and mix well. Refrigerate till set.
- Heat crushed saffron along with some water in a microwave for 30 seconds and mix. Add ½ of the saffron 2nd bowl reserving the remaining and mix well. Refrigerate till set.
- Add cardamom powder to 3rd bowl and mix well. Refrigerate till set.
- Finely chop almonds and pistachios.
- Add remaining saffron mixture to chopped almonds and mix well. Transfer saffron-almonds mixture, pistachios and crushed dried rose petals onto different plates.
- Scoop out cardamom ganache, shape them into balls and coat with saffron-almond mixture. Similarly, coat saffron ganache balls with pistachios and candied rose petals ganache balls with dried rose petals.
- Serve.



Baked Chatpati Shankerpali

- Whole Wheat Flour 1/2 cup
- Refined Flour 1/2 cup
- Garlic crushed 3-4 cloves
- Salt to taste
- Red chilli powder 1 teaspoon
- Chaat masala 1 1/2 teaspoons
- Cumin powder 1/2 teaspoon
- Tomato puree 1/2 cup
- Ghee 2 tablespoons

Method

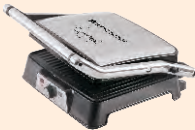
- Preheat oven to 160°C. Place the whole wheat flour and refined flour in a bowl. Add crushed garlic, salt, red chilli powder, chaat masala, cumin powder, tomato puree and ghee and mix.
- Knead into a medium soft dough. Cover the dough with a damp cloth and rest it for fifteen minutes.
- Roll out into a round disc taking care not to roll it too thin. Cut into small triangles. Separate the pieces and arrange them on a silicon baking sheet kept on a baking tray.
- Place the tray in the preheated oven and bake for ten to fifteen minutes.
- Check to see if they are crisp. If not done, bake for five minutes more. Bring the tray out and set aside to cool down to room temperature.
- Store in an airtight container.

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