



Aptivate[®]
ACTIVATES APPETITE NATURALLY

Presents

ACHCHI BHOOK SCHOOL FOODIE QUIZ 2022

An Initiative By



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Our Story

The Promise of Caring

Kids are fireballs of energy who love being on their toes throughout the day, and it is of utmost importance that they consume a nutritious diet. However, kids may be fussy when it comes to homemade food, and that's where **Lupin's Aptivate syrup** comes to the rescue!

Lupin's Aptivate syrup helps children enhance their health and overall-wellbeing by naturally boosting their appetite. This formulation, created from **100% Ayurvedic** ingredients, also improves immunity and naturally increases energy levels in children.

Aptivate is enriched with the goodness of Ayurvedic ingredients that stimulate your child's hunger for home-cooked meals and helps strengthen their immunity. Created by experts, and endorsed by childcare specialists across the country, Aptivate contains **Guduchi, Amla, Pippali**, and **six other key Ayurvedic ingredients** to improve children's well-being.



Suji Appam

Suji appam recipe an easy and simple breakfast with semolina and sour curd.., in this recipe not required soaking, fermentation and the better can be made less than 30 min.. use eno or baking soda for quick fermentation..

I'm using vegetables in this appam.. it's turn yummy breakfast..



How To Cook

Ingredients

- 2 cup suji
- 1 cup curd
- 1 chopped onion
- as required Water
- 1 chopped tomato
- 1 green chilli
- 1 chopped small capsicum
- 3 tbsp fresh coriander
- 1/4 spoon Baking soda
- 1 tsp Mustard seeds(for tempering)
- 1 cup curd

Directions

- 1 Mix together suji and curd.Add water to make thick paste.Keep for 30 minutes.
- 2 Make tempering of Mustard seeds,Add in the Rava batter.
- 3 Add all the chopped vegetables in the batter.
- 4 Add all the spices in the batter.Mix well.Add salt and baking soda.Add water as required.Batter should be thick.
- 5 Take Appam pan.Grease it and temper with oil..Pour batter in the cavities.Cover appam pan and cook.Flip and cook from both sides.
- 6 Add little oil and cook.
- 7 Healthy suji appe ready.
- 8 Serve with ketchup.



Serves
5



Time
30 minutes



Time
15 minutes



by Tejal Thakkar

Pistachio Kheer

How To Cook

Ingredients

- 1 litre full cream milk
- 1/2 cups rice
- 1/2 cups sugar
- 1/2 tsp cardamom powder
- 20 Pistachio
- 10 Almonds
- 1 Pinch Saffron



Directions

- 1 Boil milk in a heavy bottomed pan.
- 2 When milk starts to boil lower the flame and let it simmer on low. Stir it occasionally.
- 3 When layer of the cream appears on the surface shift it towards the side of the pan.
- 4 Cook till milk is reduced to 1/3 of quantity.



To be continue...



by Aruna Thapar

Pistachio Kheer

Directions

- 5 Add rice and cook till rice dissolves in milk. Then add sugar and let it dissolves. Now keep on stirring continuously.



- 6 Add chopped almonds, pistachio, saffron strands and cardamom powder. Mix well.
- 7 Scrape small cream chunks collected on the sides of pan into milk.
- 8 When cool, refrigerate it for 2 hours.
- 9 Then serve chilled garnished with chopped pistachio.



by Aruna Thapar

Healthy Poha

How To Cook

Ingredients

- 2 cup soaked poha
- 2 chopped onion
- 1 chopped tomato
- 1 potato cubes
- 2 tbsp boiled peas
- 1 chopped green chilli
- Few curry leaves
- 1/2 tsp red chilli powder
- 1/2 tsp turmeric powder
- Pinch of sugar
- 1/2 tsp mustard seeds
- Pinch of asafoetida
- 1 tbsp lemon juice
- Salt to taste
- 2 tbsp oil
- 1/4 bowl peanuts
- Chopped coriander for garnishing
- 2 tbsp pomegranate seeds



Directions

- 1 First wash poha properly and soak it for 5 min . Keep it in a colander to drain excess water.
- 2 Heat oil in a pan , add asafoetida, curry leaves and mustard seeds to it .
- 3 When it crackles add onion , potato and peanuts to it and saute for 2 min .



To be continue...



by Astha Agarwal

Healthy Poha

Directions

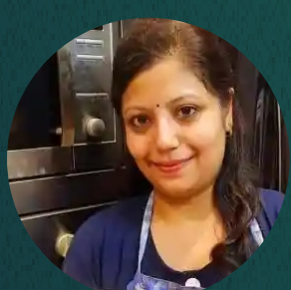
4 Add green chilli, turmeric powder , red chilli powder and pinch of sugar to it .

5 Add tomato ,peas and salt to it . Saute it for 2 min .



6 Now add soaked poha and mix everything well.

7 Add lemon juice to it and garnish with green coriander and pomegranate seeds .
Our healthy poha is ready to serve .



by Astha Agarwal

Gatta Khichdi

How To Cook

Ingredients

- 2 cups basmati rice
- 1 bay leaf
- 1 cinnamon roll
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp asafoetida
- 2 tbsp chilli powder
- 1 tbsp turmeric powder
- 1 tbsp coriander powder
- 1 1/2 tbsp garam masala
- as per taste Salt
- 2 tbsp oil
- 2-3 chopped chillies
- 6-7 curry leaves
- 1 cup boiled peas
- As per taste Lemon juice
- For garnishing-
 - as required Coriander leaves
 - 3-4 slices onion

Directions

- 1 First mix all the ingredients required for making gatta then add water to make a stiff dough out of it. Then make the rolls of the dough and put it into hot water and let cook for 12-15 mins till the bubbles come on the rolls.
- 2 Then after cooking them let them come on room temperature and then cut them into even pieces.
- 3 Take 2 cups of basmati rice and soak it in water for ½ hour and then add 1tsp of turmeric powder and salt as per taste and cook it in the pressure cooker and take 5-6 whistles. Afterwards let them cool completely and also do not forget to add 1 tbsp of ghee or butter so that it does not stick.
- 4 Now for making the khichdi first take oil in the pan then add bay leaf,cinnamon roll, cumin and mustard seeds afterwards put asafoetida and add green chillies and curry leaves with gatta and fry for 1 min.
- 5 Till it fries, add garam masala, red chilli powder,turmeric powder,coriander powder,salt as per taste,lemon juice as per taste and boiled peas into the cooled rice.TIP: DO NOT ADD PEAS INTO THE TADKA.
- 6 After frying those gatta,you just have to add the mixed rice into it and mix the whole properly so that spice reaches every corner. Let it cook for 2-3 mins and serve hot.



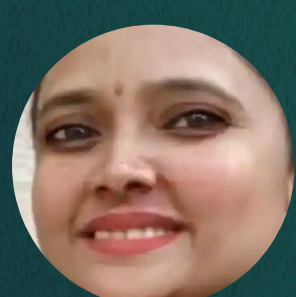
Serves
4



Time
15 minutes



Time
30 minutes



by Sumeeta p

Masala Karele

How To Cook

Ingredients

- 1/2 kg Karele
- 5-6 tbsp mustard oil
- 4-5 curry leaves
- 1/2 tsp cumin seeds
- To taste Salt
- 1/2 tsp red chilli powder
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1/2 tsp garam masala powder
- 1 tsp chaat masala
- 1/2 tsp sesame seeds



Directions

- 1 Wash the karela. Wipe it to dry with kitchen towel.
- 2 Cut it into halves and de-seed them.
- 3 Heat oil in a pan. Add curry leaves, cumin seeds and let it splutter for a second.
- 4 Add karele and let it cook for sometime stirring in between.
- 5 Add all the spices given in the ingredients list. Mix it.
- 6 Cover and cook karele till it is properly cooked and soft.
- 7 Masala karele are ready to eat.



by Sargam Narula

Chatpata Aloo with Masala Puri

How To Cook

Ingredients for aloo

- 3-4 boiled potato
- 4-5 curry leaves
- 1/2 tsp cumin seeds
- To taste Salt
- 1/2 tsp red chilli powder
- 1/2 tsp coriander powder
- 1/2 tsp chaat masala
- 1 tsp lemon juice



Ingredients for masala puri

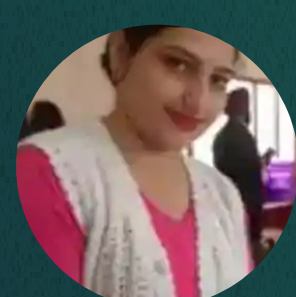
- 3 cup wheat flour
- 1/2 tsp salt
- 1/2 tsp ajwain
- 3 tbsp oil
- 2 tbsp achari masala powder
- As required water

Directions

- 1 In a kadahi heat 2 tbsp oil. Add cumin seeds and curry leaves. Let it cook for 1-2 seconds.
- 2 Add salt, red chilli powder, coriander powder, chaat masala and mix.
- 3 Add boiled and unevenly mashed potatoes. Mix.
- 4 Cook for 5 mins. Switch the gas off.
- 5 Add lemon juice and mix.
- 6 Chatpata aloo is ready.

Method for puri

- 1 In a big bowl mix wheat flour, salt, achari masala powder, ajwain and oil.
- 2 Add water and knead it to a stiff dough. Make small balls from the dough.
- 3 Roll it flat and deep fry them.
- 4 Golden crispy masala puri is ready.



by Renuka Saka Sahu

Nutritious Sattu Paratha

Sattu parathas are nutritious and healthy. They are very important in kids diet as they provide nutrients required for their growth. It's a great source of protein, iron and antioxidants.

How To Cook

Ingredients

- Wheat flour – 1½ cups
- Sattu – ½ cup
- Chopped onion – ½ cup
- Chopped garlic – 1 tsp
- Chopped green chillies – 2
- Lemon juice – 1 tsp
- Pickle oil – 2 tbsp
- Salt to taste
- Water as required
- Ghee as required

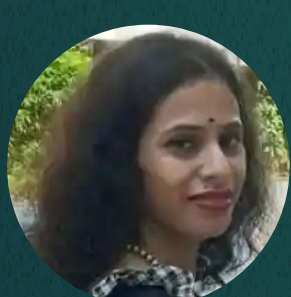
Directions

- 1 First knead the dough by mixing wheat flour with little salt and water.
- 2 Add a few drops of oil on top and keep aside to rest for 15 minutes.



- 3 To prepare the stuffing, add sattu with chopped onion, garlic green chillies, lemon juice, pickle oil and salt.

To be continue...



by Debojani roy

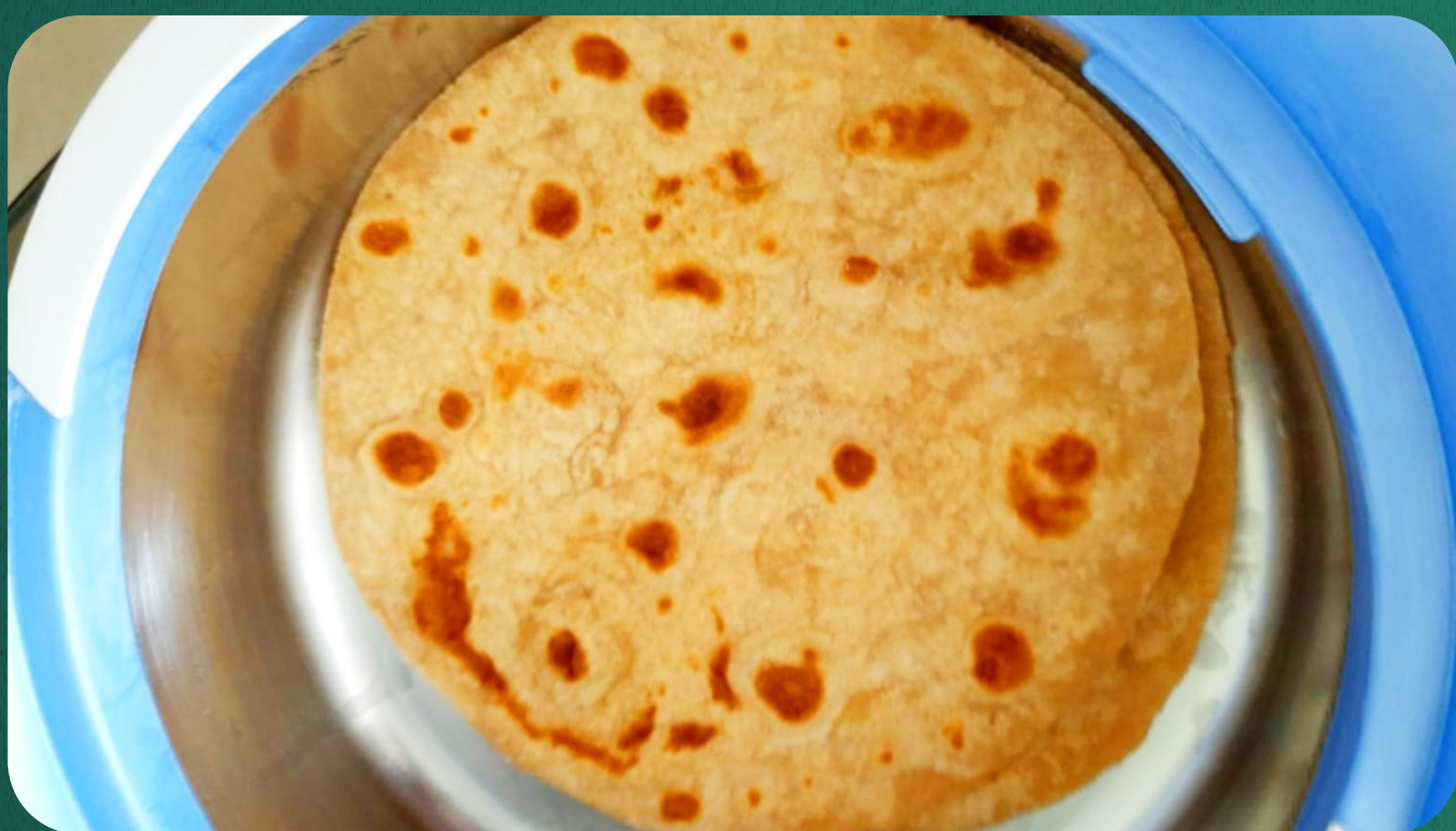
Nutritious Sattu Paratha

Directions

- 4 Combine and mix everything properly.



- 5 Divide the kneaded wheat flour dough into six large balls.
- 6 Flatten the balls and put the stuffings at the centre. Bring the edges together and seal properly.
- 7 Now, roll the parathas into rounds.
- 8 Heat tawa and cook the parathas on both sides.
- 9 Drizzle ghee and roast the parathas on both sides till golden brown.
- 10 Sattu parathas are ready to be enjoyed. Serve hot with pickle or curd.



by Debojani roy

Sukhadi

Sukhadi is a popular dessert from Gujarat and is made especially in winters to increase the body heat. Sukhdi, made with just a handful of ingredients, this is a quick and easy dessert to make in under 15 minutes.

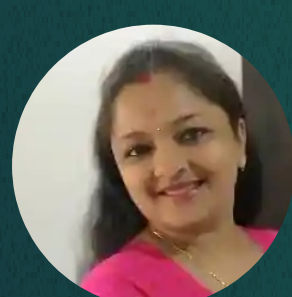
How To Cook

Ingredients

- Wheat flour – ½ cup
- Ghee / clarified butter – ¼ cup
- Jaggery – ⅓ cup (powdered)
- Cardamom powder – ¼ tsp
- Sliced almonds – 1 tbsp

Directions

- 1 Grease a small pan with ghee and keep it ready.
- 2 Measure the ghee in a pan and heat it in medium heat.
- 3 Once the ghee is hot, add the measure wheat flour and fry it low flame
- 4 Keep frying it until a nice aroma releases and the flour changes color to slightly darker shade.
- 5 Add the cardamom powder and mix well.
- 6 Turn off the flame and place the pan on the counter top on a trivet.
- 7 Add the measured jaggery and mix well to combine. With just the heat that remains in the pan, the jaggery will melt and combine well.
- 8 Pour the mixture immediately on to the greased pan and sprinkle the chopped almonds.
- 9 Press it down with a spatula to even out.
- 10 Let the sukhadi cool down a bit and then make slices of them.
- 11 Cut them when they are still a little warm, as they will crumble if completely let to cool down.



by Tanvi Vakharia

Kadi Besan Pakoda

kadi pakoda is the most popular recipe. Besan Kadhi is the favorite of many people. Everyone likes to eat it.

How To Cook

Ingredients

- Sour curd or buttermilk – 2 cups.
- Besan – 1 cup.
- Cumin – 1 tsp.
- Turmeric powder – 1/2 tsp.
- Red chili powder – 1 tsp.
- salt to taste .
- Curry leaves – 6-7.
- Steep red chili – 2.
- Oil – 1 tbsp.
- Asafoetida – 1-2 pinch
- Oil – for frying the pakoras.

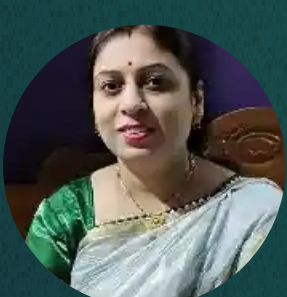
Directions

- 1 Sieve the gram flour in a bowl and add water to it and add asafoetida and salt to the gram flour.
- 2 And by beating the batter continuously, prepare a thick batter of pakodas.



- 3 Heat oil in a pan. Make pakodas from a portion of the batter.
- 4 Make pakodas with batter .Take a little batter in a spoon and pour it into the pan. Make 5-6 pakoras at a time. Flip the pakoras and fry them till they turn golden brown. Take them out in a plate and in the same way make more pakodas from the batter.

To be continue...



by Richa Jain

Kadi Besan Pakoda

Directions

- 5 Add asafoetida and salt to the gram flour for pakodas. And prepare a thick batter by beating.

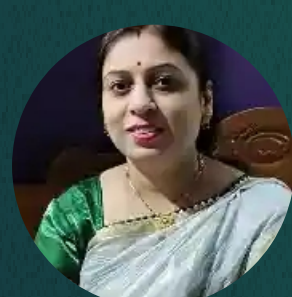
Heat the oil, fry small dumplings on medium heat till golden brown.



- 6 Beat the curd and take it out in a bowl.
- 7 Add the gram flour mixture to the curd and mix well. Add water to the mixture and mix well.
- 8 Prepare a thin solution by mixing turmeric powder. Let it boil while stirring continuously till it thickens. When the curry starts boiling, put all the pakoras and mix them well with the help of a spoon. Once the curry starts boiling again, add salt. Now close the curry by stirring continuously with a spoon. Let it cook on medium flame for 12-15 minutes. But do not forget to stir the curry every 2-3 minutes. And prepare the kadhi on low flame.
- 9 After a while you will see that the cream of gram flour will start appearing on the corners of the pan on top of the kadhi. That is, your Besan Pakora Kadhi is ready. (tadka)Take a frying pan on medium heat.
- 10 Add ghee, cumin seeds and wait till they splutter.
- 11 Now prepare red chili by adding red chili powder, turmeric, and curry leaves. This mixture (tadka)



To be continue...



by Richa Jain

Kadi Besan Pakoda

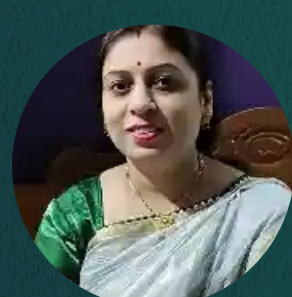
Directions

- 12 Prepare it by pouring it on the curry immediately.
- 13 Kadhi with hot pakoras is ready. Take it out in a serving bowl and garnish with green coriander. Serve Kadhi Pakora hot with chapati, naan or roti, rice and eat it.



Tips

- *1.If you like spicy food, then heat 2 tsp oil in a small pan and switch off the gas. Put 1/4 tsp red chili powder in the oil. To make the curry spicy, add this mixture to the curry.*
- *.If the curry becomes too thick after cooking, then add some water and cook it a little.*
- *If the curry remains thin even after cooking for 20 minutes, then add a little more gram flour.*



by Richa Jain

Kadahi Paneer

How To Cook

Ingredients for kadahi masala

- 3 tsp coriander seeds
- 2 tsp cumin seeds
- 4-5 tsp black pepper
- 4 dried chilli
- for paste (tomato onion)
- 5 cloves crushed garlic
- 1 tsp chopped ginger
- 2 onion sliced
- 2 tomato chopped



Ingredients for kadai paneer gravy

- 2 tbsp butter
- 2 tsp refined oil
- 2 tej patta
- Salt as per taste
- 2 green chilli long cut
- 2 tsp dry fenugreek leaves
- 1 onion cubed
- 1 capsicum cubed
- 1/2 tsp turmeric powder
- Paneer 250 gram sliced and cubed

Directions

- 1 In a pan dry roast the kadahi masala ingredient and let it cool.after that grind coarsly.
- 2 Make a fine paste with ingredients of tomato onion paste.
- 3 Heat refined oil on a kadahi ,add tejpatta,green chilli and saute cubed onion for 5 minutes on low flame.
- 4 Add capsicum and saute for 2-3 minutes
- 5 Add prepared paste and saute until leaves oil.add prepared kadahi masala,turmeric powder
- 6 Salt and butter. Add paneer,fenugreek leaves .1/2 cup water .Cook on low flame for 5 minutes
- 7 Seve hot with naan or rice.



by Rimjhim Agarwal

Cranberry Jello Delight

How To Cook

Ingredients

- 400 milligram cranberry juice
- 8 tablespoon cornflour
- 5 tbsp sugar
- A Pinch cardamom powder
- 8 tbsp pineapple juice
- 1/2 Cup desiccated coconut



Directions

- 1 In a heavy bottom saucepan add cranberry juice, corn flour, sugar, cardamom powder and pineapple juice.
- 2 Mix all the ingredients properly.
- 3 Be careful that there should be no lumps.
- 4 Now keep this saucepan on the flame mix continuously.
- 5 Within 8 to 10 minutes it will turn in thick texture.
- 6 As it turns in thick consistency, switch off the flame and stir it continuously.
- 7 Pour it in silicon moulds.
- 8 Keep it in the fridge for 4 to 5 hours.
- 9 As it set completely, take it out from the mould and cut it in pieces.
- 10 Coat the pieces with desiccated coconut.
- 11 Cranberry jello delight is ready.



by Malik Aadil Akbar

Bread Rolls

How To Cook

Ingredients

- 2 Boiled potatoes
- 1/2 chopped onion
- 1/2 tsp red chilli powder
- 1/2 tsp garam masala
- As Per Taste Salt
- 1/2 tsp turmeric powder
- 1 chopped green chilli
- A handful Chopped fresh coriander
- As Required Oil for frying
- 1 tbsp oil for make filling
- 1/2 tsp jeera

Directions

- 1 Take a Kadai and heat oil til it is hot. Then add jeera, chopped onion, and green chili and mix.
- 2 Then add mashed potatoes and salt, red chilli powder, garam masala, turmeric powder.
- 3 Add chopped fresh coriander and mix. Filling is ready.
- 4 Take a bread slice soak it in water and squeeze. Then add potato filling and give an oval/ round shape.
- 5 Heat oil for frying. When oil is hot add bread rolls and deep frying in medium high flame till it is golden and crispy.
- 6 Bread rolls are ready.
- 7 Cut it in rounds and serve hot with tea. Crispy from outside and soft from inside.



by Rahul Bali

Honey Almond Streusel Cake

How To Cook

Ingredients

- ¼ cup milk
- ¼ cup curd
- 1/2 cup + 1 tbsp sugar
- 1/2 tsp vanilla extract
- 1 cup all purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- Ingredients for Topping:
 - 1/2 cup butter
 - 1/4 cup + 2 tbsp sugar

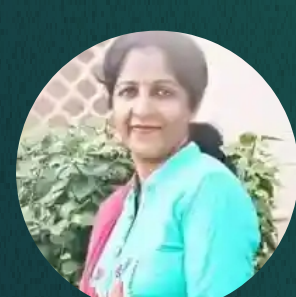


- 1/4 cup honey
- 3 tbsp heavy whipping cream
- 1/4 cup sliced almonds
- 1/2 tsp cinnamon
- Grease a 6 inch pan and preheat oven to 200 degrees.

Directions

- 1 Beat milk, curd, sugar and vanilla with a mixer on medium for 4-5 minutes. Add flour, baking soda and baking powder into mixture and mix just until mixed. don't over mix.
- 2 Pour batter into prepared pan. Smooth the top. Bake for 25-30 minutes. Melt butter in a saucepan. add sugar, honey, heavy cream, almonds and cinnamon.
- 3 Stir all ingredients together and bring to a boil. Spread topping over partially baked cake.
- 4 Return the cake to the oven and bake 8-10 minutes more or until almonds are browned but not dark brown to look burnt.
- 5 Keep the cake in the pan for a short while, allowing the topping to set.
- 6 Cut and remove from pan and cool completely.

Enjoy.



by Neeru Gupta

MASALA PURI (BAGRU PURI)

Bagru/kitu means ghee residue. When we prepare ghee at home by collecting cream(Malai)from milk, we make butter by churning this collected cream. When we boil this butter for making ghee some solid particles are there which is known as ghee residue. This mawa like residue is known as ghee residue. This mawa like residue can be used in preparing not only sweets but in many other recipes. This ghee residue is rich source of natural antioxidants and of course it has protein and energy.



So today, I have prepared mathri/puri (fried and crispy Indian snack)using ghee residue.

How To Cook

Ingredients

- 2 cup wheat flour
- 1/2 cup ghee residue
- 2 tbsp kasuri methi (dried fenugreek leaves)
- 1 tsp white sesame seeds
- 1 tsp black sesame seeds
- 1 tsp cumin seeds
- 1 tsp red chilli powder
- 1/2 tsp turmeric powder
- Salt to taste
- Oil for frying

Directions

- 1 Cool down ghee residue and then grind it. In a broad vessel add wheat flour, grinded bagru and all the rest of ingredients and knead hard dough with water.
- 2 Take some dough, prepare cylinder like roll and cut slices with the help of a knife.



To be continue...



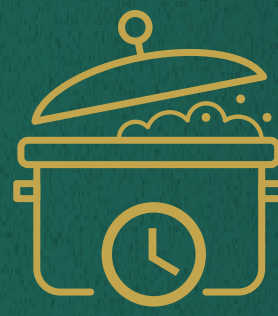
by Deepa Rupani



Serves
4



Time
10 minutes



Time
20 minutes

MASALA PURI (BAGRU PURI)

Directions

- 3 Heat oil, roll small roundels like puri. Prick with fork or knife to avoid puffing while frying.
- 4 When oil becomes hot, turn the flame to medium to slow and deep fry puris from both sides, till it becomes crispy.



- 5 Once it cools down completely, store it in an airtight jar.
- 6 Relish it with tea coffee. It also tastes best with curd.



by Deepa Rupani

Jello Panna Cotta

How To Cook

Ingredients

- 1 box Jell-O strawberry flavour
- 1-1/2 cups full cream milk
- 3 teaspoons powdered gelatin
- 1/3 cup sugar
- 1-1/2 cups heavy cream
- 1 teaspoon pure vanilla essence



Directions

- 1 Prepare the Jell-O according to the package instructions. Fill each glass halfway.
- 2 Place it in the refrigerator for 2 to 4 hours or until completely set.
- 3 When the Jell-O is completely set, then pour the milk into heavy saucepan. Sprinkle it with the powdered gelatin and allow to bloom for about 5 minutes.
- 4 Heat the milk over medium-low heat by stirring continuously to dissolve the gelatin.
- 5 Do not boil the milk. When the gelatin is properly dissolved remove it from the heat.
- 6 Add sugar and stir to dissolve. Remove from the heat and whisk in the heavy cream and vanilla essence. Allow the mixture to cool completely at the room temperature.
- 7 Remove the Jell-O-filled glasses from the refrigerator and gently pour the cooled panna cotta mixture into the glasses, covering the Jell-O completely.
- 8 Return the glasses to the refrigerator and chill for 1 to 2 hours before serving.
- 9 Garnish with melon seeds and rose petals.



by Manveen Kaur

Bottle Gourd Murabba

Bottle gourd has a host of benefits. But many people doesn't like it particularly kids. This murabba is a savage. Its a very easy peasy recipe and kids wouldn't even get the key ingredient of this murabba until told.



How To Cook

Ingredients

- 1 kg bottle gourd
- 3 and 1/2 cup sugar
- 1/2 tsp red chilli powder
- 1/2 tsp cumin seed powder
- 1/4 tsp black pepper powder
- 3/4 tsp salt
- 3/4 tsp citric acid
- 3/4 cup vinegar



Time
10 minutes



Time
40 minutes

Directions

- 1 Wash and peel bottle gourd properly and grate it.
- 2 Transfer it in a heavy bottom wok and cook it on medium to low flame for 10-12 minutes.
- 3 Add salt, red chilli powder, black pepper powder and cumin powder.
- 4 Cook for another 5 to 10 minutes till bottle gourd becomes soft. Now add sugar. Sugar will dissolve and release water.
- 5 Cook for 5 more minutes then add citric acid and vinegar.
- 6 Cook till murabba gets a proper consistency but not sticky.
- 7 Turn off the flame.
- 8 Cool it completely and store in a clean airtight container.
- 9 If stored properly, this murabba can last for more than 1 year.
- 10 Relish it with paratha or as a spread on bread.
- 11 Believe me no one can guess the key ingredient of this murabba.



by Charnjeet kaur Gandhi

Homemade Sweet Mawa/Khoya

How To Cook

Ingredients

- 1/2cup milk
- 1 cup milk powder
- 2 tsp ghee
- 1/2cup sugar or as required



Serves

2



Time

10 minutes

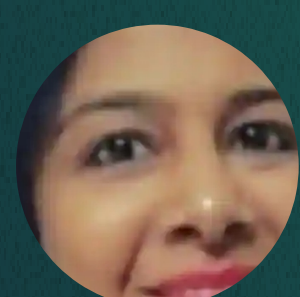


Time

20 minutes

Directions

- 1 Take pan add ghee then add milk.
- 2 When milk starts boiling add milk powder slowly and stir milk continuously.
- 3 Mix milk,sugar & milk powder well. After some time when that mixture become slightly thick and leave the edges of pan then turn off the flame. Don't keep mixture more time on gas otherwise khoya will becomes a hard.
- 4 Put whole mixture in one plate to cool. Your instant homemade khoya is ready.



by Shivangi Gota

Quinoa Khichdi

How To Cook

Ingredients

- Quinoa – 3/4 cup
- Yellow Mung Dal – 3/4 cup
- Oil / Ghee – 2 tbsp
- Mustard Seeds – 1 tsp
- Cumin Seeds – 1 tsp
- Bay Leaf – 1 qty
- Onion – 1 qty, chopped
- Ginger – 1 inch, finely chopped
- Garlic – 3 cloves, minced
- Green Chilies – 2, minced
- Tomatoes – 3, chopped
- Turmeric Powder – 1/2 tsp
- Salt – as required
- Green Beans – 1 cup, chopped
- Carrots – 1 cup, chopped
- Green Peas – 1 cup
- Water – 5 cups

Directions

- 1 In a 5 Liter pressure cooker over medium/high heat, add 2 tbsp oil or ghee.
- 2 After heating, add 1 tsp mustard seeds, 1 tsp cumin seeds, and 1 bay leaf.
- 3 Sauté for about 1 minute until the seeds begin to crackle and the cumin turns to a darker color.
- 4 Add 1 chopped onion, 1 inch finely chopped ginger, 3 cloves finely chopped garlic, 2 finely chopped green chilis, and 1/4 tsp asafoetida / Hing powder.
- 5 Mix well and sauté for about 5 minutes, or until the onion turns translucent.
- 6 Add 3 chopped tomatoes, 1/2 tsp turmeric powder, 1/2 tsp red chili powder, 2 big pinches of salt, and pepper to taste.
- 7 Mix well and sauté for about 7 minutes. The tomatoes should be completely mashed.
- 8 Add the soaked quinoa and dal, 1 cup chopped green beans, 1 cup green peas, 1 cup chopped carrots, and 5 cups of water. Mix thoroughly.
- 9 Seal the pressure cooker, bring it to full pressure, and cook for 3 whistles.
- 10 After the 3rd whistle, turn off the heat and let the pressure release naturally (about 15 minutes).
- 11 Once finished, mix thoroughly.
- 12 Add 1/4 cup chopped cilantro leaves and 2 tbsp of lemon juice. Mix well. 16. Transfer Khichdi to a serving bowl. Add 1 tsp ghee, grated carrot, chopped cilantro, finely chopped green chili, and lemon to garnish. 17. Stir well and Serve hot!



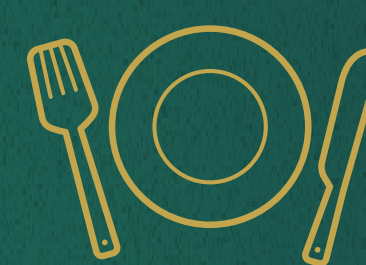
by Kartavya Guru

Choco Chip Cake

How To Cook

Ingredients

- 1 cup maida/all-purpose flour
- 1/4 cup butter
- 1/4 cup oil
- 1 tsp baking powder
- 3/4 cup powder sugar
- 1/2 tsp baking soda
- 1 tsp vanilla essence
- 200 gms choco chips
- 2 tbsp cocoa powder
- 1 cup chocolate
- 1 cup cream
- 1 tbsp butter



Serves

4+

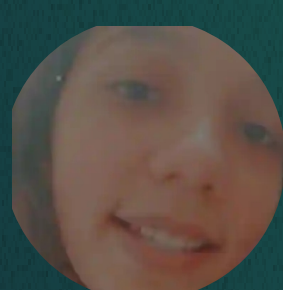


Time

40 minutes

Directions

- 1** Prepare the ganache, and melt chocolate in a microwave. Add cream and butter. Mix well. Refrigerate it for a couple of hours.
- 2** Mix powder sugar, oil, and butter. Beat well. Then sieve maida, cocoa powder, baking powder, and baking soda. Mix well.
- 3** Add vanilla essence, and choco chips and mix again. Grease a tin, dust with some flour, and pour the batter into the tin. Tap it to remove air bubbles if any. Then in a preheated oven bake the cake for 25-30 minutes.
- 4** When ready remove from the oven. Now slightly cut the top of the cake. Pour the ganache over the cake. Spread it evenly. Apply the choco chips all over and refrigerate it for 2- 3 hrs.
- 5** Then remove and cut it as you like and Serve it.



by Vushti Jain

Arbi Ki Dry Sabji

How To Cook

Ingredients

- 1/2 kg arbi
- 3 finely chopped green chillies
- 1 inch finely chopped ginger
- 1 tsp Maggi Masala
- 1+1/2 tsp coriander powder
- 1/2 tsp red chilli powder
- 1/2 tsp turmeric powder
- 3/4 tsp amchur powder
- 1/4 tsp celery
- 1/4 tsp mustard
- 1/4 tsp cumin
- 1 pinch asafoetida
- oil as required
- salt to taste



Directions

- 1** First boil the arbi, peel it and cut it into big pieces. Now heat oil in a pan, add asafoetida, mustard cumin, and carom seeds and crackle it.
- 2** Now add finely chopped green chillies and ginger and cook it for 30 seconds. Now add all the spices and fry till the oil separates.
- 3** Then add arbi and salt and mix it and cook for 3-4 minutes. After that add Maggi masala and mix it and after cooking for 1 minute, turn off the gas. Now add finely chopped coriander leaves and mix it.
- 4** Now add finely chopped coriander leaves and mix and serve hot with roti, paratha or poori.



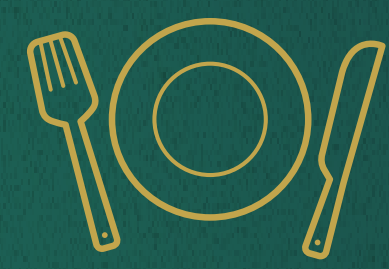
by Preeti Singh

Ragi Jaggery Cookies

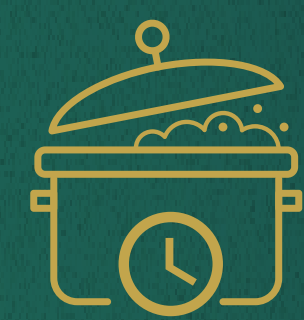
How To Cook

Ingredients

- 3/4 cup Ragi/ Finger
- millet flour
- 1/4 cup gram flour/ Besan
- 1/4 cup oats flour
- 2 tbsp Dutch processed cocoa powder
- 2 tbsp milk powder
- 1 TSP baking soda
- 1/4 TSP salt
- 1/4 cup unsalted butter/ makhkhan
- 1/4 cup Jaggery powder
- 1/4 cup milk at room temperature
- 1 cup roughly chopped dark chocolate chunks
- 1/4 cup large chocolate cubes for topping.



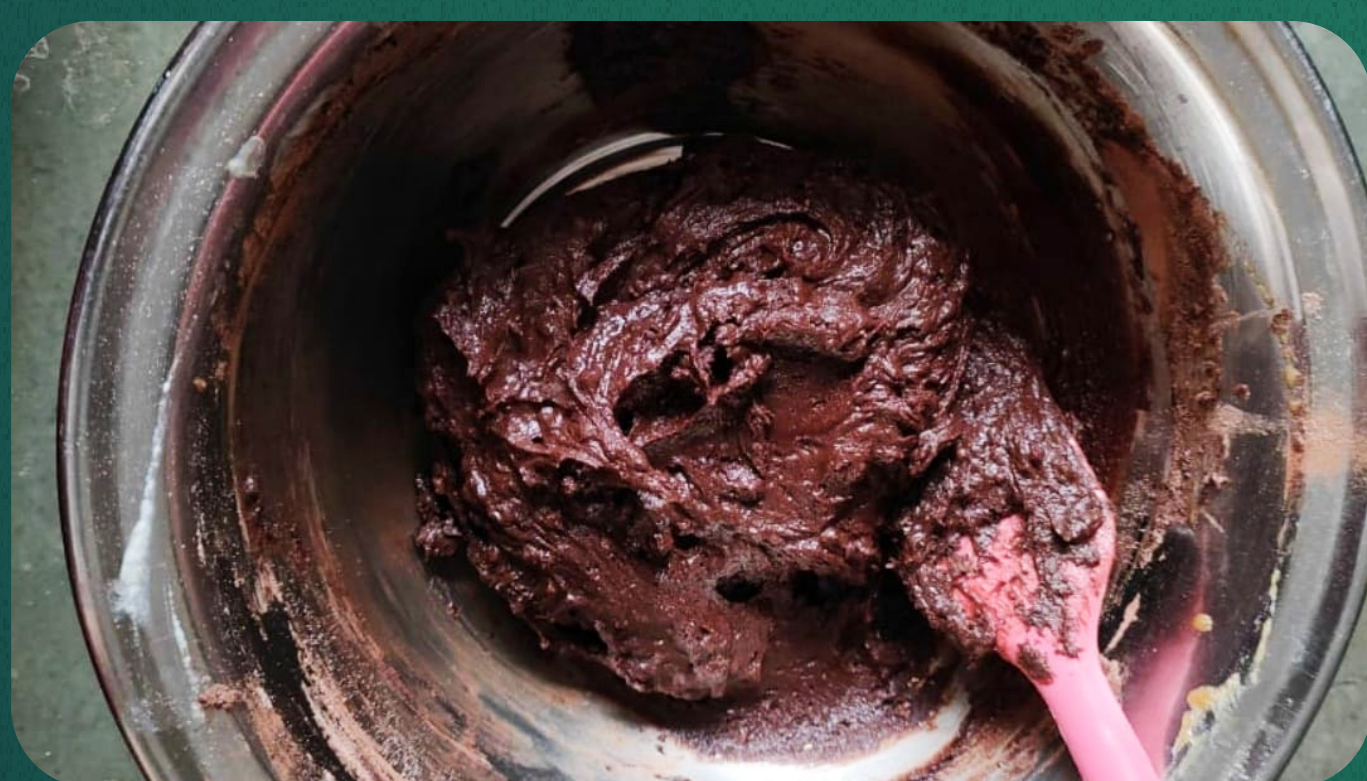
Serves
4-5



Time
60 minutes

Directions

- 1 Mix and sift all flours baking soda in a bowl.
- 2 In another mixing bowl cream butter and Jaggery powder.
- 3 To the creamy mix fold in flour.



To be continue...



by Khyati Dhaval

Ragi Jaggery Cookies

Directions

- 4 Combine milk very little at a time and make a soft dough with hands.
- 5 Add chocolate chunks and form a dough.
- 6 Wrap the dough in cling film and refrigerate for atleast 30 mins.
- 7 Line a baking dish with parchment paper and make medium sized balls. Top with more chocolate cubes.



- 8 Place distantly on lined dish and bake in preheated oven at 180°C for 15 mins for the gooey cookies.
- 9 Transfer hot cookies on wire rack. Once cooled, you can enjoy or store in airtight container.



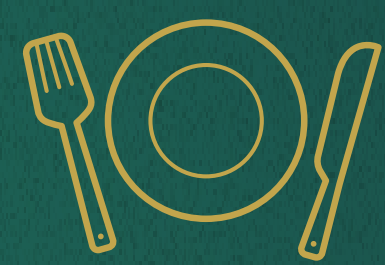
by Khyati Dhaval

Mix Veg Oats Khichdi

How To Cook

Ingredients

- 1/4 cup yellow split moong dal
- 1/2 cup oats
- 1/2 cup chopped mixed vegetables (carrot, peas, beans, capsicum)
- 1/4 th cup chopped onions
- 1 tomato- deseeded and chopped
- 3 cups water
- As per taste Salt
- 1/2 Tbsp ghee
- 1/2 tsp. cumin seed
- 1 tsp ginger- green chili chopped
- pinch Hing
- 1/4 Tsp Turmeric powder
- 1/6 tsp red chilli powder



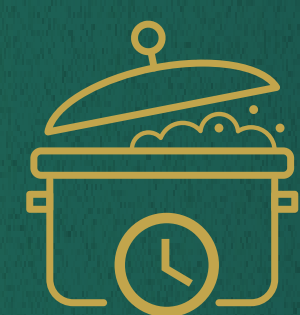
Serves

4+



Time

15 minutes



Time

25 minutes

Directions

- 1 Wash and soak moong dal in sufficient water. Heat ghee in a pot or cooker.
- 2 Add hing and cumin seeds. Add the onions till transparent. Add all the veggies and saute for about 2-3 minutes. Add tomato and saute till tomatoes turn completely soft.
- 3 Drain the water from dal and add. Mix every thing well. Cook for about 1-2 minutes on low flame. Add oats, salt and all spices and mix.
- 4 Pour water. You can adjust the quantity of water to make it mushy or slightly grainy. On a medium flame pressure cook for 3 whistles.
- 5 Dal has to cook completely. Adding more water as needed. When the pressure goes off open the lid. Serve vegetables khichdi hot.



by Amita Shah

Mix Vegetable Sabji

How To Cook

Ingredients

- 100gms boiled corn
- 250 gms aloo
- 250 gms gobhi
- 100 gm beans
- 100 gm carrot
- 100 gm capsicum and peas
- 2 bowl onions chopped
- 3 cup puree of tomato and curd
- 1 cup chopped ginger garlic and chilli
- 4 tbsp oil
- 2 tbsp jeera
- 1 tsp coriander powder
- 1/2 tbsp turmeric powder
- 1/2 tbsp garam masala
- 1/2 tbsp sabzi masala
- As needed as required Chopped green coriander leaves
- As required water

Directions

- 1 Take a pan add water and add all the veggies in it.
- 2 Cover it and cook it for 10 mins
- 3 Strain all the water from it.
- 4 Take a wok,add oil in it.
- 5 Now add Jeera,then add chopped ginger garlic and chilli in it,and saute it for a min.
- 6 Add the chopped onions. Cook it till they become translucent or brown in colour.



Serves

4



Time

30 minutes



by Pinky Jain

Mix Vegetable Sabji

Directions

- 7 Now add the tomato and curd puree cook it for a min.
- 8 Then add all the masalas and cook it till they releases the oil.
- 9 Now add the semi cooked veggies in it and mix it well with the masala.
- 10 Cover it and cook it for 5 mins. Stir occasionally.
- 11 Add some green coriander and give it a nice mix.
- 12 Your mix veg is ready to serve.



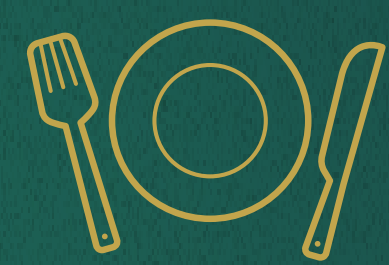
by Pinky Jain

White Pulao

How To Cook

Ingredients

- 1 cup basmati rice
- 1 Cup chopped cauliflower
- 1 chopped potato
- 1/2 cup green peas
- 2 chopped onions
- 2 dry red chillies
- 1 teaspoon cumin seeds
- 4 Green Cardamoms
- 1 black cardamom
- 8 black pepper
- 5 cloves
- 2 bay leaves
- 2 tbsp ghee
- 2 tbsp coriander leaves
- to taste Salt



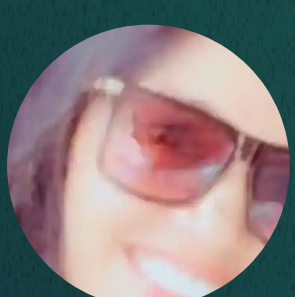
Serves
3



Time
30 minutes

Directions

- 1 Wash and soak rice for half hour.
- 2 Heat ghee in cookers, add cumin seeds, bay leaves and spices and fry for a few seconds.
- 3 Now add chopped onion, ginger garlic paste and cook on medium flame for 5 minutes.
- 4 Now add cauliflower, potatoes and peas and fry for a few minutes. Add salt.
- 5 Now add soaked basmati rice and cook for 2 minutes. Then add water and mix and cook on a low flame till 1 whistle.
- 6 Open cookers, add the green coriander and cover it for 5 minutes. Serve it hot



by Shreena Shah

Chole Paneer Korma

How To Cook

Ingredients

- 25 almonds
- 1/2 cup hot water
- 2 cups onion roughly chopped
- 1 inch ginger
- 6 cloves garlic
- 2 green chillies
- 1 tbsp oil
- 2 tbsp ghee
- 1/2 tsp shahi jeera
- 1 bay leaf
- 1 inch cinnamon
- 4 cloves
- 2 cardamom
- 1 mace
- 1 tsp coriander powder
- 1/4 tsp black pepper powder
- 1/4 tsp cardamom powder
- 1/2 cup yogurt
- Salt to taste
- 1/2 tsp garam masala
- 1 tsp kasuri methi
- 1 tsp sugar
- 1/4 cup water
- 2 tbsp fresh cream
- 200 gram paneer



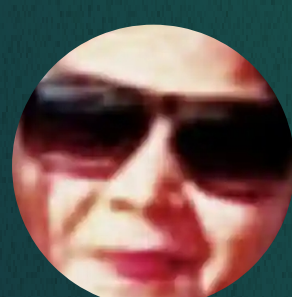
Serves
3



Time
50 minutes

Directions

- 1 First of all soak almonds in hot water for 30 minutes to 1 hour. Now drain the water and peel the almonds. Add it to a mixer jar with little water and make a smooth paste.
- 2 Now add chopped onion, garlic, ginger and green chillies in a pot along with one cup of water and cover and cook it on medium heat until onion is cooked properly. Let it cool down completely. Now add it to a mixer jar and grind it to a smooth paste.
- 3 Heat oil and ghee in a pan and add all the whole spices along with shahi jeera. When jeera turns aromatic add onion paste to it and cook it for 8 to 10 minutes on medium heat. Now add beaten curd, coriander powder, black pepper powder, cardamom powder and salt to it and mix everything well.
- 4 Now add sugar, garam masala, paneer, boiled chole and kasuri methi to it along with fresh cream. Mix everything well and cook it on medium heat for 5 minutes.
- 5 Add paneer pieces to it and mix everything well. Add water to it to adjust the consistency of the gravy. Cook it for 2 to 3 minutes and turn off the heat.
- 6 Serve paneer korma along with tandoori roti, naan or paratha. It goes really well with dal and rice too.



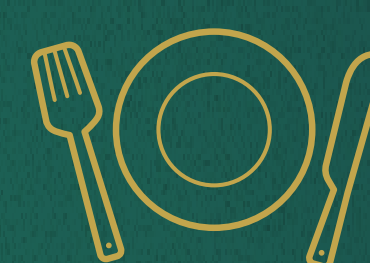
by Aksha Shah

Toasted Peanut Coconut Chutney

How To Cook

Ingredients

- 1/2 coconut
- 2 tbsp roasted peanut
- As needed Few Curry leaves
- 2 green chilli
- 1 tbsp curd
- 2 pieces garlic
- as required Mustard seeds
- 2 Whole red chilli (optional)



Serves
2



Time
10 minutes

Directions

- 1 Roast peanuts.. remove skin
- 2 In a mixer jar...add coconut,pea nuts,curd,salt,garlic, curry leaves and green chilli
- 3 Make a fine chutney by adding water as needed
- 4 Finely add tadka of mustard seeds, Curry leaves and whole red chilli....
- 5 Ready to serve..



by Twinkle j

Sabudana Kheer

How To Cook

Ingredients

- 1-litre milk
- ½ cup sabudana
- ¼ cup sugar
- 1 tbsp. cashews
- 1 tbsp. almonds
- 1 tablespoon raisins
- 1 tbsp. pistachios
- ¼ tsp. cardamom powder



Directions

- 1 Soak sabudana in water for an hour. Drain if any excess water is left.
- 2 In a heavy bottom or a non stick kadai add milk and bring it to a boil.
- 3 Now add soaked sabudana and keep stirring continuously as sabudana has a tendency to stick to the pan.
- 4 Cook for at least 7-8 minutes or until the sabudana turns translucent.
- 5 Now add the chopped dried nuts, raisins and sugar. Mix well and cook for another 2-3 minutes or until the sugar is properly dissolved and the kheer has thickened.
- 6 Finally add some cardamom powder.
- 7 Serve hot or cold.
- 8 Store in an airtight container in the refrigerator for up to 2-3 days.

The Top 23 Winner



01 DAKSHITA MISHRA, HARYANA



02 ANJISHNU NAG, WEST BENGAL



03 ATHARV PAI, MAHARASHTRA



04 ANANYA NIPUN RAJAN, DELHI




05 ANNIKA MANDAL, HARYANA



06 JOHAN MALIK, HARYANA



07 ADVIT SAH, MAHARASHTRA



08 VIVAAN C, DELHI



09 ZARA GEORGE, MAHARASHTRA



10 AADHYAA ARAVIND SHANKAR KARNATAKA



11 REVIKA JOSHI, MAHARASHTRA



12 AARAV MAJUMDAR MAHARASHTRA



13 ANAY CHINCHOLKAR MAHARASHTRA



14 SHRAAVYA GUPTA MAHARASHTRA



15 MD IZAAN USMANI MAHARASHTRA



16 PAAVIKA GAUR, DELHI



17 YUKTA NAIDU, TELANGANA



18 ANAHITA ARVIND, DELHI



19 ARPIT SOOD, HARYANA



20 ADVIKA AJAY MENON MAHARASHTRA



21 ASHITA BHARDWAJ, DELHI



22 PRANAV KAMATH MAHARASHTRA



23 NIKITA PURI, UTTAR PRADESH



Congratulations!
TO ALL WINNERS