

Pearl Millet and Wheat Flour Breakfast Bread

Quantity for: 2 people

Ingredients:

- 1 Cup Pearl Millet Flour
- 1 Cup Wheat Flour
- ½ Cup Roughly Chopped Fresh Fenugreek Leaves
- 2 Teaspoons Carom Seeds
- 1 Tablespoon - Freshly Ginger-Garlic-Green Chili Paste
- Seasonings: Salt, Red Chili Powder, Coriander Powder and Turmeric Powder
- ½ Cup Cow Ghee (Clarified Butter) or Olive Oil, for Dough Making and ¼ Cup for roasting the bread

Method:

- Mix all of the above ingredients in a kneading bowl, adding all the mentioned spices as per taste and make a soft dough with lukewarm water. Cover the dough and let it sit for 10 minutes
- Shape the dough into 1.5 inch diameter balls and roll them into 4-5 inch diameter sized flat bread. Roast them on both sides with Ghee or Olive oil.
- Suggested Accompaniment: Fresh Coriander Chutney and Plain Yoghurt

Bottlegourd and Yellow Lentil Soup

(or any other available split lentil like red lentil, green gram lentil, etc.)

Quantity for: 2 people

Ingredients:

- 400 gm peeled and cubed Bottlegourd
- ½ Cup lentils (washed and drained three times in water before soaking for 1 hour)
- Handful of roughly chopped peeled white onions
- 1 Teaspoon of Fresh Ginger -Green Chili Paste
- Pink salt, freshly ground black pepper and lemon wedges to taste
- 2 Teaspoons of cow-ghee or extra virgin olive oil

Method:

- Pressure cook for roughly 3 whistles (or boil) the mixture of bottle gourd pieces, soaked lentils and chopped onions.
- Blend the mixture to make a puree adding additional water to get the soup consistency
- Saute the ginger-chili paste in 2 teaspoons of cow-ghee or extra-virgin olive oil in low flame
- Add the blended mixture
- Add salt and black pepper to taste.
- Turn off heat and add a dash of lemon

Sweet Potato Fruit Chaat

Quantity for: 2 people

Ingredients:

- 2 Cups of cubed sweet potatoes
- 1 Cup of overnight soaked and boiled chickpeas
- 1 Cup of mixed fruits (pomegranate + peeled and chopped red apples (about the size of pomegranate + peeled and chopped crispy pear (about the size of pomegranate)
- 1 Cup Plain Yoghurt
- 2 tablespoons of Fresh Coriander Chutney
- 2 tablespoons of dates-tamarind chutney
- Pink Salt, black salt, “Everest” Chaat Masala, red chili powder, garlic powder and roasted cumin powder to taste
- Finely chopped fresh coriander and finger millet roasted sev for garnishing

Method:

- Bake the sweet potatoes on a baking tray at 400 degrees Fahrenheit for 25 minutes after coating them with olive oil and seasoning with pink salt, red chili powder, roasted cumin powder, black salt and chaat masala. Make sure there is space between the pieces on the baking tray and that they are not piled on each other
- Once the sweet potatoes are cooled down, mix them with the boiled chickpeas, mixed fruits, and yogurt
- Add pink salt, black salt and chaat masala to taste
- After pouring the mixture in two serving bowls, top up with the two chutneys, finely chopped fresh coriander and finger millet roasted sev.

Fresh Coriander Chutney

Ingredients:

- 2 Cups of roughly chopped fresh coriander
- ½ Cup of roughly chopped mint leaves
- 1 tablespoon of raw peanuts
- 1 or 2 spicy and thin green chilies
- ½ inch of peeled ginger
- Pink Salt, lemon, rock candy powder

Method:

- Mix all of the above ingredients in a blender to make a smooth paste. The delicious chutney is ready for use.

Dates and Tamarind Chutney

Ingredients:

- 1 Cup of deseeded dates
- ¼ cup of Tamarind
- ½ cup of organic jaggery or jaggery powder
- Pink Salt , red chili powder(1 tsp.) ,fennel seed powder(¼ tsp.) , coriander powder(1 tsp.) , roasted cumin powder (½ tsp.) and garam masala powder (¼ tsp.) to taste

Method:

- Pressure cook the mixture of dates, tamarind and jaggery/jaggery powder for 2 whistles or boiled 3 cups of water for 15-20 minutes on a medium flame
- Blend the above mixture and sieve it through using a spoon to make a smooth mixture
- Add pink salt, red chili powder, fennel seed powder, coriander powder, roasted cumin powder and garam masala powder.

Red Rice Veg. Pulao

Quantity for: 2 people

Ingredients:

- 1 cup of red rice
- 1 cup of mixed vegetables: French beans, carrots, assorted bell peppers, cauliflower, green peas and broccoli
- ½ teaspoon cumin seeds, 2-3 pieces of black pepper, ½ inch cinnamon stick, 1 bayleaf, 1 teaspoon ginger-chili paste, 2-3 cloves, 1 whole black cardamom and 1 dry red chili
- 5-6 pieces of cashews
- ¼ cup julienne onions
- 2 tablespoons of Cow ghee or extra virgin olive oil
- Pink salt, turmeric powder(tsp.), red chili powder(1-1.5 tsp.) , coriander powder(1 tsp.) and garam masala powder (½ tsp.)

Method:

- Soak the red rice (washed and drained three times) for 3 hours and then boil them
- Chop the mixed vegetables into small pieces (about the size of green peas) and boil them (except bell peppers)
- Heat the cow ghee or olive oil in a pan and add cumin seeds, whole spices, ginger chili paste, bell peppers and onions and cook them on medium heat with stirring until the onions turn transparent
- Add all the vegetables and rice and mix well
- Add all the spices and mix well

Tastes best with yogurt and a side salad.