

# മാങ്ങ വെളുത്തുച്ചി അച്ചിട

## ഭവനം നാഡനങ്ങൾ

1) മാങ്ങാ വെളു	-	1
വെളുത്തുച്ചി	-	100 gms
കാരറ്റ്	-	1
ഏഴുപ്പ് പൊടി	-	2 tbspoon
ഉപ്പ്	-	അവശ്യത്തിൽ
ചിന്നാപിരി	-	2 tbs
തണി അരിന്നെപ്പ്	-	1/2 tbs

ഏകദേശം തന്നിരിക്കുന്ന നാഡനങ്ങൾ മാങ്ങാച്ചു, കാരറ്റ്, തണി വെളുത്തുച്ചി, ഏഴുപ്പ് പൊടിച്ചു, ഉപ്പ്, ചിന്നാപിരിയും ചേർത്ത് തണി ഒരു ദിവസം വെക്കുക.

2) ഏഴുപ്പ് പൊടി	-	1 tbs
മഞ്ഞൾ പൊടി	-	1/2 tbs
കടലാസ് പൊടി	-	1/2 tbs
ഉപ്പ് പൊടി	-	1/2 tbs
കായ്പൊടി	-	1 tbs

ചിന്നാപിരിയിൽ അടവെച്ചെടുത്തു തണി ഉപ്പിടുന്ന അരികൾക്കു 3 മണിക്കൂർ, അപ്പം ഉപ്പുന ചരിച്ച് ഉച്ചിയിൽ വെച്ചു തണി വെളുത്തുച്ചിനേക്കാൾ 20 മണിക്കൂർ തണി ചേർക്കുകയും ചേർന്നിട്ടു തണി അരികൾക്കു മുമ്പെ വെക്കുകയും

പേരും സൂക്ഷിക്കേണ്ടിയിരിക്കും. അവി  
വന്നപ്പോൾ രണ്ടു നിമിഷം മുൻ  
പിടിക്കുക. അന്നത്തെപ്പോൾ മുൻപി  
ക്കി പിടിക്കുക.

# രണ്ടു കരിമ്പ

വേണ്ട സാധനങ്ങൾ

കരിമ്പ  $\frac{1}{2}$  kg

ഉണക്കമുളക് - 10

വെള്ള നെല്ല് -  $\frac{1}{2}$  tbs

കടുത്ത നെല്ല് -  $\frac{1}{2}$  tbs

തേങ്ങ ചിരഞ്ഞിപ്പ - 3 tbs

അമ്പി പരിപ്പ് - 4 മണലോ

ചെയ്യുന്ന വിധം

മുളകിൽ അന്നിരിക്കുന്ന സാധനങ്ങൾ ചീനപ്പട്ടി ചുട്ടാക്കുമ്പോൾ വറുക്കേണ്ടതുക. തേങ്ങാ നെയ്യോടൊപ്പം ചുവക്കണം. അരിപ്പോലും അരചെയ്യേണ്ടതുക.

ചീനപ്പട്ടിയിൽ 100 ml cooking oil ഒഴിക്കുന്ന നെയ്യു ചുട്ടാക്കുമ്പോൾ 5 മണലുമുളക്, ഒരു നെല്ല് പെരും തുടങ്ങി, ഒരു നെല്ല് കടുത്തമുളക് തട്ടു വേളം അപ്പം. ഉള്ളി വരിയ കക്കിനങ്ങൾ വരിയ തട്ടുക അരിപ്പോലും നാലാൽ ചീ ഉന്നു തിരിയുന്ന തട്ടു വെട്ടുക.

നെയ്യു വെട്ടുന്നതോടൊപ്പം അരയ്ക്കു വെട്ടിരിക്കുന്ന മനോല വെട്ടുന്നതിൽ മുട്ടി വെട്ടുന്ന പാക അന്നിര 2-4 വെട്ടേണ്ടതുക. അപ്പം വെട്ടുന്നതിൽ ചുട്ടി ചുട്ടി വെട്ടേണ്ടതുക.

ദേശ സൗന്ദര്യം പരമാവധി ലഭിക്കി-  
ക്കൂടെ മനോഹരമായ പരമ്പരയിൽ (അഥവാ  
പ്രത്യേക) ഭാഗം ചേർക്കുക. മനോ  
ഹരമായ പരമ്പരയിൽ ഉൾപ്പെടുത്തുക.  
ബിരിയാണി, ചപ്പിണി മനോഹര  
മുഖം കൂടെ കഴിക്കാൻ സൗകര്യം.

## **Fish Mappas**

Tilapia - 1 lb

Marinate it with

Chilli powder - 1/2 tbl sp  
Turmeric powder - 1/2 tsp  
Salt

Lightly shallow fry the fish, just so that the outside gets cooked.

Cut 2 Roma tomatoes into slices and lightly fry in the left over oil from frying the fish and keep aside.

Onion - 1 sliced  
Ginger - 1" piece chopped  
garlic - 10 cloves, each cut into half  
Thai chilli - 8 cut into half  
Curry leaves

Saute the above five things until golden brown.

Lower the heat and add

Chilli powder - 3/4 tbl sp  
Corriander powder - 1/2 tbl sp  
turmeric powder - 1/4 tsp

Saute for another minute and add 4 oz of coconut milk (the small can is 5.6 oz) and

1 1/2 cup of water. Add enough salt and then add the fried fish and half of the tomatoes.

Cook for about 10-15 minutes.

Add the left over 1 1/2 oz coconut milk and the tomatoes and turn off heat in a minute.

# Mannoothy Majboos

---

## Ingredients:

- |                                  |          |
|----------------------------------|----------|
| 1. Boneless chicken              | 1/4 KG   |
| 2. Chilli powder                 | 1/4 TBSP |
| Turmeric powder                  | 1/4 TSP  |
| Ginger coarsely chopped          | 1/2 TSP  |
| Garlic coarsely chopped          | 1/2 TSP  |
| Salt to taste                    |          |
| 3. Coconut oil                   | 4 TBSP   |
| 4. Onion                         | 1 LARGE  |
| Ginger coarsely chopped          | 1/2 TSP  |
| Garlic coarsely chopped          | 1/2 TSP  |
| Tomato chopped into small pieces | 1        |
| Green chilli                     | 3        |
| 5. Salt to taste                 |          |
| 6. Fried vermicelli              | 4 CUP    |
| 7. Whole pepper                  | 7        |
| Cinnamon                         | 1 PIECE  |
| Cloves                           | 4        |
| 8. Lemon juice                   | 2 TSP    |
| 9. Coriander leaves              | 1 TSP    |
| 10. Chilli powder                | 1/4 TBSP |
| Turmeric powder                  | 1/4 TSP  |
| Salt to taste                    |          |

### COOKING INSTRUCTIONS

- CLEAN AND WASH THE CHICKEN. MARINATE WITH THE INGREDIENTS LISTED IN ITEM 2, AND COOK. KEEP ASIDE THE STOCK FROM THE CHICKEN
- TAKE THE COCONUT OIL IN PRESSURE COOKER, AND FRY THE INGREDIENTS LISTED IN ITEM 4. ADD SALT TO TASTE.
- ADD THE CHICKEN STOCK (4 CUPS).
- NEXT, ADD THE FRIED VERMICELLI TO THIS, ALONG WITH CRUSHED SPICES LISTED IN 7.
- WHEN THE WATER IS BOILING, ADD THE LEMON JUICE AND MIX WELL.
- CLOSE THE COOKER AND WAIT FOR ONE WHISTLE. REDUCE THE HEAT AND COOK FOR 2 MORE MINUTES.
- TRANSFER THE COOKED VERMICELLI TO SERVING BOWL.
- MARINATE THE COOKED CHICKEN WITH INGREDIENTS LISTED IN 10, AND FRY THE PIECES IN OIL. ARRANGE PIECES ON TOP OF THE VERMICELLI AND SERVE.
- ENJOY!!!

# Coconut Banana Pudding

---

## Ingredients:

2 tbsp Corn flour  
500 gm Coconut Milk  
4 tbsp Powdered Sugar  
2 Ripe bananas  
50 gm Brown sugar  
25 gm Milk cream  
25 gm Butter  
1 tbsp White flour

## Pudding

In a medium saucepan over medium heat mix the corn flour, coconut milk, and powdered sugar until it thickens. Add the pudding into a mold, and refrigerate for 3-4 hours.

## Sauce:

In a large frying pan heat the butter over medium heat. Meanwhile, cut the bananas into 1 inch slices, and dip them into white flour. After bananas have been coated in white flour, fry the slices in the melted butter. Fry until golden brown. Move slices from frying pan, and in the same pan add the brown sugar, and milk cream until melted. Then add the banana back to the pan. When it has cooled (about 5 minutes) pour over pudding and serve.

## *Pineapple Payasam Recipe*

### *Ingredients*

*Milk - 1 litre*

*Sago(Chowari/Sabudana) - 50 gm*

*Pineapple(big) - 1 no*

*Sugar - As reqd*

*Ghee - A little*

### *Preparation Method*

*1)Wash sago seeds well and dry it with a cloth.*

*2)Pour little ghee in a pressure cooker.*

*3)Add the sago seeds and stir for about 2 mins.*

*4)Add some water and cook upto 1 whistle.*

*5)Reduce the flame and cook for 10 mins on low flame.*

*6)Heat up another vessel.*

*7)Add milk and sugar and mix well.*

*8)Add the cooked sago seeds to it.*

*9)Cook, till it becomes thick and payasam consistency.*

*10)Keep it in the fridge over night.*

*11)Chop the pineapple into very small pieces(can be grated also).*

*12)Heat up a frying pan.*

*13)Add the grated pineapple and sugar and cook, till the sugar gets dissolved nicely and the mixture becomes thick.*

*14)Keep this mixture in the fridge over night.*

*15)Before serving, mix together the payasam and pineapple caramel nicely.*

*:- Serve chilled.*

## Layered Vanilla Delight...!!!

### Ingredients

- Cup Cakes
  - 1/3 cup Butter
  - 1/2 cup white sugar
  - ¼ cup brown sugar
  - 2 large eggs
  - 1/4 cup milk
  - 3/4 cup water
  - 1/3 cup vegetable oil
  - ½ teaspoon vanilla extract
  - 1 cup cake flour
  - ½ teaspoon baking powder & ½ teaspoon salt
- Vanilla Custard
  - 1 L milk
  - 4 table spoons of custard powder
  - 1 ½ cup sugar
  - ½ teaspoon vanilla extract
- 40 Vanilla Wafer Biscuits
- Topping & Fruits
  - 12 Strawberries sliced
  - 1 Apple sliced
  - 10 Grapes
  - 1 (20 oz) can crushed Pineapple, drained
  - Caramel & Chocolate syrup
  - Nuts & Whipped Cream

### Directions

#### Cake:

- Preheat oven to 350 degrees F (175 degrees C). Grease the cup cake pan with butter and sprinkle brown sugar on top. Put a small layer of crushed pineapple
- Sift together the flour, baking powder and salt. Set aside.
- In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs then stir in the vanilla. Add water, oil and milk and beat till blended. Add the flour mixture and beat till fluffy. Pour batter into prepared pans.
- Bake in the preheated oven for 22 to 28 minutes. Cool 15 minutes before turning out onto cooling racks.

#### Vanilla Custard

- Boil the milk. Add sugar when the milk starts boiling
- Mix the custard powder to a smooth paste with ¼ cup of milk in a separate bowl
- Add the smooth paste to the boiling milk and stir continuously till the custard thicken
- Add vanilla extract after removing from fire.

#### Layering

- Line a large trifle or other glass serving bowl with one layer of Vanilla Wafer Biscuits
- Add one Layer of Vanilla Custard and then line the bowl with a layer of Fruits
- Add one more layer of Vanilla custard and another layer of Vanilla wafer Biscuits
- Place one layer of cake and fill in with Vanilla wafer biscuits
- Refrigerate for 4-5 hours
- Garnish with caramel and chocolate syrup and whipped cream.

# Chaka Crepe Delight

## Ingredients

For the crepes

Flour - 1 cup

Egg - 1

Salt to taste

Make a batter and make paricakes

## For the filling

Mawa - 1 cup

Coconut - 1/2 cup

Sugar - 1 tbs

Mix all ingredients

# Rasmalai Recipe

The recipe of Rasmalai is given below. It is easy to cook at home and can be served as a Diwali sweet dish.

## Ingredients

- 4 Measuring cup milk for channa
- 3 measuring cup milk for Ras
- 4 - 4 1/2 tbsp. sugar for Ras
- 1 cup sugar
- 3 cups of water
- saffron, cardamom, pista, almonds
- lemon juice

## Method

- First keep the 3 cups of milk for ras to boil until it remains 1 3/4 cup.
- Bring 4 cups of milk to boil. Now to curdle the milk add lemon juice to it stirring continuously.
- Then drain it in a thin muslin cloth or handkerchief.
- Hold it covered with cloth in the running water. Drain the excess water by pressing the cloth; there must not be water remaining.
- In a pressure cooker take 3 cups of water and 1 cup of sugar.
- Take the channa out of the cloth in a dish, mash it and make around 15 small size of balls out of it
- Toss that balls in the pressure cooker and bring two whistles.
- In the mean time see the milk for ras may be ready.
- Add the sugar for ras to it and add cardamom, pista, almond and saffron to it. Let it cool aside
- As the pressure cooker is warm now open it take out the balls of channa with the spoon in a dish and let the water drain by pressing it little and let it cook.
- When the milk is cool add channa balls to it.
- Refrigerate it.

And it is ready to serve.

# Indian Kulfi

## Ingredients

Milk - 3 litres

Sugar - 2 Cup

Condensed Milk – 4 Tbsp

Cardamom Powder - Little

Cashew - 10

Pista - 20

Almonds – 10

Saffron - Pinch

## Method

Heat milk in a saucepan and bring it to boil. Simmer and reduce to one litre, stirring constantly. Add sugar and stir till it dissolves. Soak saffron in a tablespoon of warm milk and add it to the reduced milk. When it cools add condensed milk. Chop the toasted almonds, pista, cashew and add it to the milk. Add the cardamom powder and mix everything well. Pour into a pan, seal it airtight and freeze in the refrigerator.

Happy Tasting. **From one of the house of "Chekavars Kudumbam"**

## Dessert Competition Participant #101

### Mottayappam with Coconut Filling served with Coconut Ice cream

#### Mottayappam Recipe-makes 6-8

Mottayappam is the Malayalee substitute to the French crepes.

#### Ingredients for Crepes

1. Maida or All Purpose Flour – ½ cup
2. Egg – 1
3. Water – ½ cup
4. Sugar – 3 tsp
5. Salt – ¼ tsp

**Method to make Crepes:** Beat the egg well. Add maida (All Purpose Flour) and mix well. Add water and mix till you get a smooth consistency. Add sugar and salt. Heat a griddle or tawa. Spray PAM or few drops of oil. Pour 1 ladle of batter. Spread it thin. Cover with a lid and cook for 3 min. Remove the lid and let it cook for 1 min. Crepe is done.

#### Coconut Filling

1. Grated coconut – ½ cup
2. Sugar – ¼ cup
3. Water – 3 tbsp
4. Cardamom seeds – 2 (powdered)without skin

**Method to make filling:** Boil the sugar with water for 3 minutes, stirring constantly. Add grated coconut and cook till the mixture is ¾ dry and slightly moist. Add the powdered cardamom. Mix well. Place the filling lengthwise on the inside of the crepe and fold over. Serve with coconut ice-cream.

#### Coconut Ice cream Recipe

1. Whole Milk – 1 cup
2. Heavy Cream – 1 1/2 cups
3. Sweetened coconut flakes – 1 1/2 cups
4. Cream of coconut – 1 can

**Method to make coconut ice cream:** Blend whole milk and coconut cream. Fold in heavy cream and coconut flakes. Pour into ice cream maker and make according to directions. Scoop it on top of the crepes before serving. Drizzle some honey and caramelized nuts.

# CRAB ROAST

## INGREDIENTS

*2 Whole Cooked Dungeness Crab*

*Shallot - 3 cups sliced*

*Green chilies 8*

*Ginger 2 tablespoon crushed*

*Garlic - 3 cloves crushed*

*Curry leaves*

*Coriander Powder*

*Turmeric Powder*

*Paprika powder*

*Pepper*

*Salt*

*Lemon juice*

## METHOD

- 1. Clean the 2 cooked crabs and keep aside. \*\* In this recipe I have cracked the shells slightly- This enables the masala to penetrate well into the flesh and also makes it easier to eat. \*\**
- 2. Cut the shallots into long slices. Heat oil in a pan and add the shallots and curry leaves into it and stir well*
- 3. Add the crushed ginger, garlic and green chilies & stir well until light golden brown*
- 4. Add 2.5 tablespoons of coriander powder, half teaspoon turmeric powder, ¼ teaspoon Paprika powder and stir well*
- 5. Add ¼ teaspoon pepper and salt as needed*
- 6. Next add the cleaned crab and stir slowly (do not add any water)*
- 7. Keep the dish closed under low fire for 7 to 8 minutes*
- 8. Next open the lid and stir until rest of the water has dried up*
- 9. After the dish has dried up, add few drops of fresh lemon juice and switch off the fire, Crab Roast is now ready!*

## Last minute happy hubby chemeen puttu

### **Ingridents :**

1. Onion - 3 small
2. Ginger - 1 inch piece
3. Garlic - 2 cloves
4. Turmeric - ½ teaspoon
5. Chilli powder - 2 to 3 teaspoons
6. Pepper powder - 1 teaspoon
7. Gharam masala - 1 teaspoon
8. Corriander powder - 1 teaspoon
9. Grated coconut - 1/4 cups
10. Shrimp - 1 pound
11. Coconut oil

### **Method :**

Saute onion , ginger and garlic in coconut oil till translucent . Add 4,5,6,7,8 and saute for 30 seconds . Add grated coconut and fry for 30 seconds , then add shrimp . Saute for 5 minutes until its well cooked .

### **Puttu**

1. Rice flour - 2 cups
2. Salt & water - 3/4 to 1 cup
3. Coconut -1 cup

### **Method:**

Mix all the ingridents except ½ cup coconut . When done it should look like bread crumbs . On puttu mold or coconut shell , layer coconut on the bottom , then shrimp masala in the middle , then puttu flour in the top .

## Kerala Style Chicken Biryani

### Ingredients:

*Basmati Rice, Chicken, Mint leaves, Coriander leaves, Garlic, Ginger, Green Chillies, Tomato, Onion, Oil, Ghee, Chilli powder, Turmeric Powder, Pepper, Salt,, Color, Cinnamon, Cloves, Cardamom, Meat masala, Raisins, Nuts*

### **Marination**

Cut chicken into small pieces. Marinate with Chilli powder, Turmeric powder, pepper, yoghurt and salt. Set aside for 6 hours

### **Rice**

Soak 4 cups rice in water for an hour. Drain water. In 3 tablespoon of Ghee, add ground Cinnamon, Cardamom, Cloves. Add rice and lightly fry the rice for 10 minutes. Add 1.5 glasses of water per cup of rice to this. Add color, salt and heat for 15 minutes with the lid closed

### **Masala**

Fry marinated Chicken in oil. Reuse the oil to fry onions and fry them till brown. Add chili powder, turmeric powder, coriander powder and meat masala. Heat till the mixture separates from oil. Grind Mint leaves, Coriander leaves, garlic, ginger and add and stir till the mixture separates from oil. Add previously fried chicken and one tomato into this mixture and continue to stir for a few minutes

### **Setting**

Add the masala and rice in layers. Fry Raisins and Nuts in 3 spoons of ghee. Fry one onion finely chopped till golden brown. Garnish the Biryani with Cinnamon leaves, nuts, raisins and onions.

# BIRIYANI DE THALASSERY

---

Ingredients :- (for the Masala)

Mutton

Spices -

Ginger garlic -

Onions -

Tomatoes -

Coriander powder

Green chilies

For the Rice

→ Basmati Rice

→ Butter 1/2 cup

→ Garam Masala whole.

Cook rice with the above ingredients.

For the masala

Pressure cook mutton pieces with  
spices.

See garanspice.blogspot.com

for recipe.

- 5

## **Authentic Kozhikode Chicken Biryani**

### **Ingredients for cooking Rice**

- Basmati Rice - 4 Cups
- Water - 6 Cups
- Cloves – 6
- Cardamom pods – 8
- Cinnamon Sticks – 5 -7
- Freshly Squeezed Lemon Juice – 2 table spoon
- Turmeric – ½ Tea spoon
- Ghee – 2 tea spoon

### **Ingredients for cooking Chicken**

#### **1. To Shallow fry chicken**

- Chicken - 2 lbs
- Turmeric powder – ½ tea spoon
- Chili powder – ½ tea spoon
- Salt – to taste
- Oil

#### **2. To prepare the gravy**

- Ginger - 2 table spoon
- Garlic - 2 table spoon
- Green chili – 8
- Garam masala - 1 tea spoon
- Turmeric powder – ½ tea spoon
- Tomato chopped – 2
- Onion sliced – 4
- Mint leaves
- Coriander leaves
- Curry leaves
- oil

#### **3. For layering and Garnishing**

- Raisins – ½ cup
- Cashew nuts – ½ cup
- Onion thinly sliced – 1
- Ghee – 3 table spoon

## Cooking method

### **Preparing Gravy**

- Marinate the chicken with ingredients 1 (for shallow fry chicken) and shallow fry in oil.
- Remove chicken from the oil and keep aside. 2 table spoon of the oil used for rice preparation.
- Make a Ginger , garlic and green chili
- Sauté the onion in the oil used for shallow fry and adds the ginger, garlic and green chili paste when the onion becomes golden brown. Sauté for a couple of minutes more.
- Add chopped tomato and sauté for 5 minutes
- Add fried chicken and mix properly. Cover the pan and cook for a while.
- Add coriander and mint leaves and cook for a couple of minutes.
- Add garam masala and cook for a while.

### **Preparing Rice**

- Soak the rice for 30 minutes and drain the water
- Add the 2 table spoon oil (the one kept aside from shallow fry) and ghee to a hot pan
- Add cinnamon , cardamom and cloves
- Add the rice to the above mix and continue frying for a couple of minutes
- Add 6 cups of water and salt. Cover the lid and cook the rice.
- Remove the rice once it is cooked and spread into a separate bowl and allow it to cool.

### **Biryani mix**

- Add 2 tea spoon ghee to a thick bottom vessel and spread some of the chicken and gravy.
- Add rice and remaining chicken to the vessel as 2 layers.
- Cook in low flame for 10 minutes
- Mix the rice and chicken till all the rice is mixed with gravy.
- Add coriander leaves, mint leaves , fried onion , cashew and raisins on top for garnishing.

## Halibut Pepper Fry

Halibut	1 lb(cut into medium pieces)
Onion ((finely sliced)	2 Cup
Tomato(chopped)	¾ Cup
Ginger(finely Sliced)	2 tsp
Garlic(finely Sliced)	2 tsp
Turmeric Powder	½ tsp
Chilli powder	1 tsp
Ginger Galric Paste	1 1/2 tsp
Pepper Powder	1 tbsp
Cumin Powder	1 tbsp
Lemon juice	1 tsp
Salt	
Oil	
Curry Leaves	1 Sprig

Marinate halibut pieces with chilli powder, Turmeric Powder, half of the Pepper Powder, lemon juice, Ginger Garlic Paste and Salt. Keep it aside overnight.

Take a pan and heat some oil. Fry the fish pieces. Use the rest of the oil and sauté the finely sliced ginger & garlic. Then add onion and sauté well until onion turns golden. Then add tomato and sauté well.

Add pepper and cumin powder, sprinkle salt and sauté well. Then add fried fish pieces and mix them with the masala (make sure that the fish pieces doesn't break). Turn off the heat and garnish with tomato, green chillies & curry leaves.

## SPICY & TANGY MISTI KABAB RECIPE

### Ingredients:

500 gms minced Chicken  
1 Egg  
2 pods ginger and 6 pods garlic  
1.5 tsp chickpeas powder  
1 tsp Red Chilli powder  
1 tsp Garam Masala  
1 tsp Eastern Chicken Powder  
Salt as needed  
¼ tsp Turmeric Power  
3 tsp Coriander Seed (powdered grained – not fine)  
1 tsp Almonds Grinded fine  
1 tsp Yogurt  
4 Green Chilly (Hari Mirch)  
Handful of coriander leaves

### How to make spicy & tangy misti kabab:

- Buy chicken grind meat from a local store.
- Roast the Coriander Seed and powder it (grain powdered– not fine)
- Grind the Garlic and Ginger until a fine paste
- Grind the Green Chilly and coriander leaves
- Beat the Egg well and mix with the minced meat along with the chick powder.
- Add the remaining ingredients into the meat dough above and set it aside for marinating along with the yogurt
- Keep it overnight in the fridge
- Pre-Heat the Oven to 375C
- Spray oil or brush Olive / Vegetable oil onto the baking tray
- Place the meat dough on the skewers and onto the baking tray
- Keep heating the meat until finely baked by rotating the sides exposed to the intense heat

You can now decorate your tasty kabab with capsicum (Red or Green), Onion and cucumber. You may also bake the selected decorative along with the grinded kabab meat dough by placing it along the skewers. For health conscious folks the same combination can also be grilled. Eat it the way you like it. Fried/ Grilled or baked.

Happy Tasting. From the one of the house "Chekavars Kudumbam"!!!!

# ChickChick Bun

(Soft bun stuffed with Indian style chicken)

## Recipe:

### Ingredients for BUN:

All purpose Flour -3 cups

Egg -1

Butter-3 Tbsp

Luke warm Milk-2 Tbsp

Sugar -4 Tbsp

Salt -2 tsp

Active Dry Yeast – 1packet (¼ oz packet)

- Add sugar, salt and butter to the milk and warm it until butter melts down.
- Beat the egg and add it to the milk (make sure the milk is not too warm before you add)
- Now add the dry yeast to it and stir well so that yeast is completely dissolved.
- Add the wet ingredients (milk mixture) into the flour and mix it well until it forms into smooth dough, knead it for 10 to 15 minutes.
- Keep the dough in a warm place for 2 hrs with a cloth on top of the dough to make it rise. (After 2hrs the dough should be doubled in size)
- Prepare the chicken filling now (refer the recipe below)
- Punch the air out of the dough and set aside for another 10 minutes.
- Take a small ball of the dough and using dough roller make it flat.
- Stuff the dough with chicken mixture and cover it and keep a side for another 1 hr.
- Make the egg wash with one egg beaten with 1 tsp water to it.
- Brush the dough with egg wash and bake it at 350degree F around 15-20mints, until the bun is nice golden color. Ready to serve

### Filling Recipe:

Chicken-1 Lb

Oil – 1 tbsp

Onions-2 to 3

Ginger & Garlic-1 Tsp each

Green chilly-3 to 4

Red chilly powder-¾ Tsp ,

Turmeric powder-½ Tsp

Coriander powder-1 Tsp

Garam masala & Pepper powder -1 Tsp each

Salt to taste

- Cook the chicken with salt, turmeric and pepper. Once it is all cooked, drain the water and shred the chicken and keep aside.
- Heat a pan, add oil, as it warms up, add the onion and sauté it for a minute until it is golden. Then add ginger, garlic, and green chilly and saute it until all the raw smell goes away. Now add the masalas and sauté till they combine well.
- Now add the shredded cooked chicken and mix it well .Add salt to taste.

Femy Jojo

## Eggplant Curry

### Ingredients

Eggplant (big)  
onion  
turmeric powder  
corriander powder  
green chillies  
coconut milk  
pepper

cut eggplant to small pieces and marinate using turmeric powder, salt and pepper. Fry the marinated pieces in oil. Saute the cut onions, add green chillies, ginger and garlic paste. When onions turn light brown, add corriander powder. Then add the fried pieces. After some time add coconut milk. Add salt if needed.