

# INDIAN FOOD RECIPES



# 1. HALWA

## INGREDIENTS:

- ½ CUP OLIVE OIL
- ½ CUP SUGAR
- ½ CUP SEMOLINA FLOUR
- 1 CUP WATER

*(For making the best halwa, use same amount of oil, sugar and semolina flour and double the water)*

## STEPS:

- ROAST THE SEMOLINA FLOUR IN OLIVE OIL FOR ABOUT 8-9 MINUTES ON LOW HEAT UNTIL IT BECOMES LIKE A PASTE
- ADD WATER AND THEN ADD SUGAR
- STIR IT UNTIL THE PASTE SOAKS THE WATER
- ADD CHOPPER DRY FRUITS (COMPLIMENTARY)



## 2. PULAO

### INGREDIENTS:

- 1.5 CUPS BASMATI RICE
- ½ CUP OIL
- VEGETABLES- ½ CUP GREEN PEAS, ½ CUP CARROT, ½ CUP CAPSICUM AND 1 TOMATO
- ½ TABLESPOON GINGER AND ½ TABLESPOON GARLIC
- 2 CUPS WATER

### STEPS:

- SOAK RICE FOR ABOUT 20 MINUTES AND KEEP IT ASIDE
- ADD OIL IN A PAN AND HEAT ON MEDIUM FLAME
- ADD VEGETABLES, GINGER AND GARLIC IN THE PAN AND SAUTE IT FOR 5 MINUTES
- ADD SOAKED RICE AND WATER IN THE PAN AND STIR IT WELL
- COVER THE PAN WITH A LID AND LET IT HEAT FOR 10 MINUTES UNTIL READY



### 3. KHEER

#### INGREDIENTS:

- ½ CUP COOKED RICE
- 2 CUPS MILK
- 1 TABLESPOON SUGAR
- 1 TABLESPOON OLIVE OIL

#### STEPS:

- HEAT 1 TABLESPOON OIL IN A PAN ON MEDIUM FLAME
- PLACE MILK, SUGAR AND COOKED RICE IN THE SAME PAN
- COOK IT UNTIL MILK IS ABSORBED AND MIXTURE BECOMES MEDIUM THICK. IT WILL TAKE 12-15 MINUTES



## 4. PANEER BHURJI

### INGREDIENTS:

- 3 TABLESPOONS OLIVE OIL
- ½ TABLESPOON CUMIN SEEDS
- 2 CUPS CHOPPED ONION
- 1 GREEN CHILLI
- 2 GARLIC CLOVES AND SAME QUANTITY OF GINGER
- 1 CUP CHOPPED TOMATOES
- 1 CUP FRESH CHEESE

### STEPS:

- HEAT OIL IN A PAN ON MEDIUM FLAME AND ADD CUMIN SEEDS
- ONCE THE SEEDS ARE BROWN, ADD ONIONS
- ONCE ONION IS BROWN, ADD GINGER, GARLIC AND CHILLI
- AFTER 2 MINUTES, ADD TOMATOES AND COOK ON LOW FLAME
- AFTER 2 MINUTES, ADD FRESH CHEESE AND COOK FOR 1 MINUTE



# 5. BREAD PAKORA

## INGREDIENTS:

- 4 PIECES OF SQUARE BREADS
- 2 CUPS OLIVE OIL
- 1 CUP CHICKPEA FLOUR
- 1 CUP WATER
- ½ TABLESPOON SALT

## STEPS:

- CUT THE BREADS DIAGONALLY
- IN A BOWL, MIX CHICKPEA FLOUR AND WATER AND MAKE A MEDIUM THICK PASTE
- ADD SALT TO THE PASTE
- HEAT THE OIL IN A PAN
- DIP THE BREAD IN THE PASTE AND FRY IT UNTIL IT IS GOLDEN BROWN

