

# **MY GLOBAL GOODIES**

**CREATED BY**

**SADAHANA MISTRY**

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**Conversion Table**

*1 ounce(oz) = 437.5 grains = 28.35g*

*1 pound (lb) = 16 oz = .4536 kg*

*1 fluid ounce(fl oz) = 2.957cl*

### **Suggestion:**

In this Cookbook you will need special seasoning for many recipes, your going to have to make Kitchen King Seasoning to make your food taste real good and be satisfied.

### **Kitchen King Seasoning**

#### **Ingredients:**

Cinnamon sticks- 4 oz.

Whole clove- ½ oz.

Bay leaves- 12 leaves

Whole cumin- 1 oz.

Whole black pepper corn- 1 oz.

Star amice- 1 oz.

#### **Method:**

All remain ingredients grind and make powder. Fill in one tight jar and keep in kitchen to cook easy and for tasty food. (Also you have optional buy all remaining ingredients powder from store. Mix and fill up in the one tight jar or container.)

## **Noodle Soup**

### **Ingredients:**

2 oz chow main noodles  
1 medium finely chopped ripe tomato  
2 oz cut corn  
2 oz green peas  
1 oz celery chopped  
1 oz cut or shredded carrots  
2 oz cut green onion  
Some amount of ginger paste  
Some amount of fresh cilantro cut  
Some amount of hot chili sauce  
Few drops of fresh lemon  
Pinch of crust peppercorn  
½ oz cube of soup (your choice of cube of soup)

### ***Cooking time 5 minutes***

### ***Method:***

Pour three cups of water in a pot and bring to the boil. Put all the ingredients in except for the noodles and cubes of soup. Now boiling it uncover three minutes on medium flame. Then add noodles and the cube of soup. Keep boiling for the next three minutes. Remove it from the heat. Serve hot immediately for a very fresh taste.



## **Vegetable Soup**

### **Ingredients:**

350 ml 100% vegetable juice  
2 oz tomato puree  
1-teaspoon whole cumin seeds  
¼ garlic paste  
¼ teaspoon crust black pepper  
Salt to taste  
Lemon juice to taste  
Some amount of toasted bread crumbs  
Pinch of red chili powder  
½ teaspoon butter  
1-teaspoon olive oil

***Cooking time 5 minutes***

### ***Method:***

Heat the pot on a stove on medium temperature. Put oil and butter and crackle the cumin seeds. Put garlic paste and chili powder and stir it for a few seconds. Pour the vegetable juice, and tomato puree, black pepper, salt, and lemon juice, add a little water, and bring it to 2 or 3 boil. Serve hot in a soup bowl and top it off with finelygarnished toasted breadcrumbs.



## **Salad Of Tortilla Bowl**

### **Ingredients:**

6-flour tortillas  
6 OZ green cabbage finely cut  
2 OZ purple cabbage finely cut  
3 OZ mix chili finely cut (fresh jalapeno, yellow bell peppers, red bell peppers)  
1-teaspoon brown mustard  
1 ¼ teaspoon of sea salt  
2 OZ green grape and red seedless grape cut  
2 OZ seedless orange small pieces  
1 OZ vegetable oil  
1 tablespoon dried Parmesan cheese  
Some amount of fresh parsley, and cilantro cut  
1 tablespoon green onion cut  
1 OZ onion slices thin  
Some amount of cucumber slices thin  
2 OZ shredded carrot  
Vegetable oil to deep fry

***Fixing time 20 to 30 minutes***

### **Method:**

Heat oil in a deep saucepan on 375F, then put one tortilla in, put one sauce ladle on tortilla let it fry until it is golden brown and turns into a bowl shape, flip to the other side and make it golden brown as seen in the picture, fry the remaining tortilla's the same way and keep them in a plate on a side, now put all the cut vegetable's grapes and an orange in one bowl, heat one saucepan with 1 OZ oil in then put mustarded seeds in till they pop, then put in mixed chili in, caramelize one minute and remove this from the stove, put them in a vegetable bowl, put in salt and parmesan cheese, mix it with a spatula, now the salad is done, put the salad in a tortilla bowl and now it's ready to eat. You can serve this as a salad or as a side dish.





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## **Salad with black salt**

### **Ingredients:**

***1 Medium red onion slices***

1 Medium tomato slices

1 Medium cucumber slices

¼ teaspoon crust peppercorn

1 fist of amount cut cilantro and parsley

1/8 teaspoon of black salt powder

¼ teaspoon roasted cumin powder

1 pinch of red pepper powder

Few drops of olive oil

Few drops of fresh lime

***Fixing time 5 minutes***

### **Method:**

Place, onion slices, tomato slices, and cucumber slices in a plate. Sprinkle cilantro, parsley, oil, lime, red pepper, cumin powder, black salt, and pepper corn. Then, it is ready to serve.



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## **Green Onion Dip**

### **Ingredients:**

1 bunch of fresh onion cut  
1-teaspoon fresh cilantro cut  
2-teaspoon raw peanuts  
1 teaspoon chopped garlic  
Salt to taste  
1-teaspoon oil  
1 teaspoon lemon juice

### **Method:**

Put all the ingredients in the food processor and mix it. Mix it like finely chopped,  
Serve it with your favorite appetite.



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## **Mint Dip**

### **Ingredients:**

1 bunch of fresh cilantro cut  
1 tablespoon cut  
1-teaspoon cumin powder  
1-teaspoon oil  
Salt to taste  
2 teaspoon lemon juice  
1-teaspoon garlic paste  
2-3 hot peppers

### **Method:**

Put all the ingredients in a mixer and make it like paste. Serve it with bar-b-q or any fried varieties.



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## **Tomatillos dip**

### **Ingredients:**

10 OZ non-fat sour cream  
1 lb tomatillos finely cut  
¼ teaspoon salt  
1-teaspoon creamy peanut butter  
3 cloves of garlic chopped  
Some flakes of fresh cut cilantro  
1 green hot pepper or one green jalapeno chopped

***Fixing time is 5 minutes***

### **Method:**

Put all the ingredients in a mixing bowl and mix it very by spatula. You can serve with celery and carrots.



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### **Spicy fruit dip(raita)**

#### **Ingredients:**

Some amount of kiwi fruit  
Some amount of orange cut  
1 banana chopped  
4 oz. of plain yogurt  
4 oz. of sour cream  
½ cup of apple chopped  
¼ -cup red and green grape cut  
1 cup broken cashew nuts  
1 clove garlic chopped  
Pinch of red chili powder  
¼ -teaspoon crust black pepper  
Pinch of cumin powder  
Salt to taste  
Pinch of lemon pepper  
Some fresh cilantro flakes

***Preparing time is 10 minutes***

***Method;***

Mix all together in a bowl. Serve with so many dishes, wherever it fits properly.



\*\*\*\*\*

***Vegetable pastry***

***Ingredients:***

½ lb russet or red potato  
3 oz. green fresh or frozen peas  
3 oz. soy protein  
2 oz. carrot cut  
½ oz. fresh sweet basil cut  
¼ teaspoon lemon pepper powder  
½ teaspoon hot red chili powder  
½ teaspoon ginger paste  
½ teaspoons dry coriander crust  
Pinch of kitchen king  
Salt to taste  
Vegetable oil to deep fry  
1 teaspoon lemon juice



8 oz. all-purpose flower  
1 oz. vegetable (shortening)  
¼ teaspoon salt  
4 oz. water

***Cooking time 15 minutes***

***Method:***

Boil the potatoes in water, peel skin off. And cut them in tiny pieces. Steam the peas for 5-7 minutes. Heat medium saucepan on the stove and put one teaspoon oil in. put the coriander crust and make it a little brown. Put red chili powder, peas, carrots, salt, lemon pepper powder and remove the saucepan from the heat, put the potatoes in, kitchen king and stir it by the spatula. Put soy protein in a bowl and one ounce of water to make it soft. Leave them aside for two minutes and then put it in the mixture, add the basil in. mix the mixture by the spatula.

***Dough:*** Put flower in one mixing bowl. Put salt, vegetable shortening, lemon juice, and water, then knead the dough very well. If there is some water to add then add some. Now divide the dough into 12-15 balls. Make the ball a oval shape with a rolling pin. And spread some dry flower while it is rolling. Then put around two teaspoons of filling in the center. Fold pastry over to make a half circle and crimp the edges. Make all the remaining pastries the same way and place them in a plate aside.

Frying suggestion: Pour oil in large heavy skillet saucepan or a deep fryer, fill no more than half full with oil, but deep-fry enough for pastry while frying. Avoid overcrowding.



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***Spread Sandwich***

### **Ingredients:**

White or wheat bread slices  
2 oz mayonnaise  
1 oz sour cream  
2 oz lettuce cut  
Some amount of green bell pepper  
Some amount of green olives  
Some amount of green onion cut  
1-teaspoon olive oil  
Salt to taste  
1-teaspoon garlic chopped  
Some amount of jalapenos chopped  
Some amount of red bell pepper finely cut

### **Method:**

Cut all side borders from the sides of the bread. Put lettuce, green bell pepper, olives, and green onions in the food processor. Make them finely chopped and squeeze all excess juice from it. Then, put all of it in a bowl along with the sour cream, mayo, salt, garlic, jalapeno, red bell pepper, and oil. Mix all the ingredients very well with a spoon.

Then, use a spreading knife to spread the mix on to the bread and then eat it like a sandwich.





## **Tahini wrap**

### **Ingredients:**

10 medium size flower tortilla  
10 OZ boiled chickpea  
4 OZ tahini  
10 OZ breaded fried onion ring  
Some amount of jalapeno slices  
Salt to taste  
5 OZ finely cut lettuce  
Some amount of salsa  
½ teaspoon chopped garlic  
1-teaspoon olive oil

***Fixing time 5 to 8 minutes***

### **Method:**

Take the boiled chickpea without water and mush or make it into chunks and mix with tahini, garlic, salt, and oil in a bowl, take tortillas, put in tahini mixture, jalapeno, lettuce, salsa, onion rings, and wrap it, heat in micro wave for 30 seconds and it's ready eat.



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## **Gold Ball**

### **Ingredients:**

3 russet or red potatoes  
10 white bread slices  
Some amount of plain bread crumbs  
2 teaspoon of sesame seeds  
3 oz fresh coconut finely grated  
½ oz broken cashew nut  
Some amount of golden raison  
½ oz crust raw peanuts  
Lemon drop to taste  
Sugar to taste  
½ teaspoon green chili chopped  
½ teaspoon garlic chopped  
½ teaspoon ginger paste  
Pinch of kitchen king  
3 oz of finely chopped fresh cilantro  
Canola oil to deep fry

***Cooking time 25-30 minutes***

### **Method:**

Boil potatoes very well. Peel skin out from potatoes and mash them in a bowl. Then put all other ingredients besides the bread slices in. Mix them good by your fingertips and make as many round balls as you can with your palms. Set all the balls in one plate. Remember; make the ball sizes small enough to fit in a bread slice. Wet the bread slice in water. Then squeeze water from bread slice by your palm. Put ball in middle and sat the bread slice all over to the ball by fingertips and coat it with breadcrumbs then set the ball in the plate. Heat oil in a saucepan at 375 degrees F then put the balls to fry, fry them until they are crispy and brown. Bring the balls out of the oil and serve them hot with apple butter sauce or green onion dip.

**Apple butter sauce- ingredients:**

Some amount of red chili powder, some salt, and some amount of cumin powder, then mix well all together.



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### **M.I.M Chunky Mix**

#### **Ingredients:**

15 OZ can boiled chick pea  
3 flour tortilla deep fried pieces  
3 medium red potatoes boiled pieces  
Fresh mint deep to taste  
Apple butter some to taste  
Red chili pepper  
Some amount of cumin powder  
Some amount of sesame tahini to taste  
1 OZ finely chopped onions

***Fixing time 8 to 10 minutes***

#### **Method:**

Mix everything together real good sprinkle some red chili powder and it's ready to eat.

**You guys might be wondering what this name stands for it stands for:**

**M- Mexico**

**I- India**

**M- Middle East**



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## **French Fried Sandwich**

### **Ingredients:**

1 long French bread  
1 large French fries  
2-teaspoon ketchup  
2-teaspoon mayonnaise  
Hot sauce to taste  
1 medium chopped onion  
1 tablespoon dried Parmesan cheese  
Some amount of fried onions  
1-teaspoon creamy mustard blend  
Some amount of lettuce cut

### **Method:**

Take one long French bread, and cut it in half from the middle down. Then take all the ingredients mix them to together with the fries. Make sure it is all mixed properly. Then fill up the bread with these fries. Now it's ready to eat.



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## **Jamaica Jerk Chicken**

### **Ingredients:**

10 pieces of chicken leg quarter  
2-teaspoon hot jerk sauce  
½ teaspoon tandoori paste (Patak's brand)  
2-teaspoon onion pepper  
2-teaspoon veggie oil

***Cooking time 15-20 minutes***

### **Method:**

Wash the leg very well, dry them with paper towel, put in bowl, then put in jerk sauce, tandoori paste, onion powder, oil, mix this by hand, and marinate the chicken for two to three hours before you cook it (or marinate this overnight if possible), then cook this on grille or non-stick pan. Brush oil on them, serve with tomato deep or mint deep.



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## **Onion Omelet**

### **Ingredients:**

3 large eggs  
¼ cup of milk  
1 oz onion chopped  
Some amount of green onion cut  
Some amount of cilantro cut  
Pinch of red pepper  
¼ teaspoon of salt  
2 clove of garlic chopped  
¼ teaspoon crust black pepper  
Crisco-butter flavored- no stick cooking spray

***Fixing time 5 minutes***

### **Method:**

Whisk together all ingredients including the eggs in a bowl. 10 inch skillet generously with Crisco butter cooking spray, heat over medium, high heat until drop of water sizzles on it's surface, pour in egg mixture, tilt pan while pushing cooked

portions toward the center with spatula, flip to the other side and after 2-3 seconds remove omelet by spatula and set in plate, serve hot with bread.



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## **Rosemary Oven Lamb Leg**

### **Ingredients:**

One leg of lamb (or same size beef or pork leg)  
2-cup rosemary leaf chop  
1 teaspoon Cajun spice seasoning  
½ cup celery pieces  
15-20-garlic cloves  
1 oz sautéed onion  
½ cup red wine  
2/3-leaf chop fresh mint  
1/4-cup olive oil  
Pinch of kitchen king seasoning  
Salt to taste  
1/2-teaspoon crust black pepper  
1-teaspoon butter or margarine  
1 oven plastic bag to cook (or 1 foil tray with a foil cover)  
2-teaspoon fresh squeezed lemon juice



***Cooking time 80-90 minutes***

***Method:***

Use the point of a knife to make small pokes in the meat. Then, push garlic cloves and celery pieces in the openings of the meat. Then, put all the other ingredients in a bowl together and mix well. Take the oven plastic bag. Put the lamb leg in the bag and pour the red wine along with the mix in the bowl. Then, tie the bag. Keep it aside for about 2 hours to marinate it. After, preheat the oven to 400 degrees F. Set the bag in the tray, let it cook on 350 degrees F for 1 and ½ hours. Then, check the meat is tender. If not then cook it for a little more time. Now it is ready to eat.



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***Chicken Lollipops***

***Ingredients:***

1 lb ground chicken  
2 oz. bread crumbs  
1 egg bitten  
½ teaspoon finely chopped garlic  
Some amount of finely cut ginger  
Salt to taste  
Some sticks of fresh asparagus  
½ teaspoon crust red pepper  
Canola oil to deep fry



***Cooking time is 6-8 minutes***

***Preparing time is 6-8 minutes***

***Method:***

In one medium bowl put ground chicken, half amount of bread crumbs, egg, garlic, ginger, salt, red pepper and mix it very well by hand. Divide the mixture into ball shapes. Stick each ball to an asparagus stick. Put half amount of breadcrumbs in dine plate. Then roll over the lollipop in the breadcrumbs once. Heat oil in one medium saucepan to 375 degrees F. fill oil no more than half full with oil but deep enough for lollipop while it is frying. Avoid overcrowding. Frying them on medium heat until golden. Serve hot with dip or hot sauce.



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***Lamb Cutlet***

***Ingredients:***

One lb lamb ground meat ( beef or goat ground meat)  
2 large boiled eggs chopped  
2 or 3 petal mint chopped  
½ teaspoon crust black pepper  
½ teaspoon Cajun spice seasoning  
¼ teaspoon ginger paste  
3 cloves of garlic chopped  
½ teaspoon fresh lemon juice

½ teaspoon onion powder  
Canola oil to easy fry

***Cooking time 8-10 minutes***

***Method:***

Mix all the ingredients besides, the oil with the ground meat in a mixing bowl.  
(Except oil) Divide the meat in a small ball with your palm and then press the ball.  
Make sure the shape is flat and round and only press it once. Keep them aside in a plate.  
Now heat a skillet on the stove and spread the oil with the spatula in the whole skillet.

Put as many cutlets as you can or that will fit. Make both sides of the cutlet brown by medium temperature. Serve hot with mint dip and salad.



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***Toasty Parmesan Chicken Sub***

***Ingredients:***

1 French bread long  
1 lb grilled boneless chicken  
¼ teaspoon crush pepper  
5 slices of pepper jack cheese  
2 teaspoon dry parmesan cheese to sprinkle  
2-Or 3-tablespoon pizza sauce to spread  
Some amount of jalapeno slices  
Some amount of black olive slices

Some amount of lettuce slices  
2 teaspoon of onion powder  
Some amount of olive oil

***Prepare time 6-8 minutes***

***Method:***

Take French bread cut it in half down the middle, then spread pizza sauce on the bread, put on cheese slices, oil, then chicken slices, then set in a plate and set it in the toaster oven for while, bring it out put olive, parmesan cheese, crust pepper, jalapeno, onion powder, lettuce, and not it's ready to eat.



\*\*\*\*\*

***Crunchy Chinese Shrimp***

***Ingredients:***

1 LB row shrimp with shell on  
3-teaspoon potato starch  
½ teaspoon soy sauce  
Lemon drop to taste  
3 teaspoon melted butter  
Salt to taste  
Some amount of black pepper powder  
1-teaspoon cumin powder  
Some amount of cilantro chopped

¼ teaspoon red chili powder  
Some amount of olive oil (to easily fry)  
½ teaspoon garlic paste  
1-teaspoon onion powder

***Cooking time 6-8 minutes***

***Method:***

Wash shrimp with water and wrap them in paper towel for a while to squeeze the water and put them in one bowl with all upper ingredients, with melted butter without oil mix them, keep aside for about a half an hour before 47 cooking, pour oil in one frying pan and heat it, put the shrimp in and cook them on a slow flame, do not cover while cooking, when they are cooked and golden brown then flip them on the other side, when the other side is golden brown it is ready to eat, Serve hot..



\*\*\*\*\*

**Fried Fish**

**Ingredients:**

1 lb boneless fish cube  
1 teaspoon of fish fried mix  
1 teaspoon of fresh lemon squeeze  
Salt to taste  
½ teaspoon cumin powder  
½ teaspoon Cajun spice seasoning  
¼ teaspoon red chili powder

¼ teaspoon garlic powder  
1 teaspoon of melted butter  
Vegetable oil to easily fry  
1 Oz copped fresh cilantro

***Cooking time 6 to 10 minutes***

***Method:***

In one pot mix all the upper ingredients with fish cube and melted butter, heat non-stick skillet, spread oil by spatula on the whole surface, then put in fish cubes let it cook in medium heat, when the fishes bottom part becomes brown then center with spatula and flip to the other side, when other side is also brown then it is done, and it's ready to eat.



\*\*\*\*\*

**Whole Fish Fry**

**Ingredients:**

Take whole fish (Crocker fish or Butter fish or Red Snapper)  
1-teaspoon white vinegar  
½ oz vegetable oil  
1-teaspoon lemon juice  
Salt to taste  
1-teaspoon garlic powder  
1-teaspoon red chili powder  
1-teaspoon cumin powder

1-teaspoon butter

***Method:***

Pour the vinegar on the fish; leave it on for about 10 minutes. Then, wash the fish very well. Dry it with paper towel. Mix all the spices in a bowl with butter. After, spreads the mixes on the fish (remember make a very small cut on fish) preheat the oven at 375 degrees F. Spread oil in the tray and set the fish on it. Bake in oven for 30-40 minutes or until it is cooked. Or you could fry it on a fry pan.



\*\*\*\*\*

***Rosemary Grilled Lamb Chop***

***Ingredients:***

1 lb lamb chop (goat chop or beef chop)  
1 teaspoon of meat tenderizer (brand- spice supreme)  
½ teaspoon of Cajun spice seasoning (brand- spice supreme)  
½ teaspoon of fresh rosemary cut  
2 teaspoon of brandy  
¼ teaspoon of crust pepper  
¼ teaspoon of canola oil  
¼ teaspoon of finely chopped ginger  
1 teaspoon of Heinz 57 Sauce

***Cooking time 20-30 minutes***

***Method:***



Put lamb chop and all remaining ingredients in one bowl and mix well by hand. Cover and marinate for overnight in refrigerator or marinate it for three hours before cooking it. Cook on grill or charcoal grill with a covered until the chop is tender. Serve hot!



\*\*\*\*\*

## **Hakka Noodles**

### **Ingredients:**

10 oz thin chow main noodles  
2 oz olive oil  
1 bunch of green onion cut  
1 lb cabbage cut  
3 oz mushroom cut  
4 oz thin carrot slices  
Some amount of green and red bell pepper slices  
1 large onion slices  
Some amount of spinach leaves  
½ teaspoon ginger chopped  
Some amount of celery chopped  
½ teaspoon garlic chopped  
2 tablespoon of soy sauce  
Some amount of stir fry sauce  
Some amount of cilantro cut  
¼ teaspoon of glutamate

***Cooking time 8-10 minutes***

***Method:***

Put the noodles in boiling water and cook it for ½ minutes stirring occasionally. Flush noodle with cold water and drain. Heat oil in a skillet. Throw in onions, ginger, and garlic in. add all kinds of sauces in the recipe, and stir it. Then, put vegetables and noodles. Stir it on high flame for 2-3 minutes. If you need to add a little more oil go ahead and do it. After, remove from heat and serve hot.



\*\*\*\*\*

**Black Beans Bowl**

**Ingredients:**

15 OZ can black beans boiled  
15 OZ can kidney beans boiled  
15 OZ tomato puree  
5 OZ ultra pasteurized cream  
1½ OZ canola oil  
2 teaspoon of butter  
1 large onion finely chopped  
½ teaspoon ginger chopped  
2 clove of garlic chopped  
¼ teaspoon of lemon juice  
¼ teaspoon red chili powder  
1-teaspoon cumin powder  
Pinch of kitchen king  
2 beliefs



Salt to taste

***Serving 6 to 8***

***Cooking time 10 to 15 minutes***

***Method:***

Heat saucepan on medium heat, pour in oil and butter, put in belief and make it brown, put in onion and caramelize, add garlic and ginger sauté for a minute, put in black bean and kidney beans, tomato purge, uncover and cook for 5 minutes, put in red chili powder, salt, lemon, cumin powder, kitchen king, and simmer for 2 minutes, then add cream, stir and remove from heat, serve hot with steamed rice.



\*\*\*\*\*

***Creamy Mushrooms With Green Peas***

***Ingredients:***

1 LB green peas  
6 OZ fresh slices mushroom  
2 OZ bell pepper slices  
Some cashew nut  
½ teaspoon red chili powder  
2 oz cream  
Small amount of (reduced fat) feta cheese crank  
1 teaspoon garlic paste  
2 OZ grinded onions  
1 teaspoon cumin ground  
Pinch of kitchen king

Cut cilantro to sprinkle on the top  
Salt to taste  
16 OZ tomato puree  
Lemon juice to taste  
1 teaspoon garlic powder  
2 OZ olive oil  
1 teaspoon butter  
2 belief

## ***Cooking Time 30 Minutes***

### ***Method:***

Heat oil in vessel, put belief and cashew nut in make a little golden, then put in onions, put ginger, garlic, tomato paste, peas, chili powder, cumin powder, salt, lemon juice, stir and cover the vessel, cook this for 10 minutes on medium temperature. Every five minutes open the lid and stir in and let it cook 75%.

### ***Stir Fry:***

Heat the frying pan and put in butter, put in mushroom and bell pepper slices sauté them on high flame for 2 minutes, then mix them with peas, and cream and stir it, cook until it first bubbles, remove from the stove, finally sprinkle cilantro and feta. Serve hot with rice, pita, or naan.



\*\*\*\*\*

## **WHOLE LENTEN CURRY**

### **Ingredients:**

1 Lb whole Lenten  
1 large onion cut  
1 large tomato cut  
1/2-teaspoon ginger chopped  
2 clove of garlic chopped  
Salt to taste  
Lemon squeeze drop to test  
1/4 teaspoon red chili powder  
1 OZ peanut oil  
1-teaspoon butter  
Pinch of kitchen king  
1-teaspoon cumin powder  
1/2-cup water

### ***COOKING TIME 15-20 MINUTES***

### ***Method:***

Soak Lenten in tap water for at least two hours before cooking, heat vessel to the stove then pour oil and butter, heat it. Then sauté onion for while until golden brown, sauté garlic and ginger for a while, add tomato and stir for a while. Put chili and cumin powder, lemon drop and salt. Stir! Then add soaked Lenten with half cup of water and stir. Cover the vessel let it cook on medium flame. While it is cooking stir this in between time. (If you have turmeric powder in handy then put in 1/4 of that). If you think that it is necessary to add more water than go ahead and add it. If Lenten is tender then it is cooked. Serve hottttttt with rice.



## **Cabbage Stir Fry**

### **Ingredients:**

1 LB cut cabbage  
2 Medium red potatoes cut  
3-teaspoon sesame seeds  
1 green bell pepper slices  
1 jalapeno chopped  
1-teaspoon garlic ginger paste  
1-teaspoon cumin power  
Salt to test  
Fresh cilantro cut, or two teaspoon  
1-tablespoon canola oil  
Few drops lemon squeeze

***Cooking time 10 minutes***

### **Method:**

Heat oil in a saucepan, put potatoes in, cover, and cook on high flame for 2-4 minutes. Then add all the left over ingredients in the list. Stir while this is cooking do not cover. When it is done serve hot with bread.



## **Rowly Bowly Eggs Curry**

### **Ingredients:**

6 eggs  
1 medium red onion chopped  
1 medium ripe tomato chopped  
1-tablespoon fresh cilantro cut  
1-teaspoon garlic and ginger paste  
1 teaspoon red chili powder  
1-teaspoon cumin powder  
Pinch of kitchen king  
Salt to taste  
Lemon juice to taste  
1-tablespoon peanut oil  
1-cup water  
2-teaspoon tomato puree  
2 cinnamon sticks  
3 whole cloves  
2 beliefs  
1-drop anise extract  
14-½ OZ chicken broth

***Cooking time 25-30 minutes***

### **Method:**

Heat the sauce pan on the stove, pour oil and heat, put in onions and make them caramelized, put in the tomatoes and sauté for 2 minutes, add all the upper ingredients except kitchen king and cilantro, stir them very well, put in water and chicken broth, cover the pan, cook on high flame for 5 minutes, open it up, if the water boils then crack the egg and put it in one by one, leave space between one by one and remember not to stir after eggs are in, cover the pan and let them cook on low flame for 15 minutes, open the cover and then stir them slowly, check if they are cooked if not then cover them back up and let them cook for a few more minutes, once these are cooked sprinkle cilantro, and kitchen king, then stir. Serve this hot with basamati rice, pita, tortilla, or chapati.



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## **Rowly Bowly Fried Eggs**

### **Ingredients:**

4 raw eggs  
3 eggs boiled and cut  
Large onion chopped  
Large fresh tomato chopped  
½ teaspoon cumin powder  
Pinch of kitchen king  
¼ teaspoon red chili powder  
½ teaspoon garlic paste  
1 hot green pepper chopped  
Salt to taste  
Few drops of fresh lemon juice  
1 oz vegetable oil  
1 tablespoon green onion cut  
1 teaspoon cilantro cut  
½ teaspoon butter

***Cooking time 8-10 minutes***

### **Method:**

Heat the fry pan on the stove. Put oil, butter, and heat it. Put chopped onion in as well and stir it for about 2 minutes. Put the tomatoes and stir it for 3 minutes. Then, put garlic paste and stir for 1 minute, crack the raw eggs in and stir it for 2 minutes.

Add other spices except the green onion and cilantro. Stir it well and add the cut boiled eggs and stir it for a while and last sprinkle the green onion and cilantro on top of it. Serve this hot with garlic bread or plain bread.



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## **Soupy Chicken**

### **Ingredients:**

1 whole chicken 3 or 4 pounds  
1 red (medium) onion chopped  
5 medium fresh tomatoes chopped  
1 OZ canola oil  
Salt to taste  
2-teaspoon cumin powder  
2-teaspoon garlic paste  
1 teaspoon ginger paste  
2 teaspoon grated coconut  
Some whole clove  
Cinnamon sticks  
5 to 6 whole green cardamom  
8 to 10 whole black pepper  
¼ teaspoon kitchen king  
1-tablespoon fresh chopped cilantro

### ***Method:***

Pour oil in one pot and heat it, put in whole clove, cinnamon stick, cardamom and make brown, chopped onion make them golden brown, put in some ginger, garlic paste and stir, put in chicken stir for 2 minutes, put on spices, tomatoes, stir and cover. After 5 minutes add 2 cups of water and rest of the ingredients, cook until chicken is tender, sprinkle cilantro on food when it's time to serve, Serve with steamed basmati rice, serve with pita bread and or salad.



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### **Colorful Chicken Curry**

#### **Ingredients:**

3 chicken legs, 3 chicken wings, or 3-split chicken breast  
1-teaspoon butter  
1 OZ peanut oil  
2 medium red onion chop  
1 medium yellow onion cut in big pieces  
3 medium tomatoes cut  
1 teaspoon chopped garlic  
1 teaspoon chopped ginger  
Salt to taste  
1-tablespoon grated fresh coconut  
5 belief and cinnamon sticks  
1-cup plain yogurt  
½ cup cut green onions



1 medium soup bowl mix chilly pieces (green, yellow, and red bell pepper)  
2-tablespoon oil to stir-fry  
½ bunch cut cilantro  
½ teaspoon hot red chili  
2 teaspoons cumin powder  
½ teaspoon curry powder  
¼ teaspoon kitchen king  
1-teaspoon squeeze lemon juice  
½ teaspoon fennel seed is available  
2 drop red food coloring

### ***Method:***

Wash the chicken, put on some lemon juice, ginger garlic paste, salt, chili powder, and curry powder mix, marinate 1 hour. Heat the vessel to the stove, pour oil and butter, put in chopped onions and coconuts in stir make it golden brown, put in chicken for 5 to 7 minutes, put the cut tomatoes stir for 2 minutes, put all upper spices and yogurt (except the mix chili, cilantro, and green onions), stir them well cover vessel 10 minutes, check the Chicken, stir and cover for 10 minutes, stir the chicken if cooked, remove the heat,

***Stir fry:*** Heat the oil in another sauce pan, fry mix chili until half tender, keep aside in a plate, fry the cut onion until they're a little tender, and sprinkle stir fry chilies with cilantro on top of the cooked chicken, serve hot with basmati rice, your favorite bread, or salad.



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### **Green Chicken**

### **Ingredients:**

1 LB split skinless chicken breast  
1 bunch of spinach cut  
1/2 OZ fresh Ross merry leaf chopped  
2 OZ of green onion chopped  
1 OZ green bell pepper chopped  
5 OZ of plain yogurt  
1 OZ vegetable oil  
1 teaspoon of butter  
1/2 teaspoon salt  
1/2 teaspoon cumin powder  
1/2 teaspoon of hot green pepper chopped  
3 clove of garlic chopped  
1 OZ onion chopped  
1 teaspoon of fresh lemon juice

***Cooking time 30 minutes***

***Method:***

Put chicken breast in one bowl, put in yogurt and salt, let this marinate for at least one hour before cooking, heat oil and butter in sauce pan, put in chopped onions and sauté for 1 minute, put marinated chicken in after 1 minute, now put all the rest of the ingredients with spinach, stir it covered and let it simmer until the chicken is tender, remove from the heat, serve this hot with basmati steamed rice, naan, or pita bread.



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## **7 Star of Green Beans**

### **Ingredients:**

5 oz. French green beans cut  
2 oz. green peas  
2 oz. green lima beans  
½ lb baby eggplant cut  
1 ripe banana cut with its skin still there  
½ pound red potato cut  
½ lb sweet potato cut  
2 oz. roasted peanuts  
1-teaspoon celery seeds  
1/3-teaspoon salt (optional)  
½ teaspoon cumin powder  
3 cloves of garlic winced  
1 oz. vegetable oil  
2 teaspoon of margarine  
1 oz. fresh cilantro cut  
2 whole green jalapeno chopped  
Pinch of kitchen king

***Cooking time 15-20 minutes***

### **Method:**

Take one oven tray big enough to fit easily all upper ingredients. Put all of them in a tray. Except oil, celery seeds and cilantro. Now, heat oil in a saucepan. Then, put celery seeds in. when they turn brown then remove from the heat. And pour in tray. Now mix them all by spatula and cover. Preheat the oven at 375 degrees F and let it cook with cover. In between time keep an eye on it. When all the vegetables are tender remove them from the oven. Sprinkle the cilantro on top. Serve hot.



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## **Cheesy Broccoli With Egg**

### **Ingredients:**

1 lb broccoli pieces  
4 eggs  
Some amount of Mexican cheese  
2 fresh green chili slices  
½ teaspoon garlic chopped  
1 OZ olive oil  
1-teaspoon butter  
¼ teaspoon crushed pepper  
Salt to taste  
Some amount of cut cilantro to sprinkle

***Cooking time 5 to 8 minutes***

### **Method:**

Pour some oil and butter in a non-stick saucepan heat it. Put in garlic and sauté for a while, then put in broccoli eggs salt and stir, don't over cook, take it out put it in a plate, then sprinkle cheese and cilantro, put it in the microwave for 1 minute. Now it's ready to eat.



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## **Sesame Okra Fry**

### **Ingredients:**

1 LB fresh okra cut  
1 OZ fine cornflower  
1 OZ peanut oil  
1 OZ margarine  
4-teaspoon brown sesame seeds  
½ teaspoon salt  
1-teaspoon cumin powder  
¼ teaspoon crust black pepper  
Some amount of red chili powder  
1-teaspoon crust garlic

***Cooking time 8 to 10 minutes***

### **Method:**

Pour oil in saucepan, heat on the stove, put okra in, stir one time and cover, after 2 minutes uncover it, add all the upper ingredients with margarine and corn flower, constantly stir very well and let it be on medium temperature, when the okra looks tender and crispy then it's ready to eat.



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## **Chunkful Chickpea**

### **Ingredients:**

15 OZ boiled chickpea  
 1 large onion cut  
 1-teaspoon garlic chopped  
 1 large fresh tomato cut  
 ½ OZ vegetable oil  
 ½ teaspoon margarine  
 ¼ teaspoon salt  
 4 whole clove  
 1 stick cinnamon  
 3 beliefs  
 ½ teaspoon cumin powder  
 Some amount of parsley or cut cilantro  
 Some amount of lemon drop

### ***Cooking time 5 minutes***

### ***Method:***

Heat oil in saucepan, crackle the clove, cinnamon, belief, then add onion and garlic, sauté for 2 minutes, then add all the left over ingredients with chickpea, (add chickpea without water) stir this for 2 minutes, sprinkle cilantro on top, then it's ready to serve with rice or bread.



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## **Chipotle Chicken Low**

### **Ingredients:**

1 lb boneless chicken strips  
 2 oz nonfat sour cream  
 2 cloves of garlic chopped  
 ½ teaspoon salt  
 ½ teaspoon chipotle ground red pepper  
 Pinch of saffron thread  
 1-teaspoon fresh lemon juice  
 ½ teaspoon ginger chopped  
 2-tablespoon olive oil  
 2-teaspoon margarine (I cant believe it isn't butter)  
 ½ teaspoon whole cumin  
 1 oz green onion cut  
 Some amount of onion pieces  
 Some of red, yellow, and green bell pepper slices

### **Cooking time 10-15 minutes**

### **Method:**

Put chicken strips in a bowl; with the strips add everything except oil and margarine and onion cut and bell pepper slices. Mix the chicken very well and leave it aside for



about 2 hours to marinate. Now heat the skillet or hot plate to the stove. Put oil in and chicken and let it cook on medium flame. While you are waiting keep an eye on the

chicken so when one side of the chicken is cooked you can flip it before it gets burnt. Then, add onion, bell pepper and margarine and let them cook all together for 2-3 minutes.

After, stir it with a spatula and remove it from the heat. Garnish with green onion and serve hot.



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## *Couscous Of Low*

### *Ingredients:*

5 OZ couscous (Brand- Hodgson mill- with miled flax seed & soy)

2 OZ Onion cut

1 OZ tomatilo cut

1 OZ sun dried tomato cut

1 teaspoon of ketchup

¼ whole cumin seed

2 teaspoon of white poppy seeds

3 eggs of egg white bitten

½ teaspoon of red crust pepper

3 clove of garlic chopped

1 OZ extra virgin olive oil or margarine (I recommended ‘I can not belive it’s not butter’)

1 OZ cabbage cut

¼ teaspoon salt



***Cooking time 8 minutes***

***Method:***

Put oil or margarine in medium saucepan, heat it, put onion and caramelize, then add beaten eggs, stir for a little, then put in all the remaining ingredients, add water as it says in the packet, then follow the package directions.



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***Basil Pesto Rice***

***Ingredients:***

100-ml. brown basmati rice  
700-ml. of water  
150 ml of nonfat plain yogurt  
2 oz. of nonfat sour cream  
½ teaspoon of sea salt  
½ teaspoon ginger paste  
3 cloves of garlic peeled  
2 oz. fresh basil leaves  
1 tablespoon of margarine  
1 oz. canola oil  
1 tablespoon black sesame seeds  
1 teaspoon red lentil  
2 oz. diced onion

3 whole dried hot red chilies  
Some amount of fresh hot green pepper or fresh jalapeno  
1 teaspoon of fresh lemon juice

***Cooking time 25-30 minutes***

***Method:***

**RICE:** Bring water to boil in one medium pot and put brown rice in. put the salt in. cover and simmer it at medium heat. keep an eye on in between and stir it. Let it fully cook.

**TOPPING:**Heat oil in a small saucepan. break dry chili and put them in and let it black brown. Then put black sesame seeds, red lentil, diced onion and make them golden brown. Remove from the heat.

**MIX:** Now whisk the yogurt in a bowl and put in the cooked rice. And stir well. Put the sesame toping on and stir it. Remove the rice from the heat. (Remember this rice has to be sticky. if there is more water needed than add some more water in.)

**BASIL PESTO:**

Put basil leaves, some amount of sea salt, green chili, garlic, ginger, lenmon juice in a food processor. And run only for three to four times. Do not make it very fine.

**SERVING:** Serve the cooked rice in the plate and put some basil pesto in. stir it and rite a way.



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**Thai Low Cocktail Seafood**

**Ingredients:**

1 lb king crab leg  
1 lb medium sized shrimp raw, peeled with the tail still on  
½ lb boneless fish cube  
8 oz. of tomato puree  
1 medium tomato chopped  
2 oz. of coconut milk  
1 teaspoon of garlic minced  
¼ teaspoon of ginger paste  
Sea salt to taste  
1 ½ oz. of sesame oil  
1 teaspoon of soy sauce  
¼ teaspoon hot sauce  
¼ teaspoon of curry powder  
¼ teaspoon of roasted cumin powder  
Some amount of lemon juice  
Fist amount of fresh cilantro cut  
1 oz. of water  
3 bay leafs

***Cooking time is 20 minutes***

**Method:**

Heat oil in a saucepan. Put bay leafs, tomato puree and tomato chopped. Stir for one minute, put garlic, ginger, soy sauce, and hot sauce, stir for one minute. Add the crab legs and shrimp, stir for 2 minutes. Add coconut milk, salt, cumin powder, curry powder, lemon juice, and water, stir it. Cover and simmer it on medium flame. Until it is tender. Now add fish cubes, stir. And simmer until fish is tender. Remove from the heat and sprinkle cilantro on top. Serve hot with steamed parboiled rice.



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### **Rice A Roni Creamy Four Cheese**

#### **Ingredients:**

- 1 package of 4.8 OZ rice a roni creamy four cheese
- 1 LB broccoli bud
- 2 OZ mushroom slices
- 1 OZ green onion cut
- 1 OZ yellow onion cut
- 1 oz bell pepper cut (green, yellow, red)
- ½ teaspoon of red crust pepper
- 3 OZ of carrot cut
- 3 tablespoon of margarine

***Cooking time 30 minutes***

#### ***Method:***

In a skillet caramelize all vegetable with one tablespoon of margarine and keep aside in one plate. Then follow package direction putting Rice A Roni in the skillet. (When skillet is covered that time add the caramelize vegetable in.)



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## **Bombay Mutton Biryani**

### **Ingredients:**

2 lb goat meat (mutton) pieces (or beef or pork meat)  
 2-cup basmati rice  
 ½ cup whole lentil  
 4 boiled eggs slices  
 Medium bell pepper slices stir-fried  
 1 large onion chopped  
 ½ cup fried onions  
 1 medium potato slices fried  
 1 medium tomato slices  
 1-teaspoon tomato puree  
 Salt to taste  
 Lemon juice to taste  
 ½ cup coconut milk  
 Pinch of saffron  
 3 clove  
 3 cinnamon sticks  
 3 beliefs  
 6 whole green cardamoms  
 3 black cardamom  
 1-teaspoon red chili powder  
 1-teaspoon black pepper powder

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1 ½ teaspoon ginger chopped  
1-teaspoon garlic chopped  
2-teaspoon cumin powder  
½ teaspoon kitchen king  
½ cup cilantro  
1 OZ green onion cut  
2 OZ canola oil  
1 OZ butter or margarine  
2 leaves fresh mints chopped  
¼ mace powder

***Cooking time 1 ½ hour to 2 hours***

***Method:***

***Meat:***

Wash the goat pieces; mace powder, ginger and garlic, coconut milk and lemon juice marinate this for at least 2 hours. Heat up a non-stick vessel on the stove put in oil, and butter, throw in some clove, cinnamon sticks, belief, cardamom, black cardamom, let them crackle, put in chopped onions and stir for a while, now put in the marinated goat pieces, tomato, salt, chili, cumin, and black pepper powder, stir for 5 minutes, cover the vessel for 10 minutes, Check and stir again, cover, and let it cook on medium heat for 10 minutes, add chopped mint, kitchen king, stir well, cover the vessel, let it cook and while cooking when ever you feel like stirring stir, when the meat is tender remove vessel from the stove.

***Rice:***

Soak rice and Lenten in tab water for at least 1 hour, pour 10-12 cups of water, put on stove on high flame, cover, when the water boils add the rice and beans in the pot, cover, after one boil, uncover the pot and let them cook 75% then drain with a strainer, keep a side.

***Saffron:***

Take 3 teaspoon of milk, warm it, put in saffron, mix this very well until it gives you a yellow color

***Mixing:***

Take one glass tray or other type of tray spread the cooked meat on the cooked rice with beans, spread tomatoes, potatoes, fried onions, fried bell pepper, slices of eggs, sprinkle cut green onion and green cilantro, same way layer as many that fit in tray,

and finally spread the saffron milk all over the rice, cover tray, preheat the oven on 200F, put the tray in oven for 30 to 45 minutes, serve the biriyani hot with raita or salad.



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### **Khichadi Of India**

#### **Ingredients:**

½ lb long grain rice  
½ lb red Lenten  
½ lb eggplant cut  
1 medium potato cut  
2 medium tomatoes (ripe) chopped  
½ lb sinqua cut  
1 OZ cabbage cut  
1 OZ French green beans  
1 OZ lima beans  
1 OZ green peas  
1 OZ raw peanut  
1 OZ cashew nut  
1 medium onion sliced  
2-teaspoon whole cumin seeds  
3 cloves  
1 belief  
1 cinnamon stick  
Some amount of cilantro cut  
Some amount of green onions cut

¼ teaspoon turmeric powder  
¼ teaspoon red chili powder  
1/3 teaspoon of salt  
½ teaspoon garlic chopped  
2-teaspoon butter  
2 OZ peanut oil  
4 cup of water

### ***Method:***

Wash rice and Lenten, soak at least 1 hour before it's cooked, heat oil and butter in one saucepan, throw cloves, cinnamon and belief make them quite brown, put in onion slices, sauté them for 1 minute, then add tomatoes, sauté for 2 minutes, add all spices, ginger and garlic, then stir for a while, add all vegetables, stir for 2 minutes, then add rice with Lenten and water, stir, simmer covered on slow temperature until this is tender, if you want to make khichadi more sticky add more water, then simmer for a while, serve hot with raita, salad or with butter milk.



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### **Cauliflower Rice**

#### **Ingredients:**

2 cups Basmati rice  
1 oz fresh green pea  
1 oz cut corn  
1-teaspoon whole cumin seeds  
1-tablespoon olive oil  
1-teaspoon butter



Salt to taste  
Some amount of broken cashews  
3 green cardamom  
2 bay leaves  
2 whole cloves  
1 cinnamon stick  
8-10 black peppers  
1 tablespoon fried onion  
1 green chili slice  
3 oz of cauliflower pieces  
2 ½ cups of water

***Cooking time 15-20 minutes***

***Method:***

Wash rice with water. Put water and rice in the rice cooker bowl. Put salt, peas, and corn. Set the bowl of rice in the rice cooker and cover it and turn on the switch for the cooker. Now, heat the saucepan on the stove. Heat oil and butter. Throw in the cardamom, cloves, bay leaves, and cinnamon. Make them brown. After, throw in cashews to make it golden. Add cumin seeds and chili slices. Stir it for a while and bring it to the rice cooker pot. Then, add in the rice. Also add the cauliflower. Stir 1 time and cover the pot. Let it cook. Serve hot with favorite raita or serve with buttermilk.

Buttermilk- add small amount of cilantro paste, a pinch of cumin powder, salt, and sugar to taste. Stir it and serve.



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## **Pudo**

### **Ingredients:**

2-cup fine rice flower  
½ cup wheat fine flower  
Non-stick cooking spray oil  
1-teaspoon salt

### **Method:**

Pour around 5-6 cups of tap water. Make the batter like pancake batter. At least make the batter 2 hours before preparing it. Heat the non-stick skillet on the stove by high flame. Spread non-stick oil on the whole surface of the skillet. Pour the batter on the skillet with a grip spoon into a round shape. Cover until 30-40 seconds pass by, open the lid and wait until the steam goes away. The center of the spatula and flip it to the other side. Cook until other part is brown (or for 1 minute) Serve this with any soupy dish, like chicken curry, potato curry, or any hot curry.



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## **Ginger Ale Mix**

### **Ingredients:**

12 OZ chilled ginger ale  
12 OZ chilled club soda  
¼ teaspoon black salt

½ teaspoon roasted cumin powder  
3 pinch of freshly peppercorn ground

### ***Fixing Time 3 minutes***

#### ***Method:***

In one glass put in limejuice, black salt, cumin powder, and stir well, then add the chilled ginger ale and club soda into the mix (this drink is good for you after a heavy meal to help with your digestion and fill stomach haaaaaaas).

Trust me your tummy will thank you.



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### **Romeo Mix**

#### **Ingredients:**

4 OZ 100% cranberry juice  
2 OZ 100% pomegranate juice  
2 OZ tomato juice  
1 OZ vodka (optional)  
1-teaspoon fresh squeezed limejuice  
¼ teaspoon freshly ground peppercorn (optional)  
Pinch of salt  
1 scope of orange sherbet-frozen  
1 cube ice

***Preparation time 5 minutes***

***Method:***

Put all the following ingredients in blender except peppercorn, and frozen orange sherbet, run the electric blender four to five times until it is mixed well and pour it into a glass. Now top this with frozen orange sherbet and freshly ground peppercorn



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***Fried Fruit Dessert***

***Ingredients:***

Ripe Bananas  
Strawberries  
Apples  
Bisque powder  
Pancake syrup to sprinkle  
Sugar powder to sprinkle  
Cinnamon powder to sprinkle  
Nutmeg powder to sprinkle  
Canola oil to deep fry

***Cooking time 5 minutes***

***Method:***

Make batter ready one hour before cooking. First, put water and bisques powder in a

bowl and mix. (Make the texture like pancake batter) Pour oil in a saucepan or a deep fryer. Fill no more than half of it with oil. Make it deep enough for the food to float while frying and bring oil to 375degrees F heat. Peel off the skin from the fruits.

Cut the fruits into thick slices. Dip slices one-by-one in the batter very well. Then, put it in oil very gently by your fingertips. Fry until it is golden, brown and then remove from the oil, set them on a dish. Finally, sprinkle them with a little sugar powder, cinnamon powder, and nutmeg powder.



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### **Stuffed Date**

#### **Ingredients:**

15 OZ date (fat or thin)  
5 OZ honey  
1-tablespoon creamy peanut butter  
1 tablespoon clarified butter  
2 OZ white poppy seeds  
5 OZ crust almonds  
2 pinch of fine nutmeg powder

***Preparing time 20 to 30 minutes***

#### **Method:**

**Mix-** Put honey, peanut butter, clarified butter, crushed almonds, and nutmeg powder in one mixing bowl and mix it with spatula, now cut the date from the

center, now take the seed out and fill in the mixture.

**Topping-** Place the poppy seeds in the plate and roll the stuffed dates on tope of the poppy seeds. Now it's ready to eat.



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### **Threadey Dessert**

#### **Ingredients:**

4 oz finely thin vermicelli  
2 ½ liter 2% milk  
8 oz sweetened condensed milk  
2 teaspoon clarified butter  
1 oz almond slices  
½ oz pistachio crust  
¼ teaspoon nutmeg powder or even less  
Some thread of saffron

***Cooking time 20-25 minutes***

***Servings: 8-10***

#### **Method:**

Heat one nonstick saucepan on medium flame. Put clarified butter in. then, put vermicelli in and constantly stir it for one minute by the spatula and until it is golden. Pour milk in immediately, (keep stirring). One bubbling, add condensed milk and almond slices in. keep stirring until the texture is a thick liquid. Remove it

from the heat.

After, it is a little cooled add nutmeg powder and pistachio in. Serve cold or warm.



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### **Pancake Fruit dessert**

#### **Ingredients:**

3 pancake normal size thin  
Pancake syrup  
8 OZ cool whip  
2 OZ heavy milk  
2 or 3 drop vanilla extract  
Ripe banana chop  $\frac{3}{4}$  cup  
 $\frac{1}{2}$  cup strawberry, apple, pear chopped mixed  
1 tablespoon walnut crank  
2 OZ banana pudding

***Fixing time 8 to 10 minutes***

#### **Method:**

Make pancake ready thin with unsalted butter, cool whip, heavy milk, and vanilla extract stir well in one bowl, sat 1 pancake in glass skillet, put pancake syrup on top of the pancake, layer banana pudding, layer fruit, and walnut, then spread whip cream mix and put on the remaining pancake and layer same way on top finally spread the whip cream and pour pancake syrup all over, put some fruit, keep in refrigerator for 5 to 6 hours or over night and it's ready to eat.

