

Family Cookbook

**TRIED &
TESTED**

Shefali Pathak

Tried and Tested – Family Cookbook

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Enjoy my recipes along with a 1–2-line story of when and how I started cooking those dishes.

Also find thoughts on food, some basic cooking tips and much more.

Shefali= Chef=Chef!!! my friends call me so):

I don't use measuring spoons while cooking. Over the years one learns how much of what you need to add for the perfect taste. I have tried to convert it to teaspoon and tablespoon. However, you can adjust spices to your taste.



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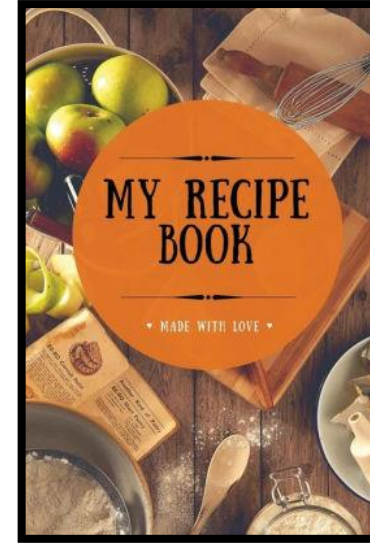
Introduction

For every child their mother, is the world's best cook. Every child has the feel that no one can match the taste of what their mother cooks. My girls are no different. For them I'm the world's best cook and I can win all the Master Chef's title. Honestly, that's not true. I'm just a mother who cooks the food with love and keeps it simple. My daughters' want to retain some of my recipes so that they can probably cook the same recipes for their kids. Hence this book.

My daughters are new to cooking and hence the half the book has information that would help any beginner specially with Indian cooking.

My sincere advice to all the foodies out there, eat everything in limit along with some exercise. As it is rightly said "Eat to live, not live to eat."

Enjoy cooking!!!



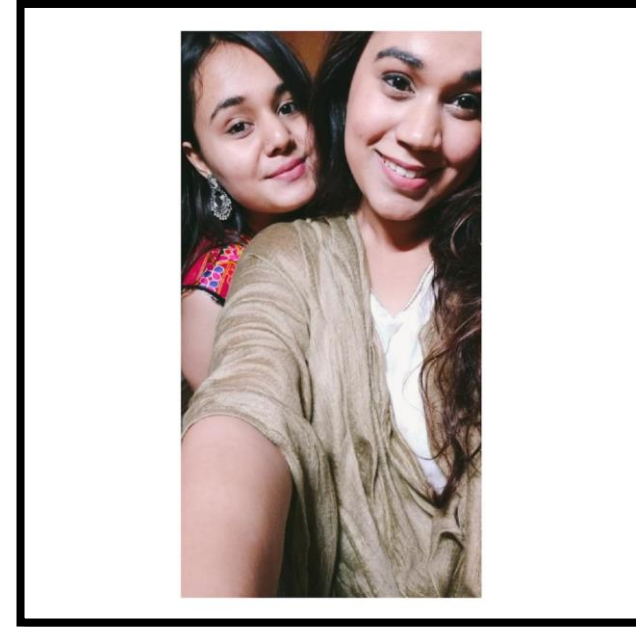
Dedicated To

This book is purely dedicated to my daughters -Shivani & Shyamoli. It's our home cookbook. They wanted some of my recipes so that someday they can cook for their kids. Not sure if my grand kids will like them. They will be probably living in a ready to eat time.

It this pictures you can see my daughters grow in lovely young ladies eating what I cooked for them for so many years. I never appointed a cook, as I believe that only a mother can cook with purity and love for her family.

Hope my girls enjoy cooking these recipes as much as I enjoyed making those for them and then penning them all down.

With Love,
Maa



Foreword

By: Ankit Saxena

I met Shefali at one of my business appointments and we instantly became friends. During our meetings, apart from work related matters we have had discussions on several topics and cooking is something we both are passionate about.

As a professional hotelier, I have dined at several places that include fine dine restaurants, bistros, cafes to local street food joints. The food served in these places is no doubt tempting and tastes delicious.

But at the end of the day, nothing in this world tastes as good as a **home-cooked meal**. Trust me!

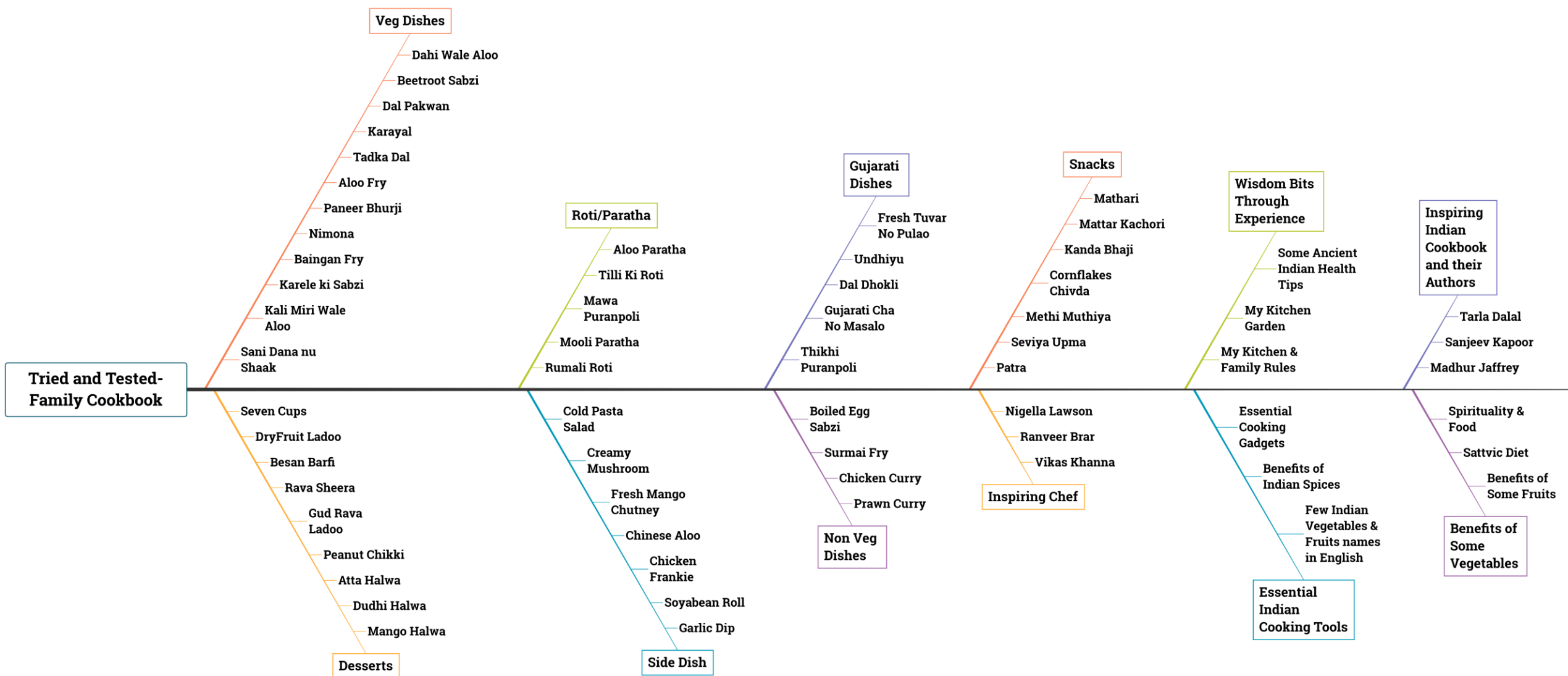
I have personally enjoyed cooking since childhood and made it a point to learn most of my mother's recipes before leaving my hometown for studies.

In today's scenario, I believe everyone should learn basic cooking skills. Knowing how to cook makes you more confident and independent. You end up eating healthy. You end up helping-out in the household. And last but not the least, you save those extra bucks.

In this era of "food delivery apps", it is hard to find people who wish to spend time in the kitchen. So, if you are reading this, you are one of those select few. I hope that you will find the recipes and information provided in this book useful.

What's Inside!

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Mathari

My school friend was from Lucknow and we Gujju's do not have a snack like mathari. I learned to make mathari from her mom in 1988 and managed to maintain making it in similar way till now.



Tip:

Add the oil as mentioned in the recipe while kneading the flour. The mathari will soak less oil while frying.

Other Variants:

You can make mathari by adding few fresh fenugreek leaves, washed and finely chopped or you can use kasuri methi.

1. Sieve maida, atta and rava separately. Mix them all together.

2. Make a well kind in the center. Add oil/ghee, ajwain, til and salt.

3. Mix it well. Add little water and knead a firm dough. The dough should not be soft.

4. Cover the dough with wet muslin cloth for 10-15 minutes. Knead the dough again for a minute.

5. Then make small puri balls from it. Roll it out in a thick round shape. Make pricks with fork or with knife on it. We do not want puri to puff while frying. Roll all the balls in the same way.

6. Heat oil on a medium flame. Once the oil is medium hot add the rolled-out circles for frying.

7. Fry in on a low flame. Do not fry it on high flame. Fry till done and are golden brown.

8. Remove them and put them on paper napkin to get rid of the excess oil.

9. Deep fry all the circles in the same manner.

Ingredients

- Maida: 4cups
- Wheat Atta: 1cup
- Barik Rava: 1/4cup
- Oil/Ghee: 1-1/4cup
- Ajwain: 2tsp
- Til: 2tsp
- Salt to taste
- Oil for frying

Serving Options

- Serve it with a steaming cup of tea.
- Best snack for travel. You can enjoy it with mango pickle.

Shelf-life

- Stays crispy and fresh in an airtight container for about 7 days.

Mango Halwa

My colleague, served fresh homemade prasad to Bal Gopal. -Mango halwa was one of them. I tried making at home and my whole family loved it. It remains mango season special.



Tip:

Make sure to use fat milk and real ripe alphonso mangoes. Sugar quantity will depend on the sweetness of the mango.

Other Variants:

You can make similar type with chikoo or apple.

1. Squeeze the mango and remove the juice of it. Do not use mixer. With your hands break down the lumps in any.

2. In a pan put the mango pulp. Turn on the flame and cook for 2-3 minutes on a low flame.

3. Now add warm milk and keep cooking on low flame while stirring.

4. When the mixture has reduced to almost half, add required sugar.

5. Cook the mixture till it is almost dry. Keep stirring.

6. Now add the ghee and cook till the mixture leaves the side of the pan.

7. You can set it in a thali or serve like a halwa.

8. Let it cool and garnish.

Ingredients

- Ripe Alphonso Mango: 2big
- Buffalo Milk: 1/2lt.
- Sugar: as per taste
- Ghee: 2tsp
- Silver varak for decoration/Few cut pieces of mango for decoration

Serving Options

- Decorate it with silver varak or small pieces of mango.

Shelf-life

- 2-3 days in fridge.
- You can serve warm or at room temperature.

Garlic Dip

I learned it from my sister and created my own version. All my daughter's friends visiting us, they demand for the dip.



Tip:

Make sure the curd is made with fat milk and is not sour.

Other Variants:

Replace onion, garlic and chili flakes with thecha. Thecha is made with green chili, garlic, coriander leaves and salt. Coarse grind all the ingredients and then cook it in little olive oil. Once cooled down add it to the yogurt.

1. Take full fat milk fresh curd and tie it in a muslin cloth for 2-3 hrs.

2. Let all the excess water come out of it. Remove in a bowl.

3. Add salt, chili flakes and olive oil. Mix well.

4. Take onion and roughly chop it. Put the onion and garlic in the mixer jar.

5. Just give it 1-2 quick grind. It must be coarse and not smooth paste.

6. Mix it well to the curd. If it's too thick add some milk. The dip should be smooth like shrikhand.

7. Garnish and serve.

Ingredients

- Hung Curd: 2 cups
- Onion: 1 small
- Garlic: 10 cloves
- Chili Flakes: 1 tsp
- Olive Oil: 3 tsp
- Salt to taste
- 2 teaspoon milk if required
- Coriander or mint leaves for garnishing

Serving Options

- Serve it with chips, carrot sticks, cucumber sticks, breadsticks, crackers etc.

Shelf-life

- Maximum 1 day if stored in refrigerator.

Dahi Wale Aloo

Kapoor aunty from whom I learned the Mathari, their daily dinner used to be dahi wale aloo. It was a bit bland, so did some changes to match the taste buds of my family.



Tip:

The curd should be fresh and slightly sour. Beat it before adding to the sabzi so that it has no lumps.

Magic masala has salt. Add salt accordingly.

Mash one potato and add to the gravy for thickness.

1. Peel the skin of the potato and cut them in small pieces. Take cooker. Add oil.

2. Add rai and jeera. Let it splatter. Now add curry leaves and green chili. Now add potatoes.

3. Stir and add chopped tomatoes. Cook for 2-3 minutes. Now add haldi and red chili powder.

4. Add salt and sugar. Add sufficient water and stir. Close the cooker and give 2 whistle.

5. Once the cooker cools down, open it. Add curd and maggi magic masala.

6. Stir and give one boil.

7. Garnish with coriander leaves.

Ingredients

- Potato: 3medium
- Curd: 1cup
- Tomato: 1medium
- Green chili: 2nos.
- Rai: 1/4tsp
- Jeera: 1/4tsp
- Haldi: 1/4tsp
- Red chili Powder: 1/4tsp
- Sugar: 1/4tsp
- Maggi Magic Masala: 1pouch
- Curry Leaves: few
- Salt to taste
- Coriander leaves: for garnish

Serving Options

- Taste best with puri or plain paratha.
- Nimbu Mirchi ka achaar also goes well.

Dudhi Halwa

First mithai I ever made when I was very young. I love the home cooked dudhi halwa and so does my family.



Tip:

Make sure that the dudhi as fresh and tender as possible.

Other Variants:

You can make gajjar halwa is the similar way.

1. Remove the Dudhi skin. Wash it well. Grate it. (medium size grate). Squeeze out all the water.

2. Take a pan. Put the grated dudhi and fry for 2-3 minutes on low flame. Now add the warm milk and cook till the milk has almost dried up.

3. Now add mawa (if you are adding). Fry for 2-3 minutes.

4. Now add sugar, elaichi powder and fry on low-medium flame till all water dries up.

5. Now add ghee and nuts.

6. Garnish and serve.

Ingredients

- Dudhi: 1/2kg
- Full Fat Milk: 1lt.
- Sugar: 200gms (as per taste)
- Mawa: 100gms (optional)
- Ghee: 2tsp
- Elaichi Powder: 1/2tsp
- Cashew/Almond: ¼cup (semi-crushed optional)
- Silver Varak for decorating

Serving Options

- You can serve is hot or room temperature.

Shelf-life

- A week if kept in the fridge.

Soyabeen Roll

My elder daughter wanted something healthy and not messy to take on her way back from Pune to Mumbai. That's how the soyabeen roll came into existence in my menu.



Tip:

While adding salt check as maggi magic masala also has salt.

Other Variants:

You can apply mayonnaise add chopped onion, lettuce and grated cheese along with chicken and serve the roll. Serve fresh with plain or flavored mayonnaise.

1. Put the soya chunks in boiling water. Turn off the flame.

2. Let it stay in the water for five minutes. Squeeze and remove.

3. Heat oil. Add rai. Let it splatter. Add chopped garlic. Now add the chopped onion and chopped green chili. Saute for 3 minutes.

4. Now add chopped tomatoes.

5. Add salt and cook for 2-3 minutes.

6. Add haldi powder, chili powder, pinch of sugar and maggi magic masala. Saute it.

7. Now add the soya chunks. Let all the chunks get coated in the masala.

8. Garnish with coriander.

9. Take a roti. Assemble and serve.

Ingredients

- Soya Chunks: 1cup (small)
- Onion: 1small
- Green chili: 1no.
- Tomato-: 1small
- Rai: 1/4tsp
- Garlic: 2cloves
- Pinch of Sugar
- Maggi Magic Masala: 1pouch
- Haldi Powder: 1/4tsp
- Chili Powder: 1/2tsp
- Oil: 1 bsp
- Coriander for garnish
- Roti for the roll

Serving Options

- You may apply pudina chutney and tomato ketchup on roti.
- Sprinkle chat masala.

Shelf-life

- Good option to carry for a day travel or kids tiffin box. Stays good for a day.

Prawn Curry

My mom's recipe. My mom made all dishes with fish in similar fashion. But I follow her recipe only for prawn curry. My kids love it.



Tip:

Make sure to wash prawns well so that no sand remains.

Other Variants:

You can add coconut milk at the end but make sure to adjust spices.

1. Peel prawns well. Remove the black thread from the prawns

2. Wash them couple of times.

3. Finely chop onions and tomatoes.

4. Semi crush the garlic and pepper in mixer. Take a pan.

5. Add oil. Now add curry leaves. Add the garlic and pepper mix.

6. Saute for ½ a minute. Now add the onions and green chili. Cook till golden brown.

7. Now add tomato and salt and haldi powder. Cover and cook till the tomato are soft.

8. Now add dhaniya jeera powder and mirchi powder.

9. Take onion and roughly chop it. Put the onion and garlic in the mixer jar.

10. Now add prawns. Cover and cook till the prawns are cooked. Now add water as per the thickness required. Give it a boil.

11. Garnish with coriander.

Ingredients

- Prawns: 1/2kg
- Onion: 2 Large
- Tomato: 2 Large
- Green chili: 2 Nos.
- Garlic:- 10-12 Cloves
- Black Pepper: 10 Nos.
- Curry Leaves -few
- Oil: 2 tbsp
- Haldi: ½ tsp
- Mirchi Powder: ½ tsp
- Dhaniya Jeera Powder: 2tsp
- Salt to taste
- Coriander to garnish

Serving Options

- Serve it with plain white rice or plain dosa.

Shelf-life

- Serve hot and fresh with a squeeze of lemon.

Chicken Curry

My mom's recipe. I have been eating it from my childhood. I make a lot of variants of chicken but this one is special.



1. Clean wash the chicken. Add some salt and haldi and keep aside.

2. Finely chop the onions and tomatoes. Grind green chilies, ginger, garlic and all the whole spices.

3. Heat ghee in a cooker. Add bay leaves. Now add the finely chopped onions with a pinch of salt. Fry till they are dark brown.

4. Now add the ground masala. Fry for 2-3 minutes on medium flame.

5. Now add chopped tomatoes. Fry and cook till tomatoes are soft.

6. Now add the haldi, dhaniya jeera powder, salt and red chili powder. Cook till the oil separates.

7. Now add chicken and fry for some time. Add water and give 3 whistles.

8. Open once the cooker cools down and cook until you get required consistency of the gravy.

9. Garnish with coriander leaves and squeeze lemon if you like.

Tip:

Dark brown onions are very important in this recipe. It gives color and taste to the dish. Chicken is supposed to be hearty so cooking in ghee balances the heat.

Ingredients

- Chicken: 1/2 g
- Onion: 3large
- Tomato: 2large
- Green Chili: 2nos.
- Garlic: 10cloves
- Ginger: 2inch
- Black Pepper: 6nos.
- Cloves: 6nos.
- Green Elaichi: 2nos.
- Bay Leaves: 2nos.
- Cinnamon Stick: 2inch
- Haldi: 1/2tsp
- Chili Powder: 1/2tsp
- Dhaniya Jeera Powder: 2tsp
- Ghee: 2tbsp
- Salt to taste
- Coriander to garnish

Serving Options

- Serve with bakery naan/roti or plain rice and vegetable raita.

Self-life

- Serve hot and fresh. However, tastes better after couple of hours as the spices are absorbed in the chicken.

"Cooking is one of the greatest gifts you can give to those you love"- Ina Garten