

prepared baking dish, and top with any remaining bread crumbs mixture. Bake 30 minutes in the preheated oven, or until chicken is tender. Remove from oven and serve.

CHILLI TOFU

Ingredients

250g tofu
1 large green capsicum
1 medium onion
2 tbsp olive oil
10 cloves garlic, crushed
2 tbsp dark soy sauce
4 green chillies, sliced
1 tbsp red chilli sauce
2 tbsp corn starch
½ cup water
2 stalks spring onion
½ tsp white pepper powder
½ cup vegetable stock
2 tsp vinegar
Salt, to taste

Method

Slice the onion thickly and cut capsicum into strips. Heat oil in a non-stick pan. Add



onion and sauté on high heat. Add garlic and capsicum and continue to sauté. Cut tofu into small cubes and add to the pan. Add dark soy sauce, green chillies and red



chilli sauce. Add corn starch to ½ cup water and mix well. Chop spring onion. Add salt, pepper powder and vegetable stock to the pan, and mix everything well. Add 2 tablespoons of corn starch mixture. Mix and cook till the mixture thickens. Add vinegar and mix. Remove from heat and transfer the tofu into a serving dish. Drizzle a little olive oil on the spring onion and mix. Garnish the dish with this and serve hot.

VEGETABLE JALFRAIZE

Ingredients

¼ cup carrots, chopped
¼ cup cauliflower, chopped
¼ cup tomatoes, chopped
¼ cup capsicum, chopped
¼ cup green beans
¼ cup onion, chopped
2 green chillies, chopped
1 tbsp lemon juice
50g butter
½ tsp cumin seeds
2 tsp red chilli powder
½ tsp black pepper powder
1 pinch kasuri methi (fenugreek)
1 tsp ginger paste
1 tsp garlic paste

1 handful coriander leaves for garnishing, chopped

Method

Heat butter in a pan over medium flame. Add ginger and garlic paste along with cumin seeds, and fry for 20 seconds. Once they are cooked, add the chopped vegetables and mix them well. After 30 seconds, add the lemon juice, red chilli powder, cumin powder, salt, pepper powder and kasuri methi in the vegetables. Stir to mix well and cook for another 6-8 minutes or till all the vegetables are cooked. Remove from heat and garnish with coriander leaves. Serve it hot with roti, paratha or rice.

KESARI PHIRNI

Kesari phirni is a traditional dessert recipe that uses saffron and rice to make a delightful traditional sweet dish. It is an ideal celebratory recipe and is ideally suited for



festivals such as Eid.

Ingredients

3 tbsp aromatic rice
1 pinch saffron (kesar)

4 cups milk
6 tbsp sugar
½ tsp cardamom powder

Method

Soak aromatic rice for 30 minutes, then drain the water. In a mixer jar, add soaked rice, and pour 3 tablespoons of milk and coarsely grind. Heat milk in a pan, and let it boil. Add saffron and ground rice mixture. Stir and mix well. Add sugar, cardamom powder, mix well, and stir continuously till the mixture thickens. Remove from heat. Sprinkle grated pistachios, serve hot or chilled.

MANGO TART WITH RABRI

This scorching summer heat calls for gorging on mangoes. Mango tart with rabri in an exotic and delightful recipe that you can try out with the king of fruits. This recipe is extremely delicious and easy to make at home. Kids will certainly love it the most.

Ingredients

250g mango, cut into cubes
½ tsp vanilla essence
¼ cup sugar
1 pinch green cardamom powder
150g butter
1 egg
100g icing sugar
250g all-purpose flour
1 litre milk
Mixed nuts, for garnishing

Method

First, prepare the tart by mixing butter and icing sugar together. Add egg, mix well, and fold the flour into the mixture, add vanilla essence, and make a tart by using tart shell. Bake the tart in a pre-heated oven at 356° F for about 15-20 minutes. Remove from oven and keep aside. Wash and peel the mangos and cut into small cubes. Now to prepare the rabri, take a deep-bottomed pan on medium heat and add sugar and milk to it. Stir the milk along with sugar in the desired consistency and add a little cardamom powder. Then, arrange the mangoes in the tart and pour required quantity of rabri on top. Garnish with mixed nuts, and serve immediately.

Photo: Collected



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