



Biofach 2019
Nuremberg, Germany



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BASMATI RICE RISOTTO



INGREDIENTS:

Onion (yellow, medium-size)	-	1
Butter (½ stick)	-	4 tablespoons
Chicken Broth (canned or homemade)	-	5 cups or more
Basmati rice	-	2 cups
Salt and Pepper	-	to taste
Parmesan Cheese (freshly grated)	-	¾ cup

DIRECTIONS:

Peel and finely chop the onion. Melt the butter in a 4 to 5 quart saucepan over medium heat, stirring regularly. Add the onion and cook, continuing to stir, until it turns soft and translucent. Turn the heat down if the onion starts to brown. Meanwhile, pour the chicken broth into a separate saucepan, set over medium heat, and bring to a gentle simmer. Adjust the heat as needed to maintain this simmer the whole time you are preparing the Risotto. Once the onion is soft, add the Basmati rice and cook over medium heat, stirring constantly, for about 3 minutes. Adjust the heat as necessary, if the Basmati rice is cooked at too high a heat, it will turn brown and take on an undesirable flavor.

Using a ladle, scoop up about 1/2 to 3/4 cup of broth. Pour it in the pan with the Basmati rice, stirring constantly with a spoon. After the first addition of broth, the Basmati rice mixture will look a bit soupy. As the Basmati rice begins to cook, stir it constantly, making sure that you scrape along the bottom of the pan so that it does not stick. You should see little bubbles popping up on the liquid from time to time. If it bubbles more vigorously than this, turn the heat down to medium-low. When most of the liquid is absorbed into the rice and the Basmati rice begins to look a bit dry, add another ladle of broth to the pan and stir constantly, as before.

Continue to add the broth in 1/2 to 3/4 cup batches and stir the Basmati rice until you have used most of the broth (this will probably take about 20 minutes). It is now time to test whether the risotto is cooked. Spoon up a grain of Basmati rice and bite into it, it should be tender without being too mushy. If it is still crunchy and tastes a bit starchy, you will need to continue adding liquid and cooking further.

When the Basmati rice is tender and the risotto has a creamy consistency, almost like thick oatmeal, it is done.

Add salt and pepper to the risotto, about 1/4 teaspoon at a time, until it seems well seasoned to you. Stir. Add the grated Parmesan cheese and stir well. Serve the risotto immediately in warm bowls and have extra grated Parmesan on hand.

Yield: Serves 4 to 6 as a main dish.

SHRIMP AND SAUSAGE BASMATI JAMBALAYA



INGREDIENTS:

Smoked Sausage (sliced, 1/4 inch thick)	-	1 pound
Scallions (trimmed)	-	6 or 7
Green Bell Pepper (chopped)	-	1 large
Celery Ribs (chopped)	-	2
Chicken Broth	-	3 cups
Basmati Rice	-	1 ½ cups
Dried Thyme	-	½ teaspoon
Shrimp (small to large, raw and peeled)	-	1 pound
Black Pepper (freshly ground)	-	

DIRECTIONS:

In a large saucepan, cook the sausage over moderate heat until browned. With a slotted spoon, transfer the sausage to a plate.

Chop the scallions, reserving the dark green parts for garnish; add the white and pale green parts to the saucepan. Add the green pepper, celery, and garlic. Cook over moderate heat, stirring, for 5 minutes. Add the broth, Basmati rice, thyme, and reserved sausage. Bring the mixture to a boil. Reduce the heat to a simmer and cook the jambalaya, covered, for 10 minutes. Stir in the shrimp and pepper and cook the mixture, covered, for 10 to 15 minutes more or until the shrimp are just done and the rice is tender.

Serve the jambalaya sprinkled with the reserved scallion greens.

Note: You don't need to add salt, as it is provided by the canned broth and sausage.

Yield: Serves 4 to 6 generously.

MIXED SEAFOOD BASMATI PAELLA



INGREDIENTS:

Medium Shrimp (shelled and de-veined)	-	½ pound
White Fish (firm, cut into 1-inch cubes)	-	1 pound
Squid (cleaned, cut into 1/2-inch rings, tentacles halved)	-	1 pound
Coarse Salt		
Fish Stock	-	6 cups
Saffron Threads (crumbled)	-	1/4 teaspoon
Dry White Wine	-	½ cup
Olive Oil	-	1/3 cup
Green Bell Peppers (seeded and finely chopped)	-	2
Garlic Cloves (minced)	-	10
Paprika	-	1 teaspoon
Tomatoes (peeled, seeded and finely chopped)	-	3
Basmati Rice	-	3 cups
Parsley (finely chopped)	-	1 tablespoon
Bay Leaves	-	2
Organic Peas (frozen)	-	½ cup
Mussels (cleaned)	-	16

DIRECTIONS:

Place the shrimp, fish and squid in a colander, sprinkle with coarse salt and let sit while preparing the remaining ingredients. Combine the stock, saffron, and wine in a saucepan, and bring to a boil while cooking fish.

Heat the olive oil in a wide paella pan set over two burners. Add the shrimp, fish, and squid, and cook for 2 minutes, stirring frequently. Remove the shrimp and fish, leaving the squid in the pan. Add the peppers to the pan, and sauté 2 to 3 minutes. Add the garlic and sauté another minute to release the aromas. Stir in the paprika and tomatoes, and sauté 1 minute to release the aromas. Add the Basmati rice, toss to coat it with the tomato mixture, and stir in the parsley and bay leaves.

Preheat an oven to 350 degrees F. Add the hot broth to the pan, along with the peas. Boil for 5 to 10 minutes, or until some of the liquid reduces. (Paella should have just enough liquid to cook rice, but not be soupy). Adjust seasonings. Stir in the reserved shrimp and fish, and arrange the mussels over the paella with the edges that will open facing up.

Transfer paella pan to the oven and cook, uncovered, for 10 to 12 minutes, or until rice is almost cooked and most of the liquid is absorbed.

Remove paella from oven, cover loosely, and let sit for 10 minutes before serving.

Yield: 1 1/2 cups generous for 4 to 6 servings.

MUGHLAI CHICKEN BIRYANI



INGREDIENTS:

Chicken Pieces (skinless bone-in)	-	3 lbs
Basmati Rice (washed and drained)	-	3 cups
Vegetable, Corn or Olive Oil	-	½ cup
Onions (sliced)	-	3 cups
Cashews (halved)	-	1/4 cup (optional)
Raisins	-	1/4 cup
Ginger (fresh, finely chopped)	-	2 tablespoons
Garlic (fresh, minced)	-	2 tablespoons
Green Cayenne or Serrano Chili (fresh, slit lengthwise)	-	3
Salt	-	2 teaspoons
Biryani Masala Spices (powder form)	-	3 tablespoons
Plain Yogurt	-	1 cup (optional)
Coriander (Cilantro) Leaves (chopped)	-	½ cup (optional)
Mint Leaves (chopped)	-	1/4 cup (optional)
Butter	-	3 tablespoons
Saffron	-	½ teaspoon (optional)
Hot Milk or Water	-	1/4 cup (if using Saffron)
Eggs (hard-boiled, peeled and halved)	-	4

DIRECTIONS:

Rub over chicken pieces 1 tablespoon of Biryani Masala and refrigerate, covered for 1 hour. In a medium pan or pot (non-stick is ideal) heat oil over moderate heat and fry onions, stirring, until golden brown, 5 to 7 minutes. Remove onions with a slotted spoon and transfer to paper towels to drain. In same oil fry cashews and raisins, stirring, until lightly browned, 3 to 4 minutes, and transfer with slotted spoon to paper towels to drain.

In a bowl mix together remaining 2 tablespoons masala, 1/2 fried onions, 1/4 cup water, ginger, garlic and chillies. In a large pan or pot (non-stick is ideal) heat 2 tablespoons oil, sauté mixture, stirring, until liquid has evaporated, about 3 minutes. Add chicken and 1 teaspoon salt and sauté, stirring, 5 minutes. Add 1 cup water and simmer, covered, until chicken is tender, about 15 minutes. Stir in yogurt and 1 tablespoon each of mint and coriander and simmer 5 minutes. Add salt to taste and remove from heat.

In a medium pan or pot (non-stick is ideal) melt butter or heat ghee over moderate heat. Add Basmati rice and 1 teaspoon salt and sauté, stirring, 3 minutes. Add 6 cups water to Basmati rice and bring to a boil. Reduce heat and simmer, uncovered, 6 to 8 minutes, or just until water is no longer visible on surface of Basmati rice. Preheat oven to 300 degrees F. Mix saffron with hot milk or water and sprinkle over rice. Remove Basmati rice from heat and let stand, covered, 10 minutes to allow rice to steam. Fluff Basmati rice with a fork.

Fill a thick-bottomed large casserole dish with alternating layers of Basmati rice, remaining fried onions (reserving 1 Tablespoon for garnish), and chicken with gravy. Cover casserole tightly and bake 30 minutes. Garnish casserole with reserved fried onions, remaining mint, coriander, fried cashews, raisins, and eggs. Serve hot with cucumber raita (a salad of yogurt, finely chopped onion and cucumber and salt), Indian pickles, and fried or roasted papads.

Yield: Serves 8-10.

BASMATI VEGETABLE PULLAO



INGREDIENTS:

Basmati rice	-	450ml or 3/4 pint level in a measuring jug
Olive or Groundnut Oil	-	3 tablespoons
Mustard Seeds (Brown)	-	1/2 teaspoon
Green Chili (hot, finely chopped)	-	1
Potato (peeled and cut into 5mm / 1/4in dice)	-	100g or 40 oz
Carrot (peeled and cut into 5mm / 1/4in dice)	-	1/2
Green Beans (cut into 5mm / 1/4 in segments)	-	40g or 1 1/2 oz
Turmeric (ground)	-	3g or 1/2 teaspoon
Garam Masala	-	1 teaspoon
Fresh Root Ginger (very finely grated)	-	1 teaspoon
Salt	-	6g or 1 1/4 teaspoon
Water	-	570ml or 1 pint

DIRECTIONS:

Wash the Basmati rice in several changes of water the drain. Put it in a bowl, cover with water and leave to soak for 30 minutes, and then drain again. Put the oil in a heavy-based pan (with a tight-fitting lid) and set it over a medium high heat. When it is hot, put in the mustard seeds. As soon as they begin to pop- a matter of seconds- put in the chilli, potato, carrot, green beans, turmeric, garam masala and ginger, sauté, stirring for 1 minute.

Reduce the heat to medium-low and add the drained Basmati rice and the salt. Cook the Basmati rice gently, stirring for 2 minutes.

Add the water and bring to the boil. Cover the pan tightly with a close-fitting lid or with foil and a lid, then turn the heat to very low and cook for 25 minutes.

Yield: Serves 4-6.

SPINACH BASMATI RICE - SPANAKORIZO



INGREDIENTS:

Olive Oil	-	½ cup
Onion (medium, coarsely chopped)	-	2
Chilli Pepper	-	½ teaspoon
Basmati Rice	-	1 ½ cups
Chicken Stock Water	-	2 ½ - 3 cups
Spinach (fresh, wilted and chopped)	-	2 ½
Salt		
Dill (chopped, fresh)	-	½ cup (optional)
Yogurt	-	1 cup

DIRECTIONS:

In a deep, heavy skillet, heat the oil over medium heat and sauté the onions until translucent, about 3 minutes. Add the chilli pepper and the Basmati rice. Stir for a few seconds to coat with oil.

In the meantime, heat the water or stock with the spinach in a separate saucepan. When starts to boil, pour it over the Basmati rice and reduce the heat. Season with salt, mix well with a wooden spoon, and cover. Simmer for 15 to 20 minutes, or until the Basmati rice is cooked but still moist. Serve immediately, sprinkled with chopped dill and with a dollop of yogurt on each plate.

Yield: 4-6 servings.

PORTOBELLO MUSHROOM BIRYANI



INGREDIENTS:

Basmati Rice:

Basmati rice	-	1 ½ cups
Unsalted Butter	-	2 tablespoons
Curry Paste (Biryani)	-	1 tablespoon
Cardamom (ground)	-	1 teaspoon
Cloves (ground)	-	½ teaspoon
Dried Currants	-	½ cup
Cashews (toasted)	-	½ cup
Pumpkin Seeds (toasted)	-	½ cup
Apricots (chopped)	-	½ cup
Crispy Shallots	-	1/4 cup
Cilantro Leaves (fresh, chopped fresh)	-	1/4 cup
Mint Leaves (fresh, chopped)	-	1/4 cup

Mushrooms:

Portobello Mushrooms (steamed and peeled)	-	6
Olive Oil	-	2 tablespoons
Black Pepper (freshly ground)		
Salt		

DIRECTIONS:

Basmati Rice: Rinse the Basmati rice until the water runs clear, soak in warm water for 10 minutes and drain. In a large pot of boiling salted water cook the rice until tender, about 6 minutes.

Meanwhile, in a small pot over medium heat melt the butter with the curry paste, cardamom, and cloves. Drain the rice and toss with the butter mixture until evenly coated. Keep warm until ready to serve. Just before serving add the currants, cashews, pumpkin seeds, apricots, shallots, cilantro, and mint.

Mushrooms: Brush the mushrooms with the olive oil and season with salt and pepper. Heat a large skillet over medium high heat, place the mushrooms, tops down, in the skillet and cook for 3 minutes. Turn the mushrooms over and cook for 2 minutes.

Serve the mushrooms on a bed of rice with Onion Sauce and Chutney.

Yield: 6 servings.

LEMON BASMATI RICE PILAF



INGREDIENTS:

Rapeseed Oil	-	2 tablespoons
Onion (large, diced)	-	1
Ginger (minced, fresh)	-	1 tablespoon
Lemon Zest	-	1 tablespoon
Basmati Rice	-	2 cups
White Wine	-	½ cup
Chicken Stock	-	3 cups
Parsley (chopped)	-	2 tablespoons

DIRECTIONS:

Heat a large skillet over high heat. Add the oil and swirl to coat the pan. When the oil shimmers, add the onion, ginger, and lemon zest and stir-fry until soft, about 2 minutes. Add the Basmati rice and cook, stirring until the rice is opaque, about 5 minutes.

Add the wine and allow reducing by 80 percent. Add the chicken stock, cover the rice with foil and place over the lowest heat for 25 to 30 minutes. Fluff the Basmati rice with a fork and sprinkle with the parsley.

Yield: 4 servings.

STEAMED BASMATI RICE



INGREDIENTS:

Salt	-	1 tablespoon
Garlic clove (crushed)	-	1
Basmati Rice	-	2 cups
Black Pepper (freshly ground)	-	
Unsalted Butter	-	2 tablespoons (optional)
Fresh Herbs of your choice (chopped)	-	1/4 cup (optional)

Garnish:

Fresh Herb Springs

DIRECTIONS:

Bring 5 quarts water to a boil with the garlic and salt in a 5-quart saucepot. Add the rice, stirring until the water returns to a boil, and boil it for 10 minutes.

Drain the rice in a large stainless steel colander, removing the garlic (do not use plastic!), and rinse it with cold running water. Place the colander containing the rice over a large saucepan of boiling water with the garlic added and steam the rice, covered with a clean tea towel and the pot lid, for 15 minutes, or until it is fluffy and dry.

The rice will also keep this way for up to 1/2 hour, with the heat turned off so the water just remains hot but does not boil.

Optional: Just before serving, stir in the butter and the fresh herbs.

Yield: Makes approximately 6 cups of rice, serving 4 to 6 generously.

BASMATI RICE PUDDING WITH TOASTED COCONUT



INGREDIENTS:

Basmati rice (rinsed)	-	1/2 cup
Milk	-	2 cups
Water	-	1/2 cup
Salt	-	1 pinch
Gelatin (powdered)	-	2 teaspoons
Cold Water	-	2 tablespoons
Vanilla Bean	-	1/2
Yolks	-	4
Sugar	-	3/8 cup
Cream (whipped)	-	1/2 cup
Coconut (toasted)	-	1/2 cup
Passion Fruit Sauce:		
Sugar	-	1 cup
Water	-	1 cup
Passion Fruit Concentrated Puree	-	1 cup
Lime (juiced)	-	1

DIRECTIONS:

Bring Basmati rice, 1/2 cup of the milk, water and salt to a boil then turn down to low and cover tightly with foil. Cook until all the moisture is absorbed, about 15 minutes. Let sit turned off with foil still on for 5 more minutes. In a small bowl soak the powdered gelatin with the 2 tablespoons of water. In a saucepan bring the remaining 1 1/2 cups milk to a boil with the vanilla bean. Let it sit for 15 minutes to infuse. Whisk the yolks with the sugar then temper with the hot milk mixture. Return to the heat and cook gently to thicken. Meanwhile, sponge the gelatin in cold water. Remove thickened anglaise from the heat and add the sponged gelatin. Stir to melt the gelatin then strain into a bowl and stir in the rice. Place over ice water and stir to cool and thicken. As it starts to thicken but before it's too set, fold in the whipped cream and toasted coconut and pour into small dishes. Chill.

Directions(Passion Fruit Sauce):

In a small saucepan, over medium heat, stir sugar and water until sugar is completely dissolved. Bring to a boil, remove from heat and cool. Whisk passion fruit puree, lime juice and 1/3 cup of sugar water in a bowl until thoroughly mixed. Store remainder of sugar water (simple syrup) in a bottle in the refrigerator. Drizzle passion fruit sauce over rice pudding.

Yield: 12(1/2-cup) servings.

SHRIMP AND RICE SCAMPI SOUP WITH ALMONDS & RAISINS



INGREDIENTS:

Chicken broth	-	3½ cups
Basmati rice	-	200 gms
Shrimp	-	8 pieces
Olive oil	-	100 ml
Corinth raisin	-	100 gms
Sliced almonds	-	100 gms
Butter	-	50 gms
Curry powder	-	40 gms
Salt	-	10 gms
Crushed black pepper	-	5 gms

DIRECTIONS:

Bring the chicken broth to a boil in a medium saucepan over high heat. Stir in the Basmati rice and cook for 20 minutes along with salt and half of the curry powder. In a separate bowl, mix together curry powder, salt, pepper and olive oil to make a marinade. De-vein and de-shell shrimps, cut into half and rub the marinade into the shrimps. Leave aside for 30 minutes. Heat oil in a medium skillet. Sauté shrimps for 5 minutes or until they turn pink in colour. Mix rice and shrimps together, add sliced almonds, Corinth raisins and butter. Serve hot in individual bowls.

Preparation Time: 8-10 minutes

Cooking Time: 20-25 minutes

Yield: 8 servings

OVEN BAKED MEXICAN PAELLA PORTION



INGREDIENTS:

Basmati rice	-	80 gms
Olive oil	-	50 gms
Onion	-	15 gms
Garden peas	-	10 gms
Bell pepper	-	10 gms
White beans	-	5 gms
Mexican parsley	-	2 gms
Cabbage green	-	5 gms
Large prawns	-	30 gms
Lobster tail	-	30 gms
Large mussel	-	30 gms
White wine	-	5 gms
Sarreron	-	2 gms
Paprika	-	2 gms
Salt-pepper	-	5 gms
Dry chilli	-	5 gms

DIRECTIONS:

Cut all the vegetables and seafood into large cubes. Place these in a special paella pan, add the Basmati rice and white wine and cook in olive oil. Add water, mix in sarreron paprika and bake in oven for 25 minutes at 200° C. Sprinkle with dry chilli. Garnish with Mexican parsley and serve.

Preparation Time: 10-12 minutes

Cooking Time: 20-25 minutes

Yield: 1 serving

SHRIMP & RICE BALLS IN PEANUT SAUCE



INGREDIENTS:

Prawns	-	120 gms	Garlic	-	5 gms
Basmati rice overcooked	-	100 gms	Red curry paste Thai	-	2 gms
Coriander	-	5 gms	Chicken stock	-	10 ml
Ginger	-	5 gms	Coconut cream	-	100 ml
Garlic	-	5 gms	Lobster bisque or prawn stock	-	100 ml
Egg	-	1/2	Thai fish sauce	-	1/4 teaspoon
Panko (Japan bread crumb)	-	20 gms	Kaffir lime leaf	-	1 piece
Thai fish sauce	-	1/4 teaspoon	Coriander	-	10 gms
Cream	-	10 ml	Pok soy	-	80 gms
Peanut salted	-	10 gms	Cherry tomato	-	50 gms
Chilli	-	1/4 pieces	Water cress	-	15 gms
White wine	-	5 gms			
Sarreron	-	2 gms			
Paprika	-	2 gms			
Salt-pepper	-	5 gms			
Dry chilli	-	5 gms			

DIRECTIONS:

Blend prawns and Basmati rice with egg and cream, folding gently. Add chopped ginger, garlic and coriander. Coat with panko. Shape into balls and fry in oil. Glace nuts with chilli, garlic and curry paste. Add the chicken stock and reduce a little. Add coconut. Stir till the ingredients blend, making a crunchy curry. Season with Thai fish sauce and sugar. Glace pok soy and cherry tomatoes. Garnish with coriander, kaffir leaf and water cress.

Preparation Time: 10-15 minutes

Cooking Time: 10-12 minutes

Yield: 1 serving

CANDIED PRUNES IN RED WINE STUFFED WITH VANILLA RICE PUDDING



INGREDIENTS:

Red wine	-	1 lt	Star anise	-	6
Brown sugar	-	250 gms	Cinnamon	-	1 gm
Orange	-	1	Anise	-	2 gms
Limes	-	2	Rice	-	150 gms
Lemon zest	-	2 lemons	Milk	-	750 gms
Ginger	-	80 gms	Sugar	-	60 gms
Lemongrass	-	5 sticks	Vanilla beans	-	2
Green cardamom	-	4 pieces	Egg yolks	-	60
Java long pepper	-	2	Pitted prunes	-	30 (dry)
Cloves	-	2			
Juniper berries	-	20			

DIRECTIONS:

Boil the red wine and flambé it a pan, add the crushed spices and citrus ingredients. Simmer for 1 hour. Pour the hot liquid over the prunes, cover and leave aside for 1 hour to make a syrup. Rinse the Basmati rice thoroughly to remove excess starch, cook rice in milk along with sugar and vanilla, for 20 to 30 minutes. Once the Basmati rice is cooked and has reached a creamy consistency, remove the pot from fire and add the egg yolks for binding. Pour the pudding into a separate bowl and let it cool. Stuff the prunes with the Basmati rice pudding. Reduce the cooked prunes syrup, pour over the stuffed prunes and serve with a scoop of vanilla ice cream.

Preparation Time: 10-15 minutes

Cooking Time: 20-25 minutes

Yield: 4 servings

DAL MAKHANI



INGREDIENTS:

Masoor Dal (Split black gram whole)	-	½ cup
Red kidney beans (soaked overnight)	-	½ cup
Water	-	3 cups
Spice Hut	-	1 tablespoon
Onion (minced)	-	1 small
Gingerroot (minced)	-	1 inch
Garlic cloves (minced)	-	2
Tomato paste	-	150 gms
Tomatoes (chopped)	-	3
Turmeric	-	1 teaspoon
Heavy whipping cream	-	½ cup
Salt to taste	-	

DIRECTIONS:

Boil beans and dal with turmeric in 3 cups of water* until soft. Add salt to taste. Meanwhile, sauté onion, ginger and garlic in olive oil until golden. Add tomato paste and cook for 3 minutes. Add Spice Hut @ Dal Makhani and cook for another minute. Add this mix to the boiling dal and beans. Stir in cream and cook for 15-20 minutes on medium heat until cooked. Enjoy!

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Yield: 4 servings

LARGE KIDNEY BEANS / RAJMA MASALA



INGREDIENTS:

Rajma (red kidney beans)	-	1 cup	Oil	-	1 tablespoon
Onion	-	2	Cinnamon	-	1 small piece
Tomato	-	3	Elachi	-	1
Green chilli	-	2	Cloves	-	1
Ginger garlic paste	-	1 teaspoon	Bay leaf	-	1
Kasoori methi (Trigonella Foenum Graecum)	-	1 teaspoon	Salt	-	As needed
Red chilli powder	-	1 teaspoon			
Garam masala powder	-	1/4 teaspoon			
Coriander seeds powder (Dhaniya powder)	-	2 teaspoons			
Cream/ evaporated milk	-	2-3 teaspoons			

DIRECTIONS:

Soak Rajma for 12 hours (overnight) and drain the water. Pressure cook for 4-5 whistles, with enough water to immerse the rajma completely. Once done, reserve the water. Chop onions and tomatoes finely. In a kadai/ pan, heat oil and season with cinnamon, elachi, cloves and bay leaf. Add the chopped onion. Fry till transparent. Add ginger garlic paste and give it a fry for a minute or two. Add chopped tomatoes, slit green chillies. Mix well. Add salt, red chilli powder, garam masala powder and dhaniya powder. Cook in medium flame for 4-5 minutes until the raw smell goes away. Add kasoori methi crushed in between your hands. Add the rajma and cook in medium flame for 5 minutes. Add the reserved water and cook for another 4-5 minutes. Mix well, by now the water should have reduced and now, add 1 cup water and cook in medium flame for another 5-8 minutes. And lastly add cream or evaporated milk and mix well. Just heat it for a minute. Do not let it boil. Switch off the flame.

Note: As I said before, choose red rajma or any variety that gets cooked easily, not the deep red (blackish red). Cook rajma soft. You can try adding a large pinch of cooking soda in case of emergency. Cooking in the masala for long time makes it really tasty. Instead of ginger garlic paste, you can use chopped ginger and chopped garlic. Or chopped ginger alone too works fine. If you want to avoid it, use hing/ asafoetida. I have used evaporated milk, you can use cream or even milk. But do not boil it after you add it, just heat up and switch off.

Preparation Time: 15 mins + overnight soaking

Cooking Time: 35 minutes

Yield: 4 servings

MILLET GINGER COOKIES



INGREDIENTS:

Butter (unsalted)	-	75 gms
Jaggery/Country sugar/Organic cane sugar	-	150 gms
Whole wheat flour	-	100 gms
Sanjeevini powder	-	100 gms
Chocolate chips	-	75 gms
Dry ginger powder	-	2 tablespoons
Baking soda	-	½ tablespoons
Vanilla Essence	-	few drops
Salt	-	a pinch
All-purpose flour	-	2 tablespoons
Milk	-	2 tablespoons
Vegetable oil	-	½ tablespoons
Baking powder	-	½ tablespoons

DIRECTIONS:

Grease 2 baking sheets. Cream the butter with sugar, vanilla essence, ginger powder, baking soda. In a separate bowl, mix all-purpose flour, milk, vegetable oil and baking powder. Make a smooth paste and add to the above butter and sugar mixture. Sift whole wheat flour, salt into the butter and sugar bowl and fold into the creamed mixture. Add the chocolate chips. Stir and mix them thoroughly. Take a bit of the cookie dough and make a circle about 3/4 inch in diameter with the palm of your hand, flatten and place on the baking sheet. Bake at 180 degree centigrade for 9 minutes. Cool on the baking sheet for 20 minutes, then transfer to an air-tight cookie jar.

Baking Time: 9 minutes

Cooking Time: 20 minutes

Yield: 20 cookies

MOONG DAAL SPROUTS



INGREDIENTS:

Sprouted moong beans (Split green gram)	-	4 cups
Onion diced	-	1 medium
Tomato chopped	-	1 medium
Garlic cloves diced	-	4-5
Xacuti masala	-	3 tablespoon
Fresh grated coconut	-	½ cup
Water	-	1 ¾ cups
Salt to taste	-	

DIRECTIONS:

Fry the onions till translucent. Next add the tomatoes, garlic and saute for 2-3 minutes till the tomatoes soften. Then add the xacuti masala spice mix and saute for another 2 minutes. Add water, season with salt, cover and bring to a simmer. Next add the sprouted moong dal, mix well and cook covered on low medium heat for 15-20 minutes. Check on salt.

Preparation Time: 5 minutes

Cooking Time: 15-20 minutes

Yield: 4 servings

MANGO PULP ICE CREAM



INGREDIENTS:

- Mangoes (or enough to make 1 cup mango pulp) - 2 large
- Sweetened condensed milk - 14 ounces
- Heavy cream - 2 cups
- Yellow food coloring (optional) - 2 drops

DIRECTIONS:

Slice mangoes and scoop flesh, discarding pit and skin. In a blender or food processor, process mango until blended to an applesauce-like consistency. In a large bowl, combine mango pulp, condensed milk, and heavy cream. Using a hand mixer at low speed, beat mixture until it begins to thicken. Increase speed to medium and continue to beat for about 8 to 10 minutes or until stiff peaks form. While beating, squeeze a few drops of food coloring until the desired color is achieved. Transfer mixture into a 9 x 5 loaf pan. Cover with plastic film, lightly pressing the film against the surface of the cream mixture. Freeze for at least 6 hours or overnight. Serve frozen.

Preparation Time: 15 minutes

Total Time: 12 hours 15 minutes

Yield: 8 servings

MANGO CUSTARD PUDDING



INGREDIENTS:

Bird's Custard Powder	-	2 tablespoons
Milk (can be whole milk or 2% low-fat, but not skim)	-	½ cup
Ripe mango, peeled and cut into chunks (about 1 ½ cups)	-	1 large
Milk (can be whole milk or 2% low-fat, but not skim)	-	¾ cup
Granulated sugar	-	½ cup
Fresh-squeezed lime juice	-	1 teaspoon
Mint Leaves (optional)		

DIRECTIONS:

Mix ½ tablespoon vanilla custard powder into half a tea cup of cooled milk. Separate the yolk from the white and beat the egg yolk and sugar really well. Mix the balance milk with the egg yolk /sugar mixture and cook over a low fire till well heated. to the above mixture add 02 tablespoons of gelatin dissolved in warm water. Add the previously prepared milk and custard powder mixture and cook for about 3 minutes. Keep stirring to prevent clotting. remove the mixture from the fire and add vanilla essence. Then beat the leftover egg whites well and add to the cooled custard mixture. Add the mango pieces to the final preparation and pour into bowls to freeze.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Yield: 4 servings

SESAME BUNS (BURGER BUNS)



INGREDIENTS:

Active dry yeast	-	1 ¼ ounces package/2 ¼ teaspoons
Water (warm, about 110°F)	-	½ cup
Milk (room temperature)	-	2/3 cup
Egg	-	1 large
Butter (melted and cooled slightly)	-	3 tablespoons
Sugar	-	2 tablespoons plus 1 ½ teaspoons
Salt	-	1 ¼ teaspoons
All-purpose flour (dip and sweep method)	-	3 cups/15 ounces
Butter (or oil)	-	for greasing the bowl
Egg white	-	1 large
Water	-	1 tablespoon
sesame seeds or poppy seeds	-	¼ cup

DIRECTIONS:

Mix and knead all of the dough ingredients to make a smooth dough. Cover the dough for 1 to 2 hours, or until it's doubled in bulk. Gently deflate the dough, and divide it into 8 pieces. Shape each piece into a round ball and flatten to about 3" across. Place the buns on a lightly greased or parchment-lined baking sheet, cover, and let rise for about an hour/until puffy. Brush the buns with about half of the melted butter. Bake the buns in a preheated 375°F oven for 15 to 18 minutes, until golden. Remove them from the oven, and brush with the remaining melted butter. This will give the buns a satiny, buttery crust then cool the buns on a rack.

Brushing buns with melted butter give them a soft, light golden crust. Brushing with an egg-white wash (1 egg white beaten with 1/4 cup water) will give them a shinier, darker crust. For seeded buns, brush with the egg wash; it'll make the seeds adhere.

Total Time: 37 minutes

Preparation Time: 20 minutes

Cooking Time: 17 minutes

Rising Time: 105 minutes

Yield: 4 servings



ORGANIC RECIPES BOOK

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