

Cooking class @ Detroit Abloom - August 19th 2021

Pakora - a Starter

<i>Onions</i> - cut into thin pieces of 1/2 " long	2
<i>Cauliflower</i> - grate into pieces with grater or food processor	1
<i>Carrots</i> - grate into small pieces	4
<i>Potatoes</i> - Grate into small pieces	
<i>Green chilies</i> - as per tolerance	2 - 4
<i>Ginger garlic paste</i> -	1 tablespoon
<i>Cumin seeds</i> -	1 tablespoon
<i>Curry leaves</i> -	10
<i>Coriander (fresh)</i> -	1 bunch
<i>Mint leaves</i> -	Few
<i>Ajwain</i> -	½ teaspoon
<i>Chick pea flour</i> -	2 cups
<i>Rice flour</i> -	1 cup
<i>Salt</i> -	1 tablespoon
<i>Turmeric</i> -	½ teaspoon
<i>Garam masala</i> -	1 tablespoon
<i>Cooking oil</i> -	2 tablespoons

Mix all the ingredients into paste like dough (should not be thin, but to be able to make as balls and keep aside.

Preheat the air fryer to 370 degree F - brush the cooking oil to the pan and keep the balls ½" apart. Arrange it on the rack and brush them with oil.

Cook for 7 to 8 minutes till cooked and dry and turn them. Brush with oil and cook till well done.

Serve them hot with chutney or tomato ketchup. You can make them with onions adding more vegetables like broccoli, croissants, egg plant, beans, peas and can also mix raw egg.

Lemon rice

Cooked rice (white or brown Sona masuri or Basmati, cooked on stove top or a rice cooker) - 2 cups.

Take it in large mixing bowl.

Add

Olive or cooking oil	2 Tablespoons
Turmeric	1 teaspoon
Fresh curry leaves	10
salt	1 tablespoon

Mix them all together after the rice is cooled to room temperature.

Add lemon juice - after squeezing without seeds 2 lemons

Add raw fresh ginger cut into small pieces to the rice 1" size

Take a pan onto the stove top, on medium heat and warm it up.

Add cooking oil (corn oil or groundnut) 2 tablespoons

Add Dry red chilies breaking them into halves 6 Nos.

Channa dal (Split yellow peas) 2 tablespoons

Urad dal (black gram without husk) 1 tablespoon

Mustard seeds 1 tablespoon.

Wait till they splitter

Add Curry leaves 6 to 8.

In a separate pan

Add Clarified butter or ghee 2 tablespoons

cashew nuts and peanuts and roast till slightly brown Fistful

Add to the rice along with the other seasoning

Salt to personal taste

Ready to serve. Can be served as cold rice also.

Medicinal values

Chick-pea flour

Gluten free

One cup contains

Protein -20 gm

Fat - 6 gm

Carb - 53 gm

Fiber - 10 gm

Thiamine, Folate, Magnesium, Copper, Manganese, Iron

Antioxidants Poly phenols

Less in calories, More filling and has more fiber.

Effect on blood sugar is less Glycemic Index (GI) is 6

Onions

Low in calories & high in nutrients

Reduce cholesterol

Anti-inflammatory

Anti-oxidants

Cancer fighting compounds

Controls blood sugar reducing fasting blood sugar

Boosts bone density

Antibacterial property

Semiya – (sweet-dish)

Roast the Semiya with ghee for 2 minutes till brown 2 cups.
Add water till cooked soft 2 cups
Add sugar till melted 1 ½ cups
Add crushed cardamom (powder) ½ a pinch
Cook for 2 minutes
Turn off the stove and keep it for 3 more minutes

In a separate pan

Add ghee and roast the dry nuts (cashews, almond flakes & raisins
till brown) 1 tablespoon

Add this to the cooked Semiya and serve in small bowl