

# ORGANIC MANTRAS RECIPE DIARY



AN INITIATIVE BY  
24 MANTRA ORGANIC



ORGANIC MANTRAS  
RECIPE DIARY

A top-down view of a rustic, light-brown wooden bowl filled with a creamy white kheer. The kheer is topped with sliced almonds and small green herbs. The bowl is surrounded by numerous vibrant red rose petals. The entire composition is set against a solid light green background.

# ORGANIC SAVIYAN KHEER

#24MANTRAORGANIC | #ORGANICMANTRAS

# Organic Saviyan Kheer

Here is a fantastic dish that all of you must try out this festive season. It is simple, sweet, and can bring a smile on anyone's face. The best part of this dish is that it can be served hot or cold based on your preference. Seviyan kheer with milk, sugar, cardamom and saffron packed with a whole lot of organic goodness is not something that you can afford to miss. So don't waste any more time, just click on the link below and try out this beautiful dish. And remember to tell us the different variations of the dish that you tried at home.



# Organic Saviyan Kheer



## INGREDIENTS

2 tbsp of ghee, 2 tbsp of raisins, 10-12 pitted black dates, 20 pieces of cashews, 20 pieces of almonds, 20 pieces of pistachios, a few charoli nuts, 125 gms of seviyan, 2 litre milk, 120 gms sugar, 8 cardamom pods

## METHOD

- Heat the ghee over a medium flame and once it melts, add the raisins and after they puff up, take them out and keep them aside. Add the pitted dates and after they are roasted, remove them from the pan and keep them aside. Next, you need to put in the blanched and peeled cashews, almonds and pistachios and the charoli nuts, roast them for 2 to 3 minutes and then keep them aside.
- In the same ghee add the vermicelli or seviyan and roast on low heat until the vermicelli turns golden brown. Roasting the vermicelli nicely intensifies the taste of the kheer.
- After the vermicelli is roasted, add the milk and allow it to come to a boil.
- After the milk comes to a rolling boil, turn down the heat and add the raisins, dates and nuts.
- Cook the dry fruits and the vermicelli together in the milk for about 15-20 minutes, until it becomes thick and creamy. Stir in the sugar and cook again for 4-5 minutes.
- Put in the cardamom powder and mix well.
- Garnish with dry fruits and rose petals.





ORGANIC MANTRAS  
RECIPE DIARY

# ORGANIC PURIS

#24MANTRAORGANIC | #ORGANICMANTRAS

# Organic Puris

If there is anyone who can teach the world how to make the perfect puri then it can only be Anushruti RK. Puris that don't deflate and retain their shape from the frying pan to the plate. With some of the most amazing tips to roll the perfect puris, this article can clearly become your guide book to making the yummiest and fluffiest balls of heaven. Partnering them with shrikhand or aamras makes for one of the most delicious treats you can ever imagine. Tell us what you like to have with your yummy, fluffy, healthy 24 Mantra Organic Puris?



# Organic Puris



## INGREDIENTS

140 gm whole wheat flour, 70 gm plain flour or maida,  $\frac{1}{4}$  cup fine semolina or rava, 1 tbsp chickpea flour or besan, 2 tsp sugar,  $\frac{3}{4}$  tsp salt, 2 tbsp oil,  $\frac{1}{2}$  to  $\frac{3}{4}$  cup milk or water, ghee or oil for deep frying

## METHOD

- In a large bowl, assemble the whole wheat flour, the plain flour, fine semolina, chickpea flour, sugar and salt.
- Mix well with a spoon or with your hands to bring all the dry ingredients together and then mix in the hot oil. Rub the oil into the flour.
- Put in the milk or water into the flour and knead for 5 to 6 minutes to make a stiff dough. Allow the dough to rest for 30 minutes to an hour or more.
- After the dough rests, knead it briefly and divide the dough into small portions.
- In a small wok or kadhai, heat, put the oil or ghee on low heat.
- In the meanwhile, roll the balls using a rolling pin. You can smear some oil on the rolling pin and the rolling surface to prevent the dough from sticking.
- Increase the heat of the oil and allow it to get hot. Make sure that you do not allow the oil to smoke.
- puri first sinks into the oil and then begins to come to the surface. You need to hold the puri with a slotted spoon until it puffs up. After the puri puffs up and turns a golden brown you need to flip it over and cook until the other side is golden as well. After the oil is hot, carefully place the rolled disc into the hot oil. The Take the puri out and place it on a large plate lined with absorbent paper. Serve hot with practically any vegetable, curry, shrikhand or



ORGANIC MANTRAS  
RECIPE DIARY

# ORGANIC SESAME RICE

#24MANTRAORGANIC | #ORGANICMANTRAS



# Organic Sesame Rice

"24 mantra organic sona masuri rice one of my most favorite varieties of rice" Says Anushruti RK.

Dont miss out on this easy to make superb dish and let your taste buds take you back to your childhood in your grandmothers kitchen where everything tasted link heaven. Witness the creation of an exquisite south Indian meal that you can never forget. Have this with cucumber or tomato raita, it becomes a hearty meal that is sure to appease your palate



# Organic Sesame Rice



## INGREDIENTS

300 gms or 1 1/2 cup of rice, 1 1/2 tsp salt, 2 tsp oil, 750 ml water, 50 gms sesame seeds, 50gms dry grated coconut, 1 tsp oil, 4-5 dry red chillies, 1/2 tsp salt

## FOR SEASONING

3tbsp of sesame oil, 3/4 tsp of mustard seeds, 1 1/2 tsp of soaked urad dal, 3 tbsp of split cashew nuts, 2-3 dry red chillies, curry leaves, 3/4 tsp of yellow asafetida

## METHOD

- Clean and soak the rice in water for 30 minutes.
- Drain the water and then cook the rice with the salt, oil and water either in a pressure cooker or an electric rice cooker.
- In a heavy bottomed pan, roast the sesame seeds nicely for about 3 to 4 minutes and after they change colour, transfer the seeds into a plate.
- Roast the dry grated coconut until the colour changes to a golden brown and keep it aside as well.
- Add 1 tsp oil into the same pan and after it is hot, drop in the dry red chillies. After the chillies sizzle, turn off the heat.
- In a blender, grind all the roasted ingredients into a smooth powder by using the pulsing it (grinding the ingredients and stopping every few minutes).
- Sprinkle the powder over the cooked rice and add 1/2 tsp salt.
- In seasoning pan add sesame oil and after the oil is hot, put in the mustard seeds. After the mustard begins to pop, add the soaked urad dal, cashews, dry red chillies, curry leaves and yellow asafetida.
- Turn off the heat and pour the hot seasoning over the rice and mix everything together.
- Serve with Tomato or Cucumber Raita.



ORGANIC MANTRAS  
RECIPE DIARY



# ORGANIC LITTLE MILLET DOSA

#24MANTRAORGANIC | #ORGANICMANTRAS

# Organic Little Millet Dosa

Ask any South Indian food lover, what their favorite breakfast dish is, and we are sure that “Dosa” will definitely feature on that list. But have ever tried a millet dosa? Not only is this a healthy option but the combination of a millet dosa and Pudina chutney is truly spectacular.

So now you can be rest assured that you will be eating something extremely tasty without forgoing the health and nutrition benefits.

So try it out today and tell us what you think of this awesome Little Millet Dosa recipe.





# Organic Little Millet Dosa



## INGREDIENTS


325 gm (1 ½ cups) little millet, 125 gm (1/2 cup) urad dal or black gram dal, ½ tsp methi, 50 gm (½ cup) poha or flattened rice, water, 1 tsp salt

## METHOD

- Wash the millet and dal in a steady stream of water and soak them together along with the methi seeds with enough water to cover them. Keep covered for 4 to 6 hours.
- In a separate container soak the flattened rice for 1 hour.
- Drain the excess water and grind everything together to get a smooth paste.
- Add the salt, mix well and keep covered for 18 to 24 hours until the batter ferments nicely.
- After the batter is ready, keep a tava or a griddle on medium low heat. Once the pan is hot, sprinkle some water and if the water sizzles, your pan is ready to use.
- After the water evaporates, reduce the heat and smear the pan with a little oil with the help of a cut potato. You can prick a fork to one end of the potato to control the movement.
- Pour a ladleful of batter and smear the batter with the base of the ladle in concentric circles to get a round shape.
- Spoon a few drops of oil around the edges of the dosa. Cover and cook for a minute or two or until the dosa is golden brown in colour.
- After the dosa is golden brown, flip it over and cook again for a minute.
- Loosen the sides of the dosa, fold it into a semi circle and lift it out of the pan.
- Serve hot with pudina chutney



ORGANIC MANTRAS  
RECIPE DIARY

A top-down view of a red ceramic bowl filled with a vibrant green, textured chutney. A silver spoon with a wooden handle rests on the right side of the bowl. A small sprig of fresh green mint leaves is placed on top of the chutney. The background is a solid, deep red color.

# ORGANIC PUDINA CHUTNEY

#24MANTRAORGANIC | #ORGANICMANTRAS

# ORGANIC PUDINA CHUTNEY



## INGREDIENTS

100 gm (1 cup) fresh coconut (grated), 25 gm ( ½ cup )  
pudina or mint leaves, 1 tbsp roasted Bengal gram dal  
(dalia or phutana), 1 tbsp peanuts, ¼ tsp asafetida powder,  
1 tsp salt, water

## FOR SEASONING

2 tsp vegetable oil, ½ tsp mustard seeds, 2 to 3 dry red  
chilies, curry leaves, ¼ tsp asafetida powder

## METHOD

- In a blender put in the coconut, the mint leaves, roasted gram, peanuts, asafetida and salt and enough water to get a smooth paste.
- Heat the oil in a seasoning pot and after the oil is hot, put in the mustard seeds. After the mustard seeds crackle and pop, put in the chilies, curry leaves and asafetida powder.
- Pour the hot seasoning over the chutney and mix well.



ORGANIC MANTRAS  
RECIPE DIARY

# ORGANIC KADHI

#24MANTRAORGANIC | #ORGANICMANTRAS



# ORGANIC KADHI



## INGREDIENTS

2 cups thick dahi or yogurt, 5 tbsp gram flour or besan, 1/2 tsp turmeric powder, 3 cups water

## FOR SEASONING

2 tbsp mustard oil or any other vegetable oil, 1/2 tsp mustard seeds, 1/2 tsp cumin seeds, 3/4 tsp fenugreek seeds, 2 to 3 dry red chilies, broken into pieces, Curry leaves, a sprig, 1/2 tsp asafoetida powder, 1 1/2 to 2 tsp salt, fresh coriander leaves for garnishing

## METHOD

- In a bowl, put in the yogurt, gram flour and the turmeric and mix with a whisk until there are no lumps.
- Pour in the water, mix well and keep aside.
- In a pan heat the oil for seasoning. If using mustard oil, allow it to smoke and then turn off the heat. Turn on the heat again and add the mustard seeds. After the mustard seeds start to pop, put in the cumin seeds, fenugreek seeds, chilies, curry leaves and asafoetida in quick succession. Do not allow the cumin seeds and fenugreek seeds to turn black.
- After about 30 seconds, stir in the whisked yogurt and keep stirring on medium low heat until the entire mixture comes to a boil.
- After the kadhi begins to boil, add the salt, mix well and immediately turn off the heat.
- If you want a thin consistency add more water and if you want a thick consistency add less water.





ORGANIC MANTRAS  
RECIPE DIARY

# ORGANIC CABBAGE PAKODA

#24MANTRAORGANIC | #ORGANICMANTRAS

# ORGANIC CABBAGE PAKODA



## INGREDIENTS

1 cup cabbage, thinly sliced, 1 cup gram flour (besan atta),  $\frac{1}{2}$  tsp red chili powder,  $\frac{1}{2}$  tsp turmeric powder,  $\frac{1}{2}$  tsp carom seeds (ajwain),  $\frac{1}{2}$  tsp garam masala,  $\frac{3}{4}$  tsp salt,  $\frac{1}{4}$  water or as required, mustard oil or any other vegetable oil for deep frying

## METHOD

- In a bowl add the gram flour, red chili powder, turmeric powder, carom seeds, garam masala, salt and water and mix well until there are no lumps. Adjust the consistency of the water to get a thick paste. If you have added a little extra water add a spoon or more of the gram flour. Likewise, if the batter is stiff add a spoon or more of the water to get the right consistency.
- Mix in the sliced cabbage into the gram flour paste.
- Pour enough oil in a pan to fill a depth of  $\frac{1}{2}$ " or  $\frac{3}{4}$ " and place the pan on moderate heat.
- Once the oil is hot, but not smoking, drop spoonfuls of the pakoda batter and deep fry until the pakodas are golden brown.
- Once the base of the pakoda is browned, you need to flip it over and fry the other side until it is browned too.
- After the pakodas are fried, lift them with a slotted spoon and place them on a plate lined with absorbent paper.
- At the time of serving, dunk the pakodas in the kadhi and serve hot with rice.
- To learn how to cook rice, [click here](#).



ORGANIC MANTRAS  
RECIPE DIARY

A top-down view of a rustic wooden table. In the center, a white scalloped-edge plate holds eight golden-brown cupcakes with visible fruit and nut pieces. Above this plate, a smaller white plate holds two more cupcakes. To the right, a jar of honey with a '24 Mantra' label sits next to a wooden honey dipper and a small glass of honey. A pink floral-patterned box is partially visible. Scattered around are cinnamon sticks, small flowers, and a white bowl containing a dark liquid. The text 'ORGANIC WHOLE WHEAT FRUIT & NUT CUPCAKES WITH HONEY FROSTING' is overlaid in large, bold, white capital letters.

# ORGANIC WHOLE WHEAT FRUIT & NUT CUPCAKES WITH HONEY FROSTING

#24MANTRAORGANIC | #ORGANICMANTRAS



# ORGANIC WHOLE WHEAT CUPCAKES WITH HONEY FROSTING

We are sure of thing, and we know for a fact that you wouldn't disagree to the fact that these fruit and nut cupcakes are to die for. The taste of the cashews, almonds and raisins in every bite with the beautiful texture of the soft spongy moist cake creating a flavour so wonderful that you get lost in time till you finish every morsel. The honey icing seeps into the cupcake and merges with it nicely, giving the cupcakes a fruity flavor and earthy taste.

So its time for you to try this recipe out for Christmas and enjoy this with your family and friends.



# ORGANIC WHOLE WHEAT CUPCAKES WITH HONEY FROSTING



## INGREDIENTS

210 gm (1 1/2 cups) whole wheat flour, 1 tsp baking powder, 1/2 tsp baking soda, 1 tsp cinnamon powder, 4 cardamom pods, shelled and powdered, 250 ml (1 cup) milk, 125 ml (1/2 cup) vegetable oil, 1 tsp vanilla extract, 220 gm jaggery or brown sugar, 3/4 cup chopped dry fruits (cashews, almonds, dates and raisins)

## FOR SEASONING

1 tbsp honey, 3 tbsp icing sugar & 1 tbsp cold water

## METHOD

- Mix all the dry ingredients together.
- Blend the wet ingredients with a blender or in a stand mixer.
- Put in the dry fruits into the dry ingredients and mix.
- Mix in the flour mixture along with the dry fruits into the wet ingredients. Make sure that you do not overmix the batter.
- Spoon the batter into muffin/cupcake pan lined with paper cups and bake at a preheated oven 160C/ 325F for 20 minutes or until a skewer comes clean.



ORGANIC MANTRAS  
RECIPE DIARY

# ORGANIC TURMERIC HUMMUS WITH SUMAC ROASTED VEGETABLES AND BLACK PEPPER RICE

#24MANTRAORGANIC | #ORGANICMANTRAS

# ORGANIC TURMERIC HUMMUS WITH SUMAC ROASTED VEGETABLES AND BLACK PEPPER RICE

This soft, buttery and extremely nutritious middle eastern dip is something that some of us have had the good fortune to taste. Paired with pita bread it makes for one of the most authentic Lebanese dishes ever. This dish presented by Anushruti RK is truly exquisite and is a spectacular addition to our Organic Mantras Recipe Diary. The spice of the Black Pepper, the flavour of the Turmeric, the smokiness of the roasted vegetables and the creaminess of the Hummus, need I say more. Don't miss out on this recipe. Try it out today!





# ORGANIC TURMERIC HUMMUS WITH SUMAC ROASTED VEGETABLES AND BLACK PEPPER RICE



## INGREDIENTS

1 tbsp sesame seeds, lightly toasted, 2 tbsp lime juice, 1 cup cooked chickpeas, 1/4 cup safflower oil or olive oil, 1/2 tsp red chili powder, 1/2 tsp asafetida (optional), 1/2 salt, 1/2 tsp to 3/4 tsp turmeric powder, reserved chickpea cooking water

## SUMAC ROASTED VEGETABLES INGREDIENTS

cauliflower, broccoli, bell peppers, potatoes, and any other vegetable you want to roast

## FOR SEASONING

sumac, 3 tbsp safflower oil or sunflower oil or any other oil, 1/2 tsp or more of freshly ground black pepper, 1/2 tsp to 3/4 tsp red chilli powder, 1/2 tsp cumin seed powder (jeera powder), salt

## BLACK PEPPER RICE INGREDIENTS

300 gm (1 1/2 cups) basmati rice, 2 tbsp ghee or oil, 1/2 tsp yellow asafetida powder, 1/2 tsp whole black peppercorns, freshly grated black pepper, 2 3/4 cup hot water, 1 1/2 and 2 tsp salt or to taste



# ORGANIC TURMERIC HUMMUS WITH SUMAC ROASTED VEGETABLES AND BLACK PEPPER RICE



## METHOD FOR THE HUMMUS

- In a blender put in the sesame seeds and lime juice and process. Add in the rest of the ingredients and grind to a smooth paste. Garnish with red chilli powder or sumac.
- Serve with vegetable crudites, with bread sticks, slathered over bread or with rice.

## METHOD FOR THE SUMAC

- Sprinkle sumac generously, all over the veggies. In a bowl, put in the remaining seasoning ingredients, the oil, pepper, red chilli powder, cumin powder and salt and mix well. Pour over the vegetables and toss well to coat all the sides of the vegetables.
- Roast the vegetables in the centre rack of an oven at 200C for 15 to 20 minutes.

## METHOD FOR THE BLACKPEPPER RICE

- Soak the rice in water for 15 to 30 minutes. Drain the water off the rice and place over a strainer.
- In a pressure cooker or a pan heat the ghee. When the ghee melts, stir in the asafetida powder, whole peppercorns and the ground black pepper. Stir nicely and put in the drained rice.
- Pour the hot water over the rice, stir in the salt and pressure cook for 1 whistle. Allow the steam to escape and then take off the lid. Fluff with a fork and serve hot!



ORGANIC MANTRAS  
RECIPE DIARY

A top-down photograph of a black square plate containing three rolled-up vegetarian burritos. The burritos are filled with white cheese, red tomatoes, and green herbs. They are garnished with fresh orange and yellow nasturtium flowers and a pile of green microgreens. To the right of the plate are two small white bowls with red rims; one contains a dark red sauce and the other a white sauce. The entire scene is set on a light-colored wooden plank background.

# ORGANIC VEGETARIAN BURRITOS

#24MANTRAORGANIC | #ORGANICMANTRAS

# ORGANIC VEGETARIAN BURRITOS

When you really think about it Mexican food and Indian food are very similar, The Mexicans have the Tortillas and we have our roti, they stuff their tortillas with protein-filled beans and veggies, we have our rotis with sabji. And let us all face the fact that both cultures love their spice. Both cuisines are so similar that a dish from Mexico can very well be a super replacement for your day in day out Indian Ghar ka khana. But really think about it, it's extremely easy to make, we are sure that your kids will not waste a morsel of it. They will love it and you will be satisfied because of the fact that it is filled with so much nutrition. That is literally like a win-win for us all. So try out this recipe today.





# ORGANIC VEGETARIAN BURRITOS



## INGREDIENTS FOR THE FILLING

1 cup dry kidney beans or any other beans, 3 cups water, 2 tbsp oil or butter,  $\frac{1}{2}$  tsp asafetida powder, 1 tsp red chili powder, 1 tsp cumin seed powder, 1  $\frac{1}{4}$  tsp salt or to taste

## INGREDIENTS FOR THE TOMATO SAUCE

1 tbsp oil, 1 cup tomato puree,  $\frac{1}{2}$  tsp red chilli powder,  $\frac{1}{2}$  tsp sugar,  $\frac{1}{2}$  tsp salt, green chillies or jalapenos, chopped

## OTHER INGREDIENTS

Whole wheat tortillas or Indian style rotis, Lettuce, Sour cream, Jalapenos, Cheddar cheese, grated, Micro greens (optional), Edible flowers (optional)



# ORGANIC VEGETARIAN BURRITOS



## METHOD FOR THE FILLING

- Soak the kidney beans overnight in plenty of water. Drain and pressure cook with 3 cups of water. After the beans are cooked, drain and reserve the water.
- Making the refried beans
- In a pan, put in the oil or butter and then add in the spices. Immediately, add the beans, sauté well and add a cup of the reserved cooking water.
- Cook until all the water is evaporated. You can mash the beans a little. I like to leave the beans as they are but cooked until soft and mushy.

## METHOD FOR THE TOMATO SAUCE

- In a pan heat the oil
- add in the rest of the ingredients
- Bring to a boil and turn off the heat.

## METHOD TO ASSEMBLE

- On a large plate place the tortilla or roti. Over the roti, place a lettuce leaf. Spread some beans over it. Add the grated cheese over the beans and over the cheese spoon the tomato sauce. Top with sour cream, jalapenos and secure both the ends of the tortilla or roti with a toothpick.
- Serve with extra sauce and sour cream and the optional microgreens and edible flowers.



ORGANIC MANTRAS  
RECIPE DIARY

A top-down view of a white ceramic plate with a delicate floral pattern in shades of blue, pink, and yellow. The plate is filled with approximately 12 round, golden-brown cookies. The cookies have a slightly cracked, textured surface, characteristic of whole wheat flour. The background is a solid dark grey or black, which makes the plate and cookies stand out.

# ORGANIC EGGLESS WHOLE WHEAT GINGER COOKIES

#24MANTRAORGANIC | #ORGANICMANTRAS

# Organic Eggless whole wheat ginger cookies

Experience the journey that inspired the creation of these delicious cookies. You can welcome Santa this season with this mouthwatering heavenly cookie recipe that will make sure that he will visit your house first next Christmas. And Santa's gonna be a lot healthier with these cookies because they are loaded with the goodness of organic whole wheat, unprocessed organic sugar and lets not forgot about the ginger. Pair these yummy cookies with some milk and relish each crisp, soft, sugary bite that you take. Enjoy these yummy cookies with your family and friends this Christmas.





# Organic Eggless whole wheat ginger cookies



## INGREDIENTS

200 gm (1 ½ cups) wholewheat flour, 1 tsp baking powder, 100 gm (1/2 cup) butter, 150 gm (3/4 cup) brown sugar or demerara sugar, powdered, 1 tsp ginger powder, 1 tbsp ginger juice\*, 4 tbsp milk\* & raw sugar to coat the cookies

## METHOD

- In a bowl put in the whole wheat flour and the baking powder and mix it up well with a whisk or a spoon.
- In another bowl (or the bowl of a stand mixer) put in the butter and the brown sugar and mix until it is soft and creamy.
- Stir in the ginger powder and the ginger juice and mix again until the ginger is incorporated into the sugar-butter mixture, about 2 minutes.
- Mix in the flour and using the milk, make a smooth dough. Do not over mix.
- Place the raw sugar in a bowl. Make little dough balls from the dough and using a little dough, roll the dough into a ball, using the palm of both your hands.
- Flatten the dough slightly and then roll each one of the flattened dough ball in the sugar, so that the sugar coats it evenly on all sides.
- Bake in a pre heated oven at 180C for about 15 to 20 minutes or until the cookie gets browned at the sides.
- Allow to cool and store in an airtight container.
- Makes 35 to 40 cookies, depending on the size of the cookies.
- \* To make ginger juice, grate ginger and extract the juice using a lemon press. Depending on the flour, you might have to use a little more or a little less of the milk.



ORGANIC MANTRAS  
RECIPE DIARY

A top-down view of a white ceramic bowl filled with a thick, yellowish-brown lentil soup (Panchmel Dal). The soup is garnished with several halved red cherry tomatoes and a sprig of fresh green cilantro. The bowl sits on a dark wooden surface, with a patterned red and gold fabric visible in the background.

# ORGANIC PANCHMEL DAL

#24MANTRAORGANIC | #ORGANICMANTRAS

# ORGANIC PANCHMEL DAL

A true Rajasthani would tell you that Panchmel Dal is best had with Freshly roasted Bhati, and they would be right, there would be no better combo. The aroma of this beautiful, healthy and homely dal is truly mesmerizing. the texture and the consistency of a dal are what differentiates a mediocre dal from a delightful mouthwatering delicacy. So pay close attention when you are making the dish. You can even have this beautiful dish with some perfectly cooked basmati rice with just a drizzle of ghee for a little indulgence. Don't forget to try out and tell us how much you loved this marvelous recipe.



# ORGANIC PANCHMEL DAL



## INGREDIENTS

270 gm Toor dal, urad dal with skin, green gram dal with skin, channa dal, moth dal, 5 cups water,  $\frac{1}{2}$  tsp turmeric powder, 2 tbsp vegetable oil, 3 to 4 cloves, 1" piece cassia, 1 tsp cumin seeds,  $\frac{3}{4}$  tsp yellow asafetida powder, 4 tsp grated ginger, 2 slit green chillies, 3-4 tomatoes pureed, 2 tbsp coriander powder,  $\frac{3}{4}$  tsp red chilli powder, 1 tsp garam masala powder, 2  $\frac{1}{2}$  to 3 tsp salt, extra water, fresh coriander & cherry tomatoes

## METHOD

- Wash all the dals in a large colander and place them in a bowl or any utensil with a lid. Pour enough water to cover the dals nicely and allow the dals to soak in all the water overnight or for 7 to 8 hours.
- Drain the excess water off the dals and place the dals in a pressure cooker. Add 5 cups water, the turmeric and pressure cook until the first whistle. After the first whistle, turn down the heat and cook for 15 to 20 minutes. After the dals are cooked, turn off the heat and allow the pressure to come down.
- In a large wok or pan, heat the oil. Once the oil is hot, put in the whole spices, cloves, cassia and cumin seeds and stir until the cloves puff up and the cumin seeds are golden. Make sure that the cumin seeds don't turn black.
- Into the sizzling spices, add the tomato puree and turn down the heat. Put in the coriander powder, red chilli powder and cook until the tomato puree absorbs all the flavours from the spices, about 7 to 8 minutes.
- Stir in the cooked dal, add the salt and extra water if required and mix well.
- Put in the garam masala and
- Garnish with coriander and some cherry tomatoes





ORGANIC MANTRAS  
RECIPE DIARY

# ORGANIC KALA CHANNA PULAO

#24MANTRAORGANIC | #ORGANICMANTRAS

# Organic Kala Channa Pulao

Want to add some protein and carbs in your diet, then we've got just the recipe you are looking for. Kala channa or brown channa is a very good source of protein especially for a vegetarian and let's not forget that organic basmati rice is an excellent source of carbohydrates. What makes this recipe even more spectacular is the simplicity with which it can be made and how exquisite it actually tastes. The soothing taste of this recipe can be attributed to the organic spices used to prepare this dish. Pair it with a nice pomegranate raita and make it one of the most satisfying meals ever. Go ahead try this recipe today, it's extremely easy to make and we are sure that your whole family will love it.



# Organic Kala Channa Pulao



## INGREDIENTS

150 gm ( $\frac{3}{4}$  cup) black chickpeas, 750 ml water, 300 gm basmati rice, 4 tomatoes,  $\frac{1}{2}$  cup fresh coriander or cilantro,  $\frac{1}{4}$  cup mint leaves, 2 tsp fresh ginger, 1 green chilli, 4 tbsp vegetable oil, 1" piece cinnamon stick, 4 cloves,  $\frac{3}{4}$  tsp yellow asafetida powder, 1 tbsp coriander seed powder, 1 tsp cumin seed powder,  $\frac{3}{4}$  to 1 tsp red chilli powder,  $\frac{1}{2}$  tsp turmeric powder, 1 tsp garam masala powder, water & 2 tsp salt

## METHOD

- Wash and soak the black chickpeas in plenty of water overnight or for 7 to 8 hours. Drain the water and place the soaked chickpeas in the pressure cooker with 3 cups water. Pressure cook the chickpeas until the first whistle, lower the heat and then cook for 20 minutes. Turn off the heat and allow to cool.
- After the chickpeas cool down, strain the cooked chickpeas and reserve the cooking water. Add plain water into the reserved water to make it 3 cups.
- In a blender put in the tomatoes, coriander, mint leaves, ginger and chilli if using and blend to a smooth puree.
- In a heavy bottomed pan, with a tight fitting lid, heat the oil until warm. Put in the cinnamon stick and the cloves, stir-fry for a few seconds until the spices start to sizzle, add the asafetida powder and then put in the ground puree.
- Add in the rest of the spices, the coriander seed powder, cumin seed powder, red chilli powder, turmeric powder and mix well.
- After the oil begins to separate from the ground masala, add the drained rice and the drained cooked chickpeas.
- Pour in the reserved chickpea water, add the salt and garam masala powder, give it a good stir and bring to a boil.
- Cover with a tight lid and cook until done.



ORGANIC MANTRAS  
RECIPE DIARY



# ORGANIC VEGETABLE KOFTA BALLS IN TOMATO SAUCE

#24MANTRAORGANIC | #ORGANICMANTRAS



# ORGANIC VEGETABLE KOFTA BALLS IN TOMATO SAUCE

Spaghetti and meatballs a traditional Italian recipe that vegetarians can't enjoy. Well think again, this recipe just got a vegetarian twist to it. These vegetarian kofta balls in tomato sauce is an amazing dish that can be had with spaghetti. The gram flour in the kofta balls is protein rich and the vegetables add many nutrients to them. These kofta balls are quite versatile. You can fold them into any curry or sauce of your choice or even dunk them into a kadhui to eat with rice. try out this beautiful recipe today and tell us how much you enjoyed it.



# ORGANIC VEGETABLE KOFTA BALLS IN TOMATO SAUCE



## INGREDIENTS FOR THE SAUCE

8 to 10 tomatoes, quartered, 1 carrot, chopped, 750 ml water, 2 tbsp olive oil, 1 bay leaf,  $\frac{3}{4}$  tsp cayenne or red chili powder,  $\frac{1}{2}$  tsp freshly ground black pepper, 1 tsp raw sugar 1 tbsp fresh basil & 1 tsp salt

## INGREDIENTS FOR THE KOFTA BALLS

1 cup cabbage, grated, 1 cup carrots, grated, 1 cup beetroot, grated, 1  $\frac{1}{2}$  to 2 cups besan, 1 tsp salt,  $\frac{1}{2}$  tsp asafetida, 1 tsp cumin seed powder, 1 tsp coriander seed powder,  $\frac{1}{2}$  tsp turmeric powder, 1 tsp red chilli powder & 1 tsp garam masala powder



# ORGANIC VEGETABLE KOFTA BALLS IN TOMATO SAUCE



## METHOD FOR THE TOMATO SAUCE

- Wash the tomatoes, scoop out the eyes and quarter them. Peel and chop the carrots. Place the tomatoes and carrots in a pressure cooker and cover them with water. Pressure cook until the first whistle and then turn off the heat.
- Allow to cool and blend to a fine puree.
- In a pan, heat the oil and once the oil is warm enough, add the bay leaf and the ground tomato puree.
- Put in the cayenne or red chili powder, freshly ground black pepper, and sugar. Season with salt and boil for 5 minutes or until the sauce is nice and thick.

## METHOD FOR THE KOFTA BALLS

- Grate the veggies in a bowl. In another bowl, put in the gramflour, salt and all the spices and mix well. Put in the grated veggies and mix until the flour and veggies are well combined. Add more flour if required. Do not over mix or over knead the dough as over kneading makes the dough sticky and difficult to handle.
- Make small balls or koftas and bake them (at 180 C for about 20 minutes), fry them in an appa chetty or aebleskiver pan or deep fry the koftas in hot oil.
- Mix in the koftas into the tomato sauce. Serve over spaghetti, pasta, quinoa or millets.
- If you use watery vegetables, the amount of gramflour used solely depends on the water content of the vegetables used.



ORGANIC MANTRAS  
RECIPE DIARY



# ORGANIC VEGETABLE THALIPEETH

#24MANTRAORGANIC | #ORGANICMANTRAS



# Organic Vegetable Thalipeeth

Here is a traditional Maharashtrian recipe made with 4 types of flours. A nutritious pancake made with different kinds of flours, making it delicious and more importantly nutritious also. You can add vegetables of your choice to make it more nutritious. The Vegetables used In this recipe are carrots, cucumbers, pumpkin or bottle gourd and the results have been superb. Pair it with some homemade curd and some spicy red chili chutney called ranjak or kempu chutney for the most satisfying experience. You can also choose to have it with some Mango Chutny or some amla chutney as well. Try this recipe today and do let us know how much your friends and family loved it.



# Organic Vegetable Thalipeeth



## INGREDIENTS

150 gm rice flour, 60 gm jowar flour, 60 gm besan, 60 gm wheat flour, 1 tbsp coriander seed powder, 1 tsp cumin seed powder, ½ tsp turmeric powder, ½ tsp asafetida powder, 1 tsp red chilli powder, ½ cup plain yoghurt or dahi or tamarind water, 1 ½ tsp salt, 1 cucumber, grated & 1 carrot, grated

## METHOD

- In a large bowl combine all the dry ingredients, the flour and the spices. Mix with a fork, make a well in the centre and add yogurt and the grated vegetables. If your cucumber is bitter, make sure that you remove the bitterness by rubbing a slice over the cut cucumber until all the bitter juices ooze out.
- Mix well and make a dough. Add a few spoons of water if required to make a soft dough.
- Keep a griddle or a pan on the heat.
- Grease a medium sized (enough to fit over a chakla) baking parchment or butterpaper with oil. Grease your hands with some oil.
- Take a portion of the dough and pat it over the paper, to get a circular 6" to 8" disc. Make 3 to 4 holes with your fore finger near the centre of the disc. This will make sure that the oil seeps into the corners of the dough making a crisp thalipeeth.
- Place the paper over the hot pan and carefully peel off the paper.
- Spread a few drops of oil around the edges of the thalipeeth. After the base is cooked and dark brown spots appear, flip it over and cook on the other side as well.
- Grease the paper again and repeat the above procedure until you finish up the dough.



ORGANIC MANTRAS  
RECIPE DIARY



# ORGANIC WHOLE WHEAT PIZZA

#24MANTRAORGANIC | #ORGANICMANTRAS

# ORGANIC WHOLE WHEAT PIZZA

Who said you need yeast or you need an oven to make a delicious cheesy pizza. So if you are looking for a happy little pizza recipe to lighten up your spirits and mood then you can call off your search right away. Once you have a crisp pizza base all you need to do is assemble the rest of the ingredients. You can start by spreading the tomato sauce, then sprinkle some chopped bell peppers, olives and a generous shower of mozzarella cheese, and finally spoon a few drops of oil on the sides, cover the pizza and cook until the cheese melts. Viola, in a matter of a couple of simple and easy to follow steps, your whole wheat, no yeast and no oven pizza is ready to be devoured.





# ORGANIC WHOLE WHEAT PIZZA



## INGREDIENTS

280 gm whole wheat flour, 1 tsp of salt, 1 tsp of sugar, 1 tsp dried herbs, 2 tsp of baking powder,  $\frac{1}{4}$  tsp baking soda,  $\frac{1}{4}$  cup extra virgin olive oil,  $\frac{3}{4}$  cup water, tomato Sauce, Bell peppers, Olives, Mozzarella Cheese, Oil, dried oregano & dried basil

## METHOD

- In a bowl add the flour, salt, sugar, dried herbs, baking powder and baking soda. Mix well with a fork.
- Make a well in the centre of the dry ingredients and add the oil and water.
- Knead the dough properly and let it rest for 20-30 minutes.
- Divide the dough into four equal parts. Take one portion of the dough and roll it into an 8" circle using a little flour, beneath the surface and on top of the dough circle to prevent the dough from sticking.
- Prick the surface of the dough with a fork to prevent the dough from puffing up while cooking.
- Keep a heavy bottomed pan on low heat and allow it to become hot
- Carefully lift the rolled dough and place it on the hot pan.
- Cover the pan and cook for a few minutes, about 2 to 3 minutes.
- With a spatula, lift the pizza base up and check if there are light brown spots. If you see the spots, flip the pizza over and cook the side the same way.
- Flip the pizza base again and spread some tomato sauce. Sprinkle some bell peppers, olives and mozzarella cheese.
- Spoon a few drops of oil over the sides, cover the pizza and cook until the cheese melts.
- And that's it! Your Pizza is ready to be served.



ORGANIC MANTRAS  
RECIPE DIARY

# ORGANIC MASALA BHAAT



#24MANTRAORGANIC | #ORGANICMANTRAS

# Organic Masala Bhaat

The sublime taste of Masala Bhaat and the beautiful aromas it leaves in the house is truly divine. The spices used in this preparation is what is the true essence of the recipe. Goda Masala is very easy to make and it really elevates the taste of the rice and the vegetables that you add. To make this healthy you can add many different types of vegetables of your choice and let us know which one you liked best by leaving us a nice comment. This recipe makes for one of the most gratifying meals so go ahead and try this for a meal next Sunday with your family.



# Organic Masala Bhaat



## INGREDIENTS

1 ½ cups basmati rice, 5 to 6 baby potatoes, peeled and cut into halves, ½ cup peas, ½ cup ring gourd, sliced, 10 to 12 cashews, cut into halves, 3 tbsp oil or ghee, ¾ tsp mustard seeds, ¾ tsp cumin seeds, ¾ tsp yellow asafetida powder, ½ tsp turmeric powder, ½ tsp red chili powder, 2 tbsp goda masala powder, 3 cups water, 5 to 6 kokum leaves, 1 tbsp jaggery & 2 tsp salt

## METHOD

- Wash and soak the rice in water.
- Peel and cut the potatoes, shell the peas and slice the ring gourd. Cut the cashews into halves if using.
- In a pressure cooker, heat the oil or ghee. Once it's hot drop in the mustard seeds and after the mustard pops, lower the flame and add the cumin seeds, followed by the spice powders- asafetida and turmeric.
- Add the cashews if using and the vegetables and cook for 3 to 4 minutes. Put in the red chilli powder and goda masala powder, water, kokum leaves, jaggery and salt.
- Cover and cook until the first whistle. Turn off the heat.
- After the pressure drops, take off the lid and allow the steam to escape for 2 or 3 minutes. This helps the rice grains to firm up.
- Fluff with a fork lightly and serve hot with your favourite raita or curd.





ORGANIC MANTRAS  
RECIPE DIARY

# ORGANIC EGGLESS DARK CHOCOLATE CAKE WITH CHOCOLATE FUDGE ICING

#24MANTRAORGANIC | #ORGANICMANTRAS



# ORGANIC WHOLE WHEAT PIZZA

This beautiful double layer chocolate cake is a fantasy for any chocolate lover. Sweetened to perfection with organic sugar and Topped with a generous sprinkle of the flavourful and crunchy almonds, pistachio and chocolate gratings. The overall combination of the chocolate fudge and the chocolate cake is just divine. You can bake this marvellous cake for birthdays, house warming parties, or any gathering where everyone loves chocolate. We are sure you are already drooling all over this cake, so stop drooling and grab your chef's hat. Try this recipe and tell us how much you loved it.



# ORGANIC WHOLE WHEAT PIZZA



## INGREDIENTS

100 gm (1/2 cup) dark chocolate, 250 ml water, 200 gm plain flour, 50 gm good quality cocoa powder, 2 tsp baking powder, 1 tsp baking soda or soda bicarbonate, 40 gm fine sugar, 1 can condensed milk, 150 ml vegetable oil, 1 tbsp vanilla extract, 50 gm chocolate, chopped, 2 tbsp water, 100 gm butter at room temperature, 2 cups icing or confectioner's sugar, vanilla extract, almond, cashew & pistachio shavings

## METHOD

- In a saucepan, put in the water and the chocolate together and heat until the chocolate melts. Allow it to cool.
- In a mixing bowl, assemble 200 gm plain flour, 50 gm cocoa powder, 30 gm sugar, 2 tsp baking powder and 1 tsp baking soda, mix with a spoon and sieve once to make the mixture uniform.
- Add in the condensed milk, oil, vanilla and the melted chocolate. Whisk until the mixture is uniform, smooth and without lumps.
- Preheat the oven at 150 c/300F. Pour the batter into the cake tins and bake for 50 to 55 minutes, until a toothpick comes out clean.
- In another sauce pan put in the chopped chocolate with the water and allow it to melt while stirring, once the chocolate melts, let it cool.
- In a bowl, take butter, sugar and the melted chocolate, along with the vanilla and mix until smooth.
- If the icing is too stiff add a few drops of milk and if the icing is thin, then add a few spoons of sugar.
- After the cake is cool, spread the icing all over the cake.
- Sprinkle almonds, pistachios and chocolate gratings on the cake.

