

ORGANIC MANTRAS  
RECIPE DIARY

A close-up photograph of a plate of organic falafel waffles. The waffles are golden-brown and have a textured, waffle-like surface. They are garnished with fresh green leafy vegetables and sliced red tomatoes. A small glass bowl of baba ganoush dip is visible in the background. The text "ORGANIC FALAFEL WAFFLE WITH BABA GANOUSH DIP" is overlaid in large, white, bold, sans-serif capital letters.

# ORGANIC FALAFEL WAFFLE WITH BABA GANOUSH DIP

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# ORGANIC FALAFEL WAFFLE WITH BABA GANOUSH DIP

Do you know how tasty an Organic Falafel Waffles with a spectacular Baba Ganoush dip would be? This mediterranean dish could satisfy any one's craving for indulgence without losing out on the health benefits. This dish presented by Rekha Kakkar will be sure to tingle your taste buds and take you through a truly organic experience. Try out this brilliant recipe and tell us what you think.



# ORGANIC FALAFEL WAFFLE WITH BABA GANOUSH DIP



## INGREDIENTS

300 g Chickpeas, 100 g chana dal, 2 cloves garlic, 11/2 Tbsps cumin. ground, 1 tsp sea salt or normal, 2 tsp white pepper powder, 1 lemon zest, 2 tbsps lemon juice, 2 – 3 tbsps Coriander leaves cilantro/leaves, 2 – 3 tbsps parsley leaves chopped, 2 – 3 tbsps mint leaves chopped & 100 ml water

## METHOD

- Soak Organic chickpeas and Organic chana dal separately in plenty of water for 8-12 hours. Drain and rinse very well. Set aside.
- In a food processor /grinder add garlic, chickpeas, chopped coriander leaves, spices, lemon zest and juice. grind until the chickpeas and chana dal resembles fine mince but do not make a paste. The mixture should be little coarse.
- Add the water if required while grinding the mixture.
- Heat the waffle iron to medium-high. Brush it with peanut oil or if you want olive oil you can use that too.
- Place two spoonfuls of batter each side in the centre and gently close the lid and cook for 6-8 minutes depending on the temperature setting of your waffle iron. The falafel is done when it is golden brown and crisp.
- Serve hot falafel waffles with the baba ganoush and any salad for a delicious meal.



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# ORGANIC GUJARATI DAL WITH RED RICE

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# ORGANIC GUJARATI DAL WITH RED RICE

There is nothing more delightful than an Organic Gujarati Dal made with fried peanuts and ghee tempering to set the perfect mood for your palate. The balance of the sweet and sour of this simple everyday dish will be all one needs for a healthy organic nutritious diet. This dish paired with organic red rice is a splendid combination and is a must try recipe.





# ORGANIC GUJARATI DAL WITH RED RICE



## INGREDIENTS

1/2 cup organic channa dal washed soaked, 1/2 tsp salt, 1 tsp red chilli powder, 1 tomato chopped, 1 marble size lemon, 1 tbsp jaggery, 1 tsp coriander powder, 4 – 5 tbsps peanuts, 1 tsp mustard seeds, 1/2 tsp fenugreek seeds, 2 – 3 red chilli dried, 1 green chilli chopped, 2 tbsps peanut oil organic & coriander leaves

## METHOD

- Wash and soak tuver dal / yellow pigeon peas. Pressure cook the dal with salt, red chilli powder, turmeric powder and asafoetida for 2-3 whistles
- When dal is cooking prepare the tempering for dal. Heat 1tsp peanut oil in a pan and roast peanuts in the oil. After roasting take them out of pan.
- Heat the peanut oil and add fenugreek seeds, mustard seeds and dried chilli.
- When seeds start to pop up add chopped tomato and cook them for 4 -5 minutes till pulpy
- Now add coriander powder and cook for one more minute. Mix this tempering along with jaggery in the dal and mix it well.
- Serve hot in a bowl, top with fried peanuts, chopped green chilli and coriander leaves.
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# ORGANIC RAGI FLAKES UPMA



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# Organic Ragi Flakes Upma

Bored of your regular everyday breakfast routine, Fear no more you are at the right place! This Organic Ragi Flakes Upma recipe is simple easy to make and really makes for an energized kick start for your day. Don't hesitate, try this recipe presented to us by Rekha Kakkar and tell us the other ingredients that you experimented with.





# Organic Ragi Flakes Upma



## INGREDIENTS

2 cup Ragi flakes (organic), 1/2 cup green pea shelled, 30 grams peanuts roasted, 100 grams red onion sliced, 200 grams tomato chopped, 1/2 tsp turmeric powder organic, 1 tsp red chilli powder organic, 2 tbsp coriander leaves chopped

## METHOD

- Heat up oil in a pan and add mustard seeds to the pan.
- When mustard seeds start spluttering add sliced onion to the pan and cook for 2-3 minutes over medium heat till the onion become translucent.
- Now add turmeric powder, red chilli powder, salt, mix well and immediately add chopped tomatoes.
- Cook this masala for 5-6 minutes over low medium heat till tomato become pulpy and soft. Add a tbsp or two tbsp of water if required and cook for 2 more minutes.
- Now add ragi flakes and boiled green peas, sprinkle 3-4 tbsp of water. cook covered on slow heat for 3-4 minutes.
- Top it with chopped green chilli (if you are using), peanuts, fresh chopped coriander leaves and serve hot.



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# ORGANIC MASOOR DAL AND PANEER TIKKI CHAT

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# Organic Masoor Dal & Paneer Tikki Chat

Crispy Tangy and spicy Tikki Chaat recipe, with a delicious and healthy twist. Easy to make, chatpata lip smacking dish that every one will enjoy. So go ahead, brighten your Diwali celebration with this zesty surprise. This recipe will not only take you back to your childhood days, but we are sure that this recipe will get your kids at the dinner table within a matter of a couple of minutes. So don't wait any longer, and get cracking. Tell us how your Chat experience was this Diwali with this extremely delightful recipe.



# Organic Masoor Dal & Paneer Tikki Chat



## INGREDIENTS

200 g Organic Whole Masoor dal, 100 g paneer, 100 g boiled and mashed potato, 60g bread crumb, Salt, 1 tsp Red chilli powder, 3 tbsp coriander leaves, 1 tbsp grated ginger & Organic Peanut Oil for Deep frying

1/4 cup green coriander chutney, 1/4 cup sweet tamarind chutney, 300 ml yoghurt whisked, 1/2 tsp rock salt, 2 tbsp coriander leaves finely chopped, 1 teaspoon chaat masala, 1 teaspoon red chilli powder & 2-3 tbsp sev

## METHOD

- Wash and soak masoor dal in water for 4-5 hour.
- Drain the water and grind the dal along to a fine paste.
- Transfer the paste into the bowl, add grated paneer, mashed potatoes, breadcrumb along with salt chopped coriander, red chilli powder grated ginger and combine well.
- Heat up enough peanut oil (about 300ml ) in a wok or kadai for deep frying.
- Divide the prepared dough into 12 portions and shape them like a patty with palms of your hands.
- Once the oil is hot and slightly smoky, carefully drop the patties in batches of 2-3 and deep fry till golden brown and crisp.
- Drain onto absorbent kitchen paper. Repeat the same for remaining patties and prepare the rest of the tikkis.
- Whisk the dahi or curd with few pinch of salt.
- Take about 1/4th cup of curd/yoghurt in a bowl. Place 2 pieces of tikki on the plate, top it with green chutney and sweet tamarind chutney.
- Sprinkle red chilli powder,
- Some chat masala,
- some green coriander leaves and enjoy.



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# ORGANIC RAGI AND CHOCOLATE PANCAKES

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# Organic Ragi and Chocolate Pancakes

The recipe for today is a yum delicious Chocolate and Ragi pancakes with tasty fruits and a generous drizzle of Himalayan Honey. This recipe presented to us by Rekha Kakkar is truly a spectacular dish that anyone would love to sink their teeth into. It is a must try for all those people who want to indulge in a yum and healthy dish with the goodness of 24 Mantra Organic Ragi flour and Honey. If you love pancakes then this is one recipe that you should absolutely try out over the weekend.



# Organic Ragi and Chocolate Pancakes



## INGREDIENTS

1.5 cup Ragi flour, .5 cup unsweetened cocoa powder, 3 tbsp jaggery, 50 g dark chocolate 85%, 1 tsp baking powder, 1/2 tsp baking soda, Pinch of salt, 3 tbsp butter, 1 tsp pure vanilla extract & 1.5 cups skim milk or almond milk if Vegan

## METHOD

- Combine the flour, cocoa powder, jaggery, baking powder and baking soda, salt together in a mixing bowl. whisk with a wire whisk.
- Tip in the butter, vanilla and milk. Whisk until well combined. Also add pounded dark chocolate in the mix now.
- Heat a nonstick pan over low-medium heat and grease with very thin layer of oil.
- Take out 1/4 cup of batter per pancake and pour into the pan and cook till bubbles start to form over surface that is about 1 minute.
- Flip and cook until done.
- Repeat with remaining batter and make more Ragi and chocolate pancakes similarly.
- Stack 3-4 on each plate serve them topped with fruits and Organic honey



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# ORGANIC LITTLE MILLET PULAO

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# Organic Little Millet Pulao

If you are looking to replace rice from your diet look no further, today's recipe is just what you need. Little Millet Pulao is delicious pulao recipe and it has the nutritious benefits of Little millet which is lower in Glycemic Index value as compared to rice and is a gluten-free grain. Keeping these one pot dishes healthy and nutritious is another challenge, That's why one must keep trying such dishes which are simple but comforting and taste like absolute heaven. So don't wait any longer, just try this fabulous dish today!



# Organic Little Millet Pulao



## INGREDIENTS

300 g little millet Organic, 100 g carrot chopped, 100 g Peas shelled, 100 g Potatoes chopped, 100 g onion Chopped, 100 g tomato Chopped, 20 g mint leaves chopped, 1 Tbsp Peanut Oil, Some peanut oil for deep frying, 1 tsp cumin seed, 2-3 Star anise, 1/4 tsp cloves, 1/2 tsp ginger paste, 2-3 green chilli chopped, 1 tsp Red chilli powder, 4 Tbsp Raw peanuts shelled, 2 Tbsp Kishmish/raisins

## METHOD

- Take a pan and dry roast the little millet for 2-3 minutes. Add 400ml of water, once water starts to boil and cook it covered on low for 5 minutes.
- Switch off the heat, when water is absorbed fluff it with a fork.
- When Little millet is cooking on the side you can prepare a tempering or tadka for it.
- In a separate pan heat up the oil for deep frying and fry the chopped potatoes till light brown and drain them on to a kitchen napkin.
- Now take out all the oil from pan and leave just 1 tbsp peanut oil in the pan, add cumin seeds, cloves, star anise and bay leaf. Add chopped onion and ginger too.
- Fry them for 2 minutes on medium heat and add finely chopped green chilli and tomatoes. Also, add salt and red chilli powder.
- Cook the tomatoes till pulpy and add chopped carrot and peas, cook them for 4-5 minutes while covered and then add cooked little millet.
- Mix everything gently and add chopped mint leaves
- Cook for 2 more minutes and serve it hot.





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# ORGANIC RAJMA GALOUTI KABABS

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# Organic Rajma Galouti Kababs

Rajma galouti Kababs are aromatic and they literally melt in your mouth as soon as you dunk them inside. These kebabs are Soft inside and crisp outside. The cashew paste and Paneer gives it a soft texture and a delightful taste. Apart from the Rajma this recipe also has some Millet and quinoa which not only makes it wholesome but adds a wonderful crispy layer outside. This recipe is a tasty tea time snack, appetiser or can even be a healthy treat your kids can carry in their lunchbox. There are so many unique ways to serve it and we want to know how you like to enjoy these kebabs.



# Organic Rajma Galouti Kababs



## INGREDIENTS

250 g Rajma pressure cooked and mashed kidney beans, 2 Tbsp Cashew paste, 50 g paneer grated, 50 g little millet cooked, 50 g black quinoa cooked, 3 Tbsp roasted Besan Gram flour, Salt, 2 Tsp Red chilli powder, 4-5 saffron strands, 1 tsp cumin powder, 1 tsp coriander powder, 1 pinch cardamom powder, 1 pinch black cardamom powder, 1/4 tsp fennel seed powder, 1/2 tsp black pepper powder, 1/2 tsp drops rose water, Peanut oil for pan frying & 2 leaves fresh mint to garnish

## METHOD

- For making Rajma galouti kabab mix all the ingredients and spice powders except peanut oil and fresh coriander.
- Divide this kidney beans mixture into 8-10 portions and flatten out with the palms of your hands.
- Heat oil in a cast iron pan and shallow fry these kababs till crisp and golden brown from both the sides.
- Drain on absorbent kitchen paper and serve with your favourite chutney. I served these Rajma kababs with Tandoori yogurt and Green chutney.

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# ORGANIC CHANA ALOO WITH RICE

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# Organic Chana aloo with Rice

Organic Chana aloo or Chole aloo a rustic Punjabi dish made with organic Kabuli Channa. The Organic Basmati rice cooked to perfection partnered with this delicious Chole aloo is all you need to make a completely fulfilling meal for you and your family. We are sure that at some point in time you all must have had this all time epic Chana Aloo and rice combo. So don't just reminisce in the past guys. You have to try this recipe and tell us how you enjoyed it by leaving us a comment.





# Organic Chana aloo with Rice



## INGREDIENTS

300 g soaked Chickpeas, 1 teabag, 200 g potato cubed, 150 g onion ground to paste, 300 g Tomatoes blended to puree, 1 tbsp cumin powder, 1 tsp coriander powder, 1 tsp garam masala powder, 1 tsp amchoor powder, 1 tsp anardana powder, 1 tbsp tamarind paste, Nutmeg powder 1 pinch, 2 bay leaves, 1 black cardamom, 1 Star anise, salt, 1 tsp Red chilli powder, 1 tbsp peanut oil, 1 tbsp ghee & 3-4 green chilli

## METHOD

- Cook chickpeas in 600ml water, salt and tea bag & cook for 20min.
- Make a tadka for adding to the chickpeas.
- Heat a frying pan, add 1 tbsp of peanut oil to the pan, add onion paste along with bay leaf and black cardamom.
- Add rest of the spice powders and fry them with onion paste for 1/2 minute on low heat.
- Add tomatoes and tamarind paste and cook everything together for about 6-7 minutes on medium heat, continue stirring in between to prevent the masala from burning.
- Switch off the heat and transfer the tadka to the pressure cooker in which chickpeas were cooked, add cubed potatoes.
- Now cook the chana & aloo for 10 minutes.
- Open the lid and in the side take another small tadka pan heat the ghee and immediately add green chilli, switch off the heat and probably cover this pan otherwise sometimes green chilli upon heating tends to split.
- Pour this ghee chilli mixture after opening the lid of pressure cooker.
- Serve with steamed Basmati rice.



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# ORGANIC MOONG DAL MISAL

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# Organic Moong Dal Misal

If you ask people in Maharashtra what they generally eat for breakfast then we are positive that Misal will definitely feature on the list. Misal pao as they call it is something that is extremely healthy and can keep your hunger pangs in control right until lunch. The moong dal misal is something that can be topped with a variety of garnishes like sev, fresh coriander, chopped onion, chili tomatoes and lemon juice. Just the thought of this wonderful healthy fulfilling dish can take you back to the streets of Maharashtra. And now you can bring the streets of Maharashtra to your kitchen. Just try this fantastic recipe and tell us how much you enjoyed making this delicious dish.



# Organic Moong Dal Misal



## INGREDIENTS

300 g Moong sprouts, 100 g cubed potato, 100 g onion finely chopped, 1 chopped tomato, 2 green chillies, 1 tsp mustard seeds, 1 leaves sprig curry, 3 Tbsp Kolhapuri Masala, ½ Tsp turmeric powder, 1 tsp red chili powder, 2 Tbsp Tamarind paste, 2 Tbsp Butter, Salt, 4 Tbsp finely chopped onions, 4 Tbsp finely chopped tomatoes, farsan as per requirement, lemon juice, 2-3 Tbsp chopped coriander leaves

## METHOD

- Cook the sprouts and potato cubes in 600ml of water add salt and asafoetida while cooking. Pressure cook the dals/beans for 2-3 whistles.
- As the beans cook can prepare the tempering on the side.
- Heat up one tbsp butter in a pan and add mustard seeds followed by one chopped green chilli and grated ginger.
- Also, add curry leaves and let them start crackling and now add chopped onion and saute them till light pink in colour.
- Add tomatoes, salt, red chilli powder, and kolhapuri masala
- Cook for 4-5 minutes till tomatoes become pulpy.
- Add tamarind paste and cooked sprout beans, mix everything well and finish with one more tablespoon of butter before serving.
- To serve usal first add a ladle full of misal in a bowl. Top with chopped onion, and chopped tomatoes and chopped green chilli.
- Squeeze drops of lemon juice and sprinkle some farsan and chopped coriander leaves.
- Finally, top it with farsan and serve with pav or bread of your choice.





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# ORGANIC PESARATTU DOSA

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# Organic Pesarattu Dosa

Apart from the fact that this is an extremely delicious recipe that many of us cannot resist this also happens to be an extremely healthy dish that will load you up with the energy, strength, and stamina to tackle your entire day. I mean, just look at all the ingredients and you will know for yourself. You have the Organic Moong Dal, pureed spinach, Coriander powder, green chillis, lemon juice, and it's made in the healthiest organic peanut oil. All of this coming together to make one delicious Andhra style dish. Don't miss out on this recipe, try it out tomorrow for breakfast and tell us how energized you felt the whole day



# Organic Pesarattu Dosa



## INGREDIENTS

250 g Moong dal split, 150 g Spinach leaves blanched and pureed, 4-5 green chilli, Salt to taste, 1/2 tsp lemon juice, 1 tsp coriander powder, 3 Tbsp Peanut oil & Paneer for the paneer Bhurji

## METHOD

- Soak the moong dal for 2-3 4 hours.
- Grind together with green chillis, spinach puree and some salt + water.
- The batter is more coarse than dosa, add the amount of water keeping in mind end result of pesarattu you want.
- If you prefer spongy pesarattu like me, then keep the batter a bit on the thicker side.
- Heat a non-stick Tawa and spread one ladle-full of batter like a crepe.
- Drizzle with some peanut oil. When one side is cooked flip it and cook on the other side as well.
- You can serve them like this or you can fill them with the filling of your choice.
- I filled them with paneer bhurji this time.
- To make your paneer bhurji all you need is some cooked paneer, salt and other spices and seasoning, some veggies if you like.
- Once you have your filling ready all you need to do is assemble it and serve.



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# ORGANIC GAJAR NA MUTHIA



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# Organic Gajar Na Muthia

When you go to Gujarat you will understand how important farsan is to a true Gujarati. From the Theplas to the Fafdas to the Khandwis and the Dhoklas everything about their food is so different and filled with love. With that being said you needn't doubt for a moment how incredible this traditional Gujarati dish tastes. You can have it with pudina chutney for that awesome flavour and you will agree to the fact that it makes for an exquisite tea time treat. So go on and try this wonderful Na Muthia recipe with your friends and family and live a guilt-free organic life.





# Organic Gajar Na Muthia



## INGREDIENTS

200 g Carrot grated, 2 tsp green chilly paste, 2 tbsp. coriander leaves chopped, 1 cup Wheat flour, 1/2 cup Gram flour, 1/4 cup Semolina, 1/4 tsp baking soda, 1 cooking oil, 2 tbsp. lemon juice, 1 tsp sugar, 1/2 tsp turmeric powder, 1 tsp chili powder, Salt, 1 tsp mustard seeds, 1 tsp Sesame seeds, 1/4 tsp asafetida, 1 tbsp. peanut oil, curry leaves

## METHOD

- Take a mixing bowl bowl and add all the ingredients listed under heading Muthia.
- Mix them well and make a soft dough by adding little bit of water.
- Grease your palms with oil and make medium thick rolls from the mixture.
- In a big pan or a steamer boil water, grease the steamer plate or the metal rice strainer.
- Place all the cylindrical rolls on the steamer plate and cover the pan with a lid.
- Steam cook for about 20-25 minutes.
- Now allow the muthia to cool down and then slice them into 1/4 inch thick roundels.
- Heat oil in a pan and add sesame seeds, mustard seeds and curry patta.
- When seeds start crackling add the sliced muthiyas in it. and cook them from each side for 2-3 minutes till the corners start to look crisp and brown.
- garnish with chopped coriander leaves and serve after sprinkling lemon juice with green mint chutney.



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# ORGANIC FARRA

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# Organic Farra

When hunger pangs start drumming away you know you have to do something about it and what better way to control these hunger pangs than to make these amazing delicacies from eastern UP. India has diverse food culture and this recipe is something that not many of you may have known about, but we assure you that these can please anyone's craving for a scrumptious and healthy meal. But be sure to follow the recipe step by step so that you don't get stuck at the critical pressure points. Try this recipe today and don't forget to let us know how much your friends and family loved this splendid recipe from the streets of Chattisgarh.



# Organic Farra



## INGREDIENTS

150 g chana dal split and skinned black gram, 2-3 green chilli chopped, asafetida a big pinch, 1 tsp coriander powder, 1 tsp Red chilli powder, 1/2 tsp fennel powder, 1/4 tsp turmeric powder, 1/4 tsp garam masala powder, Salt, 3/4 cup rice flour made at home with 24 Mantra organic Basmati rice, 1/4 cup gram flour, 1 Tbsp Oil

## METHOD

- For making organic rice flour, wash and soak the rice for one hour, drain out the water and spread the rice on a cotton cloth in sun for 30-40 minutes.
- After that grind it in grinder jar of your mixer grinder to a very fine powder.
- Wash channa Dal and soak it for 3-4 hours. Drain out the water and grind it along with ginger and red chilli add the other ingredients for filling and keep it aside.
- For making a covering of fara, Mix both the flour, rice flour and gram flour add salt and make a tight dough with adding warm water. Make sure that the dough is not lumpy.
- Knead the dough for few minutes and keep it aside for 10-15 minutes before making fara.
- Divide the dough into 20 parts.
- After applying oil roll it out into the circles or disc.
- Now place a small amount of chana dal filling on the disc spread it and cover it with another disc.
- Seal the edges nicely and make all fara similarly.
- You can either steam or boil them in water
- Try the method that suits you best and enjoy.





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A black bowl filled with yellow split lentils (urad dal) is the central focus. The dal is garnished with finely chopped green herbs, small pieces of red onion, and green chilies. The bowl sits on a rustic wooden surface. In the background, a whole yellow lemon and a bunch of fresh green herbs are visible, slightly out of focus. A glass jar is partially visible on the right. The text 'ORGANIC SOOKHI URAD DAL' is overlaid in large, white, bold, sans-serif capital letters across the center of the bowl.

# ORGANIC SOOKHI URAD DAL

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# Organic Sookhi Urad Dal

The flavour of organic spices with a blended of some typical Punjabi tadka, tossing up some khanda, tomatoes, sev, adding some healthy sookhi urad dal and topping this extremely simple dish with a squeeze of lime and generous sprinkle of coriander leaves can take you to a state of ultimate nirvana. Each flavour bursting in your mouth to create foodgasmic sensations. We bet you are as excited as we are to try out this extremely easy and delicious dish. So without wasting any more time head to your kitchen and try this splendid recipe today.



# Organic Sookhi Urad Dal



## INGREDIENTS

250 g urad dal, 1 cup water, 1/4 tsp turmeric powder, pinch of asafetida hing, 2 tbsp ghee, 1/2 tsp cumin seeds, 2-3 green chilli chopped, 75 g Onion finely chopped, 200 g tomato finely chopped, 1/2 tsp Red chilli powder, 1 tsp coriander powder, 1/2 tsp garam masala, 1-2 tbsp lemon juice, 2-3 leaves Tbsp. coriander chopped, Salt

## METHOD

- Wash the urad dal and soak it for 30-25 minutes.
- Pressure cook the dal with salt, asafetida, turmeric powder and 1 cup of water for 2 whistles.
- If you don't want to use pressure cooker you may have to cook the dal in 1.5 cups of water for little longer, till dal is cooked al dante.
- By the time steam/pressure is released naturally you can prepare Tadka/tempering.
- For making tempering heat ghee/oil in the big pan, add cumin seeds. Once cumin starts to splutter add green chili, ginger.
- Cook for few seconds and add finely chopped onion. Cook for 2-3 minutes on medium heat till onion start to turn light pink.
- Then add chopped tomatoes and cook till tomatoes are pulpy. Now add red chili powder, coriander powder, garam masala powder and cook everything together for 2-3 minutes on medium heat.
- Now add cooked dal to the pan, if some water is left, cook the dal for few more minutes in the uncovered pan to allow the water to dry up.
- Top it with green coriander leaves and
- Squeeze lime over it.
- Serve with Chapati Paratha or any flat bread.



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# ORGANIC DAL MAKHNI

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# Organic Dal Makhni

If you think about a Punjabi style dish that is evergreen, easy to make and super tasty then we are sure that the Dal Makhni is one dish which will definitely feature on that list. The aroma, taste and pleasant flavours of this spectacular dish is truly captivating. You can pair it with some amazing Basmati rice, have it with some laccha Parathas, Naans or Rumali Rotis, or you can even have it without anything at all. This Dal Makhni however is a little different. How? well it comes with a health twist, so if you are a fan of this recipe but dont want to compromise on the health factor then you must try out this dish. So what are you waiting for, try this wonderful recipe today!



# Organic Dal Makhni



## INGREDIENTS

250 grams black gram Sabut Urad dal, 1 tsp salt, 1 tsp Red chilli powder, 1 Tbsp butter/ghee, 1 Tbsp Butter fresh, 2 tbsp Ginger julleins, 300 g tomato puree fresh, cup  $\frac{3}{4}$  milk to add in last

## METHOD

- Wash and soak black urad dal ( black gram) overnight.
- Cook the soaked dal in 5 cups of water with salt and red chili powder till beans are tender and creamy in pressure cooker it approximately 25 minutes.
- After the dal is cooked, let the pressure cooker sit for a while so as to release the pressure on it's own.
- Take out about 1/2 cup of dal and blend it in a blender jar, keep it aside.
- If cooking in slow cooker it takes about 7-8 hrs to cook dal makhani in slow cooker.
- When dal is cooking you can prepare the tempering for dal makhani.
- Take a thick bottom pan, heat the butter or ghee, add chopped ginger and fresh tomato puree. (If you are adding garlic you can add sliced garlic first before adding ginger and tomato puree)
- Saute till tomatoes are well mashed and butter separates, add boiled black gram dal and mix well.
- At this stage also add, blended dal and 3/4 cup full cream milk and let the dal simmer for 10 minutes.
- Serve it topped with 1 tbsp of fresh butter with Paratha or Nan.



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# ORGANIC JODHPURI MIRCHI VADA

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# Organic Jodhpuri Mirchi Vada

Wanna add some spice to your life, here is a brilliant Jodhpuri recipe that will help you do just that. Get some big green chilli peppers stuffed them with spicy aloo masala coat them with some besan batter, fry them and serve them with spicy green chutney and sweet tamarind chutney. This dish can be made in a couple of simple steps. What distinguishes this recipe from the rest of the mirchi vada recipes is the fact that it is extremely healthy and is made with organic besan flour, organic spices and even deep fried in organic peanut oil. Take our word organic makes a huge difference to the overall taste. See for yourself!





# Organic Jodhpuri Mirchi Vada



## INGREDIENTS

7-8 green chilli big size, 300 g boiled mashed potatoes, 1 tsp Red chilli powder, Salt, 1 tsp coriander powder, 1 tsp garam masala powder, 1/4 tsp Carrom seeds, Finely chopped ginger, 1 tsp chaat masala, 250 g besan, 1 tsp Red chilli powder, 1 pinch turmeric powder & Peanut Oil for Deep frying

## METHOD

- Wash and dry the Mirchi.
- Slit them from one side and scrape out the seeds and discard them.
- For making potato masala take boiled potatoes and mash them nicely.
- In a mixing bowl combine these mashed potatoes with red chilli powder, salt, coriander powder, garam masala powder, carom seeds, finely chopped ginger and chaat masala. Mix everything well and stuff the green chillies nicely with this aloo masala.
- Keep the stuffed chillies aside.
- To make Mirchi vada batter, make a thick paste with Besan and season it with a pinch of turmeric powder, 1 tsp red chilli powder and salt to the taste.
- In a deep kadai or wok heat up the 24 Mantra organic Peanut oil and allow it heat up on medium heat.
- When oil is heated enough dip the stuffed chillies in batter and deep fry them till golden brown in batches of 2-3.
- Serve these piping hot Rajasthani Mirchi vada with green chutney, Imli ki chutney and hot cup of ginger tea



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RECIPE DIARY

A close-up photograph of a white ceramic bowl filled with a hearty soup. The soup contains lentils, white beans, small pasta pieces, and diced tomatoes. A sprig of fresh green basil is placed on top of the soup. The bowl is set on a light-colored wooden surface. A silver spoon is partially visible in the bottom left corner. The text 'ORGANIC ITALIAN LENTIL PASTA SOUP' is overlaid in large, white, bold, sans-serif capital letters across the center of the bowl.

# ORGANIC ITALIAN LENTIL PASTA SOUP

#24MANTRAORGANIC | #ORGANICMANTRAS

# Organic Italian Lentil Pasta Soup

Organic lentils, Pasta, organic herbs and spices, a generous grating of cheese, and let's not forget all the healthy veggies that you would like to add. All these flavours and aromas come together to make one hell of a dish. This soup, unlike others, can become your one bowl dinner meal as it contains all the nutrients and nourishment that one needs in a meal. What's even better is that this dish consumes very little time and is made with so much ease that you would choose to make this every single day. This one pot meal is extremely satisfying. Surprise your friends and family with this Italian dish with a fun twist.



# Organic Italian Lentil Pasta Soup



## INGREDIENTS

1/4 cup masoor malka, 1/4 cup chana dal, 1/4 cup white beans/kidney beans, 2 Tbsp Extra Virgin Olive Oil, 1 medium onion chopped, 1 cup cooked pasta, 2 medium carrots small diced, 2 stalks celery chopped, 1 medium zucchini diced, 2 tsp Italian seasoning mixed herbs, 1 tsp black pepper, 1 tsp Red chilli flakes, 300 g Tomatoes, 50 g baby tomatoes, 2 cups vegetable broth, 1 tbsp rice vinegar/white wine vinegar, 4-5 tbsp grated parmesan cheese

## METHOD

- Mix all the lentils, wash and soak them for 2-3 hours.
- Pressure cook them with 2 cups of water for 1-2 whistles. or cook them covered on slow heat for 40-50 minutes till they are tender.
- Make an incision in tomatoes, boil, peel and blend them to a smooth puree. ( Tomato puree\* link in recipe Note)
- Heat 2 tablespoons of olive oil in a large pan over medium-high heat. Add the onions, carrots, celery, zucchini, and saute for 4 minutes.
- Add the cooked beans, tomato puree and sliced baby tomatoes if you are using them.
- Add vegetable broth, mixed herbs, black pepper, salt and stir it well.
- Allow the soup to simmer for 20 minutes on low-medium heat. Keep it stirring in between.
- Check the seasoning and consistency of the soup. If you like it thicker take out a small portion and blend it. Return the blended soup back to the pan and mix well.
- Serve with a generous sprinkle of parmesan cheese

