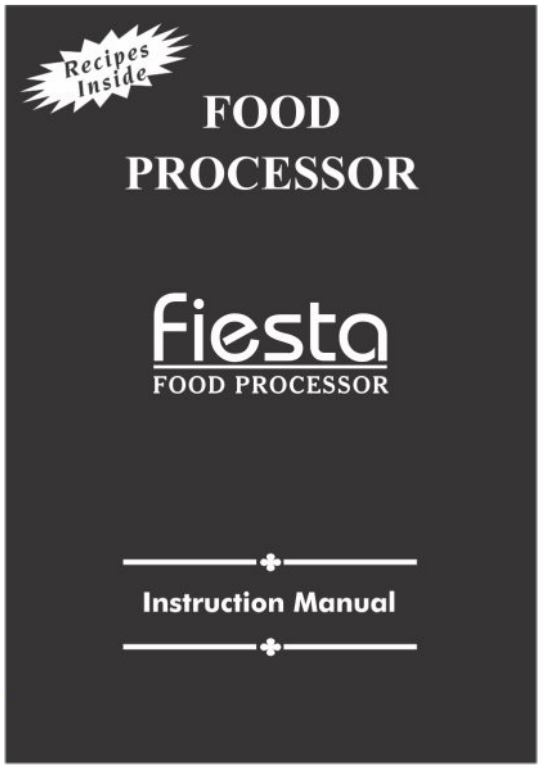
INALSA


Recipes Inside
FOOD PROCESSOR
Fiesta
FOOD PROCESSOR
Instruction Manual

Dear Customer,

Congratulations! On the purchase of your **INALSA food processor**, this is designed to include many superior features that permit you the fullest expression of your **cooking** skills and enthusiasm. You are now on the threshold of a whole new world of **cooking** pleasure.

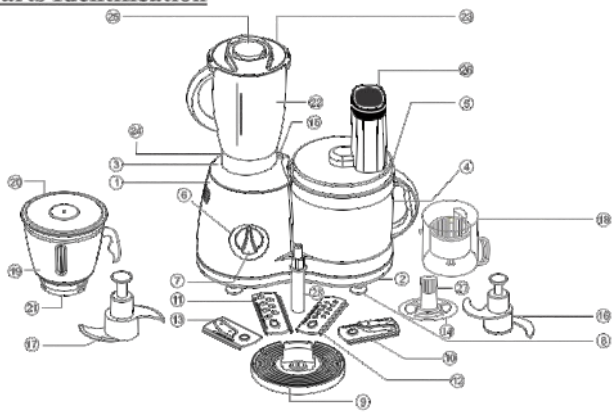
At INALSA, we have a reputation of manufacturing innovative, high quality appliances such as Food Processors, Mixer Grinders, Juicer Mixer Grinders, Juice Extractors, Cooktops, Microwave ovens, Oven Toaster Grillers, Hand Blenders, Electric Kettles, Rice Cookers and Electric Chimneys. Your newly acquired **INALSA food processor** bears the same distinctive hallmark of excellence.

It is all the result of vigorous quality consciousness in INALSA's design and development where uncompromising standards are maintained and rigid quality control measures are exercised on raw materials, components and finally, the finished product.

Your **INALSA food processor** has a lot of thoughtful features built in to make your **cooking** convenient. Please read these instructions carefully, so that you may get the best out of the power packed features in your **INALSA food processor**.

Welcome to the INALSA world of **cooking** pleasure!

Parts Identification



Part No.	Part Name	Part No.	Part Name
1.	Main body	16.	Chopper blade
2.	Bottom	17.	Atta kneading blade
3.	Top socket	18.	Centrifugal juicer
4.	Bowl	19.	D.G. jar
5.	Bowl cover	20.	D.G. lid
6.	Switch housing	21.	D.G. socket
7.	Switch knob	22.	B.L. jar
8.	Bottom pad	23.	B.L. lid
9.	Cutter disc	24.	B.L. socket
10.	French fries cutter	25.	B.L. stopper
11.	Coarse shredder	26.	Food pusher
12.	Fine shredder	27.	Egg whisker holder
13.	Fine slicer	28.	Stem rod
14.	Egg whisker		
15.	Release button		

Technical Specifications *

Model name	Fiesta
Voltage	230V AC-50Hz.
Motor	Universal
Power consumption	650 Watts
Rating (no load)	30 minutes continuous
Motor RPM at no load	18000
Cord plug	2-pin, 6A, 250V, PVC cord 1.75 M long
Speed control	3 speed with incher
Material of housing	ABS
Jar capacity	• FP bowl- 1.0 litre • Liquidizer jar : 1.5 litre • Dry grinder jar : 1.0 litre
Attachments	• Centrifugal juicer • French fries cutter • Fine slicer • Coarse shredder • Fine shredder • Aata kneading blade • Egg whisker blade • Chopper blade • Blender jar • Dry grinder jar
Overload protector	Manual re-setting type

* Due to continuous improvements in product, specifications are subject to change without prior notice.

Important Instructions

Do's

1. Before connecting the appliance check the mains voltage comply with the voltage specified.
2. Place your food processor at a convenient height so that you can operate it easily. You should be able to look down into the attachments to check the circulation of the ingredients.
3. Clear out some space around the machine and keep food processor away from direct heat and sun.
4. Take care as the cutting edges of the blade cutters are very sharp.
5. Ensure that the bowl assembly is perfectly locked with the basic unit.
6 For unlocking the bowl cover turn the bowl cover clockwise by pressing the release switch on the upper base.
7. While using different jars, fix the bowl and bowl cover as the machine will not work till the bowl cover is in place.
8. While using centrifugal juicer place the juicer body with filter on to the drive shaft and rotate the filter till it is locked with the body.
9. Always use a spatula during processing of the food.
10. Keep the food processor away from the reach of the children.

Important Instructions

Don'ts

1. Do not apply undue pressure while using the coconut shredding disc.
2. Do not operate the centrifugal juicer unless juicer cover, filter is properly clamped with the juicer body.
3. Do not leave the food processor in running condition unattended.
4. Do not touch the moving parts during operation as they revolve at extremely high speeds and may cause injury.
5. Never allow the shredded, sliced or chipped food to touch the discs during operation. It could force the disc upwards and cause damage. If bowl begins to fill, empty it out in between.
6. Do not use fruits such as bananas & peaches which produce a thick paste that can clog the juicer filter.
7. Do not feed larger sized fruits into the feeder tube by force. This can overload the motor and juicer filter may get unbalanced.
8. Never lay a thin plastic sheet or cloth under the basic unit. It may get sucked up and block the ventilation holes in the base.
9. For juicing do not allow the cord to hang over the edges of the table, or touch hot surface.
10. Do not push food into the feeder table by fingers while it is in operation. If fruit become clogged in the feeder tube, use pusher to push it down. If it doesn't work turn off the motor, unplug the unit, then disassemble the food processor to remove remaining food.
11. Do not immerse the appliance in water.
12. Do not attempt to repair the food processor at home or allow any unauthorized person to do it either, in the event of any service problem please call your nearest service center.

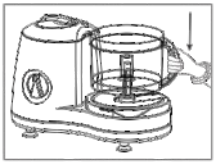
Before First Use

1. After unpacking the unit and before any use, make sure the mechanical parts of the unit and all its attachments are not damaged.
2. Wash the parts of the processor, especially those will come into contact with the fruits.
3. Carefully go through the instruction manual before starting the operation.

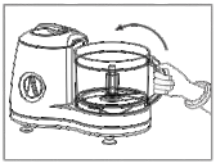
Important Instructions:

- Some parts of the food processor are oiled & greased for smooth operation of the machine, before first use, wash the parts of the processor thoroughly with soapy water.
- While grinding in dry grinding and chutney jar, customers are advised to keep one hand on the jar lid to avoid lid flying.

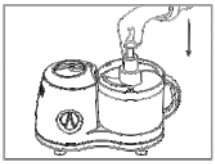
How to use



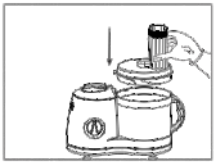
The Bowl
With the switch side of food processor facing you, hold the all purpose bowl by the handle and lower it onto the power drive shaft of the motor base, ensuring that the serrations given at the bottom of the bowl coincides with the arrow provides on the basic unit.



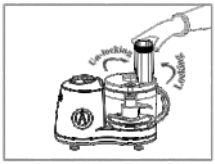
Turn anti-clockwise to lock the lugs on the basic unit, ensure that lugs are properly fitted in the slots provided on the bowl.



Blades
Lower the blade with centre knob onto the power drive shaft and rotate till it rests down.
The stainless steel blade and plastic blade settles low down inside, while the disc remain just above the rim of the bowl.



The bowl cover
Hold the bowl cover by the feeder tube and place it on the bowl pressing a little towards left of the bowl's handle, such that serrations given on the bowl cover coincide with the arrow given at the top of the bowl.



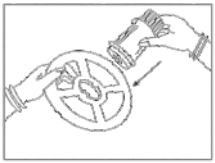
Slide the bowl cover anti-clockwise until it get locked in position. For unlocking the bowl cover, turn the bowl cover clockwise by pressing the release button on the top socket.
Note: As long as the bowl cover is locked into position, the unit will not switch 'ON'



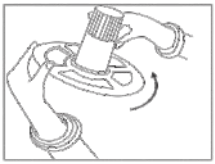
Connect the food processor to a wall AC outlet. The machine can be switched 'OFF' or 'ON' by shifting the rotary switch to different position.

Now, the food processor is ready for the action.

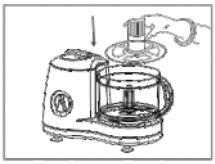
How to use



Whisker Disc
Hold the egg whisker disc with embossed written matter on top side and insert the holder into the disc.



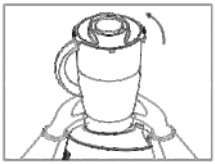
To lock the holder turn anti-clockwise.



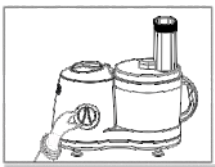
Fix the bowl over the basic unit and insert the whisker, assembly into drive shaft till it rests down.



Add the food material into the bowl. Lock the bowl cover on main bowl and start the unit.



Liquidizer Jar & Dry grinding jar
Fit the liquidizer jar or dry grinder or chutney grinder jar on the left hand side of basic unit, by opening the top lid, then align the locks with the locking slots and turn anti-clockwise so that the jar locks into the position. Put the ingredients inside the liquidizer jar or dry grinder jar and close the lid.

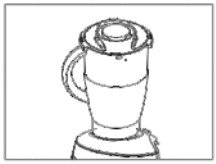


Switch 'ON' the machine. Turn the knob clockwise to the position 1,2 & 3 as per requirement.

Position 1	Low speed
Position 2	Medium speed
Position 3	High speed

To use as an incher turn the knob anticlockwise to the postion '0'

How to use

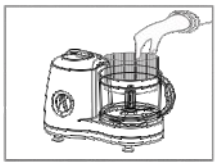


Fill the liquidizer jar upto 3/4 of its capacity and switch 'ON' the unit. Ingredients can be added during operation, by removing the BL stopper provided on the lid.When the operation is over, switch 'OFF' the machine and remove the liquidizer jar, dry grinder jar or chutney jar by turning it clockwise.



Dry grinding

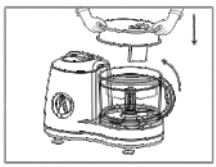
Once the dry grinder jar properly fits on the basic unit, put the ingredients (minimum upto 3/4th) & close the lid. To start with use pulse & then switch on and move to higher speed for fine grinding. Give break of minimum 1 min. after 3 min. running. Do not run the DG jar without lid.



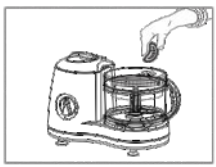
Centrifugal juicer

Fix the FP bowl on to the base.

Place the juicer body with filter on to the drive shaft & rotate the filter till it is locked in position with the body.



Align the markings provided on the juicer cover and the F.P. bowl, lower the juicer cover on to the bowl and rotate anticlockwise to lock it in position



Switch on the unit & drop fruits in the feeder tube.



Push down ingredients with the help of food pusher. The juice will collect in the bowl where-as the pulp accumulates in the juicer body along with walls of the filter. For best results prepare small quantities at a time and clean the filter frequently. For cleaning, unlock and remove the filter, and wash it under running water.

Disc selection guide

Operations	Chopping blade 	Aata kneading blade 	Thin slicer 	Fine shredder 	Coarse shredder 	French fries cutter 	Egg-whisker 	Blender jar 	Dry grinder jar 	Centrifugal juicer 
Blending/Mixing	■							■		
Chipping										
Chopping	■									
Crumbing	■									
Crushing	■									
Wet grinding	■							■		
Dry grinding									■	
Chutney grinding	■									
Juicing (Hard Fruits & vegetables)										■
Juicing (Citrus fruits)										
Julianing										
Kneading		■								
Mashing										
Mincing	■									
Perceing	■									
Coarse shredding					■					
Fine shredding				■						
Coarse slicing										
Fine slicing			■							
French fries						■				
Coconut shredding/potato slurry										
Beating		■					■			
Whisking		■					■			
Churning		■					■			
Batter for cakes		■					■			
Whips		■					■			
Cuts	■									
Pulps	■									
Shells		■								

Cleaning and Maintenance of Food Processor, Bowl, Cover, Pusher

1. Take out the plug from the power supply. Remove the food pusher from the feeder tube. Then remove the bowl cover (lid) by pressing the black knob & rotating the lid clockwise. Lift off the lid.
2. Disassemble the bowl by holding the handle, turn clockwise and lift it off the basic unit.
3. Wash bowl, lid, pusher in water and dry it. To remove grease, use warm soapy water and scrub gently with a sponge.

Cleaning and Maintenance of Liquidizer Jar

1. Disassemble the jar by holding the handle turn clockwise and lift it off the basic unit.
2. Clean the blade housing and jar with soapy water. After cleaning, invert the jar on the table, insert the rubber washer and blade assembly into the jar and then fit on the housing & tighten anti-clockwise.

Dry Grinder Jar

After dry grinding, remove the contents and wipe the jar with a dry cloth before storing.

Food Processor Blade/Discs

Remove blades carefully from the container or bowl, holding the blade by its knob. Clean blades under the running water. Dry blades well, before storing.

Pulse Technique

Processing of the food should be done in short busts than continuously this can be done by switching the machine 'ON' and 'OFF' intermittently through incher switch.

Safety Device

Over load Protractor

The food processor protects the motor against sudden over loads by tripping 'off' automatically. To re-start the machine allow the motor to cool down for two to five minutes.

To commence the operation press the red button of the OVER LOAD PROTECTOR located at the bottom of the of the Basic unit with the finger.

Mouth Watering : Recipes

MOONG DAL DOSA

Ingredients: • 1 1/3 cup (200gms.) Green gram • 1 tabsp, Chopped ginger • 3 Chopped green chilies • 1tsp. Salt • ½ tsp. Red pepper • ½tsp. Garam masala • ½ tsp. Ground cumin seeds • 1tsp. Ground coriander seeds • Oil for frying

Method: • Soak green gram for 5 hours. • Drain and transfer to food processor bowl. Add ginger, green chilies, a little water and grind till a smooth paste is formed, The batter should be of pouring consistency. Add seasoning. Mix well. • Heat tava. Smear a little oil. Pour a ladleful of batter. Spread to form a thin pancake. Pour a tsp. of oil around and over it. cook for 2-3 minutes. Turn t h e other side and cook for a minute or two. • Serve with chutney.

HARE MASALE KA GOSHT

Ingredients: • 450gms. Boneless tender lamb •3 tbsp.(45gms.) Ghee •6 Spring onions •12 Cloves crushed garlic •1" Ginger 50 gms. Coriander leaves •2 Green chilies •50 gms. Mint •1 cup (225ml.) Water •½ tsp. Garam masala •4 tbsp. Basil leaves •4 (200 gms.) Tomatoes •½ cup (140 gms) Curd • Vinegar for cooking meat.

Method :

- Remove fat and cut meat into 1" cubes. Add salt and vinegar. Fry lightly.
- Place quartered onions in food processor bowl. Chop fine.
- Fry the chopped onions lightly. Add the meat and fry for 5 minutes.
- Place garlic, ginger, green chilies, coriander leaves, quartered tomatoes and mint in the food processor bowl. Chop fine. Add curd. Blend the mixture for 30 seconds.
- Add this paste and salt to the meat, stir well and add water. Cover and cook on a slow fire stirring occasionally, for about ½ hours or till the water dries up. If the meat is not tender add more water and continue to cook.
- Serve garnished with garam masala and chopped mint, basil and coriander leaves.

SEEKHS KABABS

Ingredients : • 500 gms. Boneless meat • 1/2 cup (150 gms.) Curd •2 tbsp. (15 gms.) Ground parched gram (chana) • 1 tbsp. Desiccated coconut • 1/2 tsp. salt 4-6 Ground cardamoms •1 tsp. Red pepper • 1 tsp. Ground mace •1 Pinch ground nutmeg • 1 tsp. Ground cumin seeds •1 tsp. Ground poppy seeds • 3 tsp. Ground black pepper • paste of 1/2 " Ginger, 12 Cloves garlic, 1/2 (3 0 gms.) Onion • 1 tbsp. (15 gms.) Oil.

Method

- Place mutton in the food processor bowl. Mince into a fine paste.
- Blend all ingredients, except meat and oil, to make a masala paste.
- Mix minced meat with the paste and leave for 1/2 hour to marinate.
- Shape the mixture over skewers in the form of seekhs. Apply oil on seekhs. Place skewers on a rack.
- Push rack into a preheated grill chamber with burner on "high' position. Leave for a few minutes.
- Rotate skewers periodically to ensure uniform grilling. It takes about 10 minutes to cook.
- Remove and serve hot with slices of tomato, onion, cucumber, lemon wedges and mint chutney.

SAG GOSHT

Ingredients : •450 gms. Boneless tender lamb •6 tbsp. Curd •2" Ginger •4 Cloves garlic. •1" stick Cinnamon •2 Bay leaves •4 Green cardamoms •7 Ground peppercorns •6 Ground cloves •1 tbsp. Ground cumin seeds •1 tsp. Garam masala •1/2 tsp. Chilly powder •1/2 tsp. ground coriander .seeds •1

tsp. salt. •450 gms. Spinach •3 tbsp. Ghee •1 (50 gms.) onion

Method

•Remove excess fat from meat. Wash and dry. Place in a bowl. Add curd and mix well.

•Place half of the ginger and garlic in Food Processor Bowl. Chop, and remove to a plate.

•Place the remaining ginger and garlic in the feeder tube. Slice fine.

•Remove to a plate. Halve the onion. Slice and remove.

•Add chopped ginger and garlic to the meat.

•Add the whole and ground spices together with the salt to the meat. Mix thoroughly, cover and leave to marinate at room temperature for approx. 4 hours.

•Place the washed spinach in the food processor bowl. Chop.

•Put marinated meat in a heavy-bottomed saucepan. Cook over low heat forabout 45 minutes, stirring occasionally, until all the moisture has evaporated and the meat is tender.

•Add spinach and continue cooking over low heat for another 2-3 minutes or until the liquid has evaporated.

•Add 2 tbsp. ghee stirring continuously. Fry meat and spinach until ghee starts to separate. Remove to a serving dish.

•In a small pan, heat the remaining ghee, add sliced onion and sliced ginger. Fry till golden brown.

•Serve sprinkled with fried onion and ginger.

MURG MUSALLAM

Ingredients: For the marinade:

•1 (600 gms.) Broiler chicken •6 Cloves garlic •2" Ginger •2 Green chilies •½ tsp. Red pepper •1 tsp. Garam masala •1 tsp. Salt. •½ tsp . Turmeric •3/4 cup (180 gms.) Curd.

For the masala

•2 tbsp. Ghee • 4 (200 gms.) Onions • 6 Cloves garlic. •2" Ginger. •6 Peppercorns •Mace •1 tbsp. hot water. •1 tbsp. (15 gms.) desiccated coconut •1 tsp. Nutmeg •1 tbsp. Ground coriander seeds. •1 tsp. Chopped. coriander leaves •1 1/3 cups (300 ml.) water or stock.

Method

•Clean the chicken and prick all over with a fork. If a little tough, make cuts o n the breast and leg.

• Grind the marinate ingredients into a fine paste and mix with the curd.

•Rub the paste all over the chicken. Leave to marinate for about ½ hour.

•Place onions, ginger and garlic in food processor bowl. Chop.

•Heat ghee. Fry chopped onions and garlic till brown.

•Place fried onions, ginger and garlic in the food processor bowl together with all the spices for the masala. Blend into a fine paste.,

• Heat the ghee used for the onions, ginger and garlic. Add red pepper and lightly brown the marinated chicken.

• Rub the masala paste all over the chicken.

• Put the chicken breast in the pan. Add 11/3 cups (300 ml.) water or stock and simmer over medium heat till tender. If the water dries up while cooking, sprinkle a little hot water on the chicken. Cook for 5 minutes or till the moisture evaporates.

• Serve hot, sprinkled with chopped coriander leaves and garam masala.

CHANA/RAJMA CURRY

Ingredients : • 2 cups (200 gms.) Kabuli chana or Rajma soaked overnight • 4 (200 gms.) Onions • 12 cloves Garlic • 2" Ginger 4 Green chilies • 3 (200 gms.) Tomatoes • 3 tbsp. Ghee • 2 tsp. Ground roasted coriander seeds • 2 tsp. Roasted cumin seeds • 2 tsp Garam masala • 2 Bay leaves • 1½ tsp. Salt • 50 gms. Tamarind soaked in warm water • A bunch of Coriander leaves.

Method

• Boil the chana/rajma in salt water.

• Place all other ingredients except ghee, bay leaves and coriander leaves in the food processor bowl and blend to form a paste. Remove.

• Heat ghee. Add paste and cook till mixture separates from the oil.

• Add chana/rajma, bay leaves and garam masala to the mixture and cook for 15 minutes. Chop coriander leaves.

• Add tamarind juice and cook for 5 minutes. Remove bay leaves. Serve hot, garnished with chopped coriander leaves.

VANILLA ICE-CREAM

Ingredients : • 2 cups (450 ml.) Milk· • 3 Eggs separated • 1 cup (200 gms.) sugar • A few drops of vanilla essence· • 1 Cup (225 ml.) cream • 1/8 tsp. Salt

Method

• Heat milk until nearly boiling.

• Place egg yolks and sugar in the food processor bowl. Blend till mixture is thick and pale. Slowly pour heated milk through feeder tube and blend again. Remove.

• Add vanilla essence. Set bowl over a pan of simmering water and cook, stirring until the mixture begins to thicken. Cool.

• Put cream in food processor bowl. Whisk lightly and fold into custard mixture.

• Place egg. whites in food processor bowl. With feeder tube open, whisk until stiff peaks are formed. Fold into the mixture with a metal spoon.

• Turn the mixture into a shallow metal container and freeze, for approx. 30 minutes.

• If you want to freeze the ice cream then be sure to beat once again with double-bladed knife before serving. After beating pour back into container and put in freezer till required.

Variations

Chocolate ice cream: Substitute vanilla essence with 200 gms. chocolate, Mango ice cream: Substitute vanilla essence with 100 gms. coffee.

NIMBUPANI :

Ingredients : • 2 2/3 cups (600 ml.) cold water or soda • 2 Lemons • 3/4 tsp. Salt • Freshly ground black pepper • Crushed ice • Slices of lime to decorate • 6-8 Ice cubes • 1 tsp. Sugar

Method

- Place the water/soda, lime juice, salt, sugar and black pepper in the food processor bowl. Blend well to dissolve the sugar. Pour into glasses .
- Place ice cubes in the food processor bowl. Crush.
- Add crushed ice to glasses, decorate with slices of lime and serve.

Aam ka panna

Ingredients : • 4 Large semi-ripe mangoes • 4 tbsp. Sugar • A pinch of salt • 1 tsp. Ground white pepper • 6 cups (750 ml.) Water

Method

- Soften the mangoes by pressing them all over.
- Spear with. a fork and hold over a naked flame, turning frequently to scorch the skin completely. Cool slightly and peel off the skins. Place scraped pulp in the food processor bowl. Add sugar, salt and pepper. Blend well adding water through the feeder tube.
- Cook the mixture till it comes to a boil. Put aside to cool. Then pour into a glass jar.
- Store in the refrigerator, and serve when required.

ZEERAPANI

Ingredients : • 115 gms. Tamarind/Amchur • 15 gms. Fresh mint leaves • 1 tbsp. Ground white cumin seeds • 4 tbsp. Black salt 30 gms. Ground ginger • 3-4 tbsp. Lemon juice. • 7-9 Cups (1.6-2 liters) water • 3/4-1 tsp. Red Pepper • 1/2 tsp. Garam masala • 3 tsp. Salt • 2 tbsp. Sugar • 2-3 Slices lemon. Ice.

Method

- Rinse and soak tamarind overnight. Remove seeds and pass through a fine strainer.
- **Grind** together all the remaining ingredients.
- Pour tamarind juice into food processor bowl. Add ground ingredients.
- **Blend** together well. Strain and let it sit for 2 hours.
- Add lemon juice. Stir. Serve chilled or with crushed ice, garnished with mint leaves.

Coconut chutney

Ingredients : • 1 Fresh coconut • 2 Cups (550 gms.) curd • 1" Ginger • 2 tsp. Oil • 1 tsp. Mustard seeds • 2 Curry leaves.

Method

- Position coconut pieces in the feeder tube. Shred it.
- Remove to a bowl and stir in curd till a semi-thick consistency is obtained.
- Season with salt and ground ginger. Cool.
- When ready to serve, heat oil in a small saucepan. Add mustard seeds and curry leaves. When the seeds pop, remove the pan from the fire and pour contents over the coconut-curd mixture.

SONTH

Ingredients: •115 gm. Whole green mango •31/3 Cups (750 ml.) water. •3 tsp. Salt •1 tsp. dried Ginger • A pinch of Red Colouring •1/2 tsp. Garam masala. 300 ml. Jaggery. •30-60 gms. Sugar - •1 tsp. Red pepper. •1 tsp. Ground roasted cumin seeds.

Method

- Boil whole green mango, red pepper and jaggery in 2 2/3 cups (600 ml.) water until} the dned mango slices are soft. Alternatively pressure cook a n d allow pressure to drop on its own.
- Pour into food processor bowl and blend, adding little water every now and then through the feeder tube till a smooth paste is obtained. Add salt, garam masala, ground dried ginger, cumin seeds and red colouring. Mix thoroughly.
- Dilute with 2/3 cup (150 ml.) water if it is too thick and add a little mocolounng to make it brick red.

VICHYSSOISE

Ingredients: •6 (300 gms.) Leeks •4 (450 gms.) Potatoes •50 gms. Butter •1 Clove crushed garlic •Salt and freshly ground Black pepper to taste •8 cups (1.8 liters) Chicken stock •114 cups (300 ml.) Cream

For garnishing

- A pinch of freshly ground nutmeg •2 tbsp. Chopped chives

Method

- Slice the leeks thickly and cut potatoes into cubes.
- Place leeks in the Food Processor Bowl. Chop fine, for 8 seconds.
- Remove to a bowl. Repeat the procedure with potatoes.
- Melt butter in a large saucepan. Add leeks, potatoes and garlic. Cook for 5 minutes stirring continuously. Season and stir in the stock. - Bring to boil. Cover and simmer for 40-45 minutes. Cool slightly and strain off the liquid.
- Return the vegetables to the food processor bowl. Puree for 30 seconds. A d d 1/4 cups (300 ml) of the liquid and blend for about 1 minute.
- Pour soup into a bowl and stir in remaining liquid.
- Chill soup thoroughly. Stir in the cream and garnish with nutmeg and c h i v e s before serving.

GULAB JAMUN

Ingredients - For the syrup : • 1½ cups (510 gms.) Sugar • 2½ cups (540 ml.) Water • 1 tbsp. Milk For the balls • 85 gms. Khoya • ½ Cup (75 gms.) flour • 1/8 tsp. Baking powder • 170 gms. Paneer· • ½ cup (70 gms.) Castor sugar

For frying : • 2 cups (455 gms.) Ghee

Method : • Make a sugar syrup with 2½ cups sugar and water. Add milk to the boiling syrup. Strain through a muslin cloth and cool.

• Place khoa in Food Processor Bowl and blend till a smooth dough is power and sugar through the feed tube. Blend well. Leave the dough to rise.

• Divide the dough into small balls.

• Fry the balls in hot ghee over a medium fire, till evenly browned.

• Drain, cool and soak in syrup for 2-3 hours or over night.

• Boil till the balls become soft and serve with the syrup.

PUNDEENA CHUTNEY

Ingredients : • 100gms. Mint • 50gms. Coriander leaves • 1 tbsp. Salt • 2tsp. ground Cumin seeds • 2 green chilies • 2 tbsp. Lemon juice • ½ (30 gms.) Onion • 2 tsp. sugar

Method

• Put all ingredients in food processor bowl and blend to a smooth paste.

• Put in an air- tight bottle and refrigerate. • Use when required.

GARAM MASALA

Ingredients : • 1 tbsp. (20gms.) Cardamom seeds • 1tbsp. (20 gms.) Cinnamon • 1tsp. (7 gms.) Cloves • 1 tsp. (7 gms.) Black cumin seeds • A pinch of mace and nutmeg.

Method

• Lightly roast all ingredients on a tava.

• **Grind** all the ingredients together. Pass through a fine sieve and store in an air-tight bottle. Keeps well for a fortnight.

PANCH PHORAN

Gredients : • 1¼ tbsp. (25 gms.) Cumin Seed • 1¼ tbsp. (25 gms.) Nigella Seeds 1¼ tbsp. (25 gms.) Aniseed· 114 tbsp. (25 gms.) Fenugreek Seeds • 1¼ tbsp.(25 gms.) brown Mustard Seeds

Method : • **Grind** all the ingredients together.

BARBECUE MASALA

Ingredients : • ½ tsp. amchur • ½tsp. Roasted black cumins seeds • ¼ tsp. Salt • ½ tsp. fenugreek leaves • ¼ tsp. Poppy Seeds • ½ tsp. pomegranate seeds

Method : • **Grind** all the ingredients together.

SAM BAR POWDER

Ingredients

• 1 tsp. dry Fenugreek Leaves • 2 tbsp. Bengal Gram • 4 tsp. Coriander Seeds

Method

• Roast all ingredients.

• **Grind** roasted ingredients.

• Store in an air-tight container.

FRENCH ONION SOUP

Ingredients

• 8 (450 gms.) Onions· 50 gms. Butter •3 cloves Garlic· 2 tbsp. Flour • 1.5 liters stock or water and Stock Cubes • 50 gms. Cheese • 1 tsp. Mustard • 5-6 slices Bread • Salt and freshly ground Black Pepper to taste 2 tbsp. Sherry

Method

• Halve onions. **Slice** with 2 cloves of garlic.

• Heat butter. Add sliced onions and garlic and cool over moderately low heat, stirring every now and then to prevent sticking, until the onions are golden brown. This will take about 30-40 minutes, but care must be taken not to allow the onions to burn.

• Add flour and stir till flour is also brown.

• Gradually add stock and sherry stirring continuously until all the stock has been used and the soup has come to boil.

• Season with salt and pepper and simmer for 20 minutes.

• Place cheese with remaining garlic clove in the Food Processor bowl. **Chop** fine. Add mustard and **blend** well.

• Spread cheese mixture on one side of toasted bread.

• Place slices in soup bowls. Pour in the soup and when the slices of bread have risen to the top, place the bowls under a hot grill until the cheese turns golden brown. Serve hot.

CONVERSION TABLE

Dals	100gms. = 1cup
Granulated sugar	200gms. = 1cup
Castor sugar	125gms. = 1cup
Flour	125gms. = 1cup
Cream	240gms. = 1cup
Water	225ml. = 1cup
Milk	225ml. = 1cup
Cooking oil	225gms = 1cup
Curd	275gms = 1cup

Note:
1cup = 225 ml. = 8 fluid ounces = ½ pint.

ABBREVATIONS USED

tbsp.	tablespoon
tsp.	teaspoon
gms.	grams
"	inches
cms.	centimeters
ml.	milliliter

The tomatoes, onions and potatoes given in the recipes refer to medium-sized ones.

ENGLISH-HINDI INDEX

Asafoetida	Heeng
Almonds	Badam
Basil	Tulsi
Bay leaf	Tej Patta
Bengal Gram	Channa dal
Black Gram	Urad dal or sabut maanh ki dal
Brinjal	Baingan
Cabbage	Bandh gobi
Capsicum	Simla mirch
Cardamom	Elaichi
Carom seeds	Ajwain
Cauliflower	Phool gobi
Cinnamon	Dalchini
Cloves	Laung
Coconut	Naryal, Khopra
Coriander seeds	Sookha dhania
Coriander leaves	Hara dhania
Cottage cheese	Panner (prepared from curd)
Cream	Malai
Cumin seeds	Zeera
Curd	Dahi
Curry leaves	Kadi patta
Fenugreek seeds	Methi dana
Fenugreek leaves	Methi saag
Flour	Maida
Garlic	Lahsun
Ginger	Adrak
Gram flour	Besan
Green chilies	Hari mirch
Green gram	Moong dal
Jaggery	Gur
Mace	Javitri
Mint	Pudeena
Mustard Oil	Sarson ka tel
Mustard seeds	Rai
Nigella seeds	Kalonji
Nutmeg	Jaifal
Parsley	Ajmood
Peanuts	Moongphali
Pepper	Kali mirch
Pomegranate seeds	Anardana
Poppy seeds	Khus Khus
Sesame oil	Til oil
Sesame seeds	Til seeds
Silver foil	Varak
Spinach	Palak
Tamarind	Imli
Turmeric	Haldi
Vinegar	Sirka
Whole wheat flour	Atta
yeast	Khameer
Yellow lentils	Tur dal