



EASY & DELICIOUS

# *Dessert*

RECIPES  
EDITED AND COMPILED BY  
INDRANI SEN



# INDEX

## EDITORS SECTION

- Editors corner
- 1. Pavlova recipe by **Indrani Sen**
- 2. Chocolate baked yoghurt cake recipe by **Indrani Sen**

## CHEF'S SECTION

1. Besan halwa with Rosella jam and coconut custard by Chef **Nishant Choubey**
2. Poached Pears in Red Wine recipe by **Azlin Bloor**
3. Goopy chocolate brownie by chef **Ananya Banerjee**
4. Brandy Bread Pudding by **Paul Binns**
5. Ata barfi by **Panchali Dutta**
6. Til-Poli / Sesame and Jaggery Flatbread by **Jayashree T Rao**

## KHEER RECIPES

1. Apple and Foxnuts Kheer by **Manu Bulchandani**
2. Barnyard millet kheer by **Tania Banik**
3. Quinoa kheer by **Swati Malik**
4. Shahi Kheer by **Bulbul Mazumdar**

## HALWA RECIPES

1. Beetroot halwa in microwave by **Indrani Sen**
2. Bahamian sweet potato halwa in microwave by **Indrani Sen**
4. Bottle gourd halwa by **Pallavi Vakil**
5. Apple Lentils Halwa by **Susmita Ghosh**
6. Pumpkin Halwa Galette by **Maria Nasir**

## SANDESH RECIPES

1. Beetroot sandesh by **Sumitra Chowdhury**
2. Komola Malai Sandesh Shots by **Aparna Chowdhury**
3. Gopal bhog sandesh by **Bulbul Mazumdar**
4. Tiramisu Sandesh by **Susmita Ghosh**
5. Bhapa Sandesh stuffed with Kesar petha by **Aparna Chowdhury**
6. Steamed Orange Cup Sandesh infused with Orange Jam by **Sumitra Chowdhury**
7. Candle sandesh with mango fruit roll ups by **Brishti Ghosh**
8. Dried fruits peda by **Sreeparna Dey**

## BAKED DESSERTS

1. Baked Coconut Toffee Empanadas by **Rakesh Punmia**
2. Mini Chocolate Cheesecake with Earl Grey Ganache by **Joy Stewart**
3. Candied Yams with Orange Spice Sauce by **Joy Stewart**
4. Steamed yoghurt Cheesecake with Strawberry Coulis by **Preeti Sridhar**
5. Betel Leaf Flavoured Rasmalai Tart by **Tulika Santra**
6. Almond Flour Low Carb Apple Cinnamon Roll by **Hina Iftikhar**
7. Coconut Cookies Pinacolada Shots by **Preeti Sridhar**
8. Spicy Orange mouse tart by **Rummy Nagpal**
9. Coconut mousse and coconut peanut crumble with strawberry compote by **Tulika Santra**

## LADDU RECIPES

1. Coconut rawa laddo(coconut semolina sweet balls) by **Indrani Sen**
2. Coconut kheer kadam by **Aparna Mukherjee**
3. White chocolate and strawberry balls by **Indrani Sen**

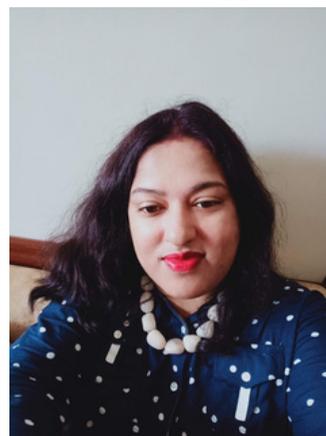
## SWEETS RECIPES

1. Chia - Besan aur Sattu ki Barfi by **Sumitra Chowdhury**
2. Sweet made of candied pointed gourd by **Preeti Sridhar**
3. Chumchum by **Supriti Dhar**
4. Date sweets by **Reshma Desai**
5. Almond Choco Rolls with Coconut Toffee by **Swati Malik**
6. Orange Marmalade & Cream Cheese Stuffed Samosas by **Maria Nasir**

## FROZEN DESSERTS

1. Chocolate melon mousse by **Indrani Sen**
2. Fava panna cotta by **Helen Chin**
3. Fried ice cream with sweet and sour peanut candy by **Komal Walia**
4. Lemongrass and Ginger Jelly by **Mayuri Patel**
5. Pancake ice cream sandwich by **Indrani Sen**
6. Mango Custard Falooda by **Swati Malik**
7. rabdi falooda by **Pushpa Moorjani**

# Editors corner



*Almost one year of social distancing and living life in a pandemic struck world has certainly made us realize the value of the moments we spend with our loved ones, family and friends and feel the truth of the statement quoted by Jacques Torres*

***"Life is short. Eat dessert first. "***

*The one thing great which I could achieve in 2020 is hosting this International recipe competition in my blog successfully collaborating with 6 honorable judges who are eminent chefs and food bloggers from all parts of the world and around 40 contestants who participated in this competition. We could together build a community sharing the passion of culinary arts and creativity in cooking. We have collected more than 50 recipes from this competitions which were innovative ,creative ,beautiful and delicious which I attempted to share in this eBook. Let's start 2021 with a sweet note and let go all the bitterness and negative emotions experienced this year. Lets focus and cherish what we already have, a healthy beautiful life.*

*Wishing you all a very Happy new year,*

*Indrani Sen*

*(Blogger, home chef, food writer, author at <http://indrani-will-teach.com>)*



# PAVLOVA

Recipe by  
Indrani Sen

## INGREDIENTS

### Meringue

- 4 Eggs
- 1 tbsp. Vanilla
- 2 tbsp. Corn starch and
- 1/4th cup Powdered sugar

### Topping

- 2 cups Whipped cream
- 1 Mango cubed
- 1 Kiwi cubed
- Handful Cherries



**Indrani Sen,**  
Food blogger, Home chef,  
Author, food writer

**PREP TIME: 30 MINUTES**

**COOK TIME: 1 HOUR**

**COOLING TIME: 2 HOURS**

## DIRECTIONS

### Meringue base

- Preheat the oven to 150 degree Celsius
- Separate the egg whites.
- Beat the egg whites till stiff and they don't slide from the bowl, even while moving your bowl.
- At this stage add sugar in batches and beat in medium speed after adding each batch to form shiny glossy peaks.
- Fold in the cornstarch and vanilla. Mix with spatula.
- Bake at 130 degrees for 1 hour.
- Keep the meringue for cooling inside the oven for another 1 hour.

### Topping

- Beat the heavy cream till stiff.
- Pour in a piping bag and decorate the top of the meringue.
- Top with fruits of your choice.



# CHOCOLATE BAKED YOGHURT CAKE

Recipe by  
**Indrani Sen**

## INGREDIENTS

### Base

- 1 cup Oats powdered
- 1 cup brown sugar powdered
- 50 gm butter

### Filling

- 1 cup unsweetened curd
- 100 gm dark chocolate
- 1 cup milk
- 1 cup sweet condensed milk
- 1 cup fresh/whipped cream

### Topping

- 100 gm chocolate
- 1/2 cup cream



**Indrani Sen,**  
Food blogger, Home chef,  
Author, food writer

**PREP TIME: 20 MINUTES**  
**COOK TIME: 20 MINUTES**  
**CHILLING TIME: 2 HOURS**

## DIRECTIONS

- Grease a spring-form cake tin
- Mix powdered oats with frozen butter crumbled and sugar to form a semi dough mixture.
- Line the bottom of a spring-form tray with this mixture.
- For the filling melt chocolate
- Heat the milk
- Mix chocolate with milk first.
- Add yogurt and mix
- Add condensed milk and cream and mix.
- You can use a mixer to form a smooth mixture.
- pour this mixture over the base and bake for 20 to 30 minutes at 170 degrees on a tray filled with water .
- Check if the top of the cake is set.
- Don't over bake.
- Take out of oven and let it cool in normal temperature .
- Melt chocolate for the topping and mix with cream and beat to make a smooth chocolate sauce.
- If its too thick ,You can add little milk and heat again in microwave.
- the chocolate sauce should be of pouring consistency.
- Pour on the cake and keep in refrigerator to chill for at least 3 to 4 hours before serving.

## CHEF'S CORNER

### **Chef Nishant Choubey**

Consulting chef with Michelin plated Indus Bangkok and corporate chef with Seinan Group (Tokyo).

He loves to cook unique innovative dishes with local indigenous and exotic ingredients.

He had won Gold medal at Aahar(Indian hotels and restaurant association) and Hosted successful pop ups in Japan , Canada , South Africa, Kenya , Spain on progressive Indian cuisine. Tokyo Mithaiwala is the recent project of chef through which he has given a global exposure to the traditional Indian sweets.



### **Azlin Bloor**

She is a former chef, culinary instructor and food blogger at linsfood.com, with more than 2 decades of experience in multi cultural cuisines with specialization in multi cultural cuisines mainly South East Asian, Middle Eastern and British cooking. She is a cookbook author of 3 books one of which are Amazon Best sellers. She is also a culinary course instructor in Udemy.



### **Chef Ananya Banerjee**

A celebrity chef, a globe-trotter, a painter, a lawyer by education and a social media influencer , Chef Ananya Banerjee is a culinary expert. Ananya had served as the Executive Editor for BBC Good Food India. She curates menu for the French-Bengali fine dining award winning restaurant: 'Mustard'. With the culinary skills she has gathered from her travels around the world, she has authored two highly popular Cook Books, 'Global Gastronomy' and 'Bangla Gastronomy' which are published on Amazon.





# BESAN HALWA WITH ROSELLA JAM AND COCONUT CUSTARD

RECIPE BY  
CHEF NISHANT CHOUBEY

## INGREDIENTS

### For besan halwa

- Besan 50 gm
- Ghee 50 gm
- Milk 500 ml
- Sugar 200 gm

### For Rosella jam

- Rosella flower 500 gm
- Jaggery 200gm
- Panch phoran 1 tsp( 5 spices mix with nigella, mustard, fennel, cumin and fenugreek seeds)
- Dry red chili a few
- Vinegar 3 tsp

### For coconut custard

- Coconut milk 500 ml
- Sugar 100 gm
- Khoya 50 gm



**Nishant Choubey,**  
Celebrity Chef, consultant

**PREP TIME: 30 MINS**  
**COOK TIME: 30 MINS**  
**TOTAL TIME: 1HR**

## DIRECTIONS

- For Besan halwa Cook Besan with ghee and add milk , sugar , green cardamom !!
- For Rosella chutney Cook deseeded Rosella flower with panch phoran, dry red chili , vinegar and grated jaggery
- For coconut custard Reduce coconut milk with khoya and sugar  
Serve and enjoy



# POACHED PEARS IN RED WINE WITH VANILLA

Recipe by  
**Azlin Bloor**

## INGREDIENTS

- 1 bottle red wine
- 2 tbsp. brandy
- 1 vanilla pod
- 4 firm pears serve 6 by using 6 pears
- 200 g white sugar
- 1 small cinnamon stick

### To Serve

- Any type of cream ice cream or mascarpone cheese



**Azlin Bloor,**  
**Food blogger, Author, food**  
**writer**  
[linsfood.com](http://linsfood.com)

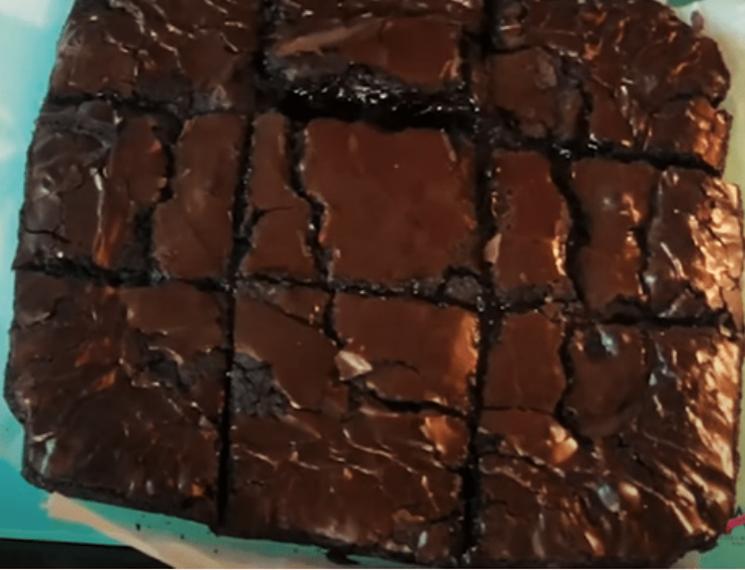
**PREP TIME: 5 MINUTES**

**COOK TIME: 30 MINUTES**

**SERVINGS: 4**

## DIRECTIONS

- Pour the wine and brandy into a deep, medium saucepan and add the sugar.
- Split the vanilla in 2 and scrape the seeds out and add to the wine.
- Cut each vanilla half into 2 also add it to the wine.
- Toss in the cinnamon stick.
- Bring the whole thing to a simmer on low heat, stirring to dissolve the sugar.
- While the wine is coming to a simmer, peel the pears and slice the bottom slightly to create a flat base, so they will stand up when served.
- When the wine is simmering and the sugar has dissolved, add the pears to the wine mix, making sure that they are fully submerged, as much as in possible.
- If not, let's be practical. Instead of adding more wine, just turn the pears around 2-3 times while they are poaching.
- Simmer on low for 20-30 minutes until the pears are tender but not overly soft.
- If your pears were pretty soft and ripe to begin with, they'll only need 20 minutes. Use a cocktail stick to test for doneness. It should glide right through the pears.
- When done, take the pears out and set aside. Fish out the cinnamon stick, or strain, if it's in many tiny bits.
- Increase the heat to medium and boil the red wine down to a sticky syrup for 10 minutes.
- Essentially, we want to reduce it by about half. Don't overdo it, as it will thicken considerably as it cools, and if reduced too much, will be too thick to pour.
- Place each pear on a serving plate and pour a little of the syrup on the pears. Serve with some ice cream, cream or mascarpone cheese.



# GOOYEE CHOCOLATE BROWNIE

RECIPE BY  
**ANANYA BANERJEE**

## INGREDIENTS

- 225 gm of dark chocolate
- 1/2 cup of butter
- 2 eggs
- 250 gm powdered sugar
- 3/4 cup of refined flour
- 1/4 cup cocoa powder
- 1/2 cup grated chocolate



**Anayana Banerjee,**  
Chef, Home chef, Author, recipe  
developer

[The Saree chef](#)

**PREP TIME: 10 MINS**  
**COOK TIME: 20 MINS**  
**TOTAL TIME: 30 MINS**

## DIRECTIONS

- Melt dark chocolate in a double boiler
- Add butter and beat
- add 2 eggs and beat
- Add sugar and mix
- Strain refined flour and cocoa powder and fold
- Add in the grated chocolate
- Line the glass mold with parchment paper.
- Grease the parchment paper with butter.
- Transfer the mixture in the mold
- Bake in a preheated oven for 20 minutes till a fork inserted comes out clean.

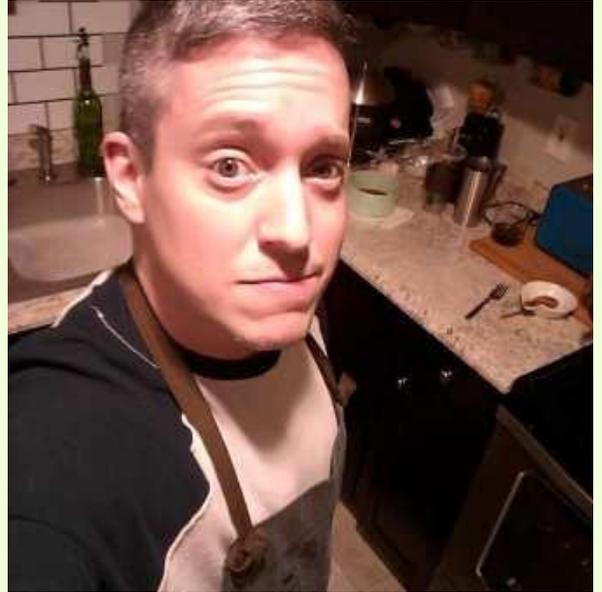
## CHEF'S CORNER

### **Paul “PJ” Binns**

is a food blogger and who has been cooking since he was a little kid.

Growing up in a very tight knit second generation Irish/Italian American family he has experienced the best of both cultures when it comes to cooking.

His blog, [recipesliveby.blogspot.com](http://recipesliveby.blogspot.com) has been active for almost 10 years now. He also has a home business cooking fresh made pasta's, sauces, and goodies .



### **Panchali Dutta**

She is a food journalist and culinary artist from Kolkata, who has hosted popular TV cooking shows and featured in news channels.



### **Jayashree T Rao**

Jayashree is a creative person who believes in living life to the fullest. She is a food blogger and freelance content writer. She has authored four books, they are available on Amazon.



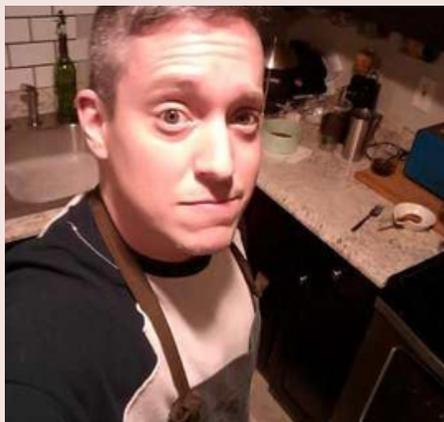


# BRANDY BREAD PUDDING

Recipe by  
Paul Binns

## INGREDIENTS

- 3/4 a loaf of stale French bread
- 1 pint heavy whipping cream
- 1/2 cup sugar
- 1/2 tbs cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp allspice
- 6 egg yolks
- 6 egg whites
- 1 15 oz can peaches drained
- 1/2 cup raisins
- 1/2 cup brandy
- 1/2 cup sugar



**Paul Binns,**  
Food blogger, Recipe developer,  
food writer

[Blog by Binns](#)

**PREP TIME: 30 MINUTES**

**COOK TIME: 55 MINUTES**

**SERVES: 4-5**

## DIRECTIONS

- Preheat oven to 400 degrees.
- Cut French bread into halves, then half again and cut into little square chunks and set in large bowl.
- Mix sugar, cinnamon, nutmeg, and allspice in a bowl.
- In a sauce pot scald cream over high heat.
- Combine egg yolks and sugar mixture together in bowl and whisk until pale yellow.
- Temper cream mixture into the egg yolk mixture.
- Pour egg/cream mixture into bread bowl and combine and let sit to cool for 30 minutes.
- Dice up into chunks the peaches and mix into bread custard bowl.
- In another sauce pan pour raisins and brandy and simmer over medium high heat to cook off some of the alcohol and hydrate the raisins.
- Drain raisins and combine into the bread mixture.
- In a 9 x 13 greased glass pan pour bread mixture.
- Sit pan inside a larger glass pan and pour water in around the bread pudding pan to create a water bath around and bake covered with tinfoil for 45 minutes until the pudding has settled.
- Meanwhile take the egg whites and mix with a hand mixer until stiff peaks have form. Combine the other 1/2 cup sugar to flavor the meringue.
- Remove pudding from oven, pour the left over cooked brandy over the top of the pudding, spread with the meringue and place back in the oven uncovered and not inside the water bath to brown the meringue for about 15 minutes.
- Let cool before serving.



# ATTA BARFI

Recipe by  
**Panchali Dutta**

## INGREDIENTS

- Flour 1 cup,
- ghee 1/2 ( you can add half quantity of refined oil along with ghee),
- cardamom powder 1/4 tsp ,
- powdered sugar 1/2 cup,
- a pinch of salt.



**Panchali Dutta,**  
Culinary artist, TV Anchor, food  
writer, recipe show host,  
youtuber

**PREP TIME: 10 MINUTES**  
**COOK TIME: 20 MINS**  
**TOTAL TIME: 30 MINS**

## DIRECTIONS

- Heat a frying pan and add ghee .
- Now put flour and keep stirring constantly. Add salt and cardamom powder.
- After the mixture gets little ( don't make it hard) dense, pour it in a bowl.
- Now add powdered sugar and mix it properly. Shift it to a square or rectangle shape box and cover it with lid or aluminum foil.
- Keep in the refrigerator for one hour. Now cut it in cube shape.
- You can store it for a week. And can keep it refrigerator also.



# TIL POLI / SESAME AND JAGGERY FLATBREAD

Recipe by  
**Jayashree T Rao**

## INGREDIENTS

- 1 cup fine semolina
- 1/4 cup all-purpose flour
- 1 tablespoon + 2 teaspoon oil
- A pinch of salt
- A pinch of turmeric powder
- water

### For the stuffing:

- 1 cup white sesame
- 1/2 cup jaggery
- 1/4 cup desiccated coconut
- 2 cardamom



**Jayashree T Rao,**  
Food blogger, Author, food  
writer

[Ever green dishes](#)

**PREP TIME: 15 MINS**  
**COOK TIME: 20 MINS**  
**TOTAL TIME: 35 MINS**

## DIRECTIONS

- Take the semolina and all-purpose flour in a bowl. Add salt and turmeric powder, give a mix. Put oil and rub it well with the fingers. Use little water and knead to a dough, smear some oil, cover it with a thin cloth and keep it aside for 15 minutes.
- For the filling, dry roast the sesame seed until it is golden brown and gives a nice aroma.
- Lightly roast the desiccated coconut, once they cool down, grind with jaggery and cardamom.
- Take the dough, knead it again.
- Take a ball of the dough, roll it lightly. Take a ball of the filling and put it in center and seal it well.
- Dust with a little flour and roll it gently.
- Heat a skillet, put the rolled flat bread it on the skillet. After a few seconds, turn it with the ladle and smear some oil on it.
- Roast on both the sides on a medium flame, golden spots should be visible.
- Put it aside and repeat for the rest of the dough.

# ***Kheer recipes***

## ***What is a Kheer?***

***Kheer is a Indian sweet pudding prepared by thickening milk often with rice, grains, vermicelle, or vegetables.***

***It is also known as payesh, payesam, phirni and so on depending on the ingredients used***



# APPLE AND FOXNUTS KHEER

Recipe By  
**Manu Bulchandani**



## INGREDIENTS

- 1 Cup roasted Makhana powder  
(Fox nuts)
- 500 ml Milk
- 3 tbsp Anjeer, dates & raisins  
soaked in hot milk (1tbsp)
- 1 tsp. Cardamom
- 5-6 saffron strands
- 2 tbsp. dry fruits roasted (badam,  
pistachio)
- 1/2 cup apple grated



**Manu Bulchandani,**  
Homemaker, Home chef

**PREP TIME: 5 MINS**  
**COOK TIME: 30 MINS**  
**TOTAL TIME: 35 MINS**

## DIRECTIONS

- *Take a vessel put in milk a reduce,*
- *Add roasted Makhana powder add all ingredients till 5 -10 minutes off the flame.*
- *Serve in glass add dry fruits, apple slices & in middle Makhana.*



# BARNYARD MILLET KHEER

Recipe by  
**Tania banik**

## INGREDIENTS

- Milk 1 litre
- 2 tbsp. ghee
- 200 gm mishri(sugar candy)
- 1 sweet potato
- 5 tbsp condensed milk
- 1 cup barnyard millet (shama chal)
- Cashew nuts
- Few saffron strands

## DIRECTIONS

- Boil milk
- when the milk thickens add saffron in milk
- Grate sweet potato and add in milk
- In another pan fry the millet in ghee
- Add condensed milk and mishri
- Before taking off from heat and cardamom
- Garnish with saffron powder and nuts



**Tania Banik,**  
Homemaker, Home chef

**PREP TIME: 5 MINUTES**

**COOK TIME: 30 MINS**

**TOTAL TIME: 35 MINS**



# QUINOA KHEER

Recipe by  
**Swati Malik**

## INGREDIENTS

- Quinoa--¼ Cup
- Coconut Milk-- 400 ml
- Almonds--10-12
- Raisins-- 9-10
- Dried Figs-- 4-5
- Cardamom Powder-- ¼ tsp
- Raw Sugar -- Optional and as Required



**Swati Malik,**  
**Food blogger, food writer**

[foodtrails25.com](http://foodtrails25.com)

**PREP TIME: 20 MINS**  
**COOK TIME: 30 MINS**  
**TOTAL TIME: 50 MINS**

## DIRECTIONS

### Preparation for making Quinoa Kheer

- Soak almonds and fig in hot water for 10 mins.
- Wash Quinoa nicely 2-3 times in clean tap water.
- Soak in water and let it sit for about 10 -15 mins.
- After 10 mins, peel Almonds, and then grind figs and almonds to fine paste.
- Add little water if required.

### Instant Pot Method (Instant Pot Ultra)

- Drain water from Quinoa.
- Switch on the Instant Pot on sauté Mode for 5 mins.
- Add Quinoa with a tsp of coconut oil or if not vegan the you can use ghee, and roast till it gives a nutty aroma.
- Add Coconut Milk, ½ Cup water, Cardamom powder, Almond and Fig paste.
- Mix and close the lid. Switch on the pressure cook Mode for 3 mins.
- Then let the pressure release naturally.
- Open the lid, check for doneness.
- Check the sweetness of pudding.
- I do not add any other sweetener other than figs or date as these add sufficient sweetness to pudding.
- But if you want you can add jaggery powder/grated jaggery or any raw cane sugar, as required.
- If the pudding is too thick for you, add ½ cup more coconut milk or water as required and then cook for another 3-4 mins on SAUTE Mode.
- Top with more chopped nuts.
- Serve hot or chilled.



# SHAHI KHEER

Recipe by **Bulbul Mazumdar**

## INGREDIENTS

- 1 Litre milk
- Condensed milk
- Milk powder
- Ghee
- Sugar
- Rose water
- Zaffran(saffron)
- Dry fruits



**Bulbul Mazumdar**  
Homemaker, food enthusiast

**PREP TIME: 5 MIS**

**COOK TIME: 20 MINS**

**TOTAL TIME: 25 MINS**

## DIRECTIONS

- At first, boil the milk in a pan on high flame.
- Once it starts boiling, lower the flame.
- Then churn the milk to make it thicker for 10 mins.
- Then, pour 4 table spoon of milk powder and 2 table spoons of sugar.
- Once all the milk powder and sugar are dissolved turn off the gas.
- Add some rose water and saffron in it, mix it well. Allow it to cool.
- Then, transfer it into small pots and garnish with dry fruits and refrigerate it for an hour. Now, it's ready to serve.

# *Halwa Recipes*

## *What is a Halwa?*

*Halwa is a sweet dish popular in all parts of India and its neighboring countries. The dish halwa is said to have an Arabic origin. In this dish any grain or vegetables are fried in clarified butter with ghee and then sweetened with sugar and milk and generally packed with dried fruits and aromatics forming a fudgy texture. They can be easily used as a filling in tarts and pies too and baked to yield delicious festival desserts.*





# BEETROOT HALWA IN MICROWAVE

Recipe by  
**Indrani sen**

## INGREDIENTS

- Grated beetroots (4)
- Milk (1 liter)
- 1/4 th cup or 1/2 cup Clarified butter or ghee
- Sugar (as per taste) beetroot is inherently sweet ,you can add 1/4th cup of sugar or less
- 2 tsp. Vanilla
- 1 tsp powdered Cardamom



**Indrani Sen,**  
**Food blogger, Home chef,**  
**Author, food writer**

[indrani-will-teach.com](http://indrani-will-teach.com)

**PREP TIME: 10 MINUTES**  
**COOK TIME: 45 MINUTES**  
**TOTAL TIME: 55 MINUTES**

## DIRECTIONS

- Add beetroots and milk in a borosil glass container .
- The container should be big enough and should not be filled to the brim.
- There should be space for the milk to expand.
- Micro it for 30 minutes at highest power.
- Take out the container and stir, allow it to cool for 5 minutes .
- Add sugar[never add sugar immediately after taking out the bowl, the mixture may overflow]
- Micro it for more 15 to 20 minutes.
- Take out ,add vanilla ,cardamom powder and stir.7.Add clarified butter[ghee] and micro for 5 minutes.
- Your warm and delicious beetroot halwa is ready for serving.
- Garnish with dry fruits or roasted melon seeds and serve immediately.



# BAHAMIAN SWEET POTATO HALWA IN MICROWAVE

Recipe by  
Indrani Sen

## INGREDIENTS

- 250 gm Sweet Potatoes peeled and shredded
- 1/3 cup sugar
- 1/4- cup butter melted
- 1/4 cup Walnuts chopped
- 1/2 teaspoon cinnamon
- 1/4 teaspoon desiccated coconut
- 1/4 teaspoon Vanilla



**Indrani Sen,**  
**Food blogger, Home chef,**  
**Author, food writer**

[indrani-will-teach.com](http://indrani-will-teach.com)

**PREP TIME 15 MINUTES**

**COOK TIME: 20 MINUTES**

**CHILLING TIME 1 HOUR**

**TOTAL TIME 1 HOUR 35 MINUTES**

## DIRECTIONS

- Add all the ingredients mix together and micro(full power) in a covered container for 15 to 20 minutes or cook in a pan till the mixture is caramelized and the sweet potatoes are tender and loses the water.
- Decorate with grated coconut and serve hot or cold with vanilla ice-cream



# BOTTLE GOURD HALWA

Recipe by  
**Pallavi Vakil**

## INGREDIENTS

- 1 kg Dudhi/Lauki/White Bottle Gourd
- 1/4 kg Sugar
- 1/4 kg Mawa/Khoya/ Evaporated Milk
- 1 tablespoon Ghee / Clarified Butter
- Cardamom Powder
- Almond Slivers



**Pallavi Vakil,**  
Homemaker, Home chef

## DIRECTIONS

- Wash and grate the bottle gourd
- Roast the grated bottle gourd in ghee till the water evaporates
- Add sugar and stir till the moisture evaporates
- Add evaporated milk and mix well
- Switch off the gas and add cardamom powder
- Grease a dish and smoothen the halwa on to it
- Garnish with slivered almonds
- If you would like to store this for more than two days, dry roast the evaporated and then add to grated gourd.

**PREP TIME: 10 MINS**  
**COOK TIME: 20 MINS**  
**TOTAL TIME: 30 MINS**

# APPLE LENTILS HALWA

Recipe by  
**Susmita Ghosh**



## INGREDIENTS

- Apple 2 medium
- Ghee 100 gm Moong daal
- 2 tbsp Chana daal
- 2 tbsp Saffron few strands.
- Milk half cup Powdered sugar
- 1 cup Almond slices
- 2 tbsp Raisin
- Few Elaichi powder 1 tsp



**Susmita Ghosh,**  
Homemaker, Home chef

**PREP TIME: 15 MINS**  
**COOK TIME: 30 MINS**  
**TOTAL TIME: 45MINS**

## DIRECTIONS

- Peel n grate apples and soak them in ice cold water.
- Dry roast dals and boil till done not mushy.
- Cool n makes a coarse paste of it.
- Fry almonds and raisins in ghee.
- Soak saffron in warm milk.
- In a thick bottom non-stick pan cook the daal paste for 5 to 7 min.
- Add sugar and saffron milk.
- Cook for another 5 min.
- Add drained grated apple.
- Cook till ghee separates from the side of the pan.
- Add nuts and raisins.
- Keep a few for garnishing.
- Add cardamom powder.
- Serve hot.



# PUMPKIN HALWA GALETTE

Recipe by  
**Maria Nasir**

## INGREDIENTS

### Filling

- 6 cups pumpkin cut into cubes or 3+1/2 cup roasted pumpkin puree
- 1+1/2 cup milk
- 3/4 cup jaggery or organic brown sugar
- 4 tablespoons ghee (clarified butter) or cooking oil
- 1 teaspoon crushed green cardamom seeds
- 3/4 cup mixed nuts and dried fruits of your choice for topping (almonds, raisins, cashews, walnuts, dates, etc)

### Galette pastry:

- 2+1/2 cup plain flour
- 1/2 cup semolina
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 cup cold, unsalted butter
- 1/2 cup chilled water
- 1 tablespoon milk to brush the pastry



**Maria Nasir,**  
Recipe developer, Food  
blogger, Home chef

<https://www.foodaholic.biz/>

**PREP TIME: 15 MINS**  
**COOK TIME: 45 MINS**  
**TOTAL TIME: 1HR**

## DIRECTIONS

### For Pumpkin Halwa

- Wash, pat dry and cut pumpkin into halves.
- Wrap in foil sheet and bake for 30-40 minutes at 200 C° or till the skin is soft and flesh buttery enough to be scooped out easily.
- Use the required quantity to make halwa and freeze the remaining.
- Ready to be used for other recipes. Or remove pumpkin peel and seeds, cut into cubes.
- Grate by hand or shred in a food processor.
- Add pumpkin, milk and crushed cardamom to a deep pan.
- Cook on medium low heat till pumpkin is super soft and all milk is absorbed.
- Add sugar and 2 tablespoons ghee/oil.
- Keep stirring frequently to keep the dessert from catching at the bottom of the pan.
- If you like it sweeter, you can add more jaggery/sugar.
- Add the remaining oil and cook till the halwa thickens and doesn't stick to the pan anymore.

### Galette pastry

- Add flour, semolina, salt and sugar to a food processor.
- Whiz to mix.
- Add butter and process till the mixture is like wet sand.
- Gradually add cold water till the dough just comes together.
- Cover and refrigerate for 10 minutes.

### To assemble:

- Preheat oven at 180 degrees C.
  - Lightly grease a pie dish, baking tray or big oven proof plate.
  - Generously flour a worktop.
  - Roll out the dough into a 1/8-inch-thick, big round (8-9 inches).
  - Wrap the pastry over the rolling pin.
  - Move carefully over the pie dish and unroll it.
  - Spread the Pumpkin Halwa in the centre of the pastry, leaving 2-3-inch margin empty all around.
  - Fold the empty sides of pastry over the filling, tucking and overlapping to
  - make little folds all around.
  - Don't mind the irregular edges.
  - Brush the pastry edges with milk.
  - Bake for 40 minutes or till the pastry is golden and cooked through.
  - Top with lightly toasted nuts and dried fruits of your choice.
- Serves 6-8





# BEETROOT SANDESH

Recipe by  
**Sumitra Chowdhury**

## INGREDIENTS

- 1 small Beetroot boiled and puréed
- 1 cup Chhana / Cottage cheese mashed
- 2 to 3 tbsp Date Jaggery
- Clarified butter to apply on the Sandesh mould



**Sumitra Chowdhury,**  
Food blogger, recipe developer,  
Home chef, youtuber  
<https://www.suskitchenbysumitra.com/>

## DIRECTIONS

- *Take a pan, add the beetroot puree,*
- On a low flame stir and cook the purée for a minute.
- Add the homemade cottage cheese and continue to cook for 2 minutes or until the mixture has dried up a bit.
- Add the jaggery and continue to cook until it forms into a lump, and yet it is soft.
- Switch off the flame.
- Take the Sandesh out on a plate.
- Let it cool down.
- Mix the Sandesh dough well.
- Take the mold, apply clarified butter.
- Take a small portion of the Sandesh and shape up the Sandesh with help of the mold.
- Remove the Sandesh from the mold and serve.

**PREP TIME: 15 MINS**  
**COOK TIME: 20 MINS**  
**TOTAL TIME: 35 MINS**



# KOMOLA MALAI SONDESH SHOTS

recipe by  
**Aparna Chowdhury**

## INGREDIENTS

### For Sandesh

- Milk 1 liter
- Sugar 1/2 cup
- Cardamom powder 1 tsp
- Orange essence few drops
- Orange food color 2 drops
- Ghee 2 tsp
- Citric acid 1 tsp dissolved in little water
- Coconut milk powder 1/2 cup dissolved in 2-3 tbsp. of milk (or coconut cream)
- Fresh orange juice 1 orange
- Small orange cuts
- Chopped nuts
- Orange zest



**Aparna Chowdhury,**  
Recipe developer, Food  
blogger, Home chef

**PREP TIME: 20 MINUTES**

**COOK TIME: 20 TO 25  
MINUTES**

**TOTAL TIME: 45MINS**

## DIRECTIONS

- Bring the milk to boil and let it cool just for 4-5 minutes.
- Add citric acid water slowly till the milk curdles.
- Strain through muslin cloth and rinse the chenna 2-3 times.
- Hang the chenna( cottage cheese) for about half an hour.
- Mash the hung homemade cottage cheese with the lower end of your palm thoroughly until smooth and soft.
- Add the sugar and mix well.
- In a pan put this homemade cottage cheese and just for few minutes stir on lowest heat till it becomes little thicker.
- We don't have to make it dry.
- Add cardamom powder, chopped nuts, pinch of salt and mix well.
- Divide this homemade cottage cheese into two parts.
- To one part add reduced orange juice, orange food colour, grated orange zest, deseeded orange cuts and orange essence. (Komola Sandesh)
- To another part add the thick coconut cream, finely chopped fresh coconut (Malai Sondesh)

### Assembling

- Now take shot glasses.
- Put spoonful of Malai Sandesh.
- On the top of it add a spoonful of Komola Sandesh.
- Likewise make 4-5 layers of alternate layers of Sandesh.
- Sprinkle some coconut milk powder on the top and garnish with chopped almonds and orange cuts...
- Heavenly delicious Komola Malai Sandesh Shots is ready to serve.
- Serve cold to get the best taste.



# GOPAL BHOG SANDESH

Recipe by  
**Bulbul Mazumdar**

## INGREDIENTS

- Cottage cheese or paneer (100g)
- Dried reduced milk or mawa(200g)
- 50g milk
- Sugar (as per required)
- Jayfol (Nutmeg) and javitri powder (Mace) (1/2 teaspoon)
- And dry fruits for garnishing



**Bulbul Mazumdar,**  
Homemaker, Home chef

**PREP TIME: 10**  
**COOK TIME: 15 MINS**  
**TOTAL TIME: 25 MINS**

## DIRECTIONS

- ***In a pan add the grated cottage cheese and khoya kheer and***
- ***mix it with spatula then pour the*** milk in it and stir it until it become thick,
- it will turn little bit yellow then turn off the gas and add the nutmeg and javitri powder in it.
- Keep it aside until it became cool then garnish it with dry fruits. And it's ready to serve



# TIRAMISU SANDESH

Recipe by  
**Susmita Ghosh**

## INGREDIENTS

- Homemade cottage cheese
- 1 cup Cream cheese
- 3 tbsp Whipped cream
- 50 gm Cocoa powder
- 1 tbsp Instant coffee
- 1 tsp Powdered sugar
- 1/2 cup or as per taste.
- 1/2 tsp cocoa powder for garnishing.



**Susmita Ghosh,**  
Homemaker, Home chef

**PREP TIME: 15 MINS**  
**CHILLING TIME: 1 HOUR**  
**TOTAL TIME: 1HR 15 MINS**

## DIRECTIONS

- Knead the chhana (cottage cheese) with powdered sugar, cocoa powder and instant coffee till smooth.
- Beat cream cheese with whipped cream.
- Assemble the cottage cheese mixture and cream cheese mixture in layers.
- Top layer must be cream cheese layer.
- Dust some cocoa powder on top and serve chilled.



# BHAPA SANDESH STUFFED WITH KESAR PETHA

Recipe by  
**Aparna Chowdhury**

## INGREDIENTS

- Full toned milk 1 litre
- Citric acid crystals 1 tsp
- Kesar petha 5-6(candied squash)
- Dry fruits Honey 1 - 2 tbsp
- Sugar 1/2 cup
- Cardamom powder 1 tsp



**Aparna Chowdhury,**  
Recipe developer, Food  
blogger, Home chef

**PREP TIME: 15 MINS**  
**COOK TIME: 45 MINS**  
**TOTAL TIME: 1HR**

## DIRECTIONS

- Bring to boil the milk in a heavy bottom pan. Once boiled, put off the gas.
- Add citric acid crystals and let the milk curdle.
- Strain the fresh cottage cheese in a muslin cloth and hang it for about 1 hour.
- Take the cottage cheese in a big plate and mash it well for about 10-15 mins with the
- lower portion of palm till the cottage cheese becomes soft and comes to a dough like consistency.
- Add the sugar now and mix well.
- The mixture will become a little liquidly at this stage.
- Add cardamom powder and chopped dry fruits.
- Now take a small flat bowl and apply ghee to the bottom and sides.
- Cut out fine thin slices from the Kesar petha and arrange them at the bottom of the bowl.
- Add the dry fruits to make a coating above the Kesar petha strips.
- Now pour half of the cottage cheese mixture evenly above the petha strips and dry fruits layer.
- Make in the similar way one more layer of thinly sliced Kesar petha strips and dry fruits layer.
- Pour remaining half cottage cheese mixture.
- Make the layers thus formed plane with a spatula.
- Now cover this bowl containing layered cottage cheese with an aluminium foil.
- Place the bowl in a steamer and steam the cottage cheese mixture for about 45 minutes at lowest heat.
- Take out the bowl and refrigerate for at least 1 hour and then cut into your desired shape the steamed cottage cheese stuffed with Kesar petha strips.  
Tastes heaven !!!

# STEAMED ORANGE CUP SANDESH INFUSED WITH ORANGE JAM

RECIPE BY  
**SUMITRA CHOWDHURY**



## INGREDIENTS

- 5 medium size Oranges cut into halves
- 250 grams Paneer / Cottage Cheese / Chenna1/
- 2 cup Sugar
- Pinch of Salt
- 1/3 cup Condensed Milk



**Sumitra Chowdhury,**  
Food blogger, recipe developer,  
Home chef, youtuber

<https://www.suskitchenbysumitra.com/>

**PREP TIME: 20 MINS**  
**COOK TIME: 15 MINS**  
**TOTAL TIME: 35 MINS**

## DIRECTIONS

- Using a citrus juicer, remove the juice from the oranges, without damaging the orange peel cups.
- In case citrus juicer is not available, then remove the orange segments from the orange peel cups and press the segments through a strainer to procure the juice, discard the seeds.
- We should get around 2 cups of orange juice.
- Gently remove the orange pith from the orange cups. –
- Take a pot, add a cup of orange juice, sugar and salt, let the juice reduce on a low flame, stirring it occasionally until the juice reduces and thickens.
- Switch off the flame. Keep it aside.
- Once cool, the orange jam will thicken further. - Take a blender, add the cottage cheese, condensed milk and the remaining cup of orange juice.
- Blend all the ingredients together into a smooth paste in a blender.
- Take a steamer, add water into the steamer, set the steamer plate, arrange the orange peel cups on the plate.
- Pour the liquid into the orange cups.
- Add a tsp of the orange jam into each of the orange cups.
- Steam the orange cups Sandesh for 15 minutes.
- Remove the steamed orange cup Sandesh from the steamer the steamer and cool them a bit, then cool the orange cup Sandesh in the fridge,
- Before serving garnish the orange cups with orange jam, dried orange peel and some mint leaves.



# CANDLE MANGO FRUIT ROLL UPS SANDESH

Recipe by  
**Brishti Ghosh**

## INGREDIENTS

- 200 gm Tofu
- 1/4 tsp. Saffron
- 1/2 cup Liquid Date Palm Jaggery  
(known as Nolen Gur)
- 3 tsp. Chopped walnuts
- 1/4 tsp. Cardamom powder
- Aam papad or mango fruit rollups...1  
bar (need 10 aam papad sheets)
- 3 tsp soy milk



**Brishti Ghosh,**  
Food blogger, recipe developer,  
youtuber

**PREP TIME: 5 MINUTES**  
**COOK TIME: 20 MINUTES**  
**TOTAL TIME: 25 MINUTES**

## DIRECTIONS

- Heat a pan, add liquid jaggery, crumbled tofu, cardamom powder & roasted chopped walnuts.
- Soak saffron strings in 3 tsp hot soy milk
- Mix it to the Sandesh mixture.
- Stir it constantly to avoid burning.
- When it will start to leave the sides of the pan, switch off the flame.
- Make it cool for few minutes & then mash it well .
- Take out some aam papad sheets from the bar.
- Put 1tsp. sandesh mixture inside it & wrap it well.



# DRIED FRUITS PEDA

Recipe by  
**Sreeparna Dey**

## INGREDIENTS

- 3 tbsp fennel seeds
- 3 tbsp cashew nut
- 3 tbsp of 4 melon seeds
- 3 tbsp of pistatio
- 2 tbsp poppy seeds
- 1 tbsp dried rose petals
- 4 tbsp sugar
- 1 tsp saffron
- 1/4 tsp black pepper
- 1/2 tsp nutmeg
- 3 cardamom
- 1 mace for decoration
- 1 tbsp chopped pistachio
- 1 tsp rose petals shredded



**Sreeparna Dey,**  
Homemaker, Home chef

**PREP TIME: 15 MINS**  
**CHILL TIME: 1 HOUR**  
**TOTAL TIME: 1HR 15 MINS**

## DIRECTIONS

- Blend the Dried fruits together in a blender
- Mix dried milk powder, sugar and milk and form a dough
- Make round balls out of this dough
- Make a thumb print on this balls
- Fill the decorations in this depression and chill for sometimes and serve.





# BAKED COCONUT TOFFEE EMPANADAS

Recipe by  
**Rakesh Punmia**

## INGREDIENTS

### Ingredients for filling:

- 1- Grated coconut 50g
- 2- 2- sugar 100g
- 3- 3- Butter 5g
- 4- 4- Fresh cream 50ml

### For outer crust:

- 1- All-purpose flour 200 g
- 2- 2- Baking powder 1tsp
- 3- 3- Oil 10 ml
- 4- 4- Curd 100 ml
- 5- 5- Melted butter 2 tsp



**Rakesh Punmia,**  
Recipe developer, Food blogger,  
food enthusiast

**PREP TIME: 15 MINS**

**COOK TIME: 15 MINS**

## DIRECTIONS

### For crust:

- *Take All-purpose flour, baking powder, oil in mixing bowl and mix until all*
- *the oil is mixed well with all-purpose flour.*
- *Add Curd little by little to make a dough,*
- *keep aside for 10 min.*

### For filling:

- *Take heavy bottom pan,*
- *add sugar and let it caramelize.*
- *Add cream and butter to it.*
- *Let it thicken then add grated coconut to it,*
- *remove from flame and let it cool.*

### To make Empanadas:

- *Divide the dough in 8-10 equal portions and roll them with Rolling pin.*
- *Fill it with Coconut toffee filling.*
- *Fold in ½ moon and seal the edges,*
- *repeat with other and*
- *place all in baking tray and brush with butter.*
- *Bake this at 180 degree for 15-20 min or until golden brown.*
- *Cool and relish This Empanadas.*



# CANDIED YAMS WITH ORANGE SPICE SAUCE

Recipe by Joy Stewart

## INGREDIENTS

- 12 lbs. yams, scrubbed
- 1/2 cup sugar
- 6 Tablespoons unsalted butter, divided
- Zest & juice of two large oranges
- 1 cup chopped orange segments (about 2 oranges)
- 2 Tablespoons apricot jam
- 2 Tablespoons brandy
- 1 teaspoon ground cinnamon
- 6 whole spice cloves



**Joy Stewart,**  
**Food blogger, recipe developer,**  
**Cookbook author**

<http://joyouskitchen.blogspot.com/>

**PREP TIME: 15 MINUTES**  
**COOK TIME: 25 MINUTES**  
**TOTAL TIME: 40 MINS**

## DIRECTIONS

- Preheat oven to 425.
- Cut yams into cubes and toss with 2 Tablespoons butter, a pinch of salt and the orange zest.
- Bake in a single layer on a flat baking sheet for 20-25 minutes, until fork tender.
- Meanwhile, assemble the sauce: in a saucepan over low heat combine orange juice, sugar, cinnamon and cloves.
- Stir until sugar has dissolved, then add jam
- Stir until jam has dissolved, then add butter.
- Whisk until glossy, then remove from heat.
- Add yams to your serving bowl and pour sauce through a strainer over yams.
- Toss gently with the orange segments and serve warm.



# MINI CHOCOLATE CHEESECAKE WITH EARL GREY GANACHE

Recipe by Joy Stewart

## INGREDIENTS

### Crust:

- 1 Tablespoon butter, melted
- 1 1/2 Tablespoons sugar
- 2 (full sheet) chocolate graham crackers, crushed

### Filling:

- 4 ounces cream cheese, softened
- 1/4 cup heavy cream
- 1 1/2 ounces quality chocolate, chopped
- 1/4 teaspoon vanilla paste
- 1/4 Tablespoon corn starch
- 1 egg
- 1 Tablespoon sugar

### Ganache:

- 1 1/2 ounces quality chocolate, chopped
- 2 Tablespoons heavy cream
- 1/2 Tablespoon clarified butter
- 1 Earl Grey tea bag



**Joy Stewart,**

**Food blogger, Cookbook author**

<http://joyouskitchen.blogspot.com/>

**PREP TIME: 5 MINS**

**COOK TIME:30 MINS**

**CHILL TIME: 1HR**

## DIRECTIONS

### Assemble the crust:

- Mix together chocolate cracker crumbs and sugar, then add melted butter.
- Toss until thoroughly combined.
- Press mixture into the bottom and slightly up the sides of a 4" springform pan.
- Cover with plastic wrap and set in fridge for one hour.

### Filling

- Use a mixer to cream together eggs, cream cheese, cream, sugar and vanilla.
- Preheat the oven to 300F.
- Fill a roasting pan or large baking dish with 1/2-inch boiling water and place on the lower rack of the oven.
- In the microwave in a microwave safe container heat chocolate in 15 second blasts until it is thoroughly melted.
- Fold chocolate and corn starch into cream cheese mixture.
- Pour mixture over crust in springform.
- Spread evenly.
- Bake for 30 minutes at 300.
- Allow the cheesecake to chill in the fridge at least one hour before making the

### ganache topping.

- To make the topping In a tiny saucepan heat cream and steep tea bag for five minutes, or until the taste is noticeable in the cream.
- Add hot cream and butter to chopped chocolate and stir until chocolate is thoroughly melted and ganache is smooth and shiny.
- Pour over cheesecake, spreading with a spatula over the entire surface.
- Chill in the fridge covered for one hour to set.



# STEAMED YOGHURT CHEESECAKE WITH STRAWBERRY COULIS

RECIPE BY  
PREETI SHRIDHAR

## INGREDIENTS

- 200 gm Hung curd (unsweetened yoghurt)
- 100g Cream
- 100 Gm Condensed Milk
- 10 Digestive biscuit
- 25 gm Butter
- 10 Silicone Cupcake Liners

### Strawberry Coulis

- 100 gm Strawberry
- 2 tsp. Corn starch
- 3 - 4 tbsp sugar



**Preeti Sridhar,**  
**Food blogger,** Recipe developer,  
Home chef

<https://www.cakesandcurrys.com/>

**PREP TIME: 15**  
**COOK TIME: 20 MINS**  
**CHILL TIME: 6 HOURS**

## DIRECTIONS

### Cheesecake

- Crush the biscuits with a rolling pin.
- Now mix in the melted butter
- Pour one tablespoon of this mixture into the silicone cupcake liners.
- Press well and keep it in the fridge.
- Mix the curd, condensed milk and cream well so that the lumps do not remain.
- Taste, add sugar if needed.
- Now pour this mixture into the silicone liners.
- Fill the mixture to three quarters.
- Pour water into a deep tray and place these liners.
- Keep in mind that the liners are immersed at least a quarter in the water.
- Cook in a preheated oven at 170 ° C for 18 to 20 minutes.
- Test with a toothpick.
- If it comes out clean, it is cooked.
- Put it on a wire mesh to cool down.
- Once they cooldown completely, keep them in a box and keep them in the refrigerator to set for 6-8 hours.

### Strawberry Coulis

- Cut the strawberry into small pieces and place it on the gas in a heavy pan.
- Add corn starch and sugar to it and cook on low heat until the strawberries disintegrate.
- Taste it, if the sugar seems less then add more and cook it slightly.
- Keep it aside to cool.
- To serve Remove the cheesecake from the fridge and peel the liner off very carefully.
- Place the cheesecake on a plate, put a spoon of strawberry coulis over it and serve.



# BETEL LEAF FLAVOURED RASMALAI TART

Recipe by  
**Tulika Santra**

## INGREDIENTS

### For Tart shell

- Coconut 1 piece
- Sugar 100 gm
- Khoya kheer 100 gm
- Green cardamom powder 1 pinch
- Ghee 1 tbsp
- Yellow Food Color 1 drop

### For Rasmalai

- Milk 700 ml
- Condensed milk 2 tbsp
- Cottage cheese 150 gm
- Baking powder 1 pinch
- Ghee 4 tbsp
- Sugar powder 2 tbsp
- Betel leaf 1 piece (Gundi paan)
- Green Food color 2 drops
- Gulkand 1 tsp
- Cashew nuts chopped 1 tbsp
- Almond chopped 1 tbsp
- Saffron 1 pinch



**Tulika Santra,**  
Lawyer, Food blogger,  
Home chef

**PREP TIME: 2 TO 3 HOURS**  
**CHILL TIME: 1 HOUR**

## DIRECTIONS

### For Tart shell:

- At first shredded the coconut from the shell and blend it by mixer machine.
- Then add sugar and yellow food color into coconut paste and mix it.
- Leave it for 10 minutes.
- Now heat the pan and add coconut mixture in it.
- Stirring continuously with spatula.
- Be careful not to stick to the pan in any way.
- After stirring for 10 to 20 minutes, when you see that it is no longer sticking to the pan, sprinkle the cardamom powder and khoya kheer.
- Mix it for 2/3 minutes.
- Now brush a little ghee in the tart mold and spread the coconut mixture evenly with a spatula. Leave it for 2/3 hours to cool.

### For Rasmalai :

- Now, to make rasmalai, take the cottage cheese in a flat plate and knead well with the palm of your hand till the oily feeling comes out from that.
- After that add ghee, baking powder and sugar in it.
- Then apply ghee on the palm of your hand and make small balls with the cottage cheese mixture.
- Let the milk boil in a thick pan.
- When it boils, gently release the balls into the milk.
- After 5/6 minutes the balls will float.
- Reduce the heat of the gas and thicken the milk.
- Now add the betel leaf (gundi paan) in a mixer machine and paste it with a little green food color.
- Then mix 2 the condensed milk and little Gundi Pan mixture into the rasmalai.

### Final Methods :

- Now carefully remove the coconut tart from the tart mold.
- Cool the rasmalai completely and put it on the coconut tart.
- Spread the gulkand.
- Finally spread a little gundi paan paste, saffron, crushed cassue, almond crushed and serve.



# ALMOND FLOUR LOW CARB APPLE CINNAMON ROLL

Recipe by Hina Iftikhar

## INGREDIENTS

### Ingredients for filling 3 peeled diced apples

- 3 teaspoons ground cinnamon
- 3 tablespoons brown sugar or 3 teaspoons stevia
- 2 tablespoons lemon juice

### Ingredients for dough

- 2 cups almond flour
- 1/2 cup flax meal
- 1/2 teaspoon baking soda
- 3 teaspoons stevia
- 1/2 cup melted butter
- 1/2 cup cream
- 1 tablespoon vanilla essence

### Ingredients for glaze

- 1/2 cup cream 2 teaspoons stevia



**Hina Iftikhar,**  
Recipe developer, Food blogger,  
Youtuber

**PREP TIME: 15 MINS**  
**COOK TIME: 15 MINS**  
**TOTAL TIME: 30 MINS**

## DIRECTIONS

- Cook apples with cinnamon, brown sugar/ stevia and lemon juice for 15-20 minutes, simmering over low heat.
- Mix butter, cream and vanilla essence.
- Mix all the dry ingredients and add to batter make thick dough.
- Roll it out on butter paper, and spread apple filling on it.
- Hold the butter paper up rolling the dough like a swiss roll, with apple sauce in it.
- Cut out buns about 2-3 inches thick.
- Place in greased muffin pan and bake in preheated oven at 250 degrees for 15- 20 minutes.
- Mix stevia with cream and pour over buns.
- Serving suggestion, serve with berries and a scoop of vanilla ice cream.
- Makes eight buns. Serves 7-8 persons.



# COCONUT COOKIES PINACOLADA SHOTS

RECIPE BY

PREETI SRIDHAR

## INGREDIENTS

### Cookies

- 65 gm Raw Unrefined Sugar
- 40 gm Coconut oil
- 2 tsp. Flax seed powder
- 2 tbsp. Water
- 60 gm Flour
- 25 gm Almonds meal
- 80gm Coconut (dry desiccated)

### Pina Colada

- 20 ml White Rum
- 40 ml Coconut Milk
- 20 ml Pineapple Juice



**Preeti Sridhar,**  
**Food blogger,** Recipe developer,  
Home chef

<https://www.cakesandcurrys.com/>

**PREP TIME: 30 MINS**  
**COOK TIME: 20 MINS**  
**TOTAL TIME: 1HR**

## DIRECTIONS

- Mix flaxseed meal and water and keep it aside for 10 minutes.
- Mix all the dry ingredients with a balloon whisk.
- Take coconut oil and sugar in a deep bowl.
- Whisk it for a minute with a balloon whisk.
- Add flaxseed water mix.
- Whisk again
- Now add dry ingredients.
- Mix lightly with your hand to bring the dough together.
- Divide it into six equal portions.
- Roll each piece into a smooth ball and press it lightly.
- Keep it in a silicon cupcake mold.
- Press it with a small bottle to create an indentation (cavity)
- Repeat the process with rest of the pieces.
- Keep the cupcake molds on a baking tray lined with parchment paper and refrigerate for 30 minutes.
- Bake in a preheated oven at 160 degrees with fan and both rods on for 20 minutes.
- Rotate the tray after 10 minutes for even baking.
- Remove the tray.



# SPICY ORANGE MOUSE TART

By Rummy Nagpal

## INGREDIENTS

- Dark chocolate 2 cup
- Cream 1 cup
- Fresh orange juice
- Jelly 1 cup
- Fresh orange juice 1/4 cup
- Orange rind 1 tbsp.
- Red chili flakes 1/2 tsp.
- Chocolate short crust pastry 350 gm



**Rummy Nagpal,**  
Recipe developer, Home chef

**PREP TIME: 1HR**

**COOK TIME: 15 MINS**

**TOTAL TIME: 1 HR 15 MINS**

## DIRECTIONS

- Roll the pastry dough and set it in a 9-inch pie dish and refrigerate till it's set and frozen.
- Then bake this tart for 15 mins on 180° till it's cooked and set well.
- Take it out and bring it to room temperature.
- Pour jelly with orange zest till 1 inch and keep it in the fridge till its set.
- Melt the chocolate with milk and chili flakes.
- Mix it well lightly, strain and keep it aside.
- Beat cream till it comes to soft peaks.
- Then add the melted chocolate, orange juice and whip it well.
- Pour this chocolate on the jelly set tart and keep it in the fridge till it's nicely set.
- Top it with grilled orange slices, orange jelly and orange rind.
- Set it in the fridge and serve cold



# COCONUT MOUSSE AND COCONUT PEANUT CRUMBLE WITH STRAWBERRY COMPOTE

Recipe by Tulika Santra

## INGREDIENTS

### Coconut mousse

- 5 cup coconut freshly grated
- 1 cup cottage cheese
- 1/2 cup sugar
- 2 tablespoon khoya
- 1/4 teaspoon green cardamom powder
- 1 pinch edible camphor
- 2 tbsp. milk 1 cup heavy cream
- Yellow food color

### Peanut Coconut crumble: -

- 1/2 cup peanut butter spread
- 1/3 cup sugar
- 1/4 cup honey
- 1/2 cup melted butter
- 1 cups oat
- 1/2 cup dry roasted peanuts, chopped
- 2 tablespoons desiccated coconut

### Strawberry compote

- 1 cup chopped strawberries
- 1 teaspoon orange zest
- 4 tablespoon orange juice
- 2 tablespoon sugar
- A pinch of salt
- 1/2 teaspoon corn flour
- 2-3 tablespoon water



**Tulika Santra,**  
**Lawyer, Food blogger,**  
**Home chef**

**PREP TIME: 2 TO 3 HR**

**COOK TIME: 20 MINS**

## DIRECTIONS

### Method For coconut mousse: -

- Blend the grated coconut to a fine paste.
- Take the sugar and coconut in a non-stick pan.
- Cook over a low flame, stirring frequently, until the mixture turns slightly sticky.
- Add cottage cheese, khoya, cardamom powder and camphor in to the pan.
- Mix properly and make this mixture into a thick consistency.
- Once the mixture has cooled, keep it to the mixer and add milk.
- Blend into a fine smooth paste.
- After that beat heavy cream until soft peaks form.
- Gently fold half of the whipped cream into the mousse mixture until combined, then the remaining whipped cream until combined and smooth.
- Divide into coconut shell.
- Chill the mousse for 2/3 hours until it is set.

### Methods peanut crumble

- Preheat oven to 350 F.
- In a large bowl, combine peanut butter spread, sugar, honey and butter.
- Whisk together well until combined.
- After that add oats.
- Mix until thoroughly combined.
- In a brownie pan spread mix in a thin layer and bake for 20 minutes.
- Cool for 10 minutes.
- Crumble the mix.
- Add coconut, peanut and mix until thoroughly combined.

### Method strawberry compote

- Add all ingredients to a medium saucepan.
- Cook over medium heat for 5 - 10 minutes stirring frequently until the
- berries disintegrate.
- Mix corn flour and water in a bowl and add in to sauce.
- Make the sauce slightly thick
- Remove from the heat and allow to cool.
- The sauce will thicken more as it cools down.

### Assembly

- **Firstly, spread the strawberry compote in the middle of the white plate,**
- then keep the mousse and crumble should be spread like the picture.





## COCONUT RAWA LADDO(COCONUT SEMOLINA SWEET BALLS)

Recipe by  
Indrani Sen

### INGREDIENTS

- Grated coconut 3 to 4 cups
- Sugar 1 cup
- Fine semolina 1/4 th cup
- Milk as per requirement
- Green Cardamom 2 to 3
- Saffron soaked in milk a pinch



**Indrani Sen,**  
Food blogger, Home chef,  
Author, food writer

**PREP TIME: 30 MINUTES**

**COOK TIME: 30 MINUTES**

**SERVINGS: 10 SWEET BALLS**

### DIRECTIONS

- *Grind the grated coconut into a fine paste in the grinder.*
- *Heat the wok and add the sugar and coconut and stir.*
- *Add the semolina and continue to stir.If the mixture becomes too sticky*
- *add some milk and stir again.*
- *Continue to do this on a low flame till the semolina is cooked properly and the mixture starts leaving the sides of the pan.*
- *Add the grounded cardamom seeds and saffron at this stage.*
- *The mixture should be little sticky ,if it is not add 1/2 cup of more sugar and stir till it melts.*
- *When the mixture is sticky and not runny or flowing get it off the flames .*
- *Take little clarified butter or ghee on your palms and with the hot mixture make round laddoos.*
- *If your palm feels hot wash with water and repeat the process to make another laddoo or ball..*



# COCONUT LADDOO POPS

Recipe by  
**Rummy Nagpal**

## INGREDIENTS

- 1 + 1/2 cup desiccated coconut
- 1/2cup condensed milk
- Pinch of cardamom powder
- Almonds powder for garnishing
- 1 cup Coconut desiccated
- 1 tbsp. chocolate chips



**Rummy Nagpal,**  
Recipe developer, Home chef

**PREP TIME: 15 MINS**  
**CHILL TIME: 15 MINS**  
**TOTAL TIME: 30 MINS**

## DIRECTIONS

Put the coconut in a deep pan Add the cardamom powder.

Add the condensed milk and mix it very well. In a few minutes, the mixtures become thick. Switch off the flame and let the mixture cool down for 5 minutes.

Add chocolate chips (optional) Apply some butter on your palm and start making round balls like laddoos out of it.

Roll the laddoos in some finely shredded coconut.

Fix one lolly pop straw in each laddoo and keep it in the fridge.

Take it out and dip it in the melted chocolate and garnish with coconut and almond powder. Keep it back in the fridge till it's set.



# COCONUT KHEER KADAM

Recipe by  
**Aparna Mukherjee**

## INGREDIENTS

- 15 cups Grated coconut
- 2 cups Condensed milk
- 1 tsp. Cardamom powder
- 6 drops Mango color essence
- 1 tbsp. Ghee or clarified butter
- 1/2 cup chhana(homemade cottage cheese),
- 2 cup Sugar



**Aparna Mukherjee,**  
Food blogger, Home chef,  
youtuber

**PREP TIME: 20 MINUTES**

**COOK TIME: 30 MINUTES**

**TOTAL TIME: 50 MINUTES**

## DIRECTIONS

### Inner stuffing

- Make the inner stuffing first.
- Take 1/2 cup chhana (homemade cottage cheese)
- Smash the chhana,
- make a dough and mix 4 tbsp. of Condensed milk and
- then mix it very well so that the mixture becomes smooth.
- Make the dough very soft and then add 6 drops of mango color essence, so that the color and flavor of Khir-kadam will become very tasty and of mango flavor,
- now we have to again mix it very well,
- Make small balls for stuffing,
- now the inner stuffing of the is ready.
- Similarly make another variation of the stuffing using cardamom powder.

### Outer casing

- Take the grated coconut in a bowl with 2 cup of sugar and mix it very well until the sugar melts,
- Pour this mixture into a heated frying pan and mix it properly.
- Mix 2 cups of condensed milk and again mix very well
- Keep on mixing on low flame otherwise the mixture will burn.
- Keep on steering until the mixture till it leaves the sides of the pan.
- Add cardamom powder and mix it very well.
- Take off the heat and keep the mixture for cooling.
- Now we have to take some Ghee in our plum and start the process of making small balls and fill the balls with the inner stuff that was prepared earlier.
- Make round balls and keep them for 30 minutes in normal temperature.
- After 30 minutes, Serve this awesome, innovative Two-in One Coconut Khir kodom Sweet to our friends and family



# WHITE CHOCOLATE AND STRAWBERRY BALLS

Recipe by  
Indrani Sen

## INGREDIENTS

- Left over bread crumbled (2 to 3 cups)
- Condensed milk (1/4th cup)
- Whipped cream (2 to 3 tbsp.)
- Strawberry crush( 3 tbsp.)
- White chocolate (200 gm.)
- Coconut(1 cup)
- Sugar (1/2 cup)
- Sprinklers



**Indrani Sen,**  
Food blogger, Home chef,  
Author, food writer

**PREP TIME: 5 MINS**  
**COOK TIME: 20 MINS**  
**CHILL TIME: 30 MINS**

## DIRECTIONS

- Crumble the leftover bread with hands
- Add the ingredients Condensed milk ,whipped cream and strawberry crush into it.
- The mixture will be a soft but thick mixture.
- Now refrigerate this mixture for an hour.
- In a wok add sugar and caramelize it
- If it tends to burn add little water.
- Add coconut into the sugar and stir till the coconut is fully combined with the sugar and mixture leaves the sides of the pan.
- Add the bread mixture to this and mix it till it is like a dough.
- Make ball of this mixture and keep aside.
- Melt white chocolate over a double boiler.
- Dip this bread coconut balls into this white chocolate and sprinkle the colored sprinklers over them.
- Refrigerate till served.
- Your strawberry flavored bread coconut balls are ready to be served or packed as a gift for valentines day.





# CHIA - BESAN AUR SATTU SQUARES

Recipe by  
**Sumitra Chowdhury**

## INGREDIENTS

- 1/3 cup Sattu
- 1/3 cup Besan/Gram flour
- 1/2 cup Coconut Sugar or Jaggary powder
- Pinch of Salt
- 1/4 tsp Cardamom powder
- 2 tbsp Almond chopped
- 1 tbsp Pistachio Chopped
- 2 tbsp Chia Seeds roasted
- 3/4 cup Milk
- 1/4 cup Ghee



**Sumitra Chowdhury,**  
Recipe developer, Food  
blogger, Home chef, youtuber

**PREP TIME: 5 MINS**  
**COOK TIME: 10 MINS**  
**CHILL TIME: 30 MINS**

## DIRECTIONS

- *Grease a square tray and keep it aside.*
- *Take a wok and add ghee.*
- *Let it melt.*
- *Add the besan and sattu.*
- *Stir it continuously and saute it on low heat till light golden brown in colour.*
- *Add the coconut sugar or jaggery, stirring it continuously, cook it for a minute.*
- *Gradually pour the milk and keep stirring till continuously till all the ingredients combines together.*
- *Add the chia seeds, salt and cardamom.*



# SWEET MADE OF POINTED GOURD

Recipe by Preeti Shridhar

## INGREDIENTS

- Padwal 250 gm

### Stuffing

- Milk 500 ml
- Saffron strands a few
- 2 tbsp. Milk powder
- 2 tbsp. Sugar
- 1/4 tsp. Cardamom powder

### Sugar Syrup

- Sugar 1/ cup
- Water 1/2 cup



**Preeti Sridhar,**  
**Food blogger,** Recipe developer,  
Home chef

**PREP TIME: 10 MINS**  
**COOK TIME: 15 MINS**  
**TOTAL TIME: 25 MINS**

## DIRECTIONS

### Stuffing

- Heat 400 ml milk in a wide pan.
- Mix milk powder in the remaining milk.
- Add it to boiling milk, stirring continuously so that no lumps are formed.
- Add saffron.
- Now reduce it till it reaches mawa (evaporated milk) consistency.
- Keep stirring from time to time so that it doesn't stick to the bottom of the pan.
- Add sugar and mix well. Sugar will melt in hit mawa.
- Once the mawa cools down completely,
- knead it well and mix in almond flakes and cardamom powder. Mithai
- Wash and peel Padwal.
- Now comes the tricky part.
- Make a vertical slit and very carefully remove seeds.
- Taking care that it doesn't break into two. Boil water in a pan.
- Add Padwal and boil for 1 minute.
- Remove in a colander.
- Boil sugar and water to make sugar syrup of 1 string consistency.
- Add Padwal and let them boil in the sugar syrup till they are cooked.
- This will take around 5-8 minutes, depending on your Padwal.
- Remove them in a colander to let excess syrup drain off.
- Once cooled completely,
- Stuff them with prepared stuffing.
- Garnish with pistachio flakes.
- Chill them for a couple of hours before serving



# CHUMCHUM

Recipe by  
Supriti Dhar

## INGREDIENTS

- 500 gm Cottage cheese,
- 1 tbsp. semolina,
- pinch of baking powder,
- 2 to 3 cardamom,
- 2 cups sugar for syrup,
- 1 cup of water.

## DIRECTIONS

- Mix and knead with cottage cheese, semolina, pinch of baking powder
- then shape them in cylindrical shapes keep it aside.
- Take cooker pour glass of water, cardamom and sugar wait till it's come to boiling point then slowly add one by one chum Chum into the cooker then
- cover the lid and wait for one whistle.



Supriti Dhar,  
Homemaker, food enthusiast

**PREP TIME: 15 MINS**  
**COOK TIME: 15 MINS**  
**TOTAL TIME: 30 MINS**

# DATE SWEETS



## INGREDIENTS

- Dates 1/4 kg
- Dry fruits like around 20 gms each cashew nuts, Raisins, almond, khuskhus,
- Biscuit powder of approx. 15 to 20 sweet biscuits



**Reshma Desai, Professor,  
food enthusiast**

**PREP TIME: 4 HRS**

**CHILL TIME: 4 HRS**

## DIRECTIONS

- Soak dates for 4 hrs.
- Grind and make paste.
- In a non-stick cooking vessel put some ghee and fry the dry fruits
- Pour the dates Paste in pan and stir on low flame till informed a big lump or water in completely Reduced.
- Let it cool on cooking mix the biscuit powder such that a dough of the date mix can be created. Roll it in cylinder shape of almost 2 and half inch in diameter.
- Roll the dough on khus khus seeds and slightly press it so that the seeds do fall off.
- Wrap in sliver foil and place it in fridge.
- After four five hrs. Cut it in medium thick slice.
- Dates sweet is ready

# ALMOND CHOCO ROLLS WITH COCONUT TOFFEE

RECIPE BY  
SWATI MALIK

## INGREDIENTS

- 1 Cup Almond Flour
- 1 Cup Milk Powder
- ¼ Cup Cocoa Powder
- 1 Can Condensed milk
- 1 Cup Desiccated Coconut
- 1+1/2 tsp Vanilla Essence
- 1+1/2 tbsps Ghee/Butter optional



**Swati Malik,**  
Recipe developer, Food blogger,  
[foodtrails25.com](http://foodtrails25.com)

**PREP TIME: 15 MINS**  
**CHILL TIME: 2 HOURS**

## DIRECTIONS

- Keep a rectangular cut out of parchment paper of 12" X "6" or use silicone mat.
- In a heavy bottomed pan or kadhai, take Almond Meal.
- Add a tsp of butter/ghee and roast till it is light brown in colour.
- Once done, take out in a plate or dish and keep it aside.
- Now dry roast desiccated coconut and roast till it is light brown and gives a roasted nutty aroma.
- Take it out in a plate and keep aside.
- Now take roasted almond flour, add cocoa powder to it. - Add ½-¾ can condensed milk, 1 tsp vanilla essence and mix.
- It will be thick and sticky lump. Roast it for a few minutes, till it leaves side of pan.
- You will need to put a bit of muscle power.
- Once done, spread it on a butter paper/parchment paper.
- We have to roll it in cylinder shape.
- Level it with a spatula or when it is still warm, use your hands.
- Lightly grease hands it will else mixture will stick to your hands.
- Be careful if the mixture is too hot.
- Now in a clean pan, add remaining milk powder, condensed milk and 1 tsp of vanilla essence.
- Cook till it starts to give caramel colour.
- Now add roasted desiccated coconut mix well and roast it nicely.
- It will also form like thick sticky mixture.
- It will taste just like caramel or butterscotch coconut toffee.
- Now transfer it on the almond mix.
- Spread it evenly across the length of almond mixture.
- Now roll the slab into cylindrical shape.
- Let it rest for 1-2 hrs.
- Then cut into required mini cylinders or pieces.
- Sprinkle more of desiccated coconut and store it in an airtight container. -
- Stays good for 10-15 days.



# ORANGE MARMALADE & CREAM CHEESE STUFFED SAMOSAS

RECIPE BY  
MARIA NASIR

## INGREDIENTS

### Dough

- 1+1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 3 tablespoons ghee or softened butter
- cold water to knead the dough
- vegetable oil for deep frying (can be made ahead)

### Samosa stuffing

- 1+1/2 cup orange marmalade
- 1+1/2 cup cream cheese

### Dip

- 1+ 1/2 cup orange chili sauce

### Garnishing (optional)

- 1 cup candied walnuts
- 3/4 cup candied orange peels
- 8 caramelized orange slices
- 2 cups shards of spun sugar
- A small bunch of fresh mint leaves
- Fresh marigold petals of 1 flower



**Maria Nasir,**  
Recipe developer, Food  
blogger, Home chef

<https://www.foodaholic.biz/>

**PREP TIME: 2 HR**

**COOK TIME: 2 HR**

**TOTAL TIME: 4 HOURS**

## DIRECTIONS

### Making the dough:

- In a big bowl, mix flour and salt. Rub in ghee or butter a little at a time, with your fingers till the mixture resembles wet sand.
- Make a hollow in the middle of the bowl, add cold water one tablespoon at a time, knead softly just till the dough comes together,
- do not over work the dough.
- Wrap in a plastic sheet and leave to rest for at least 15-20 minutes so that the flour can begin to release its gluten.

### To make samosas: (can be made ahead)

- Flour a work surface very lightly. Divide dough into 8 equal balls,
- flatten them with your hand on the floured surface.
- Roll out a slightly long circle with a dough ball. Cut in the middle into two half circles.
- Wet the edges. Bring the cut side edges together to make a cone shape.
- Fill the cone with 1 heaped teaspoon cream cheese and 1 heaped teaspoon marmalade.
- Seal the samosa.
- Repeat with all dough balls.
- Cover and refrigerate till you need to fry them.

### Assembling the dish

- If you have made ahead most components of the dish, it will not take more than 30 minutes to assemble 8 individual servings.
- Deep fry samosas on low heat till evenly golden and crisp. Remove from oil and set aside.
- In a clean plate, place a caramelized orange slice.
- Make a tiny heap of orange spun chards close to it.
- Prop two samosas over it.
- Decorate the surroundings with mint leaves, marigold petals, candied walnuts and orange peel. And serve with chili orange sauce.
- Repeat for all the servings.

# ***Frozen desserts***

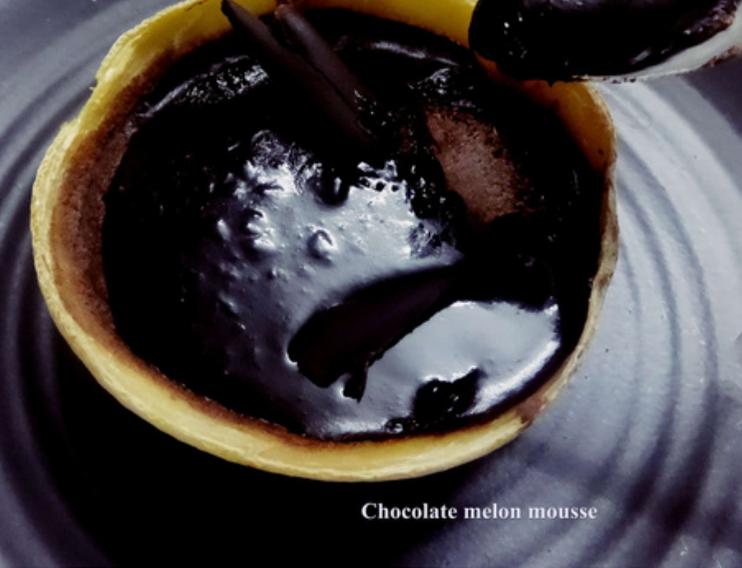
***What is a frozen dessert?***

***Frozen dessert is a dessert made by freezing fruit puree, custards, smoothies, liquids and sometimes even solids. They can be sorbets ,ice-creams, falooda (made with vermicelle flavored with syrup and soaked chia seeds) on milk and cream (most ice creams)***



# CHOCOLATE MELON MOUSSE

Recipe by  
**Indrani Sen**



## INGREDIENTS

- Ripe Musk melon puree (2 cups)  
[puree should be smooth, so it needs the melon to be ripe]
- Sugar powdered(1/2 cup)
- Dark Chocolate [100 gms ] for the mousse
- Dark chocolate[50 gms for the topping and garnish]
- egg whites[3]
- Double whipped cream(1 cup)
- Butter( 1 tbsp)



**Indrani Sen,**  
Food blogger, Home chef,  
Author, food writer

**PREP TIME: 15 MINUTES**  
**CHILLING TIME: 4 HOURS**  
**TOTAL TIME: 4 HR 15MINS**

## DIRECTIONS

- Cut a small melon into half and scoop the flesh of the ripe melon
- Puree the melon into a smooth puree.
- Add powdered sugar and whisk.
- Fold in the whipped cream and beat.
- Beat the egg whites separately till peaks are formed.
- Fold the egg white mixture into the melon puree and mix lightly.
- melt 100 gms of chocolate in the microwave for 45 seconds in 100% power.
- Add this chocolate to this mixture and fold.
- Now pour this mousse into the melon bowls in the refrigerator to set.
- For the chocolate sauce melt 50 gms of chocolate with 1 tbsp of water and butter till liquid with no lumps.
- Pour this chocolate sauce on top of the puree to set for 2 to 3 hours.
- Serve chilled.

# FAVA PANNA COTTA

Recipe by  
Helen Chin

## INGREDIENTS

- 180 g fava, wash, skins remove, and drain
- 75 g margarine
- 25 g double cream
- 150 ml vegetable stock
- 3/4 Tbs castor sugar
- 1/4 Tsp salt
- 1 1/2 Tsp gelatine powder
- Vegetables
- 1/4 zucchini, cut into bite size
- 1 small carrot, cut into bite size
- 2-3 Tbs can cherry tomatoes
- 2 Tsp garlic minced
- 1/4 red and yellow capsicums, cut into bite size
- 4 medley cherries tomatoes, cut a bite size
- 6 favas, parboil in microwave
- 1/8 c red wine balsamic vinegar, drizzles
- 1 Tsp dried rosemary
- 1/2 Tsp dried basil
- 1/4 Tsp nutmeg powder
- salt
- pepper
- oil
- fresh basil leaves for decoration



Helen chin,  
Recipe developer, Food blogger  
<https://helenscchin.com/>

## DIRECTIONS

- *Put fava, margarine, double cream, sugar, salt and vegetable stock in a pot on medium heat*
- *Simmer for about 7 minutes until sugar dissolve and fava is soften.*
- *Remove from heat.*
- *Sprinkle the gelatine and stir to mix well.*
- *Let cool for about 10 minutes.*
- *Then transfer to a blender*
- *blend until smooth.*
- *Check the seasoning.*
- *Now use a strainer and push through it into a jar.*
- *Pour into 2 glass bowls nearly halfway.*
- *Next put the glass bowls in fridge*
- *over night to set.*
- *The next day, bring out from fridge.*
- *Then do the vegetables.*
- *In a frying pan, add oil on medium heat.*
- *Once hot, add garlic fry until translucent.*
- *Add carrot fry for 4 minutes.*
- *Then zucchini, both capsicums, medley*
- *cherries, herbs, nutmeg powder, and drizzle balsamic vinegar.*
- *Toss around to mix well.*
- *Now add cherry tomatoes, red wine and seasoning,*
- *stir again to coat all the vegetables; lightly crush the cherry tomatoes.*
- *When the wine had absorbed and vegetables are cooked, remove from heat.*
- *Add the fava; stir to combine and*
- *leave to cool for 10 minutes.*

**PREP TIME: 15 MINS**

**CHILL TIME: OVERNIGHT**



# FRIED ICE CREAM WITH SWEET AND SOUR PEANUT CANDY

Recipe by  
**Komal Walia**

## INGREDIENTS

### For ice cream

- 750ml peanut ice-cream
- 250g crushed muesli
- 1/2 cup refined flour
- 3/4 cup water
- Oil for fry

### For tamarind peanut Candy

- 2 cups peanut
- 1½ cup jaggery
- 2 tbsp. tamarind pulp
- 1/4 tbsp. black pepper
- 2 pinches of salt
- 2 tbsp water
- Chocolate syrup (as per requirement)

**PREP TIME: 20 MINS**

**COOK TIME: 5 MINS**

**ASSEMBLING TIME: 5MINS**

## DIRECTIONS

### Ice cream

- Firstly, scoop peanut ice cream into 6 round balls and place on a paper-lined tray in the freezer.
- Freeze for about 2 hours.
- Make a batter with refined flour.
- Again, working quickly, roll frozen balls in the batter to coat, then freeze for 1 hour.
- Again, working quickly, coat each ball first in crushed muesli mixture.
- Return balls to freezer for another 1 hour.
- Half-fill a deep-fryer or large saucepan with sunflower oil and heat.
- In 2 batches, fry ice cream balls for 10-15 seconds until golden.
- Remove with a slotted spoon, drain briefly on paper towel,
- then serve immediately dusted with icing sugar and drizzled with Hershey's syrup.

### Peanut candy

- In a large kadai, take 1½ cup of jaggery.
- Add in 2 tbsp water and stir till the jaggery melts keeping flame on low.
- Stir well till the jaggery melts.
- Boil the jaggery syrup on low flame for 5 minutes. add tamarind pulp, salt, black pepper and mix it.
- Boil till the syrup turns glossy and thickens.
- Check the consistency, by dropping syrup into a bowl of water,
- It should form hard ball and cut with a snap sound.
- Else boil for another minute and check. turn off the flame add add roasted peanuts.
- Stir well making sure jaggery syrup coats well.
- Immediately pour the mixture to a tray lined with butter paper.
- Spread and pat with the help of a small cup to smoothen the top. allow to cool
- For a minute, and when it's still warm cut into pieces.
- Serve peanut chikki once cooled completely. Enjoy



# LEMONGRASS AND GINGER JELLY

Recipe by  
Mayuri Patel

## INGREDIENTS

- 4½ cups water
- 2-3 stalks of lemongrass with the leaves
- 1-inch fresh ginger
- 4 tsp agar agar powder or 4 tbsp. agar agar flakes
- 4 tbsp. sugar
- 1 tbsp. lemon juice
- Few strands of saffron



**Mayuri Patel,**  
**Recipe developer, Food blogger**

<https://mayuris-jikoni.com/>

**PREP TIME: 5 MINS**

**COOK TIME: 30 MINS**

**CHILL TIME: 1HR**

## DIRECTIONS

- *Add the water into a saucepan.*
- *Chop the lemongrass into tiny pieces using a sharp knife or a pair of scissors.*
- *Add it to the water.*
- *Wash and grate the ginger.*
- *Add that too to the water.*
- *Bring the water to a rolling boil.*
- *Lower the heat and let it simmer for 3-5 minutes.*
- *Take the pan off the heat.*
- *Cover the pan and let the flavors infuse for 15 -30 minutes.*
- *Strain the lemongrass liquid to remove the lemongrass and ginger.*
- *Return the strained liquid to the pan.s.*
- *Heat it up again.*
- Add sugar and mix well till the sugar dissolves.
- Add lemon juice and the agar agar.
- Stir till the agar agar gets dissolved.
- Pour the lemongrass liquid into small bowls, cups or glasses.
- Add a strand of saffron into each glass.
- Let the lemongrass liquid cool a bit at room temperature.
- Put the lemongrass liquid in the fridge to set.
- Just before serving, add chopped fruit of your choice. I used strawberries.



# PANCAKE ICE CREAM SANDWICH

Recipe by  
**Indrani Sen**

## INGREDIENTS

### Pancake Recipe

- 1 and 1/2 cup refined flour
- 2 to 4 tbsp. strawberry syrup
- 2 eggs
- 1/2 tsp baking powder
- 1/4th cup milk

### Filling

- 2 scoops of strawberry ice cream



**Indrani Sen,**  
Food blogger, Home chef,  
Author, food writer

**PREP TIME: 5 MINUTES**

**COOK TIME: 15 MINUTES**

**TOTAL TIME: 20 MINUTES**

## DIRECTIONS

- In a grinder mix all the ingredients to form a smooth thick mixture.
- Heat butter in a non stick pan.
- pour a ladle of batter.
- When one side is cooked ,flip and cook the other side till firm.
- Let them cool
- place 1 scoop of ice cream on one pancake
- Sandwich with another pancake
- garnish with strawberries and enjoy

# MANGO CUSTARD FALOODA

Recipe by Swati malik

## INGREDIENTS

### To make Custard

- 1 L Milk or 4 cups
- ¼ Cup Custard Powder or Corn starch
- 4-5 tbs. Sugar as per taste

### To soak Basil Seeds/Sabja

- ¼ cup Basil Seeds/chia seeds
- 1/2 cup water add more if required To boil

### Falooda

- 2-3 Cups Water
- One pack of vermicelle

### Assemble Falooda

- Chilled Custard as required
- Soaked Basil seeds 1 pack
- Falooda Sev/Rice Noodles as required
- 1 cup Mango Puree



**Swati Malik,**  
**Recipe developer, Food blogger,**  
[foodtrails25.com](http://foodtrails25.com)

**PREP TIME: 5 MINS**  
**COOK TIME: 10 MINS**  
**CHILL TIME: 1 HR**

## DIRECTIONS

### Make Custard

- In a heavy bottomed pan add milk, boil it on medium flame.
- Once the first boil comes, lower the flame, and cook for another 5 mins.
- In a bowl add about ½ Cup water.
- Add custard powder or corn starch to it and dissolve.
- Make sure no lumps form.
- Also, take only cold milk. If you dissolve custard powder in hot milk it may form lumps.
- Add cardamom powder and custard milk mix to milk and cook till the milk starts to thicken.
- Add sugar and dissolve it.
- Cook for another 2-3 mins. then take off the flame.
- Cover it with lid or a cellophane.
- Cool it at room temperature then refrigerate.
- Add Basil seeds to water. mix and let it stand till further use.
- You can refrigerate these too.

### Prepare Falooda

- In a pan boil 2-3 cups water.
- Add falooda sev to it.
- Boil it for about 5 mins.
- then switch off the gas and let it stand for another 2-3 mins.
- Drain the water and keep falooda noodles in cold water or roohafza.
- Refrigerate.

### To make roohafza water,

- Add about 2-3 tsp of roohafza in a glass of cold water.
- Then add falooda.
- If using rice noodles, use as per the directions on the pack.

### Assembling Falooda

- In glass, add basil seeds, then add mango puree,
- Top with falooda, then mango puree and pieces, nuts of choice, custard pudding,
- Then repeat the layers.
- Top with ice cream(vanilla/butterscotch/) or kulfi(plain/mango).
- Or serve it just like that topped with more mango pieces.
- Serve chilled.



# RABDI FALOODA

Recipe by  
**Pushpa Moorjani**

## INGREDIENTS

### Rabdi

- 1 litre full cream Milk
- 2tbsp Sugar
- 50 gms unsweetened Mawa
- 2 Saffron threads
- 2 Cardamoms

### Falooda

- 1/4 cup boiled Vermicelli or Falooda Sev
- 1tbsp. soaked Basil seeds
- 1 Orange soaked bread slice (I used fresh orange juice)
- 1/4 cup crushed ice
- 1tbsp Ice Cream
- 1 tbsp. Rabdi
- 1tsp crushed Pistachio
- 1 tsp crushed walnuts
- 1 red cherry



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**PREP TIME: 5 MINS**  
**COOK TIME: 30 MINS**  
**CHILL TIME: 4 HOURS**

## DIRECTIONS

### For making Rabdi

1. Boil milk in a heavy bottomed pan, stirring occasionally.
2. Simmer on low heat for 10 minutes
3. Add sugar, stir till it dissolves.
4. Cook till the milk reduces to half its original quantity.
5. Add Mawa and mix till it has a thick creamy consistency.
6. Take the pan off the heat.
- 7 Add saffron, cardamom, almonds and pistachio
8. Set aside to cool.
9. Place it in refrigerator for 3-4 hours, till very cold.

### To assemble

- Take a tall glass,
- Place the boiled vermicelli at the bottom.
- Cover it with orange soaked bread.
- Top it with crushed ice.
- Add ice cream ,
- Add Rabdi, pistachio and walnuts,
- Top it with a cherry.