

# Recipes prepared by the Chefs of Oberoi Hotel, New Delhi

## 1. POTATO CAULIFLOWER AND PEAS

Potato	: 1 kg, Boiled, peeled and cut into small pieces.
Cauliflower	: 1 kg, cut into small pieces and wash
Peas	: 500 g, boil and put in cold water.
Tomato	: 200g, fine chopped
Green chili	: 4 nos, med.size, fine chopped
Ginger and garlic	: 2 tsp, paste
Cumin seeds	: 2 tsp
Coriander powder	: 2 tbsp
Red chili powder	: 3 tsp, as per the taste
Turmeric powder	: 2 tsp
Salt	
Oil	
Coriander green	: ¼ cup

### Method

Heat oil, add whole cumin, and stir to crackle. Add ginger and garlic paste, stir for two minutes. Add all the powdered spices and mix and stir on slow fire for one minute. Add cauliflower, mix and cook once cauliflower is almost cooked add tomato, green chili and mix. Again cook for 10 minutes and add the diced potato, mix with light hand and cook again on slow fire for 15 – 20 minutes.

Cauliflower not to be deep fried.

Make in small batches if large quantities to be made.

All vegetables to be washed well so as to remove any pesticides.

## 2. RAJMA

1 cup or 200 g	: Rajma
1 no	: Bay leaf
1 tsp	: Cumin seeds
1 tsp	: Turmeric powder
1 tsp	: Coriander powder
1/2 cup	: Finely chopped onion
1 tbsp	: ginger garlic paste
1 cup	: Chopped tomatoes and chopped green chilis
1 tsp	: Degi mirch powder

Oil, salt, chopped fresh green coriander for garnish

### **Preparation**

Wash and soak rajma overnight. Put on fire in a heavy batton patila and cook till rajma is soft and tender.

Heat oil in a pan, fry bay leaf, cumin seeds and chopped onion till golden brown. Add ginger garlic paste. Fry till golden and cook. Add chopped tomato, chili, turmeric powder, deggi mirch, coriander powder, salt. Sauté it till tomato become soft and look like thick gravy. Add boiled rajma and bring to boil.

In case you feel the gravy is less, you can add some water. Cover it and let it simmer for 20 minutes. When the rajma gets nicely blended, garnish with chopped coriander and serve.

### **3. SITA PHAL**

Pumkin : 1 kg, cut in cube size  
Ginger : 2 tbsp  
Garlic : 1 tbsp  
Curry leaves : 10 nos  
Methi seeds : ½ tsp  
Mustard seeds : 1 tsp  
Saunf : 1 tsp  
Whole red chili : 5 nos  
Kasuri methi : 1 tsp  
Ginger garlic paste : 1 tbsp

Red chili powder 2 tbsp  
Turmeric powder 1 tbsp  
Coriander powder 2 tbsp  
amchur powder 1 tbsp  
cumin powder 1 tsp.

Oil

Salt- to salt

Sugar or jaggery : 1 tbsp

Chopped coriander : 2 tbsp

### **Method**

Heat oil.

Add methi seeds, stir to crackle. Add mustard seed, stir to crackle.

Add saunf stir. Add red chilli whole – stir.

Add ginger and garlic paste, stir for 5 minutes on slow fire.

Add all the powder spices except kasuri methi, and amchur powder.

Mix and cook on slow fire.

Add sitaphal, mix add salt and cook on slow fire until cooked.

Add kasuri methi and amchur powder, mix. Add jaggery, mix.

Adjust seasoning.

#### 4. SUJI KA HALWA

1 ½ tbsp	: Ghee
1 cup	: Semolina (Rava)
¾ cup	: Sugar
4 cups	: Water
4 – 6 nos	: Raisins
8 nos	: Almonds, crushed or thinly sliced

#### Method

Heat ghee in a kadhai, add the semolina.

Keep stirring till semolina attains light brown colour.

In a separate pan, boil water with sugar till sugar is dissolved. Add water to the kadhai slowly, stirring continuously.

Add raisins and half of the almonds. Keep stirring till ghee shines on the sides of the kadhai. Take off the flame. Garnish with rest of the almonds. Serve hot.

#### 5. VEGETABLE KICHIDI

2 cups	: Rice
1 cup	: Toor dal
5 nos	: Cloves
1 nos	: Cinnamon
5 nos	: Cardamom
2 nos	: Finely sliced onion
6 – 8 nos	: tomatoes, small size
4 nos	: Green chillies
12 – 15	: mint leaves
1/2	: coriander leaves
1 tps	: Garlic paste
1 1/2 tps	: ginger paste
Salt ; to taste	
1/4 cup	: Veg oil
Curry leaves	
3 cups water	
A pinch of turmeric powder	

#### Method

Wash and cook dal with a pinch of turmeric powder. Set aside.

Fry the onions, cloves, cinnamon and cardamom.

When onions are golden add slit green chillies, mint, curry leaves and a part of the coriander leaves.

Keep the remaining coriander leaves for garnishing.

Add salt, ginger and garlic paste. Fry for two minutes.

Add the washed, drained rice and chopped tomatoes. Fry for few minutes.

Add the cooked dal, mix well and add 3 cups of water.  
Add cooked dal water. Cook it for 8 to 10 minutes till the rice is done.  
Garnish with chopped coriander leaves and serve hot.

## 6. ALOO METHI

½ cup : Fresh methi (fenugreek) leaves (cleaned, washed and finely chopped)  
3 nos medium : Potato peeled and cut into small pieces  
1 no. medium : Tomato  
2 flakes of garlic (crushed)  
Salt to taste  
1/4<sup>th</sup> tsp : Turmeric powder  
½ tsp : Cumin seeds  
3 nos : Dry red chili  
Oil

### Method :

Heat oil and add crushed garlic and fry till brown. Add cumin seeds and dry red chili. When cumin seeds are done and chili turn brown add, salt, turmeric and chopped tomato, sauté for a moment.  
Now add potatoes and mix well. Cook till potatoes are half done on medium flame.  
Add methi and cook on a medium flame till done.

## 7. ALOO PALAK

2 kg : Palak  
1 kg : Potato  
4 nos : Green chili  
1 tsp : Cumin whole  
1 tsp : Red chili powder  
A pinch : Coriander powder  
4 nos : red chili whole  
Chopped garlic and ginger  
Salt and oil  
Garnish : finely chopped tomato

### Preparation

Peel and boil potato, cut in dices.  
1 kg palak chopped, finely and blanched  
1 kg palak blanched and pureed

Heat oil in a sauce pan, fry chopped garlic till light brown and then add cumin seeds and red chili whole. Fry for half minute and then add chopped ginger. Add red chili powder

and little coriander powder. Sprinkle some water and now add chopped palak and pureed palak. Cook for a while and then add dices potato and salt. Simmer for 5 – 10 minutes, stir occasionally.

Garnish with chopped tomato.

## **8. ARBI DO PYAZA**

Arbi : 1 kg, peeled, boil and cut into small size.  
Onion : 300 g, ( 200 g chopped 100 g diced)  
Tomato : 200 g, fine chopped  
Ginger garlic paste : 1 tbsp  
Ginger : 2 tbsp, chopped  
Garlic : 1 tbsp, chopped  
Green chili : 2 nos, chopped  
Kasuri methi : 1 tsp  
Cumin powder : 2 tsp  
Coriander powder : 2 tbsp  
Red chili powder : 1 tsp  
Turmeric : ½ tsp

Garam masala powder : ½ tsp  
Turmeric : ½ tsp

### **Method**

Heat oil. Add cumin, stir add ajwain, stir to crackle.

Add chopped garlic and stir to brown colour. Add chopped onion, stir fry to light brown colour.

Add ginger and garlic paste, mix and sute for 5 minutes.

Add powdered spices, except kasuri methi and garam masala powder. Mix and stir for 2 minutes on slow fire.

Add chopped tomato, ginger and green chili, mix and cook for 5 minutes.

Add diced onion, mix.

Add arbi, mix and cook on slow fire for 15 – 20 minutes.

Add garam masala and kasuri methi powder.

## **9. ARHAR DAL TADKA**

Arhar dal : 1 kg, soak for 1 hour (after washing)  
Coriander powder : 2 tbsp  
Red chili powder : 2 tbsp  
Turmeric : 1 tsp  
Salt : to taste

### **For tadka**

Cumin : 2 tsp  
Whole red chili : 10 g,

Ginger garlic paste : 2 tbsp  
Garlic chopped : 1 tbsp

Onion : 200 g  
Tomato : 200 g

### **Method**

Boil the arhar dal in the same water in which it was soaked with the addition of salt and turmeric – lentil cooked.

Heat oil for tempering. Add cumin – crackles.

Add garlic, stir to brown colour. Add ginger and garlic paste – mix and sauté for 5 minutes on slow fire.

Add all the standard spices and cook on slow fire for 2 minutes.

Add chopped tomato, mix and cook on slow fire for 10 minutes.

Add boiled dal, mix, bring to boil and simmer for 15 – 20 minutes. Adjust seasoning.

Heat oil, add garlic, red chilli and pour on dal.

## **10. PAKORA**

1/4 cup : Besan (gram flour)  
1 tsp : Ajwain  
1 tsp : Red chili powder  
1 tsp : Turmeric powder  
2 nos : Dry red chilli whole  
Mustard seed and fenugreek seed  
A pinch of asafetida  
2 tbsp : oil

### **For Pakora**

1 cup : besan (gram flour)  
Coriander seeds, crushed  
V.soda - pinch  
Salt  
Oil for deep frying

### **Preparation**

Make batter for pakora by mixing besan, soda, salt, and crushed coriander. Heat oil in a kadhai for deep frying. Fry pakora and keep aside.

### **Kadi.**

Beat curd and mix gram flour in it. Blend thoroughly so as to ensure that there are no lumps. Add turmeric powder, salt and 3 cup of water.

Heat oil in a kadhai, add fenugreek seed, dry red chili, mustard seeds, stir fry for half minutes. Now add ginger garlic paste and then add besan mixture. Bring it to a boil and simmer on a slow fire for about 20 minutes. Stir occasionally.

Add red chili powder and fried pakora and again simmer the kadi for about 5 minutes. Tempering of chopped garlic and red chilli could be done to enhance the flavoure and paste of kadi.

## **11. MUSHROOM MATTAR**

1 ½ cups	: Green peas (mutter)
200 g	: Mushrooms
4 nos	: Cardamom green
1”	: Cinnamon
2 nos	: Onion
1 1/2 tbsp	: Ginger paste
1 tbsp	: Garlic paste
3 – 4 nos	: Tomatoes
1 tbsp	: Chili powder
1 tbsp	: Coriander powder
1 tsp	: Turmeric
1 tsp	: Garam masala powder
1/2 cup	: Cashew nut paste
4 tbsp	: Oil
Salt to taste	

### **Method**

Clean, wash and cut the mushrooms into medium pieces and chop onions finely. Heat oil in pan. Sauté cardamoms, cinnamon stick and onions till golden brown. Add ginger garlic paste and cook for half a minute. Add tomatoes and cook till oil leaves the side. Add chilli powder, coriander powder, turmeric, garam masala, salt and cook for two minutes. Lastly dissolve the cashewnut paste in one cup of water and mix well and add it to the pan. Add one more cup of water and bring it to boil. Add the mattar and mushrooms and cook till the peas are fully cooked. Once done, serve the mushroom mattar with rice or roti.

## **12. PALAK PANEER**

500 g	: Fresh palak (Saag)
100 g	: Paneer
2 nos	: onion
Grated ginger, garlic paste	
5 tbsp	: oil
1 tsp	: Pure ghee
Garam masala to taste	

Red chili powder to taste  
1 tsp : cumin powder  
Salt to taste

### **Method**

Clean and wash palak (spinach) nicely. Boil the spinach in water and cool it. Now mash it in a mixer. Heat oil in akadai. Add ginger garlic paste and stir fry for a minute. Now add onions and fry till golden brown. Add all spices except red chilli powder. Now add the spinach (palak) and little water, if needed and cook for 4 – 5 minutes. Cut paneer into pieces (Paneer can be fried to golden brown in a separate pan or can be used as it is) Add paneer pieces to the gravy and cook until done. Take out in a bowl. Just before serving, heat pure ghee in a small pan. Hold the pan over bowl, add chili powder and immediately pour on the palak paneer. Do not allow chili powder to burn.

### **13. PHIRNI**

Rice : 50 g  
Milk : 1 lt

Soak rice for two hours and grind it.  
Boil milk.  
Add rice paste and allow it to cook on slow fire.  
Add saffron, cook more.  
Add sugar and mix it.