

DIPYA



COOK FOR KUNAL CONTEST

WINNING RECIPES



Dipya in Sanskrit means an inner digestive fire which is what Dipya syrup does by rekindling your digestive fire for better digestion.

Quick relief from your digestive issues

Dipya syrup enriched with 10 powerful herbs provides quick relief from gas, bloating and post meal heaviness. Taking it just twice a day after meals, helps improve your overall digestive health. The palatable syrup requires no dilution, is easy to use, and is 100% safe & suitable for all age groups.

We have collated winning recipes from the Dipya - Cook for Kunal Contest. We hope you will try these yummy recipes and enjoy to fullest.

Available at
www.charak.com & www.vedistry.com

Mutton Lonche

SNEHA KAULAVKAR



INGREDIENTS

- ½ kg Mutton
- Oil to fry mutton
- 2 inch cinnamon stick
- 1 Bayleaf
- 4 Green Cardamom
- 5-6 whole black pepper
- 3-4 Slit green chillies
- 1-2 tea spoon ginger garlic paste
- 2-3 teaspoon roasted til
- ½ cup roasted dry coconut
- ¼ teaspoon khus khus
- 2 teaspoon garam masala
- 1-2 teaspoon Kolhapuri kanda lasun masala

- 1 teaspoon chilli powder
- ½ teaspoon Haldi powder
- 2-3 Tea lemon juice
- Chopped corainder
- Salt to taste

METHOD

- Marinate Mutton with ginger garlic paste, haldi, pepper powder and salt.
- Roughly ground roasted til and khus khus and keep aside.
- Add some oil to pressure cooker and saute ginger garlic paste in it. Add mutton and let it cook in pressure cooker.
- Once the mutton is cooked and cooled down deep fry the mutton in oil.
- Now take another pan and add oil to it. Saute all khada masala in it.
- Then add green chillies, ginger garlic paste and garam masala to it.
- Further add kanda lasun masala ,haldi, and grounded til and khus khus. Saute it for sometime.
- Then add dry coconut to it. Mix well.
- Then add fried mutton pieces it it and mix it all well.
- Adjust salt and chilli powder as per taste.
- Turn off the gas and add lemon juice to it and mix well.

👉 Garnish chopped coriander while serving....

Pathar Ka Gosht

SHABBI



INGREDIENTS

- 1 kilograms flattened, cut into strips lamb
- 1 cup hung curd
- 1 teaspoon garam masala powder
- 1/2 teaspoon powdered green cardamom
- 10 finely chopped green chilli
- 1 tablespoon crushed to paste green papaya
- 2 teaspoon gheesalt as required

METHOD

- Take a bowl and mix beated lamb pieces with curd. Add garam masala, cardamom powder, chopped green chillies, papaya paste with it's milk and salt. Mix the ingredients well and keep it aside to marinate.
- Now, take a large stone ya sil and heat it by burning live charcoal below it. Once it is hot, put the marinated meat pieces on it and sprinkle ghee on lamb meat.
- Cook and turn the meat pieces until lamb turns soft juicy and brown in colour. Once cooked, garnish with green chutney, onions and lemon wedges. Serve hot hot

👉 Garnish with green chutney, onion and lemon wedges...

Deconstruct Ghujiya Matar Chaat

REKS BHAGNANI



INGREDIENTS

RING GHUJIYA

- 1 cup whole wheat flour
- 1/4 tsp salt
- 2 tbsp ghee

MATAR STUFFING

- 1 cup dried white peas soaked overnight
- 1.5 cups water
- 1/2 tsp salt
- 2 onion chopped
- 2 tomato chopped
- 2 boiled potatoes chopped
- 1 green chili chopped
- 1 inch ginger julienned
- 2 tbsp chopped corriander

- 1 tsp cumin powder
- 1/2 tsp black salt
- 1/2 tsp red chilli powder
- 1/4 tsp chaat masala
- 2 tbsp pomegranate
- 2 tbsp naylor Sev
- 3 tbsp tamarind chutney
- 2 tbsp green Chutney

METHOD

RING GHUJIYA

- In a bowl, mix the whole wheat flour, salt and ghee. with your fingertips to form a bread crumb like texture.
- Add water in parts and knead the dough till firm and tight. Cover the dough and set aside for 30 min.
- Preheat the oven for 10 min.
- Take a big size ball from dough and roll it in long strip now cut in equal shapes and give ghujija design from both corners.
- Place the Ghujija strip on greece ring cutter and make a hole with help of fork
- Now place the ring in the oven for 10 to 15 min at 180°C. In same way we make round Chapati and make Rose and Eatable Spoon and bake it
- When they become Golden crispy take out in a plate

MATAR STUFFING

- Soak 1 cup dried white peas in enough water over night. Then in the morning, rinse and drain the water.
- Transfer the peas to the pressure cooker add 1.5 cups water, 1/2 teaspoon salt and stir. And cook for 3 to 4 whistle.
- Then Transfer to a large bowl and then add to it- chopped onion, chopped tomato, chopped potatoes, green chili, ginger juliennes, chopped corrainder cumin powder, kala namak , Chilli powder, and chaat masala ,mix well and nd make a stuffing. Stuffing is ready.

DECONSTRUCT GHUJIYA MATAR CHAAT

- Firstly Take Ring Fill Stuffing in it. Spread green chutney, tamarind chutney, cornitos peanuts, pomegranate seeds, naylor sev, on it. Place Rose on Ring and serve. Deconstruct Ghujija Matar Chaat is ready to serve

🔥 Here for garnish I used curd and green chutney... in curd I add beetroot powder for pink colour.

Green Shell Mussels Kebab

VIKALP MEHROTRA



INGREDIENTS

- 500 gm Mussels Fish Shell
- 5 gm Ginger Paste
- 8 gm Garlic Paste
- 8 gm Fresh Coriander
- 4 gm Green Chili Paste
- 1 tbsp Brown Onion Paste
- ½ tbps Javitri Powder
- Pinch Nutmeg Powder
- ½ tbps Cardamom Powder
- 2 gm Pathar ka Phool
- 2 gm Rose Powder
- 1 tbps Saffron water
- 1 tbsp Dhaniya Powder
- 100 gm Desi Ghee

- Salt to taste
- Coal Small pcs

METHOD

- Put down the fish shell in hot boiling water for 1min take out the mussels from the shell and make Keema of it with the help of grinder or Keema machine.
- Add ginger & garlic paste , fried onion paste, fresh coriander, all fry masala, all khada masala powder and green chilli paste as per your taste bud.
- Combine everything nicely and mash with the palm of your hands till the consistency becomes smooth and melting texture.
- Give a smoke to the Kebab masala with the help of coal, desi ghee and laung.
- Once smoked is done combine the masala again and make small Kebab out of it.
- Take a non stick pan and drizzle some desi ghee and pan fry the kebabs till it's done.
- Serve it hot with carrot mash and Green Dip.

Shrikhand Mousse

SNEHA NANDY



INGREDIENTS

FOR THE YOLK

- 1/2 cup White Chocolate (chopped)
- Orange food colour

FOR THE WHITE PART

- Shrikhand- 400 ml
- 1/2 cup Whipped cream
- 1/2 cup White chocolate
- 1tbsp Gelatin

METHOD

- Melt the white chocolate in a double boiler & add orange food colour to it & Mix it well.
- Let it Cool down to room temperature & refrigerate it for 15-20 minutes or until you can make a ball out of it.
- Now in a bowl add the shrikhand, whipping cream mix it well . Then add the melted white chocolate & gelatin ; again mix it well.
- Now fill the egg shape moulds , put the yolk part in the middle , lock it & freeze it until set.
- After demould this coat it with white chocolate & refrigerate it until done.

GHEVAR WITH THANDAI RABDI & KESARI MAVA MOUSSE

VANDANA THAKKAR



INGREDIENTS

FOR GHEVAR

- 1 Big spoon ghee
- 4-5 ice cubes
- 5 big spoon maida
- Ghee for frying
- Chilled water as required
- 1 cup sugar syrup

FOR THANDAI RABDI

- 400 ml Full Fat Milk
- 3 tbsp Sugar
- 2 tbsp Thandai Powder (homemade)
- Pinch Green Food Colour

FOR KESAR MAVA MOUSSE

- ½ Cup Mava
- 1 tbsp Powdered Sugar
- 8-10 Kesar (saffron strands)
- 1 tbsp Rose water
- 2 tbsp Whipped Cream
- Silver varakh (for garnishing)

METHOD

GHEVAR

- In a bowl, add ghee & rub it with ice cubes. Till the ghee gets a creamy texture. Now add maida to it & mix it well till it crumble's.
- Further add chilled water gradually and mix it constantly to get a smooth flowing consistency.
- Now turn on the stove take a khadai pour ghee and let it heat, once the ghee is properly heated up put a ghevar mould in it.
- As the ghee is hot start pouring the batter From a distance. Fry it till it gets dark brown, Repeat the process to make as many ghevar as required

THANDAI RABDI

- Turn on the stove take a thick bottom pan add full fat milk. Bring 1-2 boils then add sugar and again bring 1 boil to the milk or till it gets little more thick.
- Further add thandai powder to it and mix it continuously till milk gets properly thick and then only turn the stove off.
- Now at last add a pinch of green food colour mix, to the rabdi & put it in the refrigerator to set.

KESAR MAVA MOUSSE

- Soak saffron strands in rose water.
- Take a pan add a little quantity of mava crumble to it and saute it till it gets little soft then add powdered sugar to it and mix it well.
- Now add the soaked saffron strands. Mix all this properly and take it in a bowl. As it cools down add whipped cream and beat it with a beater.
- Now fill this kesari mava mousse in a piping bag and keep it in refrigerator to set
- All the elements are prepared now to assemble the recipe take the serving plate keep ghevar pour sugar syrup on it. Then on top pour the thandai rabdi, serve it with kesari mava mousse.

🔥 Garnish it with silver varakh.

Rainbow Malai Modak

REHNUMA ALI



INGREDIENTS

- $\frac{3}{4}$ cup whole milk powder or mawa powder
- $\frac{3}{4}$ cup condensed milk
- 2 tbsp ghee or butter
- $\frac{1}{4}$ teaspoon cardamom powder
- 2 tablespoon whole milk
- warmfood coloring
- a few drops of your favorite colors

METHOD

- In a heavy bottom pan on medium low heat add the ghee or butter.
- When it melts, add the milk powder. Mix well and bhunno/roast on low medium heat for 10 minutes.
- The mixture will resemble a sand type texture, watch it closely to ensure it does not burn. Once it roasts, add the condensed milk and warm whole milk.
- Quickly mix the ingredients to ensure no lumps form and keep mixing with a spatula.
- Cook for 15-18 minutes until the mixture starts to thicken.
- Add the cardamom powder, mix and turn off heat. Divide the Modak dough in a few small bowls and add your favorite food coloring to them and mix until incorporated. Have a plate ready and grease palms or Modak mould with ghee or butter.
- While the mixture is hot but cool enough to handle (not burning), take a tiny bit of dough from each of the small bowls and use a Modak mould to shape.
- Alternatively, take tiny bits of dough from each of the small bowls until you have a tablespoon full in your hands. Roll into a ball and then pull the top up until pointy.