

DIPYA



Dipya Summer Recipe Contest
With

CHEF AJAY CHOPRA



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

Cheesy Mango Masala Gujiya

PRIYANKA KRUNAL MEHTA



INGREDIENTS

- Tur dal 1 cup
- Onion 1 cup
- Mint 1 tbsp
- Coriander chopped 2 tbsp
- Turmeric 1 tsp
- Red chilli pwd 1 tsp
- Totapuri mango 1 no
- Garam masala 1 tsp
- Coriander pwd 1 tbsp
- Salt as required
- Wheat flour 1 cup
- Butter 2 tbsp
- Cheese 20 gms

METHOD

- Take a pressure cooker, add one cup of washed tur dal, 2 cups of water and pressure cook for 3-4 whistles. Keep it aside. The water should be dried up completely.
- Heat a pan, add butter, chopped onion and saute.
- Add some turmeric pwd, salt and cook it. Keep it aside.
- Make a dough by mixing wheat flour, butter, salt, chopped coriander and water. Rest it for 10 mins.
- Boiled dal should not contain too much moisture. For this, cook it on low flame till moisture dries out.
- Take a bowl, add cooked dal, sauteed onions, chopped totapuri mango, chopped mint leaves, chopped coriander, grate cheese, salt, coriander pwd, turmeric pwd, red chilli pwd and mix it. Stuffing is ready.
- Roll out dough into a round puri size shape, stuff it with the stuffing made and shape it to gujyas.
- Deep fry gujyas in medium hot oil.

👉 Garnish it with fresh fruits and enjoy.

Crunchy Mangolicious Ice cream Balls with Mango Mousse

POONAM JADHAV



INGREDIENTS

MANGOLICIOUS ICE CREAM BALLS

- Bread- 4 slices
- Milk- ½ cup
- Condensed milk - 1/4 tin
- Fresh cream - ½ cup
- Mango pulp - 1/4 cup
- Oil- For Frying

MANGO MOUSSE

- Condensed milk - ½ tin
- Agar Agar Powder - 1 tbsp
- Fresh cream - 200 ml
- Mango emulco - few drops
- Fresh fruits for garnishing

METHOD

FOR MANGOLICIOUS ICE CREAM BALLS

- In a bowl take fresh cream and whisk for 4-5 mins. To this add condensed milk. Whisk again for 5 mins.
- Now add milk and mango pulp and whisk for another 10 mins till its consistency becomes smooth.
- Pour this mixture into moulds and set in freezer for about 1 to 2 hrs. After the ice-cream is perfectly set proceed with the following steps.
- Take bread slices. With the help of round bowl cut it in a manner to get round disc shapes.
- Place the frozen ice cream on a bread slice. Now lay another bread slice over it. Seal the edges carefully using little water and make balls.
- Place it in the freezer for about 15-20 mins. Remove from the freezer & deep fry in oil until golden brown. It will take only 20 - 30 seconds to fry.

FOR MANGO MOUSSE

- Take condensed milk in a bowl and whisk well.
- Take 1 tbsp of agar agar powder in 5 tbsp of water and warm it till it dissolves completely. Add this to the above-condensed milk.
- In another bowl whisk the cream well. When firm add the condensed milk, a few drops of mango emulco and whisk to a homogeneous cream.
- Refrigerate it for about 10 to 15 mins.

SERVING

- Add the chilled Mango Mousse in a serving bowl and place the crunchy Mangolicious Ice cream balls in the center.

🔥 Garnish it with fresh fruits and enjoy.

Mango Coconut Chia Pudding with Vermicelli kheer

SHUNITA RANA



INGREDIENTS

VERMICELLI KHEER

- 500 ml full cream milk
- 1/2 cup roasted vermicelli
- 2-3 tbsp sugar
- 1/2 tsp cardamom powder
- 1 tbsp chopped cashew nuts & raisin
- 1/2 tbsp ghee

MANGO COCONUT CHIA PUDDING

- 3 tbsp chia seeds
- 1 cup (250 ml) Coconut milk
- 1 tsp vanilla essence
- 1 tbsp honey
- 2 tomato chopped
- 2 ripe Mango (peeled)

METHOD

FOR VERMICELLI KHEER

- Heat a pan with 1/2 tbsp ghee. Add cashew nuts and fry till lightly golden. Next add raisin. Saute till they turn plump. Remove these to a plate and keep it aside.
- Heat 500 ml milk in a heavy bottom pot, when milk comes to boil reduce the flame and add roasted vermicelli and stir immediately to prevent vermicelli from clumping.
- Stir occasionally so that the milk or Vermicelli doesn't stick to bottom of the pan.
- Add sugar and cardamom powder mix well so that all the sugar dissolve & add roasted cashew nuts. Mix well.
- Cook for 4-5 minutes more or till the vermicelli gets cooked and the milk thicken and look Creamy.
- Switch off the flame and add raisin and mix it again. And keep it in refrigerator to cool down.

FOR MANGO COCONUT CHIA PUDDING

- Take chia seeds in a bowl, add Coconut milk and mix well. Refrigerate it for 3-4 hrs.
- After 4 hrs add honey and vanilla essence and mix well. And keep it aside.
- Takes ripe mango and 1 tsp honey in a blender and make a smooth puree.

LAYERING & ASSEMBLY

- Take your serving glass, layer the vermicelli kheer, then coconut chia pudding and finally top with mango puree.
- Place them refrigerator until serving.

Serve it cold with some mango cubes.

3 Paan Shots

JANKI TIRTHANI



INGREDIENTS

- 2 Betel (pan) Leaves
- 2 tbsp. Gulkand
- 2 tbsp. Fennel Seeds
- 2 Green Cardamom
- 2 tbsp. Desiccated Coconut Powder
- 2 tbsp. Tooty frooty
- 2 tbsp. Milk
- 6 Scoops of Vanilla Ice cream
- Green Food Color

METHOD

- Take a jar add everything into it except Vanilla Ice Cream and grind them until it turns into a thick paste.
- Now, add 6 scoops of Vanilla Ice Cream and few drops of green food colour into the same jar and grind them.
- Pour chilled thick freshener into shot glasses.

(Tip-Do not add ice cubes or milk otherwise it will not be thick as needed).

PRESENTATION

- Pour the sugar onto a dish wider than the rim of the glass.
- Add few drops of red food colour in sugar.
- Take Rose sharbat in a dish and apply on the rim of the glass by dipping it upside-down.
- Place your glass upside down into coloured sugar and then twist the glass to ensure entire rim is coated.

(TIP- You can keep the freshener in the fridge before few hours of serving).

Palak Besan Cheela With Banana Dryfruits Smoothie

PALAK JAIN



INGREDIENTS

CHEELA

- 1 cup Gram flour (besan)
- 1 cup pureed spinach
- 1/2 teaspoon ginger paste
- 1/2 teaspoon garlic paste
- 3 pinches salt with 1 pinches of sugar

SMOOTHIE

- 1 cup milk
- 2 bananas
- 1 spoon sugar
- 1 cup cream
- Dry fruits
- Chia seeds

METHOD

FOR CHEELA

- Take a bowl mixed besan, spinach puree, ginger-garlic paste, green chilli and form a batter after then add more water as required and apply some oil , seasons with salt and add 1 pinch of sugar for taste.
- Then Heat a non stick pan and drizzle a little oil on the sides, ladle out the spinach besan batter in a circular manner, just like a dosa and wait for few seconds Cool well on both sides, adding oil with required .
- Now cheela is ready Top with grated coconut and dry fruits served hot with pudina chatni and curd
- Now it's ready to serve in breakfast with full of nutrition.

FOR SMOOTHIE

- Take banana and cut them in small pieces. Add some amount of sugar, 1 cup milk and mix it with a grinder.
- After mixing properly, Pour into glass before serving, add roasted dry fruits and chia seeds now your recipes are ready.
- Enjoy the drink chilled with ice.

Jaljeera Soda

USHA AGRAWAL



INGREDIENTS

- Cumin seeds
- Salt
- Black salt
- Sugar
- Ginger powder
- Mint leaves
- Coriander leaves
- Lemon
- Soda & Sprite

METHOD

- Add lemon and mint leaves in a glass.
- Muddle it well.
- Add cumin seeds, salt, black salt, sugar, ginger powder.
- Then fill glass with ice.
- Top with soda and Sprite, stir gently to chill, and garnish it with a lemon slice and fresh mint leaves.

Fallen Mango Ice Cream Cone

NILAM ARUN GHODKE



INGREDIENTS

- 3 cups, Milk
- 1/2 cup, Sugar
- 1, Mango
- 2 tbsp, Milk powder
- 150 gm, Milkmaid
- 250ml, Whipping Cream (Chilled)
- 3 tbsp, Butter
- 5 tbsp, Maida (Refined Flour)
- 1 tbs, Pista (Chopped)
- Few Strands, Saffron
- As required, Golden balls

METHOD

- In a bowl take milk powder, add 3 tbsp milk. Whisk it well so that there are no lumps, set aside. In a sauce pan, bring remaining milk to boil for 8-10 min.
- Now add the milk powder mixture into boiled milk and keep cooking until it becomes slightly thick and coats the ladle. Switch off and set aside to cool.
- Add mango and sugar [according to mango taste] to a blender. Make a smooth puree. Pour mango puree into a non stick skillet over medium low heat. Cook, stirring constantly, for 8 - 10 minutes or until it reduces by half. Switch off and set aside to cool.
- Combine cooled mango puree, thick milk mixture and condensed milk in a bowl [add yellow food colour if required]. Whisk until combined.
- Beat whipping cream using a hand or stand mixer until soft peaks. Then pour the mango mixture into the cream. Fold it until lump free.
- Pour the combined mango and cream mixture into a freezer safe container with a lid. Close the lid tightly. Freeze the ice cream for 8-12 hours, or until it is set.
- Mix refined flour, 3tbsp sugar, butter and strawberry colour extract in a deep bowl. Add ¼ cup milk and whisk well in order to avoid lumps. Heat a non-stick pan on medium heat. Pour a small ladle full of batter, swirl to cover the base of the pan.
- Cook till evenly cook. Flip and cook the other side too, pressing with the cloth.
- Transfer it onto a clean kitchen towel and immediately roll it around a conical mould and hold it firmly, pressing lightly. Homemade crispy waffle cone is ready.
- Take the mango ice cream out of the freezer and let it wait for 5 minutes to let it soften a little. Scoop and garnish with golden balls, kesar and pista fallen in a plate with strawberry waffle cone!