



Ahmedabad Obstetrics &  
Gynecological Society



Presents

# Healthy Food Recipe

Male Category  
First Prize

Female Category  
First Prize

Editor in Chief:  
Dr Rajal Thaker

Editors:  
Dr Parul Sharda  
Dr Nahid Ansari



[www.ahmedabadobgyn.org](http://www.ahmedabadobgyn.org)



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**Dr. Rajal Thaker**  
President

# TEAM AOGS MESSAGE



**Dr. Sunil Shah**  
Hon. Secretary

Dear AOGS members,

**दीपो भक्षयते ध्वान्तं कज्जलं च प्रसूयते ।  
यदन्नं भक्षयेन्नित्यं जायते तादृशी प्रजा ॥**

Lamp eats darkness and produces [black] soot!  
What food (quality) [one] eats daily, so will [one] produce

"Yatha Annam Tatha Mannam,"  
We Are What We Eat

Which means that mental and intellectual development is directly related to the quality of our food intake. As India celebrated September as Poshan Maah/Nutrition month, team AOGS had come out with out of box idea of sharing various newer experiences of our members with regards to cooking. So, we had organized Healthy Food competition for AOGS members during September 2020 and there was a separate group for entries from male and female AOGS members. As an Obstetrician- Gynaecologist, we've many stalwarts in our AOGS family, but many of them carry a special liking towards cooking, wasn't known to the most!

This particular e-book of compilation is of the recipes we've received as entry for the Healthy Food Competition and it is just a small attempt towards introducing various perspectives towards many of the known ingredients. Food needs to have good nutritional value not only that but presentation should be tempting and mouth watering. As the attached photographs show, our members were also good at aesthetics of their final product!

Many Thanks to Dr Parul Sharda and Dr Nahid Ansari for judging the entries on innovation, ingredients, recipe, health quotient, final presentation along with pictures and video attached. It was indeed a tough job as everyone has done an outstanding job.

All in all, those who love cooking, know that it is a great stress buster and final product, surely the hunger- buster!

Stay Healthy, Stay Happy!

Wishing you all and the families, healthier times ahead!

**Dr Rajal Thaker President**  
**Dr Sunil Shah Hon Secretary**

&

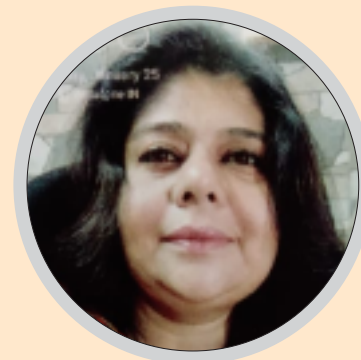
**Team AOGS 2020-21**

# EDITORS MESSAGE



Food is an integral part of life. Food is not only for nourishment but has lots of memories and emotions attached to it. We often remember 'dadi ke haath ke laddu', 'nani ke haath ka aachar' and when we leave our homes for studies 'maa ke haath ka khana' becomes the centre point of going back home in holidays. Who can forget waiting for 'ghar se aaye naaste ka dibbaa' and cooking Maggie over small heaters in hostel rooms. So healthy recipe cooking competition was an initiative by AOGS to take us all down these memory lanes and to exchange our scrubs for chefs whites and to ignite the cook that we all have inside us. It was with great pleasure and excitement that I read the recipes and judged them on basis of photographs and accompanying videos. Food is not only about taste but colours and presentation was proven by our worthy competitors who brought alive the recipes by their efforts. I thank AOGS for trusting me and giving me this opportunity.

**Dr. Parul Sharda**



What a great learning experience it was!! It was an honour to judge the elite group of fellow AOGSians, on all together, a different turf. I was amazed to get varied, new recipes from all the participants. Some were common and some were really innovative. They were so healthy, colourful and interesting. I was enthralled to see the enthusiasm of the male doctors. The age old belief that only a female can be a good cook was totally shattered by the super delicious entries from the male doctors. Kudos to their efforts. I had a great time and got to learn a lot. In this covid era, the lockdown had kept us extremely unoccupied! It infact helped us to explore new hidden skills. A blessing in disguise, I should say. The skills which we had flaunted in our young age had gone on the back seat due to our busy schedules. The introduction of AOGS Extracurricular activity group turned the magic on. Everyone dug up in the yester year's khwahishe and polished the new skills with elan. Cooking too was one of them. We have amazingly talented doctors in the group. It was a privilege for me to judge the first ever talent competition in this covid crisis. I thank AOGS from the bottom of my heart to give me such a unique opportunity. Awaiting for more such competition in different fields which will serve as a great platform for all of us, to showcase our talent ka khazana. After all we are limitless. Let's enjoy the life. We all deserves the Best.

**Dr. Nahid Ansari**

## ROASTED MAKHANA GRILLED PANEER SALAD

Dr. Parul Sharda



### Ingredients :

Makhana (foxnuts) - 1 bowl  
 Paneer - 100 gms  
 Cherry tomatoes- 5-6  
 Onion - 1 medium  
 Cucumber - 1  
 Green chilli - optional  
 Ginger - optional  
 Ghee - 1 tea spoon  
 Parsley / kothmir - small bunch

### For dressing :

Lemon juice - 2 teaspoons  
 Olive oil - 1 teaspoon  
 Balsamic vinegar - one teaspoon  
 Salt - to taste  
 Black pepper - to taste

### Recipe :

- in a kadhai take one teaspoon desi ghee and dry roast the makhanas in it till they are crispy.
- cut paneer in cubes. Rub cubes with salt and pepper and grill on a tawa / grill pan till char marks appear.
- once paneer is done add cherry tomatoes on the same tawa till warm and char marks appear.
- dice the cucumbers, onion, ginger and chilly.
- in a glass bottle with lid add all the ingredients of dressing and shake vigorously till blended.

In a mixing bowl add the makhanas, paneer cubes, cherry tomatoes, diced vegetables, chopped parsley and the dressing and serve immediately after tossing so that makhanas remain crisp.



### Serving suggestions :

peanuts can be added to increase the protein content.  
 Can be served with pita chips and roasted puri for crunch factor

### Health benefits :

Makhanas are a good source of calcium, potassium, magnesium and fibre. Paneer is a good vegetarian source of protein.

## SOYA PANEER SHIKAMPUR

This is a healthy starter made with protien rich soya chunks and paneer, along with few health enhancing veggies. These are tikkis stuffed with curdy delight in the centre. Let's see its journey from the Donga to the Tummy.

### INGREDIENTS FOR TIKKI

1. Soya chunks - soaked, drained and crushed - 2 cups
2. Grated Paneer - 2 cups
3. Grated carrots 1 cup
4. Boiled Corn Kernels 1 cup.
5. Grated or finely chopped Ginger - 1 table spoon
6. Crushed/ finely chopped Green chillies 5
7. Chopped Coriander 2 table spoon
8. Roasted chana (dalia) powdered 2-3 table spoon
9. Chat Masala 1 table spoon
10. Jeera powder 1 table spoon
11. Salt to taste
12. Lemon juice 2- table spoon.

**NOTE:** YOU CAN ADD GRATED BEETROOT, CABBAGE, CAPSICUM ACCORDING TO YOUR CHOICE. BOILED AND CRUSHED SPINACH WILL GIVE YOU GREEN HEALTHY TIKKIS.

### FOR FILLING :

1. Hung Curd 2 tables spoon
2. Chopped Coriander leaves 1 table spoon
3. Chopped mint leaves
4. Chopped green Chillies
5. Finely chopped and drained Onions 1 table spoon. (2/3/4/5 are optional)

MIX AND KEEP IT IN REFRIGERATOR. FOT FRYING (SHALLOW)

1. Corn Flour 1 table spoon
2. Maida 1 table spoon
3. Water 3 table spoon Mix 1/2/3 in a bowl. Tikkis will

Dr. Nahid Ansari



- be dipped in this before frying
4. Oil (for shallow frying)

### METHOD

1. Mix all the ingredients listed for makking tikkis in a donga.
2. Mix it thoroughly with hand till a kneedable dough like consistency is achieved
3. Add a little more of dalia powder if needed for binding.
4. Can use a dash of water to get perfect consistency
5. Apply a little water in the palm and take a portion of dough
6. Flatten it in your palm. Make a depression in the centre.
7. Put the mixture of curd and corriander (etc) in the centre.

8. Make a ball carefully so that the curd mixture does not ooze out.
9. Flatten it to make a stuffed tikki
10. Make all tikkis one by one.
11. Now dip the tikkis in the corn flour/maida mixture and shallow fry in a non stick tawa.
12. Remove the tikkis on a tissue paper to drain excess oil
13. Serve it hot with green curd pudina chutney or tomato ketchup.

**NOTE :**

Dipping the tikkis in the corn flour and maida mixture will help to retain the curd in the tikkis centre. You can also use bread crumbs or oats to coat it.

**HEALTH BENIFITS :****SOYACHUNKS**

- \* A very rich source of protien even better then nonveg sources
- \* Good source of Isoflavones
- \* Good source of Omega 3 fatty acids
- \* Good source of minerals like Calcium, Iron, Magnesium, Manganese
- \* Good source of Vit. K

**PANEER**

- \* A very good source of Protien and Calcium
- \* Full of Vit B and fibres
- \* A good source of essential minerals
- \* A good source of various Antioxidants like Caratenoids, Lutein, Zeaxanthin



## MULTI GRAIN ATTA UPAMA

Dr. Snehal Kale



### Ingredients :

1 bowl multi grain atta, chopped vegetables as Potato, Cabbage, Carrots.... groundnuts,curry leaves (mitho limdo), red chilli,Oil or ghee

### Method :

Heat a pan.Add oil or ghee. Roast multi grain atta for 5-7 minutes. Put it aside. Fry chopped vegetables, peanuts,curry leaves and red chilli with mustard and hing. Cook well for 5 minutes. Add roasted multi grain atta,boiled water,salt and sugar. Mix well and cook. While serving garnish with fresh grated coconut and corainder.

### Advantages :

Multi grain atta contains... cereals with low glycemic index and pulses with high protein. Green vegetables and nuts are full of fibres and protein to avoid constipation. According to Ayurveda... roasted atta is easy to digest..and hence useful for all agegroups.



1st Prize  
Male





## PALAK - PANEER – VEGETABLE- BIRYANI

Dr. Archana Shah



We as Gynecologists deal with pregnant parents who require protein and iron rich food. Also after being diagnosed with cancer and after surgery and during chemotherapy felt need of protein rich and lots of micronutrients and vitamin rich food.

This meets the need for above and is a wholesome food.

Palak Biryani is common, my USP is here to add home - made paneer and soyabeans for that extra protein.

### Ingredients:

- 3 cups of basmati rice, soaked for one hour.
- 1 large onion, chopped finely
- 3-4 tomatoes large size for tomato puree
- 2 cups of mixed vegetables like carrots, green, red, yellow capsicum, beans, corn, peas etc.
- For palak puree – 4 cups of palak with little coriander leaves and 2–3 green chillies.
- 2 cups of homemade paneer, cut into small cubes.
- 1 cup of hung curd for marinating paneer
- Some boiled soyabeans
- Cheese dip and finger chips for dressing
- 4 tsp ghee and salt as per taste

### Whole spices:

- 1 inch cinnamon
- 2 small star anise (chakriphool)
- 2 green cardamoms
- 3–4 cloves
- 2-3 bay leaves
- 1 pinch javitri – This khada masala I have grind and use for flavoring of biryani. Do not use any readymade masala.

### Method:

- Cook the basmati rice which is soaked in water,



and drain water and keep aside, for biryani. Rice should be slightly hard.

- The mixed vegetables are steamed in a steamer and not boiled in water to retain their nutrients. If you boil them then all the nutrients goes away in the water.
- Make tomato puree by boiling the tomatoes, removing and grinding them in mixer.
- Same way boil palak and make palak puree after grinding in the mixer, we can add 2 green chillies to it.
- Finely chopped onions and after dipping them in chilled water, deep fried them-birista is ready.
- Also deep fry the potatoes, finger chips – to use for dressing (can be omitted if you don't want the deep fried portion).
- For the dressings I made 2 dips –
- Cheese dip – curd+ cheese – mixed properly.

- Sour curd – curd was hung, beaten and few drops of lemon were added.
- You can use either of them, if want to avoid processed cheese – then sour curd is a better option.
- For cooking, take 2 tsp ghee in pan, add a bay leaf and palak puree and once hot add cooked rice to it. Add salt as per taste and the masala which we have grinded. Mix properly and keep aside.
- In another pan, again take 2 tsp ghee, add bay leaf and the masala (already grind), add some chopped onions, sauté till golden brown, add tomato puree, cook for 10 mins and add steamed mixed vegetables and soya beans to it and keep aside.
- For paneer pieces (I have used homemade paneer pieces), they were marinated for 2 hrs in hung curd and general spices like salt, turmeric, garam masala were added and kept aside.
- Once all this is ready, we assembled the biryani in deep pan for baking.
- You need to have layers of different colors in the glass pan, which looks nice.
- You can first add a twin layer of green rice, over it

the mixed vegetables layer, over that paneer layer followed by a twin cheese dip layer, sprinkle some barista and finger chips and then again put layers of rest of rice, vegetables and paneer.

- You can have multiple layers depending upon the thickness of your pan. Top most layer has to be the sour curd and cheese dip.
- Bake this pan in a OTG for 10 mins at 160 – 180 degree Celsius.
- After removing from oven, again sprinkle some barista and fried potato wedges and serve hot with papad and raita (curd+ tomatoes+ cucumber+ onions).

#### Benefits:

This is a super food. Spinach has high levels of Vitamin K & A, proteins, iron and minerals.

Paneer – High in calcium and proteins.

Mix vegetables – Minerals + Vitamins

Soya beans – added proteins

We can cut down on the dressing of cheese and deep fried potato wedges. Just shown for dressing purpose.

Enjoy!



# PANCHRATNA DHOKLA

WHY ITS CALL PANCHRATNA ....IT CONSIST OF .....

5 HEALTHY DAL'S

1. SPROUTED MUG
2. CHANA DAL
3. TUVAR DAL
4. UDAD DAL
5. MAG DAL

ITS VERY EASY, QUICK, HEART FRIENDLY (LESS OIL), HIGH IN PROTEIN ..STEAMED ...RECEPIE WITH EASILY AVILABLE INGREDIENTS AT HOME

## INGREDIENTS

SERVING 4-5 PERSON

- DAL'S
- SPROUTED MUG ½ CUP
- CHANA DAL ½ CUP
- TUVAR DAL ½ CUP
- UDAD DAL 1 CUP
- MAG DAL ½ CUP
- RICE 1/2 CUP
- GINGER CHILLI PASTE 5-6 TEASPOON
- SALT ACC TO TASTE
- CHILLY POWDER FOR SPRINKLE
- OIL FOR GREASE
- SAUTED OIL WITH MUSTERED SEEDS, GREEN CHILLI, KADI PATTI ,TIL 2-3 TEA SPOONS
- CORIANDER LEAVES
- DHANIYA CHUTNEY FOR SERVING

## STEPS

- SOCK MENTIONED DAL PANCHRATNA DAL'S AND RICE FOR 8-9 HOURS .
- CRUSH ALL DAL AND RICE MAKE PASTE.
- ADD GINGER CHILLY PASTE , SALT , CORIANDER LEAVES ,SPROUTED MUG TO DAL PASTE.
- MIX WELL AND PUT DAL BATTER IN OIL GREASE DISH OF STEAMER.

Dr. Kunjan H. Shah



2nd Prize  
Male

- STEAM IT IN STEAMER FOR 10-15 MINS.
- SPREAD OIL SAUTED MUSTERD SEEDS TIL GREENCHILLY KADI PATTI TOP OF REDY DHOKLA DISH.
- SERVE HOT PANCHRATNA DHOKLA WITH DHANIYA CHUTNEY .

## VARIATIONS

- WE CAN ADD PALAK TO INCREASE NUTRITION VALUE.
- WE CAN SPRINKLE PEPPER POWDER INDTED OF RED CHILLY POWDER.
- WE CAN SERVE WITH TOMATO CATCH UP.
- WE CAN CHANGE AND INCREASE DAL PROPOTION ACCORDING TO CHOICE AND TASTE OF FAMILY.

## HEALTH BENEFITS OF PANCHRATNA DHOKLA RECEPIE

- RICH IN PROTEIN
- STEAMED SO CONTAIN LESS OIL ...HEART FRIENDLY
- TUMMY FILLING BRAKFAST OR DINNER
- GOOD COMBINATION OF PROTIEN (DAL) AND CARBOHYDRATE (RICE) FOOD.
- TASTY AND CHEWABLE CAN SERVE TO ALL FAMILY MEMBER KIDS TO ELDERLY .

## KANTHI'S INDIAN LAKSA SOUP

Dr. Kanthi Bansal



### Ingredients

#### Laksa Paste:

- 1 tsp coriander powder
- 1 tsp cumin powder
- 1/2 tsp salt
- 1/2 tsp red chilli powder
- 1/4 tsp turmeric powder
- 1 inch fresh ginger root peeled
- 1 clove of garlic peeled
- Red chillis whole, remove the seeds & cut each into 3 to 4 pieces, soak in hot water for 15 minutes
- 1/2 onion, medium sized, peeled & cut into small pieces

#### Laksa Curry Soup:

- 2 tsp Ghee
- Laksa curry paste
- 3/4 cup sliced carrots
- 1/2 Bottle Gourd, baby corn 4, Broccoli one big piece, Cilantro 2 cups, sliced or chopped small
- 3 cups veggie broth or water (made from remaining vegetables & the peeled portions of vegetables)
- 1 cup of sprouted Moth grains/Mataki grains
- 2 stalks of Lemon grass
- 1 can coconut milk
- 6 to 8 oz (6 oz) thin, brown wheat noodles dipped in hot water & removed immediately
- Salt to taste
- 1 tsp brown sugar
- Lime juice of 2 limes
- Dark Soya sauce 4 tsf
- coriander for garnish

### Preparation



2nd Prize  
Female

#### Making the paste:

- Add all the ingredients to a blender and blend until uniform paste is formed. 1 tsf water can be added if required.

#### Making the soup:

- Heat Ghee in a medium sized stock pot with a handle & heavy bottom, so that the paste does not get burnt. Add the curry paste & stir fry over medium heat. After 5 minutes, add 6 tsf of coconut milk & stir till the paste changes the colour to reddish orange colour. This may take 20 minutes.
- Add the vegetable stock now & boil for 5 minutes.
- Add the remaining coconut milk & boil again for 20 minutes.
- Add the lemon grass, it will give the aroma for the

soup.

- Add the vegetables which & boil for 5 minutes.
- Add the matka sprouts
- Add the Soya sauce
- Add brown sugar & salt to taste

### Serving:

1. Take a large Soup bowl, place the noodles first, pour the soup with vegetables, place coriander leaves on top for decoration.

2. Serve salad made with carrots & Beet root, place longitudinal cut Sweet lime pieces

### Health Benefits of coconut milk:

- It aids in weight loss
- It contains antioxidants
- Electrolyte balance maintained
- Prevents heart disease
- Strengthens the immune system
- Prevention of anemia
- Healthy hair and skin
- Anti-inflammatory properties
- Promotes gastrointestinal health, a healthy substitute for individuals that are lactose intolerant.

### Health benefits of Bottle Gourd

- Reduces stress
- Benefits the heart
- Helps in weight loss
- Helps in treating sleeping disorders
- Prevents premature greying of hair
- Helps in digestion
- Benefits the skin

### Health Benefits of Baby Corn

- Low In Calories
- Rich in Fibre
- Low-Carb Vegetable
- Nutrient Dense
- Stimulates Digestion
- Promotes Healthy Vision
- Rich Source Of Folate

### Health Benefits of Carrot

Boosts eye health

Aids Weight Loss

Ensures bowel regularity and helps in digestion

Fights cholesterol and boosts heart health

Lowers Blood Pressure

Boosts skin health

Boosts immunity

There are a wide variety of vegetables & spices incorporated in this dish, most of them are extremely helpful to maintain the health our body like boosting immunity, healthy vision, digestion, reducing stress, maintaining blood pressure, healthy hair & glowing skin!



## MEXICAN ROTI TACOS (NO FRY)

“A very healthy crispy delicious cusine made from wheat roti and protein rich boiled pulses and paneer”

### Ingredients:

Roti (leftover or fresh chapati)  
 Boiled pulses (rajma, soyabean, tuver) 1/2 cup  
 Boiled corn 2tbsf  
 Choped Capsicum 2tbsf  
 Choped Onion 2tbsf(optional)  
 Grated paneer 4tsf  
 Oregano  
 Chilli flakes  
 Salt

### Recipe:

For taco  
 Make small holes using fork in roti. Then put roti on oven rack as seen in pic. In preheated oven keep roti with rack and bake @ 140 degree for 10 mins or until crisp.

Dr. Maulesh Modi



3rd Prize  
Male

### For stuffing:

Mix boiled pulses, corn, capsicum and onion in a bowl. Add salt according to taste then add oregano and chilli flakes.

Finally stuff tacos with filling and garnish with grated paneer.

Enjoy with homemade fresh tomato sauce or salsa.



Health benefits: Not fried so less calories. Made of routine wheat roti so no maida. Stuffing made of boiled pulses and paneer which are very rich in protein.

## VEGETABLE HANDVO in HANDVA PAN Dr. Jagruti Sanghvi

Also known as "DANGELU"

Cuisine : Gujarati

Cooking time : 45 to 50 minutes Serving : 6 to 7 person

Category : one pot meal

Can be served : in breakfast, lunch (as farsaan), dinner, as a starter, even in kids lunch box

Served with : tomato ketchup, green coriander chutney, onion tomato salad, peanut oil mixed with dry pickle masala

### Ingredients

For raw handvo mix :

rice 3 cups

urad dal 1 cup

sabudana 1/2 cup

dry fenugreek seeds 1 tbsp Chanadal 1 cup (optional)

### For fermentation :

Raw handva mix : 2 cups

Sour yoghurt 1 small cup

warm water as required

### Vegetables :

grated bottle gourd - 1 1/2 cup fresh Green peas : 1/2

cup finely chopped carrot : 1/2 cup finely chopped

french beans : 1/2 cup

desiccated coconut : 1/2 cup other vegetables like, onion, cabbage, spinach, fresh fenugreek leaves or



**3rd Prize  
Female**

even white part of of watermelon rind can be used

### For seasoning :

green chilli ginger paste : 2-3 tablespoon

red chilli powder : 1 tablespoon sugar : 2 tablespoon

turmeric powder : 1/2 tablespoon

baking soda : 1/2 tablespoon salt : as per taste

### For tempering :

oil : 4 tablespoon

sesame seeds : 3 tablespoon mustard seeds : 1 tbsp

dried Red Chillies : 2-3

fresh curry leaves : 3 strings

### Other ingredients :

oil - for greasing

whole wheat flour - for dusting the handvo pan

### Method of preparation

For raw handva mix :

Take all the ingredients & grind them to make coarse mix like sooji

### For batter :

- Mix raw handva mix with sour yoghurt & warm water or warm buttermilk to make thick batter
- now keep this batter covered in a warm place for 7-8 hrs for fermentation
- add all vegetables & seasoning agents to it & mix well
- then add baking soda & mix
- batter will become fluffy
- now add tempering and mix it well
- now pour the batter in the greased and dusted handvo pan
- by the time put sand filled mould on burner for heating
- close the lid of handvo Pan and put it on the mould for 5 minutes on high flame then decrease the flame and let it cook for 45 minutes
- after 45 minutes, check the handvo by inserting a knife
- if it comes out clean, shift the pan off the burner
- put sand filled mould on the lid, so the top layer of the handvo will become Crisp
- open the lid and with the help of knife separate it from the sides and unmould the handvo in the plate

upside down

- turn it now, make pieces like cake and serve it

### Note :

- if you don't have handwa pan you can prepare it in oven or on non stick Pan also. Nutritional value : It is rich source of protein as well as minerals & vitamins as it contain cereals & vegetables in good amount .





## CARROT CUP CAKES

Dr. Sonal Kotdawala

### Ingredients :

Carrots – Shredded 250 gm  
 Walnut – 100 gm Chopped  
 Dates – 250 gm – Diced  
 Sugar – 1 Cup Normal  
 0.5 Cup Brown (Caramelised Sugar)  
 1.5 Teaspoon – Bakery Powder  
 0.5 Teaspoon – Soda bicarb  
 1 Teaspoon – Nutmeg + Ginnemon  
 1 Cup – Refined Oil  
 2.5 Cups – Wheat + Maida Flour

### Recipe :

Sieve – flour, Bakery Powder  
 Sodabcarb + Pinch of Salt  
 Add – Shredded Carrots, Diced Dates, Chopped Walnut  
 Beat Sugar & Oil – 4 Mix  
 Spice up with Powdered Nutmeg + Cinnamon  
 Add 0.5 Cup of Caramelised Sugar  
 Pour into Greased Cup cake Moulds  
 Bake at 150 Degree for 40 Minutes.

These Carrot Cupcakes are

- Freshly Made
- Delicious
- Wholesome
- Easy to make
- Eggs free
- Full of Nutrients

“RELISH”



3rd Prize  
Female



## RICE POPS FROM LEFTOVER RICE

Ingredients- leftovers rice

Dry rice flour

Salt, chilli garlic paste

For- tadaka - mustard seeds, sesames seeds, cury leaves,  
green chilli, chilli flakes, oil, coriander

Grind rice and add in bowl, add dry rice flour salt and chilli garlic paste and make a dough

Now make small balls from it

Keeps water in pan and boil it, add all balls in biolling water for 4-5 minutes

All balls will come to surface, remove iron plate

Now keep oil in pan and add mustard seeds and sea Sam seed cury leaves &

green chilli add all balls and mix it

Garnish with red chilli flakes and coriander

Dr. Trupti Narendra Shah



Consolation  
Prize  
Female



## LESS SUGAR BPK SHIKHAND

Ingredients-

Amul masti curd, grined sugar,  
grined badam,kesar,pista, cardamom

Recipe -

Tie amul curd in muslin cloth and hang it till water drains. Now pass the curd and the sugar through a seive till both mix and creamy texture is achieved.

Add badam, kesar, pista and cardamom.

ready to serve

## ટીક્કી ઉસળ

ઉસળ માટે સામગ્રી:

1. ત્રણ વાટકી સુકા લીલા વટાણા અને એક વાટકી છોલે ચણા
2. ડુંગળી, લસણ, ટામેટા, આદુ, લીલા મરચાં
3. તેલ
4. અજમો, રોજંદા મસાલા

ટીક્કી માટે સામગ્રી:

1. ચાર મધ્યમ કદના બટાકા
2. ત્રણ બ્રેડ
3. મરચા, આદુ, લસણ, ધાણા, મીઠું, તેલ

રીત:

ઉસળ બનાવવાની રીત:

વટાણા અને છોલેને 6 ક્લાક ગરમ પાણીમાં પલાળી રાખો. ત્યારબાદ જરૂરી મીઠું ઉમેરીને બાફી લો. કડાઈમાં 2 થી 3 ચમચી તેલ લો અને ત્યારબાદ અજમો, હીંગ ઉમેરીને વઘાર કરો. સમારેલી ડુંગળી ઉમેરી તે ગુલાબી થાય ત્યાં સુધી સાંતળો. તેમાં લીલું મરચું, લસણ અને આદુની પેસ્ટ ઉમેરો. ત્યારબાદ 3 મધ્યમ કદના ટમેટા કાપીને ઉમેરો જ્યાં સુધી તેલ છૂટું નાં પડે ત્યાં સુધી સાંતળો. જરૂર મુજબ મીઠું, હળદર, લાલ મરચું, ધાણા જીરું અને 2 ચમચી ગરમ મસાલો નાખી ઉકાળો.

હવે તેમાં બાફેલા વટાણા અને છોલે ચણા ઉમેરી ઉકાળો.

ટીક્કી બનાવવાની રીત:

બ્રેડનો મિક્સી માં ભુક્કો કરી તેમાં બાફેલા બટાકાનો છૂંદો ઉમેરો. જરૂર મુજબ મીઠું, આદુ, લસણ, મરચાની પેસ્ટ ઉમેરી તેની ટીક્કી વાળો. ટિક્કીને નોન સ્ટિક પેનમાં વારાફરતી બને બાજુ તેલ મૂકી શેકી લો.



Dr. Nivedita Vaja



Consolation  
Prize  
Female

એક પ્લેટ માં ટીક્કી મૂકી તેની ઉપર 2-3 ચમચા ઉસળ ઉમેરો. ઉપર કાપેલી ડુંગળી, ટામેટા, ખજૂર આમલીની ચટણી, લીલી ચટણી, દહીં, સેવ, દાડમ અને લીલા ધાણાથી ગાર્નિશ કરી પીરસો.

ઉપર તૈયાર થયેલ ચટાકેદાર ટીક્કી ઉસળ બનાવવામાં ઝડપી અને સહેલી અને છતાં સ્વાદિષ્ટ અને પૌષ્ટિક છે જેમાં આરોગ્યને ધ્યાનમાં રાખી પૂરતા પ્રમાણમાં પ્રોટીન, કાર્બોહાઈડ્રેટ છે અને ઓછા પ્રમાણમાં ચરબી છે જે જુની અને નવી પેઢી બનેને મોઢામાં પાણી લાવે તેવી છે. તો આવો અને ચાખો ચટાકેદાર અને સ્વાદિષ્ટ ટીક્કી ઉસળ.

## MAGGIE KHIR

### Ingredients :

1 Bag AMUL gold milk, 1 Maggie packet ,Sharbat for milk, 2tsf Desi Ghee, Little Dry fruits...

Cook 1 Maggie in 1 Bag of milk ...with 2 Tsf Ghee, after 3-5 minutes when Maggie is Swollen add Milk Sharbat according to Sweetness required..add Dry fruits, Ready to Serve..

### Advantages :

As it is quick to cook it contains milk dry fruits and little ghee so have good calories has antacid effect and ghee is supposed to be MADHEYA(Brain tonic)

Dr. Snehal Kale



## PANKHI

Dr. Snehal Kale

### Ingredients :

Rice flour 1 Cup,Ghee for Mohan 2 Tsf ,Backing Soda 1/3 Tsf,little Salt, Hara Mirchi,small pieces, 1 Tsf Til Banana leaves 4 or Kena or Badam Leaves.

### Procedure :

Mix ataa..with Milk ,little Ghee,salt and Mirchi, Til etc..Thick paste, put it on the leaves between the 2 ,Before putting Mixed atta put some Ghee on the leaves...so that it doesn't stick ,Cook on big Tava till leaves get burnt..By that time it gets Cooked,

## SWEET DISH - PITHA - ASSAMESE STYLE Dr. Archana Shah

Petha – We all know about Agra Pethas, but this is a special savory made during festivals like ‘Magh Bihu’ and ‘Bohag Bihu’ in Assam and relished with friends and families.

You will not get in markets anywhere as it is a very traditional Assamese delicacy made especially during festivals.

Ingredients:

- 3 cups small rice
- 4 cups coconut – desiccated (grated)
- 2 cups of sugar
- 2 cups of jaggery
- 4 packs of 500 ml full cream milk
- Saffron – Green pista and almonds cut in small pieces.

**Method:**

- Soak rice overnight, drain, spread rice grains for 1 hr over a towel to drain moisture, then grind it into a thin paste by adding some milk as per the requirement and keep it aside. The consistency has to be a little thinner than our dosa batter.
- Take 2 liters of milk in a non – stick pan and boil it at medium flame with constant stirring so it does not stick; till it is half in volume and becomes thick to rabdi consistency. You can then add sugar and saffron as per taste, basically your rabdi is ready to dress over the pitha.
- Take a pan and just add 1 tsp ghee and add 2 cups



of grated coconut and 1 cup of sugar. Cook till mixture thickens and leaves the pan and has little binding.

- Same as above thing can be done with jaggery, in place of sugar you can replace with jaggery, which is a more healthier option. I made both. The white ones in picture are with sugar and brown ones are with jaggery.
- Take a dosa tawa, when it is heated, spread the rice batter over it like a small dosa and add a little ghee and when it is being cooked, put the coconut mixture over it and roll it like a Frankie. The pitha has to be over cooked, it should not become brown. Arrange the rolled pithas in a bamboo

plate and pour a little rabdi over it and garnish it with saffron, pista & badam and serve,

### Alternative servings:

- You can also bind the mixture as small ladoos and serve.
- You can put ladoos in a bowl and pour rabdi over it
- Only rabdi can be ate.
- Pitha can be rolled and rabdi is poured over it.

### Benefits:

- This is a very uncommon sweet dish for us, but

very healthy.

- It has very less ghee
- Very useful for lactating mothers.
- Coconut, jiggery, milk and dry fruits all help as galactogogs

Rich in calcium, coconut is rich in fibers, Vitamin B & C, minerals, iron, selenium, calcium and magnesium. Using jiggery instead of sugar we add to the nutritive value.

Keeping the traditions alive from other parts of our country.



## VEG LASAGNE (BAKED DISH)

**Dr. Maulesh Modi**

### Ingredients

Refined flour 1cup  
Salt  
Boiled beans 1cup  
Boiled corn 1cup  
Onion  
Pizza sauce  
Mozrella cheese  
Chilli flakes  
Oregano

### Recipe:

For lasagne sheets make soft dough of refined flour salt and water. roll sheets and allow it to dry under fan for 15min then boil them in water till they float.

For stuffing mixture light saute beans, onion and corn in little oil. Add salt, oregano and chilli flakes acc to

taste.

Now assemble sheets, mixture, pizza suce in a oven safe bowl. on top of it make a layer of mozrella cheese. Finally bake at 220 degree in a preheated oven for 15 min. Serve after 10 min as it is very hot.



## SOFT NO FRY DAHI WADA

### Ingredients :

Moong daal 1/2 cup  
 Udad daal 1/2 cup  
 Gram flour 1tbsf  
 ENO 1 pack  
 Curd 200gm  
 Coriander chutney 2 tbsf  
 Dates chutney 1tbsf  
 Salt

### Recipe :

Soak moong daal and udad daal in water for 4 to 5 hrs. Remove excess water.  
 Then make paste of soaked daal. While making paste dont add water.  
 Add 1 tbsf of gram flour and salt in paste. Keep it for 5min

### Dr. Maulesh Modi

Add 1 pack eno in the mixture and whisk in one direction for 1 minute.

Now boil water in idli cooker. Apply little oil on idli mould and put 1 tbsf of batter in mould. With this recipe you can make 15 to 16 wada.

Now put idli moulds in cooker close the lid and cook it for 20mins

After that remove them and allow it to cool.

Then soak them in water for 10 mins.

Remove them in serving plate.

Add curd, chutneys and roasted jeera powder.

Garnish with coriander and serve it.

### Benefits :

No fry recipe. Made of daal rich in protein. No any kind of spicy masalas so very suitable for children and elderly members.





## METHI DANA SABJI JHOLWALI & SUKHI SABJI Dr. Kanthi Bansal

### Ingredients:

- Methi dana: 3/4th Katori (Cup) (Divide into 2 portions for 2 different types---Jhol & Sukhi)
- Ghee: 2 tsf( tsf for each part)
- Cumin seeds: ½ spoon for each part
- Meeta Nimda: 6to 8 leaves for each part
- Salt: as per taste
- Mirchi powder: 1/4th spoon
- Dhaniya powder: 1tsf
- Haldi powder: 1tsf
- Jaggery 2tsf only for Jhol sabji
- Tamarind :2tbs only for Jhol sabji
- Pappad: 2 in number(Lijjat epper pappad is better)
- Garlic: 6 to 8 pieces,grinded for Sukhi
- Green Chilli: 1 with seeds removed & grounded for both
- Coriander leaves:cut & cleaned,half katori for both

### Method of Preperation of Jholwali sabji:

Take the methih dana & clean with water.Add 3 katoris of water in the cooker & add Methi dana.Take 6 to 7 whistles on high flame. Remove it. After the pressure releases on its own, remove the Methi dana in a Strainer, wash the methi dana properly several times, remove all water.

Divide this into 2 portions, keep aside one portion for Sukhi sabji preparation.

Take a kadai, add Ghee, on medium flame add cumin seeds & hing first.Then add the masala consisting of haldi, mirchi powder,dhaniya powder & salt, stir, add the methi dana,mix it well, add jiggery, add the tamarinde water, mix it well. Boil the ingredients for



about 8 to 10 minutes. Garnish on top with Coriander leaves.

### Methi Dana Sukhi Sabji Preperation:

Take a kadhai, add ghee, add cumin seeds, hing, red chillies, & garlic & green chilli paste. Stir well.

Add the masala consisting of dhaniya powder salt, turmeric powder, mirchi powder & stir well. Add the methi dana, to this add the pappad which are cut into pieces. Mix well. Let the sabji simmer for about 10 minuts. Top it with coriander leaves.

### Salad

#### Ingredients:

Carrot 1, Beet root 1, Cucumber 1, Tomatoes 2, boiled groundnuts(with cover, peeled) half cup, lime 2

Method of preparation:

Wash all the ingredients well.

Grate the Carrot, Beet Root & Cucumber. Cut tomatoes into longitudinal pieces. Place all these by decorating in circular manner, first carrot, layer by cucumber, then beet root, place the boiled groundnuts at the periphery.

Place the tomato slices & lime slices. Sprinkle salt & pepper in the end.

#### Fruits

Types of fruits: Water Melon cut into small pieces, Pomegranate, peeled & separated grains, Guava cut into pieces longitudinally, bananas whole.

#### Method of Preparation

Take a nice glass plate & arrange the fruits in a circular manner.

Keep the bananas as whole separately as they look better & tempts person to eat.

Green Chutney: Coriander leaves 1 big Katori, Lime 1, green chilly 1, salt as per taste.

#### Method of preparation

Clean the coriander leaves, cut them into small pieces, cut the green chili, grind them in mixer, add salt &

#### Method of serving

Take a steel plate, serve the gravy vegetable in a katori (Steel cup) & dry vegetable with papad in the plate itself.

Accompany this with the green coriander chutney, Goose Berry achar, 1 katori curds, garam phulkas applied with ghee

Enjoy the complete healthy, less oil meal, good for health.

#### Health benefits of the methi dana Sabji & accompaniments

Fenugreek's health benefits are supported by evidence

The most commonly claimed fenugreek benefits are milk production in new mothers, blood sugar levels, testosterone and male libido, and treating inflammation.

- Balance cholesterol.
- Soothe upset stomach and digestive problems.
- Reduce menstrual cramps.
- Reduce appetite.
- Reduce fat mass.
- Maintain liver and kidney health.
- Soothe muscle pain.
- Reduce fever.

#### Papad

- They are gluten free, low calorie, high protein, high fibre accompaniment or snack. Can be enjoyed by any age group at any time of the day.
- Papad can be an appetizer for a healthy sumptuous meal.
- These can be a trustworthy prebiotic (promotes the growth of good bacteria in the gut) that supports digestion and assimilation of the macro and micronutrients from your food.
- Papad acts as a digestive by enhancing the secretion of digestive enzymes and juices which are essential for metabolism.

#### Gooseberry pickle

Apart from offering loads of benefits for your hair and skin, gooseberries are said to offer numerous health benefits such as:

- Treating insomnia.
- Prevents cancer.
- Strengthens bone.
- Has powerful antioxidants.
- Good for your teeth and prevents bad mouth

odour.

- Good for your heart.
- Prevents diabetes.
- Treats gastric diseases.

### **Coriander Chutney**

Coriander is a wonderful source of dietary fiber, manganese, iron and magnesium as well.

In addition, coriander leaves are rich in Vitamin C, Vitamin K and protein. They also contain small amounts of calcium, phosphorous, potassium, thiamin, niacin and carotene. Here go some of the health benefits of coriander leaves:

1. Coriander lowers bad cholesterol (LDL) and increases the levels of good cholesterol (HDL).
2. A very good food for digestive system, coriander promotes liver functions and bowel movements.
3. Coriander is good for diabetes patients. It can stimulate the insulin secretion and lower the blood sugar levels.
4. Vitamin K in it is good for the treatment of Alzheimer's disease.
5. The fat soluble vitamin and antioxidant- Vitamin A, protects from lung and cavity cancers.

### **Fruits**

Fruits are sources of many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C, and folate (folic acid). Diets rich in potassium may help to maintain healthy blood pressure.

Pomegranates have wide-ranging health benefits. They are incredibly high in antioxidants and other plant compounds that can help reduce inflammation

and prevent disease

Lemons are rich in vitamin C and other plant compounds that may promote heart health, boost weight loss and help prevent kidney stones.

### **Watermelon**

- Helps You Hydrate. ...
- Contains Nutrients and Beneficial Plant Compounds. ...
- Contains Compounds That May Help Prevent Cancer. ...
- May Improve Heart Health. ...
- May Lower Inflammation and Oxidative Stress. ...
- May Help Prevent Macular Degeneration. ...
- May Help Relieve Muscle Soreness.

### **Bananas**

- Bananas are respectable sources of vitamin C. ...
- Manganese in bananas is good for your skin. ...
- Potassium in bananas is good for your heart health and blood pressure. ...
- Bananas can aid digestion and help beat gastrointestinal issues. ...
- Bananas give you energy – minus the fats and cholesterol

### **Curds**

- It makes your teeth and bones stronger. ...
- It improves immunity. ...
- It is used as home remedy to get fair skin and great hair. ...
- Improves digestion. ...
- It is good for your heart. ...
- It helps lose weight. ...
- It removes dandruff. ...
- Improves vaginal health.

### Ghee

- Helps You Keep Warm From Within. Ghee is an integral part of Indian winters. ...
- For Clogged Nose. ...
- Good Source Of Energy. ...
- Source Of Good Fat. ...
- Good For Intestinal Health: ...
- Apply It Over Your Rotis To Decrease Glycemic Index: ...
- Keeps Constipation At Bay: ...
- Good For Heart:

### Wheat

Good source of iron, thiamine, niacin, calcium, and vitamin B6, in addition to the above nutrients. Whole wheat may be a decent source of several vitamins and minerals, including selenium, manganese, phosphorus, copper, and folate.

As it's a complete traditional meal from Rajasthan, India, the meal contains several other ingredients like the spices etc which are extremely healthy & powerful antioxidants.



## BHARWA BAIGAN SUBJI

Dr. Jagruti Sanghvi

**Category: Spicy Subji with Gravy**

**Serving :** 4 person

Cooking time -20 minutes

Served with : Roti ,Paratha, Puri, Rotla(Bajri), Bread,Rice,Khichdi

Ingredients : (1) 10 -12 Baby brinjals (2)Blanched Puriee of 2 Medium sized Tomatoes

For Stuffing (1) Besan -3 table spoon (2)Coarsely crushed roasted peanuts -2 table spoon (3) Red chilli powder- 2 tea spoon (4) coriander powder -3 tea spoon (5) Turmeric powder- ½ tea spoon (6) sugar -1 tea spoon (7) salt to taste

Tempering agent- (1) oil- 3 table spoon (2)Asafoetida powder -¼ tea spoon

For Garnishing –Fresh coriander leaves-2 table spoon

### **Method of preparation :**

Mix all the ingredients for stuffing .

Now take washed baby brinjals

Remove green stems & put cross cut up to ¾ th of brinjal length

Fill the stuffing masala into this cuts & Keep remaining masala aside .

Now in non-stick pan take oil , add asafetida and asafetida and sauté stuffed brinjals for a minute

Now add one & Half glass of water & cover the lid & let it boil for 8 minutes on medium flame.

Now check it ,when it is soft add blanched tomato puree and mix . add remaining stuffing masala slowly

& keep stirring continuously to avoid lump formation

Once start bubbling ,cover the lid & let it cook for another 2 minutes .

Open the lid & check ,some oil is released on the . Garnish it with fresh coriander leaves & serve it

Note: you can add garlic paste also .

You can stuff baby potatoes And Baby onions same way

## CHOCOLATE CAKE IN PAN

Dr. Trupti Narendra Shah

2 packets of Parle-G biscuits  
 250 ml milk, 6 teaspoon of grind sugar  
 1 teaspoon NES coffee, 1 teaspoon regular Eno  
 Grind biscuits and sugar finely  
 Sieve it so no any big particles remains Now add milk and coffee and shake well in one direction make batter  
 Add ENO & shake batter in one direction Grease cake pan with ghee or butter and sprinkles manda floor or may use butter paper if u have Keep pan or cooker on gas add salt in pan & preheat for 2-3 minutes  
 Pore batter in pancake & keeps in pan or cooker heat on full flames for 3-5 minutes then 3-5 minutes on medium flames and than turn gas for 30-40 minutes with lid cover After baking allow cake to cool & separate it  
 from borderline with knife Remoulds from pan cake For topping Add chocolate dipped on surface & decorating with gems



## MANGO MALAI

Dr. Nivedita Vaja

સામગ્રી:

ઘરની મલાઈ

ખાંડ

ઘરે મેળવેલું પંજાબી દહીં

ફોઝન કેસર કેરીના ટુકડા

મેંગો કશ

મેંગો મલાઈ બનાવવા માટેની રીત::

સૌ પ્રથમ એક મોટો વાટકો ફોઝન કેસર કેરી ના ટુકડા લઈ તેને સામાન્ય તાપમાને આવે તેમ મુકો. એક બાઉલ માં 4 મોટા ચમચા ઘરની મલાઈ લઈ તેમાં 4 ચમચી દળેલી ખાંડ ઉમેરો અને ખુબ ધીમે ધીમે હલાવો, નહીંતર માખણ છૂટું પડવા લાગશે. તેમાં 3 ચમચી કણીદાર પંજાબી દહીં ઉમેરો. હવે તેમાં કેસર કેરીના ટુકડા ઉમેરી જરૂર મુજબ મેંગો કશ ઉમેરતા જાઓ. બધું હળવા હાથે હલાવી કેસર કેરીના ટુકડાથી ગાર્નાશ કરી પીરસો.

આ ઝડપી અને સ્વાદિષ્ટ વ્યંજન બનાવવામાં સરળ અને ઘરની જ વસ્તુઓથી બનાવેલ હોવાથી આરોગ્યપ્રદ પણ છે.



“HAPPY COOKING  
ENJOY AND SAVOUR  
THE LIPSMAKING  
RECIPES”



**Ahmedabad Obstetrics &  
Gynecological Society**

**Thank You !**

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