

Come2India.Org

*Diwali*



*Recipes*

# Editor's Foreword

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**Come2India** brings you a new Ebook – on Diwali Recipes – specifically on Sweets and Savories. We hunted far and wide within India and present the top 10 Sweets and 10 most popular Savories from all over India. Again we try to have no regional bias in the selection of these recipes.

Diwali, the festival of lights, is celebrated with enthusiasm all over the country. Diyas are lit and Goddess Laksmi is welcomed home. Lanterns or kandeels are hung outside the house. Rangoli adorns the doorsteps. Laksmi puja is performed after sunset. The traditional puja thali is decorated and laden with delicious sweets. It is the time for family get-togethers and feasts.

Preparations begin in earnest a couple of weeks leading to Diwali. New clothes are bought and firecrackers are procured. Today, even the sweets and savories that are so intrinsic to the celebration of Diwali are store-bought. But this time round, try a few simple Diwali recipes for family and friends. Keep alive the tradition of preparing a few sweets at home.

We have 2 sections - Sweets and Savories.

We have selected easy-to-make recipes that are popular in different parts of the country. Look up our tips for an added twist. Try them....

Let the aroma of home-made sweets and savories fill your home with the festive spirit!

Did we say that this ebook is free? Do a Good Karma – Spread the word around about this Ebook. Share with your friends and families.

This revised version allows you to connect to our site for further tips, recipes and information - an interactive way that is far more satisfying than usual.

Chapter 1

# Diwali Sweets

Come2India brings you a new Ebook – on Diwali Recipes – specifically on Sweets and Savories. We hunted far and wide within India and present the top 10 Sweets and 10 most popular Savories from all over India.



## Section 1

# Rava Laddu

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This simple Indian sweet is popular in most parts of the country. These small sweet treats are easy to make and keep well for weeks.



## Ingredients

Rava 1 cup

Sugar 1 cup

Ghee 1/4 cup

Milk (optional)

Cardamom

Cashew nuts about 7-8

## Method

In a pan, dry roast rava on a low flame till it gives off a pleasant aroma. But ensure that it doesn't get burnt. On cooling, grind it to fine powder. Powder the sugar fine along with cardamom. Roast the cashews in a bit of ghee till they are golden brown. Mix the rava, sugar and nuts. Heat the remaining ghee. Add it to the mixture. Shape laddus by binding the mixture into tight balls. Store them in an air-tight container.

**Tip:** You can add a couple of tbsp of milk to the mixture while binding. This makes it easier. But then the laddus might not keep for long.

## Rava Kesari Recipe

# Kaju Katli

The rich flavor of cashews comes through in this Indian sweet, one that finds pride of place during most festivals and joyous occasions.



## **Ingredients**

Cashewnuts 500 gms soaked 2 hours in water

Sugar 300 gms

Ghee 1 tbsp

Cardamom 5-6 finely powdered

## **Method**

Grind cashews to a fine paste with very little water. Heat sugar and cashew paste in a heavy-bottomed pan. Cook on medium heat, taking care to keep stirring continuously. A soft lump will then start to form. Add ghee and cardamom powder and mix well. Spread this mix on a greased rolling board. Roll lightly with a rolling pin to required thickness. Cut into diamond shaped kaju katlis.

**Tip:** You can add silver foil before shaping them into diamonds.

A variation to this recipe of kaju katli is to add some saffron dissolved in warm milk. This can be added when you add the cardamom powder.

**Badam Cake Recipe**

## Section 3

# Athirasam

Dark brown jaggery-soaked delicacies of Southern India, Athirasams are usually made for Diwali.





## **Ingredients**

Raw Rice 200 gm soaked in water for about 2 hours

Jaggery 150 gm

Water 50ml

Cardamoms 5-6 powdered fine

Dried ginger powder 2 tsp

Oil for frying

## **Method**

Drain the rice and spread out to dry on a cloth. Grind the slightly damp rice. The rice powder should be quite fine. You can sieve out the coarser pieces. Add cardamom powder and dried ginger powder to the rice flour.

Add some water to the jaggery and bring it to a boil. Strain the mixture to remove impurities. Boil the syrup again till it is thick. Pour it into the ground rice mix. Fold in the mixture to form dough. Leave it aside for a couple of hours. Knead the dough into balls. Grease your hands to aid the shaping. Flatten each ball. Fry these athirasams in hot oil till they are deep brown. Press down the ladle on each of them as they are frying.

**Tip:** You can store the extra athirasam dough in a refrigerator in an air-tight container for use later. For ease of preparation, you can try the ready Athirasam mix available off the shelves.

## Section 4

# Karanji

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Crescent-shaped fried pastries, stuffed with coconut-based fillings, karanjis are a popular sweet in Maharashtra and Karnataka. They are made during many festivals, especially Diwali and Ganesh Chaturthi. They are popularly called Gujyas in the Northern states and made during the Holi festival.



## Ingredients

Wheat Flour 1 cup  
Ghee 3 tbsp  
Salt 1 pinch  
Grated Coconut 1 cup  
Sugar 3 cups  
Milk 1½ cups  
Almonds 6  
Raisins 10  
Cardamom Powder ½ tsp  
Poppy seeds 1 tsp  
Oil for frying

## Method

For the outer covering, mix salt, flour and ghee. Gradually add water and knead to form firm dough. Cover with wet cloth and set aside. For the stuffing, take sugar, milk and coconut in a pan and cook on gentle heat. Add cardamom powder and chopped cashews and raisins.

Divide the dough into about 20 balls, so that you can roll them out like small chapattis. Place a spoonful of stuffing in the center and fold each in half. Twist the edges to form a pattern. You can use a mould to get attractive shapes. Deep fry the karanjis for about 2 minutes in hot oil till golden brown.

**Tip:** You can substitute jaggery for the sugar for a totally different flavor. Ensure that no filling comes in between the sealed edges or else the karanji or gujiya will open while frying. For Gujijas, the filling is usually rich with khoya (mawa) and dry fruits.

# Coconut Barfi

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Oozing with the flavor of fresh coconut, coconut barfi is made for festive occasions and often just as tea-time accompaniment.



## **Ingredients**

Grated coconut 3 cups  
Sugar 2 cups  
Milk 3/4 cup  
Vanilla essence 3-4 drops

## **Method**

Use a thick-bottomed saucepan and mix coconut, sugar and milk. Heat the mixture on low flame till all the ingredients blend well and the mixture starts turning thick. Add the vanilla essence. Spread the mixture on a greased tray and allow it to cool before cutting into desired shape. Store in air-tight container.

**Tip:** You can experiment with different flavorings. Instead of vanilla, you can go in for the traditional cardamom powder. Adding saffron brings on a different flavor and rich color. Use condensed milk for a richer version.

## Section 6

# Malai Peda

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Pedas are a popular mithai made with khoya. Garnished with slivered nuts, pedas can be easily prepared at home.



## **Ingredients**

Paneer 250 gms

Condensed milk 200 gms

Sugar 5 tsp

Milk powder 6 tsp

Maida 1/2 tsp

Cardamom powder 2 tsp

Kesar strands

## **Method**

Grind the paneer in a mixer. Then add all the remaining ingredients and grind till it is a smooth paste. In a nonstick pan, heat the paste on low heat, stirring continuously till it leaves the sides. It will form a lump. Use attractive molds to create pedas. Add a pinch of cardamom powder in the mold and fill with mixture. Unmold to get delicious Malai Peda.

**Tip:** You can shape them into small round balls with a small dent on top or even shape them into rolls. Garnish with slivered almonds or crushed pistachios.

# Besan Laddu

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The heady mix of ghee and chickpea flour along with sugar and cardamom makes for a simple yet tasty laddu.





## Ingredients

Gram flour or besan 2 cups

Sugar 1 cup

Ghee 1/2 cup

Almonds 5

Raisins 10

Cardamom powder 1 tsp

## Method

Sift chickpea flour to avoid getting lumps later. Powder the sugar fine. Coarsely chop the almonds and roast the raisins in a bit of ghee. Heat the ghee in a thick-bottomed pan on a low flame. Add besan and keep roasting till the aroma from it is wafting across. Switch off the flame. Add the sugar and cardamom powder as well as the almonds and raisins into the besan mixture. Shape tight balls from the mixture and leave aside to cool. Store the Besan Laddus in an airtight container.

Alternatively you can try the simple microwave version. Mix the besan and ghee in a thick glass bowl. Microwave it for about 3 minutes. Stir after each minute. Then microwave for another half minute. Remove and let the mixture cool. Add the powdered sugar and nuts and mix well. Shape into laddus.

**Tip:** Instead of adding the raisins to the mixture, you can add them individually to each besan laddu while you are shaping

them. You can also fry some cashew pieces and use them while shaping the laddus.

# Boondi Laddu

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Small pearls or boondis shaped into delicious laddus. The sweet boondis can also be eaten without shaping them into laddus.



## Ingredients

Gram flour or besan 2 cups  
Milk 500 ml  
Cardamom powder 1/2 tsp  
Ghee 3 cups

For Syrup:

Sugar 2 1/2 cups  
Water 3 1/2 cups  
Milk 2 tbsp  
Ghee 3 cups

## Method

Boil sugar and water. When the mixture is ready, add milk and boil for a few minutes as the impurities will rise to the top. Strain this and continue to boil the sugar syrup till it is sticky. Add cardamom powder and food color.

For Boondi: Mix flour and milk to a smooth batter. Heat the ghee in a heavy frying pan. Gently pour a bit of batter over the strainer held over the hot ghee. This will form small boondis in the ghee. Fry and remove gently. Repeat with all the batter. Immerse boondi in syrup; ensuring that the boondis are not swimming in excess syrup. Spread this mix on a large plate and sprinkle a little hot water over it. Keep it covered for about 10 minutes. Shape the mixture into laddus.

**Tip:** You can use edible silver leaf foil as a garnish on the laddus. Chopped pistachios and almonds added to the boondis before shaping the laddus make for a rich festive version. Choose a sieve based on the size of boondis you want to make. The South Indian version of boondi laddus are flavored with crushed cardamom, cloves and sometimes edible camphor.

## Section 9

# Kala Jamun

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A dry version of the regular gulab jamuns, kala jamuns are tasty and make for a delicious Indian dessert. Serve them with cold vanilla ice cream for a variation.



## **Ingredients**

Grated mawa 2 cups

Flour 8 tsp

Cardamom 3

Finely powdered Sugar 3 cups

Saffron strands Oil for frying

## **Method**

Prepare sugar syrup by dissolving the sugar in about a liter of water and boiling it till it reaches string consistency. Add saffron. Combine mawa and flour and mix well, kneading into a firm dough. Divide the dough into about 25 portions and shape into jamuns, either round or rolls. Deep fry the jamuns till they are dark brown. Drain and immerse them in the sugar syrup. After about half hour, drain them.

**Tip:** For garnishing Kala Jamuns, you can either roll them in desiccated coconut, wrap them in silver foil or slivered pistachios.

## Section 10

# Mysore Pak

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One of South India's most famous sweets, Mysore Pak comes in soft and firm but porous consistencies. You may need to try this out a couple of times to get it right!



## Ingredients

Gram flour 1 cup

Sugar 1 cup

Ghee 1 cup

Cardamom powder 1/2 tsp

## Method

Take a teaspoon of ghee in a pan and heat it on low flame. Pour in the flour and keep stirring till it is slightly dark and aromatic. Keep aside. Add water to the sugar and boil to form syrup. Do not wait for thick syrup. Slowly add the flour as you keep stirring to avoid lumps. Gradually add the ghee but continue to keep stirring the mixture around. It will froth and slowly start to thicken and start forming a lump. Keep a greased plate ready.

Pour the mixture into the greased plate and allow it to cool. Cut into slabs when it is slightly warm but firm. After it has completely cooled, you can store the Mysore Pak in an airtight container.

**Tip:** Don't wait for the mixture to completely cool down to cut it. You can increase the amount of ghee to get the softer richer version.







## Section 12

# Mathri

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Mathis or mathris are a traditional snack in large parts of North India. Served with spicy or tangy chutney, mathris are crunchy party food.



## **Ingredients**

Flour 2 cups

Salt 1 tsp

Ajwain 1/2 tsp

Oil 5 tbsp

Lukewarm water for kneading

Oil for frying

## **Method**

Mix flour, salt, ajwain and oil. Knead into firm dough by adding required water, little at a time. Keep the dough aside for about 20 minutes. Divide the dough into about 40 balls and roll into circles of about 2" thickness. Prick in a few places. Deep fry each of the pieces till golden brown. Store the mathris in airtight containers.

**Tip:** You can use wholewheat flour instead of plain flour for a healthier version.

## Section 13

# Murukku

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A favorite snack with all, murukkus or chaklis come in different versions. The variations are based on the flours and the shapes that are used.



## **Ingredients**

Rice Flour 2 cups  
Besan / Gram Flour 1 cup  
Butter, softened 3 tbsp  
Ajwain Seeds 1 tsp  
Turmeric Powder 1/4 tsp  
Asafetida Powder 1/4 tsp  
Red Chili Powder to taste  
Salt to taste  
Oil for deep frying

## **Method**

Mix the flours, red chilli powder, ajwain, salt, asafetida and butter in a bowl and mix well to get a soft dough. Use little water while mixing. Take a kadai with oil for deep frying. Take a portion of the dough and fill in the murukku or chakli press. Press the top of the sieve to get the murukku shape over a ladle. Dip the ladle in hot oil to fry the murukku till golden brown. Drain on paper towels.

**Tip:** You can use wholewheat flour instead of plain flour for a healthier version.

## Section 14

# Mixture

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As the name implies, mixture is a tasty blend of nuts and other ingredients such as boondi, sev, murukku bits and fried gram. Each region has its own special mixture recipe.



## Ingredients

Spicy Boondhi 1 cup  
Sev 1 cup  
Ribbon pakoda 1/4 cup  
Murukku 2-3 no  
Peanuts 1/4 cup  
Roasted gram 1/4 cup  
Rice flakes 1/4 cup  
Freshly ground pepper 1/4 tsp  
Curry leaves few  
Salt to taste  
Cashewnuts 6  
Cornflakes 1/2 cup

## Method

You need to deep fry the peanuts, roasted gram, rice flakes, curry leaves, cashew nuts, cornflakes in oil; one at a time. Add a bit of salt to the oil. Drain the excess oil on a kitchen towel. Toss all the ingredients together and ground pepper. Store in an airtight container.

**Tip:** Chivda can be done in the same way but with thick flattened rice. You can try various seasonings, such as with chili and turmeric powders.

# Nippat

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Nippatu or Thattai as it is called in Tamil Nadu is a snack item popular in Karnataka. Ideal as a tea-time munch, they are made mainly with rice flour. But there are variations such as spicy ones, baked ones and those with peanut powder or roasted gram powder.





## Ingredients

Rice flour 2 cups  
Roasted gram or peanuts  
Chili powder 2 tsp  
Butter 2 tblsp  
3/4 cup  
White sesame seeds  
Water as needed  
Salt as needed  
Oil for deep frying  
Asafetida 1/4 tsp  
Curry leaves few

## Method

Coarsely powder the peanuts or roasted gram. Mix rice flour with other ingredients to make firm dough. Use a plastic sheet and coat it with a bit of oil. Make balls of this dough and flatten into small discs on the plastic sheet. Deep fry the nippats or thattai in hot oil till golden brown.

**Tip:** You can add finely chopped onions to the dough. If you want to savor the nippats sans the oil, go in for the baked

version. Use wheat or plain flour instead of rice flour. Add a tsp of baking soda and bake the discs for about 15 - 20 minutes.

# Shankarpali

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Crunchy savory crackers, shankarpali or namak para are popularly made during Diwali and Holi. You can change the flavorings based on personal preferences.



## **Ingredients**

Maida 1 cup  
Wheat flour 1 cup  
Rice flour 2 tsp  
Chili powder 2 tsp  
Asafetida 1/4 tsp  
Cumin seeds 1 tsp  
Salt to taste  
Water

## **Method**

Mix all the flours and add the seasonings. Heat 2 tbsp of oil and add to the mixture. Knead into soft dough with just enough water. Keep aside for about 20 minutes. Roll out the dough into a thin chapathi. Cut out squares or diamonds with a sharp knife or cookie cutter. Deep fry them in hot oil till golden brown. Store in an airtight container.

**Tip:** Shankarpalis are also made like sweet biscuits. Namak paras are flavored with carrom seeds or onion seeds.

# Ganthia

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Chickpea flour spirals seasoned with carom seeds and pepper, Ganthia is a favorite snack in Gujarat. Served with Ganthia chutney made with green papaya and green chillies, these flour sticks go well with masala chai.



## Ingredients

Gram flour 1 cup  
Carrom seeds (ajwain) 1 tsp  
Asafetida a pinch  
Salt  
Oil for deep frying

## Method

Sieve the gram flour and add salt, asafetida and ajwain. Add about 5 tsp of oil into the mix and rub in thoroughly. Add water and make soft dough. Use a perforated ladle (ganthia jhaara). Make batches of ganthia by pressing batter onto the ladle into hot oil. Fry for a minute. Do not fry them till they are brown. Drain on paper towels. Store in airtight container.

**Tip:** Use turmeric and chili powders for spicy ganthia. You can use the sev press and make 'teeka ganthia'. Ganthias can be best relished with deep fried green chillies, carrot shreds, salad and mango pickle.

# Lehiyam

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A herbal concoction of dried ginger that aids digestion and ideal for the feasting season of Diwali. You can also use it regularly after a particularly heavy meal or party.



## Ingredients

Dry ginger 30 gm  
Cumin seeds 20 gm  
Ajwain seeds 70 gm  
Kandathippili (long pepper) 20 gm  
Liquorice 10 gm  
Cardamom 5 gm  
Jati phala 5 gm  
Jaggery 200 gm  
Ghee 100 gm

## Method

Grind the dry ginger, cumin seeds, ajwain, long pepper, liquorice and cardamom with a little water. Take the jaggery in a bit of water and boil till it starts thickening. Add the ground herbs and keep stirring till it turns jam-like. Add ghee and mix well. Store in a glass bottle when cool.

**Tip:** You can add a few drops of honey when the lehyam is being stored. Instead of dry ginger, you can use fresh chopped ginger. Digestive churans can also be made at home for regular use.

# Ribbon Pakoda

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Thin savory strips mildly spiced with chili and asafetida, ribbon pakoda is a traditional snack of Tamil Nadu.





## Ingredients

Rice flour 2 cups  
Gram flour 1 cup  
Chili powder 1 tsp  
Salt  
Asafetida 1/4 tsp  
Sesame seeds 1 tsp  
Butter 1 tbsp  
Oil for deep frying

## Method

Sieve both besan and rice flour and mix in a bowl. Add chili powder, salt, asafetida, butter, sesame seeds. Knead into soft dough with water. Use the Ribbon Pakoda press to prepare flat strips directly into hot oil. Fry till golden yellow. Drain on paper towels. Cool and store in airtight containers.

**Tip:** Don't let the ribbon pakodas turn brown. Ensure that the oil is hot enough lest the pakodas turn out soggy and soak in too much oil.

Kadumbuttu Recipe

# Kodubale

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Typical of Karnataka, kodubale are bangle-shaped crunchies. The name is derived from the Kannada words for cow's horn (kodu) and bangle (bale). This is also called chagodilu in Andhra Pradesh.



## **Ingredients**

Rice flour 5 cups  
Cumin seeds 1 tsp  
Salt  
Butter  
Oil for frying

## **Method**

Add cumin seeds and salt to the flour. Mix in softened butter and knead well. Take small balls of dough at a time. Make ropes with the dough and use moistened hands to join and form small bangles. Fry on low flame till golden brown. Drain on paper towels. You can check if they are fried right by breaking one on cooling. If it is crispy with crumbs in the center, it is fine. Store in air-tight containers after they cool.

**Tip:** In case the dough is dry, knead again with a bit of milk. Do not let the dough stay for long after kneading, lest the kodbales turn dark on frying. You can add chili powder for a spicier snack.

Karnataka Recipes

## Section 21

# Sev

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Sev is a popular North Indian snack of deep fried slender extrusions of gram flour. This may also be a part of snacks like Bhelpuri and Sev puri.



## **Ingredients**

Gram flour 1 cup  
Asafetida a pinch  
Turmeric powder 1/4 tsp  
Salt to taste  
Oil for frying

## **Method**

Mix gram flour, asafetida, turmeric powder and salt. Add about 5 tbsp of hot oil to the mix. Knead into soft dough with enough water. Use a 'sev press' to get strands of sev into hot oil. Fry till light brown and crisp. Cool and store in an air-tight container.

**Tip:** You can make plenty of variations to the basic sev batter; spinach, garlic, chilli or tomato. You can try other flavoring too; pepper and herbs.

# Spices & Condiments

The following page shows the equivalents of the most common spices and condiments in the Indian Kitchen in English and other Indian Languages.



## Section 1

# Equivalents in Various Indian Languages - Spices & Condiments

English	Hindi	Tamil	Malayalam	Kannada	Marathi	Gujrathi	Bengali
Chilies	Mirch	Milagai	Mulaku	Menasinakayi	Mirchi	Marcha	Lanka
Coriander	Dhaniya	Kothamalli vedha	Kothambalari	Kothambari	Dhane	Dhaniya	Dhaniya
Asafetida	Hing	Perungayam	Perungayam	Hingu	Hing	Hing	Hing
Cumin seeds	Jira	Jeerakam	Jeerakam	Jeerage	Jira	Jiru	Jira
Fenugreek seeds	Methi	Venthayam	Uluva	Menthe	Methi	Methi	Methi
Cloves	Lavang	Krambu	Krambu	Lavanga	Lavang	Lavang	Labanga
Mace	Javithri	Jathipathri	Jathipathri		Jaypatri	Jaypatri	Jayitri
Ginger	Adrak	Inji	Inji	Shunti	Ale	Adu	Ada
Garlic	Lehsan	Poondur	Vellulli	Bellulli	Lasoon	Lasan	Rashun
Black pepper	Kalimirch	Milagu	Kurumulagu	Kari menasu	Mire	Mari	Golmarich
Tamarind	Imli	Puli	Puli	Hunise hannu	Chinch	Amla	Tetul
Turmeric	Haldi	Manjal	Manjal	Arashina	Halad	Haldhar	Holud
Cardamom	Elachi	Yelakkai	Eelakkayi	Yelakki	Veldoda	Illaychi	Elachi
Cinnamon	Dalchini	Pattai	Karuvapatta	Chakke/dalchini	Dalchini	Taj	Darchini
Bay leaf	Tamal patra	Thalishappat tiri	Karuka patta	Patraka	Tamal patra	Tamal patra	



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