

Cabbage and sweet pea stir fry

Ingredients:

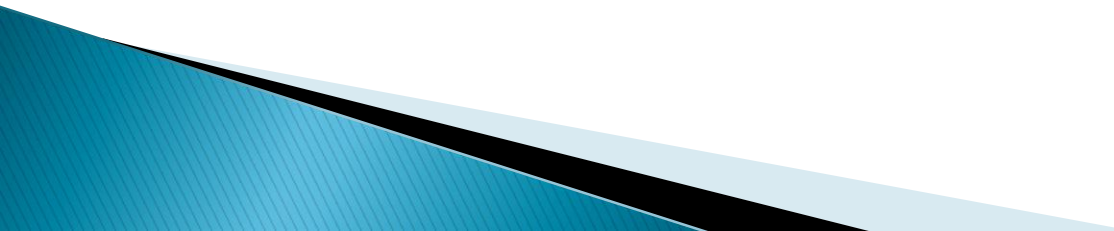
- 2 cups Cabbage (finely 1/2 cup chopped)
- 1/2 cup Green peas (frozen)
- 1 Tomatoes
- 1/2 cup sliced Red onion
- 1-2 chopped Green chilies
- Turmeric powder, a pinch
- 1/4 tsp Cumin powder
- Salt according to your taste
- 4 tsp Vegetable oil
- Optional: Bunch of cilantro and green onion



Cooking direction

- 1) Chop the onion medium to small size. Then sauté the chopped onion with medium heated skillet using vegetable oil for about 5 min or until it turns light brown and crispy.
- 2) Then add chopped cabbage to the skillet. Also add cumin, turmeric, chopped chili, salt and fry for about 10 mins until it each slice of cabbage get tender.
- 3) Meanwhile, stir fry the frozen peas on high heat for about 3 mins.
- 4) Next, add the fried sweet pea and chopped tomato into the skillet with the cabbage for additional couple of mins.
- 5) You can garnish with chopped cilantro and green onions. You can eat with rice, bread, or just as it is.

One of my favorite dish , simple, healthy yet delicious.... Enjoy!!!!



Eggplant or begun chuck bhazi

Ingredients:

- ▶ Eggplant slice
- ▶ Turmeric powder, a pinch
- ▶ Salt to taste
- ▶ Vegetable oil
- ▶ Red chili, a pinch
- ▶ Brown sugar, a pinch



Frying direction

- 1) Slice eggplant just like in the picture, approximately $\frac{1}{2}$ inch each piece.
- 2) Put a pinch of turmeric on eggplant slices as well as salt and mix it very well so that both sides will get the yellow color.
- 3) Add a pinch of brown sugar which will give a nice brown color and taste after frying.
- 4) You can deep fry or pan fry both sides of eggplant until they are nice and brown in color.

So delicious!!!!



Fried okra

Ingredients:

- ▶ Okra (cut into small pieces)
- ▶ Red onion (chopped)
- ▶ Green chili
- ▶ Salt
- ▶ Vegetable oil



Frying direction

- 1) Heat a frying pan on high heat with oil and fry chopped onion until it gets golden brown.
- 2) Then add cut okra and then add salt and green chili.
- 3) Fry for five mins on high heat then cover the pan and turn the heat down for 5 to 10 mins.

This will make okra tender and ready to eat!!!!!!

Special and very healthy vegetable



Alu mattor chop

Ingredients:

- ▶ 4 large red potato
- ▶ 1 large Chopped onion
- ▶ Garlic few cloves
- ▶ ½ tsp Ginger paste
- ▶ ½ tsp Ground cumin
- ▶ 2 brown eggs
- ▶ 1 chopped green chili
- ▶ Breadcrumbs



Cooking direction

- 1) Boil the potatoes, then peel off the skin and mash them very well
- 2) Heat oil in a frying pan and add chopped onion, fry until the onion wilts and become pinkish brown in color. Now, add the chopped green chilies in the pan.
- 3) Add the ginger paste, chili powder and a pinch of turmeric to the mix. Remove the pan from the heat, then add mashed potatoes and mix everything very thoroughly. Add salt according to your taste.
- 4) Now make small balls of that mixture. Flatten them between your two palms and place them on another flat dish.
- 5) Dip in egg and coat with breadcrumbs.
- 6) Heat fresh oil in a shallow frying pan. Now gently drop the dipped balls in the hot oil and deep-fry them.

Cooking direction

- 7) Fry them until both sides are golden brown. After frying, you can place the fried balls on paper towel to absorb extra oil.



Tomato chutney

Ingredients:

- 8 vine ripe tomatoes
- 4 clove of garlic
- Pinch of mustard seed
- 2 tsp of brown sugar
- Salt according to your taste
- 2 dried red chilies
- Pinch of tamarind



Cooking direction

- 1) Heat oil in a frying pan and add garlic and fry until it becomes golden brown and add dried red chili.
- 2) Then add some mustard seed, and then add sliced tomato and cook for about 10 mins.
- 3) Then add salt and brown sugar, a pinch of tamarind and cook for an extra few mins. Now it's ready to eat with rice or by itself.

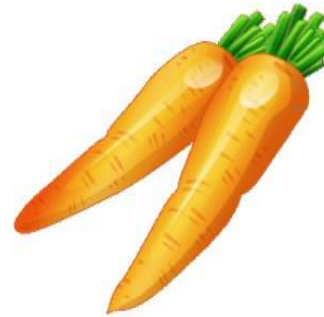
Sweet , sour, and juicy!



Fulcoypper Dulna

Ingredients:

- ▶ 1 lb Mug dul
- ▶ 1 large onion
- ▶ 1 large cauliflower
- ▶ 4 large potatoes
- ▶ 2 Carrots
- ▶ 4 Green chili
- ▶ 1 tsp Cumin
- ▶ 1 tsp Ginger paste
- ▶ Cooking oil



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Cooking direction

- 1) Roast mug dul in a dry pan
- 2) Chop cauliflower in a small pieces and fry them in oil
- 3) Chop potato and carrot and fry them in oil
- 4) Boil roasted dul until it get tender
- 5) Then fry onion until it gets golden brown and add all vegetables and spices

It will be done within a few mins . Enjoy with rice and by itself!!!!

Ghee Bhath

Ingredients:

- ▶ 4 cups of boiling water
- ▶ 2 cups of Basmati rice
- ▶ 1 tsp of ghee
- ▶ A piece of lemon
- ▶ Salt



Cooking direction

- 1) Boil water in a pan and add basmati rice.
- 2) Cover the top of the pan and boil for 5 mins.
- 3) Then add ghee and squeeze the piece of lemon which will give nice texture as well as flavor.
- 4) Add a little bit of salt.

Now it is ready to eat!!!!

Cingree paalong shak

Ingredients:

- ▶ 1 lb Shrimp
- ▶ 1 lb Spinach
- ▶ 1 Large purple onion
- ▶ 1 tsp Ginger paste
- ▶ ½ tsp Cumin
- ▶ Few garlic clove
- ▶ 1 tsp of Biriany masala
- ▶ 4 green chillies



Cooking direction

- 1) Fry onion until it is golden brown and add ginger paste, cumin, garlic, shan biryani masala, and green chili.
- 2) Stir it for couple of mins, add shrimp and cook for a couple of mins.
- 3) Then add spinach and cook for about 5 mins.

This is my most favorite dish!!!!



In addition



Thank you for joining!

