

THE ASIAN AGE

NEW DELHI MONDAY 15 APRIL 2024



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Pawar: Modi destroying democracy, no difference between him and Putin

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Gunshots heard outside Salman Khan's Mumbai home, investigation on



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Sabadana Cutlet

Courtesy: Sher Singh Rawat, executive chef, WH Mount Valley Resort

INGREDIENTS

- 1 cup *sabadana* (sago pearls)
- 2 medium-sized potatoes, boiled and mashed
- 1 green chili, finely chopped
- ½ tsp cumin powder
- 1 tsp fenugreek leaves
- *Sendha* salt to taste
- 20 ml oil for shallow frying
- ½ tsp dry mango powder
- Fresh coriander leaves
- ½ black pepper powder

METHOD

- Rinse the *sabadana* until the water appears clear. Soak the *sabadana* in enough water to cover it for 1-2 hours.
- Drain any excess water from the *sabadana* and transfer it to a mixing bowl.



• Add the mashed potatoes, green chili, cumin powder, and *sendha* salt to the soaked *sabadana*. Thoroughly combine until a dough-like consistency forms.

- Divide the mixture into equal portions and shape them into cutlets.
- Heat oil in a pan for frying.
- Once the oil is hot, carefully place the cutlets in the pan and fry until they are golden brown and crispy on both sides.
- Remove the cutlets from the pan and place them on a paper towel to drain any excess oil.
- Serve hot with coconut *chutney*.

Vegan Sweet Potato Almond Kheer

Courtesy: Ayurveda expert Dr Smita Naram, co-founder, Ayushakti

INGREDIENTS

- 2 medium sweet potatoes
- 4 cups almond milk
- ½ cup jaggery powder (adjust to taste)
- ½ teaspoon cardamom powder
- A pinch of saffron strands
- Chopped almonds, cashews, and pistachios for garnish

METHOD

- Firstly, peel the sweet potatoes and then cut them into small pieces. Boil the sweet potatoes until they soften and after they are cooked, mash them in a bowl until smooth.
- In a pan, heat almond milk

over medium heat until warm.

- Add the mashed sweet potatoes to the warm almond milk. Stir well to combine. Then, add jaggery powder according to your taste preference.
- Sprinkle cardamom powder and saffron strands into the mixture. Stir to incorporate the flavours.
- Simmer the mixture on low heat, stirring occasionally. Cook until it thickens to a *kheer*-like consistency.
- Once the *kheer* has reached

the desired consistency, turn off the heat. Garnish with chopped almonds, cashews, and pistachios before serving.

“Sweet Potato Kheer made with almond milk is a delicious and nutritious dessert that can be enjoyed during the auspicious occasion of Ram Navami. Almond milk is a healthy alternative to dairy milk as it is low in calories and rich in nutrients like vitamin E, magnesium, and calcium. Sweet potatoes are also a good source of vitamins, minerals, and fibre, making this *kheer* a wholesome, 100% vegan and nutritious treat.”



Traditional Panakam

Courtesy: Divyanshi Patel, executive chef, The Astor Goa

INGREDIENTS

- ½ cup powdered jaggery
- 3 cups water
- 1/8 tsp cardamom powder
- 1 tsp lemon juice
- 1/8 tsp dry ginger powder

METHOD

- Allow the jaggery to soak in water for 15 minutes.
- Filter the jaggery to remove any impurities.
- Add dry ginger powder, cardamom powder, and lemon juice.
- Mix thoroughly. Panakam is now prepared for *neivedhyam*.



Dhaniya Ladoo

Courtesy: Bidyut Saha, executive chef, Taj Corbett Resort & Spa

INGREDIENTS

- 2 tablespoons almonds (chopped)
- 2 tablespoons *ghee*
- 1 cup date palm jaggery (grated or finely chopped)
- 2 tablespoons pistachios (chopped)
- 1 cup coconut powder (unsweetened)
- 1 cup coriander powder
- 2 tablespoons cashews (chopped)

METHOD

- Heat a pan on medium heat and dry roast the coriander powder until it becomes aromatic. Stir continuously to prevent burning. Once roasted, transfer it to a plate and let it cool down completely.
- In the same pan, add the grated or chopped jaggery along with a tablespoon of water. Heat it on low flame until the jaggery melts and forms a syrup-like consistency. Turn off the stove, keep it aside.
- In a mixing bowl, combine the roasted coriander powder, chopped almonds, chopped pistachios, coconut powder, and chopped cashews. Mix them well.
- Combine with jaggery syrup: Pour the warm jaggery syrup into the dry ingredient mixture. Mix everything thoroughly until all the ingredients are evenly coated with the syrup. Let the mixture cool down.
- Add *ghee*: Gradually add the *ghee* into the mixture. Use your hands to combine everything together until a dough-like consistency is achieved. The *ghee* helps in binding the ingredients.
- Shape into *laddoos*. Your healthy *dhaniya laddoos* are now ready to be enjoyed! These *laddoos* make for a nutritious and delicious snack, perfect for festive occasions or as a healthy treat anytime.



“*Dhaniya laddoo*, a beloved treat in Indian tradition, embodies both flavour and health benefits. Made from roasted coriander seeds, jaggery, *ghee*, and nuts, these *laddoos* offer a burst of taste and nutrition. They're not just sweets but symbols of festivity, often shared during celebrations and religious ceremonies. With Ayurvedic properties that aid digestion and balance the body, *Dhaniya laddoo* isn't just a treat—it's a wholesome tradition that delights both the palate and the soul.”

Ram Navami special

Embracing tradition through innovative vegetarian cuisine

Sabadana Cookies

Courtesy: Dr Malini Saba, passionate culinarian and author of the cookbook "The Abbreviated Cook"

INGREDIENTS

- 1 cup *sabadana* (tapioca pearls)
- 1 cup almond flour
- ¼ cup coconut sugar or jaggery powder
- ¼ cup coconut oil or *ghee*, melted
- ¼ teaspoon cardamom powder
- ¼ teaspoon salt
- Chopped nuts for garnish (optional)

METHOD

- Soak *sabadana* in water for at least 4 hours or overnight. Drain excess water.
- Mix soaked *sabadana* with almond flour, coconut sugar, melted coconut oil or *ghee*, cardamom powder, and salt to form a dough.
- Shape dough into balls, flatten, and place on a baking sheet.
- Optionally, garnish with chopped nuts.
- Bake at 350°F (175°C) for 15-20 minutes until golden brown.
- Cool before serving.

“In this recipe, tapioca pearls, symbolising purity, and simplicity, are elevated with wholesome ingredients. Delicately soaked, they merge with almond flour, embodying prosperity, and nourishment. Sweetened with coconut sugar or jaggery, these cookies pay homage to the sweetness of devotion. The aromatic essence of cardamom, reminiscent of spiritual depth, infuses each bite. Finished with a garnish of nuts, representing abundance and blessings, these cookies evoke reverence and joy. As we honour Lord Rama's divine presence, let these *Sabadana* cookies be a testament to tradition, wellness, and the soulful connection found in every culinary creation.”



Pongal

Courtesy: Chef Chetan and Chef Gopinath, Devaras

INGREDIENTS

- 100 grams short grain rice
- 100 grams skinned *mung* beans (*moong dal*)
- 1 tsp salt
- 2 cups water (for pressure cooking)
- ¾ cup water (for final mixing)
- 2 tbsp *ghee*
- 10-12 cashews
- ½ inch ginger, finely chopped
- 3-4 green chilies, halved lengthwise
- 6-8 curry leaves, chopped

- ½ tsp black pepper, roughly crushed
- ½ tsp cumin seeds, roughly crushed
- ½ tsp turmeric powder
- *Chutney* and *vada* (for serving, optional)

METHOD

- Combine rice, lentils, and cook: In a pressure cooker or instant pot, mix rice, *moong dal*, ¾ teaspoon salt, and two cups of water.



- Cook for three whistles in a traditional pressure cooker or 6 minutes on high pressure in an instant pot. Let the pressure release naturally for 6-8 minutes.
- While the *dal*-rice cooks, heat *ghee* in a separate pot over medium heat. Fry cashews until golden brown, then remove and set aside.
- Add ginger, green chilies, curry leaves, peppercorn, cumin, and turmeric to the *ghee*. Sauté for approximately two minutes until fragrant.
- Add the cooked rice and lentil mixture to the pot with the *tadka*. Pour in ¾ cup water and mix well. Season with the remaining ½ teaspoon salt to taste.