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વિવિધ વાંની

મરહુમ બાઈ મેહરબાઈ જ.ન. વાહડીયા [૧૮૫૭]

Selected Recipes

Translated and compiled by Khurshed Pastakia

[NOTE: Quantities are mostly left to judgement as old measures are not understood]

Contents

EGG: BAAFELA EEDA NI AKURI બાફેલા ઈંડા ની અકુરી.....	9
EGG: LILU LASAN NI AKURI લીલું લસણ ની અકુરી.....	9
EGG: VENGNA NI AKURI વેન્ગના ની અકુરી.....	9
EGG: KOTHMIR PER EEDA કોથમીર પર ઈંડા.....	10
EGG: TARKARI PER EEDA BANAAVA NI RIT તરકારી પર ઈંડા બનાવવા ની રીત.....	10
EGG: AAKHI DAR NA EEDA આખ્ખી દાર ના ઈંડા.....	10
EGG: CHARVELU EEDU ચારવેલું ઈંડું.....	11
EGG: KUTA PER EEDA કુતા પર ઈંડા.....	11
EGG: KOTHMIR PER EEDA કોથમીર પર ઈંડા.....	11
EGG: KHIMA PER EEDA ખીમા પર ઈંડા.....	11
EGG: TAMOTA PER EEDA ટામોટા પર ઈંડા.....	11
EGG: PATETA PER EEDA 1 પટેટા પર ઈંડા ૧.....	12
EGG: PATETA PER EEDA 2 પટેટા પર ઈંડા ૨.....	12
EGG: PATETA PER EEDA 3 પટેટા પર ઈંડા ૩.....	12
EGG: POACHED EEDA પોચ્ઠ ઈંડા.....	12
EGG: PAO PER EEDA પાઉં પર ઈંડા.....	13
EGG: BOILED & HALF-BOILED EEDA બોઈલ્ડ અને હાફ-બોઈલ્ડ ઈંડા.....	13
EGG: BOOMLA PER EEDA બુમલા પર ઈંડા.....	13
EGG: BHAJI PER EEDA ભાજી પર ઈંડા.....	13
EGG: MASALA PATETA NA EEDA મસાલા પટેટા ના ઈંડા.....	13
EGG: LILA LASAN NA CHARVELA EEDA લીલા લાસણ ના ચારવેલા ઈંડા.....	14
EGG: LILA LASAN PER EEDA લીલા લસણ પર ઈંડા.....	14
EGG: VENGNA PER EEDA વેન્ગના પર ઈંડા.....	14
EGG: EEDA NO OMELETTE ઈંડાનો ઓમલેટ.....	14
EGG: CORNFLOWER NO OMELETTE કોર્નફ્લોરનો ઓમલેટ.....	15
EGG: CAULIFLOWER NO OMELETTE કોલીફ્લાવરનો ઓમલેટ.....	15

EGG: KHIMA NO OMELETTE 1 ખીમાનો ઓમલેટ ૧	15
EGG: KHIMA NO OMELETTE 2 ખીમાનો ઓમલેટ ૨	15
EGG: JAM NO OMELETTE જામ નો ઓમલેટ	15
EGG: TAMOTA NO OMELETTE ટામોટાનો ઓમલેટ	16
EGG: FRENCH OMELETTE ફ્રેંચ ઓમલેટ	16
EGG: EEDA NA CUTLETS ઈંડા ના કત્લેત્સ	16
EGG: EEDA NA KAWAB ઈંડા ના કવાબ	16
EGGS: EEDA NI CURRY 1 ઈંડા ની કરી ૧	16
EGGS: EEDA NI CURRY 2 ઈંડા ની કરી ૨	17
EGGS: CUSTARD કસ્તર	17
EGGS: ARROWROOT ATHVA CORNFLOUR NU CUSTARD આરારૂત અથવા કોર્નફ્લોર નું કસ્તર	18
EGGS: TALELU PAAU (FRENCH TOAST) તળેલું પાઉં (ફ્રેંચ ટોસ્ટ)	18
EGGS: PAU NU PUDDING - 1 પાઉં નું પુડિંગ - ૧	18
EGGS: PAU NU PUDDING – 2 (SLICED BREAD) પાઉં નું પુડિંગ – ૨ (સ્લાઈસ પાઉં)	18
EGGS: EEDA-KHIMA NA FRITTERS ઈંડા-ખીમા ના ફ્રીતર્સ	19
FISH: KOLMI NA CUTLETS કોલ્મીના કત્લેત્સ	21
FISH: KARACHLA NI CURRY કરચલા ની કરી	21
FISH: TATRELO KUTA NO PATIO તતરેલો કુતા નો પાટીઓ	21
FISH: MACHCHHI NA CUTLETS 1 મચ્છી ના કુત્લેત્સ ૧	22
FISH: MACHCHHI NA CUTLETS 2 (Fish cakes) મચ્છી ના કત્લેત્સ ૨	22
FISH: KOLMI NA KAWAB કોલ્મી ના કવાબ	22
FISH: MACHCHHI NA KAWAB મચ્છી ના કવાબ	22
FISH: CHUTNEY NO CHHAMNO ચટણી નો છમનો	23
FISH: TALELI AMBAAR તળેલી અંબાર	23
FISH: TALELI KOLMI તળેલી કોલમી	24
FISH: TALELA BOOMLA - TAAJA TATHA SUKKA તળેલા બૂમલા – તાજા તથા સુક્કા	24
FISH: KHARI MAACHHLI ખારી માછલી	24
FISH: NARIEL NA DUDH MA RADHELI MACHHLI નારીએલ ના દૂધ માં રાધેલી માછલી	24

MEAT: KHIMA NA CUTLETS ખીમા ના કુત્લેત્સ	27
MEAT: KHIMA NA KAWAB ખીમા ના કવાબ	27
MEAT: GOS NA TALELA KAWAB ગોસ ના તળેલા કવાબ	27
MEAT: DAMORI KAWAB દમોરી કવાબ	28
MEAT: JEEBH NA CUTLETS જીભ ના કુત્લેત્સ	28
MEAT: BHEJA NA CUTLETS – (SADA & MASALANA) ભેજા ના કુત્લેત્સ (સાડા અને મસાલાના)	28
MEAT: GOS ATHVA MARGHI NI CURRY ગોસ અથવા મરઘી ની કરી	28
MEAT: KHARI KALEJI ખારી કલેજી	29
MEAT: TALELI KALEJI તળેલી કલેજી	29
MEAT: MASALA NI KALEJI મસાલા ની કલેજી	29
MEAT: MASALA NA KHARIA મસાલા ના ખરિયા	29
MEAT: KHARA KHARIA ખારા ખરિયા	30
MEAT: GOS ATHVA MARGHI NO KHIMO ગોસ અથવા મરઘી નો ખીમો	30
MEAT: KHIMA BHARELA TAMOTA ખીમા ભરેલા ટામોટા	31
MEAT: KHIMA BHARELA PATETA ખીમા ભરેલા પટેટા	31
MEAT: KHARU GOS ATHVA MARGHI ખારુ ગોસ અથવા મરઘી	31
MEAT: JARDALU ATHVA ANJEER MA GOS ATHVA MARGHI જરદાલુ અથવા અંજીર માં ગોસ અથવા મરઘી	32
MEAT: KELA MA GOS ATHVA MARGHI કેળા માં ગોસ અથવા મરઘી	32
MEAT: TAMOTA MA GOS ATHVA MARGHI ટામોટા માં ગોસ અથવા મરઘી	32
MEAT: TALELA VENGNA MA GOS ATHVA MARGHI તળેલા વેંગના માં ગોસ અથવા મરઘી	32
MEAT: DAHI MA GOS ATHVA MARGHI દહીં માં ગોસ અથવા મરઘી	33
MEAT: GOS ATHVA MARGHI PAKAVVA NI RIT ગોસ અથવા મરઘી પકાવવા ની રીત	33
MEAT: PATETA MA GOS ATHVA MARGHI પટેટા માં ગોસ અથવા મરઘી	34
MEAT: KERI MA GOS ATHVA MARGHI કેરી માં ગોસ અથવા મરઘી	34
MEAT: BADAM MA GOS ATHVA MARGHI બદામ માં ગોસ અથવા મરઘી	34
MEAT: MARCHA MA GOS ATHVA MARGHI મરચા માં ગોસ અથવા મરઘી	34
MEAT: MASALA NU GOS ATHVA MARGHI મસાલા નું ગોસ અથવા મરઘી	35

MEAT: TALELA CHAAP તળેલા ચાપ.....	35
MEAT: CHAP-PATETA ચાપ-પટેટા.....	35
MEAT: TALELI TALLI તળેલી તલ્લી.....	36
MEAT: TALELI BOTI-PATETA NI SALI તળેલી બોટી-પટેટા ની સળી.....	36
MEAT: TALELA BHEJA તળેલા ભેજા.....	36
MEAT: TALELA MARGHI NA SEENA તળેલા મરઘી ના સીના.....	36
MEAT: TOAD-IN-A-HOLE તોદ-ઇન-અ-હોલ.....	37
MEAT: PALAV પલાવ.....	37
MEAT: PATETA NI PIE પટેટા ની પાઈ.....	37
MEAT: GOS ATHVA MARGHI NO PATIO ગોસ અથવા મરઘી નો પાટીઓ.....	37
MEAT: PATETA NE KHIMA NA PATTIES પટેટા ને ખીમા ના પેટીસ.....	38
MEAT: BAFAAT બફાટ.....	38
MEAT: KHARA TATHA MASALA NA BUKKA ખારા તથા મસાલા ના બુક્કા.....	38
MEAT: KAKDI, DODHI, TURIA ATHVA VENGNA NI BURIYANI કાકડી, દોઢી, તુરીયા અથવા વેંગણા ની બુર્યાની.....	39
MEAT: KHARA TATHA MASALA NA BHEJA ખારા તથા મસાલાના ભેજા.....	39
MEAT: BHAJI MA BHEJA ભાજી માં ભેજા.....	39
MEAT: MARGHI MAI VHALA મરઘી માય વ્હાલા.....	39
MEAT: KHARI TATHA MASALA NI MUDI ખારી તથા મસાલા ની મૂડી.....	40
MEAT: VINDALOO - 1 વિન્દાલું - ૧.....	40
MEAT: VINDALOO - 2 વિન્દાલું - ૨.....	40
VEG: LAGAN NU TALELU ISHTU લગનનું તળેલું ઈશ્તું.....	43
VEG: BHAJI BANAVVANI RIT ભાજી બનાવવાની રીત.....	43
VEG: CUTLETS NI GRAVY કુત્લેત્સ ની ગ્રેવી.....	43
VEG: PATETA NA CUTLETS પટેટા ના કુત્લેત્સ.....	44
VEG: CHOKHA NA AATA NI KHEER ચોખા ના આટા ની ખીર.....	44
VEG: CHOKHA NI KHEER ચોખા ની ખીર.....	44
VEG: RAVA NI KHEER રવા ની ખીર.....	44

VEG: SAGU CHOKHA NI KHEER સાગુ ચોખા ની ખીર	45
VEG: SEV NI KHEER સેવ ની ખીર.....	45
VEG: GRAVY ગ્રેવી.....	45
VEG: AAMLI NI CHUTNEY આમલી ની ચટણી.....	46
VEG: CHAAPAT ચાપટ	46
VEG: VAGHARELA CHAVAL વઘારેલા ચાવલ	46
VEG: CHEESE TOAST ચીઝ ટોસ્ટ	47
VEG: CHEESE FRITTERS ચીઝ ફ્રીટ્સ	47
VEG: GOL AAMLI NU DOHRU ગોળ આમલી નું દોહરું.....	47
VEG: TALELA PAUWA તળેલા પોઉવા	48
VEG: TALELA KELA તળેલા કેળા	48
VEG: PATETA NA DUMPLINGS પટેટા ના દમ્પલીંગઝ	48
VEG: DUDH MA PAUWA દૂધ માં પૌવા.....	48
VEG: DUDHPAK દુધપાક	49
VEG: DUDH MA BHANELA DARUN દૂધ માં ભણેલા દરૂન.....	49
VEG: DUDH MA SUTERFENI દૂધ માં સૂટરફેણી.....	49
VEG: NIMAK NO UPYOG KEM KARVO નિમક નો ઉપયોગ કેમ કરવો.....	49
VEG: PORRIDGE પોરીજ	49
VEG: KAARI DARAKH NO WINE કારી દરાખ નો વાઈન.....	50
VEG: NARIEL NI BISCUIT નારીએલ ની બિસ્કીટ.....	50
VEG: MAKHANIA BISCUIT માખાનિયા બિસ્કીટ	50
VEG: VENGNA TATHA DAHI NI BURIYANI વેંગણા તથા દહીં ની બુરીયાની.....	50
VEG: PATETA NA BALL પટેટા ના બોળ	50
VEG: BHAJIA ભજીયા	51
VEG: VENGNA NU BHARAT વેંગણા નું ભરત	51
VEG: CHAVAL NO MASALO ચાવલ નો મસાલો	51
VEG: DHANA-JEERA NO MASALO ધાણા-જીરા નો મસાલો.....	51
VEG: MAACHHLI TALVA NO MASALO માછલી તળવા નો મસાલો.....	52

VEG: VENGNA NA RAVAIYA વેંગણા ના રવઈયા	52
VEG: CHADHAAVELI RAI ચઢાવેલી રાઈ	52
VEG: RAITU રાઈતું.....	52
VEG: SAMOSA NU FILLING સમોસા નું ફીલિંગ.....	53
VEG: DODHI NO HALVO દોઢી નો હળવો	53

EGGS

EGG: BAAFELA EEDA NI AKURI બાફેલા ઈંડા ની અકુરી

Ingredients

1. Boil eggs and make 3 slices of each of them
2. Cut onion – chhudnaano
3. Cut potato into sali and then cut again into tiny bits
4. Cut kothmir and marcha fine
5. Cut fudno leaves fine
6. 1 dsp¹ tomato sauce or chutney
7. Salt to taste
8. Ghee

Method

1. Fry onions and potatoes in ghee till soft
2. Add kothmir, marcha, fudno, sauce and salt
3. If raw keri is available cut into tiny pieces and add
4. Add eggs into above, taking care not to break them
5. Slow cook until done

EGG: LILU LASAN NI AKURI લીલું લસણ ની અકુરી

Ingredients

1. 2 eggs
2. Cut onion and lilu lasan very fine
3. Crush a little adu
4. Salt to taste
5. Cut kothmir and marchu

Method

1. Fry adu and onion till light brown – remove
2. Add lilu lasan
3. Then add kothmir, marchu – remove
4. Break eggs. Add salt and beat with a fork
5. Add to the rest and cook till firm

EGG: VENGNA NI AKURI વેન્ગના ની અકુરી

Ingredients

1. Peel seedless young vengna and make into wafers
2. Cut adu and lasan into tiny pieces
3. Salt to taste

¹ dsp = dessert spoon

4. Cut kothmir and marcha fine
5. Add either fine cut kachchi kerī or a little tamarind paste (in very little water)
6. Eggs

Method

1. Fry onion in ghee till soft but not brown
2. Add all ingredients other than eggs and salt
3. Cover and cook until vengna are soft and ghee separates – remove
4. Break eggs. Add salt and beat with a fork
5. Add eggs to fried ingredients. Cook till firm

EGG: KOTHMIR PER EEDA કોથમીર પર ઈડા

Method

1. Cut onions, kothmir and marcha fine
2. Fry onions in ghee until pink
3. Add adu-lasan, kothmir-marchu and salt
4. Add water and cook covered
5. Break eggs on the above mixture – which should be about ½ inch thick
6. Cover and cook till eggs are done to your liking (loose or firm) – eggs may be whole or charvela
7. Lift carefully

EGG: TARKARI PER EEDA BANAAVA NI RIT તરકારી પર ઈડા

બનાવવા ની રીત

To make eggs on anything (tarkari), ensure that you fully cook the tarkari first. Spread the cooked tarkari into a flat non-stick pan so that it is ½ an inch thick. Remove from fire before adding eggs. For aakhi dar na eeda, it is best to separate the white from the dar and spread the white over the tarkari first. Then place the yellow dar on it. For charvelu eedu ensure you have enough eggs to cover the whole area, beat the eggs and spread the eggs on the tarkari. Put the pan on the stove and reduce flame to low and cook covered. Check periodically to determine if the egg consistency desired (dhili dar or kaththan dar) is reached. Then turn off the flame and serve.

EGG: AAKHI DAR NA EEDA આખ્ખી દાર ના ઈડા

Take a kadai suitable for the number of eggs to be fried. Break eggs in a saucer/ plate and keep ready. Heat ghee on medium flame until it smokes. Add eggs. Add a pinch of salt to each dar. If you want the dar to be hard, take a spoon and pour hot ghee on the dar.

(Bapaiji Dhunmai ni method: If you want the akkhi dar na eeda to become more fluffy, separate the dar from the white, beat the white until well mixed. Put the dar in the ghee first. Once half done, spread the beaten white around it.)

EGG: CHARVELU EEDU ચારવેલું ઈડું

Break eggs in a container, add the (cold) ghee and salt to taste. Then beat the eggs with a fork. Put on a low flame and keep stirring until required consistency is reached. Eggs will become fluffier if you add a teaspoon of water or 2-3 tsp milk while beating the eggs.

EGG: KUTA PER EEDA કુતા પર ઈસા

1. Make kuto as described in [Tatrelo Kuta No Patio](#)
 2. Make eggs as described in [Tarkari Per Eeda Banaava Ni Rit](#)
-

EGG: KOTHMIR PER EEDA કોથમીર પર ઈસા

Ingredients

Onions (fine cut), ghee, kothmir (a lot), salt to taste, 1 green chilly, adu-lasan masalo, 2 eggs

Method

1. Cut kothmir-marchu fine
 2. Fry adu-lasan and onion till pink
 3. Add kothmir, chilly and salt
 4. Add water, close lid and cook
 5. Once done, spread evenly and break eggs on it as described in [Tarkari Per Eeda Banaava Ni Rit](#)
-

EGG: KHIMA PER EEDA ખીમા પર ઈસા

1. Prepare khimo as described in [Gos athva Marghi No Khimo](#)
 2. If you like sweet-sour, add tomato sauce or sugar/ vinegar
 3. If you prefer crispy khimo, put some oil in a kadai and fry the cooked khimo in it until crisp
 6. Break eggs on it as described in [Tarkari Per Eeda Banaava Ni Rit](#)
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EGG: TAMOTA PER EEDA ટામોટા પર ઈસા

Ingredients

Ripe medium tomatoes, onions, ghee, adu-lasan masalo, 2 full spoons sugar, 1 tsp vinegar, salt to taste, kothmir, 2-3 green chillies, 4-5 eggs

Method

Skin tomatoes and cut into thin slices. Cut kohmir-marcha fine, Cut onions chudnaano. Fry onions in a pan in ghee until red. Add adu-lasan and do vaghar. Add all ingredients (except eggs) and cook covered until all water evaporates, turning frequently. Add sugar and vinegar. Break eggs on this as described in the [Tarkari Per Eeda Banaava Ni Rit](#). If you like less sweet, add less sugar.

EGG: PATETA PER EEDA 1 પટેલ પર ઈસા ૧

Peel potatoes and cut them into thin wafers. Soak them in water with a tsp of dissolved salt for ½ hour. Cut onions – vagharna. Heat ghee in tapeli until smoking hot. Add wafers. Don't turn them because they will break. Once the lower part is fried, gently turn them over until they are white but crisp. Remove the wafers and in the same ghee fry the onions till light brown. Remove the onions. Again spread the wafers, then spread the onions on top and then break eggs on this as described in [Tarkari Per Eeda Banaava Ni Rit](#).

EGG: PATETA PER EEDA 2 પટેલ પર ઈસા ૨

Cut potatoes into tiny cubes and fry them as above. Cut onions – vagharna. Fry onions till light brown. Remove. Mix potatoes and onions. Dissolve salt in water and mix this into the potatoes-onions. Make layer of this in a pan till ½ inch thick. Then break eggs on this as described in [Tarkari Per Eeda Banaava Ni Rit](#).

EGG: PATETA PER EEDA 3 પટેલ પર ઈસા ૩

If you want to make pateta per eeda using boiled potatoes, boil potatoes until soft, peel and crush them into small bits. Add salt and pepper powder. Fry the potatoes. Then break eggs on this as described in [Tarkari Per Eeda Banaava Ni Rit](#).

EGG: POACHED EEDA પોચ ઈસા

For this you need a pan with fuliaas, that looks like an idli pan. Even if you want to make one poached egg, you need to fill all fuliaas with water and add ¼ tsp salt to each. Put the pan on heat and when water boils break an egg in each fulia. Do not shake the pan. When the egg white is done and the daar is firm, remove from fire and let it stand awhile. Then gently remove with a spoon without breaking the eggs. If there is no poacher, this can be done by taking a shallow tapeli, boiling salted water in it and then gently dropping an egg directly in the water.

EGG: PAO PER EEDA પાઉં પર ઈસા

Halve bread slices and fry them on a lodhi until brown. Arrange them side by side and place them in a flat pan. Then break eggs on this as described in [Tarkari Per Eeda Banaava Ni Rit.](#)

EGG: BOILED & HALF-BOILED EEDA બોઈલ્ડ અને હાફ-બોઈલ્ડ ઈસા

Fill water in a tapeli enough to cover all eggs upto 4 fingers above the eggs. Boil the water. Gently slip the eggs in the boiling water using a spoon, ensuring that they do not break. Cover and cook for 6 minutes. Remove. If you want half-boiled, keep cold water ready and after 4 minutes, pour the cold water in the main tapeli. Immediately remove the tapeli from fire. If an egg is cracked, water will go into it and it will not get boiled properly.

EGG: BOOMLA PER EEDA બુમલા પર ઈસા

Remove bone from sukka boomlaas and shred them fine until they are like resaa. Fry the boomla resaas until light brown. Remove. Fry chudnaano kaando until light brown. Add adu-lasan and do vaghar. Add kothmir-marcha and boomla resaa. Mix. Add a little water. Then break eggs on this as described in [Tarkari Per Eeda Banaava Ni Rit.](#)

EGG: BHAJI PER EEDA ભાજી પર ઈસા

Cook bhaji as described in [Bhaji Banavva Ni Rit.](#) Use a little more ghee. You may use methi or cholai ni bhaji. Then break eggs on this as described in [Tarkari Per Eeda Banaava Ni Rit.](#)

EGG: MASALA PATETA NA EEDA મસાલા પટેટા ના ઈસા

Ingredients

Potatoes, ghee, onions, kothmir, big green chilly, 3 eggs, strong vinegar, salt to taste

Method

Peel potatoes and cut into thick wafers. Then make ½ inch pieces. Fry vaghar no kaando till pink. Remove. Fry potato pieces in same oil. Cook covered, turning the potatoes frequently until soft. Add kothmir-marchu, salt, vinegar and onions. Then break eggs on this as described in [Tarkari Per Eeda Banaava Ni Rit.](#) Alternately, add pieces of peeled tomatoes and a tsp of sugar and break eggs after the tomato water has evaporated.

EGG: LILA LASAN NA CHARVELA EEDA લીલા લાસણ ના ચારવેલા

ઈંડા

Ingredients

Lilu lasan cut fine, ghee, 3 eggs, 3 tsp milk, salt to taste

Method

Heat ghee and fry lilu lasan till pink. Remove and let cool. Beat the eggs till frothing. Mix milk and salt into eggs. Add lilu lasan. Put on low flame and keep mixing to required consistency of charvelu eedu.

EGG: LILA LASAN PER EEDA લીલા લાસણ પર ઈંડા

Make all ingredients other than eggs as in [Lila Lasan Na Charvela Eeda](#). Then break eggs on this as described in [Tarkari Per Eeda Banaava Ni Rit](#). Pour 2 tblsp water around and cook covered until done.

EGG: VENGNA PER EEDA વેંગના પર ઈંડા

Cut slices of vengna and fry them. Assemble them close to one another. Then break eggs on this as described in [Tarkari Per Eeda Banaava Ni Rit](#). If making on cooked (≠ fried) vengna, you may add sugar and vinegar before breaking the eggs

EGG: EEDA NO OMELETTE ઈંડાનો ઓમલેટ

Ingredients

Ghee, eggs, cheese shreds, chudnaana kaanda, fine cut parsley, salt to taste, mari

Method

Beat eggs until fluffy. Add everything to eggs. Heat ghee and fry mixture until one side turns brown. Turn it over and fry the other side. If you don't want to fry both sides, you could just make it into a roll.

EGG: CORNFLOWER NO OMELETTE કોર્નફ્લોરનો ઓમલેટ

Beat eggs until fluffy. Add: cornflour, milk, eggs, 1 tsp sugar, mari, salt to taste. Mix it all in. Make poro.

EGG: CAULIFLOWER NO OMELETTE કોલીફ્લાવરનો ઓમલેટ

Boil cauliflower florets and cut into tiny pieces. Add salt. Break eggs and beat them until fluffy. Mix everything in and make poro.

EGG: KHIMA NO OMELETTE 1 ખીમાનો ઓમલેટ ૧

Make khimo as described in [Gos Athva Marghi No Khimo](#) but dry. Separate daar from white of egg and beat them separately until fluffy and then mix together. Mix the egg into khimo and make poro.

EGG: KHIMA NO OMELETTE 2 ખીમાનો ઓમલેટ ૨

Make soft khimo as described in [Gos Athva Marghi No Khimo](#) but use the version of khimo for patties/ samosa. Add salt to egg whites and beat until fluffy. Mix in the beaten daar. Heat ghee till it smokes. Slow the heat. Put egg mixture in ghee and allow one side to brown. Lift the omelette from one side leaving just about an inch still stuck to the pan. Place the khimo on the egg about one and a half inches from the side that was not lifted. Now make like a roll and then flatten it a bit with the tavatho. Then brown both sides and remove.

EGG: JAM NO OMELETTE જામ નો ઓમલેટ

Make powdered sugar 2 tblsp. Mix 3 flat tsp cornflour in 2 tblsp milk ensuring that there are no lumps. Separate daar from whites. Mix sugar in daars, add cornflour and beat. Beat the whites plus salt until fluffy. Mix the daars and whites together. Heat ghee till it smokes. Lower flame. Spread egg in pan. Cover and fry, checking frequently if the upper part has firmed up. Then, when the lower part is nice and brown, remove omelette in a dish, without any extra ghee. Let it cool a little. Leaving a margin of about 2 inches on all sides spread jam evenly in the centre. Roll the omelette, ensuring that the jam does not come out. Eat immediately.

EGG: TAMOTA NO OMELETTE ટામોટાનો ઓમલેટ

Skin tomatoes and cut into small pieces. Take 2 flat tsps maido and make smooth paste. Beat eggs. Mix everything in. Make poro. You may not use aato if you like.

EGG: FRENCH OMELETTE ફ્રેંચ ઓમલેટ

Peel and cut onions chudnana fine. Beat eggs. Mix onions, eggs, 1 tsp milk, fine cut kothmir/parsley, salt and mari. Make poro.

EGG: EEDA NA CUTLETS ઈડા ના કટલેટ્સ

Ingredients

Eggs, onions, mari pwd, salt to taste, kothmir, green marcha, bread crumbs, ghee

Method

Peel and cut onions for chudna. Fry until red. Remove. Grind kothmir-marchu. Beat all eggs. Add everything to eggs, including the left-over ghee from onions. Put on medium heat and cook like charvelu eedu. When it becomes hard, remove and crush on a paththar no paato. Take this and make into cutlets. Coat with bread crumbs, soak in eggs and fry the cutlets on both sides. If bread crumbs are not available use ravo.

EGG: EEDA NA KAWAB ઈડા ના કવાબ

Ingredients

Eggs, onions, mari pwd, salt to taste, kothmir, green marcha, bread crumbs, ghee

Method

Peel and cut onions for chudna. Fry until red. Remove. Grind kothmir-marchu. Beat all eggs. Add everything to eggs, including the left over ghee from onions. Put on medium heat and cook like charvelu eedu. When it becomes hard, remove and crush on a paththar no paato. Take this, make into round kawabs. Coat with bread crumbs, soak in eggs and fry the cutlets on both sides. If bread crumbs are not available use ravo.

EGGS: EEDA NI CURRY 1 ઈડા ની કરી ૧

Ingredients

Ghee, onions, adu-lasan, marcha, big packet of khamnelu nariel, dhana-jeeru no masalo², salt, 3 tblsp lime juice, kesar, 8 boiled eggs, marcha ni bhuki, whole mari

Method

Roast kesar, crush and soak in a little warm water. Slit chillies lengthwise without separating near dichka. Cut each boiled egg in two vertically. Peel onions and slice fine. Fry onions until light brown in half the ghee. In remaining half of ghee, in a separate pan, fry adu-lasan and add this together with the ghee to the onions. Grind half the coconut, dhana-jeeru no masalo³ and mari and add it to onions. Fry a little. Grind the remaining half of the coconut and make coconut milk. Add this to the kesar. In this add salt, chilly powder and chillies. Add this and cook in open pan until ghee separates. Now add lime juice. Add eggs carefully so that they don't break. If you want to make fish curry instead of egg, after adding coconut milk add fish fillets.

EGGS: EEDA NI CURRY 2 ઈડા ની કરી ર

Ingredients

8 boiled eggs, ghee, onions, mutton stock, 2 full tsp curry powder, 1 tsp arrowroot, salt, milk

Method

Make small pieces of eggs. Mix milk in arrowroot some at a time so that there are no lumps. Add salt to milk. Cut onions chhudnana and fry till red. Add curry powder and mutton stock to onions. Boil. Stir the arrowroot milk, add to stock and heat. Add pieces of egg and keep stirring gently till thick. If you like it a little sour, add lime juice after putting in the eggs.

EGGS: CUSTARD કસ્ટાર

Ingredients

Good quality milk, powdered sugar, 8 eggs, caraway seeds, 1 inch taj, 1 limbu ni chhaal

Method

Beat eggs. Mix them in half the milk. Add sugar. Put the other half of the milk, limbu ni chhaal caraway seeds and taj on stove uncovered. Give it three boils. Remove. Add it to the first half of the milk. Take a second tapeli and pour the milk from above 6-7 times between the tapelis. Sieve the milk to remove solids. Let it rest for a while. If there is any froth on the milk, remove it with a spoon. Distribute the milk in separate cups and bake in hot oven.

² See recipe

³ See recipe

EGGS: ARROWROOT ATHVA CORNFLOUR NU CUSTARD આરરૂત અથવા કોર્નફ્લોર નું કસ્ટર

Ingredients

Arrowroot/ cornflour, equal weight of sugar, fresh milk, 3 eggs, powdered jaifal, vanilla essence, almond essence.

Method

Put arrowroot/ cornflour in cold water and let it settle. Remove the water from the top. Add part of the milk. Mix in. In another tapeli put the remaining milk and bring to one boil. Keep on simmer. Stir the arrowroot/ cornflour milk and add it bit by bit to the heated milk, stirring all the time to ensure that there are no lumps. Remove. When it cools, add beaten eggs. Add other ingredients. Put in a pie dish and bake in an oven or tandoor.

EGGS: TALELU PAAU (FRENCH TOAST) તળેલું પાઉં (ફ્રેંચ ટોસ્ટ)

Mix powdered sugar in milk, add a beaten egg, rose water, vanilla essence. Soak slices of bread in this. You may pour the milk on the slices too. Fry the bread on medium-low till lower side is brown. If there is any left-over milk, you may add it slowly to the slices. Turn them over and fry the other side.

EGGS: PAU NU PUDDING - 1 પાઉં નું પુડિંગ - ૧

Ingredients

Sukka pau no bhuko, milk, butter, 3 beaten eggs, sugar, fine-cut rind of ½ limbu, crushed jaifal, 30 drops essence of almond

Method

Give milk 4 boils (kakras). Add pau no bhuko. Add butter. Let it cool. Add all other ingredients. Put in buttered mould. Fill only half mould. Bake in an oven. Alternatively, you may also put a wet cloth on the mould and boil for 1 ½ to 2 hours.

EGGS: PAU NU PUDDING – 2 (SLICED BREAD) પાઉં નું પુડિંગ – ૨ (સ્લાઈસ પાઉં)

Ingredients

Milk, 5 beaten eggs, butter, fine-sliced badam-darakh, rose water, sugar, thin bread slices without the outer crust.

Method

Add sugar to milk and give it 6 boils (kakra). Let it cool. Add eggs and rose water. Butter both sides of bread slices. Take a pie dish put first layer of bread slices. Sprinkle badam-darakh. Add milk. Let milk soak into bread. Add second layer of bread slices and repeat. Finally, sprinkle more badam-darakh and bake in oven. Remove when ready and brown.

EGGS: EEDA-KHIMA NA FRITTERS ઈડા-ખીમા ના ફીતર્સ

Make khaatto-tikkho khimo and sweeten it with some sugar. Beat 3 eggs. Add ½ tsp sugar and 1 Tsp maido to the eggs. Heat ghee and pour a spoonful of egg in it. Now add a spoonful of khimo on top of the egg. Pour another spoonful of egg on the khimo. When bottom is fried, turn over and fry the other side. Don't use too much ghee. Add small quantities if less. Cook on low to avoid quick browning.

FISH

FISH: KOLMI NA CUTLETS કોલ્મીના કટલેટ્સ

Ingredients

12 big kolmis, kothmir, green chillies, adu-lasan, harad, mari, 1 tblsp strong vinegar, 6 eggs, ghee, rice flour, salt to taste, bread crumbs

Method

Wash and devein kolmi, mix it in 2 tblsp salt and marinate for ½ hour. Cut kothmir along with its stems and marcha, add adu-lasan and grind it all in vinegar along with harad, mari and salt. After marination, apply rice flour to kolmis, wash them, then put a cut on them lengthwise from top to bottom, ensuring that it is not fully cut and separated in two parts. Apply the masala to both sides to make cutlets. [I think each kolmi makes one small cutlet.] Insert a wood skewer (બુતારાની સળી) in each cutlet and cover with a chalni (કાનાવાળું વાસણ) and keep for another ½ hour. After this plaster each side of cutlet with bread crumbs, dip in beaten eggs and fry.

FISH: KARACHLA NI CURRY કરચલા ની કરી

Ingredients

3 big sea crabs, butter, cream, small coconut, 4 full tsp curry powder, salt, 1 lasan ni kali, lime juice per taste

Method

Grind coconut along with curry powder. Add a blob of butter and salt. Boil the crabs. Remove crab meat and make it into pieces. Add butter to a pan and fry the masala, adding the crab meat. Add water. Add cream and cook in open pan till butter separates. Add lime juice before serving.

FISH: TATRELO KUTA NO PATIO તતરેલો કુતા નો પાટીઓ

Ingredients

1. Kuto can be fresh or sukko. If it is sukko kuto, soak it in water until it softens.
2. Onions cut very fine
3. Ghee/ oil
4. Lasan ni kali – crush (5)
5. Chillies (4)
6. Kothmir cut fine
7. Harad, mari, dhana-jeeru powders
8. Salt to taste

Method

1. Clean and wash kuto well
2. Fry onions in ghee/ oil and add the lasan and masalas
3. Reduce flame and add kuto and salt. Keep mixing.
4. Remove when patio becomes tatrello ie. on ghee
5. Use the same method for making tatrello patio of ambaar or small levti
6. If you like to make it sour, add tamarind paste
7. If raw mangoes are available, cut fine and add instead of aamli

FISH: MACHCHHI NA CUTLETS 1 मछी ना क्त्लेत्स १

Clean Fish, salt it and marinate for 15 minutes. Apply rice flour and wash it. Remove bones if any. Cut ½ inch thick cutlets. Make masalo EITHER 1 of: kothmir, marcha, mari pwd. OR Make masalo 2 of: 3-4 marcha, 6 lasan, 1 full tsp jeeru, tamarind paste ground in 1 tsp strong vinegar. Cover both sides of cutlets with a thick layer of masalo. Plaster each side of cutlet with bread crumbs / ravo, dip in beaten eggs and fry. [To try with basa]

FISH: MACHCHHI NA CUTLETS 2 (Fish cakes) मछी ना क्त्लेत्स २

Debone cooked fish. Mash peeled and boiled potatoes. Kothmir-marchu cut fine. Mix fish in mashed potatoes, kothmir-marchu, limbu juice and one beaten egg. Make round balls, flatten them, plaster with bread crumbs / ravo, dip in beaten eggs and fry.

FISH: KOLMI NA KAWAB कोल्मी ना क्वाब

Ingredients

Peeled and deveined kolmi, onions cut for chudna, kothmir-marcha, 1 pod peeled lasan, harad, mari, rai, jeeru, 10 lavang, 1 egg, rice flour, salt, oil/ ghee.

Method

Salt the kolmi and marinate for 15 mins. Clean with rice flour and wipe with cloth. Crush the kolmi with stone khal-batto. Fry half the onions. Now grind everything, adding salt to taste and add to crushed kolmi. Mix in beaten egg. Make into kawabs. Fry kawabs in covered pan. Once the lower side is done, remove from fire and let cool. Then turn the cooled kawabs with tavatha and fry the other side.

FISH: MACHCHHI NA KAWAB मछी ना क्वाब

Ingredients

Any suitable deskinning and deboned fish, ghee, chudnaano kaando, dahi (without any water), piseli chana dal, piselaa roasted chana without shells, adu, salt, piseli khas-khas,

dhana pwd, powders of taj, lavang, elchi, and mari (10 each), white of one egg, chana no aato.

Method

Apply oil to fish. Clean it with water. Apply chana no aato. Apply dahi and salt to fish. Marinate for 2 hours. Again, clean with water. Make small pieces of fish. Separate a little fish and keep it aside. Fry onions in ghee till red. Add dhana and salt. Add fish. Keep mixing with tavatha. Cook till it becomes tatrelu. Remove and let cool. Make mince of cooked fish. Add piseli chana dal, khas-khas and egg white. Now add the fish kept separately. Add all remaining ingredients. Make kawabs. Heat oil in kadai and deep fry till red. If you want the kawabs to be tastier, make shiro with sugar, dip the kawabs in the shiro and cook until kawabs soak the shiro and become dry.

FISH: CHUTNEY NO CHHAMNO ચટણી નો છમનો

Ingredients

Big kafri pomfret, onions, ghee, aamli (tamarind paste), dhana-jeera masalo, harad, jeeru, whole dhana, mari powder, roasted methi seeds, a pod of lasan, ½ coconut, green chillies, kothmir, salt.

Method

Slice pomfret from one side through the middle, keeping it connected at the stomach. Marinate it in salt for ½ hour. Mix tamarind paste in some water. Wash kothmir-marcha. Peel garlic. Put these along with all other ingredients into a mixer and make paste. Grind onions. Mix ground onions into paste. After marination, apply chokha-no-aato to pomfret and wash it well. Put a big lodhi on fire and heat ghee on medium. Put in the pomfret so that the side that is cut is put in the ghee first. When half fried, remove. Carefully turn the pomfret over with a large tavatha, ensuring it does not break. Put the tava back on fire. Apply the chutney thick on the side that is fried first. Cover and put kolsa on the lid to cook/roast the chutney. Keep flame on low. Pour the tamarind juice around the pomfret and let the water evaporate. {As it wouldn't be possible to use coal, it is suggested that after applying the chutney and frying the second side, the pomfret may be removed and put under grill in an oven for some time so that the chutney gets roasted.} – Note: only the top side of the pomfret gets the chutney, not both.

FISH: TALELI AMBAAR તળેલી અંબાર

Take ½ kg ambaar, marinate it in salt, apply rice flour and then wash it. Take 4 times the quantity of sliced onions as ambaar. Make tiny pieces of 10 kali lasan. Cut kothmir-marcha fine. Make tiny pieces of 4 small raw mangoes after peeling and deseeding them. Mix it all. Add dhana-jeera, harad, marcha-ni-bhuki and salt. Heat ghee in a large kadai / pan. Put all the ingredients in the ghee to fry on low. Keep turning. Remove when it comes on ghee.

FISH: TALELI KOLMI તળેલી કોલમી

Ingredients

Big kolmi, ghee, onions, adu-lasan, jeeru, whole mari, fine-cut kothmir-marcha, salt to taste.

Method

Clean and devein the kolmi. Marinate it in salt for 15 mins, coat with rice flour and wash. Grind kothmir-marcha, onions, adu-lasan and salt. Marinate kolmi in this for 15 mins. Heat oil in large kadai. Fry the kolmi on low, covered. Turn frequently. When kolmi becomes soft and comes on ghee, remove. If the kolmi is very big it will not cook easily. You have to give water on the lid, replenishing when it evaporates. If you like it sour, mix tamarind and sarko and add to fried kolmi before removing it when it comes on ghee. If you do not want to fry kolmi this elaborately, you can simply use a marinade of harad, mari and salt and fry it.

FISH: TALELA BOOMLA - TAAJA TATHA SUKKA તળેલા બૂમલા -

તાજા તથા સુક્કા

Cut head and clean the boomas, ensuring that you cut enough of the tail. This is because eating the bones near the tail is not healthy. Salt them and put them in a sieve. Put a small weight on the boomas and let the water drip away for about 20 mins. Apply chokha no aato. Wash. Marinate in mari and harad. You may also add kothmir-marcha in the marinade. Roll the boomas in chokha no aato and fry in a lodhi. Turn over, once one side is done but be careful not to break them.

Cut and remove bones from sukka boomla. Beat them flat with a batta. Then apply the marinade as above and fry them brown. You may also make reso (રેસો) and fry the reso (without masala). Some people do not remove the bones and make 1 inch fried pieces with or without masalo.

FISH: KHARI MAACHHLI ખારી માછલી

Marinate any fish in salt for ½ hour. Rub in rice flour and then wash. Fry sliced onions in ghee. Add fine-cut lasan and crushed jeeru. Add fish. Add kothmir-marcha. Add water. Cover. Give two boils (kakra) and remove. Remove lid and cool. If using ghol or prawns, use more water.

FISH: NARIEL NA DUDH MA RADHELI MACHHLI નારીએલ ના દૂધ માં રાધેલી માછલી

Ingredients

Chhudnana kaapela kanda, garam masalo, ghee, fish or prawns or boiled lobster, khamnelu nariel.

Method

Marinate any fish in salt for ½ hour. Rub in rice flour and then wash. [Boil lobster.] Fry onions in ghee till light brown. Sprinkle garam masalo. Add fish. Add nariel nu dudh. More dudh will be needed if using prawns or lobster. Cover and cook until some gravy remains.

MEAT

MEAT: KHIMA NA CUTLETS ખીમા ના કટલેટ્સ

Ingredients

Khimo, potatoes, 1 tsp Worcestershire sauce/ vinegar, 1 tsp limbu juice, ground mari, harad, salt, kothmir, 1 marchu, celery/ parsley (if available), fudno, 3 eggs, bread crumbs/ ravo, ghee

Method

Cut kothmir, marchu, fudno, celery/ parsley fine. Mash boiled potatoes, Mix 1 egg daar + salt, all other ingredients except sauce/ limbu juice and bread crumbs/ ravo into the khimo. Marinate for 2 hours under a chalni (lid with holes). After marination, add Worcestershire sauce/ vinegar and limbu juice. Make cutlets, douse them in bread crumbs/ ravo and fry them on medium-low. If you like cutlets sweet, add a tsp of sugar.

MEAT: KHIMA NA KAWAB ખીમા ના કવાબ

Ingredients

Fine mutton khimo, fine sliced onions, 5 kadi lasan, fine cut celery/ parsley, crushed elchi, lavang, taj, kothmir – fudno cut fine, marcha, 2-3 eggs, mari pwd, ghee, salt.

Method

Fry onions red and do vaghar of adu-lasan. Add khimo. Add all other ingredients except eggs and garam masala. Add water and salt to taste. Cook till it is dry, tatravelo. Remove in a plate. Add the garam masala. Grind on a paataa. Mix in beaten eggs. Make kawabs. In kadai heat ghee and deep fry. If you like kawabs to be sweet, add a tsp of sugar while cooking.

MEAT: GOS NA TALELA KAWAB ગોસ ના તળેલા કવાબ

Ingredients

Mutton khimo, adu-lasan, harad, mari, salt, kothmir-fudno and marcha cut fine, ghee

Method

Crush adu-lasan, harad, mari, kothmir-fudno, marcha in wooden khal-batto. Mix in khimo. Remove in a plate. Cover with chaalni/ boiya. Marinate for 1 hour. Apply water on hands and make kawabs. Deep fry, crispy, in ghee. You may cover while frying. If you like you may add hard dahi or, if you like sweet, sugar. You may also insert pieces of hard-boiled eggs inside the khimo while making the kawabs (slightly bigger in size) but do not put dahi or sugar in that case.

MEAT: DAMORI KAWAB દમોરી કવાબ

Prepare all ingredients as described in gos na talela kawab basic recipe (don't add dahi, sugar). Then make tiny kawabs the size of a lakhoti. Heat oil and deep fry them. Good to eat with pulav or khichdi.

MEAT: JEEBH NA CUTLETS જીભ ના કુલેત્સ

Ingredients

4 bakra ni jeebh, adu-lasan, kothmir, marcha, celery/ parsley, fudno, limbu juice or Worcestershire sauce, 2 eggs, bread crumbs/ ravo, ghee

Method

Cut kothmir, marchu, fudno, celery/ parsley fine. Clean jeebhs and boil them (maybe use a cooker). Once well boiled its skin will come off by hand. Cut vertically, coat with all ingredients. Make cutlets. Coat them in bread crumbs. Dip them in egg and fry as usual.

MEAT: BHEJA NA CUTLETS – (SADA & MASALANA) ભેજા ના

કુલેત્સ (સાડા અને મસાલાના)

Soak one goat brain in cold water for ½ hour. Remove patri. Wash. Put brain in tapeli and cover with enough water. Add 1 tsp salt. Cook on medium. When brain is boiled and hardens, remove and cut into 3 pieces. Cover with bread crumbs, dip in egg and fry as usual. If you want to make masala cutlets: Cut kothmir-fudno-marcha fine. Crush ginger. Prepare brains as mentioned above. Mash the brains with spoon. Add salt, kothmir-fudno-marcha, ginger and mari. Cut chudnaano kando and fry the brains (with masala) turning all the time until dry. Remove. Let cool. Make cutlets. Cover with bread crumbs, dip in egg and fry as usual.

MEAT: GOS ATHVA MARGHI NI CURRY ગોસ અથવા મરઘી ની કરી

Ingredients

Chicken or mutton pieces, chhudnana onions, ghee, almonds, amlı (paste), dhana-jeeru no masalo⁴, khas-khas, roasted shelled chana, salt, adu-lasan, big Goa chillies, mari whole, 1 ground coconut

Method

⁴ See recipe

Roast dhana-jeeru, khas-khas, chana, and chillies and grind them along with ½ the coconut. Take remaining coconut, add hot water and extract coconut milk. Put coconut milk in a bowl, mix in amli paste and let it stand for 1 hour. Strain the coconut milk and discard the solids. Boil mutton/ chicken after properly washing and adding salt. Cook till you get broth. Remove. Fry onions till red. Add ground masala. Add broth. Add mutton/ chicken. Mix. Cover. Cook on simmer. When curry thickens, add coconut milk. Keep stirring to ensure that it doesn't stick to bottom. Remove cover when thick and ghee separates. If you like curry with potatoes, you may add potato pieces along with mutton/ chicken. If you like kesar, grind it along with masala. If raw mangoes are in season, add 4 skinned kachchi keri cut into 2 each after adding coconut milk (in that case, don't add amli). If you don't like amli, you may add lime juice just before serving. Instead of khus-khus, you may use white tal.

MEAT: KHARI KALEJI ખારી કલેજી

Clean whole kaleji. Put in pan, add salt and water to cover it, leaving three fingers of water above. Heat it on low until it softens. Remove. Cool. Cut into appropriate pieces. Slice onions and fry in ghee till red and do adu-lasan no vaghar. Add kaleji, salt to taste and water. Cook until water dries and kaleji is on ghee.

MEAT: TALELI KALEJI તળેલી કલેજી

Clean whole kaleji. Put in pan, add salt and water to cover it, leaving three fingers of water above. Heat it on low until it softens. Remove. Cool. Cut into appropriate pieces. Cut kothmir-marchu. Marinate kaleji in kothmir-marchu, adu-lasan and salt to taste for 1 hour. Fry the kaleji in ghee.

MEAT: MASALA NI KALEJI મસાલા ની કલેજી

Clean whole kaleji. Put in pan, add salt and water to cover it, leaving three fingers of water above. Heat it on low until it softens. Remove. Cool. Cut into appropriate pieces. Cut kothmir-marchu. Fry sliced onions. Do adu-lasan no vaghar and add kothmir-marchu. Add kaleji. Add salt to taste. Add water and cook until water dries and kaleji is on ghee. until water dries and kaleji is on ghee.

MEAT: MASALA NA KHARIA મસાલા ના ખરિયા

Ingredients

12 bakra na kharia, slice onions, ghee, adu-lasan, mari pwd, harad, garam masalo, kothmir-marcha-fudno cut fine.

Method

Clean kharia. Boil kharia with salt in lot of water. Fry onions till light brown. Do vaghar of adu-lasan. Keeping garam masalo aside, add all other ingredients and fry till red. When kharia are half-cooked, add onion masala to it. Mix. Cook covered on low. If water level reduces, keep adding water on the lid and also add to kharia. When kharia are well cooked and only 2 cups of gravy remains, remove. Sprinkle garam masalo. If you like you may add grated coconut to onion masala. If you want to add kathor to kharia, you may add big chora, chana dal or masur. Clean the kathor and add to kharia a little after adding onion masala and cook together with kharia till soft. When adding kathor, ensure that all other ingredients are taken in slightly larger quantity than when kharia are prepared without kathor.

{My note: if using cooker, first cook for 20 minutes. Cool and open cooker. Add onion masalo and kathor. Again put cooker for another 15 minutes. Cool and open cooker. Sprinkle garam masalo. Check for softness of both, kharia and kathor.}

MEAT: KHARA KHARIA ખારા ખરિયા

Clean and boil kharia as mentioned in [masala na kharia](#) recipe. Remove when soft and some gravy remains. Fry onions till light brown. Do vaghar of adu-lasan. Add kharia with gravy and salt to this and cook covered on simmer until desired amount of gravy remains. Sprinkle garam masalo.

MEAT: GOS ATHVA MARGHI NO KHIMO ગોસ અથવા મરઘી નો ખીમો

Ingredients

Khimo, sliced onions, ghee, blanched almonds cut into 3 pieces each, kismis, adu-lasan, salt, harad, mari, garam masalo, cut fine: kothmir, marcha, fudno, celery/ parsley

Method

Fry badam. Remove. Fry kismis. Remove. Fry onions till pink. Remove 1/3rd of the onions. Fry remaining onions till brown and do adu-lasan no vaghar. It is better to cook khimo in sufficient water because cooking it in little water makes it form lumps that need to be constantly broken with tavatha. Separate khimo with hand and add it to the onion tapeli along with harad, mari, salt and sufficient water. Keep on medium, covered. When water evaporates, mix khimo ensuring there are no lumps. Add all remaining ingredients (other than garam masala, badam, darakh). Remove the lid and cook till ghee separates. Add garam masalo. Remove. Add badam, darakh and the part of onions that was kept separate. Badam, darakh is optional. You may sprinkle sali or small fried pieces of potato on top of khimo or mix in the khimo as per preference. For chicken khimo, use the same method but do not add harad and use less ghee. If you are making khimo for samosa/ patties, do not

add badam-darakh, the saved part of onion (ie do not save), sali or fried potatoes. Also use less ghee. You may not add mari during cooking but sprinkle mari on top when ready. If you want khimo to be sweet-sour, add sugar and vinegar appropriately. Some Muslims smoke their khimo by separating khimo to edges of tapeli and in the middle putting a lighted coal on which ghee is poured and lid is placed. Then the coal is removed.

[Take the rinds of a few lemons (લીંબુ), cut them into small pieces and cover them in salt. Preserve in a glass barni and add some to khimo. It adds to the taste.]

MEAT: KHIMA BHARELA TAMOTA ખીમા ભરેલા ટામોટા

Take 6 medium tomatoes that are firm, though ripe. Cut coin-sized hole on top (near dichkaa) and remove pulp with spoon. Make dry sweet-sour khimo. Spoon in the khimo. Replace the cut portion to seal the tomato like before once again. Arrange the tomatoes in a tapeli with some ghee so that they stand with their “lid” on top. Put coal ingaar on top and bottom, cover and remove when tomatoes are soft. {My note: As it is not possible now to put coal ingaar, suggest that the arranged tapeli is placed in a pre-heated oven instead.}

MEAT: KHIMA BHARELA PATETA ખીમા ભરેલા પટેટા

Use same method as for [khima bharela tamota](#) but first boil the potatoes with skin. After stuffing them, deskin them by hand. Beat an egg and use it like glue to stick back the removed part for sealing the potatoes. Then using fingers, coat the whole potato with the beaten egg. Coat with bread crumbs or ravo. Then heat oil in kadai, dip the potatoes in egg and deep fry them till light red.

MEAT: KHARU GOS ATHVA MARGHI ખારુ ગોસ અથવા મરઘી

Ingredients

Meat (clean twice and make pieces), ghee, onions (sliced, vaghar na), salt, adu-lasan

Method

Fry onions till red and do adu-lasan no vaghar. Add a flat tsp jeera and 4-5 Goa red chillies with stem. Add salt and meat. Mix and cover. Mix frequently. When water evaporates, add more water and put on slow heat. When half-cooked, put on ingaar⁵ with coals below and above until soft. {My notes: After water evaporates, pressure cook for 30 mins. Remove when cool.} If you don't like gravy, cook until water dries and the meat is on ghee. This is the parent recipe for meat. It can be used for other meat dishes but if you are adding vegetables, etc., ensure to put additional salt to take care of the extra vegetables. If cooking kharu gos/ marghi with vegetables, do not add jeeru and red chillies.

⁵ Hot, burning coals that were used in cooking

MEAT: JARDALU ATHVA ANJEER MA GOS ATHVA MARGHI

જરદાલુ અથવા અંજીર માં ગોસ અથવા મરઘી

Prepare meat as described in [kharu gos athva marghi](#) but do not add jeeru and let there be some gravy. Dissolve sugar in water on heat to make thin shiro. Caramelize some sugar and add to shiro for colour. Add jardalu. Give 2-3 boils uncovered. Keep on simmer until jardalu is properly soaked. Add jardalu to the cooked meat. Instead of jardalu, you can do the exact same with dried figs.

MEAT: KELA MA GOS ATHVA MARGHI કેળા માં ગોસ અથવા

મરઘી

Prepare meat as described in [kharu gos athva marghi](#) but do not add jeeru and let there be some gravy. Peel 4 big Vasai na kela and make 1 inch thick slices. Add kela to cooked meat and simmer covered until kela are done. Don't make this dish dry. Alternatively, add the kela after frying. Or, if you like chaas payla kera, make chaas of gor as follows: Dissolve gor powder in water on simmer. When it comes to boil remove the froth from above and use a sieve or cloth to filter out any solids. Add a little salt. Add bananas and simmer them in the chaas until the banana soaks in the water.

MEAT: TAMOTA MA GOS ATHVA MARGHI ટામોટા માં ગોસ અથવા

મરઘી

Prepare meat as described in [kharu gos athva marghi](#). Keep some gravy. If you get small tomatoes, wash them, remove the dichka, add to the meat whole and simmer till soft. If you like sweet, you may add a full tsp of sugar to the gravy. If the tomatoes are bigger, skin them, make 2-3 large pieces as appropriate and add them to gravy.

MEAT: TALELA VENGNA MA GOS ATHVA MARGHI તળેલા વેંગના

માં ગોસ અથવા મરઘી

Take 4 thin (not the fat bhatha type) seedless vengna and skin them. Keep the dichka intact and slit vengna lengthwise, hanging by the dichka. Soak them in cold water. Take large (non-stick) pan and add ghee. Heat on low till hot. Add salt to ghee. Remove vengna from water and arrange them side by side in the ghee. Cover and put water on lid. Do not let water drop into ghee. Ensure that vengna do not stick to the pan. Once one side is done, turn over. Remove and keep aside. Cook meat as described in [kharu gos athva marghi](#) leaving some

gravy. Add vengna, ensuring that they don't break. Simmer. Sprinkle 2 tsp vinegar or Worcestershire Sauce before removing from heat.

MEAT: DAHI MA GOS ATHVA MARGHI દહીં માં ગોસ અથવા મરઘી

Cook meat as described in [kharu gos athva marghi](#). Don't keep too much gravy – it should be on ghee. Cut kothmir-marcha. Fry sliced onions till red. Add harad and mari. Add kothmir-marcha. Add hard dahi (good quantity). Simmer for a while and then add it all to the cooked meat. Cover and simmer. When water evaporates sufficiently, sprinkle 1 tsp garam masalo.

MEAT: GOS ATHVA MARGHI PAKAVVA NI RIT ગોસ અથવા મરઘી પકાવવા ની રીત

Tips for cooking

- Clean meat well. In case of mutton, if the piece is whole (uncut) then clean it whole. Washing cut pieces removes the taste of mutton/ khima.
 - Do not put too much water while cooking meat. Do not cook on very high flame. Cook initially on medium and then go on simmer (the recipe actually mentions putting it on coal ingaar.)
 - For best result cook on coal ingaar (above and below) from the start, add no water but keep putting the water on the lid. Only if very necessary, add a little water in the meat.
 - If cooking with water and you find water needs replenishment, do not add cold water. Put water on lid and then, when it heats up, add the heated water to the meat. But if you don't need to add it to meat, continue watering the lid.
 - For 1 kg meat if you add a certain amount of water, for 2 kg meat the water should not be doubled. Lesser water will do the job better. If you put too much water, the meat could get overcooked and lose taste.
 - If, by mistake, you add more than required water, do not cover and let the steam escape. A better alternative is to remove all meat, vegetables, etc., from tapeli and then burn off the left-over water before adding the solids back.
 - To test whether the meat is done or not, don't put hand in tapeli. You will get burned. Remove a sample with chamach, cool it and then test.
 - If the meat is tough (not tender) (a) roll chicken in vinegar or (b) add pieces of raw papaya to mutton/ beef/ pork. You can also soften meat by adding a pinch or two of soda bicarb. The best is to add 8-10 drops of papaya milk mixed in a little water.
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MEAT: PATETA MA GOS ATHVA MARGHI પટેટા માં ગોસ અથવા મરઘી

Cook meat as described in [kharu gos athva marghi](#). Add extra salt to take care of potatoes. Peel and cut potatoes into 4 pieces each. Put them in cold water. If using papeti (damori pateta), boil and peel them with hand. Add potatoes to meat when it is half-cooked if you like meat with gravy. If you are making meat on ghee (tatrellu), delay adding the potatoes until the meat has softened.

MEAT: KERI MA GOS ATHVA MARGHI કેરી માં ગોસ અથવા મરઘી

Cook meat as described in [kharu gos athva marghi](#). Peel and cut 5 ripe mangoes (without saakhaas) and keep ready. When more than half the water in the tapeli has evaporated, add mangoes. Remove when all the water evaporates. If using raw mangoes, follow the same procedure.

MEAT: BADAM MA GOS ATHVA MARGHI બદામ માં ગોસ અથવા મરઘી

Cook meat as described in [kharu gos athva marghi](#). Blanche a good number of almonds and soak them in cold water (weight ratio of almonds to water 1:4) with soda bicarb. Boil the water until almonds soften. Strain the almonds and wash them with cold water. Add almonds to prepared meat. Cook on high uncovered for 10 minutes. Sprinkle garam masalo.

MEAT: MARCHA MA GOS ATHVA MARGHI મરચા માં ગોસ અથવા મરઘી

Ingredients

Meat (chicken preferred), big green chillies, sliced onions, ghee, adu-lasan, 2 tsp lime juice, salt, coconut powder, 7 each of elchi-lavang (grind fine), 4 eggs

Method

Hard boil and peel eggs, Make 2 vertical pieces of each. Soak coconut powder in a little water. Clean chillies with dichkaa. Clean meat. Boil chicken with salt, ensuring that there is some gravy left at the end. Keep gravy separately. Fry onions till light brown. Add adu-lasan, coconut and elchi-lavang. When red, add chillies, some salt, eggs, chicken. Mix but take care not to break eggs. Add the chicken gravy. Simmer. Remove. Sprinkle limbu juice and elchi-lavang and serve hot. You may cook with mutton the same way.

MEAT: MASALA NU GOS ATHVA MARGHI मसाला नुं गोस अथवा मरधी

Ingredients

Meat, big potatoes, ghee, sliced onions, salt, adu-lasan, Worcestershire sauce, lime juice, celery/ parsley, garam masalo, harad, mari, kothmir, marcha, fudno, boiled eggs 4

Method

Clean meat, Peel and cut potatoes into halves vertically and keep soaked in water. Cut kothmir-marcha-fudno. Peel eggs and cut vertically into two. Fry onions till red and do vaghar of adu-lasan. Add meat, salt and harad. Add water and cook. When meat is half done, add potatoes, kothmir, marcha, fudno, celery/ parsley and mari. When fully cooked, add Worcestershire sauce and lime juice. Add eggs. Sprinkle garam masalo. Cook chicken the same way. If you want to make a pie with this, do not add harad and add more water to leave more gravy.

MEAT: TALELA CHAAP तलेला चाप

Take 6 full meat chaaps. Put cuts in the flesh. Then beat them flat. Cut onions fine. Take onions, adu-lasan and salt and squeeze dry to remove any liquid. Put chaps in plate and marinate them with the above masala. Cover with chalni (sieve) and leave for 3 – 4 hours. Remove any water in chaap plate and plaster them with mari pwd. Then plaster them with wheat flour (ravo/ maido?). Heat ghee in a large pan and when it starts smoking, lower heat to low and place the chaps in it. Fry both sides until properly red.

MEAT: CHAP-PATETA चाप-पटेटा

Ingredients

6 double rib chaaps, pieces of big potatoes, ghee, vaghar no kaando, salt, adu-lasan, garam masalo, [kothmir-marcha, curry patta, juliennes of adu]

Method

Peel potatoes and immerse in cold water. Wash chaaps with cold water once. Fry onions and do adu-lasan no vaghar. Add chaaps and salt. Cover. Turn. Add water and cook on medium-high until the chaaps are about to break open. Add potatoes. When everything is cooked and comes on ghee, remove. Sprinkle garam masalo. If you want a little spicy and get a red colour, add 6 red Goa chillies to the water. Remove the chillies once done otherwise they will melt in the gravy. If you want the chaaps to be sour, add kothmir-marcha, pieces of curry patta and juliennes of adu when the chaaps are mostly cooked and some gravy remains. Also add Worcestershire sauce, keri-ni-chutney and strong vinegar. Keep on simmer for 15 minutes. Then sprinkle the garam masalo.

MEAT: TALELI TALLI તળેલી તલ્લી

Ingredients

3 talli, salt, mari, harad, kothmir-marchu, ghee

Method

Mix salt, harad, mari into fine-cut kothmir-marchu. Clean talli. Put two sideways cuts on the side that is thicker. Apply masalo to talli. Fry in a pan. Keep pressing with tavatha. Turn over and fry the other side.

MEAT: TALELI BOTI-PATETA NI SALI તળેલી બોટી-પટેટા ની સળી

Take 15 boti-sized pieces of good quality bone-less mutton and beat them (flatten as in chaap) both sides. Marinate boti in adu-lasan and salt for 2 to 2 ½ hours, covered with a chalni or boiya. Boil potatoes and cut them into similar sized 20 pieces. Don't over-boil the potatoes, making them too soft. After marination, reshape the botis back from flat to round. Then put one piece of potato followed by one boti on a wooden skewer (બુતારા ની સળી) so that each skewer has 4 potatoes and 3 botis. Keep them sticking together. Beat two eggs and add salt. Apply the beaten eggs to the boti- pateta by hand. Roll the skewers in bread crumbs, ensuring that the boti- pateta are covered. Heat ghee on medium. Apply remaining eggs to the boti- pateta. Put the skewers in the hot ghee separately. Fry till pink. Turn and fry the other side. Keep doing this till all sides are fried. This can also be done on a lodhi (લોધી).

MEAT: TALELA BHEJA તળેલા ભેજા

Soak 2 bheja in cold water. Remove the patri. Soak in luke-warm water again for 2 hours. Boil water in a tapeli, adding sarko (1 cup) and salt. Add bheja and boil them till they harden. Make desired sized pieces. Make masala as follows: Take milk and mix in 2 beaten eggs. Thicken to consistency required for it to plaster bhejas by adding in maido. Apply the masala to bheja and fry on high.

MEAT: TALELA MARGHI NA SEENA તળેલા મરઘી ના સીના

Cut boneless chicken breasts into four pieces. Make cuts with knife, but not too deep. Press the chicken breasts to flatten them. Marinate the pieces in adu-lasan, salt and harad for 3- 4 hours under boiya. Remove the water. Melt ghee on high in a tapeli and put the pieces side by side. Cover. Check periodically. After about 20 minutes one side will be done. Turn over and fry the other side.

MEAT: TOAD-IN-A-HOLE તોદ-ઇન-અ-હોલ

Cut tender neck meat into small pieces. Wash in cold water once. Beat eggs. Oil a small pie dish in which the meat can fit. Put meat pieces in it. Sprinkle salt on this. Mix eggs in milk. Add maido in small quantities to the mixture until thick. Keep this in a bowl for 3 hours. Then pour on the meat and bake in medium oven till red. You can also use cooked cold meat or chicken.

MEAT: PALAV પલાવ

Ingredients

Rice, salt, ghee, jaifal, jaavintri, shahjeeru, rice masalo, kismis, sliced onions, dahi, blanched almonds cut in half, roasted kesar, meat, limbu juice.

Method

Wash meat in hot water, boil it until it becomes soft and some gravy remains. Boil rice and when half done, remove, sieve and spread out to dry. Dip kesar in limbu juice. Fry badam-darakh. Fry onions till red. Separate the gravy from meat. Mix dahi in meat. Put everything together in a tapeli – meat-in-dahi, meat gravy, garam masalo, badam-darakh, fried onions, kesar and rice. Seal the tapeli with ghau-no-aato. Put ingaar below and above the tapeli and cook for 15 minutes more. {instead of ingaar, we can put it in a pre-heated oven on convection setting at medium temperature}

MEAT: PATETA NI PIE પટેટા ની પાઈ

Prepare mutton boti or chicken boti/ shreds, either with masala or without; or chicken or mutton khimo as filling for the pie. Ensure that there is some gravy and the filling is not entirely dry. Add Worcestershire Sauce and limbu juice. Fill this in the pie dish. You may add 3 boiled eggs cut in twos. Boil potatoes till reasonably soft. Mash them. When they cool, add butter. Roll out the potato like a rotlo, put it on top of the filling, cut at the edges and apply butter on top. Put this in an oven on convection and bake.

MEAT: GOS ATHVA MARGHI NO PATIO ગોસ અથવા મરઘી નો પાટીઓ

Ingredients

Mutton, sliced onions, adu-lasan, salt, dhana-jeeru no masalo⁶, mari, harad, powdered jeeru, kothmir-marcha, amlī, ghee, nariel nu dudh

Method

⁶ See recipe

Fry kanda. Do vaghar of adu-lasan. Grind half the kothmir, marcha and add to kanda. Add harad, dhana-jeeru, jeeru. Fry a little. Add mutton. Add salt. Mix. After some time add water. Soak amla in nariel nu dudh. When mutton is almost cooked, add remaining half of kothmir. When mutton is fully cooked, add amla and nariel nu dudh. Give 3-4 boils (kakra). If you want to make patio sweet, add gor or sugar to amla nu pani. You may also add sekta-nising when mutton is almost cooked. If you want to eat the patio with rotli, make nariel nu dudh thicker and add less water. Use same method for chicken patio.

MEAT: PATETA NE KHIMA NA PATTIES पेटेटा ने खीमा ना पेटिस

Ingredients

Mashed boiled potatoes, cooked dry khimo (half the weight of potatoes), salt, mari, Worcestershire sauce or limbu juice, 3 eggs, ghee, bread crumbs or ravo, garam masalo

Method

Add garam masalo and sauce/ limbu juice to khimo. Add one beaten egg and salt to potatoes. Make golas of potato depending on how many or how big patties you want to make. Taking a little ravo in your palm, flatten a gola in your palm, making like a puri. Fill its centre with khimo. Apply a little water to the edges. Cover it with another puri. Join the edges, ensuring that the khimo does not fall out. Shape it. Dip patty in bread crumbs / ravo. Dip in eggs and deep fry like cutlets (maybe more oil). Make all patties like this. You may add fried badam-darakh in the khimo.

MEAT: BAFAAT બફાટ

Ingredients

Pieces of meat, pieces of potato, small onions whole (like South Indian sambhar onions?), coconut powder, harad, taj, elchi-lavang, 1 wineglass vinegar, salt, dry marcha, vaghar no kaando

Method

Wash meat once in warm water. Add salt, water and cook until tender. {Cooker for 30 mins}. Grind coconut, marcha, taj, lavang elchi, harad. Fry sliced onions till red. Add meat with gravy, ground masala, whole small onions, potatoes keep stirring. Pour vinegar. Cook until it is on ghee. Can be eaten with rice or rotli.

MEAT: KHARA TATHA MASALA NA BUKKA ખારા તથા મસાલા ના

બુક્કા

Remove the thick skin from white goat bukka and cut into small pieces. Cook just like kharu gos athva marghi. If you are using black bukka use more water.

MEAT: KAKDI, DODHI, TURIA ATHVA VENGNA NI BURIYANI

કાકડી, દોઢી, તુરીયા અથવા વેંગણા ની બુર્યાની

Ingredients

Fatty meat, kakdi/ dodhi/ turia/ vengna (cut in pieces), kothmir, marcha, fudno, adu-lasan, sliced onions, ghee, salt, mari, harad, dhana-jeeru no masalo⁷

Method

Wash meat once in warm water. Fry onions and do adu-lasan no vaghar in cooker. Add all masala, salt. Add meat. Add tarkari. Add kothmir-marcha-fudno. Pressure cook for 30 mins. Remove when cool. Crush the tarkari without damaging the meat. Alternatively, you can take a little less tarkari and add equal quantity of fine-sliced French beans. You may also use all the tarkaris in equal proportion.

MEAT: KHARA TATHA MASALA NA BHEJA ખારા તથા મસાલાના ભેજા

Boil the bhejas as described in bheja na cutlets. You may keep them whole or cut into 3 pieces. Fry chudnaano kando till red, do vaghar of adu-lasan, and add bheja with a spoon, taking care not to break them. Add water and salt. Cover and simmer and cook till water dries and the bhejas are on ghee. If you want to make masala na bheja, add ground kothmir-marchu, mari, adu-lasan, harad after the vaghar.

MEAT: BHAJI MA BHEJA ભાજી માં ભેજા

Wash and salt methi ni bhaji. After doing vaghar of adu-lasan in onions and adding ground kothmir-marcha, mari, harad and bhaji, cook in water until bhaji is cooked. Boil the bhejas as described in bheja na cutlets. Then add the bhejas. Cover and simmer and cook till water dries and the bhejas are on ghee.

MEAT: MARGHI MAI VHALA મરઘી માય વ્હાલા

Ingredients

Boil or cook one marghi, remove bones and shred. Kismis, charoli, badam, pasta – all sliced. Crushed elchi-jaifal. Milk. Sliced onions. 6 Eggs. Ghee. Salt.

Method

Wash all mevo and then fry it. Burn milk to form thick dudhpak. Fry onions light brown. Spread the chicken shreds (resa) at the bottom of a pan. Add elchi-jaifal to dudhpak and

⁷ See recipe

pour it over this. Break all eggs over this, keeping daar whole. Seal the pan with wheat flour. Bake in oven for about ½ hour. You may replace dudhpak with fresh cream or mavo. If you don't want to layer, you may mix everything and break the eggs on top. Add Worcestershire sauce while eating. This can also be made with shredded mutton.

MEAT: KHARI TATHA MASALA NI MUDI ખારી તથા મસાલા ની મૂડી

Get a goat mudi without brain that is peeled of skin and broken into pieces. Wash it twice. Add salt and boil it (in cooker). When cool remove it and using hands, remove all bones, leaving just the mudi meat. Fry chudnaana kanda and do adu-lasan vaghar. Add mudi meat. Add the gravy from the boiled mudi. Mix. Cook until some water remains. Sprinkle garam masalo. For masala ni mudi, add kothmir-marcha, harad, mari, adu-lasan after vaghar.

MEAT: VINDALOO - 1 વિન્દાલુ - ૧

Ingredients

½ kg meat pieces, ghee, shredded ginger, fine-cut lasan, jeeru, harad, salt, 10 elchi, 5 lavang, 10 mari, taj, dry chillies, vinegar

Method

Clean meat and wash it in light vinegar. Except adu-lasan, grind everything else in strong vinegar. Add adu-lasan. Make 3 parts of this. Take 2 of these parts and marinate the meat in it. Soak the meat in strong vinegar, cover and leave for 6 hours. Heat ghee and fry the remaining 1 part of masala. Put the meat together with vinegar in this. Cook covered on high. Keep stirring. Remove when ghee separates. You can also make vindaloo using chicken or duck. Wash the fowl in water, dry it with a cloth and then wash it in light vinegar as above. Depending on total weight of the fowl compared to meat, assuming it is more chicken is usually 1 kg and duck 1 ½-2 kg), marinate in vinegar for 1-2 hours more and take larger quantities of masala also accordingly. If you like vindaloo less spicy, take less of adu and marcha. This vindaloo will stay for 2-3 winter days without refrigeration.

MEAT: VINDALOO - 2 વિન્દાલુ - ૨

Ingredients

Meat, chudnaano kando, peeled lasan, dry chillies, adu, taj, mari, jeeru, harad, sugar, strong vinegar, sherry or brandy 3 tsp, lavang, salt, ghee

Method

Grind lasan, chillies, adu, taj, mari, jeeru, harad, and lavang. Wash meat. Mix meat, ground masala, ghee, kando, sarko and put it on ingaar (slow cook) adding water on lid and in the meat as required. When meat is cooked and ghee separates, add sherry/ brandy and sugar. If you like less spicy, take less mari and chillies.

VEGETABLES

VEG: LAGAN NU TALELU ISHTU લગાનનું તળેલું ઈશ્તું

Ingredients

Shakarkand, ratalu kand, kamodio kand, suren, potatoes, dried double beans, green peas, pumpkin (રત્નું ઝોલુ), small ripe tomatoes, ghee, big onions and very small onions in ratio 5:2, almonds, salt to taste, adu-lasan, harad, mari, kothmir, big green chillies, fudno.

Method

Cut almonds and make vertical slices. Peel and wash small onions. Peel, cut and wash pumpkin, potatoes, suren, all kands into small pieces. Wash, dry and cut kothmir-fudno fine. Cut big onions for vaghar. In a big patia, heat the ghee fry each vegetable and small onions but not tomatoes, separately till pink and soft. In same ghee fry the big onions and adu-lasan. Then add all fried vegetables, kothmir-fudno, marcha. Add water and cook covered, turning frequently. When water depletes, add tomatoes and remove when ghee separates.

VEG: BHAJI BANAVVANI RIT ભાજી બનાવવાની રીત

Ingredients

Cholai ni bhaji cut fine, vaghar na kaapela kanda, ghee, adu-lasan, salt, crushed jeeru

Method

Do vaghar of adu-lasan in onions. Wash bhaji and add. When it comes on ghee, remove. You may cook any other bhaji separately or mixed in the same way. If you want to remove the bitterness of methi ni bhaji, cut it, mix in ½ tsp salt and crush it in hands until all water comes out. Then cook as above but don't add salt again. If you want to make masala ni bhaji, add ½ tsp harad and mari, kothmir, green chillies to bhaji and cook.

VEG: CUTLETS NI GRAVY કુલેટ્સ ની ગ્રેવી

Ingredients

5 cutlets (brain or khima), ripe tomatoes, onions, ghee, adu-lasan, kothmir, 1-2 green chillies, 2 tsp strong vinegar, 1 ½ full tsp sugar, salt, chilly pwd

Method

Cut kothmir, marcha and onions fine. Cut tomatoes into halves lengthwise, boil them. When soft, remove and crush. Sieve the tomato pulp to remove skin. Fry onions in ghee until light brown. Do vaghar of adu-lasan. Add kothmir-marcha. Now add vinegar, sugar, salt and chilly pwd. Arrange cutlets in flat tapeli and pour the gravy on and around them. Cover and simmer. When gravy boils and cutlets swell, keep for a while on simmer and remove when gravy has thickened. This gravy can also be used for any other recipes, apart from cutlets.

VEG: PATETA NA CUTLETS पटेटा ना क्टलेट्स

Ingredients

Boil and mash potatoes, chudnano kando (1 full tsp), salt to taste, harad, mari, fudno-kothmir- marcha, Worcestershire sauce 1 tsp, eggs, ghee, bread crumbs.

Method

Cut fudno-kothmir-marcha fine. Fry onions in 1 tsp ghee. Remove. Grind kothmir and marcha with fried onions. Mix all ingredients and make into 6 cutlets. Coat them in bread crumbs. Dip them in egg and fry as usual.

VEG: CHOKHA NA AATA NI KHEER चोखा ना आटा नी ખીર

Ingredients

Fine rice flour and powdered sugar in equal proportion, good quality milk, blanched badam, washed kismis, rose water, crushed elchi-jaifal.

Method

Fry first the badam. Remove. Then fry the kismis. Remove. Add water a little at a time to rice flour until it thickens. Add milk. Cook. Keep stirring. Add sugar. Keep stirring. Add badam-darakh, rose water, elchi-jaifal.

VEG: CHOKHA NI KHEER ચોખા ની ખીર

Ingredients

Rice kanki and powdered sugar in equal proportion, good quality milk, blanched badam, washed kismis, rose water, crushed elchi-jaifal.

Method

Fry first the badam. Remove. Then fry the kismis. Remove. Ensure that there is no dust/ impurities in kanki. Put kanki in tapeli and boil on low. When cooked, add milk. Keep stirring. Add sugar. Keep stirring. Add badam-darakh, rose water, elchi-jaifal.

VEG: RAVA NI KHEER રવા ની ખીર

Ingredients

Baarik ravo, good quality milk, powdered sugar, blanched badam, washed kismis, rose water, crushed elchi-jaifal.

Method

Fry first the badam. Remove. Then fry the kismis. Remove. Put ravo in tapeli and add water. Give one boil. Keep stirring. When it thickens, add milk and sugar. Keep stirring. When ready add badam-darakh, rose water, elchi-jaifal.

VEG: SAGU CHOKHA NI KHEER सागु चोખा नी ખીર

Ingredients

Sagu chokha (we call it સાબુ ચોખા), good quality milk, powdered sugar, rose water, crushed elchi-jaifal.

Method

Ensure that there is no dust/ impurities in sagu chokha. Put sagu chokha in tapeli with water and boil on medium. Give one boil. Keep stirring. When it thickens, add milk and sugar. Keep stirring. Add sugar. Keep stirring. Add rose water, elchi-jaifal.

VEG: SEV NI KHEER સેવ ની ખીર

Ingredients

Fine sev (old preferable), good quality milk, powdered sugar, blanched badam, washed kismis, rose water, crushed elchi-jaifal.

Method

Fry first the badam. Remove. Then fry the kismis. Remove. Put sev in tapeli and add ghee and water. Give one boil. Stir gently. Cook on low covered. When all water evaporates, crush with karchi and add milk and sugar. Give 2-3 boils. Remove and add blanched badam, washed kismis, rose water, crushed elchi-jaifal.

VEG: GRAVY ગ્રેવી

Ingredients

Onions (chudnaano), ghee, chokha no aato, adu-lasan, marcha ni bhuki, 2 tsp strong vinegar, salt, sugar, kothmir-marcha (clean and cut).

Method

Fry onions till pink. Do vaghar of adu-lasan. Add water to aata. Add to onions. Add all other ingredients. Cook on low and keep stirring. When gravy thickens, remove. This gravy tastes good, like sauce, and can be used even with cutlets.

VEG: AAMLI NI CHUTNEY આમલી ની ચટણી

Ingredients

Aamli (tamarind paste), shakaria khaand (sugar), currants, black seedless grapes, salt, adu-lasan, dry chillies, taj, strong vinegar, light vinegar (as required)

Method

Wash aamli, currants and black grapes with light vinegar. Take a small quantity of strong vinegar and grind adu-lasan, taj and marcha in it. Dissolve sugar in the remainder of strong vinegar, and sieve the liquid into a tapeli. Mix all ingredients in this liquid. Put on low flame, keep mixing and cook until chutney becomes thick. Store this chutney in sealed glass jars.

VEG: CHAAPAT ચાપટ

Ingredients

Maido, ghee, buffalo milk, powdered sugar, almonds, broken pasta, powdered elchi-jaifal, eggs, big coconut, rose water

Method

Peel badam-pasta and grind fine. Make coconut milk from the coconut (or use ready-made). Beat eggs in a soup plate. Mix maido into eggs in a large pan. Now add coconut milk slowly (in parts) ensuring that there are no lumps. Add sugar, elachi-jaifal, badam-pasta and rose water. Add buffalo milk as required, slowly. The consistency of the mixture should be like dudhpak. Cover and let stand for 1 hour. After this, take a large flat-bottomed pan and cover it with ghee. When ghee heats up (kakre), carefully pour one karchhi of the mixture into it, ensuring that there are no open spaces and that the mixture is evenly spread. If there is a hole, quickly fill it up with additional mixture. After one side is cooked (red), turn the chaapat carefully over with a tavatha, ensuring that it does not break. Add ghee along the edges. When the second side is also done, turn half of the chaapat on itself and remove. If more ghee is used, the chaapat become crispier. Taste the first chaapat and if you think there is less sugar, add some powdered sugar to the remaining mixture.

VEG: VAGHARELA CHAVAL વઘારેલા ચાવલ

Ingredients

Rice, ghee, onions, jeeru, taj, whole mari, baadian, elchi, lavang

Method

Clean rice. Fry sliced onions until a little dark brown. Caramelize sugar and add a teaspoon. Then add jeeru and all other ingredients. Add to rice. Add water (More water if rice is old and less water if rice is new) and salt and cook rice. If you want rice to be less brown, do not

add sugar and make onions less brown. After rice is ready, mix it (ତଳେ- ଓପର) with a tavatha/ chamach.

VEG: CHEESE TOAST ଧିଞ ଠିଞସ୍ଟ

Cut away the edges of one-day old bread slices. Mix butter, grated cheese into the yellows of two eggs. Toast one side of bread slices (on tawa/ pan). Apply the mixture thick to the toasted side of bread. Put the untoasted side on the pan. Put the cover upside down and put coal ingaar on top so that the mixture hardens. {Using coal may not be practical. We may therefore make a regular toast in a toaster, apply the mixture to any one side and then put the toasts in an oven to grill them until the mixture is ready.}

A second option is to make toasts, apply butter, and then apply mixture of grated cheese, peeled tomato pieces (drained of juice), beaten eggs (yellow and white separately beaten). A third option is to make a mixture of charvela eeda made with grated cheese; or charvela eeda without cheese and grated cheese to be sprinkled on top of the eggs.

VEG: CHEESE FRITTERS ଧିଞ ଝିଞସ୍

Sieve maido. Mix in good quality milk, a little at a time so that lumps don't form. Add butter. Put it on simmer. Keep stirring non-stop. Remove when it thickens. Beat yellows of 3 eggs and whites of 2 eggs separately and mix it into the atto. Then heat ghee in a big kadai. When it smokes, take two spoons, take 1 tsp of mixture in one spoon and slide it into the hot ghee with the help of another, making sure that the fritters do not stick to one another. Pick the fritters out of ghee with adhra-ni-chamach and put them in a plate on a paper napkin. Eat when hot. Will not taste good if cold.

VEG: GOL AAMLI NU DOHRU ଗିଞ ଆମଳି ନୁ ଠିଞସ୍

Ingredients

Powdered gol, chudna no kaando, amla (tamarind paste), ghee, chokha/ chana no aato, salt, jeera powder, mari powder, dhana-jeera powder, harad, kothmir, marcha.

Method

Mix powdered gol into tamarind paste water. Sieve. Cut kothmir-marcha fine. Fry kaando till red. Add masalas. Fry. Add aato. Fry. Add gol-amli water. Add salt. Let it come to boil. Remove. If you have sekta-ni-sing, peel it, cut it into 1-1/4 inch pieces, tie 4 pieces together with string, boil them and put them in the gol-amli water before boiling. This dohru tastes good with khichri.

VEG: TALELA PAUWA તળેલા પોઉવા

Fry pauwa in ghee till light brown. Add desiccated coconut, salt to taste, fine-cut kothmir, mari powder. Squeeze in limbu.

VEG: TALELA KELA તળેલા કેલા

Take ripe Vasai bananas, peel them and cut 1 to 1 ½ inch thick slices. If the bananas are less ripe, roll them under your hand to soften them. Fry them in ghee on high, turning over as necessary. Press them with tavatha. Remove with adhra-ni-chamach. Drain excess ghee. Sprinkle sugar on the fried bananas.

VEG: PATETA NA DUMPLINGS પટેટા ના દમ્પલીંગ્સ

Boil potatoes until very soft. Peel and mash them. Leave them overnight in fridge. Beat 3 eggs. Mix them into the mashed potatoes. Add salt to taste. Add maido to give firmness. Make rounds the size of limbus. Boil water in shallow tapeli. Put a spoon in the boiling water to heat it. Hold the spoon with a cloth and put a dumpling in it. Lower it into the boiling water. When the dumplings are boiled, they will float. Remove them with an adhra-ni-chamach. These are good to be served with kharu gos.

VEG: DUDH MA PAUWA દૂધ માં પૌવા

Ingredients

New white pauwa, milk, sugar, tutti-fruity (tiny pieces), badam-pasta fine cut or crushed, peeled elchi, crushed jaifal, rose water, vanilla essence.

Method

Ensure pauwa are free of impurities (ચુત્વળા). Wash them in cold water. Strain in boiya. Boil water in tapeli. Add pauwa. Cover and cook for 3 mins. Check if pauwa are soft by pressing them. If not, let it boil some more. Put pauwa in boiya and drain water completely by placing a plate on top with a weight. Remove pauwa and separate them. Heat milk in paatia and give it two boils (kakra). Add sugar. Then add pauwa and cook without lid on medium. Keep stirring to ensure that milk does not stick to bottom of paatia. Then add badam-pasta. Keep stirring until milk thickens (like dudhpak). Don't thicken it too much, otherwise it will harden up when it cools. Remove. Let all steam settle down. Add tutti-fruity, elchi, jaifal rose water and vanilla essence. Taste to see if rose water and essence are okay. Refrigerate. If you want to use kesar, mix kesar in rose water and add, but don't add rose water and vanilla essence in that case.

VEG: DUDHPAK દુધપાક

Ingredients

Milk, ground sugar, badam-pasta fine cut or crushed, peeled and crushed elchi, fine crushed jaifal, rose water, vanilla essence, ghee.

Method

Line a paatia with ghee. This is to prevent milk from sticking to it. Add milk in paatia and burn it to half the quantity, stirring all the time. Add sugar. When doodhpak thickens, remove. Separate badam-pasta and add. Let all steam settle down. Add elchi-jaifal, rose water and vanilla essence. You can even make dudhpak with tiny bits of rice (છરેલા ચોખા), or fine ravo, or sagu chokha. Any one of these should be dipped in a bit of ghee and then added after milk gets two boils (kakra) and then keep stirring. Instead of rose water you may use 7 drops of rose essence.

VEG: DUDH MA BHANELA DARUN દૂધ માં ભણેલા દરુન

Soak pieces of darun in cold water for a few hours and let them become soft. Drain all water, smash them up and put them in tapeli. Add milk, badam-pasta, kismis, and sugar. Bring to boil. Keep stirring until the milk is thick. Add elchi-jaifal, rose water to taste.

VEG: DUDH MA SUTERFENI દૂધ માં સૂટરફેણી

If suterfeni is a few days old (vaasi) add it to boiled milk or put it in milk and give 2-3 boils (kakra)

VEG: NIMAK NO UPYOG KEM KARVO નિમક નો ઉપયોગ કેમ કરવો

Salt has to added to anything in the right quantity. More or less spoils the taste. You should add slight amount of salt to cakes, puddings, pancakes, mithai, etc, made using aata/ maido. Similarly, add a pinch of salt to even sev or ravo. Add a pinch of salt to all custards, cream, dudhpak, blancmange, etc, made of milk. However, this is left to personal taste preference.

VEG: PORRIDGE પોરીજ

Take a fistful of readymade oatmeal in your left hand and add small quantities of it to boiling water, stirring well with the right hand. Ensure that lumps don't form. When it thickens, add milk and keep stirring. Add sugar. You may also add crushed almonds, rose water and/ or vanilla.

VEG: KAARI DARAKH NO WINE કારી દરાખ નો વાઈન

To juice of black grapes enough to fill 6 bottles, add equal quantity of water. Add a lot of powdered sugar. Fill all this in a container but keep a part of it empty. Remove a part of this and keep it separate. Keep the container in a warm room until it ferments. Remove the froth that surfaces. Add the wine that was kept separate. Add a bottle of brandy. Fill the whole container. Seal it. Let it remain for 12 months. After which, fill the wine in sealed bottles (લાખ મારી પેક કરવો). The wine will remain good to drink for years.

VEG: NARIEL NI BISCUIT નારીચેલ ની બિસ્કીટ

Take equal weight of khamnelu nariel and sugar. {If using dessicated dry powdered coconut, you probably should take the weight after adding a little water}. Mix the two together well. Beat the whites of 2 eggs vigorously and add to the coconut-sugar mix little by little. Pour one tblsp each on butter paper keeping sufficient distance. Put in oven on low. Don't let it get red or brown. You may also add a tblsp of cornflour if you like.

VEG: MAKHANIA BISCUIT માખાનિયા બિસ્કીટ

Mix maido and ravo in the ratio 3:1. Add yeast, butter, salt and caraway seeds. Add required water to form dough. ખુબ ગુદવું. Cover with cloth and let it ferment for ¾ hour in a warm place. Make small golas. Arrange them on a buttered baking sheet. Bake in medium oven until done. Don't allow to brown.

VEG: VENGNA TATHA DAHI NI BURIYANI વેંગણા તથા દહીં ની બુરીયાની

Ingredients

Peel 3 vengnas and slice them, dahi, ghee. Grind: elchi-jaifal, jeeru, taj, kothmir- marcha. Adu-lasan, salt.

Method

Coat the vengna slices with half the masala. Add the other half to dahi. Heat ghee. Fry vengna slices. Mix them in dahi. Put on simmer and remove when warm. This buriyani is to be eaten with pulav.

VEG: PATETA NA BALL પટેટા ના બોળ

Mash well-boiled potatoes and mix in egg(s), butter and salt. Add milk such that the dough remains hard. Make small balls, dip them in egg and fry them in ghee.

VEG: BHAJIA ભજ્યા

Ingredients

Chana no aato; grind: onions, kothmir, marcha; fine-cut fudno; dhana-jeeru; adu-lasan; ½ tsp cooking soda; harad; mari; 1 egg; salt; oil

Method

Mix egg in chana no aato. Add ground onion, kothmir, marcha. Add fudno, dhaana-jeeru, adu-lasan, cooking soda, harad, mari and salt. Mix everything nicely and let it stand for 1 ½ hours covered. You can then fry bhajias of just this melavni or dip bananas or potato slices or anything else in it and fry.

VEG: VENGNA NU BHARAT વેંગણા નું ભરત

Ingredients

Big, fat, seedless bhara nu vengnu, adu-lasan, kothmir-marcha (પીસેલા), lilu lasan, dahi, sliced onions, ghee, crushed jeeru, salt

Method

Peel the vengnu, cut into small pieces, salt it, boil it and then mash it so that no pieces remain. Mix in the dahi. Fry the onions light brown. Add all other ingredients. Add water and cook till water dries. Alternatively, don't add dahi first, let the whole bhara cook as above and then add dahi. Instead of peeling vengna you can also pierce it with a skewer, put in on a lodhi and roast it. When the peel is burnt and softens, cool it, peel it and crush it before adding dahi.

VEG: CHAVAL NO MASALO ચાવલ નો મસાલો

Powder small pieces of taj, elchi, lavang badian, whole mari and jeeru. Put this in an air-tight bottle and add to white rice or khichdi as required.

VEG: DHANA-JEERA NO MASALO ધાણા-જીરા નો મસાલો

In this recipe book wherever dhana-jeera no “masalo” is mentioned it should be prepared like this.

Ingredients

Dhana, jeeru, whole mari, baadian, whole rai, dry chilles, methi, khas-khas, tej patta, taj and lavang.

Method

Except taj, lavang and mari, roast everything else on a tava. Grind everything fine.

VEG: MAACHHLI TALVA NO MASALO માછલી તળવા નો મસાલો

Grind kothmir, marcha, harad and mari. Add to this salt and egg and apply outside any kind of fish before frying or roasting it. If you are applying the masalo inside the fish, do not use egg but add jeeru and amla. This is the normal masalo. If you want, you may use the following: Mix aato of chokha or masur or chana ni dal, dahi, harad, ground onion, ground lasan and use as fish masala.

VEG: VENGNA NA RAVAIYA વેંગણા ના રવઈયા

Ingredients

8 Slim, big, seedless vengna, 1 nariel nu dudh, 1 khamnelu nariel, dhana-jeera no masalo salt, adu-lasan, dry chillies, kothmir, harad, amla, oil, onions.

Method

Cut vengna vertically into 4 hanging pieces, keeping them together near the dichka. Mix amla in the nariel nu dudh. Grind everything else with the khamnelu nariel and stuff it into the vengnas. Heat oil in a tapeli and put the stuffed vengnas in it. If there is any masalo left, sprinkle it on top. Pour coconut milk on top. Keep on simmer until vengnas are cooked and come on oil. Good to be eaten with khichdi.

VEG: CHADHAVELI RAI ચઢાવેલી રાઈ

Add sarko to rai and keep beating it until it becomes strong. It should bring tears to the eyes when smelled. Add some more sarko and salt to taste to make it a little watery.

VEG: RAITU રાઈતું

Remove bitterness from kakdi. Make fine slices or grate it. OR Do the same for vasai na kela OR (sakha vagar ni) keri. Raitu is to be made with any one of the above. Add one small spoon of chadhaaveli rai. Add dahi and mix.

VEG: SAMOSA NU FILLING સમોસા નું ફીલિંગ

Apart from khimo, you can also fill samosas with any of the following: boiled lobster no khimo, prawns no khimo, jam, fried badam-darakh, keri no murabbo, pieces of keri, nariel nu khaman, or mavo.

VEG: DODHI NO HALVO દોઢી નો હળવો

Leaving the dichka intact, slice the lower part, remove pulp and seeds but leave the peel intact. This should now be grated on a khamni. Wash it. In this add sugar syrup (tight shiro) in the ratio of 4:5. Add mavo. Add ghee. Cook on low, turning all the time. When it gets hard, add crushed elchi, remove and spread in a buttered khumcha. Sprinkle charoli. Leave overnight. On next day, cut barfi-like pieces. If you want the halvo to be softer, remove before it gets hard.
