

India In China (Consulate General of India, Guangzhou)

INDIAN FOOD RECIPES (COLLECTED FROM FACEBOOK.COM)

AMALAKI PANAKA

(Indian Gooseberry Drink)

Panaka are our traditional health drinks with natural ingredients. Panaka can be prepared with nutritional fruits or roots and diluted with boiled, cooled water with sugar, jaggery, salt, and honey as required.

Ingredients		Quantity
Amalaki, Indian gooseberry (<i>Phyllanthus emblica</i>)	-	1/2 kg
Tala/Kharjura guda, (Palm/date jaggery) or sugar	-	1 kg
Dry ginger powder	-	5 gm
Finely powdered cardamom	-	5 gm
Honey	-	as needed

Total quantity: 6-7 glasses (1-1.2 litre)

Method of preparation

First of all steam cook the gooseberries, grind them into a paste after de seeding extract juice. After adding a bit more water (300 ml), the pulp can again be squeezed to get more juice. Palm sugar is made into syrup by boiling in 200 ml water. Sugar or jaggery can be added if palm sugar is not available. Mix it with the prepared gooseberry juice. Stir the solution well and panaka is ready.

Health benefits

It can be used as a healthy soft drink as it acts as immediate energy supplement. It is rich source of calcium, potassium, vitamin C, B complex and antioxidants. It is good for osteoarthritis, athero-sclerosis, anemia, peptic ulcer, urinary tract infection, dysentery and high blood pressure.

Contradictions

Diabetes mellitus as it contains sugar/jaggery/honey.



AMLA SQUASH

Ingredients		Quantity
Amla (Indian gooseberry) pulp	-	1 kg
Candy sugar (Mishri)	-	2 kg
Rock salt	-	10 gm
Roasted cumin seed powder	-	10 gm
Black pepper powder	-	5 gm
Black salt	-	5 gm
Water	-	1 litre

Servings: 3 litres

3 times water to be added for serving, may adjust the quantity of water as per the required taste.

Method of preparation

Boil amla and de-seed. Keep it aside until cools and make pulp by grinding. In a large vessel, take sugar, and add equal quantity of water, heat it so that sugar dissolves completely. Sugar syrup should be made double or 2.5 times quantity of Alma Pulp. Take the pulp in a big vessel, slowly add sugar syrup and mix it well. When the pulp and syrup are properly mixed, take a little bit mixture in a small bowl to mix spices. Add roasted jeera powder, rock salt, black pepper and black Salt. Mix contents of both bowls well and keep it in glass jar. If you put in fridge than no need of preservatives otherwise add 0.75 gm Potassium metabisulfite (K.M.S.)/per kg.

Health benefits

Amla is an excellent source of Vitamin C, hence it helps to boost immunity, metabolism and prevents infections, including cold and cough. This cooling drink is useful in acid peptic disorders, constipation, anemia and eye strain.



TAKRA (Butter Milk)

Ingredients		Quantity
Curd	-	1 cup
Cold water	-	1 cup
Lemon juice	-	2 tablespoons
Minced fresh ginger	-	1 tablespoon
Fresh curry leaves (chopped)	-	1/2 cup
Asafoetida	-	1/2 teaspoon
Oil	-	1 teaspoon
Mustard seeds (Yellow or black)	-	1 teaspoon
Curry leaves	-	4
Cumin seeds	-	1/2 teaspoon

Total quantity: 1 glass

Method of preparation

In a blender/mixer combine curd, water, lemon juice, ginger, asafoetida, and a pinch of rock salt. At this stage coriander leaves or mint leaves can be added. Blend well and set aside. For seasoning, heat oil in a medium skillet over medium heat until simmering. Add mustard seeds and curry leaves and cook until the mustard seeds begin to crackle and pop. Add to butter milk and stir well.

Health benefits

It is easier to digest than other dairy products due to presence of lactic acid in buttermilk. It is best drink to combat dehydration due to gastro-enteritis. Buttermilk is a good source of calcium and phosphorus, as well as vitamin D. These nutrients are important for maintaining bone strength and in preventing degenerative bone diseases like osteoporosis.

Precaution

Buttermilk may have several downsides related to its salt content and potential to cause allergic reactions in some people with lactose intolerance. May be avoided in respiratory diseases, specially chilled one and during cold hours like early morning and night.



KHALAM (Medicated Buttermilk)

Ingredients		Quantity
Ginger	-	Small piece
Buttermilk	-	2 cups
Asafoetida	-	2 pinches
Turmeric powder	-	2 pinches
Rock salt	-	as per taste
Pepper	-	2 pinches

Total quantity: 1 glass

Method of preparation

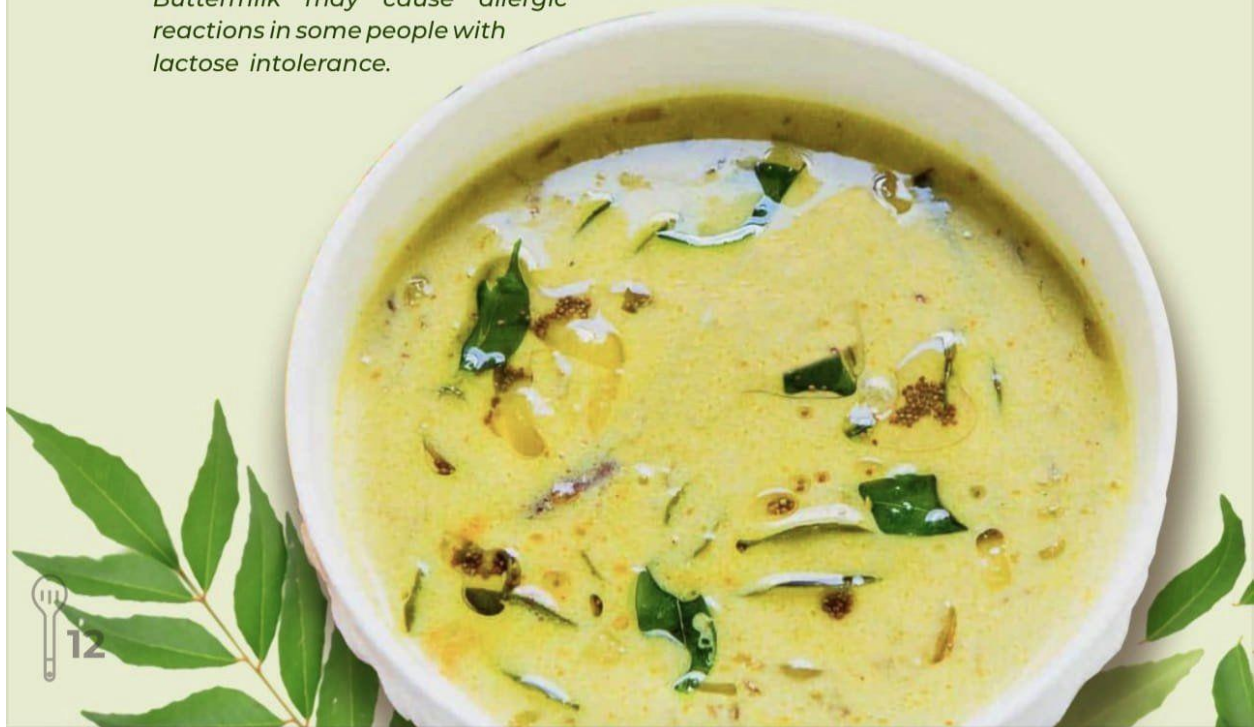
Paste of ginger should be added to boiling buttermilk and further boiled for a minute. Add powdered asafoetida, rock-salt and pepper.

Health benefits

It is an appetizer and beneficial during recovery from any illness. Useful during cold, cough, digestive problems or any other health problem.

Precautions

Buttermilk may cause allergic reactions in some people with lactose intolerance.



YUSHA (Medicated Soup)

Yusha is the watery portion drained after cooking pulses. Green gram is standard pulse but other types of pulses also can be used. Salt, ghee or other oils, pepper, cumin seeds, coriander seeds etc. may be added to obtain desired taste and benefit.

Ingredients		Quantity
Green gram	-	50 gm
Water	-	200 ml
Salt	-	5 gm
Pepper	-	as per taste
Oil/ghee	-	10 ml
Mustard seeds	-	1/2 teaspoon
Fenugreek seeds	-	6 to 8 seeds
Curry leaves	-	5 - 10
Lemon juice	-	1 teaspoon

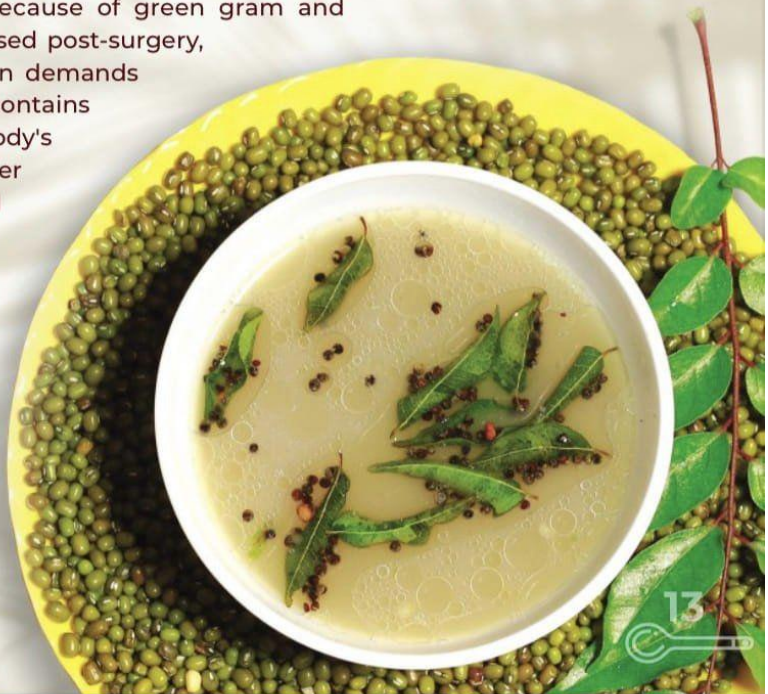
Method of preparation

Cook green gram and take the substrate, add salt. Roast some pepper on flame, crush them and add to the substrate, boil for 3 minutes. Season with mustard, fenugreek and curry leaves. Add lime juice or dry raw mango powder. Yusha or delicious soup is ready. Coriander leaves, ajwain (carom seeds), garlic can be added as per the taste and availability.

Total quantity: 2 bowls (400ml)

Health benefits

Yusha is used as a nutritious drink and as adjuvant or vehicle (anupana) with medicines. It is easy to digest and less likely to cause bloating, indigestion and flatulence because of green gram and thymol of ajwain so can be used post-surgery, post-delivery to meet protein demands when digestion is weak. It contains less phytic acid so increases body's ability to absorb iron and other minerals. The high fibre and protein levels produce longer satiety times by increasing the satiety hormone cholecystokinin. The presence of large amount of magnesium makes it a potent BP regulator.



RASALA (Medicated Curd)

Curd, when churned with sugar and spices such as pepper is known as Rasala.

Ingredients		Quantity
Fresh curd	-	1 cup (150 ml)
Pepper powder	-	1/2 teaspoon (3 gm)
Jaggery /sugar	-	10 gm (2 teaspoons)
Salt	-	1/2 teaspoon (2 gm)
Butter/ghee	-	1 tea spoon
Mustard	-	1 tea spoon
Fenugreek	-	1/2 teaspoon (3 gm)
Cumin seeds	-	1/2 teaspoon (3 gm)
Crushed red chilli	-	1 or 2, as per taste
Curry leaves	-	5 to 6

Total quantity: 1 glass (200-250 ml)

Method of preparation

Pepper powder, jaggery and salt are added to fresh curd and blended well using a blender or traditional churning. Heat butter or ghee in a pan, splutter mustard seeds, add fenugreek seeds, cumin seeds, redchilies and curry leaves and use it for seasoning. Salt can be used in place of jaggery /sugar as per the taste and requirement. Rasala is ready to serve with roti, rice etc. or as a health drink by adding more water and lemon juice.

Health benefits

This recipe is rejuvenating, appetizing, carminative a probiotic & strength promoting and useful in inflammatory bowel diseases such as crohn's disease and colitis. It is recommended to take in summer and autumn. It is good for general debility and emaciation.

Contradiction

During respiratory illness.



KHARJURADI MANTHA (Energy Drink)

Mantha means mashed or well blended. The drink which is prepared by churning or blending the ingredients well and diluting with cold water is known as Mantha.

Ingredients		Quantity
Seedless grapes	-	30 gm
Soft dates	-	20 gm
Puffed paddy (laja) roasted	-	3 tea spoons (15 gm)
Jaggery	-	10 gm
Cold water	-	300 ml

No of Servings: 2 glasses (400 ml)

Method of preparation

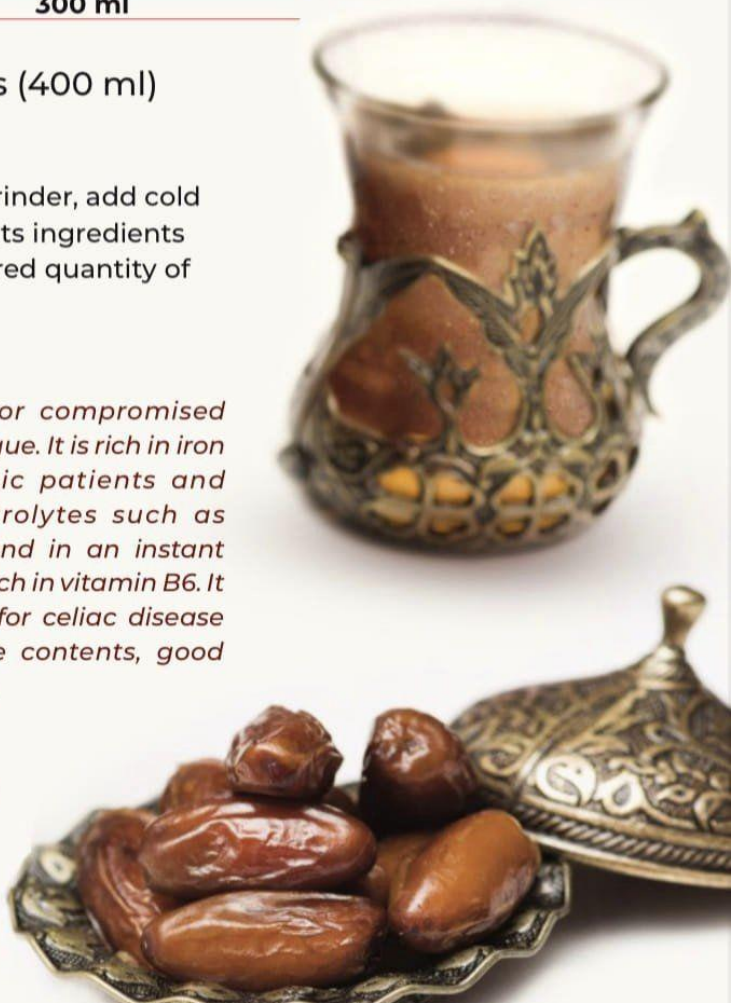
Blend the ingredients in a mixer grinder, add cold water and stir well. For better effects ingredients can be soaked for an hour in required quantity of water before blending.

Health benefits

It can work as energy booster for compromised digestive health, dehydration or fatigue. It is rich in iron so good for post-surgery, anemic patients and pregnant women. Rich in electrolytes such as potassium, magnesium, calcium and in an instant energy source and a body coolant. Rich in vitamin B6. It is gluten free so great alternative for celiac disease during flares and due to its fibre contents, good alternative for colitis, hemorrhoids.

Contradictions

Not advisable for diabetics because of high glycemic index. Puffed rice is rich in carbohydrates, therefore, too much use may lead to obesity.



RAGI AND BANANA SMOOTHIE

A Smoothie is a thick, creamy and cold beverage made from pureed raw fruits, vegetables and sometimes dairy products, typically using a blender. The healthfulness of a smoothie depends on its ingredients and their proportions. Many smoothies include large or multiple servings of fruits and vegetables, which are recommended in a healthy diet and intended to be a meal replacement.

Ingredients		Quantity
Ragi powder/ flakes	-	3 spoons (45 gm)
Ripe banana	-	1-1/2 (120 gm)
Jaggery or palm sugar	-	15 gm
Milk/ coconut water/ butter milk		
coconut milk/ plain water	-	200 ml

No. of servings: 1 glass (250-300 ml)

Method of preparation

Roast washed and dried ragi, make fine powder. If ragi flakes are available, soak for 5 minutes. In a blender add banana, jaggery / palm sugar, ragi flakes or powder and blend for few seconds. Then add the liquid of choice and then blend for some or time till it is smooth and homogeneous.

Health benefits

This smoothie is an ideal breakfast for all age groups. Jaggery is rich in iron and minerals. Ragi is a great source of iron and calcium. Healthy alternative for celiac patients if coconut milk is used instead of normal milk as it is naturally gluten-free and alkaline. Because of its high nutritional content, longer satiety and it is recommended as a weaning food for babies. It is good for blood pressure because of its high potassium and magnesium and low sodium levels. Aids milk production in lactating mothers. It is rich in antioxidants and amino acids (especially tryptophan) which help to provide relief from conditions like anxiety, hypertension, depression and migraine.

Precaution

Diabetics and obese persons can have without jaggery.



KULATTHA RASAM (Horse Gram Rasam)

Ingredients		Quantity
Cooked horse gram	-	2 cups (60 gm)
Tamarind / lemon juice	-	20 gm/ 1 spoon
Tomatoes	-	1 chopped
Curry leaves	-	5-6 (5 gm)
Garlic paste	-	2 tea spoons
Pepper-cumin seeds paste	-	2 tea spoons
Mustard seeds	-	1 tea spoon
Salt	-	to taste (1 tea spoon)
Cooking oil	-	to season (5 ml)

No. of servings: 2-3 bowls (300-400 ml)

Method of preparation

Clean wash and soak horse gram for 4 hours. Steam, cool and drain the substrate. Heat 1 tea spoon of oil/ghee in a pan, add mustard seeds, curry leaves and red chillies, allow to splutter. Add chopped tomatoes and sauté till they are soft. Add 2 tea spoons of garlic paste and sauté till raw smell goes off, add tamarind and salt and boil. Jaggery, black pepper, cumin seeds, lemon juice, curry leaves are optional. Add horse gram substrate. When the mixture boils and cooks remove from the flame mash well and serve hot.

Health benefits

It is high in iron, calcium, and provides ¼ of total protein required in a day per serving. It is low in fat and high in fibre content so helps to lower LDL levels and body fat. It is diabetic-friendly food and keeps you warm on a cold winter day.

Horse gram is recommended in urinary calculi. The raw seeds of horse gram have flavonoids and polyphenols, these compounds confer protective properties towards the liver and gall bladder.



PEYA (Medicated Rice Gruel)

Ingredients		Quantity
Red rice	-	300 gm
Water	-	1500 ml
Salt	-	to taste
Mustard	-	1/2 tea spoon
Cumin seeds	-	1 tea spoon
Fenugreek seeds	-	1/4 tea spoon
Dry ginger	-	1/4 inch piece
Cinnamon	-	1/4 inch piece
Cardamom	-	1 No.
Cloves	-	2 No.
Coconut milk/milk	-	100 ml

Total quantity: 1 litre

Method of preparation

Wash the rice and soak for 5 to 10 minutes. Meanwhile roast the mustard, fenugreek & cumin seeds and powder them coarsely. Boil water in a pressure cooker, add salt and washed rice, add the powder, stir well and close the lid of the cooker. Cook on medium flame till 4-5 whistles. Remove the lid when there is no more steam and empty into a serving bowl. You may add coconut milk or milk. Serve hot with any stir fried vegetables and chutney.

Health benefits

Natural red color acts as an anti-oxidant that counteracts free radicals. Its low sugar and glycemic content and appreciable amount of iron, zinc, manganese, calcium and fibre makes it an desirable dietary option for heart patients, diabetics as well as for those with high blood pressure and obesity. It is good for gut health and also helps in controlling the pulmonary functions because of its rich magnesium, iron and medium chain fatty acids content.

Contradiction

Coconut milk used in Peya can be substituted with water if not suitable to any person due to fatty content.



ARDRAKA PAKA (Ginger Barfi)

Ingredients		Quantity
Ginger	-	250 gm
Jaggery	-	250 gm
Clarified butter (Ghee)	-	125 gm
Dry ginger powder	-	25 gm
Cumin	-	25 gm
Black pepper	-	25 gm
Naagkesar		
(<i>Mesua ferrea</i>), if available	-	25 gm
Cardamom	-	25 gm
Cinnamon	-	25 gm
Indian bay leaf	-	25 gm
Long pepper	-	25 gm
Coriander powder	-	25 gm
Vidanga		
(<i>Embelia ribes</i>), if available	-	25 gm

Total quantity- 20 small pieces

Method of preparation

In a heavy bottom pan add jaggery, cook till a thick syrup is formed. Then add grated ginger, stir and cook for 5-7 minutes on low flame. Add ghee and mix well, cook for another 5-10 minutes. Now add the powder of all above ingredients and cook for another 5-10 minutes and spread the content on plate greased with ghee. Sesame seeds may be added to make it bulky and augment health benefits. Let it cool before cutting in pieces in any shape. When cooled, store in an air tight container. It remains for about a month.

Health benefits

This preparation helps in improving appetite and digestion. Useful in prevention and management of sore throat, cold and cough.

Precaution

Because it is hot in nature, it may be taken in appropriate quantity and never in empty stomach. Best to avoid in acid peptic disorders.



LAJARDRAKA

(Puffed Paddy Ginger Granules)

Ingredients		Quantity
Laja/ puffed paddy	-	1/2 kg
Sugar candy	-	1/2 kg
Ginger	-	50 gm
Ghee(preferably cow)	-	25 ml

Amount: 500-600 gm

Method of preparation

Fry the finely chopped ginger in ghee. Prepare sugar candy syrup (consistency is unbroken strands between fingers), add powdered puffed paddy and ginger to the syrup and stir well.

Health benefits

Appetizer, carminative and digestive, gluten free, food having reasonable amount of protein and iron, so can be given to people having weak digestive power. It may be a good alternative for relieving morning sickness in pregnancy and to combat chemotherapy associated nausea if taken in small quantities. The ginger used in this recipe can reduce pain and stiffness in osteoarthritis or rheumatoid arthritis.

Contraindication

This recipe is high in refined carbohydrate which can disrupt blood glucose and saturated fats, so is not recommended for diabetics, cardiac patients or in obesity.



MADHUKA LEHA (Herbal Jam)

Leha is herbal jam / granule known by varied names based on the type of cooking (through steam or by frying in oil/ghee).

Ingredients		Quantity
Mahua, Madhuka flowers (<i>Madhuka indica</i>)	-	80 gm
Dates	-	80 gm
Raw banana	-	80 gm
Green gram	-	80 gm
Sugar candy	-	700 gm
Bay leaf, (<i>Cinnamomum tamala</i>)-		6 gm
Cinnamon	-	6 gm
Pippali (long pepper), (<i>Piper longum</i>)		2 gm
Cardamom	-	2 gm
Honey	-	10 ml
Ragi/arrow root powder (optional)		1 to 2 tea spoons

Total quantity: 400 gm

Method of preparation

Steam cook seedless dates and banana, then grind it into thick paste, sauté it in ghee, add sugar candy syrup into it and stirwell. When it becomes thick, add cardamom powder etc. into it. Add honey when it becomes cool. It can be dried and powdered with ragi (pearl millet)/ arrow root powder.

Health benefits

It is a good pediatric food comprised of carbohydrates, easily digestible proteins and minerals, but to be given in small quantities only. Mahua flowers have been traditionally used as cooling agent, tonic, aphrodisiac and analgesic. Mahua flower helps in augmentation of breast milk. It has antihelmintic properties and also beneficial in acute and chronic tonsillitis, pharyngitis as well as bronchitis.



KHARJUR LADDOO

Ingredients		Quantity
Kharjur (dates)	-	250 gm
Cashew	-	10
Badaam (almonds)	-	10
Grated dry coconut (optional)-		100 gm

Total quantity: 10 to 12 laddoos

Method of preparation

Separate seeds from the dates and cut in small pieces. Cut the cashew and almonds also in small pieces and slightly roast in the pan with 2 spoons of ghee. Now mix the kharjur pieces in pan and roast for 3-5 minutes. Take out all the mixture from the pan and make small sized laddoos and roll it over the grated coconut. Roasted sesame seeds or khs khas (poppy seeds) may be used instead of coconut.

Health benefits

Date laddoos are highly nutritious, which contain fiber and antioxidants and therefore useful for maintenance of good health. It can work as energy booster in fatigue specifically for weak, pregnant women and during convalescent period.

Precaution

Not advisable for diabetics.





APOOPAM (Rice Pancake)

Ingredients		Quantity
Palm jaggery	-	20 gm
Rice flour (preferably brown)	-	25 gm
black pepper	-	1/4 tea spoon (2 gm)
Cardamom	-	5 gm (2-3)
Indian bay leaf (<i>Cinnamomum tamala</i>)	-	2 no's

Total quantity: 6-7 number of pancakes

Method of preparation

Roast the rice flour in a flat pan on a low flame. To this roasted rice flour, add powdered black pepper and cardamom, mix well. Heat jaggery in a pan with 100 ml of water and prepare thin syrup. Add the flour mixture to it and knead well to make soft dough. Fill the dough in cones made out of Indian bay leaf or banana leaves and steam for 10-15 minutes. Delicious cake is ready.

Health benefits

It is gluten free and makes an alternative for celiac patients. A rich source of iron and several other nutrients like magnesium, potassium, and calcium. Palm jaggery positively impacts digestive health by activating enzymes and cleansing the system. Palm jaggery helps relieve cold and cough. It is full of composite carbohydrates and is easier to digest.

Contradiction

This recipe has high amount of carbohydrate which may cause unhealthy spikes in blood sugar, making them unsuitable for diabetics.



MIXED MILLET DRUMSTICK LEAVES DOSA (Pancake)

Ingredients		Quantity
Pearl millet (Bajra)	-	30 gm
Foxtail millet (kangni) (Italian millet/setaria)	-	30 gm
Barnyard millet (sanwa)	-	30 gm
Sorghum (jowar)	-	30 gm
Finger millet (ragi)	-	30 gm
Little millet (samai)	-	30 gm
Black gram	-	60 gm
Fenugreek seeds	-	10 gm
Salt	-	5 gm
Drumstick leaves	-	30 gm

Total quantity: 10-15 pancakes

Method of preparation

Wash and soak all ingredients for 8 to 10 hours except salt and drumstick leaves. Grind the ingredients and allow it to ferment for around 6 to 8 hours. Spread the batter on a hot pan and sprinkle drumstick leaves over it. Apply ghee, roast it and turn the dosa on the other side. Crispy delicious millet dosa is ready.



AYUSHMAN BHARAT

TRADITIONAL FOOD RECIPES
from AYUSH SYSTEMS of MEDICINE

MIXED MILLET DRUMSTICK LEAVES DOSA (Pancake)

Health benefits

Millets are rich source of magnesium which helps to reduce high blood pressure and the risk of heart attack, stroke, diabetes. Millets are rich in fibre and good for weight loss. The leaf of drumstick is rich in vitamin C, calcium, vitamin A, potassium and protein. Millet dosa is a perfect food for celiac patients since it is completely gluten-free. Millets specifically ragi and use of fenugreek seeds increase the production of breast milk in feeding mother.

SPROUTED FENUGREEK STIR FRY

Ingredients		Quantity
Fenugreek sprouts	-	3 cups
Dates (optional)	-	6 in number
Raisins (optional)	-	10 in number
Ripe tomato	-	1
Turmeric powder	-	1/4 tea spoon
Salt	-	to taste
Chopped chilies/ chili powder	-	as per taste
Mango powder / lemon juice/ raw mango pieces		
Grated coconut or coriander leaves	-	if available

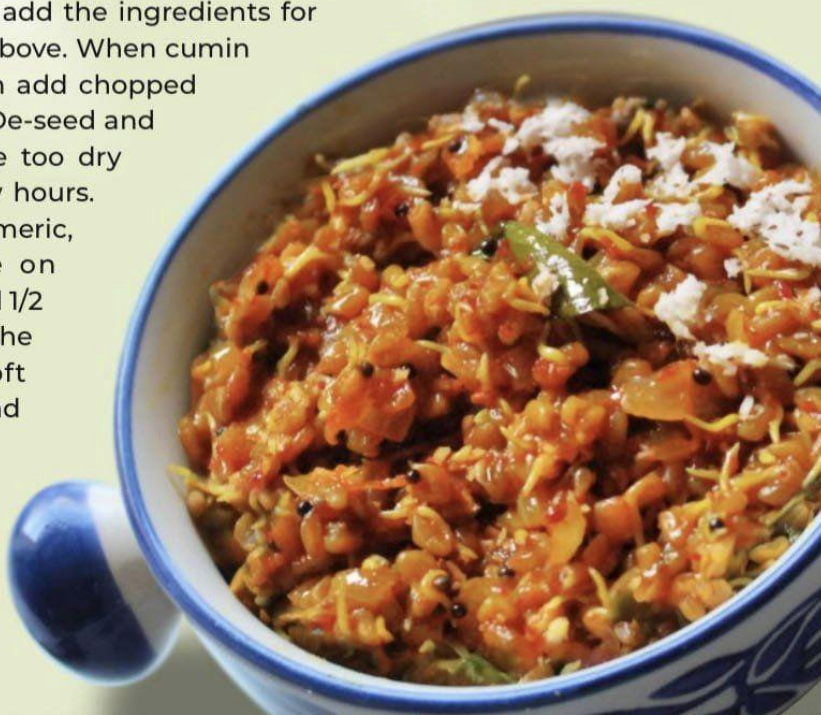
For tempering

Cooking oil	-	1 to 2 tea spoons
Mustard seeds	-	1/4 tea spoons
Cumin seeds	-	1/4 tea spoon
Fennel seeds	-	1/4 tea spoon

Total quantity: 2 bowls (1 or 2 servings)

Method of preparation

Wash and rinse fenugreek sprouts and drain the water. In a pan heat the oil and then add the ingredients for tempering as mentioned above. When cumin seeds start to crackle then add chopped green chilies and raisins. De-seed and slice the dates, if they are too dry then soak in water for few hours. Add sliced dates and turmeric, sprouts and salt, sauté on medium heat. You may add 1/2 cup water and mix. When the seed become slightly soft then add mango powder and cook to remove all the moisture. Garnish with grated coconut and coriander leaves, if available.



WHOLE CEREAL VEGETABLE PULAV

Pulav and khichdi are easy to prepare, complete one-dish meals. Addition of green gram and various vegetables makes it nutritious and tasty. The spices add more medicinal value to the preparation. Pulav will be relatively dry preparation and adding more water while cooking makes it khichdi.

Ingredients		Quantity
Dalia (broken wheat or bulgur wheat)	-	1/2 cup
Green gram split or sprouted whole gram	-	1/2 cup
Cauliflower florets/chopped carrots or any other vegetables or green leaves	-	1 cup
Green chili/ pepper	-	as per taste
Grated ginger	-	1/2 tablespoon
Chopped onion	-	1 small
Garlic	-	10 cloves
Ripe tomato	-	1 medium sized chopped
Cumin seeds	-	1 teaspoon
Carom seed	-	teaspoon
Asafetida	-	1 pinch
Ghee/ oil	-	1 tablespoon
salt or	-	to your taste

Total quantity: 2 cups (1 serving)

Method of preparation

In a bowl add dalia and green gram and wash well, then soak them in 2 cups of water for 10 to 15 minutes. Chop the vegetables, keep them aside. In a pressure cooker heat the ghee/ oil, add cumin seeds, carom seeds and asafoetida and fry them for 1 minute or until they become light brown & add onion, garlic and sauté. Now add soaked dalia and green gram, salt turmeric powder, pepper, cut vegetables and 2½ cups of water, mix well. Close the lid of the cooker and cook on medium heat. If you want to make khichdi then add 3½ cups of water.



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