

Caloric Dense Food Preparation INMED 2024

1.Suji (Semolina) and Egg Halwa (Porridge)

Ingredients

1. Semolina (Suji) 1 cup
2. Sugar or Jaggery ½ to 1 cup (per taste)
3. Clarified Butter (Desi Ghee)
4. Green Cardamom Pods 4-6
5. Eggs 2-4
6. Water 2-3 cups
7. Whole Milk ½ to 1 cup
8. Rose Water/ Kewra Water
9. Yellow natural food color (optional)

Cooking Steps:

- Heat ghee in pan on low flame.
- Peel cardamom pods and put seeds in ghee for 15-20 seconds.
- Put Suji on low flame, once it changes color and gives aroma in 3-5 minutes, keep on low flame.
- Boil water and set aside.
- Crack 2 eggs, mix with room temperature milk and stir well.
- Mix 1 cup sugar with egg and milk mixture, mix well.
- Add this egg, milk and sugar mixture to Suji and keep mixing and blending well while cooking.
- Turn the flame to medium high.
- Add 1-2 cups of hot water to cook Suji well.

2. Sabudana (Tapioca Pearls) Porridge

Ingredients

1. Sabudana (Tapioca Pearls) 1 cup
2. Water 3 cups
3. Sugar or Jaggery $\frac{1}{4}$ cup
4. Cardamom Pods 4-6 or Powder $\frac{1}{2}$ Teaspoon
5. Boiled Cow Whole Milk, Breast Milk or Formula 1-2 cups

Cooking Steps

- Take the 1 cup Sabudana/tapioca Pearls and wash them 3 times.
- Put in pressure cooker or saucepan and add 3 cups water and give 1 whistle to cook properly, remove from stove and mix well.
- Add milk and sugar or jaggery.
- Cook for 5 minutes on medium flame, keep stirring.
- Add cardamom powder.
- Add pinch of salt to balance taste.
- Add rose water and kewra water.

3. Rice, chicken, egg and vegetable cooked in bone broth

Ingredients:

1. Aged Basmati Rice 1 cup
2. Chicken with bones (best) or boneless chicken breast
3. Chicken or bone broth (alternative vegetable broth 3 -4 cups
4. Eggs 1-2
5. Desi Ghee/ clarified butter ½ cup.
6. Mix vegetables chopped in small pieces 1 cup.
7. Salt ½ teaspoon (should not be very salty).

Cooking Steps:

- Wash Basmati rice 2-3 times and drain water until clear and soak rice for 15-20 minutes, drain and set aside.
- Mix eggs in ½ cup of broth and set aside.
- Combine chicken broth, egg mixture, ghee, rice, and vegetables in pot and turn flame on high till mixture boils and the broth cooks rice and vegetables.
- Check salt at this point and add if needed to balance taste.
- Once simmering, turn on low till all broth evaporates and mixture cooked well to an overdone consistency.
- Mesh with hand or blend with blender to a puree consistency.

4. Moong Dal Khichri (Rice and Green Gram Lentils Mix)

Ingredients:

1. Green Lentils $\frac{1}{4}$ cup
2. Basmati rice $\frac{1}{2}$ cup
3. Ghee $\frac{1}{4}$ cup
4. Water 3 cups
5. Salt pinch to taste

Cooking Instructions:

- Wash dal and rice thoroughly 2-3 times and soak for 30-60 minutes in water
- Drain and pour fresh water.
- Pressure cook on medium flame for 2 whistles or in an open pot till fully cooked and seem blended
- Add ghee, mix well to bring to right consistency. Add only boiling water and mix. Do not add cold water as it will change the taste of the dal.

5 Punjabi Choori Recipe (Sweet Crumbled Rotis- Wheat or multigrain flatbreads)

Ingredients

1. Whole wheat oily flatbread (Tawa paratha) leftover or fresh
2. Ghee 2 tablespoons
3. Mixed nuts, like cashew and almonds, chopped finely.
4. Sugar or grated jaggery 2 tablespoons

Cooking Instructions

1. To begin making the Punjabi Choori Recipe, first break the parathas (wheat flatbread) in small pieces, by shredding it with your hands.
2. Then place it in a mortar and pestle and further pound it into a coarse crumbly mixture. This can also be done in a chopper or food processor.
3. In a kadhai or pan warm some ghee and roast the dry fruits for about 2 minutes till fragrant and nutty.
4. Add the crumbled roti powder to the ghee and nuts. Saute together for 2-3 minutes.
5. Switch off the flame at this point and add the sugar or jaggery powder. Toss it all together for a couple of minutes till incorporated.
6. Turn off the heat, transfer into a bowl and serve the Punjabi Choori recipe warm with a glass of milk.

6.(Tukhm-e- Sharbati) Chia Seeds or Tukh Malanga (Basil Seeds) with Foods and Snacks

Ingredients:

1. Chia Seeds or Basil Seeds 1-2 Tablespoons
2. Whole Milk Yogurt: 1-2 cups
3. Whole milk: 2 cups
4. Fresh Pulpy Fruits: banana, mango, strawberry, kiwi, cantaloupe,

Preparation: Soak 1 tablespoon in 8 oz (250 ml) of water at least 30 minutes must for Basil seeds

Use more water if desired, as the seeds only absorb as much as needed. Using too little water may cause the seeds to clump as they hydrate.

Let the seeds soak for about 15 minutes. As the seeds swell, they approximately triple in size. Additionally, the gel-like outer portion turns gray.

The center of a soaked basil seed remains black. This part has a light crunch when you chew it — like tapioca.

Strain the soaked basil seeds and add them to your recipe. If a recipe contains a lot of liquid, such as soup, pre-soaking is unnecessary.

You can find recipes online that include basil seeds. Their bland flavor blends easily in dishes.

For example, you can use basil seeds in:

- Smoothies, milkshakes, lemonade and other drinks
- Soups, salad dressings, yogurt, pudding, oatmeal, pancakes

