

# 10 Delicious &Yummy Indian Breakfast

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Smashwords Edition

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## **Dedication**

This book is dedicated to all those housewives out there, who take the time to create some kitchen magic for their families in their not-so-spare-time. What special goddesses you are!

## 1. Dahi Aloo Chat



This dahi aloo chaat is a popular street food/chat of North India specially from my home town.

boiled potatoes are soaked in yogurt and then roasted cumin powder, chili powder is sprinkled over it. A spoon full of green chutney and tamarind chutney is drizzled over to make it delicious and tempting.

This dahi aloo chaat is also a ideal recipe for fasting days as it didn't require frying or roasting and use the delicious –Aam papad chutney and Green Mint chutney to drizzle over it if you are fasting

## Ingredients

- 3 Small Size Potatoes / Aloo boiled
- 1 cup Yogurt / Dahi
- to taste Salt / Namak
- 1/2 tsp Red Chilli powder / Laal mirch powder
- 1/2 tsp Roasted Cumin Powder / Jeera Powder
- 1/4 tsp Black Salt / Kala Namak
- 2 tbsp Tamarind chutney /Imli ki chutney
- 2 tbsp Green mint chutney /Hari chutney
- a pinch Sugar / Chini

## Instructions

1. Peel and chop potatoes into small cubes.
2. Take yogurt in a bowl and whisk it well
3. Add sugar,salt and black salt in the yogurt and mix well.
4. Add chopped potatoes in the yogurt.
5. Let it soak for 15 minutes.
6. Now serve in individual serving bowls.
7. Sprinkle chili powder and roasted cumin powder over it.
8. Drizzle some tamarind chutney, mint chutney and pomegranate seeds.
9. Best served chilled.

## Recipe Notes

### NOTE-

1. If you are fasting then use pepper powder instead of chili powder.
2. Use mango leather chutney /aam paapd chutney if you are fasting.
3. Instead of boiled potatoes you can also use deep fried potato cubes.

## 2. ACHARI PANEER TIKKA



Marinated and fried cottage cheese and capsicum snack Paneer tikka is an all time favourite which ever way you make it. There are so many marinade and coating to make paneer tikka.

To make paneer tikka-The first and most important thing is to get fresh and soft paneer, I often make paneer at home when ever I make paneer tikka. There are so many ways to make paneer tikkas. Some prefer to roast it on open flame/bbq, some prefer to shallow fry it or grill in oven. I have tried all the methods to make paneer tikkas and liked all, it all depends upon the time and availability.

Today I am sharing the quickest way of making paneer tikka -by deep frying, but you can easily make this directly on *open flame or shallow fry in little oil or grill in oven*.

The marinade of paneer tikka also depends on the taste or preference of every individual, but main ingredients are -a binding agent -either gram flour, corn flour or even bread crumbs, some yogurt, few strong spices to add flavour like mint, kasoori methi, carom seeds/ajwain, chili powder and to add some sourness add lemon juice or chat masala.

You can also add boiled potatoes,broccoli,cauliflower,mushroom,zucchini,baby corn ,tofu etc.

### Ingredients

- 8 Cubes Cottage cheese / Paneer (Paneer ) - Cubed
- 8 Cubes Bell Peppers / Capsicum / Shimla Mirch
- 8 Cubes Tomatoes / Tamatar
- 1.5 tsp Readymade Pickle Masala / Achar Masala
- 2 tbsp Yogurt / Dahi Thick
- 1 tsp Lemon Juice / Nimbu Ka Ras
- 1/3 tsp Chaat Masala
- 2 tsp Corn Flour
- 1 tsp Red Chilli powder / Laal mirch powder
- 1.5 tsp Mustard Oil / Sarso ka tel
- to taste Salt / Namak

### Instructions

1. In a bowl add yogurt,corn flour,mustard oil,pickle masala,1/2 tsp lemon juice,chili powder and salt.
2. Mix well and add paneer cubes and cover and let it rest for 30 Min.
3. Heat oil in a pan and deep fry the paneer cubes to a nice golden colour.
4. Now add the capsicum pieces in the remaining marinade and fry in hot oil.
5. Drain and keep aside(no need to give a golden colour to capsicum and tomatoes, fry till they retain their original colour)
6. Now add tomato pieces in the marinade and deep fry (you don't need much batter to coat the capsicum and tomato,just little batter is enough to give taste and flavour)
7. Arrange one capsicum,one paneer and one tomato piece in a toothpick,repeat this with all the pieces.
8. Sprinkle some chat masala and lemon juice and serve.
9. Serving suggestion-serve with mint yogurt dip or ketchup.

### Recipe Notes

#### NOTE-

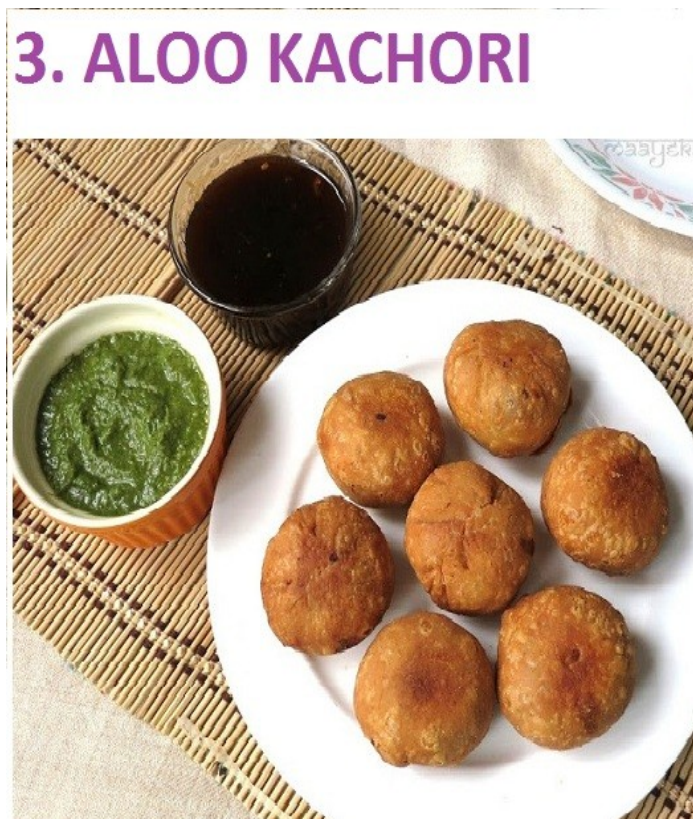
1-Instead of deep frying you can also shallow fry them in a nonstick pan or arrange in a skewer and

directly roast over flame /BBQ or roast in a hot oven.

2- You may also add tofu,mushrooms,cubed boiled potatoes or cauliflower florets.

3- If you don't have readymade pickle masala then use some pickle masala from your favourite pickle.

There is no Nutrition Label for this recipe yet.



*Aloo kachori* is a popular snack in North India, with a few different versions to suit regional tastes. When I came to Dubai, I tasted this delicious *aloo kachori* which is an speciality of the Bhatia community. Since then this is one of my favourite recipes, and every one at my home loves this. The addition of mint and ground pomegrante makes this special and different. These are best served with ***mint chutney*** and ***date and tamarind chutney***

Ingredients

To make outer layer/pastry shell-

- 2 cups Refined Flour / Maida
- 7 tbsp Cooking Oil
- 8 drops Lemon Juice / Nimbu Ka Ras
- 1 tsp Salt / Namak

#### Stuffing

- 4 medium Potatoes / Aloo Boiled and mashed
- 1/2 cup Fresh Coriander / Cilantro / Hara Dhaniya chopped
- 1 tsp Green Chillies / Hari Mirch minced
- 1 tsp Ginger / Adrak chopped
- 3 tsp Dried Pomegranate seed powder
- 1.5 tsp Red Chilli powder / Laal mirch powder
- 1.5 tsp Mango Powder / Amchoor Powder
- 1 tsp Coriander Powder / Dhaniya Powder
- 1/2 tsp Cumin Seeds / Sabut Jeera
- 1 tsp Coriander Seeds / Sabut Dhaniya crushed
- 1/4 tsp Asafoetida / Hing powder
- 1 tsp Salt / Namak
- 1 tsp Cooking Oil (to add in the stuffing)
- Cooking Oil to deep fry

#### Instructions

##### Outer covering/pastry shell

1. Take a big bowl and add all the ingredients listed for making outer layer.
2. Mix well and make a soft dough with cold water, cover and rest for 10 minutes.
3. Knead well and make equal size balls from the dough.

#### Stuffing

1. In a bowl add all the ingredients for stuffing and mix properly.
2. Make equal size balls from the mixture, slightly bigger than the dough balls.
3. Now dust the dough balls with refined flour and roll to make a medium thick poori.
4. Place the potato ball in the centre and pull and close the poori from all sides, pinch off extra dough and make a round ball.
5. Heat oil in a deep pan, add the kachoris on medium heat .
6. Now lower the flame after a minute and fry the kachoris on low heat from both sides till golden in colour.
7. Drain on a paper napkin to absorb the extra fat,

#### Recipe Notes

Serving suggestions-serve with mint chutney and date tamarind chutney

## 4. BEAN SPROUT ROLLS



***Homemade crispy rolls made with refined flour and stuffed with mildly spiced bean sprout filling***

### INGREDIENTS-

- Refined flour-1.5 cup
- corn flour-1/4 cup
- cooking oil-3 tbsp
- lemon juice-5 drops
- baking powder-1/4 tsp
- salt-1 tsp

### Stuffing-

- Bean(moong) sprouts-3 cups
- boiled potato-1 cup \*

- green chilies-1 tbsp
- Chopped ginger-1.5 tsp
- mint leaves-15
- mango powder-1 tsp
- chili powder-1 tsp
- salt-1 tsp
- garam masala-1/3 tsp
- oil-2.5 tbsp
- cumin seeds-1 tsp
- asafoetida-1/2 tsp

#### PROCEDURE-

1. *STUFFING*-Wash the bean sprouts well to remove any smell.
2. Take 1 cup water, 1/2 tsp sugar and bean sprouts in the pressure cooker and cook for 1 whistle on medium heat.
3. Remove the cooker from the flame and then lift the whistle slightly with the help of a spoon and release the steam.
4. Drain the sprouts in a colander(place a dish under the colander to collect the water,can use this water to make chapati dough or in any curry)
5. Heat oil in a pan and add cumin ,asafoetida and chopped green chilies.
6. When cumin become golden, add sprouts and saute on medium heat to remove the extra moisture .
7. Now add all the spices, finely chopped potato and chopped mint and saute for a while.
8. Take out in a bowl and let it come to room temperature.
9. *DOUGH*-take a bowl and add refined flour,corn flour,salt and baking powder.
10. Mix and then add oil and rub well.
11. Add just enough water and make a medium stiff dough.
12. Cover and keep aside for 10 minutes.
13. Make medium size balls from the dough and roll them into medium thin discs(poori)
14. Place approx. 2 tbsp of filling in the center and fold from both the sides(apply little water on the sides before folding)

15. Fold the roll as shown in the pics and gently press the joints.
16. Heat oil in a pan and fry the rolls on medium heat till half done and then lower the flame and fry till golden in colour.
17. Drain on a paper napkin and serve hot.

\*-you can substitute potato with boiled banana or cottage cheese.

Serving suggestions-serve with any tangy dip or ketchup.



Instant and healthy version of dahi vada made with bread – Easy, fat free and No cook  
Recipe

Dahi vada is a popular snack or street food of Northern India. It is a deep fried snack made with white lentil or urad daal .You need to plan it ahead as its made with soaked and ground urad daal paste.then deep fried and soaked again. But this bread dahi vada is an instant recipe.you don't need to plane ahead to make this as no soaking ,grinding and deep frying is needed. Just add some beaten chilled yougurt over fresh bread roundels and garnish with green and date chutney and your fat free and easy dahi vadas are ready in minutes.

#### INGREDIENTS-

- Bread slice -10
- Yogurt /dahi – 1 cup
- Sugar /chini – 1tsp
- Green chutney – 3 tbsp
- Sweet chutney/saunth – 3 tbsp
- Cashew nuts / kaju- 5
- Raisins / kishmish- 1 tbsp
- Ginger/adrak – 1 inch piece
- fresh coriander /hara dhaniya – 2 tbsp
- Chili powder /lal mirch – 3/4 tsp
- Roasted cumin powder /bhuna jeera – 3/4 tsp
- Black salt /kala namak – 1/2 tsp

#### PROCEDURE-

1. Wash and soak cashew and raisins /kishmish in 1/2 cup water and keep aside
2. Take chilled yogurt in a bowl and whisk well.
3. Add 1/4 cup water, salt and sugar in the curd and mix.
4. Now chop cashews and ginger into small pieces.
5. Now with a sharp bowl, lid or any mould cut bread into roundels.(circles)
6. Take a bread roundel and dip it in in the curd and arrange in the serving dish
7. Now sprinkle some chopped cashews,raisins,ginger and chopped coriander over it.
8. Now cover it with other plain bread slice.
9. Drizzle yogurt over it to cover from all sides.
10. Now drizzle sweet chutney, green chutney, chili powder,black salt and cumin powder.
11. Serve immediately.

#### Note-

1. Add water according to the quality and thickness of the curd ,it should neither be very thin nor very thick,should be of pouring consistency so bread can soak it properly.
2. If you don't have sweet chutney or green chutney even then you can make these dahi vadas

,they taste great both way

3. Just make them when you are about to serve as they may become very soft to handle if kept for some time.

## 6. CHEESY CORN AND SPINACH BAKE



Baked corn,spinach and cheese squares

### INGREDIENTS-

- Refined flour/Maida-50 gms
- Corn meal /Makki ka atta-50 gm
- Baking powder-1/2 tsp

- Butter-2 tbsp
- Yogurt-50 gms
- Green chili paste- 1tsp
- Paprika-2 tsp
- Oregano-1/2 tsp
- Cheddar cheese-1/4 cup
- Mozzarella cheese-2 tbsp
- Milk-1/2 to 3/4 cup
- Tomato ketchup-1.5 tbsp
- Spinach ,chopped-1 cup
- Boiled corn -1/2 cup
- Jalapeno,chopped-2 tsp
- Black olive,sliced-2 tsp
- Salt-to taste

#### PROCEDURE-

1. Mix and sieve together refined flour,corn meal, baking powder and salt in a big bowl.
2. In a separate bowl, add soft butter and yoghurt and mix it well.
3. Now add green chili paste,chopped jalepeno,paprika, ketchup in the yogurt mixture and mix well.
4. Add flour mixture in the yogurt mix .
5. Add milk,mozzarella and cheddar cheese and mix well.
6. Now add chopped spinach,corn kernals,oregano and little salt in the mixture.
7. The mixture should be of smooth consistency.
8. Pour the mixture in a greased baking tin and put some sliced olives and fresh red chilies on it to garnish.
9. Bake in a preheated oven on 180 degree for approx 40-50 minutes.(check by inserting a tooth pick,if it comes out clean,it is done,otherwise bake for few more minutes,don't overdo otherwise it will become dry)
10. Remove from the oven after 5 minutes and let it cool down slightly
11. Cut into squares and serve hot with ketchup or any tangy or sour dip.

## 7. CORN KACHORI



### INGREDIENTS-

- Corn kernel-1.5 cup
- Pressed rice/poha-3 tbsp
- Green chilies-2
- Grated ginger-1tsp
- Chili powder-1 tsp
- Garam masala-1/4 tsp
- Lemon juice-1.5 tsp

- Salt-1 tsp
- Cooking oil-2 tbsp
- Cumin seeds-1 tsp
- Asafoetida-1/4 tsp

### **Dough-**

- Refined flour-2 cup
- Semolina-1/2 cup
- Cooking oil-4 tbsp
- Baking powder-1/4 tsp
- Salt-1 tsp

### **PROCEDURE-**

1. Grind corn kernals coarsly in the mixer and finely chop green chilies .
2. Wash thick poha in a colander and keep aside .(wash only once )
3. Heat oil in a pan and add cumin and asafoetida,when cumin start crackling,add chopped green chilies.saute for few seconds.
4. Now add crushed corn and grated ginger and saute for a minute.
5. Add poha and all the spices and saute till mixture dries up
6. Now add chopped coriander and mix well.
7. Take out the mixture in a bowl and let it come to room temperature.
8. **Dough**-In a bowl add refined flour,semolina ,oil and salt,rub and mix well.
9. Now add water and make a soft dough,cover and rest the dough for 15 minutes.
10. Make small balls from the dough, then take a ball and flatten it slightly and stuff 2 tsp of mixture in it.
11. Pull all the sides and close properly and make a neat ball.
12. Dust with little flour and roll the ball slightly to make a medium thick round disc.
13. Heat oil in a pan and deep fry the kachori's on medium heat till golden in colour.
14. fry 2 or 3 kachori's at a time,don't crowd the pan otherwise they will not puff up well.
15. Drain on a paper napkin and serve hot.

Serving suggestions- Serve with Potato Curry, Yogurt and Chutney.

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## 8. CRUNCHY BREAD ROLLS



### *INGREDIENTS:-*

- Milk-1.5 cup
- Cornflour-2 tbs
- Bread slices-8
- Boiled potatos-3
- Boiled peas-1/2 cup
- chopped green chilli-2

- Ginger- 1/2 t.s
- Crushed cornflakes-1/2 cup (optional)
- Chopped mint or coriander-2 tbs
- Mango powder-1/2 t.s
- Chilli powder- 1 t.s
- Salt-1 t.s
- Oil-1 t.s
- Cumin-1/2 t.s

### *PROCEDURE;-*

1. Trim the sides of the bread.\*
2. Mix corn flour and pinch of salt in the milk.(you can substitute milk with thin butter milk or plain water.)
3. Heat 1 tbs oil in a pan ,add cumin when it become golden then add peas ,green chilli and cover and cook for 1 minute,then add mashed potatoes and all the spices, stir fry for 1 minutes.take out in a bowl.
4. Add crushed cornflakes and chopped mint ,mix well and make long rolls of about 1.5 inches from the mixture,keep aside.
5. Dip bread slices in milk ,take out and squeeze well between your palms.
6. Keep the potato mixture roll in between the bread and press and fold from all sides to make a tight roll.
7. Heat oil in pan,deep fry rolls on medium flame,drain and serve

*Serving suggestions-serve with tomato ketchup or mint yoghurt dip.*

### *TIPS–*

- 1-By adding cornflour in milk ,the rolls will absorb less oil.
- 2-you can shallow fry the rolls in hot oil ,or brush with oil from all sides and bake in hot oven.
- 3-you can substitute potato with paneer,and peas with mix vegetables.
- 4-soak the leftover bread trims in some milk and keep aside for 5 minutes,then add the left over masala (if any) salt ,chilli powder, mint and 2 tbs semolina or gram flour.mix well and make flat cutlets and deep fry in hot oil.

## 9. DHOKLA SANDWICH



### INGREDIENTS-

preparation time-10 min

cooking time-10 min

serve-4

*For the Batter*

Semolina – 1 cup

Rice Flour – 4 tblsp

Curd – 0.5 cup

Salt – 0.5 tsp

Fruit Salt – 1.5 tsp

*For the Stuffing*

Asafoetida – 0.25 tsp

Shredded Cabbage – 1 cup

Chopped Capsicum – 0.5 cup

Peas – 0.25 cup

Sambhar Masala – 1 tsp

Red paprika powder-1 tsp

Turmeric – 1/3 tsp

Salt – 0.5 tsp

Lemon Juice – 1 tsp

Cooking Oil -1 tblsp

*For the paste*

Idli Podi Powder – 1 tblsp

Cooking Oil – 1.5 tblsp

*For the Tempering*

Cooking Oil – 1 tblsp

Mustard Seeds – 0.5 tsp

Sesame Seeds – 1 tsp

Whole Red Chillies – 2

Green Coriander – 2 tblsp

**PROCEDURE:-**

*For the Batter*

1. Mix the semolina, rice flour, curd and salt in a bowl, and add enough water to make a smooth batter.
2. Keep aside for 20 minutes.

*For the Stuffing*

1. Heat 1.5 tblsp of oil in a pan.

2. Add asafoetida and turmeric, cook for a few seconds, and then add the peas, cabbage and capsicum.
3. Now add the salt, sambhar masala, chilli powder and stir fry till the vegetables start softening.

#### *For the Cakes*

1. Grease a plate with 1.5 t.s of oil. boil 1 .5 glass of water in a steamer.  
Then add fruit salt in the batter, mix well and quickly pour half of the mixture into the plate and steam for 3 minutes.
2. Take the plate out of the steamer and spread the podi mixture on the semolina cake.
3. Spread the vegetable mixture over it.
4. Pour the remaining batter over the vegetable layer and sprinkle 1/4 sambhar masala over the batter.
5. Now place the plate in the steamer again and steam for 8 minutes.
6. Take the plate out of the steamer and let it cool down for 10 minutes
7. Cut into triangles.
8. Heat 1 tblsp of oil in a small pan..
9. Add mustard and sesame seeds to the oil, and when it starts crackling, add whole red chillies to the oil and pour over the triangle pieces.
10. Garnish with chopped coriander.

*Serving suggestion: Serve with tomato ketchup and green coriander chutney.*

## 10. DHOKLA



Dhokla is a speciality of Gujarat but now very popular all over India. There are so many types and versions of making dhoklas, they can be made with gram flour, semolina, mixed grains, lentil and rice and many more combinations

### INGREDIENTS-

- Rice -2 cups
- White lentil /Urad daal-1 cup
- Nimbu phool/Citric acid/tatri-1/4 tsp
- Soda bi carb- a pinch of
- Salt-to taste
- Thick Green chutney-1/2 cup
- Cooking oil- 2 tsp

### Tempering/waghar/Tadka

- Cooking oil- 3 tsp
- Mustard seeds /Rai-1 tsp

- Sesame seeds/Till- 1tsp
- Curry leaves-10
- Green chilies,chopped- 1tsp

#### PROCEDURE-

1. Wash and soak rice and urad daal in enough water for 7-8 hours.
2. Now drain the water and wash rice and daal in fresh water .
3. Grind rice and daal to make a smooth paste like idli batter.
4. Add tatri, salt and 2 tsp of oil in it and mix well and let the batter ferment overnight or for 8-9 hours.
5. In a bowl take 1/4 tsp of soda/eno,1 tsp oil and 2 tsp water and mix well.
6. Add this mixture in the fermented batter and mix gently.
7. Boil some water in a steamer and grease the dhokla plates.
8. When water start boiling pour the batter in 2 greased plates.
9. Arrange these plates in the steamer and cover the steamer with a lid.
10. Steam it for 10 minutes on high heat.
11. Take out the plates from the steamer and unmould after 2-3 minutes.
12. Now apply chutney on one dhokla (on the rough side).
13. Place other dhokla over it(keep the rough side over the chutney)
14. Now gently roll it with the rolling pin,so both the layers will stick properly.
15. Heat oil in a small pan and add the tempering ingredients.
16. When sesame become golden then remove it from the heat and add 2 tsp of water in it.
17. Pour this tempering over the dhokla sandwich.
18. Cut dhokla in squares or diamonds pieces.
19. Garnish with chopped coriander and serve.

**The End**

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