

SCIENCE SHORE

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ONLINE QUARTERLY MAGAZINE

VOL 4 | ISSUE 3 | OCTOBER 2023

Recipes Archives



VEPPAM POO (NEEM FLOWER) KULUMBU

~ RECIPE BY DURGADEVI S ~

Ingredients:

Veppam poo-50 grams
Small onion-100 grams
Garlic-75grams
Tomato- 2 Numbers
Tamarind pulp - 50gms
Turmeric powder- 1/2 teaspoon
Red chilli powder-1 and 1/2 teaspoon
Coriander powder- 2 teaspoon
Jaggery-25 gms
Oil, mustard seeds, curry leaves and Coriander leaves
Salt

Preparation:

Dry roast veppam poo for 1-2 minutes, allow it to cool and grind it to fine powder (Grinding stone - ammikkal is preferred, if not can grind it in mixer grinder).

In the same pan pour three table spoon of gingelly oil and add mustard seeds. When they splutter, add garlic, small onion and mix till both become brown.

Add sliced tomatoes, cook till it becomes mashy. Add turmeric powder, red chilli powder and coriander powder.

Then add tamarind juice (made from big amla sized tamarind) and required amount of salt. Adjust the consistency by adding water. Cook it for 15 minutes, till it becomes thick and add veppam poo cook for a minute. Add jaggery for your taste and switch off the flame.

Garnish with coriander leaves. Serve with hot steam rice and enjoy the aromatic veppam poo kulumbu.

Health benefits of veppam poo (neem flower):

Neem flowers are less bitter than other parts of the neem tree and have amazing health benefits. Neem flowers are widely used in Ayurveda, folk medicine and traditional cooking recipes. It has wide medicinal properties including anti-parasitic, anti-inflammatory, anti-ulcer, body detox, lowering blood sugar and natural contraceptive.



RECIPES BY JAYASHREE MISHRA

CHENAPODA

Chenapoda/Baked cheese cake in Gas stove without using Oven. Super easy recipe Within 30 to 40 minutes

Recipe for Chenapoda:-

Step 1 : We will make chenapoda with 2 litres of milk.

Step 2 : Take a vessel and pour 2 litres of milk. Once the milk comes to a boil , add 2 to 3 tablespoon of vinegar(or lemon juice) little by little and keep stirring till the milk coagulates and gets separated from water. Chena is ready. Strain the water completely by using a muslin cloth and we will collect the chena in a bowl, will collect some chenawater to use later. Allow it to warm a bit till you can smash it with your hands. If you are using lemon juice or curd to cuddle the milk then wash the chena under running water to remove the tanginess.

Step 3 : After 5-10 minutes we will take the warm chena and to this add 200 grams of sugar, 2 teaspoon of ghee, one teaspoon of baking powder, add 5 to 6 elaichi seeds, two tablespoon of rice flour , add one tablespoon of chena water Add all these ingredients properly, knead the chena properly

Step 4 : Take another deep vessel and put it on medium to low flame, add generous amount of salt to it, put a stand.

Step 5 : We will take a small baking pan , I have taken a 6 inch pan to bake the poda. Add a butter paper and spread one table spoon of ghee to it.

Step 6 : Lets add the chena mixture to the pan and keep it in our already preheated vessel and cover the lid. If you want to make in a conventional oven you can preheat the oven at 380 degree and bake it for around 30 to 40 minutes.

Step 7 : We will check our chenapoda after 35 to 40 minutes with a tooth pick or a fork.

Step 8 : After around 40 mins put a fork and check if its cooked properly.

Step 9 : If it doesnt stick to the fork it is completely cooked and our chenapoda is ready.

Step 10 : Allow it to cool for 15 minutes.

Step 11:After 15 minutes flip the poda and we can cut it.

3 important tips:

1. Please make the batter consistency as shown in the video
2. Add more ghee to the pan which will add the burnt layer to the poda.
3. Allow it to cool completely before flipping so that it does not break when you flip it. Now the chenapoda is ready.

Please check the link if you want the recipe video in Odia or English.

<https://youtu.be/jkKkfALQjdQ>

<https://youtu.be/LN9pGRTQnqs>



COTTAGE CHEESE PATTIES CURRY / CHENA PATTIES CURRY

Ingredients :

500 grams of milk
one to two tablespoon of vinegar
2 small sized boiled potato
2 tea spoon salt
1 tea spoon of turmeric powder
2 to 3 tablespoon of Besan
1 onion finely chopped
1 to 2 tea spoon of Ginger garlic paste
2 teaspoon of cumin powder
2 teaspoon of coriander powder
1 teaspoon of kashmiri chilli powder
1 small size tomato finely chopped
1 tablespoon Garam Masala
Few chopped coriander leaves
8 table spoon of oil

Steps :

1. First we need to boil 500grams of milk
2. Once the milk comes to a boil, add one to two tablespoon of vinegar(lemon juice) little by little and keep stirring till the milk coagulates and gets separated from water and the cottage cheese /chena is ready.
3. Strain the water completely and collect the chena/ cottage cheese in a bowl.
4. Allow it to cool for 15 to 20 minutes.
5. Now take the cottagecheese / chena in a bowl, add one teaspoon of salt, one teaspoon of cumin powder,one smashed potato, one teaspoon of coriander powder, few chopped onions, 2 to 3 tablespoon of gram flour/ Besan.Mix everything well and knead the dough.
6. Make chena patties/ cottage cheese patties by applying some oil in your palm or you can grease a plate with some oil to keep the patties.
7. Heat a pan, once the pan gets heated, add oil for shallow frying the patties
8. Shallow fry the patties at medium flame for 4 minutes each side.
9. Keep the patties aside.

10. Add 3 table spoon of oil to a heated pan, once the oil gets heated add chopped onions to it, once the onions are cooked for 4 to 5 minutes at medium flame, add the ginger garlic paste, Add 1 tea spoon of coriander powder, 1 teaspoon of cumin powder, one teaspoon of kashmiri mirch powder, one teaspoon of salt (as per taste), one teaspoon of turmeric powder and allow it to cook for 5 to 10 minutes at medium flame until the oil gets separated from the paste.

11. Add chopped tomatoes, add 1 boiled potato (cut into cubes) and cook it for 2 minutes.

12. Add 2 to 3 cups of water

13. Once the water comes to a boil, add the chena patties/ cottage cheese patties to the Gravy and allow it to cook for 2 minutes, add garam masala powder, add chopped coriander leaves. cook for another 1 minute.

14. Switch off the flame.



RICE KHEER / RICE PUDDING

Ingredients :

1. 30 grams of rice/ 1 handful of basmati rice
2. 1 litre of milk
3. 150 grams of sugar / sugar is as per taste can be added or reduced
4. 2 table spoon of ghee
5. Few cashews and raisins
6. Elaichi seeds / cardamom seeds
7. 2 table spoon of amul powder
8. A bay leaf

Preparation

Step 1 : First wash the rice properly and boil the rice in pressure cooker by adding 2 cups of water, half teaspoon of ghee, one tablespoon of sugar and a Bay leaf to it for around 3 whistles.

Step 2 : Boil the milk and once the milk comes to a boil, add the cooked rice to the milk.

Step 3 : Mix the rice and the milk properly.

Step 4 : Cook the kheer at medium to low flame.

Step 5 : Mix the kheer in every three to four minutes.

Step 6 : Add sugar to the kheer and keep stirring continuously and ensure that the pudding doesn't stick to the base of the utensil.

Step 7 : Add two table spoon of ghee to the kheer, Add 3 to 4 crushed cardamom seeds to the kheer/pudding .

Step 8 : Roast the cashews and raisins in one table spoon of ghee and add them to the kheer/pudding.

Step 9 : Keep stirring the kheer , cook for 45 minutes to one hour at low flame , Depending on the thickness you wish to relish over.

Step 10 : Add 2 table spoon of amul powder to one cup of warm water, mix them well.

Step 11 : Add the amul mixture to the kheer and keep stirring the kheer.

Step 12 : After 45 minutes switch off the Flame. Rice pudding/ Rice Kheer is ready.



EGGLESS CAKE

Ingredients:

Measuring cup - 300ml

Cake Tin - 9 Inch diameter

All purpose flour / Maida - 1 cup

curd - 1 cup

sugar- 1/2 cup

oil- 1/2 cup

Baking powder-1 tablespoon

Baking soda- 1 tablespoon

vanilla essence - 1 teaspoon

cashews- 15 to 20 count

you can also add tutti frutti instead of cashews

Preparation

Step 1 : Take a bowl ,add all purpose flour,curd,sugar,oil, baking powder.

Step 2 : Use a Hand mixture to mix everything well, add Baking soda and vanilla essence to it and mix it well, add cashews and mix it. Mix it well to avoid any lumps, a smooth batter is ready.

Step 3 : Preheat oven for 380degree , grease a 9 inch Cake tin ,you can place a baking paper and grease again and then transfer the batter to the cake tin.

Step 4: Bake it for 30 to 40 minutes , After 30 minutes you can check it by using a toothpick , if the batter is sticking to the tooth pick you can bake it for another 10 minutes.

Step 5 : After 30 to 40 minutes the Eggless cake is ready, let's allow it to cool down.

Step 6 : After 15 minutes we can flip the cake.

Step 7 : Cake is ready.

If you want to make it in a Gas stove: Preheat a pan with a wire stand, cover and preheat for 10 minutes on medium flame. We can transfer the cake batter to the 9-inch greased cake tin and bake it for 35 minutes on slow to medium flame, after 35 minutes check it with a toothpick or knife, if the batter sticks to the knife, bake it for another 10 minutes at slow flame.

check it after 10 minutes and the cake is ready.



BLACK EYED BEANS CURRY

Step 1: Soak 250 grams of black eyed beans in water for four to five hours.

Step 2: Boil the black eyed beans in pressure cooker for two to three whistles.

Step 3: Make a paste of one onion, seven capsules of garlic and few chopped ginger , make a fine paste of it.

Step 4: Make tomato puree out of one big tomato.

Step 5: Switch on the flame ,take a deep fry pan and once the pan is heated , add oil to it, once the oil is heated, add the masala puree to it.

Step 6: Cook the masala for ten minutes and then add the tomato puree to it.

Step 7: Cook for another five minutes until the oil oozes out. Add 1 teaspoon of salt or according to taste, 1 teaspoon of turmeric powder ,1 teaspoon of cumin powder, 1 teaspoon of coriander powder, 1 teaspoon of garam masala powder, 1 teaspoon of jaggery. Mix everything well.

Step 8: Cook for another five minutes until the oil oozes out.

Step 9: Now add the black eyed beans to the masala

Step 10: Mix the masala with black eyed beans and cook it for five minutes at low flame.

Step 11: Add four to five cups of water to it.

Step 12: Mash half of the black eyed beans with a potato masher.

Step 13 : Allow the water to boil at low to medium flame for ten minutes.

Step 14: Add a few chopped coriander leaves to the curry.

Step 15: Switch off the flame.



RECIPES WITH CARROT LEAVES

BY D.RUPPESHWARI AND Dr. THIRUPURASUNDARI CJ

Eat your carrot leaves/greens! Enjoy the benefits.

Simple yet amazing recipes with carrot leaves.

Health benefits of Carrot leaves:

Carrot greens are friendly as they are edible, crunchy and yummy! They belong to same family as parsley, coriander. The carrot tops contain good amount of fibre and are rich in chlorophyll that may help heal skin and get rid of unwanted substances from the body. They are rich in Vitamin C than the root, and also possess lots of potassium, calcium and phytonutrients. They aid in proper immunity, digestion, circulation, maintaining blood pressure, kidney function etc. It can be eaten raw in salads. Their bitter flavour is sensed if eaten raw. Few minutes of blanching can remove its bitterness. It has vitamin K and is a rich antioxidant by itself. Various minerals in carrot greens contribute to bone mineral density and lowers the risk of osteoporosis as you age.

Recipes: Three in one combo-

1. Carrot stuffed roti

Make a soft roti dough as usual.

Make a stuffing with a mixture of finely chopped handful of raw/sauteed carrot leaves, raw cabbage and /or raw cauliflower, raw onion, as required.

Add a pinch of garam masala, required salt, chat masala a pinch (optional). Mix well.

Make medium sized balls with the dough. Stuff the kneaded dough.

Make your favorite shapes. Toast it. Yummy carrot leaves stuffed rotis are ready!

Relish with a spoon of melted butter smeared on it with your desired side-dish.

2. Carrot and its leaves coconut sabzi/poriyal (Serves two)

Heat a kadai. Let half spoon mustard seeds splutter in coconut oil, add one spoon zeera, one spoon black gram lentils, two broken red chillies. Once roasted, add finely chopped one medium sized onion or chopped 4-5 onion shallots, saute them little. Add a cup of finely chopped carrots leaves and carrot. Saute again. Sprinkle water if needed. Cooking time is 5 minutes. Add salt, as per your taste. Once cooked, add one or two spoons of cooked yellow lentils (toor dal) or split green gram lentils. Garnish with less than quarter cup freshly grated coconut, after switching off the flame.

Simple yet a delicious recipe, complements well with a hot steamed rice with a dash of ghee!

Adore the color combo-Green, Orange, white with red here and there.

3. Rava-Ragi dosa with carrot greens

Make a thin batter of two hours soaked ragi and rava. If long soaking time is not feasible, can add half cup, bit sour curd. Minimum of 20-30 minutes soaking time is essential. Add a handful of finely chopped carrot greens and green chillies. Mix well after adding required salt. Seasoning the batter with a spoon of mustard, zeera, black grams, few green chilly bits, cashew bits is optional. Spread and pour the batter on an oil greased hot tawa. Cover with a lid. Do not flip the dosa. Finely roasted rava, ragi carrot leaves dosa is on your plate. Goes well with any type of chutneys.

Eat your food, waste not!

