

palate pleasure

Delhi Age

Offer a feast for Lord Ganesha

Ganesh Chaturthi is around the corner and food is an integral part of the festival. The Lord loves food so all his devotees offer a variety of dishes as prasad

GLUTEN FREE & SUGAR FREE RAGI HIBISCUS MODAKS

courtesy **Prashant Bhoir**, Executive Chef, Intercontinental, Kebab Korner

INGREDIENTS

- Rose petals 10-15
- Hibiscus flower petals 10-15
- Fig 3 whole figs
- Dates 3 whole dates
- Saffron 2 grams
- Grated coconut 50 grams
- Ragi flour 100 grams
- Rice flour 200 grams
- Cardamom powder, a pinch
- Water 300 ml

METHOD

- Boil some water in a pot. Add one gram saffron, shredded rose and hibiscus petals to the boiling water and boil till it releases a bright red colour.
- To the mixture, first add rice flour, followed by ragi flour, and mix well to form a consistency of dough and let it rest for 10 minutes.
- For the stuffing, add chopped figs, chopped dates, grated coconut, rose and hibiscus petals, remaining saffron and cardamom powder to a pan and mix well.
- Cook this mixture for five minutes by lightly roasting it till all ingredients are mixed well and set aside.
- Take a bit of dough and roll into a ball two inches wide. With a rolling pin, roll out the dough ball as thin as possible into a round shape.
- Place the round sheet on your palm and add a spoonful of the stuffing in the center. Pinch the ends of the sheet together, forming pleats as you go around the sheet. Slowly close the pleats together till the tips meet and pinch the top to close the opening. Repeat the process with the remaining modaks.
- Place a steamer in a pan filled with water. Line the steamer with a banana leaf, grease it with some oil and place the modaks for steaming. Steam for 10 minutes. Remove from the steamer and garnish with petals and saffron. Serve hot.



TIL KHAJUR LADDOO

courtesy **Dr. Smita Naram**, Co-Founder, Ayushakti

INGREDIENTS

- 100 grams Seedless dates
- 200 grams Almonds
- 15 grams Sesame Seeds
- 2 pinch Cardamom powder
- 2 tsp Ghee
- 1 tsp Rice Flour
- Salt as per taste
- Saffron a few strands

METHOD

- Take 100 grams seedless dates along with a cup of water and grind well to make a puree.
- Heat a pan and add 2 tsp ghee to it. Then add 1 tsp rice flour followed by 2 tsp sesame



- seeds. Roast all these ingredients on a slow flame.
- Once all the ingredients are roasted well, add dates puree with 1 tsp of cardamom powder. Cook all the ingredients for another five minutes together.
- Once it is aromatic, switch off the flame and remove it to a plate. Cool it down for half an hour or so until it holds its shape.

BINDU GOPAL RAO

One of the favourite God's of our times, Ganesha is easily the most celebrated and revered of them all. And when it is Ganesh Chaturthi, it is time for a feast. After all the God who loves good food means that your taste buds are in for a joy ride too. Sweets are always an essential part of festivals and Ganpati has its own significance with sweets like modak and laddoo.

Shrikhand for instance is a traditional dish that is often offered as prasad during the festival. It is a well-known offering along with the likes of *Patori*, *Puran Poli*, *Jaggery* with coconut, assorted laddoo's, banana sheera and more. **Dr. Malini Saba**, author of *The Abbreviated Cook*, says, "the festival, which commemorates the rebirth of Ganesh, also known as Bappa by his devotees, symbolises new beginning and is never complete without recipes of an assortment of delicious delights to serve him as prasad. Since we all know that 'Bappa' enjoys sweet treats, we used to prepare a variety of sweet treats to welcome him when we were children, and this custom continues to this day."

There are in fact several stories tied around the food made. Take

for instance the *Poovarsu Elai Kozhukkattai*, a favorite dish in the southern districts of Thanjavur from the Vathimal Brahmin cuisine. *Poovarsu* leaf is from a tree called *Poovarasana*. *Thespesia Populnea*, commonly known as the *Portia* tree, *Pacific rosewood*, *Indian tulip tree*, or *milo*, among other names, is a species of flowering plant belonging to the *malv* family, *Malvaceae*. "It is a tree found commonly on the coast. It is believed that when Lord Ganesh was a baby, his mother would pamper him by preparing delicious *Kozhukkattai*. As a baby Ganesh grew older, his appetite for *Kozhukkattai* also grew. *Kozhukkattai* is very good for your health as it is the leaf of the tree whose flower, bark, fruit, leaf, and root have medicinal value. It is tradition for the villagers to offer *Kozhukkattai* to Lord Ganesh on the auspicious day of Ganesh Chaturthi as it is his favourite food. It is believed that Mother Parvathi has said that those who would offer *Kozhukkattai* to her son Ganesh, they will be blessed by him," says **Maruthavanan Kumaraswamy**, Executive Chef, Mantra Koodam, CGH Earth.

Here are some recipes that merge the traditional and the contemporary to add a sparkle to your Ganesh Chaturthi festivities.



UNDRALU WITH ALLAM CHUTNEY

courtesy **Ganesh Gangoni**, Executive Chef, Mercure Hyderabad KCP

INGREDIENTS

- For Undralu
- Rice Rava 250 grams
- Chana dal 30 grams
- Jeera whole 10 grams
- Salt to taste

For Chutney

- Ginger 150 grams
- Sunflower 200 ml
- Chana dal 50 grams
- Til white 20 grams

- Coriander whole 40 grams
- Kashmiri chillies whole 10 grams
- Jeera whole 5 grams
- Jaggery 100 grams
- Tamarind pulp 80 grams
- Salt to taste

METHOD

- For the undralu, wash and soak chana dal in water for 10 minutes and drain and keep aside. Heat oil in a pan and add jeera. Once it starts to splutter, add water, and bring it to a boil. Add salt and soaked chana dal on lower flame and heat it for a while. Add rice rava slowly to



NUTELLA CHOCOLATE BROWNIE MODAK

courtesy **Vinayak Patil**, Corporate Chef, Butterfly High

INGREDIENTS

- Brownie 95 grams
- Pista 10 grams
- Almonds 10 grams
- Cashews 10 grams
- Nutella 20 grams
- Chocolate sauce 20 grams

METHOD

- Take a bowl and crumble the chocolate brownie. Add some chocolate sauce and dry fruits.
- Take a modak mould and fill the brownie mixture. Press the sides tightly.
- Stuff with Nutella and cover the rest with brownie crumble.
- The Nutella chocolate brownie modak is ready.



POOVARSU ELAI KOZHUKATTAI

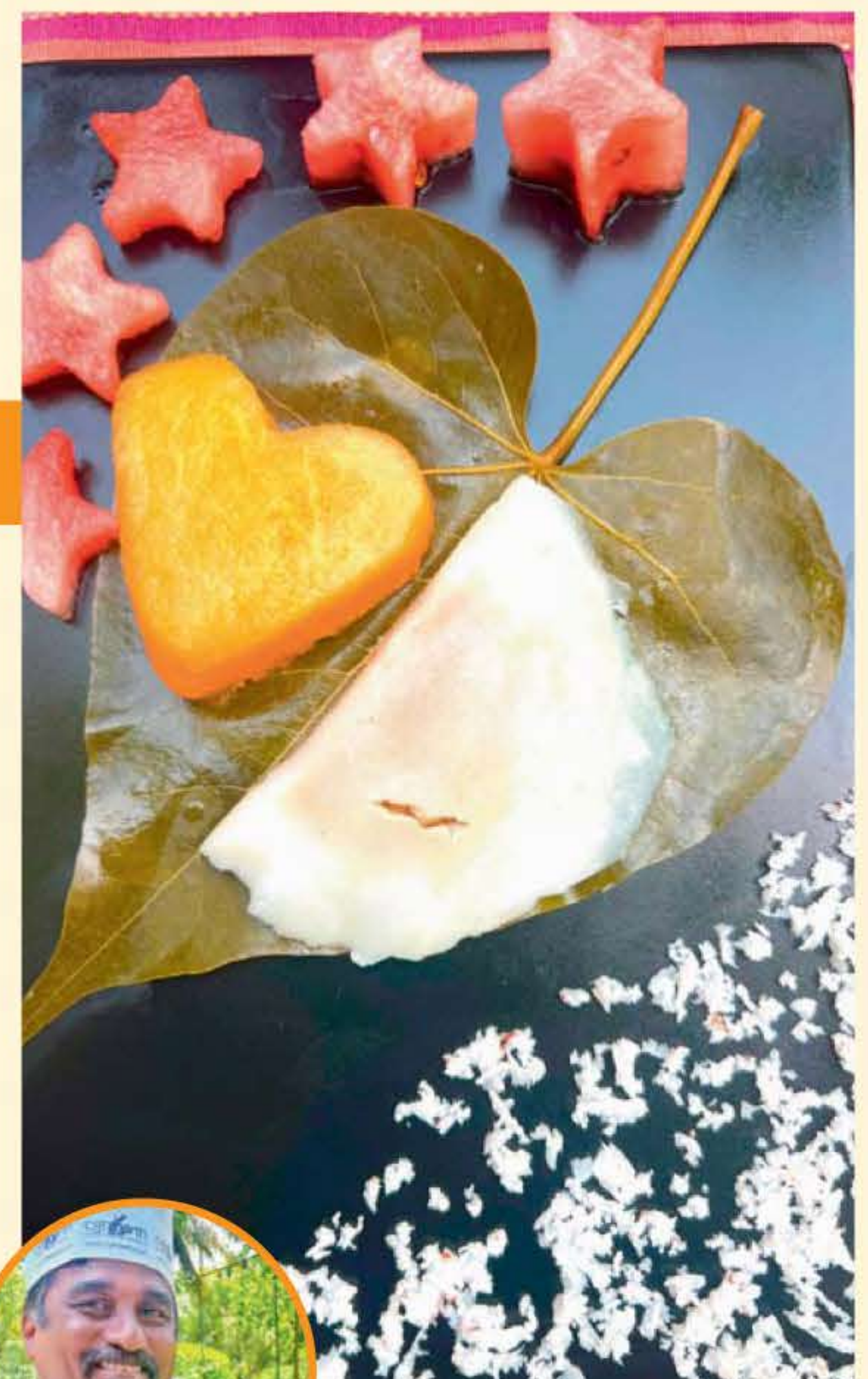
courtesy **Maruthavanan Kumaraswamy**, Executive Chef, Mantra Koodam, CGH Earth

INGREDIENTS

- Rice flour 200 grams
- Jaggery 150 grams
- Grated coconut 150 grams
- Ghee 20 grams
- Poovarasana leaf 10 nos
- Coconut oil 15 ml
- Cardamom powder 2 grams

METHOD

- Heat a pan and put 150 ml of water. When it is piping hot, mix rice flour thoroughly. Make sure it is not lumpy. Make a chapati dough-like consistency. Keep it aside and cover this with a wet muslin cloth.
- Prepare the *Kozhukkattai* stuffing called *puranam*. Caramelize the jaggery and add grated coconut along with the cardamom powder.
- Cook the above mixture well till it becomes dry. Cool it and make balls



- of the *Puran*.
- Wash and clean the *Poovarasu* leaf, apply ghee to the center part of the leaf. You can use banana, mango or guava leaf if you cannot find this leaf.
- Take 15 grams of the dough, form it into small balls and spread it evenly on the leaf, and close the leaf.
- You can steam this *Kozhukkattai* in an idli steamer.

SHRIKHAND

courtesy **Lalan Sarki**, Chef, The Black Pearl, Marathahalli

INGREDIENTS

- Curd 1 kg
- Pistachio 50 grams
- Almonds 50 grams
- Rose petals 10 grams
- Saffron 0.5 grams
- Milk 100 ml
- Cardamom 25 grams
- Castor Sugar per taste

METHOD



- Line a mesh strainer with a muslin cloth, set it atop of a large bowl to allow straining of whey from the curd.
- Pour the fresh curd on the muslin cloth and wrap the cloth from all four sides tightly to process straining of the water from the curd faster and rest it for at least 6 hours with some weight on top. Make sure that the whey is completely drained out from the curd.
- Take out the thick mixture of the curd which has been drained completely, add saffron soaked in milk, add cardamom powder and castor sugar to the curd and mix all the ingredients gently using a spatula or whisk.
- Put this mixture in small serving bowls and refrigerate. You can use rose petals, pistachios, almonds, cashew nuts, and raisins as a garnish on top of the serving bowls. Serve chilled.

