



♥ DETAILS

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AROUND THE WORLD
WITH 

Gujarati food and culture

Khajur Pak

♥ DATE: 23 JUNE 2018

♥ INGREDIENTS

- 200g soft dates
- 25g Roasted Almonds
- 25g Roasted Pistachios
- 1/2 cup Desiccated coconut
- 2 tbsp Ghee/coconut oil

♥ METHOD

Finely chop the dates.

1

Heat ghee in a pan, add dates, roasted almonds and pistachios and cook till just combined. Lay the mixture out on a cling wrap and roll into a sausage.

Freeze for 3 hours, then cut the date sausage in round pieces and roll them in desiccated coconut.





Handvo

♥ DATE: 23 JUNE 2018

♥ INGREDIENTS

- 1/3 cup Chana Dal
- 1.5 tbsp Urad Dal
- 1/3rd cup short grain Rice
- 1.5 tbsp Toor Dal
- Salt to taste
- 4 tbsp Butter
- 1 tsp Turmeric
- 1/2 tsp Red Chili Powder

♥ METHOD

- 1 Wash and soak chana dal, urad dal, short grain rice and toor dal for 24 hours. Blend the soaked lentils and rice with little water to a smooth paste, but don't over blend.

Let it sit in a clear glass jar with some room to rise for 24 hours or till it rises by couple of centimeters and bubbles are formed. Make sure the jar is covered with a cloth. Gently fold room temperature melted butter, salt, turmeric and red chilli powder, cloves and cinnamon stick. Pour the mixture into a baking tray and let it sit for 1 hour. Cover the baking tin with foil and bake at 200 degree celcius oven for 40 mins or till the skewer comes out clear and then for a further 10 mins with foil off.
- 2 In a separate pan heat peanut oil and add mustard seeds, cumin seeds, sesame seeds and heat till mustard seeds almost stop popping, add curry leaves, dried red chilli and asafoetida and turn the heat off immediately. Pour the vaghar over baked loaf.
- 3

Sprout Salad

♥ DATE: 23 JUNE 2018

♥ INGREDIENTS

- 1 cup sprouted mung dal
- 1 cup frozen fresh green chickpeas
- 1 tomato
- 1/4 Pomegranate
- 4 tsp Olive oil
- 1 tsp Mustard seeds
- 5 Curry leaves
- half a bunch of Coriander
- pinch of Cumin
- pinch of Coriander powder
- 1 tsp Red chilli powder
- 1 Lemon
- Salt to taste
- 1/2 tsp Sugar

♥ METHOD

- 1 Slightly steam sprouted mung dal. Cook the green chick peas in boiling water till soft but retains shape. Mix sprouted mung dal and cooked green chickpeas

In a bowl mix 3 tsp olive oil, lemon, Cumin, Coriander powder, red chili powder, salt and lemon and mix well to make dressing and pour over the salad.
- 2 In a small pan heat 1 tsp olive oil and add mustard seeds and curry leaves, and pour over the salad. Add chopped coriander, pomegranate and diced tomatoes
- 3 Mix all components well.

Sev Tomato Curry

♥ DATE: 23 JUNE 2018

♥ INGREDIENTS

- 1 canned tomatoes
- 4 tsp oil
- 4-5 curry leaves
- ½ tsp mustard seeds
- pinch of hing / asafoetida
- 2 tsp kashmiri red chilli garlic paste
- ¼ tsp turmeric powder
- 1 tsp coriander powder
- salt to taste
- 1 tsp sugar
- 1 cup water
- few coriander leaves, chopped
- 1 cup gram flour crispy sev

♥ METHOD

- 1 In a large wok, heat 4 tsp oil, then add mustard seeds, curry leaves and asafoetida. Allow mustard seeds to splutter then add tomatoes. Next add kashmiri red chilli garlic paste, turmeric powder, coriander powder, 1 tsp of sugar and salt to taste.
- 2 Saute till they start releasing oil and mix well and cook the spices on medium flame for a minute or 2. Then add a cup of water and give it a good mix. Add more water to adjust the consistency. Boil for 10 minutes till tomatoes and spices get completely cooked. Adjust the spices and consistency if required.
- 3 Add generous amount of sev and give it a mix. Serve in a bowl and garnish with chopped coriander

Gajar Halwa

♥ DATE: 23 JUNE 2018

♥ INGREDIENTS

- 1kg Carrots
- 1 ltr Full cream Milk
- 1/2 cup Heavy Cream
- 4 tsp Ghee
- 1 cup or Sugar, or to taste
- Slivered Almonds, to garnish
- Sultanas, to garnish
- Cardamom

- 1 Grate carrots. In a pot add ghee and add carrots, and cook for 5 minutes on medium heat.

Then add full cream milk. Cook the mixture for approx an hour and stir continuously until all the milk becomes solid and curdles.
- 2 Add sugar, cardamom, slivered almonds and sultanas.



Chana dal Pulao

♥ DATE: 23 JUNE 2018

♥ INGREDIENTS

- 1 cup short grain rice
- 1/2 cup Chana dal
- 1 Onion
- 2 Green chillis
- 4 Curry leaves
- 1 tsp Cumin seeds
- 4 tsp Ghee
- 2 Cloves
- 1 Bay Leaf
- 1 Cinnamon stick
- Salt, to taste

♥ METHOD

- 1 Soak Rice and Chana dal separately for few hours.

In a pot heat ghee and add cumin seeds and cook till they darken a little, then add curry leaves, chilli, cloves, cinnamon and bay leaf.
- 2 Add diced onions and cook till brown, then add soaked chana dal and rice, and add 3 cups of water. Let it come to a boil, cook till almost all liquid is soaked but still moist.
- 3 Cover the pot and cook in a 200 degree oven for 20 mins or till rice and dal are cooked.

Bhakhari

♥ DATE: 23 JUNE 2018

♥ INGREDIENTS

- 3 cups Wheat Flour (coarse)
- Salt, as per taste
- 1 tbsp + 1 tsp Desi Ghee
- 1 tbsp Oil
- Water, as required

♥ METHOD

- 1 Take wheat flour in a bowl, add salt, oil and mix well. Add water as required and knead the dough. The dough for bhakri should be harder in consistency than that of chapati dough.
- 2 Take the big lemon sized ball and roll it into a circle on rolling pin. With the help of pin, tap few times on the rolled bhakri. On medium slow flame, roast bhakri evenly on both sides. Bhakri is now ready to be served, while serving add a dollop of ghee