

DIWALI

FESTIVAL OF LIGHTS

Mysore Pak

Course: Snacks

Faral or Snacks are an integral part of the Diwali menu and celebrations at home. Families usually make faral days in advance in anticipation of guests.

These can be savoury or sweet snacks.

Easy microwave Mysore Pak recipe

Ingredients

1 cup - 250ml

Besan flour - 1/2 cup

Powdered sugar or icing sugar - 1 cup

Melted ghee - 1/2 cup + 1 tbsp

Boiled & cooled milk - 2 tsp (at room temp)

Instructions

1. Powder 1/2 cup of crystal sugar to a fine powder.
2. Melt ghee & measure it and set aside.
3. Keep a plate ready greased with ghee.
4. In a wide bowl, sieve the gram flour and keep aside.
5. In a microwave safe bowl (preferably glass bowl), take 1 tbsp of melted ghee & add the sieved gram flour.
6. Mix well and keep it in microwave high power for 1 minute.
7. Remove the now roasted gram flour in a bowl and set aside.
8. In the same microwave bowl, take 1/2cup of melted ghee, add the powdered sugar or icing sugar & 2 tsp of milk. Mix well.
9. To this, add the roasted gram flour without any lumps
10. Mix well and microwave in high power for 1 minute. Remove and stir it well.
11. Microwave for 1 minute in high power.
12. Take it out, you will be able to see a foamy texture with bubbles in it.
13. If it's not foamy, mix well & keep it again for 20 seconds.
14. After 20 seconds, remove & just pour it in the greased plate, press it very well with the back of spatula and smoothen it. It's okay if the mixture will be slightly crumbly.
15. Leave it aside for 10-15 minutes.
16. Once it becomes warm, draw shapes.
17. Remove once its cooled down completely.
18. Read to be served



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Chole masala

Course: Lunch or Dinner

Punjabi chole masala or chana masala is one of the most popular curry dishes from India. In fact, in north India no wedding or party is complete until you have chole masala on the menu.

To pressure cook

2 cups + 2 tablespoons raw chickpeas
5-6 green cardamom pods
4-5 black peppercorn
2 bay leaves
2 cinnamon sticks
salt to taste
5 cups water

For the chole masala

1 tablespoon oil
3-4 cloves
3/4 cup pureed onion from 2 small onions
2 teaspoons ginger-garlic paste
2.5 cups pureed tomatoes from 4 medium tomatoes
3 teaspoons chole masala powder (this can be found at any Indian store)
1/2 teaspoon red chili powder or to taste
1/2 teaspoon paprika powder
3/4 teaspoon cumin powder
salt to taste

To garnish

1/2 tablespoon crushed kasuri methi also known as dried fenugreek leaves
2 tablespoons chopped cilantro



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Instructions

1. Soak the chickpeas overnight in enough water to cover them. In the morning, drain the water.
2. In a pressure cooker add the soaked and drained chickpeas, bay leaves, cardamom, cinnamon stick, salt and 4 to 5 cups water. Pressure cook at high flame till you get 1-2 whistles. After that lower the flame to medium and let the chickpeas cook for another 10-12 minutes.
3. In a wok, heat 1 tablespoon of oil. Once hot, add cloves and grated onions. Fry the onions till the raw smell goes away and they are light golden brown in colour.
4. Add ginger-garlic paste and cook for 3-4 minutes till the smell of ginger-garlic goes away.
5. Now add the tomato puree, stir and let it cook for 12-15 minutes on medium-low flame. Cover the pan to prevent the splash all around.
6. Add the chole masala powder, red chilli powder, paprika powder, cumin powder, salt and mix for 1-2 minutes.
7. Add the chickpeas next and stir till all the chickpeas are coated with the spices, around 2 minutes.
8. Add water (which was used for boiling the chickpeas), cover the pan and let it simmer at medium-low flame for around 30 minutes. The gravy will thicken after 30 minutes so add water accordingly.
9. Sprinkle some kasuri methi and garnish with chopped coriander leaves.
10. Serve with roti, paratha or plain rice.



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Carrot Halwa or Gajar Ka Halwa

Course: Dessert

Carrot Halwa popularly known as Gajar Ka Halwa is a classic, rich and decadent, addictive melt in mouth pudding packed with dry fruits and nuts of your choice.

Ingredients

- 3 cups Carrots tightly packed (peeled & grated)
- 2 tbsp Butter or Ghee
- 4 tbsp Milk
- 6 tbsp Condensed milk
- 1/4 tsp Cardamom powder
- 2 tbsp Cashews roasted
- 2 tbsp Almonds roasted
- 2 tbsp Pistachios roasted
- 2 tbsp Raisins



Instructions

1. In a non-stick pan on medium heat, melt the butter. Add the grated carrots and saute on medium flame till the carrots are tender and cooked, and any extra moisture has dried out. This may take around 5 to 8 minutes.
2. Now add milk and stir till the milk has dried out. This may take about 2 minutes.
3. Next add condensed milk and stir nicely. Add cardamom powder, and dry fruits & nuts of your choice now.
4. Simmer on low flame and stir the halwa till the mixture dries up. Keep stirring them to avoid it burning from the bottom.
5. Carrot Halwa is ready. Serve warm or bring it to room temperature and keep in refrigerator and serve chill.