

Vegetarian

SANJEEV KAPOOR

EAT LITE

Sweets & Desserts



SANJEEV KAPOOR

Vegetarian

EAT LITE

Sweets & Desserts



CONTENTS



INDIAN

- Aamras with Kesar
- Yogurt and Chickoo Ice Cream
- Chhena and Fruit Envelope
- Fruit Kababs
- Anjeer ka Meetha
- Chhanar Payesh
- Chocolate Phirni
- Fig and Apricot Sandesh
- Date and Anjeer Baked Karanji
- Gajar aur Khajur ka Halwa
- Gajar ki Kheer
- Gur aur Badam ki Phirni
- Kesari Indrayani
- Kakdiche Ghavan
- Kesari Phirni
- Mango Bhapa Doi with Citrus Fruit

Melon Kheer
Saeb ki Kheer
Saeb aur Suji Halwa
Sitaphal Basoondi
Suji Kheer
Dudhi Halwa
Zafrani Sevian
Corn ki Kheer
Date and Walnut Laddoo
Anjeer Khajoor Burfi
Moong Dal Halwa
Moz ka Meetha
Ginger and Oatmeal Halwa
Paneer and Coconut Laddoo
Tarkari Halwa
Jhatphat Poha Kheer
Pineapple Sheera
Fruit Srikhand
Chana no Halwo
Dried Fruit Chikki
Khajurachi Wadi

INTERNATIONAL

Poached Cinnamon Apples
Fruity Yogurt with Cereal Topping
Oatmeal Bars
Apple Cake
Apple Crumble
Chilled Coffee Mousse Cake
Orange Rice Pudding
Banana Cinnamon Toast

Chocolate Fruit Tart
Crunchy Fruit Yogurt and Cheese
Eggless Tiramisù
Mango Cheesecake
Wheat Cookies
Medley of Fruit with Candied Rose Petals
Prune Tart
Pear Paradise
Strawberry Cheesecake
Mixed Fruit Custard
Pineapple Yogurt Fool

GLOSSARY



AAMRAS WITH KESAR

Ingredients

1 kilogram ripe mangoes

¼ teaspoon saffron, roasted and crushed

⅓ cup sugar substitute (sucralose)

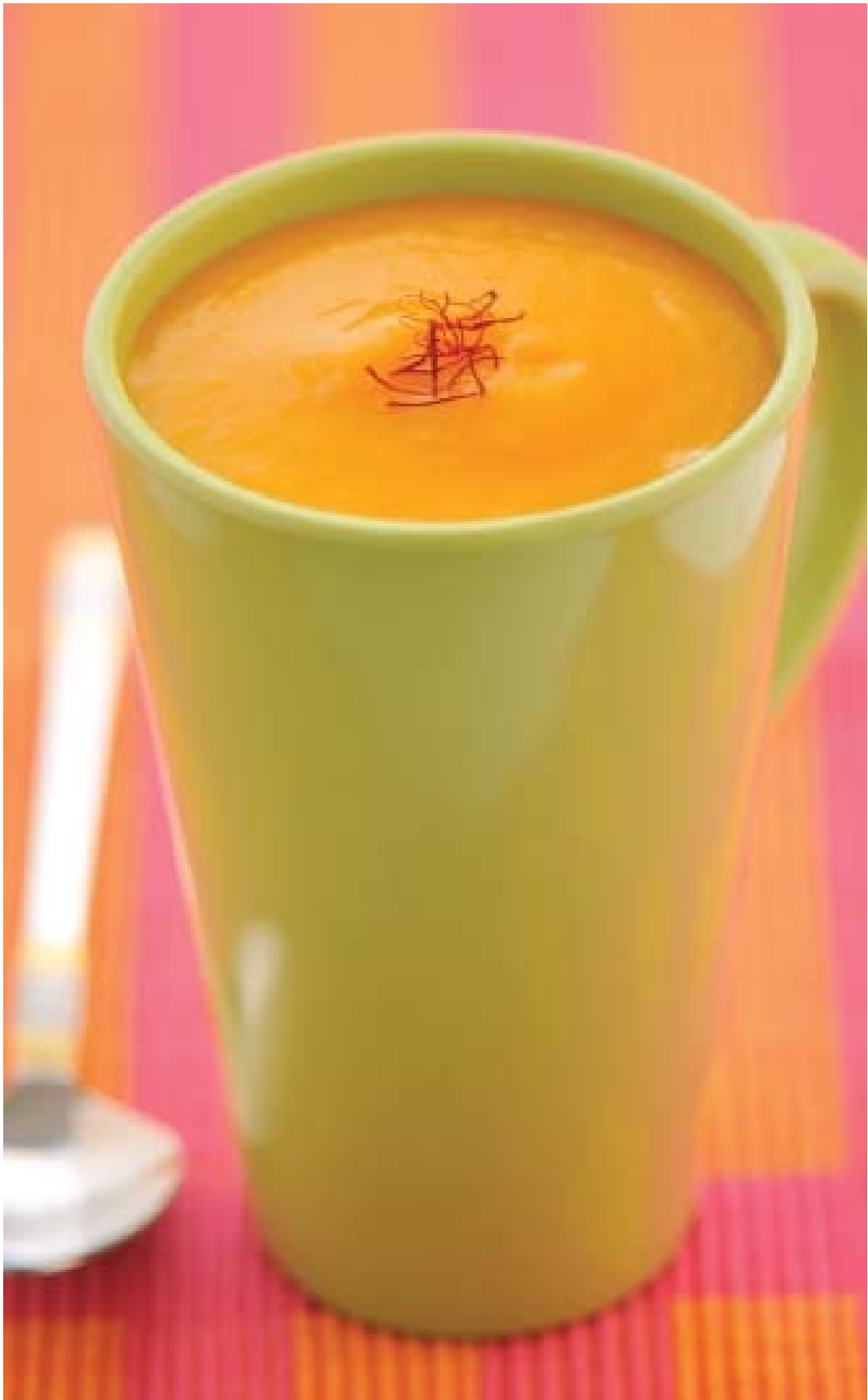
2½ cups skimmed milk, chilled

Method

1. Extract the pulp from the mangoes. Pass it through a thin piece of muslin.
2. Add the sucralose and chilled milk.
3. Stir in the saffron.
4. Serve chilled.



Note: *Mangoes are high in vitamin A, vitamin E and selenium and highly recommended for a healthy heart.*



YOGURT AND CHICKOO ICE CREAM

Ingredients

1 cup drained (hung) skimmed milk yogurt

6 medium *chickoo*, peeled and pitted

¼ cup powdered sugar

3 tablespoons honey

½ cup condensed milk

8-10 walnut kernels, crushed

Method

1. Place the *chickoo* in a processor and crush.
2. Add the drained yogurt and powdered sugar, and mix. Add the honey and process again.
3. Add the condensed milk and mix. Finally, add the crushed walnuts and mix.
4. Transfer the mixture into an ice cream tin and level the top.
5. Place the tin in a freezer to set.
6. Serve in scoops when firmly set.



Note: *Skimmed milk yogurt is an excellent alternative to fresh cream. It adds protein, vitamin C and reduces fat. Chickoo is high in complex carbohydrates, calcium and iron.*

CHHENA AND FRUIT ENVELOPE

Ingredients

1 cup skimmed milk cottage cheese (*chhena*) 1 small green pear, chopped 1 small red pear, chopped 1 small red apple, chopped 1 small green apple, chopped 1 tablespoon raisins

5-6 almonds, chopped

5-6 cashew nuts, chopped ½ teaspoon green cardamom powder 4 tablespoons

powdered sugar



Method

1. Make an envelope with aluminium foil.
2. Place the pears and apples in a bowl. Add the cottage cheese, raisins, almonds, cashew nuts, cardamom powder and powdered sugar, and mix.
3. Heat a non-stick *tawa*. Place the mixture in the aluminium envelope and seal the open edge. Press the envelope lightly and place on the *tawa*.
4. Cook for five minutes, turn over and cook for another five minutes.
5. Serve hot in the envelope.

FRUIT KABABS

Ingredients

- 1 large apple, cut into 1½-inch pieces
- 1 large kiwi fruit, cut into 1½-inch pieces
- 2 large bananas, cut into 1½-inch pieces
- 2 slices pineapple, cut into 1½-inch pieces
- 5 plums, cut into 1½-inch pieces

Marinade

¼ cup honey

3 tablespoons lemon juice

3 tablespoons brown sugar

Salt to taste

2 teaspoons olive oil



Method

1. For the marinade, pour the honey into a bowl. Add the lemon juice, brown sugar, salt and olive oil, and mix well.
2. Thread the fruit pieces onto skewers in the following order: apple, kiwi, banana, pineapple and plum. Pour the marinade over the fruit.
3. Heat a non-stick *tawa* on high heat and place the skewers on it and cook, rotating the skewers.
4. Pour the remaining marinade over and cook till the fruit is cooked and golden on all sides.



Note: *Kiwi fruit is rich in antioxidants. Bananas are rich in potassium, pineapple has a high fiber content.*

ANJEER KA MEETHA

Ingredients

250 grams dried figs

250 grams dried seedless dates

¼ cup skimmed milk powder

4-5 almonds, roasted and slivered



Method

1. Soak the figs in three cups of water for three to four hours. Boil them in the same water in which they were soaked for three to five minutes.
2. Remove from heat, drain and cool slightly. Chop a few figs and purée the rest.
3. Roughly cut the dates and soak in two cups of hot water for fifteen to twenty minutes. Drain and purée in a blender.
4. Mix the two purée and add skimmed milk powder. Mix well and cook on low heat for fifteen to twenty minutes, till well combined.
5. Add the chopped figs and simmer for another two to three minutes.
6. Serve, decorate with almond slivers.



CHHANAR PAYESH

Ingredients

½ cup skimmed cow's milk cottage cheese (*chhena*)

5 cups skimmed milk

½ cup sugar

5-6 almonds, blanched and chopped

7-8 pistachios, blanched and chopped



Method

1. Boil the milk, lower the heat and simmer till reduced to half the original quantity.
2. Add the sugar and cook till it dissolves.
3. Mash the cottage cheese in a bowl. Add it to the milk. Simmer for two minutes.
4. Sprinkle with the nuts and serve cold.



Note: *½ litre of skimmed milk will give you ½ cup of cottage cheese.*

CHOCOLATE PHIRNI

Ingredients

3 tablespoons cocoa powder

5 tablespoons rice

5 cups skimmed milk

2 tablespoons milk powder

Sugar substitute (sucralose) to taste

4-5 pistachios, blanched and sliced



Method

1. Soak the rice for half an hour and grind to a coarse paste.
2. Mix the cocoa in one-fourth cup of cold milk. Mix the milk powder in one-fourth cup of warm milk. Bring the rest of the milk to a boil.
3. Add one after another the cocoa-milk and milk powder-milk mixtures to the boiling milk and cook, stirring continuously.
4. Add the rice paste and simmer, stirring continuously, till very soft and thick.
5. Remove from the heat and mix in the sucralose.
6. Pour into earthenware or china bowls and decorate with pistachio slivers.
7. Chill in a refrigerator for an hour before serving.

FIG AND APRICOT SANDESH

Ingredients

8-10 figs, soaked

8-10 golden apricots, soaked

1 tablespoon sugar

400 grams skimmed milk cottage cheese (*chhena*)

½ cup powdered sugar

A few saffron threads

16-20 pistachios, blanched and peeled



Method

1. Drain the figs and apricots, and place them in a nonstick pan. Add one cup of water and sugar, and cook on medium heat till soft.
2. Mash the cottage cheese with your palms. Add the powdered sugar and mash some more.
3. Soak the saffron in a little warm water.
4. Divide the cottage cheese into sixteen to twenty equal balls and arrange them on a plate. Press a few saffron threads on each ball and place a pistachio over the saffron.
5. Arrange the stewed figs and apricots on a serving plate. Place a cottage cheese ball on each one and serve.

DATE AND ANJEER BAKED KARANJI

Ingredients

Pastry

½ cup wholewheat flour

½ cup refined flour

2 tablespoons semolina

2 tablespoons pure ghee + for brushing

¼ cup skimmed milk

Stuffing

$\frac{3}{4}$ cup chopped seedless dates

$\frac{3}{4}$ cup dried figs, chopped

15-20 almonds, crushed

7-8 cashew nuts, crushed

7-8 pistachios, crushed

1 teaspoon green cardamom powder

1 tablespoon roasted poppy seeds

2 tablespoons skimmed milk



Method

1. Place the wholewheat flour and refined flour in a bowl. Add the semolina, two tablespoons ghee and milk, and knead into a semi-soft dough. Divide into equal portions and shape them into small thick flat discs. Keep them covered with a damp cloth.
2. Preheat an oven to 180°C/350°F/Gas Mark 4.
3. To make the stuffing, mix together the dates and figs in a bowl. Add the almonds, cashew nuts, pistachios, cardamom powder, poppy seeds and mix. Mash lightly with your fingers and add a little milk.
4. Roll out each portion of dough. Place it in the *karanji* mould. Put a small portion of the prepared filling in the hollow. Moisten the edges of the pastry with a little water, close the mould and press firmly.
5. Remove the excess dough and use again.
6. You can also shape the *karanji* without the mould, by rolling the dough into a circle, placing a little filling on one half and folding the other half over, pressing the moistened edges together to seal.
7. Place the *karanji* on a greased baking tray. Brush them with a little ghee and bake in the preheated oven for twenty to twenty five minutes. Cool and store in an airtight container.

GAJAR AUR KHAJUR KA HALWA

Ingredients

- 8-10 medium carrots, grated
- $\frac{3}{4}$ cup dates, stoned and chopped
- 1 tablespoon pure ghee
- $\frac{1}{2}$ cup sugar
- 2 cups skimmed milk
- $\frac{1}{2}$ cup crumbled *khoya/mawa*
- 4-5 cashew nuts, roughly chopped
- $\frac{1}{2}$ teaspoon green cardamom powder
- 10-12 almonds, blanched and slivered

Method

1. Heat the ghee in a non-stick *kadai*. Add the carrots and sugar, and cook for about five minutes.
2. Add the milk and continue to cook for six to eight minutes.
3. Add the *khoya*, dates, cashew nuts and cardamom powder, and mix. Cook for ten to fifteen minutes, or till almost dry.
4. Serve hot, decorated with almond slivers.

Note: *Pick the long, thin, very red, juicy sweet carrots for best results.*



GAJAR KI KHEER

Ingredients

2 medium carrots, grated

5 cups skimmed milk

$\frac{1}{3}$ cup sugar

$\frac{1}{4}$ teaspoon green cardamom powder

2 tablespoons raisins

Method

1. Bring the milk to a boil, lower the heat and simmer till it is reduced to three-fourth its original volume.
2. Add the carrots and cook on low heat, for about fifteen to twenty minutes, or till the carrots are completely cooked.
3. Add the sugar and cook, stirring occasionally, till the sugar dissolves.
4. Add the cardamom powder and stir well.
5. Serve, decorated with raisins.



GUR AUR BADAM KI PHIRNI

Ingredients

4 tablespoons jaggery

8-10 almonds, coarsely crushed

¼ cup rice

3 cups skimmed milk

4-6 pistachios

½ teaspoon cardamom powder

1 teaspoon rose water



Method

1. Blanch the pistachios for five minutes and cut into slivers.
2. Soak the rice for thirty minutes and grind to a smooth paste. Mix half a cup of water into the rice paste.
3. Bring the milk to a boil in a non-stick pan; lower the heat and add the ground rice mixture. Cook on medium heat, stirring continuously, for about five minutes, or till the mixture thickens.
4. Add the jaggery, almonds and cardamom powder. Lower the heat, and cook till the jaggery has melted completely. Stir in the rose water. You may notice a little curdling of milk, ignore, as it is quite common for some varieties of jaggery to have this effect on milk.
5. Remove from the heat, and pour into earthenware bowls. Decorate with slivered pistachios.
6. Place in a refrigerator to chill for an hour before serving.

KESARI INDRAYANI

Ingredients

20-25 small *rosogulle*

10 cups skimmed milk

3 tablespoons sugar substitute (sucralose)

A few saffron threads

8-10 pistachios

½ cup fresh pomegranate kernels

¼ cup almonds, blanched and peeled

Method

1. Blanch the pistachios in boiling water. Drain, refresh, peel and slice.
2. In a deep non-stick pan, bring the milk to a boil, reduce the heat and simmer till the milk reduces to half its original volume.
3. Add the sucralose and saffron; mix well and removed from the heat.
4. Squeeze the *rosogulle* to remove excess syrup and put them in a bowl. Pour the thickened milk over and set aside to cool. Place in the refrigerator to chill.
5. Take the *rosogulla* mixture out of the refrigerator and spoon portions into individual *kasore*.
6. Sprinkle the pomegranate, pistachios and almonds, and serve chilled.

Note: *For the health conscious the pomegranate used in this sweet dish not only makes it colourful but is also good for the heart and a glowing skin.*



KAKDICHE GHAVAN

Ingredients

2 medium cucumbers, peeled and grated

1 ¼ cups wholewheat flour

¾ cup rice flour

½ cup jaggery, grated

½ cup sugar substitute (sucralose)

Salt to taste

8 teaspoons ghee

Method

1. Mix together the cucumber, wholewheat flour, rice flour, jaggery, sucralose and salt.
2. Add the water to make a batter of pouring consistency.
3. Heat a non-stick *tawa*, brush with a little ghee and pour one-fourth ladle of batter onto the *tawa*. Spread into a thin round shape.
4. Cook on both sides till golden brown.
5. Repeat the same with remaining batter. Serve hot.

KESARI PHIRNI

Ingredients

A few threads of saffron

2 cups skimmed milk

3 tablespoons rice, soaked

3-4 pistachios

½ cup sugar

¼ teaspoon green cardamom powder



Method

1. Soak the saffron in one tablespoon of milk. Blanch the pistachios, peel and cut into slivers.
2. Boil the milk and set aside. Drain and grind the rice coarsely.
3. Add the rice paste to the milk and cook, stirring continuously, to prevent lumps from forming.
4. Add the sugar and mix. Add the cardamom powder and saffron-flavoured milk, and mix. When the mixture starts thickening take it off the heat.
5. Pour into soaked *kasore*.
6. Decorate with the pistachio slivers and place in the refrigerator to chill.
7. Served chilled.

Note: *You can use brown rice instead of white rice - it will make the phirni more nutritious.*

MANGO BHAPA DOI WITH CITRUS FRUIT

Ingredients

½ cup mango pulp

1 cup thick skimmed milk yogurt, whisked 1 tin (400 grams) condensed milk ½
cup skimmed milk

A few peeled segments of orange A few peeled segments of sweet lime A few

pomegranate kernels A small sprig of fresh mint leaves



Method

1. Place the condensed milk in a bowl. Add the yogurt, mango pulp and milk, and mix well. Transfer the mixture into a steamer container.
2. Heat sufficient water in a steamer. Cover the container with aluminium foil and place in the steamer.
3. Cover the steamer and steam for twenty to twenty-five minutes.
4. Cool and place in the refrigerator.
5. Unmould onto a serving plate. Arrange the orange and sweet lime segments in a decorative pattern all around. Top with a few pomegranate kernels. Place a small sprig of mint leaves on top and serve chilled.

Note: Mango is rich in vitamin A and a complete meal when combined with a glass of cold milk.



MELON KHEER

Ingredients

½ small watermelon

½ cup sago, soaked

4 cups milk

A few strands of saffron

¼ cup sugar

8-10 almonds, blanched, peeled and slivered



Method

1. Using a Parisienne scoop (melon baller), scoop small balls from the watermelon and chill in the refrigerator.
2. Heat the milk in a deep non-stick pan. When it comes to a boil, lower the heat and simmer, stirring occasionally, till the quantity of milk reduces slightly.
3. Add the sago and cook on medium heat. Add the saffron and mix. Add the sugar and continue to cook till the sugar dissolves and the *kheer* thickens to the desired consistency.
4. Place some melon balls in a serving bowl, and spoon some *kheer* over them. Place some more melon balls on top. Sprinkle with almond slivers and serve.

SAEB KI KHEER

Ingredients

2 medium apples

5 cups skimmed milk

5 tablespoons sugar

½ teaspoon green cardamom powder

10-12 almonds



Method

1. Bring milk to a boil in a thick-bottomed non-stick pan and simmer till it thickens.
2. Grate the apples coarsely without peeling.
3. Heat a non-stick pan; add the grated apples and cook on medium heat. Add the sugar and simmer till the sugar melts. Continue to cook till most of the moisture evaporates.
4. Add some of the reduced milk and cook till the mixture begins to thicken. Add the remaining milk and cook till the *kheer* thickens some more.
5. Add the cardamom powder and almonds, and continue to cook till the *kheer* thickens to the desired consistency.
6. Cool and chill before serving.

Note: *When it comes to nuts, the almond is king: chock a block with protein, omega-3 fatty acids and vitamin E. And apples are rich in vitamin C and high in antioxidants. Saeb ki kheer is a good dessert for pregnant and lactating women.*

SAEB AUR SUJI HALWA

Ingredients

2 large apples thinly sliced + 1 large apple, puréed

½ cup semolina

1 cup skimmed milk

4 teaspoons sugar substitute (sucralose)

½ teaspoon green cardamom powder

A generous pinch of saffron

5-6 pistachios, blanched and slivered

Method

1. Dry-roast the semolina taking care that it does not change colour.
2. Boil the milk with one cup of water in a deep nonstick pan. Add the sucralose, cardamom powder and half the saffron.
3. Slowly add the semolina and cook, stirring continuously, till almost dry. Add the puréed apple and cook for two to three minutes.
4. Divide into four portions. Pack each portion tightly into a bowl, turn it upside down onto a serving plate and unmould.
5. Decorate with apple slices, pistachios and remaining saffron.

***Note:** A comforting dish for a cold winter's day. The best part is that unlike a traditional halwa this is easy to make without added fat! Apples add fiber and phytonutrients.*



SITAPHAL BASOONDI

Ingredients

1 cup custard apple, seeded

7½ cups skimmed milk

½ cup sugar

½ teaspoon green cardamom powder

10-12 pistachios, sliced

1 tablespoon *chironji*

10-12 almonds, blanched and slivered

3-4 rose petals (optional)



Method

1. Bring the milk to a boil in a heavy-bottomed non-stick pan on high heat.
2. Lower the heat and simmer for half an hour, stirring continuously, so that the milk does not burn and stick to the bottom of the pan.
3. When the milk reduces to half the original quantity, add the sugar.
4. Simmer for five more minutes. Remove from the heat and set aside to cool.
5. When completely cooled, add the custard apple, cardamom powder, pistachios and *chironji*.
6. Transfer to a serving bowl, and decorate with almond slivers and rose petals.
7. Serve chilled.



SUJI KHEER

Ingredients

½ cup semolina

7½ cups skimmed milk

7-8 saffron threads

2 tablespoons sugar

¼ cup sugar substitute (sucralose)

20 almonds, blanched and slivered

2 tablespoons *chironji*

Method

1. Place the semolina in a thick-bottomed non-stick pan. Roast on low heat for fifteen minutes or till light brown.
2. Soak the saffron in one tablespoon of milk.
3. Bring the remaining milk to a boil and simmer on medium heat till it is reduced to one litre.
4. Add the reduced milk to the semolina, stirring continuously to prevent lumps from forming.
5. Cook on high heat till it comes to a boil. Add the sugar and sucralose, and simmer for two to three minutes.
6. Add the saffron-flavoured milk and stir well.
7. Decorate with the almond slivers and *chironji*, and serve hot or cold.



DUDHI HALWA

Ingredients

500 grams bottle gourd, peeled, seeded and grated

3 cups skimmed milk

3-4 teaspoons pure ghee

4 teaspoons sugar substitute (sucralose)

½ teaspoon green cardamom powder

5 cashew nuts, roughly chopped

10 raisins

5 pistachios, roughly chopped

Method

1. Bring the milk to a boil in a non-stick pan; lower the heat and simmer till the milk reduces to around two cups its original volume.
2. Heat the ghee in another non-stick pan; add the grated gourd and sauté for five to seven minutes.
3. Add the milk and cook, stirring continuously, till all the liquid content evaporates. Add the sucralose and cardamom powder. Mix thoroughly.
4. Decorate with cashew nuts, raisins and pistachios.
5. Serve hot or cold.



ZAFRANI SEVIAN

Ingredients

10-15 saffron threads

6 tablespoons vermicelli

7½ cups skimmed milk

8 tablespoons sugar

20 raisins

1 teaspoon green cardamom powder

1 tablespoon toasted almond slivers



Method

1. Heat a non-stick pan and roast the vermicelli on medium heat till lightly browned.
2. Place the milk in a deep non-stick pan and bring it to a boil. Lower the heat and simmer for two to three minutes.
3. Add the sugar and cook till the sugar dissolves. Add the vermicelli and raisins, and cook for two minutes.
4. Take the pan off the heat. Add the saffron and cardamom powder, and stir well.
5. Serve hot or cold, decorated with toasted almond slivers.

***Note:** Vermicelli made from wholewheat is a rich source of protein and carbohydrate. Growing children demand sources of extra energy and this sweet is ideal for them.*



CORN KI KHEER

Ingredients

½ cup sweetcorn kernels, boiled

1 litre skimmed milk

A pinch of saffron threads

2 tablespoons skimmed milk

Sugar substitute (sucralose) to taste

10 pistachios, finely chopped

5 almonds, finely chopped

2 tablespoons white breadcrumbs

¼ teaspoon green cardamom powder



Method

1. Soak the saffron in two tablespoons of milk.
2. Heat one litre milk in a deep non-stick pan.
3. Grind the corn coarsely.
4. Add the sucralose to the milk. Add the pistachios, reserving some for decoration. Add the almonds and breadcrumbs, and mix.
5. Mix the cardamom powder in a little milk; add to the milk and mix well.
6. Add the coarsely ground corn and mix well. Stir in the saffron-flavoured milk. Bring to a boil. Remove from heat.
7. Let the *kheer* cool to room temperature and place in a refrigerator to chill.
8. Serve chilled, decorated with the reserved pistachios.



DATE AND WALNUT LADDOO

Ingredients

200 grams seedless dates, chopped

½ cup walnut kernels, toasted and crushed

1 cup apple juice

1 pear, grilled and chopped

2-inches cinnamon

½ cup eggless sponge cake crumbs

Cocoa powder, as required



Method

1. Heat the apple juice in a non-stick pan; add the dates and cook for two to three minutes.
2. Add the pear and cinnamon, and cook till the pear and dates are soft and the mixture is a little dry.
3. Remove the cinnamon stick and transfer the mixture to a bowl. Add the walnuts and mix.
4. Add the sponge cake crumbs and mix well. Let the mixture cool and place in a refrigerator to chill.
5. Shape into *laddoo*; roll in cocoa powder and serve.



ANJEER KHAJOOR BURFI

Ingredients

1½ cups dried figs

1½ cups seedless dates

25-30 almonds, finely chopped

15-20 cashew nuts, finely chopped

15-20 shelled pistachios, finely chopped

¼ cup ghee

1-2 sheets edible silver sheets



Method

1. Grease a seven-inch square aluminum tray.
2. Soak the dried figs in two cups of water for three to four hours. Drain and purée in a blender, using a little water if required. Alternatively, soak dried figs in one cup of hot water for ten minutes. Drain and cool. Purée as above.
3. Chop the dates and soak in half a cup of hot water for ten minutes. Purée in a blender.
4. Heat the ghee in a non-stick *kadai*. Add the fig and date purées. Stir well and cook over medium heat, stirring continuously, for ten to fifteen minutes, or till all the moisture dries up.
5. Add the almonds, cashew nuts and pistachios. Mix well and continue to cook for ten to fifteen minutes, stirring continuously, till the mixture begins to leave the sides of the pan.
6. Spread the *burfi* evenly in the greased tray and cover with silver foil. Set aside to cool. Cut into pieces when completely cold.

MOONG DAL HALWA

Ingredients

1 cup skinless split green gram

A generous pinch of saffron

½ cup hot skimmed milk

1 cup sugar

½ cup ghee

½ cup *khoya/mawa*, finely crumbled

10-12 almonds, blanched, peeled and slivered

Method

1. Wash and soak the split green gram for six hours. Grind coarsely using very little water. Soak the saffron in the hot milk.
2. Make a syrup of one-string consistency with the sugar and one and half cups of water.
3. Heat the ghee in a non-stick *kadai* and add the ground green gram. Cook over a low heat, stirring continuously, till the *dal* turns golden brown. This needs time and patience. Do not rush through this step.
4. Stir in the sugar syrup and saffron-flavoured milk, and mix till they are thoroughly incorporated and the *halwa* is of dropping consistency. Add the *khoya* and cook till it melts.
5. Serve hot, decorated with sliced almonds.



MOZ KA MEETHA

Ingredients

2 cups skimmed milk

2 tablespoons condensed milk

1 tablespoon grated *khoya/mawa*

Sugar substitute (sucralose), as required

6 elaichi bananas, sliced

A generous pinch of saffron threads

½ teaspoon green cardamom powder



Method

1. In a non-stick pan, bring the milk and condensed milk to a boil.
2. Cook till the milk is reduced to almost half the original quantity.
3. Add the grated *mawa* to the milk and mix. Stir in the sucralose and bananas.
4. Simmer for three to four minutes, stirring occasionally. Make sure that the bananas do not disintegrate.
5. Add the saffron and cardamom powder, stir and remove from heat.
6. Cool and place in a refrigerator to chill.
7. Served chilled.



GINGER AND OATMEAL HALWA

Ingredients

1 tablespoon dried ginger powder

½ cup porridge oats

½ cup wheat grains

1 tablespoon oatmeal flour

1 tablespoon wholewheat flour

½ cup cow's milk ghee

1 cup sugar

5 almonds, roasted and slivered

5 pistachios, roasted and slivered



Method

1. Soak the wheat grains in two cups of water for eight to ten hours. Drain and process in a blender. If the mixture is too dry add a little water.
2. Heat half the ghee in a non-stick pan and sauté the crushed wheat for five minutes.
3. Add the oatmeal flour and wholewheat flour, and sauté for two to three minutes longer.
4. Add the oats and continue to sauté.
5. Add the sugar and three cups of water and mix well. Add more water if necessary, and cook till the mixture thickens and attains the consistency of *halwa*.
6. Drizzle the remaining ghee on top. Add the slivered almonds, pistachios and dried ginger powder, and mix.
7. Serve hot.



PANEER AND COCONUT LADDOO

Ingredients

- 3 litres cow's milk
- 1 cup whey, to curdle the milk
- $\frac{3}{4}$ cup powdered sugar
- 1 teaspoon rose water
- $\frac{1}{2}$ cup desiccated coconut
- $\frac{1}{2}$ cup pistachios, crushed



Method

1. Bring the milk to a boil in a deep non-stick pan. Lower heat; add the whey and stir continuously till the milk curdles completely.
2. Strain through a piece of muslin and immediately place the muslin *potli* on ice to stop the cooking. Squeeze to remove excess moisture.
3. Transfer the *chhena* to a plate and knead with the heel of your hand till smooth. Add the powdered sugar, rose water and desiccated coconut, and mix well to make a medium soft dough.
4. Divide the mixture into sixteen equal portions and shape into *laddoo*. Roll the *laddoo* in the crushed pistachios and arrange on a serving plate.
5. Place in a refrigerator to chill and serve.



TARKARI HALWA

Ingredients

1 cup grated pumpkin

3 tablespoons ghee

10 raisins

10 cashew nuts

$\frac{1}{3}$ cup sugar substitute (sucralose)

$\frac{1}{2}$ teaspoon green cardamom powder



Method

1. Heat one tablespoon of ghee in a non-stick pan and sauté the raisins and cashew nuts. Drain on absorbent paper.
2. Heat a non-stick pan; add the grated pumpkin and cook till the moisture evaporates.
3. Stir in the sucralose and cook till the pumpkin is soft and mushy.
4. Stir in the remaining ghee, cardamom powder, raisins and cashew nuts.
5. Serve hot.

JHATPHAT POHA KHEER

Ingredients

- ½ cup beaten rice (*poha*)
- 4 cups skimmed milk
- A pinch of saffron threads
- 1 tablespoon cow's milk ghee
- 5 almonds, slivered
- 5 pistachios, slivered
- ¼ teaspoon green cardamom powder



Method

1. Place the beaten rice in a sieve and pour water over to moisten it.
2. Heat the milk in a deep non-stick pan.
3. Soak the saffron in a little hot milk.
4. Heat the ghee in a non-stick frying pan; add the almonds and pistachios, and fry till golden. Transfer to a small bowl.
5. Bring the milk to a boil in a non-stick pan; add the beaten rice and stir well. Add the cardamom powder and mix. Add the saffron-flavoured milk and mix well.
6. When the *kheer* comes to a boil again, add the fried almonds and pistachios.
7. Serve hot, or chill in a refrigerator and serve.

PINEAPPLE SHEERA

Ingredients

1 small (250 grams) pineapple, peeled and chopped

1 cup semolina

½ cup cow's milk ghee

A pinch of saffron threads

1 cup sugar

5-6 cashew nuts

5-6 almonds



Method

1. Heat the ghee in a non-stick pan; add the semolina and cook, stirring continuously till it turns golden brown. Add the saffron and mix.
2. Add the pineapple and further cook for two to three minutes.
3. Add two cups of water and mix. Cover and cook on medium heat for three minutes.
4. Add the sugar and mix. Keep stirring till all the moisture evaporates and the semolina is cooked completely.
5. Decorate with cashew nuts and almonds, and serve hot.



FRUIT SRIKHAND

Ingredients

- ¼ cup mango purée
- 1 small apple, peeled and chopped
- 2 elaichi bananas, peeled and chopped
- 5-6 strawberries, chopped
- 2 cups skimmed milk yogurt
- Sugar substitute (sucralose) to taste
- ¼ teaspoon green cardamom powder
- 4-5 almonds, blanched, peeled and slivered



Method

1. Place the drained yogurt in a bowl.
2. Add the sucralose and mango purée, and whisk well.
3. Add the chopped fruit and mix.
4. Stir in the cardamom powder and almond slivers.
5. Place in a refrigerator to chill and serve.



CHANA NO HALWO

Ingredients

1 cup fresh green Bengal gram

3 tablespoons ghee

2 cups skimmed milk

2 tablespoons sugar substitute (sucralose)

$\frac{1}{4}$ teaspoon green cardamom powder

$\frac{1}{4}$ cup grated *khoya/mawa*

10-12 almonds, chopped

10-12 cashew nuts, chopped



Method

1. Boil the Bengal gram with three cups of water in a non-stick pan or pressure cooker till soft. Drain and grind with a little water to a coarse paste.
2. Heat a non-stick pan and add the ghee. When the ghee melts, add the ground gram and sauté till fragrant.
3. Add the milk and cook, stirring continuously, till thick.
4. Add the sucralose and cardamom powder, and mix well.
5. Add the *mawa*, almonds and cashew nuts, and cook, stirring continuously, till the mixture thickens and begins to leave the sides of the pan.
6. Transfer to a serving bowl and serve hot.



DRIED FRUIT CHIKKI

Ingredients

½ cup almonds, sliced

½ cup shelled pistachios, sliced

½ cup cashew nuts, sliced

½ tablespoon ghee + for greasing

¾ cup sugar

A pinch of green cardamom powder

A few saffron threads

Dried rose petals, to decorate

Method

1. Preheat an oven to 200°C/400°F/Gas Mark 6. Grease a heavy rolling pin with ghee and set aside. Grease a worktop or board.
2. Spread the almonds, pistachios and cashew nuts on a baking tray. Roast in the preheated oven for seven to eight minutes.
3. Pour half a tablespoon of ghee into a thick-bottomed non-stick pan; add the sugar, cardamom powder and saffron. Cook till the mixture attains the consistency of a thick syrup and turns light brown in colour. Remove from heat.
4. Stir in the roasted nuts and immediately pour the mixture onto the greased surface.
5. Sprinkle with dried rose petals and roll out into a half-an-inch thick layer with the greased rolling pin.
6. Mark the *chikki* into squares with a knife while still warm. When cool, cut through the markings and separate the pieces. Store in an airtight container.

KHAJURACHI WADI

Ingredients

500 grams dates, seeded and chopped

2 teaspoons pure ghee

1 tablespoon gum resin, crushed

¼ cup cashew nuts

¼ cup pistachios

½ cup almonds

1 tablespoon poppy seeds, roasted

1 teaspoon green cardamom powder

½ teaspoon nutmeg powder

Aluminium foil, as required



Method

1. Coarsely grind the dates in a blender and transfer to a bowl. Coarsely grind the cashew nuts, pistachios and almonds.
2. Heat one teaspoon of ghee in a non-stick pan; add the gum resin and shallow-fry till golden brown. Remove and set aside.
3. To the same pan, add the remaining ghee and sauté the coarsely ground cashew nuts, pistachios, almonds and poppy seeds.
4. Add the dates and mix well. Sauté till the dates are heated through.
5. Transfer to a plate and set aside to cool slightly.
6. Sprinkle the cardamom powder and nutmeg powder. Crush the gum resin and add to the mixture. Mix well and knead into a dough.
7. Divide the mixture into two to three equal portions and shape into rolls.
8. Wrap them in aluminium foil and refrigerate for four to five hours.
9. Just before serving, unwrap the rolls and cut them into half-inch thick rounds.



Note: *Gum resin (gond) is very high in calcium, essential fatty acids, iron, folate and vitamin B.*

POACHED CINNAMON APPLES

Ingredients

- 1 teaspoon cinnamon powder
- 4 medium apples, cored and kept whole
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar
- 3-4 tablespoons raisins
- 2-3 dried figs, chopped
- 1 teaspoon lemon juice
- ½ cup red wine

Method

1. To make the filling, mix together the brown sugar, raisins, dried figs, lemon juice and cinnamon powder.
2. Stuff the apples with the filling.
3. Prick the apples with a fork. Arrange them on a baking dish and pour over the wine and apple juice.
4. Bake in a preheated oven at 170°C/325°F/Gas Mark 3, for thirty to forty minutes.
5. Serve warm, chilled or at room temperature.



FRUITY YOGURT WITH CEREAL TOPPING

Ingredients

2 ripe mangoes, peeled and cubed

2 medium apples, cubed

8-10 cherries, stoned

1½ cups skimmed milk yogurt, whisked

1 teaspoon sugar substitute (sucralose)

1 teaspoon raisins

3-4 cashew nuts, chopped

3 tablespoons muesli, toasted

Method

1. Combine the mangoes, apples and cherries, and refrigerate till ready to serve.
2. In a bowl, combine the yogurt and sucralose, and whisk till well blended.
3. Just before serving, mix together the chilled fruit, sweetened yogurt, raisins and cashew nuts.
4. Spoon into individual bowls; sprinkle toasted muesli over and serve at once.



OATMEAL BARS

Ingredients

2 cups porridge oats

½ cup honey

¼ cup chopped cashew nuts

2 tablespoons raisins

2 tablespoons butter

½ tsp cinnamon powder

1 tablespoon powdered sugar

2 cups skimmed milk

1 tablespoon custard powder

Chocolate sauce to decorate

Strawberry crush to decorate



Method

1. Preheat an oven to 180°C/350°F/Gas Mark 4.
2. Place the oat, honey, cashew nuts, raisins, butter, cinnamon powder and powdered sugar in a bowl and mix well.
3. Transfer the mixture to an eight-inch by six-inch ovenproof baking tin and press lightly. Place the mould in the preheated oven and bake for ten to fifteen minutes.
4. Pour the milk into a non-stick pan. Add the custard powder and whisk well. Cook on medium heat till the custard thickens. Remove from heat and set aside.
5. Remove the baked oatmeal from the oven; cool, unmould and cut into equal-sized four bars.
6. Pour a little custard in the centre of each serving plate and place one oatmeal bar on each plate.
7. Decorate with the chocolate sauce and strawberry crush, and serve immediately.



APPLE CAKE

Ingredients

1½ cups unsweetened apple purée

1 cup wholewheat flour

1 cup refined flour

Oil for greasing

2 teaspoons baking powder

½ teaspoon soda bicarbonate

¼ teaspoon cinnamon powder

⅓ cup sugar substitute (sucralose)

1 cup skimmed milk

150 grams butter, melted

Method

1. Grease a one kilogram capacity cake tin with oil, sprinkle with a little flour and dust off the excess. Set aside.
2. Preheat an oven to 200°C/400°F/Gas Mark 6.
3. Sift the flour, baking powder, soda-bicarbonate, cinnamon powder and sucralose together.
4. In a separate bowl, mix together the milk and the apple purée, and blend well. Add the melted butter and mix again.
5. Gradually add the flour mixture, stirring well to avoid lumps.
6. If the mixture is too thick, add a little water or milk to get the right consistency.
7. Pour the mixture into the cake tin and bake for thirty to forty minutes.
8. Allow the cake to cool before cutting it.

APPLE CRUMBLE

Ingredients

5 medium apples, peeled, cored, quartered and cut into ½-inch pieces

1⅓ cups refined flour

¼ cup porridge oats

⅓ cup butter, softened

7½ teaspoons sugar substitute (sucralose)

½ cup skimmed milk

3 tablespoons skimmed milk powder

15-20 almonds, flaked

¼ teaspoon cinnamon powder



Method

1. Preheat an oven to 180°C/350°F/Gas Mark 4
2. For the topping, place the refined flour in a bowl and add the oats, butter and four teaspoons sucralose. Mix with your fingertips till it resembles breadcrumbs.
3. Add the milk and mix. Add the milk powder and almonds, and mix again.
4. Place the apple pieces in a baking dish. Sprinkle the cinnamon powder and the remaining sucralose.
5. Spread the topping mixture over the apples and bake for thirty-five to forty minutes till the top is golden brown.
6. Serve hot or warm.

CHILLED COFFEE MOUSSE CAKE

Ingredients

3 tablespoons instant coffee powder

3 cups skimmed milk

1 six-inch eggless chocolate sponge cake, crumbled

2 tablespoons cornflour

2 teaspoons unflavoured vegetarian gelatine

7 teaspoons sugar substitute (sucralose)

½ cup fresh cream



Method

1. Mix one tablespoon of coffee powder in half a cup of warm water.
2. Press the chocolate cake crumbs onto the base and sides of a six-inch spring form cake tin. Moisten the crumbs with the coffee mixture.
3. Reserve one cup of milk and heat the rest in a deep non-stick pan along with the remaining instant coffee powder, over medium heat.
4. Mix the cornflour with the reserved milk and add to the pan. Cook, stirring continuously, till the mixture thickens. Remove from heat.
5. Dissolve the gelatine in a little hot water and add it to the pan and stir well.
6. Stir in five teaspoons of sucralose and continue stirring till the mixture cools slightly.
5. Pour the mixture into the prepared spring form tin and chill in the refrigerator till well set.
6. Just before serving, whisk the fresh cream with the remaining sucralose till stiff. Transfer to a piping bag with a star nozzle.
7. Unmould the dessert onto a serving dish. Pipe cream rosettes on the top and serve immediately.

ORANGE RICE PUDDING

Ingredients

½ cup fresh orange juice

1 teaspoon finely shredded orange rind

2 cups skimmed milk

⅓ cup rice

½ cup raisins

1½ tablespoons honey

¼ teaspoon vanilla essence

6-8 seedless dates, roughly chopped



Method

1. Soak the rice for half an hour. Drain. Soak the raisins in water for fifteen minutes. Squeeze out the excess water.
2. Boil the milk in a non-stick pan. Add the rice to the boiling milk, lower the heat and cook, stirring continuously, till the rice is soft and the milk has been completely absorbed.
3. Remove from the heat and cool to room temperature. Combine the cooked rice with the honey, raisins, vanilla essence, dates, orange rind and orange juice.
4. Pour into a medium-sized ceramic or glass ovenproof dish. Bake the pudding in a preheated oven at 170°C/325°F/Gas Mark 3, for fifteen minutes.
5. Serve warm or chilled.

BANANA CINNAMON TOAST

Ingredients

2 small bananas, halved and cut into round slices

¼ teaspoon ground cinnamon

2 fruit muffins

1 tablespoon unsalted butter

2-3 tablespoons maple syrup or honey

2 almonds, finely chopped

Method

1. Slice the muffins into round slices and toast them slightly. Place on a plate.
2. Heat the butter, add the banana slices and sauté till slightly golden and soft.
3. Add the maple syrup, cinnamon powder and almonds. Mix gently.
4. Pour the banana mixture over the muffin slices. Serve warm.

chef's Tip: You can use fruit cake instead of fruit muffins.



CHOCOLATE FRUIT TART

Ingredients

Crust

½ cup refined flour, sifted

¾ cup wholewheat flour, sifted

⅔ cup sugar

½ cup unsweetened cocoa powder

¼ teaspoon salt

150 grams frozen unsalted butter + for greasing

Filling

½ cup set orange jelly

½ tablespoon fresh lemon juice

1 cup cream

2 teaspoons sugar substitute (sucralose)

350 grams mixed fresh fruit, chopped

Method

1. Grease an eleven-inch round springform tart tin with butter.
2. Place the flour, sugar, cocoa powder and salt in a food processor and process for five seconds. Add the butter, cut into small pieces, and process till you get a moist, sandy texture.
3. Add one and a half tablespoons of chilled water and process until the dough comes together. Press evenly onto the bottom and up the sides of the greased tin and prick all over with a fork. Refrigerate for thirty minutes.
4. Preheat an oven to 180°C/350°F/Gas Mark 4. Bake the crust blind for around fifteen minutes, or until it looks dry.
5. Remove from the oven and set aside to cool.
6. Melt the orange jelly with lemon juice and brush a thin layer over the base of the tart.
7. Whip the cream with the sucralose and spread a thin layer over the jelly.
7. Arrange the fruit on top and brush with the jelly glaze. Cut into wedges and serve immediately.

Makes one 11-inch tart

chef's Tip: You can also make small tarts, by lining individual tart tins with the dough and filling as above.



Note: *Fruit tart can be made into individual bite-sized pieces also. Roll out the dough, cut, line individual tartlet moulds and continue as above.*



CRUNCHY FRUIT YOGURT AND CHEESE

Ingredients

2 large apples, cubed ½ medium muskmelon, cubed 2 large bananas, cubed 2 large pears, cubed 3-4 plums, pitted

2 sweet limes, pith removed, sliced and separated into segments 1½ cups thick skimmed milk yogurt ½ cup crumbled skimmed milk cottage cheese 2-3 tablespoons honey 2 tablespoons fresh strawberry purée 4 tablespoons cornflakes 8-10 prunes

Method

1. Combine all the fruit and honey in a bowl.
2. Whisk the yogurt in a separate bowl. Add the cottage cheese and strawberry purée and whisk till well blended.
3. Reserve some cornflakes for decoration and add the rest to the yogurt mixture.
4. Partially fill four stemmed glasses with the mixed fruit; add a prune in each. Top with the yogurt mixture.
5. Arrange another layer of mixed fruit, topped with the yogurt mixture. Decorate with a prune and sprinkle the reserved cornflakes on top.

EGGLESS TIRAMISÙ

Ingredients

1 six-inch round eggless sponge cake

4 teaspoons vanilla custard powder

1½ cups skimmed milk

6 teaspoons sugar

1 tablespoon instant coffee powder

4 tablespoons drained (hung) skimmed milk yogurt

3 tablespoons whipped cream

Method

1. Slice the cake horizontally into three slices. Mix the custard powder in a little cold milk.
2. Heat the remaining milk in a non-stick pan; add the custard powder mixture and cook, stirring continuously, till it begins to thicken.
3. Add the sugar and stir till it dissolves. Set aside to cool.
4. Heat a cup of water in a non-stick pan. Add one teaspoon of instant coffee powder and mix. Set aside to cool.
5. Add the yogurt to the custard and mix. Add the whipped cream and mix well.
6. Place the base slice of the cake in a glass bowl. Pour some of the coffee over it. Spread some of the custard mixture all over it.
7. Soak the remaining cake slices in the remaining coffee. Place another cake slice over the one in the bowl and spread some of the custard mixture all over it. Cover it with the third cake slice.
8. Pour the remaining custard mixture over it and spread it over the top and the sides of the sandwiched cake.
9. Place the remaining instant coffee powder in a small sieve and sprinkle it all over the top of the tiramisù.
10. Place it in the refrigerator to set for at least one and a half hours.
11. Serve chilled.



MANGO CHEESECAKE

Ingredients

Crust

8-10 bran biscuits or digestive biscuits

4 tablespoons butter

Filling

2 cups mango pulp

½ teaspoon mango essence

1 cup skimmed milk

½ cup condensed milk

1 tablespoon cornflour

1 tablespoon unflavoured vegetarian gelatine

1½ cups drained (hung) skimmed milk yogurt

2 cups skimmed milk cottage cheese

½ cup sugar, powdered

Topping

1 tablespoon mango jelly

1 mango, chopped

Method

1. Crush the biscuits to a coarse powder and place in a bowl. Add the butter and mix. Spread the mixture at the base of a springform pan lined with grease proof paper. Press the mixture lightly and place it in the refrigerator to set.
2. Heat the milk in a non-stick pan. Add the condensed milk and mix. Mix the cornflour in a little milk and add it to the hot milk. Cook, stirring continuously, till the mixture thickens. Set aside.
3. Mix the gelatine in a little water and heat in the microwave for one minute. Remove from the microwave and set aside.
4. Place the yogurt in a bowl. Add the cottage cheese and mix with a whisk. Add the mango pulp and mix again. Add the mango essence and the milk mixture. Mix again.
5. Add the powdered sugar and blend with a hand blender. Add the dissolved gelatine and blend again.
6. Pour this mixture into the prepared tin over the biscuit layer. Refrigerate for two to three hours.
7. Dissolve the mango jelly in a quarter cup of water, bring it to a boil and cool.
8. Spread a layer of the mango jelly on the set cheesecake. Chill until the jelly is set.
9. Remove from the springform pan and cut into eight wedges with a sharp knife dipped in hot water. Serve chilled, decorated with chopped mango.

chef's Tip: A springform pan is a round shallow cake tin with a removable base.





WHEAT COOKIES

Ingredients

1¼ cups wholewheat flour

2 tablespoons wheat bran

⅓ cup refined flour

110 grams chilled butter, diced

4 teaspoons sugar substitute (sucralose)

⅓ cup skimmed milk

Method

1. Preheat an oven to 150°C/300°F/Gas Mark 2. Grease a baking tray.
2. In a bowl, mix together the flour, bran and refined flour. Add the diced butter and rub it in with your fingertips till the mixture resembles breadcrumbs.
3. Mix in the sucralose. Add the cold milk (or water, or a mixture of the two) and knead lightly, making sure you do not overwork the dough.
4. Sprinkle a little flour on the worktop and roll out the dough into a one-fourth inch thick rectangle. Cut out the biscuits with cookie cutters of assorted shapes.
5. Place the biscuits a little apart on a baking tray. Bake for twenty to twenty-five minutes, or till done.
6. Remove from the oven and transfer the cookies to a wire rack to cool. Store in airtight tins.

MEDLEY OF FRUIT WITH CANDIED ROSE PETALS

Ingredients

¼ medium watermelon ¼ medium pineapple

2 medium apples

½ medium pomegranate 1 banana, peeled and cut into eight pieces 1 orange, segments cut into two 1 sweet lime, segment cut into two 1 *chickoo*, cut into thin wedges 1 teaspoon lemon juice 1 cup fresh orange or sweet lime juice 2



tablespoons candied rose petals

Method

1. Using a Parisienne scoop (melon baller), scoop out small balls from the watermelon, pineapple and apples. Sprinkle the apples with the lemon juice and mix well.
2. Extract the pomegranate kernels.
3. Mix the candied rose petals with the orange or sweet lime juice.
4. Arrange the fruit on a serving plate and place in a refrigerator to chill.
5. When ready to serve, sprinkle the rose petals and juice over the fruit. Serve immediately.



PRUNE TART

Ingredients

Crust

1 cup refined flour

40 grams chilled butter, diced

2 teaspoons sugar substitute (sucralose)

Filling

230 grams pitted prunes

$\frac{1}{3}$ cup almonds, crushed

15 prunes, halved

2 plums, pitted and quartered

Method

1. Grease a nine-inch non-stick pie tin and dust it with flour.
2. Sift the flour into a bowl. Rub the butter in with your fingertips until the mixture resembles fine breadcrumbs.
3. Mix in the sucralose. Make a well in the flour and add five tablespoons of cold water; knead into a stiff dough. Cover with a damp cloth for fifteen minutes.
4. Roll out the dough on a lightly floured surface and wrap it around the rolling pin. Unwrap the dough in the prepared pie tin.
5. Press the edges and trim the extra dough. Prick the base with a fork and place in a refrigerator for about fifteen minutes.
6. Preheat an oven to 170°C/325°F/Gas Mark 3. Bake the crust blind for ten to fifteen minutes.
7. To make the filling, purée the pitted prunes with half a cup of water. Place the prune purée in a non-stick pan and stir in two tablespoons of water and the almonds. Cook for one minute longer.
8. Spoon the mixture into the crust and level the surface. Bake for ten minutes.
9. Remove from the oven and decorate with the halved prunes and quartered plums. Cut into wedges and serve hot or cold.



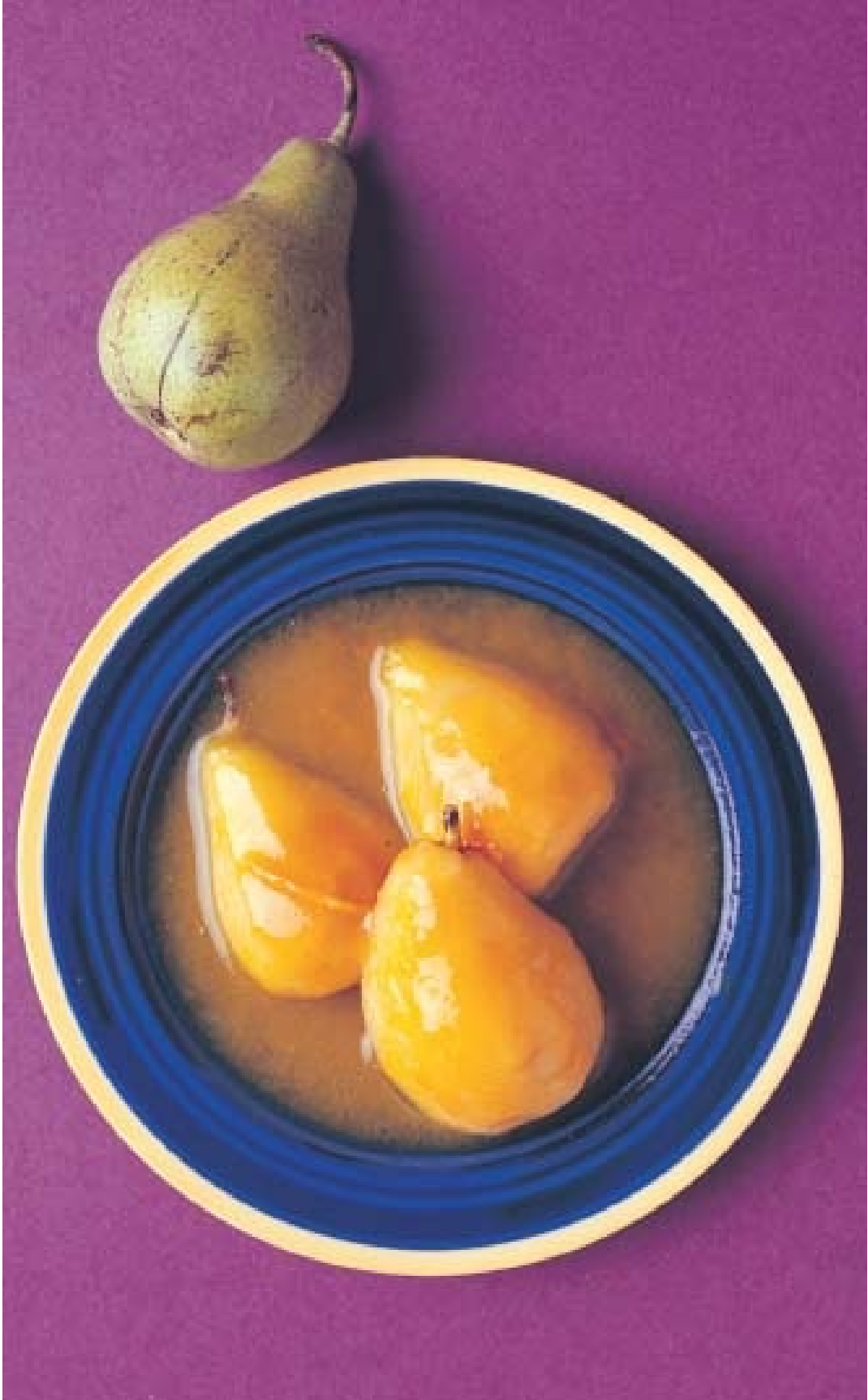
PEAR PARADISE

Ingredients

- 4 large pears, peeled, halved and seeded
- 1 tablespoon lemon juice
- ½ cup unsweetened mango pulp
- 1 cup fresh orange juice
- 1 tablespoon orange rind, cut into thin strips
- 4-5 pistachios (optional)

Method

1. Preheat an oven to 180°C/350°F/Gas Mark 4.
2. Apply the lemon juice to the pears and set aside.
3. Soak the pistachios in hot water for five minutes. Drain, peel and slice.
4. Arrange the pears with the cut side facing down in a medium-sized oven-proof ceramic or glass dish.
5. Mix together the unsweetened mango pulp, fresh orange juice and orange rind, and pour on the arranged pears.
6. Bake in the preheated oven for thirty minutes. Alternatively, cook in a microwave oven on HIGH (100%) for five minutes.
7. Decorate with sliced pistachios and serve warm. You may also serve this chilled, if desired.



STRAWBERRY CHEESECAKE

Ingredients

500 grams strawberries, hulled
2 cups grated skimmed milk cottage cheese
3 tablespoons butter
1½ cups crumbled digestive biscuits
1 tablespoon unflavoured vegetarian gelatine
1½ cups drained skimmed milk yogurt
5 teapoons sugar substitute (sucralose)

Method

1. Melt the butter and add it to the crumbled biscuits and mix.
2. Press the mixture onto the base and sides of a six-inch round loose-bottomed cake tin. Place in a refrigerator to set.
3. Reserve a few strawberries and purée the rest. Mix the gelatine in a little water and place it in the microwave oven for fifteen seconds till it melts. Remove and set aside.
4. Place the yogurt in a bowl. Add the cottage cheese and whisk well.
5. Add the strawberry purée and sucralose, and blend with a hand blender. Add the dissolved gelatine and blend again.
6. Strain and pour the mixture over the biscuit layer. Refrigerate for two to three hours.
7. Remove the cheesecake from the tin and decorate with the remaining strawberries.
8. Cut into wedges with a sharp knife dipped in hot water and serve immediately.



MIXED FRUIT CUSTARD

Ingredients

3 tablespoons vanilla custard powder

2 cups skimmed milk

2 teaspoons sugar substitute (sucralose)

4 bananas, peeled and cut into pieces

½ small musk melon, cubed

4 plums, cubed

10-12 strawberries, halved

4 tablespoons pomegranate kernels



Method

1. Whisk the custard powder and milk well and cook. Add sucralose and cook till thick. Set aside to cool. Chill in the refrigerator.
2. Mix the bananas, musk melon and plums. Place a portion of the mixed fruit in a stemmed glass. Pour some chilled custard on top.
3. Place the strawberries decoratively along the rim of the glass. Place some pomegranate kernels in the centre and serve chilled.



PINEAPPLE YOGURT FOOL

Ingredients

- ½ medium pineapple, cut into small cubes
- 2 tablespoons sugar substitute (sucralose)
- 1 inch cinnamon
- ½ cup drained (hung) skimmed milk yogurt

Method

1. Mix together the pineapple, sucralose and cinnamon in a non-stick pan and cook on low heat for thirty minutes. Set aside to cool.
2. Remove the pineapple pieces and mix them with the yogurt. Process in a blender till smooth. Place in a refrigerator to chill.
3. Serve chilled.



GLOSSARY

ENGLISH

Almonds
Alum
Apple
Banana, ripe
Bottle gourd
Butter
Cardamoms, green
Carrots
Cashew nuts
Caster sugar
Coconut, desiccated
Coconut, dried
Coconut, fresh
Cream
Cudpah nuts
Dates
Edible camphor
Edible gum resin
Edible silver foil
Gram flour
Gram green, split
Gram green, split, skinless
Grapes
Jaggery
Lemon

HINDI

Badam
Phitkari
Saeb
Kela
Doodhi
Makkhan
Chhoti elaichi
Gajar
Kaju
Pisi hui cheeni
Nami rahit khopra ka bareek chura
Khopra
Nariyal
Malai
Chironji
Khajur
Khane ka kaapur
Khane ka gond
Chandi ki varq
Besan
Chilkewali moong dal
Dhuli moong dal
Angoor
Gur
Nimbu

Mango, ripe	Aam
Milk	Doodh
Nutmeg	Jaiphal
Peaches	Aadoo
Peanuts	Moongphali
Pineapple	Ananas
Pistachios	Pista
Plum	Aloo bukhara
Pomegranate kernels	Anar ke dane
Poppy seeds	Khuskhus
Raisins	Kishmish
Reduced whole milk	Khoya/mawa
Refined flour	Maida
Rose	Gulab
Saffron	Kesar
Screw pine	Kewra
Semolina	Sooji/rawa
Sesame seeds	Til
Star anise	Chakri phool/badiyan
Sugar	Cheeni
Turmeric	Haldi
Vermicelli	Semiyon
Walnut	Akhrot

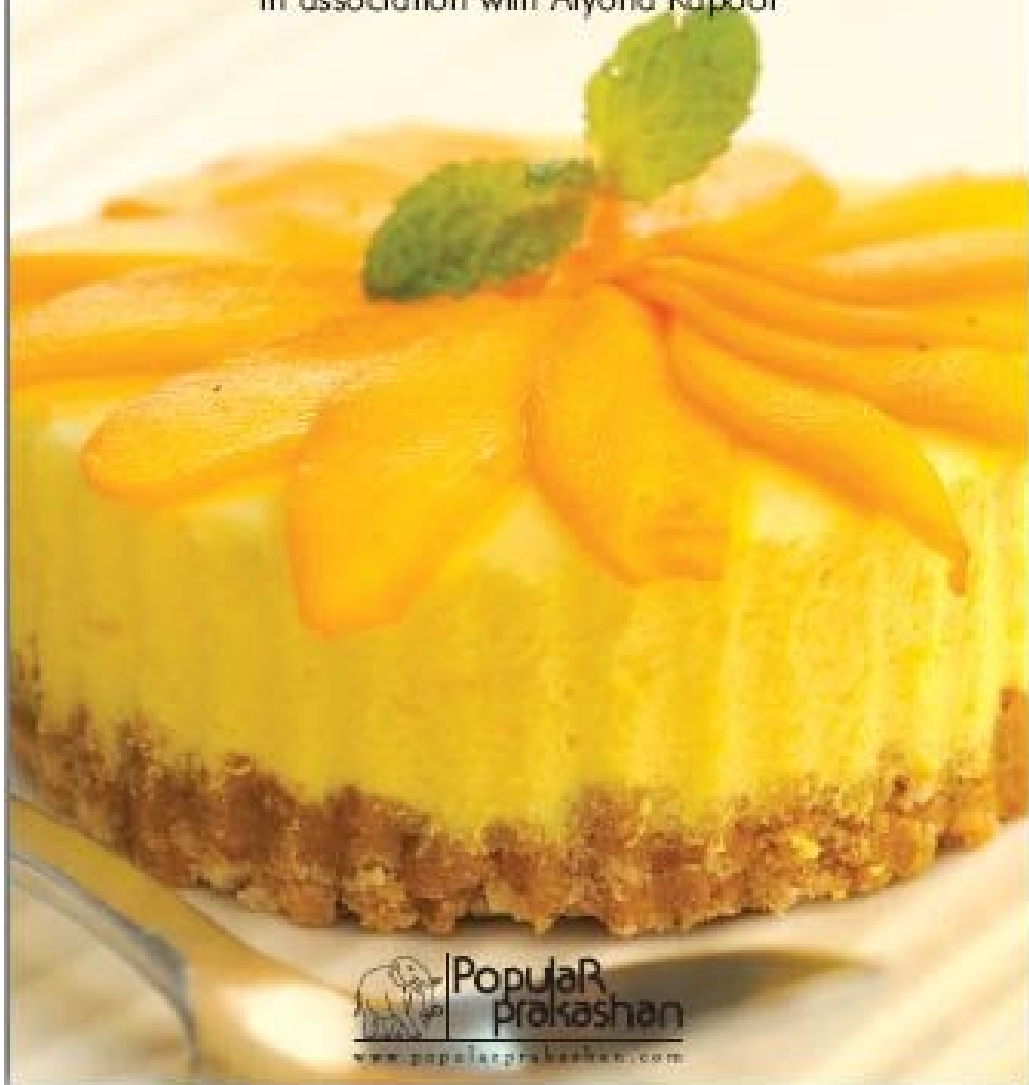
SANJEEV KAPOOR

EAT LITE

Vegetarian

Sweets & Desserts

In association with Alyona Kapoor



Popular
prakashan

www.popularprakashan.com

AUTHOR'S NOTE

Almost everyone looks forward to a sweet ending to a delicious meal-Dessert! The one part of a meal nobody wants to miss. Relished by all, and dreaded by many when it comes to calories.

With my *Eat Lite* collection of traditional Indian sweets and International desserts, you can indulge your sweet tooth without fretting about the calories. Sugar substitutes, skimmed milk and a judicious use of ghee, butter and cream go a long way in reducing the calorie count, without reducing the flavour.

Indulge in luscious Strawberry Cheesecake, velvety Gur aur Badam ki Phirni, lip-smacking Chilled Coffee Mousse Cake and the light and refreshing Pineapple Yogurt Fool.

Eat Lite to live right!

Sanjay Kumar

