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healthy *Recipes*

Everyday Gourmet

PHILIPS

Philips Airfryer

Great tasting food with up to 80%* less oil

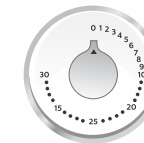
With Rapid Air technology for the perfect results

Philips unique Rapid Air Technology lets you fry with air to make food that is crispy on the outside and tender on the inside. Little or no oil is needed to ensure perfect texture and delicious results.



Upto 80%* less oil

Now no more worries of harmful cholesterol.



Automatic cooking

Pre-set timing and temperature options means no more monitoring.



Unique starfish design

Ensures fast air circulation to cook food evenly on all sides.



Patented Rapid air technology

Fast circulating super heated air to make your food crispy on the outside and juicy inside.



Easy to clean

No more oil, no more mess. Also dishwasher safe.



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Cooks for the whole family in one go.



*as compared to fresh fries prepared in a conventional Philips fryer

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Extra manual blending function to ensure perfect consistency every time



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Make up to 2L of juice in one go

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Unique Quick Clean Technology that allows you to clean the juicer in under 1 minute.



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Unique upside down sieve with seed separators to ensure you get pure juice & no seeds.



Full Apple feeding tube to ensure that there is no need to cut fruits before juicing.





Chef RANVEER BRAR

Currently charming India as one of the MasterChefs on season 4 of popular reality TV show MasterChef India, Chef Ranveer Brar is an Indian celebrity chef and TV show host born in Lucknow and started cooking at 17 as an apprentice to Lucknow's legendary street kebab vendor, kebab ustad Munir Ahmed. Hooked to cooking, he went on to enroll himself in catering college and embark on a career graph that has had an enviable trajectory. Beginning with the Taj Mahal where he was at the forefront of opening new restaurant projects in Delhi and then Goa. He went on to join Radisson Blu, Noida, and at 25, became the youngest Executive Chef of his time. Inevitably the next step was opening a restaurant and then there was no stopping him. Banq, which he opened in Boston went on to win numerous Awards, including the best new restaurant in the world. And he added laurel after laurel to his name. From the distinction of cooking at the James Beard House, NY, (of which he is an honorary member), to Kashmir an Indian restaurant he consulted with winning the Best of Boston award, 2010.

After five intensely challenging years in the US, home called and he returned to India as the Executive Chef of the Novotel Mumbai Juhu Beach. And almost overnight he blazed his way onto International TV with a succession of hit television shows including Breakfast Xpress, Snack Attack, Homemade, The Great Indian Rasoi, Thank God It's Fryday and Health Bhi Taste Bhi until finally joining the ongoing season of MasterChef India.

Social Media Statistics

Website : <http://ranveerbrar.com/>

Facebook : <https://www.facebook.com/FoodFables>

Twitter : <https://twitter.com/ranveerbrar>



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*In this book 1 cup = 100ml approx.

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Alu Seekh Kebab



Alu Seekh Kebab



Preparation
time



Cooking
time



Serves



Ingredients

Potatoes- peeled boiled	4 medium-sized
French beans- boiled chopped	½ cup
Soy mince	½ cup
Carrots- boiled chopped	½ cup
Ginger, garlic and green chili paste	1 tbsp (ratio ½: 1: ½)
Raw mango powder	1 tsp
Garam masala powder	1 tsp
Bread crumb	½ cup
Butter	1 tsp
Wooden satay	8-10 sticks

Garnish

Green coriander chutney, Kachumber, Zeerawala namak, Lemon wedges, Chillies

Method

- ◆ Soak skewers in cold water for 30 minutes.
- ◆ Mash boiled potatoes and mix with soya, french beans and carrots.
- ◆ Mix all the ingredients with vegetables and knead into dough.
- ◆ Press sausage shaped kebabs directly onto skewers. Apply gentle pressure while shaping kebabs.
- ◆ Pre heat Airfryer at 200° celsius for 5 minutes.
- ◆ Brush the wire rack with oil. Place the kebab skewers in the Airfryer and airfry for 10 minutes at 180° celsius.
- ◆ Transfer to a serving platter, sprinkle with zeerawala namak and serve hot with chillies, lime, Kachumbar and green coriander chutney.



Health
Tip

Vitamin B6 in potatoes is critical to maintain neurological health.

Anjeer ke Meethe Samose

Anjeer ke Meethe Samose



Preparation
time



Cooking
time



Serves



Ingredients

Samosa dough

Ghee	2 tbsp
Flour	1 cup
Fennel seeds [roasted]	A pinch
Water as required	

Filling

Anjeer besan sheera

Ghee	2 tbsp
Gram flour	1 cup
Dry figs	2 tbsp (or 7 – 8 nos)
Milk	1 cup
Sugar	3 tbsp

Garnish

Strawberry syrup	2 tbsp
Fresh figs	4 no

Method

To make samosa dough

- ◆ In a bowl, add ghee, flour, water and roasted fennel powder and knead it.
- ◆ Let it rest for 10 mins.
- ◆ Make balls out of the dough and roll into pooris, give it a triangular shape.

To make besan sheera

- ◆ Take a pan, add ghee, heat it and add gram flour and pan roast it.
- ◆ Finely chop dried fig and add to the pan.
- ◆ Now add milk and sugar and mix well.
- ◆ Refrigerate the besan sheera for 10 minutes.
- ◆ Take the pooris and fill it with the besan sheera and seal the sides.
- ◆ Fry in preheated Airfryer at 170° for 10 mins till it turns golden brown.

Garnish

- ◆ Drizzle strawberry, place the figs and anjeer besan samosa.



Health
Tip

Anjeer is rich in dietary fiber and improves digestion.

Arvi “Cutlace”

Arvi “Cutlace”



Preparation
time



Cooking
time



Serves



Ingredients

Arvi boiled	250 g
Refined flour	2 tbsp
Cornflour	1 tsp
Ginger finely chopped	1 tbsp
Green chillies chopped	2 nos
Raw mango finely chopped	2 tbsp
Dates finely chopped	5 nos
Dried apricot finely chopped	5 nos
Fresh coriander leaves chopped	1 tbsp
Salt	To taste
Red chilli powder	1/4 tsp
Oil	1 tsp

Method

- ◆ Boil arvi and peel. Add maida & cornstarch & mash well.
- ◆ Make stuffing with remaining ingredients in another bowl.
- ◆ Take small portion of arvi mixture and line a gujiyaan mould with it.
- ◆ Sprinkle some cornstarch and place a little portion of stuffing.
- ◆ Close the mould and seal it carefully.
- ◆ Pre heat the Airfryer to 180° Celsius and airfry the cutlace till golden (Aprox 8 mins).
- ◆ Serve with yoghurt and grated radish chutney.



Health
Tip

Arvi has low glycemic index that reduces fatigue.

Bhathi ka Paneer

Bhathi ka Paneer



Preparation
time



Cooking
time



Serves



Ingredients

Marinade

Yogurt	½ cup
Bhathi masala	2 tbsp
Garlic ginger paste	1 tbsp
Sugarcane vinegar	1 tbsp
Juice	1 lemon
Paneer cubes	300 g
Red bell pepper	1 medium
Capsicum	1 medium
Yellow bell pepper	1 medium
Gram flour	2 tbsp
Salt	To taste
Oil	As required
Wooden skewers or satay	8-10 sticks

Plating

Onion rings	As required
Lemon juice	½
Lemon slices	As required
Mint chutney	As required
Coriander leaves	As required

Bhathi masala

Coriander seeds whole	5 g
Black peppercorns	5 g
Cumin seeds	5 g
Fenugreek leaves dried	5 g
Ground cinnamon	5 g
Chilli powder	5 g
Whole cloves	5 g
Cardamom	5 g
Nutmeg	5 g
Ground mace	5 g

Method

- ◆ Grind all spices for bhathi ka masala to a coarse powder.
- ◆ For the marinade, in a bowl add yogurt, bhathi masala, garlic ginger paste, sugarcane vinegar and lemon juice and mix.
- ◆ Add Paneer and vegetables to the mixture. Then add gram flour along with salt and mix well. Let this marinate for ½ hour.
- ◆ Arrange marinated paneer and vegetables on wet skewers and brush some oil.
- ◆ Pre heat the Airfryer at 180° celsius for 5 minutes. Brush the wire rack with oil.
- ◆ Place the paneer skewer in the Airfryer and airfry for 5 minutes or till light brown.
- ◆ Drizzle lemon juice over the roasted paneer and also keep some lemon slices on the plate.
- ◆ Serve the paneer with mint chutney and garnish with coriander leaves and onion rings.



Health
Tip

Calcium in paneer helps build stronger bones.

Chana Jor Kachori

Chana Jor Kachori



Preparation
time



Cooking
time



Serves



Ingredients

Oil	2 tbsp
Boiled chana dal	150 g
Carom seeds	1 tsp
Finely chopped garlic	2 tsp
Finely chopped ginger	1 tsp
Finely chopped green chilli	½ tsp
Finely chopped coriander	1 tsp
Salt	To taste
Dry mango powder	½ tsp
Finely chopped raw mango	2 tsp
Finely chopped date	2 tsp
Finely chopped dried apricots	2 tsp
Oil	To brush

Garnish

Chopped fresh apricots	As required
Tamarind chutney	As required
Coriander leaves	As required

Dough

Wheat flour	2 cups
Butter	2 tbsp
Oil	2/3 cup
Salt	to taste
Aniseed powder	½ tsp
Clove powder	A pinch
Cinnamon powder	A pinch
Overnight urad dal paste	½ cup

Method

Dough

- ◆ In a bowl add wheat flour, butter, oil, salt, aniseed powder, clove powder, cinnamon powder, black gram dal paste, water and knead into dough. Rest the dough for 10 minutes.

Stuffing

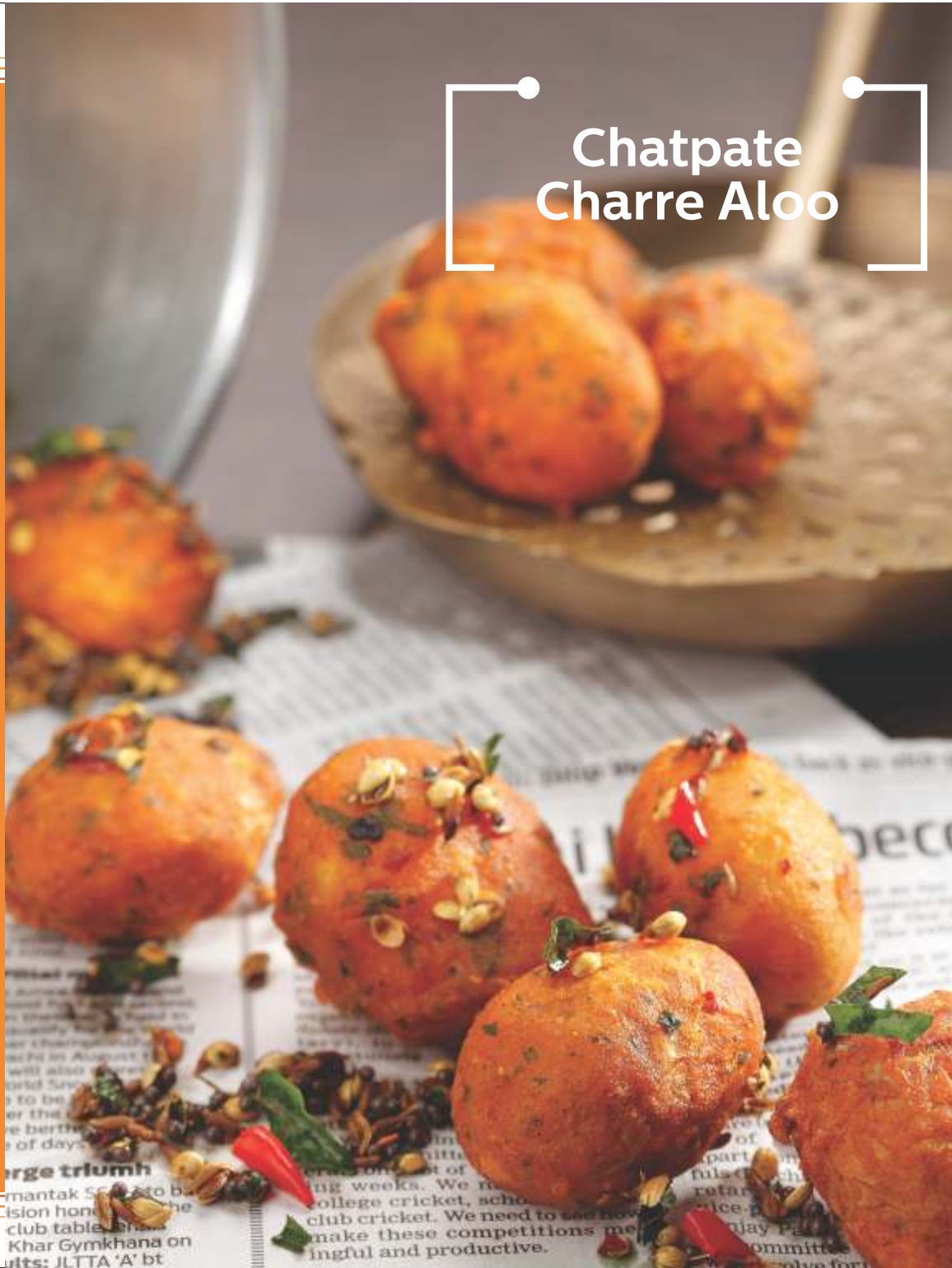
- ◆ In a pan add oil and dal and shallow fry till it turns brown.
- ◆ Add carom seeds, finely chopped garlic, finely chopped ginger, finely chopped green chilli, finely chopped coriander, salt, dry mango powder, finely chopped raw mango, finely chopped dates and finely chopped dried apricots and mix.
- ◆ Remove in a bowl and mash. Let it rest for 10 – 12 mins.

Kachori

- ◆ Take a small portion of the ready dough and make a roti. Fill the roti with the stuffing, and roll it to make a shape of a kachori. Make some more like this.
- ◆ Airfry the kachoris in the preheated airfryer at 170° celsius.
- ◆ Place the fried kachoris on a plate and garnish with chopped fresh apricots, tamarind chutney and coriander leaves.



Chana is known to be an effective natural aid for weight loss due to its high fibre content.



Chatpate Charre Aloo

Chatpate Charre Aloo



Preparation
time



Cooking
time



Serves



Ingredients

Bajra / pearl flour	¼ cup
Gram flour	1 tbsp
Crushed black pepper	To taste
Salt	To taste
Turmeric powder	½ tsp
Red chilli powder	1 tsp
Finely chopped coriander	1 tbsp
Mustard paste	1 tsp
Boiled baby potatoes	12 – 14 nos
Chilli flakes	1 tsp
Basil leaves	As required

Masala

Oil	1 tsp
Cumin seeds	1 tsp
Chilli flakes	1 tsp
Crushed coriander seeds	1 tsp
Curry leaves	5 – 6 nos.
Black salt	A pinch

Garnish

Pomegranate seeds	As required
Chilli flakes	As required
Red chilli powder	As required

Method

- ◆ For the marinade, in a bowl add bajra flour, gram flour, crushed black pepper, salt, turmeric powder, red chilli powder, finely chopped coriander and mustard paste and mix.
- ◆ Toss the boiled baby potatoes in the marinade and remove. Add water to the marinade to make a batter and add chilli flakes and mix.
- ◆ Coat the baby potatoes with the batter and airfry at 180° celsius.
- ◆ To prepare the masala, in another pan add oil, cumin seeds, chilli flakes, crushed coriander seeds, curry leaves, fried baby potatoes and black salt and mix.
- ◆ On a satay stick, add the prepared baby potatoes, basil leaves and the baby potatoes again. Make more like this.
- ◆ Place the satay sticks on a plate.
- ◆ Garnish with pomegranate seeds, leftover curry leaves from the prepared masala, chilli flakes and red chilli powder.



Health
Tip

Potatoes is rich in vitamin B6 which helps in building cells.



Crispy Rajma Pyramids

Crispy Rajma Pyramids



Preparation
time



Cooking
time



Serves



Ingredients

Soaked and boiled red kidney beans	½ cup	Red chilli powder	½ tsp
Chopped spring onion	2 tsp	Almond powder	1 tbsp
Chopped onion	2 tsp	Sumac powder (or anardana powder)	1 tsp
Chopped spring onion stalk	2 tsp	Breadcrumbs	As required
Chopped dill	1 tsp	Oil	To fry
Chopped garlic	1 tsp	Serve	
Chopped ginger	1 tsp	Raita	As required
Chopped coriander	1 tsp		
Chopped green chilli	1 tsp		
Salt	To taste		

Method

- ◆ In a mixer add the soaked and boiled red kidney beans, chopped spring onion, chopped onion, chopped spring onion stalk, chopped dill, chopped garlic, chopped ginger, chopped coriander, chopped green chilli, salt and red chilli powder and blend.
- ◆ Remove this mixture in a bowl and add almond powder and sumac powder and mix.
- ◆ Take a portion of the mixture and give it a shape of a pyramid. Coat with breadcrumbs.
- ◆ Airfry in a preheated Airfryer at 180° celsius for 10 mins and remove.
- ◆ Remove on a plate & sprinkle sumac powder on it. Serve hot with raita.



Rajma is loaded with protein that acts as building block for bones, muscles & cartilage.

Dahi Tikki Makai Papdi Chaat

Dahi Tikki Makai Papdi Chaat



Preparation
time



Cooking
time



Serves



Ingredients

Dahi Tikki Mixture

Hung curd	1 cup
Chopped coriander	1 tsp
Red chilli powder	½ tsp
Roasted cumin seeds	½ tsp
Salt	As per taste
Flour	1 tsp
Nylon sev	1 cup

Papdi

Flour	1 cup
Crushed black pepper	As per taste
Ghee	1 tsp

Sweet Potato Mixture

Boiled sweet potato	1 cup
Chopped coriander	1 tbsp
Black Salt	A pinch
Red chilli powder	1 tsp
Lemon juice	1 tsp
Oil	1 tsp

Plating/Serving

Chopped Sweet potato
Chopped Onions
Tamarind chutney
Mint chutney
Garnish with coriander leaves

Method

Mixture

- ◆ Take a bowl, add hung curd, chopped coriander, red chilli powder, roasted cumin seed powder, salt and mix it well with flour.

Papdi

- ◆ Take another bowl add flour, salt, crushed black pepper and knead it well with ghee, add little water and knead it into stiff dough, let it rest for 10 minutes.
- ◆ Make balls out of the dough and roll it into a chapatti /roti and cut papdi shapes.
- ◆ With the help of a fork press it slightly on the papdis to make fork impressions and put it in the preheated Airfryer (200° celsius for 5 minutes) and then airfry at 170° celsius for 6 minutes.
- ◆ Make tikkis out of the dahi tikki mixtures coat well with Nylon sev and airfry the Tikkis at 180° celsius
- ◆ Take a bowl, put the boiled sweet potatoes and chopped coriander, black salt, red chilli powder, lemon juice, oil and mix well.
- ◆ In a plate arrange papdi and tikkis on it. Top with sweet potato, onions, chutneys and coriander. Serve.



Health
Tip

Curd neutralizes the heat that foods create and improves digestion.



Double ka Meetha

Double ka Meetha



Preparation
time



Cooking
time



Serves



Ingredients

Brown bread slices	4
Milk	1 cup
Sugar	8 tbsp
Cream	5 tbsp
Cardamom powder	¼ tsp
Almonds blanched peeled & sliced	10-15
Pistachios, sliced	10-15
Saffron (kesar)	A few strands
Water	2 tbsp

Method

- ◆ Heat milk in a deep nonstick pan. Heat another non stick pan, add sugar and 2 tbsp water and cook to make thick syrup. Cut the bread into 2 triangles from each slice, alternatively use cookie cutter to cut out pretty shapes.
- ◆ Toast the bread slices in the Airfryer at 180° celsius for 4 mins.
- ◆ When the milk comes to a boil, add cream, cardamom powder and stir and cook till it reduces and becomes thick. Cut each toast into two triangles.
- ◆ Meanwhile preheat Airfryer at 180° celsius for 5 minutes.
- ◆ Dip the toasts in the sugar syrup and arrange them in an ovenproof dish. Pour the milk-cream mixture over them. Drizzle the remaining sugar syrup on top. Sprinkle almonds and pistachios, a few saffron strands and put in the preheated Airfryer for 5-6 minutes.
- ◆ Serve hot.



Health
Tip

Bread is rich in carbohydrate that provides energy

Dry Vegetable Manchurian

Dry Vegetable Manchurian



Preparation
time



Cooking
time



Serves



Ingredients

Cabbage, shredded	½ cup	Celery, chopped	2 tsp
Cauliflower, grated	1 cup	Corn flour/ corn starch	1 tsp
Carrot, grated	¼ cup	Vegetable stock	1 cup
Green chilies, finely chopped	1 tsp	Black pepper powder	½ tsp
Garlic, finely chopped	1 tbsp	Sugar	½ tsp
Ginger, finely chopped	1 tsp	Spring onion greens finely chopped	Handful
Salt	To taste		
Refined flour (maida)	¼ cup		
Dark soy sauce	1 tsp		
Sesame oil	1 tbsp		

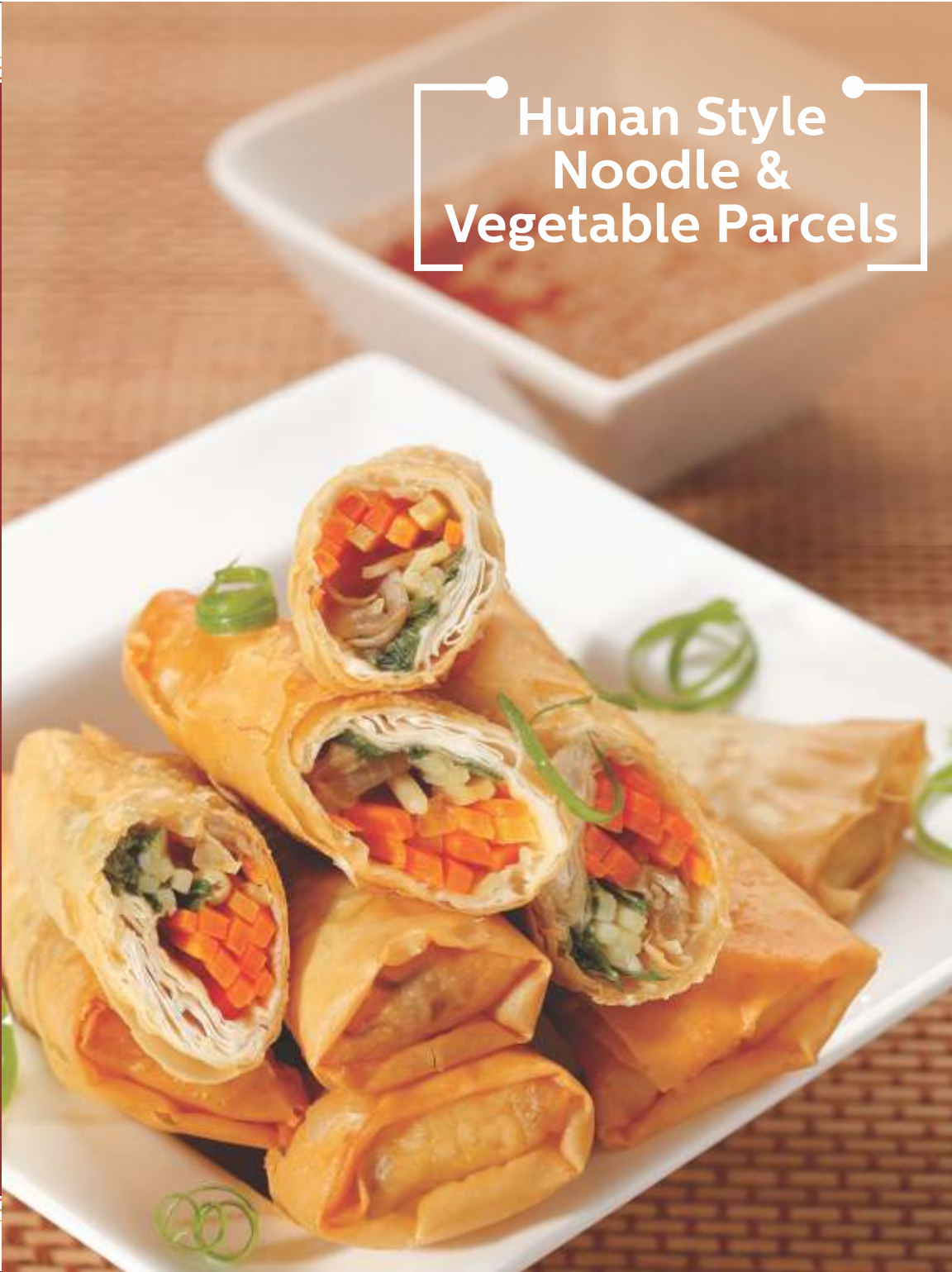
Method

- ◆ Mix together cabbage, carrot, cauliflower, ⅓ of the green chilies, salt, refined flour (Maida) and 2 tbsp soy sauce well.
- ◆ Shape into small balls & roll in cornflour.
- ◆ Pre heat Airfryer at 180°Celsius for 5 minutes.
- ◆ Brush the wire rack and all the manchurian balls with oil. Place the balls in the Airfryer and airfry for 15 minutes.
- ◆ Meanwhile heat 1 tbsp oil in a non-stick pan. Add remaining ginger, garlic and green chilies, celery, remaining soy sauce and sauté.
- ◆ Dissolve corn flour in 2 tbsp water. Add vegetable stock to the pan and simmer for 1-2 minutes.
- ◆ Add corn flour mixture pepper powder and sugar and mix well.
- ◆ Remove the vegetable balls and add to the sauce. Mix well until it gets dry. Switch off the heat. Add half the spring onion greens and mix.
- ◆ Transfer into a serving dish and serve hot garnished with remaining spring onion greens.



Health
Tip

High fiber content in the vegetables is ideal for weight loss



Hunan Style Noodle & Vegetable Parcels

Hunan Style Noodle & Vegetable Parcels



Preparation
time



Cooking
time



Serves



Ingredients

Mushrooms, sliced	½ cup
Carrots, julienne	½ cup
French beans, julienne	½ cup
Onion, sliced	½ no. medium
Cabbage, shredded	½ cup
Bean sprouts	½ cup
Salt	As per taste
White pepper powder	1 tsp
Garlic, chopped	1 tbsp
Ginger, chopped	1 tsp
Soy sauce	1 tbsp
Sweet chili sauce	1 tbsp
Spring onion, chopped	½ cup
Chili oil	1 tbsp
Chinese noodles, boiled	½ cup
Wonton sheets	10 nos
Binding batter- (water + maida) in equal quantity	

Method

- ◆ Heat oil in pan; add garlic, ginger followed by all vegetables. Stir well on high flame for 2 minutes.
- ◆ Add soy sauce and seasoning. Finish with chopped spring onions. Remove the vegetables and let them cool.
- ◆ Take tablespoon of vegetable mixture, place them on wonton sheets, add little portion of noodles and seal the parcel with batter.
- ◆ Pre heat Airfryer at 180° celsius for 5 minutes.
- ◆ Brush the wire rack and all the parcels with oil. Place the parcels in the Airfryer and airfry at 170° celsius for 12 minutes.
- ◆ Remove and cut into half. Serve hot with sweet chili sauce and pickled vegetables like lotus root.



Health
Tip

Green vegetables are rich in minerals that slow down ageing.

Khumb Kadak

Khumb Kadak



Preparation
time



Cooking
time



Serves



Ingredients

Button mushrooms	16 large
Mango pickle	5-6 tbsp
Yogurt (hung)	1 cup
Gram flour (besan)	1 1/2 cups
Ginger-garlic paste	1 tsp
Mustard powder	1/2 tsp
Onion seeds (kalonji)	1 tsp
Mustard oil	1 tbsp
Turmeric powder	1/2 tsp
Garam masala powder	1 tsp
Red chilli paste	1 tsp
Salt	To taste
Wooden satay or skewers	4 sticks

Method

- ◆ Soak satay sticks for 30 minutes.
- ◆ Wash mushrooms. Boil 4 cups of water and dip mushrooms in the boiling water for 30 seconds. Drain immediately and dry. Take mango pickle in a bowl and remove pieces so that only the pickle masala can be used.
- ◆ Roast besan on low heat till fragrant. Let cool. Mix together the hung yogurt, pickle masala, ginger-garlic paste, roasted besan, mustard powder, kalonji, mustard oil, turmeric powder, garam masala powder, red chilli paste and salt to taste.
- ◆ Marinate blanched mushrooms in it for an hour. Dry the soaked satay sticks on a kitchen paper and skewer mushrooms one by one and apply remaining marinade on them.
- ◆ Pre heat Airfryer at 200° celsius for 5 minutes.
- ◆ Brush the wire rack with oil. Place the marinated mushrooms in the Airfryer and airfry for 10 minutes.
- ◆ Serve with chutney of your choice.



Health
Tip

The fiber and certain enzymes in mushroom help lower cholesterol levels.

Lentil Burger

Lentil Burger



Preparation
time



Cooking
time



Serves



Ingredients

Oil	1 tbsp	Boiled mixed lentils	½ cup
Finely chopped garlic	2 tsp	Breadcrumbs	1 tbsp
Finely chopped ginger	2 tsp	Chopped coriander	2 tsp
Finely chopped onion	1 tbsp	Sliced onion	3 – 4 nos
Finely chopped green chilli	1 tsp	Sliced tomato	½ no
Finely chopped celery	1 tsp	Cucumber slices	½ no.
Salt	To taste	Gherkins	2 – 3 nos
Finely chopped carrots	1 ½ tbsp	Serve	
Finely chopped french beans	1 ½ tbsp	Tomato ketchup	½ cup
Boiled and grated potato	2 tbsp	Achaar paste	½ cup

Method

- ◆ In a pan add oil, finely chopped garlic, finely chopped ginger, finely chopped onion, finely chopped green chilli, finely chopped celery, salt, finely chopped carrots and finely chopped french beans and sauté.

Filling

- ◆ In a bowl add the sautéed vegetables, boiled and grated potato, boiled mixed lentils, breadcrumbs and chopped coriander and mix.
- ◆ In a pre-heated Airfryer, make a patty of the filling and airfry at 180° celsius.
- ◆ Place one half of burger bun on a plate. Add sliced onion, prepared patty, sliced tomato, sliced cucumber and gherkins and cover with the other half to make a burger.
- ◆ Serve the lentil pancake burger with achaari tomato ketchup.



Health
Tip

Lentils have the highest level of protein and are used to build and repair tissues.

Masala Yam Fries

Masala Yam Fries



Preparation
time



Cooking
time



Serves



Ingredients

Half boiled yam (also called suran or zamikand)

500 g

Salt

To taste

Turmeric powder

½ tsp

Red chilli powder

1 tsp

Oil

3 tbsp

Lemon juice

½ no

Masala

Oil

2 tsp

Mustard seeds

1 tsp

Slit red chilli

4 – 5 nos.

Curry leaves

6 – 7 nos.

Salt

To taste

Crushed black pepper

To taste

Chopped coriander

1 tsp

Garnish

Mayonnaise

2 tbsp

Red chilli powder

½ tsp

Method

- ◆ Cut the half boiled yam into long fingers.
- ◆ To make the marinade in a bowl add the chopped yam, salt, turmeric, red chilli powder, oil and lemon juice and mix.
- ◆ Preheat the Airfryer to 170° celsius and airfry yam in it.
- ◆ To make the masala in a pan add oil, mustard seeds, slit red chilli, curry leaves, some of the oil in the leftover marinade, fried yam, salt, crushed black pepper and chopped coriander and toss.
- ◆ In a bowl add mayonnaise and some of the oil in the leftover marinade and the red chilli powder and mix.
- ◆ Add the mayonnaise mixture on a plate. Sprinkle red chilli powder and place the masala yam.
- ◆ Serve with the leftover masala on the side and chilled chaas.



Health
Tip

Yam is a good source of vitamin B6 & is good for skin and hair.

Masaledar Chicken Lollypops

Masaledar Chicken Lollypops



Preparation
time



Cooking
time



Serves



Ingredients

Chicken wings crafted Into Lollipops	8 nos
Maida	1 cup
Tea spoons of corn flour	2-3 tsp
Vegetable oil	2 tbsp
Prawn/shrimp paste (optional)	1 tbsp
Sugar	3/4 tsp
Sesame oil	1 tsp
Soy sauce	1 tbsp
Ginger garlic paste	1 tsp
Kashmiri red chili powder	1 tsp

Method

- ◆ In a bowl, combine the marinade ingredients until a paste is formed. Marinate chicken with the sauce for at least an hour or preferably overnight in the fridge.
- ◆ Just before cooking, add corn flour to the marinated chicken. Stir to coat evenly, shaking off excess flour on the chicken.
- ◆ Preheat Airfryer at 180° celsius for 5 minutes. Meanwhile, lightly brush chicken pieces with vegetable oil.
- ◆ Arrange chicken on the fryer basket and slide the basket into the Airfryer. Set timer and airfry for 8 to 10 minutes. Pull out the tray, use tongs to turn chicken pieces over, and set timer for another 7 minutes.
- ◆ Remove and serve hot with Szechuan Sauce and sliced cucumbers.



Health
Tip

Chicken has zinc which helps to maintain a healthy appetite.



Mexican Fried Fish



Preparation
time



Cooking
time



Serves



Ingredients

Eggs	2 nos	Cocktail sauce	
Mustard sauce	1 tsp	Chopped coriander	1 tsp
Grated parmesan cheese	2 tsp	Mustard sauce	½ tsp
Salt	To taste	Tomato ketchup	2 tsp
Red chilli powder	1 tsp	Mayonnaise	1 tbsp
Refined flour	2 tsp	Salad	
Lemon juice	½ no.	Iceburg lettuce	1 no
Basa fish fillets,	1 no.	Tomato wedges	½ no
Nachos	½ cup	Lemon juice	½ no
Chopped coriander	2 tsp	Salt	To taste
Oil	1 ½ tbsp		
Breadcrumbs	1 cup		

Method

- ◆ To prepare the marinade - in a bowl add eggs, mustard sauce, grated parmesan cheese, salt, red chilli powder, refined flour and lemon juice and mix.
- ◆ Cut the Basa fish fillets into strips for fish fingers. Place the pieces in the marinade for 5 mins.
- ◆ Crush nachos in a plate. Add breadcrumbs and chopped coriander and mix. Coat the marinated fish with this.
- ◆ Airfry the fish in a preheated Airfryer at 170° celsius. Once done, remove on a plate.
- ◆ To prepare the cocktail sauce - in a bowl add chopped coriander, mustard sauce, tomato ketchup and mayonnaise and mix.
- ◆ To prepare the salad - in a plate add iceberg lettuce, tomato wedges, lemon juice and salt and toss.
- ◆ Place the prepared fish on this plate.
- ◆ Serve it with the cocktail sauce.



Fish oil supports a healthy blood cholesterol profile.

Murg Peshawari Tikka

Murg Peshawari Tikka



Preparation
time



Cooking
time



Serves



Ingredients

Chicken, boneless cut in cubes	250 g
Yogurt	¼ cup
Black pepper	1 tsp
Ginger garlic paste	1 tbsp
Saffron ¼ tsp (soaked in hot water)	2 tbsp
Green chili paste	¼ tsp
Salt	As taste
Oil	As required
Besan of roasted chana	1 tbsp

Method

- ◆ Clean, wash and dry chicken pieces.
- ◆ In bowl add all ingredients except oil. Marinate chicken for 5 to 6 hrs.
- ◆ Pre heat Airfryer at 180° Celsius for 5 minutes.
- ◆ Brush the wire rack with oil. Place the marinated chicken pieces in the Airfryer and airfry for 10 minutes or till light brown.
- ◆ Serve hot with a salad made of sliced onions and green apples, mint chutney and hung yoghurt.



Health
Tip

Chicken has Niacin which helps lower cholesterol.

Nimbu Achaar Beetroot Tikki



Nimbu Achaar Beetroot Tikki



Preparation
time



Cooking
time



Serves



Ingredients

Mashed potato

1 cup

Grated cottage cheese

¼ cup

Salt

To taste

Crushed black pepper

To taste

Beetroot paste

2 tbsp

Breadcrumbs

2 tsp

Finely chopped onions

1 tsp

Oil to brush

1 tbsp

Filling

Lemon pickle

1 tbsp

Grated indian Gooseberry (amla)

2 tsp

Garnish

Mint chutney

As required

Small roasted papad

As required

Beetroot juliennes

As required

Method

- ◆ In a bowl put mashed potato and mix, grated cottage cheese, finely chopped onions, salt, crushed black pepper, beetroot paste, breadcrumbs and finely chopped ginger.
- ◆ For the filling, finely chop 1 lemon pickle and mix it with a grated Indian gooseberry in a bowl.
- ◆ Cut out a portion of the dough and stuff it with the prepared stuffing and give it the shape of the tikki.
- ◆ Airfry the tikki in a preheated Airfryer for 10 mins at 180° celsius.
- ◆ Serve hot.



Beetroot has Nitrate which keeps nervous system healthy.

Pineapple Money Bags



Pineapple Money Bags



Preparation
time



Cooking
time



Serves



Ingredients

Canned pineapple slices	3 - 4 nos
Almond powder	2 tbsp
Brown sugar	1 tbsp
Samosa sheets	5 nos
Refined flour and water mixture	As required
Sesame oil	To roast

Garnish

Candied dry fruits	As required
Powdered sugar	As required
Strawberry compote	As required

Method

- ◆ For the filing, finely chop the pineapple slices and remove their water and keep the slices in a bowl.
- ◆ Now mix almond powder and brown sugar in a bowl.
- ◆ Spread a samosa sheet on a flat surface and spoon the filling in the middle.
- ◆ Now take a samosa sheet and apply refined flour and the water mixture on it and roll the sheet into bags.
- ◆ Pre heat Airfryer at 180° Celsius for 5 minutes.
- ◆ Brush the wire rack and all the money bags with oil. Place them in the Airfryer and airfry for 12 minutes.
- ◆ Keep money bags on a plate and garnish them with candied dry fruits and sprinkle powdered sugar on them.



Health
Tip

Pineapple has high Potassium that helps lower blood pressure.



Red Velvet Cupcake

Red Velvet Cupcake



Preparation
time



Cooking
time



Serves



Serve cool

Ingredients

Eggs	3 nos
Icing sugar	¾ cup
Peanut butter	¾ cup
Cocoa powder	1 tsp
Beet powder	2 tsp
Refined flour	2 cups
Frosting (hard butter to be used for frosting)	1 cup
Icing sugar	¾ cup
Strawberry sauce (optional)	¼ cup
Vanilla essence	1 tsp
Cream cheese	1 cup

Garnish

Strawberry	1 no.
Crushed colorful chocolates	few

Method

- ◆ To prepare batter in a bowl add eggs, icing sugar, creamy peanut butter, cocoa and beet powder, refined flour and beat with an electric whisk.
- ◆ Fill the silicon cupcake moulds with the prepared batter.
- ◆ Preheat Airfryer at 180° Celsius for 5 minutes. Airfry the cupcakes at 170° Celsius for 10 to 12 minutes.
- ◆ Once baked, remove them from the Airfryer and keep them aside for 10 to 12 minutes to cool.
- ◆ To prepare frosting, in an electric whisk add hard butter, icing sugar, vanilla essence and beat it.
- ◆ Top the cool cupcakes with the frosting cream cheese and sprinkle with red sprinkles.



Health
Tip

Eggs are rich in several nutrients such as Betaine & Choline that promote heart health.

Soya Pyaaz ke Tinkae

Soya Pyaaz ke Tinkae



Preparation
time



Cooking
time



Serves



Ingredients

Mashed potato	¼ cup	Turmeric powder	¼ tsp
Soaked and ground soya keema	1 cup	Red chilli powder	¼ tsp
Chopped coriander	2 tbsp	Coriander powder	¼ tsp
Chopped green chilli	2 tsp	Kasuri methi	2 tbsp
Onion mixture oil	2 tbsp	Gram flour	2 - 3 tbsp
Black cumin seeds	1 tsp	Oil brush	1 tbsp
Chopped onion	¼ cup	Green chutney	As required
Salt	To taste	Satay or skewers	8-10 sticks

Method

- ◆ Soak the satay sticks in cold water for 30 minutes.
- ◆ To prepare soya mixture, in a bowl add mashed potato, soaked and ground soya keema, chopped coriander, chopped green chilli and mix well.
- ◆ To prepare onion mixture in a pan heat oil; add black cumin seeds, chopped onions, salt, turmeric powder, red chilli powder, coriander powder, kasuri methi and roast it.
- ◆ Add the onion mixture to the soya mixture. Further add gram flour and keep mixing well.
- ◆ Take satay stick, dry with kitchen paper. Shape mixture into small marble sized balls, coat with fine breadscrums and skewer 5-6 onto each satay stick.
- ◆ Heat oil on a flat pan, arrange the mixture on the satay stick and cook it on the pan.
- ◆ Place the satay sticks in a preheated Airfryer at 180° celsius, regularly keep brushing with oil for even color and crust.
- ◆ Serve soya pyaaz ki seekh with green chutney.



Health
Tip

Soya contains Protein that helps in building & repairing tissues.



Sweet Potato Dabeli bread Pakora

Sweet Potato Dabeli Bread Pakora



Preparation
time



Cooking
time



Serves



Ingredients

Pav/Bread	2 pcs
Oil	2 tsp
Butter	2 tsp
Boiled and mashed Sweet potato	½ cup
Cumin powder	½ tsp
Dabeli masala powder	1 tsp
Chopped black raisins	1 tsp
Finely chopped coriander	2 tsp
Besan batter	1 cup
Salt	To taste
Lemon juice	1 tsp
Red chilli powder	1 tsp
Butter to pan sear	1 tsp
Crushed peanuts	As required
Pomegranate seeds	As required
Sev	As required

Garnish

Tamarind chutney	1 tsp
Crushed peanuts	As required
Pomegranate seeds	As required
Sev	As required
Chopped coriander	As required

Method

- ◆ In a pan, add oil, butter, boiled and mashed sweet potato, cumin powder, dabeli masala powder, chopped black raisins, finely chopped coriander, salt, lemon juice and red chilli powder and mix .
- ◆ Add the dabeli filling, crushed peanuts and pomegranate seeds on the base of the bread bun and cover it with the top half of the bun. Roll in a besan pakora batter.
- ◆ Add sev on a plate and roll both the dabelis in it.
- ◆ Airfry the bread pakoras at 170° celsius for 12 mins in a preheated Airfryer.
- ◆ Slit the dabeli from the middle and add tamarind chutney, crushed peanuts, pomegranate seeds, sev and chopped coriander.



Health
Tip

Sweet potato contains carbohydrate that helps
in white blood cell production.

Thai Corn Pakoras

Thai Corn Pakoras



Preparation
time



Cooking
time



Serves



Ingredients

Fresh corn	2 nos	Garnish	
Salt	To taste	Cucumber	½ no.
Thai curry paste	1 ½ tsp	Mint sauce	2 tsp
Finely chopped basil leaves	1 tsp		
Finely chopped (kaffir) lime leaves	1 tsp		
Refined flour	1/2 cup		
Baking powder	1 tsp		

Method

- ◆ In a bowl, cut the seeds of the fresh corn and add salt, thai curry paste, finely chopped basil leaves, finely chopped lime leaves, water, refined flour and baking powder and mix.
- ◆ Give shape to this mixture and pan sear from one side.
- ◆ Put the pan seared pakora in an Airfryer preheated at 180° celsius for 5 minutes and airfry at the same temperature for 10 minutes .
- ◆ Serve hot with mint sauce



**Health
Tip**

Corn is rich in vitamin B constituents, especially Thiamin which is essential for maintaining nerve health and cognitive function.

White Chocolate Brownie

White Chocolate Brownie



Preparation
time



Cooking
time



Serves



Serve cool

Ingredients

Unsalted butter, room temperature	½ cup
White chocolate chips	220 g
White chocolate	1 cup
Room temperature large egg	1 no.
Sweetened condensed milk	1 can
Vanilla extract	1 tbsps
Salt	1 tsp
All-purpose flour	1½ cups
Blanched almonds	½ cup
Icing sugar	For topping

Method

- ◆ Preheat Airfryer at 180° Celsius for 5 minutes. Line a 4"x4" dish with parchment paper (butter paper) and set aside.
- ◆ Put mixing bowl on double boiler, combine butter and white chocolate chips and stir the mixture using wooden spatula until it completely melts.
- ◆ Slowly add egg, sweetened condensed milk, vanilla extract, and salt, stirring to combine. Fold in flour, stirring until just combined.
- ◆ Pour mixture into prepared pan and put in pre heated Airfryer (at 170° celsius for 5 minutes) and airfry it for 9 minutes. It should be puffed up in the middle. This will sink back down when you remove it from the heat.
- ◆ Remove from Airfryer allow cooling in pan for 10 minutes, and then transfer the brownies out of the pan and onto a cooling rack.
- ◆ Allow to cool completely before serving.
- ◆ Dust icing sugar on top and sprinkle with some chopped almonds



White chocolate contains milk protein that reduces ageing.



Zesty Fried Modak

Zesty Fried Modak



Preparation
time



Cooking
time



Serves



Ingredients

Filling

Shredded coconut	1 cup
Grated jaggery	½ cup
Cardamom powder	1/4 tsp
Zest of 1 orange	

Rice covering

Flour	½ cup
Semolina	1/4 cup
Salt	A pinch
Oil	1 tbsp
Milk	3-4 tbsp
Oil	For brushing

Method

- ◆ Heat the jaggery, coconut and cardamom powder in a pan on medium heat. The jaggery will melt and then continue cooking till it dries out a bit.
- ◆ Then add the orange zest and mix well. Set aside.
- ◆ In a mixing bowl, combine the flour, semolina and salt.
- ◆ Add the oil and mix well.
- ◆ Start pouring the milk and knead the mixture into a tight but smooth dough. Cover it with a kitchen towel and set aside to rest for 10-15 minutes.
- ◆ Knead the dough again and divide into 10 equal portions.
- ◆ Take one portion, roll into a smooth ball and flatten it between your palms.
- ◆ Roll it out into a thin circle and place a little of the filling in the centre.
- ◆ Brush the edges with some water and milk to moisten it.
- ◆ Pinch the edges together to form the modak.
- ◆ Pre-heat the Philips Airfryer to 180° Celsius.
- ◆ Then cook the modaks till golden brown and crispy.



Health
Tip

Coconut improves digestion because of its strong antioxidant properties.

Aam Ananas ka Panna

Aam Ananas ka Panna



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Water	1 ltr
Raw mango, diced in 1 inch pieces	3 cups
Pineapple, diced 1 inch	2 cup
Sugar powdered	6 tbsp
Ground cumin, roasted	2 tsp
Chili powder	1 tsp
Salt	To taste

Method

- ◆ Put mango, pineapple and add 4 cups of water in Soup Maker and select compote program.
- ◆ When it is done transfer from the Soup Maker to large bowl. Now add 500ml water, chili powder, sugar and mix well.
- ◆ Strain the liquid through wet muslin into clean bowl and add remaining ingredients. Season with salt and stir well. Decorate glasses with slices of green mango.
- ◆ Keep the chunks of fruit separately and serve chilled on side.



Mango has high level of vitamin C, Pectin and fiber that help lower serum and cholesterol level.

Banana Berry Smoothie

Banana Berry Smoothie



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Bananas	6 nos
Blueberries	15 nos
Milk	1½ cup
Curd	3 cup
Strawberry syrup	12 tbsp
Honey	9 tbsp
Garnish	
Raw strawberries	

Method

- ◆ Cut bananas and blueberries. Now put banana, blueberries, milk, curd, strawberry syrup, and honey in Soup Maker, close the lid and press smoothie program.
- ◆ When smoothie is ready pour it in serving glass.
- ◆ Your Banana Berry Smoothie is ready.



Banana's high potassium and low sodium content helps protect your cardiovascular system against high blood pressure.

Chicken Lababdar

Chicken Lababdar



Preparation
time



Cooking
time



Serves



Ingredients

Chicken legs	400 g	Tomatoes, chopped	1 cup
Ginger paste	1 ½ tsp	Ginger chopped	1 ½ inch piece
Garlic paste	3 tsp	Garlic cloves chopped	10
Kashmiri red chilies paste	3 tbsps	Coriander powder	1 tsp
Salt	To taste	Turmeric powder	A pinch
Turmeric powder	½ tsp	Fresh tomato puree	1 cup
Yogurt	2 tbsps	Khoya/mawa grated	1 cup
Garam masala powder	½ tsp	Water	4 cup
Carom seeds (ajwain)	½ tsp	Cumin seeds	½ tsp
Lemon juice	3 tsp	Salt	To taste
Gram flour (besan)	½ tbsps	Red chili powder	½ tsp
Red chilies crushed	½ tsp	Green cardamom powder	½ tsp
Gravy		Dried fenugreek leaves	
Onions, finely chopped	6 medium	(kasoori methi) powdered	½ tsp
Oil	3 tbsps	Fresh cream	2 tbsps
		Honey	2 tbsps

Method

- ◆ Place chicken in a bowl, add ginger paste, garlic paste, kashmir red chili paste, salt, black salt, turmeric powder, yogurt, garam masala powder, carom seeds, lemon juice, gram flour, crushed red chilies and mix well. Let them marinate for 1-2 hours.
- ◆ Heat 2 tbsps oil in non stick frying pan and add cumin seeds. When they begin to change color add chopped onions and sauté for 3 minutes.
- ◆ Add garlic and ginger to the same pan and sauté for another 2 minutes. Add freshly chopped tomatoes and continue to sauté for 2 minutes. Then transfer it into Soup Maker. Add coriander powder, a pinch of turmeric powder, tomato puree, 1 cup water. Close the lid; select the cream program for 20 minutes.
- ◆ Meanwhile, Preheat Philips Airfryer for 5 minutes at 160° Celsius. Cook marinated chicken in Airfryer for 15 minutes.
- ◆ When chicken is cooked remove from the pan keep aside.
- ◆ Now add khoya to gravy followed by salt, red chilli powder, green cardamom powder, kasoori methi and stir well. Close the lid and put on blending function for another 3 minutes.
- ◆ Add fresh cream and honey and mix.
- ◆ Serve the gravy in a service bowl and add cooked chicken, stir well.
- ◆ Serve immediately with naan.



Chicken has less fat & lots of protein that helps in building muscle.

Coconut Pineapple Lassi

Coconut Pineapple Lassi



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Pineapple, chopped	4 cups
Coconut milk	4 cups
Crushed ice	1 cup
Pineapple juice	1 cup
Pineapple slice	4 nos
Tender coconut malai	1 cup
Kala namak (black salt)	2 tsp

Method

- ◆ Put all ingredients into Soup Maker, close the lid and select smoothie program.
- ◆ When it is done pour into serving glass.
- ◆ Garnish with diced pineapple and tender coconut.



Coconut has unique combination of fatty acids that helps in fat loss and better brain functioning.

Curried Carrot & Pumpkin Soup

Curried Carrot & Pumpkin Soup



Preparation
time



Cooking
time



Serves



Ingredients

Olive oil	3 tsp
Chopped garlic	1 ½ tsp
Chopped ginger	3 tbsp
Chopped onion	3 tbsp
Red chilli powder	3 tsp
Turmeric powder	3 tsp
Coriander powder	3 tsp
Salt	To taste
Crushed black pepper	To taste
Chopped carrot	3 cup
Chopped pumpkin	3 cup
Chopped celery	6 tbsp
Madras curry powder	3 tbsp (optional)
Water	As required

Garnish

Crumbled paneer	To taste
Grated coconut	As required
Crushed black pepper	A pinch
Olive oil	As per taste
Degi mirch	
Garlic bread	

Method

- ◆ Add all ingredients into Soup Maker and close the lid. Select the program cream soup.
- ◆ Remove the soup in a bowl.
- ◆ Add crushed black pepper to the soup.
- ◆ Serve the soup with garlic bread.
- ◆ Sprinkle degi mirch and garnish with crumbled paneer and grated coconut



Carrot has vitamin A that acts as an anti-ageing



Dahi Makai Shorba

Dahi Makai Shorba



Preparation
time



Cooking
time



Serves



Ingredients

Curd (dahi)	6 cups
Water	3 cup
Besan (roasted gram flour)	3 tbsp
Curry leaves	5 to 6
Fresh cream	1½ cup
Cumin seeds (jeera)	6 tsp
Turmeric powder (haldi)	3 tsp
Chopped onions	9 tsp
Chopped ginger (adrak)	6 tsp
Chopped fresh green chillies	6 tsp
Chopped tomatoes	6 tsp
Chopped coriander (dhania)	6 tsp
Vegetable oil	3 tsp
Salt	To taste

Method

- ◆ Add water, cream and besan to the curds and put this mixture into Soup Maker, close the lid and turn on cream soup program.
- ◆ Heat the oil in a kadhai and add the cumin seeds.
- ◆ When the seeds crackle, add the onions and saute for 2 minutes.
- ◆ Now add the ginger, green chillies and tomatoes and saute for 3 minutes.
- ◆ Add the turmeric and sauté for 2 minutes.
- ◆ After 15 minutes carefully open the lid and pour all tadka into curds mixture, mix well add the salt and chopped coriander. Serve hot.



The pro-biotic feature of curd helps improve your digestion.

Gobi and Makhana Soup

Gobi and Makhana Soup



Preparation
time



Cooking
time



Serves



Ingredients

Fox nuts (makhana) soaked	3 cups
Cauliflower, grated	1½ cup
Ghee (optional, for toasting)	¼ tsp
Water	5 cups
Ginger, chopped	2 tbsp
Green chili, chopped	1 tsp
Crushed red pepper corns or	
Black pepper	½ tsp
Salt	To taste

Tadka

Vegetable oil	1 tsp
A very small pinch of asafoetida	
Mustard seeds	1 tsp
Ivory lentils (urad dal)	½ tsp
Split bengal grams (chana dal)	½ tsp
Curry leaves	5 to 6

Method

- ◆ Add 1/4 tsp of ghee or vegetable oil in non stick frying pan and toast (or dry toast) makhana for 5 minutes.
- ◆ Add makhana, grated cauliflower, green chili, ginger, peppercorn, salt and water in Soup Maker. Close the lid and select the cream soup program.
- ◆ Meanwhile prepare tempering. Heat oil in pan and splutter mustard seeds, asfoetida, curry leaves, urad dal, chana dal.
- ◆ Remove soup in serving bowl.
- ◆ Add this tadka into soup; stir well and serve hot.
- ◆ Garnish with toasted Makhanas



The astringent property of makhana helps to improve appetite

Gujrathi Kadhi

Gujrathi Kadhi



Preparation
time



Cooking
time



Serves



Ingredients

Roasted besan (bengal gram flour)	6 tbsp
Water	6 cups
Curds (dahi)	6 cups
Ginger-green chili paste	2 tsp
Sugar	3 tbsp
Chopped coriander (dhania)	3 tbsp
Salt	To taste

Tempering

Cumin seeds (jeera)	½ tsp
Mustard seeds (rai / sarson)	½ tsp
Kadi patta	2 curry leaves
Asafoetida	A pinch
Red chili	1 no., broken into pieces
Ghee	2 tsp

Method

- ◆ Combine the besan, curds and water in a deep pan and whisk well.
- ◆ Add the ginger, green chili paste, sugar and salt, mix well and put this mixture into Soup Maker, close the lid and select chunky soup program.
- ◆ Meanwhile prepare the tempering, heat the ghee in a small pan and add the cumin and mustard seeds.
- ◆ When the seeds crackle, add the asafoetida, curry leaves and red chillies and stir for 15 seconds.
- ◆ Add this tempering in kadhi and select compote program and cook for another 3 minutes.
- ◆ Serve hot and garnished with chopped fresh coriander leaves.



Kadhis are excellent in summer as the curd neutralizes the heat created by foods

Konkani Ambat Dal

Konkani Ambat Dal



Preparation
time



Cooking
time



Serves



Ingredients

Soaked toor daal (pigeon lentil)	2 cup
Fresh, grated coconut	1 cup
Water	2 cups
Roasted coriander seeds	1 tsp
Roasted red chilies	4-5 dried
Tamarind extract	1 tbsp
Turmeric	¼ tsp
Salt	To taste
Water	As required

Tempering

Small onion (finely chopped)	1 no.
Dried red chilies (cut into 2-3 pieces)	2-3
Asafetida/hing	A pinch
Curry leaves	4-5
Oil	1 tbsp

Garnish

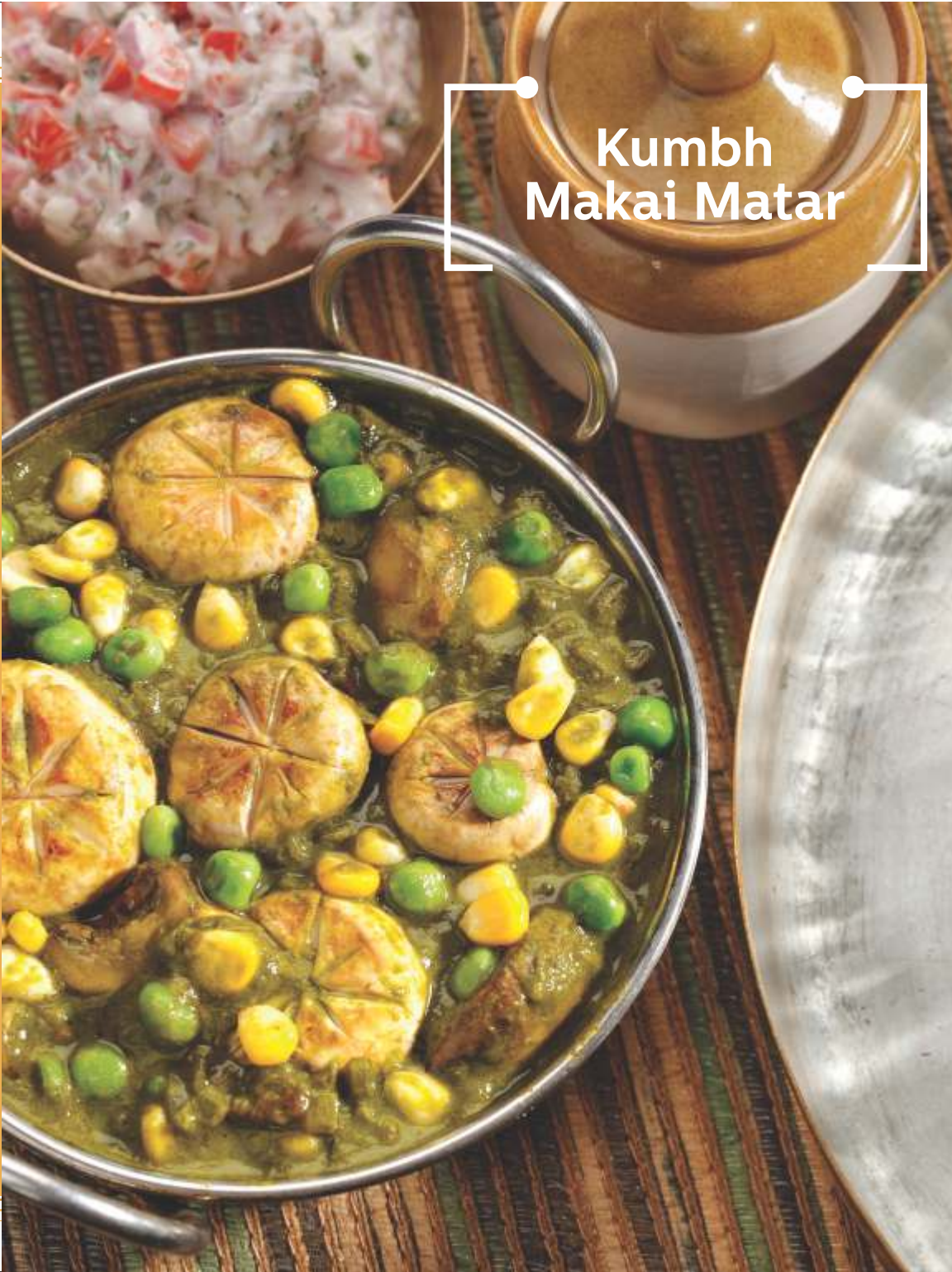
Grated coconut

Method

- ◆ Make the coconut masala, by grinding coconut along with roasted red chilies, salt, tamarind, turmeric, ½ cup of water and roasted coriander seeds. The masala should be made into a very fine paste. Add more water if required.
- ◆ Add soaked lentil, water, above coconut paste and salt into Soup Maker, close the lid and press the cream soup program.
- ◆ In the meanwhile heat oil in a small pan and add the chopped onion, curry leaves, red chilies, asafoetida and cook until the onion turns light brown.
- ◆ Put this tadka over cooked dal, remove from the Soup Maker and pour in service bowl, cover with lid.
- ◆ Garnish with grated coconut.
- ◆ Serve hot with rice.



Toor dal is an excellent source of carbohydrate, which your body needs for energy.



Kumbh Makai Matar

Kumbh Makai Matar



Preparation
time



Cooking
time



Serves



Ingredients

Chopped spinach	3 bunches
Chopped garlic	6-8
Chopped onion	2 no.
Chopped green chilli	2 no.
Grated ginger	2 tbsp
Tomato	2 large
Red chilli powder	2 tsp
Garam masala	2 tsp
Turmeric powder	A pinch
Water	2 cup
Oil	4 tbsp
Cardamoms	2 nos
Cloves	2 nos
Coriander powder	1 tbsp
Mushrooms, washed and quartered	3 cups
Green peas	1 cup
Corn	1 cup
Water	As required

Garnish

Cream and chopped coriander

Method

- ◆ Blanch the corn and peas in hot water for one minute. For the gravy, add the chopped spinach, chopped onions, chopped tomatoes, chopped garlic, red chilli powder, garam masala, coriander powder and turmeric powder into the Soup Maker. Set on cream mode and leave to cook. Strain and keep aside.
- ◆ Meanwhile heat the oil in a pan and add the cloves and cardamoms. Sauté until fragrant. Add mushrooms and sauté till cooked. Add the peas and corn and sauté for 5 minutes. Add the gravy from the Soup Maker and mix well. Transfer to a serving bowl, garnish with cream and coriander and serve hot.



Health
Tip

Green vegetables are rich in vitamins like vitamin K which is good for skin.

Mango Basil Smoothie

Mango Basil Smoothie



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Diced mango	3 cup
Curd	3 cup
Powdered sugar	6 tsp
Basil seeds soaked in water	6 tsp

Garnish

Mango slices	As required
Basil leaves	As required
Lemon wedges	As required

Method

- ◆ In a Soup Maker add the diced mango, curd, water and powdered sugar, close the lid and press smoothie option.
- ◆ In a glass, spread lemon on the side and dip it in the powdered sugar, then add basil seeds in to the glass, pour the prepared smoothie and add the basil seeds again.
- ◆ Garnish it with mango slices and basil leaves.



Antioxidants present in mango protect the body against colon, breast, leukemia and prostate cancers.

Matar Paneer

Matar Paneer



Preparation
time



Cooking
time



Serves



Ingredients

1 inch cubed paneer Deep fried to
a light brown

500 g

Shelled green peas, boiled

2 cups

Green chillies-slit a little

3-4

Gravy

Water 600ml

Finely chopped onions 2½ cups

Peeled, paste cloves of garlic 1 tbs

Ginger paste 1 tsp

Tomato, finely chopped 1½ cup

Oil 1 tbs

Cumin seeds 2 tsp

Leaves (tej patta) 2 bay

Turmeric (haldi) 1/2 tsp

Salt 1 tbs

Garam masala 1/2 tsp

Powdered red chili powder 1 / 2 tsp

Powdered coriander (dhania) seeds 1 tbs

Chopped fresh coriander

leaves for garnish 1 tbs

Method

- ◆ In Soup Maker add chopped tomatoes, turmeric, salt, garam masala, red chili powder, green chillies, ginger & garlic paste and the coriander powder. Add 600ml water. Close the lid and press the cream soup program.
- ◆ Meanwhile, Heat oil and add the cumin seeds and the bay leaves.
- ◆ Add onion chopped and sauté till brown and oil separates.
- ◆ Now add this onion mixture, boiled peas, paneer into gravy and put on compote program for 5 minutes.
- ◆ Serve hot, garnished with fresh coriander leaves.



Paneer is a great source of conjugated linoleic acid —
a fatty acid which helps lose weight.



Papaya & Oats Breakfast Shake

Papaya & Oats Breakfast Shake



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Papaya, peeled, seeded and cubes	2 cup
Oats, lightly toasted	½ cup
Low fat milk	3 cups
Almond, soaked, peeled	6 nos.
low fat yoghurt	1 cup
Crushed ice (optional)	½ cup
Honey/ sugar	3 tbsp

Garnish

Sour cream

Method

- ◆ Put all ingredients into Soup Maker and close the lid. Select smoothie program
- ◆ When it is done pour into serving glass and serve immediately.
- ◆ Garnish with sour cream



Health
Tip

Papaya is rich in fibre, vitamin C and antioxidant that prevent cholesterol buildup in your arteries.



Pineapple Rassam

Pineapple Rassam



Preparation
time



Cooking
time



Serves



SERVE
HOT

Ingredients

Roasted pineapple, small cubes	1½ cup
Tomato, cubes	1 cup
Peppercorn	1 tbsp
Garlic	4 to 5
Cumin	1 tsp
Curry leaves	7 to 8
Red chilies whole, broken	1 no.
Pigeon pea lentil/ toor daal, boiled	2 tbsp
Boiled toor dal water	6 cups

Tempering

Oil	1 tsp
Mustard seeds	1 tsp
Coriander leaves, chopped	Handful
Curry leaves	3 to 4

Garnish

Fresh cubed pineapple

Method

- ◆ Make paste of garlic, pepper and cumin. Add this to pineapple and tomato. Add curry leaf, 1 broken red chili.
- ◆ Mash all these ingredients to release flavor. Add it to Soup Maker and add 6 cups of Dal water. Close the lid and press the cream soup program.
- ◆ Remove and add 2 tbsp of boiled toor dal stir well.
- ◆ Now temper with mustard seeds, curry leaves. Garnish with chopped coriander and fresh cubed pineapple.



Health
Tip

Vitamin & mineral packed pineapple decreases the risk of age-related macular degeneration.

Raarha Gosht

Raarha Gosht



Preparation
time



Cooking
time



Serves



Ingredients

Mutton	1 kg
Mustard oil	1 tbsp
Cumin seeds	2 tsp
Onions, sliced	3 medium
Chopped garlic	2 tbsp
Chopped ginger	2 tbsp
Turmeric powder	½ tsp
Garam masala	
Mace	2-3 pieces
Cloves	7-8
Cinnamon	1 inch
Bay leaf	1 no.
Cardamoms	3 pieces
Coriander seeds	1 tsp
Cumin seeds	1 tsp
Grated nutmeg	½ tsp

Gravy

Water	4 cups
Red chili powder	2 tsp
Green chilies	4 chopped
Tomatoes, sliced	750 g
Ghee	2 tsp
Lime juice (optional)	½ tbsp
Chopped coriander leaves	Handful
Sugar	A pinch
Salt	To taste

Method

- ◆ Grind all garam masala into blender and make fine powder.
- ◆ Add clean and washed mutton and marinate with chopped ginger, garlic and turmeric for 6 to 7 hrs.
- ◆ Cook the marinated mutton in the soup maker with one cup water on the compote program and keep aside.
- ◆ Add sliced tomatoes, red chili powder, ghee, lime, sugar, salt and 3 cup water in Soup Maker.
- ◆ Cover with the lid and set the cream soup program.
- ◆ Meanwhile heat mustard oil in pressure cooker and splutter some cumin seeds and sauté onion for 2 minutes
- ◆ Remove gravy from the Soup Maker and pour it into cooked mutton. Adjust salt and add 1 tsp of prepared ground garam masala. Simmer on low flame for 5 more minutes.
- ◆ Remove and garnish with chopped fresh coriander leaves.



**Health
Tip**

Mutton is rich in protein that helps in the production of antibodies & protects the body from infection.

Sambhar

Sambhar



Preparation
time



Cooking
time



Serves



Ingredients

Toovar (arhar) dal, soaked in hot water	1 ½ cup
Chopped tomato	1 ½ cups
Chopped onion	1 ½ cups
Brinjal (baingan/ eggplant) , cubed	2 pieces
Drumsticks (saijan ki phalli), cut into 4 pieces	1 no.
White radish cubed	1 no.
Jaggery	1 tsp
Tamarind (imli) pulp	1 tbsp
Salt	To taste

Sambhar masala

Whole dry kashmiri red chillies	6 to 8
Coriander (dhania) seeds	1 tbsp
Toovar (arhar) dal	1 tsp
Chana dal (split bengal gram)	1 tbsp
Urad dal (split black lentils)	1 tbsp
Turmeric powder (haldi)	1 tsp
Asafetida (hing)	1/2 tsp
Oil	1 tsp

Tempering

Mustard seeds (rai / sarson)	1 tsp
Curry leaves (kadi patta)	6
Asafetida (hing)	1/4 tsp
Oil	2 tbsp

Garnish

Handful of fresh chopped coriander leaves

Method

Sambhar masala

- ◆ Heat the oil and roast all the ingredients for the sambhar masala in it.
- ◆ Grind to a fine paste in a blender using a little water. Keep aside.

Sambhar

- ◆ Add soaked dal, tomatoes, onions, sambhar masala, and salt in Soup Maker and add 500ml water. Close the lid and press the chunky soup program.
- ◆ Add all the vegetables, tamarind pulp, jaggery and put on the manual blender mode 1-2 times.
- ◆ Meanwhile prepare the tempering by heating the oil and frying the mustard seeds, curry leaves and asafoetida until the mustard seeds crackle. Add this to the sambhar and serve hot.
- ◆ Garnish with chopped fresh coriander leaves.



**Health
Tip**

The multiple vegetables in sambhar are a good source of minerals & vitamins that help digestion.

Seb ka Murabba

Seb ka Murabba



Preparation
time



Cooking
time



Serves



Serve cool

Ingredients

Green apples, peeled, diced (1 inch)	4 cups
Sugar	2 cup
Raisin	½ cup
Ginger, chopped	4 tsp
Almond, skinned, chopped	½ cup
Cloves	6
Cinnamon powder	½ tsp
Lime juice	2 tbsp
Lemon peel	½ tsp
Apple juice	2 cup

Method

- ◆ Peel and chop the apple and removes the core.
- ◆ Put all ingredients into Soup Maker and add 100ml water; press the compote program.
- ◆ When the murabba is ready, press the manual blending function for shortly 1 or 2 times. You can drain some of the liquid before bending to get a thicker consistency.
- ◆ Open the lid and serve the murabba with hot parathas.



Apple is rich source of vitamin B that helps clean the system and increases metabolism



South Indian Spiced Masoor Dal Soup

South Indian Spiced Masoor Dal Soup



Preparation
time



Cooking
time



Serves



Ingredients

Split red lentil (masoor dal) soaked	1½ cup
Onion, diced 1 inch	1½ medium
Ginger, chopped	1 tsp
Black pepper powder	½ tsp
Red chilli powder	1 tsp
Salt	To taste
Carrots, diced 1 inch	½ cup
Green beans, diced 1 inch	½ cup
Tomatoes, diced 1 inch	½ cup
Lemon juice	2 tsp

Tadka

Oil	1 tsp
Mustard seeds	¼ tsp
Curry leaves	4 to 5

Garnish

Dessicated coconut

Method

- ◆ Wash and soak masoor dal for 2 to 3 hrs.
- ◆ Put all ingredients except lime juice. Add 5 cups of water & close the lid of the soup maker. Press chunky soup program.
- ◆ In the meanwhile prepare tadka by heating oil in kadhai, splutter mustard seeds and curry leaves keep aside.
- ◆ Add this tadka into soup and serve hot garnished with dessicated coconut.



Masoor dal is rich in protein and helps in eliminating & reducing blood cholesterol level.

Spinach Soup with Thyme

Spinach Soup with Thyme



Preparation
time



Cooking
time



Serves



Ingredients

Ghee	2 tbsp
Coarsely chopped onion	1
Minced garlic	2 cloves
Thyme	4 tsp
Black pepper	¼ tsp
Salt	½ tsp
Potatoes, peeled and diced	3 cups
Stock	5 cups
Spinach leaves	7 cups
Lemon Juice	1/2
Salt	To taste
Garnish	
Sour cream	2 tbsp

Method

- ◆ Heat the ghee in a pan over medium heat.
- ◆ Add the pepper, garlic and thyme and sauté for 2 minutes till aromatic.
- ◆ Add the onions and sauté until soft and translucent, about 5 minutes.
- ◆ Transfer this mixture to the Philips Soup Maker.
- ◆ Add the potatoes, spinach, stock and salt select the cream soup program.
- ◆ When done, open soup maker taste and adjust seasoning as per preference.
- ◆ Garnish with whisked sour cream and serve hot.



**Health
Tip**

Spinach contains protein and iron that
is good for bone health and skin.

Strawberry Srikhand

Strawberry Srikhand



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Strawberries	600 g
Yoghurt	600 g
Cardamom, ground	1 tbsp
Sugar or honey	2 tbsp

Method

- ◆ Place the yoghurt, honey and 300 g of strawberries in the Soup Maker. Close the lid and select the smoothie program.
- ◆ When the program is finished, open the lid and add the rest of the fruit. Close the lid again and use the manual blending function to reach a thicker, but chunky consistency.
- ◆ When the yoghurt is ready, chill in the freezer and serve in paper cups.



Strawberry is rich in vitamin C which is a well-known immunity booster.

Tamatar aur Tulsi ka Shorba

Tamatar aur Tulsi ka Shorba



Preparation
time



Cooking
time



Serves



Ingredients

Tomato, roughly chopped	12-15 large
Tulsi leaves, cut in julienne	5 to 6
Chili powder	1/2 tbsp
Salt	To taste
Sugar	2 tsp
Lemon juice	2 tsp
Ghee	1 tbsp
Cumin seeds (jeera)	1 tsp
Green chilies	As required
Mustard seeds	As required
Garnish	
Few tulsi leaves	

Method

- ◆ Add chopped tomatoes, green chilies, tulsi leaves, sugar, 3 cups of water and chili powder in Soup Maker, close the lid and set the cream soup program.
- ◆ In the meanwhile heat the ghee in a small pan and add the mustard seeds and cumin seeds.
- ◆ When they crackle, add the tempering to the tomato shorba and mix well.
- ◆ Serve immediately garnished with tulsi leaves and garlic bread.



Tulsi has great antibiotic properties that prevent seasonal fever, cough & cold.

Thai Sweet Corn Soup

Thai Sweet Corn Soup



Preparation
time



Cooking
time



Serves



Ingredients

Vegetable stock	6 cups
Sweet corn (cream style)	1½ cup
Carrots sliced	½ cup
Green beans, sliced	5 to 6
Mushrooms sliced	5-6
Spring onion greens sliced	2-3 tsp
Green chili paste	1 tsp
Oil	1 tsp
Salt	To taste
Kaffir lime leaves, juliennes	2
Lemon grass, chopped	1 stalk
Ginger, chopped	1 inch piece
Lemon juice	1 tsp
Thai basil leaves	For garnish

Method

- ◆ Place vegetable stock, kaffir lime leaves, lemon grass, ginger, green chili paste, salt, and sweet corn into Soup Maker.
- ◆ Close the lid and press chunky soup program.
- ◆ Meanwhile take and add carrots, mushrooms, green beans and add to Soup Maker and cook on compote program for 2-3 minutes.
- ◆ When soup is ready pour it into bowl, garnish with spring onion greens and torn thai basil. Add a little lemon juice and serve.



Health
Tip

Corn is rich in antioxidants like Lutein & Zeaxanthin which are good for heart.

Thanda Tarbooz ka Shorba



Thanda Tarbooz ka Shorba



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Watermelon, seeded, cubes 1 inch	4 cups
Fresh tomato juice	2 cup
Cucumber, seeded, cubes 1 inch	1 cup
Cumin powder	1 tsp
Lime juice	2 tsp
Ginger, grated	½ tsp
Salt	To taste
Black pepper	1 tsp
Fresh coriander leaves	4 tbsp

Garnish

Cucumber, chopped

Method

- ◆ Place all ingredients into Soup Maker, close the lid and select cream soup program.
- ◆ When the soup is ready, pour it into large container and chill for 1 hour in the refrigerator.
- ◆ Serve chilled.



**Health
Tip**

Watermelon contains vitamin A and vitamin C that reduce body fat.



Tom Yum Soup

Tom Yum Soup



Preparation
time



Cooking
time



Serves



Ingredients

Medium carrot diagonally sliced	1
Mushrooms quartered	5-6
Florets broccoli	5-6
Red capsicums (1/2 inch pieces)	½ medium
Stems lemon grass, chopped finely	2
Chopped green chilies	1 tsp
Kaffir limes, julienne	6
Red thai curry paste	1 tsp
Salt	To taste
Lemon	1

Garnish

Small carrot cut julienne	1
Fresh red chili, sliced	1
Fresh coriander leaves	Few

Method

- ◆ Take four to five cups of water and add all the ingredients into Soup Maker and close the lid. Select chunky soup program (you could also select compote program).
- ◆ When it is done remove in bowl and squeeze the juice of a lemon into the soup and add lemon skin too and stir well.
- ◆ Remove the lemon skin after a couple of minutes.
- ◆ Serve the soup hot garnished with carrot strips, fresh coriander leaves and red chilies.



Health
Tip

Tomato is an excellent source of vitamin C, Biotin & vitamin K and strengthens your immune system.

Vegetable Manchow Soup

Vegetable Manchow Soup



Preparation
time



Cooking
time



Serves



Ingredients

Button mushrooms, finely chopped	2-3
Carrot finely chopped	1 medium
Cabbage finely chopped	¼ small
Chinese black mushrooms soaked, finely chopped	2-3
Green capsicum, chopped	½ medium
Spring onion, chopped	Handful
ginger, chopped	1 tsp
Garlic chopped	1 tbsp
Bamboo shoots, chopped	¼ cup
Vegetable stock	4 cups
Green chilies	1 tsp
Red chili sauce	½ tbsp
Dark soy sauce	1 tbsp
Silken tofu, chopped	50 g
Corn flour/ corn starch slurry	3 tbsp
Salt	To taste
Noodles deep fried	1 cup

Method

- ◆ Add all ingredients in Soup Maker except corn flour, fried noodles and capsicum and close the lid. Select chunky soup program.
- ◆ After 15 minutes open the lid and add 3 tbsp corn flour slurry into soup and stir continuously. Close the lid and heat for another 3 to 4 minutes.
- ◆ When soup is done remove in a bowl.
- ◆ Serve the soup hot garnished with crisp noodles, spring onion and capsicum.



**Health
Tip**

Green vegetables are good sources of vitamins and minerals that help protect you from heart diseases, diabetes and even cancer.



Vegetable Moilee Style Soup

Vegetable Moilee Style Soup



Preparation
time



Cooking
time



Serves



Ingredients

Potatoes, peeled, cut in 1 inch cubes	4 medium
Carrots, peeled, cut in 1 inch cubes	4 medium
Green peas	1 cup
Green beans cut in 1 inch slice	1 cup
Coconut milk thick	2 cup
Water	As required
Salt	As taste
Bay leaf	2
Lime juice	2 tsp
Turmeric	¼ tsp

Tadka

Coconut oil- (optional Vegetable oil)	1 tsp
Onion, chopped finely	1 medium
Curry leaves	6 to 7
Green chilies, chopped	1 tsp
Ginger, chopped	½ tsp

Method

- ◆ Place all ingredients except lime juice in Soup Maker and close the lid. Select cream soup program.
- ◆ Meanwhile heat oil in pan sauté chopped onion, curry leaves, green chilies and ginger.
- ◆ When vegetable moilee is done remove from the Soup Maker and pour in serving bowl; add all prepared tadka, lime juice and stir well. Serve hot with steamed rice.



The anti-inflammatory properties in turmeric are great for treating both osteoarthritis and rheumatoid arthritis



Anti Age



Anti Age



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Red apple	100 g/ 1 no.
Sweet lime	150 g/ 3 medium, peeled
Carrots	250 g/ 2 large, peeled
Ginger	3 g/ ½ inch
Lime juice	½ no.

Method

- ◆ Juice all the ingredients using Philips Juicer.
- ◆ Serve fresh.



Apple has soluble fiber that binds with the fat in the intestine and translates into lower cholesterol level.

Anti Oxidant

Anti Oxidant



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Spinach	50 g/ 10 leaves
Beetroot	100 g/ 1 medium, peeled
Red grapes	100 g/ 10 to 15 nos
Mulberries	50 g/ ¼ cup
Carrot	100 g/ 2 medium, peeled
Sweet lime	200 g/ 3 small, peeled
Mint leaves	5 g/ 10 leaves
Ginger	5 g/ ½ inch
Lime juice	½ no.

Method

- ◆ Juice all the ingredients using Philips Juicer
- ◆ Serve fresh



Spinach provides vitamin, protein, iron & mineral,
which is good for skin, hair & bone health.

Clear Skin

Clear Skin



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Tomato	200 g/ 5 nos
Oranges	200 g/ 2 nos medium, peeled
Red apple	200 g/ 1 nos
Pomegranate	50 g/ ½ cup
Lime juice	½ tsp
Ginger	5 g/ ½ inch
Mint leaves	5 g/ 10 leaves

Method

- ◆ Juice all the ingredients using Philips Juicer.
- ◆ Serve fresh.



Tomato is an excellent source of vitamin C, Biotin, Molybdenum & vitamin K, it helps improve skin texture and color.



Cucumber Corker

Cucumber Corker



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Cucumber	200 g/ 3 small, peeled
Spinach	40 g/ 10 leaves
Green apple	200 g/ 2 nos
Musk melon	150 g/ 1 cup diced
Lime juice	4 to 5 drops
Ginger	10 g/ 1 inch

Method

- ◆ Juice all the ingredients using Philips Juicer.
- ◆ Serve fresh.



Cucumber contains vitamin B1, B5 & B7, which helps ease the feeling of anxiety.

Heart Beet

Heart Beet



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Beetroot	50 g/ 1 medium, peeled
Carrots	300 g/ 3 medium, peeled
Strawberry	5 nos
Red apple	150 g/ 1 medium
Fresh mint leaves	10 g/ 15 to 20 leaves
Ginger	5 g/ ½ inch

Method

- ◆ Juice all the ingredients using Philips Juicer.
- ◆ Serve immediately.



Beetroot contains Nitrate, it helps lower blood pressure.

Natural Energy

Natural Energy



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Green grapes	200 g/ 2 cups
Green apple	200 g/ 1 large
Green kiwi	100 g/ 2 peeled
Spinach	5 to 6 leaves
Lime juice	½ no.

Method

- ◆ Juice all the ingredients using Philips Juicer.
- ◆ Serve fresh.



Grape increases the Nitric oxide levels in the blood, which prevents blood clots.

Tropical Energy Punch

Tropical Energy Punch



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Pineapple	200 g/ 1 ½ cups
Orange	150 g/ 2 medium, peeled
Muskmelon	150 g/ 1 cup diced
Lime juice	½ no.
Ginger	10 g/ 1 inch

Method

- ◆ Juice all the ingredients using Philips Juicer.
- ◆ Serve fresh on ice.



Pineapple is rich in nutrient, vitamin & mineral,
that helps in fighting free radicals to reduce cancer and tumors.

Vita Glass



Vita Glass



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Carrot	400 g/ 4 medium, peeled
Spinach	40 g/ 10 leaves
Red apple	200 g/ 1 large
Indian goose berry (amla)	20 g/ 1 big
Broccoli	20 g/ 2 florets

Method

- ◆ Juice all the ingredients using Philips Juicer.
- ◆ Serve fresh.



Carrot contains vitamin A that slows down the ageing of cells.

Wizardly Healer

Wizardly Healer



Preparation
time



Cooking
time



Serves



Serve cold

Ingredients

Pomegranate	75 g/ ½ cup
Sweet lime	150 g/ 3 medium, peeled
Oranges	200 g/ 3 medium, peeled

Method

- ◆ Juice all the ingredients using Philips Juicer.
- ◆ Serve fresh.



Pomegranate is rich in antioxidant that helps reduce morning sickness and nausea.

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