

SIZZILING COOKING (recipes)

(Presented by Late Smt. Shilpi Gandhi)

PAST IN POMODORO SAUCE

Ingredients –

2 cups penne pasta (boiled)
1 capsicum (sliced)
2 spring Onions (choppd)
1 cup Mushroom (slice)
1 cup broccoli (chopped)
2 Tbsp oil
Salt, pepper, basil, oregano chilli flakes

For Pomodors Sauce

3 cups tamato concasse
1 small onion (finely chopped)
4 cloves garlic
Half tsp red cilli powder
1 Tbsp caroander leaves
Salt and pepper
2Tbsp oil

How to prepare tomato Concasses?

1. Take a flat bottom pan, fill it half with water nad bring to boil.
2. Slit tomatoes in cross and place it water.
3. As skin of the tomatoes begin to softer remove it from water and cool.
4. Peel the skin of tomatoes and chop it roughly.
1kg tomato = 3 cups concasse

How to prepare Pomodoro Sauce?

1. Heat oil in a saucepan. Sauté onion and garlic until it turns pink
2. Put tomato concasse and fresh coriander in it.
3. Cook on simmer until reduced into half.
4. Add salt, pepper and chili powder.

The Sauce can be stored in an air tight jar in the refrigerator for 2 days.

Method:=

- ✓ In a pan,put oil, add spring onions and sauté on high flame.
 - ✓ Add broccoli and capsicum and cook on high flame.
 - ✓ At last add mushrooms, sauté it,
 - ✓ Add pomodoro sauce, salt, pepper and chilli flakes, cook for a while
 - ✓ Add boiled pasta and cookin sauce
 - ✓ Sprinkle pasta with oregano and basil
- Can we served with garlic bread
 - Olives can be added to add tanginess to the past

CHEESY CHOCO BALLS

INGREDIENTS

1½ cup Paneer
2½ sp mild powder
3 bourbon biscuits
3 sp coco powder
2 sp Coco powder
2sp chocolate bits (optional)
Sugar (according to taste)

For garnish -

Chocolate sauce

Crushed Nuts (almonds + cashews)

Method =

1. In a large bowl, add paneer, mast well
 2. Add mld powder, crushed biscuits, coco powder, chocolate bits and suger mix well
 3. Cover the bowl and freeze for 10 – 15 minutes
 4. Check for sweetness
 5. Shape the material into balls or sticks
 6. Place them on platter, drizzle chocolate souce in good quantity.
 7. Garnish it with nuts
 8. Cling film the platter, freeze for 3 minutes , serve chilled
- Can be served with a scoop of your favorite Ice-cream

CORN CANAPÉS

Ingredients - 10 – 15 canapes (fried)
1½ Bowl finely chopped seasonal vegetables
Carrots, capsicum, mushroom, cauliflower, peas
Salt to taste, paper to taste, 1 cup grated cheese

For white Sauce - 1½ Tbsp butter
1½ Tp maida
1½ cup milk

For dressing – French fries, ketchup,

Method =

1. In a pan, heat butter, add maida and cook till it turns golden
2. Add milk while stirring continuously, no lumps should be formed, bring to boil and thicken it.
3. keep aside to cook it.
4. in a wok, put water to boil, add chopped vegetables and cook for 2 minutes. Strain water and keep aside to cool.
5. In a bowl, add vegetables, white sauce and grated cheese.
6. Sprinkle salt and black pepper according to taste and mix well.
7. fill canapés with mixture and place a French fry in it.
8. Serve with Ketchup, mayonnaise or your favorite dip.

➤ Canapes can be fried in advance and stored in an airtight jar.