



WELCOME TO OUR RECIPE BOOK FOR

SEVEN SAMOSAS

BY KABIR SEHGAL AND SURISHTHA SEHGAL

ILLUSTRATED BY JING JING TSONG



NOW YOU CAN LEARN HOW TO
COOK THE DELICIOUS DISHES
FEATURED IN OUR PICTURE
BOOK. WE'VE INCLUDED SOME
OF OUR FAMILY RECIPES FOR
YOU TO ENJOY.



MOTICHOOR CHOOR LADOO



This is a classic Indian dessert, which is usually part of festive occasions and family celebrations. *Motichoor* means small pearls (or small size boondi). *Moti* means pearls, *choor* means crush. If the boondi is slightly bigger, it's known as boondi laddoo. Our family favorite is the “Besan Ladoo.”

UTENSILS NEEDED

medium size wok or heavy bottom pan
boondi maker or a sieve with small round holes to make boondi
ladle and a slotted spoon
medium size pan to make syrup

INGREDIENTS

1 cup besan
1 Tbs. semolina mixed with 1Tbs. water
5 Tbs. ghee for frying or canola oil (half ghee and half oil mix)
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ Tsp. saffron threads
 $\frac{1}{4}$ Tsp. cardamom powder or seeds crushed from five cardamom pods
 $\frac{1}{2}$ Tsp. lemon juice
 $\frac{1}{2}$ Tsp. rose essence
1 Tsp. dried melon or pumpkin seeds
1 Tsp. crushed pistachios

INSTRUCTIONS

- Mix besan, semolina with water, add saffron, cardamom lemon juice, rose essence, and make a thick batter.
- Heat the ghee in a wok to a medium hot temperature, fill a ladle of batter and pour over the boondi maker or sieve.
- Tap the boondi to drop into the ghee in a circular motion, holding on top of the wok.
- The batter should fall, drop by drop, into the pan.
- Fry until all batter is made into boondi and is crisp. With a slotted spoon, transfer the boondi to a paper towel on a plate.

SYRUP INGREDIENTS

$\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup water

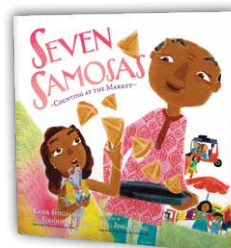
INSTRUCTIONS

- Add saffron, cardamom powder, lemon juice, and rose essence.
- Bring to a boil and bring the syrup to a one string consistency, meaning that when you place a little sugar water on forefinger and thumb and pull them apart you should see a single thread.
- Mix the pistachios and the seeds. Once they are cooled, shape into small balls.



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MOTICHOOR CHOOR LADOO



BESAN LADOO

UTENSILS NEEDED

heavy nonstick frying pan

INGREDIENTS

1 cup besan (use “ladoo” besan). If using regular besan, replace 2 Tbs. of besan with semolina.

½ cup sugar

4 1/2 Tbs. ghee (clarified butter)

1 Tbs. almonds coarsely ground

1 Tbs. cashew nuts coarsely ground

½ Tsp. cardamom powder (or deseed 3–5 cardamom pods and powder the seeds with a spice grinder)

1 small pinch salt

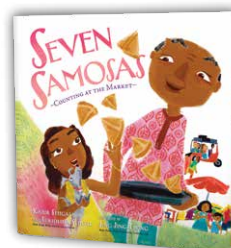
INSTRUCTIONS

- Heat ghee in a heavy nonstick frying pan on medium heat.
- Add besan and salt, and mix until the ghee is absorbed.
- Keep mixing until the mixture turns golden and you can smell the nutty aroma of besan.
- Cook for 20 minutes and keep stirring to make sure it doesn’t get over-roasted and become bitter.
- Add nuts and cool for 20 minutes.
- When the mixture is cool, add sugar and ground cardamom and mix well.
- Take one Tbs. of mixture in your palm, press and roll between your palm, moving your hand in a circular motion. After Ladoo is made, top it with sliced or finely chopped nuts.



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SHEERA



Also known as Suji halwa: made with durum wheat semolina.
This is our family favorite, generally made for auspicious occasions but also served as desserts.

UTENSILS NEEDED

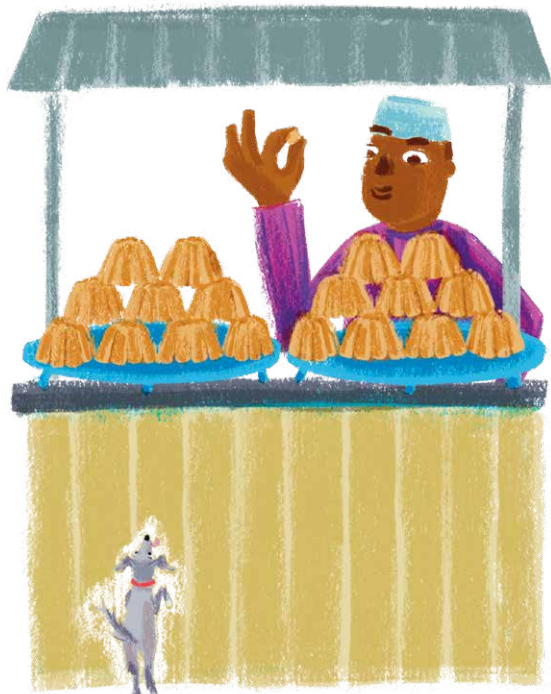
2 heavy bottom woks or pans

INGREDIENTS

2 Tbs. ghee (clarified butter)
½ cup Suji or coarse semolina
1 ½ cup water
¼ cup sugar
¼ cup brown sugar
¼ cup ghee (clarified butter)
1 Tbs. almonds and pistachios, coarsely ground

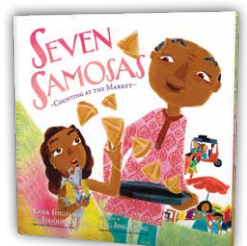
INSTRUCTIONS

- Take a heavy bottom wok or pan and add 2 Tbs. ghee.
- Add Suji and roast for 5 minutes on low flame. It's cooked when the ghee starts to separate from it.
- In a pan, boil the water with sugar, let it boil for 45 seconds.
- Add the water to Suji, stirring constantly until it turns to a smooth mixture.
- Add the ghee and mix.
- Put in bowls and garnish with ground almonds and pistachios.



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SINGORI



UTENSILS NEEDED

wok or heavy bottom pan, small bowls

INGREDIENTS

¼ cup unsweetened khoya (or 8 oz. evaporated milk)

¼ cup sugar

2 Tbs. water

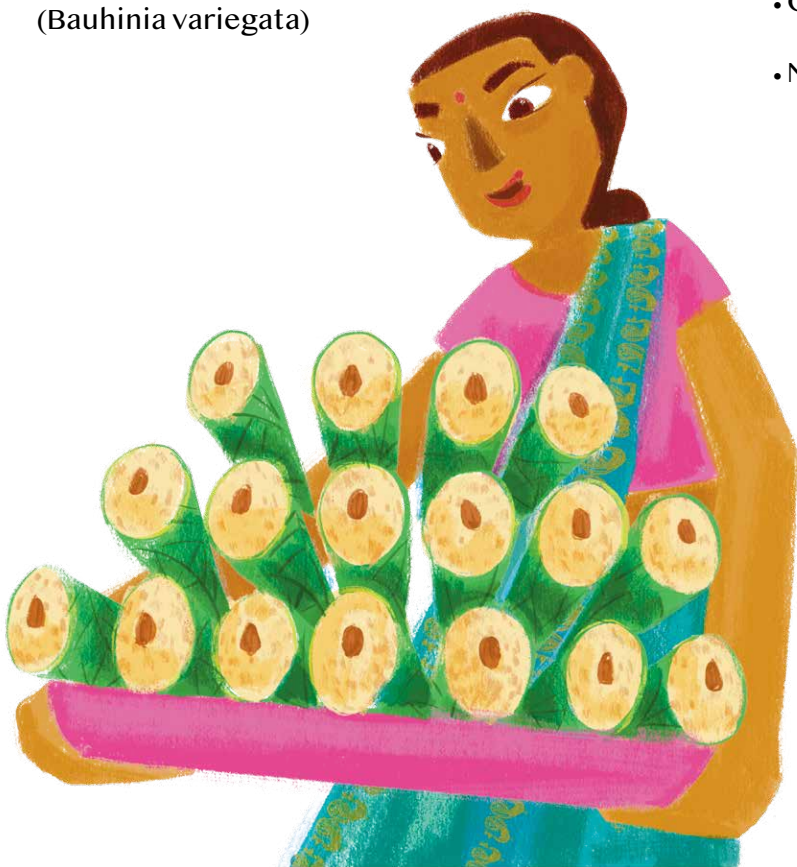
⅔ cup unsweetened coconut (or fresh coconut)

2 Tbs. organic fresh rose petals and chopped almonds.

*Traditionally served wrapped in Molu leaves (*Bauhinia variegata*)

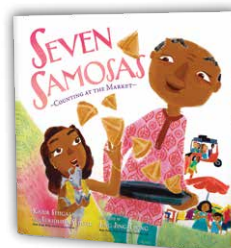
INSTRUCTIONS

- In a wok (or heavy bottom pan), add water and sugar. Boil and melt the sugar.
- Add khoya and keep stirring until all the sugar is distributed evenly without burning.
- Add coconut and continue mixing on medium heat for about 10 minutes.
- Turn off the stove. After the mixture has cooled, add to small bowls (if Molu leaves are unavailable).
- Garnish with nuts or rose petals.
- Note: Molu (or Molu leaves) enhance the flavor.



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THEPLA



This is a flat bread, something like a chapati or paratha.

UTENSILS NEEDED

bowl, griddle or pan, paper towels, cloth napkin or foil

INGREDIENTS

1 ½ cup whole wheat flour
¼ cup millet flour (optional)
¾ Tbs. besan (graham flour, optional)
1 Tsp. fresh ginger, grated
1 green chili (small jalapeño)
½ Tsp. salt
½ Tsp. red chili powder
½ Tsp. coriander powder
¼ Tsp. turmeric powder
4 Tbs. plain Yogurt
1 Tsp. canola oil
2 Tbs. canola oil for frying

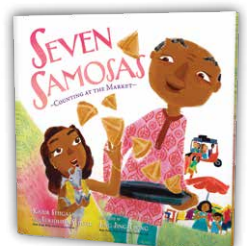
INSTRUCTIONS

- Add all the ingredients in a bowl, except oil.
- Mix well.
- Add a little water to make a soft nonsticky dough. Add 1 Tbs. oil and knead well.
- Rest the dough covered for 20 minutes.
- Make 8–10 balls and cover.
- Dust flour on the rolling surface. Place a ball over the flour (one at a time) and flatten.
- Add flour on both sides. Using a rolling pin flatten the ball to medium thickness.
- Heat a griddle or pan to medium heat and place one thepla on it.
- When half cooked on the bottom, flip over to cook the other side until you see golden spots on both sides.
- Press down thepla with a spatula so it is evenly cooked.
- Drizzle ½ Tsp. oil on each side.
- Make a stack on a paper towel to absorb the oil, wrap in a soft cloth napkin (or foil), close, and keep warm.
- Serve with butter or plain yogurt.



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TIKKIS WITH ALOO



These are potato patties.

UTENSILS NEEDED

wok or heavy bottom pan, rolling pin, cooling rack

INGREDIENTS

4 medium potatoes
1 Tbs. ginger (fresh grated or ¼ Tsp. ground powder)
½ Tsp. chaat masala or replace with lemon juice
½ Tsp. red chili powder
1 Tbs. ghee (clarified butter)
4–6 Tbs. canola oil
1 Tbs. cilantro leaves (finely chopped)
1 green chili chopped (or a small jalapeño)
2 Tbs. corn flour (or corn starch)
4 Tbs. plain breadcrumbs
¾ Tsp. salt

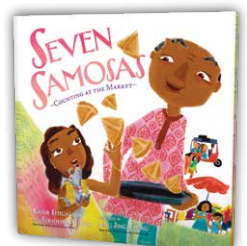
INSTRUCTIONS

- Boil potatoes and cool. Remove skin and mash smoothly in a bowl.
- In a wok (or heavy bottom pan), heat ghee, red chili powder, cilantro, green chillis, garam masala, chaat masala (or lemon juice). Mix.
- Add flour and breadcrumbs.
- Make 8 balls. If sticky, add more flour.
- Flatten the ball with hand or a rolling pin.
- Add the oil in a heavy nonstick frying pan, heat until its medium hot, gently transfer the tikkis to the pan. Cook for 2–3 minutes, flip them over until golden and crisp on both sides.
- Remove, cool on a rack.
- Serve with Indian masala ketchup or regular ketchup.



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PANEER



UTENSILS NEEDED

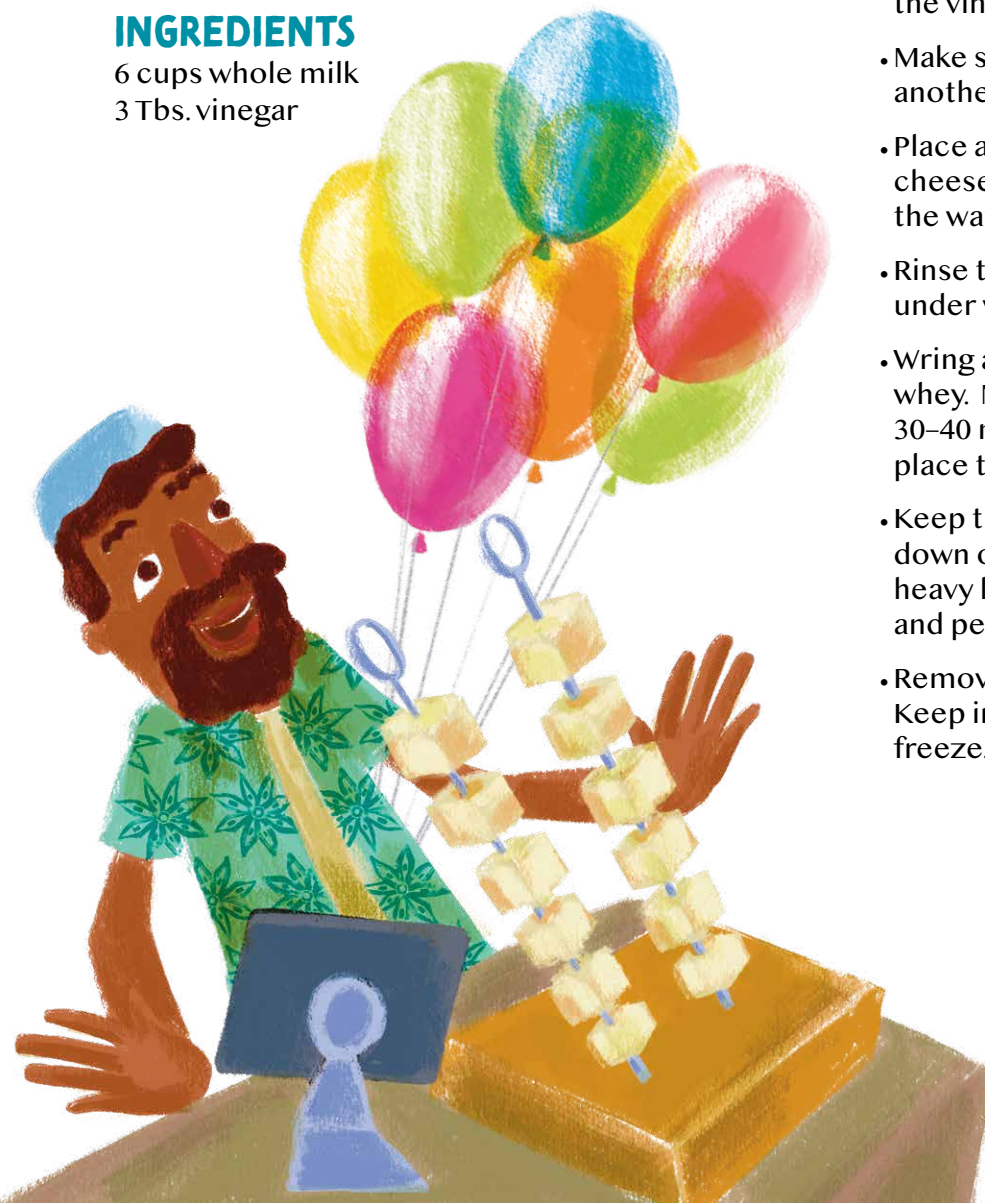
large Pot
cheese cloth
colander

INGREDIENTS

6 cups whole milk
3 Tbs. vinegar

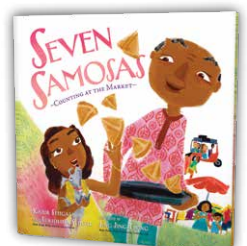
INSTRUCTIONS

- Boil milk in a pot on medium heat. Keep stirring to avoid sticking to the bottom.
- Bring to a boil, turn off the heat, and pour in the vinegar.
- Make sure the milk curdles. If it doesn't, add another Tsp. of vinegar.
- Place a colander in a large bowl and spread the cheese cloth on the top. Drain the paneer and the water (or whey).
- Rinse the paneer collected in the cheese cloth under water to remove the taste of vinegar.
- Wring and squeeze the cloth to remove excess whey. Make a knot and hang the paneer for 30–40 minutes from the faucet or another place to remove the excess whey.
- Keep the paneer in the cheese cloth and press down on a wooden board. Place something heavy like a cast iron pan or a heavy mortar and pestle on top for 3 hours.
- Remove the cheese cloth and cut it into cubes. Keep in the refrigerator for 2–3 weeks or freeze.



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JALEBI



UTENSILS NEEDED

squeezable bottle currently under ingredients, wok or pan, bowl, whisk

INGREDIENTS

- 1 cup all-purpose flour
- 2 Tbs. corn flour
- ½ Tsp. turmeric or natural food color
- ½ cup plain yogurt
- ½ Tsp. baking soda
- 1 Tsp. lemon juice
- 1 squeezable bottle or a dispenser with sharp tip or a Ziploc bag (fold a square bag into a triangle, secure edge with a tape, add batter, cut the corner, and pipe the batter in oil)
- 2 Tbs. ghee

BATTER INSTRUCTIONS

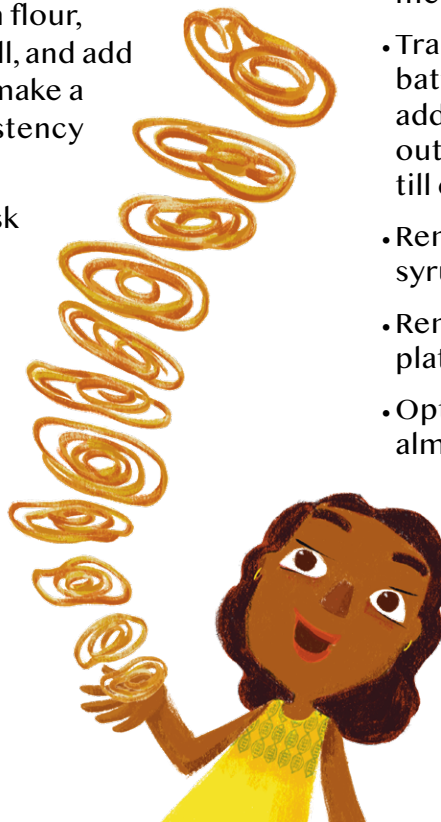
- Add all-purpose flour, corn flour, turmeric in a bowl, mix well, and add yogurt. Pour in water and make a thick batter to get a consistency that can be poured easily.
- Beat the batter with a whisk in a circular motion for 3–4 minutes until it's very smooth.

SUGAR SYRUP INSTRUCTIONS

- 1 cup sugar
- ¾ cup water
- 1 pinch saffron (6–7 strands)
- ¼ Tsp. cardamom powder
- 1 Tsp. lemon juice
- Add sugar and water into a pan and boil on medium heat until it reaches one string consistency (means that when you place a little sugar water on forefinger and thumb and pull them apart, you should see a single thread without breaking).
- Add in lemon juice, cardamom, and saffron.
- Remove from heat and stir.

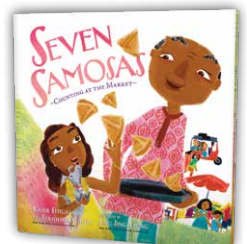
FRYING INSTRUCTIONS

- Heat oil and 3–4 inches (2 Tbs.) of ghee on medium heat in a wok or a pan.
- Transfer batter into the bottle and squeeze the batter into the hot oil (keep it on low heat while adding), making spiral motions from inside to outside. Increase the heat to medium high. Fry till crisp on both sides.
- Remove and immediately dip in warm sugar syrup for a few seconds on both sides.
- Remove from the syrup and transfer to a serving platter.
- Optional: Garnish with sliced pistachios or almonds.



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BUTTER NAAN



Naan is a flat bread that may be served without butter or mixed with spices in the dough.

UTENSILS NEEDED

bowl, rolling pin, griddle, frying pan, wire rack

INGREDIENTS

1 cup whole wheat flour
1 cup all-purpose flour
½ cup plain yogurt
7 Tbs. milk, lukewarm
2 Tbs. melted butter
2 Tsp. sugar
½ Tsp. salt

LEAVENING

½ Tsp. baking powder
¼ Tsp. baking soda

TOPPING

3 Tbs. melted butter
1 Tsp. kalonji (black caraway seeds)

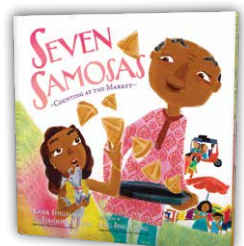
INSTRUCTIONS

- In a bowl, add flour, baking powder, baking soda, salt, and sugar.
- Add yogurt, butter, and milk, and mix to form a smooth dough. If needed, add a little more milk.
- Knead until the dough turns elastic, soft, and pliable.
- Grease your fingers with butter and divide the dough into eight parts.
- Make smooth balls.
- Sprinkle a little flour on a rolling surface. Use a rolling pin to roll the naan until eight inches long and five inches wide.
- Sprinkle kalonji seeds and press down.
- Heat a griddle to medium heat and add the naan.
- Bubble will be visible on the top in a few minutes.
- Cook in heavy bottom frying pan, flipping over periodically. Once half-cooked, place on a wired rack directly on the gas or stove to roast.
- When you see brown spots on the naan, make sure it's well cooked on both sides.
- Remove from rack and brush with butter.



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ECLAIRS



UTENSILS NEEDED

medium saucepan, baking sheet, parchment paper, piping bag, cooling rack, bowl, spatula, glass bowl, tray

INGREDIENTS

4 Tbs. unsalted butter
1 Tsp. granulated sugar
½ cup water
1 cup all-purpose flour
Pinch of salt
2 large eggs at room temperature, beaten
¾ cup heavy whipping cream, cold
½ Tsp. powdered sugar
4 oz. dark (72%) chocolate, broken into pieces

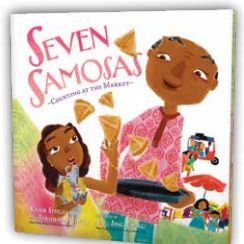
INSTRUCTIONS

- Add butter, sugar, and water to a medium saucepan over medium heat. Stir until butter and sugar are melted. Bring to a boil.
- Remove from heat. Whisk or stir vigorously with a wooden spoon. Continue stirring until the mixture starts to pull from the sides of the pan.
- Remove from heat.
- Add one egg. Beat and fold in until smooth. Add second egg. Beat and fold in until the mixture is shiny and turns into a smooth paste. Let it cool slightly in the pan.
- Preheat oven to 400 °F with a rack in the center.
- Line a baking sheet with parchment paper. Draw 10 3-inch lines 2 inches apart on the paper. Flip paper over so lines facing down.
- Spoon pasty mix into a piping bag with a round nozzle.
- Pipe pastry lengths about 1 inch thick along lines.
- Reduce temperature to 375 °F and bake 20 minutes. Bake for another 5–6 minutes until puffed and golden brown.
- Remove from oven and transfer to a cooling rack.
- Add the whipping cream to a bowl and whip until soft peaks form. Add powdered sugar and beat until stiff peaks form.
- Transfer the cream to a piping bag with a small nozzle.
- Slice cooled pastry lengthwise and pipe cream to sandwich between the two.
- Add chocolate to a glass bowl, cook in a microwave for 15 second increments for 45 seconds. Stirring in between until melted.
- Dip the top of the pastry into the melted chocolate, allowing excess to drip off.
- Set them on a tray and refrigerate to cool until the chocolate is set.



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SAMOSAS



TRADITIONAL VERSION

Our favorite

UTENSILS NEEDED

bowl, pastry brush, deep frying pan,
paper towel

INGREDIENTS FOR DOUGH

2 ½ cup all-purpose flour
1 Tsp. salt
4 Tbs. ghee
Cold water (as needed) to make the dough

INGREDIENTS FOR FILLING

2 medium boiled and mashed potatoes
1 Tbs. ghee (or canola oil)
1 Tbs. grated ginger
3 Tbs. cilantro finely chopped
2 Tsp. cumin seeds
1 Tsp. crushed coriander seeds
1 Tsp. dry mango powder or lemon juice
½ Tsp. salt
¾ Tsp. red chili powder
1 Tsp. garam masala
¼ Tsp. fenugreek dried, crushed

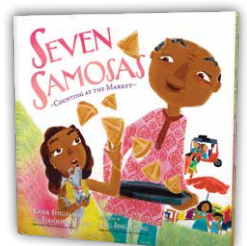
INSTRUCTIONS

- In a bowl, mix flour with salt. Rub in the ghee and mix until looks like breadcrumbs.
- Roll the dough into thin sheets, cut into squares.
- Using a tablespoon, place filling in the center of the squares with a high filling to pastry ratio. (confirm center of squares is correct)
- Fold so it looks like a triangular pastry turnover, (which sides fold to which corners, etc.)
- Wet your fingers or use a pastry brush and a little water to seal samosa seams.
- Melt [specific amount] of ghee in a deep frying pan.
- Add samosas to pan one at a time and let cook for one minute to solidify then 3–5 minutes on each side until golden brown. Place on a paper towel-lined plate.
- Serve with cilantro, mint chutney, or ketchup.



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SAMOSAS



EASY VERSION

Tight on time? Try this version!

UTENSILS NEEDED

parchment paper, baking sheet, knife

INGREDIENTS

Frozen puff pastry sheet or filo pastry

Use the same filling ingredients as the traditional version

INSTRUCTIONS

- Turn the oven to 400 °F.
- Place parchment paper at the bottom of a baking sheet.
- Unroll the pastry sheet and cut into triangles. Use the leftover dough to cut more triangles.
- Fold each triangle like a cone and place the filling inside.
- Put a little water on your fingers and pinch to seal the samosas.
- Place the samosas on the baking sheet.
- Bake for 20 minutes until golden brown.

RECIPE FOR CILANTRO CHUTNEY

UTENSILS NEEDED

blender, frying pan, knife, bowl

INGREDIENTS

- 2 cups cilantro leaves
- 1 green chili (stalks removed)
- 2 garlic cloves (peeled)
- 1 Tsp. cumin (roast the cumin seed in a frying pan, cool, and grind)
- ½ Tsp. salt
- 1 Tbs. lemon juice
- 2 Tbs. water

INSTRUCTIONS

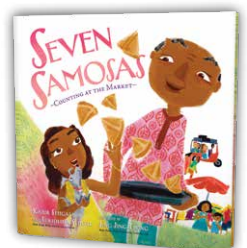
- Put the cilantro, lemon juice, and 1 Tbs. of water in a blender.
- Blend for 20–30 seconds to a smooth paste.
- Add the rest of the ingredients and add more water.
- Blend, scrape the side of the blender, and blend for 40 seconds.
- Test for the right amount of salt and tartness of lemon juice.
- Transfer to a bowl.

Note: Cover any leftover chutney and refrigerate. To serve later, you may add 1 Tbs. of plain yogurt, mix well, and serve.



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FALOODA



UTENSILS NEEDED

saucepan, bowls, strainer, glasses

INGREDIENTS

2 cups whole milk (chilled)
2 Tbs. sugar
½ Tbs. basil seeds
½ cup water (to soak basil seeds)
3 Tbs. rose syrup (or Rooh Afza)
½ cup thin vermicelli
3 Tbs. (rose or strawberry jelly) *optional
4 scoops vanilla ice cream
3 Tbs. chopped pistachios (optional)
(optional) Jelly is vegan.



INSTRUCTIONS

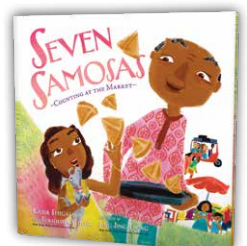
- Add chilled milk to medium size bowl. Add sugar, and mix until dissolved.
- Place basil seeds to a strainer (may use a tea strainer). Rinse with clean water.
- Bring two cups of water to boil in a saucepan. Add vermicelli and cook until done. Drain the water.
- Add vermicelli to two cups of water and cook until done, drain the water.

ASSEMBLE

- If using jelly, add to two large glasses.
- Add basil seeds, vermicelli, and rose syrup.
- Pour in chilled milk, followed by more jelly if desired.
- Put two scoops of ice cream in each glass.
- Sprinkle nuts (optional) and serve immediately.

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FIRNI



UTENSILS NEEDED

bowl, mortar and pestle, large nonstick pot, bowls, foil

INGREDIENTS

2 Tbs. basmati rice
Water for soaking the rice
2 1/2 cup whole milk
1/4 cup sugar
1/2 cup roasted walnuts (ground, coarse)
1/4 Tsp. cardamom powder
1 Tbs. saffron milk (8 strands of saffron soaked in warm milk)
2 Tsp. rose water
1 Tsp. chopped pistachios

INSTRUCTIONS

- Soak rice in water for thirty minutes.
- Discard water, allow the rice to dry, and grind into paste coarsely.
- In a large nonstick pot, boil the milk. Reduce to simmer and stir constantly for 10 minutes.
- Bring the milk back to a boil. Add the rice and sugar.
- Keep stirring until the mixture is smooth and the rice is cooked.
- Add the walnuts, stir, and blend until the mixture becomes creamy.
- Add cardamom, saffron milk, and rose water.
- Pour into small individual bowls.
- Garnish with pistachios.
- Cool to room temperature.
- Cover with foil and place in the refrigerator for 3–4 hours.
- Optional: Serve with roasted walnuts.



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