

# Faraal Foods...

for fasting days



## INTRODUCTION

The word fasting brings to our mind *sabudana wada*, *doodhi ka halwa* and hot *faraali pattice*. Yes, this has been a part of the traditional meal for fasting days. But have you ever thought of relishing *pakodas*, *idli-sambhar*, *misal* and so on during fasts? My this book on "Faraal Foods" is an attempt to demystify the world of *faraal* foods with newer recipes to be enjoyed by one and all on fasting days.

This book offers a fabulous variety of recipes with something for every food lover depending on their tastes and preferences, from savoury combos to amazingly rich sweets. 33 recipes have been divided into 5 major sections viz. Drinks, Snacks, Main Course, Accompaniments and Desserts. My diet-conscious readers will also be happy to note that I have not forgotten them. Many of the recipes like Healthy Wafer Platter, page 27, Upvaas Thalipeeth, page 51, Faraali Dosa, page 73 are some healthy alternatives to fat-laden ingredients, to help cut down on the recipe's calorie count.

The book also provides you an insight on the most common ingredients allowed during fasts along with their names in regional languages for your easy reference. Although you are sure to notice some ingredients are used to cook many recipes, but believe me the end-result of each recipe is distinctly different and delicious.

Hope you enjoy this novel offering of mine and may you make your way to everybody's heart, through their stomach with this innovative *faraal* recipes.

Regards,

*Terda Daral*

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# Thandai

A shaahi drink in which mild spices romance with almonds and milk resulting in a rich taste. Make the paste in advance and mix it with milk whenever hunger pangs strike on a fasting day.

Preparation Time: 5 minutes.  
Cooking Time: 10 to 12 minutes.  
Makes 6 glasses.



To blended into a *thandai* paste

¼ cup almonds (*badam*), soaked, drained and peeled

2 tbsp fennel seeds (*saunf*)

10 to 12 peppercorns (*kalimirch*)

4 tsp poppy seeds (*khus -khus*)

2 pinches cardamom (*elaichi*) powder

A few strands saffron (*kesar*) dissolved in 1 tbsp warm milk

1 tbsp rose water

Other ingredients

5 cups milk

½ cup powdered sugar

For the garnish

A few chopped rose petals

1. Bring the milk to boil in a broad non-stick pan and cool completely.
2. Add the *thandai* paste and mix well.
3. Refrigerate for at least for 3 to 4 hours.
4. Strain using a strainer, add the sugar and mix well.  
Serve chilled garnished with rose petals.

Thandai



# Dahiwali Aloo ki Subzi with Rajgira Puri

This potato-based dish comprises all the spices that are allowed during fasts, assembled in a manner to please the choosiest of connoisseurs. Enjoy it with rajgira puris.

Preparation Time : 20 to 25 minutes.

Cooking Time : 20 to 25 minutes.

Serves 4.



For the *aloo subzi*

1 cup fresh curds (*dahi*), beaten

½ tsp arrowroot (*paniphal*) flour

1 tbsp *ghee*

½ tsp cumin seeds (*jeera*)

1 bayleaf (*tejpatta*)

2 cloves (*laung / lavang*)

25 mm (1") stick cinnamon (*dalchini*)

1 tsp round red chilli (*boriya mirch*) powder,  
refer handy tip

1 tsp coriander-cumin seed (*dhania-jeera*)  
powder

12-15 baby potatoes, boiled and peeled

Rock salt (*sendha namak*) to taste

2 tbsp finely chopped coriander (*dhania*)

For the *rajgira puris*

1 cup *rajgira* flour

½ cup boiled, peeled and mashed potatoes

2 tbsp arrowroot (*paniphal*) flour

1 tbsp hot melted *ghee*

Rock salt (*sendha namak*) to taste

*Ghee* for deep-frying

For the *aloo subzi*

1. Combine the curds and arrowroot flour in a bowl, mix well and keep aside.
2. Heat the ghee in a *kadhai* and add the cumin seeds.
3. When they crackle, add the bayleaf, cloves and cinnamon and sauté on a medium flame for a few seconds.
4. Add the curds mixture, round red chilli powder and coriander-cumin seed powder, mix well and cook on medium flame for 3 to 4 minutes, while stirring continuously.
5. Add the baby potatoes, rock salt and ½ cup of water, mix well and cook on a medium flame for another 6 to 7 minutes. Top with coriander and keep aside.

For the *rajgira puris*

1. Combine all the ingredients together in a bowl and knead into a semi-stiff dough using enough water.
2. Divide the dough into 16 equal portions and roll each portion into a 75 mm. (3") diameter circle.
3. Heat the ghee in a *kadhai* and deep-fry the *puris*, a few at a time, till they turn golden brown in colour from both the sides.

For serving

Serve hot *rajgira puris* with hot *aloo subzi*.

Handy tip : To make round red chilli powder, dry roast 2 to 3 whole round red chillis (*boriya mirch*) on a *tava* (griddle) for 2 to 3 minutes. Cool slightly, deseed and blend it in a mixer to a fine powder. Use as required.

Dahiwali Aloo ki Subzi with Rajgira Puri



Piyush



**T**he moment you think of fasting, you recollect traditional *faraal* recipes like *sabudana wada*, *doodhi ka halwa* and hot *faraali pattice*. But, have you ever thought of relishing *pakodas*, *idli-sambhar*, *misal*, *tikkas*, and so on, during fasts? My book on “**Faraal Foods**” is an attempt to make fasts more interesting, offering you a wider variety of new, interesting fasting delicacies. 33 recipes have been divided into 5 major sections viz. Drinks, Snacks, Main Course, Accompaniments and Desserts.

Feast on *Healthy Wafer Platter*, page 27, *Upvaas Thalipeeth*, page 51, *Faraali Dosa*, page 73, *Yam Raita*, page 78, *Singhada Sheera*, page 92, and many more such delectable recipes which is sure to make you think about fasting more often.

Enjoy feasting while fasting!

*Tarla Dalal*



“**Padma Shri**” awardee, **Mrs Tarla Dalal** is India’s best selling author in any field, with over 5 million cookbooks sold to date. Her website, [www.tarladalal.com](http://www.tarladalal.com) is India’s largest food site with over 5 lakhs members. She is also the first to launch a bi-monthly food magazine, ‘**Cooking & More**’, which is the best selling cookery magazine in India, under her own name.

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