

Tarla Dalal

INDIA'S #1 COOKERY AUTHOR

# Wraps & Rolls



# ≈ Introduction ≈

**W**raps and rolls are fast catching up in popularity, not just at street-side vendors and fast food stalls but even at the food courts of some of the most up-market malls in India. One of the oldest forms of fast-food, wraps are easy to make and serve absolutely no fuss! You do not have to create a large spread; at the same time you can take the liberty to mix-and-match ingredients from different cuisines and simply wrap them up in a *roti*!

Earlier in India, people used to be content with creating simple rolls using left-over *rotis* filled with *bhaji* and *achaar*, or occasionally a salad garnished with grated cheese. Overseas, wraps and rolls were predominantly associated with the ever-so-popular Burrito. However, with the rise in the demand for quick-eats, people have started experimenting with their own regional cuisines and creating innovative wraps and rolls.

Keeping in mind the needs of the modern, fast-paced world where no one has the time to sit down and have complete meals, we have come up with a cookbook of “WRAPS AND ROLLS” that blends the grandeur of Indian cuisine with the sophistication of international gourmet food.

We start with “**Indian Wraps & Rolls**” where you will find a wide variety of starters and sauces from the different regions of India wrapped up in the humble *roti* to make exotic dishes! Pahadi Paneer Tikka Wrap, page 8, and Makhmali Paneer Tikka Roll, page 22, bring us close to the soil of Punjab, whereas the royal Vegetable Shikampur Kebab Roll page 26, transports us back to the glorious Moghul era when Hyderabadi cuisine was in full bloom.

The “**International Wraps & Rolls**” section has been inspired as much by the exotic Asian flavours as by the gypsy-like feel of Mexican cuisine. Herbed Cottage Cheese Wrap, page 44, and Asparagus and Baby Corn Wrap, page 52, have a classy continental feel, whereas the Mushroom Schezuan Wrap, page 48, and the Thai Satay Paneer Wrap page 56, takes us all the way to the heart of China.

We've not forgotten our health-conscious readers either. The “**Healthy Wraps & Rolls**” section is a selection of nutritious rolls that are equally delicious. Try out the Hara Bhara Tikki Roll, page 64, and the Spinach Tahini Wrap, page 86.

The recipes have also been labelled as bland, spicy and double spicy, as is usually done on the menu of a restaurant or at the wraps and rolls corner. This makes it easy for you to wade through the recipes and take your pick!

Get set to expand your cooking skills (and eating options!) with these 39 easy-to-follow recipes. Explore the method of making a basic *roti*, page 91, along with various ways in which you can fill up the ubiquitous *roti* with fillings from across the globe! You'll enjoy creating these wraps for your friends and family, as a complete meal or as the star attraction of a wraps and rolls party!

Happy Cooking!

Regards

*Terha Dabhal*

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# Mexican Kebab Roll

Punjab meets Mexico in this innovative roll, where the simple paneer tikkas have been given a Mexican touch by adding cocoa to the marinade! Finish by adding sour cream, to add a lovely tangy taste to the roll. The interplay of flavours in this roll makes it unforgettable.

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PREPARATION TIME : 10 MINUTES. COOKING TIME : 6 TO 8 MINUTES. MAKES 4 ROLLS.

## To be mixed into a marinade

- 2 tsp cocoa powder
- 2 tsp chilli powder
- 2 tbsp fresh thick curds (*dahi*)
- 4 tsp finely chopped garlic (*lehsun*)
- 1 tbsp cornflour
- 1 tsp oregano
- 3 tbsp oil
- Salt and freshly ground pepper to taste

## For the Mexican kebabs

- 8 pieces *paneer* (cottage cheese), cut into 25 mm. (1") cubes
- 8 pieces onions, cut into 25 mm. (1") cubes
- 8 pieces babycorn, cut into 25 mm. (1") cubes and blanched
- 8 pieces capsicum, cut into 25 mm. (1") cubes
- 8 pieces mushroom (*khumbh*), blanched
- 1 tbsp oil for cooking

## Other Ingredients

- 4 *rotis*, page 90 or tortillas, page 90
- 1 recipe sour cream, page 94
- 1 cup finely chopped spring onions
- 1 tsp dry red chilli flakes

## For the Mexican kebabs

1. Combine the *paneer* cubes, onion cubes, babycorn, capsicum cubes, mushrooms and half the marinade in a bowl and toss gently. Keep aside to marinate for 10 minutes.
2. On a satay stick, arrange 2 pieces each of *paneer* cubes, onion cubes, babycorn, capsicum cubes and mushrooms. Repeat with the remaining ingredients to make 3 more satays.
3. Heat a non-stick *tava* (griddle) and cook the satays on a medium flame using oil till the vegetables turn light brown in colour from all the sides. Keep aside.

## How to proceed

1. Place a *roti* on a clean dry surface and spread ¼th of the sour cream over it.
2. Slide the Mexican *kebabs* from 1 satay stick in a row in the centre of the *roti*, gently using a knife.
3. Arrange ¼ cup of spring onions and sprinkle ¼ tsp of chilli flakes over it.
4. Finally spread ¼th of the remaining marinade over it and roll it up tightly.
5. Repeat with the remaining ingredients to make 3 more rolls.
6. Wrap a tissue paper around each roll and serve immediately.



# Asparagus and Baby Corn Wrap

Bite into this delightful wrap prepared with exotic ingredients like asparagus and baby corn flavoured with oregano and chilli flakes, and forget yourself in the medley of flavours that challenge the exquisite cheese sauce! Top it with lettuce, carrots and bean sprouts to add a nice crispy texture.

PREPARATION TIME : 10 MINUTES. COOKING TIME : 7 to 8 MINUTES. MAKES 4 WRAPS.

## For the asparagus-baby corn stir-fry

1 tbsp butter  
1¼ cups asparagus, cut into 20 mm. (2 cm.) pieces and blanched  
8 to 10 nos. baby corn, cut into 20 mm. (2 cm.) pieces and blanched  
¼ cup sweet corn kernels (*makai ke dane*)  
2 tsp dry red chilli flakes  
1 tsp oregano  
Salt to taste

## For the cheese sauce

2 tbsp butter  
½ tbsp finely chopped garlic (*lehsun*)  
¼ cup milk  
⅓ cup grated cheese  
½ tsp oregano  
¼ cup cream  
1 tsp dry red chilli flakes  
Salt to taste

## Other Ingredients

8 tbsp grated carrots  
4 tbsp bean sprouts  
Salt to taste  
4 spinach *rotis*, page 90  
1 cup roughly torn lettuce

## For the asparagus-baby corn stir-fry

Heat the butter in a deep non-stick pan, add the asparagus, baby corn, corn, chilli flakes, oregano and salt and sauté over a high flame for 2 to 3 minutes. Keep aside.

## For the cheese sauce

1. Heat the butter in a broad non-stick pan, add the garlic and sauté for a few seconds.
2. Add the milk, cheese, oregano, cream, chilli flakes and salt and stir over a slow flame till the cheese melts completely and the sauce thickens. Keep aside.

## How to proceed

1. Combine the carrots, bean sprouts and salt in a bowl, mix well and keep aside.
2. Place a spinach *roti* on a clean dry surface and arrange ¼ cup of lettuce in a row in the centre of the *roti*.
3. Arrange ¼th of the asparagus-baby corn stir-fry and ¼th of the carrot-bean sprouts mixture over it.
4. Finally spread ¼th of the cheese sauce over it and roll it up tightly.
5. Repeat with the remaining ingredients to make 3 more wraps.
6. Wrap a tissue paper around each wrap and serve immediately.





Paneer Khurchan Roll



One of the oldest forms of fast-food, wraps are easy to make and serve – absolutely no fuss! Naturally, they are rising in popularity today, as people do not even have the time to sit down and eat a complete meal in the midst of their jet-fast schedules. My latest release “Wraps and Rolls” is a timely offering to our hurried and harried readers! The book has a collection of easy yet exotic recipes that blend the grandeur of Indian cuisine with the sophistication of international gourmet food. Enjoy the array of recipes ranging from **Pahadi Paneer Tikka Wrap, page 8**, and **Makhmali Paneer Tikka Wrap, page 22**, to **Herbed Cottage Cheese Wrap, page 44**, and **Asparagus and Baby Corn Wrap, page 52**. We've also included a section of Healthy recipes such as **Hara Bhara Tikki Roll, page 64**, and the **Spinach Tahini Wrap, page 86**, for our health-conscious readers.

Get set to expand your cooking skills (and eating options!) with these 39 easy-to-follow recipes. Relish these wraps and rolls as a complete meal, or as the star attraction of a wraps and rolls party!

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