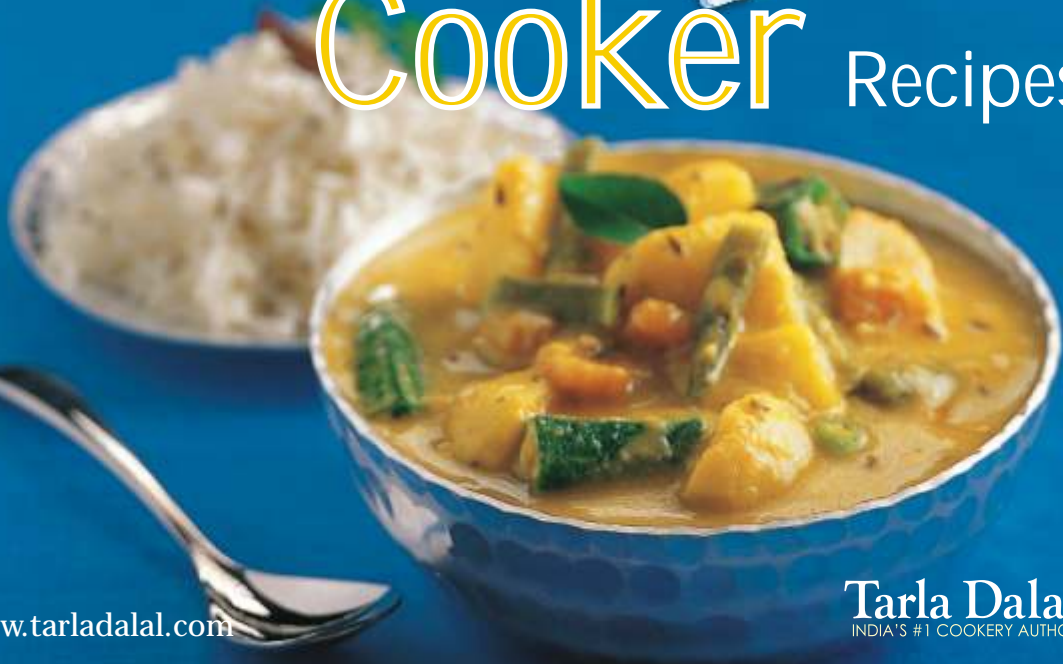


# Pressure Cooker Recipes



[www.tarladalal.com](http://www.tarladalal.com)

**Tarla Dalal**  
INDIA'S #1 COOKERY AUTHOR

## INTRODUCTION

When under pressure to eat right, you can't cook healthier, tastier or faster than in the pressure cooker! Pressure cooking makes it easy for even the busiest cooks to prepare fresh and healthy meals in a jiffy. So, no matter what time of the year, when you are hungry, go for the 'new fast foods' such as soups, stews and easy-to-cook vegetable dishes, which can be whipped up promptly using a pressure cooker.

A good quality pressure cooker is a long-term investment that will last for 25-30 years, or longer. It cuts cooking time by about half, requires little, if any, fat, boosts flavour, retains more nutrients and relieves you from the daily pressure of getting dinner on the table, giving you more time to enjoy the other aspects of your life. I use my cooker almost every day, and I hope that you will find as many reasons to use your pressure cooker as I have.

In this book, I have tried to show how innovatively the cooker can be used to prepare delicacies of myriad kinds. The recipes are divided into five sections – My Favourites, Soups and Snacks, Subzis, Rice and Dals and lastly Sweets and Desserts.

Use your pressure cooker to make all-time favourites like Pav Bhaji, page 15 and Sindhi Kadhi, page 21, delicious and nutritious soups like Italian Herb Soup, page 29, lip-smacking snacks like Sundal, page 45, and other nutritious subzis, *dals* and rice preparations like Bharleli Vaang, page 47, Avial, page 63, Paneer Pulao, page 74 and Darbari Dal, page 87. Not to forget the irresistible yet simple combinations of Indian sweets and international desserts in the dessert section; see Paneer Kheer, page 92, Quick Fix Chocolate Fudge, page 100.

Surprise your family by laying out a scrumptious and varied meal on the table, and all within a matter of minutes!

Regards,

*Tarda Dabab*

# INDEX

✍ Principles of Pressure Cooking . . . . .	6
✍ Five Benefits of Pressure Cooking . . . . .	7
✍ Types of Pressure Cookers . . . . .	8
✍ Tips for Safe Pressure Cooking . . . . .	8
✍ Cleaning and Storing your Pressure Cooker . . . . .	10

## MY FAVOURITES

Broken Wheat Vegetable Delight . . . . .	12
Pav Bhaji . . . . .	15
Bisi Bele Bhaat . . . . .	17
Sindhi Kadhi . . . . .	21
Ek Top na Dal Bhaat . . . . .	23
Malabari Curry . . . . .	27

## SOUPS AND SNACKS

Italian Herb Soup . . . . .	29
Quick Veg Broth . . . . .	33
Vegetable Barley Soup . . . . .	35
Chick Pea Soup . . . . .	39
Rice Khichu . . . . .	41
Sundal . . . . .	45

## SUBZIS

Bharleli Vaangi.....	47
Soya Bhurji .....	51
Oondhiya.....	53
Pindi Chole.....	57
Sai Bhaji .....	59
Avial.....	63
Mili Jhuli Subzi .....	65
Aloo Mutter.....	69

## RICE AND DALS

Aloo Gobhi Pulao .....	71
Paneer Pulao .....	74
Hara Bhara Subz Pulao .....	77
Panchratni Dal .....	81
Maa ki Dal .....	83
Darbari Dal .....	87
Pumpkin Kootu .....	89

## SWEETS AND DESSERTS

Paneer Kheer.....	92
Makai Jajaria .....	94
Lapsi .....	96
Doodhi Halwa .....	98
Quick Fix Chocolate Fudge .....	100
Eggless Chocolate Cake .....	103

# Chick Pea Soup

Hmmm, lose yourself in this luscious chickpea soup, which is flavoured luxuriously with spicy Baharat powder and enriched with fragrant cardamom. The only pre-prep you need to do is the soaking of chickpeas.

Preparation time: 15 minutes. Cooking Time: 20 minutes. Serves 4. Soaking Time: Overnight.  
Whistles: 2 High, 1 Low.

For the *Baharat* powder (makes approx. ¼ cup)

1 tbsp black peppercorns (*kalimrich*)

1 tbsp dry red chilli flakes

1 tsp coriander (*dhania*) seeds

1 tsp cinnamon (*dalchini*)

1 tsp cumin seeds (*jeera*)

1 tsp cloves (*laung/lavang*)

1 tsp nutmeg (*jaiphal*)

1 tsp dry ginger powder (*soonth*)

2 to 3 cardamom (*elaichi*)

Other ingredients

1 tbsp ghee

2 cardamom (*elaichi*), lightly crushed

½ cup finely chopped onions

1 tbsp finely chopped garlic (*lehsun*)

½ cup chopped tomatoes

½ cup potatoes cubes

¼ cup *kabuli chana* (chick peas), soaked overnight and drained

½ tsp *Baharat* powder, refer besides

Salt to taste

1 tbsp tomato purée

1 tsp lemon juice

½ cup chopped coriander (*dhania*)

For the garnish

2 tbsp finely chopped coriander (*dhania*)

For serving

Bread sticks

For the *Baharat* powder

1. Combine all the ingredients in a *kadhai* and dry roast on a slow flame for 3 to 4 minutes or till they release a pleasant aroma. Keep aside to cool.
2. Blend in a mixer to a fine powder and use as required. Store in an air-tight container.

How to proceed

1. Heat the ghee in a pressure cooker, add the cardamom, onions and garlic and sauté on a medium flame till the onions turn translucent.
2. Add the tomatoes, potatoes and drained *kabuli* chana, mix well and cook on a medium flame for a minute, while stirring continuously.
3. Add the *Baharat* powder, salt and 4 cups of hot water, mix well and pressure cook on a high flame for 2 whistles.
4. Lower the flame and pressure cook for another whistle.
5. Allow the steam to escape using natural release method, page 7, before opening the lid.
6. Add the tomato purée, lemon juice and coriander, mix well and simmer for another minute, stirring once in between.
7. Garnish with coriander and serve hot with bread sticks.

Chick Pea Soup



# Ondhiya

A classic Gujarati recipe of vegetables and fenugreek dumplings cooked with an aromatic blend of spices. If you do not have enough time, you can buy readymade dry muthias. However, ensure you add them along with the veggies so that they turn soft on cooking.

Preparation time: 25 minutes. Cooking time: 20 to 25 minutes. Serves 4. Whistles: 2 High, 1 Low.

To be mixed together into a *masala*

1 cup freshly grated coconut

½ cup finely chopped coriander (*dhania*)

⅓ cup finely chopped green garlic (*hara lehsun*)

1 tbsp coriander-cumin seeds (*dhania-jeera*) powder

2 tsp ginger-green chilli paste

1½ tsp chilli powder

1 tbsp sugar

1 tbsp lemon juice

Salt to taste

Other ingredients

1 cup baby potatoes, peeled

1 raw banana, cut into 25 mm. (1") cubes

3 to 4 brinjals (*baingan* / eggplant), small black variety

1¼ cups double beans (*surti papadi*), stringed and cut into halves

¾ cup purple yam (*kand*), peeled and cut into cubes

¾ cup yam (*suran*), peeled and chopped

¼ cup fresh *toovar dana*

½ cup *methi muthias* (readily available in the market)

2 tbsp oil

½ tsp carom seeds (*ajwain*)

¼ tsp asafoetida (*hing*)

A pinch of soda bi-carb

Salt to taste



For the garnish

3 tbsp finely chopped coriander (*dhania*)

1. Make a criss-cross slit on each baby potato, banana piece and brinjal taking care not to separate the segments.
2. Stuff the vegetables evenly using  $\frac{1}{2}$  of the prepared *masala* mixture and keep aside.
3. Combine the double beans, purple yam, yam, *toovar dana* and the remaining *masala* mixture in a bowl, mix well and keep aside to marinate for 8 to 10 minutes.
4. Heat the oil in a pressure cooker, add the carom seeds, asafoetida and soda-bi-carb and sauté on a medium flame for a few seconds.
5. Add the stuffed vegetables, marinated vegetables, *methi muthias*, salt and 2 cups of hot water, mix gently and pressure cook on a high flame for 2 whistles.
6. Lower the flame and pressure cook for another whistle.
7. Allow the steam to escape using natural release method, page 7, before opening the lid.  
Serve hot garnished with coriander.

Oondhiya



## Eggless Chocolate Cake



When under pressure to eat right, you can't cook healthier, tastier or faster than in the pressure cooker! A good cooker cuts cooking time by about half, requires little, if any, fat, boosts flavour, retains more nutrients and relieves you from the daily pressure of getting dinner on the table, giving you more time to enjoy the other aspects of your life! I use my cooker almost every day, and I hope that you will find as many reasons to use your pressure cooker as I have.

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Surprise your family by laying out a scrumptious and varied meal on the table, and all within a matter of minutes!

*Tarla Dalal*



“Padma Shri” awardee, **Mrs Tarla Dalal** is India's best selling author in any field, with over 4 million cookbooks sold to date. She is 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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