



## CHUTNEY SANDWICH



A popular, refreshing snack consisting of white or wheat bread slathered with butter and a vibrant green coriander-mint chutney. It is typically layered with thin slices of cucumber, tomato, boiled potato, onion, and cheese, topped with chaat masala.

### Making Indian Chutney:

#### Ingredients

- Cilantro - 1 bunch, washed & wiped
- Lime juice- 2 tea spoons
- Dalia - split (roasted chana dal) consists of husked, split, and roasted chickpeas, commonly used in Indian cooking for chutneys, curries - 2 table spoons
- Green pepper - half piece
- Mint leaves - approx 8 to 10 leaves, washed
- Sugar - 1/2 tea spoon
- Salt to taste
- 2 tablespoons of chilled water



#### Preparation

- Add roughly chopped Cilantro to the mixture jar, add Dalia, Green pepper, Mint leaves, Lime juice, salt, sugar to the mix.
- Add 2 tablespoons of chilled water.
- Grind everything and prepare a fine paste.
- Your Chutney is ready to be served.

#### For Sandwich

- Bread, butter, & optional add cucumbers, tomatos, boiled potato...



## VEGETABLE KHICHDI

A comforting one-pot Indian dish made with rice, lentils, and a variety of vegetables, often seasoned with spices. It is nutritious, easy to digest, and commonly served with yogurt or pickles.

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- 1 cup Jasmine rice
  - 1/2 cup Yellow moong daal
  - 1/2 cup split tuver daal
  - 4 1/2 cup water
  - 2 tsp salt
  - 1 tsp turmeric powder
  - 1 bag mixed vegetable (peas/carrots/beans/corn)
  - Onion
  - Potato
  - Eggplant (optional)
  - 2 tablespoons ghee/oil
  - Cumin seeds, mustard seeds, cloves, cinnamon ginger/ chilly/ garlic - however much you prefer
  - Coriander

### Using An Instant Pot

- Wash the rice and daal well and soak for a few minutes (5 to 10)
- Sauté cumin, mustard, clove, cinnamon, red chilly, and then add all the vegetables. Sauté for 2min.
- Add soaked rice and daal mixture, water, salt, turmeric. **Optional:** add red chili powder
- Add ghee
- Cover the lid and cook on rice setting or up to 10 minutes
- After 10 minutes open and serve

Tasty to eat with yogurt or pickles.



## PURI BASKET

A healthy Indian snack item using store bought puri baskets.

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- Sprouted beans (mung, horse gram, lentil) - available to buy in store or see below for making at home
  - Lemon
  - Salt
  - Sev (chick pea flour noodles)
  - Green/tamarind chutney

Optional: nuts, peppers, any crunchy fruit.

**Note:** Sprouting beans at home is economical and results in ultimate freshness and no chemicals. **To Do:** Soak mung/lentils overnight, strain the water, and keep them covered so that no light can enter. You may use a lid or wet cloth. The sprouts will grow in 20 hours or more. Keep at room temperature.

Fill the baskets and ENJOY!





# Indifest



## KULFI

### Traditional Indian Ice-Cream

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- One can evaporated milk
  - One can sweeten condensed milk
  - Half cup full whipped cream
  - Fresh crumbs of one piece white bread (without crust)

Optional: Cardamom, saffron, pistachio.

Mix all ingredients and mix in blender.

Freeze and ENJOY!

