

Navaratri Prayer Recipes

Do note that the recipes below are just for Devi prayers and not the general daily foods that one would consume during Navaratri like buckwheat flour, sabudana (sago/tapioca pearls), sama chawal (barnyard millet), makhana (fox nuts), legumes and pulses, dry fruits, dairy products, fruits and vegetables (potato, sweet potato, pumpkin, colocassia {taro, pata}, raw banana, raw papaya, gourds, tomatoes, etc).

In Devi Puja, halwa puri, sweet rice etc are prepared and thus the procedure on how to prepare them are provided below.



On a tray cut a banana leaf to the shape of the tray.
Next place the 2 hot puri's on the banana leaf
Then place a large betel leaf on top of the puri
Then place some halwa on the betel leaf.
Then place some Sweet rice (kheer) on the betel leaf.
Then place 3 types of cut fruits
Then place 3 types of mittai
Then place one whole clove on the betel leaf.
Then place one whole elachie on the betel leaf.
Then place 3 Channa dal
Then place one flat (black betel nut) on the betel leaf.
Then place one Tikli on the puri.
Then dot the Puri with sindhur (Red)
Then place 2 bangles over the preps.
Then cut a little serviette and tuck in the puri like in the picture.
Finally place one whole flower and then decorate with some flower petals

Halwa



Add 1 cup Semolina and 1 cup Butter Ghee in a pan and roast it over slow flame while stirring the mixture continuously. After a little while add the sugar and milk to the roasted semolina and stir continuously on a slow flame. After some time the milk and sugar will merge with the semolina. The next items are optional but we are preparing this offering for the Mata so our Mata deserves the best don't you think? You can now add the almonds, pistachio, cashew-nuts and elachie powder and once again stir for a few more minutes and the Halwa is now ready to be offered to Mata.

Puri



Ingredients

1 cup wheat flour

about 1/2 cup water (or as needed to make a pliable dough. Might vary depending on the quality of flour)

Method

Stir the flour in a bowl. Add water - little by little - to the dough until it comes together into a pliable dough. So add it little by little while kneading. You can also add 1 tbsp or so of hot oil (that you are heating for deep frying) to the dough. The final consistency should not be too tight (dry) or too soft (wet). Knead it well until smooth like below. The

dough should not be sticky (only lightly sticky) or feel dry in your hands. Make small balls out of it. These will depend on how big a fryer you have.

Tips:

Do not let the dough sit. Usually for roti(s), the dough sit for some time which makes the dough very soft. But for puris this rule does not apply. Letting it sit for too long makes it prone to soaking up lots of oil while frying. Hence use the dough immediately to make the puris.

Roll it out into small circles with thin-medium thickness. Don't make it too thin else it will come out crispy.

Repeat for all dough. Alternatively heat oil for deep frying. Do the oil-temperature test to see if it is ready. The oil should be hot but not too hot that it smokes.

Tips: Drop a small piece of dough into the oil. The dough should fry up immediately and come to the surface. You know the oil is not hot enough when the puri does not puff up, is flat and instead is also soaking up oil. Now drop the puri into the oil. While the puri is slowly coming to the surface, make sure to keep ladling in the hot oil on the surface. This helps the puri to puff up. Turn it so that it gets evenly reddish brown or golden yellow (however you prefer) Place it on paper towel to drain off any oil. If fried right, it won't retain oil.

Sweet rice (Kheer)



Ingredients:

- 1 litre Milk (Full cream)
- 1/4 cup short grain Basmati rice (soak for a few hours)
- 1/4 cup sugar + 1/8 cup more if needed
- 1/4 tsp cardamom powder (Elaichi powder)
- A few strands of saffron
- 2 tbsp raisins
- 2 tbsp almonds (Soaked for 4-5 hours)
- pistachio for garnish

Take a thick bottomed pan with a little water (2 tbsp). Adding water to the pan before boiling milk reduces its chance of sticking to the bottom. Add milk to the pan and boil it. After it comes to boil add rice. Short grain rice are better for use in kheer as they get mixed uniformly resulting in a thick kheer.

Soak saffron strands in 2 tbsp milk in a separate bowl.

After giving rice and milk mixture a boil reduce the flame to low and let it simmer for 1/2 hour. Rice kheer should always be cooked on low flame. It tastes much better this way and there is less chance of it sticking to the bottom of the pan. Keep on stirring in between. After 30 minutes the kheer will be thick and rice grain would be very soft. Add sugar, cardamom powder, saffron and washed raisins to the mixture and give it another boil. After 5 minutes Switch off the flame. Let the kheer cool.

Remove the skin of soaked almonds. Garnish Rice Kheer with pistachio and almond slivers. You can use almonds without soaking also.

The following recipes are from DIPIKA'S article named "Devi Durga's Favourite Foods according to the Puranas". The following is what Mother Durga loves.

Apupa (Barley Cake), Parmesan Barley Cake (this savory barley side dish is a round cake with a layer of tangy Parmesan cheese in the center. To serve the barley cake, cut it into wedges or, for a more rustic approach, scoop out portions with a serving spoon).

Ingredients:- 8 cups water, 1 tablespoon unsalted butter, 1 medium onion, finely chopped, about 1 and $\frac{3}{4}$ cups pearl barley flour, rinsed, 1 and a half cups freshly grated Parmesan cheese, salt and freshly ground pepper, $\frac{1}{4}$ cup vegetable oil. Method:- Bring the water to a boil in a medium saucepan; cover and keep warm over low heat. Melt the butter in a large saucepan, add the onion and cook over low heat, stirring, until translucent, for about 8 minutes. Add the barley to the onion and cook over moderate heat, stirring, until thoroughly coated with butter, for about 2 minutes. Add 2 cups of the hot water and simmer, stirring often, until the water has evaporated, for about 10 minutes. Repeat the process with the remaining water, adding 2 cups at a time. Remove the barley from the heat. Stir in 1 cup of the Parmesan and season with salt and pepper. Spread the barley on a baking sheet, cover with plastic and let cool. Line a 10-inch cake pan with plastic wrap, allowing a 6-inch overhang. Using a rubber spatula, spread half of the barley evenly in the cake pan. Sprinkle with the remaining $\frac{1}{2}$ cup of Parmesan and cover with the remaining barley; smooth the surface. Cover the barley cake with the overhanging plastic wrap and refrigerate until firm, at least 4 hours or overnight. Heat the oil in a 10-inch nonstick skillet. Working quickly, unwrap the barley cake and gently lift it from the pan using the plastic wrap. Invert the cake onto an unrimmed baking sheet, discard the plastic wrap and slide the cake into the skillet. Cook over moderate heat until the cake is heated through and very brown and crisp on the bottom, about 15 minutes. Set a large serving plate over the skillet, invert the cake onto it and serve cut into wedges. Bake the cake prior to the start of the pooja as the cake can stand at room temperature for up to 4 hours. Rewarm in a 180°C oven.



Kushmanda is an Ayurvedic medical gourd.



Gourd is occasionally used to describe crops like pumpkins, cucumbers, squash, luffa, and melons. Gourds have had numerous uses throughout history, including use as tools, musical instruments, objects of art, film and food. The seeds of this fruit are flat and white in colour. The fruits of this plant are widely used for cooking in India. Many delectable dishes like peta, (a sweet dish), soups and curries are prepared using this fruit. According to texts of Ayurveda this fruit is very light to digest and sweet to taste. It cools the body and acts as a brain tonic. The Winter melon, also called white gourd, winter gourd, tallow gourd, Chinese preserving melon, or ash gourd, is a vine grown for its very large fruit, eaten as a vegetable when mature. The fruit is fuzzy when young. The immature melon has thick white flesh that is sweet when eaten. By maturity, the fruit loses its hairs and develops a waxy coating, giving rise to the name wax gourd, and providing a long shelf life. The melons are used in stir fry, soup or stew. In North India and Pakistan, the vegetable is also used to prepare a candy called Petha. In South Indian cuisine, it's used to prepare curries. In Ayurvedic remedies it's used to increase one's appetite and its fresh juice is used to cure kidney stones. The seeds are cooked in milk and taken to increase "sperm count" and to improve sperm locomotion. In India, Ash gourd is used to make a liquefied dish with curds or buttermilk.

Kushmanda stewed:- Just as the name implies, Stewed Winter Melon is mainly made of winter melon, a very healthy vegetable. It contains multiple vitamins and trace elements necessary for the human body. Being cold in nature, it is very helpful for supplementing the body fluid and clearing the stomach fire. It also can encourage the starch and sugar in human body to change into heat energy instead of fat. **Ingredients:**

fresh winter melon, 250g. Preparation: Clean the winter melon after being peeled. Cut into thick pieces (if too thin, it will be burnt to a frazzle easily) and put into a plate. Seasonings: chopped ginger, chopped green onion, garlic slices, salt, wet cornstarch, soy sauce. Note: the amount of the seasonings listed above can be appropriately used according to one's personal taste. Methods: Step 1: Put the wok on high heat and add in 3/4 wok of water. Add in winter melon pieces when the water is boiling. Boil it for 1 minute until it turns soft. Remove it from the wok and put into a basin. Step 2: Use a small basin or dish, adding in some salt, soy sauce, chopped green onion and ginger, garlic slices as well as the wet cornstarch. Stir it well with the teaspoon for later use. Step 3: Pour away the water in the wok, and place the wok over high heat until hot. Add some cooking oil, swirling to coat sides. Add in the prepared seasoning juice from the above step and stir-fry for 20 seconds until fragrant. Pour in the boiled winter melon pieces and stir-fry for 1 minute until the flavor is absorbed. Turn off the heat. Ladle the delicious Stewed Winter Melon out of the wok and serve it into a fine porcelain plate.

Kushmanda soup:- Ingredients:- 8 cups water, 750g winter melon, cut into small pieces, skin removed, white pepper, 1 honey date, salt to taste, dhania, a green chilli, fresh young curry leaves. Method:- Bring the water to boil in a deep pot. Add the winter melon and honey date. Continue to boil on medium heat for 15-20 minutes before lowering the heat to low. Discard the "foam" at the top of the soup. Keep boiling the soup on low heat for about 45 minutes or so or until the soup is full of the sweet flavor of all the ingredients. Add white pepper and salt to taste. Garnish with dhania, green chilli, fresh young curry leaves. If you like, you might add some more water and bring the soup to boil before serving.

Kushmanda curry:- Ingredients:- 3 cups Winter melon (skin removed and cut into small about 1/2 inch pieces, 4 small green chillies, cut length-wise, 3/4 cup water, 1 3/4 cup coconut milk, 1/2 tsp salt or per taste, 2 tsp oil, 1 tsp mustard seeds, 2 dry red chillies, each split into two, 4-5 fresh curry leaves. Method:- Remove the skin of the Winter melon and chop into pieces. Take a medium size cooking pot and add the Winter melon pieces in it along with the green chillies, salt and water. Cover with a lid and cook on medium to low flame for about 5-6 minutes until the Winter melon pieces are cooked and there is little water left. (You may want to check frequently to see if the Winter melon pieces have turned soft since we do not want to over cook them as they will turn pulpy). Turn the heat off and set aside. Extract the coconut milk. Take about 1 and 3/4 cup of the milk and add to the pot with the cooked Winter melon. Again start the heat back on and cook on low heat for about 2 minutes or until you see a couple bubbles in the coconut milk mixture. Immediately turn heat off and set aside. For the final tadka (oil tempering or garnish), take a small pan or skillet and heat the coconut oil in it. When hot, add the mustard seeds and once they start spluttering, turn heat to low and add the dry red chilli pieces and the curry leaves. Saute on low for about 1 minute more and turn heat off. Add this oil garnish over the cooked pumpkin and coconut milk

mixture. Make sure you do not overcook the Winter melon pieces and make sure there is not much water in the pot before you add the coconut milk so that you get the desired thick consistency of the curry.



Modaka is a sweet dumpling stuffed with a filling of coconut and jaggery. Ingredients:- 1 cup rice flour (chawal ka atta), 1 cup water, 1 tsp oil, oil for greasing, a pinch of salt. For the filling:- 1 cup grated jaggery (gur), 1 cup grated fresh coconut, 1/2 tsp cardamom, (elaichi) powder, 1 1/2 tbsp ghee. Method:- For the filling, in a non-stick pan, add grated coconut and jaggery and cook over a slow flame till the jaggery melts and the mixture comes together. Add the cardamom powder and mix well. In another non-stick pan boil the water. Add 1 teaspoon oil and a little salt in the boiling water and stir. Reduce the flame, add the rice flour while stirring continuously. Whisk well so that no lumps remain. Cover with a lid and keep aside for about 5 minutes. Grease your palms with a little oil and knead the dough while it is still warm; if the dough cools it will get lumpy, if it's not kneaded. You could even use a hand blender to knead the dough. Make even size small balls of the dough (2 inch in diameter) using oil. Then roll each of them into a round shape, 3½" in diameter. Make 8 to 10 folds in rolled dough with 1 cm distance in between. To make a fold pinch the outer line of rolled dough a little bit ahead making 1-2 mm thick fold. Add a spoonful of the filling into the dough. Bring all the ends together and press to seal. Prepare a steamer by adding water, a teaspoon of oil and heat it till the water comes to a boil. While the water is simmering, place the modaks on a greased steamer plate and steam for 6-7 minutes. Once the modaks are cooked they will turn translucent. Serve hot drizzled with pure ghee.



Panasa (Jack-fruit)

Jackfruit Curry:- Preparation Time: 25 mins, Cooking Time: 10 mins, Total Time: 35 mins. Ingredients:- 400g Jackfruit, 50g (25-30) cashew nuts, 300g (4-5) tomatoes, 2-3 green chillies, 1 inch piece ginger, 2-3 tbsp ghee or oil, 1-2 pinches hing, ½ tsp cumin seeds, ¼ tsp turmeric powder, 2 springs curry leaves, 1 tsp dhania powder, ½ tsp red chilli powder, salt (as per taste), ¼ tsp garam masala, fresh dhania. Method:- Rub cooking oil on your hands and on the knife. Cut off the skin of the jackfruit. Wash the jackfruit and cut into 1 or 2 inch pieces (I would advise also using the seeds as well). Boil the jackfruit in a tall pan adding water and salt. Once the jackfruit is soft, empty the ingredients into a large colander and keep aside. Soak the cashew nuts in lukewarm water for ½ hour and then make a fine paste – keep aside. In a large flat pan add ghee or oil. Bring the flame to medium heat. Add the chillies, ginger, curry leaves, hing, cumin seeds, turmeric powder, red chillie powder, dhania powder and cashew nuts paste in the ghee or oil. Sauté for 2-3 minutes or until oil starts separating from the masala. Add boiled jackfruit in pot and sauté for a further 2 more minutes. Add water as per your desire. Then add salt and mix it well. After it boils once, cover the pan and cook for a few more minutes as per your desire on low flame so that all spices gets absorbed in jackfruit. Turn off the stove and add garam masala and dhania in curry. Empty the curry in a serving bowl and garnish with more dhania leaves. The jackfruit curry is now ready for Devi to eat.



Jackfruit Pakora (fritters):- Ingredients:- 150g Chickpea flour, 15g Cake flour, Medium-sized jackfruit pieces (that has already been boiled), 1 medium-sized onion grated, 1 tsp coarsely ground dhania seeds, half a tsp coarsely ground cumin, 3 green chillies (finely pounded), a pinch of hing, a teaspoon kalonji (a.k.a Nigella Sativa) seeds, fine salt, half a tsp paprika, half a tsp baking powder, a handful fresh dhania leaves (chopped), 25g diced spring onions, oil for frying and water. Method:- Sift all the dry ingredients into a large mixing bowl. Add the remaining ingredients to the above. Mix in enough water to make a batter similar to the consistency of thick flapjack batter. Heat some oil in a large frying pan. Dip a piece of jackfruit in the batter and place in the hot oil. Turn over

when the fritters are golden brown. Once the other side is golden brown, remove and drain on absorbent paper.

Plantain. Plantain Curry {Arati Kaya Kura} – (India):- Ingredients:- 2 raw plantains, peeled, sliced into small cubes, a fistful of chana dal (soaked in water for a few hours), half cup of fresh coconut pieces, hing, 5-8 green chillies, pinch of turmeric, mustard seeds, cumin and curry leaves, dhania and salt to taste. Method:- First soak chana dal in water for a few hours. Meanwhile make a paste of fresh coconut and green chillies by adding a pinch of salt. Place a pot of water on a stovetop on medium heat, waiting for it to boil. Meanwhile prepare the plantains (wash, peel and cut). When water starts to boil, add these cut plantain cubes to water. Cook them for about 5 minutes on high heat, then pour them into a colander and discard the water. Now in a big saute pan, add one tablespoon of oil, add mustard seeds, cumin and curry leaves, a pinch of hing then add the soaked chana dal. Fry them in oil for few minutes. Now add the plantain cubes, turmeric, salt, coconut-green chilli paste. Mix them thoroughly and cook them covered for about 10 to 15 minutes. You can garnish with a little garam masala and dhania.

Aranitas {shredded green plantain fritters} – (Puerto Rico):- Ingredients:- 3 green plantains, 2 teaspoons crushed garlic or powder, a pinch of hing, salt and pepper to taste, oil for frying. Method:- Shred the peeled plantains. Combine the shredded plantain, garlic, salt, hing and pepper. Drop by tablespoons into hot oil. Fry until crispy turning over once. Drain on paper towels.

Green plantain fritters - Spicy (South Africa):- Ingredients:- 150g Chickpea flour, 15g Cake flour, 2 Medium-sized plantians sliced long (or you can grate it), 1 medium-sized onion grated, 1 tsp coarsely ground dhania seeds, half a tsp coarsely ground cumin, 3 green chillies (finely pounded), a pinch of hing, a teaspoon kalonji (a.k.a Nigella Sativa) seeds, fine salt, half a tsp paprika, half a tsp baking powder, a handful fresh dhania leaves (chopped), 25g diced spring onions, oil for frying and water. Method:- Sift all the dry ingredients into a large mixing bowl. Add the remaining ingredients to the above. Mix in enough water to make a batter similar to the consistency of thick flapjack batter. Heat some oil in a large frying pan. Dip a slice of plantain in the batter and place in the hot oil or add spoonfuls of this mix (if you grated it) to the oil. Turn over when the fritters are golden brown. Once the other side is golden brown, remove and drain on absorbent paper.

Prithuka ({Poha - Hindi, Atukulu - Telugu, Aval - Tamil} – Flattened/beaten/pressed rice/flaked rice preparation). Flattened rice is a dehusked rice which is flattened into flat light dry flakes. These flakes of rice swell when added to liquid, whether hot or cold, as they absorb water, milk or any other liquids. This easily digestible form of raw rice is very popular across Asia and is normally used to prepare snacks or light and easy fast food in a variety of Indian cuisine styles. Flattened rice is in a way, a

convenience food and very similar to bread in usage. There are many recipes that use Poha but we shall provide just 3.



Aval Nanachathu Recipe:- **Ingredients:-** 1 cup of Aval/Poha, 1 Tsp sugar or grated gur, 1/4 cup grated coconut, 1 banana sliced into pieces, a pinch of elachi, a pinch of salt, 1/4 cup sliced cashews, 2 string of saffron, half cup water. **Method:-** Mix well all the ingredients together in a mixing bowl & cover with a lid and keep it for an hour and then serve to Devi.

Beaten rice with paneer Recipe:- Beaten rice is soaked in water for a few minutes and then sieved. In a mixing bowl add the rice, scrambled paneer and a pinch of salt. Mix and serve with mango or lemon pickle.

Batata Powa or Kanda Poha Recipe:- Serves: 4. **Ingredients:-** 2 cups Poha (thick variety), salt, 1 Tbsp lime/lemon juice, sugar (optional), 2 Tbsp oil, ½ tsp mustard seeds, 1 whole dry red chilli, 1/8 tsp hing, 1/2 tsp turmeric powder, 1 spring curry leaves, 2 Tbsp peanuts, approx 150g diced onion, 1 green chilli finely chopped, 1 large (approx 200g) – diced potato, dhania – finely chopped for garnishing. **Method:-** Gently rinse Poha with water about 2-3 times. Drain out the water and sprinkle salt and lemon juice (and optional sugar). Gently mix with a fork and leave aside. Heat oil in a medium non-stick pan on medium heat. Add mustard seeds and let them pop. Add dry red chilli, hing, turmeric powder, curry leaves and peanuts. Cook peanuts for 30-40 seconds and add onions and green chillies. Cook onions for 1-2 minutes until translucent and add potatoes and salt. Mix well, cover and cook potatoes until tender but not mushy. Fluff up Poha with a fork and add it to the pan. Mix well. Sprinkle with a little water if Poha have dried out too much. Garnish with chopped dhania and serve hot.



Gram (different types of pulses esp. Chana {chickpea} Dal). In Devi pujas the chickpea dal is generally used.

How to prepare the Chana Dal for Devi:- The Chana Dal should be soaked overnight and the next morning washed thoroughly and then boiled until it's soft. Pour the Dal in a colander and then in a mixing bowl add the chana dal and then add some salt. Boiling the Dal and adding salt is consider taboo in North India and personally it doesn't make sense because we are preparing this offering for Mother Durga and Devi is not fasting saltless so why are we offering her saltless foods as we are fasting for her? After the puja is completed the devotee then eats the salted puri and dal to break her/his saltless fast. I pray that this misunderstanding is finally addressed.

Chana Dal Recipe:- Prep Time:- Soaking Time - 10 Mins, Cooking Time - 35 Mins. Serves: 4-5. Ingredients:- 1 cup chana dal, 1 large onion, 1 large tomato, 2-3 green chilli, 1 tbsp cooking oil, a pinch of hing, 1 bay leaf, 1 tsp cumin seeds/jeera, 1 dry red chilli, 1 tsp fresh minced garlic, 1 tsp red chilli powder, 1 tsp dhania powder, 3-4 tsp turmeric powder, 1/2 tsp garam masala powder, water - as needed, salt - to taste, chopped dhania, 1 tbsp ghee (optional). Method:- Soak channa dal for 30 minutes and then boil in a pot adding water and 1/4 tsp of turmeric powder. The dal must boil until it's very soft. Keep the boiled dal aside. In the meantime finely chop the onion, tomato, green chilli, dhania leaves. In a deep pan heat oil then then add hing, cumin seeds and allow it to splutter. Add bay leaf, dry red chilli, garlic and saute until garlic becomes golden brown. Add onion, green chilli and further saute. Once onion becomes soft add red chilli powder, coriander powder and remaining 1/2 tsp turmeric powder mix well. Add tomato, mix cover and cook until tomato gets mashed. Add the mashed dal and mix well, add salt, 1-2 or more cups of water (depending on the consistency you prefer) and bring it to a good boil. Chana dal is normally thick in consistency. Add garam masala and stir well. On a slow flame let it simmer for about 5 minutes, then garnish with dhania and then turn off the flame. If you are using ghee it should be added now and mix or add while serving. Serve hot with steamed rice and a salad on the side, or with pickles and fresh yogurt (maas). In chana dal we should see the dal pieces but it should be soft while we eat. This is a delicious yet simple meal for Devi.



Coconut Burfi:- Ingredients:- 1 cup grated coconut, 1 cup sugar, 1/4 cup water (To soak the sugar), 1/2 tsp cardamom powder, 1 tsp ghee. Method:- Keep heavy bottomed pan on stove. Add sugar and pour the water. Dissolve the sugar making it into a sugar syrup. Add the grated coconut and cardamom powder and mix well. Keep mixing till the coconut sticks on the sides. Spread ghee on a tray and pour the coconut. Make the slices immediately and cool it.



Devi's Lemon/Lime Bars



Ingredients:- Crust:- 1 cup flour, 1/3 cup confectioners' sugar, 1/2 tsp ground ginger, 1/4 tsp salt. Filling:- 1 1/4 cups granulated sugar, 2 Tsp flour, 1/2 tsp baking powder, 1/2 cup fresh lime juice, 3/4 cup yogurt (instead of eggs. Do note 1/4 cup yogurt = 1 egg), lightly beaten, 2 tsp lemon extract, 4 drops green food color. Method:- Preheat oven to 180°C. For the Crust, mix flour, confectioners' sugar, ginger and salt in a large bowl. Cut in butter with pastry blender or 2 knives until mixture resemble coarse crumbs. Pat mixture into greased foil-lined 9-inch square baking pan. Bake 15 to 18 minutes or until crust is lightly browned. Remove from the oven. For the Filling, mix granulated sugar, flour and baking powder in large bowl. Add lime juice, yogurt, lemon extract and food color; whisk until blended. Pour filling over warm baked crust. Bake 20 to 25 minutes longer or until filling is set. Cool in pan on wire rack. Cut into bars.

Kaseru (a.k.a Singhada, shingoda or singoda flour).

Singhada Sheera (Water chestnut Halwa {pudding})



Preparation Time: 10 mins, Cooking Time: 20 mins, Makes 4 servings. Ingredients:- 4 Tbsp ghee, 1 cup waterchestnut (shingoda) flour, 3/4 cup sugar or grated gur (jaggery), 1/2 tsp cardamom (elaichi) powder, 1 Tbsp almond slivers, 1 Tbsp pistachio slivers. Method:- Heat the ghee in a broad non-stick pan, add the waterchestnut flour and cook on a slow flame for 3 to 5 minutes or till it becomes golden brown in colour, while stirring continuously. Add 2 cups of warm water, mix well and cook on a medium flame for 8 to 10 minutes or till all the water is absorbed, while stirring continuously. Add the sugar/gur, mix well and cook on a medium flame for 5 to 7 minutes or till the ghee separates. Add the cardamom powder and mix well. Serve hot garnished with almonds and pistachios.

Water-chestnut (Singhada) Puri:- Preparation Time: 10mins. Cooking Time: 5 mins. Makes 4 servings. Ingredients:- 1/2 cup waterchestnut (singhada) flour, 2 boiled colocassia (arbi, madumbi), salt to taste, ghee or oil for deep frying. Method:- Peel and mash the Madumbis, add the flour and salt, mix well and knead into a soft dough, using little water. Divide the dough into equal portions and shape each portion into small round puris of 1/4" thickness. Heat the ghee in a kadhai (wok) and deep fry each puri till golden brown form all the sides. Drain on an absorbent paper and serve hot to Devi.



Water-chestnut potatoe pakoras (fritters):- Preparation Time: 20 mins. Cooking Time: 20mins. Makes 6 to 8 servings. Ingredients:- 2 potatoes, thinly sliced, 1 cup water chestnut flour, 1 tsp salt, 1 tsp chilli powder, oil for deep-frying. Method:- Combine the flour, salt, chilli powder and mix well. Add water to make a smooth batter of pouring consistency. Heat the oil in a kadhai (wok) and dip the potato slices in batter, and deep fry till they turn golden brown and crisp. Drain on an absorbent paper. Serve hot.

Water chestnut, Paneer and green peas curry



Ingredients:- 2 Tbsp oil, 1/2 cup onions (grated), 1 tsp ginger, garlic paste, 1 tsp chilli powder, 1/2 tsp turmeric powder, 1/4 tsp cardamom powder, 1/4 tsp hing, 1 tsp garam masala, 1/2 cup plain yogurt, 2 Tbsp tomato puree (paste), 2 Tbsp cashew nut paste, salt, 250g water chestnuts, 200g paneer, 1/4 cup green peas, 4 Tbsp fresh cream, dhania, a few pinches of garam masala. Method:- Heat oil add onions and sauté the grated onion until all the liquid is evaporated and the oil starts to separate. Add ginger garlic paste and sauté until fragrant and then add the spices and sauté on low flame for

a few minutes. Add plain yogurt, tomato puree, salt and one cup of water. Simmer slowly for ten minutes. Add the cashew nut paste, water chestnut pieces, paneer pieces and green peas. Cook for a few minutes, adding enough water to make a thick gravy and then add a few pinches of garam masala. Add fresh cream and add on the top of this some freshly chopped dhania and adjust the seasoning before serving to Ma Durga.

Surana (a.k.a Yam, Elephant-foot yam).

Surana or Elephant foot yam chips:- **Ingredients:-** 250 gms yam, peeled, washed and sliced. 1 tsp red chilli powder, ½ tsp turmeric powder, 1-2 tbsp lemon juice, salt as required, ghee or oil for frying, a few coriander leaves and lemon wedges for garnish. **Method:-** Please use gloves when cutting and washing the Yam. In a mixing bowl add the turmeric powder, red chilli powder, lemon juice and salt. Mix the ingredients uniformly, then add the yam pieces and uniformly coat the yam slices with the marination and set aside for for 20-30 minutes. Next add the oil in a flat pan and when the oil is reasonably hot add the yams pieces and shallow fry until it's nice and golden brown on either side. Next drain the yam pieces on kitchen tissues and serve the surana chips hot garnished with coriander leaves and lemon wedges to Devi. For a twist to the chips recipes above the marinated yam slices can also be baked, barbecued, roasted, grilled and smoked instead of frying.



Elephant Foot Yam Curry (South-Indian Style):- **Ingredients:-** 500 grams peeled and chopped elephant foot yam, 2 tsps salt, 500ml water, 2 Tbsps yogurt (maas), 3 dried red chillies, 1 tsp mustard seeds, 1/2 tsp cumin seeds, 1 tsp white lentils, 2 sprigs of curry leaves, 1 Tbsp sugar, 1 tsp turmeric powder, 1/4 tsp garam masala, dhania. **Method:-** Please use gloves when cutting and washing the Yam. Wash chopped pieces of elephant foot yam under running water. Add fresh water to the pieces of yam. Boil the pieces of elephant foot yam and once half boiled, add salt (to your liking). Then add the yogurt after 10 minutes. This helps us to avoid an itching sensation in the diner's throat which is sometimes caused by elephant foot yam. Mix the ingredients together. Boil for a further 5 more minutes. Then drain the water from the yam pieces. In another flat pan pot add oil or ghee and then add red chillies, mustard seeds, cumin seeds and white lentils, next add curry leaves. Then add the boiled elephant foot yam pieces. Mix the spices well with the yam, then add turmeric powder and sugar. Mix well. Cover the pan with a lid. Slow cook the ingredients until they acquire a golden brown color and have a slight crispiness. Garnish with 1/4 tsp garam masala and dhania. Serve the dry curry with rice with little ghee added to it to our awesome Devi.



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