

foodism

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WINTER COCKTAILS

COMFORT FOOD WITH COLD WINTER

Feel The Outdoors

WINTER SPECIAL EDITION

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foodism
"if it's food, it's foodism"

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FROM THE
FOUNDER'S
Desk



Dear Readers,
As we cozy up to the fireplace with a warm cuppa in hand, I am thrilled to introduce a special treat to chase away the winter chill – the Foodism magazine!

Winter, with its crisp air, invites us to indulge in the most heartwarming foods. In this edition, we've delved into the symphony of winter delights.

From steaming bowls of hearty soups that warm you from the inside out to cocktails and desserts that are equivalent to a cozy blanket, our compilation is a treasure trove of winter culinary wonders. We've gathered the best recipes, stories, and created a culinary tapestry that captures the essence of winter in every bite.

But this isn't just about recipes. It's a journey through the seasons, a reminder that food is not just sustenance; it's a celebration of life's flavours. As you flip through these pages, I hope you'll feel the nostalgia of winter's past and the anticipation of the ones yet to come. May these recipes bring a touch of warmth to your homes and hearts, creating delicious memories that stay with you forever.

Vyom Shah

Vyom Shah
FOUNDER, FOODISM

COMFORT FOODS FOR COLD WINTER

Come winter and one can catch the tempting fragrance of vasaanu, til ladoos, adadiyas and lots of other food items which purportedly beat the chill - from the kitchen of practically all Indian households. Foodism shares a list of some winter must-haves.





PRE-WINTER

Fresh winter veggies
need to be picked up
fresh from the grocer!

KITCHEN PREPARATION



- Nutritious flours like - millet, corn, black gram etc.
- Sesame seeds (til), jaggery, clarified butter (ghee), edible gum (gundar), dry fruits, spice powders (cardamom, clove, dry ginger et al), poppy seeds (khus-khus), peepramul powder (ganthoda), and other items in this segment.

Bharwan Gobhi



Shalgam Ki Sabzi



Dal Palak Ka Shorba



Sarson da Saag




Undhiyu



Gajar Ka Halva



WINTER COMFORT FOODS



Besides the mandatory vasaanu, saffron tea, turmeric latte etc. the list of must-haves of winter comprise of piping hot soups, dry fruits, niche winter vegetables and the perennially popular combination of sarson da saag and makke di roti! But all of these have a specific purpose. Let's have a look at some winter must-haves

SPECIALS

WINTER

**Vasaanu**

A healthy and nutritious snack – one piece daily with a glass of warm milk - makes you replete. Check out the recipe at the end of this story.

Kachariyu

A preparation made from sesame seeds, jaggery and clarified butter.

Adadiya

Traditionally from Kutch, adadiyas are prepared using well-roasted black gram flour; along with clarified butter (ghee), milk, khoya

(mawa), edible gum, sugar, and other healthy ingredients like dry fruits and spice powders (cardamom, clove and dry ginger). It's the sweet and spicy combination which sets the adadiya apart.

Gundar Paak

This comprises of edible gum, clarified butter (ghee), milk, sugar, poppy seeds, dry ginger powder, coconut powder, peepramul powder (ganthoda), cardamom powder and loads of dry fruits.

VEGGIES

Khoya Stuffed Matar Ki Tikki

A starter, this one's a spicy pea cake with a sweet khoya-date-filling.

Beetroot Kebab

Extremely light on calories and replete with antioxidants these beetroot and tofu kebabs are a power house of energy.

Dal Palak Ka Shorba

An Indian soup variant with the goodness of lentils, spinach, ginger-garlic and mild spices. Seasoned with fresh cream and lime and a must-have comfort food.

Mooli Ke Kofte

Fried balls of grated radish and spices; doused in spicy gravy.

Bharwan Gobhi

Blanched cauliflower florets with a cheese and khoya filling; dipped in a thick gram flour batter and deep-fried.

Sarson da Saag

An all-time favourite of Punjabis, this is a stew preparation of mustard greens and is generally served with corn chapattis.

Undhiyu

This one's from Garvi Gujarat: Fried winter vegetables and chickpea dumplings awash with spices.

Shalgam Ki Sabzi

Seasoned pieces of turnip.

Sweet Potato Rabdi

Loaded with Vitamin A and C, magnesium, calcium, protein and tons of fibre this piping-hot sweet potato-milk-saffron dish is the best winter dessert.

Gajar Ka Halva

An irresistible Punjabi dessert. It's a blend of grated carrots, sugar, milk and dry fruits.

INGREDIENTS

Wheat Flour (Thick) 500 Grams

Ghee 500 Grams

Jaggery 500 Grams

Batrisu/Katalu Powder 100 Grams

Edible Gum 100 Grams

Fenugreek Powder 50 Grams

Sonth Powder 1 Tablespoon

Peepramul (Ganthoda) Powder 1 Tablespoon

Dry Coconut As per taste

Dry Fruits (Almonds, Cashews, Pistachio, Walnuts) 2
Tablespoons Each

VASAANU

METHOD

1. Heat ghee and roast the edible gum until it expands in size; then keep it aside.
2. Heat ghee and roast wheat flour until it turns golden brown.
3. Chop the coconut; roast it, cool it and grind it.
4. Grind the edible gum too.

5. Chop the dry fruits and keep aside.
6. Now heat ghee and add the wheat flour, jaggery and all the remaining ingredients (except for the dry fruits).
7. Mix well.
8. Spread it in a plate and press evenly with a spatula.



9. Garnish with dry fruits.
10. Cut into square pieces.





Right!



Almond Hot Cocoa

INGREDIENTS

Warm milk

1 cup

F&E Almond butter

2 tablespoon

Medjool pitted dates

3

Vanilla extract

1 teaspoon

Unsweetened cocoa powder

1 tablespoon

Sea salt

A pinch

**Choco chips /
Marshmallows**

METHOD

1. Bring milk to a boil over medium heat.
2. Add all the ingredients in a high speed blender. Blend until smooth and mixture is foamy.
3. Garnish with choco chips or marshmallows.
4. Serve immediately. Enjoy!



Immunity Booster Kadha

INGREDIENTS

Lemons

10 to 12 halved and juiced (reserve about 6 to 8 lemon halves to boil)

Fresh ginger

1 large piece peeled and sliced around 200 g

Turmeric root

1 to 3-inch piece peeled and sliced

Honey or Agave nectar

3 tablespoons

Cayenne pepper
(red pepper powder)
1 teaspoon or less

Water

4 cups

METHOD

1. Place all the ingredients into a large pot over medium heat.
2. Bring to a boil and then reduce heat to low and cover.
3. Simmer for 45 minutes.
4. Strain out the large pieces of ginger, turmeric and lemon rinds.
5. Once completely cooled, strain & pour into your glass jars for storage in the fridge.

Drink 8-10 ounces a day, warmed or cold to help boost your immunity.



Kehwa

INGREDIENTS

Kehwa leaves

Water

Sugar (Cheeni)

Cardamom (Elaichi)

Cinnamon (Dal Cheeni)

Saffron (Kesar)

Almonds (Badam)

METHOD

1. Pour 4 cups of water in a pot.
2. Add 6 spoons of sugar or according to your taste (Cheeni).
3. Grind & then put 2 small cardamom pods(Elaichi) in the water.
4. Sprinkle cinnamon powder (Dal cheeni) : ½ teaspoon.
5. Crush few strands of Saffron (Kesar) & put it in the water.
6. Boil it for 7-10 minutes so that the aroma of the spices dilutes in the water.

Kehwa

METHOD

7. Meanwhile, sprinkle a dash of cardamom powder, cinnamon powder & crushed almonds (Badam) in the cups.

8. Add ½ teaspoon crushed Kashmiri Kehwa leaves in the boiling water.

9. Bring the flame to low & boil it for another 5-7 minutes.

10. Leave the water in the pot & let it settle for a couple of minutes.

11. Pour the tea in the cups.

Sheer Chai

INGREDIENTS

Kehwa leaves or Sheer Chai leaves
(pahadi chai)

Baking soda

Salt (Namak)

Water

Milk (Doodh)

Crushed almonds
(Badam)

Cardamom powder
(Elaichi)

Malai

METHOD

1. Pour $\frac{1}{2}$ cup water in a pot.
2. Crush Kashmiri kehwa leaves & a less than half teaspoon baking soda in the pot.
3. Grind & put 2 small cardamom pods (Elaichi) in the water.
4. Boil it on low flame till $\frac{3}{4}$ th of the water evaporates.
5. In the remaining $\frac{1}{4}$ th water, pour another $\frac{1}{2}$ cup of water in the pot.
6. Salt (Namak) to taste.
7. Boil this water till $\frac{1}{2}$ the liquid evaporates.
8. Now slowly the water colour will also start to change.



Sheer Chai

METHOD

9. Pour water to the remaining 1/2 cup in the water: 2½ cups.

10. After the water boils, pour Milk: 1½ cups.

11. Boil the liquid nicely.

12. Meanwhile, put crushed almonds (Badam) in the cups.

13. Pour the pink colour tea into the cups.

14. Garnish it with 1 spoon malai on chai & some crushed almonds.

*Nice - to
- have
Baking
Tools*



'Nothing says home like





the smell of baking'...

goes a popular quote



Here's presenting a snapshot of them -

1. Pastry hand mixer for cutting cold butter or shortening into flour much easier (alternative: two butter knives)
2. Offset Spatula/Spreader for putting the perfectly smooth finishing touches on cakes or a pan of brownies
3. Zester/Rasp Grater the best possible way to rind a lemon (alternative: sharp knife)
4. Pastry Wheel for smoothly cutting pastry dough (alternative: sharp knife)
5. Slotted Spoon for quickly and easily spooning out large spices like a cinnamon stick or vanilla bean
6. Citrus Juicer for juicing every last drop out of a lemon; with the sieve straining the pulp and seeds (alternative: hands or fork)
7. Knives like serrated bread knife, tomato knife, chef's knife and paring knife

8. Springform Pan as this has a latch that opens so one can remove the sides, making it perfectly convenient for authentic cheesecakes and deep-dish pizza
9. Fluted Tube Pan for those home chefs fond of preparing a traditional bundt or angel food cake
10. Pizza Pan for the perfectly round pizzas
11. Jelly-Roll Pan for whipping up jelly rolls, cake rolls, pumpkin bars and also for toasting nuts and roasting veggies
12. Ramekins for preparing custards and puddings
13. Food Processor for crushing cookies and crackers for crusts; mixing up piecrusts; albeit bowls, pastry cutters, knives and rolling pins may suffice this requirement

Blender, Tart Pans and Soufflé Dish are other nice-to-have baking tools.

-Huta Raval

RECIPES







CINNAMON CARROT SOUP

CINNAMON CARROT SOUP

INGREDIENTS

Milk 400 ml

Cinnamon powder 2-3 tsp

Cinnamon sticks 4

Pepper ½ tsp

Brown sugar 1 tsp

Grated carrots 3/4th cup

Grated ginger ½ tsp

Grated garlic 1 tsp

Turmeric 1 tsp

Olive oil 1 tbsp

Paneer 120g

Pumpkin seeds 1 tbsp

Grated bell peppers 1 tsp

Salt to taste

METHOD

1. Pour milk in a steel utensil. Add cinnamon powder, sticks & brown sugar. Heat on medium high flame, until it comes to a boil. Cover and set aside.
2. In a non-stick pan, heat olive oil. Add carrot, ginger & garlic. Let it cook for 2 minutes. Add the turmeric powder and mix it well.
3. Take off the heat and stir in the pepper. Use a sieve to remove all the particles from cinnamon milk infusion. Mix the cooked carrots, ginger & garlic with the cinnamon milk. Blend well until smooth.
4. Add paneer and olive oil and blend again until it forms a thick, smooth mixture.
5. Serve, garnished with some grated carrot & red bell pepper on top with pumpkin seeds.



CARROT, HALLOUMI & ORANGE SALAD

CARROT, HALLOUMI & ORANGE SALAD

INGREDIENTS

Oranges 2 large

Wholegrain Mustard

1½ tbsp

Honey 1½ tsp

White wine vinegar 1

tbsp

Olive oil 3 tbsp plus
extra for frying

Carrots 2 large

peeled

Halloumi 225g block
sliced

Baby spinach 100g

METHOD

1. Cut the peel and pith away from the oranges.

2. Use a small serrated knife to segment the orange, catching any juices in a bowl, then squeeze any excess juice from the off-cut pith into the bowl as well.

3. Add the mustard, honey, vinegar, oil and some seasoning to the bowl and mix well.

4. Using a vegetable peeler, peel carrot ribbons into the dressing bowl and toss gently.

5. Heat a drizzle of oil in a frying pan and cook the halloumi for a few mins until golden on both sides.

6. Toss the spinach through the dressed carrots.

7. Arrange the spinach mixture on plates and top with the halloumi and oranges.



RATATOUILLE

RATATOUILLE

INGREDIENTS

Eggplants 2 nos
Tomatoes 2 nos
Zucchini 2 nos
Olive oil 2 tbsp
Garlic 6-8 cloves
Onions 2 nos
Tomato Puree 1 cup
Basil 1 bunch
Salt to taste
Pepper to taste
Olive oil 2 tbsp
Mixed herbs 2 tsp

METHOD

1. Slice all the vegetables except the onions, into thick roundels. Make them about 1 inch thick and set them aside.
2. Preheat the oven to 200C. In a pan heat some olive oil in a pan and add the crushed garlic pods. Sauté till brown. Add chopped onions and fry for 5-7 minutes until the onions start to sweat.
3. Add the tomato puree, salt and pepper and let the sauce cook for 10 minutes. Take off the flame and add the chopped basil to it.
4. Arrange the sliced vegetables neatly in a circular row.
5. In a small bowl, take some oil, salt and mixed herbs and mix well. Drizzle this over the prepped veggies and sauce.
6. Bake in the oven for 20 minutes until the veggies are done.
7. You can serve hot with a generous helping of Parmesan cheese and a side of crusty hot bread.



CHOCOLATE BANANA BREAD

CHOCOLATE BANANA BREAD

INGREDIENTS

Almond flour 1 cup
Oats flour 1 cup
Baking powder 1 tsp
Baking soda 1 tsp
Salt (optional) 1/2 tsp
Cinnamon powder 1/4 tsp
Very ripe medium bananas 4
Coconut sugar 1/2 cup
Coconut oil 1/4 cup
Almond milk (see notes) 1/2 cup
Vanilla extract 1 tsp

METHOD

1. Grease a 500gms cake tin and preheat the oven to 175 degree C.
2. In a large mixing bowl, mash the bananas well and add in the coconut sugar and coconut oil and mix well.
3. Add in the almond milk and vanilla essence and mix until combined.
4. Fold in the almond flour and oats flour mixture until just combined, do not over-mix. Fold in the chocolate chunks. The batter will be thick but spreadable.
5. Spoon the batter into the loaf tin and smooth the top.
6. Bake for 50 minutes or until a toothpick inserted in the center comes out clean or with a few moist crumbs, but no wet batter. Cover the top loosely with foil in the last 10 minutes of baking if the top is browning too quickly. Allow the cake to cool before slicing and serving.



CRANBERRY GRANOLA BAR

CRANBERRY GRANOLA BAR

INGREDIENTS

Regular oats 1 cup

Cranberries ½ cup

Almond Slivers 1/2
cup

Honey ½ cup

Oil (coconut,
sunflower or olive) ½
cup

A pinch of **salt**

METHOD

1. Dry roast the oats and almonds in a pan until fragrant. Oats burn easily so be careful and keep stirring.
2. In another pan, heat the oil till just warm. Add the honey and continue stirring on very low heat for 2-3 minutes.
3. Mix the oats and almonds with the honey + oil mixture. Add a pinch of salt and the cranberries and stir well.
4. With the help of a pair of spatulas, press the hot mixture into a baking dish, If doing this by hand, wear gloves to avoid scalding.
5. The mixture cools and hardens very fast, so let the mix set in your dish for 15-20 minutes. Cut into bars or squares and wrap individually in cling foil to have a ready-to-eat snack any time of the day.



NO-BAKE CHOCOLATE COCONUT BALLS



KHAJOOR LADOO

KHAJOOR LADOO

INGREDIENTS

Seedless Khajoor 1
cup

Ghee 1 tbsp

Mix nuts 2 cups

METHOD

1. Take seedless dates in a blender and blend to coarse paste and keep it aside.
2. Chop mix nuts in chopper.
3. In a pan heat ghee and roast chopped nuts for 5 min till crunchy.
4. Add in crushed dates and mix well.
5. Continue to fry on medium flame smashing dates with a spatula, mix uniformly with dry fruits.
6. Turn off the heat and roll laddoos.
Store laddoo in an airtight container.



MOONG DAL HALWA

MOONG DAL HALWA

INGREDIENTS

Yellow Moong Dal 1

cup

Saffron, Few strands

Warm Milk 1 tbsp

Ghee 1 cup

Warm Milk 1 cup

Sugar 1 cup

Cardamom Powder 1

tsp

Almond Slices, to

garnish

METHOD


1. Soak Dal for 3 to 4 Hours. Pulse in mixer with 1 Tbsp water till a fine paste.
2. Soak Saffron strands in Warm milk. Keep aside.
3. Heat Ghee in a pan. Add in the Dal paste & cook for 30 min.
4. Then add in Milk n Water. Stir well.
5. Then add Sugar n again cook for 5 minutes.
6. Lastly add in the Saffron milk n cook for 2 min.
7. Cook till it leaves the pan. Garnish with Almond & Serve Warm.





FEEL THE OUTDOORS

Foodism brings some alternate exercise options ranging from – fun activities to outdoor activities to mundane household chores!



In order to be able to truly enjoy your food you need to indulge in moderate-intense activities for minimum 150 minutes in a week to enable you to stay fit and healthy. One option is joining a gym but in case this is not your cup of tea then there's a plethora of physical activities which can not only be fun but needn't cost you a bomb too!

- Huta Raval




Walking

Jogging

and

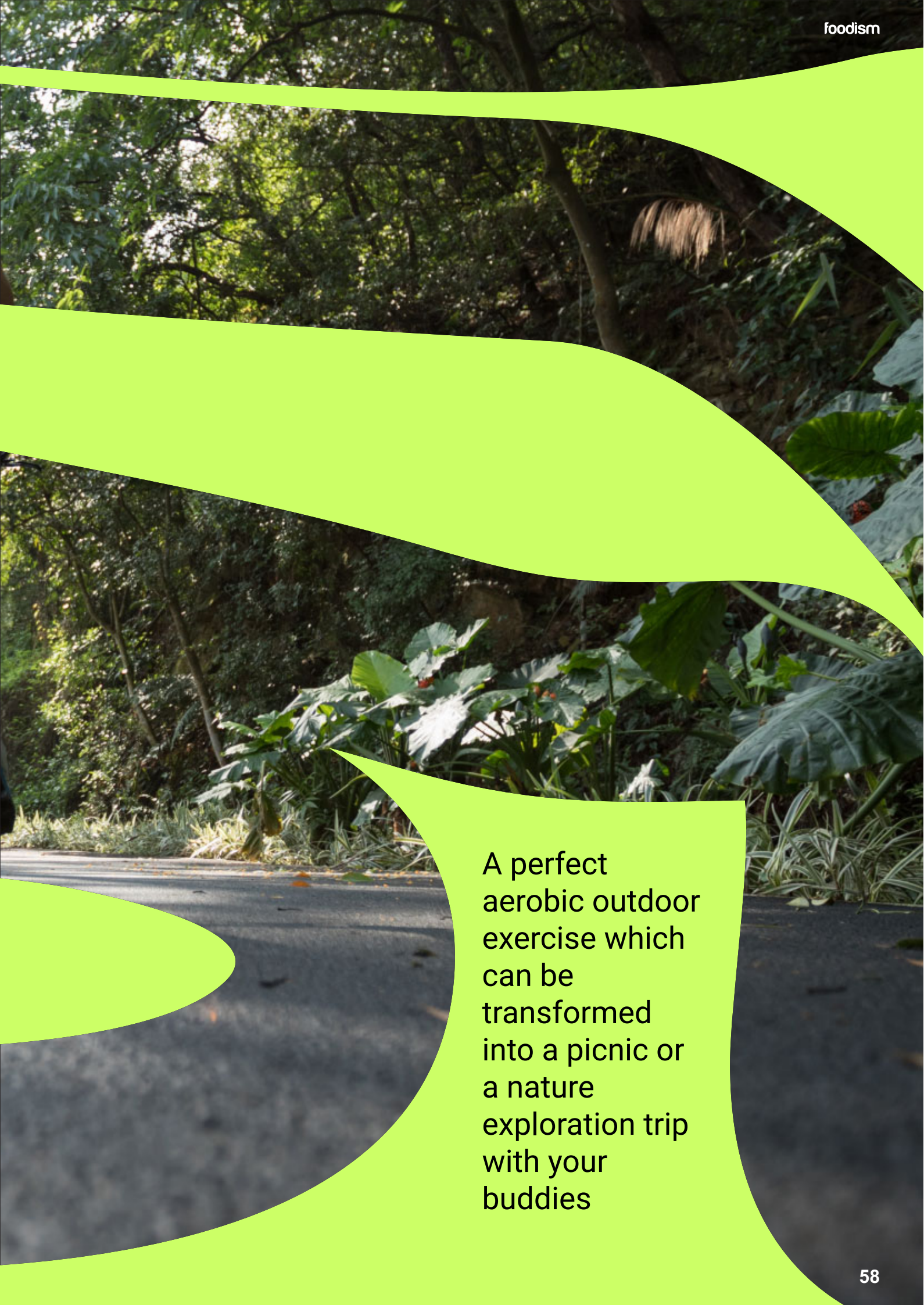
Running

A photograph of a dirt path lined with tall trees, with people walking away from the camera. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The path is flanked by a low concrete curb and lush greenery. In the distance, two people are walking away from the camera, and another person is partially visible on the left side of the frame.

These are the best forms of exercise because they are cheap and accessible to most people plus they provide you with the benefit of making it a social affair by doing it with a friend and allow you to breathe in the beauty of nature



Cycling

A photograph of a paved path winding through a dense, lush green forest. The path is dark and appears to be made of asphalt or concrete. The surrounding vegetation is thick, with various types of trees and large, broad-leafed plants in the foreground. A large, stylized green leaf graphic is overlaid on the image, partially obscuring the path and the forest. The leaf is a vibrant lime green color and has a smooth, curved shape. The text is placed within the lower right portion of this leaf graphic.

A perfect
aerobic outdoor
exercise which
can be
transformed
into a picnic or
a nature
exploration trip
with your
buddies

Zumba

For dance enthusiasts this Latin-inspired, high-energy and popular dance workout entails grooving to the beats of salsa, flamenco, and merengue music. Touted to burn more calories than cardio kickboxing or step aerobics, Zumba improves flexibility, strengthens your core and melts fat





Pilates

These are a series of simple, precise and controlled movements like – The 100, Criss-Cross, Elephant, Swan et al - that stabilize and strengthen your core. Pilates can be done anywhere – with an exercise mat and a DVD. Benefits include – sculpted and sturdier muscles, better posture and enhanced sense of well-being



Domestic tasks involve a lot of physical labour and have a double benefit of not only keeping you but also your house in impeccable shape. Let's take a quick look at major calorie burners –





House -hold Chores

Mopping and sweeping the floor

156 Calories / Hour

Cleaning the bathroom

360 Calories / Hour

Vacuuming

170 Calories / Hour

Scrubbing the windows

140-300 Calories / Hour

*Cleaning the wardrobe or
the kitchen cupboard*

85 Calories / Hour

Mowing the lawn

325 Calories / Hour

Cooking dinner

150 Calories / Hour

Approx. Value*



HERE ARE SOME OTHER EXERCISING OPTIONS YOU CAN TRY OUT:–

SWIMMING,
PLAYING BADMINTON,
ROLLER SKATING,
YOGA,
WALKING YOUR DOG,
TAKING THE STAIRS,
GARDENING,
GROCERY SHOPPING,
OPTING FOR A STANDING
DESK...

THE LIST IS ENDLESS!

The letters 'BBQ' are rendered in a large, bold, white font. Each letter is filled with a circular image of food: the first 'B' shows a piece of salmon, the second 'B' shows a piece of chicken, and the 'Q' shows a piece of meat. The background of the page is a dark, rich brown color, and the overall theme is barbecue food.

SMOKEY CHAR-GRILLED WINTERS

There is a chill in the air, the woollens are out, and mornings are flush with fog, god bless the winter season! A time for grills, barbecues, hot chocolate, and bonfires.



Nothing spells winter weekends better than standing under the open sky with your family and grilling a yum skewer of fresh veggies and patties. The music, the smell of freshly grilled food, and the laughing voices of loved ones echoing under the winter skies spells peace.

Are you Barbecuing or Grilling?

Barbecue is used to slow-cook tough meat through creating a bubble of hot air around it for long hours. The wood used, helps maintain temperature and give it that unique smoked flavour. Grilling, the practice Indians usually employ, can also be used for veggies, where pieces, or cuts, are roasted over an open fire. Let's elaborate this using a vegetable that can be cooked in both these ways.

Here are a few hand-picked recipes from our home-chefs that will make your winter grilling sessions a lip-smacking success.



Chef's Special Marinated Tofu

Chef's Special Marinated Tofu

INGREDIENTS

Butter 10 gm
Tofu 150 gm
Zucchini 20 gm
Mushroom 20 gm
Fragrant chilli sauce 35 gm
Chopped ginger 10 gm
Chopped basil 2 leaves
Oyster sauce 8 gm
Banana leaf ¼
Salt to Taste
Black Pepper to Taste

METHOD

1. Marinate the tofu with ginger, basil, oyster, and the fragrant chilli sauce.
2. Wrap it in banana leaf.
3. Place the tofu in a pan and steam for 5 to 6 minutes.
4. Slice the zucchini 1-inch thick and cut mushrooms in one by two-pieces.
5. Thread each piece of zucchini and mushroom onto the skewers, alternating zucchini, then mushroom.
6. Unwrap the tofu from the banana leaf.
7. Arrange the grilled skewer and tofu on a serving plate.
8. Ready to serve.

Ajwaini Paneer Tikka



Ajwaini Paneer Tikka

INGREDIENTS

Paneer 400 Grams
(Cut in Cubes)
Green/Red Peppers 2
(Cut In Chunks)
Onion 1 (Cut In Chunks)
Yogurt 3 Tbsp
Ginger-Garlic Paste 1 Tsp
Kasoori Methi 1 Tsp
Ajwain/Carom Seeds 1 Tsp
Garam Masala 1 Tsp
Red Chilli Powder 2 Tsp
Cumin Powder ½ Tsp
Chaat Masala 1 Tsp
Coriander Powder ½ Tsp
Turmeric Powder ½ Tsp
Chickpea Flour 2 Tsp
Salt to Taste
Oil 2 Tsp

METHOD

1. Mix all the ingredients in a bowl except the oil and marinate the paneer, onion, and pepper cubes in it. Keep the marinade aside for 30 minutes.
2. Thread the cubes of paneer, onion, and peppers on the skewers, brush it lightly with oil, and let them grill on each side till they get an even char on every side. It should take 10-15 minutes depending on the heat of the barbecue.
3. Serve hot with green chutney.



Marinated Grilled Veggies

Marinated Grilled Veggies

INGREDIENTS

For The Marinade:

Salt to Taste

Pepper to Taste

Thyme 1 Tsp

Rosemary 1 Tsp

Oregano 1 Tsp

Chilli Flakes 1 Tsp

Olive Oil 2 Tbsp

Lemon Juice 3 Tbsp

Vegetables:

Aubergines/Eggplants 1, Sliced

Button Mushrooms 300 Grams

Onion 1 (Cut in Chunks)

Red/Green/Yellow Peppers 1
(Cut in Chunks)

Zucchini 1 (Cut in Cubes)

METHOD

1. Mix all the ingredients for the marinade.
2. Use half the marinade and marinate your veggies in it.
3. Either grill the veggies directly on the barbecue or use skewers if you have an open fire.
4. Keep rotating as and when they get a good char on each side.
5. Remove the skewers' from the grill and add the rest of the marinade as a sauce if needed.
6. Serve hot with a dip or chutney.

Grilled Cauliflower Steak



Grilled Cauliflower Steak

INGREDIENTS

Cauliflower 1 Big Head
Ginger Garlic Paste 2 Tsp
Kashmiri Red Chilli Powder
2 Tsp
Turmeric Powder ¼ Tsp
Black Pepper Powder to Taste
Chaat Masala 1 Tsp
Garam Masala ½ Tsp
Salt to Taste
Butter 2 Tbsp
Lemon Juice 1 Tbsp

METHOD

1. Cut the stem of the cauliflower and cut them in thick slices just like a steak.
2. Prepare the marinade by adding all the ingredients in a bowl except chaat masala and mix well.
3. Marinate the steaks with the mix and keep it aside for 15 minutes.
4. Grill the cauliflower steaks on each side till you get a good char and the steaks become tender.
5. Sprinkle chaat masala on the top and serve hot with green chutney.

W I N T E R

COCKTAILS

by Chef Parul Pratap
from Music & Mountains, Delhi

RUM HOT TODDY

Makes 2 cocktails

INGREDIENTS

To Blend & Simmer:

- 150 ml **Apple Juice**
- 200 ml **Orange Juice**
- 2 **Cinnamon Sticks**
- 1 **Star Anise**
- 1 tsp **Whole Black Pepper**
- 120 ml **Rum**
- 2 **Orange wedges** for garnish

PROCESS

1. Heat the juices and spices in a saucepan, simmer on low till reduced to half. Strain and set aside.
2. Pour 60 ml each in two glasses and heat with the warm spiced juice.
3. Serve warm with a garnish of an orange wedge.



CANDIED RED WINE

Makes 2 cocktails

INGREDIENTS

600 ml Red Wine
100 gms Candied Fruit
2 Star Anise
1 stick Cinnamon
2 tbsp Honey
15 gms Orange peel
10 gms Ginger, thinly sliced
Grapefruit slice for garnish

PROCESS

1. Soak all the ingredients in red wine, refrigerate, and store for 2-3 days in an airtight container.
2. Check the infusion on day 2; it should be aromatic.
3. Strain the wine into two glasses; you can add the spice and fruit mix as they do in a sangria (Ideally served warm).
4. Garnish with a slice of grapefruit.



APPLE SPICED BOURBON ALE

Makes 2 cocktails

INGREDIENTS

1 large **Apple**, peeled and cut into small pieces
 1 tsp **Cinnamon Powder**
 1 tsp **Clove Powder**
 ½ tsp **Ginger Powder**
 1 tbsp **Lemon Juice**
 120 ml **Bourbon**
 250 ml **Ginger Ale**
Dried Apple slices for garnish



PROCESS

1. Toss the apple pieces with the spice powders and lemon juice.
2. Blend to a puree; you can add 1-2 tbsp of water to make it smooth.
3. In a shaker, add the puree and bourbon with two cubes of ice and give it a hard shake.
4. Remove the ice cubes and pour the blend into two glasses.
5. Top with 60 ml bourbon each, then with 125 ml ginger ale each, use a stirrer to mix well.
6. Float a dried apple slice on top and serve.

MINT MAPLE WHISKY

Makes 2 cocktails

INGREDIENTS

8-10 Mint Leaves
2 tbsp Maple Syrup
1 tsp Lime Juice
120 ml Whisky
Vanilla Bitters
Mint sprig for garnish

PROCESS

1. Muddle the mint leaves with maple syrup and lime juice till nicely pulverized.
2. Add in whisky with six cubes of ice. Slowly shake for a minute.
3. Strain into a whisky tumbler.
4. Add a dash of bitters to both drinks and garnish with a sprig of mint.
5. Serve cold.



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