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DIVALI PLATE

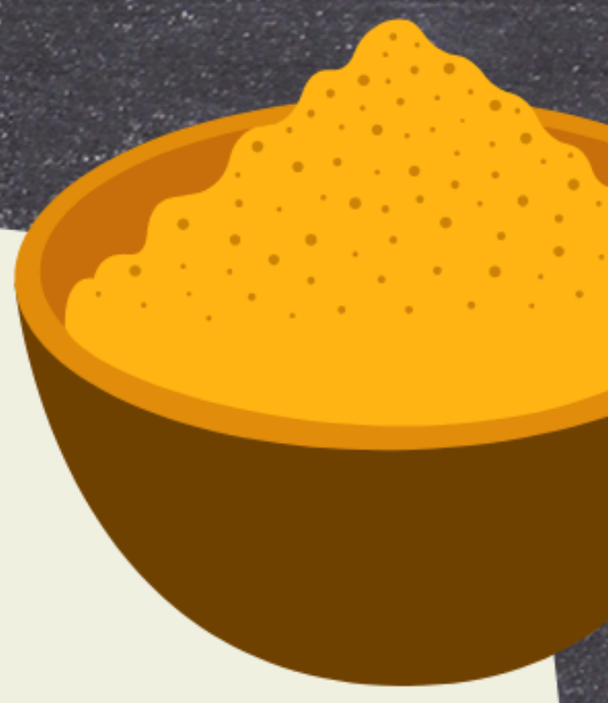
10 OF MY FAVORITE VEGETARIAN DIVALI RECIPES



BY

Teri's Food Therapy





RECIPE

Divali, also known as the Festival of Lights, is a cherished celebration observed by Hindus around the world. Although I'm not Hindu myself, I've had the privilege of growing up in a vibrant multicultural society where the beauty of this festival shines brightly. I fondly remember the joyous moments spent with my neighbors as we buussed bamboo, lit starlights, and painted deyas, all in anticipation of the festivities. Visiting the homes of Hindu friends and family was always a highlight, where I indulged in the delicious foods that are such an integral part of this celebration. My mother, a talented cook, also contributed her own flavorful dishes to the occasion, and it's a tradition I continue to honor in my own kitchen.

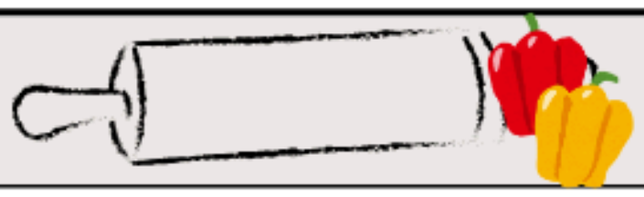
In this e-cookbook, I am excited to share with you my Divali plate—ten of my favorite vegetarian dishes that bring me joy and connect me to the spirit of this beautiful celebration. I hope these recipes inspire you to create your own memorable Divali moments.





Love Teri.

MOTHER IN LAW



MOTHER IN LAW

INGREDIENTS

- 1 small carrot (approximately 1 cup, grated or finely chopped)
- 1 small caralli (approximately 1 cup, minced)
- 1 medium onion (quartered)
- 1 small bundle of shadon beni (approximately 15 leaves, finely chopped)
- 5 hot peppers (adjust to taste)
- 6 cloves garlic (peeled)
- Juice of 3 medium limes (approximately 3 tablespoons)
- Salt to taste

DIRECTIONS

Peel and chop the carrot into 3-4 large pieces. Add to a food processor and pulse until the piece about 1/8 to 1/4 inch in size. Transfer to a mixing bowl.

Cut the caralli in half, remove the seeds, and mince it to match the size of the chopped carrots. Ad the mixing bowl.

Add the quartered onion, peeled garlic, chopped shadon beni, and hot peppers to the food proce Pulse until finely chopped but not puréed. Combine this mixture with the carrot and caralli.

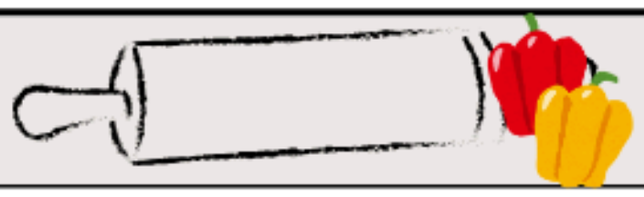
Cut the limes in half and juice them. Pour the lime juice into the mixing bowl, add salt to taste, and well.

Transfer the mixture to an airtight jar and store in the refrigerator for up to one week.

Use as a condiment or seasoning in various dishes.

BUSS UP SHUT

6-8 Servings



BUSS UP SHUT

INGREDIENTS

- 4 cups flour plus more for dusting

- 1 tsp baking powder

- 1 1/3 cup water (room temperature)

- 1/2 tbsp oil (for the dough)

- 1/2 tsp salt

- 1/2 cup butter (at room temperature for spreading)

- 2/3 to 1 cup oil (for frying)

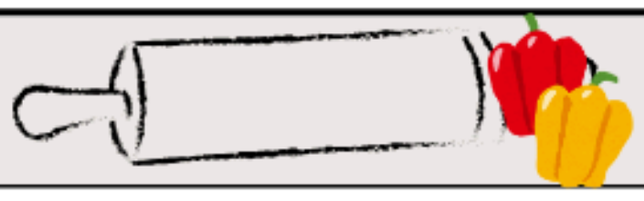
DIRECTIONS

- In a large mixing bowl, combine flour, baking powder, and salt.
- Gradually add water while mixing to form a dough (it will be sticky at first).
- Dust your kneading surface generously with flour and knead the dough until smooth, adding sm amounts of flour as needed.
- Once smooth, oil your hands, shape the dough into a ball, and cover with a towel. Let rest for minutes to 1 hour.
- After resting, divide the dough into 4-5 balls, depending on the size of your tawa or skillet.
- Roll each ball into smaller balls, then roll out to a medium size. Spread generously with butter, sprin lightly with flour, cut down one side, and roll into a cone shape. Fold the base to form a ball again.
- Allow the shaped dough to rest for another 15-20 minutes.
- Preheat your tawa or skillet over medium heat.
- Roll out each dough ball on a floured surface, flipping occasionally until thin (be careful not to tear).
- Grease the tawa or skillet with oil using a brush or the base of an enamel cup.
- Carefully lift the rolled dough and place it on the tawa. Quickly flip it after placing it down.
- Using a dabla or the handle of a cooking spoon, gently press down, then brush oil over the top and again. Repeat on the other side.
- Cook each roti for about 30 seconds on either side. Gather the roti using the dabla; the roti should l slightly crumpled like a piece of clothing the gently beat roti lightly (this helps to separate the layers.) Remove roti from tawa, wrap in a clean dry towel and cover with another towel and repeat w remaining dough.

CURRY CHANNA & POTATO

4-6 Servings





CURRIED CHANNA & ALOO

INGREDIENTS

- 3-4 medium potatoes, cubed
- 1 1/4 cups cooked channa (chickpeas) or 1 tin (drained)
- 1/4 cup oil
- 1 small onion, cut into pieces
- 2 medium-sized pimentos, chopped
- 6-8 leaves shadon beni, minced
- 5-6 cloves garlic, crushed and then minced
- 5 heaping tablespoons curry powder
- 1/2 tablespoon roasted geera (cumin) powder
- 2 teaspoons masala powder
- 4 cups water
- Hot pepper to taste (e.g., Scotch bonnet, jalapeño)
- Salt to taste
- Black pepper to taste

DIRECTIONS

In a saucepan or skillet over medium-high heat, add the oil and allow it to heat until shimmering but not smok

Once heated, add the curry powder, masala, and roasted geera powder, mixing well into the oil to bloom spices.

Then, add the hot pepper, onions, and 2/3 of the minced shadon beni, garlic, and pimento. Sauté for 1-2 minu cooking until the onions are translucent and fragrant.

Next, gently toss in the cubed potatoes and channa, mixing well to combine. Pour in the water, stir, cover wi lid, and bring to a simmer. Allow the curry to simmer for 25-30 minutes, or until the potatoes are soft and ab 2/3 of the liquid has reduced.

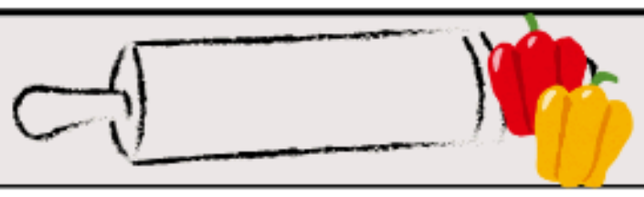
Season the curry with salt and black pepper, stirring gently and crushing some of the potatoes to thicken mixture.

Finally, add the remaining garlic, shadon beni, and pimento, stirring to combine. Turn off the heat and serve ideally with rice or roti.

FRY BHODI

4-6 Servings





FRIED BHODI

INGREDIENTS

- 1 bundle bhodi (cut into 1 inch pieces)
- 3 med-large tomatoes (cored and sliced)
- 1 small onion (sliced)
- 3-4 cloves garlic (crushed and minced)
- 1/4 cup water
- 2 tbsp olive oil
- Salt to taste
- Hot pepper to taste

DIRECTIONS

In a skillet or frying pan, heat the olive oil over high heat until it's hot (but not smoking).

Add the sliced onions, minced garlic, and hot pepper to the pan. Sauté for about 30 seconds fragrant.

Toss in the sliced tomatoes and cook for about 1 minute, stirring occasionally.

Add the cut bhodi to the skillet and mix well. Lower heat to mid-heat and allow the bho cook down for 10-15 mins stirring occasionally.

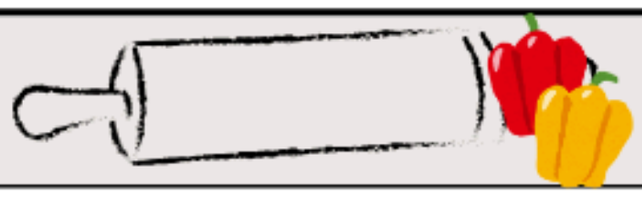
Pour in the 2 tbsp water, stir well, then place a lid on the pan and steam 10-12 minutes.

Once the bhodi is soft, slightly whilted, and all of the liquid has evaporated, season with sa taste.

Remove the pan from the heat and serve hot with sada, dosti, or roti of your choice.

CURRY CHATAIGNE

4-6 Serviings



CURRY CHATAIGNE

INGREDIENTS

- 2 small to medium chataigne (breadnut)

- 1 cup coconut milk

- 1 cup water

- 1/2 small onion, chopped finely

- 4 cloves garlic, crushed and then minced

- 4 tbsp curry powder

- 1 tsp roasted geera (cumin)

- 1/2 tsp masala (specify type, e.g., garam masala)

- 4 tbsp oil

- Hot pepper, to taste (specify type, e.g., jalapeño, Scotch bonnet)

- Salt, to taste

DIRECTIONS

Wash the chataigne and set aside. Rub your hands, knives, and cutting board with oil to prevent stickiness the sap.

Quarter the chataigne, remove the core, and use paper towels to soak up the sap. Peel the chataigne until all green outer layer is removed, then separate the flesh from the seeds (you can use the seeds if you prefer).

Place the flesh into a large bowl of water, wash it, then drain and rinse again. Process the batches of chataign food processor until roughly chopped to a medium-fine consistency.

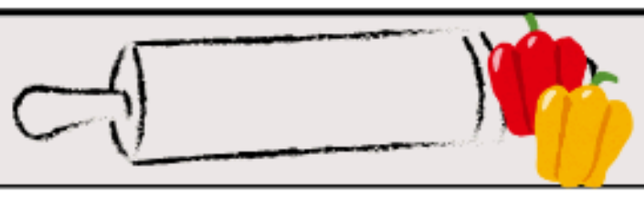
In a medium-large skillet or saucepan over medium-high heat, add the oil and allow it to heat slightly. Ad curry powder, roasted geera, and masala, mixing well.

Add the chopped onion, hot pepper, and minced garlic, and sauté for about 1 minute, or until the onion bec translucent. Then, add the chataigne, mixing well before pouring in the coconut milk and water. Bring the mi to a simmer, then lower the heat and cover with a lid.

Cook for 10-15 minutes or until the chataigne is soft and most of the liquid has cooked down to a slightly thicl consistency. Season with salt to taste, and remove from heat.

DOSTI ROTI

Yields 8



DOSTI ROTI

INGREDIENTS

4 cups (500 g) sifted all-purpose flour (plus more for dusting)

4 tsp baking powder

1/2 tsp salt

1 2/3 cups (400 ml) water

1/2 cup (120 ml) vegetable oil (plus extra for brushing)

DIRECTIONS

In a large mixing bowl, combine the flour, baking powder, and salt. Mix well to ensure even distribution.

Create a well in the center of the dry ingredients. Gradually add the water into the well, mixing with your h
or a spoon until the dough comes together. The dough should be slightly sticky.

Transfer the dough to a lightly floured surface. Knead for about 2 minutes until smooth. Shape it into a ba
place it in a bowl. Cover with a kitchen towel and let it rest for approximately 45 minutes.

After resting, divide the dough into 8 equal balls (or "loyas"). Dust each ball with flour, cover them with a t
and let them rest for another 15 to 20 minutes.

Preheat your tawah or large skillet over medium heat. Take two dough balls (loyas). Roll out the firs
gradually, then brush the top with some vegetable oil. Roll out the second ball and place it on top of the first
ball.

Roll the two stacked dough balls out together until they are flattened as thinly as possible.

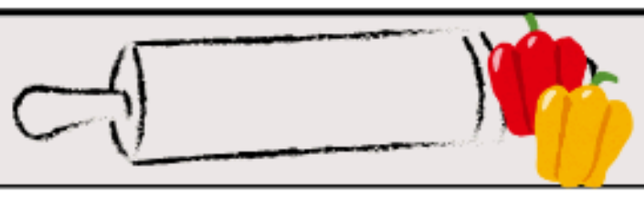
Tip: While rolling, periodically flip the dough and adjust the edges to ensure they are even in thickness.

Lightly grease the tawah or skillet with oil. Place the rolled dough onto the hot surface. Cook one side for abo
seconds, then flip it over. Brush oil on the cooked side and flip it back. Continue cooking both sides until g
spots appear.

Place the cooked roti in a large bowl lined with baking paper, separating each layer with baking paper, and
with a towel to keep warm. Repeat the process with the remaining dough balls.

PUMPKIN TALKARI

4-6 Servings



PUMPKIN TALKARI

INGREDIENTS

- 4 cups Pumpkin, diced (peeled and seeds removed)
- 3 tbsp Olive Oil
- 1/2 small Onion, finely chopped
- 2-3 cloves Garlic, minced
- 1/4 tsp Salt (kosher or table salt)
- 2-3 tsp Sugar, optional(or to taste)
- 2 tbsp Water, optional** (depending on the moisture of the pumpkin)
- Hot Pepper to taste

DIRECTIONS

In a small to medium skillet or saucepan over medium heat, add the olive oil and allow become slightly hot.

Add the finely chopped onion and hot pepper to the oil. Sauté for 30 seconds to 1 minute fragrant and the onions are somewhat translucent.

Add the diced pumpkin, minced garlic. Mix well, cover with a lid, and allow to cook for minutes, stirring occasionally. If the Pumpkin is releasing alot of its own juices you can choo now add the water or not. Cover again and allow pumpkin to cook for a further 10-15 mins.

Once the pumpkin has softened, add the salt and sugar (if using). Note that the sugar is opti and should be added only if the pumpkin isn't sweet.

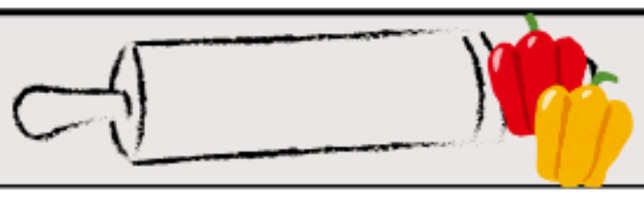
Mix well, using the back of a spoon or fork to crush the pumpkin into a smooth paste (or to desired texture).

Turn off the heat and let the pumpkin sit, covered, for a few minutes before serving.

CURRY MANGO

4-6 Servings





CURRY MANGO

INGREDIENTS

- 2-3 medium half-ripened Mangoes (washed and chopped)
- 1/2 cup Sugar (Add more or less depending on the tartness of the mango)
- 4 tbsp Curry Powder
- 1/4 tsp Turmeric Powder
- 2 tsp Anchar Masala
- 1 tsp Geera Powder
- 1/2 cup Water
- 4 Cloves Garlic, crushed and chopped
- 5 leaves Shadon Beni, chopped
- Pimentos, chopped
- 1/2 small Onion, diced
- 1 1/2 tsp Salt
- Hot pepper to taste

DIRECTIONS

In a hot saucepan over medium-high heat, add 1/2 cup of water. Stir in curry powder, turm
Anchar Masala, and roasted Geera Powder. Mix well and let it cook for 2-3 minutes.

Add minced onions, hot pepper, 2/3 of the garlic, Shadon Beni, and pimento to the pan. Mix
and allow it to cook for a few seconds until fragrant.

Add mangoes, sugar, salt, and cover just slightly with water. Stir and place the lid onto the
Allow it to cook for 25-30 minutes or until 3/4 of the liquid has reduced.

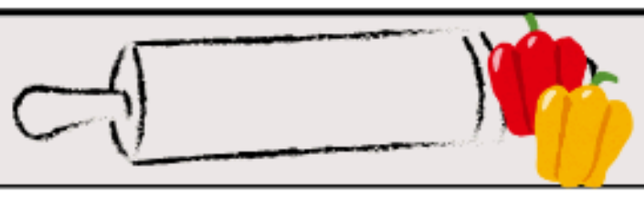
Check if the mango is soft and the skin is thoroughly cooked through. Do a taste test to a
the sweetness and saltiness. If the mango is still very tart, add more sugar and a pinch of sa
balance the flavors.

Add the remaining garlic, Shadon Beni, and pimento. Stir well before turning off the heat
aside to cool slightly before serving.

MASALA MANGO

4-6 Servings





MASALA MANGO

INGREDIENTS

6 medium half-ripened Mangoes (When cutting up the mango, cut up the seeds as well and remove the insides of the seeds)

- 1/4 cup Vegetable Oil
- 6 tbsp Anchar Masala
- 1 2/3 cups Brown Sugar
- 4 cloves Garlic, crushed
- 2 tsp Salt
- Hot Pepper to taste

DIRECTIONS

Wash and drain the chopped mangoes, and set aside.

In a large saucepan, add oil over medium-high heat and heat for a few seconds before ad crushed garlic and hot pepper. Stir for a few moments.

Add Anchar Masala and mix, then seconds later, add mangoes and mix.

Add enough water to the saucepan until it just almost covers the mangoes. Add sugar and and mix. Cover and allow it to simmer for 20 minutes.

Uncover and taste. If the mangoes are still a bit tart, gradually add some more sugar.

At this point, the liquid should be thicker.

Reduce the heat to medium and allow it to simmer for a further 10-15 minutes until at least of the liquid has been reduced, or less, and the skin of the mango is falling off the bone to tou

Remove from heat and serve hot or cold.

PHOLOURIE

Yields 20-25



PHOLOURIE

INGREDIENTS

- 2 cups Flour
- 1/2 cup Split Pea Powder
- 1 tsp Baking Powder
- 1/2 tsp Yeast
- 1/2 tsp Turmeric
- 1 3/4 cup Water
- 1/2 tsp Salt
- Oil for deep frying

DIRECTIONS

In a large mixing bowl, add all the dry ingredients and mix well.

Gradually add water until you form a thick paste.

Cover and set aside to rest for an hour or so.

In a medium frying pan or wok, add oil for deep frying and heat on high heat.

Test the oil with a wooden spoon by placing the spoon into the oil; if it bubbles, then it is enough.

Using two regular tablespoons, scoop your batter with one spoon and clean the dripping b off the edges with the other spoon.

Place your spoon close to the oil and scrape the batter into the oil with one motion using th end of the other spoon.

Once the batter is in the oil, it will quickly rise to the surface. Allow it to cook for approxim 1 minute on one side, then flip and cook until golden brown on the other side.

Remove from the oil and set aside to drain on parchment paper or paper towels. Repeat you've fried all the batter, then serve hot with the chutney.

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