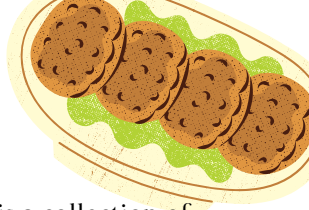


our grandparent's
CookBook

RESEARCH BY THE LEARNERS OF
KIDZEE VARANASI NADESAR & KENZEN SCHOOL

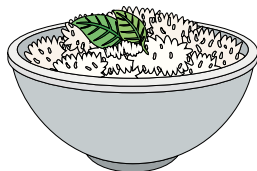


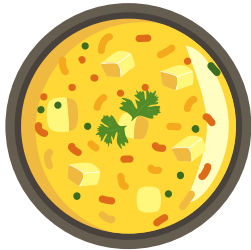


Our Grandparent's Cookbook is a collection of cherished recipes passed down through generations, celebrating the invaluable bond between grandparents and grandchildren. This cookbook features a delightful array of dishes, from comforting meals and indulgent desserts to creative recipes that make the most of leftovers. A highlight is the Sandwich Adventure, presented as a charming dialogue between a grandpa and his grandson.

Many recipes include secret ingredients from the Indian kitchen, such as real rose water in the Gulab Jamun and mango powder in the Aloo Paratha, adding a unique twist to traditional dishes.

Each recipe is lovingly handwritten by children from Kidzee Varanasi Nadesar and Kenzen School, reflecting their collaboration with their grandparents. These treasured notes have been edited and curated to share the joy of cooking and the importance of family traditions. Join us on this flavorful journey and uncover the stories behind each dish!





Grandmother's Paneer Biryani with Raita

BY AMI THAPA

Ingredients

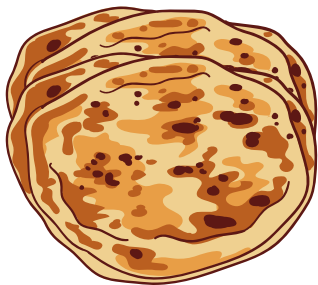
- Paneer (cubed)
- Red chilli powder
- Turmeric powder
- Garam masala
- Salt
- Oil for roasting
- Whole spices (cumin, cardamom, cloves)
- Lemon
- Basmati rice (soaked)
- Onion (sliced)
- Green chillies (sliced)
- Garlic paste
- Ginger paste
- Biryani masala
- Curd
- Chopped vegetables (your choice)
- Coriander leaves (chopped)
- Mint leaves
- Fried onions
- Ghee (optional)

For Raita:

- Curd
- Cucumber (chopped)
- Onion (chopped)
- Green chillies (chopped)
- Salt

Directions

1. Prepare the Paneer:
 - Cut the paneer into cubes and season with red chilli powder, turmeric powder, garam masala, and salt.
 - Roast the paneer in hot oil until golden brown. Set aside.
2. Cook the Rice:
 - In boiling water, add salt, whole spices, and a squeeze of lemon.
 - Add soaked basmati rice and cook until 90% done. Let it cool.
3. Make the Gravy:
 - In a pan, cook sliced onion and chillies until golden.
 - Add garlic and ginger paste, cooking for 2 minutes.
 - Add biryani masala, curd, and your choice of chopped vegetables. Cook for 5 minutes.
 - Add the roasted paneer to the gravy and mix well.
4. Layer the Biryani:
 - In a pot, layer the cooked rice over the gravy.
 - Sprinkle chopped coriander leaves, mint, fried onions, and ghee (optional) on top.
 - Cover and cook on low heat for 15 minutes.
5. Prepare the Raita:
 - In a bowl, mix curd with chopped cucumber, onion, and chillies.
 - Add a tablespoon of salt and stir.
6. Serve:
 - Once the biryani is ready, top it with more fried onions and coriander if desired.
 - Serve hot with the raita. Enjoy your delicious paneer biryani, suggested by my grandmother!



Aloo Paratha (with mango powder)

BY HAMMAD

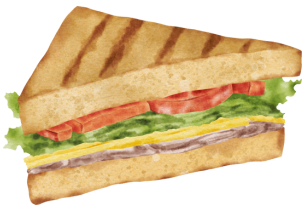
Ingredients

- 2 cups whole wheat flour
- 3 boiled and mashed potatoes
- 1 small onion (chopped)
- 1 tsp cumin seeds
- 1-2 green chillies (chopped)
- 2 tsp garam masala
- 1 tsp amchur (dry mango powder)
- Salt (to taste)
- Ghee or oil (for cooking)

Directions

1. Prepare the Dough:
 - Knead the flour, salt, and water into a soft dough. Set aside.
2. Make the Filling:
 - Mix the mashed potatoes with chopped onion, cumin seeds, green chillies, garam masala, amchur, and salt.
3. Stuff the Paratha:
 - Roll out a portion of the dough, place the potato mixture in the centre, and fold the dough around it.
 - Roll it out again into a flat disc.
4. Cook the Paratha:
 - Cook the stuffed paratha on a hot tawa (griddle) with ghee or oil until both sides are golden brown.

Enjoy your delicious Aloo Paratha!



Grandpa and Aditya's Fun Veg Sandwich Adventure

BY ADITYAVARDHAN

Ingredients

- 2 slices of bread
- 1 tablespoon of butter
- 2 slices of cucumber
- 2 slices of tomato
- 1 slice of cheese
- A tiny pinch of salt
- A tiny pinch of black pepper
- 1 tablespoon of ketchup or mayonnaise

And the Adventure Starts!

Butter the Bread:

Grandpa: "Let's go, kid! Help me spread the butter on the bread to make the sandwich toastier."

Aditya: "Yah! I will do it." (Spreads the butter carefully with his grandpa.)

Veggie Time:

Grandpa: "Now, let's put on some veggies to make the sandwich nice and colourful."

Aditya: "See, Daadu, it's a cucumber path!" (Places cucumber and tomato with his grandpa on the bread.)

Cheesy Fun:

Grandpa: "Want cheese in your sandwich?"

Aditya: "Yes, yes, yes!!"

Grandpa: "Let's put one slice, then."

A Sprinkle of Magic:

Grandpa: "Aditya, now let's add a tiny sprinkle of salt and pepper."

Aditya: "OK, let's go sprinkle, sprinkle."

Close it Up!

Grandpa: "Let's hug the sandwich with the second slice of bread."

Aditya: "Yeah! Hug the sandwich!"

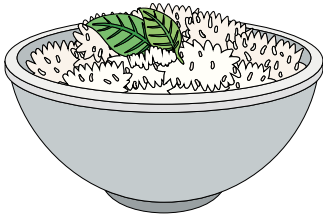
Now Eat & Enjoy:

Grandpa: "Do you want your sandwich square or triangle?"

Aditya: "Triangle, triangle!"

Grandpa: (Cuts the sandwich into triangles.) "All ready! Enjoy your masterpiece!"

And there you have it – a delicious handmade sandwich made by Aditya and his Daadu!



Bhuga Chawar

BY SATWIK

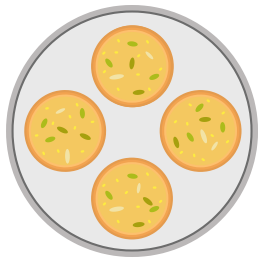
Ingredients

- 1 cup rice
- 3 onions (sliced)
- 2 teaspoons red chilli powder (adjust to taste)
- Salt (to taste)
- 2.5 cups water
- 1-2 bay leaves (optional)
- 1 teaspoon black pepper
- 4-5 cloves
- 1 teaspoon cumin seeds
- 2 cardamom pods (elaichi)
- ½ teaspoon garam masala
- 2 green chillies (chopped)

Directions

1. Prepare the Onions:
 - Slice the onions thinly and fry them in oil until they turn golden brown. Set aside.
2. Spices:
 - In a pot, heat some oil and add cumin seeds, bay leaves, black pepper, cloves, and cardamom pods. Let them crackle for a minute.
3. Add the Rice:
 - Add the rice to the pot and stir it with the spices for a couple of minutes to lightly toast the rice.
4. Mix in Onions and Chillies:
 - Add the fried onions, chopped green chillies, red chilli powder, and salt to the rice. Mix well.
5. Cook the Rice:
 - Pour in 2.5 cups of water and bring it to a boil.
 - Lower the heat, cover the pot, and let the rice cook until all the water is absorbed (about 15-20 minutes).
6. Final Touch:
 - Sprinkle garam masala over the cooked rice, fluff with a fork, and serve hot.

Enjoy your flavourful Bhuga Chawar!



Malpua

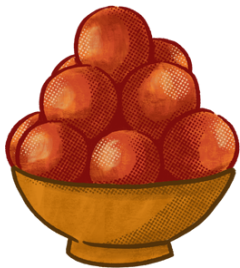
BY PARNIKA

Ingredients

- 1 cup wheat flour
- 1 cup sugar
- Milk (as needed)
- Water (as needed)
- A pinch of cardamom powder
- Vegetable oil (for frying)

Directions

1. Prepare the Batter:
 - Take a bowl and add 1 cup of wheat flour and 1 cup of sugar.
 - Gradually add milk and water, mixing until the batter becomes thick and semi-solid.
 - Add a pinch of cardamom powder and mix well.
2. Rest the Batter:
 - Cover the bowl and let the batter sit at room temperature for at least 3 hours.
3. Fry the Pua:
 - Heat vegetable oil in a pan over low flame.
 - Pour small portions of the batter into the hot oil.
 - Fry on low heat, pressing lightly with a spatula (kalchi), until golden brown on both sides.
4. Serve:
 - Once fried, remove the pua and let it cool slightly. Your pua is ready to eat!



Gulab Jamun

BY MISHKA

Ingredients

- 500g khoya
- 125g paneer (grated)
- 100g maida (all-purpose flour)
- Sugar (for syrup)
- Water (for syrup)
- Oil or ghee (for frying)

Directions

1. Prepare the Dough:
 - Mix khoya, grated paneer, and maida together to form a smooth dough.
2. Shape the Balls:
 - Roll the dough into small, smooth balls.
3. Fry the Gulab Jamuns:
 - Heat oil or ghee in a pan and fry the balls over medium heat until they turn golden brown.
4. Make the Sugar Syrup:
 - In a separate pot, make sugar syrup by dissolving sugar in water. Let it simmer until it becomes slightly thick.
5. Dip the Gulab Jamuns:
 - Once the gulab jamuns are fried, dip them in the warm sugar syrup.

Yumm! Your delicious gulab jamuns are ready to eat!



Aloo Paratha

BY YASHI

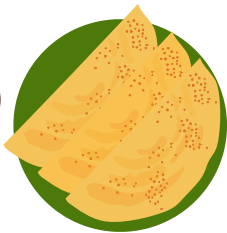
Ingredients

- Whole wheat flour
- Salt (to taste)
- Oil (for kneading and cooking)
- Boiled and mashed potatoes
- Ginger (grated)
- Green chillies (chopped)
- Fresh coriander (chopped)
- Garam masala
- Red chilli powder
- Chaat masala
- Butter (for cooking)
- Coriander leaves (for garnish)

Directions

1. Prepare the Dough:
 - Mix whole wheat flour with a pinch of salt and a little oil.
 - Add water gradually and knead into a soft dough.
2. Make the Filling:
 - Combine mashed potatoes, grated ginger, green chillies, fresh coriander, garam masala, red chilli powder, and chaat masala to make the filling.
3. Roll and Stuff:
 - Roll a small portion of the dough into a flat disc.
 - Place some of the potato mixture in the centre and fold the dough over to seal it.
 - Roll it out again into a round shape.
4. Cook the Paratha:
 - Place the rolled paratha on a hot non-stick tawa (griddle).
 - Cook on both sides until golden brown, adding a slice of butter to the paratha as it cooks.
5. Finish and Serve:
 - Garnish the aloo paratha with fresh coriander leaves and serve hot.

Enjoy your delicious aloo paratha!



Dosa Roti

BY TARUSH

"My Grandmother says that sometimes there is leftover food in the kitchen, and it's better to use it instead of throwing it away. She makes delicious dosa roti from leftover rotis, and today I'll tell you how she does it."

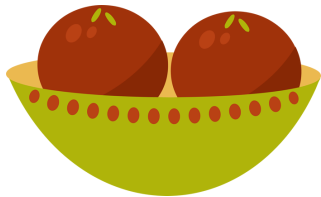
Ingredients

- Leftover rotis
- Oil
- Sweet neem (curry leaves)
- Rai (mustard seeds)
- Green chillies
- Ginger (grated)
- Sambhar masala
- Salt (to taste)
- Ghee
- Onions (chopped)
- Tomatoes (chopped)
- Chutney or sauce (for serving)

Directions

1. Prepare the Seasoning:
 - Heat some oil in a pan.
 - Once hot, add curry leaves, mustard seeds, green chillies, and grated ginger.
 - Sprinkle in sambhar masala and salt, frying the mixture until it is well-cooked and aromatic.
2. Soften the Rotis:
 - Take the leftover rotis and dip each one briefly in water.
 - Place the softened rotis on a hot pan over low flame.
3. Cook the Rotis:
 - Spread ghee over the rotis and fry them for a few seconds until they become slightly crisp.
4. Add the Filling:
 - Spread the prepared seasoning evenly over the rotis.
 - Add chopped onions and tomatoes on top.
5. Roll and Serve:
 - Roll up the rotis and serve them with chutney or sauce.

Thank you, Grandma! Enjoy your dosa roti!



Gulab Jamun (with Rose Water)

BY MUBASHSHRAH

Ingredients

- 1 cup khoya
- 2 tablespoons all-purpose flour
- ¼ teaspoon baking soda
- Milk (as needed)
- 2 cups sugar
- 2 cups water
- 4-5 cardamom pods
- A few drops of rose water
- Ghee (for frying)

Directions

1. Prepare the Syrup:

- Boil sugar, water, and cardamom pods to make the syrup.
- Once boiled, set the syrup aside and add a few drops of rose water.

2. Make the Dough:

- Mix khoya, all-purpose flour, and baking soda in a bowl.
- Gradually add milk to form a soft dough.

3. Shape the Gulab Jamuns:

- Divide the dough and shape it into small, smooth balls.

4. Fry the Balls:

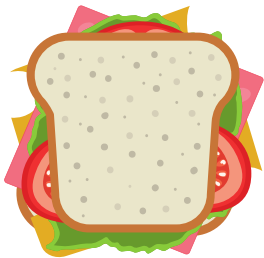
- Heat ghee in a pan and fry the dough balls on low heat until they turn golden brown.

5. Soak in Syrup:

- Soak the fried balls in the warm sugar syrup for 1-2 hours.

6. Serve and Enjoy:

- Your gulab jamuns are ready to serve! Enjoy them with your family.



Grandma's Tomato, Cucumber & Cheese Sandwich

BY ABHIANSHI

Ingredients

- 2 slices of bread
- Butter (for spreading)
- 1 slice of cheese
- A few slices of cucumber
- A few slices of tomato
- Flakes (for sprinkling)

Directions

1. Toast the Bread:

Take two slices of bread and toast them in a pan on low flame.

2. Spread the Butter:

Spread butter evenly on the toasted bread using a butter knife.

3. Add the Veggies and Cheese:

Place a cheese slice on one of the bread slices.

4. Add cucumber and tomato slices on top.

5. Sprinkle the Flavour:

Sprinkle some flakes on the vegetables.

6. Enjoy the Sandwich:

Your sandwich is ready to enjoy with a smile!



Thekua

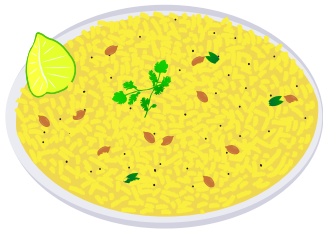
BY HRIDAAN

Ingredients

- 1 cup wheat flour
- ¼ cup sugar
- 2 tablespoons ghee
- Crushed dry fruits (as desired)
- Fennel seeds (to taste)
- Water (as needed)

Directions

1. Prepare the Dough:
 - In a bowl, combine wheat flour, sugar, ghee, crushed dry fruits, and fennel seeds.
 - Gradually add water to the mixture and knead it into a soft dough.
2. Shape the Thekua:
 - Cut the dough into small round pieces.
 - Use a mould to shape each piece into a desired form.
3. Fry the Thekua:
 - Heat oil in a pan and fry the shaped pieces until they turn golden brown.
4. Serve and Enjoy:
 - Your thekua is ready to be served, especially on auspicious days! Enjoy!



Poha

BY SHASHWAT

Ingredients

- Chopped onions
- Fresh coconut (grated)
- Coriander leaves (chopped)
- Lemon juice (to taste)
- Poha (flattened rice)
- Salt (to taste)
- Sugar (to taste)
- Roasted peanuts (optional)

Directions

1. Prepare the Ingredients:
 - Start by roasting the peanuts until they are golden brown.
2. Mix the Poha:
 - In a bowl, take the poha and rinse it under water. Let it drain for a few minutes.
3. Combine the Ingredients:
 - In a mixing bowl, combine the chopped onions, fresh coconut, and chopped coriander leaves.
 - Add the drained poha, roasted peanuts, salt, and sugar. Mix well.
4. Add Lemon Juice:
 - Squeeze lemon juice over the mixture and stir it again to combine all the flavors.
5. Serve and Enjoy:
 - Your delicious Poha is ready to serve! Enjoy it as a light meal or snack!



Kadhi Chawal

BY HARSHAAN

**"YUMMM....! Delicious! I also helped my grandma in making Kadi Chawal by taking out rice from the container."*

Ingredients

- Curd
- Besan (gram flour)
- Spices (to taste)
- Boiled rice

Directions

1. Prepare the Kadhi:
 - In a bowl, mix curd and besan to form a smooth batter.
 - Add spices to the mixture according to your taste.
2. Cook the Kadhi:
 - Heat water in a pot and bring it to a boil.
 - Gradually add the curd and besan mixture to the boiling water, stirring continuously to avoid lumps.
 - Let it simmer until it thickens.
3. Prepare the Rice:
 - Take out boiled rice from the container and keep it ready to serve.
4. Combine and Serve:
 - Serve the kadhi over the boiled rice.
 - Enjoy the delicious Kadhi Chawal, a traditional dish from Rajasthan that makes our body strong!



Idli Sambar

BY VED

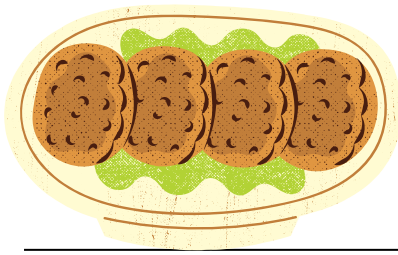
"Dear Ved, it's very simple and a tasty recipe. Here, sambar is the main hero!"

Ingredients

- Rice – 3 cups
- Urad dal – 1 cup
- Salt to taste
- Fenugreek seeds – 1 teaspoon
- Edible oil – 2-3 tablespoons
- Toor dal – 1.5 cups
- Bottle gourd – 1 small
- Tomato – 1 large
- Onion – 3 medium
- Mustard seeds – ½ teaspoon
- Cumin seeds – ½ teaspoon
- Curry leaves – 10-15 pieces
- Dry red chillies – 2 pieces
- Tamarind pulp – 2 tablespoons
- Sugar – 2 tablespoons
- Salt – to taste
- Edible oil – 3 tablespoons
- Sambar masala – 1 tablespoon
- Turmeric powder – ½ teaspoon
- Drumstick – 2 pieces

Directions

1. Prepare the Idli Batter:
 - Soak the rice and urad dal separately for about 6 hours.
 - Grind the soaked ingredients together with fenugreek seeds and salt to form a smooth batter.
 - Allow the batter to ferment for at least 8 hours.
2. Cook the Idlis:
 - Grease the idli steamer trays with edible oil.
 - Pour the fermented batter into the trays and steam for about 10-12 minutes.
 - Once cooked, remove the idlis and keep them warm.
3. Prepare the Sambar:
 - Boil the toor dal in water until soft.
 - In a pan, heat edible oil, add mustard seeds, cumin seeds, curry leaves, and dry red chillies.
 - Add chopped onions, tomatoes, and bottle gourd, and cook until tender.
 - Stir in the boiled toor dal, turmeric powder, tamarind pulp, sambar masala, sugar, and salt.
 - Add water as needed and let it simmer for 15-20 minutes.
4. Serve:
 - Plate the idlis and serve them hot with sambar on the side.
 - Enjoy the delicious combination of healthy idlis and flavorful sambar!



साबूदाने के बड़े

BY TISHYA'S NANI

Ingredients

- ½ पाव साबूदाना
- 3 पाव आलू (उबले हुए और छिले हुए)
- ½ पाव मूंगफली (छिलकर मोटी-मोटी पीसी हुई)
- 8 हरी मिर्च (महीन कटी हुई)
- 9 छंटा हरी धनिया (कटी हुई)
- 3 छोटा चम्मच नमक
- लाल मिर्च (पीसी हुई)
- 1 नीबू का रस
- गरम घी (तलने के लिए)

Directions

- ½ पाव साबूदाना को बारीक छलनी में डालकर नल के नीचे धो लें।
- 15-20 मिनट मीठे पानी में भिगोकर रखें।
- फिर पानी से निकालकर किसी कपड़े पर फैला दें, जिससे साबूदाना थोड़ा सुख जाएगा।
- 3 पाव आलू को उबालकर छील लें और कट्टूकस कर लें।
- इसे हाथ से मसले, फिर साबूदाना, ½ पाव मूंगफली, 8 हरी मिर्च, 9 छंटा हरी धनिया, 3 छोटा चम्मच नमक, पीसी लाल मिर्च और 1 नीबू का रस मिला दें।
- छोटी-छोटी गोलियां काटकर गोल आकार में बना लें।
- गरम घी में तल लें और पुदीने या धनिया की चटनी के साथ परोसें।



बेसन की कढ़ी

BY TISHYA'S DADI

Ingredients

- 1 कप खट्टी दही
- 4-5 कप पानी
- ½ कप बेसन
- 1 चम्मच अजवायन
- ½ चम्मच हल्दी
- लाल मिर्च पाउडर (स्वादानुसार)
- नमक (स्वादानुसार)
- 2 चम्मच तेल (तलने के लिए)
- ½ चम्मच मेथी दाना
- ½ चम्मच जीरा
- ¼ चम्मच खड़ी धनिया
- 1-2 सुखी लाल मिर्च
- एक चुटकी हींग
- 1 कप बेसन
- पानी (घोल बनाने के लिए)
- लाल मिर्च पाउडर (स्वादानुसार)
- ¼ चम्मच अजवायन
- 1 चम्मच कसूरी मेथी
- 2 चम्मच दही
- हरी धनिया पत्ती (कटी हुई)
- ¼ चम्मच हल्दी
- नमक (स्वादानुसार)

Directions

- सबसे पहले एक बड़ी बाउल में 1 कप खट्टी दही डालकर उसमें 4-5 कप पानी डालें और अच्छे से मथनी से मथ लें।
- जब दही पतला हो जाए, तो उसमें ½ कप बेसन, 1 चम्मच अजवायन, ½ चम्मच हल्दी, लाल मिर्च पाउडर और नमक डालकर अच्छे से मिलाएं।
- एक बड़ी कढ़ाई में 2 चम्मच तेल गरम करें। उसमें ½ चम्मच मेथी दाना, ½ चम्मच जीरा, और ¼ चम्मच खड़ी धनिया डालें।
- फिर 1-2 सुखी लाल मिर्च और हींग डालें। अब दही मिश्रण डालें और लगातार चलाते रहें।
- इसे 15-20 मिनट तक अच्छे से उबालें।
- पकौड़ों के लिए, एक बाउल में 1 कप बेसन और पानी डालकर घोल बनाएं। इसमें लाल मिर्च पाउडर, ¼ चम्मच अजवायन, 1 चम्मच कसूरी मेथी, 2 चम्मच दही, हरी धनिया पत्ती, ¼ चम्मच हल्दी, और नमक डालकर अच्छे से मिलाएं।
- एक कढ़ाई में तेल गरम करें और फिर इस मिश्रण से पकौड़े डालें और तले।
- इन पकौड़ों को कढ़ी में डालकर थोड़ा उबालें।
- ऊपर से तड़का लगाने के लिए एक पैन में घी गरम करें। उसमें सुखी लाल मिर्च, 1 चम्मच जीरा, और लाल मिर्च पाउडर डालें।
- फिर इसमें 2-4 कली लहसुन डालकर थोड़ी ब्राउन होने पर कढ़ी में ऊपर से डालें।
- इसे चावल के साथ परोसें।