



Home Garden Recipes for Every Season

*Fresh vegetables with
a Punjabi flavor*





Published by

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AVRDC Publication: 13-767

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Home Garden Recipes for Every Season. 2013. AVRDC - The World Vegetable Center and Punjab Agricultural University. AVRDC Publication No. 13-767. 31 p.

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Punjab Agricultural University

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Foreword

Vegetable recipes add variety and nutrition in diets

The state of Punjab in India is blessed with a climate suitable for growing a wide range of vegetables throughout the year. Yet despite its high rates of economic growth and food production, a large proportion of preschool children and rural women in Punjab consume diets with inadequate levels of energy, iron, riboflavin, vitamin A and vitamin C. Increasing the range of vegetables in the diet is one of the easiest ways to improve family nutrition while a home garden makes them readily available year-round.

Since 2008 AVRDC – The World Vegetable Center and the Department of Food and Nutrition, Punjab Agricultural University have been working together in a project supported by the Sir Ratan Tata Trust to promote improved nutrition in Punjab through increased vegetable production and consumption. They collaboratively designed a 6 m x 6 m home garden where 27 carefully selected vegetables are grown to supply vital nutrients throughout the year. The vegetables are especially rich in vitamin C, beta-carotene (the precursor of vitamin A), iron, dietary fiber and phytochemicals.

Households that grow and consume vegetables from their home gardens can avoid nutrient deficiency diseases. Dietary fiber and phytochemicals in the form of colored pigments protect against degenerative conditions like obesity, diabetes, cardiovascular diseases and cancers. Vegetables from the home garden are also safe to eat because they are grown either organically or with minimum use of pesticides.

To maximize the nutritional value of these vegetables, they need to be cooked appropriately. If prepared in the form of exotic recipes to tickle the palate of all your family members, they can play a vital role in improving your family's vegetable consumption and overall health.

AVRDC and Punjab Agricultural University, Ludhiana, have developed delicious and interesting recipes for each month of the year. Seasonal vegetables from the home garden are combined with ingredients such as legumes, curd, cheese, milk and spices to create tasty dishes that are good for your family. Our taste panel agrees, and we hope you enjoy preparing these recipes for the health of your family throughout the year.

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MEASURES

1 teaspoon (tsp) = 5 g

1/2 tsp = 2.5 g

1/4 tsp = 1.25 g

1 tablespoon (tbsp) = 15 g



Broccoli is a powerhouse vegetable when combined with curd and other vegetables to make a healthy snack or a meal accompaniment.

Curd Broccoli Salad

INGREDIENTS

| | |
|-----------------|--------------------|
| Curd | 100 g |
| Tomato | 50 g |
| Onion | 50 g |
| Cucumber | 50 g |
| Broccoli | 50 g |
| Lettuce | 100 g |
| Salt and pepper | According to taste |

METHOD

1. Hang the curd and let it drip for some time.
2. Dice tomatoes, onions, cucumber, and broccoli into small cubes/pieces.
3. Shred lettuce and chop the coriander and mint leaves.
4. Mix all the vegetables in hung curd. Add the seasonings as per taste.
5. Chill and serve.

Cooked weight: 300 g

No. of servings: 4



A combination of fenugreek and peas makes an ideal protein-iron rich recipe. Adding cream for energy is especially useful for growing children.

Mattar Malai Methi

INGREDIENTS

| | |
|----------------------|--------------------|
| Peas | 250 g |
| Dry fenugreek leaves | 10 g |
| Onion | 150 g |
| Tomato | 100 g |
| Salt | According to taste |
| Red chillies | According to taste |
| Turmeric powder | 1/4 tsp (1.25 g) |
| Oil | 10 g |
| Fresh cream | 100 g |
| Milk | 100 ml |

METHOD

1. Boil the peas in just enough water till soft.
2. Make a paste of onions and fry in oil till golden brown.
3. Add salt, red chillies, turmeric powder and dried fenugreek leaves and cook for few minutes.
4. Add boiled and mashed tomatoes and cook for another two minutes.
5. Add milk and boil the mixture. Mix cream in the prepared dish and serve hot.

Variation: Dried mint leaves and curry leaves can be used instead of dried fenugreek leaves.

Cooked weight: 400 g

No. of servings: 4



This nutritious salad combining legumes and vegetables is perfect to welcome the change in season.

Vegetable Bean Salad

INGREDIENTS

| | |
|-------------------------|--------------------|
| Kidney beans | 50 g |
| Bengal gram (chickpea) | 50 g |
| Lettuce/Chinese cabbage | 100 g |
| Cucumber | 100 g |
| Tomatoes | 50 g |
| Broccoli | 50 g |
| Spring onions | 50 g |
| Ajwain | 1 tsp |
| Oil/butter | 1 tbsp |
| Salt and pepper | According to taste |
| Lemon juice | 1 tbsp |

METHOD

1. Soak kidney beans and chickpea overnight.
2. Pressure cook the soaked kidney beans and chickpea for 15-20 minutes.
3. Dice onions, tomatoes, cucumber and broccoli into small cubes.
4. Mix boiled legumes and vegetables. Add lemon juice, salt and pepper.
5. Put ajwain in hot oil and pour over the vegetables.
6. Mix well and serve cold.

Cooked weight: 450 g

No. of servings: 5



This is an excellent recipe rich in vitamin C with the nutritional goodness of capsicum, tomatoes and potato.

Cooked weight: 600 g

No. of servings: 4

Variation: Other vegetables can be added instead of capsicum.

Capsicum Koftas

INGREDIENTS

Koftas

| | |
|-------------|------------|
| Capsicum | 100 g |
| Potato | 250 g |
| Onion | 75 g |
| Tomato | 75 g |
| Salt | To taste |
| Red chilies | To taste |
| Corn flour | 30 g |
| Oil | For frying |

Gravy

| | |
|-----------------|----------------|
| Onion | 150 g |
| Tomato | 150 g |
| Ginger | 10 g |
| Garlic | 5 g |
| Salt | To taste |
| Red chilies | To taste |
| Gram masala | ¼ tsp (1.25 g) |
| Turmeric powder | ¼ tsp (1.25 g) |
| Cumin seeds | ½ tsp (2.5 g) |
| Oil | 20 g |

METHOD

Koftas

1. Boil and mash the potatoes.
2. Heat one tablespoon oil. Add finely chopped onions and cook till light brown. Add chopped tomatoes and cook until the mixture leaves the sides of the pan.
3. Add finely chopped capsicum, salt and red chilies and cook in covered pan until capsicum becomes soft.
4. Make small balls of potatoes. Make a depression with finger in the ball and fill it with the capsicum mixture.
5. Dip the mixture in corn flour paste and deep fry the balls.

Gravy

1. Heat oil in a pan. Add cumin seeds and cook till they turn dark brown.
2. Add onion paste and cook till golden brown.
3. Add ginger garlic paste and cook for 3-4 minutes while stirring continuously.
4. Put tomato puree, salt, red chilies, turmeric powder, garam masala and cook the mixture till it leaves the sides of the pan.
5. Add some water to make the consistency of gravy and cook for 4-5 minutes.
6. Add koftas in gravy and cook for another 2 minutes. Garnish it with chopped coriander leaves and serve hot.



A yummy and nutritious bhendi and potato dish with added spices for flavor.

Fried Bhendi with Potato Fingers

INGREDIENTS

| | |
|--------------------------------|--------------------|
| Bhendi (Lady's finger or Okra) | 500 g |
| Potato | 200 g |
| Dry fenugreek leaves | 10 g |
| Onion | 100 g |
| Garlic | 10 g |
| Salt | According to taste |
| Red chilies | According to taste |
| Garam masala | ½ tsp (2.5 g) |
| Oil | 20 g |

METHOD

1. Wash bhendi and wipe with a clean cloth. Cut the tip and the head of each bhendi.
2. Heat one tablespoon of oil in a pan and cook bhendi on medium flame for about 5-10 minutes until cooked.
3. Fry the potato fingers to golden brown colour on medium flame until cooked.
4. Heat one tablespoon oil. Add garlic paste and fry until it changes colour. Add sliced onions and cook until done.
5. Add fenugreek leaves, salt, red chilies and garam masala. Stir for 1-2 minutes on low flame.
6. Add fried potato fingers and bhendi and stir for 3-4 minutes. Serve hot.

Variation: Capsicum and dried mint leaves can be used instead of bhendi and dried fenugreek leaves.

Cooked weight: 400 g

No. of servings: 4



Raita with seasonal vegetables is appropriate for the digestive system during the hot summer.

.....

Onion Cucumber Tomato Raita

INGREDIENTS

| | |
|------------------|--------------------|
| Curd | 500 g |
| Onion | 100 g |
| Tomato | 50 g |
| Cucumber | 100 g |
| Coriander leaves | A few |
| Mint leaves | 25 g |
| Green chilies | 5 g |
| Salt and pepper | According to taste |
| Cumin seeds | ½ tsp |

METHOD

1. Beat curd to a smooth consistency.
2. Dice onions, tomatoes and cucumber.
3. Chop green chilies, coriander and mint leaves.
4. Mix the vegetables, curd, roasted cumin powder, salt and pepper.
5. Garnish with cumin powder and a few coriander leaves. Chill and serve.

Cooked weight: 750 g

No. of servings: 4



Chickpeas enhance the goodness of Brinjal in this dish.

Channa Baingan

INGREDIENTS

| | |
|--------------------|--------------------|
| Chickpeas | 100 g |
| Brinjal (Eggplant) | 600 g |
| Onion | 150 g |
| Tomato | 150 g |
| Ginger | 10 g |
| Green chilies | 10 g |
| Coriander leaves | 15 g |
| Salt | According to taste |
| Red chilies | According to taste |
| Garam masala | 1 tsp (5 g) |
| Turmeric powder | ½ tsp (2.5 g) |
| Oil | 25 g |

METHOD

1. Soak the chickpeas overnight. Drain the water and pressure cook in fresh water for 15-20 minutes.
2. Grease brinjal. Roast over fast burner flame or charcoal fire until soft.
3. Pour tap water over brinjal and remove the charred skin. Mash into a fine paste.
4. Heat the oil in a pan and fry onions until golden brown. Add tomato, turmeric powder, ginger and green chilies and stir for a few minutes.
5. Add the mashed brinjal, steamed chickpeas, salt, red chilies and garam masala, stir lightly and cook for 10-15 minutes in a covered pan.
6. Garnish with chopped fresh coriander leaves and serve.

Variation: Peas / ground nuts can be used instead of chickpeas and brinjal can be stir fried instead of roasted or smoked.

Cooked weight: 450 g

No. of servings: 5



*Bottle gourd
cooked in milk is a
soothing recipe for
the hot and humid
months.*

Bottle Gourd in Milk Gravy

INGREDIENTS

| | |
|------------------|--------------------|
| Bottle gourd | 400 g |
| Onion | 75 g |
| Tomato | 75 g |
| Coriander leaves | 10 g |
| Green chilies | 5 g |
| Milk | 300 ml |
| Salt | According to taste |
| Red chilies | According to taste |
| Turmeric powder | ¼ tsp (1.25 g) |
| Garam masala | ¼ tsp (1.25 g) |
| Oil | 10 g |

METHOD

1. Boil milk in a heavy bottomed pan until reduced by half. Set aside.
2. Peel bottle gourd and cut it into small pieces.
3. Heat oil in pressure pan. Add onions and cook until golden brown.
4. Add chopped tomatoes, bottle gourd, green chilies, salt, turmeric powder and garam masala. Pressure cook for 3 minutes.
5. Mix the thickened milk and chopped coriander leaves into the cooked vegetable and serve hot.

Cooked weight: 600 g

No. of servings: 5



Koftas made of seasonal vegetables floating in spinach gravy are high in nutrients, especially iron.

Cooked weight: 600 g

No. of servings: 6

Variation: Other greens can also be used instead of spinach. Chicken can be added in the kofta.

Vegetable Kofta in Spinach Gravy

INGREDIENTS

Koftas

| | |
|--------------|--------------------|
| Bottle gourd | 300 g |
| Capsicum | 50 g |
| Beans | 50 g |
| Onion | 30 g |
| Garlic | 5 g |
| Gram flour | 75 g |
| Salt | According to taste |
| Red chillies | According to taste |
| Garam masala | ½ tsp (2.5 g) |
| Oil | For frying |

Gravy

| | |
|--------------|--------------------|
| Spinach | 500 g |
| Onion | 100 g |
| Tomato | 75 g |
| Ginger | 10 g |
| Garlic | 5 g |
| Salt | According to taste |
| Red chillies | According to taste |
| Oil | 15 g |
| Fresh cream | 20 g |

METHOD

Koftas

1. Peel and grate bottle gourd and onions.
2. Finely chop capsicum and beans, crushed garlic and ginger into fine paste and mix into grated bottle gourd and onions.
3. Mix all the prepared vegetables, gram flour, salt, red chillies, garam masala thoroughly and divide into 12 equal parts.
4. Flatten the balls and fry on medium flame until golden brown. Remove from oil and drain.

Gravy

1. Wash and pressure cook the spinach leaves for two minutes.
2. Grind spinach in the mixer when it is cool.
3. Heat oil and fry the thinly sliced onions until golden brown.
4. Add ginger and garlic paste, and tomato. Cook for two minutes.
5. Add ground spinach, a little water, salt and red chillies and cook for another five minutes.
6. Add koftas to the gravy. It is optional to garnish the dish with fresh cream and green chillies.



Pura enriched with unconventional vegetables like Kangkong or Basella are an ideal packed lunch for schoolchildren.

Vegetable Pura

INGREDIENTS

| | |
|---------------------------|--------------------|
| Moong dal flour | 50 g |
| Bengal gram flour (Besan) | 50 g |
| Kangkong leaves | 50 g |
| Milk | 1 cup |
| Onion | 25 g |
| Green chilies | 2 g |
| Salt and red chilies | According to taste |
| Oil/butter | 4 tsp |

METHOD

1. Sift besan, moong dal flour and salt together in a bowl.
2. Chop kangkong leaves, onions and green chilies.
3. Make batter of all the ingredients with milk and water.
4. Spread the batter on a greased pan (Tawa) to form round puras, add oil around the edges and fry from both sides until crisp.
5. Serve hot.

Cooked weight: 300 g

No. of servings: 3



Soy nuggets added to vegetables make a perfect recipe rich in protein, vitamins and minerals.

Vegetable Nutrila

INGREDIENTS

| | |
|-----------------|--------------------|
| Soybean nuggets | 50 g |
| Carrots | 50 g |
| Capsicum | 50 g |
| French beans | 50 g |
| Onion | 75 g |
| Tomato | 75 g |
| Salt | According to taste |
| Red chilies | According to taste |
| Garam masala | 1/4 tsp (1.25 g) |
| Oil | 15 g |

METHOD

1. Soak the nuggets in lukewarm water for 15 minutes. Pressure cook for 10 minutes.
2. Chop all vegetables into thin slices or cubes.
3. Heat oil in a pan. Stir fry the sliced onions until golden brown.
4. Add chopped vegetables and cook until tender in a covered pan.
5. Add the cooked soybean nuggets, salt, red chilies, garam masala and cook for another 5 minutes before serving.

Cooked weight: 400 g

No. of servings: 4



*Vegetable rolls
are nutritious
and convenient in
packed meals.*

Vegetable Rolls

INGREDIENTS

Chapatis

| | |
|-----------------------|--------------------|
| Wheat flour | 150 g |
| Besan/moong dal flour | 50 g |
| Salt | According to taste |
| Ajwain | -do- |

Stuffing

| | |
|-----------------|--------------------|
| Peas | 50 g |
| Carrots | 50 g |
| Capsicum | 50 g |
| Beans | 50 g |
| Onion | 25 g |
| Paneer | 100 g |
| Salt and pepper | According to taste |
| Garam masala | -do- |
| Oil/butter | 2 tbsp |

METHOD

1. Cook fresh chapatis using wheat flour, besan/moong dal flour, salt and ajwain.
2. Chop carrots, capsicum, beans and onion and sauté in a pan.
3. Boil the peas and grate paneer.
4. Mix sautéed vegetables, peas, paneer, salt, pepper and garam masala.
5. Take a portion of this mixture and spread on a chapati. Roll and wrap in silver foil.
6. Cut from centre into two equal halves and serve hot with tomato or mint chutney.

Cooked weight: 400 g

No. of servings: 4