

### **1) Moringa Soup**

Ingredients : Moringa pods, Moringa leaves, Coconut milk, Tamarind pulp, salt, sugar, ghee, mustard seeds, Cumin seeds, green chillies and curry leaves.

Recipe:. Boil Moringa pods till tender and remove the pulp and seeds, mix with coconut milk, tamarind pulp, Salt and sugar. Add seasoning with ghee, mustard Seeds, cumin seeds, chopped green chillies and Curry leaves. Boil and serve hot garnished with Moringa leaves

### **2) Moringa Leaf Parathas**

Ingredients: Moringa leaves blanched, wheat flour , gram flour, red chilli powder, coriander powder , sesame seeds , ajwain, 1 tblspn curds, salt.

Recepie:. Add all the ingredients together to make a soft dough. Divide the dough into small balls and roll out parathas. Roastthem in a pan using oil , ghee or butter.

### **3) Schezwan chutney using Ambadi leaves**

Ingredients: Ambadi leaves, ginger garlic paste, red chilli paste, tomato puree, Salt, sugar

Recipe: cook Ambadi leaves till tender, add ginger garlic paste, red chilli paste, tomato Puree, salt, sugar and boil. Serve with brown fried rice

### **4) Brown fried rice with mushrooms**

Ingredients: Brown rice cooked mushrooms, oil, finely chopped garlic and green chillies ginger paste

Recipe: Heat oil in a pan and add chopped green chillies, garlic , ginger paste ,salt and mushrooms Saute till water evaporates. Add cooked brown rice and saute for two minutes . Serve hot with schezwan chutney.

### **5) Corla Kuthlya**

Ingredients: Corla leaves finely chopped, wheat flour , gram flour, garlic paste, red chilli powder , coriander powder , salt , sugar, sesame seeds, muster seeds, curry leaves , oil.

Recepie: Mix all the ingredients and bind a dough. Divide the dough into small balls and turn into cylindrical shapes. Steam for 20mins and add to the seasoning of oil, muster seeds, sesame seeds and curry leaves.

### **6) Indo-Continental Stuffed Spine Gourd**

Ingredients: Spine gourd, crispy fried cottage cheese, crispy groundnuts, crispy fried coconut, fried garlic, chilli powder, salt, oil, indian cow's ghee , wheat flour , indian cow's milk, months leaves , coriander leaves , one lemon, 1 cup curd, herb mix .

Recepie:

i.Spine gourd canopies: deseed spine gourd, fry in oil and sprinkle salt

ii.Stuffing: In a pan add 1 tspn oil . Add crispy peanuts, crispy cottage cheese, crispy garlic , crispy coconut , red chilli powder and salt. Saute for 5 mins .

iii. Mint sauce dressing: Heat a pan . Add 1tspn indian cow's ghee, 1tspn of wheat flour, saute for 5mins and add 10tspn of indian cow's milk. Add 1tspn Herb mix.

- Arrange fried spine gourd canopies on plate, fill it with the stuffing and followed with dressing it with mint