

# Carrot Kheer – Sweet Recipes



*Carrots are really an amazing and popular vegetable next to potatoes. Carrot Kheer is a simple and healthy recipe that can be done quickly. It has a good flavors, rich in sweetness and a visual treat to eyes because of its vibrant orange color. Adding milk, ghee and nuts gives extraordinary taste to the kheer.*

## **Ingredients**

- 2 Shredded Carrots (Big)**
- 1.5 Cup of Milk**
- 3 Tbsp of Sugar**
- 3-4 Cardamom**
- 10 Cashews**

**3 Tsp of Ghee**

## **Method**



### **INGREDIENTS**

- Peel the skin of the carrots and shred it using shredder.
- Heat a pan with 2 Tsp of Ghee, roast the cashews till it turns brown. Add shredded carrots to it and saute well for 2 mins until raw smell goes away. Add little water and allow it to boil for another 2 mins. Switch off the stove. Let it cool down.
- In a blender, grind this carrot- cashew mixture to a smooth paste.
- Again heat a pan with 1 tsp of ghee, add this ground paste and milk. Mix well.
- Add sugar and stir well. Cook for 5- 8 mins until you get thick consistency.
- Add cardamom and stir well again.
- Switch off the stove. Garnish it with roasted cashews.
- Leave it in counter top for 15 mins .Let it cool down.
- Keep refrigerated for 30 mins and enjoy your drink !!!!

## **Tips**

- Add condensed milk for extra sweetness.

- Add nuts of your choice(Almonds or pistachio)
- As carrot gives natural color, I didn't add saffron to kheer.



### Health Benefits of Carrot

- Rich sources of Vit B1, Vit B2, Vit B6, fiber, potassium and thiamine.
- Improves vision.
- Contains Beta-carotene, which serves as a antioxidants
- It has anti-aging properties.

Sending recipe to

[zesty south Indian Kitchen](#)





Traditional Indian Sweets Event  
& Giveaway

At  
Zesty South Indian Kitchen

From 12th March 2013 to 15th April 2013

---

## Navratan Korma Recipe



*Navratan Korma*

*Navratan means 9 gems, it includes 9 different vegetables and nuts. Navratan Korma is a famous mughlai dish. This korma is a mix of all veggies, nuts and spices which is absolutely delicious and rich in taste. Serve it with hot*

*roti's and naan.*

## **Ingredients**

1/4 Cup of Carrot  
1/4 Cup of Beans  
5-6 Florets of Cauliflower  
1 Chopped Potato(Big)  
3-5 Paneer Cubes  
2 Tbsp of Oil or Butter  
1 Tsp of Mustard  
1 Tsp of Cumin  
1 Red Chilly  
2 Pods of Cardamom  
Few Curry Leaves(6)  
1 Bay Leaves  
7-10 Cashews  
1/2 Cup of Onion  
1 Tsp of Ginger Garlic Paste  
1/2 Tsp of Turmeric  
2 Tsp of Coriander Powder  
1 Tsp of Chilly Powder  
1/2 Cup of Bell Pepper(Capsicum)  
1 Medium Size Tomato  
1 Tbsp of Yogurt  
2 Tbsp of Fried Onions  
1 Tbsp of Kasturi Methi  
1 Tsp of Garam Masala  
Salt to taste

## **Method**



**INGREDIENTS**

- Boil or Pressure Cook all the vegetables(carrot, beans, potato, paneer and cauliflower) by adding sufficient water. Once it done, keep it aside.



**BOILED VEGETABLES**

- Heat a pan with oil or butter, add mustard seeds and cumin, wait till it crackles then add red chilly, let it turn to dark brown colour, add seeds of cardamom, curry leaves, cashews and bay leaves. Fry for few secs.
- Add chopped onions, ginger garlic paste. Fry for few mins until raw smell goes away.
- In a medium flame, add coriander powder, chilly powder and turmeric. Fry for few secs.



**FRYING ONIONS, GG PASTE, MASALA POWDERS, BELL PEPPER AND TOMATO**

- **Immediately add chopped bell pepper and tomato. Fry for 2 mins. Add little water, salt and close the pan with a lid and wait for 2 mins so that oil separates from gravy.**



**ADDED WATER , SALT, YOGURT, FRIED ONIONS AND METHI**

- **Now add little yogurt, fried onions and kasturi methi. Fry for 1 min. Switch off the stove. Let it cool for sometime. After that, grind it in a blender to a smooth paste.**
- **Again heat a pan with little oil, add boiled vegetables and pour the ground paste to it. Mix well. Cook for another 5 mins so that vegetables absorbs all the**



flavors and the gravy thickens and then switch off the stove.

- Navratan korma is ready to serve.

### Tips

- Serve it with chapathi or phulka or naan.
- Use tofu instead of paneer.
- Add nuts of your choice.
- Add cream instead of yogurt for extra richness.



### Health Benefits of Navratan Korma

- This delicious korma is full of vegetables and nuts.
- Rich in proteins and vitamins.



---

# Refried Beans Tacos- Mexican Recipes



Woo-oho...This is my 50th recipe...

A Taco's is a Mexican dish which is getting popular throughout the world. A soft shell taco is filled with refried beans, layered with pico de gallo and topped with cheese, guacamole and salsa. These tacos are perfect weeknight meal that can be made in less than 20-30 minutes.

## Ingredients

### Refried Beans

2 Cups of Cooked Pinto Beans  
2 Cloves of Garlic  
1/2 Onion (Big)  
2 Tbsp of Olive Oil  
1 Chipotle Chilly  
7 Cups of Water  
1 Tsp of Salt

### **Pico de gallo**

1/2 Cup of Chopped Red Onions  
1/2 Cup of Chopped Tomatoes  
1/2 Cup of Shredded Lettuce  
2 Tbsp of Pickled Jalapenos  
2 Tbsp of Chopped Cilantro  
1/2 Lime Juice (Juiced)  
Salt and Pepper to taste

### **Assembling**

4 Taco Shells (Prepared Crisp)  
2 Tbsp of Spicy Salsa  
4 Tbsp of Sharp Cheddar Cheese  
2-3 Tbsp of [Guacamole](#)

### **Method**

- These yummy tacos is a three step process .



**Cooked Pinto Beans**

- First is the making of refried beans ( frijoles refritos in spanish ). Cooking from the scratch, mildly seasoned with couple garlic cloves and a piece of onion and pinto beans was fried in oil, then add water and wait for rolling boil temperature. Later this was transferred to cooker or crock pot and set in high and cook it for 4 hrs. Chipotle chiles can be added for extra smoky spicy kick. Once it done, grind pinto beans coarsely in blender then heat in a pan with little oil, fry it for 10 mins. Re-fried beans is ready.



**Refried Beans**

- Second step is making the pico de gallo ( Add chopped onions, tomatoes, cilantro , sea salt, pepper, pickled



jalapenos, lettuce and lime juice in a bowl and marinate for 10-15 minutes).

- Third step is the process of assembling ,where the flavors all come together.



Pico de gallo

- Heat the corn tortillas in a microwave for 20 secs and assemble all goodies starting with Refried beans, pico de gallo , cheddar cheese, spicy salsa , creamy avacadoes or [guacamole](#)( if you have any) and sourcream ( optional) .



- One simple bite is all that takes to appreciate simple pleasures in life and enjoy healthy and yummy snack.



## Tips

- You can get “Ready to use” canned refried bean instead of doing refried beans at home.
- Chipotle chilies are available in Mexican or any supermarket.
- Add minced meat to the refried beans for extra flavor if you are non-vegetarian.
- You can refer [guacamole](#) recipe in my blog.

## Health Benefits of Tacos

- Tacos are prepared with gluten free corn flour. They are enriched with complex carbohydrates, essential amino acids and vitamin B.
- Rich in dietary fiber.
- Adding onion and garlic lowers the blood cholesterol.

Sending this recipe to [this gal cooks](#)



# *Flavors Of Cuisines*

**"MEXICAN"**



**(1st Feb- 28th Feb 2013)**

@ My Food Treasures  
& Erivum Puliyum

[tuesday talent show](#)



*The Tuesday Talent Show at*

*chef in training*