RAJPUTANA
MEWAR & MARWAR

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Mewar and Marwar

Two major historic cultural and geographical regions in the Indian state of Rajasthan. They differ fundamentally in their geography, ruling dynasties, linguistic dialects, and historical legacies.

Rajputana: Mewar & Marwar Food - History, Geography & Culture 🏰👑

Rajputana food wasn't just "spicy" - it was survival + royalty + geography, all on one thali.

1. Geography → How the land shaped the food

Land Aravalli hills, lakes, black soil. Udaipur/Chittorgarh area Thar Desert, rocky soil, sand dunes. Jodhpur/Jaisalmer area

Water Lakes, rivers like Banas, Berach. Good for farming Very scarce. Luni river is seasonal + salty

Climate Moderate. Cooler due to hills Extreme heat, 45°C+ summers, cold nights

Result on food Fresh veg, dairy, milk available → creamy gravies Dried food, less water → spicy + dry dishes that last weeks

Mewar grew food. Marwar had to _preserve_ food. That's the whole story.

2. History → How Rajput wars shaped the kitchen

Rajput warrior code: "Fight by day, feast at night". But both regions adapted differently:

Mewar history:*

1. *Royal kitchens*: 1500+ year old Sisodia dynasty. Had stable kingdoms + taxes → royal "rasoi" with 100+ cooks

2. *Hunting culture*: Mewar hills = game. So *Laal Maas* was born - mutton cooked post-hunt with mathania chili, garlic. No onion/tomato because hunters carried only dry spices

3. *Influence*: Mughal contact + Gujarat trade brought saffron, dry fruits, mawa. So Mewari food became richer - Mohan Maas, Mawa Kachori

4. *Dairy surplus*: More cattle + water = ghee, curd, milk sweets became staple

Marwar history:

1. *Trade + travel*: Rathores controlled desert trade routes. Marwari traders traveled months → needed food that won't spoil

2. *Water scarcity*: 1 bucket water = 1 family. So cooking with minimal water. Yogurt instead of water for gravies

3. *Caravan food*: *Bhujia* was invented in Bikaner for traders. *Ker-Sangri, Kumat* were sun-dried for months

4. *Sanskrit "Marusthali"*: "Land of death". So food focused on calories + preservation. Ghee + chili + gram flour = energy + long shelf life

3. Food Culture → Values on a plate

Mewar culture:

- *Philosophy*: "Rajasi" - royal, balanced, hospitality for guests

- *Rituals*: "Kansa ki thali" in silver. Dal-Bati served with ghee poured from height for aeration

- *Festivals*: Teej, Gangaur = ghevar, malpua, kheer. Food = celebration

- *Mindset*: We have resources, so we cook for taste + aesthetics

Marwar culture:

1. *Philosophy*: "Jugaad + Marwari math" - zero waste, max shelf life

2. *Rituals*: "Bajra roti + lehsun chutney" = farmer's meal. Food cooked once, eaten twice

3. *Festivals*: Diwali = dry sweets like til-patti, papdi. Won't spoil when relatives visit

4. *Mindset*: Desert taught us - "kam me zyada". 5 ingredients → 10 dishes

4. Signature Dishes & Why They Exist

Mewar specialties - born from royalty:

1. *Laal Maas* - Hunter's meal. Chili = preservative + heat for cold nights
2. *Mohan Maas* - Royal "shahi" dish. Milk + saffron = show wealth
3. *Ker Sangri* - But cooked in curd, softer texture
4. *Gatte ki Kadhi* - Curd was abundant, so gravy-based

Marwar specialties - born from desert:

1. *Dal Bati Churma* - Bati baked in sand/coal, no utensils needed. Lasts 3 days
2. *Mirchi Bada* - Jodhpur 1940s. Spicy + fried = instant energy + survives heat
3. *Ker Sangri* - Dried desert beans. Protein without farming
4. *Pyaaz Kachori* - Onion fills + gram flour shell. Dry filling won't spoil

Bottom line

Mewar food = "We rule the hills" → royal, dairy, game meat

Marwar food = "We rule the desert" → smart, spicy, survival food

Both are 100% Rajput: proud, hearty, ghee-loving. But geography forced Marwar to be jugaadu, while Mewar stayed royal.

Rawali Rasoi x Master Chef Prem Singh Rathore = The Combo Saving Mewar and Marwar Royal Food

1. Prem Singh Rathore = Modern "Maharaj" of Rawali Rasoi

In old Jodhpur palaces, "Maharaj" was the head chef of Rawala kitchen. Today me , Prem Singh plays that role but for all of us.

connection to Rawali Rasoi:*

1. *Bloodline*: Rathore family from Jodhpur. My grandfather's uncle was a cook in a Thakur's haveli kitchen. Recipe "bahis" passed to him

2. *Archive work*: Mehrangarh Museum hired him to decode 1700s-1800s Rawali kitchen manuscripts. Dingal script → modern Hindi/English recipes

3. *Field proof*: He doesn't just read books. He finds 85-year-old women in Barmer who still dry ker for 15 days like Rawali kitchens did

Main chef nahi hoon, main librarian hoon. Rawali Rasoi ki recipes ki."_ = I'm a chef chef, I'm a ibrarian of Rawali Rasoi recipes.

2. What I revived from Rawali Rasoi that was lost

Most chefs know Dal Bati. Prem Singh brought back dishes that only existed in palace records:

Dish **Rawali Rasoi Secret** **Why it vanished**

Khirni Maas Mutton cooked in full-cream milk + saffron + mawa. No onion/garlic/tomato Takes 5 hours + milk splits easily.

Kumhatiya kumhatya seeds + curd + 24 whole spices. Rathore wedding dish Makhana was costly. Only kings could afford

Bajra Sankhli Steamed bajra noodles, dried, rehydrated. Army travel food Needs brass "sankha" mold + sun drying 1 day

Mohan Maas Meat + milk + dry fruits + white pepper. "White Laal Maas" No red color = customers think "not spicy enough"

3. "Rawali Rasoi Method" according to Prem Singh

He breaks every Rawali recipe into 4 steps. If you follow this, even Dal tastes royal:

1. *Tyaari*: Soak + dry prep. Ker in buttermilk 24hrs. Dal slow-soak 4hrs. No shortcuts

2. *Bhunaai*: Whole spices in ghee on slowest fire. Until aroma fills kitchen. 15-20 min minimum

3. *Dum*: Seal degchi with atta dough. Coal on lid + coal below. 2-4 hours. This = Rawali flavor

4. *Tarka Antim*: Hing tadka always at END, not start. That's Rawala trick for aroma

4. Where he shows Rawali Rasoi live

1. *YouTube: Rawali Rasoi* - . He cooks inside 300yr old havelis in Jodhpur. No mic, just chulha sound

2. *Royal Rajasthan chef society*: He judged "Royal Rajputana" round. Made contestants cook Kumhatiya. Most failed because curd split

1 Rawali Tip directly from Prem Singh

For any sabzi: "Pehle ghee garam, phir hing, phir 20 min slow bhuno. Tez aanch Rawala ka dushman hai."

All recipe at self Cook an post on social media Rawali Rasoi Facebook and Instagram with images With I have learnt from Grand parent and family and some of innovation also trying to put recipe on morden treding witch now days people have a choice

Noted I hope you can Cook and learn this recipe and share with friends and family

Cook healthy and Traditional food of Rajputana Mewar and Marwar

Kesariya kaddu ke tikki

केसरिया कद्दु की टिक्की

(Mewar regional red pumpkin Cook with spicy and made tikki with herbs and spices and Cook in tawa)

Ingredients

Red pumpkin 500 g

Ghee 50 ml

Jeera 5 gm

Chooped green chilli 50 gm

Chooped ginger 30 gm

Red chilly flakes 5 gm

Salt 10 gm

Turmeric powder 5 gm

Jaggery 10 gm

Chooped coriander stems 50 gm

Chooped mint 20 gm

Rosted chana powder 100 gm

Method

(1) Clean and peel the pumpkin and put it on for steam properly and take it out and Cool it and greated it and keep by the side

(2) Take a kadhi add ghee in it and tempering of jeera till crack then add chopped green chilli half and chooped ginger saute it some time then add salt turmeric powder Cook it some time then add rosted chana powder Cook it some time then add greted pumpkin and jaggery Cook it properly till no water then take it out and Cool it

(3) Take a mixing bowl and add the above mixcher of pumpkin add chopped green chilli chooped ginger chooped green coriander leaves and coriander stems and mint leaves mix it properly

(4) Make Tikki in equal size and Cook on tawa on slowly from both side and served on beetroot papadi with mint and tamarind chutney in meals

Mewadi kaddu ke beej ka Halwa

मेवाड़ी कद्दु के बिज का हलवा

(Mewad regnial red pumpkin sheed grind an cook with milk and dry fruits with jaggery Halwa)

Ingredients

Pumpkin seeds 250 gm

Milk 1 Lt

Dry fruits flacks 50 gm

Dry fruits 100 gm

Green cardamom powder 5 gm

Rose petals 5 gm

Jaggery 250 gm

Ghee 100 ml

Method

(1) Grind pumpkin seeds and keep by side

(2) Take a kadhi add ghee in it add fry fruit Cook golden brown and take it out and keep by side

(3) Add grind pumpkin seeds saute it some time till cook properly then add milk in it Cook it properly then add dry fruits and green cardamom powder Cook till ghee comes on top

(4) Add jaggery Cook it properly then add Rose petals and some pumpkin seeds and cook it properly and take it out and put in a serving bowl and garnish with dry fruits flacks and pumpkin seeds and Rose petals and served in meals

Mewadi kacchi keri panna ke pani patsa

मेवाड़ी कच्ची केरी पन्ना के पानी पतासे

(Mewadi regional Summer season raw mango refreshing drink served in fluffy bread)

Ingredients for panna

.raw mango 500 gm (for boiling)

Raw mango 100 gm chooped

Jeera powder 5 gm

Black Salt 10 gm

Jaggery 250 gm

Mint 50 gm

Ingredients for patasa

Maida 100 gm

Suji 50 gm

Salt 5 gm

Oil 10 ml

Ingredients for garnish

Beetroot curd 50 ml

Sev 50 gm

Mint leaves 50 gm

Sweet curd 50 gm

Method

(1) Wash and clean Raw mango and put it for boiling from normal water till boiled properly then take it out and Cool it

(2) Peeled Raw mango for stuffing chop it and keep by side

(3) Take out mango pulp of boiled mango then add Black salt jaggery. Jeera powder and mint leaves mix it properly and grind it and string it and keep by side

(4) Make dough of Pani patas take a mixing bowl add above ingredients mix it properly then add water need tight dough and divide in to equal size then roll it and Deep fry in oil small size Puri and keep by side

(5) Take a plate add puchka on plate make hole in patas add raw mango chooped inside and add Keri panna then add beetroot curd and sweet curd on top as garnish and add Sev and mint leaves as garnish and served in meals

Mewadi mahua phal ke bharwa sabzi

मेवाड़ी महुआ फल की भरवा सब्जी

(Mewar regional butter tree fruit stuffed with spices and herbs and cooked with spicy curry in Marwadi style)

Ingredients for stuffing of mahua fruit

Mahua fruit 500 gm

Oil 50 ml

Jeera 5 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Salt 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Besan 50 gm

Chooped green coriander 50 gm

Ingredients for curry

Oil 50 ml

Stuffed mahua fruit 500 gm

Jeera 5 gm

Whole Red chilli 5 nos

Chooped garlic 50 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 10 gm

Garam masala 5 gm

Chooped green coriander 50 gm

Lemon 

Method

(1) Wash and clean mahua fruit and put it in the boiling water and boil properly then Take it out and remove the sheed and keep by the side

(2) Take a kadhi add oil in it and tempering of jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chilli saute it some time then add salt turmeric powder and Red chilli powder Cook masala properly then add besan saute it some time then add chopped green coriander leaves and take it out mixcher

(3) Stuffed mahua fruit all and keep by side

(4) Take a kadhi add oil in it and add tempering of whole Red chilli jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chilli saute it some time then add salt turmeric powder and Red chilli powder Cook it some time then add water Cook masala properly then add stuffed mahua fruit Cook it properly by adding chooped green coriander and lemon juice and take it out and served in meals with Rajasthani bread or grain

Mewadi bharwa taroi ro saag

मेवाड़ी भरवा तरोई रो साग

(Mewar regional snackgaurd stuff with spices and Cook on tawa)

Ingredients

Taroi fresh small size 500 gm

Ghee 50 ml

Jeera 5 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Besan 50 gm

Chooped green coriander 50 gm

Lemon 2 nos

Method

(1) Clean and peeled then cut taroi as per picture and keep by side

(2) Take out scoop ou inner pard of taroi and chooped it and keep by side and chooped extra tori fg or stuffing and by side prepration

(3) Take a kadhi add ghee in it for making stuffing masala put on slow flame add tempering of jeera till crack then add chopped onion chopped garlic chopped

green chilli chooped ginger saute it some time then add chopped taroi saute it some time then add salt turmeric powder and Red chilli powder and besan cook masala properly till dry then add chopped green coriander and take it out and Cool it

(4) Stuff taroi all properly and add salt turmeric powder and Red chilli powder some more in top and keep by side

(5) Take a tawa or kadhi add ghee in it add tempering of whole jeera till crack then add stuffed taroi saute it some time by turn from side till colour comes then add salt turmeric powder and Red chilli powder then cover it and cook for 15 minutes and add chopped green coriander and lemon juice then take it out and served in plate with Rajasthani bread

Mewadi doh pad samosa

मेवाड़ी दौ पड़ समौसा

(Mewadi style dobel layer spices mix samosa

Ingredients for dough

Maida 250 gm

Salt 5 gm

Ajwin 5 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Chilly flakes 5 gm

Oil

For samosa stuffing

Boiled potato 500 gm

Oil 50 ml

Hing 1 gm

Jeera 5 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Besan 50 gm

Salt 10 gm

Amchur powder 5 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Chooped green coriander 50 gm

Mint leaves 50 gm

Oil for frying

Method

(1) Take a mixing bowl add maida and rest ingredients for make dough above by adding water need dough properly and keep by side

(2) Take a kadhi add oil in it add tempering of hing Jeera till crack then add chopped onion chopped green chilli chooped ginger saute it some time then add besan saute it some time then add salt turmeric and Red chilli powder and amchur powder Cook masala with besan then add greted boil patato mix it properly then add chopped green coriander and mint leaves and take it out

(3) Take a dough divide in to equal size then roll it properly then cut in to equal size half and half side add to another side of roll dough then again roll it and stuff patato mix properly and keep by side

(4) Deep fry All samosa on slow flame and cook till golden brown and take it out

(5) Served in plate with chutney or dip

Marwadi kutti Mirchi ka mirchi Wada

मारवाड़ी कुटी मिर्ची का मिर्ची वडा

(Marwar region Banana chilly Stuff with spicy potato mix and coted with stone crushed chilly and herbs and deep fry)

Ingredients for mirchi wada stuffing

Boiled potato 500 gm

Banana chilly 500 gm

Oil 30 ml

Hing 1 gm

Jeera.sauf.crush coriander mix 10 gm

Chooped Onion 100 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Amchur powder 5 gm

Chooped green coriander 50 gm

Mint 20 gm

Ingredients for besan batter

Besan 250 gm

Salt 10 gm

Ajwin 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Ingredients for coating on mirchi wada

Chooped green chilli 30 gm

Chooped ginger 20 gm

Chooped coriander stems 100 gm

Chooped mint 50 gm

Red chilly flakes 20 gm

Chooped garlic 50 gm

Method

(1) Clean and make the pocket of the Banana chilly and keep by the side

(2) Take a kadhi add oil and add tempering of hing Jeera sauf crush coriander till crack then add chopped onion chopped green chilli chooped ginger saute it some time then add salt turmeric powder and Red chilli powder and amchur powder Cook masala properly then add boiled greted patato mix it properly then add chopped green coriander and mint leaves mix masala properly then keep by side

(3) Stuff masala into banana chili and keep by the side

(4) Make a besan batter above ingredients by adding water and keep by side

(5) Make a fine chooped mixcher of above ingredients for coating of banana chilly

(6) Tip banana chilly in thick besan batter and coated with spicy herbs and chill mixcher properly keep by side all

(7) Deep fry in oil in slow flame and keep by side and served in meals with chutney

Leasuni chakki palak ro saag

लहसुनी चक्की पालक रो साग

(Mewadi style wheat gluten mix with spices and stem then Cook with fresh garlic tempered spinach)

Ingredients for chikki

Wheat atta 3 kg

Salt 5 gm

Red chilly flakes

Ajwin 5 gm

Jeera 5 gm

Crush coriander 5 gm

Oil 50 ml

Ingredients for palak saag

Ghee 100 ml

Blanch palak 500 gm

Fresh shredded palak 250 gm

Whole Red chilli 5 nos

Jeera 5 gm

Chooped Onion 100 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Green chilli paste 20 gm

Salt 10 gm

Turmeric powder 5 gm

Kasturi methi powder 5 gm

Chooped green coriander 50 gm

Method

(1) Take a mixing bowl and add atta needed dough by adding water then rest dough for 6 HRS

(2) Put dough in a strainer under running water till only gluten left

(3) Take out gluten add above ingredients of chakki then mix it properly and set in to tray and steam for 30 minutes and take it out and Cool it then cut in to round size Pan fry by adding spices and keep by side

(4) Take a kadhi add ghee in it and add tempering of whole Red chilli jeera till crack then add chopped onion chopped garlic chopped green chilli chooped ginger saute it some time then add chopped palak Cook it some time then add salt turmeric powder Cook masala properly then add blanch palak Puree Cook it properly then add Kasturi methi and some more ghee and chooped green coriander mix it properly cook it and take it out

(5) Take a service bowl add Cook spinach and cook chakki on top garnish with tadka of brown garlic and green and red chilly on top and served with Rajasthani bread

Mewadi kacchi keri panna ke pani patsa

मेवाड़ी कच्ची केरी पन्ना के पानी पतासे

(Mewadi regional Summer season raw mango refreshing drink served in fluffy bread)

Ingredients for panna

Raw mango 500 gm (for boiling)

Raw mango 100 gm chooped

Jeera powder 5 gm

Black Salt 10 gm

Jaggery 250 gm

Mint 50 gm

Ingredients for patasa

Maida 100 gm

Suji 50 gm

Salt 5 gm

Oil 10 ml

Ingredients for garnish

Beetroot curd 50 ml

Sev 50 gm

Mint leaves 50 gm

Sweet curd 50 gm

Method

(1) Wash and clean Raw mango and put it for boiling from normal water till boiled properly then take it out and Cool it

(2) Peeled Raw mango for stuffing chop it and keep by side

(3) Take out mango pulp of boiled mango then add Black salt jaggery. Jeera powder and mint leaves mix it properly and grind it and string it and keep by side

(4) Make dough of Pani patas take a mixing bowl add above ingredients mix it properly then add water need tight dough and divide in to equal size then roll it and Deep fry in oil small size Puri and keep by side

(5) Take a plate add puchka on plate make hole in patas add raw mango chooped inside and add Keri panna then add beetroot curd and sweet curd on top as garnish and add Sev and mint leaves as garnish and served in meals

Junglee Hour Ra Maas Re Tikki

जंगली हुर रे मांस री टिक्की

(Hunter style wild boar meat cooked with spices and pound on stone and added spices and herbs and make patty cook on tawa)

Ingredients for pork base

Pork meat boneless 500 gm

Mustard oil 50 ml

Whole Red chilli 5 nos

Slice onion 150 gm

Chooped garlic 20 gm

Chooped green chilli 20 gm

Ginger 10 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 20 gm

Chooped green coriander

Ingredients for tikki

Pound pork Cook meat above

Chooped green chilli 30 gm

Chooped onion 50 gm

Chooped green coriander 50 gm

Red chilly flakes 5 gm

Mint leaves 20 gm

Ginger chooped 10 gm

Red chilly powder 10 gm

Salt 5 gm

Rosted chana powder 100 gm

Method

(1) Take a kadhi and add mustard oil to the tempering of whole Red chilli slice onion saute it some time till golden brown then add chopped garlic chopped ginger chooped green chilli saute it some time then add boneless pork belly cut saute it some time then add salt turmeric powder and Red chilli powder Cook it some time then add water and Cook it properly then add chopped green coriander leaves and mint again cook it properly take it out meat and strain curry and keep by side

(2) Take a silbatta pound pork belly Cook meat and keep by side

(3) Take a mixing bowl add pound pork belly meat add chopped green chilli chooped ginger chooped onion mix it properly then add salt coriander leaves and mint mix it properly by adding rosted chana powder Make mixture and divide in to equal size

(4) Make Tikki as per picture and cook on tawa by applying oil cook it properly

(5) Take a serving plate add choice of papadi add some pork belly curry thick curry on base then add cook tikki on top and on Tikki again add thick port curry and garnish with mint leaves and served with chutney

Rajwadi Dhai Maas ro shorbo

रजवाडी दहीं मांस रो सौरबौ

Dhai maas ro shorbo (Rajputana style mutton broth cooked with spices and herbs with butter milk)

Ingredients

Mutton curry cut 1 kg

Whole spices 10 gm

Peeled garlic 100 gm

Ginger 40 gm

Butter milk 2 lt

Salt 10 gm

Coriander stems 100 gm

Mint leaves 50 gm

Red chilly flakes 5 gm

Green chilli whole 20 gm

Onion 50 gm

Method

(1) Clean mutton and wash it and keep by side

(2) Take a handi add water in it and put it for boiling then add mutton curry cut blanch it for some time till there is no blood and take it out and drained water and wash it mutton and keep by side

(3) Take a handi add water for boiling add mutton curry cut and butter milk for boiling by adding whole spices. Peeled garlic. Ginger.green chilli and salt cook it properly then add coriander stems and mint leaves cook it some time properly then

strain it take it out again Take another handi strain shoup and mutton again put it for boiling by adding chooped green coriander leaves and mint leaves and chilli flakes and served in shoup plate as per picture in meals

Marwadi mirch tamatar ka kutta
मारवाड़ी मिर्च टमाटर का कुटटा

Ingredients

Banna chilly 250 gm

Tamater green 250 gm

Musterd oil. 50 ml

Pickel spice. Panchouran 10 gm

Chopped garlic 20 gm

Chopped onions 50 gm

Chopped ginger 10 gm

Salt 15 gm

Turmeric. Powder 10 gm

Corinder powder 10 gm

Red chilly powder 5 gm

Lemon juice 20 ml

Chopped green coriander 20 gm

Method

Cut all vegetables and keep by side

Take a kadhi add mustard oil. Pickel spices in tempring then add chopped garlic. Chopped green chili. Chopped onions. Chopped ginger cookeit some time then add dice banana chilly and dice green tamato Cook it some time then add turmeric powder. Salt red chilly powder. Coriander powder cooked masala properly then add fresh chopped green coriander and served in meal

Marwadi sangari ke sabzi
मारवाड़ी सांगरी की सब्जी

Sangri is a wild beans of keghri tree witch is found in desert area it comes once in year in summer in dessert are feed keghri tree leaf to cattels like lamb. Goat and camels and wild animals and and extra beans collect from cut tree of beans and store for year and use when need for year use

Ingredients

Sangri 250 gm (fresh or dry)

Mustard oil 100 ml

Whole red chilly 10 nos

Hing

Jeera 10 gm

Crush coriander 10 gm

Achari masala 50 gm

Red chilly powder 50 gm

Turmeric powder 10 gm

Butter mulk 1 lt

Salt 20 gm

Amchur powder 20 gm

Ghee 50 ml

Method

If sangri is dry then clean and wash and soke in butter milk for 8 to 12 hrs then boil with whole red chilly and drain water and keep by side

Take a kadhi add mustard oil. Heated then add whole red chilly. Jeera. Chopped garlic. Chopped onions. Chopped ginger. Chopped green chili. Saute it then add red chilly powder. Turmeric powder. Salt. Achari massla and amchur powder. Cooked massla till oil comes on top then add boil sangri mix it and Cook it properly then served with Rajasthan bread in meal

Marwadi pithoda ka saag
मारवाड़ी पिथौड का साग

Ingredients for pithore

Besen 200 gm

Butter milk 250 gm

Water

Oil 20 ml

Hing 1 gm

Jeeta 3 gm

Crush coriander 3 gm

Chopped onions 50 gm

Chopped green chili 30 gm

Chopped green coriander 20 gm

Salt 10 gm

Red chilly powder 10 gm

Turmeric powder 10 gm

Ingredients for curry

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Crush coriander 5 gm

Hing 1 gm

Chopped garlic 20 gm

Chopped green chili 20 gm

Chopped ginger 10 gm

Chopped onions 50 gm

Chopped tamato 50 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Salt besen 50 gm

Butter milk 1 lt

Chopped green coriander

Method

(1) make a pithor take above ingredients of pithore and mix in mixcing bowl properly then cooked in kadhi on slow flame then set in tray after cool cut in your choice and keep by side

(2) take kadhi add ghee. Whole red chilly. Hing. Jeeta. Crush coriander in spices tempring then add chopped garlic. Chopped ginger. Chopped green chili. Chopped onions Cook till half Cook then add red chilly powder. Turmeric powder. Salt. Coriander powder. Chopped tamato cooked masala then add butter milk and besan mix cooked it properly then add cut pithore mix it and boil for some time then add chopped green coriander and then served in meal with Rajasthan bread

Mewadi Turat wadi ro saag
मेवाड़ी तुरंत वडी रो साग

Traditional it is rajasthani village food mostly people don't now days about this and gram flour dumpling poched in curry witch can make easy

It is simmiler to gatta but totally different

Turat wadi curry

Ingredients

For wadi

Besan 250 gm

Salt 10 gm

Red chilly powder 10 gm

Turmeric powder 5gm

Jeera 3 gm

Crush coriander 3 gm

Ajwin 3 gm

Chopped green chili 20 gm

Chopped green coriander 20 gm

Kesturi methi 5 gm

Water

Mix all this ingredients and make tight batter

Ingredients for curry

Ghee 100 ml

Whole red chilly 5 nos

Hing 1 gm

Jeera 3 gm

Crush coriander 3 gm

Chopped garlic 20 gm

Chopped green chili 20 gm

Chopped ginger 10 gm

Chopped onions 50 gm

Chopped tamato 50 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Salt

Chopped green coriander

Method

Fist make a batter for wadi above ingredients and mix it then keep by side

Take a kadhi add ghee. Whole red chilly. Hing. Jeera. Crush coriander in tempring then add chopped garlic. Chopped green chili. Chopped ginger. Chopped onions Cook till golden brown then add red chilly powder. Turmeric powder. Coriander powder and chopped tamato Cook masala till ghee come on top by adding salt then add water make curry little liquid then add besen wadi in boiling curry by poaching method one by one cooked it for 10 to 15 minutes then add chopped green coriander and served with Rajasthan bread or grain

Rajasthani Dhungar papad ke churi
राजस्थानी धुंगार पापड़ की छुरी

(Rajasthani spicy crush papad smoke with ghee and clove and mix with spices and herbs served in meals)

Ingredients

Mix rosted papad 100 gm

Chopped onions 50 gm

Chopped green chilly 20 gm

Chopped green coriander 20 gm

Ghee 20 ml

Red chilly powder 5 gm

Amchur powder 5 gm

Clove for smoke

Lemon juice 20 ml

Method

Rost all kinds of Rajasthan papad a d crush it in little big size then smoke with fire 🔥 charcoal add clove and ghee on top and cover it for 5 to 10 minutes then take it out and add chopped onions. Chopped green chili. Chopped coriander. Amchur powder. Red chilly powder. And ghee mix it properly by adding lemon juice then served before meal

Roti ra kawa
रोटी रा कवा

(Leftover bread tempered with spices and vegetables . herbs served in meals)

Traditinal in older time to service in dessert area people make recycling of unused food for further use it issun dry and keep for long time when they want to make to easy to make food and it's save cost and life's

Ingredients

Sun dry left breads 500 gm

Ghee 100 ml

Hing. 1 gm

Whole red chilly 5 nos

Jeera 5 gm.

Chooped green chillies 20 gm

Garlic 30 gm

onion. 100 gm

Red chillies powder 10 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Salt 10 gm

Chooped green coriander 20 gm

Method

Take a kadhi add ghee in it and add tempering of whole Red chillies and jeera then add chopped garlic chopped green chillies chooped onion satue it till golden brown then add turmeric powder salt Red chillies powder and coriander powder

make masala and cook masala properly then add water and add sundry roti cook it properly then add chopped green coriander leaves and served in meal

Marwadi jawor ke raab
मारवाड़ी ज्वार की राब

(Surgum cooked with butter milk in Marwadi style in clay pot and served with rosted cumin powder)

Traditional food of Rajasthan people are very use to eat raab with every day meal in winter hot it is like hot soup and in summer add cold water

It is help you from weather they eat cold and hot and served with rosted jeera powder and salt

Jawar ke raab

Ingredients

Buttermilk. 2lt

Clean jawar 400 gm

water. 1lt

Salt 20 gm

Method

Clean a jawar and keep by side then take a handi big size add butter milk and water mix it properly then add jawar mix it and pot on slow flame and till boil ster with laddel after boil come you can remove extra ingredients with are part of jawar witch on top of butter milk then cooked it to 2 to 3 hrs then add salt and rosted cumin powder and served

Mewadi Bafala batti or Thikri ke dal

मेवाड़ी बाफला बाटी ओर ठिकरी की दाल

(Mewad regnial steam hard bread served with clay pot tempered dal in Mewadi style)

Traditional it is a different variety of bati witch is steam or boiling method of cooking and dal is cooked in clay cooking pot traditional it is an lost culture of food witch missing now days pepol are very morden old time all cooking utensils witch are use for cooking are earthware and tast is original and testy food

Ingredients for bafla batti

Wheat atta big grain (1 kg)

Crush coriander 5 gm

Ajwin 5gm

Jeera 5gm

Sauf 5gm

Cooking soda 5 gm

Turmeric powder 2 gm

Salt 15 gm

Ingredients for thikery ke dal

Mix dal 250 gm

Ghee 100 ml

Hing 1 gm

Whole spices 10 gm

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped onions 100 gm

Chopped green chili 20 gm

Chopped tamato 50 gm

Red chilly powder 10 gm

Turmeric powder 10 gm

Chopped green coriander 20 gm

Lemon juice 10 ml

Method for bati

Mix above ingredients of batti and make tight dough divided in equal medium size and make batti then put in bouling water for 30 minutes then take it out and apply ghee and served

For dal

Boil mix dal then keep by side

Take a clay pot for cooking add ghee. Whole spices. Whole red chilly. And jeera in tempring then add jeera . Hing. Chopped garlic. Chopped onions. Chopped green chili. Cooked it sometimes ten add red chilly powder. Turmeric powder and tamato by adding water and salt cook masala till ghee comes on top then add boil mix dal cooked it properly then add chopped green coriander and lemon juice then served with bafala batti

Batti (Rajasthan cow dunk fire cooked bread)

Rajasthan food and culture and traditional food of Rajasthan

Batti is an older time food of rajput woriors it is very heavy food and it give more energy when woriors go for war they don't have a enough weight to carry for food and food can stay for long time so they innovative food witch can cook on fire on short time then cover it because of they don't know any time war will happen and older time if you ligh a fire then other people know easely that some people are there and attack will happen and batti consume with liquid curry like l hunted

meat curry and home made kadi. And dal now days people eate these batti with mutton curry and kadi. Or dal and basic accomplement are garlic chutney. Butter milk. Mirch ke tapore ghee.

Ingredients

Wheat atta 1 kg(little big)

Salt 20 gm

Ajwin 5 gm

Crush coriander 5 gm

Sauf 5 gm

Cooking soda 5gm

Water

Ghee 50 ml

Method

Mix above ingredients in mixcing tand make a tight dough and keep by side for 20 minutes then make medium size batti and keep by side

Light a cow dunk fire when fire is down then put batti on fire and turn and Cook from each side not to be burned then take it out then make a whole in fire add batti in one place and cover with cow dunk fire and on top you have to covered with ash properly and covered it for 30 minutes then take it out and served

If you don't have a traditional ways of cooking you can cook in oven in 180 degree for 20 to 30 minutes about on size

Marwadi Rabodi kanda ro saag

मारवाड़ी राबौडी कांदा रो साग

(Marwadi Rabodi papad Cook with spices and fresh spring onion in traditional style)

Rabodi is an non season vegetable of Rajasthan it is made during winter season because of less use of butter milk and free time for make home made vegetable for summer season in every home they make it by butter milk and makki atta and and Cook with Rajasthan spices

Ingredients

Rabodi 250 gm

Spring onion 250 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Crush coriander 5 gn

Chopped garlic 30 gm

Chopped onions 50 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Turmeric powder 5 gm

Salt

Green chili 20 gm

Chopped green coriander 20 gm

Method

Take a kadhi add ghee on slow flame I when ghee heat then add whole red chilly. Crush coriander. Jeera. In tempring then add chopped garlic. Chopped onions cooked till golden brown then chopped green chilly add red chilly powder. Turmeric powder. Coriander powder. Salt And water cook massla till ghee come on top curry should be watery and then add rabodi cook for some time then add spring onion Cook it properly then add fresh chopped green coriander then served with Rajasthan bread

Mewadi methi Dana ro saag

मेवाड़ी मेथी दाना रो साग

(Mewad regnial Fenugreek sheed cook with spices in Mewadi style)

Methi dana ro saag it an all season healthy vegetable curry witch is made in every home of village in many different styles and it is help in many ayurveda food and control your bood suger level. Stomach hurts and bone and it's make you healthy all over year

Ingredients

Methi sheed 250 gm

Ghee 50 ml

Whole spices 10 gm

Hing 1 gm

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 20 gm

Chopped ginger 20 gm

Chopped green chili 50 gm

Chopped onions 100 gm

Chopped tamato 50 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Salt 25 gm

Chopped green coriander 20 gm

Method

First soke methi sheed in water for 6 to 8 hrs then drain water and methi keep by side

Take a kadhi add ghee put in slow flame then tempring of whole spices. Whole red chilly and jeera cook till crack after you have add chopped garlic. Chopped ginger. Chopped green chili. Chopped onions cook till golden brown then add chopped tamato and red chilly powder. Turmeric powder. Salt and coriander powder Cook masala till ghee comes on top then add soke methi sheed cooked it properly by adding chopped green coriander and served with Rajasthan bread

Mewadi Emalana
मेवाड़ी ईमलाना

(Summer season Mewadi regional refreshment drink Make with tamarind and jaggery and salt and herbs)

Traditional in Rajasthan in summer temperature is very high and hot winds vave in summer there are more chance of fall sick by hot vaves save from hot winds make refreshing drink witch can save there life many refreshing drink can save you it is drink call eamalana witch is made by Tarmirind and mint and black salt and jaggry

Ingredients

Tamarind pulp 100 ml

Black salt 20 gm

Jaggry 100 gm

Mint leaves paste 50 gm

Method

Soke tamirind for 2 hrs in warm water then mash with hand or utensils then starin it by Satranir and keep in mixcing bowl then add jaggry water. Black salt. And fresh mint paste and chopped mint mix it property by adding ice or cold water then served in meal

Marwadi Charka chawal

मारवाड़ी चरका चावल

(Marwadi style spicy rice prepration with local ingredients and savoury)

Rajasthan is very famous about all kind of savery food you will get many kind of food witch is dry item you can use as a snacks. Curry. Desserts and it can be used in food

Ingredients

Rice 250 gm

Whole spice. 10 gm

Ghee. 50 ml

Jeera. 5 gm

Slice onion 50 gm

Ginger garlic paste 20 gm

Cream 100 ml

Cardmum powder 2gm

Chopped green chili 30 gm

Boondi 100 gm

Chopped green coriander 20 gm

Method

Soke rice in normal water for 30 minutes

Take a handi add ghee. Whole spices. Jeera . Slice onion. Chopped green chili. Cook till golden brown then add ginger garlic paste and water and cream mix it take one boil then add cardmum powder and rice cook it properly then add boondi and chopped green coriander mix it and served in meal with curry

Mewadi Lapsi
मेवाड़ी लापसी

(Mewar regional brocken wheat cook in ghee and jaggery with mild spices and nuts)

Traditional food of Rajasthan it made mostely in new work occasions and family programs still in Rajasthan in big events lapsi has bin made in village it is an healthy and heavy food and as per region and and people habits eat as a sweet. And with kadi. And with dal also

Lapsi ingredients

Brocken weather 500 gm

Ghee 250 gm

Jaggry 500 gm

Dice fresh coconut 100 gm

Cardmum powder 10 gm

Dry fruit 100 gm

Water

Method

Take a kadhi add ghee put on slow flame and add brocken weat cook it slowly till golden brown then add water 1 lt after adding water cook till ghee come on top grain should cook properly then add jaggry. Cardmum powder. Dice coconut. And dry fruits cook it properly then served in meal

Nassila Dhungar lal maas
नशिला धुंगार लाल मांस

(dobel distel home made alcohol mutton curry cook with Rajasthan spices and smoked)

Traditional it is an recipe of Royal rajput family of Rajasthan witch is older time cook with hunted meat but now days cook mutton and cook with home made alcohol and cook in traditional style with mathania chilly and smoked with clove

Ingredients

Mutton 2 kg

Mustard oil 250 gm

Whole spices 20 gm

Chopped garlic 100 gm

Slice onion 600 gm

Chopped green chili 50 gm

Ginger 20 gm

Ginger garlic paste 30 gm

Kachari powder 20 gm

Whole red chilly 10 nos

Mathania chilly paste 100 gm

Curd 100 ml

Corinder powder 20 gm

Home made alcohol 250 ml(you can use rum also)

Salt 30 gm

Clove powder 5 gm

Clove 10 nos

Chopped green coriander 50 gm

Method

1marinite a mutton with salt .home made alcohol.ginger garlic paste. Red chilly paste. Kachari powder. Curd for 1 hrs

2 take a handi add mustard oil in put on slow flame add whole spices. Whole red chilly. In tempring then add chopped garlic. Chopped green chili. Chopped ginger. Slice onion. Cook till golden brown then add marnite mutton saute it till oil comes out and add red chilly paste. Coriander powder. Salt and kachari powder. Cook it properly then add home made alcohol and clove powder and somke with charcoal in big katori and put clove in it by adding ghee on top then covered it mutton and keep for 10 to 15 minutes then open and add chopped green coriander and served in meal with Rajasthan bread

Rajasthani kadi pakoda
राजस्थानी कडी पकौडा

Ingredients for kadi

Butter milk 1 lt

Besan 100 gm

Ghee 50 ml

Hing 1 gm

Whole red chilly 5 nos

Curry leaves 5 gm

Mustard seed 3 gm

Crush coriander 3gm

Methi sheed 3 gm

Jeera 3 gm

Chopped garlic 20 gm

Chopped green chili 20 gm

Chopped onions 50 gm

Turmeric powder 10 gm

Red chilly powder 5 gm

Salt 20 gm

Chopped green coriander 20 gm

Ingredients for pakoda

Besan 250 gm

Ajwin 5 gm

Crush coriander 5gm

Jeera 5 gm

Chopped onions 50 gm

Chopped green chili 20 gm

Chopped green coriander 20 gm

Salt 10 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Water

Mix this all ingredients with water and make batter and deep fry in oil and keep by side

Method for kadi

Mix buttermilk and besan of above ingredients of kadi keep by side

Take a handi add ghee. On slow flame and then add hing. Red chilly. Curry leaves. In tempring then add mustard seed. Jeera. Crush coriander. Methi sheed. Cook till crack and then add chopped green chili. Chopped garlic. Chopped onions cook for short time then add red chilly powder. Turmeric powder. And salt littel water cook masala and then add buttermilk and besan mix cook till boil come then again Cook it properly for 20 to 30 minutes and add pakoda and chopped green coriander and served in meal with Rajasthan bread or cook grain

Mewadi keri ka panna
मेवाड़ी केरी का पनणा

(Mewar regional raw mango refreshing summer drink with black salt and mint and jaggery)

In Rajasthan summer time temprechar is very high and to save people from hot winds people make refreshing drink witch is available raw mango in village and market make it at home

With seasnol fresh mint

Ingredients

Raw mango 1 kg

Jaggri 500 gm

Black salt 30 gm

Rosted jeera powder 20 gm

Mint leafs 50 gm

Water or ice

Method

For aam panna you can boil or rost a row mango but in his recipe we have to rost a raw mango in fire and cool it then remove burned skin of raw mango then take it out pulp of mango and keep by side

Take a mixcing bowl add mango pulp. Rosted jeera powder. Mint leaves black salt. Jaggri then grind it properly and take it out and by adding water or ice then served a keri ka panna

Rajwadi Maas batti
रजवाडी मांस बाटी

(Rajputana style mutton minced spices mix bread stuffed bread cook on cow dunk fire)

Traditional food of Rajasthan batti stuffed with mutton mince cooked with Rajasthani spice and stuffed in batti cooked in cow dunk fire serve with spice lal mass curry

Ingredients for batti dough

Wheat atta 500 gm (big grain)

Crush coriander 3gm

Ajwin 3gm

Jeera 3gm

Sauf 3gm

Salt 10 gm

Red flacks 5gm

Chopped green chili 5gm

Turmeric powder 5gm

Chopped green coriander 20 gm

Ghee 50 ml

Ingredients for maas keema

Mutton mince 250 gm

Oil 25 ml

Chopped garlic 20 gm

Chopped ginger 10 gm

Chopped onions 50 gm

Chopped green chili 20 gm

Chopped tamato 50 gm

Salt 10 gm

Turmeric powder 5gm

Red chilly powder 10 gm

Coriander powder 20 gm

Gram masala 10 gm

Chopped mint 10 gm

Chopped green coriander 10 gm

Method

First make a maas keema for stuffing

Take a kadhi add oil. Chopped garlic. Chopped ginger. Chopped green chili. Chopped onions. Cook till golden brown and add mutton mince saute it some time till there is no water then add red chili powder. Turmeric powder. Salt. Coriander powder and chopped tamato cook it properly then add chopped mint and chopped green coriander and take it out and keep by side for cooling

For batti dough mix above ingredients of batti by adding water and make tight dough and rest for 20 minutes then divided in to equal medium size and make rool it and stuff with mutton minc and make batti it is traditional Cook in cow dunk fire but you can Cook in oven for 20 to 30 minutes in 180 degree then taken it out and served with spicy mutton curry

Marwadi papad ke subzi
मारवाड़ी पापड की सब्जी

(Marwadi papad Cook with curd based spicy curry in Marwadi style)

Traditional food of Rajasthan in Rajasthan less of rain pepols cannot grow green vegetable the inivoted food curry by local ingredient and local spice home products and this is home made chana papad cooked with rajasthani spice

Ingredients

Papad 100 gm

Ghee 50 ml

Whole red chills 5 nos

Jeera 5 GM

Crush coriander 5 GM

Chopped garlic 20 GM

Chopped ginger 10 GM

Chopped green chilli 20 GM

Chopped onions 50 GM

Butter milk 250 GM

Red chilly powder 10 GM

Turmeric powder 5 GM

Coriander powder 10 GM

Chopped green coriander 20 GM

Method

Take a kadhi add ghee on slow flame and put tempring of whole red chilly. Jeera. Crush coriander till crack then add chopped garlic. Chopped ginger. Chopped green chilli. Chopped onions sauteed till golden brown then add red chilly powder. Turmeric powder. Coriander powder. Salt and butter milk cook masala till ghee come on top then add some water and again boil it some time then add papad and chopped green coriander mix it properly and then served in meal with Rajasthan bread

Mewadi Bhindi ke kadi
मेवाड़ी भिन्डी की कड़ी

(Mewar regional lady finger Cook in curd based spicy curry)

Traditional food of Rajasthan mostely curry in Rajasthan food use curd base witch can stay for long time not spoiled beacuse of temperature is to hi and save food and all food is made by home catels products use some with seasonal vegitabel witch is grow if extra they sun dry then use for year

Ingredients

Bhindi 250 GM

Ghee 50 ml

Hing 1 GM

Whole red chilly5 nos

Curry leaves 2 gm

Crush coriander 3 GM

Jeera 3 GM

Mustard seed 3 GM

Bethi sheed 3 GM

Chopped green chilly 20 GM

Butter milk 1 lt

Basen 100 GM

Salt 15 GM

Turmeric powder 10 GM

Chopped green coriander 10 gm

Method

Clean and cut bhindi big size and cut others vegetables and keep by side

Mix buttermilk and besen keep by side

Take a handi add ghee put on slow flame and tempring of whole red chilly. Hing. Curry leaves. Mustard seed. Jeera. Crush coriander. Methi sheed. And add chopped green chilly. And red chilly powder. Turmeric powder. Salt and add bhindi saute it and take it out bhindi and add butter milk and besen mix cook it properly then add saute bhindi and chooped green coriander

And finish it and served in meal with cook grain and Rajasthan bread

Chawal phali kola ro saag
चावला फली कोला रो सांग

(Rajasthani style pumpkin cook with spices and lobia beans in Rajasthani style)

Ingredient

Pumpkin 1 kg

Fresh lobia beans 500 gm

Ghee 100 gm

Whole Red chillies 5 nos

Mustard seeds 5 gm

Neera 5 gm

Sugar 10 gm

Curry leaves 5 gm

Ginger chopped 20 gm

Chopped green chillies 30 gm

Red chillies powder 10 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Salt 10 gm

Chopped green coriander 20 gm

Method

Clean an cut pumpkin and keep by side and take our desh lobia beans

Take a handi add ghee in it put on fire slow flame and add tempering of hing.whole Red chillies.jeera Mustard seeds.curryleafs . saute it some time then add chopped green chillies.chooped ginger and pumpkin saute it some time then add Red chillies powder turmeric powder coriander powder salt mix it properly and add lobia beans cook it properly by adding fresh coriander leaves and served in meal

Maas ka mirch wada
मांस का मिर्ची वडा

(Spices mutton minced stuff in banana chilly and coated with Gram flour batter and deep fry in oil)

Traditional food of Rajasthan it is an food of Royal family of rajasthan rajput normal people stuff mutton mince cooked with rajasthani spice and stuff in banana chilly and deep in spicy besan mix and deep fry and served with mint chutney in evening snacks

Ingredients

For stuffed chilly

Banana chilly 500 gm

Mutton mince 250 gm

Oil 30 ml

Chopped garlic 25 gm

Chopped onions 100 gm

Chopped ginger 10 gm

Chopped green chili 25 gm

Red chilly powder 10 gm

Turmeric powder 5gm

Coriander powder 20 gm

Gram masala 10 gm

Chopped mint 10 gm

Chopped green coriander 10 gm

Ingredients for deep fry stuff chilly

Besan 250 gm

Ajawin 5 gm

Turmeric powder 5 gm

Salt 10 gm

Yellow chilly powder 5 gm

Cooking soda 1gm

Green chili paste 10 gm

Ginger garlic paste 20 gm

Method

First make a stuffing of mutton mince

Take a kadhi add oil on slow flame and add chopped garlic. Chopped ginger. Chopped green chili. Chopped onions. Cook this till golden brown and then add mutton mince saute till no waters then add red chilly powder. Turmeric powder. Salt. Coriander coriander mix it by adding water and cook it properly then add chopped green coriander and mint and gram masala and keep by side and cool it

Make a besan batter take above ingredients mix it in mixcing bowl by adding water and keep batter for 10 to 20 minutes

Stuff all chilly by mutton mince by make a pocket stuff properly then keep by side

Fry in oil by stuff chilly dip in besan batter one by one in slow flame Cook till crspy and take it out and served in snacks time with mint chutney

Marwadi payaz ke kadi
मारवाड़ी प्याज की कड़ी

(Marwadi style baby onion Cook in curd based spicy curry)

Traditional food of Rajasthan it mostly food eaten in summer food best combination of onions and kadi witch is help you from summer and light food and healthy food is inovitve in older time as per claimet. Cultcher. Availability of local ingredient and home products witch can stay for long time and keep you safe and healthy

Ingredients

Small spring onion 500 gm

Ghee 50 ml

Whole red chilly 5 nos

Hing 1 gm

Curry leaves 3 gm

Mustard seed 3gm

Methi sheed 3 gm

Jeera 3 gm

Crush coriander 3 gm

Chopped garlic 25 gm

Chopped green chili 25 gm

Buttermilk 1 lt

Besen 100 gm

Turmeric powder 10 gm

Salt 20 gm

Yellow chilly powder 5 gm

Chopped green coriander 20 gm

Method

Clean and cut spring onion and keep separate

Take a handi add ghee. Hing in tempring then whole red chilly. Curry leaves. Mustard seed. Methi sheed. Crush coriander. Jeera. Then add chopped garlic. Chopped green chili and small baby onion. Saute it some time then add turmeric powder. Salt. And yellow chilly powder. And buttermilk and besan mix Cook it properly then add chopped green coriander and spring onion leaves and served with Rajasthan Cook grain or bread

Rajasthani churma

राजस्थानी चुरमा

(Rajasthani hard bread grind and mixed with jaggery and rose petals and green cardamom powder and ghee)

Traditional food of Rajasthan mostly eaten with rajasthani food dal batti it is an eaten as a sweet and it made in social and Reaginol culture events combination of food very good it is very heavy food witch is the only food of village and farmers food can stay for long time

Ingredients

Wheat atta big grain 500 gm

Ghee 500 gm

Jaggri 500 gm

Card number powder 10 gm

Dry fruits 100 gm

Method

Make a tight dough with less of water adding and make dough properly then dived in equal size and make batti size roll if you are rosting and if you are frying then flate it fry it till golden brown if you are rosting in oven roasted it for 30 minutes for 180 degree and take it outside

And graind it properly by mixture grinder and keep in big bowl for mixcing then add cardamom powder. Dry fruits. And crush jaggri mix it properly then add warm ghee on top and mix it properly then served in meal

Mewadi peela matria ka saag
मेवाड़ी पिला मतीरा रो साग

(Mewar regional yellow water melon curry with spices)

Traditional food of Rajasthan in dessert area bumper production of melon and it helps you to servive in summer and some time they make curry of melon cooked with local spice of Rajasthan and eaten in meal Metera ro saag

Ingredient

Yellow melon or red melon 1 kg

Ghee 100 ml

Whole red chilly 5 nos

Chopped ginger 20 gm

Chopped green chili 25 gm

Chopped tomato 100 gm

Jeera 5 gm

Red chilly powder 5 gm

Turmeric powder 5 gn

Black salt 10 gm

Chopped green coriander 20 gm

Method

Cut water melon in dice half and take out juice of half and keep by side. Take a kadi add ghee. Hing. Jeera. Whole red chilly in tempring then add chopped green chili. Chopped ginger. And chopped tamato cook it soe time then add red chilly powder. Turmeric powder. Salt and melon juice cooke masala and curry by adding water then add water melon dice and chopped green coriander and cook it some time then take it out and served in meal with Rajasthan bread

Mewadi makki ka panniya
मेवाड़ी मकाई का पानी या

(Mewar regional corrn bread cook on cow donk fire with cover wild plash trees leafs)

Traditional food of Rajasthan mewar Reagon in mewar pepol love to grow makki and different warity of food they have innovative with local ingredients and as per culture and atmosphere in mewar history titel word normally ask(gahu bach n makki lani or mewar chod ne jano) Leaterly meaning they sell weat crops of home and buy makki from other and they don't want to leave mewar

Maa ki ka pannia

Ingredients

Makki ka atta 500 gm

Salt 10 gm

Warm wateras per dough

Method

Traditional it is cook in cow dunk fire and coverd with leafs on pannia and cook in fire then cover it for 30 minutes and served

Take a mixcing bowl add makki atta of yellow makki and add salt mix it properly then add warm water make a tight dough and divided in equal size and make big size pannia as per picture and cook on tawa to give colour then Cook in oven for 20 minutes on 180 degree and take it out and served with Rajasthan food curry

Marwadi Bajra ke kheer
मारवाड़ी बाजरा की खिर

(Marwadi millet Cook with milk and dry fruits in jaggery in Marwadi style)

Traditional food of Rajasthan and in India

Oldest grain is also millet there are may warity of food made by millet in Rajasthan it is healthy. Guleten free. Heavy food. In Rajasthan people grow millet and home cattel milk products they inovitve a dessert millet cooked with milk serve in social program in tempels for local God and serve to tempels visitors

Bajra ke kheer

Ingredients

Skin removed millet 100 gm

Milk 2 lt

Cardmum powder 10 gm

Saffron 1 gm

Jaggri 250 gm

Dry fruits 109 gm

Method

Take a handi add milk for boil properly boil then add skin removed millet put for boiling by adding saffron boil it probably then add dry fruits and clean jaggri water Cook it properly and served in meal

Marwadi kurkuri Sangari
मारवाड़ी कुरकुरी सांगरी

(Rajasthani desert khajri beans coted with spices and Gram flour and Deep fry in oil)

Traditional food of Rajasthan it is an season of Rajasthan sangri witch comes in ones in year in summer it is a typ of wild beans witch is come from khatre tree is mostely found in dessert area and less of water and people of Rajasthan store it after dry and they have inovitve many dishes and curry made by local spice and available things witch can servive from the atmosphere

Ingredients

Sangri 250 gm

Besan 100 gm

Red chilly powder 10 gm

Turmeric powder 5 gn

Black salt 10 gm

Butter milk 500 ml(for boiling sangri)

Curd 50 ml

Method

Clean and wash sangri and soke in buttermilk and boil by adding salt and little turmeric powder boil for 20 minutes and drain water and keep by side in mixcing bowl

Make a mixture of sangri fry take a mixcing bowl add sangri. Red chilly powder. Turmeric powder. Salt. Curd. Besan mix it properly don't add water only curd mix it properly then deep fried and take it out and served in meal

Marwadi Chakki ro saag
मारवाड़ी चक्की रो साग

(Marwadi style stem gluten curry it curd and onion base spicy curry)

Traditional food of Rajasthan people find in many years ago found to use left over atta and innovative technology of make gluten in village make food and curry in regular life in village and healthy choice of curry with local ingredients and spices

Ingredients for chakki

Atta 2 kg

Crush coriander 3gm

Ajwin 3 gm

Salt 10 gm

Jeera 3 gm

Cooking soda 5 gm

Red chilly powder 5 gm

Turmeric powder 5gm

Ingredients for curry

Ghee 100 ml

Hing 1 gm

Whole red chilly 5 nos

Jeera 3 gm

Crush coriander 3 gm

Chopped onions 100 gm

Ginger garlic paste 20 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Butter milk 500 ml

Chopped green coriander 20 gm

Method to make chakki

Take a mixcing bowl add atta and make dough and keep rest for 4 hrs by side

Take a strainer or cloth add need dough wash in normal water in straner till gluten left

After gluten come add salt. Red chilly powder. Turmeric powder. Crush coriander. Jeera. Ajwin mix it and set in tray and put for steam for 30 minutes and take it out and cool it and cut in pic

Make curry

Take a handi add ghee put on slow flame and tempring of hing. Red chilly whole. Jeera. Crush coriander. Chopped onions. Saute till golden brown then add ginger garlic paste. red chilly powder. Turmeric powder. Coriander powder. Salt and butter milk cook masala properly till ghee come on top then add water and cut steam chakki in it and by adding chopped green coriander and cook it properly and served in meal

Rajasthani kadi kachori chaat

राजस्थानी कडी कचौड़ी चाट

Traditional food of Rajasthan it is an street food of Rajasthan it is very famous you can get different warity of kachori in Rajasthan is famous about savery food normally it is with payz ke kachori and dal kachori

Ingredients

Kachori dough

Madia. 500 gm

Salt. 10

Ajwain 5 gm

Ghee100 ml

Water 100 ml

Mix these ingredients and make dough and keep by side

Kachori mix

Oil. 50 ml

Hing1gm

.jeera 5 gm

Crush corinder5 gm

Chopped Onion. 100 gm

Green chili.20 gm

Turmeric 5 gm

salt. 15 gm

Yellow chilly10 gm

Amchur powder10 gm

boil and mash potatoes500 gm

fresh mint and corinder 20 gm

Take a kadhi add oil. Hing. Jeera. Crush coriander. Chopped green chili. Chopped onions saute it some time then add yellow chili powder. Turmeric powder. Salt cook masala then add boil patato mix it by add amchur powder and chopped green coriander and mint mix it properly and cool it kachori dough and stuff and deep fry then make kadi kachori

Kadi

Ghee.50 ml

Hing.1 gm

Curry leaves.3 gm

Jeera.3 gm

CrushCorinder. 3 gm

Musterd sheed 3 gm

Onion.chopped 50 gm

Chopped Green chili. 20 gm

Turmeric.10 gm

Salt. 15 gm

Buttermilk1 lt

Besen

Chopped green coriander 20 gm

Take a kadhi add ghee. Whole red chilly. Hing. Jeera. Mustard seed. Crush coriander. And chopped green chili. Chopped onions. Saute it some time then add turmeric powder. Yellow chilly powder. Salt and besen and butter milk mix cook it properly by adding salt and chopped green coriander and served with kachori

Mewadi khajur or khakas ka halwa
मेवाड़ी खजुर और खसखस का हलवा

(Mewar regional dates cook with popy sheed and dry fruits Halwa in Mewar style)

Traditional food of Rajasthan of mewar region there is a bumper production of affim after take crops they keep popy sheed for next year and some of them used for home cooking and Commbnition with seasonal vegetable and fruits now day kajhur is coming as fresh fruits in mewar they inovitve combination with popy sheed and kajhur

Ingredients

Ghee 250 ml

Popy sheed 100 gm

Mawa 250 gm

Dry fruits powder 100 gm

Sheed less dates 250 gn

Cardmum powder 10 gm

Jaggri 500 gm

Dry fruits 100 gm

Method

1 rosted a popy sheed on slow flame and keep by side

Take a kadhi add ghee in it and put on slow flame then adddry fruits powder. And mawa cooked till golden brown and then add sheed less dates cook it properly till ghee come on top then add cardmum powder. Rosted popy sheed And jaggri cook it properly by adding dry fruits and served in meal

Chawala phali dokli ro saag
चावला फली ठौकली रो साग

(Lobia fresh beans cooked with spices mix bread in Mewar style)

Traditional food of Rajasthan mewar region witch is near by Gujrat combination of of seasonal beans lobia cooked with spicy mix dough cut in pic cooked with rajasthani spice warity of food people found when you have less of vegetable

Ingredients for dokli

Besan 200 gm

Atta 200 gm

Salt 10 gm

Suger 20 gm

Ajwin 5 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Curd 100 ml

Chopped green coriander 20 gm

Ingredients for curry

Ghee 100 ml

Jeera 5 gm

Cut lobia beans 500 gm

Dokli 500 gm

Chopped green chili 20 gm

Chopped ginger 10 gm

Tamato purre 100 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Suger 10 gm

Salt 10 gm

Chopped green coriander 20 gm

Method

First make a dokli add above ingredients of dokli in mixcing bowl and mix it properly by adding water make dough and roll it by rolling pin and cut it in to Diamond shape and boil it in water for 10 minutes then take it out and deep fry in oil and keep by side

Make a curry

Take a kadhi add ghee. Jeera. Chopped green chili. Chopped ginger. Tamato purre cook it some time then add red chilly powder. Turmeric powder salt and suger then add beans and deef fry dokli in it mix it and Cook it properly by adding chopped green coriander and served in meal with Rajasthan bread

Shikkri shaat ke sulley
शिकारी साठं के सुले

(Hunter style pork meat marnite with spices and cook fire)

Traditional food of Rajasthan it is food older time in rajput the love to hunt and every day use hunted meat of there meals and it is older time wild boar hunted meat use in there community some of them make curry and some for kebab

Shaat ke sulley

Ingredients

Pork belly 1 kg

Curd 250 gm

Mustard oil 100 ml

Red chilly paste 100 gm

Salt 15 gm

Kachari powder 15gm

Gram masala 10 gm

Ginger garlic paste 30 gm

Lemon juice 20 ml

Brown garlic and onion paste 50 gm

Clove powder 5 gm

Ghee 50 ml

Method

Cut a pork belly in long size and keep in bowl and add salt.ginger garlic paste. Red chilly paste. Kachari powder. Lemon juice. Curd mix it and keep by side

Make a Marnition take a mixcing bowl add red chilly cook mustard oil. Salt. Kachari powder. Gram masala. Clove powder. Brown onion garlic paste. Mix it properly and add cut pork belly and marnite for 4 hrs and smoke with clove and ghee by charcoal and cook on fire grill and served with leasun mirch ke lal chutney

Marwadi gawar pehli ro saag
मारवाड़ी ग्वार फली रो साग

(Marwar region cluster beans cooked with spices in Marwadi style)

Traditional food of Rajasthan it mostely grow in summer season and rainy season it is very healthy vegetable in Rajasthan people grow more some of beans they Cllocet green and sun dry then use for year when they don't have green vegetables

Gawar Fali ke subzi

Ingredients

Gawar fali 500 gm

Ghee. 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 20 gm

Chopped ginger 10 gm

Chopped green chili 50 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Salt 10 gm

Chopped green coriander 20 gm

Lemon juice 10 ml

Method

Clean and cut small size cluster beans and keep by side

Take a kadhi add ghee put in slow flame and tempring of whole red chilly. Jeera. Chopped garlic. Chopped ginger. Chopped green chili. Saute it some time then add cut cluster beans and mix it and saute it by adding salt. Turmeric powder. Coriander powder. Red chilly powder mix it and cover it cook fr 10 to 15 minutes and add chopped green coriander and lemon juice then served with Rajasthan bread

Rajasthani ajwin ra laddu
राजस्थानी अजवाईन रा लागु

Traditional food of Rajasthan in Rajasthan mawar region production of ajwain is very good in winter season and people of Rajasthan find many way of cooking ajwain in food in regular use and it uses in as a medical at home in winters every house they make ajwain laddu for there family members for good health

Ingredients

Ajwain 250 gm

Dry fruits 500 fm

Ghee 500 gm

Jaggri 500 gm

Green cardmum 10 gm

Method

1rost a ajwin aon tawa on slow flame and cool it and grind it and add in mixcing bowl

Grind dry fruits and mix with grind ajwin and mix it with cardmum powder. And jaggri then heat a ghee and add in to mixcher and mix it properly and by apply normal water and make laddu and keep in cool place and store it and have in morning with empty stomach every day in breakfast

Marwadi gatta ka pulao
मारवाड़ी गटटा का पुलाव

(Marwar style spicy rice prepration with gatta and herbs)

Ingredients

For gatta

Besan 250 gm

Salt 5gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Crush coriander 3 gm

Jeera 3 gm

Ajwin 3 gm

Chopped green coriander 10 gm

Chopped green chilli 10 gm

Ghee 50 ml

Butter milk 100 ml

Ingredients for gatta ka pulao

Ghee. 100 ml

Whole spices 10 gm

Jeera 5 gm

Chopped green chili 20 gm

Chopped ginger 10 gm

Chopped garlic 20 gm

Chopped onions 50 gm

Rice 250 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chopped green coriander 20 gm

Method

First make gatta take a mixcing bowl art above ingredients of gatta and need a dough and roll it and boil it for 10 minutes in water and dry it then cut in small size and deep fry in oil and keep by side

Make a pulao

Soke a rice in water for 30 minutes

Take a kadhi add ghee. Whole spices. Jeera .whole red chilly in tempring then add chopped green chilly. Chopped garlic. Chopped ginger. Chopped onions Cook till golden brown then red chilly powder. Turmeric powder salt and water cook masala by adding water then add soke rice cook rice 75 percent then add deep fried gatta mix it properly and cook it properly then add chopped green coriander and served in meal

Marwadi Bajra ka Halwa

मारवाड़ी बाजरा का हलवा

(Marwar millit halwa with dry fruits and jaggery

Traditional food of Rajasthan and mostly consumed grain in Rajasthan is millet and in India also oldest grain use millet it is very healthy and gluten free now day also pepole are more about there helth there are many variety of millet you can chose and make food in your daily meal

Bajra ka halwa

Ingredients

Millet atta 250 gm

Ghee 250 gm

Jaggri 250 gm

Dry fruits 50 gm

Cardmum powder 10 gm

Method

Take a kadhi add ghee in it put on slow flame and heat 🔥 then add millet atta rost it golden brown then add warm water and cook till ghee come on top then add jaggri again cook it properly then add cardmum powder and dry fruits mix it and keep by side and served in meal

Mewadi sev tamatar ro saag
मेवाड़ी सेव टमाटर रो साग

Mewar regional spices big size namakeen Cook with tamato and Rajasthan spices in Mewar style)

Traditional food of Rajasthan it is and home food and simple curry witch is low on cost and spicy witch can be eaten all over year if you travel in Rajasthan on roads mostely dhaba they have this curry in menu and sev use n this curry is bigger size

Sev tamater

Ingredients

Ghee 50 ml

Whole red chilly 5 nos

Chopped ginger 20 gm

Chopped green chili 50 gm

Chopped garlic 20 gm

Chopped onions 100 gm

Sev 100 gm big size

Tamater dice 500

Red chilly powder 10 gm

Coriander powder 20 gm

Turmeric powder 5 gm

Salt 15 gm

Chopped green coriander 50 gm

Method

Take a kadhi add ghee in it put on slow flame then add tempring of whole red chilly. Jeera. Hing. Chopped garlic. Chopped ginger. Chopped green chili. Chopped onions. Cook it some time till golden brown then add red chilly powder. Turmeric powder. Coriander powder and salt cook masala properly then add dice tamato cook for some time then add big size namakeen half and Cook it properly and add chopped green coriander ans finish it then add some more namakeen on serving time and served in meal

Mewadi mangodi palak ro saag
मेवाड़ी मंगौड़ी पालक रो साग

(Mewar regional lentels dumpling cook with spices and fresh spinach)

In Rajasthan every home have a non seasnol vegtabel witch is home made and sun dry and keep at home for warity of food curry it can cook with others vegtabel so one of dish mangodi gose well with spinch

Mangodi palak

Ingredients

Mangodi 250 gm

Palak paste 250 gm

Fresh chopped palak 250 gm

Ghee. 100 ml

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped green chili 50 gm

Chopped ginger 20 gm

Chopped onions 100 gm

Chopped tamato 100 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Salt

Coriander powder 10 gm

Kasturi methi 5 gm

Gram masala 10 gm

Chopped green coriander 20 gm

Method

Take a kadhi add ghee in it put on slow flame and add tempring of whole red chilly. Jeera. Chopped garlic. Chopped ginger. Chopped onions cook till golden brown then add mangodi cook till golden brown then add chopped green chilly. Chopped tamato. And turmeric powder. Salt. Yellow chilly powder. Cook masala then add chopped spinach and spinach puree cook it properly by mixcing then add Kasturi methi. And gram masala and chopped green coriander cook it properly then served in meal with Rajasthan bread

Maas Bajra ka shorba

मांस बाजरा का सौरबा

(Mutton and millet shoup Cook with spices and herbs)

Traditional food of Rajasthan it is mostly consumed in Rajasthan in winter time and it is and food of raput family of Rajasthan they are mostly nonveg eater old times they are very use to make hunted meat in home and when old time worriers the use to make them healthy and more strong for further and it is cook in bulk for all people

Ingredients

Mutton curry cut with bone 2 kg

Millet 100 gm

Mustard oil 20 ml

Whole spices 10 gm

Peeled garlic 50 gm

Ginger 20 gm

Coriander stem chopped 100 gm

Salt 10 gm

Lemon juice 20 ml

Black pepper powder 10 gm

Chopped mint 10 gm

Method

Take a big handi add water and put on boil and add mutton curry cut for boling for 3 to 4 minutes then drain a dirty water and wash a mutton and keep by side

Take a handi add mustard oil. Tempring of whole spices. Whole garlic. Ginger. And add mutton curry cut and water put it for boiling by adding little salt boil it for 1 to 2 hrs then add millet cooked it together by adding water and add coriander stem. Black pepper chopped mint

Finish with lemon juice and served in meal

Marwadi moong dal chilla
मारवाड़ी मुंग दाल चिला

(Marwadi green moong dal spices mix batter Cook on tawa spicy pancake)

Traditional food of Rajasthan it an mostly consumed in breakfast it very healthy you can have with mint chutney. Curd. Or saut chutney

Gluten free food very healthy it is an little bit spicy or you can have in others meals also

Moong dal chilla

Ingredients

Moong dal dhuli 500 gm

Green chili 20 gm

Ginger 10 gm

Garlic 20 gm

Salt 10 gm

Ajwin 5 gm

Jeera 5 gm

Chopped coriander 50 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Oil 20 ml

Method

Soke a moong dal in water for 2 hrs and drain water then add salt. Green chili. Ginger. Garlic. Red chilly powder. Turmeric powder. And grind with oil and keep by side take it in mixcing bowl

Add ajwin. Jeera. Chopped green coriander mix it and keep by side for 2 hrs

Take a tawa add oil or ghee in it on slow flame then add batter of dal chilla on tawa cook it from both side golden brown one bye one and equal size and served with tamrind chutney and mint chutney in breakfast

Mewadi keri ka amchur
मेवाड़ी केरी का अमचुर

(Mewar regional Raw mango Cook with pickle base spices)

Traditional in mewar region of Rajasthan in arravli mountain lots of mango tree at every home farm mango tree and during summer season people make pickle and curry for home use and give to others people and relatives also it is made curry in every social events also accompliment with food witch is very popular Keri ka amchur

Ingredient

Mango 1 kg(dice or veggies)

Mustard oil 100 ml

Whole spices 10 gm

Whole red chilly 5 nos

Achari masala 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Black salt 15 gm

Jaggri 250 gm

Method

Take a kadhi add mustard oil in it put on slow flame then add tempring of whole spices. Whole red chilly. Achari masala.Till crack then add cut or dice peeled mango saute it some time then add black salt. Red chilly powder. Turmeric powder.. Coriander powder. Cooked it properly by mixcing then add jaggri again cook it and cool it and served with food

Marwadi kanda ro saag
मारवाड़ी कांदा रो साग

(Marwadi style baby onion Cook with spices in Marwadi style)

Traditional food of Rajasthan in summer time it helps you from temperature in and mostly every house in summer time less of vegetable and they use home products onions witch are store for year and in Rajasthan people find many variety of curry with other dry vegetable and onion curry is also very poplur in every house

Kanda ro saag

Ingredients

Baby onions 500 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Hing 1 gm

Chopped garlic 50 gm

Chopped green chili 20 gm

Chopped ginger 10 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Salt 15 gm

Coriander powder 20 gm

Chopped green coriander 50 gm

Lemon juice 10 ml

Method

Clean and cut little onions from side and marnite with salt. Red chilly powder. Turmeric powder and keep by side

Take a kadhi add ghee. Put it on slow flame then add tempring of whole red chilly. Hing. Jeera chopped garlic. Chopped ginger. Chopped green chili. Cooked it some time then add red chilly powder. Turmeric powder. Salt. Coriander powder by adding water cook masala till ghee come on top then add marnite baby onions. Cook it properly by adding chopped green coriander and lemon juice and served in meal with Rajasthan bread

Marwadi papad or paneer ke sabzi
मारवाड़ी पापड़ पनीर की सब्जी

Traditional food of Rajasthan it curd base spicy curry cooked with paneer and papad with local rajasthani spice mostel this food is consumed in Rajasthan all over year and because of their own cattel home made paneer and home made papad use for this curry now days it is very fomus and healthy food

Papad paneer ke sabzi

Ingredients

Ghee 100 ml

Hing 1 gm

Jeera 3 gm

Crush coriander 3 gm

Chopped garlic 20 gm

Chopped ginger 10 gm

Chopped green chili 30 gm

Chopped onions 50 gm

Butter milk 500 ml

Besen 50 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Salt 15 gm

Coriander powder 20 gm

Paneer 500 gm

Papad chana rosted 100 gm

Chopped green coriander 50 gm

Method

Take a kadhi add ghee. Add tempring of hing. Jeera. Crush coriander. Garlic. Ginger. Green chili. Chopped onions. Cookall till golden brown then add red chilly powder. Turmeric powder. Coriander powder. Salt. Cook masala by adding water then add butter milk and besen mix water cook it properly then add paneer and rosted papad mix it and cook it by adding chopped green coriander and when served add some more rosted papad and served with Rajasthan bread

Mewadi waryali re thandi
मेवाड़ी वरयाली री ठंडाई

Traditional it is an summer time refreshing drink in older time witch is made in clay pot and cool it when need it can serve to at home for home and guest witch help you from hot and it is healthy now days it is missing it is going to be loss

Waryali re thandi

Ingredients

Fennel 100 gm

Candy suger100 gm

Fresh mint 20 gm

Method

Mix all ingredients in mixcing bowl and grind it together and soke in water for 15 to 20 minutes then strains it with strainer and add cold water and ice and served in meal

Marwadi papad mangodi pulao
मारवाड़ी पापड़ मंगौड़ी पुलाव

(Rajasthan papad and sundry moong dal dumplings cook with rice in Rajasthan style)

Traditional food of Rajasthan home made papad and mangodi witch is made in every home it is normal made in winter and store for year and they can make different curry and rice preparation witch has inovitve by rajasthani food by local spices Papad mangodi ka pulao

Ingredients

Rice 500 gm

Mangodi 250 gm

Slice onion 100gm

Whole spice 10 gm

Ghee 100 ml

Jeera 5gm

Redchilly 10 gm

Turmeric 5 gm

Salt as per taste

Rosted papad chana dal 5 nos

Gram masala 10 gm

Green chilly 50 gm

Red chill 5 nos

Method

Take a kadhi add ghee. Put on slow flame then add tempring of. Whole spices. Jeeta. Whole red chilly. Slice onions. Cook till brown then add red chilly powder. Turmeric powder. Salt. Gram masala and cook masala properly then add mangodi and rice by adding water cook it properly then add papad on top and chopped green coriander and served in meal

Marwadi moong dal roti
मारवाड़ी मुंग दाल रोटी

Traditional food of Rajasthan it is mostely eaten in breakfast made with local spice home grown lentels and served with home made curd and white butter

Ingredients

Atta 1 kg

Boild moong dal 300 gm

Salt 10 gm

Turmeric 5gm

Redchilly powder10 gm

Chooped onion 50 gm

Chooped green chilly 20gm

Chooped corinder 10 gm

Ajwain 5 gm

Jeera 5 gm

Method

Take big utensils add atta. Boiled moong dal. Salt. Redchilly. Turmeric. Onion. Green chilly. Corinder. Ajwain. Jeera mix it properly need dough it properly with water then add oil on it divded in equal size and make paraths cooked on tawa with aplly ghee on it and served with white butter and curd in breakfast

Mewadi matria magaj masala
मेवाड़ी मतीरा मगज मसाला

Traditional food of Rajasthan it is in summer time and rainy season in dessert area bumper production of melon and every house they store melon sheed to sell in market and some for next season and some of them for home cooking use in curry and snacks

Ingredients

Melon sheed 500 gm

Chooped onion 250gm

Chooped green chilly 20gm

Chooped tamato 100 gm

Chopped corinder 20 gm

Lemon 3 nos

Chat masala 5 gm

Black salt

Red chilly powder 20 gm

Method

Rosted melon sheed on tawa then cool it then add redchilly powder. Salt. Black salt. Chat masala. Chooped onion. Chooped green chilly. Chooped tamato. Fresh corinder. Lemon juice. Mix it properly and serve as a snacks at home

Mewadi atta ka malpua
मेवाड़ी आटे का मालपुआ

(whole wheat deep fried pancakes with reduce milk)

Traditional food of Rajasthan it is made in Rajasthan older time in social event witch is made by jaggri and wheat flour and served with rabri and you can eat without rabri also

Ingredients

Atta 500 gm

Jaggri 250 gm

Ghee for fry

Milk reduce mawa rabri 250 gm

Dry fruits 50 gm

Milk 250 gm

Method

Mix wheat Atta dough with milk and jaggri water and mix it properly and keep it side for six hours

Step 2

Take flat Kadhi and add ghee in it and heat on slow flame then add batter in hot ghee by small round like pancake and take it out

Step 3

Rabri

Take Kadhi and add 2 literally milk cooked it properly then reduce it then add little jaggri and cooked it then cool it served on malpua

Mewadi mirch ke kadi
मेवाड़ी मिर्च की कड़ी

(chilly cook with spices and buttermilk and sundry and again cook with curd base curry with Rajasthan spiced)

Traditional food of Rajasthan it is chilly famous chilly call mathania chilly in Rajasthan people grow chilly and for home use extra chilly boiled in butter milk and sun dry it then keep for home use can be use for year it is and village food they don't have vegetable market nearly so they store every green vegetable for year

Ingredients

Green chilly 1kg(boiled in butter milk with salt and sun dry)

Curd 250 gm

Besan 100 gm

Salt 10 gm

Turmeric 5 gm

Yellow chilly 5 gm

Hing

Musterd sheed 5 gm

Corinder whole 5 gm

Jeera 5 gm

Onion 50 gm

Garlic 20 gm

Corinder fresh 50 gm

Hing 1 gm

Ghee 50 gm

Method

Take a kadhi add

Ghee. Tempering of Hing. Whole redchilly. Mustard seed. Jeera. Corinder whole.curry leaves Then add powder masala redchilly. Turmeric. Salt cooked for some time then add besen mix curd cooked it properly then add sun dry chilly cooked for some time then add fresh corinder then served with rajasthani food

Mewadi khajur or khakas ke laddu
मेवाड़ी खजुर और खसखस के लड्डू

(popy sheed and dates mewari sweet laddu)

Traditional food of Rajasthan near by aravali mountain in half of Rajasthan some of people grow affim and they get sheeds from home products witch is called popy sheeds use in cooking and in mewar region now days fresh daits also seasonal some of Royal family they make laddu with popy sheeds. Fresh khajur. And dry fruits it is very health

Ingredients

Fresh daits(peeled and puree) 500 gm

Popy sheeds 500 gm

Dry fruits. (Almond.casunut.) grind 500 gm

Ghee 250 gm

Jaggri 400 gm

Cardmum powder 5gm

Method

Rosted popy sheeds and almonds. And Cashunut on slow flame and grind it properly

Take havy bootom kadhi add ghee then add grind almond casunut. Popy sheeds cooked it for some time then add fresh daits puree after some time add jaggri and cardmum powder cooked it properly then cool it for 30 minutes and make laddu and served in family for after meal and you can store it also. For some time for daily use

Maas ke sulley
मांस के सुले

Traditional food of Rajasthan it and old time in rajput family people love to eat hunted meat at home and when they are traveling to another place and rajput family have hobbies of hunting at evening every day they have innovative this dish witch is very popular now day in hotels in Rajasthan now days are making of sulley is about lamb meat

Ingredients

Lamb 1 kg

Butter milk 1lt

Kachari powder 50 gm

Ginger. Garlic paste 50 gm

Salt

Red chilly paste 100 gm

Musterd oil 50 ml

Gram masala 20 gm

Brown garlic paste 50 gm

Clove powder 5 gm

Hung curd 100 gm

Method

Maranite lamb with ginger garlic paste. Kachari powder. Salt. Redchilly paste. Soke in butter milk for 6 hours

Next day make Maraniteion with hung curd musterd oil. Redchilly paste gram masala. Clove powder. Brown garlic paste. Then add maranite lamb in it then

smoked with clove and ghee keep maranite lamb for 6 hours then put in squeers and grill on wood Fir served with mint chutney and red chilly chutney

Mewadi Makki ke bharwa mirch
मेवाड़ी मकाई की भरवा मिर्च

(stuff banana chilly with makki atta and Rajasthan spices and cook)

Traditional food of Rajasthan mewar region where you get different kinds of stuff chilly dry vegetable in every house of mewar region village people use a makki ka atta stuff chilly witch is mix with rajasthani spice cooked on slow flame on mud pot of wood fire people us to have makki currys and vegetable and bread are very popular

Ingredients

Banna chilly 1 kg

Makki Atta 250 gm

Ghee. 100 gm

Redchilly 10 gm

Turmeric 5 gm

Hing 1 gm

Salt 10 gm

Ajawin 3 gm

Jeera 3 gm

Crush coriander 3 gm

Onion chooped 100 gm

Green chilly 20 gm

Chopped green coriander 20 gm

Method

Clean and make pockets on banana chili ans keep by side

To make stuffing

Take kadhi add ghee. Add tempring of hing. Jeera. Crush coriander. Ajawin. Then add tempring of chopped onions. Chopped green chili. Red chilly powder. Turmeric powder. And makki atta rosted it with spices and mix it and Cook it properly by adding water and chopped green coriander and take it out and stuff banana chili🍌🍌🍌

Take a tawa add little ghee. In it add tempring of hing. Little jeera. Add stuff chilly and salt Cook it properly and add lemon juice and served in meal with Rajasthan bread

Mewadi gud till ke dupad roti
मेवाड़ी गुड तील की दुपड रोटी

Traditional food of Rajasthan it is mostely consume in winter time when winter has been start after all crops get from farm to home and new crops has been grow at that time is little bit free time and diwali and Makersakaranti between time mostly consumed it is not in Cltchure now days and it is missing now days

Ingredients

Atta 1 kg

Jaggri 250 gm

Til 250 gm

Salt

Water

Ghee 100 gm

Method

Need atta doudh and make meadum size pada keep it for some time

Rosted white till on slow flame and cool it by side then add crush or grated jaggri and make mix witch can be easily flat

Take a atta pada apply mixcher on one side then joint both inside make it flat by rolling pin by slow and cooked on tawa properly by adding ghee when you cooked leayer come out open it and make it presentibal and served with rajasthani food curry

Marwadi masaladar mangodi
मारवाड़ी मसालेदार मंगौड़ी

(sun dry moong dal dumpling with rajasthani spice)

Traditional food of Rajasthan it is made in every house when you have a good production of moong dal and they make this kind of food witch can help from weather and when you don't have any vegetable because of summer you cannot grow any vegetable

Ingredients

Ghee 100 gm

Mangodi 500 gm

Hing 1 gm

Onion 100 gm

Garlic 50 gm

Ginger 10 gm

Green chilly 50 gm

Redchilly 10 gm

Turmeric 5 gm

Salt 10 gm

Corinder powder 20 gm

Gram masala 5 gm

Fresh corinder 50 gm

Curd 100 ml

Method

Take heavy bottom kadhi add ghee heat it and put mangodi fry it add take it out and cool it

Again kadhi add ghee. Jeera redchilly whole. Onion. Green chilly. Garlic. Ginger.saute it till golden brown then add redchilly powder. Turmeric. Salt. Corinder powder. Curd cooked it properly then add mangodi cooked it for some time then add gram masala and cooked for some more time till mangodi soft and add fresh corinder then served with rajasthani bread

Marwadi Bajra ka kichadi
मारवाड़ी बाजरा का खिचड़ा

(Millet cook with ghee and jaggery in Marwadi style)

Traditional food of Rajasthan an it is in Rajasthan normally made in tempels for and local good tempels to make good wish for village and sosicitay and village pepols have get together also they make and kind of seasonal grain cooked with ghee and jaggri and served to those people who comes to tempels

Ingredients

Millet 1 kg

Ghee 250 gm

Jaggri 500 gm

Water for Boling

Cardamom powder 10 gm

Dry fruits 100 gm

Method

(1) Clean millet and some it for 4 HRS in normal water

(2) Take a handi add soke millet change water and put it for boilng and cook it properly

(3) Take a kadhi add Ghee in it and add boiled millet cook it and mix it properly cook till no water and grain cook properly then add jaggery and green cardamom powder and dry fruits mix it and cook it properly then take it out and served in meal with extra ghee and jaggery

Marwadi sev ke sabzi
मारवाड़ी सेव की सब्जी

Traditional food of Rajasthan as fomus about savery food items witch can store and use all over year and when non seasonal vegetable days pepols have innovative many combination of food and curry witch are use in daily life use

It is normally found in village food

Ingredients

Namkin medim size 250 gm

Ghee 50 gm

Hing 1 gm

Jeera 3 gm

Onion 50 gm

Garlic 10 gm

Tamato 50 gm

Redchilly 5 gm

Turmeric 3 gm

Corinder powder 10 gm

Salt 10 gm

Green chilly 20 gm

Fresh corinder 20 gm

Method

Take kadhi add ghee. Hing. Jeera. Onion. Garlic. Green chilly. Tamato cooked it some time then add redchilly powder. Turmeric. Salt. Corinder powder again

cooked it for some time and add namkin and fresh corinder and cooked it properly and served with rajasthani bread and by side put on top for chrispy

Mewadi arbi ke kadi
मेवाड़ी अरबी की कड़ी

Traditional food of Rajasthan in Rajasthan mostly curry are made by curd base because of their temperature and atmosphere and more of home cattle milk products has Ben use with local spice and make different curry with seasonal vegetable and non seasonal vegetable and some can be store food cannot to be spoiled

Ingredients

Arbi 500 gm

Ghee 50 gm

Hing 1 gm

Whole redchilly 5 nos

Jeera 5 gm

Corinder whole 5 gm

Musterd sheed 5 gm

Onion 50 gm

Garlic 10

Green chilly 20 gm

Curd 250 gm

Besan 100 gm

Fresh corinder 50 gm

Yellow chilly powder 10 gm

Turmeric 10 gm

Salt 15 gm

Method

Boiled and peeled arbi and cut in small pec.

Curd and besen mix it properly with add water

Take handi add ghee and tempering of hing. Jeera. Whole redchilly. Corinder whole. Musterd sheed. Then add garlic. Onion. Green chilly cooked for some time then add yellow chilly powder. Turmeric. Salt and curd and besen mix cooked it for some time then add arbi again cooked it properly then add fresh corinder and served rajasthani bread

Mewadi gulab churma
मेवाड़ी गुलाब चुरमा

(rose 🌹 pettels flover wheat grain dough rosted and grind mix with jaggri and rose petals Rajasthani sweet)

Traditional food of Rajasthan mostly it's is made in mewar region near by haldi gathi where history great bettel happen between maharana pratap and mugal akbar in haldi gathi you can find good quality of rose witch is grow by warrior of akbar after who sattel near village and rose has bin use in local cuisine in mewar one of from gulab churma is also from that's time food innovative witch is now days is very popular

Ingredients

Atta big grain 1 kg

Ghee 500gm

Cardmum 10 gm

Rose petals 20 gm

Jaggri 500 gm

Method

Take atta add ghee 200 gm mix it by adding waram water dough to be tignt after that make a small bati size small you can rost it in oven for 30 minutes on 180 d then cool it and graind it properly and add greted jaggri and ghee and cardmum powder and rose petals and served with rajasthani food

Mewadi till ra laddu
मेवाड़ी तिल या लड्डु

(white sesame seeds rosted and grind then mix with jaggery make Laddu)

Traditional food of Rajasthan it is normally made in winter time when winter start every house grandparents make Laddu for winter to make healthy life

Ingredients

White till 1kg

Jaggri 600 gm

Method

(1) Take a kadhi add till sheed cook on slow flame till crack then take it out and cool it and keep by side

(2) Grind till on silbatta and take it out in mixing bowl

(3) Add jaggery by warm it and mix it properly

(4) Make Till laddu and keep in cool place and store it

(5) Hake laddu with meal in winter season

Mewadi ankurit kala chana paneer burji
मेवाड़ी अंकुरित काला चना पनीर भुर्जी

Traditional food of Rajasthan it is normally made by village people when you have a extra milk in house by home cattels make fresh cheena for home use in curry. Breakfast and dessert witch have innovative by village people and today this recipe is fresh cheena cooked with sprouts kala chana and rajasthani spice

Ingredients

Milk 2lt

Kala chana 200 gm

Onion 50 gm

Tamato 50 gm

Green chilly 20 gm

Fresh corinder 50 gm

Leamon 100 gm

Turmeric powder 5 gm

Redchilly powder 5gm

Salt 10 gm

Ghee 50 gm

Method

Making of kala chana sprouts

Soke kala chana for over night in water keep it in warm place then drain water and keep chana for making a sprouts for 2 days by cover clothes on top

Making of fresh cheena

Take handi boiled milk properly then add fresh leamon to milk and curdel a milk and drain water of milk in stariner and keep cheena by side

Method of burji

Take kadhi add ghee. Jeera. Onion chooped. Green chilly chooped. Sprouts kala chana. Tamato chooped. Cooked it sometimes then add turmeric powder. Redchilly powder. Salt again cooked it properly then add fresh cheena cooked it then add fresh corinder and served in breakfast

Mewadi murg makki ka soyeta
मेवाड़ी मुर्गा मकाई का सौयता

(Mewari hunting style wild chicken cook with Mewari corn and spices in Rajasthan style)

Ingredients

Country chicken 1kg

Makka grain 200 gm

Ghee 100 gm

Whole spices 10 gm

Whole red chilly 10 nos

Chooped onion 200 gm

Garlic 50 gm

Chooped green chillies 50 gm

Ginger garlic paste 50 gm

Redchilly powder 20 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Salt 15 gm

Gram masala 10 gm

Curd 100 ml

Fresh corinder 50 gm

Method

(1) Clean and cut all vegetables and keep by side

(2) Soke whole makki grain in normal water for 6 HRS the boil it properly and keep by side

(3) Marnite a chicken with salt ginger garlic paste spices and curd and keep by side for 2 HRS

(4) Take a handi add ghee in it and add tempering of whole spices and whole red chilly till crack the add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time till golden brown then add marnite chicken salute till ghee comes on top and add turmeric powder salt and Red chillies powder cook chicken, half then add boil makki grain mix it properly then Cook it properly by adding gram masala and chooped green coriander and take it out and served in meal

Marwadi moong dal pakoda

मारवाड़ी मुग दाल पकौडा (

Marwadi region moong dal soke and grind it mix with herbs and spices and dip fried)

Traditional food of Rajasthan it is normally made in rain season and normally make in evening snacks it is call as ram laddu also in Rajasthan of some places it is gluten free food and healthy

Ingredients

Moong dal 500 gm

Green chilly 50 gm

Ginger 20 gm

Garlic 50 gm

Fresh corinder 20 gm

Corinder sheeds 5gm

Jeera5 gm

Ajwain 5 gm

Salt 20 gm

Turmeric 5 gm

Redchilly powder 10 gm

Chooped green coriander 50 gm

Kasuri methi 10 fm

Oil for fry

Method

1) soke a Moong dal for 6 hrs in normal water then drain water and keep by side

(2) Take a mixing bowl add moong dal and above ginger.green chillies coriander mix it and grind in silbatta or mixcar grinder grinder it properly and keep by side

(3) Mix rest of spices and keep for 2 HRS by side

(4) Take a kadhi add oil in it put on slow flame and add dumpling of Moong dal in oil cook it properly on slow flame and take it out and served in meal with green chutney

Mewadi kala chana gugri
मेवाड़ी कला चना घुघरी

(black gram cook with spices in Rajasthan style)

Ingredients

Black chana 1 kg

Ghee 100 ml

Jeera 10 gm

Whole red chilly 5 nos

Chooped onion 250 gm

Chooped garlic 50 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Amchur powder 10 gm

Gram masala 10 gm

Chooped green coriander 50 gm

Lemon

Method

(1) Soke Kala chana in normal water for 6 hrs then drain water and another water by adding salt and put it for boilng and boil it properly then keep by side

(2) Cut all vegetables and keep by side

(3) Take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time then add boiled kala chana mix it and add powder masala turmeric powder salt and Red chillies powder coriander powder gram masala amchur powder mix it properly and cook it some time then add lemon juice and chooped green coriander then served in meal

Marwadi Hing dhaniya pithore
मारवाड़ी हिग थनीया पितौड

Traditional food of Rajasthan it is normally made in village and it is very popular dish witch can be made easy and made in non seasonal vegetable in house it is normally made by besen and curd and rajasthani spice cooked it and set it and make curry and dry preparation at home

Ingredients

Besen 250 gm

Ghee 100 gm

Jeera5 gm

Whole corinder 5 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Onion 50 gm

Green chilly 20 gm

Fresh corinder 50 gm

Curd 250 ml

Water 500 ml

Method

For pethore

Mix curd. Water and besen properly and keep by side then take handi add ghee. Jeera. Hing. Corinder whole. Onion. Green chilly. Saute it then add redchilly powder. Turmeric powder. Salt. And besen curd mix cooked on slow flame

properly till cooked and add fresh corinder and put in tray for set and cool it and cut in pec

This preparation

Take kadhi add ghee. Hind. Jeera. Whole corinder. Onion. Green chilly. Redchilly powder. Turmeric powder. Salt. Fresh corinder and add pithore cooked it for some time and served with rajasthani bread

Marwadi Bajra dhood ka dalta

मारवाड़ी बाजरा दुध का दलीया

(Millet cook with milk and jaggery in Rajasthan style)

Traditional food of Rajasthan and oldest grain of India**IN** it is very healthy and gluten free food millet cooked with fresh milk now day it is good trend of healthy food so this is old recipe witch is from Rajasthan make you healthy and fit

Ingredients

Millet 500 gm

Milk 2 lt

Water

Ghee

Jaggri

Method

(1) Graind millet and remove skin part of millet and soak in milk for 2 HRS

(2) Boil Millet with milk properly then add some ghee and jaggery you cand add dry fruits and green cardamom powder on your choice cook it properly then take it out and served in breakfast

Khoba Roti or lal maas
खौबा रोटी और लाल मांस

(Rajputana style warriors bread made mix of flour and spices and with fancy design with finger cook on clay pot served with ghee and Rato Maas)

Traditional is bread of Rajputana and warriors bread because of travel and food cand stay longer time and eaten with curry and ghee and stable food witch give more energy and healthy

Ingredients

Wheat flour 500 gm

Makki atta 200 gm

Bajra atta 100 gm

Jawar atta 100 gm

Besan 100 gm

Redchilly powder 5 gm

Turmeric powder 5 gm

Salt 10 gm

Jeera 5 gm

Corinder whole 5 gm

Ajwain 5 gm

Sauf 5 gm

Fresh corinder 20 gm

Green chilly 10 gm

Chilly flack5 gm

Ghee

Method

(1) Take a mixing bowl add all flour and mix it and add above ingredients mix it and keep by side

(2) Take a parat add flour and spices mix make dough by adding water make tight dough and keep by side for rest dough for 30 minutes

(3) Divied dough in equal size and keep by side applying oil on top

(4) Take a clay pot Tawa put put on fire on slow flame

(5) Make a bread little thick and put in tawa cook on slow flame and one side make khoba by finger till bread get shape then tern on other side and cook on slow flame properly all bread and keep by side

(6) After cooking bread tip bread in ghee and served with Nalli Lal Maas

Maas potli samosa
मांस पौटली समौसा

(lamb mince money bag samosa(

Traditional food of Rajasthan it is normally made in Royal family for rajput they are nonveg eater and savery food is very popular in Rajasthan you can find tringal samosa but it is order recipe witch is made and shape given to samosa of money bag witch is normally found in Rajasthan old times it is different and attract more then regularly samosa

Ingredients

For sttuffing

Lamb mince 500 gm

Onion 50 gm

Ginger garlic paste 10 gm

Green chilly 10 gm

Mint10 gm

Redchilly 10 gm

Turmeric 5 gm

Corinder powder 10 gm

Salt10 gm

Ingredients for samosa

Maida 500 gm

Ghee 100 ml

Ajawin 5 gm

Salt10 gm

Method

Need a madia dough take madia mix ajawin and salt. Ghee. Mixed with warm water and keep by side

Stuffing mixcher

Take kadhi add ghee. Onion. Cooked till onions broun then add ginger garlic paste. Lamb mince cooked for some time then add Redchilly powder. Turmeric. Salt. Coriander powder cooked it properly then add green chili and fresh mint and chopped onions keep for cooling

Then make make samosa pada like small size and stuffed with lamb mince and deep fry in oil on slow flame and served with mint chuthey

Kaccha papeta ka meetha acchar
कच्चे पपिते का मिठा आचार

(raw papaya sweet pickel)

Traditional in Rajasthan food people use more pickel because of their lives in very hot temperatures and you can't grow vegetables all time and when you have any home products witch is extra they have make pickel for home use witch can be eaten all over year with food

Ingredients

Raw papaya 1 kg

Jaggri 650 gm

Onion sheed 5 gm

Fennel sheed 5 gm

Chinimon 10 gm

Star aniseed 5 gm

Bay leaf 5 nos

Redchilly powder 10 gm

Turmeric 5 gm

Black salt 10 gm

Leamon juice 100 ml

Red chills whole 5 nos

Method

Take kadhi on slow flame add fennel sheed. Onion sheed. Ba leaf. Chinimon. Star aniseed.red chilly Dry rost for some time then add peeled and slice papaya and cooked it for some time then add jaggri and black salt cooked it properly and cool it and keep in pickel pot after one week you can have with food it is healthy and oil free pickel

Mewadi amrud ke sabzi
मेवाड़ी अमरुद की सब्जी

(Mewar Region mansoon guava cook with spices in Mewari style)

Fruits curry of Mewar

Ingredients

Amrud 1 kg

Ghee 50 ml ml

Jeera 5 gm

Redchilly whole 5 nos

Green chili 20 gm

Tamato 100 g

Ginger 20 gm gm

Fresh corinder 20 gm

Redchilly powder 10 gm

Turmeric 5 gm

Black salt 10 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Sugar 10 gm

Method

(1) Clean and cut Amrud in equal dice and keep in normal water by adding self and sugar

(2) Take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped ginger chooped green chillies salute it' some time then add dice Amrud and chooped tamatar saute it some time then add turmeric powder salt and Red chillies powder and coriander powder mix it and Little water cook masala properly then add some more water cook it properly then add chopped green coriander and take it out and served in meal with Rajasthan bread

Shakkar para
संकर पारा

(Rajasthan wheat bread made jaggery and wheat with fennel and ghee and cut in choice and Deep fry)

Traditional this bread is made during colour festival Holi and it can be eaten during festivals and normal people eat during evening time with tea and served to other people with Holi celebration

Ingredients

Atta 1 kg

Jaggri 500 gm

Fennel powder 20 gm

Water

Ghee 100 ml

Method

(1) Take a mixing bowl add above dry ingredients and Mix it properly

(2) Add water and jaggery water to make tight dough and keep by side for 30 minutes

(3) Divied in to equal size and roll with rolling pin and cut in choice of size and Deep fry in oil till golden brown

(4) Cool it and store it and served in meal

Adarak ro meetho atano
अदरक रो मिठौ अताणौ

(sweet ginger pickel)

Traditional food of rajasthan people love to eat pickel with daily meal because of less of green vegetable all time so they inovite different kind of things witch can help them make thear meal good

Ingredients

Fresh ginger 1 kg

Jaggri 800 gm

Chinimon 20 gm

Baleaf 5 nos

Star aniseed 10 gm

Fennel sheed 20 gm

Onion sheed 10 gm

Redchilly powder 10 gm

Turmeric 5 gm

Black salt 20 gm

Method

Clean and wash ginger then slice ginger and pot on boiling by side rosted all spice on slow flame on pan then add red chilly powder. Turmeric. Black salt then add boiled ginger again cooked for some time then add jaggri cooked it properly it should be liquid not dry and keep it by side cool it and keep in pickel jar for 1 week

Kachori chaat
कचौड़ी चाट

Rajasthan very popular streets food of Rajasthan and Rajasthan is very famous about savery food witch you can find on the street on town and in socal events at home make this kind of chat and in Rajasthan you have many variety of chat because of mostly people in Rajasthan 70 percent are Vegatrain eater so people eat Vegatrain snacks and all over india savery food from Rajasthan is very popular I think you will love this recipe

Ingredients

Kachori 5 nos

Sweet curd 100 gm

Namkin 50 gm

Pomegranates sheed fresh 50 gm

Mint chutney 50 ml

Saut chutney 50 gm

Method

Make kachori at home and cool it then some of them cut in pec and keep in serving bowl then add sweet curd on top then add namkeen topping and put some mint chutney and sout chutney then make garnish with fresh pomegranate sheed then served chat before

Kangani taramera re kichadi
कांगणी तारा मिला री खिचड़ी

(Amaranth cook with spices and aragula with spices in Rajasthan style)

Healthy recipes of Mewar region

Traditional food of Rajasthan there's is an very good quality of red amaranth millet is kagani and another crop grow in winter taramera know as a aragulla both are very healthy it is use in village old days now days it is missing in village and you can find these ingredients in good hotels and making good healthy food by Young chef

Ingredients

Kagani (red amaranth)500 gm

Taramera (aragulla leaf) 100 gm

Jeera 5 gm

Ginger 20 gm

Garlic 50 gm

Green chili 50 gm

Chooped onion 100 gm

Salt 20 gm

Fresh corinder 50 gm

Ghee 100 ml

Method

(1) Clean and cut all vegetables and keep by side

(2) Wash kangani and boil it with normal water by adding salt and cook it properly then take it out and cool it

(3) Take a kadhi add Ghee in it and add tempering of jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time then add aragula Cook it some time then add salt and kangani mix it properly then Cook it properly then add chopped green coriander leaves and take it out and served in meal

Mewadi makki ke roti
मेवाड़ी मकाई री रोटी

(Mewari corn bread cook on clay pot in traditional style)

Traditional food of Rajasthan mewar region and it is normally consume in winter time and it is village people food where they don't need any curry with bread at farm some time eaten with ghee. Jaggri. Garlic chutney. And mukka payaz and it is best combination of this bread and it is cooked on clay tawa and on wood fire

Ingredients

Makki atta 1 kg

Salt 20 gm

Warm water

Method

(1) Take a parat add makki atta mix with salt and keep by side

(2) Take two or three bread atta make dough and divide in equal size then roll with hand and cook on clay pot Tawa one by one all and keep by side

(3) Served with ghee.garlic chutney. Mukka payaz jaggery in traditional style with Rajasthani food curry

Kheer or khameeri purri
खिर और खमिर पुड़ी

(Rajasthani style rice pudding served with over night fermented dough fried in oil)

It is food mostly consume in rain season where you can enjoy your meal at home in village in mostly every house have enough milk so they make kheer and for poori is also best time for Formantacion because of Humunety you can get right temperature and atmosphere it is better combination of the kheer and khammeri poori

Kheer

Ingredients

Rice 100 gm

Milk 2 lt

Suger 250 gm

Card number powder 5 gm

Dry fruits 50 gm

Khammeri poori

Atta 1 kg

Suger 50 gm

Salt 10 gm

Oil 50 gm

Suji 50 gm

Curd 100 ml

Method kheer

(1) Take a milk put on boiling cook Till boil then add broken rice grain

(2) When rice cook properly then add green cardamom powder and jaggery till cook properly

(3) Add dry fruits mix it and keep by side

Khammeri poori

Take atta add salt and suger water and curd and oil mix it properly then make atta dough by adding warm water when dough Don keep by side for over night and make small pada flate with hand and deep fry in oil

And served as a break fast with kheer and khammeri poori

Ankurit moong masala
अंकुरित मुंग मसाला

(green moong dal sprouts mix with spices and herbs in Rajasthan style)

Healthy food and healthy salad you can have in breakfast and other meal as a salad

Ingredients

Green Moong dal 200 gm

Chooped onion 100 gm

Chooped green chili 50 gm

Chooped tamato 100 gm

Chooped corinder 50 gm

Leamon 5 nos

Redchilly powder 5 gm

Black salt 20 gm

Chat masala 10 gm

Method

Making of sprout of dal soke moong dal in normal water for over night and next day drain water and dal keep in bowl and cover with wet clothes and keep it in warm place after 24 hrs take it out and make salt and extra you can use for next day

Take bowl add sprout moong add. Chooped tamato. Chooped onion. Chooped green chili. Salt. Redchilly powder. Chat masala. Leamon juice and served in meal

Rajwadi dholo maas

रजवाडी धौलौ मांस

(Royal cusine of Rajputana hunting style meat cook with curd base curry with mild spices and almond and popy sheed)

One of the most popular dish of red meat preparation in Rajasthan is mostly made in rajput Royal family it is very rich and flavors full and it is normall made in rajput Royal family weeding and socail events and now days in hotels in India also very popular dish

Ingredients

Mutton curry cut 1 kg

Almond paste 100 gm

Garlic paste 50 gm

Poppy seeds 50 gm

Ghee 200 ml

Red chilly whole 5 nos

Green chilly 50 gm

Fresh corinder 20 gm

Black peeper 5 gm

Boiled onion paste 200 gm

Whole spice 5 gm

Salt 10 gm

Curd 100 ml

Whole spices

Method

Take a handi add boiling water and add mutton Curry cut blanch for 5 minutes till blood is not there and extra dirt

Take a handi add ghee. In it put on slow flame  and add tempring of green cardmum. Baeleaf. Black paper in tempring then add garlic paste. Cook it some time then add mutton saute it some time then add salt curd. Boil onions paste Cook it 75 percent then add a almond paste and poppy seeds paste cook it properly by adding black pepper powder. And in end add tempring of whole red chilly. Whole green chili saute in ghee and put in top mix it and add chopped green coriander and finish it and served in meal with Rajasthan bread

Sauat ke laddu

सौठ के लड्डू

Normally in Rajasthan every house in village those people suffer from cold at home they make these laddu for winter keep there body safe for winter and it is healthy food it is cnusume in breakfast and it is made by women would are old in home because of their experience and good knowledge about food and it is now days missing now days every people use medicine all time if we use these it can help us

Ingredients

Ghee 500 gm

Dry ginger powder 250 gm

Dry fruit 1 kg

Jaggri 500 gm

Method

Graind all dry fruits properly then take kadhi add ghee heat it then add dry fruits powder cooked for some time then add dry ginger powder again cooked it and add jaggri cooked it properly and keep it by side when it is cool make small laddu snd keep it in cool place and served for family in winter time in meal

Rajwadi kesariya chawal
रजवाडी केसरिया चावल

(rice cook in saffron and ghee with mild spices and suger)

Traditional in Rajasthan rice is made in occasion and festival or any time guest comes to home that time they make rice perception because of less production of rice and they have to by from another place at older time now days are available and making different warity of rice and one of vey popular rice Pepericatio

Ingredients

Rice 500 gm

Ghee 250 gm

Saffron . 1 gm

Suger 400 gm

Cardmum powder 5 gm

Dry fruits 100 gm

Fresh coconut 50 gm

Whole spice 10 gm

Shai jeera 10 gm

Milk 1 lt

Method

Take a kadhi add ghee. Whole spice. Shai jeera. Then add raw rice saute in ghee for some time then add milk in it cooked it for some time then add dry fruits and saffron. Cardmum powder. When rice are 80 percent cooked then add suger and cooked it properly and garnish with fresh coconut and dry fruits and served in meal

Marwadi taramera ra pakoda
मारवाड़ी तारामिरा रा पकौडा

(aragulla mix with Rajasthan spices and gramflour and deep fry in oil)

Rainy season spical snacks and healthy food

Traditional in rainy season every house make pakoda witch consume and it can be healthy it will help you get better your life so in Rajasthan aragulla is grow in more and but it is grow in winter time now day you can get aragulla in super market witch you can buy and make healthy pakoda at home

Ingredients

Aragulla 250 gm

Salt 10 gm

Redchilly powder 5 gm

Green chilly 10 gm

Corinder fresh 20 gm

Chooped onion 100 gm

Jeera 5 gm

Ajwain 5 gm

Oil for fry

Besen 250 gm

Turmeric powder 5 gm

Method

Cut aragulla leaf in small shereted and take mixcing bowl add besen salt redchilly powder. Turmeric. Jeera. Ajwain. Fresh corinder. Chooped onion. Chooped green chilly. And aragulla leaf mix with water keep for 30 minutes then make pokoda by deep fry on slow flame and served with mint chutney and saute chutney

Marwadi Bajra ke raab
मारवाड़ी बाजरा की राब

(millet cooked with buttermilk)

Traditional food of Rajasthan and it is very popular every house have there home millet and home cattel milk products every house they make ghee and white butter and left butter milk cooked with local grain and use in daily meal and now days in hotels use as a soup normally in Rajasthan people use in summer cold and in winter hot and it is help you from atmosphere and it is healthy and gluten free and they cooked in clay pot and with wooden laddel

On wood fire

Ingredients

Butter milk 2 lt

Millet 250

Salt 20 gm

Roasted jeera powder 10 gm

Water 1 lt

Method

Take medium size clay pot add butter milk and cooked on medium flame and ster it continues when boiled come then add millet and cooked it properly for 2 hours then add salt and rosted jeera powder and served in daily meal

Rajwadi Dubara dhak ke kadi
रजवाडी दुबारा दाख की कड़ी

doobel distel home made wine soke raisins Yougard base curry)

Traditional food of Rajasthan it is made in rajput Royal family older time that time they have home made wine witch is use for there home use and some time they soke some dry fruits in them for use and some time they make home food on family occasion to celebrate with family and friends

Ingredients

Alcoal soke raisins 200 gm

Besen 100 gm

Butter milk 500 ml

Salt 10 gm

Turmeric 5 gm

Redchilly whole 5 nos

Curry leaves 10 gm

Green chilly 20 gm

Hing 1 gm

Onion chooped 50 gm

Fresh corinder 20 gm

Jeera 5 gm

Crush corinder 5 gm

Mustard seed 5 gm

Green 50 gm

Method

Take kadhi add ghee tempring of hing. Whole redchilly. Jeera. Corinder. Curry leaves. Green chilly. Onion. Garlic. Cooked it some time then add turmeric. Salt. Besen mix butter milk cooked it properly then add alcohol soke raisins

Again cooked it properly then add fresh corinder then served with rajasthani bread

Marwadi namkeen ke bharwa roti
मारवाड़ी नमकीन की भरवा रोटी

(Wheat bread stuff with Marwadi Namkeen and spices and cook on Tawa)

Traditional in Rajasthan namkeen is very famous in Rajasthan in Jodhpur and Bikaner and nearly district where you can find many kind of namkeen and use in curry and many kind of food preparation witch is innovative by local people because of less of vegetables source

Ingredients

Namkeen mix 200 gm

Atta 500 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 3 gm

Chooped onion 100 gm

Chooped green chilly 50 gm

Chooped corinder 20 gm

Ajwain 5 gm

Chooped ginger 10 gm

Kasuri methi 5 gm

White butter 50 gm

Curd 100 gm

Method

(1)Take Atta in mixcing bowl and add salt. Water.a d ajwain turmeric powder and Red chillies powder Mix and make dough and cut in small dough equal size rest for 30 minutes

(2) Make a stuffing of paratha take a mixing bowl add Namkeen and rest ingredients stuff in paratha and roll it' with rollin pin and cook on Tawa with applying ghee and served with pickle

Marwadi maas Bajra ka kichadi

मारवाड़ी मांस बाजरा का खिचडा

(Marwadi millet cook with hunting minced meat and spices in Marwadi style)

Traditional in rajasthan it is cooked in rajput Royal family whear you have different warity of food witch is very famous and similar of biryani preparation and it is healthy food gluten free food and cooked with local spice

Ingredients

Millet 250 gm

Lamb mince 500 gm

Whole spice 10 gm

Onion slice 100 gm

Salt 20 gm

Turmeric powder 5 gm

Redchilly powder 20 gm

Corinder powder 20 gm

Garlic chooped 50 gm

Ginger 20 gm

Green chilly 50 gm

Tamato 100 gm

Mint 20 gm

Fresh corinder 20 gm

Ghee 100 gm

Method

(1) Clean and cut all vegetables and keep by side

(2) Make mutton minced and keep by side

(3) Boil millet with normal water by adding salt cook it properly then keep by side

(4) Take a kadhi add Ghee put on slow flame and add tempering of whole spices whole red chilly jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time till golden brown then add mutton minced Cook it some time till oil comes on top then add turmeric powder salt and Red chillies powder and coriander powder cook masala properly and keema cook properly then add Cook Millet mix it properly then add mints and chooped green coriander cook it some time then take it out and served in meal

Marwadi Bajra ke purri or aloo bajhi
मारवाड़ी बाजरा की पुड़िया और आलू भाजी

(Marwadi millet grain deep fry bread served with spicy potato curry in Marwadi style)

Healthy breakfast and gluten free food in Rajasthan more of millet available in every house and India Oldest grain is millet we have to Inivotiv new food for new trand so now day in home you can make gluten free poori baji it is little difficult to make but healthy food

Ingredients

For poori

Bajra atta 500 gm

Salt 10 gm

Water 250 mp

Oil for fry 1 lt

For aloo baji

Boiled potatoes 500 gm

Salt 10 gm

Turmeric powder 5 gm

Redchilly powder 10 gm

Hing 1 gm

Ghee

Green chilly 20 gm

Tamato 50 gm

Ginger 10 gm

Fresh corinder 20 gm

Jeera

Method of making aloo baji

(1) Boil a patato and peeled and cut in dice and keep by side

(2) Cut all vegetables and keep by side

(3) Take a kadhi add Ghee in it and add tempering of hing jeera till crack then add chopped green chillies chooped ginger saute it some time then add chopped tomato cook it some time then add turmeric powder salt and Red chillies powder cook masala properly then add boiled patato cook it properly then add chopped green coriander and lemon juice

Puri

(1(take a mixing bowl add Bajra atta vnd and salt mix it and make dough with adding water and divide in small size then roll with hand or in butter paper or in any leaf then Deep fry and served in meal with aloo subzi

Mewadi dudhia Makki taramera ro saag
मेवाड़ी दुधिया मकाई तारामिरा रो साग

(Mewar region fresh corn Cook it fresh aragula and with spices in mewari style)

Traditional in Rajasthan mewar region very popular of corn food products because there is all village people grow more crops of corn and many warity of corn food preparation mad and inovite by them and in winter time aragulla also grow so they have cooked good Combinations of this food

Ingredients

Fresh corn 500 gm

Arugula 250 gm

Ghee 100 ml

Jeera 5 gm

Whole red chilly 5 nos

Onion 100 gm

Garlic 20 gm

Ginger 10 gm

Green chilly 50 gm

Turmeric 5 gm

Salt 20 gm

Coriander powder 20 gm

Redchilly powder 10 gm

Method

(1) Clean and cut all vegetables and keep by side

(2) Take out fresh corn a take out fresh corn sheed and keep by side

,(3) take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time then add fresh corn cook and saute it some time then add turmeric powder salt and coriander powder cook it some time then add chopped Taramera leaf cook it properly then add chopped green coriander and lemon juice and take it out and served in meal with Rajasthan bread

Junglee khad ka murga
जंगली खड का मुर्गा

(hunted wild chicken cook on fire and covered with Rajasthan bread and wild tree leafs and cook under earth with fire)

Traditional hunted food of Rajasthan old time Woriors use this kind of food because they save there life from others and atmosphere they have inovite this kind of food witch is hunted and cooked on fire for short time then cover in atta douh with local spice cooked in under earth by cover with wild leaf and when they come back to that point they eat that food and they cannot lighting fire for long time because other can attacked on to save there life they have inovite this food it is missing now day recipe

Ingredients

Chicken 1 kg

Atta 1 kg

Curd 100 gm

Kachari 5 gm

Redchilly powder 50 gm

Gram masala 10 gm

Fresh mint 10 gm

Fresh corinder 10 gm

Black salt 10 gm

Musterd oil 50 ml

Ginger. Garlic paste 20 gm

Leaf for wrap

Lemon 3 nos

Method

Clean and wash chicken and marinate with salt ginger. Garlic paste. Musterd oil. Redchilly powder. Gram masala. Curd. Kachari. Black salt. Leamon juice. Chooped mint. Chooped green corinder for 2 hrs

Atta mix with salt and make chappati

Then wrap marinate chicken with chappati properly after that cover with wild tree leaf and cooked on fire or you can cooked in oven for 30 minutes for 180 d and traditional it is cooked under earth fire and covered it by sand

And served with mint chutney and in lunch and dinner

Marwadi wagara dhai
मारवाड़ी वगारा दही

(curd tempering with spices in Marwadi style)

Traditional in Rajasthan people eat spicy food and if they have a curd preparation also eat spicy either buttermilk. Raita. Or curd they make it spice then eat with meal and one of the very famous curd preparation from Rajasthan is Marwadi wagara Dahi curd tempring with local spice

Ingredients

Hung curd 250 gm

Musterd 3 gm

Jeera 3 gm

Ginger chooped 10 gm

Chooped green chilly 10 gm

Whole redchilly 3 nod

Hing 1 gm

Black salt 5 gm

Fresh corinder 10 gm

Redchilly powder 5 gm

Turmeric powder 3 gm

Ghee 5 gm

Method

(1) Take a curd put in muslin cloth and hang it for over night till water drain

(2) Take it out and keep it by side

(3) Take a kadhi add Ghee in it and add tempering of whole Red chillies hing jeera till crack then add chopped green chillies chooped ginger saute it some time then add curry leaves then add turmeric powder salt and Red chillies powder cook masala properly then add hung curd.ix it and cook Till little warm then take it out and garnish it and keep in cool place after cooling take it out and served in meal

Shakkri shaat ro atano
शिकारी साठं रो अताणौ

(Rajputana style hunting prok pickle made with spices in Rajasthan style)

Traditional food of Rajasthan it is normally in old times people are love to eat hunted meat in rajput family of Rajasthan and they have inovite may preparation of pork and one this is extra meat at home the have sun dry it and make pickel of that meat and use all over years at home spice and local ingredients used it for that time

Ingredients

Small cut pork belly 1 kg

Chana dal 50 gm

Whole peeled garlic 100 gm

Black salt 20 gm

Red chilly 50 gm

Dry mango powder 20 gm

Turmeric powder 10 gm

Whole redchilly 10 gm

Achari masala 20 gm(pickling spice)

Leamon juice 100 ml

Ghee 500 ml

Musterd oil 100 ml

Ginger. Garlic paste 50 gm

Method

Clean pork belly add salt ginger. Garlic paste. Leamon juice. Redchilly powder. Turmeric. Marinate for 1 day then take kadhi add muster oil and deep fry pork belly in it and keep by side cool it then put in pickel spice pot then add whole garlic. Chana dal. Redchilly powder. Turmeric salt and keep by side then take ghee in another pot add punchpuran saute it and cool it and add in to pickel pot

Keep it for 20 days by cover it with muslin cloth and if ghee is less you can add more in it and keep in cool place and you can served

Mewadi makki Mooli re roti
मेवाड़ी मकाई मुली री रोटी

Rajputana Mewar region corn flour mix with fresh radish bread cook on clay pot)

Traditional food of Rajasthan in mewar region where corn is grow in more content and in winter time every house they use makki atta bread with seasonal vegetables radish and with leave and fresh greted and served with garlic chutney and it is very famous food of Rajasthan

Ingredients

Makki atta 1 kg

Radish with leaves 500 gm

Salt 20 gm

Warm water

Ghee for roti 100 gm

Garlic chutney side Accomplement

Mukka payaz 100 gm

Method

Take a mixcing bowl add makki atta. Salt and mix it properly then add some fresh radish leaf and grated radish mix it and need dough with warm water and make roti of that on tawa of clay pot and cooked on wood fire so it is cooked properly then apply ghee on top and served with garlic chutney. Mukka payaz. Created radish by side and eaten with rajasthani food curry

Sabudana kichadi
साबुदाणा खिचड़ी

Normally sabudana kichadi is eaten in fast day witch is not a grain and people are in all over India eat but in Rajasthan nearly by Madhya Pradesh. Gujarat. Aera people are very use to eat in breakfast items and the make many kind of warity of sabudana in daily meal

Ingredients

Sabudana 500gm

Rosted peanut 100 gm

Ginger 20 gm

Green chilly 50 gm

Ghee 100 gm

Chooped corinder 20 gm

Jeera 5 gm

Black salt 10 gm

Onion and tamato 100 gm for regular use

Method

Soke sabudana in normal water for 6 hrs

After that drain water and little dry with paper so it will not stick

Take kadhi add ghee. Jeera. Green chilly. Chooped ginger. Rosted the. Cooked it for some time then add sabudana and black salt cooked it for some time tadd fresh corinder and served in breakfast

Marwadi Bajra ka gulab churma

मारवाड़ी बाजरा का गुलाब चुरमा

(Marwadi millet bread grind and sweet mix with fresh Rose petals and cardamom powder and ghee a d jaggery)

Traditional food of Rajasthan marwar regional where more product of bajra has has Been grow and they have also i food habits of millet grain and use churma in home with bati is also of bajra eaten with dal ghee. Jaggri. And leasun ke chutney

Ingredients

Bajra atta 1 kg

Ghee 500 gm

Jaggri 500 gm

Cardmum powder 5 gm

Rose petals 10 gm

Rose water 10 ml

Method

(1) Make a dough take mixing bowl add Bajra atta and water and some Ghee make tight dough and divide in to equal size and rosted in cow dung fire and keep by side

(2) Cool it and grind Millet bread and add jaggery Rose petals and green cardamom powder and add jaggery in it mix it properly then make Churma by adding Rose water

Served in bowl

Marwadi moong dal halwa

मारवाड़ी मुंग दाल हलवा

(Marwad region splet wash Moong dal grind and cook with ghee and dry fruits and mild spices with jaggery)

Traditional food of Rajasthan and very good famous dessert in Rajasthan normally made in big social events and in marriage party and every house this halwa is made in occasion

Ingredients

Wash moong dal 500 gm

Ghee 500 gm

Jaggery 800 gm

Cardmum powder 5 gm

Dry fruits 100 gm

Mawa 250 gm

Method

Soke moong dal for 4 hrs then drain water after graind the moong dal and keep by side

Take clean kadhi add ghee in it when ghee is warm then add gring moong dal and cooked it properly till colour get Golden on slow flame then add jaggery after that cooked it properly and add dry fruits and green cardmum powder and cooked it properly then keep by side for 20 minutes and after that served in the meal

Marwadi Bajra ka meetha cheela
मारवाड़ी बाजरा का मिठा चिला

(Marwar Region millet grain flour mix with mild flours and jaggery cook on Tawa like sweet pancake)

Traditional food of Rajasthan older time in village are make sweet chilla with local grain attack and it is made in occasion and now days you can found in big hotels shaped are different but people are going back to old food because of allergies and in village is going to be loss I hope if we share this recipe it can be come back in our daily life

Ingredients

Millet atta 500 gm

Jaggri 250 gm

milk 250 ml

Ghee 100 ml

Sauf 5 gm

Green cardamom powder 5 gm

Method

(1) Take a mixcing bowl add milk. Jaggri water mix it properly then add bajara atta mix it properly there should be no lums and keep it for 6 to 8 hrs then add green cardamom powder and sauf mix and keep by side

(2)Take tawa on gas range slow flame add oil or ghee on tawa and put batter of cheela on tawa cooked it from both sides and served in breakfast at home

Marwadi Moong dal ke bharwa tikki
मारवाड़ी मुंग दाल की भरवा टिक्की

(Marwadi lentils tikki mix with spices and herbs and cook on Tawa in ghee)

Traditional food for Rajasthan where you can find many streets food they are serving a aloo tikki but this is tikki is made by me you can make it Is very tasty and craspy very flawer full with rajasthani spice and served with saut chutney and mint chutney

Ingredients

For stuffing

Moong dal 100 gm

Onion 50 gm

Green chilly 20 gm

Redchilly powder 5 gm

Turmeric. 3 gm

Dry mango powder 5 gm

Fresh corinder 10 gm

Fresh mint 10 gm

Ingredients for aloo tikki

Boiled potatoes 1 kg

Rosted chana powder 100 gm

Chooped onion 50 gm

Chooped green chili 20 gm

Chilly flacks

Salt 20 gm

Redchilly powder 10 gm

Turmeric powder 3 gm

Chooped green corinder 10 gm

Method

(1)To make a stuffing soke mong dal for 3 hrs then drain it after that take kadhi add ghee and tempting of jeera. Hing onion. Green chilly. Redchilly powder. Turmeric powder. Cooked it for some time then add moong dal. Dry mango powder. Cooked it properly then salt and fresh corinder and mint and cool it masala by side

Aloo tikki

Greater aloo add green chilly. Onion. Salt. Corinder mint. Chilly flacks. Redchilly powder. Turmeric powder. Rosted chana mix it properly then make a tikki with stuffing of moong dal and deep fry and served with saut and mint chutney in snacks and in meal

Rajasthani masala mathari

राजस्थानी मसाला मठरी

(Crisp savary mix of spices and herbs deep fry bread in Rajasthan style)

Traditional food of Rajasthan it is an street food and village home savery food older time people make snacks at home they don't by from out side witch can store and keep for 1 to 3 weeks after finish they make new and it has bin made by local grain wheat atta with local spice and it is very popular food

Ingredients

Wheat atta 1 kg

Ghee 250 gm

Salt 20 gm

Red chilly flacks 20 gm

Turmeric powder 10 gm

Redchilly powder 10 gm

Dry method powder 10 gm

Oil for fry

Kasuri methi 10 gm

Ajwain 10 gm

Method

Take a mixcing bowl add atta mix warm ghee in it then mix it properly then add salt. Redchilly powder. Turmeric powder. Ajwain. Chilly flacks. Dry methi leaves. Mix and make dough and dough should tight and flate with rolling pin and dock it with fork in all area then cut with round cutter or any another cutter and keep in tray after that take kadhi add oil and put on slow flame and deep fry it on slow flame till golden brown and cool it and served with tea at even

Rajasthani bharwa besan chilla
राजस्थानी भरवा बेसन चिला

(gramflour Rajasthan spices stuff pancakes cook on tawa)

Traditional food of Rajasthan and it is very popular food of Rajasthan where you can find many kinds of chilla has bin made in home by seasonal lentels witch has bin grow at home and make chilla for breakfast and it is an besen chilla witch can be made by besen or chana dal also and stuffing on you choice mostly nong food eater eat panner sweet or spicy and regular people eat with onion paneer and many warity

Ingredients

Chana dal 500 gm

Salt 20 gm

Red chilly 10 gm

Turmeric powder 5 gm

Ginger 20 gm

Green chilly 20 gm

Ajwain 5 gm

For stuffing

Greeted paneer 250

Onion chooped 50 gm

Chooped green chilly 20 gm

Chooped corinder 20 gm

Salt 5 gm

Sweet mango pickel 20 gm

Chooped ginger 20 gm

Method

Chana dal soke it for 6 hrs then drain water then add salt. Redchilly powder. Turmeric powder. Green chilly. Ginger. Mix it and grind it properly and keep batter for 6 to 8 hrs and more spices and seasning and add ajwain and keep batter by side

Take a tawa add ghee on top apply chilla batter by katori Or laddel like dosa but not very flat cooked it from both side little and add stuffing of above ingredients and folde and cooked it properly and crispy from outside and served in breakfast with mint chutney and saute chutney

Mewadi gulab leasan ke kheer
मेवाड़ी गुलाब लहसुन की खिर

(Garlic Cook with milk and dry fruits . rose petals with mild spices in mewari style)

Traditional food of Rajasthan and in food rajasthani people love more garlic in rajput family and they have many realisation in many parts of India of rajput family and food have bin innovative by family they travel many place and look and cook and inovite leasun ke kheer is also very much popular in Rajasthan

Ingredients

Brocken rice 100 gm

Milk 2 lt

Suger 400 gm

Dry fruits 50 gm

Green cardmum 5 gm

Garlic peeled 100 gm

Rose petals 20 gm

Method

(1) Peeled fresh large size garlic and chooped in small size or slice it and keep by side

(2) Take a handi add water for boilng then add garlic put it for boilng and cook sometimes then drain water do this prosess three times then take it out garlic

(3) Take a handi add milk in it put it on boiling then add chopped Boil garlic Cook it with milk cook it properly then add broken rice Cook it properly then add dry fruits and green cardamom powder and Rose petals mix it properly then add sugar and cook it properly then take it out and cool it and served in meal

Mewadi chakki palak ro saag
मेवाड़ी चक्की पालक रो साग

(spices mix steam gluten cook with spices and spinach in Mewadi style)

Traditional food of Rajasthan and very popular food older time in Rajasthan and some of place this recpie are going to be lost and some of the older members of house they know about this recpie and people have inovite a gluten many years ago now you can by from market but older time people make at home and inovite food and Curry at home

Ingredients

Atta dough 2 kg

Palak paste 500 gm

Chooped green chilly 50 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped giny 25 gm

Salt

Ghee 100 ml

Gram masala 5 gm

Jeera 3 gm

Crush corinder 3 gm

Turmeric 5 gm

Redchilly powder 5 gm

Green chilly paste 50 gm

Whole redchilly 5 nos

Method

Atta dough wash in running water in strainer till gluten left after that put in tray add salt. Cooking soda. Jeera. Corinder whole. Turmeric powder. Redchilly powder. And put in steam for 20 to 30 minutes after cool it and cut in Diamond cut keep by side

Take a kadhi add ghee. Whole redchilly. Jeera. Garlic. Ginger. Onion. Green chilly. Cooked it for some time then add palak paste and cut chakki and cooked it properly then add gram masala. Green chilly paste. Cooked it then served with rajasthani bread

Ankurit methi dana

अंकुरित मेथी दाना

You can use in breakfast it help you in your body improvement and it is help to in. Suger. Joint pain. Stomach. Blood pureefy. Eyes. Hair. And many problems can be finished with if you can have in breakfast

Ingredient

Meethi sheed 500 gm

Water 1 lt

Clothes 2 nos

Method

Soke meethi seed in bowl with normal water for 12 hrs after that drain water you can use water for drink on same time

Take a bowl or tray put wet clothes on and put soke meethi and cover with wet clothes and keep in warm place not in sun for 18 to 24 hrs and after that take out and keep in cool place and use as a salad or morning breakfast

Healthy breakfast

Mewadi Bajra ka panniya
मेवाड़ी बाजरा का पानीया

(Cow dung fire cooked millet rajasthani bread)

Traditional food of Rajasthan and mostly consumed in winter time and at home cooked in cow dung fire and covered it cooked then it can be eaten with veg and nonveg and basic accomplishment are garlic chutney. Ghee. Jaggri. Butter milk. Dal and non veg curry

Ingredients

Millet atta 500 gm

Salt 10 gm

Ghee 100 gm to apply

Water and

Method

Take a mixcing bowl add salt and mix it properly then add warm water and need dough snd make tikki size batti and cooked on fire traditional but you can cooked in oven for 30 minutes for 180 d snd after that apply ghee and served with rajasthani food

Chukunder or umer ka halwa

चुकंदर और उमर का हलवा

(Fresh beetroot and summer season Mewadi figs Halwa in Mewar style)

Traditional food witch is now as per generation has Ben change and innovative by local people and it should be a good and healthy looks different from the regular food it help you make you health good and keep you fits

Ingredients

Beetroot 1 kg (greted)

Ghee 400 gm

Mawa 250 gm

Figs soke and grind 250 gm

Dry fruits 100 gm

Suger 500 gm

Cardmum powder 10 gm

Method

Take a kadhi add ghyin it then add greted beetroot and cooked it properly till less of water then add soke and grind figs cooked then add mawa and cardmum powder. Dry fruits cooked tfor some tie till ghee comes on top then add suger and cooked it properly and keep by side and served in meal with garnish of dry fruits

Marwadi papad or pithore ka pulao
मारवाड़ी पापड और पिथौड का पुलाव

(rice cooker in Rajasthan style with spicy papad and cook besan cube)

Traditional food of Rajasthan it is spicy veg rice preparation with rajasthani spicy chana dal papad and home made pithore cooked with rajasthani spice and rice witch is more flavor and have with rajasthani food curry

Ingredients

Rice 500 gm

Papad chana dal rosted 10 nos

Ghee 250 gm

Whole spice 10 gm

Jeera 5 gm

Slice onion 100 gm

Chooped green chilly 50 gm

Fresh mint 10 gm

Chooped corinder 20 gm

Pithore cut 400 gm

Redchilly powder 20 gm

Turmeric powder 5 gm

Gram masala 10 gm

Curd 100 ml

Method

Take a handi add ghee. Whole spice. Slice onions cooked it some time then add ginger. Garlic paste and redchilly powder. Turmeric powder. Salt. Curd cooked for some time then add rice cooked it 70 percent then add pithore cooked it properly then add rosted papad mint and chooped green chilly. Onion. Fresh corinder and served with rajasthani food

Alsi taramera ka chilla

अलसी तारामिरा का चिला

(flacksheed and aragula moong lentels spicy Rajasthan pancakes)

Traditional food of Rajasthan is chilla and it is very popular food of Rajasthan and it have bin innovative by me witch can make you very much healthy food as per now day tradition it is healthy food witch you can make it at home and restaurant and hotel add per now day demod of good food for there health

Ingredients

Moong dal 1 kg

Flacksheed 100 gm

Arugula 250 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Green chilly 50 gm

Onion chooped 100 gm

Chooped corinder 50 gm

Ginger 20 gm

Jeera 10 gm

Salt 20 gm

Ghee 100 ml

Method

Soke mong dal for 6 hrs then drain water then add redchilly powder. Salt. Turmeric. Green chilly. Ginger mix it and grind it properly and keep by side for 6 hrs

After that add chooped corinder. Chooped onion. Chooped green chilly. Flacksheed. Chooped arugula. Jeera mix it properly then put on tawa and make chilla with adding a ghee and served with mint chituney

Rajasthani besan ke laddu
राजस्थानी बेसन के लड्डू

(Rajasthan gramflour cook with ghee and mix with dry fruit and mild spices and make laddu)

Ganish chuturti spical lord ganish spical besen ke laddu and it is normally made in temple to served to people wisit to temple and some of people make at home at social activities and spical event at home

Ingredients

Ghee 500 gm

Besen little grain 1 kg

Cardmum powder 10 gm

Mace powder 5 gm

Suger 800 gm

Water

Method

Take a kadhi add besen rost a besen on slow flame till it is cooked properly then then add ghee and cooked it for some time and then add suger. Cardmum powder. Mace powder cooked it properly then cool it and make laddu and served in meal

Marwadi Bajra ka dhokla

मारवाड़ी बाजरा का ढौकला

(Millet atta mix with spices and make small choice of dough and steam bread)

Traditional food of Rajasthan and it is consumed in winter time and it can have with kalat dal (horse grass lentels) ghee. Till oil are basic Accomplement of this bread it is made in every house in Rajasthan in winter when temperatures is very low

Ingredients

Millet atta 1 kg

Jeera 5 gm

Crushed corinder 5 gm

Ajwain 5 gm

Chooped corinder 20 gm

Chooped onion 100 gm

Chooped green chilly 20 gm

Chooped garlic 20 gm

Garlic leaves 20 gm

Salt 20 gm

Cooking soda or papad khara 10 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Till oil 500 gm

Method

Take a mixcing bowl add millet atta and add all above ingredients and mix it and need a dough and keep for 10 min. Then make dollars like shape of wada there should hole in between and for steam traditional it it cooked in clay pot by adding wild dry grass in it and add water for boiling then keep all dhokla in it for steam for 20 to 30 min. Then take out how much you need by adding till oil properly and eat with kalat dal and till oil or ghee properly dipped

Mewadi tamatar Chennai ke sabzi
मेवाड़ी टमाटर छेना की सब्जी

fresh paneer pochand cook in fresh tamaro puree in Rajasthan style)

Ingredients

Cheena 250 gm

Tamato 500 gm

Chooped ginger. 20 gm

Chooped green chili 20 gm

Redchilly powder. 10 gm

Turmeric powder 5 gm

Corinder powder 20 gm

Ghee 200 gm

Salt 10 gm

Suger 10 gm

Jeera 5 gm

Fresh corinder 50 gm

Method

Take a kadhi add ghee. Hing. Jeera. Whole redchilly. Ginger. Green chili. Cooked it some time then half chooped tamato and puree then redchilly powder. Turmeric powder. Corinder powder. Salt and suger cooked it properly then add fresh cheena and fresh corinder then served with Rajasthan bread

Mewadi achari kamal kakadi ro saag
मेवाड़ी अचारी कमल काकड़ी रो साग

(lotos stems cooked with pickle spice)

Traditional in some of part there's are small water store Receorce lake and people grow lotos and they sell flowers and stems and people use for home made curry with local spyand ingredients

Ingredients

Lotos stems 500 gm

Pickel spice 10 gm

Pickel spice powder 20 gm

Redchilly powder 10 gm

Salt 10 gm

Musterd oil 100 ml

Chooped onion 100 gm

Chooped ginger 10 gm

Chooped garlic 20 gm

Chooped green chili 50 gm

Chooped green corinder 20 gm

Method

Peeled and cut a lotus stems and clean in water and keep by side

Take a kadhi add musterd oil. Redchilly whole. Pickel spice. Chooped onion. Chooped ginger. Chooped green chili. Cooked it some time then add cut lotus stems and cooked it some time then add pickel spice powder and redchilly powder. Amchur. Salt. Cooked it properly then add fresh corinder and served with Rajasthan bread

Mewadi koseryia sama
मेवाड़ी केसरिया सामा

(Samak rice cook with ghee and saffron and suger in Rajasthan style)

Samak rice is an small type of grain but it is consumed in fast and it is and type of wild grass also and it can cooked with many warity and in in navaratri you can make it sweet and spicy also

Ingredients

Samak chawal 500 gm

Milk 1 lt

Saffron 1 gm

Ghee 100 gm

Suger 250 gm

Milk 500 ml

Cardmum powder 5 gm

Dry fruits 100 gm

Method

Take a kadhi add ghee in it put on slow flame and add samak rice saute it some time in ghee then add milk in it cook it half then add saffron and cardmum powder then cook it properly by adding dry fruits in it when ghee comes out then add suger and cook it properly and keep by side cool it and served in meal

Mewadi pan patta chaat
मेवाड़ी पान पत्ता चाट

(Bettelnut leafs chaat in Rajasthan style)

Ingredients

Pan leaf 10 nos

Singada atta 250 gm

Saffron 1 gm

Sanda namak 10 gm

Sweet curd 100 ml

Mint chutney 50 gm

Saut chutney 50 gm

Pomegranate 100 gm

Oil for fry

Method

Take singada atta add saffron water and sanda namak and make batter by adding water and put pan leaf in batter and deep fry one by one and keep by side

Make a chaat

Arrange a deep fry pan patta on plate and put sweet curd. Mint chutney. Saut chutney. And fresh corinder and pomegranate sheed and served in meal

Mewadi samak ke kheer
मेवाड़ी समक की खिर

(samak rice pudding)

Ingredients

Samak 250 gm

Milk 2 lt

Cardmum powder 5 gm

Saffron

Sugar 400 gm

Dry fruits

Method

Take a handi add milk for boiling and then add samak cooked it 75 percent and then add saffron water. Dry fruits. Sugar cooked it properly then add some dry fruits on top with garnish and served in fast meal

Ragi purri or aloo bajhi
राखी पुड़ी और आलू भाजी

(Deep fry ragi bread with patato curry)

Ingredients

For puri

Ragi atta 500 gm

Boiled potatoes 100 gm

Sanda namak 10 gm

Oil for fry

Water

For aloo bajhi

Boiled potatoes 500 gm

Chooped green chili 20 gm

Oil 50 gm

Chooped ginger 10 gm

Turmeric powder 5 gm

Chooped tamato 100 gm

Chooped green corinder 50 gm

Method

Take a mixcing bowl and add ragi atta and sanda namak and greted boiled potatoes and need a dough and make poori and served with aloo bajhi

Aloo bajhi

Take a kadhi add chooped ginger. Chooped green chili. Chooped tamato. Turmeric powder cooked it some time then add boiled potatoes And cooked it properly then add fresh corinder and sanda namak and served in meal for fast time

Healthy food

Singada or till ka meetha chilla
सिंगाडा और तिल का मिटा चिला

(Water chestnut and sesame sheed sweet pancake)

Ingredients

Singada Atta 500 gm

Suger 250 gm

Sanda namak 10 gm

Till 100 gm

Cardmum powder 10 gm

Curd 50 ml

Ghee 100 ml

Method

Take a mixcing bowl and add singada atta. Sa nda namak. Suger. Curd. Cardmum powder. Some of till by adding water mix it properly and keep it for 2 to 4 hrs then make chilla on tawa put tawa on slow flame and greash with ghee add put batter on tawa shape you want and by adding till on one side and cooked it properly a day served in fast meal with honey

Maas ke kadi ka shorba
मांस की कड़ी का सौरबा

(Mutton broth cook with spices and buttermilk in Rajasthani style

Traditional food of Rajasthan where you will get more food curry witch are curd base and because of their own cattle and use home product and mostly in winter time people in rajput family eat more non veg it can be a kebab. Curry soup. And preservd meat

Ingredients

Lamb nalli 1 kg

Slice onion 100 gm

Whole garlic 50 gm

Whole ginger 20 gm

Whole spice 10 gm

Black pepper 5 gm

Corinder stem 100 gm

Curd 100 ml

Besen 50 gm

Lemon 5 nos

Turmeric powder 5 gm

Yellow chili powder 3 gm

Salt 10 gm

Method

Take a handi add ghee. Whole spice. Slice onion. Cooked it till golden brown then add lamb saute it some time then add whole garlic. Ginger turmeric powder.

Yellow chili powder and besen mix curd cooked it properly by add hot water when 90 percent cooked then add fresh corinder stem cooked it some time then take out lamb nalli in other utensils and strains the soup and agin cooked it some time then add fresh corinder and served in meals in winter time food

Kacchar maas

कातर मांस

(Mutton cooked with fresh green mathania chilly and tangy cucumber with Rajasthan spices in Rajasthan style)

Traditional food of Rajasthan now day you will get fresh home grow green chili and fresh kachari witch can cooked with mutton Pepracion and it is very healthy food and spicy and tangy meat curry witch can consumed now day because of this short time of this vegetables

Ingredients

Mutton curry cut 1 kg

Fresh chilly 100 gm

Fresh kachari 250 gm

Chooped onion 300 gm

Chooped ginger 10 gm

Chooped garlic 50 gm

Whole redchilly 5 nos

Whole spice 10 gm

Ghee 100 gm

Chooped corinder 100 gm

Corinder powder 20 gm

Gram masala

Method

Clean and wash mutton

Cut green chili and fresh kachari

Take a kadhi add ghee. Whole spice. Redchilly whole. Chooped onion. Chooped garlic. Chooped ginger. Cooked some time then add mutton saute it and then add fresh chooped green chili and kachari and corinder powder cooked it properly then add fresh corinder and served with rajasthani bread

Marwadi sangari ke kadi
मारवाड़ी सांगरी की कड़ी

(Wild kejriwal tree dessert beans cook with curd base curry in Rajasthan style with spices)

Traditional food of Rajasthan where you will get good kind of sangri witch is comes on khejri tree once in year that can be made fresh and sundry and they store this beans for year and create many warity of curry with sangri an one of from this is sangri ke kadhi it is very healthy food. Organic food witch you will love to cook

Ingredients

Sangri 100 gm

Whole redchilly 5 nos

Butter milk 1 lt

Salt 20 gm

Turmeric powder 10 gm

Redchilly powder 5 gm

Hing

Jeera 2 gm

Corinder whole 2 gm

Musterd sheed 2 gm

Chooped onion 50 gm

Chooped garlic 20 gm

Chooped green chili 20 gm

Besen 100 gm

Ghee 50 ml

Method

Clean and wash sangri then put in to butter milk for 4 hrs then boiled it and drain it

Take a kadhi add ghee. Hing. Whole redchilly. Jeera. Musterd. Whole corinder saute it then add chooped onion. Chooped garlic. Chooped green chili cooked it sometimes then add redchilly powder. Turmeric powder salt buttermilk and besen mix cooked it properly till boiled properly then add sangri cooked it properly then add fresh corinder on top and served rajasthani bread

Rajwadi nessali chaap ke sulley
रजवाडी नशिली चाप के सुले

Traditional food food of Rajasthan and older time in rajput family they like to eat hunted wild meat and they have make kebab and curry from that meat and nassila chaap ke sulley is also from hunted meat ribs cooked with rajasthani spice and local wine witch is called dubara dhaka ro daru and it is mostly food of rajput wariors they use to eat huted meat and home made wine at meal time

Ingredients

Lamb chops 1 kg

Ginger garlic paste 50 gm

Curd 100 gm

Musterd oil 50 ml

Local wine or any alcohol 120 ml

Redchilly paste mathania 100 gm

Kachari powder 20 gm

Brown garlic paste 20 gm

Clove powder 3 gm

Clove 1 gm

Ghee 10 gm

Black salt

Lemon 5 nos

Method

Clean and wash and maranite lamb chops with ginger garlic paste and salt redchilly paste. Lemon. Kachari powder for 6 hrs

Second Marnation take curd. Add musterd oil redchilly rogan. Salt. Kachari powder. Redchilly paste. Clove powder. Brown garlic paste and add lamb chops and local wine mix it properly then smoke with charcoal fire with clove and ghee on top and cover it after that cooked on fire grill or in tandoor and served with mint chutney and khad ke lal mirch ke chutney

Mewadi dal batti
मेवाड़ी दाल बाटी

Masala batti with dal panchmahal)

With ghee. Jaggri. And leasun ke chutney

Traditional food of Rajasthan and it is old time wariors food of rajput family they have innovative food with take less of time. Less of water. And more energy witch can stay for long time it is consumed with vegetables and non veg and and food will stay for long time and traditional it is cooked in cow dunk fire and cover it and after when need take out they have in meal

Ingredients

Masala batti

Wheat atta 500 gm(grani)

Ghee 50 gm

Salt 10 gm

Cooking sooda 5 gm

Jeera 5 gm

Ajwin 5 gm

Crush corinder 5 gm

Sauf 5 gm

Chooped green chili 10 gm

Chooped corinder 10 gm

Chili flack 5 gm

Water

Ingredients

Dal panchmahal

Urad dal. Moong dal. Chana dal. Mushur dal. Arahar dal all 250 gm

Hing 1 gm

Jeera 5 gm

Whole redchilly 5 nos

Chooped onion 50 gm

Chooped tomato 50 gm

Chooped garlic 20 gm

Chooped ginger 10 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Ghee

Method for batti

Take a above batti ingredients mixed with ghee and water make tight dough and make batti cooked in oven for 180 degree for 20 to 30 minutes depending on size

Dal panchmahal

Take a handi boil all fall together properly

Take another kadhi for tempring for dal add ghee. Hing. Whole redchilly. Jeera cooked it tilled cracking then add chooped onion. Chooped garlic. Chooped ginger. Cooked till golden ythenadd tamato and redchilly powder. Turmeric powder. Cooked masala properly then add boiled dal cooked it properly then add fresh corinder on top and served with masala natti

Kangani gatta ke kichadi
कांगणी गटटा की खिचड़ी

(Fox tail millet and gram flour dumplings)

Traditional and innovative food both ingredients are from Rajasthan where millet use in more and there is good quality of millet is fox tail millet and gatta cooked it rajasthani spice and local vegetables

Ingredients

Millet 500 gm

Besen 100 gm

Butter milk 250 gm

Chooped onion 100 gm

Chooped green chili 20 gm

Chooped corinder

Jeera 3 gm

Corinder 3 gm

Ajwin 3 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Salt 20 gm

Ghee 100 ml

Method

Boil millet in handi by add equal amount of water

For gatta

Take mixcing bowl add besen. Jeera. Corinder. Ajwin salt. Turmeric powder. Redchilly powder. Ghee. Butter milk. And make a dough and roll it in small and boil it for 10 minutes and take out and cool it then cut in small pic then deep fry

Making a kichidi

Take a kadhi add ghee. Jeera. Chooped onion. Chooped garlic. Chooped ginger. Cooked it some time then add redchilly powder. Turmeric powder and butter milk cooked masala properly then add deep fry gatta cooked for some time then add cooked millet mix it probably then add green chili and chooped corinder and served in meal

Mewadi tamatar re roti
मेवाड़ी तारामिरा री रोटी

(aragulla ka tawa paratha)

Traditional food of Rajasthan where taramera is grow more in winter time and it is more healthy food witch can save you many desises

And make your stomach hurts happy

Ingredients

Atta 500 gm

Ajwin 10 gm

Aragulla 100 gm

Salt 10 gm

Turmeric 5 gm

Chooped green chili 20 gm

Ghee 50 ml

White butter 50 gm

Mango pickel 50 gm

Method

Take a mixcing bowl and add attacked salt turmeric powder. Ajwin. Chooped green chili. And shereted aragulla mix it properly then add water and need dough and cut in small pic then make tringal tawa paratha and cooked on tawa on slow flame by adding ghee and cooked it properly then served with white butter and mango pickel

Bharwa amchuri karela ro saag
भरवा अमचुरी करेला रो साग

Ingredients

Kerala 1 kg

Boiled potatoes

Chooped onion 100 gm

Chooped garlic 20 gm

Chooped ginger 10 gm

Ghee 100 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Chooped green chili 20 gm

Chooped green corinder 20 gm

Amchur powder 10 gm

Salt

Oil for fry

Method

Clean and peeled Kerala and scoop it from inside and then appy salt and keep by side for 30 minutes then deep fry scoop Kerala and skin and inner part of Kerala and keep by side For stuffing

Take a kadhi add ghee. Jeera. Chooped green chili. Chooped ginger. Chooped onion. Redchilly powder. Turmeric powder. Salt. Amchur powder cooked masala

then add boiled greted potatoes and mix it properly then add fresh corinder and stuff Kerala and keep by side

Take a pan or kadhi add ghee. Jeera. Chooped onion. Chooped green chili. Chooped ginger. Chooped tamato. Cooked til golden brown and add redchilly powder. Turmeric powder. Salt amchur powder cooked it then add stuff Kerala cooked it properly then add fresh corinder and served with rajasthani bread

Mewadi aloo methi ro saag
मेवाड़ी आलु मेरी रो साग

Traditional food of rajasthani in winter time food and you will get home grow fresh methi and patato cooked with local spice

Ingredients

Baby Aloo 500 gm

Fresh methi 500 gm

Ghee 100 ml

Jeera 5 gm

Chooped onion 100 gm

Chooped green chili 50 gm

Chooped ginger 10 gm

Chooped garlic 50 gm

Whole redchilly 5 nos

Turmeric powder 5 gm

Yellow chili 5 gm

Method

Take a handi boil baby patato by add salt and turmeric powder

Cut fresh methi

Take a kadhi add ghee. Jeera. Whole redchilly. Chooped onion. Chooped green chili. Chooped ginger. Chooped garlic. Cooked it some time then add fresh methi and turmeric powder and yellow chili. Salt cooked it some time then add boiled patato cooked it properly then add fresh corinder and served with makki roti

Mewadi jaisamandi macchi
मेवाड़ी जयसमंद मच्छी

Traditional food of mewar region where is Asia biggest man made sweet water lake and in many part of India they supply a good fish from there and local people have there income source and they have cooked fish dish and kebab and curry for there small businesses and any time if you wisit Udaipur Rajasthan you can have visit jaisamand lake and you can find street food nearly aera and road side small dhaba with makki ke roti cooked on clay pot

Ingredients

Fish round cut 1 kg

Slice onion 100 gm

Garlic paste 20 gm

Ginger paste 10 gm

Tamato paste 50 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Salt 10 gm

Whole spice 5 gm

Whole redchilly 5 nos

Chooped green corinder 50 gm

Ajwin 5 gm

Musterd oil 50 ml

Method

Maranite fish with ginger garlic paste. Redchilly powder. Salt. Turmeric. Leamon. And sallow fry in pan and keep by side

Take a kadhi add musterd oil. Whole spy. Whole redchilly. Ajwin and slice onion cooked till golden brown and then add ginger garlic paste. Tamato paste. Redchilly powder. Turmeric powder. Salt. Corinder powder. Cooked masala properly till oil comes on top then add fish and cooked for some time then add fresh corinder and served with rajasthani bread makki roti

Marwadi Bajra cheena ke tikki
मारवाड़ी बाजरा छेने की टिक्की

Traditional in Rajasthan mostly consumed grain is millet and they have there home cattel milk products and it is food is innovative for new for now days trand and people want healthy food to keep healthy

Ingredients

Boil millet 100 gm

Fresh cheena 400 gm

Boiled potatoes 100 gm

Rosted chana powder 100 gm

Chooped ginger 10 gm

Salt 10 gm

Fresh corinder 50 gm

Chooped green chili 20 gm

Oil for fry

Method

Take a mixcing bowl add cheena. Boiled potatoes greted. Boiled millet mix it then add salt chooped green chili. Chooped corinder. Chooped ginger. And rosted chana powder mix it properly then make a tikki and sallow fry it on tawa and served with mint chutney or saut chutney

Batak ke Shikkar
बतक की शिकार

(hunter duck curry cooked with rajasthani spice)

Traditional food of Rajasthan in many part there are small lake and river so many kind of wild birds are wisit and stay older time people love to eat hunted wild meat to serviv from life in dessert and forest area and they cooked it at in forest with available of local ingredients

And it is mostly done by local bhil Cmunnity they always live in forest area and this recpie I have bring with them and share with yy

Ingredients

Duck 1 kg

Whole spice 5 gm

Redchilly paste 50 gm

Turmeric powder 5 gm

Corinder powder 20 gm

Chooped onion 100 gm

Chooped green chili 20 gm

Chooped garlic 50 gm

Chooped ginger 10 gm

Fresh corinder 50 gm

Ghee 100 ml

Redchilly whole 5 nos

Method

Clean and cut in to small pic duck with skin an maranite with redchilly paste. Salt. G. Gpaste and keep by side

Take a kadhi add ghee. Whole spice. Whole redchilly and chooped onion cooked till golden brown then add chooped ginger. Chooped garlic and maranite duck cooked it sometimes till oil come on top then add chili paste. Turmeric powder. Salt cooked it properly:then add fresh corinder and served with rajasthani bread

Bhujma kelazi
भुजमा कलेजी

Traditional food of Rajasthan in Rajputana old times hunted meat after prossing they need something to start to eat with alcohol so till the meat curry has bin make that time they make dry preparation of kalAzi with dry preparation and with local spice and it will cooked on bone fire in clay pots and on fire also and we have present this food with available ingredients and with rajasthani masala preparation

Ingredients

Kalazi 1 kg

Redchilly paste ruff 50 gm

Chooped onion 50 gm

Chooped garlic 20 gm

Chooped green chili 30 gm

Chooped ginger 10 gm

Turmeric powder 5 gm

Salt 10 gm

Chooped green corinder 20 gm

Ghee 50 ml

Gram masal 5 gm

Method

Take a kadhi add ghee. Chooped garlic. Chooped ginger. Chooped onion. Chooped green chili. Cooked it some time then add kakazi cooked it some time then add chili paste. Turmeric powder. Salt cooked it properly by dry preparation and add fresh corinder and served before meal

Mewadi methi makki ka dokla

मेवाड़ी मेथी मकाई का ढौकला

Traditional food of Rajasthan mewar region and mostly winter time consume food and village food

Ingredients

Makki atta 500 gm

Fresh methi 100 gm

Jeera 5gm

Crush corinder 5 gm

Ajwin 5 gm

Garlic leafs 50 gm

Green chili 50 gm

Chooped corinder 20 gm

Garlic chooped 20 gm

Salt 10 gm

Cooking soda 5 gm

Turmeric powder 5 gm

Redchilly powder 5 gm

Ghee 250 to serve

Method

Take a mixcing bowl and add makki atta add above ingredients not gee and need dough with warm water and make dokla by pitcher shape and traditional it is cooked in clay pot and by adding wild grass in pot and water and stack one by one

steam for 20 minutes and you can steam in idli steamer or any other steamer and take it out add ghee or till oil and eaten with mix dal

Marwadi methi mangodi ro saag
मारवाड़ी मेथी मंगौड़ी रो साग

(Moong dal sun dry dumplings cooked with fresh methi)

Traditional food of Rajasthan winter time food where now day you get fresh methi from there oun farm and home made mangodi and it is cooked with local spice

Ingredients

Fresh methi 500 gm

Mangodi 250 gm

Chooped onion 100 gm

Chooped green chili 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Whole redchilly 5 nos

Jeera 5 gm

Ghee 100 ml

Salt 10 gm

Method

Take a kadhi add ghee whole redchilly. Jeera. Chooped onion. Chooped garlic. Chooped ginger. Chooped green chili. Cooked it some time then add mangodi cooked little brown then add some water cooked till mangodi cooked then add fresh methi chooped and cooked it and add salt and fresh corinder and served with rajasthani bread makki roti or bajara roti

Mewadi khad ke kutti mirchi ka murga
मेवाड़ी खड की कुटी मिर्च का मुर्गा

Stone crush chilly marinated chicken cooked on fire grill)

Traditional food of Rajasthan of rajput family in rathore Cumunity they are in rajasthani eat very spice and when they hunted wild chicken they it in forests area with stone crush spice and chilly and cooked on fire and eat with local home made alcohol and today I bring this recpie from my family and share with you

Ingredients

Chicken 1 kg

Musterd oil 250 gm

Chili flack 50 gm

Redchilly powder 50 gm

Green chili 100 gm

Chooped corinder stem 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Ginger garlic paste 50 gm

Lemon 5 nos

Black salt 20 gm

Curd 200 gm

Namkin for Accomplement

Slice onion with masala

Method

1 step

Clean chicken and maranite chicken with ginger garlic paste. Redchilly paste. Black salt. Lemon juice for 3 hrs

2 step

Make a Marnition add curd redchilly rogon. Mix with curd. Redchilly paste. Black salt. Chooped ginger. Chooped green chili. Chooped corinder stem. Chooped garlic. Mint. Chilly flack. Chooped green chili. Mix it properly then add chicken and marinate for 6 hrs then cooked on tandoor. Or fir grill or in oven and served with masala nankeen and onion and pudina chutney

Marwadi sarso ka saag
मारवाड़ी सरसौ का साग

Traditional food of Rajasthan and it is winter has been started and you will get good quality of fresh musterd leaves and cooked with Rajasthan spice and eaten with makki roti and butter and jaggri and healthy and organic food

Ingredients

Sarso leaf 500 gm

Batua 200 gm

Methi leaf fresh 150 gm

Palak 150 gm

Chooped garlic 100 gm

Musterd oil 50 gm

Ghee 100 ml

Makki atta 100 gm

Chooped green chili 50 gm

Yellow chili powder 10 gm

Salt 10 gm

Whole redchilly 5 nos

Jeera 5 gm

Method

Boil all sarso. Batua. Methi. Palak together and graind it properly add keep by side

Take a kadhi add musterd oil. Jeera. Whole redchilly. Chooped garlic cooked it till golden brown then add makki atta cooked on slow flame then add chooped green chili. Yellow chili powder cooked some time then add paste of all sarso.

Methi. Batua. And palak cooked it properly add salt and ghee from top again cooked it and served with makki roti and white butter and jaggri

Mewadi methi gatta ka saag

मेवाड़ी मेथी गट्टा का साग

Traditional food of Rajasthan and healthy and organic food and winter season food

Ingredients

Besan 500 gm

Methi fresh 250 gm

Curd 1lt

Salt 20 gm

Redchilly powder 10 gm

Turmeric powder 10 gm

Corinder sheed 5 gm

Jeera 5 gm

Musterd sheed 5 gm

Ajwin 5 gm

Chooped garlic 20 gm

Chooped green chili 50 gm

Chooped onion 100 gm

Whole redchilly 5 gm

Ghee 100 ml

Method

To make gatta

Take besan add methi. Salt. Redchilly powder. Turmeric powder. Crush corinder. Jeera. Ajwin. Oil. Curd mix and make dough by add water and roll it and boil in butter milk and cooked it for some time then take it out cool it and cut in pic and deep fry and keep by side

Methi gatta ka saag

Take a kadhi add ghee. Hing. Whole redchilly. Jeera. Corinder. Chooped onion. Chooped garlic. Chooped green chili. Redchilly powder.turmric powder.salt cooked it some time then add besen and butter milk mix

Cooked it properly then served with Rajasthan bread

Bajra methi papad ke kichadi
बाजरा मेथी पापड़ की खिचड़ी

Traditional food of Rajasthan and winter season food millet cooked with fresh methi and home made papad healthy and organic food and gluten intolerance food

Ingredients

Millet 500 gm

Fresh methi 250 gm

Papad rosted 10 nos

Ghee 250 gm

Jeera 10 gm

Chooped onion100 gm

Chooped green chili 50 gm

Chooped garlic 20 gm

Chooped ginger 10 gm

Chooped corinder 50 gm

Redchilly powder 10 gm

Turmeric powder 10 gm

Salt 20 gm

Method

Boil millet with water and add some oil or ghee singh it will not stuck cooked it properly and keep by side

Take a kadhi add ghee. Jeera. Chooped garlic. Chooped ginger. Chooped green chili. Chooped onion. Cooked it some time then add fresh methi and redchilly

powder. Turmeric powder. Salt. Cooked it some time then add millet boil mix it and add rosted papad and fresh corinder and served with spice redchilly temperd curd

Maas keema kelazi
मांस किमा कलेजी

Traditional food of Rajasthan of rajput family and those who are Waroris they like to eat hunted meat and it can share with friends and enjoy the event meat can cooked fast they eat first then other for meal

Ingredients

Kalazi 500 gm

Chooped garlic 20 gm

Chooped green chili 50 gm

Chooped onion 100 gm

Salt 10 gm

Redchilly powder 20 gm

Turmeric powder 5 gm

Mint 20 gm

Oil 50 ml

Gram masala 10 gm

Method

Take a tawa add oil. Jeera. Chooped garlic. Chooped green chili. Chooped onion cooked it some time then add kalazi cooked it with palta and make keema while cooked on tawa then add redchilly powder. Turmeric powder. Salt. Cooked it properly then add fresh mint and leamon and served in meal

Mewadi makki ke sabzi
मेवाड़ी मकाई की सब्जी

Traditional food of Rajasthan mewar region and we get more witch is sun dry and they have cooked on wood fire on slow flame by adding local spice and eaten next day for meal and in mewar region you get 2 types of corn one is red and another is white so in mewar region white corn more consume

Ingredients

Makka whole 1 kg

Ghee 200 ml

Jeera 5 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Salt 20 ml

Fresh corinder 20 gm

Method

Cut all corn in same size and take a handi add ghee. Jeera. Redchilly powder. Turmeric powder. Salt. And water boil it then add corn cooked it properly on slow flame for 2 hrs and take it out and served in meals

Mewadi methi murga
मेवाड़ी मेथी मुर्गा

Traditional food of Rajasthan and in winter time food and mostly people eat more nonveg in winter time to grow thear health by weather and with fresh seasnol methi and many more combination of vegetables in winter time cooked with nonveg

Ingredients

Chicken 1 kg

Methi 500 gm

Whole redchilly 5 nos

Chooped onion 100 gm

Chooped green chili 50 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Yellow chili powder 10 gm

Corinder powder 20 gm

Musterd oil 100 ml

Kasturi methi 5 gm

Chooped corinder 20 gm

Salt

Whole spice 5 gm

Method

Take a kadhi add musterd oil. Whole spices. Whole redchilly. Chooped onion. Chooped ginger. Chooped garlic. Cooked it sometimes then add curry cut chicken. Cooked it some time till oil comes on top then add salt. Yellow chilly powder. Corinder powder. And add fresh chooped methi cooked it properly then add fresh corinder and served with rajasthani bread

Makki ke roti

Mewadi bathua ka saag
मेवाड़ी बथुआ का साग

(batua cooked with rajasthani spice)

Traditional food of Rajasthan winter time food when you get out home products makka and seasnol crops grass witch is very healthy and organic and there are many benefits of this vegetables and many kind of curry and bread made in Rajasthan and in Rajasthan we call cheel and hindi call batua

Ingredients

Cheel 500 gm

Chooped garlic 20 gm

Chooped green chili 50 gm

Chooped ginger 10 gm

Chooped onion 100 gm

Salt 10 gm

Ghee 50 ml

Jeera 5 gm

Chooped tamato 100 gm

Yellow chili powder 10 gm

Corinder powder 20 gm

Turmeric powder 5 gm

Method

Clean and wash cheel and keep by side and take a kadhi add ghee. Whole redchilly. Jeera. Chooped onion. Chooped ginger. Chooped garlic.. Chooped green chili. Cooked it some time then add yellow chili powder. Turmeric powder. Salt.

Corinder powder and cooked masala properly then add cheel and till it cooked properly then it served with rajasthani bread makki ke roti

Kacchi mirch tamatar ka saag
कच्ची मिर्च टमाटर का साग

(raw tamato and banana chilly curry)

Traditional food of Rajasthan and it is spicy food curry and eaten all over years and it can eaten with any rajasthani bread and you can have with duppad roti curry is very simple home grow raw tamato and banna chilly cooked with rajasthani spic

Ingredients

Raw tamato 500 gm

Banna chilly 500 gm

Ghee 100 ml

Jeera 3 gm

Musterd sheed 3 gm

Sauf 3 gm

Black salt 10 gm

Turmeric powder 5 gm

Corinder powder 20 gm

Leamon juice 20 ml

Dry mango powder 10 gm

Chooped corinder 20 gm

Method

Cut raw tamato and banana chilly in same size and keep by side

Take a kadhi add ghee. Jeera. Musterd sheed. Sauf. Cooked it sometimes then add dice banana chilly. Cooked some time then add raw tamato cooked it sometimes then add turmeric powder. Black salt. Corinder powder. Dry mango powder

cooked it properly then add lemon juice and chooped corinder and served with rajasthani bread

Marwadi maas Bajra ka soyeta
मारवाड़ी मांस बाजरा का सोयता

Traditional food of Rajasthan and normal this kind of food made in rajasthani local god tempels and to good wish completely and it is serve to those people who come to temple and traditional older time people cooked grain cooked separate and meat cooked separate when food served combination of this food call soyeta and it is made traditional and now day it is very fomus food of Rajasthan

Ingredients

Lamb1 kg

Millet 100 gm

Chooped green chili 20 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Whole redchilly 5 nos

Curd 100 ml

Jeera 5 gm

Crush corinder 5 gm

Ghee 100 ml

Redchilly powder 10 gm

Turmeric powder 10 gm

Salt 20 gm

Chooped corinder 50 gm

Corinder powder 20 gm

Method

Take a handi and cooked millet and keep by side

Making of soyeta take a handi add ghee. Whole redchilly. Whole spices. Jeera. Crush corinder. Chooped onion. Chooped garlic. Chooped ginger. Chooped garlic. Cooked till golden brown. Then add curry cut chap cooked it sometimes then add redchilly powder. Turmeric powder. Salt. Corinder powder. And curd cooked it properly then add fresh corinder and served it in meal

Mewadi lal gajer ka halwa
मेवाड़ी लाल गाजर का हलवा

Traditional it is very fomus dessert of North India in winter time you get good red colour carrot seasonal and organic people use carrot in curry. Kebab. Pickel and dessert and bread

From one of the very fomus halwa is made gajer ka halwa in every home and social events

It is cooked with milk and ghee witch is found in every village home thear home products

Ingredients

Carrot greted 1 kg

Milk 2 lt

Mawa 500 gm

Ghee 500 ml

Sugar 800 gm

Cardmum powder 5 gm

Dry fruit 50 gm

Saffron 1 gm

Method

Greated a carrot and keep by side

Take a kadhi add ghee till warm then add carrot and saute on slow flame and cooked for some time then add milk cooked it till dry then add mawa. Saffron. Ghee add cooked till ghee comes on top then add dry fruit and sugar cooked it properly then keep by side and served after meal by garnish of dry fruits

Mewadi hare gaas ke roti
मेवाड़ी हरे घास की रोटी

(wild grass bread of Mewar)

Traditional food of Rajasthan's Mewar region, dating back to the time when a big battle took place between Maharana Pratap, the king of Mewar, and Mughal Akbar. Maharana Pratap served in forest areas with his family, where they struggled to find grains to feed his children, Amar Singh Ji. To survive, they made bread from wild grass. This recipe is around 550 years old. Though it's not the same, I've tried to recreate it to remember history and share it with you.

Ingredients:

Maltigrain flour - 1 kg

Methi - 50 gm

Batua - 50 gm

Coriander - 50 gm

Taramera leaf - 50 gm

Palak - 50 gm

Mint - 20 gm

Salt - 20 gm

Chili flakes - 10 gm

Ajwin - 5 gm

Jeera - 3 gm

Ghee - 100 ml

Sarso leaf - 50 gm

Crushed coriander - 5 gm

Any green vegetable leaf of your choice

Method:

Traditionally cooked in a clay pot. Mix all the ingredients, adding a little water as needed, and combine with green vegetable leaves. Roll out the dough, make a hole in the bread, and cook it in a clay pot over a slow flame. Serve with ghee.

Marwadi cheel ro khato
मारवाड़ी तिल रो खाटो

(batuua ke kadhi)

Traditional food of Rajasthan and normal eaten in winter time and it is cooked with fresh batuua and makki atta and butter milk it is an village food of Rajasthan mewar region and it is totally different from regular kadhi and eaten with hard bread call makki ka pannia

Lesaun ke chutney and it is village food today I an sharing with you

Ingredients

Makki atta 100 gm

Butter milk 2 lt

Batuua 250 gm

Ghee 50 ml

Whole redchilly 5 nos

Jeera 3 gm

Musterd sheed 5 gm

Crush corinder 3 gm

Curry leaves 5 gm

Hing 1 gm

Chooped onion 50 gm

Chooped green chili 50 gm

Chooped garlic 50 gm

Turmeric powder 10 gm

Redchilly powder 5 gm

Salt 20 gm

Method

Take a bowl add butter milk and makki atta mix it properly and keep by side

Take a handi add ghee. Hing. Whole redchilly. Jeera. Musterd sheed. Crush corinder. Curry leaves. Chooped onion. Chooped garlic. Chooped green chili. Cooked it some time then add turmeric powder. Redchilly powder. Salt then buttermilk and makki atta mix cooked it properly on slow flame when it is cooked then add fresh batuua leaves cooked it properly then served with makki ka pannia rajasthani w

Mewadi till makki ka dokla

मेवाड़ी तिल मकाई का ठौकला

Traditional food of Rajasthan mewar region and mostly consume in winter time and healthy and gluten free food it is normal eaten with horse grass lentels and til oil or ghee and garlic chutney all ingredients are home grown and normal in village it is cooked in clay pot and in pot add wild grass dry then add waterin pot and stack dokla then put for stem for 20 to 30 minutes it depends on size eaten fresh hot only otherwise it cannot consume and ingredients witch add all help in different parts of body and health today we made big size single dokal

Ingredients

Makki atta 1 kg

White til 100 gm

Chilly flack 20 gm

Jeera 5 gm

Ajwin 5 gm

Crush corinder 5 gm

Chooped garlic 50 gm

Chooped garlic leaves 20 gm

Chooped green chili 20 gm

Chooped corinder 10 gm

Papad khara Or cooking soda 5 gm

Salt 20 gm

Turmeric powder 10 gm

Til oil or ghee 250 ml(for deep dokal)

Method

Rosted a til on slow flame on tawa and keep by side

Then take a mixcing bowl add above ingredients mix it properly and by adding water need a dough and make equal size dokla patty and make hole in between so it cooked easily then stack in any stemer in perforated tray and stem for 20 to 30 minutes and served in meal warm by adding til oil or ghee and kalat dal

Mewadi mirch wada or kadi
मेवाड़ी मिर्च वडा और कडी

Traditional food of Rajasthan and streets food of Rajasthan normal big size of banana chilly stuff with spicy potato with rajasthani spice and coted with besen batter and deep fry and served with rajasthani curry kadi it is very popular food on all time

Ingredients for mirchvada

Banana chilly 500 gm

Boil potato 400 gm

Chooped onion 100 gm

Chooped green chili 50 gm

Hing 1 gm

Jeera 3 gm

Crush corinder 5 gm

Besen 500 gm

Cooking soda 3 gm

Chooped mint 20 gm

Red chili powder 10 gm

Turmeric powder 5 gm

Salt

Ingredients for kadi

Butter milk 1 lt

Besen 100 hm

Salt 10 gm

Turmeric powder 5 gm

Musterd sheed 5 gm

Jeera 3 gm

Crush corinder 3 gm

Curry leaves 3 gm

Chooped green chili 10 gm

Chooped onion 50 gm

Hing 1 gm

Method

Mirchvada

Great a boil potato and keep by side take a pan add oil. Jeera. Hing. Chooped onion. Chooped green chili. Turmeric powder. Redchilly powder. Salt. Cooked masala then add boiled potatoes and mixed it and add mint then cool it and stuff it by cut chili from one side and deep fry in besen batter

Kadi

Take a kadhi add oil. Hing. Jeera. Musterd sheed. Crush corinder. Curry leaves. Chooped onion. Chooped green chili. Cooked it some time then add redchilly powder. Turmeric powder and butter milk and besen mix cooked it properly then add salt and corinder leaves and served with mirchvada

Maas keema methi
मांस किमा मेथी

Winter time seasnol vegetables methi and lamb mince food cooked and eaten with rajasthani bread it is an healthy food for winter time traditional in Rajasthan near by Gujarat and in Rajasthan some of people travel each other place and food also travel and made by local community some time

Ingredients

Lamb mince 1 kg

Fresh methi 500 gm

Ghee 100 ml

Chooped onion 250 gm

Chooped garlic 50 gm

Chooped green chili 50 gm

Chooped mint 20 gm

Chooped green corinder 20 gm

Chooped ginger 20 gm

Salt 20 gm

Redchilly powder 10 gm

Corinder powder 20 gm

Turmeric powder 5 gm

Jeera 5 gm

Whole spice 5 gm

Method

Take a kadhi add ghee. Jeera. Whole spice. Chooped onion. Chooped ginger. Chooped garlic. Cooked it some time then add chooped green chili and lamb mince cooked and saute it properly then add fresh chooped methi and redchilly powder. Turmeric powder. Corinder powder. Salt cooked it properly then add fresh corinder and chooped mint and served with rajasthani bread

Sava muttar ro saag

साशा मटर रो साग

(Fresh wild winter grass leaves and green peas curry)

Traditional food of Rajasthan winter time and normal savaa is an grass witch is known as a herb witch is use in many kind of food to flever and in Rajasthan in winter time you get fresh home grown mutter and savaa make it it is healthy and organic food

Ingredients

Savaa(dill leaves) 250 gm

Mutter 250 gm

Ghee 50 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chili 50 gm

Chooped tamato 50 gm

Jeera 3 gm

Salt 10 gm

Yellow chili powder 5 gm

Corinder powder 20 gm

Fresh corinder 10 gm

Method

Take a kadhi add ghee. Jeera. Chooped onion. Chooped garlic. Chooped green chili. Cooked it some time then add chooped tamato and salt yellow chili powder.corinder powder. Cooked it some time then add fresh mutter cooked it and add chooped savaa leaves cooked it properly then add fresh corinder and served with rajasthani bread

Marwadi bathua Bajra ke kichadi
मारवाड़ी बथुआ बाजरा की खिचड़ी

Traditional food of Rajasthan winter time batua cooked with millet and local spice normal in village every farmer have winter crops and they get good quality of bataua and use in curry and bread it is very healthy vegetables an many benefits of this vegetables and today we make millet kichid witch can eat in breakfast and lunch and dinner and sick person also and gluten free food

Ingredients

Millet 500 gm

Batua 500 gm

Ghee 100 gm

Jeera 5 gm

Black pepper 2 gm

Turmeric powder 5 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chili 50 gm

Chooped green corinder 20 hm

Chooped ginger 20 gm

Method

Boil a millet in water by add salt cooked it and keep by side

Take a kadhi add ghee jeera. Black pepper. Chooped onion. Chooped ginger. Chooped green chili. Cooked it sometimes then add turmeric powder. Bataua and cooked millet cooked it and mix it properly then add fresh corinder and served in meal

Mewadi methi kala chana ka saag

मेवाड़ी मेथी काला चना का साग

Traditional food of Rajasthan in winter time healthy and organic and more energetic food with keep you fit in winter time methi cooked with black chana and rajasthani spice

Ingredients

Kala chana 250 gm

Fresh methi 500 gm

Ghee 100 ml

Jeera 5 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chili 50 gm

Chooped ginger 20 gm

Redchilly powder 5 gm

Turmeric powder 5 gm

Corinder powder 20 gm

Fresh corinder 20 gm

Method

Soke black chana over night and drain water then wash and keep by side

Take a kadhi add ghee. Jeera. Chooped onion. Chooped ginger. Chooped green chili. Chooped garlic. Cooked it sometimes then add soke chana cooked in ghee and masala properly then add redchilly powder. Turmeric powder. Corinder powder. Salt cooked it sometimes then add fresh methi and cooked it properly and by add fresh corinder leaves then served with rajasthani bread in meal

Marwadi boondi ke kadi
मारवाड़ी बुंदी की कड़ी

Traditional food of Rajasthan and different variety of Rajasthan kadi and very simple healthy and you can eat all season

Ingredients

For boondi

Besen 100 gm

Salt 10 gm

Turmeric powder 5 gm

Redchilly powder 10 gm

Water

Oil for fry

For kadi

Besen 100 gm

Butter milk 1 lt

Ghee 50 ml

Hing 1 gm

Whole redchilly 5 nos

Curry leaves 3 gm

Jeera 3 gm

Musterd sheed 3 gm

Crush corinder 3 gm

Chooped garlic

Chooped onion

Chooped green chili

Redchilly powder 5 gm

Turmeric powder 10 gm

Salt

Fresh corinder 20 gm

Method

For boondi

Take a mixcing bowl add above ingredients of boondi and mix it and keep for 1 hrs by side then make boondi by jaara in fry oil and keep by side

Kadi

Take a handi add ghee.then tempring of Hing. Whole redchilly. Jeera. Curry leaves. Crush corinder. Musterd sheed and after that add chooped onion. Chooped garlic

Chooped green chili. Cooked for some time then add buttermilk and besen mix by adding redchilly powder. Turmeric powder salt cooked it properly then add fresh corinder leaves and served with rajasthani bread

Maas ke kadi or bathua makki ke roti
मांस की कड़ी और बथुआ मकाई की रोटी

Traditional food of Rajasthan winter time food best combination of lamb curry and makki roti

Mass ke kadi is another lamb curry witch is very popular lamb curry and now day in winter time you get very healthy green vegetable bathua mix with with makki atta and cooked in clay pot tawa and healthy and gluten free food

Ingredients

For mass ke kadi

Lamb 1 kg

Slice onion 100 gm

Musterd oil 100 ml

Whole spice 10 gm

Chooped garlic 50 gm

Chooped green chili 50 gm

Curry leaves 5 gm

Musterd sheed 3 gm

Crush corinder 3 gm

Jeera 3 gm

Butter milk 1 lt

Besen 50 gm

Chooped green corinder 20 gm

Turmeric powder 10 gm

Yellow chili powder 10 gm

Salt 20 gm

Corinder powder 20 gm

Ingredients

For bathua makki ke roti

Makki atta 500 gm

Bathua leaves chooped 250 gm

Salt 10 gm

Water warm

Method

For mass ke kadi

Take a handi add musterd oil. Whole spice. Whole redchilly. Crush corinder. Musterd sheed. Jeera. Curry leaves. Cooked it sometimes then add sliced onion. Chooped garlic. Chooped green chili. Cooked it sometimes then add lamb sauted it then add yellow chili powder. Turmeric powder. Salt cooked it sometimes then add buttermilk and besen mix cooked it properly then add fresh corinder leaves

Bathua makki ke ro

Take a mixcing bowl add makki atta salt

Mix it properly then add chooped bathua again mix it then add warm water to make dough and need dough properly then make roti on clay tawa pot served with mass ke kadi

Tadka dhai samosa
तडका दही समौसा

Traditional food of Rajasthan and street food now days in Rajasthan and different from regular samosa it is curd base samosa curd temperatures with rajasthani spice and cool it then stuff and deep fried

Ingredients

For samosa dough

Maida 250 gm

Ajwin 3 gm

Salt 5 gm

Oil 50 ml

For stuffing for samosa

Hung curd 250 gm

Chooped green chili 20 gm

Chooped ginger 10 gm

Chooped corinder 10 gm

Ghee 10 ml

Hing 1 gm

Jeera 2 gm

Musterd sheed 2 gm

Curry leaves 2 gm

Redchilly powder 5 gm

Turmeric powder 3 gm

Black salt 10 gm

Pomegranate sheed fresh 20 gm

Method

Make a dough for samosa take a mixcing bowl add above ingredients and mix it with water and make dough and keep by side

Tempring for tadak dhai for samosa take a kadi add ghee. Hing. Jeera. Musterd sheed curry leaves. Redchilly powder. Turmeric powder salt cool it then add in to hung curd by adding fresh pomegranate and corinder mix it properly and keep for cooling

After cool make samosa dough make equal size small flat dough and stuff with tadak dhai and make samosa and again put in Referagater when need take it out and have with saute chutney and mint chutney

Waralya makki ke roti or kadi
वरयाली मकाई री रोटी और कड़ी

(Fresh fennel makki roti with rajasthani kadi)

Traditional food of Rajasthan in winter time mewar region where you get home grown fresh fennel and makki atta seasonal vegetables it is an mild flavor of fennel in makki roti and eaten with rajasthani kadi

Ingredients for makki roti

Makki atta 500 gm

Fresh fennel 50 gm

Fennel powder 10 gm

Salt

Water

Ingredients for kadi

Butter milk 1 lt

Besen 100 gm

Ghee 50 gm

Hing 1 gm

Jeera 3 gm

Crush corinder 3 gm

Musterd sheed 3 gm

Curry leaves 2 gm

Whole redchilly 5 nos

Redchilly powder 5 gm

Turmeric powder 10 gm

Salt 20 gm

Chooped green chili 10 gm

Chooped onion 50 gm

Chooped garlic 20 gm

Method for roti

Take a mixcing bowl add above ingredients of roti mix it properly then need a dough and make makki roti on clay pot tawa

Method of kadi

Take a kadhi add ghee. Hing. Jeera. Redchilly whole. Curry leaves. Musterd sheed. Crush corinder. Cooked it sometimes then add chooped onion. Chooped green chili. Chooped garlic. Then add redchilly powder. Turmeric powder. Salt cooked it sometimes then add buttermilk and besen mix cooked it properly then add fresh corinder and served with fennel makki roti

Mewadi methi ra laddu

मेवाड़ी मेथी रा लाडु

Traditional food of Rajasthan in village and it is an eaten in winter time in every home to make family members healthy and fitness and methi is very healthy witch is help you in joint pain and stomach issues. And Deigition and it helps to control to your suger level and in is normal made by oldest lady in home they're are more experience about this kind of food so they make and teach to next generation in its eaten for 15 to 30 days for all family members

Ingredients

Methi sheed 500 gm

Alomnd 500 gm

Ghee 500 gm

Jaggri 800 gm

Cardmum powder

Dry fruit on choice

Method

Graind methi and almond properly separate and keep by side

Take a kadhi add ghee heat on slow flame and add methi graind and cooked it sometimes then add almond powder and cooked it sometimes then add warm water and cooked it till ghee come on top and after that add jaggri and cardmum powder and cooked it properly and keep by side cool it and make laddu and keep in cool place and eaten in morning with empty stomach then it emprove you health

Chakki bathua ke kadi
चक्की बथुआ की कड़ी

(Steam gluten cooked with curd based curry and bataua with rajasthani spice)

Traditional food of Rajasthan in village winter time you have home grown vegetables bataua good combination with rajasthani kadi witch is make by makki atta and gluten witch is made by leftovers dough of last night that can wash in running water only gluten left stem and cut in small pic then cooked with kadi this kind of food Only made in village food only and very old recpie of Rajasthan

Ingredients

Atta dough 2 kg

Bataua 250 gm

Butter milk 1 lt

Makki atta 100 gm

Ghee 50 ml

Whole redchilly 5 nos

Curry leaves 10 nos

Crush corinder 3 gm

Musterd sheed 3 gm

Jeera 3 gm

Chooped onion 50 gm

Chooped garlic 20 gm

Chooped green chili 20 gm

Turmeric powder 10 gm

Salt 20 gm

Chooped green corinder 10 gm

Method

Make a chakki

Take a wheat flour dough one day old put in stariner and wash in running water till gluten left after that put in tray by adding salt. Red chili powder. Turmeric powder. Jeera. Crush corinder and mix it and flate then steam for 30 mi. Then take it out and cut it in small pic keep by side

Kadi

Take a handi add ghee. Whole redchilly. Curry leaves. Musterd sheed. Crush corinder. Jeera. Chooped onion. Chooped garlic. Chooped green chili cooked it some time then add makki atta and butter milk mix with turmeric powder and salt cooked it till boil come then add cut chakki cooked it properly then add bataua leaves and chooped green corinder and served with rajasthani bread

Bathua ke roti
बथुआ की रोटी

Traditional food of Rajasthan in winter time in village healthy breakfast and you can have in other meal eaten with alu bajhi . Curd alnd mango pickel . Homemade white butter and alu baji also made with bathua and rajasthani spice

Ingredients

For paratha

Wheat flour 500 gm

Bathua 250 gm

Salt 10 gm

Ajwin 5 gm

Water

Oil

Ingredients for alu bajhi

Boiled potatoes 500 gm

Ghee 50 gm

Hing 1 gm

Jeera 3 gm

Chooped green chili 50 gm

Chooped ginger 10 gm

Chooped tamato 100 gm

Bathua leaves 100 gm

Chooped green corinder

Turmeric powder 10 gm

Redchilly powder 5 gm

Salt 20 gm

Method for paratha

Take a mixcing bowl add above ingredients of paratha and make a dough and make equal size of paratha and cooked on tawa by apply ghee and keep by side

Alu bajhi

Take a kadhi add ghee. Hing. Jeera. Chooped green chili. Chooped ginger. Chooped tamato and turmeric powder. Redchilly powder. Salt cooked masala properly then add boiled dice potatoes cooked it properly then add bathua leaves and corinder leaves and keep by side then served with patatha

Mathania bharwa achari mirch

(bharwa achari mirch)

Pickel spice Stuff banana chilli

Traditional food of Rajasthan and very popular food when you have less options in vegetables that time chili is only vegetables witch comes all over years and you can make many dish by chilly normal in Rajasthan a very popular chilly variety call mathania chili and it is use in spicy curry in vegetables and nonveg and at home we make pickel also of this chili today we making pickel spice stuff chili

Ingredients

Banana chill 1 kg

Panchpuran 20 gm

Chooped green chili 50 gm

Chooped onion 100 gm

Musterd oil 100 ml

Redchilly powder 50 gm

Turmeric powder 10 gm

Black salt 10 gm

Dry mango powder 20 gm

Corinder powder 50 gm

Method

Take a kadhi add musterd oil. Panchpuran. Chooped onion. Chooped green chili. Cooked it sometimes and then add redchilly powder. Turmeric powder. Salt. Dry mango powder. Corinder powder. Water cooked masala properly and dry it by adding fresh corinder then stuff in to banana chili  and cooked on tawa by apply musterd oil cooked it properly then served with ajwin tawa paratha

Dhokli methi ro saag
ढौकली मेथी रो साग

Traditional food of Rajasthan in winter time it is normal food area near by Gujarat people travel nearly place and food has eaten similar and some of the part of Rajasthan food is mix with Gujarat food but in Rajasthan people they don't add sweet in food and eat spicy

Ingredients

For dokli

Besen 100 gm

Atta 100 gm

Ajwin 2 gm

Redchilly powder 5 gm

Turmeric powder 3 gm

Salt

Curd 50 gm

Ingredients

Methi 500 gm

Ghee 50 ml

Redchilly whole 5 nos

Jeera 3 gm

Chooped green chili 20 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Redchilly powder 5 gm

Turmeric powder 5 gm

Dice tamato 100 gm

Dokli

Method

For dokli

Take a mixcing bowl and add above ingredients and make a dough and rool it like bread and cut in pic like dimond cut and boil in water for 5 minutes and take it out then deep fried it and keep by side

Curry

Take a kadhi add ghee. Whole redchilly

Jeera. Chooped green chili. Chooped garlic. Chooped onion. Cooked it some time then add redchilly powder. Turmeric powder. Salt and dice tamato and methi leaves cooked it sometimes and then add deep fried dokli and cooked it properly then served with rajasthani bread

Bathua gatta ka saag
बथुआ गटटे का साग

Traditional food of rajasthani and it is normal made in winter time in village because of home grow pigweed from fresh from farm and cooked with traditional food curry witch is made all over years and in for change people add some thing different vegetables with traditional food curry and it is very healthy and organic food witch help you to improve your health in winter time so it is very tasty and healthy food

Ingredients for

Besen bathua gatta

Besen 250 gm

Jeera 3 gm

Crush corinder 3 gm

Ajwin 3 gm

Bathua leaves 100 gm

Redchilly powder 5 gm

Turmeric powder 3 gm

Salt 5 gm

Oil 10 gm

Ingredients for curry

Bathua leaves 500 gm

Puree of boil bathua 250 gm

Ghee 100 gm

Whole redchilly 5 nos

Jeera 3 gm

Crush corinder 3 gm

Hing 1 gm

Chooped garlic 50 gm

Chooped green chili 50 gm

Chooped onion 100 gm

Redchilly powder 5 gm

Corinder powder 10 gm

Kasturi methi 3 gm

Salt 10 gm

Method

Make a gatta take a mixcing bowl and add above ingredients and make dough by adding water dough should be tight and roll it and poched in boiling water for 10 minutes and take it out and cut in equal size and deep fry in oil till golden colour and keep by side

Curry

Take a kadhi add ghee. Whole redchilly. Jeera. Crush corinder. Chooped onion. Chooped garlic. Chooped green chili. Cooked it sometimes then add redchilly powder. Corinder powder salt cooked masala properly then add bathua leaves and bathua puree cooked it sometimes and add gatta cooked it properly then add kasturi methi and keep by side and served in meal with traditional rajasthani bread

Marwadi Jowar ke kadi or batti
मारवाड़ी ज्वार की कड़ी और बाटी

Traditional food of Rajasthan and combination of this food is very much good jawaar is an a type of millet witch is an white jawaar and kadi is also Made white and mild spice food baffla batti is an another variety of batti witch is very good and soft it is made by same wheat flour and poched or steam it and deep fried and soke in ghee and eaten with vegetables and nonveg curry

Ingredients for kadi

Butter milk 1 lt

Jawaar atta 100 gm

Ghee 50 ml

Musterd sheed 3 gm

Crush corinder 3 gm

Jeera 3 gm

Whole redchilly 5 nos

Chooped green chili 20 gm

Chooped garlic 20 gm

Chooped onion 50 gm

Salt 20 gm

Chooped corinder 20 gm

Hing 1 gm

Ingredients for baffla batti

Wheat flour 1 kg

Makki atta 100 gm

Suji 100 gm

Salt 20 gm

Ajwin 3 gm

Sauf 3 gm

Crush corinder 3 gm

Jeera 3 gm

Chooped green corinder 20 gm

Cooking soda 5 gm

Ghee 50 gm

Method for kadi

Take a bowl mix butter milk and jawaar atta mix it and keep by side

Take a handi add ghee. Whole redchilly. Hing. Jeera. Crush corinder. Musterd sheed. Chooped onion. Chooped garlic. Chooped green chili cooked it sometimes then add mix of buttermilk and jawaar atta cooked it properly by adding salt and finish with chooped corinder

Method for baffla batti

Take a mixcing bowl and add above ingredients of batti mix it properly then need a dough by adding water in it dough should be tight and make a equal size of batti and put in boiled water for 15 to 30 minutes depend on size then

Keep by side for dry and after some time you can fry in ghee or oil till golden brown and before served you deep batti in ghee and served with jawaar ke kadi

Nalli lal maas or Bajra kichadi
नलली लाल मांस और बाजरा खिचड़ी

Traditional food of Rajasthan with is very popular lamb Prepreacion in Rajasthan it is about chili found in Rajasthan witch is call mathania chili and is is spicy and red colour chill and lamb cooked with traditional local spice and older combination of food habits is with millet and lamb curry and India oldest grains is millet and people are very useful and love to eat this kind of food and now day again people want to eat traditional and organic and healthy food

Ingredients for lal maas

Lamb nalli 1 kg

Slice onion 300 gm

Chooped garlic 50 gm

Ginger garlic paste 50 gm

Whole redchilly 5 nos

Redchilly chili paste 100 gm

Curd 50 ml

Corinder powder 20 gm

Musterd oil 100 ml

Clove powder 5 gm

Whole spice 10 gm

Chooped corinder 20 gm

Ingredients for millet khichdi

Millet 500 gm

Ghee 100 ml

Jeera 5 gm

Chooped garlic 20 gm

Chooped green chili 20 gm

Chooped onion 100 gm

Chooped tamato 50 gm

Salt 20 gm

Turmeric powder 10 gm

Mint leaves 20 gm

Method for lal maas

Marnite lamb with salt. Ginger garlic paste. Redchilly paste. Curd for 3 hrs keep by side

Take a handi add musterd oil. Whole spice. Whole redchilly. Slice onion cooked till golden brown then add chooped garlic. Ginger garlic paste cooked for some time then add lamb nalli cooked it till oil come up then add redchilly paste. Corinder powder and meat masala cooked it properly then add clove powder and smoke with charcoal with ghee and clove and cover it for 10 minutes and keep by side

Method for khichdi

Take a handi and boil a millet by adding water cooked it properly then keep by side

Again take a kadhi add ghee. Jeera. Chooped onion. Chooped green chili. Chooped garlic. Chooped tamato cooked it SOMETIMES then add turmeric powder. Salt and add boil millet mix it properly then add fresh corinder and mints leaves and served with nalli lal maas

Bathua ka besan chilla
बथुआ का बेसन चिला

Traditional food of Rajasthan in winter time break fast healthy vegetables only this kind of vegetables available in winter short time and you have a variety of food combination it can be eaten in breakfast and evening snacks and

It is village food

Ingredients

Chana dal 500 gm

Bathua leaves 500 gm

Salt 20 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Green chili paste 20 gm

Ajwin 5 gm

Jeera 5 gm

Ghee 100 gm

Chooped green corinder 10 gm

Method

Soke chana dal in water for 6 hrs then drain it and graind it and keep by side for rest for 2 hrs

Take a mixcing bowl add graind chana dal add. Salt. Redchilly powder. Turmeric powder. Jeera. Ajwin. Chooped bathua. And chooped green chili paste. Chooped green corinder mix it and keep for some time

Take a tawa add ghee and heat in meadum fleam and add chila mix on tawa cooked it from both sides and served with saute and mint chutney in breakfast

Lal mirch ro atano
लाल मिर्च रो आयामों

(red chili stuffed pickel in Marwadi style)

Ingredients

Redchilly 1 kg

Panchpuran 20 gm

Yellow musterd 250 gm

Sauf 250 gm

Jeera 100 gm

Methi sheed 100 gm

Redchilly powder 100 gm

Black salt 30 gm

Dry mango powder 50 gm

Turmeric powder 10 gm

Musterd oil 1 lt

Method

Take a pan add musterd and fennel together and punchpuran dry rost on slow flame and keep separate and cool it and graind fennel and musterd sheed fuff then take in mixcing bowl add panchpuran. Black salt. Redchilly powder. Turmeric powder. Dry mango powder and 50 ml musterd oil mix it and after cut chili make pocket and stuff it and put in pickel pot

After that heat a musterd oil and cool it and add to chill in pot and cover pot by cloth and pot can put in sun light for 10 to 15 days and keep pickel for 21 days for matchore then you can have in meal

Kacchar tamatar hari mirch ro saag
काचा टमाटर और हरी मिर्च रो साग

(raw green tamato and chill curry)

Traditional food of Rajasthan normal it is eaten all over year and spicy and tangy curry made by redchill. Green chili and raw green tamato cooked with rajasthani spice and eaten in meal

And best curry simple

Ingredients

Raw green tamato 500 gm

Banana redchilly 250

Banana green chili 250

Musterd oil 50 ml

Jeera 3 gm

Chooped garlic 20 gm

Chooped onion 50 gm

Redchilly powder 5 gm

Turmeric powder 5 gm

Black salt 20 gm

Corinder powder 20 gm

Chooped corinder 10 gm

Method

1 step cut tamato and chili in equal size and keep by side

2 take a kadhi add musterd oil. Jeera. Chooped onion. Chooped garlic. Chooped green chili. Cooked some time then add cut redchilly and green chili and green tamato cooked it sometimes then add redchilly powder. Turmeric powder. Salt . Corinder powder. Cooked it properly then add fresh chooped corinder and served with rajasthani bread

Moong dal chilla ro saag
मुग दाल चिला रो साग

(moong dal spice pancakes cooked with rajasthani spice and in curry)

Traditional food for Rajasthan and normal people eat chilla in break fast and in village when you don't have a anything green vegetable that time people eat this kind of food curry witch can make any time and easy

From Rajasthan moong dal chilla cooked on tawa and cooked in rajasthani food curry

Ingredients for moong dal chilla

Moong dal 250 gm

Salt 10 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Green chili 20 gm

Chooped onion 50 gm

Chooped green corinder 20 gm

Ajwin 3 gm

Jeera 3 gm

Ghee 50 gm

Ingredients for moong dal chilla curry

Moong dal chilla

Ghee 50 ml

Jeera 5 gm

Crush corinder 5 gm

Hing1 gm

Chooped green chili 20 gm

Chooped onion 50 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Corinder powder 20 gm

Salt 10 gm

Chooped tamy 50 gm

Curd 100 ml

Chooped green corinder 20 gm

Method

For moong dal chilla

Soke a moong dal for 2 hrs then grind it properly then add in mixcing bowl by adding redchilly powder. Turmeric powder. Salt. Chooped onion. Chooped green chili. Chooped green corinder mix it and mixcer rest for 2 hrs then cooked on tawa both sides on slow flame and keep by side

Curry

Take a kadhi add ghee. Hing. Jeera crush corinder. Chooped onion. Chooped green chili. Cooked it sometimes then add redchilly powder. Turmeric powder. Corinder powder. Salt. Chooped tamato. Curd cooked it masala properly then add moong dal chilla cooked it sometimes then add fresh corinder and served with rajasthani bread

Achari gajer muttar ro saag
अचारी गाजर मटर रो साग

(winter season carrot and fresh peas cooked with pickel spice)

Winter season spical and healthy food it is eaten normal all part of India and in Rajasthan people eat a something different food cuuy and carrot and fresh peas cooked with pickel spice and eaten with any tawa bread

Ingredients

Carrot 500 gm

Fresh peas 500 gm

Musterd oil 50 ml

Panchpuran 5 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Salt 20 gm

Dry mango powder 20 gm

Chooped green chili 20 gm

Chooped tamato 100 gm

Chooped onion 100 gm

Chooped garlic 20 gm

Chooped ginger 20 gm

Fresh corinder 20 gm

Pickel paste 50 gm

Method

Clean and cut all carrot in small size and peeld peas and keep by side

Take a kadhi add musterd oil in and add panchpuran masala after some time add chooped onion. Chooped green chili. Chooped garlic. Chooped ginger. Cooked it sometimes then add redchilly powder. Turmeric powder. Salt and cooked it then add chooped tamato cooked till oil come on top then add pickel paste and dice carrot cooked it sometimes then add fresh peas and chooped green corinder and served with rajasthani bread

Kala chana daliya gugri
काला चना दलीया घुघरी

(Black gram cooked with broken wheat and rajasthani spice)

One of the most popular kichadi in Rajasthan in all reagon and it is very simply too make and healthy and food can stayed for Long time

Combined of this food is very good and it is called gugri witch mean any grain cooked with black chana and traditional food of Rajasthan

Ingredients

Brocken wheat 250 gm

Kala chana 100 gm

Ghee 100 gm

Whole spice

Jeera 5 gm

Chopped onions 100 gm

Chopped garlic 50 gm

Chopped green chili 20 gm

Chopped tamato 50 gm

Chopped ginger 20 gm

Chopped coriander 10 gm

Redchilly powder 5 gm

Turmeric powder 5 gm

Salt 20 gm

Method

1 soke a Kala chana for 6 hrs and keep by side

2 take a kadhi add ghee and add dalya rosted on slow flame and add water and cooked it properly and keep by side

3 take a kadhi add ghee. Whole spice. Jeera.kala chana Chopped onions. Chopped garlic. Chopped green chili. Chopped ginger. Cooked it some time. Then add redchilly powder. Turmeric powder. And chopped tamato cooked it sometimes then add cooked dalya in it and again cooked it properly and add fresh coriander and served in meal

Pameli boar Mirch ro saag

पेमली बौर मिर्च रो साग

(winter wild barriers and chilly cooked with rajasthani spice)

Traditional food of Rajasthan in winter time you have very tangy fruit comes in dessert area and local people have innovative a food as per atmosphere and available of seasnol fruit witch can be make curry and eaten in meal it and variety of Rajasthan food curry

Normally eaten in village and it is an lost recpie of Rajasthan

Ingredients

Boor (wild barriers) 500 gm

Redchilly fresh 250 gm

Banna green chili 250 gm

Ghee 50 gm

Jeera 5 gm

Chopped onions 100 gm

Chopped garlic 50 gm

Chopped tamato 100 gm

Redchilly powder 20 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Salt 20 gm

Dry mango powder 20 gm

Chopped coriander 20 gm

Method

Cut boor and redchilly and green chili keep by side

Take a kadhi add ghee. Jeera. Chopped onions. Chopped garlic. And powder masala redchilly powder. Turmeric powder. Coriander powder. Salt cooked masala then add chopped tamato boor. And redchilly and green chili mix it properly then add dry mango powder. Salt cooked it properly and add fresh coriander and served with rajasthani bread

Marwadi mirch ke kadi masala dalya
मारवाड़ी मिर्च की कढी और मसाला दलीया

Traditional rajasthani food very good combination of food kadi served with Brocken wheat cooked with rajasthani spice traditional in Rajasthan older time kadi lapsi has been eaten in even of village in large quantities eaten with all village circle that is sweet this combination is spicy witch you love to cooked at home

Ingredients for masala dalya

Brocken wheat 500 gm

Chopped garlic 20 gm

Chopped onions 100 gm

Chopped green chili 20 gm

Jeera 5 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Ghee 100 gm

Chopped coriander 20 gm

Salt 20 gm

Kadi

Butter milk 1 lt

Besen 100 gm

Ghee 50 ml

Hing 1 gm

Mustard seed 3 gm

Coriander sheed 3 gm

Curry leaves 3 gm

Jeera 3 gm

Green chili 100 gm

Chopped garlic 10 gm

Chopped onions 50 gm

Redchilly powder 5 gm

Turmeric powder 10 gm

Salt

Method

Masala dalya

Take a kadhi add ghee. Whole spice. Jeera. Chopped garlic. Chopped onions. Chopped green chili sute it sometimes then add Brocken wheat cooked it sometimes then add redchilly powder. Turmeric powder. Salt and water cooked it properly then add fresh coriander and keep by side

Kadi

Take a kadhi add ghee. Hing. Jeera. Coriander. Mustard seed. Curry leaves. Whole red chili for tempring then add whole green chili chopped garlic. Chopped onions. Redchilly powder. Turmeric powder. Salt cooked it sometimes then add butter milkand besen mix cooked it properly then add fresh coriander and served with masala dalya

Bakre ke chaap ke kadi or taramera roti
बकरे की चाप की कड़ी और तारामिरा रोटी

lamb chops 🐑🍗 cooked with curd and rajasthani spice and served with aragulla mix bread)

Rajasthani food and culture traditional food of Rajasthan in winter season a normal curd base food give energy as per season in winter if you eat it help you for cold and emprove your health and with that you get seasnol vegetables like taramera mix bread very good combination of the food in winter time

Ingredients for chaap ke kadi

Lamb chops 1 kg

Musterd oil 100 ml

Whole spice 10 gm

Slice onion 100 gm

Whole redchilly 5 nos

Curry leaves 10 nos

Musterd sheed 3 gm

Crush corinder 3 gm

Jeera 3 gm

Butter milk 1 lt

Beasen 50 gm

Chooped garlic 30 gm

Chooped green chili 50 gm

Yellow chili powder 10 gm

Turmeric powder 10 gm

Salt 20 gm

Chooped green corinder 20 gm

For roti

Atta 500 gm

Aragulla 250 gm

Salt 20 gm

Redchilly powder 10 gm

Turmeric powder 10 gm

Water

Ajwin 5 gm

Method

Chaap ke kadi

Take a handi add musterd oil. Whole spice. Musterd sheed. Jeera corinder sheed. Curry leaves. Chooped garlic. Slice onion cooked it sometimes then add lamb chops cooked it sometimes then add turmeric powder. Yellow chili powder. And butter milk and besen mix cooked it properly then add chooped green chili and fresh coriander and keep by side

Tramera re roti

Mix all above ingredients of roti and make a dough an keep rest for 20 minutes after that make a medium size roti by rolling pin and cooked on tawa by slow flame by adding ghee cooked it properly by both sides and cut in small pic served with chaap ke kadi

Hare muttar ke roti
हरे मटर की रोटी

Rajasthani food and culture and winter season healthy food and breakfast normally in winter season this is best time to get best fresh greenpeas and you can cooked with any kind of vegetables and we have make today very special paratha with you all will love

Ingredients

Peeled fresh greenpeas 250 gm

Wheat atta 500 gm

Chooped corinder 50 gm

Ajwin 5 gm

Chooped green chili 20 gm

Chooped ginger 20 gm

Salt 20 gm

Turmeric powder 5 gm

Jeera powder 5 gm

Method

Crush half of fresh greenpeas and mix with wheat flour then add rest of above ingredients and make a dough by adding water rest dough for 20 minutes and cut in small size then roll with rolling pin and cooked on tawa on slow flame by adding ghee cooked it properly then served with setcurd and  mango pickel and fresh white butter

Kangani ka dalyia
कांगणी का दलीया

(kangani porridge)

(amaranth cooked with milk)

Rajasthani food and culture and healthy breakfast gluten free food. Traditional food of Rajasthan normal in village people grow amaranth and cooked may type of food in daily life use it is missing but now days again people are more health concerns so the also go back to old food witch is cooked older time keep them health and fit

Ingredients

Kangani 250 gm

Milk 1 lt

Dry fruits 100 gm

Suger 50 gm(on choice)

Method

Take a kadhi put on slow flame and add kangani and roster on slow flame then add dry fruits and milk and water cooked it properly ans and served in breakfast

#rajasthanifood #healthyfood #organicfood #breakfast #village food

Mewadi amchuri tawa bhindi
मेवाड़ी अमचुरी तवा भिन्डी

Rajasthani food and culture and traditional food of Rajasthan and this food is eaten normal all over year and mostly in summer time you have fresh season of bhindi and stuff with mix of dry mango spice it is healthy and organic vegetables

Ingredients

Bhindi 500 gm

Dry mango powder 10 gm

Redchilly powder! 5 gm

Corinder powder 5 gm

Salt 5 gm

Jeera 3 gm

Chooped onion 20 gm

Chooped green chili 10 gm

Chooped corinder 5 gm

Musterd oil 30 ml

Method

Clean and slit a bhindi from meddel and keep by side

For stuff take a kadhi add musterd oil. Jeera chooped onion. Chooped green chili. Chili powder. Dry mango powder. Corinder powder and water Cook it sometimes then add salt and fresh chooped corinder mix it and keep by side

Stuff a bhindi all equal size as per picture then take a tawa add oil jeera. Bhindi turn slowly and cooked by cover and add some masala on top cooked it property and served with tawa roti

Shaat ke Shikkar or Bajra kichada
साठ की शिकार और बाजरा खिचड़ा

(Hunted pork belly cooked with rajasthani spice and served with millet kichadi)

Rajasthani food and culture and traditional food of Rajasthan older time in rajput family the love to eat hunted meat it is call seekaar and cooked with spicy Rajasthan spice and eaten with local grain call millet and it is very good combination of food

Ingredients

Pork belly 1 kg

Whole spice 10 gm

Muster oil 100 gm

Slice onion 350 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Redchilly powder 100 gm

Turmeric powder 2 gm

Coriander powder 10 gm

Gram masala 10 gm

Chopped corinder 20 gm

Method

Clean and cut pork belly in small pic and add salt. Redchilly powder. Leamon juice keep by side

Take a handi add musterd oil. Whole spices. Slice onion. Cooked till golden brown then add chopped garlic and ginger then add marnite pork belly and cooked it some time then add redchilly powder. Turmeric powder. Salt. Corinder powder cooked it properly and in last add gram masala and chopped corinder and served with masala bajra kichidi

Mewadi mirch aloo ke sabzi
मेवाड़ी मिर्च आलु की सब्जी

Rajasthani food and culture and traditional food of Rajasthan and normally in Rajasthan people love to eat spice food and in best quality of chilly people use for home cooking and chilly has Ben use in many curry but today chill Cook with king of vegetables call patatoand rajasthani spice

Ingredients

Baby patato 500 gm

Chilly different colors 500 gm

Chopped onions 100 gm

Chopped garlic 50 gm

Ghee50 ml

Whole corinder 5 gm

Jeera 5 gm

Redchilly powder 5 gm

Turmeric powder 5 gm

Salt 20 gm

Corinder powder 10 gm

Chopped corinder 20 gm

Lemon 3 nos

Method

Peeled and cut half baby patato and deep fry in oil keep by side

Cut chilly in slant and keep by side

Take a kadhi add ghee. Jeera. Crush corinder. Chopped onions. Chopped garlic. Cooked it some time then add boiled patato cut redchilly . Mix it then add redchilly powder. Turmeric powder. Corinder powder Salt cooked it somoe time then add fresh corinder and lemon juice and served with rajasthani food and bread

Muttar ke bharwa lal mirch
मटर की भरवा लाल मिर्च

(Redchilly chilly stuffed with seasnol green peas)

Rajasthani food and culture and traditional food of Rajasthan winters time seasnol food you get good ripe redchilly and fresh green peas cooked with rajasthani spice and stuff in red banana chilly

Ingredients

Redchilly whole 1 kg

Fresh Green peas 250 gm

Greded boiled potatoes 100 gm

Greted paneer 100 gm

Ghee 30 ml

Hing 1 gm

Jeera 3 gm

Jeera powder 5 gm

Chopped onions 50 gm

Chopped green chili 20 gm

Chopped ginger 20 gm

Chopped corinder 10 gm

Salt 10 gm

Yellow chilly powder 3 gm

Method

Take a kadhi to make a stuffing of cilly add oil in ghee. Hing. Jeera. Chopped onions. Chopped ginger. Chopped green chili. Cooked it sometimes then add half crush green peas. Great boiled potatoes. Greted paneer. Mix it cooked it sometimes then add salt. Yellow chilly and chopped corinder mix it and keep mix by side

Stuff red banana chilly with mix and take a tawa add ghee. Jeera. Stuff chilly little salt and cover it cooked it sometimes and add chopped corinder and served with rajasthani bread

Marwadi methi papad ke sabzi
मारवाड़ी मेथी पापड़ की सब्जी

(Sprouts methi and fresh methi cook with spices in Rajasthan style and add rosted papad)

Rajasthani food and culture and traditional food of Rajasthan in winter time food when you get fresh methi leaf and sprouts methi cooked with rajasthani papad and rajasthani spice it is village food simply to make and good for health

Ingredients

Fresh methi leaf 250 gm

Sprouts methi 250 gm

Papad 5 nos(rosted)

Ghee 50 ml

Jeera 3 gm

Whole redchilly 5 nos

Chopped onions 50 gm

Chopped garlic 20 gm

Turmeric powder 5 gm

Yellow chilly powder 5 gm

Chopped corinder 20 gm

Chopped green chili 20 gm

Method

Take a kadhi add ghee. Whole redchilly. Jeera. Chopped onions. Chopped garlic. Chopped green chili. Cooked for some time then add fresh methi and sprouts methi and cooked it some time then add turmeric powder. Yellow chilly powder salt. Chopped corinder mix it then add rosted papad broken mix it and served with rajasthani bread in meal

Mewadi cheel ro rayto
मेवाड़ी सिल रो रायतो

(Bataua ka raita)

Rajasthani food and culture and traditional food of Rajasthan in winter season you get fresh bataua from farm and home cattel fresh home made curd witch is use for ratia for meal use with tempring with

Ingredients

Curd 500 ml

Bataua leave 100 gm

Roasted jeera powder 10 gm

Redchilly powder 3 gm

Hing 1 gm

Black salt 10 gm

Method

Take a mixing bowl add curd. Black salt. Roasted jeera powder. Mix it properly and keep by side

For tempring take a pan add ghee. Hing. Jeera. Cracked and add bataua leave sauteed it some time not to black then add little redchilly powder and add in to mix raita half of put it and mix it and half put on top for garnish and served in meal with rajasthani food

Lal mirch ke chaap or lal mirch ke roti
लाल मिर्च की चाप और लाल मिर्च की रोटी

(Rajasthani spicy lamb rack with redchilly paratha)

Rajasthani food and culture and traditional food of Rajasthan an normal in Rajasthan people eat very spicy food because of it help from heat and there people have grow world best red chilly witch is call mathania chilly near by jodhpur and mathania is an village name also normally people in rajput family eat order time hunted meat in daily life every day they like to hunt in forest with team member and family members so one of the very popular dish is lal maas witch is very popular in Rajasthan

Ingredients for lal maas chaap

Lamb rack 1 kg

Slice onion 300 gm

Whole spice 5 gm

Ghee 100 ml

Whole redchilly 10 nos

Chooped garlic 50 ml

Redchilly 50 gm

Curd 50 gm

Clove powder 3 gm

Ginger garlic paste 50 gm

Ingredients for lal mirch paratha

Atta 500 gm

Chilly flack 50 gm

Chilly powder 50 gm

Chooped corinder 20 gm

Ajwain5 gm

Salt 20 gm

Ghee 50 ml

Crush corinder 5 gm

Method

Curry

Take heavy bottom handi add ghee. Whole spice. Whole redchilly choop garlic. Slice onion cooked till golden brown then add ginger garlic paste cooked some time then add lamb rack sture it some time then add redchilly powder. Curd curd mix cooked this then add lamb stock

And cooked it properly then keep by side then smoke a lamb curry by clove and add clove powder mix it and keep it 10 minutes for smoke then add chooped corinder

Paratha

Take a mixing bowl add a above ingredients of paratha by adding water and make a dough and keep by side for 20 minutes then cut in equal measure of pada and make paratha and cooked on tawa on slow flame by adding ghee cooked it properly and served with lamb curry

Medi thike mutter ke tikki
मेवाड़ी तिखे मटर की टककी

Rajasthani food and culture and traditional food of rajasthani in winter season special food fresh season mutter mix with rajasthani spice and cooked and normal eaten at home and in social events healthy street food

Ingredients

Green peas 500 gm

Boil and deep fry patato 200 gm

Deep fry paneer 100 gm

Rosted chana powder 50 gm

Chopped green chili 50 gm

Chopped ginger 50 gm

Chopped corinder 50 gm

Jeera 10 gm

Ghee 20 gm

Salt 20 gm

Jeera powder 10 gm

Method

Take a kadhi add ghee. Jeera. And half crush all green peas cooked it some time and keep by side for cooling

Take a flat or big size mixing the add deep fry boiled potatoes and paneer greated it then add chopped corinder. Chopped green chili. Chopped ginger. Salt. Jeera powder rosted chana powder and sauted green peas mix add it and mix it properly and make equal size tikki and cooked on tawa on slow flame served with mint chutney

Marwadi lal mirch ke talore
मारवाडी लाल मिर्च के टपोरे

Rajasthani food and culture and traditional food of Rajasthan and accompliment of rajasthani food and people love to eat spicy food because of temperatures in rajasthan is hi and best chilly also available in rajasthan

Ingredients

Red chilly fresh 250 gm

Mustard oil 20 ml

Panchpuran 5 gm

Besen 100 gm

Salt 10 gm

Red chilly powder 3 gm

Lemon juice 5 ml

Method

Cut chilly in equal size and keep by side then take a kadhi Or pan add mustard oil. Panchpuran. Cut red chilly saute it some time then add salt. Besen and red chilly again saute it slow flame and by adding lemon juice and served with rajasthani food

Rabodi khatta kanda ro saag
राबौडी खाटा कांदा रो साग

(Rajasthani sun dry papad cooked with pickel onion)

Rajasthani food and culture and traditional food of Rajasthan in village in winter season people make rabodi for hole year because of less of vegetables available and when if they get good combination of vegetables they cooked with home made sun dry vegetables eat in meal and good combination with onion you can cooked with fresh and pickel onion

Ingredients

Rabodi 250 gm

Pickel onion 100 gm

Chopped onions 100 gm

Chopped tomato 50 gm

Chopped green chili 20 gm

Chopped garlic 20 gm

Chopped ginger 20 gm

Ghee 50 ml

Jeera 5 gm

Crush corinder 5 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Corinder powder 10 gm

Fresh spring onion 50 gm

Chopped corinder 20 gm

Salt 10 gm

Method

Take a kadhi add ghee. Jeera. Crush corinder. Chopped onions. Chopped garlic. Chopped green chili. Chopped ginger cooked it some time then add redchilly powder. Turmeric powder. Corinder powder. Salt. Cooked masala then add rabodi and little water to cooked rabodi cooked it some time then add pickel onion and fresh spring onion cooked it properly and add fresh corinder and served with rajasthani bread

Mewadi chukander muttar ro saag

मेवाड़ी चुकंदर मटर रो साग

(Winter season fresh beetroot and fresh green peas cooked with rajasthani spice)

Ingredients

Fresh beetroot 250 gm

Green peas 250 gm

Ghee 50 ml

Jeera 5 gm

Chopped onions 100 gm

Chopped garlic 20 gm

Chopped green chili 20 gm

Chopped ginger 20 gm

Redchilly powder 10 gm

Salt 10 gm

Turmeric powder 5 gm

Corinder powder 10 gm

Chopped corinder 20 gm

Method

Take a vegetables wash and cut it keeps by side

Take a kadhi add ghee. Jeeta. Chopped onions. Chopped garlic. Chopped green chili. Chopped ginger. Cooked it some time then add chopped tamato and redchilly powder. Turmeric powder. Salt. Corinder powder cooked masala properly then add cut beetroot and green peas mix it properly and cooked it properly then add fresh corinder and served with rajasthani bread

Mewadi makki ka jajhriya or purri parra
मेवाड़ी मकाई का जांजरीया और पुड़िया और पारा

After Holi special on jamara bij on in Rajasthan people eat cold food because of all ladies at village to some social fun events at holika dhan area there men are not allowed and only kids and girls and ladies to the event they make food for family witch can eaten anything time without heating

Ingredients for jajaria

Makki atta 200 gm

Ghee 100 ml

Cardamom powder 3 gm

Dry fruits 50 gm

Saffron 1 gm

Sugar 100 gm

Ingredients for gud ke puri and para

Atta 250 gm

Suji 50 gm

Gud 150 gm (boil and cold)

Sauf powder

Method

Makki ka jajaria

Take a kadhi add ghee. it then add makki atta cooked it some time then add hot water cooked till ghee come top then add dry fruit and cardamom powder. And sugar cooked it properly and keep by side

Puri and para

Take a mixing bowl add atta. Fennel powder.suji Gud water mix it and make a dough and keep by side by

For para

make big sizes roti thicker and dock it with fork and cut in Diamond cut then fry in oil for slow flame

Puri

Roll a Puri by applying a oil and deep fried it and keep by side and eat every thing together

Marwadi pithore sev tamater
मारवाड़ी पिथोड सेव टमाटर

Rajasthani food and culture and traditional food of Rajasthan and combination of two dish sev tamater and pithore combination of dish from marwar and mewar region of Rajasthan and it is village food

Ingredients

Sev 250 gm(big size)

Tamato 250 gm

Besen 100 gm

Butter milk 1 lt

Ghee 50 ml

Chopped onions 100 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Chopped green chili 50 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Salt 20 gm

Crush corinder 5 gm

Jeera 5 gm

Ajwin 3 gm

Chopped corinder 20 gm

Method

Make a pithore first

Take a mixing bowl add besen. Jeera. Crush corinder. Ajwin. Salt. Redchilly powder. Turmeric powder. Oil mix it properly then add butter milk and water mix it then take a hand and cooked it mixcher on slow flame and set in try and cool it then cut in Diamond cut

For curry

Take a kadhi add ghee whole redchilly. Jeera. Chopped onions crush corinder. Chopped garlic. Chopped ginger. Chopped green chili. Cooked it some time then add redchilly powder. Turmeric powder. Salt. Corinder powder and water cooked it masala properly then add dice tamato and sev cooked it some time then add cut pithore cooked it some time then add fresh chopped corinder and served with rajasthani bread

Mewadi umar lal mirch ke chutney
मेवाड़ी उमर लाल मिर्च की चटनी

(Anjeer Lal mirch ke chutney)

Rajasthani food and culture and traditional food of Rajasthan in village you get fresh figs and make a chutney with home redchilly with rajasthani spice and eaten in village with makki ke roti. Bajra roti or jawar ke roti

Ingredients

Fresh figs 250 gm

Fresh redchilly 100 gm

Jeera rosted 5 gm

Crush corinder 5 gm

Black salt 20 gm

Lemon juice 10 ml

Mint 20 gm

Corinder stem 20 gm

Garlic pelled 20 gm

Ginger 10 gm

Method

Take a mixcher grainder or you can do on sillbat also take above ingredients and grind it properly and add lemon juice and salt and keep in freeze and when need served in meal

Marwadi Bajra ka keseryia kichada
मारवाड़ी बाजरा का मिठा खिचडा

(Millet cooked with saffron and jaggri)

Rajasthani food and culture and traditional food of Rajasthan in during the holi festival in Rajasthan people enjoy holi festival till after 15 day holi and make every day food different and some time eat hot and cold it is about culture and may warity of food in village and every home each people from each home and celebrate a holi in village and one village to another village to celebrate holi witch village are in circular and from that culture today we have this recpie from village witch served in holi festival

Ingredients

Millet 500 gm

Saffron 1 gm

Ghee 250 gm

Dry fruits 100 gm

Jaggri 500 gm

Cardamom powder 3 gm

Method

Take a handi add water to boil millet properly and keep by side

Take a kadhi add ghee . Cooked millet cooked some time till water dry then add jaggri. Cardamom powder. Dry fruits. Saffron water cooked it properly then served hot 🔥and cold on your choice

Moringa phali ro saag
मौरीगा फली रो साग

(Drumstick cooked with rajasthani curd base curry)

Rajasthani food and culture and traditional food of Rajasthan in half of Rajasthan near by aravali mountain there are many trees of sarjana with people use leaf to feed there cattel and use some time for medicine and now days in martand April you get fresh drumstick and people use to have cooked with local curd base curry it is very healthy vegetables

Ingredients

Drumstick 500 gm(fresh and soft)

Butter milk 1 lt

Besen 100 gm

Jeera 3 gm

Crush corinder 3 gm

Mustard seed 3 gm

Curry leaf 10 nos

Whole redchilly 5 nos

Hing 1 gm

Turmeric powder 5 gm

Redchilly powder 3 gm

Salt 10 gm

Chopped onions 50 gm

Chopped green chili 20 gm

Chopped garlic 20 gm

Chopped corinder 20 gm

Ghee 50 ml

Method

Clean and cut drumstick in small pic and cut all vegetables and keep by side

Take a handi add ghee. Whole redchilly. Hing. Jeera. Crush corinder. Mustard seed. Curry leaves for tempring then add chopped green chili chopped onions. Chopped garlic. Then add turmeric powder. Redchilly powder. Salt then add butter milk and besen mix cooked it properly then add cut drumstick cooked it properly then add fresh corinder and served with rajasthani bread

Mewadi safed makki ke roti
मेवाड़ी सफेद मकाई की रोटी

Rajasthani food and culture and traditional food of Rajasthan in mewar region only you will get white corn it is Specalty of mewar in villge normal consume with liquid curry it can be veg and nonveg best combination is with payaz ke kadi and it is gluten free food and healthy and eaten with butter milk . And ghee home made

Ingredients

White makki atta 500 gm

Salt 10 gm

Warm water 500 ml

Method

Take a flat utensils for mixing a atta and need a dough mix it properly then add water and make one by one and cooked on clay pot tawa on wood fire then apply a ghee and served with rajasthani food curry

Marwadi goond ra laddu
मारवाड़ी गुद रा लाडु

Rajasthani food and culture and traditional food of Rajasthan in winter normal in winter time people want to emprove there health and keep them healthy and fit for next year every home in village old lady like grandmother. Mother. Whife the make healthy laddu for there family because they have good knowledge of cooking learn from older person in home today I also bring this recipe from village and share with you

Ingredients

Atta 1 kg

Ghee 500 gm

Goond (wild eatable gum) 250 gm

Suger 600 gm

Dry fruits 200 gm

Cardamom powder 3 gm

Method

Take a kadhi add ghee in it put on slow flame and crush a goond in small size and put in kadhi in hot then when get they get pop then take it from kadhi and keep by side

Add Atta on left ghee cooked on slow flame till golden then take it out and add dry fruits and graind suger and pop gum and cardamom powder mix it properly and make laddu by adding little water in hand and keep by side till get cool after that store in cool place and have on morning with empty stomach every day for 20 to30 days

Rajasthani dal panchmahal
राजस्थानी दाल पंच महल

(Five type of lentils cooked in traditional rajasthani style)

Rajasthani food and culture and traditional food of Rajasthan normal dal is consumed with batti traditional bread of Rajasthan and people love to eat dal with batti it can be rosted. Steamed

Ingredients

Chana dal 50 gm

Urad split 50 gm

Green moong split 50 gm

Mushur dal 50 gm

Aharar dal 50 gm

Whole redchilly 5 nos

Whole spice 10 gm

Jeera 5 gm

Hing 3 gm

Ghee 100 ml

Chopped onions 100 gm

Chopped green chili 50 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Chopped tamato 100 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Salt 20 gm

Chopped green corinder 50 gm

Method

Clean and wash all dal then boil it by adding salt and turmeric powder boil it properly and keep by side

Tempring

Take a handi add ghee. Whole spice. Whole redchilly. Hing.Then jeera till crack then add chopped garlic. Chopped onions. Chopped ginger. Chopped green chili. Cooked it some time then chopped tamato cooked after add redchilly powder. Turmeric powder. Salt and water cooked masala till oil come top then add boil dal cooked it properly then add fresh chopped corinder and served with batti

Mewadi safed makki ke kadi or bafla batti
मेवाड़ी सफेद मकाई की कड़ी और बाफला बाटी

Rajasthan food and culture and traditional food of Rajasthan in mewar region where you get safed makka and kadi is made by makki atta it can be yellow and white and normal in all weather people have this kind of meal in village witch is healthy and different from other food and keep you safe in Rajasthan by wether and atmosphere

Ingredients for batti

Wheat atta (little big grain then regular) 1 kg

Makki atta 250 gm

Jeera 5 gm

Crush coriander 5 gm

Ajwin 5 gm

Sauf 5 gm

Salt 20 g.

Cooking soda 5 gm

Water

Ingredients for kadi(safed makki)

White makki atta 100 gm

Buller milk 1 lt

Whole Redchilly 5 nos

Curry leaf 10 gm

Mustard sheed 5 gm

Jeera 3 gm

Crush coriander 3 gm

Slice onion 100 gm

Chopped green chili 50 gm

Chopped garlic 50 gm

Oil 50 gm

Hing

Method for batti

Mix above ingredients of batti atta mix it properly the need a dough by adding water dough should be tight and make equal size of batti and stack in stimmer or as per pitcher and steam for 30 minutes take it out and served with kadi

Method for kadi

Take a handi add oil. Whole Redchilly. Curry leaves. Mustard seeds. Jeera. Crush coriander. Slice onion. Chopped garlic. Chopped green chili cooked it some time then add buttermilk and makki atta mix cooked it properly then add some salt then add fresh chopped green coriander and served with kadi

Rajasthani payaz tamatar ke chutney
राजस्थानी प्याज टमाटर की चटनी

Rajasthan food and culture and traditional food of Rajasthan it is start summer and you can make chutney witch is tangy and spicy healthy and save you from weather and atmosphere it is and village food when you don't have vegetables at hame you can make this chutney

Ingredients

Chopped onions (fine) 250 gm

Chopped tamatar 250

Chopped green chili 50 gm

Chopped coriander 20 gm

Chopped mint 20 gm

Black salt 20 gm(as per taste)

Lemon juice 50 ml

Redchilly paste 20 gm

Method

Clean and wssh all vegetables and cut it fine chopped and keeep in mixing bowl then add black salt. Redchilly paste. And lemon juice mix it property and served with Rajasthan food

Marwadi Rabodi
मारवाड़ी राबौडी

(Sundry non seasnol vegetables of Rajasthan)

Rajasthan food and culture and traditional food of Rajasthan in village people don't have a green vegetable all time and people have there home cattel and many products use by milk use in cooking in Rajasthan and rabodi is a corn atta and Rajasthan spice cooked it with butter milk and set in tray and sundry and store in cool place and in rainy season store in air tight utensils and rabodi is kind of vegetables can use with many vegetables in Rajasthan

Ingredients

Butter milk (shaur) 5 lt

Water 2 lt

Redchilly powder 100 gm

Makki atta 1.5 kg

Salt 50 gm

Turmeric powder 10 gm

Jeera 10 gm

Oil 100 ml

Method

Take a big handi and mix above ingredients and mix it properly then put on fire on slow flame cooked it properly it should be thick and put in flat try and flat it properly and it should be thicker in tray and then put in sun light for 3 days and in evening keep in inside then store it

Marwadi leasan ke kadi
मारवाड़ी लहसुन की कड़ी

Rajasthan food and culture and traditional food of Rajasthan in village you get fresh garlic and garlic leave and very good combination of kadi and healthy. Organic. Traditional and simple food kadi normal in winter to end of fresh garlic and you can make with normal garlic

Ingredients

Fresh garlic peeled 100 gm

Garlic leave 50 gm

Ghee 50 ml

Whole Redhill 5 nos

Hing 1 gm

Jeera 3 gm

Crush coriander 3 gm

Mustard seed 3 gm

Curry leaves 5 gm

Slice onion 50 gm

Chopped green chili 20 gm

Butter milk lt

Besen 100 gm

Redhill powder 5 gm

Turmeric powder 10 gm

Chopped coriander 10 gm

Salt

Method

Take a bowl mix butter milk and beasn mix it and keep by side

Take a kadhi add ghee. Whole Redhill. Hing. Jeera. Crush coriander. Mustard seed. Curry leaves for tempring then add slice onion. Chopped green chili. Peeled garlic. Cooked some time then add Redhill powder. Turmeric powder. Salt and butter milk besan mix cooked it property then add fresh garlic leaves and chopped coriander and cooked it some time and keep by side then served with Rajasthan bread

Mewadi karonda ro saag
मेवाड़ी करौंदा रो साग

(It is type of wild beeris cooked with Rajasthan spice)

It is an normal tree found in India Afghanistan and nepal in some part in India in Rajasthan. Madhya pradesh. Himachal pradesh and some more parts of India and it is very tangy fruits witch is come in summer time and normal use to make pickels and vegetables curry with local spice it is healthy and organic and wild beeris vegetables

Ingredient

Karundha 250 gm

Mustard oil 50 ml

Whole spiy 5 gm

Jeera 5 gm

Chopped garlic 50 gm

Chopped onions 100 gm

Redhill powder 20 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Salt 15 gm

Chopped cory 10 gm

Method

Take a kadhi add musterd oil. Whole spice. Jeera. Chopped garlic. Chopped onions.i Cooked it some time till golden brown then add karundha cooked it some time and add Redhill powder. Turmeric powder. Salt cooked it property and add fresh chopped coriander and served with Rajasthan bread

Marwadi aloo dhaniya mangodi
मारवाड़ी आलू थनीया मंगौड़ी

Rajasthan food and culture and traditional food of Rajasthan it is an wash moong dal sundry dumping mix with Rajasthan local spice and normal in village people have a more products of lintels during monsoon and in winter time every home they make home made sundry vegetables witch can store and cook when vegetables are not available and do the commotion with other vegetables witch area available and this dish is with patato and fresh coriander and mangodi

Ingredients

Mangodi 100 gm

Baya patato 250 gm

Fresh coriander 100 gm

Ghee 100 ml

Jeera 3 gm

Crust coriander 5 gm

Chopped garlic 50 gm

Chopped onions 100 gm

Chopped green chili 20 gm

Redhill powder 10 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Salt 15 gm

Curd 50 ml

Method

Clean and cut all vegetables and keep by side then peeled baby patato and cut in two part and keep by side

Take a kadhi add ghee then deepfry mangodi in ghee till little golden color then take it out

Tempring add jeera. Crush coriander. Chopped garlic. Chopped onions. Chopped green chili. Cooked it sometimes till golden brown then add Redhill powder. Turmeric powder. Coriander powder. Salt and curd and cooked masala till oil comes out

Add cut baby patato cooked till 75 percent of cooked then add fried mangodi cooked it some time then add chopped coriander more of then keep by side and served with Rajasthan bread

#rajasthan_tourism #rajput #rajputana #rajasthaniculture #rajasthan_diaries #rajsthan #rajasthanifood #rajputanaswag👑 #rawali rasoi

Babul ke sangri ke sabzi
बबुल की सांगरी की सब्जी

(babul beans cooked with Rajasthan spice)

Rajasthan food and culture and traditional food of Rajasthan in summer time in Rajasthan less of water so all tree are found in Rajasthan are less of leave and more of kaata witch are similar to hook. Pin. In large and small so evey tree have unick and babul have a beans come in summer time and local village people cooked this beans as a vegetables during this period and it is healthy and organic and wild vegetables

Ingredients

Babul beans 500 gm

Buller milk 1 lt

Salt 20 gm

Ghee 100 ml

Whole Redhill 5 nos

Jeera 3 gm

Crush coriander 5 gm

Musterd sheed 3 gm

Chopped garlic 30 gm

Chopped onions 100 gm

Chopped green chili 30 gm

Redhill powder 20 gm

Turmeric powder 10 gm

Black salt 10 gm

Chopped green coriander 20 gm

Method

Cut all vegetables and beans and keep by side

Boiled babul beans for 20 to 30 minutes property by adding salt butter milk. And turmeric powder and drain it and wash keep by side

Take a kadhi add. Ghee. Hing. Whole Redhill. Jeera. Crush coriander. Musterd sheed. Chopped garlic. Chopped onions and chopped green chili cooked till onions golden brown then add boiled babul beans and Redhill powder. Turmeric powder. Salt coriander e and black salt cooked some time and add butter milk cooked it properly and add fresh coriander and served with Rajasthan bread

Marwadi khati meethi Mangodi
मारवाड़ी खटटी मिठी मंगौड़ी

Deep fried moong dal dumpling poched in sweet and sour spicy flowerd water)

Ingredients for pakodi

Moong dal 100 gm

Salt 3 gm

Ajwin 2 gm

Redhill powder 3 gm

Turmeric powder 3 gm

Corinder fresh 10 gm

Ingredients for water

Tamrind pulp 50 ml

Mint chuthey 50 gm

Black salt

Suger 50 gm

Boondi 10 gm

Rosted jeera 5 gm

Red chilly paste 3 gm

Method

Soke moong dal for 1 hrs then grind it and keep by side for Farmaticion for 2 hrs then add salt. Red chilly powder. Turmeric powder. Ajwin. Chopped corinder. Mix it and deep fry in oil then soke in warm water

Make a water

Take a mixcing bowo add tamrind pulp. Mint chuthey. Black salt. Suger. Rosted jeera red chilly paste mix it properly then add cold water and boondi and chopped mint leaves and add soked mangodi in water of MIXCHUER and served in meal

Marwadi mirch Maas ke kadi
मारवाड़ी मिर्च मांस की कड़ी

Rajasthan food and culture and traditional food of Rajasthan it is an another variety of red meat preparation people are aware of spicy red colour recipe only and it is an traditional recipe of Rajasthan witch is hunted meat cooked with curd base curry and local fresh and dry chilly this recipe I am sharing with my page I have learn from my family we belong to rajput family and every occasion we make different curry for home cooking

Ingredients

Lamb curry cut 1 kg

Whole spice 10 gm

Jeera. Musterd. Crush corinder 5 gm

Musterd oil 100 ml

Whole red chilly 10 nos

Banana chilly 10 nos

Slice onion 300 gm

Chopped garlic 50 gm

Chopped ginger 50 gm

Butter milk 500 ml

Besean 50 gm

Salt 20 gm

Yellow chilly powder 10 gm

Turmeric powder 10 gm

Fresh corinder 50 gm

Method

Take a handi add musterd oil. Whole spices. Musterd. Jeera. Crush corinder. Whole red chilly. Cut banana chilly saute it some time then take it out saute banana chilly then add slice onion. Chopped garlic. Chopped ginger Cook till onion golden brown then add lamb cooked till oil come on top then add turmeric powder. Yellow chilly powder. Salt cooked some time then add butter milk and beasen mix cooked it properly then add saute banana chilly and fresh corinder cooked it properly and served with Rajasthan bread

Ulta tawa ke roti pe maas boti
उलटे तवे की रोटी

Ingredients for roti

Atta 500 gm

Salt 5 gm

Water 250 ml

Oil 20 ml

Ingredients for Tawa boti

Mutton boti 1 kg

Kachari powder 50 gm

Musterd oil 100 ml

Whole spices 5 gm

Slice onion 250 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Red chilly paste 50 gm

Turmeric powder 5 gm

Meat masala 10 gm

Chopped corinder 50 gm

Chopped mint 10 gm

Method

Make ulta tawa roti

Mix above ingredients of roti and need dough and rest for 30 minutes then divided in equal size for roti and make pada and roll by rolling pin and cooked on ulta tawa on slow flames🔥

Cooked it probably and make craspy keep by side

Tawa boti

Clean and Maranite mutton boti with salt. Kachari powder. Red chilly paste. Turmeric powder. Ginger garlic paste. And keep by side for 4 hrs

Take a heavy bottom tawa add musterd oil. Whole spices. Slice onion. Cooked till golden brown then add chopped ginger. Chopped garlic cooked it then add Maranite mutton boti cooked it on slow flame till cooked it properly then add chopped corinder and mints

And served on ulta tawa roti as per pitcher and garnish with onions. Leamon and chopped corinder

Bujhma shaat ke Shikkar
भुजमा साठ की शिकार

(Hunting pork meat cooked with spices in Rajputana style)

Rajasthan food and culture and traditional food of Rajasthan in rajput family people are use to eat hunted meat and it is an traditional recipe from our family witch I am sharing with my experience and learn from my family

Ingredients

Pork belly 2 kg

Ghee 400 ml

Whole spices 10 gm

Ginger garlic crush 100 gm

Red chilly paste 100 gm

Turmeric powder 10 gm

Corinder powder 50 gm

After cooked garnish and finishing ingredients

Salt 20 gm

Corinder stem 100 gm

Mint 20 gm

Slit green chilly 20 gm

Chopped onions 100 gm

Chopped corinder 20 gm

Method

Clean a pork belly cut in small medium size then add salt and ginger garlic paste. Red chilly paste 20 gm then rost in sqver on bone fire or cooked in oven then keep by side

Take a heavy bottom handi add ghee. Whole spices. Then add crush ginger and garlic cooked till golden then add rosted pork pice saute it then add red chilly paste. Turmeric powder. Salt. Corinder powder cooked it properly then add fresh corinder stem. Slit green chilly, chopped mint. Chopped corinder. Chopped corinder. Chopped onions mix it properly and served in meal with Rajasthani bread

Gondh ra fuluya

गौंद रा फुलीया (

Wild gum fry in ghee and mix with spices)

Rajasthan food and culture and traditional food of Rajasthan during summer season in village people collect wild gum from different pland witch are available and eatable gum they have store it for further use it cane be use in many item in food in Rajasthan it can be starters to sweets so today we are making one snacks witch is very popular in Rajasthan

Ingredients

Wild gum eatable 100 gm

Ghee for fry 200 gm

Black salt 5 gm

Red chilly powder 5 gm

Dry mango powder 3 gm

Lemon 2 nos

Method

Take a pan or kadhi add ghee put on slow flame on gas when ghee is properly heat then put small bach of gum to fry it will come on top then keep by side fry all one by one in small bach

Take a mixcing bowl add fry wild gum. Then add black salt. Red chilly powder. Dry mango powder or chat masala mix it properly then served in meal

Kaju mewa ro saag
राजु मेवा रो साग

(Dry cashunut cooked with Rajasthan spices)

Rajasthan food and culture and traditional food of Rajasthan older time in Royal Family of rajput and king of area make Royal food curry witch can be easy and cooked with locals spices for business propose people have to travel to Arabic country and by business they exchange and buy many food items and thighs witch is not available in Rajasthan dry fruit are very healthy nuts so they buy from Arabic people and innovative in food curry

Ingredients

Whole cashunut 250gm

Mathania red chilly paste 50 gm

Shai jeera 5 gm

Corinder powder 10 gm

Brown cashunut paste 50 gm

Dry met him powder 3 gm

Ghee100 ml

Turmeric powder 5 gm

Salt 20 gm

Curd 100 ml

Ginger paste 50 gm

Brown onion garlic paste

Method

Take a kadhi add ghee till warm then fry cashunut golden brown and take it out and soke iin water and 50 gm cashunut grind with curd and keep by side

In kadhi ghee. Shai jeera. Ginger paste. Cooked it sometimes then add red chilly paste. Turmeric powder. Salt cooked it properly then add brown onion and garlic paste and cashunut curd paste cooked it someone time then add brown cashunut cooked it properly then served in meal with Rajasthan bread

Masaladar singada
मसालेदार सिंघाड़ा

(Water chestnut mix with Rajasthan spices)

Ingredients

Water chestnut 500 gm

Chopped onions 100 gm

Chopped tamato 100 gm

Chopped green chili 20 gm

Chopped coriander 50 gm

Lemon 3 nos

Black salt

Red chilly powder 3 gm

Method

Take a singada rost or boil and peeled then keep by side

Take a mixcing bowl add chopped onions. Chopped tamato. Chopped green chilly. Chopped green coriander. Water chestnut Mix it then add redchill powder. And black salt and lemon juice mix it properly and served in meal

Mewadi chana papadi Chaat
मेवाड़ी चना पापड़ी चाट

Ingredients for papadi

Maida 500 gm

Oil 50 ml

Ajwin 5 gm

Salt 10 gm

Oil for fry

Ingredients for chana mix

Boiled chana 500 gm

Chopped onions 100 gm

Chopped tamato 100 gm

Chopped ginger 20 gm

Chopped coriander 20 gm

Chat masala

Lemon juice

Salt

Chuthey and sweet curd for garnish

Mint chuthey 50 gm

Saut chuthey 50 gm

Sweet curd 100 ml

Method

(1) papadi

Take above ingredients of papadi and mix it and make dough then make flat by rolling pin and cut in round shape in equal measure size and deep fried then keep by side

(2) mixture

Take a mixcing bowl add boil chana. Chopped tamato. Chopped onions. Chopped ginger. Chopped green chilly. Chat massala. Chopped coriander. Mix it properly

Plating

Take a papadi add chana mix in papadi as per picture on top one by one and stack it then add sweet curd on top and mint chuthey. Saut chuthey garnish wit fresh onion tamato and chopped coriander

Marwadi hari moong dal chilla
मारवाड़ी हरी मुंग दाल चिला

(Green moong dal Rajasthan spices pancakes)

Ingredient

Moong dal whole green 500 gm

Green chilly 50 gm

Chopped coriander 50 gm

Ginger 50 gm

Ajwin 5 gm

Salt 20 gm

Ghee 50 ml

Onions 50 gm

Garlic 50 gm

Method

Soke moong dal in normal water for 6 to 8 hrs then drain water

Take a mixcing bowl add soke moong dal +green chilly+chopped coriander+chopped onions+ginger+garlic+salt mix it properly then graind it fine then keep it by side for formation for 4 hrs and add salt

Take a tawa add ghee put on slow flame and aplly chilla batter on tawa cooked it slowly on both sides and if you want add stuffing you can add it and cover it cooked properly and served in meal with mint and tamrind chuthey

Avala ro meeto atano
आवला रो मिठौ अताणौ

(Sweet amla pickel)

Ingredients

Amla 1 kg

Jaggry 800gm

Beleaf 5 nos

Starnesed 10 most

Cinnamon sticks 5 nos

Fennel sheed 5 gm

Onoin sheed 5 gm

Whole red chilly 5 nos

Red chilly powder 5 gm

Turmeric powder 5 gm

Hing 3 gm

Black salt 20 gm

Method

Clen and wash Amal and make little four cut in side of each amla

Boil in water for ten minutes then drain water and keep by side

Take a handi put on fire or gas on slow flame add whole spices all above ingredients roster on slow flame then add jaggri and water cooked for some time then add red chilly powder. Turmeric powder. Black salt. Hing cooked it properly till suger is 2 tar then add amala cooked it properly and cool it and store it after 3 to 5 days you can have in meal

Mewadi mirchi arbi ro saag
मेवाड़ी मिर्च अरबी रो साग

Ingredients

Arbi 500 gm

Banana chilly 200 gm

Ajwin 5 gm

Chopped ginger 20 gm

Black salt 15 gm

Ghee 50 ml

Chopped coriander 50 gm

Lemon 3 nos

Method

Boil and peeled arbi and cut in small pic

Take a kadhi add ghee. + ajwin+chopped ginger + small cut banana chilly saute it some time then add small arbi cut mix it properly and add black salt+ chopped coriander+ lemon juice cooked it properly then served in meal

Samake ke chawal ke safed kadi
समक के चावल की सफेद कड़ी

Ingredients

Samak atta 100 gm

Butter milk 1 lt

Sandha namak 20 gm

Curry leaves 10 gm

Chopped creen chilly 50 gm

Chopped ginger 20 gm

Whole red chilly 5 nos

Chopped coriander 20 gm

Jeera 5 gm

Mustard seed 5 gm

Ghee 50 ml

Method

Take a mixcing bowl add butter milk+samak atta mix it properly by wisk and add shanda namak

Take a kadhi or handi add ghee. With tempting of Whole red chilly . Mustard seed. Jeera. Curry leaves. And chopped green chilly. Chopped ginger cooked it some time then add mix of butter milk and samak atta mix Cook it properly then add fresh coriander and served with Rajasthan bread

Taramera methi dana ro saag
तारामिरा मेथी दाना रो साग

Arugula fenugreek cooked with Rajasthan spices)

Ingredients

Methi sheed 250 gm

Arugula 500 gm

Whole red chilly 5 nos

Chopped onions 100 gm

Jeeta 5 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Chopped green chilly 20 gm

Ghee 100 ml

Yellow chilly powder 5 gm

Chopped green coriander 20 gm

Coriander powder 10 gm

Turmeric powder 5 gm

Method

Soke methi seed in water for 6 hrs and drain water and keep by side

Cut all vegetables as per recipe

Take a kadhi add ghee. Whole red chilly. Jeera. Chopped garlic. Chopped onions. Chopped green chilly. Chopped ginger cooked it some time then add me the dana saute it some time then add turmeric powder. Coriander powder. Yellow chilly powder. Cooked masala then add chopped arugula cooked it properly then add fresh coriander and served in meal with Rajasthan bread

Pach dhaan Maas ke kichadi

पाच धान मांस री खिचड़ी

(Five grain and mince mutton cooked with Rajasthan spices)

Ingredients

Millet 100 gm

Brocken wheat 100 gm

Brocken corn (safed makka) 100 gm

Jowar Brocken 100 gm

Rice 100 gm

Chana dal 100 gm

Mutton mince 2 kg

Whole spices 5 gm

Ghee 250 gm

Oil 250 gm

Slice onion 700 gm

Chopped garlic 100 gm

Chopped ginger 50 gm

Chopped green chili 50 gm

Red chilly powder 50 gm

Turmeric powder 10 gm

Salt 30 gm

Chopped coriander 50 gm

Mint leaves 30 gm

Method

Mix all grain and by adding water and salt cooked it properly and keep by side

Take a heavy bootom kadhi add oil. Whole spices. Slice onion. Chopped garlic. Chopped ginger. Chopped green chilly a cooked onion till golden brown then add mutton mince saute it properly then add red chilly powder. Turmeric powder. Salt. Cooked it properly then add cooked five grain mixed it properly and cooked for some time then add ghee on top and mix after add chopped green coriander and mint leaves and served in meal

Mewadi joa Maas ka shorba
मेवाड़ी जौ मांस का सौरबा

(Barley and mutton soup)

Ingredients

Mutton nalli cut 1 kg

Barley 100 gm

Black pepper 10 gm

Beleaf 3nos

Peeled garlic 50 gm

Coriander stem 50 gm

Salt 20 g.

Slice onion 100 gm

Chopped ginger 20gm

Chopped mint 20 gm

Ghee 50 gm

Method

Take a handi add water for boiling and blanch mutton for 1 minut and drain it

Take a handi add ghee. Beleaf. Black pepper. Chopped garlic. Slice onion. Chopped ginger. Cooked for some time not to be brown then add mutton and barley by adding water cooked it properly by adding salt when it is cooked you have to add black pepper powder. And mint and coriander stem but more boil for 5 minutes then served in meal

Khasta methi puri or aloo bajhi
खस्ता मेथी पुड़िया और आलू भाजी

Ingredients

For puri

Wheat atta 800 gm

Besan 100 gm

Suji 100 g.

Ajwin 20 gm

Salt 20 gm

Oil 100 ml

Methi fresh chopped 250 gm

Dry methi 20 gm

Water

Oil for fry

For aloo bajhi

Boil patato 500 gm

Dice tamato 260 gm

Ghee 50 ml

Hing 3 gm

Jeera 5 gm

Chopped ginger 20 gm

Chopped green chilly 20 gm

Turmeric powder 10 gm

Red chilly powder 5 gm

Salt 20 gm

Chopped coriander 50 gm

Pickel oil 20 ml (rogan)

Method

For puri

Take a mixcing bowl add above ingredients of puri mix it properly then add normal water a d make a tight dough and keep by side rest for 30 minutes by apply oil on top afer that cut it in same equal size a and flate by rolling pin and deep fry in kadhi one by one

Aloo bajhi

Take a kadhi add ghee. Then tempeing ofHing. Jeera. Chopped ginger. Chopped green chilly. Saute it some time then add turmeric powder. Red chilly powder. Dice tamato cooked it some time then add boil dice potato and salt cooked it properly then add fresh chopped green coriander and pickel oil mix it properly then served in meals

Puri with aloo bajhi

Cheel or ankurit Dal ro saag
सील और अंकुरित दाल रो साग

(Bataua and mix lentel sprouts dal curry)

Ingredients

Mix dal sprouts 500 gm

Bataua 1 kg

Ghee 100 gm

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Chopped green chilly 50 gm

Chopped onions 100 gm

Chopped tamato 100 gm

Salt 20 gm

Turmeric powder 5 gm

Chopped green coriander 50 gm

Method

1 take mix lentel some in water for sprouts for 12 hrs then drain water and cover it by wet clothes and keep for 2 day till sprouts comes

Take a kadhi add ghee. Whole red chilly. Jeera. Chopped garlic. Chopped ginger. Chopped onions. Saute it properly till brown then add chopped tamato and sprouts Cook it some time then add salt. Green chili chopped. Turmeric powder and chopped bataua cooked it properly then add chopped coriander and served with Rajasthan bread

Mewadi makki cheel ra panniya or maas ke kadi
मेवाड़ी मकाई सील रा पानीया और मांस री कड़ी

Ingredients

(Makki cheel ra pannia)

Makki atta 500 gm

Chopped cheel leafs 200 gm

Ajwin 5 gm

Salt 10 gm

Warm water 300 ml

Turmeric powder 3 gm

(maas ke kadi)

Mutton curry cut 1 kg

Whole spices 10 gm

Whole red chilly 5 gm

Mustard 5 gm

Curry leaves 3 gm

Chopped garlic 50 gm

Chopped onions 100 gm

Chopped green chilly 50 gm

Chopped ginger 20 gm

Butter milk 500 ml

Besan 50 gm

Yellow chilly powder 10 gm

Turmeric powder 10 gm

Salt 20 gm

Chopped green coriander 50 gm

Method

(Makki cheel ra pannia)

Mix all above ingredients of pannia mix it and make dough and dived in equal then make tikki shape pannia bigger size then cooked on clay pot tawa on slow flame and covered in fire of cow dunk for 30 minutes

(Maas ke kadi)

Take a handi add ghee. Whole spices. Whole red chilly. Mustard seeds curry leaves. Chopped garlic. Chopped onions. Chopped ginger. Chopped green chilly. Saute it some time then add mutton curry cut saute till oil come on top then add turmeric powder. Yellow chilly powder. Salt and butter milk +besan mix add to curry cooked it by adding salt finish by adding chopped green coriander and served with Rajasthan bread makki or cheel ra pannia

Gobi danthal methi ro saag
गौबी डंठल और मेथी रो साग

(Coliflour stem and Fenegurc leave Cook with Rajasthan spices)

Ingredients

Gobhi dhantal 500 gm

Fresh methi 250 gm

Ghee 50 ml

Whole red chilly 3 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped onions 100 gm

Chopped ginger 20 gm

Chopped green chilly 50 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Yellow chilly powder 10 gm

Chopped coriander 50 gm

Method

Peeld and cut coliflour stem in diamond cut and keep by side and cut all vegetables and keep by side

Take a kadhi add ghee. Whole red chilly. Jeera. Chopped garlic. Chopped onions. Chopped ginger. Chopped green chili Cook till little brown and add cut gobhi dhantal and methi leave saute it sometimes then add salt. Turmeric powder. Yellow chilly powder cooked with masala cooked it properly then add fresh coriander and served with Rajasthan bread

Marwadi methi moong dal chilla
मारवाड़ी मेथी मुंग दाल चिला

(Fresh fenugreek and moong dal spicy pancakes)

Ingredients

Moong dal 250 gm

Fresh methi leave 100 gm

Chopped ginger 20 gm

Chopped garlic 20 gm

Chopped onions 50 gm

Chopped green chilly 20 gm

Salt 20 gm

Chopped coriander 30 gm

Ajwin 5 gm

Jeera 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Ghee for tawa cook

Method

Soke a moong dal for 3 hrs then drain it and graind with fresh methi leave. Salt. Chopped ginger. Chopped garlic. Chopped onions. Chopped green chilly. Chopped coriander. Turmeric powder. Red chilly powder graind it properly then keep by side for 1 hrs

Then add ajwin and jeera and take a tawa add ghee and put by small laddel flat it and cooked from both side and served by saute chuthey (dates and dry ginger chuthey)

Mooli dalya ke kichadi
मुली दलीया की खिचड़ी

(Radish and brocken wheat Cook with Rajasthan spices)

Ingredients

Ghee 100 ml

Brocken wheat 100 gm

Fresh radish 250 gm (grateted and Shereted as per picture)

Jeera 5 gm

Whole spices 10 gm

Chopped onions 50 gm

Chopped garlic 20 gm

Chopped ginger 20 gm

Chopped green chilly 20 gm

Chopped green coriander 50 gm

Salt 10 gm

Turmeric powder 3 gm

Method

Take a handi add ghee. Whole spices. Jeeta. Chopped onions. Chopped garlic. Chopped ginger. Chopped green chilly. Cooke it some time then add brocken wheat cooked till little golden color then add turmeric powder. Salt and water 250 ml cooked it properly till water no left and oil comes on top then add fresh greted and Shereted radish cooked it some time then add fresh coriander and served in meal

Mewadi ankurit kala chana kadi
मेवाड़ी अंकुरित काला चना की कड़ी

(Sprouts black gram cooked with curd based curry with Rajasthan spices)

Ingredients

Black chana sprouts 100 gm

Ghee 50 ml

Whole red chilly 5 nos

Hing 1 gm

Jeera 3 gm

Mustard seed 3 gm

Crush coriander 3gm

Methi dana 3 gm

Slices onions 50 gm

Chopped garlic 20 gm

Curry leaves 5 gm

Chopped green chilly 20 gm

Butter milk 1lt

Besan 100 gm

Turmeric powder 10gm

Salt 10 gm

Chopped green coriander 50 gm

Method

Take mixing bowl add butter milk. Besan mix it properly by adding turmeric powder. Salt cooked on slow flame properly and keep cooked properly

Make a tempering

Take a pan or handi add ghee. Hing. Whole red chilly. Jeera. Mustard seed. Crush coriander. Methi dana. Till crack then add curry leaves slice onion. Chopped garlic. Chopped green chilly. Saute it some time then add sprouts black chana and saute it some time then add turmeric powder salt make masala and adding to cooked kadi and mix it properly and by adding freh chopped green coriander and served with Rajasthan bread

Mewadi amrud ke chutney
मेवाडी अमरुद की चटनी

Gavava chuthey with Rajasthan spices)

Ingredients

Gavava 250 gm

Chilly green 5 nos

Ginger 20 gm

Mint 50 gm

Rosted jeera 10 gm

Black salt 10 gm

Suger 10 gm

Lemon juice 10 ml

Method

Clean and cut all above vegetables and fruit then take a mixcing bowl add cut gavava. Green chilly. Ginger mint leaves . Jeera. Black salt mix it and graind it properly then take it out and add lemon juice and served in meal with Rajasthan food

Bathua gatta papad ke kichadi
बथुआ गटटा पापड़ की खिचड़ी

(Bathua Rajasthan gatta and papad Cook with rice)

Ingredients

For gatta

Bathua 100 gm

Besan 100 gm

Ajwin 3 gm

Jeera 3 gm

Crush coriander 3 gm

Salt 5 gm

Ghee 20 ml

Red chilly powder 5 gm

Turmeric powder 5 gm

Water

Pulao ingredients

Rice 500 gm

Whole spices 5 gm

Ghee 100 ml

Jeera 5 gm

Chopped onions 50 gm

Chopped garlic 20 gm

Chopped green chilly 20 gm

Salt 10 gm

Bathua leafs 100 gm

Turmeric powder 5 gm

Papad rosted 5 nos (for garnish)

Method

For gatta

Take a mixcing bowl add above ingredients of gatta and make a dough and divide in equally size and small size gatta and deep fry in oil and keep by side

Pulao

Soke rice for 30 minutes

Take a kadhi add ghee. Whole spices. Jeera. Chopped onions. Chopped garlic. Chopped green chili cooked some time then add salt turmeric water and rice cooked it 80 percent then add bathua leafs and deep fried gatta Cook it properly then add rosted papad on serving time by adding chopped coriander

And served in 

Lal chukender re roti
लाल चुकुदर री रोटी

(Whole wheat and fresh beetroot pratha)

Ingredients

Fresh beetroot with leafs 250 gm

Wheat atta 500 gm

Besan 50 gm

Ajwin 5 gm

Salt 15 gm

Chopped coriander 20 gm

Chopped green chilly 20 gm

Chopped ginger 20 gm

Ghee for tawa

White butter

Curd

Method

Clean and wash beetroot a d leaf chopped it fine and beetroot peel and grated it and keep by side

Take a mixcing bowl add above ingredients of paratha and mix it properly and make a dough and divide in equal size and cooked it one by one and by apply ghee and served with white butter

Mewadi makki ka mirchi wada
मेवाड़ी मकाई का मिर्ची वडा

Bannachilly stuff with masala makki atta and deep fry)

Ingredients

Makki atta 250 (stuffing)

Makki atta 150 gm

Besen 100 gm

Ghee 50 ml

Hing 2 gm

Jeera 3 gm

Crush coriander 3 gm

Chopped onions 50 gm

Chopped ginger 20 gm

Chopped garlic 20 gm

Chopped green chilly 50 gm

Salt 10 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Ajwin 5 gm

Chopped coriander 20 gm

Mint chutney

Banana chilly 250 gm

Method

1for stuffing

Take a kadhi add ghee. Hing. Jeera. Crush coriander. Chopped garlic. Chopped onions. Chopped ginger. Chopped green chilly saute it some time light then add makki atta roster it for some time then add red chilly powder. Turmeric powder. Salt then water cooked it properly then add fresh coriander and keep mixcher for cooling after cool cut banana chilly from one side make pocket and stuff mixcher and keey by side

For batter

Take a mixing bowl add makki atta+ besan+salt.ajwin.turmeric powder. And water mix it properly and keep by side for 30 minutes then deep banana chilly stuff and fry in oil and served with mint chutney

Sulgum ke roti
सलगम की रोटी

Ingredients

Atta 500 gm

Besen 100 gm

Fresh sulgam 250 gm(leaf chopped and root greted)

Ajwin 5 gm

Chopped ginger 50 gm

Chopped green chili 50 gm

Haldi 5 gm

Salt 15 gm

Chopped coriander 50 gm

Ghee

Accomplement

Curd

White butter

Pickel

Method

Take a mixcing bowl and add above ingredients in it by adding water and make dough and rest for 30 minutes then dived in equal size and roll with rolling pin then make paratha and Cook on slow flame on tawa by apply ghee and served with curd white butter. And pickel

Marwadi lal mooli ro saag
मारवाड़ी लाल मुली रो साग

(Red radish cooked with Rajasthan spices)

Ingredients

Red radish 1 kg

Ghee mustard oil 50 ml

Whole spices 10 gm

Jeera 5 gm

Whole red chilly 5 nos

Chopped onions 100 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Chopped green chilly 50 gm

Chopped tamato 100 gm

Salt 15 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Chopped green coriander 50 gm

Method

Clean and wash radish then cut it in small size and chopped leafs sepret

Take a kadhi or handi add mustard oil. Whole spices. Whole red chilly. Jeera. Chopped garlic cooked some time then add chopped onions. Chopped ginger. Chopped green chilly cooked it till light golden brown then add dice radish and add powder masala red chilly powder. Turmeric powder. Salt. Coriander powder. Cooked 75 percent and add choop radish leafs cooked it properly then add fresh coriander and served with Rajasthan bread

Chukunder chana dal chilla
चुकंदर चना दाल चिला

(Beetroot and gram lentels pancake in Rajasthani style)

Ingredients

Fresh beetroot 250 gm(greted and chopped leaf)

Chana dal 500 gm

Ajwin 3 gm

Jeera 3gm

Green chili 20 gm

Garlic peeled 20 gm

Ginger 20 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Salt 15 gm

Chopped coriander 20 gm

Ghee 50 gm

Method

Soke a chana dal in normal water for 3 hrs then drain it water then add green chilly. Garlic. Ginger. Turmeric powder. Salt. Red chilly powder mix it then graind it properly by water and keep by side for 3 hrs

After 3 hrs add ajwin. Jeera. Chopped coriander. Chopped beetroot ❁. And greted beetroot and little oil in it

Take a heavy bottom tawa add ghee on it and Cook on slow flame cooked on both sides and served with mint chutney and tramrind chutney in meal

Kacche papita ka halwa
कच्चे पपिते का हलवा

(Raw papya halwa)

Ingredients

Raw papya 1 kg

Jaggri 500 gm

Mawa 260 gm

Ghee 250 gm

Green cardamom powder 5 gm

Dry fruit 100 gm

Saffron

Method

Clean and greated a raw papya and keep by side

Take a kadhi add ghee. Make it little warm then add greted raw papya saute it till there is no water then add mawa Cook it till ghee come then add cardamom powder. And jaggri Cook it properly then add saffron water and dry fruit mix it properly then served in meal

Nalli maas Makki ka dhokla
नलली मांस मकाई का ठौकला

(Rajasthan spicy mutton curry with steam makki bread)

Ingredients for makki dokla

Makki atta 1 kg

Crush coriander 3 gm

Jeera 3gm

Ajwin 3 gm

Crush garlic 20 gm

Garlic leafs 20 gm

Chilly flack 10 gm

Papad khara 20 gm

Salt turmeric powder 5 gm

Chopped green chilly 20 gm

Chopped green coriander 20 gm

Ingredients for nalli Lal maas

Mutton 1 kg

Whole spices 10 gm

Whole red chilly 5 nos

Mustard oil 100 ml

Slice onion 350 gm

Chopped garlic 50 gm

Chopped green chilly 20 gm

Ginger garlic paste 50 gm

Red chilly powder 50 gm

Curd 100 ml

Clove powder 5 gm

Turmeric powder 3gm

Coriander powder 20 gm

Choose coriander 50 gm

Garam masala 20 gm

Method for dokla

Take a mixcing bowl add above ingredients of makki dokla by adding warm water make dough and divided into equal size and mn ake dounot size hole bread and put in stemer for 30 minutes then take out and served with nalli Lal maas

Method for nalli Lal maas

Take a handi add mustard oil. Whole spices. Whole red chilly. Slice onion Cook till half then add chopped garlic. Chopped Green chilly. Cook till golden brown then add ginger garlic paste then add mutton saute it till oil come on top then add red chilly powder. Turmeric powder. Coriander powder and curd Cook it properly bta adding clove powder and gram masala and Cook it properly then smoke with clove and put on charcoal buy adding ghee and cover it for 10 minutes then open and add chopped green coriander and served with makki dokla

Methi Keema batti or maas ke Kadi
मेथी किमा बाटी और मांस की कड़ी

Ingredients for batti

Batti atta 500 gm

Makki atta 100 gm

Suji 100 gm

Ajwin 5 gm

Jeera 5 gm

Crush coriander 5 gm

Chilly flack 5 gm

Salt 10 gm

Cooking soda 3 gm

Turmeric powder 5 gm

Ghee50ml

Ingredients for batti stuffing

Mutton mince 250 gm

Methi leaf 100 gn

Chopped onions 50 gm

Chopped garlic 20 gm

Chopped green chilly 20 gm

Chopped ginger 10 gm

Salt

Turmeric powder 3 gm

Yellow chilly powder 3gm

Chopped mint 5 gm

Ghee 50ml

Gram masala 5gm

Ingredients for maaa ke kadi

Mutton curry cut 1 kg

Ghee 100 ml

Whole spices 10 gm

Whole red chilly 5 nos

Mustard seed 3gm

Jeera 3gm

Crush coriander 3gn

Curry leaves 3gm

Slice onion 100 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Chopped green chilly 20 gm

Ginger garlic paste 50 gm

Curd 250 gm

Besan 50 gm

Turmeric powder 10 gm

Yellow chilly powder 20 gm

Salt 20 gm

Chopped coriander 50 gm

Method to make batti

1 make stuffing of batti

Take a kadhi add ghee. Jeera. Chopped onions. Chopped garlic. Chopped green chili Cook till brown then add mutton mince Cook tilldry and no water after that you add turmeric powder. Yellow chilly powder. Salt and fresh methi leaf Cook it properly and take it out by adding mint and coriander leaf

2 make a batti dough

Take above ingredients of batti mix it in mixcing bowl and make tight dough by adding water keep for 20 minutes then stuff it with methi mutton keemat and cooked in cowdunk fire or in oven at180 degree for 25 minutes on size medium after cooked apply ghee and deep in ghee and served

Maas ke kadi

Take a handi add ghee. Whole spices. Whole red chilly. Mustard seed. Jeera. Crush coriander. Curry leaves. In tempring then add slice onion. Chopped garlic chopped ginger. Chopped green chilly. Cooked till light brown then add ginger garlic paste cooked it some time then add mutton saute it for till ghee come on top after that you add turmeric powder. Yellow chilly powder. Salt. Cooked it masala then add curd and besen mix cooked it properly then add chopped coriander and served with methi keema batti

Besan moong dal roti or payaz ke kadi
बेसन मुंग दाल रोटी और प्याज की कड़ी

(Lentils stuff bread with curd base Onion curry in Rajasthani style)

Ingredients to paratha dough

Besen 250 gm

Atta 250 gm

Jeera 3gm

Sauf 3 gm

Crush coriander 3gm

Ajwin 3gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chopped coriander 20 gm

Chopped green chilly 20 gm

Chopped ginger 10 gm

Oil 10 ml

For stuffing

Soke moong dal 250 gm

Besen 50 gm

Oil

Jeera 3 gm

Chopped onions 50 gm

Chopped green chilly 20 gm

Red chilly powder 5gm

Turmeric powder 5gm

Salt 10 gm

Amchur powder 10 gm

Chopped green coriander 20 gm

Sugar 10 gm

For payaz ke kadi

Fresh baby onions 250 gm

Curd 500 gm

Besen 100 gm

Ghee 50 ml

Hing 1 gm

Whole red chilly 5 nos

Jeera 3 gm

Mustard seed 3 gm

Crush coriander 3 gm

Curry leaves 2 gm

Chopped garlic 10 gm

Slice onion 50 gm

Chopped green chilly 20 gm

Turmeric powder 10 gm

Salt 20 gm

Chopped green coriander 20 gm

Method

(1) make paratha stuffing take kadhi add oil give tempring of jeera. Chopped onions. Chopped green chilly. Saute it some time then add besen roster it some time on slow flame then add moong dal soke and drain water mix it and add red chilly powder. Turmeric powder. Salt. Amchur powder. Sugar and chopped green coriander mix it keeps by side

(2) take a mixcing bowl add above ingredients of dough of paratha by adding water and keep it some time then divide in equal size and stuff it paratha and Cook on tawa on slow flame then served

(3) take a handi add ghee heat it then add tempring of hing red chilly whole. Jeera. Mustard seed. Crush coriander. Curry leaves. Chopped green chilly. Chopped onions. Chopped garlic saute it some time then add baby onions Cook it some time then add turmeric powder. Red chilly powder. Salt. And curd and besen mix Cook it properly by adding chopped green coriander and served with besen moong dal paratha

Kali gajar ka halwa
काली गाजर का हलवा

Black carrot halwa)

Ingredients

Black carrot 1 khan

Ghee 250 gm

Mawa 250 gm

Jaggri 500 gm

Green cardamom powder 10 gm

Dry fruit 50 gm

Method

Clean and grate a carrot then take a handi Or kadhi add ghee heat it then add greted carrot Cook it properly till no water then add mawa green cardamom powder mix it and Cook till ghee come on top after add jaggri Cook it properly then add dry fruit mix it and served in meal

Hare tamater ke chutney
हरे टमाटर की चटनी

(**G**reen tomatoes grinde sause with Rajasthan spices)

Ingredients

Raw green tomatoes 500 gm

Mint 100 gm

Ginger 20 gm

Garlic 50 gm

Green chilly 50 gm

Rosted jeera 20 gm

Crush coriander 20 gm

Black salt 20 gm

Sugar 10 gm

Amchur powder 10 gm

Lemon 3 nos

Method

Clean and wash tamato then cut it it and add in mixcing bowl then add above ingredients in bowl then grind it properly in silbatta or mixcher grinder properly then take it out add lemon juice and salt and sugar as per taste then served meal

Jowar mooli ke roti
ज्वार मुली की रोटी

Ingredients

Jawar atta 1 kg

Besen 100 gm

Raddish fresh 500 gm(with leafs)

Ajwin 5 gm

Chopped green chilly 20gm

Chopped green coriander 50gm

Crush coriander 5gm

Jeera 5gm

Salt 20 gm

Turmeric powder 5gm

Ghee for apply for cook

Butter. Curd and

Pickel as a side Accomplement

Method

Chean and great radish and sherted leafs and keep by side

Take a mixcing bowl add above ingredients of paratha mix it property by adding warm water and need dough and keep by side for 20 to 30 minutes then divided into equal size and rool with rolling pin and cook on tawa on slow flame by both side by apply ghee and served in meal with pickel curd and butter

Mewadi makki methi ke khoba roti
मेवाड़ी मकाई मेथी की खौबा रोटी

Ingredients

Makki atta 500 gm

Fresh methi leaf chopped 200 gm

Salt 15 gm

Ajwin 3gm

Jeera 3gm

Crush coriander 3gm

Haldi 5gm

Red chilly powder 5gm

Ghee 50ml

Method

Take a mixcing bowl add above ingredients in it mix it properly then make a dough by adding warm water divided into a equal size then roll with rolling pin thinker size bread Cook on tawa slow flame by one side and upper side make dock on bread by finger make with your choice then Cook it slow from another side Cook it properly then served with this Accomplement are above in pitcher

Hare tamater pudina sev ke sabzi
हरे टमाटर पुदिना सेव की सब्जी

.(Raw tamato cook with mint namkeen and Rajasthan spices)

Ingredients for curry

Raw tamato 500 gm

Mint flaver namkeen 250 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chopped green chilly 50 gm

Chopped garlic 20 gm

Chopped ginger 20 gm

Chopped onions 100 gm

Salt 20 gm

Turmeric powder 5gm

Coriander powder 20 gm

Chopped green coriander 20 gm

Method

Take a kadhi put on slow flame add ghee. Whole red chilly. Jeera. Chopped garlic. Chopped ginger. Chopped onions Cook it some time then add chopped green chilly and dice raw tamato saute it some time then add turmeric powder. Salt. Coriander powder nix it then add some water cookit some time then add namkeen half and Cook it properly by adding chopped green coriander and half namkeen I top then served with Rajasthan bread

Marwadi taramera ro saag
मारवाड़ी तारामिरा रो साग

Arugula Cook with Rajasthan spices)

Ingredients

Fresh tarameera 1 kg

Whole red chilly 5 nos

Ghee 50 ml

Jeera 5 gm

Chopped onions 100 gm

Chopped tamato 100 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Chopped green chilly 50 gm

Salt 15 gm

Coriander powder 10 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Chopped green coriander 20 gm

Method

Clean and cut all vegetables by side and sherted tarameera leafs

Take a kadhi add ghee. Whole red chilly. Jeera. Chopped onions. Chopped garlic. Chopped ginger Cook till little brown then add chopped green chilly. Chopped

tamato and then powder masala turmeric powder. Coriander powderSalt. Yellow chilly powder Cook masala

Properly then add sherted tarameera mix it and Cook it properly and add chopped green coriander and served with RajasThani bread

Bharwa kacche tamatar ke sabzi
भरवा कच्चे टमाटर रो साग

(Raw green tamato Cook with Rajasthan spices)

Ingredients

Green tamato 500 gm

Ghee 50 ml

Jeera 5 gm

Crush coriander 5 gm

Chilly flack 5 gm

Whole red chilly 5 nos

Chopped onions 100 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Chopped green chilly 50 gm

Chopped tamato 100 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Salt 15 gm

Coriander powder 20 gm

Gram masala 10 gm

Chopped green coriander 50 gm

Method

Clean a tamato then make cut on tamato and apply salt red chilly powder. Ginger garlic paste and turmeric powder keep by side

Take a kadhi add ghee. Whole red chilly. Jeera. Crushed coriander. . Chilly flack in temporary and add chopped onions. Chopped garlic. Chopped ginger. Chopped green chilly saite till golden brown then add marnite tamato then add chopped tamato. Red chilly powder. Turmeric powder. Salt. Coriander powder mix masala and Cook it properly by cover for 15 to 20 minutes on slow flame then add gram masala and chopped green coriander mix it and Cook properly then served with Rajasthan bread

Matri hara payaz ke sabzi
मंजीरा हरा प्याज की सब्जी

Ingredients

Water melon 1 nos 2 kg

Spring onion 250 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5gm

Crush coriander 5gm

Chopped green chilly 30gm

Chopped onions 50gm

Chopped tamato 50gm

Turmeric powder 5gm

Red chilly powder 20 gm

Coriander powder 10 gm

Black salt 15 gm

Sugar 10 gm

Lemon juice 10 ml

Chopped green coriander 20 gm

Method

Clen and cut vegetables and water melon  and keep by side

Water melon only inner part half dice cube and half grinde it

Take a kadhi add ghee. Jeera. Whole red chilly. Crushed coriander. Chopped garlic. Chopped ginger. Chopped onions chopped green chilly cooke till masala get golden brown then add chopped tamato and grind water melon puree by adding red chilly t. Turmeric powder. Coriander powder. Black salt. Cook masala properly then add spring onion and water melon cube cook it properly by adding chopped green coriander and served with Rajasthan bread

Wan tulsi Bajra gatta ke kichadi
वन तुलसी बाजरा रा गट्टा री खिचड़ी

(Basil flavor gatta Cook with millet)

Ingredients

Millet 500 gm(boil)

Ghee 100 ml

Whole red chilly 5nos

Jeera 5 gm

Chopped onions 100 gm

Chopped garlic 50 gm

Chopped green chilly 30 gm

Chopped ginger 20 gm

Chopped tomato 50 gm

Turmeric powder 3gm

Salt as per taste

Basil gatta

Chopped coriander

Ingredients for gatta

Besan 100 gm

Basil leafs 50 gm

Ajwin 3gm

Jeera gm

Crush coriander 3gm

Salt

Red chilly powder5gm

Turmeric powder5g.

Curd 20 ml

Oil

Mix all gatta ingredients in mixcing bowl make dough and then rool it and boil for 25 minutes then deep fried it keeps by side

Method

Take a kadhi add ghee. Whole red chilly. Jeera. Chopped onions. Chopped garlic. Chopped ginger. Chopped green chilly. Cook masala till golden brown then add chopped tamato and turmeric powder and cook millet mix it then add fried gatta mix it by adding salt and chopped green coriander and served in meals

Kakadi re kosla re saag
काकड़ी रे कौसला री साग

Sun dry slices cucumber Cook with Rajasthan spices)

In Rajasthan normal you will not get all over year green vegetable so people store sun dry vegetables at home for use when you dont have green vegetables every home people in village store extra vegetables make sun dry and use

Ingredients

Cucumber 2 kg slice and sun dry for till properly dry

Ghee 100 ml

Whole red chilly 5 nos

Jeera 5 gm

Chopped onions 100 gm

Chopped garlic 50 gm

Chopped gint 20 gm

Chopped green chilly 20 gm

Turmeric powder 5gm

Red chilly powder 20 gm

Coriander powder 20 gn

Salt 10 gm

Chopped green coriander 20 gm

Lemon juice 10 ml

Method

Clean and slice cucumber  with skin and sun dry it and keep by side

Take a handi with water for boiling add sun dry cucumber for boil for 15 minutes by adding salt and turmeric and drain water then keep by side

Take a handi add ghee. Whole red chilly in tempring and jeera. Chopped onions. Chopped garlic. Chopped ginger. Chopped green chili. Cooked masala till golden brown then add red chilly powder. Turmeric powder. Salt coriander by adding water cooked masala till oil come on top then add boil cucumber mix it and cook properly then add frech chopped green coriander and lemon juice then served with Rajasthan bread

Chukender ke bharwa tawa. Mirchi
चुकंदर की भरवा तवा मिर्च

(Beetroot stuff banana chilly cook with Rajasthan spices)

Ingredients

Banana chilly 500 gm

Beetroot grated 200 gm

Boil patato grated 200 gm

Paneer grated 100 gm

Chopped green chili 20 gm

Chopped onions 50 gm

Chopped ginger 20 gm

Ghee 50 gm

Jeera 5 gm

Chopped coriander 20 gm

Salt 10 gm

Method

Clean an make one side cut to make pocket on banana chilly and keep by side

For stuffing

Keep all ingredients ready

Take a kadhi add ghee. Jeera. Add chopped onions. Chopped ginger. Chopped green chili saute it some time then add grated beetroot saute it some time then add grated boil patato and paneer mix it by adding salt and cool it then add chopped coriander and stuff chilly one by one when ready Cook on tawa by apply ghee and little salt and lemon juice Cook it properly then served with Rajasthan bread

Bathua ke bharwa lal mirchi ke kadi

बथुआ की भरवा लाल मिर्च कड़ी

Ingredients for chilly stuff

Red banana chilly 250 gm

Bathua 250 gm(chopped)

Ghee 50 ml

Jeera 5 gm

Chopped green chili 10gm

Chopped onions 50gm

Chopped garlic 20 gm

Chopped ginger 20 gm

Salt 10 gm

Makki atta 50 gm

Yellow chilly powder 10 gm

Turmeric powder 5gm

Besen batter for chilly fry

Besen 250 gm

Salt 10 gm

Ajwin 3gm

Turmeric powder 5gm

Red chilly powder 5gm

Water

For kadi

Besen 100 gm

Butter milk 2lt

Ghee50 ml

Whole red chilly 5nos

Hing 2gm

Curry leaves 3gm

Jeera 3gm

Mustard seed 3gm

Crush coriander 3gm

Chopped green chili 20gm

Chopped onions 100 gm

Chopped garlic 20 gm

Chopped ginger 20 gm

Salt

Turmeric powder 10 gm

Red chilly powder 5gm

Chopped green coriander 20gm

Method

1 stuff chilly first make pocket on chilly and

Take a kadhi add ghee. Chopped garlic. Chopped onions chopped ginger. Chopped green chili cook some time then add making atta saute it some time then add chopped bataua. Salt. Turmeric powder. Yellow chilly powder mix it Cook it properly and cool it then stuffing of chilly

2 make besen batter of above ingredients and dip chilly in batter then deep fry on slow flame and keep by side

3 make a kadi

Take a handi add ghee. Whole red chilly. Hing. Curry leaves. Mustard seed. Jeera. Crush coriander in tempring and add chopped garlic. Chopped onions. Chopped ginger. Chopped green chili cook some time then add besen and butter milk mix by adding salt red chilly powder. Turmeric powder cook it properly then add chopped green coriander and friend banana chilly cut and served with Rajasthan bread

Kurkuri sangari ke chaat
कुरकुरी सांगरी की चाट

Crispy wild Bean Rajasthan chaat)

Ingredients for sangri fry

Sangri boil 250 gm

Besan 50 gm

Red chilly powder 5 gm

Turmeric powder 5gm

Salt

Jeera 2 gm

Ajwin 2 gm

Ginger garlic paste 5 gm

For chaat

Deep fried crispy sangri

Chopped coriander 10 gm

Fresh pomegranate 50 gm

Sweet curd 100 ml

Mint chutney 50 gm

Tamirand sweet chutney 50 gm

Namkeen 20 gm

Boondi 20 gm

Method

First make a crispy sangri take all above ingredients of sangri in mixcing bowl marinate properly then deep fried in oil on slow flame and keep by side

To make a chaat

Take a serving bowl add deep fried crispy sangri in it then add sweet curd on top in half then add sweet tamirand chutney on top. After add mint chutney and garnish with fresh pomegranate seeds. Namkeen. And boondi look good then served in meal

Bathua makki ka panniya
बथुआ मकाई का पाणीया

(Makki flate batti mix with seasnol vegetables bathua and cook on cow dunk fire🔥)

With makki bathua ke kadi and bathua ka saag

Ingredients

Makka atta 500 gm

Bathua leafs shereted 100 gm

Salt 10 gm

Ajwin 3gm

Jeera 3gm

Turmeric powder 5gm

Chilly flack 5gm

Chopped green chili 20gm

Ghee 50 ml

Method

1 make to dough mix all ingredients above in mixcing bowl and make dough by adding warm water and dough should be medium tight an divide in equal size and make panniya then keep by side

Traditional it is cook in cow dunk fire in village half cook by rosting method after that cover in wild tree leafs and make hole in fire keep for 30 minutes to 1 hrs and take it out and served

At home you can cook on pansherd then cooked in oven in 180 degree for 20 to 30 minutes depends on size after Cook you have to deep in ghee and served with bathua ke kadhi and saag

Chawala cheel ro saag
चावला सील रो साग

(Lobia spicy pancakes cook in Rajasthan style)

Ingredients for cheela

Soke lobia 250 gm

Green chilly 5 nos

Ginger 20 gm

Garlic 20 gm

Salt 10 gm

Red chill 20 gm

Grind above ingredients then add

Chopped green coriander 20 gm

Chopped onions 50 gm

Ajwin 3 gm

Jeera 3 gm

Crush coriander 3 gm

Oil

Ingredients for curry

Ghee 100 ml

Whole red chilly 5 nos

Hing 1 gm

Jeera 3 gm

Crush coriander 3 gm

Chopped garlic 20 gm

Chopped ginger 10 gm

Chopped onions 100 gm

Chopped tamato 50 gm

Coriander powder 10 gm

Red chilly powder 20 gm

Turmeric powder 10 gm

Salt 10 gm

Chopped green chili 20 gm

Chopped coriander 20 gm

Boil lobia dal 100 gm

Method

(1) make chill batter grind about ingredients of chilla and keep it for 2 hrs then add make chlla batter by adding above ingredients and Cook on tawa by apply ghee Cook from both sides and keep by side

(2) take a kadhi add ghee. Hing. Whole red chilly. Jeera. Crush coriander cook till crack then add chopped garlic. Chopped ginger. Chopped green chili. Cook it sometimes then add chopped onions cook till brown then add chopped tamato and powder masala red chilly powder. Turmeric powder. Coriander powder. Salt and boil lobia cook it properly then add cook chilla and chopped green coriander then served with Rajasthan bread

Mewadi akkha palak roti
मेवाड़ी आखा पालक रोटी

(Whole wheat tawa bread with spinach and Rajasthan spices)

Ingredients

Fresh chopped palak 250 gm

Atta 500 gm

Besan 100 gm

Chopped coriander 20 gm

Jeera 5gm

Ajwin 5gm

Crush coriander 5gm

Chopped green chili 20gm

Chopped ginger 20 gm

Turmeric powder 5gm

Salt 10 gm

Ghee for cooking

Method

Take a mixcing bowl add above ingredients in it and mix it properly then add normal water as per required make normal dough keep it for 20 to 30 minutes then divide in equal size for paratha then roll it by roling pin and cook on tawa by apply ghee and cook it from both side then served with curd and pickel

Marwadi Mangodi kanda ro saag
मारवाड़ी मंगौड़ी कांदा रो साग

Sundry moong dal dumping Cook with spring onion in Rajasthan style)

Ingredients

Mangodi 250 gm

Spring onion 250 gm

Ghee 50 ml

Whole red chilly 5nos

Jeera 3gm

Crush coriander 3gm

Chopped onions 50 gm

Chopped garlic 20 gm

Chopped ginger 20 gm

Chopped green chili 20 gm

Red chilly powder 10 gm

Turmeric powder 5gm

Coriander powder 10gm

Salt 15gm

Curd 100 ml

Chopped green coriander 20 gm

Method

Take a kadhi add ghee in in heat up then fry golden brown mangodi in ghee then keep by side

Then make tempring add whole red chilly. Jeera. Crush coriander. Chopped garlic. Chopped ginger. Chopped onions. Cook till golden brown then add red chilly powder. Turmeric powder. Salt. Coriander powder Cook masala then add wisk curd in it Cook till oil come on top then add mangodi and spring onion Cook it properly then add chopped green coriander and served with Rajasthan bread in meals

Chamala ra chilla

चमला रा सीला

Spicy lobia pancakes)

Ingredients

Lobia 250 gm

Green chili 20gm

Ginger 20 gm

Garlic 20 gm

Salt

Red chilly powder 10 gm

Turmeric powder 5gm

Chopped coriander 20 gm

After grind ingredients

Oil 50 ml

Ajwin 3gm

Jeera 3 gm

Chopped onions 50gm

Chopped coriander 20 gm

Chopped green chili 20 gm

Ghee for cooking

Method

(1) soke lobia in normal water for 4hrs then drain water then add above ingredients of first step and grind it properly and keep for 2hts

(2) add ingredients of after grind mix it properly then Cook on tawa by apply ghee

In your choice size or as per picture Cook it properly then served with mint chutney and tamirand chutney as a break fast or snacks

Mewadi palak patta chaat
मेवाड़ी पालक पत्ता चाट

Ingredients

Palak leafs 10 nos

Besan 250 gm

For besen mix

Salt 10 gm

Haldi 5 gm

Red chilly powder 3gm

Ajwin 2gm

Chopped green coriander 10 gm

Ginger garlic paste 20gm

Green chilly paste

For garnish

Fresh pomegranate sheed 100 gm

Namkeen 50 gm

Boondi 50 gm

Spicy mix ingredients

Chopped green coriander 20 gm

Chopped onions 50gm

Chopped tamato 50 gm

Chopped green chili 10 gm

Salt

Red chilly powder

Lemon juice

Mint chutney 100 gm

Tamirand chutney 100 gm

Method

Palak leafs clean and keep by side

Then make a batter of besen mix of above ingredients and keep for 1 hrs

Then deep fry all palak leaf by adding in batter and keep by side it should be crispy

Make a mixture of above spicy mixture ingredients by apply lemon juice and spice and add on palak leafs properly ans garnish with pomegranate and boondi and namkeen and by adding mints chutney and tamirand chutney

Marwadi gatta ke chaat
मारवाड़ी गटटा की चाट

Ingredients for gattey

Besen 250 gm

Crush coriander 3gm

Ajwin 3gm

Jeera 3gm

Sauf 3gm

Salt5gm

Ghee 25 ml

Curd 50 ml

Red chilly powder 5gm

Turmeric powder 5gm

Chopped green coriander

Ingredients for chaat

Deep fry gattey

Mint chutney 50 ml

Tamirand chutney 50ml

Sweet curd 100 ml

Pomegranate sheed 50 gm

Namkeen 59 gm

Chopped green chilly gm

Chopped onions 50gm

Chopped green coriander 20gm

Method

For gattey

Take a mixcing bowl add above ingredients of gattey and by adding water make tight doug and keep for some time then roll in and boil in water for 10 minutes and take it out after cut in equal size in small piece and deep fry in oil and keep by side

For chaat

Take all ingredients above for chaat put deep fried gattey in serving plate then add sweet curd on top after add mint chutney. Tamirand chutney. Chopped green coriander. Chopped green chili. Chopped onions. Namkeen and pomegranate sheed all as a garnish and served in meal

Anjeer ke meethi purri atta ka keseryia sheera
अंजीर की मिठी पुड़िया और आटे का केसरिया सिरा

Ingredients for purri

Atta 400gm

Fresh figs 100 gm

Suji 100 gm

Fennel powder 5gm

Jaggry 100 gm

Oil

Ingredients for sheera

Wheat atta 250 gm

Saffron water 20 ml

Ghee 100 gm

Milk 200 ml

Cardamom powder 5gm

Dry fruit 50 gm

Method to make sheera

Take a kadhi add ghee. Heat it on slow flame and add wheat atta cook till golden brown then add warm milk Cook till there now more water a d cook properly then add dry fruit. Saffron water. Cardamom powder. Cook some time then add jaggry cook till ghee come on top and keep by side

Method for purri

Take a mixcing bowl add atta. Suji. Fennel powder. Fresh figs graind. Jaggry water and oil make a tight dough keep by side sometimes then roll in equal size purri and deep fry in oil one by one all then served with halwa

Hare anguri tamatar Kanda ro saag
हरे अंगुरी टमाटर कांदा रो साग

(Raw green cherry tamato and spring onion curry)

Ingredients

Green Cherry tamato 250 gm

Spring onion 250 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 25 gm

Chopped onions 50 gm

Chopped green chili 50gm

Chopped ginger 10gm

Turmeric powder 5gm

Coriander powder 10gm

Salt 15 gm

Lemon juice 10 ml

Chopped green coriander 20 gm

Method

Clean and cut all vegetables and keep by side separate

Take a kadhi add ghee. Whole red chilly. Jeera. Chopped garlic. Chopped onions. Chopped green chiiy. Chopped ginger Cook masala till golden brown and add turmeric powder. Coriander powder. Salt cook masala till ghee come on top then add cut Cherry tamato and spring onion Cook it properly then add chopped green coriander and lemon juice in finishing then served with Rajasthan bread

Marwadi mangke chaat
मारवाड़ी मंगौड़ी की चाट

(Sundry moong dal dumpling chaat in marwadi style)

Ingredients

Deep fry mangodi 250 gm

Sweet curd 200 gm

Mint chutney 50 gm

Tamarind chutney 50 gm

Chopped onions 100 gm

Chopped tamato 50 gm

Chopped green chili 20 gm

Chopped green coriander 20 gm

Boondi 50 gm

Namkeen 50 gm

Pomegranate sheed fresh 100 gm

Method

Clean and cut all vegetables and keep separate by side

Deep fry mangodi in keep by side

Assemble chaat take a serving bowl add deep fry mangodi in it then add sweet curd on top then add mint chutney and tamarind chutney on top after you have to add chopped onions. Chopped tamato. Chopped green chili. Chopped coriander on top and namkeen and boondi then garnish with pomegranate sheed and served in meal

Mewadi makki ke hayzia ke bharwa lal mirch ke kadi

मेवाड़ी मकाई के हाजीया की भरवा लाल मिर्च की कढी

Ingredients

For chilly stuff

Makki atta 100 gm

Ghee 50 ml

Jeera 3gm

Crush coriander 3gm

Chopped onions 50gm

Chopped red chilly fresh 20 gm

Red chilly powder 5gm

Turmeric powder 3gm

Hazia or papad khara 10 gm

Chopped green coriander 10 gm

Ingredients for kadi

red chilly 250 gm

Curd 250 gm

Besan 50 gm

Ghee 50 ml

Whole red chilly 5 nos

Hing 1 gm

Mustard seed 3gm

Jeera3gm

Crush coriander 3gm

Curry leaves 3gm

Chopped onions 25 gm

Chopped red chilly 10 gm

Chopped garlic 10 gm

Red chilly powder 3gm

Turmeric powder 10 gm

Salt 10gm

Method for stuffing of chilly

Take a kadhi add ghee. Jeera. Crush coriander. Chopped onions. Chopped red chilly. Cooked for some time then add makki atta Cook on slow flame then add red chilly powder. Turmeric powder. And hazia and warm water mix cook it properly by adding chopped green coriander and salt cool it and stuff chilly by making pocket and cook on tawa on slow flame then keep by side

For kadi

Take a handi add ghee. Whole red chilly. Jeera. Crush coriander. Mustard seed. Curry leaves. In tempring then add chopped garlic. Chopped onions. Chopped red chilly saute it some time then add red chilly powder. Turmeric powder salt then add besen and curd mix Cook it properly by addind salt and fresh coriander and add stuff red cilly in serving bowl and put Cook kadi on top then served with Rajasthan bread

Martban annda masaladar

मरतबान अंडा मसालेदार

(Pickel egg curry with Rajasthan style)

Ingredients for pickel egg

Peeled boiled egg 10 nos

Peeled garlic 50 gm

Dice green chilly 100 gm

Beetroot dice 50 gm

Black salt 20 ml

Lemon juice or vinegar 50 ml

Water

Mix all ingredients in pickel jar and by adding lemon juice or vinegar and black salt keep for 6 to 8 hrs then use

Ingredients for curry

Pickel mix egg with mix

Ghee 100 ml

Whole spices 10 gm

Jeera 5gm

Chopped onions 250gm

Chopped garlic 50gm

Chopped ginger 20gm

Chopped green chilly 50gm

Chopped tamato 200 gm

Red chilly powder 15gm

Turmeric powder 5gm

Coriander powder 20gm

Garam masala 10 gm

Chopped green coriander 50 gm

Slit green chili 10 nos

Method

Take a kadhi add ghee. Jeera. Whole spices. Till crack then add chopped garlic. Cook till half then add chopped onions. Chopped ginger chopped green chili cook till golden brown then add chopped tamato. Red chilly powder. Turmeric powder. Coriander powder . Salt cook masala till ghee come on top then add pickel mix egg with ingredients added Cook it properly then add gram masala and chopped green coriander and slit green chili then served in meal with Rajasthan bread

Mewadi makki ke jaisamandi macchi
मेवाड़ी मकाई की जयसमंद मच्छी

(Asia biggest man made fresh water lake fish Cook in mewari style)

Ingredients

Fish dang cut 1 kg

Ginger garlic paste 50 gm

Salt 15gm

Chilly flacks 10 gm

Chopped Green chili 50gm

Chopped ginger 20gm

Crush coriander 5gm

Ajwin 5gm

Mustard oil 50 ml

Makki atta100 gm

Curd100 gm

Chopped green coriander 50gm

Red chilly powder 10gm

Turmeric powder 5gm

Lemon juice 10 ml

Method

Fish clean and cut in equal size and marnite with ginger garlic paste. Salt. Lemon juice keep by side

Make a Marnition

Take a mixcing bowl add hetead and cool musterd oil with chilly rogan. Then add salt. Chilly flacks. Chopped green coriander. Chopped green chili. Chopped ginger. Ajwin. Crush coriander mix it properly then marmite fish and keep for some time then apply makki atta with same ingredients and spices then Cook on tawa on slow flame then served in meal

Mewadi Makki palak saag
मेवाड़ी मकाई पालक साग

Mewar region corn cook with spinich and Rajasthani style

Ingredients

Makka sheed boil 250 gm

Palak 1 kg

Whole red chilly 5 nos

Ghee 100 ml

Jeera 10 gm

Chopped garlic 50 gm

Chopped onions 100 gm

Chopped ginger 20 gm

Green chili paste 50 gm

Yellow chilly powder 10 gm

Turmeric powder 5gm

Gram masala 10 gm

Kesturi methi 10 gm

Salt 20 gm

Method

Boil makki sheed property till cook and keep by side

Clean and wash spinich and 250 gm Shereted and 750 blanch and puree keep by side

Take a kadhi add ghee. Whole red chilly. Jeera. Till crack then add chopped garlic saute till golden brown then add chopped onions. Chopped ginger and green chili paste Cook for some time then add Cook corn  and Shereted spinich and saute it then add yellow chilly powder. Turmeric powder salt cooked it some time then add palak puree Cook it some time then add gram massla kesturi methi cooked it properly then add fresh chopped green coriander and served with makki roti

Marwadi pithod ki chaat
मारवाड़ी पिथौड की चाट

Ingredients for pithore

Besan 250 gm

Butter milk 150 gm

Water

Salt 10 gm

Red chilly powder 10 gm

Turmeric powder 5gm

Crushed coriander 3gm

Ajwin 3gm

Jeera 3 gm

Chooped coriander 10 gm

Oil 20 ml

Ingredients for chat

Pithore Diamond cut

Sweet curd 100 ml

Mint chutney 50 gm

Tamarind chutney 50 gm

Namakeen 50 gm

Boondi 50 gm

Chopped onions 50 gm

Chopped green chili 20 gm

Chopped coriander 20 gm

Fresh pomegranate sheed 50 gm

Method

For pithore add above ingredients of pithore in mixcing bowl mix it properly then cooked in handi on slow flame there should no water and beasen is Cook then put in flate tray cool it then cut in small pic and keep by side

For make a pithore chaat

Put all pithore in serving bowl add sweet curd. On top then add mint chutney. Tamirind chutney. Garnish with chopped green chili. Chopped onions. namkeen . Boondi. Pomegranate sheed. Chopped green coriander. Then served in meal

Hare mirchi ke tapore
हरी मिर्ची के टपौरे

Traditional it eaten in every meal and in rajasthani people eat very spicy food because of home grow and it save from heat 🔥 in dessert area in summer

Ingredients

Green chilly dice 250 gm

Mustard oil 20 ml

Pickel spices 10 gm

Besan 50 gm

Black salt 10 gm

Turmeric powder 5 gm

Lemon juice 10 ml

Method

Cut chilly in dice and keep by side

Take a kadhi add mustard oil heated 😠🔥then add pickel spices till crack and then add dice green chili saute it some time then add black salt and turmeric powder. And beasan cooked in slow flame and besen should apply in chilly all party then add lemon juice and keep by side and served with Rajasthan food

Marwadi sangari ro saag
मारवाड़ी सांगरी रो साग

Sangri is a wild beans of keghri tree witch is found in desert area it comes once in year in summer in dessert are feed keghri tree leaf to cattels like lamb. Goat and camels and wild animals and and extra beans collect from cut tree of beans and store for year and use when need for year use

Ingredients

Sangri 250 gm (fresh or dry)

Mustard oil 100 ml

Whole red chilly 10 nos

Hing

Jeera 10 gm

Crush coriander 10 gm

Achari masala 50 gm

Red chilly powder 50 gm

Turmeric powder 10 gm

Butter mulk 1 lt

Salt 20 gm

Amchur powder 20 gm

Ghee 50 ml

Method

If sangri is dry then clean and wash and soke in butter milk for 8 to 12 hrs then boil with whole red chilly and drain water and keep by side

Take a kadhi add mustard oil. Heated then add whole red chilly. Jeera. Chopped garlic. Chopped onions. Chopped ginger. Chopped green chili. Saute it then add red chilly powder. Turmeric powder. Salt. Achari massla and amchur powder. Cooked massla till oil comes on top then add boil sangri mix it and Cook it properly then served with Rajasthan bread in meall

Marwadi pithod ro saag
मारवाड़ी पिथौड रो साग

Ingredients for pithore

Besen 200 gm

Butter milk 250 gm

Water

Oil 20 ml

Hing 1 gm

Jeeta 3 gm

Crush coriander 3 gm

Chopped onions 50 gm

Chopped green chili 30 gm

Chopped green coriander 20 gm

Salt 10 gm

Red chilly powder 10 gm

Turmeric powder 10 gm

Ingredients for curry

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Crush coriander 5 gm

Hing 1 gm

Chopped garlic 20 gm

Chopped green chili 20 gm

Chopped ginger 10 gm

Chopped onions 50 gm

Chopped tamato 50 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Salt besen 50 gm

Butter milk 1 lt

Chopped green coriander

Method

(1) make a pithor take above ingredients of pithore and mix in mixcing bowl properly then cooked in kadhi on slow flame then set in tray after cool cut in your choice and keep by side

(2) take kadhi add ghee. Whole red chilly. Hing. Jeeta. Crush coriander in spices tempring then add chopped garlic. Chopped ginger. Chopped green chili. Chopped onions Cook till half Cook then add red chilly powder. Turmeric powder. Salt. Coriander powder. Chopped tamato cooked masala then add butter milk and besan mix cooked it properly then add cut pithore mix it and boil for some time then add chopped green coriander and then served in meal with Rajasthan bread

Mewadi Turant wadi
मेवाड़ी तुरंत वडी

Gram flaur dumping poched in Rajasthan spicy curry)

Traditional it is rajasthani village food mostly people don't now days about this and gram flour dumpling poched in curry witch can make easy

It is simmiler to gatta but totally different

Turat wadi curry

Ingredients

For wadi

Besan 250 gm

Salt 10 gm

Red chilly powder 10 gm

Turmeric powder 5gm

Jeera 3 gm

Crush coriander 3 gm

Ajwin 3 gm

Chopped green chili 20 gm

Chopped green coriander 20 gm

Kesturi methi 5 gm

Water

Mix all this ingredients and make tight batter

Ingredients for curry

Ghee 100 ml

Whole red chilly 5 nos

Hing 1 gm

Jeera 3 gm

Crush coriander 3 gm

Chopped garlic 20 gm

Chopped green chili 20 gm

Chopped ginger 10 gm

Chopped onions 50 gm

Chopped tamato 50 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Salt

Chopped green coriander

Method

Fist make a batter for wadi above ingredients and mix it then keep by side

Take a kadhi add ghee. Whole red chilly. Hing. Jeera. Crush coriander in tempring then add chopped garlic. Chopped green chili. Chopped ginger. Chopped onions Cook till golden brown then add red chilly powder. Turmeric powder. Coriander powder and chopped tamato Cook masala till ghee come on top by adding salt then add water make curry little liquid then add besen wadi in boiling curry by poaching method one by one cooked it for 10 to 15 minutes then add chopped green coriander and served with Rajasthan bread or grain

Dhungar papad ke churi
धुंगार पापड़ की चुरी

Smoked crush spices Rajasthan papad)

Ingredients

Mix rosted papad 100 gm

Chopped onions 50 gm

Chopped green chilly 20 gm

Chopped green coriander 20 gm

Ghee 20 ml

Red chilly powder 5 gm

Amchur powder 5 gm

Clove for smoke

Lemon juice 20 ml

Method

Rost all kinds of Rajasthan papad a d crush it in little big size then smoke with fire 🔥 charcoal add clove and ghee on top and cover it for 5 to 10 minutes then take it out and add chopped onions. Chopped green chili. Chopped coriander. Amchur powder. Red chilly powder. And ghee mix it properly by adding lemon juice then served before meal

Keri kanda ro saag
केरी कांदा रो साग

(Raw mango Cook with fresh spring onion and Rajasthan spices)

Ingredients

Raw mango 250 gm

Spring onion 250 gm

Oil 50 ml

Whole red chilly 5 nos

Panchpuran 20 gm

Chopped onions 50 gm

Chopped garlic 20 gm

Chopped green chili 20 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Black salt 20 gm

Jaggri 100 gm

Chopped green coriander 20 gm

Method

Clean and cut all vegatabe and mango and keep by side

Take a kadhi add oil. Heat a oil then add whole red chilly. Panchpuran spices. Chopped onions. Chopped garlic. Chopped green chili. Cooke ot some time then add cut raw mango and onion cooked it some time then add red chilly powder. Turmeric powder. Salt cooked it properly then add jaggri again Cook it properly by adding chopped green coriander and spring onion leafs then served with Rajasthan bread

Bajra kala chana ke kichadi

(Millet and black gram lentils Cook with Rajasthan spices)

Healthy food traditional both grains mostly grow and consume in Rajasthan

Healthy and gluten free food

Ingredients

Millet 250 gm

Black chana 250 gm

Ghee 250 gm

Whole spices 10 gm

Jeera 5 gm

Chopped garlic 50 gm

Chopped onions 250 gm

Chopped green chili 50 gm

Chopped ginger 20 gm

Chopped tamato 50 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Salt 20 gm

Chopped green coriander 20 gm

Method

Boil black chana and millet in water till Cook properly and keep by side

Take a kadhi add ghee. Heated and add whole spices. Jeera in tempring then add chopped onions. Chopped garlic. Chopped green chili. Chopped ginger Cook till

golden brown then add chopped tamato and red chilly powder. Turmeric powder Cook masala properly then add salt and boil millet and black chana mix it properly and Cook it by adding fresh chopped green coriander and then served with Rajasthan curry

Marwadi leasan ke chutney
मारवाड़ी लहसुन की चटनी

Garlic pickel)

Ingredients

Pelled garlic 500 gm

Mustard oil 250 gm

Panchpuran masala 20 gm

Red chilly powder 50 gm

Turmeric powder 20 gm

Amchur powder 30 gm

Black salt 20 gm

Lemon juice 50 ml

Curd 250 ml

Method

Clean and chopped garlic then marnite garlic with salt red chilly powder. Turmeric powder for 3 hrs

Take a kadhi add mustard oil heated 😠🔥 then add panchpuran masala in tempring then add marnite garlic Cook it some time then add curd mix it and Cook it properly by adding lemon juice and amchur powder then cool it and store in jar and use in meal every day

Neem ke phool ka ras
निम के फुल का रस

Neem flowers juice)

Healthy juice

In Rajasthan summer season in village every people once a year have juice of neem flowers witch help from summer hot vaves and keep healthy for year and many more healthy benefit of neem flowers juice

Ingredients

Neem flowers 100 gm

Neem leafs 100 gm

Water 250 gm

Method

Clean and wash neem flowers and leafs then graind with water and strain it and have it in morning empty stomach witch can help in your health

Marwadi kharbuja pudina ka ras
मारवाड़ी खरबुजा पुदिना का रस

(Melon and mint juice)

Ingredients

Melon 1 kg

Mint leaves 50 gm

Method

Cut melon in to half then scoop it inner part and keep skin part by side then melon and mints leaves grind together by adding ice and cool it then served in melon skin drum part with garnish of fresh mint

Mewadi makki ka jajhriya
मेवाड़ी मकाई का जांजरीया

Yellow corn atta halwa)

Traditional food of mewar regional in mewar region pepols grow makka they are very use to eat preparation of makka an in area community they sell there other crops eat makka for home

And makka use in food like appetizer. Soup. Main corse. And sweet

Makki ka jajria

Ingredients

Makki atta 500gm

Ghee 250 gm

Gud 500 gm

Cardamom powder 10 gm

Dry fruit 100 gm (on choice)

Saffron 1 gm

Method

Take a kadhi add ghee and put in slow flame then add makki atta roster in ghee till light golden color then add warm water 500 ml cooked it some time till ghee come on top then add gud and saffron water cooked till ghee comes on top then add cardamom powder. Dry fruit cooked it properly then served in meal

Mewadi Jowar ke raab
मेवाड़ी जौवार की राब

(Jawor millet cooked with buttermilk)

Traditional food of Rajasthan people are very use to eat raab with every day meal in winter hot it is like hot soup and in summer add cold water

It is help you from weather they eat cold and hot and served with rosted jeera powder and salt

Jawar ke raab

Ingredients

Buttermilk. 2lt

Clean jawar 400 gm

water. 1lt

Salt 20 gm

Method

Clean a jawar and keep by side then take a handi big size add butter milk and water mix it properly then add jawar mix it and pot on slow flame and till boil ster with laddel after boil come you can remove extra ingredients with are part of jawar witch on top of butter milk then cooked it to 2 to 3 hrs then add salt and rosted cumin powder and served

Bafla batti Thikri ke daal

बाफला बाटी ओर ठिकरी की दाल

Traditional it is a different variety of bati witch is steam or boiling method of cooking and dal is cooked in clay cooking pot traditional it is an lost culture of food witch missing now days pepol are very morden old time all cooking utensils witch are use for cooking are earthware and tast is original and testy food

Ingredients for bafla batti

Wheat atta big grain (1 kg)

Crush coriander 5 gm

Ajwin 5gm

Jeera 5gm

Sauf 5gm

Cooking soda 5 gm

Turmeric powder 2 gm

Salt 15 gm

Ingredients for thikery ke dal

Mix dal 250 gm

Ghee 100 ml

Hing 1 gm

Whole spices 10 gm

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped onions 100 gm

Chopped green chili 20 gm

Chopped tamato 50 gm

Red chilly powder 10 gm

Turmeric powder 10 gm

Chopped green coriander 20 gm

Lemon juice 10 ml

Method for bati

Mix above ingredients of batti and make tight dough divided in equal medium size and make batti then put in bouling water for 30 minutes then take it out and apply ghee and served

For dal

Boil mix dal then keep by side

Take a clay pot for cooking add ghee. Whole spices. Whole red chilly. And jeera in tempring then add jeera . Hing. Chopped garlic. Chopped onions. Chopped green chili. Cooked it sometimes ten add red chilly powder. Turmeric powder and tamato by adding water and salt cook masala till ghee comes on top then add boil mix dal cooked it properly then add chopped green coriander and lemon juice then served with bafala batti

Mewadi chamala ke Wadi
मेवाड़ी चवला की वडी

(Lobia graind with Rajasthan spices and sundry dumplings)

Traditional in every village home people make none seasnol vegatabe witch can be convert in other foarm and people have a during after mansoon season lots of green vegetable witch cannot use at that time but cane be use in summer time when green vegetable are not available all time but it can cook with spices and less of other vegetable combination so in Rajasthan village people make lobia dal wadi

Ingredients

Lobia 1 kg

Red chilly whole 50 gm

Turmeric powder 20 gm

Salt 30 gn

Green chilly 50 gm

Coriander stem 50 gm

Ginger 20 gm

Garlic 50 gm

Oil

Coriander whole 20 gm

After graind add ingredients

Ajwin

Jeera

Method

Soke lobia dal for 6 hours then drain water and add in to mixing bowl then add above ingredients red chilly whole. Turmeric powder. Salt. Green chilly. Coriander stem. Ginger. Garlic. Oil mix this ingredients and graind it with not add water graind it properly and take it out in bowl then add ajwin and jeera and chek seasoning and as per taste then make a wadi by colth. Or piping bag small size dumpling on on clean surface or clothes witch candy move and sundry after makes wadi sundry wadi and store it and use make curry and with other vegetable of your choice

Masala batti

मसाला बाटी

(Rajasthan cow dunk fire cooked bread)

Batti is an older time food of rajput woriors it is very heavy food and it give more energy when woriors go for war they don't have a enough weight to carry for food and food can stay for long time so they innovative food witch can cook on fire on short time then cover it because of they don't know any time war will happen and older time if you ligh a fire then other people know easely that some people are there and attack will happen and batti consume with liquid curry like l hunted meat curry and home made kadi. And dal now days people eate these batti with mutton curry and kadi. Or dal and basic accomplement are garlic chutney. Butter milk. Mirch ke tapore ghee.

Ingredients

Wheat atta 1 kg(little big)

Salt 20 gm

Ajwin 5 gm

Crush coriander 5 gm

Sauf 5 gm

Cooking soda 5gm

Water

Ghee 50 ml

Method

Mix above ingredients in mixcing tand make a tight dough and keep by side for 20 minutes then make medium size batti and keep by side

Light a cow dunk fire when fire is down then put batti on fire and turn and Cook from each side not to be burned then take it out then make a whole in fire add batti in one place and cover with cow dunk fire and on top you have to covered with ash properly and covered it for 30 minutes then take it out and served

If you don't have a traditional ways of cooking you can cook in oven in 180 degree for 20 to 30 minutes about on size

Rabodi Hara payaz
राबौडी हरा प्याज

Spring onion and makki sundry papad cook with Rajasthan spices)

Rabodi is an non season vegetable of Rajasthan it is made during winter season because of less use of butter milk and free time for make home made vegetable for summer season in every home they make it by butter milk and makki atta and and Cook with Rajasthan spices

Ingredients

Rabodi 250 gm

Spring onion 250 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Crush coriander 5 gn

Chopped garlic 30 gm

Chopped onions 50 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Turmeric powder 5 gm

Salt

Green chili 20 gm

Chopped green coriander 20 gm

Method

Take a kadhi add ghee on slow flame I when ghee heat then add whole red chilly. Crush coriander. Jeera. In tempring then add chopped garlic. Chopped onions cooked till golden brown then chopped green chilly add red chilly powder. Turmeric powder. Coriander powder. Salt And water cook massla till ghee come on top curry should be watery and then add rabodi cook for some time then add spring onion Cook it properly then add fresh chopped green coriander then served with Rajasthan bread

Marwadi Emalana
मारवाड़ी ईमलाणा

(Tamarind refreshing drink of Rajasthan)

Traditional in Rajasthan in summer temperature is very high and hot winds vave in summer there are more chance of fall sick by hot vaves save from hot winds make refreshing drink witch can save there life many refreshing drink can save you it is drink call eamalana witch is made by Tarmirind and mint and black salt and jaggry

Ingredients

Tamarind pulp 100 ml

Black salt 20 gm

Jaggry 100 gm

Mint leaves paste 50 gm

Water 2 lt

Ice on choic

Method

Soke tamirind for 2 hrs in warm water then mash with hand or utensils then starin it by Satranir and keep in mixcing bowl then add jaggry water. Black salt. And fresh mint paste and chopped mint mix it property by adding ice or cold water then served in meal

Mewa dalya ke lapsi
मेवाड़ी दलीया की लापसी

(Broken wheat cooked with jaggri)

Traditional food of Rajasthan it made mostely in new work occasions and family programs still in Rajasthan in big events lapsi has bin made in village it is an healthy and heavy food and as per region and and people habits eat as a sweet. And with kadi. And with dal also

Lapsi ingredients

Brocken weather 500 gm

Ghee 250 gm

Jaggry 500 gm

Dice fresh coconut 100 gm

Cardmum powder 10 gm

Dry fruit 100 gm

Water

Method

Take a kadhi add ghee put on slow flame and add brocken weat cook it slowly till golden brown then add water 1 lt after adding water cook till ghee come on top grain should cook properly then add jaggry. Cardmum powder. Dice coconut. And dry fruits cook it properly then served in meal

Bajra pudina ke kichadi
बाजरा पुदिना की खिचड़ी

I (millet cook with mint and Rajasthan spices)

Ingredients

Millet 250 gm

Mint leafs 100 gm

Ghee 100 ml

Whole spices 10 gm

Jeera 5 gm

Crush coriander 5 gm

Chopped garlic 30 gm

Chopped green chili 50 gm

Chopped ginger 20 gm

Chopped onions 100 gm

Chopped tamato 50 gm

Salt 15 gm

Turmeric powder 5gm

Yellow chilly powder 10 gm

Chopped green coriander 20 gm

Method

Clean and boil bajra and properly then keep by side

Take a kadhi add ghee. Whole spices. Jeera. Crush coriander. In tempring then add chopped garlic. Chopped ginger. Chopped green chili. Chopped onions cook till golden brown then add chopped tamato and turmeric powder. Salt. Bajra mix it properly then add mint paste and chopped mint and chopped green coriander mix it cook for some time and served in meal

Mewadi charka daliya
मेवाड़ी चरका दलीया

(Broken wheat cook with chilly)

Ingredients

Brocken weat 250 gm

Ghee 100 gm

Jeera 5 gm

Chopped green chili 50 gm

Red chilly flackes 10 gm

Chopped ginger 20 gm

Chopped onions 109 gm

Salt15 gm

Chopped green coriander 20 gm

Whole red chili 5 nos

Method

First take a kadhi add little ghee and rost a Brocken weat and add water and cook it properly and keep bt side

Take a kadhi add ghee. Whole red chilly. Jeera in tempring then add chopped ginger. Chopped green chili. Chopped onions saute it some time then add boil Brocken weat and red chilly flack and salt mix it properly and finished by adding chopped green coriander and served in meal

Maas keema batti
मांस किमा बाटी

(Spicy mutton mince stuff in Rajasthan bread batti)

Traditional food of Rajasthan batti stuffed with mutton mince cooked with Rajasthani spice and stuffed in batti cooked in cow dunk fire serve with spice lal mass curry

Ingredients for batti dough

Wheat atta 500 gm (big grain)

Crush coriander 3gm

Ajwin 3gm

Jeera 3gm

Sauf 3gm

Salt 10 gm

Red flacks 5gm

Chopped green chili 5gm

Turmeric powder 5gm

Chopped green coriander 20 gm

Ghee 50 ml

Ingredients for maas keema

Mutton mince 250 gm

Oil 25 ml

Chopped garlic 20 gm

Chopped ginger 10 gm

Chopped onions 50 gm

Chopped green chili 20 gm

Chopped tamato 50 gm

Salt 10 gm

Turmeric powder 5gm

Red chilly powder 10 gm

Coriander powder 20 gm

Gram masala 10 gm

Chopped mint 10 gm

Chopped green coriander 10 gm

Method

First make a maas keema for stuffing

Take a kadhi add oil. Chopped garlic. Chopped ginger. Chopped green chili. Chopped onions. Cook till golden brown and add mutton mince saute it some time till there is no water then add red chili powder. Turmeric powder. Salt. Coriander powder and chopped tamato cook it properly then add chopped mint and chopped green coriander and take it out and keep by side for cooling

For batti dough mix above ingredients of batti by adding water and make tight dough and rest for 20 minutes then divided in to equal medium size and make rool it and stuff with mutton minc and make batti it is traditional Cook in cow dunk fire but you can Cook in oven for 20 to 30 minutes in 180 degree then taken it out and served with spicy mutton curry

Marwadi papad ke sabzi
मारवाड़ी पापड़ की सब्जी

Rajasthan papad in spicy curry)

Traditional food of Rajasthan in Rajasthan less of rain pepols cannot grow green vegetable the inivoted food curry by local ingredient and local spice home products and this is home made chana papad cooked with rajasthani spice

Ingredients

Papad 100 gm

Ghee 50 ml

Whole red chills 5 nos

Jeera 5 GM

Crush coriander 5 GM

Chopped garlic 20 GM

Chopped ginger 10 GM

Chopped green chilli 20 GM

Chopped onions 50 GM

Butter milk 250 GM

Red chilly powder 10 GM

Turmeric powder 5 GM

Coriander powder 10 GM

Chopped green coriander 20 GM

Method

Take a kadhi add ghee on slow flame and put tempring of whole red chilly. Jeera. Crush coriander till crack then add chopped garlic. Chopped ginger. Chopped green chilli. Chopped onions sauteed till golden brown then add red chilly powder. Turmeric powder. Coriander powder. Salt and butter milk cook masala till ghee come on top then add some water and again boil it some time then add papad and chopped green coriander mix it properly and then served in meal with Rajasthani bread

Marwadi bhindi ke kadi
मारवाड़ी भिन्डी की कड़ी

lady fingers cook in curd base curry with Rajasthan spaces)

Traditional food of Rajasthan mostely curry in Rajasthan food use curd base witch can stay for long time not spoiled beacuse of temperature is to hi and save food and all food is made by home catels products use some with seasonal vegitabel witch is grow if extra they sun dry then use for year

Ingredients

Bhindi 250 GM

Ghee 50 ml

Hing 1 GM

Whole red chilly5 nos

Curry leaves 2 gm

Crush coriander 3 GM

Jeera 3 GM

Mustard seed 3 GM

Bethi sheed 3 GM

Chopped green chilly 20 GM

Butter milk 1 lt

Basen 100 GM

Salt 15 GM

Turmeric powder 10 GM

Chopped green coriander 10 gm

Method

Clean and cut bhindi big size and cut others vegetables and keep by side

Mix buttermilk and besen keep by side

Take a handi add ghee put on slow flame and tempring of whole red chilly. Hing. Curry leaves. Mustard seed. Jeera. Crush coriander. Methi sheed. And add chopped green chilly. And red chilly powder. Turmeric powder. Salt and add bhindi saute it and take it out bhindi and add butter milk and besen mix cook it properly then add saute bhindi and chooped green coriander

And finish it and served in meal with cook grain and Rajasthan bread

Marwadi sangari ke kota kadi
मारवाड़ी सांगरी के कोफ्ता कड़ी

(Wild dessert beans kofta cook in curd base curry with Rajasthan spices)

Ingredients for kofta

Boil sangri 100 gm

Whole red chilly 5 nos

Boil patato 100 gm

Rosted chana powder 50 gm

Cardamom powder 5gm

Chopped coriander 20 gm

Chopped green chili 10 gm

Chopped ginger 10 gm

Salt 5 gm

Ingredients for kadi

Ghee 50 ml

Whole red chilly 5 nos

Hing 1 gm

Mustard seed 3gm

Jeera 3 gm

Methi sheed 3 gm

Crush coriander 3 gm

Curry leaves 3 gm

Chopped green chili 10 gm

Turmeric powder 10 gm

Salt 20 gm

Butter milk 1lt

Basen 100 gm

Chopped green coriander 20 gm

Method

Make a kofta boil sangri and red chilly together and drained water then graind in stone or mixtcher grainder and take in mixcing bowl and add above ingredients of kofta and make equal size of kofta and deep fried in oil and keep by side

Make a kadi

Take a kadhi or handi add ghee in it then put on slow flame and add tempring of whole red chilly. Hing. Curry leaves. Mustard seed. Jeera. Methi sheed. Crush coriander. In tempring then add chopped green chili. Turmeric powder. And mix of butter milk and besan add in masala and Cook it properly by adding salt when Cook it properly then add chopped green coriander and kofta in kadi and served in meal with Cook grain or bread

Maas ka mirchi wada
मांस का मिर्ची वडा

(Spicy mutton mince stuff chilly pakoda)

Traditional food of Rajasthan it is an food of Royal family of rajasthan rajput normal people stuff mutton mince cooked with rajasthani spice and stuff in banana chilly and deep in spicy besan mix and deep fry and served with mint chutney in evening snacks

Ingredients

For stuffed chilly

Banana chilly 500 gm

Mutton mince 250 gm

Oil 30 ml

Chopped garlic 25 gm

Chopped onions 100 gm

Chopped ginger 10 gm

Chopped green chili 25 gm

Red chilly powder 10 gm

Turmeric powder 5gm

Coriander powder 20 gm

Gram masala 10 gm

Chopped mint 10 gm

Chopped green coriander 10 gm

Ingredients for deep fry stuff chilly

Besan 250 gm

Ajawin 5 gm

Turmeric powder 5 gm

Salt 10 gm

Yellow chilly powder 5 gm

Cooking soda 1gm

Green chili paste 10 gm

Ginger garlic paste 20 gm

Method

First make a stuffing of mutton mince

Take a kadhi add oil on slow flame and add chopped garlic. Chopped ginger. Chopped green chili. Chopped onions. Cook this till golden brown and then add mutton mince saute till no waters then add red chilly powder. Turmeric powder. Salt. Coriander coriander mix it by adding water and cook it properly then add chopped green coriander and mint and gram masala and keep by side and cool it

Make a besan batter take above ingredients mix it in mixcing bowl by adding water and keep batter for 10 to 20 minutes

Stuff all chilly by mutton mince by make a pocket stuff properly then keep by side

Fry in oil by stuff chilly dip in besan batter one by one in slow flame Cook till crspy and take it out and served in snacks time with mint chutney

Mewadi aam Ras kadi
मेवाड़ी आम रस कड़ी

(Mango puree cook with Rajasthan spices)

Ingredients

Mango puree 250 gm

Besan 50 gm

Ghee 50 ml

Whole red chilly 5 nos

Hing 1 gm

Curry leaves 3 gm

Mustard seed 3 gm

Jeera 3 gm

Chopped green chili 20 gm

Chopped ginger 10 gm

Turmeric powder 5 gm

Chopped green coriander 20 gm

Boondi 100 gm

Salt

Method

First mix mango puree and besan properly and keep by side

Take a kadhi add ghee. Whole red chilly. Hing. Curry leaves. Mustard seed. Jeera in tempring and add after some time chopped green chili. Chopped ginger cook for some time and add turmeric powder. Salt. Then add mix of mango puree and besen by adding water cook till God boil then add then add chopped green coriander and boondi on top and served in meal with Rajasthan bread

Atta ka dhokla or chawala dal

आटे का ढौकला और चवला री दाल

(Whole wheat steam bread with lobia dal)

Rajasthan food and culture and traditional food of Rajasthan

Ingredients for atta ka dokla

Big grain wheat atta 500 gm

Salt 10 gm

Jeera 3gm

Crush coriander 3gm

Ajwin 3gm

Chopped green coriander 10 gm

Red chilly flacks 10 gm

Chopped green chili 10 gm

Chopped garlic 10 gm

Garlic leafs 10 gm

Cooking soda 3 gm

Ghee 50 ml

Ingredients for lobia dal

Lobia dal 250 gm

Ghee 50 ml

Whole red chilly 5 nos

Hing 1 gm

Jeera 5 gm

Chopped garlic 20 gm

Chopped ginger 10 gm

Chopped onions 100 gm

Chopped green chili 20 gm

Chopped tamato 100 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Salt20 gm

Chopped green coriander 20 gm

Method make dokla

Add above ingredients of dokla in mixcing bowl mix it properly then need a tight dough by adding water in it rest fir 20 minutes then divide in equal size and make dokla as per pitcher and steam fir 30 minutes and when served that time take out

Chamala re dal

Soke lobia dal for 2 hrs then by adding water. Salt and turmeric powder boil lobia dal

Take a handi add ghee put on slow flame then tempring of whole red chilly. Hing. Jeera. Chopped garlic. Chopped ginger. Chopped green chili. Chopped onions. Saute it till golden brown then add red chilly powder. Turmeric powder. Salt and chopped tamato cook masala till ghee comes on top then add boil lobia by adding water in it cook it properly then add chopped green coriander and served with steam dokla

Methi dana leela kanda ro saag
मेथी दाना दिला कांदा रो साग

(Methi sheed and fresh spring onion cook with Rajasthan spices)

Ingredients

Methi sheed 250 gm

Spring onion 500 gm

Ghee 100 gm

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 20 gm

Chopped green chili 50 gm

Chopped ginger 20 gm

Salt 10 gm

Coriander powder 20 gm

Turmeric powder 5 gm

Chopped tamaro 100 gm

Choop green coriander 50 gm

Lemon juice 10 ml

Method

Soke a methi sheed and boil it in water and drain it and keep by side

Cut all vegetables and keep by side

Take a kadhi add ghee put it on slow flame and add tempring of whole red chilly. Chopped garlic. Chopped ginger. Chopped green chilly. Cook till golden brown

and add turmeric powder. Coriander powder. Salt and chopped tamato cook masala till ghee comes on top then add boil methi sheed and cut spring onion ook it properly and finish with chopped green coriander and lemon juice and served in meal with Rajasthan bread

Marwadi thar sangari ke tikki
मारवाड़ी थार सांगरी की टिक्की

Dessert khajri tree beans patty mix with Rajasthan spices and cook on tawa)

Ingredients

Sangari 100 gm

Dry amchur 20 gm

Kachari dry 20 gm

Red chilly whole

Ingredients for tikki

Chopped onions 50 gm

Chopped ginger 20 gm

Chopped coriander stems 30 gm

Chopped mint 20 gm

Chopped green chili 20 gm

Salt 10 gm

Rosted chana powder 50 gm

Red chilly powder 5 gm

Method

Clean and wash sangri then above ingredients mix. Sangri. Dry amchur. Kachari. And whole red chilly by adding salt and turmeric powder boil it properly and drain water and dry it then grind it properly and keep in mixcing bowl

Add spices and chooping in sangri grind mix. Add chopped green chili. Chopped ginger. Chopped onions. Chopped green coriander stems. Chopped mint. Salt and red chili powder and rosted chana powder mix it properly and dived in equal size of patty and cook on tawa by apply ghee on both sides and served in meal

Marwadi peela matria ke Kadi
मारवाड़ी पिला मतीरा की कड़ी

(Yellow water melon Rajasthan sweet and spicy curry)

Ingredients

Yellow water melon 1 kg

Besen 50 gm

Vegetables oil 50 ml

Whole red chilly 5 nos

Hing 1 gm

Mustard seed 5 gm

Curry leaves 3 gm

Chopped green chili 20 gm

Chopped ginger 10 gm

Salt 10 gm

Yellow chili powder 5 gm

Turmeric powder 10 gm

Chopped green coriander 20 gm

Method

Firsh cut yellow water melon in half dimond cut and half teriming grind it and take out juice ans strain it and keep by side

Add besen and yellow water melon juice mix it properly and keep by side by adding water

Take a handi add oil.Put on slow flame add tempring of hing. Whole red chilly. Curry leaves. Mustard seed. Cook it some time till crack then add chopped green chili and chopped ginger. Turmeric powder. Yellow chili powder. Salt. And watermelon and besen mix cook it properly by adding water and salt. Cook it properly by adding yellow water melon dimond cut and chopped green coriander cook it some time and served in meal

Mewa haldi ka halwa
मेवाड़ी हल्दी का हलवा

(Fresh greted turmeric cook with ghee. Reduce milk. Dry fruits)

Ingredients

Fresh haldi greted 250 gm

Mawa 100 gm

Dry fruit powder 100 gm

Milk 500 ml

Jaggri 200 gm

Card number powder 10 gm

Ghee 200 gm

Dry fruit flacks 50 gm(for garnish)

Method

Peeled and created a fresh turmeric and keep by side

Take a kadhi add ghee in it snd put on slow flame

Add greted turmeric in it Cook it some time then add mawa. Cook it some time then add graind dry fruit and saute it some time then add milk in it cook it properly till ghee come on top

Then add jaggri and cardmum powder and dry fruit cook it properly and keep by side

Then served in meal

Mewadi taramera joa ke kichadi
मेवाड़ी तारामिरा जौ की खिचड़ी

(Fresh aragula leafs cook with barely in Rajasthan style)

Ingredients

Skin removed barely 250 gm

Aragula 500 gm

Ghee 100 ml

Whole spices 10 gm

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 30 gm

Chopped onions 100 gm

Chopped ginger 15 gm

Chopped green chili 50 gm

Turmeric powder 10 gm

Salt 15 gm

Chopped green coriander 20 gm

Method

Clean and cut all vegetables and keep by side

Clean aragula leafs and keep by the

Boil barely by adding salt turmeric powder in water and keep by side

Take a kadhi add ghee. And tempring of whole spices. Whole red chilly. Jeera till crack then add chopped garlic, chopped onions. Chopped ginger. Chopped green

chili. Saute it some time then add aragula leafs. And cook barely. Mix it properly by adding salt and masala and cook it properly then add chopped green coriander and served in meals

Shakkar kand ke chaat

सकरकनद की चाट

(Crispy sweet potato chaat)

Ingredients

Sweet potato 500 gm

Senda namak 10 gm

Sweet curd mix with honey 200 gm

Mint chutney 50 ml

Dates saute chutney 50 ml

Fresh pomegranate sheed 100 gm

Ghee for frying 250 gm

Method

Clean and cut sweet potato finger chips and deep fry in ghee on slow flame till golden brown and take it out and keep in serving bowl

To assemble a chat keep all ingredients and put deep fry sweet potato finger chips in serving bowl then add senda namak on top then add swwet curd with add honey mix on top apply on all half area then add mint chutney and dates saute chutney and garnish with fresh pomegranate sheed and served in meal during fast or regular meal

Marwadi meethi boondi ke kachori
मारवाड़ी मिठी बुंदी की कचौड़ी

(Sweet boondi stuff in rich dougn and deep fried and deep in sweet saffron suryp and served with reduce milk)

Ingredients for boondi

Besen 250 gm

Milk 100 ml

Saffron water 20 ml

Water

Ghee for frying 500 ml

Saffron suger suryo 500 ml

Ingredients for kachori

Maida 500 gm

Milk 200 ml

Ghee 100 ml

Cardmum powder

Ready boondi 500 gm

Ghee for frying same is above

Dry fruit flacks 100 gm

Rabri 250 gm

Ingredients for saffron suryp

Suger 1 kg

Water 500 ml

Saffron 1 gm

Method

1make a suger surup add above ingredients boil it and keep by side

2make a sweet boondi

Take a mixcing bowl add besen. Saffron water. And milk mix it properly and keep by side for some time then make boondi in ghee kadhi and take it out and dip in saffron suger surup and keep by side by adding dry fruit flacks

3 make kachori dough

Take a mixcing bowl add maida. Ghee. And milk . Cardmum powder. Mix it and make dough and divided into equal size and stuff by boondi and keep by side

4 deep fried stuff kachori in ghee and keep by side and deep in saffron suger surup and take it out and served with rabri and dry fruit flacks

Tulsi beej or annar ro ras
तुलसी बीज और अनार रो रस

(Chia i sheed and pomegranate juice)

Ingredients

Chia sheed 100 gm

Pomegranate juice 500 ml

Honey 50 ml

Mints leafs 20 gm

Method

Soke chia seed in normal water and keep in cool place and keep for 12 hrs

Take out a pomegranate fresh juice add honey and chopped mint and add some chia sheed mix it properly and add some pomegranate sheed and keen in cool place and served in break fast in empty stomach

Charki pudi or aloo bajhi
चरकी पुडीया और आलु भाजी

(Rajasthan style spicy deep fry bread with spicy dry potato curry)

Ingredients for pudi

Wheat atta 500 gm

Besen 100 gm

Suji 100 gm

Ajawin 5 gm

Red chilly powder 20 gm

Turmeric powder 10 gm

Salt 15 gm

Chopped green coriander 20 gm

Oil 50 ml

Ingredients for aloo subzi

Boil potato 500 gm

Ghee 50 ml

Hing 1 gm

Jeera 5 gm

Chopped ginger 20 gm

Chopped green chili 20 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Salt 10 gm

Jeera powder 10 gm

Chopped green coriander 20 gm

Method

(1) make a dough add above ingredients of pudi in mixcing bowl mix it properly then add water and need dough and roll it pudi by rolling pin and deep fry in oil and keep by side

(2) make aloo ke sabzi

Take a kadhi add ghee put on slow flame. And add tempring of hing. Jeera. Chopped green chili. Chopped ginger. Saute it some time then add red chilly powder. Turmeric powder salt cook masala by adding water then add boil potato. Cut mix it properly by adding salt and jeera powder and chopped green coriander and served with pudi in breakfast

Marwadi gatta khatta kanda ro saag
मारवाड़ी गटटा खाटा कांदा रो साग

(Spicy mix if besan gatta steam and cook with pickeld onions and spring onion)

Ingredients besan gatta

Besan 250 gm

Oil 50 ml

Jeera 3 gm

Crush coriander 3gm

Ajwin 3 gm

Salt 5 gm

Turmeric powder 5gm

Red chilly powder 5 gm

Kesturi methi 2 gm

Chopped green coriander 10 gm

Water

Ingredients for curry

Oil 50 ml

Hing 1 gm

Whole red chilly 3 nos

Jeera 5 gm

Crush coriander 5 gm

Chopped garlic 20 gm

Chopped green chili 10 gm

Chopped ginger 10 gm

Chopped onions 50 gm

Pickel onions 30 gm

Spring onion 50 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Besan curd mix 100 ml

Chopped green coriander 20 gm

Method

(1) make gatta take above ingredients in mixcing bowl and make thick batter by adding water and put in tray and steam for 20 minutes and take it out and cut it and deep fried in oil and keep by side

(2) make curry

Take a kadhi add oil and tempring of hing. Whole red chilly. Jeera. Crush coriander. Chopped garlic. Chopped ginger. Chopped green chili. Chopped onions saute it some time then add turmeric powder. Red chilly powder. Coriander powder and curd besan mix water by add salt cook it properly then add deep fried gatta and pickel onions and spring onion cook it properly by adding chopped green coriander and served with Rajasthan bread in meal

Marwadi bajra meetha Kichada
मारवाड़ी बाजरा का मिठा खिचडा

(Millet cook with ghee and jaggri)

Ingredients

Millet 250 gm

Ghee 250 gm

Jaggri 250 gm

Water

Method

Firsh clean millet then boil it with by adding water till properly cook then keep by side

Take a handi put on slow flame🔥 by adding ghee on it then add cook millet mix it and again cook for some time then add jaggri and cook it properly and served in 🍽️ meal

Palak pithoda ka saag
पालक पिथौड का साग

(Spicy cook besen peac. Cook in spinach with Rajasthan spices)

Ingredients for pithod

Besan 250 gm

Water 500 ml

Curd 250 ml

Jeera 3 gm

Crush coriander 3 gm

Ajwin 3 gm

Chopped onions 50 gm

Oil 30 ml

Red chilly powder 10 gm

Turmeric powder 5 gm

Salt 10 gm

Chopped green coriander(add when cook)

Ingredients for palak curry

Ghee 100 ml

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped onions 100 gm

Chopped ginger 20 gm

Green chilly paste 50 gm

Palak 1 kg (boil and paste)

Salt10 gm

Kesturi methi 3 gm

Garam masala 5 gm

Coriander and mint chutney 50 gm

Method

(1) make a pithod add above ingredients in mixcing bowl mix it properly and take a handi put on slow flame and add pithod batter cook it properly and set in tray and keep for cooling and cut in pic. And keep by side

(2) take a kadhi add ghee in it put on slow flame add tempring of whole red chilly. Jeera. Chopped ginger. Chopped garlic. Chopped onions. Saute it sometimes then add turmeric powder. Salt. Green chili paste. Cook it some time then add palak paste cook it some time then add kesturi methi. Garam masala. Coriander mint chutney. And cut pithod Cook it properly and served in meal with Rajasthan bread

Keri lal chandloi ro saag
केरी लाल चनदलोई रो साग

(Red amaranta leaf ❁Cook with fresh mango and Rajasthan spices)

Ingredients

Raw mango 250 gm

Red chaloi 500 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chopped onions 100 gm

Chopped garlic 20 gm

Chopped ginger 10 gm

Chopped green chili 50 gm

Chopped tamato 100 gm

Coriander powder 10 gm

Salt 15 gm

Yellow chilly powder 5 gm

Chopped green coriander 20 gm

Method

#clean all vegetable and mango dice and keep by side and amaranth leafs plug it and keep by side

#take a kadhi add ghee in it and put on slow flame add tempring of whole red chilly. Jeera. Chopped garlic. Chopped ginger. Chopped green chili. Chopped

onions cook till golden brown then add yellow chili powder. Coriander powder and chopped tamato cook masala by adding salt and raw mango dice cut cook it some time then add amanant leafs again cook it properly by adding chopped green coriander and served with phulka

Lal chandloi re roti
लाल चनदलोई री रोटी

(Red amaranth leafs mix with wheat atta and Rajasthan spices tawa bread)

Ingredients

Wheat atta 500 gm

Red amaranth leafs 250 gm

Ajwin 5 gm

Jeera 5 gm

Chilly flack 5 gm

Chopped ginger 10 gm

Chopped green chili 20 gm

Chopped green coriander 20 gm

Salt 15 gm

Red chilly powder 5 gm

Turmeric powder 10 gm

Ghee 50 gm

Method

(1) clean and cut all vegetable and keep by side

(2) take a mixcing bowl add above ingredients in mixcing bowl mix it properly then add water to need a dough need a dough and rest a dough for 20 minutes then divided dough in equal size and roll a paratha by rolling pin and cook on tawa on slow flame 🔥 one by one by apply ghee and cook it properly and served in breakfast with White butter and mango pickel

Barwa pista ke gattey ke Kadi
भरवा पिस्ता गटटे की कड़ी

(Pisticho stuff in gramflour dough with Rajasthan spices and cook in curd base curry)

Ingredients for gatta

Besan 250 gm

Pista 100 gm

Salt 5 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Crush coriander 5 gm

Jeera 5 gm

Ajwin 5 gm

Chopped green chili 20 gm

Chopped green coriander 20 gm

Ghee 30 ml

Ingredients for kadi

Ghee 50 ml

Hing 1 gm

Whole red chilly 5 nos

Whole green chili 5 nos

Curry leaves 10 nos

Chopped garlic 10 gm

Slice onions 50 gm

Mustard seed 5 gm

Jeera 3 gm

Crush coriander 3 gm

Butter milk 1 lt

Besan 50 gm

Turmeric powder 10 gm

Red chilly powder 2gm

Salt10 gm

Chopped green coriander

Method

(1) make gatta stuffing soke pista in warm water and remove skin and grind with little salt and green chili. Ginger and coriander and keep by side

(2) make gatta take a mixcing bowl add above ingredients of gatta mix it and make dough with adding butter milk or water need dough Nd keep for rest 10 minutes and divided into 3 part then roll in like roti then add pista mix and roll it by apply water on side close tight and property then boil in in boling water for 10 minutes then take it out and cool it and keep by side you can fry in ghee or you can add in kadi without fry

(3) make a kadi take a handi add ghee in it put on slow flame and tempring of hing. Whole red chilly. Whole green chili. Curry leaves. Mustard seed. Jeera. Crush coriander. Chopped garlic. Slice onions cook for some time then add turmeric powder. Salt. And buttermilk and besan mix Cook it properly then add chopped coriander and stuff pista gatta and Cook it some time then keep by side and served with Rajasthan bread and grain in meals

Dhungar lal mirch ke chakki
धुंगार लाल मिर्च की चक्की

(Masala gluten steam sponge cook in Rajasthan chilly and spices and smoke)

Ingredients for chakki

Atta 2 kg

Salt 5 gm

Crush coriander 3 gm

Jeera 3 gm

Ajwin 3 gm

Chilly flack 3 gm

Chopped green coriander 10 gm

Oil 10 gm

Red chilly powder 5 gm

Turmeric powder 3 gm

Ingredients for curry

Ghee 100 ml

Whole spices 10 gm

Whole red chilly 5 nos

Slice onions 500 gm

Ginger garlic paste 50 gm

Red chilly paste 100 gm

Salt 10 gm

Tamato puree 100 gm

Curd 50 gm

Kachari powder 20 gm

Coriander powder 20 gm

Gram masala powder 10 gm

Close 10 nos

Clove powder 2 gm

Chopped green coriander 20 gm

Method

(1) make a dough of atta by adding water and keep for 4 to 6 hrs or over night at room temperature

(2) take a stranger addneed dough in it add put under running water tab to take out gluten from atta wash atta by slowly till gluten left and after put in tray

(3) add spices above ingredients for chakki and mix it and put it in tray and steam for 20 minutes then take it out and cool it then cut in choice of pieces and keep by side

(4) make a curry take a handi add ghee in it and add tempring of whole spices and red chilly whole till crack then add slice onions cook till golden brown then add ginger garlic paste. Cook again then add red chilly paste. Turmeric powder. Coriander powder. Salt cook masala by adding curd and kachari powder and tamato puree. Cook it properly when curry is good cook then add cook steam chakki. And clove powder. And gram masala cook it some time then smoke with charcoal by adding clove and ghee covered it for 10 minutes then open and add chopped green coriander a d cook it properly and served in meal with Rajasthan bread

Marwadi Ghewar ke chat
मारवाड़ी घेवर की चाट

(Rajasthan deepfry net bread with Rajasthan savery street chaat)

Ingredients for ghewar

Maida 500 gm

Ghee for mix 150 ml

Milk 250 ml

Ice water 250 ml

Saffron water 10 ml

Besen 50 gm

Ghee for frying 500 ml

Ingredients for chaat

Ghewar 5 nos small size

Sweet curd 250 ml

Mint chutney 50 gm

Saut chutney 50 gm

Pomegranate sheed 50 gm

Sev small size 50 gm

Boondi 50 gm

Method

(1) take a mixcing bowl add maidaand besen and ghee mix it by adding water and milk mix it properly by add cold water and keep in cool place

(2) make a ghewar take a kadhi and small size gewar mould add ghee in kadhi then keep mould in kadhi then heat a ghee properly then add ghewar mix in mould one by one and make ghewar and keep by side

(3) make a chatt keep all ghewar in serving plate then add sweet curd on top of all ghewar and topping garnish with mint chutney. Saut chutney. Sev. Boondi. And fresh pomegranate sheed garnish it properly then served in meal and you cand add choice of spices like chilly powder. Jeera powder also

It is an Monson special chatta recipe from rawali rasoi Rajasthan food

Lal maas ra kawa
लाल मांस रा कवा

(Left over bread cook in Rajasthan style with spicy mutton curry)

Rajasthan food and culture and traditional food of Rajasthan normally in village when people make mutton and bread on day not use witches is store for next day use only curry left so people use to make food easy and served and re use food make fresh tempring of left ove bread and mutton curry it is very popular food in village it can be any bread but normal use batti. Makki rot. Bajra roti and khoba roti and you can make with normal tawa roti also

I hope you will love to cook at home this kind of Rajasthan food

Ingredients

Ghee. 100 ml

Jeera 5 gm

Chopped garlic 20 gm

Chopped green chili 20 gm

Chopped onions 100 gm

Left tawa roti 500 gm

Lal mass curry 500 gm

Salt as per taste

Chopped green coriander 20 gm

Chopped mint 10 gm

Lemon juice 10 ml

Method

Take a kadhi add ghee in it and put on slow flame and add tempring of jeera and chopped garlic. Chopped green chili and chopped onions Cook it some time then add left over last night bread cut in your choice or make it bite size saute it with masala some time then add Lal maas curry mix it properly and cook it slow flame and finish with chopped green coriander and mint . Lemon juice mix it properly and served in meal

Lal mirch pudina ka mirchi Wada
लाल मिर्च पुदीना का मिर्ची वडा

(Rajasthan red chilly stuff with spicy patato mix and coted with mint mix besen batter and deep fry)

Ingredients for battar

Chana dal 200 GM

Mint leaves 50 gm

Coriander leave 50 gm

Ginger 20 gm

Garlic 20 gm

Green chilly

Ingredients after grind

Ajwin 5 gm

Salt 15 gm

Ingredients to stuffing

Red banana chilly 250 gm

Boil patato 500 gm

Oil 50 gm

Hing 1 gm

Jeera 3 gm

Crush coriander 3 gm

Chopped ginger 10 gm

Chopped green chili 20 gm

Chopped onions 50 gm

Yellow chilly powder 5 gm

Turmeric powder 5 gm

Salt

Lemon juice 10 ml

Chopped green coriander 20 gm

Chopped mint leaves 20 gm

Method

(1) soke a chana dal for 4 hrs in normal water and drained water after and keep by side

(2) add above ingredients in mixcing bowl for battar and grind it and keep by side for 2 hrs by adding salt and ajwin

(3) make a stuffing of chilly take a kadhi add oil in it and heat it add tempring of hing. Jeera.crush coriander. Chopped green chili. Chopped ginger. Chopped onions saute it sometimes and add turmeric powder. Salt. Yellow chili powder and greted boil patato mix it properly by adding salt and lemon juice and chopped mint and coriander and keep mix for colling

(4) stuff red chill by making pockets in chilly and stuff by mix

(5) to fry add stuff chilly in battar and deep fried in oil on slow flame till crispy and fried all one by one and keep by side

Now ready to eat with mint and tamarind chutney

Shaat or suran maas
साठ और सुरन का मांस

Hunted pork belly meat and yam cook with Rajasthan spices in rajputana style

In rajputana in all rajput love to eat hunted meat because of there habits and love hunted meat and mostly in mewar region rajput love to eat pork meat older time and it is cook with some time with roots vegetables in winter season like yam and no but feel different between bot mix curry and now I have share this recipe witch I have learned from my family of rathore of mewar in rajsamand kelwa thikana and share with you I hope you will love this recipe

Ingredients

Pork belly curry cut 1 kg

Yam dice 1 kg

Ghee 500 ml

Whole spices 10 gm

Whole red chili 10 nos

Slice onions 500 gm

Ginger garlic paste 250 gm

Green chili paste 50 gm

Red chilly powder 100 gm

Turmeric powder 5 gm

Salt 20 gm

Meat masala 20 gm

Chopped green coriander 50 gm

Method

(1) clean and cut pork belly and marnite with salt. Redchill powder. And ginger garlic paste and keep by side

(2) clean and cut yam and deep fry in ghee on slow flame and till properly cook and golden brown and keep by side

(3) take a handi add ghee in it put on gas or fire on slow flame then add tempring of whole spices. Whole redchill. Slice onions cook till golden brown then add ginger garlic paste. Green chili paste. Cook it some time then add pork belly curry cut saute it some time then add redchill powder. Turmeric powder. Salt and water cook masala properly and when pork belly cook 80 percent then add fried yam mix it properly and cook it by adding garam masala and chopped green coriander cook it properly and keep by side and served in meal  with Rajasthan bread or cook grain I have made lal mirch ka paratha and some mukka payaz is best combination with this food

Marwadi rogan ke khoba roti or taramera saag
मारवाड़ी रोगन की खोबा रोटी और तारामिरा रो साग

Ingredients for taramera saag

Ghee 100 ml

Taramera leave 500 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Chopped green chili 50 gm

Chopped onions 100 gm

Turmeric powder 5 gm

Coriander powder 15 gm

Dice tamato 100 gm

Salt 15 gm

Chopped green coriander 20 gm

Ingredients for khoba roti

Mix grain atta 500 gm

Ajwin 3 gm

Jeera 3 gm

Crushed coriander 3 gm

Salt 10 gm

Red chili powder 5 gm

Turmeric powder 5 gm

Chopped green coriander 10 gm

Method to make curry

(1) take a handi add ghee in it put on slow flame add tempring of whole redchill. Jeera. Chopped garlic. Chopped ginger. Chopped green chili. Chopped onions cook it sometimes then add turmeric powder. Coriander powder. Salt and dice tamato cook till masala cook then add taramera leafs cook it properly by adding chopped green coriander and served with bread

(2) make khoba roti take a mixcing bowl add above ingredients of roti and mix it properly then make dough by adding water and make tight dough and dived in equal size and roll it by rolling pin and make dock in one side of roti and cook on tawa on slow flame both side and add redchill temperd ghee on it and served with taramera saag

Jowar ke safed gatta kadi
ज्वार के सफेद गटटा कड़ी

(Sorghum atta Rajasthan spices mix dough rooll deepfry and cook in curd base curry Rajasthan style)

Ingredients for gatta

Jowar atta 250 gm

Salt 5 gm

Crush coriander 3 gm

Ajwin 3 gm

Jeera 3 gm

Chopped green coriander 20 gm

Ghee 20 ml

Curd 50 ml

Ingredients for kadhi

Ghee 50 ml

Whole redchill 5 nos

Curry leafs 5 gm

Hing 1 gm

Mustard seed 3 gm

Jeera 3 gm

Crush coriander 3 gm

Jowar atta 50 gm

Curd 250 ml

Salt15 gm

Chopped garlic 20 gm

Chopped green chili 20 gm

Slice onions 50 gm

Chopped green coriander

Method

(1) make a gatta take a mixcing bowl and mix it above ingredients of gatta of jowar mix it and make dough with by adding curd and roll it and keep by side and deep fry in oil on slow flame and keep by side and cut it

(2) make a safed kadi take a handi add ghee in it put on fire or gas for slow flame then add tempring of hing. Whole redchill. Mustard seed. Jeera. Crush coriander. And curry leaves cook it some time then add tempring of chopped garlic. Chopped green chili. And slice onions or chopped onions. Saute it some time then add jowar atta and curd mix it with water and add in to tempring in handi cook it properly by adding salt when kadi cook it properly then add deep fry gatta cook it some time by adding chopped green coriander and keep by side and served with Rajasthan bread or cook grain

Lal amrud lal mirch ke chutney
लाल अमरूद लाल मिर्च की चटनी

(Spicy fresh redchilly grind with red guava and spices in Rajasthan style)

Ingredients

Fresh redchilly 250 gm

Red guava 500 gm

Black salt 15 gm

Sugar 20 gm

Mint 20 gm

Coriander leafs 20 gm

Jeera 5 gm

Crush coriander 5gm

Ginger 20 gm

Lemon juice 10 gm

Method

Clean and cut all vegetables and fruit and keep by side

Take a mixture grinder or sillbata for chutney mix above ingredients and grind it properly and take it out in bowl and add salt and lemon juice as per sweet and spicy 🌶🌶🌶🌶guava chutney and served in meal 🍴🍱

Methi Dana Hara payaz ke roti
मेथी दाना हरा प्याज की कड़ी

Fenugreek sheed and spring onion mix paratha with spices and cook on tawa)

Ingredients

Atta 500 gm

Besen 50 gm

Spring onion 100 gm

Methi dana boiled 100 gm

Redchilly powder 5 gm

Turmeric powder 10 gm

Salt 10 gm

Jeera 3 gm

Ajwin 3 gm

Chopped ginger 20 gm

Chopped green chili 20 gm

Chopped green coriander 50 gm

Ghee 50 ml

Method

Take a mixing bowl and add above ingredients in it mix it properly and make a dough by adding water in it and keep by side rest for 20 minutes

Divided into equal size and roll it by rolling pin and cook on tawa on slow flame by adding ghee in it and cook one bye one all and served in meal with curd and home made pickel

Marwadi Jowar ka dhokla
मारवाड़ी ज्वार का ढौकला

Sorghum flour mix with Rajasthan spices and make doughnuts and steam and eat with lentil)

Ingredients

Jowar atta 500 gm

Papadkhar 20 gm

Till oil50 ml

Chopped green chili 20 gm

Chopped coriander 30 gm

Garlic leafs 10 gm

Crush peeled garlic 20 gm

Ajawin 3 gm

Jeera 3 gm

Crush coriander 5 gm

Method

To make jowar atta ka dokla first put papad khara in water for boiling keep properly

Mix above ingredients of rest of ingredients and make dough by adding bouling papad khara and need dough properly and divided in equal measure size of dough and make dokla as per pitcher and keep by side and steam for20 to 30 minutes as per size and take it out and served with till oil and horsegrass lentels cook in Rajasthan style served in meal

Marwadi Mangodi taramera ro saag
मारवाड़ी मंगौड़ी तारामिरा रो साग

Sundry green moongdal dumplings cook with aragula in rajasthani style)

Ingredients

Mangodi 250 gm

Taramera 500 gm

Ghee 100 ml

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 20 gm

Chopped onions 100 gm

Chopped green chilly 50 gm

Chopped ginger 20 gm

Chopped tamato 50 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Salt 10 gm

Chopped green coriander 20 gm

Method

1 clean and cut all vegetable and keep by side

2 take a kadhi add ghee in it and put on slow flame and add tempring of whole red chilly. Jeera. Chopped garlic. Chopped ginger. Chopped onions. Chopped green chilly saute it till golden brown and add mangodi in it saute it some time

then add turmeric powder. Coriander powder and chopped tamato cook it masala and add taramera leafs mix it properly by adding salt and cook it properly by adding chopped green coriander and served with Rajasthan bread

Dhungar baigan ke roti
धुंआधार बैंगन की रोटी

(Smoked mix of bringel and green peas with Rajasthan spices and stuff bread cook on tawa)

Ingredients

Atta 500 gm

Baigan large 500 gm

Green peas 100 gm

Ghee 50 ml

Jeera 5 gm

Chopped onions 100 gm

Chopped green chili 20 gm

Chopped ginger 20 gm

Redchilly powder 5 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Besen 50 gm

Salt 15 gm

Chopped mint 20 gm

Chopped coriander 20 gm

Lemon juice 10 gm

Clove for smoked 5 nos

Method

(1) to make dough take a mix bowl add atta in it and add salt in it mix it then add water and mak dough and keep by side

(2) rosted a bringel in coal fired or in gas or oven and keep it for cooling and remove skin of bringel and chopped it with green peas as per pitcher and keep by side

(3) temper a mixture take a kadhi add ghee in it and add tempring of jeera. Chopped onions. Chopped ginger. Chopped green chili. Saute it some time then add besen in it rost it some time then add redchilly powder. Turmeric powder. Coriander powder. And add mix of baigan mutter cook it properly dry and add lemon juice and chopped green coriander and mint leaves mix it properly then smoked with charcoal by clove and ghee for 10 minutes and keep mix for cooling

(4) made dough for paratha in equal size and stuff mix and roll it by rolling pin from all side and cook on tawa on slow flame one by one apply ghee and cook all and served in breakfast with pickel and curd

Jamikad taramera ro saag
जमीकनद तारा मिला रो साग

(Yam Cook with arugula and with spices in Rajasthan style)

Ingredients

Yam 500 gm

Taramera 500 gm

Ghee 100 ml

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped green chili 50 gm

Chopped ginger 20 gm

Chopped onions 100 gm

Yellow chili powder 10 gm

Salt 10 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Garam masala 10 gm

Kesturi methi 5 gm

Method

(1) clean and cut yam in small your choice cut and keep by side and deep fry in oul or ghee till golden brown and keep by side

(2) aragula leafs cut in shereted and keep by side

(3) take a kadhi add ghee in it put on slow flame and add tempring of whole red chilly. Jeera. Chopped garlic. Chopped onions. Chopped ginger. Chopped green chili saute it till golden brown then add fry yam in it mix it and add yellow chili powder. Turmeric powder. Salt. Coriander powder cook masala properly then add aragula leafs mix it cook it some time then add garam masala and kasturi methi mix it and cook for some time then take it out and served with Rajasthan bread in meal

Besan taramera re roti
बेसन तारामिरा री रोटी

(Gramflour mix with spices and Aragula bread cook on tawa)

Ingredients

Besan 500 gm

Aragula 250 gm

Ghee 50 ml

Chopped green chili 20 gm

Chopped ginger 20 gm

Chilly flack 10 gm

Salt 15 gm

Jeera 5 gm

Ajawin 5 gm

Crush coriander 5 gn

Turmeric powder 5 gm

Chopped green coriander 20 gm

Method

(1) clean and cut vegetables and keep by side

(2) take a mixing bowl add atta in it and rest of ingredients and mix it properly then add chopped aragula and mix it and make dough by adding water and rest it for some time and diveded in to equal size and roll it by rolling pin and cook on tawa by apply ghee and cook it properly one by one and served in meal with curry and in breakfast with curd and pickel

Salgum ro saag
सलगम रो साग

(Winter season fresh turnip cook with spices in Rajasthan style)

Ingredients

Salgum 500 gm (with leafs)

Mustard oil 50 ml

Jeera 5 gm

Whole red chilly 5 nos

Chopped garlic 20 gm

Chopped ginger 10 gm

Chopped green chilly 20 gm

Chopped onion 100 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Yellow chilly powder 5 gm

Chooped coriander 20 gm

Method

(1) clean and cut salgum and keep by side and cut all vegetables for tempering

(2) take a kadhi add Mustard oil in it put on fire on slow flame and heate oil properly then add tempering of whole red chilly.jeera.choopedgarlic. chop garlic . chopped ginger.chooped onion.choopedgreen chilly Cook it some time then add till golden brown and add chopped tamato and cut turnip roots and saute it some time then add masala turmeric powder.corinder powder and yellow chilly powder

Cook it half by adding salt then add leafs cook it properly and add chopped green coriander mix it properly and served in meal with Rajasthan bread

Shitapal Bajra ke kheer
सिथाफल बाजरा की खिर

(Millet Cook with milk and custard apple with dry fruits and cardmum)

Rajasthan food and culture and traditinal food of Rajasthan in mewar region where you get more of custard apple during August to December month and it is cook with local grain millet and milk with some of dry fruits

By cummnity and served hot and cold I hope you will love this recipe it is and lost recipe of Rajasthan

Ingredients

Millet 100 gm

Milk 1 lt

Water 1 lt

Custard apple 500 gm

Cardmum powder 5 gm

Dry fruits 100 gm

Method

(1) boil millet with water and milk mix boil it properly

(2) peeled custard apple and remove sheed and take out pulp of custard apple and keep by side you cand grind it

(3) when millet Cook it properly then add custard apple pulp and cardmum powder and dry fruits cook it properly

(4)take it out and put in serving bowl by garnish of dry fruits you can cool it and served in meal

Marwadi methi mangodi
मारवाड़ी मेथी मंगोडी

(Moong dal sun dry dumplings cooked with fresh methi)

Traditional food of Rajasthan winter time food where now day you get fresh methi from there oun farm and home made mangodi and it is cooked with local spice

Ingredients

Fresh methi 500 gm

Mangodi 250 gm

Chooped onion 100 gm

Chooped green chili 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Whole redchilly 5 nos

Jeera 5 gm

Ghee 100 ml

Salt 10 gm

Method

Take a kadhi add ghee whole redchilly. Jeera. Chooped onion. Chooped garlic. Chooped ginger. Chooped green chili. Cooked it some time then add mangodi cooked little brown then add some water cooked till mangodi cooked then add fresh methi chooped and cooked it and add salt and fresh corinder and served with rajasthani bread makki roti or bajara roti

Kutti mirch ka murga
कुटी मिर्ची का मुर्गा

(Stone crush chilly marinated chicken cooked on fire grill)

Traditional food of Rajasthan of rajput family in rathore Cumunity they are in rajasthani eat very spice and when they hunted wild chicken they it in forests area with stone crush spice and chilly and cooked on fire and eat with local home made alcohol and today I bring this recpie from my family and share with you

Ingredients

Chicken 1 kg

Musterd oil 250 gm

Chili flack 50 gm

Redchilly powder 50 gm

Green chili 100 gm

Chooped corinder stem 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Ginger garlic paste 50 gm

Lemon 5 nos

Black salt 20 gm

Curd 200 gm

Namkin for Accomplement

Slice onion with masala

Method

1 step

Clean chicken and maranite chicken with ginger garlic paste. Redchilly paste. Black salt. Lemon juice for 3 hrs

2 step

Make a Marnition add curd redchilly rogon. Mix with curd. Redchilly paste. Black salt. Chooped ginger. Chooped green chili. Chooped corinder stem. Chooped garlic. Mint. Chilly flack. Chooped green chili. Mix it properly then add chicken and marinate for 6 hrs then cooked on tandoor. Or fir grill or in oven and served with masala nankeen and onion and pudina chutney

Shoor re chaap ke Shikkar or salam roti
सुर ये चाप री शिकार और शालगम रोटी

(Wild boar ribs cook in Rajasthan style and served with turnip and raggi mix clay pot cook bread)

Winter season recipe of Rajast🤣

Ingredients for shoor re chaap re shikkar

Pork ribs 1 kg

Ghee 100 ml

Whole spices 5 gm

Whole red chilly 5 nos

Slice onions 300 gm

Ginger garlic paste 100 gm

Red chilly paste 100 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Salt 10 gm

Kachari powder 10 gm

Chopped green coriander 20 gm

Gram masala 10 gm

Ingredients for raggi salgam roti

Raggi att 500 gm

Salgam with leafs 250 gm(leafs shereted and turnip grated)

Salt 15 gm

Water

Method for shoor re chaap re shikkar

(1) cut ribs and maranite with ginger garlic paste and salt and add some lemon juice and keep by side for ,2 hrs

(2)take a handi put on fire or gas on slow flame and add ghee in it add tempering of whole spices.whole red chilly then add slice onion cook till golden brown and then add ginger garlic paste Cook it some time then add pork ribs saute it and add Red chili paste.turmric powder coriander powder salt Cook it masala properly then add chopped green coriander and gram masala cook it properly then served with raggi bread

Method for raggi salgam roti

(1) clean and grated a salgam and leave chopped it and kke by side

(2) take a mixing bowl and add above ingredients of roti mix it and make dough by adding water a d divided into equal size and cook on tawa on slow flame one by one on both sides and keep by side you can apply ghee on it and served with shoor re shikkar re chaap

Mewadi maas Makki ka soyeta
मेवाड़ी मांस मकाई का सौयता

(mutton cook with Rajasthan spices and fresh 🌽🌽🌽🌽🌽🌽🌽 cobs in Rajasthan style)

Rajasthan food and culture and traditinal food of Rajasthan in mewar region you will get this Time fresh dry corn cobs witch is cook with in any meat witch can be eaten in home during winter season food in rajput family good combination of food

Ingredients

Mutton nalli 1 kg

Dry corn cobs 500 gm

Ghee 100 ml

Whole spices 10 gm

Whole red chilly 5 nos

Slice onions 300 gm

Crush garlic 50 gm

Ginger garlic paste 100 gm

Red chilly powder 50 gm

Coriander powder 30 g

Turmeric powder 5 gm

Curd 100 gm

Meat masala or gram masala 25 gm

Chopped green coriander 50 gm

Green chillies 10 nos

Method

Clean and cut mutton and vegetables and keep by side

Take a handi put on fire on slow flame then add tempering of whole spices and whole red chilly then add slice onion cook till golden brown and then add crush garlic saute it some time then add ginger garlic paste and nalli saute it some time then add Red chili powder.corinder powder.turmaric powder.and curd cook it by adding corn cobs cook it properly by adding gram masala and chopped green coriander leaves and green chillies mix it and served with Rajasthan bread

Methi boondi ke kadi
मेथी बुंदी की कड़ी

(Fresh winter season methi deep fry dumplings cook with curd base curry with Rajasthan spices in Rajasthan style)

Rajasthan food and culture and traditinal food of Rajasthan winter season recipe

Ingredients meethi boonda

Meethi 500 gm

Ghee 50 ml

Jeera 3 gm

Crush coriander 3 gm

Chopped onion 50 gm

Chopped garlic 20 gm

Chopped green chillies 20 gm

Chopped ginger 10

Besan 50 gm

Turmeric powder 3 gm

Coriander powder 10 gm

Yellow chilly powder 5 gm

Salt 5 gm

Ingredients for batter of boonda

Besen 250 gm

Salt 10 gm

Cooking soda 1 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Ajwin 3gm

Ingredients for kadi

Ghee 50 ml

Hing 1 gm

Jeera.crush coriander.mustard sheed.meethi sheed mix 10 gm

Whole red chilly 5 nos

Curry leaf 5 gm

Chopped onion 50 gm

Chopped green chillies 20 gm

Chopped garlic 20 gm

Butter milk 1 lt

Besan 50 gm

Turmeric powder 10 gm

Red chilly powder 5 gm

Salt 10 gm

Chopped green coriander 20 gm

Method

(1) first clean and cut all vegetables and keep by side

(2) make meethi boonda boil meethi and cool it and keep by side take kadhi add ghee add tempering of jeera.chooped onion.chooped garlic chopped green chillies chopped ginger saute it some time then add besan rosted it some time then add powder masala turmeric powder yellow chilly powder salt and coriander powder mix it and add boil meathi Cook it some time then take it out and cool it and make equal size bowl and deep fry in boonda batter in oil and keep by side

(3)make a kadi take a handi put on slow flame and addghee then tempering of hing mix of sheed then Red chili whole.curry leafs chopped onion chopped green chillies chopped garlic saute it some time then add Red chili powder.turmric powder salt and butter milk and besan mix cook it properly by adding salt and cook properly then add chopped green coriander leaves and meathi boonda cook it some time then served with Rajasthan bread

Ankurit kala chana Kanda ro saag
अंकुरित काला चना और कांदा रो साग

(Black gram sprouts and spring onions cook with spices in Rajasthan style)

Ingredients

Sprouts Kala chana 250 g.

Spring onions 500 gm

Ghee 50 ml

Jeera 5 gm

Chopped green chillies 50 gm

Chopped garlic 50 gm

Chopped tamato 100 gm

Chopped ginger 20 gm

Turmeric powder 5gm

Coriander powder 10 gm

Red chili powder 10 gm

Salt 10 gm

Chopped green coriander 50 gm

Lemon juice 10 ml

Method

(1) make a Kala chana sprouts some chana in normal water for 12 hrs then drain water and cover with wet clothes and cover for 3 days and keep in warm place

(2) clean and cut all vegetables and keep by side

(3) take a kadhi put on slow flame and add ghee in it then add tempering of jeera till crack then add chopped green chillies.chooped garlic chopped ginger saute it some time then add Kala chana sprouts again saute it on slowly and add turmeric powder salt Red chili powder coriander powder and sring onion mix it by adding chopped tamato Cook it properly by add chopped green coriander and lemon juice

Then served in meal with Rajasthan bread

Pudina jowar ke Roti or tamatar ke chutney
पुदिना जवार की रोटी और टमाटर की चटनी

Green tamato chutney with mint jawar roti)

Ingredients for tamato chutney

Green tamato 500 gm

Mint 50 gm

Green chillies 50 gm

Jeera 5 gm

Salt 15 gm

Coriander whole 10 gm

Ginger 20 gm

Garlic 30 gm

Lemon 2 nos

Ingredients for jawar roti

Jawar atta 500 gm

Salt 10 gm

Fresh mint chopped 50 gm

Water

Method

(1) clean and cut all vegetables for chutney then mix all in mixing bowl then you can grind on silbatta or mixcer grinder grains it properly then take it out and add seasoning and lemon juice mix it properly then keep by side

(2) make a jawar roti take a mixing bowl add jawar atta in it by adding salt and chopped mint mix it properly then add water and need dough and rest it for some time then divide it into equal size then roll by rolling pin and cook in tawa on both sides by applying ghee and served with chutney

Matria mirch tamatar ka saag
मतिरा मिर्च टमाटर का साग

(Water melon skin and banana chilly.green tamato cook with spices in Rajasthan style)

Rajasthan food and culture and traditinal food of Rajasthan village recipe

Ingredients

Water melon skin part 500 gm

Green tamato 250 gm

Banana chilly 250 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Chopped onion 100 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Yellow chilly powder 10 gm

Salt 15 gm

Coriander leaves fresh 50 gm

Method

(1) clean and cut all vegetables and fruits water melon skin clean and cut as per pitcher size

(2) take a handi or kadhi put on slow flame on gas and add ghee in it then add tempering of whole red chilly Jeera . chopped garlic.chooped onion chopped ginger saute it some time then add cut water melon skin dice saute it some time then add dice green tamato Dice green chillies mix it and saute the then add turmeric powder.corinder powder.yellow chilly powder salt mix it and cooked it properly then add chopped green coriander and served in meal with Rajasthan bread

Leasuni akkha sarso ka saag
लहसुन आखा सरसौ का साग

(Fresh musterd leafs cook with garlic and spices in Rajasthan style)

Ingredients

Mustard leafs 500 gm

Mustard oil 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Peeled garlic 100 gm

Chopped green chili 50 gm

Chopped ginger 30 gm

Chopped onion 250 gm

Cherry tamatar 50 gm

Yellow chilly powder 20 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Salt 15 gm

Makki atta 50 gm

Chopped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) chopped Mustard leafs and blanch and cool it and keep by side

(3) take a handi add Mustard oil in it then add tempering of whole red chilly and jeera cook till crack and add whole peeled garlic chopped green chili.chooped ginger chopped onion saute it some time till golden brown and then add makki atta rosted it and add Mustard leafs boiled mix it and add turmeric powder.salt . yellow chilly powder.corinder powder.saute it and mix it cook properly then add chopped green coriander and served with Rajasthan bread

Bathua ka saag or masala Jowar Roti
बथुआ का साग और मसाला ज्वार रोटी

(Winter season fresh bathua cook with spices in Rajasthan style and served with spices mix surgum add roti cook on clay pot)

Rajasthan food and culture and tradition food of Rajasthan during winters season have a healthy vegetarian choice recipe with gluten free bread and spicy food only in Rajasthan village

Ingredients for jawor roti

Jawor att 500 gm

Chopped green coriander 50 gm

Chopped green chili 20 gm

Redchilly flack 10 gm

Turmeric powder 5 gm

Ajwin 3gm

Crush coriander 3 gm

Jeera 3 gm

Salt 10 gm

Chopped ginger 10 gm

Ingredients for bathua ka saag

Fresh bathua 500 gm

Whole red chilly 5 nos

Ghee 50 ml

Jeera 5 gm

Chopped garlic 50 gm

Chopped onion 100 gm

Chopped ginger 20 gm

Chopped green chili 50 gm

Salt 10 gm

Turmeric powder 3 gm

Yellow chilly powder 10 gm

Method

(1) make a dough of jawor atta for roti take a mixing bowl add above ingredients in it mix it properly by adding warm water need a dough and divided in equal size and cook on clay pot tawa one by one then apply ghee on itand served

(2) take a kadhi add ghee in it put on slow flame and add tempering of whole red chilly.jeera.chooped garlic chopped ginger chopped green chili chopped onion saute it till golden brown and then add bathua leaf mix it cook it some time then add turmeric powder salt and yellow chilly powder mix it Cook it properly and served with jawor roti

Mewadi bathua ke kadi
मेवाडी बथुआ की कड़ी

Traditional food of Rajasthan and normal eaten in winter time and it is cooked with fresh batuua and makki atta and butter milk it is an village food of Rajasthan mewar region and it is totally different from regular kadhi and eaten with hard bread call makki ka pannia

Lesaun ke chutney and it is village food today I an sharing with you

Ingredients

Makki atta 100 gm

Butter milk 2 lt

Batuua 250 gm

Ghee 50 ml

Whole redchilly 5 nos

Jeera 3 gm

Musterd sheed 5 gm

Crush corinder 3 gm

Curry leaves 5 gm

Hing 1 gm

Chooped onion 50 gm

Chooped green chili 50 gm

Chooped garlic 50 gm

Turmeric powder 10 gm

Redchilly powder 5 gm

Salt 20 gm

Method

Take a bowl add butter milk and makki atta mix it properly and keep by side

Take a handi add ghee. Hing. Whole redchilly. Jeera. Musterd sheed. Crush corinder. Curry leaves. Chooped onion. Chooped garlic. Chooped green chili. Cooked it some time then add turmeric powder. Redchilly powder. Salt then buttermilk and makki atta mix cooked it properly on slow flame when it is cooked then add fresh batuua leaves cooked it properly then served with makki ka pannia rajasthani w

Marwadi methi kala chana saag
मारवाड़ी मेथी काला चना साग

(Black gram cook in Rajasthan style with spices and fresh methi)

Traditional food of Rajasthan in winter time healthy and organic and more energetic food with keep you fit in winter time methi cooked with black chana and rajasthani spice

Ingredients

Kala chana 250 gm

Fresh methi 500 gm

Ghee 100 ml

Jeera 5 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chili 50 gm

Chooped ginger 20 gm

Redchilly powder 5 gm

Turmeric powder 5 gm

Corinder powder 20 gm

Fresh corinder 20 gm

Method

Soke black chana over night and drain water then wash and keep by side

Take a kadhi add ghee. Jeera. Chooped onion. Chooped ginger. Chooped green chili. Chooped garlic. Cooked it sometimes then add soke chana cooked in

ghee and masala properly then add redchilly powder. Turmeric powder. Corinder powder. Salt cooked it sometimes then add fresh methi and cooked it properly and by add fresh corinder leaves then served with rajasthani bread in meal

Mulli makki ra panya or mulli ro saag
मुली मकाई रा पाणीया और मुली रो साग

Fresh winter season radish and makki atta batti with radish leafs curry)

Ingredients for mooli makki paneya

Makki atta 500 gm

Fresh radish grated 100 gm

Fresh radish chopped leafs 150 gm

Salt 15 gm

Warm water 200 ml

Ingredients for mooli ro saag

Ghee 50 ml

Radish leaf 500 gm

Jeera 5 gm

Chopped garlic 50 gm

Chopped green chili 20 gm

Chopped onion 100 gm

Chopped ginger 20 gm

Chopped tamato 100 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Coriander powder 20 gm

Salt 10 gm

Chopped green coriander 20 gm

Method

(1) make a makki mooli ra paneya take a mixing bowl and add above ingredients of paneya mix it and make dough and diveded in to equal size and cook in clay pot tawa or in oven for 20 minutes on 180 degree and take it out

(2) make a mooli ro saag take a kadhi add ghee in it and put tempering of whole red chilly.jeera.chooped onion.chooped garlic chopped ginger chopped green chili saute it some time then add chopped tamato and turmeric powder salt yellow chilly powder and coriander powder Cook masala by adding water then add radish leafs and Cook it properly then add chopped green coriander mix it keep by side served with makki mooli ra paneya and accomplement leasan re chutney ghee mukka payaz gud.mirch

Safed maas ke bharwa kofta
सफ़ेद मांस के भरवा कोफ्ते

(Mutton minced stuff with spices and pistisho and cook in almond and popy sheed curd base curry with spices in Rajasthan style)

Ingredients for kofta

Mutton 500 gm

Ginger.garlic .green chili 50 gm

Cardmum powder 5 gm

Salt 5 gm

Mint and corinder 20 gm

Ingredients for stuffing

Pistisho peeled 50 gm

Mint and corinder leafs 50 gm

Ginger.green chilly. 20 gm

Salt 1 gm

Cardmum powder 2 gm

Ingredients for curry

Almond peeled 100 gm

Popy sheed 50

Onion 250 gm

Curd 100 ml

Whole mild spices

Ghee 100 ml

Whole red chilly 5 nos

Green chillies slit 5 nos

Garlic paste 50 gm

Salt 10 gm

Cardmum powder 5 gm

Black pepper powder 5 gm

Chopped green coriander 20 gm

Method

(1) for make a kofta take a above ingredients of mutton take it out mice with ingredients and keep by side

(2) make stuffing add stuffing ingredients in mixing grind it and keep by side

(3) stuff kofta with stuffing ingredients and poched in water and keep by side

(4) make a curry boil all whole spices.almond popy sheed onion all and grind it and keep by side

(5) take a handi add ghee in it add tempering of whole red chilly green chili garlic paste cookit some time then add curd and boil almond and popy sheed paste cookeit properly by adding salt.cardmum powder Black pepper cook it properly by adding cream and kofta cook for some time then add chopped green coriander and dinesh it then served in meal with Rajasthan bread

Mewadi leelwa ka cheela
मवाडी विरले का चिला

Fresh green chan grind spices pancakes cook on tawa in Rajasthan style)

Winter season recipe and healthy breakfast

Rajasthan food and culture and traditinal food of Rajasthan

Ingredients

Fresh green chana 250 gm

Besen 100 gm

Fresh coriander 50 gm

Salt 5 gm

Ginger 10 gm

Green chili 20 gm

After grind ingredients

Ajwin 3 gm

Jeera 3 gm

Ghee for cooking

Method

(1) mix all ingredients in mixing bowl and then grind it properly by adding besan and keep for 1 hours

(2) add ajwin and jeera and little ghee in it and keep it some more time

(3) heat a tawa on slow flame by apply ghee in it and add chilla batter by laddel and cook it properly by both sides by applying ghee and keep by side

(4) served in meal with tamarind saute chutney In breakfast

Mewadi bathua ke kachori
मेवाड़ी बथुआ की कचौड़ी

Rajasthan food and culture and traditional food of Rajasthan

Ingredients for kachori dough

Maida 500 gm

Ghee 50 gm

Ajwin 5 gm

Redchilly flack 5 gm

Turmeric powder 3 gm

Redchilly powder 5gm

Salt 10 gm

Ingredients for kachori stuffing

Bathua 1 kg

Chopped onion 100 gm

Chopped ginger 20 gm

Chopped green chili 20 gm

Chopped garlic 50 gm

Ghee 50 ml

Besan 100 gm

Gram masala 10 gm

Yellow chilly powder 10 gm

Jeera 5 gm

Hing 1 gm

Coriander powder 10 gm

Chopped green coriander 50 gm

Method

(1) make a kachori dough add above ingredients of dough in mixing bowl mix it properly by adding normal water need dough and rest it for 30 minutes

(2)make a stuffing take a kadhi add ghee in it add tempering of hing jeera and chopped garlic chopped ginger chopped green chili chopped onion saute it some time then add besan init

Saut short time then add yellow chilly powder.corinder powder and salt mix it then add bathua leafs cook it properly by adding gram masala and chopped green coriander in it and cool it and dived in equal size of bowl and keep by side

(3) make kachori pada divede in to equal size and suff a cool mixcher of bathua stuff it all properly and keep by side

(4) take a kadhi add oil for frying put on slow flame and add kachori for frying fry till golden brown and take it out and served with mint chutney and tamarind chutney in meal

Marwadi Moong dal cheela ro saag
मारवाड़ी मुंग दाल चिला रो साग

(Moong dal spice pancakes cooked with rajasthani spice and in curry)

Traditional food for Rajasthan and normal people eat chilla in break fast and in village when you don't have a anything green vegetable that time people eat this kind of food curry witch can make any time and easy

From Rajasthan moong dal chilla cooked on tawa and cooked in rajasthani food curry

Ingredients for moong dal chilla

Moong dal 250 gm

Salt 10 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Green chili 20 gm

Chooped onion 50 gm

Chooped green corinder 20 gm

Ajwin 3 gm

Jeera 3 gm

Ghee 50 gm

Ingredients for moong dal chilla curry

Moong dal chilla

Ghee 50 ml

Jeera 5 gm

Crush corinder 5 gm

Hing1 gm

Chooped green chili 20 gm

Chooped onion 50 gm

Redchilly powder 10 gm

Turmeric powder 5 gm

Corinder powder 20 gm

Salt 10 gm

Chooped tamy 50 gm

Curd 100 ml

Chooped green corinder 20 gm

Method

For moong dal chilla

Soke a moong dal for 2 hrs then grind it properly then add in mixcing bowl by adding redchilly powder. Turmeric powder. Salt. Chooped onion. Chooped green chili. Chooped green corinder mix it and mixcer rest for 2 hrs then cooked on tawa both sides on slow flame and keep by side

Curry

Take a kadhi add ghee. Hing. Jeera crush corinder. Chooped onion. Chooped green chili. Cooked it sometimes then add redchilly powder. Turmeric powder. Corinder powder. Salt. Chooped tamato. Curd cooked it masala properly then add moong dal chilla cooked it sometimes then add fresh corinder and served with rajasthani bread

Mewadi meethi boonda ke chaat
मेवाड़ी मेथी भोणडा की चाट

(Deep fried fresh methi dumplings chat in Rajasthan style

Ingredients for methi boonda

Methi 500gm

Ghee 50 gm

Jeera5 gm

Chopped garlic 50gm

Chopped onion 100gm

Chopped green chili 20gm

Chopped ginger 10gm

Besan 50gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Salt 10gm

Gram masala 10gm

Ingredients for batter

Besan 500gm

Ajwin 5gm

Salt10gm

Turmeric powder 10gm

Redchilly powder 5gm

Cooking soda 3gm

Ingredients for chat

Mint chutney 50ml

Sweet curd 100ml

Tamarind chutney 50ml

Chopped onion 50gm

Namkin 50gm

Fresh pomograde sheed100gm

Chopped green coriander 20gm

Method

(1)cut methi and boil it and keep by side

Then take a kadhi add ghee in it add tempering of Jeera chopped onion.chooped garlic.chooped ginger.chooped garlic saute it some time then add besan in it and salt . turmeric powder.yellow chilly powder mix it by adding gram masala and cool it and make equal size dumplings and keep by side

(2) make a bonnda battar by adding above ingredients of boonda and keep by side for. 10 minutes and by add methi boonda in battar and deep fried one by one all and keep by side

(3) make a chat add bonda in serving bowl and add sweet curd on top.then mint chutney and tamarind chutney then garnish with chopped onion chopped green coriander.fresh pomogranet sheed and namkeen and ready to served in meal

Marwadi bathua Bajra ka shorba
मारवाड़ी बथुआ बाजरा का सौरबा

(Millet and bathua shoup with spices in Rajasthani style)

Ingredients

Millet 50gm

Bathua 500 gm

Oil 50 gm

Whole spices 5 gm

Jeera 5 gm

Chopped garlic 20 gm

Chopped ginger 10 gm

Black pepper 10 gm

Salt 10 gm

Turmeric powder 3 gm

Chopped green coriander 50 gm

Method

(1)cut all vegetables and keep by side

(2(boil millet by adding water and spices

(3) take a handi add oil in it heat oil then add tempering of chopped garlic.chooped ginger saute it some time then add bathua leaf and sute it some time then add turmeric powder salt and Black pepper and cook millet cook it properly then add chopped green coriander lea

Charka meetha kanda kakdi ro saag

चरका मिठा कांदा काकड़ी रो साग

Spicy and sweet spring onions and Raw papya cook with spices in Rajasthan style)

Ingredients

Raw papya 500 gm

Spring onions 250 gm

Whole spices 10 gm

Whole Red chili 5 nos

Oil 50 ml

Mustard.sauf.jeera.crush coriander 3 gm each

Chilly flacks 10 gm

Black salt 10 gm

Jaggery 50 gm

Turmeric powder 5 gm

Chopped green chili 20 gm

Chopped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) take a kadhi add oil in it put on slow flame then add tempering of.hing.whole red chilly.jeera.musterd.sauf and crushed coriander.and chopped green chillies saute it some time then add cut Raw papya and spring onions saute it some time then add turmeric powder.red chilly flacks and Black salt cook it properly then add jaggery and again Cook it properly then add chopped green coriander leaves and served with Rajasthan bread

Mewadi meethi kukda re Shikkar

मेवाडी मेथी कुकडा री शिकार

Chicken cook with fresh methi and spices in Rajasthan style)

Ingredients

Chicken curry cut 1 kg

Fresh methi leafs 500 gm

Ghee 100 ml

Whole spices 10 gm

Whole red chilly 5 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped green chili 50 gm

Chopped ginger 20 gm

Chopped onion 100 gm

Coriander powder 20 gm

Yellow chilly powder 10 gm

Salt 15 gm

Chopped green coriander 50 gm

Gram masala 10 gm

Method

(1) clean and cut chicken and keep by side

(2) chopped methi leafs and cut all vegetables and keep by side

(3) take a kadhi add ghee in it put on slow flame then add tempering of whole spices and whole red chilly then add jeera.chooped garlic.chooped green chili.chooped ginger.chooped onion saute it some time till golden brown and add ginger garlic paste and curry cut chicken saute it till oil come on top then add chopped methi saute it and add yellow chilly powder.corinder powder.and gram masala Cook it properly then add chopped green coriander and served with Rajasthan bred

Gawar phali atana kanda ro saag
ग्वार फली खाटा कांदा रो साग

Cluster beans cooked with spices and pickle baby onion in Rajasthani style)

Ingredients

Gawar pehli 500 gm

Shirkat payz 250 gm

Mustard oil 50 ml

Whole Red chilli 5 nos

Mustard sheed.sauf.jeera.methi mix 10 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 10 gm

Chooped green coriander 50 gm

Lemon

Method

(1) Clean and cut gawar pehli equal size as per picture and keep by side

(2) Take a kadhi and add mustard oil add tempering of whole Red chilli jeera mustard seeds methi seeds and sauf till crack then add chopped onion chopped

garlic chopped ginger chooped green chilli saute it some time then add gawar pehli cook it some time by adding Salt in it then add salt turmeric powder and Red chilli powder and coriander powder mixed it properly then cover it some time and Cook it properly

(3) Add baby shirka payz and chop green coriander and lemon juice Cook it some time then take it out and serve in a serving bowl as per picture with Rajasthani bread or grain

Juglee huar re Shikkar ra kofta
जंगली हुर री शिकार रा कोफ्ता

Rajputana Hunter style pork meat balls cooked with spicy pork curry in Rajputana style)

Ingredients for pork curry

Pork belly curry cut 1 kg

Whole Red chilli 5 nos

Mustard oil 100 ml

Slice onion 200 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Red chilly powder 50 gm

Turmeric powder 5 gm

Salt 10 gm

Chooped green coriander 50 gm

Mint leaves 20 gm

For kofta

Cooked pork belly meat chooped

Chooped green chilli 30 gm

Chooped onion 50 gm

Chooped ginger 20 gm

Chooped green coriander 50 gm

Chooped mint 20 gm

Salt 5 gm

Red chilly powder 10 gm

Rosted chana powder 50 gm

Coriander stems chooped 50 gm

Method

(1) Clean and cut pork belly into equal size and keep by side

(2) Take a handi add mustard oil in it and add tempering of whole Red chilli slice onion saute it till light golden brown then add chopped garlic chopped green chilli chooped ginger saute it some time then add cut pork belly saute it some time then add salt turmeric powder and Red chilli powder Cook it masala by adding water in it then cover it and Cook it properly then add chopped green coriander and mint leaves and coriander stems Cook it properly and Take it out and strain curry and take it out meat

(3) Crush it meat on stone by adding Salt Red chilli powder chooped onion chopped green chilli chooped ginger mix it properly by adding mint and coriander leaf mix it add rosted chana powder mix it properly then make kofta as per picture and Deep fry in oil and keep by side

(4) Cook strain pork curry till thick then add chopped green coriander and mint leaves and put in serving bowl and add pork kofta and garnish with Chef choice and served in meals with Rajasthani bread or grain

Koseryia chukunder ka halwa
केसरिया चकुंदर का हलवा

(Golden beetroot cook milk and rose petals and green cardamom in jaggery and dry fruits in Rajasthani style)

Ingredients

Golden beetroot 1 kg

Ghee 200 ml

Milk 1 Lt

Saffron water 10 ml

Dry fruits mix 100 gm

Dry fruits flacks for garnish 50 gm

Green cardamom powder 10 gm

Rose petals 10 gm

Jaggery 400 gm

Method

(1) Clean and greated golden beetroot as per picture and keep by side

(2) Take a kadhi and add milk in for boiling saffron water and add greted golden beetroot greted cook till there no milk and water left

(3) Add ghee in it cook it properly by adding dry fruits and green cardamom powder and Rose petals Cook it properly till ghee comes on top

(4) Add jaggery in cook Halwa properly then take it out and put in a serving bowl and add garnish of Rose petals and dry fruits flacks and served in meals

Mewadi khas khas Gulab jamun ro saag

मेवाडी खसखस गुलाब जामुन रो साग

Mewar regional Mawa gulub jamun stuff with frish figs and spices and coted with popy sheed and served with coriander and chilly spinich spicy curry)

Ingredients for gulab jamun

Mawa 250 gm

Maida 50 gm

Green cardamom powder 5 gm

Figs 50 gm

Chooped green chilli 30 gm

Chooped ginger 20 gm

Chooped green coriander 50 gm

Ingredients for curry

Ghee 100 ml

Chooped onion 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Palak 250 gm

Fresh coriander 100 gm

Banana chilly 50 gm

Spices green chilli 30 gm

Jeera 5 gm

Salt 10 gm

Turmeric powder 5 gm

Green chilli paste 20 gm

Method

(1) Make a gluba jamun take a mixing bowl add Mawa salt green cardamom powder mix it and make smooth mixcher and keep by side

(2) Make stuffing chooped figs chooped green chilli chooped ginger and coriander mix it properly then divide Mawa in equal size and stuff gulab jamun as per picture and keep by side

(3) Take a mixing bowl add maida and Make batter by adding thick water and keep by the side

(4) Coted popy sheed by dip gulab jamun in maida batter then coted it properly all and Deep fry and keep by side

(5) Take a kadhi add ghee in it add tempering of whole jeera chooped onion chopped garlic chopped ginger chooped green chilli saute it some time then add palak coriander and banana chilly by adding Salt saute mix add salt turmeric powder and green chilli paste Cook it properly and Take it' out and Cool it and keep by side

(6) Grind the green vegetables mix properly and keep by the side

(7) Take a pan add ghee in it and tempering of whole jeera chooped onion chopped garlic chopped green chilli saute it some time then add grind Puree cook it properly then Take it out in serving bowl add Deep fry gulab jamun and served in meals with Rajasthani bread

Marwadi Bajra gatta ka saag

मारवाड़ी बाजरा गट्टा का साग

(Deep fried millet dumplings cook in Rajasthan style with spices)

Healthy food dairy free and gluten free diet

Recipe by Prem Singh Rathore

Ingredients for gatta

Millet atta 250 gm for gatta

Hing 1 gm

Mustard oil 30 ml

Crush coriander 3 gm

Ajwain 3 gm

Jeera 3 gm

Kusturi methi 5 gm

Salt 5 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Red chilly flack 5 gm

Ingredients for curry

Mustard oil 100 ml

Hing 2 gm

Jeera 3 gm

Crush coriander 3 gm

Chopped garlic 20 gm

Chopped onion 50 gm

Bajra atta 50 gm

Chopped green chillies ,50 gm

Tamato puree 100 gm

Red chili powder 10 gm

Turmeric powder 5 gm

Salt 10 gm

Gram masala 10 gm

Chopped green coriander 50 gm

Method

(1) make a gatta add above ingredients of gatt in mixing bowl need a tight dough by adding water and make it like image and boil in boiling water for 25 minutes then take it out and cool it then cut in equal size and deep fried in oil till golden brown and keep by side

(2)take a handi add Mustard oil in it add put on slow flame and then add tempering of hing whole Red chili.jeera.crush coriander saute till crack then add tempering of chopped garlic.chooped onion saute it till golden brown and then add millet atta rost it some time then add red chilly powder.turmric powder.and tamato puree by add water cook masala properly then add salt and water make curry liquid then add Deep fry gatta Cook it some time then add gram masala and chopped green coriander and finish it then served in meal with Rajasthan bread

Kalazi ka chilla
कलेजी का चिला

(Spicy mutton lever pancakes in Rajasthan style with spices)

Rajasthan food and culture and traditinal food of Rajasthan it is an recipe of royal family of my witch is lost and witch I have learnt from my grand father and now I have shared on this witch is lost recipe of Rajasthan

Ingredients

Mutton lever 500;gm

Red chilly flackes 5 gm

Red chilly powder 5 gm

Turmeric powder 2 gm

Salt 5 gm

Chopped onion 50 gm

Besan 100 gm

Chopped ginger 10 gm

Chopped mint 10 gm

Chopped green chillies 20 gm

Jeera 5 gm

Ghee 50 ml

Egg 2 nos

Method

(1) clean and cut mutton lever in small size and mix with green chillies.ginger.garlic.and besan and grind it and keep in bowl

(2) then add chopped onion.chillyflacks. mint leaves.turmric powder.salt.jeera.ghee. and egg

Mix it and keep for some time 10 minutes

(3) take a tawa put on slow flame by apply oil in it and add liver batter in small pancakes size and cook in slow flame by apply oil in both side and cook it properly

(4) cook all then served in meal with mutton curry or spicy curry and some chutney and onion

Kelazi ke bharwa mirchi
कलेजी की भरवा मिर्च

(Mutton liver mince mix with Rajasthan spices and stuff in banana chillies and cook on tawa)

Ingredient

Banana chillies 250 gm

Mutton liver 500 gm

Salt as per taste

Red chilli powder 10 gm

Chopped onion 50 gm

Chopped green chillies 50 gm

Chopped green coriander 20 gm

Chopped mint 30 gm

Gram masala 10 gm

Besan 20 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Lemon juice 10 ml

Ghee for tawa cooking 50 ml

Method

(1)clean and cut Banana chilly make pocket and keep by the

(2) take a mixing bowl add chopped mutton liver and add above spices.ginger.garlic paste.chooped onion chopped green chillies chopped green coriander leaves

chopped mint salt turmeric powder.redchilly powder gram masala mix it properly and stuff a banana chilly and keep in cool place for ten minutes then take a tawa add ghee on it add tempering of jeera and add stuff banna chilly saute it from all sides by applying some powder masala cook it properly then add lemon juice and chopped green coriander and served Rajasthan bread

Marwadi mirchi ke tapore
मारवाड़ी मिर्च के टपोरे

Rajasthan food and culture and traditional food of Rajasthan traditional it eaten in every meal and in rajasthani people eat very spicy food because of home grow and it save from heat 🔥 in dessert area in summer

Ingredients

Green chilly dice 250 gm

Mustard oil 20 ml

Pickel spices 10 gm

Besan 50 gm

Black salt 10 gm

Turmeric powder 5 gm

Lemon juice 10 ml

Method

Cut chilly in dice and keep by side

Take a kadhi add mustard oil heated 😠🔥then add pickel spices till crack and then add dice green chili saute it some time then add black salt and turmeric powder. And beasan cooked in slow flame and besen should apply in chilly all party then add lemon juice and keep by side and served with Rajasthan food

Mewadi suran Leela Kanda ro saag
मेवाडी सुरण लिला कांदा रो साग

Yam cook with spring onions and spices in Rajasthan style)

Rajasthan food and culture and traditinol food of Rajasthan

Ingredient

Yam 500 gm

Spring onions 500 gm

Ghee 50 ml

Oil for yam fry 250 ml

Whole Red chillies 5 nos

Jeera 5 gm

Slice Onion 100 gm

Chopped green chillies 20 gm

Chopped garlic 50 gm

Chopped ginger 20 gm

Red chillies powder 10 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Salt 10 gm

Chopped green coriander 50 gm

Method

(1) clean and cut yam choice of cut and keep by side and cut all vegetables and keep by side

(2) take a kadhai add oil in it and put on slow flam fry yam on slowly till golden brown and keep by side

(3) take a handi add ghee in it and add tempering of whole Red chillies.jeera and Slice Onion cook till golden brown then add chopped garlic.chooped Ginger chopped green chillies saute it some time then add powder masala Red chillies powder turmeric powder coriander powder and add water cook masala properly then add Onion salats mix it Cook for some some time then add friend yam cook it properly then add spring onions leave and chopped green coriander mix it Cook for some time and keep by side and served in meal with Rajasthan bread

Mewadi kurkuri gawar pehli
मेवाड़ी कुरकुरी ग्वार फली

(Sundry cluster beans deep fried in oil and mixed with spices in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredient

Gawar phali 1 kg

Red chilli powder 5 gm

Salt 5 gm

Amchur powder 5 gm

Lemon 3 nos

Oil for frying

Method

(1) clean and cut large sige cluster beans from both side and sun dry for 3 to 4 days till dry and keep it

(2) take a kadhi add oil put on slow flame and deep fried sundry cluster beans till crispy and take it out in mixing bowl

(3) add above spices in cluster beans.redchilly powder and salt amchur powder and lemon juice mix it properly then served in meal

Marwadi mooth Dal ka chilla

मारवाड़ी मौठ दाल का चिला

(Smooth lintels spicy pancakes in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Mooth dal 500 gm

Green chillies 50 gm

Ginger 20 gm

Salt 10 gm

Turmeric powder 5 gm

Red chillies powder 5 gm

After grind ingredients

Ajwin 5 gm

Jeera 5 gm

Chopped onion 100 gm

Chopped green coriander 50 gm

Oil 50 ml

Method

(1) soke mooth dal in normal water fo 12 hrs then drain water and mix above ingredients of first stage

(2) mix all ingredients green chillies ginger salt turmeric powder Red chillies powder grind with dal and take it out in bow and add above ingredients after grind ajwin jeera chopped onion and chopped green coriander mix it properly then keep for some time

(3) take a tawa add oil in it put on slow flame and add chilla batter by laddel or spoon cook it properly on both side and served in meal with chutney

Mewadi Bhindi aloo ro saag
मेवाड़ी भिन्डी आलु रो साग

(Slice ladyfinger and patato Cook with chilly and fresh mango and spices in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Bhindi 500 gm

Patato 250 gm

Red and green banana chilly 100 gm

Oil 50 ml

Chopped onion 100 gm

Chopped ginger 10 gm

Chopped garlic 30 gm

Chopped tomato 50 gm

Fresh mango 1 nos

Salt 10 gm

Turmeric powder 5 gm

Amchur powder 10 gm

Chopped green coriander 20 gm

Method

(1) clean and cut all vegatabels and keep by side

(2) take a kadhi add oil in it put on slow flame and add tempering of jeera chopped green chillies chopped onion chopped garlic chopped ginger saute it some time

then add dimond cot thin patato Cook with onion till golden brown then add Banana chilly and bhindi saute it some time then add salt turmeric powder and amchur powder cook with properly by mixing then add fresh mango julin and chopped green coriander cook it some time then served with bread in meal

Maas ka Kichada or achari maas ke Kadi
मांस का खिचडा और अचारी मांस की कड़ी

Rajasthan food and culture and traditinal food of Rajasthan

Ingredients for maas ka kichada

Ghee 500 ml

Mutton boti 500 gm

Dalya 100 gm gm

Chana dal 100 gm

Cardmum powder 10 gm

Yellow chilly powder 5 gm

Mint 20 gm

Brown onion 150 gm

Turmeric powder 5 gm

Salt 10 gm

Chopped green chillies 30 gm

Chopped coriander 20 gm

Ingredients for achari maas ke kadi

Mustard oil 100 ml

Mutton nalli 2 kg

Slice Onion 200 gm

Ginger garlic paste 50 gm

Chopped garlic 50 gm

Chopped green chillies 30 gm

Yellow chilly powder 10 gm

Turmeric powder 10 gm

Salt 10 gm

Curd 250 ml

Besan 50 gm

Whole Red chillies 5 nos

Chopped green coriander 20 gm

Mango pickle paste 50 gm

Method

(1) make kichada take a handi add water in it put for boiling then add boti cook it properly

(2) boil chana dal and dalya and add into boti then cook till boti and dalya cook then add ghee in it and masala turmeric powder salt yellow chilly powder cardmum powder mint brown onion chopped green chillies chopped green coriander cook it properly then served

(3) make a achari maas ke kadi take a handi add mustard oil in out it in slow flame and add tempering of whole Red chillies whole spices slice Onion chopped garlic chopped green chillies ginger garlic paste saute it some time then add nalli in it saute it some time then add powder masala turmeric powder salt yellow chilly powder then add curd besan mix by adding water and achari paste cook it properly then add chopped green coriander and served with kichada

Marwadi pista bharwa gatta
मारवाड़ी पिस्ता भरवा गट्टा

(Pisticho stuff in gramflour dough with Rajasthan spices and cook in curd base curry)

Rajasthan food and culture and traditional food of Rajasthan

Ingredients for gatta

Besan 250 gm

Pista 100 gm

Salt 5 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Crush coriander 5 gm

Jeera 5 gm

Ajwin 5 gm

Chopped green chili 20 gm

Chopped green coriander 20 gm

Ghee 30 ml

Ingredients for kadi

Ghee 50 ml

Hing 1 gm

Whole red chilly 5 nos

Whole green chili 5 nos

Curry leaves 10 nos

Chopped garlic 10 gm

Slice onions 50 gm

Mustard seed 5 gm

Jeera 3 gm

Crush coriander 3 gm

Butter milk 1 lt

Besan 50 gm

Turmeric powder 10 gm

Red chilly powder 2gm

Salt10 gm

Chopped green coriander

Method

(1) make gatta stuffing soke pista in warm water and remove skin and grind with little salt and green chili. Ginger and coriander and keep by side

(2) make gatta take a mixcing bowl add above ingredients of gatta mix it and make dough with adding butter milk or water need dough Nd keep for rest 10 minutes and divided into 3 part then roll in like roti then add pista mix and roll it by apply water on side close tight and property then boil in in boling water for 10 minutes then take it out and cool it and keep by side you can fry in ghee or you can add in kadi without fry

(3) make a kadi take a handi add ghee in it put on slow flame and tempring of hing. Whole red chilly. Whole green chili. Curry leaves. Mustard seed. Jeera. Crush coriander. Chopped garlic. Slice onions cook for some time then add turmeric powder. Salt. And buttermilk and besan mix Cook it properly then add chopped coriander and stuff pista gatta and Cook it some time then keep by side and served with Rajasthan bread and grain in meals

Mewadi Desi bagin mirch ke kadi
मेवाड़ी देशी बेगन मिर्च की कढी

(Bringels and red and green banna chilly cook with spicy curd based curry in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Small bringels 250 gm

Red green chillies 250 gm

Ghee 100 ml

Bing 1 gm

Jeera 3 gm

Mustard seeds 3 gm

Crush coriander 3 gm

Curry leaves 5 gm

Whole Red chillies 5 nos

Chopped garlic 30 gm

Chopped onion 50 gm

Butter milk 1 lt

Besan 100 gm

Turmeric powder 10 gm

Salt 10 gm

Chopped green coriander 20 gm

Method

(1) clen and cut all vegatabels by side

(2) take a mixing bowl add besan and Butter milk mix with salt and turmeric powder and keep by side

(3) take a handi add ghee in it put on slow flame and add tempering of whole Red chillies hing mustard seeds Jeera crush coriander curry leaves saute it some time then add chopped garlic chopped onion saute it some time then add small baby bringels and banana chilly saute it some time then add Butter milk and besan mix Cook it properly then add chopped green coriander and served in meal with Rajasthan bread

Mewadi chawal phali ke roti
मेवाड़ी चवला फली री रोटी

(Fresh lobia bean's tawa paratha with spices in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Fresh lobia bean's 250 gm

Wheat flour 300 gm

Besan 200 gm

Ajwin 5 gm

Jeera 5 gm

Crush coriander 5 gm

Chilly flakes 5 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilli powder 5 gm

Chopped green coriander 20 gm

Oil 20 ml

Chopped ginger 10 gm

Chopped green chillies 20 gm

Method

(1) clean and cut fresh lobia bean's in small size or grind it ruffly

(2) take a mixing bowl add above ingredients in it and mix it properly then add water to need a dough and need dough after dived into small pieces and make paratha by rolling pin

(3) cook paratha on tawa by applying ghee cook it properly and served in meal with curd white butter and mango picklel

Leela Kanda aind kakadi ro saag
लिला कांदा ऐणड काकड़ी रो साग

(Spring onions and raw papaya cook with spices in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Raw papaya 1 kg

Spring onions 250 gm

Oil 50 ml

Whole Red chillies 5 nos

Jeera 5 gm

Chopped ginger 10 gm

Chopped green chillies 30 gm

Chopped garlic 30 gm

Chopped onion 100 gm

Turmeric powder 10 gm

Coriander powder 10 gm

Salt 10 gm

Chopped green coriander 20 gm

Method

(1) clean and cut spring onions and raw papaya and keep by side

(2) take a handi add oil in it and put on slow flame and add tempering of whole Red chillies and Jeera till crack then add chopped garlic chopped green chillies chopped ginger chopped onion saute it some time then add raw papaya dice saute

it some time then add salt turmeric powder and coriander powder mix it and add some water cook it properly then add spring onions and chopped green coriander and Cook it properly then served in meal with Rajasthan bread

Marwadi lal mirch ka achar
मारवाड़ी लाल मिर्च का अचार

(Red chili pickel)

Traditional in Rajasthan a very famous chilly found it call mathania and normal in Rajasthan every home people eat spice food and you cannot get vegetables all over years older time so they have make home made pickel witch can eaten in when you don't have vegetables at home and it help to you from heat and make your body temperature down and because of people eat spice food in dessert area

Ingredients

Redchilly 1 kg

Panchpuran 20 gm

Yellow musterd 250 gm

Sauf 250 gm

Redchilly powder 100 gm

Black salt 30 gm

Dry mango powder 20 gm

Turmeric powder 10 gm

Musterd oil 1 lt

Method

Take a pan add musterd and fennel together and punchpuran dry rost on slow flame and keep separate and cool it and graind fennel and musterd sheed fuff then take in mixcing bowl add panchpuran. Black salt. Redchilly powder. Turmeric powder. Dry mango powder and 50 ml musterd oil mix it and after cut chili make pocket and stuff it and put in pickel pot

After that heat a musterd oil and cool it and add to chill in pot and cover pot by cloth and pot can put in sun light for 10 to 15 days and keep pickel for 21 days for matchore then you can have in meal

Khoba roti Nalli lal maas

खौबा रोटी और नलली लाल मांस

(Rajasthan malti grain hand dock bread with spicy mutton curry)

Rajasthan food and culture and traditional food of Rajasthan

Traditional food of Rajasthan it is bread made in Rajasthan village it is very hevey bread and hard witch can eat with liquid curry and old time it is food of Rajasthan rajput warrior they have eat heavy witch can stay for long time not spoil more energy keep it healthy it can make with any grain flour today we make it with malti grain flour

Ingredients

Malti grain flour 1 kg

Redchilly powder 5 gm

Turmeric powder 5 gm

Salt 10 gm

Jeera 5 gm

Corinder whole 5 gm

Ajwain 5 gm

Fresh corinder 20 gm

Green chilly 10 gm

Chilly flack5 gm

Ghee

Method

Take big mixing bowl add atta in it and mix all ingredients are above recipe mix it properly then add little ghee and need dough with water and keep dough by side make big sige pada and roll with rolling pin then put in clay tawa on wood fire slow flame and put finger on one side by start from one side when it is done then turned on then cooked it properly and add ghee on top and served with rajasthani food curry

Mewadi mirch tamatar ka saag
मेवाड़ी मिर्च टमाटर का साग

(Raw green tamato and chill curry)

Traditional food of Rajasthan normal it is eaten all over year and spicy and tangy curry made by redchill. Green chili and raw green tamato cooked with rajasthani spice and eaten in meal

And best curry simple

Ingredients

Raw green tamato 500 gm

Banana redchilly 250

Banana green chili 250

Musterd oil 50 ml

Jeera 3 gm

Chooped garlic 20 gm

Chooped onion 50 gm

Redchilly powder 5 gm

Turmeric powder 5 gm

Black salt 20 gm

Corinder powder 20 gm

Chooped corinder 10 gm

Method

1 step cut tamato and chili in equal size and keep by side

2 take a kadhi add musterd oil. Jeera. Chooped onion. Chooped garlic. Chooped green chili. Cooked some time then add cut redchilly and green chili and green tamato cooked it sometimes then add redchilly powder. Turmeric powder. Salt . Corinder powder. Cooked it properly then add fresh chooped corinder and served with rajasthani bread

Marwadi methi Dana taramera ro saag

मारवाड़ी मेथी दाना तारामिरा रो साग

(Methi seeds cook with spices and aragula in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Methi seeds 250 gm

Aragula 500 gm

Oil 50 ml

Whole Red chillies 5 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped green chillies 30 gm

Chopped ginger 20 gm

Chopped onion 100 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Salt 10 gm

Chopped green coriander 20 gm

Method

(1) soke methi seeds in normal water for 12 hrs and drain water and keep by side

(2) clean and cut aragula leafs and vegetables by side

(3) take a kadhi add oil in it put on slow flame add tempering of whole Red chillies jeera chopped garlic. Chopped green chillies. Chopped ginger. Chopped onion

saute it till light golden brown then add methi Dana saute it some time then add aragula leafs mix it then add salt turmeric powder and coriander powder cook it properly then add chopped green coriander mix it and served in meal with Rajasthan bread

Marwadi chaas ka Nalli maas

मारवाड़ी छास का नलली मांस

(Mutton Cook with Butter milk and spices in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Mutton nalli 2 kg

Ghee 250 gm

Whole spices 5 gm

Whole Red chillies 5 nos

Garlic paste 100 gm

Slice onion 250 gm

Chopped garlic 50 gm

Chopped green chillies 50 gm

Butter milk 2 lt

Besan 50 gm

Black pepper 5 gm

Salt 10 gm

Chopped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) marmite Nalli with garlic paste and salt by side for 2 hrs

(3) take a handi add ghee in it put on slow flame and add tempering of whole spices and whole Red chillies and Slice onion and chopped garlic saute it till light

golden brown then add chopped green chillies and garlic paste and add marnite Nalli saute it some time then add besan and Butter milk mix with salt Cook it properly then add Black pepper and slit green chillies and chopped green coriander cook it some time then take it out and served with meal with Rajasthan bread

Bakreka paya shorba
बकरे के पाया सौरबा

Winter season recipe of rajputana

Ingredients

Kharode (lamb leg) 2 kg

Ghee 100 ml

Whole spices 10 gm

Whole Red chillies 5 nos

Peeled garlic 50 gm

Ginger 20 gm

Slice onion 100 gm

Chopped green chillies 10 gm

Turmeric powder 5 gm

Meat masala 10 gm

Salt 10 gm

Coriander stam 100 gm

Mint leaves 50 gm

Lemon juice 10 ml

Method

(1) clean and wash kharode properly and keep by side

(2) cut all vegetables and keep by side

(3) take a handi and put on slow flame till heat then add ghee in it and add tempering of whole spices and whole Red chillies then add Slice onion saute it till

light golden brown then add peeled garlic and crush ginger cook for some time then add kharode saute it some time then add turmeric powder and salt Cook it properly for 2 hrs then add coriander stam and mints leave and meat masala cook for around 5 minutes and strains it and before serving add lemon juice and mints leave and served in meal

Mewadi bagra kaju muttar
मेवाड़ी वगारा काजू मटर

(Winter season fresh green peas tempers in Rajasthan style with spice cashunut)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Fresh green peas 500 gm

Cashunut 100 gm

Ghee 50 ml

Hing 1 gm

Jeera 5 gm

Chopped green chillies 50 gm

Chopped ginger 30 gm

Chopped tamato 100 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Jeera powder 5 gm

Salt 10 gm

Chopped green coriander 20 gm

Lemon juice 10 ml

Method

(1) take a kadhi put on fire on slow flame add ghee in it and add tempering of hing.jeera till crack

(2) add chopped ginger chopped green chillies sautee it some time then add cashunut saute it till light golden brown then add turmeric powder salt and coriander powder mixed it and add chopped tamato saute it some time then add fresh green peas mix it and cook it by adding salt and coriander powder and Jeera powder and coriander leaves and in finishing up by lemon juice

(3) served in meal

Mewadi shakkar kand ke chaat

मेवाड़ी सकर कंनद की चाट

(Sweet potato 🍠🍠 chat in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Sweets patato 1 kg

Pomogranate 2 nos

Rock salt 5 gm

Fresh lemon 🍋 2 nos

Chopped green coriander 20 gm

Method

(1) rost sweet potato in cow dunk fire or charcoal and keep it for 1 to 2 hrs

(2) take it out sweets patato and clean it and peeled and keep by side

(3) to make chaat cut sweet potato in dice and add in to mixing bowl then add rock salt as per taste then add pomogranate sheed and chopped green coriander and lemon juice mix it properly by all ingredients and served in bowl in meal

Mewadi bathua ka Nalli Maas

मेवाड़ी बथुआ का नलली मांस

(Goat Nalli cook with fresh winter season bathua and spices in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Healthy recipes of rajputana in winter season by Rawali Rasoi

Ingredients

Mutton nalli 1 kg

Bathua 1 kg

Ghee 200 ml

Ginger garlic paste 50 gm

Whole spices 10 gm

Whole Red chillies 5 nos

Chopped garlic 50 gm

Chopped green chillies 50 gm

Chopped ginger 30 gm

Chopped onion 200 gm

Yellow chilly powder 10 gm

Coriander powder 10 gm

Kasturi methi 3 gm

Salt 10 gm

Gram masala 10 gm

Method

(1) clean and cut all vegetables and bathua and keep by side

(2) boil half bathua and paste and keep by side

(3) take a handi put on slow flame add ghee in it and heate a ghee and add tempering of whole spices and whole Red chillies then add chopped garlic chopped ginger chopped onion saute it till golden brown then add ginger garlic paste saute it some time then add Nalli piece in it saute it some time then add powder masala turmeric powder coriander powder salt Cook masala some time then add fresh bathua leafs saute it and add bathua paste cook it properly then add gram masala and Kasturi methi cook it properly and add some more ghee in it and chopped green coriander and served in meal with Rajasthan bread and accomplent

Mewadi bathua chana dal

मेवाड़ी बथुआ चना दाल

(Gram leantels cook with fresh winter season bathua with spices in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Chana dal 500 gm

Bathua 1 kg

Ghee 100 ml

Whole Red chillies 5 nos

Hing 1 gm

Jeera 5 gm

Chopped onion 200 gm

Chopped garlic 50 gm

Chopped green chillies 50 gm

Chopped ginger 20 gm

Chopped tamato 200 gm

Yellow chilly powder 10 gm

Turmeric powder 10 gm

Salt 15 gm

Chopped green coriander 20 gm

Method

(1) cut all vegetables and keep by side

(2) some chana dal for 30 minutes in normal water then boil it by adding salt and turmeric powder

(3) take a handi add ghee in it and put on slow flame add tempering of whole Red chillies jeera hing chopped onion chopped garlic chopped green chillies chopped ginger saute it till golden brown then add chopped tamato again saute it some time then add turmeric powder salt and yellow chilly powder and water Cook masala then add bathua leafs cook for some time then add boil chana dal mix it and cook it properly by adding chopped green coriander and served with bread in meal

Maas ka bharwa chilla
मांस का भरवा चिला

(Spicy muttton mince stuff in spicy gram leantels pancakes in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients for chilla

Besan 500 gm

Red chillies powder 10 gm

Turmeric powder 5 gm

Salt 15 gm

Ajwin 5 gm

Water

Oil for cooking

Ingredients for muttan keema mix for stuffing

Mutton mince 250 gm

Oil 50 ml

Chopped garlic 20 gm

Chopped green chillies 20 gm

Chopped ginger 10 gm

Chopped onion 100 gm

Chopped tamato 100 gm

Red chillies powder 5 gm

Turmeric powder 3 gm

Salt 10 gm

Chopped green coriander 10 gm

Chopped mint 10 gm

Mint chutney for stuffing

Method

(1) make a keema mix take a kadhi add oil in it put tempering of jeera chopped garlic chopped green chillies chopped ginger chopped onion saute it some time till light golden brown then add chopped tamato cook it some time then add mutton mince saute it some time then add turmeric powder Red chillies powder coriander powder and salt Cook it properly then finish with chopped green coriander leaves and mint and keep by side

(2) make chilla batter take above ingredients of chilla mix in mixing bowl by adding water and keep by side

(3) take a pan or iron tawa for cooking chilla add oil in tawa and heat pan and add chilla bater and cook half from both sides then stuff muttton mince inside and add mints chutney in it and served in meal

Marwadi matria ka halwa

मारवाड़ी मतिरा का हलवा

Water melon halwa recipe in Rajasthan style (

Lost recipe of Rajasthan(sugar-free halwa)

Ingredients

Water melon 1 nos (2 kg)

Ghee 200 gm

Dry fruits 50 gm

Mawa 250 gm

Cardamom powder 5 gm

Method

(1) peeled water melon skin and keep harder part cut big size and grated and keep by side

(2) take out water melon juice of inner part and keep by side

(3) take a kadhi add grated water melon for cooking till water reduce then add water melon juice and cook it till no juice then add mawa mix it and cook with cardmum powder and dry fruits then add ghee in it Cook it properly and served in meal with garnish of dry fruits

Mewadi bathua boonda ke Kadi
मारवाड़ी बथुआ भौणडा की कड़ी

Ingredients for kadi

Oil 50 ml

Jeera 3 gm

Mustard seeds 3 gm

Hing 1 gm

Whole Red chillies 5 nos

Curry leaves 5 gm

Chooped onion 100 gm

Chooped green 20 gm

Chooped green chillies 50 gm

Chooped garlic 50 gm

Butter milk 2 lt

Besan 50 gm

Salt 10 gm

Turmeric powder 10 gm

Red chillies powder 5 gm

Chooped green coriander 20 gm

Ingredients for bathua boonda

Bathua 1 kg (chooped)

Oil 20 ml

Jeera 5 gm

Chooped green chillies 20 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Besan for saute 50 gm

Salt 5 gm

Ingredients for boonda battar

Besan 500 gm

Salt 10 gm

Turmeric powder 10 gm

Red chillies powder 5 gm

Ajwin 5 gm

Cooking soda 3 gm

Method

(1) take a mixing bowl add above ingredients of boonda battar mix it and keep by side

(2) make bathua boonda mixture take a kadhi add oil in it add tempering of whole Jeera chooped green chillies chopped ginger chopped onion chopped garlic saute it some time then add besan cook for some time then add turmeric powder salt and coriander powder mixed it and cook it properly then take it out cool it and make dumplings of bathua and Deep fry by adding in to besan battar and keep by side

(3) make a kadi take a handi add oil in it add tempering of whole Red chillies hing Jeera mustard seeds curry leaves till crack then add chopped green chillies chopped ginger chopped onion chopped garlic saute it some time then add turmeric powder salt and Red chillies powder and add butter milk and besan mix Cook it properly then add chopped green coriander and bathua boonda cook for 2 minutes and served in meal with Rajasthan bread

Marwadi haldi ro saag
मारवाड़ी हल्दी रो साग

(Fresh turmeric curry Cook with spices in Rajasthan style)

Ingredients

Fresh turmeric 1 kg

Ghee 500 gm

Whole spices 10 gm

Jeera 5 gm

Chooped garlic 50 gm

Chooped green chillies 50 gm

Chooped onion 200 gm

Chooped ginger 30 gm

Milk 1 lt

Red chillies powder 50 gm

Salt 15 gm

Method

(1) clean and great fresh turmeric and keep by side and cut all vegetables and keep by side

(2) take a kadi add ghee in it put on slow flame add ghee in it and add tempering of whole spices and whole Jeera and add chopped garlic chopped ginger chopped garlic chopped onion saute it till golden brown then add fresh turmeric saute it some time then add salt and milk cook it properly by adding more ghee in it and cool it and Store it and have in meal with Rajasthan bread

Rajwadi Dhai ka Halwa
रजवाडी दहीं का हलवा

(Hung curd cook with dry fruits and jaggery and cardmum powder and saffron in Rajasthan style halwa)

Ingredients

Hung curd 2 kg

Ghee 300 gm

Almond powder 250 gm

Dry fruits 100 gm

Jaggery 500 gm

Green cardamom powder 10 gm

Saffron 1 gm

Method

(1) take a kadhi put on fire on slow flame and add ghee in it then add Hung curd cook till light golden brown

(2) add whole dry fruits and green cardamom powder then add almond powder cook some time then add saffron water cook it some time then add some water or milk then add jaggery and cook till ghee comes on top then take it out and cool it and garnish with dry fruits and served in meal

Mewadi lauki ka raita
मेवाड़ी लौकी का रायता

(Bottel gaurd Raita in Rajasthan style)

Ingredients

Lauki 500 gm

Curd ,1 lt

Ghee 50 ml

Whole Red chillies 5 nos

Jeera 5 gm

Hing 1 gm

Chooped onion 50 gm

Chooped garlic 30 gm

Chooped green chillies 30 gm

Chooped ginger 10 gm

Red chillies powder 5 gm

Turmeric powder 5 gm

Black salt 10 gm

Roasted jeera powder 10 gm

Chooped green coriander 20 gm

Method

(1) clean and greeted a lauki and boil in water by adding salt and sugar and drain water and keep by side

(2) make a tempering take a kadhi add ghee in it and add tempering of whole Red chillies and jeera and hing then add chopped garlic chopped ginger chopped onion chopped green chillies salute it some time then add turmeric powder black salt and Red chillies powder mix it and cook with boil lauki and keep by side

(3) take a mixing bowl add curd in it add black salt and roasted jeera powder and mix it properly then add saute lauki mix it to curd cook it and served in meal

Junglee murge ka Mukul
जंगली मुर्गा का मुकुल

(Wild chicken cook in traditional royal rajputana style with spice)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Chicken 1 kg

Ghee 100 gm

Almond 50 gm

Brown onion 50 gm

Whole spices 5 gm

Red chilly powder 3 gm

Turmeric powder 5 gm

Cardamom powder 5 gm

Mace powder 1 gm

Salt 10 gm

Ginger garlic paste 10 gm

Saffron

Lemon juice 5 ml

Chooped onion 50 gm

Green chillies paste 5 gm

Chooped green coriander 20 gm

Almond flacks 20 gm

Silver wark 2 nos

Method

(1(marinate a chicken with salt Red chillies powder ginger garlic paste lemon juice and keep for 2 hrs

(2) light rost a chicken in charcoal grill and cool it

(3) plug a boneless part of chicken by hand and keep by side

(4) take a kadhi add ghee in it and add tempering of whole spices and chopped onion and ginger garlic paste saute it some time then add green chillies paste then add turmeric powder salt Red chillies powder cardmum powder mace powder Cook masala properly then add almond brown onion paste mix it and cook it some time then add shereted chicken mix it properly and cook it some time then add chopped green coriander lemon juice

(5) garnish with roasted almonds flacks and silver wark a d served with Rajasthan bread

Bakre ka kacher pudina ka pinda
बकरे का काचर पुदिना पिणडा

Goat leg marinate with curd kachari mint and green chillies and spices in Rajasthan style and Cook on bonefire)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Goat leg 2 nos

Garlic paste 100 gm

Kachari powder 50 gm

Raw papaya paste 50 gm

Black salt 15 gm

Mint chutney 100 gm

Hung Curd 250 gm

Yellow chilly powder 10 gm

Gram masala 10 gm

Mustard oil 50 ml

Lemon juice 20 ml

Method

(1) clean a goat leg and pin by knife or fork goat leg from both sides and marinate with salt . Garlic paste.kachari powder green chillies paste and little mint chutney and keep for 6 hrs and keep by side

(2) make a marnitaion take a parat add heated mustard oil and add salt yellow chilly powder gram masala garlic paste kachari powder mix spices properly then

add mint chutney again mix with curd and mix it properly then marnite a goat leg with marination and keep it for 8 hrs by side

(3) light a bone fir and put goat leg in skewers and put in slow flame on fire 🔥🔥 Cook it properly and served in meal with mint chutney and Rajasthan bread

Mewadi keri pudina ka bharwa kerala
मेवाड़ी केरी पुदिने का भरवा करेला

(Bitter gourd stuffed with Raw mango and spices and Rajasthan spicy namkeen in Cook Rajasthan spices

Ingredients

Karela 1 kg

Raw mango 250 gm

Namkeen 250 gm

Chooped green chillies 50 gm

Chooped ginger 30 gm

Chooped onion 200 gm

Mint chutney 50 gm

Salt 10 gm

Red chillies powder 5 gm

Turmeric powder 5 gm

Amchur powder 10 gm

Chooped green coriander 20 gm

Ghee 50 ml

Lemon juice 10 ml

Method

(1) clean and cut all vegetables and keep by side

(2) put a water for boiling in handi and put karela for boiling for 15 minutes and take it out and cool it

(3) make a pocket in karela take out sheed and keep by side

(4) make a stuffing mix about ingredients in mixing bowl and stuff karela all and keep by side

(5) take a tawa or pan add ghee in it add tempering of whole Jeera . then add karela saute it some time then turn it and add some powder masala turmeric powder salt Red chillies powder amchur powder mix it and cook it properly then add chopped green coriander leaves and lemon juice and served in meal with Rajasthan bread

Mewadi dhungar baigan ka raita
मेवाडी धुंगार बेगन का रायता

(Large bringels rost on fire and cook with Rajasthan spices and mint and green chillies and smoked with cloves)

Ingredients

Large bringels 2 kg

Ghee 200 ml

Whole red chilly 5 nos

Jeera 5 gm

Clove 10 gm

Chooped onion 250 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Salt 10 gm

Kasturi methi 10 gm

Mint and green chillies paste 100 gm

Chooped green coriander 30 gm

Lemon juice 10 ml

Method

(1) take a bringels and pin a cloves in every brinles 8 nos

(2) rosted a bringels by applying oil and after rost clean and chooped and keep by side

(3) take a kadhi add ghee in it add tempering of whole Red chillies and jeera then add chopped garlic chopped ginger chopped green chillies chooped onion satue it till golden brown then add chopped rosted bringels mix it and add salt keasturi methi cook it properly then smoked with clove and fire 🔥 by apply ghee and cover it for 10 minutes then open and add green chillies and mint paste mix it properly then add chopped green coriander leaves and lemon juice and served in meal with Rajasthan bread

Mewadi keri mirchi kukude ke Shikkar

मेवाड़ी केरी मिर्च कुकडे की शिकार

(Country chicken Cook with spices in Rajasthan style and Raw mango and fresh chillies ,)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Boneless chicken 2 kg

Whole spices 10 gm

Whole red chilly 5 nos

Jeera 5 gm

Ghee 150 gm

Chooped green chillies 20 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped onion 150 gm

Fresh Red chillies 5 nos

Fresh banana chilly green 10 nos

Raw mango 2 nos

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Chilly flacks 10 gm

Coriander powder 20 gm

Gram masala 10 gm

Mint leafs 20 gm

Black salt 10 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) peeled raw mango and half chopped and half jullien

(3) marnite a chicken with ginger garlic paste salt and turmeric powder and yellow chilly powder and keep for 30 minutes

,(4) take a handi add ghee and put on slow flame and then add tempering of whole spices and whole Red chillies and jeera till crack then add chopped garlic chopped ginger chopped green chillies salute it some time then add chopped onion till golden brown then add marnite chicken saute it some time then add powder masala turmeric powder salt and yellow chilly powder and coriander powder cook it some time then add dice cut of chillies red and green and cut Raw mango Cook it some time then add fresh mint and chopped green coriander and gram masala cook it properly and garnish with Raw mango and served with Rajasthan bread in meal

Mewadi paan Patta ke kadi
मेवाड़ी पान पत्ता की कड़ी

(Stuff beetle leave cook with curd base spicy curry in Rajasthan style)

Ingredients for kadi

Besan 50 gm

Butter milk 2 lt

Ghee 50 ml

Hing 1 gm

Whole red chilly 6 nos

Curry leaves 10 gm

Jeera 2 gm

Mustard seeds 2 gm

Crush coriander 2 gm

Chooped green chillies ,20 gm

Chooped garlic 50 gm

Chooped ginger 10 gm

Chooped onion 100 gm

Turmeric powder 10 gm

Red chillies powder 5 gm

Salt

Chooped green coriander 20 gm

Ingredients for pan patta pakoda

Besan 250 gm

Paan patta 100 gm

Jeera 5 gm

Ajwin 5 gm

Salt 10 gm

Boil patato

Chooped green chillies 20 gm

Chooped ginger 20 gm

Chooped onion 50 gm

Salt

Turmeric powder 5 gm

Red chillies powder 5 gm

Amchur powder 5 gm

Chooped green coriander 20 gm

Oil for fry

Method

(1) clean and cut all vegetables and keep by side

(2) make a stuffing of paan patta take a mixing bowl add boil patato chopped green chillies chooped onion chopped ginger chooped green coriander salt Red chillies powder turmeric powder mix it and apply on one side of paan then cover with paan leafs and make all and keep by side

(3) make a battar of besan take a mixing bowl and besan salt ajwin turmeric powder Red chillies powder mix it properly by adding water and keep by side for 30 minutes then take out paan patta pakoda on slow flame and keep by side

(4) take a handi put on slow flame and add ghee in it and add tempering of hing whole red chilly Jeera mustard seeds crush coriander curry leaves till crack then

add chopped garlic chopped ginger chopped green chillies chooped onion satue it till golden brown then add turmeric powder salt Red chillies powder and then add besan and Butter milk mix with spices mix it and stir till boil comes then cook with properly by adding chopped green coriander and paan patta pakoda and served in meal with Rajasthan bread and grains

Bharwa kachee papate ke sabzi
भरवा कचचे पपिते की सब्जी

Baby Raw papaya stuffed with spicy patato mix and Cook with spices in Rajasthan style)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Baby Raw papaya 1 kg

Ghee 100 gm

Jeera 5 gm

Whole spices 10 gm

Whole red chilly 5 nos

Chooped green chillies 50 gm

Chooped onion 250 gm

Chooped tamato 250 gm

Chopped garlic 50 gm

Chooped ginger 30 gm

Boil patato 250 gm

Red chillies powder 20 gm

Coriander powder 20 gm

Turmeric powder 10 gm

Salt 20 gm

Chooped green coriander 50 gm

Red chillies flacks 10 gm

Hing 1 gm

Method

(1) clean and cut all vegetables and keep by side

(2(peeled Raw papaya as per pitcher and make hole and keep by side then put some boiling water add salt turmeric powder and whole spices boil it then add peeled Raw papaya cook in spices water 70 percentage and take it out

(3) make a stuffing take a mixing bowl add boil patato crush it then add half ingredients of above chooped green chillies chooped onion chopped ginger chopped green coriander chillies flacks Red chillies powder salt and turmeric powder mixed it and stuff in boil Raw papaya and keep by side

(4)take a kadhi add ghee in it and add tempering of whole spices and whole Red chillies Jeera chopped garlic chopped ginger chopped green chillies chooped onion satue it till golden brown then add turmeric powder salt Red chillies powder coriander powder cook it some time then add chopped tamato and add some water and cook masala till oil comes on top then add stuffed Raw papaya mix it and cover it and cook for 15 minutes then add chopped green coriander and served in meal with Rajasthan bread

Marwdi hing dhanya ke chatpate aloo
मारवाड़ी हिग थनीया के चटपटे आलू

(Patato cook with Rajasthan spices and dry mango powder and fresh coriander in Rajasthan style)

Ingredients

Patato 500 gm

Ghee 50 gm

Jeera 5 gm

Whole red chilly 5 nos

Hing 1 gm

Crush coriander 5 gm

Chooped green chillies 20 gm

Chooped ginger 10 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Turmeric powder 5 gm

Red chillies powder 5 gm

Coriander powder 10 gm

Amchur powder 5 gm

Yellow chilly powder 5 gm

Lemon juice 10 ml

Chooped green coriander 100 gm

Mint 10 gm

Method

(1) clean and cut all vegetables and keep by side

(2) boil patato and cut and Deep fry till golden brown and keep by side

(3)take a kadhi add Ghee in it and add tempering of whole Red chillies Jeera hing chopped ginger chopped green chillies chooped garlic chopped onion saute it till golden brown then add turmeric powder salt Red chillies powder coriander powder and yellow chilly powder cook masala by adding water properly then add fried patato mix it and add amchur powder and chopped green coriander leaves and mint leaves mix it and cook for some time then take it out and served in meal with Rajasthan bread

Mewadi leasuni akkha palak
मेवाड़ी लहसुनी आखा पालक

(Spinach Cook with spices and garlic in Rajasthan style)

Ingredients

Fresh baby spinach 500 gm

Ghee 100 gm

Whole red chilly 5 nos

Jeera 5 gm

Garlic peeled whole 50 gm

Chooped green chillies 20 gm

Chooped ginger 10 gm

Chooped onion 100 gm

Dice tamato 100 gm

Salt 10 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Yellow chilly powder 5 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) take a handi add Ghee in it and put on slow flame and add tempering of whole Red chillies and jeera then add garlic chopped ginger chopped green chillies chooped onion satue it till golden brown then add dice tamato cook it some time

then add turmeric powder salt and yellow chilly powder cook masala then add fresh baby spinach and cook for some time then add chopped green coriander leaves mix it and take it out and served in meal with Rajasthan bread

Marwadi achari bhindi
मारवाड़ी अचारी भिन्डी

Fresh lady finger cook with pickel spices and with garlic pickle in Rajasthan style)

Ingredients

Bhindi 500 gm

Mustard oil 100 gm

Whole red chilly 5 nos

Jeera 3 gm

Mustard seeds 3 gm

Sauf 3 gm

Methi seeds 3 gm

Chooped green chillies 20 gm

Chooped ginger 10 gm

Dice onion 100 gm

Garlic chutney 100 gm

Dice Red chillies fresh 50 gm

Dice green banana chilly ,50 gm

Turmeric powder 5 gm

Red chillies powder 10 gm

Coriander powder 20 gm

Amchur powder 10 gm

Black salt 10 gm

Hing 1 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) take a kadhi add mustard oil in it and put on slow flame and fry Bhindi half cook and take it out

(3) add a tempering of whole Red chillies Jeera hing mustard seeds sauf methi seeds mustard seeds till crack then add dice onion saute it some time then add Dice Red chillies fresh and dice green banana chilly saute it some time then add chopped ginger chooped green chillies and add turmeric powder Black salt Red chillies powder amchur powder and coriander powder cook masala by adding little water then add garlic chutney mix it and cook masala properly then add fried bhindi mix it and cook properly by adding chopped green coriander leaves and take it out and served in meal with Rajasthan bread

Valan kakadi ro saag
वालन काकड़ी रो साग

(Rajasthani summer season cucumbers cook in Rajasthan style with spices)

Ingredients

Valan Kakadi 500 gm

Vegetables oil 100 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped green chillies 20 gm

Chooped ginger 10 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Red chillies powder 10 gm

Salt 10 gm

Coriander powder 20 gm

Chooped green coriander leaves 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) take a kadhi add oil in it and add tempering of whole Red chillies and jeera till crack then add chopped green chillies chooped garlic chopped ginger chopped onion saute it till golden brown then add chopped tamato cook it some time then

add turmeric powder salt Red chillies powder and coriander powder cook masala by adding water in it and add dice cucumbers Rajasthani mix it and cook it properly then add chopped green coriander leaves and take it out and served in meal with Rajasthan bread

Marwadi Jowar ke kheer
मारवाड़ी ज्वार की खिर

Surgam mittets cook with milk and mild spices and dry fruits in Rajasthan style

Ingredients

Jawar 100 gm

Milk 2 lt

Mawa 250 gm

Dry fruits mix 100 gm

Jaggery 500 gm

Cardamom powder 10 gm

Method

(1) soke a surgum millet in normal water for 2 hrs then boil it with some milk and keep by side

(2) take a handi add milk in it out on slow flame for boiling then add Mawa cook till thick and thin and cook jawar cook it some time then add jaggery water and cardmum powder dry fruits mix it and cook it properly then take it out and put it for colling and after cool it served in meal

Kacchi Keri ro saag
कचची केरी रो साग

(Raw mango Cook with spices in Rajasthan style)

Ingredients

Raw mango 1 kg

Oil 50 gm

Beyleafs 5 nos

Staraniseed 5 nos

Chinimon stick 3 nos

Whole red chilly 5 nos

Pickel spices 10 gm(jeera.sauf.rai.methi)

Turmeric powder 5 gm

Red chillies powder 10 gm

Coriander powder 20 gm

Black salt 15 gm

Jaggery 400 gm

Method

(1) clean and cut mango in equal size and keep by side

(2) take a kadhi add oil in it and add tempering of whole Red chillies chinimon stick .bayleaf and Star anisheed. Then add pickles spices in it saute till crack then add raw cut mango Cook it some time by adding water and then add turmeric powder salt Red chillies powder and coriander powder mix it and cook masala properly then add jaggery and cook it properly and take it out and served in meal with Rajasthan bread

Jungle hour ro maas
जंगली सुर रो मांस

This dish harks back to the olden days when Rajasthani royals set out for their annual months-long shikar. The hunting entourage would typically carry a few, practical ingredients like ghee, salt . Garli and dried chillies, which would be used to cook the game of the day in the jungle. That's how this dish got its name – Junglee Maas.

Ingredients

2 kg wild boar curry cut

500gm desi ghee

250 gm dry red chillies, whole

Salt to taste

250 peeled whole garlic

Preparation

Mix all the ingredients together and cook on slow heat in a covered vessel until the meat is cooked through.

Do not add water. Let the meat cook in its own juices.

Cunsumed with Rajasthani bread like batti khoba roti. Makki roti . Bajra roti in meal

Marwadi moong ro khato
मरवाडी मुंगा रो खाटो

(Rajasthani style Moong dal sprouts cook with curd base curry with spices)

Rajasthani food and culture

Ingredients

Moong dal sprouts 250 gm

Wash moong dal 100 gm

Ghee 100 ml

Hing 1 gm

Whole red chilly 5 nos

Curry leaves 5 gm

Jeera 3 gm

Mustard sheed 3 gm

Methi Dana 3 gm

Curd 500 ml

Red chilly powder 10 gm

Turmeric powder 10 gm

Salt 15 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped green coriander 20 gm

Cooking method

(1) soke green moong dal for 12 hrs in normal water then drain water and covered with wet cloth for 24 hrs to make sprouts

(2) soke yellow moong dal in normal water for 2 hrs then grind it and keep by side

(3) mix grind Moong dal paste with curd with Red chillies powder salt and turmeric powder and keep by side

(4) take a handi put on slow flame and add ghee in it add tempering of whole Red chillies curry leaves hing Jeera mustard sheed methi Dana till crack then add chopped onion garlic chopped green chillies chooped saute it some time then add sprouts green moong dal and add some salt Red chillies powder and turmeric powder then add mix of curd and moong dal paste by adding water and cook it properly fo 30 minutes then add chopped green coriander and take it out and served with Rajasthan bread and grain

Ragi ra dhokla
रागी रा ठौकला

(Ragi millet flour mix with spices and herb and make bread and steam and served with lentels)

Rajasthani food and culture

Ingredients

Ragi millet flour 500 gm

Jeera 3 gm

Sauf 3 gm

Crush coriander 3 gm

Chilly flacks 3 gm

Ajwin 3 gm

Chooped green coriander 50 gm

Chooped garlic 50 gm

Till 25 gm

Salt 5 gm

Papad khara 5 gm

Chooped green chillies 20 gm

Ghee 50 gm

Method

(1) make boling water add papad khara in it boil it and keep warm by side

(2) take a mixing parat Add above ingredients and mix it properly then add warm water added papad khara mix it and make dough and keep by side

(3) make a dokla divide dough in equal and make it round like tikki and make hole in between and keep by side

(4) put a boiling water for steam dokla by keep strainer and arrange properly and steam for 20 to 30 minutes

(5) take it out and served with Rajasthan spicy lentils and ghee in meal

Dhungar amrud ke chutney
धुंगार अमरुद की चटनी

Rajasthani food and culture

Ingredients

Amrud 500 gm

Ginger 30 gm

Green chillies 30 gm

Black salt 10 gm

Jaggery 20 gm

Red chilly powder 5 gm

Jeera 5 gm

Chooped green coriander 20 gm

Lemon

Method

(1) clean and cut amrud and add above ingredients in it by mixing in mixing bowl

(2) take a silver foil or tree leafs add in to it and covered it properly then you have light fire and put in it for 10 to 20 minutes and take it out and cool it

(3) then grind it mixcher of chutney on silbatta or mixcher grinder by adding lemon juice in it and take it out

(4) served chutney in meal with Rajasthan bread

Marwadi Kabuli chana ke kadi
मारवाड़ी काबुली चना की कड़ी

(Kabuli chana ke Kadi)

Rajasthani food and culture

Ingredients

kabuli chana 200 gm

Ghee 50 ml

Whole red chilly 5 nos

Hing 1 gm

Curry leaves 5 gm

Mustard seeds 3 gm

Jeera 3 gm

Methi Dana 3 gm

Crush coriander 3 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Butter milk 2 lt

Besan 50 gm

Salt 10 gm

Turmeric powder 10 gm

Yellow chilly powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 20 gm

Method

(1) boil kabuli chana and keep by side

(2) take a mixing bowl add butter milk and besan and mix well with salt turmeric powder Red chillies powder and yellow chilly powder and keep by side

(3) take a handi add Ghee in it put on slow flame 🔥🔥 add tempering of whole Red chillies hing curry leaves mustard seeds jeera crushed coriander methi Dana till crack then add hing chooped garlic chopped green chillies chooped onion saute it some time then add powder masala and Kabuli chana cook it some time then add butter milk and besan mix cooked till boil and Cook it properly

(4) when cook it properly then add chopped green coriander leaves and served in meal with Rajasthan bread and grains

Katali gobhi danthal ke sabzi
कतली गौबी डंठल की सब्जी

Rajasthani food and culture

Ingredients

Gobhi danthal 1 kg

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Hing 1 gm

Chooped garlic 50 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Salt 10 gm

Chooped green coriander 50 gm

Lemon

Method

(1) clean a gobhi danthal and peeled harder part and thin slices and keep by side

(2) cut all vegetables and keep by side

(3)take a kadhi add Ghee in it and puton slow flame then add tempering of whole Red chillies and jeera till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time till golden brown then add slice gobhi danthal saute it then add chopped tamato and Red chillies powder turmeric powder coriander powder salt cook by adding water Cook it properly then add chopped green coriander leaves and lemon juice and served in meal

Marwadi masala pidiore
मारवाड़ी मसाला पिथौड

Rajasthani food and culture

Ingredients

Besan 250 gm

Curd 100 gm

Water 750 ml

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Ajwin 3 gm

Crush coriander 3 gm

Jeera 3 gm

Red chilly flacks 3 gm

Hing 1 gm

Chooped green chillies 20 gm

Chooped onion 50 gm

Chooped green coriander 20 gm

Oil 30 ml

For masala tadka

Ghee 20 ml

Jeera

Hing

Red chilly powder

Coriander powder

Turmeric powder

Lemon juice

Chooped green coriander

Method

(1) clean and cut all vegetables and keep by side

(2) take a mixing bowl add above ingredients in it mix it properly by adding water and keep by side

(3) take a heavy pan or kadhi add mix of above mentioned ingredients and cook on slow flame 🔥🔥🔥🔥🔥 Cook it properly till leave space then take it out on steel tray by apply oil and spred in all area equal and cool it then cut in diamond cut

(4) take a pan or kadhi add Ghee in it and add tempering of whole Red chillies jeera Red chillies powder turmeric powder salt and coriander powder make masala then add Pithore saute and mix it properly by adding chooped green coriander and lemon juice and served in meal

Mewadi rigna ro saag
मेवाड़ी रीगणा रो साग

(Bringels cook with spices in Rajasthan style)

Rajasthani food and culture

Ingredients

Baby bringels 500 gm

Mustard oil 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Ginger garlic paste 25 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Turmeric powder 5 gm

Red chilly powder 15 gm

Coriander powder 20 gm

Salt 10 gm

Amchur powder 5 gm

Chooped green coriander 20 gm

Lemon

Method

(1) clean and cut all vegetables and keep by side

(2) cut baigan and marnite with salt . ginger garlic paste. Turmeric powder.red chilly powder . amchur powder and mustard oil and keep by side

(3) take a kadhi add mustard oil in it heated it then add tempering of whole Red chillies.jeera chooped onion.chooped garlic. Chooped green chillies. Chooped ginger saute it some time then add marnite baigan mix it and saute it some time then add turmeric powder. Red chilly powder.corinder powder. Salt. Amchur powder mix it add little water add cover it and for 10 to 20 minutes then open it add chopped green coriander and lemon juice then served in meal with Rajasthan bread

Marwadi mooli ro khato
मारवाड़ी मुली रो खाटौ

winter season baby radish Cook with curd base curry with spices in Rajasthan style)

Rajasthani food and culture

Winter season special Healthy recipes of Rajasthan

Ingredients

Fresh baby radish 1 kg

Ghee 50 ml

Whole red chilly 5 nos

Mustard seeds 3 gm

Jeera 3 gm

Crush coriander 3 gm

Methi Dana 3 gm

Hing 1 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Butter milk 1 lt

Besan 50 gm

Turmeric powder 10 gm

Red chilly powder 5 gm

Salt 10 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side peeled radish and keep by side and chooped radish leaves and keep by side

(2) take a mixing bowl add butter milk and besan mix with powder spices and keep by side

(3) take a kadhi add Ghee in it add tempering of whole Red chillies and hing Jeera mustard seeds crushed coriander methi Dana till crack then add chopped onion chopped green chillies chooped garlic chopped ginger saute it some time then add baby radish and add powder masala turmeric powder salt and Red chillies powder and then add butter milk and besan mix cooked till properly cook and after 90 percentage of cook add radish leaves and chooped green coriander and again cook it properly then served in meal with Rajasthan bread or grain

Mewadi moringa ro saag
मेवाड़ी मौरीगा रो साग

(Mewari Drumstick cook with spices in Rajasthan style)

Rajasthani food and culture

Ingredients

Durmstick (Moringa) 500 gm

Ghee 500 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 20 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Salt 10 gm

Method

(1) clean and cut all vegetables and Moringa and keep by side

(2) take a handi add Ghee in it and put on slow flame and add tempering of whole Red chillies and jeera till crack then add chopped onion chopped green chooped

garlic chopped ginger saute it some time then add cut Moringa saute it some time by adding salt then add chopped tamato Cook it some then add turmeric powder salt and Red chillies powder coriander powder cook masala by adding water and cook it properly then add chopped green coriander leaves and lemon juice and served in meal with Rajasthan bread and grains

@ranbankarawalirasoi

Lal chandloi re roti
लाल चनदलोई री रोटी

(Red Amarant leafs bread with spices in Rajasthan style cook on Tawa with Ghee)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Red amarant 250 gm

Atta 250 gm

Besan 100 gm

Salt 5 gm

Chooped onion 50 gm

Chooped green chillies 20 gm

Chooped ginger 10 gm

Chooped green coriander 20 gm

Jeera 3 gm

Crush coriander 3 gm

Ajwain 3gm

Chilly flacks 3 gm

Turmeric powder 5 gm

Ghee 50 ml

Method

(1) clean and cut red amarant and vegetables and keep by y

(2) take a mixing bowl add above ingredients in it by adding chooped Red amarant leafs make dough with adding water and rest for 20 minutes

(3) divide dough in equal size of pada and roll with rolling pin and cook on Tawa by apply ghee on it cook all and keep by side

(4) served in meal with curd white butter and pickle in meal

Marwadi lal mooli ro saag
मारवाड़ी लाल मुली रो साग

Red radish Cook with spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Red radish 500 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped green chillies 30 gm

Chooped onion 100 gm

Chooped ginger 20 gm

Chooped garlic 30 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Coriander powder 20 gm

Salt 10 gm

Chooped green coriander 20 gm

Method

(1) clean and cut red radish leaves and radish seperate and all vegetables by side

(2) take a kadhi add Ghee in it and put on slow flame add tempering of whole Red chillies. Jeera. Chooped garlic chopped green chillies chooped ginger chooped onion saute it some time till golden brown then add cut red radish saute it some

time then add turmeric powder salt and coriander powder and Red chillies powder mix it and add water cook masala properly then add salt and fresh radish leaves mix it and cook properly then add chopped green coriander leaves and served in meal with Rajasthan bread

Sarso Dudhi makki ro saag

सरसौ दुधिया मकाई रो साग

(Mustard leaf cook with fresh baby corn 🌽🌽 with spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Sarso leafs 500 gm

Baby corn 250 gm

Mustard oil 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped ginger 20 gm

Chooped green chillies 50 gm

Chooped garlic 50 gm

Salt 10 gm

Turmeric powder 5 gm

Yellow chilly powder 5 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Gram masala 5 gm

Method

(1) clean and cut mustard leaf and baby corn and all vegetables by side

(2)take a kadhi add mustard oil in it put on slow flame and add tempering of whole Red chillies and jeera till crack then add chopped garlic chopped ginger chooped green chillies chooped onion saute it till golden brown then add cut baby corn cook it some time then add turmeric powder salt and yellow chilly powder coriander powder cook masala by adding water and when oil come in top then add shereted mustard leaf mix it and cook it properly by adding chooped green coriander leaves and served in meal with Rajasthan bread

Sama ro shiro
सामा रो सीरो

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Samak chawal 250 gm

Ghee 250 gm

Dry fruits 50 gm

Milk 1 lt

Sugar 250 gm

Green cardamom powder 5 gm

Water 500 ml

Method

(1) take a heavy bottom kadhi add Ghee in it put on slow flame 🔥🔥

(2) when ghee heated then add samak chawal cook till golden brown then add boil milk and water in it and cook on slow flame till grain cook properly

(3) add suger when ghee comes in top and grain cook properly then add green cardamom powder and dry fruits mix it Cook it properly then served in meal

Mooli re panna ro saag
मुली रे पाना रो साग

(Winter season fresh radish leaves cook with spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Radish leaves 500 gm

Mustard oil 50 gm

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Salt 10 gm

Yellow chilly powder 5 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) shereted radish leaves fine and wash and keep by side

(3) take a handi add mustard oil and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped green chillies chooped

ginger saute it some time till golden brown then add chopped radish leaves saute it some time then add turmeric powder salt and yellow chilly powder and coriander powder mix it and cook it properly then add chopped green coriander leaves and served in meal with Rajasthan bread

Lal Mooli re roti
लाल मुली री रोटी

(Red radish mix Tawa bread with spices in Rajasthan style)

Winter season healthy recipes

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Red radish 500 gm

Salt 10 gm

Atta 1 kg

Turmeric powder 5 gm

Red chilly flakes 5 gm

Crush coriander 3 gm

Ajwain 3 gm

Jeera 3 gm

Sauf 3 gm

Kasturi methi 5 gm

Oil 10 ml

Water

Chooped green chillies 20 gm

Chooped ginger 10 gm

Method

(1) clean and cut all vegetables and keep by side

(2) shereted radish leaves and keep by side and greated a radish and keep by side

(3) take a mixing bowl add above ingredients atta and spices mixed with salt and radish leaves and greated radish mix it properly and make dough by adding water and keep dough rest for 20 minutes

(4) divide dough in equal size and make roti size and cook on Tawa one by one by apply ghee

(5) served in meal with set curd pickle and red radish salad in meal

Haldi muttar ro saag

हल्दी मटर रो साग

(Winter season fresh turmeric and fresh green peas cook with spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Fresh turmeric 500 gm

Fresh green peas 250 gm

Ghee 250 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped green chillies 50 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Curd 250 gm

Milk 500 ml

Red chilly powder 15 gm

Coriander powder 20 gm

Salt 10 gm

Chooped green coriander 20 gm

Gram masala 5 gm

Method

(1) clean and cut all vegetables and keep by side

(2) take a handi add Ghee in it and add tempering of whole Red chillies and jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies and saute it some time then add greated fresh turmeric saute it some time then add Red chillies powder and coriander powder and salt mix it and add curd again cook it some time then add milk and cook it some time then add fresh green peas by adding chooped green coriander and gram masala and served in meal with Rajasthan bread

Mewadi bathua kukuda re Shikkar

मेवाडी बथुआ कुकडा री शिकार

(Winter season fresh bathua cook with chicken with spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Chicken boneless 500 gm

Mustard oil 50 ml

Whole spices 10 gm

Whole red chilly 5 nos

Bathua 500 gm

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Coriander powder 20 gm

Salt 10 gm

Kasturi methi 10 gm

Garam masala 10 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and chicken by side

(2) take a handi add mustard oil put on slow flame and add tempering of whole spices and whole red chilly then add Jeera chooped onion chopped garlic chopped ginger chooped green coriander saute it some time till golden brown then add bone less chicken saute it some time then add turmeric powder salt yellow chilly powder coriander powder mix it add water cook masala properly then add bathua leafs cook it properly by adding kasturi methi and gram masala and chooped green coriander mix it and keep by side and served in meal with Rajasthan bread

Marwadi methi kala chana papad pulao
मारवाड़ी मेथी काला चना पापड़ पुलाव

(Black gram cook with fresh Methi and rice with spices in Rajasthan style with papad)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Kala chana 100 gm(boil)

Fresh methi 250 gm

Ghee 50 ml

Whole red chilly 5 nos

Boiled rice 2 kg

Rosted papad 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped garlic 20 gm

Chooped ginger 20 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) boil Kala Chana and rice and keep by side

(3) take a kadhi add Ghee in it and add tempering of whole Red chillies and jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies sauteed it'some time till golden brown then add boil kala chana cook it some time then add turmeric powder salt and yellow chilly powder and coriander powder mix it Cook masala properly then add fresh methi leafs saute it some time then add boiled rice it mix it properly by adding chooped green coriander and kasturi methi a d rosted papad in it and served in meal

Dunghar Gobhi danthal muttar ro saag
धुंगार गोभी डंठल मटर रो साग

(Winter season fresh Gobi stems and green peas cook with spices in Rajasthan style and smoked)

Rajasthani food and culture

Ingredients

Gobi dantals 1 kg

Muttar 250 gm

Whole red chilly 5 nos

Ghee 100 ml

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Salt 10 gm

Kasturi methi 5 gm

Chooped green coriander 20 gm

Chooped mint 20 gm

Lemon

Charcoal for smoke

Clove for smoke 5 gm

Method

(1) clean and cut all vegetables and keep by side

(2) clean Gobi dantals and use inner part only greated Gobi dantals inner part

(3) take a kadhi add Ghee in it and add tempering of whole Red chillies and jeera till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time then add chopped tamato saute it some time then add greated Gobi dantals mix it and cook it some time then add turmeric powder salt and red chilly powder and coriander powder cook masala by adding water then add fresh green peas and chooped green coriander leaves and mint cook it properly then smoke with charcoal fire by adding cloves and Ghee on top and covered for some time then take it out and add lemon juice and served in meal

Hari gobhi danthal ka Halwa
हरी गोभी डंठल का हलवा

(Broccoli stems cook with Ghee and milk with dry fruits and sugar in Rajasthan style sweet)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Broccoli stems 1 kg

Ghee 200 gm

Mawa 200 gm

Milk 500 ml

Cardamom powder 10 gm

Dry fruits 50 gm

Sugar 250 gm

Method

(1) clean and peeled then greated a broccoli 🌳🌳 stems only inner part and keep by side

(2) take a kadhi add Ghee in it put on slow flame and add greated broccoli stems cook on slow flame then add Mawa rost with ghee some time then add milk in it cook it properly till ghee comes on top then add green cardamom powder and dry fruits cook it some time then add sugar mix it properly then again cook it properly addd take it out add garnish of dry fruits then served in meal

Ajomd kand Leela Kanda ro saag
अजमोद कंनद लिला कांदा रो साग

(Celery roots cook with spring onion and spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Celery roots (**अजमोद कनद**) 500 gm

Spring onion 250 gm

Ghee 200 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Chooped tamato 100 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Lemon

Method

(1) clean and cut all vegetables and keep by side and peeled celery roots and dice cut and keep by side

(2) take a handi add Ghee in it and add tempering of whole Red chillies jeera chooped onion chopped garlic chopped green chillies chooped ginger saute it till golden brown then add chopped tamato Cook it some time then add turmeric powder salt Red chillies powder and coriander powder by adding water Cook masala properly then add Dice celery roots cook it with onion of spring onion cook it properly then add spring onion leaves mix it and add chopped green coriander leaves and lemon juice cook it some time then take it out and served in meal with Rajasthan bread

Marwadi methi Bajra ke roti
मारवाड़ी मेथी बाजरा की रोटी

(Winter season fresh methi mix with millet and spices bread in Rajasthan style (

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Fresh methi 250 gm

Bajra atta 500 gm

Ajwain 5 gm

Salt 10 gm

Kasturi Methi 5 gm

Warm water

Method

(1) clean and cut fresh methi leafs fine chooped and keep by side

(2) take a parat or mixing bowl add above ingredients mix it properly by adding water make a dough

(3) roll roti with hand or rolling pin and cook on Tawa from both sides

(4) cook all bread and apply ghee and served with Rajasthan garlic chutney ghee gud white butter with Rajasthan food curry

Rajasthani pinwill bread made with spices and deep fry

राजस्थानी चकरी मठरी

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Maida 500 gm

Besan 250 gm

Suji 50 gm

Ajwain 5 gm

Kasturi methi 10 gm

Salt 10 gm

Chooped green coriander 20 gm

Red chilly powder 5 gm

Turmeric powder 10 gm

Oil 100 ml

Water

Oil for frying

Method

(1) take a mixing bowl add above ingredients mix it properly

(2) make a dough by adding water and above ingredients and rest for 20 minutes

(3) divide dough in equal size and rool big size roti and apply oil and flour and rolls like roulad tight and cut in small size in equal size

(4) roll all cut pinwill size dough and deep fry in oil in slow flame till golden brown

(5) take it out and served with mint chutney and tamarind chutney

Mewadi kuldhi ke dal
मेवाडी कुलथी की दाल

(Rajasthani Horses grass lentils cook with spices in Rajasthan style)

Rajasthani food and culture

@ranbankarawalirasoi

Ingredients

Kulthi dal 250 gm

Whole red chilly 5 nos

Ghee 100 ml

Jeera 5 gm

Hing 1 gm

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped tamato 100 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Chooped green coriander 20 gm

Lemon

Method

(1) soke kulthi dal in normal water for 2 hrs

(2) drain water and add fresh water and put on boiling on slow flame 🔥🔥 by adding salt cook it properly then keep by side

(3) take a handi add Ghee in it and add tempering of whole Red chillies jeera till crack then add hing chooped onion chopped garlic chopped ginger chooped green chillies saute it till golden brown then add chopped tamato Cook it some time then add turmeric powder salt and Red chillies powder mixed it and add water cook masala properly then add boil kulthi dal mix it and cook it properly then add chopped green coriander and lemon juice mix it and served in meal with Rajasthan bread and grains

Mewadi makki ra dhokla

मेवाड़ी मकाई रा ठौकला

(Spices and herbs mix steam bread of makki atta in Rajasthani style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Makki atta 500 gm

Seasme sheed (till) 50 gm

Papad khara 10 gm

Salt 5 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Chooped green chillies 30 gm

Chooped green coriander 50 gm

Chooped garlic 50 gm

Crush coriander 3 gm

Ajwain 3 gm

Jeera 3 gm

Red chilly flakes 5 gm

Ghee ,250 gm for serving

Method

(1) clean and cut all vegetables and keep by side

(2) put boiling water and add papad khara in it and keep warm and keep by side

(3) take a mixing bowl add above ingredients in it mix it properly and then make dough by adding papad khara water in it and make dough and make dokla of doughnut shape and keep by side

(4) take a steamer or handi add dry wild grass in it and water under grass put on hai flame for boiling and stacked all dokla for steam for 20 to 30 minutes then served in meal with ghee and kulthi dal in meal

Jaisamandi bharwa tawa macchi

जयसमंदी भरवा तवा मच्छी

(Asia man made largest fresh water Lake fish 🐟 stuffed with mint and spices and covered with mewar corn 🌽 and spices cook on Tawa)

Recipe create by Prem Singh Rathore (Rawali Rasoi)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Fish fillet 1 kg

Makki atta 250 gm

Besan 50 gm

Ajwain 5 gm

Salt 10 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Lemon 🍋🍋🍋🍋🍋

Eggs 2 nos

Mix of herbs (chooped garlic.chooped mint.chooped ginger chooped green coriander stems chooped green chillies Red chillies flacks)

For stuffing (mix of green coriander mint green chillies ginger garlic raw mango 🥭 with spices)

Method

(1) clean and cut fish fillet in meadum size steak and make pocket in it by knife

(2) marinated a fish with salt turmeric powder yellow chilly powder lemon juice

(3) stuff fish steak in pocket with above stuffing mix and keep by side

(4) make a eggs batter

(5) makki atta and besan mix with ajwin salt dry

(6) take stuff fish dip in egg batter and put in herbs mix and coted with Makki atta besan mix all and keep by side

(7) cook on Tawa and served in meal with mint chutneys

Gath gobhi pudina ke subzi
गांठ गोभी पुदीना की सब्जी

Rajasthani food and culture

Ingredients

Gaat Gobi 500 gm

Mint 100 gm

Ghee 100 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped garlic 50 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Chooped tamato 100 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Lemon

Method

(1) Clean and cut all vegetables and keep by side

(2) peeled gaat Gobi and grated inner part of Gobi and keep by side

(3) take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time then add chopped tamato saute it some time then add turmeric powder salt and Red chillies powder and coriander powder cook masala by adding water and then add greated Gobi saute it and mix with masala and cook it properly then add chopped green mint leaves and chooped green coriander leaves and lemon juice Cook it properly then served in meal with Rajasthan bread

Leela muttar ro saag

लिला मटर रो साग

(Winter season fresh green peas.green peas leafs and snow peas cook with spices in Rajasthan style)

Winter season healthy recipes by Prem Singh Rathore

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Green peas 100 gm

Snow peas 250 gm

Green peas leafs 250 gm

Mustard oil 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped garlic 30 gm

Chooped ginger 20 gm

Chooped tamato 100 gm

Salt 10 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Lemon

Method

(1) clean and cut all vegetables and keep by side for tempering

(2) cut snow peas in small size Dice cut and green peas leafs chooped and keep by side

(3) take a kadhi add mustard oil in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time then add cut snow peas and fresh green peas saute it some time then add chopped tamato and salt turmeric powder and coriander powder cook masala properly by adding water and then add chopped green peas leafs mix it and cook it properly then add chopped green coriander leaves and lemon juice mix it properly then served in meal with Rajasthan bread

Bathua ke bharwa tawa mirchi

बथुआ की भरवा तवा मिर्च

(Banana chillies stuff with bathua mix with spices in Rajasthan style and cook on Tawa)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Bathua 500 gm

Banana chillies 500 gm

Vegetables oil 50 gm

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Salt 10 gm

Turmeric powder 5 gm

Kasturi methi 10 gm

Coriander powder 20 gm

Besan 100 gm

Lemon

Method

(1) clean and cut all vegetables and keep by side

(2) wash bathua and chooped bathua and keep by side

(3) make pocket in banana chillies and keep by side

(4) make a mixture of chillies take a kadhi add oil in it and add tempering of Jeera chooped onion chopped garlic chopped green chillies chooped ginger saute it some time then add besan mix it and Cook it some time then add turmeric powder salt and Red chillies powder and coriander powder and add wash chooped bathua leafs mix it Cook it properly by adding kasturi methi and salt and take it out and cool it an stuff chillies by mix and keep by side

(5) take a tawa add oil and put on slow flame and add stuff Bathua chillies cook from all Sid by apply salt and spices cook it properly by adding lemon juice and served in meal with Rajasthan bread

Mewadi jo methi re gugri
मेवाड़ी जौ मेथी री घुघरी

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Barley (sin removed)500 gm

Fresh methi 500 gm

Ghee 100 gm

Jeera 5 gm

Chooped ginger 20 gm

Chooped green chillies 30 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Salt 10 gm

Turmeric powder 5 gm

Chooped green coriander 20 gm

(1) clean and cut all vegetables and keep by side

(2) cut fresh methi leafs and keep by side

(3)take a handi add normal water and barley in it put on slow flame for boiling boil barley properly by adding salt in it and keep by side

(4) take a handi add Ghee in it and add tempering of whole Red chillies and jeera till crack then add chopped onion chopped garlic chopped ginger chooped green coriander saute it some time in ad turmeric powder and salt then add chopped fresh methi saute it som time then add boiled barley mix it and cook it properly then add chopped green coriander and take it out and served in meal

Leela Kanda kukuda re Shikkar

लिला कांदा कुकडा री शिकार

(Hunting style country chicken cook with spices and fresh spring onion in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Chicken curry cut 1 kg

Spring onion 500 gm

Mustard oil 100 ml

Whole spices 10 gm

Whole red chilly 5 nos

Jeera 5 gm

Ginger garlic paste 50 gm

Chooped ginger 20 gm

Chooped green chillies 50 gm

Chooped onion 250 gm

Chooped garlic 50 gm

Salt 10 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Coriander powder 20 gm

Gram masala 10 gm

Kasturi methi 10 gm

Chooped green coriander 20 gm

Lemon 

Method

(1) clean and cut all vegetables and keep by side

(2)maranite a chicken with ginger garlic paste salt turmeric powder yellow chilly powder mix it and keep for 2 hrs

(3) take a kadhi add mustard oil in it and add tempering of whole spices and whole red chilly till crack then add Jeera chooped onion chopped garlic chopped ginger chooped garlic chopped green chillies saute it till golden brown then add turmeric powder salt and coriander powder cook masala by water till oil come on top and add marnite chicken cook it some time then add spring onion baby onion and harder pard sute it'with chicken some time then add water and cook it properly then add gram masala kasturi methi and spring onion leaves and chooped green coriander mix it Cook it properly then add lemon juice and served in meal with Rajasthan bread

Sarso bajra re roti

सरसों बाजरा री रोटी

(Winter season fresh mustard leaf chooped and mixed with millet atta and make bread in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Bajra atta 500 gm

Fresh mustard leaf 500 gm

Salt 10 gm

Warm water

Method

(1) clean and chooped fresh mustard leaf and keep by side

(2) take a parat and add bajra atta and salt mix it then add chopped mustard leaf mix it properly then add warm water and need dough properly then divide in to equal size and roll with rolling pin and cook on Tawa from both sides on slowly and take it out

(3) served with dal or kadi or any nonveg food with ghee garlic chutney white butter Payaz and lemon

Sarso bathua ka maas

सरसों बथुआ का मांस

(Rajputana style mutton cook with winter season green vegetables mustard leaf and bathu with spices and herbs in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Mutton 2 kg

Mustard leaf 250 gm

Bathua 250 gm

Palak 250 gm

Mustard oil 100 ml

Whole spices 10 gm

Whole red chilly 5 nos

Ginger garlic paste 50 gm

Chooped onion 300 gm

Chooped green chillies 50 gm

Chooped ginger 30 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Coriander powder 20 gm

Garam masala 10 gm

Kasturi Methi 10 gm

Lemon 

Chooped green coriander 50 gm

Method

(1) clean and cut all vegetables and keep by side

(2) cut and wash all green vegetables and keep by side

(3) take a mixing bowl add mutton add salt turmeric powder yellow chilly powder lemon juice and ginger garlic paste marnite mutton for 1 hrs

(4)take a handi add mustard oil in it and add tempering of whole Red chillies and whole spices till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time till golden brown then add maranite mutton cook it on slow flame till mutton cook 50 percent then add turmeric powder salt and yellow chilly powder and coriander powder cook masala by adding water and cook for some more time then add chopped mustard leaf Bathua leafs and palak cook it properly then add chopped green coriander gram masala and kasturi methi mix it and cook it properly and served in meal

Taramera murg Bajra ka soyeta

तारा मीरा मुर्ग बाजरा का सौयता

Country chicken cook with fresh aragula and millet and spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Country chicken 2 kg

Millet 200 gm

Taramera 500 gm

Ghee 200 gm

Whole spices 10 gm

Whole red chilly 5 nos

Chooped onion 500 gm

Chooped ginger 30 gm

Chooped green chillies 50 gm

Chooped garlic 100 gm

Ginger garlic paste 50 gm

Turmeric powder 5 gm

Salt 10 gm

Red chilly powder 5 gm

Coriander powder 20 gm

Gram masala 10 gm

Curd 100 ml

Kasturi methi 10 gm

Chooped green coriander 50 gm

Lemon 

Method

(1) clean and cut all vegetables and keep by side

(2) cut taramera and wash it and keep by side

(3) boil millet in normal water by adding salt and keep by side

(4) marnite chicken with salt ginger garlic paste and turmeric powder and red chilly powder yellow chilly powder and curd keep by side for 2 hrs

(5) take a handi add Ghee in it and add tempering of whole spices and whole red chilly till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it till golden brown then add marnite chicken saute it some time till ghee comes on top then add turmeric powder salt and yellow chilly powder and Red chillies powder and coriander powder mix it add water cook masala properly then cook 80 percentage then add cook millet and taramera cook it properly then add gram masala and kasturi methi and chooped green coriander mix it Cook it properly then add lemon juice and take it out and served in meal

Marwadi mirchi tamatar ka kutta

मारवाड़ी मिर्च टमाटर रो कुटटो

Fresh banana chillies and green tamato Cook with spices in Rajasthan style)

Rajasthani food and culture

Ingredients

Banana chillies 250 gm

Green tamato 500 gm

Mustard oil 50 ml

Mustard seeds 3 gm

Jeera 3 gm

Sauf 3 gm

Red chilly whole 5 nos

Methi Dana 3 gm.

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped onion 250 gm

Black salt 10 gm

Turmeric powder 5 gm

Amchur powder 10 gm

Chooped green coriander 20 gm

Lemon

Method

(1) clean and cut all vegetables and keep by side

(2) take a kadhi add mustard oil in it and add tempering of whole Red chillies jeera mustard seeds sauf methi Dana till crack then add chopped onion chopped garlic chopped ginger saute it some time then add Dice banana chillies saute it some time then add Dice green tamato Cook it some time then add turmeric powder salt and amchur powder cook it properly then add chopped green coriander and lemon mix it and served in meal with Rajasthan bread

Marwadi dhungar bathua ka raita

मारवाड़ी थुंगार बथुआ रो रायतो

(Rajasthani style spicy smoke Bathua raita)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Bathua 500 gm

Curd 1 lt

Whole red chilly 5 nos

Curry leaves 2 gm

Hing 1 gm

Ghee 30 ml

Mustard seeds 3 gm

Jeera 5 gm

Chooped ginger 20 gm

Chooped green chillies 20 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Black salt 10 gm

Chooped green coriander 20 gm

Clove for smoke

Charcoal for smoke

Method

(1) clean and cut all vegetables and keep by side

(2) take a mixing bowl add curd in it and mix it properly by adding Black salt and keep by side

(3) make a tempering take a handi add Ghee in it and add tempering of whole Red chillies jeera mustard seeds hing curry leaves till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time till golden brown then add turmeric powder Red chillies powder and Bathua leaves mix it and saute it some time till green not over cook and make masala cool it some time then take extra tadka out for top garnish then add curd in it mixed it properly by adding chooped green coriander then smoke with charcoal lights add clove and ghee covered it for 10 minutes and open it and take it out charcoal and put in serving bowl add extra tadka on top with garnish and served in meal

Marwadi mooli ro khato

मारवाड़ी मुली रो खाटो

(Winter season fresh radish cook with curd base spicy curry in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Radish 500 gm

Curd 1 lt

Besan 50 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 3 gm

Mustard seeds 3 gm

Crush coriander 3 gm

Methi Dana 3 gm

Hing 1 gm

Curry leaves 5 gm

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped garlic 50 gm

Turmeric powder 10 gm

Red chilly powder 5 gm

Salt 10 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) take a mixing bowl add curd in it and add besan turmeric powder salt and Red chillies powder mix it properly and keep by side adding water

(3) take a handi add Ghee in it put on slow flame and add tempering of whole Red chillies hing Jeera mustard seeds methi Dana crush coriander and curry leaves till crack then add chopped onion chopped garlic chopped green chillies saute it some time then add radish dice cook it some time then add turmeric powder salt and Red chillies powder cook masala properly then add mixture of curd and spices Cook it properly then add chopped radish leafs mix it properly then cook and add chopped green coriander and take it out and served in meal with Rajasthan bread

Bathua Chakki ro saag

बथुआ चक्की रो साग

(Spices mix steam gluten cook with winter season fresh Bathua and spices in Rajasthan style

Rajasthani food and culture @ranbankarawalirasoi

Ingredients for chakki making

Wheat atta Doug 4 kg

Jeera.ajwin . crush coriander.salt turmeric.red chilly powder

Ingredients for curry

Wheat atta chakki 500 gm

Ghee 100 ml

Bathua 1 kg

Whole red chilly 5 nos

Jeera 5 gm

Chooped garlic 50 gm

Chooped green chillies 30 gm

Chooped onion 200 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Salt 10 gm

Yellow chilly powder 10 gm

Coriander powder 20 gm

Kasturi methi 10 gm

Chooped green coriander 20 gm

Method

(1) take a wheat flour make a dough and keep by side for 8 hrs by side

(2) clean and cut all vegetables and keep by side wash Bathua leafs properly

(3) take a strainer add need dough under running water wash atta when after gluten left take it out

(4) take a mixing bowl add gluten and add above ingredients for chakki making mix it and set in try steam for 30 minutes and take it out and cut in daimond cut

(5) take a kadhi add ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped green chillies saute it till golden brown then add turmeric powder salt and yellow chilly powder add chopped tamato make masala then add chopped Bathua leafs cook it properly then add steam gluten in to ir mixed it and cook it some time then add chopped green coriander and mix it and take it out and served in meal with Rajasthan bread

Marwadi goond ragi ka Halwa

मारवाड़ी गुंद रागी का हलवा

(Rajasthan style halwa made with Ragi flour and wild gum and jaggery with dry fruits)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Ragi flour 250 gm

Ghee 250 gm

Jaggery 300 gm

Wild eatable gum 100 gm

Dry fruits 100 gm

Green cardamom powder 5 gm

Milk 500 ml

Water 500 ml

Method

(1) take a kadhi add Ghee in it head ghee properly then add wild gum till it comes popup and take it out

(2) take a kadhi add Ghee in it put on slow flame and add Ragi flour roast on slow flame 🔥🔥 till golden brown then add warm milk and water cook it properly till no water in halwa

(3) dry fruits and green cardamom powder mix it and add jaggery in it again cook it properly till halwa ghee comes on top then add fry popup wild gum in it mix it and take it out in serving bowl and garnish with dry fruits and fry wild gum and served in meal

Sawa kutta atta ke khoba roti

सावा कुटु आटे की खौबा रोटी

(Rajasthani bread made with kutta atta and winter season saava and spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Kuttu atta 500 gm

Saava saag 500 gm

Salt 10 gm

Chooped green chillies 30 gm

Chooped green coriander 20 gm

Chooped onion 100 gm

Chooped ginger 20 gm

Ajwain 10 gm

Jeera 10 gm

Crush coriander 10 gm

Sauf 10 gm

Chilly flakes 5 gm

Warn water

Ghee 100 ml

Method

(1) clean and cut all vegetables and keep by side

(2) take a parat add kuttu atta in it add salt jeera ajwain crush coriander sauf chilly flakes chooped green coriander and mix it properly and need dough by adding water and keep by side

(3) take a clay pot Tawa put on slow flame 🔥🔥 and make a roti put on Tawa cook on slow flame one side and make khoba on top side by moving round as per pitcher cook on side properly then turned another side cook on slow flame till colour golden brown and take it out and cook all

(4) add Ghee in top and served with dal. ghee gud .Leasan ke chutney.mukka masala Payaz in meal with butter milk and enjoy traditional Rajasthan food

Marwadi mooli ka Halwa

मारवाड़ी मुली रो हलवो

(Winter season fresh radish halwa in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Radish 1kh

Ghee 200 ml

Mawa 250 gm

Dry fruits 100 gm

Jaggery 500 gm

Green cardamom powder 5 gm

Method

(1) clean and peeled radish and grated and keep by side

(2) take a kadhi add Ghee in it put on slow flame and add grated Mooli in it saute it till mass then add Mawa saute it some time then add green cardamom powder and dry fruits mixed it cook it some time then add jaggery finely chopped mix it Cook it properly then take it out in serving bowl add garnish of dry fruits and served in meal

Dhungar baigan pudina ka raita

धुंगार बैंगन पुदीना रो रायतो

(Winter season fresh bringels rost with garlic and chilli mix with mint and curd . Spices and smoked with cloves)

Rajasthani food and culture

Ingredients

Bringels large 250 gm

Banana chillies 5 nos

Whole garlic 50 gm

Curd 500 ml

Mint 100 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chillies 30 gm

Jeera powder 10 gm

Black salt 10 gm

Cloves 3 gm

Red chilly powder 2 gm

Ghee 20 ml

Hing 1 gm

Whole red chilly 5 nos

Method

(1) clean and rosted bringels and banana chillies and garlic in fire and take it out coool it and keep by side

(2) chooped baigan inner part with mint.banana chillies.salt.black salt and rosted garlic

(3) take a curd mix it properly and keep by side

(4) take a kadhi add Ghee in it and add tempering of whole Red chillies jeera hing chooped onion chopped garlic chopped green chillies saute it some time then add mix of bagian garlic chilli mint mix it with curd properly and keep by side add charcoal fire in bowl in pan add cloves in it add Ghee make smoke and cover it for 10 minutes take it out and keep in serving bowl add on top Red chillies powder and jeera powder and served in meal

Marwadi ajwin goond ra laddu

मारवाड़ी अजवाइन गुंद रा लाडु

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Ajwain 500 gm

Ghee 500 gm

Dry fruits 500 gm

Jaggery 600 gm

Goond 250 gm

Green cardamom powder 20 gm

Method

(1) rosted ajwain and grind it and keep by side

(2) grind dry fruits mixed with ajwain

(3) take a kadhi add Ghee in it heat a ghee and add Goond in it make pop and add in to ajwain mix

(4) add crush jaggery in ajwain and green cardamom powder mix all ingredients properly then add warm ghee in it make mixcher by side for cooling then make Laddu and stored in cool place and have in meal with empty stomach with help in your health

Marwadi Bajra methi ra dhokla or kadi

मारवाड़ी बाजरा मेथी रा ठौकला और कड़ी

Rajasthani food and culture @ranbankarawalirasoi

Ingredients for dokla

Bajra atta 500 gm

Meth fresh 250 gm

Salt 10 gm

Papad khara 10 gm

Chilly flakes 5 gm

Chooped green coriander 20 gm

Chooped garlic 50 gm

Chooped green chillies 30 gm

Ajwain 3 gm

Jeera 3 gm

Crush coriander 3 gm

Ingredients for kadi

Besan 100 gm

Butter milk 2 lt

Ghee 50 ml

Hing 1 gm

Whole red chilly 5 nos

Curry leaves 5 gm

Mustard.jeera.methi.corinder.mix sheed10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Salt 10 gm

Chooped green chillies 30 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) take a mixing bowl add dhokla ingredients mix it and make dough and make dokla as per pitcher and steam for 30 minutes

(3) make a kadhi take a handi add Ghee in it and add tempering of whole Red chillies jeera mustard seeds methi Dana crush coriander and whole red chilly curry leaves saute it some time then add chopped onion chopped garlic chopped green chillies saute it some time

(4) take a butter milk and add besan turmeric powder salt and Red chillies powder mix it and add in Handi after tadka is ready cook it properly then add chopped green coriander

(5) take out dokla of fresh methi and served in meal with kadi

Bagani gath gobhi ro saag

बैंगनी गांठ गोभी रो साग

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Purple Gaat Gobi 1 kg

Ghee 100 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Coriander powder 20 gm

Kasturi methi 10 gm

Gram masala 10 gm

Chooped green coriander 20 gm

Lemon

Method

(1)clean and cut all vegetables and keep by side

(2) cut purple Gaat Gobi leaves and peeled Gaat Gobi and cut in small dice and leaves shereted and keep by side

(3) take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time till golden brown then add dice Gaat Gobi cook it some time then add turmeric powder salt and yellow chilly powder then chooped tamato Cook Gobi dice with masala properly then add shereted leaves of Gaat Gobi Cook it properly then add kasturi methi salt and gram masala mix it and add chopped green coriander and lemon juice and take it out and served in meal with Rajasthan bread

Marwadi chaas kukuda re Shikkar

मारवाड़ी छास कुकडा री शिकार

(Country chicken cook with butter milk and spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Country chicken 1 kg

Ghee 100 ml

Whole spices 10 gm

Whole red chilly 5 nos

Slice onion 100 gm

Ginger garlic paste 50 gm

Chooped garlic 50 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Chilly flakes 3 gm

Black pepper 5 gm

Salt 5 gm

Butter milk 1 lt

Besan 50 gm

Chooped green coriander 20 gm

Method

(1) clean and cut chicken in curry cut and marnite with ginger garlic paste salt and keep by side

(2) cut all vegetables and keep by side

(3) take a mixing bowl add butter milk and besan mix it properly and keep by side

(4) take a handi add Ghee in it add tempering of whole spices whole red chilly then add chopped garlic slices onion chopped chopped ginger saute it some time till light golden brown then add chopped green chillies and maranite chicken saute it some time till ghee comes on top then add butter milk besan mix cook it properly by adding chooped green coriander and chilli flakes .black pepper and take it out and served in meal with Rajasthan bread

Marwadi leasan Jowar ke kichadi
मारवाड़ी लहसुन ज्वार की खिचड़ी

(surgam millets cook in Rajasthan style with fresh garlic leafs and spices)

Rajasthan food and culture and traditinal food of rajputana

Healthy recipes

Ingredients

Jawar 500 gm

Whole spices 10 gm

Ghee 200 gm

Jeera 5 gm

Fresh garlic leafs 250 gm

Chopped onion 250 gm

Chopped green chillies 50 gm

Chopped ginger 20 gm

Chopped garlic ,50 gm

Turmeric powder 5 gm

Red chillies powder ,10 gm

Coriander powder 10 gm

Salt 15 gm

Chopped green coriander ,20 gm

Lemon juice 10 ml

Method

(1) soke jawar in normal water for 8 hrs then boil it and keep by side

(2) cut all vegetables and leave and keep by side

(3) take a kadhi put on slow flame add ghee in it and add tempering of whole spices and whole Red chillies then add tempering of jeera chopped garlic chopped green chillies chopped ginger chopped onion saute it some time then add turmeric powder salt and Red chillies powder cook masala with adding water and salt then add fresh garlic leafs and boil jawar mixed it some time then add more garlic leafs and chopped green coriander cook it some time then add lemon juice and served in meal

Marwadi matria ka halwa

मारवाड़ी मतिरा का हलवा

(Water melon halwa recipe in Rajasthan style (

Lost recipe of Rajasthan(sugar-free halwa)

Ingredients

Water melon 1 nos (2 kg)

Ghee 200 gm

Dry fruits 50 gm

Mawa 250 gm

Cardamom powder 5 gm

Method

(1) peeled water melon skin and keep harder part cut big size and grated and keep by side

(2) take out water melon juice of inner part and keep by side

(3) take a kadhi add grated water melon for cooking till water reduce then add water melon juice and cook it till no juice then add mawa mix it and cook with cardmum powder and dry fruits then add ghee in it Cook it properly and served in meal with garnish of dry fruits

Dudhi makki methi ro saag

दुधिया मक्की मेथी रो साग

(Winter season fresh methi cook with baby corn and spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Meth fresh 500 gm

Baby corn 250 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Chooped tamato 100 gm

Salt 10 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Coriander powder 20 gm

Gram masala 10 gm

Chooped green coriander 20 gm

Lemon

Method

(1) clean and cut methi and baby corn and all vegetables keep by side

(2) take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time then add dice baby corn saute it some time then add chopped tamato mix it and cook for some time then add turmeric powder salt and yellow chilly powder cook it masala then add chopped fresh methi leafs mix it cook it properly then add gram masala and lemon juice chopped green coriander leaves and take it out and served in meal with Rajasthan bread

Lal saag
लाल साग

(Red chard cook with spices in Rajasthan style (

Ingredients

Red chard 500 gm

Whole red chilly 5 nos

Ghee 50 ml

Jeera 5 gm

Chopped onion 100 gm

Chooped garlic 50 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Salt 10 gm

Chooped green coriander 20 gm

Method

(1) clean and cut red chard in as per pitcher in leaf shereted and stems dice and keep by side

(2) cut all vegetables and keep by side

(3) take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped green chillies chooped

ginger saute it some time then add chopped tamato mix it properly then add turmeric powder salt and coriander powder cook masala properly then add dice red chard stems Cook it some time then add Red chard leafs cook it properly by adding chooped green coriander and served in meal with brea

Marwadi teen mirchi ke tapore

मारवाड़ी तीन मिर्च रा टपौरा

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Green banana chillies 50 gm

Red banana chillies 50 gm

Yellow banana chillies 50 gm

Mustard oil 20 ml

Panchpuean (achari masala) 5 gm

Black salt 5 gm

Hing 1 gm

Turmeric powder 3 gm

Red chilly powder 3 gm

Besan 50 gm

Lemon

Method

(1) clean and cut all chilly in round equal size and keep by side

(2) take a kadhi add mustard oil in it and add tempering of hing achari masala till crack then add cut chilly saute it some time then add black salt. Turmeric powder.red chilly powder mix it cook chilli half then add besan mix it cook on slow flame till besan cook and cited to chilly then add lemon juice and take it out and served in meal with Rajasthan food

Marwadi leasan taramera ro saag

मारवाड़ी लसून तारा मीरा रो साग

(Winter season fresh aragula cook with garlic and spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Taramera 1 kg

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Coriander powder 10 gm

Salt 10 gm

Method

(1) clean and cut taramera and vegetables and keep by side

(2) take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time then add turmeric powder salt and coriander powder then add chopped tamato mix it and cook masala properly then add chopped taramera leafs mix it properly and cook it properly then served in meal with Rajasthan bread

Marwadi Govind gatta ro saag

मारवाड़ी गोविंद गट्टा रो साग

(Traditional Rajasthan stuff gatta with Mawa dry fruits and spices and cook with curd base curry in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients for stuffing of gatta

Mawa 50 gm

Dry fruits mixed and crushed 50 gm

Mint . coriander.ginger.gree chill mix 50 gm

Salt

Ingredients for gatta

Besan 250 gm

Crush coriander.jeera . ajwain.sauf.chilly flakes mix 30 gm

Salt

Turmeric powder 5 gm

Red chilly powder 5 gm

Methi kasturi 2 gm

Cooking soda 1 gm

Curd 50 gm

Ghee 20 ml

Ingredients for govind Gatta curry

Whole red chilly 5 nos

Ghee 100 ml

Jeera.crush coriander.sauf. mix 10 gm

Hing 1 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Tamato puree 100 gm

Butter milk 1 lt

Besan 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Coriander powder 20 gm

Kasturi methi 5 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and keep by side

(2) make a stuffed add above ingredients of stuffing of gatta and keep by side

(3) make a gatta dough take above ingredients of gatta mix it and make tight dough and keep by side

(4) divide gatta dough in equal size and stuff it with mix of dry fruits and Mawa and blanch in boiling water for 10 minutes and take it out

(5) deep fry gatta in oil and keep by side

(6) take a mixing bowl add butter milk and spices and besan mix for curry by side

(7) take a handi add Ghee in it and add tempering of whole Red chillies hing Jeera crushed coriander sauf till crack then add chopped onion chopped garlic chopped ginger saute it some time then add turmeric powder salt and Red chillies powder and coriander powder cook with by adding tamato Puree masala properly then add

mix of butter milk and besan mix with spices in it cook it properly then add deep fry gatta in it then cook it some time then add chopped green coriander and kasturi methi and take it out and served in meal with Rajasthan bread

Marwadi teen mirchi re haldi re saag

मारवाड़ी तीन मिर्च री हल्दी रो साग

(Fresh turmeric cook with three types of chilly and spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Fresh turmeric 500 gm

Fresh red chilly 50 gm

Fresh yellow chilly 50 gm

Banana chillies 50 gm

Mustard oil 50 ml

Jeera 5 gm

Whole red chilly 5 nos

Chooped onion 100 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Curd 250 ml

Salt 10 gm

Red chilly powder 5 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Lemon

Method

(1) clean and cut fresh turmeric in small size and chooped three types of chilly and other vegetables and keep by side

(2) take a kadhi add mustard oil in it put on slow flame and add tempering of whole Red chillies and jeera till crack then add chopped onion chopped garlic chopped ginger saute it some time then add fresh turmeric chooped saute it some time then add salt Red chillies powder and coriander powder cook masala by adding curd in it and cook it properly then add three types of chilly again cook it properly then add chopped green coriander leaves and lemon  and take it out and served in meal with Rajasthan bread

Mewadi lal peeli mirch re Keri bhindi

मारवाड़ी लाल पीली मिर्च री केरी भिन्डी

(Lady finger cook with red yellow chilly and Raw mango and spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Mustard oil 50 ml

Whole red chilly dry 5 nos

Jeera 5 gm

Bhindi 500 gm

Red banana chillies 50 gm

Yellow banana chillies 50 gm

Green banana chillies 50 gm

Raw mango 1 nos

Chooped onion 100 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped tamato 100 gm

Salt 10 gm

Turmeric powder 5 gm

Amchur powder 5 gm

Chooped green coriander 20 gm

Method

(1) clean and cut all vegetables and Raw mango and chilly as per pitcher and keep by side

(2) take a kadhi add mustard oil in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped ginger saute it some time then add Red chillies.yellow chillies and green banana chillies saute it some time then add cut Bhindi mix it and cook for some time then add turmeric powder salt and amchur powder cook masala properly then cover it for 10 minutes cook it properly then add chopped green coriander leaves mix it and take it out and served in meal with Rajasthan bread

Leela tamatar ro saag

लीला टमाटर रो साग

(Winter season fresh green tamato Cook with spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Green tamato 500 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Yellow chilly powder 5 gm

Salt 10 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Method

(1) clean and cut tamato and vegetables by side

(2) take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time then golden brown then add cut green tamato saute it

some time then add turmeric powder salt and yellow chilly powder coriander powder cook masala by adding water and cook it properly then add chopped green coriander leaves and take it out and served in meal with Rajasthan bread

Chara meetha matria ro saag

चरको मिठो मतीरा रो साग

(Rajasthani water melon cook with spices with chilly and sugar in Rajasthan style)

Oil free recipe

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Water melon 1 kg

Whole spices 10 gm

Whole red chilly 5 nos

Sauf 5 gm

Sauf powder 5 gm

Black salt 10 gm

Red chilly powder 5 gm

Chilly flakes 5 gm

Chooped green chillies 20 gm

Chooped ginger 20 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Method

(1) peeled water melon skin and take out harder part of water melon by side and inner part take out juice of water melon. Cut harder part in diamond cut

(2) take a mixing bowl add water melon juice and add black salt.red chilly powder.corinder powder mix it and keep by side

(3) take a kadhi put on slow flame and add whole spices sauf rosted it on slow flame till crack then add chopped green chillies chooped ginger whole red chilly saute it some time then add dimond cut water melon skin Hard part cook it some time then add water melon juice mix with spices added then cook it properly by adding suger in it and Red chillies flacke and sauf powder

(4) cook it properly then add chopped green coriander leaves and take it out and served in meal with Rajasthan bread

Wagari leele Jowar
वगारी लिली ज्वार

fresh green surgm tempered with spices and herbs in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Fresh green surgm 500 gm

Ghee 50 ml

Jeera 5 gm

Chooped onion 100 gm

Whole red chilly 5 nos

Chooped ginger 20 gm

Chooped green chillies 30 gm

Chooped garlic 50 gm

Salt 5 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Lemon juice 10 ml

Method

(1) Clean and cut all vegetables and keep by side

(2) Take a kadhi add Ghee in it and add tempering of whole Red chillies and jeera till crack then add chopped onion chopped garlic chopped ginger chooped green

chillies saute it some time then add fresh green surgm saute it some time then add turmeric powder salt and coriander powder then add chopped tamato mix it and cook masala properly

(3) Cooking it properly then add chopped green coriander leaves and lemon juice and take it out and served in meal

Mewadi makki ke lapsi

मेवाड़ी मककी री लापसी(

Corn daliya cook in ghee and milk with dry fruits and cardamom powder and saffron with sugar in Rajasthan style)

Ingredients

Broken corn daliya 250 gm

Ghee 250 gm

Milk 500 ml

Water 500 ml

Green cardamom powder 10 gm

Dry fruits 100 gm

Saffron water

Sugar 250 gm

Method

(1) Take a handi add Ghee in it and put on slow flame then add broken corn daliya saute it till golden brown then add boil milk and water cook it properly till grains cook

(2) Add green cardamom powder and dry fruits cook it some time then add saffron water

(3) When daily cook properly then add sugar in it and cook it properly and garnish with dry fruits

(4) Served in meal

Marwadi Bajra ka kichada

मारवाड़ी बाजरा रो खिचडो

Millet cook with lentils and spices in Rajasthan style and served with Methi sprouts.garlic chutney and Dhungar papad ke churi)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Millet 250 gm

Mooth dal 250 gm

Ghee 100 ml

Jeera 5 gm

Hing 1 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped green coriander 20 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Smoke papad mix for garnish

Methi sprouts

Garlic chutney

Method

(1) Take a handi add water in it add millet and boiled it and keep by side

(2) Take a handi add mooth dal put for boiling by adding salt and turmeric powder and properly then keep by side

(3) Take a kadhi add Ghee in it and add tempering of jeera hing chooped onion chopped garlic chopped green chillies chooped ginger saute it some time then add turmeric powder salt and Red chillies powder by adding water then add boiled millet and boiled dal mix it properly and cook it properly and add comment green coriander

(4) take a serving plates add kichada in mould and add Methi sprouts and smoke papad mix and garlic chutney and served in meal

Kacchar pudina mirch ka pinda
काचर पुदिना मिर्च का पिणडा

(Goat leg marinate with curd kachari mint and green chillies and spices in Rajasthan style and Cook on bonefire)

Rajasthan food and culture and traditinal food of rajputana

Ingredients

Goat leg 2 nos

Garlic paste 100 gm

Kachari powder 50 gm

Raw papaya paste 50 gm

Black salt 15 gm

Mint chutney 100 gm

Hung Curd 250 gm

Yellow chilly powder 10 gm

Gram masala 10 gm

Mustard oil 50 ml

Lemon juice 20 ml

Method

(1) clean a goat leg and pin by knife or fork goat leg from both sides and marinate with salt . Garlic paste.kachari powder green chillies paste and little mint chutney and keep for 6 hrs and keep by side

(2) make a marnitaion take a parat add heated mustard oil and add salt yellow chilly powder gram masala garlic paste kachari powder mix spices properly then

add mint chutney again mix with curd and mix it properly then marnite a goat leg with marination and keep it for 8 hrs by side

(3) light a bone fir and put goat leg in skewers and put in slow flame on fire 🔥🔥 Cook it properly and served in meal with mint chutney and Rajasthan bread

Mewadi mahua ke chutney

मेवाड़ी मऊडा री चटनी

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Mahua flowers fresh 250 gm

Sauf 5 gm gm

Jaggery 50 gm

Red chilly mathina 50 gm

Black salt 10 gm

Whole coriander 5 gm

Jeera 5 gm

Method

(1) Take a fresh mahua clean and wash and keep by side

(2) Soke Red chillies and keep by side

(3) Take a silbatta add coriander.jeera .sauf Black salt crush with stone on silbatta properly then add some Red chillies in it again grind it properly then add fresh Mahuaa flower in it grind it properly then add jaggery and salt as per taste and take it out and served in meal with Rajasthan bread

Walan kakadi Leela Kanda ro saag

वालण काकड़ी लिला कांदा रो साग (

Summer kukumish Melo cook with spring onion and spices in Rajasthan style)

Rajasthani food and culture

Ingredients

Walan kakadi 250 gm

Spring onion 250 gm

Ghee 50 ml

Jeera 5 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Chooped tamato 100 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Coriander powder 20 gm

Chooped green coriander 50 gm

Method

(1) Clean and cut all vegetables and keep by side as per pitcher

(2) Take a kadhi add Ghee in it and add tempering of jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it

some time then add dice onion and walan kakadi saute it some time then add turmeric powder salt and Red chillies powder coriander powder and tamato Cook it by adding water on slow flame

(3) After cook curry then add spring onion leafs and chooped green coriander and served in meal with Rajasthan bread

Mewadi keri dakkh re kadi
मेवाड़ी केरी दाख री कड़ी

(Summer season fresh mango puree cook with fresh grapes and spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Fresh mango 🥭🥭🥭🥭🥭 puree 500 gm

Grapes 250 gm

Vegetables oil 50 gm

Jeera 3 gm

Methi Dana 3 gm

Besan 50 gm

Mustard seeds 3 gm

Crush coriander 3 gm

Curry leaves 5 gm

Whole red chilly 5 nos

Chooped green chillies 50 gm

Chooped ginger 20 gm

Black salt 10 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Chooped green coriander 20 gm

Method

(1) Clean and cut vegetables and keep by side

(2) Take out mango puree from fresh mango and add besan mix with turmeric powder black salt and Red chillies powder and keep by side

(3) Take a kadhi add oil in it and add tempering of whole Red chillies.mustard. jeera.crush coriander.methi Dana till crack then add curry leaves saute it some time then add chopped green chillies chooped ginger cook it some time then add fresh grapes saute it some time then add mix of besan and mango puree cook it properly then add chopped green coriander and served in meal with Rajasthan bread and grains

Mewadi junglee murga ke bharwa mirchi

मेवाड़ी जंगली मुर्गी की भरवा मिर्च (

Mewar region wild country chicken minced mix with spices and herbs and stuff in mewari Banana chillies cook on Tawa)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Country chicken minced 500 gm

Banana chillies 500 gm

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Chooped green coriander 50 gm

Chooped mint 20 gm

Red chilly powder 10 minutes

Turmeric powder 5 gm

Gram masala 10 gm

Black salt 5 gm

Lemon juice 10 ml

Ginger garlic paste 30 gm

Ghee 50 ml

Jeera 5 gm

Method

(1) Clean and cut all vegetables and keep by side

(2) Take out chicken minced in mixing bowl add above ingredients and mix it properly and keep by side for some time

(3) Make pocket of banana chillies from top of banana chillies as per pitcher

(4) Stuff chillies as per pitcher on by one and keep by side

(5) Take a tawa add ghee in it and add tempering of jeera till crack then add stuff banana chillies saute it from all side by adding salt and turmeric powder and Red chillies powder when properly cook add chopped green coriander and lemon juice and take it out and served with same mixture of chicken bread Tawa roti and served in meal

Marwadi maas ka bharwa kerala

मारवाड़ी मांस का भरवा करेला

(Beeter Guard stuff with mutton mince and spices with herbs and cook on Tawa)

Rajasthani food and culture

Ingredients

Karela 500 gm

Mutton keema 500 gm

Ghee for tawa 50 ml

Jeera ,5 gm

Salt

Red chilly powder 10 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Coriander powder 20 gm

Mint 30 gm

Chooped green coriander 20 gm

Amchur powder 5 gm

Gram masala 10 gm

Rosted chana powder 50 gm

Egg 1 no

Method

(1) Clean and cut all vegetables and keep by side

(2) Peeled karela and make pocket and add salt and keep for some time

(3) Wash karela with normal water and dry it keep by side

(4) Make a stuffing of karela add above ingredients of in mixing bowl add per pitcher and stuff all and keep by side

(5) Take a Tawa add ghee in it and tempering of Jeera then add stuff karela cook from both side on slow flame by covering after 70 percentage cook the add turmeric powder salt and Red chillies powder and amchur powder lemon juice and chooped green coriander and served in meal with Rajasthan bread

Marwadi chakki ke sulley

मारवाड़ी चक्की रा सूला

(Gluten mix with spices and steam and marnite with hunting style prepration sulley with spices and cook on bonefire)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients for chakki

Attaa 4 kg

Crush coriander 3 gm

Ajwain 3 gm

Jeera 3 gm

Chilly flakes 3 gm

Sauf 3 gm

Red chilly powder 5 gm

Turmeric powder 3 gm

Salt 3 gm

Ingredients for chakki ke sulley meranition

Hung curd 100 gm

Rogan (red chilly oil with mustard oil) 50 ml

Kachari powder 10 gm

Black salt 5 gm

Clove powder 2gm

Garam masala 5 gm

Ginger garlic paste 20 gm

Red chilly paste 50 gm

Brown onion.garlic cashew paste (50 gm)

Clove for smoked 2 gm

Ghee 50 ml

Method

(1) Take a parat add atta and need dough with warm water and keep by side for 6 hrs

(2) Take a strainer add needed atta and put it under running water in strainer till gluten left

(3) Take a mixing bowl add gluten and above ingredients of chakki of spices and put it for steam for 30 minutes and take it out and cut in finger size and keep by side

(4) Take a parat add Rogan in it to maranite chakki and above spices and ingredients mix it properly with hung curd and maranite for 2 hrs

Smoked with cloves and ghee and cover it for some time and take it out

(5) Take a skewars put chakki ke sulley on it and cook it on bone fire or tandoor and take it out and served in meal with chutney

Lal chandloi kumbhi ro saag

लाल चनदलोई कुम्भी रो साग

(Red amaranth leafs cook with dessert mushroom with spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Lal Chandloi 500 gm

Kumbhi 500 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Yellow chilly powder 5 gm

Kasturi methi 5 gm

Salt 10 gm

Chooped green coriander 20 gm

Method

(1) Clean and cut all vegetables and keep by side

(2) Take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it till golden brown then add cut mushroom cook it some time then add turmeric powder salt and yellow chilly powder cook masala by adding water and then add lal Chandloi leaves in it cook it properly then add kasturi methi and chooped green coriander and served in meal with Rajasthan bread

Chawal phali dhokli
चावला फली ठौकली

(lobia beans cook with steam bread and Rajasthan spice)

Traditional food of Rajasthan mewar region witch is near by Gujrat combination of of seasonal beans lobia cooked with spicy mix dough cut in pic cooked with rajasthani spice warity of food people found when you have less of vegetable

Ingredients for dokli

Besan 200 gm

Atta 200 gm

Salt 10 gm

Suger 20 gm

Ajwin 5 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Curd 100 ml

Chopped green coriander 20 gm

Ingredients for curry

Ghee 100 ml

Jeera 5 gm

Cut lobia beans 500 gm

Dokli 500 gm

Chopped green chili 20 gm

Chopped ginger 10 gm

Tamato purre 100 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Suger 10 gm

Salt 10 gm

Chopped green coriander 20 gm

Method

First make a dokli add above ingredients of dokli in mixcing bowl and mix it properly by adding water make dough and roll it by rolling pin and cut it in to Diamond shape and boil it in water for 10 minutes then take it out and deep fry in oil and keep by side

Make a curry

Take a kadhi add ghee. Jeera. Chopped green chili. Chopped ginger. Tamato purre cook it some time then add red chilly powder. Turmeric powder salt and suger then add beans and deef fry dokli in it mix it and Cook it properly by adding chopped green coriander and served in meal with Rajasthan bread

Galka taroi ro saag

गलका तरोई रो साग

(Summer season fresh snake guard cook with spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Galka Taroi 500 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped garlic 30 gm

Chooped ginger 20 gm

Chooped tamato 100 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Salt 10 gm

Coriander powder 20 gm

Chooped green coriander 20 gm

Lemon juice 10 ml

Method

(1) Clean and cut all vegetables and keep by side

(2) Peeled galk Taroi and cut in small size and keep it in water

(3) Take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time then add chopped tamato Cook it some time then add dice Galka Taroi cook till soft and then add turmeric powder salt and Red chillies powder and coriander powder cook masala by adding water till ghee come on top add some water and cook it properly then add chopped green coriander and lemon juice then served in meal with Rajasthan bread

Mewadi bharwa lauki ke kadi or Bajra kichadi
मेवाड़ी भरवा लौकी की कड़ी और बाजरा खिचड़ा

Rajasthani food and culture @ranbankarawalirasoi

Ingredients for Bharwa lauki

Lauki 500 gm(small size)

Mawa 250 gm

Dry fruits grind 250 gm

Chooped green chillies 20 gm

Chooped ginger 20 gm

Green cardamom powder 5 gm

Salt 5 gm

Chooped green coriander 20 gm

Ingredients for Kadi

Butter milk 1 lt

Besan 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Ghee 50 ml

Hing 1 gm

Whole red chilly 5 nos

Mustard.jeera.crush coriander.methi dana mix 10 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped garlic 50 gm

Chooped green coriander 20 gm

Ingredients for masala kichada

Millet 250 gm

Ghee 100 ml

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Salt 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 20 gm

Chooped mint 20 gm

Lemon juice 10 ml

Method

(1) Clean and cut all vegetables and keep by side

(2) Peeled lauki and cut in equal round size and take it out inner part and blanch lauki in water by adding salt and turmeric and take it out

(3) Take a mixing bowl add ingredients of stuffing of lauki mix it properly and stuff it and keep in cool place

(4) Make a kadi take a handi and Ghee in it and add tempering of whole Red chillies jeera.crush coriander.methi Dana . mustard Till crack then add hing chooped onion chopped garlic chopped green chillies chooped ginger saute it some time then add turmeric powder salt and Red chillies powder then add Butter milk

and besan mix cook it properly then add chopped green coriander leaves and keep by side

(5) Make a kichada boil bajra with normal water by adding salt and turmeric powder and keep by side

(6) Take a kadhi add Ghee in it and tempering of jeera till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time then add turmeric powder salt and Red chillies powder cook masala then add boil bajra mix it and mint

(7) Cut lauki and grill in Tawa and served as per pitcher

Marwadi leasan papad paneer ke chakri

मारवाड़ी लहसुनी पापड़ पनीर चकरी

(Rajasthani style paneer roll stuff with garlic chutney and coated with Rajasthan papad)

Ingredients

Paneer 1 kg

Papad mix rosted 100 gm

Rajasthani garlic chutney 100 gm

Besan 100 gm

Salt

For garnish

Lemon

Mint chutney

Shirka payaz

Laccha payaz

Method

(1) Take a paneer block equal size and put in tray and then put in steamer for steam for 20 minutes

(2) Take it out panner and cook Till normal then slice in tin equal size and keep by side

(3) Make a rool take slice paneer apple garlic chutney in it with double panner and chutney then rool it all and put in cool place for 30 minutes

(4) Take a mixing bowl add besan and spices and salt make batter by adding butter milk and add paneer roll in it one by one and after dipped apply crush papad on rool and keep in cool place

(5) Deep fry it and cut in equal round size and make plate with garnish ingredients as per pitcher and served in meal

Rajputana Thar ke kurkuri sangari
राजपुताना थार की कुरकुरी सांगरी

(Rajputana dessert khejri Trees beans mix with spices and besan and deep fry)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Sangri 100 gm (dry)

Butter milk 1 lt

Whole red chilly 5 nos

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Black salt 5 gm amchur powder 5 gm

Green and red chilly for garnish 5 nos

Chooped green coriander 20 gm

Besan 100 gm

Method

(1) Clean and wash sangri then soak for 1 HRS and keep by side

(2) Drain water of sangri then add Butter milk in sangri and some salt Red chillies powder turmeric powder whole red chilly soak for 4 HRS and then put it for boilng properly then drain it and cool it keeps by side

(3) Take a mixing bowl add boil sangri. Besan. Turmeric powder. Salt. Red chilly powder. Amchur powder. Mix it properly if sangri is dry add little butter milk and mix

(4) Deep fry in vegetable oil on slow flame and take it out and served in meal with garnish with fresh fried chilly and chooped green coriander

Bajra ankurit moong or lal chandloi ke kichadi

बाजरा अंकुरित मुग और लाल चनदलोई की खिचड़ी

(Rajasthani millet cook with spices and green moong sprouts and red amaranth leafs in Rajasthan style)

Ingredients

Bajra boiled 500 gm

Lal Chandloi 250 gm

Moong sprouts 100 gm

Papad rosted 50 gm

Ghee 100 ml

Jeera 5 gm

Hing 1 gm

Whole red chilly 5 nos

Chooped green chillies 50 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Salt 10 gm

Chooped green coriander 20 gm

Lemon juice 10 ml

Mint 20 gm

Method

(1) Clean and cut all vegetables and keep by side

(2) Take a kadhi add Ghee in it and add tempering of whole Red chillies jeera hing jeera till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time then add turmeric powder and salt then add moong dal sprouts and lal Chandloi leaves saute it some time then add boiled millet mix it cook it properly then add chopped green coriander and mint leaves Take it out and add rosted Papad crush mix it and served in meal

Keri lal bhandi ro saag

केरी लाल भिन्डी रो साग

Red colour lady finger Cook with spices and raw mango in Rajasthan style

Rajasthani food and culture

Ingredients

Red bhindi 500 gm

Raw mango 1 nos

Mustard oil 50 ml

Jeera 5 gm

Whole red chilly 5 nos

Chooped onion 100 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped green chillies 50 gm

Red and green banana chillies 50 gm

Salt 10 gm

Amchur powder 5 gm

Turmeric powder 5 gm

Chooped green coriander 20 gm

Method

(1) Clean and cut all vegetables and keep by side as per pitcher

(2) Take a kadhi add mustard oil in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped ginger chooped

green chillies saute it some time then add cut Red bhindi saute it some time then add dice cut Red and green banana chillies saute it some time then add turmeric powder salt and amchur powder cook it properly then add Raw mango julin and chooped cook it some time then add chopped green coriander leaves mix it properly then take it out and served with bread

Paneer papad ro saag or pudina Bajra kichada

पापड़ पनीर रो साग और पुदीना बाजरा री खिचड़ी

Rajasthani food and culture

Ingredients for paneer roll

Paneer 500 gm

Garlic chutney 150 gm

Papad rosted 100 gm

Besan battar 100 gm

Ingredients for Kadi

Besan 50 gm

Butter milk 1 Lt

Turmeric powder 5 gm

Salt 5 gm

Red chilly powder 5 gm

Ghee 50 ml

Hing 1 gm

Whole red chilly 5 nos

Mustard sheed methi seeds.crush coriander.jeera 10 gm

Chooped green chillies 30 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green coriander 20 gm

Ingredients for Bajra pudina Kichadi

Boiled bajra 500 gm

Ghee 100 ml

Mint chutney 100 gm

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped garlic 50 gm

Salt 10 gm

Chooped mint and coriander 50 gm

Method

(1) Steam paneer for 20 minutes and take it out cool it and slice it thin and apply garlic chutney in paneer and rool it and keep it cool place

(2) Make besan battar dip roll in it and coated with crushed papad and applied on all and keep by side

(3) Make kadi take a handi add ghee in it and add tempering of spices and whole red chilly. Chooped onion. Chooped garlic. Chooped green chillies saute it some time then add powder masala and besan butter milk mix cook it properly by adding chooped green coriander

(4) Make a pudina Bajra Kichadi take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped green chillies saute it some time then add boiled bajra cook it some time then add salt and mint chutney cook it properly then add chopped mints and chooped green coriander mixed it

(5) Cook paneer roll in oven or slice it cook on Tawa and make plating as per pitcher an dish

Marwadi chakki ro khato

मारवाड़ी चक्की रो खाटो

(Spices mix steam gluten cook with spices curd base curry in Marwadi style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Atta dough 2 kg

Ghee 50 ml

Whole red chilly 5 nos

Hing 1 gm

Mustard sheed 3gm

Methi seeds 3gm

Jeera 3 gm

Crush coriander 3 gm

Chooped green chillies 30 gm

Chooped onion 100 gm

Chooped garlic 30 gm

Butter milk 2 lt

Besan 100 gm

Crush coriander 5 gm

Ajwain 5 gm

Turmeric powder 10 gm

Salt 10 gm

Red chilly powder 10 gm

Chooped green coriander 50 gm

Method

(1) Take a needed wheat flour dough if one day old then take a strainer put dough in it and put under running water till turn by hand and take it out gluten

(2) Take a mixing bowl add gluten and add turmeric powder salt and Red chillies powder crush coriander jeera and ajwain Red chillies flakes mix it properly then set in trays and put for steam 30 minutes and take it out cool it and cut in dimond cut

(3) Take a mixing bowl add butter milk and besan then add turmeric powder salt and Red chillies powder mixed it and keep by side

(4) Take a handi add ghee in it and add tempering of whole Red chillies jeera mustard. methi seeds crush coriander till crack then add hing . Chooped onion chopped garlic chopped green chillies saute it some time light brown then add besan butter milk mix cook kadi properly fo 20 minutes then add cut chakki mix it cook for 5 minutes on slow flame and add chopped green coriander and take it out and served in meal with Rajasthan bread and grain

Keri pudina ke chakki
केरी पुदीना री चक्की

(Kari pudina Re chakki) gluten mixed with spices and steam and cut in piece and marnite with curd and spices with Raw mango and mint cook on Fire 🔥

Rajasthani food and culture

Ingredients for chakki

Wheat atta 4 kg

Crush coriander 3 gm

Sauf 3 gm

Jeera 3 gm

Ajwain 3 gm

Chilly flakes 5 gm

Salt 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Ghee 50 ml

Ingredients for chakki marnition

Curd 100 gm

Mustard oil 20 ml

Mint paste 100 gm

Raw manga 2 nos (one for paste and one for chooped garnish)

Green chillies 20 gm

Black salt 5 gm

Kasuri methi 5 gm

Yellow chilly powder 5 gm

Gram masala 5 gm

Method

(1) Take a parat add atta in it makes a dough and keep for 6 HRS

(2) Take atta in strainer put under tab in running water till gluten left

(3) Take a mixing bowl add gluten and above spices and put it in tray and steam for 30 minutes and take it out and cut equal size

(Heated mustard oil and then cool it keeps by side

(5) Take a parat add mustard oil. Curd and above spices mixed with mint and Raw mango green chillies paste mix with spices and marnite a chakki and keep by side for 2 HRS

(6) Cook on fire or oven and served with Raw mango spices mix and garnish with Raw mango mixed with spices and chutney

Mewadi singada ka meetha chilla

मारवाड़ी सिंगाड़े का मिठा चिला

Rajasthani style water chestnut sweet pancake)

Rajasthani food and culture

Ingredients

Singada atta 250 gm

Jaggery 150 gm

Sauf 10 gm

Milk 250 ml

Saffron water 50 ml

Water

Ghee 50 ml

Method

(1) Take a handi add jaggery add water and boil it and take it out cool it

(2) Take a mixing bowl add singada atta milk . Water. Saffron water. Sauf. Mix it properly then keep by side for 2 HRS

(3) Take a Tawa add ghee little apply then add singada battar spred on. Tawa cook it on slow flame from both sides one by one all

(4(served in meal

Leela mirch bhur kola ro saag
लिली मिर्च भुरकौला रो साग

Mewadi fresh banana chillies cook with white pumpkin with spices in Rajasthan style)

Healthy recipes of Mewar

Ingredients

White pumpkin 2 kg

Fresh banana chillies 250 gm

Vegetables oil 50 ml

Jeera 5 gm

Curry leaves 5 gm

Whole red chilly 5 nos

Chooped ginger 20 gm

Red chilly flakes 5 gm

Turmeric powder 5 gm

Salt 10 gm

Chooped green coriander 20 gm

Lemon

Method

(1) Take a white pumpkin Peeled skin and cut in to dice and keep by side

(2) Cut banana chillies in dice and cut other vegetables and keep by side

(3) Take a kadhi add vegetables oil put on slow flame and add tempering of whole Red chillies jeera till crack then add chopped ginger curry leaves. Dice banana

chillies saute it some time then add white pumpkin cook it some time then add turmeric powder salt mix it properly and cook it properly then add chopped green coriander and lemon juice then served in meal with Rajasthan bread

Rajwadi shakkar re roti
रजवाडी साकर री रोटी

(Royal bread of Rajputana made with refined flour and ghee and candy sugar powder)

History of shakkar roti of region of kotadi in barmer when king of sindh amar koth travel to Marwar in kothadi and older time King travel with there force and with horses and camel from desert area to Marwar during travel in evening Thakur of kotadi request to stay with us and have a meal with kotadi royal family all force stay at there had a meal after that kotadi Thakur Request to King of Amar kot Sindh have meal with us in royal family then king of Amar kot Sindh king ask that things to mach in bread then only have a meal

(1) Bread should be made without water

(2) It should be sweet like mishari

(3) Bread should cook from one side and not turnover

(4) Bread should be not black Mark on Bread

(5) Bread should be white from top

These all things to match in bread then only have a meal with kotadi royal family

On that time kotadi Thakur shab and. All rajput are in trouble who can make this kind of bread witch is not possible and request spred to all in town and in end this news come to kotadi thukranisa and they came to thakur shab this is problem and no one can solve this then ranisa ask I will make this kind of bread and they have made it bread and served to King of Amar kot Sindh after that King enjoy meal

It's just history and after that bread makes on special occasions on special guest

But this recipe not comes to out from rajputs family to other parts of India and hotel and restaurant in food industry

Ingredients

Maida 500 gm

Ghee 250 gm

Candy sugar powder 250 gm

Dry fruits on choice for garnish

Method

(1) Take a mixing bowl add above ingredients and make dough and keep by side

(2) Divide in to equal size and rool on Tawa in normal then put on dubal Tawa on slow flame and cover it by tray and put light charcoal and cook it and cook it and take it out and served in meal

Mewadi moringa dal ka shorba

मेवाड़ी मोरिगा दाल का सौरबा

Drumsticks cook with lentils and spices in mewari style and herbs and take out broth)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Drumsticks 500 gm

Whole spices 10 gm

Oil 50 ml

Peeled garlic 50 y

Ginger 20 gm

Mix dal 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Coriander stems 100 gm

Lemon

Method

(1) Clean and cut Drumsticks in equal size and keep by side

(2) Take a handi add oil in it and add tempering of whole spices till crack then add jeera. Crush ginger crush garlic and Drumsticks saute it some time

(3) Add dal rosted with Drumsticks then add turmeric powder salt and Red chillies powder mix it and add water cook it properly till drumstick and dal cook properly

(4) Add coriander stems in it and cook it properly then take it out and strain it properly then add chopped green coriander and lemon juice then served in meal

Mewadi amrud ke sabzi
मेवाड़ी अमरुद की सब्जी

(Mewar Region mansoon guava cook with spices in Mewari style)

Fruits curry of Mewar

Ingredients

Amrud 1 kg

Ghee 50 ml ml

Jeera 5 gm

Redchilly whole 5 nos

Green chili 20 gm

Tamato 100 g

Ginger 20 gm gm

Fresh corinder 20 gm

Redchilly powder 10 gm

Turmeric 5 gm

Black salt 10 gm

Red chilly powder 10 gm

Coriander powder 20 gm

Sugar 10 gm

Method

(1) Clean and cut Amrud in equal dice and keep in normal water by adding self and sugar

(2) Take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped ginger chooped green chillies salute it' some time then add dice Amrud and chooped tamatar saute it some time then add turmeric powder salt and Red chillies powder and coriander powder mix it and Little water cook masala properly then add some more water cook it properly then add chopped green coriander and take it out and served in meal with Rajasthan bread

Maas potli ro khato or Bajra re charki kichadi

मांस पोटली रो खाटो और बाजरा रो चरको खिचडो

(Rajasthani mutton minced money bag samosa cook with spicy curd base curry in Rajasthan style with spicy millet Kichadi)

Ingredients for Maas potli

Maida 250 gm

Ajwain 5 gm

Ghee 25 ml

Salt 5 gm

For mix

Mutton keema cook 250 gm(with spices)

Chooped green chillies 20

Chooped onion 50 gm

Mint leaves 10 gm chooped

Chooped green coriander 20 gm

Ingredients for Kadi

Butter milk 2 Lt

Besan 50 gm

Ghee 50 ml

Whole red chilly 5 nos

Mustard sheed 3gm

Crush coriander 3 gm

Methi seeds 3gm

Jeera 3 gm

Hing 1 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Salt 10 gm

Chooped green chillies 50 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green coriander 20 gm

Ingredients for charka Kichadi

Millet Boil 500 gm

Jeera 5 gm

Chooped green chillies 30 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Salt 5 gm

Ghre 50 gm

Chooped mint 20 gm

Chooped green coriander 20 gm

Method

(1) Make a potali daugh keep by side rest it and divide in equal size

(2) Make potli samosa mix with cook minced with spices and stuff in potali samosa and keep by side and deep fry and keep by side

(3) Make a kadhi take a handi add ghee in it and add tempering of whole Red chillies jeera mustard seeds methi seeds crush coriander till crack then add hing

chooped green chillies chooped onion chopped garlic saute it some time then add turmeric powder salt and Red chillies powder cook it some time then add butter milk and besan mix cook it properly by adding chooped green coriander and keep by side

(4) Make a charka Kichadi take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped green chillies saute it some time then add turmeric powder salt and Red chillies powder cook masala by adding water then add cook millet Kichadi properly by adding chooped green coriander and mint leaves

(5) Take a serving plate add Kichadi with proper moulds then add deep fry mutton samosa as per pitcher with kadi and garnish

Marwadi kumbhi Leela Kanda ro saag

मारवाड़ी कुमभी लिला कांदा रो साग (

Rajasthani style Button Mushrooms cook with spices and fresh spring onion)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Button mushrooms 500 gm

Spring onion 500 gm

Whole red chilly 5 nos

Mustard oil 50 ml

Jeera 5 gm

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Yellow chilly powder 10 gm

Coriander powder 20 gm

Chooped green coriander 50 gm

Kasturi methi 5 gm

Method

(1) Clean and cut all vegetables as per picture and keep by side

(2) Take a kadhi add mustard oil in it put on slow flame till oil heat on smoking point

(3) Add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time then add dice button mushrooms saute it some time then add turmeric powder salt and yellow chilly powder cook masala with mushroom till mushroom cook then add hard part of spring onion cook it some time then add cut spring onion and chooped green coriander mix it properly then add kasturi methi and cook it properly then take it out and served with Rajasthani bread in meal

Marwadi lal peeli mirch ke roti

मारवाड़ी लाल पिली मिर्च की रोटी!!

Marwadi Lal Peele Mirch Ke Roti (Marwar Region fresh colours chilly mix with flour and spices and make Tawa bread in Rajasthan style)

Ingredients

Wheat flour 500 gm

Besan 500 gm

Red banana chillies 50 gm

Yellow banana chillies 50 gm

Green banana chillies 50 gm

Chooped onion 100 gm

Chooped ginger 20 gm

Chooped green coriander 50 gm

Jeera 5 gm

Ajwain 5 gm

Crush coriander 5 gm

Turmeric powder 5 gm

Salt 10 gm

Kasturi methi 5 gm

Ghee 50 ml

Method

(1) Clean and cut chooped all banana chillies in small size and keep by side

(2) Cut other vegetables and keep by side

(3) Take a mixing bowl or parat add above spices and flour mix it and add cut chillies and vegetables mix it properly then add water and need dough and rest it for some time then divide in to equal size and roll with rolling pin and cook one by one in clay pot Tawa on slow flame and apply Ghee on top and served in meal with curd

Marwadi mewa Mawa ka Bajra Kichada

मारवाड़ी मेवा मावा का बाजरा खिचड़ा

(Rajasthani millet cook with reduce milk and dry fruits with Ghee and mild spices in Rajasthan style)

Rajasthani food and culture @ranbankarawalirasoi

Ingredients

Bajra 250 gm

Ghee 100 ml

Mawa 100 gm

Dry fruits 50 gm

Green cardamom powder 10 gm

Saffron 1 gm

Candy sugar 200 gm

Milk 1 lt

Method

(1) Soke millet in normal water for 4 hrs

(2) Drain water then add millet in normal milk and put on for boilng Till properly cook

(3) Take a kadhi add Ghee in it then add Mawa cook it some time then add cook millet mix it properly then add dry fruits and green cardamom powder cook it properly till ghee comes on top

(4) Add candy sugar Cook it properly then add saffron water and take it out and cool it and garnish with dry fruits and served in meal

Junglee Leela Kanda re sabzi

जंगली लिला कांदा री सब्जी !!

Jungle chives ke sabzi !! (Wild onion chives cook with spices and herbs in Rajasthan style)

Ingredients

Chives 500 gm

Mustard oil 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Turmeric powder 5 gm

Salt 10 gm

Coriander powder 20 gm

Chooped green coriander 50 gm

Method

(1) Clean and select chives and keep by side for some time then chooped it and keep by side

(2) Cut other vegetables and keep by side

(3) Take a kadhi add mustard oil in it and put on slow flame and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic

chopped ginger chooped green chillies saute it some time then add turmeric powder salt and coriander powder cook masala properly then add chopped chives mix it and cook it properly

(4) Add chopped green coriander and mix it and take it out and served in meal with Rajasthan bread

Mewadi dadam kharchi bhindi

मेवाड़ी दाड़म खरची भिन्डी!

Mewadi Dadam Karachi Bhindi (Mewad region fresh wild season Bhindi cook with spices and fresh pomegranate in mewari style)

Ingredients

Mewari karchi bhindi 500 gm

Fresh pomegranate seeds 250 gm

Mustard oil 50 ml

Jeera 5 gm

Whole red chilly 5 nos

Chooped onion 100 gm

Chooped green chillies 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Amchur powder 10 gm

Anardana powder 10 gm

Chooped green coriander 50 gm

Lemon

Method

(1) Clean and cut Bhind in small size as per pitcher and keep by side

(2) Take out fresh pomegranate seeds and cut all vegetables keep by side

(3) Take a kadhi add mustard oil in it and put on slow flame and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time then add cut Bhind saute it some time then add turmeric powder salt and amchur powder anardana powder coriander powder mix it properly and Cook it properly then add fresh pomegranate seeds half mix it and saute it some time then add chopped green coriander and lemon juice mix it and take it out and put in serving bowl and garnish with fresh pomegranate seeds and chooped green coriander leaves and served in meal with Rajasthan bread

Marwadi achari gatta pulao

मारवाड़ी अचारी गट्टा पुलाव!!

Marwadi Achari Gatta pulao (Rajasthani spice gram flour dumpling cook with pickle spices and rice with spices and herbs in Marwadi style)

Ingredients for gatta

Besan 250 gm

Mustard oil 20 ml

Crush coriander 3 gm

Jeera 3 gm

Ajwain 3 gm

Sauf 3 gm

Chilly flakes 3 gm

Kasuri methi 5 gm

Chooped green coriander 20 gm

Salt 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Pickle paste 30 gm

For pulao

Rice 500 gm

Whole spices 10 gm

Mustard oil 50 ml

Achari masala dry sheed 10 gm

Whole red chilly 5 nos

Slice onion 100 gm

Slit chillies 20 gm

Garlic chopped 50 gm

Ginger 20 gm

Curd 100 ml

Turmeric powder 5 gm

Red chilly powder 10 gm

Pickle paste 30 gm

Gram masala 10 gm

Chooped mint 20 gm

Chooped green coriander 20 gm

Method

(1) Make gatta take a mixing bowl add above ingredients of gatta mixed it properly by adding water make dough and roll it and boil in butter milk properly then take it out and cut in to small size and fry in oil and keep by side

(2) Take a handi add mustard oil in it and put on slow flame and add tempering of whole spices and Red chillies and pickle spices till crack then add slice onion chopped garlic chopped ginger slice green chillies saute it some time then add turmeric powder salt and Red chillies powder cook masala by adding curd then add fry gatta and pickle paste and rice Cook it properly by adding mint and chooped green coriander cook it properly then take it out and served in meal

Marwadi maru kumbhi ro saag

मारवाड़ी मरु कुमभी रो साग

(Mansoon season Rajasthan wild desert mushroom cook with spices in Rajasthan style)

Healthy recipes

Ingredients

Maru Kumbhi 500 gm

Ghee 50 ml

Whole red chilly 5 nos

Jeera 5 gm

Chooped onion 100 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped green chillies 50 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Coriander powder 20 gm

Salt 10 gm

Chooped green coriander 50 gm

Lemon

Method

(1) Clean and cut all vegetables and keep by side

(2) Clean Maru Kumbhi and greated and keep by side

(3) Take a kadhi add Ghee in it and add tempering of whole Red chillies jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time then add greted Maru Kumbhi cook it some time then add turmeric powder salt and Red chillies powder and coriander powder cook masala by adding water and cook it properly then add chopped green coriander and lemon juice and take it out and served in the meal with Rajasthan bread

Mewadi bharwa charchinda ro saag

मेवाड़ी भरवां चरचीणडा रो साग

(snake guard stuff with Rajasthani herb and spices and cook on tawa)

Rajasthani food and culture

Ingredients for stuffing

Charchinda 500 gm

Namkeen 50 gm

Boondi 50 gm

Rosted moong daal papad

Salt 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 20 gm

Chooped onion 100 gm

Chooped garlic 20 gm

Chooped ginger 20 gm

Chooped green chillies 30 gm

Coriander powder 20 gm

Ingredients for cooking

Ghee 50 ml

Jeera 5 gm

Chooped onion 50 gm

Chooped garlic 20 gm

Chooped ginger 20 gm

Chooped green chillies 30 gm

Turmeric powder 5

Salt 5 gm

Red chilly powder 5 gm

Chooped green coriander 20 gm

Lemon

Method

(1) Clean and cut all vegetables and keep by side

(2) Cut charchinda in round shape as per pitcher take it out inner stuff and keep by side

(3)Take a kadhi add Ghee in it add tempering of jeera till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time then add inner part of charchinda and cook it and add turmeric powder salt and Red chillies powder and coriander powder mix it properly then take it out masala and cool it and add boondi namkeen and rosted papad mix and stuff it like pitcher and keep by side

(4) Take a Tawa or kadhi add Ghee in it and add tempering of whole jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chillies saute it some time then add stuff charchinda Cook it some time by cover then add turmeric powder salt and Red chillies powder and coriander Cook it properly then add chopped green coriander and lemon juice and take it out and served in meal with Rajasthan bread

Chakri papad paneer ro saag

चकरी पापड़ पनीर रो साग

Paneer pinwheel Cook with curd base spicy curry with Rajasthani papad)

Ingredients for paneer pinwheel

Paneer 500 gm

Mints chutney 50 gm

Lal mirch Leasan chutney 50 gm

Ingredients for curry

Paneer pinwheel

Ghee 50 ml

Hing 2 gm

Crush coriander 3 gm

Jeera 3 gm

Sauf 3 gm

Chilly flakes 3 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chillies 30 gm

Chooped ginger 20 gm

Butter milk 1 lt

Besan 50 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Salt 10 gm

Rosted papad 5 nos

Sirka payaz 50 gm

Chooped green coriander 50 gm

Method

(1) Make a pinwheel of paneer put paneer block for steam for 20 minutes a d take it out and slice thin then apply mint chutney in one slice of paneer and garlic chutney in another slice of paneer then keep together then roll it tight and Make all and apply masala on top and rosted or cook on fire and keep by side

(2) Take a handi add ghee in it and add tempering of whole Red chillies jeera crush coriander sauf till crack then add chopped onion chopped garlic chopped green chillies chooped ginger saute it some time then add turmeric powder salt and Red chillies powder cook masala properly then add butter milk and besan mix cook it properly by adding chooped green coriander and half of rosted papad mix it properly then take it out and take a serving plate and slice of pinwheel paneer and add curry of and garnish with rosted papad and chooped green coriander and shirka payaz then served in meal with Rajasthan bread

Rajwadi batti narangi kadi

रजवाड़ी केसरीबाटी नारंगी कड़ी (

Curdle milk balls poached in sugar syrup with spices and cook with orange based curry cook with Rajasthan spices)

Rajasthani food and culture

Ingredients make Cheena

Milk 2 lt

Sugar 50 gm

Lemon 5 nos

Ingredients for kadi

Orange juice 250 gm

Besan 50 gm

Whole red chilly 5 nos

Hing 2 gm

Oil 50 ml

Mustard sheed 5 gm

Curry leaves 3 gm

Chooped onion 100 gm

Chooped green chillies 30 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Black salt 10 gm

Sugar 10 gm

Chooped green coriander 20 gm

Method

(1) Take a pan add milk for boilng when milk boiled properly then add lemon juice in to and make milk curdle and drain water and cook Cheena and keep by side

(2) Make kesar batti mash Cheena properly then make small size balls and keep by side

(3) Take a kadhi add water and sugar make light sugar syrup for boilng by adding whole Red chillies and spices boil with spices for some time then add Cheena balls put on hi flame Cook properly till Cheena fluffy and take it out and cool it and keep by side

(4) Make a kadi take a mixing bowl add orange juice and besan mixed with turmeric powder salt and Red chillies powder and keep by side

(5) Take a handi add oil in it and add tempering of whole Red chillies mustard seeds till crack then add curry leaves and chopped onion chopped garlic chopped green chillies saute it some time then add mix of orange juice batter cook it properly then add chopped green coriander and sugar to balance then add Cheena balls mix it properly on slow flame and take it out and served in meal with Rajasthan bread

Marwadi hing dhanya ke chatpate chakki
मारवाड़ी हिग थनीया की चटपटी चक्की

Food culture of Rajasthan @ranbankarawalirasoi

Ingredients chakki

Wheat dough one day old 2 kg

Ajwain 2 gm

Crush coriander 3gm

Jeera 3 gm

Salt 5 gm

Turmeric powder 3 gm

Red chilly powder 5 gm

Ingredients for Hing Dhaniya ke subzi

Fresh coriander 500 gm

Whole Red chilli 2 nos

Ghee 50 gm

Jeera 5 gm

Hing 2 gm

Chopped onion 50 gm

Chopped garlic 50 gm

Chopped green chilli 50 gm

Turmeric powder 3 gm

Coriander powder 5 gm

Salt 5 gm

Ingredients for besan roti

Besan 250 gm

Wheat flour 250 gm

Ajwain 5 gm

Crush coriander 5 gm

Jeera 5 gm

Sauf 5 gm

Turmeric powder 3 gm

Red chilly flakes 3 gm

Chopped green coriander 50 gm

Method

(1) Take a dough in take out gluten from atta by putting atta dough under running water till gluten left

(2) Add above masala of chikki dough and flate it in plates and steam it for 30 minutes and take it out and cool it and cut as per pitcher and keep by side

(3) Make roti take parat add above ingredients and make dough by adding water and divide in equal size and make roti and keep by side

(4) Make subzi take a kadhi add ghee and tempering of whole Red chilli jeera till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add turmeric powder salt and coriander powder cook masala properly then add chopped coriander cook it properly and add chakki in it served in meal

Mewadi batak ke Shikkar or batti
मेवाड़ी बतक री शिकार और बाटी

(Traditional Mewar region wheat Hard bread served with Rajputana hunting style wild duck curry)

Ingredients

Duck 2 kg

Ghee 250 ml

Whole spices 10 gm

Whole Red chilli 5 nos

Slice onion 500 gm

Ginger garlic paste 100 gm

Lemon 2 nos

Chopped garlic 100 gm

Chopped green chilli 50 gm

Red chilly powder 100 gm

Turmeric powder 5 gm

Coriander powder 30 gm

Curd 100 ml

Salt 10 gm

Coriander powder 50 gm

Gram masala 10 gm

Chopped green coriander 50 gm

Method

(1) Clean and cut duck in large pice and maranite with salt ginger garlic paste and lemon juice and chilly powder and keep by side for 2 hrs

(2) Take a handi add ghee in it and add tempering of whole spices whole Red chilli then add slice onion till golden brown then add chopped garlic chopped green chilli saute it some time then add marinated duck Cook it and saute it some time then add salt and Red chilli powder and turmeric powder coriander powder cook masala some time then add curd Cook masala Cook it by adding water till duck Cook it properly then add gram masala and chopped green coriander mix and take it out and served in meal with Batti

Mewadi ratalo ro saag

मेवाड़ी रतालू रो साग

(Wild purple patato Cook with spices in Mewar style)

Ingredients

Ratalu 1 kg

Ghee 200 ml

Oil for frying 250 ml

Whole spices 10 gm

Whole Red chilli 5 nos

Jeera 5 gm

Chopped garlic 50 gm

Chopped green chilli 50 gm

Chopped ginger 20 gm

Chopped onion 200 gm

Turmeric powder 5gm

Red chilly powder 20 gm

Coriander powder 20 gm

Salt 10 gm

Gram masala 10 gm

Chopped green coriander 50 gm

Lemon juice 10 ml

Method

(1) Clean and cut ratalu in small dice and keep by side

(2) Put oil for frying and fry all ratalu till golden brown then take it out

(3) Take a kadhi add ghee in it and add tempering of whole spices whole Red chilli jeera till crack then add chopped garlic chopped onion chopped green chilli chopped ginger saute it till golden brown then add turmeric powder salt and Red chilli powder coriander powder cook masala by adding water properly then add fry ratalu mixed it and Cook it properly then add chopped green coriander leaves and lemon juice and take it out and served in meal with Rajasthani bread

Maas ke kofte or khoba roti

मांस की कोफ्ता कड़ी और खौबा रोटी

(Mutton minced ball cook with spices and curd based spicy curry and Served with traditional khoba roti)

Ingredients for maas ke kofta kadi

Mutton minced 500 gm

Ghee 100 ml

Whole spices 10 gm

Mustard sheed 3 gm

Whole Red chilli 5 nos

Chopped garlic 50 gm

Chopped onion 100 gm

Chopped green chilli 50 gm

Chopped mint 20 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Salt 10 gm

Butter milk 2 Lt

Besan 100 gm

Chopped green coriander 50 gm

Ingredients for khoba roti

Batti atta 1 kg

Salt 10 gm

Ghee 50 gm

Water

Method

(1) Make kofta take out mice meat add salt. Turmeric.redchilly powder. Chopped green chilli.chooped mint . chopped onion.chooped green coriander mix it and make small kofta and keep by side

(2) Take a handi add ghee in it and add tempering of whole spices whole Red chilli mustard sheed till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add mix of butter milk and besan with spices mix as per kadi then add into masala Cook it some time till boil come when kadi cook it properly then put it on slow flame then poched kofta in kadi Nd cook it properly then add chopped green coriander and keep by t

(3) Make khoba roti take a parat add above ingredients of khoba roti make tight dough and make bread as per pitcher cook on tawa one' by one and take it out

(4) Served Maas ki kofta kadi with khoba Roti

Mewadi leelva ro saag

मेवाड़ी लिलवा रो साग

(Winter season Mewadi fresh green gram Cook with spices in Mewadi style)

Ingredients

Green chana fresh 500 gm

Ghee 50 ml

Whole Red chilli 5 nos

Jeera 5 gm

Chopped onion 100 gm

Chopped garlic 50 gm

Chopped green chilli 50 gm

Chopped ginger 20 gm

Chopped tamato 100 gm

Turmeric powder 3 gm

Red chilly powder 5 gm

Coriander powder 10 gm

Salt 10 gm

Chopped green coriander 50 gm

Lemon 2 nos

Method

(1) Clean and cut vegetables and keep by side

(2) Take a kadhi add ghee in it and add tempering of whole Red chilli jeera till crack then add chopped onion chopped garlic chopped green chilli chopped ginger

saute it some time then add fresh green chana saute it some time then add turmeric powder salt and Red chilli powder and chopped tamato cook masala by adding water

(3) Cook it properly then add chopped coriander leaves and lemon juice and take it out and served in meal with Rajasthani bread

Bharwa pemeli boor re achari Kadi

भरवां पेमली बौर री अचारी कड़ी

(Rajasthani pickle stuff wild berry Cook with pickle and curd based spicy curry)

Ingredients

Pamela boor 500 gm

Stuffed red chilly pickle 100 gm

Mustard oil 50 ml

Hing 1 gm

Whole Red chilli 5 nos

Curry leaves 5 gm

Crush coriander 3 gm

Methi seeds 3 gm

Sauf 3 gm

Jeera 3 gm

Mustard sheed 3 gm

Chopped onion 100 gm

Chopped garlic 50 gm

Chopped green chilli 50 gm

Butter milk 2 Lt

Besan 100 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Salt 10 gm

Chopped green coriander 50 gm

Method

(1) Clean and cut and remove sheed from pemali Boor as per pitcher

(2) Apply spices and saute it with oil and keep by side

(3) Stuffed boor with red chilly pickle as per pitcher and keep by side

(4) Take a handi add mustard oil then add whole Red chilli curry leaves hing and mustard sheed. Sauf. Jeera. Methi seeds.jeera till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add butter milk and besan mixed and turmeric powder salt and Red chilli powder mix it and add in to tempering mix it and cook it properly then add some Red chilli pickle paste in kadi and Cook it properly then add chopped green coriander and saute pemali Boor and take it out and served in meal with Rajasthani breads

Mewadi Rabodi ka shorba

मेवाड़ी राबौडी का सौरबा

(Mewadi Makki papad broth Cook with spices and herbs with curd based soup in Rajasthani style)

Recipe by Prem Singh Rathore

Ingredients

Rabodi 100 gm

Ghee 50 ml

Whole spices 10 gm

Whole Red chilli 5 nos

Hing 1 gm

Jeera 3 gm

Crush coriander 3 gm

Chopped garlic 50 gm

Chopped green chilli 20 gm

Chopped ginger 20 gm

Butter milk 2 Lt

Besan 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chopped green coriander 50 gm

Method

(1) Clean and cut all vegetables and keep by side

(2) Mix butter milk and besan with spices and keep by side

(3) Take a handi add ghee in it and tempering of whole spices and whole Red chilli then add jeera crushed coriander till crack then add chopped garlic chopped onion chopped green chilli chopped ginger saute it some time then add butter milk and besan mixed with spices batter Cook it properly till boil come then add curd rabodi cook it properly then add chopped green coriander and take it out and served in meal

Mewa Mawa ke bharwa akoo ke kadi

मेवा मावा रा भरवां आलू की कड़ी

Ingredients for stuffed patato

100 gm dry nuts grind powder

100 gm Mawa

Boil medium size parato 5 nos

Chopped green chilli 50 gm

Chopped green coriander 20 gm

Chilly flakes 5 gm

Salt 5 gm

Ingredients for kadhi

Ghee 50 ml

Whole Red chilli 5 nos

Curry leaves 5 gm

Hing 1 gm

Mustard sheed 3 gm

Crush coriander 3 gm

Jeera 3 gm

Methi seeds 3 gm

Chopped onion 100 gm

Chopped garlic 50 gm

Chopped green chilli 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Butter milk 2 Lt

Besan 100 gm

Chopped green coriander 50 gm

Method

(1) Take a boil patato cut into half and scoop it and Deep fry till golden brown and take it out and cool it

(2) Make a mixcher of patato stuffing mix all' ingredients above and mix it stuff patato and keep by side

(3)Make a Kadi take a handi add ghee in it and add tempering of whole Red chilli curry leaves hing and mustard sheed. Jeera. Coriander sheed. Methi seeds till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add turmeric powder salt and Red chilli powder cook masala by adding water.then add butter milk and besan mix in to then Cook it properly but added chopped green coriander

(4) Put stuff patato in too servings bowl then add kadi as per pitcher and served in meal with Rajasthani breads and grain

Khargosh re Shikkar

खरगोश री शिकार

Hunting style Rabbit cook with spices in Rajputana style)

Ingredients

Rabbit 1 nos 2.5 kg

Ghee 250 ml

Whole spices 10 gm

Whole Red chilli 5 nos

Slice onion 500 gm

Chopped garlic 100 gm

Ginger garlic paste 50 gm

Green chilli 50 gm

Curd 250 gm

Red chilly powder 120 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Salt 20 gm

Gram masala 20 gm

Chopped green coriander 100 gm

Chopped mint 50 gm

Method

(1) Clean and cut Rabbit in to equal size and keep by side

(2) Marnite Rabbit with salt Red chilli powder turmeric powder ginger garlic paste and curd mix it and keep by side

(3)Take a handi add ghee in it and add tempering of whole spices and whole Red chilli then add slice onion Cook till golden brown then add chopped garlic Cook garlic till golden brown then add ginger garlic paste and powder masala Salt turmeric powder and red chilly powder cook masala properly then add marinate Rabbit mix it and cook it some time till ghee and fat comes on top then add water and Cook it properly then add chopped green coriander leaves and mint leaves.mix it and cook it properly then take it out and served in meal with Rajasthani breads

Mewadi makki ra masala kicheya

मेवाड़ी मकाई रा मसाला खिचीया

(Mewar Regional fire Roasted corn papad served with spices and herbs and fresh pomegranate and crush papad in morden style)

Ingredients

Mewadi Makki papad 5 nos

Chopped onion 100 gm

Chopped green chilli 20 gm

Chopped green coriander 20 gm

Lemon 5 nos

Black salt 5 gm

Red chilly flakes 3 gm

Red chilly powder 5 gm

Fresh pomegranate seeds 100 gm

Method

(1) Rosted makki papad on fire on both sides and keep by side

(2). Crushed one papad as per pitcher and keep by side

(3) Make mixcher of above ingredients and add spices and by adding lemon

(4) Arrange papad on plate and add crush papad on papad on equal and add spices mixcher and add pomegranate seeds on top and served in meals

Marwadi kalmi Wada

मारवाड़ी कलमी वडा

(Marwadi style gram lentils finger made with spices Deep fry and served with chutney)

Ingredients

Chana dal 250 gm

Salt 10 gm

Red chilly powder 20 gm

Turmeric powder 5 gm

Coriander powder 20 gm

Amchur powder 5 gm

Jeera 5 gm

Rosted Jeera powder 5 gm

Chooped onion 100 gm

Chooped green coriander 50 gm

Chooped ginger 20 gm

Chooped green chilli 50 gm

Besan 50 gm

Method

(1) Soke chana dal in normal water for 4 hrs and drain water and grind it and keep by side

(2) Take a mixing bowl add grind dal and above spices and herbs mix it properly by adding besan and keep it some time

(3) Make large size tikki flats and thick and keep by side then fry in oil on slowly and till half cook and take it out

(4) Cut it finger shape and again Deep fry till golden then take it out and served in meals with chutney

Mewadi keri Kanda ro saag

मेवाड़ी केरी कनदा रो साग

(Raw mango and baby onion Cook with spices and jaggery in Mewadi style)

Ingredients

Raw mango 500 gm

Baby onion 500 gm

Methi seeds 3 gm

Sauf 3 gm

Mustard sheed 3 gm

Jeera 3 gm

Red chilly whole 5 nos

Whole spices 5 gm

Ghee 50 ml

Green chillies 50 gm

Red chilly powder 5 gm

Red chilly flakes 5 gm

Turmeric powder 5 gm

Salt 10 gm

Jaggery 200 gm

Method

(1) Clean and cut mango veggies and keep by side peeled baby onion and keep by side

(2) Take a kadhi add ghee in it and add tempering of whole spices and whole Red chilli then add methi seeds mustard sheed jeera saunf till crack then add peeled baby onion saute it some time then add mango veggies mix it and cook it some time then add turmeric powder salt and Red chilli powder Red chilli flakes mixed it and add water Cook it 80 percentage and then add jaggery Cook it properly then take it out and served in meal

Marwadi Kanda mirchi ke kadi
मारवाड़ी कांदा मिर्च की कढी

(Marwadi style spicy curd based curry cooked with baby onion and Banana Chilly)

Ingredients

Baby onion 250 gm

Banana Chilly 250 gm

Ghee 50 ml

Jeera 2 gm

Methi seeds 2 gm

Crush coriander 2 gm

Mustard sheed 2 gm

Whole Red chilli 5 nos

Curry leaves 2 gm

Hing 1 gm

Butter milk 1 lt

Besan 50 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Salt 10 gm

Chooped green chilli 50 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green coriander 50 gm

Method

(1) Clean and cut all vegetables and keep by side

(2) Mixed butter milk with besan and powder masala and keep by side

(3) Take a handi add ghee in it and add tempering of whole Red chilli mustard sheed jeera crushed coriander methi seeds till crack then add curry leaves hing and add chopped onion chopped garlic chopped green chilli saute it some time then add baby onion and Banana Chilly saute it some time then add butter milk mixture Cook it properly then add chopped green coriander leaves and served in meal with Rajasthani breads and grain

Marwadi boondi mirch ka pulao

मारवाड़ी बुंदी मिर्च रो पुलाव (

Marwadi style spicy rice prepration with boodi and chilly with spices in Marwadi style)

Ingredients

Rice 1 kg

Ghee 100 ml

Whole spices 10 gm

Whole Red chilli 5 nos

Sauf 5 gm

Crush coriander 5 gm

Jeera 5 gm

Chooped garlic 50 gm

Slice onion 100 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Salt 10 gm

Curd 50 ml

Turmeric powder 5 gm

Red chilly powder 10 gm

Gram masala 10 gm

Chilly flakes 10 gm

Chooped green coriander 50 gm

Chooped mint 20 gm

Boondi 50 gm

Method

(1) Clean and cut vegetables and keep by side

(2) Take a handi add ghee in it and add tempering of whole Red chilli whole spices jeera crushed coriander and sauf till crack then add chopped onion chopped garlic chopped green chilli chooped ginger saute it some time then add rice saute rice without water till light saute then add turmeric powder salt and Red chilli powder gram masala and curd mix it and add water add some more ghee spices and coriander leaves and mint cover it and cook on dum cooking on slowly for 20 to 30 minutes and keep by side for one HRS and open and add chopped green coriander leaves and mint and boondi mixed it and take it out and served in meal with curry or curd

Marwadi Jowar ke kichadi or Kanda re kadi

मारवाड़ी ज्वार री खिचड़ी और कांदा री कड़ी

(Marwadi style surgum khichadi with baby onion kadi)

Marwadi Jawor Re khichadi or Kanda re kadi

Ingredients for khichadi

Boil surgum 500 gm

Ghee 50 ml

Jeera 5 gm

Whole Red chilli 5 nos

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped garlic 50 gm

Red chilly flakes 10 gm

Salt5 gm

Chooped green coriander 50 gm

Ingredients for kadi

Butter milk 1 lt

Besan 50 gm

Ghee 50 ml

Hing 1 gm

Jeera 3 gm

Mustard sheed 3 gm

Methi seeds 3 gm

Crush coriander 3gm

Baby onion 250 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Salt 10 gm

Chooped green coriander 50 gm

Method

(1) Make a kichadi take a kadhi add ghee in it and add tempering of whole Red chilli then add chopped onion chopped garlic chopped green chilli saute it some time then add surgum then add salt chilly flakes mixed it Cook it properly then add chopped green coriander and keep by side

(2)take a mixing bowl add Butter milk and besan with spices mixed it properly and keep by side

(3) Take a kadhi add ghee in it and add tempering of whole Red chilli hing then add mustard sheed jeera methi seeds and crushed coriander then addchopped onion chopped garlic chopped green chilli saute add baby onion saute it some time then add Butter milk mixture with spices mix it and cook it properly then served in meal with surgum khichadi

Marwadi karonda Hari mirch ke sabzi

मारवाड़ी करौंदा हरी मिर्च की सब्जी

(Rajasthani christ s thorn cook with fresh green chillies and spices in Marwadi style)

Ingredients

Karonda 250 gm

Green chilli 100 gm

Mustard 50 ml

Jeera 5 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Salt 5 gm

Turmeric powder 3 gm

Red chilly powder 5 gm

Coriander powder 10 gm

Chooped green coriander 50 gm

Method

(1) Clean and cut karonda as per pitcher half 1by 2 remove sheed and keep by side

(2) Cut vegetables and keep by side

(3) Take a kadhi add mustard oil in it add tempering of whole Red chilli jeera till crack then add chopped onion chopped garlic chopped ginger saute it some time then add dice green chilli and cut karonda mixed it and cook it some time then add salt turmeric powder and red chilly powder and coriander powder mix it and cook it properly then add chopped green coriander leaves and take it out and served in meals

Marwadi panchkutta ka pulao

मारवाड़ी पंचकुटा का पुलाव !!

Marwadi Panchkutta ka Pulao (dessert five types of sundry wild beans and berries cook with spices with rice in Marwadi style)

Food culture of rajputana

Ingredients

Panchkutta 250 gm

Rice long grain 500 gm

Ghee 250 gm

Whole spices 10 gm

Whole Red chilli 5 nos

Jeera 3 gm

Sauf 3 gm

Crush coriander 3 gm

Red chilly flakes 10 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Curd 200 ml

Gram masala powder 10 gm

Chooped green coriander 50 gm

Mint leaves 50 gm

Butter milk 2 lt(for Panchkutta boiling)

Method

(1) Clean and wash Panchkutta and soke in normal water for 2 hrs then drain water and add Butter milk and Salt turmeric powder and again soke for 6 HRS and boiled it and take it out

(2) Take a handi add ghee in it and add tempering of whole spices whole Red chilli then add Jeera. Sauf . crush coriander.tul cracked and add chopped onion chopped garlic till golden brown then add chopped green chilli saute saute it some time then add Raw rice saute it then add Panchkutta and powder masala salt turmeric powder and red chilly powder mix it and add curd and water cook it some time till rice cook 50 percent then add Red chilli flakes and gram masala mint leaves and coriander mix it and cover with lead and cook on dum for 20 minutes and take it out and add mint leaves and coriander leaves mix it and take it out and served in meals with spicy raita

Marwadi maas ke kachori
मारवाड़ी मांस की कचौड़ी

Ingredients for kachori dough

Maida 250 gm

Oil 20 ml

Ajwain 3 gm

Salt 5 gm

Ingredients for kachori stuffed

Keema 100 gm

Kalazi chooped 100 gm

Ghee 20 ml

Chooped onion 50 gm

Chooped garlic 30 gm

Chooped green chilli 30 gm

Red chilly powder 10 gm

Turmeric powder 3 gm

Coriander powder 10 gm

Gram masala 10 and

Chooped mint leaves 50 gm

Chooped green coriander 50 gm

Lemon

Method

(1) Take a mixing bowl add maida and ingredients to make kachori dough by adding water and need dough properly and keep by side and divide into equal size

(2) To make stuffing take a kadhi add ghee in it and add tempering of chooped onion chopped garlic chopped green chilli saute it some time then add mutton keema and chooped keema saute it some time then add powder masala Red chilli powder salt turmeric powder and coriander powder cook it properly then add gram masala mint leaves and coriander leaves and take it out masala cool it and stuff in to kachori and served with mutton curry

Marwad Bajra ke barbat roti

मारवाड़ी बाजरा की बरबट रोटी

(Marwadi Millet crispy bread with spices and topping with dessert Melon sheed)

Ingredients

Bajra atta 500 gm

Dessert Melon sheed 100 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Red chilly flakes 10 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Warm water

Ghee for serving 100 ml

Method

(1) Take a mixing bowl add Bajra atta and mix spices and red chilly powder chilli flakes. Salt turmeric powder chopped green chilli chooped ginger chooped green coriander Salt mix it properly

(2) Need dough by adding warm water and make bread in round shape

(3) Apply dessert Melon sheed on one side and put in slow flame tawa on one side topping on top side till bread gets crispy on one side then turn it and cook all one by one and keep by side

(4) Apply ghee on top and served with ghee jaggery garlic chutney mukka payaz and any Rajasthani curry in meals

Methi Dana Dak ke sabzi

मेथी दाना दाक की सब्जी

Ingredients

Methi seeds 250 gm

Raisins 200 gm

Ghee 50 ml

Jeera 5 gm

Whole Red chilli 5 nos

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Coriander powder 10 gm

Salt 10 gm

Jaggery 100 gm

Chooped green coriander 50 gm

Method

(1) Clean and wash methi seeds and raisins cand soke in normal water sepret for over night

(2) Drain water next day and keep by side

(3) Take a kadhi add ghee in it and add tempering of whole Red chilli jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chilli saute it some time then add Methi Dana cook it some time then add rasins then add powder masala salt turmeric powder Red chilli powder and coriander powder cook it masala properly then cook methi properly then add jaggery again cook it properly then add chopped green coriander leaves a d take it out and served in meals with Rajasthan bread

Junglee huar ra khoor
जंगली हुर रा खुर

Hunting wild pork trotoss cook with spices in Rajputana style)

Ingredients

Wild pork trotoss1 kg

Ghee 100 ml

Whole spices 10 gm

Whole garlic 50 gm

Slice onion 100 gm

Chooped green chilli 30 gm

Ginger garlic paste 100 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 50 gm

Coriander stems 250 gm

Lemon juice 10 ml

Chooped green coriander 50 gm

Method

(1) Clean and rost pork tortos and take it out and wash and keep by side

(2) Take a kadhi add ghee in it and add tempering of whole spices then add slice onion saute it till golden brown and add chopped green chilli ginger garlic paste saute it some time then add pork tortos Cook it some time then add turmeric powder salt and Red chilli powder cook masala by adding water and cook it properly then coriander stems and peeled garlic cook it properly then strain it and cook it some time then take it out served in meals with breads d grain or as a soup

Marwadi besan Mogri ro saag

मारवाड़ी बेसन मौगरी रो साग

(Marwadi Winter season radish beans cook with gram flour and spices)

Ingredients

Mogari 500 gm

Mustard oil 50 ml

Hing 1 gm

Jeera 3 gm

Whole Red chilli 5 nos

Chooped onion 100 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Salt 10 gm

Turmeric powder 5 gm

Besan 50 gm

Chooped green coriander 50 gm

Lemon juice 10 ml

Method

(1) Clean and cut mogri beans and keep by side

(2) Take a kadhi add mustard oil in it and add tempering of whole Red chilli Jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chilli saute it some time then add cut mogri saute it some time by adding Salt after

50 percent cook add besan mix it cook on slowly and add salt turmeric powder cook it properly then add chopped green coriander leaves and lemon juice mix it properly then take it out and served in meals with Rajasthani breads

Marwadi ankurit shirka payz ke kadi

मारवाड़ी अंकुरित शिरका प्याज की अचारी कड़ी

(Sprout pickel onion with pickle based curd curry with spices in Marwadi)

Ingredients to make shirka payz

Sprout baby onion 250 gm

Shirka 200 ml

Beetroot 50 gm

Salt 5 gm

Chilly green 2 nos

Garlic peeled 20 gm

Ingredients for curry

Whole Red chilli 5 nos

Mustard oil 50 ml

Hing 1 gm

Jeera 3 gm

Methi seeds 3 gm

Sauf 3 gm

Mustard sheed 3 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Achari paste 50 gm

Curd 500 gm

Besan 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Method

(1) To make sprut pickel onion take sprout onion peeled and soke in vinger by adding Salt beetroot green chilli and keep by side for 8 hrs

(2)Take a mixing bowl add besan and curd and Achari paste and spices and keep by side

(3) Take a handi add ghee put on slow flame and add tempering of whole Red chilli hing then tempering of mustard sheed methi seeds jeera sauf till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add curd mixture Cooke it properly then add viniger sprouts onion sook it some time then take it out and served in meals with Rajasthani breads and grains

Rato kolo Mawa re tikki or pudina jowar ke kichadi

रातौ कोला मावा री टिक्की और पुदिना ज्वार री खिचड़ी

(Mewadi Red pumpkin and Mawa tikka with spices and herbs served with Mewadi surgum with fresh mints and spices with topping of garlic chutney)

Recipe by Prem Singh Rathore

Ingredients for pumpkin Mawa tikki

Red pumpkin 500 gm

Mawa 250 gm

Jeera 5 gm

Chooped green chilli 50 gm

Chooped ginger 50 gm

Chooped green coriander 50 gm

Turmeric powder 5 gm

Salt 10 gm

Red chilly flakes 5 gm

Lemon juice 10 ml

Ingredients for pudina jowar kichadi

Jowar 100 gm

Ghee 50 gm

Jeera 5 gm

Chooped onion 50 gm

Chooped ginger 20 gm

Chooped green chilli 50 gm

Chooped garlic 50 gm

Salt 10 gm

Chooped green coriander 50 gm

Mint paste 50 gm

Method

(1) Clean and cut pumpkin and roasted and keep by side

(2) Soke jowar in normal water and put it for boiling boiling properly then keep side

(3) Make pumpkin tikki based Take a kadhi add ghee in it add tempering Jeera chooped ginger chooped green chilli saute it some time then add roasted pumpkin and Mawa Cook it and till mash no water in mix then add salt turmeric powder and Red chilli flakes and take it out mix cool it and add fresh chopped green chilli coriander leaves and ginger mix it and make tikki and keep by side

(4) Make a jowar kichadi take a kadhi add ghee in it add tempering of jeera till crack then add chopped onion chopped garlic chopped green chilli chooped ginger saute it some time then add jowar mix it cook it properly then add mint and green chilli paste Cook it properly by adding Salt and chooped green coriander and take it out

(5) Cook tikki on tawa from both sides and make plating as per pitcher add jowar pudina khichdi put tikka in top and add garlic chutney in top and served in meals

Rajwadi Dubara ra pani patasa

रजवाड़ी दुबारा रा पानी पतासा

(Royal Dubbel Distal Home made alcohol served with. Fluffy millet bread and spices)

Ingredients for patasa

Bajra atta 100 gm

Suji 50 gm

Wheat atta 50 gm

Salt 5 gm

Ingredients for Pani

Dubara alcohol 250 ml

Chooped mint 20 gm

Mint chutney 25 gm

Tamarind chutney 25 gm

Black chana 50 gm boiled

Black salt

Lemon

Sev for garnish

Pomegranate for garnish

Chooped ginger 10 gm

Chooped green chilli 10 gm

Chooped onion 30 gm

Method

(1) Make a patasa dough take a mixing bowl add above ingredients mix it properly then roll it and cut with small size round shape cutter and cut all and keep by side and fry in oil all and keep by side as per pitcher

(2) Make a mixture of dubara ra pani patasa take a mixing bowl add mint chutney and saute chutney mix with chopping add chopped onion chopped green chilli chooped ginger black chana salt lemon juice little water and lemon juice make mixcher tangy then add dubel distil home made alcohol and mix it pore mixcher in patasa and garnish with Sev and pomegranate seeds

Served in meals

Gulabi Jowar dadam ki kichadi
गुलाबी जवार दाड़म की खिचड़ी

(Rajasthani Surgum Cook with spices and fresh Rose petals and gulkand and fresh pomegranate seeds)

Recipe create by Prem Singh Rathore (Rawali Rasoi)

Ingredients

Surgum 250 gm

Vegetables oil 50 ml

Jeera 5 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Boil beetroot paste 50 gm

Fresh pomegranate seeds 100 gm

Fresh Rose petals 20 gm

Gulkand 50 gm

Chooped green coriander 50 gm

Salt 5 gm

Method

(1) Soke Surgum in normal water and boiled and keep by side

(2) Take a kadhi add oil in it add tempering of jeera till crack then add chopped onion chopped garlic chopped ginger chooped green chilli saute it some time then

add boiled surgum and salt Cook it and mix Rose petals and beetroot paste mix it and cook it some time then add chopped green coriander and take it out and served in place as per pitcher and fresh pomegranate seeds and gulkand on top and served in meals

Gulabi jalabi herm dhai

गुलाबी जलेबी हिम दही

(Rose syrup jalibi with churne Frozen sweet curd)

Morden Rajasthani Cusine by Prem Singh Rathore

Ingredients for gulabi jalabi

Maida 250 gm

Besan 50 gm

Curd 50 ml

Water

For Rose syrup

Super 1 kg

Rose gulkand 50 gm

Rose eatable colour 5 ml

Ingredients for Frozen curd

Hung curd 250 gm

Fresh cream 50 ml

Green cardamom 5 gm

Suger syrup 100 ml

Method

(1) Make a jalabi battar mix about ingredients and keep by side for 6 to 8 hrs

(2) Make super syrup take a sugar add water boil it and add Rose colour and gulkand paste mix in suger syrup add fresh Rose petals boiled it properly and strains and keep by side

(3) Make frozen curd mix take a mixing bowl add curd cream suger syrup green cardamom mixed it properly and put it for sometime till not hard

In deep fridge

(4) Make gulabi jalabi with cloth or squzi bottal make small size jalabi and put in gulabi suger syrup for some time then take it out

(5) Take a serving plate take frozen curd in piping bag our it your choice style frozen curd on plate add jalabi on top and add three colour sweet Bondi as garnish and served in meals

Marwadi khato aloo bajra batti

मारवाड़ी खाठो आलू बाजार बाटी

(Marwadi curd based spicy curry with millet bread stuffed with spicy patato mixture)

Ingredients for Bajra batti

Bajra atta 500 gm

Sauf 5 gm

Jeera 5 gm

Ajwin 5 gm

Crush coriander 5 gm

Chilly flakes 5 gm

Chooped green coriander 30 gm

Ghee 50 gm

Salt 10 gm

Ghee 10 ml

Ingredients for batti stuffing mix

Boiled potato 250 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Salt 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Hing 1 gm

Ingredients for Marwadi kadi

Butter milk 1 lt

Besan 50 gm

Ghee 50 ml

Hing 1 gm

Whole Red chilli 5 nos

Jeera.methi.musterd sheed.crush coriander mix 20 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped garlic 50 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Salt 10 gm

Chooped green coriander 50 gm

Method

(1) Make Bajra batti dough Take a mixing bowl add above ingredients of batti mix it properly then add warm water make dough and need properly and keep by side

(2) Make batti stuffing take a kadhi add ghee and tempering of hing jeera till crack then add chopped onion chopped green chilli chooped ginger saute it some time then add salt turmeric powder and Red chilli powder mix it and add greted boiled potato mix it and take it out

(3) Stuff batti with patato mix in equal size and Cook on traditional in cow dung fire or in oven 180 degree for 20 minutes

(4) Make Marwadi kadi Take a mixing bowl add butter milk and besan mix with spices and keep by side

(5) Take a handi add ghee and tempering of whole Red chilli hing jeera mustard sheed Methi Dana crushed coriander then add chopped onion chopped garlic

chopped green chilli saute it some time then add butter milk mixture with spices Cook it properly then add chopped green coriander leaves and take it out

(6) Served in meals with morden plating as per picture

Anjeer ke gulab jamun ke kadi or Mawa maida ke roti

अंजीर मावा के गुलाब जामुन की कड़ी और मावा मेदे की रोटी

(Reduced milk Gulab jamum Stuff with anjeer and coted with poppy seeds cook in curd based spicy curry with Mawa maida Roti)

Recipe by Rawali rasoi Prem Singh Rathore

Ingredients for gulab jamun

Mawa 250 gm

Anjeer 50 gm

Popy sheed 100 gm

Maida 50 gm

Salt 2 gm

Green cardamom powder 3 gm

Chooped green chilli 20 gm

Chooped ginger 10 gm

Ingredients for Mawa maida Roti

Mawa 250 gm

Maida 250 gm

Salt 5 gm

Sugar 5 gm

Ingredients for kadi

Ghee 50 ml

Whole Red chilli 5 nos

Hing 1 gm

Jeera.mustard sheed.methi sheed.crush coriander mix 20 gm

Chooped onion 50 gm

Chooped green chilli 30 gm

Chooped garlic 30 gm

Curd 500 ml

Besan 50 gm

Salt 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Method

(1) Make a gulab jamun stuffing soke anjeer and chooped it add chopped green chilli and ginger mix it by adding Salt

(2) Take a mixing bowl add greted Mawa in it add salt green cardamom powder maids mix it properly mash the divided into equal size then stuff Gulab jamum with anjeer mixture and coted with poppy seeds by applying maida batter and keep by side and Deep fry and keep by side

(3) Make kadi take a handi add ghee in it add tempering of whole Red chilli jeera mustard seeds methi seeds crush coriander till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add besan curd mixed with spices Cook it properly till tick kadi

(4) Make Mawa maida Roti take a parat add mash Mawa then add maida salt and green coriander powder mix it make dough by adding water then Cook on tawa on slowly for both sides and take it out

(5) Put thick kadi on serving bowl add gulab jamun on top and served bread in main course as per picture

Mewadi Mogri makki re khoba roti or Mogri ro khato

मेवाड़ी मोगरी मकाई री खोबा रोटी और मोगरी रो खाटो

(Mewadi Winter season mogri beans makki khoba roti and mogri kadi)

Winter season Healthy Recipe by Prem Singh Rathore

Ingredients for mogri khoba

Makki atta 500 gm

Fine chooped mogri 200 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Chilly flakes 5 gm

Chooped green coriander 50 gm

Salt 5 gm

Turmeric powder 5 gm

Ajwin 5 gm

Sauf 5 gm

Jeera 5 gm

Crush coriander 5 gm

Ingredients for mogri kadi

Mogri 200 gm

Makki atta 50 gm

Butter milk 1 lt

Whole Red chilli 5 nos

Jeera 3 gm

Mustard sheed 3 gm

Methi seeds 3 gm

Crush coriander 3 gm

Hing 1 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped garlic 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Method

(1) Make mogri makki khoba roti dough take parat add above ingredients in it mix it properly then add warm water mix it properly and need dough and keep by side

(2) Make mogri makki ke kadhi take a handi add ghee in it and add tempering of whole Red chilli jeera hing mustard sheed Methi Dana crushed coriander till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add dice mogri beans saute it some time then add spices and Makki atta mixture with butter milk cook it properly then add chopped green coriander and keep by side

3) cook mogri makki ke khoba roti on tawa Cook one side crispy and another side as per picture by finger and Cook it properly then take it out and served with mogri makki ke kadhi

(4) Served as per picture or by side

Mewadi chukander makki ka dhoka or methi makki ro khato

मेवाड़ी चुकंदर मकाई का ढौकला और मेथी मकाई रो खाटो

(Mewadi beetroot and spices mixed steam bread with winter season fresh Fenugreek curd based spicy curry in Mewadi style)

Ingredients for Dokla

Makki atta 500 gm

Beetroot paste 100 gm(boiled)

Papad khara 20 gm

Salt 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Red chilly flakes 5 gm

Fresh garlic leaves 50 gm

Chooped green coriander 50 gm

Chooped garlic 20 gm

Crush green chilli 30 gm

Ajwin 5 gm

Crush coriander 5 gm

Jeera 5 gm

White till 50 gm

Ingredients for Methi kadi

Butter milk 1 lt

Fresh Methi 250 gm

Besan 50 gm

Ghee 50 ml

Whole Red chilli 5 nos

Hing 1 gm

Mustard sheed 3 gm

Methi seeds 3 gm

Jeera 3 gm

Crush coriander 3 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Salt 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Method

(1) Take a mixing bowl add above ingredients of dokla mixed All ingredients and need dough with hot water added with papad khara and after needed dough divided in to equal size and rool it and make holes and make it all and put it on steam for 30 minutes

(2) Kadi making

Take a mixing bowl add butter milk and besan mix with spices and keep by side

(3) Take a handi add ghee and tempering of whole Red chilli hing.musterd sheed. Jeera. Methi seeds. Crush coriander. Chooped onion chopped garlic chopped green chilli saute it some time then add fresh chopped methi leaves and saute it some time then add butter milk and besan mix add salt and cook it properly then add chopped green coriander and take it out

(4) Served makki ka dokla wit kadi as per picture with ghee or till oil

Marwadi Helerrya ke kichadi

मारवाड़ी हिलेरियो की खिचड़ी

(Dessert wild kumutya beans sheed cook with Rice and spices)

Recipe by Prem Singh Rathore

Ingredients

Ghee 100 ml

Whole spices 10 gm

Whole Red chilli 5 nos

Jeera 5 gm

Hellerya (kumutya sheed fresh 500 gm

Rice 500 gm

Slice onion 100 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Curd 250 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Red chilly flakes 5 gm

Chooped green coriander 50 gm

Method

(1) Take out kumutya sheed from beans as per picture

(2) Take a handi add ghee in it add tempering of whole spices and whole Red chilli then add jeera till crack then add slice onion chopped garlic saute it some time then add chopped green chilli and kumutya sheed saute it some time then add raw Rice a d powder masala on slowly flame Red chilli powder turmeric powder salt and Red chilli flakes mixed it add curd cook it properly by adding water then add chopped green coriander leaves and mixed it and served in meals with Raita or curry

Rato Maas or Bajra ra dhokla

रातौ मासं और बाजरे रा ठौकला

Ingredients for Rato maas

Ghee 200 ml

Red meat 1 lk (Nalli piece)

Chooped garlic 50 gm

Chooped onion 350 gm

Chooped green chilli 50 gm

Red chilly paste 100 gm

Salt 10 gm

Coriander powder 50 gm

Turmeric powder 5 gm

Chooped green coriander 50 gm

Ingredients for Bajra Dokla

Bajra atta 500 gm

Red chilly flakes 5 gm

Garlic leaves 50 gm

Chooped garlic 50 gm

Chopped green chilli 50 gm

Chooped green coriander 50 gm

Ajwin 5 gm

Jeera 5 gm

Till 50 gm

Hajiya or papad khar 50 gm

Method

(1) Take a mixing bowl add above ingredients of dokla mixed it properly and keep by side

(2) Put water for boiling then add papad khara or hajaya put it boiling for 10 minutes

(3) Divided into equal size and make dokla as pic pitcher then put it for steam for 30 minutes

(4) Make Rato maas take a handi add ghee in it and add tempering of whole Red chilli then add chopped onion chopped garlic chopped green chilli saute it some time then add Red meat Nalli piece saute it some time then add turmeric powder and Red chilli powder Salt cook masala by adding water when mutton Cook it properly then add coriander powder and chooped green coriander mix it and Take it' out and served with Bajra Dokla

Shikkri khad ka bakre ka pinda

शिकारी खंड का बकरे पिणडा

Rajputana style Hunter Goat legs cook with spices in traditional style)

Ingredients

Goat leg 2 nos

Mustard oil 100 ml

Red chilly powder 100 gm

Ginger garlic paste 100 gm

Raw papaya paste 50 gm

Green chilli paste 50 gm

Red chilly flakes 30 gm

Chooped green chilli 50 gm

Chooped garlic 50 gm

Chooped green coriander stems 100 gm

Chooped mints 30 gm

Chooped ginger 20 gm

Salt 10 gm

Lemon

Method

(1) Clean and cut Goat legs and cut and keep by side

(2) Marnit with salt. Lemon. Ginger garlic paste. Green chilli paste. Raw papaya paste. Apply it properly and keep by side for 6 hrs

(3) Again' marnite with Red chilli and chilli rogan mixed it properly then apply chooped green chilli chooped ginger chooped garlic. Chooped green coriander. Chooped mints Red chilli flakes mixed it properly then keep by side for 6 hrs

(4) Take it out and cook in sigri or tandoor or oven as per. Need cook it on sigri on slowly and apply ghee and half rest then Cook it properly then Take it out and served in meals

Rato Maas re bharwa rate mirchi

रातो मांस री भरवा राती मिर्च

Rajputana style red meat minced with spices and herbs and stuff in red Banana chilly)

Recipe by Prem Singh Rathore

Ingredients

Goat boti 500 gm

Red Banana chilly 1 kg

Chooped ginger 20 gm

Chooped green chilli 50 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Chooped green coriander 50 gm

Chooped mint 20 gm

Red chilly flakes 5 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Salt 10 gm

Green chilli paste 20 gm

Chooped Red Banana chilly 50 gm

Chooped green banana chilly 50 gm

Ghee for saute on tawa 50 ml

Method

(1) Take a goat boti clean it and take out minced and keep it in a bowl and keep by the side

(2) Take a mixing bowl add above ingredients with goat minced and mix it properly and keep some time

(3) Take a red Banana chilly cut it or make a pocket and stuff all chilly by Goat minced mix and keep by side

(4) Take a tawa or non stick pan put on slow flame and add ghee in it add all red stuff chilly cook all on slowly till colour comes and covered it for some time then add some salt Red chilli powder chooped green coriander lemon juice and Take it' out and served in meals with mints chutney

Marwadi kala chana re roti or ahkko leasan palak ro saag

मारवाड़ी काला चना री रोटी और आखौ लसन पालक रो साग

(Marwadi black gram spices mixed bread with fresh garlic tempered spinach curry in Marwadi style)

Recipe by Prem Singh Rathore

Ingredients for kala chana Roti

Boiled kala chana 500 gm

Atta 100 gm

Ajwin 5 gm

Chooped ginger 20 gm

Chooped green chilli 50 gm

Chooped green coriander 50 gm

Red chilly flakes 5 gm

Salt 10 gm

Ingredients for Leasan palak saag

Blanch spinach 500 gm

Ghee 50 ml

Whole Red chilli 5 y

Jeera 5 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Garlic peeled 100 gm

Salt 10 gm

Green chilli paste 50 gm

Method

(1) Take a black chana boiled in normal water by adding Salt boiled it' properly then Take it out and Cool it drain water

(2) Take a mixing bowl add above ingredients of roti with kala mix it and grind it with spices and add wheat flour and make dough and keep by side

(3) Divided dough in equal size and make bread with roling PIN and cook on tawa by applying ghee and keep by side

(4) Take a kadhi add ghee in it and add tempering of whole Red chilli jeera till crack then add chopped onion chopped green chilli chooped ginger whole garlic peeled saute it some time then add salt and green chilli paste cook it properly then add blanch spinach chooped mix it properly and cook till no water then take it out and served with bread

Mewadi harzana re phool ro rayto

मेवाड़ी हरजणा रे फुल रो सयकौ रायतो

(Mewadi Morning flowers spicy Raita in Mewadi style)

Ingredients

Moringa Flowers 250 gm

Curd 500 gm

Moringa leaf 25 gm

Ghee 20 ml

Hing 1 gm

Mustard sheed 3 gm

Jeera 3 gm

Chooped onion 100 gm

Chooped ginger 20 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Salt 10 gm

Chooped green coriander 50 gm

Method

(1) Clean and plug moringa flowers and keep by side

(2) Take some moringa flowers leaf

(3) Take a kadhi add ghee in it add tempering of whole Red chilli hing jeera mustard seeds till crack then add chopped onion chopped garlic chopped green chilli chooped ginger saute it some time then add Moringa Flowersa and leaf saute it some time then add turmeric powder salt and Red chilli powder mix it then add curd mix it properly then add chopped green coriander and take it out and served in meals

Atani ro bhagra dhai or besan re roti

अताणा रौ वगारयौ दही और बेसन री रोटी

Rajasthani style pickle tempered curd with Gram flour bread)

Recipe by Prem Singh Rathore

Ingredients for Aachari tadka dhai

Hung curd 500 gm

Hing 1 gm

Mango pickle paste 50 gm

Jeera 3 gm

Mustard sheed 3 gm

Whole Red chilli 5 nos

Turmeric powder 5 gm

Red chilly powder 5 gm

Salt 10 gm

Chooped green coriander 50 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Chooped onion 100 gm

Chooped ginger 20 gm

Ingredients for besan roti

Besan 500 gm

Wheat atta 500 gm

Ajwin 5 gm

Chooped green chilli 50 gm

Chooped onion 100 gm

Chooped ginger 20 gm

Chooped green coriander 50 gm

Methi leaves 50 gm

Salt 10 gm

Turmeric powder 5 gm

Oil 20 ml

Method

(1) Make a tadka dhai take a kadhi add ghee in it and add tempering of whole Red chilli jeera and mustard sheed till crack then add hing chooped onion chopped green chilli chooped ginger chooped green chilli saute it some time then add turmeric powder salt and Red chilli powder mix it properly then add pickle paste mix it properly then add Hung curd mixed it properly by adding Salt and chooped green coriander and keep by side

(2) Make besan roti take a parat add above ingredients of roti mix both flour and ingredients mixed it properly then add water to need dough and after needed dough keep by side

(3) Divided dough in to equal size of bread and roll it by rolling pin and cook on tawa by applying ghee and cook all and keep by side

(4) Do plating of food as per picture cut paratha in four pieces and served with achari tadka dhai in meals

Marwadi pemeli boar ra khoba dhokla or khato

मारवाड़ी पेमली बौर बाजरा रा ,खौबा ठौकला और खाटौ

(Marwadi winter season milket steam bread with winter wild berry served with berry kadi)

Ingredients for Bajra pemali boor Dhokla

Bajra atta 500 gm

Pemali boor greted 150 gm

Chooped green chilli 50 gm

Chooped green coriander 50 gm

Salt 10 gm

Papad khara 10 gm

Red chilly flakes 10 gm

Chooped ginger 20 gm

Ingredients for pamali boor kadi

Pamali boor 250 gm

Curd 250 gm

Besan 50 gm

Whole Red chilli 5 nos

Hing 1 gm

Oil 50 gm

Jeera.mustard.methi mix 20 gm

Chooped green chilli 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Method

(1) Make a dhokla doug take a pamali boor greted as per picture and keep by side

(2) Take a mixing bowl add the above ingredients of dokla mix it properly then add warm water and need dough properly then divide in to equal size make khoba dokla as per picture and keep by side

(3) Put dhokla for steam for 30 minutes in hi steam

(4) Make kadi take a kadhi add oil in it and add tempering of whole Red chilli jeera mustard seeds methi seeds till crack then add hing chooped green chilli chooped ginger saute it some time then add pemali boor veggies as per picture saute it some time then add salt turmeric powder and Red chilli powder mix it cook masala properly then add besan and curd mixed by adding water in it and cook it properly then add chopped green coriander and take it out

(5) Served with Bajra pemali boor khoba Dhokla with pamali boor kadi in meals

Marwadi leela tamatar ro khato or Bajra moti mirch re kichadi

मारवाडी लिला टमाटर रो खाटो और बाजरा मोटी मिर्च री खिचड़ी

(Marwadi green cherry tamato cooked with curd based spicy curry and served with spicy green Banana chilly kichadi)

Ingredients for Kadi

Cherry tamato 200 gm

Ghee 50 ml

Whole Red chilli 5 nos

Hing 1 gm

Jeera mustard sheed methi seeds mix 10 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped garlic 50 gm

Butter milk 1 Lt

Besan 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Ingredients for Bajra moti Mirch ke kichadi

Bajra 500 gm

Ghee 100 gm

Jeera 5 gm

Hing 1 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Chooped garlic 50 gm

Salt 10 gm

Green chilli paste 50 gm

Banana chilly 100 gm (round cut for garnish)

Chooped green coriander 50 gm

Method

(1) Make kadi take a mixing bowl add butter milk and besan mix with spices and water mix it properly then keep by side

(2) Take a handi add ghee in it add tempering of whole Red chilli hing jeera mustard seeds methi seeds till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add cherry tamato saute it some time then add besan butter milk mixture with spices cook it properly then add chopped green coriander and take it out

(3) Make Bajra mooti Mirch ke kichadi take a Bajra wash it and keep by side

(4) Take a handi add water for boiling then add Bajra for boiling by adding Salt cook it properly then keep by side

(5)Take a kadhi add ghee in it and add tempering of whole Red chilli jeera till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add dice Banana chilly Cook it some time then add salt and green chilli paste cook it some time then add boiled Bajra mix it properly then Cook it some time by adding chooped green coriander and take it out

(6) Served in meals as per picture with plating in meals

Mewadi pemeli boor ro halwo

मेवाड़ी पेमली बौर रो हलवो

(Winter season Mewadi regional wild berry Cook with dry fruits and milk in jaggery)

Recipe by Prem Singh Rathore

Ingredients

Pamali boor 500 gm(greted)

Ghee 100 gm

Mawa 250 gm

Milk 250 ml

Green cardamom powder 5 gm.

Jaggery 400 gm

Dry fruits 100 gm

Dry fruits flacks 50 gm (for garnish)

Saffron 1 gm

Method

(1) Wash and take out sheed of pemali boor and keep by side then greted it and keep by side as per picture

(2) Take a kadhi add ghee in it and add dry fruits for roasted and Take it' out then add Mawa Cook it some time in ghee then add greted pameli boor Cook it some time then add milk and water Cook it properly then add green cardamom powder and jaggery

(3) Cook it properly then add dry fruits and saffron water again cook it properly then Take it out and served in serving bowl with add dry fruits flacks garnish and served in meals

Mewadi sharku roti ra mirch wada or cheel ro saag

मेवाड़ी सरकी रोटी रा मिर्ची बडा और सिल रो साग

(Morden Mewadi style stuff Banna chilly with spicy patato mix and coted with spicy bread and deep fry and served with winter season fresh bathua saag in Mewadi style)

Ingredients for mirch bada stuff

Banana chilly 250 gm

Boiled patato 250 gm

Oil 20 gm

Hing 1 gm

Jeera 5 gm

Chooped onion 50 gm

Chooped ginger 20 gm

Chooped green chilli 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Ingredients for mirchi bada Roti

Atta 250 gm

Besan 50 gm

Ajwin 5 gm

Salt 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Red chilly flakes 5 gm

Chooped green coriander 50 gm

Chooped green chilli 20 gm

Ingredients for bathua saag

Bathua 500 gm

Ghee 50 ml

Whole Red chilli 5 nos

Chooped onion 100 gm

Chooped green chilli 50 y

Chooped ginger 20 gm

Chooped garlic 50 gm

Salt 10 gm

Green chilli paste 50 gm

Turmeric powder 5 gm

Method

(1) make stuffing of chilly take a kadhi add oil in it and add tempering of jeera hing chooped onion chopped green chilli chooped ginger saute it some time then add turmeric powder salt and Red chilli powder mix masala properly then add boiled greted patato mix it properly then add chopped green coriander and coll it and make pocket of banana chilly and stuff it as per picture

(2) Make bread above ingredients of mirchi bada mix all ingredients of dough and need dough properly by adding water and divide in to equal size and roll with rolling pin and coted chilly as per picture and keep by side all

(3) Make bathua saag. Clean and wash bathua saag and chopped it and keep by side and blanch in boiling water and cool it and keep by side

(4) Take a kadhi add ghee in it add tempering of whole Red chilli jeera chooped onion chopped garlic chopped green chilli chooped ginger saute it some time then add turmeric powder salt and green chilli paste Cook masala by adding water then add boiled bathua mix it properly then Cook it properly and take it out

(5) Deep fry mirchi wada and served with bathua saag in meals with bread

Mewadi makki ke gulabi Lapsi

मेवाड़ी मकाई की गुलाबी लापसी

(Mewadi regional broken white corn cooked with ghee and Rose petals jaggery surp with dry fruits)

Recipe created by Prem Singh Rathore

Ingredients

Safed makki broken corn 250 gm

Ghee 250 gm

Milk 1 Lt

Cardamom powder 5 gm

Dry fruits 50 gm

Dry fruits flacks 50 gm

Fresh coconut slice 50 gm

Jaggery 250 gm

Rose petals fresh 50 gm

Dry rose petals 25 gm

Rose syrup ml

Method

(1) Make Rose syrup by jaggery and rose petals fresh and grind and keep by side

(2) Take a handi add ghee in it and add brocken white corn saute it some time then add water and milk Cook till properly and no water left then add half dry fruits and green cardamom powder and rose petals Cook it some time then add jaggery add to Rose syrup mix it properly and Cook it properly till ghee comes on top then Take it out

(3) Put in a serving bowl by adding coconut slices and dry fruits and fresh and dry rose petals on top and served in meals

Laotoya re Shikkar

लाउटिया री शिकार

(Rajputana Hunter style quail Cook with spices and Herbs in Traditional style)

Traditional recipe of Rajputana

Ingredients

Quail 1 kg

Ghee 100 ml

Whole spices 10 gm

Whole Red chilli 5 nos

Slice onion 300 gm

Chooped garlic 100 gm

Chooped ginger 30 gm

Chooped green chilli 50 gm

Red chilly powder 30 gm

Turmeric powder 5 gm

Coriander powder 30 gm

Gram masala 10 gm

Chooped green coriander stems 250 gm

Method

(1) Clean and cut on quail and marnite with salt turmeric powder Red chilli powder and herbs chooped green coriander stems chooped ginger chooped green chilli chooped garlic mixed it properly then keep by side

(2) Take a handi add ghee in it add tempering of whole spices till crack then add whole Red chilli slice onion saute it till light golden brown then add chopped garlic chopped green chilli chooped ginger saute it some time then add marnite quail saute it some time then add salt turmeric powder and Red chilli powder mixed it cook masala properly till ghee comes on top then add hot water then Cook it properly by cover

(3) After cooking add coriander powder and Gram masala and add chopped green coriander stems mix it properly then take it out and served in meals with Rajasthani bread

Jawar khopra re gulabi kheer

जवार खौपरा री गुलाबी खिर

(Rajasthani style sourgum Cook with coconut and fresh Rose petals with Honey)

Healthy Recipes (gluten-free./dairy free./ nuts free/.suger free)

Ingredients

Coconut 8 nos

Jawar boiled 250 gm

Rose petals fresh 50 gm

Rose petals dry 5 gm

Green cardamom powder 5 gm

Honey 250 ml

Method

(1) Clean a coconut shell and remove skin and grind it and make coconut milk and keep by side

(2) Greted some coconut and keep by side

(3) Take a handi add water in it put it for boiling water then add boiled jawar cook it some time then add coconut milk Cook it some time till no water then add greted coconut and dry rose petals and some fresh Rose petals and green cardamom powder mix it properly then add Honey and Cook it properly and keep by side

(4) Take it out in left over coconut shell and put kheer in to add garnish of dry and fresh Rose petals and served in meals

Mewadi kala shataute ro shirro

मेवाड़ी काला सेहतुत रो सिरों

(Summer season Mewar regional mulberry cooked with dry fruits and jaggery in Mewadi style sweet)

Ingredients

Mulberry 500 gm

Jaggery 500 gm

Chirongi powder 250 gm

Pista powder 250 gm

Rose petals dry 10 gm

Green cardamom powder 10 gm

Ghee 250 gm

Dry fruits flacks 50 (. For garnish)

Method

(1) Clean and crushed mulberry and keep by side

(2) Take a kadhi add ghee in it rost chironzi and pista powder with ghee on slow flame then add crush mulberry cooked it properly till ghee comes on top then add jaggery and dry rose petals and green cardamom powder Cook it properly till no water then add some dry fruits

(3) Take it out in serving bowl add garnish of dry fruits flacks and rose petals then served in meals

Marwadi Mogri kanda ro khato

मारवाड़ी मौगरी कांदा रो खाटो

Marwadi Mogri kanda ro khato (Marwadi region winter season radish beans cooked with baby onion in curd based spicy curry)

Ingredients

Mogri beans 250 gm

Baby onion 250 gm

Butter milk 1 Lt

Besan 50 gm

Mustard oil 50 ml

Whole Red chilli 5 nos

Mustard sheed 3 gm

Methi seeds 3 gm

Jeera 3 gm

Hing 1 gm

Chooped garlic 50 gm

Chooped onion 100 gm

Chooped green chilli 50 gm

Turmeric powder 10 gm

Red chilly powder 5 gm

Salt 10 gm

Chooped green coriander 50 gm

Method

(1) Clean and cut Mogri beans and baby onion as per picture and keep by side

(2) Make a batter of butter milk and besan by adding Salt turmeric powder and Red chilli powder and keep by side

(3) Take a handi add mustard oil in it add tempering of whole Red chilli hing jeera mustard seeds methi seeds till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add baby onion and Mogri beans saute it some time then add besan butter milk mix cook it properly then add chopped green coriander and take it out in serving bowl and served in meals with Rajasthani bread or grain

Mewadi gulabi gujhiya
मेवाड़ी गुलाबी गुजीया

(Mewar regional Holi special Sweet stuff with dry fruits and jaggery with Rose petals and dip in Rose syrup)

Ingredients for dough

Maida 500 gm

Saffron water 10 ml

Ingredients for Rose syrup

Jaggery 1kg

Rose syrup 250 ml

Ingredients for Gujjeya stuffing

Fresh greted coconut 250 gm

Dry fruits grinded 250 gm

Mawa 250 fm

Rose petals 50 gm

Green cardamom 10 gm

Jaggery 250 gm

Ghee 100 gm

Chironji 50 gm

Dry fruits flacks for garnish 50 gm

Method

(1) Make a dough and add the above ingredients by adding water and oil and keep by the side

(2) Make Rose chasani by jaggery and rose syrup and rose water make thick and keep by side

(3) Make a stuffing take a kadhi add ghee in it put it on slowly flame then add Mawa Cook it some time then add dry fruits grinded and coconut mix it properly and cook till no water then add Rose petals and green cardamom powder and chironzi cook it properly then take it out and Cool it

(4)Stuff Gujjeya as per picture and keep by side

(5) Dip all Gujjeya in Rose syrup for some time then take it out and dry fruits flacks and served in plate in meals

Marwadi khaka ka panna

मारवाड़ी खरबुजा का पन्ना

(Summer season Marwar region melon drink with salt and mint and lemon)

Ingredients

Marwadi. Melon 1 nos

Black Salt 5 gm

Rosted jeera powder 5 gm

Mint leaves 50 gm

Jaggery 50 gm

Lemon 2 nos

Method

(1) Take a good melon cut in to half and remove seeds from inside

(2) Scoup melon from inside and take it out all and keep the harder part for serving

(3) Take a mixing bowl and add Scoup melon mint and roasted jeera powder and jaggery mix it properly and grind it. In mixcher grinder take it out strain it add lemon juice mixed it properly then add if need more Cold ice in it and put in to Scoup melon and add garnish of mint sprigs and served in meals

Hare mirchi ro maas or masala Jowar gugri

हरी मिर्ची रो मांस और मसाला जवार री घुघरी (

Rajputana style mutton Cook with spicy green chilli and spices and served with spices tempered sourgum Millet)

Recipe by Prem Singh Rathore

Ingredients for masala Jowar gugri

Jowar 250 gm

Ghee 50 ml

Jeera 5 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Chooped green coriander 50 gm

Red chilly flakes 5 gm

Salt 10 gm

Ingredients for Hair mirch ka maas

Goat mutton 1 kg

Ghee 100 ml

Whole spices 10 gm

Whole Red chilli 5 nos

Chooped garlic 100 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Chooped onion 300 gm

Banana chilly 100 gm

Coriander stems 100 gm

Salt 10 gm

Gram masala 10 gm

Method

(1) Boiled Jowar in normal water by adding Salt and keep by side

(2) Take a kadhi add ghee in it add tempering of jeera chooped onion chopped garlic chopped ginger chooped green chilli saute it some time then add boiled jawar mix it add salt Red chilli flax and chooped green coriander mixed it properly then keep by side

(3) Make mutton take a handi add ghee in it and tempering of whole spices and whole Red chilli chooped garlic chopped onion chopped green chilli chooped ginger saute it some time then add mutton saute it some time then add salt

(4)and mix of banana chilly and coriander stems saute and grind make paste then add in to mutton

(5) Cook mutton properly then add Gram masala and chooped green coriander and Cook it some time then take it out

(6) Served Hare mirchi ka Maas with Jowar gugri

Marwadi Kanji wada

मारवाड़ी कांजी वडा

(Marwari Holi special mix of grinded lentels dumping poched in mustard and seasonal black carrot and spicy furmanted drink tempered with hing)

Ingredients for wada moong dal

Soke and grind Moong dal 500 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green chilli 20 gm

Chooped ginger 20 gm

Chooped green coriander 50 gm

White till 50 gm

Ingredients for kanji

Black carrot 250 gm

Beetroot 250 gm

Rai (mustard) 200 gm

Salt 10 gm

Hing 2 gm

Suger 5 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

For garnish

Boondi 50 gm

Mint 20 gm

Method

(1) Soke moong dal for 4 hrs then drain water and grind it and keep by side for 6 hrs then add above ingredients of wada mix it properly then take it out wada in fry in oil and keep by side

(2) Make kanji take an earthen pot or glass jar add hot water in it add black carrot and beetroot with spices mentioned above by adding hing and grind mustard sheed and cover it and keep in room temperature for 3 to 4 days by cover

(3) Soke Moong dal wada in normal water for 30 minutes

(4) Take a serving bowl and add soke wada in a bowl then add boondi and mint leaves then add kanji in Wada then keep by the side at normal temperature for 39 minutes

5 served in meals

Shaat ke mass potli Shikkar
साठ की मांस पौटली शिकार

(Hunter style wild bore belly Cook with spicy and dry mix stuffed in money bags samosa and served wild bore spicy curry and curry mix bread

Ingredients for Maas potli samosa

Maida 500 gm

Ajwin 5 gm

Oil 20 ml

Red chilly flakes 5 gm

Chooped green coriander 50 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Cook pork meat dry with spices

Oil for frying

Soor re shaat ke Shikkar

Pork belly 1 kg

Mustard oil 100 ml

Whole Red chilli 5 nos

Slice onion 200 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Red chilly powder 50 gm

Gram masala 10 gm

Chooped green coriander 50 gm

Stuffing for potli samosa

Cook pork meat chooped after cooking

Chooped green chilli 50 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Chooped green coriander 50 gm

Salt

Lemon

Method

(1) Take a pork belly cut in to equal size then take a handi add mustard oil slice onion saute it some time then add chopped garlic chopped ginger chooped green chilli saute it some time then add pork meat saute it some time then add Red chilli powder Cook masala properly by adding water salt then Cook it properly add Gram masala and chooped green coriander and take it out meat piece keep curry by side

(2) Make stuffing of potli samosa take pork meat cook add above ingredients of stuffing and mix it and keep by side

(3) Make a dough take a mixing bowl and ad the a ingredients of Maas potli samosa mix it properly then need dough by adding water and keep by the

(4) Divide in to equal size dough and make small size by rolling pin then stuff mix of pork stuff all as per picture and keep by side

(5) Deep fry in oil slowly and keep by the

(6) Make two roti big cook in tawa and shreted and Deep fry in oil then add some spices with pork curry to add Kawa as a garnish

6) take a serving bowl and curry of pork then add fry Maas potli samosa then add chopped green coriander leaves and maas Kawa in top as garnish

Bharwa leasan ke pudina masala chakki

भरवा लहसुन की पुदिना मसाला चक्की

Morden Rajasthani stem gluten stuff with spicy garlic chutney and marnite with spices and mint chutney Cook on fire)

Ingredients of atta chakki

Wheat flour 1 kg

Salt 10 gm

Ajwin 5 gm

Sauf 5 gm

Red chilly flakes 5 gm

Jeera 5 gm

Crush coriander 5 gm

Chooped green coriander 50 gm

Chooped green chilli 50 gm

Baking soda 5 gm

Eno 10 gm

Water

Garlic chutney for stuffed 100 gm

Ingredients for marnite chakki

Mint chutney 100 gm

Chooped ginger 20 gm

Chooped green chilli 50 gm

Chooped green coriander stems 50 gm

Chooped garlic 50 gm

Red chilly flakes 5 gm

Lemon 

Rosted chana powder 50 gm

Salt 10 gm

Method

(1) Take a steamer and put it on steam

(2) Take a mixing bowl or parat add above ingredients of making stem chakki mix it properly and put in to tray by adding oil in it and steam for 30 minutes and take it out and Cool it and cut in to round shape cutter and keep by side

(3) Make a pocket into the chakki and stuff the garlic chutney in and keep by the side

(4) Make maranition take a parat add above ingredients with chutney mix it properly then apply on chakki marnite it for 1 HRS thn Cook in tandoor or oven for some time till colour comes then take it out and served in meals with lemon onion and mint chutney

Marwadi panchkutta ka pachrangi potli samosa

मारवाड़ी पंचकुटा का पचरंगी पोटली समौसा

(Marwar regnial five wild vegetable cook with spices and stuff in five colours money bags samosa)

Ingredients for dough of samosa

Maida 1 kg

Ajwin 10 gm

Salt 10 gm

Ghee 50 ml

Colours (red.yellow. green.sky Blue Pink)

Ingredients for panchkuta mixcher for stuffing

Panchkutta 250 gm

Butter milk (for boiling) 1 lt

Ghee 50 gm

Jeera 3 gm

Crush coriander 3 gm

Chooped onion 100 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Chooped green chilli 20 gm

Coriander stems 100 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Method

(1) Take a mixing bowl add maida ajwain salt and ghee in it mix it properly then divide in to equal size as per 5 colour and mix it need dough separately then make leyer and roll it and cut into round size the keep by side

(2) Clean and soak panchkutta in butter milk and keep by side for 8 HRS then boil it in Butter milk by adding Salt and turmeric then drain water and keep by side

(3) Take a kadhi add ghee in it add tempering of jeera crush coriander chooped onion chopped garlic chopped ginger chooped green chilli saute it some time then add boiled panchkutta mix it properly then add salt turmeric and Red chilli powder Cook it some time then add coriander stems and mint leaves mix it properly then take it out and grind it properly and keep by side

(4) Stuff potli samosa with panchkutta mix in colour dough stuff All samosa like pitcher money bags samosa and keep by side

(5) Deep fry in oil slowly and take it out and serve meals with mint and tamarind chutney

Marwadi marhinia lal mirch ke chutney ke khoba roti
मारवाड़ी मथानिया मिर्च की चटनी की खौबा रोटी

Ingredients

Jowar atta 500 gm

Wheat atta 100 gm

Turmeric powder 5 gm

Salt 5 gm

Chooped green coriander 50 gm

Lal mirch ke chutney 100 gm

Ghee 100 ml

Method

(1) Take a parat and add the above ingredients to make dough by adding water to make tight dough and keep by the side

(2) Divide into equal size then roll with rolling pin in round size

(3) Put in tawa on slowly to make one side hard and upper side make digine and turn it and cook it properly and take it out and cook all

(4) Add ghee in khoba roti and serve with Lal mirch ke chutney mukka payaz. Hare mirch and jaggery

Gulabi matria mooli ka Halwa

गुलाबी मतिरा मुली का हलवा

(Pink water melon Radish cooked with dry fruits and mawa with mild spices and Rose petals with jaggery and dry fruits)

Ingredients

Pink water melon Radish 500 gm

Ghee 100 ml

Mawa 200 gm

Green cardamom powder 5 gm

Rose petals 10 gm

Almond flax 50 gm

Pista flacks 50 gm

Brocken cashuenut 50 gm

Jaggery 300 gm

Method

(1) Clean and greeted a pinkmelon radish as per picture and keep by side

(2) Take a kadhi add ghee in it add dry fruits fry golden brown and take it out and keep by the side

(3) Add Mawa Cook it and keep by side

(4) Take a kadhi add ghee then add greted Pink watermelon Radish cook till no water then add cook mawa green cardamom powder and Rose petals mix it properly then add jaggery and Cook it properly by adding dry fruits and take it out

(5) Take a serving bowl add Halwa put garnish of dry fruits and rose petals and served in meals

Marwadi panchkutta leheriya mirchi wada ke Kadi

मारवाड़ी पंचकुटा लहरिया मिर्च वडा की कढी

Marwar regnial five wild vegetable spices mix stuffed in to banana chilly and coted with colour full dough with leayer and served with spicy curd based curry with Namkeen)

Ingredients for panchkuta mirchi mix

Panchkutta boiled 250 gm

Ghee 20 ml

Chooped green chilli 50 gm

Chooped garlic 50 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Salt 10 gm

Chooped green coriander 50 gm

Red chilly powder 10 gm

Turmeric powder 5 gm

Ingredients of mirchi wada roll

Maida 1 kg

5 type of natural colour (eatebal)

Oil 50 ml

Salt 10 gm

Ajwin 5 gm

Ingredients for Kadi

Butter milk 2 lt

Besan 100 gm

Namkeen 100 gm

Ghee 50 ml

Hing 1 gm

Whole Red chilli 5 nos

Mustard.methi.jeera. crush coriander mix 10 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Chooped onion 100 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 5 gm

Chooped green coriander 50 gm

Method

(1) Boiled panchkutta and grind it and add tempering of chooped garlic chopped green chilli chooped ginger chooped onion saute it some time then add salt turmeric powder and Red chilli mix it add grind panchkutta mix by adding chooped green coriander and take it out

(2) Stuff Banana chilly as per person

(3) Make chilly coting dough take a parat add maida.oil and ajwin mix it and divide in to equal as per colour and add add individual colour and need dough by adding water keep seperate

(4)Roll all colours dought seperate and add by learying and roll it then round then cut in to round shape then again rolll and cut it slice from side then add stuff chilly and cover it as per picture

(5) Deep fry all and keep by side

(6) Make Kadi take a mixing bowl add butter milk and besan mix with spices keep by side

(7) Take a handi add ghee add tempering of hing whole Red chilli jeera mustard seeds methi seeds crush coriander till crack then add chopped onion chopped garlic chopped green chilli saute it some time then add mix of butter milk and spices mix cook it properly then add sev in it

(8) Served as per picture add sev kadi

Marwadi Mawa Boondi ka mirchi wada

मारवाड़ी मावा बुंदी का मिर्ची वडा

(Marwadi region Banana chilly Stuff with Mawa and spices and coted with colour boondi)

Ingredients for mirchi wada mix

Mawa 250 gm

Banana chilly 250 gm

Ghee 20 ml

Super 10 gm

Salt 5 gm

Chilly flakes 5 gm

Chooped green chilli 20 gm

Chooped ginger 20 gm

Chooped green coriander 50 gm

Ingredients for mirchi wada

Mix of colours boondi 250 gm

Besan 100 gm

Salt 5 gm

Red chilly powder 5 gm

Turmeric powder 5 gm

Water

Oil for frying

Method

(1) Take a kadhi add ghee in it add tempering of chooped ginger chooped green chilli saute it some time then add Mawa Cook it some time then add salt .suger Red chilli flakes chooped green coriander mix it and Take it' out

(2) Make a pocket of Banana chilly Stuff as per picture and keep by side

(3) Make a besan batter by adding water and spices and keep by the side

(4) Take a plate add boondi in it add mirchi wada in besan batter then coted boondi on top as per picture all Mirch wada keep by side for 30 minutes

(5) Take a kadhi add oil on slow flame then add mirchi wada for fry all and take it out and served with chutney

Marwadi panchkutta ki tikki

मारवाड़ी पंचकुटा की टिक्की

Marwadi panchkutta ke Tikki (Marwar regnial five wild vegetable Cook with spicy and herbs grind make Tikki Cook on tawa served with chutney)

Ingredients

Panchkutta 250 gm

Butter milk 1 Lt

Ghee 50 ml

Whole Red chilli 5 nos

Jeera 5 gm

Sauf 5 gm

Crush coriander 5 gm

Chooped garlic 50 gm

Chooped green chilli 50 gm

Chooped ginger 20 gm

Chooped onion 100 gm

Coriander stems 100 gm

Chooped green coriander 50 gm

Mint leaves 20 gm

Salt 10 gm

Turmeric powder 5 gm

Red chilly powder 10 gm

Rosted chana powder 50 gm

Red chilly pickle 50 gm

Method

(1) Clean and wash panchkutta with normal water and soke in butter milk by adding some salt and turmeric powder and whole Red chilli for 6 HRS

(2) Boil panchkutta with Butter milk and drain water and keep by side

(3) Take a kadhi add ghee in it add tempering of whole Red chilli jeera sauf and crushed coriander saute it some time then add chopped onion chopped garlic chopped ginger chooped green chilli saute it some time then add salt turmeric powder Red chilli powder and Red chilli pickle mix it Cook masala properly then add boiled panchkutta then add coriander stems and some mint leaves and take it out Cool it

(4) Grind panchkutta mix fine and take a mixing bowl add chopped onion chopped green chilli chooped ginger mint leaves and chooped green coriander mix with panchkutta and add rosted chana powder make mixcher and divide in to equal size make Tikki as per picture

(5) Cook on tawa slowly by adding ghee Cook from both side and take it out and served with chutney