

VRAT KI FALHARI THALI ONE | FALHARI THALI RECIPES ONE

Maha Shivratri is one of the major Hindu festival which is celebrated with great pomp in many parts of the country. It marks a remembrance of 'overcoming darkness and ignorance' in life and the world, observed by remembering SHIVA and chanting prayers and fasting.

We avoid consuming grains and lentils during this fast and opt for millets, some selected spices and also rock salt (sendha namak) is widely used.

Fasting these days has become more of fun where we serve SATVIK FOOD in a tempting and delicious manner that the ones not fasting also tends to keep one ☐

Here I have arranged a mini vrat ki thali – items clock wise.

1. CORINADER CHUTNEY
2. POTATO CHIPS
3. POMEGRANATE
4. SABUDANA KHICHADI
5. VRAT WALI LAUKI SABJI
6. DAHI sprinkled with roasted cumin powder, salt and garnished with slit chillies and pomegranate.
7. SAMVAT KE CHAWAL KA HALWA

RECIPE FOR CORIANDER CHUTNEY

INGREDIENTS –

1 cup – coriander leaves

4 – green chillies

1/2 tsp – sugar

1/2 tsp – cumin seeds

1/2 tsp – grated ginger

1 tsp – lemon juice

sendha namak as per taste

1 tbsp – roasted peanuts

METHOD –

Grind the above ingredients to a smooth paste.

Check for salt.

Serve.

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RECIPE FOR SABUDANA KHICHADI

[SABUDANA KHICHDI | HOW TO MAKE SABUDANA KHICHDI FOR VRAT | SAGO KHICHDI | TAPIOCA PEARL PILAF](#)

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RECIPE FOR SAMVAT KE CHAWAL KA HALWA

[SAMVAT KE CHAWAL KA HALWA | VRAT KA HALWA | BARNYARD MILLET PUDDING](#)

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RECIPE FOR VRAT WALI LAUKI KI SABJI

INGREDIENTS –

2 cups – bottle gourd, peeled and diced

2 – tomatoes, chopped

2 – green chillies, chopped

1 tsp – grated ginger

2 tbsp – ghee

1/4 tsp -black pepper

1 tbsp – coriander powder

sendha namak to taste

coriander leaves for garnishing

METHOD –

Heat ghee in a pressure cooker.

Add ginger, chillies and tomatoes. Sauté well.

Add the black pepper, coriander powder and salt. Let it cook for 5 minutes.

Add the chopped bottle gourd and a half cup of water.

Cover with the lid and cook till 4 whistles.

Let the cooker cool. Garnish with coriander leaves.

Serve hot.

ENJOY:))

HAPPY EATING!!

Hope you liked my recipe.

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