

THANDAI MASALA POWDER | HOW TO MAKE THANDAI MASALA

THANDAI MASALA POWDER | HOW

TO MAKE THANDAI MASALA

Thandai is an Indian festive drink, a must have during Maha Shivratri and Holi. THANDI, the word itself represents thand which means cool. Its a cool and refreshing drink prepared with a mixture of dry nuts and flavored with fragrant spices. So here I've made this easy and quick homemade thandai masala which makes your job way too easier. You just need to mix the powder with a glass of

chilled milk. Mix in well and your thandai is ready to be served.

INGREDIENTS –

almonds – 1/2 cup

cashew nuts – 1/2 cup

melon seeds – 2 tbsp

poppy seeds – 2 tbsp

dried rose petals – 2 tbsp

whole black pepper – 20 nos

fennel seeds – 2 tbsp

cardamon seeds – 20 nos

saffron – 1/2 tsp

mace – 2 strands (optional)

METHOD –

Dry roast the almonds, cashews, melon seeds, poppy seeds and rose petals separately.

Add all the ingredients in a jar, except saffron, and grind to a smooth fine powder.

Dry roast the saffron strands in a pan till crisp. Crush and mix the saffron to the powder.

Your homemade thandai masala powder is ready. Use as you like it.

ENJOY:)

HAPPY EATING!!

METHI MATAR MALAI

I've been longing to make this amazing north indian dish but wasn't sure of how will the outcome be. I always thought methi leaves (fenugreek leaves) to be bitter in taste and was skeptical but finally I overcame my fear and totally in love with this superb dish.

Methi Matar Malai is a rich creamy and a healthy gravy made using methi leaves and peas. All the flavors in the dish compliments each other and the very thought is making my mouth water. This dish goes amazingly well with parathas, nan, kulcha and even rice. It is a must make dish during winters when we can have the fresh greens.

Here's how to make the dish –

PREPARATION TIME : 40 minutes

SERVES : 4

INGREDIENTS –

2 cups – fenugreek leaves (chopped and blanched for 3 minutes)

1 cup – peas

3/4 cup – milk

1/2 cup – cream

1/2 tsp – coriander powder

1/4 tsp – dry mango powder/amchur (optional)

1/4 tsp – sugar

2 tbsp – ghee or oil

salt to taste

TO BE GRINDED TO PASTE –

2 – onions (boiled)

1/4 cup almonds (blanched and peeled) 1/4 cup – cashews

2 tsp – poppy seeds

4 – garlic cloves

2 – green chillies

1/2 " – cinnamon stick

2 – green cardamom

2 – cloves

1 tsp – cumin seeds

4 – peppercorns

a pinch on mace powder

METHOD –

Heat oil or ghee in a kadhai.

Add the paste and cook for 5-6 minutes, till it releases the oil.

Add coriander powder, amchur, milk and peas. Mix well. Cook for about 5 minutes.

Now add salt, sugar, methi leaves and cream, and cook for more 2-3 minutes.

Serve hot.

NOTES –

You can omit the dry mango powder and use lemon juice at the

end.

I've used Amul cream here. You can also use fresh cream. Just whisk it well before using.

If the consistency of the gravy is too thick, adjust accordingly using milk or water.

ENJOY!!

HAPPY EATING:)