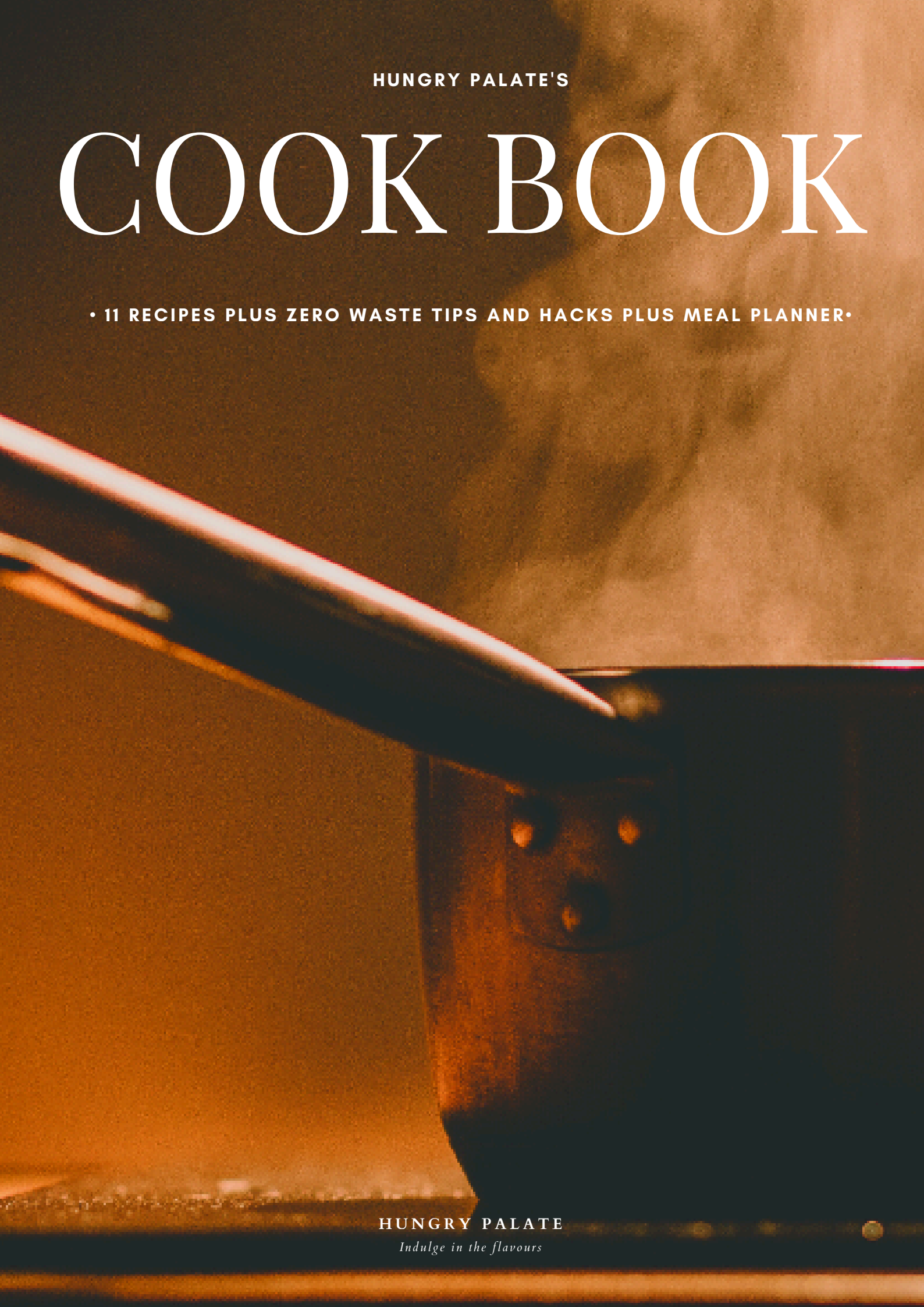




HUNGRY PALATE'S

COOK BOOK

• 11 RECIPES PLUS ZERO WASTE TIPS AND HACKS PLUS MEAL PLANNER •

HUNGRY PALATE

Indulge in the flavours



A message From HUNGRY PALATE



Hello Reader

Thank you for downloading Hungry Palate's first ever Cook Book.

Ever since Hungry Palate was started I wanted to come up with an eBook which was one of my passions for the blog but never actually could fulfill. But things fell in place and finally it took shape which you are reading now.

I am so grateful to you for sparing your time to download and read this Cook Book.

I hope you like the recipes, tips and hacks which I shared

If you have any queries regarding the directions of recipes feel free to contact me on any of the social media handles or website given in the last page of this eBook

Once again I thank you from the bottom of my heart and keep supporting Hungry Palate to grow further.



Disclaimer & Copyright

Disclaimer & Copyright Hungry Palate 2018-2020

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the Author/publisher.

Images are taken from canva.com and this book is created using the same
All images are mobile photographed by the Author of Hungry Palate(edited in Canva) except for the cover photo, zero waste tips images, kitchen hacks background(both quote one and other) and images and meal planner background image which are from Canva.



RECIPE LIST

PAGE

Oats & Dates Laddu	1
One-Pot Quinoa Meal	2
Fruit & Vegetable Smoothie	3
Prawns Pulao	4
Ragi Malt-2 Ways	5
Mixed Veg Butter Masala	6
Carrot Pickle	7
Egg-less Banana Bread	8
Egg Curry	9
Mushroom Pulao	10
Tomato Pappu	11
Zero Waste Tips	12
Kitchen Hacks	13
Meal Planner	14



Cooking is an
Art, an
expression, a
Therapy
Cook with love
and joy

HUNGRY PALATE



Oats & Dates Laddu

Ingredients

Rolled Oats-1 Cup
Dates-1 Cup De-seeded
Flax Seeds-1 Teaspoon
Cashew Nuts-15
Almonds-15
Clarified Butter-1 Teaspoon

Method

- 1 Dry roast rolled oats, flax seeds, cashew nuts, and almonds separately. Let it cool down
- 2 Now put all the ingredients except dates and clarified butter into a mixer grinder jar and grind to a coarse powder.
- 3 Then add dates and grind it into paste.
- 4 Add ghee and then grind until combined.



Always roast or soak the oats before you use.(You have to roast in this recipe)
This helps in oats to be easy on your palate.

Serves **2**



30 mins



Sweets/Desserts



One-Pot Quinoa Meal

Ingredients

Quinoa-1 Cup
Pigeon Split Peas-1 Cup
Capsicum-1
French Beans-10
Onions-1
Green Chillies-3
Cumin Seeds-1 Teaspoon
Fenugreek Seeds-1/4th Teaspoon
Asafoetida-a pinch
Turmeric Powder-1/4th Teaspoon
Sambar Powder-1 Tablespoon
Water-7 Cups
Salt-as required
Clarified Butter-1 Tablespoon
Oil-1 Tablespoon

Method

- 1 Wash and soak Quinoa for 30-45 mins. Pressure cook pigeon split peas for 4-5 whistles
- 2 Heat a heavy-bottomed pan, add in ghee/clarified butter, oil, cumin seeds, fenugreek seeds
- 3 Once they crackle add in asafoetida, onions, slit green chillies, salt, turmeric and saute for 3 mins
- 4 Add chopped beans, tamarind, capsicum, cooked dal and add 2 glasses water, mix and add sambar powder/Bisi Bele bath powder, and mix well
- 5 Check for seasoning and add salt accordingly and then washed soaked Quinoa, mix well
- 6 Cook for 10 minutes or until the water is absorbed. Pour in the ghee and serve hot



Always wash Quinoa thoroughly to remove saponins and unusual smell. Also soak it for at least 15mins if not for 30mins.

Serves **2**



 One-Pot Meal

Fruit & Vegetable Smoothie

Ingredients

Banana-1 Medium Size
Apple-1/2
Carrot-1 Medium Size
Beetroot-1 Small Size
Flax Seeds-1 Teaspoon
Chia Seeds-2 Teaspoons
Almonds-15
Pomegranate Pearls-1/4 Cup or 1/2 Fruit
Water-1/4 Cup

Method

- 1 Soak Almonds overnight, next morning peel the skin.
- 2 Now put the peeled almonds into a blender , pour water and blend until frothy.
- 3 Then add chopped banana, apple, finely chopped carrot and beetroot, flax seeds 1 teaspoon chia seeds and blend until smoothie like consistency
- 4 Pour into a glass and top it with chia seeds and pomegranate pearls.

hungrypalate.com

Serves **1**



15 mins

 Smoothies/Drinks



Prawns Pulao

Ingredients

Prawns-250gms(W/O Tail, Deveined)
Basmati Rice-3 Cups
Coconut Milk-5 Cups
Cloves-4
Cinnamon-1 Inch
Cardamom-1
Star Anise-1
Bay Leaf-1
Ginger-Garlic Paste-1 Teaspoon
Onions-1
Green Chillies-5
Turmeric Powder-1/4th Teaspoon
Salt-as required
Clarified Butter-2 Teaspoons
Oil-2 Teaspoons
Water-1/4th Cup

Method

- 1 Wash and soak Basmati Rice for 30 mins. After 30 mins drain the water and keep aside. Clean prawns and cook with water, turmeric for 4-5 mins
- 2 Heat ghee/clarified butter in a heavy-bottomed pan or electric cooker add cloves, Cinnamon, Cardamom, star anise, bay leaf and fry for 1 min.
- 3 Once sauted add ginger garlic paste and fry until raw smell goes off.
- 4 Now add onions, slit green chillies, salt, turmeric and fry until onions turn translucent.
- 5 Then add cooked Prawns and fry for 2 mins and add drained rice, mix well and fry for 2 mins.
- 6 Now add coconut milk, mix once, Check for seasoning and add salt accordingly and cook until water is absorbed.

Serves **2**



60 mins



Pulao/Biryani

Ragi Malt-2 Ways

Ingredients

Ragi Flour-2 Tablespoons

Water-500 ml

Salt- A Pinch

Buttermilk-2 Cups

Base for the 2 recipes

- 1 Take a sauce pan or a heavy bottomed vessel, pour water, add salt and bring it to boil
- 2 Meanwhile dilute ragi flour in 1/2 Cup water and keep aside
- 3 Once the water comes to rolling boil add the ragi flour slurry into the water by keep stirring simultaneously to avoid formation of lumps.Keep stirring.
- 4 Cook for 5 mins by keep stirring or untill slightly thickened

Method 1

Mix the above mixture with water or have as it is like a porridge.

Method 2

Mix the above mixture in Buttermilk
Add salt if required.



If you do not have Butter milk ready, take a cup of curd/yogurt, whisk it well and add 2 cups water.

Then add ragi malt to it and mix well.



hungrypalate.com

Serves **2**



15 mins



Drinks/Malt



Mixed Veg Butter Masala

Ingredients

Potatoes-1 Medium sized
Carrot-2 Medium Sized
Capsicum-1/2, French Beans-10
Onions-1, Dry Red Chilies-2
Tomatoes-2 Medium Sized
Cumin Seeds-1/4th Teaspoon
Pepper-1/4th Teaspoon
Poppy Seeds-1 Tablespoon
Turmeric Powder-1/4th Teaspoon
Cashew Nuts-20, Cloves-4
Cinnamon-1 Inch, Bay Leaf-1
Salt-as required
Ginger-garlic paste-1 Teaspoon
Clarified Butter-2 Tablespoon
Oil-2 Teaspoons
Kasurimethi-1 teaspoon

Method

- 1 Heat 1 teaspoon oil in a kadai or pan, add cumin seeds, pepper, let it splutter then add finely chopped onions, salt, turmeric and saute for 2 mins.
- 2 Add poppy seeds and fry for 2 more mins. Then add tomatoes and cook until soft. Once tomatoes are soft add in cashew nuts, mix well and switch off the stove and allow it to cool down and grind into smooth paste.
- 3 In the same kadai, heat 1 tablespoon butter, shallow fry all vegetables except capsicum, until they are slightly crisp, remove and keep aside.
- 4 In the same kadai, heat 1 tablespoon butter, 1 teaspoon oil add cloves, cinnamon, bay leaf, ginger garlic paste fry for 2 mins ,then add onion and fry until translucent.
- 5 Now add the paste, chilly powder, required salt, cover and cook for 2 mins. Now add all vegetables, mix well , cover and cook for 3 mins.
- 6 Switch off the stove and sprinkle Kasurimethi



Carrot Pickle

Ingredients

Carrots-5 Medium Sized

Mustard Seeds-1/4th Cup

Fenugreek Seeds-1 Tablespoon

Red Chilly Powder-2-3 Tablespoons

Salt-1 1/2 Tablespoon

Lemon Juice-1 Tablespoon

Vinegar-1 Tablespoon

Oil-2 Tablespoons(for frying Carrots)

Oil-1/2 Cup(For Pickle)

Method

- 1 Grind both mustard seeds and fenugreek seeds separately into powders and keep aside
- 2 Now heat 1 table spoon oil in a pan add finely chopped carrots and shallow fry until they start turning the color, remove and keep aside(Fry in two batches)
- 3 Now heat 1/4th cup oil in the same pan and then allow it to cool down
- 4 Take a mixing bowl add fried carrots and all spice powders , salt and mix well once.
- 5 Now add the lemon juice, vinegar and mix well.
- 6 Once mixed add oil which is heated and cooled down into the pickle and mix well.
- 7 Then remove it into an airtight glass bottle and top it up with remaining oil.



Always use dry spoon to serve the pickle



Serves **3**



20
mins



Pickles



Egg-less Banana Bread

Ingredients

1 Cup=250 ml

Wheat Flour-1.5 Cups

Riped Bananas-13 Medium sized

Jaggery-1/2 Cup

Clarified Butter-1/4 Cup

Baking Powder-1/2 Teaspoon

Baking Soda-1/2 Teaspoon

Cinnamon Powder-A pinch

Cashew Nuts- 15 finely chopped

Almonds-15 Finely chopped

Old fashioned rolled oats-2 Tablespoons

Method

- 1 Heat ghee in pan and roast oats until crisp and keep aside.
- 2 In a blender add chopped bananas, grated jaggery and blend well until smooth
- 3 Add the above mixture in a mixing bowl and add clarified butter and mix
- 4 Now sieve the flour, baking soda, baking powder into the above wet ingredients and gently mix with a cut and fold method until well combined
- 5 Add half of the chopped cashews and almonds and mix once again.
- 6 Pour the prepared batter/dough into a greased bread loaf dish and sprinkle remaining cashew and almonds, oats.
- 7 Pre-heat the microwave for a minute on high. Now place the loaf dish in the microwave and bake on high for 5 minutes.
- 8 To check whether its ready the toothpick or fork or knife inserted in should come out clean, if not bake for two more minutes

Serves **3**



45
mins



Breads/Bake

Egg Curry

Ingredients

Boiled Eggs-2
Onion-1
Green Chilly-1
Biryani Leaf-1
Ginger-garlic paste-1 Teaspoon
Cloves-2
Cinnamon-1 Inch
Turmeric Powder-1/4th Teaspoon
Chilly Powder- 1 Teaspoon
Garam Masala-1 Teaspoon
Coconut Milk-1 Cup
Oil-1 Teaspoon
Salt- As required

Method

- 1 Heat oil in a pan, add cloves, cinnamon, biryani leaf, ginger garlic paste and saute for a minute
- 2 Now add green chilly, onions, salt, turmeric and fry until translucent. Now add chilly powder and garam masala and fry well until brown.
- 3 Now cut eggs into halves and place upside down meaning yolk should be facing onion and after a minute gently turn over the eggs with masala and let it be for a minute again
- 4 After a minute add coconut milk and gently mix well
- 5 Bring it to a boil and switch off and add coriander leaves.



hungrypalate.com

Serves 2



20
mins



Curries/Gravies



Mushroom Pulao

Ingredients

Basmati Rice-4 Cups
Button Mushrooms-250 gms
Onions-1, Green Chilies-3
Cloves-4, Cardamom-1
Black Cardamom-1, Cinnamon-1
Inch
Star Anise-1, Biryani Leaf-2
Mace-1, Stone Flower-1
Turmeric Powder-1/4th Teaspoon
Ginger-garlic paste-1 Teaspoon
Salt-as required
Clarified Butter-1 Tablespoon
Oil-1 Tablespoon
Mint Chutney*-1 Teaspoon
Coriander Powder-1 Teaspoon
Cumin Powder-1 Teaspoon
Chilly Powder-1 Teaspoon
Garam Masala-1 Teaspoon
Biryani Masala-1 Tablespoon
Water-7 Cups

Method

- 1 Wash and soak Basmati Rice for 30 mins. After 30 mins drain the water and keep aside. Clean Mushrooms and soak in water with salt for 5 mins. Drain and chop into halves
- 2 Heat oil and clarified butter in a heavy-bottomed pan or electric cooker add cloves, Cinnamon, black cardamom, Cardamom, star anise, mace, stone flower, bay leaf and fry for 1 min and add ginger-garlic paste, fry for 3 mins
- 3 Once fried, add onion and slit green chillies, salt, turmeric and fry until slightly golden brown
- 4 Now add all the spice powders and fry until oil oozes out and add mushrooms and saute till they reduce in size
- 5 Then add drained rice, mix well and fry for 2 mins.
- 6 Now add 7 cups water, mint chutney and cook until water is absorbed

*Click [here](#) for the recipe

Serves **3**



60 mins



Pulao/Biryani



hungrypalate.com

Tomato Pappu

Ingredients

Pigeon Split Peas-2 Cups
Tomatoes-3 Medium Sized
Onions-1
Green Chillies-1
Curry Leaves-1 Sprig
Mustard Seeds-1 Teaspoon
Fenugreek Seeds-1/2 Teaspoon
Asafoetida-a pinch
Garlic-4 Cloves
Dry Red Chillies-2
Tamarind-1 Inch piece
Turmeric Powder-1/4th Teaspoon
Chilly Powder-1 Teaspoon
Salt-as required
Clarified Butter-1 Tablespoon
Water-1 Cup

Method

- 1 Wash pigeon split peas thoroughly and pressure cook for 4-5 whistles. Keep aside once the pressure is released
- 2 Heat clarified butter in a heavy-bottomed pan, add 1/2 teaspoon mustard seeds, 1/2 teaspoon fenugreek seeds, curry leaves, slit green chilly and let it crackle
- 3 Then add tamarind, onions, salt, turmeric and fry for 2 mins.
- 4 Now add tomatoes and fry until mushy.
- 5 Then add chilly powder and fry for 5 mins. Then add cooked dal, salt 1 cup water and cook for 5 mins
- 6 Now take a tempering pan, heat clarified butter add remaining mustard seeds, fenugreek seeds, curry leaves, dry red chillies, asafoetida, crushed garlic, fry and then pour in the dal.

Serves **2**



30 mins



Dal/Lentils

Say Yes to Zero Waste and Re-purpose your food

HUNGRY PALATE



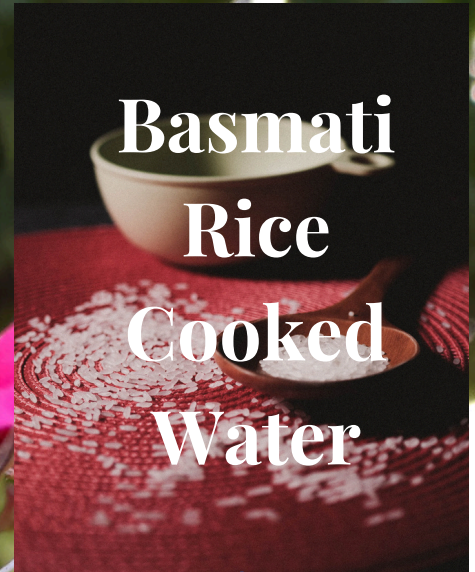
Zero Waste Tips & Hacks

Read Clockwise



**Pasta
Water**

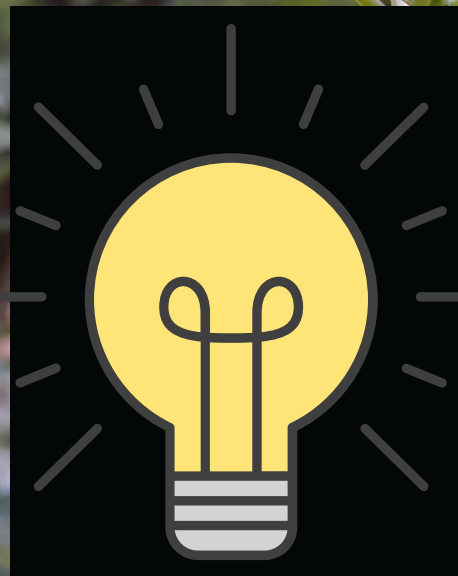
Use it in
Rasam



**Basmati
Rice
Cooked
Water**



Make
Sambar or
any Soup



Use to cook
Regular
Rice



**Lentils
Cooked
Water**

Make
Rasam with
it or Cook
Sago Pearls
with it



**Pani Puri
Pani**



Food Tips &
Hacks are born
in every
Kitchen
Kitchen is the
heart and soul
of a Home

HUNGRY PALATE





Kitchen hacks

Refrigerate rice for half an hour before you use it for fried rice.

Wash the Yam only after Peeling the Skin

Add in lime juice or curd/yogurt or tamarind pulp to get rid of an unusual smell while cooking Lady's Finger

Store Leafy Vegetables in a paper bag.

If the carrots look dry and dehydrated soak it in water with salt for 20-25 mins.

Soak onions in water for 10 mins and then use in salads or burgers.

"EAT HEALTHY. STAY HEALTHY"



Soak rice or lentils for at least 1 hour to help them to cook faster and well cooked by saving time.

Soak Urad Dal only for one hour to get crisp Minapa gaarelu/Uddina vada/Medu Vada

Prepare chapati dough slightly soft and sticky and knead well to get softer chapatis

Add salt to chopped cabbage and squeeze it to remove the smell

If the Dosa sticks to pan, cut one end of onion and rub the pan with it and then make dosa

Apply oil to hands while you cut raw banana or yam or colocasia

[Website](#)

[!\[\]\(1f56542a42e2413e44a2b2023033aa2e_img.jpg\) Instagram](#)

[!\[\]\(19d44b37fb4fa155bf9d60c77a3d3cb2_img.jpg\) Facebook](#)

[!\[\]\(5a351309c3b87e4420622c1f0e57efc0_img.jpg\) Pinterest](#)

[!\[\]\(bff896c19919791b89ab521f039b410a_img.jpg\) YouTube](#)

Planning is an
essential for
Cooking
Plan
Cook
Eat
Repeat

HUNGRY PALATE



hungrypalate.com

Hungry Palate

MEAL PLANNER

BREAKFAST

Mon-Rava Upma/Wheat Rava Upma

Tue-Dosa

Wed-Paddu/Gunthaponganalulu(with same Dosa Batter Above) or Bread Omelette/French Toast

Thur-Rava Idli/Oats Idli

Fri-Poha

Sat-Pesarattu/Green Moong Dosa

Sun-Akki Roti/Chapathi with Chutney/Kurma or Paratha

LUNCH

Mon-Plain Pulav or Veg Pulav with Raita

Tue-Rice/Roti, Dal, Raddish Palya, Rasam and Curd

Wed-Rice/Roti, Tomato Pappu, Ladys Finger Fry, Curd

Thur-Rice/Roti, Sambar, Aloo Fry, Curd

Fri-Rice/Roti, Capsicum/Beetroot/Cabbage Chutney, Carrot Palya,Rasam, Curd

Sat-One Pot Quinoa Meal/Rice or roti, Bottle gourd Pulusu, Kobbari Pappu

Sun-Chicken Biryani or Rice and Chicken Gravy, Curd(non-Veg)

Biryani Rice and Mirchi ka Salan or any gravy

SNACKS

Mon-Avalakki Mixture

Tue- Bajji/Pakoda

Wed-Vada/ Sandwich

Thur-Biscuits/

Fri-Fruits/Bread Toast

Sat-Biscuits,Veg chat

Sun- Boiled Sweet Corn

DINNER

Same as Lunch

Disclaimer-This is not a Diet Plan