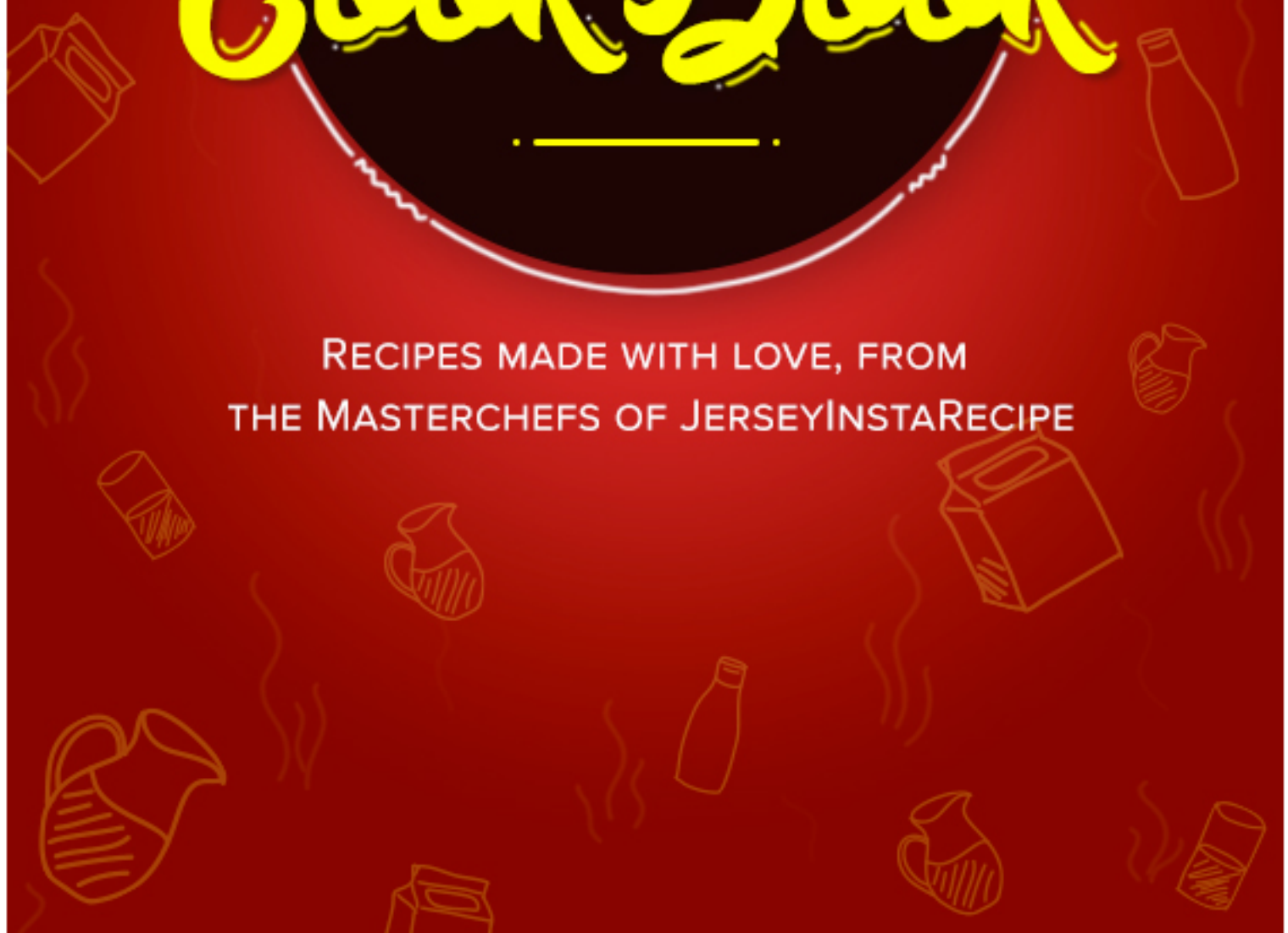




**#JerseyInstaRecipe**

# **Cook Book**

RECIPES MADE WITH LOVE, FROM  
THE MASTERCHEFS OF JERSEYINSTARECIPE



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# Recipe



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## 1. Flower / strawberry milk desert

*By Bhumika Dhaval*

### Ingredients

- Milk -- 1 cup
- Milk powder -- 3 tsp
- Cashew powder --- 3-4 tsp
- Sugar --- 5 tsp
- Green food colour
- For rose colour

### Procedure

- Boil the milk. Once boiled, put it on low flame.
- Add milk powder and continuously stir it to avoid lumps.
- Wait till it thickens. Then add cashew powder slowly and keep stirring it gradually.
- Add sugar to it and stir it until it becomes thick.

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# Recipe



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## 2. Baked Kesari Sandesh

*By Nibeditapal*

### Ingredients

- Paneer
- Khova
- Sugar free Natura Diet Sugar
- Ghee
- A pinch of Saffron

### Procedure

- Put the Paneer/Chhena to a mixer jar. Add the sugar-free diet sugar and blend until you get a smooth paste.
- Place a non-stick pan on heat. Once the pan is heated pour some ghee, and then add the chenna mixture on a medium flame.
- Stir around with a spatula for approximately 8-10 minutes until it is a little dry and comes together into a ball.

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## 3. Zebra Cup Cakes

*By Poonam Jadhav*

### Ingredients

- Ingredients
- Wheat Flour - 1 Cup
- Powdered Sugar -  $\frac{3}{4}$  Cup
- Butter -  $\frac{1}{2}$  Cup
- Milk -  $\frac{1}{2}$  Cup + 2 tbsp
- Curd -  $\frac{1}{4}$  Cup
- Baking Soda - 1 tsp
- Cocoa Powder- 1 tbsp

- Cardamom essence - few drops

### Procedure

- In a bowl, add  $\frac{1}{2}$  cup butter,  $\frac{3}{4}$  cup sugar, and  $\frac{1}{4}$  curd. Whisk it well till you get a smooth consistency.
  - Now to this mixture, add a pinch of salt, 1 tsp baking soda, few drops of cardamom, and vanilla essence.
- Mix it well!

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# Recipe



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## 4. Marble multigrain Muthiya

*By Jayshree Mehta*

### Ingredients

- Multi grain Aata - 1 Bowl
- Steam Rice - 1 Bowl
- Curd - 1 bowl
- Chili/Ginger Paste
- Broccoli
- Oats Aata 2tbs
- Mix Sprouts
- Tanduri Mayonnaise
- Sesame seeds ( Til)
- Pomegranate
- Sweet corn
- Oil
- Soda
- Salt
- Coriander leaves

### Procedure

- Prepare some multi-grain flour in a reasonable quantity for future use as well.
- Take one bowl of multi-grain atta, mix steam rice, curd, chopped Broccoli, oats flour, 2 tablespoons, oil 2 tablespoons, chilli, ginger paste, a pinch of baking soda & salt as per taste.

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# Recipe



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## 5. Palak Paneer Roulade with Shahi Korma

*By Rachna Sharma*

### Ingredients

- Ghee 3 tbsp
- Onion, roughly chopped, 1 cup
- Cashew nuts 2 tsp,
- Almonds 1 tbsp,
- Poppy seeds 1 tsp,
- Melon seeds 1 tbsp
- Cream 2 tbsp
- Whole spices:
- 1 Bay leaf,
- 2-3 Cloves,
- 2-3 Green cardamom,
- 1 Black cardamom,
- 2-3 black pepper
- 1 Inch cinnamon,
- Caraway or Shahi jeera
- 1 tsp
- 1 Star anise,
- 2 dry red chillis
- Kasuri methi, 1 tbsp
- Cardamon powder
- 1/2 tsp,
- Saffron 1 pinch,
- Salt to taste,
- Yoghurt 1/2 cup,
- Rose water 1 tsp

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# Recipe



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## 6. Methi Malai Paneer

*By Sunita Katyal*

### Ingredients

- 3 tbsp oil
- ¾ cup thick milk
- ½ tsp kashmiri red chili powder
- 1 tsp coriander powder / dhaniya powder
- ¼ tsp turmeric
- ¼ tsp garam masala powder
- 1 cup tomato puree
- salt to taste
- Water as required
- paneer cubes

### Procedure

- At first, take a bowl to whisk the cream.
- Put whipping cream, fresh cream and milkmaid in the bowl and whisk it thoroughly for around 10-15 min. When we achieve a smooth texture, add white pepper to and whisk again.
- Then take a glass bowl. Put all the diced fruits in it and pour the cream in it.
- Lastly, garnish it with mint leaves, choco chips and tutti-fruity. You can also use rooh afja for garnishing.

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# Recipe



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## 7. Stuffed Grilled Haryana Paneer

*By Esha Kakkar*

### Ingredients

For making Creamy Spinach Sauce:

**Ingredients:**

- Spinach: 1 cup, coarsely chopped & blanched
- Cream: 1 cup
- Milk: ½ cup
- Mozzarella Cheese: 1 cup
- Butter: 1 tsp
- Olive Oil: 1 tsp
- Garlic: 4-5 cloves, finely chopped

- Onion chopped: ½ Cup
- White pepper powder: ¼ tsp
- Salt to taste
- Mixed herbs: 1 tsp

Preparing Grilled Haryana Paneer:

**Ingredients:**

- Red Bell Pepper: 1 Medium-sized
- Ajwain: 1 tsp
- Coriander Seeds: 1 tbsp
- Cumin Seeds: 1 tsp
- Dry Red Chilli: 8-9 nos
- Garlic: 7-8 cloves

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## 8. Panner Mankhani Dum Biryani

*By Lalit Mahhija*

### Ingredients

- Basmati Rice
- Cloves
- Pav Bhaji masala
- Whole black pepper
- Bay leaves
- Cardamom
- Cinnamon
- Desi Ghee
- Curd
- Coriander
- Paneer
- Fresh Cream
- Onions
- Garlic
- Tomatoes
- Cashews
- Cumin
- Salt
- Red chilli powder
- Turmeric
- Meat masala

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# Recipe



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## 9. Crunchy Mangolicious Ice cream

*By Rujuta Jadhav*

### Ingredients

- Bread- 4 slices
- Milk- 1 cup
- Custard powder -1 tbsp
- Sugar- ¼ th cup
- Mango pieces - ½ cup
- Vanilla Icecream - ½ cup
- Chopped Nuts
- Cherries
- Oil- For Frying

### Procedure

- Take bread slices. Cut the edges.
- Place chopped mango pieces, add a small scoop of ice cream on a bread slice.
- Now lay another bread slice over it. Seal the edges carefully using little water and make balls. Place it in the freezer for about 15-20 mins. Remove from the fridge & deep fry in oil until golden brown. It will take approximately 20 - 30 seconds to fry.
- Add the custard powder and sugar to milk and bring it to a boil. Keep it in the fridge for an hour. Now place the custard in a bowl and place the crunchy balls in the center.

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## 10. Shahi Tukda

*By Ashwin Jaiswal*

### Ingredients

- Sugar
- Saffron Strands
- Milk
- Cardamom powder
- Bread slice
- Ghee
- Chopped nuts
- Condensed milk

### Procedure

- Shahi Tukda is a simple yet delicious recipe, which makes for a delightful treat for sweet lovers.
- Here is a simple recipe to make this traditional Shahi Tukda recipe at home.
- Take a saucepan and heat water along with sugar, once the sugar dissolves add the saffron strands.
- Let it boil, till the syrup achieves two string consistency.
- Once the sugar syrup turns a little thick.
- Put off the stove and keep aside.

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# Recipe



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## 11.Chana jalebi

*By Krishna Bhattacharya*

### Ingredients

#### For Chanar Jilipi

- Full cream milk - 1 and 1/2 litre
- Water - 3 cups
- Lemon Juice- 1 and 1/2 tbsp
- Sugar - 2 cups

#### For Dough

- All-purpose flour (Maida) - 1 tbsp
- Baking powder - 1/2 tsp

#### For The Main Dish

Ghee - 2 cups

### Procedure

- Put a deep-bottomed pan on medium flame and add milk in it and bring it to a boil.
- While the milk is boiling, add lemon juice in it.
- Once the milk curdles up, drain the content through a clean muslin cloth. Tie the cloth and hang it for 2 hours so that the water completely drains away.

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## 12 Bottle Gourd Kheer

*By Karthik Narayanan*

### Ingredients

- Bottle gourd
- Milk
- Sugar
- Dry fruits
- Ghee
- Milkmaid

### Procedure

- Peel and shred the bottle gourd and drain the water from the bottle gourd.
- Boil 1/2 ltr milk.  
Roast the nuts.
- Now put ghee in the pan and fry the bottle gourd on a medium flame for 10 minutes until it becomes soft.
- Add milk and boil for 5 minutes.
- Now add sugar, milkmaid, and garnish with nuts.
- Yummy and healthy bottle gourd kheer is ready!

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## 13 Lachedaar Rabri

*By Sapna Varshney*

### Ingredients

- Full cream cow/buffalo milk - 1L
- Milk powder - 1 cup
- Sugar - ¼ cup
- Cardamom powder - ½ tsp
- Saffron milk - 2 tbsp
- Almonds - 5
- Chopped cashews 10

### Procedure

- At first, heat the milk in a large nonstick pan. Stir occasionally and get to a boil. Maintain a medium flame.
- Stick the layer of cream formed by the milk to the sides of the vessel.
- Now, heat the milk to boil again.
- Repeat the process and stick the cream to the sides of the Kadai. Repeat the process at least 5 times or till the milk reduces to one-third of its volume.
- Now add cardamom powder, milk powder, sugar, and saffron milk.

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# Recipe



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## 14. Badam-Kesar thick shake

*By Anokhi Mala Kabra*

### Ingredients

- Soaked badam - 1 cup
- Sugar - half cup
- Cardamom powder - 1tbsp
- Kesar - 8-10
- Milk - 4 Cups (boiled & cooled)

### Procedure

- In a jar add milk, sugar, cardamom powder, Kesar & grind it.
- Once the sugar melts, add semi crushed
- soaked badams (almonds) into the jar, grind
- it so that the nuts flavour the drink.  
Serve cold.

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# Recipe



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## 15. Gulab jamun ki sabji

*By Khushboo Khetan*

### Ingredients

- Onions - 3-4
- Tomato - 4 large
- Garlic - 7-10
- Ginger - 1"
- Chili - 3-4
- Curd - 1 cup
- Maida (all-purpose flour) - 1 tbsp
- Coriander Powder - 1 tsp
- Garam Masala - 1/2 tsp
- Turmeric - 1/2 tsp
- Chilli powder - 1/2 tsp
- Kashmiri Peppers - 1 tbsp
- Salt to taste
- Oil - 4-5 tbsp
- Cashew - 5-6
- Mix whole spices as required (Bayleaf, cardamom, cinnamon, cloves)\*

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# Recipe



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## 16. Stuffed Semolina Rosomalai

*By Mistuni Banerjee*

### Ingredients

- Semolina 100 gms
- Carrot (grated) - 1cup
- Milk - 750ml
- Nuts & Raisin (chopped)
- Milk Powder - 2-3 tsp
- Ghee - 2-3 tsp
- Green Cardamom (crushed) - 1 tsp
- Saffron - 1pinch (with milk)
- Sugar

### Procedure

- At first, take a frying pan and pour the ghee.
- Add grated carrot in it, fry it well.
- Then add sugar, milk powder, nuts & raisin(chopped) and crushed green cardamom.
- Mix well, and now the stuffing is ready, keep it aside.Now take a Kadai and pour the milk, add semolina.
- Stir it continuously until mixture transfers to a dough.

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# Recipe



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## 17. Bread Halwa

*By Kancharla Praveena*

### Ingredients

- Milk Bread
- Milk
- Ghee
- Cashew

### Procedure

- Trim the edges of the bread slices and set aside.
- Heat 1 tbsp of ghee and fry cashews until golden brown, once fried set it aside.
- Now add the bread slices and toast.
- Toast until golden brown and crisp on both sides. Set it aside.
- Now, in the same pan, add some milk and bring it to boil.

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# Recipe



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## 18. Desi Ghee Watermelon Halwa

*By Suruchi Mehta*

### Ingredients

- Watermelon rind
- 2-3 tbsp - Ghee
- 2tbs- Corn flour
- 1/2 cup - Sugar
- 1/2 tsp - Cardamom powder
- 1 cup - Milk
- Almond and pista ( a handful)

### Procedure

- Chop watermelon and remove all the seeds.
- Blend them into a smooth paste.
- Add Corn flour Heat 1 tablespoon of ghee in a wok. Add in almonds and roast them.
- Set them aside. Bring it to boil. Reduce the flame. Leave it in low flame for 2 minutes.
- Now increase the flame and leave it until the mixture thickens.
- Add in cardamom powder. When the mixture starts to thicken add in the remaining ghee.
- Keep stirring until the halwa consistency is reached.

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# Recipe



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## 19. Shahi Paneer

*By Thefoodblogger*

### Ingredients

- 1 tbsp butter
- 2 pods cardamom
- 1 inch cinnamon
- 1 pod black cardamom
- 3 cloves
- 1 onion, sliced
- 3 clove garlic
- 1 inch ginger, chopped
- 2 tomato, chopped
- 1 cup water
- 1 tsp salt
- FOR CURRY:
- 1 tbsp butter
- ½ tsp shahi jeera
- 1 bay leaf
- ¼ tsp turmeric
- 1 tsp kashmiri red chilli powder
- ¼ cup cream / malai
- 15 cubes paneer / cottage cheese
- Few threads saffron / kesar
- ½ tsp kasuri methi, crushed

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# Recipe



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## 20. Oreo Brownie Milk Shake

*By Mohit Yadu*

### Ingredients

- 5 Oreo Biscuits
- 2 cups chocolate ice cream
- ¼ cup crumbled brownies, packed tight
- ¼ cup whole milk
- 1 tbsp chocolate syrup
- 1 tube Vanilla Cream
- 1 CRUSHED Gems Packet
- 2 KitKat or Choco Sticks
- Bite-size brownie pieces, for garnish
- Chocolate syrup, Crushed gems

### Procedure

- Using a blender, combine chocolate ice cream, Oreo biscuits, Crushed gems brownies, milk and chocolate syrup.
- Blend until smooth and pour into a milkshake glass.
- Garnish with brownie pieces, crushed gems, Vanilla Cream and drizzle with chocolate syrup.
- Viola! Oreo Brownie Milk Shake is Ready.

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# Recipe



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## 21. Kumror Malpua/Pumpkin Malpua

*By Tumpa Roy*

### Ingredients

- Pumpkin - 500gram
- Flour - 100-150grams
- Semolina - 75-100grams
- Milk - 1 & 1/2,cups
- Sugar - 3 cups
- Water - 1 cup
- Dryfruits - 3 tbsp
- Salt - 1/2 tsp
- Ghee 1 tbsp

- Green cardamom powder
- Vegetable oil - 1 & 1/2 cup

### Procedure

- Take the pumpkin and peel the skin off and chop the pumpkin.
- Using 2 cups of water boil the chopped pumpkin until soft and drain.
- Transfer the boiled pumpkin to a large bowl and mash well.

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# Recipe



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## 22. Shahi kulfi Kesar With Falooda

*By Suman Agrawal*

### Ingredients

- For the kulfi
- - 4 cup full cream milk
- - 1/2 tsp crushed saffron strings
- - 6 tbsp sugar to taste
- - ½ tsp green cardamom powder
- For the falooda
- -1 cup cornflour or arrowroot powder
- - 2 tsp powdered sugar
- - 2 ½ cups water,
- - 2 litres ice cold water

#### To garnish

- Rose syrup
- Soaked subza seeds
- almond flakes and glazed cherries.

### Procedure

#### For the falooda

- Mix the cornflour or arrowroot powder with water and powdered sugar.
- Cook over low heat by constantly stirring until transparent.

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# Recipe



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## 23 Biscuit Cake

*By Mayur Mayur*

### Ingredients

- Parle-G biscuits - 20 biscuits
- Bourbon Biscuit - 20 biscuits
- Powdered sugar - 3 tbsp
- Milk - 1 cup (lukewarm)
- Vanilla essence - 3/4 tsp
- Eno/Fruit Salt - 1 packed (plain- unflavored)
- Baking tin - 7 inches pan

### Procedure

- Powder the biscuits ( Bourbon and Parle-G) separately in a mixer. Then mix both well.
- Add powdered sugar, vanilla essence, milk (little at a time) and mix without lumps to get a smooth batter. In this recipe, we used one cup of milk.
- Before adding Eno/fruit salt, bring water to boil in a steamer or cooker or any pan and keep it ready.

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## 24. Sugarfree Almond Cake

*By Debashree Hina Biswas*

### Ingredients

- 1 cup wheat flour
- ½ cup all-purpose flour (Maida)
- ½ cup cold-pressed organic sunflower oil or any good vegetable oil
- ¾ cup regular sugar or free - adjust as per your taste preferences
- 1 cup regular milk or soy milk or almond milk
- 1 cup water
- 1 cup seedless dates
- ½ cup walnuts
- 2 tsp instant coffee
- 1 tbsp cacao nibs or small chocolate chips if adding choco chips then adjust the sugar accordingly
- ½ tsp vanilla bean powder or vanilla extract
- 1 tsp baking powder
- ½ tsp baking soda
- 1 pinch salt

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# Recipe



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## 25. Classic Cookie Trifle

*By Nishat*

### Ingredients

- Milk
- Cookies
- Fruits
- Roohafza or ice cream

### Procedure

- Dip cookies in milk for 4-5 sec and arrange it at the base of a dish. Make a double layer of the cookies.
- Then add the chopped fruits of your choice or whichever is available on the top of the cookies and cover it properly.
- Top up it with whipped cream and cover it nicely.
- Garnish it with Tuty fruity and Roohafza or strawberry crush and keep it in the fridge for 3-4 hrs to set.
- Cut a portion in square and take it out and serve chilled.

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## 26. Rasgullas With Strawberry

*By Bhavika Raj (Hemlata Aswani)*

### Ingredients

- 1-litre milk, full cream cows milk,
- 1-2 tbsp lemon juice
- 1 cup water
- Alpenliebe Jelly 10 PIECES

#### FOR SUGAR SYRUP INGREDIENTS

- 1½ cup sugar
- 8 cups water

### Procedure

#### HOW TO PREPARE CHENNA / PANEER RECIPE:

- In a thick bottomed pan, add 1 litre milk.
- Stir occasionally and get to a boil.
- Add lemon juice to curdle the milk and keep stirring.
- Add more lemon juice and stir till the milk curdles completely.
- Immediately drain the curdled milk into the handkerchief.
- Pour a cup of water and clean the paneer as it has lemon juice in it.

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# Recipe



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## 27. Sponge cake

*By Soundarya*

### Ingredients

- All-purpose flour - 1 cup
- 3 eggs
- Powdered sugar - 3/4 cup,
- Milk - 1/4 cup
- Butter - 1/4 cup
- Coffee powder - 2 tsp
- Vanilla essence - 1 tsp
- Baking powder- 1tsp
- Salt to taste.

### Procedure

- Spread a layer of salt and place a wire rack in it.
- Close the cooker without putting the cooker weight—Preheat the cooker at medium heat for 10 minutes.
- Separate the egg whites and beat it nicely. In electric beater 5 mins and whisk it may take 12-15 minutes.
- Add some hot water into the coffee powder.

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# Honourable Mentions



**Sugarfree almond cake**  
by Musicfoodie41

*Check out the Recipe Post*



**Chocolate cake**  
By Jinisha

*Check out the Recipe Post*



**Paneer Tikka**  
by Priya

*Check out the Recipe Post*



**Chocolate cake**  
By Nihali Suratekar

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