



Eva

Food for Life

by Mehboob Mandokhel

Eva Food for Life by Mehboob Mandokhel

Product of: 

Eva Foods (Pvt) Ltd.

(Formerly Shujabad Agro Industries (Pvt) Ltd.)

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"55 Simple Recipes To Keep You In Shape"

الْقُرْآنِ

وَالْأَرْضَ وَضَعَهَا لِلْأَنَامِ ⑩

فِيهَا فَاصِحَةٌ وَالنَّخْلُ ذَاتُ الْأَكْمَامِ ⑪

وَالْحَبُّ ذُو الْعَصْفِ وَالرَّيْحَانُ ⑫

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبِينَ ⑬

(سورة الرحمن)

It is He Who has spread out the earth for (His) creatures:

Therein is fruit and date-palms,

producing spathes (enclosing dates);

Also corn, with (its) leaves and stalk for fodder,

and sweet-smelling plants.

Then which of the favours of your Lord will ye deny?

(Ar-Rehman, Chapter 55, Verses 10-13)

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Acknowledgement

At last, one of my long-awaited dreams has come true... of not just a cookbook, but a book which teaches you how to cook delicious, healthy food. Very few countries in the world are blessed with such an excellent variety of fruits, vegetables, pulses, grains, meats, seafood and spices like ours, but it's very sad that our health is deteriorating day by day. Why is that? I think the only reason is our poor knowledge of what we eat and the way we cook.

This book is the first step towards healthy cooking, which is also very delicious! I hope in the future, more and more local chefs will work in this direction and get the most out of what we have.

As for this dream, first of all I thank Almighty Allah from the very core of my heart for making my signature an autograph! I strongly believe that when you work hard and have total faith in Allah, sooner or later all your dreams come true, and the word "impossible" no longer exists in your dictionary.

I dedicate this book to my late father, Sheikh Abdul Ghani, whose support made me what I am now; my mother, Sultana Bibi, whose prayers and blessings have always been with me, giving me more strength every day; my elder brother, my father-figure, Mohiuddin Khan, for whom my love and respect continues to grow; and my brother and cooking guru Rehmat Khan, whose technical knowledge of cooking has always been a source of inspiration.

And finally, my wife Saima, whose continuous support and love has made me achieve my dreams and my three lovely kids, Shahmeer, Saadan and Zaina who have made my life so colorful.

Special thanks to the teams from IAL Saatchi & Saatchi and Eva Cooking Oil, and to photographer Zahid Ghori. We worked like a team and never imposed ideas on each other. I thank them all for their true support, because of which food will never be your enemy again. It will be as it should be... delicious, flavorsome, and filled with healthy goodness.

It was a hectic but fascinating experience and I hope the pages that follow convey what I experienced while writing it. My hope is that you will try out these dishes and apply the knowledge within these pages so that your food becomes the best you've had, without any feelings of guilt. Everyone should enjoy what they eat, and that's what I call "Food for Life!"



EAT HEART SMART WITH EVA

What makes Eva the best cooking oil?

Eva is the purest cooking oil which offers the best for your health and nutrition requirements, brings out the natural flavor and aroma of any recipe to the fullest, and comes in a revolutionary convenient and hygienic packaging.

Lowest saturated fats

Eva contains the lowest amount of saturated fatty acids. These are one of the major dietary sources of bad (LDL) cholesterol, which is strongly related to coronary heart diseases. Eva also contains Omega-3 fatty acids, an essential nutrient (not produced within the body and acquired through dietary intake), and may help prevent heart diseases.

Produced from imported oil seeds

Extracted from the finest oil seeds from around the world and put through a meticulous refining process, Eva Cooking Oil brings out the natural taste of all recipes to the fullest, without suppressing the flavor and aroma of even the most delicately flavored dishes.

Eva is processed at a state-of-the-art continuous refining plant using European technology, which is as advanced as technology employed anywhere in the world. The process not only ensures optimum purification, but also that every drop of oil gets uniformly treated, resulting in quality and consistency that simply cannot be achieved through conventional processing.

UHT treated

Eva is treated at Ultra High Temperature (UHT) under a carefully controlled and monitored system, which provides optimum purification, removes odors completely, and renders longer shelf life.

Convenience

The handy standup capped pouches introduced by Eva are nothing less than a revolution because of their convenient and hygienic benefits. Conventional pouches are not only a hassle to open and keep, but are also health hazards.

Processed using state-of-the-art European technology, Eva:

- Is absolutely pure and completely odorless
- Does not freeze even at zero degree temperature
- Contains the lowest amount of saturated fatty acids among its class
- Is light and easily digestible
- Is non-sticky
- Is free from any flavoring additives
- Is needed in lesser quantities even for full cooking benefits

Eva is available in four variants:

- Cooking oil
- Canola oil
- Sunflower oil
- VTF Banaspati

Eva Cooking Oil

Eva Cooking oil is a healthy blend of canola and soybean/sunflower oils that give it the most balanced nutritional profile. It contains low saturated fats, and its ratio of polyunsaturated and monounsaturated fats keep a check on blood cholesterol level and reduce the risk of coronary heart disease.

Eva Canola Oil

Eva Canola contains only 7% saturated fatty acids—about half the level present in corn, olive and soybean oils and about one-quarter the level present in cottonseed oil. Because of this, it is called the “heart-friendly oil”.

Recent nutritional recommendations call for total fat intake to be 10% of total energy intake. Amongst the common vegetable oils, canola oil is second only to olive oil in monounsaturated (oleic acid) content.

Canola oil is among the few non-fish sources of Omega-3 Essential Fatty Acids (EFAs). As the name suggests, these are “essential” and must be consumed as our body has limited storage for them. Omega-3 fatty acids are also known for their effectiveness in lowering plasma cholesterol level, a major risk factor in coronary heart disease.

Eva Sunflower Oil

Eva Sunflower Oil is freshly extracted from seeds and contains healthy unsaturated fat, plus essential nutrients that keep your body in peak health.

Vitamin E

Vitamin E in the form of alpha-tocopherol occurs naturally in sunflower oil. In fact, sunflower oil has the highest content of alpha-tocopherol (45mg/100g) among leading oils. Vitamin E is a required nutrient that functions as an antioxidant and is associated with decreasing the risk of heart disease and cancer, as well as bolstering immune function.

Light, Healthy and Natural Oil

Eva Sunflower Oil goes through a highly specialized process of winterization (de-waxing) and refining that removes all the impurities, thus making it a light, healthy and natural oil.

Eva VTF Banaspati

Trans fat is widely regarded as the most harmful dietary fat, as it raises LDL (“bad”) cholesterol and lowers HDL (“good”) cholesterol, significantly increasing the risk of heart disease, the leading cause of death. Eva VTF Banaspati is labeled as “Virtual Trans-fat Free,” indicating it contains 2% or less trans fat (usually below 1%). In contrast, common banaspati, produced from partially hydrogenated oils, can have up to 20% trans fat.





Contents

Vegetables	08
Soups	11
Salads	21
Oil	30
Side Dishes	33
Meats	46
Grains	47
Main Dishes	49
Chicken	51
Meat	65
Seafood	81
Vegetables	89
Rice	97
Dairy & Honey	110
Water & Tea	111
Kids Meals	113
Breads	127
Fruits	138
Desserts	141
Spices	152
Shopping List	155
Natural Ways to Cure Ailments	157
Fat Facts: Lesser is Better	170

VEGETABLES



CABBAGE

CAN HELP:
Prevent breast, prostate and colon cancer
Lower the risk of cataracts
Prevent heart disease and birth defects

Cabbages contain several compounds that have been shown to prevent cancers from occurring. It's particularly effective in preventing cancers of the breast, prostate gland and colon.

Eating any kind of cabbage on a regular basis will probably lower your risk for cancer. Not only are cabbages high in beta-carotene, they are also a good source of Vitamin C, which has been shown to boost immunity as well as reduce blood pressure and fight heart disease.



LEMONS

CAN HELP:
Heal cuts and bruise
Prevent cancer and heart disease

Of all the nutrients we are most familiar with, Vitamin C is perhaps the most impressive. During cold seasons it is always in hot demand since it lowers histamine, a naturally occurring chemical that can cause red eyes and runny noses. The pulp and juice from lemons and limes are rich sources of Vitamin C.

There is more to lemons than just Vitamin C. These citrus fruits also contain additional compounds such as limonin and limonene, which appear to help block some of the cellular changes that can lead to cancer.

Limonene, which is found mainly in the colorful skin, or zest, of the fruit, has been shown to increase the activity of proteins that help eliminate estradiol, a naturally occurring hormone that has been linked with breast cancer. Limonene has also been shown to increase the level of enzymes in the liver that can remove cancer-causing chemicals.



TOMATOES

CAN HELP:
Prevent cancer
Purify the blood
Dissolve gallstones
Improve skin

Tomatoes are packed with vitamins A, B, C, K, potassium and iron. The red color comes from the antioxidant lycopene, which destroys free radicals in the body. Eating 10 or more servings of tomatoes a week (whether fresh in salad, in soups or as sauce on a pizza) can cut the risk of prostate cancer by more than half. Lycopene also counteracts the risk of rectal, colon, lung, breast and endometrial cancer.

Tomatoes are also helpful in reducing the damaging effects of tobacco smoke, and as they don't lose any nutritional values through heat, they are beneficial whether fresh or canned.

VEGETABLES



CARROTS

CAN HELP:
Improve night vision
Reduce the risk of cancer and heart disease

For generations, children all over the world have been repeatedly told how good carrots are for the eyes. Nowadays more research is showing carrots in a whole new light.

The healing potential of carrots goes far beyond their ability to help our vision. They contain a variety of compounds that may help prevent certain cancers, lower cholesterol, and prevent heart attacks.

Evidence shows that eating large amounts of carrots rich in beta-carotene may reduce the risk of heart disease.

The beta-carotene in carrots does double duty. It converts to Vitamin A in the body and helps improve vision. This eye appeal is so well-known that researchers in World War II cultivated carrots that were high in beta-carotene to help pilots see better at night.

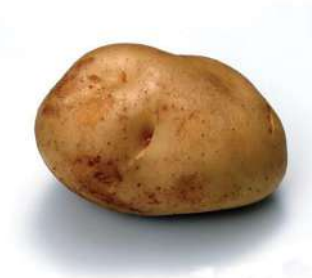


CAULIFLOWER

CAN HELP:
Inhibit tumor growth
Boost the immune system

Call it caulipower! Cauliflower does more than protect against cancer. It's also packed with Vitamin C and folate, two nutrients that are well-known for keeping your immune system in peak condition.

Folate is particularly important for women of child-bearing age because it plays an important role in preventing birth defects of the brain and spinal column.



POTATOES

CAN HELP:
Sustain energy for long periods
Weight gain in infirm/ill people
Stabilize digestion
Alleviate diarrhea

Potatoes are the most versatile vegetable ever found in nature and can be prepared in dozens of ways. They are also the top vegetable choice for children. Surprisingly, potatoes are a great source of fat-free, low-calorie energy; the myth that potatoes are fattening comes from fried chips. Plain boiled or baked potatoes are an ideal form of slow-releasing energy.

Potatoes contain Vitamins C and B6, which are vital for blood to clot, and can help lower high blood pressure. They encourage the production of serotonin – the feel-good enzyme – which calms the nerves and brain. Potatoes applied topically soothe burns and help cool puffy eyes.



Soups





ٹماٹر کا سوپ

اجزاء	:	
ٹماٹر (سرخ اور پکا ہوا)	:	1 کلوگرام
پیاز (کٹری ہوئی)	:	1 کپ
لیمون کا عرق	:	4 کھانے کے چمچے
لال مرچ پاؤڈر	:	2 کھانے کے چمچے
آلو (بڑے)	:	2 عدد
ہہن	:	3 جڑے
اورک کا پیسٹ	:	1 کھانے کا چمچ
نمک	:	1 کھانے کا چمچ
دھیانہ (کٹی ہوئی)	:	3 کھانے کے چمچے
پانی	:	2 لیٹر
ایوا کوکنگ آئل	:	3 کھانے کے چمچے

ترکیب

کوکنگ آئل کو برتن میں گرم کریں۔ پیاز شامل کر کے فرائی کریں۔ اب ہہن اور اورک شامل کر کے گرم کریں۔ ٹماٹر کاٹ کر شامل کریں اور ایک منٹ کے لئے فرائی کریں۔ گاڑھا کرنے کے لئے میں آٹے کی جگہ آلو سوپ میں استعمال کر رہا ہوں۔ کیونکہ اس میں آٹے سے زیادہ غذائیت ہے اور اس کے علاوہ سوپ کا ذائقہ بھی بہتر ہوگا۔ آلو کاٹ لیں۔ انہیں نمک، ہہن، لال مرچ اور 2 لیٹر پانی کے ساتھ برتن میں شامل کریں۔ نمک توڑا لیں۔ لہذا اور لیٹوں کی کھٹائی کی وجہ سے نمک کا پتہ نہیں چلتا۔ سوپ کو ابال لیں پھر 5 منٹ تک کر لیں۔ اس کے بعد 3 صحن بنا کر سوپ کو چھلنی سے چھان لیں اور برتن کو دابیں چھلے پر رکھیں اور سوپ پر جھاگ آٹے تو اسے صاف کر دیں اور لیٹوں کا عرق شامل کریں۔ آپ ایک چمچی کالی مرچ بھی حسب ضرورت استعمال کر سکتے ہیں۔ اچھی طرح گرم ہو جائے تو اوش میں ڈالیں۔ پھر اوش میں دھیانہ سے چھان کر گرم پیش کریں۔

Tomato Soup

Ingredients

Tomatoes	:	1 kg, very ripe and red
Onions	:	1 cup, sliced
Lemon juice	:	4 tbsp
Red chili powder	:	2 tbsp
Potatoes	:	2, large
Garlic	:	3 cloves
Ginger paste	:	1 tbsp
Salt	:	1 tbsp
Fresh coriander	:	3 tbsp, chopped
Water	:	2 liters
Eva Cooking Oil	:	3 tbsp

Method

Heat cooking oil in a pan and fry the onions. Now add garlic and ginger and fry. Roughly chop the tomatoes, add to the pot and fry for 1 minute. We will use potatoes to thicken the soup instead of flour because potatoes are more nutritious than flour, and taste better too; so roughly chop the potatoes, add to the pot with salt, chili powder and 2 liters of water. Use the salt sparingly – the sourness of tomatoes and lemon can make the soup seem less salty than it really is. Bring the soup to the boil, then cover and cook on low heat for 45 minutes. Remove the lid and strain the soup through a fine sieve. Return the pot to the stove and with a spoon, clean off any scum that rises to the top. Add the lemon juice – you can add a pinch of black pepper if you need to adjust the taste. Heat through, then spoon into a bowl, garnish with fresh coriander leaves and serve piping hot.

Serves	:	4
Calories	:	135
Proteins	:	1.5g
Carbohydrates	:	3.5g
Fats	:	1.1g
Saturated Fats	:	0.5g
Sodium	:	130mg
Fiber	:	0.6g



ہاٹ اینڈ سارسوپ

Hot & Sour Soup

Ingredients

Chicken stock	:	1 liter
Chicken, boneless	:	250 gms, chopped
Cornflour	:	5 tbsp
Soy sauce	:	5 tbsp
Eggs	:	4, whites only
Salt	:	1 ½ tsp
Black pepper powder	:	½ tsp
Tomato paste	:	2 tbsp
Cabbage	:	2 cups, shredded
Carrot	:	2 cups, chopped
Water	:	1 liter
Lemon juice, fresh	:	5 tbsp
Red chili powder	:	1 tsp

Method

Bring chicken stock and water to a boil in a large pot. Add tomato paste, black pepper, salt, and cook for 5 minutes. Now add the chili powder, soy sauce and chicken to the stock and cook for further 10 minutes. Remove the scum that rises to the surface with the help of a spoon. Thicken the stock by dissolving cornflour in 1 cup of water, making sure there are no lumps. Stir it into the soup. Add the lemon juice. Usually synthetic vinegar is added for sourness, but we'll use lemon juice because it's more nutritious and tastes so much better. With the flame turned low, add the vegetables. Beat the egg whites and pour into the pot in a thin stream. Take care not to stir for at least 2 minutes. People often make the mistake of stirring the soup too soon, but that just breaks the egg white into tiny pieces and clouds up the soup. Cloudy soup does not look very appetizing. Pour the soup into a pretty bowl and serve with small dishes of chili sauce, soy sauce and green chili in vinegar.

اجزاء	
مرچی کا اسٹاک	1 لیٹر
مرچی کا گوشت (الٹیڑی، چھوٹے ٹکڑے)	250 گرام
کارن فلور	5 کھانے کے چمچے
سویا سوس	5 کھانے کے چمچے
انڈے کی سفیدی	4 عدد
نمک	1½ چائے کا چمچ
کالی مرچ کا پاؤڈر	½ چائے کا چمچ
لٹماڑ کا پیسٹ	2 کھانے کے چمچے
گوبھی (کٹی ہوئی)	2 کپ
گاجر (کٹی ہوئی)	2 کپ
پانی	1 لیٹر
لیمون کا عرق	5 چائے کے چمچے
لال مرچ پاؤڈر	1 چائے کا چمچ

ت ترکیب

ایک بڑے برتن میں مرچی کا اسٹاک اور پانی ڈال کر ہل لیں۔ لٹماڑ کا پیسٹ، کالی مرچ اور نمک شامل کریں پھر 5 منٹ تک اہلیں۔ اب لال مرچ پاؤڈر، سویا سوس اور مرچی شامل کر کے مزید 10 منٹ تک پکائیں۔ سوپ پر جھاگ آئے تو اسے صاف کر دیں۔ اب ایک کپ پانی میں کارن فلور حل کریں اور اس سے اسٹاک کو گاڑھا کر لیں۔ خیال رہے کہ گھٹیاں نہ بنیں۔ پھر لیمن کا عرق شامل کریں۔ سوپ میں ترشی لانے کے لئے عام طور پر مصنوعی سرکہ استعمال کیا جاتا ہے لیکن میں لیمن کا عرق استعمال کر رہا ہوں کیونکہ اس میں زیادہ مقدار نیت ہے اور ذائقہ بھی بہتر ہے۔ ابلی آٹھ کر کے سبزیاں شامل کریں۔ انڈے کی سفیدی پیسٹ لیں اور آہستہ سے برتن میں ڈالیں۔ دو منٹ تک بیچ نہ چھائیں اکثر لوگ سوپ میں جلدی بیچ چھانے کی غلطی کرتے ہیں۔ جس سے انڈے کی سفیدی چھوٹے حصوں میں ٹوٹ کر پھیل جاتی ہے اور ایسا سوپ زیادہ مزہ دار نہیں لگتا۔ سوپ ایک ہاڈل میں ڈالیں اور لال مرچ، سویا سوس اور سرکے میں بری مرچ کے ساتھ چھائیں کریں۔

Serves	:	4	خوار کے لئے	: 4
Calories	:	140	کیلوری	: 140
Proteins	:	5.5g	پروتین	: 5.5 گرام
Carbohydrates	:	4.5g	کاربوہائیڈریٹ	: 4.5 گرام
Fats	:	1.5g	نمک	: 1.5 گرام
Saturated Fats	:	0.5g	بھری چکن	: 0.5 گرام
Sodium	:	220mg	سڈیم	: 220 ملی گرام
Fiber	:	1.8g	فائبر	: 1.8 گرام



پالک کا سوپ

اجزاء

1 گلی	:	پالک (صاف کئے ہوئے پتے)
3 عدد	:	آلو (چوکور کئے ہوئے ٹکڑے، اور مہانے)
500 ملی لیٹر	:	دودھ
4 کھانے کے چمچے	:	پودینہ
4 بوئے	:	لہسن
1 1/2 چائے کا چمچ	:	تک
1/2 چائے کا چمچ	:	کالی مرچ پاؤڈر
250 گرام	:	مرچی کی ہڈیاں
1 عدد	:	تیز پات
2 عدد	:	لوٹک
2 لیٹر	:	پانی
3 کھانے کے چمچے	:	ایوا کوکنگ آئل

ترکیب

پالک کو اچھی طرح سے دھو لیں کیونکہ یہ زمین میں اگتی ہے اس وجہ سے اس میں مٹی کے ذرات پائے جاتے ہیں۔ اب مرچی کی ہڈیوں کو پانی والے برتن میں ڈالیں۔ لوٹک اور تیز پات شامل کر کے 1 گھنٹے تک اہلیں۔ پھر چھان کر الگ کر لیں اور علیحدہ سے برتن میں تیل ڈالیں۔ اورک اور آلو فرائی کریں مرچی کا اسٹاک اور تک ڈالیں۔ ایک گھنٹہ تک 30 منٹ تک پکا لیں۔ اب پالک، دودھ اور کالی مرچ شامل کریں اور مزید 5 منٹ پکا لیں اور پودینہ شامل کریں۔ اب ہینڈ بلنڈر سے کھچر کو گرائنڈ کر کے گاڑھا سوپ بنائیں یا کھچر جگ والے بلنڈر میں ڈال کر اچھی طرح سے ہینڈ کریں۔ سوپ کو واپس چولہے پر رکھ کر تیز آگ پر اہال لیں اور گرم چٹن کریں۔

Spinach Soup

Ingredients

Spinach	:	1 bunch, washed and stemmed
Potatoes	:	3, medium, peeled and cubed
Milk	:	500 ml
Mint	:	4 tbsp
Garlic	:	4 cloves
Salt	:	1 1/2 tsp
Black pepper powder	:	1/2 tsp
Chicken bones	:	250 gms
Bay leaf	:	1
Cloves	:	2
Water	:	2 liters
Eva Cooking Oil	:	3 tbsp

Method

Wash the spinach thoroughly since it grows close to the soil and contains a lot of dirt in the leaves. Place chicken bones in a pot of water. Add cloves and bay leaf. Simmer for 1 hour then strain. In a separate pan, heat the oil and fry the garlic and potatoes. Add stock and salt. Cover and cook for 30 minutes. Add spinach, milk and pepper and cook for 5 minutes. Add the mint. Now using a hand blender, grind the mixture to a thick soup. Alternatively, pour mixture into a jug blender and blend well. Return the soup to the stove, bring to a quick boil, and serve hot.

Serves	:	6
Calories	:	145
Proteins	:	3.5g
Carbohydrates	:	6.2g
Fats	:	3.5g
Saturated Fats	:	1.1g
Sodium	:	210mg
Fiber	:	2g



6	سروے کے لئے	Serves	: 6
135	کیلوری	Calories	: 135
1.5	پروتین	Proteins	: 1.5g
5.5	کاربوہائیڈریٹ	Carbohydrates	: 5.5g
3.5	لیپڈ	Fats	: 3.5g
1.5	سٹیورٹڈ لیپڈ	Saturated Fats	: 1.5g
265	سڈیم	Sodium	: 265mg
2.5	فائبر	Fiber	: 2.5g

مکس سبزی کا سوپ

	اجزاء
250 گرام	مرچی کی ہڈیاں
1 عدد	پیاز (چوکور کٹی ہوئی، درمیانی)
3 جوئے	لہسن
2 عدد	ٹماٹر (چوکور کٹے ہوئے)
1 عدد	آلو (چوکور کٹا ہوا، درمیانی)
1 کپ	مٹر
2 عدد	گاجر (کٹی ہوئی، درمیانی)
1 کپ	بند گوہی (کٹی ہوئی)
1 کپ	پھول گوہی
1 چائے کا چمچ	نمک
1/2 چائے کا چمچ	کالی مرچ پاؤڈر
5 عدد	ثابت کالی مرچ
4 چائے کے چمچے	لیمون کا رس
4 کھانے کے چمچے	ہرا دھنیا
1 عدد	تیزیات
1 عدد	لوگت
3 لیٹر	پانی

ت ترکیب

مرچی کی ہڈیوں کو پانی والے برتن میں ڈالیں۔ لوگت تیزیات اور کالی مرچ شامل کریں۔ 45 منٹ ڈالیں، اس کے بعد چھان لیں۔ اب مٹر اور آلو شامل کریں اور 5 منٹ تک پکائیں۔ لہسن اور گوہی شامل کریں اور 5 منٹ تک مزید پکائیں۔ اب نمک، لیمون کا رس، کالی مرچ، ٹماٹر، پیاز اور بند گوہی کو بھی کوئیں کر لیں اور 1 منٹ پکائیں۔ اسے برتن میں ڈالیں اور کٹا ہوا دھنیا چھڑکیں۔ پھر پیش کریں۔

Mixed Vegetable Soup

Ingredients

Chicken bones	:	250 gms
Onion	:	1, medium, diced
Garlic	:	3 cloves
Tomatoes	:	2, chopped
Potatoes	:	1, diced
Green peas	:	1 cup
Carrots	:	2, diced
Cabbage	:	1 cup, shredded
Cauliflower florets	:	1 cup
Salt	:	1 tsp
Black pepper powder	:	1/2 tsp
Black peppercorns	:	5
Lemon juice	:	4 tsp
Fresh coriander	:	4 tbsp, chopped
Bay leaf	:	1
Clove	:	1
Water	:	3 liters

Method

Place chicken bones in a pot of water. Add the cloves, bay leaf and black peppercorns. Simmer for 45 minutes, then strain. Add potatoes and green peas and let cook for 5 minutes. Add the garlic and cauliflower and cook for 5 minutes more. Now mix in the salt, lemon juice, black pepper powder, tomatoes, onions and cabbage. Cook for a minute. Pour into a serving bowl, sprinkle with a handful of chopped fresh coriander and serve.

Salads





کچومر سلاد

اجزاء

1 کپ	:	پیاز (کٹی ہوئی)
1 کپ	:	لہاز (کٹے ہوئے)
1 کپ	:	کھیرا (کٹا ہوا)
4 عدد	:	ہری مرچ (کٹی ہوئی)
5 کھانے کے چمچے	:	ہرا دھنیا
3 کھانے کے چمچے	:	ہرا پودینہ
4 کھانے کے چمچے	:	لیمون کا رس
1 چائے کا چمچ	:	نمک
2 جوئے	:	آہن (کٹا ہوا)
3 کھانے کے چمچے	:	ایوا کوکنگ آئل

ت ترکیب

ڈریسنگ تیار کرنے کے لئے آہن، پودینہ اور دھنیا کو چھین لیں۔ پھر آہن نمک، لیمون کے رس اور آئل میں مکس کر لیں۔ باقی کے تمام اجزاء کو ملائیں۔ اوپر سے ڈریسنگ ڈال کر چھین کریں۔

Kachumar Salad

Ingredients

Onions	:	1 cup, chopped
Tomatoes	:	1 cup, chopped
Cucumbers	:	1 cup, chopped
Green chilies	:	4, chopped
Fresh coriander	:	5 tbsp
Fresh mint	:	3 tbsp
Lemon juice	:	4 tbsp
Salt	:	1 tsp
Garlic	:	2 cloves, chopped
Eva Cooking Oil	:	3 tbsp

Method

For the dressing, grind garlic, mint and coriander and mix with salt, lemon juice and oil. Toss the rest of the ingredients together. Drizzle with dressing and serve.

2	:	افراد کے لئے	Serves	: 2
105	:	کیلوری	Calories	: 105
0.6	:	پروٹین	Proteins	: 0.6g
3.1	:	کاربوہائیڈریٹ	Carbohydrates	: 3.1g
2.1	:	لیپ	Fats	: 2.1g
0.8	:	سٹیورٹڈ فٹ	Saturated Fats	: 0.8g
115	:	سڈیم	Sodium	: 115mg
0.9	:	فائبر	Fiber	: 0.9g

ہیلدی ریشن سلاد

اجزاء،	
گجڑ (گلوں میں)	: 2 عدد
آلو (گلوں میں، بڑا)	: 1 عدد
مٹر	: ½ کپ
انگاس (گلوں میں)	: ½ کپ
چازوری	: 1 کپ
نمک	: ¼ چائے کاجی
مایونیز	: 3 کھانے کے چمچے
کالی مرچ پاؤڈر	: 1 چمچی
لیمون کا رس	: 1 کھانے کاجی

ترکیب

آلو کے ٹیبلٹس کو پانی میں 8-10 منٹ تک ابالیں۔ آلو چھان کر ایک ٹرے میں پھیلا دیں تاکہ ٹیبلٹس بھاپ کی صورت میں اٹھ جائے۔ اس کے بعد فریج میں ٹھنڈا کریں۔ آلو کو ٹھنڈا کرنے کے لئے پانی میں نہ کھنکائیں ورنہ آلو ٹوٹ جائیں گے اور پانی جذب کرنے کی وجہ سے کیوب خراب ہو جائیں گے۔ ابالنے کے برتن میں تازہ پانی لیں پھر پانی میں پیپلے مٹر اور 2 منٹ بعد گجڑ شامل کریں۔ 5 منٹ تک ابال لیں۔ سبزیوں میں سے پانی خشک کریں پھر ٹھنڈے پانی سے کھال لیں اور ٹھنڈا ہونے تک فریج میں رکھیں۔ وہی مایونیز، نمک، کالی مرچ اور لیمون کے رس کی ڈریسنگ کو ایک ساتھ پیمینٹ لیں۔ ایک بڑے برتن میں آلو، گجڑ اور انگاس کے ٹکڑوں کو کھس کر لیں۔ چمچ سے پیپلے سبزیوں اور انگاس پر وہی کی ڈریسنگ ڈالیں اور بڑی پلیٹ میں رکھ کر پیش کریں۔

Healthy Russian Salad

Ingredients

Carrots	:	2, diced
Potato	:	1, large, cubed
Green peas	:	½ cup
Pineapple chunks	:	½ cup
Fresh yogurt	:	1 cup
Salt	:	¼ tsp
Mayonnaise	:	3 tbsp
Black pepper powder	:	1 pinch
Lemon juice	:	1 tbsp

Method

Boil the potato cubes for 8-10 minutes, then drain and spread in a large tray to evaporate the steamy moisture. Chill potatoes in the refrigerator. Don't rinse to cool them, or they may break and absorb water, and lose their shape. Bring a pot of fresh water to the boil. Add the peas and after 2 minutes, add the carrots. Boil for 5 minutes. Drain the vegetables, rinse with cold water, refrigerate until chilled. Beat together a dressing of yogurt, mayonnaise, salt, black pepper and lemon juice. In a large bowl, mix the potatoes, carrots, peas and pineapple chunks. Just before serving, pour the yogurt dressing over the vegetables and pineapple. Mix to coat and serve in a large platter.

سروس کرنے کے لئے	Serves	: 2
کیلوری	Calories	: 130
پروتین	Proteins	: 3.2g
کاربوہائیڈریٹ	Carbohydrates	: 5.4g
لیپڈ	Fats	: 3.1g
سٹیوریشنڈ لیپڈ	Saturated Fats	: 1.5g
سڈیم	Sodium	: 155mg
فائبر	Fiber	: 1.6g



3	سروے کے لئے	Serves	: 3
95	کیلوری	Calories	: 95
0.5	پروٹین گرام	Proteins	: 0.5g
1	کاربوہائیڈریٹ گرام	Carbohydrates	: 1g
1.2	چکن	Fats	: 1.2g
0.4	سٹیوریشن گرام	Saturated Fats	: 0.4g
95	سڈیم	Sodium	: 95mg
1.1	فائبر	Fiber	: 1.1g

ہرا پھرا سلاد

3	پتے	سلاد
1	عدد	کھیرا (کٹا ہوا)
1	عدد	شملہ مرچ (کٹی ہوئی)
1	عدد	پیاز (گول لگی ہوئی، درمیانی)
1/2	گڈی	دھنیا (کٹا ہوا)
2	کھانے کے چمچے	پودینہ (کٹا ہوا)
2	عدد	بری مرچ (کٹی ہوئی)
4-6	پتے	پالک
4	کھانے کے چمچے	لیمون کا رس
1/2	چائے کا چمچ	نمک
1	چائے کا چمچ	ہسین کا پیسٹ
1	پنکلی	کالی مرچ پاؤڈر
1	عدد	بری پیاز
3	کھانے کے چمچے	ایوا کوکنگ آئل

ترکیب

سلاد کی ڈریسنگ بنانے کے لئے ایک پیالے میں ہسین، لیمون کا رس، نمک، کالی مرچ اور تیل اچھی طرح مکس کر لیں۔ اب سلاد کے تمام اجزاء کو مکس کر کے ایک پلیٹ میں رکھ دیں اور جب سلاد پیش کرنا ہو تو ڈریسنگ اوپر سے ڈال دیں۔

Hara Bhara Salad

Ingredients

Lettuce	:	3 leaves
Cucumber	:	1, sliced into rounds
Capsicum	:	1, chopped
Onion	:	1, medium, sliced into rings
Fresh coriander	:	1/2 bunch, chopped
Fresh mint	:	2 tbsp
Green chilies	:	2, chopped
Spinach	:	4-6 leaves
Lemon juice	:	4 tbsp
Salt	:	1/2 tsp
Garlic paste	:	1 tsp
Black pepper powder	:	1 pinch
Spring onions	:	1
Eva Cooking Oil	:	3 tbs

Method

Make the dressing by whisking together garlic, lemon juice, salt, black pepper powder and oil until well combined. Toss all the remaining ingredients and pile on a large platter. Pour the dressing on just before serving.



2	سروے کے لئے	Serves	: 2
165	کیلوریاں	Calories	: 165
5.5	پروٹین	Proteins	: 5.5g
4.1	کاربوہائیڈریٹ	Carbohydrates	: 4.1g
3	تھب	Fats	: 3g
0.9	سٹیورٹڈ فٹس	Saturated Fats	: 0.9g
175	سڈیم	Sodium	: 175mg
1.8	فائبر	Fiber	: 1.8g

گِریل چِکِن سَلاد

اجزاء	
مرچی کا گوشت (الغیر بڈنی)	250 گرام
لال مرچ پاؤڈر	½ چائے کا چمچ
لیمون کا رس	3 کھانے کے چمچے
نمک	1 چائے کا چمچ
سلاڈ کا پتہ	3 کپ
لہناڑ (چار حصوں میں کٹے ہوئے)	3 عدد
کھیرا (کٹا ہوا)	1 عدد
گاجر (کٹی ہوئی)	1 عدد
آلو (بڑا، اچھا ہوا، چار حصوں میں کٹا ہوا)	1 عدد
زیرہ (بھنا ہوا)	1 چائے کا چمچ
لہسن کا پیسٹ	1 چائے کا چمچ
اچھا کوئلے آئل	4 کھانے کے چمچے

Grilled Chicken Salad

Ingredients	
Chicken, boneless	: 250 gms
Red chili powder	: ½ tsp
Lemon juice	: 3 tbsp
Salt	: 1 tsp
Lettuce	: 3 cups
Tomatoes	: 3, sliced into quarters
Cucumber	: 1, shredded
Carrot	: 1, diced
Potato	: 1, large, boiled and quartered
Cumin seed	: 1 tsp, roasted
Garlic paste	: 1 tsp
Eva Cooking Oil	: 4 tbsp

Method

Mix together 1 tbsp lemon juice, red chili powder, ½ tsp salt and garlic paste. Marinate the chicken in the paste for 1 hour. Grill chicken on charcoal or in a grill pan for 15 minutes. Make the dressing by crushing cumin seed in a mortar and pestle with oil, salt, 2 tbsp lemon juice and mix well. Arrange the lettuce, cucumber, carrots, tomatoes and potatoes on a plate. Top with chicken, drizzle with dressing, and serve immediately.

تشریح
چِکِن کو لال مرچ پاؤڈر، 1 کھانے کا چمچ لیمن کے رس اور 1/2 چائے کے چمچ نمک اور لہسن کے پیسٹ میں ملائیں اور 1 گھنٹے کے لئے رکھ دیں۔ چِکِن کو کوئلوں یا گرل پین پر 15 منٹ کے لئے گرل کریں۔ ہاون دستے میں زیرے کو آئل، نمک، 2 کھانے کے چمچے لیمن کے رس کے ساتھ مکھل کر ڈرینگ تیار کریں اور اسے اچھی طرح کس کر لیں۔ سلاڈ کا پتہ، کھیرا، گاجر، لہناڑ اور آلو کو پلیٹ پر سجائیں۔ پھر چِکِن کو ان کے اوپر سجیں اور ڈرینگ ڈال دیں۔ پھر پیش کریں۔



Healthy Oils

Butter and margarine get the rap, but the oils used in cooking, baking, and salad dressings can send your fat budget up just as much. Liquid vegetable oils are promoted as being “heart healthy”, which leaves many people confused, but the health element is factored in for low levels of artery-clogging saturated fats and almost no cholesterol. Liquid oils make for lighter cooking and the best of the basket are:

Canola Oil

Low in saturated fats and rich in monounsaturated fats, canola oil also contains alpha-linolenic acid, an essential Omega-3 fat that is deficient in most people's diets. For these reasons, canola oil should be one of your primary cooking oils. Canola oil has a very mild, bland taste, making it a good, all-purpose oil for cooking and baking when you want no interfering flavors.

Sunflower Oil

Sunflower oil is high in the essential Vitamin E and low in saturated fat. The two most common types of sunflower oil are linoleic and high oleic. Linoleic sunflower oil is a common cooking oil that has high levels of the essential fatty acids called polyunsaturated fat. It is also known for having a clean taste and low levels of trans fats. Sunflower oil retains moisture in the skin, and may also provide a protective barrier that resists infection in pre-term infants.

Extra Virgin Olive Oil

Olive oil should be your primary cooking oil, right along with canola oil. It is rich in monounsaturated fat, contains phytochemicals that may help lower blood cholesterol levels and protects against cancer. Unlike most bland vegetable oils, olive oil has its own delicious flavor which it adds to

the food. Extra virgin olive oil is the least processed and most flavorful type of olive oil. As a little bit goes a long way, this is a great choice for use in low-fat recipes. Light olive oil has nothing to do with calories. It is simply milder and blander flavor as compared to the sharper pungency of other oils – this means you need more for the same amount of flavor, and that's not a good bargain.

Macadamia Nut Oil

This oil has a delicious, light macadamia nut flavor that beautifully complements fish, chicken, vegetables, baked goods, and salads. Its high smoking point makes macadamia nut oil ideal for stir-frying and sautéing. Like olive oil, macadamia nut oil is highly monounsaturated. It can be found at health food and specialty stores.

Sesame Oil

Sesame oil has a rich, nutty flavor that enhances the flavors of many foods. And when used in small amounts, it imparts a distinctive taste to recipes without blowing your fat budget. Use toasted (dark) sesame oil for the most flavor.

Soybean Oil

Most cooking oils that are simply labelled “vegetable oil” are actually soybean oil. Soybean oil is also used as an ingredient in many brands of margarine, mayonnaise, and salad dressing. This oil supplies a fair amount of Omega-3 fatty acids, though not as much as canola and walnut oils. Like canola oil, soybean oil has a bland flavor that works well when you want to avoid adding any interfering flavors to your dish.



Walnut Oil

With a delicate nutty flavor, walnut oil is an excellent choice for baking, cooking, and dressing salads. Like canola oil, walnut oil contains a substan-

tial amount of Omega-3 fatty acids. Most brands of walnut oil have been only minimally processed and can turn rancid quickly, so once opened, they should be refrigerated.

Nonstick Vegetable Oil Cooking Spray

Available unflavored and in butter, olive oil, and garlic flavors, these products are pure fat. The advantage to using them is that the amount that comes out during a one-second spray is so small that it adds an insignificant amount of fat to a recipe. Nonstick cooking sprays are very useful to the low-fat cook, as they promote the browning of foods and prevent foods from sticking to pots and pans.

Fats

Conventional wisdom on dietary fats has changed. Once all fats were deemed unhealthy and responsible for all manner of diseases, from cardiovascular disease to diabetes. But years of research have changed our thinking. We now start with the premise that all fats are not treated equal—that there are good fats, bad fats, possibly-not-so-bad fats, and very bad fats. Let's take a closer look:

The Good: Unsaturated Fats

As oxymoronic as it sounds, there actually are good fats—the unsaturated kind that help fight the very diseases that consuming excess fat was said to cause. These unsaturated fats are divided into monounsaturated fats and polyunsaturated fats, and both types are thought to have beneficial effects on cholesterol levels.

Monounsaturated fats help lower LDL (bad) cholesterol while also boosting HDL (good) cholesterol.

Polyunsaturated fats are also thought to help lower total and bad cholesterol, but they're still second place to monounsaturated fats. That's because some research suggests that polyunsaturated fats are less stable, and can reduce levels of good cholesterol as well as bad. Even so, polyunsaturated fats are often a good source of Omega-3 fatty acids, found mostly in cold-water fish, nuts, oils and seeds, and also in dark leafy greens, flaxseed oils and some vegetable oils. One kind of Omega-3 fatty acid is an “essential fatty acid,” which cannot be manufactured by our bodies, so eating these foods is the only way to get them. Omega-3 fatty acids are thought to lower blood pressure, combat LDL (bad) cholesterol, fight inflammation and protect the brain and nervous system.

Most cooking oils are made up primarily of unsaturated fats. Choosing the right cooking oil depends on the ratio of monounsaturated to polyunsaturated fats. Two oils stand out for their high levels of monounsaturated fats: canola oil and olive oil. Other than nonstick cooking spray, these two oils should always be in your kitchen.

The Bad: Saturated Fats

Then there are the bad fats—those artery-clogging saturated fats from meat and dairy products. These fats are solid at room temperature. Saturated fats not only harden inside arteries, they also directly raise total and LDL (bad) cholesterol levels. Avoid them as much as possible.



Side Dishes





چکن سموسہ

اجزاء	
20-18 ٹپیاں	: سموسہ پی
125 گرام	: چکن کا قیر
1 چائے کا کٹج	: لہسن کا پیسٹ
1 چائے کا کٹج	: ادورک کا پیسٹ
1 عدد	: پیاز (بڑی، کٹی ہوئی)
5 عدد	: ہری مرچ (کٹی ہوئی)
3 کھانے کے چمچے	: ہراوٹیا (کٹا ہوا)
1 چائے کا کٹج	: نمک
1/2 چائے کا کٹج	: کالی مرچ پاؤڈر
3 کھانے کے چمچے	: آٹا
1 عدد	: انڈہ
5 کھانے کے چمچے	: ادا کوئل آئل

متدیکیب

ایک برتن میں 2 کھانے کے چمچے آئل گرم کریں اور لہسن ڈال کر ایک منٹ ہمیں۔ چکن کا قیر شامل کر کے 2 منٹ تک تیز آگ پر پکائیں۔ ادورک اور نمک شامل کر کے مزید 10 منٹ پکائیں جب تک کہ تمام پانی خشک نہ ہو جائے۔ پیاز، ہری مرچ، اوتیا اور کالی مرچ شامل کر کے کس کر لیں۔ پھر چوبے سے تازہ کر لیں۔ اب آٹا اور انڈہ ایک ساتھ برتن میں ملائیں۔ 1 سموسہ پی لیں اور اس میں 1 کھانے کا کٹج قیر ڈال کر بھریں اور ان کو سو سے کی شکل میں فولڈ کر لیں۔ سموسہ پی کو انڈے اور آٹے کے آمیزے سے بند کر لیں۔ 3 کھانے کے چمچے آئل چکن میں گرم کریں۔ پھر سموسہ شامل کریں اور دونوں طرف سے 5 سے 8 منٹ تک ہلکی آگ پر تھیں۔ پھر گرم کر مہینگی کریں۔

Chicken Samosa

Ingredients

Samosa wrappers	:	18-20
Chicken, minced	:	125 gms
Garlic paste	:	1 tsp
Ginger paste	:	1 tsp
Onion	:	1 large, chopped
Green chillies	:	5, chopped
Fresh coriander	:	3 tbsp, chopped
Salt	:	1 tsp
Black pepper powder	:	1/2 tsp
Flour	:	3 tbsp
Egg	:	1
Eva Cooking Oil	:	5 tbsp

Method

Heat 2 tbsp oil in a pan and fry garlic for 1 minute. Add the minced chicken and cook on high heat for 2 minutes. Add ginger and salt. Cook for 10 minutes until liquid dries up. Now toss in the onions, green chillies, fresh coriander and black pepper. Mix and remove from heat. Set aside to cool. Meanwhile, beat the egg and mix in the flour to form a thick paste. We'll use this to seal the samosa edges. Now fold a samosa wrapper into a triangular cone. Fill with 1 tbsp of the cooked chicken and brush the edges with the beaten egg and flour mixture to seal tight. Heat 3 tbsp of oil in a pan. Fry the samosa on each side for 5-8 minutes and serve hot.

4 افراد کے لیے	Serves	: 4
195	Calories	: 195
3.1 گرام	Proteins	: 3.1g
6.5 گرام	Carbohydrate	: 6.5g
7.5 گرام	Fats	: 7.5g
2.8 گرام	Saturated Fats	: 2.8g
195 می گرام	Sodium	: 195mg
8 گرام	Fiber	: 8g



3	سروے کے لئے	Serves	: 3
95	کیلوری	Calories	: 95
6.2	پروٹین	Proteins	: 6.2g
6	کاربوہائیڈریٹ	Carbohydrates	: 6g
3.8	لیپڈ	Fats	: 3.8g
2.5	سیرےٹڈ لیپڈس	Saturated Fats	: 2.5g
100	سڈیم	Sodium	: 100mg
0.8	فائبر	Fiber	: 0.8g

فروٹ لسی

1 کپ	:	دہی
1 کپ	:	دودھ
2 کھانے کے چمچے	:	شکر
2 عدد	:	کھجور
10-8 عدد	:	برف کے ٹکڑے

تکریب

تمام اجزاء کو بلینڈر میں ڈال کر 6-8 منٹ تک چمپ لیں۔ کیلے کے جگہ آپ کوئی بھی بے دان پھل مثلاً چیکو، آم، اسٹرابیری، سرادو وغیرہ استعمال کر سکتے ہیں۔

Fruit Lassi

Ingredients

Fresh yogurt	:	1 cup
Milk	:	1 cup
Sugar	:	2 tbsp
Bananas	:	2
Ice cubes	:	8-10

Method

Put everything in a blender and mix for 6-8 minutes until smooth. You can play around with a variety of fruit other than bananas, such as chikoos, mangoes, strawberries just make sure they are either seedless or that you have removed all seeds.





4	سروے کے	Serves	: 4
210	کیلوری	Calories	: 210
8.5	پروٹین گرام	Proteins	: 8.5g
7.9	کاربوہائیڈریٹ گرام	Carbohydrates	: 7.9g
5.8	لیپڈ	Fats	: 5.8g
2.5	سٹیورڈ لیپڈ	Saturated Fats	: 2.5g
265	سڈیم	Sodium	: 265mg
1	فائبر	Fiber	: 1g

حُمس

اجزاء	
750 گرام	: ابلے کالی پنے
10 کمانے کے ونچے	: تاجینی
4-6 جڑے	: لہسن
6 کمانے کے ونچے	: لیون کانس
1 چائے کاسٹچ	: بھنا زیرہ
1 کپ	: زیتون کا تیل
4 کمانے کے ونچے	: چٹنوزے
1 چائے کاسٹچ	: لہسن لال مرچ
حسب ضرورت	: پیچا بریڈ
1/2 کپ	: اخروٹ
1/2 کپ	: کالا زیتون
1/2 کپ	: ہرا زیتون
1/2 کپ	: دہی
4 کمانے کے ونچے	: ٹماٹر کا پیسٹ
حسب ذائقہ	: نمک

توکیب

ہڈوں کو اہال کر خوب نرم کریں۔ آٹھ گرم کر کے لہسن کو ہلکا سفیرا کر لیں۔ اب چو پر میں پنے، تاجینی، فرنی کیا ہوا لہسن، زیتون کا تیل، نمک اور لیون کانس کا رس مکس کر کے چیس میں اور حسب ضرورت پانی ملا لیں یہاں تک کہ گاڑھا ہو جائے۔ پھر بھنا زیرہ، چٹنوزے، لہسن لال مرچ، اخروٹ، کالا زیتون، ہرا زیتون، دہی اور ٹماٹر کا پیسٹ ڈال کر چیس میں۔ اب ایک پیالے میں تیار چُمس نکالیں اور اس پر زیتون کا تیل ڈال کر تھوڑے سے ابلے ہوئے پنے دکھ کر پیچا بریڈ کے ساتھ پیش کریں۔

Hummus

Ingredients

Boiled chickpeas	:	750 gms
Tahini	:	10 tbsp
Garlic	:	4-6 cloves
Lemon juice	:	6 tbsp
Cumin seed, toasted	:	1 tsp
Olive oil	:	1 cup
Pine nuts	:	4 tbsp
Red chili powder	:	1 tsp
Pita bread	:	As required
Walnuts	:	1/2 cup
Black olives	:	1/2 cup
Green olives	:	1/2 cup
Yogurt	:	1/2 cup
Tomato paste	:	4 tbsp
Salt	:	To taste

Method

Boil chickpeas until very tender. Fry garlic cloves until lightly golden. Combine chickpeas, tahini, fried garlic, olive oil, salt and lemon juice in a chopper/blender and blend to a thick paste. Add small amounts of water if the mixture is too thick to blend easily. Blend in toasted cumin seed, pine nuts, red chili powder, walnuts, black and green olives, yogurt and tomato paste. Pour the hummus into a bowl and drizzle olive oil on top. Garnish with a few whole boiled chickpeas and serve with pita bread.

تلہار مرچ کی چٹنی

اجزاء	
تلہار مرچ	6 عدد
الی	1 کپ
نمک	1 1/2 چائے کچی
زیرہ	1 کمانے کچی
تلہار دھنیا	1 کمانے کچی
لہسن	5 جڑے
تلہار لال مرچ	10 عدد
لیمون کا رس	2 کمانے کے چمچے
چٹنی	2 کمانے کے چمچے
ایچ او کک آئل	2 کمانے کے چمچے

ترکیب

ایک برتن میں 3 کپ پانی کے ساتھ اعلیٰ نرم ہونے تک بھگوئیں۔ اب گودا نکال لیں اور گھٹایاں الگ کر لیں۔ ایک اور مہالے سائز کے برتن میں 2 کمانے کے چمچے اعلیٰ گرم کریں۔ لہسن شامل کر کے ایک منٹ تک تھیں۔ اب 2 کپ پانی اور تلہار مرچ شامل کر کے اہلیں۔ برتن میں زیرہ اور دھنیا خوشبو آنے تک بھوئیں۔ انہیں نکال کر گرائنڈ کر لیں۔ ان کو اچھی ہوئی تلہار مرچ میں شامل کریں۔ اعلیٰ کا گودا نمک، تلہار لال مرچ اور چٹنی شامل کر لیں۔ ڈھک کر 15 منٹ تک پکائیں۔ پھر کچھ کو پھلے سے اتار کر ٹھنڈا کر لیں۔ عمدہ پیسٹ کے لئے لینڈ کر لیں۔ لیمون کا رس شامل کر کے اچھے طرح گھس کریں۔ آپ چٹنی کو جارجیا بوتل میں ڈال کر فریج میں رکھ سکتی ہیں، جہاں وہ 2 ہفتے تک فراہم نہیں ہوگی۔

Talhar Chili Chutney

Ingredients

Talhar chillies	:	6, whole
Tamarind	:	1 cup
Salt	:	1 1/2 tsp
Cumin seed	:	1 tbsp
Coriander seed	:	1 tbsp
Garlic	:	5 cloves
Whole red chillies	:	10
Lemon juice	:	2 tbsp
Sugar	:	2 tbsp
Eva Cooking Oil	:	2 tbsp

Method

In a bowl, soak the tamarind with 3 cups of water until soft. Squeeze out the pulp and discard the seeds. In a medium sized pan, heat 2 tbsp oil and fry the garlic for 1 minute. Now add 2 cups of water and talhar chillies and bring to the boil. Meanwhile, toast the cumin and coriander seeds until fragrant. Grind to a powder and add to the simmering talhar chillies. Mix in the tamarind pulp, salt, whole red chillies and sugar. Cook covered for 15 minutes. Remove the mix from the heat, let it cool, then blend to a fine paste. Add the lemon juice and mix it well. You can store the chutney in jars or bottles in the refrigerator where it will keep for upto 2 weeks.

6 : افراد کے لئے	Serves	: 6
65 : کیلوری	Calories	: 65
0 : پروٹین	Proteins	: 0g
1.8 : کاربوہائیڈریٹ	Carbohydrates	: 1.8g
0 : فٹ	Fats	: 0g
0 : سیرینیٹ فٹس	Saturated Fats	: 0g
85 : سوڈیم	Sodium	: 85mg
6 : فائبر	Fiber	: 6g



بیتنگن کا راستہ

اجزاء	
بیتنگن	: 250 گرام
تازہ دہی	: 2 کپ
لیمون کا رس	: 4 کھانے کے چمچے
نمک	: 1 چائے کا چمچ
ہری مرچ (کٹی ہوئی)	: 6 عدد
ہرا دھنیا (کٹا ہوا)	: 4 کھانے کے چمچے

Aubergine Dip

Ingredients

Aubergine	: 250 gms
Fresh yogurt	: 2 cups
Lemon juice	: 4 tbsp
Salt	: 1 tsp
Green chilies	: 6, chopped
Fresh coriander	: 4 tbsp, chopped

Method

Roast the aubergine on an open flame until the skin is blackened well. Remove from the flame and scrape off the skin, then rinse under water. Now mash the aubergine to a thick paste and mix well with the remaining ingredients.

ت ترکیب

چھ لے کی کٹی آج پر بیتنگن کو بھونیں، جب تک کہ اس کی بیرونی سطح اچھی طرح سے سیاہ نہ ہو جائے۔ پھر چھ لے سے اتار لیں اور تھہ بنا کر پانی میں دھو لیں۔ اب بیتنگن کو چھ لے کر گاڑھا پیسٹ بنائیں اور باقیہ اجزاء کے ساتھ اچھی طرح سے مکس کر لیں۔

6	ادارے کے لئے	Serves	: 6
95	کیلوری	Calories	: 95
2.2	پروتین	Proteins	: 2.2g
3.8	کاربوہائیڈریٹ	Carbohydrates	: 3.8g
3.1	لیپڈ	Fats	: 3.1g
1.1	سٹیورٹڈ فٹس	Saturated Fats	: 1.1g
195	سڈیم	Sodium	: 195mg
1.1	فائبر	Fiber	: 1.1g



مایونیز

اجزاء	
لیمونس کا رس	: 3 کھانے کے چمچے
نمک	: ¼ چائے کاس
کالی مرچ	: 1 چمچ
مسٹرڈ پیسٹ یا پاؤڈر	: 1 کھانے کاس
انڈہ	: 1 عدد
انڈے کی زردی	: 2 عدد
گرم پانی	: 6 کھانے کے چمچے
ایو کوکنگ آئل	: 3 کپ

ت ترکیب

بلینڈر میں انڈہ، انڈے کی زردی، نمک، مسٹرڈ پیسٹ یا پاؤڈر اور کالی مرچ ڈال کر 1 منٹ تک بلینڈر چلائیں پھر تیل تھوڑا تھوڑا شامل کرتے ہوئے بلینڈر چلائیں۔ اگر شروع میں تیل زیادہ مقدار میں ایک ساتھ شامل کرو یا جائے تو مایونیز پتلا ہو جائے گا اور پھر گاڑھا نہیں ہوگا۔ تھوڑا گاڑھا ہونے پر آہستہ آہستہ تیل کی مقدار بڑھاتے جائیں۔ آدھا تیل استعمال ہونے پر لیموں کا رس اور 3 کھانے کے چمچے پانی شامل کر کے دوبارہ تیل ڈال کر بلینڈ کرتے جائیں جب تک کہ سارا تیل استعمال نہ ہو جائے۔ آخر میں 3 کھانے کے چمچے پانی مزید شامل کر کے 2 منٹ تک بلینڈر چلائیں۔ تیار مایونیز ایک بوتل میں نکال کر فریج میں رکھیں۔ اسے ایک مہینے تک استعمال کر سکتے ہیں۔

Mayonnaise

Ingredients

Lemon juice	:	3 tbsp
Salt	:	¼ tsp
Black pepper powder	:	1 pinch
Mustard paste or powder	:	1 tbsp
Egg	:	1, whole
Egg yolks	:	2
Warm water	:	6 tbsp
Eva Cooking Oil	:	3 cups

Method

Place the egg into a blender with the egg yolks, salt, mustard, and black pepper. Blend for 1 minute. Add the oil in a thin stream with the blender running. Take care not to add too much oil at once or the mayonnaise will become too watery. When the mayonnaise begins to thicken, slowly increase the amount of oil being added. When half the oil has been added, add the lemon juice and 3 tbsp water, blending continuously. Add the remaining oil (as before, in very small amounts at a time). When all the oil has been added, pour in 3 tbsp of water and blend for 2 more minutes. Store the mayonnaise in a clean bottle or jar in the refrigerator for up to 1 month.

Serves	: 12	سرو کرنے کے لئے	: 12
Calories	: 295	کیلوری	: 295
Proteins	: 1.3g	پروتین	: 1.3 گرام
Carbohydrates	: 4.5g	کاربوہائیڈریٹ	: 4.5 گرام
Fats	: 16.9g	لیپ	: 16.9 گرام
Saturated Fats	: 8.8g	سٹیورڈ لیپ	: 8.8 گرام
Sodium	: 220mg	سڈیم	: 220 می گرام
Fiber	: 0g	فائبر	: 0 گرام

MEATS



CHICKEN

CAN HELP:
Prevent iron-deficiency anemia
Prevent vision loss
Maintain a healthy nervous system
Prevent energy and memory problems
Keep immunity strong

Poultry has long been a sign of prosperity. Our banquets are incomplete unless there is a platter of chicken biryani on the table, or chicken qorma to eat with hot naan.

Skinless chicken is not only a low-fat alternative to the fattier meats like beef, but also provides a host of disease-fighting, energy-boosting vitamins and minerals that are difficult to get from plant food. Eating chicken replenishes our zinc levels, which is especially important for women.



FISH

CAN HELP:
Reduce the risk of heart diseases
Prevent breast and colon cancers
Promote higher birth weight in babies
Reduce lung inflammation in smokers

Research has shown that people who eat fish are less likely to die from heart disease. What's more, you don't have to eat a lot of fish to get the benefits; two fishy meals a week is all you need to help keep your arteries open and your heart working well. People who have already had a heart attack should begin eating fish to reduce risk of a second attack.

The Omega-3s found in fish oil keep clots from forming in the bloodstream and appear to raise levels of high-density lipoprotein (HDL) - good cholesterol - to prevent fatty sludge from depositing into the arteries. Fish oil also keeps the heart beating soundly.

People who smoke may sometimes develop a condition called chronic obstructive pulmonary disease, in which the ability to move oxygen in and out of the lungs is greatly reduced. There's some evidence that eating fish may help prevent this from occurring.



MEAT

CAN HELP:
Prevent iron-deficiency anemia
Boost the immune system

Meat is an essential part of the healthy diet; 3 to 5 ounces of lean red meat is a healthy choice. Red meat is an important source of zinc and iron, and while other foods also provide these minerals (potatoes, for example), they are more easily and readily absorbed from meat.

Women tend to deny themselves adequate amounts of meat because in our part of the world, the best and more expensive foods go to the husband and children. This is troubling because women need more iron than men to replace that which is lost each month during their menstrual cycles. Once the body uses up its stores of iron, the red blood cells shrink and the lungs have to work twice as hard to send enough oxygen to the rest of your body, ultimately leading to exhaustion. Similarly, insufficient quantities of zinc make the body susceptible to infections, colds, and other health invaders.

GRAINS



CORN

CAN HELP:
Lower cholesterol
Boost energy levels

Like the well-known oat and wheat bran, corn contains large amounts of soluble dietary fiber. When you eat corn, this fiber binds with bile, a cholesterol-laden digestive fluid produced by the liver. Since soluble fiber is not readily absorbed by the body, it passes out in the stool, taking the cholesterol with it.

The beauty of corn is that it provides a lot of energy while delivering a small number of calories - about 83 per piece.



BARLEY

CAN HELP:
Lower cholesterol,
Reduce the formation of blood clots
Improve digestion
Reduce cancer risks

Barley contains tocotrienols which act on the liver to reduce the body's production of cholesterol. Barley can help prevent tiny blood clots from forming, further reducing the risk of heart disease.

Besides helping to reduce damage from dangerous LDL cholesterol, there is another way in which barley helps keep blood vessels healthy. It's loaded with beta-glucan, a type of soluble fiber that forms a gel in the small intestine. Cholesterol in your body binds to this gel, which is then excreted from the body.

Soluble fiber does more than lower cholesterol. It also binds to potential cancer-causing agents in the intestine, keeping them from being absorbed. And because soluble fiber soaks up lots of water in the colon, it helps digestion work more efficiently, thereby preventing constipation.



BEANS

CAN HELP:
Lower cholesterol,
Stabilize blood sugar levels
Reduce the risk of breast and prostate cancers
Prevent heart disease in people with diabetes

Beans are packed with soluble fiber (the same as apples, barley and oat bran). This fiber keeps cholesterol under control by absorbing it before it is absorbed by the body. Beans are extremely filling, which means they reduce your appetite for other, fattier foods.

Beans are great for diabetics as they keep blood sugar under control, and reduce the risk of heart disease. They're a great meat cheat too; once called the poor man's meat, a more accurate name is the healthy man's meat. Like red meat, beans are loaded with protein. Unlike meat, they are light in fat, particularly the dangerous kind of artery-clogging saturated fat.



Main Dishes



Chicken





چکن وائٹ قورمہ

Chicken White Qorma

اجزاء

1 عدد	:	چکن (12 حصوں میں کٹا ہوا)
2 کپ	:	دہی
3 عدد	:	پیاز (بڑی رنگی ہوئی)
1 کمانے کاٹج	:	لہسن کا پیسٹ
1 کمانے کاٹج	:	اورک کا پیسٹ
2 کمانے کے ٹپے	:	ٹارٹ گرم مصالحہ
8 کمانے کے ٹپے	:	کیوڑا
1 چائے کاٹج	:	نمک
20 عدد	:	ٹارٹ گول لال مرچ
1/2 چائے کاٹج	:	ہلدی پاؤڈر
3 کمانے کے ٹپے	:	اورک (پاریکٹگی ہوئی)
1/2 کپ	:	ایوا کوکنگ آئل

Ingredients

Chicken	:	1, cut into 12 pieces
Yogurt	:	2 cups
Onions	:	3 large, sliced
Garlic paste	:	1 tbsp
Ginger paste	:	1 tbsp
Whole garam masala	:	2 tbsp
Kewra	:	8 tbsp
Salt	:	1 tsp
Whole red chillies	:	20
Turmeric powder	:	1/2 tsp
Fresh ginger	:	3 tbsp, finely sliced
Eva Cooking Oil	:	1/2 cup

Method

Slice whole red chillies in half and take out the seeds. You can save the skins to use in another dish. Crush the seeds to a fine powder, either in a spice grinder or with mortar and pestle. Heat oil and fry the onions until golden brown. Remove and drain the onions, crush finely. In the same oil, fry ginger and garlic for 2 minutes, then add the chicken and fry on high heat for 10 minutes. Toss in the whole garam masala, cook for 2 minutes, then add the salt, ground chili seeds, turmeric and 5 cups of water. Bring to the boil. Cover and cook on low heat for 20 minutes. Whip the yogurt to a smooth paste and add to the chicken. Cook on high heat for 5 minutes. Mix in crushed onions and kewra. Simmer for a further 10 minutes and serve sprinkled with finely sliced ginger on top.

تشریح

گول لال مرچ کو کٹ کر اس کے بیج نکالیں اور چھانکائی دوسرے استعمال کیلئے رکھ لیں پھر بیج کو پاریکٹگی میں لیں۔ اب تیل گرم کر کے پیاز فرائی کریں۔ گولڈن براؤن ہونے پر پیاز نکال کر نیچے ڈالیں اور ہارڈیک میں لیں۔ اس تیل میں اورک اور لہسن 2 منٹ تک فرائی کریں۔ پھر مرچی ڈال کر تیز آگ پر 10 منٹ تک بھجھیں۔ اس کے بعد ٹارٹ گرم مصالحہ ڈال کر 2 منٹ تک بھجھیں۔ اب نمک، مرچوں کے پیسے ہونے سے بچا ہلدی اور 5 کپ پانی شامل کر کے ہال آئے پر ڈھکن رکھ کر تیز آگ پر 20 منٹ تک پکا لیں۔ ڈھکن ہٹا کر پھینٹنا ہوا دہی شامل کر دیں اور تیز آگ پر 5 منٹ تک پکا لیں۔ اب تیل ہٹا کر پیاز اور کیوڑا شامل کر کے مزید 10 منٹ تک پکا کر اتار لیں۔ اوپر سے پاریکٹگی ہوئی اورک ڈال کر پیش کریں۔

6	:	سروے کے لئے	Serves	:	6
285	:	کیلوری	Calories	:	285
11.2	:	پروتین	Proteins	:	11.2g
7.8	:	کاربوہائیڈریٹ	Carbohydrates	:	7.8g
6.5	:	تیل	Fats	:	6.5g
3.1	:	سٹیوریشن	Saturated Fats	:	3.1g
285	:	سڈیم	Sodium	:	285mg
1.8	:	فائبر	Fiber	:	1.8g

Kabab Chapatti Rolls

Ingredients

Chicken, boneless	:	250 gms
Red chili powder	:	1 tbsp
Turmeric powder	:	½ tsp
Cumin seed powder	:	1 tbsp
Lemon juice	:	2 tbsp
Garlic paste	:	1 tbsp
Ginger paste	:	1 tbsp
Charcoal	:	1 piece
Onions	:	1, medium, sliced
Chapatti, small	:	5
Eva Cooking Oil	:	As required

For sauce

Tamarind paste	:	½ cup
Salt	:	½ tsp
Cumin seed powder	:	1 tsp
Coriander powder	:	1 tsp
Red chili powder	:	1 tsp
Fresh coriander	:	3 tbsp, chopped
Green chillies	:	6
Water	:	6 tsp
Eva Cooking Oil	:	as required

Method

Cut chicken into cubes and coat with ginger, garlic, red chili powder, turmeric, cumin seed powder, salt and lemon juice. Marinate in the refrigerator for 1 hour. Heat the oil and cook the chicken on high heat for 15 minutes. Remove when all the water has evaporated. Light the coal and when it's thoroughly glowing, push it in the middle of the cooked chicken pieces and drizzle 1 tsp of oil on top. Cover and let the coal smoke and flavor the chicken for 5 minutes. Mix together ingredients for the tamarind sauce. Lightly toast chapattis. Remove the coal, mix the chicken well, and lay a few chicken down the centre of each chapatti. Top with sliced onions and tamarind sauce and roll up.

کباب چپاتی رول

اجزاء

250 گرام	:	چکن بون لیس
1 کھانے کا چمچ	:	لال مرچ پاؤڈر
½ چائے کا چمچ	:	ہلدی پاؤڈر
1 کھانے کا چمچ	:	ذریعہ پاؤڈر
2 کھانے کے چمچے	:	لیمون کا رس
1 کھانے کا چمچ	:	لیسن کا پیسٹ
1 کھانے کا چمچ	:	ادرنک کا پیسٹ
1 ٹکڑا	:	کولنگ
1 عدد	:	بیاز (کئی ہوئی اور میانی)
5 عدد	:	چپاتی (چھوٹی)
حسب ضرورت	:	ایوا کوکنگ آئل

اصلی کی چٹنی

½ کپ	:	امٹی کا گودا
½ چائے کا چمچ	:	نمک
1 چائے کا چمچ	:	ذریعہ پاؤڈر
1 چائے کا چمچ	:	دھنیا پاؤڈر
1 چائے کا چمچ	:	لال مرچ پاؤڈر
3 کھانے کے چمچے	:	ہرا دھنیا (کٹا ہوا)
6 عدد	:	ہری مرچ (کئی ہوئی)
6 چائے کے چمچے	:	پانی
حسب ضرورت	:	ایوا کوکنگ آئل

تکزیب

چکن کو کیوب میں کاٹ کر اس میں ادرنک، لیسن، لال مرچ پاؤڈر، ہلدی، ذریعہ اور لیسن کا رس لگا کر 1 گھنٹے فریج میں رکھ دیں۔ اب ایک ٹین میں تیل گرم کر کے تیز آگ پر چکن ٹین میں ڈال دیں اور 15 منٹ تک پکائیں۔ پانی خشک ہونے پر اتار لیں۔ کونے کو چھلے پر سرخ کر لیں پھر اسے چکن کے درمیان رکھ کر اوپر سے 1 چائے کا چمچ تیل ڈالیں اور ڈھک دیں تاکہ چکن میں کونے کا ذائقہ آجائے۔ 5 منٹ بعد ڈھکن ہٹا کر کونے کا تیل نکال دیں اور چکن کس کر لیں۔ امٹی کی چٹنی بنانے کے لئے چٹنی کے تمام اجزاء کس کر لیں۔ اب ایک چپاتی گرم کر کے اس کے درمیان میں چکن کی بوٹیاں رکھ کر اوپر سے بیاز اور امٹی کی چٹنی ڈال کر رول کر کے پیش کریں۔

Serves	:	6	سروے کے لئے	:	6
Calories	:	210	کیلوری	:	210
Proteins	:	6.5g	پروٹین	:	6.5 گرام
Carbohydrates	:	8.5g	کاربوہائیڈریٹ	:	8.5 گرام
Fats	:	5.5g	فیب	:	5.5 گرام
Saturated Fats	:	2.9g	سٹیورٹڈ فیب	:	2.9 گرام
Sodium	:	225mg	سڈیم	:	225 ملی گرام
Fiber	:	0.6g	فائبر	:	0.6 گرام



چکن منچوریان

اجزاء	
250 گرام	چکن ہون بلس
1 کپ	لہنا ٹو کچپ
8 کھانے کے چمچے	سرکہ
2 چائے کے چمچے	تک
2 کھانے کے چمچے	ٹٹنی ہوئی لال مرچ
6 کھانے کے چمچے	کارن فلوئر
1 عدد	ایڈ
3 کھانے کے چمچے	لہسن کا پیسٹ
750 ملی لیٹر	چکن اسٹاک یا پانی
3 کھانے کے چمچے	شکر
8 کھانے کے چمچے	ایوا کوکنگ آئل

Chicken Manchurian

Ingredients

Chicken, boneless	:	250 gms
Tomato ketchup	:	1 cup
Vinegar	:	8 tbsp
Salt	:	2 tsp
Crushed red chili	:	2 tbsp
Cornflour	:	6 tbsp
Egg	:	1
Garlic paste	:	3 tbsp
Chicken stock or water	:	750 ml
Sugar	:	3 tbsp
Eva Cooking Oil	:	8 tbsp

Method

Marinate the chicken in a mixture of 5 tbsp cornflour, 1 tsp salt, 1 tbsp garlic, 1 egg and 1 tbsp crushed red chili. Refrigerate for 1 hour. Heat 3 tbsp oil in a pan and cook the chicken on high heat in two batches for 10 minutes each. Heat the remaining oil in a separate pan. Fry the remaining garlic for 2 minutes. Add ketchup, vinegar, sugar, 1 tsp salt, 1 tbsp crushed red chili and chicken stock. Bring to the boil, then continue cooking the sauce on low heat for 10 minutes. Mix the remaining cornflour with 1 cup water. Ensure there are no lumps. Quickly blend it into the sauce, stirring continuously on low heat for 10 minutes. Add the fried chicken to the sauce. Serve with egg fried rice or vegetable rice.

ترکیب

چکن کو 5 کھانے کے چمچے کارن فلوئر، 1 چائے کے چمچے تک، 1 کھانے کا چمچ لہسن، 1 عدد ایڈ، 1 کھانے کا چمچ ٹٹنی لال مرچ میں مہر بیٹ کر کے ایک گھنٹے تک دیکھ دیں۔ سب ایک چین میں 3 کھانے کے چمچے تیل گرم کر کے تیار آج پر آٹھا چکن چین میں ڈالیں اور 10 منٹ تک فرائی کر کے نکال لیں۔ یہی عمل باقی چکن کے ساتھ دہرائیں۔ اب ایک پیسے میں بقیہ تیل گرم کر کے اس میں بقیہ لہسن 2 منٹ تک فرائی کریں۔ اب کچپ، سرکہ، ٹٹنی، تک، ٹٹنی لال مرچ اور چکن کی ٹٹنی ملا کر ہال آٹے پر آج دھسی کر کے 10 منٹ تک پکھنے دیں۔ بقیہ کارن فلوئر کو ایک کپ پانی میں حل کر کے سوس میں گھس کرتے ہوئے تیزی سے ہلاتے جائیں۔ جب سب کارن فلوئر گھس ہو جائے تو درمیانی آج پر سوس کو 10 منٹ تک پکھنے دیں۔ اب فرائی کیا ہوا چکن شامل کر کے 10 منٹ لیں اور ایک فرانڈر آٹس یا وچھٹیل فرانڈر آٹس کے ساتھ پیش کریں۔

Serves	:	6
Calories	:	315
Proteins	:	8.9g
Carbohydrates	:	8.1g
Fats	:	3.8g
Saturated Fats	:	1.8g
Sodium	:	310mg
Fiber	:	0.7g



اسٹیم روسٹ

اجزاء	
1 عدد	: پکین (مکمل)
1 کھانے کا چمچ	: لہسن کا پیسٹ
1 کھانے کا چمچ	: اورک کا پیسٹ
2 کھانے کے چمچے	: آم پور پاؤڈر
1 کھانے کا چمچ	: زہرہ پاؤڈر
1 چائے کا چمچ	: دھنیا پاؤڈر
1 کھانے کا چمچ	: لال مرچ پاؤڈر
1/2 چائے کا چمچ	: ہلدی پاؤڈر
1 چائے کا چمچ	: نمک
1 کپ	: دہی
1/2 چائے کا چمچ	: کالی مرچ پاؤڈر
4 کھانے کے چمچے	: لیموں کا عرق
5 کھانے کے چمچے	: ایوا کوکنگ آئل

ستکیب

مرچی کو پھری سے کٹ لگائیں۔ باقی اجزاء کو برتن میں اچھی طرح مکس کریں پھر اس پیسٹ کو مرچی کے اندر اور باہر اچھی طرح لگا کر دو تین گھنٹے تک مرچی کو فریج میں رکھ دیں۔ اب مرچی کو نکال کر ایک پیسے میں 4 کپ پانی ڈالیں پھر اس میں ایک پیسٹ اپنی رکھ کر مرچی کو اس کے اوپر رکھ دیں اور پچھلے پر رکھ کر تیار کر دیں۔ پانی کو ابال آنے پر آٹھ گلی کر کے ڈھکن رکھ کر ڈھکن کو گوندھے ہوئے آٹے سے تیل کریں اور 30-35 منٹ تک پکائیں۔ پھر آٹے کی تیل کھولیں اور پکین نکال کر گرم پیش کریں۔

Steam Roast

Ingredients

Chicken, whole	:	1
Garlic paste	:	1 tbsp
Ginger paste	:	1 tbsp
Dried mango powder	:	2 tbsp
Cumin seed powder	:	1 tbsp
Coriander powder	:	1 tsp
Red chili powder	:	1 tbsp
Turmeric powder	:	1/2 tsp
Salt	:	1 tsp
Yogurt	:	1 cup
Black pepper powder	:	1/2 tsp
Lemon juice	:	4 tbsp
Eva Cooking Oil	:	5 tbsp

Method

Use a sharp knife to score, or make small cuts, all over the chicken. Mix together all the other ingredients and rub all over the chicken, ensuring the mix goes deep into the cuts. Marinate in the refrigerator for 2-3 hours. Pour 4 cups of water in a deep pot. Place an upside-down plate in the pot and set the chicken on the plate. Turn the heat up high to bring the water to the boil. Reduce the heat, cover the pot and seal the edges with a strip of dough. Cook for 30-35 minutes, then remove the seal. Take the chicken out and serve.

4	: سروسز کے لئے	Serves	: 4
195	: کالوریز	Calories	: 195
15.2	: پروٹین	Proteins	: 15.2g
4.2	: کاربوہائیڈریٹ	Carbohydrates	: 4.2g
3.1	: فیٹ	Fats	: 3.1g
2.9	: سٹیوریشنڈ فیٹس	Saturated Fats	: 2.9g
265	: سوڈیم	Sodium	: 265mg
0.4	: فائبر	Fiber	: 0.4g



6	سروے کے لئے	Serves	: 6
265	کلوئری	Calories	: 265
13.6	پروٹین	Proteins	: 13.6g
4.6	کاربوہائیڈریٹ	Carbohydrates	: 4.6g
5.1	فٹ	Fats	: 5.1g
3	سچھریڈ فٹس	Saturated Fats	: 3g
220	سڈیم	Sodium	: 220mg
0.4	فائبر	Fiber	: 0.4g

ریشمی کباب

1/2 کلوگرام	:	چیکن ہون لیس
2 کھانے کے چمچے	:	بیسن (مستزاد)
1 کھانے کا چمچ	:	اورک کا پیسٹ
1 کھانے کا چمچ	:	لہسن کا پیسٹ
6 عدد	:	ہری مرچ
1/2 کلو گرامی	:	ہرا دھنیا
4 کھانے کے چمچے	:	سوکھا روہ
1 عدد	:	الہ
2 کھانے کے چمچے	:	لیمون کا رس
3 کھانے کے چمچے	:	کھن
3 کھانے کے چمچے	:	کھوپرا
1/2 کپ	:	بریڈ کرمز
1 کلو	:	کونک

ترکیب

چیکن ہون لیس کو چور میں ڈال کر اس میں بیسن، اورک، لہسن، ہری مرچ، ہرا دھنیا، سوکھا روہ، لیمون کا رس، بریڈ کرمز اور کھن شامل کر کے پیسے کو اچھی طرح چس لیں اور اس کو 1 گھنٹے کے لئے فریج میں رکھ دیں۔ پھر اسے فریج سے نکال کر ہتھوں میں لگائیں اور کھن کی آگتھی پر 15 منٹ پکائیں یا اوون میں 15 منٹ تک 200 ڈگری سینٹی گریڈ پر پکائیں۔ آخر میں ہتھوں سے اتار کر کھلے کا دھواں دیں اور خوش کریں۔

Reshmi Kebab

Ingredients

Chicken, boneless	:	1/2 kg
Gram flour / besan (roasted)	:	2 tbsp
Ginger paste	:	1 tbsp
Garlic paste	:	1 tbsp
Green chillies	:	6
Fresh coriander	:	1/2 bunch
Milk powder	:	4 tbsp
Egg	:	1
Lemon juice	:	2 tbsp
Butter	:	3 tbsp
Coconut	:	3 tbsp, shredded
Breadcrumbs	:	1/2 cup
Coal	:	1 piece

Method

Combine the boneless chicken, gram flour, ginger, garlic, green chillies, fresh coriander, milk powder, lemon, juice, breadcrumbs and butter in a chopper/blender and grind to a fine mince. Refrigerate the mixture for 1 hour. Press the chilled mixture onto barbecue skewers. Grill over a coal barbecue or bake in the oven at 200°C for 15 minutes. When cooked, remove kebabs from skewers and smoke for a few minutes with coal to enhance flavor.

Chicken Tikka Pizza

Ingredients

Chicken, boneless	:	325 gms
Red chili powder	:	1 ½ tbsp
Turmeric	:	½ tsp
Cumin seed	:	1 tsp
Garlic paste	:	1 tsp
Ginger paste	:	1 tsp
Lemon juice	:	2 tbsp
Salt	:	2 tsp
Tomatoes	:	6
Tomato paste	:	3 tbsp
Onion	:	1, large, sliced
Mozzarella cheese	:	600 gms
Self-raising flour	:	3 cups
Yeast	:	1 tbsp
Egg	:	1
Sugar	:	½ tsp
Coal	:	1 piece
Green chillies	:	6
Eva Cooking Oil	:	8 tbsp

Method

Marinate the chicken in red chili powder, turmeric, salt, lemon juice, ginger, garlic and cumin seed for ½ hour. Heat 4 tbsp oil in a pan. Fry the chicken on high heat for 6 minutes. Remove the pan from the stove. Light the coal and when it is glowing well, push it deep into the cooked chicken, drizzle with 1 tsp of oil, cover, and let the coal smoke and flavor the chicken. Heat a small amount of oil and fry 1 tbsp of sliced onions and 1 tsp garlic paste. Add the chopped tomatoes and cook for 2 minutes. Mix in the tomato paste, 2 cups of water and salt. Bring to the boil. Cook for 15 minutes until the water evaporates. Grate the mozzarella cheese and store in the freezer until required. Mix the yeast with sugar and 1 cup of water. In a large bowl, mix together self-raising flour, 2 tbsp oil, egg and salt. Add the activated yeast and knead to a smooth dough. Set it aside to rise. Roll out dough to fit the pizza pan, spread with tomato sauce, top with coal-smoked chicken, sliced onions, green chillies and grated mozzarella cheese. Bake in the oven at 200°C for 25 minutes.

چیکن تکہ پزا

325 گرام	:	چیکن بون لیس
1 ½ کھانے کاجی	:	تھنی ال مرچ
½ چائے کاجی	:	ہلدی
1 چائے کاجی	:	زیرہ
1 چائے کاجی	:	لہسن کا پیسٹ
1 چائے کاجی	:	ادرنک کا پیسٹ
2 کھانے کے چمچے	:	لیمون کا رس
2 چائے کے چمچے	:	نمک
6 عدد	:	ٹماٹر
3 کھانے کے چمچے	:	ٹماٹر کا پیسٹ
1 عدد	:	پیاز (بڑی کٹی ہوئی)
600 گرام	:	سوزر یا چز
3 کپ	:	میدہ
1 کھانے کاجی	:	خمیر
1 عدد	:	انڈہ
½ چائے کاجی	:	شکر
1 ٹکڑا	:	کولڈ
6 عدد	:	ہری مرچ
8 کھانے کے چمچے	:	ایوا کوکنگ آئل

تشریح:

چیکن بون لیس کو لال مرچ، ہلدی، نمک، لیمون کا رس، ادرنک لہسن اور زیرہ سے آدھے گھنٹے میر میٹ کریں۔ اب چھن میں 4 کھانے کے چمچے تیل گرم کر کے تیز آگ پر چیکن کو 6 منٹ فرائی کریں۔ پھر چمچے سے اتار کر کولڈ ٹاؤن کر کے چیکن کے پیسٹ میں اور 1 چائے کاجی تیل ڈال کر چیکن کو چھن میں 6 منٹ فرائی کریں۔ دوسرے چھن میں تھوڑا تیل گرم کر کے 1 کھانے کاجی پیاز اور 1/2 چائے کاجی لہسن فرائی کریں اور اس میں چمپ لٹا شامل کریں۔ 2 منٹ بعد ٹماٹر کا پیسٹ بھی ڈال دیں۔ اب 2 کپ پانی اور نمک شامل کر کے پال آنے پر 15 منٹ اچا کر پانی ٹنگ ہونے پر آچار لیں۔ سوزر یا چز باریک کٹ کر کے فریز میں رکھ دیں۔ اس کے بعد مینڈے میں 2 کھانے کے چمچے تیل، انڈہ اور نمک ڈالیں۔ خمیر میں شکر اور 1 کپ پانی شامل کریں اور پھولنے پر مینڈے میں نمک کر کے گولڈ میں اور سوزر یا چز ڈال کر اون میں 200 ڈگری سینٹی گریڈ پر 20 منٹ تک بیک کریں۔ چیکن تکہ پزا تیار ہے۔

Serves	:	6
Calories	:	410
Proteins	:	19.5g
Carbohydrates	:	21.3g
Fats	:	9.8g
Saturated Fats	:	4.3g
Sodium	:	385mg
Fiber	:	1.1g

Meat





مشن کا قورمہ

اجزاء

1 کلوگرام	:	مشن (بڑیوں کے ساتھ)
1 کھانے کا چم	:	نہک
6 کھانے کے چم	:	کیڑا
3 عدد	:	پیاز (بڑی، کٹی ہوئی)
1 کھانے کا چم	:	لہسن کا پیسٹ
1 کھانے کا چم	:	ادارک کا پیسٹ
2 کھانے کے چم	:	لال مرچ پاؤڈر
1/2 چائے کا چم	:	ہلدی پاؤڈر
1 کھانے کا چم	:	عزت گرم مصالحہ
1 کھانے کا چم	:	زیرہ پاؤڈر
1 کھانے کا چم	:	دھنیا پاؤڈر
1/2 کلوگرام	:	دہی
1/2 کپ	:	ایوا کوکنگ آئل

تذکیب

ایک بڑے برتن میں آئل کو گرم کر لیں۔ اس میں پیاز کو گہرا سیرا ہونے تک تھیں۔ پھر آئل سے پیاز کو نکال لیں۔ اسی آئل میں لہسن اور ادارک شامل کر کے 2 منٹ تک تھیں۔ اب لال مرچ پاؤڈر اور ہلدی شامل کر کے درمیانی آگ پر 30 سیکنڈ تک تھیں۔ اب گوشت شامل کریں اور تیز آگ پر 5 منٹ تک تھیں۔ نمک اور 1 لیٹر پانی شامل کر کے ہال میں پھر عزت گرم مصالحہ شامل کریں۔ اٹک کر بجلی آگ پر ایک گھنٹے تک پکائیں یا جب تک گوشت گل نہ جائے۔ ڈھکن ہٹائیں پھر زیرہ اور دھنیا پاؤڈر شامل کر کے چند منٹ تیز آگ پر پکائیں۔ پیاز کو ٹھین میں گرائنڈ کر لیں (اس سے نرم ہو جائے گی)۔ اس کو برتن میں شامل کر لیں۔ کیڑا شامل کر کے 5 منٹ تک پکائیں۔ پھر چوبلی سے اتار لیں اور گرم گرم پیش کریں۔

Mutton Qorma

Ingredients

Mutton (with bones)	:	1 kg
Salt	:	1 tbsp
Kewra water	:	6 tbsp
Onions	:	3, large, chopped
Garlic paste	:	1 tbsp
Ginger paste	:	1 tbsp
Red chili powder	:	2 tbsp
Turmeric powder	:	1/2 tsp
Garam masala, whole	:	1 tbsp
Cumin seed powder	:	1 tbsp
Coriander powder	:	1 tbsp
Yogurt	:	1/2 kg
Eva Cooking Oil	:	1/2 cup

Method

Heat oil in a large pot and fry the onions until golden. Remove onions and in the same pot fry the ginger and garlic for 2 minutes. Add red chili powder and turmeric; fry on medium heat for 30 seconds. Add the meat, turn the heat up high, and fry for 5 minutes. Add salt and 1 liter of water. Bring to the boil, then add whole garam masala. Reduce heat to a simmer and cook covered for 1 hour, or until the meat is tender. Remove lid, add cumin and coriander powders and cook on high heat for a few minutes. Grind the fried onions in a blender (this will give a smoother texture), then add to the pot. Add the kewra water, cook for 5 minutes, then remove from the stove and serve piping hot.

Serves	:	6
Calories	:	395
Proteins	:	14.9g
Carbohydrates	:	7.2g
Fats	:	8.9g
Saturated Fats	:	4.3g
Sodium	:	355mg
Fiber	:	0.6g

بیف نیہاری

Beef Nihari

Ingredients

Beef leg or shank	:	1 kg, large pieces
Garlic paste	:	1 tbsp
Ginger paste	:	1 tbsp
Fennel seed powder	:	3 tbsp
Garam masala powder	:	1 tbsp
Cumin seed powder	:	1 tbsp
Salt	:	1 ½ tbsp
Plain flour	:	5 tbsp
Green chillies	:	8, chopped
Fresh coriander	:	1 bunch, chopped
Red chili powder	:	2 tbsp
Turmeric powder	:	½ tsp
Fresh ginger	:	5 tbsp, chopped
Eva Cooking Oil	:	½ cup

Method

Heat the oil and fry the ginger, garlic and beef for 10 minutes. Add the red chili powder, turmeric and salt and fry for 5 minutes. Add 1 ½ liters of water, bring to the boil, then cover and cook on low heat until the meat is tender. Remove the meat from the pot. Add the fennel seed, cumin seed and garam masala powders to the liquid. Dissolve the flour in some water and add to the pot. After the liquid has thickened, return the meat to the pot and cook for 20 minutes. Serve topped with green chillies, fresh coriander and ginger.

اجزاء	:	بیف لیک (بڑے ٹکڑوں میں کٹ ہوئی) : 1 کلوگرام
ہسن کا پیسٹ	:	1 کمانے کاٹیج
ادرک کا پیسٹ	:	1 کمانے کاٹیج
سوائف پاؤڈر	:	3 کمانے کے بچے
گرم مصالحہ پاؤڈر	:	1 کمانے کاٹیج
زیرہ پاؤڈر	:	1 کمانے کاٹیج
نمک	:	1 ½ کمانے کاٹیج
آٹا	:	5 کمانے کے بچے
ہری مرچ	:	8 عدد
ہرا دھنیا	:	1 گنڈی
سہی لال مرچ	:	2 کمانے کے بچے
ہلدی	:	½ چائے کاٹیج
کئی ادرک	:	5 کمانے کے بچے
ایوا کوکنگ آئل	:	½ کپ

ترکیب:

تیل گرم کر کے اس میں ادرک، ہسن اور گائے کے گوشت کو 10 منٹ فرائی کریں۔ پھر سہی لال مرچ، ہلدی اور نمک شامل کر کے 5 منٹ فرائی کریں۔ اس کے بعد 1 ½ لیٹر پانی ڈال کر ابال آئے پر ڈھک کر ڈیڑھ گھنٹے تک پختہ دیں، یہاں تک کہ گوشت گل جائے۔ اب گوشت نکال کر شوربے میں یہاں سوائف، زیرہ اور گرم مصالحہ شامل کریں۔ پھر آٹے کو پانی میں ملا کر اس میں شامل کریں اور پختہ جاتے جائیں۔ گاڑھا ہو جائے تو اس میں دو بارہ گوشت ڈال کر گلی آٹیج پر 20 منٹ تک پکا لیں اور برے مصالحے کے ساتھ سرو کریں۔

سروسز : 6	Serves	: 6
410	Calories	: 410
19 گرام	Protein	: 19g
6.8 گرام	Carbohydrates	: 6.8g
9 گرام	Fats	: 9g
5.2 گرام	Saturated Fats	: 5.2g
410 می گرام	Sodium	: 410mg
0.2 گرام	Fiber	: 0.2g

Kofta Spaghetti

Ingredients

For Meatballs	
Chicken, minced	: ½ kg
Onion	: 1, small
Garlic	: 1 tsp
Ginger	: 1 tsp
Salt	: 1 tsp
Green chillies	: 6
Cumin seed	: 1 tsp
Fresh coriander	: ½ bunch

For Sauce

Tomatoes	: ½ kg
Tomato paste	: 3 tbsp
Onion	: 1 small
Garlic	: 1 tsp
Ginger	: 1 tsp
Red chili powder	: 1 tsp
Tumeric powder	: ½ tsp
Cumin seed powder	: 1 tsp
Yogurt	: 1 cup
Salt	: 1 tsp
Eva Cooking Oil	: 5 tbsp

For Spaghetti

Spaghetti	: 1 packet
Salt	: 1 tsp
Eva Cooking Oil	: 1 tsp

Method

Grind together all meatball ingredients to a firm paste. Shape into small balls and refrigerate. Bring a large pot of water to the boil. Add salt and boil the spaghetti for 6-8 minutes. Drain and rinse under cold running water. Toss with 1 tsp oil and set aside. Heat 5-tbsp oil and fry the ginger, garlic and onions. Add tomato paste and 3 cups of water. Bring to a boil, then simmer covered on low heat. Chop the tomatoes in a blender to a rough consistency. Add to the pot with red chili powder, salt and cumin seed. Cook uncovered for 15 minutes. Remove meatballs from the refrigerator and immediately place into the simmering sauce. Cook for 10 minutes. Beat the yogurt smooth and add to the sauce, cooking for a further 10 minutes. The sauce can be either tossed with the spaghetti, or spooned on top.

کوفتہ اسپاگیٹی

اجزاء:

½ کلوگرام	مرچی کا تیر
1 عدد	پیاز (چھوٹی)
1 چائے کا چمچ	لہسن
1 چائے کا چمچ	ادریک
1 چائے کا چمچ	تھک
6 عدد	ہری مرچ
1 چائے کا چمچ	زیرہ
½ کلو	ہرا دھنیا

چاشنی کے لئے

½ کلوگرام	ٹماٹر
3 کھانے کے چمچے	ٹماٹر کا پیسٹ
1 عدد	پیاز (چھوٹی)
1 چائے کا چمچ	لہسن
1 چائے کا چمچ	ادریک
1 کھانے کا چمچ	لال مرچ پاؤڈر
½ چائے کا چمچ	فدہ
1 کھانے کا چمچ	زیرہ پاؤڈر
1 کپ	دہی
1 چائے کا چمچ	تھک
5 کھانے کے چمچے	ایوا کوکنگ آئل

اسپاگیٹی کے لئے

1 پیکٹ	اسپاگیٹی
1 کھانے کا چمچ	تھک
1 چائے کا چمچ	ایوا کوکنگ آئل

تشریح

کوفتے کے تمام اجزاء کو پیسٹر میں گراؤ کر کے گاڑھا پیسٹ بنا کر لیں۔ ان کے کوفتے بنا کر فریج میں رکھ دیں۔ ایک بڑے برتن میں پانی ابالیں۔ اس میں اسپاگیٹی ڈال کر 6 سے 8 منٹ پکا لیں۔ پھر چھین کر ٹھنڈے پانی سے کھال لیں۔ 1 چائے کا چمچ آئل شامل کریں اور پھینک کر رکھ دیں۔ 5 کھانے کے چمچے آئل گرم کر کے اس میں ادریک، لہسن اور پیاز ڈالیں۔ ٹماٹر کا پیسٹ اور 3 کپ پانی شامل کریں اور ابال آئے تک پکا لیں۔ پھر چھین آٹھ پر پکا لیں۔ ٹماٹروں کو پیسٹر میں چھین کر ان کا گاڑھا پیسٹ بنا لیں۔ برتن میں لال مرچ پاؤڈر، تھک اور زیرہ شامل کریں اور 15 منٹ ڈھکن ہٹا کر پکا لیں۔ فریج سے کوفتے نکالیں اور انہیں اچھی ہوئی سوس میں ڈالیں۔ پھر 10 منٹ پکا لیں۔ دہی کو پیسٹ بنا کر لیں اور اس کو سوس میں شامل کریں۔ پھر مزید 10 منٹ پکا لیں۔ سوس کو اسپاگیٹی کے ساتھ گھس کر سکتے ہیں یا پھر اوپر سے ڈال سکتے ہیں۔

Serves	: 6	ٹماٹر کے لئے	: 6
Calories	: 355	کیلوری	: 355
Proteins	: 9.9g	پروٹین	: 9.9 گرام
Carbohydrates	: 14.2g	کاربوہائیڈریٹ	: 14.2 گرام
Fats	: 5g	فیت	: 5 گرام
Saturated Fats	: 2.9g	سچھڑا فٹس	: 2.9 گرام
Sodium	: 285mg	سڈیم	: 285 ملی گرام
Fiber	: 1.3g	فائبر	: 1.3 گرام



بیف حلیم

اجزاء	
1 کلوگرام	: گائے کا گوشت
250 گرام	: گیسوں
250 گرام	: جوار
75 گرام	: ماش کی دال
75 گرام	: مسور کی دال
75 گرام	: چنے کی دال
2 کھانے کے چمچے	: پیاز گرم مصالحہ
2 کھانے کے چمچے	: پیاز زیرہ
3 کپ	: چکن اسٹاک
1 عدد	: پیاز (بڑی، کٹی ہوئی)
4 کھانے کے چمچے	: کٹی اورک
1 گڈی	: پرادھنیا
8 عدد	: کٹی ہری مرچ
4 عدد	: لیموں
2 کھانے کے چمچے	: پیسے زل مرچ
1/2 جانے کا کٹچ	: پیسے لہدی
2 کھانے کے چمچے	: پیادھنیا
1 کھانے کا کٹچ	: بادیاں کا پھول
3 کھانے کے چمچے	: پیسے تلہا مرچ
حسب ذائقہ	: نمک
8 کھانے کے چمچے	: ایوا کوکنگ آئل

تکبیب

ماش کی دال، مسور کی دال، جوار اور چنے کی دال کو ایک برتن میں ڈال کر 3 لیٹر پانی کے ساتھ پکا لیں۔ چنے کے بعد چھیس لیٹھ کریں۔ اب پیسے لہدی، پیسے اسٹاک اور گائے کے گوشت کو ملا کر 1/2 لیٹر پانی میں مزید پکائیں اور گھسنے جائیں۔ پھر گرم تیل میں پیاز کو فرائی کریں اور باواہی رنگ آئے پے نکال لیں۔ اس کے بعد پیاز گرم مصالحہ، پیسے لہدی، پیاز زیرہ، پیادھنیا، پیسے تلہا مرچ، پیادیاں کا پھول اور نمک پانی میں ملا کر کے حلیم میں شامل کر کے کس کرتے جائیں۔ اب پیاز کے سٹپے ہوئے تیل سے طہیم کو گھما دیں۔ پیاز ہونے پر پارک کٹی اورک، کٹی ہری مرچ اور بادیاں کو فرائی ہوئی پیاز ڈالیں۔ پھر لیموں کے ساتھ پیش کریں۔

Beef Haleem

Ingredients

Beef	: 1 kg
Whole wheat	: 250 gms
Barley	: 250 gms
Daal maash	: 75 gms
Daal masoor	: 75 gms
Daal channa	: 75 gms
Garam masala powder	: 2 tbsp
Cumin seed powder	: 2 tbsp
Chicken stock	: 3 cups
Onion	: 1, large, sliced
Ginger	: 4 tbsp, sliced
Fresh coriander	: 1 bunch, chopped
Green chilies	: 8, chopped
Lemons	: 4
Red chili powder	: 2 tbsp
Turmeric powder	: 1/2 tsp
Coriander powder	: 2 tbsp
Star anise powder	: 1 tbsp
Talhar chili powder	: 3 tbsp
Salt	: to taste
Eva Cooking Oil	: 8 tbsp

Method

Mix together daals mash, masoor, wheat, barley and channa with 3 liters of water. Cook until soft, then grind to a paste in a blender. Heat the chicken stock. Add beef, daal paste and 1/2 liter of water. Cook until the beef is tender and mash well. Combine garam masala, salt, and the red chili, turmeric, cumin seed, coriander, talhar chili, star anise powders in a small amount of water to make a smooth paste. Stir the paste into the haleem. Fry sliced onions until golden. Remove onions from oil and set aside. Pour the hot oil from the onions over the haleem. Garnish with finely sliced ginger, chopped green chilies, fried onions and serve with lemon wedges.

Serves	: 8
Calories	: 415
Proteins	: 13.3g
Carbohydrates	: 17.1g
Fats	: 7.9g
Saturated Fats	: 4.1g
Sodium	: 405mg
Fiber	: 3.2g



قیمہ بری مرچ

اجڑا	:	مٹن یا بھینٹ قیرہ
1 کھانے کا چمچ	:	لہسن کا پیسٹ
1 چائے کا چمچ	:	ادرک کا پیسٹ
2 عدد	:	پیاز (کٹی ہوئی، بڑی)
1 کھانے کا چمچ	:	زیرہ پاؤڈر
1 چائے کا چمچ	:	دھنیا پاؤڈر
1 کھانے کا چمچ	:	نمک
20 عدد	:	ہری مرچ
1/2 گڈی	:	کڑی پتہ
1/4 کپ	:	ایوا کوکنگ آئل

تشریح

تیل گرم کر کے اس میں پیاز 10 منٹ تک فرائی کریں۔ اب ادرک اور لہسن شامل کر کے 2 منٹ تک پکائیں۔ پھر قیرہ شامل کر کے 10 منٹ تک بھجھیں۔ نمک اور 1/4 کپ پانی شامل کر کے ابال آنے پر ڈھکن رکھ کے 1/2 گھنٹے تک پکائیں۔ ڈھکن ہٹا کر اس میں زیرہ اور دھنیا شامل کریں اور 5 منٹ تک پکائیں۔ ہری مرچوں کو درمیان میں سے کاٹ کر آدھی مرچوں کے چم نکال کر پیسٹ دیں اور یہ مرچیں ایسے مرچوں کے ساتھ تیلے میں ملا کر 5 منٹ تک تیز آگ پر پکائیں۔ آخر میں کڑی پتہ شامل کر کے اتار لیں اور چم لیں۔

Mince with Green Chilies

Ingredients

Mince (mutton or beef)	:	1/2 kg
Garlic paste	:	1 tbsp
Ginger paste	:	1 tsp
Onions	:	2, large, sliced
Cumin seed powder	:	1 tbsp
Coriander powder	:	1 tsp
Salt	:	1 tbsp
Green chilies	:	20
Curry leaves	:	1/2 bunch
Eva Cooking Oil	:	1/4 cup

Method

Heat the oil and fry the sliced onions for 10 minutes until golden brown. Add ginger and garlic. Fry for 2 minutes. Add the mince. Fry for 10 minutes until nicely browned. Now pour in 4 cups of water and the salt. Bring to the boil, then cook covered for 1/2 hour. Mix in cumin seed and coriander powders. Cook for a further 5 minutes. Slice green chilies in half lengthwise, rinse out the seeds of 10. Add chilies to the pot, cook on high heat for 5 minutes, then stir in the curry leaves.

6	:	بھروسے کے	Serves	:	6
315	:	کیلوری	Calories	:	315
14.5	:	پروٹین	Proteins	:	14.5g
5.6	:	کاربوہائیڈریٹ	Carbohydrates	:	5.6g
7	:	لیپ	Fats	:	7g
2.5	:	تھریٹریٹڈ لیپ	Saturated Fats	:	2.5g
245	:	سڈیم	Sodium	:	245mg
1	:	فائبر	Fiber	:	1g



گوشت کے شامی کباب

اجزاء	
گوشت	1 کلوگرام
پتے کی دال	½ کلوگرام
ثابت گرم مصالحہ	2 چائے کے چمچے
پسلی لال مرچ	1 کھانے کا چمچ
ہلدی	½ چائے کا چمچ
لہک	1½ چائے کا چمچ
ادورک کا پیسٹ	1 کھانے کا چمچ
لہسن کا پیسٹ	1 کھانے کا چمچ
ثابت تلہا مرچ	5 عدد
زیرہ	1 کھانے کا چمچ
پیاز	3 عدد
برہی مرچ	8 عدد
برادھنیا	3 گڈی
ایوا کوکنگ آئل	1 کپ

ستوریب

گوشت، پتے کی دال، ثابت گرم مصالحہ اور لہک کو 4 کپ پانی میں ڈال کر چھلے پر رکھیں اور جب آبال آجائے تو اس میں ثابت تلہا مرچ، پسلی لال مرچ، ادورک، لہسن، پیاز اور زیرہ شامل کر کے ہلکی آگ پر پکائیں۔ گوشت اور دال گل جائے تو تیز آگ پر پانی خشک کر لیں۔ اب اسے سل سے بے پار یک ٹین میں پیاز، برہی مرچ اور برادھنیا اچھی طرح ملا کر نکلیاں نکالیں اور اٹھ دھنگا کر تیل میں فرائی کریں۔ کباب تیار ہیں۔

Serves*	: 6
Calories	: 195
Proteins	: 7.5g
Carbohydrates	: 4g
Fats	: 4.5g
Saturated Fats	: 2.8g
Sodium	: 210mg
Fiber	: 0.3g

Beef Shaami Kebab

Ingredients

Beef	: 1 kg
Daal channa	: ½ kg
Whole garam masala	: 2 tsp
Red chili powder	: 1 tbsp
Turmeric powder	: ½ tsp
Salt	: 1 ½ tsp
Ginger paste	: 1 tbsp
Garlic paste	: 1 tbsp
Talhar chili, whole	: 5
Cumin seed	: 1 tbsp
Onions	: 3, medium
Green chillies	: 8
Fresh coriander	: 3 bunches
Eva Cooking Oil	: 1 cup

Method

Combine the meat, daal channa, whole garam masala, salt and 4 cups of water. Bring to the boil. Now add talhar chili, red chili powder, ginger, garlic, onions and cumin seed. Cook on low heat until the meat and daal are tender. If there's any excess water, evaporate it by turning the heat up high. Turn out the mixture on a flat stone mortar and pound to a fine mixture. Mix in the chopped onions, green chillies and fresh coriander. Shape into small round patties. Lightly dip each patty into beaten egg. Fry to a deep golden brown.



چانپ برا مصالحہ

اجزاء	
1 کلوگرام	: مٹن چانپ
1 گڈی	: ہرا دھنیا (کننا ہوا)
1/2 کلو گڈی	: پالک (کئی ہوئی)
1 کھانے کا چمچ	: زیرہ (بھنا اور پینا ہوا)
8-10 عدد	: ہری مرچ (کئی ہوئی)
1 کھانے کا چمچ	: لہسن (کننا ہوا)
1 کھانے کا چمچ	: اورک (کئی ہوئی)
2 کھانے کے چمچے	: لیوں کارس
10-12 چمچے	: کڑی پتہ
1 چائے کا چمچ	: نمک
1 عدد	: پیاز (بڑی)
8 کھانے کے چمچے	: ایوا کوکنگ آئل

Green Masala Chops

Ingredients

Mutton chops	:	1 kg
Fresh coriander	:	1 bunch, chopped
Spinach	:	½ bunch, chopped
Cumin seed	:	1 tbsp, toasted and crushed
Green chilies	:	8-10, sliced
Garlic	:	1 tbsp, chopped
Ginger	:	1 tbsp, chopped
Lemon juice	:	2 tbsp
Curry leaves	:	10-12
Salt	:	1 tsp
Onion	:	1, large
Eva Cooking Oil	:	8 tbsp

Method

Heat oil in a pan. Add the onions and fry for 2 minutes. Add garlic and mutton chops and fry for 10 minutes. Now add salt and 4 cups of water; bring to the boil. Add cumin seed and ginger and let cook covered for 45 minutes or until the meat is tender. Remove the lid and turn the heat up high to let any remaining water evaporate. Add the coriander, spinach, green chilies and curry leaves and cook on high heat for 5 minutes. Add the lemon juice and serve.

ترکیب

پین میں آئل گرم کر لیں۔ پیاز شامل کر کے 2 منٹ تھلیں۔ لہسن اور مٹن کی چانپ شامل کر کے 10 منٹ تھلیں۔ اب نمک اور 4 کپ پانی شامل کر کے اہل لیں۔ زیرہ اور اورک شامل کریں۔ پھر ڈھک کر 45 منٹ پکا لیں یا جب تک گوشت گھل نہ جائے۔ ڈھکن ہٹا کر تیز آگ کر دیں تاکہ باقی پانی بھی بھاپ بن کر اڑ جائے۔ دھیما، پالک، ہری مرچ اور کڑی پتہ شامل کریں۔ پھر 5 منٹ تیز آگ پر پکا لیں۔ لیوں کارس شامل کریں اور پیش کریں۔

Serves	:	6
Calories	:	195
Proteins	:	7.5g
Carbohydrates	:	4g
Fats	:	4.5g
Saturated Fats	:	2.8g
Sodium	:	210mg
Fiber	:	3g

Seafood





مصالحہ بھری مچھلی

اجڑا،	:	2 کھانے کے چمچے
لیموں کا رس	:	1 عدد
مچھلی	:	1/2 کپ
سیدہ	:	1 چائے کا چمچ
تھک	:	1/2 چائے کا چمچ
بلدی	:	1 کھانے کا چمچ
سبسن کا پیسٹ	:	1 کپ
اٹلی کا گودا	:	1/2 گڈی
برادھیا	:	8 عدد
برسی مرچ	:	4 کھانے کے چمچے
تلہا مرچ پیسٹ	:	2 کھانے کے چمچے
پسلی لال مرچ	:	1/2 چائے کا چمچ
اجواں	:	1 کھانے کا چمچ
زیرہ	:	تیلے کے لئے
ایہا کوٹنگ آئل	:	

ست ترکیب

مچھلی کو درمیان میں سے کاٹ کر دو حصے میں تقسیم کر لیں اس پر لیموں کا رس، تھک، بلدی اور سبسن کا پیسٹ لگا کر اچھے سمٹنے کے لئے رکھ دیں۔ اب سیدہ لگا کر تیل میں ڈال کر پرائی کر لیں۔ پھر ایک پین میں 2 کھانے کے چمچے تیل گرم کر کے سبسن فرائی کریں۔ اس کے بعد اٹلی، زیرہ، تلہا مرچ پیسٹ، پسلی لال مرچ، اجواں اور تھک ملا کر مزید 2 منٹ فرائی کریں۔ اب اس میں 2 کپ پانی ڈال کر ابال آتے پر 5 منٹ پکائیں۔ پھر برسی مرچ، برادھیا شامل کر کے اچالیں۔ آخر میں ایک تھلے پر مصالحہ ڈال کر اور دو سر اس پر رکھ کر سرو کریں۔

Spicy Stuffed Fried Fish

Ingredients

Lemon juice	:	2 tbsp
Fish	:	1
Self-raising flour	:	1/2 cup
Salt	:	1 tsp
Turmeric	:	1/2 tsp
Garlic paste	:	1 tbsp
Tamarind paste	:	1 cup
Fresh coriander	:	1/2 bunch
Green chillies	:	8
Talhar chili paste	:	4 tbsp
Red chili powder	:	2 tbsp
Carom seed	:	1/2 tsp
Cumin seed	:	1 tbsp
Eva Cooking Oil	:	to fry

Method

Cut fish lengthwise from center and divide into 2 pieces. Mix lemon juice, salt, turmeric, and garlic paste. Coat fish with the mixture and marinate for 1/2 hour. Coat marinated fish with self-raising flour and deep fry. In a separate pan, heat 2 tbsp of oil and fry the garlic. Add tamarind paste, cumin seed, talhar chili paste, red chili powder, carom seed and salt. Fry for 2 minutes. Add two cups water, bring to the boil, and cook for 5 minutes. Add green chillies and fresh coriander. Remove from heat. Lay a fillet of fish onto a plate and spoon the sauce mixture over it. Top with second fillet of fish.

سرو کرنے کے لئے : 6	Serves	: 6
310	Calories	: 310
21.2 گرام	Proteins	: 21.2g
5.8 گرام	Carbohydrates	: 5.8g
11.6 گرام	Fats	: 11.6g
5.2 گرام	Saturated Fats	: 5.2g
325 ملی گرام	Sodium	: 325mg
1.2 گرام	Fiber	: 1.2g

مچھلی کا سالن

اجزاء	
مچھلی ہون لیس	1/2 کلوگرام
پیاز (بڑی، کٹی ہوئی)	2 عدد
ہری مرچ	10 عدد
ہرا دھنیا	1/2 گڈی
لہسن کا پیسٹ	2 کھانے کے چمچے
اجوائن	1 چائے کا چمچ
کرزی پتہ	1/2 گڈی
زیرہ	1 کھانے کا چمچ
دھنیا	1 کھانے کا چمچ
پسی لال مرچ	2 کھانے کے چمچے
کٹی اورک	2 کھانے کے چمچے
نمک	1 چائے کا چمچ
بلدی	1 چائے کا چمچ
لیمون کا رس	3 کھانے کے چمچے
ایوا کوکنگ آئل	1/2 کپ

ت ترکیب

مچھلی پر لیمنوں کا رس، 1 کھانے کا چمچ پسی لال مرچ، 1/2 چائے کا چمچ نمک اور 1 کھانے کا چمچ لہسن لگا کر آدھے گھنٹے کے لئے رکھ دیں۔ اب اسے گرم تیل میں تیز آگ پر 5 منٹ فری کر کے نکالیں۔ پھر اسی تیل میں باقی لہسن اور پیاز فری کر کے باقی پسی لال مرچ، زیرہ، دھنیا اور اجوائن ڈال کر 1 منٹ پکائیں۔ اس کے بعد 2 کپ پانی شامل کریں اور ڈھک کر 5 منٹ تک پکائیں۔ اب اس میں مچھلی، ہری مرچ، کرزی پتہ اور اورک ڈالیں۔ پھر ڈھک کر مزید 5 منٹ پکھن دیں۔ آخر میں ہرا دھنیا ڈال کر سرو کریں۔

Fish Curry

Ingredients

Fish, boneless	:	1/2 kg
Onions	:	2, large, sliced
Green chillies	:	10
Fresh coriander	:	1/2 bunch
Garlic	:	2 tbsp
Carom seed	:	1 tsp
Curry leaves	:	1/2 bunch
Cumin seed	:	1 tbsp
Coriander seed	:	1 tbsp
Red chilli powder	:	2 tbsp
Fresh ginger	:	2 tbsp, chopped
Salt	:	1 tsp
Turmeric	:	1 tsp
Lemon juice	:	3 tbsp
Eva Cooking Oil	:	1/2 cup

Method

Mix lemon juice, 1 tbsp red chili powder, 1/2 tsp salt and 1 tbsp garlic paste. Coat the fish with the mixture and marinate for 1/2 hour. Heat oil in a pan and fry the marinated fish on high heat for 5 minutes. Remove fish from the pan and set aside. In the same pan, fry the onions and the remaining garlic paste, red chili powder, cumin, coriander, and carom seeds. Cook for 1 minute. Add 2 cups water, cover and cook for 5 minutes. Add the fried fish, green chillies, curry leaves and ginger. Cover and cook for 5 minutes. Sprinkle with fresh coriander just before serving.

Serves	:	4 افراد کے لئے
Calories	:	335 کلواری
Proteins	:	14.4g پروٹین
Carbohydrates	:	6.1g کاربوہائیڈریٹ
Fats	:	5.4g تیل
Saturated Fats	:	2.1g سچھریٹڈ تیل
Sodium	:	365mg سوڈیم
Fiber	:	1.5g فائبر

Serves	: 6	افراد کے لئے	: 6
Calories	: 305	کیلوری	: 305
Proteins	: 15.1g	پروٹین	: 15.1 گرام
Carbohydrates	: 5.5g	کاربوہائیڈریٹ	: 5.5 گرام
Fats	: 9.5g	شحم	: 9.5 گرام
Saturated Fats	: 3.5g	تھیرےڈ لیس	: 3.5 گرام
Sodium	: 325mg	سولیم	: 325 ملی گرام
Fiber	: 1.5g	فائبر	: 1.5 گرام

پران مصالحہ

پران (درمیان چملا اور صاف کیا ہوا)	: ½ کلو گرام
پیاز (بڑی آگنی ہوئی)	: 2 عدد
لہسن کا پیسٹ	: 1 کھانے کا چمچ
ادرک کا پیسٹ	: 1 کھانے کا چمچ
نماز (کٹے ہوئے)	: 5 عدد
زیرہ پاؤڈر	: 2 کھانے کے چمچ
دھنیا پاؤڈر	: 1 کھانے کا چمچ
نمک	: 1 چائے کا چمچ
لال مرچ پاؤڈر	: 1 کھانے کا چمچ
بلدی پاؤڈر	: ½ چائے کا چمچ
کڑی پتہ	: 10-12 عدد
ایوا کوکنگ آئل	: ¼ کپ

ترکیب

ایک برتن میں آئل گرم کر لیں۔ پران کو تیز آگ پر 5 منٹ تھمیں اور برتن سے نکال کر الگ رکھ دیں۔ اب ہی برتن میں پیاز ڈال کر 7 منٹ تھمیں۔ پھر ادرک، لہسن، نماز، لال مرچ پاؤڈر، بلدی اور نمک شامل کر کے 20 منٹ پکائیں۔ اس کچر کو چھلے سے اتار کر بلینڈر میں ڈالیں۔ اس میں 3 کپ پانی شامل کریں اور پتلا پیسٹ بنائیں۔ اس کو وہاں برتن میں ڈالیں۔ اس میں زیرہ اور دھنیا پاؤڈر شامل کریں۔ پھر درمیان آگ پر 15-20 منٹ پکائیں جب تک آئل اوپر سطح پر نہ آجائے۔ اب پران شامل کر کے مزید 5 منٹ پکائیں۔ اس میں کڑی پتہ شامل کر کے چمچ چلائیں اور گرم پتلیں کریں۔

Prawn Masala

Ingredients

Medium-sized prawns	: ½ kg, peeled and de-veined
Onions	: 2, large, sliced
Garlic paste	: 1 tbsp
Ginger paste	: 1 tbsp
Tomatoes	: 5, sliced
Cumin seed powder	: 2 tbsp
Coriander seed powder	: 1 tbsp
Salt	: 1 tsp
Red chili powder	: 1 tbsp
Turmeric powder	: ½ tsp
Curry leaves	: 10-12
Eva Cooking Oil	: ¼ cup

Method

Heat oil in a pan. Fry the prawns on high heat for 5 minutes. Remove prawns and set aside. In the same pan, add onions and fry for 7 minutes. Add ginger, garlic, tomatoes, red chili powder, turmeric, and salt. Cook for 20 minutes. Remove the mixture from the stove and pour into a blender. Add 3 cups of water and blend to a fine paste. Return to the pan and add the cumin seed and coriander seed powders. Cook on medium heat for 15-20 minutes until the oil rises to the surface. Add prawns and cook for a further 5 minutes. Mix in the curry leaves, stir and serve hot.

Vegetables





مصالحہ بھرے بیگن

اجزاء	
1 کلو	: بیگن
2 کپ	: اہلی کا پیسٹ
8 عدد	: لٹائر (کٹے ہوئے)
2 کھانے کے چمچے	: زہرہ
2 کھانے کے چمچے	: دھنیا (پتہ ہوا)
1 1/2 چائے کا چمچ	: نمک
2 عدد	: پیاز (بڑی، کٹی ہوئی)
1 کھانے کا چمچ	: لہسن
1 کھانے کا چمچ	: اورک
2 کھانے کے چمچے	: پسی لال مرچ
8 عدد	: کٹی ہوئی مرچ
1/2 چائے کا چمچ	: ہلدی
2 کھانے کے چمچے	: سونف
1/2 کپ	: اچھا کوئلہ آئل

Spicy Stuffed Aubergine

Ingredients

Aubergines	:	1 kg
Tamarind paste	:	2 cups
Tomatoes	:	8, chopped
Cumin seed	:	2 tbsp
Coriander powder	:	2 tbsp
Salt	:	1 1/2 tsp
Onions	:	2, large, sliced
Garlic paste	:	1 tbsp
Ginger paste	:	1 tbsp
Red chili powder	:	2 tbsp
Green chilies	:	8, chopped
Turmeric powder	:	1/2 tsp
Fennel seed	:	2 tbsp
Eva Cooking Oil	:	1/2 cup

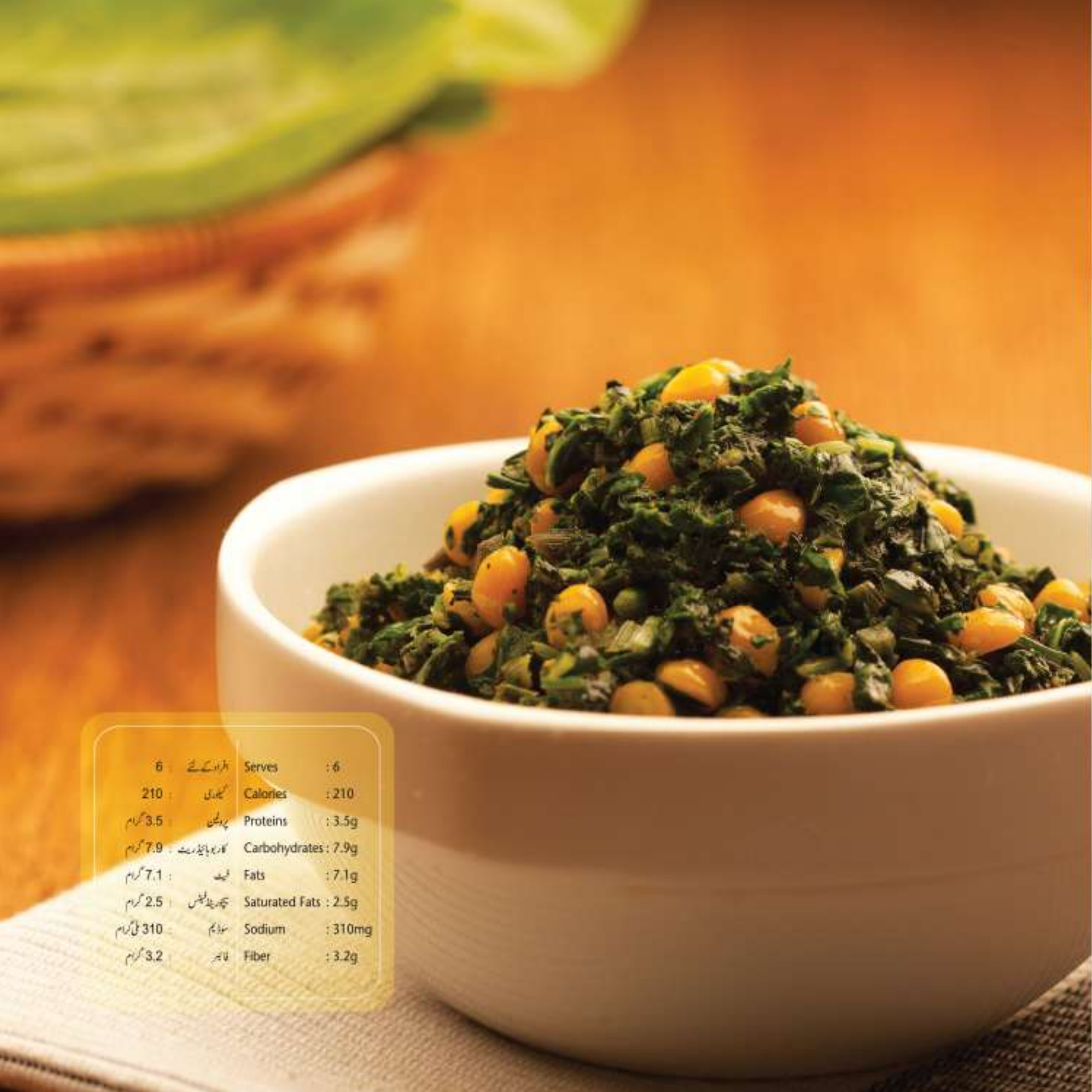
Method

Slice aubergines lengthwise and scoop out the flesh. Set the skins aside. Heat 3 tbsp oil in a pan and fry the onions until golden. Add ginger and garlic. Fry for a few seconds. Add red chili powder and turmeric, then tamarind paste, fennel seed, cumin seed and coriander powder to the pan. Cook gently until the water evaporates. Stuff the scooped aubergine skins with mixture. Tie the two halves together with string. Heat the remaining oil in a pan and gently place the aubergines into the pan. Add chopped tomatoes, salt, and any remaining mixture. Cover and cook for 15 minutes.

ت ترکیب

بیگن کا گودا نکال لیں۔ اب چین میں 3 کھانے کے چمچے تیل گرم کریں اور پیاز فرائی کریں۔ پھر اورک اور لہسن شامل کر کے فرائی کریں۔ اس کے بعد پسی لال مرچ اور پسی ہلدی ڈالیں۔ اب اہلی کا پیسٹ، سونف، زہرہ اور دھنیا شامل کریں۔ پانی خشک ہو جائے تو اسے اتار لیں اور اس مصالحے کو چمکوں میں بھر کر انہیں دھارے سے باہر دیں۔ پھر ایک برتن میں باقی تیل گرم کر کے اس میں بیگن فرائی کریں۔ اب کٹے لٹائر، پتہ ہوا مصالحہ اور نمک ڈالیں۔ آخر میں ڈھک کر 15 منٹ پکائیں۔ ڈش تیار ہے۔

Serves	:	6	افراد کے لئے	: 6
Calories	:	235	کیلوری	: 235
Proteins	:	4.1g	پروتین	: 4.1 گرام
Carbohydrates	:	6.2g	کاربوہائیڈریٹ	: 6.2 گرام
Fats	:	4.5g	لیپڈ	: 4.5 گرام
Saturated Fats	:	1.5g	سچر پیٹڈ لیپڈس	: 1.5 گرام
Sodium	:	235mg	سولیم	: 235 ملی گرام
Fiber	:	1.9g	فائبر	: 1.9 گرام



6	سروے کے لئے	Serves	: 6
210	کیلوری	Calories	: 210
3.5	پروٹین	Proteins	: 3.5g
7.9	کاربوہائیڈریٹ	Carbohydrates	: 7.9g
7.1	لیپڈ	Fats	: 7.1g
2.5	سٹیورٹڈ لیپڈ	Saturated Fats	: 2.5g
310	سویا	Sodium	: 310mg
3.2	فائبر	Fiber	: 3.2g

دال پالک

اجزاء	
2 گنڈی	: پالک
2 کپ	: چنے کی دال
2 عدد	: پیاز (بڑی)
1 کھانے کا چمچ	: لہسن
1 کھانے کا چمچ	: اورک
2 کھانے کے چمچے	: تھیں ال مرچ
1/2 چائے کا چمچ	: جلدی
2 کھانے کے چمچے	: زیرہ
1 چائے کا چمچ	: نمک
6 عدد	: ٹماٹر
1/2 کپ	: ایتھنک آئل

تشریح

پالک کو 2 کپ پانی میں چھ منٹ اُبال کر نکالیں اور ٹھنڈے پانی سے تھار لیں۔ اب اسے نیچے ذکر ہار ایک کات لیں۔ ایک پیچ میں پیاز، اورک اور لہسن فرائی کریں۔ پھر اس میں تھی مرچ اور جلدی شامل کر کے 2 منٹ پکائیں۔ اب ایک کپ پانی ڈال کر 5 منٹ تک پکائیں۔ اس کے بعد ایک الگ برتن میں دال اُبال کر نکالیں۔ اب پیاز والے کچھرے میں ٹماٹر کات کر ڈالیں۔ آخر میں زیرہ شامل کریں اور پانی خشک ہونے پر اس میں دال ملاویں۔ پھر نمک اور پالک ڈالیں اور 2 منٹ پکا کر سرو کریں۔

Spinach with Lentils

Ingredients

Spinach	: 2 bunches
Daal channa	: 2 cups
Onions	: 2, large, sliced
Garlic paste	: 1 tbsp
Ginger paste	: 1 tbsp
Red chili powder	: 2 tbsp
Turmeric powder	: 1/2 tsp
Cumin seed	: 2 tbsp
Salt	: 1 tsp
Tomatoes	: 6, chopped
Eva Cooking Oil	: 1/2 cup

Method

Blanch spinach (submerge into a pot of boiling water for a few minutes, then drain and plunge into a bowl of cold water). Drain the spinach well and chop. Heat oil in a pan and fry the onions, ginger and garlic. Add red chili powder and turmeric, fry for 2 minutes. Add 1 cup water, cover, and let cook for 5 minutes. In a separate pot, boil the lentils until tender. Add the chopped tomatoes and cumin seed to the onion mixture, cook until the water evaporates. Mix cooked lentils with the tomato mixture, add salt and spinach. Cook for 2 minutes and serve.



مکس سبزی مصالحہ

اجزاء

1 عدد	:	آلو (نگڑوں میں اور مینا)
1/2 کپ	:	مٹر
2 عدد	:	گاجر (نگڑوں میں)
1 کپ	:	پھول گوہی (چھوٹے نگڑوں میں)
6 عدد	:	ہری مرچ (بڑے نگڑوں میں کٹی ہوئی)
1 کمانے کاٹیج	:	لہسن
1 کمانے کاٹیج	:	ادرک
1 عدد	:	پیاز (کٹی ہوئی، بڑی)
2 عدد	:	ٹماٹر (نگڑوں میں)
1 چائے کاٹیج	:	نمک
1 کمانے کاٹیج	:	زیرہ
1 کمانے کاٹیج	:	لال مرچ پاؤڈر
1/2 چائے کاٹیج	:	ہلدی
1 کپ	:	دہی
3 کمانے کے بیجے	:	برادشیا (کننا ہوا)
1/2 کپ	:	ایوا کوکنگ آئل

ت ترکیب

تیل گرم کر کے اس میں پیاز، ادرک اور لہسن فرائی کر لیں۔ پھر لال مرچ پاؤڈر اور ہلدی شامل کر کے 2 منٹ تک پکائیں۔ اس کے بعد چوبیسے سے اتار کر بیٹلڈر میں 2 کپ پانی کے ساتھ اس کو تین تین اور دواہیں پیٹلے میں ڈال کر تیز آگ پر 5 منٹ تک پکائیں۔ اب نمک اور آٹو شامل کریں اور آج دھکی کر کے 5 منٹ تک پکائیں۔ دھکیں بنا کر اس میں گاجر اور مٹر شامل کر کے مزید 5 منٹ تک پکائیں۔ پھر دہی، زیرہ اور ہری مرچ شامل کر کے دھکیں بنا کر تیز آگ پر 5 منٹ تک پکائیں۔ آخر میں لہسن شامل کر کے 2 منٹ پکائیں اور پیش کریں۔

Mixed Vegetables Masala

Ingredients

Potato	:	1, medium, cubed
Green peas	:	1/2 cup
Carrots	:	2, diced
Cauliflower florets	:	1 cup
Green chilies	:	6, diced
Garlic paste	:	1 tbsp
Ginger paste	:	1 tbsp
Onion	:	1, large, diced
Tomatoes	:	2, medium, diced
Salt	:	1 tsp
Cumin seed	:	1 tbsp
Red chili powder	:	1 tbsp
Turmeric powder	:	1/2 tsp
Yogurt	:	1 cup
Fresh coriander	:	3 tbsp, chopped
Eva Cooking Oil	:	1/2 cup

Method

Heat the oil and fry the onions, ginger and garlic. Add red chili powder and turmeric and cook for 2 minutes. Pour the mix into a blender and with 2 cups of water, grind to a fine paste. Return to the pot. Cook on high heat for 5 minutes. Add the salt and potatoes. Cook covered on low heat for 5 minutes. Add carrots and peas, cook for five minutes, then add cauliflower florets. After 5 minutes, add yogurt, cumin seed, green chilies and cook uncovered on high heat for 5 minutes. Add tomatoes and cook for 2 minutes and serve.

Serves	:	6
Calories	:	195
Proteins	:	3.8g
Carbohydrates	:	6.9g
Fats	:	7.5g
Saturated Fats	:	3.1g
Sodium	:	285mg
Fiber	:	3.1g

Rice





ویجیٹیبل پلاؤ

اجزاء

3 کپ	:	ہاسٹی پاول (پانی میں بھگوئے ہوئے)
1 کپ	:	مٹر
2 عدد	:	گاجر (کٹی ہوئی)
1 عدد	:	آلو (بڑا، کٹا ہوا)
1 کپ	:	پھلیاں (کٹی ہوئیں)
1 کمانے کاٹیج	:	تاریت گرم مصالحہ
1 عدد	:	پیاز (درمیانی، کٹی ہوئی)
1 کمانے کاٹیج	:	بسبب کا پیسٹ
1 کمانے کاٹیج	:	ادرک کا پیسٹ
1 لیٹر	:	چکن اسٹاک
1 1/2 چائے کاٹیج	:	نمک
2 کمانے کے جینے	:	سونف
8 کمانے کے جینے	:	ایوا کوکنگ آئل

ت ترکیب

ایک برتن میں آئل گرم کر لیں۔ اس میں کٹی پیاز، بسبب، ادرک، تاریت گرم مصالحہ، نمک اور سونف جینے آٹیج پر 2 منٹ پکائیں۔ اب چکن اسٹاک ڈال کر ابال لیں۔ پھر کٹی آٹیج پر 30 منٹ دم دیں۔ اب اسٹاک کو چھان لیں۔ تمام مصالحوں کو نکال لیں اور چھتے ہوئے اسٹاک کو برتن میں واپس ڈال دیں۔ اب مٹر، گاجر اور آلو شامل کریں اور کٹی آٹیج پر 5 منٹ پکائیں۔ پھر پھلیاں شامل کریں۔ بھگوئے ہوئے پیاز، چھان کر برتن میں ڈالیں۔ برتن ڈھکے بغیر تیز آٹیج پر چاولوں میں پانی ہذب ہونے تک پکائیں۔ اب برتن کو ڈھک کر تیز آٹیج پر پکائیں جب تک بھاپ نکالنا شروع نہ ہو جائے۔ پھر آٹیج بہت کم کر کے 15 منٹ پکائیں۔ اس کے بعد سلن بنا کر اچھی طرح مکس کر کے پیش کریں۔

Vegetable Pulao

Ingredients

Basmati rice	:	3 cups, soaked in water
Green peas	:	1 cup
Carrots	:	2, diced
Potato	:	1, large, cubed
Green beans	:	1 cup, chopped
Whole garam masala	:	1 tbsp
Onion	:	1, medium, sliced
Garlic paste	:	1 tbsp
Ginger paste	:	1 tbsp
Chicken stock	:	1 liter
Salt	:	1 1/2 tsp
Fennel seed	:	2 tbsp
Eva Cooking Oil	:	8 tbsp

Method

Heat oil in a pot and fry the sliced onions, garlic, ginger, whole garam masala, salt, and fennel seed for 2 minutes on high heat. Add chicken stock and bring to the boil, then let simmer on a low flame for 30 minutes. Strain the stock, discard the whole spices, and return the liquid to the pot. Add green peas, carrots, potatoes and cook on medium heat for 5 minutes. Add the green beans. Drain the soaked rice and add to the pot. Cook uncovered on high heat until the rice has absorbed most of the liquid. Cover the pot and cook on high heat until steam begins to release. Reduce the heat to very low and cook for 15 minutes. Remove the lid, mix well and serve.

Serves	:	6
Calories	:	320
Proteins	:	3.1g
Carbohydrates	:	11.5g
Fats	:	7.1g
Saturated Fats	:	3.8g
Sodium	:	310mg
Fiber	:	2.9g

جھینگا بریانی

اجزاء	
جھینگا (ساف کیا ہوا)	½ کلوگرام
پاستا چاول	½ کلوگرام
لہسن	1 کھانے کا چمچ
اورنگ	1 کھانے کا چمچ
بیاز (بڑی)	3 عدد
ال مرچ پاؤڈر	3 کھانے کے چمچے
دہی	2 کپ
پنا گرم مصالحہ	3 کھانے کے چمچے
لیموں	2 عدد
آلو بخارا	10-12 عدد
نمک	1 ½ کھانے کا چمچ
بلدی	1 ½ چائے کا چمچ
کڑی پتہ	چند پتے
کیڑا	6-8 کھانے کے چمچے
زرد سے کارنگ	1 چمچی
ایع او کولف آئل	½ کپ

تکلیف

آئل کو پھین میں گرم کر لیں۔ بیاز ڈال کر 10 منٹ تھیں یا جب تک پکا سہرا نہ ہو جائے۔ اب لہسن شامل کر کے 2 منٹ تھیں۔ اس کے بعد ال مرچ پاؤڈر اور بلدی ڈالیں۔ اب دہی اور آلو بخارا شامل کر کے پکائیں جب تک پانی مکمل خشک نہ ہو جائے۔ پھر جھینگا شامل کر کے تیز آگ پر 5 منٹ پکائیں۔ اب نمک شامل کریں اور چولہے سے اتار لیں۔ ایک چائے کا چمچ کیڑا اور گرم مصالحہ شامل کریں۔ پھر پنا مصالحہ کے اوپر کئے ہوئے لیموں کی تھلکوں میں 1 کھانے کا چمچ نمک ڈال کر چاول اپاہیں چاول آدھے پک جائیں تو چھان لیں اور پھر بھیجئے کے اوپر چاولوں کی ایک تھلک بنائیں۔ زرد سے کارنگ 1 کھانے کے چمچ پانی میں شامل کریں۔ پھر اسے چاولوں پر چھڑکیں۔ برتن کو چولہے پر رکھیں اور ڈھکن کو کس کے بند کر کے تیز آگ پر 15 منٹ پکائیں۔ پھر کس کے پھین کر کے بھاپ لگنے کے تو 15 منٹ تک بہت ہلکی آگ پر پکائیں۔ پھر کس کے پھین کریں۔

Prawn Biryani

Ingredients

Prawns	½ kg, cleaned
Basmati rice	½ kg
Garlic paste	1 tbsp
Ginger paste	1 tbsp
Onions	3, large, sliced
Red chili powder	3 tbsp
Yogurt	2 cups
Garam masala powder	3 tbsp
Lemons	2, sliced
Alu bukhara	10-12
Salt	1 ½ tbsp
Turmeric powder	½ tsp
Curry leaves	few
Kewra	6-8 tbsp
Yellow food coloring	1 pinch
Eva Cooking Oil	½ cup

Method

Heat oil in a pan and fry the onions for 10 minutes or until pale golden. Add the garlic and fry for 2 minutes. Add the red chili powder and turmeric, and then yogurt and alu bukhara. Cook until all the liquid dries. Add the prawns, cook on high heat for 5 minutes. Add 1 tsp salt and now remove from the stove. Add the kewra, garam masala, and lay the sliced lemons on top of the prawns. Boil the rice in water mixed with 1 tbsp of salt. When the rice is half-cooked, drain and layer on top of the prawns. Mix yellow food coloring with 1 tbsp of water and sprinkle on the rice. Cover the pot with a lid, return to the stove, and turn the heat up high. As soon as the steam begins to escape from under the lid, turn the heat down very low and let cook for 15 minutes. Stir to mix the prawns and rice together and serve hot.

Serves	: 6	ہر ایک کے لئے	: 6
Calories	: 385	کیلوری	: 385
Proteins	: 14.4g	پروٹین	: 14.4g
Carbohydrates	: 16g	کاربوہائیڈریٹس	: 16g
Fats	: 9.2g	لیپڈ	: 9.2g
Saturated Fats	: 5.1g	سٹیورڈ لیپڈ	: 5.1g
Sodium	: 385mg	سڈیم	: 385mg
Fiber	: 3.1g	فائبر	: 3.1g



کچے گوشت کی بیریانی

Kachay Gosht Ki Biryani

Ingredients

Rice	:	½ kg
Chicken	:	1, cut into 12 pieces
Garlic paste	:	1 tbsp
Ginger paste	:	1 tbsp
Yogurt	:	250 gms
Onions	:	4, medium, sliced
Kewra	:	6 tbsp
Salt	:	1 tbsp
Fresh mint	:	½ bunch
Yellow food coloring	:	1 pinch
Red chili powder	:	3 tbsp
Garam masala powder	:	2 tbsp
Nutmeg powder	:	1 pinch
Lemon juice	:	3 tbsp
Milk	:	2 cups
Mace powder	:	1 pinch
Eva Cooking Oil	:	½ cup

Method

Heat the oil in a pan and fry onions until golden. Remove and set aside. Mix the yogurt, ginger, garlic, 1 tsp salt, garam masala powder, red chili powder, lemon juice and fried onions into a marinade. Coat the chicken with the mix and let it sit for 1 hour. Meanwhile, boil the rice in a pot of salted water until half-cooked. Drain well and keep aside. Reheat the oil, add the marinated chicken, any remaining marinade, milk and kewra. Cover with a layer of rice and sprinkle with yellow food coloring. Cover the pot and cook on high heat until the pot steams. Reduce the heat, continue cooking on low heat for ½ hour. Before serving, sprinkle with a handful of mint.

اجزاء	:	مقدار
چاول	:	½ کلوگرام
چکن (ایک عدد)	:	12 ٹکڑے
لہسن کا پیسٹ	:	1 کھانے کا چمچ
ادرنک کا پیسٹ	:	1 کھانے کا چمچ
دہی	:	250 گرام
پیاز (درمیانی)	:	4 عدد
کیڑا	:	6 کھانے کا چمچ
نمک	:	1 کھانے کا چمچ
پودینہ	:	½ گڈی
زرورے کا رنگ	:	1 چمچی
پہلی الال مرچ	:	3 کھانے کے چمچے
پیرا گرم مصالحہ	:	2 کھانے کے چمچے
چاوتری	:	1 چمچی
لیمون کا رس	:	3 کھانے کے چمچے
دودھ	:	2 کپ
چائیکس	:	1 چمچی
ایوا کوکنگ آئل	:	½ کپ

تذکیب

ایک برتن میں آئل گرم کر کے اس میں پیاز تیل لیں۔ دہی، ادرنک، لہسن، 1 چمچ نمک، گرم مصالحہ، پہلی الال مرچ، لیمون کا رس اور تلی پیاز کو نمس کر کے چکن پر لگا لیں اور 1 گھنٹے کے لیے رکھ دیں۔ چاولوں کو نمک ملے پانی میں ابال لیں۔ ایک ابال آجائے تو انہیں چھان لیں۔ اب ایک پیسٹے میں تیل گرم کر کے اس میں مصالحہ لگی چکن، دودھ اور کیڑا الال کر اوپر سے چاول اور زرورے کا رنگ ڈالیں۔ پھر ڈھک کر تیز آگ پر پکا لیں۔ اسٹیم بننے پر آگ بجلی کر کے آدھے گھنٹے تک پکائیں اور پودینہ ڈال کر پیش کریں۔

Serves	:	6
Calories	:	385
Proteins	:	16.1g
Carbohydrates	:	14.2g
Fats	:	9.2g
Saturated Fats	:	3.8g
Sodium	:	385mg
Fiber	:	1.5g



ایک فرائڈ رائس

اجزاء	
چاول	: 2 کپ
انڈے کی سفیدی	: 6 عدد
ہری پیاز	: 3 عدد
گاہر (گئی ہوئی)	: 2 عدد
حک	: 1% کھانے کا چمچ
بہن (کنا ہوا)	: 1 کھانے کا چمچ
ایا کوکف آئل	: 6 کھانے کے چمچے

ت ترکیب

چاولوں کو آدھے گھنٹے تک پانی میں بھگو کر رکھ دیں۔ اب ایک پیٹیلے میں زیادہ پانی لیں۔ اس میں 1 چمچ حک اور چاول شامل کر کے اہل آتے تک ہنس کر تے رہیں اور تقریباً پک جانے پر پانی نکال کر ٹھنڈے پانی سے نھار لیں۔ چاولوں کو مکمل نہ پکا لیں کیونکہ یہ تقریباً 3-4 منٹ تک فرائی بھی ہوتے ہیں۔ اب ایک چین میں تیل گرم کر کے اس میں بہن 1 منٹ تک فرائی کریں۔ اب اس میں گاہر اور چاول ڈال دیں اور تیز آگ پر 2 منٹ تک فرائی کریں۔ آخر میں حک اور ہری پیاز ملا کر 1 منٹ تک پکا لیں۔ انڈے کی سفیدی کو پھیلتے لیں اور الگ چین میں ڈال کر چمچ چلائیں۔ 2 منٹ پکا لیں۔ انڈے کے کچھڑ کو چاولوں میں شامل کریں اور ڈھک کر 5 منٹ پکا لیں۔

Serves	: 6	بزرگ کے لئے	: 6
Calories	: 295	کھانسی	: 295
Proteins	: 3.5g	پروتین	: 3.5 گرام
Carbohydrates	: 9.2g	کاربوہائیڈریٹ	: 9.2 گرام
Fats	: 4.1g	لیف	: 4.1 گرام
Saturated Fats	: 2g	سٹوریٹڈ فٹس	: 2 گرام
Sodium	: 265mg	سولیم	: 265 می گرام
Fiber	: 1.1g	فائبر	: 1.1 گرام

Egg Fried Rice

Ingredients

Rice	:	2 cups
Egg whites	:	from 6 eggs
Spring onions	:	3, sliced
Carrots	:	2, chopped
Salt	:	1 ½ tbsp
Garlic	:	1 tbsp, chopped
Eva Cooking Oil	:	6 tbsp

Method

Soak the rice in water for ½ hour. Bring a large pot of water to the boil. Add 1 tbsp salt and the soaked rice, stir frequently. When just cooked, drain and rinse with cold water. The rice should not be completely tender because it will be fried for a few minutes too. Heat oil in a separate pan and fry garlic for 1 minute. Add the carrots and rice. Cook on high heat for 2 minutes. Sprinkle in the salt and spring onions. Cook for 1 minute, stirring briskly. Beat egg whites and stir into a separate pan. Cook for 2 minutes. Mix the egg mixture into the rice. Stir and cook covered for 5 minutes.

موتی پلاؤ

اجزاء	
چیکن بون لیس	: ½ کلو
برادھیا	: 1 گڈی
ہری مرچ	: 12 عدد
زیرہ	: 1 کمانے کاٹج
کڑی پتہ	: چند عدد
لیسن کا پیسٹ	: 1 کمانے کاٹج
اورک کا پیسٹ	: 1 کمانے کاٹج
بیاز (درمیانی گی ہوئی)	: 1 عدد
سونف	: 3 کمانے کے بیجے
ٹائٹ گرم مصالحہ	: 2 کمانے کے بیجے
نمک	: 1½ کمانے کاٹج
چیکن سٹاک	: 1 لیٹر
چاول	: ½ کلو
ایوا کوکنگ آئل	: ¼ کپ

ترکیب

چیکن بون لیس میں برادھیا، ہری مرچ، کڑی پتہ، 1 چائے کاٹج زیرہ اور 1 چائے کاٹج نمک شامل کر کے ہارکیم تھیر بنا لیں اور 30 منٹ کے لئے فریج میں رکھ دیں۔ اب اسے نکال کر چھوٹے ٹکڑے بنائیں اور دوبارہ فریج میں رکھ دیں۔ پھر ایک پیسٹیل میں تیل گرم کر کے اورک، لیسن اور بیاز فرائی کریں۔ اس کے بعد گرم مصالحہ، چیکن سٹاک، 1 لیٹر پانی، سونف اور نمک ڈال کر ڈال آئے پڑا جک دیں۔ آدھا گھنٹہ پکنے کے بعد بخنی چمان لیں۔ پھر کوفتے شامل کر کے 10 منٹ پکا لیں۔ اب اس میں چاول ڈال دیں اور پکا لیں جب تک بخنی تقریباً جذب ہو جائے آخر میں اسے ڈھک کر 15 منٹ دم پرائیں اور سرو کریں۔

Moti Pulao

Ingredients

Chicken, boneless	: ½ kg
Fresh coriander	: 1 bunch
Green chillies	: 12
Cumin seed	: 1 tbsp
Curry leaves	: a small handful
Garlic paste	: 1 tbsp
Ginger paste	: 1 tbsp
Onions	: 1, medium, sliced
Fennel seed	: 3 tbsp
Whole garam masala	: 2 tbsp
Salt	: 1 ½ tbsp
Chicken stock	: 1 liter
Rice	: ½ kg
Eva Cooking Oil	: ¼ cup

Method

Mix together boneless chicken, fresh coriander, green chillies, curry leaves, 1 tsp cumin seed and 1 tsp salt. Grind the mixture to a fine mince and refrigerate for ½ hour. Shape the chilled mince into small balls. Return to the refrigerator. Heat cooking oil in a pot, fry the ginger, garlic and onions. Add whole garam masala, chicken stock, salt and 1 liter of water to the pot. Bring to the boil. Add fennel seed and simmer covered for 30 minutes. Strain the liquid and discard any solids. Pour liquid back into the pot and add chicken meatballs. Cook for 10 minutes. Add the rice. Cook until all liquid evaporates. Cover the pot and cook on low heat for 15 minutes.

سروس کرنے کے لئے	Serves	: 6
کیلوری	Calories	: 295
پروتین	Proteins	: 8.5g
کاربوہائیڈریٹس	Carbohydrates	: 11.5g
لیپڈ	Fats	: 6.5g
سچر ایٹڈ لیپڈس	Saturated Fats	: 3.2g
سویڈیم	Sodium	: 355mg
فائبر	Fiber	: 1.5g



دال چاول

اجزاء	
دال مسور	: 2 کپ
دال مرچ پاؤڈر	: 1 کھانے کا چمچ
نمک	: 1 چائے کا چمچ
ہلدی پاؤڈر	: 1/2 چائے کا چمچ
ہیسن	: 2 جے
زیرہ	: 1 کھانے کا چمچ
کڑی پتہ	: 20 عدد
چاول	: 3 کپ
ایوا کوکنگ آئل	: 4 کھانے کے چمچے

تکلیب

ایک برتن میں 1 لیٹر پانی کے ساتھ دال، نمک، دال مرچ پاؤڈر اور ہلدی ڈال کر ابال لیں۔ پھر ڈھک کر 40 منٹ تک بھی آگ پر پکا لیں یا جب تک دال گل نہ جائے۔ اگر مزید پانی کی ضرورت ہو تو اٹھائیں۔ الگ برتن میں نمک والے پانی کو ابالیں۔ چاول شامل کریں اور پکا لیں جب تک نمک سے پک نہ جائیں۔ چاولوں کو اچھی طرح چھان لیں پھر دم پر رکھ دیں۔ ایک الگ برتن میں 4 کھانے کے چمچے آئل گرم کریں۔ ہیسن، زیرہ اور کڑی پتہ شامل کریں پھر ایک منٹ تھیں۔ پھر اسے دال پر ڈالیں۔ اب چاولوں کے ساتھ دال پیش کریں۔

Daal Chawal

Ingredients

Daal masoor	: 2 cups
Red chili powder	: 1 tbsp
Salt	: 1 tsp
Turmeric powder	: 1/2 tsp
Garlic	: 2 cloves
Cumin seed	: 1 tbsp
Curry leaves	: 20
Rice	: 3 cups
Eva Cooking Oil	: 4 tbsp

Method

Mix daal masoor, salt, red chili powder and turmeric with 1 liter of water and bring to the boil. Cover and cook on low heat for 40 minutes, or until the lentils are very tender. Add more water if needed. In a separate pot, bring salted water to a rolling boil. Add the rice and cook until tender. Drain the rice and return to the pot. Cover and keep on very low heat to dry up any remaining moisture. In a separate pan, heat 4 tbsp oil, add the garlic, cumin seed and curry leaves. Fry for 1 minute and pour over the lentils. Serve with rice.

Serves	: 8
Calories	: 265
Proteins	: 3.1g
Carbohydrates	: 8.1g
Fats	: 3.5g
Saturated Fats	: 1.5g
Sodium	: 275mg
Fiber	: 1.8g

DAIRY & HONEY



MILK

CAN HELP:
Keep bones strong
Prevent osteoporosis
Lower blood pressure and cholesterol
Reduce the risk of stroke

Despite its old-time reputation as being the perfect food, milk is extremely high in fat, but once you get the fat out, milk really is a highly nutritious food. Skim milk has the power to help prevent high blood pressure, stroke, osteoporosis, and even cancer—all for 85 calories and less than 5 grams of cholesterol.

Milk contains substances that reduce the liver's production of cholesterol and its abundance of calcium strengthens bones, which prevents osteoporosis, the bone-thinning disease that most often attacks women.



HONEY

CAN HELP:
Prevent iron-deficiency anemia
Boost the immune system

Honey contains three ingredients that make it ideal for treating wounds: because it is very high in sugar, it absorbs much of the moisture inside wounds, making it hard for bacteria to survive. In addition, many honeys contains large amounts of hydrogen peroxide, the same medicine used to disinfect cuts and scrapes. Finally, some honeys contain propolis, a compound in nectar that can kill bacteria.

Honey is a good treatment for diarrhea. Diarrhea can be very dangerous, particularly for children, because it dehydrates the body. To replace fluids and essential minerals, doctors have traditionally treated diarrhea with a sugar solution, but a honey solution may be even better since honey can kill intestinal bacterial that may be the cause of the problem.

Honey may work against constipation as well. It contains large amounts of fructose, a sugar that sometimes arrives in the large intestine undigested. When bacteria in the intestine begin the process of fermentation, water is drawn in to the bowel, and acts as a laxative.



YOGURT

HEALING POWER
CAN HELP:
Boost immunity
Heal and prevent ulcers

Since most ulcers are caused by bacteria, the usual treatment is to give large doses of antibiotics. But there's good evidence that eating plenty of yogurt can keep ulcer-causing bacteria under control. Even if you already have an ulcer and are taking medication, eating yogurt will make the treatment more effective. The organisms in many yogurts tend to act like antibiotics in the stomach. If you have an ulcer, try eating between 1 and 4 cups of yogurt a day.

WATER & TEA



WATER

CAN HELP:
Reduce the risk of kidney stones
Restore energy
Prevent constipation

The average person loses about 2% of her body weight (about 1 1/2 quarts of water) in urine, perspiration, and other bodily fluids every day. To replace these fluids, doctors advise drinking at least 14 glasses of water, milk, or juice a day – more if you are a large person, over age 55, sick with a cold, or simply active.

To make sure you drink enough, the brain has special sensors in a part of the brain called the thalamus, which monitor blood levels of sodium. When concentrations of sodium rise, it means that water levels are low. The brain then sends a signal in the form of thirst, which says it's time to head to a water cooler. This system usually works well, but as we age, the thirst sensor gets less sensitive, so we don't always drink enough. Plus, sometimes we get so busy we don't take time to drink. That can cause serious problems, ranging from kidney stones and constipation to fatigue.

Stopping stones
Getting enough water will help ensure you never get kidney stones. Normally, many of the wastes in the body are dissolved in fluids and carried out in the urine, but when you don't drink enough water, the wastes may become concentrated, forming crystals that can bond together and form kidney stones.



TEA

CAN HELP:
Control cholesterol
Prevent stroke and heart disease
Reduce tooth decay
Prevent intestinal cancer

Blocked arteries, and the heart attacks, high blood pressure, and strokes they can lead to, don't happen all at once. They are typically preceded by years of steadily increasing damage, in which the body's dangerous low density lipoprotein (LDL) cholesterol oxidizes and gradually clings to artery walls, making them stiff and narrow. That's where tea can help. The polyphenols found in tea are extremely effective in preventing cholesterol from oxidizing and fouling blood vessels. Just as tea helps protect arteries leading from the heart, it has a similar effect on those in, or leading to, the brain.

Having a toothache is generally not a big deal... unless it's your toothache. Tea can help prevent the pain, since it contains numerous compounds, polyphenols as well as tannin that act as antibiotics. In other words, tea is great for mopping up bacteria that promote tooth decay. Tea contains fluoride, which provides further dental protection.



Kids Meals





چکن چییز برگر

اجزاء	
لٹاڑ (کے ہوتے)	: 2 عدد
سلاڈ کے پتے	: 3 عدد
برگر (بن)	: 4 عدد
چییز سلاڈ	: 4 عدد
چکن ہون لیس	: 250 گرام
نمک	: 1/2 چائے کا چمچ
کالی مرچ	: 1/8 چائے کا چمچ
بریڈ سلاڈ	: 2 عدد
لیسن کا پیسٹ	: 1 کھانے کا چمچ
پیاز (چھوٹی، کٹی ہوئی)	: 1 عدد
مسٹرڈ پیسٹ یا پاؤڈر	: 1 کھانے کا چمچ
انڈہ	: 1 عدد
لٹاؤ کچھپ	: 4 کھانے کے چمچے
مایونیز	: 4 کھانے کے چمچے
ایوا کوکنگ آئل	: 8 کھانے کے چمچے

Chicken Cheese Burger

Ingredients

Tomatoes	:	2, medium, sliced
Lettuce leaves	:	3
Burger buns	:	4
Cheese	:	4 slices
Chicken, boneless	:	250 gms
Salt	:	1/2 tsp
Black pepper powder	:	1/8 tsp
Bread	:	2 slices
Garlic paste	:	1 tbsp
Onion	:	1, small, chopped
Mustard paste or powder	:	1 tbsp
Egg	:	1
Tomato ketchup	:	4 tbsp
Mayonnaise	:	4 tbsp
Eva Cooking Oil	:	8 tbsp

Method

Grind together bread slices, chicken, salt, black pepper, egg, mustard, garlic, onions and 3 tbsp oil to a fine mince. Shape the mince into round patties the same size as the burger buns. Take care there are no cracks or breaks in the patties. Heat 4 tbsp oil in a pan on medium heat. Fry the patties for 12 minutes, turning once. Separate the buns into top and bottom halves. Toast the inner side of each half. Spread 1 tbsp ketchup and 1 tbsp mayonnaise on the bottom half. Follow with sliced tomatoes and lettuce. Place the patty on top of the lettuce, top with a slice of cheese. Cover with the top half of the bun.

تشریح

مرچی کے گوشت میں نمک، کالی مرچ، بریڈ سلاڈ، انڈہ، مسٹرڈ پیسٹ، لیسن، پیاز اور 3 کھانے کے چمچے ایوا کوکنگ آئل شامل کر کے ہارک قسہ بنائیں۔ پھر اس کی بن کے حساب سے ہاتھ سے گول کیا جائے۔ اعتیاداً رہے کہ نکلیا توئی ہوئی نہ اور اب ایک چین میں 4 کھانے کے چمچے تیل گرم کریں پھر اس میں درمیانی آگ پر نکلیا کو دونوں طرف سے 12 منٹ تک پکائیں۔ اس کے بعد نکال کر ایک طرف رکھ دیں۔ ایک چین گرم کر کے بن کی اندرونی سطح سیک لیں۔ چمچا سطح پر پہلے 1 کھانے کا چمچ کچھپ اور 1 کھانے کا چمچ مایونیز لگائیں۔ پھر سلاڈ کیا ہوا لٹاڑ، سلاڈ پیاز اور پتے نکلیا رکھ دیں نکلیا کے اوپر چییز سلاڈ رکھ کر بن کے اوپر کا حصہ رکھ دیں اور چمچیں کریں۔

Serves	: 6
Calories	: 255
Proteins	: 11.2g
Carbohydrates	: 13.5g
Fats	: 5.5g
Saturated Fats	: 3.5g
Sodium	: 264mg
Fiber	: 1.1g

افراد کے لئے	: 6
کیلوری	: 255
پروتین	: 11.2 گرام
کاربوہائیڈریٹ	: 13.5 گرام
نمک	: 5.5 گرام
تیار شدہ چکن	: 3.5 گرام
سڈیم	: 264 ملی گرام
فائبر	: 1.1 گرام



فرائڈ چکن

اجزاء

1 عدد	:	چکن (8 حصوں میں کٹی ہوئی)
1 کپ	:	میدہ
3 عدد	:	انڈے
1 چائے کاشی	:	نمک
1 چائے کاشی	:	لہسن کا پیسٹ
1/2 چائے کاشی	:	کالی مرچ پاؤڈر
فرائڈ کرنے کے لیے	:	ایوا کوکنگ آئل

ترکیب

چکن کو لہسن، نمک اور کالی مرچ لگا کر 1 گھنٹے تک فریج میں رکھ دیں۔ پھر نکال کر پیسٹے میڈ و میں اور اس کے بعد اٹھ سے میں لگا کر واہس میڈ و میں ایک دفعہ اور لگا کر رکھ دیں۔ چکن کو درمیان گرم کر کے اس میں چکن ٹین کے حساب سے ڈال دیں۔ احتیاط رکھیں کہ زیادہ چکن ایک دفعہ میں نہ ڈالیں۔ اب ٹین پر ڈھکن رکھ دیں اور 8 منٹ تک پختے دیں پھر ڈھکن ہٹا کر چکن پلٹ کر آجی ڈھی کر کے واہس ڈھکن اوپر سے رکھ دیں اور 10 منٹ تک پختے دیں۔ ڈھکن ہٹا کر چکن پلٹ دیں اور ڈھکن واہس رکھ کر 8-8 منٹ مزید پکا لیں۔ ڈھکن ہٹا کر چکن پلٹ کر 2 منٹ پکا کر نکال لیں اور پیش کریں۔

Fried Chicken

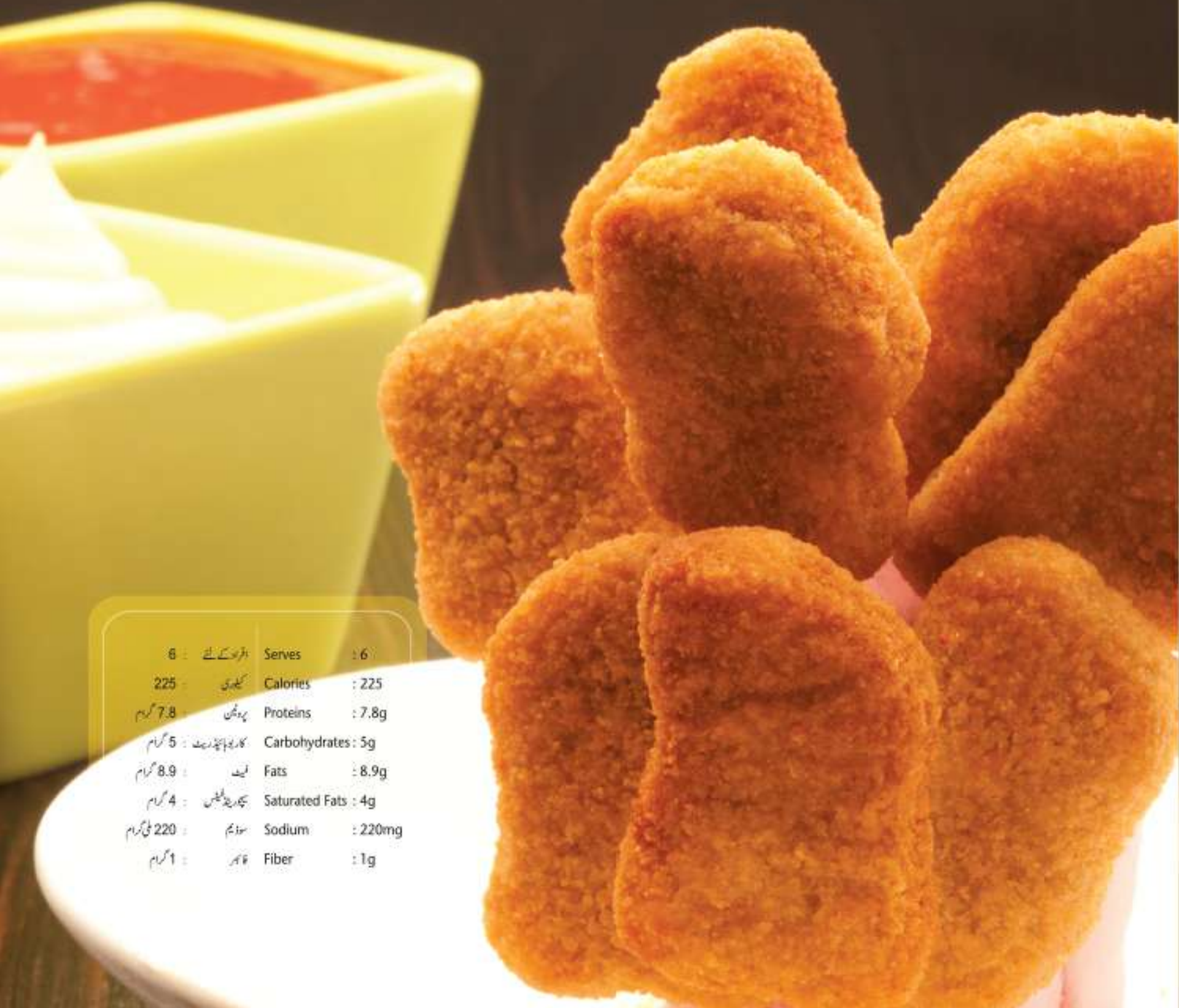
Ingredients

Chicken	:	1, cut into 8 pieces
Flour	:	1 cup
Eggs	:	3
Salt	:	1 tsp
Garlic paste	:	1 tsp
Black pepper powder	:	1/2 tsp
Eva Cooking Oil	:	for frying

Method

Rub the chicken with garlic, salt and black pepper. Marinate in the refrigerator for 1 hour. Put flour in a plate. Beat the eggs and pour onto another large, flat plate. Dip chicken pieces, one at a time, in flour, then egg, then flour again. Heat the oil to medium hot. Add the coated chicken pieces. Do not overcrowd the pan. Cover the pan and let the chicken cook undisturbed for 6 minutes. Turn the chicken pieces over, reduce the heat and cook covered for 10 minutes. Turn chicken pieces once more. Cook covered for 6-8 minutes. Turn the chicken one last time. Cook for 2 minutes. Serve hot.

8 افراد کے لیے	Serves	: 6
375	Calories	: 375
16.1 گرام	Proteins	: 16.1g
5.5 گرام	Carbohydrates	: 5.5g
13.5 گرام	Fats	: 13.5g
6.1 گرام	Saturated Fats	: 6.1g
385 می گرام	Sodium	: 385mg
0.9 گرام	Fiber	: 0.9g



6	سروں کے لئے	Serves	: 6
225	کلوہی	Calories	: 225
7.8	پروٹین	Proteins	: 7.8g
5	کاربوہائیڈریٹ	Carbohydrates	: 5g
8.9	فٹ	Fats	: 8.9g
4	سچر ایٹڈ فٹس	Saturated Fats	: 4g
220	سویئم	Sodium	: 220mg
1	فائبر	Fiber	: 1g

چکن ننگس

اجزاء	
350 گرام	چکن بریسٹ
4 کھانے کے چمچے	میدو
2 عدد	انڈے
2 کپ	بریڈ کرمز
1 چائے کاجی	نمک
1/2 چائے کاجی	کالی مرچ
1/4 کپ	ایوا کوکنگ آئل

ترکیب

چکن بریسٹ کو 1 کپ بریڈ کرمز، 1 انڈو، نمک اور کالی مرچ کے ساتھ چو پر میں پارک ٹریس لیں۔ اب انہیں چھوٹے کیوب میں کاٹ کر فریز کریں۔ ٹھنڈا ہونے پر میڈو، انڈو اور بریڈ کریز کا گرو پاء فریز کریں۔ ضرورت ہوتے کال کر فرائی کریں۔

Chicken Nuggets

Ingredients

Chicken breast	:	350 gms
flour	:	4 tbsp
Eggs	:	2
Breadcrumbs	:	2 cups
Salt	:	1 tsp
Black pepper powder	:	1/2 tsp
Eva Cooking Oil	:	1/4 cup

Method

Mix chicken breast, 1 cup breadcrumbs, 1 egg, salt and black pepper in a chopper/blender and grind to a fine mince. Spread the mixture out, cut into small cubes and freeze. Coat the frozen mince cubes with self-raising flour, dip into egg and coat with breadcrumbs. Return to the freezer. To serve, fry nuggets in oil immediately after removing them from the freezer. Do not defrost.



چکن سینڈویچ

اجزاء	
چکن بون لیس	250 گرام
نمک	½ چائے کا چمچ
کالی مرچ	½ چائے کا چمچ
مایونیز	5 کھانے کے چمچے
بریڈ سلاٹس	8 عدد
پیاز (درمیانی، کٹی ہوئی)	1 عدد
لیسن کا پیسٹ	1 کھانے کا چمچ
ایوا کوئنگ آئل	3 کھانے کے چمچے

ستروکیب

ایک چین میں تیل گرم کر کے اس میں 2 منٹ تک لیسن فرائی کریں۔ پھر چکن ڈال کر 5 منٹ تیز آگ پر فرائی کریں۔ اب نمک اور پیاز شامل کریں اور ڈھکن رکھ کر 15 منٹ دھمی آگ پر پکا سیں۔ پھر ڈھکن ہٹا کر پانی خشک کر لیں۔ اس کے بعد چکن نکال کر ڈھنڈر کے جگ میں ہار یک جوس لیں اور کچھ کو آدھا گھنٹہ فریج میں گھنڈا کر لیں۔ اگر گرم چکن میں آپ نے مایونیز ملا تو کھل جائے گا۔ گھنڈا کیا ہوا چکن نکال کر اس میں مایونیز شامل کر لیں۔ اب یہ سینڈویچ سپریڈر ڈبل روٹی کے سلاٹس پر لگا کر اوپر سے دوسرا سلاٹس رکھ کر بند کر دیں اور سچ میں سے کاٹ کر دو کریں اور پیش کریں۔ بچا ہوا سپریڈر فریج میں رکھیں۔ یہ سپریڈر زیادہ سے زیادہ 20 دن تک استعمال کیا جاسکتا ہے۔

Chicken Sandwich

Ingredients

Chicken, boneless	:	250 gms
Salt	:	½ tsp
Black pepper powder	:	½ tsp
Mayonnaise	:	5 tbsp
Bread	:	8 slices
Onion	:	1, medium, chopped
Garlic paste	:	1 tbsp
Eva Cooking Oil	:	3 tbsp

Method

Heat oil in a pan. Fry garlic for 2 minutes. Add the chicken and cook on high heat for 5 minutes. Add salt and onions. Cover and cook on low heat for 15 minutes. Remove lid to allow excess water to evaporate. Cool the chicken and then grind to a fine mince in a blender. Place the chicken mixture in the freezer for ½ hour to chill thoroughly (the mayonnaise will turn to liquid if added to hot chicken). Mix mayonnaise with the chilled chicken mixture and spread on 4 slices of bread. Top with the remaining slices to make sandwiches. Any remaining chicken mixture can be stored in the refrigerator for up to 20 days.

بٹرا کے لیے	Serves	: 6
255	Calories	: 255
5.6 گرام	Proteins	: 5.6g
9 گرام	Carbohydrates	: 9g
10 گرام	Fats	: 10g
5.2 گرام	Saturated Fats	: 5.2g
210	Sodium	: 210mg
1.2	Fiber	: 1.2g



مینی پیزا

اجزاء۔

4 کھانے کے بیچے	لٹاؤ کا پیسٹ
1/2 کلو گرام	میدہ
1 کھانے کا کٹچ	خمیر
1 کھانے کا کٹچ	چینی
1 عدد	اندہ
1 کھانے کا کٹچ	نمک
10 عدد	ٹماٹر
2 عدد	شہد مرچ (گی ہوئی)
2 عدد	پیاز (گی ہوئی)
1 کھانے کا کٹچ	نہن کا پیسٹ
250 گرام	چیز
250 گرام	موزارلا چیز
300 گرام	پکن
1 پی	سجی کے دانے
1 پی	شیرم
1 پیکیٹ	سوجا
6 عدد	ہری مرچ
8 عدد	کالازچن
8 کھانے کے بیچے	ایوا کوکنگ آئل

تک کیب

خمیر میں 1 چائے کا کٹچ چینی اور تھوڑا پانی ملا کر رکھیں۔ اب میدہ میں 1 چائے کا کٹچ نمک شامل کریں اور جب خمیر پھول جائے تو میدہ سے 1 کھانے کا کٹچ اور 3 کھانے کے بیچے تیل ڈال کر نیم گرم پانی سے گوندیں اور کسی گرم جگہ پر پھولنے دیں۔ پراسوں کے لئے ایک پیپ میں 3 کھانے کے بیچے تیل گرم کر کے اس میں 3 کھانے کے بیچے پیاز اور ایک چائے کا کٹچ نہن ڈال کر 2 منٹ تک پکا لیں۔ اب ٹماٹر، پیاز اور لٹاؤ کا پیسٹ کے ساتھ سوس میں شامل کریں۔ ابال آجائے تو ایک چائے کا کٹچ چینی اور ایک چائے کا کٹچ نمک شامل کر کے 2 کپ پانی ڈالیں اور درمیانی آگ پر 15 منٹ تک پکائیں۔ یہاں تک کہ سوس گاڑھا ہو جائے۔ پھر پکن کو چھوٹے ٹکڑوں میں کاٹ لیں۔ ایک پیپ میں 2 کھانے کے بیچے تیل گرم کر کے اس میں 2 کھانے کے بیچے پیاز اور 1 چائے کا کٹچ نہن کا پیسٹ فرائی کریں۔ اب اس میں پکن اور 1 چائے کا کٹچ نمک ڈال کر تھوڑا سا 10 منٹ پکا لیں اور پانی خشک ہونے پر باہر لیں۔ اس کے بعد پیاز، پیچ اور موزارلا چیز کو کھینچ کر کے فریزر میں رکھیں۔ پھر میدہ سے 1 کلو گرام چینی اور چھوٹے ٹکڑے کاٹ کر ان پر ایک چائے کا کٹچ پراسوں، جھوڑی پکن اور تھوڑی بہری ڈال کر اوپر 3 پیچ ڈالیں۔ آخر میں اسے اوون میں 200 ڈگری سینٹی گریڈ پر 10 منٹ تک کر کے سرو کریں۔

Mini Pizza

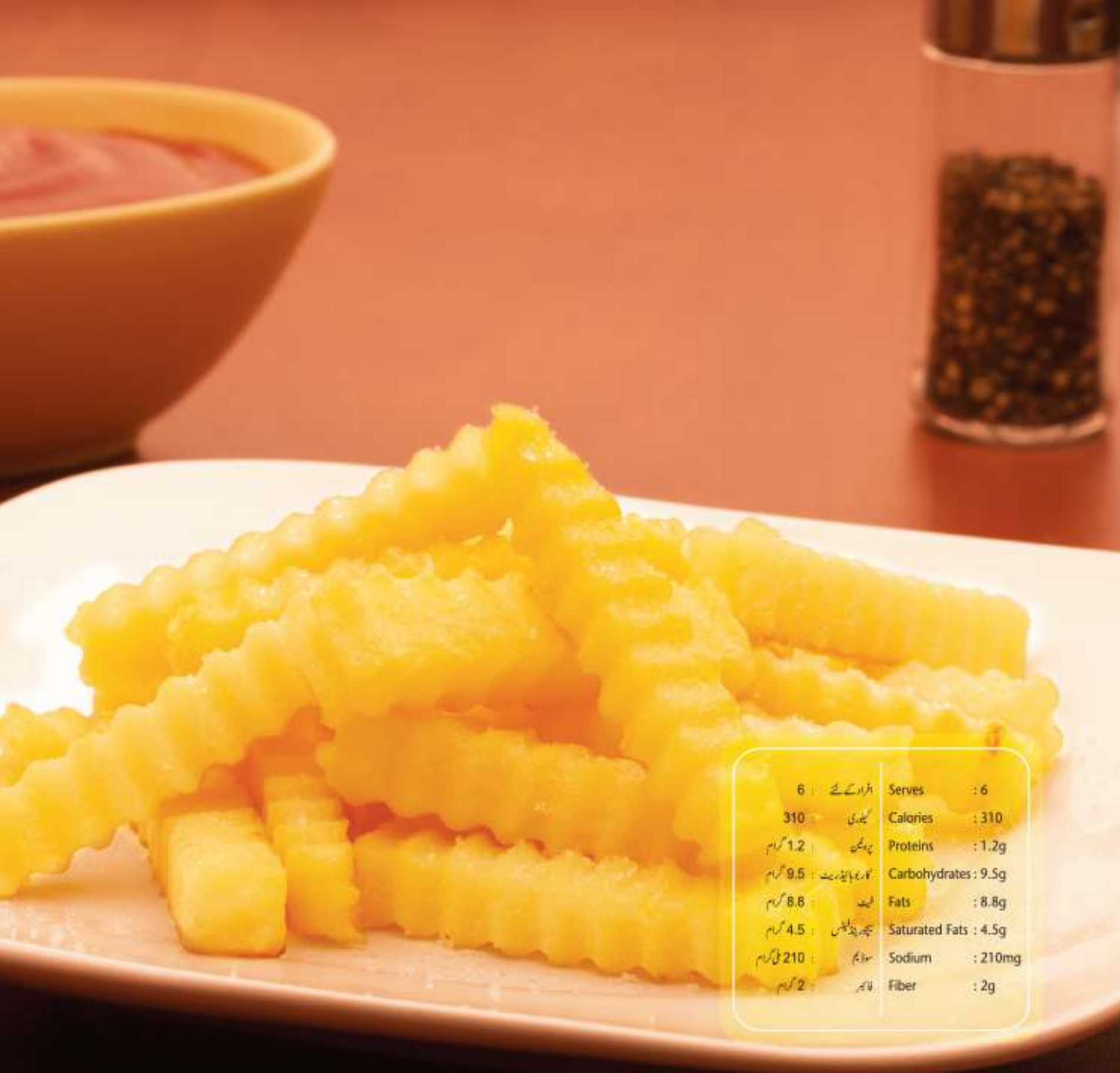
Ingredients

Tomato paste	:	4 tbsp
Flour	:	1/2 kg
Yeast	:	1 tbsp
Sugar	:	1 tbsp
Egg	:	1
Salt	:	1 tsp
Tomatoes	:	10, chopped in a blender
Capsicum	:	2, sliced or diced
Onions	:	2, sliced
Garlic paste	:	1 tbsp
Cheddar cheese	:	250 gms
Mozzarella cheese	:	250 gms
Chicken	:	300 gms
Sweet corn	:	1 can, drained
Mushrooms	:	1 can, drained
Sausage	:	1 packet
Green chillies	:	6
Black olives	:	8
Eva Cooking Oil	:	8 tbsp

Method

To make the dough, mix yeast with 1 tsp sugar and some water. Set aside to activate. Add 1 tsp salt to self-raising flour. Now add the activated yeast mixture, 3 tbsp oil, 1 egg, and knead to a smooth dough using lukewarm water. Leave dough in a warm place to rise. Make the sauce by heating 3 tbsp oil and frying 3 tbsp sliced onions and 1 tsp garlic paste for 2 minutes. Add tomato paste and chopped tomatoes. Bring to the boil. Add 1 tsp sugar, 1 tsp salt, 2 cups water. Cook on medium heat for 15 minutes until the sauce thickens. For toppings, cut the chicken into bite-sized pieces. In a clean pan, heat 2 tbsp oil and fry 2 tbsp sliced onions with 1 tsp garlic. Add chicken pieces and 1 tsp salt. Cook on high heat for 10 minutes until the chicken is crisp and dry. Grate the cheddar and mozzarella cheeses. Store in the freezer until required. To assemble, roll out dough and cut into small sections. Spread a spoonful of sauce on each section, top with chicken, sausage and vegetables in any combination, then sprinkle with a handful of cheese. Bake in the oven at 200°C for 10 minutes until the cheese is bubbling and golden brown at the edges.

Serves	: 8	افراد کے لئے	: 8
Calories	: 185	کیلوری	: 185
Proteins	: 3.5g	پروٹین	: 3.5 گرام
Carbohydrates	: 4.5g	کاربوہائیڈریٹ	: 4.5 گرام
Fats	: 3.5g	نمک	: 3.5 گرام
Saturated Fats	: 1.8g	سچھریڈ فیٹس	: 1.8 گرام
Sodium	: 185mg	سویا	: 185 ملی گرام
Fiber	: 0.7g	فائبر	: 0.7 گرام



فرنچ فرائز

اجزاء	:	آلو
1 کلوگرام	:	نمک
1 کھانے کا چمچ	:	ایسا کوئٹ آئل
تیلے کے لئے	:	

ترکیب

آلو کو ٹکڑے میں کاٹ لیں۔ اب پانی اہال کر اس میں نمک اور آلو شامل کر کے 3 منٹ تک پکائیں۔ آلو پانی سے چھان کر ایک ٹرے میں بچھا دیں اور خشک ہونے پر 3 کھانے کے چمچے تیل میں گھس کریں۔ ایک ٹرے میں بچھا کر فریزر میں رکھ کر فریز ہونے دیں۔ پھلے کے بعد ان کو ایک تھیلے میں ڈال کر دہائیوں فریزر میں رکھ دیں۔ پکھلنے کے لئے آئل درمیان گرم کریں اور فریج فرائز کو فریزر سے نکال کر فوراً آئل میں ڈال کر 6-8 منٹ تک فرائی کریں اور پھر نکال کر پیش کریں۔

French Fries

Ingredients

Potatoes	:	1 kg
Salt	:	1 tbsp
Eva Cooking Oil	:	for deep frying

Method

Slice the potatoes into fingers. Bring a pot of water to the boil. Add 1 tbsp of salt. Cook potato fingers for 3 minutes, then drain and lay out in a single layer on a tray to cool. Sprinkle 3 tbsp oil onto the potato fingers and toss to coat. Take care not to break any. Spread into a single layer again and freeze. Store the frozen fingers in a plastic bag in the freezer until required. To cook, bring a deep pan of oil to medium heat. Add a handful of potato fingers straight from the freezer (do not defrost). Fry for 6-8 minutes.

6	سروس کے لئے	Serves	: 6
310	کیلوری	Calories	: 310
1.2	پروٹین	Proteins	: 1.2g
9.5	کاربوہائیڈریٹ	Carbohydrates	: 9.5g
8.8	لیپڈ	Fats	: 8.8g
4.5	سٹیورٹڈ لیپڈ	Saturated Fats	: 4.5g
210	سڈیم	Sodium	: 210mg
2	فائبر	Fiber	: 2g

Breads





ہول و ہیٹ ناں

اجزاء	
چکنی کا آٹا	1/2 کلوگرام
نمک	1 چائے کا چمچ
خمیر	1 1/2 کھانے کا چمچ
چینی	1 چائے کا چمچ
گرم پانی	3 کپ
اٹھ	1 عدد
چوکر	1 کپ
تیل	3 کھانے کے چمچے
ایوا کوکنگ آئل	2 کھانے کے چمچے

ترکیب

ایک کپ پانی میں خمیر اور چینی ڈالیں۔ پھر اسے گرم جگہ پر پھولنے کے لئے رکھ دیں۔ اب اسے آٹے، چوکر، اٹھ، نمک اور آئل میں شامل کریں۔ پھر 10 منٹ گرم پانی کے ساتھ گوندھیں اور پھولنے کے لئے الگ سے رکھ دیں۔ اب اس آٹے کے 6 حصے کر لیں اور گول بیڑے بنا لیں۔ پھر انہیں ہلکا سا تیلوں اور ان پر پانی لگائیں۔ اب اوپر کی سطح پر تیل چھڑکیں۔ اب اوون یا ٹین میں 15 منٹ پکائیں اور چھین کریں۔

Wholewheat Naan

Ingredients

Wholewheat flour	:	1/2 kg
Salt	:	1 tsp
Yeast	:	1 1/2 tbsp
Sugar	:	1 tsp
Warm water	:	3 cups
Egg	:	1
Choker	:	1 cup
Sesame seed	:	3 tbsp
Eva Cooking Oil	:	2 tbsp

Method

Combine sugar and yeast with 1 cup of water and leave in a warm place to activate. When the yeast has activated, mix it with the wholewheat flour, choker, egg, salt and oil, and knead for 10 minutes to a smooth dough using warm water. Set it aside to rise. When the dough has risen, divide into 6 portions. Roll out each portion lightly, brush with water and sprinkle with sesame seeds. Either bake in the oven or cook in a pan for 15 minutes. Serve.

6	ٹرار کے لئے	Serves	#6
225	کلویری	Calories	: 225
1	گرم	Proteins	: 1g
9.5	اورو ہائیڈریٹ	Carbohydrates	: 9.5g
2	فیٹ	Fats	: 2g
0.6	سٹیورڈ فیٹس	Saturated Fats	: 0.6g
185	سڈیم	Sodium	: 185mg
1.8	فائبر	Fiber	: 1.8g

بہول وہیٹ ملٹی گریئن نان اینڈ بریڈ

اجزاء	
چکنی کا آنا	2 کلوگرام
میدہ	3 کپ
بھوی	2 کپ
نمک	1 1/2 چائے کاجی
چینی	1 چائے کاجی
خمیر	4 کھانے کے چمچے
گرم پانی	500 ملی لیٹر
اٹھ	4 عدد
جس	1 کپ
کدو کے بیج	1/2 کپ
اسی کے بیج	1/2 کپ
کلونجی	4 کھانے کے چمچے
اؤس	1 1/2 کپ
کالے ل	1/2 کپ
ایوا کوکنگ آئل	4 کھانے کے چمچے

تشریح

خمیر کو چینی اور ایک کپ پانی میں ڈال کر گرم جگہ پر پھولنے کے لئے رکھ دیں۔ ایک برتن میں باقی سب اشیاء کو ملا کر لیں اور خمیر ڈال دیں۔ اب اس کو نیم گرم پانی سے گوندھ لیں اور گرم جگہ پر رکھ کر پھولنے دیں۔ اوون کو آن کر کے 200 سینٹی گریڈ پر رکھ دیں۔ آٹے کا ایک گھونٹا کا پیڑ لٹا کر ڈال روٹی کے سا چمچے میں تھوڑا تیل لگا کر اس میں رکھ دیں اور گرم جگہ پر رکھ کر پھولنے دیں۔ پھولنے پر اوون میں 30 منٹ تک بیک کریں اور تیار ہونے پر نکال لیں۔ ساٹھا ٹھنڈا ہونے پر ڈال روٹی نکال لیں۔ جان بنانے کے لئے ایک پیڑ لٹا لیں اور نان کی شکل میں بیٹے کے بعد فرمائی چین میں رکھ کر اوپر سے تھوڑا سا پانی چھڑک کر ڈھکن رکھ دیں اور دس منٹ تک دونوں طرف بجلی آگے پر پکا لیں۔

Wholewheat Multigrain Naan & Bread

Ingredients

Wholewheat flour	:	2 kgs
Self-raising flour	:	3 cups
Wheat fiber	:	2 cups
Salt	:	1 1/2 tsp
Sugar	:	1 tsp
Yeast	:	4 tbsp
Warm water	:	500 ml
Eggs	:	4
Sesame seed	:	1 cup
Pumpkin seed	:	1/2 cup
Flax seed	:	1/2 cup
Nigella seed	:	4 tbsp
Oats	:	1 1/2 cup
Black sesame seed	:	1/2 cup
Eva Cooking Oil	:	4 tbsp

Method

Mix the yeast with sugar and 1 cup water and leave in a warm place to activate. Mix all the other ingredients in a large bowl and add the yeast mixture. Knead with warm water and leave in a warm place to rise. Preheat the oven to 200°C and divide the dough into 1 kg pieces. Brush a bread pan with oil and place the dough inside. Leave the dough to rise once more. When it has increased in size, bake in the oven for 30 minutes. Remove the pan from the oven, let cool, then remove the bread. To make naans, roll out a small portion of dough into the shape of a naan. Place in a frying pan, sprinkle with water, then cover and cook for 10 minutes on both sides.

10	سروے	Serves	: 10
155	کیلوری	Calories	: 155
7.5	پروتین	Proteins	: 7.5g
8.5	کاربوہائیڈریٹ	Carbohydrates	: 8.5g
2.5	چربی	Fats	: 2.5g
1	سیربٹریٹڈ چربی	Saturated Fats	: 1g
245	سڈیم	Sodium	: 245mg
3.1	فائبر	Fiber	: 3.1g



ہیلدی سبزی بھرا پراتھا

اجزاء	
چلی کا آنا	1/2 کلوگرام
مٹر (پھلے ہوئے)	1 کپ
گاجر (کٹی ہوئی)	1 کپ
ہری بیاز	2 عدد
آلو (پال کر پیسے ہوئے)	3 عدد بڑے
پھول گوگی (کٹی ہوئی)	1 کپ
نمک	2 چائے کے چمچے
ہری مرچ (کٹی ہوئی)	8-8 عدد
اٹھ (پینٹا ہوا)	1 عدد
ایا کوٹک آئل	1/2 کپ

Healthy Vegetable Filled Parathas

Ingredients

Wholewheat flour	:	1/2 kg
Green peas	:	1 cup
Carrots	:	1 cup, chopped
Spring onions	:	2, chopped
Potatoes	:	3, large, boiled and mashed
Cauliflower florets	:	1 cup
Salt	:	2 tsp
Green chillies	:	6-8, chopped
Egg	:	1, whisked
Eva Cooking Oil	:	1/2 cup

Method

Knead the flour with 1 tsp salt and enough water to make a smooth dough. Set it aside for an hour. Now boil the carrots, peas and cauliflower in 1 cup of water with 1 tsp salt for 15 minutes. Let the water dry, then mix the vegetables with the mashed potatoes, green chillies and spring onions to make a paste. Divide the dough into 12 portions. Roll out 6 portions into flat circles. Spoon some vegetable mix into the center, leaving 1/2 inch from the edges. Brush the edges with beaten egg, and cover with the remaining 6 portions of dough rolled out flat. Press the edges together to seal. Heat 1 tbsp oil in a pan. Cook the paratha on medium heat for 5 minutes, then turn, add 1 tbsp oil to the pan, and cook for another 5 minutes or until golden brown. Serve hot.

ستریکب

آٹے میں 1 چائے کا چمچ نمک ملا کر گوندھیں۔ پھر 1 گھنٹے کے لئے رکھ دیں۔ اب تمام سبزیوں کو ایک ساتھ پین میں ڈالیں۔ اس میں 1 کپ پانی اور 1 چائے کا چمچ نمک ملا کر 15 منٹ ابلیں اور پانی خشک کر لیں۔ پھر پیسے ہوئے آلو، ہری مرچ اور ہری بیاز کے ساتھ گس کر کے پیسٹ تیار کر لیں۔ اب آٹے کے 12 پیڑے کر لیں۔ 6 پیڑے تیل کر چپاتی بنائیں۔ درمیان میں سبزیوں کا پیلا دیں مگر کناروں سے 1/2 انچ جگہ چھوڑ دیں۔ کناروں پر اٹھ لگائیں۔ بقیہ 6 پیڑے تیل گراہ پر بچھا دیں اور کناروں کو ہاتھ کی مدد سے بند کر دیں۔ اب پین میں 1 کھانے کا چمچ آئل گرم کریں اور پھر اس میں پراٹھا ڈال کر کھلی آٹھ پر 5 منٹ گرم کریں۔ اس کے بعد 1 کھانے کا چمچ آئل ڈال کر 5 منٹ گرم کریں پھر جب تک گہرا سرخ نہ ہو جائے۔ اب گرام گرم پیش کریں۔

6	سروس	Serves	6
205	کیلوری	Calories	: 205
2.1	پروٹین	Proteins	: 2.1g
7.8	کاربوہائیڈریٹ	Carbohydrates	: 7.8g
2.5	لیپڈ	Fats	: 2.5g
1.5	سٹیورڈ لیپڈ	Saturated Fats	: 1.5g
220	سڈیم	Sodium	: 220mg
1.5	فیبر	Fiber	: 1.5g



لچھا پراٹھا

اجزاء	:	آٹا
1/2 کلوگرام	:	پکی کا آٹا
1 1/2 کپ	:	نہک
1 1/2 چائے کا چمچ	:	پانی
3 کپ	:	ایچا کوکنگ آئل
1/2 کپ	:	

تہکیب:

آٹا، پکی کا آٹا اور نہک کس کر لیں۔ پھر پانی کے ساتھ گوندھ لیں اور 1 گھنٹے کے لئے اسے رکھ دیں۔ اب آٹے کے 8 حصے کر لیں۔ ایک حصے کو چپا تیل لیں۔ 1 چائے کا چمچ آئل اور پراٹھیں اور چاقو کی مدد سے درمیان سے کنارے تک کاٹیں۔ پھر اس کو کون کی شکل میں رول کر لیں۔ اسے ہاتھوں میں رکھ کر دبائیں اور دو پارہ تیل لیں۔ دونوں طرف سے 2 کھانے کے چمچے آئل میں تھیں اور پھر چپا کر لیں۔

Lachcha Paratha

Ingredients

Flour	:	1/2 kg
Wholewheat flour	:	1 1/2 cups
Salt	:	1 1/2 tsp
Water	:	3 cups
Eva Cooking Oil	:	1/2 cup

Method

Mix flour and wholewheat flour with salt and knead well to make a smooth dough. Leave it to rest for an hour. Divide the dough into 8 portions. Roll a portion out flat. Spread with 1 tsp oil and slice in half down the middle. Tightly roll up the two halves of dough into cones. Twist each cone into a ball and roll it out again into a flat circle. Heat 2 tbsp oil in a pan and fry the paratha on both sides.

6	سروے کے لئے	Serves	: 6
220	کھوری	Calories	: 220
1	پروتین	Proteins	: 1g
5	کاربوہائیڈریٹ	Carbohydrates	: 5g
6.5	لیپڈ	Fats	: 6.5g
4.5	سٹیورٹڈ لیپڈ	Saturated Fats	: 4.5g
185	سڈیم	Sodium	: 185mg
1	فائبر	Fiber	: 1g



6	سروسز	Serves	: 6
85	کالری	Calories	: 85
1.1	پروٹین	Proteins	: 1.1g
3.8	کاربوہائیڈریٹ	Carbohydrates	: 3.8g
0.9	لیپڈ	Fats	: 0.9g
0.2	سٹیورڈ لیپڈ	Saturated Fats	: 0.2g
135	سولیم	Sodium	: 135mg
1.8	فائبر	Fiber	: 1.8g

پیتا بریڈ

1/2 کلوگرام	:	چکنی کا آٹا
1 1/2 کمانے کاٹیج	:	خمیر
1 عدد	:	انڈہ
1 چائے کاٹیج	:	شینی
1 1/2 چائے کاٹیج	:	نمک
1 کپ	:	کارن فلور
3 کپ	:	گرم پانی
1 کپ	:	چکر

ترکیب:

ایک پیالے میں خمیر، شینی اور 1 کپ پانی ڈالیں اور اسے چھولنے کے لئے رکھ دیں۔ اب ایک برتن میں انڈہ، کارن فلور، چکنی کا آٹا، نمک اور چھوٹا ہوا خمیر ملائیں کریں۔ اس کو گرم پانی کے ساتھ گوندھ لیں اور چھولنے سے بنا کر تیل لیں۔ اوپر کی سطح کو پانی سے گینا کریں اور پھر پتے کر چھڑکیں۔ چین میں دونوں طرف سے 8-10 منٹ پکا لیں۔ تمس کے ساتھ پیش کریں۔

Pita Bread

Ingredients

Wholewheat flour	:	1/2 kg
Yeast	:	1 1/2 tbsp
Egg	:	1
Sugar	:	1 tsp
Salt	:	1 1/2 tsp
Cornflour	:	1 cup
Warm water	:	3 cups
Choker	:	1 cup

Method

Combine the sugar and yeast with 1 cup water and leave in a warm place to rise. In a large bowl, mix together egg, cornflour, wholewheat flour, and the activated yeast. Knead to a smooth dough using warm water. Roll out small portions, sprinkle with water and then with choker. Cook in a pan on medium heat for 8-10 minutes on each side. Serve with hummus.

FRUITS



ORANGES

CAN HELP:
Lower the risk of heart disease and stroke
Stop inflammation
Fight cancer

An orange is a nearly-perfect fruit. It is high in Vitamin C and fiber and rich in natural sugars that provide quick energy. And because it comes ready-wrapped in its own protective skin, you can eat in anywhere, anytime.

Oranges are best known for their abundance of Vitamin C, and with good reason. It's Vitamin C's immune-boosting power that gives it its reputation for fighting the symptoms of a cold.

The vitamin also helps the body absorb iron from food, which is particularly important for women, who lose a little bit of iron each month during menstruation.

If you were to eat more than 7 oranges a day, you could lower your total cholesterol by about 20%.



MANGOES

CAN HELP:
Prevent constipation
Improve eye function
Improve skin
Boost memory

Mangoes are the fruit for those who need to gain, not lose weight. High in calories and sugar, they encourage the body to pack on the pounds, but if eaten in moderation, can be enjoyed by weight-conscious foodies as well.

Eating mangoes regularly prevents night blindness, refractive errors, dryness of the eyes, softening of the cornea, itching and burning in the eyes.

Mangoes contain glutamine acid which helps recharge brain cells to boost memory, and unripe fruit is great for preventing heatstroke, relieving indigestion and morning sickness.



GRAPEFRUIT

CAN HELP:
Relieve cold symptoms
Prevent cancer
Reduce bruising
Prevent heart disease and stroke

Grapefruit contains large amounts of pectin, a type of fiber that has been shown to substantially lower cholesterol, thus reducing the risks of heart disease, high blood pressure, and stroke.

Grapefruit is an excellent source of limonoids which, like Vitamin C, have been shown to have anti cancer properties.

Grapefruit has received a lot of attention in recent years due to its generous supply of pectin, a type of soluble fiber that can help lower cholesterol to healthy levels. It does this by forming a gel in the intestine that helps block the absorption of fat into the blood stream.

FRUITS



BANANAS

CAN HELP:
Prevent constipation
Prevent kidney stones
Reduce depression and uplift moods
Counteract anemia

Bananas are a great breakfast and snack food. They contain large amounts of fiber which help the digestive tract operate smoothly, and are the richest food source of potassium and tryptophan. Potassium is needed for proper muscle development, and is crucial for the body's activities such as rhythmic pumping of the heart, digestion, and all muscular movements, making bananas a perfect post-exercise snack. Meanwhile, tryptophan helps the body produce serotonin, which calms the brain.

The potassium in bananas also helps kidneys by preventing excess calcium from accumulating in the kidneys and hardening into kidney stones.



APPLES

CAN HELP:
Lower the risk of heart disease
Prevent constipation
Control diabetes
Prevent cancer

Apples are a handy, healthy snack. Portable and refreshing, they're also shown to reduce the risk of heart disease and even slowing cancer. The flesh may be the preferred bite, but much of the apple's antioxidant and healing powers are stored in its skin.

The skin is also packed with insoluble fiber, which is filling (therefore great for a healthy, low-calorie diet) and which can be very effective against constipation. The fiber, called roughage, protects the digestive tract from forming pouches in the large intestine that may increase the risk of colon damage and cancer.



CHERRIES

CAN HELP:
Relieve gout
Prevent a variety of cancers
Reduce the risk of heart disease and stroke

The Vitamin E in cherries is highly regarded. One study of postmenopausal women found that those who consumed the most Vitamin E had the least risk of heart disease.

In another study, researchers asked people with gout to quit eating red meats and organ meats and drink two to three glasses of cherry juice a day. Those who followed the diet faithfully reported positive results within 48 to 72 hours, and some within a week depending on the severity.



Desserts



رس ملائی

Ras Malai

Ingredients

Milk	:	3 liters
Sugar	:	500 gms
Green cardamom	:	6, ground to a powder
Retha	:	5 pieces
Almonds	:	2 tbsp
Pistachios	:	2 tbsp
Tartaric acid	:	1 tbsp
Lemon juice	:	3 tbsp
Water	:	1 liter

Method

Boil 2 liters of milk. Curdle the milk by adding either lemon juice or tartaric acid dissolved in a small amount of water. When the milk has curdled thoroughly, strain it through a piece of muslin to separate the curds (solid matter) from the whey (liquid). Drain the curds well and knead thoroughly. Shape into small balls. Bring 1 liter of water to the boil and add 250 gms of sugar. Reduce the heat and keep the syrup at a slow simmer. Heat the remaining 1 liter of milk on low heat until it is reduced by half. Add 250 gms of sugar, powdered green cardamom, almonds and pistachios to the reduced milk. Set aside. Boil retha with 1 cup of water. Lower heat and simmer for 10 minutes, then strain. Add liquid to the sugar syrup. When the syrup foams up, add the curd balls and cook for 6-8 minutes. Remove the balls, gently squeeze to remove excess syrup and drop into the reduced milk. Refrigerate until thoroughly chilled.

اجزاء	:	دودھ	: 3 لیٹر
	:	چینی	: 500 گرام
	:	پھولی الائچی (تین لیں)	: 6 عدد
	:	ریتھا	: 5 عدد
	:	بادام	: 2 کھانے کے چمچے
	:	پست	: 2 کھانے کے چمچے
	:	ٹارتھریک ایسڈ	: 1 کھانے کا چمچ
	:	لیمون کا رس	: 3 کھانے کے چمچے
	:	پانی	: 1 لیٹر

ترکیب

2 لیٹر دودھ کو ابال لیں اور ٹارتھریک ایسڈ یا لیمون کا رس ملا دیں تاکہ دودھ پھٹ جائے۔ اب اسے ٹھنک کے کپڑے سے چھان لیں اور اچھی طرح گوندھ کر پھولی گولیاں بنا لیں۔ 250 گرام چینی کو 1 لیٹر پانی میں ڈال کر ابال آنے پر آٹھ دھبی کر دیں۔ 1 لیٹر دودھ کو ابال آنے پر دھبی آٹھ پر پکا لیں حتیٰ کہ آدھا رہ جائے۔ اب اس میں باقی 250 گرام چینی، تین لیں الائچی، بادام اور پست شامل کر کے ایک طرف رکھ دیں۔ ریتھا کو ایک کپ پانی میں ابال آنے پر آٹھ دھبی کر کے 10 منٹ تک پکا لیں۔ پھر پانی چھان کر نکال لیں اور اچھے ہونے شیرے میں ڈال دیں۔ جب اوپر بھاگ آجائے تو اس میں دودھ کی گولیاں ڈال کر 8-8 منٹ تک پکا لیں۔ گولیاں نکال کر دونوں ہتھیلیوں سے نیچے ڈکر تھمے دودھ میں ڈال دیں اور رس ملائی کو فریج میں رکھ کر ٹھنڈا ہونے پر چیش کریں۔

سروسز	:	6
کیلوریز	:	385
پروٹین	:	4.5g
کاربوهائیڈریٹس	:	7.9g
فٹس	:	6.5g
سٹیورٹڈ فٹس	:	5.2g
سڈیم	:	145mg
فائبر	:	1.2g



12	سروے کے لئے	Serves	: 12
95	کلویری	Calories	: 95
2.5	پروٹین	Proteins	: 2.5g
5.4	کاربوہائیڈریٹ	Carbohydrates	: 5.4g
4.5	لیپ	Fats	: 4.5g
2.5	سچھریٹڈ لیپس	Saturated Fats	: 2.5g
125	سڈیم	Sodium	: 125mg
1.1	فائبر	Fiber	: 1.1g

ہوم میڈ بسکٹ

اجزاء	
چکنی کا آٹا	: ½ کلوگرام
انڈے	: 3 عدد
پہا پادام	: 150 گرام
بیکنگ پاؤڈر	: 1 کھانے کا چمچ
آرنک شکر	: 250 گرام
ونیلا ایسنس	: 1 چائے کا چمچ
نمک	: ½ چائے کا چمچ
چوکر	: 1 کپ
ایوا کوکنگ آئل	: 8 کھانے کے چمچے

ستکیب

آئل اور چینی کو 10 منٹ مکس کر لیں۔ پھر انڈے ایک ایک کر کے مکس کریں۔ اس دوران آٹا، چوکر، نمک، بیکنگ پاؤڈر اور پادام اچھی طرح سے مکس کریں۔ اس کو انڈے کے مکسچر میں ونیلا ایسنس کے ساتھ مکس کریں۔ اب آٹس اپنی اپنی پینڈ کے مطابق گول، چوکور یا لمبائی میں۔ پھر انڈس ایک ٹرے میں رکھیں اور پیپلے سے گرم اوون میں 160 سینٹی گریڈ پر 25 منٹ پکائیں۔ اس کے بعد اوون سے نکال کر خنڈا کریں اور پینے برتن میں محفوظ کر لیں جس میں ہوا کا گزر نہ ہو۔

Homemade Biscuits

Ingredients

Wholewheat flour	: ½ kg
Eggs	: 3
Almonds, ground	: 150 gms
Baking powder	: 1 tbsp
Icing sugar	: 250 gms
Vanilla essence	: 1 tsp
Salt	: ½ tsp
Choker	: 1 cup
Eva Cooking Oil	: 8 tbsp

Method

Whisk the oil and sugar together for 10 minutes. Add the eggs one at a time and beat well. Add the flour, choker, salt, baking powder, vanilla essence and ground almonds to the eggs and mix thoroughly. Form into rounds, squares, or any shape you like, and place in a baking tray. Bake in a pre-heated oven at 160°C for 25 minutes. Remove and cool, then store in an air-tight container.



فروت ٹرائفل

اجزاء	
کھجور (کٹے ہوئے)	: 4 عدد
چیکو (کٹروں میں)	: 4 عدد
خربوزہ (درمیانہ)	: 1 عدد
دودھ	: 1 لیٹر
شینی	: 200 گرام
وینلا کسٹارڈ پاؤڈر	: 4 کھانے کے چمچے
ہوم میڈ ہیلتھی بسکٹ	: 10 - 12 عدد
کوئی بھی بے تاج موسمی پھل	: 1 کپ

Fruit Trifle

Ingredients

Bananas	:	4, sliced into rounds
Chikoo	:	4, diced
Sweet melon	:	1 medium, cubed
Milk	:	1 liter
Sugar	:	200 gms
Vanilla custard powder	:	4 tbsp
Homemade Healthy Biscuits	:	10-12
Any seasonal seedless fruit	:	1 cup

Method

Boil the milk and add sugar. Meanwhile, mix vanilla custard powder with 1 cup of water and blend into the milk. Stir continuously to keep the milk mixture free from lumps. When the custard powder has dissolved completely into the milk, cook on low heat for 5 minutes, stirring constantly. Remove the mix from the heat and set aside to cool. Break the Homemade Healthy Biscuits into small pieces. Place half the biscuits in a bowl, top with half the fruit and cover with a layer of half the custard. Make another layer with the remaining biscuits, fruit and custard and garnish with seasonal fresh fruit.

ترکیب

دودھ کو ابال کر چینی شامل کریں۔ اب کسٹارڈ پاؤڈر میں ایک کپ پانی شامل کریں اور دودھ میں ملائے ہوئے مسلسل تیزی سے کس کرستے جائیں۔ کسٹارڈ پاؤڈر مکمل کس ہونے کے بعد جیسی آجی پر 5 منٹ تک پکائیں اور کس کرستے رہیں۔ پھر باقی کر غلطاً کر لیں۔ اس کے بعد ایک ڈاش میں بسکٹ توڑ کر ان کی آدھی مقدار ڈال کر اوپر سے آدھے فروٹ ڈال دیں۔ پھر اوپر سے کسٹارڈ ڈال دیں۔ اسی ترتیب سے ایک اور تہہ لگائیں۔ اس کے اوپر کوئی بھی موسمی فروٹ سجا کر پیش کریں۔

اگر دیکھئے : 8	Serves	: 8
310	Calories	: 310
2 گرام	Proteins	: 2g
11.2 گرام	Carbohydrates	: 11.2g
3.3 گرام	Fats	: 3.3g
1.3 گرام	Saturated Fats	: 1.3g
210 ملی گرام	Sodium	: 210mg
2.2 گرام	Fiber	: 2.2g



8	افراد کے لئے	Serves	: 8
310	کیلوری	Calories	: 310
2	پروٹین	Proteins	: 2g
11.2	کاربوہائیڈریٹ	Carbohydrates	: 11.2g
3.3	لیپ	Fats	: 3.3g
1.3	سچھریٹ لیپ	Saturated Fats	: 1.3g
210	سڈیم	Sodium	: 210mg
2.2	فائبر	Fiber	: 2.2g

کریم کریمل

اجزاء	:	
انڈے	:	8 عدد
دودھ	:	1 لیٹر
چینی	:	1 کپ
وانیلا ایسنس	:	1 چائے کا چم
چینی (اضافی)	:	5 کھانے کے چم

ت ترکیب

5 کھانے کے چم چینی ایک تین میں ڈالیں پھر اس میں 2 کھانے کے چم پانی ڈال کر چھمی آج پر 10 منٹ تک پکائیں۔ چینی گھل جانے اور براؤن ہو جانے پر اس کو سامنے میں ڈال دیں جس میں پڑ تک بنانا ہو۔ ایک الگ برتن میں انڈے، چینی، دودھ اور نیلا ایسنس ڈال کر کھینچتے رہیں جب تک کہ چینی گھل نہ جائے۔ اب اگر اوون میں تیار کرنا ہو تو اوون کو آن کرویں اور درجہ حرارت 200 سینٹی گریڈ یا گیس مارک 5 یا فیل پر کر کے 15 منٹ تک گرم ہونے دیں۔ ایک بڑے برتن میں پانی ڈالیں۔ اس میں پڑ تک کا سا تھپہ رکھ دیں اور سامنے میں انڈے کا کھیر ڈال دیں برتن اوون میں رکھ دیں اور 35-40 منٹ تک پکے دیں۔ چیک کرنے کے لئے ایک چھری لے کر درمیان میں ڈالیں اگر صاف گھل آئے تو نکال لیں اور اگر پڑ تک کے کچھ ذرات گئے ہوں تو 10-15 منٹ تک مزید پکائیں پھر نکال کر ٹھنڈا کر کے فریج میں 2 گھنٹے تک رکھ دیں۔ ٹھنڈا ہونے پر نکال کر ایک پلیٹ میں اٹا کر کے نکال لیں اور چھریں کریں۔ اگر پٹیٹیل میں پکا نا مقصود ہو تو ایک پٹیٹیل میں پانی ڈال کر چھ لے کر رکھ دیں اور جب پانی گرم ہو جائے اور چھوٹے چھوٹے پلیٹے بننے لگیں تو انڈے کے آمیزے والے برتن کو اوپر سے ایلوٹیم فوکی سے گھل سٹیل کر کے اس پٹیٹیل میں رکھ دیں اور اوپر ڈسکن رکھ کر 35 سے 40 منٹ تک پکائیں۔ چیک کرنے کے لئے وہی طریقہ اپنائیں جو پٹیٹیل بنا یا گیا ہے۔ ٹھنڈا ہونے پر پلیٹ میں اٹ کر نکالیں اور چھریں کریں۔

Creme Caramel

Ingredients

Eggs	:	8
Milk	:	1 liter
Sugar	:	1 cup
Vanilla essence	:	1 tsp
Sugar, additional	:	5 tbsp

Method

Heat 5 tbsp of sugar with 2 tbsp of water on a very low flame for 10 minutes till it caramelizes. Pour the syrup into a mould or the dish you will use as a mould. Beat together eggs, milk, 1 cup of sugar and vanilla essence until the sugar dissolves completely. Pour into the mould, over the sugar syrup. Don't mix or stir. To bake in the oven; preheat oven at 200°C or gas mark 5 for 15 minutes. Place the mould into a large dish filled with water. Bake for 35-40 minutes. Pierce the pudding with a knife; if it comes out clean the pudding is done. Otherwise, bake 10-15 minutes more. Remove, cool and refrigerate for at least 2 hours. To cook on the stove: bring a large pan of water to a simmering boil. Cover the mould with aluminum foil, sealing well and ensuring there are no gaps. Place it inside the pan of water and cook for 35-40 minutes. Check for doneness with a knife. Let cool and refrigerate for 2 hours.



کھیر

اجزاء

250 گرام	چاول
1½ لیٹر	دودھ
125 گرام	شکر
2 کھانے کے چمچے	بادام
1 کھانے کا چمچ	پست
2 عدد	چاندنی کا ورق

تشریح:

چاولوں کو 3 کپ پانی میں آدھے گھنٹے کے لئے بھگو دیں۔ دودھ آدھے گھنٹے تک ابالیں یا جب تک کم ہو کر آدھا نہ رہ جائے۔ اب چاولوں کو پانی کے ساتھ پیس لیں۔ کس کرتے ہوئے اسے اور چینی کو 100 گرام میں شامل کریں۔ پھر 20 منٹ تک پکائیں۔ اب چولہے سے اتار لیں اور ایک ڈش میں ڈالیں۔ پھر کھلے ہوئے بادام، پستے اور چاندنی کے ورق سے سجائیں اور ٹھنڈا کر کے پیش کریں۔

Kheer

Ingredients

Rice	:	250 gms
Milk	:	1 ½ liter
Sugar	:	125 gms
Almonds	:	2 tbsp
Pistachios	:	1 tbsp
Edible silver leaf	:	2 pieces

Method

Soak the rice in 3 cups of water for ½ hour. Bring the milk to the boil and simmer for ½ hour or until it is reduced by half. Grind the soaked rice and water, and add to the milk along with the sugar. Mix continuously. Cook for 20 minutes. Remove from stove. Pour in a serving bowl, garnish with almonds and pistachios and carefully place the silver leaf on top. Chill well.

6	شراو کے لئے	Serves	: 6
220	کیلوری	Calories	: 220
2.8	پروتین	Proteins	: 2.8g
5.4	کاربوہائیڈریٹ	Carbohydrates	: 5.4g
3.8	فیب	Fats	: 3.8g
1.5	سٹیورٹڈ فیب	Saturated Fats	: 1.5g
195	سڈیم	Sodium	: 195mg
0.9	فیب	Fiber	: 0.9g

SECRETS FROM THE SPICE CHEST



Fennel Seed

Urdu Name: Saunf

Protein	: 18%
Fatty oil	: 8-23%
Essential oil	: 2-7%
Sugars	: 3.5%
Fiber	: 12-25%

Used as a medicine for its carminative and expectorant properties, it is very effective against coughs and chest infections, and is made into lozenges or smoked to clear the chest. It eases intestinal colic and flatulence, and may be used in bronchitis and irritable coughs, and also to reduce the symptoms of whooping cough.

Fennel seed tea is good for infant catarrh, and aids digestion in adults.



Cuminseed

Urdu name: Zeera

Protein	: 17.7%
Fat	: 23.8%
Fiber	: 9.1%
Carbohydrates	: 35.5%
Minerals	: 7.7%
Calcium	: 0.9%
Phosphorus	: 0.45%
Iron	: 0.48%
Sodium	: 0.16%
Potassium	: 2.1%
Vit B1	: 0.73mg/100g
Vit B2	: 0.38mg/100g
Niacin	: 2.5mg/100g
Vit C	: 17.2%
Vit A	: 175 IU/100g

Cumin has a considerable reputation in helping correct flatulence caused by languid digestion and as a remedy for colic and dyspeptic headache. Applied externally as a plaster, it eases stitches and pains in the side. It increases the secretion and discharge of urine. Black Cumin is beneficial in the treatment of piles and insomnia.



Chillies

Urdu Name: Laal Mirch

Protein	: 15.9%
Fat	: 6.2%
Fiber	: 30.2%
Carbohydrates	: 31.6%
Ash	: 6.1%
Calcium	: 0.16%
Phosphorus	: 0.37%
Iron	: 2.30%
Ascorbic Acid	: 50mg/100g

Chillies are a stimulant, tonic and carminative. They are possibly the purest and best stimulant in herbal medicine for the natural warmth they produce which helps blood circulation. Chillies ease a weak stomach and intestines, and when added to tonics can prevent colds and fevers from developing. Chillies are a powerful heart and general stimulant.

SECRETS FROM THE SPICE CHEST



Cardamom - Large

Urdu Name: Badi Elaichi

Volatile oil	: 2.8%
Protein	: 6.0%
Fiber	: 22%
Starch	: 43.2%
Ash	: 4.01%

Cardamom has a flavor and aroma that stimulates the taste buds when used in rice and meat preparations, as well as in a wide range of sweets and beverages. Cardamom oil is a precious ingredient in food preparations, perfumery, health foods, medicines and beverages. It is used in the form of a tonic for heart and liver. The shell of the pod is good for teeth, for relieving headaches and for stomatitis.



Cardamom-Small

Urdu Name: Choti Elaichi

Volatile oil	: 5.5-10.5%
Ash	: 3.8-6.9%
Fiber	: 6.7-12.8%
Protein	: 7-14%
Starch	: 39-49.5%
Calcium	: 0.3%
Phosphorus	: 0.21%
Sodium	: 0.01%
Potassium	: 1.2%
Iron	: 0.01%
Thiamine	: 46.6mg/100g
Riboflavin	: 0.23%
Niacin	: 2.0mg/100g
Ascorbic Acid	: 12mg/100g
Vit A	: 175 IU

Small or green cardamom is most often chewed as a breath freshener after meals and is boiled with tea for flavor and aroma. Tinctures of cardamom are used medicinally for flatulence and to aid digestion, while infusions are good for gargling and hiccups. Cardamom is widely used to flavor cakes and is an essential part of curry powder mixes.



Black Pepper

Urdu Name: Kaali Mirch

Moisture	: 8.7-14.1%
Ether Extracts	: 8.7-18%
Starch	: 28-49%
Fiber	: 8.7-18%
Ash	: 3.9-5.7%

Pepper is aromatic, stimulant, carminative and febrifuge. It is useful in treating constipation, gonorrhoea, prolapsed rectum in digestion, dyspepsia, flatulence, nausea, diarrhea, cholera, scarlatina, vertigo, paralytic and arthritic disorders.

SECRETS FROM THE SPICE CHEST



Clove

Urdu name: Laung

Protein	: 6.3%
Volatile oil	: 13.2%
Fat	: 15.5%
Fiber	: 11.1%
Carbohydrates	: 57.7%
Minerals	: 5%
Calcium	: 0.7%
Phosphorus	: 0.11%
Iron	: 0.01%
Sodium	: 0.25%
Potassium	: 1.2%
Vit B	: 0.11mg/100g
Niacin	: 1.5mg/100g
Vit C	: 80.9mg/100g
Vit A	: 175 IU

Clove is stimulating, carminative and aromatic. It is given as a powder or infusion for nausea, vomiting, flatulence, dyspepsia and languid indigestion. Chewing a few cloves with salt helps to stop cough. When a clove is warmed in gingelly oil and the oil dripped into the ear, it relieves earache and flushes out discharge from the ear canal.



Cinnamon

Urdu Name: Daal Chini

Volatile oil	: 0.3-2.8%
Fixed oil	: 0.3-1.9%
Fiber	: 25.6-30.5%
Carbohydrates	: 16.2-22.6%
Protein	: 3-4.5%
Ash	: 3.4-6%

Cinnamon is widely used for flavoring tea, as a carminative, astringent, stimulant and an antiseptic. Cinnamon stops vomiting and nausea, relieves flatulence and diarrhea.



Turmeric

Urdu Name: Haldi

Moisture	: 5.8%
Protein	: 8.6%
Fat	: 8.9%
Carbohydrates	: 63%
Fiber	: 6.9%
Minerals	: 6.8%
Calcium	: 0.2%
Phosphorus	: 0.26%
Iron	: 0.05%
Sodium	: 0.01%
Potassium	: 2.5%
Vit A	: 175 IU/100g
Vit B1	: 0.09 mg/100g
Vit B2	: 0.19 mg/100g
Vit C	: 49.8 mg/100g
Niacin	: 4.8 mg/100g

Turmeric is most often used in curries, and is also used in chutneys, rice and vegetable dishes. Fresh turmeric leaves are used in some regions of Indonesia as a flavoring agent. Turmeric is rich in iron, and, when its juice is mixed with honey, is valuable in anemia. It is beneficial in the treatment of measles, worms, boils, and skin disorders.

SHOPPING LIST

Spices

Asafetida
Carom seed
Black peppercorns
Black cardamom pods
Black salt
Cinnamon
Cloves
Coconut
Coriander seed
Cumin seed
Cumin seed, black
Dried fenugreek leaves
Dried pomegranate seed
Fennel seed
Fenugreek seed
Ginger
Green cardamom pods
Jaggery
Mace
Mustard seed
Nigella seed
Nutmeg
Saffron
Star anise
Tamarind
Turmeric
White poppy seeds
Sesame seeds

مصالح

ہینگ
اجوئن
کالی مرچ
بڑی الائچی
کالانک
دارچینی
لوتک
ناریں
کارتھیا
سفید زیرہ
کالا زیرہ
قصوری مٹی
انار دانہ
سونف
مٹی دانہ
ادرک / سوخنہ
چھوٹی الائچی
شکر
جاوتری
رائی
کلونجی
ہانقل
زعفران
بادیان
املی
ہلدی
عشش
سج

Fresh herbs

Bay leaves
Coriander (cilantro) leaves
Curry leaves
Mint leaves

Vegetables

Eggplant/Aubergine
Radish
Jackfruit
Green papaya
Mustard leaves/greens
Okra
Bitter melon
Bottle gourd
Squash (luffa)
Taro root
Turnip

Legumes

Black chickpeas
Black-eyed peas

Oils

Clarified butter/ghee
Coconut oil
Mustard oil

ہرے مصالح

بیر پتہ
ہرا دھنیا
کڑی پتہ
پھونڈ

سبزییاں

بیتنگن
مولی
کھنڈ
کچا پتہ
سرسوں کا ساگ
بھنڈی
کریٹھا
لوی
قوری
اروی
شلمبر

پھلیاں

کالا پتہ
لوبیا

تیل

گھی
کھوپڑے کا تیل
سرسوں کا تیل

*Natural ways to
cure ailments*



ANXIETY

Anxiety is your body’s “alarm response” to a perceived physical or psychological threat. Many people experience acute anxiety before important or difficult occasions, such as exams or job interviews. Anxiety of this type is usually short-lived, and recedes once the event is over. Some people, however, experience permanent states of anxiety, which seriously affects their ability to cope with everyday life. This condition is known as chronic anxiety.

Feeling distressed or tense is a normal reaction to difficult situations, but the feeling should subside once your problem is resolved. Stress-management techniques and natural remedies can help during anxious times, but when looking for an alternative or supplement to prescription drugs, such as tranquilizers, always check with your doctor first.

DID YOU KNOW?

Anxiety may be a symptom of obsessive compulsive disorder (OCD) where a person feels the need to repeat actions several times, such as washing hands, checking that lights are turned off, or repeating distressing thoughts. It’s best to seek professional help if this type of behavior threatens to disrupt normal life.

Symptoms

Acute anxiety can vary from either a focused feeling of foreboding or a constant, vague unease. Sufferers feel agitated, often without knowing why. Sometimes it shows physical symptoms, such as stomach cramps, a dry mouth, a racing heartbeat, sweating, diarrhea, and insomnia. Anxiety can manifest into random panic attacks, which may include a feeling of suffocation, chest pain, shaking, tingling in hands and feet, faintness, and terror, and can be so extreme that sufferers—and onlookers—may believe they are having a heart attack.

No matter what form anxiety takes, it can be distressing and disabling, and if left unchecked long enough, can even damage physical health. To find ways of dealing with the underlying causes, consider seeking professional help, therapy, or join a support group.

Prevention

When you’re stressed, your body uses up nutrients faster than normal and unless these nutrients are replaced, the nervous system grows depleted, resulting in even more anxiety. It helps to eat a diet high in complex carbohydrates, such as whole-wheat bread and brown rice as these may have calming effects. Essential fatty acids (for example, whole grains, nuts, seeds, and vegetables), vitamins (especially B complex), and minerals nourish your nervous system. Small meals taken throughout the day keep your blood-sugar level steady. A good balance of rest, exercise, and recreation will also help you feel better physically and thus more positive about life in general.

Treatment

Highly anxious people may need professional counseling, but there’s much you can do to help yourself.

Self-understanding

Many experts believe that some of us are naturally more fearful and fretful than others, but there’s a possibility that something in your past can trigger a higher-than-normal anxious response. For example, overly protective parents, constantly warning you of risks and dangers of everyday life, may have passed along their own fears, or you may have had a traumatic past experience that set off your anxiety.

Anxious people also tend to have highly developed imaginations, so they instantly foresee the worst case scenario and dwell on it until their anxiety escalates.

Relaxation

Evolution has programmed our bodies to react to dangerous situations with an automatic “fight or flight” response. Unfortunately, being ready to do battle or run away is of no use in many of the situations that frighten us today, so we are often left in a state of heightened tension with no physical outlet. You can help yourself disperse this tension by learning how to relax physically and mentally. This enables you to cope with difficult situations early, rather than keeping on the alert. There are several ways to do this:

- Try an exercise class or other strenuous physical activity to release muscle tension and nervous energy.
- Perform a quiet activity, such as gardening or listening to soft music.
- Join a relaxation or meditation class, or use one of the many video- and audiotapes designed to teach you to relax.

Affirmation

Practicing affirmation helps re-program your thoughts to emphasize the positive aspects of your life and personality instead of the negative ones. Work out short phrases appropriate to your situation: for example, when preparing for an interview repeat to yourself, “I am qualified for this job”. If you’re shy about large gatherings, say, “I know and like everyone who will be at this party.” It helps to repeat your phrase aloud (even if you feel silly) or to write it out several times.

This kind of mental exercise is part of cognitive therapy, which attempts to change your natural or instinctive responses rather than understand the reasons for them. For example, a therapist might encourage you to think of more positive explanations for other people’s behavior: the acquaintance that ignored you at the store did not do so because she dislikes you, but because she didn’t see you or had something on her mind. Once you get the idea, you can practice this for yourself, so that you learn to recognize automatically negative responses for what they are and to substitute more constructive, positive and realistic ones.

Diet

Anxiety can depress or increase the appetite. Eat plenty of foods rich in Vitamin B, Vitamin E, calcium, and magnesium, since a lack of these nutrients can contribute to anxiety. Cut down on sugar and foods made with refined or white flour. Replace your daily dose of caffeine-containing drinks (colas and coffee) with spring water, fruit juices, or herbal teas.

ARTHRITIS

More than 100 diseases fall under the heading of arthritis. Common symptoms are joint stiffness and pain, which in some cases can severely limit movement. However, you may be able to relieve your symptoms through a variety of natural methods.

Osteoarthritis occurs when the cartilage lining a joint—usually a weight-bearing joint such as the knee or hip—wears away. Excess fluid can then accumulate in the joint, causing swelling, pain, and reduced mobility. Osteoarthritis commonly strikes people aged over 60, and affects almost three times as many women as men.

Rheumatoid arthritis happens when the membrane lining the joints, and eventually the cartilage, becomes inflamed. The affected joints grow swollen, stiff and painful. The body’s normal immune response designed to protect against infection turns against the joint lining. The disorder can be inherited, and usually begins in the fingers, wrists, and toes. Some people experience additional symptoms, such as fatigue, anemia, poor circulation, and trouble with the tendons, eyes, and thyroid gland. The disease generally begins in young or middle-aged adults and is two to three times more common in women.

Infective arthritis occurs when inflammation is caused by bacterial infection. This can happen from germs entering a wound or may be linked to infection elsewhere in the body, as with, for example, tuberculosis, gonorrhea, or a urinary-tract infection.

Gout causes acute attacks of pain in the joints. It results from high levels of uric acid (a waste product in the blood), which causes crystals of uric acid to form in a joint. High uric acid levels may be due to inefficient kidney function. Often only one joint is affected, frequently that of the big toe. In an attack the affected joint becomes red, hot, swollen and extremely painful. Gout is 10 times more common in men. It is generally found in women only after 50 – 60 years.

DID YOU KNOW?

For centuries many people with arthritis have worn copper bracelets to ward off joint pain. Unfortunately, there is no scientific proof that this works.

Prevention

Although mainly associated with damaged cartilage in the joints from the wear and tear of aging, osteoarthritis may have a genetic component. To reduce your likelihood of suffering from joint damage, avoid becoming overweight, as that puts additional strain on the joints. Eat a healthy diet containing plenty of fruits and vegetables that provide the nutrients your body needs to repair damaged cartilage.

To help prevent rheumatoid arthritis, try to discover and avoid any trigger factors. Possibilities include smoking, stress and certain foods, such as (in order of likelihood) wheat and other cereal grains, red meat, sugar, animal fats, salt, coffee, dairy products, and potatoes. Tomatoes, peppers, and aubergines may promote arthritis in some people. Try excluding these foods to see if this eases your condition. It may be that pesticide poisoning and certain medications can also act as rheumatoid arthritis triggers.

Treatment

Most arthritis treatments aim to relax muscles and ease pain by reducing inflammation. Only a few are aimed at correcting the underlying causes.

Heat and cold: Heat can help relieve pain, aid circulation, and ease stiffness; cold is better for a hot and swollen joint. Try using:

- A compress made by dipping a small towel in hot or cold water and wringing it out. Place this over the affected joint(s).
- A pack of frozen peas wrapped in a towel and applied to the painful area.
- Gloves, socks, and other warm clothing.
- Warm (not hot) melted beeswax or paraffin wax. Immerse arthritic hands for 10 minutes. The wax peels off easily when cooled. It can be reused for further treatments.
- An Epsom salts bath for the discomfort of rheumatoid arthritis. Add two handfuls of Epsom salts to a hot tub and soak for 15 to 20 minutes (this treatment is unsuitable if you are elderly or have high blood pressure).

Rest and exercise: A joint that is very painful or inflamed should be rested. When it feels better, exercising daily for a half-hour warms the joint without stressing it. Muscle-strengthening exercises keep the muscles around the joint supple and increase the production of joint-lubricating fluid.

Diet:

Supply your joints and your immune system with the nutrients they need by eating a healthy diet, with five servings of vegetables and fruit daily. The essential fatty acids in oily fish (such as herrings, sardines, and salmon), nuts, seeds (especially linseeds), and whole grains are particularly helpful for reducing inflammation. Some people find pineapple beneficial, possibly because it contains bromelain, an enzyme that aids digestion and increases the absorption of nutrients. Bromelain can reduce inflammation in the body when taken between meals and is also available as an extract.

Stress-free exercise:

Swimming is an ideal activity for arthritic individuals because it helps strengthen affected joints without jarring them. Choose the stroke you find most comfortable.

A spicy remedy:

Turmeric contains strong anti-inflammatory substances that ease sore joints. You can add either the fresh or powered root to curries or other dishes.

Anti-arthritis foods:

To help alleviate symptoms, try to eat foods that contain beta-carotene (any produce which is yellow or orange) Omega-3 fatty acids (oily fish and nuts) and proanthocyanidins (found in cherries).

Special advice for gout:

- Omega-3 fatty acids reduce inflammation, so take fish oil daily.
- Eat plenty of foods with high levels of beta-carotene (orange and yellow vegetables and fruit), Vitamin C (citrus fruit), and Vitamin E (vegetable oils, nuts, seeds, beans, and egg yolks, or supplement capsules), and selenium (whole grains, fish, and nuts).
- Eat cherries, and berries, such as blueberries. They are an excellent source of proanthocyanidins, substances that help reduce the joint inflammation of gout.

DEPRESSION

An occasional low mood is part of life, and most people feel “down” for short periods of time, but true depressive illness causes persistent sadness, pessimism, anxiety and feelings of hopelessness. It has both physical and behavioral effects. While severely depressed people require medical attention, natural therapies may help mild depression and can also support any treatment prescribed by a doctor.

Depression can be triggered by stressful events, unresolved problems or disputes. Deeper “situational” depression may follow a significant loss; when we lose a loved one, a marriage breaks down, a business fails. Some people are unable to recover from the loss because they suffer from an imbalance of brain neurotransmitters. This imbalance can provoke depression even in the absence of a distressing event. In such cases, professional treatment of both emotional and physical problems usually work best.

Depression is diagnosed in more women than men, partly because women are more likely to seek professional help, and because they may experience hormone-related depression.

Depression can be caused by

- A genetic and/or biochemical tendency to have fluctuating or depressed moods.
- Before a menstrual period—possibly because of changing hormone levels.
- After childbirth as a result of hormonal changes and other problems (lack of a supportive partner or other close person, isolation, and the loss of work status and income).
- Difficult childhood experiences, such as loss of a parent, leading to depression in later life.
- Food sensitivity.
- Sensitivity to, or lack of bright daylight in the winter, leading to seasonal affective disorder (SAD). Sufferers may crave sugary, starchy foods, gain weight, and feel tired.

Prevention

Stressful situations make you more vulnerable to depression; reduce their impact by using stress-management strategies. These include:

- Arranging or accepting help and support.
- Eating a healthy, nutrient-rich diet to optimize brain function.
- Being kind to yourself, allowing yourself to enjoy life’s little pleasures, and not setting your standards too high.
- Getting enough sleep every night (at least six hours for most people).
- Practicing yoga, meditation, or other relaxation technique regularly.

Make sure your diet includes plenty of foods containing these vitamins and minerals, which promote a healthy balance of mood-enhancing chemicals in the brain and ensure that the brain cells operate normally.		
Nutrient	Food sources	Benefit for depression
Calcium	Milk products, green leafy vegetables, legumes, nuts, seeds	Activates enzymes needed for normal brain cell activity
Folic acid	Dark green leafy vegetables, such as cabbage	Promotes production of serotonin, a mood-lifting chemical in the brain
Inositol	Brewer’s yeast, fruit, vegetables, legumes, meat, milk, whole grains	Helps regulate mood swings
Iron	Meat, fish, egg yolks, beans, dark green leafy vegetables	Boosts the production of a range of chemical transmitters in the brain
Magnesium	Shellfish, beans, whole grains, dark green leafy vegetables, nuts	Promotes normal brain cell activity
Potassium	Whole grains, vegetables, fruit (especially bananas)	Redresses the low levels of this mineral commonly found in depressed people
Zinc	Meat, shellfish, egg yolks, peas, beans, whole grains, root vegetables, nuts	Enhances the release of energy from brain cells, which may help prevent depression
Vitamin B6	Meat, fish, egg yolks, whole grains, bananas, avocados, nuts, seeds, dark green leafy vegetables	Helps convert tryptophan to mood-lifting serotonin in the brain
Vitamin C	Fresh vegetables and fruit, especially citrus	Enhances iron absorption

Exercise

Exercise releases chemicals called endorphins, which may act in the brain to help lift your mood. A brisk half-hour walk daily is a great start, and can be raised to more strenuous workouts, such as aerobic dance. Shared activities (tennis or team games) are better than solitary exercise (swimming) which leaves your mind free to dwell on negative thoughts. Vary your workouts and don’t pick something you don’t enjoy at all. Don’t over-exercise—you’ll feel exhausted instead of feeling better.

Diet:

- Eat several small meals daily than three larger meals.
- Counter cravings by eating small, frequent, balanced meals. Cravings may result from low levels of serotonin in the brain. Protein-containing foods rich in the amino acid tryptophan increase serotonin levels.
- Have the occasional treat, like chocolate ice cream or French fries and a milk shake (chocolate contains a compound thought to help lift the mood). Just don’t overdo on sugary or fatty foods.
- Limit caffeine consumption. Too much tea and coffee may make depression worse.

DIABETES

Insulin is a hormone that converts glucose from carbohydrates into energy. Diabetes occurs when our bodies fail to produce enough insulin. Diabetes is usually controlled by attention to diet, weight management, physical activity, and medical care.

<p>The Glycemic Index Some carbohydrate-containing foods have a high glycemic index – this means they are digested and converted into glucose faster than others. Diabetics should have foods that are digested slowly – in other words, those which have a relatively low glycemic index. If you do eat a high glycemic-index food, mix it with some fat or protein to lower the overall glycemic index of the meal. Consult your dietitian or doctor before making any major changes to your diet.</p>	
Very low	Green vegetables, kidney beans, soybeans, lentils, peanuts, butter, cheese, eggs, fish, seafood, meat, barley, fructose (fruit sugar)
Low	Baked beans, butter beans, black-eyed peas, chickpeas, nuts, yams, sweet potatoes, sweet-corn, apples, grapes, oranges, pears, milk, yogurt, pumpernickel, oatmeal, bulgur wheat, pasta
Moderate	Beetroot, watermelon, raisins, bananas, wholegrain and white bread, rye crackers, rice, muesli, white sugar
High	Potatoes, parsnips, carrots, French bread, rice cakes, cornflakes, puffed rice, honey

Symptoms

Without insulin, the body cannot store or use glucose, a form of sugar, for energy. This leads to tiredness, exhaustion, dizziness, and hunger. It also causes tissue damage and, with Type I diabetes, weight loss. The un-stored sugar builds up in the blood and is expelled through urine. Frequent urination leads to dehydration and thirst. When Type I diabetes is left untreated, the high sugar in the blood can cause mental confusions and then a coma. Type II diabetes can lead to cataracts, neuralgia, kidney disease, leg ulcers, and heart and other arterial disease.

Prevention

Prevention can be initiated from birth; breastfed babies have a much lower chance of developing Type I diabetes as compared to babies fed on formula. Losing excess weight lowers the risk of Type II. If someone in your close family has Type II diabetes, or if you have high blood pressure or tend to accumulate fat around the abdomen, it’s especially important to maintain normal weight. Try aerobic exercises for effective care.

Get about 50 percent of your calories from carbohydrates, especially unrefined products, such as wholegrain bread and brown rice. Avoid foods made with white flour and sugar and those with a high glycemic index. This regimen provides plenty of fiber, which slows the absorption of sugars from the intestine and prevents excessive swings in the blood-

sugar level. It also reduces the high levels of the blood fats called triglycerides which are associated with diabetes. Limit the proportion of fats in your diet to 30 % of your total calorie intake, and ensure that you receive no more than 20 % of calories from protein (as a rough guide to counting calories, one ounce of butter contains approximately the same number of calories as three or four slices of bread).

Treatment

Diabetes treatment aims to keep the blood-sugar level within the normal range. Type I requires daily injections of insulin. If you have Type II, you are unlikely to need insulin injections, but you may need oral medication. Whichever type you have, you can help manage your condition by improving your diet, losing any excess weight, and exercising regularly.

Diet

Space your meals evenly, and eat four or five small meals instead of three large ones. This helps your body regulate blood sugar better. The carbohydrates in the meals should consist of mainly legumes, whole grains, fruit and vegetables. Cut down on saturated fats (found mostly in meat and full-fat dairy products), and up your consumption of Omega-3 and Omega-6 fatty acids (found in oily fish and nuts and seeds and their oils) and monounsaturated fats (such as olive oil) to help keep your arteries healthy.

Eat three servings of oily fish a week, a few nuts and seeds every day, and five daily servings of vegetables and fruit. Special “diabetic foods” are unnecessary when you plan meals using your knowledge of the glycemic index of the foods you eat. Keep sugary foods to a minimum; they cause fluctuations in blood-sugar level and encourage weight gain.

Exercise

Regular exercise helps keep weight down and therefore can work to control Type II diabetes. If your diabetes results from insulin resistance, you may find that exercise also increases your sensitivity to insulin and helps improve blood-sugar control. Exercise increases the amount of sugar taken up by the muscles for up to 72 hours. Consult with your doctor before starting an exercise program.

If you are on insulin or another drug treatment, guard against a sudden drop in your blood-sugar level by checking it before and after each exercise session and by learning to balance exercise with your food intake. You may need to adjust your dose and/or food intake to allow for the energy expenditure during exercise and to prevent a drop in blood sugar.

Smoking

Since the risk of heart disease and other complications increases with diabetes, and smoking further increases that risk, it is especially important not to smoke.

EMOTIONAL PROBLEMS

Psychological distress, whether arising from personality traits, biochemical imbalances, or difficult or uncomfortable circumstances or events, can severely impact your physical well-being and quality of life. Sympathy and support from a trusted person, together with home remedies and lifestyle changes, can often ease difficulties.

The constant stress of living with unresolved emotions—such as sadness, anger, fear, and anxiety—can change levels of hormones and neurotransmitters (chemicals that convey messages between nerves) and negatively affect your body. You may become sluggish and tired. Your immune system may fall apart, making you susceptible to infection and illnesses, such as rheumatoid arthritis, that are triggered by attack from your own immune cells.

The way you respond emotionally to life’s problems is shaped by your personality, experience, and circumstances. Someone may cope with an issue easily, while you may become ill. However, it is possible to manage emotional problems.

Prevention

Your customary responses to difficult situations are not unchangeable. You may have emotions that are uncomfortably close to the surface, last too long, and disrupt your well-being and relationships; however, you can learn to deal with situations in a different way. Or if you are emotionally restrained and tend to bottle up your feelings, you can learn to become more open.

- Aim to develop self-knowledge, accept your strengths and weaknesses, and recognize and commit yourself to your primary goals in life.
- If decision-making upsets you, practice clarifying your options and objectives. Don’t be afraid to recognize your sense of loss or other feelings about the possible life choices you have rejected.
- Remember that total control of all aspects of your life is neither possible nor desirable, and adjust your expectations accordingly.

Treatment

A growing body of evidence suggests that optimism gives some protection against mental and physical ailments. If you tend to see only the worst aspects of situations, try to change your outlook and make an effort to take a more balanced view. For example, if a relationship breaks down, the disadvantages may be all too clear, but there are potential benefits, too—you might have the opportunity to move to a different area or follow interests that your partner didn’t share.

Even if you are unable to see things in a positive way, a situation may become more bearable if you try to move on, and instead of dwelling on emotional pain, accept that nothing stays the same in life. Losing your job might feel like life’s greatest disaster, but if you acknowledge your feelings of anger and bitterness without letting them overwhelm you, you may be able to reassess your future plans more constructively.

Communication

One of the main reasons emotional problems get the better of us is that we find it difficult, if not impossible, to express our feelings clearly, especially during stressful times. Instead of explaining what we are feeling and why—as well as listening to the other person—we may shout, argue, accuse, or stop talking completely. Try to communicate your emotional responses clearly. The more uncomfortable or embarrassing this is, the more important is good communication. It is often better to deal with upset feelings sooner rather than later.

- Don’t wait until anger or resentment has built up and both parties have become entrenched in their positions.
- Before discussing a problem, make a list of the points you want to raise so you don’t lose track of them.
- Tell the other person clearly and in a non-confrontational way what you want, and listen when it’s his or her turn to do the same.
- Be careful to avoid falling into the trap of inappropriate sharing of emotions. Choose your confidant and the time and place for such confidences with care.

Improving self-understanding

Gaining a good understanding of your emotional responses and behaviors is key to overcoming emotional difficulties. Keeping a diary helps; just note down how you felt, what situations or circumstances contributed towards aggravating your feelings, and how you coped.

Gradually, you may see a pattern emerge which will help you plot your feelings, behaviours, and alter habitual negative reactions. For example, if you always respond to insults or criticism by becoming upset and blaming yourself, you may now be in a position to study your responses and focus on other possible explanations for the other person’s behavior. This lets you avoid taking responsibility for the behavior of others.

HAIR AND SCALP PROBLEMS

The most bothersome hair and scalp problems are dandruff and hair loss. They result from poor nutrition, stress, illness, or incorrect or harsh treatment, or as side effects of some medications. Thinning hair may have hormonal causes that may arise from a temporary condition or from long-term age-related changes. Happily, several hair and scalp issues respond well to home remedies.

Your hair’s oil levels reflect genetic make-up and hormone balance; the scalp produces a lot of oil during adolescence. Dandruff is skin flaking off the scalp and may indicate a yeast infection. Temporary hair loss can follow childbirth, illness, treatment with certain drugs, or stress and shock (tense muscles tighten the scalp and stop nutrient-rich blood from reaching the hair follicles. The starved hair roots then shrink and the hair may fall out). Patchy hair loss may be due to fungal infection, such as ringworm.

Prevention

The condition of your hair and scalp is often directly related to your lifestyle and the way you take care of yourself. Eat lots of protein, carotenes, essential fatty acids, iron, silica, zinc and Vitamins B (especially biotin), C, and E. Cut down on fizzy drinks, which acidify the blood and may lead to mineral loss from the hair. Avoid losing weight too quickly with an unhealthy diet, and, if necessary, use stress-management techniques. Get regular exercise to improve the circulation to your scalp and supply the hair follicles with plenty of nutrients.

Tips for healthy hair

- Select the right hair products for your hair type.
- Don’t use hair dryers, heated rollers, or curling irons for too long, and don’t blow hot air too near your hair. Heat encourages oil and sweat. Dry or damaged hair should be toweled to remove excess moisture, then air-dried. For extra bounce or curl, use thermostatically controlled steam-producing heat rollers.
- Bleach, perms, and some tints can harm the hair and scalp, so always follow the instructions. Have treatments done professionally if your hair is in poor condition. If your hair is dry and you want to colour it, choose herbal products like henna and other vegetable dyes; these not only make hair shiny and glossy, but can even strengthen it.

Spices that go to your head

Fenugreek seeds contain an enzyme called triгонelline, which increases the blood supply to the scalp and allows more nutrients and oxygen to reach the hair follicles and nourish the hair roots. Its chemical structure is similar to that of minoxidil, a topical drug that promotes hair growth in some people. Drink a cup of fenugreek tea every day for best effect.

Kitchen-cabinet remedies

- Remove excessive greasiness by rinsing hair with distilled water to which is added a splash of lemon juice.
- Smooth a tablespoon of castor oil over your hair two hours before shampooing. This makes hair shine and seals split ends.
- Boil four tablespoons of dried thyme in two cups of water and allow it to cool. Apply to your clean, damp scalp to treat dandruff.

HEART DISEASE

Doctors haven't always known what was best for our heart. Until only a few decades ago, little attention was paid to diet, and even smoking was thought to be acceptable. Now everything has changed.

After almost 40 years of investigating what makes heart disease our worst public/health enemy, scientists have come up with some pretty simple answers. Regular exercise is important, of course, as is giving up smoking. But most important of all is having a healthy diet. Reaching for the right food is the best way to lower cholesterol and high blood pressure – two of the biggest risk factors for the heart.

All too often, however, we reach for the wrong ones. Let's take a look at the best and worst foods for preventing heart disease, starting with fats. While there are some fats that we would be better off avoiding, others are not so bad, and some might even be healthful.

The Bad Fats

Saturated fats, the kind found primarily in red meats, butter, and other animal foods, are incredibly bad for the heart. Study after study has shown that the more saturated fat people get in their diet, the higher their risk for heart disease.

Foods high in saturated fat raise levels of artery-clogging low-density lipoprotein (LDL) cholesterol. What's more, foods high in saturated fat are often high in cholesterol as well. The danger is so great that doctors recommend no more (and preferably less) than 10% of total daily calories should come from saturated fats. For example, in a normal meal plan of 2000 calories a day, the limit for saturated fats is 22 grams. This means in addition to having fruit, vegetables, and other low-fat foods, you could have 3 ounces of extra-lean ground beef (5 grams of saturated fats).

But even this modest amount of saturated fat is not ideal. The best option for lowering your risk of heart disease is to reduce the amount of saturated fat in your diet to even less than 10% of your total calories.

Another type of problem fat, called trans-fatty acids, has been shown to dramatically increase the amount of cholesterol in the blood stream. Many cookies, cakes, and other snack foods contain partially hydrogenated oil, which is high in trans-fatty acids.

Some Better Fats

Unlike saturated fats and trans-fatty acids, some fats are relatively healthful. Here is an easy way to recognize them: look for the prefix "un-", as in polyunsaturated and monounsaturated fats. While these "un-fats" are still high in calories, in small amounts they play several beneficial roles.

Both monounsaturated fat (the kind found in olive oil, canola oils and most nuts) and polyunsaturated fat (found in corn, safflower and, sunflower oils) have been shown to lower levels of dangerous LDL cholesterol without lowering levels of beneficial high-density lipoprotein (HDL) cholesterol. This is important because you need HDL cholesterol to flush the bad cholesterol from your body.

Nuts are particularly good sources of these healthful fats. People who consume nuts at least 4 times a week are at almost half the risk of fatal heart attack, as compared to people who rarely eat them.

There is yet another kind of healthful fat, called Omega-3 fatty acids. Found in most fish and also in flaxseed, Omega-3 can help prevent clots from forming in the blood stream. Additionally, they help to lower triglycerides, a type of blood fat that, in large amounts, may raise the risk for heart disease. Studies show that eating fish once or twice a week can help keep your arteries clear and your heart working well.

Feast On Folate

Almost 30 years ago, a Harvard pathologist suggested that a vitamin deficiency could be a major cause of heart disease. The theory sounded strange and nobody listened. Now scientists are researching deeper into evidence that suggests folate, a B vitamin abundant in beans and dark green, leafy vegetables, may play a major role in preventing heart attacks.

HIGH BLOOD PRESSURE

High blood pressure means that the pressure of blood circulating in the arteries elevates in response to stress and physical activity. If this pressure remains persistently high, it can overwork your heart and arteries, making arterial disease, heart attacks and strokes more likely. Simple lifestyle changes can help reduce high blood pressure, or hypertension.

DID YOU KNOW?

Studies indicate that people who have pets tend to have lower blood pressure than those who don't.

More men than women have hypertension or high blood pressure, and the disorder is most common after middle age. No obvious cause for high blood pressure is found in about 90% of those affected; this type is called essential hypertension.

Because hypertension is usually symptomless, it is often discovered only during a medical examination. It must be taken seriously, because it increases your risk of a stroke, mini-stroke, heart attack, and other problems, such as kidney disease.

Causes

Smoking, obesity, a sedentary lifestyle, and stress all increase the likelihood of hypertension. Aging brings about a stiffening and loss of elasticity in the arteries. High blood pressure during pregnancy (pre-eclampsia) makes hypertension more likely later in life.

Genetics can also play a part. You're more at risk of hypertension if your mother did not eat a nutritious diet during pregnancy. This can adversely influence the long term elasticity of the arteries, as well as encouraging low birth weight. Babies of low birth weight are more likely as adults to develop high blood pressure, along with obesity, elevated blood fats, and oversensitivity to insulin (which can precede diabetes).

Prevention

Help prevent high blood pressure by reducing all possible risk factors:

- Get regular, brisk exercise
- Don't smoke
- Eat a healthy diet
- Keep off excess weight

Losing weight is especially important if you are apple-shaped, meaning that you carry your excess weight around your middle and belly, instead of on your hips and thighs. A waist measuring more than 37 inches in a man, or 32 inches in a woman, slightly increases the risk of hypertension; more than 40 inches in a man, or 35 inches in a woman, increases it more significantly.

Because the adrenaline released by a high level of anger, anxiety, or other stressful emotion encourages high blood pressure, learn stress-management techniques to keep you calm. Conversely, feeling happy and relaxed tends to reduce high blood pressure.

Treatment

High blood pressure requires monitoring and often, medical treatment. If you have only mild hypertension, you and your doctor may find that lifestyle changes and, perhaps, natural supplements will reduce your blood pressure enough so that you have no need for prescription drugs. In other cases where medication is required, many of the following natural remedies can work to support that treatment.

Diet

Recent research has identified the benefits of certain minerals in the treatment of high blood pressure.

- Eat at least five daily servings of vegetables (not including potatoes) and fruit. These supply nutrients - such as Vitamins B6 and C, magnesium, and potassium - necessary for healthy arteries and heart function. Vegetables and fruit also supply fiber and natural salicylates, which may - like their relative, aspirin (acetyl salicylic acid) - reduce the risk of a heart attack resulting from hypertension.
- If you need to lose weight, follow a sound weight-count diet, combined with daily exercise.
- Boost fiber intake by choosing wholegrain breads and cereals rather than refined products.
- Eat oily fish three times weekly; they contain Omega-3 fatty acids which may lower blood pressure.
- Reduce your overall intake of fat, especially saturated fat, but eat enough foods containing essential fatty acids (oily fish, nuts, seeds, and cold-pressed olive, walnut, or sunflower oil).
- Eat more calcium-rich foods, such as dairy products. Choose low fat types.
- Keep your sodium intake low. Don't add salt (sodium chloride) to food or eat commercially processed foods containing added salt. Between 70 and 80% of our salt is eaten in such processed products as breads, breakfast cereals, crisps, and other snacks.
- Cut down on sodium from foods containing sodium bicarbonate, fish or meat cured with sodium nitrate, and foods containing the flavor enhancer monosodium glutamate, or MSG.
- Use a salt substitute from the supermarket or chemist. Such products are high in potassium and magnesium (which may help lower blood pressure), but low in sodium.
- Minimize your intake of caffeine, since it may contribute to high blood pressure.
- Have some garlic (raw or as capsules or tablets) every day. A substance, called allicin, in garlic dilates blood vessels.

Dietary Helpers

Potassium can work to lower blood pressure. The richest sources of this mineral include bananas, tomatoes, and peas.

INDIGESTION

Indigestion is a broad term that covers many symptoms that arise after eating. Discomfort, pain, feeling too full in the upper abdomen are all problems brought on by eating too much, too fast, or by eating certain foods. Changes in eating habits can help, and a variety of natural remedies can relieve discomfort.

If you regularly suffer from indigestion, it is important to exclude an underlying problem, such as a peptic ulcer, gastritis (inflammation of the stomach lining), irritable bowel syndrome, inflammatory bowel disease, and stomach cancer.

Indigestion may stem from minor irritation of the oesophagus (gullet), stomach, or intestines, which then cease or slow their contractions. The stomach or intestines consequently become distended with wind, partially digested food, and digestive juices (which include stomach acid, enzymes, and mucus made in the digestive tract, liver, and pancreas). Belching, abdominal pain, nausea, bloating, and heart burn (a burning sensation behind the breastbone, perhaps with surges of acid stomach contents into the mouth) all point to indigestion.

Causes

The most common causes of indigestion are:

- Eating too fast. When you eat too fast, you often neglect to chew food thoroughly. The food doesn't mix with the digestive enzymes in saliva, and reduces the flow of digestive juices through the intestinal tract.
- Eating too much. An overfull stomach empties more slowly and encourages acid reflux.
- Eating certain foods, such as wheat flour or milk, to which you may be sensitive. Wheat and other carbohydrates can also cause discomfort simply by swelling as they absorb fluid. This can lead to bloating.
- Producing excess wind. This can occur if you eat fruit after a fatty meal. Fats need more time in the stomach than do fruits, so eating fruit after fat means that the fruit remains in the stomach so long that it begins to ferment. Wind is also caused by an imbalance of intestinal microorganisms and by inadequate stomach acid.
- Eating unripe fruit.
- Having certain drinks. Both sugary and fizzy drinks can promote bloating and flatulence. Caffeine-containing drinks can raise the stomach acid levels, irritate any inflamed areas, and raise the levels of stress hormones.
- Feeling stressed. This impairs digestion because stress hormones—for example, adrenaline and cortisone—divert blood from the digestive system to the muscles, trigger contraction of the stomach muscles (which makes the stomach fill faster), and may increase stomach acid production. Stress also makes you more likely to swallow air while you eat.
- Exercising too soon after a meal. Physical activity diverts blood from the digestive system to the muscles.
- Taking nonsteroidal anti-inflammatory drugs, such as aspirin or ibuprofen, which may irritate the stomach lining.
- Smoking. Chemicals in tobacco smoke may irritate the oesophagus and weaken the valve-like mechanism between the oesophagus and the stomach, encouraging acid reflux.

Prevention

To lower your risk of indigestion:

- Deal with stress effectively.
- Don't overeat.
- Don't let more than four hours elapse between meals, and always eat a good breakfast. Have your last meal of the day at least three hours before you go to bed.
- Don't drink more than one average-sized glass of fluid during a meal.
- Eat a balanced diet that includes foods rich in zinc and Vitamins B and C.
- If a food disagrees with you, stop eating it, or experiment to see whether you can tolerate a smaller amount. You may find the problem clears up if you have it separately from other foods.
- Chew cardamom, fennel, or caraway seeds after a meal.
- Don't exercise for an hour after eating.
- If you are elderly, don't eat well, or have a food sensitivity, take a regular multiple vitamin and mineral supplement.
- If over-the-counter antacids do not relieve indigestion, you may have too little acid rather than too much. Before and during meals, sip water mixed with a teaspoon of apple-cider vinegar, or add vinegar to meat, fish, eggs, and cheese dishes.

Kitchen-cabinet recipes

Apples, cabbage, carrots, extra-virgin olive oil, and eggs all have antacid or demulcent (soothing) properties that can help prevent and treat indigestion and ulcers. Incorporate normal amounts of these foods into your meals on a regular basis. Raw potato juice has similar beneficial effects.

ACNE

Acne is another word for the pimples that appear on the face, neck, back and shoulders. Acne usually strikes during adolescence - the very time when we start being most concerned about our appearance! Acne affects 80% of all teenagers, is more common in boys than girls, and while it can bring about a lot of distress, it's not dangerous to health.

The root cause of acne is oversensitivity to normal levels of testosterone. Too much testosterone causes the sebaceous (oil producing) glands in the skin to go into overdrive and produce extraordinary amounts of sebum, the oily secretions that lubricate and protect skin.

DID YOU KNOW?

A blackhead is not dirt trapped in your pores. Blackheads are black because the pore becomes plugged with sebum, which then oxidizes with oxygen to turn dark.

Avoiding acne scars

The best way to get rid of acne without leaving unsightly scars is to be patient and leave the pimples alone. Resist the urge to pick or squeeze, and if you apply herbal teas or essential oils, ensure your hands are clean and you use a clean cotton wool ball.

Prevention

To control mild acne, try the following:

- Wash your face with an oil-free soap that doesn't dry out your skin.
- If you must use moisturizer, use the lightest product you can find. Avoid anything greasy.
- Ultraviolet rays can help relieve acne, so expose affected skin to outdoor daylight for at least half an hour each day, but not when the sun is at its most intense (usually 10 a.m. to 3 p.m. in summer).
- Avoid getting very sweaty or spending long periods in a humid environment. Many people find that this makes their skin condition worse.
- Iodized salt and food supplements that contain iodine can cause fresh flare-ups, so avoid them.
- Keep your hair off your face, especially if it tends to be oily, and don't touch your face too often.

Acne and diet

Most surveys show that food has no effect on acne. However, it may be worth keeping a food diary—a record of what you eat each day—to see if any foods appear to cause breakouts. People with acne tend to have lower than normal levels of Vitamin A in the blood, so ensure that your food provides enough of this vitamin, or of beta-carotene, which the body makes into Vitamin A. Do not take a supplement except on medical advice.

NAIL PROBLEMS

Healthy nails are smooth, evenly coloured, and strong, with a pale pink or flesh-coloured nail bed. Nails are often an early indicator of the underlying state of your health as many disorders affect their appearance. Keeping nails in top condition is possible through a good diet and externally applied treatments.

Nutritional deficiencies that may show up in the nails

- Iron-deficiency anemia may cause the nails to appear pale and become thin, brittle, ridged, and easily cracked or broken.
- Zinc deficiency leads to white spots and/or brittleness of nails.
- Severe protein deficiency makes the nail beds appear white.

Treatment

- For white spots on the nails, increase your intake of zinc and Vitamin B by eating more poultry, seafood, and whole grains.
- For nail problems caused by psoriasis, eat more oil, fish and other foods with essential fatty acids (whole grains, nuts, seeds).
- For fungal or bacterial nail infections, boost immunity by eating garlic and onions, foods rich in zinc (nuts, root vegetables, shellfish), Vitamin C and flavonoids (fruit and vegetables), and Omega-3 fatty acids (nuts, seeds, dark green leafy vegetables, oily fish, canola oil).
- For splitting and breaking nails, increase your body's level of Vitamin A by drinking carrot juice and eating more eggs, milk, and liver. Eat three servings of oily fish each week. Taking fish supplements can be very helpful.

Nutrition for nails

Strengthen brittle and flaky nails by increasing your intake of key nutrients, such as calcium (in milk), Omega-3 fatty acids (in oily fish), Vitamin C (in most fresh fruit and vegetables), and zinc (in seafood and poultry).

STRESS

Stress is our response to various physical, mental, or emotional stimuli. Sometimes it can bring out the best of us, as we draw on reserves of strength we never knew we had and thrive under pressure. However, if the tension is too much and lasts too long, we can lose our ability to cope and may even become ill—research indicates that as much as 75 percent of disease is stress-related.

Symptoms and diseases caused by stress

- Raised heart rate, high blood pressure, heart attack, stroke
- Indigestion, irritable bowel syndrome
- Recurrent infections, dry mouth, autoimmune disease
- Tearfulness, depression, anxiety
- Headaches, migraine, sleeping difficulties, irritability chronic fatigue syndrome
- Difficulty in concentrating, rapid and shallow breathing
- Sweating, shaking, weight loss or gain

Prevention

Preventing events that cause stress is not always possible, but you can change the way you deal with them.

Treatment

General measures: Begin by noting down what or who makes you feel stressed, and how you react. Next, reduce avoidable stresses by: leaving an unsuitable job, living within your means, and making your workplace more comfortable. Then, use strategies that help you respond to pressures constructively.

Stress management strategies to relax your mind and body

- Take regular work breaks, go on holidays.
- Enjoy hobbies, praying or meditate.
- Watch happy, comic films.
- Talk to friends or car for a pet.

Balance and perspective

- Accept that you can change only your behavior, not that of others.
- Accept that you can't have everything you want. Every choice involves giving up something else.
- Learn to identify what really matters. Stick with a decision once you've made it.
- Challenge "shoulds", "oughts" and "musts".
- Learn to say no. Listen to your own needs and concerns.
- Be assertive instead of passive or aggressive. Take assertion training if need be.
- Stop being negative. Learn to look at the bright side and take stressful situations as opportunities.
- Stop trying to be perfect. Forgive yourself and others.
- Sift information to avoid overload. Define problems and choose goals instead of doing it all.
- Accept the inevitable.

Time management

- Prioritize and set realistic deadlines.
- Do one thing at a time, and important or difficult tasks when you feel freshest.
- Anticipate stressful times and planning ahead.
- Make time for yourself daily. Don't take on too much work, and if needed, delegate.

Relationships

- Nurture intimate relationships. Keep in touch with friends.
- Recognize other people's feelings and separate them from your own. Offer encouragement and support to those around you.
- Deal with problems calmly and positively. Ask for support if you need to, whether from a friend or family. Asking for help opens channels of communication.
- Give yourself a metaphorical pat on the back daily for trying to manage stress more effectively.

Diet

During periods of stress, the body uses up nutrients faster than usual. It's important to replace these nutrients, or you may run the risk of damaging your immune system.

- Eat regularly and in a relaxed environment.
- Reduce your caffeine intake.
- Eat more fruit, vegetables, and wholegrain cereals. Consume less animal protein and fewer refined foods made with white flour or added sugar, which tend to reduce immunity.

Exercise troubles away

30 minutes of exercise daily burns off excess stress hormones, and raises the endorphins or "feel good" chemicals in your body and brain.

Reflexology for stress

1. Massage the base of your right thumb with your left thumb and vice versa.
2. Place your left thumb at the base of the little finger on your right hand. Press down towards the wrist, across the palm, and up to the base of your right thumb. Work the left hand in a similar way.
3. With your left thumb, massage the fleshy area on your right palm between the thumb and index finger. With your right thumb, massage the left hand in a similar manner.
4. Use your left middle finger to work on the outside edge of your right hand, in front of the wrist bone.

PREGNANCY PROBLEMS

Most women remain healthy throughout pregnancy, but since the body is undergoing such massive changes, problems are to be expected. Regular antenatal care supplemented with natural remedies can be helpful in relieving discomfort. It goes without saying that any medication must be used only after advised by your doctor.

During the nine months of pregnancy, a woman's internal mechanism can go haywire. The enlarging uterus presses on other internal organs, leading to heartburn, constipation, hemorrhoids, varicose veins, and stress incontinence. The growing weight of the baby, placenta, amniotic fluid, increased blood volume, and extra fat stores can cause fatigue and back pain. The baby's requirement for iron, calcium, and other minerals can result in maternal anemia and an increased risk of dental problems.

In addition, the body's changing metabolic, hormonal, and immunological states make diabetes, candida infection, fainting, itching, nausea and vomiting, gum problems, and leg cramps more likely.

A serious condition called pre-eclampsia may cause elevated blood pressure, migraine, fluid retention (which results in puffiness of the hands, face, and ankles), and protein leakage into the urine. If untreated, it can affect the supply of oxygen and nutrients to the baby and may cause miscarriage.

Antenatal care

It is essential that you have regular checkups by an obstetrician or by another appropriate specialist to ensure that any problems with you or your baby can be identified and treated as early as possible.

Prevention

Many minor problems can be averted or minimized by ensuring that you and your partner are in optimum health before you conceive. Once you know you are pregnant, follow the following for a naturally healthy pregnancy.

Diet

Your diet must contain plenty of foods rich in folic acid, calcium, iron, essential fatty acids, and Vitamins B1, B2, C, and D. The average woman needs about 200 extra calories per day—roughly equivalent to a small tomato sandwich. Well-balanced meals and snacks will increase the chances of your baby having a normal birth weight, and, research suggests will reduce the likelihood of the child suffering from diabetes, obesity, high blood pressure, and arterial disease as an adult. A good diet will also help protect you from deficiency of essential nutrients.

- Eat at least five helpings daily of fruit and vegetables. Many of these contain natural salicylates, which are chemically similar to aspirin and make the blood less likely to clot. It's thought that a high intake of salicylates might reduce your risk of pre-eclampsia and miscarriage.
- Avoid or limit consumption of liver, liver products, and Vitamin A-enriched foods. Too much Vitamin A may cause birth defects.
- Don't eat any food you are sensitive to. Also, avoid having a large amount of any protein food at one time, as this might increase a baby's risk of developing sensitivity to that food.

Abdominal pain

Mild tightening of the abdomen commonly occurs from about the fifth month of pregnancy onward. However, this should not cause more than slight discomfort. Abdominal pain at any stage of pregnancy should be taken seriously, especially if accompanied by vaginal bleeding. It may indicate a problem requiring urgent medical attention.

From the chemist

Protect your nutrient stores from becoming depleted by taking a multiple vitamin and mineral supplement, designed for pregnancy. Ask your doctor for a specific recommendation.

Exercise: Exercise moderately every day. If you have already had a miscarriage or premature baby, or are at risk this time, don't play contact sports or engage in other jarring exercises, such as high-impact aerobics and jogging.

Rest: Get sufficient rest, and take maternity leave sooner rather than later. Research indicates that women who remain at work during most of their pregnancy have a higher risk of premature labour. Try to avoid exerting yourself and standing for long periods, since both can induce miscarriage.

Light: Exposure to bright sunshine boosts the body's production of Vitamin D (which protects the bonds) and serotonin (a "feel-good" neurotransmitter that helps you cope with stress). Go outside for 10 minutes at midday—longer at other times—to get sunlight on your skin.

Avoiding infection: Do your best to ward off infections, which can harm the baby.

Flu: Keep away from infected people and crowded places during an outbreak. Wash your hands often.

Nausea and vomiting: Also called "morning sickness", this is the most common problem in pregnancy. It typically diminishes after about 12 weeks, but some women suffer for a while longer. Prevent attacks by eating smaller, more frequent meals and resting as much as possible. Avoid fatty foods and other foods or drinks that seem to provoke attacks. When nausea or vomiting occurs, try the following:

- Eat some bread or a cracker.
- Sip some water.
- Drink a cup of ginger or chamomile tea, sweetened with honey, or chew fresh ginger.

Fatigue:

- Rest with your feet up for at least a half hour daily, or take a daily nap.
- Get some whole-body exercise each day; lack of activity will make you more tired than a good balance of exercise and rest.

FAT FACTS: LESSER IS BETTER

CAN HELP:

- Reduce the risk of heart disease
- Prevent cancer
- Promote weight loss
- Preserve good vision

There is overwhelming evidence that the lower the fat in your diet, the better everything else will be. Fatty foods can dramatically increase risk of heart disease, diabetes, high blood pressure, certain types of cancer, and many other conditions. Eating fat leads to craving fat, and cutting it out helps you become more vigorous, less anxious, and less depressed.

A Weighty Issue

Cut calories, lose weight. To do that, eat less fat. 1 gram of fat has 9 calories (twice the amount in proteins and carbohydrates). The human body converts proteins and carbohydrates into fat to store; since fats can be stored directly, no energy is needed to convert them.

Health For The Heart

Even if you are one of those lucky folks who can eat whatever you want and never gain an ounce, fat in your diet has to go somewhere, and all too often, that “somewhere” is inside your arteries. Saturated fat, found in meats, full-fat dairy products, and snack food, accumulates in the arteries, leading to high cholesterol and heart disease.

You don’t have to go on an extremely low fat diet to get the benefits. Even reducing the amount of fat in your diet just a little bit can reduce cholesterol levels.

Making The Cut

Open a magazine, turn on the TV, and you will be bombarded with information about the latest slimming products – weight loss guaranteed! You don’t need those if you just follow a low fat diet. Eat less red meat to automatically lower your intake of saturated fat. Swap full-fat yogurt for the low-fat kind, eat more fruits, vegetables, legumes, and whole grains. In addition, drop fat the “sneaky” way by:

Trying some new cheeses

Some cheeses are lower in fat than others, and taste great. Low fat food that tastes good is better than low fat food that tastes terrible.

Doing the napkin test

Big, fluffy muffins may be labeled “healthy” in the bakery, but put them to the test. Buy one muffin and place it on a paper napkin. If it leaves a telltale oil mark, it contains more than 3 grams of fat.

Making the good better

Shockingly, a steaming slice of pizza can be a smart choice, as long as it’s not swimming in oil. To make pizza a little bit healthier, spread a napkin on top of each slice and gently blot up the excess oil.

Being wary of no-fat foods

Fat-free and no-fat are not the same as less-calorie, since they have more sugar to make up for the loss of taste. Use reduced-fat mayonnaise and salad dressing to help you stay within your daily fat budget, but don’t eat all you can just because of the label.

Making the daily switch

Milk is a good source of protein and an excellent source of calcium. Unfortunately, it can also be a great source of fat. Get the benefits without the fats by switching to skim milk.

Enjoying ice-cream alternatives

A few years ago, low-fat and fat-free frozen desserts were nothing compared to the taste of “real” traditional ice-cream. But today, manufacturers have improved, and some low-fat ice creams taste just as good as the full-fat kind.

A low-fat diet is protective not only because of what it does not contain, but also because of what it does. When you cut back on fat, you generally eat more fruits, vegetables, whole grains, and legumes, all of which have been shown to keep us healthier. Eating low-fat may protect you against conditions such as macular degeneration, the leading cause of vision loss in older adults.

Getting Started

Even reducing fat in your diet and not cutting it out entirely can be difficult when you don’t know where to begin. Start by calculating how much fat you’re actually getting each day. Ideally, it should be 25-30% of your daily total calories.

Watch the amount of saturated fat you eat. These fats are found in animal foods like meats, butter, and cheese. Saturated fat is bad for your health and high in cholesterol, which means when you cut it out of your diet, you cut cholesterol too.

Monounsaturated and polyunsaturated fats are the good fats. These are abundant in vegetable and seed oils such as olive, sesame and safflower oils and nuts and seeds, and have been shown to actually lower cholesterol and prevent it from sticking to artery walls. Of course, these fats contain just as many calories as other, less healthful fats, so you don’t want to eat a lot of them.

There’s one other kind of fat that plays an essential role in a healthful, low-fat diet. The fat found in fish, called Omega-3 fatty acids, has been shown to reduce clotting and inflammation in the arteries, which can significantly lower the risk of heart disease and stroke. You don’t have to eat a lot of fish to get the benefits. When you are following a low-fat diet, having two fish meals a week will go a long way towards keeping your arteries in the swim.