

RECIPES

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STORIES

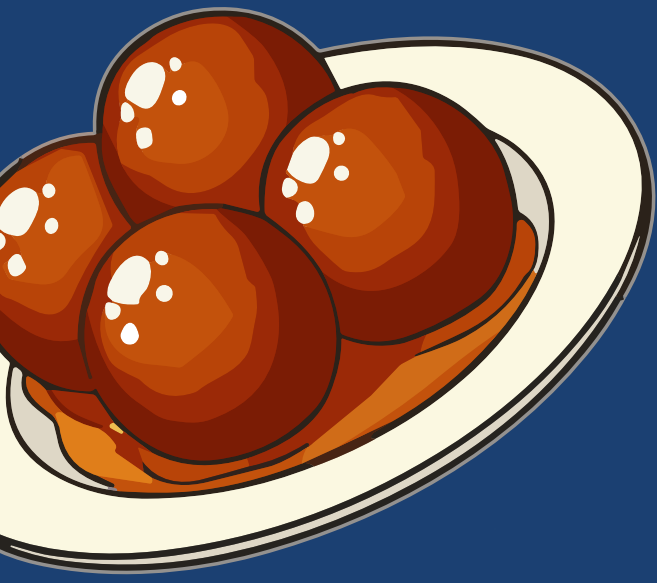


OF



HARROW

BY HARROW CARERS

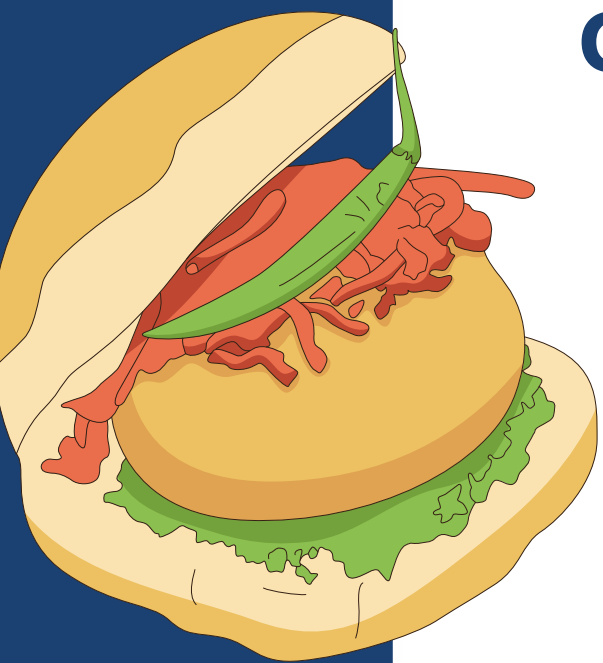


# Stories of Harrow

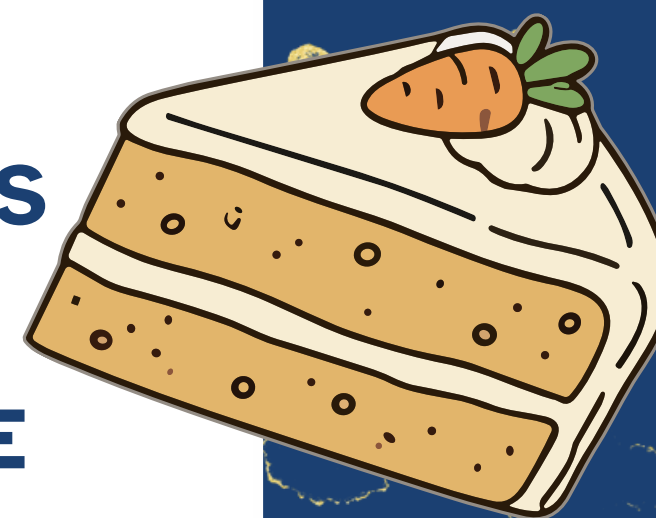
**CARERS OF HARROW FROM ACROSS THE WORLD MAKE A MEANINGFUL DIFFERENCE IN OUR COMMUNITY EVERY DAY. MANY HAVE MIGRATED IN SEARCH OF A BETTER LIFE, BRINGING WITH THEM CHERISHED MEMORIES, STRONG VALUES, AND THE RICHNESS OF THEIR CULTURAL HERITAGE.**

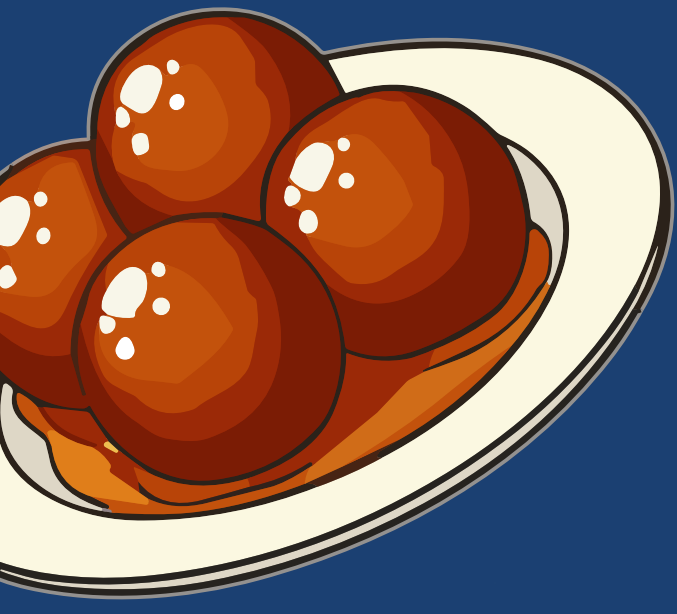


**FOOD PLAYS A POWERFUL ROLE IN THESE JOURNEYS. TRADITIONAL RECIPES CARRY MEMORIES OF HOME AND FAMILY, PASSED DOWN THROUGH GENERATIONS. THOUGH MANY CARERS HAVE LEFT BEHIND FAMILIAR CUSTOMS AND CELEBRATIONS, THEY CONTINUE TO SHARE THEIR CULTURE THROUGH FOOD, CARE, AND CONNECTION.**



**THROUGH HARROW CARERS AND THE STORIES OF HARROW PROJECT, CARERS SHARE THEIR EXPERIENCES OF MIGRATION AND CARING. THIS RECIPE BOOK CELEBRATES THEIR , RESILIENCE, AND THE DIVERSE FLAVOURS THAT BRING PEOPLE TOGETHER ACROSS HARROW.**





# Recipes Highlights

**GULAB JAMUN**

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**VEGETABLE DHOKRA**

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**YOGURT CURRY (KADHI)**

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**URAD DAL VADA**

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**MOONG DAL PARATHA**

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**CHANA PANEER MASALA**

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**RAVA UPMA**

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**CARROT CAKE**

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**CORN FLOUR HALWA**

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**PERA**

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**SHEERA**

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**COCONUT CORN**

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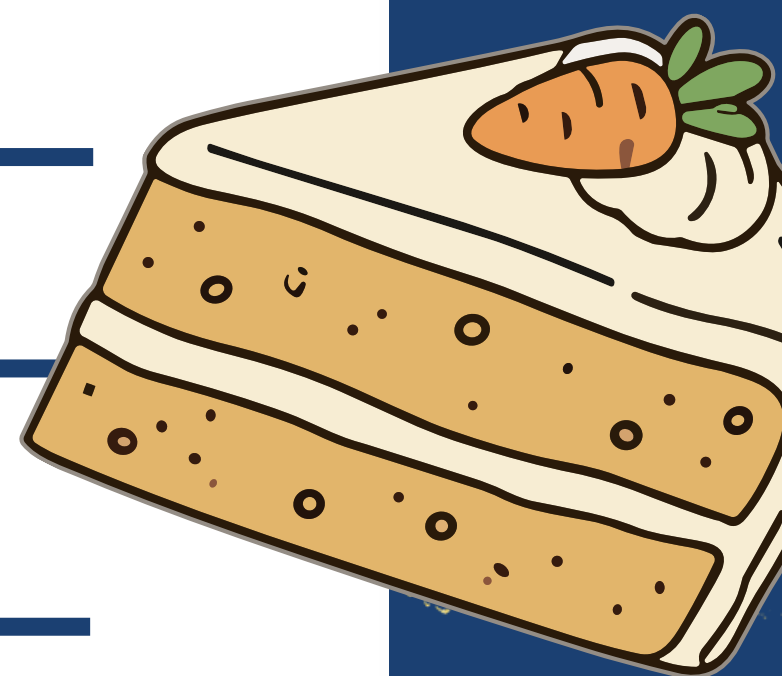
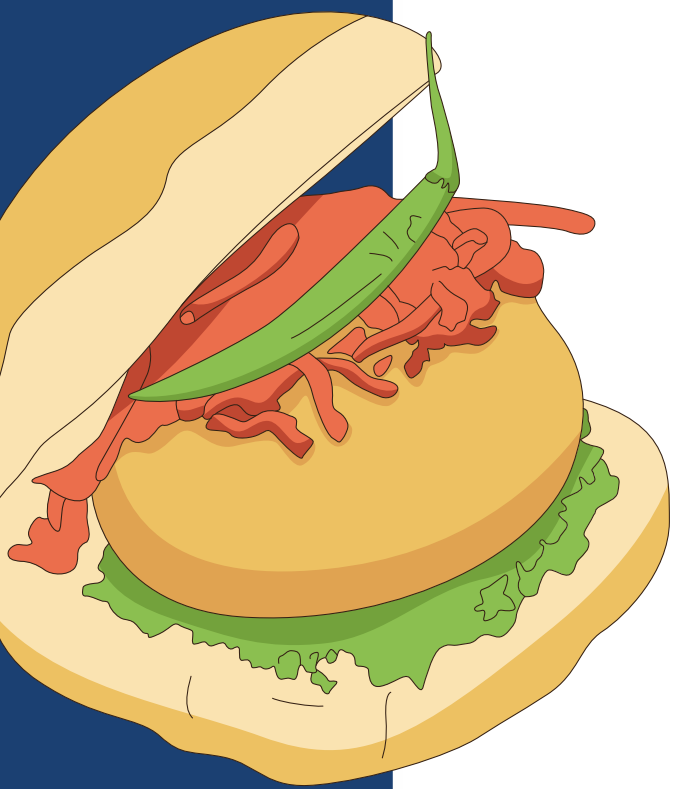
**SAVOURY VEGETABLE CAKE**

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**VADA PAV**

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**MODAKS**



# HERITAGE OF GULAB JAMUN

GULAB JAMUN IS ONE OF SOUTH ASIA'S MOST LOVED CELEBRATORY SWEETS, TRADITIONALLY PREPARED FOR FESTIVALS, WEDDINGS, AND FAMILY GATHERINGS. SOFT, SYRUP-SOAKED DUMPLINGS SYMBOLISE WARMTH, GENEROSITY, AND SHARED JOY, MAKING THEM A STAPLE DESSERT ACROSS GENERATIONS AND REGIONS.

# RECIPE 1: GULAB JAMUN

## INGREDIENTS

REFINED  
WHEAT (49%)

SKIMMED MILK  
POWDER (35%)

VEGETABLE  
OIL (FRYING)

SUGAR 1500G

WATER 1600ML

## INSTRUCTIONS

**STEP 1:** ADD 250-300ML WATER TO THE MIX. KNEAD GENTLY INTO A SOFT AND SMOOTH DOUGH. APPLY GHEE OR OIL ON PALMS AND THEN SHAPE 100 ROUND AND SMOOTH JAMUNS WITHOUT ANY CRACKS IN THE DOUGH. FOR RICHER JAMUN USE MILK NOT WATER.

**STEP 2:** DEEP FRY IN GHEE OR OIL ON MEDIUM TO LOW HEAT UNTIL GOLD BROWN. DRAIN EXCESS OIL

**STEP 3:** SOAK THE JAMUNS IN HOT SUGAR SYRUP FOR 30 MINUTES.

**SUGAR SYRUP:** DISSOLVE 1500G OF SUGAR IN 1600ML OF WATER, BOIL AND SIMMER FOR 5 MINUTES.

PLACE THE FRIED JAMUN DOUGH BALLS INTO THE SYRUP AND ENJOY!



# HERITAGE OF VEGETABLE DHOKRA

DHOKRA IS A STEAMED SAVOURY  
SNACK FROM WESTERN INDIA, VALUED  
FOR ITS LIGHT TEXTURE AND  
VERSATILITY. OFTEN PREPARED AT  
HOME FOR BREAKFAST OR TEA-TIME,  
IT REFLECTS A TRADITION OF SIMPLE,  
NOURISHING FOOD MADE TO BE  
SHARED WITH FAMILY AND GUESTS.

# RECIPE 2: VEGETABLE DHOKRA

## INGREDIENTS

SAMOLINA (3 BOWLS)

GRAM FLOUR (1 BOWL)

YOGURT (1 BOWL)

CAPSICUMS (2)

ONIONS (2)

GREEN CHILLIES (4)

TOMATOES CHOPPED  
(1 BOWL)

GINGER/GARLIC/  
TURMERIC

SALT/SUGAR

MUSTARD SEEDS

## INSTRUCTIONS

**STEP 1:** IN A BOWL, MIX SEMOLINA, GRAM FLOUR, YOGURT, AND WATER (APPROX. 1-1.5 CUPS)

TO MAKE A THICK BATTER. REST FOR 10-15 MINUTES.

**STEP 2:** ADD CHOPPED VEGGIES, GINGER-CHILLI PASTE, SALT, TURMERIC, CHILLI POWDER, AND SUGAR. MIX WELL.

**STEP 3:** ADD BAKING SODA AND MIX GENTLY.

**STEP 4:** GREASE A PLATE AND POUR THE BATTER. STEAM FOR 15-20 MINUTES.

**STEP 5:** GARNISH WITH MUSTARD SEEDS



# HERITAGE OF YOGURT CURRY (KADHI)

KADHI IS A COMFORTING DISH FOUND  
ACROSS MANY PARTS OF INDIA, WITH  
REGIONAL VARIATIONS. MADE FROM  
YOGURT AND GRAM FLOUR, IT IS  
TRADITIONALLY ENJOYED AS A  
HOMELY, EVERYDAY MEAL, VALUED  
FOR ITS BALANCE OF TANG AND  
WARMTH.

# RECIPE 3: YOGURT CURRY (KADHI)

## INGREDIENTS

GRAM FLOUR – 1 CUP  
YOGURT – 1 CUP  
WATER – ½ CUP  
TURMERIC POWDER – ½ TSP  
RED CHILI POWDER – 1 TSP  
CORIANDER POWDER – 1 TSP  
GARAM MASALA – ½ TSP  
SALT TO TASTE  
OIL – 2 TBSP  
CUMIN SEEDS – 1 TSP  
ASAFOETIDA – ½ TSP  
CURRY LEAVES – 2-3  
DRIED RED CHILIES – 2-3  
CHOPPED CORIANDER FOR  
GARNISH

## INSTRUCTIONS

**STEP 1:** WHISK YOGURT, GRAM FLOUR, WATER, TURMERIC, RED CHILI POWDER, CORIANDER POWDER, AND SALT UNTIL SMOOTH.

**STEP 2:** COOK ON LOW HEAT, STIRRING CONSTANTLY, UNTIL THE MIXTURE THICKENS.

**STEP 3:** HEAT OIL IN A PAN AND ADD CUMIN SEEDS, ASAFOETIDA, CURRY LEAVES, AND DRIED RED CHILIES.

**STEP 4:** POUR THE TEMPERING INTO THE CURRY AND GARNISH WITH CHOPPED CORIANDER.



# HERITAGE OF URAD DAL VADAI (VADA)

URAD DAL VADAS ARE CRISP FRITTERS

COMMONLY SERVED DURING

FESTIVALS, TEMPLE OFFERINGS, AND

SPECIAL OCCASIONS. THEIR LIGHT,

FLUFFY TEXTURE IS ACHIEVED

THROUGH CAREFUL SOAKING AND

GRINDING, REFLECTING THE PATIENCE

AND SKILL PASSED DOWN THROUGH

GENERATIONS.

# RECIPE 4: URAD DAL VADAI (VADA)

## INGREDIENTS

URAD DAL – 1 CUP

ONION – ¼ CUP,  
CHOPPED

GREEN CHILIES – 3,  
CHOPPED

CORIANDER – A FEW  
SPRIGS, CHOPPED

SALT – ½ TSP

ASAFOETIDA – ¼ TSP

BAKING SODA – ¼ TSP

OIL FOR FRYING

## INSTRUCTIONS

**STEP 1:** SOAK URAD DAL IN WATER FOR 4-5 HOURS. DRAIN AND GRIND INTO A COARSE PASTE.

**STEP 2:** ADD ONION, GREEN CHILIES, CORIANDER, SALT, ASAFOETIDA, AND BAKING SODA. MIX WELL.

**STEP 3:** HEAT OIL FOR FRYING.

**STEP 4:** SHAPE THE MIXTURE INTO PATTIES OR RINGS AND FRY UNTIL GOLDEN AND CRISPY.

**STEP 5:** DRAIN EXCESS OIL AND SERVE HOT WITH CHUTNEY OR SAMBAR.

**TIP:** SOAK THE DAL WELL AND KEEP THE BATTER COARSE FOR FLUFFY VADAS.



# HERITAGE OF MOONG DAL PARATHA

MOONG DAL PARATHA IS A  
WHOLESOME FLATBREAD OFTEN  
PREPARED FOR FAMILY MEALS.  
COMBINING LENTILS AND WHEAT, IT  
REPRESENTS PRACTICAL HOME  
COOKING DESIGNED TO BE BOTH  
NOURISHING AND SATISFYING,  
ESPECIALLY DURING BUSY DAYS.

# RECIPE 5: MOONG DAL PARATHA

## INGREDIENTS

WHOLE WHEAT FLOUR – 1 CUP

COOKED MOONG DAL – ½ CUP

SALT – ¼ TSP

CUMIN SEEDS – ¼ TSP

ASAFOETIDA – ¼ TSP

GHEE OR OIL – 1 TBSP

WATER AS NEEDED

## INSTRUCTIONS

**STEP 1:** KNEAD FLOUR, MOONG DAL, SALT, CUMIN SEEDS, AND ASAFOETIDA WITH WATER INTO A SOFT DOUGH.

**STEP 2:** REST THE DOUGH FOR 10-15 MINUTES.

**STEP 3:** DIVIDE INTO PORTIONS AND ROLL INTO BALLS.

**STEP 4:** ROLL EACH BALL, APPLY GHEE OR OIL, FOLD, AND ROLL AGAIN INTO A FLAT PARATHA.

**STEP 5:** COOK ON A HOT PAN WITH GHEE OR OIL UNTIL GOLDEN ON BOTH SIDES.

**STEP 6:** SERVE HOT WITH BUTTER, CHUTNEY, OR CURRY.



# HERITAGE OF CHANA PANEER MASALA

CHANA PANEER MASALA BRINGS  
TOGETHER CHICKPEAS AND PANEER IN  
A SPICED TOMATO GRAVY, BLENDING  
EVERYDAY INGREDIENTS INTO A  
CELEBRATORY DISH. IT IS COMMONLY  
SERVED AT FAMILY MEALS AND  
GATHERINGS, SYMBOLISING  
ABUNDANCE AND HOSPITALITY.

# RECIPE 6: CHANA PANEER MASALA

## INGREDIENTS

CHICKPEAS – 1 CUP, SOAKED  
AND COOKED  
PANEER – 200G, CUBED  
ONIONS – 2, CHOPPED  
TOMATOES – 2, CHOPPED  
GINGER-GARLIC PASTE – 1 TSP  
CUMIN SEEDS – 1 TSP  
TURMERIC POWDER – ½ TSP  
RED CHILI POWDER – 1 TSP  
GARAM MASALA – 1 TSP  
SALT TO TASTE  
OIL – 2 TBSP  
FRESH CORIANDER FOR  
GARNISH

## INSTRUCTIONS

- STEP 1:** HEAT OIL AND ADD CUMIN SEEDS.
- STEP 2:** ADD ONIONS AND SAUTÉ UNTIL GOLDEN.
- STEP 3:** ADD GINGER-GARLIC PASTE AND SAUTÉ BRIEFLY.
- STEP 4:** ADD TOMATOES AND COOK UNTIL SOFT.
- STEP 5:** ADD TURMERIC, RED CHILI POWDER, GARAM MASALA, AND SALT. MIX WELL.
- STEP 6:** ADD CHICKPEAS AND PANEER. SIMMER FOR 10-15 MINUTES.
- STEP 7:** GARNISH WITH FRESH CORIANDER AND SERVE WITH RICE OR ROTI.



# HERITAGE OF RAVA UPMA

UPMA IS A POPULAR SOUTH INDIAN  
BREAKFAST DISH, KNOWN FOR ITS  
SIMPLICITY AND ADAPTABILITY.

OFTEN PREPARED EARLY IN THE  
MORNING, IT REFLECTS THE RHYTHM  
OF DAILY HOME LIFE AND THE  
IMPORTANCE OF STARTING THE DAY  
WITH A WARM, NOURISHING MEAL.

# RECIPE 7: RAVA UPMA

## INGREDIENTS

SEMOLINA – 1 CUP

WATER – 2 CUPS

MUSTARD SEEDS – 1 TSP

CUMIN SEEDS – 1 TSP

ASAFOETIDA – ½ TSP

ONION – ½ CUP, CHOPPED

MIXED VEGETABLES – ½ CUP

GREEN CHILI – 1, CHOPPED

SALT TO TASTE

OIL – 2 TBSP

FRESH CORIANDER FOR  
GARNISH

LEMON JUICE (OPTIONAL)

## INSTRUCTIONS

**STEP 1:** DRY-ROAST SEMOLINA UNTIL LIGHTLY GOLDEN. SET ASIDE.

**STEP 2:** HEAT OIL AND ADD MUSTARD SEEDS, CUMIN SEEDS, AND ASAFOETIDA.

**STEP 3:** ADD ONION AND GREEN CHILI; SAUTE UNTIL TRANSLUCENT.

**STEP 4:** ADD VEGETABLES AND SAUTE BRIEFLY.

**STEP 5:** ADD WATER AND SALT; BRING TO A BOIL.

**STEP 6:** SLOWLY ADD SEMOLINA, STIRRING CONTINUOUSLY TO AVOID LUMPS.

**STEP 7:** COOK ON LOW HEAT UNTIL THICK.

**STEP 8:** GARNISH WITH CORIANDER AND LEMON JUICE.



# HERITAGE OF CARROT CAKE

CARROT CAKE, THOUGH NOT  
TRADITIONAL TO SOUTH ASIA,  
REFLECTS THE INFLUENCE OF GLOBAL  
FOOD CULTURES SHARED THROUGH  
MIGRATION. ITS INCLUSION  
HIGHLIGHTS HOW RECIPES EVOLVE,  
BLENDING FAMILIAR TECHNIQUES  
WITH NEW FLAVOURS TO CREATE  
DISHES ENJOYED ACROSS  
GENERATIONS.

# RECIPE 8: CARROT CAKE

## INGREDIENTS

PLAIN FLOUR – 1½ CUPS  
GRANULATED SUGAR – 1 CUP  
BAKING POWDER – 1 TSP  
BAKING SODA – ½ TSP  
SALT – ½ TSP  
GROUND CINNAMON – 1 TSP  
GROUND GINGER – ½ TSP  
VEGETABLE OIL – ½ CUP  
GRATED CARROTS – 2 CUPS  
VANILLA EXTRACT – 1 TSP  
OPTIONAL: CHOPPED NUTS OR  
CREAM CHEESE FROSTING

## INSTRUCTIONS

- STEP 1:** PREHEAT OVEN TO 180°C (350°F). GREASE TWO 8-INCH ROUND PANS.
- STEP 2:** WHISK FLOUR, SUGAR, BAKING POWDER, BAKING SODA, SALT, CINNAMON, AND GINGER.
- STEP 3:** IN ANOTHER BOWL, WHISK OIL AND VANILLA EXTRACT.
- STEP 4:** ADD GRATED CARROTS AND MIX WELL.
- STEP 5:** COMBINE WET AND DRY INGREDIENTS GENTLY.
- STEP 6:** BAKE FOR 30–35 MINUTES OR UNTIL A TOOTHPICK COMES OUT CLEAN.



# HERITAGE OF CORN FLOUR HALWA

CORN FLOUR HALWA IS A SMOOTH,  
GLOSSY SWEET OFTEN PREPARED FOR  
RELIGIOUS OFFERINGS OR FESTIVE  
OCCASIONS. LIKE MANY HALWAS, IT  
SYMBOLISES CELEBRATION AND  
GRATITUDE, WITH ITS SLOW-COOKED  
METHOD ENCOURAGING PATIENCE  
AND CARE.

# RECIPE 9: CORN FLOUR HALWA

## INGREDIENTS

CORN FLOUR – ½ CUP

WATER – 2 CUPS

SUGAR – 1 CUP

GROUND CARDAMOM – ¼  
TSP

ALMONDS – 2-3, CHOPPED

GHEE – 1 TBSP

## INSTRUCTIONS

**STEP 1:** MIX CORN FLOUR WITH ½ CUP WATER TO MAKE A SMOOTH PASTE.

**STEP 2:** BOIL REMAINING WATER WITH SUGAR AND CARDAMOM.

**STEP 3:** ADD CORN FLOUR PASTE, STIRRING CONTINUOUSLY.

**STEP 4:** COOK ON LOW HEAT UNTIL THICK.

**STEP 5:** ADD GHEE AND MIX WELL.

**STEP 6:** GARNISH WITH CHOPPED ALMONDS.



# HERITAGE OF PERA

PERA IS A SIMPLE MILK-BASED SWEET

COMMONLY MADE AT HOME FOR

FESTIVALS AND SPECIAL MOMENTS.

ITS MINIMAL INGREDIENTS AND

HAND-SHAPED FORM REFLECT THE

TRADITION OF HOMEMADE SWEETS

PREPARED WITH LOVE RATHER THAN

ELABORATE DECORATION.

# RECIPE 10: PERA

## INGREDIENTS

MILK POWDER – 1 CUP

CONDENSED MILK – ½ CUP

GROUND CARDAMOM – ¼  
TSP

ALMONDS – CHOPPED

GHEE – 1 TBSP (OPTIONAL)

## INSTRUCTIONS

**STEP 1:** MIX MILK POWDER AND CONDENSED MILK IN A PAN.

**STEP 2:** COOK ON LOW HEAT, STIRRING CONTINUOUSLY, UNTIL THICK.

**STEP 3:** ADD CARDAMOM AND MIX WELL.

**STEP 4:** COOL SLIGHTLY AND SHAPE INTO PERAS.

**STEP 5:** GARNISH AND SERVE.



# HERITAGE OF SHEERA

SHEERA IS A CLASSIC SEMOLINA DESSERT PREPARED FOR RELIGIOUS CEREMONIES, FESTIVALS, AND FAMILY CELEBRATIONS. RICH WITH GHEE AND FLAVOURED WITH CARDAMOM AND SAFFRON, IT IS OFTEN OFFERED AS PRASADAM, SYMBOLISING DEVOTION AND GENEROSITY.

# RECIPE 11: SHEERA

## INGREDIENTS

COARSE SEMOLINA – 200G

UNSALTED BUTTER – 500G

SUGAR – 180G

MILK – 1 PINT

GROUND CARDAMOM – 1  
TSP

SAFFRON – 15 STRANDS

## INSTRUCTIONS

**STEP 1:** MELT BUTTER AND ROAST SEMOLINA ON LOW HEAT UNTIL AROMATIC AND LIGHTLY BROWNED.

**STEP 2:** ADD WARM MILK AND STIR CONTINUOUSLY UNTIL ABSORBED.

**STEP 3:** ADD SUGAR, CARDAMOM, AND SAFFRON.

**STEP 4:** COOK UNTIL THICK AND GLOSSY, SEPARATING FROM THE PAN.

**STEP 5:** GARNISH WITH SAFFRON, CARDAMOM, AND SLICED NUTS.



# HERITAGE OF COCONUT CORN (MOMBASA STYLE)

THIS DISH REFLECTS THE RICH  
CULINARY HERITAGE OF EAST  
AFRICA'S COASTAL COMMUNITIES,  
WHERE COCONUT IS A STAPLE  
INGREDIENT. INFLUENCED BY INDIAN,  
AFRICAN, AND SWAHILI CUISINES, IT  
REPRESENTS THE BLENDING OF  
CULTURES SHAPED BY MIGRATION  
AND TRADE.

# RECIPE 12: COCONUT CORN (MOMBASA STYLE)

## INGREDIENTS

SWEET CORN – 4 COBS, CUT INTO QUARTERS

COCONUT MILK – ½ CUP

COCONUT CREAM – ½ CUP

ONION – 1, CHOPPED

CHILI POWDER – ½ TSP

TURMERIC POWDER – ¼ TSP

SALT TO TASTE

OIL – 1 TBSP

FRESH CORIANDER

LEMON JUICE (OPTIONAL)

## INSTRUCTIONS

**STEP 1:** HEAT OIL AND SAUTÉ ONION UNTIL TRANSLUCENT.

**STEP 2:** ADD CORN AND TURMERIC; MIX WELL.

**STEP 3:** ADD COCONUT MILK AND CREAM WITH SALT.

**STEP 4:** COOK ON LOW HEAT FOR 5-7 MINUTES.

**STEP 5:** GARNISH WITH CORIANDER AND LEMON JUICE.



# HERITAGE OF SAVOURY VEGETABLE CAKE

THIS STEAMED OR BAKED SAVOURY  
CAKE IS ROOTED IN REGIONAL INDIAN  
COOKING TRADITIONS THAT FAVOUR  
BALANCED, VEGETABLE-FORWARD  
DISHES. OFTEN SERVED AS A SNACK  
OR LIGHT MEAL, IT HIGHLIGHTS  
CREATIVITY IN USING SEASONAL  
INGREDIENTS AND SIMPLE  
TECHNIQUES.

# RECIPE 13: SAVOURY VEGETABLE CAKE

## INGREDIENTS

SHEA FLOUR – 1 CUP  
CHANA DAL – ½ CUP, SOAKED AND  
MILLED  
RICE – ½ CUP, MILLED  
SALT – ½ TSP  
TURMERIC POWDER – ¼ TSP  
NATURAL YOGURT – ¼ CUP  
GINGER-GARLIC PASTE – 1 TSP  
GRATED CABBAGE – 1 CUP  
ONION – ½ CUP, CHOPPED  
CORIANDER – ¼ CUP, CHOPPED  
SESAME SEEDS – 1 TBSP  
SUNFLOWER OIL – ¼ CUP  
ENO FRUIT SALT – ½ TSP  
PINCH OF SUGAR (OPTIONAL)

## INSTRUCTIONS

**STEP 1:** PREHEAT OVEN TO 180°C (350°F). GREASE A CAKE TIN.

**STEP 2:** MIX ALL DRY INGREDIENTS.

**STEP 3:** MIX ALL WET INGREDIENTS IN A SEPARATE BOWL.

**STEP 4:** COMBINE WET AND DRY MIXTURES GENTLY.

**STEP 5:** ADD ENO FRUIT SALT AND MIX LIGHTLY.

**STEP 6:** POUR INTO THE TIN AND BAKE FOR 30–35 MINUTES.



# HERITAGE OF VADA PAV

OFTEN CALLED MUMBAI'S FAVOURITE  
STREET FOOD, VADA PAV IS A SYMBOL  
OF EVERYDAY LIFE IN THE CITY.

AFFORDABLE, FILLING, AND FULL OF  
FLAVOUR, IT REPRESENTS RESILIENCE,  
COMMUNITY, AND THE SHARED  
EXPERIENCE OF FOOD EATEN ON THE  
MOVE.

# RECIPE 14: VADA PAV

## INGREDIENTS

URAD DAL – 1 CUP

ONION – ¼ CUP, CHOPPED

GREEN CHILI – ¼ CUP, CHOPPED

CORIANDER – ¼ CUP, CHOPPED

SALT – ½ TSP

ASAFOETIDA – ¼ TSP

OIL FOR FRYING

PAV BUNS – 4-6

GREEN CHUTNEY

GARLIC CHUTNEY

FRIED GREEN CHILIES

## INSTRUCTIONS

**STEP 1:** SOAK URAD DAL FOR 4-5 HOURS AND GRIND TO A COARSE PASTE.

**STEP 2:** ADD ONION, GREEN CHILI, CORIANDER, SALT, AND ASAFOETIDA. MIX WELL.

**STEP 3:** HEAT OIL AND FRY SHAPED VADAS UNTIL GOLDEN BROWN.

**STEP 4:** SPLIT AND LIGHTLY TOAST PAV BUNS.

**STEP 5:** ASSEMBLE WITH CHUTNEYS, VADA, AND FRIED CHILIES.



# HERITAGE OF MODAKS

MODAK HOLDS A SPECIAL PLACE IN MAHARASHTRIAN CUISINE AND IS TRADITIONALLY PREPARED AS AN OFFERING TO LORD GANESHA, WHO IS BELIEVED TO FAVOUR THIS SWEET DUMPLING ABOVE ALL OTHERS.

MOST COMMONLY MADE DURING THE FESTIVAL OF GANESH CHATURTHI, MODAKS SYMBOLISE PROSPERITY AND DEVOTION.

# RECIPE 15: MODAKS

## INGREDIENTS

MODAK RICE FLOUR – 1 CUP

WATER – APPROX. 1 CUP

GHEE – 1 TSP

A PINCH OF SALT

FRESH GRATED COCONUT – 1  
CUP

JAGGERY (GRATED) –  $\frac{3}{4}$  CUP

CARDAMOM POWDER –  $\frac{1}{2}$  TSP

SAFFRON STRANDS – A FEW  
(OPTIONAL)

## INSTRUCTIONS

**STEP 1:** BOIL WATER WITH GHEE AND SALT. ADD SUJI MODAK ATTA, STIR, COVER, AND COOK 2-3 MINUTES; COOL SLIGHTLY AND KNEAD SMOOTH.

**STEP 2:** COOK COCONUT AND JAGGERY UNTIL MELTED AND THICKENED; ADD CARDAMOM AND SAFFRON, THEN COOL.

**STEP 3:** FLATTEN DOUGH, FILL, PLEAT, AND SEAL TO FORM MODAKS.

**STEP 4:** STEAM ON A GREASED PLATE FOR 10-12 MINUTES UNTIL GLOSSY.

**STEP 5:** SERVE WARM, BRUSHED WITH GHEE IF DESIRED.





A COLLECTION OF RECIPES  
SHARED BY CARERS IN HARROW,  
CELEBRATING CULTURE, CARE,  
AND COMMUNITY.

CREATED THROUGH HARROW  
CARERS AND THE STORIES OF  
HARROW PROJECT.

THIS BOOK IS DEDICATED TO  
THE CARERS OF HARROW.  
WITH HEARTFELT THANKS TO ALL  
THE CARERS WHO SHARED THEIR  
RECIPES, AND MIGRATION  
EXPERIENCES. YOUR  
RESILIENCE, KINDNESS, AND  
CULTURAL HERITAGE ENRICH OUR  
COMMUNITY AND BRING PEOPLE  
TOGETHER.

RECIPES