



COOKBOOK



Jain Heritage- A Cambridge School

Fireless Cooking



Dear All,
Greetings!

When a thought that has been enduring in mind becomes reality, it is truly an interesting and exciting experience. Following the philosophy of PITCH, an activity “No Fire cooking “on Women’s Day was organized for Mother Child duo. We believe that parental involvement in the activities of children help them to be confident and smart creating a strong bonding as well. Such activities are occasions for parents to know their children more deeply. Each kid may exhibit different levels of mental development, various skills, and passions.

The effort of every educator is to unlock that treasure and JHCS Kondapur is a perfect example where everyone strives determinedly for this. The event went of flawlessly exhibiting a perfect example of teamwork. On behalf of the students, teachers and all the participants, I would like to thank our Principal, Dr Mona Mehdi for guiding us to put up such an innovative event keeping the PITCH philosophy in mind. I would also like to thank our Senior In charge Ms Kavitha R, Primary In charge Ms Anunidhi Sharma and CCA Coordinator Ms Jyoti Arora for making this event a successful one. A big thank you to Ms Nishita Bose for compiling the content and designing the book.

Last but not the least, a big THANK YOU to all the participants for making the event happen and sharing the recipes for the others to be benefited out of it. KUDOS to all!

Ms Shuchita Malhotra
Coordinator

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SNACKS



Krazy Khakara

Ingredients: Salad dressing

1. 2 big scoops of mayo
2. 1/4 spoon mustard
3. 1 tsp sugar and salt
4. Lemon Juice
5. Pepper
6. Sweet and spicy sauce
7. Olive oil
8. Khakra

Preparation time : 5 Min

- Recipe:
1. Mix all drizzle olive oil and pepper powder with shredded cabbage and Onions, carrot, sweet corn.
 2. Spread the sweet and spicy sauce on khakra and top it up with the prepared mix.
 3. Close it with one more khakara and serve.



Prepared by: Mrs. R. Kavitha
R.N.S Vallabha (VI B)





Vegetable Sandwich

Ingredients: Bread, butter, carrots, capsicum, onion, tomatoes, pepper, salt and mayonnaise.

Preparation Time: 10 - 15 mins

Recipe:

1. Apply butter to the bread slices.
2. In a mixing bowl, add grated carrot, finely chopped capsicum, tomato, onion, mayonnaise, pepper and salt and mix all of them.
3. Cover the mixture on top of the bread and cover it with another bread slice.
4. Cut the edges of the bread and cut it into the pieces as you like (square, triangle).



Prepared by: Mrs.G.Rajyalaxmi
Maanvi (VI A) and Vishwajeet (IX A)





Mumbai Special Bhel

Ingredients:

Puffed Rice (Murmura), 1 table spoon mustard oil, 4 cups Puffed Rice (Bhel), 2 onions, finely chopped, 2 tomatoes, finely chopped, 4 green chilies, 2 green chilies finely chopped, 2 cut in in diagonal long cut, 1 cucumber, finely chopped, 2 carrot, 1 carrot finely chopped and 1 carrot grated, coriander finely chopped, 4-6 leaves of Pudina, ½ cut lemon into 2 pieces, 1 table spoon lemon juice, Pudina chutney, imli chutney, green chutney, Pomegranate, ½ tea spoon salt, ½ teaspoon black salt, 1 teaspoon chaat masala, ¼ teaspoon Jeera powder, 1 teaspoon lemon juice, ¼ cup namkeen mixture, ¼ cup thin sev for garnishing, 1 big bowl with a big spoon or one box with lid.

Preparation time: 20 minutes

Recipe:

1. In a large bowl, mix the puffed rice and add the chopped onions, green chilies, cucumber, carrot, tomatoes with 1 table spoon of mustard oil
2. Add salt and black salt, jeera powder, chaat masala and mix it properly with a big spoon
3. Finally, add the Namkeen, thick sev, mixture with 1 table spoon of lemon juice and toss together lightly. Plate up and top with the sev and coriander.



Prepared by: Mrs. Kriti Jaiswal
Vanya Jaiswal (VII A)





Dahi puri

Ingredients:

Dahi ,puris,carrot,potato,green chutney,sweet chutney,onions,chaat masala,red chili

Preparation Time:10 - 15 mins

Recipe:

1. Peel & Chop onions potatoes .
2. Use chilled yogurt for the puris.
3. Arrange the number of puris you like and then break them from the top using your fingers or spoon to create space for the potatoes and Chutneys.
4. Stuff the top boiled potatoes in the puris . now add onions on the top.
5. Sprinkle some chat masala ,rosted cumin, salt top the Puri with the chutney. then add the chilled curd you got with the spoon , then add the sev on the top and make sure it covers The puri fully with the sev then garnish the Puri with chopped coriander leaves and carrot.



Prepared by: Mrs. Pujitha
G.Laasya (VI A)





Kulukki Sarbath

Ingredients:

Lemon, A pinch of salt, Sugar-2 tsp , Soaked sabja seeds, Mint leaves.
Cold water, Slit green chili

Recipe:

1. Take 2 tsp of sabja seeds and. soak it for 5 min.
2. Cut a piece of lemon on the top and then cut it into half.
3. Cut the centre of the green chilli.
4. Squeeze one lemon into a glass.
5. Add the soaked subja seeds.
6. Add the slit green chilli and a few mint leaves .
7. Add a pinch of salt and a slice of lemon.
8. Pour some cold water .
9. Use another glass to lock, and shake it.



Prepared by: Mrs. Rajeshwari Goshika,
Sadhvi(VI A)





Khakara Pizza

Ingredients:

Khakhra, Schezwan sauce, Ketchup, Some mix veggies, Cheese
Preparation Time: 10 mins

Recipe:

Take a Khakhra and apply schezwan sauce and ketchup. Add your favourite veggies garnish with cheese and spices.



Prepared by: Mrs. Supraja
Dakshesh(IX B)





Corn Dorito Salad

Ingredients:

½ cup corn, ¼ cup diced onions, ¼ cup diced tomatoes, ¼ cup diced bell peppers, ¼ cup diced cucumber, ¼ cup diced avocado, ¼ cup grated carrots, ¼ cup Shredded lettuce, cilantro ,4 tablespoon Veg mayonnaise ,2 tablespoon, ketchup ,pepper, salt,1 packet Doritos

Preparation time: 15 minutes

Recipe:

1. Take corn and all diced vegetables into a bowl
2. Add ketchup and mayonnaise
3. Add salt and pepper
4. Add cilantro
5. Add crushed Doritos or nachos
6. Mix well
7. Server with more Doritos or Nachos



Prepared by: Mrs.Pallavi Rao
Rao Adhrit (IX B)





Bread Dahi-Vada

Ingredients:

Bread slices – 6 ,yogurt (dahi) – 1 cup Milk – ½ cup,Tamarind chutney – 3 tbsp
Green (coriander-mint) chutney – 3 tbsp,Pistachios – 1 tbsp, Cashews – 1 tbsp
Raisings – 1 tbsp, Almonds – 1 tbsp, Fresh coriander – 1 tbsp, Pomegranate –
for garnish, Chili powder – ¾ tbsp, Jeera powder – ¾ tbsp, Black salt – ¼ tbsp
Salt – according to taste, Sev – for garnish.

Preparation time: 10 minutes

Recipe:

1. Chop the almonds, cashews and pistachios and keep aside.
2. Take chilled yogurt in a bowl and whisk well until it becomes smooth.
3. Add salt in the yogurt and mix well.
4. Cut the bread into circles using a sharp bowl, lid, or any mould.
5. Put the round bread on a plate.
6. Sprinkle some milk on the bread to soften it.
7. Now, sprinkle some raisins and chopped cashews, almonds and pistachios over the bread.
8. Cover it with another round bread slice and soften it using milk.
9. Drizzle yogurt , tamarind and green chutney.
10. Sprinkle some chili powder, black salt, jeera powder and salt,sev, pomegranate and coriander.



Prepared by: Mrs.Jayshree Khemka
Sakshi (IX B)





Pani Puri

Ingredients: To make Pani Puri, we would need Puris, Potato Masala for Stuffing and Pani. We have used ready made Puris available easily from market. Ingredients for Pani and Potato Masala for Stuffing is given as below:

Preparation Time: 30 minutes.

Recipe For Pani - In a bowl, add mint leaves, ginger, coriander leaves, green chili, jaggery and salt to taste. Transfer this into a grinder and grind into a smooth paste, add little water while grinding. Transfer this into a bowl, add black salt. Cumin powder and water mix well and strain it in a deep container. Add tamarind pulp and mix well. Pani is ready

Recipe For Potato Masala (stuffing) - In a bowl, add boil potato and mash well, add cumin powder, black salt, black chana, chaat masala and red chilli powder mix everything well. Masala is ready.

Use ready made pooris and serve with puri with potato masala and dip it in pani.
Serve and enjoy.



Prepared by: Ms. Lopamudra
Sahasrad Dash (IX B)





One-Bite Tea Sandwich

Ingredients:

Monaco/Any similar Salty biscuits – 1 packet, 1 small-sized onion – finely chopped, ½ capsicum (any colour bell pepper) – finely chopped
1 small tomato – finely chopped, Frozen Babycorn (thawed) – 2 tbsp
Grated Paneer – 2 tbsp, Grated cheese – As needed, Coriander leaves – finely chopped, Sev – ¼ cup, Salt – As needed, Oregano – ½ tsp, Tomato Sauce- 2 tbsp
Mayonnaise - 1 tbsp, Chipotle Sauce- 1 tbsp

Preparation time: 5 minutes

Recipe:

1. For the filling: In a bowl, take all the chopped vegetables, paneer and add salt, tomato sauce and mayo in required quantity.
2. Mix them well to get the desired consistency and add grated cheese to it. This mixture/filling should be in a creamy texture.
3. Layer each biscuit with the filling and sandwich them using another biscuit piece.
4. Dab Chipotle sauce along the sides of the sandwich and roll each of them in thin sev (As shown in picture).
5. Sprinkle chopped coriander leaves and grated cheese and serve to enjoy.



Prepared by: Mrs.Sanitha Jubin
Adesh Eapen Jubin(IX B)





Masala peanuts Chaat

Ingredients: Masala peanuts , tomato, onion , coriander, chopped chillies, chaat masala, garam masala, chilly powder, pepper powder, lemon juice, salt to taste.

Preparation time: 5 minutes

Recipe:

1. Take masala peanuts to a bowl add chopped tomatoes, onion , coriander, chillies and mix well .
2. Then add all the given masala and mix well, last add lemon juice and mix. Now masala peanuts chaat is ready.



Prepared by: Mrs.Jyothi
V.Veekshitha(VI A)





Sweets



Puffed Rice Balls

Ingredients: Puffed Rice, Peanut Butter, Honey.

Preparation time: 5 Minutes

- Recipe :
1. Add 2 tea spoons of Peanut butter to a bowl and whisk it up smoothly with a half tea spoon of honey.
 2. Add puffed rice to the above mixture and mix until the puffed rice is coated with butter and honey equally.
 3. Press the mixture using both palms to make them as balls or biscuits.

Pic of dish:



Prepared by: Mrs. Mounika Pamulapati.
P. Siri(VI A)





Marzipan

Ingredients:

- 1 1/2 cups very fine almond /cashew flour or grounded almond /cashew
- 1 cups icing or powdered sugar
- 1 teaspoons quality pure almond extract or vanilla extract
- 1-2 tablespoon edible rose water or normal water

Preparation time: 5 minutes

Recipe:

1. Place the almond flour and powdered sugar in a bowl and mix until combined and any lumps are broken up.
2. Add the almond extract and water to combine. Adjust water until thick dough is formed. If the mass is still too wet and sticky, add some more almond flour.
3. Turn the almond marzipan out onto a work surface and knead it a few times.
4. Give it the shape of your choice
5. Store up to a month in the refrigerator and 6 months in freezer



Prepared by: Mrs.Priti
Anutara(VII)





Bread Rasmalai

Ingredients: Bread, Fresh cream, milk, sugar powder, cardamom powder, dry fruits (almond, pista), yellow food colour (optional).

Preparation Time: 5 - 10 mins

Recipe:

1. Cut bread into small round pieces.
2. In a mixing bowl, add 4tbsp of fresh cream, 3tbsp of milk, required amount of sugar powder, cardamom powder.
3. Pour some cream in the plate and dip the bread pieces in the mixture and arrange in the plate and pour the remaining liquid at the top of the bread and garnish it with finely chopped dry fruits and it is ready to serve.



Prepared by: Mrs.G.Rajyalaxmi
Maanvi (VI A)





Malidalu (Chapathi ladoo)

Ingredients: Chapathis, Ghee, Dryfruits, Sugar.

Preparation time : 20 min

Recipe:

1. Make chapatis and tear them up while their hot.
2. Sprinkle sugar and let it settle for 5 min Until the sugar melts.
3. Add dry fruits to it.
4. Apply ghee to your hands and start making the chapatis into balls.



Prepared by: Mrs. Pujitha
G.Laasya (VI A)





Chocolate Balls

Ingredients:

Marie gold biscuits, Cocoa powder, Condense milk, Coconut powder
Sprinkles

Preparation Time: 5 - 10 mins

Recipe:

1. Crush the Marie gold biscuits and pour it in a big bowl.
2. Add cocoa powder and mix it .
3. Add condense milk and mix it again.
4. Make small balls.
5. Add some sprinkles and coconut powder for decoration.



Prepared by: Mrs. Rajeshwari Goshika,
Sadhvi Grade 6A





Instant Chocolate Cake

Ingredients:

4 Bread slices, 1 Packet of Oreo Biscuits, 2 Spoon Sugar, Milk

Preparation Time: 15 mins

Recipe:

1. First Cut the edges of bread slice. Take the Oreo Biscuits and separate the cream. Add $\frac{2}{3}$ tbsp milk in Biscuits. Mix it and make smooth paste.
2. For sugar syrup : $\frac{1}{4}$ cup of water and 2 tbsp powder of sugar. Mix it well. Apply sugar syrup and milk mixture on the bread. Do the icing of your favourite toppings.



Prepared by: Mrs. Supraja
Dakshesh (IX B)





Fruit Delight

Ingredients:

½ cup diced seasonal fruits, 2 tablespoon cream, 1 tablespoon thick curd
1 tablespoon honey, 1 tablespoon shredded nuts

Preparation time: 15 minutes

Recipe:

1. Mix cream, curd and honey well
2. Add all diced fruits
3. Mix well
4. Garnish with nuts
5. Serve cold



Prepared by: Mrs.Pallavi Rao
Rao Adhrit (IX B)





Urad Dal Ladoo

Ingredients: Roasted urad dal , ghee , jaggery.

Preparation Time: 5 - 10 mins

Recipe:

1. First we need roasted urad dal .
2. Then make in into a powder next add jaggery and mix it .
3. With the help of ghee make the ladoo. Now urad dal ladoo is ready.



Prepared by: Mrs.Jyothi
V.Veekshitha(VI A)





Fruit Kebabs

Ingredients: Kiwi, dragon fruit, orange, black grapes, green grapes, pink guava

Preparation Time: 10 mins

Recipe:

1. Cut the fruits in small cubes.
2. Put the fruits into the sticks.
3. Decorate it with candies and sprinkles.



Prepared by: Mrs. Mounika
Rama Kasula





Dark Fantasy Cake

Ingredients: Dark fantasy biscuits, dairy milk, fruits, milk bread and sugar powder

Preparation time : 30 mins

Recipe : _

1. Separate the cream from the biscuits.
2. Crush the biscuits and make it into a paste by mixing it gradually.
3. Add some sugar powder.
4. For the sugar syrup add some sugar powder in a cup and mix it with water.
5. Cut bread's crust and place it on a plate.
6. Add the biscuits paste on each layer of the bread.
7. Grate some dairy milk on the top and decorate the cake with fruits.



Prepared by: Mrs. Mounika
Rama Kasula

:





Bread Chum Chum

Ingredients:

8 brown/ white bread slices, 1/4 rooh afza, 1/4 boiled milk, 1 cup sugar
Kewra essence, 2 tbs coconut powder, Chopped nuts (almonds, pistachios)
1 tsp Elaichi powder.

Preparation time : 30 Minutes

Recipe :

1. Cut the bread slices in rounds with cookie cutter or with glass.
2. Prepare sugar syrup by adding 1/2 cup of water and cool it.
3. Take the round slice and spread the condensed milk or ice cream or sweet malai and place another bread slice over it.
4. In sugar syrup add few drops of kewra essence into it.
5. Now arrange the bread slices on the plate and pour syrup over it .
Sprinkle some coconut powder along with chopped nuts, serve chilled.



Prepared by: Mrs. R.N.Lakshmi
R.J.Rishank(IX A)





Dry Fruit Brownie

Ingredients:

Cashew Powder (grounded cashews), Almond Powder (grounded almonds)
Cocoa Powder (for the chocolate flavour), Honey (natural sweetener)
Dates Syrup/Paste (natural sweetener), Choco chips, Crushed Almonds

Preparation Time: 15 minutes

Recipe:

1. Mix cashew powder, almond powder and cocoa powder.
2. Add honey, and dates syrup/paste gradually and mix it well until it becomes a dough.
3. Add Choco chips and roughly chopped almonds and mix it well until it becomes a dough.
4. Place parchment paper or butter in a rectangular container spread the dough evenly, and cut it into squares, or mould it into your desired shape.



Prepared by: Mrs.Lavanya Akkinapalli.A
Gokshetra.Akkinapalli (IX A)





Fruit Parfait

Ingredients:

Fruits of your choice (chopped), Waffle Bowl, Icecream of your choice (Vanilla icecream recommend), Nutella

For Garnish:-Strawberries/nuts, Chocolate/Strawberry syrup

Preparation: 20 mins

Recipe:

1. Add a layer of Nutella in the waffle bowl.
2. Add a layer of chopped fruits on top of it.
3. Top it off with a scoop of icecream.
4. Garnish it with your choice of ingredients.



Prepared by: Ms. Rumina
Hafsa Zulfeqar (IX A)



A decorative border of watercolor flowers in various colors including pink, red, purple, and orange, with green leaves, framing the central text.

Thank You

For your Participation!