



Welcome!

Recipes and ideas for farm to plate dishes made with Amaranth Acres CSA vegetables.

A CSA membership offers you the benefits of fresh vegetables, grown locally and with the added benefit of supporting your local farmer.

Vegetables harvested at the right time, at the peak of perfection and cooked within a few days while they retain their highest nutrient density is another fantastic benefit.

This recipe booklet hopes to provide ideas for cooking the different vegetables that are part of the CSA bag every week. Hopefully you can use these recipes along with your other favorite recipes to make cooking a delicious and enjoyable experience.

Support your local farmer

For information about the farm and the CSA,

Visit Amaranth Acres at

<https://www.amaranthacres.com>

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1. 3-4 cups of loosely packed kale
2. 1/2 tbsp. urad dal
3. 4-5 green chilies
4. 1/4 tsp of coriander seeds
5. a few pepper corns
6. a pinch of cumin seeds
7. small grape size piece of tamarind (or 1/2 tsp of tamarind paste)
8. salt to taste
9. 1 tbsp. of fresh or grated coconut
10. 1 tbsp. of roasted peanuts (optional)
11. 2 tsp of oil

1. In a wide mouthed pan add oil, add the urad dal, coriander seeds, pepper corn and cumin seeds. When the urad dal starts to brown add in the green chilies sauté for a couple of minutes.
2. Add in the kale leaves and sauté till they wilt (about 4-5 minutes). Add the tamarind and salt.
3. When the leaves are completely cooked add the coconut and peanuts if using.
4. Sauté for a minute and then turn off the heat.
5. Let cool and transfer to a blender and blend to a coarse paste without adding any water.

The chutney is eaten with rice or as a side to idli/dosai or even as a spread for toasted bread.

Serves 3-4

Cooking Time: 25 minutes

Substitutions: Spinach, chard, nightshade(manathakkali), radish greens

Spinach Saag – Spiced mashed Spinach

Greens



1. 1/2 lb of Spinach
2. 2 tbsp of chopped onions or shallots
3. 1 garlic clove chopped (optional)
4. 3 green chilies
5. 1/4 tsp cumin powder
6. 1 tsp black pepper powder
7. 1 tsp ghee or any kind of vegetable oil for vegan version
8. salt to taste

1. Wash the spinach and drain the water and roughly chop them.
2. In a sauté pan heat the ghee (oil) and add the cumin and pepper powders. Add the onion, green chilies and garlic in about 30 seconds, sauté till the onions are translucent.
3. Add in the cut spinach and about 1/4 cup of water along with salt and cook for about 4-6 minutes till the greens are cooked.
4. Let the greens cool and using a hand blender blend the greens as smooth or as coarse as you want.



The mashed spinach is eaten mixed with rice or can be used as a dip. Cooked kidney beans, chicken or sauteed paneer (Indian cottage cheese) could be added and enjoyed as a curry a la Palak Panner.

Serves 2-3

Cooking Time: 30 minutes

Substitutions: Chard



1. 3-4 cups of Radish Greens washed and chopped
 2. 2 tbsp of finely chopped red onions or shallots
 3. 5-6 green chilies slit
 4. 2 tbsp of tamarind extract from a small piece of tamarind
 5. (optional) seasonings - split urad dal - 2 tsp, cumin seeds and mustard seeds
 6. 1/2 tbsp of oil
 7. salt to taste
 8. 1-2 tbsp Grated Coconut (fresh or frozen)
1. Heat oil in a wide mouthed pan or kadai, add urad dal and when it starts to brown add cumin seeds and mustard seeds and when mustard starts to pop add the 2 tbsp of onions, green chilies and sauté till onions are translucent.
 2. Add the chopped greens and let it cook for about 5-6 minutes.
 3. Add salt and the tamarind extract and cook till the moisture is evaporated. (if you are using any other greens skip this step).
 4. Add the grated coconut, mix and turn off the heat.

Serves 2-3

Cooking Time: 30 minutes

Substitutions: Chard, Kale, nightshade (manathakkali)



1. 2-3 cups of fresh spinach washed and chopped coarsely
2. 1 cup of moong dal or 1 1/2 cups of toor dal
3. 3 tbsp of chopped shallots or red onions
4. 3-4 green chilies
5. 4 garlic cloves minced
6. 1/2 tbsp pepper or chili powder (if adding green chilies skip or reduce)
7. 1 medium tomato chopped (or 1 tbsp of tamarind pulp)
8. 1 tsp of methi powder (roasted and powdered fenugreek seeds)
9. 2 tsp of turmeric powder
10. salt to taste
11. 1 tsp of sesame oil
12. seasonings: ghee, mustard seeds, cumin seeds and curry leaves



1. In a pressure cooker add the dal, spinach, onions, tomato, green chilies, garlic, chili powder or pepper powder, turmeric powder along with 3 cups of water and cook for 2-3 whistles.
2. Mash the dal gently and set it on low flame. Add more water if too thick and let it come to a boil (Do not over cook just gently heat for a couple of minutes if not adding extra water).
3. In a small pan heat the ghee and add the seasoning and pour over the dal and sprinkle the powdered methi (fenugreek) powder on top. Add salt and turn off the heat.

Serves : 3-4

Cooking Time: 30 minutes



1. 1 1/2 cups of peeled and grated radish
2. 2 cups of yogurt
3. 1/2 cup of coriander leaves
4. 2-3 green chillies
5. 1/2 inch piece of ginger
6. 1/2 tsp cumin seeds
7. salt to taste
8. 1/2 tsp of cumin powder
9. seasonings : cumin seeds, mustard seeds
10. 1 tsp oil



1. Take the coriander leaves, green chillies, ginger and cumin and blend to a paste with addition of a tsp of water.
2. In a wide mouthed pan, heat oil and add mustard seeds and cumin and let the mustard pop.
3. Add in the grated radish and let it cook for 3-4 minutes. Add the cumin powder. (Radish does not have to be cooked all the way through, so cook as much or less as you want).
4. Take blended coriander paste with the yogurt, add salt and whisk together till smooth.
5. Add in the cooked radish and mix it well.

Serves : 3-4

Cooking Time: 20 minutes

Snake Gourd Stir Fry with peanuts



1. 2-3 Snake Gourd slit in half the seeds removed and sliced into half moons (as thick or thin as you want)
2. 1/4 cup sliced onions
3. 5-6 green chilies slit + 1 red chili (all red chilies can be used as well)
4. 2-3 tbsp roasted peanuts
5. seasonings: curry leaves, split urad dal, mustard seeds, cumin seeds
6. 2 tsp oil
7. salt to taste

1. In a wide mouthed pan heat oil and add the urad dal first, when that browns add the mustard seeds and cumin seeds, when mustard pops add the curry leaves followed by the onions and green chilies.
2. Powder the peanuts with the red chili and set aside.
3. Sauté the onions for a couple of minutes and add the sliced snake gourd and let it cook in medium heat till the snake gourd is cooked but still maintains a crunch. (About 15 minutes or so). Add salt.
4. Now add the powdered peanuts and mix it into the vegetable. Sauté for another 3-4 minutes and turn off the heat.

Serves : 3-4 people
Cooking Time: 30 minutes

Snake Gourd Kootu with Bengal Gram

Vegetables



1. 2 medium sized snake gourds (about 3-4 cups of sliced)
2. 1 1/2 cups of Bengal gram or channa dal (kadalai paruppu)
3. 2-3 green chilies
4. 1/2 tbsp of urad dal (black gram)
5. 2 tsp of cumin seeds
6. 1/4 cup of grated fresh or frozen coconut
7. salt to taste
8. 1 tsp of turmeric powder
9. 1 tsp of oil
10. seasonings: mustard seeds, cumin seeds and curry leaves

1. While prepping the snake gourd, set the channa dal to cook, wash add turmeric powder and 1/4 tsp of oil and let it cook. The dal should be cooked but not mushy, should retain its shape. In a pressure cooker just 1 whistle should be good, in an Instant Pot cook for 8 minutes.
2. Split the snake gourd into halves length wise, remove the seeds and then cut into half moons. Not too thin.
3. In a small sauce pan roast the cumin seeds and urad dal till the dal turns golden. Put it in a blender.
4. Add in the coconut and green chilies and add a bit of water and blend to a fairly smooth paste.
5. To the cooked dal add the sliced snake gourd and salt and cook for another whistle.
6. Once the steam has subsided, add the blended paste and salt and cook for 5 minutes.
7. In a sauce pan, add oil and add the mustard seeds, cumin seeds and curry leaves and when the mustard seeds pop add to the dal and turn off the heat.

Serves : 3-4 people
Cooking Time: 30 minutes



1. 2-3 medium sized young ridge gourd, ridges scrapped and cut into small cubes. About 4 cups of ridge gourd.
2. 1/2 cup chopped red onions
3. 3-4 slit green or red chilies
4. 1 tsp sambhar powder or curry powder
5. 1 cup of chopped shrimp (about 8-10 medium sized shrimp)
6. 2 tsp of oil
7. seasonings: mustard seeds, cumin seeds
8. salt to taste

1. Heat a flat bottomed sauté pan, add oil, when hot add mustard seeds and cumin seeds.
2. Add in onion and green chilies and sauté till the onions become translucent.
3. Add chopped ridge gourd and cook till the ridge gourd is soft (about 6-8 minutes)
4. Add the curry powder or sambhar powder and mix it in.
5. Add salt and the shrimp and cook for another 3-4 minutes till the shrimp turns pink. Turn off the heat. Do not overcook the shrimp.



*Serves : 3-4 people
Cooking Time: 30 minutes*

Ridge Gourd Coriander Leaves Chutney

Vegetables



1. 2 Ridge Gourd peeled and cubed
2. 1/4 Onion chopped
3. 1 cup of coriander leaves
4. 1/2 tbsp coriander seeds
5. a pinch of cumin seeds
6. few peppercorns
7. 3-4 green chilies
8. 1/2 tbsp urad dal (black gram)
9. 2 tbsp grated coconut or 1/4 cup of roasted peanuts
10. a small piece of tamarind (1/2 tsp of tamarind paste)
11. salt to taste

1. In a pan heat oil, roast the dal, coriander, cumin and pepper corns and set aside.
2. Now add the onions and green chilies and sauté till the onions are translucent.
3. Add the ridge gourd and sauté till cooked.
4. Add the coriander leaves and sauté for a second or two.
5. Add the tamarind into the mixture.
6. Add the coconut or peanuts, salt and cook for a couple more minutes till everything comes into one big mass.
7. Turn off heat, cool and blend.

This chutney goes well with idlis, dosai or even with rice. It can also be used as a spread with breads.



Serves : 3-4 people
Cooking Time: 20 minutes



For the Paste

1. 4 green chilies
2. 1 tbsp coriander seeds
3. 1 tsp cumin seeds
4. a few pepper corns
5. 2 tbsp grated fresh coconut
6. 2 tsp dahlia/roasted chick peas (pottukadali)
7. 2 tbsp chopped onions
8. Blend the above with the addition of 2 tbsp of

water to a fairly smooth taste.

For the curry

1. 1 tbsp of chopped onions.
2. 2 cups of skin removed chopped ridge gourd
3. seasonings: mustard seeds, curry leaves
4. 1 tsp oil
5. salt to taste



1. In a pressure cooker heat oil, add mustard seeds and curry leaves. When the mustard starts to pop add the chopped onions and sauté till they are translucent.
2. Add the chopped ridge gourd pieces and sauté for a minute or two.
3. Add the ground paste and sauté for a minute more, add a cup of water and salt and let it cook for 2 whistles. If cooking on the stove top in a medium heat cook till the ridge gourd is soft.
4. If using Instant Pot cook for 6 minutes under pressure.

*Serves : 3-4 people
Cooking Time: 30 minutes*



1. 6-8 medium sized brinjals/eggplants - 3 cups
thinly sliced eggplants
2. 1/2 cup of sliced onions
3. seasonings - mustard seeds, cumin seeds, red chilies and curry leaves
4. 1-2 tsp of oil
5. salt to taste

For the Spice/Masala Powder

1. 6 1/2 tsp cumin seeds
2. 2 tsp coriander seeds
3. 1 tsp roasted channa dal - dahlia - pottu kadalai
4. 4-5 red chilies
5. 1 tbsp grated coconut fresh or frozen

1. *Dry roast the spices for the spice powder one by one till they are slightly browned. Set aside. Lower the heat when roasting the coconut.*
2. *Cool and blend to a fairly smooth powder. Set aside.*
3. *In a wide mouthed pan add oil and when hot add the mustard seeds and cumin seeds. When the mustard seeds starts to pop add the curry leaves and red chilies followed by the onions and sauté till the onions are translucent.*
4. *Add the sliced eggplants and sauté for 4-5 minutes. Add salt cover the lid and cook for another 3-4 minutes. Stir at regular intervals so that it does not stick to the bottom.*
5. *Add salt and continue to cook for another 4 minutes or so till the eggplant is completely cooked. (see note:)*
6. *Now add the powdered spice and add a 1/2 tsp of oil if required and sauté for a couple of minutes more and turn off heat.*
7. *Note: Depending upon the type of eggplant used the cooking times may vary. Sprinkle a tsp of water at a time and cook till the brinjal is completely cooked. Do not get the vegetable soggy.*



Serves : 3-4 people
Cooking Time: 30 minutes



1. 2 cups of bell pepper from 3 bell peppers cored and chopped (I used red, orange and yellow)
2. 1 cup of chopped tomatoes
3. 3 red chilies
4. 1/2 red onion chopped - 1/2 cup
5. 1/2 tbsp channa dal/2
6. 1 tsp coriander seeds, few cumin seeds, few pepper corns
7. salt to taste
8. 1 tsp oil

1. In a sauté pan add a drop or two of oil and sauté the channa dal till it starts to turn brown, add in the coriander, cumin and pepper corns and sauté for a few more minutes. Set aside.
2. In the same pan heat the rest of the oil and sauté the onions till they turn brown, add in the chopped bell peppers and let them sauté till they are cooked completely (about 15-20 minutes)
3. Now add the chopped tomatoes and sauté for 2-3 minutes till they start to wilt. Mix in the salt. Let cool completely.
4. If using fresh coconut or peanuts add it at this time. Do not add both the channa dal and peanuts/coconut.
5. Blend without adding extra water to a smooth puree.
6. Great with idlis or dosais and even as a sauce for cooking chicken or other vegetables.

Serves : 3-4 people
Cooking Time: 30 minutes



Pan Roasted Bitter Gourd with Potatoes

Vegetables



1. 6-8 medium sized bitter gourd
 2. 1 cup thinly sliced onions
 3. 6-8 green chilies
 4. 2 potatoes
 5. 2 tsp turmeric powder
 6. 1/2 tbsp chili powder
 7. salt to taste
 8. 1 tbsp oil *
 9. 1/2 - 1 tbsp palm sugar (optional)
- *I use a cast iron pan so a little bit more oil is required*

1. Peel the potatoes and slice them into thin sticks and keep them in water to avoid discoloration.
2. Split the bitter gourd lengthwise and remove the seeds from the inside and slice them into thin moons.
3. In a cast iron pan heat 1/4 of the oil, add the onions, green chilies and sauté for a minute. **
4. Add in the bitter gourd and in medium low continue to stir, once half cooked in about 10 minutes or so add in the potatoes drained completely of water. Add in the oil at various intervals if needed.
5. Add in the turmeric powder, salt and chili powder after the potatoes are half cooked.
6. Continue to cook till the potatoes are completely cooked and soft. The bitter gourd should be caramelized by this time.
7. Add in the jaggery or palm sugar if using and cook for another 4-5 times.

***The onions tends to cook faster than bitter gourd, so adding them together will prevent the onions from getting charred.*

Serves : 3-4 people
Cooking Time: 40 minutes

Radish Masala Fried Rice



1. Whole Spices - small piece of cinnamon, few cloves, 1/2 tsp of fennel seeds (garam masala)
 2. 1 1/2 cups of Basmati or any White grained Rice
 3. 1/2 cup chopped shallots or red onions
 4. 4-5 green chilies slit (I usually remove the seeds)
 5. 1 inch piece of ginger
 6. 10-12 small radishes (enough to get 2 cups of grated radish)
 7. 1 small lime
 8. seasonings : mustard seeds, cumin seeds
 9. 1 tsp of turmeric powder
 10. 2 tsp oil + 1 tsp
 11. salt to taste
1. Cook the rice with some salt and a tsp of oil. Once cooked, cool and fluff it up.
 2. While the rice is cooking, peel the radishes and grate it.
 3. Using a blender or a coffee grinder blend the whole spices (garam masala ingredients) to a fairly smooth powder. Do not overdo the garam masala or whole spices.
 4. In a wide mouthed pan, heat oil and add the mustard seeds and cumin seeds. When the mustard seeds pop, add the onions and green chilies.
 5. When the onions starts to brown a bit, add the grated ginger and sauté for a minute.
 6. Add in the turmeric powder and mix it into the onions.
 7. Add the grated radish and cook till the radish is completely cooked. Add salt.
 8. Now add in the powdered whole spices (garam masala). Mix it in well.
 9. Squeeze in the lime juice and cook for half a minute more.
 10. Now add the cooked fluffed up rice and mix it so the rice is well coated.

Serves : 3-4

Cooking Time: 30 minutes

Spiced Bell Pepper Rice



1. 1 1/2 cup of Basmati Rice
2. 2 cups of diced bell pepper
3. 2 cloves of garlic sliced
4. 1 tsp grated ginger
5. 1/2 cup chopped red onions
6. 4 green chilies slit or 2 jalapenos chopped fine *
7. 1/2 tsp of coriander seeds + 1/2 tsp of pepper corn (or substitute with coriander and pepper powder)
8. 1/4 cup of roasted peanuts
9. 2 tomatoes finely chopped
10. 1/2 tbsp oil + 1 tsp of sesame oil
11. salt to taste
12. seasonings: Cumin seeds, curry leaves
13. 1 tsp garam masala powder (store bought or powder cinnamon, cloves and star anise)

1. Cook the rice with some salt a tsp of sesame oil along with the required amount of water. I used Instant Pot use 1 1/2 cups of water for a cup of rice. Once cooked fluff up the rice and set aside.
2. Cut the bell pepper into about 1/4 inch dices after removing the seeds from the inside.
3. In a sauté pan, add oil and when hot add the cumin seeds and curry leaves followed by the garam masala.
4. Add in the onions, green chilies and sauté till the onions are translucent, add the garlic and sauté for a minute followed by the ginger and sauté for another minute.
5. If you are using fresh tomatoes add it at this point and let it become mush and sauté till oil separates.
6. Now add the chopped bell pepper and sauté till the bell pepper is cooked, cooking times will vary depending on how much you want the bell pepper cooked, takes about 7-8 minutes for it to be completely cooked.
7. While the bell pepper is cooking sauté the coriander seeds and pepper corns till they are just browned. Powder along with the roasted peanuts in a coffee grinder or blender to a coarse powder. Set aside.
8. Add salt and add in the tomatoes and let it cook for about 2-3 minutes till it gets mushy.
9. Add in the rice and mix it gently into the bell pepper mixture. Add the cooked rice in batches.

Serves : 3-4 people
Cooking Time: 30 minutes

Brinjal Rice



1. 1 cup of Basmati Rice
2. 3 cups of sliced eggplant about 1 - 1 1/2 inch piece
3. 1/2 cup of chopped red onions
4. 4-5 slit fresh green or red chilies
5. 5 small ripe tomatoes
6. 1 tbsp vangi baath powder or curry powder
7. seasonings: curry leaves, mustard seeds and 2 tsp split urad dal
8. salt to taste
9. 1 tbsp oil

1. Cook the rice with salt and about 1/2 tbsp of the oil and set aside to cool. I used an Instant Pot and cooked for 10 minutes. Fluff and set aside.
2. In a wide mouthed pan, heat oil and add split urad dal and roast till slightly brown, then add mustard and wait for it to pop. Add the curry leaves.
3. Add in the onions and chilies and sauté till the onions are translucent.
4. Add in the sliced brinjal and sauté till the brinjals get soft and are almost cooked.
5. Add in the tomatoes and cook till they are mushy and coated on the brinjal.
6. Add the vangi bath powder and mix well and salt, since the rice also has salt be watchful. Add a bit more oil if needed and turn off the heat.
7. Now add in the cooked rice and mix it in gently. Use cutting motion which prevents the rice from getting mushy. The rice should be well coated with the masala.

Serves : 3-4 people
Cooking Time: 30- 40 minutes

Lima Beans Biryani



- Rice
1. 3-4 cups of freshly shelled Lima Beans (if using dry soak it overnight)
 2. 1 1/2 cups of Basmati Rice
 3. 1 cup of thinly sliced onions
 4. 2 tbsp grated ginger and garlic
 5. 6-8 green chilies
 6. handful of chopped mint + handful of chopped coriander leaves
 7. 2 tsp turmeric powder
 8. 2 tsp of red chili powder (or to taste)
 9. 1/2 cup of chopped tomatoes
 10. 1/4 tbsp of curd(yogurt) whisked (skip for vegan)
 11. Seasonings: curry leaves, cinnamon sticks 2 small pieces, few cloves, 1 small star anise
 12. Salt to taste
 13. 1/2 tbsp oil

1. In a wide mouthed pan, heat oil and add the whole spices - cinnamon and cloves followed by the curry leaves, sauté for a minute.
2. Add the thinly sliced onions and green chilies and sauté till the onions start to turn slightly brown.
3. Add in the grated ginger and garlic and sauté for a minute stirring to avoid burning.
4. Add in the mint leaves and coriander leaves and sauté till the leaves are fully wilted.
5. Add in the chopped tomatoes and salt and let cook till the tomatoes become mushy. Takes approximately 4-5 minutes.
6. Add in the shelled lima beans red chili powder and turmeric powder and sauté for 3-4 minutes.
7. Add the whisked yogurt, mix and add in the washed rice and mix it well into the masala.
8. Now add in the required amount of water for the rice, check for salt and heat. (For unsoaked Basmati Rice 1: 1.5 cups of rice : water)
9. Transfer the contents to the Instant Pot and put it in manual mode for 6 minutes and delay of a minimum 30 minutes.
10. Once the cooking is done unplug and when the steam subsides naturally and fluff up the rice.

The same recipe can be used with mixed vegetables, chick peas or chicken and mutton.

Serves : 3-4 people
Cooking Time: 30 minutes

Coriander and Curry Leaves Rice



1. 1 cup of Basmati Rice
2. 1 cup of packed fresh coriander leaves
3. 1/2 cup of fresh or frozen curry leaves
4. 1/2 cup of roasted peanuts - split into 1/4 cups
5. 1 tbsp channa dal/bengal gram/kadalai paruppu (optional)
6. 2 tsp of split urad dal
7. 1 tsp coriander seeds
8. 1/2 tsp of peppercorns
9. 3-4 dried red chilies
10. 1/4 tsp cumin seeds
11. 2 tbsp grated fresh coconut
12. salt to taste
13. 1 tsp oil + 2 tsp of sesame oil
14. 1/4 cup of chopped red onions
15. seasonings: mustard seeds, curry leaves

Rice

1. Cook the rice either in an Instant Pot (8 minutes) or Pressure cooker for one whistle or stove top adding in a tsp of salt and 2 tsp of sesame oil.
2. Let the pressure subside naturally and fluff up the rice and set aside.
3. While the rice is cooking you can get the rest of the masala paste ready. In a wide mouthed pan dry roast the urad dal, coriander seeds and pepper corns, altogether is fine but only till the urad dal starts to turn slightly brown. Transfer to the blender. Add in the dried chilies and roast for a minute or so.
4. Add in the curry leaves and roast for a minute or so till it starts to change color followed by the coriander leaves and sauté for couple more minutes.
5. Add in the grated coconut and sauté for 2-3 minutes or till starts to brown. Add in half the peanuts and turn off the heat and add the roasted curry leaves and coriander leaves mixture to the blender.
6. Blend the sauteed mixture to a slightly coarse paste without adding water and set aside.
7. In a wide mouthed pan, add oil, if using channa dal roast that first till golden brown and then add the mustard seeds and when it pops add the onion and sauté till the onions become translucent. Add in the peanuts and sauté for a minute more.
8. Add in the blended paste and sauté for a couple of minutes.
9. Add in the fluffed up rice and mix it into the paste gently so as not to break the grains of rice. Turn off the heat.

Note: While fluffing up the rice use cutting motion to break the rice, this prevents the grains from being broken.

Serves : 3-4 people
Cooking Time: 25 minutes



1. 2 3/4 cups of chopped radish from 1/2 - 1 lb of red radish
 2. 1/4 cup from 1/4 - 1/2 red onion sliced thin
 3. 2 cups of vinegar + 2
 4. cups of water
 4. 2 tbsp of sugar
 5. 2 tsp of salt
 6. 10-15 green chilies slit or red chili flakes
1. Wash the radishes and pat dry them with a kitchen towel. Chop the ends off and cut them into thin sticks.
 2. In a sauce add vinegar, water, sugar, salt and chili flakes if using and let the vinegar come to a boil.
 3. Boil till the sugar is completely dissolved (for 1 cup of vegetables there should be 1 cup of water, 1 cup of vinegar and 1 tbsp of sugar)
 4. When you see bubbles in the liquid add the cut radishes and the slit green chilies. Leave for 3 minutes and turn off the heat.
 5. Let the vinegar cool down completely.
 6. Sterilize the glass jars (heat them in the microwave for 1 minute).
 7. Remove the radishes using a slotted spoon and add them to a glass jar and pour the vinegar liquid into the jar.
 8. Stays good for 2 months outside and longer in the refrigerator.

Bitter Gourd Pickle



1. 1 lb of Bitter Gourd - about 2 cups of sliced bitter gourd
2. 6-8 garlic gloves sliced
3. 3/4 - 1 cup of sesame oil
4. 2 tbsp of red chili powder (more or less)
5. 2 tsp turmeric powder
6. 1/2 - 3/4 cup of lemon/lime juice
7. seasonings: 1 tsp mustard seeds, curry leaves
8. 1/2 tbsp salt
9. 1/4 tsp of roasted mustard and fenugreek seeds powder
10. a small pinch of asfoetida

1. Cut the ends of the bitter gourd and slice the bitter as thick or thin as you want. I made 1/8 of an inch slices.
2. In a shallow wide mouthed pan, add about 1/4 cup of the oil and when hot shallow fry the bitter gourd pieces in batches and set them aside. Remove the bitter gourd pieces from oil when they start to turn slightly brown. They should not be fried to crisp.
3. Once the bitter gourd is done add the garlic pieces and fry them for a minute. Take care not to burn the garlic. Set it aside.
4. Now add the rest of the oil and when it is hot add the mustard seeds and when the seeds start to pop add the curry leaves followed by the fried bitter gourd pieces and garlic. Add turmeric powder.
5. Fry for a few minutes till the bitter gourd pieces are mixed in the oil. Add the lemon juice and let the liquid come to a boil.*
6. Add the chili powder and salt and mix well. Let it cook for about 3-4 minutes. Check for salt and heat. Add the powdered mustard - fenugreek powder, mix and turn off the heat.
7. Let the pickle sit for a couple of days before using. Transfer to sterilized glass jars**. Stays fresh on the counter top for 10 days. Refrigerate if you want it to stay longer.
8. Note:*If you need a little bit more gravy in the pickle increase the quantity of lemon juice. It might increase the tartness of the pickle too. A combination of lime and lemons tends to keep the tartness low.

**For sterilizing the glass jars I put in the microwave for 1 or 1 1/2 minutes

Shelf Life : 3-4 weeks
Cooking Time: 40 minutes

Tomato Pickle



1. 5 lbs of tomatoes - about 5 cups of chopped tomatoes
2. 5-8 green chilies
3. 6 garlic cloves
4. 1 tbsp red chili powder (adjust depending on the number of green chilies used)
5. 1 tsp of powdered roasted methi (fenugreek/vendhayam) seeds and a tiny piece of asfoetida
6. 4 tsp of salt (or as per taste)
7. 1/2 cup or slightly more of sesame oil (nallaennai)
8. seasoning: 1/2 tsp mustard seeds + a sprig of curry leaves (washed and completely dried)

1. Wash and dry the tomatoes completely. Perhaps wash it overnight and let them dry on a kitchen towel. Once dry roughly chop the tomatoes.
 2. Use a rice cooker or Instant Pot with a tsp of oil for to cook the tomatoes for about 20-30 minutes . This will reduce the cooking time further. In a regular pressure cooker cook for 6 whistles.
 3. In the meantime using a food processor or blender mince the garlic and the green chilies together into a coarse mixture. Do not make a paste.
 4. Heat a pot (I use a fairly deep one so there is no splatter), add 2 tbsp of oil, when hot add the seasonings.
 5. When the mustard starts to pop add the minced garlic and green chilies mixture. Stir for a minute.
 6. Add in the tomatoes with salt and another 1/4 cup of oil and let it cook for about 15-20 minutes stirring occasionally. At this stage it does not stick to the pan much but it is good to stir now and then.
 7. You will see the oil separating from the tomatoes, add the rest of the oil if required and the chili powder, mix and let cook for another 5 minutes.
 8. Add the powdered fenugreek and asfoetida powder and cook another 5 minutes till it becomes a dark red color and the tomatoes start to leaves the sides and oil starts pooling.
 9. Let cool completely before transferring to a glass container. Will stay outside for 1-2 weeks and longer in the refrigerator.
- The shelf life of the pickle is longer if all moisture is removed and a generous amount of oil is added. The spiciness can be adjusted by adding more chili powder and salt if needed.

Shelf Life : 1-2 weeks

Cooking Time: 2 hours (Use any kind of tomatoes)

Tomato Ketchup



1. 5 lbs of tomatoes washed and chopped
2. 1/2 lb total of onion, green chilies, ginger chopped and garlic chopped (1 red onion, 5 garlic cloves, 2 inch piece of ginger and about 10 green chilies)
3. 1/3 cup sugar
4. 1 1/4 cups of apple cider vinegar
5. 1 tsp of salt
6. 1 tbsp of olive oil
7. 2 tsp of pepper powder

1. In a heavy bottomed pan heat the olive oil and add all the vegetables excluding the tomatoes. Add the black pepper and salt. Let the vegetables sauté for about 4-5 minutes.
2. Add in the chopped tomatoes and let it cook till it disintegrates, becomes liquidy at first and then starts to thicken about 20-25 minutes.
3. Let the cooked tomato mixture cool for a bit and blend with a hand blender.
4. Strain the blended mixture through a fine sieve a couple of times till it is a smooth and shiny sauce.
5. Take the sauce, vinegar and sugar in a clean thick bottomed pan and let it continue to cook till the sauce thickens and becomes the consistency of tomato ketchup. Check the taste and add more sugar, vinegar or salt if required.
6. Let cool and pour them into sterilized bottles and refrigerate.

Any type of tomato should be good for this but they should be fully ripe.

*Shelf Life: 6 months or more refrigerated
Cooking Time: 2 hours*



1. 1 lb Gongura leaves
2. 1/2 cup Sesame Oil
3. 1/2 cup of small onions, red onions or shallots
4. 10-15 small garlic cloves
5. 4-5 red chilies
6. 1 tbsp red chili powder
7. 2 tsp cumin seeds
8. 1 tsp fenugreek seeds
9. salt to taste
10. seasoning: 1/4 tsp mustard seeds, cumin seeds and a few fenugreek seeds, curry leaves



1. In a sauté pan dry roast cumin seeds and when it starts to turn color set aside. Now add the fenugreek seeds and roast till it turns color. Transfer both to a coffee grinder or blender and powder.
2. Use a mortar and pestle to pound the onions. Add the red chili powder and salt followed by the onions and pound the onions till they are mashed. Set aside.
3. In a wide mouthed pan or kadai, heat oil and add the seasonings and when mustard starts to pop, add the curry leaves if using followed by red chilies and garlic. Let them start to turn color.
4. Add the gongura leaves and sauté till they are completely wilted. About 6-8 minutes.
5. Add the pounded onions and let it cook for another 5-6 minutes. Continue to cook till the oil separates.
6. Now add the powdered cumin and fenugreek seeds and mix it in.

Shelf Life: 2-3 weeks or longer in refrigerator
Cooking Time: 45-50 minutes



1. 5 lbs of tomatoes
2. 3 - 3 1/2 cups of sugar
3. 2 tbsp of lemon juice

1. In a thick bottomed pot cut the tomatoes and cook them for about 30-45 minutes till the tomatoes disintegrate and it gets mushy. Let come to room temperature. If needed use a hand blender to break down the tomatoes further. I did not use a blender but used the back of a ladle to mash it a bit.
2. Now run the cooked tomatoes through a strainer to remove the seeds and skin.
3. Take the strained tomatoes, sugar and half of the lemon juice in a heavy bottomed pot and continue cooking till the mixture becomes nice and shiny. This will take another 20-30 minutes. Do a thickness test. In a small bowl with cold water drop a few drops of the cooking mixture. If it does not dissolve it is ready. Continue cooking till the jelly thickens to a consistency you prefer.
4. The jelly continues to thicken as it cools, so turn off the heat when it is close to the stage you want



*Shelf Life: 2 months longer in refrigerator
Cooking Time: 1 – ½ hours*



1. 1 medium sized bottle gourd - 4 cups of grated bottle gourd
 2. 2 cups of sugar
 3. 2 cups of milk
 4. 1/4 cup of ghee or more if needed
 5. 1/4 cup of roasted cashews (skip if you do not want nuts)
 6. 1/2 tsp cardamom powder
1. Peel the bottle gourd, cut the bottle gourd in half and remove the spongy insides. Now grate the bottle gourd or use a vegetable chopper to chop the bottle gourd in tiny pieces.
 2. In a heavy bottomed wide mouthed pan, add about 1/2 tbsp of ghee and sauté the grated bottle gourd for about 5 minutes or so.
 3. While stirring add in the milk and let the mixture cook till the bottle gourd is completely cooked. This takes anywhere between 25-30 minutes.
 4. In a sauté pan add ghee and roast the cashews till golden and set aside.
 5. Add a tsp of sugar to the cardamom and powder it in a coffee grinder or using mortar and pestle and set aside.
 6. Once the bottle gourd mixture thickens add in the sugar and the rest of the ghee or more if needed. Let it cook till the sugar melts and the halwa thickens.
 7. Add the powdered cardamom and roasted cashews and turn off the heat. Stays outside for 3-5 days and for a month or more refrigerated.



1. 5 Cups of grated pumpkin
2. 2 1/2 cups of sugar
3. 1 1/4 cups of milk (I used 2 cups of milk which was a bit much)
4. 2 tsp of cardamom powder
5. 1/4 - 1/2 cup of ghee
6. 1/4 cup of cashews and 1 tbsp of Chironji

1. Peel the pumpkin, remove the seeds and the stringy parts from inside and grate using a box grater or in a food processor. Squeeze if you want to remove the excess moisture and set aside.
2. The following steps can be done in the Instant pot in the Sauté mode but put in the 'Less' setting. I used a pot and did the sauteing and then transferred to the Instant Pot.
3. Heat 2 tsp of ghee and add the grated pumpkin and sauté for 4-5 minutes.
4. Add in the milk and cook for 20 minutes or so. In the Instant Pot which is in sauté mode and in the Less setting continue to stir from time to time. Add in the cardamom powder.
5. Continue to stir till most of the milk is absorbed and the halwa starts to thicken.
6. Start to add ghee at this point. Stir till the halwa starts to glisten.
7. In a sauce pan heat a bit of ghee and sauté the cashews and the Chironji nuts and set aside.
8. Finally add in the roasted nuts and mix it in.

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Enjoy cooking with friends and family 😊

If you would like to share recipes, ask questions or have comments drop an email to:

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