



# Rajasthan On A Platter

**Healthy, Tasty, Easy**

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- Each recipe follows a standard format of preparation time, cooking time, ingredients, nutritional value and its variations, with information on the recommended nutritional allowances for different body types, lifestyles, age groups and genders
- Nutritive values of the recipes based on research and reference have been minutely calculated
- Each recipe is accompanied by beautiful high resolution color photographs of the dishes. Detailed glossary, index

The book presents traditional, easy-to-cook Rajasthani meals and related food recipes, for young homemakers, future chefs and all food connoisseurs. It transfers homegrown knowledge to the young generation and caters to multicultural readership. Each recipe has been combined with supplementary food items to present the concept of a tasty, wholesome and nutritious meal. They focus on a fast-changing society where "snacking" is replacing full sit-down meals and "finger food" and "quick bites" fulfill the purpose of a light dinner. The dishes add plenty of nutritive value to the diet and cater to the eating habits and fast lifestyle of the multi-tasking generation.

The select recipes are grouped in five categories cereals, pulses, vegetables, non-vegetarian dishes and special dishes for festivals.

Contents: Welcome to Rajasthan and the Local Cuisine (Padharo Mahre Desh); Flavours of Cereals (Zaika Anaj Ka); Wheat; Sadi bati; Churma; Dupper; Missi roti; Gulgule; Lapsi; Daal dhokli; Wheat ghughari; Wheat flour roti; Puri; Plain paratha; Bharwa / aloo paratha; Sabzi paratha; Meetha paratha; Halwa; Doodh dalia; Maize; Maize roti; Makki ka dhokla; Raab; Maize papadi / khichiya; Bhutta pakodi; Bhutta sabzi; Bhutta pulav; Jajaria; Bhutta barfi; Bajra; Bajra kheech; Bajra gudmudia; Bajra khichada; Power of Pulses (Damdaar Daalen); Mixed daal; Mangodi / badi; Mangodi ki sabzi; Kadhi pakodi; Pakodi sabzi; Besan gatte; Sabut moth; Besan chakki; Vegetables in a Variety (Sabziyan Swaad-bhari); Ratalu sabzi; Bharwa besan mirch; Mirchi bada; Kachha kela chhilka sabzi; Dried vegetables curry; Pach kuta / ker sangri; Meethi dana methi sabzi; Dana methi papad; Lahsan chutney; Papad sabzi; Kachhi haldi ki sabzi; Mirchi ke tapore; Meat, Poultry, Eggs (Maansahaari Zaika); Laal maans; Keema matar; Chicken curry; Egg curry; Fish curry; Fish fry (snack/ starter).

**Dr Suman Bhatnagar** completed her M.Sc, M.A. and Ph.D from M.S. University, Baroda, Udaipur University and Gujarat University respectively. She was associated with teaching, research and extension at College of Home Science, and Directorate of Extension Education, Agriculture University, Udaipur for 20 years. She has worked as Project Officer (Education) with UNICEF, India for 20 years. She is committed to render her services for ensuring the Rights of Children and Empowerment of Women. She also writes books and articles in magazines and newspapers. Traveling is her hobby and she enjoys writing about her experiences. **Dr Pushpa Gupta** did her M.Sc and Ph.D from M.S. University, Baroda and Gujarat University Ahmedabad respectively. She had been associated with teaching, research and extension at the College of Home Science for 39 years. Dr Gupta was head of the department and Dean of College of Home Science. She is associated with NGOs for social work and also contributes articles for magazines.