

Monas Sweets & Savory

SNACKS : Finger Foods

1. **PUFF PASTRIES** : *Flaky light pastry made from a laminated dough and filled with seasoned spicy potatoes*
2. **BRUSHETTA** : Grilled bread rubbed with garlic and topped with olive oil and salt. Variations may include toppings of tomato, vegetables, beans, cured meat, or cheese
3. **CHINESE SAMOSA-** This is a very innovative dish made from a combination of Indian and Chinese cuisine. Samosas filled with chinese noodles
4. **HOLLDOLL PAKORAS** : layers of bread which includes green pasto , kectchup & spicy potato filling & covered with gram flower and deep fried.
5. **PAKORAS (Bread/Poha/Paneer&Spinach/Sabudana)**
Variation dipped in thick spicy gram flower mixture and deep fried to get the crispness
6. **POTATO SPIRAL** - Deep fried or baked spiral-cut whole potato on a skewer, brushed with various seasonings such as onion, cheese, or honey.
7. **DAHI SAUNT PAKORI** : Dahi Vada is a snack prepared by soaked lentils formed in a shape of balls and served in thick dahi
8. **SABUDANA PAKORAS:** Tapioca & boiled potato mixed with spices and pan or deep fried.
9. **CHANA/URAD DAL PAKORA** : Fritters that are soaked & grounded lentils
10. **CHOLE TIKKI** : Boiled potatoes, peas, and various spices added to make "tikki" meaning a small cutlet. Served with spicy chick peas curry
11. **CHOLE CHAT OR KALE CHANE CHAT** – Black chick peas made into very flavorful dry mixture and topped with onions & cilantro and chatni
12. **DAHI PAPDI - Dahi Papdi** Chaat is a delicious chaat recipe where you will get to taste the sweetness of **curd**, soft melt-in-the-mouth potatoes, crispiness of **papdi** (wafers) and the Indian spices that add flavour
13. **KACHORI** - Round ball made of flour and dough filled with a stuffing of yellow moong dal, black pepper, red chili powder, and ginger paste.
14. **ALOO CHAAT** – This is one of the most popular street foods made with potatoes, sweet sour spicy chutneys & topped with sev
15. **ALOO CHAAT (BASKET)** – Fried Potato basket served with sprouted beans/ curd & chatnis
16. **CORN FRITTERS** – Mixture of Corn/ flour/ cheese / spices & deep fried
17. **RAJMA + COTTAGE CHEESE ON TOAST** – Kidney Beans sauteed with onions & tomatoes with cilantro & spices & served with topping of Cottage cheese.
18. **POHA** – Flattened rice soaked for couple of hrs and then added to a mixture of onions & tomatoes (variation – potato & peas)

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20. **UPMA** - a thick porridge from dry-roasted semolina
21. **HARA BHARA KABAB** - Vegetarian Kababs made with potatoes, spinach and peas
22. **HEALTHY VEGETABLE POTLI** – Savory Crepes made with Wheat flour & filled with cottage cheese and tomatoes.
23. **PANI PURI** - hollow puri, fried crisp and then filled with a mixture of flavored water, tamarind chutney, chili, chaat masala, potato, onion or chickpeas
24. **PAV BHAJI** – Thick vegetable curry served with a soft bread roll
25. **STUFFED MUSHROOMS** – mixture made from mushroom stems/ bell pepper/ cheese & bread crumbs & pan fried or baked
26. **CUCUMBER CUPS WITH MUSHROOMS** – Elegant appetizer includes cucumbers shaped in cups & filled with mushroom & peas
27. **MATHRI PLAIN / ONION** : Kind of Flaky biscuit from north-west region of India. It is made from flour, water, and cumin seeds.
28. **SANDWICH TOAST** – Sandwich toast made with variations – cottage cheese & olives / bell pepper/ cheese & onions / potato filling / tomatoes & onions
29. **ONION RINGS** – A popular appetizer with onions coated with flour and deep fried
30. **ALOO FRENCH FRIES** – Potato fried in hot oil and sprinkles with salt and pepper
31. **SABUDANA KHICHDRI** - is a delicious dish of tapioca pearls (sago) made with potatoes, peanuts and usually had during hindu fasting days like navratri, ekadashi, mahashivratri
32. **KHANDVI** - savory snack that consists of yellowish, tightly rolled bite-sized pieces and is primarily made of gram flour and yogurt.
33. **KALE CHANE KE PAKORE** – soaked & grounded chick peas with onions – shaped into balls and deep fried
34. **TOMATO CHEESE SANDWICH** – sandwich made of tomatoes & cheese
35. **FRUIT PLATTERS** – Fruit Medley - Combination of fruits
36. **DHOKLA** - Fermented gram flour and yogurt batter steamed, cut into cakes and tempered with mustard seeds and topped with fresh corriander leaves.
37. **IDLI** – Fermented & steamed rice batter made into rice cakes and served with lentil soup.
38. **CHEESE CRACKER PLATTER** – variation of cheese & crackers
39. **CORN SPINACH RICE ROLL** – pan fried or deep fried mixture of corn spinach & rice.
40. **CELERY CREAM CHEESE** – celery stuffed with cream cheese and served



chilled

41. **CARROT ROLLS** – rolled bread with shredded carrots. baked & served
42. **LAUKI MUTHIA** – steamed semolina & Lauki (bottle gourd) shaped as a vade

CHAATS : Meaning a little more than a snack

1. **DAHI VADA** - Dahi Vada is a snack prepared by soaked lentils formed in a shape of balls and served in thick dahi
2. **PAPDI CHAAT** - Crisp papdi topped with potatoes, moong, delicious chutneys, sweetened yogurt and crunchy sev.
3. **SAMOSAS CHAAT** - crushed crunchy potato stuffed **samosa** taht is then topped with channa/chickpeas, yoghurt, sweet and tangy chutneys and some fine sev (gram flour vermicelli).
4. **ALOO CHAAT** - **Aloo chaat** is one of the most popular street foods made with potatoes, sweet sour spicy chutneys & sev. .
5. **Khasta KACHORI CHAAT (DAHI) kachori** is is made of (Moon dal) lentil filling and topped with curds and chutneys to make an irresistible **chaat**
6. **KALE CHANE CHAAT** - Black chick peas made into very flavorful dry mixture and topped with onions & cilantro and chatni
7. **CHOLE TIKKI CHAAT** - Boiled potatoes, peas, and various spices added to make "tikki" meaning a small cutlet. Served with spicy chick peas curry
8. **SPROUTS CHAAT** - **sprouts**, red chili powder, **chaat** masala, lemon juice, and chopped onions & tomatoes. It is a healthy salad with no oil dressing and has got a spicy and fresh flavor
9. **ALOO BASKET CHAAT** - Fried Potato basket served with sprouted beans/ curd & chatnis
10. **PURI CHOLE** - **Puri** or **Poori** is a deep fried Indian roti, that can be made either only with wheat flour served with Chole (Chick peas).
11. **CHOLE BHATURE** - fried bread made from maida (all purpose flour) and served with spicy chick peas curry
12. **BHEL PURI (PAPAD CONES)** - made of puffed rice, vegetables and a tangy tamarind sauce and served in cones made out of papad (made from lentils)
13. **PANI PURI** - round, hollow puri, fried crisp and filled with a mixture of flavored water, tamarind chutney, chili, chaat masala, potato, onion or chickpeas



Chutney's & Raita's (Side Dishes)

- 1 PLAIN RAITA – Yogurt with ground Cumin & Corriander
- 2 CUCUMBER AND MINT RAITA – Yogurt with shredded Cucumber & dry Mint leaves.
- 3 BOONDI RAITA - **boondi** (which has been soaked in water to make it soft, then sieved) and seasonings of salt, chilli, and other spices. It is eaten as a side dish with pulao or any other meal.
- 4 HAARI CHUTNEY - coriander **chutney** recipe is for preparing irresistible mild spicy Indian style dip using green coriander leaves, mint leaves, green chilies, groundnuts, ginger and lemon juice.
- 5 MEETHI CHUTNEY **Methi Chutney** is a North-Indian recipe which is prepared with **methi** seeds, sesame seeds and lots of spices, simple flavors to your taste buds because of dry mango powder.
- 6 RED CHILI SAUCE – Puree of garlic, salt, ground pepper, ground cloves ground together
- 7 GARLIC CHUTNEY – Grounded fresh garlic, dry or fresh coconut, groundnuts and green or red chili peppers along with cumin and tamarind
- 8 PLAIN BASMATI RICE - Boiled rice
- 9 VEGETABLE FRIED RICE – Various Vegetables sautéed and added to pre boiled rice with various spices
- 10 ROTI / PARANTHAS - round **flatbread** made from stoneground wholemeal flour, traditionally known as atta, and water that is combined into a dough & then rolled into flatbread and cooked on the pan.
- 11 LACCHA PARANTHA - means layered paratha
- STUFFED PARANTHAS – (*Onion/Potato/Spinach/Methi/ Paneer /Cauliflower/ Keema- minced chicken*) - wholesome treats that are quite filling & go well with Curd & butter
- 12 SALAD – combination of cucumber / onions / celery



MAIN COURSE

1. **BAIGAN ALLOO** - spiced potatoes and eggplant
2. **BAIGAN TAMATAR** – Spiced Eggplant & Tomatoes
3. **BAIGAN BHARMA / BHARTA** - minced eggplant that is grilled over charcoal or direct fire
4. **BAIGAN MANGODI** - prepared with potatoes and eggplant along with moong dal mangodi (dried lentils)
5. **NARGISI KOFTA**(veg & non veg) - mughlai recipe,a combination dish of chicken keema and boiled eggs./ **paneer** and potatoes for veg. version
6. **RAJMA** - red kidney beans in a thick gravy with spices, goes well with rice
7. **KHADI (WITH OR WITHOUT PAKORE) kadhi** is a spiced curd sauce that can be had **plain** or with steamed rice
8. **MALAI KOFTA** – is the vegetarian version of meatballs in **tomato** gravy
9. **PANEER CURRY (RED / GREEN CURRY)** – **Paneer Balls in tomato based** gravy
10. **ALOO MATAR or PANEER** - potatoes and peas in a spiced creamy tomato based sauce. The sauce is generally cooked with garlic, ginger, onion, tomatoes, cilantro, cumin seeds and other spices
11. **DAL MAKHANI** - black lentil, red kidney beans, butter and cream. The dish gets its richness from the use of cream, but it can also be prepared with yogurt or milk
12. **DAAL (SPECIFIC OR MIXED)** – Lentil soup (could be mixed or just one)
13. **GOBI TAMATAR** – Cauliflower made in **Tomato puree**
14. **GOBI FRIED** - cauliflower florets are batter **fried** until crisp. Then they are seasoned with a spicy masala. Crisp **fried** curry leaves, green chilies, spice powder and yogurt
15. **KHICHDI** - Indian comfort food made of rice, lentils, and turmeric, include its ability to nourish the body & good for in digestion
16. **KADDU (PUMPKIN)** - sweet-sour pumpkin curry that is loaded with fibre, vitamins and minerals
17. **PATTA GOBI** - shredded cabbage made with light oil peas & carrots.

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18. **BHINDI (SLICED OR STUFFED)** – Okra made with or without onions. Favorite amongst kids.
 19. **LAUKI / TURAI - Lauki** is a simple and healthy vegetable side dish that is also known as Bottle Gourd. Made with tomatoes to jazz it up.
 20. **TINDORA** - small green coloured vegetable which looks like a small baby cucumber it's a lightly spiced dry vegetable
 21. **PITAUD** - A traditional **Rajasthani** Pitor is a very spicy and tangy curry, made up of yogurt and tomato, Added with a nice soft and crisp gram flour.
 22. **GATTE KI SUBZI** - delicious curry prepared from boiled and spiced gram flour dumplings called Gatte dunked into spicy curd gravy.
 23. **PAPAD KI SUBZI - Rajasthan** which can be prepared instantly by frying the papads and sautéing them in gravy made of curd-tomato.
 24. **ALOO IN GREEN GRAVY** – Potatoes cooked in mint
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South Indian Dishes:

1. **IDLI SAMBAR** – **Idli** is made of fermented rice and black gram batter and steamed in molds. **Sambar** is a lentil soup with vegetables.
 2. **VADA SAMBAR** – **Vade** is a doughnut shaped with a crispy exterior and soft interior (made of lentils) and served with sambhar – a lentil soup with lots of vegetables.
 3. **DOSA** - Flat thin layered rice batter, made from a fermented batter. It is somewhat similar to a crepe in appearance. It's made of rice and black gram ground together in a fine, smooth batter with a dash of salt
 4. **ADAI** - Tend to be thicker and heavier. -**Adai** batter is made using mixed lentils along with rice. Looks like a Dosa (crepe or Chila)
 5. **UTHAPAM** - Uttapam is a thick pancake, with toppings.
 6. **TAMRIND RICE** - **tamarind rice** which can be made in a jiffy if you have precooked **rice**. Its tangy/sour, spicy taste and has dry roasted peanuts & spices.
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Rajasthani Dishes

1. **MIXED DAAL** - Soup made from mixture of all lentils
2. **BATI (PLAIN / STUFFED)**- **Dal bati** is a traditional dish from the state of Rajasthan.

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Wheat balls are served with a delicious mix of lentils and lots of ghee!

3. **CHOORMA** - wheat flour balls **baked in oven & then grounded and served with sugar.**
4. **MITHI BOONDI** - **Sweet Boondi** is a super easy and quick-to-make dessert made with gram flour, saffron, almonds, green cardamom, ghee and sugar.
5. **Ker SANGIRI** - **Ker Sangri** is a traditional Rajasthani dish made using dried **Ker Berries** and **Sangri Beans**
6. **PAPAD KI SUBZI** - **Rajasthan** which can be prepared instantly by frying the papads and sautéing them in gravy made of curd-tomato.
7. **BOONDI KA RAITA** - **boondi** (which has been soaked in water to make it soft, then sieved) and seasonings of salt, chilli, and other spices. It is eaten as a side dish with pulao or any other meal.
8. **MIRCHI KE TIPORE** - Instant Chili Pickle is a very famous popular Rajasthani delicacy, and this is a must in any Rajasthani thali.
9. **MANGO LAUNGI** - **Launji** is an instant sweet and sour relish or pickle made by cooking raw **mangoes** and jaggery
10. **KADHI (PLAIN)** - **kadhi** is a spiced curd sauce that can be had **plain** or with steamed rice