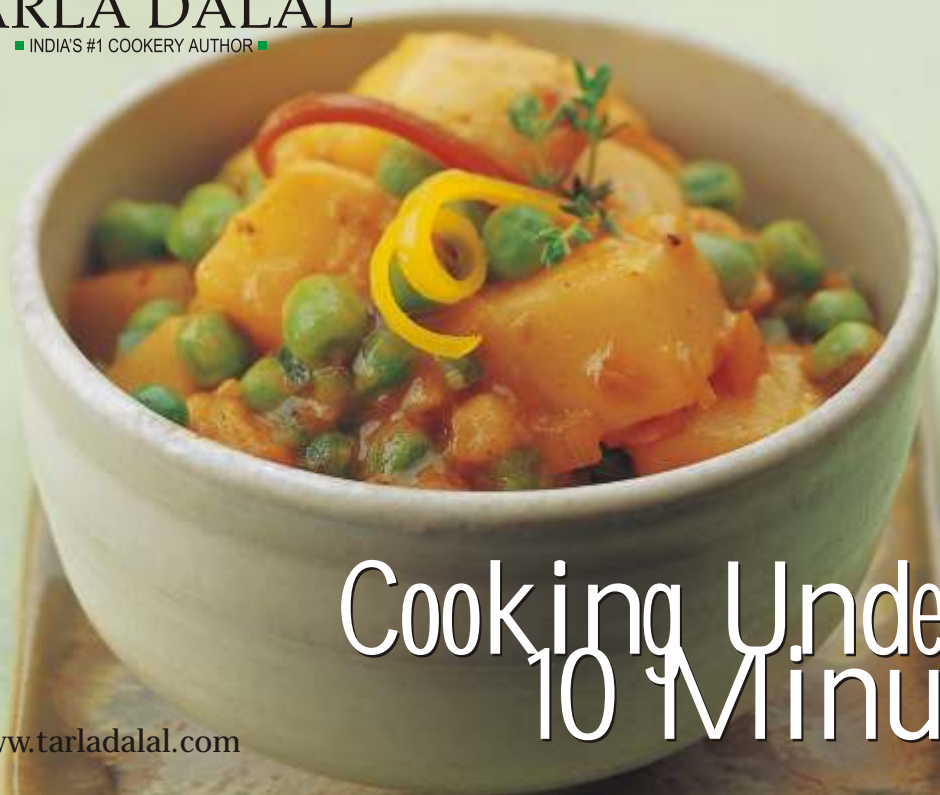


# TARLA DALAL

■ INDIA'S #1 COOKERY AUTHOR ■



## Cooking Under 10 Minutes

[www.tarladalal.com](http://www.tarladalal.com)

## ☺ INTRODUCTION ☺

In today's age of nuclear households and fast-paced living, nobody seems to have the time to cook. Keeping this in mind, we have worked on various recipes from a variety of cuisines which can be made in a jiffy.

Most of the recipes in this book are portioned for two people and are easy to follow for both seasoned homemakers and amateurs.

Cooking under 10 minutes is not an impossible feat if you follow certain guidelines like planning and collecting your ingredients systematically and using simpler methods of cooking.

We have also relied on pre-made pastes and purées to make cooking less of a chore. A delicious chocolate pie can be created in 10 minutes by using a biscuit crust instead of the traditional shortcrust pastry base. Time-consuming pulaos can be pressure cooked to perfection making them great one dish meals.

So no matter how short you are on time, this book will let you enjoy the pleasures of home-cooking without too much fuss. All the recipes have been approved by me and my research team and you can therefore be assured that every recipe will come out *just right-on time, every time!*

Tarda Datal

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## 🕒 STIR-FRIED BABY CORN 🕒

**A**spicy medley of baby corn and vegetables.

Preparation time : 6 minutes.    Cooking time : 5 minutes.    Serves 2.

½ cup sliced baby corn  
½ cup cubed onions  
¼ cup cubed yellow peppers  
¼ cup cubed red peppers  
¼ cup cubed capsicum  
1 tomato, diced  
1 tsp cumin seeds (jeera)  
2 tbsp chopped coriander  
1 tbsp butter  
black salt (sanchal) to taste

1. Cut the tomato into half. Remove and discard the pulp. Cut the firm portion into cubes and keep aside.
2. Heat the butter in a pan and add the cumin seeds. When the cumin seeds crackle,

- add the baby corn, onions, yellow and red peppers, capsicum and tomato.
3. Stir-fry for some time and then add the coriander and black salt.  
Serve hot.

*Handy tip* : Do not overcook the vegetables as they will lose their crispness.

## STIR-FRIED BABY CORN



## 🕒 ORIENTAL BHEL 🕒

**A** quick, unusual and wholesome dish.

Preparation time : 7 minutes.    Cooking time : 9 minutes.    Serves 2.

6 strips samosa patti (cut into 12 mm. (½") thick strips)  
oil for deep frying

For the stir-fry

1 onion, sliced

1 clove garlic

1 stalk celery, chopped

1 capsicum (yellow or green or red), cut into strips

1 cup bean sprouts

1 cup torn lettuce leaves

1 tsp butter

salt and pepper to taste



For the sauce

½ cup tomato ketchup

1½ tsp soya sauce

1 stalk celery, chopped

1 tsp vinegar

For the sauce

Combine all the ingredients in a saucepan and bring to a boil. Keep aside.

For the stir-fry

1. Heat the butter and add the onion, garlic and celery and sauté for 1 minute.
2. Add the capsicum, bean sprouts, lettuce, salt and pepper and sauté for another minute. Keep aside.

How to proceed

1. Deep fry the strips of samosa patti in hot oil and drain on absorbent paper.
2. Place them on a serving plate and top with the stir-fry.
3. Pour the warm sauce over the stir-fry.  
Serve immediately.

Time-saving tip : When the sauce is simmering, start working on the stir-fry.

# ORIENTAL BHEL



Achari Paneer



Our easy to make recipes will let you enjoy the pleasures of home cooking without too much fuss... all in a jiffy.

The selection of Subzis, Pulaos, Snacks, Soups, Pastas, Stir-fries and even Desserts are so cleverly designed that you can actually prepare a recipe in 10 minutes or less and nobody will even guess that you didn't spend hours in the kitchen.

There is also a section with menus planned for each day of the week whereby a whole meal can be put together in only 30 minutes.

Happy and quick cooking.

*Tarla Dalal*



“Padma Shri” awardee, Mrs Tarla Dalal is India's best selling author in any field, with over 3 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, ‘Cooking & More’, which is the best selling cookery magazine in India, under her own name.

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