

# THE PLEASURES OF VEGETARIAN COOKING

TARLA DALAL

OVER 250 DELICIOUS RECIPES — PRACTICAL, QUICK AND EASY



# CONTENTS

Introduction	9	3. Cheese fondue	26
Weights, Measures, Temperatures and Times	12	4. Cheeseball	27
Notes on Ingredients	14	5. Baked beans dip	27
Terms Used in Cooking	16	6. Cutlet topping on salted biscuits	28
		7. Bread bhajias	28
		8. Canapes	29
<b>List of Recipes</b>			
<b>I. Drinks and Appetisers</b>	19	<b>II. Soups</b>	30
<i>Special Ice Cubes and Frosting</i>		<i>Soup accompaniments</i>	
1. Vegetable ice cubes	20	1. Caraway seed toast	31
2. Fruit ice cubes	20	2. Cheese boxes	31
3. Ginger-ale ice	20	3. Melba toast	31
4. Frosted glasses	20	4. Toast cases or croustades	32
		5. Cheesy melba toast	32
<i>Drinks</i>		6. Toasted garlic buttered french bread	32
1. Hawaiian shake	21	7. Croutons	35
2. Hawaiian punch	21	<i>Basic stocks</i>	
3. Orange and ginger-ale punch	21	1. Basic brown stock	35
4. Orange and pineapple cup	22	2. Basic white stock	35
5. Grapefruit cup	22	<i>Soups</i>	
6. Fresh fruit cup	22	1. Bombay curry soup	36
7. Mint and ginger cup	23	2. Cream of asparagus soup	36
8. Mint julep	23	3. Leek soup	37
9. Hawaiian cup	23	4. Celery chowder soup	37
10. Fruit cocktail	24	5. Corn chowder soup	37
11. Lemon cooler	24	6. Vegetable chowder soup	37
12. Raspberry cup	24	7. Noodle soup	38
13. Orange and strawberry punch	25	8. Vitamin broth	38
14. Frosty fruit ale	25	9. Cream of spinach soup	38
15. Fruit frappe	25	10. Cheese soup	39
<i>Appetisers</i>		11. Three course soup	39
1. Paneer snacks	26	12. Onion soup /	40
2. Potato snacks	26	13. French onion soup	40

## *Soups (Contd.)*

14. Cream of carrot soup	41
15. Minestrone	41
16. Sopa-de-queso	41
17. Borsch	42
18. Gazpacho	42

## **III. Salads** 43

Garnishes for salads	44
Simple fruit salad combinations	44

## *Dressings*

1. *Mayonnaise (liquidiser preparation)	45
2. *Mayonnaise (old fashioned)	45
3. Condensed milk mayonnaise	45
4. Salad cream	46
5. French dressing	46
6. Thousand Island dressing	46

## *Salads*

1. Russian salad	47
2. Carrot and raisin salad	47
3. Fruit and vegetable salad	48
4. Bean salad	48
5. Peach and ginger-ale salad	49
6. Cabbage and pineapple salad	49
7. Macaroni salad	50
8. Sunshine salad	50
9. Cheesy fruit salad	53
10. Waldorf salad	53
11. Date-marshmallow waldorf	53
12. Cole slaw	54
13. Tropical fruit salad	54
14. Golden glow salad	55
15. Cucumber and asparagus salad	55

## **IV. Chinese Vegetarian Cuisine** 56

1. Boiled noodles	57
2. Fried noodles	57
3. Sweet and sour vegetables	58
4. Vegetables and noodles	58
5. Sweet corn soup	59
6. Sweet corn and asparagus soup	59

7. *Sweet corn soup (with egg)	59
8. Sweet corn soup (using tinned corn)	59
9. Vegetable and noodle soup	60
10. Clear soup	60
11. Spring rolls	63
12. Vegetable chow-chow	64
13. Chinese fried rice	64
14. *Chinese egg-fried rice	65
15. American chop suey	65
16. Vegetables with almonds	66
17. Vegetable gold coin	66

## **V. Indian Vegetable Dishes** 67

1. Plain parathas	68
2. Cauliflower parathas	68
3. Potato parathas	69
4. Apple vegetable	69
5. Malai kofta	70
6. Vegetable jhalfrazie	73
7. Cauliflower with chutney	73
8. Goanese potato	74
9. Paneer palak	74
10. Vegetable makhnwala	75
11. Masala vegetable	75
12. Chole	76
13. Moglai cauliflower	76
14. Masala masoor	77
15. Whole urad dal	77
16. Navaratna curry	78

## **VI. Western Main Dishes** 79

### *General*

1. Accompaniments	80
2. White Sauce	81

### *Main Dishes*

1. Brown stew	81
2. Vegetable Grimaldi	82
3. Vegetable Imperial	82
4. Vegetable au gratin	83
5. Hawaiian cocoanut	83
6. Vegetable nerofoi	84
7. Curried beans	84

## Main Dishes (Contd.)

8. Baked corn	85
9. Baked corn with asparagus	85
10. Baked spinach with spaghetti	85
11. Brinjal cutlets	86
12. *Cheese souffle	87
13. Green noodles with capsicums	87
14. Cutlets in tomato gravy	88
15. *Spaghetti souffle	91
16. Macaroni hot pot	91
17. Lasagne verdi	92
18. Ravioli	93
19. Canneloni—Neapolitan style	94
20. Pizza	95
21. Cheese cutlets	96
22. Deluxe baked beans	96
23. Beans and vegetables	97
24. Baked spaghetti in tomato sauce	97
25. Baked pancakes	98

## VII. Rice Dishes 99

1. Green pullav	100
2. Corn pullav	100
3. Red pullav	101
4. Beans with buttered rice	101
5. Dhan-saak rice	102
6. Vegetable pullav with cocoanut curry	103
7. Vegetable curry with cocoanut rice	104
8. Biryani	105
9. Risotto	106
10. Savoury rice with vegetables	106
11. Spanish rice	109

## VIII. Ice-creams 110

1. Falooda ice-cream	112
2. Pear Helene	112
3. Mango ice-cream	113
4. Custard apple ice-cream	113
5. Peach melba	113
6. Praline ice-cream	114
7. Lemon drop ice-cream	114

8. Lemon and orange ice-cream	115
9. Lemon ice-cream	115
10. Spicy peach ice-cream	115
11. *Orange ice-cream	116
12. *Orange, raisin and rum ice-cream	116
13. *Orange brandy ice-cream	116
14. *Orange chocolate ice-cream	116
15. Chocolate ice-cream	117
16. Choconut ice-cream	117
17. Strawberry ice-cream	117
18. Strawberry ice-cream (in refrigerator)	117
19. Tropical tornado	118

## IX. Desserts 119

### General

1. *Sponge cake for puddings	120
2. *Chocolate sponge	120
3. Custard sauce No. 1	120
4. Custard sauce No. 2	121

### Desserts

1. Chocolate cake	121
2. *Pineapple upside-down cake	122
3. Pineapple upside-down cake (eggless)	122
4. *Caramel custard	122
5. *Lemon snow mist	123
6. *Queen of puddings	124
7. Apricot delight	124
8. Pears with apricot sauce	125
9. Apple pie	126
10. Chocolate chiffon pie	126
11. Orange cream pie	127
12. *Lemon chiffon pie	128
13. Lemon and peach delight	129
14. *Strawberry cream puffs	129
15. *Strawberry souffle	130
16. *Pineapple souffle	131
17. *Chocolate souffle	132
18. *Baked Alaska	135
19. Fruit and jelly cake	136
20. *Steamed Christmas pudding	137
21. Crunchy apple cobbler	137

## *Desserts (Contd.)*

22. *Pineapple flan	138
23. Pineapple flan (eggless)	138
24. *Walnut cream roll	139
25. *Crepes Suzette	140

## **X. Cakes** 141

### *Icings*

1. Glace Icing	144
2. Butter Icing	145

### *Cakes*

1. *Victoria sponge cake	146
2. Chocolate sandwich	146
3. Lemon sandwich	146
4. Orange sandwich	146
5. Coffee sandwich	146
6. Sponge cake (eggless)	147
7. Iced petit fours	147
8. *Date and walnut cake	148
9. Spicy peach cake	148
10. *Chocolate cake	149
11. *Cocoanut layer cake	150
12. Madeleines	153
13. *Pineapple cake	154
14. Pineapple cake (eggless)	154
15. *Swiss roll	155
16. *Chocolate Swiss roll	155
17. Swiss roll (eggless)	155
18. *Black forest cake	156
19. Chocolate cake (eggless)	157
20. *Orange gateau	158
21. Orange gateau (eggless)	158
22. *Choco-cherry torte	159

## **XI. Biscuits and Sweets** 160

1. Cocoanut toffee	161
2. Chocolate and walnut fudge	161
3. German bretzels	162
4. Cocoanut biscuits	162
5. Bourbon biscuits	163
6. Jam biscuits	163

7. Rich shortbread biscuits	164
8. Shortbread fancies	164
9. Chocolate pinwheels	165
10. Currant shorties	165

## **XII. Pastries** 166

### *Basic pastries*

1. Shortcrust pastry	168
2. Rich shortcrust pastry	168
3. Sweet shortcrust pastry	168
4. *Choux pastry	168

### *Other pastries*

1. *Lemon tarts	169
2. Jam tarts	169
3. *Cocoanut slices	170
4. *Jelly cakes	170
5. *Cream cakes	171
6. Cream cakes (eggless)	171
7. Vienna shortcakes	172
8. Shortcake cookies	172
9. Rich flapjacks	173
10. Oriental fingers	173
11. Swiss fingers	174
12. *Chocolate eclairs	174

## **XIII. Snacks** 175

1. Corn cups	176
2. Corn croquettes	176
3. Corn baskets	177
4. *Savoury cheese puffs	178
5. Cheese toast	178
6. Bread savoury	179
7. Cheesy onion fingers	180
8. Asparagus rolls	180
9. Toasted cheese rolls	181
10. Pinwheel sandwiches	181
11. Spaghetti balls	182
12. Baked cinnamon treats	182
13. Vegetable horns	183
14. Waffles	184