

KILLJOY COOKS

RECIPE BOOK No. 01

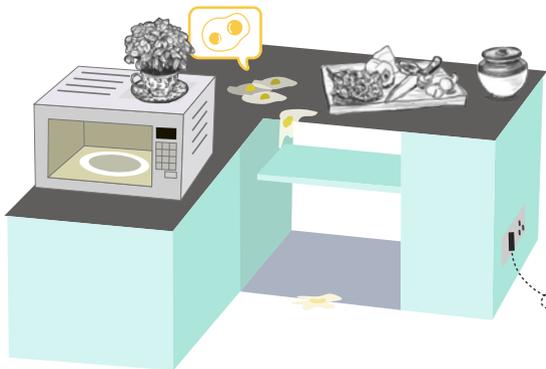
KILLJOY COOKS

RECIPES BOOK

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RECIPE BOOK

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**Recipes featured in issue 01**





**Recipes from the kitchens of:**

Sushma Hundiwala

Lisa

Malvika

Soumya

Sahana Mathias

Sugunamma

Mrinalini



**Sent to the kitchens of:**

a granddaughter

friends

a cousin

an employer

a daughter-in-law

a grandmother



# Jalebi by Sushma Hundiwala

“Jalebi is one dish that will surely make your mouth water just by thinking about it. I have eaten and made many jalebis as a child, but I am curious about how jalebis are made today. Growing up, I was always eager to learn new recipes either by asking someone or by following recipes I found in books or the newspaper. Jalebi is a dish that brings people together. The jalebi-maker enjoys making jalebis, even more so, when the jalebi-eaters enjoy eating her freshly prepared jalebis.

So, come, let's make jalebi and let's eat them together!”





Jalebi by Sushma Hundiwala

250g maida or all-purpose flour  
50g rava or semolina  
2 tbsp. oil  
1 tsp. curd  
2 tbsp. besan/gram flour/rice flour  
500g sugar  
1 tsp. elaichi powder and kesar  
(cardamom and saffron strands)  
Ghee for frying



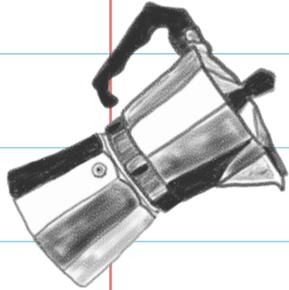
### Preparing the jalebi batter:

Mix the rava, maida, curd, oil with a little lukewarm water into a thick batter. The batter should be of a wet-dough consistency. If the temperature in your kitchen is on the cooler side, let the batter ferment upto 3 days. If your kitchen is warm, let the batter ferment for 12-15 hours. Make sure you cover the batter and store it in a dry place. This makes sure the batter ferments well. When the batter has fermented (it will smell a little sour, look bubbly and will be of cake batter consistency) add the gram flour to the batter and mix it well.

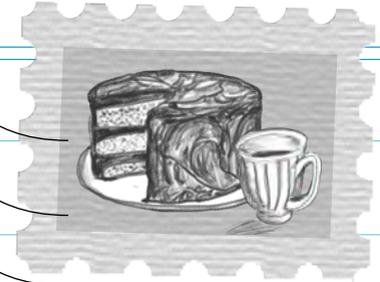
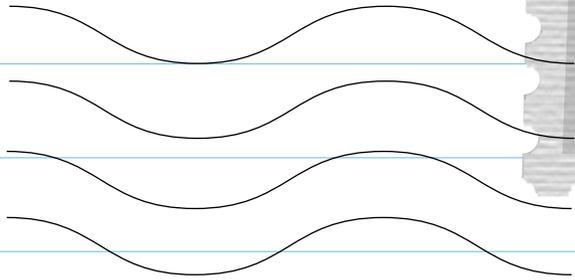
### Preparing the sugar syrup or Chashni:

In a separate vessel mix the sugar with approximately one cup of water and heat for 10 to 15 minutes until it becomes a stringy, sticky syrup. Take it off the heat and keep aside. Add  $\frac{1}{2}$  a tsp of elaichi and saffron strands to the sugar syrup. Keep aside.





**COFFEE**



**CAKE BY LISA**

"Original tagline read : The olive oil in this recipe will help maintain the cakes moisture, having it melt in your mouth for hours! LOL"

"We usually just did half the recipe which we could eat happily in 2 days."

# COFFEE CAKE



**BY LISA**

Preheat the oven at 180C. Grease + line 23cm round cake pan with baking paper.

Combine eggs, sugar and oil together. Whisking lightly, add vanilla extract + coffee. Then the almond meal + baking soda. We just did this with a hand held whisk. Doesn't need that much mixing, just until all combined.

220g castor sugar  
50ml strong espresso coffee  
(your best brew)  
5 eggs  
350g almond or hazelnut meal  
2 tsp. vanilla extract  
1 tsp baking powder  
150ml virgin olive oil

Pour into the cake pan and cook for 45 minutes or centre slightly firm to touch.

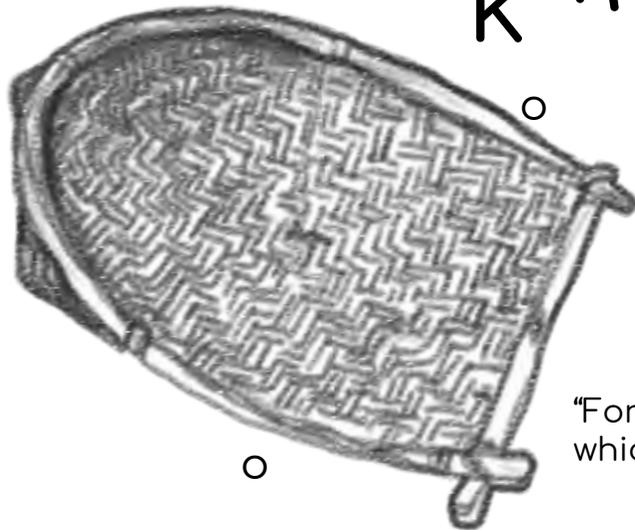
Cool ~~~

We just made a simple icing with icing sugar, adding coffee until desired consistency.

\*icing sugar + more coffee

It's so freaking delicious. Make extra so you can eat as you go.

s a b u d a n a  
k h i c h d i



By Malvika

"For a pot of Sabudana Khichdi  
which will feed 2-3 hungry people"

Sabudana Khichdi by Malvika



Sabudana Khichdi by Malvika



○○ 3 cups sabudana

○○ 2 cups raw peanuts

○○ 2 tbsp. ghee

○○○ 5-6 tbsp. sugar

○● 1 - 1.5 tsp. salt

○● 1.5 tbsp. cumin seeds

○○ 2-3 green chillies

Lemon and coriander  
to garnish

Sabudana, prep time 8-12 hours.

Wash the starch from the sabudana pearls 4-5 times.

Next, soak the sabudana in water to just about cover it. This is the trickiest part as you don't want sticky sabudana. So fill your bowl with the pearls and then fill water only 3 mm above it. It will expand so allow room for that. Give it 8-12 hours or overnight.

Traditionally, at this point, the husky coat is removed using a winnow or a soop, which is part of some weddings, including my own! But you can remove them by inclining the thali and blowing the husk away. You can do this in your garden or over a sink.

Peanuts, prep time 15 min.

Take a heavy bottomed pan or wok and dry-roast your peanuts till the coats start browning. Once roasted, let them cool (so important) and then take off the papery coats by either rubbing the peanuts between your palms or in a kitchen towel. Transfer everything into a flat thali or plate. You don't have to get it all off, some of it is good fibre!

Next, you can grind the peanuts coarsely in a mortar and pestle or in a blender. Just be sure to blitz it for only 2-3 seconds at a time, so as to not cross over into the peanut butter territory. Keep it on the grainy side and some chunky peanuts are tasty too!



Khichdi, prep time 10 min.

In a large bowl, mix your peanut powder, salt and sugar till it is a large sandy mix. Now mix it into the soaked, soft sabudana pearls making sure there is no excess water. Feel free to add more sugar and salt later, as desired.

In a kadhai, on a medium flame, heat ghee. Add cumin seeds and let them splutter. Add chopped green chillies and let them blister. At this point, your kitchen will be filled with the smell of ghee and woody notes of jeera. A tadka is always quite divine.

This is a dal-less khichdi but it still needs ghee. Ghee and khichdi are inseparable companions but sesame or groundnut oil are also yummy, nutty alternatives.

Once the chillies are done, some people add very finely chopped potatoes but I find their starch and cooking time a little intrusive to the process so I avoid them. Next, add the sabudana-peanut mix into the kadhai and use a wooden spatula to toss it around in the tadka. Once it starts to cook, the sabudana will get translucent and stickier, harder to toss. So in the first couple of minutes, be sure to mix it well. In about 5-6 minutes, your sugar would've melted, the peanuts would be cooked and coated in ghee and before the sabudana starts to stick, take it off the stove.

Squeeze half a lemon and sprinkle chopped coriander over the khichdi and give it a last toss. And that's it - a chewy, crunchy, yummy, hot, sabudana khichdi. It is one of my comfort foods and while this is my favourite, I enjoy almost every variation of it.

"Eat hummus with:  
Toasted bread  
Kuboos  
Pan-fried broccoli  
Biscuits  
Lavaash"

HUMMUS ||  
HUMMUS  
HUMMUS ||



BY SOUMYA

Makes 2 cups

### **\*DIRECTIONS FOR TAHINI:**

Toast 1 cup of sesame seeds on an open pan on medium-low heat until it turns one shade darker. Many people say the white, hulled seeds are better for tahini but I've had bad experiences with that and prefer darker, unhulled seeds. This usually takes about 5 minutes. (I keep some un-toasted seeds on the side so I can compare!) Once the seeds have cooled, grind it into a fine paste. Add 4-5 tbsp. sunflower oil and salt to taste (I usually add about 1 tsp. salt, because I really like my food salty!). Grind again. You should now have a slightly bitter sauce. Ta-da! Your tahini is ready!

**1/2 cup tahini\***  
**2 1/2 cups cooked chickpeas**  
**2 garlic cloves**  
**4 tbsp. lemon juice**  
**1/4 tsp. cumin powder**  
**2 tbsp. water**  
**4 tbsp. olive oil**  
**Salt & pepper to taste**

**Add the cooked chickpeas, tahini, lemon juice, crushed garlic cloves, water, cumin powder, and salt & pepper to a grinder. Grind until it becomes a creamy paste. Add the olive oil and grind again. Garnish the hummus with a drizzle of olive oil, some paprika or chilli powder, and chopped olives.**

## **HUMMUS BY SOUMYA**



### **TIPS:**

Now if you are lazy like me, use a big enough all-purpose mixer-grinder for the tahini.

In this way, you don't have to take the mixture out and can directly make the hummus in it!

If your hummus is too coarse, add more water.

If it's bitter, neutralize it with lemon juice and salt. If it's still bitter, add more chickpeas and grind again.

Turn it into Beetroot Hummus: Peel, chop, and boil 1 beetroot until you can easily poke the pieces with a fork.

After the hummus is made, add the beetroot and grind one last time.

I store the hummus in my fridge for 5-7 days.

A top-down view of a white oval plate containing a meal. In the center is a thick, light-brown hummus, topped with white sesame seeds. To the left and bottom are roasted vegetables, including broccoli florets and cherry tomatoes, some with charred edges. To the right is a pile of fresh green leafy vegetables, possibly spinach, also topped with sesame seeds. A silver metal fork is positioned vertically at the bottom center, with its tines resting on the hummus. The background shows a purple and blue patterned surface.

Hummus by Soumya

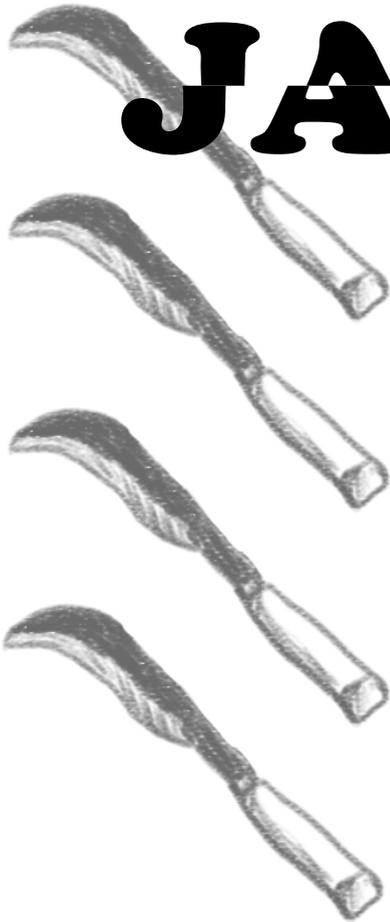


Jackfruit Cake by Sahana Mathias

# JACKFRUIT CAKE

*"Also known as  
Pelakai Da Gatti in Tulu,  
Ponsachi Patoli in Konkani,  
Halasina Hannina Kadubu in Kannada  
and Jackfruit Cake in English."*

**By**  
**Sahana**  
**Mathias**



# JACKFRUIT CAKE

By  
Sahana  
Mathias

*To grind:*  
2 1/2 cups ripe jackfruit deseeded & chopped  
2 cups grated coconut  
2 cups dosa rice soaked for 3-4 hours  
1/2 cup jaggery  
2 tsp peppercorn  
1/4 tsp. cardamom powder  
1/4 tsp. turmeric  
Salt - as per taste  
Teak leaves - around 15  
(or use banana leaves)

*For Seasoning (Optional)*  
Chopped coconut slices  
Chopped cashew nuts  
Raisins



Deseed and chop the jackfruit. Grind the jackfruit into a smooth paste in a mixer-blender, without adding water. Gather all the other ingredients listed under the "To Grind" section and grind them with the jackfruit to a fine paste in a mixer-blender, without adding water. The batter should be thicker than dosa batter (thicker than cake batter) but you should be able to spread it easily on the teak leaf. If the batter seems watery, you can add a bit of rice powder.

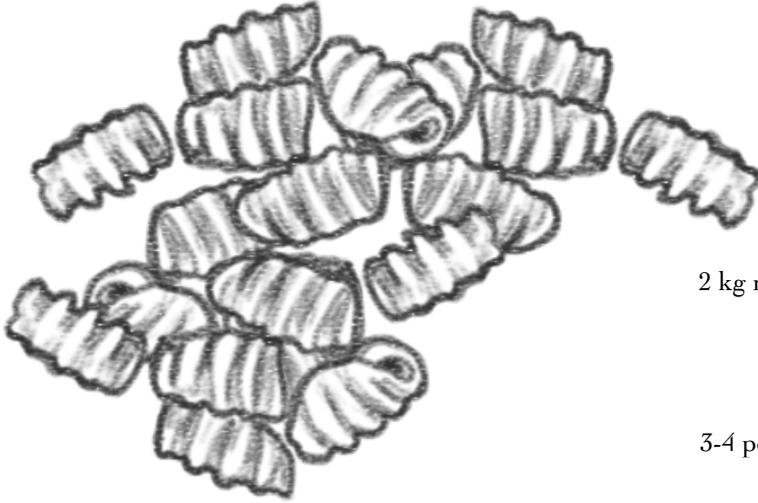
Clean and wipe dry the teak leaves with a clean cloth. Next, spread 1 or 2 ladle full of batter evenly on the center of the teak leaf. Leave some room in the leaf to fold it from all 4 sides so that a square pocket is formed, and batter is covered from all sides.

Next, boil a little water in an idli steamer or any steaming apparatus and place all the square leaf pockets inside. Steam for about 30 mins. Remove the leaves before serving. If you use Teak leaves, you will notice a nice reddish hue on the cake. If you use banana leaves, this hue will not be present. You can either serve gatti as it is or with ghee.

Sugunamma's  
**Gala  
Gala**

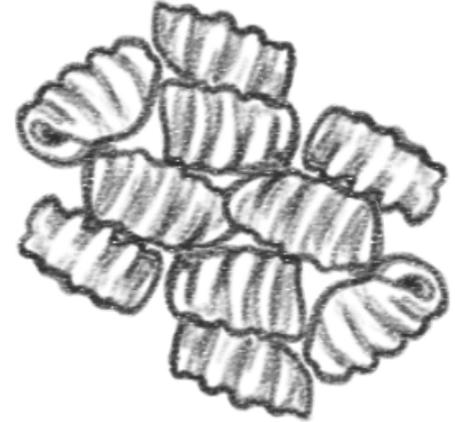


For a family of 4 and more,  
on Christmas day.



Sugunamma's  
*Gula  
Gula*

2 kg maida (all-purpose flour)  
1 kg sugar  
½ kg rava (semolina)  
12 eggs  
½ kg ghee  
3-4 pods of elaka (cardamom)  
Pinch of salt



First powder the elaka (cardamom) and sugar in a mixer-blender.

In a separate bowl, mix the egg and sugar nicely. Then, add the rava, maida and ghee to the mix. Combine the ingredients into a dough, just like we do for chapati.

You can add a little water to the dough if needed.

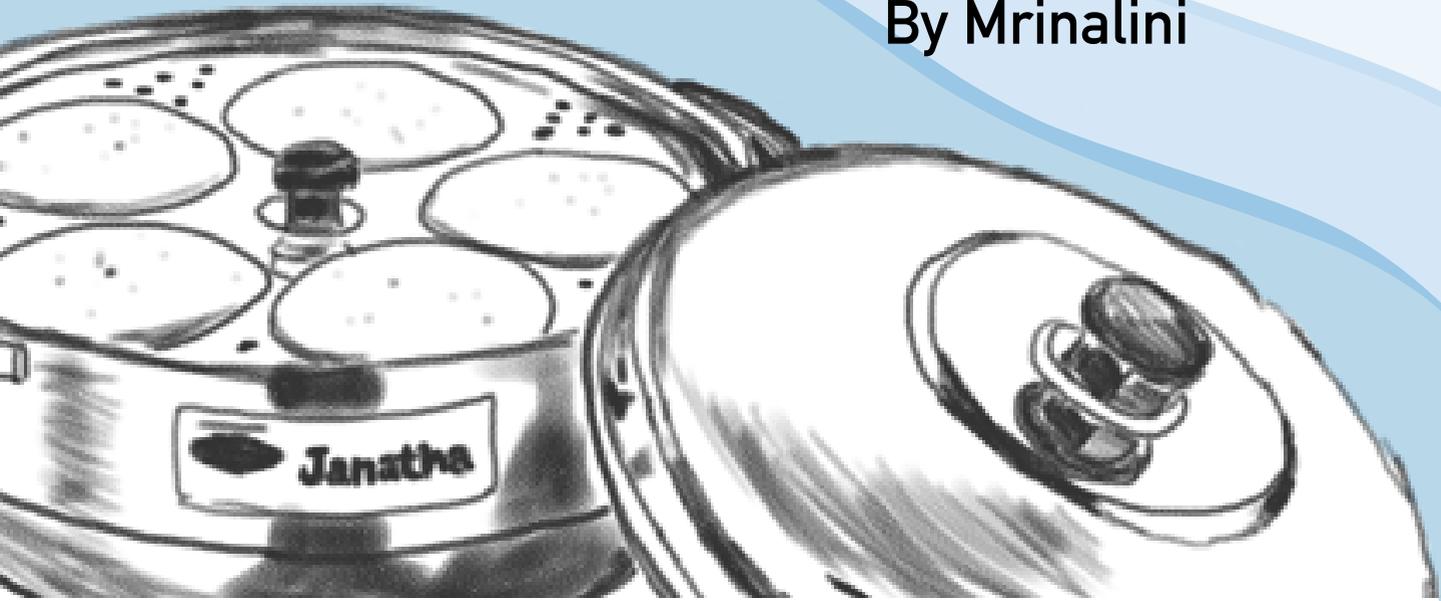
Let the dough rest for half an hour.

After half an hour, shape the dough into little curls using a fork or even a clean comb.

Deep fry the gula gula until golden brown and crispy.

# r a v a i d l i

By Mrinalini



# rava idli

By Mrinalini

2 cups fine rava or semolina  
1 cup yogurt  
1 tsp. baking soda  
Salt, as desired

For seasoning:  
2 tbsp. sunflower oil  
1 tsp. mustard seeds  
1 tsp. urad dal  
2 tsp. chana dal  
Some cashews  
Curry leaves

In a bowl, mix rava, salt, and baking powder. Heat oil in a small vessel for seasoning. Add mustard seeds to the hot oil. Once they begin to splutter, add curry leaves, chana dal, cashews and urad dal (urad dal tends to brown fast; add it last). Add the hot seasoning to the dry ingredients. Mix well.

Add the yogurt to the dry mixture and mix well again. If the batter seems too thick, you can add a little bit of water. It needs to be thicker than cake batter but still have a pourable consistency.

Heat some water in the idli maker. Oil the idli moulds before you pour the batter. When the water in the utensil starts boiling, lower the mould into the utensil. Let it steam for about 10 minutes. You can add additional garnishing like green chillies and coriander leaves.



“In my childhood, coriander leaves were not as readily available as they are today. I do remember green chutney, but the one I liked best was red chutney. Freshly scraped coconut, some dried red chillies, a little bit of onion, a small piece of ginger, a small bit of soaked tamarind, and salt. It was tasty as it was, but once in a way, my mother would season it with oil, mustard seeds, curry leaves and a few groundnuts. There was nothing as heavenly as freshly made idlis and chutney.”

**WETAH**

**GANJ**

**BY MRINALINI**



1 tsp. fenugreek seeds (soaked overnight)  
1 cup rice  
1 cup (or more, as required) coconut milk  
½ cup Jaggery or brown sugar (more, if you like it sweeter)  
Salt to taste



BY MRINALINI

***Cook rice and soaked fenugreek in a pressure cooker along with 3 cups of water. (If you are preparing coconut milk from freshly scraped coconut, use the thin milk for cooking rice).***

***Once the rice is cooked and has 'ganji' consistency (lightly thickened), add jaggery/ brown sugar. Boil well so that everything mixes well. Add the thick coconut milk, bring it to boil. Turn off the heat. It should have payasam-consistency. You can serve it hot or chilled.***

Who fed you? Who continues to feed you?  
Who would you like to share your story with?

If these questions inspire you, then write a letter to a woman you know; a caregiver, a friend or a mentor, in your network who represents to you a beacon of support, wisdom, and solidarity. Tell them your story of food, labour and care, and exchange a recipe.

Join the Killjoy Cooking Network in writing letters and together let's build a shared repository of recipes and stories, of sustenance and solidarity.

Copy in your email correspondence or send your letters and recipes directly to:  
**operator@killjoycooking.network**



know more at: <https://killjoycooking.network>