

A few recipes - Pre and post Delivery of the baby.....

These recipes are traditional from personal experience only. In case of any medical conditions, please consult your doctor without fail.....

Very Nutritious before and after Pregnancy too.

This you can make and store for a month or more.

Ingredients

- 1 cup wheat flour
- 1 cup Ragi/nachni flour
- 1 cup rolled oats powdered
- 2-3 cups mixed nuts almonds, pista, hazelnut, pumpkin seeds, sunflower seeds, walnut, pecan nuts or equivalent (whatever you get)
- 1 ½ cup of cow ghee.
- 1 cup raisins
- 1 cup khajoor cut into bits
- 1 cup Blueberries (above three are for sweetness)
- Elaichi Jaiphal powder if you like add last when all done.

METHOD

1. Lightly roast in an oven on low temp all the dry fruits.(leaving raisins, blueberries, khajoor etc.) if they are moist or has worms, and keep it aside.
2. Heat ghee in a large pan.
3. Add all the flours slowly stirring all the time on sim, see that no lumps form.
4. You may put in a mixie or beat with a beater (if there are any lumps)
5. Roast on a sim gas for a real good time, stirring all the time so that it does not burn at the bottom. Continue to stir till nice aroma of all the flour comes.
6. Now add all the sweet dry fruits and stir well
7. Add all the dry fruits (you may crush it little in the mixie, if you don't like it whole)
8. It will be a little lumpy not powdery
9. Add elaichi jaiphal if you like (tastes good)
10. Cool and store.
11. If you put more ghee , u can make small ladoos and keep. Store in an airtight bottle.

Rawa Kanji

INGREDIENTS

1. 2 tbsp. Fine rawa/sooji
2. 1 tsp. poppy seeds
3. 1 tsp. charoli (powdered)
4. 1 tbsp. Almond meal
5. Essence few drops (optional)
6. Sugar as per taste (avoid too much)
7. 1 tbsp. Cow ghee
8. Few strands saffron (soaked in 2 tbsp. Hot milk)
9. 2 cups milk (more if reqd.)

METHOD

Heat ghee, add rawa to it. Roast it on sim for a minute or two.

Take it away from the stove and add all the other ingredients and stir well.

Now add milk and put it back on stove on sim.

Add saffron milk.

Stirring continuously cook till the desired thickness (you may add more milk)

Put off the flame and add essence but not required every day.

RABRI

- 100 gms. Kamarkadi
- 500 gms. Sukka singoda no powder (dry chestnut)
- 150 gms. Safed Musli
- 25 gms. White pepper powder
- 25 gms. Pipri Mul (Ganthoda)
- 50 gms. Gokhru
- 500 gms. Gehu nu Doodh
- 25 gms. Soonth (ginger powder)
- 1/4 Cardamom and nut meg powder as per taste
- 500 gms. Ghee.

Grind to powder (lightly roasted)

100 gms. Charoli
100 gms. Alsi (Flex seed)
100 gms. Mamro Badam (almonds)
100 gms. Walnut
100 gms. Cashew nuts
50 gms. Pista
150 gms. Chaar Magaj

In half the ghee lightly fry all the dry fruit powder and remove in a plate.

In the same ghee add more ghee and fry Gehu nu doodh stirring all the while till slightly pink in colour.

To this add Singoda powder (chestnut), and fry again stirring all the time.

Now add Kamar Kakdi, safed musli, pipri mul, gokhru, soonth. Stir well

Add previously fried dry fruits, pepper powder and Cardamom nut meg.

Cool and store in air-tight container.

While making the Rabri/kanji, take 1 tabsp above mix and mix it well in milk add sugar to taste and bring the milk to boil.

Stir for couple of minutes.

It will thicken as you
cook.

Add more milk if you want consistency to be thin.

Multigrain porridge (when hungry)

Grind to powder and store

1 cup Moong Dal

1 cup Brown rice

½ cup Udid Dal

½ cup Bajri

½ cup Jowar

½ cup Nachni/Ragi

Ajma/Bishop seed to taste

Salt to taste

Haldi to taste

Jeera powder to taste

¼ tsp. hing/asafetida (optional)

Curd to taste (optional)

Ginger Garlic paste

Ghee

Take two tbsp. of above powder and roast it lightly and mix it well

In ½ cup water. Leave it covered for a couple of hours. (Soak it in the morning so that you can have it in the evening at tea time)

Heat ghee add Hing, Ajma, Haldi, Jeera powder and now add 1 ½ cups of water, and the soaked powder. Add salt to taste.

Bring to a boil and let cook on sim for 5 minutes.

If you like u may add curd. Consistency thick or thin as per your wish.

Bajri roti

Take 2-3 tbsp. Bajri Flour

A little Ajma

And mix it with 2-4 tbsp. hot water (Mix with a fork) add little water at a time to make the dough. Do not add too much water, as atta should not become very soft.

Gently roll the chapatti/roti and roast it.

Does not take very long to make couple of chapatti , so make it fresh every time.

Bajri or Jowar flour omelette

Take 2 tbsp. Flour, Beat one egg, add salt, pepper, chilli powder, Jeera powder, a pinch of ajma (all to taste).

You may add finely chopped coriander or mint leaves/ or chopped methi leaves. (optional)

Mix well add little water and pour in a pan like you would make an omelette.

Rawa cooked differently (like Uttapam)

Ingredients

2 cups fine sooji/Rawa

½ cup curd

1 cup water

1 tbsp. chopped methi leaves

½ tsp. grated garlic (you may add ginger garlic)

2 tbsp. Grated coconut (Kopra kees will also do)

2 tbsp. Grated onion

1 carrot grated

1 tsp poppy seeds

Few charoli (optional)

Chopped Corriander (as per your choice)

Salt to taste

Ghee to brush the pan

Method

In a bowl Mix Rawa with curd, water, onion and salt

Keep it away for 30 mins.

Now add all the other ingredients and mix very well. Depending on the quality of the rawa the mix will absorb the liquid.

Add little water at a time, but do not make it thin to pouring consistency.

Take a non-stick pan brush with ghee and heat the pan well.

With a big spoon put the mix on the pan and spread it gently to a round shape.

Cover the pan and let cook on medium flame.

Carefully flip and cook on the other side. You may put little ghee on it if you like.

If you like it crisp cook on a slow flame for longer time.

Moong Dal Chilla

Soak Moong Dal in the morning for a few hours.

Grind to paste in the evening with chopped onion, tomato, salt, haldi, ajma, chilli powder, Jeera powder.

Adjust consistency adding water.

You may add finely chopped coriander or mint leaves/ or chopped methi leaves. (optional)

Heat ghee in a pan, add a pinch of asafoetida and pour the mixture.

Cover and cook.

Flip after few minutes to cook the other side

Can be had with fresh curd.

Gunder (edible gum) ladoos

Good for health and strength for lactating mums.

250 gms. Wheat Flour

100 gms. Ragi Flour

100 gms. Gunder edible
250 gms. Tagar/Boora alternately you can use powdered sugar.
500 gms. Cow Ghee

Grind to coarse powder

100 gms. Mamro Almonds
100 gms. Pistachios
50 gms. 4 Magaz

Take half of the ghee and heat on medium flame, add Gunder/Gond to it. It will bloat up. (do not let it brown) Once bloated well, remove from ghee in a plate and keep it aside and crush with a back of a spoon or a vati.

Add more ghee to the same pan and add in the flours and stir well so no lumps are formed and continue stirring on medium heat for 15 minutes. Do not let it burn or stick to the bottom.

Add Sugar/Boora along with crushed gunder and give it good stir.

Add Ground powdered dry fruits.

While still warm apply little ghee on palm and make ladoos. (If you cannot make ladoos, let it cool and empty in an airtight glass jar.

WATER FOR LACTATING MOTHER THROUGHOUT

While Breast Feeding the baby drink boiled water in which following herbs are added. It helps baby's digestion better. Please note that everything should be carefully cleaned.

Once a Day boil 3 liters (12 glasses) of water with:

1 tbsp. Suva (Dill seeds)
1 tsp. Vaivaring (they are small black pepper like seeds)
1 small piece of Cinaman
1 tsp. Variali (fennel seeds)
1 tsp. Ajmo (Bishop seed)
1 tsp. Anisoo (Anise)
1 Full Jaiphal- Nutmeg (after boiling the water jaiphal can be removed, cooled and stored for next 2-3 days. After 3 days new jaiphal should be taken)

Add all the above ingredients in 3 lts. Of drinking water and bring water to nice rolling boil. After it comes to rolling boil let it simmer on sim for 10 mins. Water will turn a bit brownish. Let it cool and strain in fine muslin cloth or fine strainer. Store it covered.

It is advisable to have only this water by lactating mother through the day/night.

Bajri (Pearl millet) Kanji/porridge

Bajri is excellent millet for lactating mothers. In summer months it should be taken only once a day.

2 tbsp. Bajri Flour

2 cups milk (can adjust more or less)

1 tsp. Jaggery powder (to taste)

1 tsp. pure cow ghee

Pinch of salt (optional)

Add dry fruits of your choice (optional)

Roast bajri flour in ghee for a couple of mins. Keep stirring on sim. See that it does not burn at the bottom. Slowly stir in milk and dry fruits, continue stirring and see that it does not become lumpy. Cook for 5 minutes and add Jaggery to taste and stir well. Serve.

Consistency of the porridge can be made accordingly. Some like to eat and others like to drink. During winter months you may add Ginger Powder (soonth).

SUVA BHAJI (DILL LEAVES)

Add finely chopped Suva Bhaji to almost any and every dish, along with finely chopped Garlic.

Have a wonderful pregnancy and delivery and a healthy & happy baby!!

Best Wishes..... Thrity Tantra