

MAPLE™



NAVRATRI

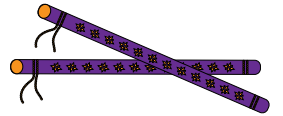
— Cookbook —



Introduction

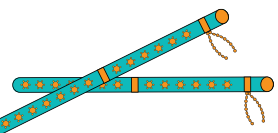
For close to fifty years, at Group Welkin, we have been adding value to clients across every conceivable industry and business entity. We have become a corporate gifting staple for hundreds of discerning organizations, who count on us as their one stop solution provider. Over the past fifteen years, our flagship brand, Maple, has touched the lives of over two million homes and families, with our boutique Kitchenware and Household appliances.





Welcome to MAPLE's curated e-recipe book, a special Navratri edition designed to celebrate the essence of fasting with nutritious and flavorful dishes.

This collection brings together traditional fasting recipes that are perfect for the auspicious days of Navratri, offering a balance of taste, health and devotion. Whether you are an experienced cook or a fasting enthusiast, these recipes will add variety to your meals during this sacred time.



At MAPLE, we believe that great cooking starts with the right cookware. Our premium kitchen tools and appliances are crafted to help you create delicious fasting meals effortlessly. With MAPLE, your Navratri cooking experience will be a delightful celebration of devotion and taste.

Enjoy cooking these fasting dishes, and may your Navratri be filled with peace and blessings!



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SABUDANA KHICHDI

Ingredients

- 1 cup sabudana (soaked for 4-5 hours)
- 2 potatoes (boiled, diced)
- 1 tbsp peanuts (roasted, crushed)
- 1 tsp cumin seeds
- 1 green chili (chopped)
- Rock salt (sendha namak) to taste
- 1 tbsp ghee



Instructions

- Heat ghee in a pan, add cumin seeds, and let them splutter.
- Add chopped green chilies and boiled potatoes, and sauté for 2-3 minutes.
- Add soaked sabudana, crushed peanuts, and rock salt.
- Stir well and cook for 5-7 minutes until sabudana turns translucent.
- Garnish with coriander leaves and serve hot.



Kuttu Ke Aloo Pakoras

Ingredients

1 cup kuttu (buckwheat) flour
2 boiled potatoes (mashed)
Rock salt to taste
1 tsp cumin powder
1 tsp black pepper powder
Water (to make batter)
Ghee (for frying)

Instructions

- In a bowl, mix kuttu flour, mashed potatoes, rock salt, cumin powder, and pepper powder.
- Add water to form a thick batter.
- Heat ghee in a pan, drop spoonfuls of batter, and deep fry until golden brown.
- Serve with mint chutney.



Singhare Ki Puri

07



Ingredients

1 cup singhara (water chestnut) flour
2 boiled potatoes (mashed)
Rock salt to taste
1 tsp cumin powder
Water (to knead the dough)
Ghee (for frying)

Instructions

- In a bowl, mix singhara flour, mashed potatoes, and cumin powder.
- Knead into a soft dough using water.
- Roll into small puris.
- Fry in hot ghee until golden brown.
- Serve with curd or chutney.



VRAT KE CHAWAL (SAMA RICE PULAO)

Ingredients

- 1 cup sama rice
- 1 tbsp ghee
- 1 tsp cumin seeds
- 1 green chili (chopped)
- 1 potato (cubed)
- 1/4 cup peanuts (roasted)
- Rock salt to taste

Instructions

- Heat ghee, add cumin seeds, green chili, and cubed potatoes. Sauté until potatoes are cooked.
- Add sama rice and 2 cups of water.
- Add peanuts and rock salt, cook until rice is done.
- Serve with curd.



Enjoy

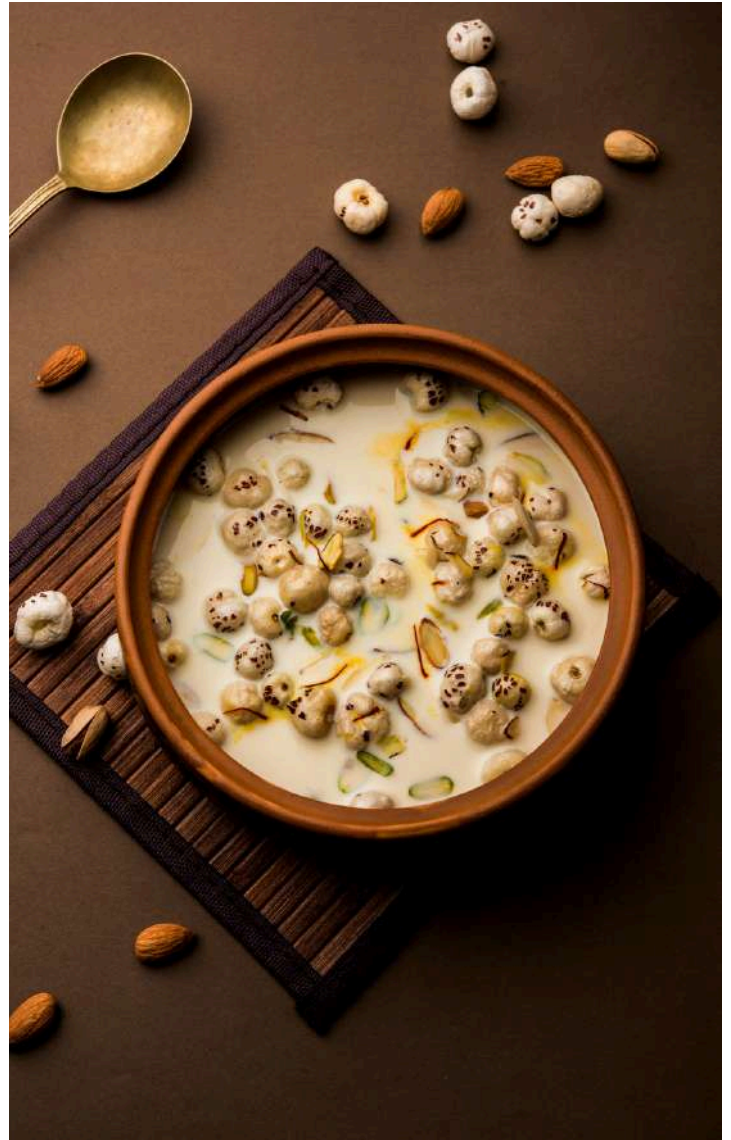
PANEER MAKHANA KHEER

Ingredients

- 1 cup makhana (lotus seeds)
- 100g paneer (grated)
- 2 cups milk
- 2 tbsp sugar
- 1 tsp cardamom powder
- Almonds and cashews for garnishing

Instructions

- Heat ghee in a pan, roast makhana until crispy.
- Boil milk in a pan and add the roasted makhanas.
- Add grated paneer and sugar, cook until the mixture thickens.
- Sprinkle cardamom powder and garnish with almonds and cashews.



"Trust yourself.
You can do this."



Sweet Potato Chaat

Ingredients

2 sweet potatoes (boiled, cubed)
Rock salt to taste
1 tsp black pepper powder
1 tbsp lemon juice
1 tsp cumin powder
Fresh coriander leaves for garnish

Instructions

- In a bowl, add boiled sweet potatoes.
- Sprinkle rock salt, black pepper, cumin powder, and lemon juice.
- Mix well and garnish with coriander leaves.
- Serve as a healthy snack.



Kuttu Ki Roti

11



Ingredients

- 1 cup kuttu flour
- 1 boiled potato (mashed)
- Rock salt to taste
- Water (to knead)
- Ghee (for roasting)

Instructions

- In a bowl, mix kuttu flour, mashed potatoes, and rock salt.
- Add water gradually to form a soft dough.
- Roll into rotis and cook on a tawa with ghee.
- Serve hot with curd or chutney.



Ingredients

1/2 cup rajgira (amaranth)
flour
2 cups milk
2 tbsp sugar or honey
1 tsp ghee
A pinch of cardamom
powder



RAJGIRA PORRIDGE

Instructions

- Heat ghee in a pan, add rajgira flour, and roast for 3-4 minutes.
- Gradually add milk and stir to avoid lumps.
- Add sugar or honey and cardamom powder, cook until thickened.
- Serve warm.



Fruit Salad with Honey and Nuts



Ingredients

1 banana (sliced)
1 apple (diced)
1 cup pomegranate seeds
1/2 cup grapes
1 tbsp honey
1 tbsp chopped nuts
(almonds, cashews)

Instructions

- In a bowl, mix all the fruits together.
- Drizzle honey and sprinkle chopped nuts.
- Toss gently and serve chilled.





Thank You for Fasting with Us!

We hope you enjoyed this special Navratri edition, exploring the delicious and nutritious fasting recipes we've carefully curated for you. Each dish is a reflection of tradition, devotion, and balance, designed to make your fasting days more flavorful and fulfilling.

Fasting during Navratri is not just a time for spiritual reflection, but also an opportunity to nourish your body with purity and love. With MAPLE's premium cookware and appliances, we aim to make your fasting meals not only easier to prepare but more enjoyable and satisfying. The right tools can transform your kitchen into a place of creativity and devotion during this sacred time.

Stay Connected

We'd love to hear about your Navratri fasting experience! Share your recipes, photos, and feedback with us on social media. Tag us at @mapleideas and use the hashtag #FastingWithMaple.

Wishing you a blessed Navratri, and may your fasting meals be filled with peace, joy, and devotion!

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