



FLAVORS OF MAHARASHTRA



COOKBOOK



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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.



MAPLE™

Welcome to MAPLE's Curated E-Recipe Book, where we celebrate the rich and diverse flavors of **Maharashtrian cuisine**. This collection is designed to inspire both seasoned chefs and enthusiastic home cooks, showcasing traditional recipes that highlight the unique tastes of this vibrant region.

At **MAPLE**, we understand that great cooking begins with the right tools. Our high-quality cookware and kitchen appliances are crafted to support your culinary adventures, ensuring that every meal is not just delicious but also a delightful experience.





THALIPEETH



Ingredients

- 1 cup multigrain flour (jowar, bajra, wheat)
- 1 small onion (finely chopped)
- 1-2 green chilies (finely chopped)
- 1/4 cup grated carrot or bottle gourd (optional)
- 1/2 teaspoon cumin seeds
- 1/4 teaspoon turmeric powder
- Salt to taste
- Water (as needed)
- Oil (for frying)

A wholesome and nutritious multigrain flatbread, spiced with onions and green chilies, perfect for breakfast or as a light meal.

Prepare Time
10 Minutes

Cook Time
20 Minutes



Thalipeeth

Instruction

1. Combine multigrain flour, onion, green chilies, grated vegetables (if using), cumin seeds, turmeric powder, and salt in a mixing bowl.
2. Add water gradually to form a soft dough.
3. Take a small portion of the dough, flatten it on a greased plastic sheet or parchment paper, and make small holes in the center.
4. Heat a tawa (griddle), grease it with oil, and cook the thalipeeth on medium heat until golden on both sides.



Puran Poli



A festive Maharashtrian flatbread filled with sweet lentil and jaggery stuffing, enjoyed as a dessert or special treat.

Ingredients

- 1 cup chana dal (split chickpeas)
- 1 cup jaggery (grated)
- 1/4 teaspoon cardamom powder
- 1 cup wheat flour
- 2 tablespoons ghee
- A pinch of salt

Prepare Time
20 Minutes

Cook Time
30 Minutes



Puran Poli

Instruction

1. Pressure cook chana dal until soft. Mash it and cook with jaggery until the mixture thickens. Add cardamom powder and let it cool.
2. Knead wheat flour with a pinch of salt and water to form a soft dough.
3. Divide the dough and filling into equal portions. Roll a dough ball, place the filling in the center, and seal.
4. Roll gently into a flat disc and cook on a hot tawa with ghee until golden on both sides.



Kothimbir Vadi

A savory snack made with gram flour and fresh coriander leaves, steamed and then fried for a crispy finish.



Ingredients

Prepare Time

15 Minutes

Cook Time

25 Minutes

- 1 cup coriander leaves (finely chopped)
- 1/2 cup gram flour (besan)
- 1/4 cup rice flour
- 2 green chilies (finely chopped)
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon sesame seeds
- Salt to taste
- Oil (for frying)

Kothimbir Vadi

Instruction

- Mix coriander leaves, gram flour, rice flour, green chilies, turmeric powder, sesame seeds, and salt in a bowl. Add water to make a thick batter.
- Pour the batter into a greased steaming dish and steam for 15 minutes.
- Once cooled, cut into pieces and deep-fry or shallow-fry until golden and crispy.



Bharli Vangi

Tender baby eggplants stuffed with a flavorful peanut and coconut mixture, cooked in a spicy gravy.



Ingredients

- 6-8 baby eggplants
- 1/2 cup roasted peanuts (ground)
- 1/4 cup grated coconut
- 1 teaspoon garam masala
- 1/2 teaspoon red chili powder
- 1/4 teaspoon turmeric powder
- Salt to taste
- Oil (for cooking)

Prepare Time

30 Minutes

Cook Time

20 Minutes

Instruction

- Slit the eggplants lengthwise, keeping them intact.
- Mix ground peanuts, grated coconut, garam masala, chili powder, turmeric, and salt to make the stuffing.
- Stuff the mixture into the eggplants. Heat oil in a pan, add mustard seeds, and sauté the stuffed eggplants.
- Cover and cook on low heat, stirring occasionally, until the eggplants are tender and fully cooked.



Prepare Time

10 Minutes

Cook Time

15 Minutes



Poha (Kanda Batata Poha)

A quick and easy breakfast made with flattened rice, onions, and potatoes, flavored with spices.



Ingredients

- 2 cups poha (flattened rice)
- 1 small onion (finely chopped)
- 1 small potato (diced)
- 2 green chilies (finely chopped)
- 1/2 teaspoon mustard seeds
- A pinch of turmeric powder
- Salt to taste
- Lemon juice and coriander for garnish

Poha

Instruction

- Rinse poha in water and drain well.
- Heat oil in a pan, add mustard seeds, let them splutter, then sauté onions, chilies, and potatoes.
- Add turmeric and salt. Stir in the poha and cook for 2-3 minutes.
- Garnish with coriander leaves and a squeeze of lemon juice before serving.





Sol Kadhi

A refreshing drink made with kokum and coconut milk, flavored with spices and herbs, perfect for aiding digestion after a heavy meal.

Prepare Time

10 Minutes

Cook Time

05 Minutes

Sol Kadhi

Instruction

- Soak kokum in warm water for 15 minutes and extract the juice.
- Mix kokum juice with coconut milk, green chili, cumin seeds, curry leaves, and salt.
- Garnish with coriander leaves and chill before serving.



Ukadiche Modak

Traditional steamed dumplings filled with jaggery and coconut, often prepared during Ganesh Chaturthi.

Ingredients

- 1 cup rice flour
- 1 cup grated coconut
- 3/4 cup jaggery (grated)
- 1/4 teaspoon cardamom powder
- 1/4 teaspoon nutmeg powder (optional)
- A pinch of salt
- Water (as needed)

Prepare Time

20 Minutes

Cook Time

20 Minutes

Ukadiche Modak

Instruction

- Heat jaggery and grated coconut in a pan. Cook until the mixture thickens. Add cardamom and nutmeg powder and let it cool.
- Boil water with a pinch of salt, then add rice flour. Mix well to form a soft dough.
- Take a small portion of dough, flatten it, fill it with the coconut-jaggery mixture, and seal it into a modak shape.
- Steam the modaks for 10-15 minutes.



ZUNKA BHAKAR

A rustic Maharashtrian dish featuring a spicy gram flour mixture (Zunka) served with Jowar Bhakri (flatbread)

Prepare Time
10 Minutes

Cook Time
20 Minutes



Ingredients

- 1 cup gram flour (besan)
- 1 small onion (finely chopped)
- 2 green chilies (finely chopped)
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon mustard seeds
- A pinch of asafoetida
- Salt to taste
- Water (as needed)
- Oil (for cooking)

Zunka Bhakar

Instruction

- Heat oil in a pan, add mustard seeds, asafoetida, and green chilies. Sauté onions until soft.
- Mix gram flour, turmeric, and salt with water to form a thin batter.
- Add the batter to the pan, stirring continuously to avoid lumps. Cook until the mixture thickens.
- Serve with Jowar Bhakri or roti.



Amboli



Ingredients

- 1 cup rice
- 1/4 cup urad dal (split black gram)
- 1 tablespoon fenugreek seeds
- 1/2 teaspoon salt
- Water (as needed)

A soft and fluffy rice pancake, often enjoyed with spicy curries or chutneys.

Prepare Time

10 minutes (plus soaking and fermenting overnight)

Cook Time

15 Minutes

Amboli

Instruction

- Soak rice, urad dal, and fenugreek seeds in water for 6-8 hours. Grind into a smooth batter and ferment overnight.
- Add salt to the fermented batter and mix well.
- Heat a pan, pour a ladle of batter, and spread slightly to make a thick pancake.
- Cook on both sides with a drizzle of oil until golden.



Prepare Time
15 Minutes

Cook Time
None

Shrikhand



Ingredients

- 2 cups hung yogurt (strained for 6-8 hours)
- 3/4 cup powdered sugar
- 1/4 teaspoon saffron strands (soaked in 2 tablespoons warm milk)
- 1/4 teaspoon cardamom powder
- 2 tablespoons chopped nuts (almonds, pistachios)

Shrikhand

Instruction

- Strain yogurt to remove excess water, leaving it thick and creamy.
- Mix the yogurt with powdered sugar, saffron milk, and cardamom powder. Whisk until smooth and fluffy.
- Garnish with chopped nuts and refrigerate for at least an hour before serving.





Thank You for Cooking with Us!

We hope you enjoyed exploring the flavors of Maharashtra through these carefully curated recipes. Each dish is a testament to the rich culinary heritage of the region, and we're delighted to share them with you.

Cooking is not just about preparing food; it's about creating memories, sharing love, and celebrating traditions. With our cookware and appliances, we aim to make your cooking experience even more enjoyable and efficient. We believe that the right tools can transform your kitchen into a place of creativity and joy.

Stay Connected

We'd love to hear about your cooking adventures! Share your experiences, photos, and feedback with us on social media. Don't forget to tag us at @mapleideas and use the hashtag #CookingWithmaple

Happy cooking, and may your meals always be filled with flavor and love!

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