



MAPLE™

GUJARAT COOKBOOK



List of recipes for every occasion

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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.





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Welcome to Maple's curated journey into the rich and vibrant flavors of Gujarat — a land of timeless tradition, hospitality, and culinary delight. Gujarati cuisine is a blend of sweet, spicy, and tangy notes, often vegetarian, yet immensely diverse. From roadside snacks to festive dishes, every recipe carries the warmth of Gujarati culture and heritage.

Whether you're a passionate home cook or exploring Indian food for the first time, this cookbook will guide you through the comforting and colorful world of Gujarat's most loved dishes.



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Thepla

Preparing: 10 mins
Cooking: 15 mins
Serving: 3-4



Thepla

Ingredients

- Whole wheat flour – 1.5 cups
- Fenugreek leaves (methi) – 1 cup (chopped)
- Yogurt – 2 tbsp
- Turmeric – 1/2 tsp
- Red chili powder – 1 tsp
- Cumin seeds – 1/2 tsp
- Sesame seeds – 1 tsp
- Salt and oil – as needed



Instructions

1. Mix all ingredients to form a soft dough.
2. Roll out thin rotis.
3. Cook both sides on a hot tawa with oil.
4. Serve hot with pickle or yogurt.



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Undhiyu



Preparing: 20 mins

Cooking: 40 mins

Serving: 4-5



Undhiyu

Ingredients

- Mixed vegetables (yam, potato, raw banana, brinjal) – 4 cups
- Methi muthia – 1 cup
- Green masala (coriander, garlic, chili, ginger) – 1 cup
- Coconut (grated) – 1/2 cup
- Spices: turmeric, cumin, carom, hing, mustard seeds
- Oil and salt

Instructions

1. Stuff vegetables with green masala.
2. Heat oil, add tempering. Add veggies and slow cook.
3. Add muthia and coconut.
4. Cover and simmer until soft. Garnish and serve.



Dhokla



Preparing: 10 mins
Cooking: 20 mins
Serving: 4

Dhokla

Ingredients

- Gram flour (besan) – 1 cup
- Yogurt – 1/2 cup
- Water – 1/2 cup
- Lemon juice – 1 tbsp
- Eno fruit salt – 1 tsp
- Chili-ginger paste – 1 tsp
- Salt and sugar – to taste
- Mustard seeds, sesame seeds, curry leaves

Instructions

1. Prepare smooth batter. Let it rest.
2. Add lemon juice and Eno, mix well.
3. Steam for 15 mins. Cool and cut.
4. Temper with mustard, sesame, curry leaves.



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Handvo



Preparing: 20 mins
Cooking: 30 mins
Serving: 4

Handvo

Ingredients

- Handvo flour – 1 cup
- Bottle gourd (grated) – 1 cup
- Yogurt – 1/2 cup
- Green chili paste – 1 tsp
- Eno – 1 tsp
- Mustard, sesame, curry leaves for tempering

Instructions

1. Mix flour, yogurt, and water to form batter. Ferment for 6 hrs.
2. Add veggies, chili, salt. Add Eno.
3. Temper in pan, pour batter and cover.
4. Cook till golden. Flip and cook other side.



Sev Tameta Nu Shaak



Preparing: 10 mins
Cooking: 15 mins
Serving: 3



Sev Tameta Nu Shaak

Ingredients

- Tomatoes – 3 (chopped)
- Sev (nylon) – 1 cup
- Mustard, cumin seeds – 1 tsp each
- Hing, turmeric, chili powder – as needed
- Jaggery – 1 tsp
- Salt and oil

Instructions

1. Heat oil, add tempering and tomatoes.
2. Add spices and cook till soft.
3. Add jaggery, water, boil.
4. Top with sev just before serving.



Khandvi



Preparing: 10 mins
Cooking: 15 mins
Serving: 3-4

Khandvi

Ingredients

- Gram flour – 1 cup
- Yogurt + water (buttermilk) – 2.5 cups
- Ginger-chili paste – 1 tsp
- Turmeric – 1/4 tsp
- Hing, salt
- Mustard, sesame, curry leaves

Instructions

1. Mix besan and buttermilk to smooth batter.
2. Cook on low flame until thick.
3. Spread thinly, cool and roll.
4. Temper and garnish with coconut and coriander.



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Dal Dhokli

Preparing: 15 mins

Cooking: 25 mins

Serving: 4



Dal Dhokli

Ingredients

- Toor dal – 1 cup
- Whole wheat flour – 1 cup
- Peanuts – 2 tbsp
- Jaggery, kokum or lemon, turmeric, chili powder
- Tempering spices, curry leaves

Instructions

1. Prepare dal with spices and peanuts.
2. Make wheat dough, roll and cut into squares.
3. Add to boiling dal and cook till soft.
4. Garnish with ghee and coriander.



Kadhi MAPLE™

Preparing: 5 mins

Cooking: 15 mins

Serving: 4



Kadhi

Ingredients

- Yogurt – 1 cup
- Gram flour – 2 tbsp
- Ginger-green chili paste – 1 tsp
- Sugar – 1 tsp
- Mustard, cumin, hing, curry leaves

Instructions

1. Whisk yogurt, besan, water, and spices.
2. Cook on low till simmer.
3. Add tempering.
4. Serve with rice or khichdi.



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Khichu

Preparing: 5 mins

Cooking: 10 mins

Serving: 2



Khichu

Ingredients

- Rice flour – 1 cup
- Water – 2.5 cups
- Jeera – 1 tsp
- Green chili paste – 1 tsp
- Hing, salt

Instructions

1. Boil water with salt, hing, chili paste.
2. Add rice flour slowly, stir to avoid lumps.
3. Cover and steam till thick.
4. Serve hot with oil and pickle masala.



Mohanthal

Preparing: 15 mins
Cooking: 25 mins
Serving: 10-12 pieces





Mohanthal



Ingredients

- Besan – 1.5 cups
- Ghee – 1/2 cup
- Milk – 2 tbsp
- Sugar – 1 cup
- Cardamom powder – 1 tsp
- Nuts for garnish

Instructions

1. Roast besan in ghee till fragrant.
2. Add milk and mix well.
3. Prepare sugar syrup (1 string).
4. Mix syrup and besan. Pour into greased tray.
5. Cool, cut, and garnish.





Thank You for Cooking with Us!

Thank you for joining us on a flavorful journey through Gujarat's rich and vibrant culinary traditions.

We hope this cookbook inspired you to explore the unique tastes and time-honored recipes of Gujarati cuisine.

For more regional flavors and kitchen inspiration, visit us at:

👉 www.mapleideas.com

At Maple, we believe cooking is more than just a daily chore – it's a celebration of heritage, love, and family. With the right cookware and appliances, your kitchen becomes a space for creativity, connection, and cherished memories.

Stay Connected

We'd love to see your Gujarati dishes come to life! Share your experiences, photos, and feedback with us on social media.

📷 Tag us @mapleideas and use the hashtag #CookingWithMaple
Wishing you many flavorful moments and heartfelt meals ahead!

Happy Cooking!

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