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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 delightful dive into the bold and heartwarming cuisine of Punjab—a land where food is a celebration, and every dish carries stories of tradition, harvest, and hearty hospitality.

From rich curries and slow-cooked lentils to indulgent sweets and buttery breads, Punjabi cuisine is a sensory feast. This cookbook brings you a collection of classic dishes cherished across generations—perfect for cozy family meals or festive gatherings.

Whether you're new to Indian cooking or a seasoned foodie, you'll enjoy this flavorful journey through Punjab's culinary soul.



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Aloo Paratha

Preparing: 15 mins

Cooking: 20 mins

Serving: 2-34



Aloo Paratha

Ingredients:

- Whole wheat flour – 2 cups
- Boiled potatoes – 2 (mashed)
- Green chili – 1 (chopped)
- Ginger – 1 tsp (grated)
- Coriander – 2 tbsp (chopped)
- Carom seeds – 1/2 tsp
- Salt, butter/ghee

Instructions:

1. Mix flour and water to make soft dough. Rest for 15 mins.
2. Mix mashed potatoes with spices and herbs.
3. Roll dough, stuff with potato mix, and roll again.
4. Cook on hot tawa with butter/ghee until golden.
5. Serve hot with curd or pickle.



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Sarson Da Saag



Preparing: 15 mins

Cooking: 30 mins

Serving: 3-4



Sarson Da Saag

Ingredients:

- Mustard leaves – 3 cups
- Spinach – 1 cup
- Maize flour – 2 tbsp
- Ginger, garlic – 1 tsp each
- Green chili – 2
- Ghee, salt

Instructions:

1. Boil and blend greens with chili and ginger.
2. Simmer with maize flour and salt.
3. Temper with garlic in ghee.
4. Serve hot with makki di roti.



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Makki Di Roti



Preparing: 10 mins

Cooking: 20 mins

Serving: 4

Makki Di Roti

Ingredients:

- Maize flour – 2 cups
- Warm water – as needed
- Ghee, salt

Instructions:

1. Knead maize flour with warm water and salt.
2. Flatten by hand on plastic sheet.
3. Cook on hot tawa with ghee till golden.
4. Serve with saag.



Chole

(Punjabi Chana Masala)



Preparing: 15 mins
Cooking: 30 mins
Serving: 4



Chole (Punjabi Chana Masala)

Ingredients:

- Chickpeas – 1.5 cups (soaked overnight)
- Onion – 1 (chopped)
- Tomato – 2 (pureed)
- Ginger-garlic paste – 1 tsp
- Chole masala – 2 tsp
- Turmeric, chili powder, cumin seeds
- Tea bag (optional)
- Oil, salt

Instructions:

1. Pressure cook chickpeas with salt and tea bag (for color).
2. Heat oil, add cumin, onions, and ginger-garlic paste.
3. Add tomatoes, spices, and cook till oil separates.
4. Add chickpeas and simmer for 10 mins.
5. Garnish with coriander. Serve with bhature or rice.



Rajma (Kidney Bean Curry)



Preparing: 10 mins
Cooking: 30 mins
Serving: 4

Rajma (Kidney Bean Curry)

Ingredients:

- Rajma (kidney beans) – 1 cup (soaked overnight)
- Onion – 1 (finely chopped)
- Tomato – 2 (pureed)
- Ginger-garlic paste – 1 tsp
- Rajma masala – 2 tsp
- Turmeric, cumin, chili powder
- Oil, salt

Instructions:

1. Pressure cook rajma until soft.
2. Sauté onions, ginger-garlic paste, and spices in oil.
3. Add tomato puree, cook till oil separates.
4. Mix cooked rajma and simmer 15 mins.
5. Garnish and serve with rice.



Kadhi Pakora



Preparing: 15 mins
Cooking: 30 mins
Serving: 4

Kadhi Pakora

Ingredients:

- Yogurt – 1 cup
- Besan – 1/2 cup
- Water – 2 cups
- Ginger, green chili – 1 tsp each
- Pakora: Besan – 1 cup, onion, salt, spices
- Mustard seeds, fenugreek, curry leaves, oil

Instructions:

1. Mix yogurt, besan, water, spices. Simmer till thick.
2. For pakoras, mix ingredients and deep fry.
3. Add pakoras to kadhi and simmer.
4. Temper with mustard, curry leaves, and red chili.
5. Serve hot with rice or roti.



Amritsari Fish

Preparing: 15 mins

Cooking: 20 mins

Serving: 3-4



Amritsari Fish

Ingredients:

- Boneless fish – 500 g
- Besan – 1/2 cup
- Ginger-garlic paste – 1 tbsp
- Ajwain – 1/2 tsp
- Lemon juice – 1 tbsp
- Chili powder, turmeric, salt
- Mustard oil for frying

Instructions:

1. Marinate fish with spices, lemon, and ginger-garlic.
2. Coat with besan just before frying.
3. Deep fry till golden.
4. Serve with mint chutney and lemon wedges.



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Paneer Butter Masala

Preparing: 5 mins

Cooking: 15 mins

Serving: 4



Paneer Butter Masala

Ingredients:

- Paneer – 200 g (cubed)
- Tomato puree – 1 cup
- Onion – 1 (grated)
- Ginger-garlic paste – 1 tsp
- Butter – 2 tbsp
- Cream – 2 tbsp
- Kasuri methi, garam masala, chili powder

Instructions:

1. Sauté onion and ginger-garlic in butter.
2. Add tomato puree and cook till oil separates.
3. Add spices, paneer, and a little water.
4. Stir in cream and crushed kasuri methi.
5. Serve with naan or jeera rice.



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Lassi (Sweet or Salted)

Preparing: 5 mins

Cooking: —

Serving: 2



Lassi (Sweet or Salted)

Ingredients:

- Curd – 1.5 cups
- Water – 1/2 cup
- Sugar or salt – to taste
- Cardamom (for sweet), mint (for salted)
- Ice cubes

Instructions:

1. Blend curd, water, and sugar or salt.
2. Add cardamom or mint as desired.
3. Serve chilled with ice.



Pinni



Preparing: 20 mins
Cooking: 30 mins
Serving: 10–12 pieces

Pinni

Ingredients:

- Wheat flour – 1.5 cups
- Desi ghee – 1/2 cup
- Sugar – 3/4 cup
- Edible gum (gond) – 1/4 cup (optional)
- Dry fruits – chopped
- Cardamom – 1 tsp

Instructions:

1. Roast flour in ghee until golden.
2. Fry edible gum separately and crush.
3. Mix all ingredients with sugar and dry fruits.
4. Shape into small round balls.
5. Cool and store in airtight jar.



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Thank You for Cooking with Us!

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

We hope this cookbook inspired you to try out some soulful dishes straight from Punjabi kitchens.

For more regional delights and cooking joy, visit us at:

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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