

MAPLE™

RAJASTHAN

# COOKBOOK

100 DELICIOUS RECIPES



**RAJASTHAN**

**Special Recipe**

Delicious and delightful  
foods from around the world

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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 the vibrant and flavorful world of Rajasthani cuisine.

Known for its rich history, arid climate, and warrior culture, Rajasthan has developed a unique style of cooking that emphasizes the use of spices, lentils, grains, and preserved ingredients.

From royal meat dishes to rustic vegetarian delights, this cookbook brings you the essence of Rajasthan on every page.



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# Dal Baati Churma



## Ingredients:

For Baati:

Whole wheat flour – 2 cups  
 Semolina (suji) – 2 tbsp  
 Ghee – 4 tbsp  
 Carom seeds – ½ tsp  
 Baking soda – a pinch  
 Salt – to taste  
 Water – as needed

## For Dal:

Mixed lentils (toor, moong, chana) – 1 cup  
 Onion – 1 (chopped)  
 Tomato – 1 (chopped)  
 Ginger-garlic paste – 1 tsp  
 Green chili – 1 (chopped)  
 Cumin seeds – ½ tsp  
 Mustard seeds – ½ tsp  
 Turmeric – ¼ tsp  
 Red chili powder – ½ tsp  
 Garam masala – ½ tsp  
 Ghee – 2 tbsp  
 Salt – to taste

## For Churma:

Whole wheat flour – 1 cup  
 Ghee – 3 tbsp (for dough) + extra for frying  
 Powdered sugar – ½ cup  
 Cardamom powder – ½ tsp  
 Dry fruits – 2 tbsp (chopped)

Preparing: 15 mins

Cooking: 20 mins

Serving: 2-3

# Dal Baati Churma

## Instructions:

### Prepare Baati:

Mix flour, semolina, ghee, carom seeds, baking soda, and salt. Add water to make a stiff dough. Shape into round balls. Bake at 180°C (350°F) for 30–35 minutes or until golden. Dip hot baatis in melted ghee.

### Cook Dal:

Pressure cook the mixed lentils until soft. In a pan, heat ghee. Add mustard seeds, cumin, and sauté onions. Add ginger-garlic paste, green chili, and tomatoes. Cook well. Add spices and salt, then add the cooked dal. Simmer for 10–15 minutes.

### Make Churma:

Mix flour with ghee to make a crumbly dough. Shape into small muthiyas (logs) and bake or fry until golden. Cool, crush, and mix with powdered sugar, cardamom, and dry fruits.

### To Serve:

Pour hot dal over broken baatis. Serve with a generous drizzle of ghee and sweet churma on the side.



# Gatte Ki Sabzi

## Ingredients:

### For Gatte (gram flour dumplings):

Gram flour (besan) – 1 cup  
Yogurt – 2 tbsp  
Carom seeds – ½ tsp  
Red chili powder – ½ tsp  
Turmeric – ¼ tsp  
Asafoetida – a pinch  
Salt – to taste  
Oil – 1 tbsp (for dough)  
Water – as needed

### For Gravy:

Yogurt – 1 cup (whisked)  
Gram flour (besan) – 1 tbsp  
Turmeric – ¼ tsp  
Red chili powder – ½ tsp  
Coriander powder – 1 tsp  
Cumin seeds – ½ tsp  
Mustard seeds – ½ tsp  
Ginger – 1 tsp (grated)  
Green chili – 1 (chopped)  
Asafoetida – a pinch  
Oil – 2 tbsp  
Salt – to taste  
Water – as needed

Preparing: 20 mins

Cooking: 25 mins

Serving: 3-4



# Gatte Ki Sabzi

## Instructions:

### Make Gatte:

- In a bowl, mix gram flour, yogurt, carom seeds, red chili, turmeric, asafoetida, salt, and oil. Add a little water to make a firm dough.
- Divide into cylindrical rolls. Boil these in water for 10–12 minutes until firm. Remove, cool, and cut into bite-sized pieces.

### Prepare Gravy:

- In a bowl, whisk yogurt with besan, turmeric, chili powder, coriander powder, and salt. Add 1½ cups of water and mix well.

### Cook Curry:

- Heat oil in a pan. Add mustard seeds, cumin seeds, asafoetida, green chili, and ginger. Sauté briefly.
- Add the yogurt mixture and stir continuously until it comes to a boil. Lower the flame and simmer for 5–7 minutes.

### Add Gatte:

- Add the sliced gatte pieces into the simmering gravy. Cook for 5 more minutes so they soak up the flavors.
- Serve:
- Serve hot with roti, paratha, or steamed rice, topped with a spoon of ghee if desired.



# Laal Maas

Preparing: 20 mins

Cooking: 45 mins

Serving: 3-4



## Ingredients:

Mutton (bone-in) – 500 g  
Dry red chilies – 8-10 (soaked in warm water)  
Garlic – 8 cloves  
Yogurt – 1 cup (whisked)  
Onions – 2 (sliced)  
Cumin seeds – 1 tsp  
Cloves – 4  
Black peppercorns – 6-8  
Bay leaf – 1  
Green cardamom – 2  
Cinnamon stick – 1 inch  
Turmeric – ¼ tsp  
Coriander powder – 1 tsp  
Mustard oil – 3-4 tbsps  
Salt – to taste  
Water – as needed

# Laal Maas

## Instructions:

### Make Chili Paste:

- Grind soaked red chilies and garlic into a smooth paste. Set aside.

### Marinate Mutton:

- In a bowl, mix the mutton with yogurt, turmeric, coriander powder, and half of the chili-garlic paste. Let it marinate for at least 30 minutes (or longer if time allows).

### Prepare Masala:

- Heat mustard oil in a heavy pan until it starts to smoke. Lower the heat and add cumin seeds, bay leaf, cloves, peppercorns, cardamom, and cinnamon. Sauté for a few seconds.

### Cook Onions & Masala:

- Add sliced onions and sauté until golden brown. Add the remaining chili-garlic paste. Cook for 2–3 minutes until the oil separates.

### Add Mutton:

- Add the marinated mutton and cook on medium-high heat for 10–15 minutes, stirring frequently to coat well with the masala.

### Simmer:

- Add water as needed, cover, and cook on low heat for 30–40 minutes until the meat is tender and the gravy thickens.
- Serve:
- Serve hot with bajre ki roti, rice, or plain chapatis. Add a dollop of ghee for extra richness.



# Ker Sangri

## Ingredients:

Dried Ker (capers) – ½ cup  
Dried Sangri (desert beans) – 1 cup  
Yogurt – 2 tbsp (optional)  
Mustard oil – 3 tbsp  
Asafoetida – a pinch  
Cumin seeds – 1 tsp  
Mustard seeds – 1 tsp  
Dry red chilies – 2  
Green chilies – 2 (slit)  
Turmeric – ¼ tsp  
Red chili powder – 1 tsp  
Coriander powder – 1 tsp  
Amchur (dry mango powder) – 1 tsp  
Salt – to taste  
Water – as needed

Preparing: 15 mins  
(plus soaking time)  
Cooking: 20 mins  
Serving: 3-4



# Ker Sangri

## Instructions:

### Soak & Boil:

- Wash Ker and Sangri thoroughly. Soak them overnight or for at least 6–8 hours.
- Next day, pressure cook with a pinch of salt for 1–2 whistles until soft. Drain and set aside.

### Prepare Tempering:

- Heat mustard oil until it smokes, then reduce heat. Add cumin seeds, mustard seeds, asafoetida, dry red chilies, and green chilies. Let them splutter.

### Cook Spices:

- Add turmeric, chili powder, coriander powder, and salt. Stir for a few seconds on low flame to prevent burning.

### Mix Ker Sangri

- Add the boiled Ker and Sangri to the pan. Mix well and cook for 5–7 minutes, allowing the flavors to combine.
- Add Tanginess:
- Sprinkle amchur and stir well. If using yogurt, mix it in at this stage and cook for another 2–3 minutes.

### Serve:

- Serve hot with bajre ki roti or plain chapati. It also pairs wonderfully with dal and rice.



# Papad Ki Sabzi

**Preparing: 10 mins**  
**Cooking: 15 mins**  
**Serving: 2-3**

## Ingredients:

Moong dal papads – 2-3  
(roasted or fried, broken into pieces)  
Yogurt – ½ cup (well whisked)  
Gram flour (besan) – 1 tbsp  
Cumin seeds – ½ tsp  
Mustard seeds – ½ tsp  
Asafoetida – a pinch  
Green chili – 1 (chopped)  
Ginger – 1 tsp (grated)  
Turmeric – ¼ tsp  
Red chili powder – ½ tsp  
Coriander powder – 1 tsp  
Oil – 2 tbsp  
Salt – to taste  
Water – 1 cup (or as needed)



# Papad Ki Sabzi

## Instructions:

### Prepare Curd Mix:

- In a bowl, combine whisked yogurt, besan, turmeric, red chili powder, coriander powder, and salt. Add a cup of water and mix well to avoid lumps.

### Make the Tempering:

- Heat oil in a pan. Add mustard seeds, cumin seeds, and a pinch of asafoetida. Let them crackle. Add chopped green chili and grated ginger. Sauté briefly.

### Cook the Gravy:

- Lower the flame and slowly pour in the yogurt mixture, stirring constantly. Bring to a boil and let it simmer on low heat for 5–7 minutes until slightly thickened.

### Add Papad:

- Break roasted or fried papads into medium pieces and add them to the gravy. Cook for 2–3 minutes, just until the papads soak slightly but don't get too soft.

### Serve:

- Serve hot with roti, paratha, or steamed rice. This quick dish is especially popular when vegetables are scarce.



# Rajasthani Kadhi

## Ingredients:

Yogurt – 1 cup (sour, well whisked)  
Gram flour (besan) – 2 tbsp  
Turmeric – ¼ tsp  
Red chili powder – ½ tsp  
Salt – to taste  
Water – 2 cups  
For Tempering:  
Mustard seeds – ½ tsp  
Cumin seeds – ½ tsp  
Fenugreek seeds – ¼ tsp  
Asafoetida – a pinch  
Dry red chilies – 2  
Green chili – 1 (slit)  
Curry leaves – 6–8 (optional)  
Ginger – 1 tsp (grated)  
Oil or ghee – 2 tbsp



Preparing: 10 mins  
Cooking: 20 mins  
Serving: 3–4

# Rajasthani Kadhi

## Instructions:

### Prepare Kadhi Base:

- In a bowl, whisk together yogurt, besan, turmeric, red chili powder, salt, and water until smooth and lump-free.

### Cook Kadhi:

- Pour the mixture into a deep pan and bring to a boil, stirring constantly. Reduce heat and simmer for 10–12 minutes until it thickens slightly.

### Make the Tempering:

- In a separate pan, heat oil or ghee. Add mustard seeds, cumin seeds, fenugreek seeds, asafoetida, dry red chilies, green chili, curry leaves (if using), and grated ginger. Sauté for 1–2 minutes until aromatic.

### Combine & Simmer:

- Pour the hot tempering into the simmering kadhi. Stir and cook for another 2–3 minutes.

### Serve:

- Serve hot with steamed rice, bajre ki roti, or jeera rice. Add a spoon of ghee on top for a richer taste.



# Mohan Maas

## Ingredients:

Mutton (bone-in) – 500 g  
Milk – 2 cups  
Onion – 1 (finely chopped)  
Garlic – 5–6 cloves (crushed)  
Ginger – 1 tsp (grated)  
Poppy seeds – 1 tbsp (soaked)  
Cashew nuts – 8–10 (soaked)  
Green cardamom – 3  
Cloves – 3  
Cinnamon – 1 inch stick  
Bay leaf – 1  
Black pepper – 6–8  
Turmeric – ¼ tsp  
White pepper powder – ½ tsp (optional)  
Ghee – 4 tbsp  
Rose water – 1 tsp (optional)  
Kewra water – ½ tsp (optional)  
Salt – to taste

Preparing: 20 mins  
Cooking: 50 mins  
Serving: 3–4



# Mohan Maas

## Instructions:

### Prepare Paste:

- Grind soaked poppy seeds and cashews into a smooth paste using a little water.

### Sauté Spices:

- Heat ghee in a heavy-bottomed pan. Add bay leaf, cloves, peppercorns, cinnamon, and cardamom. Sauté until fragrant.

### Cook Onion & Aromatics:

- Add chopped onion, crushed garlic, and grated ginger. Sauté on medium heat until golden.

### Add Mutton & Paste:

- Add mutton pieces and sear for 5–7 minutes. Then add the poppy-cashew paste and turmeric. Stir well and cook for another 5 minutes.

### Pour Milk:

- Add milk slowly while stirring. Simmer on low heat for 35–40 minutes or until the mutton is tender and the gravy thickens. Stir occasionally to avoid burning.

### Finishing Touch:

- Add white pepper powder, rose water, and kewra water (if using). Cook for 2 more minutes.

### Serve:

- Serve hot with soft roti, naan, or jeera rice. Rich, creamy, and mildly spiced, Mohan Maas is a royal treat.



# Bajre Ki Roti

Preparing: 10 mins  
Cooking: 15 mins  
Serving: 2-3

## Ingredients:

Bajra (pearl millet) flour – 2 cups  
Warm water – as needed  
Salt – to taste  
Ghee – for serving



# Bajre Ki Roti

## Instructions:

### Make Dough:

- In a bowl, add bajra flour and salt. Gradually add warm water and knead into a soft, pliable dough. Bajra dough doesn't hold together like wheat, so knead gently and work in small portions.

### Roll Roti:

- Take a portion of dough and flatten it by hand or gently roll between plastic sheets or using a rolling pin. Keep thickness medium to avoid cracking.

### Cook Roti:

- Heat a tawa (griddle). Place the roti on it and cook on medium heat. Flip once the base is firm. Press gently with a cloth or spatula and cook both sides until brown spots appear.

### Serve:

- Smear hot rotis with ghee and serve immediately with Laal Maas, Ker Sangri, or any spicy curry.



# Mawa Kachori

Preparing: 25 mins

Cooking: 30 mins

Serving: 4-5

## Ingredients:

### For Dough:

All-purpose flour (maida) – 1 cup  
Ghee – 2 tbsp  
A pinch of salt  
Water – as needed

### For Filling:

Mawa (khoya) – 1 cup (crumbled)  
Powdered sugar – ½ cup  
Chopped almonds – 1 tbsp  
Chopped pistachios – 1 tbsp  
Cardamom powder – ½ tsp

### For Sugar Syrup:

Sugar – 1 cup  
Water – ½ cup  
Saffron strands – a few (optional)  
Rose water – ½ tsp (optional)  
Ghee or oil – for deep frying



# Mawa Kachori

## Instructions:

### Prepare Dough:

- In a bowl, mix flour, salt, and ghee. Rub the ghee into the flour until crumbly. Add water gradually to make a smooth dough. Cover and rest for 15–20 minutes.

### Make Filling:

- In a pan, lightly roast the mawa until it turns light golden. Let it cool, then mix in powdered sugar, nuts, and cardamom powder.

### Shape Kachoris:

- Divide the dough into small balls. Roll each into a small disc. Place a spoonful of filling in the center, seal the edges, and gently flatten.

### Fry Kachoris:

- Heat oil or ghee in a deep pan on low-medium flame. Fry the kachoris slowly until golden and crisp on both sides. Remove and drain on paper.

### Prepare Sugar Syrup:

- In a pan, boil sugar and water until slightly sticky (1-string consistency). Add saffron and rose water if using.

### Dip & Serve:

- Dip each hot kachori in warm sugar syrup for a few seconds. Remove and serve warm or at room temperature, garnished with more nuts.



# Ghevar

## Ingredients:

### For Ghevar:

All-purpose flour (maida) – 1 cup  
Ghee – ¼ cup (melted)  
Chilled water – approx. 1 cup (as needed)  
Ice cubes – 3-4 (for batter)  
Milk – 2 tbsp  
Lemon juice – 1 tsp  
Ghee or refined oil – for deep frying

### For Sugar Syrup:

Sugar – 1 cup  
Water – ½ cup  
Saffron – a few strands (optional)  
Cardamom powder – ¼ tsp  
Rose water – ½ tsp (optional)

### Toppings (optional):

Rabri – ½ cup  
Chopped nuts – 2 tbsp (almonds, pistachios)  
Silver varq – for garnish

Preparing: 20 mins  
Cooking: 30 mins  
Serving: 4-5



# Ghevar

## Instructions:

### Prepare Batter:

- In a bowl, mix flour and ghee until crumbly. Add milk and lemon juice. Add chilled water gradually, using ice cubes while mixing to create a thin, flowing batter.

### Heat Ghee for Frying:

- In a deep, heavy-bottomed pan or a special ghevar mould, heat ghee until medium hot. Pour batter from a height using a spoon or ladle in the center of the pan.

### Fry the Ghevar:

- As the batter spreads and forms a honeycomb pattern, let it fry. Add more batter in batches to build thickness. Once golden and crisp, remove carefully and drain.

### Make Sugar Syrup:

- Boil sugar and water until it reaches one-string consistency. Add saffron, cardamom powder, and rose water. Let it cool slightly.

### Assemble & Serve:

- Dip or drizzle sugar syrup over ghevar. Top with rabri, chopped nuts, and silver varq if desired. Serve chilled or at room temperature.






## 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:

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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.

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Wishing you many flavorful moments and heartfelt meals ahead!

**Happy Cooking!**

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