

## Kitchen Khiladi 2015 – Final Round Recipes

Eight teams contested in the final round which required live cooking. The teams were required to make one main entrée using either Quinoa or Oats with Leeks and dessert using Strawberry. Leeks and Strawberry are in the top category of anti-cancer food.

Here are the recipes from the final round. They are listed here in no particular order.

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## Team Name: Valley Verde Chefs

Team members: Chitra, Dhanlaxmi, Srinivasan

### Leek Soup and Quinoa Tabboleh (Mediterranean Classic)

#### *Soup Ingredients*

Leek, Cilantro (Coriander leaves), Broccoli, Cauliflower, Pepper, Salt to taste, Lime/Lemon, Cashew nuts, Oats/Quinoa(optional)

#### *Leek Soup Preparation*

- Wash Leek and Cilantro
- Sauté leek with greens (cilantro, broccoli)
- Steam fero heads of cauliflower and blend it together for a bisque like consistency
- Let the veggies cool and blend it with some pepper, lime, salt to taste and some cashews (if necessary)
- Add some oats/Quinoa if soup needs to be thickened.

### Quinoa Tabboleh

#### *Tabboleh Ingredients*

Quinoa (Rainbow Quinoa), Water (boiling), Parsley (2 large bunches), Cucumber, Leeks, Cherry Tomatoes/Roma Tomatoes, Olive Oil, Ginger, Mint, Lemon

#### *Tabboleh Preparation*

- Wash Quinoa and soak in boiling water
- Slice Parsley ( 2 large bunches)
- Chop cucumber, leek, cherry and some roma tomatoes
- Add olive oil, lemon, pepper, ginger, mint and toss together
- Add some cloves ( this keeps mouth clean even after eating leeks 😊)
- Serve with lemon slices
- Add pomegranate and raw mangoes for tasty taste
- (lots of fresh veggies, green with protein with herbs (flavors)

### Strawberry Parfait with Walnuts and Honey

#### *Ingredients*

2 lb fresh strawberries, Homemade yogurt, Honey (as per taste) – Wild flower Honey, Honey and Almond granola, Fresh walnuts, Sugar (as per taste) – very little needed, Very little strawberry preserves (added for thickening) ( optional)

#### *Garnish*

Wild Flower Honey, Fresh Strawberries, grapes, Honey Granola, Walnuts

#### *Method of preparation*

- Mix homemade thick yogurt with little sugar. Make sure not to add any water while mixing. Keep it separately.
- Blend fresh strawberries, honey with little bit of strawberry jam(preserves) and bring it to a thick consistency.
- Run the walnut into a blender and pulse it into smaller pieces.

- Start assembling layers
  - Pour the strawberry mix.
  - Add the honey and Almond granola
  - Add the mixed yogurt
  - Add fresh chopped strawberries
  - Garnish with chopped walnuts, honey and grapes
- Enjoy Chilled

#### *Health Benefits*

- Excellent source of calcium, fiber
- Can be eaten as a wholesome healthy breakfast and dessert
- No preservatives, or expensive store ingredients
- Can be made without sugar, very little sugar needed to reduce tart from yogurt
- Kids will love it...Crunchiness of granola, freshness of strawberries and sourness of yogurt provides excellent nutritional benefits
- Any seasonal fruits can be added/topped with
- Very easy to make

## Team Name: Brussels

Team members: Chandan and Rashmi

### Almond Quinoa Pilaf

Cooking time: 35 minutes

#### Ingredients

Ingredients	Benefits to Cancer Survivor
Quinoa - 2 cups	rich in fiber, minerals and protein
Leeks	contains Sulfenic acid that neutralizes dangerous free radicals
Edamame seeds	contains Genistein that inhibits the growth of cancer cells
Tofu	excellent source of protein, iron and calcium at least 10mg of soy decreases breast cancer recurrence.
Bell Peppers	anti-inflammatory and contains Apigenin that reduces breast cancer
Garlic	rich in Ally sulfides which has important anti-cancer property
Ginger - half inch	reducing inflammation as well as being a rich source of antioxidant
Olive oil	contains mono-unsaturated fatty acids which is a healthy dietary fat
Lemon grass	contains several flavonoids called Luteolin which slows the growth of cancer cells
Almonds soaked overnight	high in protein and rich in Vitamin E, zinc, Calcium, magnesium and omega 3
Green chilies – 2	
Cinnamon stick – 1'	
Cayenne pepper	( Secret ingredient ) – Increases metabolism rate.
Cloves -4	have anti-carcinogenic properties, that have been proven to be helpful in controlling lung cancer

#### Method of Preparation

- Grind half cup of soaked almonds with 2 cups of water. Strain the almond milk with the help of nutbag/strainer.
- In a pan, add 1 tbsp of oil, cloves, cinnamon, ginger -garlic – chilies (paste).
- After 2 mins of stirring, add 1 cup of quinoa and roast it in the mixture for 2-3 mins until you get good aroma.
- Add the almond milk, lemon grass and let it boil in high flame for 5 mins. (For 1 cup of quinoa add 2 cups of almond milk). Once it starts boiling lower the heat and boil for another 10 mins.
- Sauté white and green part of leeks, bell peppers and tofu separately. Mix the boiled quinoa with sautéed vegetables and tofu. Garnish the dish with cilantro or mint.

### Strawberry Chia Pudding

Cooking time: 10 minutes

#### Ingredients

Ingredients	Benefits to Cancer Survivor
Almond Milk – 1/2 cup	high in protein and rich in Vitamin E, zinc, Calcium, magnesium and omega 3 fatty acids
Strawberries - 2 cups	excellent source of anti-oxidant promoting Vit-C and manganese
Cashews soaked overnight 1 ½	contain health-promoting phyto-chemicals that protect from cancer

cup	
Dates – count 4	
Cinnamon powder – 1tbs.	
Chia Seeds – ½ cup – soaked for 2 hours	high in Alpha lineic acid which limits the growth of cancer cells in both breast and cervical cancers
Pinch of salt	

*Method of Preparation*

- Blend everything to a smooth paste except chia seeds.
- Place the above mixture in a bowl and fold in the chia seeds.
- Pour into small glasses and place in the fridge until enjoyed.  
Top with fresh mint leaves and extra berries.

## Team Name: Sweetroot

Team members: Madhumala, Aditi, Nilekha

### Quinoa Manchurian

Prep Time: 15 mins

Cooking Time: 20 mins

Makes 4-5 servings

#### Ingredients for Quinoa Balls

Quinoa	½ cup soaked
Carrot	¼ cup finely chopped
Capsicum	¼ cup finely chopped
Leek	¼ cup chopped
Cloves	2
Garlic	Finely chopped (lehsun)
Salt	To taste
Oil	For pan frying
Paneer	¼ cup grated for binding
Corn flour	2 tsp for binding

#### Ingredients for Sauce

Garlic	1 tsp finely chopped (lehsun)
Carrot, Capsicum, and Leek	½ cup finely chopped
Chings Manchurian sauce mix	1 packet
Water	1 cup
Tomato chili sauce	To taste
Oil	½ tsp
Spring onion leaves	For garnish

#### Method of Preparation (For the Quinoa balls)

- Cook quinoa i. Sauté garlic in heated pan. Add 1 cup water then quinoa and salt( to taste), bring to boil. Cover, reduce heat to low, and simmer until quinoa is tender. Remove from heat and allow to cool.
- Combine the quinoa, carrots, leek, capsicum, paneer and corn flour in a bowl and mix well using your hands.
- Shape spoonsful of the mixture into small balls.
- Pan fry a few balls at a time until golden brown in appam pan and keep aside.

#### Method of Preparation (For the sauce)

- Heat ½ tsp oil in a wok or frying pan on a high flame. Add the garlic and stir fry over a high flame for few seconds.
- Add and stir fry the veggies
- Add 1 cup of water to Manchurian mix, make sure there are no lumps.
- Add to the veggies and bring to boil
- Add the tomato chili paste (to taste) and simmer for a few minutes.
- Put the quinoa balls in the sauce and bring to a boil.

- Garnish with finely chopped spring onion leaves.

### Strawberry Tulips

Prep Time: 15 mins

#### *Ingredients*

Strawberries	1 box
Tutti Fruti ice cream	1 pack
Yogurt	1 cup
Sugar	To taste
Vanilla extract	1 tsp

#### *Method of Preparation*

- Hang the yogurt for 2-3 hours
- Add 1 tsp of vanilla extract
- Blend in sugar to taste
- Add Tutti Fruti
- Cut stems off the strawberries and place stem-side down on cutting board. Cut each strawberry lengthwise into quarters, stopping just before hits cutting board, so berries stay intact. Place on a serving platter.
- Carefully press one tutti fruit down through the center of each strawberry, taking care to keep berries intact. Slowly fill in srikhand into the berries until filled. Top berries with a tutti fruti and serve chilled.



## Team Name: Ayuryoga Taste Bites

Team Members: Karpagam and Ramki

### Coriander Quinoa

Serving size: 4 people

Cooking Time: 20 minutes; preparation time 5 minutes

Ingredient & portion:

Coriander	1 bunch
Quinoa	2 cups
Chilli	2 small
Cloves	3
Walnuts	1 cup chopped
Leeks	Take the entire stem; cut in half and cut lengthwise and then chop into small pieces
Olive oil	1 tbsp
Salt	For taste

### Method of Preparation

- Wash Coriander (with stems) and grind with Chili. Add water enough to get it grinded to a smooth paste.
- Add a little olive oil in a pan
- Add Cloves to pan
- Add leeks and roast them until brown
- Add Coriander paste and let it boil
- When boiling, add quinoa. Add water per cooking directions in quinoa. I do, 2 cups water to one cup of quinoa.
- When quinoa is almost cooked, add walnuts. Adding walnuts at this time, preserves its crunchiness.

### Nutrition Details

Quinoa is very high in complete protein, easy on gastro intestinal tract, and generally tasty. Since it is heavy in polyphenols it is useful in fighting cancer and cardiovascular disease. Normal creations are usually to cook quinoa as is and use in salads. It is also used in Indian cooking as substitute for rice in Upma, Pilaf or Bisebelabath.

I wanted to combine the iron rich coriander with quinoa. To reduce the risk of bitterness (as both the ingredients are slightly bitter), I decided to cook the coriander fully with the quinoa. Walnuts with its outer skin became a natural grain to add to this healthy meal. Roasted leeks can be added to this. This dish can be eaten by itself. But I chose to make use of the abundant fall vegetables into the mix. Hence the next added item!

### Curried Fall Vegetables

Serving size: 4 people

Cooking Time: 20 minutes; preparation time 15 minutes

### Ingredient & portion:

Pumpkin	½ of a medium size or small one; peeled and chopped into 1 inch cubes
Zucchini	1 medium; cut into small half circles
Cauliflower	½ of medium size cut into flowerets
Red bell pepper	Cut lengthwise
Leeks	Take the entire one; cut in half and cut lengthwise
Curry powder	2 tsp (or to taste)
Coconut milk	3 tbsp
Olive oil	1 tbsp
Turmeric	1 tsp
Salt and chili	To taste

### Method of Preparation

- Boil pumpkin with little salt. Set aside.
- Boil zucchini with little salt. Set aside.
- Boil cauliflower with little salt. Set aside.
- The above are boiled separately as each one has its cooking time and we want to make sure they are not over cooked. To save nutrients, boil one after another in the same water.
- Add olive oil to a pan and roast leeks and red pepper. I like to roast them quite well as I like the taste of roasted vegetables. Add a little salt while roasting. Set aside.
- Use the same pan, add turmeric. Then add all boiled vegetables and curry powder. When curry powder is roasted for a minute, add coconut milk to the mixture and turn the stove low.
- When you see bubbles in coconut milk, add roasted vegetables, stir and take out. If the mixture is too thick add water to relax.

### Nutrition Details:

Fall is another best time to get into flavorful healthy vegetables. We have pumpkin and squashes in abundance and to put that to use to balance out the quinoa is a must. Quinoa, should be consumed in small quantities. So, adding vegetables creates a full meal. Coconut milk is a source of good fat and studies have shown to include good fat in foods (albeit in small quantities)

### Strawberry Panjamirdham

Serving size: 4 people

Cooking Time: 5 minutes; preparation time 15 minutes

### Ingredient & portion

Strawberry	A regular basket, washed and cut into small pieces
Banana	1 medium; cut into small circles
Ghee	1 tsp
Honey	1 tbsp
Dates	2 large (unsweetened, natural) cut into small pieces
Cardamom	A pinch
Edible camphor	A pinch
Brown sugar	1 tbsp

### Method of Preparation

- Mix all ingredients together and mash them

### *Nutrition Details:*

I love desserts that bring out the sweet naturally found in fruits. Panjamirdham is one sweet that can be done with very little natural brown sugar augmented with the fruit's natural sweetness. Again, a small amount of good fat in pistachio and ghee is added to the mix to make this dish wholesome.

Team Name: Niranjani\_Prajna

Team members: Niranjani and Prajna

### Herby Leek Quinoa Rolls

Serving size: 30 Rolls

#### Ingredients to make 30 Rolls:

Cooked quinoa	2 cups
Leeks	4 finely sliced
Beans	A handful sliced
Garlic	4 crushed cloves
Bell pepper	3 cut into small cubes
Parsley, Mint	A handful finely chopped
Granny Smith apple	1 cut into cubes
Mango ginger	1 grated
Leeks	4 cut up for making rolls
Green chilies	2
Turmeric	A pinch
Herbs province	1 tsp
Coriander seeds	2 tsp

#### Method of Preparation

- Sauté crushed garlic and add leeks on a high heat in 1 teaspoon of oil for 2 minutes and set aside. Add 2 teaspoons oil to the pan and roast the coriander seeds then add beans, chilies, green apple, mango ginger, herbs, sea salt, parsley, herb province, pepper, turmeric and cook for 5 minutes before stirring in the quinoa and sautéed leeks.
- Place the cut leeks sprinkled with pepper, salt and a little oil in the oven on a lined baking tray and bake for 2-3 minutes for the rolls.
- Take a piece of Leek and put the stuffing, roll over and tuck the ends on to seal.

### Almond Strawberry Chia Seed Pudding

#### Ingredients

Strawberry	1 to 1½ cups
Coconut milk	½ cup
Almond milk	½ cup
Chia seeds	1 tsp
Honey	For taste
Almond meal	As needed
Oil	½ tsp
Wheat flour	1 tsp
Salt	A pinch

#### Method of Preparation

- Blend strawberries with coconut milk, honey and almond milk
- Add Chia seeds to it
- Refrigerate for 30 mins to set

- For the Base:
  - Add oil, almond meal, whole wheat flour and salt and mix well
  - Spread the mix on parchment paper and bake for 5 minutes.
  - Let it cool and move it to a platter
- Get the frozen strawberry and carefully invert it over the base
- Serve and enjoy!!

Team Name: Spice Girls

Team Members: Swati and Suganthi

Leek Masala Oats Uthappam (LMO pancakes)

*Ingredients for Green Leek Masala:*

Fennel seeds	½ tsp
Cumin seeds	½ tsp
Leek	1 cup green leaves only sliced thin
Carrot	½ cup grated
Mint	¼ cup
Coriander leaves	½ cup chopped
Green chilies	1 finely chopped
Hing	A pinch

*Method of Preparation*

- In a medium heated pan, add oil
- Add cumin and fennel seeds and wait to splutter
- Add curry leaves and green chilies
- Add mint leaves and sauté for a min
- Then add coriander leaves and sauté for a min
- Add the chopped leek and sauté for 2 min
- Add the grated carrot and sauté for half min
- Finally add hing and turn off the stove

*Batter Ingredients:*

Oats	2 cups
Dosa batter	1¼ cup
Yogurt	2 tsp
Salt	3 tsp
Pepper	1 tsp crushed
Hing	A pinch

*Method of Preparation*

- Add the masala to the above ingredients and make a medium thick batter.

*White Leek Bell Pepper Chutney Ingredients:*

White bottom leek	2 cups chopped
Bell pepper	¼ cup
Curry leaves	2 tsp
Tomatoes	½ cup chopped
Coriander powder	1½ tsp
Green chilies	1 chopped
Kasoori methi	1 tsp

*Method of Preparation*

- On medium flame, add oil, cumin, fennel seeds and curry leaves, green chilies, sauté for few seconds.

- Then add the white leek and sauté for 2-3 min
- Add salt and add bell pepper
- Add tomatoes and sauté for a min.
- Add turmeric powder, coriander powder.
- Garnish with fried leek.

### Soft Strawberry Kamarkat (SSK)

#### *Ingredients:*

Coconut	1½ cup
Jaggery	¾ cup
Cardamom	3 crushed
Rice flour	4 tsp
Cashews and Almond	3 tbsp ground
Strawberry juice	1 cup
Water	2 tbsp
Almonds/Pistachios	Sliced for decoration

#### *Method of Preparation*

- In a pan fry the coconut for two minutes
- Crush the cardamom and make a powder out of nuts
- Meanwhile, blend fresh strawberries into a thick juice
- In another pan, boil water to melt jaggery and filter out solids
- Now combine the strawberry juice and filtered jaggery mixture and boil till the mixture reaches a jelly thick consistency
- Add the fried coconut, rice flour and the powdered nuts to make the paste.
- Roll the paste into soft balls.
- Decorate with badam/pista slices

## Team Name: Tasty Turnip Tales

Team members: Bakti, Pooja, Malika

### Veggie Quinoa Pilaf

Quinoa has characteristics of a seeds and composes good proportions of all essential amino acids, fats, starch, fiber, minerals and vitamins. Quinoa is a excellent source of minerals like iron, copper, calcium, potassium.

Serving Size: 5 people

Cooking Time: 30 mins

#### Ingredients and Portion

Quinoa	2 cups
Water	4 cups
Leek	1 piece
Broccoli	A few flowerets
Red bell pepper	½ piece
Onion	½ piece
Tomato	½ piece
Curry leaves	3 to 4 leaves
Soybean	Chunks (optional)
Salt	For taste
Green chilies	2 pieces
Olive oil	2 tbsp
Black pepper	A pinch

#### Method of Preparation

- Boil quinoa in 4 cups water for 15 minutes on medium heat with covered lid.
- Pour oil in sauce pan on medium heat, add curry leaves, chopped leek, sliced onion, sliced bell pepper, broccoli, chopped green chilies, soybean chunks(optional), salt and keep stirring for 10 minutes.
- Add sliced tomato, mix it well and cook for 5 minutes. Add boiled quinoa.

#### Nutrition

Protein 24g 48 % Daily value

Calcium 7% Daily value

Iron 43% Daily value

Vitamin B-6 40% Daily value

Magnesium 83% Daily value

### Honey Lime Strawberry

Serving Size: 5 people

Cooking Time: 30 mins

#### Ingredients and Portion:

Strawberries	5 cups hulled and quartered
Skim ricotta cheese	½ cup
Lemon zest	½ tbsp freshly grated



Salt	A pinch
Honey	2 tbsp for taste
Custard powder	1 tbsp
Lemon juice	2 tbsp
Milk	½ cup

*Method of preparation:*

- Add honey, lemon juice and salt in a bowl, stir them till mixed well. Add strawberries to the same bowl and leave it in room temperature for at least 15 minutes or up to one hour. Keep stirring occasionally.
- Prepare sugar free custard as follows:
  - Pour milk in a saucepan and start heating over a medium heat. Combine the custard powder in cold milk and mix carefully so that no lumps are formed.
  - Transfer the mixture into the pot with boiling milk slowly and stir thoroughly. Let it cool for 10 minutes at room temperature.
- Prepare ricotta cheese by boiling milk and adding vinegar to it.
- For making the base of the dessert: Add two and half cup of strawberries, dates and custard, blend it well and keep in the serving bowl. Add mixture prepared in # 1 to this serving bowl.
- Just before serving combine ricotta cheese

*Nutrition*

Vitamin C – 114% Daily value

Calcium – 36% Daily value

Proteins – 17 gm

Carbohydrates – 30 gm

Fat – 10 gm

Potassium – 337 mg

Sodium – 193 mg

Fiber – 5 gm

## Cooking Queens

Team members: Swetha, Yamini, Shrejal

### QUINOFELS (Quinoa Dumplings in Sautéed Leeks)

Preparation time: 20 mins soaking time

Cooking time: 15-20 min

Serves: 2-4

#### Ingredients

Quinoa	2 cups
Leek shoot	1 cup finely chopped
Toor dal	1 cup
Ginger	1" piece grated
Turmeric	A pinch
Green chilies	3 or 4 finely chopped
Red chilies	3 or 4
Coconut	1 cup grated
Curry leaves	1 tbsp finely chopped
Coriander leaves	3 tbsp finely chopped
Oil and Ghee	1 tsp
Salt	For taste

#### Method of Preparation

- Wash the toor dal and soak in enough water for at least 2 hrs. (to prepare instantly soak for 15 minutes in hot water)
- Boil 2 cups of quinoa in 2 cups of water for 10 minutes
- Drain the soaked lentils and transfer to a blender jar. Add the grated ginger, green chilies, red chilies, salt to the drained lentils and pulse in a blender for five to six times. Add quinoa mixture and blend it once.
- The lentils should not be ground to a fine paste. The mixture should be coarsely grained
- Transfer to a large bowl and add the grated coconut, curry leaves, coriander leaves and salt and mix well
- Divide the mixture into 12-14 portions and shape them into oval shaped dumplings
- Grease a pan or steaming plate with oil or ghee and place the dumplings in it. Steam in a pressure cooker or steamer for 10-12 min.
- Take out the dumplings and allow them to cool a bit
- Cut them into small portions
- Take a pan. Heat one teaspoon oil. Add mustard seeds to crackle. Add curry leaves
- Sauté leeks for 30 seconds and add little salt. ( Do not cook leeks)
- Add the cut portions of dumplings and mix well
- Garnish with coriander

Quinofel dumplings is a modification made from traditional dish Nucchinunde mostly relished in Mysore/Bangalore regions of Karnataka. Nuchinunde is usually made with toor dal. Traditionally, nuchinunde is served with majjige huli or coconut chutney as well.

This Quinofel bowl is packed with protein, fiber and various vitamins and minerals.

## Shot – O – Berry

(Satisfy your sweet tooth with delicious dessert made of fresh strawberries, strawberry jam, yogurt and granola. A no guilt dessert loaded with richness of honey and strawberries YES ! There is no sugar)

Preparation time: half an hour

Serves: 10 people

### Ingredients

Strawberries	3 cups fresh ones
Honey	1 cup
Jell-O	1 tbsp
Lemon juice	½ tsp to sprinkle
Greek yogurt	½ cup
Granola	For toppings

### Preparation of Jam

- Place the pureed strawberries in a large over medium heat. Bring to a boil and boil for 15- 20 minutes, stirring constantly
- Add Jell-O and stir it for another 5 minutes.
- Lower the flame. Add honey and bring it to one boil and switch off the flame.
- Sprinkle honey. Place pan in the refrigerator with a lid. Let the jam set up

### Preparation of dessert

- Take a serving dish. Add layers of yogurt and cut strawberries.
- Layer it with strawberry jam.
- Top it with Granola or nuts.