



BY 7-D

COOKBOOK

— *Global Scholars* —

HEALTHY LIFESTYLE BOOK



INTRODUCTION OF GUJARAT:



Gujarat, blessed with a semi-arid yet diverse climate, thrives as the land of cotton, spices, and coastal flavors.

Gujarati cuisine is vegetarian, diverse, and balanced in taste, with iconic dishes

Gujarati food is special because it blends climate-driven crops, religious values, and cultural creativity.



The climate is diverse, marked by hot summers, humid monsoons, and mild winters, with significant regional variation between coastal, desert, and hilly areas.

Because of hot summers, varied rainfall, and semi-arid to humid zones, the state grows a mix of drought-resistant, rain-fed, and irrigated crops. Cotton, groundnut, and millets dominate in dry regions, while rice, sugarcane, and fruits thrive in wetter southern areas.

The diverse climate ensures both cash crops for trade and food crops for local consumption, making it one of India's agriculturally versatile states.

*From Gujarat
with love*

H A N D V O

Recipe



INGREDIENTS

BATTER BASE :

1 $\frac{1}{2}$ CUPS RICE, $\frac{1}{2}$ CUP CHANA DAL, $\frac{1}{4}$ CUP URAD DAL, 2 TBSP TUVAR DAL, 1 TSP FENUGREEK SEEDS.

FLAVOR/MIX-INS :

$\frac{1}{2}$ CUP SOUR YOGURT, 1 CUP GRATED VEGETABLES (E.G., BOTTLE GOURD), 2 TSP GINGER-GREEN CHILI PASTE, SPICES (TURMERIC, CHILI POWDER, SALT), $\frac{1}{2}$ TSP BAKING SODA OR 1 TSP ENO FRUIT SALT.

TEMPERING :

2-3 TBSP OIL, MUSTARD SEEDS, CUMIN SEEDS, SESAME SEEDS, ASAFOETIDA, CURRY LEAVES.

INSTRUCTIONS

Day 1: Soak and Ferment

Soak: Wash and soak all the rice and lentils with fenugreek seeds in water for 5-6 hours.

Grind & Ferment: Drain water. Grind the mixture with sour yogurt to a coarse consistency. Transfer to a bowl and ferment in a warm place for 8-12 hours/overnight.

Day 2: Prepare and Cook

Mix: Stir the fermented batter. Add grated vegetables and all the spices.

Activate: Just before cooking, mix in the baking soda or EHO vigorously until the batter is light and airy.

Temper: In a heavy-bottomed pan with oil, splutter mustard, cumin, sesame seeds, asafoetida, and curry leaves.

Cook : Immediately pour the batter into the pan over the tempering.

Cover and cook on a very low flame for 20–30 minutes until edges are crispy and a skewer comes out clean.

Flip : Carefully flip the handvo and cook the other side for another 5–10 minutes until golden.

Serve

Let it rest, then slice and serve hot with chutney or yogurt

Health Benefits

Why is it nutritious :

- HIGH - QUALITY PLANT PROTEIN
- ESSENTIAL AMINO ACIDS
- BETTER DIGESTION
- LOWER IN OIL
- IMPROVE GUT HEALTH

Vol. 1

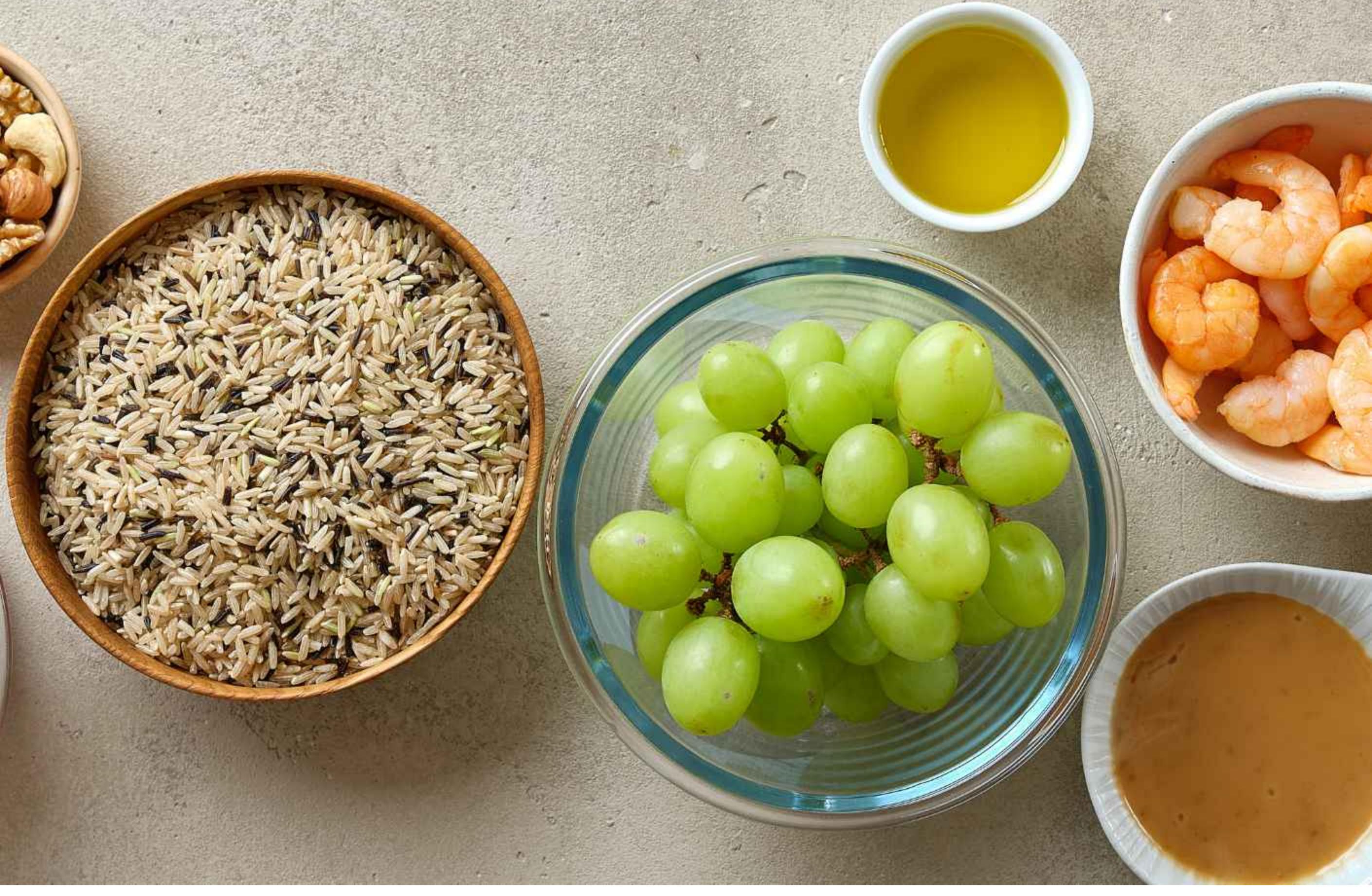


Which cultural group Handvo dish is important to?

HANDVO IS COMMON IN
VEGETARIAN GUJARATI HINDU
COMMUNITIES (PATEL, VAISHNAV,
JAIN).

When is this dish eaten?

HANDVO IS EATEN AS A SNACK, OR
LIGHT MEAL. IT IS A VERSATILE DISH
ENJOYED AT ANY TIME.



What influences people to eat Handvo?

HANDVO IS MORE THAN JUST FOOD—IT'S A SYMBOL OF GUJARATI CULTURE, A HEALTHY CHOICE, AND A COMFORT DISH. PEOPLE ARE INFLUENCED TO EAT IT BECAUSE IT CONNECTS THEM TO TRADITION, SATISFIES NUTRITIONAL NEEDS, AND OFFERS CONVENIENCE WITH FLAVOR.

HANDVO OFFERS A UNIQUE COMBINATION OF CRUNCH (SESAME SEED CRUST) AND A SOFT, SPICED INTERIOR. THE RECIPE HAS BEEN PASSED DOWN GENERATIONS, REINFORCING ITS PLACE IN GUJARATI HOUSEHOLDS.

U N D H I Y U

Recipe



INGREDIENTS

METHI DUMPLINGS :
FENUGREEK LEAVES,
GRAM/WHEAT FLOURS,
SPICES, LEMON JUICE, OIL FOR
FRYING.

VEGETABLES :
BRINJALS, RAW BANANA,
ASSORTED TUBERS AND
BEANS/PEAS.

STUFFING MASALA

TEMPERING :
OIL, AJWAIN, HING,
MUSTARD/CUMIN SEEDS.

INSTRUCTIONS

Prepare & fry Dumplings :
Mix dough ingredients, shape into dumplings, and deep-fry until golden brown. Set aside.

Prepare Vegetables :
Slit and stuff brinjals and raw banana pieces with green masala. Toss remaining vegetables with more masala.

Cook the Undhiyu :

Temper : Heat oil in a large pot; add tempering spices.

Layer & Simmer : Layer vegetables, starting with tougher ones. Add a little water, cover tightly, and cook on very low flame until nearly done.

Add Dumplings : Gently add the fried dumplings and simmer for a final 10 minutes until everything is fully cooked and flavors have combined.

Health Benefits

Why is it nutritious :

- HIGH IN FIBRE
- GOOD - PLANT BASED PROTEIN
- MINIMALLY PROCESSED, WHOLE FOOD DISH
- LOW GLYCEMIC INDEX (GL)
- LOW IN ADDED SUGAR



Vol. 1

Which cultural group Udhiyu dish is important to?

UNDHIYU IS ESPECIALLY TIED TO THE SURTI GUJARATI HINDU COMMUNITY

When is this dish eaten?

UNDHIYU IS A WINTER SPECIALTY AND IS TYPICALLY EATEN DURING THE WINTER MONTHS WHEN SPECIFIC FRESH VEGETABLES ARE AVAILABLE. IT IS ALSO A MUST-HAVE FOR THE FESTIVAL OF MAKAR SANKRANTI (KITE FESTIVAL).



What influences people to eat Undhiyu?

UNDHIYU IS A WINTER DELICACY, PEOPLE LOOK FORWARD TO IT AS A ONCE-A-YEAR SPECIAL DISH, AROUND (MAKAR SANKRANTI).

THE DISH BLENDS SWEET, SPICY, AND TANGY FLAVORS, REFLECTING GUJARATI CUISINE'S BALANCE OF TASTES.

Thank
You