Nutrition Information Book for Children with Cancer

We gratefully acknowledge the valuable contributions of Sarthak Bhardwaj and Aditya Jaimini in formulating recipes for immuno compromised children with cancer.

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Preface
The Magic Recipe Book

Cancer in children is often curable with proper treatment. All children need good nutrition for normal growth and development. A diet that has normal quantity and type of nutrients helps the children to optimize their functions. This is especially important in the child with cancer because the illness and its treatment sometimes make this difficult.

Each child is unique and different in his or her own way. Some children have no problems with food intake while others lose weight, feel tired and get infections. Some of the common problems faced by children during treatment include sore mouth, nausea and vomiting, lack of appetite, diarrhea, constipation, difficulty in chewing, heartburn or acidity. These symptoms will make the child more malnourished.

Nutrition care is an important component of successful treatment. The goal of nutrition care during cancer treatment is to help children achieve normal growth, have good energy to continue with routine activities, prevent infections and delays in the treatment. This is only possible if the child takes adequate calories, proteins, vitamins and minerals in the diet.

In this brochure we provide recipes for parents with tips on how to maintain good nutrition in their children during therapy.

We hope that parents find this guide useful in encouraging children to maintain good nutrition during treatment and overcome their illness.

Dr Gauri Kapoor MD, PhD
Director, Department of Pediatric Hematology & Oncology

December 2015.
Facts about Nutrition

Ms. Deepshikha
Dietician, Rajiv Gandhi Cancer Institute & Research Centre

“Good health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.” -- WHO

Food is the prime necessity of life. It contributes to the physical, mental and emotional health of an individual. Food supplies the nutrients needed by the body in necessary amount, provides proper growth and adequate maintenance. There are five main types - proteins, carbohydrates, fats, vitamins and minerals, and water.

Good Nutrition Provides The Building Blocks of Muscle

Every tissue in our body is made up of protein and it is important to consume enough through your diet to replenish it. Protein is also needed to help your immune and nervous system.

Food rich in proteins are called Body building foods- milk, paneer, fish, eggs, chicken, pulses and legumes etc.

Good Nutrition Provides Energy

Foods such as carbohydrates give you energy to function properly throughout your day. In fact, muscle glycogen is an important element to helping you maintain your energy levels throughout your day. They are called Energy giving foods - sugar, cereal, roots and tubers (potato, carrot, sweet-potato, turnip) etc.
Good Nutrition and Fats?
Fats yield 9 calories per gram. They also help to keep our body warm during cold weather. Fats lubricate joints which in terms, keeps your muscles loose and mobile for better workouts. They are also called Energy giving foods - butter, desi ghee, olive oil etc.

Vitamins and Minerals
Vitamins and minerals are important nutrients our bodies need in order to not only function properly but also allow chemical reactions to occur at a faster rate. They are needed in small amounts. They are called Protective foods - green leafy vegetables and fruits.

Don’t Forget Your Water
Water composes about 65% of the human body. It is needed in order for our bodies to survive. Water is just as important as eating a healthy diet. It can also act as a detox and cleanse your body. Nutrition for kids is based on the same principles as nutrition for adults. Children, however, need different amounts of specific nutrients at different ages.
# Dietary Recommendations: ICMR 2010

<table>
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<tr>
<th>GROUP</th>
<th>AGE</th>
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<th>NET ENERGY (KCAL/D)</th>
<th>PROTEIN (GM/D)</th>
<th>FAT (GM/D)</th>
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## Food Exchange List

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<thead>
<tr>
<th>Food exchange</th>
<th>Raw food amount (gm)</th>
<th>Protein (gm)</th>
<th>Carbohydrate (gm)</th>
<th>Fat (gm)</th>
<th>Energy (Kcal)</th>
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<td>Pulse</td>
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<td>17</td>
<td>Neg.</td>
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<td>Cereal/ starch</td>
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<tr>
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<td>100 gm</td>
<td>Neg.</td>
<td>Neg</td>
<td>Neg.</td>
<td>Neg.</td>
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<tr>
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<td>Variable</td>
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<td>7</td>
<td>Neg.</td>
<td>40</td>
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<tr>
<td>Fruit</td>
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<td>10</td>
<td>Neg.</td>
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<tr>
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<td>-</td>
<td>5</td>
<td>45</td>
</tr>
<tr>
<td>Sugar</td>
<td>5 gm</td>
<td>-</td>
<td>5</td>
<td>-</td>
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</table>
Tips on Nutrition
for children on treatment for cancer

Dr. Sandeep Jain
Consultant, Paediatric Hemato-Oncology, RGCIRC

We all know treatment of cancer is complicated and fraught with many challenges. Nutrition during various phases of treatment is one such very important aspect. Here we discuss some important nutritional issues related to difficult situations wherein we have to think out of box so as not to compromise health of our little champs:

1. Mucositis:
Often during treatment children have mouth sore and pain while eating food. These are some of the ways we can maintain nutrition during this difficult time:

a) Avoid spicy and salty food. Soft and bland foods may be more soothing.
b) Serve foods cold or at room temperature. Try to give cold and sweet foods like custard, kheer, banana shake, cold milk etc.
c) Puree your child’s food in a blender and add food supplement to make it calorie dense.
d) Give multiple small feeds.
e) Child may use a straw to bypass mouth sores
f) May give pain medicine 30 minutes before meals (only on doctors suggestion).

2. Nausea and vomiting during chemotherapy

a) Try to give major meals during the periods when chemotherapy is not being administered e.g. if chemotherapy is in evening, try to feed more during breakfast and lunch
b) Try to avoid strong odor foods like biryani and soup. Clear, cool liquids are usually better than very hot or icy liquids.
c) Try to make mealtime fun. Setting the table with pretty dishes, playing your child’s favorite music, or watching television can also help.
d) Use colorful cups, mugs, and straws to encourage your child to drink fluids throughout the day. e.g. Chotta Bheem or Doremon
e) Let your child eat their favorite foods any time of the day; for example if she really likes rice let her take it in all meals
f) Avoid arguing, nagging, or punishing a child who is unwilling to eat. Talk to the doctor if you are worried that your child isn’t eating enough. And if a
certain medicine does not work, the doctor or nurse should be able to give you another one that might. It may take a few tries to find the medicines that work best for your child.

g) Keep child upright or head up reclined for at least 30 minutes after food.

3. During low counts and intensive treatment:
During this period you want to avoid giving your child foods that are more likely to contain germs that could cause infection, but still let him choose healthy foods.
a) Only well cooked homemade food should be consumed. Avoid raw fruits, dry fruits, coconut water, tea bags, half fried or soft boiled eggs.
b) Boiled water is preferable over filtered or packaged water. Same drinking water should be used for rinsing mouth.
c) Food should be consumed within 12 hrs of preparation.
d) While using microwave, rotate the dish a quarter turn once or twice during cooking if there is no turntable in the microwave. This helps prevent cold spots in food where bacteria can survive.

4. Constipation:
a) Encourage high roughage food such as whole-grain breads cereals and vegetables.
b) Fluids with extra sugar may be helpful as it draws more water in the intestines.
c) Drinking plenty of fluids throughout the day is helpful
d) Encourage physical activities as indicated
e) Use laxative and stool softeners as advised by your doctor

5. Diarrhea
a) Avoid milk and dairy products
b) No juices, take ORS to maintain hydration
c) Avoid high-fat foods, like fried and greasy foods.
d) Eat soft/ bland food such as khicdi/ Dal-rice/ curd-potato/ banana

Remember always to drink plenty of water and take small frequent feeds.
Home Recipes for Better Nutrition

Dr Shalini Misra
Consultant Pediatric Oncosurgery, RGCIRC

HOW TO ADD CALORIES TO FOOD (FOR WEIGHT GAIN)

TIPS:
1. Rice / Wheat based diet is rich in calories.
2. Add a little ghee or butter while cooking the child’s food.
3. Ensure adequate portions.
4. Provide variety and taste so that the child doesn’t get bored.

RICE / ROTI / OTHER CEREAL PREPARATIONS:
Veg pulao, Tomato rice, Veg fried rice, Egg fried rice, Peas pulao, Jeera rice

Recipe for Veg Pulao: Soak rice for half an hour. Wash well. Add ghee in the pressure cooker followed by khade masale [cardamom (badi elaichi), cinnamon (dalchini), cloves (laung)]. Add and cook vegetables of the child’s choice in it (peas, beans, carrots, cauliflower, etc). Add the drained rice and cook for 3 minutes. Add double the amount of water, salt, turmeric powder (optional) and pressure cook till done.

Khichri: Sabut moong dal khichri, Arhar dal khichri, Khichri with mixed dal and vegetables (Add ghee to khichri to improve its taste)

Roti: Daal parantha, gobhi parantha, matar parantha, methi parantha, pyaj parantha. Ensure that the added vegetable is cooked well beforehand and mix it with the dough instead of making stuffed paranthas. It is easier and more hygienic to make it this way.

Recipe for Daal Parantha: Boiled Bengal gram (channa dal) can be cooked with some spices in a pan and used as a filling for stuffed paratha. It tastes good and also adds protein.

Bread: Butter Sandwich, potato sandwich (boiled potato), besan toast, bread roll

Poha/ upma/ semiyan: with vegetables and peanuts

Corn (bhutta): Can be boiled and eaten.
Can also be added to vegetables after boiling and separating the kernels.

Porridge: Dalia - Sweet with milk/curd; Salty with whole (sabut) moong dal
Rice porridge, Ragi porridge - Suitable for small babies and children who have ulcers in their mouth and cannot eat solid food

**Recipe for Rice porridge**: Boil 1 glass of milk and add 2 tablespoons of rice flour (chawal ka atta). Cook for 10-15 minutes till it forms a thick custard like paste. Add 2 tablespoons of sugar and 1 teaspoon ghee. Cook for 5 more minutes.

**Recipe for Ragi (millet) porridge**: Same recipe as above. Add Ragi powder instead of rice flour. Cardamom powder can also be added for taste while cooking. Ragi powder packets are available at various South Indian shops in Delhi.

**Desserts:**

**Kheer** : rice kheer, suji kheer, sago (sabudana) kheer, makhane ki kheer, **DO NOT USE PREVIOUS DAY’S RICE TO MAKE THE KHEER**

*Use jaggery instead of sugar to improve the iron content.*

**Halwa**: Suji halwa, Besan halwa, Wheat (Atta) halwa, Moong daal halwa, Gajar halwa

**Barfi - Peanut barfi**

**Recipe for Peanut Barfi**: Boil peanuts and let them cool down. Crush them in a mortar and pestle or mixie. Heat jaggery in a pan till it melts. Add the crushed peanuts and cook well. Pour on a plate and cut it into barfi while it is still a little warm.

**Panjiri**: made from wheat flour (atta), sugar and ghee.

### HOW TO ADD PROTIENS (FOR WEIGHT GAIN AND STRENGTH)

**TIPS:**

1. Add dal to every meal
2. Ensure variety
3. Combination of rice and dal makes the food complete.
4. Add besan, peanuts to different food items to increase their protein content.
5. Eggs and home cooked non vegetarian food are rich sources of protein.

**Dal**: Palak dal, Sambar, Rajma, Chole, channa dal, moong dal, masoor dal, mixed dal, idli, dosa
Egg: Hard boiled egg, omelette, French toast, egg parantha. The egg should be fully cooked and not running in any preparation.

Soya: Soya granules, soya nuggets

Recipe for Soya Matar keema: Soak soya granules in water for half an hour. Strain and cook well with peas in a pan. You can add chopped onions, tomatoes and mild spices as per your child’s preference.

HOW TO ENCOURAGE CHILDREN TO EAT VEGETABLES

TIPS:
1. Vegetables are an extremely important source of minerals and vitamins which are needed for healing.
2. Encourage green leafy vegetables like palak which are properly cooked.
3. Add malai while cooking vegetables to improve the taste.
4. Ensure variety from day to day.
5. Addition of potatoes to any vegetable makes it tastier and easier for the child to eat.
6. Add besan to vegetables like bhindi, arbi while cooking, it improves the taste and also adds proteins.

Vegies: Try vegetable soup, mixed malai veg, lauki kofta, veg kofta, aloo palak, corn palak, palak raita

Recipe for mixed vegetable soup: Boil cut vegetables (tomato, carrot, beans, bottle gourd (lauki), onions, potato). Allow to cool. Blend in a mixie and strain. Add salt and pepper to taste.

HOW TO IMPROVE HEMOGLOBIN

1. Green leafy vegetables are rich in Iron
2. Jaggery is rich in iron and can be used instead of sugar in rice kheer, peanut barfi, etc.
3. Egg and non-vegetarian food are also rich in iron.
### Diet Charts

#### Normal Neutropenic Diet Chart

**Total Calories: 1200kcals / Total Protein: 25 gms**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MEAL</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRE B’AST</td>
<td>Toned Milk- 100ml + sugar</td>
<td></td>
</tr>
<tr>
<td>B’FAST</td>
<td>Daliya-1 Tbs / Suji kheer-2tbsp / Chocos -3 tsp / Bread -1 slices / Oats- 1Tbs / Stuffed Parantha-1, Egg-1/ Soya</td>
<td></td>
</tr>
<tr>
<td>MID MEAL</td>
<td>Banana/ stew apple / Boiled peanut</td>
<td></td>
</tr>
<tr>
<td>LUNCH</td>
<td>Roti (2)/ Parantha (2)/ Rice + Seasonal Veg- 1 big bowl +Dal ½ bowl + curd-50gms</td>
<td></td>
</tr>
<tr>
<td>EVENING</td>
<td>Homemade snack ( see list)/ Milk / Kheer ( rice, sabudana, carrot, seviyaan, phirni, custard, apple)</td>
<td></td>
</tr>
<tr>
<td>DINNER</td>
<td>Roti (2) / Parantha (2)/ Rice + Seasonal Veg 1 big bowl +Dal ½ bowl</td>
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### Normal Neutropenic Diet Chart

**Total Calories: 1500kcals / Total Protein: 35 gms**

<table>
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<tr>
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<tbody>
<tr>
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<td>Milk- 150ml + Sugar</td>
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</tr>
<tr>
<td>B’FAST</td>
<td>Daliya-2 tbs/ Suji Kheer-3tbs/ Oats-2-Tbs/ Corn flakes/ chocos-4 tsp Brown Bread -1 slices or Stuffed Parantha-1, Boiled egg (1) / Omelette / Soya - 50gm</td>
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<tr>
<td>MID MEAL</td>
<td>Banana/ stew apple / Boiled peanut</td>
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<tr>
<td>LUNCH</td>
<td>Roti(2)/ Parantha (2) + Rice + Dal-1cup or Fish-40gm or Chicken + Green or seasonal Veg-1cup + curd-50gm</td>
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<tr>
<td>EVENING</td>
<td>Homemade snack (see list) / Milk / Kheer (rice, sabudana, carrot, seviyaan, phirni, custard)</td>
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<tr>
<td>DINNER</td>
<td>Roti(2)/ Parantha (2) + Rice + Dal-1cup or Fish-40gm or Chicken + Green or seasonal Veg-1cup + curd -50gm</td>
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# Normal Neutropenic Diet Chart

**Total Calories: 1800kcal / Total Proteins: 40 gm**

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<td>PRE B’FAST</td>
<td>Milk-200 ml + Sugar</td>
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<tr>
<td>B’FAST</td>
<td>Daliya-1big Bowl / Suji kheer- 2tbsp/Oats-1-Tbs/ Chocos-3 tsp +Bread-2 slices / Stuffed Parantha (2), +Boiled egg-1/ Omelette / Soya</td>
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</tr>
<tr>
<td>MID MEAL</td>
<td>Banana/ stew apple / Boiled peanut</td>
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</tr>
<tr>
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<td>Roti(2)/ Parantha (2) + Rice + Dal-1cup or Fish-40gm or Chicken + curd-50gm +Green or seasonal Veg-1cup</td>
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</table>
SNACKS

- Vegetable poha
- Bread butter
- Ladoo - Besan, Til, Atta
- Noodles
- Vegetable idli
- Cutlet
- Vegetable suji chilla
- Bread Pakora
- Vegetable upma
- Panjiri
- Vegetable Tikki
- Salty Vermicilli
- Chikki- Home Made
- Sabudanna Vada
- Mong dal Chilla
- Samosa - Home Made

INSTRUCTIONS - NEUTROPENIC CHILDREN

- Use only boiled water for drinking and mouth wash.
- Eat well cooked food.
- Avoid raw fruits and vegetables (only Banana is allowed).
- Avoid fresh juices, coconut water and packed juices.
- Avoid packed, preservative, frozen food items such as pickles, Chutney, Ketchup, Sauce.
- Avoid outside food.
- Only Home Cooked foods are allowed.
- Wash your hand before meals.
Magic recipes by: Master Chef Sarthak

**Yoghurt Singles**
- 200 gms plain yoghurt
- 4 ripe bananas
- 10 gms cardamom (from 4-5 pods)
- ½ litre of milk

1. Mash the bananas, sugar and yoghurt together.
2. Add cardamom powder in it and put this paste in piping bag.
3. Make jalebis with the help of the piping bag in hot oil in a deep pan.
4. Fry the jalebis till golden.
5. If you find it difficult to make jalebis, the batter can be fried in a shallow pan as malpua.
6. In another pan, bring the milk to boil and add sugar and cardamom powder.
7. Let it simmer until it reduces to about half and becomes thick.
8. Put in the serving plate and pour the milk reduction over them.

**Desi Green Dosa**
- ½ kg multi grain wheat
- 200 gms spinach (boiled & blended)
- Salt & pepper to taste
- 50 gms chopped coriander
- 2-3 chopped green chilies
- 200 gms soyabean granules (soaked in water)
- Red chili powder to taste
- ½ teaspoon oregano (optional)
- 200 gms finely chopped onion and capsicum

1. Make a dosa batter with wheat flour or multi grain atta, spinach, salt & pepper.
2. Toss soyabean churma with coriander, green chilies, salt and other spices. Cook with a little water in a pan for about 20 minutes, on low flame.
3. On a non-stick griddle / a well oiled tawa, make dosa using the batter.
4. Once light golden on the cooked side, put the soyabean filling in the dosa and roll it.
5. Serve hot and crispy.
Rock n Roll

- 5 boiled potatoes • ½ kg maida • 200 gms corn flour
- 50 gms kasuri methi • Salt & red chili powder to taste
- 2 teaspoon vegetable oil / Olive oil • 30 gms khas - khas (you could replace with 50 gms simple sooji) • Oil for deep fry

1. Knead the maida in water and mix salt and one teaspoon oil while kneading. Cover with a wet cloth and put aside.
2. Then take boiled potatoes and mash them well.
3. Mix corn flour, salt, red chili powder, oil and kasuri methi in it.
4. Make chappati with the dough and fill with the potatoes filling.
5. Roll it out and cut it into any shape that you like. Deep fry till golden brown.

Kid Pop

- 150 gms of mixed cabbage (boiled), unripe banana (boiled), corn (boiled) & potatoes (boiled) • 100 gms finely chopped onion
- ½ teaspoon green chili paste • 50 gms bread crumbs (crumb some bread slices in a food processor) • 50 gms corn flour
- ½ teaspoon oregano (optional) • 8 teaspoon olive oil
- 20 gms chopped coriander • 150 gms noodles (boiled)

1. Mix cabbage, banana, corn, potato, onion, chilly paste, bread crumbs, corn flour, oregano, olive oil & coriander together.
2. Make squarish shapes out of it.
3. Coat them well with noodles
Healthy Wealthy

300 gms baby potatoes (unpeeled but washed thoroughly)
- 5 tablespoons vegetable oil / olive oil
- 100 gms crumbled pizza cheese
- 100 gms finely chopped onions & capsicum
- ½ teaspoon green chili paste
- Salt & pepper to taste

1. Parboil the baby potatoes.
2. Without peeling them, core the potatoes (use a knife to make an indent, then spoon out to make a hole in the potato).
3. Mix the onions, capsicum, half of the crumbled cheese, green chili paste, salt and pepper, together with the potato crumbs spooned out from the baby potatoes.
4. Fill the mixture in the baby potatoes. Top with remaining cheese.
5. Toss the potatoes in oil and put on a baking tray.
6. Roast in oven for 20 minutes at 180 degrees. In a microwave, run on high for 7 minutes. You could also roast the potatoes in a gas tandoor for 20 minutes.
7. The potatoes can also be cooked on the stove top in a shallow pan with cover.
Acknowledgement

Junior Master Chef Sarthak Bhardwaj

Sarthak caught everyone’s imagination when he won the popular cooking competition Masterchef Junior, in 2013, at the tender age of twelve. He started cooking at age nine to help his mother, who runs a small food joint serving noodles to students in Dehradun.

Sarthak is a very talented cook and loves to experiment. He is extremely creative when it comes to cooking and has a gift for bringing different flavor profiles together. He has a self confessed soft corner for baked recipes.
Magic recipes by: Chef Aditya

**Banana Fritters**

- 6 Banana • 100 gm Refined flour • 70 ml Milk
- 5 gm Baking powder • Oil for frying • 30 gm Sugar

1. Sift flour and baking powder into a bowl and whisk in milk until batter is lump free.
2. Leave to stand for 10 minutes.
3. Cut the bananas into halves.
4. Dip them in batter to coat and drop them into the hot oil. Fry until golden brown. (2-3 minutes)
5. Drain on paper towel and serve.

**Falafel**

- 200 gm Chick pea (Kabuli chana) • 20 gm Spring onion • 20 gm Coriander leaves • 5 gm Roasted cumin • 1 Capsicum • 1 Onion • 10 gm Garlic
- Salt to taste • Oil for frying

1. Soak chickpea overnight.
2. Mix with all the other ingredients (except oil).
3. Grind the mixture to coarse texture.
4. Adjust the seasoning.
5. Make small patties of 30 gm each.

**Gobhi Shashlik**

- 200 gm Cauliflower • 40 ml Refined Oil • 1 Onion • 1 Tomato • 1 Capsicum
- Salt to taste • 4 gm Oregano • 10 gm Basil • 2 Lemon

1. Cut the cauliflower, capsicum, tomato, onion into equal dices.
2. Skewer the cut ingredients on sterile skewers.
3. Marinate the skewered ingredients with oil, lemon juice, salt, basil and rest them for two hours.
4. Griddle them on a pan, add tomato ketchup and cook well.
5. Serve the shashlik coated with the cooked sauce.
Chef Aditya Jaimini

Aditya Jaimini never imagined he would end up being a chef. He hardly cooked at home, for one. It was only once he started studying for a degree in hotel management that he realised he’d found a field that spoke to his interests.

After nearly 18 years of cooking at the finest hotels in the country, Chef Aditya is today counted amongst the greatest chefs India has produced. He is the Director, Food Production & Service at the renowned Hotel Crowne Plaza. Revival of long forgotten Indian recipes is his passion and his keen interest lies in producing healthy versions of Indian dishes.