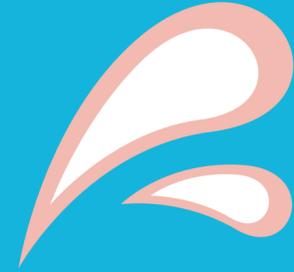
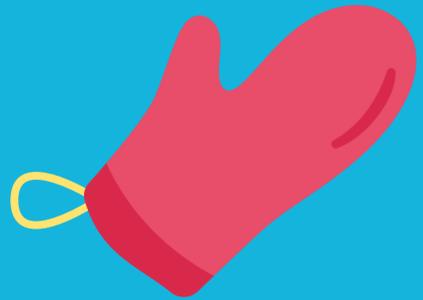


**GET SET**

FOR SOME

**LEGEN-DAIRY**

**COOKING**



**14 FABULOUS FAMILY RECIPES**



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VEGGIE FRIENDLY BBQ



Make SUMMER sizzle

WINNER

# CORN RIBS CHAAT

BY @SONALICOOKS

Move over traditional spare ribs. Vegetarian corn ribs are here with this tasty Indian take on a BBQ favourite. Super easy to make, they're the perfect way to spice things up as the summer sun arrives and the temperatures rise.

## INGREDIENTS

- 2 corn on the cob
- 1 tsp chaat masala
- 1 tsp salt
- 1 tsp oil
- Juice of half a lemon
- Coriander chutney
- Onken Natural Set Yogurt
- Pomegranate
- Coriander
- Crispy shallots

## STEP-BY-STEP

- 1 Cut the corn lengthways into quarters.
- 2 Mix 1 tsp of chaat masala, 1 tsp of salt, 1 tsp of oil and the juice of ½ lemon into a paste.
- 3 Brush the paste on to the corn.
- 4 Cook for 15 mins in a fan oven at 200°C/400°F (conventional oven 220°C/425°F, gas mark 7).
- 5 Drizzle coriander chutney over the corn.
- 6 Mix 1 tsp of chaat masala with Onken Natural Set yogurt and drizzle over the top.
- 7 Sprinkle over some pomegranate seeds, coriander and crispy shallots to garnish.

NICE AND CHEESY



SPICE AND EASY

# PANEER CURRY

BY @FEASTSWITHOUTFRILLS

Bored of the same-old, same-old? Curry favour with your family with something new – a vibrant dish that uses Paneer cheese to soak up all the lovely aromatic and spicy flavours. Tempted to have a second helping? You will be.

## INGREDIENTS

- Onken Natural Set Yogurt
- Paneer cheese
- 1 onion
- 4 garlic cloves
- Ginger (1 thumb-sized piece)
- 1 tbsp garam masala
- 1 tsp cumin
- 1 tsp turmeric
- 1 can chopped tomatoes
- Frozen peas

## STEP-BY-STEP

- 1 Dice some Paneer, fry until brown all over and then set aside on a plate.
- 2 Fry a diced onion until soft before adding 4 crushed garlic cloves and a finely grated thumb-sized piece of ginger.
- 3 Once the vegetables are soft, add the garam masala, cumin and turmeric.
- 4 Stir fry the spices for a minute before adding in a can of chopped tomatoes.
- 5 Leave to simmer for around 15 mins, until the sauce is thicker, before adding in some frozen peas.
- 6 Once the peas have defrosted, turn off the heat, stir in a tablespoon of Onken Natural Set Yogurt and top with Paneer.

# CHICKEN PASANDA

BY @HNSCOOKERY

Live it up a little. Pasanda means 'favourite' and with its rich flavours and tangy spices, this dish was highly prized in the court of the Mughal emperors no less. Sounds like the perfect choice for your next banquet.

## INGREDIENTS

- 500g chicken breast (cut into 1 cm slices)
- 2 onions (sliced)
- ½ cup Onken Natural Set Yogurt
- ½ cup yogurt
- 2 tbsp pasanda paste (see step-by-step method)
- 1 tsp red chilli powder
- 1 tsp salt
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 1 inch cinnamon stick
- 2-3 black cardamoms
- 1 bay leaf
- 2 tbsp dried fenugreek leaves
- 1 tsp coriander seeds
- 1 tsp black peppercorns
- Fresh coriander for garnishing
- 60ml sunflower oil

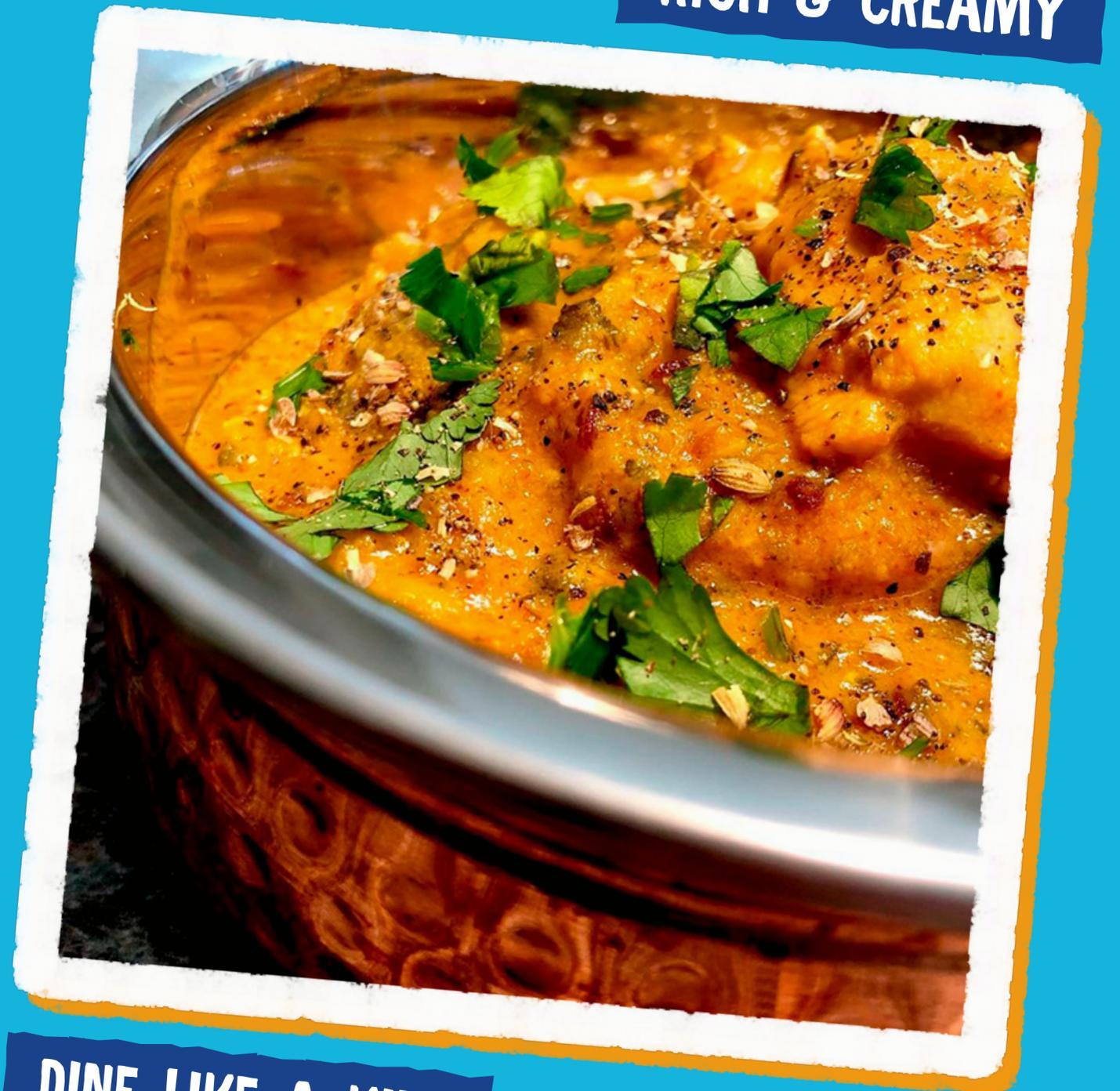
### For the pasanda paste:

- 2" of ginger cut into small pieces
- 4-5 garlic cloves
- 1 tbsp desiccated coconut
- 1 tbsp white poppy seeds
- 2 tbsp chana dhal
- Water

## STEP-BY-STEP

- 1 Place the 2 tablespoons of chana dhal into the pan and dry roast over a medium flame until lightly golden in colour.
- 2 Place the ginger, garlic, desiccated coconut, white poppy seeds, roasted chana dhal into a food processor. Grind to a paste and then add about 100 ml of water. Grind again to create a smooth paste. Leave aside.
- 3 Heat oil on a high flame in a medium-sized pan. Add the sliced onions, cumin seeds, cinnamon stick, black cardamoms and bay leaf.
- 4 Fry the onions and the spices until the onions turn golden-brown. Add about 100ml of water to prevent the onions from cooking any further.
- 5 Add in whipped yogurt and the paste you made earlier. Add the turmeric powder, red chilli powder, salt and the dried fenugreek leaves, Fry the masala until the oil starts separating – this could take about 10 minutes.
- 6 Add in the chicken and stir-fry for about 5 minutes.
- 7 Add in about 300ml of boiling water and cook for 10-12 minutes until the chicken is cooked through and the masala has thickened.
- 8 Crush the coriander seeds and black peppercorns together.
- 9 Garnish the dish with coriander leaves, the crushed black peppercorns and coriander seeds, and serve hot with naan or rice.

RICH & CREAMY



DINE LIKE A KING

ANYONE FOR PIZZA?



TOP THIS!

# ONKEN PIZZAS

BY REBECCA B

They say you can't top a pizza, but you can with this recipe. Just conjure up some tasty dough and cover it with hummus and kale, ham and olives, buttery garlic, roasted butternut squash, or just about anything you can think of.

## INGREDIENTS

- 500g Onken Natural Set Yogurt
- 500-600g self-raising flour (plus extra for dusting)

### For the hummus and kale topping:

- Hummus
- Kale
- Dried oregano
- Mozzarella balls – torn into pieces
- Black olives
- Baby tomatoes – chopped into pieces
- Roasted butternut squash (optional)

### For the ham and olive topping:

- Tomato puree
- Black olives
- Grated mozzarella
- Ham – torn into pieces

### For the garlic bread topping:

- Garlic granules
- Dried parsley
- Olive oil
- Mozzarella (optional)

## STEP-BY-STEP

- 1 Mix together the Onken yogurt and self-raising flour in a large bowl. You may need to add extra flour to get a nice dough consistency – not too sticky and not too dry.
- 2 Divide the dough into 5 pieces and roll out on a floured surface to make 5 bases.
- 3 Add the toppings – garlic bread, ham & olive, hummus & kale or make up your own.
- 4 To make garlic pizza breads, mix together olive oil, dried parsley and garlic granules and then brush on to the pizza base. Add mozzarella to make it into cheesy garlic breads.
- 5 Transfer each pizza one at a time into a dry frying pan dusted with a little flour. Cook on the hob for a few minutes until the base of the pizza starts to brown.
- 6 Place under a hot grill (230°C/450°F) so that the top of the pizza cooks. Make sure the pan you are using is suitable to be placed under a grill. Alternatively, you can transfer the pizza to a baking tray first.
- 7 Cook for a couple of minutes under the grill, making sure it doesn't burn. Cooking the pizza this way gives it a really authentic taste and a crispy bottom and top.

# KATORI CHAAT

BY @SWAAD\_OFFICIAL\_UK

Need a scrummy starter or perfect party snack? You're looking at it. Simple to make, super crispy and bursting with flavour, Katori Chaat is a street food legend and a guaranteed crowd-pleaser.

## INGREDIENTS

### For the Katori:

- 1 cup of flour
- 4 tbsp oil
- ¼ tsp salt
- ¼ tsp ajwain seeds

### For the Chaat:

- 1 cup of Onken Natural Set Yogurt
- 1 tin of chickpeas (drained)
- 1 large potato (chopped + boiled),
- Chopped tomatoes
- Red onions
- Cucumbers
- ½ cup tinned tomatoes
- Chaat masala
- Garam masala
- 1 tsp salt
- 1 tsp chilli flakes
- ½ cup tamarind sauce
- 2 tbsp oil
- 2 tbsp gram flour
- Pomegranate seeds

## STEP-BY-STEP

### For the Katori (pastry baskets)

- 1 Combine the flour, oil, salt and ajwain seeds, gradually adding water to make a dough.
- 2 Let the dough rest for 2 hours.
- 3 Mould the dough around a ladle or small metal bowl then fry in hot oil until golden brown. The ladle/metal bowl will lift away from the shaped pastry once it's cooked.

### For the Chaat

- 1 Heat oil in your pan, then add the tinned tomatoes and all of the spices and sauté on a medium heat. Add 1 cup of water and cook for 5 minutes. Add 3 tbsp of tamarind sauce.
- 2 Stir the gram flour into half a cup of water to make into a paste, then add to the pan and combine well.
- 3 Add the chickpeas and cook for 10 minutes. Then add the potatoes, chopped tomatoes, red onions and cucumbers (saving some for the garnish).
- 4 Spoon the mixture into the katoris, garnish with chopped tomatoes, red onions, cucumbers, coriander and then drizzle generously with Onken Natural Set Yogurt and tamarind sauce.
- 5 Top with pomegranate seeds.

STREET FOOD FAVE



BOWL THEM OVER

DOUBLY DELICIOUS



AMAZINGLY SIMPLE

# RASPBERRY MARSHMALLOW CAKE SANDWICHES

BY @ENNAHS.CAKES

Is it a cake? Is it a sandwich? Who cares? Whichever way you look at it, this recipe is just too tasty for words. Fresh tangy raspberries, creamy mallow and melt-in-your-mouth sponge – sounds like a combo guaranteed to please.

## INGREDIENTS

### For the cake:

- 90g caster sugar
- 40g butter, melted
- 75g Onken Natural Set Yogurt
- 1 medium egg
- 140g plain flour
- ½ tsp baking powder
- ½ tsp bicarbonate of soda
- ½ tsp vanilla paste

### For the marshmallow buttercream:

- 100g softened salted butter
- 200g icing sugar
- 100g marshmallows
- Splash of milk

### Additional:

- 50g raspberries
- 1-2 drops pink food gel

## STEP-BY-STEP

- 1 Preheat the oven to 150°C/300°F/Gas Mark 2.
- 2 Sift the dry ingredients (flour, sugar, baking powder and bicarbonate of soda) into a bowl.
- 3 In a separate bowl, mix the wet ingredients (yogurt, melted butter, vanilla paste and egg).
- 4 Combine the wet and dry ingredients and mix until smooth.
- 5 Spoon the mix into circles on a lined baking tray, or use a piping bag and round tip nozzle pipe to create slightly domed circles. Leave a 5cm gap between the circles as they expand slightly whilst baking.
- 6 Bake for around 10-12 minutes until golden brown.
- 7 Leave to cool on a wire rack.
- 8 Beat the butter until pale and fluffy.
- 9 Sieve in the icing sugar and whisk until combined.
- 10 In a heat-proof bowl, melt the marshmallows in the microwave for around 20 to 30 seconds.
- 11 When they have doubled in size and are gooey in texture, add to the buttercream.
- 12 Whisk for a few more minutes until combined and add a splash of milk so a pipeable consistency is reached. For a soft pink shade, add a drop of food colour.
- 13 Once the cakes are cool, pipe the buttercream into the circles, add a fresh raspberry in the centre and squeeze together to create a sandwich.

# FRUITY FROZEN YOGURT BARK

BY @GRACEBEL\_HEALTHY\_HORIZONS

Fruity, frozen and flipping flavoursome. If all bark tasted this temptingly moreish, there wouldn't be any trees left. Thankfully you can eat these without endangering the forests.

## INGREDIENTS

- Onken Natural Set Yogurt
- Frozen raspberries
- Frozen blueberries
- Honey or nut butter (optional)

## STEP-BY-STEP

- 1 Spread out a layer of Onken Natural Set Yogurt, roughly 1cm deep, on a tray.
- 2 Sprinkle frozen raspberries and blueberries over the top.
- 3 If you wish, drizzle honey or nut butter across everything.
- 4 Place flat in the freezer and leave to set overnight.
- 5 Break into pieces and enjoy!

BERRY SIMPLE



TREEMENDOUSLY TASTY

FLIPPIN EFFORTLESS



SOAK UP THE FLAVOURS

# YOGURT Naan

BY @REVAMPED19

If you're conjuring up a curry, or just about anything saucy, there's one side dish you can't do without: doughy, crispy naan breads to soak up all those lovely flavours. Rustle these beauties up and you'll leave your plates spotless.

## INGREDIENTS

- 200g self-raising flour
- 8 tbsp Onken Natural Set Yogurt
- 2 tbsp oil
- ½ tsp salt
- Any additional flavourings you like (such as onion seeds)

## STEP-BY-STEP

- 1 Combine all the ingredients in a big mixing bowl and work together into a dough.
- 2 Divide dough into four even portions and roll out on a floured surface.
- 3 Place a dry frying pan over a medium heat and fry one naan until it starts to turn brown.
- 4 Flip it over and cook the other side.
- 5 Repeat for all four naan.

# HOMEMADE CHICKEN DONNER

BY @COOKING\_WITH\_AUNTY\_P

A homemade spin on a classic takeaway favourite, but without the queuing up or waiting for the delivery guy. Flavourful chicken in a rich, spicy sauce and garlicky naan bread all rustled up in no time. Now that's a proper finger-lickin' family feast.

## INGREDIENTS

- 1kg chicken breast cut into 1/2 inch cubes

### For the marinade:

- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 1 tbsp Kasuri Methi (fenugreek)
- 1 tbsp salt
- 1 tbsp chilli flakes
- 2 tbsp tandoori masala
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp pomegranate powder
- 1 tbsp lemon juice
- 2 tbsp oil
- 3 tbsp Onken Natural Set Yogurt
- Pinch of red and egg yellow colouring
- 1 large onion, sliced
- 1 pepper, sliced
- 1 cup ketchup
- 2 tbsp sriracha sauce

## STEP-BY-STEP

- 1 Make the marinade by mixing Onken Natural Set Yogurt with the ginger paste, garlic paste, Kasuri Methi, salt, chilli flakes, tandoori masala, cumin powder, coriander powder, pomegranate powder, oil, red and egg yellow food colouring.
- 2 Coat your chicken well in the marinade, and leave to rest (ideally overnight for the tastiest results).
- 3 You can then either put the chicken on skewers or place loose on a tray and cook in the oven at 200°C/400°F/gas mark 6 for about 20-30 minutes.
- 4 Once the chicken is cooked through, fry some onions and peppers with a little drizzle of oil. Mix in your chicken and then add plenty of ketchup and some sriracha sauce to make it as spicy as you like.
- 5 Serve with some soft, garlicky naan breads and a dip of your choice.

DONNER PARTY



SPICE THINGS UP

VEGGIE HEAVEN



DOUGH FOR IT

# MOOLI PARATHAS

BY @MILLI\_LICIOUS

A Punjabi delicacy, Mooli Parathas are yummy wholewheat flatbreads stuffed with deliciously healthy radish and fragrant herbs and spices. It's often eaten as a breakfast dish, but something this good deserves to be served up anytime.

## INGREDIENTS

- 1 big white radish (mooli) grated
- 2 cups of wheat flour (add more based on quantity required)
- Coriander chopped finely
- 1 green chilli chopped finely
- 2 tbsp Onken Natural Set Yogurt
- ½ tsp cumin seeds
- 2 tsp salt
- 1 tsp groundnut oil

## STEP-BY-STEP

- 1 Mix all the ingredients in a big bowl and knead together – no water required.
- 2 Make small balls and keep aside.
- 3 Heat a flat griddle.
- 4 Roll the dough flat pressing down only slightly (don't worry about the shape).
- 5 Roast on the griddle with a drizzle of oil on each side.
- 6 Serve hot with any pickle and a big bowl of Onken Natural Set Yogurt.

# CRISPY VEGGIE ROLLS

BY @\_MYFIRSTMEALS

Think spring rolls are tricky to make? Think again. You can magic up these little beauties in no time and they're just perfect as a tasty starter or main dish. The only problem you might have is making sure they don't all get nabbed before you get a look in.

## INGREDIENTS

- 1 tbsp Onken Natural Set Yogurt
- 1 handful of chopped kale
- 1 handful of grated carrot
- 2 tbsp of cream cheese
- 2 tsp of pesto
- 2 sheets of filo pastry

## STEP-BY-STEP

- 1 Turn the oven to 200°C/400°F/gas mark 6.
- 2 Mix the kale, cream cheese, 1 tsp of pesto & carrot together.
- 3 Put 6 tbsp of mixture on to 2 sheets of the filo pastry and cut around them. Roll them up and seal them down by brushing a little water on to the ends.
- 4 Pop them on a baking tray lined with greaseproof paper and brush them with oil.
- 5 Bake for 20 mins.
- 6 For the dip, top a tbsp of Onken Natural Set Yogurt with 1 tsp of pesto.

EASY CHEESY



ROLL ON DINNER TIME

SWEET TREAT



CAKED TO PERFECTION

# ORANGE DRIZZLE CAKE

BY @LUCYBERY

Is there any such thing as 'too much cake'? We don't think so. Not when there are recipes out there which infuse moist sponge with the zesty tang of orange and top it all off with perfectly tasty icing. Another slice anyone? Don't mind if we do.

## INGREDIENTS

### For the cake:

- 1 Cup of Onken Natural Set Yogurt
- 2 oranges
- 240g plain flour
- 2 tsp baking powder
- ½ tsp salt
- 200g caster sugar
- 3 large eggs
- 120g vegetable oil

### For the drizzle:

- 70g caster sugar
- 140g orange juice

### For the icing:

- 150g icing sugar
- 3 tbsp orange juice

## STEP-BY-STEP

- 1 Preheat the oven to 180°C/350°F/Gas Mark 4 and grease and line a loaf tin.
- 2 Zest the oranges and then cut in half and juice them, straining the juice through a fine sieve. Set it aside for the drizzle and icing.
- 3 In a large bowl, sift together the flour, baking powder and salt.
- 4 In another bowl, mix together the yogurt, sugar, eggs, orange zest, and oil.
- 5 Tip the wet ingredients into the dry ingredients and mix until just combined.
- 6 Pour the mix into the prepared loaf tin and bake for 45-50 minutes.
- 7 While the cake is baking, gently simmer together 140g of the orange juice and sugar until the sugar is completely dissolved and a thick syrup is made.
- 8 Once the cake is cooked, leave it for 5 minutes before poking holes all over with a skewer and then pour over the drizzle to absorb into the cake.
- 9 Sieve the icing sugar into a bowl and then add 3 tbsp of orange juice a little bit at a time, until a thick icing is made.
- 10 Once the cake is cooled, pour the icing over the cake and gently spread to the edges with a knife.

# KADHI PAKORA

BY @AFELIASKITCHEN

FEAST YOUR EYES

Looking to spice things up a bit? Deep fried pakoras (fritters) in a rich, flavourful sauce should definitely do the trick. Serve it with hot rice or naan bread and a very big grin – because you smashed it.

## INGREDIENTS

### For yogurt mixture:

- 1 cup Onken Natural Set Yogurt
- ½ cup gram flour (besan)
- 1 tsp chilli powder
- 1 tsp coriander powder
- ½ tsp turmeric powder
- 1½ tsp salt
- 1 tsp garlic paste
- 1 tsp ginger paste
- 4 – 5 cups of water

### For pakoras:

- 2 tbsp Onken Natural Set Yogurt
- 1 onion finely sliced
- 2 green chillies finely sliced
- 1 tsp garlic paste
- 1 tsp ginger paste
- ½ tsp salt
- 1 cup gram flour
- ¼ tsp bicarbonate of soda
- Chopped coriander
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- ½ tsp chilli powder
- ½ tsp turmeric powder

### For base:

- 2 tbsp oil
- 1 tsp cumin seeds
- ½ tsp methi seeds
- 1 onion, diced
- ½ tsp ginger paste
- ½ tsp garlic paste
- 2 green chillies, sliced in half

### For tadka:

- 2 tbsp ghee
- 1 tsp cumin seeds
- ½ tsp mustard seeds
- 3 red chillies
- 1/3 tsp chilli powder
- 12 curry leaves (optional)

## STEP-BY-STEP

- 1 Prepare the yogurt mixture. In a large bowl mix the yogurt with the gram flour, spices, salt, garlic and ginger and whisk until smooth with no lumps. Slowly add water until combined.
- 2 Prepare the base. In a large wok/kadhai, heat the oil and then add the whole seeds, onion, ginger, garlic and chillies. Sauté until soft. Add in the yogurt and gram flour mixture. Bring to the boil and then simmer for 30 mins, stirring continuously until the sauce has thickened slightly.
- 3 Prepare pakoras by mixing yogurt, onion, ginger, garlic, gram flour, salt, bicarbonate of soda, coriander, coriander seeds, cumin seeds, chilli and turmeric powder together. Add a little water if needed to help bind all the ingredients. Heat oil in a wok, deep fry spoonfuls of the batter until golden brown. Remove and place on a paper towel.
- 4 Once the yogurt sauce has thickened, drop the pakoras into the sauce, mix gently.
- 5 For the tadka, melt ghee and add the cumin + mustard seeds until they splutter. Next add red chillies and curry leaves. Turn off the heat and add the chilli powder, immediately pour tadka over the pakoras in the sauce. Serve with hot rice or naans and enjoy!



TERRIFICALLY TANGY

HAVE AN ICE DAY



JUST CHILL

# MANGO YOGURT POPS

BY SANJANA MODHA (AUTHOR OF @SANJANA.FEASTS)

Summer's here, so next time you dart to the freezer, pull out something spectacular – Mango Yogurt Pops. They're totally chilled popsicles bursting with tropical flavour and so **ice and easy** to make.

## INGREDIENTS

- 500g tub Onken Natural Set Yogurt
- 2 tbsp icing sugar
- 4 green cardamom pods, seeds crushed
- Small pinch of saffron
- 2 large strawberries, cut into small cubes
- ½ small mango, cut into small cubes (I used Alphonso)

## STEP-BY-STEP

- 1 Line a colander or sieve with clean muslin or cheesecloth. Place a plate underneath. Tip the yogurt into the lined colander and twist the top of the muslin so it's tight. Tie a small piece of cloth or string right above where the yogurt sits. Pop a plate on top and weigh down with something heavy. Refrigerate for 24 hours.
- 2 Unwrap the yogurt and place it in a bowl. Add icing sugar and stir to ensure there are no lumps. Next, add the ground cardamom seeds and saffron.
- 3 Stir in the chopped fruit and stir gently so the fruit juice doesn't discolour the yogurt too much.
- 4 Place the mix into popsicle moulds and freeze until solid.
- 5 Remove from the moulds and enjoy!

TOP TIP

The whey collected from the hung yogurt is super nutritious! Add it to smoothies and shakes for zero waste.

LOOKING FOR EVEN MORE  
YOGURTY INSPIRATION?  
DISCOVER NEW RECIPES TO  
FEED YOUR INNER HAPPINESS  
AT ONKEN

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