Cook Book

Recipes to get started with Glen Tandoor
Tandoor

Now enjoy tandoori cooking at home. Tandoori is the new buzzword for healthier food. The Glen tandoor redefines the traditional tandoor with its softly contoured framework, sleek shape and smart appearance. And behind this hides a robust mechanism that cooks food through, at a high temperature, retaining the juices, the authentic taste of a clay oven and the associated health benefits. Stainless steel tubular heaters with their high heat power make the food crisp. Three heat settings for effective cooking of different delicacies.

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Lehsuni Naan

A naan made at home is fresh and warm; light and soft...add garlic for that extra flavour and taste and you will enjoy savouring it just on its own!

Method

- Sieve flour with baking powder, baking soda and salt.
- Add sugar and curd, mix well so that the mixture looks like crumbs.
- Now add milk and knead well into a soft dough.
- Apply a little oil and keep aside to rise for an hour or two.
- Make 4 equal portions of the dough.
- Apply a little oil and place onion seeds on top along with some chopped garlic.
- Shape them like chapattis and cook in the preheated Glen Tandoor (Knob setting: Both) applying a little water on the side that you are going to stick on to the tandoor tray.
- Remove when crisp and brown.
- Top with butter and serve hot.

Ingredients

- 2 cups maida
- ½ cup milk
- 1 tablespoon yogurt
- 1 teaspoon butter
- 1 teaspoon sugar
- ½ teaspoon salt
- 1 teaspoon oil
- 1 teaspoon onion seeds
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- 2 cloves garlic, chopped fine
- Water - for kneading, if required
Minty Parantha

Everyone’s favourite parantha... the fresh taste and aroma of pudina comes across beautifully in this parantha made with a combination of fresh and dried mint.

**Ingredients**
- 2 cups atta
- 1 teaspoon salt
- ½ cup chopped mint (pudina) leaves fresh
- 1 tablespoon dried mint (sukha pudina)
- 3 tablespoons butter

**Method**
- Mix atta, salt and fresh pudina leaves together, add water and knead into a stiff dough.
- Divide the dough into six equal portions and shape into balls.
- Roll the dough to a medium-sized chapatti and smear with butter.
- Fold the chapatti like a fan and twist it back into a ball. Flatten into a parantha.
- Now cook in a preheated Glen Tandoor applying a little water on the side that you are going to stick on the tandoor tray.
- Remove when crisp and brown on both sides.
- Sprinkle the dried pudina on the parantha, put some butter and
- Serve hot.
Methi Parantha

A superbly healthy combination of whole wheat, gram flour and fenugreek also translates into a delicious roti or parantha. The ideal breakfast food, it is a great choice for packed lunches, picnics or for taking along when travelling.

Ingredients
- 1 cup atta
- ½ cup besan
- 1 cup methi leaves, chopped
- Salt to taste
- 1 teaspoon red chilli powder
- 3 tablespoons ghee
- ½ cup milk

Method
- Mix atta, besan, salt, red chilli and methi leaves.
- Add half the ghee, mix well and knead with milk into a stiff dough.
- Divide into eight equal portions, roll each into a circle, smear with a little ghee and fold it like a fan - or any other style used for paranthas - and cook in a preheated Glen Tandoor applying a little water on the side that you are going to stick to the tandoor tray.
- Remove when crisp and done on both sides.
- Put some butter on the parantha and serve hot.
Roasted Tomatoes

A simple yet attractive and tasty accompaniment...go ahead and experiment by adding your own favourite flavour or sauce to this recipe. Depending on what you are serving this with, you could drizzle some sherry or balsamic vinegar or a dollop of pesto too.

**Ingredients**

- 4 medium firm, ripe tomatoes
- Salt to taste
- ½ teaspoon Black pepper
- 8 leaves Basil
- 1 tablespoon Olive Oil

**Method**

- Cut tomatoes into halves.
- Oil the Tandoor tray.
- Drizzle the tomatoes with olive oil and place a basil leaf on each half.
- Put salt and pepper on top.
- Place in a preheated Glen Tandoor (Knob setting: Both) and cook till soft and brown.

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Tandoori Chicken

It is possible to make a great tasting Tandoori chicken in a Glen Tandoor. The vinegar makes sure the chicken gets imbued with the masala and stays soft while the saffron adds that rich taste and look.

Method

- Wash, dry and make small cuts over the breast and leg pieces of the chicken.
- For the marinade peel ginger and garlic and grind into a fine paste with lemon juice and vinegar.
- Add salt, chilli powder, saffron and cumin and rub this mixture into the chicken.
- Leave for 5-6 hours in the fridge, covered well.
- Preheat the Glen tandoor (Knob setting: Both), grease the tray and arrange the chicken pieces on the tray.
- Baste with the oil and turn when one side gets lightly browned.
- Cook the other side, when done, remove from the tray, sprinkle some lemon juice and serve.

Ingredients

- 1 medium chicken cut into pieces
- 1” ginger
- 3 cloves garlic
- 1 tablespoon lemon juice
- 1 teaspoon vinegar
- Salt 1 ½ teaspoon salt
- 1 teaspoon chilli powder
- 1 teaspoon jeera ground
- Few strands saffron
Seekh Kabab

A terrific snack, appetizer or side dish, these kababs are easy to make thanks to the addition of potato which binds the mixture well besides adding to the taste. Serve with Dhania-Pudina Chutney.

**Ingredients**
- 450 gm keema
- 1 small potato
- 1” ginger
- 1 tablespoon finely chopped onions
- 1 egg
- 1 teaspoon cumin seeds
- ½ teaspoon chilli powder
- 1 teaspoon salt
- Pinch of nutmeg

**Method**
- Wash, scrape and cut ginger very finely.
- In a mixing bowl, peel and grate the potato.
- Mix the grated potato with keema, onions, egg, cumin, chilli powder, salt, nutmeg and ginger.
- Blend well to get a consistency that is sticky and suitable for moulding on to skewers.
- Divide the mixture into 8 equal parts.
- Wash the skewers and with a moistened firm hand encircle the mixture around the skewer.
- Preheat the Glen tandoor (Knob setting: Both) and cook 4-5 kababs at a time.
- Turn them carefully when one side is done and cook the other side.
**Haryali Paneer Tikka**

Vegetarians need not feel deprived at a barbeque that serves up this special Paneer Tikka imbued with the taste and flavours of mint and coriander chutney!

**Ingredients**
- 400 gm paneer
- ½ teaspoon Chat masala
- 30 gm Butter

For the marinade
- 150 gm Curd
- Salt to taste
- 15 ml Mustard oil
- ½ teaspoon Red chilli powder
- ½ teaspoon Kasoori methi
- ½ teaspoon White pepper
- ¼ teaspoon Ajwain seeds
- 1 teaspoon Ginger garlic paste

For the green chutney
- 3 Green chillies
- 2 sprigs Mint
- ½ bunch Coriander leaves
- 4 cloves Garlic
- ½” Ginger

**Method**
- Grind the chutney ingredients into a fine paste and keep ready.
- Cut the paneer into 1 inch squares.
- Mix the green chutney with the marinade ingredients.
- Check the seasoning for taste and adjust if required.
- Dip the paneer pieces in the mixture and set aside for ½ hour.
- Skewer the marinated pieces and cook in the preheated Glen tandoor.
- When done evenly, remove the paneer into a pan and toss gently with melted, warm butter.
- Sprinkle with chat masala and serve.
Bannu Kabab

Bannu Kababs are worth the special steps required to make them. However, they are not difficult to make; just read the steps carefully, collect all ingredients beforehand and you’ll be well-rewarded by the compliments that come your way!

Method

- Cut chicken into kebab-sized pieces.
- Add lemon juice, chopped ginger, green chillies, salt, white pepper and garam masala to the chicken and mix thoroughly.
- Heat oil in a pan, add besan to it fry it till cooked without changing colour.
- Add the chicken pieces to the pan and stir gently till they are coated with the besan.
- Now immediately remove from the pan and spread the chicken pieces on a flat surface to cool.
- After they are cool, put them in a bowl, add mustard oil and mix well.
- Cook them in the preheated Glen tandoor.
- When cooked, remove and coat them with a mixture of beaten egg yolk, turmeric and chopped green coriander and put back in the tandoor until done.
- Remove in a serving dish, sprinkle with chat masala and chopped coriander and serve hot.

Ingredients

- 1 Chicken (boneless)
- 200 gm Besan
- Little oil for frying besan
- 1” Ginger piece (chopped)
- 4 nos Green chillies (chopped)
- 30 ml Mustard oil
- Salt to taste
- 1 teaspoon White pepper
- Juice of half a lemon
- 1 teaspoon Garam masala powder
- Egg yolk of 3 eggs
- ½ teaspoon Turmeric powder
- half a cup Green coriander (chopped)
- 1 teaspoon Chat masala
- 1 ½ teaspoon Ginger garlic paste
Chicken Hazarvi

This recipe is a lighter version of this popular dish as it does not use cheese and with very few ingredients, is easy to make. Chicken Hazarvi is bestowed with the same creaminess and softness of the more common malai tikka.

**Method**

- Clean wash and cut the chicken into medium sized pieces.
- Make a marinade of the cream, eggs and corn flour.
- Add the chicken; add chopped green chilli, chopped ginger, salt and powdered black cardamom.
- Set aside for 4-6 hours.
- Roast in a preheated tandoor (Knob setting: Both) for 8-10 min till done, basting it with oil from time to time.
- Serve hot.

**Ingredients**

- 800 gm Boneless chicken
- 200 ml Cream
- 2 Eggs
- 2 Green chillies
- 50 gm Corn flour
- 2” Ginger piece
- Salt to taste
- 1 teaspoon Black cardamom (powdered)
Grilled Pomfret

The ultimate in healthy eating! Pomfret is a fish that is ideal for tandoor-style cooking and its delicate and flavourful taste is enjoyed even by those who are not too fond of fish.

**Method**

- Clean the Pomfret and keep it whole.
- Rub it with lemon juice, salt, and the ginger and garlic pastes.
- Make a marinade with the red chilli paste garam masala, cumin powder, coriander powder and lemon juice and apply all over the Pomfret.
- Marinate for three hours and cook in a Glen tandoor basting with butter till done.

**Ingredients**

- 4 Medium Pomfret
- 2 tablespoons Red chilli Paste
- ½ teaspoon Garlic Paste
- ½ teaspoon Ginger Paste
- ½ teaspoon Powdered Garam Masala
- ½ teaspoon Cumin Powder
- ½ teaspoon Coriander Powder
- 2 tablespoons Lemon juice
- Salt to taste
- 50 gms Butter
Chicken-Paneer Seekh

Chicken mince, with a touch of paneer and fried onion paste, makes delicious and soft Seekh kababs.

### Ingredients
- 500 gm chicken mince
- 1 tablespoon green chillies chopped
- 50 gm paneer crumbled
- 1 tablespoon ginger garlic paste
- 1 medium onion sliced and fried till brown and made into a paste
- ½ teaspoon chilli powder
- Salt to taste
- Coriander leaves 2 tbsp
- 1 teaspoon chopped mint leaves

### Method
- Mix all the ingredients well.
- Divide into small portions.
- Press lightly onto greased skewers.
- Cook in the Glen tandoor till crisp and brown on all sides.
- Once done remove from skewers.
- Sprinkle some chat masala and lemon juice.
- Serve hot with sliced onion.
Tandoori Broccoli

Indianize the broccoli! Add a nice marinade and cook in the tandoor for an unusual, tasty and healthy starter or side dish.

Method
- Blanch the broccoli in salted water and set aside.
- Prepare the marinade with the remaining ingredients.
- Add the broccoli to the marinade and make sure the broccoli gets nicely coated.
- Thread on to the skewers and cook in the Glen tandoor for 5-7 min till done.
- Serve hot.

Ingredients
- 1 kg broccoli florets
- 1 teaspoon ginger garlic paste
- 150 gm cheese
- 100 gm hung curd
- 50 gm cream
- 1 teaspoon black pepper powder
- 100 gm corn flour
- Salt to taste
Fish Tikka

Any variety of white fish can be cooked using this simple recipe. Fresh or frozen fillets may be used. Have it as a snack with masala chai or as a main meal with a huge salad.

Method

- Wash the Rawas fillets.
- Cut them into square chunks.
- Prepare a marinade with the rest of the ingredients and marinate the fillets for an hour.
- Put them on to the skewer and cook in the Glen tandoor till done.
- Serve hot.

Ingredients

- 150 gm Rawas fillet boneless
- Half a lime
- 20 gm yogurt
- 1 teaspoon garam masala
- A pinch of turmeric
- A pinch of chilli powder
- Salt to taste
Onion Parmesan Kulcha

Kulcha is a traditional preparation made with plain flour and curds; here it gets an international twist with a parmesan cheese filling. The curds add a yummy tanginess to the kulcha. Here the kulcha has been stuffed with a rich and spicy paneer filling. It is advisable to keep the dough aside covered with a wet muslin cloth for at least 2 hours to allow it to rise. This will make your kulchas fluffier.

Method

- Sieve the flour and add the baking powder, milk, curd, salt and water to it.
- Sprinkle yeast in warm water, add a pinch of sugar to it and then add the lemon juice.
- Prepare the dough with the yeast, cover with a wet muslin cloth and keep aside for 2 hours (or at least an hour) to rise.
- Combine all the ingredients for the stuffing and mix well.
- Make small balls with the dough and fill each ball with the stuffing. Seal the edges and roll into a kulcha.
- Press the chopped coriander on to the surface of the kulcha and put it in the Glen Tandoor and cook till done.

Ingredients

- 500 gm maida
- A pinch of baking powder
- 100 gm milk
- 25 gm curd
- Water as required
- 15 gm yeast
- A pinch of sugar
- Juice of ¼ of a lemon
- Salt to taste
- 20 gm coriander leaves, chopped

For the stuffing

- 160 gm parmesan cheese
- 25 gm onion chopped
- 10 gm chaat masala
- 2 green chillies chopped

Serves Preparation Time Cooking
Paneer Tikka

If it’s a dinner party, the ubiquitous paneer tikka will be there! But it still does not lose its appeal and kids and adults all love it.

**Ingredients**

- 500 gms Paneer
- 1 large Onion
- 1 large Capsicum
- 2 large Tomatoes
- ½ cup chopped coriander leaves
- Lemon slices

For marinating
- ¾ cup hung curd
- 1 teaspoon ginger garlic paste
- Salt to taste
- ½ teaspoon red chilli powder

**Method**

- Cut the paneer and vegetables into cubes.
- Prepare the marinade by mixing the curd with the ginger garlic paste, salt and red chilli powder.
- Marinate the paneer and vegetables for two hours.
- Place in the tandoor till done and serve hot with lemon wedges.
Air Fryer

Great tasting fries, now go healthy, oil free!

Now give your favorite fried foods a make over. Instead of using fat to make fries, the revolutionary Glen Air Fryer uses superheated air.

It fries to a crispy golden-brown finish – and cuts the calories – in everything from fries, snacks, chicken, burgers, meat and more.

That same mouth-watering taste "crispy on the outside, moist on the inside" - without the oil.

Genuinely home made and extremely tasty.
Potato Wedges

Here is something that goes well with just about anything, and they are super on their own too. They are easy to make in the Glen Air Fryer which turns out perfect Potato Wedges each time!

**Ingredients**
- 250 gm Potatoes
- 1 tablespoon Cooking Oil
- Dash of Paprika

**Method**
- Scrub the Potatoes clean and cut into wedges.
- Soak the wedges in water for about 30 minutes.
- Drain and pat dry on a clean kitchen towel.
- Coat them with oil in a bowl and sprinkle some paprika powder.
- Cook in a preheated Glen Air Fryer for 20 min at 180 degrees.
Air Roasted Chicken with Tomatoes

This is a delicious combination of flavours and colours; serve it over fresh baby spinach or with other veggies, or pasta. A tasty, light meal the whole family will savour.

**Method**

- Marinate the chicken for an hour.
- Preheat the air-fryer for 2 min at 180 degrees.
- Brush cooking oil on chicken skin.
- Roast in the air fryer for 15 min with skin facing down.
- Remove the chicken from the air fryer, collect the chicken oil and drizzle it over the tomatoes.
- Roast tomatoes for 6 min at 160 degrees.
- Note: for larger chicken thighs, cook longer till done.

**Ingredients**

- 2 small chicken thighs with skin, deboned and excess fat removed
- 1 tablespoon cooking oil
- 2 tomatoes

**Marinade**

- 1 teaspoon dried thyme
- 1 teaspoon light soy sauce
- 2 cloves of garlic peeled and grated

**Serves**

**Preparation Time**

**Cooking Time**
Roasted Peanuts

Put a plate of these and it’s hard to resist cleaning up every single piece! Now, using a Glen Air Fryer, it’s easy to make them at home, in minimum and good quality oil.

**Ingredients**

- 200 gm Peanuts
- 2 tablespoons gram flour
- ½ teaspoon salt
- ½ teaspoon Amchur
- 1 tablespoon oil
- 1 tablespoon water

**Method**

- Preheat the Air Fryer for 3 min at 180 degrees.
- Mix all the ingredients together in a bowl.
- Put them in to the air fryer and fry for 13-15 min till crisp.
- Turn them twice while they cook to get a uniform colour and texture.
Cheese Straws

A wonderful cheesy crisp snack or appetizer which can also be served with soup, these straws look professional and taste even better.

**Ingredients**

- ¾ cup flour
- ½ cup butter
- 1 small egg
- ¼ teaspoon salt
- ⅓ cup processed cheese
- Pinch of red chilli powder

**Method**

- Sieve the flour and salt.
- Rub in the butter and add the grated cheese.
- Mix a beaten egg into this and knead to form a dough.
- Roll into an oblong and cut, twisting each piece to give the straw shape.
- Preheat the air fryer for 3 min at 190 degrees.
- Fry for 5-6 min turning, in between.

Note: The straws may take more time if they are very thick.
Papad
That perennial favourite, papad, gets perfectly crisp cooked in the Glen Air Fryer.

Method
- Cut each papad into two.
- Preheat the fryer for 3 min at 180 degrees.
- Add the papads.
- After 1 min turn and give one more minute.
- Remove and top it with chopped tomato, onion and green chilli.
- Serve hot.

Ingredients
- 2 Papads
- 1/2 salad tomato chopped into very small pieces (seeds removed)
- 1 small onion
- 1 green chilli

Serves 2
Preparation Time
Cooking Time

Papad
Cabbage Canapés

Canape is a decorative finger food, usually eaten in one bite. A canapé generally consists of a base of either crackers, bread, toast or puff pastry, followed by the application of some cream or butter paste topped with a canopy of chopped vegetables, meat, fish, cheese, relish etc. That’s a small definition of what a canapé is. It can be used as appetizers.

Method

- Mix the onion, capsicum and carrot with ¼ of cheese.
- Cut the cabbage from the top in such a way that you can take out round pieces from it which forms the boat.
- In this put the onion cheese mixture and top it with remaining grated cheese.
- Make four such small boats.
- Preheat the Glen fryer for 3 min at 180 degrees.
- Put these in the fryer for 2 min.

Ingredients

- 1 small cabbage
- ¼ of an onion (chopped fine)
- ¼ piece of capsicum (chopped fine)
- ½ of a medium carrot grated
- 1 cube of Amul cheese grated
Vegetable Cutlets

Vegetable cutlet is a very popular snack; it is very easy to make and can be had as an appetizer or light afternoon snack or evening snack with tea. It is also great for small parties and get-togethers.

Method

- Boil and mash potatoes, add carrot, cabbage, and capsicum.
- Dip the slice of bread in water, squeeze the water out and add to the mixture. Add salt and mix well.
- Divide into 6 round balls and flatten them.
- Coat both sides with the corn flour mixture and then roll them over the bread crumbs.
- Brush them with a little oil and fry in the preheated Glen fryer for 15 min at 180 degrees, turning them after 8 min.
- Remove and serve hot with chutney or sauce.

Ingredients

- 200 gm Potatoes
- ½ a carrot grated
- 50 gm capsicum (finely chopped)
- 50 gm cabbage (finely chopped)
- Salt to taste
- A slice of bread
- Bread crumbs
- 1 teaspoon corn flour mixed in a little water
Arbi-on-a-toothpick

Arbi is generally served as dry side dish with dal and rice or chappatis. Made this way, it can also be served as an appetizer or cocktail snack.

**Method**

- Peel the arbi and cut into bite-size pieces.
- Put on the kitchen towel to dry.
- Sprinkle some corn flour mixed with salt.
- Brush with oil and put in the preheated Glen fryer for 10-12 min at 180 degrees.
- Stick toothpicks on each piece and serve immediately.

**Ingredients**

- 250 gm Arbi, boiled
- 1 teaspoon Corn flour
- ½ teaspoon salt
- 1 teaspoon oil
Air Fry Fish Fillet

Air fried fish fillet is cooked to perfection with minimum oil, making it a very healthy item in your menu planning. Air frying makes the fish crisp on the outside and soft inside.

**Ingredients**
- 2 slices of fish
- 1 egg
- 50 gms bread flour
- Salt
- Pepper
- Tartar sauce

**Method**
- Clean the fish fillet and drain excess water.
- Rub salt and pepper on the fish.
- Coat the filets with egg and then with bread flour.
- Preheat the air fryer for 3 min.
- Put the filets in the Glen Air Fryer at 200 degrees for 15 min turning once in-between.
- Serve with tartar sauce.