

नयी दिशा

BY
PATHFINDER



February 2024

Nayi Dishna

Career oriented
Counselling
Social issues and
initiative
Healthy Practices
Recipes

04. Chef Utkarsh Dubey
FOOD EDITION



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WELCOME

Happy to see you again in this issue.

I like to welcome you all to the second issue of Nayee Disha magazine. This magazine will serve as an extension of my interests on Mental health, child education and social work Pathfinder is promoted by Bhargupyari Seva Samiti which is registered under society registration act 1860.

We provide a safe place for sharing your thoughts and adapt to an environment full of growth and change. Be it happiness in life, a better relationship or a change in career, we believe and are consistent in providing solution focused result oriented work.

Our team professionally works to channel the thoughts going on in the subconscious mind.

We would love to support you for an overall well being and happy life, adhering to professional standards and ethics. We aim at the advancement of mental health, refining the personality of the needful in society and bring them back to normal life.

Anyway, we hope you enjoy this one.

DR. SANDHYA DWIVEDI
Director/ counselling psychologist

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"A Note from the Chef :

I embarked on my journey of Baking sweet treats with the hope of spreading happiness and joy to the world. That's how my brand BaketrailwithUtkarsh started, where we bake, teach, and consult cafes with vegan/gluten-free baking and menus.

An Alumnus of the Culinary Academy of India, Hyderabad, and two amazing years with ITC hotels, I am unveiling my true spirit as a full-time baker. I host various baking workshops, create content, and am an avid sourdough enthusiast. The serene Auroville has instilled in me an affinity towards VEGAN food culture and I stirred to bake desserts: ELEGANT, PLANT-BASED, CRUELTY -FREE and REFINED SUGAR -FREE

Spreading love and awareness,

Chef Utkarsh Dubey.

Why is Vegan Baking Important?



The bakery industry consumes a lot of dairy and eggs which leads to animal exploitation and vegan baking is a great alternative to having the same yummy baked goods cruelty-free.







Lemon Blueberry Tea cake

You know, some desserts stay with you forever. They are so simple and so nostalgic, no matter how many fancy and extravagant desserts you have had, there are always a few simple desserts that you come back to.

Today I am sharing my version of this nostalgic cake. It's made with whole wheat flour, cocoa powder and lots and lots of love.

Hello, this is Utkarsh Dubey, pastry chef and bakery consultant. It's my pleasure to share this recipe of my most selling and favourite cake. This is perfect for any occasion and it's super tasty as well.

INGREDIENTS

- 1 c. butter, softened
- 1 c. granulated sugar
- 4 large eggs
- 1 tsp. pure vanilla extract
- Zest of 1 lemon
- 2 c. plus 2 tbsp. all-purpose flour, divided
- 1 1/2 tsp. baking powder
- 1 tsp. kosher salt
- 1 pt. fresh blueberries, some reserved for topping

FOR GLAZE

- 1 c. powdered sugar
- 2 tbsp. lemon juice

DIRECTIONS

- Line a 9inch cake pan with oil and parchment paper. Preheat the oven at 189 degree c.
- In a large bowl with a hand mixer, beat together butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add vanilla extract and lemon zest and beat until combined.
- In a separate medium bowl, whisk together 2 cups flour, baking powder, and salt. Add dry ingredients to wet ingredients and stir until just combined. In a medium bowl, combine most of the blueberries with remaining 2 tablespoons flour and toss to coat. Fold floured blueberries into cake batter; reserve unfloured blueberries for topping.
- Pour batter into prepared loaf pan and smooth top with a spatula. Sprinkle with reserved blueberries and bake for 1 hour 10 minutes or until a toothpick inserted into the middle comes out clean. Let cool 10 minutes, then invert onto a cooling rack to cool completely.
- Meanwhile, make glaze: in a medium bowl, whisk together powdered sugar and lemon juice. Drizzle over cooled pound cake and serve.





wholewheat chocolate and walnut Cake

You know, some desserts stay with you forever. They are so simple and so nostalgic, no matter how many fancy and extravagant desserts you have had, there are always a few simple desserts that you come back to. For me, that dessert is an atta chocolate cake.

INGREDIENTS

- 1 cup (285gms) yogurt
- ½ tsp (3gms) baking soda
- 1+¼ cup (150gms) whole wheat flour
- ¼ cup (30gms) cocoa powder
- 1 tsp (4gms) baking powder
- ¾ cup (150gms) castor sugar
- ½ cup (120ml) vegetable oil
- 1 tsp (5ml) vanilla
- ⅓ cup (75ml-80ml) milk
- 1 tbsp (12gms) coffee powder
- ½ cup (50gms) walnuts

DIRECTIONS



- Line a 9inch cake pan with oil and parchment paper. Preheat the oven at 189 degree c.
- In a small bowl combine yogurt and baking soda. Let this sit aside for 5 minutes or until it foams up.
- Meanwhile, in another bowl add in whole wheat flour, cocoa powder, baking powder. Give this a good mix and set it aside.
- In a big bowl add in oil and caster sugar. Whisk this at medium high speed till the mixture becomes slightly pale. Add in the yogurt and baking soda mixture and whisk again.
- To the same bowl, add in vanilla and warm milk and coffee and combine all wet ingredients.
- Once combined, add in dry ingredients and bring the cake batter together.
- Pour the batter into the prepared pan and top it off with some walnuts.
- Bake for 30-35 minutes or until a skewer inserted comes out clean.



Eggless Chocochip cookies

INGREDIENTS

- Butter-113gms
- Sugar- 165gms
- Flour-179gms
- Baking soda- 1/2tsp
- Milk- 30ml
- Chocochip-100gms
- Salt- pinch

DIRECTIONS

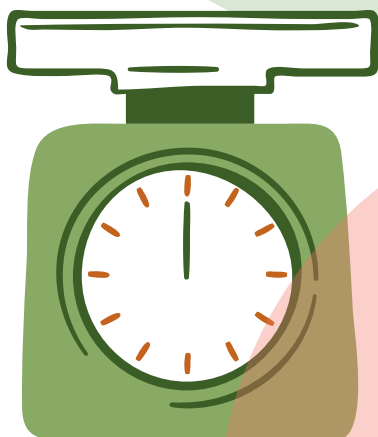
- Preheat the oven to 350°F or 180°C for at least 10 minutes. Line a cookie sheet with parchment paper or just spray with nonstick spray.
- Take dry ingredients (all-purpose flour, salt, and baking soda) in a bowl. Whisk it till they incorporate it and keep it aside.
- Take softened butter in another bowl. Beat it with a wire whisk
- Then add sugars
- Again beat till it becomes fluffy (about 2 minutes). Then add vanilla extract and milk. Whisk till it gets incorporated.
- Add dry ingredients. Mix it until incorporated.
- Add chocolate chips. And fold them in. If the dough looks soft and sticky then chill it into the refrigerator for about 30 minutes.
- Now make 1-inch size balls from chilled cookie dough.
- Place on the cookie sheet a few inches apart from each other, because they will spread as bake.
- Bake them for 10-12 minutes in a preheated oven or until the edges become golden brown.
- Let it cool on the sheet for 5 minutes. After that, remove it from the cooling rack to cool completely.

Cook's Conversion

metric cup & spoon sizes

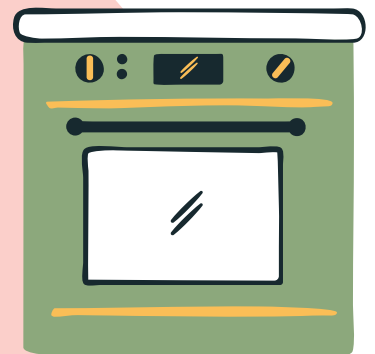
metric	spoon
1.25 ml	1/4 teaspoon
2.5 ml	1/2 teaspoon
5 ml	1 teaspoon
20 ml	1 tablespoon

metric	cup
60 ml	1/4 cup
80 ml	1/3 cup
125 ml	1/2 cup
250 ml	1 cup



oven temperature

celsius*	fahrenheit
120°	250°
150°	300°
180°	350°
200°	400°
250°	500°



*Reduce by 20°C for fan-forced ovens.

Go Vegan

LIVE AND
LET LIVE.

All Things Millet



- Millets are one of the oldest foods, these are the small-seeded hardy crops that can grow well in dry zones or rain-fed areas under marginal conditions of soil fertility and moisture. The millets commonly grown in India include Jowar (sorghum), Bajra (pearl millet), ragi (finger millet), Jhangora (barnyard millet), Barri (Proso or common millet), Kangni (foxtail/Italian millet), Kodra (Kodo millet), etc.
- Tender, mild, and finely ground, millet flour lends loft and tender texture to baked goods. When combined with other gluten-free flour, such as gluten-free oat flour and sweet rice flour or tapioca flour, it creates a versatile all-purpose-like blend.





- Flavor: Mild, buttery, nutty, grassy, slightly bitter
- Feel: Fine, powdery, slightly clumpy
- Nutrition: High in protein, fiber, and the minerals iron, phosphorous, manganese, magnesium, and copper. Avoid eating too much millet if you suffer from hypothyroidism; the condition can be exacerbated by consuming large amounts of the grain.
- Little millet - Sama/Samak (upwas ke chawal)
- Foxtail millet - Kangu, Kangni
- Finger millet - Ragi/Nachhini/Mandya
- Kodo millet - Varagu in hindi/ Arikeli
- Barnyard millet - Samya (upwas ke chawal - different from little millet in looks - have a distinctive black spot)
- Pearl millet- Bajra
- Proso millet - Chenna in hindi
- Jowar- Sorghum

Vegan

Plum cake

INGREDIENTS

- Flour - 120 grams
- Baking soda - 5 grams
- Salt - a pinch
- Sugar - 100 grams
- oil - 36 grams
- Plant based milk - 120 grams
- Lemon juice - 15 grams
- Cinnamon powder - 5 grams
- Ginger powder - 5 grams
- Rum Soaked nuts - 80 grams
- Orange zest

DIRECTIONS

- When ready to bake, Preheat the oven to 180°C Grease 1 mini loaf pans or 3-inch round pan. Lightly grease the pan with cooking spray and line the bottom with a parchment.
- In a Bowl, combine milk and lemon juice and set aside for a few minutes to curdle. Add baking soda and vanilla extract. The mixture will bubble a little. Set aside.
- In a medium size bowl, sift flours, salt and all the spices. Mix until combined. Set aside.
- In a large bowl, combine sugar and oil. Using a whisk beat the mixture until very smooth
- Stir in orange zest and the curdled milk mixture. Beat until well combined.
- Add the dry ingredients into the bowl and mix until combined and no dry flour remains. Stir in the soaked dry fruit . Pour the batter into the prepared baking pan.
- Bake for 25-30 minutes until a toothpick inserted into the center comes out clean.
- Remove the pan from the oven and set aside for 5 minutes before removing the cake onto a wire rack. Cool the cake completely before slicing.



Jowar Almond Chocolate Cake

INGREDIENTS

- 70g dark chocolate, chopped
- 45 g (3½ tbsp) sunflower oil/ olive oil
- 110 g (⅓ cup + 2 tbsp) hot water
- 110 g (⅓ cup + 2 tbsp) non-dairy milk
- 1 tsp vanilla extract
- 30 grams (2tbsp) Corn flour
- 40 grams of Almond Flour
- 60 grams (4Tbsp) Jowar Flour
- 150 g (¾ cup) Jaggery sugar/ coconut sugar
- 25 g (4 tbsp) Dutch-processed cocoa powder
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- Chocolate glaze
- chocolate 100g
- oil 20ml
- chopped Almonds 40g

DIRECTIONS

- Adjust the oven rack to the middle position and pre-heat the oven to 160°C. Grease cake tins with vegan butter or oil and sprinkle some millet flour.
- In a heat-proof bowl, either in the microwave or over a pot of simmering water on the stovetop, melt the chocolate and oil together.
- Add the hot water, non-dairy milk and vanilla to the chocolate-oil mixture, and whisk well until combined. Set aside until needed.
- In a large bowl, sift together the Almond flour, Jowar flour, corn flour, sugar, cocoa powder, baking powder, baking soda and salt.
- Add the wet ingredients to the dry, and whisk well until you get a smooth cake batter with no flour clumps. The batter will be fairly runny.
- Bake at 160°C for about 30 minutes or until well risen and an inserted toothpick comes out clean or with a few moist crumbs attached.
- Chocolate Sauce - Melt chocolate, add oil and chopped almonds. Glaze it over the cake and let it cool.



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