



GOPI DEHYDRATES PVT. LTD.

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S.No.	ITEM	INGREDIENT	COOKING INSTRUCTION
1	Apple Porridge	Whole wheat grits, Sugar, Milk solids, Dextrose and Dehydrated apple	Empty contents of 100 gms pack in 500 ml water. Stir well to make a smooth blend. Bring the mix to a boil stirring frequently reduce heat and simmer for 3-4 min.
2	Wheat Cereal (Gopi Power)	Wheat, sugar, corn solid, milk solid, malt extract, protein and oats	Take two-heaped tablespoon of wheat cereal, mix with 200 ml hot or cold milk.
3	Pav Bhaji (Mixed Veg.)	Dehydrated Cabbage, peas, potato, carrot, cauliflower, Tomato, onion, spices and H.V.O.	Boil contents of 50 gms in 500 ml water. Occasionally stir when slurry to avoid sticking on the pan. Add butter to taste.
4	Vegetable cutlet with Breadcrumb	Dehydrated potato, cabbage, carrot, cauliflower, coriander, ginger, onion, H.V.O., salt, chilly & dried bread crumbs	Put contents of the pack in 3 times water in a bowl and leave it till all the water is absorbed. Make dough and form cutlets. Cook it with crumbs and pan fry.
5	Allu Tikki (Potato Pancakes)	Dehydrated Potato powder, Onion, Garlic powder, Coriander leaves, spices and H.V.O.	Take 100 gms and mix with water to make dough make small pancakes and deep fry in oil.
6	Omelette Mix Vegetarian (Besan ka Purha)	Gram Dal, Rice flour, dehydrated tomato, onion, green chilly, Coriander Leaves, salt and spices	Take 100 gms. in 125 ml of water and mix it well so that no lumps are formed. Allow the mix to remain for 15 minutes. Take a non-stick pan, pour one-tablespoon oil and pour the mix making a round thick layer on the pan. Fry on medium heat on both sides. Put oil around and on top of the omelette while frying. Take the omelette off the pan when crisp. (This mix will make five tomato omelette).
7	Omelette Mix Egg	Egg powder, dehydrated green chilly, tomato, onion, salt, Red chilly powder.	Same as above
8	Upma	Semolina, H.V.O., gram dal, cashew, green chilly, curry leaves, salt & mustard seeds.	Boil contents of 100 gms in 500 ml water. Occasionally stir when slurry to avoid sticking on the pan.
9	Preserved Parantha	Wheat flour, hydrogenated vegetable oil, salt, spices & emulsifiers.	Put packet as it is in boiling water for 5 min. Parantha is ready to serve.

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10	Vegetable Pulav	Rice, Dehydrated carrot, cabbage, peas, potato, onion, spices and H.V.O.	Empty contents of 150 gms pack in 700 ml water and stir to bring back to boil cover with lid and simmer for 10-12 min.
11	Masala Pulav	Basmati Rice, spices and H.V.O.	Empty contents of 150 gms pack in 700 ml water and stir to bring back to boil cover with lid and simmer for 10-12 min.
12	Fruit & Nut Rice	Basmati Rice, Almonds cashew, raisins, chilly powder, Jaggery powder, salt and H.V.O.	Boil 750 ml water Empty contents of 150 gms and stir to bring back to boil. Cover with lid and simmer for 10-12 min.
13	Kadhi Rice	Permal Rice, curd solids, Besan, Fenugreek seeds, Dehydrated Potato, onion, curry leaves, salt, spices and H.V.O.	Boil 800 ml water (7 cups). Empty contents of 150 gms and stir to bring back to boil. Cover with lid and simmer for 10-12 min.
14	Spinach Rice	Basmati Rice, Spinach, onion, Salt and H.V.O.	Empty contents of 150 gms pack in 750 ml water and stir to bring back to boil cover with lid and simmer for 10-12 min.
15	Sambar Rice	Parmal Rice, Toor Dal turmeric, mustard, Tamarind, Sugar, Dehydrated Garlic, Onion, Potato, Okra, bottlegourd, salt, spices and H.V.O.	Boil 800 ml water (7 cups). Empty contents of 150 gms and stir to bring back to boil. Cover with lid and simmer for 10-12 min.
16	Tomato Soup	Dehydrated Tomato powder, onion, Garlic, corn starch, wheat flour, dextrose, pepper, Cummins, salt, and H.V.O.	Empty contents of 50 gms pack in 700 ml water. Stir well to make smooth blend. Bring the mix to a boil, stirring frequently reduce heat and simmer for 8-10 min.
17	Mushroom Soup	Dehydrated Mushroom bits, onion, Garlic powder, dextrose, corn flour, Milk solids, wheat flour, salt and H.V.O.	Empty contents of 50 gms pack in 700 ml water. Stir well to make smooth blend. Bring the mix to a boil, stirring frequently reduce heat and simmer for 8-10 min.
18	Mixed Vegetable Soup	Dehydrated carrot bits, cauliflower bits, peas, potato, cabbage powder, onion, Garlic Powder, corn starch, Milk solids dextrose, salt, and H.V.O.	Empty contents of 50 gms pack in 700 ml water. Stir well to make smooth blend. Bring the mix to a boil, stirring frequently reduce heat and simmer for 8-10 min.
19	Broccoli Soup	Dehydrated Broccoli, bits, onion, Garlic powder, dextrose, corn flour, Milk solids, wheat flour, salt and H.V.O.	Empty contents of 50 gms pack in 700 ml water. Stir well to make smooth blend. Bring the mix to a boil, stirring frequently reduce heat and simmer for 8-10 min.
20	Alu Kadhi (Dry Mix)	Curd solids, besan, Fenugreek seeds, turmeric,	Mix 100 gms of contents in 700 ml water and boil for 10-12 min. till slurry paste is obtained.

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		salt, and spices, Dehydrated Potato onion, coriander and curry leaves	
21	Instant Potato Curry (drymix)	Dehydrated potato, onion flakes, coriander leaves, curry leaves, spices & HVO.	Mix contents of 50 gms. In 150 ml of boiling water.
22	Instant Cereal	Wheat flakes, maize powder, dextrose, sugar & milk powder.	Mix contents of 30 gms or two-heaped tablespoon in 75 ml of boiling water.
23	Alu palak (Dry Mix)	Dehydrated Spinach Potato, spices and H.V.O.	Mix 50 gms in 400 ml water and boil for 10-12 min. till the water is dry and soft texture is obtained.
24	Alu Cabbage	Dehydrated cabbage flakes, potato cubes, green chilly pieces, onion (fried), turmeric, salt, tomato pieces, red chilly powder & HVO.	Put contents of 50 gms in 400 ml. boiling water. Cover with lid and cook for 5-7 min till the water is dry and salt texture is obtained.
25	Bhindi Sabzi	Dehydrated bhindi, onion, green chilly pieces, ginger, salt, red chilly, spices & HVO.	Put contents of pack (50 gms) in 400 ml boiling water. Cover with lid & cook till all the water is absorbed.
26	Soya curry	Soya chups, potato powder, garlic, onion, ginger powder, curry leaves, salt, red chilly, turmeric, jeera & masala.	Put contents of 100 gms in 400 ml boiling water cover with lid and cook for 5 min.
27	Curried Torai (Dry Mix)	Dehydrated Tori, Tomato, Onion flakes, spices and H.V.O.	Mix 50 gms in 450 ml water and boil for 10-12 min. till the water is dry and soft texture is obtained.
28	Methi Moong Dal	Moongdal, Dehydrated methi leaves, H.V.O., spices, salt, chilly, sugar Moong Dal	Mix 50 gms in 150 ml water and boil for 4-5 min. till the water is dry and soft texture is obtained.
29	Palak Chana Dal	Dehydrated Spinach, pre cooked crumb, H.V.O., spices, chilly, salt & sugar	Mix 50 gms in 150 ml water and boil for 6-8 min. till the water is dry and soft texture is obtained.
30	Potato Beans vegetables	Potatoes, Beans, Onion, Tomato, Coriander Leaves, Spices and HVO	Boil 350 ml water, mix the contents in boiling water and cook for 8-10 minutes till soft texture is obtained.
31	Suji Halwa	Semolina, sugar, Cardamom, Raisins and cashew and H.V.O.	Boil 125 ml of water. Add contents of 100 gms pack to boiling water and cook for 3-4 min.
32	Gajar Halwa	Dehydrated carrot, sugar, Milk solids, cashew and H.V.O.	Boil contents of 100 gms in 500 ml water for approx. 10 min. On turning slurry put on low fire and stir occasionally to avoid sticking on the side of pan. Cook till all the water is absorbed.

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33	Kheer	Rice, skimmed milk, sugar powder, cardamom powder and cashew.	Empty contents in 500 ml water. Stir well to make a smooth blend. Bring the mix to a boil. Stirring frequently reduce heat & simmer for 8-10 min.
34	Gulab Jamun Mix	Milk solids, Maida flour, Sugar, HVO, Cooking Soda Cardamom, Rose essence	Mix the powder with water and avoid making any lumps and form dough. Prepare small lemon size balls out of Jamun Powder dough and fry either in ghee or oil. Prepare thin Sugar syrup in a vessel. After the balls are fried then soak them in Sugar Syrup.
35	Custard Powder + Fruit	Edible starch, edible common salt, permitted food colours, added flavours and dehydrated fruits	Measure 2 tablespoon of custard powder mix. Take 500 ml fresh milk, from this add ¼ cup to custard powder to make smooth paste. Boil the remaining milk with 3 tablespoon Sugar. Add the paste and cook again for 2-3 min, stirring continuously to avoid burning. Cool before serving.
36	Kulfi Mix	Milk solid, sugar, cardamom, corn flour & dry fruits.	Mix contents of 100 gms with 350 ml. milk and bring to boil while stirring. Simmer for 5 min. till thick and creamy & cool. Pour into moulds & freeze till set.
37	Chikki (Jaggery/Sugar)	Refined Sugar/Jaggery, Liquid Glucose, Sesame Seeds and Ground Nut	
38	French Fries	Dehydrated Potato fingers	Empty contents of 125 gms pack in 375 ml water and stir to bring back to boil cover with lid and simmer for 10-12 min.
39	Tandoori Masala	Coriander seeds, fenugreek seeds, salt, cinnamon, cumin, degi (pepper), onion powder, ginger powder, clove, garlic powder, bay leaves, nutmeg & beetroot powder.	
40	Cajun seasoning	Red chilly, common salt, coriander leaves, black salt & black pepper.	
41	French fries seasoning	Common salt, black salt, black pepper, red chilly, jaggery & coriander.	
42	Rib seasoning	Garlic powder, black pepper & sugar crystals.	