

Zayka Ka Tadka

RECIPES OF THE MONTH

Issue No. 03 • OCTOBER 2020



Recipes for varied
tastes

जो दिखता है! वही बनता है !!

Moms of India

The Super Chefs from their
own kitchens

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Malai Do Pyaaza

POPULAR & DELICIOUS
CURRY

By Vijay Haldiya
Founder
Zayka Ka Tadka

Malai Do Pyaaza is a tasty, rich and yet easy-to-prepare dish. It is an authentic Rajasthani recipe. Onions, a few basic spices, and fresh cream are the only ingredients needed to prepare this recipe;

The semi-gravy texture of the recipe makes it suitable to be served with rice and roti. Rich in flavour, it is the perfect recipe if you are out of vegetables or want to try something different.

It is finger-licking delicious and can be served with either phulkas or parathas. So, do try it at your home and savor it with your family and friends.

[Watch the Video Recipe](#)

Malai Do Pyaaza

Prep Time

10 mins

Cook Time

7 mins

Servings

2

Ingredients

Oil - 1 Tbsp

Cumin seeds - 1 tsp

Asafoetida/Hing - 1/2 tsp
(optional)

Bay leaf/ Tej Patta - 1 (optional)

Dry red chili - 2 (optional)

Cardamom/ Elaichi - 2 (optional)

Ginger - 1/2 tsp finely chopped

Green Chillis - 1/2 tsp , finely
chopped

Onion - 2 big-size, diced

Turmeric/Haldi Powder - a pinch

Red Chilli Powder - 1/2 to 1 tsp
(as per taste)

Roasted Cumin Powder -1 tsp
(optional)

Salt - as per taste

Fresh Cream/Malai - 2 Tbsp

Tomato - 1 diced (optional)

[Or]

Amchur powder/ dry mango powder
-1/2 tsp

Garam Masala - 1/2 tsp (optional)

Kasuri Methi/ Dried Fenugreek
leaves - 1/2 tsp

Coriander leaves - 1/2 tsp

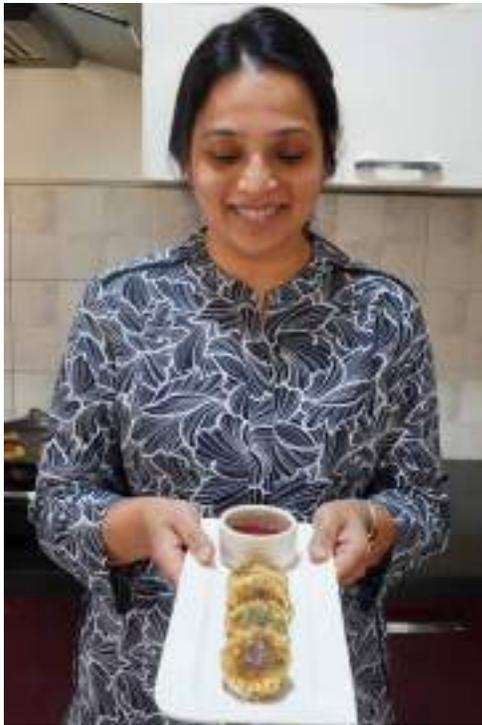
Malai Do Pyaaza

Directions

1. Heat oil in a pan.
2. Add cumin seeds.
3. Add Asafoetida, bay leaf, cardamom, and dry red chilli, all of which are totally optional. But if you have them, you can use them.
4. Add chopped ginger and green chilli. Sauté them for a few seconds.
5. Add diced onion. Sauté on a low to medium flame and cover the vessel for couple of minutes.
6. Add turmeric powder, red chili powder, coriander powder, and salt.
7. Add roasted cumin powder (optional). Sauté for a few seconds.
8. Add fresh cream. Sauté the mix in the pan properly.
9. Add diced tomato or amchur powder.
10. Add garam masala.
11. Add kasuri methi for flavor and coriander leaves for garnishing.
12. Yummy 'Malai Do Pyaaza' is now ready to be served.

Tips

1. Use fresh cream for this dish for the best taste .
2. Serve hot with Roti , Phulka and Paratha



Soya Paneer Cutlets

A PROTIEN RICH
MOUTHWATERING
BREAKFAST/SNACK

By Shveta Sheth
Lovely Mom, from Mumbai

Soya Paneer Cutlets are a protein powerhouse that taste heavenly. This recipe is of a healthy nutritious breakfast that is richly flavoured with Soya , Paneer, Ginger, and other regular spices.

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

Do prepare it at home and enjoy it with family and friends.

[Watch the Video Recipe](#)

Soya Paneer Cutlets

Prep Time

15 mins

Cook Time

12-15 mins

Servings

2-3

Ingredients

Soya chunks - 1 bowl

Paneer/ Cottage cheese - 1/2 bowl

Potato - 2 big-sized boiled

Amchur Powder/ dry mango powder - 1/2 tsp

Garam masala- 1/2 tsp

Green chili - 1 finely chopped

Ginger - 1/2 tsp, grated

Chaat masala - 1/4 tsp

Salt - as per taste

Red chili powder - 1/4 tsp

Turmeric powder - 1/4 tsp

Cumin powder - 1/2 tsp

Coriander leaves - a fistful, finely chopped

Breadcrumbs - as required for binding

Oil - as required for greasing

Tips

1. Ensure to squeeze the soya; otherwise, the mixture can become soggy.
2. If there is too much moisture in the mixture, add sufficient breadcrumbs.
3. You may also use a pressure cooker to boil the soya chunks.
4. To make it healthier, you may also add vegetables of your choice.

Soya Paneer Cutlets

Directions

1. Wash and boil the soya chunks for 10 minutes. Squeeze to release the excess water.
2. Now, grind the soya chunks.
3. In a bowl, add ground soya chunks, crumbled paneer, potato, amchur powder, garam masala, green chili, ginger, chaat masala, salt, red chili powder, turmeric powder, and cumin powder. Mix well.
4. Now, add coriander leaves and breadcrumbs. In case you find mixture soggy, add more breadcrumbs to bind it.
5. Take a small portion of the mixture, shape it into cutlets, and coat each cutlet completely with breadcrumbs.
6. Continue this process until the mixture is completely shaped into cutlets.
7. Heat a pan and grease it with oil. Shallow fry the cutlets in batches from both the sides till golden brown.
8. Delicious Soya Paneer Cutlets are ready to be served.
9. They go well with Green Chutney and Ketchup.



Aloo Sooji ki Roti

UNIQUE AND DELICIOUS
BREAKFAST/ MEAL

By Asha Shivraj
A Lovely Inspirational
visually challenged Mom,
From Karnataka

Aloo Sooji Ki Roti is a simple yet healthy recipe prepared with a combination of semolina and tasty spices.

This recipe is unique and is packed with good carbohydrates such as sooji or semolina with spices added directly to the dough. It is an ideal recipe for lunch and dinner alike when served with a cup of yogurt or tomato ketchup.

Here we must mention the talent perseverance of the Inspirational Visually challenged mother who has inspired millions through this video. Thank you Ashaji!!!

[Watch the Video Recipe](#)

Aloo Sooji ki Roti

Prep Time

10 mins

Cook Time

5-7 mins

Servings

2

Ingredients

Potato - 2 big sized, grated

Ginger - 1 small-sized, grated

Onion - 2 big-sized, finely chopped

Tomato - 1 big-sized, finely chopped

Capsicum-1 medium-sized, finely chopped

Coriander leaves - 1 small bowl, finely chopped

Green chillies - 1, finely chopped

Ajwain/carom seeds - 1 Tbsp

Chaat masala - 1/2 tsp

Cumin seeds - 1/2 tsp

Chili flakes - 1/2 tsp

Salt - as required

Sooji/Semolina - 2 small bowls
(or as required)

Curry leaves - 4 to 5

Ghee/ Clarified Butter- as required

Tips

1. While kneading the dough, do not add water; prepare a soft dough.
2. You may also add more veggies of your choice.
3. Sooji is used for binding purposes, so do not add it in more than the required quantity.
4. Aloo Sooji Ki Roti tastes best when served hot.

Aloo Sooji ki Roti

Directions

1. Take grated potato in a bowl.
2. Add grated ginger, onion, capsicum, tomato, coriander leaves, and green chillies.
3. Add Ajwain[carom seeds], salt, chaat masala, cumin seeds, and chilly flakes.
4. Add Sooji and mix well. Knead the dough and keep it aside for 10 minutes.
5. Add curry leaves and mix well.
6. Heat a pan and grease it with ghee.
7. Take a ball-sized dough and flatten it slightly on the pan. Cover it and cook for 2 minutes. Keep the flame low to medium.
8. Thereafter, when the base is partly cooked, flip it. Make sure both the sides are cooked properly.
9. Delicious Aloo Sooji Ki Roti is now ready to be served.



Bhel Upma

Bhel Upma is a simple and spicy snack/breakfast recipe prepared from puffed rice, onion, tomatoes, and spices. The recipe is very similar to the poha recipe.

DELICIOUS ANYTIME
SNACK

Adithya Karamched
A Talented Chef,
From Hyderabad

Also known as 'Susla' or 'Uggani' or 'Mandakki', this recipe puts a twist on the traditional bhel. It is a wholesome and filling meal with good amounts of carb, and other nutrients. You can serve it along with your favourite hot beverages or eat it as it is.

Prepare it and enjoy it with your family and friends. Let us know how you like it!

[Watch the Video Recipe](#)

Bhel Upma

Prep Time

12 mins

Cook Time

7-10 mins

Servings

2

Ingredients

Oil - 1 Tbsp

Split Urad dal/ Black Gram - 1/2 tsp

Mustard seeds - 1/2 tsp

Cumin seeds - 1/2 tsp

Hing/Asafoetida - a pinch

Turmeric powder - a pinch

Green chillis - 2 Big, slit

Roasted peanuts - 1 Tbsp

Onion - 1 big-sized, finely chopped

Tomato - 1 big-sized, finely chopped

Salt - as required

Puffed rice/Murmura - 2 bowls

Water - as required

Carrot - grated, as required for garnishing

Coriander leaves - finely chopped, for garnishing

Lemon juice - 1/2 lemon

Tips

1. Do not over soak or over squeeze the puffed rice
2. Add veggies like capsicum and green peas to make it more nutritious.
3. You can also top it with snacks like sev or boondi or a fruit such as pomegranate seeds.
4. Adjust the spice and serve it hot for best taste.

Bhel Upma

Directions

1. Wash puffed rice in running water and soak it for about 5 minutes. After that, squeeze out excess water and keep it aside to slightly dry
2. Heat oil in a pan and sauté urad dal, mustard seeds, cumin seeds, turmeric powder, and green chillies.
3. Add onion, roasted peanut, and curry leaves. Sauté the contents well again.
4. Now, add hing, tomato, salt, and sauté the mix. Cover and allow to cook for a few seconds. Keep the flame- low to medium.
5. Add soaked puffed rice and sauté properly. Cover and cook for 2 minutes.
6. Sauté and garnish with grated carrot and coriander leaves.
7. Squeeze a lemon into the pan, sauté the contents again, and turn off the flame.
8. Delicious Bhel Upma is ready to be served.



Molaga Podi /Idly Powder

MUST HAVE FLAVOURFUL
DRY CHUTNEY

By Durga Sairam
Lovely Grandmother,
from Chennai

Molaga Podi | Idli Podi | Gunpowder is a traditional dry chutney. This aromatic and flavourful chutney powder goes well with Idli, Dosa, or hot rice by adding a little sesame oil or ghee on it.

It is a simply amazing dry chutney that you can carry while travelling or in the tiffin box. You can easily prepare this chutney and store it for a long time.

It is made using Bengal gram, Black gram without the skin, sesame seeds, and other tasty spices. These ingredients make it a healthy, protein and iron-rich chutney.

[Watch the Video Recipe](#)

Molaga Podi / Idly Powder

Prep Time

10 mins

Cook Time

15 mins

Servings

2-4

Ingredients

Bengal Gram/Chana Dal - 1 cup

Blackgram without skin/Urad Dal - 1 cup

Dry Red Chili - 15 or as per taste

White Sesame seeds/Til - 1/2 cup

Asafoetida/Hing - 1/2 tsp

Grated Jaggery/Gud - 2 Tbsp

or to taste

Salt - to taste

Oil - 1 tsp

Ghee/clarified butter or sesame oil
- as required for serving

Directions

1. Heat a teaspoon oil in a kadai.
2. Add dry red chilies and sauté on a medium flame for 3 to 4 minutes or until roasted. Transfer to a plate.
3. Then, add Bengal gram, urad dal/black gram without skin in the same kadai. Roast on a low flame. Once it is aromatic, take out on a plate.
4. Add white sesame seeds and roast on a low flame. Once roasted and spluttering, transfer to a plate. Allow all the ingredients to cool completely.
5. In a grinder jar, add roasted lentils and dry red chilies. Grind them into a coarse powder.
6. Then, add sesame seeds, asafoetida, jaggery, and salt. Grind to make a fine powder.
7. Take a serving plate and put a few idlis on it. Then, put some podi idli powder alongside them. Make space in the center of the podi and pour a little sesame oil or ghee into the space.
8. Delicious and healthy Molaga Podi | Idli Podi / Powder is ready to be served.

Molaga Podi / Idly Powder

Tips

1. Use dry red chilies and jaggery according to your taste. You can use less spicy red chilies as well.
2. Firstly , grind the roasted lentils/dal and then add other ingredients to the grinder to ensure lentils are ground well.
3. Store this dry chutney in an airtight container. It can be stored for 1-2 months.
4. Serve this chutney with Idli | soft spongy idli or Dosa | Plain Dosa | Sada Dosa or with hot steamed rice.



Shahi Kaju Masala

A LIP-SMACKING, FAMOUS
INDIAN CURRY

By Namrata Bohra Jain
Lovely Mom who is a passionate
cook,
From Mumbai

Shahi Kaju / Cashew Masala is a rich and mouthwatering curry.

It is made using kaju/cashew nut along with some easily available basic ingredients. It is a perfect option for get-togethers, small functions, or special occasions.

Tastes best when served hot with tandoori roti or paratha. Everyone will love and enjoy the dish.

[Watch the Video Recipe](#)

Shahi Kaju Masala

Prep Time

10 mins

Cook Time

15 mins

Servings

2-3

Ingredients

For the Gravy :

Onion - 1 & ½, roughly chopped

Tomato - 2, roughly chopped

Garlic - 3 cloves

Kaju/cashew nuts - 4

Oil -1 Tbsp

For the Curry:

Kaju/cashew nuts - 1 cup

Bay leaf - 1

Onion - 1 finely chopped

Red Chilly powder - 1 tsp

Butter - 1 tsp

Turmeric powder - 1/2 tsp

Coriander powder - 1 tsp

Salt - to taste

Coriander leaves - as required

Kasuri Methi/Dry Fenugreek leaves - 1 tsp

Garam Masala - 1/2 tsp

Tips

1. You may avoid garlic in the gravy as per choice
2. You can adjust the spice according to your taste.
3. You may add malai/homemade cream to the curry to give it a rich taste.
Add it after the gravy to the curry is cooked completely.
4. Add the malai, mix, and immediately switch off the flame.
5. Serve this curry with tawa tandoori roti or lachha paratha.

Shahi Kaju Masala

Directions

FOR PREPARING THE GRAVY:

1. Take a pan, add oil, and heat it.
2. Add chopped onion and sauté it on a medium flame for 2 to 3 minutes.
3. Then, add garlic cloves and cashew nuts. Mix well and sauté.
4. Add chopped tomato and mix well. Cover the pan and let the mix cook until the tomato turns soft. Then, let it cool completely. Grind to make a smooth puree by adding very little water.

FOR PREPARING THE CURRY:

1. Dry roast the cashew nuts on a low flame for 2 to 3 minutes. Then keep aside.
2. Now, melt butter in a pan on a low flame.
3. Add finely chopped onion and sauté for a minute. Add bay leaf and red chili powder and mix well.
4. Add ground puree and mix well. Let it cook on a medium flame until it leaves oil from the sides.
5. Then, crush the kasuri methi between the palms and add to the gravy. Mix well.
6. Add salt, coriander powder, turmeric powder, and garam masala. Mix well and cook.
7. Add water to adjust the consistency. Let it boil.
8. Once the gravy is boiled, add roasted cashew nuts. Mix well and cook for a minute then switch off the flame. Garnish the curry with chopped coriander leaves.
9. Delicious 'Shahi Kaju /Cashew Masala' is ready to be served with roti or paratha.



Temple Style Curd Rice

HEALTHY AND DELICIOUS
DISH SERVED AS PRASAD
IN TEMPLES

By Archana Chakravarthy
Lovely Mom,
From Karnataka

Curd Rice is a popular and tasty South Indian dish. This dish is also called as Thayir sadam or Daddoanam in South India. This is often served as Offering/ Prasadam in Temples.

Yogurt/curd is rich in protein, calcium, good fats, minerals, and thus it is an excellent dish. The friendly probiotic bacteria present in the curd help in digestion.

It can be served as it is or along with Lunch or Dinner.

[Watch the Video Recipe](#)

Temple Style Curd Rice

Prep Time

15 mins

Cook Time

10 mins

Servings

2-4

Ingredients

Soft rice - one bowlful

Milk - one cup (at room temperature)

Curd - one cupful

Ghee/clarified butter - 2 to 3 tsps

Cashew - 4 to 5, chopped

Green chilli - 1, slit

Urad dal split / husked black gram - 2 tsp

Mustard seeds - 2 tsp

Hing/ asafoetida - a pinch

Curry leaves - 4 to 5

Raisins - 6 to 7

Salt - as required

Ginger - 2 tsps , finely chopped

Pomegranate seeds - 1/4 cup

Coriander leaves - finely chopped, as required for garnishing

Tips

1. If you use a pressure cooker to cook the rice wait for an extra whistle than required for regular rice, (or) if you cook it in any vessel or pan then cook the rice till soft.
2. Use fresh curd, but if the curd is slightly sour, then you can add some more milk.
3. Adjust the proportions of curd and milk to suit your taste.
4. Add milk to avoid the curd rice from turning sour during summers.
5. You may also add some grated carrots and fresh grapes.
6. You can prepare curd rice from leftover rice as well.
7. Can be refrigerated and consumed next day .

Temple Style Curd Rice

Directions

1. Take soft rice in a bowl and mash it properly with the help of a spoon.
2. Add milk and mix well . Keep aside for 10 minutes.
3. Now, heat a tadka pan and add ghee to it.
4. Add cashew, green chilli, urad dal, mustard seeds, hing, curry leaves, and raisins. Mix all the ingredients well.
5. Now, add tadka in the bowl of rice and mix it well.
6. Add salt, ginger pieces , and curd. Mix well.
7. Garnish with pomegranate seeds and coriander leaves.
8. Delicious Curd Rice is ready to be served



Thal ki Burfi

Thal Ki Burfi | Mawa Barfi is a delicious and flavourful sweet. It requires only 10-15 minutes of cooking with just 2 ingredients.

A M O U T H W A T E R I N G S W E E T

By Mridula Ameriya
Lovely Mom,
From Rajasthan

It is a quick and easy to prepare dish. Make it with [Homemade Mawa](#) for the best taste and for an adulteration free Sweet.

So, this festive season, make this homemade mithai and enjoy with your loved ones. And do remember to share your feedback with us.

[Watch the Video Recipe](#)

Thal ki Burfi

Ready in
2 hours

Cook Time
20 mins

Servings
4-6

Ingredients

Mawa/Khoya/reduced milk solids -
100 gram
Sugar - 50 gram
Water - 1/2 cup

Cardamom/Elaichi powder - 1 tsp
Almond powder - 1 tsp
Pista/pistachio powder - 1 tsp
Sliced almonds and pistachios - as
required for garnishing

Tips

1. The sugar syrup should be thick. To check, put a drop of sugar syrup on a plate and let it cool. If it solidifies then the syrup is ready.
2. You can add dry fruits of your choice to make the barfi.
3. Cool the barfi first and only then cut it into pieces.
4. Make this barfi using [Homemade Mawa](#).

Thal ki Burfi

Directions

1. Heat a pan and add sugar and water. Make sugar syrup by stirring it continuously until the sugar gets melted. Add cardamom powder to it. Mix well and cook. Make a thick sugar syrup. Put a drop on a plate, let it cool and check. After cooling, it should solidify.
2. Once done, switch off the gas. Add Mawa/khoya. Mix well. Then, add almond and pistachio powder. Mix well.
3. Grease a plate with ghee/clarified butter. Pour the mixture on it and spread it evenly.
4. Garnish it with sliced pistachios and almonds.
5. Once it cools, Keep it in the refrigerator and let it set for 1 to 2 hours. Then cut it into pieces.
6. Delicious Thal Ki Burfi or Mawa Barfi is ready to be served.



Hummus - ChickPea Dip

A DELICIOUS AND
HEALTHY DIP

By Chetna Hegde
Lovely Mom,
From Karnataka

Hummus is a popular Mediterranean dip. It is made from chickpea or Kabuli chana which is very nutritious and rich in protein.

This dish requires just simple ingredients available at home, yet has an exotic flavour.

It does not require much preparation and cooking time. This can be served as a chutney or dip. Everyone in the family will love this.

[Watch the Video Recipe](#)

Hummus - ChickPea Dip

Prep Time
8 hours

Cook Time
30 mins

Servings
4

Ingredients

Chickpea/Kabuli Chana - 1 cup

Garlic - 2 cloves along with peel

White sesame seeds/Til - 1-2 Tbsp

Lemon juice - juice of 1/2 lemon or
as per taste

Red Chilli flakes - as per taste + for
garnishing

Olive Oil - 1 Tbsp + for garnishing

Salt - to taste

Tips

1. Peeled garlic can be used as needed , in this recipe garlic was added with its peel.
2. Red chilli powder can be used instead of red chilli flakes and adjust the spice as per your taste.
3. Serve this dip with [Nachos | Multigrain Nachos](#) or diced vegetables such as carrot, capsicum, or other snacks.

Directions

1. Wash and soak the chickpeas overnight. Then, pressure cook then for 5 to 6 whistles or until they are very soft. Once done, let them cool completely.
2. In a grinder jar add boiled chickpeas, garlic cloves along with its peel, sesame seeds, red chilli flakes, lemon juice, and salt. Grind to make a smooth paste.
3. Add olive oil to the hummus and grind it again till smooth and creamy. Transfer hummus to the bowl.
4. Garnish it with red chilli flakes and a little olive oil.
5. Delicious Hummus Classic Hummus is ready to be served.



Paneer Vegetable Paratha

A DELICIOUS HEALTHY
PARATHA

By Shveta Sheth
Lovely Mom,
From Mumbai

Paneer Vegetable Paratha is a quick and super easy to prepare option. This colourful paratha is prepared using paneer and a variety of vegetables and spices.

This healthy dish is particularly rich in calcium and is a different variant of paneer paratha. It can be prepared quickly, making it a perfect option for tiffin snack or breakfast.

Everyone will surely love and enjoy this paratha, then why wait, make it at home and let us know your feedback.

[Watch the Video Recipe](#)

Paneer Vegetable Paratha

Prep Time

10 mins

Cook Time

10 mins

Servings

2

Ingredients

Whole Wheat Flour - 1 Cup + for dusting

Grated Paneer/Cottage Cheese - 2 to 3 Tbsp

Grated Carrot - 2 to 3 Tbsp

Coriander Leaves - a handful, chopped

Chaat Masala - to taste

Salt - to taste

Turmeric powder - 1/2 tsp

Red Chilli powder - 1/2 tsp

Roasted Cumin powder - 1/2 tsp

Coriander powder - 1/2 tsp

Kasuri Methi/Dry Fenugreek leaves - 1/2 tsp

Oil - 1 to 2 tsp

Ghee/Clarified butter - as required for roasting

Tips

1. You can add different veggies of your choice to make these parathas
2. Add spices to the dough according to your taste.
3. You can add Kasuri Methi to impart a nice flavour to the paratha.

Paneer Vegetable Paratha

Directions

1. In a bowl, add together whole wheat flour, grated paneer, grated carrot, coriander leaves, chaat masala, salt, turmeric powder, red chilli powder, roasted cumin powder, coriander powder, kasuri methi, and 1 teaspoon oil.
2. Mix well and add water to knead a semi-soft dough.
3. Take a small portion of the dough and roll it to make a round paratha.
4. Meanwhile, heat a tawa.
5. Once the tawa is hot, cook the paratha on a medium flame.
6. When the paratha is half cooked, apply ghee on both the sides and cook.
7. Once done, take it out on a serving plate and serve the delicious paratha while hot.



Masala Bhindi

A MOUTHWATERING CURRY

By Vijay Haldiya
Founder
Zayka ka Tadka

Masala Bhindi is a restaurant style ladyfinger curry. It requires commonly available kitchen ingredients such as tomato, onion, ginger, curd, and some spices. Bhindi is everyone's favourite vegetable, especially kids.

Masala Bhindi is a delectable side dish that can be served with both rotis and/or parathas. It is very easy to prepare too. All family members will love this version of bhindi.

Do make this amazing dish at home and relish it with your family and friends.

[Watch the Video Recipe](#)

Masala Bhindi

Prep Time
15 mins

Cook Time
15 mins

Servings
2-4

Ingredients

□ Bhindi/Ladyfinger - 250 gram
□ Onion - 2 medium sized, finely chopped
Tomato - 2, pureed
Grated ginger - 1 tsp
Green chili - 2, cut in long pieces
Turmeric powder - 1/2 tsp
Red chili powder - 1 tsp
Coriander powder - 1 Tbsp

Kasuri Methi/Dry fenugreek leaves - 1 tsp
Hing/Asafoetida - a pinch
Cumin/Jeera - 1/2 tsp
Garam Masala- 1/2 tsp
Fresh curd - 1 cup
Salt - to taste
Oil - 4 Tbsp

Tips

1. Wash, dry, and cut the ladyfingers . After cutting, pour some lemon juice over it. This will make the bhindi non-sticky.
2. Onion is optional and can be avoided and gravy can be made with tomato.
3. It is recommended that you use curd at room temperature.

Masala Bhindi

Directions

1. Wash and pat dry the ladyfingers. Then, cut bhindi in long pieces.
2. Now, take a pan and heat it. Add 2 tablespoon oil.
3. Sauté bhindi on a medium flame for 5-7 minutes. Then, take it out and keep aside.
4. Meanwhile, take another pan. Add 2 tablespoon oil and heat it. Add asafoetida and cumin seeds.
5. Add and sauté grated ginger and green chilli.
6. Add chopped onion and sauté it until it turns light brown.
7. Now, add and sauté turmeric powder, red chilli powder, coriander powder, and garam masala for a few seconds.
8. Add tomato puree. Mix well and cook it on low flame.
9. Once the oil leaves the masala, add fresh beaten curd to the pan. Mix well. Keep the flame low.
10. Add kasuri methi and salt. Mix well.
11. When the curd starts boiling, add sauted bhindi to it. Mix and cook.
12. When the oil leaves the side, the bhindi is ready. Transfer to a serving bowl.
13. Yummy Masala Bhindi is ready to be served with roti/paratha.



Filter Coffee

Traditional South Indian Style Filter Coffee | Filter Coffee is an easy and a must have variant among coffees .

WORLD-FAMOUS SOUTH
INDIAN BEVERAGE

By Archana Chakravarthy
Lovely mom,
from Karnataka

In India, the morning beverage has a great role for most of us. Like Chai ,Coffee is equally loved specially in the southern states to give an energetic start for the day and always loved for conversations between family and friends.

Like Tea, different variants of Coffee beans and powders give unique taste of their own! Must try, if you have not!

[Watch the Video Recipe](#)

Filter Coffee

Prep Time

10 mins

Cook Time

5 mins

Servings

2

Ingredients

Water - 100 ml or as required

Filter Coffee Powder - 3 tsps

Sugar - as required

Milk - as required

Tips

1. Use only Filter Coffee Powder and not Instant coffee powder.
2. Usually for '2 people' 3 heaped spoons of coffee powder is used and for 3-4 people 4-5 heaped spoons of coffee powder is required.
3. Use very hot milk and hot water to prepare filter coffee
4. Adjust the amount of milk and coffee based on how strong you prefer.
5. *Coffee powder comes in many variants and few powders also include chicory flavouring . 80:20 ratio of Coffee: Chicory is among the popular varieties.*
6. *Carefully Pour hot boiling milk over the decoction for a frothy coffee.*
7. Serve filter coffee hot!

Filter Coffee

Directions

1. Boil water.
2. Take a traditional coffee filter that consists of 2 cylindrical vessels (bottom one for collecting brewed coffee decoction and the top one with perforated holes for adding ground coffee powder), a pressing disk, and a lid.
3. Add coffee powder into the perforated vessel and press tightly with the help of the pressing disk.
4. Now, pour water the boiling slowly into the top vessel. Cover it with the cap and rest for 5 to 7 minutes without disturbing.
5. In a few minutes, decoction is collected at the bottom of the vessel.
6. Now, take a glass or cup and add sugar to taste.
7. Then, pour $\frac{1}{4}$ of the glass or cup with the decoction. Adjust the quantity of decoction based on how strong coffee you prefer.
8. Pour hot boiled milk and mix them together.
9. Delightfully flavoured and aromatic Traditional South Indian Style Filter Coffee is ready.



Cheese Tava Pulav

SUPER TASTY
RICE RECIPE

By Neelam Shah
Lovely mom,
from Mumbai

Cheese Tava Pulav is a popular, quick, and easy rice recipe. This pulav recipe in Mumbai street food style with flavors of pav bhaji is prepared with long grain rice.

Cheese Tava Pulav is the only street food in Mumbai that is as popular as the Mumbai's Vada pao or the Pav Bhaji. Tava cooking is mainly a technique in which food is cooked on a flat griddle on a high flame.

The flavour of pav bhaji intensifies in this recipe. Cheese Tava Pulav is the perfect dish you can have as either an appetizer or a full-course meal.

[Watch the Video Recipe](#)

Cheese Tava Pulav

Prep Time

20 mins

Cook Time

7-10 mins

Servings

2-4

Ingredients

Butter (salted/unsalted) - 2 Tbsp

Onion - 2 medium sized, finely chopped

Garlic - 1 Tbsp, finely chopped

Capsicum - 1 small sized, finely chopped

Tomatoes - 2 medium sized, finely chopped

Coriander leaves - 2 tsp

Salt - as required

Pav bhaji masala - 2 Tbsp

Boiled green peas - 2 Tbsp

Boiled potato - 1, cubed

Cooked rice - 1 bowl

Grated cheese - 1 Tbsp (optional)

Tips

1. For the rice - Firstly, soak the rice for 20 minutes. Boil it, but do not overcook. Drain the excess water and keep the rice in the refrigerator for 20 minutes for a dry consistency.
2. Add vegetables of your choice .
3. Add a good quantity of butter for a better flavour and texture

Cheese Tava Pulav

Directions

1. Soak the rice for 20 minutes and thereafter boil it. Do not overboil the rice and ensure it remains long and as separate strands. Drain the water and keep aside.
2. Heat a pan and add butter to it.
3. Add onions and stir well, keeping the flame high. But do not overcook.
4. Add garlic and capsicum. Mix the contents well.
5. Add tomatoes and coriander leaves. Sauté for a few minutes.
6. Add salt and pav bhaji masala. Mix well.
7. Add boiled green peas and boiled potatoes. Sauté again.
8. Now, add cooked rice and mix carefully without breaking the grains. Keep the flame low.
9. Top it with lots of cheese and garnish with coriander leaves.
10. Delicious Cheese Tava Pulav is ready to be served.



Jalebi

EVERYONE'S FAVOURITE

By Anita Sharma
Lovely mom,
From Rajasthan

Jalebi is a very famous delicious Indian sweet dish loved by everyone across India .

One can very easily make this dessert at home with easily available few ingredients. This lovely Mom shows us a super simple way of making this dish.

Jalebi can be served at parties, get-togethers, and many other celebratory occasions or just as an evening sweet bite as well!

Do, try it out at home and enjoy it with your family and friends.

[Watch the Video Recipe](#)

Jalebi

Prep Time

120 mins

Cook Time

10-15 mins

Servings

2-4

Ingredients

FOR SUGAR SYRUP:

Sugar - 1 cup

Water - 1/2 cup

Saffron - 10 to 15 strands

Elaichi/Green Cardamom powder

- 1/2 tsp

FOR JALEBI:

Sour curd - 1/2 cup

Refined flour - 1 cup

Ghee/clarified butter - for frying

Tips

1. It is recommended to use an empty packet of salt or similar packet to make the jalebi . If a piping bag is available it can be used.
2. Join both the edges of the jalebi.
3. Make one string consistency sugar syrup for jalebi.
4. You may add colour to the sugar syrup to make coloured jalebi. In this recipe however, saffron is used.

Jalebi

Directions

1. In a bowl, add maida and curd. Mix them well to make a thick batter. Rest the batter for 2 to 3 hours for fermentation for best tasting jalebis.
2. Now, take a pan. Add sugar and water. Boil it while stirring continuously. Make one string consistency sugar syrup.
3. Add saffron and cardamom powder to it. Mix and keep aside.
4. Now, take an empty packet of salt or any other packet. Cut it to make a cone. Fill it with the batter. You can use piping bag too.
5. Meanwhile, heat ghee in a frying pan or a flat pan.
6. Make a slit/opening in the packet.
7. When the ghee is hot, fry the jalebi. Make round shaped jalebis. Join both the edge of each jalebi.
8. Fry the jalebis on a low flame. When cooked from one side, flip it. Fry on both the sides until the colour changes to light brown.
9. Immediately transfer the jalebis to the sugar syrup and soak them in it for a minute or two. Then, take the jalebis out from the sugar syrup.
10. Serve Hot to enjoy the delightful bite of flavourful Jalebis.



Besan Shimla Mirch

Besan Wali Shimla Mirch is a quick and super easy lunch and dinner option.

A QUICK AND TASTY
SABJI

By Manju Saraf
A lovely Mom,
from Gurgaon

It is a delicious sabzi that goes well with both rice , rotis and parathas. It is also a travel-friendly recipe that you can carry along on your journeys.

You can easily prepare this sabzi using easily available ingredients and that too within 5 minutes as capsicum gets cooked very fast. Do try to make at home and share your feedback with us.

[Watch the Video Recipe](#)

Besan Shimla Mirch

Prep Time

5 mins

Cook Time

7-10 mins

Servings

4

Ingredients

Shimla Mirch/Green Capsicum - 2,
medium sized

Besan/Gram Flour - 2 to 3 Tbsp

Green Chilli - 1 chopped

Turmeric powder - 1/2 tsp

Red Chilli Powder - 1/2 tsp

Coriander Powder - 1 tsp

□ Salt - to taste

Hing/Asafoetida - a pinch

Cumin seeds - 1/2 tsp

Saunf/Fennel Seeds -1/2 tsp

Danamethi/Fenugreek Seeds - 1/4 tsp

Lemon - 1/2

Tips

1. Cook the sabzi only on a low flame to avoid any burning
2. You can add spices according to your taste.
3. It will remain fresh up to 2 days. Do not add water to it if you want to carry the sabji for travelling.

Besan Shimla Mirch

Directions

1. Wash and chop the capsicum.
2. Heat oil in a pan.
3. Add cumin seeds, fennel seeds, fenugreek seeds, and asafoetida. Let them splutter.
4. Then add chopped green chilli.
5. Add gram flour and mix well.
6. Add diced capsicum and mix well. Add coriander powder, turmeric powder, red chilli powder, and salt. Mix well. Cover and cook for 2 to 3 minutes or until the capsicum gets cooked. Stir at regular intervals.
7. Once cooked, add lemon juice, and mix well. Then, switch off the flame.
8. Delicious Besan Wali Shimla Mirch is ready to be served .



ENJOY!!



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