

Zayka Ka Tadka

WINTER SPECIAL ISSUE

Issue No. 05 • DECEMBER 2020



Unedited Live Video
Recipes

जो दिखता है !
वही बनता है !!

Showcasing cooking talent and
empowering super women of our homes

By Moms of
India

For new Live recipes everyday watch

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About

Zayka Ka Tadka is India's largest Live cooking video platform for moms. We have covered over 1000 moms **Live** in their kitchens with easy and practical recipes that they make for their families with love.

Over 65 lakhs followers trust us on social media and believe that "jo dikhta hai, wohi banta hai Zayka Ka Tadka mein...".

We are a platform for homemakers, moms and working women to share their cooking skills, become a food author and in turn get the recognition & appreciation that they truly deserve in our society. We truly believe that moms are the best chefs in the world!

Here you can also find the cooking wisdom of yesteryears as well as the innovation of modern times.



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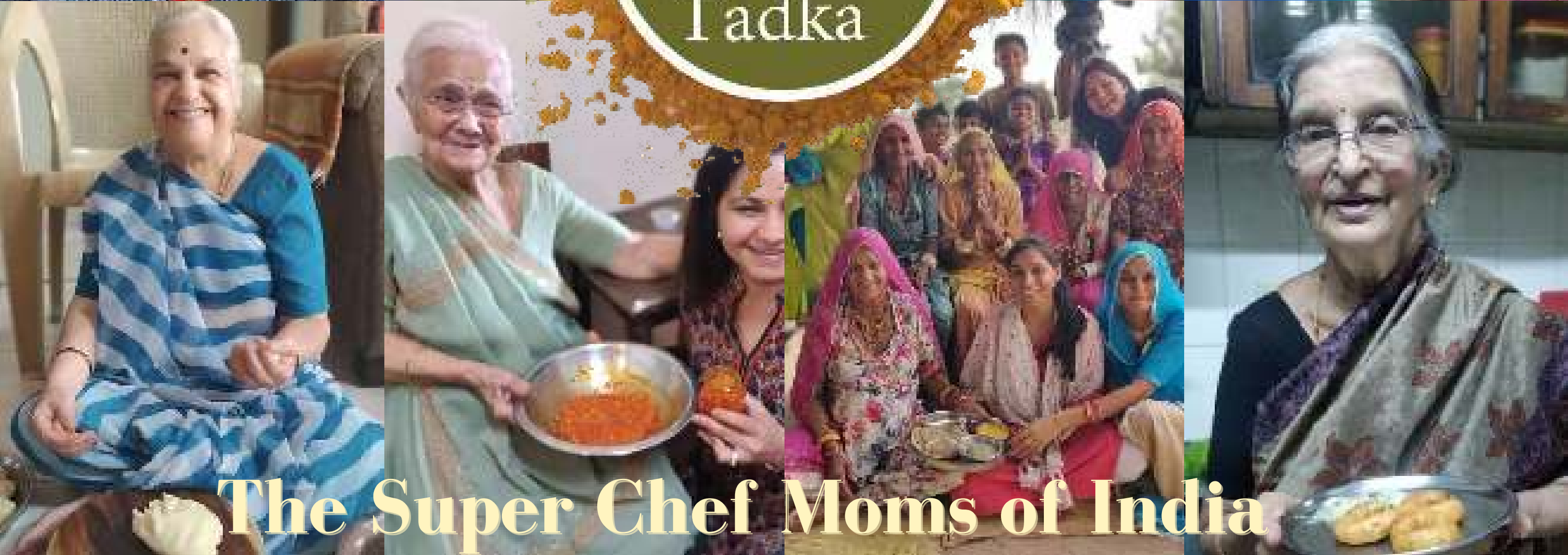
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From the Founder



Dear Zayka Ka Tadka Family

Namaskar! It gives me immense happiness to share with you another edition of our magazine.

This December edition brings forward a collection of Winter special recipes. Do try and share your feedback with us .

November has been an exciting month for our Zayka Ka Tadka family

- We have successfully completed the 2nd season of **Zayka Premier League** and showed many wonderful recipes from different parts of our country.
- On the occasion of Diwali , we launched our **first e-book** '[Easy Sweets and Snacks Recipes](#)' now available on Kindle and supporting apps.
- We are proud to share that 'Zayka Ka Tadka' is now available on TV '**TATA SKY Cooking**' [**Channel no.112**] on Wednesday (3pm - 6pm) IST and repeat telecast on Saturday (3pm - 6pm) IST.
- **THE HINDU** - Newspaper featured an [article](#) on Zayka Ka Tadka and called out the positive impact our platform is making for our wonderful moms.

All these steps take us closer to our goal of making our Master Chef Moms' recipes reach numerous homes and giving them the gratification and pride they deserve.

We thank all of you for your continued love and encouragement for our efforts and look forward to a great journey ahead!

Yours Sincerely,

Vijay Haldiya & Zayka Ka Tadka Team

Recipe Index



Gajar Halwa

Chire Bhaja

Makki Methi ke Dhokle

Karachi Biscuits

Amla Achar

Aloo Matar Baati

Bajre ki Rabdi

Mini Chocolate Cakes

Matar Malai Sabji

Winter Veg Salad

Aate ka Halwa

Besan ki Kheer

Mooli Pakode

Makki ki Roti

Matar ke Poori

Urad dal Laddoo

Sarson ka saag

Sooji Tutti Fruity Cake



Gajar Halwa



A SIMPLE DELIGHTFUL WINTER DESSERT

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time

10 mins

Ready In

20 mins

Servings

2-3

Ingredients

Carrot - 2 Cups -grated

Milk - 250 ml

Sugar - 3/4 Cup or as per taste

Desi Ghee/Clarified

butter - 1 to 2 Tbsp

Elaichi Powder/Cardamom

powder - 1/2 tsp

Milk powder - 1 Tbsp

Homemade Cream/Malai - 1 Tbsp

Sliced almonds and pistachios - as required

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Gajar Halwa

Directions

- Wash, peel, and grate the carrots
- In a deep pan, heat milk on a low flame while stirring it in between to reduce the milk to half of its initial quantity.
- In another pan, heat the ghee. Add grated carrot and sauté it on a low-medium flame for 3 to 4 minutes.
- Once the carrot changes its colour, add reduced milk to it. Mix well and cook
- When the milk is absorbed, add sugar to it and let it cook.
- Once all the moisture is absorbed, add milk powder. Mix well.
- Then add malai/homemade cream. Mix well. Cook for a minute. Add cardamom powder, sliced pistachios, and almonds. Then turn off the flame.
- Delicious 'Carrot Halwa | Gajar Halwa' is ready to be served. Serve hot or cold as you like.

Tips

- To save time, sauté the grated carrot separately and reduce the milk in another pan.
- You can add sugar according to your taste.
- Milk powder is an optional ingredient, but it gives a nice taste to the halwa.

Makki Methi Ke Dhokle



A MOUTH-WATERING AND VERY POPULAR TRADITIONAL DISH

BY ANITA SHARMA , LOVELY MOM , FROM RAJASTHAN

Cook Time

10 mins

Ready In

30 mins

Servings

4

Ingredients

Makki aata/makke ka
aata/maize flour - 1 bowl or 2
cups
Methi/fenugreek leaves - 1 cup
Salt - to taste
Red chilli powder - 1 tsp or to taste

Green chilli - 1, finely chopped
Baking soda/meetha soda - 1/2 tsp
Oil - as required for greasing
Ghee/clarified butter - as required
for serving

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Makki Methi Ke Dhokle

Directions

- In a bowl, add and mix well maize flour, salt, red chilli powder, green chilli, baking soda, and methi/fenugreek leaves.
- Add just enough water to the mix to bind the ingredients. Mix well and knead it for a minute.
- Meanwhile, heat two glasses of water in a pan or vessel.
- Make small balls of the dough and make a hole in each of them. Brush them with oil. Put the dhokle on a strainer or plate.
- Steam the dhokle on a high flame for 15 minutes. Then, lower the flame and steam it for 5 minutes. Insert a knife to check. If knife comes out clean then the dhokle is ready. Else, steam it for 5 more minutes.
- Once done, take them out and cut them into pieces.
- Delicious 'Makki Methi Ke Dhokle' are ready to be served. Pour ghee on hot dhokle and serve them hot with mooli mirchi ki sabzi or dal or kadhi.

Tips

- Serve the dhokle with [Mooli Mirch Ki Sabzi](#) or dal or kadhi.

Amla Achar



A NUTRITIOUS AND TASTY PICKLE

BY SHRADDHA THAKRAR , LOVELY GRAND MOM , FROM GUJARAT

Prep Time

10 mins

Ready In

15 mins

Servings

4-6

Ingredients

Amla/Gooseberry - 200 grams

[Achar Masala](#) - 2 Tbsp or as per taste

Oil - 1 Tbsp

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Amla Achar

Directions

- Boil water in a vessel and put a colander or strainer over its mouth. Put the amla/gooseberry on the strainer and cover it. Steam it for 8 to 10 minutes.
- The gooseberry will turn soft. Let it cool and squeeze it lightly to open it up and remove its seed. Transfer the gooseberry pieces to a bowl.
- Add pickle masala and mix well.
- Add oil and mix well. Store it in an airtight container.
- Delicious 'Amla Achar | Gooseberry Pickle' is ready to be served

Tips

- Add achar masala according to your taste.
- Use this [Achar Masala | Homemade Pickle Masala](#) to make this achar.
- You can store the pickle for a month in an airtight container.

Bajre ki Rabdi



A WINTER SPECIAL IMMUNITY BOOSTING DRINK

BY BHARTI MEHTA , A LOVELY GRAND MOTHER, FROM RAJASTHAN

Prep Time

5 mins

Ready In

7-12 mins

Servings

2-4

Ingredients

Bajra aata/pearl millet flour - 1 Tbsp
Gond/edible gum - 8 to 10 pieces
Cinnamon stick/dalchini - 1 small stick
Clove/laung - 2 to 3
Carom seeds/Ajwain - 1/2 tsp
Poppy seeds/Khus khus - 1 tsp
Saffron/kesar - a few strands
Nutmeg powder/Jaifal powder - 1/2 tsp (optional)
Dry ginger powder/Sonth - 1 tsp

Ganthoda/Ganthila/Pipri powder - 1/2 tsp
Chai masala/Tea powder - 1/2 tsp
Cardamom/Elaichi powder - 1/4 tsp
Grated jaggery/Gud or Jaggery powder - 2 to 3 Tbsp or as per taste
Chopped cashews and almonds - as required (roasted)
Grated coconut - as required
Water - 2 cups
Ghee/clarified butter - 1 Tbsp + 1 tsp

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Bajre ki Rabdi

Directions

- Heat 1 Tbsp ghee in a pan.
- Add edible gum and let it splutter.
- Add cinnamon stick, cloves, carom seeds, and poppy seeds. Then, add 2 small bowls of water and bring it to boil.
- Meanwhile, heat 1 tsp ghee in a pan. Then, add bajra/pearl millet flour and roast it until it turns light brown. Add this roasted flour to the contents of the other pan.
- Cook the rab on a low flame. Then, add saffron, nutmeg powder, dry ginger powder, ganthoda/pipri powder, tea powder, cardamom powder, and jaggery. Mix well and let it cook.
- Add roasted and chopped cashews and almonds, and grated coconut. Let the mix cook for a minute. Then, switch off the flame.
- Delicious and healthy 'Bajre Ki Rab | Bajre Ki Rabdi' is ready to be served. Serve it hot and enjoy it.

Tips

- You can use whole wheat flour/gehu ka aata instead of pearl millet flour/bajra aata.
- Fresh coconut gives a nice flavour to the drink, but you can replace it with dry coconut as well.
- It is best consumed hot in the morning.
- Make this drink with [Homemade chai masala](#).

Matar Malai Sabji



A DELICIOUS SAVOURY DISH

BY ALKA GUPTA , A LOVELY MOM , FROM RAJASTHAN

Prep Time

5 mins

Ready In

7-10 mins

Servings

2

Ingredients

Matar/green peas - 1 cup

Malai/homemade cream - 3 to 4
Tbsp

Cumin seeds - 1/2 tsp

Mustard seeds - 1/2 tsp

Hing/asafoetida - a pinch

Turmeric powder - 1/4 tsp

Red chilli powder - 1/2 tsp

Coriander powder - 1 tsp

Salt - to taste

Oil - 1 to 2 Tbsp

Coriander Leaves - as required
for garnishing

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Matar Malai Sabji

Directions

- Heat oil in a pan.
- Add cumin seeds, mustard seeds, and asafoetida.
- Meanwhile, mix turmeric powder, red chilli powder, coriander powder, and salt with a little water. Add this mixture to the pan. Mix well and sauté for a minute.
- Add green peas and a little water. Mix well. Cover and cook for 2 to 3 minutes.
- Add beaten homemade cream/malai. Mix well, cook for a minute, and then turn off the flame.
- Delicious 'Matar Malai Sabji' is ready to be served. Garnish it with coriander leaves and serve it hot.

Tips

- Tastes best with fresh homemade Malai

Aate ka Halwa



A POPULAR MELT IN YOUR MOUTH DESSERT

BY SHVETA SHETH , LOVELY MOM , FROM MUMBAI

Prep Time

5 mins

Ready In

15 mins

Servings

3

Ingredients

Ghee/clarified butter - 1 cup
Whole wheat flour - 1 cup

Water (lukewarm)- 1 cup
Sugar - 1 cup

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Aate ka Halwa

Directions

- Heat a pan, add ghee, and allow it to melt on a low flame.
- Now, add whole wheat flour and mix it well to get a mixture without lumps. Stir it for 30 seconds and take a 10-second break. Continue this process on a low flame for 8 to 10 minutes until the colour of the mix changes and a nice aroma emanates from it.
- Then, pour water and mix it quickly. Stir the contents continuously on a low flame.
- Add sugar and stir the mix continuously for a few seconds until the sugar melts. At this point, the consistency as well as the colour of the halwa will change. Turn off the flame when the halwa comes together.
- Delicious Aate Ka Halwa | Wheat Flour Halwa is ready to be served.

Tips

- Slow roasting is the key step in giving a deep brown colour to the halwa.
- Instead of sugar, you can also add sugar syrup or jaggery.
- The ratio for ghee : whole wheat flour : water : sugar is 1:1:1:1.
- You can also adjust the consistency of the halwa by adjusting the quantity of water.
- Adjust the sweetness as per your requirement.
- Serve it hot for a better taste.

Mooli Pakode



A LIP-SMACKING AND EASY EVENING SNACK

BY LAXMI AND SAIBABA DASARI , LOVELY COUPLE , FROM HYDERABAD

Prep Time

5 mins

Ready In

20-25 mins

Servings

4

Ingredients

Mooli/white radish - 1 cup, grated
Onion - 1, chopped
Green chillies - 2 to 3
Coriander leaves - a handful
Ginger-garlic Paste - 1 tsp
Powdered daaliya dal/futana/roasted
Bengal gram - as required
Salt - as per taste

Turmeric powder - 1/2 tsp
Poppy seeds/khus khus - 1 Tbsp
Dry coconut powder/desiccated coconut
- 1 Tbsp
Coriander powder - 1 tsp
Roasted cumin powder - 1 tsp
Garam masala/all spice mix - 1/2 tsp
Oil - 1 tsp + 1/2 tsp + for frying

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Mooli Pakode

Directions

- Wash, peel, and grate the radish. Squeeze the water completely. Also, grind the roasted Bengal gram/futana/daaliya dal.
- Heat 1 teaspoon oil in a pan. Add chopped onion and green chilli. Sauté on a medium flame. Once the onion turns translucent, turn off the flame. Let it cool completely. Grind it to make a smooth paste.
- In the same pan, add 1/2 teaspoon oil. Add grated radish, salt, and turmeric powder. Mix well and sauté it for 2 to 3 minutes on a medium flame. Then turn off the flame.
- Take a bowl and add ground onion and green chilli, ginger-garlic paste, poppy seeds, dry coconut powder, coriander powder, roasted cumin powder, garam masala, chopped coriander leaves, and powder of daaliya dal/roasted Bengal gram (use as required). Mix well. This should be of a dough-like consistency.
- Meanwhile, heat oil for frying.
- Make small vadas and fry them on a medium flame. Once they turn golden brown on both the sides, take them out on a tissue paper.
- Delicious 'Mooli Vadas | Mooli Ke Pakode' are ready to be served.

Tips

- Remove water from the radish to prevent the vada mixture from turning soggy.
- You can add spices according to your taste.
- Fry the vada on a medium flame only.

Matar ke Poori



VERY TASTY CRISPY DELICIOUS POORIS

BY PRATIMA RUKHANA , LOVELY GRAND MOM , FROM KUTCH GUJARAT

Prep Time

10 mins

Ready In

20 mins

Servings

2

Ingredients

FOR STUFFING:

Crushed green peas - 1 cup
Green chilli paste - 1/2 tsp
Ginger paste - 1/2 tsp
Salt - as per taste
Sugar - 1 tsp
Dry mango powder/amchur - 1/2 tsp
Oil - 2 tsp

FOR THE DOUGH:

Whole wheat flour - 1 cup + for dusting
Oil - 1 tsp + for frying
Salt - as per taste
Ajwain/Carom seeds - 1/4 tsp

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Matar ke Poori

Directions

FOR PREPARING THE STUFFING

- Heat oil in a pan.
- Add crushed green peas, salt, sugar, dry mango powder, ginger paste and green chilli paste. Mix well, cover, and cook on low flame.
- Once the mixture is cooked, turn off the flame and Let the mixture cool completely.

FOR PREPARING THE DOUGH:

- Take a bowl and add whole wheat flour, salt, carom seeds, and 1 tsp oil.
- Mix well and add water to knead a dough of medium-soft consistency.

FOR PREPARING THE MATAR POORI:

- Divide the dough into small equal parts.
- Roll the dough and put the green peas stuffing on it. Seal it and then roll with light hands to make a poori.
- Meanwhile, heat oil for frying.
- Fry the poori on a low flame on both the sides until golden brown. Take it out on a tissue paper.
- Delicious 'Matar ke Poori | Hare Matar Ke Poori' is ready to be served.

Tips

- Grind the green peas coarsely.
- You can adjust spices to taste while preparing the stuffing.
- If you do not want to deep fry the poori, you can make parathas.

Sarson ka Saag



A CLASSIC MOUTH WATERING DISH

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time

15 mins

Ready In

60 mins

Servings

2-4

Ingredients

Chopped mustard leaves/sarson - 1 bunch
Chopped spinach leaves - 100 gram
Chopped bathua leaves - 100 gram
Onion - 1, finely chopped
Tomato - 2
Ginger paste - 1 tsp
Ginger - 1-inch piece, grated
Garlic - 10 to 12 cloves, chopped

Green chilli - 2 + 2, chopped
Makki ka aata/makke ka aata/maize flour - 2 Tbsp
Dry red chilli - 1
Asafoetida/Hing - a pinch
Cumin seeds - 1/2 tsp
Salt - to taste
Garam masala/all spice mix - 1/4 tsp
Mustard oil - 2 Tbsp

INGREDIENTS FOR TADKA

Ghee - 1 Tbsp
Garlic - 4 cloves
Dry red chilli - 1
Butter - as required for serving

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Sarson ka Saag

Directions

- In a pressure cooker, add chopped leaves (sarson, spinach, and bathua), salt, a pinch of sugar, ginger paste, 4 to 5 chopped garlic, and 2 chopped green chillies. Pressure cook it for 2 whistles on a high flame.
- Heat mustard oil in a pan.
- Add cumin seeds, asafoetida, chopped green chilli, 4 to 5 cloves chopped garlic, 1-inch piece grated ginger. Sauté for a few seconds. Then, add dry red chilli and sauté for a few seconds.
- Then, add chopped onion and sauté on a low flame until the onion turns light brown.
- Add grated tomato and cook it.
- Meanwhile, mash the cooked leafy vegetables well with the help of a spoon. Then, add maize flour/makki ka aata.
- Once the oil leaves from the sides of the masala, add mashed leafy vegetables.
- Add a little salt and garam masala. Mix well and cook on a low flame for a minute.
- Meanwhile, prepare the tadka. Heat ghee in a pan. Add garlic and red chilli. Sauté for a few seconds.
- Take a serving bowl and add sarson ka saag. Pour the tadka on it. Put a dollop of butter.
- 'Sarson Ka Saag' is ready to be served.

Tips

- Cook the masala well to enhance the flavour of saag.
- In this recipe, only green chilli is used for spice. You may also use red chilli powder.
- Mustard oil gives a nice flavour to the dish. So, use this oil for preparing the saag.
- For the tadka, you can use either butter or ghee.

Chire Bhaja



A POPULAR EVENING SNACK OF BENGALI CUISINE

BY ARCHANA CHAKRAVARTHY , LOVELY MOM , FROM HYDERABAD

Prep Time

5 mins

Ready In

15 mins

Servings

3-4

Ingredients

Thick Poha/ flattened
rice/Chire - 1 cup or as required

Oil - as required for frying

Roasted peanuts - 1 cup or as required

Curry leaves (washed
and dried) - as required

Salt - 1 tsp or as required

Black salt - a pinch (optional)

Cumin powder - 1/2 tsp

Chaat masala - as required (optional)

Red chili powder - as required

Powdered sugar - 1 tsp

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Chire Bhaja

Directions

- Heat enough oil in a pan to immerse the contents in the deep-fry strainer. Strain the poha properly and transfer it to a deep-fry strainer. Immerse the strainer repeatedly into the hot oil for 30 to 45 seconds and fry the poha until crisp and a little golden.
- Now, transfer the strainer to a bowl to remove its excess oil, and then, transfer the fried poha on to a tissue paper to remove its excess oil. Keep the fried poha aside.
- Then, put the roasted peanuts in the deep-fry strainer and place the strainer into the hot oil to fry.
- Transfer the fried peanuts on to the tissue paper to remove its excess oil.
- Now, put the curry leaves in the deep-fry strainer, place the strainer into the oil, and fry the leaves. Transfer on to a tissue paper to remove its excess oil.
- In a bowl, add deep-fried poha, fried peanuts, salt, black salt, cumin powder, chaat masala, red chili powder, powdered sugar, and fried curry leaves.
- Now, cover the bowl with a plate and shake it gently.
- Delicious Chire Bhaja | Kolkata Style Chire Bhaja is ready to be served.

Tips

- Instead of using deep-fried poha, you can also dry roast it with a little oil.
- Strain the poha properly so that the dust or any particle from it can be removed easily.
- You can also add black pepper powder.
- Make sure to use thick poha.
- Use a deep-frying strainer to fry the poha, peanuts, and curry leaves.
- It is necessary to add sugar to enhance its taste.
- You can store it in an airtight container for longer shelf life.

Karachi Biscuits



POPULAR AND DELIGHTFUL BISCUITS

BY VIMKI GIRIA , LOVELY MOM , FROM BANGALORE

Cook Time

25 mins

Ready In

140 mins

Servings

4

Ingredients

Refined flour - 1 cup

Salted butter - 1/2 cup or 100 gram
+ for greasing the baking tray

Powdered sugar - 1/2 cup

Custard powder - 1/4 cup (vanilla
flavour)

Cardamom powder - 1/2 tsp

Pineapple essence - 1 tsp

Tutti frutti - 1/4 cup

Milk - approx. 1/4 cup or as required

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Karachi Biscuits

Directions

- In a big bowl, mix well refined flour, custard powder, and cardamom powder.
- In another bowl, add butter (at room temperature) and powdered sugar. Mix well.
- Now, add dry ingredients in batches to the butter mixture. Mix lightly with a spatula. Do not knead the blend; simply mix the ingredients well so that no lumps are formed.
- Add the pineapple essence. Mix well.
- Then add tutti frutti. Mix well again.
- Add one-fourth cup milk one Tbsp at a time to bind all the ingredients. Once done, make a long, cylinder-shaped log of the dough.
- Cover the dough with cling wrap or butter paper. Keep it in the freezer for 2 hours.
- Once done, take it out and cut into 1/4-inch-thick pieces.
- Meanwhile, preheat the oven at 180 degrees Celsius for 10 minutes.
- Grease the baking tray with butter. Arrange the biscuits on the tray. Keep a little distance between the biscuits.
- Place the tray in the oven.
- Bake the cookies at 150 degrees for 17 to 20 minutes.
- After 17 to 18 minutes, check the cookies. If they turn light brown on the sides and the base, take them out. Else, bake them for a few more minutes.
- Let the biscuits cool for 15 to 20 minutes.
- Delicious 'Karachi Biscuit | Fruit Biscuit' is ready to be served.

Tips

- Use all the ingredients at room temperature, including butter.
- As this recipe uses butter at room-temperature, the dough should be rested in the freezer so that it sets properly; else, the biscuit will be flat while baking and will lose its shape.
- Preheating of the oven is very important for any kind of baking, so preheat the oven first and then bake.

Aloo Matar Baati



A SCRUMPTIOUS AND POPULAR RAJASTHANI DISH

BY KOMAL GOYAL , LOVELY MOM , FROM RAJASTHAN

Prep Time

10 mins

Ready In

30-45 mins

Servings

2-3

Ingredients

FOR BAATI:

Whole wheat flour - 1 cup
Besan/gram flour - 2 tsp
Sooji/semolina - 2 tsp
Ghee/clarified butter - as required
+ for serving
Ajwain/Carom seeds - 1/4 tsp
Salt - to taste

FOR STUFFING:

Ginger - 1/2-inch piece, grated
Green chilli - 1, finely chopped
Red chilli powder - 1/2 tsp
Turmeric powder - 1/4 tsp
Coriander powder - 1/2 tsp
Kasuri methi/dry fenugreek leaves - 1/2 tsp

Dry mango powder

- 1/2 tsp
Coriander leaves - 1 cup
Salt - to taste
Cumin seeds - 1/2 tsp
Mustard seeds - 1/4 tsp
Bay leaf - 1
Curry leaves - a few
Oil - 1 tsp

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Aloo Matar Baati

Directions

- PREPARING THE DOUGH FOR BAATI:
- Take a bowl and add whole wheat flour, gram flour, semolina, malai/homemade cream, ajwain, salt, and melted ghee/clarified butter for moyan. Mix well. Check the binding of the flour. If it binds together, then the moyan is perfect else add more melted ghee.
- Add warm water and knead a soft dough.
- Knead it for a couple of minutes. Thereafter, cover and rest the dough for 15 to 20 minutes.
- PREPARING THE STUFFING:
- Take a bowl and add mashed boiled potato, boiled green peas, grated ginger, chopped green chilli, coriander leaves, red chilli powder, turmeric powder, coriander powder, kasuri methi/dried fenugreek leaves, dry mango powder, and salt. Mix well.
- Heat a teaspoonful of oil in a pan. Add mustard seeds, cumin seeds, curry leaves, and bay leaf, and let the seeds crackle.
- Add potato mixture, mix well, and cook it for a minute. Then turn off the flame. Let the mixture cool.
- PREPARING THE ALOO MATAR BAATI:
- Pre-heat the gas tandoor for 5 minutes on a medium flame.
- Take the dough and knead it for a couple of minutes. Divide the dough into four equal parts.
- Take one part and roll it. Then put the potato stuffing. Seal the baati and flatten it a little bit. Make all the baatis by following the same procedure.
- Put the baatis in the gas tandoor and let them cook for 15 minutes. Flip the baatis in between so that they will get roasted on all the sides.
- Once the baatis turn nice golden brown and begin to show brown spots, take them out.
- Make holes on each baati and pour some ghee on it.
- Delicious 'Aloo Matar Baati' is ready to be served with imli/tamarind chutney.

Aloo Matar Baati

Tips

- Add ghee to the flour until the flour binds together, as Moya of the ghee/clarified butter is important for the perfect texture of the baati.
- Rest the dough for at least 15 to 20 minutes. It is mandatory.
- Adjust the spice according to your taste to prepare the stuffing.

Mini Chocolate Cakes



AN EASY NO BAKE MOUTH WATERING TREAT

BY SHVETA SHETH , LOVELY MOM, FROM MUMBAI

Prep Time

5 mins

Ready In

15 mins

Servings

3-4

Ingredients

Chocolate cream biscuits - 10 nos.
Lukewarm milk - as required

Ghee/clarified butter - as required
for greasing
Chocolate pieces - as required

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Mini Chocolate Cakes

Directions

- In a grinder jar, grind cream biscuits to a powder. Then, transfer the powder to a bowl. Keep the consistency of the batter thick but flowing.
- Add lukewarm milk in batches to make the batter.
- Grease the apple pan with ghee. Fill the cavities with the batter. Put chocolate pieces on top.
- Put the apple pan on a low flame. Cover and let the cake mix cook for 10 minutes.
- Once the mini cakes are completely cooked, turn off the flame. Let the cakes cool completely. Then remove them.
- Delicious 'Mini Chocolate Cakes' are ready to be served.

Tips

- Use lukewarm milk to make the batter. Keep the consistency of the batter thick but flowing.
- Cook the cake using an apple pan, an oven, or a microwave oven.
- If you are using an apple pan to cook the cake, then keep the flame low and cover the pan to cook it completely.

Winter Veg Salad



A COLOURFUL DELICIOUS SALAD

BY NIMANSHI GUPTA , AN ENTHUSIASTIC COOK, FROM RAJASTHAN

Prep Time

5 mins

Ready In

5 mins

Servings

1-2

Ingredients

Grated radish/mooli - as required
Grated carrot/gajar - as required
Grated beetroot/chukandar
- as required
Tomato - as required, chopped
Green chilli - 1/2, finely chopped
(optional)

Coriander leaves - as required, chopped
Green and black grapes - as required
Lemon juice - as per taste
Salt - as per taste
Black salt - as per taste
Red chilli powder - as per taste

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Winter Veg Salad

Directions

- Take a bowl and add grated radish, carrot, beetroot, chopped tomato, chopped green and black grapes, red chilli powder, salt, black salt, and lemon juice. Mix well.
- Garnish the salad with chopped green chilli and coriander leaves.
- Delicious and Healthy Winter Special Veg Salad is ready to be served.

Tips

- You can use veggies and fruits of your choice to make this salad.
- Adjust spices to your taste. You may avoid green chilli as well.

Besan ki Kheer



A HEALTHY LIP-SMACKING DESSERT

BY MANJU AGARWAL , LOVELY MOM , FROM RAJASTHAN

Cook Time

5 mins

Ready In

10 mins

Servings

1

Ingredients

Besan/gram flour - 1 Tbsp

Milk - 1 cup

Ghee/clarified butter - 1 Tbsp

Sugar - to taste

Black peppercorns/kali mirch - 2

Almonds - as required, chopped

Cardamom Powder - a pinch

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Besan ki Kheer

Directions

- Boil milk in a vessel. Add sugar to it. Stir well.
- Meanwhile, heat ghee in a pan.
- Add gram flour and roast it on a low flame. Roast it until it turns golden brown and aromatic. Add black peppercorns, crushed/chopped almonds while roasting the gram flour.
- Once the gram flour is roasted, add boiled milk. Stir it continuously. Add cardamom powder and mix well. Cook it on a high flame. Once it thickens, turn off the flame.
- Transfer the kheer to a serving bowl and garnish it with raisins and chopped almonds.
- Delicious 'Besan Ki Kheer' is ready to be served.

Tips

- You can use dry fruits of your choice.
- Roast the besan on a low flame until it is aromatic.
- You can adjust the consistency according to your taste.

Makki ki Roti



THE DELICIOUS ROTI FROM PUNJABI CUISINE

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time

5 mins

Ready In

15 mins

Servings

2

Ingredients

Makki ka aata/ maize flour- 1 cup
Gehu ka aata/whole wheat flour - 1
Tbsp

Ghee/clarified butter or butter- as
required for serving
Salt - to taste

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Makki ki Roti

Directions

- Add together maize flour, whole wheat flour, salt, and water and knead them for 2 to 3 minutes to a medium-soft dough.
- Make medium-sized balls of the dough and then make them into thick chapatis by repeatedly pressing between the palms of the hands. Then roll each of them using a rolling pin.
- Heat a clay tawa/mitti ka tawa.
- Cook the roti on both sides on a low flame. Once it is half cooked, cook it on direct flame. Then take it out.
- Delicious 'Makki ki Roti | Makke Ki Roti' is ready to be served with sarson ka saag. Spread pure ghee or butter over it and serve hot.

Tips

- To prevent the Makki ki roti from breaking, tablespoonful of whole wheat flour is added to the maize flour.
- Knead the mix for 2 to 3 minutes to obtain a medium-soft dough.

Urad Dal Laddoo



A VERY POPULAR PROTEIN AND IRON RICH LADDOO

BY ARCHANA CHAKRAVARTHY , LOVELY MOM , FROM HYDERABAD

Cook Time

10 mins

Ready In

20 mins

Servings

3-4

Ingredients

Whole Urad dal/ whole
dehusked black gram - 1 cup
Jaggery/gud - 1 cup, grated
Ghee/clarified butter - 1 cup

Cardamom powder - 2 tsp or as per taste
Dry fruit (any dry fruit as per your choice) -
chopped, as required
Roasted cashew - as required

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Urad Dal Laddoo

Directions

- Heat a pan and add whole urad dal. Dry roast it and continuously stir it for 10 to 15 minutes on a low to medium flame.
- Keep on stirring until it changes its colour and becomes aromatic. Turn off the flame and allow it to cool.
- Now, transfer it to a mixer jar and grind it to a medium smooth consistency (Neither super smooth nor very coarse).
- Then, add jaggery and grind it along with urad dal powder.
- Transfer the mixture to a bowl and add cardamom powder and dry nuts. Mix all the ingredients properly.
- Now, heat a saucepan and add ghee. Allow it to melt.
- Add the melted ghee little by little to the urad dal mixture and mix it properly.
- Thereafter, take a small portion of the mixture and shape it into a ball. Continue the process until all of the mixture is shaped into laddoos.
- Delicious Urad Dal Laddoo | Urad Dal Laddu | Minapa Sunnundalu is ready to be served.

Tips

- Roast the whole urad dal on a low flame to prevent it from burning.
- You can also prepare the laddoo with split urad dal or whole black urad dal.
- The roasting of the urad dal is the key point of the recipe, so roast it properly.
- The ratio for whole urad dal:ghee:jaggery is 1:1:1.
- Grind the dal to a medium smooth consistency powder – neither super smooth nor very coarse.
- You can also prepare it using sugar instead of jaggery.
- Make sure to prepare the laddoo in ghee.
- You can add dry fruits of your choice to make it nutritious.
- Store it in an airtight jar for longer shelf life.

Sooji Tutti Fruity Cake



A DELICIOUS HEALTHY INDIAN CAKE

BY SHVETA SHETH , LOVELY MOM , FROM MUMBAI

Prep Time

10 mins

Ready In

90 mins

Servings

4

Ingredients

Fine sooji /semolina - 1/2 cup

Powdered sugar - 1/2 cup

Maida/all-purpose flour - 1/4 cup for
the batter and 1 tsp for tutti frutti

Curd (at room temperature) - 1/4 cup

Water (at room temperature) - 1/4
cup or as required

Oil - 1/4 cup

Vanilla essence - 1 tsp

Tutti frutti - 2 to 3 Tbsp

Baking powder - 1/2 tsp

Baking soda - 1/4 tsp

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Sooji Tutti Fruity Cake


Directions

- Gently mix tutti frutti and maida, making sure to dust the tutti fruity properly with the maida. Keep it aside.
- Now, grind sooji to a fine powder using a mixer jar.
- Then, preheat the OTG at 180 degree for 10 minutes.
- Meanwhile, take a bowl and add ground sooji, powdered sugar, maida, curd, water, and oil. Whisk it properly and allow it to rest for 20 minutes.
- After 20 minutes, as sooji absorbs the liquid and the batter turns thick, add 1 to 1(1/2) Tbsp of water to it and whisk it properly. The batter should be of flowing consistency, neither very runny nor thick.
- Now, add vanilla essence and dusted tutti frutti (add tutti frutti in small quantity; otherwise, it may sink to the bottom). Mix it gently.
- Add baking powder and baking soda. Do not over beat it; just mix it gently.
- Take a tray and place the butter paper in it. Grease it with oil and immediately pour the batter and tap it.
- Now, top it with the tutti frutti (add tutti frutti in small quantity otherwise it may dip).
- Keep the tray into the OTG and set it to the bake mode at 180oC for 25 minutes.
- After the cake gets baked, take it out and allow it to rest for 5 to 10 minutes.
- Now, scratch it on the sides between the tray and the cake to prevent the cake from sticking.
- Allow it to rest again for 10 to 15 minutes and demould it by placing the cooling rack on the mould and flip it.
- Remove the butter paper and allow it to rest again for 10 to 15 minutes.
- Then, place the plate on the cake and flip it. Allow it to rest for a few minutes until the cake cools down completely and later cut it into slices.
- Delicious Eggless Sooji Tutti Frutti Cake is ready to be served.

Sooji Tutti Fruity Cake

Tips

- You can use any sooji but grinding it to a fine powder is very important to prepare a fluffy cake with nice texture.
- If you use coarse sooji, the cake may break.
- You can also replace the maida with whole wheat flour; however, the cake becomes dense.
- Use homemade fresh curd.
- Also, curd and water should be at room temperature.
- To prepare a perfect cake, the perfect measurement or ratio of the ingredients is important.
- Rest the batter to let the sooji absorb the liquid and become thick.
- Dust the tutti frutti with maida or whole wheat flour to prevent it from sinking in the cake.
- Tapping the tray will level up the batter uniformly and remove any air bubbles if present.
- After adding baking soda, immediately transfer the batter into the tray; otherwise, the cake may sink.
- Place a butter paper on the tray to prevent the cake from sticking to the bottom.
- Do not cut the cake while it is hot; otherwise, it can break.



Zayka
Ka
Tadka

THANK
YOU!

Enjoy!!!