

UNEDITED LIVE
RECIPES

Winter Special Issue
JANUARY 2021

जो दिखता है !
वही बनता है !!

ZAYKA KA TADKA



LIVE FROM THE KITCHENS OF MOMS OF INDIA





Founder's Words



Namaskar!

**Wishing you all a Wonderful
Happy and Healthy New
Year 2021!**

2020 brought many unique and challenging experiences for many, but it has also brought families together and helped relish and value home food more!

It gives us immense happiness to receive heartening feedback from viewers all over the world that 'Zayka Ka Tadka' has made their home cooking experience smoother and more enjoyable.

This New Year edition of our Magazine brings yet another wonderful and loved collection of winter and Sankranti special recipes .

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.

We thank all of you for your continued love and encouragement for our efforts and look forward to a great journey ahead in 2021!

Yours Sincerely,

Vijay Haldiya & Zayka Ka Tadka Team

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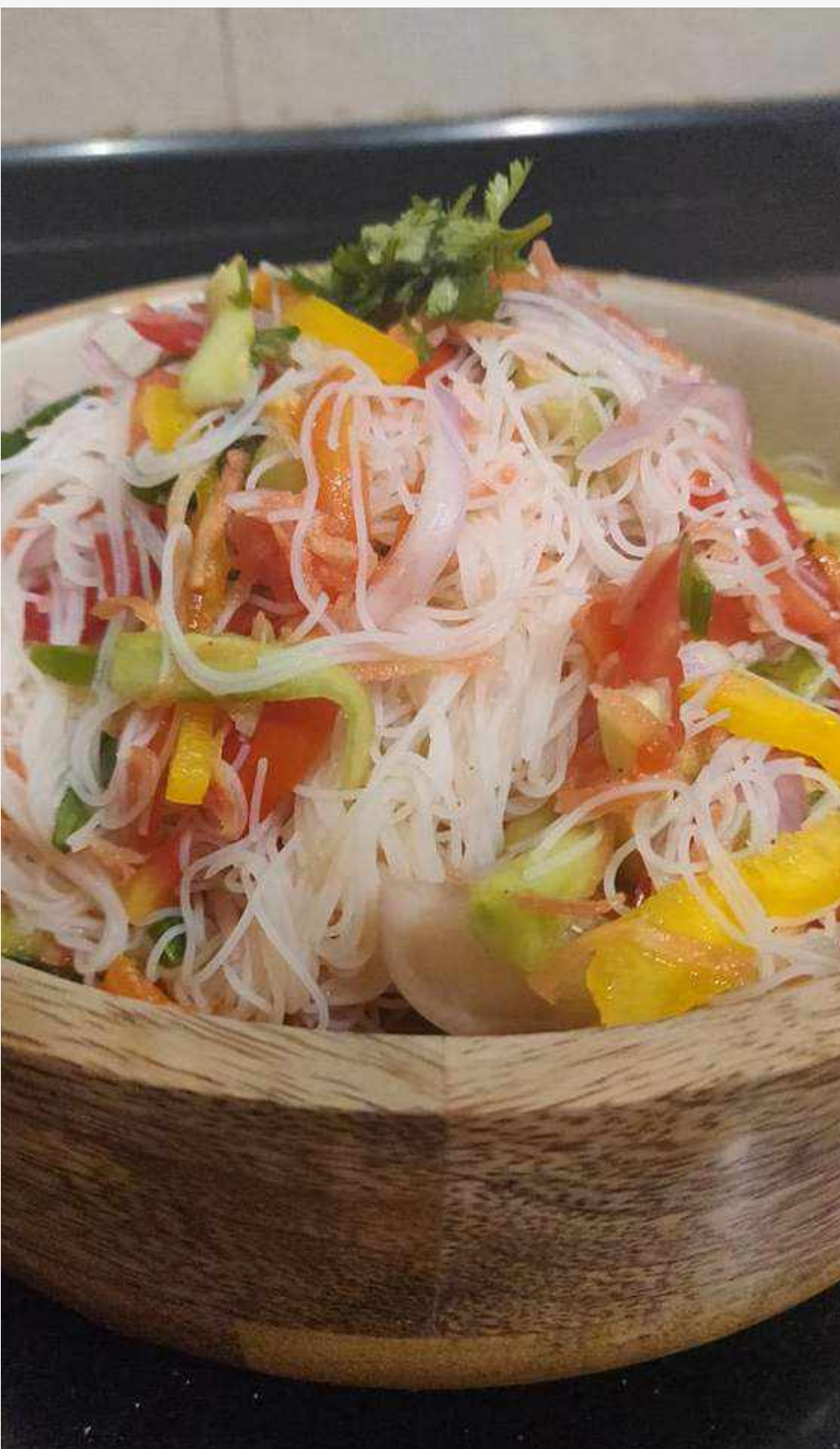
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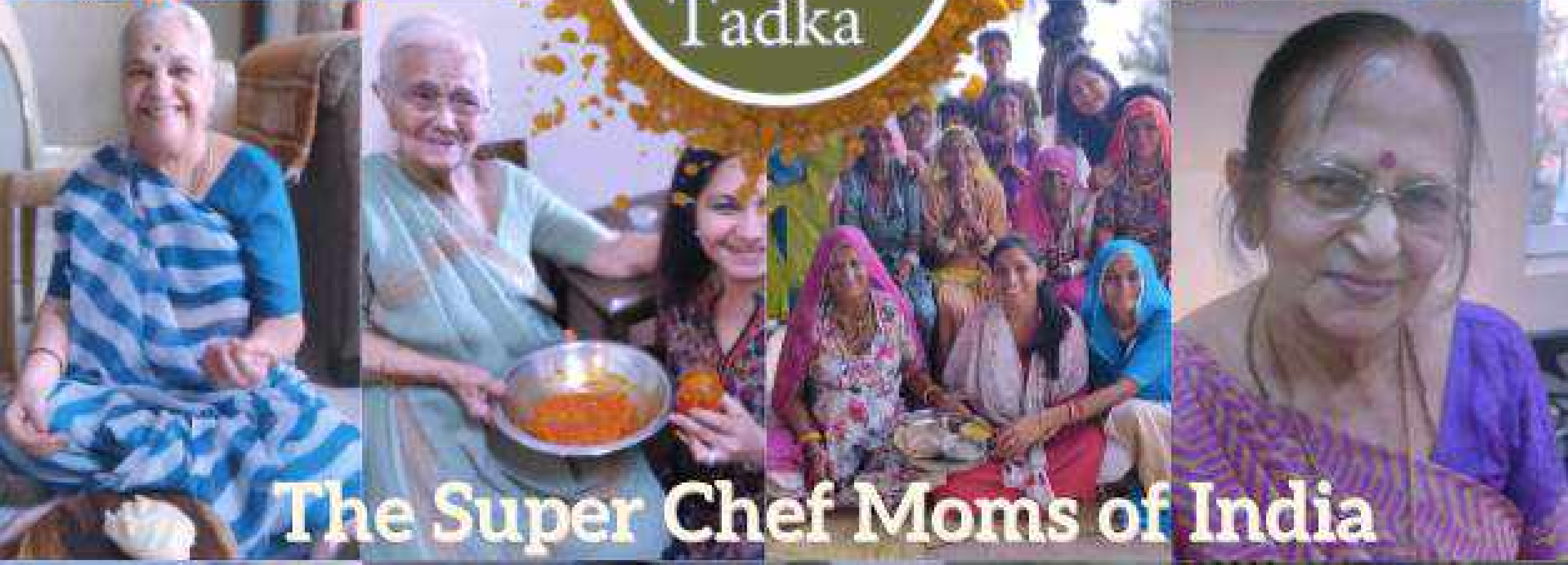
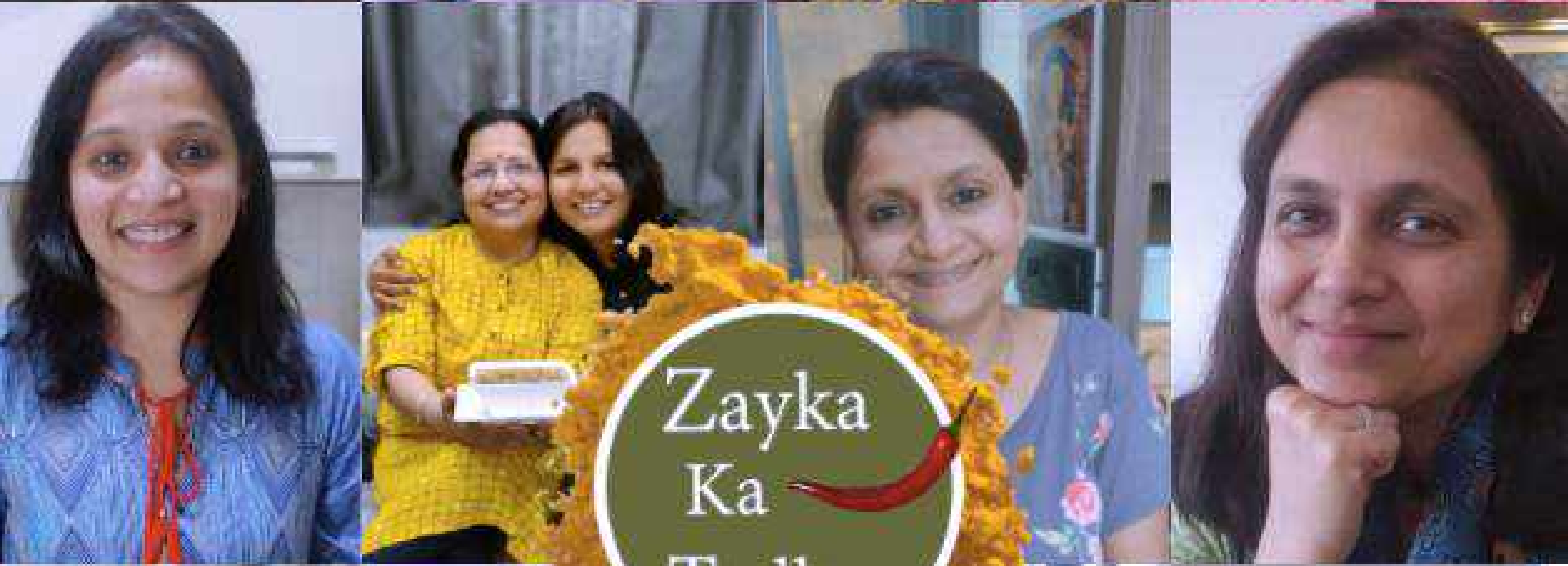
ROASTED TOMATO
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Zayka
Ka
Tadka

The Super Chef Moms of India

Til Patti



A DELICIOUS, CRUNCHY, AND HEALTHY PATTI/ CHIKKI

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time

5 mins

Ready In

10 mins

Servings

2

Ingredients

White Til /Sesame - 1 cup

Sugar - 1 cup

Ghee/Clarified butter or oil - for greasing

Lemon juice - juice of 1/2 lemon

Sliced pistachios - as required for garnishing

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Til Patti

Directions

- Take a pan and roast the Til lightly for 2-3 minutes. Then keep aside.
- Take a pan, add sugar and lemon juice.
- Melt the sugar on a medium flame while stirring continuously. Once the sugar gets melted and turns light brown in colour, add sesame seeds.
- Mix well then turn off the flame.
- Brush ghee/clarified butter or oil over a flat surface and immediately collect and spread the Til mixture in a circular shape.
- Sprinkle sliced pistachios on top.
- Then, with a belan or rolling pin greased with ghee/clarified butter or oil, roll it like a chapati.
- You can roll the Til mixture according to the thickness you want and then cut it into pieces immediately before it cools down.
- After that, let it cool and then separate the chikki pieces.
- Delicious 'Til Ki Chikki | Til Patti' is ready to be served.

Tips

- Add lemon juice to melt the sugar quickly, prevent its crystallization, and keep the chikki from turning hard.
- After mixing the sesame seeds with melted sugar, roll the chikki immediately, as, after cooling, it will turn hard.
- You can keep the thickness of chikki according to your choice.

Matar Chutney



A DELICIOUS SEASONAL CHUTNEY

BY ALKA GUPTA , LOVELY MOM , FROM RAJASTHAN

Prep Time

5 mins

Ready In

5 mins

Servings

4-6

Ingredients

Green peas/Hare matar - 3 Tbsp

Coriander/Dhaniya leaves - a handful, chopped

Green chilli – 1, small-sized

Ginger - a 1/2-inch piece

Onion - 2 tsp, chopped

Bhujia or namkeen sev - 2 tsp

Cumin /Jeera seeds - 1/4 tsp

Salt - to taste

Black Salt/Kala namak - to taste

Lemon juice - 1 to 2 tsp

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Matar Chutney

Directions

- In a grinder jar, add together and grind the ingredients - coriander leaves, green chilli, ginger, green peas, onion, bhujia, cumin seeds, salt, black salt, lemon juice, and a little water to make a smooth chutney.
- Adjust the consistency according to your choice.
- Transfer the chutney to a bowl.
- Delicious 'Matar Chutney | Green Peas Chutney' is ready to be served.

Tips

- Bhujia gives a thick consistency too and maintains the colour of the chutney.
- You can use any type of namkeen to prepare the chutney.
- To store the chutney for a longer time, do not add salt while grinding. Add salt to it later when you want to use the chutney.

Methi Besan Ki Sabji



A TASTY AND HEALTHY SABJI

BY RITA KETAN DEDHIA , LOVELY MOM , FROM MUMBAI

Prep Time

5-7 mins

Ready In

15 mins

Servings

2

Ingredients

Oil - 1 to 2 Tbsp

Mustard seeds /Rai - 1/2 tsp

Cumin/Jeera seeds - 1/2 tsp

Hing/ Asafoetida - 1/4 tsp

Turmeric /Haldi powder - 1/4 tsp

Methi leaves/ fenugreek leaves -

1 bowl finely chopped

Besan/ gram flour - 2 Tbsp

Sugar - 1/2 tsp or as required

Red chilli powder - as required

Coriander/Dhaniya powder - 2 tsp

Salt - as required

Water - as required

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Methi Besan Ki Sabji

Directions

- Wash the Methi Leaves properly and then finely chop them.
- Heat oil in a pan and add mustard seeds, cumin seeds, hing, and turmeric powder.
- Allow the cumin seeds to splutter. Add methi leaves and salt. Sauté it well for a few seconds.
- Cover the pan with a rimmed lid and add water to the lid. This technique creates steam in the pan and helps in cooking.
- In between, do check the methi sabzi.
- Carefully remove the lid as it would be very hot. Sauté it.
- Cover and continue to cook for 2 minutes. Cook the methi properly and add sugar. Sauté it well.
- Now, add red chilli powder and coriander powder. Sauté it well.
- Add Besan and sauté it well for a few seconds.
- Serve Hot the "Delicious Methi Besan Ki Sabji | Fenugreek Leaves Sabji | Jain Style Methi Sabji" .

Tips

- Use fresh methi for rich flavour.
- Green leafy veggies leave water while cooking, so no need to add water to it.
- Cover the pan with a rimmed lid and add water to the lid. This technique creates steam in the pan and helps in cooking the veggies.
- Make sure to add sugar to cut the bitterness. Adjust spiciness and sweetness according to taste.
- If you want, you can roast Besan/gram flour a little more.

Gond Pak



A WINTER DELICACY FOR EVERYONE TO ENJOY

BY PRAGNA SANGHVI , LOVELY GRAND MOM, FROM MUMBAI

Cook Time

15-20 mins

Ready In

130 mins

Servings

6-8

Ingredients

Gond/Goondh/Gundar/Edible gum -
150 grams

Mawa/Khoya/Reduced milk solid -
250 grams

Sugar - 250 grams

Ghee/clarified butter - 2 to 3 Tbsp

Sonth/Dry ginger powder - 2 to 3 Tbsp
or to taste

Ganthoda/pipri powder - 1 to 2 Tbsp

Grated dry coconut - 2 to 3 Tbsp + for
garnishing

Sliced almonds - 2 to 3 Tbsp + for
garnishing

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Gond Pak

Directions

- Heat ghee in a pan. Fry the edible gum on a low flame. Then, take it out and crush it.
- Take another pan and dry roast the mawa/khoya for 2 to 3 minutes or more. Then, mix it with the fried edible gum.
- Now, prepare the sugar syrup. Take a vessel and add sugar. Add only enough water to submerge the sugar.
- Heat it and stir it until the sugar dissolves. Make a sugar syrup of 1 & 1/2 to 2-string consistency.
- Meanwhile, mix dry ginger powder, ganthoda/pipri powder, grated dry coconut, and sliced almonds to the mawa-gond mixture.
- Add sugar syrup to it. Mix well.
- Take a thali and spread the above prepared mixture. Press it.
- Sprinkle grated dry coconut and sliced almond on the top. Press it.
- Let it set for 1 to 1 & 1/2 hour or until it cools down. Then, cut it into pieces.
- Delicious 'Gond Pak | Gundar Pak | Goondh Pak' is ready to be served.

Tips

- To make a perfect Gond Pak, the ratio of the ingredients should be proper.
- Make a thick sugar syrup of 1 & 1/2 to 2-string consistency.
- If you are using Mawa which is soft then roast it for some more time to remove the moisture.
- Use dry fruits of your choice to make the Gond Pak.

Bajre Ki Roti



A VERY HEALTHY DELICIOUS FLAT BREAD

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time
5 mins

Ready In
10 mins

Servings
2

Ingredients

Pearl millet flour/Bajre ka aata - 1 cup
Warm water - as required

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Bajre Ki Roti

Directions

- In a bowl, add pearl millet flour and warm water to make a medium-soft dough.
- Knead the dough for 2 to 3 minutes to make it smooth.
- Make medium-sized balls of the dough and then make them into thick chapatis by repeatedly pressing between the palms of the hands.
- Dust each of them with flour and then roll it using a rolling pin.
- Meanwhile, heat a tawa.
- Once the tawa is hot, 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 'Bajre Ki Roti | Pearl Millet Roti' is ready to be served. Smear pure ghee over it and serve hot.

Tips

- Use warm water to knead a medium-soft dough.
- To make the dough smooth so that the roti will not break from edges, knead the dough for 2 to 3 minutes.
- Cook the roti on a low flame; else, it will remain raw from inside.
- You can serve this roti with [Lahsun Chutney](#) and [Gajar Mooli Mirch Ka Achar](#) by applying some ghee/ clarified butter on the roti.

Roasted Tomato Soup



MOST LOVED LIP-SMACKING SOUP

BY VIMKI GIRIA , A PASSIONATE COOK , FROM BANGALORE

Prep Time

5 mins

Ready In

15-25 mins

Servings

2 to 4

Ingredients

Tomato – 4, cut into 4 pieces

Onion – 1, small-sliced

Garlic - 4 cloves

Carrot - half, sliced

Bay leaf /Tej patta- 1

Black pepper corns - to taste

Sugar - to taste

Salt - to taste

Butter - 1 Tbsp

Coriander/Dhaniya leaves - as required for garnishing

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Roasted Tomato Soup

Directions

- Heat butter in a pan. Then, add garlic and roast it for a few seconds.
- Add sliced onion and sauté it on a high flame.
- Once the onion turns pinkish, add carrot. Mix well.
- Add tomatoes and sauté for a few seconds.
- Add bay leaf, black peppercorns, and salt. Mix well and cook for about 2 to 3 minutes or until the tomatoes turn soft.
- Then, add water and sugar. Mix well.
- Cover and cook for 5 to 10 minutes or until the carrot is cooked completely.
- Once the carrot is cooked, turn off the flame.
- Let it cool completely. Remove the bay leaf and grind the cooked tomato mixture using water.
- Strain the soup using a strainer directly to the pan. Heat the soup.
- Add a little salt and mix well. Let it boil and then turn off the flame.
- Delicious 'Tomato Soup | Roasted Tomato Soup' is ready to be served. Garnish it with coriander leaves and serve it hot.

Tips

- It is recommended to roast the tomato in butter, as it gives a nice flavour to the soup.
- Adjust the consistency of the soup according to your choice.
- Add sugar according to your taste.
- You can add seasoning of your choice to the soup, such as dried oregano or basil.
- You can serve this soup by adding toasted bread or grated cheese.

Thai Rice Noodles Salad



A MOUTH-WATERING AND HEALTHY SALAD FROM THAI CUISINE

BY RASHMI GUPTA , LOVELY MOM, FROM DELHI

Prep Time

10 mins

Ready In

25 mins

Servings

2-3

Ingredients

Water - as required

Salt - as required

Rice noodles - as required

Capsicum (red, green, yellow) -
1/2 each, julienned

Tomato - 1, medium-sized, julienned

Cucumber - 1, julienned

Carrot - 1, shredded

Onion - 1 medium-sized, julienned

Spring onion - 1 to 2, finely chopped

Coriander leaves - finely chopped,
as required

Lemon juice - 1 medium-sized lemon

Honey - 2 Tbsp

Lemongrass - finely chopped, 1 tsp

Ginger - 1-inch, finely chopped

Dry red chilli - 2, finely chopped

Black pepper powder - as required

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Thai Rice Noodles Salad

Directions

- Boil the water in a pan and add salt. Add rice noodles (the noodles should be completely submerged in water) and boil for a few minutes.
- Now, check the noodles by breaking it with the hand and transfer them to chilled water for 2 to 3 minutes.
- In a bowl, add capsicum, tomato, cucumber, carrot, onion, spring onion, and coriander leaves. Mix them properly.
- Now, take a small jar and add lemon juice, honey, lemongrass, ginger, dry red chilli, salt, and black pepper powder. Close it with a lid and shake it well for a few seconds.
- Thereafter, squeeze the rice noodles and transfer them to the salad bowl.
- Add coriander leaves and mix thoroughly.
- Now, transfer the dressing to the salad bowl and mix it well.
- Thereafter, transfer the mix to a serving bowl and garnish it with coriander leaves.
- Delicious 'Thai Rice Noodles Salad 'is ready to be served.

Tips

- Use warm water to knead a medium-soft dough.
- To make the dough smooth so that the roti will not break from edges, knead the dough for 2 to 3 minutes.
- Cook the roti on a low flame; else, it will remain raw from inside.
- You can serve this roti with Lahsun Chutney and Gajar Mooli Mirch Ka Achar by applying some ghee/ clarified butter on the roti.

Gobhi Matar Cutlet



A HEALTHY AND TASTY SNACK

BY SHEENU DUGGAL , LOVELY MOM , FROM DELHI

Prep Time

5 mins

Ready In

10 mins

Servings

3-4

Ingredients

Grated cauliflower/Gobhi - 1/2 cup

Boiled green peas/matar - 2 to 3 Tbsp

Boiled potato - 1 to 2, mashed

Chopped onion - 2 to 3 Tbsp

Corn flour - 2 tsp

Coriander leaves - a handful, chopped

Salt - to taste

Red chilli powder - 1/2 tsp or to taste

Garam masala/All spice mix - 1/4 tsp

Chaat masala - to taste

Coriander powder - 1/2 tsp

Breadcrumbs - as required

Oil - as required for shallow frying

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Gobhi Matar Cutlet

Directions

- Take a bowl and add grated cauliflower, boiled green peas, chopped onion, mashed boiled potato, corn flour, coriander leaves, salt, red chilli powder, garam masala, chaat masala, coriander powder, and breadcrumbs.
- Mix well to make a mixture of dough-like consistency.
- Take 2 Tbsp of the mixture and shape it to make a cutlet.
- Likewise, make cutlets of the remaining mixture as well.
- Heat a tawa or pan. Add 1 to 2 Tbsp of oil.
- Shallow fry the cutlets on a medium flame.
- Pour some oil on top of them as well and shallow fry.
- Once the cutlets turn golden brown, flip them and shallow fry them.
- Once the cutlets turn golden brown on both the sides, take them out on a serving plate.
- Delicious 'Gobhi Matar Cutlet' is ready to be served.

Tips

- Add breadcrumbs as required to bind all the ingredients.
- To make the breadcrumbs, just grind the bread.
- Serve these cutlets with [homemade tomato sauce](#) or any type of chutney of your choice.

Mooli Palak Ki Sabji



A HEALTHY WINTER SABJI

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time

10 mins

Ready In

15-20 mins

Servings

3-4

Ingredients

White Radish/Mooli – 1, chopped

Boiled potato – 1, mashed (optional)

Radish leaves/Mooli ke patte -1/2 cup

Spinach/palak - 1 bunch

Green chilli – 1, chopped

Grated ginger - a 1/2-inch piece

Tomato – 2, chopped

Carom/Ajwain seeds - 1/2 tsp

Asafoetida/Hing - a pinch

Turmeric powder - 1/4 tsp

Coriander powder - 1 & 1/2 tsp

Red chilli powder - 1 tsp or to taste

Roasted cumin powder - 1/2 tsp

All spice mix/garam masala - 1/4 tsp

Salt - to taste

Mustard oil - 1 to 2 Tbsp

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Mooli Palak Ki Sabji

Directions

- Wash the spinach, radish leaves and radish well.
- Then, chop them and pressure cook for 1 whistle.
- Allow the mix to cool and then squeeze the water completely.
- Heat mustard oil in a pan. Add carom seeds, asafoetida, green chilli, and grated ginger. Saute' for a few seconds.
- Then, add chopped tomato, and mix and cook until tomato turns soft.
- Add turmeric powder, coriander powder, red chilli powder, cumin powder, garam masala, and salt. Mix well and cook.
- Add a little water so that the masala does not burn.
- Mix boiled radish, spinach, and radish leaves with boiled potato.
- Add to the pan. Mix well and cook for a minute. Then turn off the flame.
- Delicious 'Mooli Palak Ki Sabji' is ready to be served.

Tips

- A carom seed tadka enhances the taste of the sabzi. Besides, carom seeds help in digestion as well.
- It is recommended to use mustard oil to make this sabzi.
- Adding boiled potato is optional.

Tawa Aloo & Papdi Chat



POPULAR AND MOUTH-WATERING SNACKS/APPETIZERS

BY SWETA BHARUKA CHHAJLANI.LOVELY MOM , FROM BANGALORE

Prep Time

5 mins

Ready In

15-20 mins

Servings

3-4

Ingredients

TAWA ALOO:

Ghee/Clarified butter - 2 to 3 Tbsp
Boiled potato - 9 to 10
Dry mango powder/amchur powder - to taste
Salt - to taste
Black pepper powder -to taste
Kashmiri red chilli powder - to taste
Cumin powder - to taste
Chaat masala - as required
Green chilli - finely chopped, as required
Turmeric powder - a pinch
Ginger – julienned, as required
Coriander leaves - finely chopped, as required
Lemon juice - 1/2 lemon

PAPDI CHAAT:

Papadi/Indian snack - 5 to 6
Curd - as required (whisked)
Coriander chutney - 1 to 2 tsp
Imli chutney/tamarind chutney - 1 to 2 tsp
Sev/Indian snack - as required
Pomegranate - as required
Coriander leaves - finely chopped, as required

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Tawa Aloo & Papdi Chat

Directions

- **TAWA ALOO:**

- Peel the boiled potatoes and cut each of them into 2 equal sizes.
- Heat a tawa and add ghee. Place the potatoes and keep the flame high. Roast it properly on all sides.
- Apply ghee and flip it again and again and roast it for 5 minutes until golden.
- Keep the flame low and sprinkle amchur powder, salt, black pepper powder, Kashmiri red chili powder, cumin powder, and chaat masala. Saute' it for a few seconds and turn off the flame.
- Transfer the tawa potatoes to the plate and garnish them with green chilli, turmeric powder, ginger, coriander leaves, and a dash of lemon juice. Delicious 'Tawa Aloo' is ready to be served.

- **PAPDI CHAAT:**

- You can also use the tawa aloo to prepare the yummy papadi chaat.
- Arrange papdi on a plate and cut the tawa aloo into small pieces and place it on the papdi.
- Garnish it with the curd, coriander chutney, tamarind chutney, sev, pomegranates, and coriander leaves.
- Delicious 'Papdi Chaat' is ready using lip-smacking 'Tawa Aloo'.

Tips

- Make sure to use ghee to enhance its taste.
- Garnish the aloo with your choice of ingredients.
- You can use tawa aloo to prepare any chaat.
- Serve it hot for a better taste.

Adadiya Pak



A HEALTHY WINTER SPECIAL TRADITIONAL RECIPE

BY HERBALA BEN RAJAJI , LOVELY GRAND MOM, FROM GUJARAT

Prep Time

60 mins

Ready In

80-90 mins

Servings

10-12

Ingredients

Black gram flour/Urad dal aata - 200 grams
Mawa/Khoya - 200 grams
Sugar - 150 grams
Adadiya Masala (mixture of 17 Spices) - 1/4 cup
Piprimul/Ganthoda powder - 1/4 cup
Edible gum/gond - 2 to 3 Tbsp (fried in ghee)
Grated dry coconut - 1/2 cup
Dry fruit powder (almonds, cashews, pistachios) - 1/2 cup

Poppy seeds/Khas Khas - 3 to 4 Tbsp
Ghee/Clarified butter - 500 to 700 ml or as required

INGREDIENTS FOR SPICE MIXTURE:

Cardamom/Elaichi - 6 to 7
Cloves/Laung - 7 to 8
Nutmeg/Jaifal - 1, powdered
Dry ginger powder/sonth - 3 to 4 Tbsp
Black pepper/Kali mirch - 1 to 2 Tbsp
Cinnamon/Dalchini - 2 small sticks

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Adadiya Pak

Directions

- Grind cardamom, cloves, cinnamon, nutmeg, dry ginger, and black pepper together to make spice powder.
- Fry the edible gum in ghee and keep aside.
- Add 2 Tbsp ghee and 1 Tbsp milk in the black gram flour/urad dal aata. Mix well and keep aside for one hour. Then sift it.
- Now, heat 1/2 cup ghee in a pan.
- Add black gram flour/urad dal aata and roast it on a low flame.
- Once it starts bubbling, add Mawa.
- Mix well and roast it on a medium flame until it turns brownish in colour and then turn off the flame.
- Add adadiya masala (a mixture of 17 spices), a little ghee, and mix well. Add piprimul/ganthoda powder, spice powder (cardamom, cloves, cinnamon, nutmeg, dry ginger, black pepper), fried edible gum, dry coconut, and dry fruit powder. Mix well.
- Add more ghee if the mixture seems dry. Add poppy seeds and mix well. Now, prepare the sugar syrup. Take a pan, add sugar, and just enough water to submerge the sugar.
- Heat it on a low flame to make a sugar syrup of one-string consistency. Add the sugar syrup to the dal mixture. Mix well.
- Add more ghee if required. When the mixture is warm, make small laddus. Roll the laddus in crushed dry fruit and grated coconut. Store them in an airtight container.
- Delicious 'Adadiya Pak | Gujarati Style Adadiya Pak' is ready to be served.

Adadiya Pak

Tips

- You can easily find the Adadiya pak masala in any grocery or herbal store.
- Make this pak using [Homemade Mawa](#).
- You can store this laddu in an airtight container for up to 3 months.

Badam Pista Doodh



A NOURISHING AND DELICIOUS MILK PREPARATION

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time

10 mins

Ready In

45 mins

Servings

5-6

Ingredients

Full cream milk - 1 litre

Sugar - to taste

Cardamom/Elaichi powder - 1/2 tsp

Blanched almonds - a handful

Sliced pistachios - as required + for garnishing

Sliced almond - as required for garnishing

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Badam Pista Doodh

Directions

- Boil milk in a broad vessel.
- Then, heat the milk on a low flame for 1/2 an hour. Stir the milk in between.
- Make paste of half blanched almonds and slice the remaining almonds.
- Then, add sugar, cardamom powder, almond paste, and saffron. Mix well.
- Stir the milk occasionally. Add sliced almonds and pistachios. Mix well.
- Cook for a minute then turn off the flame.
- Take a sikore or kulhad or small clay cup and pour the milk.
- Garnish it with sliced almonds and pistachios.
- Delicious 'Badam Pista Doodh' is ready to be served. Serve hot and enjoy it!

Tips

- Heat the milk on a low flame and stir the milk occasionally so that it does not burn on the hot bottom of the vessel.
- If you have time, soak the almonds, and then peel the skin. Else, you can blanch the almonds to peel the skin.
- Add sugar to the milk according to your taste.

Undhiyu



A VERY POPULAR TRADITIONAL RECIPE FROM GUJARAT

BY PRATIMA RUKHANA , LOVELY MOM , FROM GUJARAT

Prep Time

10-15 mins

Ready In

40-50 mins

Servings

6-8

Ingredients

Brinjal - 4 to 5, small-sized
Potato - 4 to 5, small-sized
Elephant foot yam - 200 grams
Sem phali/Indian beans/Surti
papdi/Valor papdi/Lima beans - 200
grams
Seeds of Sem phali/Indian
beans/Surti papdi/Valor papdi/Lima
beans - 2 to 3 Tbsp

Green peas/matar - 2 to 3 Tbsp
Green pigeon peas/Tuver/Tuvar ke dane
- 2 to 3 Tbsp
Green chickpeas - 1 to 2 Tbsp
Ripe banana - 2
Turmeric powder - 1/2 tsp
Coconut Water - 1 to 2 cup(s)
Oil - 200 ml

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Undhiyu

Ingredients

INGREDIENTS FOR MUTHIYA:

Gram flour/Besan - 1/2 cup
Fenugreek leaves/Methi - 1/4 cup
Green chilli paste - 1/2 tsp
Ginger paste - 1/4 tsp
Salt - to taste
Turmeric powder - 1/4 tsp
Lemon juice - 1 tsp
Salt - to taste
Asafoetida/Hing - a pinch
Oil - 1 tsp + for frying

INGREDIENTS FOR FILLING:

Coriander leaves - a bunch, chopped
Fenugreek leaves - 1/4 cup
Fresh coconut - 1/4 cup, grated
Peanuts - 1/4 cup, roasted and powdered
Green chilli paste - 3 to 4 Tbsp
Ginger-garlic paste - 2 Tbsp
Salt - to taste
Turmeric powder - 1/2 tsp
Coriander powder - 2 tsp
Sugar - 1 tsp
Lemon - 1
Oil - 1 to 2 Tbsp

Directions

- Wash and peel the potato and make a cut on the top so that we can stuff the filling in it.
- In the same way, cut the brinjal.
- Cut the elephant foot yam into cubes.
- Cut the unpeeled banana into three pieces and make a slit (do remember not to peel the banana).
- Chop the beans into smaller pieces.
- PREPARING THE FILLING:
- In a bowl, add chopped coriander leaves, fenugreek leaves, grated fresh coconut, salt, turmeric powder, coriander powder, powdered roasted peanuts, sugar, 1 to 2 Tbsp oil, green chilli paste, ginger-garlic paste, and lemon juice. Mix well.

Undhiyu

Directions

- Stuff the filling in the potato, brinjal, and banana.
- Mix the remaining filling with all the other veggies.
- Now, heat 200 ml oil in a big kadai or vessel.
- Put sesame seeds, carom seeds, and asafoetida.
- Then add stuffed potatoes and let it cook.
- Add 1/2 cup water, cover and cook it on a low flame for 15 minutes.
- PREPARING THE MUTHIYA:-
- Meanwhile, prepare the muthiya. In a bowl, add gram flour, chopped fenugreek leaves, green chilli paste, ginger paste, salt, sugar, turmeric powder, asafoetida, lemon juice, and 1 teaspoon oil. Mix well and add water to make dough.
- Divide the dough into small equal parts.
- Heat oil for frying. Once the oil is hot, fry the muthiya on a low flame until golden brown. Once done, take it out and keep aside.
- After the potato is half cooked, add brinjal and raw banana (if you are using it) to it. Let it cook for a couple of minutes.
- Then, add other veggies to the pan.
- Add coconut water, and turmeric powder.
- Cover and cook it on a high flame for 10 minutes and then lower the flame.
- Cook until the veggies are cooked. Add muthiya and stuffed banana.
- Cover and cook for 5 minutes or until the water reduces.
- Once done, turn off the flame and garnish the dish with coriander leaves.
- Delicious 'Undhiyu | Oondhiya | Gujarati Undhiyu' is ready to be served.

Tips

- This dish is prepared with whole veggies, so it takes time to cook. Hence, first cook the veggies that take more time to cook and then add the other veggies.
- You can use raw banana and purple yam as well to prepare this dish.

Gajar Matar Sabji



A COLOURFUL NUTRITIONAL SEASONAL CURRY

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time
5 mins

Ready In
10 mins

Servings
2-4

Ingredients

Gajar/carrot - 2 cups, finely chopped
Green peas - 2 cups
Ginger - 1/2-inch piece, grated
Green chilli - 1, finely chopped
Asafoetida/hing - a pinch
Cumin /Jeera seeds - 1/2 tsp
Salt - to taste
Turmeric powder - 1/2 tsp

Coriander powder - 1 tsp
Roasted cumin powder - 1/2 tsp
Red chilli powder - 1/2 tsp or to taste
Dry mango powder/amchur - 1/2 tsp
Dry fenugreek leaves/kasuri methi - 1/2 tsp
Coriander leaves - as required
Mustard oil - 1 Tbsp

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Gajar Matar Sabji

Directions

- Add a little salt to water and boil the green peas in the water.
- Once the green peas are soft, turn off the flame. Drain the water completely.
- Meanwhile, heat mustard oil in a pan.
- Add asafoetida, cumin seeds, grated ginger, and green chilli. Saute' for a few seconds.
- Add finely chopped carrot and mix well.
- Cover and cook for 3 to 4 minutes. Stir it in between.
- Once the carrot is soft, add boiled green peas. Mix well.
- Add salt, turmeric powder, coriander powder, red chilli powder, and roasted cumin powder. Mix well.
- Add dry mango powder, coriander leaves, and kasuri methi. Mix well.
- Cook for a minute and then switch off the flame.
- Delicious 'Gajar Matar Sabji' is ready to be served.

Tips

- Boil the green peas while cooking the carrot to save time.
- Adjust spices according to taste.

Biscuit Gulab Jamun



A UNIQUE AND MOUTH-WATERING DESSERT

BY ANJU SHARMA , LOVELY MOM, FROM DELHI

Prep Time
20 mins

Ready In
140 mins

Servings
2

Ingredients

Marie biscuits - 1 packet

Desiccated coconut - 50 grams

Baking soda/Mitha soda - a pinch

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

Oil - as required

Sugar - 1(1/2) cup

Water - 1(1/2) cup

Cardamom /Elaichi - 4

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Biscuit Gulab Jamun

Directions

- Break the biscuits into small pieces and grind it to the powder in a mixer jar.
- In a bowl, add marie biscuit powder, desiccated coconut, and mitha soda. Mix it.
- Add the milk little by little and prepare a medium consistency dough.
- Apply oil to the hands, take a small portion of the dough, and prepare smooth small balls.
- Continue the process until all the dough gets used up.
- Now, heat oil in a pan and place the above prepared balls.
- Deep fry on a medium flame while stirring it gently for about 2 minutes or until it is golden.
- In a pan, add sugar, water, and cardamom.
- Allow it to boil until the sugar melts. Then, turn off the flame.
- Now, place the fried balls in the sugar syrup and allow it to rest for 2 hours.
- Delicious 'Biscuit Gulabjamun' is ready to be served.

Tips

- The ratio of sugar to water should be 1:1. The dough should be of medium consistency.
- Apply oil to the hands while preparing the balls from the dough.
- Rest the fried balls in the sugar syrup for 2 hours.
- Make sure to deep-fry the gulabjamun on a medium flame.

Palak Cheela



A DELICIOUS AND NUTRITIOUS BREAKFAST OR SNACK

BY SHVETA SHETH , LOVELY MOM , FROM MUMBAI

Prep Time

10 mins

Ready In

15-20 mins

Servings

2

Ingredients

Spinach/Palak- 2 cups

Coriander leaves - 1/2 cup

Onion - half, finely chopped (optional) required

Tomato - half, small-sized, finely chopped

Green chilli paste - 1/2 tsp or as required

Ginger - 1/2-inch, finely chopped

Salt - as required

Roasted Cumin/Jeera powder - 1/2 tsp

Red chilli powder - 1/2 tsp or as

required

Turmeric powder - 1/4 tsp

Chaat masala - as required

Gram flour/besan- 3(1/2) Tbsp or as required

Water - as required

Ghee/ Clarified butter- as required

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Palak Cheela

Directions

- Wash well and then chop the palak.
- Take a bowl and add palak, coriander leaves, onion, tomato, green chili paste, ginger, salt, roasted cumin seeds powder, red chili powder, turmeric powder, chaat masala, and besan.
- Mix them properly.
- Add water little by little and mix it.
- Prepare a batter of medium consistency.
- Heat a pan and add ghee. Take a ladleful of batter and spread it on the pan into a circular shape.
- Apply ghee to the edges and centre.
- Cover it and allow it to cook for 1 to 2 minutes. Flip it and apply ghee. Press it gently and allow it to cook until golden and crispy on both sides.
- Delicious Palak cheela| Palak besan cheela is ready to be served.

Tips

- You can use either ghee or oil for roasting the cheela.
- Use fresh palak and wash it properly before using it. Make sure to finely chop the veggies.
- Roast the cheela on a low to medium flame to make it crispy.
- Adjust the spiciness to your taste and serve it hot for a better experience.

Dabeli Wrap



AN EXTREMELY POPULAR GUJARATI STREET FOOD SNACK

BY VAISHALI SHAH , LOVELY MOM, FROM MUMBAI

Prep Time

15 mins

Ready In

30 mins

Servings

1-2

Ingredients

Boiled potato – 4, medium-sized

Salt - as required

Coriander leaves - finely chopped, as required

Roti (whole wheat flour, salt, water, coriander leaves) - 1

Oil - 3 tsp for mixture and as required for roasting roti

Garlic chutney - 2 tsp for mixture and as required for garnishing

Dabeli masala - 2 tsp

Water - 2 Tbsp

Khajur-imli chutney/date-tamarind chutney - 5 tsp

Sev/Indian snack - as required

Roasted masala peanuts - as required

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Dabeli Wrap

Directions

- In a bowl, add together and mix well boiled potatoes, salt, and coriander leaves.
- Heat oil in a pan and add garlic chutney and dabeli masala. Saute' it on a low flame.
- Add water and khajur-imli chutney. Saute' it on a high flame.
- When bubbles start to rise, turn down the flame to low and add coriander leaves, potato mixture, and salt.
- Saute' the mix for a few minutes and turn off the flame.
- Heat a pan and place the roti on it.
- Apply oil on both sides of roti. Roast it properly.
- Now, spread garlic chutney and khajur-imli chutney on one side of roti.
- Further, spread the above-prepared masala on half of the roti.
- Top with sev, roasted masala peanuts, and coriander leaves.
- Fold the remaining half part of the roti and apply oil on it.
- Flip it and roast it properly.
- Further, apply khajur-imli chutney and sprinkle sev, masala roasted peanut, and coriander leaves at the edges of the roti.
- Delicious 'Dabeli Wrap' is ready to be served.

Tips

- Garlic chutney is optional.
- You can also add pomegranates as well.
- You can also prepare the roti and keep it aside for when you need it.
- Serve it immediately for a better taste.

Gajar Mooli Mirch Ka Achar



A DELICIOUS AND HEALTHY PICKLE

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time
10 mins

Ready In
10 mins

Servings
4-6

Ingredients

Carrot/Gajar - 2	Turmeric powder - 1/4 tsp
Mooli/White radish - 2	Asafoetida/Hing - a pinch
Green chilli - 4	Red chilli powder - 1/2 to 1 tsp or to taste
Yellow split mustard/rai ki dal - 2 tsp	Salt - 1 Tbsp
Mustard seeds/rai - 2 tsp	Lemon - 1
Cumin /Jeera seeds - 1 tsp	Mustard oil - 1 Tbsp
Carom seeds/ajwain - 1/4 tsp	

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Gajar Mooli Mirch Ka Achar

Directions

- Wash carrot and radish well. Then peel and chop them in long pieces.
- Wash and dry the green chillies and chop them in long pieces.
- Dry carrot, radish, and green chilli before making the achar/pickle.
- Now, take a grinder jar. Add yellow split mustard, mustard seeds, cumin seeds, carom seeds. Grind them to make a coarse powder.
- Take a bowl and add chopped carrot, radish, and green chilli.
- Add 2 Tbsp of the above-mentioned ground masala, turmeric powder, asafoetida, red chilli powder, salt, and lemon juice. Mix well.
- Instant 'Gajar Mooli Mirch Ka Achar' is ready to be served.

Tips

- Wash and dry the carrot, radish, and green chilli before making the pickle.
- As this is a pickle, add a little more salt to it.
- You can store this pickle for 8 to 10 days in the refrigerator.

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!

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