

UNEDITED LIVE
RECIPES

Issue No: 7
FEBRUARY 2021

जो दिखता है !
वही बनता है !!

ZAYKA KA TADKA



LIVE FROM THE KITCHENS OF MOMS OF INDIA





Founder's Words



Namaskar!

So quickly we arrive at yet another month in the New Year! Hope all of you have had a great Sakrant /Lohri/Sankranti / Pongal.

This February edition of our magazine brings forward some of the very loved recipes made by different lovely moms . Mom's and their innovative ideas never cease to amaze us all ! Each mom brings her own customisation in the kitchen to come up with dishes loved by their family. That is the reason no matter where we eat no food can be better than food made with Mother's love. They are our true master chefs!

Also , as winter is soon coming to an end please do remember to enjoy all winter fruits and veggies! Consuming local seasonal food is one of the secrets to good health.

We would like to remind you that 'Zayka Ka Tadka' is now available also on TV 'TATA SKY Cooking' [Channel no.112] on Wednesday (3pm - 6pm) IST and repeat telecast on Saturday (3pm - 6pm) IST. We are filled with gratitude and pride watching our wonderful moms of Zayka ka Tadka on TV!

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



LAUKI THEPLA

BEDMI POORI

HARIYALI ALOO

MALAI KOFTA

MALAI TOAST

SEV KHAMANI

BREAD UPMA

ALOO VADA

PROTEIN RICH
PARATHA

TOMATO GOJJU

PUNUGULU

CUT MIRCHI BAJJI

CORN CAPSICUM
MASALA

PAV PATTY
SANDWICH

MINI PIZZA CUPS

LEFT OVER ROTI
SAMOSA

PITTOD KI SABZI

METHI VADA

CHEESY BUNS

HOT TOAST
PUDDING

SINDHI KOKI



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Lauki Thepla



A DELICIOUS AND HEALTHY LUNCH BOX RECIPE FOR KIDS

BY SHVETA SHETH , A LOVELY MOM , FROM MUMBAI

Prep Time

5 mins

Ready In

10 mins

Servings

2

Ingredients

Whole wheat flour - 1 cup

Grated Dudhi/Lauki/Bottle Gourd -

2 Tbsp

Ginger - a ½-inch piece, grated

Green chilli - 1, finely chopped

Coriander leaves - 1 Tbsp

Turmeric powder - 1/2 tsp

Red Chilli Powder/Lal Mirch Powder

- 1/2 tsp

Coriander powder - 1/2 tsp

Garam Masala/All Spice Mix - 1/4 tsp

Salt - to taste

Curd - as required

Oil - 1 tsp + for roasting

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Lauki Thepla

Directions

- Take a bowl and add whole wheat flour, grated bottle gourd, grated ginger, green chilli, coriander leaves, turmeric powder, red chilli powder, coriander powder, garam masala, salt, and 1 teaspoon oil.
- Mix and knead a medium soft dough using curd.
- If you have time, rest the dough for 10 minutes; else, you can use it immediately.
- Heat a tawa and grease it with oil.
- Take a small portion of the dough, dust it with flour and roll it to make a small roti/thepla.
- Cook the thepla on a hot tawa and on a high flame.
- Once it gets cooked a little bit on both the sides, apply oil and roast. Once done, take it out.
- Yummy 'Lauki Thepla | Dudhi Thepla' is ready to be served with pickle.

Tips

- You can avoid green chillies if you want.
- Use curd to make the dough to make the thepla soft.
- Cook the thepla with oil on a high flame to keep it soft for a longer time.
- You can use other veggies too to make the thepla.
- Serve this thepla with [Mango Pickle](#) | [Aam Ka Achar](#).

Malai Kofta



A LIP-SMACKING, PAN-INDIA FAMOUS DISH

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time
10 mins

Ready In
30 mins

Servings
4

Ingredients

FOR KOFTA:

Potato - 3, boiled

Paneer - 1/2 cup, grated

Corn flour - 2 tsp

Red Chilli Powder/Lal Mirch Powder - 1/2 tsp

Coriander powder - 1/2 tsp

Roasted Cumin/Jeera powder -

1/4 tsp

Garam Masala/All Spice Mix - 1/4

tsp

Salt - to taste

Oil - as required for deep frying

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Malai Kofta

Ingredients

FOR GRAVY:

Onion – 2, roughly chopped
Tomato – 2, roughly chopped
Ginger – a ½-inch piece, grated
Green chilli – 2, chopped
Cashew nuts - 4 to 5
Black peppercorns - 3 to 4
Bay leaf - 1
Green cardamom/Elaichi - 2
Cinnamon - 1 small stick
Mustard seeds - 1/2 tsp

Homemade cream/malai – 1 Tbsp +
for garnishing
Turmeric powder - 1/4 tsp
Red Chilli Powder/Lal Mirch Powder -
1 tsp
Coriander powder - 1 Tbsp
Garam Masala/All Spice Mix - 1/4 tsp
Kasuri Methi/Dry Fenugreek Leaves -
1/2 tsp
Salt - to taste

Tips

- Make the kofta using [homemade paneer](#).
- You can avoid onion if you want.
- In that case, make the gravy using tomato.
- Add kofta to the gravy just before serving it; else, the kofta will turn very soft.
- You can serve this dish with [Tava Tandoori Roti](#), [Lachha Paratha](#)

Malai Kofta

Directions

- **PREPARING KOFTA:**

- Mash or grate the boiled potato. Add grated paneer to it.
- Add corn flour, salt, red chilli powder, coriander powder, roasted cumin powder, and garam masala. Mix well.
- Make small balls with the mixture.
- Meanwhile, heat oil for frying. Fry the balls on a medium flame until golden brown.
- Once fried, take them out and keep aside.

- **PREPARING THE GRAVY:**

- Heat 1 Tbsp oil in a pan.
- Add grated ginger, 1 chopped green chilli, black peppercorns, bay leaf, cardamom, and cinnamon stick. Sauté for a few seconds.
- Now, add chopped onions and sauté till it turns pinkish. Add cashew nuts, mix, and cook.
- Then, add chopped tomato and cook until the tomato turns soft. Add salt and mix well. Cook for a minute and then turn off the flame. Let the mixture cool completely.
- Grind the cooked mixture to make a smooth puree. Add a little water if required for grinding.
- Now, heat ghee in a pan. Add mustard seeds, 1 chopped green chilli, red chilli powder, and coriander powder. Mix well.

Malai Kofta

Directions

- Then, add ground paste and a little water.
- Mix well and cook on a medium flame.
- Add water to adjust the consistency because the kofta will absorb the gravy.
- Cover and let it cook for 2 minutes.
- Do check the gravy in between.
- Once cooked, add homemade cream/malai, mix well, and cook.
- Crush the kasuri methi between the palms and add to the gravy.
- Add garam masala, a little salt, mix well, and cook for a minute.
- Add kofta to the gravy just before serving.
- Delicious 'Malai Kofta' is ready to be served. Garnish it with cream and chopped coriander leaves and serve hot.

Bread Upma



A TASTY AND HEALTHY SABJI

BY MEETA MODI , LOVELY GRAND MOM , FROM MUMBAI

Prep Time

5 mins

Ready In

10 mins

Servings

2

Ingredients

Bread slices - 4 to 5

Onion - 2 Tbsp, chopped

Tomato - 2 Tbsp, finely chopped

Salt - to taste

Red Chilli Powder/Lal Mirch Powder

- to taste

Tomato ketchup - 2 Tbsp

Namkeen sev - as required for
garnishing

Coriander leaves - as required for
garnishing

Oil - 2 tsp

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Bread Upma

Directions

- Heat oil in a pan. Add chopped onion and sauté it for 2 minutes.
- Then, add chopped tomato and mix well.
- Add salt and red chilli powder and mix well.
- Then, add tomato ketchup and mix well.
- Add bread pieces. Mix well but with light hands to coat all the bread pieces. Then, turn off the flame.
- Delicious 'Bread Upma | Leftover Bread Upma' is ready to be served. Garnish it with namkeen sev and coriander leaves and serve hot.

Tips

- You can add veggies of your choice to make it more colourful and healthier.
- Add very little [tomato ketchup](#). Else, the bread will turn soggy

Tomato Gojju



A DELICIOUS CURRY

BY ARCHANA CHAKRAVARTHY , LOVELY MOM, FROM HYDERABAD

Cook Time
5 mins

Ready In
10-12 mins

Servings
2-3

Ingredients

Tomato – 4, chopped

Til/White Sesame Seeds - 3 to 4

Tbsp

Red Chilli Powder - 1 tsp

Salt - to taste

Jaggery/Gud - to taste

Turmeric powder - 1/4 tsp

Urad dal/Black gram without skin -

1/2 tsp

Cumin/Jeera seeds - 1/4 tsp

Mustard seeds - 1/4 tsp

Asafoetida/Hing - a pinch

Curry Leaves - few

Oil - 1 Tbsp

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Tomato Gojju

Directions

- Dry roast the sesame seeds for a minute on a low flame. Then let them cool completely.
- Grind to make a powder and keep it in an airtight container.
- Heat oil in a kadai.
- Add urad dal/black gram without skin, cumin seeds, mustard seeds, turmeric powder, asafoetida, and curry leaves.
- Let the seeds crackle. Add chopped tomatoes and mix well.
- Sauté it for 2 to 3 minutes on a medium flame. Then, cover the kadai and let it cook.
- Once the tomatoes are soft, add salt, red chilli powder, and jaggery. Mix well. Cover and cook for a minute.
- Finally, add powdered sesame seeds.
- Mix well and cook for 30 seconds to 1 minute. Then, turn off the flame. Garnish it with coriander leaves.
- Delicious 'Tomato Gojju | Tamatar Til Ki Sabzi' is ready to be served.

Tips

- You can make the gojju spicy or sweet according to your taste.
- You can grind and store the roasted til/sesame seeds in an airtight container for a month.

Corn Capsicum Masala



A DELICIOUS COLOURFUL AND QUICK CURRY

BY SANDHYA SAMPAT , LOVELY MOM , FROM MUMBAI

Prep Time

30 mins

Ready In

20 mins

Servings

2

Ingredients

Corn kernels - 1 cup

Green capsicum - 2

Medium-sized onions - 2

Ginger - 2 pieces, (½-inch-long)

Garlic - 10 cloves

Tomatoes - 2

Chopped coriander leaves - 1 cup

Cumin/Jeera seeds - ½ tsp

Red Chilli Powder/Lal Mirch

Powder - 1 tsp

Coriander-cumin powder - 1½ Tbsp

Turmeric powder - ½ tsp

Garam Masala/All Spice Mix - 1 tsp

Cream - 1 Tbsp

Salt - to taste

Oil - 2 Tbsp

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Corn Capsicum Masala

Directions

- Boil corn kernels. Drain the water and keep them aside.
- Cut capsicum, tomatoes, and onions into small pieces.
- Prepare ginger-garlic paste.
- In a pan, add oil and cumin seeds.
- When they begin to change colour, add onions, and fry them till they become golden brown.
- Add ginger-garlic paste and cook for 2 minutes.
- Add red chilli powder, coriander, cumin powder, and turmeric powder and fry for a few seconds.
- Add tomatoes and cook till they become soft. After that, add potatoes and cook well.
- Add boiled corn, garam masala powder, and salt. Mix and cook on a low flame for 5 minutes.
- Add cream and coriander leaves, serve it hot with roti, and enjoy tasty 'Corn Capsicum Masala'.

Tips

- You can avoid cream if you want; it is an optional ingredient.
- You can adjust the spiciness to your taste.

Leftover Roti Samosa



AN INNOVATIVE AND MOUTH-WATERING SNACK

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time

5 mins

Ready In

5 mins

Servings

2

Ingredients

Leftover roti - 2	Kasuri Methi/Dry Fenugreek Leaves - 1 tsp
Boiled potato - 2	Grated cheese - 2 tsp
Onion - 2 Tbsp, chopped	Coriander leaves - 1 to 2 Tbsp, chopped
Ginger - a ½-inch piece, grated	Lemon juice - juice of 1/2
Green chilli - 1, finely chopped	Lemon Oil - 1 Tbsp
Red Chilli Powder/Lal Mirch Powder - 1/2 tsp	Tomato ketchup - as required for garnishing
Turmeric powder - 1/4 tsp	Namkeen Sev - as required for garnishing
Garam Masala/All Spice Mix - 1/4 tsp	
Salt - to taste	
Black salt - 1/4 tsp	

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Leftover Roti Samosa

Directions

- In a bowl, add and mix well boiled potato, chopped onion, grated ginger, chopped green chilli, salt, red chilli powder, turmeric powder, garam masala, black salt, lemon juice, coriander leaves, and grated cheese.
- Now, take a leftover roti and fold it twice to make a triangle.
- Stuff the potato mixture in the roti.
- Meanwhile, heat a pan. Add oil to it.
- Roast the samosa on a medium flame until it is crisp on both the sides.
- Take it out once cooked.
- Apply tomato ketchup on the open side of samosa then sprinkle namkeen sev.
- The sev will stick to the samosa with the help of ketchup.
- Delicious 'Bachi Roti Ka Samosa | Leftover Roti Samosa' is ready to be served.

Tips

- You can add spices in the stuffing according to your taste.
- Cheese is an optional ingredient; however, it adds taste to the stuffing.
- Any type of cheese can be used.
- You can use butter or ghee or oil for roasting the samosa.

Cheesy Buns



A UNIQUE AND MOUTH-WATERING SNACK

BY RASHMI MITTAL , LOVELY MOM, FROM KANPUR

Prep Time

20 mins

Ready In

40 mins

Servings

2

Ingredients

Butter - 3 Tbsp or as required

Macaroni - 2 cups, boiled

Corn kernels - 2 Tbsp

Capsicum - 3 to 4 Tbsp

Carrot - 3 to 4 Tbsp, grated

Maida/All-purpose flour - 2 Tbsp

Milk - 1 cup or as required

Salt - as required

Mixed herbs - as required

Chilli flakes - as required

Schezwan chutney - 2 Tbsp

Cheese - 3 to 4 Tbsp grated or as required

Buns - 2

Onion slices - 2 big onions

Sugar - as required

Black pepper powder/Kali mirch powder - as required

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Cheesy Buns

Directions

- Heat butter in a pan and sauté macaroni, capsicum, carrot, and maida for a minute. Sauté again after adding milk.
- Further, add salt, mixed herbs, chilli flakes, Schezwan chutney, and sauté again. Add cheese, mix it, and turn off the flame.
- Now, again, heat some butter in a pan and gently sauté onion slices for 2 minutes.
- Add sugar, black pepper powder, and mix well. Then, turn off the flame.
- Take 2 buns, and, with a spoon, scoop out the centre of the buns carefully and spread butter on inner surface of the buns. Place the caramelized onion into it.
- Now, place the macaroni stuffing into it and top it with the cheese.
- Heat a pan and grease it with butter. Place the bun and cover it. Allow it to cook until the cheese starts melting.
- Delicious 'Cheesy Buns' is ready to be served.

Tips

- If you do not have Schezwan sauce, you can add chilli in the tomato ketchup and use it or skip it altogether.
- Use [homemade butter](#) and [tomato ketchup](#).
- If you do not like caramelized onion, you can use sliced onion instead.
- The perfect way to boil macaroni is to first boil water, and then add salt, some oil, and lastly, the macaroni.
- Serve it hot for a better taste.

Bedmi Poori



UP/PUNJAB WALI BEDMI POORI

BY SUDHA CHOUDHARY , LOVELY MOM , FROM LUCKNOW

Prep Time

6-7 hrs

Ready In

7 hrs 10 mins

Servings

6

Ingredients

Atta/Whole Wheat flour: 2 cups	Kasuri Methi/ Dry Fenugreek seeds
Urad dal: 1 cup	-3 tsp
Sooji /Semolina - 1/4 Cup	Red Chilli flakes/Red Chilli Powder-
Green chilli: 2	1 tsp
Ginger: 1 Inch	Asafoetida: 1 pinch
Coriander Seeds - 2 tsp	Mustard Oil - for deep frying and
Cumin Seeds - 1 tsp	cooking
Saunf/Fennel Seeds - 1 tsp	Salt - to taste

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Bedmi Poori

Directions

- Wash and soak the urad dal/black gram without skin.
- Then Grind it with green chilli and ginger to make smooth paste.
- Now, take a bowl and add whole wheat flour, semolina, ground dal paste/pithi. Mix well.
- Take a grinder jar and add coriander seeds, fennel seeds, fenugreek seeds, kasuri methi, cumin seeds, asafoetida. Grind it to make coarse powder.
- Add this spice mix along with red chilli powder/flakes and salt to the dough. Mix well.
- Add around 2 tablespoon water to make medium soft dough. Knead the dough for a minute. Then cover and rest the dough for half to 1 hour.
- Heat mustard oil for frying.
- Take lemon size dough. Roll it with the help of oil. Do not use flour. Once the oil is hot, fry the poori first on high flame. Once it is puffed, flip it. Lower the flame. Cook it from both the sides until turns nice golden brown.
- Delicious 'Bedmi Poori | Urad Dal Poori' is ready to be served. Serve it with [Aloo ki sabzi](#).

Tips

- Adding semolina makes the poori crispier.
- Resting of the dough is important as the semolina absorbs water.
- Use little water for preparing the dough. Knead a semi-soft dough.

Malai Toast



A DELICIOUS SNACK AND BREAKFAST

BY NAMRATA BOHRA JAIN , LOVELY MOM , FROM MUMBAI

Prep Time
5 mins

Ready In
10 mins

Servings
2

Ingredients

Bread - 4 slices	Green chilli - 1, chopped
Semolina/Sooji - 3 tsp	Coriander leaves - 1 Tbsp, chopped
Homemade Cream/Malai - 2 tsp	Salt - to taste
Chopped onion - 1 Tbsp	Chaat masala - 1/2 tsp
Grated carrot - 1 Tbsp	Crushed black pepper - 1/2 tsp or to taste
Tricolour Bell Peppers - 1 to 2 Tbsp	Butter - as required
Tomato - 1 Tbsp, chopped	

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Malai Toast

Directions

- Add malai, semolina, chopped onion, grated carrot, tricolour capsicum, tomato, green chilli, and coriander leaves in a bowl and mix well.
- Add salt, chaat masala, and crushed black pepper. Mix well again.
- Take a bread slice, spread butter, and then the prepared mixture.
- Meanwhile, heat a tawa.
- Put the bread slice upside down. Cook it on a low flame.
- Apply butter on the top side.
- Once it is cooked, flip it, and cook it.
- Once done, take it out and cut into pieces.
- Delicious 'Malai Toast' is ready to be served.

Tips

- You can use veggies as per their availability and your choice.
- Hung curd can be used in place of Home made malai / cream.

Aloo Vada



A DELICIOUS SNACK

BY BHARTI PATNI , LOVELY MOM , FROM RAJASTHAN

Prep Time
5-10 mins

Ready In
20-25 mins

Servings
4

Ingredients

FOR POTATO MIXTURE:

Boiled potato – 3, mashed

Green peas/Hare matar - 1 to 2 Tbsp

Green chilli – 1, finely chopped

Ginger – a ½-inch piece, grated

Fennel seeds/Saunf - 1/2 tsp

Red Chilli Powder/Lal Mirch Powder
- 1 tsp

Turmeric powder - 1/2 tsp

Asafoetida/Hing - a pinch

Dry Mango Powder/Amchur - 1/2
tsp

Garam Masala/All Spice Mix - 1/4

tspSalt - to taste

Black salt - 1/4 tsp

Oil - 2 tsp

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Aloo Vada

Ingredients

FOR BATTER:

Gram Flour/Besan - 1 cup

Red Chilli Powder - 1 tsp

Saunf/Fennel seeds - 1 tsp

Garam Masala/All Spice Mix - 1/4 tsp

Salt - to taste

Baking soda/Meetha soda - a pinch

Oil - as required for frying

Tips

- Green peas is optional.
- Rest the batter for 10 minutes if you have time; else, you can use the batter immediately.
- The consistency of the batter should be thick yet flowing.

Aloo Vada

Directions

- **PREPARING THE POTATO MIXTURE:**

- Take 2 teaspoon oil in a pan and heat it.
- Add asafoetida, grated ginger, and green chilli. Sauté for a few seconds and then add green peas.
- Add turmeric powder, mix well, and sauté for a few seconds. Then, add mashed boiled potato. Mix well.
- Add fennel seeds, red chilli powder, salt, black salt, garam masala, and dry mango powder. Mix well and cook for a minute. Then, turn off the flame and let the mixture cool completely.

- **PREPARING THE BATTER:**

- In a bowl, add gram flour, red chilli powder, fennel seeds, and salt. Mix well and add water to make a thick batter of a flowing consistency.
- If you have time, rest the batter for 10 minutes; else, use it immediately. Add baking soda to the batter and mix well.

- **PREPARING THE ALOO VADA/KOFTE:**

- Heat oil for frying. Meanwhile, make small balls of the potato mixture.
- Once the oil is hot, dip the potato balls in the batter and fry them in the heated oil on a medium flame. When they turn golden brown, take them out on a tissue paper.
- Delicious 'Aloo Ke Kofte | Aloo Vada | Aloo Bonda' is ready to be served.

Punugulu



CRISPY, AND TASTY FRITTERS PREPARED FROM IDLI OR DOSA BATTER
BY RAMA DEVI , LOVELY MOM , FROM HYDERABAD

Prep Time
60 mins

Ready In
80-90 mins

Servings
10-12

Ingredients

Onion - 1 medium-sized, finely
chopped

Dosa batter - 1 cup

Coriander and curry leaves - 1/2
cup, finely chopped

Rice flour - 1 cup

Green chilli – 3, finely chopped or as
required

Fresh coconut - 2 Tbsp, finely
chopped

Oil - as required

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Punugulu

Directions

- In a bowl, add and mix properly dosa batter, onion, coriander and curry leaves, green chilli, fresh coconut, and rice flour to prepare a medium-consistency batter.
- Heat enough oil in a pan.
- Make small lemon-sized vadas by hand and drop them one by one into the hot oil.
- Keep the flame low to medium and stir occasionally.
- Fry the vadas until they turn golden and crisp all over.
- Transfer to a tissue paper or a kitchen towel to remove the excess oil.
- Delicious 'Punugulu' is ready to be served.

Tips

- For a softer version of punugulu, you can add maida (all-purpose flour).
- For a crisper version of punugulu, you can add rice flour to the batter.
- You can make punugulu in an appe pan too.
- Adjust the batter to a medium consistency.
- No need to add soda as we are already using a fermented batter.
- If you do not have idli or dosa batter, you can also prepare it by mixing curd and maida.
- You can also add grated coconut and grated carrot.
- Adjust the spiciness and serve it hot for a better taste.

Pav Patty Sandwich



A POPULAR, SPICY, AND DELICIOUS INDIAN BURGER
BY AVANI BHAYANI , LOVELY MOM , FROM MUMBAI

Prep Time
20 mins

Ready In
40 mins

Servings
1

Ingredients

Garlic - 3 tsp, crushed

Red Chilli Powder- 3 tsp

Water - 1/2 cup

Salt - as required

Potato – 3, boiled

Green chilli paste - 1 tsp

Turmeric powder - 1/2 tsp

Breadcrumbs - 1 Tbsp

Oil - as required

Butter - as required

Pav/Bun - 2

Coriander leaves - finely chopped, as required

Tomato - 1 big-sized slice

Onion - 1 big-sized slice

Cheese – grated, as required

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Pav Patty Sandwich

Directions

- Soak red chilli powder in the water.
- Now, in a mixer jar, grind crushed garlic, soaked red chilli, and salt to a fine paste and keep it aside.
- In a bowl, add and mix properly boiled potatoes, turmeric powder, salt, green chilli paste, and breadcrumbs.
- Now, shape a small portion of the mixture into a small ball and flatten it.
- Continue the process until all the mixture is used up.
- Heat some oil in a pan and place the patties.
- Shallow fry them until they become golden and crisp all over.
- Now, heat oil in another pan, sauté the above-prepared garlic chutney, and add some butter.
- Now, cut the pav from the centre and flip it on the masala mixture and move around in the centre so that the mixture sticks to the pav.
- Sprinkle some coriander leaves and flip it again and again.
- Now, transfer the pav pieces to the plate and place the shallow fried patties on it.
- Top it with the tomato and onion slices. Sprinkle some grated cheese on it.
- Cover it with another pav piece and garnish it with some grated cheese and coriander leaves.
- Delicious 'Pav Patty Sandwich' is ready to be served.

Pav Patty Sandwich

Tips

- Add veggies of your choice.
- You can also use potato slices instead of potato stuffing.
- If pav is not available, you can instead prepare a sandwich using bread.
- You can also use pav bhaji in it as a stuffing.
- Use cheese slices instead of grated cheese.
- Adjust the spiciness and serve it hot for a better taste.

Pittod Ki Sabzi



A TRADITIONAL DELICACY OF RAJASTHAN

BY NEENA MATHUR , LOVELY MOM , FROM RAJASTHAN

Prep Time
5 mins

Ready In
15-20 mins

Servings
2

Ingredients

INGREDEINTS FOR GRAVY:

Curd - 2 Tbsp

Coriander powder - 1 tsp

Red Chilli Powder/Lal Mirch Powder -
1/2 tsp or to taste

Salt - to taste

Asafoetida - a pinch

Cumin seeds - 1/2 tsp

Dry Mango Powder/Amchur - 1/4 tsp
or to taste

Green chilli - 1, chopped

Coriander leaves - as required for
garnishing

Ghee or oil - 1 Tbsp

INGREDIENTS FOR PITTOD:

Besan/Gram flour - 1/2 cup

Salt - to taste

Red Chilli Powder/Lal Mirch Powder - to
taste

Cumin seeds - 1/2 tsp Water - as required

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Pittod Ki Sabzi

Directions

PREPARING THE PITTOD:

- In a kadai, add gram flour, salt, red chilli powder, and cumin seeds.
- Add water to make a lump-free batter of a thin consistency. Now put the kadai on the flame.
- Cook the mixture on a high flame while stirring continuously.
- When the mixture thickens and comes together, turn off the gas and immediately transfer the mixture to a big plate.
- Spread the mixture evenly. Let it cool.

• PREPARING THE GRAVY:

- Heat ghee in a pan and melt it.
- Add asafoetida and cumin seeds. Let the cumin seeds splutter.
- In a bowl, add curd, red chilli powder, coriander powder, turmeric powder, and salt. Mix well.
- Add this mixture to the pan. Keep stirring the mixture and cook it on a medium flame.
- Add water to the residue of pittod in a kadai. Mix well.
- Add green chillies and dry mango powder. Mix again.
- Once the ghee appears on the top of gravy, add the water mixture to it. Mix well and cook it on a low flame.
- Cut the pittod in diamond shape or any other desired shape.
- Add pittod to the gravy. Cook it for a minute and then turn off the gas.
- Delicious 'Pittod Ki Sabzi | Rajasthani Pittod Ki Sabji' is ready to be served.

Pittod Ki Sabzi

Tips

- Do not throw the residue of pittod. You can add it to the gravy.
- You can avoid adding green chillies in the curry.
- You may adjust the spiciness according to your taste.

Hot Toast Pudding



A DELICIOUS DESSERT FOR EVERYONE, ESPECIALLY KIDS

BY RITU RAATHI , LOVELY MOM , FROM RAJASTHAN

Prep Time
5 mins

Ready In
10-12 mins

Servings
2-4

Ingredients

INGREDIENTS FOR PUDDING (for 1 serving) :

Rusk - 2

Cardamom powder - to taste

Saffron – a few strands

Chocolate chips - as required

Rose petals - as required

Raisins/Kishmish - as required

Sliced pistachios - as required

Sliced almonds - as required

Cinnamon powder - to taste

INGREDIENTS FOR CUSTARD:

Milk - 1 & 1/2 cup + 1/2 cup

Sugar - 4 tsp

Custard powder - 1 & 1/2 tsp

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Hot Toast Pudding

Directions

- **FOR PREPARING THE CUSTARD:**
- Boil 1 & 1/2 cup milk in a vessel.
- In a bowl, add 1/2 cup milk and custard powder. Mix well to make it lump-free. Add this mixture to the boiling milk. Mix well and stir continuously.
- Boil the milk until it thickens.
- Then, add sugar and mix well. Keep stirring and cook until it thickens. Then, turn off the flame.
- **FOR PREPARING THE HOT PUDDING:**
- Take a serving bowl and add custard.
- Then, put the rusk in it. Sprinkle cardamom powder, saffron strands, chocolate chips, rose petals, raisins, pistachios, almonds, and cinnamon powder.
- Delicious 'Hot Pudding | Hot Toast Pudding' is ready to be served.

Tips

- Instead of rusk, you can use either cake or fried bread.
- You can add nuts and dry fruits of your choice to the pudding.

Hariyali Aloo



A DELICIOUS INNOVATIVE SABJI

BY SHVETA SHETH , LOVELY MOM, FROM MUMBAI

Prep Time
2-3 mins

Ready In
7-8 mins

Servings
2

Ingredients

Boiled potato - 3, medium-sized
Onion - 1, small-sized
Tomato - 1, small-sized
Coriander leaves - a small bunch
Green Chilli - 1
Ginger - ½-inch piece
Garlic - 3 to 4 cloves

Turmeric powder - 1/4 tsp
Asafoetida/Hing - a pinch
Cumin seeds - 1 tsp
Coriander powder - 1/2 tsp
Cumin powder - 1/2 tsp
Salt - to taste
Oil - 1 tsp + 1 Tbsp

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Hariyali Aloo

Directions

- Grind coriander leaves, onion, tomato, ginger, green chilli, garlic, and a little salt in a grinder jar to make a smooth paste. Add a little water at a time, if required, to grind the ingredients.
- Heat 1 tsp oil in a pan.
- Add cumin seeds, turmeric powder, and asafoetida. Let the seeds crackle.
- Then, add the ground paste and mix well. Cover and cook it on a low flame for a minute.
- Meanwhile, heat 1 Tbsp oil in another pan.
- Add diced boiled potato and sauté. Add a little salt and sauté it on a medium flame.
- Once the potato turns crispy, turn off the flame.
- Add coriander powder and cumin powder to the gravy. Mix well, cover, and cook it.
- Add sautéed potato and mix. Add salt and mix well. Cook for a minute and then turn off the flame.
- Delicious 'Hariyali Aloo | Dhaniya Wale Aloo' is ready to be served.

Tips

- You can adjust the spiciness according to your taste by adding less or more green chilli.
- Do not overcook the potato, as it will be difficult to cut it.
- Adjust the consistency of the gravy as per your choice.

Sev Khamani



A POPULAR AND LIP-SMACKING GUJARATI SNACK

BY DEEPTI AGARWAL , LOVELY MOM , FROM AHMEDABAD

Prep Time

4-5 hrs

Ready In

6 hrs

Servings

2

Ingredients

Chana dal/Split chickpea - 1 cup

Water - as required

Green chilli - 3 to 4 for khaman and 3 for chutney

Ginger - 1 small piece each for khaman and chutney

Curd - 1/2 cup

Turmeric powder - a pinch
Salt - as required

Baking soda/Fruit salt - a pinch

Oil - 3 Tbsp

Mustard/Rai seeds - 1 tsp

Sesame /Til seeds - 1 tsp

Sugar - 3 Tbsp

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Sev Khamani

Ingredients

Lemon juice - 3 Tbsp for khamani
and 2 to 3 Tbsp for chutney

Cashew and raisins - 3 Tbsp,
chopped

Coriander leaves - a fistful

Zero sev/Indian snack/Nylon sev
- as required

Pomegranate seeds - as required

Onion - as required for
garnishing

Tips

- Add baking soda just before you steam the batter.
- No need to ferment the batter.
- Use fresh coriander for the chutney.
- Soak the chana dal for 4 to 5 hours.
- You can also prepare it with leftover dhokla.
- Adjust spiciness, sourness, and sweetness to your requirement.
- Serve it immediately for better taste.

Sev Khamani

Directions

- Soak the chana dal for 4 to 5 hours in water.
- Now, place the soaked dal into the mixer and add green chilli, ginger, and curd. Grind them together and add some water if required. The batter should have a medium consistency.
- Add turmeric, baking soda, and salt into it. Mix properly and steam it for 10 minutes on a high flame and another 10 minutes on a low flame.
- Cut the dhokla and allow it to cool. Place it into the mixer jar and coarsely grind it.
- Now, heat oil in a pan and add mustard seeds and sesame seeds. Add water and cover it on a low flame.
- Turn off the flame and add salt, sugar, lemon juice, and turmeric powder.
- Turn on the flame and add cashew, raisins, ground khaman, and mix properly. Cover and cook for 2 to 5 minutes.
- Meanwhile, grind coriander leaves, green chilli, ginger, lemon juice, and salt to a fine paste in a mixer jar.
- Now, grind together 2 to 3 tablespoons of ground khaman and water. Transfer to a bowl and keep aside.
- Further, take a bowl and place the khamni in it. Garnish it with the sev, pomegranate seeds, onion, coriander leaves, and the above-prepared coriander chutney.
- Delicious 'Sev Khamani' is ready to be served.

Protein Rich Paratha



A DELICIOUS AND HEALTHY MEAL FOR ALL

BY MRIDULA AMERIYA , LOVELY GRAND MOM, FROM RAJASTHAN

Prep Time
120 mins

Ready In
125 mins

Servings
2

Ingredients

Whole wheat flour - 1 cup	Red Chilli Powder/Lal Mirch Powder
Green gram/Moong dal with skin - 4 tsp	- to taste
Black gram/Urad dal - 2 tsp	Kasuri Methi/Dry Fenugreek Leaves
Bengal gram/Chana dal - 2 tsp	- 1 tsp
Pigeon peas /Arhar/Toor dal - 2 tsp	Saunf/Fennel seeds - 1 tsp
Red lentil/Masoor dal - 2 tsp	Coriander leaves - a handful,
Garam Masala/All Spice Mix - 1/2 tsp	chopped
Asafoetida/Hing - a pinch	Salt - to taste
	Oil - as required for roasting

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Protein Rich Paratha

Directions

- Wash and soak all dals for at least for 2 hours.
- Then, drain the water completely. Grind the dals to make a slightly coarse mixture.
- Now, in a bowl, add whole wheat flour, dal mixture, crushed kasuri methi, saunf, garam masala, asafoetida, red chilli powder, salt, and chopped coriander leaves. Mix well all the ingredients.
- Knead a soft dough using very little water.
- Now, take a dough ball bigger than a chapati dough.
- Dust it with flour and roll it to make small roti.
- Spread oil and fold it in half. Again spread the oil and fold it in half. Dust it with flour and roll it to make a round paratha.
- Meanwhile, heat a tawa. Cook the paratha on a low flame by applying some ghee.
- Once it turns nice golden brown on both the sides, take it out on a serving plate.
- Delicious 'Mix Dal Paratha | Protein Rich Paratha' is ready to be served.

Tips

- You can use the dal of your choice to make the paratha.
- Add spices of your choice but do add fennel seeds; they give a nice flavour to the dish.
- Cook the paratha on a low flame.
- You can make the dough in advance and refrigerate it.

Cut Mirchi Bajji



A POPULAR AND LOVED STREET FOOD AT OUR HOME
BY ARCHANA CHAKRAVARTHY , LOVELY MOM, FROM HYDERABAD

Prep Time

10 mins

Ready In

20 mins

Servings

1-2

Ingredients

Besan/Gram flour - 1 cup

Ajwain/Carom seeds - 1 tsp

Salt - as required

Red Chilli Powder/Lal Mirch Powder -
as required

Water - as required

Long chilli - 3-4 as required

Roasted cumin powder - 1 tsp

Dry Mango Powder/Amchur - as
required

Oil - as required for frying

Onion - 1, finely chopped

Coriander leaves - 1 tsp, finely
chopped

Black salt - as required

Chaat masala - as required

Lemon juice - 1 tsp

Roasted peanuts - as required for
garnishing

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Cut Mirchi Bajji

Directions

- In a bowl, add besan, ajwain, salt, and red chilli powder.
- Add water little by little and whisk the mix properly to avoid lumps. Make sure to prepare a thick batter and keep it aside.
- Take a long chilli, make a cut down the middle and deseed it. Keep it aside.
- Now, for the stuffing, add roasted cumin powder, ajwain, dry mango powder, salt, and some water a bowl and mix them properly.
- Thereafter, stuff the chilli with the above stuffing and coat the chilli with the besan mixture.
- Heat enough oil in a pan and place the chili into it.
- Fry it on a low to medium flame until it becomes golden and transfer it into a paper towel or tissue.
- Now, add onion, coriander leaves, black salt, chaat masala, and lemon juice in a bowl and mix them properly.
- Further, make a cut in the fried chilli and stuff the above mixture into it.
- Sprinkle some chaat masala and garnish it with the roasted peanuts. Lastly, cut it into pieces.
- Delicious 'Cut Mirchi Bajji | Mirapakaya Bajji | Andhra Style Stuffed Bajji' is ready to be served.

Cut Mirchi Bajji

Tips

- The batter should be thick.
- Deseed the chillies. If the seeds are not removed, the chillies will taste spicy.
- Fry the bajji on a medium flame, else the batter will not get cooked from the inside.
- If you do not have dry mango powder, you can use lemon juice also.
- Oil should be very hot and gas flame should be in medium.
- Adjust the spice and serve it hot for better taste.

Mini Pizza Cups



A UNIQUE WAY OF PREPARING MOUTH-WATERING PIZZA
BY DIVYA GANDHI , LOVELY MOM, FROM PUNE

Prep Time
15 mins

Ready In
25 mins

Servings
3

Ingredients

Bread - 4 to 5 slices
Capsicum (red, green, yellow) - 2 cups
Carrot - 1 cup
Corn - 1 cup
Onion - 2 cups
Mayonnaise - 1 Tbsp
Pizza sauce - 1 Tbsp

Oregano - 1 tsp
Black pepper powder - 1 tsp
Tomato sauce - 1 Tbsp
Oil - as required
Mozzarella cheese – grated, as required
Chilli flakes - as required

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Mini Pizza Cups

Directions

- Cut each of the bread slices into a round shape and keep it aside.
- Now, take a bowl and add capsicum, carrot, onion, corn, mayonnaise, pizza sauce, oregano, black pepper powder, and tomato sauce and mix them properly.
- Further, take an appe pan and grease it with oil and place the round-shaped bread slice and press it to give a cup shape.
- Add the above filling in it and top it with grated cheese and chilli flakes.
- Turn on the flame, cover and cook it for 3 to 4 minutes on a low to medium flame. Then, turn off the flame.
- Delicious 'Mini Pizza Cups' are ready to be served.

Tips

- Instead of grated cheese, you can also use cheese cubes or cheese slices.
- If you do not have an appe pan, you can use a small bowl and place it in an idli steamer. You can also add tomato and cucumber.
- Mayonnaise can be replaced with hung curd.
- You can add chilli flakes and black pepper powder in tomato sauce, mix it, and use it instead of pizza sauce if you do not have it.
- You can also use butter or ghee instead of oil for greasing the appe pan.
- You can give a desired shape to the bread slice, such as a star or a triangle and stuff the filling and also roast it on a pan.

Methi Vada



AN AUTHENTIC AND POPULAR GUJARATI SNACK
BY DIVYA DAMANI MOHTA , LOVELY MOM, FROM KOLKATA

Prep Time
15 mins

Ready In
30 mins

Servings
3

Ingredients

Sooji/Semolina - 1(1/2) cup
Besan/Gram flour - 1 cup
Methi/Fenugreek leaves - 1 cup,
chopped or as required
Sugar - 2 Tbsp
Salt - 1 Tbsp or as required
Til/Sesame seeds - 1 Tbsp

Green chilli - finely chopped, as
required
Black pepper powder - as required
Baking soda - 1 tsp or as required
Water - as required
Oil - as required

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Methi Vada

Directions

- In a bowl, add and mix well sooji, besan, sugar, salt, green chilli, til, and black pepper powder and allow it to rest for 10 minutes.
- Now, add methi, 2 Tbsp hot oil, and baking soda.
- Mix properly and make a batter of medium consistency.
- Heat oil in a pan.
- And when the oil becomes moderately hot, add a spoonful of the batter to the hot oil.
- Deep fry the vada on a medium to high flame until golden and crisp.
- Transfer it to a tissue paper to remove its excess oil.
- Delicious 'Methi Vada' is ready to be served.

Tips

- Use fresh methi leaves.
- The more we beat the batter, the spongier the vada will be.
- Rest the batter for 10 minutes.
- Serve it hot for a better taste.

Sindhi Koki



A POPULAR AND LIP-SMACKING DISH FROM SINDHI CUISINE
BY ROSHNI RAHINDANI , LOVELY MOM, FROM AHMEDABAD

Prep Time
20 mins

Ready In
35 mins

Servings
2

Ingredients

Whole wheat flour - 1 cup	Cumin /Jeera seeds - as required
Green chilli – 1, finely chopped	Red Chilli Powder/Lal Mirch Powder
Onion - 1 large-sized, finely chopped	- as required
Methi leaves/Fenugreek leaves -	Oil - 2 to 3 Tbsp or as required for
finely chopped, as required (optional)	moim and as required for roasting
Coriander leaves - finely chopped, as	Water (at room temperature) - as
required	required
Salt - as required	

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Sindhi Koki

Directions

- In a bowl, add and mix onion and salt and allow it to marinate for 5 to 10 minutes.
- Keep it aside. In a large bowl, add and mix properly whole wheat flour, green chilli, onion, methi leaves, coriander leaves, salt, cumin seeds, red chilli powder, and oil.
- Make sure that the mixture holds the shape when pressed with a fist; else, add some more oil.
- Now, add water little by little and gather the mixture to prepare the dough.
- Further, take a generous amount of dough for koki; it is more than what we take for making rotis or parathas. Roll it just enough to flatten it.
- Heat a tawa/griddle and place the above-rolled dough on it.
- Slightly roast it on both sides by applying some oil while keeping the flame high.
- Remove the koki from the tawa and roll it again. Keep it thick.
- Now, place it on the tawa again and roast it properly on both sides on a medium flame.
- Apply oil on both sides and gently press it.
- Flip it again and again until it cooks properly on both sides.
- Delicious 'Koki | Sindhi Koki' is ready to be served.

Sindhi Koki

Tips

- Instead of cumin seeds, you can also add cumin powder.
- You can also use ghee instead of oil during the winters.
- Marinate the onion; marination helps it to stick to the flour properly.
- To prepare a koki, it is preferable to take a comparatively larger portions of the dough to get perfect thickness.
- Make sure that the flour mixture holds the shape when pressed with a fist; else, add some more oil.
- It is necessary to double cook the koki, to make it a bit more flaky than chewy. It can also be prepared without onions.
- So, just skip adding onions to the flour while forming the dough and add black pepper powder instead of red chilli powder.
- The rest of the recipe is exactly the same.
- Adjust the spiciness and serve it hot.

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...".

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Thank you!!

Enjoy!