

UNEDITED LIVE
RECIPES

Women's Day Special
Issue
MARCH 2021

जो दिखता है !
वही बनता है !!

ZAYKA KA TADKA



LIVE FROM THE KITCHENS OF MOMS OF INDIA



The Super Chef Moms of India



Founder's Words



Namaskar!

Wishing all our readers/viewers a **Very Happy Women's day**. Zayka Ka Tadka celebrates women each and every day!

Zayka Ka Tadka is a platform founded by Women and is very effectively and affectionately run by women! In this edition of the magazine with great happiness we bring forward the wonderful women behind the scenes of Zayka Ka Tadka who are instrumental in the planning , implementation and execution of the channel for our viewers ! Big shout out and hearty Thanks to our dear **Poonam Kumawat , Roshni Prajapati, Shobana Ramanathan, Reshma Rai and Dhananjay Kumawat!**[Left to Right] for always being there as strong pillars of our team!

Over our journey of few years we have been privileged to meet many incredible strong women whose determination, grit , talents have amazed us and inspired us! In this magazine we bring together some of the most special recipes of our journey covering many visually challenged moms, very senior grand moms and many other loving moms .

Equally important are all our viewers, specially women who have showered so much love on us and the mom chefs. Your appreciation and love is our strength! You have proved that Every Woman's success should be an inspiration to another . We are strongest when we cheer each other and rise together!

This edition is proudly dedicated to the all the strong women out there , May we always stand strong together and raise each other up!



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Mix Vegetable Koorma & Poori



A YUMMY MEAL FOR ALL

BY ASHA SHIVRAJ , A VISUALLY CHALLENGED MOM , FROM
KARNATAKA

Prep Time
5 mins

Ready In
20-25 mins

Servings
5-6

Ingredients

FOR POORI:

Whole wheat flour - 1 cup

Fine semolina - 1/2 cup

Salt - to taste

Sugar - 1 to 2 pinch

Water - as required

Oil - for frying

FOR MIX VEGETABLE KORMA:

Carrot - 2, chopped in small cubes

Beans - 200 grams, chopped

Turnip/Shalgam - 200 grams,
chopped in small cubes

Peas - 1 cup

Beetroot - 1 big-sized, chopped in
small cubes

Potato - 1 big-sized, chopped in small
cubes

Mustard seeds - 1/4 tsp

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Mix Vegetable Koorma & Poori

Ingredients

| | |
|--|---|
| Onion - 1 medium-sized, chopped in small cubes | Fresh grated coconut - 1/4 cup |
| Cumin/Jeera seeds - 1/2 tsp | Coriander leaves - a handful + for garnishing |
| Curry leaves - a sprig | Roasted Bengal gram/Daaliya - 2 Tbsp |
| Oil - 2 Tbsp | Sambhar powder - 2 Tbsp |
| Salt - to taste | Green cardamom - 2 |
| FOR MASALA: | Cloves/Laung - 4 |
| Onion - 1 medium-sized | Black peppercorns - 5 to 6 |
| Tomato - 1 big-sized | Garlic - 4 cloves |
| Tamarind - to taste | Ginger - a 1-inch piece |

Directions

- **PREPARING THE DOUGH:**
- In a bowl, add whole wheat flour, fine semolina, salt, and sugar. Mix well and make a medium-soft dough by adding water. Keep the dough to rest for an hour.
- **PREPARING MIX VEGETABLE KORMA:**
- Heat a pressure cooker. Add mustard seeds and cumin seeds. Let them splutter.
- Add curry leaves. Then, add one chopped onion. Sauté it for 2 minutes on a low flame.

Mix Vegetable Koorma & Poori

Directions

- Meanwhile, prepare the masala. Grind coriander leaves, tamarind, fresh grated coconut, roasted gram dal, sambhar masala, green cardamom, cloves, black peppercorns, garlic, ginger, tomato, and onion in a grinder jar to a smooth paste by adding a little water.
- After the onion gets translucent, add the ground paste to it. Sauté and cook on a high flame until the raw smell is gone.
- Once the aroma of masala comes, add chopped onion, beans, turnip, beetroot, peas, and carrot. Mix well and sauté for 30 seconds.
- Then, add 2 cups of water to it. Mix well. Add salt to it. Mix well again.
- Close the lid of the pressure cooker and cook the ingredients on a medium flame for 2 whistles.
- Once done, turn off the gas and let the contents in the cooker cool down.
- **PREPARING THE POORI:**
- Heat oil in a kadai for frying. Take a small ball of the dough and dust it with some flour. Roll it into a small poori using a rolling pin.
- Once the oil is hot, fry the poori. Fry it on both the sides. Once done, take it out on a plate.
- Garnish the Mix Vegetable Korma with coriander leaves.
- Yummy 'Mix Vegetable Korma With Poori' is ready to be served.

Dal Baati Churma



A TRADITIONAL RAJASTHANI THALI LOVED BY ONE AND ALL
BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time
10 mins

Ready In
40 mins

Servings
4

Ingredients

FOR THE BAATI:

Whole wheat flour - 2 cups

Semolina/Sooji - 1/4 cup

Ghee - 2 to 4 Tbsp + as required for skin - 1 Tbsp

roasting and serving

Ajwain/Carom seeds - 1/4 tsp

Salt - to taste

Baking soda/Meetha soda - 1/4 tsp Tbsp

FOR THE DAL (PANCHMEL DAL):

Arhar/Toor dal/Pigeon peas - 1 Tbsp

Moong Dal/Green gram without

Masoor Dal/Red lentil - 1 Tbsp

Chana dal/Bengal gram - 1 Tbsp

Urad dal/Black gram without skin - 1

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Dal Baati Churma

Ingredients

| | |
|---|---|
| Green chilli – 2, chopped | Ghee - 1 tsp + 2 Tbsp |
| Ginger – a ½-inch piece | Coriander leaves - 1 Tbsp, chopped |
| Dry red chilli - 2 | FORTHECHURMA/CHOORMA: |
| Turmeric powder - 1/2 tsp | Whole wheat flour - 2 cups |
| Kashmiri Red Chilli Powder - 1/2 tsp or to taste | Semolina/Sooji - 1/4 cup |
| Garam Masala/All Spice Mix - a pinch | Ghee - 3 to 4 Tbsp + 2 tsp + as required for making churma |
| Cumin seeds - 1/2 tsp | Powdered sugar - 2 Tbsp or to taste |
| Asafoetida/Hing - a pinch | |
| Salt - to taste | |

Directions

- **FOR PREPARING THE BAATI:**
- Add whole wheat flour, semolina, salt, carom seeds, baking soda, and 2 to 4 Tbsp melted ghee in a bowl. Mix well.
- Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more melted ghee.
- Add water to make a medium-soft dough, just as we prepare the dough for poori. Divide the dough into equal parts.
- Meanwhile, take a pressure cooker. Remove its whistle and heat it on a high flame.
- Make balls out of the dough. Once the pressure cooker gets heated, lower the flame.

Dal Baati Churma

Directions

- Pour 1 teaspoon ghee in the pressure cooker. Then put the balls in it . Keep the number of baatis limited and place them at a distance from one another so that they do not overlap.
- Close the lid and let it roast/bake on a low flame for 15 to 20 minutes.
- After every 2 to 3 minutes, open the lid and turn the baatis over so that they will roast evenly and perfectly on all the sides.
- You can add more ghee for roasting in between. Once the baatis turn nice golden brown and crack a little bit, they are perfectly cooked.
- Once cooked, take them out and dip them in melted ghee.
- **PREPARING THE CHOORMA/CHURMA:**
- Add whole wheat flour, semolina, 2 to 4 Tbsp melted ghee in a bowl. Mix well.
- Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more melted ghee.
- Add water to make a medium soft dough, just as we prepare the dough for poori.
- Divide the dough into equal parts. Cook the baati by following the procedure as above.
- Once cooked, take them out. Let them cool a little bit. Then, crush the baati using a grinder.
- Transfer to a bowl. Add powdered sugar and melted ghee. Mix well. Choorma/Churma is ready.

Dal Baati Churma

Directions

- **PREPARING THE DAL:**
- Wash and soak all the dals for 10 to 15 minutes. Now, heat a pressure cooker and melt ghee in it.
- Roast the soaked dal in it for 2 minutes.
- Then, add water (water should be 4 times more than the dal), salt, and turmeric powder and pressure cook it for 2 to 3 whistles.
- Once cooked, let it cool. Then, transfer the dal to a serving bowl.
- Take a tadka pan, add 2 Tbsp ghee and melt it. Then, sauté asafoetida, cumin seeds, and dry red chilli for a few seconds.
- Then, add chopped ginger and green chilli. Saute again. Finally, add Kashmiri red chilli powder.
- Add 1/2 tsp water to prevent the red chilli powder from burning. Then, turn off the gas.
- Sprinkle garam masala on the cooked dal.
- Then, pour the tadka over it. Garnish the dal with chopped coriander leaves.
- Delicious 'Dal Baati Churma | Rajasthani Dal Bati Choorma' is ready to be served.

Dal Baati Churma

Tips

- The baati should be roasted on a low flame and the pressure cooker should be tilted after every 2 to 3 minutes to roast.
- Baati will be better if a little coarse whole wheat flour is used. But if coarse whole wheat flour is not available you can use normal whole wheat flour with a little quantity of semolina/sooji as well.
- The dough for the baati should be kneaded medium-soft (as is kneaded for poori).
- Roast the baati evenly on all the sides.
- Finally, the baati should be dipped in melted ghee.
- For choorma/churma, sugar can be added according to taste.
- Chopped roasted dry fruits can also be added to add crunch to the dish. The soaked dal should be roasted in a little ghee to give it a nice flavour.
- Traditionally, a tadka of ginger and green chilli is used for the dal, but onion and tomato can also be added to the tadka if preferred.
- The consistency of the dal can be adjusted according to .

Aloo Chaap



A FAMOUS AND VERY DELICIOUS SNACK ITEM OF BIHAR
BY LATE ANTARI DEVIJI, A LOVELY GRAND MOM, FROM BIHAR

Prep Time
5 mins

Ready In
10 mins

Servings
2-3

Ingredients

For Batter:

Besan/Gram flour - 1 cup

Salt - to taste

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

Fennel seeds - 1/2 tsp

Coriander powder - 1/2 tsp

Water - as required to make the batter

For Potato Mix:

Potato - 2, boiled

Onion - 1, chopped

- a pinch

Salt - to taste

Coriander powder - a pinch

Chopped coriander - 1 Tbsp

Oil - for frying

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Aloo Chaap

Directions

- In a bowl, add besan, salt, red chilli powder, coriander powder, and fennel seeds.
- Make a batter of medium thick consistency using water.
- In another bowl, add mashed potato, chopped onion, red chilli powder, coriander powder, salt, and chopped coriander leaves. Mix well.
- Meanwhile, heat oil in a kadai.
- Now, make small balls of potato mix.
- Dip the balls in the batter and coat them with it.
- When the oil is hot, fry the balls on a medium flame until the colour changes to golden brown.
- When done transfer to a plate.
- Yummy 'Aloo Chaap' is ready to be served.

Malai Mysore



A DELICIOUS AND VERY-QUICK-TO-MAKE SWEET
BY KAVITA SENDHANI , A LOVELY GRAND MOM, FROM GUJARAT

Prep Time
0 mins

Ready In
10 mins

Servings
4-6

Ingredients

Homemade Cream/Malai - 1 cup

Sugar - 3/4 cup

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Malai Mysore

Directions

- Heat sugar and malai in a pan on a medium flame.
- Cook the mixture while stirring continuously in one direction until it changes its colour and ghee leaves the sides.
- This process will take around 10 minutes.
- Once done, transfer the mixture to a plate or mould.
- Let it cool for 5 minutes.
- Then cut it into pieces. Let it cool completely.
- Yummy 'Bhagwan Ka Bhog | Malai Mysore' is ready to be served.

Tips

- The mixture should be stirred continuously in one direction to avoid burning it at the bottom.
- The mixture should be cooked until its colour changes and the ghee leaves it.

Raw Papaya Chutney



A BENGALI DELICACY

BY MONISHA SARKAR , A LOVELY MOM, FROM BENGAL

Prep Time

45 mins

Ready In

1 hrs 5 mins

Servings

3

Ingredients

| | |
|---|---|
| Sliced Raw papaya/Kaccha papita - 1 cup | Salt - to taste |
| Oil - 1 to 2 tsp | Water - 1 cup |
| Dry red chilli - 2 nos | Sugar - 1 cup |
| Bay Leaf/Tej Patta - 1 no | Ambe Halad/Mango Ginger/Aam |
| Panch Phoran (fenugreek seeds, fennel seeds, black cumin seeds, white cumin seeds, and mustard seeds) - 1/2 tsp | Adrak - to taste |
| | Aam papad - to taste |
| | Lemon juice - to taste |
| | Roasted cumin seeds and dry red chilli powder - 1 & 1/2 tsp |

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Raw Papaya Chutney

Directions

- Cut thin slices of raw papaya and soak in water for 30 to 45 minutes.
- In a wok, heat oil, and cook slit dry red chilli, bay leaf, and panch phoran on a medium flame.
- Add the papaya slices, mix well, and cook for 2-3 minutes.
- Now, put salt to taste, 1 cup sugar and water, mango ginger, and aam papad, and mix well. Cover with a lid and cook for 15 minutes.
- After cooking on a medium flame, turn off the flame, and at this step add lemon juice, roasted cumin seeds, and dry red chili powder. Mix well.
- 'Raw Papaya Chutney | Plastic Chutney' is ready to serve with hot puri, roti, or paratha.

Tips

- The thin slices of raw papaya should be put in regular water.
- Soaking time must be a minimum of 30-45 minutes and a maximum of 60- 120 minutes.
- Normal or any flavourless cooking oil can be used.
- This chutney can be preserved in a refrigerator for one week.
- Julienned ginger can be put in the chutney instead of mango ginger.
- Cumin seeds and dry red chilli should be dry roasted and ground to make a powder for additional flavour.

Khakhra



A DELICIOUS, HEALTHY SNACK AND TRAVEL MEAL
BY PUSHPA ASHER , A LOVELY GRAND MOM , FROM GUJARAT

Prep Time
10 mins

Ready In
20-25 mins

Servings
6-8

Ingredients

Khichdi - 1 cup

Whole wheat flour - 1 cup + for
dusting

Dill leaves/Fenugreek

leaves/Spinach leaves - 1 cup

Green chilli paste - 1 tsp

Jaggery - 1 lemon-sized piece

Turmeric powder - 1/4 tsp

Asafoetida/Hing - a pinch

Sesame seeds - 1 tsp

Ajwain/Carom Seeds - 1 tsp

Kalonji/Onion seeds - 1 tsp

Salt - to taste

Oil - 1 Tbsp + 1 tsp

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Khakhra

Directions

- Sauté the dill leaves or any other leaves with some oil. Keep aside.
- Heat oil in a pan. Add khichdi and sauté it for a minute.
- Add jaggery, sesame seeds, kalonji, carom seeds, green chilli paste, turmeric powder, asafoetida, sautéed dill leaves, and salt and mix well. Cook it for 2 minutes.
- Turn off the gas and add whole wheat flour. Mix well.
- Add 1 teaspoon oil and knead the dough.
- Take a small, lemon-sized ball. Dust it with flour and roll it thin.
- Meanwhile, heat a tawa. Cook the khakhra on a low-medium flame.
- Once cooked and crisp, take it out. Cut into 4 pieces.
- Delicious 'Khakhra | Full Meal Khakhra' is ready to be served.

Tips

- Any leafy vegetables such as methi/fenugreek leaves, spinach/palak, coriander leaves can be used.
- The gas should be turned off before adding the wheat flour.
- Water should not be added to make the dough.
- The dough should be kneaded to make it smooth and soft.
- The khakhra must be cooked on a slow to medium flame for it to be ready and crisp on both the sides.
- This khakhra can be stored in an airtight container for about 2 months.

Aloo Sandwich



A TRULY MOUTH-WATERING SNACK

BY SUSHMEETA BUBNA , A VISUALLY CHALLENGED MOM , FROM
MUMBAI

Prep Time

5 mins

Ready In

15 mins

Servings

2

Ingredients

Brown bread slices - 4

Potato - 2, boiled

Tomato - 4 slices

Onion - 2 slices

Capsicum - 2 slices

Turmeric powder - a pinch or two

Salt - to taste

Red Chilli Powder/Lal Mirch

Powder - 2 pinches

Mustard seeds - 1/4 tsp

Green chutney - as required

Butter - as required

Oil - 1 tsp

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Aloo Sandwich

Directions

- Peel and mash the boiled potato.
- Then, add salt, turmeric powder, and red chilli powder. Mix well.
- Heat oil in a pan.
- Add mustard seeds and let them splutter.
- Then, add potato mixture and sauté it for a couple of minutes. Then let it cool. Apply butter on the bread slices.
- Spread green chutney on a bread slice.
- Then, put the potato masala on it. Put 1 onion, 2 tomato, and 1 capsicum slice on it.
- Sprinkle salt over the veggies. Cover it with another bread slice.
- Spread butter on the sandwich and put it in the gas toaster.
- Toast the sandwich on both the sides until it turns light golden.
- Then, take it out and cut it into 2 pieces.
- Delicious 'Aloo Sandwich | Mumbai Famous Masala Toast' is ready to be served.

Tips

- The spices should be mixed well in the mashed potato before sautéing the mix.
- A sandwich maker, a gas toaster, or even a tawa can be used for making it.

Set Dosa



A POPULAR AND HEALTHY BREAKFAST OPTION
BY ARCHANA CHAKRAVARTHY , A LOVELY MOM , FROM
KARNATAKA

Prep Time
8 hrs

Ready In
8 -9 hrs

Servings
2

Ingredients

| | |
|---|------------------------------------|
| Oil - as required | Poha/flattened rice - 2 cups |
| Ghee - as required | Dana methi/Fenugreek seeds - 1 tsp |
| Whole Urad dal/Husked black gram - 1 cup | Water - as required |
| Rice - 4 cups | Salt - as required |

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Set Dosa

Directions

- Wash and soak urad dal, poha, dana methi, and rice in separate large vessels for 4 hours.
- Drain the water and grind each of them separately to a smooth and fluffy batter.
- Collect all of them into a large bowl, add salt, and mix well.
- Cover and allow the batter to ferment in a warm place for 8 to 12 hours or overnight.
- If next day you can see that the batter has risen well, it indicates that it is well fermented.
- Further, scoop the required batter in a different bowl.
- Heat a pan, grease it with oil and pour a ladleful of the batter on it and spread it in a circular motion to prepare a thick, circular dosa. Keep the flame low to medium.
- Now, smear a little ghee over it and then cover the dosa for a minute and cook until the bottom turns golden and crispy.
- Flip and gently press it.
- Allow it to cook for a few seconds and then turn off the flame.
- Delicious 'Set Dosa - Bangalore Famous Breakfast' is ready to be served.

Set Dosa

Tips

- Although oil or butter or ghee can be used but using ghee will enhance its taste.
- It should be ensured to heat the pan before placing the batter in it. If a cast iron pan is being used, the flame should be kept at low to medium, and if it is a non-stick, pan, the flame should be kept at medium.
- As set dosa is thicker and fluffier than the regular dosa, so it must be prepared thick.
- The proportion is very important for preparing the perfect dosa. Rice:urad dal:poha should be 4:1:2. In this recipe, regular rice was used, but dosa rice, if available, can also be used.
- Urad dal, poha, rice, and methi should be soaked separately for at least 4 hours.
- It should be ensured that the soaked ingredients are ground to a superfine fluffy batter.
- Fermentation completely depends on the weather, so the batter for fermentation should be kept in a warm place for at least 8 to 12 hours or overnight.
- This dish should be served hot for a better taste.

Kadhi Pakora



A FAMOUS INDIAN DISH
BY MANJU SARAF , A LOVELY MOM , FROM GURGAON

Prep Time
10 mins

Ready In
20 mins

Servings
2

Ingredients

| | |
|--|--|
| Fresh Dahi/Curd - 1 cup | Besan/Gram flour - 2 Tbsp (for pakora) |
| Besan/Gram flour - 1 Tbsp | Chopped ginger - 1 pinch |
| Water - as required | Chopped green chilli - 1 pinch |
| Turmeric/Haldi powder - 1/2 tsp | Red Chilli Powder/Lal Mirch Powder - 1/2 tsp |
| Salt - to taste | Dry red chilli - 1 no |
| Chopped Coriander leaves - 1 tsp and then some for garnish | Ginger, curry leaves, and chopped green chilli - 1 tsp |
| Ghee - 1 to 2 tsp | Asafoetida/Hing powder - 1 pinch |
| Mustard seeds/Rai - 1 tsp | |
| Cumin/Jeera seeds - 1 pinch | |

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Kadhi Pakora

Directions

- In a bowl, take the curd, besan, and a little water.
- Whisk all in a mixer together. In a cooking pot, add the whisked curd mixture and turmeric powder, and cook it on a medium flame. Keep mixing till it comes to a boil.
- Meanwhile, prepare the batter for pakora.
- Take besan, chopped green chilli and coriander leaves, red chilli powder, and salt to taste. Mix well together.
- Add some water and mix the batter continuously with hands for 1 to 2 minutes.
- Put a small quantity of the batter one by one in the frying pan to fry the pakora.
- Fry the pakora in hot oil on a medium flame for 5 minutes.
- After that, put the pakora in water for 5 minutes for making them soft.
- After 5 minutes of boiling the kadhi, add the soft pakora to it.
- To prepare the tempering for kadhi pakora, heat clarified butter, add mustard seeds, dry red chilli, 1 pinch hing powder, chopped ginger, green chilli, and curry leaves together.
- Pour the tempering over the kadhi pakora and cover with a plate.
- Serve the 'Kadhi Pakora | Kadhi Pakoda' with hot roti, paratha, or steamed rice.

Kadhi Pakora

Tips

- If the curd is sour, more gram flour must be added.
- When the batter is whisked for 1 to 2 mins, the pakoda becomes nice and fluffy.
- Instead of clarified butter, oil can be used for tempering.
- To retain its flavour, the kadhi pakoda should be covered with a plate after tempering it.
- To make the fried pakoda soft, soak them in water for 5 minutes and drain out the water.

Tomato Bath & Coconut Chutney



AN EASY TEMPTING CLASSIC COMBINATION

BY RAJALAKSHMI MAHESH , A VISUALLY CHALLENGED MOM ,
FROM KARNATKA

Prep Time

5 mins

Ready In

35 mins

Servings

7-8

Ingredients

FOR TOMATO BATH:

Rice - 2 cups

Water - 4 cup

Groundnuts - 1/2 cup

Green chilli - 5 to 7 or according to
taste

Onion - 2, finely chopped

Tomato - 6, medium-sized

Green peas - 1 cup

Salt - to taste

Red chilli powder - 1 tsp

Oil - 6 Tbsp

FOR MASALA:

Fresh coconut - 1 cup

Tomato - 1

Ginger - a 1-inch piece

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Tomato Bath & Coconut Chutney

Ingredients

| | |
|------------------------------|----------------------------------|
| Garlic - 5 to 6 cloves | Tamarind water - 1 lemon-sized |
| Cinnamon - 1 small stick | ball of tamarind soaked in water |
| Cloves/Laung - 4 | Green chilli - 7 or to taste |
| Turmeric powder - a pinch | Coriander leaves - a handful |
| Sambhar powder - 1/2 tsp | Curry leaves - a handful |
| Tamarind water - to taste | Water - 1/2 cup |
| Curry leaves - a few | Oil - 2 Tbsp |
| FOR COCONUT CHUTNEY: | Mustard seeds - 1/2 tsp |
| Fresh grated coconut - 1 cup | Urad dal - 1/2 tsp |
| Salt - to taste | Garlic - 4 cloves |

Directions

PREPARING MASALA:

- Grind fresh grated coconut, tomato, ginger, garlic, cinnamon, cloves, turmeric powder, sambhar powder, tamarind water, and curry leaves in a grinder jar to a smooth paste.

PREPARING TOMATO BATH:

- Heat oil in a pressure cooker. Add groundnuts and sauté them.
- Then add slit green chillies and sauté again.
- Add finely chopped onion and sauté the mix on a medium flame for 2 to 3 minutes.
- Once the onion turns pinkish, add chopped tomato. Mix and cook until the tomato becomes soft.

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Tomato Bath & Coconut Chutney

Directions

- Then, add ground masala to it. Mix well and cook on high flame for 2 minutes.
- Add green peas and salt. Mix well.
- Then add 4 cups of water to it. Mix well. Bring it to a boil. Once boiled, add washed rice to it. Mix well.
- Add red chilli powder and mix well. Close the lid of the pressure cooker and cook the rice for 3 whistles on a high flame.
- Once done, turn off the flame and let the cooker cool down.
- After the cooling is complete, open the lid and garnish the tomato bath with coriander leaves.
- **PREPARING THE COCONUT CHUTNEY:**
- Grind fresh grated coconut, tamarind water, salt, green chilli, coriander leaves, half of the curry leaves, and water in a grinder jar to a smooth paste.
- Now, add oil to a kadai or pan and heat it. Add mustard seeds and let them splutter. Then, add crushed garlic to it and sauté it.
- Then, add black gram lentil without skin and sauté it. After that, turn off the gas.
- Add curry leaves and mix well. Add ground chutney to the kadai and mix well. The chutney is ready.
- Yummy 'Tomato Bath & Coconut Chutney' is ready to be served.

Dahi Bhindi



A TANGY AND LIGHTLY-SPICED CURRY

BY NEELAM SHAH, A LOVELY MOM, FROM MUMBAI

Prep Time

15 mins

Ready In

35 mins

Servings

3-4

Ingredients

Curd - 1/2 bowl/1 cup

Oil - as required for frying

Dana methi/Fenugreek - 1/4 tsp

Split and dehusked black gram

lentils/split urad dal - 1/4 tsp

Mustard seeds - 1/4 tsp

Cumin/Jeera seeds - 1/2 tsp

Curry leaves - 4 to 5

Asafoetida/Hing - a pinch

Turmeric powder - 1/2 tsp

Green chillies - 2, slit

Sugar - 1/4 tsp (or as required)

Salt - 1 tsp (or as required)

Okra/bhindi - 1 bowl/2 cups, slit

Coriander leaves - as required for garnishing

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Dahi Bhindi

Directions

- Heat oil in a pan, add fenugreek seeds, split urad dal, mustard seeds, cumin seeds, curry leaves, hing, turmeric powder, and green chillies. Mix all the ingredients on a medium flame.
- Take a bowl of curd and add the above tadka to it.
- Add sugar, salt, and mix it well.
- Further, heat oil in a pan and add bhindi to it. Fry till the bhindi cooks well all over and changes its colour to dark green. Keep the flame medium to high.
- Now, remove it and place it on a tissue paper to remove its excess oil. Place the fried bhindi into the curd and mix it well.
- Delicious 'Dahi Bhindi | Dahi Wali Bhindi' is ready to be served. You can serve it hot as well as cold.

Tips

- Small, fresh, and tender bhindi that is bright green in colour should be chosen.
- Fresh curd should be used to prepare dahi bhindi, as sour curd does not taste great.
- The bhindi should be washed and dried well before it is chopped; else, it will be sticky.
- Dahi bhindi can be had cold also.

Rava Onion Dosa



A QUICK AND EASY BREAKFAST AND SNACK FOR ALL
BY DURGA SAIRAM , A LOVELY GRAND MOM , FROM CHENNAI

Prep Time
30 mins

Ready In
35 mins

Servings
4-6

Ingredients

Rava/Semolina - 1 cup

Rice flour - 1 cup

Sour buttermilk or curd - 3/4 cup

Onion – 1, finely chopped

Fresh coconut - 1 Tbsp, finely
chopped

Cumin seeds - 1/2 tsp

Mustard seeds - 1/2 tsp

Curry leaves – a few, finely chopped

Asafoetida/Hing - a pinch

Salt - to taste

Oil - as required + 1 tsp for tadka

Ghee - as required

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Rava Onion Dosa

Directions

- In a bowl, add and mix well together semolina, rice flour, and butter milk. Keep aside for half an hour to rest.
- After half an hour, add water to the batter for a watery consistency.
- **PREPARING TADKA:**
- Heat one tsp oil in a tadka pan.
- Add mustard seeds, cumin seeds, asafoetida, and chopped curry leaves.
- Add this tadka to the batter. Mix well.
- Add salt, finely chopped fresh coconut, and onion to the batter. Mix well.
- Now, heat a tawa. The dosa batter should be watery; but if it is not, then add more water to it. Mix well.
- Once the tawa is heated, lower the flame. Pour the batter from the edges to the centre.
- Pour the batter on the tawa so that it spread on its own. Cook the dosa on a low flame.
- Pour some oil and ghee on the top. Once the dosa turns nice golden brown and crisp, flip it over, and cook it on other side as well.
- When done, take it out on a plate.
- Yummy 'Rava Onion Dosa' is ready to be served with coconut chutney.

Rava Onion Dosa

Tips

- The consistency of the batter should be watery to make the dosa crispy.
- The tawa should be wiped with a tissue after every dosa so that the batter spreads evenly.
- The ladle or the spatula should be dipped in water for half an hour to make it easier to remove the dosa.
- Finely chopped green chilli or black pepper powder may be added to the batter if so desired.
- Refined flour can be added to the batter if so desired.
- Curd can also be used but it should be ensured that it is sour.

Mumbai Special Roti Sandwich



A DELICIOUS AND HEALTHY SANDWICH

BY SHVETA SHETH , A LOVELY MOM , FROM MUMBAI

Prep Time
5 mins

Ready In
10 mins

Servings
1

Ingredients

Roti or leftover roti - 1

Tomato ketchup - as required

Boiled potato slices - as required

Sliced onion - as required

Sliced cucumber - as required

Sliced tomato - as required

Chaat masala - as required

Green chutney - as required

Butter - as required

Ghee - as required

Grated cheese - as required

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Mumbai Special Roti Sandwich

Directions

- Spread butter on a roti.
- Then spread green chutney and tomato ketchup on it.
- Then, make layers of onion, cucumber, tomato, and boiled potato on the roti.
- Sprinkle chaat masala on it and make a layer of grated cheese. Then, fold the roti to cover it.
- Now, heat a tawa and grease it with ghee. Toast the sandwich on a low to medium flame on both the sides by applying some ghee.
- Once it turns crispy on both the sides, take it out and cut it into pieces.
- Delicious 'Mumbai Special Roti Sandwich ' is ready to be served.

Tips

- Veggies that are available at home can be used.
- Either butter or ghee can be used to make the sandwich.
- This sandwich can be made using [green chutney](#).

Litti Chokha



A VERY POPULAR AND A MOUTH-WATERING MEAL
BY SANGEETA KOTHARI , A LOVELY MOM, FROM BIHAR

Prep Time
10 mins

Ready In
40 mins

Servings
3-4

Ingredients

FOR LITTI:

Whole wheat flour - 2 cups

Salt - to taste

Kalonji/Onion seeds - 1/2 tsp

Ajwain/Carom seeds - 3/4 tsp

Oil - 2 Tbs

FOR LITTI STUFFING:

Sattu aata - 1 cup

Onion - 3 Tbsp, finely chopped

Crushed garlic-ginger-green chilli - 1
to 2 tsp

Lemon juice - 4 tsp

Coriander leaves - a handful,
chopped

Salt - to taste

Roasted Cumin/Jeera powder - 1 tsp

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Litti Chokha

Ingredients

| | |
|---|--|
| Kalonji/Onion seeds - 1/2 tsp | Coriander leaves - a handful, |
| Ajwain/Carom seeds - 1/4 tsp | chopped |
| Red Chilli Powder/Lal Mirch Powder | Cumin/Jeera seeds - 1 tsp |
| - to taste | Bay Leaf/Tej Patta - 1 |
| Garam Masala/All Spice Mix - 1/2 tsp | Turmeric powder - 1/2 tsp |
| | Coriander powder - 2 tsp |
| Sarson ka tel/Mustard oil - 2 tsp + a little for frying | Garam Masala/All Spice Mix - 1/2 tsp |
| FOR CHOKHA: | Red Chilli Powder/Lal Mirch Powder - 1/2 tsp or to taste |
| Potato - 4, boiled | Mustard oil - 2 Tbsp |
| Tomato - 1 | Salt - to taste |
| Onion - 2 Tbsp, finely chopped | FOR CHUTNEY: |
| Coriander leaves - a handful, chopped | Mustard seeds/Banarasi Sarson - 2 Tbsp |
| Black salt - to taste | Dahi/Curd - 1 cup |
| Salt - to taste | Garlic - 4 to 5 cloves |
| Lemon Juice - 1 tsp | Ginger - a 1-inch piece, chopped |
| FOR GHUGHNI: | Green chilli - 2 to 3 |
| Kala chana/Black chickpeas - 200 grams, soaked and boiled | Sattu Aata - 1 Tbsp |
| Onion - 1, finely chopped | Lemon juice - 1 tsp |
| Tomato - 2, finely chopped | Salt - to taste |
| Crushed garlic-ginger-green chilli - 1 to 2 tsp | Black salt - to taste |

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Litti Chokha

Directions

- **PREPARING THE DOUGH FOR THE LITTI:** In a bowl, add whole wheat flour, salt, kalonji, carom seeds, and oil. Mix well, add water, and knead the mix to make a semi-soft dough (as we make for chapati). Keep aside.
- **PREPARING THE STUFFING FOR THE LITTI:-** Mix all the ingredients listed for stuffing in a bowl. Keep aside.
- **PREPARING THE LITTI:** Divide the dough into equal parts (as we make balls for chapatis).
- Flatten the dough with hands and then stuff a spoonful of stuffing in it. Seal it well and flatten it a little bit.
- Meanwhile, on a high flame, heat mustard oil for frying. Then let it cool. Then heat it once again.
- This process will help to remove the strong smell of the mustard oil.
- Now, fry the litti on a low flame until it turns nice golden brown all over. You can use a gas tandoor or an oven to roast the litti. Once done, take them out and keep aside.
- **PREPARING THE CHOKHA:** Apply oil on the tomato and roast it on a direct flame. Then let it cool completely. Then peel and grate it.
- Take a bowl and add mashed boiled potato, chopped onion, coriander leaves, salt, black salt, lemon juice, and the grated tomato. Mix well. The chokha is ready.

Litti Chokha

Directions

- **PREPARING GHUGHNI:**

- Heat mustard oil in a pan. Then add cumin seeds and bay leaf and let the seeds crackle.
- Add chopped onion and sauté it, add crushed ginger-garlic-green chilli. Mix well and sauté it until the onion turns translucent.
- Add chopped tomatoes. Mix well and cook on a medium flame.
- Now, add turmeric powder, coriander powder, garam masala, red chilli powder, and salt. Mix well and cook.
- Add 1/4 cup water and cook the masala. Add boiled black chickpeas. Bring it to boil then let it cook for about 5 minutes.
- Then turn off the gas. Transfer to a bowl and garnish it with coriander leaves.

- **PREPARING MUSTARD/SARSON CHUTNEY:**

- Grind mustard seeds, curd, garlic, ginger, green chilli, and sattua in a grinder jar to make a smooth paste. Transfer to a bowl.
- Then add salt, black salt, and lemon juice. Mix well.
- Delicious 'Litti Chokha | Bihari Litti Chokha' is ready to be served with Ghughni and chutney.

Litti Chokha

Tips

- To make litti, a semi-soft dough should be kneaded. Also, instead of frying, the litti can be made either in an oven or a gas tandoor. Spices can be added according to taste.
- If the black chickpeas/kala chana for ghughni have not been soaked already, they should be soaked in hot water for a few minutes.
- Then, they should be pressure-cooked with an aluminium spoon for 8 to 10 whistles.
- Chokha can be made of roasted brinjal as well. And for that, the same procedure should be followed.

Crispy Jaadui Paratha



A UNIQUE AND LIP-SMACKING PARATHA

BY USHA THAKKAR , A LOVELY MOM, FROM NAGPUR

Prep Time

15 mins

Ready In

25 mins

Servings

1

Ingredients

Crumbled paneer - 2 Tbsp

Boiled potato - 1

Onion - 1, chopped

Capsicum - 1/2, chopped

Carrot - 1, grated

Boondi/Indian snack - 1/2 cup

Papad - 2 to 3, broken into pieces

Cornflour - 1&1/2 tsp

Ginger-green chilli paste - 1 tsp

Soy sauce - 1 tsp

Tomato sauce - 1 tsp

Pani puri masala - 1/2 tsp

Black pepper powder - 1/2 tsp

Salt - as required

Coriander leaves - as required, finely chopped

Whole wheat flour - 1 cup

Maida/all-purpose flour - 1/4 cup

Oil - 2 tsp

Oil-ghee (mixed) - as required

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Crispy Jaadui Paratha

Directions

- In a bowl, add crumbled paneer, boiled potato, onion, capsicum, carrot, boondi, papad, cornflour, ginger-green chili paste, soy sauce, tomato sauce, pani puri masala, black pepper powder, salt, and coriander leaves. Mix everything well.
- Now, in another bowl, take whole wheat flour, maida, salt, oil, and water. Mix the ingredients properly and knead the mix to prepare a dough.
- Take a small portion of the dough, give it a ball shape, and flatten it. Dust it with the whole wheat flour and roll it a little.
- Place the above-prepared mixture at the centre and pleat the edges properly. Press it and gently roll it using a rolling pin.
- Now, heat a tawa and place the rolled paratha on it. Roast it properly on both sides and apply the oil-ghee to both the sides of paratha.
- Roast the paratha until golden and crispy. Transfer it to a plate and cut it into desired pieces.
- Delicious 'Crispy Jaadui Paratha' is ready to be served.

Tips

- Instead of pani puri masala, chaat masala can also be added.
- Homemade paneer should be used.
- Oil and ghee should be mixed and used together to roast the paratha and enhance its taste.
- The spices may be adjusted as required.
- The paratha should be served hot for a better taste.

Murmura Tikki



A HEALTHY TEA-TIME SNACK

BY PRACHI JALAN , A LOVELY MOM , FROM UTTAR PRADESH

Prep Time

35 mins

Ready In

45 mins

Servings

2

Ingredients

| | |
|--------------------------------------|---|
| Murmura/Puffed rice - 1 & a 1/2 cups | Pudina/Mint leaves - 1/2 tsp |
| Dahi/Curd - 1/2 cup | Red Chilli Powder/Lal Mirch Powder - |
| Water - as required for soaking | 1/2 tsp |
| Boiled broccoli - 1/2 cup (optional) | Salt - to taste |
| Mashed paneer - 1/2 cup | Chat masala - 1 tsp |
| Finely chopped pyaz/Onion - 1/2 cup | Roasted Cumin/Jeera seed powder - 1 |
| Chopped Shimla mirch/Capsicum - 1 | tsp |
| to 2 tsp | Rava/Suji/Semolina - 2 tsp (as required |
| Dhaniya ke patte/Coriander leaves - | for binding) |
| 1/2 tsp | Ghee - 2 to 3 tsp |

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Murmura Tikki

Directions

- Take the puffed rice and curd in a bowl.
- Add a little amount of water, mix well, and keep it soaked for 30 minutes.
- Add the broccoli, paneer, finely chopped onion and capsicum, coriander and mint leaves, red chilli powder, salt to taste, chat masala, and jeera powder to it.
- Add rava and mix well together with your hands. Put more rava if required for binding the tikki/cutlet.
- Take a portion of the mixture, press between the palms, make a round shape, and keep the cutlet ready.
- Heat 2 to 3 tsp of ghee in a pan, place all the cutlets in it, and shallow fry them on a medium flame.
- Cook them on both the sides on a slow to medium flame till they become nice brown in colour.
- The healthy weight loss 'Murmura Tikki | Puffed Rice Cutlet' is ready to serve.

Tips

- For making this recipe, vegetables of choice can be included.
- Instead of semolina, cornflour or besan can also be used for binding.
- The cutlet should be greased with ghee to make it crunchier.
- The cutlets can be rolled in breadcrumbs for making them crispy.

Aloo Batani Kurma & Chapati



A DELICIOUS MEAL FOR ALL
BY GANGAMMA LINGA , A VISUALLY CHALLENGED MOM , FROM
KARNATAKA

Prep Time
5 mins

Ready In
20 mins

Servings
5

Ingredients

FOR ALOO BATANI KURMA:

Potato – 3, chopped in cubes
Green peas - 1/2 cup
Onion – 1, chopped
Tomato – 1, chopped
Green chilli - 4 to 5, chopped
Curry leaves – a few
Cumin/Jeera seeds - 1/2 tsp
Mustard seeds - 1/2 tsp

Turmeric powder - 1/2 tsp

Salt - to taste

Coriander leaves - a handful

Oil - 2 to 3 tsp

Water - 2 cups or as required

FOR CHAPATI:

Whole wheat flour dough - as
required

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Aloo Batani Kurma & Chapati

Directions

- **PREPARING THE ALOO BATANI KURMA:**

- Heat oil in a pressure cooker.
- Add mustard seeds and cumin seeds. Let them splutter.
- Then, add curry leaves and sauté them.
- Add chopped onion and green chilli and sauté it for 2 minutes on a high flame while stirring continuously.
- After 2 minutes, add chopped tomato. Cook for 2 minutes or until the tomato becomes soft.
- Now, add chopped potato and peas. Mix well and sauté for a minute.
- Add turmeric powder, salt, and mix well. Add 2 cups of water to it and bring it to a boil.
- Add chopped coriander leaves to it. Once boiled, close the lid of the pressure cooker.
- Cook it for 2 to 3 whistles on high flame. When done, turn off the flame. Let it cool.

- **PREPARING CHAPATI:**

- Heat a tawa.
- Take a small ball of the wheat flour dough, dust it with flour, and roll it into a chapati using a rolling pin.
- Once the tawa is hot, put the rolled chapati on it. Cook it on a medium flame on both the sides.
- Press it with a spoon to cook at the edges. Once done, take it out on a plate.
- Yummy 'Aloo Batani Kurma With Chapati' is ready to be served.

Bajre Ka Doda



A POPULAR AND TRADITIONAL RECIPE FROM SINDHI CUISIN
BY ANITA MOTWANI , A LOVELY MOM, FROM AJMER

Prep Time
15 mins

Ready In
30 mins

Servings
1

Ingredients

| | |
|---------------------------------------|---------------------------------|
| Green chilli - 3 to 4 | Coriander leaves - as required, |
| Spring garlic/Green garlic - 2 to 3 | chopped |
| Tbsp | Salt - as required |
| Bajra/Pearl millet - 1 bowl/2 cups | Oil - 1/2 tsp for dough and as |
| Potato/New potato - 1/2 medium- | required to roast |
| sized, peeled and finely chopped into | Water - as required |
| small thin slices | Ghee - as required |

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Bajre Ka Doda

Directions

- In a mixer jar, grind coriander leaves, spring garlic, and green chilli to a coarse paste.
- In a bowl, add the above-prepared paste, bajra, potato, salt, and oil. Mix it properly.
- Add water little by little and knead a medium-consistency dough.
- Take some portion of the dough and divide it into two parts. Give them a round shape and flatten them.
- Grease a flattened dough with the oil and place another flattened dough on it. Press it to give a round flatten shape
- .Now, grease it with the oil and transfer it to a plastic sheet.
- Roll it using a rolling pin to a medium thick, round shape.Heat a tawa and place the rolled dough on it.
- Roast it on a high flame for a few seconds and flip it.
- Flip it using a plate (transfer the paratha to plate and from plate to tawa to prevent it from breaking).
- Now, grease it with oil on both sides and flip it again and again.
- Cook it on a slow flame for 5 to 7 minutes until it is crisp and golden.Transfer it to a serving plate and grease it with butter.
- Delicious 'Bajre Ka Doda' is ready to be served.

Bajre Ka Doda

Tips

- Fresh spring garlic and coriander leaves should be used to enhance its taste. It should be ensured to use new potato.
- The doda can be roasted using either oil or butter.
- It should be ensured to coarsely ground spring garlic, coriander leaves, and green chilli.
- The spices should be adjusted to taste and the doda should be served hot.

Falhari Nariyal Ki Kachori



A UNIQUE AND LIP-SMACKING KACHORI

BY KAUSHIKA THAKKAR , A LOVELY MOM, FROM NAGPUR

Prep Time
15 mins

Ready In
30 mins

Servings
2

Ingredients

Boiled potato - 2 to 3 big-sized,
mashed
Arrowroot flour/Ararot flour - 2
Tbsp
Cumin seeds - 2 Tbsp
Til/Sesame seeds - 1 Tbsp
Curry leaves - a few, chopped
Dry fruits (cashews, raisins) - as
required, finely chopped

Fresh coconut - 1/2 cup
Green chilli - as required
Ginger - a ½-inch piece
Black pepper powder - as required
Roasted Cumin/Jeera seed powder
- as required
Garam masala/All Spice Mix - as
required

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Falhari Nariyal Ki Kachori

Ingredients

| | |
|---|---|
| Coriander leaves - as required, finely chopped | Oil - as required |
| Sendha namak/Rock salt - as required | Water - as required |
| Roasted peanuts - 2 to 3 Tbsp, coarsely ground | Curd - as required |
| Sugar - as required | Tamarind/Imli chutney - as required |
| Lemon juice - as required | Green chutney - as required |
| | Pomegranate seeds - as required |
| | Red Chilli Powder/Lal Mirch Powder - as required |

Tips

- If the kachori is not being prepared for a fast, then cornflour can also be used instead of ararot flour.
- The kachori can also be given a tikki shape and shallow fried. The spices may be adjusted as required.
- Instead of imli chutney, date chutney can also be used.
- The ingredients that are not being used for fast can be skipped.
- The kachori should be deep-fried on a high flame until golden brown and crispy.
- It should be served immediately for a better taste.

Falhari Nariyal Ki Kachori

Directions

- Grind the fresh coconut, green chilli, and ginger.
- Transfer it to a bowl. In a pan, add cumin seeds, sesame seeds, curry leaves, and dry fruits. Sauté it on a medium flame for a few seconds and then transfer it to the bowl with the ground coconut mix.
- Now, add black pepper powder, roasted cumin seed powder, garam masala, coriander leaves, rock salt, coarsely ground peanut, sugar, and lemon juice. Mix well.
- In a bowl, add mashed potato, ararot flour, rock salt, and black pepper powder. Mix well.
- Now, apply oil to the hands, take a small portion of the potato mixture, and give it a round, ball shape and flatten it.
- Place the coconut stuffing in it and apply some water to the edges. Cover the stuffing with the edges properly.
- Then, give it a round, ball shape and dust it with the ararot flour. Again, give it a proper ball shape.
- Now, heat oil in a pan and place the stuffed ball in it. Do not stir it immediately.
- Deep fry it on a high flame until golden brown and crispy.
- Thereafter, transfer it to a serving plate and top it with curd, imli chutney, green chutney, pomegranate seeds, and coriander leaves.
- Sprinkle some roasted cumin seed powder, rock salt, and red chilli powder.
- Delicious 'Falhari Nariyal Ki Kachori' is ready to be served.

Mysore Masala Dosa



A YUMMY SOUTH INDIAN DELICACY

BY G VASAVAMBA , A LOVELY GRAND MOM , FROM ANDHRA PRADESH

Prep Time

1 day, 9 hrs
and 6 mins

Ready In

1 day, 9 hrs
and 21 mins

Servings

4-6

Ingredients

FOR DOSA BATTER:

Idli rice - 2 cups
Rice - 2 cups
Urad dal/Black gram - 1 cup
Fine Sooji/Semolina - 1/2 cup
Rock salt - to taste
Baking soda - 1/2 tsp
Sugar - 1 tsp

FOR RED CHUTNEY:

Red chillies - 5 to 7
Roasted Bengal gram/Daaliya - 1/2 cup
Tamarind - 10 grams or amla-sized ball
Fresh grated coconut - 1/2 cup
Garlic - 2 cloves

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Mysore Masala Dosa

Ingredients

Rock salt - to taste

Onion - 1

Jaggery - 10 grams

FOR GREEN CHUTNEY:

Green chillies - 6 to 7

Fresh grated coconut - 1/2 cup

Roasted Bengal gram - 1/2 cup

Coriander leaves - a handful

Curry leaves – a few

Tamarind - 10 grams or amla-sized ball

Rock salt - to taste

OTHER INGREDIENTS:

Oil - for roasting + for tadka of both the chutneys

Ghee - as required

Mustard seeds - 1 tsp

Curry leaves – a few

FOR POTATO STUFFING:

Boiled potato - 500 grams

Mustard seeds - 1/2 tsp

Urad dal - 1 tsp

Curry leaves – a few

Onion - 2

Green chilli - 8

Rock salt - to taste

Turmeric powder - 1/2 tsp

Lemon juice - juice of 1/2 lemon

Oil - 3 Tbsp

Mysore Masala Dosa

Directions

- **FOR PREPARING THE DOSA BATTER:**
 - Soak both the rice and urad dal separately overnight in enough water. Then, grind soaked rice, urad dal, and sooji together. Ferment the batter for 24 hours.
- **FOR PREPARING THE RED CHUTNEY:**
 - Grind daaliya, red chillies, fresh grated coconut, jaggery, tamarind, and garlic in a grinder jar by adding a little water.
 - Then, add chopped onion and grind it to a smooth paste. Take out the mix in a bowl.
- **FOR PREPARING THE GREEN CHUTNEY:**
 - Grind green chillies, daaliya, fresh grated coconut, salt, tamarind, curry leaves, and coriander leaves in a grinder jar to make a smooth chutney.
 - Add a little water if required. Take out in a bowl.
- **FOR PREPARING THE TADKA OF BOTH THE CHUTNEYS:**
 - Heat oil in a tadka pan.
 - Add mustard seeds and let them splutter.
 - Add curry leaves and turn off the gas. Pour this tadka over both the chutneys.
- **FOR PREPARING POTATO STUFFING:**
 - Boil the onions and green chillies in a pressure cooker for one whistle. Once done, chop both the ingredients.

Mysore Masala Dosa

Directions

- Now, heat oil in a kadai. Add mustard seeds and let them crackle.
- Then, add urad dal and sauté it until it turns light brown in colour.
- Then, add curry leaves, chopped boiled onion, and green chillies. Sauté it for 2 minutes. Add a little water and cook for a few seconds.
- Next, add salt and turmeric powder to it. Sauté and mix well. Add a little water and cook for a few seconds.
- Finally, add boiled mashed potato and mix well. Cook the potato mix for a minute or two then turn off the gas.
- **FOR PREPARING THE MYSORE MASALA DOSA:**
- Add baking soda, salt, and sugar to the batter. (Note: Add baking soda and sugar to the batter just before making the dosa). Heat an iron tawa.
- Pour a ladleful of batter and spread it in a circular manner to make a dosa. Pour some oil and ghee over it. Cook it on a high flame.
- Once it is cooked from one side, flip it, and cook the other side. Once cooked, switch the flame to low.
- Flip it once again and spread the red and the green chutneys over it according to your taste and preference.
- Now, add the potato stuffing and fold the dosa in half. Cook for a few seconds. Pour some ghee on the dosa and transfer it to a serving plate.
- Yummy 'Mysore Masala Dosa' is ready to be served with green and red chutneys.

Masala Lemon Rice



A TEMPTING AND YUMMY RICE DISH

BY SUMA B , A VISUALLY CHALLENGED MOM , FROM KARNATAKA

Prep Time
5 mins

Ready In
25-30 mins

Servings
5-6

Ingredients

| | |
|------------------------------------|-----------------------------------|
| Rice - 2 cups | Bengal gram/Chana dal - 1/2 tsp |
| Water - 4 cups | Groundnuts/Mungfali - a handful |
| Salt - to taste | Onion - 1, sliced |
| Oil - 2 Tbsp | Turmeric powder - 1/4 tsp |
| Mustard seeds - 1/2 tsp | Lemon - juice of 1 lemon or to |
| Urad dal/Black gram without skin - | taste |
| 1/2 tsp | Coriander leaves - for garnishing |

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Masala Lemon Rice

Ingredients

FOR MASALA:

Oil - 1 tsp

Cinnamon - 1 small piece

Cloves/Laung - 2

Ginger – a ½-inch piece

Garlic - 3 to 4 cloves

Fresh grated coconut - 1/4 cup

Green chilli - 3 or according to taste

Coriander leaves – a few sprigs

Directions

- **PREPARING THE MASALA:**
- Add oil, cinnamon, cloves, ginger, garlic, fresh grated coconut, and green chilli in a pan or kadai.
- Heat the kadai and sauté all the ingredients on a medium flame for 2 to 3 minutes and then turn off the gas. Let it cool.
- After it cools down, add all the ingredients along with coriander leaves in a grinder jar, add a little water, and grind it to a smooth paste. Then, keep it aside.

Masala Lemon Rice

Directions

- PREPARING THE RICE:
- Meanwhile, cook the rice.
- Take a pressure cooker, add rice, and wash it. Then, add 4 cups of water and a little salt.
- Close the lid and place the pressure cook on the gas stove. Cook the rice for 2 whistles on a high flame. Once done, turn off the gas.
- PREPARING THE MASALA LEMON RICE:
- Now, heat 2 tablespoons of oil in a kadai.
- Add mustard seeds and let them splutter.
- Then, add urad dal, chana dal, and groundnuts. Sauté the mix until the aroma of raw ingredients vanishes.
- Add sliced onion to it and sauté it on a medium flame for 2 to 3 minutes or until the raw smell goes away.
- Add ground masala to it. Sauté and cook it on a high flame. Add salt and mix well.
- After all the water evaporates and it dries, add turmeric powder. Mix well. Then, turn off the gas.
- Add lemon juice to it. Mix well. (You can adjust the quantity of lemon juice to your taste)
- Now, add cooked rice to it. Mix well. Garnish it with coriander leaves
- .Yummy 'Masala Lemon Rice' is ready to be served.

Lauki Corn Soup



A HEALTHY AND DELICIOUS SOUP

BY MONALISA AGARWAL , A LOVELY MOM, FROM BANGALORE

Prep Time

10 mins

Ready In

25 mins

Servings

2

Ingredients

Lauki/Bottle gourd - 1 small-sized,
peeled and chopped

Corn kernels - 1/2 cup

Olive oil - 1 tsp

Garlic - 1/2 tsp, crushed

Ginger - 1/2 tsp, grated

Green chili - 1&1/2, slit

Black peppercorns - a few

Onion - 1, julienned

Coriander leaves - as required,
chopped

Water - as required

Rock salt/Sendha namak - as

requiredCucumber - as required,
sliced

Lemon juice - a few drops

Lemon - 1 slice

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Lauki Corn Soup

Directions

- Heat olive oil in a pressure cooker and add garlic, ginger, green chilli, black pepper, onion, and lauki. Sauté well.
- Add some coriander leaves and water (just enough to submerge the lauki). Mix well.
- Cover and cook for 2 to 3 whistles (if you have fresh lauki, cook for 2 whistles; otherwise, cook for 3 whistles).
- Now, blend or grind it. Add a little water and mix well.
- The consistency should be a little thick. Strain the mixture in a pan and heat it.
- Add corn kernels and rock salt. Mix well and allow to boil.
- Transfer it to a serving bowl, add a few drops of lemon, and mix gently.
- Garnish it with cucumber slices, coriander leaves, and a lemon slice.
- Delicious 'Lauki corn Soup | Bottle Gourd Soup' is ready to be served.

Tips

- Onion is optional.
- Any flavourless and non-aromatic oil of choice can be used.
- The consistency of the soup can be adjusted to the requirement.
- It should be served hot for a better taste.

Medu Vada



A QUICK AND EASY SOUTH INDIAN BREAKFAST DELIGHT
BY KAMESHWARI SONTI , A LOVELY MOM, FROM ANDHRA PRADESH

Prep Time

1 hrs 10
mins

Ready In

1 hrs 20
mins

Servings

4-6

Ingredients

Black Gram without skin/White

Water - as required

Urad Dal - 2 cups

Oil - as required for frying

Salt - to taste

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Medu Vada

Directions

- Soak the white urad dal in water for 2 hours. Strain the water and then grind it in a grinder without using water.
- Add salt to taste to the urad dal and then grind it into a fine batter.
- Wet your palms with water. Take a small round of the batter and dip it in a cup of water.
- Give it the shape of a vada and gently pierce a small hole in the centre of the vada with your fingers.
- Meanwhile, heat the oil in a pan on a high flame.
- After the oil is heated, slide the vada into the oil and keep turning it over it until it looks golden brown in colour.
- 'Medu Vada| Instant Vada' is ready to be served.

Tips

- Remember to grind the soaked urad dal without using water in it.
- Crushed black pepper can also be added to the batter to add a different flavour to the dish.
- These vadas are ideally fried on high flame, but if it is felt after some time that the vadas are turning brown fast, then you can lower the flame to medium-high.
- The round-shaped batter should be dipped in a cup of water before frying.
- The balls should be slid carefully into the hot oil.

Vegetable Biryani With Cucumber Raita



A YUMMY ONE-POT MEAL

BY GEETHA SHINDE , A VISUALLY CHALLENGED MOM, FROM MAHARASHTRA

Cook Time
5 mins

Ready In
20 mins

Servings
2-3

Ingredients

FOR VEGETABLE BIRYANI:

Rice - 1 cup
Cloves/Laung - 5
Green cardamom - 1 to 2
Cumin seeds - 1/2 tsp
Black peppercorns - 1/2 tsp
Onion - 1, chopped
Tomato - 1, chopped

Mint leaves - a handful
Chopped garlic - 4 to 5 cloves
Coriander leaves - a handful,
chopped
Cashew nuts - 7 to 8
Cumin/Jeera powder - 1/2 tsp
Black pepper powder - 1/2 tsp
Salt - to taste

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Vegetable Biryani With Cucumber Raita

Ingredients

| | |
|-----------------------------------|----------------------------------|
| French beans - 1/4 cup, chopped | Ghee - 1 Tbsp |
| Carrot - 1/4 cup, chopped | FOR CUCUMBER RAITA: |
| Potato – 1, chopped | Fresh curd - 1/2 cup |
| Green peas - 1/4 cup | Onion – 1, chopped |
| Turmeric powder - a pinch | Cucumber – 1, chopped |
| Red Chilli Powder/Lal Mirch | Tomato – 1, chopped |
| Powder - 1/2 tsp | Fresh grated coconut - 1 Tbsp |
| Curd - 2 Tbsp | Green chilli – 1, finely chopped |
| Hot water - 2 cups | Salt - to taste |
| Oil - 2 to 2 and 1/2 Tbsp or more | Sugar - a pinch |

Directions

- **FOR PREPARING VEGETABLE BIRYANI:**
- Wash and soak rice for at least 10 minutes in water.
- Heat water in a pan (the ratio of rice and water should be 1:2) Heat oil and ghee in a pressure cooker (use half the quantity of the oil and half the quantity of the ghee to make the Veg Biryani).
- Add cloves, green cardamom, and cumin seeds. Sauté for a few seconds.
- Now, add chopped onion and sauté it on a medium flame for 2 to 3 minutes.

Vegetable Biryani With Cucumber Raita

Directions

- Add chopped garlic, mint leaves, and coriander leaves. Mix well and cook.
- Then add chopped tomato and sauté it. Cook until the tomato turns soft (if you feel that the oil is less, then add a tablespoon of oil to it).
- Add cashew nuts and mix well. Add jeera powder, black pepper powder, and salt. Mix well.
- Now, add chopped French beans, carrot, potato, and peas. Mix well and cook.
- Then, add turmeric powder and red chilli powder. Mix well and cook. Add hot water to it.
- Add curd to it and mix well. Cover it and bring the water to a boil.
- When the water boils, add soaked rice to it. Mix well.
- Secure the lid of the pressure cooker and cook the biryani for 2 whistles on a high flame. Once done, turn off the flame and let the biryani cool on its own.
- Once cooled, take it out on a serving plate.
- **FOR PREPARING CUCUMBER RAITA:**
- In a bowl, add chopped veggies, curd, salt, and sugar. Stir well.
- Yummy 'Vegetable Biryani' is ready to be served with Cucumber Raita.

Sooji Veggie Pakoda



A POPULAR AND MOUTH-WATERING SNACK

BY KRISHNAVENI VADDI , A LOVELY MOM, FROM HYDERABAD

Prep Time

35 mins

Ready In

50 mins

Servings

2

Ingredients

Sooji/Semolina - 1 cup

Curd - 1/2 cup

Water - as required

Red Chilli Powder - as required

Salt - as required

Baking soda - a pinch

Curry leaves - as required, finely chopped

Potato - as required, julienned

Oil - as required

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Sooji Veggie Pakoda

Directions

- In a bowl, add sooji, curd, and water. Mix well and rest it for 30 minutes.
- Now, add some water, red chilli powder, salt, baking soda, and curry leaves. Mix well.
- Heat oil in a pan and dip the potato into the batter.
- Drop it in the pan and stir it occasionally for 3 to 4 minutes on a medium flame.
- Now, transfer it to a tissue paper to remove its excess oil.
- Delicious 'Sooji Veggie Pakoda' is ready to be served.

Tips

- Onion, green chilli, paneer, or any other veggies of choice can also be added to the batter.
- The spiciness can be adjusted as required.
- It should be served hot for a better taste.

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 70 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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Happy
Women's
Day!