

UNEDITED LIVE
RECIPES

ISSUE NUM: 9
APRIL 2021

जो दिखता है !
वही बनता है !!

ZAYKA KA TADKA



LIVE FROM THE KITCHENS OF MOMS OF INDIA





Founder's Words



Namaskar!

Hope all our wonderful viewers are doing well and enjoying the beautiful transition of weather from Winter to Spring to Summer.

Spring brings to us not just beautiful flowers but also fresh and new vegetables come at the start of Indian New year season of Chaitra. The month also brings in the revered Chaitra Navaratri Vrat which is followed in Northern part of India.

In this magazine, we bring to you some interesting, easy and healthy recipes suitable for the season. Also in this magazine, we bring a collection of few simple and tasty Vrat special recipes from the kitchens of different lovely moms.

We would like to remind you that Zayka Ka Tadka is now also available on Tata Sky [Channel- 112] every Wednesday and Saturday[3PM - 6PM IST] and is proudly featuring recipes of many moms across India to the TV audience.

Do try the recipes in this edition, share with your friends and family and share feedback with us. Nothing gives us more happiness than your love and feedback which helps us improve each day.

Yours Sincerely

Vijay Haldiya - [Founder of Zayka Ka Tadka]

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Aloo Pancake



A SCRUMPTIOUS SNACK FOR ALL, ESPECIALLY KIDS
BY VIJAY HALDIYA, FOUNDER, ZAYKA KA TADKA

Prep Time
10 mins

Ready In
15 mins

Servings
2-3

Ingredients

Potato/Aloo – 2, grated
Besan/Gram flour - 2 Tbsp
Corn flour - 1 Tbsp
Green chilli – 1, chopped

Coriander leaves - 1 Tbsp, chopped
Crushed black pepper - 1/2 tsp
Salt - to taste
Ghee - as required

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Aloo Pancake

Directions

- Grate the potato and soak it in water for 5 minutes. Add salt to it.
- Now, strain the water completely and transfer the grated potato to a bowl.
- Add gram flour, corn flour, coriander leaves, green chilli, and crushed black pepper. Mix well.
- Meanwhile, heat a tawa. Grease it with ghee.
- Make a small pancake and roast it on a low flame on both the sides. Sprinkle some salt on it. Once done, take it out on a plate. You can also cook many pancakes on the tawa at the same time.
- Yummy 'Aloo Pancake | Potato Pancake' is ready to be served.

Tips

- Adding salt to the soaked grated potato will prevent the potato from turning black.
- Green chillies are optional if this pancake is being made for kids.
- Either crushed black pepper or black pepper powder can be used.
- It should be cooked on a low flame so that it gets cooked completely and becomes crisp from the outside.

Sabudana Khichdi



EVERYONE'S FAVOURITE, DELICIOUS SNACK

BY SHVETA SHETH , A LOVELY MOM , FROM MUMBAI

Prep Time

8 hrs

Ready In

8 hrs 10
mins

Servings

2-3

Ingredients

Sabudana/Sago - 1 cup

Sugar - 1 tsp

Boiled potato - 2, medium sized

Salt - to taste

Peanuts - 1 cup

Lemon Juice - of 1 lemon

Green chilli - 2, chopped

Coriander leaves - a handful,
chopped

Ginger - a ½-inch piece, grated

Cumin seeds/Jeera - 1 to 1 & 1/2 tsp

Ghee - 2 tsp

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Sabudana Khichdi

Directions

- Wash and soak the sago/sabudana in sufficient water. After 1 to 1 and 1/2 hours, drain the water. Put the soaked sago in a bowl, cover with a lid, and rest it for about 6 to 8 hours.
- Dry roast the peanuts on a low flame. Then crush them coarsely.
- Chop the boiled potato into small pieces. Chop the green chilli and grate the ginger.
- In a bowl, add and mix well soaked sabudana, crushed roasted peanuts, salt, and sugar.
- Now, heat ghee in a kadai or pan.
- Add cumin seeds and let them splutter. Then add grated ginger and green chilli. Sauté them for a few seconds.
- Then add chopped boiled potato. Sauté it for a minute. Add a little salt to it and sauté again.
- Add sabudana mix to the kadai. Mix well and cook for a 2 to 3 minutes.
- Finally, add lemon juice and coriander leaves. Mix well and turn off the gas.
- Yummy 'Sabudana Khichdi' is ready to be served.

Sabudana Khichdi

Tips

- The sabudana should be soaked for 1 to 1 & 1/2 hours prior to making the khichdi. Thereafter, the water should be drained completely. The sabudana should then be covered and kept aside for 6 to 8 hours so that it becomes non-sticky.
- Sugar, salt, and crushed peanuts should be added to the soaked sabudana. Salt and sugar will mix properly and evenly in the Khichdi and will make the khichdi more flavourful and non-sticky.
- It is recommended to use ghee for tadka. However, you can use oil too.
- If the khichdi is being made for fasting, you can use rock salt.
- Adding boiled potatoes makes the khichdi taste better.

Vrat Wala Salad



A MOUTH-WATERING AND HEALTHY SALAD

SHRADDHA THAKRAR , A LOVELY GRAND MOM , FROM GUJARAT

Prep Time

10 mins

Ready In

10 mins

Servings

3-4

Ingredients

Chopped cucumber - 1 cup

Green chilli - 2, slit

Roasted and crushed peanuts - 1 cup

Lemon juice - of 1/2 lemon

Fresh coconut - 1 cup, grated

Coriander leaves - a handful,
chopped

Pomegranate seeds - 1 cup

Rock Salt - to taste

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Vrat Wala Salad

Directions

- In a bowl, add and mix well chopped cucumber, roasted and crushed peanuts, grated fresh coconut, pomegranate seeds, rock salt, green chilli, lemon juice, and coriander leaves.
- Delicious 'Vrat Wala Salad' is ready to be served.

Tips

- Grated dry coconut can be added instead of fresh coconut.
- Vrat special veggies and fruits of choice can be used to make this salad.

Instant Mango Pickle



A DELICIOUS PICKLE FOR EVERYONE

BY MANJU SARAF , A LOVELY MOM , FROM GURGAON

Prep Time

10 mins

Ready In

10 mins

Servings

10-12

Ingredients

Raw mango/Kacha aam - 250 grams	Mustard seeds powder/Rai powder -
Ginger/Adrak - 25 grams	1 & 1/2 tsp
Green chilli - 25 grams, chopped	Danamethi powder/Fenugreek
Salt - 25 grams	seeds powder - 1/4 tsp
Turmeric powder - 1 tsp	Kalonji/Onion seeds/Nigella seeds -
Red Chilli Powder/Lal Mirch Powder	1/2 tsp
- 1 tsp	Mustard oil/Sarson ka tel - as
Fennel seeds powder/Saunf powder	required
- 2 tsp	

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Instant Mango Pickle

Directions

- Wash and pat dry the mango. Then peel and chop the mango into long, thin pieces. In the same way, cut the ginger.
- In a bowl, add and mix well chopped mango, ginger, green chilli, salt, turmeric powder, red chilli powder, fennel seeds powder, mustard seeds powder, fenugreek seeds powder, and kalonji/onion seeds.
- Then add mustard oil and mix well. Fill the pickle in a sterilized glass bottle and keep it in the refrigerator. The pickle will be ready to eat after 2 days.
- Delicious 'Kache Aam Ka Achar | Instant Mango Pickle' is ready to be served.

Tips

- The pickle should be kept in a sterilized glass jar.
- The pickle can be stored in the refrigerator if you want it crunchy; else, keep it outside.
- This pickle can be enjoyed for up to 1 year.

Pocket Paratha



AN INNOVATIVE DISH

BY ARCHANA CHAKRAVARTHY , A LOVELY MOM, FROM KARNATAKA

Prep Time

5 mins

Ready In

10 mins

Servings

3

Ingredients

Onion/Pyaz – 1, finely chopped

Oregano - 1 tsp

Carrot – half, finely chopped

Salt - to taste

Grated cheese - 1 cup

Coriander leaves - as required

Red Chilli powder/Lal Mirch Powder - 1 tsp

Whole wheat dough – for 2 to 3 rotis.

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Pocket Paratha

Directions

- In a bowl, take finely chopped onion, carrot, grated cheese, red chilli powder, oregano, salt to taste, and some coriander leaves. Mix well.
- Make a whole wheat roti and spread the stuffing on half of it. Fold with the other half portion of the roti. Press and seal the ends to make the pocket paratha.
- Place the pocket paratha on a hot pan, apply ghee on its upper side, and flip it. Then apply ghee on the flipped side and cook it.
- Take two big flat spoons, hold the paratha between them, and cook the bottom of the paratha as well.
- Cut the paratha in half with a pizza cutter or knife. Make more such parathas by following the same process.
- 'Pocket Paratha | Pizza McPuff in Indian Style' is ready to be served with sauce or chutney.

Tips

- Instead of cheese, grated paneer can be used.
- While sealing the pocket paratha, it should be ensured that the ends are properly sealed.
- The paratha stuffing can be made in an innovative way or style, according to taste and preference.

5 Types of Raita



AN ASSORTMENT OF FIVE DELICIOUS SIDE DISHES FOR ANY MEAL
BY SHEENU DUGGAL , A LOVELY MOM ,FROM PUNJAB

Prep Time
5-10 mins

Ready In
6-12 mins

Servings
6-8

Ingredients

FOR CUCUMBER PEANUT RAITA:

Fresh Curd/Dahi - 1 cup

Cucumber - 1/4 cup, grated

Peanut - 2 to 3 Tbsp, roasted and chopped

Mint leaves – a few + for garnishing

Mint powder - 1/2 tsp

Salt - to taste

Black pepper powder - to taste

Chaat Masala - to taste

Red Chilli Powder/Lal Mirch Powder - to taste + for garnishing

Roasted Cumin/Jeera powder - to taste + for garnishing

FOR POMEGRANATE RAITA:

Fresh Curd/Dahi - 1 cup

Pomegranate seeds - 2 to 3 Tbsp + for garnishing

Pomegranate Juice - 2 Tbsp

Salt - to taste

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5 Types of Raita

Ingredients

Roasted Cumin/Jeera powder - to taste

Chaat masala - to taste

Red Chilli Powder/Lal Mirch Powder - to taste + for garnishing

Black pepper powder - to taste

Coriander leaves - as required for garnishing

FOR SPICY MINT RAITA:

Fresh Curd/Dahi - 1 cup

Mint leaves – a few

Green chilli - 1

Salt - to taste

Roasted Cumin/Jeera powder - to taste

Mint leaves - as required for garnishing

FOR MIXED FRUIT RAITA:

Fresh Curd/Dahi - 1 cup

Onion - 2 Tbsp

Tomato - 2 Tbsp

Cucumber - 2 Tbsp

Ripe Mango - 2 Tbsp

Banana - 2 Tbsp

Apple - 2 Tbsp

Pomegranate seeds - 2 Tbsp

Coriander leaves - 2 Tbsp + for garnishing

Roasted Cumin/Jeera powder - to taste + for garnishing

Chaat masala - to taste

Red Chilli Powder/Lal Mirch Powder - to taste + for garnishing

Black pepper powder - to taste

Salt - to taste

FOR RAW MANGO RAITA:

Fresh Curd/Dahi - 1 cup

Raw mango - 1/4 cup, grated

Coriander leaves - 2 Tbsp

Sugar - 2 tsp or to taste

Red Chilli Powder/Lal Mirch Powder - to taste + for garnishing

Chaat masala - to taste

Roasted Cumin/Jeera powder - to taste

Oil - less than 1 tsp

Curry leaves – a few

Mustard seeds - 1/4 tsp

Cumin/Jeera seeds - 1/4 tsp

Dry Red Chilli (round, small sized) - 2

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5 Types of Raita

Directions

- **FOR PREPARING CUCUMBER PEANUT RAITA:**
 - Take a bowl and add whisked curd and other ingredients. Mix well. Transfer to another bowl and garnish it with mint leaves, red chilli powder, and roasted cumin powder.
- **PREPARING POMEGRANATE RAITA:**
 - Take a bowl and add whisked curd and other ingredients. Mix well. Transfer to another bowl and garnish it with coriander leaves, pomegranate seeds, and red chilli powder.
- **PREPARING SPICY MINT RAITA:**
 - Make a paste of mint leaves and green chilli. Take a bowl and add whisked curd. Add the mint-green chilli paste, salt, and roasted cumin powder. Mix well. Transfer to another bowl and garnish it with mint leaves.
- **PREPARING MIXED FRUIT RAITA:**
 - Take a bowl and add whisked curd and other ingredients. Mix well. Transfer to another bowl and garnish with coriander leaves, roasted cumin powder, and red chilli powder.
- **PREPARING RAW MANGO RAITA:**
 - Take a bowl and add whisked curd. Add grated raw mango, sugar, red chilli powder, chaat masala, coriander leaves, and roasted cumin powder. Mix well.

5 Types of Raita

Directions

- Now, prepare the tadka. Heat a tadka pan and add oil. Add curry leaves, mustard seeds, cumin seeds, and dry red chillies. Pour this tadka into the bowl.
- Transfer to another bowl and garnish with red chilli powder.
- Delicious 'Raita Recipe | 5 Types of Raita' are ready to be served.

Tips

- The spiciness can be adjusted to taste.
- Fresh curd should preferably be used to make the raita.

Adai Dosa



A PROTIEIN RICH AND MOUTH-WATERING SOUTH INDIAN BREAKFAST
BY SOWMYA BARUVURI , A LOVELY MOM , FROM ANDHRA PRADESH

Prep Time
5 - 6 Hours

Ready In
5 Hrs 30 mins-
6 Hrs 35 mins

Servings
1

Ingredients

Green split moong dal/Split green moong beans - 1 cup	Ginger - 1 inch, finely chopped
Urad dal/Split and husked black gram - 1 cup	Black peppercorns - 9 to 10 or as required
Chana dal/Split chickpea - 1 cup	Curry leaves – a few
Toor dal/Arhar dal/Split pigeon peas - 1 cup	Dry red chilli - 3 or as required
Brown rice - 3 cups	Fresh coconut - 3 to 4 tablespoons, finely chopped
Water - as required	Salt - as required
	Oil - as required

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Adai Dosa

Directions

- In a large bowl, add green split moong dal, urad dal, chana dal, and toor dal. Add water and soak for 5 to 6 hours.
- In another bowl, add rice and water. Soak for 5 to 6 hours.
- Now, grind the soaked rice to a paste in a mixer jar and keep it aside.
- Grind all the soaked dals to a paste in a mixer jar.
- Mix both the ground rice and ground dal mixtures. Keep the consistency thick or similar to that of idli batter. You can add some water if needed.
- Now, grind ginger, black pepper, curry leaves, and dry red chilli in a mixer jar and add it to the above-prepared batter. Mix it well.
- Further, add coconut and salt to the batter. Mix the ingredients properly.
- Now, heat a tawa/griddle and grease it with oil.
- Take a ladleful of the adai batter and pour the batter on the tawa. Quickly spread the batter into a circle. Keep the flame medium.
- Flip it and allow it to cook for a few seconds. If needed, flip it again until it is golden and crisp on both sides.
- Delicious 'Adai Dosa | Multigrain Adai Dosa' is ready to be served.

Adai Dosa

Tips

- Whole green moong dal can also be used instead of split green moong dal.
- Either white rice or brown rice can be used according to choice and/or preference.
- The dosa can be prepared with either fermented or non-fermented batter, depending on the preference.
- The rice and the dals should be soaked separately for at least 5 to 6 hours.
- It should be ensured to grind the rice first and then the dals.
- If a non-stick pan is being used, there is no need to grease it with oil, but if an iron pan is being used, it is necessary to grease it with oil.
- If there is enough time available, then the dosa should be cooked on a slow flame for a better, crispy result.
- The spices should be adjusted to taste, and the dosa should be served hot for a better taste.

Watermelon Salad



A HEALTHY AND PERFECT SALAD FOR SUMMER

BY MONALISA AGARWAL , A LOVELY MOM, FROM BANGALORE

Prep Time

20 mins

Ready In

45 mins

Servings

3-4

Ingredients

Watermelon - a few scooped balls
(use a melon baller), as required

Boiled corn kernels and green peas -
as required

Pineapple - chopped, as required

Soaked and boiled chickpeas - as
required (take 4 to 6 whistles and boil
it with ginger, green chilli, and salt).

Bell peppers (red and yellow) -
chopped, as required

Cherry tomato - as required

English cucumber - chopped, as
required

Tofu/bean curd - chopped, as
required

Pomegranate - as required

Mint (cut it with hands) - as required

Dry mint powder/pudina powder - as
required

Olive oil - as required

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Watermelon Salad

Directions

- In a bowl, add and mix gently watermelon, boiled corn kernels and green peas, pineapple, boiled chickpeas, bell pepper, cherry tomato, English cucumber, tofu, pomegranate, and mint.
- Now, add dry mint powder and olive oil in a small bowl. Mix well and add to the fruit mix bowl. Mix it gently.
- Further, transfer the salad to the watermelon bowl.
- Delicious and healthy 'Watermelon Salad' is ready to be served.

Tips

- Veggies and fruits of choice can be used.
- Fresh and tender veggies and fruits should be used to make this salad.
- Instead of tofu, [paneer](#) can also be used.
- The mint leaves should be cut with the hands to retain its flavour and aroma.
- It should be served immediately for a better taste.

Pav Bhaji Dosa Wrap



A YUMMY SNACK DISH

BY PRACHI JALAN , A LOVELY MOM , FROM UTTAR PRADESH

Prep Time

10 mins

Ready In

20 mins

Servings

2

Ingredients

Dosa batter - as required

Butter - 1 Tbsp

Pyaz/Onion - 1 Tbsp, chopped

Coloured Capsicum (red, yellow, green) - 1 Tbsp, chopped

Tamatar/Tomato - 1 Tbsp, chopped

Ghee - as required

Mashed boiled Aloo/Potato - 2 to 3 Tbsp

Boiled Hare Matar/Green Peas - 1 Tbsp

Salt - to taste

Turmeric/Haldi powder - 1/2 to 1 tsp

Red Chilli Powder/Lal Mirch Powder - to taste

Pav Bhaji Masala - 1 to 2 tsp

Green chutney - as required

Cheese slice - 1 no

Hari mirchi/Green chilli - as required, chopped

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Pav Bhaji Dosa Wrap

Directions

- In a hot pan, take butter and, as soon as it melts completely, put the chopped onion in it, sauté it, add coloured capsicum, and tomato, and then sauté everything together. Let it cook for a while.
- Meanwhile, to make a dosa, prepare the pan by putting some ghee and sprinkling water on the hot pan and then wiping it clean with a cloth.
- Put a ladleful of dosa batter or as required in the centre and spread it out in a circular motion. Put about 1 teaspoon of ghee on the sides. Let it cook on a low to medium flame.
- In the bhaji, put mashed potato, boiled green peas, salt, turmeric powder, red chilli powder, and pav bhaji masala. Mix well and mash with a hand-held masher.
- After the dosa gets ready, keep it aside on a plate, in order to make the wrap.
- Using a pizza cutter or knife, make a cut in the dosa up to its centre. Then spread 1 to 2 teaspoon of green chutney on the bottom left 1/4 portion of the dosa.
- Spread the bhaji on the upper left 1/4th portion of the dosa and place a cheese slice on its upper right 1/4th portion.
- On the bottom right portion, sprinkle chopped onion (optional) and green chilli as required.

Pav Bhaji Dosa Wrap

Directions

- Start folding the dosa to make a triangular wrap. First, fold the green chutney side up over the bhaji and then fold it two times – first over the cheese slice and then over the last portion of the dosa.
- On a hot pan, place the wrap, apply 1 tsp of ghee on one side, flip it over and, after one side is crispy, apply one teaspoon of ghee on the other side.
- Cook the wrap on a slow to medium flame from both the sides till it gets a nice brown colour and becomes crispy.
- The 'Pav Bhaji Dosa Wrap' is ready to be served with sauce or green chutney.

Tips

- Using the pav bhaji stuffing, a chilla wrap can also be made.
- Onion is optional.

Peanuts Sesame Ladoo



A HEALTHY, VRAT SPECIAL, AND MOUTH-WATERING LADOO

BY NEELAM SHAH , A LOVELY MOM, FROM MUMBAI

Prep Time

20 mins

Ready In

40 mins

Servings

4

Ingredients

Groundnut/ peanut/ mungfali - 1

bowl

Sesame/ til - 1 bowl

Jaggery/ gud - 1 bowl

Ghee/ clarified butter - as required

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Peanuts Sesame Ladoo

Directions

1. Heat a pan and dry roast groundnuts until black spots appear on them and they begin to crack up and become crisp.
2. Transfer it to another bowl. Allow it to cool down and grind it to a fine powder.
3. Now, add sesame in the same pan and dry roast it. Roast it until a nice aroma comes and turn off the flame. Allow it to cool down and grind it to a fine powder.
4. Further, take a bowl and add both the groundnut powder and sesame powder to it.
5. Mix both the powders properly and add jaggery to it.
6. Mix it properly and add ghee. Again, mix everything.
7. Take a fistful of mixture and start shaping it. Give it a round, ball shape.
8. Delicious 'Peanuts Sesame Ladoo | Fasting Ladoo | Healthy Ladoo' is ready to be served.

Peanuts Sesame Ladoo

Tips

- Peanuts with skin should be used to make this ladoo more nutritious.
- The amount of jaggery can be adjusted to taste and requirement of sweetness.
- The ladoos should be stored in an airtight container either at room temperature or in a refrigerator - depending on the weather - where it stays fresh for a week.
- The peanuts and the sesame should be dry roasted separately.
- Dry fruits can also be added to make the ladoo more nutritious.
- The peanuts and the sesame should be allowed to cool down before grinding.

Banana Smoothie



A SUPER HEALTHY FILLING DRINK

BY SHREEDHATHRI , A LITTLE MASTER CHEF , FROM KARNATAKA

Prep Time
5 mins

Ready In
10 mins

Servings
3

Ingredients

Banana pieces - 2 cups (of two
bananas)

Milk - 1 glass (or as required)

Oats - 1/2 cup (or as required)

Honey - 1 tsp

Vanilla essence - as required

Dates - 3 to 4 nos (or as required)

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Banana Smoothie

Directions

- Peel and cut the bananas into pieces, put them in the grinder, then put oats, vanilla essence, honey, dates, and milk as required.
- Grind all the ingredients together to a fine consistency and serve in glasses.
- The 'Breakfast Smoothie | Banana Smoothie' is ready to be served.

Tips

- Either pineapple or vanilla essence can be used, depending on the choice.
- It must be ensured that the cap of the grinder is tightly sealed.

Sabudana Chilla



A SPECIAL SNACK FOR FAST OR VRAT

BY SHVETA SHETH , A LOVELY MOM , FROM MUMBAI

Prep Time
5 mins

Ready In
10 mins

Servings
2

Ingredients

Sabudana - 1 Cup

Boiled potato – 1, grated

Curd - 1 Tbsp

Green chilli-Ginger paste - 1/2 tsp

Cumin/Jeera seeds - 1/4 tsp

Sendha Namak/Rock Salt - to taste

Kala Namak/Black Salt - to taste
(optional)

Ghee - as required for roasting

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Sabudana Chilla

Directions

- Soak the sabudana for at least half an hour in enough water. Then drain the water completely and transfer to a bowl. Cover and keep aside for 7 to 8 hours.
- Now, take a grinder jar and add soaked sabudana. Add a little water and grind it to make a thick paste. Transfer to a bowl.
- Add grated boiled potato, curd, rock salt, black salt, cumin seeds, and green chilli-ginger paste. Mix well. Add water if required to make a thick batter of flowing consistency.
- Heat a tawa or pan. Grease it with ghee.
- Pour a spoonful of batter and spread it. Cook it on a low flame by covering it with a lid. Pour some ghee and cook a little more.
- Once it turns nice golden brown, flip it, and cook it on the other side. Take it out on a plate.
- Delicious 'Sabudana Chilla' is ready to be served

Tips

- The soaked sabudana should be ground with very little water; else, the batter will be watery.
- Only grated boiled potato should be added to the batter. If mashed potato is added, then there will be pieces of potato in the batter and it will be difficult to spread it.
- Black salt is optional.
- The chilla should be cooked on a low flame for a crispy texture.

Misal Pav



A VERY APPETIZING MEAL FROM MAHARASHTRIAN CUISINE
BY MAMTA BHATIA , A LOVELY MOM , FROM MUMBAI

Prep Time

0 mins

Ready In

20 mins

Servings

1

Ingredients

Pav - 2

Farsan - as required

Mixed whole lentils or sprouts
(White peas, Green gram/moong,
black chickpeas/kala chana, mat
bean/moth bean/matki/Turkish
gram) - 1 Cup

Onion - 1, finely chopped

Tomato - 1, finely chopped

Turmeric powder - 1/2 tsp

Coriander powder - 1 tsp

Red Chilli Powder/Lal Mirch Powder -
2 tsp

Ginger-Green Chilli-Garlic paste - 1
tsp

Misal Masala - 1 & 1/2 tsp

Water - as required

Butter - 2 Tbsp

Oil - 1 Tbsp

Coriander leaves - a handful, chopped

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Misal Pav

Directions

- Soak the whole lentils and then pressure cook them for 5 to 6 whistles.
- Heat oil in a pan.
- Add finely chopped onion and sauté it on a low flame until translucent.
- Then add tomato and mix well. Cover the pan and cook for 5 minutes.
- Add turmeric powder, coriander powder, 1 tsp red chilli powder, ginger-green chilli-garlic paste, misal masala, and salt. Mix well and cook for a few seconds.
- Then add water and mix well. Cover it with a lid and cook it for 7 to 10 minutes. Do check in between and add water if required.
- Once the oil leaves from the sides and the mix of ingredients turns into a smooth gravy, add boiled whole lentils. Mix well and cook. Add coriander leaves. If required, add water to adjust the consistency. Cook it for couple of minutes then turn off the gas. Transfer to a serving bowl.
- Now, heat butter in a tadka pan. Melt the butter and then add 1 tsp red chilli powder. Mix well and pour this tadka over the misal.
- Delicious 'Misal Pav | Mumbai Famous Misal Pav' is ready to be served with farsan and pav. Serve it hot.

Misal Pav

Tips

- The spiciness of this dish can be adjusted to taste.
- Mixed sprouts or whole lentils should be used to make this dish.

Dal Vada



A POPULAR AND SCRUMPTIOUS SNACK

BY NILA MEHTA , A LOVELY MOM , FROM AHMEDABAD

Prep Time
15 mins

Ready In
30 mins

Servings
2

Ingredients

Chana dal/Split chickpea - 1 cup	Green chilli - 7 to 8, finely chopped
Moong dal/Yellow lentils - 1 cup	Ginger - 1-inch, grated
Urad dal/Split and husked black gram - 1 cup	Red chilli powder - 2 tsp
Water - as required	Turmeric powder - 1/2 tsp
Methi/Fenugreek leaves - 100 grams, finely chopped	Coriander powder - 2 tsp
Spring onions - 50 grams, finely chopped	Salt - 2 tsp or as required
Spring garlic - as required, finely chopped	Lemon juice - 2 tsp
	Mitha soda/Baking soda - a pinch
	Oil - as required
	Coriander leaves - as required, finely chopped

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Dal Vada

Directions

- Soak chana dal, moong dal, and urad dal separately in enough water for 4 to 5 hours.
- Wash the soaked dals and coarsely grind them separately to a thick batter.
- Transfer the ground dals into a bowl and add methi, spring onion, spring garlic, and coriander leaves. Mix well.
- Add green chilli, ginger, red chilli powder, turmeric powder, coriander powder, salt, lemon juice, mitha soda, and 2 tsp of hot oil. Mix well.
- Heat oil in a pan and place a spoonful of mixture in it. Stir it occasionally on a slow to medium flame for 4 to 5 minutes until golden and crispy.
- Delicious 'Dal Vada' is ready to be served.

Tips

- The chana dal, moong dal, and urad dal should be soaked for at least 4 to 5 hours.
- The soaked dals should be coarsely ground separately.
- It should be ensured to add hot oil to the batter.
- It should be served hot for a better taste.

Chitau Pitha



A TRADITIONAL ODIYA PANCAKE RECIPE

BY SABITA MOHALIK , A LOVELY MOM , FROM ODISSA

Prep Time
10 hrs

Ready In
10 hrs 5 mins

Servings
1

Ingredients

Broken Rice/Pitha Chawal - 1 cup
Fresh Coconut/Nariyal - 2 cups,
grated

Sugar/Chini - 1/2 tsp
Salt/Namak - to taste
Ghee - for greasing

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Chitau Pitha

Directions

- FOR PREPARING THE BATTER
- Soak rice in water for 2 to 3 hours and grate fresh coconuts.
- Grind the soaked rice and grated coconuts together to make a batter.
- Add salt to taste and sugar and let it ferment overnight.
- FOR PREPARING THE PANCAKE
- Heat the pan on a high flame and grease it with ghee.
- Pour some batter into the pan and cover it with a deep dish on a low flame.
- Take a wet cotton cloth and place it around the edges of the dish that is used for covering the pancake. After about a minute or so, sprinkle some drops of water on the wet cloth.
- As soon as you see pores all over the pancake, turn off the flame.
- 'Chitau Pitha | Odiya Pancake' is ready to be served.

Tips

- Instead of broken rice or arua rice, basmati rice can also be used to make the batter.
- It should be remembered to grind the rice and grated coconut together and not separately.
- It should be remembered to not flip the pancake while making it.
- This pancake can be prepared on a tava instead of a pan.
- Since the coconuts from Orissa already have some sweetness to it, the batter traditionally is slightly sweet in taste. However, to get that sweetness while making the batter with another variety of coconut, 1/2 tsp sugar should be added to the batter.

Brinjal Pizza



AN INNOVATIVE TASTY AND AMAZING DISH

BY ARCHANA CHAKRAVARTHY , A LOVELY MOM , FROM KARNATAKA

Prep Time

10 mins

Ready In

20 mins

Servings

3

Ingredients

Butter - 2 Tbsp

Baigan/Eggplant - 3 no (slices)

Shimla Mirch/Capsicum - 1 cup,
chopped

Tamatar/Tomato - 1 cup, chopped

Paneer/Cottage cheese - 1 cup
(small cubes)

Salt - to taste

Red Chilli powder/Lal Mirchi

Powder - to taste

Besan/Split chickpea flour - as
required

Grated Cheese - as required

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Brinjal Pizza

Directions

- In a bowl, take salt, red chilli powder, and besan. Dip the brinjal slices in the dry mixture and marinate them for 4 to 5 minutes.
- In a pan, heat 1 Tbsp butter, place the marinated brinjal slices in the pan, and roast them on a high flame.
- In another pan, heat 1 Tbsp of butter and put chopped capsicum and tomato, paneer cubes, salt, and red chilli powder in it. Stir fry all the vegetable topping mixture on a high flame. Meanwhile, flip the brinjal slices, cover and cook them.
- On the cooked side of a brinjal slice, spread sauce, place the vegetable topping mixture and grated cheese over it. Cover and cook for 2 minutes till the cheese melts.
- 'Baigan Bhaja Pizza | Brinjal Pizza' is ready to be served.

Tips

- Corn, coloured capsicum, or any other vegetables of choice can be added for preparing the pizza topping.
- For the spice seasonings, adding spices like oregano, all spice mix powder, etc. can be experimented with.
- Eggplant (baigan for bharta) is used as a pizza base for this dish.

Brazilian (Coffee) Float



A REFRESHING AND YUMMY COFFEE-FLAVOURED MOCKTAIL
BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time
1 mins

Ready In
1 mins

Servings
1

Ingredients

Coffee- 1/4 tsp or to taste

Black salt-1/4 tsp

Sugar syrup – 4 Tbsp or to taste

Crushed ice- 1 cup or as required.

Lemon juice- 1 tsp

Chilled water- as required

ENO (lemon flavour) – 1/2 tsp

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Brazilian (Coffee) Float

Directions

- Add coffee, crushed sugar, lemon juice, black salt, and Eno or fresh soda in an empty glass.
- Add chilled water slowly and mix it properly
- Add crushed ice as required and mix it.
- Refreshing mocktail 'Brazilian (Coffee) Float' is ready to drink and enjoy with your family and friends.

Tips

- It is recommended to use sugar syrup to make the mocktail.
- Drinking soda can be used instead of Eno fruit salt.

Vrat Ke Aloo



A DELICIOUS DISH FOR FASTING DAYS

BY SHVETA SHETH , A LOVELY MOM , FROM MUMBAI

Prep Time
2 mins

Ready In
5 mins

Servings
1

Ingredients

Boiled potato - 2 big-sized, diced	Rock Salt - to taste
Peanuts - 2 tsp, roasted and crushed	Lemon Juice - of 1/2 lemon
Cumin Seeds/Jeera - 1 tsp	Coriander leaves - 1 Tbsp, chopped
Ginger-Green Chilli Paste - 1/2 tsp	Ghee - 2 tsp

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Vrat Ke Aloo

Directions

- Dice the boiled potato.
- Heat ghee in a pan and add cumin seeds. Let the seeds crackle.
- Add diced boiled potato and sauté it for a minute.
- Then add ginger-green chilli paste, and salt. Mix well and sauté it.
- Add crushed peanuts and mix well. Finally, add lemon juice to it, mix well, and turn off the gas. Garnish it with coriander leaves.
- Delicious 'Vrat Ke Aloo | Vrat Wale Aloo' is ready to be served.

Tips

- This sabji can be enjoyed with [Rajgira Poori](#).
- It is strongly recommended to add peanuts to the sabji to make it tastier and crunchier.

5 Minute Sandwich Without Bread



AN INTERESTING AND QUICK SNACK

BY LAXITA CHOUHAN , A LOVELY MOM, FROM RAJASTHAN

Prep Time
10 mins

Ready In
20 mins

Servings
2

Ingredients

Fine Semolina/Sooji - 1 cup, roasted	Green chilli/ Hari mirch - to taste
Chilli flakes - to taste	Onion/Pyaz - ½, finely chopped
Salt - to taste	Coriander leaves/ Dhaniya patti - as required
Curd/Dahi - 1/2 cup	Water - 1/2 cup
Carrot/Gajar - 2 to 3 Tbsp, grated	Soda/Baking soda - 1/2 tsp
Capsicum/Shimla mirch (green, red, and yellow) - 1/2 cup	Oil - for greasing

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5 Minute Sandwich Without Bread

Directions

- In a bowl, add and mix well roasted semolina, chilli flakes, and salt to taste.
- Add curd and mix it well with the other ingredients.
- Now, add grated carrot, finely chopped capsicum (red, green, and yellow), chopped onion, green chilli, and coriander leaves to the mixture.
- Pour 1/2 cup of water while gradually checking the consistency of the batter.
- Keep the batter aside for about 3 to 4 minutes.
- Meanwhile, heat a toaster and grease the toaster thoroughly with oil.
- Add soda to the mixture and mix it well. Apply the batter on the toaster in small amounts.
- Let it toast for 8 minutes in the toaster. Once done, take out on a serving plate.
- 'Sandwich Without Using Bread | 5 Minute Sandwich Without Bread' is ready to be served.

5 Minute Sandwich Without Bread

Tips

- The curd should be at room temperature.
- It should be remembered to whisk the curd nicely and thoroughly to avoid having lumps in it.
- Fine semolina/sooji should be used; otherwise, coarse semolina can be ground in a grinder to make it fine.
- The semolina should be roasted for 2 to 3 minutes to give the sandwich a coarse texture.

Matar Ki Chaat



A DELICIOUS AND SAVOURY SNACK FROM LUCKNOW
BY SAVITA BHARGAVA , A LOVELY MOM , FROM AHMEDABAD

Prep Time

7 hrs 15
mins

Ready In

7 hrs20
mins

Servings

1

Ingredients

White Peas/Safed Matar - 2 cups, soaked and boiled	Dry Mango/Amchur Powder - 1/4 tsp
Salt/Namak - as required	Roasted Cumin/Jeera Powder - 1/2
Black Salt/Kala Namak - as required	tsp
Red Chilli Powder/Lal Mirch Powder - as required	Ghee - for greasing
Black Pepper/Kali Mirch Powder - as required	Papdi - 2 to 3
	Lemon/Nimbu Juice - as required

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Matar Ki Chaat

Directions

- **TO BOIL THE WHITE PEAS:**
- Soak white peas in water overnight.
- Boil the white peas in a pressure cooker for 1 whistle.
- Keep it on medium flame for 10 to 12 minutes after 1 whistle.
- **TO PREPARE THE CHAAT:**
- Take the boiled peas in a bowl and add salt, black salt, red chilli powder, black pepper powder, dry mango powder, and roasted cumin powder into the bowl and mix all the ingredients well.
- Heat an iron griddle/tava and grease it with ghee.
- Put the required amount of mixture on the pan and mash it with a flat spatula or a ladle on a high flame.
- Crush 2 to 3 papdis and add them into the mixture on the tava.
- Meanwhile, heat another iron tava and grease it with ghee.
- Once the water from the mixture has been soaked, transfer it to the other tava.
- You can give it the shape of a patty and cook it on a low-medium flame until it looks golden brown or crispy.
- Once it is cooked, transfer it to a paper bowl and press it to give it a shape.
- Sprinkle salt, red chilli powder, roasted cumin powder, and lime juice as per taste on it. Add a crushed papdi on it and press it once again.
- 'Matar Ki Chaat | Famous Lucknow Ki Chaat' is ready to be served.

Matar Ki Chaat

Tips

- There is no need to add salt while boiling the peas in the pressure cooker.
- After the peas have boiled for 1 whistle, they should be cooked on a low-medium flame for 10 to 12 minutes to get cooked thoroughly.
- Preparing this recipe on an iron tava instead of a non-stick pan gives it an added flavour.

Manda Pitha



A POPULAR AND TRADITIONAL RECIPE FROM ODISHA

BY MRUDUSMITA MISHRA, A LOVELY MOM, FROM BHUBANESWAR

Prep Time

15 mins

Ready In

40 mins

Servings

2

Ingredients

Sooji/ semolina - 1 cup

Water - as required

Sugar - 2 tablespoons for filling and
as required for garnishing

Ghee/ clarified butter - 1 tablespoon

Fennel seeds/ saunf - as required

Salt - as required

Fresh coconut - 1 cup, grated

Jaggery - 1/2 cup

Paneer - 1/2 cup, crumbled

Cardamom powder/Elaichi - 1/2 tsp

Black pepper powder - 1/2 tsp for
stuffing and as required for

garnishing

Dry fruits (raisins, cashews, almonds)
- as required, finely chopped

(optional)

Oil - as required

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Manda Pitha

Directions

- In a pan, add coconut, jaggery, and paneer. Mix well on a slow flame and stir continuously until the jaggery melts and the mixture turns dry.
- Add cardamom powder and black pepper powder. Mix well
- Lastly, add dry fruits and mix well. Turn off the flame and allow it to cool down.
- Boil 2 cups of water in a pan and add salt, ghee, fennel seeds, and sugar. Mix well.
- As the sugar melts, add sooji little by little. Stir continuously until it becomes thick and leaves the pan. Then, turn off the flame.
- Now, cover the pan and allow it to cool down.
- Apply some water to the hands and knead it to form a dough.
- Now, apply water to the hands and take a small portion of the dough. Knead it between hands to make it smooth. Again apply water to hands and give it a ball shape and flatten it. Press the edges evenly and gently with both thumbs in a circular motion.
- Place the above-prepared coconut stuffing properly. Apply water to hands and bring the edges of the dough together and join them at the centre. Pinch the extra portion and press it gently. Give it a round ball shape.
- Heat oil in a pan and place the above-prepared balls in it. Deep fry the balls on a medium flame until golden and only then stir them (do not stir them immediately).

Manda Pitha

Directions

- Deep fry for around 5 minutes and then transfer it to a plate.
- Lastly, sprinkle some black pepper powder and sugar.
- Delicious 'Manda Pitha' is ready to be served.

Tips

- This dessert can also be prepared without the stuffing.
- The sweetness can be adjusted as required.
- It can be stored for 2 to 3 days.
- Instead of deep frying, it can be steamed.
- The ratio of sooji:water should be 1:2.

Vagharelo Bajre Ka Rotla



A POPULAR AND MOUTH-WATERING DISH FROM THE
KATHIYAWAD/SAURASHTRA REGION OF GUJARAT
BY GOPI THAKKAR , A LOVELY MOM, FROM GUJARAT

Prep Time
15 mins

Ready In
25 mins

Servings
2

Ingredients

Oil - 2 Tbsp

Mustard seeds - 1/2 tsp

Asafoetida/Hing - 1/4 tsp

Onion – 2, finely chopped

Green chilli - as required, finely
chopped

Ginger – a 2-inch piece

Cumin/Jeera seeds - 2 tsp

Coriander seeds - 1 Tbsp

Garlic - 12 to 15 cloves

Spring garlic - as required, finely
chopped (optional)

Tomato - 1 small-sized, finely
chopped

Red chilli Powder/Red Chilli

Powder - as required

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Vagharelo Bajre Ka Rotla

Ingredients

Rotla/bajra roti/pearl millet roti - 1 large-sized, mashed or broken into pieces with hands	Turmeric powder - 1/2 tsp Water - as required Buttermilk - as required to submerge the rotla
Coriander seed-cumin/jeera seed powder - 1/2 tsp	Coriander leaves - as required, finely chopped
Salt - 1/2 tsp	

Tips

- The bajra rotla should be broken into fine pieces.
- Fresh spring garlic should be added to enhance its taste.
- Water should be added first and then buttermilk; else, the buttermilk may curdle.
- It should be served hot for a better taste.

Vagharelo Bajre Ka Rotla

Directions

- Pound ginger, cumin seeds, coriander seeds, green chilli, and garlic together with hands to a paste and keep it aside.
- Heat oil in a pan and add mustard seeds, hing, and onion. Sauté it on a low flame.
- Now, add green chilli and the above-prepared paste. Sauté well.
- Add spring garlic and sauté the contents very well until properly cooked.
- Then add tomato and broken rotla. Mix properly.
- Add red chilli powder, turmeric powder, coriander seed-cumin seed powder, and salt. Sauté well.
- Add some water and mix it properly.
- Now, add buttermilk little by little until the rotla submerges in it properly. Mix properly and allow it to cook.
- When the bubbles start to rise, turn off the flame.
- Transfer it to a serving bowl and garnish it with coriander leaves.
- Delicious 'Vagharelo Bajre Ka Rotla' is ready to be served.

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!

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