

UNEDITED LIVE
RECIPES

Issue No: 10
JUNE 2021

जो दिखता है !
वही बनता है !!

ZAYKA KA TADKA



LIVE FROM THE KITCHENS OF MOMS OF INDIA





Founder's Words



Namaskar!

Hope all are doing well with good health!

There is a saying that when the going gets tough, the tough get going!

We are facing trying times and we believe that Prayers , Positive attitude and good food cooked with Love will always keep us going with a great spirit. These tough times also help people get closer in spite of physical distance . Let us all be more positive, more giving and sharing with each other and more Thankful for all that we are blessed with in life.

When the entire family is at home at summers , only moms know the challenge of making dishes exciting for all. This June edition of Magazine brings forward interesting recipes for keeping your summer cool and interesting and not to miss out Mango special recipes!

Your continued support, love and encouragement are the energy boosters for us and help us come with great and easy recipes by so many lovely moms . We look forward to a great journey ahead !

Yours Sincerely,

Vijay Haldiya & Zayka Ka Tadka Team

Recipe Index



RAJASTHANI
TIKKAD - 5

BESAN BREAD
TOAST - 24

CONE CHAAT - 40

COCONUT PURAN
POLI - 7

SABUDANA
KHICHDI - 26

AVIYAL - 43

AAM PANNA - 10

INSTANT MANGO
PICKLE - 29

VEGGIE OATS APPE
-46

3 FLAVOURS ICE
CREAM - 12

NACHOS PURI - 31

DETOX JUICE - 49

LAUKI MUTHIYA -
16

BANANA PALAK
SMOOTHIE - 34

PALAK PAPDI
CHAAT - 51

AAM KA ACHAR -
19

CHOCOLATE
BROWNIE - 36

SABUDANA FRUIT
CUSTARD - 54

MAA KI DAL - 21

THIN CRUST
VEGGIE PIZZA - 38

SAUNF KA SHARBAT
- 56



NOTE: NO PORTION OF THIS BOOK MAY BE REPRODUCED, DISTRIBUTED OR TRANSFORMED IN ANY FORM OR BY ANY MEANS INCLUDING PHOTOCOPYING, RECORDING ETC., WITHOUT PERMISSION FROM THE PUBLISHER.



Zayka
Ka
Tadka



The Super Chef Moms of India

Rajasthani Tikkad



A VERY POPULAR AND MOST LOVABLE PARATHA

BY VIJAY HALDIYA , FOUNDER, ZAYKA KA TADKA

Prep Time

5 mins

Ready In

10 mins

Servings

2-3

Ingredients

Whole Wheat Flour/Gehu ka aata - 1 Cup	Turmeric powder - 1/4 tsp
Besan/Gram Flour - 1 Cup	Red Chilli Powder/Lal Mirch Powder - 1/2 tsp
Semolina/Sooji - 2 Tbsp	Asafoetida/Hing - a pinch
Tomato - 1 medium-sized, grated	Coriander Leaves - a handful
Onion - 1 medium-sized, grated	Salt - to taste
Green chilli - 1, finely chopped	Ghee - 1 tsp
Ginger - ½-inch, grated	

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Rajasthani Tikkad

Directions

- In a bowl, add whole wheat flour, gram flour, grated tomato, onion, green chilli, ginger, coriander leaves, red chilli powder, turmeric powder, asafoetida, salt, and 1 teaspoon ghee. Mix all together and make a medium soft dough using water.
- Take a small-sized dough ball (similar to a chapati's), dust it with flour, and roll it a little thick.
- Meanwhile, heat a tawa. Grease it with ghee.
- Cook the paratha/tikkad on a hot tawa. Keep the flame medium and cook the paratha on both the sides. Apply some ghee and roast it.
- Once cooked, take it out.
- Delicious 'Tamatar Pyaaz Ka Paratha | Rajasthani Tikkad' is ready to be served with any type of pickle or curd.

Tips

- Either tomato puree or grated tomato can be used for the paratha.
- Either ghee or oil can be used to roast the paratha.
- This paratha should be served with any type of pickle or curd or [Aloo Pyaaz Ki Sabzi](#).

Coconut Puran Poli



A POPULAR AND DELICIOUS DISH FROM THE STATE OF
MAHARASHTRA

BY NEELAM SHAH , A LOVELY MOM , FROM MUMBAI

Prep Time
15 mins

Ready In
25 mins

Servings
1

Ingredients

Whole wheat flour - 1 bowl/2 cups	Cardamom powder - 1 tsp or as required
Ghee - as required	
Saffron milk/kesar doodh - warm as required, with 8 to 9 strands of kesar	Jaifal/Nutmeg - 1/4 tsp, grated
Roasted besan/Gram flour - 1/2 cup	Powdered sugar - 3 Tbsp or as required
Freshly grated coconut - 1 cup	

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Coconut Puran Poli

Directions

- Warm the saffron milk and keep it aside.
- In a bowl, add whole wheat flour, ghee, and saffron milk little by little, and make a dough.
- After preparing the dough, pour 1 tsp of saffron milk over it and cover it for a few minutes.
- In another bowl, mix properly roasted besan, freshly grated coconut, cardamom powder, saffron, nutmeg, and powdered sugar.
- Now, knead the dough gently, take a small portion of it, and press and flatten it slightly.
- Further, take ball-sized coconut mixture and place it in the centre of the flattened dough.
- Pull the sides, stuff in the filling securely, and start to press gently.
- Now, roll it gently with a rolling pin.
- Heat a pan and place the puran poli over it.
- Allow it to cook on a medium flame and flip it after a few minutes.
- Now, grease it with ghee and flip it again. Cook it until golden and flip it again and again until it cooks properly on both sides.
- Delicious 'Coconut Puran Poli' is ready to be served.

Coconut Puran Poli

Tips

- Fresh coconut should be used for a good flavour.
- To make it healthier, it is recommended to use jaggery instead of powdered sugar.
- The saffron milk should be warmed before using it.
- Any flavour/s of choice can be added.
- The sweetness may be adjusted as required.
- It should be served hot for a better taste.

Aam Panna



A POPULAR, HYDRATING SUMMER COLD DRINK
BY VIMKI GIRIA , LOVELY MOM, FROM BANGALORE

Prep Time
10 mins

Ready In
15 mins

Servings
2

Ingredients

Raw Mango/Kairi - 1

Sugar - 1/4 cup

Cumin/Jeera powder - 1/2 tsp

Black pepper/Kali Mirch powder -
1/4 tsp

Rock salt/Sendha namak - 1 tsp

Water - for making panna

Ice cubes - as required

Cardamom/Elaichi powder - 1/2 tsp

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Aam Panna

Directions

- Boil two cups of water and a mango in a pressure cooker for two whistles on medium flame.
- Once the mango is boiled, allow it to cool and then remove its peel. Put the pulp in a bowl.
- In a mixture jar, add mango pulp, sugar, cardamom powder, cumin powder, black pepper powder, and rock salt.
- Grind them without adding water to make a smooth paste. A concentrated form of Aam Panna is ready. Store it in a glass container.
- Add 1 tsp of this concentrated paste in a glass. Add ice cubes and fill the glass with water. Mix well.
- Cool and refreshing 'Aam Panna' is ready to serve.

Tips

- Jaggery can be used instead of sugar.
- Normal salt can be used instead of rock salt.
- The concentrated paste should be stored in the refrigerator in a glass container only.
- The concentrated paste can be used for up to 10 days.

3 Flavours Ice cream



A WONDERFUL TREAT FOR DESSERT

BY SHVETA SHETH , LOVELY MOM, FROM MUMBAI

Prep Time
120 mins

Ready In
680 mins

Servings
3

Ingredients

FOR THE BASE

Milk - 3 cups + 2 Tbsp

Corn flour - 3 Tbsp

Sugar - 1 cup or as required

FOR VANILLA ICE CREAM

Vanilla essence - 1 Tbsp

Cream/Malai - 1 Tbsp

FOR MANGO ICE CREAM

Mango Pulp - of 1 big mango

Cream/Malai - 1 Tbsp

FOR CHOCOLATE ICE CREAM

Chocolate pieces - as required

Cream/Malai - 1 Tbsp

[Watch the Video Recipe](#)

facebook.com/zaykakadka

3 Flavours Ice cream

Directions

- **FOR PREPARING THE BASE:**

- Take three cups of milk in a non-stick pan. Set the gas flame to full. Stir it. Let the milk boil.
- Meanwhile, in a small bowl, add two Tbsp milk and corn flour. Mix well. Make it into a lump-free slurry. Keep it aside.
- Now add sugar to the boiling milk. Let the sugar melt completely. Let it boil for another 2 to 3 minutes.
- Add the corn flour mixture to the milk. Stir continuously for 4 to 5 minutes.
- At this point check for sugar and, if required, add more sugar to it.
- Now turn off the gas flame and let it cool down to room temperature.
- Transfer it to an airtight container. Cover the open end with a foil or a plastic sheet and then seal it with the lid.
- Freeze it for 2 hrs.
- After 2 hrs, open the container. Divide the base into three parts.

- **FOR PREPARING VANILLA ICE CREAM:**

- Add one portion of the base in the grinder along with vanilla essence and cream/malai.
- Blend in 2 to 3 short bursts by using the pulse method to get a creamy texture.
- Transfer it to another bowl and cover it with a foil or a plastic sheet/cover.

- **FOR PREPARING MANGO ICE CREAM:**

- Take another portion of the base in the grinder. Add cream/malai and mango pulp in it.

3 Flavours Ice cream

Directions

- Blend in 2 to 3 short bursts by using the pulse method to get a creamy texture.
- Transfer it to another bowl and cover it with a foil or a plastic sheet/cover.
- **PREPARING CHOCOLATE ICE CREAM:**
- Heat water in a pan on a medium gas flame. Keep another bowl on the pan and place chocolate pieces in it. This is the double boiling method.
- Stir the chocolate and let it melt.
- Let the melted chocolate cool down to room temperature.
- In a grinder, add the last portion of the base, cream/malai, and the melted chocolate.
- Blend in 2 to 3 short bursts by using the pulse method to get a creamy texture.
- Transfer it to another bowl and cover it with a foil or a plastic sheet/cover.
- Keep all the three bowls of ice cream in the freezer for 8 to 9 hrs or overnight.
- After removing them from the freezer, keep/thaw them for 10 minutes at room temperature and then scoop them out.
- Delicious '3 Flavours Ice cream | Homemade Ice creams' are ready to be served.

3 Flavours Ice cream

Tips

- Any full-fat milk or normal milk can be used.
- Sugar can be added to taste.
- Sugar should be checked after adding corn flour mixture to the milk.
- Cream/Malai is optional.
- Other flavours of choice can also be added while keeping the same base.
- For Chocolate flavour, any chocolate such as milk chocolate or dark chocolate can be used. Chocolate biscuits can also be used if so desired.
- It is recommended that, while keeping the ice cream in the freezer, the open end of the airtight container be covered with a foil or a plastic sheet/cover so that no ice or water vapour or water droplets are formed. Then it should be covered with a lid.

Tips

- Choco chips, chocolate syrup, or any other toppings can be added on vanilla and chocolate flavour ice creams.
- Chopped mangoes can be added to mango flavour ice cream.

Lauki Muthiya



A MOUTH-WATERING BREAKFAST OPTION

BY KAMLA PERIWAL , A LOVELY MOM , FROM UTTAR PRADESH

Prep Time

5 mins

Ready In

50 mins

Servings

2

Ingredients

Lauki/Dudhi/Bottle Gourd - 1/2

Semolina/Sooji - as required

Salt - to taste

Red Chilli Powder/Lal Mirch

Powder - 1/2 tsp or to taste

Oil - 1 to 2 tsp for moyan

FOR TADKA

Oil - 1 tsp

Mustard seeds/Rai - 1/2 tsp

Urad Dal/Black gram without skin -

1 tsp

Curry Leaves - a few

Green Chilli - 1, chopped

Red Chilli Powder/Lal Mirch

Powder - to taste

Coriander Leaves - as required for garnishing

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Lauki Muthiya

Directions

- **FOR PREPARING THE MUTHIYAS:**

- Wash, peel, and grate the lauki/bottle gourd.
- Add salt, red chilli powder, and oil. Mix well, add semolina, and mix well again. Make small, cylindrical shaped muthiyas.
- Meanwhile, heat water in a steamer. Put a stand or strainer in the steamer.
- Once the water starts boiling, put the muthiyas in the steamer.
- Steam the muthiya on a high flame for 30 minutes and then 10 minutes on a low flame. Alternately, you can steam the muthiyas for 15 minutes on a high flame and then 30 minutes on a low flame.
- Once done, take the muthiyas out. Let them cool and then cut them into pieces.

- **FOR PREPARING THE TADKA:**

- Heat oil in a pan. Add mustard seeds, urad dal/black gram without skin. Sauté for a few seconds.
- Then add curry leaves and green chilli. Sauté for a few seconds more.
- Add red chilli powder and chopped muthiyas. Mix well and sauté them on a high flame for a minute. Then take them out on a serving plate.
- Delicious 'Lauki Muthiya | Dudhi Muthiya' is ready to be served. Garnish it with coriander leaves and serve it hot.

Lauki Muthiya

Tips

- The lauki or bottle gourd should be grated just before preparing the muthiya; else, it will turn black.
- The spiciness should be adjusted according to taste and/or preference.

Aam Ka Achar



THE SIMPLEST AND TASTIEST OF ALL PICKLES

BY ARCHANA CHAKRAVARTHY , A LOVELY MOM , FROM BANGALORE

Prep Time

5 mins

Ready In

7 mins

Servings

6-8

Ingredients

Raw Mango – 1, chopped

Turmeric powder - 2 tsp

Red Chilli Powder/Lal Mirch Powder - 3 tsp

Salt - 2 & 1/2 to 3 tsp

Cumin/Jeera Powder - 1/2 tsp

Methi powder/Fenugreek seed powder - 1/2 tsp

SSP Hing/Asafoetida - 1/4 tsp

FOR THE TADKA:

Groundnut oil or Sesame oil - 3 Tbsp

Mustard Seeds - 1 tsp

Cumin Seeds - 1 tsp

Fenugreek Seeds - 1/2 tsp

SSP Asafoetida/Hing - a pinch

Turmeric powder - 1/4 tsp

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Aam Ka Achar

Directions

- Wash and chop the mango into small pieces. Transfer to a bowl.
- Add Turmeric powder and mix well. Then add salt to it. Mix well.
- Now, add red chilli powder, methi/fenugreek powder, cumin powder, and asafoetida (this SSP hing powder was bought from 'Ratnadeep Store Hyderabad'). Mix well.
- **FOR PREPARING THE TADKA:**
- Heat oil in a tadka pan. Add mustard seeds, cumin seeds, fenugreek seeds, a pinch of asafoetida, and turmeric powder. Let the seeds crackle.
- Pour this tadka over the mango. Mix well.
- Transfer the pickle to a glass jar and rest it for a day.
- Yummy 'Mango Pickle | Aam Ka Achar' is ready to be served.

Tips

- Either groundnut oil or sesame oil can be used to make this pickle.
- Kashmiri red chilli powder should be used for the colour.
- This pickle can be stored in an air-tight container for up to a year.
- It is recommended to serve this pickle with [Masala Poori](#) | [Travel Special Poori](#).

Maa Ki Dal



A DELICIOUS, WORLD FAMOUS PUNJABI DISH

BY RANJEETA KAUR , A LOVELY MOM , FROM PUNJAB

Prep Time

10 mins

Ready In

70 mins

Servings

4

Ingredients

Chana dal - 3 Tbsp

Gota Urad dal/Whole Black Gram

Lentil - 1 bowl or cup

Rajma/Red Kidney Beans - 2 Tbsp

Onion - 2 big-sized, chopped

Tomato – 1, chopped

Garlic - 10 to 12 cloves, chopped

Ginger - 3 three-inch pieces,
chopped

Desi Ghee - 3 Tbsp

Turmeric - 1 tsp

Salt - to taste

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Maa Ki Dal

Ingredients

Green chilli - 7-8 small-sized, chopped or as per taste	Spice Mix (grind whole coriander seeds, cumin seeds, and black
Red Chilli Powder/Lal Mirch Powder - 1 tsp	pepper) - 2 Tbsp (the proportion should be 3:2:1 for the seeds,
Coriander leaves/Dhaniya patta - a handful	respectively).
	Water - 4 bowls or cups

Tips

- Slow cooking gives a nice taste to dal. So, it is recommended to cook the dal for 30 to 40 minutes on a medium flame.
- Soaked chana dal should be added to rajma and black gram after they have been pressure cooked for 30 to 40 minutes on a medium flame. If chana dal is boiled with rajma and black gram from the beginning, it will become mushy.
- Fresh cream can be added to make it rich.

Maa Ki Dal

Directions

- Soak chana dal in water. Boil rajma, whole black gram dal in 4 bowlfuls of water, salt, and turmeric in a pressure cooker for 4 whistles on a high flame.
- When the pressure cooker cools down, add chana dal to it. Add two Tbsp of ground coriander seeds, cumin seeds, and whole black pepper (3:2:1 proportion of coriander seeds, cumin seeds and whole black pepper), to the dal, and boil the dal on a medium flame for 30 - 40 minutes.
- Heat desi ghee in a kadai or a pan.
- Add chopped garlic and ginger to it. When the colour of ginger and garlic changes to brownish, add chopped onion.
- Cook it on a medium flame till the colour changes to brown. Add chopped tomato. Cook for 2-3 minutes.
- Add chopped green chilli to it. Mix it well. Cook till tomatoes get pureed.
- Add cooked dal to it. Mix well.
- Boil it on a high flame. Then turn off the flame. Garnish with chopped coriander leaves now.
- 'Maa ki Dal or Langar wali Dal' is ready to be served hot with freshly cooked rice.

Besan Bread Toast



A LIP-SMACKING SNACK OPTION

BY ALKA GUPTA, A LOVELY MOM, FROM RAJASTHAN

Prep Time
5 mins

Ready In
10 mins

Servings
2

Ingredients

Brown Bread - 2 slices	Asafoetida/Hing - a pinch
Besan/Gram flour - 1/2 Cup	Chopped onion - as required
Red Chilli Powder/Lal Mirch Powder - 1/2 tsp	Chopped capsicum - as required
Garam Masala/All Spice Mix - 1/4 tsp	Chopped tomato - as required
Fennel seeds/Saunf - 1/2 tsp	Oil - as required for roasting
	Salt - to taste

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Besan Bread Toast

Directions

- In a bowl, add gram flour, red chilli powder, salt, garam masala, fennel seeds, and asafoetida. Mix well and add water to make a batter of flowing consistency.
- Now, , dip a bread slice in the batter and coat it well.
- Meanwhile, heat a tawa and grease it with oil.
- Put the bread slice on the tawa and cook it on a low flame. Top it with chopped onion, capsicum, and tomato. Press it with a spoon so that veggies gets stuck to the bread.
- Once it is cooked on one side, flip it and cook it on a low flame. Pour some oil and press with a spatula or a spoon and cook it. When it is cooked completely, take it out on a serving plate.
- Delicious 'Besan Bread Toast | Besan Bread Sandwich' is ready to be served.

Tips

- The consistency of the batter should be flowing and a little thin as the bread has to be coated.
- Any one of brown or white or multigrain bread can be used to prepare this snack.

Sabudana Khichdi



EVERYONE'S FAVOURITE, DELICIOUS SNACK

BY SHVETA SHETH , A LOVELY MOM , FROM MUMBAI

Prep Time
480 mins

Ready In
490 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,
Ginger - a ½-inch piece, grated	chopped
Cumin seeds/Jeera - 1 to 1 & 1/2	Ghee - 2 tsp
tsp	

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

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 it 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 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 then 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.

Instant Mango Pickle



A DELICIOUS PICKLE FOR EVERYONE

BY MANJU SARAF, LOVELY MOM , FROM GURGAON

Prep Time
10 mins

Ready In
10 mins

Servings
10-12

Ingredients

Raw mango/Kacha aam - 250 grams	Mustard seed powder/Rai powder -
Ginger - 25 grams	1 & 1/2 tsp
Green chilli - 25 grams, chopped	Dana methi/Fenugreek seed powder
Salt - 25 grams	- 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 seed powder/Saunf powder -	required
2 tsp	

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

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 seed powder, mustard seed powder, fenugreek seed 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.
- Store the pickle in the refrigerator if you want it crunchy; else, keep it outside.
- This pickle can be enjoyed for up to 1 year.

Nachos Puri



AN INNOVATIVE LIP-SMACKING SNACK

BY SHARMILA KHURAIYA , A LOVELY MOM , FROM GUJARAT

Prep Time
5 mins

Ready In
10 mins

Servings
4-6

Ingredients

Golgappe - as required

FOR SALSA:

Tomato – 2, finely chopped

Tri colour Capsicum - 1/2 Cup, finely chopped

Spring onion - 1 to 2 Tbsp + for garnishing

Tomato ketchup - 1/2 Cup or as required

Onion – 1, finely chopped

Oregano - to taste

Mixed herbs - to taste

Red chilli flakes - to taste

Salt - to taste

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Nachos Puri

Ingredients

FOR CHEESE SAUCE:	Grated cheese - 1/4 Cup + as
Salted Butter - 2 Tbsp	required for serving
Maida/All-purpose flour - 1 Tbsp	Salt - to taste
Milk - 1/2 Cup	Red chilli powder - to taste
Garlic paste - 1/2 tsp (optional)	Black pepper powder - to taste

Tips

- It is recommended to make this snack using [Sooji Ke Golgappe](#) and [homemade tomato ketchup](#).

Nachos Puri

Directions

- **FOR PREPARING THE CHEESE SAUCE:**
- Melt butter in a pan on a low flame. Then add refined flour and mix well. Stir it continuously for a minute.
- Add milk and stir the mix continuously. Cook on a low flame until it thickens.
- Add salt, red chilli powder, garlic paste, black pepper powder, and grated cheese. Mix well and cook until it is smooth and lump-free. Then turn off the flame.
- **FOR PREPARING THE SALSA:**
- In a bowl, add and mix well finely chopped tri-colour capsicum, tomato, onion, spring onion, salt, red chilli flakes, tomato ketchup, mixed herbs, and oregano.
- **FOR PREPARING THE NACHOS PURI:**
- Take a golgappa and fill it with salsa and the cheese sauce. Garnish it with grated cheese and spring onion.
- Delicious 'Nachos Puri' is ready to be served.

Banana Palak Smoothie



A DELICIOUS AND HEALTHY BREAKFAST OPTION

BY SHRADDHA THAKRAR , A LOVELY GRANDMOM , FROM GUJARAT

Prep Time
5 mins

Ready In
5 mins

Servings
1

Ingredients

Banana – 1, chopped

Palak/Spinach - a small bunch

Peanut butter - 1 tsp

Milk - as required

Roasted almonds - a handful, sliced

Flax seeds- 1 to 2 Tbsp

Chia seeds - 1 to 2 Tbsp

Roasted mixed seeds (pumpkin,
watermelon, sunflower) - 1 to 2 Tbsp

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Banana Palak Smoothie

Directions

- Clean and wash the spinach leaves well.
- Grind chopped banana, spinach leaves, peanut butter, and a little milk in a grinder jar to a smooth puree. Then add milk as required to make a smoothie
- Transfer the smoothie to a bowl and garnish it with sliced almonds, flax seeds, mixed seeds, and chia seeds.
- Delicious and healthy 'Banana Palak Smoothie' is ready to be served. Serve it immediately.

Tips

- Nuts and seeds of choice can be used to serve this smoothie.
- Celery leaves can also be added with spinach.
- If required, water or almond milk can be used to make the smoothie.
- To get the desired consistency, milk should be added in batches while grinding.

Chocolate Brownie



A DELICIOUS DESSERT

BY VIMKI GIRIA , A LOVELY MOM, FROM BANGALORE

Prep Time
5 mins

Ready In
5 mins

Servings
4-6

Ingredients

Mixed Dry Fruits (almonds, cashew nuts, walnuts) - 1 Cup	Cocoa Powder - 1/3 Cup
Dates/Khajoor - 10 to 12	Walnuts - as required for garnishing

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Chocolate Brownie

Directions

- Coarse grind the mixed dry fruits in a grinder jar.
- Add cocoa powder and grind it again.
- Finally, add dates in batches (3 at a time) and grind it. Once it forms a dough, take it out on a plate.
- Shape it and keep it in the refrigerator for 1 hour to set. Then garnish it with walnut.
- Delicious 'Chocolate Brownie | No Bake Chocolate Brownie' is ready to be served.

Tips

- Either mixed dry fruits or any one of the dry fruits can be used to make the brownie.
- The dates should be soaked in water so that they turn soft and easy to grind.
- The brownie should be set in the refrigerator for at least 1 hour.

Thin Crust Veggie Pizza



A QUICK, SIMPLE, AND DELICIOUS SNACK

BY VIJAY HALDIYA , FOUNDER, ZAYKA KA TADKA

Prep Time
10 mins

Ready In
20mins

Servings
1

Ingredients

Leftover Roti/Fresh Roti - 1-2

Onions - 1/2 cup, chopped

Tomato - 1/2 cup, chopped

Green Capsicum - 1/2 cup, chopped

Mozzarella Cheese - 1/2 cup, grated

Red capsicum - 1/2 cup, chopped

Yellow Capsicum - 1/2 cup, chopped

Mixed pizza herbs - 1/2 tsp

Salt - to taste

Black pepper powder - 1/2 tsp

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Thin Crust Veggie Pizza

Directions

- In a bowl, add onions, green capsicum, red capsicum, yellow capsicum, tomatoes, 1/4th cup mixed herbs, chilli flakes, salt, and black pepper powder.
- Take a leftover roti or fresh roti and spread pizza sauce on top of it.
- Now spread the veggies on top of the roti.
- Sprinkle mixed pizza herbs, red chili flakes and grated mozzarella cheese on it.
- Grease a flat pan with butter.
- Place the roti pizza in the pan and cover the lid. Let it cook for 8-10 minutes on a slow flame.
- Now take out the pizza from the pan when it has become crisp from the bottom.
- 'Leftover Roti Pizza - Thin Crust Veggie Pizza' is ready to be served hot.

Tips

- You can also add paneer to make it more delicious.
- Add more and more veggies to make it more nutritious.

Cone Chaat



AN INNOVATIVE AND SAVOURY SNACK ITEM

BY AVNI PANJWANI , A LOVELY MOM , FROM KOLKATA

Prep Time
5 mins

Ready In
15 mins

Servings
6

Ingredients

Maida/All-purpose flour - 1 cup
Boiled Potato/Aloo- as required,
mashed
Onion/Pyaz- as required, finely
chopped
Sev - as required

Anaar daane/Pomegranate seeds -
as required
Laal Mirch Powder/Red Chilli
Powder - to taste
Salt - to taste (for dough + for
stuffing)

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Cone Chaat

Ingredients

Chaat masala - as required	Khatti meethi chutney - as required
Water - for dough and slurry	Mungfali/Peanuts - as required
Oil - 2 to 3 Tbsp + for frying	Curd - as required for stuffing + for garnishing
Coriander leaves - for garnishing	

Tips

- While making the dough, it should be ensured that enough oil is used to maintain the crispiness of the cone.
- While preparing the cone, it should be ensured that the roti is neither very thick nor very thin.
- In case a cone mould is not available, a thick drawing paper can be used.
- It should be remembered that the consistency of the slurry should be medium.
- Pricking the rotis with a fork helps in avoiding the cone from flaring up.
- If desired, it can also be made as pizza cones or even pav bhaji cones.

Cone Chaat

Directions

- **FOR PREPARING THE SLURRY:**

- Add 2 Tbsp of all-purpose flour and some water to make a medium-consistency slurry.

- **FOR PREPARING THE CONE:**

- In a bowl, add all-purpose flour and oil and mix it well until it starts binding well. Add salt and water and knead it into a smooth dough.
- Take a portion of the dough and roll it into a ball. Flatten it into the shape of a roti.
- Cut the roti in to a square shape. Remove the sides and prick it with a fork.
- Take a cone mould and stick the square shaped dough on it and stick the edges below. Seal the ends with the slurry.
- Meanwhile, heat oil in a pan on a low to medium flame and deep fry the cone in it. Fry it for 5 to 7 minutes or until it turns golden brown in colour.

- **FOR PREPARING THE CONE CHAAT:**

- After the cone is fried completely, add khatti meethi chutney, curd, potato, onion, chaat masala, red chilli powder, salt, and peanuts in it.
- Again, top it with curd, khatti meethi chutney, sev, pomegranate seeds, and coriander leaves. Finally, garnish it with curd.
- 'Cone Chaat' is ready to be served.

Aviyal



A FAMOUS AND HEALTHY KERALA-STYLE RECIPE

BY SUSHEELA MUKUNDAN , A LOVELY MOM, FROM MUMBAI

Prep Time
10 mins

Ready In
20 mins

Servings
6

Ingredients

Yardlong Beans/Chawli – 250g

Drumsticks – 250g

Carrot/Gajar – 250g long pieces

Red Pumpkin/Kaddu – 250g long pieces

White Pumpkin/Petha – 250g long pieces

Elephant Foot/ Suran – 250g long pieces

Turmeric/Haldi powder - 1/4 tsp

Green Chillies - as required, finely chopped

Water - 1 glass

Powdered jaggery/Gud - 2 tsp

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Aviyal

Ingredients

Salt/Namak - to taste

Curd/Dahi - 2 Tbsp

Fresh coconut/Nariyal – 1, chopped Coconut Oil/Nariyal Tel - 2 to 3 Tbsp

Curry Leaves - 6 to 7

Tips

- Many more vegetables according to taste and/or preference can be added to this recipe to make it healthier.
- The level of green chillies can be adjusted to taste.
- Adding jaggery gives this recipe an added flavour.

Aviyal

Directions

- Add yardlong beans, drumsticks, carrot, white pumpkin, red pumpkin, and elephant foot in a bowl. Add salt and turmeric powder into the bowl and toss it to mix it with the vegetables.
- Add this vegetable mixture to a wok or a pan and sprinkle water on it. Cover it with a lid and let it cook for 5 to 7 minutes on a medium flame.
- Add powdered jaggery to it and mix it well.
- Meanwhile, grind coconut and green chillies in a grinder to a coarse mixture. Add curry leaves and curd to the mixture and mix it well.
- Add this ground paste to the cooked vegetables and mix it well with all the ingredients. Let it cook for about 1 to 2 minutes.
- After it is cooked, pour coconut oil into the pan, and mix it well with the vegetables.
- 'Avial | Aviyal | Kerala Style' is ready to be served.

Veggie Oats Appe



A SIMPLE AND HEALTHY SNACK OPTION

BY JAYA SHROFF, A LOVELY MOM , FROM AHMEDABAD

Prep Time

20 mins

Ready In

30 mins

Servings

5-7

Ingredients

FOR PREPARING THE BATTER

Semolina/Sooji - 1/4 cup

Oats - 2 Tbsp

Hara Moong/Split green gram - 1
Tbsp, soaked and boiled

Curd - 4 Tbsp

Water - as required for consistency

Tomato - as required, finely chopped

Capsicum - as required, finely
chopped

Beetroot - as required, finely
chopped

Cabbage - 1 cup

Salt - to taste

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Veggie Oats Appe

Ingredients

Carrot - as required, finely chopped

Fruit Salt - 1/4 tsp

Ginger-Green chilli paste - as required

Lemon juice/Neebu ras - 1/4 tsp

Oil - 1/2 tsp

FOR PREPARING APPE

Oil - for greasing

Carrot - as required

Tomato - as required

Beetroot - as required

Capsicum - as required

Tips

- The amount of green gram or moong dal can be adjusted while preparing the batter.
- It should be remembered to keep the batter aside for 10 to 15 minutes.
- The appe pan can be either greased with oil or not.

Veggie Oats Appe

Directions

- **FOR PREPARING THE BATTER:**

- Roast and then grind the oats to a fine powder.
- In a bowl, add and mix well semolina, oats, green gram, and curd to make a paste.
- Add some water to the paste to give it a medium consistency.
- Add tomato, capsicum, ginger-green chilli paste, beetroot, cabbage, carrot, and salt to the bowl and mix them well. Keep aside for 10-15 minutes.
- Add fruit salt, lemon juice, and oil to the batter and mix them well.

- **FOR PREPARING APPE:**

- Meanwhile, heat the appe pan and pour the batter on it.
- Add carrot, tomato, beetroot, and capsicum to make it look colourful.
- Let it cook on a medium flame for 5 to 7 minutes. After that, flip the appe with a spoon to cook the other side as well.
- 'Veggie Oats Appe' is ready to be served.

Detox Juice



A MORNING DETOXIFICATION DRINK

BY ARCHANA CHAKRAVARTHY , A LOVELY MOM, FROM BANGALORE

Prep Time
10 mins

Ready In
10 mins

Servings
1

Ingredients

Cucumber - 1 medium-size, cut into pieces Fresh Coconut Water - 1/2 glass (or as required)
Carrot - 1 small-size, cut into pieces Lemon juice - of 1/2 a lemon
Aloe Vera juice - 1/2 tsp

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Detox Juice

Directions

- Cut the cucumber and carrot in small pieces. Using a mixer jar, grind the cucumber and carrot pieces, aloe vera juice, and fresh coconut water to make a smooth drink. Add drops of lemon juice of about half a lemon.
- The 'Detox Juice' is ready to be served..

Tips

- Regular drinking water is recommended for use in place of fresh coconut water.
- For preparing the juice, it is suggested to take an aloe vera stem, cut the side thorns, peel the upper green skin and, with a spoon, gently scoop out the aloe vera gel.

Palak Papdi Chaat



A UNIQUE AND HEALTHY SNACK ITEM

BY RITU CHAWLA RAJPAL , A LOVELY MOM, FROM LUDHIANA

Prep Time
10 mins

Ready In
15 mins

Servings
3

Ingredients

FOR PREPARING THE PAPDI

Carom Seeds/Ajwain - as required

Salt - to taste

Red Chilli Powder/ Lal Mirch Powder - to taste

Gram Flour/Besan - as required

Water - for making batter

Spinach Leaves/Palak Patta - as required

FOR PREPARING THE CHAAT

Black Chickpea/Kala Chana - 3 tsp

White Chickpea/Kabuli Chana - 3 tsp

Potato/Aloo - 2 tsp, boiled and diced

Onion/Pyaz - 2 tsp, finely chopped

Salt/Namak - to taste

Red Chilli Powder/Lal Mirch Powder - to taste

Curd/Dahi - as required

[Watch the Video Recipe](#)

facebook.com/zaykakatatadka

Palak Papdi Chaat

Ingredients

Roasted Cumin/Jeera Powder - 1 tsp Beetroot/Chukandar - as required, grated
Black Pepper/Kali Mirch powder - 2 tsp Tamarind and Jaggery/Imli aur Gud Chutney - to taste

Tips

- The excess batter from the spinach leaf should be removed before frying it in the oil.
- Any of the pulses or sprouts can be used to make this chaat. Even bhel can be used for making it quickly.

Palak Papdi Chaat

Directions

- **FOR PREPARING THE PAPDI:**
- Take gram flour in a bowl and add carom seeds, red chilli powder, salt, and water to make a batter with a thin, flowing consistency.
- Meanwhile, heat oil in a pan on a medium flame.
- Dip the spinach leaf in the batter and slide it into the oil in the pan.
- Keep stirring and flipping the spinach leaf until it looks cooked.
- **FOR MAKING THE CHAAT:**
- Add black chickpea, white chickpea, potatoes, onions, and black pepper powder in a bowl and mix them well.
- Place this mixture on the fried spinach leaves placed on a serving plate.
- Pour curd and tamarind-jaggery chutney and sprinkle red chilli powder, roasted cumin powder, and beetroot on the top.
- 'Palak Papdi Chaat | Chaat With Spinach Leaves' is ready to be served.

Sabudana Fruit Custard



A DELIGHTFUL SWEET DISH

BY MADHU MUDGAL, A LOVELY MOM, FROM JALANDHAR

Prep Time
550 mins

Ready In
630 mins

Servings
4

Ingredients

Milk - 1/2 litre

Sabudana/Sago - 1 cup, soaked

Kesar/Saffron- a few strands

(soaked for 2 to 3 hours in warm milk)

Cheeni/Sugar - 1/2 cup

Custard powder - 2 Tbsp

Kela/Banana - 1 cup, chopped

Seb/Apple - 1, chopped

Angoor/Grapes - 1 cup

Anaar daane/Pomegranate seeds - 1 cup + for garnishing

Rose petals - for garnishing

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Sabudana Fruit Custard

Directions

- Boil the milk in a pan.
- As it starts boiling, add sabudana to it keeping a medium flame and keep stirring it.
- Add milk with saffron while stirring it.
- In the cup with the custard, add warm milk as required and mix it well, ensuring that no lumps are formed.
- Add this custard batter into the pan and keep stirring it continuously to avoid any lumps.
- Add sugar to the pan and keep stirring it for 10 minutes on a low flame and then let it cool down to the room temperature.
- Thereafter, keep it in the refrigerator for an hour.
- After an hour, add grapes, banana, pomegranate seeds, and apple to the custard and mix everything well.
- Garnish it with some pomegranate seeds and rose petals.
- 'Sabudana Fruit Custard' is ready to be served.

Tips

- It can be served in a bowl or in a traditional kullad and garnished with pomegranate seeds and rose petals.
- Dry fruits can also be added to this custard.
- Any fruits of choice can be used in this fruit custard.

Saunf Ka Sharbat



A REFRESHING AND HYDRATING DRINK

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time
5 mins

Ready In
5 mins

Servings
10-15

Ingredients

Saunf/Fennel seeds - 1/4 cup

Sugar - 1 cup

Elaichi/Green cardamom - 12 to 15

Mint leaves - for garnishing

Black pepper corns - 1 tsp

Ice cubes - for serving

Khuskhus/Poppy seeds - 1/4 cup

Chilled water - for serving

[Watch the Video Recipe](#)

facebook.com/zaykakatadka

Saunf Ka Sharbat

Directions

- In a grinder jar, add fennel seeds, poppy seeds, black pepper corns and cardamom. Keep some sugar aside and add the rest of it to the jar. Grind all the ingredients together to make a fine powder.
- Sift the powder using a sieve. Grind the residue with sugar to make a fine powder. Repeat this process until you get a fine mixture. Keep the mixture in an airtight container.
- **FOR PREPARING THE SHARBAT:**
- To a bowl, add 2 teaspoon of the sharbat pre-mix. Add chilled water, Mix well. Strain it with the help of a tea strainer.
- Pour the sharbat in a serving glass. Add ice cubes. Garnish it with mint leaves.
- Refreshing 'Saunf Ka Sharbat | Fennel Seed Mocktail' is ready to be served.

Tips

- The pre-mix of the sharbat can be stored in an airtight container and preserved in a refrigerator for 3 to 4 months.
- The ratio of saunf/fennel seeds and sugar should be 1:4.
- The quantity of sharbat mix can be adjusted to one's taste.
- The pre-mix can also be added to the milk to get a taste similar to that of Thandai.

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 80 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.



facebook.com/zaykakatadka

facebook.com/groups/847711728602764/



instagram.com/zaykakatadka



youtube.com/c/zaykakatadka



Thank you!!
Enjoy!