

UNEDITED LIVE  
RECIPES

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जो दिखता है !  
वही बनता है !!

# ZAYKA KA TADKA



LIVE FROM THE KITCHENS OF MOMS OF INDIA







# Founder's Words



**Namaskar!**

Wishing great health and good food all our dear viewers. We are happy to present to you another edition of our magazine!

It's always unbelievable how quickly time passes and we have crossed half way mark of this year. Let us welcome the next half of the year with monsoon showers to cool us from the summer heat and bring us all healthier and happier days ahead.

In this magazine, we yet again bring to you very interesting, easy and healthy recipes suitable for the season. Monsoons go hand in hand with exciting snacks and hot meals. Thanks to so many wonderful Moms we have a treasure of excellent recipes for any occasion or season.

Do try the recipes in this edition, share with your friends and family and share feedback with us. Its always exciting to receive your feedback which helps us improve each day.

Yours Sincerely

Vijay Haldiya - [ Founder of Zayka Ka Tadka ]





Zayka  
Ka  
Tadka

The Super Chef Moms of India



# In this Edition



Poha Bhel- 5

Onion Chutney- 24

Cheese Burst Pizza- 44

Moong Dal Khasta  
Kachori- 7

Amritsari Kulcha- 27

Besan Sev Ki Kadhi-  
47

Garelu- 10

Bread Pakoda - Without  
Frying- 31

Sprouts and Peanut  
Salad- 50

Cheese Pulao- 12

Papad Paratha- 33

Achari Aloo Shimla  
Mirch- 52

Aloo Tikki Burger- 14

Hara Misal- 35

Bread Waffle- 16

Besan Chutney- 38

Pizza Tikki- 55

Idli, Dosa, & Vada  
Batter- 18

Chocolate Coco Bites-  
40

Chaas Wali Khichdi-  
57

Palak Paneer Roll- 21

Puttu Kadla- 42



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# Poha Bhel



A SCRUMMY SNACK FOR A QUICK BITE

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

*Prep Time*  
5 mins

*Ready In*  
10 mins

*Servings*  
2

## Ingredients

Mota Poha/Thick Flattened  
Rice/Aval - 1 bowl or 2 cups  
Onion/Pyaz - 1, finely chopped  
Tomato - 1, finely chopped  
Cucumber - 1, finely chopped  
Green chillies - 2, finely chopped  
Lemon - 1/2  
Green Chutney - as required  
Namkeen - as required

Coriander leaves - a handful,  
chopped  
Peanuts - 1/4 cup, roasted or fried  
Namkeen Sev - 1/2 cup  
Chaat Masala - to taste  
Salt - to taste  
Black salt - to taste  
Sweet Tamarind Chutney - as  
required

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# *Poha Bhel*

## *Directions*

- Dry roast the poha in a pan on a low flame for about 5 to 6 minutes. Then let it cool completely.
- Now, take the roasted poha in a bowl.
- Add chopped cucumber, onion, tomato, green chilli, coriander leaves, namkeen sev, roasted/fried peanuts, salt, black salt, chaat masala, and lemon juice. Mix all together.
- Add green chutney and sweet tamarind chutney. Add 2 Tbsp namkeen bhujia. Mix all together.
- Yummy 'Poha Bhel' is ready to be served.

## *Tips*

- Available veggies of choice can be added.
- After the poha and the peanuts are dry roasted, they should be kept in an airtight container for making bhel later.



# Moong Dal Khasta Kachori



A MOST LOVABLE AND DELICIOUS SNACK

BY SEEMA PATNI , A LOVELY MOM , FROM INDORE

*Prep Time*  
15 mins

*Ready In*  
35-40 mins

*Servings*  
4-6

## Ingredients

### FOR THE STUFFING:

Moong Dal/Yellow Lentil/Green  
Gram without skin - 1 Cup, soaked  
Besan/Gram flour - 2 to 3 Tbsp  
Green Chillies - 1 to 1 & 1/2 tsp  
Ginger Paste - 1 tsp  
Asafoetida/Hing - a pinch  
Cumin seeds/Jeera - 1/2 tsp  
Dry red chilli - 1

Black Cardamom/Badi Elaichi - 1  
Turmeric/Haldi powder - 1/2 tsp  
Red Chilli Powder/Lal Mirch Powder  
- 1 tsp  
Saunf/Fennel seed powder - 1 tsp  
Black salt - 1/2 tsp  
Garam Masala/All spice mix - 1/2 tsp  
Dry Mango Powder/Amchur- 1 tsp  
Whole coriander seeds - 1/2 tsp

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# Moong Dal Khasta Kachori

## Ingredients

Cinnamon/Dalchini - 1 small stick	<b>FOR THE DOUGH:</b>
Coriander leaves - 2 Tbsp, chopped	Refined flour - 2 Cups
Salt - to taste	Oil - 1 to 2 Tbsp + for greasing
Oil - 2 Tbsp + for frying	Salt - to taste

## Directions

- **FOR PREPARING THE DOUGH:**
- Mix well refined flour, oil, and salt in a bowl. The flour should bind, but if it does not, add a little more oil. Add water to make a soft dough. Grease the dough with oil and knead it for 2 to 3 minutes. Keep aside.
- **FOR PREPARING THE STUFFING:**
- Heat 2 Tbsp oil in a pan.
- Add dry red chilli, cinnamon stick, black cardamom, asafoetida, green chilli paste, and ginger paste. Sauté well. Then add turmeric powder. Mix well.
- Add gram flour/besan and sauté it on a low flame for 2 to 3 minutes.
- Add soaked and drained moong dal. Mix well. Sprinkle some water, cover and cook for 2 to 3 minutes.
- Then add red chilli powder, fennel seeds powder, black salt, whole coriander seeds, garam masala, dry mango powder, and coriander leaves. Mix well then turn off the flame. Add salt and mix well. Let it cool.



# Moong Dal Khasta Kachori

## Directions

- **FOR PREPARING THE KACHORI:**
- Heat oil for frying. Once the oil is hot, turn off the flame.
- Meanwhile, knead the dough using a little oil. Then take a small portion of the dough.
- Flatten the dough with fingers and put the stuffing in it. Seal it properly and flatten it a little bit.
- Put the kachori into the pan for frying. Put 4 to 5 kachoris at a time.
- Once they float on oil, turn on the flame again. Keep the flame low. Once the kachori turns golden brown at the bottom, flip it and fry it.
- When the kachori turns golden brown from all the sides, take it out.
- Delicious 'Moong Dal Khasta Kachori' is ready to be served.

## Tips

- The spiciness can be adjusted according to one's taste.
- Dry spices should be added only after the dal gets cooked. However, the dal should not be overcooked.
- A smooth and soft dough should be kneaded for the outer covering.
- Either less or more of the stuffing can be filled, depending on one's choice.
- The oil for frying should first be heated and then the flame should be turned off.
- The kachori should be added for frying when the oil is a little hot. Once it floats on the oil, turn on the flame. This will make the kachori smooth.

# Garelu



A PROTEIN-RICH BREAKFAST DISH

BY RAMYA OLLALWAR , A LOVELY MOM , FROM CALIFORNIA, USA

*Prep Time*

180-240  
mins

*Ready In*

183-244  
mins

*Servings*

10

## Ingredients

Split Green Gram/Green

Moong dal - 1 cup

Onion/Pyaz - 1 to 2 nos

Green chillies - 2 nos

Ginger - 1/2 to 1 inch

Coriander leaves - 1/2 cup

Cumin seeds/Jeera - 1/2 to 1 tsp

Salt - to taste

Oil - for frying

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# Garelu

## Directions

- Soak the split green moong dal in water for 3 to 4 hours. Thereafter, wash it properly and drain its water. Grind the dal to make a mixture of thick consistency by adding just a little water.
- The consistency of the mixture should be such that it should drop from the spoon. Also, add the 2 Tbsp of soaked split moong dal for a grainy texture.
- In a mixer jar, grind chopped onion, green chilli, and ginger to a coarse paste. Put this in the green moong dal mixture. Then add coriander leaves, cumin seeds, and salt to taste in the mixture.
- Meanwhile, heat oil for frying.
- Wet a cotton cloth and squeeze out the water from it. Take a small portion of the mixture and place it on the cloth. Then make a small hole in it and place it in the heated oil. Fry and cook from both the sides on a medium flame. When its colour turns dark red, take it out on a plate.
- It takes about 3 to 4 minutes to cook the vada. To make it crispy, cook it on a low to medium flame.
- 'Garelu | Green Moong Dal Vada' is ready to be served.

## Tips

- About 2 Tbsp of the soaked split green moong dal should be kept aside to add to the vada mixture.
- The vada can be either deep fried or made into balls with the mixture and cooked in an appe pan with less oil.

# Cheese Pulao



A DELICIOUS RICE PREPARATION

BY NISHA SAMAR , A LOVELY MOM , FROM RAJASTHAN

*Prep Time*

5 mins

*Ready In*

5 mins

*Servings*

1

## Ingredients

Basmati Rice - 1 Cup, Cooked with  
some salt

Chilli flakes - to taste

Sweet Corn - 2 to 3 Tbsp

Ghee - 1 to 2 tsp

Cheese - as required for serving

Oregano - to taste

Tricolour Capsicum - 1/2 Cup,  
finely chopped

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# *Cheese Pulao*

## *Directions*

- Take a pan, add ghee, and heat it.
- Once the ghee is hot, add chopped tricolour capsicum and sauté it for a minute.
- Then add sweet corn and sauté it for a couple of minutes. Then turn off the flame.
- Add cooked basmati rice (basmati rice cooked with salt). Add red chilli flakes and oregano. Toss it lightly. Transfer to a plate.
- Top the rice with grated cheese. Microwave it for a minute (if, however, you do not have a microwave oven, then you can add cheese to the pan and cover and cook it for 2 minutes).
- Delicious 'Cheese Pulao | Cheese Pulav' is ready to be served.

## *Tips*

- It is recommended to use raw corn as it tastes amazing.
- Either butter or ghee can be used to make the pulao.
- Veggies of choice can be added to make it nutritious.
- The quantity of chilli flakes can be adjusted according to taste.
- Before rice is added to the pan, the flame should be switched off. This will prevent the rice grains from breaking and the rice will be fluffier.
- After cheese is added, the rice should be microwaved for a minute so that the cheese gets melted. If a microwave oven is not available, then cheese can be added to the pan and covered and cooked for 2 minutes.

# Aloo Tikki Burger



A VERY FAMOUS SNACK ITEM IN INDIA

BY DIMPLE LOHITH, A LOVELY MOM, FROM BANGALORE

*Prep Time*

2 mins

*Ready In*

7 mins

*Servings*

2

## Ingredients

### FOR TIKKI:

Potato/Aloo - 2 medium-sized,  
boiled

Mixed herbs - to taste

Green Chutney - to taste

Breadcrumbs - 1 Tbsp + for rolling

Butter - as required for roasting

Lettuce leaves/Cabbage - as  
required

Salt - to taste

Burger buns - 2

Green Chutney - to taste

Mayonnaise - to taste

Tomato Ketchup - to taste

Onion slices - as required

Tomato slices - as required

Cheese - as required

Mixed Herbs - to taste

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# Aloo Tikki Burger

## Directions

- **FOR PREPARING TIKKI:**
- Take a bowl, add boiled potato and mash it. Then add breadcrumbs, mixed herbs, green chutney, and salt. Mix well.
- Divide the potato mixture into two equal parts. Then shape each part into a tikki. Roll the tikki in breadcrumbs.
- Meanwhile, heat a tawa or pan. Cook the tikki by applying butter on both the sides. The flame should be low. Once cooked, take it out.
- **FOR PREPARING THE BURGER:**
- Cut the burger buns into halves. Then apply the green chutney and mayonnaise on one part of the bun.
- Apply tomato ketchup on other side of bun. Sprinkle mixed herbs.
- Then place the onion slices and tikki/patties on the green chutney side.
- Top it with grated cheese, tomato, and lettuce leaves.
- Cover the burger with the other half.
- Lightly toast the burger on a hot tawa. Then take it out on a plate.
- Yummy 'Aloo Tikki Burger | Veg Burger' is ready to be served.

## Tips

- The tikki can be deep-fried if required.
- Cabbage can be used if lettuce is not available. Other veggies such as capsicum and carrot can also be added.

# Bread Waffle



ABSOLUTELY LOVABLE DESSERT

BY PRACHI JALAN , A LOVELY MOM , FROM UTTAR PRADESH

*Prep Time*  
5 mins

*Ready In*  
10 mins

*Servings*  
2

## Ingredients

Ghee - as required

Bread slices - 3 nos

Chocolates - as per taste and requirement

Vanilla ice cream - 1 scoop

Chocolate sauce - as required

Strawberry pieces - as required

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# Bread Waffle

## Directions

- On a hot pan, apply ghee. Place three bread slices over it. Lightly toast breads on both sides till they are crispy.
- On one bread slice, place the chocolates, and then place the second slice on it. Spread chocolates over the second slice as well and then put the third slice over it. Cook and toast on a low flame for 3 to 4 minutes.
- Again, apply ghee over the top bread slice and toast it to make it crispy on both the sides.
- Cut the bread waffle diagonally to make two triangle-shaped waffles. Place a scoop of ice cream over each of them.
- Lightly pour chocolate sauce over it with a spoon. Place crushed chocolate over it and garnish with strawberry pieces.
- 'Bread Waffle | Waffle In Indian Style' is ready to be served.

## Tips

- A toaster can be used for making the bread crispy.
- Instead of ghee, butter can be used to toast the bread.
- Any ice cream flavour of one's choice can be taken.
- Fruits of one's choice can be used for garnishing the waffle.



# Idli, Dosa, & Vada Batter



A 3-IN-1 BATTER RECIPE

BY KAMESWARI SONTI , A LOVELY MOM, FROM ANDHRA PRADESH

*Prep Time*

7 hrs

*Ready In*

7 hrs

*Servings*

4

## Ingredients

### FOR VADA BATTER:

Salt - to taste

Whole Urad Dal - 2 cups

### FOR IDLI BATTER:

Whole Urad Dal - 2 cups

Idli Rava - 2 cups

Water - as required

Salt - to taste

### FOR DOSA BATTER:

Dana methi/Fenugreek seeds - 1/2

tsp

Split Pigeon peas/Tuar/Toor dal - 2

Tbsp

Salt - to taste

Water - as required

Sabudana/Sago - 2 Tbsp

Rice - 2 cups

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# *Idli, Dosa, & Vada Batter*

## *Directions*

- **FOR VADA BATTER:**
- Soak the whole urad dal for 6 to 8 hours or overnight. Separately, grind the 4 cups of urad dal without adding water.
- First add salt, and, if the dal is visible, stop the grinder, wet your fingers and mix the lower and upper layers together.
- Grind it to a fine texture and ensure that the consistency of the batter is slightly thinner than the roti dough.
- Divide the 4 cups of urad dal batter into 3 portions: 2 cups only for vada and 1 cup each for idli and dosa batter.
- **FOR IDLI BATTER:**
- Before grinding the urad dal, soak the idli rava. Drain and mix the idli rava with 1 cup of urad dal batter.
- Add salt to taste and water if required. The idli batter is ready. The idli batter is fermented overnight for fluffy idlis.
- **FOR DOSA BATTER:**
- Soak the rice, fenugreek seeds, sago, and toor dal together in a bowl for 5 to 6 hours.
- Grind the soaked rice, fenugreek seeds, sago, and the toor dal mix together. Add 1 cup of urad dal batter to it.
- At this step, add salt to taste, put water for a thin, spreading consistency. The dosa batter is ready.
- The dosa batter is fermented overnight for spongy and crispy dosas.
- The '3-in-1 batter' is ready for your breakfast.

# *Idli, Dosa, & Vada Batter*

## *Tips*

- If the urad dal absorbs water while soaking, add more water to it.
- Vada batter does not require overnight fermentation.
- This batter can be preserved in a refrigerator for one week.
- Instead of toor dal/split pigeon peas, millets like jowar, bajra, and ragi can also be used for preparing the dosa batter.
- A 1:2 ratio should always follow for the idli and dosa batter.



# Palak Paneer Roll



A DELICIOUS AND HEALTHY DISH

BY APEKSHA NARUMANCHI , A LOVELY MOM, FROM BANGALORE

*Prep Time*

10-15 mins

*Ready In*

15-20 mins

*Servings*

3-4

## Ingredients

### FOR STUFFING:

Grated Paneer - 1/2 Cup

Onion - ½, finely chopped

Pizza Sauce - 1 to 2 Tbsp

Coriander Powder - 1/4 tsp

Roasted Cumin/Jeera Powder - 1/4  
tsp

Red Chilli Powder/Lal Mirch Powder

- a pinch

Garam Masala/All spice mix - a pinch

Salt - to taste

### FOR ROTI:

Whole Wheat Flour/Gehu Ka Aata -  
1 Cup

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# Palak Paneer Roll

## Ingredients

Palak/Spinach puree - as required

Salt - to taste

Sliced Onion - as required

Dahi wali Green Chutney - as required

Oil - as required for roasting

## Tips

- Either [tomato ketchup](#) or [schezwan sauce](#) can be used instead of pizza sauce.
- It is recommended to make this roll using [homemade paneer](#).
- Homemade [green chutney](#) can be used as a dip.

# *Palak Paneer Roll*

## *Directions*

- **FOR PREPARING THE PALAK ROTI/PARATHA:**
- Blanch the spinach for 5 minutes. Then take it out and keep it in cold water. Drain the water and puree the spinach.
- In a bowl, add and mix well whole wheat flour, spinach puree, and salt. Then add water to knead the dough. Keep aside the dough to rest for at least 5 to 10 minutes.
- **FOR PREPARING THE STUFFING:**
- In a bowl, add and mix well grated paneer, chopped onion, pizza sauce, salt, coriander powder, roasted cumin powder, red chilli powder, and garam masala.
- **FOR PREPARING THE ROLL:**
- Take a small portion of the dough and roll it to make a roti.
- Roast the roti on a medium flame by applying some oil.
- Once the roti is cooked, put the stuffing on it. Top it with sliced onion and dahi wali green chutney. Then fold it to make a roll. Cut the roll into 2 pieces.
- Delicious 'Palak Paneer Roll' is ready to be served.



# Onion Chutney



A VERY POPULAR AND DELICIOUS CHUTNEY

BY ARCHANA CHAKRAVARTHY , A LOVELY MOM, FROM KARNATAKA

*Prep Time*  
5 mins

*Ready In*  
10 mins

*Servings*  
4

## Ingredients

### FOR CHUTNEY:

Onion/Pyaz – 2, medium-sized

Cumin Seeds/Jeera - 1/2 tsp

Whole Coriander seeds/Sabut

Dhaniya - 1/2 tsp

Asafoetida/Hing - 1/4 tsp

Turmeric/Haldi powder - 1/2 tsp

Dry Red Chillies - 3 to 4 nos

Salt - to taste

Fresh Coconut/Nariyal - 2 Tbsp, chopped

Sugar - 1/2 tsp

Tamarind/Imli - to taste

Oil - 1 Tbsp

### FOR TADKA:

Oil - 1 tsp

Urad Dal/Black gram - 1/2 tsp

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# Onion Chutney

## Ingredients

Turmeric/Haldi powder - a pinch

Sarson/Mustard seeds - 1/2 tsp

Asafoetida/Hing - a pinch

Curry Leaves – a few

## Directions

- **FOR PREPARING THE CHUTNEY:**

- Heat 1 Tbsp oil in a pan.
- Add cumin seeds, coriander seeds, asafoetida, turmeric powder, and dry red chillies. Sauté for few a seconds.
- Then add chopped onion and sauté it. Add tamarind and mix well. Cook the onion for a minute. Add salt and mix well while cooking. Then turn off the flame and let it cool completely.
- Grind cooked onion mixture, chopped fresh coconut, and sugar in a grinder jar to make paste. Add a little water while grinding. Then transfer the chutney to the bowl.

- **FOR PREPARING THE TADKA:**

- Heat 1 tsp oil in a tadka pan.
- Add urad dal/black gram without skin, mustard seeds, turmeric powder, asafoetida, and curry leaves. Turn off the flame. Pour this tadka on the chutney.
- Delicious 'Pyaz Ki Chutney | Onion Chutney' is ready to be served.

# Onion Chutney

## *Tips*

- The spiciness can be adjusted to taste.
- Coconut can be replaced with daaliya dal/Futana/roasted Bengal gram.
- Sugar balances the flavour of the chutney and so it must be added.

# Amritsari Kulcha



A VERY POPULAR FLATBREAD LOVED BY ALL  
BY VIJAY HALDIYA , FOUNDER, ZAYKA KA TADKA

*Prep Time*

1 hrs

*Ready In*

1 hrs 10  
mins

*Servings*

2

## Ingredients

### FOR THE DOUGH:

Whole wheat flour - 1 cup

Maida/All-purpose flour - 1/2 cup

for dough plus as required for  
dusting

Salt - 1 tsp or to taste

Curd - 3 Tbsp

Baking powder - 1 tsp

Powdered sugar - 1 tsp

Oil - 1 tsp

Water (at room temperature) - as  
required

### FOR POTATO STUFFING:

Boiled potato: 2 large-sized, mashed

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# Amritsari Kulcha

## Ingredients

Chaat masala - 1 tsp	Ghee - as required
Dry mango powder/Amchur - 1 tsp	Salt - as required
Grated ginger - 1/2 tsp or as required	Coriander leaves - as required, finely chopped
Green chilli - as required	Kale til/Black sesame seeds - as required

## Directions

- **FOR THE DOUGH:**
- Take a bowl and add whole wheat flour, maida, salt, curd, baking powder, powdered sugar, and oil. Mix everything properly.
- Now, add water little by little and knead it to a soft-consistency dough. Cover it with a muslin cloth and let it rest for 2 hours.
- **FOR THE STUFFING:**
- Take a bowl and add mashed potato, chaat masala, amchur powder, ginger, green chili, salt, and coriander leaves. Mix everything well.
- **FOR KULCHA:**
- Take a small portion of the dough, give it a round, ball shape and flatten it.
- Dust it with maida and roll it a little using a rolling pin on a circular disk.
- Now, place some portion of the potato mixture in the centre, bring the edges together and start pleating to the centre.

# *Amritsari Kulcha*

## *Directions*

- Flip it and sprinkle some black sesame seeds and coriander leaves. Press it gently.
- Now, flip it again so that the coriander leaves and black sesame seeds face down.
- Further, roll it gently to a thick circular shape.
- Now, brush it with water and make sure you coat it uniformly so that it helps the kulcha to stick to the pan.
- Heat the pan and place the water-coated side down. Please do not use a non-stick pan; otherwise, it will not stick to the pan.
- Flip the pan upside down and cook kulcha directly on the flame until it puffs and turns golden brown.
- Now, gently remove the kulcha from the pan and transfer it to a plate.
- Lastly, apply butter to the kulcha.
- Delicious 'Amritsari Kulcha' is ready to be served.

# *Amritsari Kulcha*

## *Tips*

- It is recommended to try it with [Punjabi Chole](#) or [Kadhai Paneer](#) and have a great meal with your loved ones.
- Instead of baking powder, ample sour curd can be used .
- Either whole wheat flour or maida can be used for dusting, depending on one's choice.
- Applying water is mandatory and it should be applied uniformly on the kulcha. Also, the water-coated side should be facing down.
- Black sesame seeds can be replaced with kalonji.
- It is recommended to not use a non-stick pan; otherwise, the kulcha will not stick to the pan.
- Any stuffing like paneer or onion or potato can be used, depending on one's choice.
- Resting the dough is very important.
- The kulcha should be coated with water properly so that it can stick properly to the pan.
- Either ghee or butter can be used, depending on one's choice.
- It can be prepared using only whole wheat flour or only maida or both.

# Bread Pakoda - Without Frying



A AMAZING AND INNOVATIVE SNACK

BY PRASHANTI KUMAR , A LOVELY MOM , FROM NEW JERSEY, USA

*Prep Time*

10 mins

*Ready In*

15 mins

*Servings*

4

## Ingredients

Potato - 2 nos. medium-sized, boiled	Green chilli paste/Hari mirch paste -
Onion - 1 no., finely chopped	1 tsp
Salt - to taste	Cumin seed/Jeera powder - 1 to 2
Coriander leaves - a handful, chopped	tsp
Red Chilli Powder/Lal Mirch Powder	Chaat masala - 1 tsp
- 1 to 2 tsp	Gram Flour/Besan - 1 cup
Brown bread - 2 slices	Water - as required
Tomato sauce - as required	Green chutney - as required
	Oil - as required

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# *Bread Pakoda - Without Frying*

## *Directions*

- In a bowl, take the mashed boiled potato, add finely chopped onion, salt to taste, and coriander leaves. Then add red chilli powder, green chilli paste, cumin seed powder, and chaat masala. Mix with hands. The potato mixture is ready.
- In another bowl, take the gram flour and add red chilli powder and salt to taste. Mix well.
- Now, add a little water to it and whisk it to make a batter of a smooth and runny consistency. Take two bread slices. Apply green chutney on one slice and tomato sauce on the other.
- Take the potato mixture and press it evenly on the bread slice with the tomato sauce and place the bread slice with the green chutney on it. Cut it into half.
- Heat oil in a pan, roll the bread pakoda in the besan batter and place it on the pan. Cook the bread pakoda on a medium flame from all sides for 4 to 5 minutes.
- Flip from the bottom, roast, and cook. Continue to flip from the sides also, so that it roasts and cooks evenly from all the sides. After that, cut the bread pakoda in half.
- 'Bread Pakoda - Without Frying' is ready to be served.

## *Tips*

- To avoid formation of lumps, the gram flour should be sieved before making the batter for the bread pakoda.
- Any bread of choice can be taken.

# Papad Paratha



A TRULY CRUNCHY PARATHA

BY SHVETA SHETH , A LOVELY MOM , FROM MUMBAI

*Prep Time*  
5 mins

*Ready In*  
10 mins

*Servings*  
3

## Ingredients

Roasted papad - 2 nos

Coriander leaves - 1 Tbsp

Coriander/Dhaniya seeds - 1/2 tsp

Salt - to taste

Ghee - 1 to 2 tsp

Red Chilli Powder/Lal Mirch

Powder - 1/2 tsp

Roasted Cumin Seed/Bhuna Jeera  
powder - 1/2 tsp

Coriander Seed/Dhaniya powder -  
1/2 tsp, coarsely crushed

Gehun/Whole Wheat Dough - for  
making 2 to 3 rotis

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# *Papad Paratha*

## *Directions*

- Finely crush the papad with your hands. Then add coriander leaves, crushed coriander seeds, salt, red chilli powder, cumin seed powder, and coriander seed powder. Mix well and crush slightly.
- Take a small portion of the ready wheat dough, roll it in the middle, apply some dry wheat flour, and roll it to make a small roti.
- Take about 1 to 2 Tbsp of the papad filling. Place it in the middle of the small roti. Roll over or gather the sides of the roti to make a small pouch.
- Press the small pouch in the middle with hands. With light pressure, roll it to make a paratha.
- Place the paratha in the middle of the hot pan, and as one side cooks lightly, flip it and apply ghee. Press with a spatula from all sides, apply ghee as required and roast till it gets light brown spots and becomes crispy. Cut it in the middle into two halves for serving.
- 'Papad Paratha' is ready to be served with pickle.

## *Tips*

- It is better to crush the coriander seeds coarsely using a mortar and pestle.
- A little less amount of salt should be added to the papad stuffing, as papad has some salt content as well.
- The thickness of the paratha can be kept as desired.
- Any papad of choice, such as moong dal, urad dal, etc. can be taken.

# Hara Misal



A UNIQUE AND SAVOURY MAHARASHTRIAN DISH  
BY SNEHAL SONI RATHI , A LOVELY MOM , FROM BANGALORE

*Prep Time*  
10 mins

*Ready In*  
15 mins

*Servings*  
2

## Ingredients

### FOR PREPARING THE PASTE:

Coriander leaves - 2 cups

Ginger - 1 small piece

Green chillies - to taste

Garlic - 2 to 3 cloves (optional)

Fresh Nariyal/Coconut - 1/4 cup

Water - as per required consistency

Lemon juice - as required

### FOR PREPARING THE MISAL:

Oil - 2 Tbsp

Cumin seeds/Jeera - 2 tsp

Green peas - 1/2 cup

Salt - to taste + for boiling

Sugar - 1/2 tsp + for boiling

Water - for boiling

Onion - for garnishing, finely  
chopped

Sev - for garnishing

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# *Hara Misal*

## *Directions*

- **FOR BOILING THE GREEN PEAS:**
  - In some water, add green peas, salt, and sugar and boil them well.
  - The water or the broth that is left after boiling the peas can be used later while preparing the green misal.
- **FOR PREPARING THE PASTE:**
  - In a grinding jar, add coriander leaves, ginger, garlic, green chillies, fresh coconut, lemon juice, and a little water to it and grind it to make a smooth paste.
  - While cleaning the grinding jar with water, save the water for adding it in the misal.
- **FOR PREPARING THE GREEN MISAL:**
  - Heat some oil in a pan. Add cumin seeds and the paste to the pan and sauté it for about 2 minutes.
  - Add peas, salt, and garam masala to the pan and mix them well.
  - Add sugar to the pan and mix it well.
  - Add the water that was left while boiling the green peas and cleaning the grinding jar as per consistency required for the misal. Cook it until it starts boiling.
  - Garnish it with onion and sev.
  - ‘Green Misal | Hara Misal’ is ready to be served.

# *Hara Misal*

## *Tips*

- Garlic can be skipped while making the paste.
- Using fresh coconut helps in the binding of the paste.
- Using lemon juice while preparing the paste helps in maintaining the green colour of the misal.
- While boiling the green peas, it should be remembered to add salt and sugar to them.
- While preparing the misal, the level of salt in it should be adjusted as salt has already been added while boiling the green peas.
- The amount of green peas to be used can be adjusted.

# Besan Chutney



A SIMPLE AND UNIQUE SIDE DISH

BY SWARNA SRI , A LOVELY MOM, FROM BHOPAL

*Prep Time*  
5 mins

*Ready In*  
10 mins

*Servings*  
2

## Ingredients

Chana dal/Split gram lentil - 1/2 tsp	Imli /Tamarind water - 1/4 cup
Urad dal/Split black gram - 1/2 tsp	(optional)
Mustard seeds/Rai - 1/2 tsp	Tomato - 1 medium-sized, finely
Cumin seeds/Jeera - 1/2 tsp	chopped
Sookhi Laal mirch/ Dry Red chilli - 2	Coriander leaves - for garnishing,
to 3	finely chopped
Green chilli - to taste	Besan/Gram flour - 2 Tbsp
Curry leaves - 5 to 6	Water - 1 glass + for besan paste
Turmeric/Haldi powder - 1/4 tsp	Salt - to taste
Oil - 2 Tbsp	

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# Besan Chutney

## Directions

- In a bowl, add gram flour and water and mix them to make a smooth paste.
- Heat a pan and add oil, chana dal, urad dal, mustard seeds, cumin seeds, and red chilli and sauté them for about a minute.
- Add green chilli, curry leaves, and tomato to the pan and cook until the tomatoes become soft.
- Add salt and turmeric powder and mix them well with the other ingredients.
- Add tamarind water and cook until it starts boiling.
- Add water to the pan and cover it. Cook until it starts boiling.
- Add the besan paste to the pan and keep stirring it to avoid any lumps. Cover the pan and cook for 2 minutes.
- Garnish it with coriander leaves.
- 'Besan Chutney' is ready to be served.

## Tips

- While making the besan paste, it should be ensured that there are no lumps in it.
- It should be remembered to keep stirring the mixture even after adding the besan paste to the pan to avoid any lumps in it.
- To prepare the tamarind water, tamarind should be soaked in water, and the tamarind-steeped water should be used after throwing the tamarind waste.



# Chocolate Coco Bites



A QUICK AND EASY DESSERT

BY BHAVNA PAHADE , A LOVELY MOM , FROM AURANGABAD

*Prep Time*

5 mins

*Ready In*

5 mins

*Servings*

10-12

## Ingredients

Desiccated Coconut powder - 1  
cup + for coating

Milk powder - 1/2 cup

Melted White Chocolate

Compound - for decoration

Powdered Sugar - 1/4 cup

Milk - as required for making  
dough

Melted Chocolate Compound - for  
coating

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# Chocolate Coco Bites

## Directions

- In a bowl, add desiccated coconut powder, milk powder, powdered sugar, and milk and mix them well to make a dough. Add milk in small amounts as required to make the dough.
- Take a part of the dough and shape it into a small bullet-shaped roll.
- Dip it into the melted chocolate compound and coat it generously. Garnish it with the melted white chocolate compound.
- Instead of dipping it in the chocolate compound, roll it in some desiccated coconut.
- Place these coco bites on a butter paper on a plate. Keep these bites in the refrigerator for about 2 to 3 minutes.
- 'Choco Coco Bites | Chocolate Coco Bites' is ready to be served.

## Tips

- Any available chocolate compound can be used, or any chocolate can be melted.
- To melt the chocolate, the double boiler method should be used.
- Instead of chocolate compounds, desiccated coconut can be used for coating.

# Puttu Kadla



A FAMOUS SOUTH INDIAN BREAKFAST DISH

BY RESHMA RAI , A LOVELY CHEF , FROM KERALA

*Prep Time*  
5 mins

*Ready In*  
10 mins

*Servings*  
1

## Ingredients

White Rice Powder/White Puttu

Podi - 1/2 cup

Salt - to taste

Fresh Coconut - as required, grated

Hot water - as required

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# *Puttu Kadla*

## *Directions*

- In a bowl, take white rice powder and add salt to taste. Pour a small quantity of hot water and mix with a spoon. Add hot water little by little and mix with a spoon as the rice powder absorbs the water. Keep it aside for a few minutes.
- Take a puttu making vessel. It has a sieve inside it. Seal it by adding the freshly grated coconut. Then layer it with the rice powder from the bowl. Again, put some grated fresh coconut and close the vessel.
- Fill the pressure cooker half with water and remove the whistle/weight. When steam comes out from the cooker, place the puttu making vessel where the whistle/weight is placed. Cook for 2 minutes.
- 'Puttu Kadla | Kerala Style Puttu' is ready to be served with chana curry/kadla.

## *Tips*

- The quantity of freshly grated coconut can be adjusted to one's taste and preference.

# Cheese Burst Pizza



A DELICIOUS AND MOUTH-WATERING PIZZA FOR ALL, ESPECIALLY  
KIDS

BY EKTA AGARWAL , A LOVELY MOM , FROM RAJASTHAN

*Prep Time*  
15 mins

*Ready In*  
25 mins

*Servings*  
2

## Ingredients

### FOR PIZZA BASE

Refined flour/Maida - 1 Cup + for  
dusting

Baking Powder - 3/4 tsp

Baking Soda - 1/4 tsp

Salt - to taste

Curd - as required to make the  
dough

Oil - 1 tsp

### OTHER

Tricolour capsicum - as required

Onion - as required

Olives - as required

Tomato ketchup - 1 tsp

Red Chilli Sauce - 1 tsp

Schezwan Sauce - 1 tsp

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# *Cheese Burst Pizza*

## *Ingredients*

Pizza Sauce - 2 to 3 tsp

Melted butter - as required

Cheese Spread - 2 Tbsp

Salt - as required for baking

Oregano - to taste

## *Directions*

- **FOR PREPARING THE DOUGH:**

- Take a bowl and add refined flour, salt, baking powder, and baking soda. Mix well and add curd to make a soft dough. Add a teaspoon of oil and knead the dough. Then rest the dough for 5 to 10 minutes.

- **FOR PREPARING THE PIZZA:**

- Divide the dough into 3 equal parts.
- Meanwhile, add salt to the kadai/deep pan. Put a stand and cover it with a plate. Heat it on a medium to high flame. Heat a tawa too.
- Take 1 part of the dough and roll it to make a thin roti. Cook it on the tawa a little bit. Once it has light brown spots, take it out.
- Now, take the other two parts and roll it slightly bigger than the first roti. Take an aluminium plate or a cake tin base and grease it with butter. Put the roti on it.
- Spread cheese spread on the second roti. Put the cooked base/roti on it. Cover and seal the sides with the help of a fork.
- Apply butter on the sides of the base.
- Now, pour tomato ketchup, red chilli sauce, Schezwan sauce, and pizza sauce. Spread all the sauces over the central part.

# *Cheese Burst Pizza*

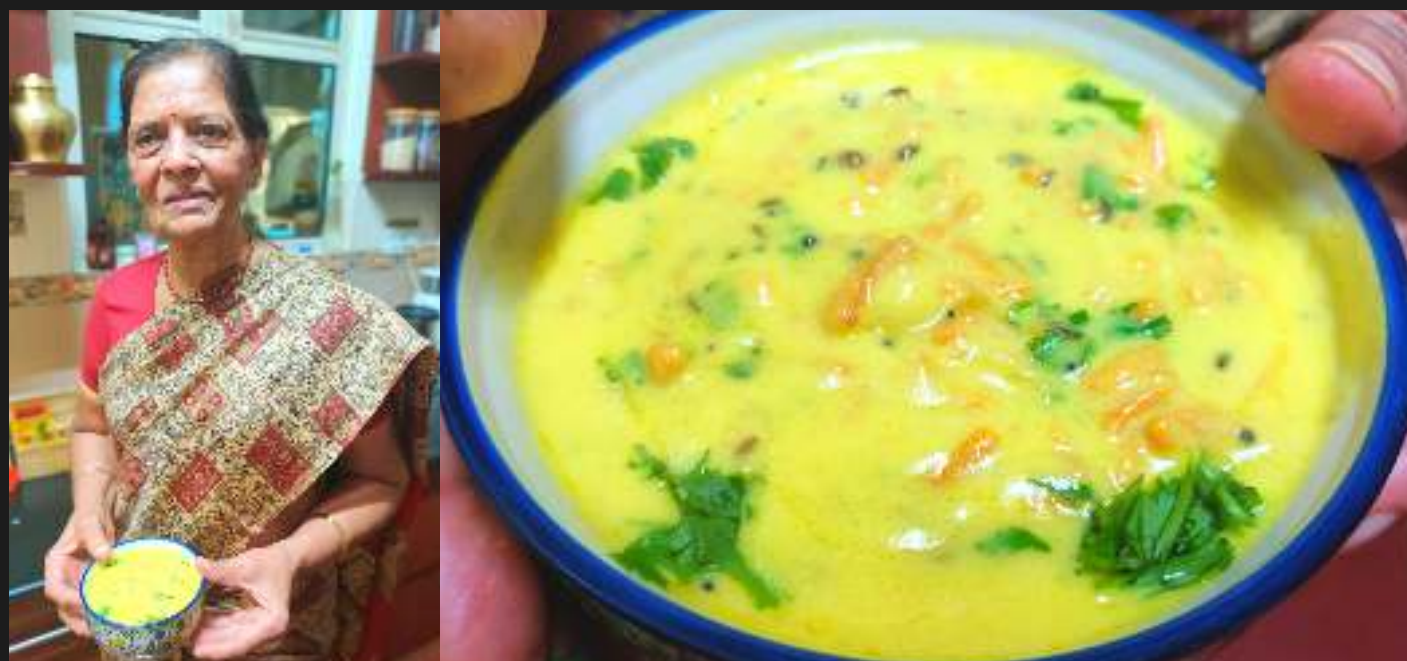
## *Directions*

- Put vegetables (onion, tricolour capsicum ) on the pizza base.
- Top it with grated mozzarella cheese.
- Put the pizza in the kadai. Bake it for 5 to 7 minutes or until it turns light brown (reddish) from the sides.
- Once baked, take it out, sprinkle oregano, and cut it into pieces.
- Delicious 'Cheese Burst Pizza ' is ready to be served.

## *Tips*

- Whole wheat flour can be used to make the pizza base.
- Available vegetables of choice can be used.
- Any cheese can be used for stuffing and topping.
- Sauces can be used according to taste. But it should be ensured that the quantity of pizza sauce is more than that of the other sauces.

# Besan Sev Ki Kadhi



A TRADITIONAL RECIPE FROM GUJARATI CUISINE  
BY BHARTI MEHTA, A LOVELY GRANDMOM, FROM GUJARAT

*Prep Time*  
5 mins

*Ready In*  
20 mins

*Servings*  
2-3

## Ingredients

### FOR SEV:

Besan/Gram Flour - 2 Tbsp

Fresh Curd - 2 Tbsp or as required

Salt - to taste

Turmeric powder - 1/4 tsp

Hing/Asafoetida - a pinch

Red Chilli Powder/Lal Mirch

Powder - 1/2 tsp or to taste

### FOR KADHI:

Chaas/Buttermilk - 1 Cup

Besan/Gram Flour - 1 Tbsp

Mustard seeds - 1/4 tsp

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# Besan Sev Ki Kadhi

## Ingredients

Cumin seeds/Jeera - 1/2 tsp	Salt - to taste
Fenugreek Seeds/Danamethi - 1/4 tsp	Turmeric powder - 1/2 tsp
Green Chillies - 2	Oil - 2 tsp
Ginger – a ½-inch piece, grated	Ghee - 1 to 2 tsp
	Coriander Leaves - as required

## Tips

- Garlic can be used to make sev and kadhi if required.
- It is recommended to make this kadhi using [homemade curd](#).
- This kadhi tastes amazing with [Bajre Ki Roti](#) | [Pearl Millet Roti](#).

# Besan Sev Ki Kadhi

## Directions

- **FOR PREPARING THE SEV BATTER:**
- In a bowl, mix well 2 Tbsp gram flour, salt, turmeric powder, red chilli powder, asafoetida, and fresh curd. The consistency of the batter should be thick like dough. Beat it for 2 to 3 minutes to make it fluffy. Keep aside.
- **FOR PREPARING THE KADHI:**
- Heat oil and ghee in a pan.
- Add mustard seeds, cumin seeds, and fenugreek seeds and let them crackle.
- Then add green chilli and grated ginger.
- Meanwhile, in a bowl, add and mix well buttermilk, gram flour, salt, and a little water. Pour this mixture into the pan.
- Add turmeric powder and mix well. Let it boil.
- Take a skimmer or jhaara and place the sev batter on it. Directly mould the sev into the kadhi by pressing the batter with your fingers.
- Cook the kadhi for about 10 minutes while stirring it in between. Then switch off the flame. Garnish the kadhi with coriander leaves.
- Delicious 'Besan Sev Ki Kadhi | Sev Ki Kadhi' is ready to be served.



# Sprouts and Peanut Salad



A PROTEIN-RICH DISH

BY ARCHANA CHAKRAVARTHY , A LOVELY MOM , FROM KARNATAKA

*Prep Time*  
7 hrs

*Ready In*  
7 hrs 5mins

*Servings*  
2

## Ingredients

Ghee - 1 tsp	Anar Dane/Pomegranate seeds - 1
Kishmish/Raisins - 1 Tbsp (or as required)	cup
Green gram/Mung beans - 1 cup (sprouted)	Salt - to taste
Kheera/Cucumber - 1 cup (cut into pieces)	Kali Mirch/Black peppercorn powder - to taste
	Lemon juice - of 1/2 lemon
	Soaked Peanuts/Mungfali - 1 cup

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# *Sprouts and Peanut Salad*

## *Directions*

- In a pan, heat 1 Tbsp of ghee, roast the raisins, and then add soaked peanuts and sprouted green gram. Sauté lightly.
- Then add cucumber pieces and mix and add pomegranate seeds. Sauté for a few minutes. Turn off the gas and add salt and black peppercorn powder to taste. Mix well and add drops of a half-cut lemon.
- The 'Sprouts and Peanut Salad' is ready to serve.

## *Tips*

- For sprouting green gram/mung beans, soak them overnight and then tie them in a muslin cloth for a day.
- Soak the peanuts overnight or for 2 hours as convenient.

# Achari Aloo Shimla Mirch



A SIMPLE AND DELICIOUS SABJI

BY SHVETA SHETH , A LOVELY MOM , FROM MUMBAI

*Prep Time*

5 mins

*Ready In*

15 mins

*Servings*

3

## Ingredients

Mustard oil/Sarson ka tel - 1 Tbsp

Cumin seeds/Jeera - 1 tsp

Mustard seeds/Rai - 1 tsp

Fennel seeds/Saunf - 1 tsp

Nigella seeds/Kalonji - 1 tsp

Sukhi Laal mirch/Dry red chilli - 2

Adrak/Ginger - 1/2 piece, grated

Tomato puree - of 3 tomatoes

Salt - to taste

Turmeric/Haldi powder - 1/4 tsp

Laal mirch powder/Red chilli

powder - 1/4 tsp

Coriander/Dhaniya powder - 1/4 tsp

Cumin seed/Jeera powder - 1/4 tsp

Capsicum/Shimla mirch - 1 big-sized, diced

Boiled Potato/Aloo - 2 big-sized, diced

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# *Achari Aloo Shimla Mirch*

## *Ingredients*

Fresh Curd/Dahi - 1 cup

Kasuri methi/Dry Fenugreek

Garam masala/All-spice mix - 1 tsp    leaves - 1 tsp

Coriander leaves - for garnishing

## *Tips*

- Any oil of choice or one that is available can be used.
- Any color of capsicum that is available can be used.
- Curd can be replaced with homemade malai.
- The potatoes and capsicum should be sautéed for a few minutes to make them crunchy. Doing this also avoids the potatoes from breaking after they are put in the gravy. It should be remembered not to overcook the potatoes and the capsicum.
- It should be remembered to turn off the flame while adding the curd.
- For preparing tomato puree, 3 tomatoes should just be ground in a grinding jar.

# *Achari Aloo Shimla Mirch*

## *Directions*

- Heat oil in a pan, add cumin seeds, mustard seeds, fennel seeds, nigella seeds, dry red chilli, and ginger to it and sauté them for a few seconds on a medium flame.
- Add tomato puree to the pan and mix it well.
- Add salt, turmeric powder, red chilli powder, coriander powder, and cumin seed powder to the pan and mix them well. Cover the pan and let it cook for 5 minutes.
- Turn off the flame, add curd to the pan and mix it well with the other ingredients. Thereafter, turn on the flame and turn it to low.
- Meanwhile, in another pan, heat oil and add capsicum and boiled potato to it. Sauté it for a few seconds on a low-medium flame.
- Add salt to the pan and mix them well for 3 to 4 minutes on a low-medium flame.
- Add the sautéed potato and capsicum to the other pan and mix them well.
- Add garam masala and crushed dry fenugreek leaves to the pan and mix all the ingredients well. Cover the pan and cook it for about a minute.
- Garnish it with coriander leaves.
- 'Achari Aloo Shimla Mirch' is ready to be served.



# Pizza Tikki



A UNIQUE AND INNOVATIVE SNACK ITEM

BY DARSHANA SHAH, A LOVELY MOM, FROM PUNE

*Prep Time*

5 mins

*Ready In*

10 mins

*Servings*

5

## Ingredients

Boiled Potato/ Aloo - 1 cup

Corn/Makka- 1 Tbsp, parboiled

Pizza Sauce - 1 Tbsp

Ketchup - 1 Tbsp

Italian Seasoning - to taste + for garnishing

Salt - to taste

Red chilli flakes - to taste

Oregano - 1 tsp crushed between palms

Onion - 1 Tbsp, finely chopped

Shimla Mirch/Capsicum - 1 Tbsp, finely chopped

Oil - for greasing

Corn flour - 1 to 1 & 1/2 Tbsp

Cheese - for garnishing, grated

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# Pizza Tikki

## Directions

- In a bowl, add potatoes, corn flour, oregano, red chilli flakes, salt, and Italian seasoning crushed between your palms and mix all the ingredients well.
- Meanwhile, heat a pan. Grease your palms with oil and take a part of the potato mixture dough and shape it like a tikki. Make more tikkis likewise using the rest of the dough.
- Place those tikkis on the pan and shallow fry them tikkis by greasing them with oil periodically.
- Mix well pizza sauce and tomato sauce together in a bowl. Add corn, capsicum, and onion to them and mix them well.
- Apply the topping on tikki and garnish it with grated cheese, Italian seasoning, and red chilli flakes.
- 'Pizza Tikki' is ready to be served.

## Tips

- If the potatoes are too sticky, it is recommended to use more cornflour.
- If it is required to make it in a healthier way, it can also be air-fried.
- The level of spiciness can be adjusted according to taste.

# Chaas Wali Khichdi



A SIMPLE YET HEALTHY DISH FOR LUNCH

BY AKANKSHA TIWARI , A LOVELY MOM , FROM MUMBAI

## *Prep Time*

1 hrs 5 mins

## *Ready In*

1 hrs 15  
mins

## *Servings*

2

## *Ingredients*

Ghee - 3 Tbsp + garnishing

Cumin seeds/Jeera - 1 tsp

Cloves/Laung - 4 to 5

Garlic - 1 tsp, grated

Bay leaf/Tej patta - 2

Green chillies - as per taste, slit

Dana methi/Fenugreek seeds - 1/2  
tsp

Ajwain/Carom seeds - 1 tsp

Turmeric/Haldi powder - 1/2 tsp

Moong dal/Green gram - 1 cup,  
soaked for an hour

Rice - 1 cup, soaked for 30 minutes

Chaas/Buttermilk - 3 cups

Salt - to taste

Coriander leaves - for garnishing

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# Chaas Wali Khichdi

## Directions

- Heat ghee in a pressure cooker and add cumin seeds, cloves, garlic, bay leaf, green chilli, methi dana, and carom seeds to it. Sauté them for a few seconds.
- Add haldi powder and let it cook while you sauté it with the other ingredients.
- Add green gram and sauté it with the other ingredients for a few seconds.
- Add rice and mix it well with the other ingredients.
- Add buttermilk and mix it well with the other ingredients.
- Add salt and mix it completely with the other ingredients.
- Close the cooker with its lid and cook its contents on a medium flame for 4 to 5 whistles.
- Garnish it with coriander leaves and clarified butter.
- 'Buttermilk Khichdi | Chaas Wali Khichdi' is ready to be served.

## Tips

- The moong dal should be soaked in water for about an hour. If there is a hurry to make it quickly, the moong can be soaked in hot water for 30 minutes also.
- For 1 cup of moong dal, 1 cup of rice should be used while preparing this khichdi.
- It should be remembered that the buttermilk should not be sour.
- During winters, instead of using white garlic, green garlic, which is easily available during winters too, can be used.

# 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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