

UNEDITED LIVE
RECIPES

ISSUE NUM: 12
AUGUST 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 dear viewers are doing well and enjoying the beautiful monsoon weather with your Families!

We welcome the beautiful special month of August with loads of smiles.

August is a beautiful month of Friendship , celebrating Freedom and paying reverence to our great Freedom warriors. August also ushers in the Indian month of 'Shravan' which is the beginning of festival season and beautiful traditions. This is celebrated in unique ways across our Country.

As always , In this magazine, we bring to you some super tasty, easy and healthy recipes suitable for the monsoon season.

Do try the recipes in this edition, share with your friends and family and share feedback with us. All your feedback , comments and suggestions keep inspiring us and we are determined to bring you more and more interesting and traditional recipes straight from the kitchens of wonderful moms of India.

Yours Sincerely

Vijay Haldiya - [Founder of Zayka Ka Tadka]



The Super Chef Moms of India

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Jodhpuri Mirchi Bada



A MOUTH-WATERING SNACK

BY NAMRATA BOHRA JAIN, A LOVELY MOM, FROM MUMBAI

Prep Time
5 mins

Ready In
15 mins

Servings
5

Ingredients

Green chillies/ Moti mirchi – 6 nos.	Onion - 1 small, finely chopped
FOR STUFFING:	Boiled potato/aloo - 3 well-mashed ones
Oil - 1 Tbsp	Red Chilli Powder/Lal Mirch Powder - 1 & 1/2 tsp
Cumin seeds/Jeera - 1 Tbsp	Coriander/Dhaniya powder - 2 tsp
Fennel seeds/Saunf - 1 Tbsp	Turmeric/Haldi powder - 1/2 tsp
Coriander seeds/Saboot Dhania - 1/2 tsp	Garam masala/All spice mix - 1/2 tsp
Cashews/Kaju chopped - 1 tsp	Dry Mango powder/Amchur - 1/2 tsp
Raisins/Kishmish - 1 tsp	

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Jodhpuri Mirchi Bada

Ingredients

Salt - to taste	Carom seeds/Ajwain - 1 tsp crushed
Coriander leaves - a handful, chopped	well between palms
FOR BATTER:	Roasted Cumin powder/Bhuna jeera powder - 1/2 tsp
Gram flour/Besan - 1 bowl	Water - as required.
Red Chilli Powder/Lal Mirch Powder - 1 tsp	Hot Oil - 1 tsp
Turmeric/Haldi - 1/2 tsp	Asafoetida/Hing - a pinch
Salt - 2 tsp or to taste	Oil - for frying

Directions

- **PREPARATION OF STUFFING:**

- Firstly, heat oil in a pan and add cumin seeds, fennel seeds, coriander seeds, cashews, and raisins. Sauté it on a low flame for a few seconds.
- Then add onions and sauté it on a medium flame. When the raw smell of onion disappears, add mashed potatoes and mix well.
- Then add red chilli powder, coriander powder, turmeric, allspice mix/garam masala, dry mango powder, and salt. Mix them well.
- Then add coriander leaves and turn off the flame. Allow the mixture to cool.

- **PREPARATION OF BATTER:**

- Take a bowl and add gram flour, red chilli powder, turmeric, salt, carom seeds, and roasted cumin powder and mix well.

Jodhpuri Mirchi Bada

Directions

- Add a little water at a time and make a medium-thick batter. Add hot oil and mix well. Lastly, add asafoetida. Combine everything well and keep the batter aside.
- **PREPARATION OF BADA:**
- Wash and dry the green chillies. Take each chilli and slit it in such a way as to keep it joined at the other end. Remove all the seeds. Likewise, slit all the other chillies.
- Fill all the chillies with the stuffing.
- Dip the chillies in the prepared batter. Make sure it is coated well from all the sides. Then immediately fry it in hot oil.
- Fry the badas till golden brown on all sides. Once done, take them out on a tissue paper to soak extra oil.
- 'Jodhpuri Mirchi Bada' is ready to be served. You can cut it into halves and serve it with any chutney.

Tips

- This batter can be prepared by adding a spoon of hot oil to make crispy bada. This avoids adding soda.
- Bada usually requires more salt and so should be checked while making the batter.
- The batter should always be medium thick and not runny; else, the dish will absorb more oil.
- The bada should be fried on a medium flame for the perfect texture.

Achari Bhindi



A LIP-SMACKING SABJI

BY VIJAY HALDIYA , FOUNDER, ZAYKA KA TADKA

Prep Time
10 mins

Ready In
20 mins

Servings
4

Ingredients

Ladyfinger/Bhindi/Okra - 500g	Coriander powder - 1 Tbsp
Tomato - 2 medium-sized, grated	Turmeric powder/Haldi powder -
Saunf/Fennel Seeds - 1/2 tsp	1/2 tsp
Danamethi/Fenugreek seeds - 1/4	Red Chilli Powder/Lal Mirch
tsp	powder- 1/2 tsp or to taste
Kalonji/Onion seeds - 1/4 tsp	Salt - to taste
Cumin Seeds - 1/2 tsp	Cumin/Jeera Powder - 1/2 tsp
Ginger - a ½-inch piece, grated	Garam Masala/All spice mix - 1/2
Green chilli - 1, crushed	Teaspoon
Coriander Leaves - for garnishing	Oil - 1 Tbsp + 2 Tbsp

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Achari Bhindi

Directions

- Wash the bhindi/ladyfinger and then wipe it with a cloth. Dry it completely before chopping it into diamond-shaped pieces.
- Heat 1 Tbsp oil in a kadai or pan. Add chopped ladyfinger pieces. Sauté it on a medium flame until soft yet a little crunchy.
- Meanwhile, heat 2 Tbsp oil in another pan.
- Add fennel seeds, fenugreek seeds, onion seeds/kalonji, and cumin seeds. Sauté for a few seconds on a low flame.
- Add grated ginger and garlic. Sauté for a few seconds.
- Then add grated tomato and cook it on a high flame.
- Once the oil leaves the masala, add coriander powder, turmeric powder, red chili powder, salt, and cumin powder. Mix well and cook.
- Add sautéed ladyfinger and mix well. Cook for a couple of minutes.
- Finally, add garam masala and mix well. Garnish it with coriander leaves and turn off the flame.
- Delicious 'Achari Bhindi | Achari Okra' is ready to be served.

Tips

- Onion and garlic can be used if preferred, but they should first be grated or finely chopped.
- The spiciness may be adjusted to taste.
- For bhindi to be non-sticky, it should be washed and wiped with a cloth. Then, a little lemon juice should be poured on it and mixed well.

Poha Vada



A PERFECT TEA-TIME SNACK

BY LALITHA JAGANNATHAN , A LOVELY GRANDMOM , FROM KARNATAKA

Prep Time

10-15 mins

Ready In

15-20 mins

Servings

2

Ingredients

Poha/Flattened Rice - 1 Cup

Corn flour - 2 tsp

Onion - 1 small-sized, finely
chopped

Green chilli - 1 to 2, finely chopped
or to taste

Coriander leaves - 2 Tbsp, finely
chopped

Mint leaves - 1 to 2 Tbsp, finely
chopped

Salt - to taste

Oil - for frying

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Poha Vada

Directions

- Wash and soak the poha in water for 10 to 15 minutes. Add just enough water to submerge the poha and no more than that.
- In a bowl, knead the soaked poha.
- Add corn flour and mix well. Add a little water if required to make a dough-like mixture.
- Add finely chopped onion, green chilli, coriander leaves, mint leaves, and salt. Mix well.
- Meanwhile, heat oil for frying.
- Make a small round vada from the mixture. Press it lightly but keep it thick.
- Once the oil is hot, fry the vada on a medium flame.
- When it turns crispy and the colour of onion changes to golden brown, it is ready. Press it with a spoon to check.
- Take it out on a plate.
- Yummy 'Poha Vada' is ready to be served with any type of chutney.

Poha Vada

Tips

- It is recommended to serve this yummy vada with [Green Chutney](#) or [Coconut Chutney](#).
- For binding the poha, any one of the flours should be added (corn flour, soy flour, gram flour/besan, refined flour/maida). If it is not added, the vada will break while frying.
- As this dish is made with poha, it will not turn golden brown while frying. So, if the onion turns golden brown, the vada is perfectly fried.
- Turmeric powder and red chilli powder can be added if preferred.
- Just enough water should be added to the poha to submerge it. No more water need be added lest the poha becomes difficult to handle.
- The vadas can be shallow fried instead of deep-fried.

Papad Ki Sabji



A MOUTH-WATERING PAPAD CURRY

BY JOSHNA BHANDARI, A LOVELY MOM, FROM RAJASTHAN

Prep Time
2 mins

Ready In
5-6 mins

Servings
1

Ingredients

Papad - 1

Curd - 1 Tbsp

Turmeric powder - 1/4 tsp

Red Chilli Powder/Lal Mirch

Powder - to taste

Asafoetida/Hing - a pinch

Cumin Seeds/Jeera - 1/2 tsp

Salt - to taste

Ghee - 1 tsp

Coriander powder - 1/2 tsp

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Papad Ki Sabji

Directions

- Heat oil in a kadai.
- Add asafoetida and then cumin seeds. Let it splutter.
- In a bowl, add curd and whisk it. Add red chilli powder, coriander powder, turmeric powder, and salt. Mix well. Add a little water if required.
- Add curd mixture to the kadai. Mix well and cook while stirring it continuously.
- Once the curd is boiled, add papad pieces to it. Cook for 2 to 4 minutes. Then turn off the gas.
- Delicious 'Papad Ki Sabji' is ready to be served.

Tips

- Roasted papad can be added to the curry.
- Red chilli powder can be added according to taste and/or preference.

Whole Wheat Kulcha



A POPULAR STREET FOOD FROM PUNJAB

BY SHVETA SHETH , A LOVELY MOM, FROM MUMBAI

Prep Time

35 mins

Ready In

42 mins

Servings

1

Ingredients

Whole wheat flour - 1 cup

Salt - a pinch

Baking soda - 1/4 tsp

Fresh curd (at room temperature) - 3

Tbsp or as required

Oil - as required

Ghee - as required

Water (at room temperature) - as required

Kalonji/Nigella seeds/Onion seeds

- as required

Coriander leaves - finely chopped,
as required

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Whole Wheat Kulcha

Directions

- In a bowl, add and mix properly whole wheat flour, salt, and baking soda.
- Now, prepare a medium to soft dough by adding curd little by little.
- Sprinkle some oil and knead it gently.
- Thereafter, cover it with a muslin cloth or a kitchen towel and allow it to rest for 30 minutes.
- Take a small portion of the dough and dust it with whole wheat flour.
- Using a rolling pin, flatten the dough into round shape on a rolling board. Keep it thick.
- Now, brush with water on the top side and sprinkle kalonji and press it gently.
- Sprinkle some coriander leaves and press it gently.
- Heat a pan and place the kulcha on it while making sure that the topped kalonji side remains on the top. Keep the flame medium to high.
- After a few minutes, flip the kulcha gently and apply ghee on it.
- Flip it again and again until it cooks properly and evenly.
- Delicious 'Whole Wheat Kulcha | Gehu ke Aate ka Kulcha' is ready to be served.

Whole Wheat Kulcha

Tips

- It is recommended to use homemade fresh curd for preparing the dough.
- It should be ensured to cover the dough with a muslin cloth or a kitchen towel and allow it to rest for 30 minutes.
- Kulcha of any desired size can be prepared.
- Instead of yeast, curd and baking soda are used to leaven the bread.
- For best Taste It should be served hot.

Chinese Poha



A TWIST TO A POPULAR BREAKFAST RECIPE

BY KOMAL GOYAL , A LOVELY MOM , FROM RAJASTHAN

Prep Time
5 mins

Ready In
10 mins

Servings
2

Ingredients

Poha/Flattened Rice - 1 Cup
Onion - ½, sliced
Cabbage - 1/2 Cup, shredded
Green Capsicum - ½, julienned
Beans – a few, Chopped
Coriander Leaves - as required
Soy Sauce - 1 tsp

Green Chilli Sauce - 1 tsp
Ginger-Green Chilli Paste - 1 tsp
Salt - to taste
Cumin seeds/Jeera - 1/2 tsp
Mustard seeds – 1/4 tsp
Curry Leaves – a few
Oil - 1 to 2 tsp

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Chinese Poha

Directions

- Wash the poha and drain the water completely. Keep aside to soak.
Add salt and ginger-green chilli paste, mix well.
- Heat oil in a pan.
- Add cumin seeds, mustard seeds, and curry leaves.
- Then add sliced onion, cabbage, and capsicum and sauté them on a high flame for a couple of minutes.
- Add chopped beans and sauté them.
- Now, add soaked poha and mix well.
- Add soy sauce and green chilli sauce. Mix well, cook for a minute, and then turn off the flame. Garnish the poha with coriander leaves.
- Delicious 'Chinese Poha' is ready to be served.

Tips

- To make a fluffy poha, it should be washed, its water should be drained immediately, and it should be kept aside in the strainer.
- Any veggies of choice can be used to make the poha.

Banana Oats Pancake



A HEALTHY SNACK DISH

BY ARCHANA CHAKRAVARTHY, A LOVELY MOM, FROM KARNATAKA

Prep Time
5 mins

Ready In
10 mins

Servings
4

Ingredients

Paka Kela/Ripe Banana - 2 nos.

Milk - 1 cup

Jai ka atta/Oat flour - 1 cup

Butter - 1 tsp (or as required)

Gehun ka atta/Whole wheat flour - 2

Tbsp

Elaichi/Cardamom powder - 2 pinch

Dalchini/Cinnamon powder - 1 pinch

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Banana Oats Pancake

Directions

- In a bowl, take milk, slowly add the oat flour and keep stirring to avoid lumps.
- Peel the bananas, cut and grind them to make a paste. Add this banana paste to the oat flour.
- Put wheat flour and stir it well. Now, add cardamom powder and cinnamon powder and mix them well.
- In a pan, heat butter and, as it melts, put a small portion of batter over it and make two pancakes at one time. Pour some butter on the sides of the pancakes and cover and cook them on a medium flame.
- Flip the pancake and cook well on both the sides. Make more pancakes with the same method.
- 'Banana Oats Pancake' is ready to be served with honey.

Tips

- Use of sugar or jaggery powder adds more sweetness to the dish.
- For making oat flour, the plain oats should be ground in a grinder.
- Whole wheat flour is used for binding the pancake batter.
- About half a teaspoon of vanilla essence can be added for making the pancakes more flavourful.

Pudina Paneer Sabji



A LIP-SMACKING SABJI FOR EVERYONE

BY MONALISA AGARWAL , A LOVELY MOM , FROM BANGALORE

Prep Time
5 mins

Ready In
10-12 mins

Servings
2

Ingredients

Paneer - 100g	Milk - 1/2 Cup + as required
Pudina/Mint Leaves - a handful	Cashew Nuts - 8
Chopped Onion - 2 Tbsp	Poppy Seeds/Khus Khus - 1 tsp
Green Chilli - 1	Black pepper corns - 4 to 5
Ginger - 1/2 inch piece	Laung/Cloves - 4 to 5
Homemade Cream/Malai - 1 Tbsp + for garnishing	Green Cardamom/Hari Elaichi - 2
Curd - 1 Tbsp	Butter - 1 tsp
	Salt - to taste

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Pudina Paneer Sabji

Directions

- Soak the cashew nuts and poppy seeds in 1/2 cup milk for at least 1 hour.
- Take a grinder jar and add mint leaves, soaked cashew nuts and poppy seeds along with milk, cloves, black peppercorns, 1 green cardamom, chopped onion, homemade cream/malai, curd, green chilli, and ginger. Grind all the ingredients to make a smooth paste.
- Take a pan, add butter and heat it on a low flame.
- Crush 1 cardamom and add its seeds to the pan.
- Then add ground paste and cook it on a low flame while stirring it. Add a little milk if required.
- Cook the gravy for a couple of minutes. Add salt and mix well.
- Once the gravy starts leaving the pan, add paneer cubes. Mix well and cook. You can add a little milk if the gravy thickens.
- Cover the pan and let it cook for 30 seconds to 1 minute. Then turn off the flame.
- Delicious 'Pudina Paneer Sabji' is ready to be served. Garnish it with homemade cream/malai and mint leaves and serve.

Tips

- It is recommended to use fresh curd to make the gravy, as it will not turn sour.
- Adding milk instead of water makes the gravy creamier.
- It is recommended to make this sabji using [homemade paneer](#).
- To soften the paneer, soak it in hot water for a minute.

Schezwan Aloo



A SPICY AND TANGY SIDE DISH

BY POONAM KAPOOR , A LOVELY MOM , FROM GHAZIABAD

Prep Time

5 mins

Ready In

10 mins

Servings

5

Ingredients

FOR PREPARING THE POTATOES: FOR PREPARING SCHEZWAN

Baby Potato - 8 to 10 nos.

Kali mirch powder/Black pepper
powder - a pinch

Salt - to taste

Red Chilli Powder/Lal Mirch

Powder - to taste

Corn flour - 1 tsp

Oil - for frying

ALOO:

Oil - 1 to 2 Tbsp

Cumin seeds/Jeera - 1 tsp

Garlic - 1/4 tsp, finely chopped

Ginger paste - 1/2 tsp

Capsicum/Shimla Mirch - 1 cup,
julienned

Schezwan sauce - 1 Tbsp

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Schezwan Aloo

Ingredients

Onion/Pyaz - 1/2 cup, finely
chopped

Tomato ketchup - 1 Tbsp

Red chilli sauce - 1 Tbsp

Soya sauce - 1/4 tsp

Directions

- In a bowl, add baby potatoes, black pepper powder, salt, red chilli powder, and corn flour and toss and mix them well.
- Meanwhile, heat oil in a pan and shallow fry the potatoes on a medium flame until they are golden brown.
- Meanwhile, heat oil in another pan and add cumin seeds and garlic. Sauté them well.
- Add ginger paste and capsicum to the pan and sauté them for a few seconds.
- Add onion to the pan and sauté it well.
- Add Schezwan sauce, tomato ketchup, red chilli sauce, and soya sauce to the pan and mix it well with the other ingredients
- Add the fried potatoes to the pan and mix them well.
- 'Schezwan Aloo' is ready to be served.

Tips

- Instead of baby potatoes, normal potatoes can be used by cutting them into halves.
- Spring onions can be added to enhance the taste of the dish.
- White sesame seeds can be added for garnishing.

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Caramel Fox Nuts



A CRUNCHY AND HEALTHY SNACK

BY JYOTSNA CHOPRA , A LOVELY MOM, FROM GURGAON

Prep Time

0 mins

Ready In

10 mins

Servings

4

Ingredients

TO ROAST THE FOX NUTS:

Ghee - 1 Tbsp

Makhana/Fox nuts - 1 cup

TO PREPARE CARAMEL FOX NUTS:

Jaggery /Gud powder - 2 Tbsp

Ghee - 1 Tbsp

Roasted Makhana/Fox Nuts - 1 cup

Salt - to taste

Water - 1 Tbsp

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Caramel Fox Nuts

Directions

- In a pan, add ghee and roast the fox nuts in it for about a minute on a high flame. Reduce the flame thereafter and roast it for 3 to 4 minutes on a low flame.
- Thereafter, in the same pan, add water and jaggery to it and let it melt.
- Add ghee to the pan and mix it well.
- Add the fox nuts to the pan and mix well to coat them completely with the caramel.
- Sprinkle salt and mix all the ingredients well for about a minute. Turn off the flame and let it cool.
- 'Caramel Fox Nuts' are ready to be served.

Tips

- This confection can be stored in an airtight container for a week.
- It should be remembered that the fox nuts should first be roasted on a high flame for a minute and then on a low flame for 3 to 4 minutes. This will help in roasting the fox nuts thoroughly and make them crunchy.

Suji Ki Kachori



A SCRUMPTIOUS AND HEALTHY SNACK

BY VIJAY HALDIYA , FOUNDER, ZAYKA KA TADKA

Prep Time

10 mins

Ready In

20 mins

Servings

4

Ingredients

Sooji/Semolina - 1 bowl/2 cups

Vegetable oil - 1 Tbsp for
moin/moyan

Ajwain/Carom seeds - 1/2 tsp

Water - 2 bowls/4 cups

Salt - to taste

KACHORI FILLING MASALA:

Boiled and mashed potato - 1 bowl

Adrak/Ginger - 1 piece

Hari Mirch/Green Chillies - 3 pieces

Coriander leaves - a bunch

Vegetable oil - for frying the kachori

SPICES TO TASTE:

Crushed Black Pepper

Red Chilli Powder/Lal Mirch Powder

Garam Masala

Dry mango Powder (Amchur)

Black Salt

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Suji Ki Kachori

Directions

- **FOR KACHORI FILLING MASALA:**
- Mix all the ingredients of filling masala with mashed potatoes.
- **FOR DOUGH OF KACHORI:**
- Add water in a pan and the sooji and keep stirring slowly. Add ajwain, salt, and oil while stirring on a slow flame. After stirring properly, turn off the gas and cool the dough by mixing it with a spoon. When the dough is warm, make small circular balls and press them.
- Fill 1 Tbsp of kachori filling masala and then seal it slowly into the shape of a kachori to ensure that the masala does not come out.
- **MAKING OF SUJI KI KACHORI:**
- Add oil to a pan and heat it on a high flame. Add kachori and fry it on a medium flame on both sides. When it becomes crispy, take it out on a blotting paper or any clean paper to soak the excess oil.
- Serve it with tomato sauce/green chutney and enjoy crispy and healthy 'Suji ki Kachori'.

Tips

- The taste can be varied by adding peas or other ingredients in the stuffing.
- For a smooth and lump free dough, the semolina should be stirred continuously while adding it to water.
- The kachori should be fried on a medium flame to give it a nice, crispy, and well-cooked texture.

Rai Hing Ki Shimla Mirch



A DELICIOUS SABZI FROM RAJASTHANI CUISINE

MANJU AGARWAL , A LOVELY MOM , FROM RAJASTHAN

Prep Time

2 mins

Ready In

7-9 mins

Servings

2-3

Ingredients

Capsicum/Shimla Mirch – 2, big-sized

Cumin Seeds/Jeera - 1/2 tsp

Mustard seed/Rai powder - 4 tsp

Asafoetida/Hing - 1/2 tsp

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

Turmeric/Haldi powder - 1/4 tsp

Coriander/Dhaniya powder - 1 tsp

Dry Mango Powder/Amchur

Powder - 1/2 tsp

Salt - to taste

Oil - 1 to 2 tsp

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Rai Hing Ki Shimla Mirch

Directions

- Wash and cut the capsicum.
- Heat oil in a pan/kadai.
- Add cumin seeds and let them splutter.
- Then add chopped capsicum and sauté it on a high flame for a minute. Then cover and cook it for 2 to 3 minutes.
- Take a bowl and add mustard powder, asafoetida, red chilli powder, turmeric powder, coriander powder, dry mango powder, and salt. Add water to make a thin paste. Add this paste to the pan. Mix well, cover with a lid, and cook.
- Once cooked, switch off the gas.
- Delicious 'Rai Hing Ki Shimla Mirch' is ready to be served.

Tips

- If the sabzi is to be carried for travelling, then it should be cooked for 2 to 3 minutes more.
- It can be served with poori, roti, different types of paratha, and even dal-rice.

Haveji



A TRADITIONAL SIDE DISH FROM THE RAJASTHANI CUISINE
BY ANITA SHARMA , A LOVELY MOM , FROM JODHPUR

Prep Time
5 mins

Ready In
15 mins

Servings
2-3

Ingredients

Curd - 1 Cup

Besan/Gram flour - 1/2 Cup

Cumin seeds/Jeera - 1 tsp

Mustard seeds/Rai - 1/2 tsp

Dana methi /Dry fenugreek seeds -
1/2 tsp

Red Chilli Powder/Lal Mirchi Powder
- 1 tsp

Turmeric/Haldi powder - 1/2 tsp

Black cardamom - 1

Asafoetida/Hing - a pinch

Green chilli - 1, chopped

Ginger - a 1-inch piece
grated/crushed

Chana dal - 1/2 Cup, soaked overnight

Coriander leaves - for garnishing

Ghee - 2 Tbsp

Curry leaves - 2 sprigs

Bay leaf - 1

Coriander powder - 1 tsp

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Haveji

Directions

- Soak chana dal overnight. Or you can boil chana dal until it becomes soft.
- Take a kadai and heat it.
- Add ghee. Add mustard seeds and let them splutter. Add jeera and methi to it. Sauté.
- Add hing to it. Then add bay leaf and black cardamom. Sauté everything again. Add curry leaves.
- Add green chilli and ginger to it. Sauté for a minute. Then add boiled or soaked chana dal to it.
- Sauté for a minute. Then add salt, red chilli powder, turmeric powder, and coriander powder.
- Sauté it for 2 minutes while stirring continuously.
- Take a bowl and add curd and besan. Mix them well using a mathani or a handheld beater.
- Add this curd mix to kadai. Boil it on a high flame while stirring continuously. Add a little water if required.
- Turn the flame to low, cook for 5 minutes, and then turn off the gas.
- Delicious 'Haveji | Chana Dal Kadhi' is ready to be served. Garnish it with coriander leaves and serve hot.

Moong Dal Pakodi Chaat



A SIMPLE AND QUICK CHAAT ITEM

BY SHUBHI AGARWAL , A LOVELY MOM , FROM BAREILY

Prep Time
135 mins

Ready In
140 mins

Servings
5-6

Ingredients

FOR PREPARING THE MOONGDAL PASTE:

Moong dal/Yellow lentils - 2 cups

Turmeric/Haldi powder - 1 tsp

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

Cumin seeds/Jeera - 1 tsp

Salt - to taste

Green chillies - to taste

FOR PREPARING THE PAKODI:

Oil - for frying

FOR PREPARING MOONG DAL

PAKODI CHAAT:

Curd/Dahi - as required

Powdered Sugar - 1 tsp

Kala namak/Black salt - to taste

Tamarind/Imli chutney - as required

Salt - to taste

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Moong Dal Pakodi Chaat

Ingredients

Dhaniya-Pudina mix	Chaat masala - to taste
chutney/Coriander-Mint mix	Coriander leaves - for garnishing,
chutney - as required	finely chopped
Anaar daane/Pomegranate seeds - as required	Sev - for garnishing

Tips

- While frying the pakodas, it should be remembered to heat the oil on a high flame. The pakodas will absorb the oil if fried on a low flame and will become oily.
- For making this chaat, the pakodas should be made larger than the normal pakodas.

Moong Dal Pakodi Chaat

Directions

- **FOR PREPARING THE MOONGDAL BATTER:**
- Soak moong dal for 2 hours. After two hours, drain the excess water.
- In a grinder jar, add soaked moong dal, red chilli powder, turmeric powder, cumin seeds, green chilli, and salt and grind them to make a paste.
- **FOR PREPARING THE PAKODI:**
- Heat oil in a pan on a high flame.
- Mix the batter once, take a part of the batter and give it any shape of a pakodi and drop it slowly into the oil. Cook it on a high flame for 2 to 3 minutes or until it turns golden brown in colour.
- **FOR PREPARING THE MOONG DAL PAKODI CHAAT:**
- In a bowl, add curd, sugar, and black salt and mix them well.
- In a serving plate, place the pakodas and garnish them with the curd mixture, coriander-mint mix chutney, tamarind chutney, chaat masala, pomegranate seeds, coriander leaves, and sev.
- 'Moong Dal Pakodi Chaat' is ready to be served.

Kasuri Methi Aloo Sabji



A UNIQUE YET HEALTHY SIDE DISH FOR A MEAL
BY ROSHI GOEL , A LOVELY MOM , FROM UTTAR PRADESH

Prep Time
5 mins

Ready In
30 mins

Servings
3

Ingredients

Potato/Aloo – 2, finely chopped
Kasuri Methi/Dried Fenugreek
Leaves- 1 cup
Salt - to taste
Water - 1/4 Glass

Mustard Oil/Sarso Ka Tel - 2 Tbsp
Asafoetida/Hing - 1/4 tsp
Whole Red Chillies/Sabut Lal Mirch - 3
to 4, chopped

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Kasuri Methi Aloo Sabji

Directions

- **FOR BOILING POTATO AND KASURI METHI:**
- Soak the potato in water and wash the kasuri methi thoroughly.
- Add the soaked potato and dried fenugreek leaves to a pan and add salt and water in a pan and place it on the gas to boil it. Let it boil for 2 minutes on high flame and stir it once and then for 8 to 12 minutes on a low flame.
- **FOR PREPARING THE KASURI METHI ALOO SABJI:**
- Meanwhile, heat another pan and pour mustard oil into it.
- After the oil heats a little, add a pinch or two of salt and some water to it and mix them and add it into the hot oil.
- Add asafoetida and red chillies to the pan and sauté it for about a minute.
- Add the boiled potato to the pan and sauté it well for about 2 minutes on a high flame. Then reduce the flame to a low flame and sauté the sabji for about 5 minutes.
- 'Kasuri Methi Aloo Sabji' is ready to be served.

Tips

- Soaking the potatoes in water helps avoid black marks on them.
- Adding a teaspoon of salt and water mix helps in removing the pungent smell and taste of the mustard oil.

Palak Vada



A UNIQUE AND EASY SNACK ITEM

BY SWASTIKA PRADHAN , A LOVELY MOM , FROM KOLKATA

Prep Time
5 mins

Ready In
20 mins

Servings
6

Ingredients

Palak/ Spinach - 2 cups, chopped	Kasuri methi/Dry fenugreek leaves -
Besan/Gram Flour - 1 cup	1 tsp
Chawal ka atta/Rice flour - 1 cup	Cumin/ Jeera powder - 1 tsp
Turmeric/Haldi powder - 1/4 tsp	Adrak- Lehsun paste/Ginger- Garlic
Ajwain/Carom seeds - 1/2 teaspoon, crushed	paste - 1 tsp
Red chilli flakes - to taste	Dry mango powder/Amchur - 1/2
Salt - to taste	tsp
Oil - for frying	Baking soda - 1/4 tsp

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Palak Vada

Directions

- In a mixing bowl, add and mix well spinach, gram flour, rice flour, turmeric powder, carom seeds, red chilli flakes, dry fenugreek seeds, ginger-garlic paste, cumin powder, dry mango powder, baking soda, and salt and make into a dough.
- Take a part of the dough and give it an oblong shape.
- Meanwhile, keep water to boil in a steamer.
- Place the oblong-shaped dough ball in the steamer and steam it on a medium flame for 10 minutes.
- Cut the steamed balls into any shape you like. Ensure that you avoid making big pieces.
- Meanwhile, heat oil in a pan.
- Deep fry the balls in hot oil.
- 'Palak Vadas' are ready to be served.

Tips

- It should be remembered to drain all the excess water from the spinach.
- If so desired, about 1 tsp of curd can be added while preparing the dough.
- Instead of dry mango powder, chaat masala can be used.

Cabbage Pakoda



A POPULAR AND LIP-SMACKING SNACK

BY ARCHANA CHAKRAVARTHY & ADITYA KARAMCHED ,
A LOVELY BROTHER-SISTER DUO , FROM KARNATAKA

Prep Time

10 mins

Ready In

20 mins

Servings

2

Ingredients

Cabbage - 1 bowl/2 cups, finely
shredded

Salt - as required

Red Chilli Powder/Lal Mirch

Powder - as required

Cumin seeds - 2 tsp

Asafoetida/Hing - 1/2 tsp

Rice flour - as required

Besan/Gram flour - 1/2 bowl/1 cup
or as required

Water - as required

Oil - as required for frying

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Cabbage Pakoda

Directions

- In a bowl, add cabbage, salt, and red chilli powder, and mix them properly.
- Now, add cumin seeds, hing, and rice flour, and mix them.
- Add besan and water little by little and mix them properly. Keep the consistency very thick.
- Heat oil in a pan. Take the small ball-sized dough and drop it into the hot oil.
- Deep fry it on a medium flame and stir it occasionally until it is golden brown and crisp.
- Transfer it to a paper towel or tissue.
- Delicious 'South Indian Style Cabbage Pakoda | Cabbage Pakoda' is ready to be served.

Tips

- It is recommended to use fresh and tender cabbage.
- Cabbage leaves moisture after mixing, so very little water should be used; otherwise, the batter will become too thin for the pakoda.
- Rice flour and besan should be added little by little to avoid lumps.
- Cornflour or sooji can also be used for binding.
- The oil should be heated properly before frying and the pakoda should be fried on a medium flame.
- The spiciness should be adjusted to taste and the pakoda should be served hot for better taste.

Mungphali Wale Aloo Ki Sabji



A MOUTH-WATERING SABJI FOR EVERYONE

BY SHVETA SHETH , A LOVELY MOM , FROM MUMBAI

Prep Time
5 mins

Ready In
10 mins

Servings
2

Ingredients

Potato - 3 big-sized, either boiled
or chopped and parboiled

Turmeric powder - 1/2 tsp

Red Chilli Powder - 1 tsp

Coriander Powder - 1/2 tsp

Asafoetida/Hing/ - a pinch

Salt - to taste

Lemon juice - to taste

Coriander Leaves - as required

Oil - 2 Tbsp

INGREDIENTS FOR MASALA:

Cumin seeds/Jeera - 1 Tbsp

Fennel Seeds/Saunf - 1 Tbsp

Coriander seeds/Dhaniya - 1 Tbsp

Peanuts/Mungphali - about 2 Tbsp

Kashmiri Dry Red Chillies - 3 nos.

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Mungphali Wale Aloo Ki Sabji

Directions

- **FOR PREPARING THE MASALA:**
- Dry roast cumin seeds, fennel seeds, coriander seeds, peanuts, and dry red chillies for 2 to 3 minutes on a low flame. Then let the mixture cool completely. Then grind the roasted ingredients to make a powder.
- **FOR PREPARING THE SABJI:**
- Heat oil in a pan. Add turmeric powder, red chilli powder, asafoetida, and coriander powder. Then add boiled diced potato and salt. Sauté on a low flame for a couple of minutes.
- Then add 2 Tbsp the ground masala. Mix well to coat the potato pieces. Cook for a minute then turn off the flame. Add lemon juice and coriander leaves. Mix well.
- Delicious 'Mungphali Wale Aloo Ki Sabji' is ready to be served.

Tips

- The masala prepared for the sabji can be stored in an airtight container for a month.
- The spiciness of the sabji can be adjusted according to taste.
- Either boiled potatoes can be used, or the potatoes can be chopped and parboiled.
- It should be served hot for a better taste.

About



Zayka Ka Tadka is India's largest Live cooking video platform for moms. We have covered over 1000 moms **Live** in their kitchens with easy and practical recipes that they make for their families with love.

Over 70 lakhs followers trust us on social media and believe that "jo dikhta hai, wohi banta hai Zayka Ka Tadka mein...".

We are a platform for homemakers, moms and working women to share their cooking skills, become a food author and in turn get the recognition & appreciation that they truly deserve in our society. We truly believe that moms are the best chefs in the world!

Here you can also find the cooking wisdom of yesteryears as well as the innovation of modern times.



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Enjoy
Thank You!