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Zayka Ka Tadka

जो दिखता है !
वही बनता है !!

LIVE RECIPES FROM THE KITCHENS OF MOMS OF INDIA



GANESH
CHATURDHI
SPECIAL RECIPES!



Editor's Thoughts!



Namaskar!

Hope all our lovely viewers are doing well and have had an enjoyable festive season of Raksha Bandhan and Janmashtami!

This season we at Zayka ka Tadka have had some wonderful times with our founder Smt. Vijay Haldiya sharing many simple, traditional, unique and amazingly tasty dishes with our audience. We had some super fun and exciting moments of having Smt. Vijay Haldiya, Shveta Sheth and Archana Chakravarthy cook along with each other. Surely memorable times! We hope you too had fun watching and learning some new dishes .

Festival season continues with the upcoming Ganesh Chaturthi which is celebrated with great fervor across India and the world over. We bring to you some special dishes such as Modak, Puran Poli from the kitchens of expert moms who cook and teach us with love! We hope you enjoy making them for your family!

Our team tries our best to connect with all our audience and hopes to bring smiles to them and also make your cooking easier and more enjoyable. Your feedback and encouragement is of utmost value to us, so please keep writing to us and encourage the moms who bring these amazing recipes for us!

Wishing you a wonderful festive season!

Regards

Zayka ka Tadka Team

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The Super Chef Moms Of India

Mini Thali



SIMPLE AND SUPERB LUNCH PREPARATION
BY VIJAY HALDIYA, ARCHANA CHAKRAVARTHY, SHVETA SHETH

Prep Time
5 mins

Ready In
15 mins

Servings
1-2

Ingredients

FOR TOMATO GOJJU:

Oil - 1 Tbsp

Mustard seeds/Rai - 1 tsp

Turmeric powder/Haldi - 1/2 tsp

Green chilli - 3, slit

Curry leaves - a few

Peanut/Mungfali powder - 2 to 3

Tbsp

Asafoetida powder/Hing powder -

1/2 tsp

Tomato - 5 medium-sized, chopped

Salt - to taste

Roasted coriander seeds and cumin
seed powder - 1/2 to 1 tsp

Jaggery/Gud - to taste

Coriander leaves - to garnish

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Mini Thali

Ingredients

FOR PANEER PEANUT SALAD:

Tomato – 1, finely chopped

Onion/Pyaz – 1, finely chopped

Cucumber/Kheera - one-half piece,
finely chopped

Peanuts/Mungfali - 1/2 cup,
roasted

Paneer cubes - 1/2 to 1 cup

Lemon juice - of 1 big lemon

Chaat masala - 1 tsp

Red chilli flakes - to
taste

Honey - 1 Tbsp

Black pepper powder/Kali mirch -
1/2 tsp

Salt - to taste

Red Chilli Powder/Lal Mirch Powder
- to garnish

Coriander leaves - to garnish

FOR PAPAD PARATHA:

Chana dal Papad - 1

Onion/Pyaz - one-half, finely
chopped

Coriander leaves - a handful,
chopped

Lemon juice - of one-half lemon

Salt - to taste

Red Chilli powder/Lal Mirch Powder
- to taste

Whole coriander seeds/Dhaniya
dane - to taste (crushed)

Wheat flour dough - to make

1 to 2 parathas

Ghee - as required

Mini Thali

Directions

- **FOR MAKING TOMATO GOJJU:**
- Heat oil in a wok/kadhai. Add mustard seeds, turmeric powder, and slit green chillies and sauté well.
- Add curry leaves, asafoetida powder, and chopped tomatoes. Mix well and cook for 3 to 4 minutes.
- Then add salt to taste, roasted coriander and cumin seed powder, jaggery, and peanut powder. Mix well, cook for 1 minute, and garnish with coriander leaves.
- **FOR MAKING PAPAD PARATHA:**
- Take one chana papad, roast it on a medium flame directly. Roast it on all the sides evenly. Let it cool down.
- In a bowl, crush the papad in pieces. Then, put the finely chopped onion, coriander leaves, and squeeze juice of half a lemon. Remove lemon seeds if any.
- Add salt to taste, red chilli powder, and crushed coriander seeds and mix well. Take a medium-size portion of the dough and roll it to make a small roti.
- Apply 1 tsp ghee on the roti and place the papad filling mixture on it. Fold the roti from all the sides and cover the mixture.
- Roll lightly to make a paratha and if the filling comes out, then press it with finger. Heat a pan and place the paratha on it. Put ghee on sides and roast on one side.

Mini Thali

Directions

- Then apply ghee on the top of the paratha. Flip and cook it for 1 minute. Flip again and cook on other side. Apply ghee and serve.
- **FOR MAKING PANEER PEANUT SALAD:**
- In a bowl, add finely chopped tomato, onion, and cucumber. Then add the roasted peanuts and paneer cubes.
- For making the salad dressing, take a small bowl, add lemon juice, chaat masala, red chilli flakes, honey, black peppercorn powder, and salt to taste.
- Now, add this dressing to the salad. Add coriander leaves and mix well. Sprinkle red chilli powder and salt and serve.
- **FOR SERVING THE MINI MEAL:**
- Take a plate and serve the papad paratha, tomato gojju, and paneer peanut salad.
- The 'Mini Meal | Mini Thali' is ready to be served

Tips

- Raw peanut powder can be used for making the tomato gojju dish.
- For papad paratha, any available papad can be taken.
- While roasting the papad, a tong should be used.
- If so desired, onion can be skipped for the papad paratha dish.
- The filling mixture of the paratha should be dry.

Badam Halwa



A MOUTH-WATERING DESSERT

BY SANGEETA KOTHARI, A LOVELY MOM , FROM KHAGARIA, BIHAR

Prep Time
485 mins

Ready In
496-498 mins

Servings
4-8

Ingredients

Badam/Almonds - 250 g

Milk - 200 ml + 1 Cup + 1/2 Cup

Kesar/Saffron – a few strands soaked
in 1 Tbsp warm milk

Sugar - 1/2 Cup or to taste

Ghee - 2 tsp + 1 tsp

Cardamom/Elaichi powder -

1/2 tsp

Dried Rose Petals - as required for
garnishing

Chopped Cashews/ Pistachios - as
required for garnishing

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Badam Halwa

Directions

- Soak the badam/almonds overnight. Then drain the water completely and add hot water to it. This will help to remove the almond skin easily.
- After peeling, grind the almonds with 200 ml milk to a smooth paste.
- Now, heat 2 tsp ghee in a pan/kadai.
- Add almond paste along with 1/2 cup milk. Cook and stir the mixture continuously for about 2 to 3 minutes on a medium flame.
- After 5 minutes, add the saffron milk to it. Add 1 to 2 Tbsp milk at a time and cook it for 2 more minutes.
- Then add 1 tsp ghee and 2 to 3 Tbsp milk. Mix well and cook until it thickens. Stir the mixture continuously; you can adjust the consistency of halwa by increasing or reducing the quantity of milk.
- Finally, add sugar and cook the halwa 2 to 3 minutes. Then turn off the gas.
- Take out the halwa in a bowl, garnish it with chopped cashews, pistachios, rose petals, and cardamom powder.
- Delicious 'Badam Halwa | Badam Ka Halwa' is ready to be served

Tips

- Adding hot water to soaked almonds/badam helps remove their skin easily.
- The consistency of the halwa can be adjusted to one's choice by simply increasing or reducing the quantity of milk.
- Apart from the garnish, dry fruits can be added in the halwa too.

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Mix Veg Rice



A ONE - POT MEAL

BY SHVETA SHETH ,

A LOVELY MOM,

FROM MUMBAI

Prep Time
5 mins

Ready In
15 mins

Servings
4

Ingredients

Ghee - 1 Tbsp

Mustard seeds/Rai - 1 tsp

Cumin seeds/Jeera - 1 tsp

Bay leaf/Tej patta - 1

Ginger/Adrak - 1/2 to 1 inch, grated

Onion/Pyaz - 1, finely chopped

Carrot - 1/2 cup, chopped

Corn - 1/2 cup, parboiled

Green capsicum/Shimla Mirch -
one-half, chopped

Green peas/Hare matar - 1/2 cup,
parboiled

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Mix Veg Rice

Ingredients

French beans - 1 cup, finely
chopped

Salt - to taste

Turmeric powder/Haldi - 1/2 tsp

Dry fenugreek leaves/Kasuri methi
- as required

Paneer cubes - 1/2 to 1 cup

Rice - 2 to 3 cups, boiled

Lemon juice - of one-half lemon

Coriander leaves – as required to
garnish

Tips

- The corn and the green peas should be parboiled in boiling water for 2 to 3 minutes.
- If required, green chilli can also be added.
- Red chilli flakes can also be added if required.

Mix Veg Rice

Directions

- Heat ghee in a kadhai/wok. Put the mustard seeds, cumin seeds, bay leaf, grated ginger, finely chopped onion, and French beans. Sauté on a high flame for 2 to 3 minutes.
- Then put the parboiled corn, chopped capsicum, green peas, paneer cubes, salt to taste, and turmeric powder. Mix well. Keep the flame low.
- Rub dry fenugreek leaves between the palms and add it into the wok. Mix well. Add the boiled rice, mix well, and cook for 1 to 2 minutes. Squeeze lemon juice, mix, and garnish with coriander leaves.
- 'Mix Veg Rice' is ready to be served.

Methi Muthiya



A DELICIOUS, HEALTHY BREAKFAST AND SNACK

BY BHARTI MEHTA, A LOVELY MOM, FROM GUJARAT

Prep Time
5 mins

Ready In
30 mins

Servings
2-3

Ingredients

Methi/Fenugreek Leaves - 3 Cup	Asafoetida/Hing - a pinch
Maize Flour/Makai Aata - 1/2 Cup	Sesame seeds - 1/2 tsp
Gram Flour/Besan - 1/2 Cup	Ginger-Green Chilli paste - 2 tsp
Sorghum flour/Jowar Aata - 1/2 Cup	Salt - to taste
Whole Wheat Flour - 1/2 Cup	Baking Soda - a pinch
Fresh Curd - 1 Cup	Cooked rice - 1 Cup
Cumin seeds - 1/2 tsp	Turmeric powder - 1/4 tsp
Achar Masala - 1 tsp	Coriander leaves - 1 cup, chopped

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Methi Muthiya

Ingredients

Lemon - 1/2

Sugar - 2 tsp

Oil - 2 Tbsp

Eno (fruit salt) - 1 packet

OTHER INGREDIENTS:

Coriander leaves - as required

Fresh grated coconut - as required

INGREDIENTS FOR TADKA:

Oil - 1 Tbsp

Mustard seeds - 1/2 tsp

Dry Red Chilli – 5 nos.

Curry Leaves – a few

Sesame Seeds - 1 tsp

Asafoetida/Hing - a pinch

Directions

- Take a kadai/vessel/steamer. Add water and place a stand and a perforated plate in it. Heat it.
- Take another pan, add oil, and heat it. Add asafoetida.
- Add chopped Fenugreek/methi leaves. Then add baking soda, salt, cumin seeds, achar masala, and sesame seeds. Mix well and sauté it.
- Then add cooked rice and mix well. Turn off the gas.
- Add fresh curd and mix well. Add turmeric powder, chopped coriander leaves, lemon juice, and sugar. Mix well.
- Now, add maize flour, gram flour, sorghum flour, and whole wheat flour. Mix well.
- Take a bowl and add Eno/fruit salt. Add 1 Tbsp water. Pour this into the pan. Mix well to make a dough.
- Divide the mixture into equal portions. Make muthiya by pressing in between palm and fingers.

Methi Muthiya

Directions

- Steam the muthiya for about 20 minutes. Then let it cool completely. Cut into small pieces.

PREPARING THE TADKA:

- Heat oil in a pan.
- Add mustard seeds and let them splutter. Then add dry red chilli, curry leaves, sesame seeds, and asafoetida. Sauté it.
- Then add muthiya pieces. Mix lightly for 2 minutes. Then turn off the gas. Transfer to a serving bowl. Garnish with chopped coriander leaves and fresh grated coconut.
- Delicious 'Methi Muthiya | Steamed Methi Muthiya' is ready to be served.

Tips

- Different types of flours or multigrain flour can be used.
- Adding achar masala gives a nice flavour to the dish but it is completely optional.
- Red chilli powder should not be used because the colour of the muthiya may change. However, more green chilli paste can be added if it must be spicy
- Rice flour can be used instead of cooked rice.
- The fenugreek leaves should be washed and dried completely before making the dough. Else, the moisture content will be more.
- To maintain the green colour of fenugreek leaves, baking soda is used.

Chocolate Modak



A SWEET OFFERED TO LORD GANESHA DURING GANESHA UTSAV

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time

10 mins

Ready In

10 mins

Servings

4

Ingredients

Chocolate biscuits - any chocolate biscuits available (1 small packet)	Clarified butter/Ghee - as required for greasing
Condensed milk - 3 Tbsp	Chocolate chips - as required

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Chocolate Modak

Directions

- Take any chocolate biscuits in a mixer jar and grind it.
- Now, transfer the ground chocolate biscuits to a bowl. Add condensed milk and mix properly.
- Take a modak mould and grease it with ghee. Fill it half from the above prepared mixture and place some chocolate chips over it and again place the mixture at the top. Cover the mould and press it to give the mixture a fine shape.
- Transfer it to a serving plate.
- Delicious 'Chocolate Modak' is ready to be served.

Tips

- It stays good for 4 to 5 days in an airtight container.
- Grated chocolate can be used if chocolate chips are not available.
- If a modak mould is not available, then it can be prepared in a chocolate mould or with hands.
- It is recommended to use homemade [condensed milk](#).

Sabudana Thalipeeth



A CRISPY FORM OF PANCAKE

BY SHRADDHA THAKRAR , A LOVELY GRAND MOM , FROM GUJARAT

Prep Time

430 mins

Ready In

440 mins

Servings

1 - 2

Ingredients

Sabudana/Sago - 200 g

Water - as required

Potato/Aloo - 3 nos. (boiled and
mashed)

Mungfali/Peanut powder - 1 cup

Salt - to taste

Oil - 1 Tbsp

Cumin / Jeera seeds - 1/2 to 1
tsp

Hari Mirch Green Chilli paste -
1/2 to 1 tsp

Lemon juice/Neebu ras - of 1/2 to
1 lemon

Coriander leaves - as required

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Sabudana Thalipeeth

Directions

- Wash the sabudana/sago three times with water and drain out the water completely. If the sago is 1 cup, then add half a cup of water and soak overnight.
- In a kneading container, take the soaked sago, put the boiled and mashed potatoes, peanut powder, salt, cumin seeds, green chilli paste, lemon juice and coriander leaves. Mix together evenly with hands.
- Make a medium to big-size ball. On a non-stick pan, heat 1 Tbsp oil and grease the pan. Take the mixture ball, place it on the pan, and press it with fingers. Wet the fingers and press it to make thin pancake/thalipeeth.
- Turn up the flame to high, cover the pancake, and cook it for 4 to 5 minutes. After 5 minutes, remove the cover, spread oil over and on the sides of the thalipeeth, and roast it for 2 minutes.
- Flip the thin pancake/thalipeeth and cook on a slow flame for 2 minutes and take it out on a plate.
- 'Sabudana Thalipeeth | Sago Thalipeeth' is ready to be served for lunch or breakfast.

Tips

- The peanuts should first be roasted and then coarsely ground in a mixer.

Puran Poli



A FAMOUS SWEET DISH FROM MAHARASHTRA

BY PRAMILA NAHAR, A LOVELY GRANDMOM, FROM AHMEDNAGAR

Prep Time
20 mins

Ready In
40 mins

Servings
4-6

Ingredients

Chana dal/Bengal gram – 250g

Jaggery/Gud – 250g

Saffron powder - 1/2 tsp

Cardamom powder - 1/2 tsp

Wheat flour dough – as required

Ghee - for roasting and serving

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Puran Poli

Directions

- Wash and soak chana dal for 10 minutes.
- Boil chana dal and jaggery together. After one boil, turn the flame to low. Cook the dal until it becomes very soft.
- Once done, drain the water completely. Let it cool (you can use this water to make amti).
- Grind the cooked dal in a grinder jar along with the cardamom powder and the saffron powder to a smooth paste.
- If you feel the ground paste has water, then roast it on a low flame until the water evaporates and the paste becomes thick. Let it cool for some time thereafter.
- If the paste is thick after grinding, then use it directly.
- Take wheat flour in a bowl and knead the dough using water.
- Take a small portion of the dough and spread it with hands to make a small roti.
- Stuff 2 Tbsp of dal mix in the dough. Seal it properly as we do to make an aloo paratha.
- Flatten the stuffed dough with hands and then roll it out using a rolling pin.
- Meanwhile, heat a tawa.
- Cook the Puranpoli on a medium flame. Apply some ghee on both the sides and cook.
- Once done, take it out on a serving plate.
- Yummy 'Puranpoli' is ready to be served with ghee.

Puran Poli

Tips

- If it is felt that the ground paste has water, then it should be roasted on a low flame until the water evaporates and the paste becomes thick. Then it should be allowed to cool for some time. If, however, the paste is thick after grinding, then it should be used directly.
- You can replace the jaggery with sugar. In that case, first cook the dal, grind it, and then add sugar to it.
- You can pressure cook the dal and jaggery. It will take 3 whistles to cook.

Mawa Modak



A MOUTH-WATERING PRASAD FOR GANESH FESTIVITIES
BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time
15mins

Ready In
20 mins

Servings
6-8

Ingredients

Milk Powder - 1 Cup

Milk - 1/2 Cup

Saffron Strands – a few

Condensed Milk - 2 Tbsp or as required

Green Cardamom Powder - 1/4 tsp

Pistachios/Pista - as required

Chopped Dry Fruits - as required

Ghee - 1 Tbsp + for greasing

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Mawa Modak

Directions

- Soak saffron strands in the warm milk. Keep aside for 10 minutes
- Now, heat a pan, add ghee and melt it. Then add saffron milk to it and bring it to a boil.
- Add milk powder in batches and mix well on a medium flame. Make sure it should be lump-free. Cook the mixture until it forms together and leaves the side.
- Once done, take it out and let it cool completely. Add condensed milk, cardamom powder, and chopped dry fruits to it. Mix well.
- Now, take a modak mould and grease it with ghee.
- Place pistachios in the modak mould. Then fill the mould with the mawa mixture. Remove excess mixture, de-mould it, and keep it on a plate.
- If you do not have a modak mould, then you can make the modak with your hands. Take a lemon-size ball of the mawa mixture. Shape it like a modak and then make lines on it using a fork.
- Delicious 'Mawa Modak | Khoya Modak' is ready to be served.

Tips

- The modak can be made with a mould as well as with hands. And a fork can be used to make a design on the modak.
- The mixture should be allowed to cool completely; else, it will be difficult to make the modak.
- Either [homemade condensed milk](#) or powdered sugar can be used to make the modak.

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Makhana Sabji



A HEALTHY AND YUMMY DISH

BY SANDHYA HARSH , A LOVELY MOM , FROM RAJASTHAN

Prep Time
5 mins

Ready In
10-13 mins

Servings
2-3

Ingredients

Oil - 1 Tbsp	Turmeric powder/Haldi powder - 1
Cumin seeds/Jeera - 1 tsp	tsp
Green chilli - 2 slits	Red Chilli Powder/Lal Mirch Powder
Ginger/Adrak - 1/2 inch, finely	- 1 tsp
chopped	Coriander seed powder/Dhania
Onion/Pyaz - 1, finely chopped	powder - 1 tsp
Salt - to taste	Roasted cumin seeds powder/Jeera
Tomato puree - of 2 tomatoes	powder - 1 tsp

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Makhana Sabji

Ingredients

Ghee - 1 Tbsp	Garam Masala/All Spice Mix - to
Water - as required	taste
Red Capsicum - ½, long-cut	Dry fenugreek leaves/Kasuri methi -
Yellow Capsicum - ½, long-cut	to taste
Fox Nuts/Makhana - 1 cup	Coriander leaves - for garnishing

Tips

- Red chilli powder can be added according to taste.
- After roasting it, let the makhana cool down. To check its crispiness, press it with the fingers; it should break easily with a popcorn-like sound.
- You can use any colour of capsicum available with you.

Makhana Sabji

Directions

- Heat oil in a wok/kadhai. Put cumin seeds, slit green chilli, finely chopped ginger, and onion. Sauté on a medium to high flame.
- Then put salt to taste and sauté well. Add the tomato puree and some salt. Add 1/2 tsp of turmeric powder, red chilli powder, coriander seed powder, and roasted cumin seed powder. Mix well together.
- Now, cover and cook for 1 to 2 minutes till the oil oozes out. Check and add water as required for adjusting the consistency of the gravy.
- Heat ghee in a pan on a low flame. Put the makhana, 1/2 tsp of turmeric powder, and salt to taste. Roast the makhana for 5 to 6 minutes on a low flame. Keep stirring in between.
- As the gravy starts boiling, add the capsicum and mix well. Add all spice mix powder, rub the kasuri methi between palms and then add it. Add coriander leaves and mix well. Add the roasted makhana and mix well.
- Cook for 1 minute. Then, garnish with coriander leaves and turn off the gas flame.
- 'Makhana Sabji' is ready to be served.

Gatte Ki Sabji



A FAMOUS RAJASTHANI SIDE DISH BEST ENJOYED WITH HOT CHAPATIS

BY VIJAY HALDIYA, FOUNDER, ZAYKA KA TADKA

Prep Time
5 mins

Ready In
15-17 mins

Servings
2-3

Ingredients

FOR MAKING GATTE:

Besan/Gram Flour - 1 cup

Turmeric/Haldi Powder - 1/4 tsp

Salt - to taste

Coriander/Dhania powder - 1 tsp

Saunf/Fennel seeds - 1/2 tsp,
crushed

Asafoetida/Hing - a pinch

Oil - 1 to 1&1/2 Tbsp

Water - as required

Red Chilli Powder/Lal Mirch Powder
- 1/4 tsp

FOR MAKING GRAVY:

Fresh Curd/Dahi - 1 cup

Ghee - 2 Tbsp

Gram flour/Besan - 1 Tbsp

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Gatte Ki Sabji

Ingredients

Dry Fenugreek leaves/Kasuri methi - to taste	Turmeric powder/Haldi powder - 1/4 tsp
Red Chilli Powder/Lal Mirch Powder - 1/2 tsp	Garam masala/All spice mix powder - 1/4 to 1/2 tsp
Coriander seeds powder/Dhania powder - 1 tsp	Dry fenugreek leaves/Kasuri methi - to taste
Asafoetida powder/Hing powder - a pinch	Salt - to taste
Cumin seeds/Jeera - 1/2 tsp	Coriander Leaves – chopped, for garnishing

Tips

- For preparing the gatte, a medium-soft dough should be kneaded.
- The gatte should be added to the water for cooking only after it boils; else, they will stick to one another.
- For preparing the gravy, if besan is not added to the curd, then the flame should be lowered or turned off before adding the curd-spices mixture to it.
- The mixture should be stirred continuously and cooked until it is boiled; else, it may curdle.
- Salt should be added only after the gravy boils.
- Either ghee or oil can be used for making the gravy.
- Adding the (moyan) oil to the mixture makes the gatte soft.

Gatte Ki Sabji

Directions

FOR PREPARING THE GATTE:

- In a bowl, add and mix besan/gram flour, salt, turmeric powder, red chilli powder, coriander seeds powder, crushed fennel seeds, dry fenugreek leaves rubbed between palms, and oil. Add a little water in to make a soft dough.
- Meanwhile, boil water in a vessel. Apply oil to the palms and divide the dough into equal-sized balls. Then make long, cylinder-shaped logs.
- Once the water boils, add the gatte to it. Cook the gatte on a medium to high flame for 10 to 12 minutes. Keep stirring in between.
- When the gatte start becoming fluffy and increase in size as well, white bubbles will appear on the top of gatte. This is a sign that gatte are perfectly cooked.
- Take the cooked gatte out on a plate and cut the rolls in circular pieces.

FOR PREPARING THE GRAVY:

- In a bowl, add curd, turmeric powder, coriander seed powder, all spice mix powder, and dry fenugreek leaves rubbed between palms. Then add besan and whisk it well.
- Meanwhile, heat ghee in a wok/kadhai. Add cumin seeds, a pinch of asafoetida powder, and red chilli powder. Then add the curd-besan mixture.

Gatte Ki Sabji

Directions

- Stir continuously till it reaches a boil. Add the gatte pieces to the boiling gravy and salt to taste. Adjust the consistency of the gravy by adding some water used for cooking the gatte.
- Cook for 1 to 2 minutes. Garnish it with coriander leaves.
- Delicious 'Gatte Ki Sabji - Rajasthani Special' is ready to be served.

Kesari Bath



A FAMOUS KARNATAKA SWEET DISH

BY ARCHANA CHAKRAVARTHY , A LOVELY MOM , FROM KARNATAKA

Prep Time
5 mins

Ready In
10 mins

Servings
4

Ingredients

Water - 3 cups

Sugar - 1 cup

Fine Semolina/Sooji - 1 cup

Ghee - as required

Cardamom powder/Elaichi powder - 1 tsp

Clove/Laung - 3 nos.

Saffron/Kesar - a few strands

Milk - 1 Tbsp

Cashew nuts/Kaju - 4 to 5, chopped

Raisin/Kishmish - a few

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Kesari Bath

Directions

- Soak the saffron strands in 1 Tbsp milk for 30 minutes. Heat a wok/kadhai, add water in it and then add sugar.
- In another pan, heat 2 tsp of ghee and add the fine sooji. Roast it on a low flame for 4 to 5 minutes.
- As the sugar dissolves and the mixture starts to boil, put 1 to 2 tsp ghee. Put cardamom powder and cloves. Start adding the roasted sooji in small quantities and mix well. If small lumps form, press and break them.
- Put the soaked saffron strands with milk and mix well. Meanwhile, heat 2 to 3 tsp of ghee and add chopped cashew nuts and raisin.
- Add this dry fruit tempering over the kesari bath. Then turn off the gas.
- 'Kesari Bath' is ready to be served.

Tips

- The ratio of sooji to sugar should be 1:1.
- The ratio of sooji to water should be 1:3.
- The coarse sooji should be ground to make it fine.

Bharwa Lauki ki Sabji



AN INNOVATIVE DISH

BY ALPA SHAH , A LOVELY MOM , FROM CALIFORNIA, USA

Prep Time

5 mins

Ready In

10 mins

Servings

2-3

Ingredients

Oil - 3 to 4 Tbsp

Tomato - 1, medium-finely chopped

Dry coconut powder - 1 to 1&1/2
tsp

Raw peanut powder - 1 tsp

Cumin & coriander powder - 2 tsp

Water - as required

Bottle gourd/Lauki - half

Kashmiri red chilli powder/Lal

mirch powder - 1 tsp

Turmeric /Haldi powder - 1/4 tsp

Garam masala/All spice mix
powder - 1 tsp

Salt - to taste

Coriander leaves - as required

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Bharwa Lauki ki Sabji

Directions

- Heat oil in a wok. Put finely chopped tomato, dry coconut powder, raw peanut powder, cumin seed and coriander seed powder.
- Then, put the Kashmiri red chilli powder, turmeric powder, all spice mix powder and mix well. Add some water and cook on a low to medium flame.
- Put salt to taste, coriander leaves and cook for 30 seconds. Once done, turn off the flame.
- Peel the bottle gourd. Slit the bottle gourd from one side and then cut in half inch circle shape pieces. Add the pieces to the gravy and mix well.
- Transfer the mixture to the pressure cooker and cook for 3 to 4 whistles on a low flame.
- 'Bharwa Lauki ki Sabji' is ready to be served.

Tips

- Raw peanut powder should be used while making this dish.
- Water should not be added in the pressure cooker while cooking this sabji.

Almond Peanut Butter



A HOMEMADE RECIPE

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

Prep Time
10 mins

Ready In
15 mins

Servings
4

Ingredients

Almonds/Badam - 1/2 cup

Peanuts/Mungfali - 1/2 cup

Salt - 1/4 tsp

Brown Bread slices - 2 nos.

Honey - as required

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Almond Peanut Butter

Directions

- Roast the almonds on a slow flame till they get light black coloured spots on them. Likewise, roast the peanuts on slow flame till they get light black coloured spots on them.
- In a mixer jar, add the lukewarm almonds and peanuts. Then add salt and grind them to a fine powder initially.
- Grind again with a time interval of 30 to 45 seconds for 6 to 7 times. The overall time required for grinding shall be 4 to 5 minutes.
- While grinding each time, check the mixture. With a spoon, remove the mix which is stuck to the sides of the mixer jar.
- Each time while checking, keep mixing so that it is ground evenly. As it becomes soft, take a spoon; if it drops from the spoon, you can remove it and use it.
- Or you can grind it one last time and see the oils giving the butter a shine. Take a slice of bread and spread the butter on it. Drizzle some honey on it, place the second slice on it and serve it to the kids.
- 'Almond Peanut Butter' is ready to be served.

Tips

- Almonds and peanuts must be lukewarm while grinding so that they ooze out oil directly.
- If the bread is very hot, the almond peanut butter will drip like liquid on it.

Honey Chilli Bites



A MOUTH-WATERING AND INNOVATIVE APPETIZER

BY ISHA DHINGRA, A LOVELY MOM, FROM RAJASTHAN

Prep Time
5 mins

Ready In
10 mins

Servings
3

Ingredients

FOR PREPARING MOONG DAL PAKODE:

Oil - for frying

Moong dal/Yellow lentils - as
required

Salt - to taste

Red Chilli Powder/Lal Mirch Powder -
to taste

FOR PREPARING THE RED CHILLI- GARLIC CHUTNEY:

Tomato - 2 to 3, blanched

Lal mirch/ Dry Red chilli - as required

Garlic cloves - 1/2 cup

FOR PREPARING HONEY-CHILLI

BITES:

Oil - 2 Tbsp

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Honey Chilli Bites

Ingredients

Adrak-Lehsun paste/Ginger-Garlic paste - 1 Tbsp	Onion/Pyaz/ - 1 big-sized, diced
Capsicum/Shimla Mirch - 1 big-sized, diced	Sabut Laal mirch/Dry Red chilli - 2
Red Chilli Powder/Lal Mirch Powder - to taste	Red chilli-garlic chutney - 1 Tbsp
Sendha namak/Rock salt - to taste	Coriander leaves - for garnishing
Chilli flakes - to taste	Soy Sauce - 1 Tbsp
Shahad/Honey - 1 Tbsp	Vinegar - 1 tsp
Til/Sesame seeds - 1/4 tsp	Tomato ketchup - 2 Tbsp
	Maida/Refined/All-purpose flour - 1 Tbsp
	Water - 2 Tbsp + as required

Tips

- For storing the red chilli-garlic chutney for a longer period of time, it can be roasted by adding cumin powder and salt to it.
- Instead of using readymade chilli flakes, dry red chillies can be ground and added.
- A little water can be added if the dish is required to be in gravy form.
- For garnishing, spring onions can also be added along with coriander leaves.

Honey Chilli Bites

Directions

- **FOR PREPARING MOONG DAL PAKODE:**

- Soak yellow moong dal in water and grind it in a grinding jar to make a batter of medium consistency.
- Add salt and red chilli powder to the batter and mix them well.
- Meanwhile, heat oil in a pan and add balls of the batter and fry them until they look golden brown in colour.

- **FOR PREPARING THE RED CHILLI-GARLIC CHUTNEY:**

- Soak dry red chillies in hot water.
- In a grinding jar, add and grind tomatoes, red chillies, and garlic to a paste.

- **FOR PREPARING HONEY-CHILLI BITES:**

- In a pan, add oil and ginger-garlic paste and sauté it for about a minute.
- Add dry red chilli to the pan and sauté it well with the other ingredients.
- Add onion and capsicum in the pan and sauté them well with the other ingredients.
- Add the red chilli-garlic sauce into the pan and mix it well with the other ingredients.
- Add salt, red chilli powder, and chilli flakes into the pan and mix them well.
- Add a mixture of soy sauce and vinegar to the pan and mix them well with the other ingredients.

Honey Chilli Bites

Directions

- Add tomato ketchup to the pan and mix it well with the other ingredients.
- Add refined flour and water in a bowl and mix them well to make a slurry. Add the slurry to the pan and mix it well. Add water if necessary.
- Add the moong dal pakode to the pan and mix them well with the other ingredients.
- Sprinkle some sesame seeds to the pan.
- Turn off the flame and add honey to the pan and mix it well with the other ingredients.
- Garnish it with coriander leaves and sesame seeds.
- 'Honey Chilli Bites' is ready to be served.

Sooji Burger



A COLOURFUL AND MOUTH-WATERING SNACK ITEM
BY ALPANA JAIN , A LOVELY MOM, FROM TOKYO, JAPAN

Prep Time
180 mins

Ready In
190 mins

Servings
2

Ingredients

Sooji/Semolina - 2 cups

Baking soda - 2 pinches

Buttermilk/Chaas - 2 cups

Oil - 2 Tbsp

FOR THE STUFFING:

Potato/Aloo- 2 to 3 Tbsp, chopped

Carrot - 2 Tbsp, grated or finely
chopped

Capsicum/Shimla Mirch - 2 Tbsp

Kali mirch/Black peppercorn - 1

Adrak-Lehsun/Ginger-Garlic paste - 1

Tbsp, crushed

Oil - 1 Tbsp

Cumin seeds/Jeera - 1/2 tsp

Red Chilli Powder/Lal Mirch Powder -
to taste

Bay leaf/Tej Patta - 1

Asafoetida/Hing - a pinch

Cinnamon/Dalchini/ - 1

Tomato - as required, finely chopped

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Sooji Burger

Ingredients

Clove/Laung - 1	Onion/Pyaz - as required, finely chopped
Cardamom/Elaichi - 1	
Nutmeg/Jaifal - as required	Spring onion/Hara Pyaz - as required, finely chopped
Fennel seeds/Saunf - 1/2 tsp	Coconut flakes - as required
Coriander/Dhaniya seeds - 1/4 tsp	Peanuts/Moongfali - as required
Turmeric/Haldi powder - 1/4 tsp	Green chutney/Hari chutney - as required
Green chillies - to taste	
Sugar - 1/4 tsp	Sweet chutney/Meethi chutney - as required
Chaat masala - to taste	
Dry Mango Powder/Amchur powder - 1/4 tsp	required
	Bhujia - as required
FOR TOPPINGS:	Coriander leaves - as required, finely chopped
Cucumber - as required, finely chopped	Tomato ketchup - as required

Tips

- Instead of dry mango powder or amchur powder, lemon juice can also be used to give a sour taste to the filling.
- For preparing the toppings, the vegetables can be mixed together with salt and chaat masala instead of being added separately.
- Ginger-garlic paste can also be used instead of crushed ginger and garlic.
- It is highly recommended to use a curved pan or a curved kadhai, so that the burger acquires a nice shape.
- Instead of bhujia, sev can be used for the toppings.

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Sooji Burger

Directions

- In a bowl, add semolina, baking soda, salt, and buttermilk and mix them well. Keep aside for 3 hours.
- In a curved pan, add oil and about 1 ladle of the semolina batter. Cover the pan properly and let it cook on medium flame for 3 to 4 minutes. Flip it to the other side to cook it as well. Let it cool down.
- Meanwhile, in another pan, add oil and then add black peppercorns, nutmeg, cardamom, bay leaf, asafoetida, cinnamon, clove, fennel seeds, coriander seeds, turmeric powder, green chilli, ginger-garlic, sugar, chaat masala, dry mango powder, carrot, capsicum, and potato and sauté and mix them well.
- Add turmeric powder and red chilli powder to the pan and mix them well with the other ingredients for 2 to 3 minutes on a high flame.
- Cut the burger horizontally into two carefully and add the fillings in between. Cut it into four pieces.
- For the toppings, add tomato, onion, cucumber, coconut flakes, spring onion, coriander leaves, bhujia, green chutney, meethi chutney, and tomato ketchup on the top.
- 'Suji Burger | Sooji Burger' is ready to be served.

Hariyali Sabudana Khichdi



A SIMPLE KHICHDI RECIPE WITH A UNIQUE TWIST
BY ALPA PATEL , A LOVELY MOM , FROM TORONTO, USA

Prep Time
240 mins

Ready In
250 mins

Servings
1

Ingredients

Oil - 3 Tbsp

Sabudana/Sago Pearls - 1 cup

Water - 1 cup

Potato/Aloo – 1, medium-sized,
finely diced

Roasted Moongfali/Peanuts - 2 to 3
Tbsp, crushed

Curry leaves - 8 to 10

Cinnamon/Dalchini – 1 stick

Cumin seeds/Jeera - 1/2 tsp

Clove/Laung - 2

TO MAKE THE PASTE:

Coriander leaves - a handful + for
garnishing

Ginger - 2 to 3 pieces

Lemon/Neebu - 1/2

Green chillies - to taste

Water - 2 to 3 Tbsp

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Hariyali Sabudana Khichdi

Directions

- **TO MAKE THE PASTE:**
- In a grinding jar, add coriander leaves, green chilli, ginger, a dash of lime, and water and grind it well to make a paste of thick consistency.
- **TO MAKE THE HARIYALI SABUDANA KHICHDI:**
- Soak sago pearls for 4 hours in hot water. Soak the diced potato in water.
- Heat oil in a pan and add cumin seeds, cloves, cinnamon, and curry leaves. Let them crackle.
- Strain the water from the potato and add it into the pan. Let it cook for a few seconds. Thereafter, add salt and mix it well. Cover the pan and let the potato cook for about 2 minutes.
- Lower the flame. Then add peanuts to the pan and mix them well.
- Add the sago pearls into the pan and mix them well. Cover cook for about 2 minutes. Thereafter, add salt to the pan and mix it well.
- Add a dash of lime and mix it well with the other ingredients. Then turn off the flame
- Add 2 to 3 Tbsp of green paste to the pan and mix it well with the other ingredients.
- Garnish it with coriander leaves.
- 'Hariyali Sabudana Khichdi' is ready to be served.

Hariyali Sabudana Khichdi

Tips

- The sago pearls can be soaked in water overnight.
- To avoid getting black spots on the diced potatoes, they should be soaked in water.
- To avoid burning the peanuts, it must be remembered to turn the flame to low before adding them to the pan.
- The paste should be of a thick consistency.

Danedar Rabdi



AN INSTANT SWEET DISH

BY VIJAY HALDIYA , FOUNDER , ZAYKA KA TADKA

Prep Time
2-3 mins

Ready In
4 - 6 mins

Servings
2 -3

Ingredients

Milk - 2 cups

Saffron/Kesar - a few strands
(soaked in milk)

Sugar - 1/2 cup

White bread - 2 slices

Dry nuts - as required (chopped
cashew nuts, pistachio and almond)

Cardamom seeds powder/Elaichi
powder - 1/2 tsp

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Danedar Rabdi

Directions

- Heat milk in a container till it starts to boil. Then add the soaked saffron strands and sugar. Mix well.
- Crumble the two slices of bread with hands. To the milk add some dry nuts and cardamom seed powder. Mix well.
- Now, add the breadcrumbs in small quantity as required. Mix well and cook for 1 minute. Garnish with chopped dry nuts.
- 'Instant Rabri | Danedar Rabdi' is ready to be served.

Tips

- The saffron strands should be soaked in 1 to 2 Tbsp of milk for 5 to 7 minutes.
- If required/preferred, jaggery powder can be added.
- The quantity of sugar may be adjusted to taste or preference.
- Whole wheat bread can be used in place of white bread.
- If the rabdi becomes thick, then more milk should be added to it.

Pesarattu



A FAMOUS DISH FROM ANDHRA PRADESH

BY ARCHANA CHAKRAVARTHY, A LOVELY MOM , FROM KARNATAKA

Prep Time
360- 420mins

Ready In
365 - 425mins

Servings
8 - 10

Ingredients

Green moong/Mung bean - 1 to 2 cups

Green chilli - 3 nos.

Cumin seeds/Jeera - 1 tsp

Rice - 1 to 2 Tbsp

Salt - to taste

Asafoetida powder/Hing - a pinch

Water - as required

Ghee - as required

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Pesarattu

Directions

- Wash the mung bean and soak it for 6 to 7 hours. Also, soak 1 to 2 Tbsp of rice. Along with a small quantity of soaked water, put the mung bean in a mixer jar.
- Then, in the mixer jar, add green chili, cumin seeds, soaked rice, salt to taste, and asafoetida powder. Grind for 30 seconds and check.
- If required, add water and grind again to a paste. The batter is ready.
- Heat a pan and wipe it with a clean cloth if the pan is hot. Then put a ladleful of batter on the pan. Spread in a circular motion and make a dosa.
- Drizzle ghee over the dosa. Cook on one side for 1 minute. Flip and cook on the other side. If you want, you can spread some chopped onion and cumin seeds over the dosa.
- The 'Pesarattu' is ready to be served.

Tips

- If required, ginger can be added while making the pesarattu batter.
- Adding rice makes it crispy.
- If the pan is hot, it should be wiped with a clean cloth so that the dosa spreads properly.
- In place of ghee, oil can also be used.
- The dish should be served with [Ginger Chutney](#) | [South Indian Ginger Chutney](#).

Cabbage Rolls



AN EXOTIC AND TEMPTING SNACK ITEM

BY RUBY CHAMRIA , A LOVELY MOM , FROM NEPAL

Prep Time

15 mins

Ready In

30 mins

Servings

4-5

Ingredients

FOR PREPARING THE FILLING:

Oil - 1 Tbsp

Onion/Pyaz - 1 cup, finely chopped

Boiled vegetables (green peas, beans, carrots) - 1 cup

Gobhi/Cauliflower - 1 cup, grated

Boiled Potato/Aloo - 1/2 cup, mashed

Salt - to taste

Red Chilli Powder/Lal Mirch Powder

- to taste

Green Chillies - to taste, finely

chopped

FOR PREPARING THE WHITE

SAUCE:

Butter - 1 Tbsp

Milk - 1 to 2 glassfuls

Maida/All-purpose flour - 1/2 cup

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Cabbage Rolls

Ingredients

Black pepper/Kali mirch powder - 1 **OTHER INGREDIENTS:**

tsp

Cheese - for garnishing, grated

Salt - to taste

Patta gobhi/Cabbage - 1

Directions

- **FOR PREPARING THE WHITE SAUCE:**

- Heat a pan and add butter. Once the butter melts, add refined flour to it. Let it cook well for 4 to 5 minutes while stirring it.
- Turn off the flame and let it cool. After the sauce cools down, add milk to it and mix it well with a whisk.
- Turn on the flame and mix the sauce well for 2 minutes. Keep stirring it while cooking it on a medium flame.
- Add black pepper powder and salt in the sauce and mix it well.

- **FOR BOILING THE CABBAGE:**

- Boil water in a utensil.
- Add salt to the boiling water.
- Peel the layers of the cabbage one by one and add them in the boiling water. Let it boil for 5 to 7 minutes.

- **FOR PREPARING THE STUFFING:**

- Meanwhile, in another pan, heat oil and add onion. Sauté it well for some time.
- Add green chilli to the pan and sauté it well.
- Add cauliflower to the pan and sauté it well with the other ingredients for about 2 minutes.

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Cabbage Rolls

Directions

- Add salt and red chilli powder to the pan and mix it well with the other ingredients on high flame.
- Add the boiled vegetables and potatoes to the pan and sauté them well with the other ingredients.
- Add coriander leaves and about 2 Tbsp of the white sauce to the pan and mix them well with each other.
- **FOR PREPARING THE CABBAGE ROLLS:**
- On a baking dish, add a layer of the white sauce.
- Take one leaf of the boiled cabbage and add the filling in it. Fold it and shape it like a roll and place it on the layer of the white sauce.
- Apply another layer of white sauce on it and add grated cheese on it.
- Garnish it with red chilli flakes and oregano.
- Pre-heat an oven at 250 degrees Celsius for 10 minutes. Thereafter, bake the rolls for 15 to 20 minutes at 230 degrees Celsius.
- 'Cabbage Rolls' is ready to be served.

Tips

- While preparing the white sauce, it should be remembered to keep stirring it to avoid lumps.
- It should be remembered to add the milk in the white sauce only after it cools down, to avoid lumps in the sauce, and the flame should be turned on only after the milk has been added to the white sauce.
- More spices can be added to the stuffing if required, but this dish typically uses only salt and red chilli powder.

Katori Chaat & Chocolate Katori Fruit Chaat



TWO MOUTH-WATERING AND INNOVATIVE SNACK ITEMS
BY MANJU PARAKH , A LOVELY MOM , FROM INDORE

Prep Time
20 mins

Ready In
30 mins

Servings
2

Ingredients

FOR PREPARING THE DOUGH:

Maida/All-purpose flour - 1 and a
1/2 cup

Sooji/Semolina - 2 tsp

Salt - to taste

Ajwain/Carom seeds - as required

Oil - 3 tsp + for greasing

FOR PREPARING THE CHAAT

VARIATION 1:

Sprouted Moong/Green gram - 2

Tbsp

Potato/Aloo - 2 Tbsp, chopped

Kabuli chana/Chickpea - 2 Tbsp

Onion/Pyaz - 1 Tbsp, finely chopped

Tomato - 1 Tbsp, finely chopped

Chaat masala - to taste

Cumin seed/Jeera powder - a pinch

Hari/Green chutney - 1 to 2 tsp

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Katori Chaat & Chocolate Katori Fruit Chaat

Ingredients

Imli/Tamarind chutney - 1 to 2 tsp	FOR PREPARING THE CHAAT
Curd/Dahi - 1 tsp	VARIATION 2:
Red Chilli Powder/Lal Mirch Powder	Chocolate sauce/Drinking chocolate -
- to taste	for coating
Salt - to taste	Sprinkles - for coating
Anar daane/Pomegranate seeds - for garnishing	Apple - 1 Tbsp, chopped
Sev - for garnishing	Aam/Mango - 1 Tbsp
Coriander leaves - for garnishing, finely chopped	Anar daane/Pomegranate seeds - as required
Dark chocolate - as required, chopped	White choco chips - for garnishing
	Choco chips - for garnishing

Tips

- While preparing the katori, it should be remembered to prick it with a fork so that it does not puff.
- Adding sooji while making the dough helps in making it crispy.
- While frying the katoris, it should be remembered to fry them on a low flame to cook them completely from the inside as well. It should also be remembered to keep pouring oil with a spoon on the sides as well as in the bowl to fry it well.
- Using curd while preparing the katori chaat is optional.

Katori Chaat & Chocolate Katori Fruit Chaat

Directions

- **FOR PREPARING THE KATORI:**

- In a bowl, add refined flour, semolina, salt, carom seeds, and oil and mix them all well.
- Add water to the mix in the bowl and knead the mix well to make a soft dough. Keep it aside and let it rest for 15 minutes.
- Take a part of the dough and roll it to make a puri a little bigger than a normal puri and of medium thickness. Prick it with a fork.
- Grease the outer part of a small bowl and stick the puri on it properly.
- Meanwhile, heat oil in a pan and drop the bowl into it carefully. Let it fry on a low flame until it turns golden brown in colour. Pour some hot oil with a spoon on the sides and into the bowl as well in order to fry it well from the inside too.

- **FOR PREPARING THE KATORI CHAAT VARIATION 1:**

- Add red chilli powder and salt to potato, sprouted moong, and chickpea.
- In the katori, add sprouted moong, chickpea, potato, onion, tomato, chaat masala, cumin seed powder, green chutney, tamarind chutney, curd, red chilli powder, and salt.
- Garnish it with sev and coriander leaves.

- **FOR PREPARING THE KATORI CHAAT VARIATION 2:**

- Coat the katori with chocolate syrup and coat the bottom with a layer of sprinkles.
- Add apple, mango, and pomegranate seeds in the katori and garnish it with white choco chips, brown choco chips, and dark chocolate.
- 'Katori Chaat & Chocolate Katori Fruit Chaat' are ready to be served.

About



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

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

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

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