

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!

Time flies indeed and we are here with yet another edition of Zayka ka Tadka Magazine with exciting recipes for the festive season.

As we all embrace ourselves to welcome back normalcy in the world we hope you are being cautious and at the same time enjoying the beautiful festival season. We all cannot wait for the Navaratri season to start which is celebrated with great enthusiasm across India. May the Goddess Shakti, Kali, Durga with her many names but one form give us energy and blessings for good health and peace.

It has been a great month for Zayka ka Tadka family with our founder Smt. Vijay Haldiya sharing with us her many more unique recipes and taste secrets. We bring forward many more wonderful recipes as always and ask for your continued love and support!

Your feedback is very valuable to us , so please keep writing to us.

Wishing you all a very Happy Navaratri and Dusshera!

Yours Sincerely

Vijay Haldiya - [Founder of Zayka Ka Tadka]

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The Super Chef Moms of India

Lauki Bharta



A DELICIOUS AND SIMPLE DISH

BY VIJAY HALDIYA , FOUNDER, ZAYKA KA TADKA

Prep Time
10 mins

Ready In
20 mins

Servings
2 to 3

Ingredients

Bottle gourd/Lauki – 1, medium-sized	Ginger-green chilli paste/Adrak-
Oil - 1 to 2 Tbsp	Hari mirch paste - 1/2 to 1 tsp
Cumin seeds/Jeera - 1 tsp	Tomato – 2, grated
Asafoetida /Hing powder - a pinch	Salt - to taste
Onion/Pyaz – 1, finely chopped	Red Chilli Powder/Lal Mirch
Garlic cloves/Lahsun - 2 to 3, finely chopped	Powder - to taste
	Turmeric /Haldi powder - 1/4 tsp

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Lauki Bharta

Ingredients

Coriander seed powder/Dhania powder - 1 Tbsp	Water - as required
Cumin seed powder/Jeera powder - 1/2 tsp	Dry fenugreek leaves/ Kasuri methi - to taste
Coriander leaves - to garnish	All spice mix powder/Garam masala - 1/2tsp

Directions

- Wash and pat dry the lauki. Roast the lauki from all the sides on a high flame. Roast till the skin becomes black in colour.
- Allow it to cool down. Then scrape off the peel with a knife. Cut the roasted lauki in pieces and grind it coarsely.
- Heat oil in a wok/kadhai. Put cumin seeds, asafoetida powder, onion, garlic, and ginger-green chilli paste. Mix and roast till the onion turns pinkish in colour.
- Put the grated tomatoes and mix well. Cook for 5 to 7 minutes till the oil oozes out from the gravy.
- Then add salt to taste, red chilli powder, turmeric powder, coriander seed powder, cumin seed powder, and all spice mix powder. Mix well.
- Add a little water and cook for 1 to 2 minutes. Add the coarsely ground lauki. Rub dry fenugreek leaves and add. Mix well and garnish with coriander leaves.
- 'Lauki Bharta' is ready to be served,

Lauki Bharta

Tips

- The lauki should be washed and pat dried.
- Before the lauki is roasted, oil should be applied on its skin, so that it peels off easily after the roasting.
- Water should not be added while grinding the roasted lauki pieces.
- If required, the tomatoes can be ground to a puree.

Paneer Ghotala



A LIP-SMACKING DISH

BY SHVETA SHETH,

A LOVELY MOM ,

FROM MUMBAI

Prep Time

10 mins

Ready In

15 mins

Servings

4

Ingredients

Oil - 1 Tbsp

Cumin seeds/Jeera - 1 tsp

Turmeric /Haldi powder - 1/2 tsp

Red chilli powder/Lal mirch powder -
1/2 to 1 tsp

Dry fenugreek leaves/Kasuri Methi -
as required

Roasted cumin seed /Jeera powder -
1/2 to 1 tsp

Tomato puree - of 3 tomatoes

Salt - to taste

Pav bhaji masala - 1 tsp

Butter - 1/2 Tbsp

Tomato ketchup - 2 tsp

Water - as required

Paneer/Chhena - 1 to 2 cups

Cheese - grated, as required

Coriander leaves - to garnish

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Paneer Ghotala

Directions

- Heat oil in a wok/kadhai. Add cumin seeds, turmeric powder, red chilli powder, dry fenugreek leaves, and roasted cumin seed powder. Mix well.
- Then add the tomato puree, salt to taste, pav bhaji masala, butter, and tomato ketchup and mix well. Add a little water and mix. Cover and cook for 1 minute on a medium flame.
- Then add the chhena and mix well. Turn off the gas flame. Add grated cheese and coriander leaves. Mix well. Garnish with more grated cheese and coriander leaves.
- 'Paneer Ghotala' is ready to be served.

Tips

- First, the milk should be boiled. Then, lemon juice or vinegar, whichever of the two is available, should be added and mixed well. The gas should then be turned off. The milk will curdle. The solids (chhena) should then be strained from the water and used for making this dish.

Shahi Dal Dhokli



A TRADITIONAL GUJARATI DISH

BY SHRADDHA THAKRAR, A LOVELY GRANDMOM , FROM GUJARAT

Prep Time
10 mins

Ready In
20 mins

Servings
3

Ingredients

TO PREPARE DAL

Ghee - 1 tsp

Oil - 1 tsp

Mustard Seeds/Rai - 1/4 tsp

Cumin Seeds/Jeera - 1/2 tsp

Roasted Peanuts/Mungfali - 1/4 Cup

Almonds/Badam - 3 to 4, finely
chopped

Cashews/Kaju - 3 to 4, finely chopped

Dry Red Chilli/Sukhi Lal Mirch – 2 nos.

Cinnamon/Dalchini - 1 stick

Clove/Lavang/Laung – 2 nos.

Bay Leaf/Tej Patta – 1 no.

Carom Seeds/Ajwain - 1/4 tsp

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

Tomato - 1 large, grated

Turmeric/Haldi Powder - 1/4 tsp

Coriander/Dhaniya Powder - 1/2 tsp

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Shahi Dal Dhokli

Ingredients

Tomato - 1 large, grated	FOR MAKING DHOKLI
Turmeric/Haldi Powder - 1/4 tsp	Wheat Flour/Gehu Ka Aata - 1/2 Cup
Coriander/Dhaniya Powder - 1/2 tsp	Gram Flour/Besan - 2 tsp
Salt - to taste	Turmeric/Haldi Powder - 1/2 tsp
Jaggery/Gud - to taste	Coriander/Dhaniya Powder - 1/2 tsp
Coriander Leaves - 1 tsp	Cumin Powder/Jeera Powder - 1/2 tsp
Red Gram/Tuvar/Toor Dal - 1 Cup	Salt - to taste
Water - 1 Cup	Oil - 1 tsp

Tips

- To make this dish, the ratio of toor dal to water should be kept as 1:3 and it should be boiled in a pressure cooker till 3 whistles and then blended.
- Add gram flour with the wheat flour to make the Dhokli tasty.
- To save time, the half-cooked roti can be stored before making dal dhokli.

Shahi Dal Dhokli

Directions

- **FOR MAKING DAL**

- Heat ghee and oil in a pan. Add mustard seeds, cumin seeds, peanuts, almonds, cashews, dry red chilli, cinnamon, clove, bay leaf, carom seeds, red chilli powder, and grated tomato. Then mix everything well and add turmeric powder, red chilli powder, coriander powder, cumin powder, salt, and jaggery.
- Now add boiled dal mix and water in a pan and let it boil on a high flame.

- **FOR DHOKLI**

- Take a bowl, add wheat flour, gram flour, turmeric powder, coriander powder, cumin powder, salt and oil, and then prepare a semi-soft dough.
- Make peda of it and roll it out. The thickness is to be as of a paratha or medium thick. Half roast it on a tava, cut it into pieces and add it to dal. Boil it for 5 to 7 minutes and then transfer it into a serving bowl.
- Garnish with coriander leaves and dry fruits.
- 'Shahi Dal Dhokli' is ready to serve.

Dahi Wali Gwar Fali Ki Sabji



A SIMPLE AND HEALTHY SABJI RECIPE

BY MANJU SARAF, A LOVELY MOM. FROM GURGAON

Prep Time
5 mins

Ready In
10 mins

Servings
2

Ingredients

Cluster Beans/Gwar Ki Fali - 1 cup	Asafoetida/Hing - 1/4 tsp
Mustard Seeds/Sarso - 1/2 tsp	Coriander/Dhaniya Powder - 1 tsp
Tomato-Green Chilli/Tamatar-Hari	Salt - to taste
Mirch Puree - 1 tomato and 1 green chilli	Curd/ Dahi - 1/2 cup
Turmeric/Haldi Powder - 1/2 tsp	Gram Flour/Besan - 1 tsp
Red Chilli Powder/Lal Mirch Powder - to taste	Water - 1/2 glass
	Coriander Leaves - for garnishing, finely chopped

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Dahi Wali Gwar Fali Ki Sabji

Directions

- **TO PREPARE THE CLUSTER BEANS**

- Boil the cluster beans in a pressure cooker till 2 whistles.
- Gently break the ends on both sides of the cluster beans and remove the strings if any.

- **TO PREPARE THE SABJI**

- Heat oil in a pan and add mustard seeds and asafoetida to it after heating.
- Add the tomato puree, turmeric powder, red chilli powder, coriander powder, and salt to the pan and mix it well for 1 to 2 minutes.
- Add cluster beans and mix them well for a minute.
- Meanwhile, blend curd and gram flour in a blender and add the mix to the pan.
- Keep stirring the sabji until it starts to boil. Cook it for about 2 minutes after it starts boiling on a low flame.
- Turn off the flame and garnish the sabji with coriander leaves.
- 'Dahi Wali Gwar Fali Ki Sabji' is ready to be served.

Tips

- In this recipe, to avoid the curdling or spoiling of curd, gram flour should be added to the curd and ground together with it.
- While making the tomato puree, a tomato and a chilli should be used.

Pasta Salad



A TYPICAL AMERICAN/MEDITERRANEAN DISH

BY RENU NATANI, A LOVELY MOM, FROM RAJASTHAN

Prep Time
5 mins

Ready In
5 mins

Servings
2

Ingredients

Pasta - 1 cup, boiled

Sweet corn - 1/2 cup, parboiled

Apple - 1 cup, diced

Red bell pepper - 1/2 cup,
chopped

Pomegranate seeds - 1 cup

Cucumber - 1 cup, diced

Black olives - 8-10 (optional)

FOR SEASONING

Olive oil - 1 tsp

Mixed herbs - 1 tsp

Black pepper - 1 tsp

Salt - to taste

Lemon juice - 2 tsp

Honey - 1 tsp

Red chilli flakes - to taste

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Pasta Salad

Directions

- In a bowl, add boiled pasta, corn, apple, red bell pepper, pomegranate seeds, cucumber, and olive and mix well.
- **PREPRATION FOR SEASONING**
- In a small bowl, add olive oil, mixed herbs, black pepper, salt, lemon juice, and honey and mix well.
- Add the seasoning to the salad bowl and mix it well. Then garnish it with red chilli flakes and mix it well again.
- 'Pasta Salad' is ready to be served.

Tips

- Boil water in a pan and add oil, salt, and pasta. Cook it on a medium to high flame for 8 to 10 minutes and then drain the water.
- Prepare seasoning 1 hour earlier; it will give a nice flavour to the salad.
- Adjust black pepper to taste.

Nippat



A FAMOUS SOUTH INDIAN SNACK

BY AMRUTHAVALLI JI , A LOVELY GRANDMOM , FROM BANGALORE

Prep Time
15 mins

Ready In
20 mins

Servings
22

Ingredients

Chawal ka atta/Rice flour - 1/2 kg	Salt - to taste
All-purpose flour/Maida - 1 cup	Asafoetida/Hing powder - 1/2 tsp
Barik Rava/Sooji/Fine Semolina - 1/4 cup	Curry leaves - as required
Til/Sesame seeds - 1/4 cup	Roasted Mungfali/Peanuts - 1/4 cup
Cumin/Jeera seeds - to taste	Bhuna Chana Dal/Bengal gram dal/Daaliya Dal - 1/4 cup
Red Chilli Powder/Lal Mirch Powder - to taste	Oil - 5 to 6 Tbsp (heated) + for frying

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Nippat

Directions

- Add rice flour, all-purpose flour, rava, sesame seeds, cumin seeds, red chilli powder, salt, asafoetida powder, and curry leaves in a kneading container.
- Meanwhile, coarsely grind the roasted peanuts first and then the Bengal gram dal. Add the ground Bengal gram dal and peanut mixture to the nippat flour mixture.
- Mix well together and put 5 to 6 Tbsp heated oil over the flour mixture. Meanwhile, heat the oil for frying the nippat.
- Divide the flour mixture in two parts and start adding water slowly to make a hard dough.
- Take a small portion of the dough or according to your requirement and make a small ball. On a rolling board, keep a thick plastic sheet and apply oil over it.
- Place the small dough ball on the plastic sheet, press it with the palm, slowly pressing the sides with the fingers. Then take it out and place it in the hot oil for frying.
- For frying the nippat, keep the flame on medium, fry it till the bubbles disappear and fry it from both the sides. The nippat are ready. Make more nippat with the same method.
- 'Nippat' is ready to be served as a snack with tea or coffee.

Tips

- The hot oil is added to the mixture for making the nippat/thattai crispy.
- The dough should be of a hard consistency.

Jalebi



EVERYONE'S FAVORITE YUMMY DESSERT

BY ANITA SHARMA , A LOVELY MOM , FROM RAJASTHAN

Prep Time
180 mins

Ready In
195 mins

Servings
4 - 5

Ingredients

FOR SUGAR SYRUP

Sugar - 1 cup

Water - 1/2 cup

Saffron - 10 to 15 strands

Elaichi/Cardamom powder -1/2tsp

FOR JALEBI

Sour curd - 1/2 cup

Refined flour - 1 cup

Ghee / clarified butter - for frying

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Jalebi

Directions

- In a bowl, add maida and curd. Mix them well to make a thick batter. Rest the batter for 2 to 3 hours for fermentation.
- Now, take a pan. Add sugar and water. Boil it while stirring continuously. Make one string consistency sugar syrup.
- Add saffron and cardamom powder to it. Mix and keep aside.
- Now, take an empty packet of tata salt. Cut it to make a cone. Fill it with the batter. You can use piping bag too.
- Meanwhile, heat ghee in a frying pan or a flat pan.
- Make a slit/opening in the packet.
- When the ghee is hot, fry the jalebi. Make round shaped jalebis. Join both the edges of each jalebi.
- Fry the jalebis on a low flame. When cooked from one side, flip it. Fry on both the sides until the color changes to light brown.
- Immediately transfer the jalebis to the sugar syrup and soak them in it for a minute or two.
- Then, take the jalebis out from the sugar syrup.
- Yummy 'Jalebi ' is ready to be served.

Jalebi

Tips

- It is recommended to use an empty packet of Tata salt to make the jalebi. If you do not have the packet then you can use any other packet or a piping bag too.
- Join both the edges of the jalebi.
- Make one string consistency sugar syrup for jalebi.
- You can add color to the sugar syrup to make colored jalebi. In this recipe, however, saffron is used.

Ghugni Chaat



A DELICIOUS AND COLOURFUL SNACK

BY ARCHANA CHAKRAVARTHY , A LOVELY MOM , FROM KARNATAKA

Prep Time
615 mins

Ready In
630 mins

Servings
2

Ingredients

FOR BOILING THE WHITE PEAS

White Peas/Safed Matar - 1 cup
Potato/Aloo - 1 to 2
Salt - as required
Turmeric powder/Haldi powder -
as required
Water - as required

FOR GARNISHING THE CHAAT

Fresh coconut - 1 tsp, finely chopped
Onion/Pyaz - 1 tsp, finely chopped
Tamarind pulp/Imli pulp - 1 tsp
Green Chillies - 1 tsp, finely
chopped
Coriander leaves - as required

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Ghugni Chaat

Ingredients

FOR PREPARING THE CHAAT

Mustard oil/Sarson tel - 1 to 2

Tbsp

Cumin seeds/Jeera - 1 tsp

Cinnamon stick/Dalchini - 1

Bay leaf/Tej patta - 1

Dry red chilli - 2 to 3

Garlic - 2 to 3 cloves, finely
chopped

Green Chillies - 3

Ginger - a 1/2 to 1-inch piece

Onion/Pyaz - 1, medium sized,
sliced

Tomato - 1 big, chopped

Salt - to taste

Cumin powder/Jeera powder - 1
tsp

Coriander powder - 1 Tbsp

Red chilli powder/Lal mirch powder
- 1 tsp

All spice mix powder/Garam
masala - 1/2 tsp

Turmeric powder/Haldi powder - 1
tsp

Sugar - to taste

Ghee - 1 tsp

Directions

- **FOR BOILING THE WHITE PEAS**

- Soak the white peas in water overnight. Boil the white peas and potato with salt and turmeric powder in a pressure cooker for 4 whistles.
- Take out the boiled white peas in a bowl. Chop the boiled potato and keep it aside.

Ghugni Chaat

Directions

- **FOR PREPARING THE CHAAT**

- Heat mustard oil in a pan. Add cumin seed, cinnamon, bay leaf, and dry red chilli. In a mixer jar, put green chilli and ginger and grind them to make a coarse paste. Add this paste and mix.
- Add sliced onion and mix it well. Add tomato and potato. Keep stirring it.
- Now add salt and mix well. Cook the mixture on a medium flame for 2 to 3 minutes.
- Then add the small quantity of the water used for cooking the white peas, coriander powder, cumin powder, all spice mix powder, red chilli powder, turmeric powder, and sugar. Mix well.
- Add and mix the boiled white peas. Again, add the water used for cooking the white peas and mix well. Cover and cook the chaat for 10 to 12 minutes on a high flame.
- Once cooked and the consistency is thick, add ghee in it. Mix and transfer to a bowl.

- **FOR GARNISHING THE CHAAT**

- Garnish it with fresh coconut, onion, tamarind pulp, green chilli, and coriander leaves,
- 'Ghugni Chaat' is ready to be served.

Ghugni Chaat

Tips

- The white peas should be soaked overnight or at least for 10 hours.
- For a nice flavour, it is recommended to use mustard oil for making this chaat.
- The soaked white peas should be pressure cooked for about 4 whistles to maintain its texture.
- Salt and turmeric powder should be added while pressure cooking the white peas and potato.
- The water used for cooking the white peas should not be discarded.
- Garlic paste can also be used.
- Lemon juice can be used in place of tamarind pulp.

Rasam



A DELICIOUS, NUTRITIOUS, AND SOUPY SIDE DISH
BY DURGA SAIRAM , A LOVELY MOM , FROM TAMILNADU

Prep Time
10 mins

Ready In
20 mins

Servings
3

Ingredients

Tomato - 1	Water - 2 Cups or as required
Tamarind - 10g or an awla-sized ball	Asafoetida/Hing - a pinch
Toor dal/Split pigeon peas - 1 Tbsp	Turmeric / Haldi powder - 1/2 tsp
Curry leaves - 1 to 2 sprigs	
Coriander leaves - a handful	For rasam powder
Rasam powder - 1 tsp	Cumin seed - 1/2 tsp
Sambhar powder - 1 tsp	Black pepper corns - 1/2 tsp
Salt - to taste	Curry leaves - 4 to 5

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Rasam

Directions

- Blanch tomato in a little water. Soak an amla-sized tamarind ball in 1 and 1/2 glasses of water.
- Peel tomato and mash with hands. Sieve it. Mash tamarind and sieve it.
- Meanwhile, cook toor dal in a pressure cooker for 2 whistles on a high flame. Keep aside.
- Take a pan, add tomato juice, tamarind juice, and kadi patta. Boil it on a low flame.
- Add asafoetida, haldi, sambhar powder, and salt to the rasam. Mix well.
- Mash cooked toor dal. Add 1 cup water to it. Mix well. Add this dal to boiling rasam. Add coriander leaves along with it.
- **For Rasam powder**
- Roast cumin seed and black pepper corns on a medium flame. Add curry leaves to it and switch off the gas. Grind it to powder.
- Add 1 tsp of rasam powder to the rasam. Boil the rasam on a medium flame till foam is seen at the top. Then turn off the gas.
- Yummy 'Rasam' is ready to be served with rice.

Aloo Dhaniya Sabji



A DELICIOUS DISH

BY SHVETA SHETH ,

A LOVELY MOM ,

FROM MUMBAI

Prep Time

5 mins

Ready In

10 mins

Servings

2 - 3

Ingredients

Oil - 1 to 2 Tbsp

Cumin seeds/Jeera - 1 tsp

Asafoetida /Hing powder - a pinch

Onion/Pyaz - 1 big, long cut

Potato/Aloo - 2, big sliced

Coriander leaves - 1 cup, chopped

Roasted peanut powder/Mungphali

powder - 2 TbspGinger-green chilli

paste/Adrak-Hari mirch paste - 1/2

tsp

Lemon juice - of 1 big lemon

Sugar - 1/2 tsp

Salt - to taste

Turmeric /Haldi powder - 1/4 tsp

Coriander seed/Cumin seed powder

- 2 tsp

Oil - Red Chilli Powder / Lal Mirch

Powder - 1 tsp

Water - as required

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Aloo Dhaniya Sabji

Directions

- Place a pressure cooker on a low flame. Put 1 Tbsp oil and add cumin seeds and, as the cumin seeds splutter, put a pinch of asafoetida powder and onion. Mix and sauté on a low flame.
- Then sprinkle a little salt on the onion and mix it. Put the diced potato and mix.
- In a bowl, add chopped coriander leaves, roasted peanut powder, ginger-green chilli paste, lemon juice, sugar, hing powder, and salt to taste.
- Then add turmeric powder, coriander seed-cumin seed powder, red chilli powder, 1 Tbsp of oil and mix it with hands.
- Mix the onion and potato in the pressure cooker and add the coriander masala. Mix well. Add water till all the ingredients are submerged. Add a little salt and mix well.
- Close the lid and cook on a high flame for 3 whistles. After it cools down, garnish with coriander leaves.
- 'Aloo Dhaniya Sabji' is ready to be served.

Tips

- The peanuts should be lightly roasted and ground to make a coarse powder.
- The coriander leaves should be first washed and then chopped.
- For making the sabji directly in a kadhai or pan, boiled potato can be used.
- If sugar is not preferred, it can be skipped.

Zebra Cake



A SWEET, SUPER FLAVOURFUL, AND PERFECTLY MOIST CAKE

BY VIJAY HALDIYA ,

FOUNDER,

ZAYKA KA TADKA

Prep Time

10-12 mins

Ready In

40-45 mins

Servings

4-5

Ingredients

Refined flour/Maida - 1 & 1/2 cup	Powdered/Crushed sugar - 1 cup
Cocoa powder - 2 tsp	Oil - 1/4 cup
Salt - a pinch	Vanilla essence - 1/2 tsp
Baking powder - 1 & 1/2 tsp	Milk - 1 cup

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Zebra Cake

Directions

- Preheat the oven at 180 degrees Celsius for 10 minutes.
- To remove its lumps, sieve the crushed sugar in a bowl . Add oil and milk in it and mix well.
- Add maida, baking powder, salt, and vanilla essence. Mix it properly.
- Divide the batter into two parts. In one portion, add the cocoa powder and mix well. Keep the other portion plain.
- Brush a cake tin with oil. Line it with a butter paper and grease it again with oil. Then, pour a spoonful of the plain batter in the middle of the cake tin. Then pour a spoonful of the chocolate batter in the centre on the top of the plain batter. Repeat this process till the two batters are over.
- Take a toothpick and slide it lightly from the middle to the circumference of the cake batter. Similarly, draw a few more lines from the middle to different points on the circumference of the batter. Tap the cake tin gently to level the batter and also remove air bubbles from it.
- Put the cake tin in the oven for baking. Bake the cake at 180 degrees Celsius for 30 - 35 minutes. After 30 minutes, check the cake by inserting a toothpick. If it comes out clean, then the cake is ready.
- Once done, take the cake tin out of the oven and let it cool at room temperature. De-mould the cake and remove the butter paper.
- 'Zebra Cake' is ready to be served.

Zebra Cake

Tips

- Whole wheat flour can be used instead of refined flour for the cake.
- To avoid bubbles in the batter, the cake tin should be tapped a little bit.
- Depending upon the oven, baking time and temperature may vary.
- If the oven door is opened many times, there is a high chance that the cake will sink.
- The size of butter paper should be the same as that of the cake tin to avoid the stickiness of the cake.
- Odourless vegetable oil should be used to make the cake.
- The refined flour should be sieved to make the cake fluffy.

Bhujiya Tikki



A FLAVOURFUL AND QUICK SNACK

BY PRACHI JALAN, A LOVELY MOM, FROM UTTAR PRADESH

Prep Time
5 mins

Ready In
25 mins

Servings
4

Ingredients

Bhujiya - 1/2 cup
Oil - 1/2 Tbsp
Onion/Pyaz - ½, finely chopped
Tomato - 1/2, finely chopped
Ginger-Garlic Paste - 1/2 tsp
Green Chilli/Hari Mirch - to taste
Red Chilli/Lal Mirch powder - to taste

Salt/Namak - to taste
Roasted Cumin / Jeera Powder - 1/2 tsp
Curd - 1 Tbsp
Potato/Aloo - 1/2 cup
Coriander Leaves - for garnishing
Garam Masala - 1/4 tsp
Breadcrumbs - 2 tsp

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Bhujiya Tikki

Directions

- Heat oil in a pan and add onion, ginger garlic paste, and tomato in it and sauté them.
- Add salt, red chilli powder, and roasted cumin powder to the pan and sauté well.
- Add bhujiya to the pan and mix it well with the other ingredients.
- Add curd to the pan and sauté it well with the other ingredients.
- When the bhujiya starts melting, add boiled potato, coriander leaves and garam masala to the pan and sauté it until the bhujiya melts well.
- Turn off the flame and let it cool. After cooling, add breadcrumbs to the mixture and mix it well.
- Meanwhile, heat a tawa on a low flame and apply oil on it.
- Take a portion of the mixture, shape it into a tikki, coat it with breadcrumbs and place it on the tawa. Let it cook for 5 to 7 minutes or until it turns golden brown in colour.
- 'Bhujiya Tikki' is ready to be served.

Tips

- Instead of bhujiya, any other kind of sev can be used.
- Adding curd in the mixture helps in melting the bhujiya. If the bhujiya does not melt, some more dahi can be added.
- Adding breadcrumbs to the mixture helps in binding it.
- Coating the tikki with breadcrumbs helps in making it crunchier.

Turai Ki Sabji



A UNIQUE AND HEALTHY SABJI

BY ARCHANA CHAKRAVARTHY, A LOVELY MOM, FROM KARNATAKA

Prep Time
40 mins

Ready In
45 mins

Servings
3-4

Ingredients

Oil - 2 Tbsp

Mustard seeds / Rai - 1 tsp

Urad dal / Split black gram - 1 tsp

Turmeric powder/ Haldi powder -
1/4 tsp

Asafoetida / Hing - a pinch

Green chillies - to taste, slit

Curry leaves - 7 to 8

Yellow gram / Moong dal - 1 cup

Fresh Nariyal / Coconut - 1/2 cup,
grated

Coriander leaves - a handful, finely
chopped

Salt - to taste

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Turai Ki Sabzi

Directions

- Wash the moong dal thoroughly and then soak it in water for 40 minutes.
- Peel only the sharp portions of ridge gourd with the peeler and then grate it with the peel.
- Heat oil in a pan and add mustard seeds, urad dal, turmeric powder, asafoetida, green chilli, and curry leaves to it and sauté them for about a minute.
- Add grated ridge gourd to the pan and mix it well with the other ingredients.
- Add salt and soaked moong dal to the pan and mix them well.
- Add coconut to the pan and mix it well.
- Add coriander leaves to the pan and mix them well. Cover the pan and let the sabzi cook for about 2 minutes.
- 'Turai Ki Sabji' is ready to be served.

Tips

- If the ridge gourd is soft and fresh, there is no need to peel the edges.
- Adding freshly-grated coconut is optional.
- Adding urad dal in the tempering is optional.

Namkeen Papad Chaat



A SIMPLE AND DELICIOUS SNACK ITEM

BY VIJAY HALDIYA , FOUNDER, ZAYKA KA TADKA

Prep Time

5 mins

Ready In

5 mins

Servings

1

Ingredients

Namkeen - 1 cup

Roasted papad - 2

Onion/Pyaz - 1, finely chopped

Tomato - 1, finely chopped

Roasted Cumin/Jeera - to taste

Black salt/Kala namak - to taste

Red Chilli Powder/Lal Mirch Powder - to taste

Salt - to taste

Chaat masala - as required

Coriander leaves - a handful, finely chopped

Sev - as required + for garnishing

Ghee - 1 Tbsp

Lemon juice / Nimbu ras - 1/2

lemon

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Namkeen Papad Chaat

Directions

- In a bowl, add namkeen, roasted papad, onion, tomato, roasted cumin powder, black salt, red chilli powder, salt, chaat masala, coriander leaves, sev, ghee, and lemon juice and mix them well.
- Garnish it with sev. Make a paper cone and serve the chaat in it.
- 'Namkeen Papad Chaat' is ready to be served.

Tips

- The Any available vegetables of choice can be added.
- The spiciness of the chaat can be adjusted to one's taste.

Neyyappam



A SWEET FRIED DUMPLING

BY CHITRA KRISHNAN, A LOVELY MOM, FROM JAMSHEDPUR

Prep Time

300 mins

Ready In

305 mins

Servings

3-4

Ingredients

Rice/Chawal - 1 cup

Jaggery/Gud - 1 cup, grated

Coconut/Nariyal - 2 Tbsp, freshly
grated

Banana - as required

Ghee - for greasing

Oil - for greasing

Cardamom/Elaichi - 2 to 3

Water - about 1/4 cup

Sugar - to taste

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Neyyappam

Directions

- Soak rice in water for 2 to 3 hours.
- Grind sugar and cardamom to make a fine powder.
- Grind rice and water in a grinding jar until smooth.
- Add jaggery to the grinding jar to make a smooth batter.
- Thereafter, add coconut, banana, and cardamom powder to the grinding jar and grind them with the other ingredients until smooth. Let the batter rest for 1 to 2 hours.
- Meanwhile, heat the mixture of oil and ghee in an appam pan on a high flame.
- Then lower the flame and pour the batter into it. Let it cook on a low-medium flame until the appam turns golden brown on both the sides.
- 'Neyyappam' is ready to be served.

Tips

- While making the batter, it should be remembered that the quantities of rice and jaggery taken should be equal.
- For preparing the batter, either grated coconuts or chopped pieces of coconut can be used.
- It should be remembered not to use much water while preparing the batter.

Schezwan Fried Rice



THE MOST LOVABLE INDO-CHINESE RECIPE ACROSS INDIA
BY NISHA SAMAR , A LOVELY MOM , FROM RAJASTHAN

Prep Time
2 mins

Ready In
5 mins

Servings
1

Ingredients

Basmati rice - 1 cup (cooked with some salt)

Carrot - 2 to 3 Tbsp, diced

French beans - 2 to 3 Tbsp, finely chopped

Cabbage - 2 to 3 Tbsp, shredded

Garlic - 1 tsp, finely chopped

Green Chilli - 1 tsp, finely chopped

Schezwan fried rice masala - 1 to 1 & 1/2 tsp

Oil - 1 Tbsp

Coriander Leaves - as required for garnishing

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Schezwan Fried Rice

Directions

- Heat oil in a pan.
- Add finely chopped garlic and green chilli. Sauté them for a minute.
- Then add carrot and French beans. Sauté them on a high flame for 2 minutes. This will give a smoky flavour to the dish.
- Now, add cabbage and sauté for a minute on a high flame. Then turn off the gas.
- Add cooked rice and mix well. Then add Schezwan fried rice masala. Toss it lightly. Garnish it with coriander leaves.
- Delicious 'Schezwan Fried Rice' is ready to be served.

Tips

- For a smoky flavour, the veggies should be cooked on a high flame.
- If Schezwan fried rice masala is not available, then Schezwan sauce can be added to it. After sauteing the veggies, first the sauce and then the rice should be added.
- The masala can be adjusted according to taste.
- To avoid breaking the rice grain and make it fluffier, it should always be added to the pan after turning off the gas.
- It is recommended to use Basmati rice.

Stuffed Tomato Bonda



A QUICK AND DELICIOUS SNACK ITEM

BY PRIYANKA CHAUHAN, A LOVELY MOM, FROM DELHI

Prep Time
10 mins

Ready In
20 mins

Servings
2

Ingredients

FOR PREPARING THE STUFFING

Bay leaf/Tej patta - 1

Sabut Dhaniya/Coriander seeds -
1/2 tsp

Turmeric/Haldi powder - 1/2 tsp

Red Chilli Powder/Lal Mirch Powder
- to taste

Salt - to taste

Red Chilli Powder/Lal Mirch

Powder - to taste

Dry Mango Powder/amchur
Powder - 1/4 tsp

Asafoetida/Hing - a pinch

Coriander/Dhaniya powder - 1 tsp

Green chillies - to taste

Boiled Potato/Aloo - 1 cup mashed

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Stuffed Tomato Bonda

Ingredients

TO PREPARE THE BATTER

Besan / Gram flour - as required

Ajwain / Carom seeds - a pinch

Baking soda - a pinch

Salt - to taste

Water – for the required consistency

Red Chilli Powder/Lal Mirch Powder
- to taste

OTHER INGREDIENTS

Tomato – 3 nos.

Oil - for frying

Directions

• TO PREPARE THE STUFFING

- Heat oil in a pan and add bay leaf, crushed coriander seeds, and let them crackle.
- Thereafter, add turmeric powder, red chilli powder, dry mango powder, asafoetida, coriander powder, green chilli, salt, and potato to the pan and let it cook for 2-3 minutes on a medium flame. Keep aside and let it cool.

• TO PREPARE THE BONDA

- Cut the upper part of the tomato and remove the inner pulp from it. Stuff the tomato with the potato fillings till the brim. Do not let it overflow above the brim.
- In a bowl, add gram flour, salt, red chilli powder, baking soda, carom seeds, and water to make a batter of a medium-flowing consistency.

Stuffed Tomato Bonda

Directions

- Meanwhile heat oil in a pan to fry the bonda.
- Dip the stuffed tomato into the batter properly and drop it into the hot oil to fry it on a medium flame.
- 'Stuffed Tomato Bonda' is ready to be served.

Tips

- It The spiciness of the stuffing can be adjusted according to taste.
- It should be remembered not to stuff the tomato above the brim with the potato stuffing.

Poha Laddu



A QUICK AND HEALTHY LADDU RECIPE

BY CHHAYA SOMAYYA, A LOVELY MOM, FROM PUNE

Prep Time
5 mins

Ready In
10 mins

Servings
4 - 5

Ingredients

Poha/Flattened rice - 2 cups	Kharik/Dry dates - 2 Tbsp
Roasted Moongfali/Peanuts - 1/2 cup	Kaju powder/Cashew nut powder -
Roasted Chana dal/Bengal gram - 1/2	2 Tbsp
cup	Badam and Pista/Almonds and
Roasted desiccated coconut - 1/2 cup	Pistachios - 1/2 cup
Roasted Khaskhas/Poppy seeds - 1	Powdered Cheeni/Sugar - 1 cup or
Tbsp	to taste
Roasted Til/Sesame seeds - 1 Tbsp	Elaichi powder/Cardamom powder
Ghee - 1 cup or as required	- 1 tsp

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Poha Laddu

Directions

- Roast flattened rice in a microwave for 3 minutes and thereafter grind it in a grinding jar to make a smooth powder.
- Dry roast peanuts, Bengal gram, desiccated coconut, poppy seeds, sesame seeds, and cashew nuts separately. Grind them separately in a grinding jar to make a fine powder.
- Dry roast almonds and pistachios and grind them in a grinding jar.
- In a bowl, add powdered flattened rice, peanuts, Bengal gram, desiccated coconut, khaskhas, sesame seeds, cashew nut, and dry fruits .
- Add kharik powder, powdered sugar, cardamom powder, and ghee and mix all the ingredients in the bowl to make a mixture.
- Take a part of the mixture and roll it into a laddu.
- 'Poha Laddu' is ready to be served.

Tips

- Kharik or dry dates are optional while making this laddu.
- It should be remembered to let the cashew nuts cool after roasting them and only thereafter grind them.
- The sweetness of the laddu can be adjusted to taste.
- Instead of powdered sugar, powdered jaggery can be used.
- Roasting the ingredients extends the shelf life of the laddus.

Cheese Potato Moonglet



A CREATIVE AND HEALTHY SNACK

BY DAKSHA KAPADIA, A LOVELY MOM, FROM MUMBAI

Prep Time

5 mins

Ready In

20 mins

Servings

1

Ingredients

Yellow moong dal - 1 cup, soaked

Potato/Aloo - 1 cup, finely sliced

Boiled corn - 1 Tbsp

Onion/Pyaz - 1 cup, finely chopped

Shimla Mirch/Capsicum - 1 cup, finely
chopped

Carrot - 1 cup, grated

Red chilli flakes - to taste

Black pepper powder/Kali mirch
powder - a pinch

Oregano - a pinch

Green chillies - to taste

Ginger - a small piece

Garlic - 2 cloves

Rice flour - 1 Tbsp

Salt - to taste

Oil - 1 Tbsp

Cheese slices - as required,
chopped

Fruit Salt - 1 Tbsp

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Cheese Potato Moonglet

Directions

- In a grinding jar, add yellow moong dal, green chilli, garlic, and ginger and grind the mix to a fine paste. Transfer the paste to a bowl.
- In the ground paste, add rice flour, red chilli flakes, black pepper powder, oregano, corn, carrot, onion, and capsicum to the bowl and mix them well.
- Meanwhile, grease a pan with oil and add butter to it. Turn on the flame and let the butter melt.
- Turn off the flame and place the potato slices next to each other in the shape of a flower. Turn on the flame to a low flame. Add salt and pepper to the pan and cover the pan to let it cook for about 2 minutes.
- Add cheese slices on the potatoes and cover the pan for the cheese to melt.
- Add fruit salt in the batter and mix it well.
- Add oregano and chilli flakes to the pan.
- Pour the batter to the pan and spread it all over the potatoes. Add some oil to the sides and let it cook from one side by covering the pan. Flip it onto the other side to cook it from the other side as well.
- 'Cheese Potato Moonglet' is ready to be served.

Cheese Potato Moonglet

Tips

- The amount of cheese used in the moonglet can be adjusted to taste.
- Using rice flour in the batter helps in the binding of the moonglet.
- The spiciness of the dish can be adjusted according to taste.
- While grinding the moong dal to make the batter, it should be remembered not to add water while grinding.

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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Thank You!