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UNEDITED LIVE RECIPES

ISSUE NUM: 15 NOVEMBER 2021 जो दिखता है ! वही बनता है !!

# ZAYKA KA TADKA



LIVE FROM THE KITCHENS OF MOMS OF INDIA





# Founder's Words

Namaskar!



Wishing you a wonderful and prosperous Diwali !

After an amazing Navratra season, it's now the season for lights, colour, joy and prosperity.

For the auspicious occasion of Diwali we bring a collection of some of the delicious sweets, snacks and special recipes from our amazing moms, that you can make in the comforts of your home very easily.

Our team tries our best to connect with all our audience and hopes to bring smiles to them while making their 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!

Yours Sincerely Vijay Haldiya - [Founder of Zayka Ka Tadka]



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# Moong Dal Badam Halwa



#### A DELICIOUS AND NUTRITIOUS DESSERT

BY VIJAY HALDIYA,

FOUNDER,

ZAYKA KA TADKA

Prep Time 10 mins Ready In 25-30 mins Servings 2 - 4

#### Ingredients

#### FOR PRE MIX

Moong Dal/Green Gram without

Skin/Yellow Split Gram - 2 Cups

Badam/Almond - 1/2 cup

#### **INGREDIENTS FOR HALWA**

Dal Badam Halwa Pre-Mix - 1 Cup

Ghee - 1/2 Cup

Badam/Almond - 5 to 7, chopped

Kaju/Cashew - 5 to 7, chopped

Pista/Pistachios - 5 to 7,

chopped

Milk - 2 Cups

Water - 1/2 cup

Powdered sugar - 3/4 Cup

Saffron milk - 8 to 10 strands

Cardamom powder - 1/2 tsp

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# Moong Dal Badam Halwa

#### Directions

#### • FOR PREPARING DAL BADAM HALWA PRE MIX

- Wash the dal/yellow split gram and drain the water completely using a sieve.
- Heat a pan on a high flame.
- Once the pan is hot, add dal and roast it on a high flame. Stir it continuously and roast it until it turns nice golden brown.
- Then add almonds and roast them along with the dal for 2 to 3 minutes. Then turn off the gas. Let the mix cool completely.
- Grind the dal-badam mix coarsely using a grinder. Transfer to an airtight container and store it in a refrigerator. Use this 'Dal Badam Halwa Pre-Mix' for making halwa.

#### • FOR PREPARING THE HALWA

- Heat a pan. Then add 1/4 cup ghee and melt it.
- Roast chopped almonds, chopped cashews, and copped pistachios.
  After 2 3 minutes, take them out and keep aside.
- Now, add dal badam halwa premix in the pan and roast it. Then add a little ghee. Mix it well and roast it on a medium flame.
- Once it starts bubbling, add milk and water. Mix well and cook it on a high flame. Stir it continuously. Then add saffron milk and mix well.
- When it thickens, add one Tbsp ghee and mix well.

# Moong Dal Badam Halwa

### Directions

- After it leaves the pan, add sugar and cardamom powder. Mix well and cook. Then add roasted dry nuts to it and mix.
- Once the ghee leaves the sides, turn off the gas.
- Delicious Moong Dal Badam Halwa is ready to be served.

- For making the pre-mix, the water of the dal should be drained after the dal has been well washed. Then immediately roast the dal on a high flame while stirring continuously.
- This pre-mix can be stored in a refrigerator for up to a month.
- The ratio of the pre-mix and the ghee should be 2 : 1. First, half of the quantity of ghee should be used for roasting the pre mix. Then add ghee in batches and cook the halwa.
- Sugar can be use according to taste.
- Instead of milk, water can be used.



	MOST FAMOUS INDIA	
BY MANJU SARAF,	A LOVELY MOM,	FROM GURGAON
Prep Time	Ready In	Servings
165 mins	175 mins	30 - 40
Ingradiants		

#### Ingredients

FOR MAKING KHOYA	Fine Semolina/Barik sooji/Rava - 3
Full fat milk - 1 & 1/2 litre	Tbsp
FOR MAKING GULAB JAMUN	Maida/All-Purpose Flour - 2 to 3
Khoya/Homemade Mawa - 250 to	Tbsp
300 grams	Baking soda - 2 to 3 pinches
Chhena/Paneer/Cottage cheese -	Baking powder - 1/4 tsp
100 grams	Milk - as required for kneading
Sugar - 4 cups	Saffron strands - as required
Water - 3 cups	Dry fruit of your choice if making
Ghee - for frying	stuffed Gulab Jamun

Watch the Video Recipe

#### Directions

#### • FOR MAKING KHOYA

- In a non-stick pan, heat full fat milk. Keep stirring the milk at small time intervals. Once it starts to thicken, stir it regularly. Continue this process for around 30 minutes.
- As the milk begins to thicken, scrape the milk from the sides of the pan and stir continuously till you get a light-coloured, condensed form of milk. Then turn off the gas. Allow it cool down and use the khoya for making gulab jamun.
- Half litre of milk gives around 100 grams of paneer/chhena.
- FOR MAKING GULAB JAMUN
- In a bowl, put 4 cups of sugar and add 3 cups of water. Heat this mixture. Stir the sugar till it mixes with water. Cook for about 10 minutes or till the sugar completely dissolves in the water. The sugar syrup is ready for the gulab jamun. Now, add the saffron strands.
- In a mixer, put the ready khoya, grind it for a few seconds, stop and then grind again. Do this for about 3 to 4 times. Grinding makes the dry khoya soft and eases the process of kneading the dough.
- Heat ghee in a small wok on a low flame for frying the gulab jamun. To the khoya flour, add the crumbled paneer or chhena, fine semolina, all-purpose flour, baking soda, and baking powder. Mix well and start kneading.

#### Directions

- While kneading the dough, add a small quantity of milk, knead, add milk as required, and knead for 8 to 10 minutes to make a soft dough.
- For testing the hotness of ghee, take a small portion of the dough and make a small ball by rolling it under both the palms. The ball should not have cracks. Place it in the ghee and, on a low flame, fry from all the sides. Then, with a small spoon, slowly move the ghee over the gulab jamun till it is nice brown in colour.
- Take a small portion of the dough, place a dry fruit of your choice in it and make a smooth round ball. Make more balls likewise. Use these balls to make stuffed gulab jamuns and then fry them on a low flame from all sides and, with the help of a small spoon, put ghee over them till they are brown in colour. Put the gulab jamun directly in the sugar syrup after frying. Allow the gulab jamun to soak in the sugar syrup for a minimum of 2 hours.
- Delicious 'Gulab Jamun' is ready to be served.

- It is important to use full fat milk for making the khoya.
- For 250 to 300 grams of khoya, 400 grams of sugar is required for making the sugar syrup.
- If the khoya is dry, it should be ground to make it soft.

- If fine semolina is not available, coarse semolina should be ground to make it fine.
- The quantity of the baking soda should be according to the quantity of khoya. More than necessary quantity of baking soda might cause cracking of the gulab jamun.
- A small wok should be used for frying the gulab jamuns in ghee so that they submerge and fry evenly.
- If readymade paneer is being used, it should be crumbled while kneading the dough for gulab jamun.
- For testing the hotness of ghee, first a plain, small ball of gulab jamun should be put in it and fried.
- The ghee should not be very hot.

# Ring Murukku



#### A POPULAR SNACK IN KARNATAKA

BY SUSHILA VIJAY KUMAR, A LOVELY MOM, FROM KARNATAKA

Prep Time 10 mins Ready In 30 mins

Servings 6 - 7

#### Ingredients

Rice flour/Chawal ka aata - 1 & 1/2

Salt - to taste

Cup

Oil - 1 tsp + for frying

Water - 1 & 1/2 Cup

# Ring Murukku

#### Directions

- Boil water in a pan. Add salt and 1 teaspoon oil in boiling water. Now add rice flour. Cook it for 10 minutes on a low flame.
- Then turn off the flame. Mix well with a kolo (wooden rod). Let it cool down. Then knead it like a dough for 3 to 4 minutes till it becomes soft.
- Add a few drops of oil and knead it again.
- Take a small ball-sized dough. Roll it with hand and prepare it like a long stick. Then turn it into a round shape and join both its edges.
   Prepare all kodubale with this method.
- Meanwhile, heat oil in a pan. Carefully, put the prepared kodubale in the oil.
- Fry them on a high flame. Turn and cook them on the other side till they become crispy.
- Once done, transfer them to a tissue paper to soak the excess oil.
- 'Ring Murukku' is ready to be served.

- The ratio of rice flour to water should be 1:1.
- Instead of a kolo (wooden rod), a spatula can be used.



#### FAMOUS QUICK RECIPES OF INDIA

#### BY ARCHANA CHAKRAVARTHY, SHVETA SHETH, VIJAY HALDIYA

•	eady In 0 mins	Servings 3
Ingredients		
FOR TURAI BHAJJI		/Hing - 1 pinch
Gram Flour/Besan - 1 cup	Ridge Gou	rd/Turai – 1, peeled and
Rice Flour/Chawal Atta - 3 Tbsp	thick sliced	I
Carom Seeds/Ajwain - 1/2 tsp	Potato/Alc	oo – 1, sliced
Ginger-Chilli Paste/Adrak-Mirch	i Cauliflowe	r - small pieces
Paste - 1 Tbsp	Salt - to tas	ste
Salt - to taste	Red Chilli F	Powder/Lal Mirch
Water - as required	Powder - 1	/2 tsp
Coriander leaves -1 tsp	Oil - for fry	ving
Watch the Video Pecipe	£	acabaak com (zavkakatadka

<u>Watch the Video Recipe</u>

### Ingredients

Pistachio – sliced, for garnishing
FOR SMOKEY CORN CHAAT
Fresh Corn/Bhutta - 1
Butter - 2 tsp
Green Chutney - 1 Tbsp
Salt - to taste
Pepper Powder/Kali Mirch Powder
- 1 pinch
Mix Herbs - 1/4 tsp
Red Chilli Flakes - 1/4 tsp
Cheese - 1/2 tsp, grated

#### Directions

#### • FOR TURAI BHAJJI

for garnishing

- In a bowl, add gram flour, rice flour, carom seeds rubbed between palms, ginger-chilli paste, and salt. Mix well, add a little water, add coriander leaves, and then add water gradually as required to make a lump-free, flowing consistency batter. Add a pinch of asafoetida and beat the batter well.
- Take ridge gourd, potato, and cauliflower in a bowl. Add salt and red chilli powder and then mix well.

## Directions

- Meanwhile, heat oil in a deep frying pan over a medium flame and, when the oil is medium hot, dip 2-2 slices of each vegetable in to the batter and coat them evenly.
- Place them gently into the hot oil and, when their top surface turns light golden brown, flip them using a slotted spoon.
- Deep fry them until crispy and light golden brown from both sides. Then take them out using a slotted spoon.
- Take them out over a paper napkin in a plate to remove excess oil.
- 'Turai Bhajji' is ready to be served.
- FOR INSTANT BARFI
- In a bowl, add milk powder, desiccated coconut powder, cashew powder, crushed sugar powder, and fresh cream. Then add milk and mix like a dough. Add ghee to the dough and mix it well.
- Take a plate and give a rectangle shape to the barfi dough by pressing it with spatula. Keep it in a fridge for 5-7 minutes to set well.
- Garnish it with cardamom powder and pistachio. Cut it into squareshaped barfi pieces.
- 'Instant Barfi' is ready to be served.
- FOR SMOKEY CORN CHAAT
- Take a fresh corn, roast it, let it cool and remove all its seeds with the help of a knife.

### Directions

- Heat a pan and add butter. When the butter melts, add corn and mix it well. Then add green chutney and mix it well. Add pepper powder, mix herbs, red chilli flakes, and grated cheese and mix everything well.
- Transfer it to a serving bowl and garnish it with some grated cheese.
- 'Smokey Corn Chaat' is ready to be served.

## Tips

#### • FOR TURAI BHAJJI

- Instead of ginger-chilli paste, red chilli paste can be added.
- The vegetables should not be left for a long time after adding spices; otherwise, they will ooze water.
- FOR INSTANT BARFI
- If it is felt that the barfi dough has become loose, some more milk powder can be added to it.
- Cardamom powder is optional.
- FOR SMOKEY CORN CHAAT
- The corn should be turned along its length continuously on a direct flame.
- The corn can be roasted either directly or using a stand.
- This recipe can be made with Green Chutney | Hari Chutney | Coriander Chutney.

## Kodubale



A TRADITIONAL SPICY AND CRISPY SNACK FROM KARNATAKA CUISINE BY ARCHANA, AMRUTHAVALLI JI, A LOVELY MOM, FROM KARNATAKA

Prep Time 25 mins Ready In 35 mins

Servings 8 - 9

#### Ingredients

Rice Flour/Chawal Ka Aata - 1 Cup All-Purpose Flour/Maida - 1/4 Cup Semolina/Suji - 1/4 Cup

Roasted Bengal Gram

flour/Roasted Chana Dal Flour -

1/4 Cup

Dry Coconut Powder/Nariyal

Powder - 1/4 Cup

Sesame Seeds/Til - 2 - 3 Tbsp

Cumin Seeds/Jeera - 1 tsp Salt - to taste Red Chilli Powder/Lal Mirch Powder - to taste Asafoetida/Hing - 1/4 tsp Butter - 1/2 Tbsp Hot Oil - 2 Tbsp Water - as required

Oil - for frying

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# Kodubale

#### Directions

- Take rice flour, all-purpose flour, semolina, roasted Bengal gram flour, coconut powder, sesame seeds, and cumin seeds in a bowl and mix it well.
- Now add salt, red chilli powder, and asafoetida. Mix all ingredients well.
- Now add butter and hot oil. Mix it again. Add water gradually and prepare a tight dough.
- Knead the dough for at least 10 minutes.
- Take a small, ball-sized dough. Roll it with hand and prepare it like a long stick. Then turn it into a round shape. Likewise, prepare kodubale until all of the dough are shaped.
- Meanwhile, heat oil in a pan. Carefully, put the prepared kodubale in oil.
- When the oil bubbles reduce, flip the kodubale. Fry them on a medium to low flame till they become crispy and golden in colour.
   Once done, transfer them on to a tissue paper to soak excess oil.
- After it cools down completely, transfer it to an airtight container.
- 'Kodubale' is ready to be served.

# Kodubale

- The ratio of rice flour : maida : semolina : roasted Bengal gram flour should be 4:1:1:1.
- Roasted Bengal gram/Daaliya dal should be ground into flour.
- Coconut powder is optional.
- Ghee may be used instead of butter.
- The dough may be covered with a cloth or prepared as required.
- The dough should be kneaded well so that the kodubale does not break.
- The thickness of the kodubale can be adjusted according to choice.
- If kodubale is breaking while rolling, a little bit of all-purpose flour should be added.
- All kodubale should be prepared before frying.
- While adding kodubale, if the hot oil if bubbles up, it means the temperature of the oil is right for frying.
- The kodubale should be flipped only once the bubbles reduce.
- The rings should not be fried till they turn dark brown because, after cooling, it will change the colour.
- It can be stored in an airtight container for 2 weeks.

## Methi Gota



THE MOST AUTHENTIC GUJARATI SNACK BY SHRADDHA THAKRAR, A LOVELY MOM, FROM GUJARAT

Prep Time 5 mins Ready In 15 mins Servings 2

#### Ingredients

Gram flour/Besan - 1 cup	Salt - to taste
Semolina/Sooji - 2 tsp	Ginger, Green chilli garlic paste -
Fenugreek leaves/Methi - 1/2 cup,	1 tsp
chopped	Asafoetida/Hing - 1 pinch
Coriander leaves - 1/4 cup, chopped	Banana – a small piece, mashed
Turmeric/Haldi powder - 1/4 tsp	Fruit salt - 1/4 tsp
Cumin / Jeera powder - 1 tsp	Hot oil - 1 tsp
Coriander /Dhaniya powder - 1 tsp	Oil - for deep frying

# Methi Gota

### Directions

- In a bowl, add gram flour, semolina, fenugreek leaves, coriander leaves, turmeric powder, cumin powder, coriander powder, salt, ginger, green chilli garlic paste, asafoetida, and banana. Then add water gradually and mix it well with a spoon to make a lump-free medium-consistency batter.
- Add fruit salt and hot oil in the batter and mix it well,
- Meanwhile, heat oil in a deep frying pan over a medium flame and, when the oil is medium hot, take a small portion of the mixture and gently place it in the oil.
- When the gota comes up in the oil, flip it using a slotted spoon.
- Likewise, deep fry all of them until crispy and golden brown. Then take them out over a paper napkin in a plate to remove excess oil and transfer them to a serving plate.
- 'Methi Gota' is ready to be served.

- Semolina should be added to make the Gota crispy.
- Garlic is optional.
- Banana and hot oil should be added to the batter to make soft gota.
- The batter should not be mixed with a hand. A spoon should be used to mix it; otherwise, it will be sticky.

# Nippat



#### A FAMOUS SOUTH INDIAN SNACK

BY AMRUTHAVALLI JI, A LOVELY MOM, FROM BANGALORE

Prep Time 0 mins	Ready 10 m		Servings 4
Ingredients			
Chawal ka atta/Rice flo All-purpose flour/Maid Barik Rava/Sooji/Fine S 1/4 cup Til/Sesame seeds - 1/4 Cumin/Jeera seeds - to	a - 1 cup Semolina - cup	Curry leave Roasted M Bhuna Cha	ete /Hing powder - 1/2 tsp es - as required ungfali/Peanuts - 1/4 cup na Dal/Bengal gram a Dal - 1/4 cup
Red Chilli Powder/Lal N Powder - to taste	Лirch	Oil - 5 to 6 frying	Tbsp (heated) + for

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# Nippat

## Directions

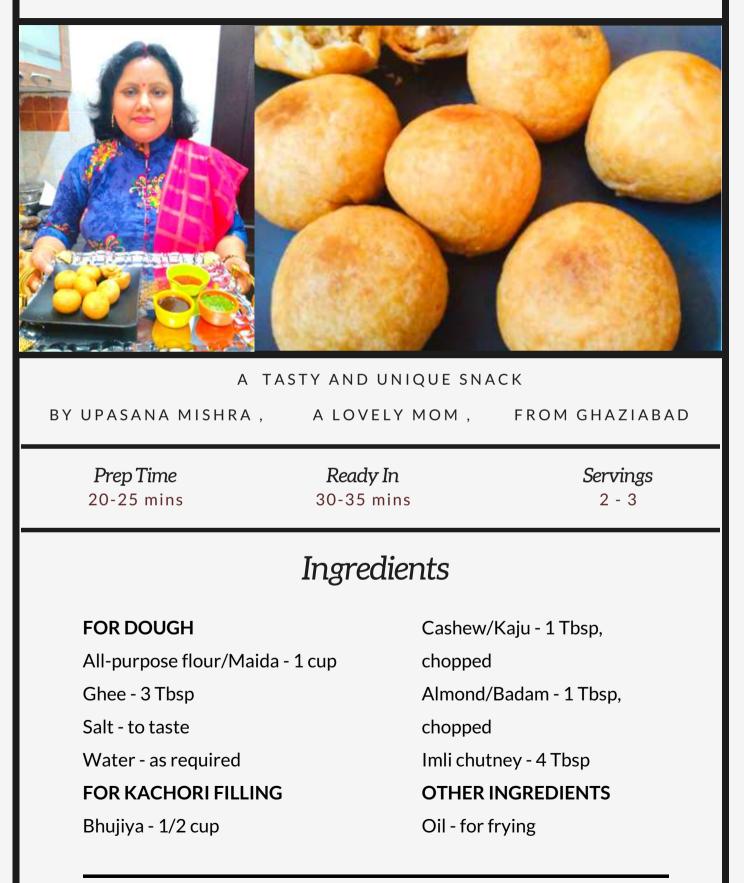
- Add rice flour, all-purpose flour, rava, sesame seeds, cumin seeds, red chilli powder, salt, asafoetida powder, and curry leaves in a kneading container.
- Meanwhile, coarsely grind the roasted peanuts first and then the Bengal gram dal. Add the ground Bengal gram dal and peanut mixture to the nippat 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.

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## Instant Kachori



# Instant Kachori

### Directions

- FOR DOUGH
- In a bowl, add and mix well with hands refined flour, ghee, and salt to taste.. Check that the flour binds well.
- Add water in small quantities and make a dough of soft consistency. Rest the dough for 15 - 20 minutes.

#### • FOR KACHORI FILLING

- Crush the bhujiya coarsely in a bowl. Then add chopped cashews, chopped almonds, and imli chutney. Mix them well.
- The filling is ready. Now, make small round balls with it.
- FOR KACHORI
- Heat oil for frying in a kadai/wok. Take one small to medium portion of the dough. Hold in hands and spread with fingers and palms.
- Now, place a ball of the filling on it. Fold from all sides. Close it and give it a round shape.
- Put the kachori in the oil. Fry from all sides for 4 5 minutes on a low to medium flame. Keep stirring the kachori and fry till it becomes golden brown in colour.
- 'Instant Kachori' is ready to be served.

# Instant Kachori

- For kneading the dough, water at room temperature should be used.
- This Kachori can be stored for 15 days in an airtight container.
- It is recommended to serve this kachori with homemade Tomato Sauce | Tomato Ketchup.
- It is recommended to prepare this recipe using Aamchur Chutney | Instant Meethi Chutney.

# Mango Kalakand



A VERY POPULAR DESSERT IN INDIA		
BY ALPANA JAIN,	A LOVELY MOM,	FROM TOKYO
<b>Prep Time</b> 10 mins	<b>Ready In</b> 40 mins	Servings 3
Ingredients		
Milk - 1 litre	Ghee - for	greasing
Cream/Malai - 1 Tbsp	Almond/B	adam - 5-6, sliced
Lemon juice/Nimbu ka ras	- of 1/2 Pistachio	- 5-6, sliced
lemon	Cardamor	n/Elaichi powder - 1
Mango pulp/Aam ras - of 1	l mango tsp	
Sugar - 1 cup	Saffron/K	esar - 6-7 strands

# Mango Kalakand

### Directions

- Take milk in a pan.
- Heat the milk on a high flame and stir it continuously.
- Add cream in milk and mix well.
- As the milk starts to boil, add lemon juice to it.
- When the milk starts to curdle, add the mango pulp.
- Keep stirring on a high flame and add sugar.
- Cook it for 30 minutes on a high flame till the mixture leaves the pan.
- Grease the plate with ghee and transfer the Kalakand mixture in the plate. Allow it to cool down for 30 minutes and cut it into pieces.
- Garnish it with almonds, pistachios, saffron, and cardamom.
- 'Mango Kalakand' is ready to be served.

- The milk should be stirred well while it is boiling.
- Cream should be added for a shiny look; however, if cream is not available, then homemade malai can be used.
- Sugar can be adjusted to taste.
- If desired, it can be served hot by garnishing with dry fruits or set for 30 minutes and then served.

# Doodh Ki Poori



#### A UNIQUE AND MOUTH-WATERING WHEAT BREAD

BY MRIDULA AMERIYA, A LOVELY MOM, FROM RAJASTHAN

Prep Time 15 mins

Ready In 25 mins

Servings 2

#### Ingredients

Whole wheat flour - 1 bowl/2 cups Milk - 1 bowl/2 cups or as required

Ajwain/Carom seeds - 1 tsp Oil - as required

Salt - as required

# Doodh Ki Poori

### Directions

- WIn a bowl, add and mix well whole wheat flour, carom seeds, salt, and milk little by little. Prepare a tight dough and allow it to rest for 10 minutes.
- Apply oil and knead the dough properly.
- Roll the dough into a long shape.
- Cut the dough into small or medium-sized pieces with a knife.
- Apply oil on the surface, place the small ball on the rolling plate and roll the dough evenly into circles using a rolling pin. Roll the poori neither too thin nor too thick.
- Further, heat oil in a deep frying pan or a kadai. When the oil is sufficiently hot, drop the rolled out poori in it.
- Press gently with a spoon to puff up and fry the poori till golden brown all over.
- Transfer the poori onto a tissue paper.
- Delicious 'Doodh Ki Poori' is ready to be served.

- The dough should be kneaded tight or hard and not soft like chapati dough.
- The temperature of the oil should be maintained; else, the poori will not puff up.
- For a better taste, fresh oil should be used to fry the poori.
- To knead the dough, milk at room temperature should be used.
- The dough should be allowed to rest for at least 10 minutes.

# Mango Kheer



Prep Time 5 mins Ready In 10 mins Servings 2

#### Ingredients

Aam/Mango - 1 big-sized mango,	Sugar - to taste (optional)
grated	Nuts - finely chopped, for
Milk - 1/2 litre	garnishing
Paneer - 100 g, grated	Grated mango - for garnishing
Condensed milk - 3 to 4 Tbsp	Elaichi powder/Cardamom
	powder - 1/4 tsp

# Mango Kheer

#### Directions

- Boil milk in a pan and let it simmer for 5 to 7 minutes.
- Add paneer to the milk and keep stirring it for 4 to 5 minutes on a low flame.
- Add condensed milk or sugar to the milk and keep stirring it continuously for 4 to 5 minutes.
- Turn off the flame and add mango to the kheer. Mix it well with the other ingredients.
- Add cardamom powder to the kheer and let it cool.
- Transfer it to a serving dish or a matki and garnish it with grated mango and nuts.
- Delicious 'Mango Kheer' is ready to be served.

- It should be remembered to use a mango that is pulpy instead of juicy.
- Any of the sweet varieties of mangoes such as Alphonso, Chausa, or Langda can be used.
- The sweetness of the kheer can be adjusted to taste by adding sugar or milkmaid to it. The sweetness can also depend on the sweetness of the mango.
- It should be served chilled.

## Instant Besan Laddu



BY VIJAY HALDIYA, FOU

FOUNDER,

ZAYKA KA TADKA

Prep Time 5 mins

Ready In 20 mins

Servings 4

#### Ingredients

Ghee - 1/4 Cup Besan/Gram Flour - 1 Cup **FOR SUGAR SYRUP/CHASHNI** Sugar - 1/2 Cup water - 1/2 Cup Almond/Badam - 7 – 8, finely chopped

Pistachio - 8-9, finely chopped

Cardamom Powder/Elaichi

Powder - 1/4 tsp

# Instant Besan Laddu

## Directions

- Heat a pan on a low flame, add clarified butter and gram flour, and roast it continuously for 12 to 15 minutes or till the aroma of its roasting begins to rise.
- FOR MAKING SUGAR SYRUP/CHASHNI
- Heat a pan and add sugar and water to it. After it starts to boil, cook it for 4 to 5 minutes and prepare a sugar syrup of one-string consistency.
- Now transfer the sugar syrup to the pan with the roasted besan and mix it well on a full flame. Now add the almond, pistachio, and cardamom powder and mix it well.
- Keep stirring well till it leaves the pan. Then turn off the gas, keep the mix aside, and let it cool down.
- Now take a small, ball-sized part, roll it between your palms, and make a round-shaped ladoo.
- 'Instant Besan Ladoo' is ready to be served.

- The ratio of besan to clarified butter should be 1:1/4.
- The besan should always be roasted on a low flame; otherwise, it will burn.
- For sugar syrup/chashni, the ratio of water to sugar should be 1:1.
- The besan should be sieved before it is roasted.

# Poha Chivda



A VERY POPULAR SNACK AMONG ALL AGE GROUPS BY BHARTI MEHTA , A LOVELY MOM , FROM GUJARAT

Prep Time 0 mins

Ready In 10-20 mins Servings 4 - 6

#### Ingredients

Nylon Poha/Patla Poha/Thin

Flattened Rice – 200g

Daaliya/Fried Gram Dal/Futana - 1

cup

two

Kaju tukda/Cashew nuts - 1/2 cup

Almonds/Badam - 1/2 cup, cut into

Makhana/Fox nuts - 1 cup

Peanuts/Mungfali - 1/2 cup

Corn flakes - 1 cup

Moong dal papad - 2, roasted

Namkeen boondi - 1 cup

Asafoetida/Hing - a pinch

Turmeric powder - 1 tsp

# Poha Chivda

### Ingredients

Dry mango powder/Amchur - 2 tsp or to taste Black pepper powder/Kali mirch powder - to taste Red Chilli Powder/Lal Mirch Powder - to taste Oil - as required Ghee - as required Powdered sugar - to taste

#### FOR THE TADKA

Oil - 4 tsp Asafoetida/Hing - 1/2 tsp Khus khus/Poppy seeds - 2 tsp Black salt - 2 tsp or to taste Amchur/Dry Mango Powder - 2 tsp or to taste Powdered sugar - to taste Red Chilli Powder/Lal Mirch Powder - 2 tsp

#### Directions

- In a pan, add ghee and roast the makhana. Keep the flame low and roast until makhana/fox nut turns crisp. Take it out and let it cool.
- Then, add a little oil in the same pan to roast the almonds. Roast on a low flame and then take it out.
- Likewise, roast peanuts and cashew nuts as well.
- Add 1 to 2 tsp oil in the same pan and heat it. Add a pinch of asafoetida. Then add daaliya/fried gram/futana. Roast it for 2 to 3 minutes. Add black pepper powder, dry mango powder, and powdered sugar. Mix well and roast. Once done, turn off the gas.

# Poha Chivda

## Directions

- Meanwhile, heat 2 tsp oil in a big kadai. Add nylon poha and roast it on a low flame. Add turmeric powder, black pepper powder, dry mango powder, and red chilli powder. Mix well and roast for 2 to 3 minutes or until the poha turns crisp.
- Once the poha is roasted, add roasted daaliya/fried gram, makhana/fox nuts, almonds, cashew nuts, peanuts. corn flakes, namkeen boondi, and crushed roasted papad. Mix well and turn off the gas.
- Now, to prepare the tadka, heat 4 tsp oil in a pan.
- Add sesame seeds, asafoetida, poppy seeds, black salt, dry mango powder, and powdered sugar. Mix well and turn off the gas. Add a little chivda to it and mix well so that the tadka gets mixed properly. Add red chilli powder and mix well. Add this mixture to the chivda. Mix well. Let it cool and then store it in an air tight container.
- Delicious 'Poha Chivda ' is ready to be served.

- The spiciness can be adjusted to taste.
- The quantity of ingredients may be increased or decreased, depending on choice.
- Adding sugar to the chivda is completely optional.
- The tanginess can be adjusted to taste by decreasing or increasing the quantity of dry mango powder/amchur.

## Mawe Ki Kachori



A RICH, LIP-SMACKING SWEET FROM RAJASTHAN BY NISHA SAMAR, A LOVELY MOM, FROM UDAIPUR

Prep Time 5 - 10 mins Ready In 20-25 mins

Servings 2-3

#### Ingredients

FOR THE DOUGH	Nutmeg powder - 1/4 tsp
Maida/Refined flour - 6 tsp	Mace powder - 1/4 tsp
Ghee - 2 to 2.5 tsp	Cardamom - 4 to 5
Warm water - as required to make	FOR THE SUGAR SYRUP
a dough	Sugar - 1/2 cup
FOR THE STUFFING	Water – just enough to submerge
Mawa/Khoya/Reduced milk solids -	• the sugar
6 tsp	Yellow food colour - a drop or a pinch
Cashew nuts - 6 to 7	OTHER INGREDIENTS
Badam/Almonds - 6 to 7	Ghee - for frying
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# Mawe Ki Kachori

## Directions

- FOR PREPARING THE DOUGH
- In a bowl, add and mix well refined flour and ghee.
- Bind it in your palm to check the moyan. If the moyan is good, it forms like a dough. If it does not, then add a little ghee.
- Add warm water to make a soft dough. Knead the dough for 2 to 3 minutes and let it rest for 5 to 10 minutes.
- FOR PREPARING THE SUGAR SYRUP
- In a pan, add sugar and just enough water to submerge the sugar.
- Heat it and stir it continuously to dissolve the sugar.
- Cook it to make a one-and-a-half-string consistency sugar syrup.
  Add yellow food colour and mix well.
- Once done, turn off the gas.
- FOR PREPARING THE STUFFING
- In a grinder jar, finely grind cashews, almonds, cardamom, nutmeg powder, and mace powder.
- Now, in a bowl, add grated mawa/khoya with 3 tsp of the above ground powder.
- Mix all together. Divide the mixture into equal, small-sized balls (this recipe is for 6 balls).
- FOR PREPARING THE KACHORI
- Divide the dough into 6 equal parts. Roll them to make smooth balls.
- Take a small ball and flatten it with your fingers.
- Put a mawa ball in it then seal it properly.

# Mawe Ki Kachori

## Directions

- Flatten this to make a small-sized kachori. Likewise, make all the kachoris with the rest of the dough and the masala balls.
- Meanwhile, heat ghee for frying.
- Once the ghee is hot, fry the kachori on a low flame. Occasionally stir and flip the kachori to fry it evenly.
- Fry the kachori until it turns nice golden brown. Take it out on a plate.
- Make a hole at the centre of the kachori.
- Pour a spoonful of sugar syrup in the kachori. Keep aside for 15 minutes before serving (you can garnish it with silver vark/coating, but it is optional).
- Yummy 'Mawe Ki Kachori' is ready to be served.

- The proportion of ghee that is 'Moyan' is very important to make the kachori 'khasta'.
- The kachori should be fried on a low flame so that it gets cooked well on the inside as well.
- This yummy sweet can be stored in an airtight container for up to a month.
- If the kachori cracks after sealing, then a paste of refined flour and water should be made and used to seal the kachori before frying.

## Nasik Famous Chivda



#### A YUMMY DRY SNACK

BY MANGLA MUNOT,

A LOVELY MOM ,

FROM AHMEDNAGAR

Pre	рT	ime
5	mi	ns

Ready In 15 mins Servings 8 - 10

### Ingredients

Chivda murmura/Puffed Flattened

rice/Bhajke pohe – 200g

Peanuts - 1/2 cup

Peeled peanuts - 1/2 cup

Sliced dry coconut - 2 Tbsp

Cashew nuts - 2 Tbsp

Curry leaves – a few

Sliced onion - 1/2 cup

Raisins - 2 Tbsp

Black peppercorns - 10 to 12

Laung/Cloves - 3 to 4

Saunf/Fennel seeds - 1 tsp

Black stone flower/Rock

flower/Dagad phool - a small piece

# Nasik Famous Chivda

## Ingredients

Turmeric powder - 1 tsp Red Chilli Powder/Lal Mirch Powder - 1 tsp Citric acid/Nimbu ka phool/ - a pinch (optional) Salt - to taste Oil - 2 to 3 Tbsp + 2 tsp

### Directions

- Heat 1 to 2 tsp of oil in a pan. Fry the onion slices on a low flame for 10 minutes or until they turn brown.
- Fry the curry leaves too.
- Now, to a small pan, add a few drops of oil. Add black peppercorns and cloves. Roast it on a low flame. Then add fennel seeds and Dagad phool. Roast all the ingredients until they become aromatic. Keep aside to cool. Then grind to a fine powder.
- Now, heat 2 to 3 Tbsp of oil in a big kadai.
- Add peanuts and fry them on a low flame.
- Then add peeled peanuts, cashew nuts, and sliced dry coconut. Roast them until they turn pinkish. Turn off the gas.
- Add turmeric powder, red chilli powder, and salt. Mix well.
- Then add bhajke pohe/poha murmura. Mix well all the ingredients.
- Turn on the gas and roast it on a low flame for one minute. Turn off the gas.
- Then add fried onion, curry leaves, and raisins. Mix well.

# Nasik Famous Chivda

## Directions

- Add a pinch of citric acid and mix well.
- Add the ground powder to it. Mix well.
- Yummy ' Nasik Famous chivda' is ready to be served.

- Freshly ground masala should be used to make this snack flavourful and aromatic.
- Instead of freshly ground masala, Pav Bhaji Masala or Maharashtrian Garam Masala can be used .
- It is better to use the Chivda Murmura/Bhajke Pohe; however, if it is not available, then normal poha/flattened rice can be used.
- If desired, a little sugar can be added to it.

## Stuffed Dry Dates



#### A TEMPTING AND UNIQUE DESSERT

BY BHAVUK AGARWAL, A YOUNG CHEF, FROM JALANDHAR

Prep Time 490 mins Ready In 490 mins Servings 2 - 3

#### Ingredients

Dry Khajoor/Dates - as required

Gulkand/Rose petals - 2 Tbsp

Roasted Saunf/Fennel seeds - 1

tsp

Roasted Alsi/Flax seeds - 2 tsp

Desiccated coconut - 1 and 1/2

Tbsp

Tutti frutti - 1 Tbsp

Meethi saunf/Sprinkles - 2 tsp

(assorted)

# Stuffed Dry Dates

### Directions

- Soak the dry dates for 6 to 8 hours in water. Thereafter, slit them along the middle and deseed them.
- In a bowl, add gulkand, fennel seeds, flax seeds, desiccated coconut, tutti frutti, and any type of sprinkles in it and mix them well.
- Take a portion of the mixture and stuff it in the dry dates.
- Garnish it with tutti frutti and then coat it with sprinkles or desiccated coconut or fennel seeds.
- 'Stuffed Dry Dates' are ready to be served.

- Only dry dates should be used, as using the normal dates will not provide a hollow space to fill the stuffing.
- While preparing the stuffing for this dish, instead of using roasted fennel seeds, the powdered form of the same can be used.
- Any dry fruits, peanuts, etc. of choice can be used for preparing the stuffing for this dish.

# Aloo Ki Mathri



#### A PERFECT TEA-TIME SNACK

BY SHVETA SHETH, A LOVELY MOM, FROM MUMBAI

Prep Time 15 mins Ready In 20 mins

Servings 7 - 8

#### Ingredients

Whole wheat flour - 1 cup Potato/Aloo - 1 big, boiled Coriander leaves - 1/2 cup, chopped Semolina/Sooji - 1 Tbsp Chaat masala - 1/2 tsp Red chilli flakes - 1/2 tsp Salt - to taste Roasted cumin seed

powder/Jeera powder - 1/2 tsp

Carom seeds/Ajwain - to taste

Dry fenugreek leaves /Kasuri

methi - to taste

Water - as required

Oil - for frying

# Aloo Ki Mathri

## Directions

- In a bowl, take the boiled and mashed potato. Then, put the whole wheat flour, coriander leaves, sooji, chaat masala, red chilli flakes, and roasted cumin seeds powder.
- Now, rub the carom seeds between the palms and add them. Rub the dry fenugreek leaves between the palms and add them as well. Add salt to taste. Mix with a spoon.
- Add water as required and knead to make a dough of medium to hard consistency. Rest the dough for 10 to 15 minutes.
- Meanwhile, heat oil for frying. Take a small portion from the dough. Roll it to make a small puri. With the help of a fork, make indentations on the puri.
- Put the small puri in the oil, lightly press it and fry it from both the sides till it is golden to light brown in colour.
- 'Aloo Ki Mathri' is ready to be served.

- In place of red chilli flakes, red chilli powder can be used.
- If fluffy puri is desired, then indentations with the fork should not be made.
- It can be stored for one day and should be consumed within 24 hours after preparation.
- Making indentation makes the dish crispy and mathri-like.

## Kaju Pista Roll



#### A DELICIOUS FESTIVE SWEET

BY SANDHYA SAMPAT, A LOVELY MOM, FROM MUMBAI

Prep Time 10 mins Ready In 50 mins Servings

#### Ingredients

#### FOR THE PISTACHIO DOUGH

Powdered pistachios - 3/4 cup

Powdered sugar - 1/4 cup

Water - 2 Tbsp or as required

Milk powder - 1 Tbsp

FOR THE CASHEW DOUGH

Sugar - 1/2 cup

Powdered cashew - 1 cup

Water - 1/4 cup

Cardamom powder - 1/2 tsp

Ghee - 1 tsp+ 1 tsp for making roll

and greasing

# Kaju Pista Roll

## Directions

#### • FOR PREPARING THE PISTACHIO DOUGH

- In a bowl, add and mix well pista powder and sugar.
- Add 2 Tbsp of water and make dough. Add milk powder and mix well.
  Keep aside.

#### • FOR PREPARING THE CASHEW DOUGH

- In a pan, add sugar and water. Make 1-string consistency syrup while stirring well.
- Add cashew powder and mix well. Add cardamom powder and ghee.
  Stir it continuously until the mixture leaves the vessel and forms a dough.
- Let it cool a bit. Transfer the cashew dough onto a butter paper. Grease your hands with ghee and knead.
- Roll the dough slightly thick.
- Take the pistachio dough and roll it to make a cylinder.
- Slowly start wrapping the cashew dough enclosing the pista roll.
- Grease your hands and make kaju pista roll smooth and uniform.
- Cut into pieces and cool them.
- Yummy 'Kaju Pista Roll' is ready to be served.

- The cashews and the pistachios should be ground in pulse mode; otherwise, the ground mix will release its oil.
- After grinding, the powder should be sieved.
- It should be ensured to knead the cashew dough to get a smooth texture and shine.
- Instead of butter paper, a plastic sheet can be used.

## Kaddu Ke Pakode



#### A DELICIOUS AND HEALTHY SNACK

BY NIDHI JAIN, A LOVELY MOM, FROM MUZAFFARNAGAR

Prep Time 3 - 4 mins	Ready In 8-10 mins	Servings 1 - 2			
Ingredients					
Pumpkin/Kaddu - 200g	Ginger/A	drak - 1 tsp, grated			
Gram flour/Besan - 4 Tb	sp Green ch	Green chilli/Hari mirch – 1, finely			
Salt - to taste chopp					
Turmeric powder/Haldi	- a pinch Cumin se	eds/Jeera - 1/2 tsp			
Coriander leaves/Hara d	lhaniya - 1 Coriande	r seeds/Sabut dhaniya -			
Tbsp	1/2 tsp				
Asafoetida/Hing - a pinc	h Mix masa	ıla - 1 tsp (dry roasted			
Red Chilli Powder/Lal M	lirchi fenugree	k seeds, mustard seeds,			
Powder - 1/2 tsp or to ta	iste carom see	eds, and fennel seeds)			
Oil - For frying	Water - a	s required			
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# Kaddu Ke Pakode

## Directions

- Peel off the pumpkin and cut out thin pieces of it. Keep them aside.
- Take gram flour in a bowl. Add coriander leaves, turmeric powder, red chilli powder, cumin seeds, ginger, green chilli, hing, coriander seeds, mix masala, and salt.
- Now, slowly add water to the other ingredients and mix well. Mix and make a smooth batter.
- Meanwhile, heat oil in a kadai/wok on a high flame and, when the oil is medium hot, dip a piece of pumpkin in the prepared batter and coat it evenly.
- Place it gently into the hot oil. When its top surface turns light golden brown, flip it using a slotted spoon.
- Deep fry it and likewise the other pieces until crispy and light golden brown on both sides. Then take them out using a slotted spoon.
- Take them out over a paper napkin in a plate to remove excess oil.
- 'Kaddu Ke Pakode' is ready to be served.

- Whisking the batter makes the pakoda fluffy.
- The batter should be neither very thick nor very flowy in consistency.
- It is recommended to serve this snack with homemade Tomato Sauce | Tomato Ketchup.

# Sooji Malai Laddu



ONE OF T	HE MOST	POPULAR	INDIAN	SWEETS
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BY VIJAY HALDIYA,

FOUNDER,

ZAYKA KA TADKA

Prep Time 2 - 3 mins

Ready In 7 - 8 mins Servings 4 - 5

### Ingredients

Fine Semolina/Sooji - 1 cup

Dry coconut powder - 1/2 cup

(optional)

Fresh homemade cream/Malai - 3

to 4 Tbsp

Powdered sugar - 3/4 cup

Ghee - 2 to 3 Tbsp

Cashew nuts/Kaju - 3 to 4,

chopped

Raisins/Kishmish - as required

(optional)

Almonds/Badam - 3 to 4, chopped

Pistachio/Pista - 3 to 4, chopped

Elaichi/Cardamom powder - 1 tsp

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# Sooji Malai Laddu

## Directions

- Heat two tablespoons of ghee in a pan on a low to medium flame and roast the almonds, pistachios, and cashew nuts and then keep them aside. Do not roast the kishmish/raisins.
- In the same pan, add fine sooji and roast it on a medium to low flame for 4 to 5 minutes till a nice aroma comes.
- Now, add dry coconut and roast it . After one minute, add sugar, roasted dry nuts , and cardamom powder and add 1 tablespoon of ghee and mix well. Then add malai, mix well, and switch off the flame. Add the raisins and mix well.
- Take a small to medium portion of the mixture and start making small round shaped laddus when the mixture is warm enough.
- Delicious sweet 'Sooji Malai Laddu' is ready to be served.

- To avoid burning the sooji, roast it on a low to medium flame.
- The laddus can be stored in an air-tight container for 8 to 10 days in a refrigerator.
- Jaggery can be used in the place of sugar.
- The quantity of sugar can be adjusted to the desired sweetness.
- Either milk or ghee can be added to make the laddu soft.
- If the sooji is coarse, then it should be ground to make it fine.

## Peyaji



A MOUTH-WATERING STREET FOOD

BY MEENU RAISURANA, A LOVELY MOM, FROM JAMSHEDPUR

Prep Time 2 - 3 mins

Ready In 7 - 8 mins Servings 1

### Ingredients

Onion/pyaz - 1 to 2, finely sliced Gram flour/besan - 2 to 3 Tbsp Mustard oil - For frying

Ginger/Adrak - 1 tsp, grated

Green chilli/Hari mirch – 1, finely chopped

Salt - to taste

Water - as required

# Peyaji

### Directions

- Take sliced onion in a bowl.
- Add salt and rest the onions for 4 5 minutes so that the juice of onions begins to ooze out from the onion.
- Now add besan, green chilli and ginger to it. Mix well and add water as required to the batter, making sure that the consistency of the batter is thick.
- Meanwhile, heat oil in a deep frying pan over a medium flame. Take a small portion of the mixture and pat it with fingers to make it flat. Likewise, repeat the process with the rest of the batter.
- Place them gently into the hot oil and deep fry them until crispy and light golden brown on both sides. Then take them out using a slotted spoon.
- 'Peyaji | Onion Pakoda' is ready to be served.

- The batter should not be kept for long, as onion releases a lot of juice.
- Frying pakodas on a low flame will make them soggy.
- The quantity of besan should be less.

# About



Zavka 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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