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# ZAYKA KA TADKA



LIVE FROM THE KITCHENS OF MOMS  
OF  
INDIA

Unedited  
live recipes



जो दिखता है !  
वही बनता है !





The Super Chef Mom's of India



# *Must Try!*

YOUR GUIDE TO ISSUE NO. 16

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8

## *Rajasthani Lahsun Ki Chutney*

a spicy, tangy, and famous side dish



14

## *Methi Ke Laddu*

a healthy dish for the winter season



20

## *Instant Rasam Without Rasam Powder*

a spicy and tangy South Indian dish



# *Recipe Index*

<i>Dahi Wali Besan Ki</i>		<i>Panchkuta Ki Sabji</i>	32
<i>Sabji</i>	5	<i>Sanne Pakode</i>	35
<i>Rajasthani Lahsun Ki</i>		<i>Cucumber Somtam</i>	38
<i>Chutney</i>	8	<i>Khasta Paratha</i>	41
<i>Amritsari Chur Chur</i>		<i>Chocolate Banana Crepe</i>	44
<i>Naan</i>	11	<i>Fry Aloo Samosa</i>	46
<i>Methi Ke Laddu</i>	14	<i>Methi Stuffed Tomato</i>	49
<i>Sambarvadi</i>	17	<i>Vanilla Cupcakes</i>	52
<i>Instant Rasam Without</i>		<i>Coconut Gujiya</i>	55
<i>Rasam Powder</i>	20	<i>Eggless Sooji Cake</i>	58
<i>Tawa Paneer Sabji</i>	23	<i>3 Layered Vegetable</i>	
<i>Coconut Stuffed Onion</i>	26	<i>Sandwich</i>	61
<i>Smokey Khoya Paneer</i>		<i>Lauki ki Kheer</i>	63
<i>Kabab</i>	29		



# *Dahi Wali Besan Ki Sabji*

A QUICK AND  
DELICIOUS RECIPE

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By Vijay Haldiya  
Founder  
Zayka ka Tadka

Dahi Wali Besan Ki Sabji is a tasty and flavorful dish. It is a smooth, creamy, spicy and tangy yoghurt flavored sabji.

You can make it with ingredients that are easily available in every kitchen.

This tasty recipe is a delight to eat with some hot roti or naan.

[Watch the Video Recipe](#)

# *Dahi Wali Besan Ki Sabji*

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*Prep Time*

2-3 mins

*Ready In*

8-10 mins

*Servings*

1-2

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## *Ingredients*

Besan/Gram flour - 1 Tbsp	Cumin seeds/Jeera - 1 tsp
Ginger - 1/2 inch, finely chopped	Asafoetida/Hing - a pinch
Green chilli - 1, finely chopped	Curd/Dahi - 1/2 cup
Salt - to taste	Homemade cream/Malai - 1 Tbsp
Red Chilli Powder/Lal Mirch Powder - 1 Tbsp	Coriander leaves - as required
Dhaniya powder/Coriander seed powder - 1 Tbsp	Dry fenugreek leaves/Kasuri methi - 1/2 tsp
Roasted cumin seed powder - 1/2 Tbsp	Garam masala/All spice mix powder - 1/2 tsp
Oil - 1 Tbsp	

## *Tips*

- If required/preferred, oil can be replaced with ghee.
- Onion and garlic can also be added to the masala.
- After curd is added, the masala should be stirred continuously.



# *Dahi Wali Besan Ki Sabji*

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## *Directions*

- Using a mortar and pestle, pound finely chopped ginger, finely chopped green chilli, red chilli powder, coriander seed powder, roasted cumin seed powder, and salt to make an even mixture.
- Meanwhile, heat oil in a pan. Add cumin seeds and asafoetida. Then add masala and sauté it.
- Now, add gram flour and roast it with masala for a few minutes on a low flame.
- Beat the curd well and pour it in the pan. Stir the mixture continuously for a few minutes on a low flame.
- Then add garam masala, crushed dry fenugreek leaves, and coriander leaves. Cook for 4 to 5 minutes.
- Now, add homemade cream and cook it well.
- 'Dahi Wali Besan Ki Sabji' is ready to be served.



# *Rajasthani Lahsun Ki Chutney*

A SPICY, TANGY, AND  
FAMOUS SIDE DISH

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By Kiran Tanwar,  
A Lovely Mom  
From Rajasthan

Rajasthani Lahsun Ki Chutney is a village-style chutney. You can prepare this heirloom dish with easily available ingredients from your kitchen.

Furthermore, this chutney served with every Rajasthani dish like dal baati, pakodas, rice, and roti also. Thus it is a popular dish.

In addition, it helps in digestion as well as boosts our immunity.

[Watch the Video Recipe](#)

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# *Rajasthani Lahsun Ki Chutney*

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*Prep Time*

5 mins

*Ready In*

10 mins

*Servings*

10

---

## *Ingredients*

Garlic - 15 to 20 cloves

Ghee - 1 Tbsp

Fresh red chilli/Lal mirchi - 1 big-sized, chopped

Tomato - 1 big-sized, chopped

Turmeric powder/Haldi - 1 tsp

Cumin seeds/Jeera - 1 tsp

Salt - to taste

Coriander leaves - a handful

Lemon juice - of 1/2 lemon

## *Tips*

- If desired, crushed dry coriander seeds can be added.

# *Rajasthani Lahsun Ki Chutney*

---

## *Directions*

- Crush 5 to 7 garlic cloves using a mortar and pestle.
- Grind garlic, tomato, fresh red chilli, coriander leaves, lemon juice, cumin seeds, salt, and turmeric powder. to a fine paste.
- Heat ghee in a pan. Add crushed garlic and the ground tomato paste. Mix well. Sauté it for 10 minutes till it separates from the ghee.
- Garnish it with coriander leaves.
- 'Rajasthani Lahsun Ki Chutney' is ready to be served.





# *Amritsari Chur Chur Naan*

A FAMOUS DISH OF  
NORTH INDIA

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By Ruchira Agarwal, Kirti  
Agarwal, Manju Agarwal  
Lovely Moms  
From Rajasthan

Amritsari Chur Chur Naan is a paneer and potato mixture stuffed naan. It is a famous dish all over India for its unique texture.

Moreover, we bring a very easy and simple trick to make this Punjabi special dish on tawa. Oodles of ghee, spicy stuffing, and a flaky texture make all drool over this crispy naan.

This is a very popular dish that can find at every dinner party, restaurant, or dhabas. In addition, you can prepare it without a tandoor.

[Watch the Video Recipe](#)

# Amritsari Chur Chur Naan

*Prep Time*

140 mins

*Ready In*

145 mins

*Servings*

4-5

## Ingredients

### FOR DOUGH

All-purpose flour/Maida - 1 cup

Powdered sugar - 1 tsp

Salt - to taste

Baking powder - a pinch

Ghee - 1 tsp

Curd - 2 tsp

### FOR STUFFING

Potato/Aloo - 2, boiled and mashed

Paneer - 1 cup, grated

Onion/Pyaz - 1, finely chopped

Green chilli / Hari mirchi - 2 - 3, finely chopped

Coriander leaves - a handful, finely chopped

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

Dry mango powder/Amchur - 1/2 tsp

Coriander seed powder/Dhaniya powder - 1/2 tsp

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

Cumin seed powder/Jeera powder - 1/2 tsp

Chaat masala - 1/2 tsp

Salt - to taste

### OTHER INGREDIENTS

Butter - as required

## Tips

- The moyan should be checked by binding the flour. If it binds, the moyan is perfect. Else, more melted ghee should be added.
- Instead of ghee, butter can be used.
- The quantity of the filling can be adjusted to one's choice.
- If so desired, it can also be roasted without butter.
- Another method to roast naan is to apply a few drops of water on one of the surfaces of the naan, place the water-coated surface upside down on a heated pan, flip the pan upside down and cook the naan directly on the flame until it puffs and turns golden brown.
- It is recommended to prepare this dish using Homemade Paneer.



# *Amritsari Chur Chur Naan*

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## *Directions*

### **FOR PREPARING THE DOUGH**

- Take maida in a bowl. Add sugar, salt, baking powder, and ghee. Mix well. Check the moyan by binding the flour. If it binds, the moyan is perfect; else, add more melted ghee. Now add curd and mix well.
- Then add water gradually to prepare a soft dough. Cover it with a lid. Keep it aside and let it rest for 2 hours.

### **FOR PREPARING THE STUFFING**

- Take boiled and mashed potatoes in a bowl. Add paneer, onion, green chilli, coriander leaves, all spice mix powder, dry mango powder, coriander seed powder, red chilli powder, cumin seed powder, chaat masala, and salt. Mix well.

### **FOR PREPARING THE AMRITSARI CHUR CHUR NAAN**

- Take a ball-sized portion of the dough, shape it into a ball and flatten it. Dust it with maida. Now roll it out with a rolling pin to make a big and thin roti.
- Spread about a tablespoon of ghee over it. Roll it like a spring roll. Then turn it into a round-shaped ball. And spread it with fingers to make it slightly flat.
- Put the potato stuffing ball in the centre. Cover and seal it properly. Press it with fingers and make it a little flat.
- Dust it with maida. Roll it again and prepare the naan.
- Meanwhile, heat a tawa. Place the naan on the tawa. Cook on one side.
- Flip it and, once it is slightly brown, apply butter on both the sides and cook it on a low to medium flame. Press the paratha naan while cooking it to make it crispy.
- Once it is done take out into serving plate. Apply butter over it and press slightly inside before serve.
- 'Amritsari Chur Chur Naan' is ready to be served.



# *Methi Ke Laddu*

A HEALTHY DISH FOR  
THE WINTER SEASON

---

By Anita Sharma  
A Lovely Mom  
From Rajasthan

Methi Ke Laddu is a rich and delicious sweet treat. Fenugreek seeds, whole wheat flour, gond, ghee, dry fruits are the main ingredients to prepare these energy balls.

Moreover, this laddu gives strength to the bones, improving immunity and digestion. Methi ke laddu provides heat to the body due to the addition of aata, gond, and nuts.

So, these can prevent seasonal colds not only in kids but also in grown-ups. It also helps women to recover after childbirth. However, this healthy laddu is good for people of all age groups.

[Watch the Video Recipe](#)



# Methi Ke Laddu

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*Prep Time*

30 mins

*Ready In*

60 mins

*Servings*

10

---

## Ingredients

Ghee - as required

Edible Gum/Gond - 1 cup

Whole wheat flour/Gehu ka aata - 2 cups

Dana methi/Dry fenugreek seeds - ½ cup

Milk - 1/4 cup

Jaggery/Gud - 2 cups

Dry ginger powder/Sonth - 1 tsp

Black pepper powder/Kali mirch powder - 1 tsp

Buchanania lanzan/Chironji - 2 tsp

Cashew/Kaju - 7 - 8, crushed

Almond/Badam - 7 - 8, crushed

Grated dry coconut/Sukha nariyal - 2 cups

## Tips

- Ghee should be added till wheat flour becomes wet while roasting.
- The wheat flour mixture should be continuously stirred so as to avoid burning the mixture.
- The ground dry fenugreek seeds should be soaked in milk and ghee to remove its bitterness.
- The ratio of wheat flour to jaggery should be 1:1.
- Dry fruits and other ingredients can be used as per choice.
- The fried gond should be added in the end; otherwise, the laddu will break.
- Allow the laddu mixture to become warm enough to make laddus.

# *Methi Ke Laddu*

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## *Directions*

- Grind dry fenugreek seeds and transfer the powder to a bowl. Add milk and 1/4 cup ghee. Soak it for 1/2 hour.
- Heat 1/2 cup ghee in a pan. Fry gond in ghee. Keep it aside.
- Now add more ghee in the same pan. Add whole wheat flour. Roast it. Keep stirring the mixture to avoid burning it.
- Roast it on a low flame till it changes colour to light brown and gives off a nice aroma.
- Now add the soaked dry fenugreek mixture. Mix well. Turn off the flame.
- Add jaggery and mix well till it melts. Add dry ginger powder, black pepper powder, chironji, cashew, almond, and dry coconut. Mix well.
- Now add fried gond. Mix well. Allow the laddu mixture to become warm enough to make laddus.
- After 5 to 10 minutes, when the mixture is warm enough, make medium-sized laddus.
- 'Methi Ke Laddu' are ready to be served.



# *Sambarvadi*

A VERY FAMOUS  
MAHARASHTRIAN SNACK

---

By Anuradha Sharma  
A Lovely Mom  
From Pune

Sambarvadi is a perfect snack or starter. It is a spring roll with the stuffing of coriander. "Sambhar"- Marathi word for coriander.

You can make this recipe with easily available ingredients at home. Hence it is a protein-rich dish with other nutritional benefits.

It is one of the snacks that is easy to prepare and tastes good too.

[Watch the Video Recipe](#)



# *Sambarvadi*

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*Prep Time*

4-5 mins

*Ready In*

10-12 mins

*Servings*

1-2

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## *Ingredients*

### **FOR STUFFING**

Oil - 2 tsp

White sesame seeds - 3 tsp

Poppy seeds - 3 tsp

Red Chilli Powder/Lal Mirch

Powder - 1/2 tsp

Dhaniya powder/Coriander

seed powder - 1/2 tsp

Turmeric powder/Haldi powder -

a pinch

Desiccated Coconut - 1/2 cup

Coriander leaves - 1 cup

Sugar - a pinch

Salt - to taste

### **FOR DOUGH**

Maida/Refined flour - 1 cup

Besan/Gram flour - 1 Tbsp

Ghee - 1 Tbsp

Salt - to taste

Carom seeds/Ajwain - 1 tsp

## *Tips*

- The spiciness may be adjusted as required.
- It is recommended to serve this snack with homemade Tomato Sauce | Tomato Ketchup.
- Salt should be added after turning off the flame, as coriander releases water.

# *Sambarvadi*

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## *Directions*

- Add refined flour, gram flour, ghee, salt, and carom seeds. As required, add water and prepare a dough. Make sure it is not too soft, as it will lose crispness. Knead it well. Keep it aside.
- Now, heat oil in a kadai/wok. Now add white sesame seeds, poppy seeds, red chilli powder, coriander powder, turmeric powder, and desiccated coconut. Sauté for 2 - 3 minutes.
- Now, add coriander leaves and sauté the mixture. Cook till the mixture looks dry. Now turn off the flame.
- Then add sugar and salt. Keep the mixture aside to cool.
- Now, take a small-sized dough and roll it into a round shape like a poori. Put 1 Tbsp of stuffing at the centre of the poori.
- Fold from one side, then the other, and press on the edges. Now fold it again along the other two sides and press on the edges. Now, prepare this type of sambarvadi from all the remaining dough and stuffing.
- Meanwhile, heat oil in a kadai/wok. After the oil is hot, put the prepared sambarvadi into the oil and fry on a medium flame until golden.
- After the sambarvadi turns golden, transfer it to a plate. Cut it into two pieces.
- 'Sambarvadi' is ready to be served.



# *Instant Rasam Without Rasam Powder*

A SPICY AND TANGY  
SOUTH INDIAN DISH

---

By Archana Chakravarthy,  
A Lovely Mom  
From Karnataka

Instant Rasam without Rasam Powder is South Indian spiced soup. It is made with few ingredients like tomatoes, tamarind, spices, and herbs.

In addition, it is simple, easy, and quick to make delicious rasam at home. This rasam recipe does not require rasam powder or dal..

Furthermore, Rasam tastes slightly tangy, mildly sweet, and flavorful from cumin powder, pepper powder. You can serve it with hot rice or idli for lunch or dinner.

[Watch the Video Recipe](#)



# *Instant Rasam Without Rasam Powder*

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*Prep Time*

5 mins

*Ready In*

13 mins

*Servings*

3

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## *Ingredients*

Ghee - 2 tsp + 1 tsp	Coriander-cumin seed
Mustard seeds/Rai - 1/2 tsp	powder/Dhaniya-jeera powder - 2 tsp
Cumin seeds/Jeera - 1/2 tsp	Black pepper powder/Kali mirch
Turmeric powder/Haldi - 1/4 tsp	powder - 2 tsp
Curry leaves - a few	Red Chilli Powder/Lal Mirch Powder -
Tomatoes - 2, chopped	1/2 tsp (optional)
Asafoetida/Hing - a pinch	Jaggery/Gud - 1/2 tsp
Salt - to taste	Water - as required
Tamarind juice - 1 cup	Coriander leaves - a handful

## *Tips*

- Instead of tamarind juice, lemon juice can be added after the rasam is completely cooked.
- The tamarind should be soaked, and its juice prepared for adding it to rasam.
- Jaggery can be added instead of sugar.
- A ladleful of cooked toor dal should be added to make the rasam thick.
- If required/desired, 1 or 2 cloves of garlic can also be added.

# *Instant Rasam Without Rasam Powder*

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## *Directions*

- Heat 2 tsp of ghee in a pan. Add mustard seeds, cumin seeds, turmeric powder, curry leaves, and tomatoes. Mix well. Then add asafoetida and mix well. Now add salt.
- Add tamarind juice, coriander-cumin seed powder, black pepper powder, red chilli powder, and jaggery. Mix well.
- Now add water to adjust the consistency of rasam. Boil it for 3 to 4 minutes.
- Then garnish it with coriander leaves. Add 1 tsp of ghee at the end when the rasam is completely cooked. Transfer it to a serving bowl.
- 'Instant Rasam without Rasam Powder' is ready to be served



# *Tawa Paneer Sabji*

A MOUTH-WATERING SABJI

---

By Komal Goyal  
A Lovely Mom  
From Rajasthan

Tawa Paneer Sabji is a delicious, simple, and quick sabji. You can enjoy this sabji by pairing it with puri, paratha, or roti.

This is a simple sabji as it does not take much time to prepare and tastes amazing with minimum effort. This sabji does not use many ingredients to prepare.

Since this recipe does not take much time to prepare, it is an instant recipe.

[Watch the Video Recipe](#)



# Tawa Paneer Sabji

---

*Prep Time*

2-3 mins

*Ready In*

7-8 mins

*Servings*

2-3

---

## Ingredients

Butter - 2 Tbsp

Cumin Seeds/Jeera - 1 tsp

Adrak-HariMirch-Dhaniya Paste/Ginger- Paneer - 100 g or 1 cup, grated

GreenChilli-Coriander Paste - 1 Tbsp

Onion/Pyaz - 1, medium-finely chopped

Tomato - 1, medium-finely chopped

Salt - to taste

Turmeric/Haldi powder - 1/2 tsp

Red Chilli Powder/Laal Mirch Powder -  
to taste

Dry fenugreek leaves/Kasuri methi - 1/2  
tsp

All-spice mix/Garam masala - 1/4 tsp

Capsicum/Shimla Mirch - for garnishing

Coriander leaves - for garnishing

## Tips

- It should be remembered to make a hole or a gap in between the mixture before adding the paneer/cottage cheese.
- The spiciness of the sabji can be adjust to one's taste.
- It is recommended to use homemade paneer to prepare this sabji.

# *Tawa Paneer Sabji*

---

## *Directions*

- Heat butter on a tawa and let it melt.
- Add cumin seeds and ginger-green chilli-coriander paste to the pan and sauté it well.
- Add onion and tomato to the pan and sauté them well until tomato turns soft.
- Add salt, turmeric powder, and red chilli powder to the pan and mix them well.
- Make a hole in the centre of the mixture and fill grated paneer in it.
- Add dry fenugreek leaves by crushing it in your palms and then add garam masala to the pan.
- Garnish it with capsicum and coriander leaves and mix the mixture well.
- 'Tawa Paneer Sabji' is ready to be served.



# Coconut Stuffed Onion

A HEALTHY AND DELICIOUS  
SIDE DISH

---

By Shveta Sheth  
A Lovely Mom  
From Mumbai

Coconut Stuffed Onion is an easy yet fancy dish to impress everyone. It is easy to make and doesn't consume much time and effort.

Moreover, this is an ideal curry served with any kind of roti, paratha and can be served with rice too. You can prepare it for something new taste like a different option than regular sabji that we generally make as a side dish.

The coconut filling in this recipe is spicy to balance the sweetness of onions, which gives a unique taste.

[Watch the Video Recipe](#)



# Coconut Stuffed Onion

---

*Prep Time*

10 mins

*Ready In*

22 mins

*Servings*

4

---

## Ingredients

### FOR STUFFING

Fresh coconut/Nariyal - 1 cup, grated

Roasted peanut powder/Mungfali powder - 1/2 cup

Coriander leaves - a handful

Dry fenugreek leaves/Kasuri methi - 1 tsp

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

Ginger - 1 inch, grated

Green chilli/Hari mirchi - 3 to 4, finely chopped

Garlic - 4 to 5 cloves, grated

Salt - to taste

Turmeric powder/Haldi powder - 1/4 tsp

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

Cumin seeds powder/Jeera powder - 1/2 tsp

Coriander seed powder/Dhaniya powder - 1/2 tsp

Oil - as required for binding the stuffing

### FOR SABJI

Onion/Pyaz - 5 to 6

Cumin seeds/Jeera - 1/2 tsp

Asafoetida/Hing - a pinch

Water - As required

## Tips

- Desiccated coconut powder can be used instead of fresh coconut.
- Instead of grating ginger, green chilli, and garlic, their paste can be added.

# *Coconut Stuffed Onion*

---

## *Directions*

### **FOR PREPARING THE STUFFING**

- Take fresh coconut in a bowl. Add roasted peanut powder, coriander leaves, dry fenugreek leaves by rubbing between palms, all spice mix powder, ginger, green chilli, garlic, salt, turmeric powder, red chilli powder, cumin seed powder, and coriander seed powder. Add oil to bind it. Then mix well.

### **FOR PREPARING THE SABJI**

- Take a peeled onion. Then cut it from top. Make 2 slits like a cross on each one so that the base stays attached.
- Stuff the prepared coconut masala in the onion with hands. Likewise, prepare all the onions.
- Heat oil in pan. Add cumin seeds, asafoetida, and the prepared coconut masala mixture. Mix well on a low flame.
- Then add some water. Mix well. Add stuffed onions. Cover the pan with lid and cook it on a low flame for 10 minutes.
- After 10 minutes, sprinkle the leftover coconut masala on the sabji. Cover it with a lid and cook it again for 2 to 3 minutes.
- Once it is done, take it out in a serving bowl.
- 'Coconut Stuffed Onion' is ready to be served.



# *Smokey Khoya Paneer Kabab*

A DELICIOUS, SMOKY-  
FLAVOURED DISH

---

By Arundhati Barman  
A Lovely Mom  
From New Delhi

Smokey Khoya Paneer Kabab is a popular and tasty pan-fried snack recipe made with paneer, khoya, sattu and spices.

This is a no frying dish, making it completely healthy. This kabab recipe comes with a variation as it has smoky flavour using cloves.

This paneer based recipe is perfect for kitty parties or birthday parties. It is a perfect starter or an evening snack with a spicy dip.

[Watch the Video Recipe](#)



# *Smokey Khoya Paneer Kebab*

---

*Prep Time*

2-3 mins

*Ready In*

7-8 mins

*Servings*

1

---

## *Ingredients*

Paneer - 250g

Mawa/Khoya - 4 Tbsp

Milk powder - 2 Tbsp

Sattu/Roasted gram flour - 2 Tbsp

Hari mirch/Green chilli - 1 Tbsp,  
chopped

Ginger - 1 Tbsp, grated

Til/Roasted white sesame seeds - 1  
Tbsp

Kabab cheeni powder - 1 Tbsp

Salt - to taste

Ghee - as required

Coal - 1 piece

Laung/Cloves - 4 to 5 nos.

## *Tips*

- The spiciness may be adjusted to the requirement.
- It should be served hot for a better taste.
- Instead of ghee, olive oil or any other vegetable oil can be used for greasing.
- These kabab can be made either in an air fryer or a pan.
- The kababs can be shaped according to one's choice.

# *Smokey Khoya Paneer Kebab*

---

## *Directions*

- First, take a piece of coal and hold it over a gas flame until it starts smouldering.
- In a bowl, add grated paneer, grated khoya, milk powder, roasted gram flour, green chilli, ginger, sesame seeds, kabab cheeni powder, and salt. Mix evenly with hands. The kabab dough is ready.
- Now, take a portion of the dough, make it into a ball and then flatten it. Give a round shape to all kababs.
- Then, take a plate and place the kababs on it. Place an iron bowl in centre and put hot coal in it. Put cloves and some ghee on the coal and cover the plate with another plate. Allow it to rest for about 2 – 3 minutes.
- Meanwhile heat a grill pan. Grease the kababs with ghee and place them on the pan.
- Cook the kababs on a low to medium flame till they turn nice golden brown on both the sides. Once done, take them out on a plate.
- 'Smokey Khoya Paneer Kabab' is ready to be served with tomato sauce or any other dip.



# *Panchkuta Ki Sabji*

A FAMOUS SIDE DISH OF  
RAJASTHAN

---

By Neena Mathur  
A Lovely Mom  
From Rajasthan

Panchkuta Ki Sabji is unique sabji made with dry vegetables. This curry primarily consists of 5 ingredients – ker, sangri, aamchur, dry lasoda, and Kumatiya, hence the name Panchkuta.

Moreover, Once you prepare this sabzi, it can be stored for a few days. You can use this as travel food.

You can serve it with a cold puri, paratha, or even chapati, typically prepared for the Shitla Ashtami festival when no fire is used to cook food on that day – also known as Thanda Khanna.

[Watch the Video Recipe](#)



# *Panchkuta Ki Sabji*

---

*Prep Time*

450 mins

*Ready In*

470 mins

*Servings*

3

---

## *Ingredients*

### **FOR PREPARING PANCHKUTA**

Panchkuta (ker, sangri, amchur, dry lasoda, kumatiya)

Ker - 1/4 cup

Sangri - 1/2 cup

Amchur - 5 - 6 pieces

Dry lasoda - 8 - 10 Nos.

Kumatiya - 1/4 cup

Dry red chilli/Sookhi lal mirchi - 3 - 4

Water - as required

Turmeric/ Haldi powder - 1/4 tsp

### **FOR SABJI**

Oil - 2 Tbsp

Asafoetida/Hing - a pinch

Red Chilli Powder/Lal Mirch Powder - to taste

Salt - to taste

Turmeric/Haldi powder - a pinch

Coriander/Dhaniya powder - 1 tsp

Dry mango powder/Amchur - 2 tsp

Water - as required

## *Tips*

- The soaked panchkuta should be washed in the morning till all the dirt gets removed.
- The unsoaked panchkuta should be separated, as it will not cook properly.
- A pressure cooker should not be used for boiling.
- The panchkuta should not be overcooked.
- All dry ingredients can be stored for a long time.
- The sabji can be used for 4 to 5 days.

# *Panchkuta Ki Sabji*

---

## *Directions*

### **FOR PREPARING PANCHKUTA**

- Soak panchkuta (ker, sangri, amchur, dry lasoda, and kumatiya) and dry red chilli in water overnight. Wash soaked panchkuta in the morning till all the dirt gets removed. Separate the unsoaked panchkuta, as it will not cook properly.
- Boil soaked panchkuta with turmeric powder in water for 15 minutes in a pan. Do not overcook the panchkuta. Now, drain out the water.

### **FOR PREPARING SABJI**

- Take out boiled panchkuta into a bowl. Add red chilli powder, salt, turmeric powder, coriander powder, and dry mango powder. Mix well with hands.
- Heat oil in a pan. Add asafoetida and the prepared panchkuta with the masala. Mix well. Add a little water. Mix well and stir it till oil separates from the sabji.
- Take out it into a serving bowl.
- 'Panchkuta Ki Sabji' is ready to be served.



# *Sanne Pakode*

A POPULAR HEIRLOOM  
FRITTER

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By Sajni Vangani  
A Lovely Mom  
From Rajasthan

Sanne Pakode is rich in flavor and loaded with aromatic spices. The most specialty of this pakoda is it is double fried. First, the thick batter is fried into big chunks.

These are broken into smaller pieces and fried again until crisp and crunchy. Moreover, you can add any other vegetable according to your own preference.

It is delicious in taste and can be enjoyed as an appetizer or an evening snack with a cup of tea. It will become a super crunchy treat for your special occasion.

[Watch the Video Recipe](#)

# Sanne Pakode

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*Prep Time*

5 mins

*Ready In*

10 mins

*Servings*

4

---

## *Ingredients*

Onion/Pyaz - 1, finely chopped

Green chilli/Hari mirchi - to taste, finely chopped

Dry pudina/Dry mint leaves - 1 tsp

Coriander Leaves - a handful

Gram flour/Besan - 1 cup

Salt - to taste

Red Chilli Powder/Lal Mirch Powder - 1 tsp

Baking soda - a pinch

Oil - for frying

## *Tips*

- Fresh mint leaves can be used instead of dry mint leaves.
- Available green vegetables of choice can be added.
- This pakoda should be fried 2 times to make it crispy as well as soft.
- When the pakoda is fried for the second-time, it should be fried on a medium flame. If it needs to be fried on a high flame, it should be done after some time; otherwise, it might get burned.



# *Sanne Pakode*

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## *Directions*

- In a bowl, add onion, green chilli, dry mint leaves by rubbing between palms, coriander leaves, gram flour, salt, red chilli powder, and baking soda. Mix well.
- Now add water gradually to make a lump-free, thick-consistency batter.
- Meanwhile, heat oil in a deep frying pan over a medium flame. When the oil is medium hot, using a spoon, drop a spoonful of batter in hot oil and prepare a big-sized pakoda.
- When its top surface turns light golden brown, flip it using a slotted spoon. When it turns into a light golden brown on both the sides, take out it on a plate.
- Now, divide a big pakoda into a few small pieces and fry them again on a medium flame. If they need to be fried on a high flame, do it after some time; otherwise, they might get burned. Deep fry them until crispy and golden brown.
- Once done, take them out on a serving plate using a slotted spoon.
- 'Sanne Pakode' are ready to be served.



# *Cucumber Somtam*

A FAMOUS SALAD FROM  
THE THAI CUISINE

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By Riddhee Shah  
A Lovely Mom  
From Bangkok, Thailand

Cucumber Somtam is a popular Thai salad. You can make it with cucumber and a spicy dressing. It has a spicy and tangy flavor as well as a crunchy texture.

One of the main dressing ingredients for this salad recipe is palm sugar which balances the sour lime juice of the dressing.

We can make it in a traditional way by beating in a mortar pestle.

[Watch the Video Recipe](#)

# Cucumber Somtam

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*Prep Time*

3-4 mins

*Ready In*

10-11 mins

*Servings*

1-2

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## Ingredients

Red chillies - 3, chopped

Palm sugar - 2 tsp

Tamarind pulp - 2 tsp

Roasted peanuts - 1/4 cup

Soy sauce - 2 Tbsp

Lemon juice - of 1 lemon

Cherry tomatoes - 4 - 5, chopped

Cucumber - 1

Coriander leaves - for garnishing

## Tips

- If cherry tomatoes are not available, regular tomatoes can be used.
- Jaggery can be used instead of palm sugar.
- Green chillies can be used instead of red chillies.
- Lemon slices can be added but removed after crushing.

# *Cucumber Somtam*

---

## *Directions*

- Make long, broad slices of cucumber using a knife. Keep them aside.
- Crush red chillies using a mortar and pestle.
- Then add palm sugar, tamarind pulp, half roasted peanuts, soy sauce, lemon juice, and cherry tomatoes one by one. Crush them properly and make a dressing.
- Add cucumber slices in the dressing and crush them slightly to bind the mixture.
- Transfer the salad to a serving plate. Garnish it with coriander leaves and the remaining roasted peanuts.
- 'Cucumber Somtam' is ready to be served.





# *Khasta Paratha*

AN HEIRLOOM CRISPY AND  
FLAKY FLATBREAD

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By Sushila Chauhan  
A Lovely Grand Mom  
From Rajasthan

Khasta Paratha is a layered delicious paratha. You can prepare this dish quickly with minimum ingredients like gram flour, dough, and some spices.

Moreover, This paratha is the perfect accompaniment to homemade curd or butter. It is also something that is usually super light and hassle-free.

You do not need any special tools to make the super-rich and crunchy paratha.

[Watch the Video Recipe](#)

# *Khasta Paratha*

---

*Prep Time*

2 mins

*Ready In*

5 mins

*Servings*

1

---

## *Ingredients*

### **FOR BESAN SLURRY**

Gram flour/Besan - 3 tsp

Salt - to taste

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

Dry mango powder/Amchur powder  
- 1/4 tsp

Carom seeds/Ajwain - 1/4 tsp

Cumin seeds/Jeera - 1/4 tsp

Oil - 2 tsp

### **FOR PARATHA**

Wheat dough - as required

Ghee - as required

Butter - as required

## *Tips*

- After preparing the besan paratha ball, press it between palms to make it flat so that the besan slurry spreads on the paratha evenly.

# *Khasta Paratha*

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## *Directions*

### **FOR PREPARING BESAN SLURRY**

- Take gram flour in a bowl. Add salt, red chilli powder, dry mango powder, carom seeds, cumin seeds, and oil. Mix well. Prepare a slurry of thick consistency.

### **FOR PREPARING PARATHA**

- Take a ball-sized wheat dough. Prepare a roti from it. Apply the prepared besan slurry on it using a spoon.
- Roll out the roti along its length. Now, roll it over into a circle. Press it between palms to make it flat so that the besan slurry spreads into the paratha evenly.
- Dust the prepared dough ball and roll it to make a paratha.
- Meanwhile, heat a tawa. Place the paratha on it and cook it on one side.
- Flip it and, once it is slight brown, apply ghee on both the sides and cook on a low flame. Press the paratha while cooking to make it crispy. Once done, apply butter over it and serve.
- 'Khasta Paratha' is ready to be served.



# Chocolate Banana Crepe

A PANCAKE RECIPE

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By Archana Chakravarthy,  
Aditya  
A Lovely brother-sister duo  
From Karnataka

Chocolate Banana Crepe is a super simple recipe. Crepe is basically a thin pancake. Envelope the chocolate and banana pieces in the crepe and the dish is ready to serve.

The batter requires milk and whole wheat flour. The cinnamon powder adds flavor to the crepe. From kids to adults everyone will love it.

[Watch the Video Recipe](#)



# Chocolate Banana Crepe

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*Prep Time*  
5 mins

*Ready In*  
15 mins

*Servings*  
3

---

## Ingredients

Milk – 1 glass

Butter – 1 Tbsp

Gehu ka atta/Whole wheat flour – 1 cup

Chocolate – as required

Cinnamon powder – 1/2 tsp

Banana – 1 no., sliced

## Tips

- If desired, salt can be added to the crepe batter.
- The crepe should be drizzled with chocolate sauce and served.

## Directions

- In a bowl, take milk, add the wheat flour little by little, and keep whisking to avoid formation of lumps. Then put cinnamon powder into it.
- The batter should be of pouring consistency. Put butter in a hot pan and, as it melts completely, put a ladleful of batter in the pan. Cook on a medium to high flame.
- Cook from one side till it becomes light brown. Then flip it and cook it on the other side on a medium flame till it is brown in colour.
- Take out the crepe, place chocolate and banana pieces on it, and roll it. The roll is ready.
- 'Chocolate Banana Crepe' is ready to be served.



# *Fry Aloo Samosa*

A CRISPY, FLAKY, AND  
DELICIOUS SNACK

Fry Aloo Samosa is India's most popular snack. It is best enjoyed with tangy tamarind chutney and a hot cup of tea.

Moreover, you can serve as the perfect treat for small celebrations. It has a crisp and flaky outer layer made of maida and a rich filling of fried potato and spices.

In addition, Crunchy fried samosa is one of the most popular street food snacks.

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By Rashmi Bhargava

A Lovely mom

From Rajasthan

[Watch the Video Recipe](#)

# *Fry Aloo Samosa*

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*Prep Time*

15 mins

*Ready In*

25 mins

*Servings*

3

---

## *Ingredients*

### **FOR DOUGH**

All-purpose flour/Maida - 1 cup

Semolina/Sooji - 1 tsp

Salt - to taste

Oil - 4 tsp

Water - as required

### **FOR STUFFING**

Potato/Aloo - 3 - 4 nos.

Oil - for frying

Asafoetida/Hing - a pinch

Red Chilli Powder/Lal Mirchi Powder -

1 tsp

Dry mango powder/Amchur - 1 tsp

Salt - to taste

Dry mint powder/Pudina powder - 1  
tsp

Cashew/Kaju - 3 - 4, chopped

Raisins/Kishmish - 7 - 8 nos.

Ginger - 1 inch, grated

Green chilli/Hari mirchi - 2, finely  
chopped

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

Coriander leaves - a handful

### **OTHER INGREDIENTS**

Oil - for frying

## *Tips*

- The ratio of maida and sooji should be 10:1.
- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more oil should be added.
- Instead of mint powder, fresh mint leaves can be added.
- To store the samosas in the freezer, they should be half-fried on a high flame, allowed to cool down, and then stored. They can then be fried the next day on a medium flame until they become golden and crispy.
- The half-fry samosa can be stored in the freezer for 5 to 7 days.
- To avoid bubbles on it, the samosa should be fried on a low flame.

# *Fry Aloo Samosa*

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## *Directions*

### **FOR PREPARING DOUGH**

- Take maida and sooji in bowl. Add salt and 4 tsp oil. Mix well. Check the moyan by binding the flour. If it binds, the moyan is perfect; else, add more oil.
- Then add water gradually to prepare a tight-consistency dough. Cover it with a lid. Keep it aside and let it rest.

### **FOR PREPARING STUFFING**

- Take peeled and chopped potatoes. Fry them in oil for 5 to 7 minutes.
- Take out into a plate. Mash them with hand. Add asafoetida, red chilli powder, dry mango powder, salt, dry mint powder, cashew, raisins, ginger, green chilli, all spice mix powder, and coriander leaves. Mix well.

### **FOR PREPARING SAMOSA**

- Take a portion of the dough, roll it, and make a small chapati. Cut it from the middle to form 2 semi-circular chapatis.
- Now, take one semi-circular chapati, apply water on the edges and roll it to form a cone shape. Press and seal the edges. Fill the stuffing in the cone.
- Press the stuffing gently and seal the open, top edge by applying water and, folding a pleat in between, press slightly. Likewise, prepare all the samosas.
- Meanwhile, heat oil in a pan. Place the samosas one by one and deep fry them on a low flame while stirring in between until they become golden and crispy.
- Once done, transfer them onto a tissue paper to remove the excess oil.
- 'Fry Aloo Samosa' is ready to be served.





# *Methi Stuffed Tomato*

A SPICY AND HEALTHY  
SABJI WITH FILLING

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By Sunita Khatri  
A Lovely Mom  
From Rajkot, Gujarat

Methi Stuffed Tomato is delicious sabji. This delightful recipe is best for parties and family dinners or lunch. Light and delicious, it is easy to make and you can conveniently cook it in any covered vessel.

It goes well with chapati. It has flavorful stuffing using methi, coriander leaves, tomato puree, salt and other spices. Easy bite of the tangy tomato with scrumptious filling will be a treat to your taste buds.

[Watch the Video Recipe](#)

# *Methi Stuffed Tomato*

---

*Prep Time*

2-3 mins

*Ready In*

10-12 mins

*Servings*

1-2

---

## *Ingredients*

Tomatoes - 4

Methi/Fenugreek leaves - 1 cup,  
chopped

Coriander leaves - 2 Tbsp, chopped +  
for garnishing

Oil - 2 Tbsp

Cumin seeds - 1 tsp

Asafoetida/Hing - a pinch

Tomato puree - of 2 medium-sized  
tomatoes

Salt - to taste

Turmeric/Haldi powder - 1/2 tsp

Red Chilli Powder/Lal Mirch Powder -  
1 tsp

Coriander powder - 1 tsp

Water - 1/2 cup

## *Tips*

- The spiciness may be adjusted to one's preference.
- It should be served hot for a better taste.

# *Methi Stuffed Tomato*

---

## *Directions*

- Wash tomatoes. Then, cut them from the top by making 2 slits like a cross on each one. Keep them aside.
- Heat oil in a kadai/wok. Add cumin seeds and asafoetida. Now, add tomato puree and sauté it for 2 to 3 minutes on a medium flame.
- Then, add salt, turmeric powder, red chilli powder, and coriander powder. Cook the tomato puree until it leaves the oil.
- Now, add chopped fenugreek leaves and chopped coriander leaves. Cook until oil separates and turn off the flame. The stuffing is ready now.
- Stuff the prepared masala in the tomato using a spoon. Likewise, prepare all the tomatoes with this method.
- Place all the stuffed tomatoes in the remaining masala in the same kadai and add water in it.
- Cover the kadai with a lid. Cook the sabji for 5 to 10 minutes on a medium flame.
- Transfer to a bowl and garnish with coriander leaves.
- 'Methi Stuffed Tomato' is ready to be served.



# Vanilla Cupcakes

A POPULAR AND MOUTH-WATERING RECIPE

---

By Shveta Sheth  
A Lovely mom  
From Mumbai

Vanilla Cupcakes are super moist, fluffy and flavorful. It is simple and easy to prepare at home with minimum and easily available ingredients.

The measurement plays an important role while preparing a delicious cupcakes. Here, we used whole wheat flour instead of all purpose flour to make it more healthy.

Kids cannot wait to eat it. You can also add flavors of your choice in the same recipe to make it more yummy.

[Watch the Video Recipe](#)



# Vanilla Cupcakes

---

*Prep Time*

10 mins

*Ready In*

40 mins

*Servings*

4

---

## Ingredients

Whole wheat flour - 1 cup

Baking powder - 2 tsp

Salt - 1/4 tsp

Baking soda - 1 tsp

Oil - 1/4 cup

Curd - 1/4 cup

Milk - 1/2 cup

Sugar - 3/4 cup

Vanilla essence - 1 tsp

Chocolate chips - as required for garnishing

## Tips

- It is recommended to always use 2 bowls - one for dry ingredients and another for wet ingredients.
- It should be ensured to sieve the dry ingredients to avoid air bubbles.
- The measurements/proportion of ingredients should be perfect to get a better taste.
- The mix should be whisked properly to avoid lumps.
- Either whole sugar or powdered sugar can be used, and it may be adjusted to the requirement.
- If liners are not available, then the tray can also be greased with either oil or ghee.
- The batter must be poured only up to 3/4th of the depth of the liner, as it rises after baking.
- A toothpick or a knife can be used to check the cupcakes. If it comes out clean, that means it is ready.

# *Vanilla Cupcakes*

---

## *Directions*

- Preheat the oven at 180 degree Celsius for 10 minutes.
- Now, take a bowl and sieve whole wheat flour, baking powder, baking soda, and salt in it.
- Take another bowl and add oil, curd, milk, sugar, and vanilla essence. Whisk it properly.
- Now, transfer little by little the dry ingredients into the wet ingredients bowl. Whisk the mix properly.
- Further, take a baking tray and place liners in it.
- Pour the batter in it and make sure to pour it only up to 3/4th of the depth of the liner. Top it with chocolate chips.
- Now, place the tray in the oven and bake the cupcakes at 180 degrees Celsius for about 20 minutes.
- Check it with a toothpick or a knife by inserting it into the cupcakes.
- Delicious 'Vanilla Cupcakes' are ready to be served.



# Coconut Gujiya

ONE OF THE MOST POPULAR  
FESTIVAL DELIGHTS

---

By Meena Burat  
A Lovely Mom  
From Rajasthan

Coconut Gujiya is a deep-fried sweet filled with delicious stuffings. You can make this most amazing dish with coconut filling, and dough.

It is without mava. If you are looking for innovation, try out this dish, which will satisfy your sweet tooth with its perfect fusion of coconut and dry fruits.

Furthermore, This interesting sweet dish will become everyone's favorite. Moreover, This crispy and flaky pastry treat is best to serve during the festive season.

[Watch the Video Recipe](#)

# Coconut Gujiya

---

*Prep Time*

5 mins

*Ready In*

15 mins

*Servings*

5

---

## Ingredients

### FOR STUFFING

Dry coconut/Sookha nariyal - 1,  
grated

Poppy seeds/khus khus - 2 tsp

Cardamom powder/Elaichi powder -  
1/2 tsp

Saffron/Kesar - 6 - 7 strands

Almonds/Badam - 4 - 5, finely  
chopped

Powdered sugar - 1/2 cup

### FOR DOUGH

All-purpose flour/Maida - 1 cup

Ghee - as required + for frying

Water - as required

## Tips

- Instead of dry coconut, desiccated coconut powder should be used.
- The sweetness may be adjusted to one's choice.
- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more melted ghee should be added.



# Coconut Gujiya

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## *Directions*

### **FOR PREPARING THE STUFFING**

- Grind grated dry coconut to make a coarse powder.
- Roast poppy seeds for 30 seconds.
- Take ground dry coconut in a bowl. Add roasted poppy seeds, cardamom powder, saffron threads, almonds, and powdered sugar. Mix well.

### **FOR PREPARING THE DOUGH**

- In a bowl, add maida and 2 to 3 Tbsp of melted ghee. Check the moyan by binding the flour. If it binds, the moyan is perfect; else, add more melted ghee. Now add water and prepare a soft dough. Keep it aside.

### **FOR PREPARING THE GUJIYA**

- Make a round ball and roll it into a small roti. Stuff it with coconut mixture and fold it. Press the edge with fingers and remove the excess dough from the edge.
- Now make a design on the edge by folding it. Likewise, prepare all gujias.
- Heat ghee for frying. Put the gujias carefully in the ghee and fry them on a medium flame until golden in colour.
- Once done, take them out on a serving plate.
- 'Coconut Gujiya' is ready to be served.



# *Eggless Sooji Cake*

A VERY QUICK AND EASY  
CAKE RECIPE

---

By Vijay Haldiya  
Founder  
Zayka ka Tadka

Eggless Sooji Cake is one of the favorites and mouthwatering cakes. This is loved by all age groups especially kids.

This eggless cake is very easy and requires only a few minutes of effort. You will need ingredients like - sooji, refined flour, oil, curd, sugar, etc. which are easily available at home.

This is soft and fluffy in texture. It can be a good snack for your tea-time.

[Watch the Video Recipe](#)

# Eggless Sooji Cake

---

*Prep Time*

15-20 mins

*Ready In*

55-60 mins

*Servings*

4-5

---

## Ingredients

Fine Semolina/Sooji - 1 cup

Powdered sugar - 3/4 cup

Refined flour/Maida - 1/2 cup

Baking powder - 1 tsp

Baking Soda - 1/2 tsp

Vanilla Essence - 1/4 to 1/2 tsp

Oil - 1/4 cup

Salt - a pinch

Milk - 1/2 cup

Fresh curd/Dahi - 3/4 cup

## Tips

- If fine semolina is not available, then grind coarse semolina to make it fine.
- Instead of refined flour, whole wheat flour can be added to the cake.
- Instead of oil, butter can be used to make the cake.
- If the batter is thick, more milk can be added to it.
- The cake tin should be tapped a little bit to avoid bubbles in the batter.
- Depending on the oven, baking time and temperature may vary.
- If time permits, the batter should be kept aside for 15 minutes without mixing baking soda and baking powder.

# *Eggless Sooji Cake*

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## *Directions*

- Preheat the oven at 180 degrees Celsius for 10 minutes.
- Meanwhile, take a bowl and add sooji, maida, and powdered sugar. Mix well.
- Add curd and oil to the dry ingredients. Mix well. Add milk in small quantities and mix well. Add more milk and mix well. Then add salt, baking powder, baking soda, and vanilla essence. Mix well. Mix the batter and make it of a flowing consistency. Add more milk if required.
- Take a cake tin and brush it with oil. Grease a cake tin and line it with butter paper.
- Pour batter in the greased cake tin. Tap the cake tin gently to level the batter and also remove air bubbles from it.
- Put the cake tin on the middle rack in the oven for baking. Bake the cake at 180 degrees Celsius for 40 minutes. After 35 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.
- 'Eggless Sooji Cake' is ready to be served.





# *3 Layered Vegetable Sandwich*

A POPULAR STREET FOOD  
IN MUMBAI

---

By Kinjal Bhurat  
A Lovely Mom  
From Mumbai

3 Layered Vegetable Sandwich is an easy and healthy vegetable filling dish. It can be made for a quick breakfast and brunch.

You can prepare coriander chutney in advance and store it in the fridge. Moreover, The main ingredients are a spicy green chutney spread, tomatoes, cucumber, and a ketchup filling, and some spices.

You can prepare this dish for kids tiffin as well as office snack also. In addition, it is prepared without fire.

[Watch the Video Recipe](#)

# 3 Layered Vegetable Sandwich

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*Prep Time*

7 mins

*Ready In*

7 mins

*Servings*

1

---

## *Ingredients*

Bread – 3 slices

Butter – as required

Green chutney/Hari chutney – as required

Cucumber/Kheera – 1, sliced

Tomato – 1, sliced

Salt- to taste

Black pepper/Kali mirch – as required

Ketchup – as required

Cheese – as required for garnishing

## *Directions*

- Apply butter on all bread slices.
- Now apply green chutney on one slice. Arrange cucumber slices and tomato slices on it. Sprinkle salt and black pepper.
- Now take another slice of bread. Apply ketchup on it. Put it on the prepared vegetable slice.
- Apply green chutney on the other side. Again, arrange cucumber slices and tomato slices on it. Sprinkle salt and black pepper.
- Apply ketchup on the third slice. Put it on the second slice. Cut it into 3 equal parts horizontally as well as vertically.
- Arrange it on a serving plate. Grate cheese on it to garnish it.
- '3 Layered Vegetable Sandwich' is ready to be served.



# *Lauki ki Kheer*

A QUICK AND CREAMY  
SWEET DISH

Lauki Ki Kheer is a healthy and mouth-watering dish. This is very simple and even a beginner can make this kheer. The method of making lauki ki kheer is similar to any other kheer recipe.

It is healthy and easy to make. You can serve this rich and flavored kheer as a dessert after meal or dinner on any special occasion or family get together.

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By Dr. Jaya Bisen  
A Lovely Mom  
From Satna, Madhya Pradesh

So, try to prepare this delightful and simple dessert at home and cherish its taste with your family.

[Watch the Video Recipe](#)

# *Lauki ki Kheer*

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*Prep Time*

3-4 mins

*Ready In*

23-24mins

*Servings*

1-2

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## *Ingredients*

Full fat milk - 500 to 600 ml

Lauki/Bottle gourd - 50g

Sugar - 2 Tbsp or as required

Ghee - 1 Tbsp

## *Tips*

- Dry nuts and/or cardamom powder can be added.
- The grated bottle gourd should be washed and squeezed to avoid curdling of milk.
- The sweetness may be adjusted to one's taste.

## *Directions*

- Peel the bottle gourd and grate it. Squeeze out its water. Then, wash it 3 to 4 times and squeeze out all the water.
- Now, take a kadai/wok. Put clarified butter/ghee in it. Then, add grated bottle gourd and roast it on a low to medium flame until it looks golden brown in colour.
- Add milk and cook it on a low flame till it changes its colour or till it reduces to half.
- Now, add sugar in it and cook it for 2 to 4 minutes. Turn off the flame. Transfer it to a serving bowl.



# ENJOY!!

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