

जो दिखता है !
वही बनता है !



*Unedited live
recipes*

JANUARY 2022

ZAYKA KA TADKA

LIVE FROM THE KITCHENS OF MOMS OF INDIA



Zayka
Ka
Tadka

Founder's Words

Namaskar!

Wishing you a very Happy New Year.

We are very glad and thankful for the love and affection which you showered on us in the past years. 2021 brought us together and helped us relish and value home food more!



This New Year edition of Magazine brings yet another wonderful and lovely collection of winter, Lohri and Sankranti special recipes. It will make your home cooking experience smoother and more enjoyable.

Looking forward to your continued support, love and encouragement for our efforts in making 2022 more memorable.

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



Zayka
Ka
Tadka



The Super Chef Moms of India



Table of Contents



05

Til Ki Chikki

a delicious, crunchy, and healthy chikki

20

Ellu Bella

a traditional South Indian recipe

24

Hariyali Pulav

an Indian style green-coloured, aromatic, healthy rice dish

Til Ki Chikki - 05

Aloe Vera Ki Sabji - 07

Childa Ki Sabji - 09

Aloo Paneer Bird Nest - 12

Til ke Laddoo - 14

Tandoor Ki Pyaz Wali Roti - 16

Punjabi Mooli Ka Paratha - 18

Ellu Bella - 20

Sukhdi - 22

Hariyali Pulav - 24

Kalmi Bade - 26

Peanut Coconut laddu - 29

Moongdal Dhokla - 31

Pesarattu Upma - 34

Rajma Masala - 37

Raw Banana Bajji - 39

Sigdi Wali Moti Roti - 41

Spicy Potato Sandwich - 43

Aloo Palak Ki Sabji - 45

Sooji Papad Chaat - 47

Methi Ka Paratha - 50

2 Types of Thepla - 52

Til Ki Chikki

By **Vijay Haldiya**
Founder
Zayka Ka Tadka

**A DELICIOUS, CRUNCHY,
AND HEALTHY CHIKKI**

PREP TIME: 5 MIN
READY IN: 10 MIN
SERVING: 2



Ingredients

- White Til or Sesame - 1 cup
- Sugar - 1 cup
- Ghee or Oil - for greasing
- Lemon juice - juice of 1/2 lemon
- Sliced pistachios - as required for garnishing

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Til Ki Chikki

Instructions

- In a pan, roast Til lightly for 2-3 minutes. Then keep it aside.
- In a pan, add sugar and lemon juice. Melt the sugar on a medium flame while stirring continuously.
- Once the sugar melts and turns light brown in colour, add sesame seeds. Mix well and then turn off the flame.
- Brush oil over a flat surface and immediately collect the Til mixture in circular shape. Sprinkle sliced pistachios on top. Roll it with a belan or a rolling pin like a chapati. Make sure that you also grease the belan with oil.
- Roll the Til mixture according to the thickness you want and then cut it into pieces immediately before it cools down. After that, let it cool and then separate the chikki pieces.
- Delicious 'Til Ki Chikki' is ready to be served.

Tips

- Adding lemon juice while melting the sugar prevents crystallization and the sugar dissolves quickly. It also prevents the chikki from turning hard.
- After the sesame seeds are mixed with melted sugar, the chikki should be rolled immediately as, after cooling, it will turn hard.
- The thickness of the chikki can be kept according to choice.

Aloe Vera Ki Sabji

Prepared by a Grandmom
Tulsi Devi
From Rajasthan

**A HEALTHY AND SPICY
SIDE DISH**

PREP TIME: 15 MIN
READY IN: 25 MIN
SERVING: 2



Ingredients

- Aloe vera/Gawarpatha - 2 big leaves
- Oil - 1 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Mustard seeds/Rai - 1/4 tsp
- Green chilli/Hari mirch - 3, finely chopped
- Onion/Pyaz - 1 finely chopped
- Garlic - 3 - 4 cloves, grated
- Red Chilli Powder/Lal Mirch Powder - 1 tsp
- Turmeric powder/Haldi - 1/2 tsp
- Salt - to taste
- Coriander powder/Dhaniya powder - 1 tsp
- Sugar - 1 tsp

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Aloe Vera Ki Sabji

Instructions

- Take an aloe vera leaf. Remove its sides (the thorny part) and chop it into small cubes. Add salt and keep it aside in a strainer for 10 minutes to remove its stickiness.
- Heat oil in a pan. Add cumin seeds, mustard seeds, green chilli, onion, garlic. Mix well. Saute it till onion turns into light brown.
- Then add aloe vera. Mix well. Now add red chilli powder, turmeric powder, salt, and coriander powder. Mix well. Add sugar. Mix well. Add salt carefully, as aloe vera has already been marinated with salt earlier.
- Cook it well for 3 to 4 minutes. Check aloe vera by pressing it; if it cuts easily, it means that it is cooked well.
- 'Aloe Vera Ki Sabji' is ready to be served.

Tips

- Salt should be added carefully, as aloe vera has already been marinated with salt earlier.
- The cooked aloe vera should be checked by pressing it; if it cuts easily, it means that it has been cooked well.

Childa Ki Sabji

prepared by a lovely mom
Joshna Bhandari
From Rajasthan

**A FAMOUS DISH OF
JODHPUR**

PREP TIME: 5 MIN
READY IN: 10 MIN
SERVING: 2



Ingredients

FOR CHILDA KI SABJI

- Gram flour/Besan - 2 Tbsp
- Asafoetida/Hing - a pinch
- Cumin seeds/Jeera - 1 tsp
- Red chilli powder/Lal mirchi powder - to taste
- Salt - to taste
- Turmeric powder/Haldi powder - 1/4 tsp (optional)
- Water - as required
- Oil - as required

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Childa Ki Sabji

Ingredients

FOR CURD GRAVY

- Ghee - 1 tsp
- Curd - 2 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Asafoetida/Hing - a pinch
- Red chilli powder/Lal mirchi powder - as per taste
- Turmeric powder/Haldi powder - 1/4 tsp
- Coriander seed powder/Dhaniya powder - 1 tsp

- salt - to taste
- Water - as required
- Coriander leaves - a handful

FOR RAITA

- Curd - 2 Tbsp
- Red chilli powder/Lal mirchi powder - to taste
- Salt - to taste
- Roasted cumin seed powder - 1/2 tsp

Instructions

FOR PREPARING CHILDA KI SABJI

- Take gram flour in a bowl. Add asafoetida, cumin seeds, red chilli powder, salt, and turmeric powder. Mix well. Add water gradually to prepare a medium-consistency, lump-free batter.
- Meanwhile, heat a tawa on a medium flame. Grease it with oil. Add a ladleful of gram flour batter to prepare childa. Pour some drops of oil on it.
- Let it cook. When it is cooked from one side, flip it and cook it from the other side.
- Once it is done, take it out on a plate. Cut it into pieces.

Childa Ki Sabji

Instructions

FOR PREPARING GRAVY

- Take curd in a bowl. Add red chilli powder, turmeric powder, and coriander seed powder. Mix well.
- Heat ghee in a tadka pan. Add cumin seeds and asafoetida. Let it crackle. Then add prepared masala curd. Mix well. Stir it continuously. Cook till one boil.
- Add salt. Mix well. Add water to adjust the consistency. Mix well.
- Now add prepared childa pieces in the gravy. Mix well. Garnish it with coriander leaves. Mix well. Take it out into a serving bowl.

FOR PREPARING RAITA

- Take curd in a bowl. Add small pieces of childa, red chilli powder, salt, roasted cumin seed powder. Mix well.
- 'Childa Ki Sabji' is ready to be served.

Tips

FOR CHILDA KI SABJI

- A medium-consistency gram flour batter should be prepared.
- If the batter becomes watery, some more gram flour should be added.
- Oil can be avoided while preparing childa on a non-stick tawa.
- The size of the childa may be adjusted to one's choice.
- Oil can be used instead of ghee.
- Salt in curd should be added at last so that the curd will not curdle.
- The childa should be cut as required.

FOR RAITA

- Small pieces of childa should be added.

Aloo Paneer Bird Nest

Prepared by a Grandmom
Binoo Soral
From Rajasthan

A UNIQUE PARTY SNACK

PREP TIME: 10 MIN
READY IN: 15 MIN
SERVING: 2



Ingredients

FOR PREPARING THE SLURRY

- All-purpose flour/Maida - 2 tsp
- Corn flour - 2 tsp
- Salt - to taste
- Red chilli flakes - 1/2 tsp
- Water - as required

FOR PREPARING THE TIKKI

- Boiled potato/Aloo - 2, peeled and mashed
- All-purpose flour/Maida - 2 tsp
- Bread crumbs - 1 and 1/2 tsp
- Red Chilli Powder/Lal Mirch Powder - 1 tsp
- Black pepper/Kali mirch powder - 1/4 tsp
- Salt - to taste
- Coriander leaves/Hara dhaniya - a handful



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Aloo Paneer Bird Nest

Ingredients

- Green chilli/Hari mirchi - 2, finely chopped
- Vermicelli - as required

OTHER INGREDIENTS

- Oil - for frying
- Paneer - 1/4 cup, grated

Instructions

FOR PREPARING THE SLURRY

- Take maida, corn flour, salt, and red chilli flakes in a bowl. Add water gradually to prepare a lump-free slurry. Keep it aside.

FOR PREPARING THE PANEER BALLS :

- Take paneer in bowl. Prepare small, marble-sized balls with it. Keep it aside.

FOR PREPARING THE TIKKI

- Take boiled potato in a bowl. Add maida, bread crumbs, red chilli powder, black pepper powder, salt, coriander leaves, and green chilli. Mix well.
- Take a small, ball-sized portion and prepare a flat, round-shaped tikki. Likewise, prepare all the other tikkis.
- Dip tikki in the maida slurry and coat it all over with the slurry.
- Take vermicelli in a plate. Coat the slurry-dipped tikki in the vermicelli. press it between palms.
- Meanwhile, heat oil in a pan. Fry all the prepared tikkis on a medium flame. Flip it and fry it till it becomes golden on both sides.
- Once done, take out it out on a serving plate. Press in the centre of the tikki using a finger to make an indentation. Then put paneer balls on the tikki.
- 'Aloo Paneer Bird Nest' is ready to be served.

Tips

- The spiciness may be adjusted to taste.
- If desired, paneer balls may be added on the tikki.

Til Ke Laddoo

prepared by a Grandmom
Amruthavalli ji
From Karnataka

**A HEALTHY AND
NUTRITIOUS LADDOO**

**PREP TIME: 4 - 5 MIN
READY IN: 8 - 9 MIN
SERVING: 2**



Ingredients

- Sesame seeds/Til - 1 cup
- Dry coconut - 2 Tbsp, grated (optional)
- Khas khas/Poppy seeds - 1 Tbsp (optional)
- Jaggery/Gud - 1 cup
- Cardamom powder - 1 tsp
- Ghee - 2 Tbsp

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Til Ke Laddoo

Instructions

- In a pan, roast the sesame seeds on a low flame for 2 to 3 minutes until aromatic and spluttering. Stir it continuously, else it may burn. Turn off the flame and allow it to cool down.
- In another pan, roast the dry coconut on a low flame for a few seconds and add poppy seeds. Stir it continuously for a minute until aromatic.
- Grind the roasted sesame seeds and then add jaggery. Shake the mixer jar well to mix them and grind again.
- Transfer the mixture into a bowl and add roasted poppy seeds, roasted dry coconut, cardamom powder, and ghee. Mix the mixture well.
- Now, take a small portion of the mixture and give it a circular, ball shape. Continue the process until the mixture gets completely used up.
- Delicious 'Til Ke Laddoo' is/are ready to be served.

Tips

- It should be ensured to roast the ingredients on a low flame to avoid burning them.
- The roasted ingredients should be allowed to cool down before grinding.
- Ghee should be used to bind the mixture.
- The sweetness should be adjusted as required.
- The laddoo should be stored in an airtight container.

Tandoor Ki Pyaz Wali Roti

Prepared by a lovely mom
Aastha Thukral
From Delhi

**A POPULAR AND SUPER
TASTY ROTI**

PREP TIME: 4 - 5 MIN

READY IN: 8 - 9 MIN

SERVING: 2



Ingredients

- Wheat flour dough - as required
- Onion/Pyaz - 2, chopped
- Salt - to taste
- Lal mirch powder/Red chilli powder - 1 tsp
- Coriander leaves - as required



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Tandoor Ki Pyaz Wali Roti

Instructions

- Take a bowl. Put chopped onions and add salt, and red chilli powder in it. Mix well.
- Now add coriander leaves. Mix well again. The topping is ready.
- Take a medium-sized ball from the dough. Spread it a little with fingers.
- Place it on the topping. Then, apply some water on fingers. Press the dough down with wet fingers.
- Press and spread the dough until the topping sticks to the other side.
- Now apply the prepared dough onto the wall of a preheated tandoor. Roast it for 3 to 4 minutes.
- After 3 to 4 minutes, take it out. Grease it with butter and cut into pieces. 'Tandoor Ki Pyaz Wali Roti' is ready to be served with lassi and butter.

Tips

- Chopped green chilli can be added for topping.
- If a tandoor is not available, it can be made on a tawa, kadai, or pressure cooker.
- It is recommended to serve this dish with Homemade Butter | Lunya Ghee and Punjabi Lassi | Dhaba Style Lassi.

Punjabi Mooli Ka Paratha

prepared by a lovely mom
Vimla Nanda
From Punjab

**A SPICY, GRATED RADISH
STUFFED BREAD**

PREP TIME: 10 MIN
READY IN: 14 MIN
SERVING: 2



Ingredients

- Radish/Mooli - 1, grated
- Ginger/Adrak - 1 inch, grated
- Green chilli/Hari mirchi - 3 - 4, finely chopped
- Wheat dough - as required
- Salt - to taste
- Red Chilli Powder/Lal Mirchi Powder - to taste
- Mustard oil/Sarson ka tel - as required

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Punjabi Mooli Ka Paratha

Instructions

- Take mooli, ginger, and green chilli in a bowl. Squeeze the mooli juice completely by pressing it between palms. Transfer to a bowl.
- Take a small ball-sized dough. Dust it with flour and roll it. Add squeezed mooli mixture in the centre of the paratha. Sprinkle salt and red chilli powder on it.
- Join the edges and seal the paratha properly. Dust it with flour. Roll it into paratha.
- Meanwhile, heat a tawa. Cook the paratha on a hot tawa. Apply oil on both the sides and cook it on a medium flame.
- Once done, transfer to a serving plate.
- 'Punjabi Mooli Ka Paratha' is ready to be served.

Tips

- Salt should be added only at the time of adding mooli mixture in the paratha.
- The spiciness may be adjusted to taste.
- It is recommended to use ghee instead of mustard oil.

Ellu Bella

prepared by a lovely mom
Archana Chakravarthy
From Bangalore

**A TRADITIONAL SOUTH
INDIAN RECIPE**

**PREP TIME: 10 MIN
READY IN: 20 MIN
SERVING: 4**



Ingredients

- Roasted Til/Sesame seeds - 1 cup
- Roasted Mungfali/Peanuts - 1 cup
- Phutane ki dal/Gram dal/Daaliya Dal - 3/4 to 1 cup
- Dry coconut pieces - 3/4 cup
- Gud/Jaggery pieces - 3/4 cup
- Coloured Saunf/Fennel seeds - 1/2 cup
- Coloured Sugar balls - 1/2 cup

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Ellu Bella

Instructions

- Roast the sesame seeds till they emanate a nice aroma and peanuts in separate pans lightly on a low flame for 3 to 4 minutes.
- After the peanuts cool down, peel them. Roast the gram dal lightly for 1 minute and then roast small pieces of dry coconut for 2 minutes on a low flame.
- Cut the jaggery into small pieces in the same way as the dry coconut. In a bowl, put the sesame seeds, peanuts, gram dal, dry coconut, and jaggery pieces.
- Add the coloured fennel seeds and sugar balls and mix all together.
- Crunchy and colourful 'Ellu Bella' is ready to be served.

Tips

- The roasted peanuts should be placed in a cloth and pressed using a rolling pin. This is one of the ways of peeling them.
- Another way of peeling the roasted peanuts is by rubbing them between the palms.
- The sesame seeds should be continuously stirred while roasting, as they might splutter out of the pan.

Sukhdi

prepared by a lovely mom
Gopi Thakkar
From Gujarat

**A POPULAR AND SUPER
EASY SWEET**

PREP TIME: 1 - 3 MIN
READY IN: 10 - 12 MIN
SERVING: 2



Ingredients

- Wheat flour/Aata - 1 cup
- Ghee - as required
- Jaggery/Gud - 1 cup, grated
- Almond/Badam - for garnishing, chopped (optional)

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Sukhdi

Instructions

- Heat ghee in a kadai/wok.
- Add wheat flour in it and mix it well. Cook on a low flame for 5 to 6 minutes or till it becomes golden brown.
- Now, turn off the flame. Add grated jaggery and mix it properly.
- Transfer the mixture to a plate. Then, spread the mixture on the plate. Garnish it with chopped almond.
- Let it cool down slightly. While it is still warm, cut it into desired shape and size. Then, cool it for 10 minutes
- 'Sukhdi' is ready to be served.

Tips

- This sweet can be stored for 15 days in an airtight container.
- Any of the dry nuts can be used.
- The ratio of wheat flour and jaggery should be 1:1.

Hariyali Pulav

prepared by a lovely mom
Shveta Sheth
From **Mumbai**

**AN INDIAN STYLE GREEN-
COLOURED, AROMATIC,
HEALTHY RICE DISH**

PREP TIME: 5 MIN
READY IN: 15 MIN
SERVING: 2



Ingredients



FOR PULAV

- Oil - 1 Tbsp
- Cumin Seeds/Jeera - 1 tsp
- Bay Leaf/Tej Patta - 1
- Cinnamon Stick/Dalchini - 1 stick
- Clove/Lavang - 2
- Cardamom/Elaichi - 1
- Cashew/Kaju - 5 to 6, halved
- Onion/Pyaz - 1, sliced
- Cooked Rice - 1 to 2 cups
- Lemon Juice/Neebu ras - of 1/2 lemon

FOR GREEN PASTE

- Coriander Leaves - 1 cup, chopped
- Pudina/Mint Leaves - 1 cup
- Ginger - 1 inch
- Green Chilli - 1 (or to taste)
- Salt - to taste

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Hariyali Pulav

Instructions

FOR PREPARING GREEN PASTE

- Grind coriander leaves, mint leaves, ginger, green chilli, and salt to a paste.

FOR PULAV

- Heat oil in a pan. Add and roast cumin seeds, bay leaf, cinnamon stick, clove, cardamom, and cashews on a medium flame for 2 to 3 minutes.
- Add the prepared green paste and sauté it on a low flame for 2 to 3 minutes.
- Now, add onion and cook with the green paste.
- Add cooked rice in the pan. Mix it well. Add salt to taste.
- Cover the pan with a lid and cook the rice for 2 minutes. Turn off the flame. Then add lemon juice and transfer it to a serving plate.
- 'Hariyali Pulav' is ready to be served.

Tips

- Instead of oil, ghee can be used.
- Salt should be added in rice carefully, as the green paste is also salty.
- Cooked rice should be mixed with a light hand.
- This dish should be prepared on a low flame.

Kalmi Bade

prepared by a lovely mom
Mamta Dangayach
From Rajasthan

A POPULAR NORTH
INDIAN FOOD

PREP TIME: 720 MIN
READY IN: 730 MIN
SERVING: 8



Ingredients

- Yellow gram/Moong dal - 1 cup
- Split cow peas/Chhola dal - 1/2 cup
- Water - as required
- Red chilli powder/Lal mirchi powder - 1 tsp
- Salt - to taste
- Fennel seeds/Saunf - 1 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Ginger - 1 inch, grated
- Green chilli/Hari mirchi - 2, finely chopped
- Asafoetida/Hing - 1 tsp

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Kalmi Bade

Ingredients

FOR CURD

- Curd/Dahi - 2 cups
- Red chilli powder/Lal mirchi powder - 1 tsp
- Salt - to taste
- Powdered sugar - 2 Tbsp
- Roasted cumin seed powder/Jeera powder - 1 tsp
- Coriander leaves - a handful
- Green chutney - 1 tsp

Instructions

- Wash and soak moong dal and chhola dal for 5 to 6 hours. Add water gradually and grind it to a medium thick coarse/dardara paste.
- Transfer it to a bowl. Add red chilli powder, salt, fennel seeds, all spice mix powder, ginger, and green chilli. Add asafoetida in a little water and then add it to the batter. Mix well.
- Meanwhile, heat oil in a pan.
- Now take a wet muslin cloth. Take a small portion of batter on the wet cloth and spread it with fingers. Then, with a wet palm, slowly place it into the hot oil.
- While adding vada into the hot oil, keep the flame low, then fry it on a high flame.
- Fry it for 5 to 7 minutes till it turns brown. Once it is done, take it out on a paper napkin and let it cool down for 10 minutes.
- Take water in a bowl. Add salt and mix well. After 10 minutes, soak all the vadas for 2 to 3 hours in the salty water.
- After 2 to 3 hours, take them out and squeeze out the excess water from them. Set aside.

Kalmi Bade

Instructions

FOR PREPARING THE CURD

- Take curd in a cloth. Hang it for 2 hours and remove all the water. Then transfer it to a bowl. Beat it well and then add red chilli powder, salt, roasted cumin seed powder, and powdered sugar. Mix well.
- Arrange the prepared vada into a serving bowl. Pour curd on it. Sprinkle red chilli powder, and roasted cumin seed powder.
- Garnish it with coriander leaves and green chutney.
- 'Kalmi Bade' is/are ready to be served.

Tips

- The ratio of moong dal and chhola dal should be 2:1.
- To make the vada soft, the soaked dal should be ground to a coarse/dardara paste.
- The chhola dal is optional.
- Urad dal can be used instead of chhola dal.
- The asafoetida should be added in a little water and then added to the batter.
- The vada should be placed in hot oil with the flame kept low then fried with the flame kept high.
- To make the vadas soft, they should be soaked in salty water.

Peanut Coconut laddu

By Vijay Haldiya
Founder
Zayka Ka Tadka

**A PROTEIN-RICH, HEALTHY
SWEET DISH**

PREP TIME: 10 MIN

READY IN: 22 MIN

SERVING: 4



Ingredients

- Peanuts/Mungfali - 1 cup
- Jaggery/Gud - 1 cup, grated
- Desiccated coconut powder - 4 tsp (optional)
- Cardamom powder/Elaichi powder - 1/4 tsp
- Almond/Badam - 1 tsp, sliced
- Pistachio/Pista - 1 tsp, finely sliced
- Ghee - as required

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Peanut Coconut laddu

Instructions

- Heat a pan and add peanuts. Roast peanuts on a low flame for 8 to 10 minutes till their skin can be easily removed and they give off a nice aroma.
- Transfer roasted peanuts onto a napkin. Remove their skin by gently rubbing with hands. Use a sieve to separate peanuts from their skin.
- Grind peanut and jaggery in a grinding jar. Then transfer the mix to a bowl.
- Roast desiccated coconut powder for 4 to 5 minutes on a low flame.
- Add roasted coconut powder to the peanut mixture. Add cardamom powder, almonds, pistachios, and clarified butter. Mix it well.
- Bind the mixture to a round shape of desired size. Repeat the same process for all the other laddoos.
- Transfer it to a serving plate.
- 'Peanut Coconut Laddu' is ready to be served.

Tips

- The peanuts should be roasted till their skin can be easily removed and they turn aromatic.
- Instead of jaggery, powdered sugar can be used.
- Adding desiccated coconut powder is optional; it may be skipped if so desired.
- The ratio of peanuts to jaggery should be 1:1.

Moongdal Dhokla

prepared by a lovely mom
Mallika Arora
From Delhi

**AN EASY AND DELICIOUS
SNACK OPTION**

PREP TIME: 180 - 240 MIN
READY IN: 250 - 255 MIN
SERVING: 1 - 2



Ingredients

- Yellow gram/Moong dal - 1 cup
- Green chilli - 2, slit
- Ginger - 1/2 inch
- Turmeric powder/Haldi powder - a pinch
- Red chilli powder/Lal mirch powder - 1/2 tsp or to taste
- Salt - to taste

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Moongdal Dhokla

Ingredients

FOR TADKA

- Curry leaves - a few
- Oil - 1 Tbsp
- Mustard seeds/Rai - 1 tsp
- Green chilli - slit, as required
- Water - as required
- Lemon juice - of 1/2 lemon
- Sugar - to taste
- Coriander leaves - for garnishing

Instructions

FOR DHOKLA

- Wash and soak moong dal for 3 to 4 hours. Drain water and then add slit green chilli, salt, red chilli powder, turmeric powder, and ginger to it. Grind it to a fine paste.
- Now transfer the batter to a bowl. Beat the batter in one direction for 5 to 7 minutes to make it fluffy.
- Add fruit salt to the batter and mix it well. Now, grease a tray with oil. Pour the batter into the greased tray.
- Heat water in a pan. Place a stand in it. Cover the pan with the lid and steam it.
- Put the tray in the steamer pan, cover the pan with the lid and steam it for 10 to 15 minutes on a low to medium flame.
- After 10 to 15 minutes of steaming, take the pan out and let it cool down. Then de-mould the dhokla and cut into pieces.

Moongdal Dhokla

Instructions

PREPARING THE TADKA

- Take a tadka pan, add oil and heat it. Add mustard seeds and let it splutter. Then add split green chilli and curry leaves.
- Add water in it. Then add lemon juice, sugar, and salt. Bring to a boil. Now, turn off the flame.
- Pour the tadka on the dhokla.
- 'Moongdal Dhokla' is ready to be served.

Tips

- The fruit salt should be added in the mixture just before steaming.
- The dhokla should be placed in the steamer for steaming only after the water boils.
- An idli pan should be used to make this dhokla.
- The sweet and sour taste may be adjusted to one's preference.
- The spiciness can also be adjusted to taste.
- Sesame seeds can be added in the tadka.

Pesarattu Upma

prepared by a lovely mom
Sirisha Paravasthu
From Pune

**A QUICK AND EASY
BREAKFAST**

PREP TIME: 420 - 560 MIN
READY IN: 570 - 585 MIN
SERVING: 3 - 4



Ingredients

FOR UPMA

- Sooji/Semolina - 1 cup
- Mustard seeds/Rai - 1 tsp
- Cumin seeds/Jeera - 1 tsp + 1/2 tsp for topping
- Chana dal/Bengal gram - 2 tsp
- Green Chilli - 1, slit
- Curry leaves - a few
- Salt - to taste
- Kaju/Cashew nuts - 2 Tbsp, chopped
- Water - as required

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Pesarattu Upma

Ingredients

FOR PESARATTU

- Whole moong/Whole green gram - 1 cup, soaked
- Rice - 2 Tbsp
- Ginger - a ½-inch piece
- Green Chilli - 1, chopped

- Salt - to taste
- Water - as required

OTHER INGREDIENTS

- Ghee - as required
- Onion - as required, chopped

Instructions

FOR UPMA

- In a pan, dry roast the sooji for 2 to 3 minutes.
- Now, heat oil in a kadai/wok. Put the cumin seeds, mustard seeds, and Bengal gram. Sauté well.
- Then, add the chopped cashew nuts and roast them. Add slit green chilli and curry leaves. Sauté them.
- Add salt and water. Bring it to boil and add roasted sooji. Cover with a lid and cook for 4 to 5 minutes. Upma is ready.

FOR PESARATTU

- Soak the whole green gram and rice for at least 7 to 8 hours. Then drain the water and wash them.
- Now, take a grinder jar. Add soaked whole green gram, rice, salt, green chilli, and ginger. Grind to make a smooth paste. Transfer to a bowl.

Pesarattu Upma

Instructions

FOR PESARATTU UPMA

- Heat a tawa. Once the tawa is hot, pour a spoonful of batter and spread it to make a dosa. Cook it on a medium flame. Pour some ghee and cook it from one side.
- Sprinkle some cumin seeds and chopped onion. Then spread some prepared upma.
- Once done, fold it and take it out on a serving plate.
- 'Pesarattu Upma' is ready to be served.

Tips

- If not much time is available, hot water should be added for preparing the upma.
- It should be served hot for a better taste.
- Finely chopped green chilli and grated ginger can be used for topping.
- It is recommended to serve this dish with Coconut Chutney or Podi.

Rajma Masala

prepared by a lovely mom

Ani Setia

From Rajasthan

**A SPICY AND DELICIOUS
CURRY**

PREP TIME: 480 MIN

READY IN: 525 MIN

SERVING: 3



Ingredients

- Kidney beans/Rajma - 1 cup
- Oil - 1 Tbsp
- Cumin seeds/Jeera - 1 tsp
- Clove/Lavang - 2
- Bay Leaf/Tej Patta - 2
- Black cardamom/Badi elaichi - 1
- Coriander Powder/Dhaniya Powder - 2 tsp
- Onion/Pyaz - 1, finely chopped
- Salt - to taste
- Ginger - a 1-inch piece
- Green chilli/Hari mirchi - 2
- Garlic - 3 cloves

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Rajma Masala

Ingredients

- Red chilli powder/Lal mirchi powder - 1 tsp
- Tomato puree/Tamatar - of 1 tomato
- Water - as required
- All spice mix powder/Garam masala - 1/2 tsp

Instructions

- Soak rajma overnight. Add salt and then cook it in a pressure cooker for 20 to 25 minutes on a low flame.
- Prepare ginger, green chilli, and garlic paste in mortar pestle.
- Heat oil in a pan. Add cumin seeds, clove, bay leaf, big cardamom, coriander powder. Roast well.
- Now add onion. Sauté it. Then add salt and prepared ginger green chilli garlic paste. Mix well.
- Add some more coriander powder and red chilli powder. Mix well.
- Then add tomato puree. Mix well. Add cooked rajma with its water and add some mashed rajma. Mix well.
- Add some water and cook rajma for 15 to 20 minutes till all the water evaporates. Adjust the consistency as required.
- Now add all spice mix powder. Mix well.
- 'Rajma Masala' is ready to be served.

Tips

- To get the authentic taste, the coriander powder should be roasted.
- Rajma should be overcooked.
- Two pinches of baking soda should be added to cook rajma faster.
- The cooked rajma should be added with its water.

Raw Banana Bajji

prepared by a lovely mom
Archana Chakravarthy
From Bangalore

AN EASY SNACK

PREP TIME: 10 MIN
READY IN: 20 MIN
SERVING: 3



Ingredients

- Kachcha kela/Raw banana (Plantain) - 1 no
- Besan/Gram flour - 1 cup
- Rice flour - 1/4 cup or 2 Tbsp
- Oil - for frying
- Ajwain/Carom seeds - 1/2 tsp
- Turmeric/Haldi powder - 1/2 tsp
- Salt - to taste
- Lal mirch powder/ Red chilli powder - 1 to 1&1/2 tsp
- Asafoetida/Hing powder - 1 pinch
- Cumin seeds/Jeera - 1/2 tsp
- Water - as required

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Raw Banana Bajji

Instructions

- Peel the raw banana and cut horizontally into circular diskettes or vertically into long slices.
- In a bowl, add gram flour, rice flour, carom seeds, turmeric powder, salt, red chilli powder, 1 pinch hing powder, and cumin seeds.
- Mix the flour and spices together. Keep adding water slowly and keep mixing so that lumps do not form.
- The batter is ready. It should be of thick consistency (yet not too runny) so that the raw banana dips and gets coated evenly with the batter.
- Put the batter coated raw banana in the hot oil and fry it evenly on both the sides on a medium flame.
- Tasty 'Raw Banana Bajji' is ready to be served.

Tips

- The pieces of the raw banana should be put in saltwater so that they do not turn black.
- Rice flour gives a nice crunchiness to the dish.
- The carom seeds should be crushed with hands and added to the batter.
- To test the hot oil, a small quantity of batter should first be put into it.
- The soaked raw banana pieces must be drained properly before frying.
- If required, red chilli powder can be replaced with green chillies.

Sigdi Wali Moti Roti

prepared by a lovely mom
Rekha Poddar
From Rajasthan

**A TRADITIONAL STYLE
ROTI**

**PREP TIME: 5 MIN
READY IN: 8 MIN
SERVING: 1**



Ingredients

- Dough/Aata - as required
- Ghee - as required

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Sigdi Wali Moti Roti

Instructions

- Heat a clay tava on sigdi.
- Take a big ball-sized dough. Dust it with flour. Roll it and prepare a thick roti.
- Place the roti on the tava. Keep the flame of sigdi uniform to cook the roti well.
- Flip it when light brown spots appear. Cook the other side.
- Pick the roti with a tong and cook on direct flame from both the sides until it turns brown and puffed well.
- Transfer it to a serving plate. Apply ghee on the roti.
- 'Sigdi Wali Moti Roti' is ready to be served.

Tips

- The flame of the sigdi should be kept uniform to cook the roti well.

Spicy Potato Sandwich

prepared by a lovely mom
Kiran Poddar
From Rajasthan

A QUICK AND EASY SANDWICH

PREP TIME: 5 MIN

READY IN: 8 MIN

SERVING: 1



Ingredients

- Boiled Potato/Aloo - 1, mashed
- Onion/Pyaz - 1, finely chopped
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 1/2 tsp
- Black Salt/Kala namak - 1/4 tsp
- Black pepper powder/Kali mirchi powder - 1/2 tsp
- All spice mix powder/Garam masala - 1/4 tsp
- Chaat masala - 1/4 tsp
- Butter - as required
- Bread - 2 slices



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Spicy Potato Sandwich

Instructions

- Take mashed potato in a bowl. Add onion, salt, red chilli powder, black salt, black pepper powder, all spice mix powder, and chaat masala. Mix well.
- Take a bread slice and spread the potato mixture on it. Cover it with another bread slice.
- Meanwhile, heat a tawa. Grease it with butter.
- Roast the sandwich from both sides by pressing it on the tawa. Once the sandwich turns nice golden brown, transfer to a serving plate.
- 'Spicy Potato Sandwich' is ready to be served.

Tips

- Ghee can be used instead of butter.
- If required, paneer or cheese can be added.

Aloo Palak Ki Sabji

By Vijay Haldiya
Founder
Zayka Ka Tadka

A DRY AND TASTY SIDE DISH

PREP TIME: 4 - 5 MIN
READY IN: 8 - 9 MIN
SERVING: 2



Ingredients

- Oil - 1 Tbsp
- Cumin seeds/Jeera - 1 tsp
- Asafoetida/Hing - a pinch
- Garlic - 3 - 4 cloves, chopped
- Onion/Pyaz - 1 big, finely chopped
- Dry red chilli/Sukhi lal mirchi - 2
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1 tsp
- Boiled potato/Aloo - 3, peeled and diced
- Spinach/Palak - 1 bunch
- Salt - to taste

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Aloo Palak Ki Sabji

Ingredients

- Turmeric powder/Haldi powder - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Cumin seeds powder/Jeera powder - 1 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Lemon juice/Neebu ras - of 1/2 lemon

Instructions

- Take washed spinach. Chop it and keep it aside.
- Heat oil in a pan. Add cumin seeds, asafoetida, garlic, and onion. Mix well. Sauté it for 2 minutes.
- Then add dry red chillies and ginger-green chilli paste. Mix well.
- Add potatoes. Mix well. Sauté it till it becomes crispy. Then add spinach. Mix well.
- Now add salt, turmeric powder, coriander powder, jeera powder, all spice mix powder, and red chilli powder. Mix well.
- Cook it for 2 minutes. Now turn off the flame. Then add lemon juice. Mix well. Take out it into a serving bowl.
- 'Aloo Palak Ki Sabji' is ready to be served.

Tips

- Ginger-green chilli paste should be added only when the onion is cooked; otherwise, it turns black in colour.
- Raw potatoes can be added instead of boiled potatoes.
- Spinach should not be overcooked; otherwise, it turns black in colour.
- If the sabji is being cooked in a pan, it should not be covered with a lid, to maintain the green colour of spinach.
- Lemon juice should be added to maintain the green colour of spinach.

Sooji Papad Chaat

prepared by a lovely mom
Sangeeta Kothari
From Bihar

**A QUICK AND TASTY
CHAAT RECIPE**

PREP TIME: 600 MIN

READY IN: 610 - 615 MIN

SERVING: 3 - 4



Ingredients

FOR CHAAT

- Soaked white peas - 1 cup
- Salt - to taste
- Mustard oil/Sarson tel - 1 to 2 Tbsp
- Cumin seed/Jeera - 1 tsp
- Onion/Pyaz - 1, chopped
- All spice mix powder/Garam masala - 1/2 tsp
- Tomato puree - 1 cup
- Red chilli-Ginger-Garlic paste - 1 Tbsp
- Turmeric powder/Haldi powder - 1 tsp

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Sooji Papad Chaat

Ingredients

- Water - as required
- FOR SOOJI PAPAD**
- Semolina/Sooji - 1 cup
- Salt - to taste
- Nigella Seeds/Kalonji - 1/2 tsp
- Water - as required
- Oil - for frying
- FOR GARNISHING THE CHAAT**
- Onion/Pyaz - 1, finely chopped
- Curd - as required
- Nylon sev/Zero number sev - as required for garnishing
- Imli chutney - 1 & 1/2 Tbsp
- Green chutney/Dhaniya chutney - 1 & 1/2 Tbsp
- Masala mix (roasted cumin seed powder, salt, chaat masala, red chilli powder) - to taste

Instructions

FOR CHAAT

- Heat oil in a pressure cooker, put cumin seeds, chopped onion, red chili-ginger-garlic paste, tomato puree, turmeric powder, and salt one by one. Mix them and sauté for a few minutes. Now, add all spice mix powder, soaked white peas, and water.
- Then, close the pressure cooker and let it cook for 3 to 4 whistles. After 3 to 4 whistles, the chaat is ready. It may however require more whistles to cook the white peas.

FOR SOOJI PAPAD

- In a bowl, add semolina, nigella seeds, and salt. As required, add water and prepare a dough. Knead it well. Keep it aside.
- Now, take a small-sized dough and roll it into a round shape like a poori.
- Meanwhile, heat oil in a kadai/wok. After the oil is hot, put the prepared sooji papad into oil and fry until it turns golden brown. Fry on a medium to high flame.
- After it turns golden, transfer it to a plate.

Sooji Papad Chaat

Instructions

FOR GARNISHING THE CHAAT

- Coat sooji papad in curd from both sides and place it on the plate.
- Spread matar chaat on it. Garnish it with chopped onion, imli chutney, green chutney, imli chutney, masala mix, and nylon sev.
- 'Sooji Papad Chaat' is ready to be served.

Tips

- The spiciness may be adjusted as required.
- It is recommended to prepare this recipe using Tamarind Chutney and Green Chutney | Hari Chutney | Coriander Chutney.

Methi Ka Paratha

prepared by a lovely mom
Mridula Ameriya
From Rajasthan

**A HEALTHY, TASTY, AND
FLAKY INDIAN FLATBREAD**

PREP TIME: 35 MIN
READY IN: 40 MIN
SERVING: 2



Ingredients

- Whole wheat flour/Gehu ka aata - 1 cup
- Pearl Millet Flour/Bajre ka aata - 2 tsp
- Gram flour/Besan - 2 tsp
- Fenugreek leaves/Methi - 3/4 cup, finely chopped
- Spinach/Palak - 1/4 cup, finely chopped
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1/2 tsp

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Methi Ka Paratha

Ingredients

- Sesame seeds/Til - 1 tsp
- Fennel seeds/Saunf - 1/2 tsp
- Asafoetida/Hing - a pinch
- Water - as required
- Ghee - 1 tsp + as required
- Salt - as required
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp

Instructions

- Take whole wheat flour in a bowl. Add pearl millet flour, gram flour, fenugreek leaves, spinach, sesame seeds, ginger-green chilli paste, fennel seeds, asafoetida mixed in a little water, and ghee. Mix well.
- Add salt, red chilli powder, turmeric powder, coriander powder. Mix well. Add water gradually to prepare a hard-consistency dough. Let it rest for 30 minutes.
- If it becomes soft after 30 minutes of rest, add some whole wheat flour and knead it again.
- Take a ball-sized dough and dust it with flour. Prepare a small paratha from it. Apply ghee on the paratha. Fold it and apply ghee again. Now fold it again to make a triangle-shaped paratha.
- Dust it again with wheat flour and roll out a paratha from it.
- Meanwhile, heat a tawa. Grease it with ghee. 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 it.
- Once it is done, take it out on a serving plate.
- 'Methi Ka Paratha' is ready to be served.

Tips

- Oil can be added instead of ghee.
- Water should be added gradually to knead the dough.
- After 30 minutes of rest, if the dough becomes soft, some whole wheat flour should be added to it and then kneaded again.
- If desired, malai or curd can be used for kneading the dough.

2 Types of Thepla

prepared by a lovely mom
Shveta Sheth
From Mumbai

**THE PERFECT INDIAN
FLATBREADS FOR
BREAKFAST**

PREP TIME: 10 MIN
READY IN: 15 MIN
SERVING: 4 - 5



Ingredients

FOR GHEEYA/LAUKI THEPLA

- Whole wheat flour/Gehun atta - 1 cup
- Bottle gourd/Gheeya/Lauki - 1/2 cup, grated
- Gram flour/Besan - 1 Tbsp
- Carom seeds/Ajwain - to taste
- Sesame seeds/Til - to taste
- Coriander leaves - chopped, as required
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1/4 to 1/2 tsp

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2 Types of Thepla

Ingredients

- Turmeric powder/Haldi powder - 1/4 tsp
- Coriander seed-Cumin seed powder - 1/2 tsp
- Green chilli-ginger paste/Hari mirch-Adrak paste - 1/2 tsp
- Oil - as required
- Water - as required
- **FOR METHI THEPLA**
- Whole wheat flour/Gehun atta - 1 cup
- Sesame seeds/Til - to taste
- Oil - as required
- Green chilli-ginger paste/Hari mirch-Adrak paste - 1/4 to 1/2 tsp
- Fenugreek leaves/Methi - 1/2 cup, chopped
- Salt - to taste
- Red chilli power/Lal mirch powder - to taste
- Turmeric powder/Haldi powder - 1/4 tsp
- Coriander seed-Cumin seed powder - 1/4 to 1/2 tsp
- Water - as required

Instructions

FOR MAKING GHEEYA/LAUKI THEPLA

- In a bowl, add whole wheat flour, grated gheeya, and besan. Rub the carom seeds in palms and then add them.
- Then, put the sesame seeds, coriander leaves, salt to taste, red chilli powder, turmeric powder, coriander seed-cumin seed powder, ginger-green chilli paste and 1 Tbsp oil.
- Add water and knead a dough of medium consistency. Apply oil on palms, knead it and keep it ready.
- Take a small portion of the dough. Roll it with light hands to make a thin thepla. Heat the tava on low flame. Place the thepla on the tava and turn the flame to high.
- Roast it from one side. Flip it and apply 1 to 2 tsp of oil. As it roasts from the other side, flip it again and apply oil. Press from all the sides with the spatula.
- Cook from both the sides. Take it out on a plate and turn the flame from high to low.

2 Types of Thepla

Instructions

FOR MAKING METHI THEPLA

- In a bowl, add whole wheat flour, sesame seeds, green chili-ginger paste, chopped methi leaves, salt to taste, and red chilli powder.
- Then, add turmeric powder, coriander seed-cumin seed powder, and 1 Tbsp of oil. Add water and knead a dough of medium consistency.
- Take a small portion from the dough. Roll with light hands to make a thepla. Place it on the tava. Turn the flame to high. Roast from one side.
- Flip and apply 1 to 2 tsp of oil. Flip again, apply oil and press lightly on all the sides with the spatula. Cook from both the sides. Take it out on a plate.
- The '2 Types of Thepla' are ready to be served.

Tips

- The gheeya/bottle gourd should be freshly grated for making the thepla or it will turn black in colour.
- In place of ginger-green chilli paste, grated ginger can be added.
- It is recommended to use iron tava while making the theplas.
- For methi thepla, the methi leaves should be washed and then chopped.
- The dough of the methi thepla should be rested for 15 to 20 minutes so that the thepla becomes soft.
- If a thin rolling pin is used, the thepla becomes thin.
- Using more oil while cooking the thepla increases its shelf life.



Zayka
Ka
Tadka

**Enjoy
Thank You!**