



February 2022

zayka ka tadka

Unedited live
recipes



जो दिखता है !
वही बनता है !!

LIVE FROM THE KITCHENS OF MOMS OF
INDIA

ISSUE NUM: 18

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Founder's Words



Namaskar!

We arrive at yet another month in the New Year so quickly!

Hope all our dear viewers are doing well and enjoying the beautiful winter season with their families! We welcome the special month of February with loads of smiles. We are here with yet another edition of Zayka ka Tadka Magazine with exciting recipes.

In this magazine, we bring to you some super tasty, easy and healthy recipes suitable for the winter season.

Do try the recipes in this edition, share with your friends and family and let us know your feedback. Your feedback, comments and suggestions keep inspiring us.

We thank all of you for your love and encouragement and look forward to a great journey ahead!

Yours Sincerely,

Vijay Haldiya & Zayka Ka Tadka Team



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Vrat Wali Green Chutney



THE BEST SIDE DISH FOR MEALS DURING FASTING

BY VIJAY HALDIYA,

FOUNDER,

ZAYKA KA TADKA

Prep Time

5 mins

Ready In

5 mins

Servings

3 - 4

Ingredients

Coriander leaves - a bunch (washed and chopped)

Green chillies - 2, chopped

Ginger - a 1-inch piece, chopped

Water - as required

Peanuts/Mungfali - 1/4 cup, roasted

Rock salt/Sendha namak - to taste

Lemon juice - of 1/2 lemon

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Vrat Wali Green Chutney

Directions

- Take coriander leaves, green chillies, ginger, peanuts, rock salt, and lemon juice. Add a little water in a grinding jar and grind them to a paste.
- Add a few drops of water if required and grind it again. Adjust the consistency. Transfer it to a serving bowl.
- 'Vrat Wali Green Chutney' is ready to be served.

Tips

- Coriander leaves should be used along with their thin stems.
- Instead of roasted peanuts, raw peanuts can be used.
- The consistency of the Chutney may be adjusted to choice.
- Any ingredients which are not preferred during fasting may be skipped.
- Instead of lemon juice, curd may be added.

Sabut Gehu Ka Halwa



AN HEIRLOOM DESSERT

BY JAMUNA BAGHLA, MONALISA AGARWAL, LOVELY MOMS, FROM
KOLKATA

Prep Time

1140 mins

Ready In

1455 mins

Servings

2

Ingredients

Whole wheat/Sabut gehu - 1
cup

Ghee - as required

Milk - 1 and 1/2 cups

Jaggery/Gud - 3/4 cup

Black pepper powder/Kali mirch
powder - 1/2 tsp

Cardamom powder/Elaichi
powder - 1/2 tsp

Saffron/Kesar - 6 - 7 strands
soaked in milk (optional)

FOR GARNISHING

Almond/Badam - 4-5, sliced

Pistachio - 5-6, sliced

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Sabut Gehu Ka Halwa

Directions

- Soak whole wheat for 24 hours. After 24 hours, drain all water and transfer it into a mixture jar. Grind it and prepare a thick paste by adding water gradually.
- Heat ghee in a pan. Add the prepared ground wheat paste. Roast it on a low flame for 15 minutes. Stir it continuously.
- In between, after every 2 to 3 minutes, add some ghee while roasting. After 15 minutes, when it leaves ghee and turns into a nice golden-brown colour, add milk. Mix well.
- Now add jaggery. Mix well. Roast it on a medium flame. Keep stirring. Add black pepper powder and cardamom powder. Mix well.
- Roast it till leaves ghee. Once done. Add soaked saffron. Mix well.
- Take out it into a serving bowl. Garnish it with almond and pistachio.
- 'Whole Wheat Kernel Halwa | Sabut Gehu Ka Halwa' is ready to be served.

Tips

- The halwa should be stirred continuously while roasting.
- This halwa can be stored in a refrigerator for 10 days.
- The ratio of wheat to milk should be 2:3.
- The ratio of wheat to jaggery should be 4:3.

Moong Dal Pakode



A POPULAR AND MOUTH-WATERING SNACK

BY ANITA SHARMA, A LOVELY MOM, FROM JODHPUR

Prep Time
480 mins

Ready In
484 mins

Servings
3

Ingredients

Moong dal/Yellow lentils - 1/2 cup
Water - as required
Green chilli/Hari mirchi – 3, finely chopped
Coriander leaves - a handful
Coriander seeds - 1 tsp
Salt - as required

Spring onion/Hara pyaz - 1 cup, finely chopped (optional)
Ginger - 1 inch, grated
Red chilli powder/Lal mirch powder - 1 tsp
Asafoetida/Hing - a pinch
Oil - as required

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Moong Dal Pakode

Directions

- Soak moong dal in enough water overnight.
- Remove its water. Grind it to a paste. Transfer it to a bowl. Then add green chilli, coriander leaves, coriander seeds, spring onion, ginger, salt, red chilli powder, and hing. Mix well. Then add spring onion little by little, as it leaves water.
- Meanwhile, heat oil in a pan. Take a small, ball-sized moong dal mixture and drop it into the hot oil.
- While adding pakoda to hot oil, keep the flame high. When the pakodas come up they should be fried on a medium flame.
- Stir it occasionally and fry it until golden and crispy.
- Transfer the pakoda onto a tissue paper to remove its excess oil.
- Delicious 'Moong Dal Pakode' is ready to be served.

Tips

- Moong dal can be soaked for 2 to 3 hours.
- Ginger can be added while grinding moong dal.
- Spring onion can be skipped.
- While adding pakoda to hot oil, the flame should be kept high. When pakodas come on the top surface of the oil, they should be fried on a medium flame.

Besan Palak Chilla



A HEALTHY AND TASTY DISH

BY SHVETA SHETH, A LOVELY MOM, FROM MUMBAI

Prep Time
5 mins

Ready In
15 mins

Servings
3

Ingredients

Gram flour/Besan - 1 cup
Rice flour/Chawal ka aata - 2 tsp
Water - as required
Salt - to taste
Turmeric /Haldi powder - 1/2 tsp
Red chilli powder/Lal mirch powder - 1 tsp
Coriander leaves - a handful

A Onion/Pyaz - 1, finely chopped
Carrot - 1, grated
Tomato - 1, finely chopped
Ginger - 1 inch, grated
Green chillies - 2 grated
Spinach/Palak - 1 bunch
Ghee - as required
Grated cheese - as required

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Besan Palak Chilla

Directions

- Take washed spinach. Chop it and keep it aside.
- Take gram flour and rice flour in a bowl. Add water gradually to prepare a lump-free and thick consistency batter.
- Now add salt, turmeric powder, and red chilli powder. Mix well. Add some drops of water.
- Then add coriander leaves, onion, carrot, tomato, ginger, green chilli, and spinach. Mix well. Add a little water. Mix well and prepare a flowing-consistency batter.
- Meanwhile, heat a tawa. Grease it with ghee. Pour the batter on the tawa and spread it like a small pancake. Pour some drops of ghee on it. Cook it on a low flame for 5 minutes.
- Flip it to cook the other side as well on the low flame for 5 minutes more.
- Once it is cooked on both sides, transfer it to a serving plate. Garnish them with cheese.
- 'Besan Palak Chilla' is ready to be served.

Tips

- Rice flour should be added to make chilla crispy.
- Vegetables can be added as per choice and availability.
- Oil can be used instead of ghee.
- The Chilla can be prepared in the desired size.

Coconut Laddu



A TRADITIONAL INDIAN SWEET BALL

BY ANI SETIA, A LOVELY MOM, FROM RAJASTHAN

Prep Time
10 mins

Ready In
10 mins

Servings
5

Ingredients

Desiccated coconut - 1 cup + for coating

Condensed milk - 1 and a 1/2 Tbsp

Cashew/Kaju - 4-5, chopped

Pistachio - 4-5, sliced

Cardamom powder/Elaichi powder - 1/2 tsp

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Coconut Laddu

Directions

- Take desiccated coconut in a bowl. Add condensed milk. Mix well.
- Check the condensed milk by binding the mixture. If it binds, the condensed milk is perfect; else, add more condensed milk.
- Now add cashew, pistachio, and cardamom powder. Mix well.
- Now take a small, ball-sized part, roll it between your palms, and make a round-shaped laddu.
- Then roll the laddu in the desiccated coconut. Likewise, prepare all the laddus. Take them out onto a serving plate.
- 'Coconut laddu' is ready to be served.

Tips

- It is recommended to prepare this recipe using [Homemade Condensed Milk](#).
- The condensed milk should be checked by binding the mixture. If it binds, the condensed milk is perfect; else, add more condensed milk.

Sabudana Khichdi



A VERY SIMPLE DISH, OFTEN MADE DURING THE FASTING SEASON
BY RITA KETAN DEDHIA, A LOVELY MOM, FROM MUMBAI

Prep Time
5 mins

Ready In
10 mins

Servings
3

Ingredients

Sabudana/Sago/Tapioca pearls - 1
bowl/2 cups
Oil - 2 Tbsp
Cumin seeds/Jeera - 1/2 tsp
Curry leaves - 6 or 7
Green chillies - 1 small (or as
required)

Salt - to taste
Roasted peanut powder - 1/2
Tbsp, roughly crushed
Tomato - 1 small-sized
Coriander leaves - 1 tsp
Curry leaves - 6 or 7

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Sabudana Khichdi

Directions

- Take the sabudana in a bowl.
- To get rid of the starch, rinse it until the water turns clear. This is a key step before soaking the sabudana.
- Always use a 1:1 ratio of sabudana and water. So, for 1 cup of sabudana, use 1 cup of water for soaking.
- Soak the sabudana for 5 to 6 hours and sprinkle water over it after every 2 hours.
- Press a pearl of the sabudana to check if it has been properly soaked. You should be able to smash it easily.
- Heat oil in a pan on a medium flame and add cumin seeds. Let it sizzle for a few seconds.
- Then add curry leaves and green chilli. Let them sizzle.
- Meanwhile, add salt and crushed roasted peanut powder to the sabudana bowl and mix well.
- Peanut powder is prepared by coarsely grinding roasted peanuts.
- Now add the coated sabudana to the pan and mix it well.
- Add tomatoes and sauté it. Keep the flame low.
- Add coriander. Mix it well.
- Do not cook it for a long time else it will stick. Stir once or twice and turn off the flame.
- 'Delicious Sabudana Khichdi' is ready to be served.

Sabudana Khichdi

Tips

- A 1:1 ratio of sabudana and water should always be used. So, for 1 cup of sabudana, use 1 cup of water for soaking. A lot of water will result in a clump and make a gloopy mess!
- Once sabudana is added, it should not be cooked or stirred for too long; otherwise, it will stick together.
- It should be served warm with chilled yogurt.

Chunky Fruity Smoothie



A DELICIOUS AND HEALTHY DRINK

BY SURBHI GUPTA, A LOVELY MOM, FROM DELHI

Prep Time
60 mins

Ready In
65 mins

Servings
1-2

Ingredients

Apple - ½, chopped
Kiwi - 1/2 to 1, chopped
Sugar - 2 tsp
Doodh/Milk - 1 cup
Soaked chia seeds - 1 Tbsp
Strawberry syrup - 1 Tbsp

Kaju/Cashew - as required,
chopped
Badam/Almonds - as required,
chopped
Akhrot/Walnuts - as required,
chopped

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Chunky Fruity Smoothie

Directions

- Soak the chia seeds for an hour. In a grinder, grind chopped apples, chopped kiwi, sugar, and a little milk.
- Now , add some chopped cashews, almonds, and walnuts. Add remaining milk and grind them again.
- Take a serving glass, put soaked chia seeds. Then, pour strawberry syrup and sprinkle some chopped cashews, almonds, and walnuts.
- Now, add some chopped kiwi and pour the smoothie mixture.
- Garnish it with some chopped cashews, almonds, walnuts, soaked chia seeds, chopped kiwi, and strawberry syrup.
- 'Chunky Fruity Smoothie' is ready to be served.

Tips

- Sweetness may be adjusted to taste.
- This smoothie can be made with one fruit or more than one fruit.
- Fruits of choice may be added.
- Instead of strawberry syrup, any syrup can be taken.

Khatta Meetha Nimbu Ka Achar



A DELECTABLE BALANCE OF SWEET AND SOUR TASTES
BY VIJAY HALDIYA, FOUNDER, ZAYKA KA TADKA

Prep Time
5 - 7 mins

Ready In
10-15 mins

Servings
4 - 5

Ingredients

Lemon/Nimbu/Neebu - 500 grams	Black salt/Kala namak - 1 tsp
Salt - 4 tsp	Black pepper powder/Kali mirch powder - 1 tsp
Jaggery/Gud - 1/2 cup, grated	Carom seeds/Ajwain - 1 tsp
Sugar - 1 cup	All spices powder/Garam masala - 1 tsp
Red chilli powder/Lal mirch powder - 2 tsp	Water - 1 cup
Coarsely crushed roasted cumin seeds - 1 tsp	

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Khatta Meetha Nimbu Ka Achar

Directions

- Rinse the lemons in water first and then wipe them thoroughly with a kitchen towel or cloth.
- Cut the lemons into pieces as per your choice and remove the seeds. Add salt and mix them well. Fill the lemons in a jar or a container and keep it in sunlight or inside for 3 to 4 days. Keep shaking the jar from time to time every day.
- After 3 - 4 days, the lemons will get soft. Then take a kadai/wok. Put water in it and add sugar and grated jaggery. Bring to a boil. Then add red chilli powder, black salt, black pepper powder, carom seeds, roasted cumin seeds, and garam masala. Mix them well and keep stirring the mixture.
- After 2 - 3 minutes, add lemons and mix them well. After a boil, switch off the gas. Allow it to cool.
- Once it cools down completely, transfer it to a glass jar. Cover tightly with a lid.
- 'Khatta Meetha Nimbu Ka Achar' is ready to be served with roti/parathas/dal-chawal.

Khatta Meetha Nimbu Ka Achar

Tips

- A quarter teaspoonful of asafoetida/hing can be added to enhance the taste of this achar and make it more flavourful.
- As this is a pickle, a little more salt should be added to it.
- The lemons should be washed and dried before making the pickle.
- The ratio of lemon and sweetness should be kept as 1:1.
- Sugar or jaggery is optional.
- This pickle can be preserved by the refrigeration method also.
- The lemon should be thin-skinned.

Wagharelli Rotli



ONE OF GUJARAT'S MOST COMMON BREAKFAST OPTIONS
BY SHRADDHA THAKRAR, A LOVELY MOM, FROM GUJARAT

Prep Time
2 - 3 mins

Ready In
6 - 7 mins

Servings
1

Ingredients

Leftover roti/Chapati - 2	Asafoetida/Hing powder - a pinch
Onion - 1 small, chopped (optional)	Coriander leaves - as required
Dahi/Curd/Thick buttermilk - 1 cup	Haldi powder/Turmeric powder - 1/4 tsp
Oil - 1 tsp	Garlic - 2 cloves, chopped
Mustard seeds/Rai - 1/4 tsp	Jaggery/Jaggery powder - 1 tsp
Cumin seeds/Jeera - 1/4 tsp	(optional)

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Wagharelli Rotli

Ingredients

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

Coriander seed powder/Dhaniya
powder - 1/4 tsp

Cumin seed powder/Jeera powder
- 1/4 tsp

Salt – to taste

Directions

- Heat oil in a pan. Add mustard seeds, cumin seeds, hing, garlic, and onion .
- Cut the leftover rotis into medium pieces and add them in the tadka. Then sauté them for 2-3 mins on high flame. After this, transfer them to a bowl and keep aside.
- Now, in the same pan, pour the whisked curd and turn off the gas. Add salt, turmeric powder, red chilli powder, dhaniya powder, jeera powder, jaggery powder, and coriander leaves. Mix it well. Then, turn on the flame and stir the mixture continuously for 2-3 mins till it starts boiling.
- Then add sautéed rotis, mix well, boil them. Transfer the rotis to a bowl and garnish with coriander leaves.
- 'Wagharelli Rotli' is ready to be served.

Wagharelli Rotli

Tips

- It is recommended to use leftover roti for better taste, as fresh roti will become soggy.
- The pieces of rotis should be roasted to avoid their soggy.
- If roti is already greased with ghee, less oil should be used to roast the pieces of rotis.
- It should be ensured to switch off the flame while adding curd.

Lapsi Kheer



A RICH AND DELICIOUS SWEET TREAT

BY NEHA MITKARI,

A LOVELY MOM,

FROM THANE

Prep Time

3 - 4 mins

Ready In

10-12 mins

Servings

1 - 2

Ingredients

Ghee - 2 Tbsp

Broken wheat/Daliya - 1 cup

Hot water - as required

Almond/Badam - 1 Tbsp, chopped +
for garnishing

Raisins/Kishmish - 1 Tbsp

Milk - 1/2 cup

Jaggery/Gud - 1/2 cup,
chopped/grated

Rose petals - 4 to 5 + for
garnishing

Nutmeg powder/Jaifal powder -
1/4 tsp

Cardamom powder/Elaichi
powder - 1/4 tsp

Pistachio/Pista - for garnishing,
chopped

Cashew/Kaju - 1 Tbsp

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Lapsi Kheer

Directions

- Heat ghee in a kadai/wok. Add chopped almonds and chopped cashews. Roast them well.
- Now, add raisins and daliya. Roast it until its colour changes to pink.
- Then, add hot water and stir it well. Cover and cook it for 3 to 4 minutes.
- Add milk in it and stir it well. Now, cover and cook it for half a minute.
- Now, add jaggery and mix it well. Add cardamom powder, nutmeg powder, and rose petals in it. Mix it and bring to a boil.
- Transfer it to a serving bowl. Garnish it with chopped almonds, chopped pistachios, and rose petals.
- 'Lapsi Kheer' is ready to be served.

Tips

- Dry fruits of choice can be used.
- The sweetness may be adjusted to taste.
- If required, it can be made in a pressure cooker.
- Jaggery should be used in powder form.
- Milk can be used instead of water.
- The consistency of the kheer may be adjusted as required.

Mix Veg Sewaiyan Upma



A SPICY AND SAVOURY SNACK

BY ARCHANA CHAKRAVARTHY, A LOVELY MOM, FROM KARNATAKA

Prep Time
5 mins

Ready In
15 mins

Servings
3

Ingredients

Oil - 4 tsp
Chana dal/Bengal Gram - 1 tsp
Black gram/Urad dal - 1 tsp
Mustard seeds/Rai - 1 tsp
Turmeric powder/Haldi powder -
1/2 tsp
Asafoetida/Hing - a pinch
Green chillies - 3, slit
Curry leaves - a few
Ginger - 1 inch, grated

Onion/Pyaz - 2, sliced
Carrot - 1, finely chopped
Beans - 1/4 cup, finely chopped
Green peas/Matar - 1/4 cup
Salt - to taste
Vermicelli/Sewaiyan - 1 cup
Water - 1 & 1/2 cup

FOR ROASTING CASHEW

Oil - 1 tsp
Cashew/Kaju - 6 - 7, halved

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Mix Veg Sewaiyan Upma

Directions

- Roast the vermicelli on a low flame for 3 to 4 minutes while stirring continuously. Keep it aside.
- Boil 1 & 1/2 cup water in a pan.
- Heat oil in a tadka pan. Add cashew. Roast it. Keep it aside.
- Meanwhile, heat oil in a pan. Add Bengal gram, black gram, mustard seeds, turmeric powder, asafoetida, green chilli, curry leaves, and ginger. Mix well.
- Now add onion, carrot, beans, and peas. Mix well. Add salt. Mix well. Cook it for 3 to 4 minutes.
- Add boiled water in the cooked vegetables. Then add roasted vermicelli. Mix well. Cover the pan with a lid and cook the contents.
- Add roasted cashew. Mix well. Once it is done and until all the water is absorbed, cover the pan with a lid. Turn off the flame.
- When the vermicelli cools down, add lemon juice. Cover it with a lid.
- 'Mix Veg Sewaiyan Upma' is ready to be served.

Tips

- It is recommended to roast the vermicelli before cooking.
- If vermicelli is already roasted, then roast it for only 3 to 4 minutes. If, however, the vermicelli is plain, then roast it for 5 to 7 minutes.
- The vermicelli should be stirred continuously while roasting.
- The ratio of water to vermicelli should be 3:2.
- Instead of oil, ghee can be used for tempering.
- Any dry fruits or peanuts can be added.

Bajre Ki Rabdi



A WINTER SPECIAL HEALTH DRINK

BY BHARTI MEHTA, A LOVELY GRANDMOM, FROM GUJARAT

Prep Time
2 mins

Ready In
7-12 mins

Servings
2 - 4

Ingredients

Bajra aata/Pearl millet flour - 1
Tbsp
Gond/Edible gum - 8 to 10 pieces
Cinnamon stick/Dalchini - 1 small
stick
Clove/Laung - 2 to 3
Carom seeds/Ajwain - 1/2 tsp
Poppy seeds/Khus khus - 1 tsp

Saffron/Kesar - a few strands
Nutmeg powder/Jaifal powder -
1/2 tsp (optional)
Dry ginger powder/Sonth - 1 tsp
Ganthoda/Ganthila/Pipri powder
- 1/2 tsp
Chai masala/Tea powder - 1/2
tsp

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Bajre Ki Rabdi

Ingredients

Grated jaggery/Gud or
jaggery powder - 2 to 3 Tbsp
or to taste
Chopped cashew and
almonds - as required
(roasted)

Cardamom/Elaichi powder
- 1/4 tsp
Grated coconut - as
required
Water - 2 small bowls/cups
Ghee - 1 Tbsp + 1 tsp

Directions

- Heat 1 Tbsp ghee in a pan.
- Add edible gum and let it splutter.
- Add cinnamon stick, cloves, carom seeds, and poppy seeds. Then add 2 small bowls of water and bring it to boil.
- Meanwhile, heat 1 tsp ghee in a pan. Then add bajra/pearl millet flour and roast it until it turns light brown. Add this roasted flour to the contents of the other pan.
- Cook the rab on a low flame. Then add saffron, nutmeg powder, dry ginger powder, ganthoda/pipri powder, tea powder, cardamom powder, and jaggery. Mix well and let it cook.
- Add roasted and chopped cashews and almonds and grated coconut. Let them cook for a minute. Then turn off the flame.
- Delicious and healthy 'Bajre Ki Rabdi' is ready to be served. Serve it hot and enjoy it.

Bajre Ki Rabdi

Tips

- Instead of pearl millet flour/bajra aata, whole wheat flour/gehu ka aata can be used.
- Fresh coconut gives a nice flavour to the drink but, if required, dry coconut as well can be used.
- It is best consumed hot in the morning.
- This drink should be made with [Homemade Chai Masala](#).

Malai Masala Toast



A MOUTH-WATERING DISH

BY SHRADDHA MUKHERJEE , A LOVELY MOM , FROM KOLKATA

Prep Time

3 - 4 mins

Ready In

7 - 8 mins

Servings

1

Ingredients

Bread slice - 1

Homemade cream/Fresh

Malai - 1 Tbsp

Carrot - 2 Tbsp, grated

Onion/Pyaz - 1, finely
chopped

Coriander leaves - as required

Salt - to taste

Green chilli - 1, chopped
(optional)

Crushed Kali mirch/Black
pepper - 1 tsp (optional)

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Malai Masala Toast

Directions

- In a bowl, add malai, chopped onion, grated carrot, chopped green chilli, salt, crushed black pepper, and coriander leaves one by one. Mix well.
- Take a bread slice and spread the prepared mixture on it.
- Meanwhile, heat a tawa.
- Place the bread slice on the tawa upside down. Cook it on a low flame.
- Once it is cooked, flip it and cook its other side. Once done, take it out and cut it into pieces.
- Yummy 'Malai Masala Toast' is ready to be served.

Tips

- The spiciness may be adjusted to your taste.
- Any type of bread of choice can be used.
- Green chilli is optional.
- Chilli flakes can be used instead of black pepper powder.
- The yellow part of the carrot should be removed at the time of grating it.

Green Peas Soup



A SUPER DELICIOUS AND HEALTHY SOUP

BY MONALISA AGARWAL, A LOVELY MOM, FROM KOLKATA

Prep Time

5 - 10 mins

Ready In

20-25 mins

Servings

2-3

Ingredients

Matar/Green peas - 1 cup

Butter - 1 Tbsp

Garlic - 1/2 tsp, crushed

Ginger - 1/2 tsp, grated

Green chilli - 1, slit

Onion - 1/2, finely chopped

Water - as required

Potato - 1/2, small-sized, finely

chopped

Salt - as required

Fresh cream - as required

Red chilli flakes - as required

Amaranth leaves - as required

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Green Peas Soup

Directions

- Heat butter in a pressure cooker and add garlic, ginger, green chilli, and onion. Sauté well.
- Add potato and green peas. Sauté well and pour just enough water to submerge the peas. Mix well and take 2 whistles on a full flame. Then turn off the flame and allow the steam to release.
- Now, blend or grind it properly. Add a little water and mix well. The consistency should be a little thick. Strain the soup if needed.
- Transfer it to a pan and add salt. Mix well and allow it to boil.
- Then, transfer it to a serving bowl and garnish it with fresh cream, red chilli flakes, and amaranth leaves.
- Delicious 'Green Peas Soup' is ready to be served.

Tips

- Instead of potato, cauliflower can be used.
- Onion and garlic are optional.
- The soup can be strained if needed.
- The consistency of the soup may be adjusted to the requirement.
- It should be served hot for a better taste.

Lauki Chana Dal Ki Sabji



A BIT TANGY AND A BIT SPICY SIDE DISH

BY NEENA MATHUR, A LOVELY MOM, FROM RAJASTHAN

Prep Time
20 mins

Ready In
40 mins

Servings
3

Ingredients

Oil - 1 Tbsp
Asafoetida/Hing - a pinch
Cumin seeds/Jeera - 1/2 tsp
Bottle gourd/Lauki - ½, diced
Coriander powder/Dhaniya powder - 1 tsp
Salt - to taste
Turmeric powder/Haldi powder - 1/2 tsp

Green chillies - 2, finely chopped
Ginger - 1 inch, finely chopped
Water - as required
Chana dal/Bengal Gram - 1 Tbsp
Tomato - 1/2 chopped
Dry mango powder/Amchur powder - 1/2 tsp
Coriander leaves - a handful

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Lauki Chana Dal Ki Sabji

Directions

- Soak chana dal for 15 minutes. Then cook it in a pressure cooker till 3 whistles. Take it out into a bowl and keep it aside.
- Heat oil in a pan. Add asafoetida, cumin seeds, and bottle gourd. Mix well.
- Then add coriander powder, salt, turmeric powder, green chilli, and ginger. Mix well.
- Now add some water. Mix well. Cover it with the lid of the pan. Cook it for 5 minutes on a high flame.
- Then add cooked chana dal and tomato. Mix well. Then add dry mango powder. Mix well. Turn off the flame.
- Garnish it with coriander leaves. Take out into a serving bowl.
- 'Lauki Chana Dal Ki Sabji' is ready to be served.

Tips

- If using 1/2 bottle gourd, 1 Tbsp chana dal should be added.
- Lemon juice can be added instead of dry mango powder.

Marble Cake



A VERY POPULAR AND ALL-TIME FAVOURITE CAKE RECIPE
BY VIJAY HALDIYA, FOUNDER, ZAYKA KA TADKA

Prep Time
10 mins

Ready In
50 mins

Servings
10

Ingredients

All-purpose flour/Maida - 1 & 1/2
cups, sieved

Powdered/Crushed sugar - 3/4 cup

Milk - 1 cup

Salt - a pinch

Cocoa powder - 2 tsp

Vanilla essence - 1/2 tsp

Baking powder - 1 & 1/2 tsp

Oil - 1/4 cup

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Marble Cake

Directions

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

Marble Cake

Tips

- To avoid bubbles in the batter, tap the cake tin a little bit.
- Depending on the oven, the baking time and the temperature setting may vary.
- The size of the butter paper should be the same as that of the cake tin to prevent the cake from sticking to the tin.
- Use odourless vegetable oil to make the cake.
- The refined flour should be sieved to make the cake fluffy.

Farali Pattice



A FAMOUS FASTING DISH

BY AVANI BHAYANI , A LOVELY MOM , FROM MUMBAI

Prep Time

8 - 10 mins

Ready In

11-12 mins

Servings

1 - 2

Ingredients

FOR STUFFING

Fresh coconut - 1 cup, grated

Coriander leaves - 1 cup, chopped

Raw peanut powder - 1 cup

Ginger-green chilli paste/ Adrak-

hari mirchi paste - 1 tsp

Rock salt/Sendha namak - to taste

Powdered sugar - 1 tsp

Lemon juice - 3 tsp

FOR PATTICE

Boiled potato - 2 big-sized,
mashed

Arrowroot flour - 2 Tbsp

Rock salt/Sendha namak - to taste

OTHER INGREDIENTS

Oil - for frying

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Farali Pattice

Directions

FOR STUFFING

- In a bowl, add grated coconut, peanut powder, coriander leaves, ginger-green chilli paste, powdered sugar, rock salt, and lemon juice one by one.
- Mix them well. Add more peanut powder if the stuffing looks soggy. The stuffing is now ready.

FOR PATTICE

- In a bowl, add mashed potatoes, arrowroot flour, and rock salt. Mix them well to make a dough mixture.
- Take a part of the dough mixture and flatten it between your palms. Make a small dent in the middle and add some stuffing in it and seal the ends to give it the shape of a ball.
- Meanwhile, heat oil in a kadai/wok.
- Dust it with some arrowroot flour and give it the shape of a pattice. Drop the pattice in to the hot oil. Then, deep fry it on a medium flame until it looks golden brown in colour. Once done, take it out.
- 'Farali Pattice' is ready to be served.

Farali Pattice

Tips

- This dish should be served with [Vrat Wali Green Chutney](#).
- Instead of coconut, paneer can be added for stuffing.
- Instead of raw peanuts, roasted peanuts should be used.
- More peanut powder can be added to avoid soggiess of the stuffing.
- If it is not being made for fasting, breadcrumbs or cornflour may be added instead of arrowroot flour.

Gajar Paratha With Baingan Chutney



A DELICIOUS, COMPLETE MEAL

BY SHVETA SHETH AND ARCHANA CHAKRAVARTHY

Prep Time
10 mins

Ready In
20 mins

Servings
2

Ingredients

FOR BAINGAN CHUTNEY

Oil - 1 Tbsp

Green chilli - 4

Garlic - 3 cloves (optional)

Cumin seeds/Jeera - 1 tsp

Coriander seeds/Sabut dhaniya -
2 tsp

Tamarind/Imli - 2 small pieces

Tomato - 1 chopped

Turmeric powder/Haldi
powder - 1/4 tsp

Asafoetida/Hing - a pinch

Brinjal/Baingan - 4, chopped

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Gajar Paratha With Baingan Chutney

Ingredients

FOR TEMPERING

Mustard oil/Sarso ka tel - 1 tsp

Mustard seeds/Rai - 1 tsp

Asafoetida/Hing - a pinch

Turmeric powder/Haldi powder - a pinch

Curry leaves/Curry patta - a few

Onion/Pyaz – 1, finely chopped

Coriander leaves - a handful

FOR GAJAR PARATHA

Whole wheat flour/Gehu ka aata - 1/4 cup

Salt - to taste

Red chilli powder/Lal mirchi powder - 1 tsp

Asafoetida/Hing - a pinch

Turmeric powder/Haldi powder - a pinch

Coriander seed powder/Dhaniya powder - 1 tsp

Cumin seed powder/Jeera powder - 1 tsp

Ginger/Adrak - 1 inch, grated

Green chilli – 1, finely chopped

Sesame seeds/Til - 1/4 tsp

Carom seeds/Ajwain - 1/4 tsp

Coriander leaves - a handful

Carrot/Gajar – 2, grated

Oil - 1 Tbsp or as required

Water - as required

Ghee - as required

Directions

FOR PREPARING BAINGAN CHUTNEY

- Cut the brinjal and keep it in water.
- Heat oil in a pan. Add green chilli, garlic, cumin seeds, coriander seeds, and tamarind. Mix well.

Gajar Paratha With Baingan Chutney

Directions

- Once done, let it cool down. Then transfer it to a mixer jar and coarsely grind it. Take out it in a bowl.

FOR PREPARING THE TEMPERING

- Heat oil in a pan. Add mustard seeds, asafoetida, turmeric powder, and curry leaves. Pour it on the ground chutney. Add onion and coriander leaves. Mix well.

FOR PREPARING GAJAR PARATHA

- Take wheat flour in a bowl. Add salt, red chilli powder, turmeric powder, coriander seed powder, cumin seeds powder, asafoetida, ginger, green chilli, sesame seeds, carom seeds by rubbing between palms, coriander leaves, carrot, and oil. Mix well.
- Add water gradually to knead the semi-soft dough.
- Take a small portion from the dough and give it a round ball shape and flatten it. Dust it with whole wheat flour and roll it using a rolling pin.
- Meanwhile, heat a tawa. Place the paratha on it.
- Flip it and apply ghee on both sides and roast it until golden and crisp. Press the paratha while roasting to make it crispy.
- Once done, take it out on a serving plate and smear some ghee on it.
- 'Gajar Paratha With Baingan Chutney' is ready to be served.

Gajar Paratha With Baingan Chutney

Tips

FOR BAINGAN CHUTNEY

- Brinjal should be kept in water after cutting so that it doesn't turn black.
- Either mustard oil or sesame oil can be used for tempering the chutney.

FOR GAJAR PARATHA

- The paratha should be pressed while roasting to make it crispy.

Korme Ki Poori



A YUMMILICIOUS POORI FOR ALL

BY MANJU AGARWAL, A LOVELY MOM, FROM RAJASTHAN

Prep Time

120 mins

Ready In

125 mins

Servings

4

Ingredients

Whole wheat flour - 2 cups

Powdered Moong Dal with

skin/Korma/Choori/Powdered

Green Gram - 1/2 cup or as

required

Red chilli powder/Lal mirch

powder - to taste

Turmeric powder/Haldi powder -

1/4 tsp

Cumin seeds/Jeera - 1/2 tsp

Asafoetida/Hing - a pinch

Dry Fenugreek leaves/Kasuri Methi -

1/2 tsp

Carom Seeds/Ajwain - 1/2 tsp

Roasted Cumin Powder/Bhuna Jeera

Powder - 1/2 tsp

Oil - 2 tsp + for greasing + for frying

Salt - to taste

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Korme Ki Poori

Directions

- Take a grinder jar and add Green Moong dal/Green Gram with skin. Grind it coarsely.
- Soak the powdered dal in the water for about 2 hours. Add just enough water to soak the korma, not more than that. Then strain it to remove the extra water.
- Now, prepare the dough. Take whole wheat flour in a big plate or thal.
- Add turmeric powder, red chilli powder, cumin seeds, salt, and asafoetida. Mix well. Then add 2 tsp oil for moyan, as it is important to add moyan to the poori.
- Mix well all the ingredients. Then add carom seeds, roasted cumin powder, and dry fenugreek leaves/kasuri methi. Mix well.
- Add soaked korma little by little and mix it with flour. If the mixture seems dry, then add a little water (you can use the strained water too) to make a medium-soft dough. Add a little oil and knead the dough.
- Meanwhile, heat oil for frying.
- Take a small portion of the dough, dust it with flour and roll it to make a poori.
- Fry the poori on a high-medium flame until crisp and nice golden brown on both the sides.
- Once done, take it out on a plate.
- Delicious 'Korme Ki Poori' is ready to be served.

Korme Ki Poori

Tips

- This poori will last longer for 2 to 3 days.
- The dough of the poori should be medium soft.
- It can be served with [Kair Ka Achar | Ker Ka Achar](#) or [Hari Mirch Ka Achar | Green Chilli Pickle](#) or any other pickle or sabzi.

Baked Methi Chaman



A DELICIOUS AND HIGHLY NUTRITIOUS DISH

BY RUBY CHAMRIA, A LOVELY MOM, FROM NEPAL

Prep Time
3 - 4 mins

Ready In
23-24 mins

Servings
1 - 2

Ingredients

FOR THE FIRST LAYER

Boiled potatoes - 2
Salt - to taste
Green chilli - 1 tsp
Lemon juice - 1 tsp
Coriander leaves - as required

FOR THE SECOND LAYER

Spinach/Palak - 4 cups, chopped
Fenugreek leaves/Methi - 1 cup, chopped
Baking soda - a pinch
Oil - 2 Tbsp

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Baked Methi Chaman

Ingredients

Onion/Pyaz – 1, finely chopped	Salt - to taste
Green chilli – 1, finely chopped	Milk - 1 cup
Paneer cubes - 100 grams	Black pepper powder/Kali mirch powder - 1/2 tsp
Salt - to taste	
Water - 2 Tbsp	OTHER INGREDIENTS
FOR THE THIRD LAYER	Cheese - as required, grated
Refined flour/Maida - 1 Tbsp	Coriander leaves - for garnishing
Butter - 1 Tbsp	

Directions

FOR THE FIRST LAYER

- Mash the boiled potatoes in a bowl.
- Now, add chopped green chilli, salt, and coriander leaves. Mix them well and keep the mix aside.

FOR THE SECOND LAYER

- Put chopped spinach, chopped fenugreek leaves, baking soda, and water in a vessel. Let it boil until the spinach and the fenugreek leaves turn soft.
- Once done, drain out the water. Blend it with a blender and make a puree of it. Keep it aside. Meanwhile, heat oil in a kadai/wok. Add chopped onion and sauté it. Now, add chopped green chilli. Sauté it well.
- Then, add the prepared puree and sauté it. Add paneer cubes and salt. Mix them together and cook for a few seconds. Keep it aside.

Baked Methi Chaman

Directions

FOR THE THIRD LAYER

- Heat butter in a kadai/wok. Add refined flour and roast it well.
- Now, turn off the flame and add milk. Mix it properly.
- Then, turn on the flame and add salt and black pepper powder. Bring to a boil. The white sauce is ready.

FOR BAKED METHI CHAMAN

- Take a bowl and spread the first layer in it properly. Then spread the second layer well. Now spread the third layer evenly.
- Sprinkle grated cheese and coriander leaves on it.
- Meanwhile, preheat an oven and place the bowl in it. Bake it at 200 degrees Celsius for 15 to 20 minutes.
- Once done, take it out.
- 'Baked Methi Chaman' is ready to be served.

Tips

- This dish can be baked in a kadai or tandoor.
- The ratio of palak to methi should be 4:1.

About



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

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

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

Here you can also find the cooking wisdom of yesteryears as well as the innovation of modern times.



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A bouquet of pink and white carnations lies on a stack of books. A green circular logo with a white border and a red chili pepper is centered in the upper half of the image. The background is a white, crumpled paper.

Zayka
Ka
Tadka

**Enjoy
Thank You!**