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ZAYKA KA TADKA



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Live from THE kitchens of moms of india

Unedited live
recipes



जो दिखता है !
वही बनता है



The Super Chef Moms of India



Must Try!

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a colourful and nutritious dish



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a multi-layered, spicy paratha



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2 Types Of Herbal Teas

A healthy alternatives to tea and coffee



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Vegetable Stir Fry

A COLOURFUL AND
NUTRITIOUS DISH

By Shveta Sheth
A Lovely Mom
From Mumbai

Vegetable Stir Fry is an easy side dish or the main course that's light, fresh, and totally delicious. Serve this dish as a starter or over rice for a complete meal.

Moreover, you can use any vegetables and make this dish for a delicious meal. We have prepared this dish with a combination of colored bell peppers, beans, broccoli, carrots, and onion with paneer.

This mix of vegetables is low calorie and contains plenty of vitamins and minerals including Vitamin K, potassium, Vitamin C, folic acid, beta-carotene, and antioxidants.

[Watch the Video Recipe](#)

Vegetable Stir Fry

Prep Time

5 mins

Ready In

15 mins

Servings

3

Ingredients

Oil - 1 Tbsp

Garlic - 10 to 15 cloves, finely chopped

Beans - 1/2 cup, cut into long pieces

Carrot - 1/2 cup, cut into long pieces

Broccoli - 1/2 cup, parboiled

Water - as required

Tricolour bell peppers - 1 cup

Onion - 1, diced

Salt - to taste

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

Soy sauce - 1 Tbsp

Paneer cubes - 1 cup

Red chilli flakes - to taste

Sesame seeds/Til - 1/2 tsp

Tips

- Cauliflower can be added instead of broccoli.
- Available vegetables of choice can be added.
- All vegetables should be stir fried on a high flame.
- It is recommended to serve this dish hot.
- For all vegetables to be crunchy, they should not be overcooked.
- It is recommended to prepare this dish using [Homemade Paneer](#).

Vegetable Stir Fry

Directions

- Wash broccoli and add it to the boiling water. Boil it for 5 to 7 minutes. Then drain water and keep it aside.
- Heat oil in a pan. Add garlic and sauté it for 1 minute. Then add beans and carrot. Sauté them all for 1 minute on a high flame.
- Then add parboiled broccoli. Mix well and then add coloured bell peppers. Mix well.
- Now add onion. Mix well. Then add salt. Mix well. Then add black pepper powder and soy sauce. Mix well.
- Then add paneer. Mix well. Now add red chilli flakes and sesame seeds. Mix well.
- Once done. Transfer it to a serving plate.
- 'Vegetable Stir Fry' is ready to be served.



Instant Dahi Bade

A POPULAR STREET FOOD
FROM NORTH INDIA

By Vijay Haldiya
Founder
Zayka ka Tadka

Instant Dahi Bade is fluffy, melt in your mouth dumplings are coated in a simple creamy yogurt and topped with classic Indian chutneys. Here we bring a no-fire recipe of instant Dahi Bade.

You can make this dish on your special occasions and festivals, but you can enjoy it anytime. It is a perfect instant snack for guests or party.

The spicy green coriander chutney and sweet tamarind chutney both are beautifully drizzled over the top before serving. The result is an impressive and delicious snack that includes just the right balance of sour, sweet, savory, flavors in every bite.

[Watch the Video Recipe](#)

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Instant Dahi Bade

Prep Time

10 mins

Ready In

10 mins

Servings

2

Ingredients

Bread - 6 slices

Water - just enough to soak bread slices

FOR STUFFING

Cashew/Kaju - 4 to 5, finely chopped

Raisins/Kishmish - 7 to 8

FOR GARNISHING

Sweetened Curd/Mitha Dahi - 1 cup

Tamarind chutney - 2 Tbsp

Coriander-Mint Green Chutney - 2 Tbsp

Salt - 1 pinch

Red Chilli Powder/Lal Mirch Powder - 1
tsp

Roasted Cumin Powder/Jeera Powder -
1 tsp

Nylon Sev - as required

Coriander leaves - as required

Tips

- Milk can also be used to soak the slices of bread.
- Dry fruits are optional.
- Pomegranate seeds and boondi can also be used to garnish this recipe.
- To remove the sourness of the curd, sugar should be added to it.
- Any type of bread can be used to prepare the bade.
- It is recommended to prepare this recipe using [Green Chutney \(Coriander and Mint\)](#) and [Tamarind Chutney](#).

Instant Dahi Bade

Directions

- Take the bread slices, cut their edges, dip them in water, and then squeeze out the water by pressing them between your palms.
- Put cashew and raisins in the middle of a bread slice and carefully fold its corners inside and shape it like a vada.
- Repeat this method to prepare more vadas from the bread. Arrange them in a serving plate.
- Pour sweetened curd, tamarind chutney, and coriander-mint green chutney on all the vadas.
- Sprinkle salt, red chilli powder, cumin powder, nylon sev, and coriander leaves on the vadas.
- 'Instant Dahi Bade' are ready to be served.



Traditional Sindhi Kadhi

A FLAVOURFUL DISH
FROM SINDHI CUISINE

By Sajni Vagnani
Lovely Mom
From Rajasthan

Traditional Sindhi Kadhi is a delicious and tangy gram flour-based curry with lots of assorted vegetables.

It goes well with hot rice and Sindhi papad. Moreover, Sindhi Kadhi is a nutritious dish as it is loaded with lots of vegetables.

It is different from the other variations of kadhi. It is a slightly thinner consistency. The vegetables and spices used in the kadhi offer a lot of texture and balance of spices.

[Watch the Video Recipe](#)

Traditional Sindhi Kadhi

Prep Time

10 mins

Ready In

20 mins

Servings

4

Ingredients

FOR MAKING TRADITIONAL SINDHI KADHI

Oil – as required

Gram flour/Besan – 1/4 cup

Green chillies – 2 to 3, chopped

Mustard seeds/Rai – 1/2 tsp

Cumin seeds/Jeera – 1/2 tsp

Fenugreek seeds/Danamethi – 1/2 tsp

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

Hot water – 3 cups

Turmeric powder/Haldi powder – 1/2 tsp

Salt – to taste

Cluster beans/Gwar fali – 1 cup

Ladyfinger/Bhindi – 6 to 7

Cauliflower/Gobhi – 1 cup

Potato/Aloo – 1, diced

FOR PREPARING TOMATO PUREE

Tomato – 6, chopped

Water – as required

Tips

- The gram flour should be stirred continuously while roasting.
- The oil should be in sufficient quantity. Else, if need be, some more oil may be added, as the besan mixture would be of pouring consistency.
- Vegetables can be added as per choice and availability.
- Tamarind can be used instead of tomato.

Directions

FOR PREPARING TOMATO PUREE

- In a pressure cooker, add water and cook the tomatoes till 1 or 2 whistles on a high flame. Then grind it to prepare tomato puree. Then strain it and keep it aside

FOR ROASTING VEGETABLES

- Cut the top and bottom part of the bhindi. Slit it down the middle. Stuff some salt in the slit and sauté the bhindi in oil for 2 to 3 minutes. Keep it aside.
-

[Watch the Video Recipe](#)

Traditional Sindhi Kadhi

Directions

- Sauté a cauliflower in oil for 2 to 3 minutes till its smell is removed. Keep it aside.

FOR MAKING TRADITIONAL SINDHI KADHI

- Heat oil in a pressure cooker. Add gram flour. Roast it on a medium flame till it turns a nice golden colour and a nice aroma begins to rise. Stir it continuously while roasting.
- The oil should be in sufficient quantity, as the besan mixture would be of a pouring consistency. So, if need be, add some more oil.
- Add green chilli, mustard seeds, cumin seeds, and fenugreek seeds. Mix well.
- Now add red chilli powder and hot water. Mix well.
- Then turn the flame to high. Now add turmeric powder and salt. Mix well. Let it boil.
- Now add potato and cluster beans. Mix well. Cover the pressure cooker with its lid.
- Cook it till 1 whistle on a high flame. Then turn off the flame. Let it cool down. Then open it and check the potato and the cluster beans. They should be well cooked.
- Then add the prepared tomato puree. Mix well. Add a little water to adjust the consistency.
- Now add cauliflower and ladyfingers. Mix well. Then cover the pressure cooker with its lid. Cook it on a high flame till the pressure cooker generates steam.
- Check the whistle, and when it lets out steam, turn off the flame. Let it cool down. Then open it and transfer the kadhi to a serving bowl.
- 'Traditional Sindhi Kadhi' is ready to be served.



Thandai

A NOURISHING AND
HYDRATING COOL DRINK
FOR THE INDIAN
SUMMER

Thandai the classic traditional Indian beverage. You just need dry fruits like almond, pistachios, poppy seeds, black pepper, cardamom, nutmeg, saffron.

This is a milk-based drink generally prepared on the occasion of Maha Shivratri and Holi. This is a popular drink in Northern part of India.

By Meeta Modi
A Lovely Mom
From Mumbai

You can enjoy this drink not only on festive occasions but in summer days to get relief from the heat. It is very simple and easy to prepare. You just need to soak and grind the ingredients. Then mix it with chilled milk, sugar. Moreover

[Watch the Video Recipe](#)

Thandai

Prep Time

430 mins

Ready In

430 mins

Servings

10-15

Ingredients

FOR THANDAI MIXTURE

Badam/Almonds - 2 Tbsp

Pista/Pistachios - 2 Tbsp

Poppy seeds/Khus khus - 1/2 Tbsp

Saunf/Fennel seeds - 1 Tbsp

Hari Elaichi/Green Cardamom - 1/2 Tbsp

Black peppercorns - 1/2 Tbsp

Jaifal/Nutmeg - 1/2

Kesar/Saffron - a few strands

FOR THANDAI (for 1 serving)

Chilled milk - 1 glass

Thandai mixture - 1 Tbsp

Powdered sugar - 1 & 1/2 Tbsp

Ice cubes - as required

Tips

- The ingredients should be soaked overnight for easy grinding.
- The ground paste can be stored in a freezer for up to a month.
- Only chilled milk should be used to get a better taste.
- The thandai should be strained using a muslin cloth to make it smoother and creamier.

Directions

FOR PREPARING THE THANDAI MIXTURE

- In a bowl, soak almonds, pistachios, black peppercorns, green cardamom, poppy seeds, fennel seeds, saffron, and nutmeg in 1/2 glass of water overnight.
- Grind all the soaked ingredients along with the water. Make a smooth paste.

FOR PREPARING THANDAI

- In a bowl, add and mix well-chilled milk, ice cubes, powdered sugar, and 1 Tbsp thandai mixture. Mix well. Then strain the thandai using a muslin cloth and transfer it to a serving glass.
 - Delicious and refreshing 'Thandai' is ready to be served. Garnish it with rose petals and serve chilled.
-



Jar Cake

A UNIQUE DESSERT IDEA
FOR GIFTS ON SPECIAL
OCCASIONS

Jar Cake is a decorative cake in a jar. All you need is to assemble these jars after you have all the ingredients ready.

You just need a cake base, whipped cream, ganache, and some dry fruits and sprinkle to decorate it. This jar cake includes 2 types of cakes – Ras malai & chocolate jar cake.

By Preeti Manchhani
A Lovely Mom
From Mumbai

This technique for making a cake in a jar turns mini desserts into an adorable and portable treat. In fact, the jars can even be decorated with ribbons or labels to create edible gifts.

[Watch the Video Recipe](#)

Jar Cake

Prep Time

15 mins

Ready In

25 mins

Servings

2

Ingredients

FOR VANILLA CAKE BASE

Oil - 1/3 cup + for greasing

Curd - 1/3 cup

Powdered sugar - 3/4 cup

All-purpose flour/Maida - 1 & 1/2 cup sieved + for dusting

Baking powder - 1 tsp

Baking soda - 1/2 tsp

Milk - as required

Vinegar - 1 Tbsp

FOR RAS MALAI JAR CAKE

Cake base - 2 pieces

Ras malai - as required

Whipped cream - as required

Yellow food colour - a pinch

Almond/Badam - as required, sliced

Pistachio/Pista - as required, sliced

Dry rose petals - as required

Sprinkles - as required for garnishing (optional)

FOR CHOCOLATE CAKE BASE

Oil - 1/3 cup + for greasing

Curd - 1/3 cup

Powdered sugar - 3/4 cup

All-purpose flour/Maida - 1 & 1/2 cup sieved + for dusting

Cocoa powder - 2 tsp

Baking powder - 1 tsp

Baking soda - 1/2 tsp

Milk - as required

Vinegar - 1 Tbsp

FOR CHOCOLATE JAR CAKE

Cake base - 2 pieces

Butterscotch pieces - as required (optional)

Whipped cream - as required

Chocolate ganache - as required

Coffee syrup - as required

Chocolate - grated, as required

Sprinkles - as required for garnishing (optional)

FOR COFFEE SYRUP

Coffee powder - 1/2 tsp

Sugar - 1/2 tsp

Water - 2 Tbsp

FOR CHOCOLATE GANACHE

Fresh cream - 50 grams

Chocolate - 50 grams

Jar Cake

Tips

- Odourless oil should be used to make the cake.
- Glass can be used instead of a jar to prepare this cake.
- Any type of whipped cream can be used to prepare the cream.
- Oreo biscuit crumbs can be added instead of chocolate.

Directions

FOR VANILLA CAKE BASE

- Preheat an oven at 180 degrees Celsius for 5 minutes.
- Take oil, curd, and powdered sugar in a bowl. Whisk them well in one direction for 2 to 3 minutes.
- Then add all-purpose flour, baking powder, and baking soda. Mix well. Now add milk gradually and prepare a medium-consistency batter. Then add vinegar. Mix well.
- Grease a cake tin with oil. Dust it with flour. Then pour the cake batter in it. Tap the cake tin gently to remove air bubbles from it.
- Put the cake tin in the oven for baking. Bake the cake at 160 degrees Celsius for 20 to 25 minutes.
- Once done, take the cake tin out of the oven and let it cool down at room temperature. De-mould the cake and cut it with the help of a cookie cutter. Keep it aside.

FOR RAS MALAI JAR CAKE

- Beat whipped cream with a beater for 3 to 4 minutes. Add yellow food colour. Mix well. Keep it aside.
- Take ras malai. Separate its milk and chunks.
- Take a jar. Put the prepared cake piece in it. Soak it with ras malai milk. Then spread whipped cream on it. Then add ras malai chunks on it.
- Now sprinkle almonds, pistachio, and dry rose petals on it. Likewise, prepare another layer. Add a big ras malai piece on it. Garnish it with almonds, pistachio, dry rose petal, and sprinkles. Close the jar with its lid.

Jar Cake

Directions

FOR CHOCOLATE CAKE BASE

- Preheat the oven at 180 degrees Celsius for 5 minutes.
- Take oil, curd, and powdered sugar in a bowl. Whisk them well in one direction for 2 to 3 minutes.
- Then add all-purpose flour (remove 2 tsp flour from it), cocoa powder, baking powder, and baking soda. Mix well. Now add milk gradually and prepare a medium-consistency batter. Then add vinegar. Mix well.
- Grease a cake tin with oil. Dust it with flour. Then pour the cake batter. Tap the cake tin gently to remove air bubbles from it.
- Put the cake tin in the oven for baking. Bake the cake at 160 degrees Celsius for 20 to 25 minutes.
- Once done, take the cake tin out of the oven and let it cool down at room temperature. De-mould the cake and cut it with the help of a cookie cutter. Keep it aside.

FOR COFFEE SYRUP

- Take coffee, sugar, and water in a cup. Mix well. Keep it aside.

FOR CHOCOLATE GANACHE

- Heat fresh cream in a bowl. Turn off the flame. Add chocolate and mix well till the chocolate melts. Keep it aside.

FOR CHOCOLATE JAR CAKE

- Beat whipped cream with a beater for 3 to 4 minutes. Add 1 tsp chocolate ganache in it and mix well. Keep it aside.
- Take a jar. Put the prepared cake piece in it. Soak it with the coffee syrup. Add butterscotch pieces on it. Spread the whipped chocolate cream on it.
- Now spread the chocolate ganache on it. Then spread the chocolate on it. Likewise, prepare another layer. Add some sprinkles to it. Close the jar with its lid.
- 'Jar Cake' is ready to be served.



Besan Lachha Paratha

A MULTI-LAYERED, SPICY
PARATHA

By Neena Mathur
A Lovely Mom
From Rajasthan

Besan Lachha Paratha is crispy and easy to prepare. You can prepare it with easily available ingredients from your kitchen like besan, oil, dough, and some spices.

Moreover, this paratha does not require any side dish. You can prepare it within no time. It is easy to carry as a travel food also.

In addition, this will be the best choice for busy weekdays or when there is no vegetable in your refrigerator. You can serve it with curd or pickle.

[Watch the Video Recipe](#)

Besan Lachha Paratha

Prep Time

3 mins

Ready In

5 mins

Servings

1

Ingredients

FOR BESAN SLURRY

Gram flour/Besan - 2 tsp

Salt - to taste

Red Chilli powder - 1/4 tsp

Cumin seeds/Jeera - 1/4 tsp

Coriander leaves - a handful

Oil - 3 to 4 tsp

FOR PARATHA

Wheat dough - as required

Oil - as require

Tips

- This paratha can also be used as travel food.
- The paratha should be flipped after it is roasted well from one side.

Directions

FOR PREPARING BESAN SLURRY

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

FOR PREPARING THE PARATHA

- Take a ball-sized wheat dough. Prepare a roti from it. Apply the prepared besan slurry on it.
 - Fold the roti along its diameter. Now roll it over to make a round circle. Press it slightly. 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.
 - Once the paratha is roasted well from one side and it is slightly brown, flip it to roast it well on the other side.
 - Apply oil on both sides and cook on a low flame. Make a mark on the paratha using tongs to roast it well. Press the paratha while cooking to make it crispy.
 - Once done, transfer it to a serving plate and press slightly inside before serving.
 - 'Besan Lachha Paratha' is ready to be served.
-



Sooji Vegetable Idli

A DELICIOUS AND HEALTHY
DISH

By Manju Saraf
A Lovely Mom
From Gurgaon

Sooji Vegetable Idli is an interesting and unique way of preparing the instant idli. You can prepare it easily with sooji, vegetables, and salt.

Moreover, idli has been a staple breakfast and snack from south Indian cuisine. It is a complete meal. Basically, you do not have to plan for an extra side dish with this idli because veggies add a sufficient amount of flavor and taste.

In addition, this healthy and super dish will be enjoyed by all age groups. It is a tasty, colorful, yummy idli that is great to be served for breakfast or can even be packed in your child's lunch box.

[Watch the Video Recipe](#)

Sooji Vegetable Idli

Prep Time

25 mins

Ready In

35 mins

Servings

3

Ingredients

Semolina/Sooji/Rava - 1 cup	Oil - 1 tsp
Curd/Dahi - 1 cup	Mustard seeds/Rai - 1/2 tsp
Tomato - 3 to 4 Tbsp, finely chopped	Black gram/Urad dal - 1/2 tsp
Capsicum - 2 to 3 Tbsp, finely chopped	Bengal Gram/Chana dal - 1/2 tsp
Carrot - 3 to 4 Tbsp, grated	Onion/pyaz - 1, finely chopped (optional)
Beans - 2 to 3 Tbsp, finely chopped	Water - as required
Curry leaves/Curry patta - a few	Salt - to taste
Green chillies - 1 or 2, finely chopped	Baking soda - 1/4 tsp
Coriander leaves - a handful	Ghee - as required for greasing

Tips

- The ratio of sooji to curd should be 1:1.
- Fruit salt can be added instead of baking soda.
- Oil can be used instead of ghee.
- It is recommended to prepare this dish using [Homemade Curd](#).

Sooji Vegetable Idli

Directions

- Take semolina in a bowl. Add curd and mix well. Let it rest for 20 to 25 minutes.
- Then add tomato, capsicum, carrot, beans, curry leaves, green chillies, and coriander leaves.
- Now heat oil in a pan. Add mustard seeds, black gram, and Bengal gram. Mix well.
- Pour the prepared tadka on the idli batter. Add onion. Mix well. Add a little water. Mix well and prepare a medium-consistency batter.
- Then add salt and baking soda. Mix well.
- Heat water in an idli steamer. Grease the idli mould with ghee.
- Pour the batter in the mould. Place the mould in the idli steamer. Cook it on a medium to low flame for 10 minutes.
- After 10 minutes take out it. Let it cool down. Then remove it from the mould to a serving plate.
- 'Sooji Vegetable Idli' is ready to be served.



Methi Masala Mathri

A TRADITIONAL-STYLE
CRISPY CRACKER

By Ani Setia
A Lovely Mom
From Rajasthan

Methi Masala Mathri is a deep-fried dry snack. Making this flavorful and crispy mathri at home is super easy, you just need wheat flour, maida, and some spices.

It is flaky, crisp, and has a similar texture to any popular biscuit with a longer shelf life without any preservative.

Moreover, Kasuri methi, carom seeds give it a nice flavor. Make it in a circular or triangle shape per your cooking skills and preference and enjoy it with tea.

[Watch the Video Recipe](#)

Methi Masala Mathri

Prep Time

5 mins

Ready In

9 mins

Servings

8

Ingredients

Whole wheat flour/Gehu ka

aata - 1/2 cup

All-purpose flour/Maida - 1/2

cup

Carom seeds/Ajwain - 1/2 tsp

Dry fenugreek leaves/Kasuri

methi - 1 tsp

Chaat masala - 1/2 tsp

Turmeric powder/Haldi powder -

1/2 tsp

Red Chilli Powder/Lal Mirchi

Powder - 1 tsp

Salt - to taste

Ghee - 2 Tbsp

Water - as required

Oil - for frying

Tips

- The ratio of wheat flour and maida should be 1:1.
 - This recipe can be made using only wheat flour or maida.
 - Spices may be added as per choice and availability.
 - Oil can be added instead of ghee.
 - The moyan should be checked by binding the flour. If it binds, the moyan is perfect. Else, more melted ghee should be added.
 - While preparing the dough, very little water should be used.
 - The dough should not be kneaded.
 - The mathri should be prepared using a cookie cutter instead of hands.
 - The mathri should be fried in medium hot oil for it to cook well from the inside.
 - The temperature of the oil can be verified from whether bubbles form in the oil (they should) when dropping the mathri in it.
 - The mathri should be fried one shade lighter than the desired shade.
 - When the mathri floats on the oil, it means it is cooked well. Thereafter, it should be fried until it acquires the desired shade.
 - After it completely cools down, it can be stored in a container for 30 days.
-

[Watch the Video Recipe](#)

Methi Masala Mathri

Directions

- Take whole wheat flour in a bowl. Add maida, carom seeds rubbed between the palms, dry fenugreek leaves rubbed between the palms, chaat masala, turmeric powder, red chilli powder, and salt. Mix well.
- Now add ghee. Mix well. Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more melted ghee.
- Add water as required to make a hard-consistency dough. While preparing the dough, use less amount of water. Do not knead the dough.
- Take a small portion from the dough. Make a small ball and press it between palms. Then prick the mathri using a fork. Likewise, prepare all the mathris from the dough.
- Meanwhile heat oil in pan. When the oil is medium hot, carefully drop the prepared mathri in it. Check the temperature of the oil; while adding the mathri, bubbles should form in the oil.
- When the mathri floats on the oil, it means it is cooked well. Now fry it till you get its desired shade/colour.
- Fry it from both the sides for 5 to 6 minutes till it is light brown in colour. Fry it one shade lighter than your desired shade.
- After it is cooked well, take it out into a serving plate. After it completely cools down, store it in a container to preserve it for up to 30 days.
- 'Methi Masala Mathri' is ready to be served.



Kaju Pista Barfi

A DELICIOUS INDIAN
SWEET

By Vijay Haldiya
Founder
Zayka ka Tadka

Kaju Pista Barfi is the most popular dessert during festivals. It is a cashew, milk powder-based sweet, and easy to prepare the dish.

The most interesting part of this dish is you can prepare it instantly without fire. Moreover, when you are busy in the preparation for festivals this recipe will help you a lot.

You will get cashew and coconut's rich flavor in this sweet dish.

[Watch the Video Recipe](#)

Kaju Pista Barfi

Prep Time

5 mins

Ready In

35 mins

Servings

3

Ingredients

Sweetened milk powder - 1 cup

Cashew powder - 1 cup

Desiccated coconut powder - 1 cup

Homemade cream/Fresh cream - 1

Tbsp

Cardamom powder/Elaichi powder
- 1/2 tsp

Milk - as required

Ghee - 1 tsp

Pistachio - as required (chopped)

Tips

- Instead of cashew powder, either almond or peanut powder can be added.
- Sweetened milk powder itself has sugar, so adding sugar is optional; however, 1/4 cup sugar can be added if required.
- If the mixture is sticky, more milk powder should be added.
- The thickness of the barfi may be adjusted as required.

Directions

- In a bowl, add sweetened milk powder, cashew powder, desiccated coconut powder, fresh cream, and cardamom powder. Mix well.
- Then add milk gradually to prepare it like a dough. Add ghee and knead it again. Prepare it like a soft-consistency dough.
- On a plate, give it a rectangular shape. Adjust thickness to your choice.
- Garnish it with pistachios. Let it set for 30 minutes.
- After 30 minutes, cut it and transfer to a serving plate.
- 'Kaju Pista Barfi' is ready to be served.



Pyaaz Papad Choori

A CRUNCHY AND TASTY
APPETIZER

By Manju Agarwal & Kirti
Agarwal
Lovely Moms
From Rajasthan

Pyaaz Papad Choori is a quick and tasty dish. You can prepare it with minimum ingredients like papad, onion, and some spices.

Moreover, it is very easy to make for your guest, kitty party, birthday party starter, or evening snack.

The most interesting part is you don't require any preparation in advance to make this dish.

[Watch the Video Recipe](#)

Pyaaaz Papad Choori

Prep Time

2 mins

Ready In

7 mins

Servings

1

Ingredients

Oil - 1 Tbsp

Cumin seeds/Jeera - 1/2 tsp

Onion/Pyaz - 1, grated

Papad - 2

Salt - to taste

Red Chilli Powder/Lal Mirchi

Powder - 1/2 tsp

Chaat masala - 1/2 tsp

Coriander leaves - a handful

Tips

- The papad can be roasted in a microwave.
- Add salt just for onion, because the papad is already salty.

Directions

- Take grated onion. Remove its water by pressing it with hands.
- Roast papad. Crush the roasted papad with hand in a plate.
- Heat oil in a pan. Add cumin seeds, onion. Mix well. Sauté it till it becomes brown.
- Now add salt just for onion, because the papad is already salty. Add red chili powder and chaat masala. Mix well. Then turn off the flame.
- Add onion mixture to the crushed papad. Mix well. Take it out into a serving bowl. Garnish it with coriander leaves.
- 'Pyaaaz Papad Choori' is ready to be serve.



Black Pepper Pasta

A SIMPLE AND EASY
DISH

By Aastha Thukral
A Lovely Mom
From Delhi

Black Pepper Pasta is made with sooji pasta, vegetables, and some easily available spices. It does not require any ready pasta sauce or tomato ketchup.

Moreover, it is the best dish for a kid's lunch boxes because it is loaded with vegetables. You can easily add veggies to your family member's daily meals with this idea.

It is best to serve at parties or special occasions as a starter or appetizer. In addition, it just needs a few minutes to cook it. Hence, you can make it on your busy weekdays.

[Watch the Video Recipe](#)

Black Pepper Pasta

Prep Time

5 mins

Ready In

20 mins

Servings

2

Ingredients

FOR BOILING THE PASTA

Sooji pasta – 1 cup

Salt – to taste

Oil – 1 tsp

Water – as required

FOR PREPARING BLACK PEPPER PASTA

Oil – 1 Tbsp + for roasting bread

Garlic – 3 to 4 cloves, finely chopped

Onion/Pyaz – 2, sliced

Tricolour capsicum – 3, sliced

Salt – to taste

Black pepper powder/Kali mirch powder – 1 tsp

Oregano – 1/2 tsp

Bread – 1 slice

Tips

- Vegetables can be added as per choice and availability.
- For all vegetables to be crunchy, they should not be overcooked.
- Red chilli flakes can be added.
- Butter or ghee can be used instead of oil, to roast the bread.

Black Pepper Pasta

Directions

FOR BOILING THE PASTA

- Boil water in a pan and add oil, salt, and pasta. Cook it on a medium to high flame for 8 to 10 minutes and then drain the water. Then wash it with cold water. Keep it aside.

FOR PREPARING BLACK PEPPER PASTA

- Heat oil in a pan. Add garlic and onion. Mix well. Sauté it for 1 to 2 minutes on a slow to medium flame.
- Then add capsicum. Sauté it for 3 to 4 minutes on a slow to medium flame. Keep all vegetables crunchy, Do not overcook them.
- Now add salt, black pepper powder, and oregano. Mix well and add prepared boiled pasta. Mix well. Turn off the flame.
- Meanwhile, heat a tawa. Take a bread slice, apply oil on it, and roast it on a tawa from both sides. Cut it into 4 triangle-shaped pieces.
- Now take out the pasta on a serving plate with roasted bread.
- 'Black Pepper Pasta' is ready to be served.



Chana Dal Laddu

A QUICK AND HEALTHY
SWEET

By Archana Chakravarthy
A Lovely Mom
From Karnataka

Chana Dal Laddu is an Indian sweet which very healthy too. Since festivals are always round the corner, sweets are a must during those times.

This sweet is the perfect sweet for those times as it does not take much time to prepare and does not require any elaborate preparation and hence, you can spend more time with your family during these joyous occasions.

Apart from being an easy sweet to prepare, these laddus are very healthy too as it uses jaggery instead of sugar.

[Watch the Video Recipe](#)

Chana Dal Laddu

Prep Time

5 mins

Ready In

10 mins

Servings

5-6

Ingredients

Roasted Puthana dal/Chutney
dal/Gram dal - 1 cup
Gud/Jaggery - 1 cup, chopped
Ghee - 2 to 3 Tbsp

Dry coconut/Kopra - 1/4 cup,
grated
Elaichi powder/Cardamom
powder - 1 Tbsp

Tips

- The size of the laddu can be adjusted as required.
- It is recommended to add ghee in portions to adjust the consistency.
- The sweetness can be adjusted by altering the amount of jaggery to be used.

Directions

- In a kadai, dry roast gram dal on a low flame for 1 to 2 minutes. Let it cool for about a minute.
- Dry grind the roasted gram dal in a grinding jar to a fine powder.
- In the grinding jar, grind jaggery, dry coconut, and cardamom powder with the powdered dal into a fine powder. Transfer the powder into a bowl.
- Meanwhile, in a tadka pan, add and heat ghee and let it melt completely.
- Add the ghee to the powdered mixture and mix it well with the powder carefully. Add more ghee if necessary.
- Take a portion of the mixture and start making round-shaped laddus.
- Healthy 'Chana Dal Laddu' is ready to be served.



Open Chaat Sandwich

A QUICK AND EASY RECIPE

By Monalisa Agarwal
A Lovely Mom
From Rajasthan

Open Chaat Sandwich is a fireless recipe. It is a wonderful dish for outdoor picnics. It requires boiled sweet potato, green peas, and veggies which are easily available at home.

As the sandwich is a popular dish among kids, they will love and enjoy this chaat sandwich as well. This dish is healthy and good for after-school snaking.

Moreover, this is a good way to include veggies like sweet potato, peas in everyone's diet.

[Watch the Video Recipe](#)

Open Chaat Sandwich

Prep Time

10 mins

Ready In

10 mins

Servings

2

Ingredients

Chopped Kheera/Cucumber - 1/2 Tbsp	Bhujia - 2 tsp
Tomato - 1/2 Tbsp	Peanut/Mungfali/Farsan mixture - 1 to 2 tsp
Boiled Shakarkand/Sweet Potato - 1/2 Tbsp	Roasted gram flour/Sattu - 2 tsp
Boiled Hare matar/Green Peas - 2 tsp	Lemon juice - 2 tsp
Chopped Onion/Pyaz - 2 tsp	Tomato-Tamarind Sauce - 2 tsp
Chopped Green Chillies - 1 to 2	Roasted cumin seed powder - 1/2 tsp
Chopped Fresh coconut - 2 tsp	Red Chilli Powder/Lal Mirch Powder - 1/2 tsp
Chopped Coriander leaves - 1 tsp	Salt - to taste
	Brown bread - 2 to 3 nos.

Tips

- The roasted gram flour is used for binding.
- If desired, the bread may be toasted with butter.
- The mixture is good for eating as a salad.
- Instead of mustard sauce, red chilli sauce, butter, or sauces that are available at home can be used.

Directions

- In a bowl, add all the ingredients in this order: cucumber, tomatoes, sweet potato, green peas, and onion.
 - After that, add chopped green chilli, coconut, coriander leaves, bhujia, peanut/farsan mixture, and roasted gram flour.
 - Add lemon juice, tomato-tamarind sauce, cumin seed powder, salt to taste, and red chilli powder. Mix well together.
 - Make small squares of bread, apply mustard sauce on the slices and place the chaat mixture over it. Garnish with bhujia and chopped coconut.
 - 'Open Chaat Sandwich' is ready to be served for evening snack.
-

[Watch the Video Recipe](#)



Chandrakanti

A FAMOUS DESSERT OF
ODISHA

By Swastika Pradhan
A Lovely Mom
From Kolkata

Chandrakanti is a delicious dessert that is traditionally made in the Ganjam district of Odisha. It is made from soaked moong dal and rice batter.

The outer part of this dish is crispy and the inside soft. It tastes like moong halwa but with a crispy coating. The uniqueness of this dessert recipe makes it even more irresistible.

It is made in almost every Odia household especially during Diwali.

[Watch the Video Recipe](#)

Chandrakanti

Prep Time
370 mins

Ready In
380 mins

Servings
5

Ingredients

Yellow Split Gram/Moong Dal - 1 cup
Rice - 2 Tbsp
Milk - 1 cup
Water - 1/2 cup
Salt - a pinch
Ghee - 2 Tbsp + for greasing

Cardamom powder/Elaichi powder - 1/2 Tbsp
Dry fruits - as required (optional)
Sugar - 1/2 cup
Fresh coconut/Nariyal - 1/2 cup, grated
Oil - for frying

Tips

- The moong dal to milk ratio should be 2:3.
- Milk can be used instead of water.
- While the moong dal and rice mixture is added to the boiling milk, it should be stirred continuously and mixed well.
- The pieces of chandrakanti should be medium-sized, to make them crispy.

Chandrakanti

Directions

- Soak Moong dal and rice separately for 6 to 8 hours.
- Grind soaked moong dal coarsely using a grinder.
- Grind soaked rice to a fine paste in a grinder. Then mix moong dal and rice paste together. Keep it aside.
- Boil milk and water in a pan. Add sugar. Mix well.
- When the milk starts boiling, add 1 Tbsp ghee, salt, cardamom powder, fresh coconut, and dry fruits. Mix well
- Then keep the flame low and add moong dal and rice mixture. While adding it, stir continuously and mix well.
- Now keep stirring for 6 to 7 minutes till the mixture leaves the pan and forms into a dough. Add 1 Tbsp ghee in between so that the mixture does not stick to the pan.
- Then grease the plate with ghee. Transfer the prepared moong dal mixture to a plate. Let it cool down. Then cut it into medium-sized triangular pieces.
- Meanwhile, heat oil in a pan on high flame. Now keep the flame low and add the prepared pieces.
- Deep fry them from both sides for 3 to 4 minutes till they turn into a nice golden brown colour.
- Once it is done, transfer them to a serving plate.
- 'Chandrakanti' is ready to be served.



Mohanthal

A POPULAR AND
TRADITIONAL SWEET FROM
THE GUJARATI AND
RAJASTHANI CUISINES

Mohanthal is simple and easy to prepare with only a few ingredients. Mostly, this sweet is prepared during festivals or any occasions.

The best part of this sweet is that it just melts in the mouth. This classic mithai is very rich in texture and taste.

The granular texture, the flavors of cardamom and saffron, the sweetness, and the aroma of the mithai make you eat it more and more.

By Shveta Sheth
A Lovely mom
From Mumbai

[Watch the Video Recipe](#)

Mohanthal

Prep Time

510-630 mins

Ready In

530-655 mins

Servings

5-6

Ingredients

Besan/Gram flour/Chickpea flour - 2 cups

Ghee - 3 Tbsp for mohan (15ml Tbsp), 1/2 cup for besan mixture and as required for greasing

Milk (room temperature) - 3 Tbsp for making besan mixture and 1 cup for sautéing the mixture

Sugar - 1 cup

Water - as required to prepare sugar syrup and as required to sprinkle in the besan mixture

Saffron/kesar - 9 to 10 strands

Cardamom powder - 1 tsp

Dry fruits (pistachios, almonds) - chopped, as required

Tips

- It is very important to have the ingredients in the right proportion to prepare this mithai.
- The mixture of besan, ghee, and milk should be rubbed to have a nice, crumbled texture of this mithai.
- Coarsely ground besan flour can also be used for the perfect texture of the mithai.
- It should be ensure to sieve the dry besan mixture for a granular texture.
- If the besan becomes dry at any point, 1 to 2 Tbsp of ghee can be added.
- To get the granular texture, water should be sprinkled on the sauteed besan.
- It should be ensured to grease the tray with ghee.
- Dry fruits of choice can be used.
- It should be ensured let the mohanthal set for 8 to 10 hours at room temperature.
- This mohanthal can be stored at room temperature in an air-tight container for a week. It should not be refrigerated.

Mohanthal

Directions

- In a bowl, add and mix properly besan, ghee, and milk.. Rub the mix between the hands properly and allow it to rest for half an hour.
- Now, strain the mixture using a sieve. Collect the leftover mixture of the sieve. Grind it and sieve it again.
- Further, heat ghee in a pan and add the sieved besan mixture. Keep the flame low. Combine well and stir it continuously for 15 to 17 minutes. Take a break of 10 seconds and continue the process again.
- Mix it well on a low flame until the mixture starts to turn aromatic and changes its colour.
- Further, sprinkle water and mix it well.
- Add milk and stir it continuously.
- Meanwhile, take a pan and add sugar and just enough water to dip the sugar. Mix it well for 2 minutes on a high flame. Add kesar strands and cardamom powder. Mix it well. Allow the sugar to melt on a low flame and turn off the flame after 30 seconds.
- Now, pour the sugar syrup in the besan mixture and stir it continuously on a high flame.
- Further, take a baking tray, grease it with ghee and transfer the above mixture onto it.
- Tap and level it. Garnish it with the dry fruits.
- Allow it to set for 8 to 10 hours at room temperature.
- Lastly, cut the mohanthal into pieces of the desired shape and size.
- Delicious 'Mohanthal' is ready to be served.



2 Types Of Herbal Teas

A HEALTHY
ALTERNATIVES TO TEA
AND COFFEE

2 Types Of Herbal Teas are easy to make within no time. You just need dried rose petals, hibiscus flowers, and some spices from your kitchen.

In addition, the hibiscus and rose flowers are known to have a number of medicinal properties making them a safe and healthy addition to your everyday routine.

By Surbhi Gupta
A Lovely Mom
From Delhi

It is made without milk and sugar. Like all herbal teas, this quick and easy-to-make tea also offers a wide range of health benefits. Moreover, these drinks have gorgeous colors and taste to make your morning fresh and healthy.

[Watch the Video Recipe](#)

2 Types Of Herbal Teas

Prep Time

2 mins

Ready In

5 mins

Servings

2

Ingredients

FOR ROSE AND FENNEL TEA

Water - 1 cup

Dried rose petals - of 1 flower

Fennel seeds/Saunf - 1 tsp

Lemon juice/Neebu ka ras - of 1/2
lemon

Honey - 1 tsp

Chia seeds - 1 tsp

FOR HIBISCUS TEA

Hibiscus flowers - 3, dried

Cinnamon powder/Dalchini powder
- 1/4 tsp

Nigella seeds/Kalonji - 1/2 tsp

Lemon juice/Neebu ka ras - of 1/2
lemon

Honey - 1 tsp

Chia seeds - 1 tsp

Tips

- The rose flowers petals should be kept on a plate, and once they dry completely, store them. Likewise with hibiscus flowers.
- Both dried flowers can be stored for a long time.
- Both the teas should be allowed to cool down to a lukewarm temperature before adding honey.

2 Types Of Herbal Teas

Directions

FOR ROSE AND FENNEL TEA

- Soak chia seeds in water for 1 hour. Keep aside.
- Boil water in a pan. Add rose petals and fennel seeds. Let it simmer for 2 to 3 minutes on a low flame. Cover the pan with a lid.
- After 2 to 3 minutes, turn off the gas. Strain with a tea strainer into a cup. Squeeze lemon juice of half a lemon into the cup. Mix well.
- Then add soaked chia seeds. Allow the liquor to cool down to a lukewarm temperature. Add honey. Mix well.
- 'Rose and Fennel Tea' is ready to be served.

FOR HIBISCUS TEA

- Soak chia seeds in water for 1 hour. Keep aside.
- Boil water in a pan. Add hibiscus flowers, cinnamon powder, and nigella seeds. Let it simmer for 2 to 3 minutes on a low flame. Cover the pan with a lid.
- After 2 to 3 minutes, turn off the gas. Strain with a tea strainer into a cup. Squeeze lemon juice of half a lemon into a cup. Mix well.
- Then add soaked chia seeds. Allow the liquor to cool down to a lukewarm temperature. Add honey. Mix well.
- 'Hibiscus Tea' is ready to be served.
- '2 Types Of Herbal Teas' are ready to be served.



Lemon Coriander Rice

A SUPER EASY AND
FLAVOURFUL DISH

By Binoo Soral
A Lovely mom
From Rajasthan

Lemon Coriander Rice is the one-pot meal. This is light, flavorful rice and it needs very few basic ingredients like vegetables, rice and some spices.

Coriander is a herb that adds fragrance to the dish, along with that it is good for digestion and contains anti-inflammatory properties, a good source of iron as well. Lemon is a great source of vitamin C and that helps with digestion, weight loss, and helps to cure kidney stones.

[Watch the Video Recipe](#)

Lemon Coriander Rice

Prep Time

10 mins

Ready In

20 mins

Servings

6

Ingredients

Oil - 4 to 5 Tbsp

Cumin seeds/Jeera - 1 to 1 & 1/2
tsp

Onion/Pyaz - 3, sliced

Ginger-garlic paste/Adrak-lahsun
paste - 1 tsp

Tomato - 3, finely chopped

Salt - to taste

Capsicum - 1, finely chopped

Green chillies - 2, finely chopped

Broccoli - 1 cup, chopped

Corn - 1 cup

Coriander leaves/Hara dhaniya -
a handful

Rice - 2 to 3 cups (boiled)

Lemon juice - of 2 lemon

Tips

- Butter or ghee can be used instead of oil.
- Onion and garlic can be skipped.
- Cauliflower can be added instead of broccoli.
- The vegetables should be kept crunchy.

Directions

- Heat oil in a pan. Add cumin seeds. Mix well. Add onion. Mix well and sauté it on medium flame till it becomes light brown.
 - Now add ginger-garlic paste. Mix well. Sauté it for 2 minutes. Then add tomatoes. Mix well. Add salt. Mix well.
 - Add capsicum, green chilli, and broccoli. Mix well. Then add corn and mix well.
 - Add coriander leaves, cooked rice, and salt. Mix well with a light hand. Turn off the gas. Add lemon juice. Mix well. Take it out in a serving bowl.
 - 'Lemon Coriander Rice' is ready to be served.
-

[Watch the Video Recipe](#)



Kanji Vada

A 100-PLUS-YEAR-OLD AND
TRADITIONAL RECIPE

Kanji Vada is an authentic Rajasthani dish. It is a summer special dish. In earlier days, the preparation used to require big earthen pots.

This recipe illustrates, how to make your own batch of kanji vada, at the comfort of your home. The tips and suggestions will ease the method of preparation.

This dish is tangy, delicious and it also aids in digestion.

By Mridula Ameriya
A Lovely Mom
From Rajasthan

[Watch the Video Recipe](#)

Kanji Vada

Prep Time

120 mins

Ready In

130 mins

Servings

10-12

Ingredients

Water - 2 cups

Mustard seed/Rai powder - 1 Tbsp

Salt - 1 Tbsp

Kala Namak/Black Salt - to taste

Red Chilli Powder/Lal Mirch

Powder - 1/2 tsp

Ghee - 1/2 tsp

Asafoetida/Hing powder - 1 pinch

Moong dal/Green gram dal - 1 cup,
soaked

Ginger - 1 inch

Green Chilli - 1

Oil - for frying

Tips

- The moong dal should be soaked for 2 hours before the preparation of the vada.
- Half a teaspoon of salt should be added while grinding the mustard seeds to a powder.
- Whisking the vada batter in one direction makes the vada fluffy.
- The clay diya is used here for giving a smoky flavour to the kanji water.
- This dish can be preserved for more than two days in a refrigerator and should be served chilled.

Kanji Vada

Directions

- Boil about 2 cups of water and then allow it to completely cool down. Then transfer it to a bowl.
- To the water, add mustard seed powder, salt, black salt, and red chilli powder. Mix well with a spoon. The kanji water is ready.
- Take a small earthen pot/clay diya, heat it on a medium gas flame for a few seconds. Turn off the gas. Then add ghee and turn on the gas.
- Place a clean small glass in the middle of the kanji water bowl. As the ghee in the earthen pot melts, add a pinch of hing powder.
- As soon as smoke comes out from the earthen pot, turn off the gas. Then place the earthen pot on the glass in the kanji water bowl and cover it with a plate. Keep aside.
- Clean the soaked moong dal, add ginger and green chilli and grind it to make a fine paste. To the ground paste, add a pinch of salt, hing powder, and a pinch of red chilli powder.
- Meanwhile, heat oil for frying. Whisk the batter in one direction. To test the hotness of oil, pour a small drop-like portion of the batter. If it gets surrounded by bubbles, it means that the oil is ready for frying the vada. Then pour small to medium-size portions of the batter with hands and fry them.
- Fry the vadas all over till they are golden in colour. Then take them out on a tissue paper to remove the excess oil. Make more vadas with the remaining batter.
- In a bowl, take water at room temperature and add some salt to it. To this water, directly add the freshly fried vadas. Once they get soaked, oil oozes out from them.
- Now, squeeze out the water from each vada with hands and transfer it to the kanji water bowl. Cover the kanji vada bowl and keep it aside for two days at room temperature. Serve after two days.
- The 'Kanji Vada' is ready to be served.



Custard Apple Roll

AN INNOVATIVE AND TASTY
DESSERT

By Reena Goel
A Lovely Mom
From Meerut, UP

Custard Apple Roll is easy to make and healthy dish. The sweetness of the fruit makes the dish flavourful. It does not require sugar as contains the natural sweetness of fruits.

It is a yummy treat that you can serve anytime. Custard apple is rich in nutrients and minerals required by the body and it has many health benefits.

Try to prepare this new and easy dessert and enjoy it with friends and family.

[Watch the Video Recipe](#)

Custard Apple Roll

Prep Time

3-4 mins

Ready In

9-10 mins

Servings

1

Ingredients

Custard apple/Sitafal - 1

Choco chips - for coating

Oil - for greasing

Chocolate gems - as required

Cashew/Kaju - for coating, chopped

Tips

- No need to add sugar to this dish.
- Any dry nuts, sprinkles, etc. of choice can be used for coating the balls.

Directions

- Take the custard apple and cut it. Scoop out its pulp. Then, deseed it with the help of a sieve.
- Now, pour the pulp into a mixer grinder and grind it.
- Meanwhile, heat a pan. Grease it with oil. Pour the ground pulp into it.
- Keep stirring on a low to medium flame. When the mixture starts leaving the sides of the pan and takes a dough-like consistency, switch off the flame.
- Let it cool. Grease your hand with oil. Take one small portion of the dough. Spread with fingers and palms and put a chocolate gem in it. Close it and give it a ball shape. Coat it with choco chips.
- Take another portion of the dough and make a ball. Coat it with chopped cashews.
- 'Custard Apple Roll' is ready to be served.



Dahi Wali Green Chutney

A POPULAR, SIMPLE AND
HEALTHY CHUTNEY

By Mamta Dangayach
A Lovely Mom
From Rajasthan

Dahi Wali Green Chutney is a spicy and tangy chutney. The best accompaniment for all your snacks is a flavorful bowl of this chutney.

All these fried foods feel incomplete without this tangy chutney. It is a popular North Indian chutney that can be easily prepared at home using minimum ingredients.

The addition of curd makes this chutney tangy and which enhances the taste of our salty and spicy snacks.

[Watch the Video Recipe](#)

Dahi Wali Green Chutney

Prep Time

3-4 mins

Ready In

3-4 mins

Servings

2-3

Ingredients

Coriander leaves - 1 cup

Curd - 2 Tbsp

Ginger - 1/2 inch, chopped

Green chilli - 2, chopped

Black salt/Kala namak - 1/2
tsp

Salt - to taste

Cumin seeds/Jeera - 1 tsp

Chaat masala - 1/2 tsp

Peanuts - 10 to 12

Asafoetida/Hing - a pinch

Water - as required

Tips

- Fresh coriander leaves should be used and washed properly.
- The curd should be sour.
- The consistency of the chutney should be adjusted to one's preference.
- The spiciness should be adjusted to taste.

Directions

- Wash the coriander leaves properly.
- In a mixer jar, add coriander leaves, chopped ginger, chopped green chilli, peanuts, cumin seeds, chaat masala, asafoetida, and salt.
- Add a little water. Grind the mixture. Add curd and black salt. Grind the mixture again to the desired consistency.
- 'Dahi Wali Green Chutney' is ready to be served.



Makke Ki Roti

A POPULAR INDIAN
FLATBREAD

Makke Ki Roti is traditional roti. You can prepare it with maize flour, spring onion, red chili powder, cumin seeds, and salt.

It tastes best with sarso ka saag, onion pickle, or with a besan wali mirchi. Moreover, it is typically served for lunch and dinner.

By Kiran Tanwar
A Lovely Mom
From Rajasthan

It provides necessary supplements. In addition, maize flour is gluten-free and easy to digest.

[Watch the Video Recipe](#)

Makke Ki Roti

Prep Time

5 mins

Ready In

8 mins

Servings

1

Ingredients

Maize flour/Makke ka aata - 1
cup

Red Chilli Powder/Lal mirchi
powder - 1 tsp

Cumin seeds/Jeera - 1/2 tsp

Spring onion/Hari pyaz - 1/4
up, finely chopped (optional)

Salt - to taste

Water - as required

Ghee - as required

Tips

- Spring onion is optional.
- The sogra can be prepared using fenugreek leaves or coriander leaves instead of spring onion.
- The dough should be kneaded well to prevent the sogra from cracking.
- Any plastic sheet can be used to make this sogra.
- The sogra can be roasted without ghee as well.

Makke Ki Roti

Directions

- Take maize flour in a big bowl. Add salt, red chilli powder, cumin seeds, and spring onion. Mix well.
- Add water gradually and prepare a medium-consistency dough. Knead the dough well for 2–3 minutes to prevent it from cracking.

METHOD 1

- Put a plastic sheet on a rolling board or chakla.
- Take a ball-sized dough. Spread it on the plastic sheet using palms and fingers to prepare the sogra. Press its border with the thumb and fingers to prepare a consistently thick sogra.
- Meanwhile, heat a tawa. Grease it with ghee. Take the prepared sogra on hand with a plastic sheet. Flip it on the tawa and immediately remove the plastic sheet.
- Roast it on a high flame for 2 minutes. Once slightly roasted on one side, keep the flame low and flip it.
- Now roast it from the other side. Then apply ghee to it. Roast it from both sides on a high flame. Once it is done, transfer it to a serving plate.

METHOD 2

- Take a ball-sized dough. Prepare a round-shaped sogra between palms and fingers. Press its border with fingers to prepare a consistently thick sogra.
- Meanwhile, heat a tawa. Grease it with ghee. Place the prepared sogra on the tawa.
- Roast it on a high flame for 2 minutes. Once slightly roasted on one side, keep the flame low and flip it.
- Now roast it from the other side. Then apply ghee to it. Roast it from both sides on a high flame. Once it is done, transfer it to a serving plate.

Makke Ki Roti

Directions

METHOD 3

- Put a plastic sheet on a rolling board or chakla. Take a ball-sized dough.
- Spread it using palms and fingers on the plastic sheet to prepare the sogra. Press its border with thumb and fingers to prepare a consistently thick sogra.
- Meanwhile, heat a tawa. Grease it with ghee. Take the prepared sogra on hand with a plastic sheet. Flip it on the tawa and immediately remove the plastic sheet.
- Put a plate on it. Cut out the excess part of the sogra with a knife to make it into a round shape.
- Roast it on a high flame for 2 minutes. Once slightly roasted on one side, keep the flame low and flip it.
- Now roast it from the other side. Then apply ghee to it. Roast it from both the sides on a high flame. Once it is done, transfer it to a serving plate.
- 'Makke Ki Roti' is ready to be served.



Onion Fried Rice

A FLAVOURFUL VEGAN
DISH

By Ruchira Agarwal
A Lovely Mom
From Rajasthan

Onion Fried Rice is an aromatic-spicy dish. You can prepare this rice dish with onion, rice and some spices which are easily available.

It is a nice one-pot meal for your family. Moreover, it doesn't require any other side dish to serve it. You can pack it for office lunch or for kids tiffin as well.

This rice needs only onion, so whenever there are no vegetables available in the refrigerator, this dish will be the best choice.

[Watch the Video Recipe](#)

Onion Fried Rice

Prep Time

3-4 mins

Ready In

23-24mins

Servings

1-2

Ingredients

Rice - 1 cup

Ghee - 2 tsp

Cumin seeds/Jeera - 1 tsp

Black peppercorn/Kali mirch - 3 to 4

Cloves/Laung - 3 to 4

Bay leaf/Tej patta - 1

Cinnamon stick/Dalchini - 1

Onion/Pyaz - 2, sliced

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

Water - 2 cups

Salt - to taste

Tips

- The onion should not be overcooked.
- The ratio of water to rice should be 2:1.

Directions

- Wash rice and soak it for 2 hours.
- Heat ghee in a pan. Add cumin seeds, black peppercorn, cloves, bay leaf, cinnamon stick, and onion. Mix well.
- Sauté the onion on a medium flame until it turns golden brown. Do not overcook the onion.
- Then add red chilli powder, soaked rice, and water. Mix well. Then add salt. Mix well. Let it boil.
- Now keep the flame low. Cover the pan with a lid and cook it for 8 to 9 minutes till all the water evaporates and the rice is well cooked.
- Once done. transfer it to a serving plate.
- 'Onion Fried Rice' is ready to be served.

ENJOY!!

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