



zayka ka tadka

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Unedited
live recipes



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वही बनता है !

*LIVE FROM THE KITCHENS OF
MOMS OF
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The Super Chef Moms of India



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PANEER SHASHLIK

the perfect delicious dish

By Binoo Soral From Rajasthan



SERVINGS: 4

PREPARATION TIME: 70 MIN

COOKING TIME: 40 MIN

INGREDIENTS

• FOR MARINATION

- Cottage cheese cubes/Paneer - 1/4 cup
- Tricolour capsicum - 1/4 cup
- Onion/Pyaz - 1/2, diced
- Thick curd - 1 Tbsp
- Ginger-garlic paste - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder - 1/2 tsp
- Roasted cumin seed powder/Jeera powder - 1/2 tsp
- All spice mix powder/Garam masala - 1/4 tsp
- Cornflour - 1 Tbsp
- Skewer - as required

• FOR PREPARING CREAMY SAUCE

- Tomato/Tamatar - 6 to 7
- Water - as required
- Cashew/Kaju - 1/4 cup
- Butter - 1 Tbsp
- Ginger-garlic paste - 1 Tbsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder - 1 to 2 tsp
- Tomato ketchup - 2 Tbsp
- Red chilli sauce - 2 Tbsp
- Roasted cumin seed powder - 1/2 tsp
- Dry fenugreek leaves/Kasuri methi - 1 Tbsp
- Fresh cream - 2 Tbsp
- Salt - to taste
- All spice mix powder - 1/4 tsp
- Vinegar - 3 Tbsp

DIRECTIONS

• FOR MARINATION AND PREPARING GRILL PANEER SKEWERS

- Take paneer, capsicum, and onion in a bowl. Add curd, ginger-garlic paste, turmeric powder, red chilli powder, roasted cumin seeds powder, all spice mix powder, and cornflour. Mix well.
- Keep it aside for 60 minutes in the refrigerator. Keep skewer in water for 30 minutes. After 60 minutes, take a skewer, add marinated vegetables and paneer. Likewise, prepare all skewers.
- Meanwhile, preheat the oven to 180 degrees Celsius for 10 minutes.
- Now roast the prepared skewer in the oven at 180 degrees Celsius for 30 minutes. Once done, keep it aside.

• FOR PREPARING CREAMY SAUCE

- Soak cashew in water for 15 to 20 minutes. Then grind it to prepare its paste. Keep it aside.
- Keep tomatoes in hot water for 15 to 20 minutes. Then peel them and grind them to a puree. Then sieve it and keep it aside.
- Heat butter in a pan. Keep the flame low and add ginger-garlic paste. Mix well and sauté it for 30 seconds to 1 minute.
- Now add the prepared tomato puree. Mix well. Cook it on a medium flame and add turmeric powder and red chilli powder. Mix well.
- Now add 3 Tbsp of the prepared cashew paste. Now cook it on a high flame for 2 to 3 minutes. Then keep the flame low.
- Then add tomato ketchup, red chilli sauce, roasted cumin seed powder, dry fenugreek leaves by rubbing between your palms, and fresh cream. Mix well.
- Then add salt and all spice mix powder. Mix well. Now add vinegar. Mix well and turn off the flame. Let it cool down.

• FOR SERVING PANEER SHASHLIK

- Take lemon coriander rice on the plate. Put grilled paneer skewers on it. Now pour the prepared creamy sauce on it.
- 'Paneer Shashlik' is ready to be served.

TIPS

- Garlic is optional.
- Spiciness can be adjusted to taste.
- The skewer should be kept in water for 30 minutes for preparing shashlik in the oven.
- If shashlik is being prepared on a grill pan, the marinated vegetables and paneer should first be grilled and then added into the skewers.
- It is recommended to prepare this dish using [Paneer & Tomato Ketchup](#) and serve this dish with [Lemon Coriander Rice](#).

MANGALORE BAJJI

one of the most popular snacks from the Karnataka cuisine

By Sulochana Ji

From Karnataka



SERVINGS: 3

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- All-purpose flour/Maida - 1 cup
- Cumin seeds/Jeera - 1/2 tsp
- Green chilli/Hari mirch - 2, finely chopped
- Onion/Pyaz - 2 tsp, finely chopped
- Coriander leaves - 1 Tbsp, finely chopped
- Salt - to taste
- Baking soda - 1/2 tsp
- Water - as required
- Curd - as required

DIRECTIONS

- Take the all-purpose flour in a bowl. Add cumin seeds, green chilli, onion, coriander leaves, salt, and baking soda. Mix well. Then add water and curd gradually to make a lump-free, medium consistency batter.
- Meanwhile, heat oil in a deep frying pan over medium flame. When the oil is medium hot, drop a spoonful of batter in it.
- Fry it from all sides for 2 to 3 minutes on a medium flame till it is golden brown.
- Once done, take it out on a serving plate.
- 'Mangalore Bajji' is ready to be served.

PAPAYA FACE SCRUB

revitalizing tan-removal, face-care ice cubes

By *Vijay Haldiya* Founder *Zayka KaTadka*



SERVINGS: 9

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- Papaya/Papita – 2 slices, chopped
- Tomato/Tamatar – 1, chopped
- Potato/Aloo – 1, chopped
- Rose water/Gulab jal – 2 Tbsp

DIRECTIONS

- Grind papaya, tomato, potato, and rose water in a grinding jar to a fine paste. Then strain it.
- Now pour the filtrate into an ice tray and freeze it for 7 to 8 hours.
- 'Papaya Face Scrub' is ready to be used.
- **HOW TO USE**
- Take out a cube from the ice tray and apply it on your face or hands. You can also cover it with a thin muslin cloth before applying.
- After 10 to 15 minutes, wash your face and hands.

TIPS

- The ratio of papaya, tomato, and potato should be 1:1:1.
- can be reused. Gram flour, rice flour, or sugar can be added to the leftover papaya mixture before it can be reused. It can also be stored in a refrigerator for 2 to 3 days.
- Leftover papaya peels, tomato slices, or potato slices can be applied directly to the skin.

MASALA AKKI KODUBU

one of the authentic food items in Karnataka

By Geetha Farmale From Shimoga



SERVINGS: 4

PREPARATION TIME: 10 - 15 MIN

COOKING TIME: 5 - 7 MIN

INGREDIENTS

- Rice rava/Akki rava/Idli rava - 1/2 cup
- Water - 1 cup + for steaming
- Salt - to taste
- Bengal gram/Chana dal - 1 Tbsp, soaked
- Cumin seeds/Jeera - 1 tsp
- Green peas/Matar - 2 Tbsp
- Fresh coconut - as required, grated
- Green chilli/Hari mirch - to taste, finely chopped
- Onion/Pyaz - 1 Tbsp, chopped
- Coriander leaves/Hara dhaniya - a handful
- Carrot/Gajar - 1 Tbsp, grated

DIRECTIONS

- Wash the ponni rice and drain the water completely using a sieve.
- Let the rice dry completely. Grind the rice using a mixer grinder. Now, rice rava is ready.
- Take a bowl. Add rice rava, salt, and water. Soak it for 10 - 15 minutes.
- Then, take a deep plate. Pour the soaked mixture in it. Submerge the rice rava with water.
- Now, sprinkle soaked chana dal, cumin seeds, grated coconut, green peas, chopped green chilli, chopped onion, coriander leaves, grated carrot and again grated coconut on it.
- Meanwhile, heat water in a steamer and place a stand in the steamer. Place the plate on the stand and cover the steamer with the lid and steam it for 5 to 7 minutes on a high flame.
- After 5 to 7 minutes of steaming, take the plate out and let it cool down. Then, de-mould it with the help of a knife.
- Delicious 'Masala Akki Kodubu' is ready to be served.

TIPS

- Dry coconut can be used instead of fresh coconut.
- The ratio of rice rava and water should be 1:2.
- Instead of ponni rice, any other type of rice can be used.
- It is recommended to serve this dish with [coconut chutney](#).

MIX VEGETABLE STIR FRY

a healthy and colorful dish

By Sapna Roy

From Karnataka



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Oil - 1 Tbsp
- Garlic/Lahsun - 8 to 9 cloves, finely chopped
- Ginger/Adrak - 1 inch, finely chopped
- Tricolour bell peppers - 1 cup, diced
- Onion - 1, chopped
- Beans - 1/2 cup, chopped
- Carrot/Gajar - 1/2 cup, chopped
- Salt - to taste
- Mixed herbs - 1 tsp
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Schezwan chutney - 2 tsp
- Cottage cheese/Paneer cubes - 1 cup

DIRECTIONS

- Heat oil in a pan. Add garlic and ginger. Mix well. Then add tricolour bell peppers, onion, beans, and carrot. Mix well.
- Sauté them on a high flame for 4 to 5 minutes. Now add salt, mixed herbs, black pepper powder, red chilli powder, and Schezwan chutney. Mix well.
- Then add paneer. Mix well. Once done, transfer it to a serving plate.
- 'Mix Vegetable Stir Fry' is ready to be served.

TIPS

- Any type of oil can be used to prepare this dish.
- Available vegetables of choice may be added.
- Red chilli flakes can be used instead of red chilli powder.
- The paneer should be added at the end; otherwise, it might break.
- For making the sauce in this dish, cornflour paste should be the last ingredient to be added.
- It is recommended to use an iron pan to prepare this dish.

MISHRI MAWA

a traditional Rajasthani dessert

By Seema Maheshwari

From Indore



SERVINGS: 4

PREPARATION TIME: 15 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Milk - 1 litre
- Curd - 4 tsp
- Sugar - 4 tsp
- **FOR PREPARING STRAWBERRY CRUSH**
- Strawberry - 6 to 7
- Sugar - 2 tsp
- **FOR GARNISHING:**
- Cherry - 2 to 3
- Roasted bread - 2 slices
- Silver vark/Silver foil - 1 sheet (optional)

TIPS

- The ratio of curd to sugar should be 1:1.
- It is recommended to prepare this dish using [Homemade Curd](#)
- Curd should not be sour.
- The flame should be turned off when the milk turns semi-thick because, after cooling, it will become thicker.
- Cardamom powder or dry fruits can be added to the mishri mawa.
- Do not use saffron to the mishri mawa.
- You can store mishri mawa for 3 to 4 days in the refrigerator.

DIRECTIONS

FOR PREPARING STRAWBERRY CRUSH

- Heat strawberries in a small pan. Crush them using a spatula. Add sugar. Mix well. Cook it till the sugar melts. Keep it aside.

FOR PREPARING CURD MIXTURE

- Take curd in a bowl. Add sugar. Mix well. Keep it aside.

FOR PREPARING MISHRI MAWA

- Boil milk in a pan. When the milk starts to boil, add frequently 1 tsp curd mixture and keep stirring continuously.
- Likewise, boil milk and stir it continuously on a medium flame for 30 minutes until the mixture becomes thick, granulated, and leaves the water. Add leftover all of the curd mixture in the boiling milk.
- When the milk turns semi-thick, turn off the flame because, after cooling, it will become thicker.
- Once done, let it cool down.

SERVING SUGGESTION 1

- Transfer mishri mawa to a serving bowl. Garnish it with cherry.

SERVING SUGGESTION 2

- Make a layer of mishri mawa. Add the prepared strawberry crush on it. Then make another layer of mishri mawa. Cut it and transfer it to a serving plate.

SERVING SUGGESTION 3

- Take roasted bread. Add mishri mawa on it. Garnish it with cherry. Apply silver vark over it.
- 'Mishri Mawa' is ready to be served.

CHANA DAL PULAO

a healthy one-pot meal

By Neena Mathur

From Rajasthan



SERVINGS: 4

PREPARATION TIME: 15 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Ghee - 1 Tbsp
- Clove/Laung - 3 to 4
- Black peppercorns/Kali mirch - 1 tsp
- Cinnamon/Dalchini - 1 small stick
- Star anise/Chakra phool - 1
- Onion rings/Pyaz - 1
- Coriander powder/Dhaniya powder - 1 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Salt - to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- Water - as required
- Green chilli/Hari mirchi - 1, finely chopped
- Ginger - 1/2 inch, finely chopped
- Rice/Chawal - 1 cup
- Chana dal/Bengal Gram - 1/2 cup
- Tomato - 1, chopped
- Lemon juice/Neebu ka ras - of 1/2 lemon
- Mint leaves/Pudina - 2 Tbsp
- Coriander leaves - a handful

DIRECTIONS

- Soak chana dal for 15 to 20 minutes. Then cook it in a pressure cooker till 3 to 4 whistles. Take it out into a bowl and keep it aside.
- Soak rice in water for 15 to 20 minutes. Keep it aside.
- Heat ghee in a pan. Add cloves, black peppercorn, cinnamon stick, star anise, and onion. Mix well. Sauté it on a high flame for 1 minute.
- Then add coriander powder, red chilli powder, salt, turmeric powder, and a little water. Mix well. Sauté it for 1 to 2 minutes on a high flame.
- Then add green chilli, ginger, and 1 and 1/2 cup water. Mix well. Bring it to boil.
- Now add soaked rice. Mix well. Cover the pan with a lid and cook it on a high flame for 4 to 5 minutes. Add hot water if needed.
- Now keep the flame low and add cooked Bengal gram. Mix well.
- Then add tomato and lemon juice. Mix well. Once the rice is cooked, turn off the flame.
- Garnish it with mint leaves and coriander leaves. Take it out on a serving plate.
- 'Chana Dal Pulao' is ready to be served.

TIPS

- Oil can be used instead of ghee.
- The ratio of water to rice should be 3:1.
- Hot water may be added if needed.
- The ratio of chana dal to rice should be 1:2.

RICE PANKI

a famous Gujarati dish

By Ruchira Agrawal From Rajasthan



SERVINGS: 1

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Rice flour/Chawal ka aata - 1 cup
- Curd - 2 Tbsp
- Coriander Leaves - a handful
- Green chilli - 1, finely chopped
- Turmeric powder - 1/4 tsp
- Salt - to taste
- Ginger-garlic paste/Adrak-lahsun paste - 1/2 tsp (optional)
- Oil - 2 Tbsp + for greasing
- Banana leaves/Kele ke patte - 2
- Asafoetida/Hing - a pinch
- Fruit salt - a pinch
- Water - as required

TIPS

- The banana leaves can be cut in the desired shape.
- Banana leaves of dark green colour should always be used to prepare this dish.
- When light brown spots appear on it and the panki starts to leave the banana leaf, it indicates that it has begun to cook.

DIRECTIONS

- Take rice flour in a bowl. Add curd, coriander leaves, green chilli, turmeric powder, salt, ginger-garlic paste, and oil. Mix well.
- Now add asafoetida and fruit salt. Mix well. Then add water gradually and prepare a lump-free, thin-consistency batter.
- Now take the banana leaves. Cut them into a square shape or any other desired shape.
- Now take one of the cut banana leaves. Grease its dark green coloured side. Then put another leaf on it and press it so that the oil gets applied on both leaves.
- Meanwhile, heat a tawa. Place the banana leaf on it. Pour the prepared rice flour batter on the leaf and spread it evenly.
- Now cover it with another banana leaf. Roast it on a medium flame for 1 minute.
- Flip it once it is slightly brown from one side. Now roast it for 2 minutes on a high flame. When light brown spots appear on it and the panki starts to leave the banana leaf, it indicates that it has begun to cook.
- Cook it from both sides till both leaves can be peeled off easily. Once done, take it out on a serving plate. Likewise, prepare all the remaining pankis.
- 'Rice Panki' is ready to be served.

PANIPURI SANDWICH

a spicy and sour protein-rich breakfast

By Shraddha Thakrar From Gujarat



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

• FOR BOILING SPROUTS

- Green gram sprouts/Mung bean - 1/4 cup
- Dew beans sprouts/Moth bean - 1/4 cup
- Black chickpea - 1/4 cup
- Salt - to taste
- Turmeric powder/Haldi powder - as required

• FOR PREPARING PANIPURI SANDWICH

- Boiled potato/Aloo - 1, mashed
- Green gram sprouts/Mung bean - 2 tsp, boiled
- Dew beans sprouts/Moth bean - 2 tsp, boiled
- Black chickpea/Kala chana - 2 tsp, boiled
- Dry mango powder/Amchur - 1/2 tsp
- Red chilli powder - 1 tsp
- Black salt/Kala namak - 1/4 tsp
- Cumin seed powder/ - 1/4 tsp
- Coriander leaves - a handful
- Wheat bread - 2 slices
- Butter - as required
- Green chutney - as required
- Cucumber/Kheera - 1/2, sliced
- Onion/Pyaz - 1, finely chopped

DIRECTIONS

- Boil green gram sprouts and moth beans separately with salt and turmeric powder in a pressure cooker till 3 whistles. Let it cool down. Keep it aside.
- Soak kala chana for 8 hours. Then boil it with salt and turmeric powder in a pressure cooker till 3 whistles. Let it cool down. Keep it aside.
- Take potato in a bowl. Add boiled green gram sprouts, moth bean sprouts, and kala chana. Mix well.
- Now add salt for potato, dry mango powder, red chilli powder, black salt, cumin seed powder, and coriander leaves. Mix well.
- Now take a bread slice. Apply butter on one side. Then apply green chutney on the other side of the bread. Now arrange cucumber slices on the green chutney.
- Then spread the prepared sprout mixture on it. Then add onion to it. Now take another slice of bread and apply butter to it. Then apply green chutney on the other side.
- Now put the green chutney applied side of the slice on the slice with the prepared sprouts.
- Meanwhile, heat a tawa. Place the prepared sandwich on the tawa.
- Roast it from both sides on a medium flame till it becomes nice golden and crispy.
- Once done, take it out on a serving plate and cut it.
- 'Panipuri Sandwich' is ready to be served.

TIPS

- This sandwich can be prepared with only boiled potato and kala chana.

SAMBHAR RICE WITH MIX VEG RAITA

an Instant Tiffin Option

By Archana Chakravarthy From Karnataka



SERVINGS: 4

PREPARATION TIME: 15 MIN

COOKING TIME: 10 MIN

INGREDIENTS

FOR PREPARING SAMBHAR RICE

- Rice/Chawal - 1 cup
- Water - as required
- Peanuts/Moongfali - 2 Tbsp
- Oil - 2 Tbsp
- Whole black gram without skin/Urad dal - 1/2 tsp
- Mustard seeds/Rai - 1 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Turmeric powder - 1/4 tsp
- Asafoetida/Hing - a pinch
- Capsicum - 1, chopped
- Carrot - 1, chopped
- Frozen peas/Matar - 1/4 cup
- Salt - to taste
- Red chilli powder - 1 tsp
- Coriander powder - 1/2 tsp
- Jaggery powder/Gud - 1 tsp
- Sambhar powder - 2 heaped tsp
- Dry coconut powder - 1/4 cup
- Ghee - 1 tsp

FOR PREPARING MIX VEG RAITA

- Curd - 1 cup
- Onion/Pyaz - 1/2, finely chopped
- Tomato - 1, finely chopped
- Salt - to taste
- Coriander leaves - a handful

DIRECTIONS

FOR PREPARING SAMBHAR RICE

- Roast peanuts in a pan for 2 to 3 minutes. Let them cool down and then grind them to a coarse powder. Keep it aside.
- Soak rice in water for 30 minutes. Then put the soaked rice in a pressure cooker and add 1 & 1/2 cups of water.
- Then cover it with a lid. When the water starts to boil, place the whistle on the lid of the cooker. Cook the rice for 4 to 5 minutes on a high flame till 3 whistles. Then turn off the flame.
- Let it cool down and take it out on a plate. Keep it aside.
- Heat oil in a pan. Add urad dal, mustard seeds, cumin seeds, turmeric powder, asafoetida, and capsicum. Mix well.
- Then add carrot. Mix well. Now add peas and salt. Mix well. Cover the pan with a lid and cook it on a medium flame for 1 to 2 minutes.
- Stir it occasionally. Add red chilli powder, coriander powder, jaggery powder, sambhar powder, and dry coconut powder. Mix well.
- Cover the pan with a lid and cook it on a medium flame for 1 to 2 minutes. Then add cooked rice. Mix well.
- Add salt for the rice. Mix well. Cover the pan with a lid. Then add ground peanut powder. Mix well.
- Once done, turn off the flame. Add ghee. Mix well. Take it out on a serving plate.

FOR PREPARING MIX VEG RAITA

- Take curd in a bowl. Whisk it well. Add onion, tomato, salt, and coriander leaves. Mix well.
- 'Sambhar Rice With Mix Veg Raita' is ready to be served.

TIPS

- The ratio of water to rice should be 3:1.
- It is recommended to prepare this dish using [Sambhar Powder](#) and [Curd](#).

APPE KI CHAAT

a unique and tasty chaat

By Rajni Singal From New delhi



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 7 - 8 MIN

INGREDIENTS

- Semolina/Sooji - 1 cup
- Curd/Dahi - 1/2 cup
- Salt - to taste
- Fruit salt - 1/2 tsp
- Oil - 2 Tbsp + for greasing
- Tomato sauce - 2 Tbsp
- Soy sauce - 2 Tbsp
- Red chilli powder/Lal mirch powder - 1 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Tamarind chutney/Imli chutney - as required
- Sweet curd - as required
- Green chutney/Hari chutney - as required
- Chaat masala - to taste
- Pomegranate seeds - as required

DIRECTIONS

- Take sooji and curd in a bowl and make a batter of medium consistency. Now add table salt and fruit salt. Mix well.
- Heat the appe pan and put some drops of oil in the appe mould. Pour batter and cover it. Allow it to cook on a slow to medium flame for 3 to 4 minutes.
- Flip the appe and cover the pan. Cook it for 3 to 4 minutes. Once done, take it out and cut it into 2 pieces.
- Now, heat oil in a pan, put tomato sauce, soy sauce, salt, red chilli powder, and garam masala. Mix them.
- Then, add pieces of appe and mix them. Cover and cook them for 2 to 3 minutes. Once done, take them out on a serving plate.
- Garnish them with sweet curd, tamarind chutney, green chutney, chaat masala, and pomegranate seeds.
- Tasty 'Appe Ki Chaat' is ready to serve.

TIPS

- The ratio of sooji and curd should be 1:1/2.
- The batter should be of medium consistency.
- Idli batter of rice and dal can also be used for making appe.
- It is recommended to prepare this chaat with [homemade curd](#), [green chutney](#), [tomato sauce](#), and [meethi chutney](#).

KESAR ELAICHI SHRIKHAND

a mouth-watering probiotic dessert
By Shveta Sheth From Mumbai



SERVINGS: 2 TO 4

PREPARATION TIME: 550 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- Curd - 1 cup
- Powdered sugar - 3/4 cup
- Cardamom/Elaichi Powder - 1/2 tsp + for garnishing
- Saffron/Kesar - 15 to 20 strands
- Mixed Dry fruits (almonds and pistachios) - 1 to 2 tsp, chopped + for garnishing

DIRECTIONS

- Soak saffron in 2 to 3 Tbsp water for 15 to 20 minutes. Keep it aside.
- Take a strainer and put muslin cloth on it. Pour the curd and tie the cloth with the help of a rubber band. You can hang it or leave it on the strainer for at least 4 to 5 hours. Keep it in the refrigerator if you want.
- Now, take a bowl and add hung curd. Add cardamom powder, soaked saffron, and powdered sugar and mix them well for 5 to 7 minutes to make a smooth mixture.
- Then add 1 tsp dry fruits. Mix well. Then take it out on a serving bowl. Garnish it with cardamom powder and dry fruits.
- Delicious 'Kesar Elaichi Shrikhand' is ready to be served. Serve it chilled after garnishing it with chopped dry fruits.

TIPS

- To make shrikhand, only thick curd is required. So, the curd should be hung for at least 4 to 5 hours. The curd can also be kept in a muslin cloth in the refrigerator overnight.
- This is a basic recipe of shrikhand. It can be made in many variations using fruits such as mango, strawberry, or dry fruits.
- The sweetness of the shrikhand can be adjusted as required.

FRIED ICE CREAM

an interesting and unique deep-fried dessert

By Neha Agarwal

From Raipur



SERVINGS: 4

PREPARATION TIME: 15 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- All-purpose flour/Maida - 1 & 1/2 tsp
- Water - as required
- Corn flakes - 1 cup
- Bread - 3 slices
- Milk - as required to soak bread slices
- Vanilla ice cream - as required
- Oil - as required
- FOR SERVINGS:
- Chocolate syrup - as required
- Corn flakes - as required
- Walnuts/Akhrot - as required
- Chocolate stick - 2

TIPS

- Corn flakes can be crushed using a plastic bag and rolling pin.
- Ice cream balls should be kept in the freezer for at least 4 hours.

DIRECTIONS

- **FOR PREPARING SLURRY**
- Take all-purpose flour in a bowl. Add water gradually to prepare a lump-free thin batter. Keep it aside.
- **FOR PREPARING FRIED ICE CREAM**
- Grind corn flakes coarsely in the grinding jar. Transfer it to a plate. Keep it aside. Cut off the edges of a bread slice. Likewise, prepare all the other bread slices.
- Now dip the bread slice in milk and then squeeze out the milk by pressing it between your palms.
- Put vanilla ice cream in the middle of the bread slice and carefully fold its corners inside and shape it like a small ball.
- Then dip it in the prepared slurry. Then coat it with ground cornflakes. Press it from all sides. Likewise, prepare all ice cream balls.
- Now keep all prepared ice cream balls in the freezer overnight. Ice cream balls should be kept in the freezer for at least 4 hours.
- Then heat oil in a pan to fry the ice cream balls. Place the ice cream balls into the hot oil.
- Deep fry them on a medium flame for 30 seconds until they become crispy and golden brown from all sides. Then, take them out on a plate using a slotted spoon.
- **SERVING SUGGESTIONS**
- Add chocolate syrup to the serving glass surface. Keep it in the fridge for 10 seconds. Then add cornflakes in the glass.
- Then cut the fried ice cream. Put it into a serving glass. Pour the chocolate syrup and garnish with some walnuts and chocolate sticks.
- 'Fried Ice Cream' is ready to be served.

SIGDI WALI ALOO PYAZ KI SABJI

a traditional style side dish

By Rekha Poddar

From Rajasthan



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

FOR PREPARING THE PUREE

- Onion/Pyaz – 3, chopped
- Tomato / Tamatar -- 3, chopped
- Garlic/Lahsun – 2 cloves
- Green chilli/Hari mirch – 2, chopped

FOR PREPARING THE SABJI

- Oil – 5 to 6 tsp
- Cumin seeds/Jeera – 1/2 tsp
- Asafoetida/Hing – a pinch
- Salt – to taste
- Turmeric powder/Haldi powder – 1/2 tsp
- Onion/Pyaz – 3, sliced
- Water – as required
- Boiled potato/Aloo – 3, chopped
- Coriander powder/Dhaniya powder – 1 tsp
- Red chilli powder/Lal mirch powder – 1 to 1/2 tsp
- Coriander leaves/Hara Dhaniya – for garnishing

DIRECTIONS

- Grind onion, tomato, garlic, and green chilli in a grinding jar to make puree. Keep it aside.
- Heat oil in a pan on the sigdi. Add cumin seeds, asafoetida, and the prepared puree. Mix well.
- Now add salt and turmeric powder. Mix well. Sauté it for 2 to 3 minutes. Keep the flame of the sigdi uniform to cook the sabji well.
- Then add onion. Mix well. Add a little water. Mix well. Now cover the pan with a lid and cook it for 3 to 4 minutes.
- Now add potato, coriander powder, and red chilli powder. Mix well.
- Once done, garnish it with coriander leaves and take it out in a serving bowl.
- 'Sigdi Wali Aloo Pyaz Ki Sabji' is ready to be served.

TIPS

- This sabji can also be made with raw potatoes.

RASBHARI PEDA

an innovative dessert

By Reena Goel From Meerut, UP



SERVINGS: 1 - 2

PREPARATION TIME: 2 - 3 MIN

COOKING TIME: 3 - 4 MIN

INGREDIENTS

- Rasbhari/Cape gooseberries
- 250g
- Sugar - 3 Tbsp
- Mawa/Khoya - 1/4 cup
- Badam/Almond - for coating,
crushed

DIRECTIONS

- Wash and put rasbhari into a grinder jar and grind it coarsely.
- Meanwhile, heat a pan. Pour the ground pulp into it.
- Keep stirring on a low to medium flame. Allow it to boil. After it boils, add sugar and keep stirring it. Add mawa when mixture turns a little thick.
- When the mixture starts leaving the sides of the pan and takes a dough-like consistency, transfer it to a plate and let it cool.
- Take one small portion of the dough and give it a ball shape. Coat it with crushed almonds and press a little.
- 'Rasbhari Peda' is ready to be served.

TIPS

- Yellow food colour can be added.
- Mawa may be added as preferred.
- Desiccated coconut and crushed dry nuts such as cashews, etc. of your choice can be used for coating the balls.
- The sweetness may be adjusted to one's taste.
- The desired shape can be given to the peda.

DAHI WALI BHINDI

a famous dish of Rajasthan

By Joshna Bhandari From Rajasthan



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Oil - 2 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Asafoetida/Hing - a pinch
- Ladyfinger/Bhindi - 250 grams, chopped
- Curd/Dahi - 3 Tbsp
- Coriander powder/Dhaniya powder - 3 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Salt - to taste

DIRECTIONS

- Heat oil in a pan. Add cumin seeds, asafoetida, and ladyfingers. Mix well.
- Cook it on a medium flame for 3 to 4 minutes.
- Meanwhile, take curd in a bowl. Add coriander powder, red chilli powder, and turmeric powder. Mix well.
- Now add the prepared curd mixture to the cooked ladyfingers. Mix well.
- Then sauté it on high flame for 2 to 3 minutes. Now add salt. Mix well.
- Once done, take it out in a serving bowl.
- 'Dahi Wali Bhindi' is ready to be served.

TIPS

- **Curd** should be added after bhindi is well cooked.
- Salt should be added in the end; otherwise, the curd will curdle.

POHA PALAK CUTLETS

an easy and interesting deep-fried snack

By Anju Sharma From New delhi



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

INGREDIENTS

- Flattened rice/Poha - 2 cups, soaked
- Spinach/Palak - 2 cups, chopped
- Potato/Aloo - 4, boiled and mashed
- Coriander leaves/Hara dhaniya - a handful
- Ginger/Adrak - 1 teaspoon, grated
- Green chilli/Hari mirch - 1, finely chopped
- Salt - to taste
- Dry mango powder/Amchur - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder/Lal mirch powder - 1/2 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Oil - for frying

DIRECTIONS

- In a bowl, take soaked poha, chopped spinach, and boiled potatoes. Now, add coriander leaves, grated ginger, chopped green chilli, salt, red chilli powder, garam masala, dry mango powder, turmeric powder, and coriander powder. Mix them evenly.
- Then, grease the palms with oil. Take a small ball-sized portion of the mixture. Press it with hands and prepare a flattened cutlet. Likewise, prepare all cutlets.
- Meanwhile, heat oil in a pan. Place the cutlets gently in the pan. Deep fry them on a medium to high flame till they turn golden brown from both sides.
- Once cooked, take them out on a serving plate.
- Tasty 'Poha Palak Cutlets' is ready to be served.

TIPS

- It should be served hot for better taste.
- This dish can also be served with [green chutney](#) and [tomato sauce](#).

BESAN KA PARATHA

a lip-smacking and crispy paratha
By Anita Sharma From Rajasthan



SERVINGS: 1

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

INGREDIENTS

- Whole wheat dough/Aata - as required
- Gram flour/Besan - 2 Tbsp
- Green chilli/Hari mirch - 1, finely chopped
- Onion/Pyaz - 1 small, finely chopped
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Salt - to taste
- Cumin seeds/Jeera - 1 tsp
- Dry mint powder/Pudina powder - 1 tsp
- Oil - 1 to 2 tsp + for roasting

DIRECTIONS

- Take besan in a bowl. Add chopped green chilli, chopped onion, red chilli powder, salt, cumin seeds, dry mint powder, and oil. Mix well with hands. The stuffing is now ready.
- Take a small portion of the ready dough, make a roti and apply a little oil. Place enough stuffing in the centre of the paratha. Join the edges and seal the paratha properly. Dust it with flour. Roll it to make a thin paratha.
- Meanwhile, heat a tawa. Place the paratha on it and cook it on one side.
- Roast it from one side. Flip it and apply oil. When it is roasted from the other side, flip it and apply oil. Press the paratha while cooking it to make it crispy. Roast it till it turns golden brown.
- Once done, transfer it to a serving plate.
- 'Besan Ka Paratha' is ready to be served.

TIPS

- Enough masala should be filled in the paratha to make it tastier.
- To make the paratha crispy, it should be rolled thin.
- It is recommended to serve this paratha with [homemade curd](#), [achar](#) and [green chutney](#).

POORNALU

a traditional South Indian sweet

By Rama Devi From Hyderabad



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- Bengal gram/Chana dal - 1 cup
- Jaggery powder/Gud - 1 cup
- Fresh coconut/Nariyal - 1/2 cup, grated
- Cardamom powder/Elaichi powder - 1/2 tsp
- Water - 2 cups
- Oil - for frying
- Dosa batter - as required
- Salt - a pinch

DIRECTIONS

- Take chana dal and water in a pressure cooker. Let it cook till 5 whistles. Then grind it coarsely.
- Take the cooked chana dal, jaggery powder, coconut, and cardamom powder in a pan. Mix well and roast it. Stir it continuously and prepare the dry mixture.
- Prepare small-sized balls from it.
- Now take dosa batter in a bowl. Add a little salt. Mix well.
- Meanwhile, heat oil in a pan. Dip the prepared balls in the dosa batter and fry them in the oil.
- Fry them until they become golden brown and crispy. Once it is done, take it out on a serving plate.
- 'Poornalu' is ready to be served.

TIPS

- **Alternatives of dosa batter for making poornalu instantly**
Maida and rice flour batter.
Urad dal powder and rice flour batter.
- The ratio of jaggery to cooked chana dal should be 1:1.
- The ratio of water to chana dal should be 2:1 for cooking it in a pressure cooker.
- Grated jaggery should be used instead of jaggery powder.
- This dish can be prepared with moong dal instead of chana dal.
- To make poornalu softer, the urad dal should be more than the rice flour in the dosa batter.
- The dosa batter should be of a thick consistency.
- It is recommended to prepare this dish using [Idli Dosa Batter](#) | [Homemade Idli Dosa Batter](#).

DAHI TADKA ROTI

a wholesome meal

By Kinjal Bhurat From Rajasthan



SERVINGS: 1

PREPARATION TIME: 2 - 3 MIN

COOKING TIME: 3 - 4 MIN

INGREDIENTS

- Roti/Chapati - 2
- Curd/Dahi - 1 cup
- Clarified butter/Ghee - 1 Tbsp
- Cumin seeds/Jeera - 1 tsp
- Asafoetida/Hing Powder - a pinch
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Coriander seed powder/Dhaniya powder - 1 tsp
- Salt - to taste
- Coriander leaves - as required
- Chhaunki hui mirch - as required
- Onion/Pyaz - as required, chopped (optional)

DIRECTIONS

- Heat ghee in a kadai/wok. Add cumin seeds and hing.
- Take curd in a bowl. Add turmeric powder, red chilli powder, and coriander powder. Mix it well.
- Pour the mixture in the kadai. Stir the mixture continuously till it starts boiling.
- When the ghee separates from the mixture, add salt. Cook it for a while and turn off the flame. Allow it to cool down for 2 to 3 minutes. Now, the mixture is ready.
- Cut the rotis into medium-size pieces in a plate. Pour the mixture on them.
- Garnish it with chhaunki hui mirch, onion, and coriander leaves.
- 'Dahi Wali Roti | Dahi Tadka Roti' is ready to be served.

TIPS

- Salt should be added only after bringing the curd to boil.
- Onion is optional.
- It is recommended to use curd at room temperature.
- It is recommended to prepare this dish using [homemade curd](#).
- It can be garnished with papad or namkeen or [mirchi ka achaar](#).



ENJOY!

