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# ZAYKA KA TADKA

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Unedited  
live recipes



जो दिखता है !  
वही बनता है !

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**JUNE - 2022**

*LIVE FROM THE KITCHENS OF MOMS OF INDIA*



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# The Super Chef Moms of India



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# SUGARCANE JUICE WITHOUT SUGARCANE

*a popular natural drink*

*By Vijay Haldiya*

*Founder*

*Zayka Ka Tadka*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Jaggery/Gud - 1 cup, grated
- Mint leaves/Pudina patte - a few
- Black salt/Kala namak - 1/4 tsp
- Lemon juice/Neebu ka ras - of 1/2 lemon
- Cardamom powder/Elaichi powder - 1/4 tsp (optional)
- Water - as required
- Ice cubes - as required

## DIRECTIONS

- Take jaggery, mint leaves, black salt, lemon juice, and cardamom powder in a grinding jar. Add a little water. Grind the ingredients for a few seconds.
- Now strain the syrup and transfer it to a grinding jar. Add chilled water and ice cubes. Grind it again for a few seconds.
- Put ice cubes in a serving glass and pour the prepared juice in it.
- 'Sugarcane Juice Without Sugarcane' is ready to be served.

## TIPS

- Any type of jaggery or powdered jaggery can be used to prepare this juice.
- Cardamom powder is optional.

# MANGO CUSTARD PUDDING

*a nice dessert idea for special occasions*

*By Neha Agarwal*

*From Raipur*



SERVINGS: 2

PREPARATION TIME: 240 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

### • FOR PREPARING THE CUSTARD

- Milk - 125 ml + 1/2 cup
- Vanilla custard powder - 1 Tbsp
- Sugar - 1 Tbsp

### • FOR PREPARING THE MANGO CUSTARD PUDDING

- Alphonso Mango/Aam - 1, chopped + finely chopped and 1 slice for garnishing
- Plain biscuit powder - 1 cup
- Pistachio/Pista - 3 to 4, sliced
- Mint leaves/Pudina - 2 to 3 leaves for garnishing

## TIPS

- Custard powder should be added to milk that is at room temperature.
- The custard mixture should be stirred continuously while adding it to the boiled milk.
- The mango should be coarsely ground.
- For preparing the biscuit powder, the biscuits should be plain, which is neither sweet nor salty.
- The mango should be chilled to prepare its pulp.
- If desired, dry fruits can be added in-between layers.

## DIRECTIONS

### • FOR PREPARING THE CUSTARD

- Boil 125 ml milk. Add sugar. Mix well.
- Take 1/2 cup milk in a bowl. Add vanilla custard powder. Mix well.
- Now keep stirring and add the prepared custard mixture gradually to the boiled milk. Boil it on a high flame for 1 to 2 minutes.
- Keep stirring while boiling it. When the mixture becomes thick, turn off the flame. Let it cool down. Then keep it in the refrigerator for 3 to 4 hours.

### • FOR PREPARING THE MANGO CUSTARD PUDDING

- Take mango in a mixer jar. Grind it for a few seconds to prepare a coarsely ground pulp. Take it out in a bowl.
- Now take the serving glass. Add 1 tsp of the biscuit powder. Then add 3 to 4 tsp of the prepared custard. Add pulp of 3 to 4 ground mangoes.
- Likewise, prepare another layer till the top of the serving glass.
- Now garnish the last mango layer with custard mixture, mango, pistachio, and mint leaves.
- Take a slice of mango and make horizontal and vertical slits like a cross on each one so that the base stays attached. Put it on a tray for garnishing.
- 'Mango Custard Pudding' is ready to be served.

# BHUNE BAINGAN KI CHUTNEY

*a traditional and authentic side dish*

*By Geetha Farmale From Shimoga*



SERVINGS: 4

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Brinjal/Baingan – 2 nos
- Green chilli/Hari mirch – 6 to 7 nos
- Cumin seeds/Jeera – 1 tsp
- Curry leaves/Curry patta – 1/2 cup
- Coriander leaves/Hara dhaniya – a handful
- Garlic/Lahsun – 10 to 15 cloves
- Tamarind/Imli – 1 small piece
- Salt – to taste

## DIRECTIONS

- Roast brinjal directly on a high flame for 2 to 3 minutes. Rotate it continuously till becomes soft from the inside. Peel the charred brinjal.
- Likewise, roast green chillies on a low flame for 1 to 2 minutes while rotating each of them continuously. Keep them aside.
- Now, coarsely dry grind cumin seeds, curry leaves, coriander leaves, garlic, tamarind, roasted green chillies, and salt in a grinding jar.
- Now add the roasted brinjal in it and grind it for just one pulse. Then transfer it to a serving bowl.
- 'Bhune Baingan Ki Chutney' is ready to be served.

## TIPS

- Turn the brinjal and the green chillies over continuously till they become soft from the inside.
- Garlic is optional.

# AAM KA MEETHA ACHAR

*a sweet and spicy pickle*

*By Manju Saraf From Gurgaon*



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Raw mango/Kachcha aam - 1
- Sugar - 4 Tbsp
- Salt - to taste
- Turmeric powder/Haldi powder - 1 tsp
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Onion seeds/Nigella seeds/Kalonji - 1/4 tsp
- Fennel seeds/Saunf - 1/4 tsp

## DIRECTIONS

- Peel the mango and cut it.
- Take mango pieces in a pan. Add sugar, salt, and turmeric powder. Mix well. Keep it aside for 30 minutes till it leaves the water.
- Now place the pan on a high flame. Keep stirring the mango mix for 5 to 6 minutes.
- Then add red chilli powder, nigella seeds, and fennel seeds. Mix well.
- Keep stirring and cook it till mango pieces become soft.
- Once done, keep this pickle at room temperature for 8 to 9 hours and then store it in a glass jar. Refrigerate it for consumption for up to one year.
- 'Aam Ka Meetha Achar' is ready to be served.

## TIPS

- The mango should be peeled.
- The kernel of the mango should be soft.
- No water should be added to the pickle.
- Jaggery can be added instead of sugar.
- The mango should be big in size with a thin kernel and peel.
- It is recommended to use Totapuri or Langda mango to prepare this pickle.
- It is recommended to add 750g sugar and 40g salt for every 1kg of mango.
- This pickle should initially be kept at room temperature for 8 to 9 hours and then stored in a glass jar.
- It should be refrigerated for consumption for up to one year.

# MUMBAI STREET STYLE MISAL PAV

*a spicy and delicious dish*

*By Vijay Haladiya & Neha Agarwal*



SERVINGS: 10

PREPARATION TIME: 960 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

### • FOR PREPARING THE ONION TOMATO PASTE

- Oil - 1 Tbsp
- Onion/Pyaz - 2, sliced
- Tomato/Tamatar - 2, chopped
- Ginger/Adrak - 2 inches, chopped
- Garlic/Lahsun - 6 to 7 cloves
- Curry leaves/Curry patta - a few
- Coconut powder/Nariyal powder - 1/2 cup

### • FOR PREPARING MISAL MASALA

- Sesame seeds/Til - 1 Tbsp
- Dry red chilli/Sookhi lal mirch - 8 to 10
- Curry leaves/Curry patta - 15 to 20
- Coconut powder/Nariyal powder - 1 Tbsp
- Garlic/Lahsun - 8 to 10 cloves
- Salt - as required
- Red chilli powder/Lal mirch powder - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- All spice mix powder/Garam masala - 1 tsp
- Turmeric powder/Haldi powder - 1 tsp
- Cumin seed powder/Jeera powder - 1 tsp
- Asafoetida/Hing - 1/2 tsp

### • FOR PREPARING THE MISAL PAV

- Clarified butter/-Ghee - 2 Tbsp
- Onion tomato paste - 1 cup
- Red chilli powder/Lal mirch powder - 2 tsp
- Salt - as required
- Turmeric powder/Haldi powder - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Misal masala - 1 Tbsp
- Water - as required
- Dew beans sprouts/Moth bean - 1 cup
- Jaggery powder/Gud - 1 Tbsp
- Coriander leaves/Hara dhaniya - a handful

### • FOR SERVINGS

- Namkeen mixture - as required
- Buns - 2 nos
- Onion/Pyaz - 1, finely chopped
- Lemon/Nimbu/Neebu - 1/2, sliced

### • FOR PREPARING THE MOTH BEANS

- Dew beans/Moth bean - 1 cup
- Salt - as required
- Turmeric powder/Haldi powder - 1 tsp

## DIRECTIONS

### • FOR PREPARING THE ONION TOMATO PASTE

- Roast dry coconut powder in a pan for 3 to 4 minutes till it becomes nice golden brown. Keep it aside and let it cool down.
- Heat oil in a pan. Add onion, tomato, ginger, garlic, and curry leaves. Mix well and sauté it for 5 to 6 minutes on a high flame till it becomes nice golden brown. Stir it in between.
- Once done, add roasted coconut powder. mix well and turn off the flame. Let it cool down.

- Then transfer it to a grinding jar and grind it for a few seconds to make a fine paste.

### • FOR PREPARING THE MISAL MASALA

- Roast sesame seeds, dry red chillies, coconut powder, curry leaves, and garlic in a pan on a medium flame for 3 to 4 minutes.
- Keep it aside and let it cool down. Then transfer it to a grinding jar and grind it for a few seconds to make a fine powder.
- Then transfer it to a bowl. Add salt, red chilli powder, coriander powder, all spice mix powder, turmeric powder, asafoetida, and cumin seeds powder. Mix well. Keep it aside.

### • FOR PREPARING THE MOTH BEANS

- Soak moth beans overnight. In the morning, drain out its water and tie in a muslin cloth for 7 to 8 hours. The mung bean sprouts will be ready.
- Boil the sprouted moth beans with salt and turmeric powder in a pressure cooker till 1 whistle. Let it cool down. Keep it aside.

### • FOR PREPARING THE MISAL PAV

- Heat ghee in a pan. Add the ground paste. Mix well. Sauté it for 1 to 2 minutes.
- Now add red chilli powder, salt, turmeric powder, coriander powder, and misal masala. Mix well. Sauté it for 3 to 4 minutes on medium flame.
- Now add little water. Mix well. Sauté it for 2 to 3 minutes. Then add boiled moth beans sprouts. Mix well.
- Then add a little water. Mix well and let it boil till oil separates. Add jaggery. Mix well.
- Let it boil. Once done, garnish it with coriander leaves. Turn off the flame and take it out on a serving bowl.
- Add namkeen mixture to it. Serve it with buns, onion, and lemon slice.
- 'Mumbai Street Style Misal Pav' is ready to be served.



# HYDERABADI VEG BIRYANI

*an authentic rice preparation*

*By Vimki Giria*



SERVINGS: 5

PREPARATION TIME: 20 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

### • FOR MARINATION

- Thick curd/Hung curd - 2 cups, whisked
- Turmeric powder/Haldi powder - 1/4 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Ginger-garlic-green chilli paste/ Adrak-laahsun-hari mirchi paste - 1 tsp
- Carrot/Gajar - 1, chopped into thin, long pieces

- Green Peas/Matar - 1/4 cup

- Cauliflower/Gobhi - 1 cup

- Water - as required

### • FOR BOILING THE RICE

- Basmati rice/Chawal - 1 cup

- Water - as required

- Cardamom/Elaichi - 2

- Cinnamon stick/Dalchini - 1

- Cloves/Laung - 3

- Bay leaf/Tej patta - 1

- Salt - to taste

### • FOR PREPARING THE BIRYANI GRAVY

- Clarified butter/Ghee - 1 Tbsp

- Cardamom/Elaichi - 2

- Cinnamon stick/Dalchini - 1

- Cloves/Laung - 2

- Bay leaf/Tej patta - 1

- Onion/Pyaz - 2, Sliced

- Salt - to taste

### • FOR SERVING IN HANDI

- Saffron/Kesar - 15 to 20 strands soaked in milk

- Kewra essence - as required

- Coriander leaves/Hara dhaniya - a handful

- Mint leaves/Pudina - a handful

- Fried cashew/Kaju - 10 to 12

## DIRECTIONS

### • FOR MARINATION

- Parboil carrot, green peas, and cauliflower in a pressure cooker till 1 whistle. Let it cool down. Drain water and keep it aside.

- Take curd in a bowl. Add turmeric powder, red chilli powder, all spice mix powder, and coriander powder. Mix well.

- Then add ginger-garlic-green chilli paste. Mix well. Then add boiled carrot, green peas, and cauliflower.

- Coat the vegetables with curd. Then keep it aside for marination for 15 minutes.

### • FOR BOILING THE RICE

- Boil rice in water with salt, cardamom, cinnamon stick, clove, and bay leaf. Once done, keep it aside.

### • FOR PREPARING THE BIRYANI GRAVY

- Heat ghee in a pan. Add cardamom, cinnamon stick, clove, bay leaf, and onion. Mix well. Sauté it for 2 to 3 minutes on a medium flame till the onion becomes nice golden brown.

- Then keep the flame low and add marinated vegetables. Mix well. Cook it for 10 to 12 minutes on a medium flame till the curd evaporates.

- Now add salt. Mix well. Once done, turn off the flame.

### • FOR SERVING IN HANDI

- Take a handi/pot. First, make a layer of gravy. Then make a layer of cooked rice.

- Now pour some saffron milk and kewra essence. Then add coriander leaves and mint leaves.

- Likewise, make another layer. Then garnish it with fried cashew. Cover it with a lid.

- 'Hyderabad Veg Biryani' is ready to be served.

## TIPS

- Onion is optional.

- The rice should be fluffy.

- Rosewater can be added instead of kewra essence.

# GREEN MANGO CHUTNEY

*a protein-rich dish*

*By Archana Chakravarthy From Karnataka*



SERVINGS: 1

PREPARATION TIME: 3 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- Raw mango/Kachcha aam – 1, peeled and chopped
- Roasted fenugreek seed powder/Methi dana powder – 1/2 tsp
- Yellow lentils/Moong dal – 1 Tbsp
- Red chilli powder/Lal mirch powder – 1 tsp
- Cumin seed powder/Jeera powder – 1 tsp
- Oil – 1 Tbsp
- Salt – to taste
- Mustard seeds/Rai – 1 tsp
- Black gram/Urad dal – 1/2 tsp
- Asafoetida/Hing – 1/4 tsp
- Turmeric powder/Haldi powder – 1/2 tsp
- Dry red chilli/Sukhi lal mirchi – 1
- Curry leaves/Curry patta – a few

## DIRECTIONS

- Soak moong dal for 30 minutes. Keep it aside.
- Grind raw mango, fenugreek seed powder, red chilli powder, jeera powder, and soaked moong dal in a mixer jar. Take it out in a bowl. Add salt. Mix well. Keep it aside.
- Meanwhile, heat oil in a tadka pan. Add mustard seeds, urad dal, asafoetida, turmeric powder, broken dry red chilli, and curry leaves. Mix well and turn off the flame.
- Now pour the tadka into the prepared chutney.
- 'Green Mango Chutney | Raw Mango Chutney' is ready to be served.

## TIPS

- If mango is sour, the spiciness should be enhanced and the quantity of moong dal should be reduced.
- Groundnut oil or sesame seed oil should be used for the tadka.
- If so desired, jaggery can be added to the chutney.

# ZAFRANI ALOO

*an easy, lip-smacking dish*

*By Deepika Khanna*

*From Alwar, Rajasthan*



SERVINGS: 1 - 2

PREPARATION TIME: 5 - 6 MIN

COOKING TIME: 7 - 8 MIN

## INGREDIENTS

- Potatoes/Aloo - 5, medium sized
- Cottage cheese/Paneer - 1 cup, crumbled
- Dry nuts (cashew nuts + raisins) - 2 Tbsp, finely chopped
- Salt - to taste
- Turmeric powder/Haldi - 1/4 tsp + 1/4 tsp
- Oil - 1 Tbsp + for frying
- Asafoetida/Hing - a pinch
- Poppy seeds/Khus khus - 1 Tbsp
- Bay leaf/Tej patta - 1
- Cumin seeds/Jeera - 1 tsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Coriander leaves/Hara dhaniya - a handful
- Tomato/Tamatar - 4
- Ginger/Adrak - 1 inch
- Milk - 1/2 cup
- Saffron/Kesar water - 1/2 Tbsp
- Cardamom powder/Elaichi powder - 1/2 Tbsp

## DIRECTIONS

- Grind tomatoes and ginger in a mixture grinder jar to a puree. Keep it aside.
- Peel the potatoes. Slice a little piece off the top and scoop out the inner portion of the potatoes with the help of a knife.
- Heat oil in a pan. Place the potatoes in it. Fry them on a low flame. Once fried, check them with a knife. If it can be pricked easily, it means it is cooked. Then, take them out.
- In a bowl, add crumbled cottage cheese, salt, dry nuts, and turmeric powder. Mix them evenly. The stuffing is ready now. Keep the remaining mixture aside. Stuff the potato with the stuffing.
- Meanwhile, heat oil in a kadai/wok. Now, add hing, poppy seeds, bay leaf, cumin seeds, turmeric powder, red chilli powder, and coriander powder.
- Then, add the prepared tomato-ginger puree. Mix well and cook till it separates from the oil. Now, add the remaining stuffing and mix well.
- Add some coriander leaves and stir it continuously till the lumps of cottage cheese dissolve in the gravy.
- Now, place the stuffed potatoes in it. Then, pour milk and saffron water. Add cardamom powder. Cover it with a lid and cook it for 5 minutes on a low flame.
- After 5 minutes, stir the potatoes carefully so that the stuffing does not come out. Cover it again and cook it on a high flame. Adjust the consistency of the gravy as per your choice. Once cooked, garnish it with coriander leaves.
- 'Zafrani Aloo' is ready to be served.

## TIPS

- The potatoes should be put in salt water so that they do not turn black.
- The potatoes should be fried on a low flame so that they do not release bubbles on their skin.
- The potatoes should not turn brown while frying.
- The consistency of the gravy may be adjusted as desired.

# HOMEMADE MAAZA AND AAM PANNA

*two summertime popular drinks*

*By Vijay Haldiya & Shveta Sheth*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- **FOR PREPARING HOMEMADE MAAZA**
- Hafoos/Hapoos/Hapus/Alphonso mango/Aam – 2, chopped
- Raw mango/Kaccha aam – 1, chopped
- Water – as required
- Powdered sugar – 3/4 cup
- Salt – a pinch
- Lemon juice/Nimbu/Neebu ka ras – of 1/2 lemon
- **FOR PREPARING AAM PANNA**
- Raw mango/Kachcha aam – 1
- Water – as required
- Powdered sugar – 1/2 cup
- Mint leaves/Pudina patte – 15 to 20 + for garnishing
- Black salt/Kala namak – 1/4 tsp
- Salt – to taste
- Roasted cumin seed powder/Jeera powder – 1/2 tsp + for garnishing
- Lemon juice/Nimbu/Neebu ka ras – of 1/2 lemon
- Ice cubes – 3 to 4

## DIRECTIONS

- **FOR PREPARING HOMEMADE MAAZA**
- Take the Hafoos and the raw mango in a pressure cooker. Add 1 glass of water. Then cover the pressure cooker with its lid. Cook it on a high flame till 1 whistle. Then turn off the flame. Let it cool down.
- Transfer the cooked mangoes to a bowl, add sugar, salt, and lemon juice and blend the mash using a hand blender. Now strain it. Add 1 litre chilled water. Mix well and pour it into a serving glass.
- **FOR PREPARING AAM PANNA**
- Take 1 glass of water in a pressure cooker. Add a raw mango. Then cover the pressure cooker with its lid. Cook it on a high flame till 2 whistles. Then turn off the flame. Let it cool down.
- Take out the cooked mango, peel it, and put the pulp in a bowl. Add mint leaves, black salt, salt, roasted cumin seed powder, and sugar.
- Transfer it to a grinding jar. Add a little water. Grind it for a few seconds. Transfer it to a bowl. Add chilled water and lemon juice. Mix well and pour it into a serving glass.
- Add ice cubes. Garnish it with mint leaves and roasted cumin seed powder.
- 'Homemade Maaza and Aam Panna' are ready to be served.

## TIPS

- The sweetness can be adjusted according to taste.
- Instead of ice, always add chilled water in the maaza.
- If so desired, the aam panna may be strained.

# MEXICAN GOLGAPPE

*an Indo-Mexican fusion snack*

*By Arunima, Palak and Ira*

*From Karnataka*



SERVINGS: 3

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Golgappe - 10 to 12
- Avocado - 2 to 3 Tbsp, finely chopped
- Onion/Pyaz - 1, finely chopped
- Red capsicum - 1/2, finely chopped
- Green capsicum - 1/2, finely chopped
- Boiled corn - 2 to 3 Tbsp, finely chopped
- Tomato/Tamatar - 1, finely chopped
- Pizza-Pasta sauce - as required
- Mozzarella cheese - as required, grated
- Chilli flakes - to taste
- Oregano - to taste
- Veg mayonnaise - 1 Tbsp
- Paneer/Cottage cheese cubes - 4 to 5
- Water - 4 to 5 Tbsp
- Salt - to taste
- Lemon juice - of 1/2 lemon

## DIRECTIONS

- Take paneer cubes in a mixture grinder. Add salt, water, and lemon juice. Grind it and make a smooth cream. After grinding, if it is not smooth, mix it with a spoon to make it smooth. Now, the sour cream is ready.
- In a bowl, take sour cream, mayonnaise, oregano, and chilli flakes. Mix them well. The mixture is ready. Keep it aside.
- Take a golgappa and fill it with chopped avocado, chopped onion, chopped red capsicum, chopped green capsicum, and chopped tomato.
- Now, put a little pizza-pasta sauce, prepared mixture, grated cheese, boiled corn, and again grated cheese. Sprinkle some oregano and chilli flakes.
- 'Mexican Golgappe' is ready to be served.

## TIPS

- The tomato seeds should be retained.
- To make the sour cream smooth, it should be mixed with a spoon.
- The spiciness can be adjusted to taste.

# ALL PURPOSE MASALA

*a delectable blend of spices*

*By Shraddha Thakrar From Gujarat*



PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Clove/Laung - 1 Tbsp
- Caraway seeds/Shahi jeera - 1 Tbsp
- Star anise/Chakra phool - 1 Tbsp
- Black peppercorns/Kali mirch - 1 Tbsp
- Nutmeg/Jaiphal - 2, chopped
- Mace/Javitri - 1 Tbsp
- Black stone flower/Dagad phool - 1 Tbsp
- Cardamom/Elaichi - 1 & 1/2 Tbsp
- Cinnamon/Dalchini - 2 big sticks
- Bay leaf/Tej patta - 10g

## DIRECTIONS

- Heat a pan. Add cloves, caraway seeds, star anise, black peppercorns, nutmeg, mace, black stone flower, cardamom, cinnamon stick, and bay leaf.
- Dry roast these spices for 2 to 3 minutes on a low flame till a nice aroma begins to rise, and the spices lose their moisture.
- Once done, turn off the flame. Allow the roasted spice mixture to cool down.
- Then dry grind them in a grinding jar.. Once done, transfer the powdered mixture to a bowl. Let it cool down.
- Once it cools down, store it in an airtight container.
- 'All Purpose Masala' is ready for use.

## TIPS

- This masala can be stored in an airtight container.

# SPICY PEANUT RICE NOODLES

*a perfectly spicy and flavourful dish*

*By Monalisa Agarwal From Kolkata*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 6 MIN

## INGREDIENTS

### • FOR BOILING THE NOODLES

- Rice noodles - 1 cup
- Water - as required
- Salt - to taste

### • FOR PREPARING THE SPICY PEANUT SAUCE

- Roasted peanuts/Moongfali - 1 cup
- Green chilli/Hari mirchi - 1, chopped
- Garlic/Lahsun - 1 clove
- Ginger/Adrak - 1 inch, chopped
- Salt - to taste
- Honey - 1 tsp
- Water - as required

### • FOR PREPARING RICE NOODLES WITH SPICY PEANUT SAUCE

- Oil - 1 Tbsp
- Sesame seeds/Til - 2 tsp
- Spring onion/Hari pyaz - 1, finely chopped + for garnishing
- Capsicum - ½, sliced
- Beans - 3 to 4, sliced
- Carrot/Gajar - 1, sliced
- Baby corn - 2, sliced
- Green chilli/Hari mirchi - 1, sliced
- Garlic/Lahsun - 2 to 3 cloves
- Salt - to taste
- Water - as required

## DIRECTIONS

### • FOR BOILING THE NOODLES

- Boil the required amount of water. Add noodles and salt into the water. Cook on a low flame for 5 to 6 minutes. Once done, strain the noodles and keep aside.

### • FOR PREPARING THE SPICY PEANUT SAUCE

- Take peanuts in a grinding jar. Add garlic, green chilli, ginger, salt, and honey. Grind it. Add water gradually and prepare its finely ground sauce.

### • FOR PREPARING THE SPICY PEANUT RICE NOODLES

- Crush garlic using a mortar and pestle. Keep it aside.
- Heat oil in a pan. Add sesame seeds. Mix well and roast it for 20 to 25 seconds. Then add garlic, spring onion, capsicum, beans, carrot, baby corn, and green chilli. Mix well.
- Add salt for vegetables only. Mix well and cover the pan with a lid. Sauté it for 2 to 3 minutes on a low flame. Keep vegetables crunchy; don't overcook them.
- Then add the prepared spicy peanut sauce and a little water. Mix well.
- Now add boiled noodles. Mix well. Once done, take it out on a serving plate. Garnish it with spring onion.
- 'Spicy Peanut Rice Noodles' is ready to be served.

## TIPS

- Any type of noodles can be used to prepare this dish.
- Vegetables can be added as per choice and availability.
- All vegetables should be cut into long slices.
- The vegetables should be kept crunchy and not overcooked.
- **FOR SPICY PEANUT SAUCE**
- The peanuts should be ground before adding water.
- Only roasted peanuts should be used.
- It is recommended to add jaggery instead of honey.

# LASANIYA BATAKA BHUNGRA

*a popular street food of Gujarat*

*By Chandni Solanki*

*From Gujarat*



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Oil - 2 Tbsp
- Asafoetida/Hing - 1/4 tsp (optional)
- Coriander leaves/Hara dhaniya - a handful
- Garlic/Lahsun - 20 to 25 cloves, finely chopped
- Turmeric powder/Haldi powder - a pinch
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 2 to 3 tsp
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1 tsp
- Tomato puree - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Baby potato/Aloo - 500g
- Fryums/Bhungra - as required
- Boiled black chickpeas/chana - 1/4 cup

## DIRECTIONS

- Cook the potato in a pressure cooker. When it starts to whistle for the first time, turn off the flame. Do not overcook the potato, as we only need to parboil it. Then peel it and keep it aside.
- Heat oil in a pan. Add asafoetida, coriander leaves, and garlic. Mix well.
- Now add turmeric powder, salt, red chilli powder, and ginger-green chilli paste. Mix well.
- Then add the tomato puree. Mix well. Now add coriander powder. Mix well. Add a little oil, as this dish requires a little more oil as compared to other dishes.
- Now add potato. Turn off the flame. Mix well. Then add boiled black chickpeas. Mix well.
- Once done, take it out on a serving plate. Garnish it with coriander leaves. Now serve it with fryums.
- 'Lasaniya Bataka Bhungra' is ready to be served.

## TIPS

- The garlic should not be sautéed for a long time; else, it may burn.
- This dish requires a little more oil as compared to other dishes.
- The potato can be boiled in a pan instead of a pressure cooker.
- If the potato is big-sized, then it should be cut in half.
- This dish can be served with a bun as well instead of fryums.
- The fryums can be either fried at home or bought readymade.



# 2 TYPES OF LASSI

*energetic mocktails for the Indian summer*

*By Shveta Sheth*

*From Mumbai*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

### • FOR PREPARING THE MAKHANIYA LASSI

- Thick curd/Hung curd - 1 cup
- Fresh cream/Homemade malai - 1 & 1/2 tsp + for garnishing
- Cardamom powder/Elaichi powder - 1/4 tsp + for garnishing

- Powdered sugar - 1 & 1/2 tsp

### • FOR PREPARING THE DRY FRUIT LASSI

- Thick curd/Hung curd - 1 cup
- Powdered sugar - 1 & 1/2 tsp
- Saffron/Kesar - 10 to 15 strands
- Water - 2 to 3 tsp
- Mixed dry fruits (almonds, cashews, pistachios) - 1 to 2 tsp, chopped + for garnishing
- Cardamom powder/Elaichi powder - for garnishing

## DIRECTIONS

### • FOR PREPARING THE MAKHANIYA LASSI

- Take thick curd in a grinding jar. Add fresh cream and cardamom powder. Grind it for a few seconds.
- Then add powdered sugar and grind it again for a few seconds.
- Now pour it into a serving glass. Garnish it with cardamom powder and fresh cream.

### • FOR PREPARING THE DRY FRUIT LASSI

- Soak saffron in water for 10 to 15 minutes. Keep it aside.
- Take thick curd in a grinding jar. Add sugar, mixed dry fruits, and soaked saffron. Grind it for a few seconds.
- Now pour it into a serving glass. Pour the lassi into the serving glass from a height to create a frothy layer on top. Garnish it with cardamom powder and mixed dry fruits.
- '2 Types of Lassi' are ready to be served.

## TIPS

- To make the lassi, only thick curd is required; so, the curd should be hung in a muslin cloth.
- The sweetness can be adjusted to taste.
- The lassi should be poured into the serving glass from a height, to create a frothy layer on top.

# RAVA ONION DOSA WITH PEANUT CHUTNEY

*a quick and healthy tiffin idea*

*By Apeksha Narumanchi*

*From Karnataka*



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

### • FOR PREPARING THE PEANUT CHUTNEY

- Peanuts/Mungfali - 1/2 cup
- Dry red chilli/Sookhi lal mirch - 2
- Tamarind/Imli - 2 small pieces
- Salt - to taste
- Jaggery/Gud - 1/2 tsp
- Water - as required

### • FOR PREPARING THE RAVA ONION DOSA

- Semolina/Rava/Sooji - 1 cup
- All-purpose flour/Maida - 3/4 cup
- Rice flour - less than/ about 1 cup
- Cumin seeds/Jeera - 1 tsp
- Salt - to taste
- Water - as required
- Onion - 1, finely chopped + 1/2 slice to rub on tawa
- Asafoetida/Hing - a pinch
- Turmeric powder/Haldi powder - a pinch
- Sugar - 1/4 tsp
- Curry leaves/Curry patta - a few, finely chopped
- Cashews/Kaju - 2 to 3, finely chopped
- Oil - as required
- Clarified butter/Ghee - as required

### • FOR PREPARING THE ALMOND-STUFFED DATES

- Dates/Khajoor - 3
- Almonds/Badam - 6

## DIRECTIONS

### • FOR PREPARING THE PEANUT CHUTNEY

- Roast peanuts and dry red chilli in a pan for 3 to 4 minutes on a low flame. Once done, turn off the flame and let the ingredients cool down.
- Then transfer them to a grinding jar. Add tamarind, salt, and jaggery. Add a little water and grind the contents for 30 to 40 seconds. Once done, transfer it to a serving bowl.

### • FOR PREPARING THE RAVA ONION DOSA

- Take semolina in a big bowl. Add all-purpose flour, rice flour, cumin seeds, and salt. Now add water and prepare a lump-free, thin consistency batter.
- Then add asafoetida, turmeric powder, curry leaves, and sugar. Mix well. Meanwhile, heat a tawa on a medium to low flame. Pour some drops of oil on it.
- Rub onion slice on the iron tawa before making the dosa on it.
- Sprinkle onion on the tawa. Then pour the batter on tawa to make dosa. Sprinkle cashew on it. Pour some drops of oil on top. Cover the tawa with a lid and cook it on a medium to high flame for 3 to 4 minutes.
- Cook the dosa from only one side. Once the dosa turns crispy and light brown, turn off the flame. Fold it and apply ghee to it. Take it out on a serving plate.

### • FOR PREPARING THE ALMOND-STUFFED DATES

- Make a vertical slit on each of the dates. Remove its seed. Now stuff it with almonds. Likewise, prepare all the other dates.
- 'Rava Onion Dosa with Peanut Chutney' is ready to be served with almond-stuffed dates.

## TIPS

- Thick sooji should be ground to make it fine.
- Onion slice should be rubbed on the iron tawa before making the dosa on it.
- The dosa should be cooked from only one side.
- Ghee can be used instead of oil.
- Water should be added to the chutney as required.
- If desired, tadka can be added to the chutney.
- Ghee should be applied to the dosa to keep it crispy for a long time.

# TRIPLE LAYERED JUMBO SANDWICH

*a famous dish from the Mumbai cuisine*

*By Vijay Haldiya & Shveta Sheth*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- **FOR PREPARING THE GREEN CHUTNEY**
- Coriander leaves/Hara dhaniya - a handful
- Peanuts/Moongfali - 1/4 cup
- Green chilli/Hari mirchi - 2
- Ginger/Adrak - 1 inch
- Sugar - 1 Tbsp
- Lemon juice - of 1 lemon
- Salt - to taste
- Water - as required
- **FOR PREPARING THE SANDWICH MASALA**
- Cumin seeds/Jeera - 2 tsp
- Fennel seeds/Saunf - 1 tsp
- Black peppercorns/Kali mirch - 1 tsp
- Cloves/Laung - 10 to 12
- Star anise/Chakra phool - 1
- Dry mango powder/Amchur - 1 Tbsp
- Black salt/Kala namak - 1 Tbsp
- **FOR PREPARING THE TRIPLE-LAYERED SANDWICH**
- Bread - 3 slices
- Butter - as required
- Green chutney - as required
- Potato/Aloo - 2, boiled, peeled, and sliced
- Onion/Pyaz - 2, sliced
- Tomato/Tamatar - 2, sliced
- Capsicum - 1, sliced
- Grated cheese - as required

## DIRECTIONS

- **FOR PREPARING THE GREEN CHUTNEY**
- Add a little water and grind coriander leaves, peanuts, green chilli, ginger, sugar, lemon juice, and salt in a grinding jar for a few seconds and prepare green chutney of a medium-thick consistency. Once done, take it out in a bowl. Keep it aside.
- **FOR PREPARING THE SANDWICH MASALA**
- Roast cumin seeds, fennel seeds, black peppercorns, cloves, and star anise in a pan on a low flame for 3 to 4 minutes till a nice aroma begins to rise. Then turn off the flame and let the ingredients cool down.
- Then transfer it to a grinding jar. Grind it for a few seconds to prepare a fine sandwich masala.
- Take it out in a bowl. Add dry mango powder and black salt. Mix well. Keep it aside.
- **FOR PREPARING THE TRIPLE-LAYERED JUMBO SANDWICH**
- Apply butter and green chutney to all 3 bread slices.
- Now take one bread slice from it. Arrange potato slices on it. Sprinkle sandwich masala on it.
- Then add onion to it and sprinkle sandwich masala on it. Then cover it with another butter-and-green chutney-applied bread slice. Press it with your hands.
- Now arrange tomato slices on it. Sprinkle sandwich masala on it. Then arrange capsicum on it and sprinkle sandwich masala on it.
- Add grated cheese to it. Then cover it with another butter-and-green chutney-applied bread slice. Press it with your hands and apply butter to it.
- Meanwhile, heat a tawa. Place the prepared sandwich on the tawa.
- Roast it by applying butter from both sides on a low flame till it becomes nice golden and crispy.
- Once done, take it out on a serving plate and cut it into 4 pieces.
- 'Triple Layered Jumbo Sandwich' is ready to be served.

## TIPS

- Cinnamon can be added instead of star anise.
- The sandwich masala can be stored in an airtight jar.

# STRAWBERRY SHIKANJI

*a unique, refreshing summer drink*

*By Reena Goel From Meerut, UP.*



SERVINGS: 1

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 4 - 5 MIN

## INGREDIENTS

- Strawberry - 5 to 6
- Water - as required
- Sugar - to taste
- Black salt/Kala namak - 1/4 tsp
- Sugar syrup - to taste
- Shikanji masala - 1/4 tsp
- Lemon juice/Nimbu ka ras/Neebu ras - 2 Tbsp
- Soda water - as required
- Ice cubes - as required
- Lemon slice - 1, for garnishing

## DIRECTIONS

- Grind the strawberries in a mixture grinder and make a puree. Transfer it to a pan. Add water and sugar in it. Then, boil it for 4 to 5 minutes and turn off the flame. Let it cool. Now, strawberry syrup is ready.
- Take a serving glass. Pour strawberry syrup, then add black salt and shikanji masala. Now, pour lemon juice and sugar syrup.
- Then, pour soda water. Put ice cubes and then pour soda water again. Mix well. Garnish the serving glass with lemon slice, and place a straw in it.
- 'Strawberry Shikanji' is ready to be served.

## TIPS

- This recipe can likewise be followed to make mango shikanji as well.

# EGGLESS BANANA OATS PANCAKES

*a simple yet delicious tiffin option*

*By Sheenu Duggal From Punjab*



SERVINGS: 2

PREPARATION TIME: 3 MIN

COOKING TIME: 4 MIN

## INGREDIENTS

- Banana/Kela – 1, chopped + for garnishing
- Dry fruits - 2 tsp (cashews, walnuts, almonds)
- Whole wheat flour/Gehu ka aata - 1/2 cup
- Oats - 1/2 cup
- Cinnamon powder/Dalchini powder - 1/4 tsp
- Baking soda - 1/4 tsp
- Jaggery powder/Gud - 1 tsp
- Salt - a pinch
- Vanilla essence - 1/4 tsp
- Milk - 1 cup
- Oil - as required
- Chocolate syrup - as required

## DIRECTIONS

- Grind banana, dry fruits, whole wheat flour, oats, cinnamon powder, baking soda, jaggery powder, salt, vanilla essence, and milk in a mixer jar.
- Take out the mix in a bowl. Heat a tawa. Grease it with oil. Pour the batter on the tawa and make a small pancake.
- Cover the pan with a lid. Cook it on a medium flame for 1 to 2 minutes.
- Flip it to cook the other side as well. Once it is cooked from both sides, transfer it to a serving plate. Likewise, prepare all pancakes.
- Pour chocolate syrup on it and garnish it with banana slices.
- 'Eggless Banana & Oat Pancakes' are ready to be served.

## TIPS

- All-purpose flour can be used instead of whole wheat flour.
- If desired, sugar can be added instead of jaggery powder.
- Butter can be used instead of oil.
- If desired, honey can be added instead of chocolate syrup.

# CUCUMBER SALAD

*a wonderful side dish*

*By Vijay Haldiya*

*Founder*

*Zayka Ka Tadka*



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Cucumber/Kheera - 2 to 3, chopped
- Red chilli powder/Lal mirch powder - 1 tsp
- Salt - to taste
- Roasted sesame seeds/Til - 2 tsp + for garnishing
- Powdered sugar - 1 tsp
- Sesame oil/Til ka tel - 1 Tbsp
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Lemon juice/Nimbu ka ras - of 1/2 lemon

## DIRECTIONS

- Take cucumber pieces in a big bowl.
- Add red chilli powder, salt, roasted sesame seeds, powdered sugar, sesame seeds oil, coriander leaves, and lemon juice. Mix well.
- Take it out in a serving bowl. Garnish it with coriander leaves and sesame seeds.
- 'Cucumber Salad' is ready to be served.

## TIPS

- The spiciness can be adjusted to taste.
- Red chilli flakes or black pepper powder can be added instead of red chilli powder.

# ACHAARI PANEER TIKKA

*a pickle-flavoured appetizer*

*By Darshana Shah From Pune*



SERVINGS: 2

PREPARATION TIME: 180 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- **FOR ACHARI MASALA**
- Nigella Seeds/Kalonji - 1 tsp
- Carom seeds/Ajwain - 1 tsp
- Cumin seeds/Jeera - 1 tsp
- Fennel seeds/Saunf - 1 tsp
- Mustard seeds/Rai - 1 tsp
- Fenugreek seeds/Methi dana - 1/4 tsp
- Dry red chilli/Sookhi lal mirchi - 3
- **FOR PANEER TIKKA MARINATION**
- Thick curd/Hung curd - 1 cup
- All spice mix powder/Garam masala - 1/2 tsp
- Kashmiri red chilli powder/Lal mirch powder - 1 tsp
- Dry fenugreek leaves/Kasuri methi - 1/2 tsp
- Lemon Juice - of 1 lemon
- Ginger-garlic paste/Adrak-lahsun ki paste - 1 tsp
- Achaari masala - 1 & 1/2 tsp
- Oil - 2 tsp
- Capsicum - 1, Diced into big chunks
- Onion/Pyaz - 1, diced into big chunks
- Cottage cheese/Paneer - 8 to 9 cubes
- **OTHER INGREDIENTS**
- Oil - as required for roasting

## DIRECTIONS

- **FOR PREPARING THE ACHARI MASALA**
- Dry roast nigella seeds, carom seeds, cumin seeds, fennel seeds, mustard seeds, fenugreek seeds, and dry red chilli in a pan for 3 to 4 minutes till the aroma of its roasting begins to rise.
- Let the ingredients cool down completely. Then transfer them to a grinding jar. Grind and prepare a fine powder. Keep it aside.
- **FOR PANEER TIKKA MARINATION**
- Take thick curd in a bowl. Add all spice mix powder, Kashmiri red chilli powder, dry fenugreek leaves by rubbing between the palms, achaari masala, lemon juice, ginger-garlic paste, and oil. Mix well.
- Now add capsicum, onion, and paneer. Mix well. Coat the paneer cubes lightly with curd to prevent them from breaking. Keep them aside for 1/2 an hour to 3 to 4 hours to marinate.
- **FOR PREPARING ACHARI PANEER TIKKA**
- Heat a pan. Add all marinated vegetables and paneer one by one and roast them on a medium flame. Add some oil to them.
- Roast it till it becomes nice golden brown from all the sides and becomes dry.
- Now, take a skewer and put paneer, onion, and capsicum pieces one by one in it. Transfer them to a serving plate.
- 'Achaari Paneer Tikka' is ready to be served.

## TIPS

- Thick curd/hung curd should be used to make the tikka by hanging the curd in a muslin cloth to remove its water.
- Ready achar masala can be used to prepare this dish.
- Coat the paneer cubes lightly with curd to prevent them from breaking.
- All vegetables and paneer should be marinated for 1/2 an hour to 3 to 4 hours.
- Achaari paneer tikka can be roasted in either a barbeque or a microwave.
- This dish should be prepared using [Homemade Paneer](#) & [Homemade Curd](#).

# SOUTH INDIAN LUNCH IN 10 MINUTES

*a complete and delicious meal*

*By Archana Chakravarthy*

*From Karnataka*



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5MIN

## INGREDIENTS

- **FOR PREPARING LEMON RICE**
- Rice/- Chawal - 1 cup
- Water - as required
- Peanuts/Moongfali - 2 Tbsp
- Oil - 1 Tbsp
- Whole black gram without skin/Urada dal - 1/2 tsp
- Bengal gram/Chana dal - 1/2 tsp
- Mustard seeds/Rai - 1 tsp
- Asafoetida/Hing - a pinch
- Turmeric powder/Haldi powder - 1/4 tsp
- Curry leaves/Curry patta - a few
- Green chilli/Hari mirchi - 3, chopped
- Cashew/Kaju - 2 tsp, chopped
- Coriander powder/Dhaniya powder - 1 tsp
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- Coriander leaves/Hara dhaniya - a handful
- Salt - to taste
- **FOR PREPARING INSTANT RASAM**
- Tomatoes/Tamatar - 2, chopped
- Tamarind/Imli - 2 to 3 small pieces
- Water - as required
- Salt - to taste
- Coriander powder/Dhaniya powder - 1 tsp
- Black pepper powder/Kali mirch powder - 1 tsp
- Jaggery powder/Gud - 1 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Clarified butter/Ghee - 3 tsp
- Mustard seeds/Rai - 1 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Asafoetida/Hing - a pinch
- Curry leaves/Curry patta - a few
- Coriander leaves/Hara dhaniya - a handful
- **FOR PREPARING BUTTERMILK**
- Curd - 4 Tbsp
- Salt - to taste
- Water - as required
- Coriander leaves/Hara dhaniya - a handful
- Cumin seeds powder/Jeera powder - a pinch

## DIRECTIONS

- **FOR PREPARING LEMON RICE**
- Roast peanuts in a pan for 2 to 3 minutes on a low flame. Let them cool down.
- Soak rice in water for 30 minutes. Now, put the soaked rice in a pressure cooker and add 1 & 1/2 cup water.
- Then cover it with the lid of the cooker without the whistle. When the water starts to boil, put the whistle on. Cook it 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 and keep it aside.
- Heat oil in a pan. Add urad dal, Bengal gram, mustard seeds, asafoetida, turmeric powder, curry leaves, and green chilli. Mix well.
- Now add the roasted peanuts and cashew. Mix well. Cook it for 1 to 2 minutes.
- Then add cooked rice. Mix well. Now add coriander powder. Mix well. Then turn off the flame.
- Now add lemon juice and salt. Mix well. Then garnish it with coriander leaves. Take it out on a serving plate.
- **FOR PREPARING INSTANT RASAM**
- Grind tomato and tamarind in a grinding jar and prepare its puree. Transfer it to a pan.
- Heat the tomato puree. Add water. Mix well. Boil it for 2 to 3 minutes on a medium flame.
- Now add salt, coriander powder, black pepper powder, jaggery, red chilli powder, and salt. Mix well. Add ghee and boil it for 2 to 3 minutes.
- Meanwhile, heat ghee in a tadka pan. Add mustard seeds, turmeric powder, asafoetida, and curry leaves.
- Then pour it on the rasam. Mix well. Boil it for 2 minutes on a medium flame. Now turn off the flame. Then garnish it with coriander leaves.
- Once done, take it out on a serving plate. Add some ghee to it.
- **FOR PREPARING BUTTERMILK**
- Take curd in a grinding jar. Add salt and grind it. Add a little water. Mix well. Then transfer it to a serving glass. Then garnish it with roasted cumin seed powder and coriander leaves.
- 'South Indian Lunch in 10 Minutes' is ready to be served.

## TIPS

- The consistency of the rasam can be adjusted to one's choice.





**ENJOY!**