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# ZAYKA KA TADKA

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Unedited  
live recipes



जो दिखता है !  
वही बनता है !



Zayka  
Ka  
Tadka



LIVE FROM THE KITCHENS OF MOMS  
OF INDIA



## ***Founder's Words***



Namaskar!

Hope all our lovely viewers are having a pleasant time in the beautiful monsoon season with their families!

We welcome the appealing month of August with loads of happiness and fun.

August is the month of rain and most parts of the country enjoy the monsoon, which is also known as 'Shravan' month. It is the beginning of the festival season and beautiful traditions. Our national day Independence Day and various religious festivals like Raksha Bandhan, Onam, Janmashtami and Ganesh Chaturthi are celebrated in August which helps you to enjoy the rain splashes all the more.

In this edition, we bring some super delicious, easy and healthy recipes. Do try them in your kitchen, share them with your loved ones and let us know your feedback.

Yours Sincerely

Vijay Haldiya - [ Founder of Zayka Ka Tadka ]





# THE SUPER CHEF MOMS OF INDIA





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# Tawa Bread Pakoda Chaat

*a famous street food in Delhi*



*By Vijay Haldiya & Shveta Sheth*

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## Ingredients

- **FOR PREPARING THE POTATO STUFFING:**
- Potato/Aloo – 2, boiled and mashed
- Salt – to taste
- Turmeric powder/Haldi powder – 1/2 tsp
- Red Chilli Powder/Lal Mirch Powder – 1 tsp
- All spice mix powder/Garam masala – 1 tsp
- Asafoetida/Hing – a pinch
- Coriander leaves/Hara dhaniya – a handful
- Green chilli/Hari mirch – 1, chopped
- **FOR PREPARING THE GRAM FLOUR BATTER:**
- Gram flour/Besan – 1 cup
- Salt – to taste
- Turmeric powder/Haldi powder – 1/4 tsp
- Red Chilli Powder/Lal Mirch Powder – 1 tsp
- All spice mix powder/Garam masala – 1 tsp
- Asafoetida/Hing – a pinch
- Water – as required
- **FOR PREPARING THE TAWA BREAD PAKODA CHAAT:**
- Bread slice – 2 nos
- Oil – as required
- Coriander leaves/Hara dhaniya – a handful
- White Radish/Mooli – 1, grated
- Green chutney – as required
- Meethi chutney – as required
- Curd – as required, whisked
- Zero number sev/Nylon Sev – as required
- Chaat masala – as required
- Salt – to taste
- Red chilli powder/Lal mirch powder – as required
- Green chilli/Hari mirch – 1, chopped
- Coriander leaves/Hara dhaniya – for garnishing

## Directions

- **FOR PREPARING THE POTATO STUFFING:**
- Take potato in a bowl. Add salt, turmeric powder, red chilli powder, all spice mix powder, asafoetida, coriander leaves, and green chilli. Mix well. Keep it aside.
- **FOR PREPARING THE GRAM FLOUR BATTER:**
- Take gram flour in a big bowl. Add salt, turmeric powder, red chilli powder, all spice mix powder, and asafoetida. Mix well.
- Add water gradually to prepare a lump-free and medium consistency batter.
- **FOR PREPARING THE TAWA BREAD PAKODA CHAAT:**
- Take a bread slice and spread the prepared potato stuffing on it. Now cover it with another bread slice.
- Now, dip it into the prepared gram flour batter and coat it well from all sides.
- Meanwhile, heat a tawa. Grease it with oil. Put the prepared bread on it. Sprinkle coriander leaves on it. Cook it from one side on a medium flame for 1 to 2 minutes.
- Flip it to cook the other side as well on a medium flame. Pour some oil on it. Once cooked from both sides, cook its edges too.
- Once done, take it out on a serving plate and cut it into small pieces.
- Now add white radish. Then pour green chutney, meethi chutney, and curd.
- Then add nylon sev, chaat masala, salt, red chilli powder, and green chilli on top. Garnish it with coriander leaves.
- 'Tawa Bread Pakoda Chaat' is ready to be served.

## Tips

- Any type of bread can be used to prepare this dish.
- It is recommended to prepare this dish using:  
[Meethi Chutney](#), [Curd](#), [Green Chutney](#).



# Bafla Baati

*a traditional method to prepare baati*



*By Mridula Ameriya, A Lovely Mom, From Rajasthan*

SERVINGS: 2

PREPARATION TIME: 15 MIN

COOKING TIME: 30 MIN

## Ingredients

- Whole wheat flour/Gehu ka aata - 1 cup
- Semolina/Sooji - 2 tsp
- Salt - to taste
- Carom Seeds/Ajwain - 1/2 tsp
- Clarified Butter/Ghee - 6 tsp + as required for frying and dipping
- Water - as required

## Tips

- If normal whole wheat flour is being used, a little amount of semolina/sooji should be added.
- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more melted ghee should be added.
- To cook the baati well, a small indentation should be made in the centre of the dough balls using the thumb or a finger.

## Directions

- Take whole wheat flour, semolina, salt, carom seeds by rubbing between palms, and ghee. Mix well. Check the moyan by binding the flour. If it binds, the moyan is perfect; else, add more melted ghee.
- Add water to make a medium-consistency dough. Keep it aside and let it rest for 15 minutes.
- Divide the dough into 2 equal parts. Make balls out of the dough. Now, take a dough ball and shape it into a ball.
- Flatten the ball and make a small indentation in the centre of the dough balls using your thumb or finger. Keep it aside. Likewise, prepare all the baatis.
- Meanwhile, boil water in a big pan. Once the water boils, add the prepared baati. Cook it on a high flame for 5 to 6 minutes.
- After 5 to 6 minutes, when the baati floats on the boiled water, it indicates that the baati is well-cooked. Then take it out and let it cool down.
- Meanwhile, heat ghee in a pan for frying. Place the boiled baati into the hot ghee. First, fry it on a high flame for 1 to 2 minutes.
- Now keep the flame low and fry it for 3 to 4 minutes. Flip it occasionally.
- Deep fry it until it becomes crispy and golden brown from all sides. Then, take it out on a plate. Let it cool down.
- Now slightly press the baati and dip it in the melted ghee. Then take it out in a serving plate. Likewise, prepare all the baatis.
- 'Bafla Baati' is ready to be served with dal and kadhi.

# Dosakaya Pachadi

*a traditional dish from Andhra Pradesh*



*By Amruthavalli Chakravarthy, A Lovely Mom, From Karnataka*

SERVINGS: 5

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

## Ingredients

- Cucumber/Kheera – 2, chopped
- Bengal Gram/Chana dal – 1/2 tsp
- Black gram/Urad dal – 1/2 tsp
- Whole coriander seeds/Sabut dhaniya – 1/2 tsp
- Mustard seeds/Rai – 1/2 tsp
- Cumin seeds/Jeera – 1/2 tsp
- Peanuts/Mungfali – 1/4 cup
- Dry red chilli/Sookhi lal mirchi – 3
- Green chilli/Hari mirchi – 5 to 6
- Salt – to taste
- Tamarind/Imli – 2 big pieces (optional)
- Water – as required
- **FOR PREPARING THE TADKA:**
- Oil – 1 Tbsp
- Mustard seeds/Rai – 1/4 tsp
- Cumin seeds/Jeera – 1/4 tsp
- Asafoetida/Hing – a pinch
- Turmeric powder/Haldi powder – 1/4 tsp
- Curry leaves – a few
- Coriander leaves/Hara dhaniya – a handful

## Directions

- Soak tamarind in water for 10 to 15 minutes. Keep it aside.
- Roast Bengal gram, black gram, whole coriander seeds, mustard seeds, cumin seeds, and peanuts in a pan for 1 to 2 minutes on a medium flame.
- Now add dry red chilli and green chilli. Roast it again for 2 to 3 minutes on a medium flame.
- Then turn off the flame and transfer the roasted mix to a grinding jar. Add salt, soaked tamarind, and a little water. Grind it for a few seconds.
- Now add cucumber pieces and coarsely grind it. Take it out in a serving bowl. Keep it aside.
- **FOR PREPARING THE TADKA:**
- Heat oil in a tadka pan. Add mustard seeds, cumin seeds, asafoetida, turmeric powder, curry leaves, and coriander leaves. Turn off the flame. Mix well.
- Pour the tadka on the ground chutney. Mix well.
- 'Dosakaya Pachadi' is ready to be served.

## Tips

- If desired, oil may be added while roasting dry spices.
- Lemon juice can be added instead of tamarind.

# Dahi Kabab

## a popular street food of Lucknow



*By Neha Agarwal, A Lovely Mom, From Raipur*

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

### Ingredients

- Hung curd/Thick curd - 1 cup
- Grated cheese - 1/2 cup
- Grated paneer/Cottage cheese - 1/2 cup
- Onion/Pyaz - 1, finely chopped
- Coriander leaves/Hara dhaniya - a handful
- Bread crumbs - 2 Tbsp + for coating
- Corn flour - 2 Tbsp
- Ginger-green chilli paste/Adrak hari mirchi paste - 1 tsp
- Salt - to taste
- Red Chilli Powder/Lal Mirch Powder - 1 tsp
- Chaat masala - 1 tsp
- Roasted cumin seed powder/Jeera powder - 1 tsp
- Black salt/Kala namak - to taste
- Black pepper powder/Kali mirch powder - 1/4 tsp
- Cashew/Kaju - 7 to 8, chopped
- Water - as required
- Oil - as required

### Tips

- The onion should be finely chopped.
- The kabab mixture shouldn't be over mixed; otherwise, the curd might melt.

### Directions

- Take a strainer and put a muslin cloth on it. Pour the curd and tie the cloth. You can hang it or leave it on a strainer overnight.
- Now, take the hung curd in a bowl. Add cheese, onion, coriander leaves, bread crumbs, corn flour, ginger-green chilli paste, salt, red chilli powder, chaat masala, roasted cumin seed powder, black salt, black pepper powder, and cashew. Mix well.
- Take a small ball-sized portion of the mixture with wet hands. Press it with your hands and prepare a flattened kabab.
- **FOR MAKING SHALLOW FRIED KABAB :**
- Heat a pan over a medium flame. Grease it with oil. Place the kabab for shallow frying. Roast it on a low flame for 4 to 5 minutes.
- Roast the kabab from one side till it becomes nice golden brown and crispy. Then flip it to roast it from another side. Roast it on a low flame for 4 to 5 minutes.
- Once done, take it out on a serving plate. Likewise, roast all the kababs.
- **FOR MAKING FRIED KABAB:**
- Coat the kabab with bread crumbs completely. Likewise, prepare all kababs.
- Meanwhile, heat oil in a pan for frying. Place the prepared kababs into the hot oil. Fry them on a medium flame.
- Deep fry them until they become crispy and golden brown from all sides. Then take them out on a serving plate using a slotted spoon.
- 'Dahi Kabab' are ready to be served with ketchup and green chutney.



# Fariyali Khaman

*a delicious, easy-to-make fasting snack*



*By Rani Saboo, A Lovely Mom, From Indore*

SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 7 - 8 MIN

## Ingredients

- Sabudana/tapioca pearls (sago) - 1/2 cup
- Moredhan/Samo rice - 1 cup
- Dahi/Curd - 1 cup
- Water - as required
- Salt - to taste
- Kali mirch powder/Black pepper powder - 1 tsp
- Sugar - 1 tsp
- Fruit Salt - 1 tsp
- Oil - 1 Tbsp
- Jeera/Cumin seeds - 1 tsp
- Lal mirch powder/Red chilli powder - 1/2 tsp or as per taste
- Curry leaves - a few
- Hari mirch/Green chilli - 4 to 5, slit

## Directions

- Roast sabudana and moredhan. Grind them in a mixer jar to a fine powder.
- Take the fine powder of sabudana and moredhan a bowl. Now, add curd, salt and water. Mix them well.
- Then, add kali mirch powder and sugar. Mix them and make a batter. Pour the batter in a tray. Add fruit salt and mix well.
- Meanwhile, heat water in a pan. Place a stand in it. Put the tray in the pan, cover the pan with the lid and steam it for 6 to 7 minutes.
- After 6 to 7 minutes of steaming, check the khaman by inserting a knife. If it comes out clean, then the khaman is ready.
- Now, take the tray out and let it cool down. Then de-mould the khaman and cut it into pieces.
- Heat oil in a pan. Add cumin seeds, curry leaves, and green chilli. Sauté them a little. Now, add red chili powder. Mix them and turn off the gas. Pour the tadka on the khaman.
- 'Fariyali Khaman' is ready to be served.

## Tips

- The fruit salt should be added to the mixture just before steaming it.
- The spiciness can be adjusted to taste.
- It is recommended to serve this yummy khaman with [green chutney](#).

# Plain Mathri

*an heirloom snack*



*By Ani Setia, A Lovely Mom, From Rajasthan*

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 6 MIN

## Ingredients

- Whole wheat flour/Gehu ka aata - 1/2 cup
- All-purpose flour/Maida - 1/2 cup
- Salt – to taste
- Carom seeds/Ajwain - 1/2 tsp
- Clarified butter/Ghee - 2 Tbsp
- Water - as required
- Oil - for frying

## Tips

- This recipe can be made using only wheat flour or maida.
- The ratio of wheat flour to maida should be 1:1.
- Oil can be added instead of ghee.
- The dough should not be kneaded.
- The mathri should be fried one shade lighter than the desired shade.

## Directions

- In a bowl, add whole wheat flour, maida, salt, and carom seeds by rubbing between your palms. 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. Keep it aside and let it rest for 10 minutes.
- After 10 minutes, take a small portion of the dough. Make a small ball and press it between the palms. Then prick the mathri using a fork. Likewise, prepare all the mathris from the dough.
- Meanwhile, heat oil in a pan. When the oil is medium hot, carefully drop the prepared mathri in it. Then keep the flame low. Fry mathri one shade lighter than your desired shade.
- When oil bubbles reduce and you get the desired shade/colour of the mathri, take it out on a serving plate.
- 'Plain Mathri' is ready to be served.



# Khandvi

*a famous snack from the State of Gujarat*



*By Shraddha Thakrar, A Lovely Mom, From Gujarat*

SERVINGS: 4

PREPARATION TIME: 10 MIN

COOKING TIME: 15 MIN

## Ingredients

- Gram Flour/Besan - 1/2 cup, sieved
- Curd/Dahi - 1/2 cup
- Water - 1 cup
- Salt - to taste
- Turmeric/Haldi powder - 1/2 tsp
- Green chilli/Hari mirch paste - 1 tsp
- **FOR PREPARING TADKA:**
- Oil - 1 Tbsp
- Mustard Seeds/Rai - 1 tsp
- Asafoetida/Hing - a pinch
- Sesame Seeds/Til - 2 tsp
- Green chilli - 2, slit
- Coriander leaves - for garnishing, finely chopped
- Curry leaves - 10 to 12

## Directions

- Take the sieved gram flour in a pan. Add curd and water to it.
- Add salt, turmeric powder, and green chilli paste in the pan. Blend all the ingredients to make a smooth batter.
- Heat the pan on a high flame and keep stirring it continuously.
- Now keep the flame medium and keep stirring the batter for 4 to 5 minutes until it is thick and sticky.
- After the batter is ready, apply it on a plate or any flat surface, make a thin layer of the batter on it and let it dry for 10 minutes.
- After it dries, cut straight lines with some space in between with a knife.
- Roll each patch that was cut carefully till the end of the line.
- **FOR PREPARING THE TADKA:**
- Heat oil in a pan. Add mustard seeds, asafoetida, sesame seeds, green chillies, and curry leaves to it.
- Pour the tadka on the khandvi and garnish it with coriander leaves.
- 'Khandvi' is ready to be served.

## Tips

- The gram flour/besan should be sieved before it is used, to avoid getting lumps.
- While preparing the batter, either a combination of 1/2 cup curd and 2 cups of water or 2 and 1/2 cups of buttermilk can be used.
- It is recommended to blend the batter very well and not have any lumps in it.
- To know if the batter is ready, a pinch of the batter should be taken on a plate and allowed to dry for some time. If it peels out easily, it means that the batter is ready and then the flame can be turned off.
- In the process of spreading the batter on a flat surface, it should be ensured to complete the whole process quickly before the batter dries out in the pan.

# Masaledar Lauki

*a spicy, tangy, and flavourful sabji*



*By Deepika Ramlal, A Lovely Mom, From Bangalore*

SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

### • FOR PREPARING BESAN WALI LAUKI:

- Oil - 1 Tbsp
- Cumin seeds/Jeera - 1 tsp
- Asafoetida/Hing - a pinch
- Garlic/Lahsun - 3 to 4 cloves, finely chopped
- Green chilli/Hari mirchi - 1, finely chopped
- Ginger/Adrak - 1 inch, finely chopped
- Onion/Pyaz - 1, finely chopped
- Tomato/Tamatar - 1, finely chopped
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Salt - to taste
- All spice mix powder/Garam masala - 1/2 tsp
- Curd/Dahi - 2 Tbsp
- Water - as required
- Coriander leaves/Hara dhaniya - a handful for garnishing

### • FOR SHALLOW FRYING BOTTLE GOURD:

- Bottle gourd/Lauki - 1, peeled and sliced
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Coriander powder/Dhaniya powder - 2 tsp
- Salt - as per taste
- All spice mix powder/Garam masala - 1/2 tsp
- Gram flour/Besan - 1 Tbsp
- Oil - 1 Tbsp

## Directions

### • FOR SHALLOW FRYING THE BOTTLE GOURD:

- Take the bottle gourd slices in a bowl. Add red chilli powder, turmeric powder, coriander powder, salt, all spice mix powder, and gram flour. Mix well with your hands.
- Meanwhile, heat oil in a pan. Place the prepared bottle gourd slices in it. Shallow fry them from both sides on medium flame till they become nice golden brown. Keep them aside.

### • FOR PREPARING THE MASALEDAR LAUKI:

- Heat oil in a pan. Add cumin seeds, asafoetida, garlic, green chilli, ginger, and onion. Mix well and sauté it for 2 to 3 minutes on a medium flame.
- Now add tomato. Mix well. Sauté it for 1 to 2 minutes on a medium flame. Now add red chilli powder, turmeric powder, coriander powder, salt, and all spice mix powder. Mix well.
- When the oil separates, add curd. Mix well. Now add the shallow fried bottle gourd slices. Mix well. Add a little water. Mix well.
- Cover the pan with a lid and cook it for 2 to 3 minutes. Once done, turn off the flame and garnish it with coriander leaves.
- 'Masaledar Lauki' is ready to be served.

## Tips

- The spices should be added carefully, as the bottle gourd is also shallow fried with spices earlier.



# Aam Ki Rabri

*a traditional Indian dessert*



*By Mridula Ameriya, A Lovely Mom, From Rajasthan*

SERVINGS: 4

PREPARATION TIME: 180 MIN

COOKING TIME: 45 MIN

## Ingredients

### • FOR SOAKING SAFFRON:

- Saffron/Kesar - 9 to 10 strands + for garnishing
- Milk - 2 to 3 tsp

### • FOR PREPARING THE MANGO RABDI:

- Full cream milk - 1 litre
- Powdered sugar - 2 tsp
- Cardamom powder/Elaichi powder - 1/2 tsp
- Pistachio flakes - 1 tsp + for garnishing
- Almond flakes - 1 tsp + for garnishing
- Hafus mango/Aam - 1, chopped

## Tips

- Full-fat milk should be used to make the rabdi.
- The vessel should be thick-bottomed so that the milk does not stick to the bottom.
- The cream forming at the sides of the vessel should be continuously scraped and mixed with the thickening milk.
- Any type of sour and sweet ripe mango can be used to prepare this rabdi.

## Directions

### • FOR SOAKING SAFFRON:

- Soak saffron in hot milk for 30 minutes. Keep it aside.

### • FOR PREPARING THE MANGO RABDI :

- Boil milk in a thick-bottomed pan for 10 minutes on a medium flame. Stir it occasionally.
- Once the milk boils, turn the flame to low and allow the milk to simmer while stirring continuously.
- Keep scraping the sides of the vessel and mix the cream being formed on it with the thickening milk.
- Follow this process for 40 to 45 minutes till the milk is reduced to less than half and to a thick mass.
- Turn off the flame. Now add powdered sugar and cardamom powder. Mix well and let it cool down.
- Transfer it to a bowl and refrigerate for 2 to 3 hours. Now add pistachio, almond, and soaked saffron. Mix well.
- Now add mango and mix well. Transfer it to a serving bowl. Garnish it with almond, pistachio, and saffron.
- 'Aam Ki Rabri' is ready to be served.

# Diet Chivda

*a simple and quick tea-time snack*



*By Vijay Haldiya,*

*Founder,*

*Zayka Ka Tadka*

SERVINGS: 10

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Oil - 1 Tbsp
- Asafoetida/Hing - a pinch
- Mustard seeds/Rai - 1/2 tsp
- Curry leaves/Curry patta - a handful
- Roasted Bengal gram/Roasted chana dal - 2 Tbsp (optional)
- Cashew/Kaju - 12 to 15
- Dry coconut flakes - 8 to 10 pieces
- Turmeric powder/Haldi powder - 1/2 tsp
- Black salt/Kala namak - 1/4 tsp
- Salt - to taste
- Roasted peanuts/Mungfali - 1 cup
- Puffed rice/Murmure - 2 cups
- Red chilli powder/Lal mirchi powder - 1/2 tsp (optional)
- Chaat masala - 1/2 tsp
- Powdered sugar - 1 tsp (optional)

## Directions

- Dry roast puffed rice for 3 to 4 minutes on a low flame. Keep it aside.
- Heat oil in a pan. Add asafoetida, mustard seeds, curry leaves, roasted Bengal gram, and cashew. Roast it for 1 to 2 minutes on a medium flame.
- Then add dry coconut flakes. Mix well. Roast it for 2 to 3 minutes on a medium flame.
- Now add turmeric powder, black salt, and salt. Mix well and add roasted peanut. Roast it for 1 to 2 minutes on a medium flame.
- Now turn the flame to low. Then add roasted puffed rice, red chilli powder, chaat masala, and powdered sugar. Mix well and roast it for 1 to 2 minutes on a low flame.
- Once done, turn off the flame and take it out on a serving plate.
- 'Diet Chivda' is ready to be served.

## Tips

- The spiciness should be adjusted according to taste and preference.



# Instant Choco Bar

*a summer special dessert*



*By Shveta Sheth, A Lovely Mom, From Mumbai*

SERVINGS: 1

PREPARATION TIME: 360 MIN

COOKING TIME: 0 MIN

## Ingredients

- Vanilla chocolate cream biscuits
  - 8 to 9
- Milk - 6 to 7 tsp
- Chocolate syrup - as required

## Directions

- Take out 4 to 5 biscuits from a packet of vanilla chocolate cream biscuits.
- Then crush all the remaining biscuits in the packet using a pestle.
- Now, put the packet with the crushed biscuits in a glass and pour milk into it. Mix well using a skewer.
- Keep it in the freezer for 5 to 6 hours.
- Thereafter, cut away the biscuit wrapper and take out the choco bar on a serving plate. Pour chocolate syrup on it.
- 'Instant Choco Bar' is ready to be served.

## Tips

- Chocolate cream biscuits can be used instead of vanilla cream biscuits.

# Sooji Malai Barfi

*an aromatic and melt-in-the-mouth sweet*



*By Ruchira Agrawal, A Lovely Mom, From Rajasthan*

SERVINGS: 1 - 2

PREPARATION TIME: 2 - 3 MIN

COOKING TIME: 6 - 7 MIN

## Ingredients

- Fresh homemade cream/Malai - 1 cup
- Semolina/Sooji - 1 cup
- Dry coconut - 1 cup, grated (optional)
- Sugar - 3/4 cup
- Almonds/Badam - for garnishing, sliced
- Sesame seeds/Til - for garnishing
- Clarified butter/Ghee - for greasing

## Tips

- To avoid burning it, the malai should be cooked on a low to medium flame and stirred continuously.
- The ratio of the amounts of sooji and sugar should be 4:3
- Besan can be added along with sooji.
- If required, ghee should be added to sooji and malai.

## Directions

- Heat a pan on a medium flame, pour malai on it and cook it. Stir continuously for 5 minutes on the medium flame or till the ghee separates from it.
- Then, add sooji and roast it till it turns light brown or the aroma of its roasting begins to rise. Now, add coconut.
- Meanwhile, heat a pan and add sugar. Submerge the sugar with water. After it starts to boil, cook it for 4 to 5 minutes and prepare a sugar syrup of one-string consistency.
- Now, transfer the sugar syrup to the pan with the roasted malai and sooji. Mix it well on a low flame. The barfi mixture is ready.
- Grease a deep plate with ghee. Transfer the barfi mixture to the plate and pat the plate. Sprinkle sesame seeds and chopped almonds.
- Rest the barfi mixture for minimum 1 to 2 hours. Cut in straight lines with a knife and then diagonally to get diamond shape barfis.
- 'Sooji Malai Barfi' is ready to be served.



# Paneer Bruschetta

*a healthy and colourful starter*



*By Sheenu Duggal, A Lovely Mom, From Punjab*

SERVINGS: 3

PREPARATION TIME: 3 MIN

COOKING TIME: 2 MIN

## Ingredients

### • FOR PREPARING PANEER

#### **MIXTURE:**

- Tomato/Tamatar – 1, finely chopped
- Paneer/Cottage cheese – 1 cup, diced
- Basil leaves – 1/2 cup
- Brown sugar – 1 tsp
- Vinegar – 1 tsp
- Mixed herbs – 1 tsp
- Black pepper powder/Kali mirch – 1 tsp
- Salt – to taste
- Olive oil – 2 tsp

### • FOR PREPARING PANEER

#### **BRUSCHETTA:**

- Footlong loaf – 1
- Butter – as required

## Directions

### • FOR PREPARING PANEER MIXTURE:

- Take tomato, paneer, basil leaves, brown sugar, vinegar, mixed herbs, black pepper powder, salt, and olive oil. Mix well. Keep it aside.

### • FOR PREPARING PANEER BRUSCHETTA:

- Cut the footlong loaf into thick slices. Apply butter to it.
- Meanwhile, heat a tawa over medium flame. Place the loaf slices in a pan. Toast lightly from both sides by applying butter to it. Once done, take it out on a serving plate.
- Now add the prepared paneer mixture to it. Likewise, prepare all bruschetta slices.
- 'Paneer Bruschetta' is ready to be served.

## Tips

- Any type of bread can be used instead of footlong bread.
- Coriander leaves or mint leaves can be added instead of basil leaves.
- Normal sugar can be added instead of brown sugar.
- Any type of oil can be used to prepare this dish.
- Cheese can be added to the paneer mixture.

# Karivepaku Podi

*a flavourful and spicy side dish*



*By Archana Chakravarthy, A Lovely Mom, From Karnataka*

SERVINGS: 8

PREPARATION TIME: 4 MIN

COOKING TIME: 8 MIN

## Ingredients

- **FOR ROASTING DRY SPICES:**
- Dry red chilli/Sookhi lal mirchi - 10 to 12
- Peanut/Mungfali - 1/2 cup
- Garlic/Lahsun - 2 cloves (optional)
- Dry coconut powder/Sookha nariyal powder - 1/4 cup
- Salt - to taste
- Jaggery/Gud - 1 tsp
- **FOR PREPARING THE CURRY LEAF POWDER:**
- Curry leaves/Curry patta - 1 cup
- Oil - 1 tsp

## Directions

- **FOR ROASTING DRY SPICES:**
- Roast dry red chilli, peanut, garlic, and dry coconut powder in a pan for 2 to 3 minutes on a low flame while stirring occasionally.
- Once done, turn off the flame. Let it cool down. Then transfer the mixture to a grinder jar.
- Grind it for a few seconds. Then add salt and jaggery. Keep it aside.
- **FOR PREPARING THE CURRY LEAF POWDER:**
- Heat oil in a pan and roast curry leaves in it for 4 to 5 minutes on a low flame while stirring occasionally.
- When the water evaporates and the leaves become crunchy, turn off the flame. Let the leaves cool down. Then transfer them to the grinding jar containing the ground dry spice.
- Grind the mixture for a few seconds. Then transfer it to a serving bowl.
- 'Karivepaku Podi' is ready to be served with hot rice, idli, or dosa.

## Tips

- This powder can be stored for 2 weeks in an airtight container.
- The spiciness can be adjusted as per taste and preference.
- The curry leaves can also be dried in sunlight.



# Triple-Layered Paneer Sandwich With Banana Walnuts Smoothie

*a healthy and delicious meal combo*



*By Monalisa Agarwal, A Lovely Mom, From Kolkata*

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

### • FOR PREPARING THE TRIPLE-LAYERED SANDWICH:

- Sweet corn - 1/2 cup
- Hot water - as required
- Onion/Pyaz - 1, finely chopped
- Capsicum - 1/2, finely chopped
- Raw mango/Kachcha aam - 1/2, grated
- Paneer/Cottage cheese - 1 cup, grated
- Green chilli/Hari mirchi - 1, finely chopped
- Salt - to taste
- Chilli flakes - 1 tsp
- Mint leaves/Pudina - a handful
- Butter - as required
- Bread - 3 slices
- Cheese slice - 1

### • FOR PREPARING THE BANANA-WALNUT SMOOTHIE:

- Banana/Kela - 1/2, chopped
- Dates/Khajoor - 1 & 1/2 pieces
- Walnuts/Akhrot - 2 pieces + for garnishing
- Vanilla ice cream - 1 Tbsp
- Milk - 1 cup
- Chocolate syrup - as required

## Directions

### • FOR PREPARING THE TRIPLE LAYERED SANDWICH:

- Add sweet corn to hot water for 2 to 3 minutes. Then strain and keep it aside.
- Take onion in a bowl. Add capsicum, raw mango, paneer, green chilli, salt, chilli flakes, mint leaves, and prepared sweet corn. Mix well.
- Now take a bread slice. Apply butter to it. Then spread the prepared vegetable mixture. Now cover it with another bread slice. Apply butter to it. Put a cheese slice on it.
- Now spread the vegetable mixture on a cheese slice. Cover it with another butter-applied bread slice.
- Apply butter on the outer side of both bread slices and place the prepared triple layered sandwich in the sandwich maker.
- Roast it for 5 to 6 minutes. Once done, take it out on a serving plate and cut it.

### • FOR PREPARING THE BANANA-WALNUT SMOOTHIE:

- Take banana, walnuts, vanilla ice cream, and milk in a deep bowl. Deseed the dates and add to the bowl. Blend it for a few seconds using an electric blender.
- Add chocolate syrup to the serving glass surface. Now pour the smoothie into a prepared serving glass. Garnish it with walnuts.
- 'Triple-Layered Paneer Sandwich with Banana Walnuts Smoothie' is ready to be served.

# Meethi Sewaiyan

*a healthy and delicious dessert*



*By Manju Agarwal, A Lovely Mom, From Rajasthan*

SERVINGS: 3

PREPARATION TIME: 2 MIN

COOKING TIME: 10 MIN

## Ingredients

- Vermicelli/Sewaiyan - 1 cup
- Clarified butter/Ghee - 1 Tbsp
- Sugar - 3/4 cup
- Hot water - 1 glass
- Dry Coconut/Nariyal - 2 Tbsp, grated + for garnishing
- Mix dry fruits - 2 tsp, sliced + for garnishing
- Cardamom powder/Elaichi powder - 1/4 tsp

## Directions

- Dry roast vermicelli in a pan. Roast it on a high flame for 2 to 3 minutes until it changes colour and becomes nice golden brown.
- Then turn off the flame. Transfer it to a plate. Then add ghee to the same pan. Now add roasted vermicelli, sugar, and hot water to it. Mix well.
- Then cover the pan with a lid and cook it for 5 minutes on a low flame.
- After 5 minutes, turn the flame to high and cook it for 1 minute.
- Once done and after all the water has evaporated, add dry coconut. Mix well.
- Then, add dry fruits and cardamom powder. Mix well. Now take it out on a serving plate. Garnish it with dry coconut and mixed dry fruits.
- 'Meethi Sewaiyan' is ready to be served.

## Tips

- The sweetness of this dish can be adjusted to one's taste and preference.



# Schezwan Sandwich

## *a spicy, protein-rich breakfast*



*By Seema Maheshwari, A Lovely Mom, From Indore*

SERVINGS: 7 - 8

PREPARATION TIME: 15 - 20 MIN

COOKING TIME: 3 - 4 MIN

## Ingredients

### • FOR ONION TOMATO CHUTNEY:

- Oil - 1 to 2 Tbsp
- Onion/Pyaz - 3
- Green chilli/Hari mirch - 2
- Tomato/Tamatar - 3
- Garlic/Lahsun - 6 to 7 cloves
- Ginger/Adrak - a ½-inch piece

### • FOR SCHEZWAN SAUCE:

- Dry red chilli/Lal mirch - 6 to 7
- Garlic/Lahsun - 6 to 7 cloves
- Ginger/Adrak - a ½-inch piece
- Oil - 1 to 2 Tbsp

### • OTHER INGREDIENTS:

- Bread - 4 slices
- Capsicum - 1, finely chopped
- Salt - to taste
- Red chilli flakes - 1 tsp
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Soy sauce - 2 Tbsp
- Vinegar - 1 Tbsp (optional)
- Butter - for roasting
- Boiled sweet corns - as required
- Cheese slice - 7 to 8 strips
- Cottage cheese/Paneer - 4 Tbsp, chopped
- Cheese - as required, grated
- Nylon sev/Zero number sev - as required for garnishing
- Curd coriander dip - as required
- Tomato sauce - as required

## Directions

### • FOR ONION TOMATO CHUTNEY:

- Grind onions, tomatoes, green chillies, garlic cloves, and ginger to a paste.
- Heat oil in a pan. Pour the mixture into the pan and cook it for a while. Once done, keep it aside.

### • FOR SCHEZWAN SAUCE:

- Soak the dry red chillies in the water for 15 to 20 minutes. Then, grind them with ginger and garlic cloves.
- Heat oil in a pan. Pour the mixture in it and cook it for a while. Once done, keep it aside.

### • FOR SCHEZWAN SANDWICH:

- Put 1 cup onion tomato chutney and 2 Tbsp Schezwan sauce in a bowl. Now add salt, black pepper powder, soy sauce, and vinegar. Mix them properly. Now, mixture is ready.
- Heat a tawa. Grease it with butter. Place the bread slices on it. Then, spread the prepared mixture evenly. Sprinkle chopped paneer, chopped capsicum, and press them.
- Flip the bread slices. Press them and roast them for a while. Once done, flip them. Place cheese stripes on them. Sprinkle grated cheese and boiled sweet corns and chilli flakes.
- Pour some curd, coriander dip, and tomato sauce on them. Garnish them with nylon sev and grated cheese. Once done, transfer them to a serving plate.
- 'Schezwan Sandwich' is ready to be served.

## Tips

- Available vegetables of choice can be added.
- The Schezwan sauce can be stored for six months and the onion-tomato chutney for 10 days in an airtight container in the refrigerator.
- Salt can be added in the Schezwan sauce whenever it is used.
- Vinegar is optional.
- It is recommended to prepare this recipe using tomato sauce.

# Rice Vermicelli With Roasted Makhana

*a healthy tiffin option*



*By Apeksha Narumanchi, A Lovely Mom, From Karnataka*

SERVINGS: 2

PREPARATION TIME: 6 MIN

COOKING TIME: 6 MIN

## Ingredients

### • FOR BOILING RICE SEVAI | RICE

#### VERMICELLI:

- Rice sevai/Rice vermicelli - 1 cup
- Water - as required
- Salt - as required
- Oil - 2 tsp

### • FOR PREPARING RICE SEVAI | RICE

#### VERMICELLI:

- Oil - 1 Tbsp
- Capsicum - ½, sliced
- Peanuts/Mungfali - 1/2 cup
- Cashew/Kaju - 1/2 cup
- Green chilli/Hari mirchi - 2, finely chopped (optional)
- Mustard seeds/Rai - 1 tsp
- Black gram/Urad dal - 1/2 tsp
- Bengal gram/Chana dal - 1/2 tsp
- Asafoetida/Hing - a pinch
- Dry red chilli/Sookhi lal mirch - 2
- Curry leaves/Curry patta - a few
- Raw mango/Kachcha aam - ½, grated
- Turmeric powder/Haldi powder - 1 tsp
- Salt - as required
- Coriander leaves/Hara dhaniya - for garnishing

### • FOR ROASTED MAKHANA:

- Foxnuts/Makhana - 1 cup
- Clarified butter/Ghee - 2 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Chaat masala - as required
- Peri peri powder/Paprika powder - as required

## Directions

### • FOR BOILING RICE SEVAI | RICE VERMICELLI:

- Take the required amount of hot water in a pan. Add 1 tsp of oil, salt, and rice sevai into the hot water. Now cover the pan with a lid and keep it aside for 2 to 3 minutes.
- Once done, strain the sevai. Wash it with cold water. Then add 1 tsp oil to it and mix well. keep it aside.

### • FOR PREPARING RICE SEVAI | RICE VERMICELLI:

- Heat oil in a pan. Add peanuts and cashews. Mix well and roast it for 2 to 3 minutes on a medium flame.
- Now add mustard seeds, black gram, Bengal gram, asafoetida, dry red chilli, and curry leaves. Mix well and sauté it for 1 minute on a high flame.
- Then add green chilli, capsicum, turmeric powder, and salt. Mix well and cook it for 2 minutes.
- Now add raw mango. Mix well and cook it for 1 minute.
- Now add boiled rice sevai. Mix well. Add some salt. Mix well and garnish it with coriander leaves. Once done, turn off the flame.

### • FOR ROASTED MAKHANA:

- Heat ghee in a pan. Add foxnuts. Mix well and roast it for 2 to 3 minutes on a medium flame. Stir it occasionally.
- Then add turmeric powder and chaat masala. Mix well. Then sprinkle peri peri powder and mix well.
- To check its crispiness, press it with your fingers; it should break easily with a popcorn-like sound. Once done, turn off the flame.
- 'Rice Vermicelli with Roasted Makhana' is ready to be served.

## Tips

- Rice can be added instead of rice sevai.
- To check its crispiness, the makhana should be pressed with the fingers; it should break easily with a popcorn-like sound.
- **TO STORE CORIANDER LEAVES OR MINT LEAVES IN THE REFRIGERATOR FOR A MONTH:**
- Remove the roots of the coriander leaves bunch and wash its dirt. Keep it in a deep, transparent jar. Cover it with a plastic bag. Change the water every day.

[Watch the video recipe](#)

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# Medu Vada With Tomato Chutney

## *a popular dish in South India*



*By A Lovely Mom, Vimki Giria*

SERVINGS: 1

PREPARATION TIME: 310 MIN

COOKING TIME: 10 MIN

## Ingredients

### • FOR PREPARING TOMATO CHUTNEY:

- Oil - 1 Tbsp
- Black gram/Urad dal - 1/4 tsp
- Bengal gram/Chana dal - 1/4 tsp
- Mustard seeds/Rai - 1/4 tsp
- Curry leaves/Curry patta - a few
- Dry red chilli/Sookhi lal mirch - 1 to 2, deseeded and chopped
- Onion/Pyaz - 1, finely chopped
- Garlic/Lahsun - 3 to 4 cloves, finely chopped
- Tomato/Tamatar - 4, deseeded and finely chopped
- Turmeric powder/Haldi powder - 1/4 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Salt - to taste
- Tamarind/Imli - 1 small piece
- Sambhar powder - 1 tsp (optional)
- Water - as required

### • FOR PREPARING MEDU VADA:

- Black gram/Urad dal - 1 cup
- Water - as required
- Asafoetida/Hing - a pinch
- Black peppercorns/Kali mirch - 10 to 12
- Curry leaves/Curry patta - a few, roughly chopped
- Green chilli/Hari mirch - 2 to 3, finely chopped
- Ginger/Adrak - 1 inch, finely chopped
- Salt - to taste
- Oil - for frying

## Directions

### • FOR PREPARING TOMATO CHUTNEY:

- Soak tamarind in water for 10 to 15 minutes. Squeeze out its water. Then strain it. Keep it aside.
- Heat oil in a pan. Add black gram, Bengal gram, mustard seeds, curry leaves, dry red chillies, and onion. Mix well.
- Sauté it for 1 to 2 minutes on a high flame. Then add garlic. Mix well.
- Add tomato and mix well. Then add turmeric powder, red chilli powder, salt, and tamarind water. Mix well for 1 minute.
- Then add sambhar powder. Mix well and sauté it for 5 to 6 minutes on a medium flame.
- Add a little water. Cook it on a low flame for 1 to 2 minutes and mash it using a spatula. Once done, take it out in a serving bowl.

### • FOR PREPARING MEDU VADA:

- Wash and soak the urad dal for 4 to 5 hours. Then drain the water completely.
- Take soaked urad dal in a grinding jar. Add a little water. Add very little water while grinding the urad dal.
- Grind it in pulses and prepare a thick-consistency batter. Transfer it to a bowl.
- Add asafoetida, black peppercorns, curry leaves, green chilli, ginger, and salt. Mix well.
- Mix the batter well with a beater/whisk for 1 to 2 minutes to produce air bubbles in the batter.
- Put a drop of batter in the water. If it floats in the water, it indicates that the batter is well beaten.

### • TO PREPARE THE VADA WITH HAND:

- Heat oil for frying. Take a small portion of the batter with wet hands and spread it. Then place it in the heated oil. Likewise, prepare all the vadas.
- Fry them from both sides on a medium flame for 2 to 3 minutes. Once they turn nice golden brown, take them out on a serving plate.

### • TO PREPARE THE VADA USING A MEDU VADA MAKER:

- Fill the batter into the vada maker. Meanwhile, heat oil for frying.
- Press the vada maker's top part over the oil and allow the batter to form its shape through the hole. As a ring of batter comes out of the vada maker, release the press, and allow the vada to drop into the oil. Likewise, prepare all the vadas.
- Fry them from both sides on a medium flame for 2 to 3 minutes. Once they turn nice golden brown, take them out on a serving plate.
- 'Medu Vada with Tomato Chutney' is ready to be served.

## Tips

### • FOR TOMATO CHUTNEY:

- The quantity of garlic may be adjusted as required.
- The ratio of onion to tomato should be 1:4.
- Tamarind water can be added as required.
- Sambhar powder gives a nice fragrance to the tomato chutney.
- If desired, the chutney should be coarsely ground.

### • FOR MEDU VADA:

- Very little water should be added while grinding urad dal.
- The urad dal should be ground in pulses to keep its texture good.
- Asafoetida should be added to the batter for good digestion.
- To check whether the batter is well beaten or not, a drop of it should be put in the water. If the batter drop floats in the water, it indicates that the batter is well beaten.
- The medu vada should be fried on a medium flame.

[Watch the video recipe](#)

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# Chocolate Frappuccino

*a creamy, rich,  
and cold beverage*



*By Rachel Mathur, From Gurgaon*

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## Ingredients

- Chocolate cream biscuits - 4 to 5, each broken in half
- Coffee powder - 1 tsp (optional)
- Chocolate syrup - 1 Tbsp + for garnishing
- Milk - 1 glass
- Vanilla ice cream - 1 cup

## Directions

- Grind chocolate cream biscuits, coffee powder, chocolate syrup, milk, and vanilla ice cream in a grinding jar for a few seconds.
- Decorate and prepare the inside surface of the serving glass with chocolate syrup.
- Now pour the chocolate frappuccino into the prepared serving glass.
- 'Chocolate Frappuccino' is ready to be served.





***ENJOY!***