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# ZAYKA KA TADKA

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**Unedited  
live recipes**



**जो दिखता है!  
वही बनता है!**

**ISSUE NUM: 25**



Zayka  
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**LIVE FROM THE KITCHENS OF MOMS OF INDIA**



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# The Super Chef Moms of India



# TABLE OF CONTENTS



04 Masala Pyaz Paratha  
*a lip-smacking and  
crispy paratha*

17 Cheesy Garlic Onion  
Rings  
*a delicious party appetizer*

21 Paneer Stuffed Mirchi  
Bajji  
*a monsoon-special snack*

- Masala Pyaz Paratha - 4
- Onion Ring Veggie Chilla - 5
- Shahi Kofta Curry Without Onion  
Garlic - 6
- Lal Mirch Kachre Ki Chutney - 7
- Vrat Wali Aloo Ki Chaat - 8
- Veg Hot Dog With Masala Corn - 9
- Malai Sev Ki Sabji - 10
- Strawberry Pineapple Cake - Without  
Fire - 11
- Hara Bhara Thepla - 12
- Vrat Wali Green Chutney - 13
- Karele Ki Sabji Andhra Style - 14
- Punjabi Kadhi Pakora - 15
- Matar Moori With Masala Buttermilk -  
16
- Cheesy Garlic Onion Rings - 17
- Danamethi Stuffed Mirch - 18
- Sabudana Vada Without Frying - 19
- Kullad Pizza - 20
- Paneer Stuffed Mirchi Bajji - 21
- Murmure Pancake - 22
- Vegetable Tikki - 23
- Neer Dosa - 24
- Vegetable Sooji Handvo - 25
- Ulta Vada Pav - 26

# MASALA PYAZ PARATHA

*a lip-smacking and crispy paratha*

By Vijay Haldiya

Founder

Zayka Ka Tadka



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Whole wheat dough - as required
- Onion/Pyaz - 1, sliced
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful
- Grated cheese - as required (optional)
- Water - as required
- Clarified butter/Ghee - as required

## TIPS

- Water should be applied on the border of the paratha to seal it properly.
- To make the paratha crispy, it should be pressed while cooking.

## DIRECTIONS

- Take onion, salt, red chilli powder, and coriander leaves in a bowl. Mix well.
- Take the medium-soft wheat dough and make a round-shaped, big circular peda from the dough. Dust it with flour and roll a peda to make a paratha. Likewise, prepare another paratha.
- Now apply ghee on one paratha. Add onion mixture and cheese to it. Spread it on the paratha. Apply water on the border of paratha.
- Now cover it with another paratha. Then press its border and seal it properly.
- Meanwhile, heat a tawa. Place the paratha on it and cook it on one side. Flip it once it is slightly brown.
- Apply ghee on both sides and cook on a low flame. Press the paratha while cooking to make it crispy.
- Once done, transfer it to a serving plate and cut it from the middle.
- 'Masala Pyaz Paratha' is ready to be served.

# ONION RING VEGGIE CHILLA

*a unique way of serving the traditional chilla*

*By Mridula Ameriya From Rajasthan*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Onion/Pyaz - 1
- Gram flour/Besan - 1 cup
- Corn flour - 1/4 cup
- Spinach/Palak - 3 Tbsp, finely chopped
- Fenugreek leaves/Methi - 1 Tbsp, finely chopped
- Cabbage/Patta gobhi - 1 Tbsp, finely chopped
- Carrot/Gajar - 1 Tbsp, grated
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1 tsp
- Coriander leaves/Hara dhaniya - a handful
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Fennel seed powder/Saunf powder - 1/2 tsp
- Chaat masala - 1 tsp
- Carom seeds/Ajwain - 1/2 tsp
- Asafoetida/Hing - a pinch
- Water - as required
- Oil - as required

## DIRECTIONS

- Peel and slice the onion down the middle. Take out the ring-shaped layer of the onion. Keep it aside.
- Take gram flour in a bowl. Add corn flour, spinach, fenugreek leaves, cabbage, carrot, ginger-green chilli paste, coriander leaves, salt, red chilli powder, turmeric powder, fennel seeds powder, chaat masala, carom seeds by rubbing between your palm, and asafoetida. Mix well.
- Then add water gradually and prepare a batter of medium thick consistency.
- Meanwhile, heat a tawa. Add oil to it for shallow frying. Arrange onion rings on the tawa. Fill its middle open part with the prepared gram flour batter.
- Cover the pan with a lid and cook the rings for 2 to 3 minutes on a high flame.
- Flip it to cook the other side as well. Once it is cooked on both sides, transfer it to a serving plate.
- 'Onion Ring Veggie Chilla' is ready to be served.

## TIPS

- Available vegetables of choice can be added.

# SHAHI KOFTA CURRY WITHOUT ONION GARLIC

*a healthy and creamy side dish*

*By Manju Saraf*

*From Gurgaon*



SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- **FOR PREPARING KOFTA:**
- Bottle gourd/Gheeya/Lauki - 1/2
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 1/2 tsp
- Carom seeds/Ajwain - 1/4 tsp
- Gram flour/Besan - 2 Tbsp
- Coriander leaves/Hara dhaniya - a handful
- Oil - as required
- **FOR PREPARING TOMATO PUREE:**
- Almonds/Badam - 4
- Cashew/Kaju - 4
- Tomato/Tamatar - 1, chopped
- Green chilli/Hari mirchi - 1
- Ginger/Adrak - 1 inch
- **FOR PREPARING SHAHI KOFTA CURRY WITHOUT ONION GARLIC:**
- Oil - 2 Tbsp
- Bay leaf/Tej patta - 1
- Clove/Laung - 2
- Cinnamon/Dalchini - 1 stick
- Cumin Seeds/Jeera - 1/2 tsp
- Asafoetida/Hing - 1 pinch
- Coriander powder/Dhaniya powder - 1 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Salt - to taste
- Water - as required
- Fresh cream/Homemade malai - 2 tsp
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Coriander leaves/Hara dhaniya - a handful for garnishing

## DIRECTIONS

- **FOR PREPARING KOFTA:**
- Peel and grate the bottle gourd. Add salt, red chilli powder, carom seeds, gram flour, and coriander leaves. Mix well.
- Meanwhile, heat an appa pan and add some drops of oil to the appa mould. Now add a small ball-sized kofta mixture in the appa mould. Cover the pan with a lid.
- Allow it to cook on a slow to medium flame for 3 to 4 minutes.
- Flip the kofta and cover the pan. Cook it for 3 to 4 minutes. Once done, take it out on a plate. Keep it aside.
- **FOR PREPARING TOMATO PUREE:**
- Grind almond, cashew, tomato, green chilli, and ginger in a grinding jar for a few seconds. Then take it out in a bowl and keep it aside.
- **FOR PREPARING SHAHI KOFTA CURRY WITHOUT ONION GARLIC:**
- Heat oil in a pan. Add bay leaf, cloves, cinnamon stick, cumin seeds, asafoetida, and the prepared tomato puree. Mix well.
- Now add coriander powder, red chilli powder, turmeric powder, and salt. Mix well and sauté it for 2 to 3 minutes on a medium flame.
- Then add a little water. Mix well. Now add the prepared kofta. Boil it for 4 to 5 minutes.
- Add fresh cream and mix well. Then add dry fenugreek leaves by rubbing between your palms. Mix well and garnish it with coriander leaves. Take it out on a serving bowl.
- 'Shahi Kofta Curry Without Onion Garlic' is ready to be served.

## TIPS

- The gheeya/bottle gourd should be freshly grated for making the kofta; else, it will turn black in colour.
- Green chilli is optional.
- There is no need to add water to make the kofta.

# LAL MIRCH KACHRE KI CHUTNEY

*a spicy and delicious side dish*

*By Meena Burat From Rajasthan*



SERVINGS: 5

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Fresh red chilli/Lal mirch - 8 to 10
- Sesame seeds/Til - 1 Tbsp
- Snap melon/Kachra - 2 to 3
- Oil - 4 Tbsp
- Nigella seeds/Kalonji - 2 tsp
- Asafoetida/Hing - 1/2 tsp
- Salt - to taste

## TIPS

- Dried kachri can be added instead of green kachri.
- Garlic is optional.
- This chutney can be stored in the refrigerator for 1 month.

## DIRECTIONS

- Wash and dry the red chillies completely. Then remove the seeds and chop them in small rounds. Transfer to a grinding jar, add sesame seeds and grind the mixture. Then, take it out in a bowl and keep it aside.
- Now, take peeled and chopped kachri. Transfer it to a grinding jar. Grind it and take it out in a bowl.
- Heat oil in a tadka pan. Add kalonji, asafoetida, and ground red chilli. Mix well. Sauté it for 1 minute on a medium flame.
- Then add ground kachri. Mix well. Sauté it for 2 to 3 minutes on a low flame till oil separates.
- Now add salt. Mix well. Once done, take it out in a serving bowl.
- 'Lal Mirch Kachre Ki Chutney' is ready to be served.

# VRAT WALI ALOO KI CHAAT

*a fast-special spicy, tangy,  
and colourful dish*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Clarified butter/Ghee - 1 Tbsp
- Ginger/Adrak - 1 inch, grated
- Green chilli/Hari mirchi - 1 to 2, finely chopped
- Boiled potato/Aloo - 3 big-sized, chopped
- Green chutney - as required
- Rock salt/Sendha namak - to taste
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Roasted peanuts/Mungfali - 2 to 3 tsp
- Curd/Dahi - as required, whisked (at room temperature)
- Black pepper powder/Kali mirch powder - as required
- Pomegranate/Anar - as required

## DIRECTIONS

- Take green chutney in a bowl. Add a little water. Mix well. Keep it aside.
- Heat ghee in a pan. Add ginger, green chilli, and potato. Mix well. Sauté them on a medium flame for 4 to 5 minutes till the potato becomes light brown and crispy.
- Now add rock salt and coriander leaves. Mix well. Take it out on a serving plate.
- Add peanuts to it. Now pour curd on it. Then add green chutney to it.
- Sprinkle rock salt and black pepper powder on it. Then add pomegranate to it.
- Garnish it with coriander leaves.
- 'Vrat Wali Aloo Ki Chaat' is ready to be served.

## TIPS

- Oil can be used instead of ghee.
- The potato should not be overcooked.
- It is recommended to prepare this recipe using [Green Chutney](#).



# VEG HOT DOG WITH MASALA CORN

*wonderful tiffin snack*

*By Apeksha Narumanchi*

*From Karnataka*



SERVINGS: 1

PREPARATION TIME: 6 MIN

COOKING TIME: 6 MIN

## INGREDIENTS

### • FOR PREPARING PANEER FILLING:

- Oil - 1 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Ginger/Adrak - 1 inch, grated
- Green chilli/Hari mirchi - 1, finely chopped
- Onion/Pyaz - 1, finely chopped
- Capsicum - 1, finely chopped
- Salt - to taste
- Tomato/Tamatar - 1, finely chopped
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Pav bhaji masala - 1 tsp
- Tomato ketchup - 3 tsp
- Paneer/Cottage Cheese - 1 cup, diced
- Coriander leaves/Hara dhaniya - a handful

### • FOR PREPARING VEG HOT DOG:

- Hot dog bun - 1
- Paneer filling - as required
- Butter - as required
- Veg mayonnaise - 1 tsp
- Tomato ketchup - 1 tsp
- Coriander leaves/Hara dhaniya - for garnishing

### • FOR PREPARING MASALA CORN:

- Butter - 1 tsp
- Sweet corn - 1/2 cup
- Salt - to taste
- Black pepper powder/Kali mirch - 1 tsp

## DIRECTIONS

### • FOR PREPARING PANEER FILLING:

- Heat oil in a pan. Add cumin seeds, ginger, green chilli, onion, and capsicum. Mix well and sauté it for 2 to 3 minutes on a medium flame.
- Add salt and tomato. Mix well. Then add turmeric powder, red chilli powder, coriander powder, all spice mix powder, and pav bhaji masala. Mix well.
- Then add tomato ketchup. Mix well. Now add paneer and coriander leaves. Mix well. Once done, turn off the flame and keep it aside.

### • FOR PREPARING VEG HOT DOG:

- Take veg mayonnaise and tomato ketchup in a bowl. Mix well. Keep it aside.
- Take a hot dog bun. Make a vertical slit from the top to the bottom and fill it with the prepared masala paneer filling.
- Meanwhile, heat a tawa over medium flame. Grease it with butter. Place the prepared masala paneer hot dog. Garnish it with coriander leaves and roast it by applying butter to it. Once done, take it out on a serving plate.
- Garnish it with the prepared mayonnaise mixture.

### • FOR PREPARING MASALA CORN:

- Heat butter in a pan. Add corn. Mix well and sauté it for 1 to 2 minutes. Stir it occasionally.
- Then add salt and black pepper powder. Mix well and turn off the flame.
- 'Veg Hot Dog with Masala Corn' is ready to be served.

## TIPS

- A simple bun can be used instead of a hot dog bun.

# MALAI SEV KI SABJI

*a rich and creamy side dish*

*By Deepika Ramlal*

*From Bangalore*



SERVINGS: 8

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

### • FOR PREPARING BESAN MIXTURE

- Hot water - 2 cups

- Gram flour/Besan - 2 tsp

### • FOR PREPARING SABJI

- Clarified butter/Ghee - 2 Tbsp

- Cumin seeds/Jeera - 1 tsp

- Green chilli/Hari mirch - 2, finely chopped

- Cardamom/Elaichi - 4

- Whole black pepper/Kali mirch - 5 to 6

- Cloves/Laung - 2

- Bay leaf/Tej patta - 1

- Cinnamon/Dalchini - 1 stick

- Black cardamom/Badi elaichi - 1

- Onion/Pyaz - 1, finely chopped

- Garlic/Lahsun - 7 to 8 cloves, finely chopped (optional)

- Red chilli powder/Lal mirch powder - 1 tsp

- Turmeric powder/Haldi powder - 1/2 tsp

- Coriander powder/Dhaniya powder - 1 tsp

- Salt - to taste

- Water - as required

- Cream/Homemade malai - 1 cup

- Powdered sugar - 1/4 tsp

- Chhole masala - 1/2 tsp

- Thick sev/Namkeen sev - 1 cup

- Coriander leaves/Hara dhaniya - a handful

## DIRECTIONS

### • FOR PREPARING THE BESAN MIXTURE

- Take hot water in a pan. Add gram flour. Mix well and prepare a lump-free mixture. Keep it aside.

### • FOR PREPARING SABJI

- Take red chilli powder, turmeric powder, salt, and coriander powder in a bowl. Add water. Mix well and prepare a lump-free masala mixture. Keep it aside.

- Heat ghee in a pan. Add cumin seeds, green chilli, cardamom, whole black pepper, cloves, bay leaf, cinnamon stick, black cardamom, and onion. Mix well and add garlic. Sauté it for 2 to 3 minutes on a high flame.

- Now add the prepared masala mixture. Mix well. Sauté it for 1 to 2 minutes on a high flame.

- Then add the prepared besan mixture. Mix well and sauté it for 2 to 3 minutes till it starts to boil.

- Add cream and a little water and mix well. Then add powdered sugar and chhole masala. Mix well and boil it for 1 to 2 minutes.

- Now add thick sev. Mix well and garnish it with coriander leaves. Once done, take it out on a serving plate.

- 'Malai Sev Ki Sabji | Dhaba Style Sev Malai Ki Sabji' is ready to be served.

## TIPS

- Garam masala can be added instead of chhole masala.

# STRAWBERRY PINEAPPLE CAKE - WITHOUT FIRE

*the perfect dessert to make any celebration special*

*By Anjana Bansal*

*From Bilaspur, UP*



SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Bread - 9 slices
- Milk - 1/2 cup (at room temperature)
- Sugar - 1 tsp
- Whipped cream - as required
- Pineapple crush - as required
- Strawberry - 5 to 6, chopped + for garnishing
- Chocolate cream biscuit - 2, cut into half
- Sugar balls - silver and golden, for garnishing
- **FOR PREPARING YELLOW PIPING GEL**
- Ultra gel - 2 to 3 tsp
- Water - 2 to 3 tsp
- Yellow food colour - 1 to 2 drops
- **FOR PREPARING PINK PIPING GEL**
- Ultra gel - 2 to 3 tsp
- Water - 2 to 3 tsp
- Pink food colour - 1 to 2 drops

## TIPS

- Condensed milk can be used instead of sweetened milk.
- The sweetened milk should be added to soak bread slices, to make a sweet and soft cake.
- It is recommended to keep the prepared cake in the refrigerator for about 1 hour before consuming it.
- Chocolate ganache can be added instead of piping gel.
- Pineapple pieces can be added to decorate the cake.

## DIRECTIONS

- **FOR PREPARING THE YELLOW PIPING GEL**
- Take piping gel in a bowl. Add water and yellow food colour. Mix well. Pour it into a piping bag. Keep it aside.
- **FOR PREPARING THE PINK PIPING GEL**
- Take piping gel in a bowl. Add water and pink food colour. Mix well. Pour it into a piping bag. Keep it aside.
- **FOR PREPARING THE SWEETENED MILK**
- Take milk in a bowl. Add sugar. Mix well. Keep it aside.
- **FOR PREPARING THE STRAWBERRY PINEAPPLE CAKE**
- Remove the edges of all the slices of the bread. Keep three bread slices in their square shape.
- Cut each of the other six bread slices into a half-moon shape.
- Arrange the square bread slice with one corner pointing toward you and place one half-moon of the bread slice against the top left side of the square bread slice. Then place the other half-moon of the bread slice against the top right side of the square bread slice to make a heart-shaped cake.
- Now soak it with the prepared sweet milk. Then spread whipped cream on it. Now add pineapple crush on it.
- Then add strawberry pieces to it. Likewise, prepare two more layers.
- Now cover the whole cake with whipped cream. Then make the cake smooth using a scraper.
- Now spread yellow piping gel on half side of the cake and pink piping gel on the other half side.
- Decorate the border of the cake and its upper-middle part with whipped cream using a star nozzle.
- Add strawberry pieces and chocolate cream biscuit in between the cake.
- Decorate the pink side of the cake with silver sugar balls and the yellow side with golden sugar balls. Then add the appropriate celebration tag.
- 'Strawberry Pineapple Cake - Without Fire' is ready to be served.

# HARA BHARA THEPLA

*a famous Gujarati dish*

*By Shraddha Thakrar*

*From Gujarat*



SERVINGS: 3

PREPARATION TIME: 15 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- **FOR PREPARING GREEN PASTE**
- Fenugreek leaves/Methi - 1/4 cup
- Spinach/Palak - 1/4 cup
- Coriander leaves/Hara dhaniya - 1/4 cup
- Curry leaves/Curry patta - a few
- Mint leaves/Pudina - a handful
- Capsicum - 3 to 4 pieces
- Green chilli/Hari mirchi - 1
- Ginger/Adrak - 1 inch, chopped
- Garlic/Lahsun - 7 to 8 cloves (optional)
- Sesame seeds/Til - 1 tsp
- Water - 1 Tbsp
- **FOR PREPARING HARA BHARA THEPLA**
- Whole wheat flour/Gehu atta - 1 cup
- Gram flour/Besan - 2 Tbsp
- Salt - to taste
- Asafoetida/Hing - a pinch
- Sesame seeds/Til - 1/2 tsp
- Oil - 2 tsp + for roasting
- Fenugreek leaves/Methi - 1 cup, chopped
- Spinach/Palak - 1/2 cup, chopped
- Coriander leaves/Hara dhaniya - 1 cup, chopped

## DIRECTIONS

- **FOR PREPARING GREEN PASTE**
- Grind fenugreek leaves, spinach, coriander leaves, curry leaves, mint leaves, capsicum, green chilli, ginger, garlic, sesame seeds, and water in a grinding jar for a few seconds and keep the ground green paste aside.
- **FOR PREPARING HARA BHARA THEPLA**
- Take whole wheat flour in a bowl. Add gram flour, salt, asafoetida, sesame seeds, 2 tsp of oil, fenugreek leaves, spinach, and coriander leaves. Mix well.
- Now add the ground green paste and knead a dough of medium consistency. Let it rest for 10 minutes.
- Take a small-ball-sized piece of the dough and make a circular peda from it. Dust it with flour and roll a peda to make a thepla.
- Meanwhile, heat a tawa. Place the thepla on the tawa. Cook it from one side on a low flame.
- Flip it once it is slightly brown. Roast it on a medium flame. Apply oil on both sides and cook it on a medium flame again. Press the thepla while cooking it.
- Once done, take it out on a serving plate.
- 'Hara Bhara Thepla' is ready to be served.

## TIPS

- The fenugreek leaves should be added in adequate quantity.
- Dry fenugreek leaves (Kasuri methi) can be added instead of fresh fenugreek leaves.
- If needed, one Tbsp of curd can be added to knead the dough.
- Water should not be used to knead the dough.
- The dough can be stored in the refrigerator for 2 to 3 days.

# VRAT WALI GREEN CHUTNEY

*the best side dish for food for fasting occasions*

*By Vijay Haldiya Founder Zayka Ka Tadka*



SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Coriander leaves/Hara dhaniya - a bunch (washed and chopped)
- Green chilli/Hari mirchi - 2, chopped
- Ginger/Adrak - 1 inch, chopped
- Peanuts/Mungfali - 1/4 cup, roasted
- Rock salt/Sendha namak - to taste
- Lemon juice - of 1/2 lemon
- Water - as required

## DIRECTIONS

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

## TIPS

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

# KARELE KI SABJI ANDHRA STYLE

*a simple and healthy side dish*

*By Amruthavalli Chakravarthy*

*From Karnataka*



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Oil - 2 Tbsp
- Mustard seeds/Rai - 1 tsp
- Asafoetida/Hing - a pinch
- Bitter gourd/Karela - 3 to 4
- Turmeric powder/Haldi powder - 1/4 tsp
- Salt - to taste
- Water - as required
- Sugar - 1 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp

## DIRECTIONS

- Wash the karela. Then remove its seeds and cut it into small pieces.
- Cook the bitter gourd by adding water, salt, and turmeric powder in the pressure cooker till 1 whistle on a high flame. Once done, turn off the flame. Drain all water. Take it out in a bowl.
- Heat oil in a pan. Add mustard seeds, asafoetida, and bitter gourd. Mix well. Sauté it for 3 to 4 minutes on a low flame till it is cooked well.
- Then add red chilli powder and sugar. Mix well and sauté it for 1 to 2 minutes on a medium flame.
- Once done, turn off the flame. Take it out in a serving bowl.
- 'Karele Ki Sabji Andhra Style' is ready to be served.

## TIPS

- Bitter gourd of dark green colour should always be chosen to prepare this sabji.
- Jaggery can be added instead of sugar.

# PUNJABI KADHI PAKORA

*a hugely popular north Indian curry*

*By Sheenu Duggal*

*From Punjab*



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 50 MIN

## INGREDIENTS

- **FOR PREPARING PUNJABI KADHI**
- Oil - 1 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Carom seeds/Ajwain - 1/2 tsp
- Onion/Pyaz - 1, finely chopped
- Ginger-garlic paste - 1 tsp
- Curd/Dahi - 2 cups
- Gram flour/Besan - 2 Tbsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Coriander powder - 1/2 tsp
- All-spice-mix powder - 1/4 tsp
- Tomato/Tamatar - 1, grated (optional)
- Salt - to taste
- Fenugreek leaves - 1/2 cup, chopped
- Water - 2 cups
- **FOR PREPARING PAKORA**
- Gram flour/Besan - 1 Tbsp
- Onion/Pyaz - 1, finely chopped (optional)
- Carom seeds/Ajwain - 1/4 tsp
- Coriander powder/Dhaniya powder - 1/2 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Red chilli powder - 1/4 tsp
- Salt - to taste
- Water - as required
- Oil - for frying
- **FOR PREPARING TADKA**
- Clarified butter/Ghee - 2 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Dry red chilli/Sukhi lal mirchi - 1
- Garlic/Lahsun - 5 to 6 cloves, finely chopped
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Red chilli powder - 1/2 tsp

## DIRECTIONS

- **FOR PREPARING PAKORA**
- Take gram flour in a bowl. Add onion, carom seeds, coriander powder, turmeric powder, red chilli powder, and salt. Mix well. Add a little water to prepare a medium-thick-consistency batter.
- Meanwhile, heat oil in a pan. Take a small portion of batter and place it in the heated oil using a spoon. Likewise, prepare all the pakoras.
- Fry them from all sides on a medium flame for 2 to 3 minutes. Once they turn nice golden brown, take them out on a plate and keep aside.
- **FOR PREPARING PUNJABI KADHI**
- Take curd in a bowl. Add gram flour. Mix it well with a whisk. Add red chilli powder, turmeric powder, coriander powder, and all-spice-mix powder. Mix well and keep aside.
- Heat oil in a pan. Add mustard seeds, cumin seeds, carom seeds, onion, and ginger-garlic paste. Sauté it for 1 to 2 minutes on a high flame.
- Then add tomato. Mix well and sauté it for 1 minute on a high flame.
- Now add salt and fenugreek leaves. Mix well. Then add the prepared curd mixture. Mix well.
- Cook it on a high flame till it comes to one boil. Then add water. Mix well. Now keep the flame low and boil it for 40 minutes. Keep stirring occasionally.
- Now add the prepared pakoras to the kadhi. Mix well. Boil the kadhi for 5 more minutes. Keep stirring occasionally. Once done, take it out in a serving bowl.
- **FOR PREPARING THE TADKA**
- Heat ghee in a tadka pan. Add cumin seeds, dry red chilli, and garlic. Sauté it for 30 seconds. Then add dry fenugreek leaves and red chilli powder. Turn off the flame and pour it on the kadhi.
- 'Punjabi Kadhi Pakora' is ready to be served with rice.

## TIPS

- The curd should be sour and at room temperature.
- If desired, kasuri methi can be added instead of green fenugreek leaves.
- The kadhi should be boiled well to make it tastier.
- Either fresh fenugreek leaves or kasuri methi can be added to the pakora batter.
- If so desired, baking soda can be added to the pakora batter.
- The size of the pakora should be smaller for better taste.
- The consistency of the kadhi should be adjusted as desired.

[WATCH THE VIDEO RECIPE](#)

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# MATAR MOORI WITH MASALA BUTTERMILK

*a tasty snack combination*

*By Monalisa Agarwal*

*From Kolkata*



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

### • FOR PREPARING MATAR MOORI

- Green peas/Matar - 1/2 cup
- Water - as required
- Onion/Pyaz - 1, chopped
- Potato/Aloo - 1, finely chopped
- Green chilli/Hari mirchi - 3, slit
- Oil - 1 Tbsp
- Roasted peanuts/Moongfali - 2 tsp + for garnishing
- Sattu powder - 2 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Salt - to taste
- Mustard seeds/Rai - 1/2 tsp
- Sesame seeds/Til - 1/2 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Puffed rice/Murmure - 2 cups
- Lemon/Nimbu - 1/2 slice
- **FOR PREPARING MASALA BUTTERMILK**
- Water - 1 cup
- Curd/Dahi - 1/2 cup
- Asafoetida/Hing - a pinch
- Salt - to taste
- Roasted cumin seed powder/Jeera powder - 1/2 tsp
- Mint leaves/Pudina - a handful
- Coriander leaves/Hara dhaniya - a handful
- Clove/Laung - 1
- Ginger/Adrak - 1/2 inch
- Green chilli/Hari mirchi - 1/2, finely chopped

## DIRECTIONS

### • FOR PREPARING MATAR MOORI

- Boil green peas for 3 to 4 minutes. Once done, strain and keep aside.
- Crush peanuts using a mortar and pestle and keep aside.
- Take sattu powder in a bowl. Add red chilli powder and salt. Mix well. Keep it aside.
- Heat oil in a pan. Add mustard seeds, sesame seeds, green chilli, onion, and potato. Mix well.
- Then add crushed peanuts. Mix well. Add turmeric powder, salt, and a little water and mix well. Cover the pan with a lid. Sauté it for 2 to 3 minutes on a low flame.
- Add boiled green peas. Mix well. Add a little water and cook it for 2 to 3 minutes.
- Once vegetables are cooked, add the prepared sattu mixture. Mix well.
- Now take puffed rice in a strainer and add a little water. Strain the water and add it to a pan. Mix well. Once done, take it out on a serving plate.
- Garnish it with roasted peanuts and lemon slice.
- **FOR PREPARING MASALA BUTTERMILK**
- Crush mint leaves, coriander leaves, clove, ginger, and green chilli using a mortar and pestle. Keep it aside.
- Take water, curd, asafoetida, salt, roasted cumin seeds powder, and crushed mint mixture in a deep bowl. Blend it using an electric blender.
- Once done, take it out in a serving glass.
- 'Matar Moori With Masala Buttermilk' is ready to be served.

## TIPS

- Frozen green peas can be added instead of fresh green peas.
- Roasted gram flour can be added instead of sattu powder.
- For faster cooking, the vegetable should be finely chopped.
- The mint mixture can be prepared in a mixer grinder instead of a mortar and pestle.
- Water should be added to the puffed rice just before adding it to the pan.



# CHEESY GARLIC ONION RINGS

*a delicious party appetizer*

*By Shveta Sheth*

*From Mumbai*



SERVINGS: 1

PREPARATION TIME: 7 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

### • FOR PREPARING THE SLURRY

- All-purpose flour/Maida - 2 to 3 Tbsp
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 1/2 tsp
- Black pepper powder/Kali mirch - 1/4 tsp
- Water - as required

### • FOR PREPARING THE CHEESY FILLING

- Coriander leaves/Hara dhaniya - a handful
- Processed cheese - 1 cube, grated
- Mozzarella cheese - 1/2 cup, grated
- Salt - to taste
- Black pepper powder/Kali mirch - 1/4 tsp
- Mixed herbs - 1/2 tsp
- Red Chilli Flakes - 1/2 tsp
- Garlic/Lahsun - 2 to 3 cloves, grated (optional)

### • FOR PREPARING CHEESY GARLIC ONION RINGS

- Onion/Pyaz - 1
- All-purpose flour/Maida - 1/4 cup
- Bread crumbs - 1 cup
- Oil - for frying

## DIRECTIONS

### • FOR PREPARING SLURRY

- Take all-purpose flour, salt, red chilli powder, and black pepper powder in a bowl. Then add water gradually and prepare a thin-consistency lump-free slurry. Keep it aside.

### • FOR PREPARING THE CHEESY FILLING

- Take coriander leaves, processed cheese, mozzarella cheese, salt, black pepper powder, mixed herbs, red chilli flakes, and garlic in a bowl. Mix well and keep aside.

### • FOR PREPARING THE CHEESY GARLIC ONION RINGS

- Take the washed onion. Peel it and slice it in the middle. Take out the ring-shaped layer of the onion.
- Take all the onion rings on a plate. Stuff its middle open part with the prepared cheesy filling. Likewise, prepare all the onion rings.
- Now coat the stuffed onion ring from both sides with all-purpose flour. Then dip the ring in the prepared slurry and then coat it completely with bread crumbs. Likewise, prepare all the cheesy garlic onion rings.
- Meanwhile, heat oil in a pan for frying. Keep the flame high and place the prepared cheesy garlic onion rings into the hot oil. Fry them on a medium flame.
- Deep fry them until they become crispy and golden brown from both sides. Then, take them out on a serving plate using a slotted spoon.
- 'Cheesy Garlic Onion Rings' is ready to be served.

## TIPS

- To make a sticky filling, Mozzarella cheese should be added to the processed cheese.
- Stuffed onion rings can be prepared in advance and stored in the refrigerator to save time.
- The flame should be kept high while placing the prepared cheesy garlic onion rings into the hot oil and then turned down to a medium flame.

# DANAMETHI STUFFED MIRCH

*a special side dish*

*By Mamta Dangayach*

*From Rajasthan*



SERVINGS: 2

PREPARATION TIME: 480 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- **FOR PREPARING DANAMETHI STUFFING**
- Mustard oil/Sarso ka tel - 2 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Nigella seeds/Kalonji - 1/4 tsp
- Asafoetida/Hing - a pinch
- Dry ginger powder/Saunth - 1/2 tsp
- Bay leaf/Tej patta - 1
- Clove/Laung - 2 to 3
- Black peppercorn/Kali mirch - 2 to 3
- Cardamom/Elaichi - 2
- Fennel seeds/Saunf - 1/2 tsp
- Fenugreek seeds/Danamethi - 1/2 cup
- Water - as required
- Coriander powder/Dhaniya powder - 1 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Salt - to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- **FOR PREPARING DANAMETHI STUFFED MIRCH**
- Big green chilli/Hari mirch - 3 to 4
- Mustard oil/Sarso ka tel - 1 Tbsp
- Cumin seeds/Jeera - 1/4 tsp
- Nigella seeds/Kalonji - 1/4 tsp
- Asafoetida/Hing - a pinch

## DIRECTIONS

- **FOR PREPARING THE DANAMETHI STUFFING**
- Strain the soaked overnight fenugreek seeds. Then cook in a pressure cooker on a high flame for 2 whistles. Strain the water and keep aside.
- Heat oil in a pan. Add cumin seeds, kalonji, asafoetida, dry ginger powder, bay leaf, cloves, black peppercorns, cardamom, fennel seeds, and cooked fenugreek seeds. Mix well.
- Sauté for 1 to 2 minutes on a medium flame. Then add coriander powder, red chilli powder, salt, and turmeric powder. Mix well.
- Now add lemon juice. Mix well. Once done, turn off the flame.
- **FOR PREPARING THE DANAMETHI STUFFED MIRCH**
- Take a big green chilli. Make a vertical slit from the top to the bottom. Now, Stuff the prepared danamethi stuffing in the chilli using a spoon. Likewise, prepare all the other chillies.
- Heat oil in a pan. Add cumin seeds, kalonji, asafoetida, and the prepared stuffed mirch. Mix well.
- Now cover the pan with a lid and cook the chillies for 2 minutes on a low flame while stirring occasionally.
- Then cover the pan with the lid again and cook it for 2 minutes on a low flame.
- Once done, take the chillies out in a serving bowl.
- 'Danamethi Stuffed Mirch' is ready to be served.

## TIPS

- The soaked fenugreek seeds can be boiled in a pan for 10 minutes instead of cooked in a pressure cooker.
- It is recommended to prepare this dish in mustard oil.
- This dish can be stored in the refrigerator for 2 to 3 days.

# SABUDANA VADA WITHOUT FRYING

*a delicious and healthy snack for everyone*

*By Shveta Sheth*

*From Mumbai*



SERVINGS: 4

PREPARATION TIME: 480 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Sabudana/Sago - 1 & 1/2 cup
- Boiled Potato - 2, big sized
- Peanut Powder - 1 cup
- Ginger - Green Chilli paste - 1 tsp
- Coriander leaves - a handful
- Salt - to taste
- Sugar - 1 tsp
- Lemon juice - juice of 1 lemon
- Oil - as required for roasting

## DIRECTIONS

- Take a bowl and wash the sabudana/sago. Then soak it in water for 25 to 30 minutes. Drain the water completely and keep it aside for 7 to 8 hours by covering with a lid.
- Roast the peanuts on a low flame for 7 to 8 minutes. Then let them cool completely and grind them to a coarse powder.
- Take a big bowl and add soaked sago, mashed boiled potato, cumin seeds, roasted peanut powder, coriander leaves, salt, sugar, ginger-green chilli paste, lemon juice. Mix all the ingredients well.
- Meanwhile, heat an appe pan. Grease each cavity with oil.
- Make small balls of the sago mixture.
- Cook the sabudana vada on a low flame for 4 to 5 minutes by covering with a lid. Then flip it and cook for 3 to 4 minutes. Sprinkle oil on sides while roasting.
- Once the vada turns nice golden brown from all the sides, take it out on a serving plate.
- 'Sabudana Vada Without Frying' is ready to be served with any chutney of your choice.

## TIPS

- The sabudana/sago should first be soaked in water for 25-30 minutes and then drained of water completely and kept aside for 7 to 8 hours.
- Peanuts give a nice flavour to the vada, so do add some.
- If the vada is intended for a fast, then sendha namak/rock salt should be added.
- The vada should be cooked on a low flame from all the sides in an appe pan.
- If an appe pan is not available, then tikki/cutlets should be made from the mixture and cooked on a tawa.
- This vada should be served with [green chutney](#) or any other type of chutney of choice.

# KULLAD PIZZA

*a unique fusion dish*

*By Neha Agarwal*

*From Raipur*



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Sweet corn - 2 tsp
- Tricolour bell pepper/Capsicum - 1/4 cup
- Onion/Pyaz - 1, finely chopped
- Tomato/Tamatar - 1, finely chopped
- Cottage cheese cubes/Paneer - 1/4 cup
- Pizza base - 1/2
- Pizza pasta sauce - as required
- Cheese dip - as required
- Salt - to taste
- Chilli flakes - as required
- Oregano - as required
- Mozzarella cheese - as required, grated
- Processed cheese - as required, grated
- Veg mayonnaise - as required
- Jalapeno - as required (optional)
- Black olives - as required (optional)

## DIRECTIONS

- Cut the pizza base into small pieces and keep aside.
- Take sweet corn, tricolour bell peppers, onion, tomato, and paneer in a bowl.
- Then add pizza base pieces, 3 tsp pizza pasta sauce, and 2 tsp cheese dip. Mix well.
- Now add a little salt, chilli flakes, and oregano. Mix well. Then add mozzarella cheese and processed cheese. Mix well.
- Now take a kullad (small clay pot). Fill half of the kullad with the pizza mixture by pressing it with a spoon. Add some cheese, pizza pasta sauce, veg mayonnaise, and cheese dip.
- Then add some tricolour capsicum, sweet corn, tomato, and onion. Now again fill the kullad with the pizza mixture by pressing it with a spoon.
- Now garnish it with cheese, chilli flakes, oregano, bell peppers, sweet corn, jalapeno, and black olive on top of the kullad. Likewise, prepare all the kullad pizzas.
- Now heat a deep, heavy-bottomed pan. Put a somewhat tall bowl in the pan. Then put a big plate on the bowl. Make sure that the plate does not touch the pan. Then heat the prepared heavy bottom pan for 2 to 3 minutes on a high flame.
- Now put the prepared kullad pizza on the plate. Then cover the pan with a lid. Cook it for 10 to 12 minutes on a low flame. Once done, turn off the flame and take out the kullad pizza.
- 'Kullad Pizza' is ready to be served.

## TIPS

- The tomato should be deseeded before it is added to the pizza.
- Any type of pizza base can be used to prepare this dish.
- Mayonnaise can be added instead of cheese dip.
- Mixed herbs can be added to the pizza.
- Any type of cheese can be used to prepare this dish.
- FOR PREPARING THE KULLAD PIZZA IN OTG: The OTG should be preheated at 200 degrees Celsius for 10 minutes and then the pizza should be baked at 200 degrees Celsius for 7 to 8 minutes.

# PANEER STUFFED MIRCHI BAJJI

*a monsoon-special snack*

*By Archana Chakravarthy*

*From Karnataka*



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- **FOR PREPARING GRAM FLOUR BATTER**
- Gram flour/Besan - 1 cup
- Rice flour/Chawal ka aata - 2 to 3 tsp
- Salt - to taste
- Asafoetida/Hing - a pinch
- Carom seeds/Ajwain - 1/2 tsp
- Water - as required
- Hot oil - 1 tsp
- **FOR PREPARING PANEER STUFFING**
- Paneer/Cottage cheese - 1 cup
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Carom seeds/Ajwain - 1/4 tsp (optional)
- Coriander leaves/Hara dhaniya - a handful
- **FOR PREPARING PANEER STUFFED MIRCHI BAJJI**
- Big green chilli/Hari mirch - 3
- Oil - for frying

## DIRECTIONS

- **FOR PREPARING THE GRAM FLOUR BATTER**
- Take gram flour in a bowl. Add rice flour, salt, asafoetida, and carom seeds by rubbing between palms.
- Then add water gradually to make a batter of medium thick-flowing consistency. Then add hot oil and mix well. Keep it aside.
- **FOR PREPARING THE PANEER STUFFING**
- Take paneer in a bowl. Mash it with your hands. Now add salt, red chilli powder, coriander leaves, and carom seeds. Mix well. Keep it aside.
- **FOR PREPARING THE PANEER STUFFED MIRCHI BAJJI**
- Take a big green chilli. Make a vertical slit from the top to the bottom in it. Now, stuff the chilli with the paneer stuffing. Likewise, stuff all the chillies.
- Meanwhile, heat oil in a deep-frying pan over a medium flame. When the oil is medium hot, dip the stuffed mirchi in the prepared batter, and coat it evenly.
- Place it gently into the hot oil and, when the top surface turns light golden brown, flip it using a slotted spoon.
- Deep fry it until crispy and light golden brown from both sides. Then, take it out using a slotted spoon.
- Once done, transfer it to a serving plate.
- 'Paneer Stuffed Mirchi Bajji' is ready to be served.

## TIPS

- A wide bowl should be used to prepare the gram flour batter.

# MURMURE PANCAKE

*a vegetable-loaded colourful dish*

*By Swastika Pradhan*

*From Kolkata*



SERVINGS: 2

PREPARATION TIME: 130 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- **FOR PREPARING BATTER**
- Puffed rice/Murmure - 3 cups
- Semolina/Rava/Sooji - 1 cup
- Water - as required
- Curd - 1 cup
- **FOR PREPARING VEGETABLE MIXTURE**
- Oil - 2 tsp
- Mustard seeds/Rai - 1 tsp
- Bengal gram/Chana dal - 1 tsp
- De-husked black gram/Urda dal - 1 tsp
- Green chilli/Hari mirch - 2 to 3, finely chopped
- Ginger/Adrak - 1 inch, grated
- Curry leaves/Curry patta - a few
- Onion/Pyaz - 1, finely chopped
- Sweet corn - 1/4 cup
- Beans - 1/4 cup, finely chopped
- Capsicum - 1, finely chopped
- Carrot/Gajar - 1, grated
- Cabbage/Patta gobhi - 1/4 cup, finely chopped
- Salt - to taste
- **FOR PREPARING MURMURE PANCAKE**
- Batter - 1 cup
- Vegetable mixture - 1/4 cup
- Salt - to taste
- Roasted ground peanuts/Mungfali - 1 tsp
- Fruit salt - a pinch
- Water - as required
- Oil - for greasing

## DIRECTIONS

- **FOR PREPARING THE BATTER**
- Wash puffed rice. Then soak the puffed rice and semolina in water for 2 hours.
- After 2 hours, grind the soaked puffed rice, semolina, curd, and a little water in a grinding jar to prepare a medium-thick consistency batter. Keep it aside.
- **FOR PREPARING THE VEGETABLE MIXTURE**
- Heat oil in a pan. Add mustard seeds, Bengal gram, de-husked black gram, green chilli, ginger, and curry leaves. Let them crackle.
- Then add onion, corn, beans, capsicum, carrot, and cabbage. Mix well. Sauté them for 2 to 3 minutes on a high flame.
- Now add salt. Mix well. Once done, keep it aside and let it cool down.
- **FOR PREPARING THE MURMURE PANCAKE**
- Take the prepared murmure batter in a bowl. Add vegetable mixture, salt, ground peanuts, fruit salt, and a little water. Mix well.
- Meanwhile, heat a pan. Grease it with oil. Add the prepared murmure pancake mixture.
- Cover the pan with a lid and let it cook for 2 to 3 minutes. Once it is cooked, transfer it to a serving plate.
- 'Murmure Pancake' is ready to be served.

## TIPS

- The ratio of puffed rice to semolina should be 3:1.
- Any type of urad dal can be added while preparing the vegetable mixture.
- The vegetables should be kept crunchy.
- The pancake mixture should be prepared as required.
- Appe can also be prepared with the same murmure pancake batter.

# VEGETABLE TIKKI

*a delicious and healthy snack*

*By Rekha Poddar*

*From Rajasthan*



SERVINGS: 1

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Boiled potato/Aloo – 1, mashed
- Tomato/Tamatar – 2 Tbsp
- Onion/Pyaz – 1 Tbsp
- Capsicum – 1 Tbsp
- Black pepper powder/Kali mirch powder – 1/4 tsp
- All spice mix powder/Garam masala – 1/4 tsp
- Black salt/Kala namak – 1/4 tsp
- Salt – to taste
- Chaat masala – a pinch
- Oil – as required

## DIRECTIONS

- Take boiled potato in a bowl. Add tomato, onion, capsicum, black pepper powder, all spice mix powder, black salt, salt, and chaat masala. Mix well.
- Take a small ball-sized portion of the mixture. Press it with hands and prepare a flattened tikki. Likewise, prepare all the tikkis.
- Meanwhile, heat a tawa over a medium flame. Grease it with oil. Place the tikki on the tawa. Add oil to it. Roast it on a low flame for 2 to 3 minutes.
- Flip it and cook it on a low flame from another side. Likewise, roast all the tikkis. Once done, take it out on a serving plate.
- 'Vegetable Tikki' is ready to be served.

## TIPS

- If so desired, spinach can also be added to this tikki.
- Ghee can be used instead of oil.
- Bread crumbs or cornflour can be added to the tikki mixture.

# NEER DOSA

*a popular variation to the regular dosa*

*By Ancy Dsouza From Mumbai*



SERVINGS: 2

PREPARATION TIME: 70 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- Rice/Chawal - 1 cup
- Fresh coconut/Nariyal - 1/2 cup (optional)
- Salt - to taste
- Water - as required
- Onion/Pyaz - 1/2
- Coconut oil/Nariyal ka tel - as required for greasing

## DIRECTIONS

- Wash and soak rice for 2 to 3 hours.
- Now transfer the soaked rice to a grinding jar. Add fresh coconut, salt, and a little water. Grind it and prepare a smooth batter.
- Now take it out in a bowl. Add water to make a batter of watery consistency. Mix well.
- Dip the onion in the coconut oil using a fork. Keep it aside.
- Meanwhile, heat a tawa on a high flame. Rub the prepared onion on it. Pour the batter by splashing it on the tawa and instantly spread it evenly. Cover the tawa and cook for a minute on a high flame.
- Then flip the tawa on a plate and fold the dosa.
- 'Neer Dosa' is ready to be served.

## TIPS

- It is recommended to use sona masoori rice or basmati rice to prepare this dosa.
- The ratio of rice to fresh coconut should be 2:1.
- Fresh coconut should be added to make soft and tasty dosa.
- The rice should be soaked for at least 1 to 2 hours.
- If you want to make neer dosa for breakfast, soak the rice overnight.
- The batter should be fine and smoothly ground.
- The batter should be of a watery consistency.
- The ratio of water to rice batter should be 2:1.
- It is recommended to use an iron tawa to make the neer dosa.
- Butter or ghee can be used instead of coconut oil.
- Take out the cooked dosa on the plate and then fold it; otherwise, it will stick to the tawa.



# VEGETABLE SOOJI HANDVO

*a quick and instant snack*

*By Kirti Agarwal*

*From Rajasthan*



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 5 - 7 MIN

## INGREDIENTS

- Semolina/Sooji - 1 cup
- Onion/Pyaz - 2 Tbsp, chopped
- Tomato/Tamatar - 2 Tbsp, chopped
- Coriander leaves - a handful
- Carrot/Gajar - 2 Tbsp, grated
- Green capsicum - 1 Tbsp
- Yellow capsicum - 1 Tbsp
- Red capsicum - 1 Tbsp
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 1 tsp
- Chaat masala - 1/2 tsp (optional)
- Sugar/Cheeni - 1 tsp
- Fruit salt - 1/2 tsp
- Citric acid/Taatri - 1/4 tsp
- Curd/Dahi - 1/2 cup
- Water - as required
- Oil - 2 Tbsp
- Sesame seeds/Til - as required

## DIRECTIONS

- In a bowl, add sooji, chopped onion, chopped tomato, coriander leaves, grated carrot, chopped green capsicum, chopped red capsicum, chopped yellow capsicum, salt, red chili powder, chaat masala, sugar, fruit salt, taatri and curd and mix it well.
- Add a little water and mix well. Make a medium-consistency batter.
- Meanwhile, heat oil in a kadai/wok. Put some sesame seeds. Now, pour the batter. Take some oil from the kadai and pour it on the batter. Sprinkle some sesame seeds. Cover it with a lid and cook it for 5 to 6 minutes.
- Then, flip the handvo and cover it with a lid. Cook it for 5 to 6 minutes again. Once cooked, remove the lid and place a plate on the handvo.
- Keep a hand on the plate. Take a pincer and hold the kadai with it. Turn the kadai on the plate and de-mould the handvo.
- 'Vegetable Sooji Handvo' is ready to be served.

## TIPS

- Chaat masala is optional.
- Any colour of capsicum can be used.
- It is recommended to serve this dish with [tomato sauce](#), [green chutney](#) and [meethi chutney](#).

# ULTA VADA PAV

*an interesting and innovative street food*

*By Vijay Haldiya & Shveta Sheth*



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

### • FOR PREPARING POTATO STUFFING

- Potato/Aloo – 2, boiled and mashed
- Green chilli/Hari mirchi – 2 to 3, finely chopped
- Ginger/Adrak – 1 inch, grated
- Coriander leaves/Hara Dhaniya – a handful
- Salt – to taste
- Red chilli powder/Lal mirch powder – 1 tsp
- Turmeric powder/Haldi powder – 1/2 tsp
- All spice mix powder/Garam masala – 1/4 tsp
- Cumin seed powder/Jeera powder – 1 tsp
- Asafoetida/Hing – a pinch

### • FOR PREPARING ULTA VADA PAV

- Gram flour/Besan – 1 cup
- Salt – to taste
- Red chilli powder/Lal mirch powder – 1 tsp
- Turmeric powder/Haldi powder – 1/2 tsp
- Asafoetida/Hing – a pinch
- Bun – 1
- Cheese cube – 1 (optional)

## DIRECTIONS

### • FOR PREPARING THE POTATO STUFFING

- Take potato in a bowl. Add green chilli, ginger, coriander leaves, salt, red chilli powder, turmeric powder, all spice mix powder, cumin seeds powder, and asafoetida. Mix well and keep aside.

### • FOR PREPARING THE ULTA VADA PAV

- Take gram flour in a bowl. Add salt, red chilli powder, asafoetida, and turmeric powder. Then add water gradually and prepare a lump-free, medium-consistency batter. Keep it aside.
- Now take a bun. Make 4 slits on the bottom side into a square shape gently. Take out the square-shaped bun part and keep it aside. Scoop a small portion of the bun to make space for the stuffing.
- Now stuff the half-bun with the prepared potato stuffing mixture. Then add a cheese cube. Now again stuff it with the prepared potato stuffing mixture. Cover it with the removed square-shaped bun part.
- Meanwhile, heat oil in a pan for frying. Dip the prepared bun into the batter and coat it evenly. Place it into the hot oil and fry it on a medium flame.
- While frying, pour some hot oil from the pan on the ultra vada pav to cook it well from all sides.
- Deep fry it until become crispy and golden brown from all sides. Then, take it out on a serving plate using a slotted spoon and cut it.
- 'Ultra Vada Pav' is ready to be served with fried green chilli, green chutney, and masala onion.

## TIPS

- Ginger paste can be added instead of grated ginger.
- While frying, pour some hot oil from the pan on the ultra vada pav to cook it well from all sides.
- Deep fry the ultra vada pav until it becomes crispy and golden brown from all sides.



**Enjoy!**