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ZAYKA KA TADKA

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Unedited
live recipes



जो दिखता है !
वही बनता है !

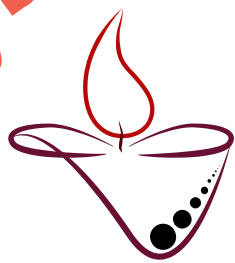


Zayka
Ka
Tadka



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

Happy Diwali





Founder's Words



Namaskar!

Wishing you a happy and prosperous Diwali !

It is a fantastic Navratri and the season for lights, color, joy and prosperity.

October is the month that observes some of the most auspicious festivals in India. This month welcoming the advent of winter is an exuberant festive time in this country. For the lovely occasion of Diwali, we bring a collection of some yummy sweets, snacks and special recipes from our amazing moms, that you can easily make in your home.

Our team tries our best to connect with all our audience and hopes to bring smiles to them while making their cooking more accessible and enjoyable.

Your feedback and encouragement are valuable to us, so please keep writing to us and encourage the moms who bring these amazing recipes for us!

Yours Sincerely

Vijay Haldiya - [Founder of Zayka Ka Tadka]



THE SUPER CHEF MOMS OF INDIA



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Bhakri Na Ladoo

a famous Gujarati dessert



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 5

PREPARATION TIME: 15 MIN

COOKING TIME: 5 MIN

Ingredients

- Whole wheat flour/Gehu ka aata - 1 cup
- Clarified butter/Ghee - 1 tsp + 2 tsp
- Water - as required
- Jaggery/gud - less than 1/2 cup
- Mix dry fruits (almonds, cashews, pistachios, raisins) - as required
- Cardamom powder/Elaichi powder - 1/4 tsp
- Nutmeg powder/Jaiphal powder - 1/4 tsp
- Poppy seeds/Khus khus - as required

Tips

- The doughball border should be pressed with the thumb and the fingers to remove cracks from the dough ball.
- An indentation should be made on the bhakri using a rolling pin to cook it well from inside.
- The ratio of bhakri powder to jaggery should be 2:less than 1.
- The sweetness can be adjusted as per taste.
- Nutmeg powder will enhance the taste of the ladoo.
- If you do not have a modak mold, then you can make the ladoo with your hands.

Directions

- Take whole wheat flour in a bowl. Add 1 tsp of ghee and mix well. Now add water gradually to prepare a medium-hard-consistency dough.
- Let it rest for 15 minutes. After 15 minutes, make a big circular peda from the dough. Press its border with your thumb and fingers to remove cracks from the doughball.
- Roll the peda to make a bhakri (like a thick roti). Make indentation to it using a rolling pin to cook it well from inside.
- Meanwhile, heat a tawa. Place the bhakri on it and cook it on one side on a medium flame. Flip it once it is slightly brown.
- Cook on a high flame until it becomes nice golden brown from both sides. Press the bhakri while cooking it to make it crispy.
- Once done, transfer it to a plate and let it cool down. Then make small pieces from it and transfer it to a grinding jar.
- Grind it on high speed for a few seconds to make a fine powder mixture. Take it out in a big bowl. Add dry fruits, cardamom powder, and nutmeg powder. Mix well and keep aside.
- Meanwhile, heat 2 tsp of ghee in a pan. Add jaggery. Mix well for 1 minute. Then turn off the flame. Now melt the jaggery by stirring it continuously.
- Once done, add the melted jaggery to the bhakri powder mixture. Mix well. Take a small ball-sized portion of the mixture. Roll it in poppy seeds.
- Now take a modak mold and fill it with the ladoo mixture. Remove excess mixture, de-mold it and place it on a plate.
- 'Bhakri Na Ladoo' is ready to be served.

Cornflakes Chivda

a delicious and light tea-time munching snack



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 4

PREPARATION TIME: 2 TO 3 MIN

COOKING TIME: 2 MIN

Ingredients

- Oil - 1 Tbsp + 1 tsp
- Almonds/Badam - 15 to 20
- Cashew nuts/Kaju - 15 to 20
- Dry coconut flakes - 8 to 10 pieces
- Pumpkin seeds - 2 Tbsp
- Peanuts/Mungfali - 1 cup, roasted
- Raisin/Kishmish - 2 Tbsp
- Corn flakes - 2 cups
- Salt - to taste
- Black salt - to taste
- Chaat masala - 1/2 tsp
- Dry mango powder/Amchur powder - 1/2 tsp
- Red chilli powder/Lal mirch powder - to taste
- Turmeric powder/Haldi powder - 1/4 tsp
- All spice mix powder/Garam masala - 1/4 tsp
- Powdered sugar - 1 Tbsp

Directions

- Heat 1 Tbsp oil in a wok/kadhai. Put the almonds, cashew nuts, dry coconut pieces, pumpkin seeds, and roasted peanuts in it. Sauté well for 1 minute.
- Then add raisins and mix well. Take out all the roasted dry ingredients in a plate.
- Then add 1 tsp of oil in the wok/kadhai. Add curry leaves, salt, black salt, chaat masala, dry mango powder, red chilli powder, turmeric powder, and all spice mix powder and mix well. Maintain the gas flame such that the spices should not burn.
- Then, put the cornflakes, roasted dry ingredients and powdered sugar. Mix well. Roast for 1 to 2 minutes.
- 'Cornflakes Chivda' is ready to be served.

Tips

- Pumpkin seeds are optional.
- Raw peanuts can be added.
- While roasting the dry ingredients, the raisins should be added at the end; else, they will turn black.
- After the namkeen mixture cools down, store it in an airtight container.

Kaju Katli – Without Fire

the most famous sweet across India during festivals



By Ani Setia , A Lovely Mom, From Rajasthan

SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 0 MIN

Ingredients

- Cashew powder/Kaju powder - 2 cups
- Milk powder - 4 Tbsp
- Rose essence - 3 - 4 drops
- Powdered sugar - 1 cup
- Water - as required
- Clarified butter/Ghee - as required
- Silver vark/Silver leaf - 1 sheet

Directions

- Grind the cashew nuts in the pulse mode for just a few seconds, to prepare dry powder. Then sieve it and prepare fine cashew powder.
- Take the fine cashew powder in a bowl. Add milk powder, rose essence, and powdered sugar. Mix well.
- Add water gradually to prepare a smooth, dry dough. If the dough becomes sticky, add some ghee. If the dough becomes soft, add some more cashew powder.
- Now grease a butter paper with ghee. Transfer the cashew mixture into it to knead it.
- Knead the cashew mixture till it becomes soft and shiny. Then roll it between two butter papers using a rolling pin. Apply silver vark.
- Let it rest for 2 hours before cutting. After 2 hours, cut it and transfer it to a serving bowl.
- 'Kaju Katli - Without Fire' is ready to be served.

Tips

- To prepare a dry powder, the cashew nuts should be ground in the pulse mode for just a few seconds.
- The ratio of cashew powder and milk powder should be 1cup:2 Tbsp.
- The quantity of milk powder should be adjusted as required.
- Rosewater or kevda essence can be added instead of rose essence.
- The ratio of cashew powder and sugar should be 2:1.
- Milk can be added instead of water.
- If the dough becomes soft, some more cashew powder should be added.
- Instead of butter paper, a plastic sheet can be used to knead the dough.
- It can be stored for 5 to 7 days if water is used to make it, and for 2 days if milk is used to make it.
- Ghee should be applied on the rolling pin if rolling the kaju katli without butter paper.

[Watch the video recipe](#)

[YouTube.com/zaykakatadka](https://www.youtube.com/zaykakatadka)

Moong Dal Kachori

a crispy Indian snack



By Neena Mathur, A Lovely Mom, From Rajasthan

SERVINGS: 5

PREPARATION TIME: 300 MIN

COOKING TIME: 20 MIN

Ingredients

- **FOR DOUGH**
- All-purpose flour/Maida - 2 cups
- Salt – to taste
- Oil - 2 Tbsp
- Water - as required
- **FOR STUFFING:**
- Yellow lentil/Yellow moong dal/Dhuli moong dal - 1/2 cup
- Oil - 1 tsp
- Asafoetida/Hing - a pinch
- Cumin seeds/Jeera - 1/2 tsp
- Salt - as required
- Water - as required
- Red chilli powder/Lal mirchi powder - to taste
- Coriander leaves/Hara dhaniya - a handful
- Ginger/Adrak - 1/2 inch, grated
- Green chilli/Hari mirchi – 1, finely chopped
- Dry mango powder/Amchur powder - 1/2 tsp
- **FOR SLURRY:**
- All-purpose flour/Maida - 1 tsp
- Water - as required
- **OTHER INGREDIENTS:**
- Oil - for frying

Tips

- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more oil should be added.
- Just enough water should be added for cooking the moong dal, as the mixture has to be dry for preparing the Kachori.
- The cooked moong dal should be roasted until all the water evaporates and the mixture turns dry.
- should be stored without frying in a refrigerator for 7 to 10 days.
- This kachori can be stored for 2 to 3 days after frying.
- The closed edges should face down in the box while storing in the refrigerator.

Directions

- **FOR PREPARING THE DOUGH:**
- In a bowl, mix maida, salt, and oil well. Check the moyan by binding the flour. If it binds, the moyan is perfect; else, add more oil.
- Add water gradually to knead a medium-consistency dough. Cover it with a lid. Keep it aside and let it rest for 15 to 20 minutes.
- **FOR PREPARING THE STUFFING:**
- Wash and soak moong dal for 4 to 5 hours.
- Heat oil in a pressure cooker. Add asafoetida, cumin seeds, salt, and the soaked moong dal. Mix well. Add some water. Close the lid and cook the dal till 2 whistles.
- Take out the cooked moong dal in a pan. Roast it for 10 to 15 minutes until all the water evaporates and the mixture turns dry.
- Take out the roasted moong dal mixture in a bowl. Add red chilli powder, coriander leaves, ginger, green chili, and dry mango powder. Mix well.
- **FOR PREPARING THE SLURRY:**
- Mix maida and water in a bowl and prepare a lump-free slurry.
- **FOR PREPARING THE KACHORI:**
- Take a small ball-sized portion of the dough. Dust it with maida and roll it to make a roti.
- Cut the roti into two equal halves. Take one-half portion, apply slurry on the all edges, and fold it inwards into a triangular shape. Prepare a cone and fill it with the moong dal stuffing. Close its edges and press well with hands.
- Prepare all the kachoris with the same method.
- Meanwhile, heat oil in a pan. Carefully add kachori in the oil. Fry it on a medium flame from both the sides till it is golden brown in colour.
- Once it is done, take it out on a serving plate.
- 'Moong Dal Kachori' is ready to be served.

[Watch the video recipe](#)

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Shakkarpara

an Indian sweet snack



By Mridula Ameriya, A Lovely Mom, From Rajasthan

SERVINGS: 5

PREPARATION TIME: 45 MIN

COOKING TIME: 5 MIN

Ingredients

- Wheat flour/gehu ka atta - 1 cup
- Semolina/Rava/Sooji - 1/4 cup
- Oil/tel - as required for moyan + for frying
- Powdered sugar - 3/4 cup
- Water - as required

Directions

- Take wheat flour and semolina in a bowl. Add oil. Mix well. Check the moyan by binding the flour. If it binds, the moyan is perfect; else, add more oil.
- Now add powdered sugar and mix well. Then add water gradually to prepare a soft dough. Keep it aside and let it rest for 30 to 45 minutes.
- After 30 minutes, knead it well. Take a big ball-sized dough. Roll out a thick roti from it. Cut it into a number of diamond-shaped shakar pare.
- Meanwhile, heat oil in a pan on a medium flame. Place the prepared shakar pare gently into the oil. Fry on a medium flame for 3 to 4 minutes.
- Deep fry them until they become crispy and golden brown from both sides. Take them out on a serving plate.
- 'Shakkarpara' is/are ready to be served.

Tips

- If thick wheat flour is not available, normal whole wheat flour can be used with a little amount of semolina/sooji.
- The ratio of wheat flour to semolina should be 1:4.
- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more oil should be added.
- The sweetness can be adjusted to taste and preference.

Grilled Paneer Kulcha

an innovative variant of the kulcha



By Divya Sharma, A Lovely Mom, From Delhi

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR PREPARING PANEER STUFFING:**
- Oil - 1 Tbsp
- Onion/Pyaz – 1, finely chopped (optional)
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Salt – to taste
- Tomato/Tamatar – 1, finely chopped
- Chaat masala - 1/2 tsp
- Roasted cumin seed powder/Jeera powder - 1 tsp
- Paneer/Cottage Cheese – 150g, crumbled
- **FOR PREPARING GRILLED PANEER KULCHA:**
- Kulcha - 2
- Butter - as required
- Green chutney - as required

Directions

- **FOR PREPARING THE PANEER STUFFING:**
- Heat oil in a pan. Add onion and sauté it for 1 to 2 minutes on a medium flame until it becomes light brown.
- Then add turmeric powder, red chilli powder, and salt. Mix well and add tomato. Sauté it for 1 to 2 minutes on a medium flame.
- Add chaat masala and roasted cumin seed powder. Mix well and cover the pan with a lid and cook the contents for 1 to 2 minutes on a medium flame until the tomatoes turn soft.
- Now add paneer. Mix well. Keep it aside.
- **FOR PREPARING THE GRILLED PANEER KULCHA:**
- Take a kulcha and apply butter on it. Then apply green chutney on the other kulcha.
- Now add the prepared paneer stuffing on the green chutney-applied kulcha. Then cover it with the butter-applied kulcha.
- Grease the grill with butter and put the prepared kulcha in it for grilling. Apply butter to it. Grill the kulcha for 3 to 4 minutes until it becomes crunchy and golden brown.
- Once done, take it out on a serving plate and cut it.
- 'Grilled Paneer Kulcha' is ready to be served.

Tips

- The vegetables should remain crunchy.
- Available vegetables of choice can be added.
- Either bread or cooked roti can be used instead of kulcha.
- Ghee can be used instead of butter.
- The kulcha can be roasted on either a tawa or a pan.
- It is recommended to prepare this dish using [Paneer](#), [Green Chutney](#), and [Kulcha](#).

Falafel With Hummus

a famous dish from the Middle Eastern cuisine



By Neha Agarwal, A Lovely Mom, From Raipur

SERVINGS: 1

PREPARATION TIME: 490 MIN

COOKING TIME: 5 MIN

Ingredients

• FOR PREPARING FALAFEL:

- Chickpea/Chhole - 1 cup
- Onion/Pyaz - 1 chopped (optional)
- Coriander leaves/Hara dhaniya - a handful
- Mint leaves/Pudina - a few
- Garlic/Lahsun - 2 to 4 cloves
- Green chilli/Hari mirchi – 2, chopped
- Roasted cumin seed powder/Jeera powder - 1 tsp
- Black pepper powder/Kali mirch - 1/2 tsp
- Salt - to taste
- Lemon juice/Neebu ka ras - of 1/2 lemon
- Bread crumbs - as required
- Oil - for frying
- Cucumber slices/Kheera slices - 2 to 3
- Cherry tomato - 2 to 3
- Chaat masala - as required

• FOR PREPARING HUMMUS:

- Chickpea/Chhole - 1/4 cup
- Water – as required
- Salt – to taste
- Roasted sesame seeds/Til - 2 tsp
- Curd/Dahi - 2 Tbsp
- Roasted cumin seed powder/Jeera powder - 1 tsp
- Lemon juice/Neebu ka ras - of 1/2 lemon
- Garlic/Lahsun - 2 to 4 cloves
- Olive oil - 2 to 3 Tbsp + for topping
- Red chilli powder/Lal mirch powder - a pinch

Directions

• FOR PREPARING THE FALAFEL:

- Soak chickpeas overnight.
- Coarsely grind soaked chickpeas, onion, coriander leaves, mint leaves, garlic, green chilli, roasted cumin seeds powder, black pepper powder, salt, and lemon juice in a grinding jar to prepare a batter of thick consistency.
- Take it out in a bowl. Add bread crumbs and mix well. Now prepare small ball-sized falafels from it.
- Heat oil in a pan to fry the falafels. Place the prepared falafels in the hot oil.
- Deep fry them on a low to medium flame for 2 to 3 minutes until they turn crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon.

• SERVING SUGGESTIONS :

- Insert a toothpick through a falafel. Then insert its pointed end through a cucumber slice and a cherry tomato. Sprinkle chaat masala on it.

• FOR PREPARING THE HUMMUS:

- Soak chickpeas overnight. Add water and salt and cook it in a pressure cooker. on a high flame for 4 to 5 whistles. Once done, strain the chickpeas.
- Grind cooked chickpeas, roasted sesame seeds, roasted cumin seed powder, curd, salt, lemon juice, garlic, and olive oil in a grinding jar for a few seconds.
- Now take it out in a serving bowl. Pour some olive oil on it. Then sprinkle a little red chilli powder on it.
- 'Falafel With Hummus' is ready to be served.

Tips

- No water should be added while grinding the falafel batter.
- Instead of bread crumbs, either gram flour or whole wheat flour can be added.
- The falafel batter can be stored in the refrigerator without adding salt.

Restaurant Style Paneer Masala

a spicy side dish



By Deepika Ramlal, A Lovely Mom, From Bangalore

SERVINGS: 8

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

• FOR PREPARING PUREE:

- Oil - 1 Tbsp
- Butter - 1 Tbsp
- Cumin seeds/Jeera - 1 tsp
- Dry red chilli/Sookhi lal mirch - 3
- Garlic/Lahsun - 5 to 6 cloves
- Ginger/Adrak - 1 inch, chopped
- Onion/Pyaz – 2, chopped
- Tomato/Tamatar – 4, chopped
- Salt – to taste
- Cashew/Kaju - 15 to 20
- Water - as required

• FOR PREPARING PANEER MASALA:

- Oil - 1 Tbsp
- Butter - 2 Tbsp
- Bay leaf/Tej patta - 1
- Red chilli powder/Lal mirch powder - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Sugar - 1 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Fresh cream/Homemade malai - 3 to 4 tsp
- Paneer/Cottage cheese - 1 cup, diced
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Coriander leaves/Hara dhaniya - a handful

Directions

• FOR PREPARING THE PUREE:

- Heat oil in a pan. Add butter, cumin seeds, and dry red chilli. Mix well. Then add garlic and ginger. Mix well.
- Now add onion. Mix well and sauté it for 1 to 2 minutes on a medium to high flame.
- Then add tomato. Mix well and sauté it for 1 minute on a medium to high flame. Add salt. Mix well and add cashew.
- Now sauté it for 5 to 10 minutes on a high flame till tomato and onion turn soft and oil separates.
- Once done, turn off the flame. Let it cool down. Then transfer it into a grinding jar. Add a little water. Grind it for a few seconds and prepare its puree. Keep it aside.

• FOR PREPARING THE PANEER MASALA:

- Heat oil in a pan. Add 1 Tbsp butter, bay leaf, and ground puree. Mix well and add red chilli powder. Sauté it for 1 to 2 minutes on a medium flame.
- Then add coriander powder, sugar, and all spice mix powder. Mix well and sauté it for 2 to 3 minutes on a medium flame.
- Now add fresh cream and mix well. Then add paneer and dry fenugreek leaves. Mix well and sauté it for 1 to 2 minutes on a medium flame.
- Then add 1 Tbsp butter and coriander leaves. Mix well. Once done, transfer it to a serving bowl.
- 'Restaurant Style Paneer Masala' is ready to be served.

Tips

- The ratio of onion to tomato should be 1:2.
- The quantity of oil and butter should be adjusted as required.
- Homemade malai can be used instead of fresh cream.

Nariyal Ladoo

a popular Indian dessert



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 6

PREPARATION TIME: 3 MIN

COOKING TIME: 5 MIN

Ingredients

- Desiccated coconut - 2 cups + for coating
- Milk - 3/4 cup
- Sugar - 3/4 cup
- Cardamom powder/Elaichi powder - 1 tsp
- Milk powder - 1 cup
- Pistachios flakes - 1 tsp + for garnishing
- Almond flakes - 1 tsp
- Cashew/Kaju - 1 tsp, chopped
- Clarified butter/Ghee - for greasing

Tips

- The sweetness can be adjusted to taste.
- This ladoo can be stored for 2 to 3 days in the refrigerator.

Directions

- Roast desiccated coconut on a low flame for 1 to 2 minutes till a nice aroma begins to rise.
- Now add milk. Mix well and add sugar. Stir it continuously for 1 to 2 minutes on a low flame.
- Then add cardamom powder and milk powder. Mix well and keep stirring continuously for 1 to 2 minutes on a low flame.
- Once done, add pistachio, cashew, and almond flakes. Mix well and turn off the flame. Let the mix cool down.
- Now grease your palms with ghee. Take a small, ball-sized part of ladoo mixture, roll it between your palms and make a round-shaped ladoo.
- Then roll the ladoo in the desiccated coconut. Garnish it with pistachio flakes. Likewise, prepare all the ladoos and transfer each one to a serving plate.
- 'Nariyal Ladoo' is ready to be served.

Kanika

a special dish of Odisha



By Swastika Pradhan, A Lovely Mom, From Kolkata

SERVINGS: 4

PREPARATION TIME: 60 MIN

COOKING TIME: 15 MIN

Ingredients

- Rice/Chawal - 1 cup
- Turmeric powder/Haldi powder - 1/2 tsp
- Salt – to taste
- Clarified butter/Ghee - 1 tsp + 1 Tbsp
- Sugar - 4 tsp
- Raisins/Kishmish - 2 tsp
- Cashew/Kaju - 7 to 8, chopped
- Bay leaf/Tej patta - 1
- Cardamom/Elaichi - 2
- Black cardamom/Badi elaichi - 1
- Cloves/Laung - 3 to 4
- Cinnamon stick/Dalchini - 1
- Black peppercorn/Kali mirch - 3 to 4
- Star anise/Chakra phool - 1
- Fresh coconut/Nariyal - 1/2 cup, chopped
- Water - 2 cups

Tips

- Kanika can be prepared in a pressure cooker instead of a clay pan.
- Cook rice till 1 whistle in the pressure cooker, then remove the whistle (weight) and leave it for 10 minutes.
- The ratio of water to rice should be 2:1.

Directions

- Wash and soak rice in water for 30 minutes. Then strain it and add turmeric powder. Mix well. Spread it on a cloth, and leave it to dry for 30 minutes.
- Then transfer it to a bowl. Add salt, 1 tsp ghee, and sugar. Mix well.
- Heat 1 Tbsp ghee in a clay pan. Add raisins and cashews. Roast them for 1 to 2 minutes till they turn nice golden brown. Take them out and keep aside.
- Now add bay leaf, cardamom, black cardamom, cloves, cinnamon stick, black peppercorns, and star anise. Mix well.
- Then add the prepared rice mixture. Mix well and sauté it for 4 to 5 minutes on a medium flame. Keep stirring continuously.
- Now add coconut. Mix well and keep stirring continuously on a medium flame for 2 to 3 minutes.
- Now add water. Mix well and add roasted raisins and cashews. Now keep the flame high till the rice starts to boil.
- Then cover the pan with a lid and cook the mix for 10 minutes on a low flame. Keep stirring occasionally.
- Once done, turn off the flame. Take the dish out on a serving plate.
- 'Kanika' is ready to be served.

Omapodi

a popular snack recipe



By Amruthavalli Ji, A Lovely Mom, From Karnataka

SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

- Besan/Gram flour/Split Chickpea flour - 500g
- Salt - to taste
- Lal mirch powder/Red chilli powder - 1/2 to 1 tsp (or to taste)
- Ajwain powder/Carom seed powder - 1/2 to 1 tsp
- Asafoetida powder/Hing powder - 1/2 tsp
- Water - as required
- Oil - for greasing
- Oil - for frying

Tips

- The gram flour/besan need not be of fine texture.
- The ajwain/carom seeds should be ground to a powder.

Directions

- In a kneading container, take the gram flour. Add salt, red chilli powder to taste, carom seed powder, and asafoetida powder. Mix together with hands.
- Slowly, add water in small quantities and start kneading the dough. The dough should be neither too hard nor too soft in consistency. You should be able to press it with fingers.
- Grease a sev maker instrument with oil from the inside. Take a lump of dough and put it inside the instrument. Apply oil on the outside of the second part of the instrument.
- Meanwhile, heat the oil; it should be very hot. Place the second part of the instrument over the first, press and pour the sev in the oil and fry it on a medium flame.
- When the bubbles disappear, flip the sev and fry from the other side till it is dark yellow to light brown in colour.
- "Omapodi" is ready to be served with tea.

Club Kachori With Aloo Sabji

the famous street food of Kolkata



By Vijay Haldiya & Monalisa Agarwal

SERVINGS: 2

PREPARATION TIME: 30 MIN

COOKING TIME: 10 MIN

Ingredients

• FOR CLUB KACHORI:

- Black gram/Urad dal - 1 Tbsp
- Ginger/Adrak - 1 inch, chopped
- Green chilli/Hari mirch – 1, chopped
- All-purpose flour/Maida - 1/4 cup
- Semolina/Sooji - 1/4 cup
- Red chilli powder/Lal mirchi powder - 1 tsp
- Salt – to taste
- Onion seeds/Nigella seeds/Kalonji - 1 tsp
- Oil - 2 tsp

• FOR ALOO SABJI:

- Oil - 1 Tbsp
- Onion seeds/Nigella seeds/Kalonji - 1/2 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Fenugreek seeds/Danamethi - 1/4 tsp
- Dry red chilli/Sookhi lal mirchi - 2
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1 tsp
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Asafoetida/Hing - 1/4 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Salt – to taste
- Boiled potato/Aloo – 2, peeled and chopped
- Boiled chickpea/Chhole - 1/4 cup
- Water - as required
- Paneer/Cottage cheese - 1/4 cup small cubes
- Coriander leaves/Hara dhaniya - a handful
- Dry mango powder/Amchur - 1 tsp

Directions

• FOR PREPARING CLUB KACHORI:

- Soak urad dal for 30 minutes. Then drain the water completely. Transfer it to a grinding jar. Add ginger and green chilli. Grind it for a few seconds. Transfer it to a bowl. Keep it aside.
- Take all-purpose flour in a bowl. Add semolina, ground urad dal mixture, red chilli powder, salt, nigella seeds, and oil. Mix well.
- Add water gradually to knead the medium-consistency dough. Keep it aside for 30 minutes.
- Then take a small ball-sized portion of the dough and prepare a peda from it.
- Now, with the help of a rolling pin, make a small, medium-thick kachori. Likewise, prepare all the other kachoris.
- Meanwhile, heat the oil for frying the kachori. When the oil is hot, place kachori in oil on a low flame.
- When the kachori floats on the oil, fry it on a medium flame until it turns golden brown from both sides, and take it out on a serving plate. Likewise, fry all the other kachoris.

• FOR PREPARING ALOO SABJI:

- Take red chilli powder, turmeric powder, all spice mix powder, coriander powder, salt, and a little water in a bowl. Mix well. Keep this masala mixture aside.
- Heat oil in a pan. Add nigella seeds, cumin seeds, fenugreek seeds, dry red chillies, and ginger-green chilli paste. Mix well.
- Then add dry fenugreek leaves, asafoetida, and the prepared masala mixture. Mix well for 1 minute on a medium flame.
- Then add potato, chickpeas, and a little water. Mix well by slightly pressing it.
- Now add paneer, dry mango powder, and coriander leaves. Mix well. Once done, turn off the flame and take it out in a serving bowl.
- 'Club Kachori with Aloo Sabji' is ready to be served.

Tips

• TO MAKE THE KACHORI FLUFFY:

- The kachori should be kept thick while rolling.
- The flame should be kept low while placing the kachori in the oil.
- Once the kachori floats on oil, it should be fried on a medium flame.

Gulab Jamun With Khoya & Paneer

a favourite Indian sweet with most Indians



By Komal Goyal, A Lovely Mom, From Rajasthan

SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 5 - 7 MIN

Ingredients

- Khoya/Mawa - 250g
- Maida/All-purpose flour - 60g
- Ice cube - 1 or as required
- Paneer/Cottage cheese - a small cube
- Sugar - 2 & 1/2 cup
- Water - 2 cups
- Kesar/Saffron strands - 7 to 8
- Elaichi powder/Cardamom powder - a pinch
- Ghee/Clarified butter - for frying

Tips

- The paneer should be crumbled properly while kneading it for gulab jamun dough.
- The ghee should not be very hot.
- An ice cube should be used for kneading the dough to make it soft.
- A sticky consistency sugar syrup like honey should be made.
- Homemade [paneer](#) and [mawa/khoya](#) should be used.

Directions

- Add sugar and water in a pan on a medium flame and wait for a boil. Then, add saffron strands and cardamom powder. Make a sticky-consistency sugar syrup like honey. Keep it aside.
- Take mawa and maida. Grate the paneer cube properly. Mix and knead it well with ice cube.
- Once the dough is ready, remove the remaining ice cube. Make a soft and smooth dough.
- Make small, round balls from the dough and ensure no cracks are there in the balls.
- Meanwhile, heat ghee in a kadai or wok on a slow flame and deep fry these balls. Do not use a spoon to stir the gulab jamun. Hold the kadai with a pincer and stir.
- Once the jamuns are cooked and turn golden brown in colour, take them out.
- Dip these jamuns in slightly warm sugar syrup for 30 to 45 minutes and take them out in a serving bowl. Garnish them with saffron strands.
- 'Gulab Jamun With Khoya & Paneer' is ready to be served.

Desi Style Pasta With Garlic Bread

an Indian-style Italian dish



By Apeksha Narumanchi, A Lovely Mom, From Karnataka

SERVINGS: 1

PREPARATION TIME: 6 MIN

COOKING TIME: 6 MIN

Ingredients

- **FOR BOILING PASTA:**
- Macaroni pasta - 1 cup
- Hot water – as required
- Salt – to taste
- Oil - 1 tsp
- **FOR PREPARING DESI STYLE PASTA:**
- Oil - 1 tsp
- Garlic/Lahsun - 3 to 4 cloves, finely chopped
- Onion/Pyaz – 1, finely chopped
- Capsicum – 1, finely chopped
- Green chilli/Hari mirchi – 1, finely chopped (optional)
- Tomato/Tamatar - ½, finely chopped
- All spice mix powder/Garam masala - 1 tsp
- Tomato ketchup - 3 to 4 tsp
- Mixed herbs - 2 tsp
- Oregano - 1 tsp
- Pizza seasoning - 1 tsp
- Coriander leaves/Hara dhaniya - a handful
- Black pepper powder/Kali mirch powder - 1/2 tsp
- **FOR PREPARING GARLIC BREAD:**
- Butter - 1 tsp
- Red chilli flakes - 1 tsp
- Pizza seasoning - 1 tsp
- Garlic bread - 2 slices

Directions

- **FOR BOILING PASTA:**
- Boil water in a pan and add oil, salt, and pasta. Cook it on a medium to high flame for 7 to 8 minutes and then drain the water. Keep it aside.
- **FOR PREPARING DESI STYLE PASTA:**
- Heat oil in a pan. Add garlic, onion, capsicum, and green chilli. Mix well. Sauté it for 1 to 2 minutes on a medium flame.
- Add tomato and all spice mix powder. Mix well. Sauté it for 1 to 2 minutes on a medium flame.
- Then add tomato ketchup and mixed herbs. Mix well.
- Now add boiled pasta to it. Mix well. Add oregano, pizza seasoning, and tomato ketchup. Mix well.
- Then add coriander leaves and black pepper powder. Mix well. Sauté it for 2 to 3 minutes. Once done, turn off the flame. Take it out on a serving plate.
- **FOR PREPARING GARLIC BREAD:**
- Heat butter in a pan. Add red chilli flakes and pizza seasoning. Mix well.
- Now place garlic bread in the pan and coat it with spices from both sides. Once done, turn off the flame. Take it out on a serving plate.
- 'Desi Style Pasta with Garlic Bread' is ready to be served with pomegranate and grapes.

Tips

- **FOR PREPARING GARLIC BREAD FROM REGULAR BREAD:**
- Chopped garlic should be added to the butter and applied it on the regular bread slice.

Masaledar Aloo Katli Sabji

a wonderful treat for lunch or dinner



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 2 - 3

PREPARATION TIME: 2 - 3 MIN

COOKING TIME: 7 - 8 MIN

Ingredients

- Potatoes - 2 to 3, medium sized
- Onion – 1, chopped
- Ginger-green chilli paste - 1/2 to 1 Tbsp
- Cumin seeds/Jeera - 1 tsp
- Asafoetida/Hing powder - a pinch
- Red chilli powder/Lal mirch powder - 1/2 tsp or to taste
- Coriander seed powder/dhaniya powder - 1/2 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Roasted cumin seed powder/Jeera powder - 1/2 tsp
- Garam masala/All spice mix - 1/4 tsp
- Lemon juice - of 1/2 lemon
- Coriander leaves - as required, to garnish the sabji
- Chili flakes - as required
- Oil - 2 to 3 Tbsp
- Salt - to taste

Directions

- Peel and cut potatoes into medium-sized slices.
- Heat oil in a pan and shallow fry the potatoes on a low flame for 5 to 7 minutes. Flip the potato slices in between to cook them crisp evenly on both the sides.
- Meanwhile, take a separate pan, add asafoetida and cumin seeds once the oil is hot. Wait till the seeds crackle. Then add ginger-chilli paste and cook it till the raw aroma goes away.
- Add chopped onions and fry them till they turn translucent. Then, add the red chilli powder, garam masala, chili flakes, coriander seeds powder, roasted cumin seeds powder, turmeric powder and salt. The masala is ready.
- Add crisp potatoes and squeeze juice of half a lemon to it. Stir well. Cook for 1 to 2 minutes.
- Once everything is mixed, turn off the flame and then garnish the sabji with fresh coriander leaves.
- Tasty 'Masaledar Aloo Katli Sabji' is ready to be served.

Tips

- The spiciness can be adjusted as required, and it should be served hot for better taste.
- Garlic paste is optional. If required, grated ginger and green chilli can be used.
- The potato slices should be shallow fried to make them crisp. If convenient, masala and potato can be cooked in the same pan.
- If desired, after putting onion, potato slices can be added. It should then be covered and cooked on a high flame for 7 to 8 minutes.

Moong Dal Laddu

a protein-rich dessert



By Mridula Ameriya, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 130 MIN

COOKING TIME: 3 MIN

Ingredients

- Yellow lentils/Moong dal - 1 cup
- Clarified butter/Ghee - for frying + 3 to 4 tsp
- Powdered sugar - 1 cup
- Cardamom powder/Elaichi powder - 1/2 tsp
- Cashew/Kaju - 1 tsp, chopped
- Almond flakes/Badam - 1 tsp
- Pistachio flakes - 1 tsp

Tips

- The pakode should be completely cooled before grinding.
- The ratio of moong dal to sugar should be 1:1.

Directions

- Wash and soak moong dal for 2 to 3 hours. Then strain the moong dal and transfer it to a grinding jar. Grind it and prepare a medium-thick consistency batter.
- Heat ghee in a pan to fry the pakoda. Place a small ball-sized pakoda into the hot ghee.
- Deep fry it on a low to medium flame for 2 to 3 minutes until it turns crispy and golden brown from all sides. Then take it out on a plate using a slotted spoon.
- Let it cool down completely. Then make small pieces from the prepared pakoda. Transfer it to a grinding jar. Grind it for a few seconds.
- Take it out in a bowl. Add sugar, cardamom powder, cashew, almonds, and pistachio. Mix well.
- Then add 3 to 4 tsp ghee and mix well. Now take a small, ball-sized portion, roll it between your palms, and make a round-shaped laddu.
- Likewise, prepare all the other laddus and transfer them to a serving plate.
- 'Moong Dal Laddu' is ready to be served.

Chilli Garlic Noodles With Sauteed Vegetables

a simple yet flavourful dish



By Sheenu Duggal, A Lovely Mom, From Punjab

SERVINGS: 2

PREPARATION TIME: 3 MIN

COOKING TIME: 4 MIN

Ingredients

- **FOR BOILING THE NOODLES:**
- Whole wheat noodles - 2 cups
- Water - as required
- **FOR SAUTEED VEGETABLES:**
- Carrot/Gajar – 1, sliced
- Beans - 3 to 4, sliced
- Broccoli - 1/2 cup
- Olive oil - 1 tsp
- Black pepper powder/Kali mirch - 1/4 tsp
- Salt - to taste
- **FOR PREPARING CHILLI GARLIC NOODLES:**
- Garlic/Lahsun - 10 to 12 cloves, finely chopped
- Olive oil - 2 Tbsp
- Cherry tomatoes - 12 to 15
- Red chilli flakes - 2 tsp
- Mixed herbs - 1 tsp + for garnishing
- Black pepper powder/Kali mirch - 1/2 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Salt – to taste

Directions

- **FOR BOILING THE NOODLES:**
- Boil the required amount of water and place the noodles in it. Cook it on a medium flame for 4 to 5 minutes. Once done, strain it and take it out in a serving bowl. Keep it aside.
- **FOR SAUTEED VEGETABLES:**
- Heat oil in a pan. Add carrot, broccoli, and beans. Sauté it for 2 to 3 minutes on a medium flame. Keep stirring in between.
- Add salt and black pepper powder. Mix well. Once done, turn off the flame. Keep it aside.
- **FOR PREPARING CHILLI GARLIC NOODLES:**
- Heat oil in a pan. Add garlic, and cherry tomatoes. Mix well and sauté it for 2 to 3 minutes on a high flame.
- Add red chilli flakes, mixed herbs, black pepper powder, red chilli powder, and salt. Mix well.
- Once done, transfer it to the bowl of boiled noodles. Mix well.
- Now take it out on a serving plate and garnish it with mixed herbs. Serve the sauteed vegetables also on the serving plate.
- 'Chilli Garlic Noodles with Sauteed Vegetables' is ready to be served.

Tips

- Any type of noodles can be used to prepare this dish.
- To chop garlic easily, the garlic cloves should be pressed before chopping them.
- Any type of oil can be used to prepare this dish.
- Simply chopped tomatoes can be used instead of cherry tomatoes.
- This dish can be prepared with spaghetti pasta instead of noodles.

Dahi Wale Aloo

a delicious and spicy curry



By Manju Saraf, A Lovely Mom, From Gurgaon

SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Boiled potato/Aloo - 3 to 4, peeled
- Oil - 2 Tbsp
- Mustard seeds/Rai - 1 tsp
- Dry red chilli/Sookhi lal mirch - 1
- Asafoetida/Hing - a pinch
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1 tsp
- Coriander powder/Dhaniya powder - 2 tsp
- Water - as required
- Curd/Dahi - 1 cup
- Gram flour/Besan - 1 tsp
- Salt – to taste
- Coriander Leaves/Hara dhaniya - for garnishing

Directions

- Take boiled potato and roughly break it in smaller pieces with hand. Keep it aside.
- Take curd in a grinding jar. Add gram flour and grind it for a few seconds. Keep it aside.
- Heat oil in a pan. Add mustard seeds, dry red chilli, asafoetida, boiled potato, red chilli powder, turmeric powder, and coriander powder. Mix well.
- Sauté it on a medium flame for 1 to 2 minutes. Now add a little water. Mix well. Boil it for 2 to 3 minutes on a medium flame.
- Now add the ground curd mixture. Mix well and keep stirring till it starts to boil. Then add salt. Mix well.
- Once done, garnish it with coriander leaves and take it out in a serving bowl.
- 'Dahi Wale Aloo' is ready to be served.

Tips

- The [curd](#) should be sour for a better taste of the sabji.
- The gram flour should be added to the curd, so the curd will not curdle.
- Salt should be added only after the curd starts to boil so that the curd does not curdle.
- Water should be added to adjust the consistency of the gravy as required.

Sandesh

most popular Bengali sweet



By Archana Chakravarthy, A Lovely Mom, From Karnataka

SERVINGS: 2 - 3

PREPARATION TIME: 30 MIN

COOKING TIME: 13 MIN

Ingredients

- Full cream milk - 1/2 litre
- Lemon juice – of 1/2 lemon
- Water - as required
- Cold water - as required
- Powdered sugar - 1/2 cup or as required
- Cardamom powder - as required
- Saffron milk - 4 to 5 saffron strands soaked in 1 to 2 tsp milk
- Ghee/clarified butter - as required
- Dry fruits (pistachios, almonds, raisins) - as required, chopped

Tips

- To curdle the milk, citric acid, vinegar, or lemon can be used.
- It should be ensured to keep the flame low while cooking the paneer mixture.
- It is necessary to wash the paneer properly.
- It is very important that the sugar should melt properly in the paneer.
- Rose water can also be added to give it a nice flavour.
- It is necessary to knead and mash the mixture with the palms till it becomes smooth and soft.
- Dry fruits of choice can be added.
- The sandesh can be stored in the refrigerator for 4 to 5 days

Directions

- Heat full cream milk in a bowl and boil it for a few minutes on a low flame.
- Turn off the flame and add lemon juice.
- Further, drain off the curdled milk using the cloth.
- Rinse it with cold water properly to remove its lemon flavour. Squeeze it and drain off the water.
- Now hang the curdled milk in a muslin cloth for 15 to 20 minutes.
- Then, remove it from the cloth and transfer it to a plate.
- Mash it and add powdered sugar. Mix it very well and knead the chhena until it is all smooth.
- Knead and mash with the palms for a minute. Gather the whole mixture at intervals and continue to knead till the mixture becomes smooth and soft.
- Now, transfer the mixture to a pan and turn on the flame.
- Cook it on low flame by spreading and mashing well. Continue the process for 1 to 2 minutes. Overcooking will make the mixture dry, so do not overcook it.
- Mix it until the sugar melts and mix properly with the chhena on a low flame for 30 to 45 seconds.
- Turn off the flame and transfer it to a plate.
- Now, add cardamom powder and very little saffron milk. Mix and mash it for 7 to 8 minutes. Its colour and texture will change after mashing.
- Again, knead the mixture with the palms and apply some ghee on the palm.
- Take a small portion of the mixture and give it a small ball shape and make a dent in the centre.
- Lastly, garnish it with the dry fruits.
- Delicious 'Sandesh' is ready to be served.

Sindhi Kadhi And Aloo Tuk

popular dishes from the Sindhi cuisine



By Roshni Gidwani, A Lovely Mom, From Bangalore

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

• FOR PREPARING TOMATO PUREE:

- Tomato/Tamatar - 5 to 6, chopped
- Toor dal/Arhar dal/Pigeon peas - 2 Tbsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Water - as required

• FOR FRYING VEGETABLES:

- Ladyfinger/Bhindi - 8 to 10
- Cluster beans/Gwar fali - 10 to 11
- Beans - 8 to 10
- Oil - for frying

• FOR PREPARING SINDHI KADHI:

- Oil - 2 Tbsp
- Mustard seeds/Rai - 1 tsp
- Cumin seeds/Jeera - 1 tsp
- Fenugreek seeds/Danamethi - 1/4 tsp
- Asafoetida/Hing - a pinch
- Curry leaves/Curry patta - a few
- Gram flour/Besan - 2 Tbsp
- Water - as required
- Red chilli powder/Lal mirchi powder - 1 tsp
- Salt - to taste
- Coriander leaves/Hara dhaniya - for garnishing

• FOR PREPARING ALOO TUK:

- Potato/Aloo - 2
- Oil - for frying
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful

Directions

• FOR PREPARING TOMATO PUREE:

- Wash the toor dal. In a pressure cooker, add water and cook the tomatoes, turmeric powder, and toor dal on a high flame till 5 or 6 whistles. Then grind it to prepare its puree.

• FOR FRYING VEGETABLES:

- Cut the top and bottom parts of the ladyfingers, cluster beans, and beans. Meanwhile, heat oil in a pan for frying. Place the prepared vegetables into the hot oil.
- Deep fry it on a medium flame for 2 to 3 minutes. Then, take them out on a plate using a slotted spoon. Keep aside.

• FOR PREPARING SINDHI KADHI:

- Heat oil in a pan. Add mustard seeds, cumin seeds, fenugreek seeds, asafoetida, and curry leaves. Mix well.
- Then add gram flour gradually and keep stirring for 1 to 2 minutes. Then add water. Mix well. Keep stirring continuously for 3 to 4 minutes till the nice aroma of roasted gram flour begins to rise.
- Now add red chilli powder and salt. Mix well. Add a little water and tomato puree. Mix well.
- Then add fried vegetables. Mix well. Now cook it for 10 to 12 minutes on a low to medium flame. Keep stirring occasionally.
- Once done, garnish it with coriander leaves. Then turn off the flame.

• FOR PREPARING ALOO TUK:

- Cut the potatoes into thin slices. Meanwhile, heat oil in a pan for frying. Place potato slices in the hot oil.
- Deep fry the potato slices on a medium flame for 2 to 3 minutes. Then, take them out on a serving plate using a slotted spoon.
- Now, sprinkle salt, red chilli powder, and coriander leaves. Mix well.
- 'Sindhi Kadhi And Aloo Tuk' is ready to be served.

Tips

- The gram flour should be added gradually and stirred continuously to prepare a lump-free mixture.
- The gram flour mixture can be prepared separately to avoid lumps.
- **FOR PREPARING GRAM FLOUR MIXTURE:**
- Take gram flour and water. Mix well and prepare a lump-free gram flour mixture.
- Pigeon peas should be added to make the kadhi tastier.
- The vegetables, instead of frying, can be cooked in a little oil.
- For making the aloo tuk crisp, the potato should be cut into thin slices.
- Instead of red chilli powder, Italian seasoning can be added to the aloo tuk.



ENJOY!

**FOR QUERIES AND SUGGESTIONS
PLEASE SEND US AN EMAIL TO
info@zaykakatadka.com**