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# ZAYKA KA TADKA

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**NOVEMBER - 2022**

**Unedited  
live recipes**



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वही बनता है!**

**ISSUE : 27**

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





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# The Super Chef Moms of India





# TABLE OF CONTENTS



## 05 Mix Veg Paneer Rice & Roasted Makhana

a quick and healthy tiffin option

## 13 Shahi Navratan Pulao

a colourful treat for special occasions

## 20 Tadka Wala Dahi

a great alternative to sabji

1. Mangalorean Malpua - 4
2. Maddur Vade - 5
3. Kulhad Wali Aloo Chaat - 6
4. Ice Cream Sandwich - 7
5. Mix Veg Paneer Rice & Roasted Makhana - 8
6. Sprouts Chilla- 9
7. Raw Papaya Salad - 10
8. Sabut Pyaz Danamethi Ki Sabji - 11
9. Rajma Patty Burger- 12
10. Haryana Style Missi Roti - 13
11. Mangodi Ki Sabzi Without Onion Garlic - 14
12. Rava Veggie Roastie - 15
13. Shahi Navratan Pulao - 16
14. Sooji Burger - 17
15. Gathiya Nu Shaak - 18
16. Veg Mughlai Paratha - 19
17. 2 Types Of Rice - 20
18. Cheesy Paneer Bread Rolls - 21
19. Tandoori Paratha - 22
20. Tadka Wala Dahi - 23

# MANGALOREAN MALPUA

a traditional Mangalorean sweet dish

By Sunanda Prabhu

From Mangalore



SERVINGS: 6

PREPARATION TIME: 25 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- All-purpose flour/Maida - 1 cup
- Sugar/Chini - 1 cup
- Water - as required
- Cardamom powder/Elaichi powder - 1/4 tsp
- Baking soda - a pinch
- Oil - as required
- Almond flakes/Badam - 1 tsp + for garnishing
- Pistachio flakes/Pista - 1 tsp + for garnishing

## TIPS

- The ratio of all-purpose flour to sugar should be 1:1.

## DIRECTIONS

- Take all-purpose flour in a bowl. Add sugar, cardamom powder, baking soda, almonds, and pistachios. Mix well.
- Add a little water to make a medium thick, flowing-consistency batter. Keep it aside and let it rest for 20 minutes.
- Heat oil in a flat iron pan for shallow frying. Pour the batter on the tawa and spread it like a small pancake.
- Cook it for 1 to 2 minutes on a low flame until it becomes nice golden brown and crispy. Then flip it to cook the other side as well.
- Once done, take it out on a serving plate. Garnish it with almonds and pistachios.
- 'Mangalorean Malpua' is ready to be served.

# MADDUR VADE

a famous south Indian tea-time snack  
By Samudrika ji From Vizag



SERVINGS: 15

PREPARATION TIME: 7 - 8 MIN COOKING TIME: 5 - 6 MIN

## INGREDIENTS

- Rice flour/Chawal ka aata – 500g
- Semolina/Sooji – 250g
- Whole wheat flour/Gehu ka aata – 250g
- Hot oil/Garam tel - 2 Tbsp + for frying and greasing
- Ginger/Adrak – a 2-inch piece, finely chopped
- Onion/Pyaz – 4, finely chopped
- Green chilli/Hari mirch - 6 to 8, finely chopped
- Curry leaves/Curry patta - a few, chopped
- Salt – to taste

## TIPS

- Ginger and curry leaves can be added if and as required.
- Any type of plastic sheet can be used to prepare this vada.
- If required, all-purpose flour can be added to the dough.
- The vada can be stored.

## DIRECTIONS

- Take rice flour, semolina, whole wheat flour, and 2 Tbsp of hot oil. Mix well.
- Now add ginger, onion, green chilli, salt, and curry leaves. Mix well and add water gradually and prepare a medium-consistency dough.
- Take a plastic sheet and grease it with oil. Now grease your hand and take a small ball-sized dough. Spread it on the plastic sheet using your fingers to prepare the vada.
- Take the prepared vada on hand from a plastic sheet. Likewise, prepare all the vadas.
- Meanwhile, heat the oil for frying the vada. Add the prepared vada and fry it on a high flame until it turns golden brown from both sides.
- Once done, take it out on a serving plate.
- 'Maddur Vade' is ready to be served.



# KULHAD WALI ALOO CHAAT

one of the most interesting chaats

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Boiled potato/Aloo – 1, finely chopped
- Small-sized puri/Papdi/Mathri – 1
- Roasted peanuts/Mungfali – 1 tsp
- Onion/Pyaz – ½, finely chopped
- Tomato/Tamatar – ½, finely chopped
- Curd/Dahi – as required, whisked
- Salt – to taste
- Black salt/Kala namak – to taste
- Roasted cumin seed powder/Jeera powder – as required
- Red chilli powder/Lal mirch powder – to taste
- Tamarind chutney/Imli ki chutney – as required
- Green chutney – as required
- Nylon Sev – as required for garnishing
- Namkeen boondi – as required for garnishing
- Coriander leaves/Hara dhaniya – for garnishing
- Pomegranate seeds/Anar ke daane – for garnishing

## DIRECTIONS

- Take a kulhad. Add boiled potato, broken small sized puri/papdi/mathri, roasted peanuts, onion, and tomato.
- Now add curd. Sprinkle salt, black salt, roasted cumin seed powder, and red chilli powder.
- Then add tamarind chutney and green chutney. Garnish it with nylon sev, boondi, pomegranate seeds, and coriander leaves.
- 'Kulhad Wali Aloo Chaat' is ready to be served.

## TIPS

- Instead of kulhad, any type of bowl can be used.
- Ingredients can be added as per taste and availability.
- This dish can be prepared using [Curd](#), [Green chutney](#), [Tamarind chutney](#).

# ICE CREAM SANDWICH

a mouth-watering dessert and snack option for everyone

By Deepika Nahata

From Rajasthan



SERVINGS: 5

PREPARATION TIME: 20 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- **FOR CHOCOLATE GANACHE**
- Chocolate compound – 125g, chopped
- Fresh cream – 60g
- **FOR PREPARING ICE CREAM SANDWICH**
- Biscuits – 6
- Vanilla ice cream – as required
- Sprinklers – as required for garnishing
- Chocolate chips – as required for garnishing

## DIRECTIONS

- **FOR CHOCOLATE GANACHE**
- Heat water in a small pan. Put a big bowl on it. Add chocolate pieces to it. Stir it continuously to melt it evenly at the same temperature.
- Now add fresh cream gradually and mix it. Keep it aside.
- **FOR PREPARING ICE CREAM SANDWICH**
- Take a biscuit. Spread vanilla ice cream on it. Now cover it with another biscuit. Lightly press it.
- Now pour melted chocolate / chocolate ganache on top of it. Garnish it with sprinklers / chocolate chips. Likewise, prepare all the ice cream sandwiches.
- Put all the prepared ice cream sandwiches on a plate lined with aluminium foil.
- Now keep it in the freezer for 10 to 15 minutes. Once frozen well, take it out on a serving plate.
- 'Ice Cream Sandwich' is ready to be served.

## TIPS

- To save time, the chocolate compound should be taken out from the refrigerator 30 minutes before it is melted.
- To garnish the ice cream sandwich, melted chocolate can be used instead of chocolate ganache.
- While the chocolate compound melts, it should be stirred continuously for it to melt evenly at the same temperature.
- Any type of ice cream and biscuits can be used to prepare this ice cream sandwich.
- The ratio of fresh cream to chocolate should be 1:2 for the ganache.
- The chocolate ganache can be stored in the refrigerator.
- The biscuits can be filled with chocolate ganache instead of ice cream.



# MIX VEG PANEER RICE & ROASTED MAKHANA

a quick and healthy tiffin option

By Archana Chakravarthy

From Karnataka



SERVINGS: 1 - 2

PREPARATION TIME: 8 - 10 MIN COOKING TIME: 3 - 4 MIN

## INGREDIENTS

- **FOR MIX VEG PANEER RICE**
- Clarified butter/Ghee - 1 tbsp
- Butter - 1/2 tbsp
- Cumin seeds/Jeera - 2 tsp
- Green chilli/Hari mirchi - 2, slit
- Frozen green peas/Matar - 1/4 cup
- Carrot/Gajar - 1, grated
- Asafoetida/Hing powder - a pinch
- Cottage cheese/Paneer cubes - 1 cup
- Black pepper powder/Kali mirch powder - 1/2 tsp
- All spice mix powder/Garam masala - 1/2 tsp (optional)
- Boiled rice - 1 cup
- Salt - to taste
- Coriander leaves/Hara dhaniya - for garnishing
- **FOR ROASTED MAKHANA**
- Foxnuts/Makhana - 1 cup
- Butter - 1 tbsp
- Salt - to taste
- Red chilli powder/Lal mirchi powder - as per taste
- Tsp = Teaspoon
- Tbsp = Tablespoon

## DIRECTIONS

- **FOR MIX VEG PANEER RICE**
- Heat ghee and butter in a kadai/wok. Put cumin seeds and asafoetida. Now, put slit green chillies.
- Then, put paneer cubes and sauté on a medium to high flame for 2 to 3 minutes. Now, add grated carrot, salt, and black pepper powder. Mix them and sauté it for a while.
- Now, add green peas and garam masala. Mix them. Then, add boiled rice. Mix them well and garnish with coriander leaves.
- **FOR ROASTED MAKHANA**
- Heat butter in a kadai/wok. Add foxnuts. Mix well and roast it for 2 to 3 minutes on a medium flame. Stir it occasionally.
- Then, add red chilli powder and salt. Mix well.
- 'Mix Veg Paneer Rice & Roasted Makhana' is ready to be served.

## TIPS

- You can skip garam masala.
- Add any available veggies.
- You can use fresh peas also.



# SPROUTS CHILLA

a protein-rich breakfast recipe

By Divya Sharma

From Delhi



SERVINGS: 1 - 2 PREPARATION TIME: 420 - 560 MIN COOKING TIME: 3 - 4 MIN

## INGREDIENTS

- **FOR PREPARING SPROUTS CHILLA BATTER**
- Mung bean/Green gram sprouts - 1 cup
- Salt - to taste
- Green chilli/Hari mirch - 2
- Ginger/Adrak - a 1/2-inch piece
- Coriander leaves - a handful
- Garlic/Lahsun - 4 to 5 cloves
- Rice flour/Chawal ka atta - 2 Tbsp
- Gram flour/Besan - 2 Tbsp
- Red chilli powder - 1/2 tsp (optional)
- Cumin seeds/Jeera - 1 Tbsp
- Asafoetida/Hing powder - a pinch
- Water - as required
- **FOR PREPARING STUFFING**
- Cottage cheese/Paneer - 1 cup, grated
- Green peas/Matar - 1/4 cup, parboiled
- Chaat masala - 1/2 tsp
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Coriander leaves - a handful
- Salt - to taste
- **OTHER INGREDIENTS**
- Oil - for roasting
- Pomegranate/Anar dana - as required
- Mixed dry fruits - as required
- Beetroot slices - as required
- Tsp = Teaspoon
- Tbsp = Tablespoon

## DIRECTIONS

- **FOR PREPARING THE SPROUTS CHILLA BATTER**
- Soak the mung bean/green gram overnight. Drain out its water and tie it in a muslin cloth. The sprouts will be ready within 8 hours.
- Take a mixer grinder, put mung bean sprouts, coriander leaves, cumin seeds, garlic cloves, ginger, green chilli, and salt. Add a little water.
- Grind it. Transfer it to a serving bowl. Add the required quantity of water to make a medium thick consistency batter. Then, add gram flour, rice flour, asafoetida and red chilli powder. Mix it well.
- **FOR PREPARING THE STUFFING**
- Take a bowl, put grated paneer, green peas, chaat masala, salt, black pepper powder, and coriander leaves. Mix them well. The stuffing is now ready.
- **FOR PREPARING THE SPROUTS CHILLA**
- Heat a tawa. Sprinkle some water on it and wipe it with a tissue paper to clean it. Pour the batter on it and spread it in a circular shape.
- Apply some oil and, once it gets cooked from one side, flip it and cook from the other side on a low to medium flame for some time. Then, flip it again.
- Put the prepared stuffing on the chilla. Sprinkle some pomegranate, mixed dry fruits, and beetroot slices. Fold the chilla and cut it. Transfer it in a serving plate.
- 'Sprouts Chilla' is ready to be served.

## TIPS

- The batter can be prepared earlier and used when required.
- Red chilli powder and Pomegranate are optional.
- Some water should be sprinkled on the tawa and wiped with a tissue paper to clean it before pouring the batter.
- It is recommended to serve the chilla with [tomato sauce](#) or [chutney](#).

[WATCH THE VIDEO RECIPE](#)

[YOUTUBE.COM/ZAYKAKATADKA](https://www.youtube.com/ZAYKAKATADKA)



# RAW PAPAYA SALAD

a popular dish in Southeast Asian cuisine

By Renu Natani

From Rajasthan



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Raw papaya/Kachcha papita - 1/2, grated
- Carrot/Gajar - 2, grated
- Spring onion/Hari pyaz - 1 cup, finely chopped + for garnishing
- Sweet corn - 1 cup, boiled
- Roasted peanuts/Mungfali - 1 cup
- Soy sauce - 2 tsp
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Jaggery powder/Gud - 1/2 tsp
- Salt - to taste
- Tamarind pulp/Imli ka pulp - 1 tsp

## DIRECTIONS

- Take soy sauce, lemon juice, black pepper powder, jaggery powder, salt, and tamarind pulp in a bowl. Mix well to prepare the salad dressing and keep it aside.
- Take grated raw papaya, carrot, spring onion, sweet corn, and roasted peanuts in a bowl.
- Now add the prepared salad dressing and mix it well. Once done, garnish it with spring onion.
- 'Raw Papaya Salad' is ready to be served.

## TIPS

- Grated jaggery can be added instead of jaggery powder.
- For preparing tamarind pulp, soak tamarind in a little water and then boil it and strain it.
- The tamarind pulp can be stored for a few days in the freezer.
- Red and green bell pepper can also be added to the salad.



# SABUT PYAZ DANAMETHI KI SABJI

a spicy and easy sabji recipe

By Anita Natani

From Rajasthan



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 35 MIN

## INGREDIENTS

- Fenugreek seeds/Danamethi - 1/2 cup
- Water - as required
- Oil - 2 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 3 tsp
- Coriander powder/Dhaniya powder - 3 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Dry mango powder/Amchur - 2 tsp
- Baby onion/Pyaz - 7 to 8
- Gram flour/Besan - 2 tsp
- Sugar/Shakkar - 1 tsp
- Tsp = Teaspoon
- Tbsp = Tablespoon

## DIRECTIONS

- Boil fenugreek seeds in water for 30 minutes till they become soft. Then strain and keep aside.
- Take a peeled baby onion. Then cut it from the top. Make 2 slits like a cross on each one so that the base stays attached. Likewise, prepare all the other baby onions and keep them aside.
- Heat oil in a pan. Add cumin seeds, boiled fenugreek seeds, salt, red chilli powder, coriander powder, turmeric powder, and dry mango powder. Mix well and sauté it for 1 to 2 minutes on a low flame.
- Now add baby onion, gram flour, and sugar. Mix well and sauté it for 30 to 35 seconds on a low flame.
- Once done, turn off the flame. Take it out in a serving bowl.
- 'Sabut Pyaz Danamethi Ki Sabji' is ready to be served.

## TIPS

- Dry mango powder should be added in enough quantity to reduce the bitterness of fenugreek seeds.
- This sabji can be stored for 2 to 3 days.

# RAJMA PATTY BURGER

a restaurant-style appetizer/snack

By Shraddha Thakrar

From Gujarat



SERVINGS: 1

PREPARATION TIME: 500 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

### • FOR PREPARING RAJMA PATTY

- Potato/Aloo - 5 to 6
- Salt - to taste
- Water - as required
- Kidney beans/Rajma - 1 Cup
- Turmeric powder/Haldi powder - 1/2 tsp
- Cumin seed powder/Jeera powder - 1 tsp
- Red chilli flakes - 1 tsp
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Dry mango powder/Amchur - 1 tsp
- Corn flour - 2 tsp
- Rice flour/Chawal ka aata - 2 tsp
- Mint leaves/Pudina - a handful
- Curry leaves/Curry patta - a few, finely chopped
- Coriander leaves/Hara dhaniya - a handful
- Clarified butter/Ghee - as required

### • FOR PREPARING RAJMA BURGER

- Burger bun - 1 no.
- Butter - as required
- Veg mayonnaise - as required
- Lettuce leaf - a few, chopped
- Onion/Pyaz - 1 slice
- Tomato/Tamatar - 1 slice
- Cucumber/Kheera - 1 slice
- Salt - to taste
- Black pepper powder/Kali mirch powder - 1/4 tsp
- Tsp = Teaspoon
- Tbsp - Tablespoon

## TIPS

- Press the patty while roasting it.
- Onion or tomato slices can be added instead of lettuce leaves.

## DIRECTIONS

### • FOR PREPARING RAJMA PATTY

- Soak rajma overnight. Add salt and turmeric powder then cook it in a pressure cooker till 4 to 5 whistles on a medium flame. Once done, lightly mash it.
- Boil potato with water and salt in a pressure cooker. Cook it on a medium flame till 3 to 4 whistles. Then peel it, grate it and keep it aside.
- Take boiled potato and rajma in a bowl. Add salt, cumin seed powder, red chilli flakes, black pepper powder, dry mango powder, corn flour, rice flour, mint leaves, curry leaves, and coriander leaves. Mix well.
- Take a big ball-sized portion of the mixture. Press it with your hands and prepare a flattened patty. Likewise, prepare all the patties.
- Meanwhile, heat a pan over a medium flame. Place the patty in the pan. Add ghee to it. Roast it on a low flame for 3 to 4 minutes. Press the patty while roasting it.
- Flip it and roast it from the other side on a low flame for 3 to 4 minutes. Likewise, roast all patties. Once done, take it out on a plate. Keep it aside.

### • FOR PREPARING THE RAJMA BURGER

- Take onion, tomato, and cucumber slices in a plate. Add black pepper powder, and salt. Mix well and keep aside.
- Cut the burger bun in half. Heat a tawa on a medium flame. Take a little butter in a forked spoon and apply it on the tawa.
- Place the burger bun on the tawa. Roast the inside part lightly by pressing it. Once done, take it out on a serving plate.
- Apply veg mayonnaise to the inside part of the upper side of the bun. Now add lettuce leaf and the prepared rajma patty.
- Now put onion slice, tomato slice, and cucumber slice on it. Cover it with the lower piece of the bun and flip it.
- 'Rajma Patty Burger' is ready to be served.



# HARYANA STYLE MISSI ROTI

one of the most special foods of North Indians

By Saroj Bhutra

From Haryana



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Whole wheat flour/Gehu ka aata - 1/2 cup
- Gram flour/Besan - 1/2 cup
- Coriander leaves/Hara dhaniya - a handful
- Green chilli/Hari mirchi – 2, finely chopped
- Asafoetida/Hing – a pinch
- Salt – to taste
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Carom seeds/Ajwain - 1/2 tsp
- Water/Pani - as required
- Clarified butter/Ghee - as required

## DIRECTIONS

- Firstly, take whole wheat flour and gram flour in a bowl. Add coriander leaves, green chilli, asafoetida, salt, red chilli powder, coriander powder, and carom seeds. Mix well.
- Then add water gradually and knead the mix to a medium-consistency dough. Add a little ghee. Knead well. Keep it aside and let it rest for 5 minutes.
- Further, take a small ball-sized dough and make a circular peda from the dough. Dust it with flour and roll it to make a roti.
- Meanwhile, heat a tawa. Place the roti on it and roast it on one side. Flip it once it is slightly brown.
- Cook it from the other side as well. Now place it on the direct flame and cook it by flipping until both sides become nicely golden brown.
- Once done, take it out on a serving plate and apply ghee to it.
- 'Haryana Style Missi Roti' is ready to be served.

## TIPS

- The ratio of whole wheat flour to gram flour should be 1:1.
- Boiled potato can be added to the dough to prepare soft missi roti.
- Instead of ghee, butter can be applied to the missi roti before serving.

[WATCH THE VIDEO RECIPE](#)

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# MANGODI KI SABZI WITHOUT ONION GARLIC

a traditional dish from Rajasthan

By Kirti Agarwal and Manju Agarwal From Rajasthan



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 6 MIN

## INGREDIENTS

- Clarified butter/Ghee - 1 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Asafoetida/Hing - a pinch
- Mangodi - 3/4 cup big pieces
- Mangodi - 1/4 cup small pieces
- Tomato/Tamatar - 2, finely chopped
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Green chilli/Hari mirchi - 2 to 3, finely chopped
- Hot water - 1 & 1/2 cup
- Coriander leaves/Hara dhaniya - for garnishing
- Tsp = Teaspoon
- Tbsp = Tablespoon

## DIRECTIONS

- Heat ghee in a pressure cooker. Add mustard seeds, cumin seeds, asafoetida, and big pieces of mangodi. Sauté for 2 to 3 minutes on a low flame till it becomes nice golden brown. Stir it continuously.
- Now add small pieces of mangodi. Sauté for 1 to 2 minutes on a low flame till it becomes nice golden brown. Stir it continuously.
- Then add tomato and mix well. Add salt, red chilli powder, coriander powder, turmeric powder, and green chilli. Mix well.
- Now add hot water. Mix well and let it cook in the closed pressure cooker for 4 to 5 whistles on a high flame. Then let it cool down completely.
- Then open it and take it out in a serving bowl and garnish it with coriander leaves.
- 'Mangodi Ki Sabzi Without Onion Garlic' is ready to be served.

## TIPS

- Large pieces and small pieces of mangodi should be added separately while roasting so that the small mangodi pieces do not burn.
- The ratio of water to mangodi should be 3:2.
- If it is required to add onion and garlic, then they should be added before mangodi pieces are added. Ginger can be added to this sabzi.
- To separate small and big pieces of mangodi, the mangodi should be crushed using a rolling pin on a clean cloth. Then, the small and big pieces of mangodi should be separated by tossing them on a plate.



# RAVA VEGGIE ROASTIE

a quick, deep-fried snack

By Mridula Ameriya

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Semolina/Sooji - 1 cup
- Whole wheat flour/Gehu ka aata - 1/2 cup
- Carrot/Gajar - 2 tsp, grated
- Capsicum - 2 tsp, finely chopped
- Onion - 2 tsp, chopped
- Tomato/Tamatar - 2 tsp, finely chopped
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1 tsp
- Coriander leaves - a handful
- Sesame seeds/Til - 1 tsp
- Chaat masala - 1 tsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Coriander powder - 1 tsp
- Garam masala - 1/2 tsp
- Cumin seeds powder/Jeera powder - 1 tsp
- Water - as required
- Oil - 1 tsp + for frying

## DIRECTIONS

- Take sooji in a big bowl. Add whole wheat flour, carrot, capsicum, onion, tomato, ginger-green chilli paste, coriander leaves, sesame seeds, chaat masala, salt, red chilli powder, coriander powder, all spice mix powder, and cumin seed powder. Mix well.
- Now add water gradually and prepare a medium thick consistency batter. Then add 1 tsp of oil. Mix well.
- Meanwhile, heat oil in a pan for frying. Place a ladleful of sooji mixture into the hot oil. Spread it.
- Deep fry it on a high flame until it becomes crispy and golden brown from all sides.
- Then, take it out on a serving plate using a slotted spoon.
- 'Rava Veggie Roastie' is ready to be served.

## TIPS

- The ratio of sooji to whole wheat flour should be 2:1.
- Available vegetables of choice can be added.
- The Sooji roastie, instead of deep-fried, can be shallow-fried.

# SHAHI NAVRATAN PULAO

a colourful treat for special occasions

By Vijay Haldiya

Founder

Zayka Ka Tadka



SERVINGS: 8

PREPARATION TIME: 8 MIN

COOKING TIME: 7 MIN

## INGREDIENTS

- Oil - 2 Tbsp
- Peanuts/Mungfali - 1/4 cup
- Almonds/Badam - 1/4 cup, halved
- Cashew/Kaju - 1/4 cup, halved
- Cumin seeds/Jeera - 1 tsp
- Mustard seeds/Rai - 1/2 tsp
- Bay leaf/Tej patta - 1
- Cardamom/Elaichi - 2
- Cloves/Laung - 2
- Black peppercorns/Kali mirch - 5 to 7
- Green chilli/Hari mirch - 2, slit
- Onion/Pyaz - 1, sliced
- Carrot/Gajar - finely chopped
- Tricolour bell pepper/Shimla mirch - 1 cup, finely chopped
- French beans - 1/2 cup, finely chopped
- Sweet corn - 1/2 cup, parboiled
- Green peas/Matar - 1/4 cup, parboiled
- Salt - to taste
- Cooked basmati rice/Chawal - 2 cups
- All spice mix powder/Garam masala - 1 tsp
- Lemon juice/Nimbu ka ras - of 1 lemon
- Raisins/Kishmish - 1 Tbsp
- Coriander leaves/Hara dhaniya - a handful for garnishing
- Tsp = Teaspoon
- Tbsp = Tablespoon

## DIRECTIONS

- Heat oil in a pan. Add peanuts and fry them for a few seconds. Now add almonds and cashews. Fry them for 1 to 2 minutes on a medium flame.
- Fry them on a medium flame while stirring in between until they become nice golden brown. Then take them out on a plate and keep it aside.
- Now, in the same pan, add cumin seeds, mustard seeds, bay leaf, cardamom, cloves, black peppercorns, green chilli, onion, carrot, tricolour bell pepper, French beans, sweet corn, and green peas. Mix well.
- Add salt. Mix well and cover the pan with a lid. Sauté in between and cook for 2 to 3 minutes on a high flame by covering the pan. Stir it occasionally.
- Once cooked well, add cooked basmati rice, all spice mix powder, and lemon juice. Mix well.
- Now, keeping the flame low, add fried dry fruits and raisins. Mix well and garnish it with coriander leaves. Take it out on a serving plate
- 'Shahi Navratan Pulao' is ready to be served.

## TIPS

- Ghee can be used instead of oil.
- Vegetables can be added as per choice and availability.
- The vegetables should be kept crunchy and not overcooked.
- **TO COOK BASMATI RICE**
- The rice should be soaked for 30 minutes. It should then be boiled in water. Let it cook for 8 to 10 minutes on a medium flame till the rice is 90% cooked.
- Once done, the flame should be turned off. The boiled rice should then be strained to remove its water and kept aside.



# SOOJI BURGER

an interesting and unique way of preparing a burger

By Neha Agarwal

From Raipur



SERVINGS: 2

PREPARATION TIME: 15 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

### • FOR PREPARING SOOJI BUN

- Semolina/Sooji - 1/2 cup
- Curd/Dahi - 1/2 cup
- Salt - to taste
- Baking soda - a pinch
- Oil - for greasing
- Water - as required

### • FOR PREPARING BURGER MASALA

- Oil - 1 Tbsp
- Mustard seeds/Rai - 1 tsp
- Black gram/Urad dal - 1/4 tsp
- Bengal Gram/Chana dal - 1/4 tsp
- Roasted peanuts/Mungfali - 1/4 cup
- Curry leaves/Curry patta - a few
- Green chilli/Hari mirchi - 2 to 3, finely chopped
- Ginger/Adrak - 1-inch, grated
- Onion/Pyaz - 1, finely chopped
- Frozen green peas/Matar - 1/4 cup
- Boiled potato/Aloo - 2, peeled and mashed
- Salt - to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1/2 tsp
- Red chilli powder/Lal mirchi powder - 1/2 tsp
- Chaat masala - 1/2 tsp
- Dry mango powder/Amchur - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful

### • FOR PREPARING SOOJI BURGER

- Sooji bun - 1
- Burger masala - as required
- Oil - as required for roasting
- Green chutney - as required
- Tomato ketchup - as required
- Tomato/Tamatar - 2 to 3 slices
- Onion rings/Pyaz - as required
- Lettuce leaf - 1

## DIRECTIONS

### • FOR PREPARING SOOJI BUN

- Take curd and sooji in a bowl. Mix well and let it rest for 10 to 15 minutes.
- Then add salt, baking soda, and a little water. Mix well.
- Grease the katori mold with oil. Transfer the sooji batter to a greased katori. Fill half of katori with batter.
- Meanwhile, boil water in a steamer. Then put the katori in the steamer for steaming. Steam it for 15 minutes on a medium to high flame.
- Once done, let it cool down. Transfer the sooji bun to a plate.

### • FOR PREPARING BURGER MASALA

- Heat oil in a pan. Add mustard seeds, black gram, Bengal gram, and roasted peanuts. Mix well and add curry leaves, green chilli, and ginger. Sauté it for a few minutes.
- Now add onion, green peas, and boiled potato. Mix well.
- Then add salt, turmeric powder, coriander powder, red chilli powder, chaat masala, and dry mango powder. Mix well on a high flame for 1 to 2 minutes.
- Add coriander leaves and mix well. Once done, turn off the flame and slightly let it cool down.

### • FOR PREPARING SOOJI BURGER

- Cut the sooji bun in half. Place a small ball-sized portion of the prepared burger masala on one side of the bun. Cover it with the other side of the bun. Press it.
- Meanwhile, heat a tawa over a medium flame. Grease it with oil. Place the prepared burger on a tawa. Roast lightly from both sides. Press it while roasting.
- Once done, take it out on a serving plate. Open its upper bun and apply green chutney and tomato ketchup to it. Now add tomato slices and onion rings.
- Add lettuce leaf to the burger masala. Cover it with an upper bun. Secure it with a toothpick.
- 'Sooji Burger' is ready to be served with potato wafers.

## TIPS

- The ratio of curd to semolina should be 1:1.
- Fruit salt can be added instead of baking soda.
- The batter should be filled up to only one-half portion of the katori because it will rise after steaming.
- Lemon peel should be added to the steamer so that the steamer does not turn black.
- It is recommended to prepare this recipe using [tomato ketchup](#) and [green chutney](#).

# GATHIYA NU SHAAK

a famous sabji of Gujarat

By Shraddha Thakrar

From Gujarat



SERVINGS: 7

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Oil/Tel - 1 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Asafoetida/Hing - a pinch
- Garlic/Lahsun - 6 to 7 cloves, finely chopped (optional)
- Ginger paste/Adrak ki paste - 1/2 tsp
- Curry leaves/Curry patta - a few
- Onion/Pyaz - 1, finely chopped (optional)
- Red chilli powder/Lal mirch powder - 1 tsp
- Tomato puree/Tamatar ki puree - of 2 tomatoes
- Water/Pani - as required
- Turmeric powder/Haldi powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Cumin seed powder/Jeera powder - 1 tsp
- Salt/Namak - to taste
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Buttermilk/chhachh - 3 Tbsp
- Gathiya/Namkeen/Bhavnagari gathiya - 1 cup
- Tsp/tsp = Teaspoon
- Tbsp = Tablespoon

## DIRECTIONS

- Firstly, heat oil in a pan. Add mustard seeds, cumin seeds, asafoetida, garlic, and ginger paste. Mix well and add curry leaves.
- Add onion. Mix well. Sauté it for 1 to 2 minutes on a medium flame. Then add red chilli powder and mix well.
- Secondly, add tomato puree. Mix well and add a little water. Sauté it for 1 to 2 minutes on a medium flame.
- Add turmeric powder, coriander powder, cumin seed powder, salt for onion and tomato, and coriander leaves. Mix well.
- Now add buttermilk. Stir it continuously till it starts to boil; else, it may curdle. Add a little water.
- Finally, add gathiya. Mix well and garnish it with coriander leaves. Take it out in a serving bowl.
- 'Gathiya Nu Shaak' is ready to be served.

## TIPS

- If onion must be skipped, tomato puree should be added first.
- Salt should be added carefully, as gathiya (namkeen) is also salty.
- Moti sev can be added instead of gathiya.
- The sabji should be stirred continuously after adding buttermilk till it starts to boil; else, it may curdle.
- The sabji should be prepared just before serving; else, gathiya will turn soggy.



# VEG MUGHLAI PARATHA

a traditional Bengali dish

By Monalisa Agarwal

From Kolkata



SERVINGS: 1

PREPARATION TIME: 180 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

### • FOR PREPARING CHILLA

- Gram flour/Besan - 2 Tbsp
- Red Chilli Powder/Lal Mirch Powder - 1 tsp
- Salt - to taste
- Fennel seeds/Saunf - 1/2 tsp
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Green chilli/Hari mirch - 1, chopped
- Coriander leaves/Hara dhaniya - a handful
- Water - as required
- Clarified butter/Ghee - as required

### • FOR PREPARING STUFFING

- Potato/Aloo - 1 Tbsp, boiled and mashed
- Paneer/Cottage cheese - 1 Tbsp, grated
- Onion/Pyaz - 1, finely chopped
- Salt - to taste
- Ginger-green chilli paste - 1 tsp
- Coriander leaves/Hara dhaniya - a handful

- Red chilli powder/Lal mirch powder - 1 tsp

- All spice mix powder/Garam masala - 1 tsp

- Coriander powder/Dhaniya powder - 1 tsp

### • FOR PREPARING DOUGH

- All-purpose flour/Maida - 1 cup
- Salt - to taste
- Oil - 1 tsp
- Water - as required

### • FOR PREPARING RAITA

- Mustard oil/Sarso ka tel - 1 tsp
- Mustard seeds/Rai - 1/4 tsp
- Asafoetida/Hing - a pinch
- Dry red chilli/Sukhi lal mirch - 1
- Red chilli powder/Lal mirch powder - 1/4 tsp
- Curd/Dahi - 1 cup, whisked
- Salt - to taste

## DIRECTIONS

### • FOR PREPARING CHILLA

- Take gram flour in a big bowl. Add red chilli powder, salt, fennel seeds, dry fenugreek leaves, green chilli, and coriander leaves.
- Then add water gradually and prepare a medium-thick consistency batter.

- Meanwhile, heat a tawa. Grease it with ghee. Pour the batter on the tawa and spread it like a small thick pancake. Cook it for 3 to 4 minutes on a low flame.

- Flip it to cook the other side as well. Once it is cooked on both sides, transfer it to a plate.

### • FOR PREPARING STUFFING

- Take boiled potato, paneer, onion, salt, ginger-green chilli paste, coriander leaves, red chilli powder, all spice mix powder, and coriander powder in a bowl. Mix well and keep it aside.

### • FOR PREPARING THE DOUGH

- Take all-purpose flour in a bowl. Add salt and oil. Then add water gradually and prepare a medium-consistency dough.
- Keep it aside and let it rest for 30 to 45 minutes.
- Take a big ball-sized portion of the dough, shape it into a ball and flatten it. Dust it with flour. Roll it and prepare a big paratha.
- Now place the prepared chilla on it. Then add the prepared stuffing to the chilla.
- Now fold all of the paratha's excess parts on both sides, top, and bottom, and prepare it like an envelope. Dust it with flour and slightly roll it
- Meanwhile, heat a tawa. Place the paratha on the tawa. Cook slightly on one side. Roast the paratha on a low flame to make it crispy.
- Then flip it and apply ghee. Roast it from both sides on a low flame by applying ghee till it turns light brown and crispy.
- Once done, transfer it to a serving plate and cut it from the middle.

### • FOR PREPARING THE RAITA

- Heat oil in tadka pan. Add mustard seeds, asafoetida, dry red chilli, and red chilli powder. Pour it on the curd and add salt. Mix well.
- 'Veg Mughlai Paratha' is ready to be served with raita.

## TIPS

- Whole wheat flour can be used instead of all-purpose flour.
- The paratha should be roasted on a low flame to make it crispy.
- To save time, the paratha can be kept aside half-roasted in advance. Then, when needed, roast it on a low flame again until it becomes golden and crispy.

[WATCH THE VIDEO RECIPE](#)

[YOUTUBE.COM/ZAYKAKATADKA](https://www.youtube.com/ZAYKAKATADKA)

# 2 TYPES OF RICE

two festival-special dishes

By Renu Maheshwari and Saroj Bhutra



SERVINGS: 8

PREPARATION TIME: 6 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

- **FOR PREPARING NAMKEEN CHAWAL**
- Clarified butter/Ghee - 2 tsp
- Bay leaf/Tej Patta - 1
- Dry red chilli/Sookhi lal mirch - 1
- Black peppercorns/Kaali mirch - 4 to 5
- Cloves/Laung - 3 to 4
- Black cardamom/Badi Elaichi - 2
- Asafoetida/Hing - a pinch
- Mustard seeds/Rai - 1 tsp
- Ginger/Adrak - 1 inch, grated
- Green chilli - 3 to 4, finely chopped
- Green peas/Hare matar - 1/2 cup, boiled
- Boiled potato - 1, peeled and chopped
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder/ Lal mirch powder - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Salt/Namak - to taste
- Lemon juice/Neebu ka ras - of 1 lemon
- Garam masala - 1/2 tsp
- Cooked rice - 4 cups
- Coriander leaves - for garnishing
- **FOR PREPARING KESARIYA BHAAT**
- Water/Paani - as required
- Rice/Chawal - 1 cup
- Orange food colour - 1/4 tsp
- Sugar/Shakkar - 1 cup
- Clarified butter/Ghee - 1 Tbsp
- Cloves/Laung - 4 to 5
- Dry coconut/Sookha nariyal - 1/4 cup, chopped
- Dry coconut/Sookha nariyal - 1/4 cup, grated
- Almond flakes - 1 tsp + for garnishing
- Raisins/Kishmish - 2 tsp
- Cardamom powder - 1/2 tsp
- Pistachios flakes/Pista - for garnishing
- Tsp/tsp = Teaspoon
- Tbsp = Tablespoon

## DIRECTIONS

- **FOR PREPARING NAMKEEN CHAWAL**
- Firstly, heat ghee in a pan. Add bay leaf, dry red chilli, whole black peppercorns, cloves, big cardamom, asafoetida, mustard seeds, ginger, and green chilli. Sauté it for a few seconds on a medium flame.
- Add boiled peas and boiled potato. Mix well and sauté it for 1 to 2 minutes on a medium flame.
- Further, add turmeric powder, red chilli powder, coriander powder, and salt. Mix well and add lemon juice.
- Add all spice mix powder and mix well. Now add cooked rice and mix well.
- Once done, finally garnish it with coriander leaves and take it out to a serving bowl.
- **FOR PREPARING KESARIYA BHAAT**
- Firstly, boil water in a pan. Add the washed rice. Mix well and add orange food colour. Boil it for 12 to 15 minutes on a medium flame. Keep stirring in between.
- Once done, drain out its water and take out the cooked rice in a bowl. Add sugar and mix well.
- Further, heat ghee in a pan. Add cloves and the prepared rice mixture. Mix well.
- Add dry coconut, almonds, and raisins. mix well. Then add cardamom powder and mix well.
- Once done, finally garnish it with almonds and pistachio. Then take it out on a serving plate.
- '2 Types of Rice' are ready to be served.

## TIPS

- **FOR NAMKEEN CHAWAL:**
- Ghee can be used instead of oil.
- All vegetables should be sautéed on medium flame so that the spices don't burn.
- Available vegetables of choice can be added.
- **FOR KESARIYA BHAAT:**
- Turmeric powder can be added instead of edible food colour.
- The ratio of sugar to rice should be 1:1.

[WATCH THE VIDEO RECIPE](#)

[YOUTUBE.COM/ZAYKAKATADKA](https://www.youtube.com/ZAYKAKATADKA)



# CHEESY PANEER BREAD ROLLS

a delicious tea-time snack

By Anita Sharma

From Rajasthan



SERVINGS: 2

PREPARATION TIME: 35 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- **FOR PREPARING CHEESY PANEER STUFFING**
- Paneer/Cottage cheese - 1 cup, grated
- Green chilli/Hari mirch - 2 to 3, finely chopped
- Cabbage/Patta gobhi - 1/4 cup, finely chopped
- Capsicum - 1/4 cup, finely chopped
- Onion/Pyaz - 1/4 cup, finely chopped (optional)
- Processed cheese - 1 cube, grated
- Black pepper powder/Kali mirch - 1 tsp
- Salt - to taste
- **FOR PREPARING CHEESY PANEER BREAD ROLLS**
- Bread - 4 slices
- Water - as required
- Oil - for frying
- Tsp/tsp = Teaspoon
- Tbsp = Tablespoon

## DIRECTIONS

- **FOR PREPARING CHEESY PANEER STUFFING**
- Take paneer, green chilli, cabbage, capsicum, onion, cheese, black pepper powder, and salt in a bowl. Mix well. Keep it aside.
- **FOR PREPARING CHEESY PANEER BREAD ROLLS**
- Dip bread slices in water. Then press them between your palms and remove the excess water.
- Now place a ball-sized prepared cheesy paneer stuffing on the wet bread. Then fold the bread and cover the stuffing to prepare a roll. Likewise, prepare all the rolls.
- Keep all the prepared cheesy paneer bread rolls in the refrigerator for 30 minutes.
- Now heat oil in a deep frying pan over a medium flame, and when the oil is medium hot, place the prepared cheesy paneer bread rolls gently into the hot oil.
- Deep fry them until they become crispy and light golden brown from all sides on a medium flame for 1 to 2 minutes.
- Once done, take them out on a serving plate using a slotted spoon.
- 'Cheesy Paneer Bread Rolls' is ready to be served.

## TIPS

- Vegetables can be added as per choice and availability.
- If the rolls are kept in the refrigerator for 30 minutes before frying, they will not open while frying.

# TANDOORI PARATHA

one of the most popular Indian breads

By Neetu Raheja

From New Delhi



SERVINGS: 1

PREPARATION TIME: 7 - 8 MIN

COOKING TIME: 5 - 6 MIN

## INGREDIENTS

- Whole wheat dough - as required
- Potato/Aloo - 1, boiled
- Green chilli/Hari mirch - 1, finely chopped
- Red chilli powder/Lal mirchi powder - 1/2 tsp
- Carom seeds/Ajwain - 1/4 tsp
- Coriander leaves/Hara dhaniya - a handful
- Salt - to taste
- Onion/Pyaz - 1, finely chopped
- White butter - as required

## TIPS

- Coriander seeds can be added to the stuffing to enhance the taste.
- Water should be sprinkled on the cooker to check whether it is hot or not.
- Paratha of any size can be prepared as per the size of the cooker.
- Any type of butter can be used instead of white butter.

## DIRECTIONS

- Take potato in a bowl and mash it. Add carom seeds, red chilli powder, salt, chopped coriander leaves, and chopped green chilli. Mix them well. Now, the stuffing is ready. Keep it aside.
- Take a small ball-sized portion of the dough, shape it into a ball, and flatten it. Dust it with flour. Roll it and prepare a roti.
- Now put the prepared potato stuffing in the centre. Top it with chopped onion. Join the edges and seal the paratha properly. Dust it with flour. Roll it with a light hand and prepare a thick paratha.
- Meanwhile, heat a cooker. When the cooker is sufficiently hot, apply water on one side of the stuffed paratha with your fingers. Then, stick the paratha on the side of the cooker.
- When the sides or the corners turn brown in colour, turn the cooker upside down so that the inside face of the paratha roasts directly.
- When almost cooked, it will start leaving the side. Remove it with a tong and lightly cook on both sides on an open flame.
- Once done, place it on a serving plate and put some white butter on it.
- 'Tandoori Paratha' is ready to be served.



# TADKA WALA DAHI

a great alternative to sabji

By Shveta Sheth

From Mumbai



SERVINGS: 4

PREPARATION TIME: 3 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- Curd/Dahi - 1 cup, whisked
- Tomato/Tamatar - 2 tsp, finely chopped
- Cucumber/Kakdi - 2 tsp, finely chopped
- Carrot/Gajar - 1 Tbsp, grated
- Onion/Pyaz - 2 tsp, finely chopped
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Roasted peanuts/Mungfali - 1 Tbsp, coarsely ground
- Oil/Tel - 1 Tbsp
- Mustard seeds/Rai - 1 tsp
- Cumin seeds/Jeera - 1 tsp
- Curry leaves/Curry patta - a few
- Green chilli/Hari mirch - 1, finely chopped + for garnishing
- Salt/Namak - to taste
- Tbsp = Tablespoon
- Tsp/tsp = Teaspoon

## DIRECTIONS

- Take curd in a bowl. Add tomato, cucumber, carrot, onion, coriander leaves, and roasted peanuts. Mix well.
- Meanwhile, heat the oil in a tadka pan. Add mustard seeds, cumin seeds, curry leaves, and green chilli.
- Pour it into the prepared curd mixture. Mix well.
- Then add salt. Mix well and garnish it with green chilli and coriander leaves.
- 'Tadka Wala Dahi' is ready to be served.

## TIPS

- Available vegetables of choice can be added.





# Enjoy!

**FOR QUERIES AND SUGGESTIONS PLEASE  
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