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zayka ka tadka

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Unedited
live recipes



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वही बनता है !



Zayka
Ka
Tadka



LIVE FROM THE KITCHENS
OF MOMS OF INDIA



THE SUPER CHEF MOMS OF INDIA



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Mysore Pak

an authentic dessert



By Anita Natani, A Lovely Mom, From Rajasthan

SERVINGS: 8

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- Gram flour/Besan - 1 cup
- Sugar - 2 cups
- Water - 1 cup
- Clarified butter/Ghee - 2 cups + as required

Directions

- Take gram flour in a pan. Add sugar and water. Mix well and prepare a lump-free mixture.
- Now heat the mixture on medium flame and stir it continuously in one direction for 3 to 4 minutes till it starts to boil.
- Then add ghee gradually and keep stirring continuously.
- When the gram flour starts sticking to the pan, add ghee gradually and keep stirring continuously for 13 to 15 minutes on medium flame.
- When the mixture becomes fluffy and the ghee separates and leaves the pan, the Mysore pak is ready.
- Once it separates from the pan, turn off the flame. Take out a little extra ghee in a bowl.
- Transfer the mixture to a plate. Set its thickness and let it rest for 2 minutes. Then cut it into pieces.
- 'Mysore Pak' is ready to be served.

Tips

- The ratio of sugar to gram flour should be 2:1.
- The besan mixture should be stirred continuously in one direction.
- The ratio of ghee to gram flour should be 2:1.
- When the gram flour starts sticking to the pan, ghee should be added gradually.
- When the mixture becomes fluffy and the ghee separates and leaves the pan, the Mysore Pak is ready.
- The thickness of the sweet can be adjusted as required.

Rusk Custard Pudding

a healthy and instant dessert



By Sapna Maheshwari, A Lovely Mom, From Faridabad

SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- FOR PREPARING CUSTARD
- Milk - 500 ml + 1 Tbsp
- Custard powder - 2 tsp
- Sugar - 3 tsp
- Banana/Kela - 1, finely chopped
- FOR PREPARING SUGAR SYRUP
- Sugar - 5 to 6 tsp
- Water - 1 cup
- Saffron/Kesar - 4 to 5 strands
- Cardamom powder/Elaichi powder - 1/4 tsp
- FOR PREPARING RUSK CUSTARD PUDDING
- Rusk/Toast - 10
- Fresh cream/Homemade malai - 1 cup
- Almond flakes/Badam - 2 tsp + for garnishing
- Chocolate sauce - as required
- Desiccated coconut powder/Nariyal ka burada - as required
- Pomegranate seeds/Anar ke dane - as required for garnishing
- Cranberries - as required for garnishing
- Black raisins/Kishmish - as required for garnishing
- tsp = teaspoon
- Tbsp = tablespoon

Directions

- FOR PREPARING CUSTARD
- Add 1 Tbsp of cold milk to the custard powder. Mix well and keep it aside.
- Boil milk in a pan. When the milk starts to boil, add the prepared custard mixture gradually. Keep stirring continuously till the mixture becomes thick.
- Now add sugar. Mix well. Boil it for 2 to 3 minutes on a low flame. Keep stirring continuously. Once done, keep it aside and let it cool down to a lukewarm temperature. Take it out in a bowl and add the banana. Mix well and keep it aside.
- FOR PREPARING SUGAR SYRUP
- Take sugar and water in a pan. Boil it for 4 to 5 minutes on a high flame. Now turn off the flame. Add saffron and cardamom powder. Mix well. Keep it aside and let it cool down until it is lukewarm.
- FOR PREPARING RUSK CUSTARD PUDDING
- Take fresh cream and almonds in a bowl. Mix well and keep it aside.
- Soak the rusk in the prepared sugar syrup. Then, immediately transfer it to a serving bowl and make a base of soaked rusk.
- Now spread the prepared fresh cream mixture and chocolate sauce on it. Then sprinkle desiccated coconut powder on it. Again, make a layer of soaked rusk. Now spread the prepared custard-banana mixture on it.
- Garnish it with pomegranate seeds, almonds, cranberries, and black raisins.
- 'Rusk Custard Pudding' is ready to be served.

Tips

- Room-temperature milk should be added to the custard powder.
- The custard should be lukewarm while preparing the pudding.
- Sugar syrup should be medium hot and have a medium-thick consistency.
- Any type of chocolate sauce can be used.
- Available fruits of choice can be added.
- Any dry fruits can be used.
- The prepared pudding should be kept in the refrigerator for 2 hours for it to be served cold.
- The pudding can be served either hot or cold.

[Watch the video recipe](#)

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Moongdal Dahi Bhalla

a festival-special dish



By Sarla Modi, A Lovely Mom, From Gujarat

SERVINGS: 8

PREPARATION TIME: 370 MIN

COOKING TIME: 5 MIN

Ingredients

- Yellow gram/Moong dal - 2 cups
- Whole white gram/Urad dal - 1 cup
- Ginger/Adrak – a 3inch piece, chopped
- Green chilli/Hari mirchi - 3 to 4, chopped
- Coriander leaves/Hara dhaniya – a handful
- Salt – to taste
- Water - as required
- Oil - for frying
- Curd/Dahi - 2 cups
- Sugar/Chini - 3 tsp
- Salt - 1/4 tsp
- Date chutney/Meethi chutney - as required
- Green chutney/Hari chutney - as required
- Red chilli powder/Lal mirchi powder - for garnishing
- Roasted cumin seed powder/Jeera powder - for garnishing
- Tsp/tsp = teaspoon
- Tbsp = tablespoon

Directions

- Wash and soak both dals separately for 6 to 7 hours till they become soft. Then drain the water completely.
- Transfer them to a grinding jar. Add ginger, green chilli, salt, a little water, and coriander leaves. Grind it to prepare a medium thick consistency batter.
- Meanwhile, heat oil in a deep frying pan. When the oil is hot, drop a spoonful of batter. Likewise, drop many more spoonfuls of batter in the oil. Fry them on high flame for 1 to 2 minutes. Then turn the flame to medium.
- Deep fry all bhalle until they become crispy and light golden brown from all sides. Then take them out on a plate using a slotted spoon.
- Now take a pan of water. Place the prepared bhalle in the pan. Soak them for 5 to 7 minutes.
- Then press them gently with your hands to squeeze out the water. Arrange them in a serving plate.
- Take whisked curd. Add salt and sugar. Mix well. Pour it on the vadas on the serving plate.
- Now add date chutney and green chutney. Then sprinkle salt, red chilli powder, and roasted cumin seed powder.
- 'Moongdal Dahi Bhalla' is ready to be served.

Tips

- The ratio of moong dal to urad dal should be 1:2.
- The dal should be soaked till it becomes soft.
- The curd shouldn't be sour.
- For preparing date chutney, add 10g tamarind to 250g dates.

Gujarati Chorafali

a Diwali-special snack



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 6

PREPARATION TIME: 20 MIN

COOKING TIME: 3 MIN

Ingredients

- All-purpose flour/Maida - 1 cup + as required
- Gram flour/Besan - 1/2 cup
- Coriander leaves/Hara dhaniya - a handful
- Curry leaves/Curry patta - a few, chopped
- Mint leaves/Pudina - a few, chopped
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1 tsp
- Sesame seeds/Til - 2 tsp
- Salt - to taste
- Turmeric powder/Haldi powder - 1 tsp
- Asafoetida/Hing - 1/4 tsp
- Oil - 1 Tbsp + for frying
- Water - as required
- Red chilli powder/Lal mirch powder - as required
- Tsp = teaspoon
- Tbsp = tablespoon

Directions

- Take all-purpose flour in a bowl. Add gram flour, coriander leaves, curry leaves, mint leaves, ginger-green chilli paste, sesame seeds, salt, turmeric powder, asafoetida, and 1 Tbsp of oil. Mix well.
- Now add water gradually to make a medium-consistency dough. Keep it aside and let it rest for 15 minutes.
- Then take a small ball-sized dough and make a round-shaped circular peda from the dough. Dust it with all-purpose flour and roll a peda to make a roti.
- Now cut the roti into thin strips. Then cut it from the middle.
- Meanwhile, heat the oil in a pan. Place the prepared chorafali into the hot oil. Fry them on medium flame.
- Deep fry them until crispy and light golden brown from both sides.
- Once done, take them out on a serving plate and sprinkle red chilli powder on it.
- 'Gujarati Chorafali' is ready to be served.

Tips

- Any type of oil can be used to prepare this dish.
- Water should be added gradually to prepare the dough.
- If desired, some whole-wheat flour can be added to the all-purpose flour.

Cheesy Schezwan Bread Pakoda

an instant snack for the festival season



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- FOR PREPARING POTATO STUFFING
- Boiled potato - 3 to 4, peeled and mashed
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Dry mango powder/Amchur powder - 1 tsp
- Chaat masala - 1 tsp
- Coriander leaves/Hara dhaniya - a handful
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1 tsp
- FOR PREPARING CHEESY SCHEZWAN STUFFING
- Schezwan chutney - 2 Tbsp
- Processed cheese - 2 Tbsp, grated
- FOR PREPARING CHEESY SCHEZWAN BREAD PAKODA
- Bread - 2 slices
- Green chutney - as required
- Oil - for frying
- FOR PREPARING GRAM FLOUR BATTER
- Gram flour/Besan - 3 cups
- Salt - to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Carom seeds/Ajwain - 1/2 tsp
- Water - as required
- Tsp/tsp = teaspoon
- Tbsp = tablespoon

Directions

- FOR PREPARING POTATO STUFFING
- Take mashed potato in a bowl. Add salt, red chilli powder, turmeric powder, dry mango powder, chaat masala, coriander leaves, and ginger-green chilli paste. Mix well and keep aside.
- FOR PREPARING CHEESY SCHEZWAN STUFFING
- Take half of the prepared potato stuffing in a bowl. Add Schezwan chutney and cheese. Mix well and keep aside.
- FOR PREPARING GRAM FLOUR BATTER
- Take gram flour in a large bowl. Add salt, turmeric powder, red chilli powder, and carom seeds by rubbing between your palms. Mix well.
- Add water gradually to prepare a lump-free and medium-consistency batter. Now whisk it well for 1 to 2 minutes to make crispy bread pakoda.
- FOR PREPARING CHEESY SCHEZWAN BREAD PAKODA
- Apply green chutney on both bread slices. Now spread the prepared cheesy Schezwan stuffing on one bread slice.
- Cover it with the other bread slice. Press it and cut it into two pieces in triangle shape.
- Now, dip it into the prepared gram flour batter and coat it well from all sides.
- Meanwhile, heat oil in a pan. Place the prepared bread slices into the hot oil and fry them on medium flame.
- Once their top surface turns light golden brown, flip them using a slotted spoon.
- Deep fry them until crispy and light golden brown from both sides. Once done, take them out on a serving plate and cut them.
- 'Cheesy Schezwan Bread Pakoda' is ready to be served.

Tips

- Schezwan sauce can be added instead of Schezwan chutney.
- Any type of cheese can be added to the stuffing.
- The gram flour mixture should be whisked well for 1 to 2 minutes to make crispy bread pakoda.
- It is recommended to prepare this dish using [Green Chutney](#).

Veg Nargis Kofta

a well-known Mughlai dish



By Chef Bhawar Lal Baheti Ji,

From Rajasthan

SERVINGS: 7

PREPARATION TIME: 8 MIN

COOKING TIME: 7 MIN

Ingredients

- Oil - 1 Tbsp + for frying
- Cumin seeds/Jeera - 1 tsp
- Fennel seeds/Saunf - 1 tsp
- Ginger/Adrak - 1-inch, grated
- Green chilli/Hari mirch - 4 to 5, finely chopped
- Mint leaves/Pudina - a few
- Beetroot/Chukandar - 1/4 cup, grated
- Boiled potato/Aloo - 300g, peeled and mashed
- Red chilli powder - 2 tsp
- All spice mix powder - 1 tsp
- Salt - to taste
- Turmeric powder/Haldi powder - 1 tsp
- Sugar/Sakkar - 1 tsp
- Tatri/Nimbu ke phool - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful
- All-purpose flour/Maida - 1 Tbsp
- Water - as required
- Bread crumbs - as required
- Tsp/tsp = Teaspoon
- Tbsp = Tablespoon

Directions

- Take all-purpose flour in a bowl. Add water gradually to prepare a medium-thick slurry. Keep it aside.
- Heat oil in a pan. Add cumin seeds, fennel seeds, ginger, green chilli, and mint leaves. Mix well.
- Now add beetroot and mix well. Sauté it for a few seconds. Then add boiled potato. Mix well.
- Add red chilli powder, all spice mix powder, salt, turmeric powder, and sugar. Mix well for 2 to 3 minutes.
- Now add tatri and coriander leaves. Mix well. Keep it aside and let it cool down.
- Now prepare a small ball-sized kofta from the mixture. Likewise, prepare more kofta balls from the mixture.
- Dip the kofta in the prepared slurry and then coat it with bread crumbs completely. Likewise, prepare more kofta balls.
- Meanwhile, heat oil in a pan to fry the kofta. Place the kofta balls into the hot oil. First, fry them on medium flame; then keep the flame low.
- Deep fry them until they become crispy and golden brown from all sides.
- Once done, take them out on a serving plate using a slotted spoon.
- 'Veg Nargis Kofta' is ready to be served.

Tips

- Whole wheat flour can be added instead of all-purpose flour for preparing the slurry.
- It is recommended to prepare this recipe using [Bread crumbs](#).

[Watch the video recipe](#)

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Lemon Pickle

a spicy and sour side dish



By Deepika Nahata, A Lovely Mom, From Rajasthan

SERVINGS: 12

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- Lemon/Neebu - 5
- Salt/Namak - 2 tsp
- Red chilli powder/Lal mirch powder - 2 tsp
- Turmeric powder/Haldi powder - 1 tsp
- Fennel seeds/Saunf - 2 tsp
- Onion seeds/Nigella seeds/Kalonji - 1/2 tsp
- Asafoetida/Hing - 1 tsp
- Tsp/tsp = Teaspoon
- Tbsp = Tablespoon

Directions

- Wash the lemon and wipe it completely with a clean dry cloth.
- Cut the lemon into 4 pieces and put the lemon pieces in a bowl.
- Add salt, red chilli powder, turmeric powder, fennel seeds, nigella seeds, and asafoetida. Mix well.
- Now cover it with a muslin cloth for 2 days. Stir it 2 to 3 times a day.
- This pickle should initially be kept at room temperature for 2 days and then stored in a glass jar. It can then be consumed for up to one year.
- 'Lemon Pickle' is ready to be served.

Tips

- The ratio of salt to lemon should be 1:5.
- For every 1 Kg lemon, 200g salt should be taken.
- The lemon should be cut as per choice.
- The lemon should be yellow in colour without stains on the peel.
- It is recommended to add asafoetida in sufficient quantity.
- This pickle can be consumed for up to one year.
- This pickle should initially be kept at room temperature for 2 days and then stored in a glass jar.
- For best air circulation, the bowl should be covered with a muslin cloth instead of a plate.
- If the lemon becomes dry and doesn't release juice well, lemon juice of 1 to 2 lemons should be added.

Paneer Potato Starter

a crispy and spicy snack



By Divya Sharma, A Lovely Mom, From Delhi

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- FOR MARINATION
- Hung curd - 3 to 4 Tbsp
- Ginger-garlic paste - 1 tsp
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Gram flour/Besan - 2 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder/Lal Mirch powder - 1 tsp
- Salt – to taste
- Mustard oil/Sarson ka tel - 1 tsp
- Cottage Cheese/Paneer – 200g, Cut in long pieces
- FOR PREPARING PANEER POTATO STARTER
- Potato/Aloo – 1, thin sliced
- Oil/tel - for frying
- Tsp/tsp = Teaspoon
- Tbsp = Tablespoon

Directions

- FOR MARINATION
- Heat mustard oil. Let it cool down. Keep it aside.
- Firstly, take hung curd in a bowl. Add ginger-garlic paste, and dry fenugreek leaves. Mix well.
- Further, add gram flour, turmeric powder, red chilli powder, and salt. Mix well and add the heated mustard oil. Mix well.
- Add paneer pieces. Mix with light hands and coat them well.
- FOR PREPARING PANEER POTATO STARTER
- Take a potato slice. Put marinated paneer piece in between the potato slice. Fold the potato slice and secure it using a toothpick. Likewise, prepare all paneer potato starters.
- Meanwhile, heat oil in a pan for frying. Place the prepared paneer potato starter into the hot oil.
- Deep fry it on medium flame until it becomes crispy and golden brown from all sides.
- Once done, take all of them out on a serving plate using a slotted spoon.
- 'Paneer Potato Starter' is ready to be served.

Mix Dal Paratha

a delicious and healthy meal for all



By Mridula Ameriya, A Lovely Mom, From Rajasthan

SERVINGS: 2

PREPARATION TIME: 120 MIN

COOKING TIME: 5 MIN

Ingredients

- Whole wheat flour - 1 cup
- Green gram/Moong dal with skin - 4 tsp
- Black gram/Urad dal - 2 tsp
- Bengal gram/Chana dal - 2 tsp
- Pigeon peas/Arhar/Toor dal - 2 tsp
- Red lentil/Masoor dal - 2 tsp
- Sesame seeds/Til - 1 tsp
- Ginger/Adrak - 1 inch, chopped
- Green chilli/Hari mirchi - 2
- Roasted cumin seed powder - 1 tsp
- All spice mix powder - 1/2 tsp
- Laal mirch powder/Red chilli powder – to taste
- Hing/Asafoetida - a pinch
- Kasuri Methi/Dry fenugreek leaves - 1 tsp
- Fennel seeds powder - 1 tsp
- Dhaniya patta/Coriander leaves - a handful, chopped.
- Namak/Salt - to taste
- Tel/Oil - 1 tsp
- Clarified butter/Ghee - as required for roasting

Directions

- Wash and soak all dals for at least for 3 to 4 hours. Then, drain the water completely. Transfer it to a grinding jar. Add ginger and green chilli. Grind it to make a slightly coarse mixture.
- Now, take it out in a bowl. Add whole wheat flour, sesame seeds, kasuri methi by rubbing between palms, fennel seeds powder, roasted cumin seed powder, all spice mix powder asafoetida, red chilli powder, salt, and chopped coriander leaves. Mix well.
- Knead a soft dough. If required, add very little water. Add 1 tsp oil. Knead well. Take a small ball-sized dough and make a round-shaped circular peda from the dough. Dust it with flour and roll a peda to make a paratha. Adjust its edges by pressing it.
- Meanwhile, heat a tawa. Place the paratha on the tawa. Cook from one side on medium flame.
- Flip it once it is slightly brown. Roast it on medium flame. Apply ghee on both sides, and cook it on medium flame. Press the paratha while cooking it. Once done. Take it out on a serving plate. Likewise, prepare more parathas.
- Delicious 'Mix Dal Paratha' is ready to be served.

Tips

- Any dal of choice can be used to make the paratha.
- Any spices of choice may be added, but fennel seeds must be added; they give a nice flavour to the dish.
- The paratha should be cooked on a low flame and pressed while it is cooked.

[Watch the video recipe](#)

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Chana Dal Sundal

a protein-rich quick dish



By Aditya & Archana Chakravarthy,

From Karnataka

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 6 MIN

Ingredients

- Bengal gram/Chana dal - 1 cup
- Water – as required
- Salt – to taste
- Oil - 1 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Turmeric powder/Haldi powder - 1/4 tsp
- Asafoetida/Hing - 1/4 tsp
- Ginger/Adrak – 1-inch, grated
- Green chilli/Hari mirchi - 2 to 3, slit
- Curry leaves/Curry patta - a few
- Fresh coconut/Nariyal - 1 cup, grated
- Coriander leaves/Hara dhaniya - a handful
- Tsp/tsp = teaspoon
- Tbsp = tablespoon

Directions

- Wash Bengal gram and transfer it to a pressure cooker. Add water and salt. Cook it on medium flame till 2 to 3 whistles. Once done, strain the water and take it out in a bowl. Keep it aside.
- Heat oil in a pan. Add mustard seeds, turmeric powder, asafoetida, ginger, green chilli, and curry leaves. Mix well.
- Now add cooked Bengal gram and a little salt. Mix well for a few seconds.
- Then add fresh coconut and coriander leaves. Mix well.
- Once done, turn off the flame and take it out on a serving plate.
- 'Chana Dal Sundal' is ready to be served.

Instant Jalebi

a popular dessert



By Anita Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 35 MIN

COOKING TIME: 6 MIN

Ingredients

- All-purpose flour/Maida - 1 cup
- Curd/Dahi - as required
- Clarified butter/Ghee - as required for frying
- Sugar - 2 cups
- Water - as required
- Saffron/Kesar - 5 to 6 strands
- Cardamom powder/Elaichi powder - 1/4 tsp

Tips

- Both ends of the Jalebi should be joined.
- Let the batter rest for at least 30 minutes.
- It is recommended to prepare the jalebi on a small burner.

Directions

- Take sugar in a pan. Add a little water. Mix well. Add saffron and cardamom powder. Boil it for 2 to 3 minutes on high flame to prepare sugar syrup of one-string consistency. Keep it aside.
- Take all-purpose flour in a bowl. Add curd gradually to prepare a medium-thick, lump-free batter. Let it rest for 30 to 60 minutes.
- Then beat it well for 15 to 20 minutes till it becomes fluffy.
- Now transfer the batter to a plastic/polythene packet and fill the batter into it. Cut its mouth in such a way as to ease the batter to spread on the pan to make jalebis.
- Heat ghee in a flat pan. Start making rounds from outside to inside. Make three circles. Likewise, prepare all jalebis. Cook it on a low flame.
- Fry it till it becomes light brown. Take it out and dip it in sugar syrup for some time.
- Now take it out from the sugar syrup and transfer it to a serving plate.
- 'Instant Jalebi' is ready to be served.

Sabudana Veggies Chilla

a protein-rich special dish



By Kirti Agarwal and Manju Agarwal

From Rajasthan

SERVINGS: 2

PREPARATION TIME: 8 MIN

COOKING TIME: 15 MIN

Ingredients

- Peanuts/Mungfali - 1/2 cup
- Sago Pearl/Sabudana - 1/2 cup
- Whole wheat flour - 1/2 cup
- Water - as required
- Carrot/Gajar - 1/2 cup, grated
- Tomato/Tamatar - 2, grated
- Cabbage/Patta gobhi - 1/4 cup, grated
- Capsicum - 1/2 cup, finely chopped
- Coriander leaves - a handful
- Mint leaves/Pudina - 1 tsp, finely chopped
- Green chilli/Hari mirch - 2 to 3, finely chopped
- Boiled potato/Aloo - 1, peeled and mashed
- Chaat masala - 1 tsp
- Red chilli flakes - 1/2 tsp
- Salt - to taste
- Clarified butter/Ghee - as required
- Tsp/tsp = Teaspoon
- Tbsp = Tablespoon

Directions

- Take peanuts and sabudana in a pan. Dry roast it for 5 to 7 minutes on a medium flame. Let it cool down.
- Now grind it in a grinding jar for a few seconds to prepare a coarsely ground mixture.
- Take it out in a bowl. Add whole wheat flour. Then add water gradually to prepare a medium-thick-consistency batter.
- Now add carrot, tomato, cabbage, capsicum, coriander leaves, mint leaves, green chilli, boiled potato, chaat masala, red chilli flakes, and salt. Mix well.
- Meanwhile, heat a tawa. Grease it with ghee. Pour the batter on the tawa and spread it like a pancake. Cook it for 3 to 4 minutes on a low flame till it becomes nice golden brown.
- Flip it to cook the other side as well. Pour some drops of ghee. Once it is cooked from both sides, transfer it to a serving plate.
- 'Sabudana Veggies Chilla' is ready to be served.

Tips

- The ground mixture of sabudana can be stored to make the chilla instantly.
- If it is required to make this chilla for vrat, then singhare ka aata, kuttu ka aata, or rajgira ka aata can be added instead of whole wheat flour.
- Boiled potatoes are optional.
- Available vegetables of choice can be added.
- If this chilla is being made for a vrat, vegetables may be added accordingly.
- Adding turmeric powder to the batter is optional.

[Watch the video recipe](#)

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Tamatar Ki Sabji

a quick option for early morning tiffin



By Neha Agarwal, A Lovely Mom, From Raipur

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Oil/Tel - 1 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Curry leaves/Curry patta - a few
- Green chilli/Hari mirchi - 1, slit
- Tomato/Tamatar - 2, finely chopped
- Salt - to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Jaggery powder/Gud powder - 1 tsp
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Tsp/tsp = Teaspoon
- Tbsp = Tablespoon

Directions

- Heat oil in a pan. Add mustard seeds, curry leaves, green chilli, and tomato. Mix well.
- Then add salt, turmeric powder, and coriander powder. Mix well and cook it for 1 to 2 minutes on a high flame.
- Add red chilli powder, mix well and cook it for a few seconds on a high flame.
- Now add coriander leaves and jaggery powder. Mix well. Cook it for 2 to 3 minutes on a high flame.
- Once done, take it out in a serving bowl and garnish it with coriander leaves.
- 'Tamatar Ki Sabji' is ready to be served.

Tips

- Cumin seeds can be added to the sabji.

Pyaz Ke Pakode Wali Kadhi

a spicy, savoury, and tangy side dish



By Manju Saraf, A Lovely Mom, From Gurgaon

SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- FOR PREPARING PYAZ KE PAKODE
- Onion/Pyaz – 2, chopped
- Green chilli/Hari mirchi – 1, finely chopped
- Coriander leaves - a handful
- Gram flour/Besan - 3 Tbsp
- Turmeric powder - 1/2 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Salt – to taste
- Oil - as required
- FOR PREPARING PYAZ KE PAKODE WALI KADHI
- Curd/Dahi - 1 cup
- Gram flour/Besan - 1 & 1/2 Tbsp
- Salt – to taste
- Turmeric powder/Haldi powder - 1 tsp
- Water - as required
- Green chilli/Hari mirchi – 1, finely chopped
- Coriander leaves/Hara dhaniya - a handful for garnishing
- FOR PREPARING TADKA
- Oil - 1 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Asafoetida/Hing - a pinch
- Bay leaf/Tej patta - 1
- Red chilli powder/Lal mirchi powder - 1 tsp

Directions

- FOR PREPARING PYAZ KE PAKODE
- Take onion, green chilli, coriander leaves, gram flour, turmeric powder, red chilli powder, and salt in a bowl. Mix well. Now add a little water. Mix well and prepare a thick-consistency mixture.
- Meanwhile, heat an appe pan and add some drops of oil to the appe mould. Now place a small ball-sized pakode mixture in the appe mould. Cover the pan with a lid.
- Allow it to cook on a low to medium flame for 3 to 4 minutes.
- Flip the pakode and add some drops of oil. Now cover the pan. Cook it for 3 to 4 minutes. Once done, take them out on a plate. Keep it aside.
- FOR PREPARING PYAZ KE PAKODE WALI KADHI
- Take curd in a grinding jar. Add gram flour and grind it for a few seconds. Keep it aside.
- Heat a pan. Add the ground curd mixture. Then add salt and turmeric powder. Mix well. Add water and green chilli. Mix well.
- Let it boil on a medium flame for 4 to 5 minutes.
- FOR PREPARING TADKA
- Heat oil in a tadka pan. Add mustard seeds, asafoetida, and bay leaf. Now turn off the flame and add red chilli powder. Pour it on kadhi. Mix well.
- Then add the prepared pakode and garnish the kadhi with coriander leaves. Take it out in a serving bowl.
- 'Pyaz Ke Pakode Wali Kadhi' is ready to be served.

Leftover Rice Muthiya

a spicy and healthy dish



By Sheenu Duggal, A Lovely Mom, From Punjab

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Leftover Rice/Cooked rice - 3 cups
- Onion/Pyaz - 1, finely chopped
- Coriander leaves/Hara dhaniya - a handful
- Rice flour/Chawal ka aata - 1 cup
- Salt - to taste
- Chaat masala - 2 tsp
- Red chilli powder/Lal mirchi powder - 3 tsp
- Oil - for greasing
- Water - as required
- FOR PREPARING TADKA
- Oil - 1 Tbsp + as required
- Curry leaves/Curry patta - a few
- Cumin seeds/Jeera - 1/2 tsp
- Mustard seeds/Rai - 1/2 tsp
- Dry red chilli/Sookhi lal mirch - 2 to 3
- Cashew/Kaju - 4 to 5, chopped
- Lemon juice/Nimbu ka ras - of 1/2 lemon

Directions

- Grind leftover rice in a grinding jar to make a smooth paste. Transfer to a bowl.
- Add onion, coriander leaves, rice flour, salt, chaat masala, and red chilli powder. Mix well.
- Now make small, cylindrical-shaped muthiyas from the prepared mixture. Grease the stand or strainer and arrange all the prepared muthiyas to it.
- Meanwhile, heat water in a steamer and place a stand or strainer in it.
- Once the water starts boiling, put the muthiyas in the steamer and cover it with a lid.
- Steam the muthiyas on a medium flame for 10 to 12 minutes.
- After 8 minutes, check a muthiya by inserting a knife. If it comes out clean, then the muthiya is ready; else, steam it for 2 to 3 minutes more.
- Once done, take it out.
- FOR PREPARING TADKA
- Heat oil in a pan. Add curry leaves, cumin seeds, mustard seeds, dry red chilli, and cashew. Mix well.
- Now add steamed muthiya. Mix well. Add a little oil. Stir it occasionally on a high flame for 3 to 4 minutes till it becomes nice golden brown.
- Once done, take it out on a serving plate and pour lemon juice on it.
- 'Leftover Rice Muthiya' is ready to be served.

Tips

- The water shouldn't be added while grinding leftover rice.
- Green chilli can be added instead of red chilli powder.
- The muthiya should be checked by inserting a knife. If it comes out clean, then the muthiya is ready; else, it should be steamed for 2 to 3 minutes more.
- Peanuts can be added instead of cashews.

[Watch the video recipe](#)

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

Mirchi Ke Tipore

a spicy and tangy side dish



By Mridula Ameriya, A Lovely Mom, From Rajasthan

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Green chilli (large and thick)/Hari mirchi - 8 to 10
- Mustard oil/Sarso ka tel - 2 Tbsp
- Mustard seeds/Rai - 1 tsp
- Fennel seeds/Saunf - 1 tsp
- Asafoetida/Hing – a pinch
- Salt – to taste
- Turmeric powder/Haldi powder - 1 tsp
- Coriander powder/Dhaniya powder - 2 tsp
- Fennel seed powder/Saunf powder - 1 tsp
- Roasted cumin seed powder/Jeera powder - 1 tsp
- Dry mango powder/Amchur - 2 tsp
- Red chilli powder/Lal mirch powder - 1 tsp

Directions

- Cut green chillies in a round shape and keep aside.
- Heat oil in a pan. Add mustard seeds, fennel seeds, asafoetida, and chopped green chillies. Mix well.
- Add salt and turmeric powder. Mix well and cook it on a medium flame. Cover the pan with a lid for one minute.
- Now add coriander powder, fennel seeds powder, roasted cumin seed powder, dry mango powder, and red chilli powder. Mix well and cover the pan with a lid for one minute.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Mirchi Ke Tipore' is ready to be served.

Tips

- The green chillies should be kept crunchy.

Suji Moist Cake

a quick and easy teatime cake



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 6

PREPARATION TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

- Fine Semolina/Sooji/Rava - 1 cup
- Whole wheat flour/Gehu ka aata - 1/2 cup
- Powdered sugar/Pisi hui shakkar - 3/4 cup
- Salt/Namak - a pinch
- Curd/Dahi - 1 cup, whisked
- Vanilla essence - 1/2 tsp
- Olive oil - 3/4 cup
- Milk - 1/2 cup
- Baking powder - 1 tsp
- Baking soda - 1/2 tsp
- Clarified butter/Ghee - as required
- Pistachio/Pista - finely chopped
- FOR PREPARING SUGAR SYRUP
- Water - 1/2 cup
- Sugar - 2 tsp
- Lemon juice/Neebu ka ras - of 1/2 lemon
- Tsp/tsp = Teaspoon
- Tbsp = Tablespoon

Directions

- Preheat the oven at 180 degrees Celsius for 10 minutes. Meanwhile, take a bowl and put a sieve on it. Add semolina and whole wheat flour in it and sieve it.
- Now add sugar in a sieve and sieve it. Then add salt, curd, and vanilla essence. Mix well.
- Add olive oil. Then add milk gradually to prepare a medium-thick batter. Now add baking powder and baking soda.
- Take a cake tin and grease it with ghee. Put butter paper in it and grease it with ghee as well. Pour the batter into it and tap the cake tin 2 to 3 times.
- Put the cake tin in the oven for baking. Bake the cake at 180 degrees Celsius for 45 minutes.
- Once baked, take out the cake tin from the oven and let it cool down to room temperature. De-mould the cake and remove the butter paper. Take it out on a serving plate.
- Meanwhile, take water and sugar in a bowl to prepare sugar syrup. Heat it on a medium flame till it starts to boil. Then add lemon juice.
- Pour the sugar syrup on the baked cake and garnish it with pistachio.
- 'Suji Moist Cake' is ready to be served.

Tips

- If fine semolina is not available, then the coarse semolina should be ground to make it fine.
- Sweetness can be adjusted as required.
- Instead of olive oil, any type of oil can be used to prepare this cake.
- Baking powder and baking soda should be added just before baking.
- If time permits, the batter should be kept aside for 15 minutes without mixing baking soda and baking powder.

Aloo Bonda

a delicious snack



By Archana Chakravarthy, A Lovely Mom, From Karnataka

SERVINGS: 1 - 2

PREPARATION TIME: 4 - 5 MIN

COOKING TIME: 3 - 4 MIN

Ingredients

- FOR PREPARING ALOO MIXTURE
- Potato/Aloo - 4 to 5, boiled and mashed
- Salt - to taste
- Oil - 2 Tbsp
- Cumin Seeds/Jeera - 1 tsp
- Asafoetida/Hing - a pinch
- Mustard seeds/Rai - 1 tsp
- Bengal gram/Chana dal - 1 tsp
- Split black gram/Urad dal - 1 tsp
- Green chilli/Hari mirchi - 3, slit
- Curry leaves/curry patta - a few, chopped
- Turmeric powder/Haldi powder - 1 tsp
- Lemon juice/Neebu ka ras - of 1/2 lemon
- Coriander leaves/Hara dhaniya - a handful
- FOR PREPARING BATTER
- Gram flour/Besan - 1 cup
- Rice flour/Chawal ka atta - 2 to 3 Tbsp
- Salt - to taste
- Water - as required
- Asafoetida/Hing - a pinch
- OTHER INGREDIENTS
- Oil - for frying
- Tsp/tsp = teaspoon
- Tbsp = tablespoon

Directions

- FOR PREPARING ALOO MIXTURE
- Heat oil in a pan. Add Bengal gram, split urad dal, mustard seeds, cumin seeds, asafoetida, green chilli, and curry leaves. Mix well. Sauté it for a while.
- Now add turmeric powder. Mix well. Then add boiled potato and mix it well. Add salt and coriander leaves. Mix well.
- Once done, turn off the flame and let it cool down. Then, add lemon juice. Now, the mixture is ready.
- Take a small portion of the aloo mixture on the palm. Prepare a small round-shaped ball. Likewise, prepare all balls from the mixture and keep aside.
- FOR PREPARING THE BATTER
- Take gram flour and rice flour in a bowl. Add salt. Mix well. Then add water gradually to make a batter of medium consistency. Mix well. Then add a spoonful hot oil in the batter and mix it well.
- FOR PREPARING ALOO BONDA
- Heat oil in a pan to fry the bonda. Dip the prepared aloo balls into the batter and coat them evenly. Then place each of them into the hot oil and fry them on a medium flame.
- Deep fry them until they become crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon.
- 'Aloo Bonda' is ready to be served.

Tips

- The spiciness can be adjusted according to taste.
- Green chilli can be removed from the aloo mixture while making balls.
- Haldi powder and salt should be added to potatoes while boiling.
- Lemon juice should be added to the aloo mixture after it cools down.



ENJOY!

**FOR QUERIES AND SUGGESTIONS
PLEASE SEND US AN EMAIL TO
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