



Zayka
Ka
Tadka



The Super Chef Moms of India





FOUNDER'S WORDS

Namaskar!

Wishing you a very Happy
and Prosperous New Year.

We are delighted and grateful for the love and affection you have given us in the past years. 2022 brought us too close and helped us to know the value of home-cooked food!

This New Year edition of the Magazine brings yet another wonderful and lovely collection of winter specials, yummy snacks and traditional recipes. This will make your home cooking experience easier and more enjoyable.

Looking forward to your continued cooperation, support, love and encouragement for our efforts in making 2023 unforgettable and pleasurable

Yours Sincerely

Vijay Haldiya - [Founder of Zayka Ka Tadka]

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WHITE SAUCE VEGETABLE SANDWICH

a healthy and delicious tiffin idea

By Sneha Bubna

From Kolkata



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Butter - 1 Tbsp + as required
- Onion/Pyaz - 1, finely chopped
- Beans - 1/2 cup, finely chopped
- Carrot/Gajar - 1/2 cup, finely chopped
- Capsicum/Shimla mirch - half, finely chopped
- Sweet corn - 1 cup
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Salt - to taste
- Red chilli flakes - 1/2 tsp (optional)
- Oregano - 1 tsp
- Corn flour - 1/2 tsp
- Milk - 1/4 cup
- Cheese slice - 1
- Chilli sauce - 2 tsp
- Bread - 2 slices
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- Add sweet corn to hot water then strain it. Keep it aside.
- Heat 1 Tbsp of butter in a pan. Add onion, beans, carrot, capsicum, and the prepared sweet corn. Mix well. Sauté it for a few seconds on low flame.
- Then add black pepper powder, salt, red chilli flakes, oregano, and corn flour. Mix well for a few seconds.
- Now add milk. Mix well for 1 to 2 minutes on low flame. Add cheese slice. Mix well. Keep stirring it till it becomes a thick mixture.
- Then add chilli sauce. Mix well. Once done, turn off the flame. Keep it aside.
- Now take a bread slice and spread the white sauce vegetable mixture on it. Cover it with another bread slice.
- Apply butter on the outer side of both bread slices and place the prepared sandwich in the sandwich maker.
- Roast it for 3 to 4 minutes. Once done, take it out on a serving plate and cut it diagonally.
- 'White Sauce Vegetable Sandwich' is ready to be served.

TIPS

- Vegetables can be added as per choice and availability.
- All vegetables should be kept crunchy and not overcooked.
- The sandwich can be roasted on a tawa instead of in a sandwich maker.

PIZZA PARATHA

a unique stuffed paratha

By Divya Kamdar

From Kolkata



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Whole wheat flour/Gehu ka aata - 1 cup
- Red chilli flakes - 1 tsp
- Salt - to taste
- Tomato/Tamatar - 1, chopped
- Ginger/Adrak - 1 inch, chopped
- Green chilli/Hari mirchi - 2, chopped
- Garlic/Lahsun - 3 to 4 cloves
- Onion/Pyaz - 1, finely chopped
- Capsicum/Shimla mirch - 1/2, finely chopped
- Oregano - 1/2 tsp
- Processed cheese - as required, grated
- Butter - as required
- tsp = teaspoon
- tbsp = tablespoon

TIPS

- Pizza pasta sauce can be added instead of tomato puree.
- Salt should be added only at the time of adding vegetables to the paratha.
- Any type of cheese can be used to prepare this paratha

DIRECTIONS

- Grind tomato, ginger, green chilli, and garlic in a grinding jar to a puree and keep it aside.
- Now take whole wheat flour, red chilli flakes, and salt in a bowl. Add the prepared tomato puree and knead a medium-soft consistency dough.
- Take a small ball-sized dough and make a round-shaped circular peda from it. Roll it to make a small paratha.
- Now add onion and capsicum to the centre of the paratha. Sprinkle salt and oregano on it.
- Then add cheese to it. Join the edges and seal the paratha properly. Then roll it and prepare the paratha.
- Meanwhile, heat a tawa. Place the prepared paratha on it and cook it from one side on medium flame. Flip it once it is slightly brown.
- Apply butter on both sides and cook on a medium flame. Press the paratha while cooking to make it crispy.
- Once done, transfer it to a serving plate. Then cut it and garnish it with cheese.
- 'Pizza Paratha' is ready to be served.

CLUB KACHORI

a popular dish from Kolkata

By Shilpi Agrawal

From Bihar



SERVINGS: 4

PREPARATION TIME: 190 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Whole wheat flour/Gehu ka aata - 2 cups
- Semolina/Sooji - 1/2 cup
- Curd/Dahi - 1/2 cup
- Oil - 1 tsp + for frying
- Salt - to taste
- Asafoetida/Hing - a pinch
- Black gram/Urad dal - 1/2 cup
- Water - as required
- Ginger/Adrak - 1 inch, chopped
- Green chilli/Hari mirch - 1, chopped
- tsp = teaspoon
- tbsp = tablespoon

TIPS

- This dish can be prepared using a 1:1 ratio of wheat flour and maida.
- It is recommended to use only [curd](#) to knead the dough.

DIRECTIONS

- Soak urad dal for 3 to 4 hours. Then drain the water completely. Transfer it to a grinding jar. Add ginger and green chilli. Coarsely grind it for a few seconds. Transfer it to a bowl. Keep it aside.
- Take whole wheat flour in a bowl. Add semolina, curd, oil, salt, asafoetida, and ground urad dal mixture. Mix well and knead a medium-consistency dough.
- Then take a small ball-sized portion of the dough and prepare a peda from it. Apply oil to it.
- Now, with the help of a rolling pin, make a small-medium thick kachori. Likewise, prepare all the kachoris.
- Meanwhile, heat the oil for frying the kachori. When the oil is hot, place the kachori in the oil and fry it on a medium flame
- Deep fry until it turns golden brown from both sides and takes it out on a serving plate. Likewise, fry all the kachoris.
- 'Club Kachori' is ready to be served.

3 TYPES OF MAKHANA SNACKS

a healthy and light snack

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- FOR PREPARING SPICY MAKHANA
- Foxnuts/Makhana - 1 cup, roasted
- Butter - 1 tsp
- Chaat masala - 1 tsp
- Black pepper powder/Kali mirch - 1 tsp
- FOR PREPARING COCONUT CAMELIZED MAKHANA
- Foxnuts/Makhana - 1 cup, roasted
- Sugar - 1/2 cup
- Desiccated coconut powder/Nariyal ka burada - 2 to 3 tsp
- FOR PREPARING TIL GUD WALE MAKHANA
- Foxnuts/Makhana - 1 cup, roasted
- Jaggery powder/Gud - 1 cup
- Clarified butter/Ghee - 1 tsp
- Water - 1 tsp + as required
- Sesame seeds/Til - 1 Tbsp
- tsp = teaspoon
- tbsps = tablespoons

DIRECTIONS

- Roast makhana for 2 to 3 minutes on a low flame. Stir it occasionally.
- To check its crispiness, press it with your fingers; it should break easily with a popcorn-like sound. Keep it aside.
- FOR PREPARING SPICY MAKHANA
- Heat butter in a pan. Add chaat masala, black pepper powder, and roasted makhana. Mix well for 1 minute. Once done, turn off the flame and take it out in a serving bowl.
- FOR PREPARING COCONUT CAMELIZED MAKHANA
- Take roasted makhana in a pan. Add sugar and mix well. Keep stirring it continuously for 1 to 2 minutes till the sugar melts and the makhana gets coated well.
- Now keep the flame low and add desiccated coconut powder. Mix well. When caramelized sugar coats the makhana well, turn off the flame.
- Then take them out one by one into a serving bowl.
- FOR PREPARING TIL GUD WALE MAKHANA
- Take jaggery powder in a pan. Heat it on a high flame and add ghee. Mix well. Keep stirring occasionally for 2 to 3 minutes till it melts.
- Add a little water. Mix well and keep stirring continuously for 1 to 2 minutes on a low flame.
- Then drop 2 to 3 drops of jaggery mixture in a bowl of water. Check the drop; if it sounds like a hard consistency ball and breaks easily, it indicates that the jaggery syrup is ready.
- Then add sesame seeds. Mix well and add roasted makhana. Now turn off the flame. Mix well. Then take the makhana out one by one into a serving bowl.
- '3 Types Of Makhana Snacks' is ready to be served.

TIPS

- Drop 2 to 3 drops of jaggery mixture in a bowl of water. Check the drop; if it sounds like a hard-consistency ball and breaks easily, it indicates that the jaggery syrup is ready.

[WATCH THE VIDEO RECIPE](#)

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

DRY FRUITS TOMATO CHUTNEY

a super healthy and delicious side dish

By Shikha Sethi

From Kolkata



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Mustard oil/Sarso ka tel - 1 Tbsp
- Fennel seeds/Saunf - 1 tsp
- Onion seeds/Kalonji - 1/2 tsp
- Dry fenugreek seeds/Methi dana - 1/2 tsp
- Dry red chilli/Sookhi lal mirch - 2
- Tomato/Tamatar - 2, chopped
- Turmeric powder/Haldi powder - 1 tsp
- Salt - to taste
- Sugar - 3 tsp
- Aam papad - 4 to 5 small pieces
- Dates/Khajoor - 4 to 5 pieces, finely chopped
- Cashew/Kaju - 6 to 7
- Raisin/Kishmish - 8 to 10
- tsp = teaspoon
- tbsps = tablespoons

DIRECTIONS

- Heat oil in a pan. Add fennel seeds, onion seeds, dry fenugreek seeds, dry red chilli, and tomato. Mix well.
- Then add turmeric powder and salt. Mix well. Cover the pan with a lid and sauté it for 5 to 6 minutes on a low flame until the tomato becomes soft.
- Now add sugar and mix well. Keep stirring continuously till the sugar melts.
- Then add aam papad, dates, cashew, and raisins. Mix well. Once it becomes medium thick, turn off the flame.
- 'Dry Fruit Tomato Chutney' is ready to be served.

TIPS

- Sweetness can be adjusted as required.
- The chutney becomes thicker after it cools down; so, while cooking, a medium-thick consistency should be ensured.
- To add more tanginess, lemon juice can be added after the chutney is cooked well.
- This chutney can be stored for 6 to 7 days in the refrigerator.

BAJRE KA CHURMA

a special winter dessert

By Vimla Natani & Renu Natani From Rajasthan



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 5 - 7 MIN

INGREDIENTS

- Pearl millet flour/Bajre ka atta - 1 cup
- Water - as required
- Jaggery/Gud - 1/2 cup
- Clarified butter/Ghee - 2 Tbsp
- Chopped dry nuts - as required
- Sesame seeds/Til - 1 tsp
- tsp = teaspoon
- tbsp = tablespoon

TIPS

- Either a tawa or an OTG can be used for roasting the bajra baati.
- Coarse bajra atta should be used for churma.
- The ratio of pearl millet flour and gud should be 2:1.

DIRECTIONS

- Take pearl millet flour in a bowl. Add sesame seeds. Mix well. Add water gradually and prepare a medium-consistency dough. Knead it well. Prepare a round-shaped flat baati of it with palms and fingers.
- Meanwhile, heat a gas tandoor for 10 minutes. Now, place this flat baati in the gas tandoor. Then, with the help of a fork, make indentation on the flat baati.
- Cover the gas tandoor with the lid and roast the flat baati on high flame. After 5 minutes, flip it and roast it on low flame from both the sides.
- Once done, take it out. Then, make small pieces from it and transfer it to a grinding jar. Grind it for a few seconds to make a fine powder mixture. Take it out in a big bowl.
- Meanwhile, heat ghee in a kadai/wok. Add jaggery. Mix well for 1 minute. Then turn off the flame. Now melt the jaggery by stirring it continuously.
- Once done, add bajra baati powder mixture in the melted jaggery. Mix well. Now, add chopped dry nuts and mix well. Transfer it to a bowl.
- 'Bajre Ka Churma' is ready to be served.

PALAK PAKODA

a delicious and easy-to-make fritter

By Jyoti Naresh Tinkhe

From Rajasthan



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

INGREDIENTS

- Spinach/Palak - 1 cup, chopped
- Gram flour/Besan - 5 Tbsp
- Onion/Pyaz - 1, finely sliced
- Potato/Aloo - 1, grated
- Carom seeds/Ajwain - 1 tsp, crushed
- Turmeric powder/Haldi powder - 1/4 tsp
- Coriander seeds/Sabut dhaniya - 1 tsp
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Red chilli powder/Lal mirch powder - to taste
- Kashmiri red chilli powder/Kashmiri lal mirch powder - 1/2 tsp
- All spice mix powder/Garam masala - 1 tsp
- Salt/Namak - to taste
- Water - as required
- Oil - for frying
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- In a bowl, add chopped spinach, sliced onion, grated potato, Kashmiri red chili powder, salt, turmeric powder, red chilli powder, garam masala, coriander seeds, crushed carom seeds, and kasuri methi to it. Mix them well.
- Add water in small quantities and mix them well with the other ingredients to make a thick-consistency batter.
- Meanwhile, heat oil in a kadai/wok.
- Take a part of the mixture and drop it in the oil carefully. Likewise, place all the pakodas in oil. Let them fry by pressing them slightly. Fry them completely on a low to medium flame until they look golden brown in colour. Once done, take them out on a tissue paper.
- 'Palak Pakoda' is ready to be served.

TIPS

- Any available veggies may be added.
- Any shape can be given to the pakodas.
- It is recommended to serve it hot with [green chutney](#) and [tomato sauce](#)

VEGETABLE SOOJI IDLI

a healthy tiffin option for kids

By Archana Chakravarthy

From Karnataka



SERVINGS: 4

PREPARATION TIME: 8 MIN

COOKING TIME: 12 MIN

INGREDIENTS

- Oil - 2 Tbsp
- Black gram/Urad dal - 1/2 tsp
- Bengal Gram/Chana dal - 1/2 tsp
- Mustard seeds/Rai - 1 tsp
- Asafoetida/Hing - a pinch
- Curry leaves/Curry patta - a few
- Semolina/Sooji - 1 cup
- Carrot/Gajar - 1 cup, grated
- Beans - 1/4 cup, finely chopped
- Coriander leaves/Hara dhaniya - a handful
- Salt - to taste
- Curd/Dahi - 1 & 1/2 cups
- Fruit salt - 2 pinches
- Water - as required
- Clarified butter/Ghee - as required
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- Heat oil in a pan. Add black gram, Bengal gram, mustard seeds, asafoetida, curry leaves, and semolina. Mix well and roast it for 2 to 3 minutes on a medium flame. Then turn off the flame and take it out in a bowl.
- Then add beans, 1/2 cup of carrot, salt, and coriander leaves. Mix well and add 1 cup of curd.
- Whisk it well and then add 1/2 cup of curd. Keep it aside.
- Heat water in an idli steamer. Grease the idli mold with oil. Add a little grated carrot and coriander leaves to all the idli molds.
- Then add fruit salt to the batter and pour some drops of water on it. Mix well. Pour the batter in the prepared idli mold.
- Place the mould in the idli steamer. Cook it on a medium flame for 10 to 12 minutes.
- After 10 minutes, insert a toothpick/knife to check the idli. If it comes out clean, then it is cooked perfectly.
- Then take out it. Add some drops of ghee to it. Let it cool down. Then remove it from the mold to a serving plate.
- 'Vegetable Sooji Idli' is ready to be served.

TIPS

- Ghee can be used instead of oil.
- The exact quantity of oil should be added to roast the sooji. It should neither be more nor less.
- The ratio of curd to semolina should be 3:2.
- A toothpick/knife should be inserted to check the idli. If it comes out clean, then it is cooked perfectly.
- It is recommended to prepare this dish using [Curd](#).

DRY FRUITS LADOO

a winter special dessert

By Shikha Sethi

From Kolkata



SERVINGS: 7

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Clarified butter/Ghee - 1/2 tsp + for greasing
- Dates/Khajoor - 1 cup, seedless
- Fig/Anjeer - 1/2 cup, chopped
- Almonds/Badam - 1/4 cup, coarsely crushed
- Cashews/Kaju - 1/4 cup, coarsely crushed
- Dry coconut/Sookha nariyal - 1/4 cup, grated
- Raisin/Kishmish - 1/4 cup
- Poppy seeds/Khas-khas - 1/4 cup
- Pumpkin seeds - 1/4 cup
- tsp = teaspoon
- tbsp = tablespoon

TIPS

- The dates and figs should be roasted well until they become soft.
- Available dry fruits of choice can be added.

DIRECTIONS

- Firstly, heat ghee in a pan. Add dates and fig. Mix well and roast them for 2 to 3 minutes on medium flame while stirring continuously until they become soft.
- Then turn off the flame, transfer the mixture to a grinding jar and grind it for a few seconds.
- Now put the ground mixture back in the same pan and heat it for 1 to 2 minutes on low flame while stirring continuously. Then turn off the flame.
- Further, add almonds, cashews, dry coconut, raisins, poppy seeds, and pumpkin seeds. Mix well.
- Now grease your palms with ghee. Take a small, ball-sized portion of ladoo mixture, roll it between your palms and make a round-shaped ladoo.
- Likewise, prepare all the ladoos and place them in a serving plate.
- 'Dry Fruits Ladoo' is ready to be served.

LAHSUNI PALAK DOSA WITH BEETROOT ALOO MASALA

a healthy and flavourful dish

By Mansi Agarwal

From Kolkata



SERVINGS: 2

PREPARATION TIME: 970 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- FOR PREPARING PALAK PASTE
- Spinach/Palak - 1 cup
- Garlic/Lahsun - 4 to 5 cloves
- Green chilli/Hari mirch - 1
- Ginger/Adrak - 1 inch, chopped
- FOR PREPARING DOSA
- Rice/Chawal - 4 cup
- Black gram/Urad dal - 1 cup
- Fenugreek seeds/Methi dana - 1 tsp
- Water - as required
- Clarified butter/Ghee - as required
- Podi - as required (optional)
- Coriander leaves/Hara dhaniya - for garnishing
- Spring onion/Hara pyaz - for garnishing
- Butter - 1 tsp
- FOR PREPARING BEETROOT FILLING
- Clarified butter/Ghee - 1 Tbsp
- Mustard seeds/Rai - 1 tsp
- Peanuts/Mungfali - 1 cup, roasted
- Boiled potato/Aloo - 2, peeled and mashed
- Beetroot/Chukandar - 1 cup, chopped
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- tsp = teaspoon
- Tbsp = tablespoon

DIRECTIONS

- FOR PREPARING PALAK PASTE
- Grind palak, ginger, garlic, and green chilli in a grinding jar to a paste and keep it aside.
- FOR PREPARING BEETROOT FILLING
- Heat ghee in a pan. Add mustard seeds, peanuts, and boiled potato. Mix well.
- Now add beetroot. Mix well and cook it for 3 to 4 minutes on medium flame.
- Then add salt, turmeric powder, and red chilli powder. Mix well. Once done, keep it aside.
- FOR PREPARING DOSA
- Wash and soak rice and black gram for 8 hours. Add fenugreek seeds while soaking.
- Then, drain the water and grind the rice and black gram using a grinder. Add a little water to make a smooth paste.
- Transfer the ground rice and black gram to a container or a big pan. Cover the pan with a lid and keep it in a warm place for 6 to 8 hours.
- After it gets fermented well, add ground palak paste to the batter.
- Heat the tawa on a medium to low flame. Pour the batter on the tawa to make the dosa. Add some drops of ghee.
- Cook it on a medium flame for 2 to 3 minutes. Now add podi and beetroot filling to it. Garnish it with coriander leaves and spring onion. Top it with butter.
- 'Lahsuni Palak Dosa With Beetroot Aloo Masala' is ready to be served.

TIPS

- Water should be not added while grinding palak paste.
- The ratio of black gram to rice should be 1:4 for dosa batter.
- Beetroot paste can be used for filling instead of chopping it.

STUFFED CHEESY GARLIC BREAD

every kid's favourite cheesy snack

By Sapna Maheshwari

From Faridabad



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 4 MIN

INGREDIENTS

- Lukewarm milk - as required
- Fruit salt - 1 tsp
- All-purpose flour/Maida - 1 cup
- Chilli flakes - 1/2 tsp
- Oregano - 1 tsp
- Garlic butter - as required
- Pizza sauce - as required
- Mozzarella cheese - as required
- Green and yellow bell peppers - 1/2 cup, finely chopped
- Onion/pyaz - 1, finely chopped
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- Take 4 tsp of lukewarm milk in a bowl. Add fruit salt, maida, chilli flakes, and oregano.
- Now add milk gradually to knead a medium soft dough. Apply garlic butter to it and knead it well.
- Then take a big ball-sized dough and make a round-shaped circular peda from the dough. Apply garlic butter on a rolling board. Spread the peda on a rolling board using your fingers to make a round-shaped small roti.
- Now apply pizza sauce on one-half part of it. Then add mozzarella cheese, bell pepper, and onion to it.
- Fold the dough into a semicircle and seal the edges properly using your fingers.
- Now apply garlic butter to the electric tandoor plate. Put the prepared garlic bread into it. Make vertical cuts on it and apply garlic butter to it.
- Cook it for 3 to 4 minutes. Once done, take it out on a serving plate and cut it.
- 'Stuffed Cheesy Garlic Bread' is ready to be served.

TIPS

- FOR PREPARING GARLIC BUTTER:
- Mix well garlic paste and butter in a bowl.
- The dough should be kneaded with lukewarm milk.
- If required, 1 tsp of butter can add to the dough.
- Available vegetables of choice can be added.
- Instant garlic bread can be prepared in a gas tandoor, OTG, or in a pan.
- FOR PREPARING INSTANT GARLIC BREAD IN AN OTG: Cook garlic bread for 15 to 20 minutes at 180 degrees Celsius.
- The edges of garlic bread should be sealed properly; else, the cheese may come out.

ALOO KI KACHORI

a very popular crispy Indian snack

By Amrita Karthik

From Kanpur



SERVINGS: 1 - 2

PREPARATION TIME: 8 - 10 MIN

COOKING TIME: 3 - 4 MIN

INGREDIENTS

- FOR DOUGH
- Whole wheat flour/Gehu ka atta - 1 cup
- Oil - 1 Tbsp
- Water - as required
- Salt - to taste
- FOR STUFFING
- Potatoes/Aloo - 2, medium-sized, boiled
- Onion/Pyaz - 1, chopped (optional)
- Green chilli/Hari mirch - 1, finely chopped
- Asafoetida/Hing - a pinch
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- All spices mix powder/Garam masala - 1 tsp
- Salt - to taste
- Coriander leaves - as required
- OTHER INGREDIENTS
- Oil - for frying
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- FOR DOUGH
- Take a bowl, put whole wheat flour, salt, and oil in it. Mix well. Now, add water and knead a soft-consistency dough. Let it rest for 10 minutes.
- FOR STUFFING
- Take a bowl and mash potatoes in it. Now add coriander leaves, chopped green chilli, chopped onion, hing, red chilli powder, coriander powder, all spice mix powder, and salt. Mix them well and keep aside.
- FOR KACHORI
- Heat oil for frying in a kadai/wok. Take one medium portion of the dough. Dust it with flour and spread with fingers and palms.
- Place the stuffing on the dough. Bring the edges of the dough together and join them at the centre.
- Now, dust it with flour. Roll it slightly using a rolling pin. Repeat the process for making all other kachoris.
- Place the kachoris in hot oil and fry them from both sides on medium flame until they turn golden brown. Once done, take them out.
- Crispy and mouth-watering 'Aloo Ki Kachori' is ready to be served.

TIPS

- Onion is optional.
- The dough of the kachori should be a little bit softer than the dough of a chapati.
- To make it fluffy, the dough should be rested for 10 minutes.

WHOLE WHEAT BANANA CAKE

a delicious eggless cake

By Shveta Sheth and Archana Chakravarthy



SERVINGS: 8

PREPARATION TIME: 5 MIN

COOKING TIME: 45 - 50 MIN

INGREDIENTS

• FOR PREPARING WHOLE WHEAT BANANA CAKE:

- Ripe bananas/Pake kele - 3 nos.
- Jaggery powder/Gud - 3/4 cup
- Butter/Makkhan - 1/2 cup + for greasing
- Vanilla essence - 2 tsp (optional)
- Curd/Dahi - 3 Tbsp
- Whole wheat flour/Gehu ka aata - 1 cup
- Baking powder - 1 tsp
- Baking soda - 1/2 tsp
- Chocolate chips - 1/4 cup
- Sugar balls - for garnishing
- Chocolate compound - 125g, chopped
- tsp = teaspoon
- tbsps = tablespoons

DIRECTIONS

- Take ripe bananas in a bowl and mash them using a masher. Now add jaggery powder and butter. Mix well. Now add vanilla essence and curd. Mix well again.
- Then put a sieve on the bowl. Add whole wheat flour, baking powder, and baking soda. Sieve them.
- Mix well all ingredients with a spatula using the cut and fold method (cut the batter from the centre then fold from the sides to mix). Now add chocolate chips. Mix well.
- Take a cake tin and grease it with butter. Place the butter paper into the tin and grease it with butter. Pour the batter into the cake tin and tap it.
- Meanwhile, preheat the OTG to 180 degrees Celsius for 10 minutes. Now place the tin in the OTG and set the temperature at 180 degrees Celsius for 45 to 50 minutes.
- After 45 minutes, take out the cake tin and check the cake by placing a toothpick in the centre of the cake. If the cake does not stick to the toothpick, it means that the cake is baked properly.
- Now, allow it to cool down for 1/2 to 1 hour. Demould the cake and remove the butter paper.
- Meanwhile, heat water in a small pan. Put a big bowl on it. Add chocolate pieces to it and stir continuously to melt them.
- Now spread the melted chocolate on the cake and garnish it with sugar balls.
- 'Whole Wheat Banana Cake' is ready to be served.

TIPS

- The ratio of jaggery to whole wheat flour should be 1:3.
- The butter should be at room temperature.
- The cake can be garnished with any available ingredients of choice.
- Butter paper is optional.
- The cake tin should be greased and dusted with whole wheat flour or maida to unmould the cake easily.
- The cake should be checked by placing the toothpick in the centre of the cake. If the cake does not stick to the toothpick, it means that the cake is baked properly.
- It is recommended to Prepare this cake using [Curd](#).

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ALOO MASALA BAATI

a traditional dish from Rajasthan

By Geeta Jhalani, Shikha Sethi, and Renu Natani



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 40 MIN

INGREDIENTS

- FOR PREPARING ALOO MASALA
- Boiled potato/Aloo – 3, peeled and mashed
- Salt – to taste
- Fennel seeds/Saunf - 1 tsp
- Roasted cumin seed powder/Bhuna jeera powder - 1 tsp
- Coriander leaves/Hara dhaniya - a handful
- Red chilli powder/Lal mirchi powder - 1 tsp
- Green chilli/Hari mirch - 2 to 3, finely chopped
- FOR PREPARING ALOO MASALA BAATI
- Whole wheat flour/Gehu ka aata - 1 cup
- Clarified butter/Ghee - as required
- Carom seeds/Ajwain - 1 tsp
- Salt - to taste
- Water - as required
- tsp = teaspoon
- Tbsp = tablespoon

DIRECTIONS

- FOR PREPARING ALOO MASALA
- Take boiled potato in a bowl. Add salt, fennel seeds, roasted cumin seed powder, coriander leaves, red chilli powder, and green chilli. Mix well and keep it aside.
- FOR PREPARING ALOO MASALA BAATI
- Take whole wheat flour in a bowl. Add 2 to 3 tsp of ghee, salt, and carom seeds. Mix well. Check the moyan by binding the flour. If it binds, the moyan is perfect; else, add more melted ghee.
- Add water gradually to make a medium soft dough just like the dough for a poori.
- Take a small ball-sized part of the dough and flatten it using your palms and fingers. Now add aloo masala in the centre of it. Then seal its ends to prepare a round-shaped baati. Likewise, prepare all the baatis.
- Meanwhile, preheat the gas tandoor for 10 minutes on a medium flame. Now add the prepared baatis to the gas tandoor and let them cook for 15 minutes on a high flame. Flip the baatis in between so that they get roasted equally well from all sides.
- Once the baatis turn nice golden brown and crack a little bit, lower the flame and cook them for 12 to 15 minutes more.
- Once cooked well, take them out, slightly break them and dip them in melted ghee for a few seconds. Then take them out on a serving plate.
- 'Aloo Masala Baati' is ready to be served.

TIPS

- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more melted ghee should be added.
- FOR POTATO MIXTURE
- The boiled potato should be taken out from the pressure cooker immediately.
- Semolina should be added to the mixture if the mixture becomes softer than required.
- FOR PREPARING BAATI IN OTG
- Preheat the OTG to 200 degrees Celsius for 10 minutes. Then cook the baati for 30 minutes at 200 degrees Celsius.

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INSTANT ALOO CHAAT

a quick snack to serve

By Shveta Sheth

From Mumbai



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Potato/Aloo - 2 to 3, diced
- Oil - for frying
- Onion/Pyaz - 1, finely chopped
- Tomato/Tamatar - 1, finely chopped
- Green chutney/Hari chutney - as required
- Tomato ketchup - 2 tsp
- Ginger/Adrak - 1 inch, finely chopped
- Green chilli/Hari mirchi - 1, finely chopped
- Chaat masala - ½ tsp
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Roasted cumin seed powder/Jeera powder - 1 tsp
- Namkeen mixture - as required
- Namkeen sev/Bhujiya - as required
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- Coriander leaves/Hara dhaniya - a handful
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- Heat oil in a deep frying pan. When the oil is hot, add potatoes. Fry them on low flame for 3 to 4 minutes.
- Deep fry potatoes until they become crispy and golden brown from all sides. Then, take them out on a plate using a slotted spoon.
- Slightly remove oil using a tissue paper. Then transfer them to a serving bowl.
- Add onion, tomato, green chutney, tomato ketchup, ginger, green chilli, chaat masala, salt, red chilli powder, and roasted cumin seeds powder.
- Garnish it with namkeen mixture, namkeen sev, lemon juice, and coriander leaves.
- 'Instant Aloo Chaat' is ready to be served.

TIPS

- Available spices of choice can be added.
- If required, either curd or tamarind chutney can be added to the chaat.
- The raw chopped potato should be kept in water; otherwise, it will turn black.

GUJARATI UNDHIYU

a traditional dish of Gujarat

By Shraddha Thakrar

From Gujarat



SERVINGS: 15

PREPARATION TIME: 10 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- FOR PREPARING MUTHIYA
- Fenugreek leaves/Hari methi - 1 cup, finely chopped
- Gram flour/Besan - 2 tsp
- Whole wheat flour/Gehu ka aata - 3 tsp
- Semolina/Sooji - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Cumin seed powder/Jeera powder - 1 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Salt - to taste
- Jaggery powder/Gud - 2 tsp
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- Oil - 1 tsp + for frying
- FOR FRYING VEGETABLES
- Potato/Aloo - 2 to 3, chopped
- Brinjal/Baingan - 6 to 7, small-sized, cut from top with 2 slits like a cross on each one so that the base stays attached.
- Green chilli/Hari mirchi - 5 to 6, big-sized, halved (optional)
- Sweet potato/Shakarkand - 2 to 3, chopped
- Yam/rataaloo - 1, peeled and chopped
- Oil - for frying
- FOR BOILING VEGETABLES
- Beans - 1 cup, finely chopped
- Cluster beans/Gawar fali - 1 cup, finely chopped
- Tindora/Tendli/Kundru/Ivy Gourd - 1 cup, chopped
- Sem Phali/Indian beans/Surti papdi/Valor papdi/Lima beans - 1 cup
- Seeds of Sem Phali/Indian beans/Surti papdi/Valor papdi/Lima beans - 1 cup
- Green Peas/Matar - 1/2 cup
- Green Pigeon Peas/Tuver/Tuvar ke dane - 1 cup
- Water - as required
- Salt - to taste
- FOR PREPARING UNDHIYU
- Oil - 2 Tbsp + 1 Tbsp
- Mustard seeds/Rai - 1 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Asafoetida/Hing - a pinch
- Grated tomato/Tamatar - 10 to 12
- Peanuts powder/Mungfali ka powder - 1 cup
- Sesame seed powder/Til powder - 1 cup
- Coriander leave - a bunch, finely chopped + for garnishing
- Turmeric powder/Haldi powder - 1 tsp
- Coriander powder/Dhaniya powder - 4 tsp
- All spice mix powder/Garam masala - 1 tsp
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 4 tsp
- Cumin seeds powder/Jeera powder - 3 tsp
- Luck warm water - as required
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- FOR PREPARING MUTHIYA
- Take fenugreek leaves in a bowl. Add gram flour, whole wheat flour, semolina, turmeric powder, coriander powder, cumin seed powder, red chilli powder, salt, jaggery powder, lemon juice, and oil. Mix well.
- Take a small ball-sized portion of the prepared mixture and prepare a round-shaped muthiya. Likewise, prepare all the muthiyas.
- Meanwhile, heat oil for frying. When the oil is medium hot, place the prepared muthiyas in the oil and fry them on a medium flame. Stir continuously while frying.
- Deep fry until the muthiyas turn golden brown from all sides. Once done, take it out on a plate. Likewise, fry all muthiyas and keep them aside.
- FOR FRYING VEGETABLES
- Heat the oil for frying. When the oil is medium hot, fry green chilli, sweet potato, potato, brinjal, and yam separately in hot oil until it turns golden brown from all sides. Once done, take it out on a plate and keep it aside.
- FOR BOILING VEGETABLES
- Take all green vegetables in a pressure cooker. Add a little water and salt. Cook it till 2 whistles on a medium flame. Once done, let it cool down. Strain out the water and keep it aside.
- FOR PREPARING UNDHIYU
- Take peanut powder, sesame seed powder, coriander leaves, turmeric powder, coriander powder, all spice mix powder, salt, red chilli powder, cumin seeds powder, and 1 Tbsp of oil. Mix well. Keep it aside.
- Heat oil in a pan. Add mustard seeds, cumin seeds, asafoetida, and grated tomatoes. Sauté it for 4 to 5 minutes on a medium flame.
- Now add the prepared peanut powder mixture. Mix well. Then add a little water and mix well.
- Now add the boiled vegetables and mix well with light hands.
- Then add fried vegetables. Mix well with light hands. Further, add a little water. Bring it to a boil.
- Then add the prepared muthiyas. Mix well and then turn off the flame and take it out in a serving bowl.
- 'Gujarati Undhiyu' is ready to be served.

TIPS

- It is recommended to add 1 tsp semolina to make the muthiya crispy.
- Sugar can be added instead of jaggery powder.
- There is no need to add water to prepare the muthiya mixture; however, if it is required, 1 to 2 tsp water can be added.
- The muthiya should have a smooth and crack-free surface.
- The muthiya should be added to the sabji just before serving.

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ANDHRA GONGURA PULIYOGARE

a popular dish in south India

By Samudrika Ji

From Vizag



SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- FOR PREPARING GONGURA PASTE
- Oil - 2 Tbsp
- Mustard seeds/Rai - 2 tsp
- Fenugreek seeds/Methi dana - 1 tsp
- Dry red chilli/Sukhi lal mirchi - 14 to 15
- Garlic/Lahsun - 4 to 5 cloves
- Roselle leaves/Gongura leaves - 2 cups
- Coriander leaves/Hara dhaniya - a handful (optional)
- FOR PREPARING GONGURA RICE
- Oil - 1 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Black gram/Urad dal - 1 tsp
- Bengal Gram/Chana dal - 1 tsp
- Garlic/Lahsun - 8 to 10 cloves
- Green chilli - 3 to 4, slit
- Onion/Pyaz - 2, sliced
- Curry leaves/Curry patta - a few
- Salt - to taste
- Turmeric powder/Haldi powder - 1 tsp
- Cooked Rice/Chawal - 2 cups
- tsp = teaspoon
- tbsps = tablespoons

DIRECTIONS

- FOR PREPARING GONGURA PASTE
- Heat oil in a pan. Add mustard seeds and fenugreek seeds. Roast the fenugreek seeds for a few seconds on a medium flame until it becomes golden brown.
- Then add dry red chillies and garlic. Sauté for a few seconds on a medium flame.
- Now add gongura leaves and coriander leaves. Mix well. Sauté for 2 to 3 minutes on a medium flame. Keep stirring continuously.
- Once done, keep it aside and let it cool down. Then transfer it to a grinding jar and grind it for a few seconds to prepare its paste.
- FOR PREPARING GONGURA RICE
- Heat oil in a pan. Add mustard seeds, cumin seeds, black gram, Bengal gram, garlic, green chilli, onion, curry leaves, and salt. Mix well and sauté for 1 to 2 minutes on a medium flame.
- Now add turmeric powder and mix well. Sauté it on a medium flame until the onion becomes golden brown.
- Then add the ground gongura paste. Mix well. Finally, add cooked rice. Mix well and take it out on a serving plate.
- 'Andhra Gongura Puliyogare' is ready to be served.

TIPS

- The spiciness can be adjusted to taste.
- The ground gongura paste can be stored in a refrigerator.

KHARI CORN PUFF

a simple and tasty snack

By Rinku Lakhani

From Rajkot



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

INGREDIENTS


- Khari - 5 to 6
- Corn - 1 cup, boiled
- Butter/Makkhan - 1 Tbsp
- All-purpose flour/Maida - 1 Tbsp
- Onion/Pyaz - 1/2, finely chopped
- Capsicum/Shimla mirch - 1/2, finely chopped
- Spinach puree/Palak puree - 2 Tbsp
- Salt - to taste
- Oregano - as required
- Chilli flakes - as required
- Milk/Doodh - 1/2 cup
- Cheese - 2 Tbsp + for garnishing, grated
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- Heat butter in a pan. Add maida and roast for a while. Then, add chopped onion and capsicum. Cook them for a while.
- Now, add boiled corn and mix well. Add spinach puree. Mix them well. Then add salt, oregano and red chilli flakes. Mix it.
- Pour milk and cook for a while till it becomes thick. Once done, turn off the flame. Add grated cheese and mix well. Keep the mixture aside and let it cool.
- Take a khari and make it hollow in its centre. Fill the prepared mixture in it. Repeat the process with all the kharis. Garnish them with grated cheese.
- 'Khari Corn Puff' is ready to be served.

TIPS

- The ratio of butter to maida should be 1:1.
- Any type of khari can be taken/used to make it.



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Enjoy!

**FOR QUERIES AND SUGGESTIONS PLEASE
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