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Unedited
live recipes



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वही बनता है !

Live from the
kitchens of moms of
india





THE SUPER CHEF MOMS OF INDIA



IN THIS EDITION



- | | | |
|--|--|---|
| 1) <i>Til Ki Chikki</i> -4 | 7) <i>Shakarkand Hare Pyaz Ki Sabji</i> -10 | 13) <i>Gajar Ka Halwa</i> -16 |
| 2) <i>Masala Mini Idli</i> -5 | 8) <i>Sandwich Idli</i> -11 | 14) <i>Chana Oats Pancakes</i> -17 |
| 3) <i>Bread Gulab Jamun</i> -6 | 9) <i>Kachchi Haldi Matar Ki Sabji</i> -12 | 15) <i>Hari Chutney</i> -18 |
| 4) <i>Mirchi Danamethi Ki Sabzi</i> -7 | 10) <i>Rajasthani Mirchi Vada</i> -13 | 16) <i>Vegetables In Cheesy White Sauce</i> -19 |
| 5) <i>Masala Canapes Fry</i> -8 | 11) <i>Lauki Ki Idli</i> -14 | 17) <i>Shahi Tukda With Rabdi</i> -20 |
| 6) <i>Mooli Ka Paratha</i> -9 | 12) <i>Aloo Posto With Alsi Ka Paratha</i> -15 | |



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Til Ki Chikki

a delicious, crunchy and healthy chikki



By Vijay Haldiya,

Founder,

Zayka Ka Tadka

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Sesame seeds/White til - 1 cup
- Sugar - 1 cup
- Oil - for greasing
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- Cardamom powder/Elaichi powder - 1/4 tsp
- Pistachios - sliced for garnishing
- tsp = teaspoon
- tbsp = tablespoon

Directions

- In a pan, roast til lightly for 2-3 minutes. Keep stirring continuously. Then keep it aside.
- In a pan, add sugar. Melt the sugar on a medium flame. Keep stirring continuously. Further, add lemon juice. Mix well.
- Once the sugar melts and turns light brown in colour, add sesame seeds. Mix well and then turn off the flame. Add cardamom powder and mix well.
- Brush oil over a flat surface and immediately collect the til mixture in circular shape. Sprinkle sliced pistachios on top. Roll it with a belan or a rolling pin like a chapati. Make sure that you also grease the belan with oil.
- Roll the til mixture according to the thickness you want and then cut it into pieces immediately before it cools down. After that, let it cool and then separate the chikki pieces.
- Delicious 'Til Ki Chikki' is ready to be served.

Tips

- Adding lemon juice while melting the sugar prevents crystallization and the sugar dissolves quickly. It also prevents the chikki from turning hard.
- The ratio of sugar to sesame seeds should be 1:1.
- Jaggery can be used instead of sugar.
- After the sesame seeds are mixed with melted sugar, the chikki should be rolled immediately, as, after cooling, it will turn hard.
- The thickness of the chikki can be kept according to choice.
- The chikki should be cut into pieces immediately before it cools down.

[Watch the video recipe](#)

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Masala Mini Idli

one of the healthiest tiffin snack options



By Kirti Agarwal, A Lovely Mom, From Rajasthan

SERVINGS: 3

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- FOR PREPARING MINI IDLI
- Semolina/Sooji - 1 cup
- Curd/Dahi - 1 cup
- Fruit salt - 1/2 tsp
- Oil - for greasing
- Water - as required
- Red chilli powder/Lal mirchi powder - 1 tsp
- FOR PREPARING MASALA MINI IDLI
- Oil - 1 Tbsp
- Mustard seeds/Rai - 1 tsp
- Cabbage/Patta gobhi - 1 cup, finely chopped
- Parboiled sweet corn - 1 cup
- Capsicum/Shimla mirch - 1, sliced
- Carrot/Gajar - 1, grated
- Green chilli/Hari mirchi - 2 to 3, finely chopped
- tsp = teaspoon
- tbsp = tablespoon

Directions

- FOR PREPARING MINI IDLI
- Take semolina and curd in a bowl. Mix well, add little water, mix well again and prepare a medium-thick batter. Add salt and mix well. Let it rest for 5 minutes.
- Then add fruit salt. and mix well.
- Heat water in an idli steamer. Grease the mini idli mold with oil. Pour the batter into the prepared idli mold.
- Place the mold in the idli steamer. Cook it on a high flame for 5 to 6 minutes. Insert a knife to check the idli. If it comes out clean, then the idli is cooked perfectly. Then take it out.
- Let the idlis cool down and unmould them. Take out them on a plate. Sprinkle red chilli powder and mix well. Then keep the plate aside.
- FOR PREPARING MASALA MINI IDLI
- Heat oil in a pan. Add mustard seeds, cabbage, sweet corn, capsicum, carrot, and green chilli. Mix well. Sauté for 1 to 2 minutes on a high flame. Then turn off the flame.
- Then add the prepared mini idli and mix well. Once done, take it out on a serving plate.
- 'Masala Mini Idli' is ready to be served.

Tips

- Oil can be used to grease the idli molds.
- Instead of mini idlis, big-sized idlis, cut into small pieces, can be used.
- Vegetables and different types of sauces (tomato ketchup, soy sauce, chilli sauce) can be added as per choice and availability.
- A knife should be inserted to check the idli. If it comes out clean, then the idli is cooked perfectly.

Bread Gulab Jamun

a popular festival special dessert of India



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 3

PREPARATION TIME: 35 MIN

COOKING TIME: 10 MIN

Ingredients

- FOR PREPARING SUGAR SYRUP
- Water - 1 cup
- Sugar - 1 cup
- Saffron/Kesar - 9 to 10 strands
- Cardamom powder/Elaichi powder - 1/4 tsp
- FOR PREPARING BREAD GULAB JAMUN
- Bread - 6 slices
- Milk - 6 to 7 tsp
- Clarified butter/Ghee - 1 tsp
- Oil - for frying
- tsp = teaspoon
- tbsps = tablespoons

Directions

- FOR PREPARING SUGAR SYRUP
- Take water in a pan. Add sugar. Mix well. Add saffron and cardamom powder. Boil it for 3 to 4 minutes on a medium to high flame to prepare the sugar syrup.
- Now keep the flame low and boil it for 3 to 4 minutes.
- FOR PREPARING BREAD GULAB JAMUN
- Take the bread slices, cut their edges and break them into small pieces.
- Now add milk gradually. Mix well and prepare a soft-consistency dough. Add ghee and knead it well.
- Divide it into 5 small ball-sized equal parts. Make round shaped balls from it without any cracks.
- Meanwhile, heat oil in a deep frying pan over medium flame. When the oil is hot, place the prepared jamun gently into the hot oil. Likewise, place the other jamuns as well into the oil. After 10 to 15 seconds, stir each jamun using the top part of the spoon.
- Deep fry them on a low to medium flame until crispy and light golden brown from both sides. Keep stirring them occasionally using the top part of the spoon. Once done, take them out on a plate using a slotted spoon.
- Dip these jamuns in lukewarm sugar syrup for 30 minutes. Stir the jamuns for 1 to 2 minutes. Then take them out in a serving bowl.
- 'Bread Gulab Jamun' is ready to be served.

Tips

- The ratio of water to sugar should be 1:1 for the sugar syrup.
- Milk should be at room temperature.
- The jamun can be fried in either oil or ghee.
- The jamun should be stirred using the top part of the spoon; otherwise, it might break.
- The jamun should be fried on a low to medium flame.
- If the flame is low while frying, the jamun will become hard.
- If the flame is high while frying, the jamun will burn.
- The sugar syrup should be sticky like oil.
- The sugar syrup should be lukewarm when the jamun is added to it.

[Watch the video recipe](#)

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Mirchi Danamethi Ki Sabzi

a popular Rajasthani side dish



By Renu ji, A Lovely Mom, From Rajasthan

SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- Fenugreek seeds/Danamethi - 1/2 cup
- Green chilli/Hari mirchi - 6 to 7, big sized
- Water - as required
- Oil - 2 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Asafoetida/Hing – a pinch
- Salt – to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- Dry mango powder/Amchur - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Take washed green chillies. Deseed, chop, and keep them aside.
- Boil fenugreek seeds in water for 10 minutes till they become soft. Then strain and keep them aside.
- Heat oil in a pan. Add mustard seeds, asafoetida, and green chilli. Mix well. Sauté for 2 to 3 minutes on low flame while stirring occasionally.
- Now add salt, turmeric powder, dry mango powder, and coriander powder. Mix well.
- Then add boiled fenugreek seeds. Mix well. Cover the pan with a lid and cook it for 2 to 3 minutes on low flame. Stir it occasionally.
- Once cooked well, turn off the flame and take it out in a serving bowl.
- 'Mirchi Danamethi Ki Sabzi' is ready to be served.

Tips

- This sabji can be stored for 2 to 3 days at room temperature.

Masala Canapes Fry

a delicious and exciting snack



By Radha Anil Gupta, A Lovely Mom, From Jaipur

SERVINGS: 1 - 2

PREPARATION TIME: 5 - 6 MIN

COOKING TIME: 3 - 4 MIN

Ingredients

- Canapes - 4 to 5
- Boiled Potatoes/Aloo - 3
- Salt - to taste
- Red chilli powder/Lal mirch powder - 2 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Dry mango powder/Amchur - 1/2 tsp
- Oil - for frying
- tsp = teaspoon

Directions

- Mash potatoes in a bowl. Add salt, red chilli powder, dry mango powder, and all spice mix powder. Mix them well and make a lump-free dough.
- Wet palm and fingers with water. Take a small ball-sized dough of mixture and fill it in a canape. Wet the top of it with water properly so that the mixture does not spread in oil while frying. Repeat the process with the other canapes.
- Meanwhile, heat oil in a kadai/wok. Place the canapes in it from the side of the filling. Do not flip the canapes. Fry them on a low flame till they turn golden brown.
- Once done, take them out in a serving plate.
- 'Masala Canapes Fry' is ready to be served.

Tips

- Any type or shape of canape can be used.
- The potatoes should be boiled in less water for making a better and drier mixture of potatoes.
- It should be served with [tomato sauce](#) and [green chutney](#).

Mooli Ka Paratha

a nutritious, winter-special dish



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- White radish leaves/Mooli ke patte - of 1 radish, finely chopped
- White Radish/Mooli - 1
- Coriander leaves/Hara dhaniya - a handful
- Onion/Pyaz - 1, finely chopped
- Carrot/Gajar - 1, grated
- Turmeric powder/Haldi powder - 1/2 tsp
- All spice mix powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Cumin seed powder/Jeera powder - 1 tsp
- Black pepper powder/Kali mirch powder - 1/4 tsp
- Sesame seeds/Til - 1 tsp
- Ginger-green chilli paste/Adrak-hari mirch paste - 1 tsp
- Oil - 2 tsp
- Whole wheat flour/Gehu ka aata - 1 cup
- Salt - as required
- Clarified butter/Ghee - as required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Grate the white radish and squeeze out its water. Keep the water aside in a bowl.
- Take chopped white radish leaves in a big bowl. Add coriander leaves, onion, grated white radish, carrot, turmeric powder, all spice mix powder, coriander powder, jeera powder, black pepper powder, sesame seeds, ginger-green chilli paste, salt, and oil. Mix well.
- Now add whole wheat flour. Mix well. Add the water of the squeezed radish gradually and knead a medium-soft consistency dough.
- Take a small ball-sized dough and make a round-shaped, big circular peda. Dust it with flour and roll it to make a paratha.
- Meanwhile, heat a tawa. Grease it with ghee. Place the paratha on it and cook it on one side. Flip it once it is slightly brown.
- Apply ghee on both sides and cook the paratha on a low flame. Press the paratha while cooking to make it crispy. Once done, transfer it to a serving plate.
- 'Mooli Ka Paratha' is ready to be served.

Tips

- The dough can be stored in the refrigerator.
- The leftover water of the squeezed white radish should be added to the dough gradually.
- The dough should be kneaded at medium consistency; because, after some time, it might become soft.

Shakarkand Hare Pyaz Ki Sabji

a quick option for the early morning tiffin



By Anita Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Sweet potato/Shakarkand - 2
- Oil - 2 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Salt - to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Spring onion/Hara pyaz - 1 cup, finely chopped
- Water - as required
- Tomato/Tamatar - 1, finely chopped
- Green chilli/Hari mirchi - 2 to 3, finely chopped
- tsp = teaspoon
- tbsp = Tablespoon

Directions

- Peel and chop the sweet potato. Cut it into thin round slices. Place the slices in water and keep aside.
- Heat oil in a pan. Add cumin seeds and sweet potato. Mix well and sauté it for a few seconds.
- Then add salt, turmeric powder, coriander powder, and red chilli powder. Mix well and add spring onion.
- Further, add little water and mix well. Cook it for 2 to 3 minutes on medium flame.
- Now add tomato and green chilli. Cook it for 1 to 2 minutes on medium flame.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Shakarkand Hare Pyaz Ki Sabji' is ready to be served.

Tips

- The sweet potato should be peeled just before making the sabji; otherwise, it will turn black.
- Chopped sweet potato should be kept in water.

Sandwich Idli

a crispy and spicy snack



By Manju Agarwal, A Lovely Mom, From Rajasthan

SERVINGS: 5

PREPARATION TIME: 15 MIN

COOKING TIME: 15 MIN

Ingredients

- FOR PREPARING IDLI:
- Semolina/Sooji - 1 cup
- Curd/Dahi - 1 cup
- Water – as required
- Salt – to taste
- Fruit salt - 1/2 tsp
- FOR PREPARING ALOO STUFFING:
- Boiled potato/Aloo - 2 to 3, peeled and mashed
- Paneer - 1 cup, grated
- Coriander leaves/Hara dhaniya - a handful
- Red chilli powder/Lal mirch powder - 1 tsp
- Salt - to taste
- Green chilli/Hari mirchi - 2 to 3, finely chopped
- FOR PREPARING TADKA:
- Oil - 2 Tbsp
- Mustard seeds/Rai - 1 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Sesame seeds/Til - 2 tsp
- Curry leaves/Curry patta - a few
- Green chilli/Hari mirchi - 2 to 3, finely chopped + 2 to 3, slit
- Coriander leaves/Hara dhaniya - a handful
- Red chilli powder/Lal mirchi powder - 1 tsp

Tips

- The [curd](#) shouldn't be sour.
- A knife should be inserted to check the idli. If it comes out clean, then the idli is cooked perfectly.
- Red chilli powder should be added to the tadka after it completely cools down; else, it will get burnt.
- Oil can be applied to the knife to unmould the idli easily.

Directions

- FOR PREPARING ALOO STUFFING:
- Take boiled potato in a bowl. Add paneer, coriander leaves, red chilli powder, salt,
- and green chilli. Mix well.
- Take a small ball-sized portion of the mixture. Press it with your hands and prepare
- a flattened tikki. Likewise, prepare more tikkis and keep aside.
- FOR PREPARING STUFFED IDLI:
- Take semolina in a bowl. Add curd and mix well. Add a little water to prepare a
- medium-thick consistency batter. Let it rest for 10 minutes.
- Now add salt and fruit salt. Mix well.
- Heat water in an idli steamer. Grease the idli mould with oil. Fill the bottom 1/4th
- part of the idli mould with the batter.
- Now put the prepared aloo stuffing tikki on it. Then again fill it with idli batter to
- cover the aloo stuffing. Likewise, prepare all the idli moulds.
- Place the mould in the idli steamer and heat the steamer on a high flame for 7 to 10
- minutes.
- After 8 minutes, insert a knife to check the idli. If it comes out clean, then the idli is
- cooked perfectly; else, cook it for 2 to 3 minutes more.
- Once cooked, take them out. Let them cool down and unmould them. Keep aside.
- FOR PREPARING THE TADKA:
- Heat oil in a pan. Add mustard seeds and cumin seeds. Now turn off the flame
- and add sesame seeds, curry leaves, coriander leaves, and green chilli. Mix well.
- Slightly let it cool down. Now add slit green chilli.
- Then let it cool down completely. Now add red chilli powder. Mix well.
- Now add the prepared stuffed idli. Coat the idli well with the tadka. Take it out on a
- serving plate.
- 'Sandwich Idli' is ready to be served.

Kachchi Haldi Matar Ki Sabji

a healthy winter-special dish



By Vijay Haladiya, Founder, Zayka Ka Tadka

SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- FOR SAUTEED RAW TURMERIC
- Raw turmeric/Kachchi Haldi – 250g
- Clarified butter/Ghee – 125g
- FOR PREPARING HALDI KI SABJI
- Clarified butter/Ghee - 2 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Onion/Pyaz – 2, finely chopped
- Garlic/Lahsun - 4 to 5 cloves, finely chopped
- Tomato/Tamatar – 1, finely chopped
- Salt – to taste
- Red chilli powder/Lal mirch powder - 2 tsp
- Coriander powder/Dhaniya powder - 2 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Curd/Dahi - 1 cup, whisked
- Parboiled green peas/Hare matar - 1 cup
- Coriander leaves/Hara dhaniya - a handful
- tsp = teaspoon
- tbsp = tablespoon

Directions

- FOR SAUTEED RAW TURMERIC
- Wash and peel the raw turmeric. Then grate it. The raw turmeric should be grated just before making sabji; otherwise, it will turn black.
- Heat ghee in a pan. Add raw turmeric. Mix well. Sauté it for 5 to 7 minutes on medium flame. Keep it aside.
- FOR PREPARING HALDI KI SABJI
- Heat ghee in a pan. Add mustard seeds and onion. Mix well and sauté it for 1 to 2 minutes on high flame.
- Further, add garlic and tomato. Mix well. Sauté it for 1 to 2 minutes on a high flame.
- Now add salt, red chilli powder, coriander powder, and all spice mix powder. Mix well.
- Then keep the flame low and add curd. Mix well and stir it continuously for 1 to 2 minutes till it starts to boil.
- Further, add green peas and sauteed raw turmeric. Mix well. Garnish it with coriander leaves. Take it out in a serving bowl.
- 'Kachchi Haldi Matar Ki Sabji' is ready to be served.

Tips

- This sabji can be stored in a refrigerator for 10 to 12 days.
- The raw turmeric should be grated just before making the sabji; otherwise, it will turn black.
- This sabji should ideally be prepared in ghee for a better taste.
- To save time, raw turmeric can be sautéed in advance.
- Spices can be added as per taste.
- The [curd](#) should be at room temperature.
- The green peas can be cooked with raw turmeric.
- Onion and garlic are optional.
- For sauteed raw turmeric, the ratio of ghee to raw turmeric should be 1:2.

Rajasthani Mirchi Vada

a popular Rajasthani street food



By Chef Bhawar Lal Baheti Ji,

From Rajasthan

SERVINGS: 3

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- FOR PREPARING POTATO STUFFING
- Oil - 2 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Fennel seeds/Saunf - 1/2 tsp
- Coriander seeds/Sabut dhaniya - 1/2 tsp, crushed
- Ginger/Adrak - 1 tsp, grated
- Green chilli/Hari mirchi - 3 to 4, finely chopped
- Mint leaves/Pudina - a handful
- Red chilli powder - 2 tsp
- Turmeric powder/Haldi powder - 1 tsp
- All spice mix powder - 1 tsp
- Salt - to taste
- Asafoetida/Hing - a pinch
- Boiled potato/Aloo - 800g, peeled and mashed
- Tatri/Nimbu ke phool - 1/2 tsp
- Coriander leaves - a handful
- FOR PREPARING MIRCHI VADA
- Big green chilli/Hari mirch - 3
- Gram flour/Besan - 1 cup
- Carom seeds/Ajwain - 1/2 tsp
- Salt - to taste
- Baking soda - 1/4 tsp
- Water - as required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- FOR PREPARING POTATO STUFFING
- Heat oil in a pan. Add cumin seeds, fennel seeds, crushed coriander seeds, ginger, and green chilli. Mix well.
- Now add mint leaves, red chilli powder, turmeric powder, all spice mix powder, asafoetida, and salt. Mix well. Then add boiled potato. Mix well. Add tatri and coriander leaves. Mix well. Once done, turn off the flame and keep it aside.
- FOR PREPARING MIRCHI VADA
- Take a big green chilli. Make a vertical slit from the top to the bottom in each chilli. Now, stuff the prepared potato stuffing in the mirch. Likewise, prepare all the other mirchis. Keep it aside.
- Take gram flour in a bowl. Add carom seeds by rubbing between your palms, salt, and baking soda. Mix well. Then add water gradually to make a batter of medium-thick consistency.
- Meanwhile, heat oil in a deep frying pan over medium flame. When the oil is medium hot, dip the stuffed mirchi in the prepared batter and coat it evenly.
- Place it gently into the hot oil and, when the top surface turns light golden brown, flip them using a slotted spoon.
- Deep fry them on medium flame until crispy and light golden brown from both sides. Once done, take them out on a serving plate using a slotted spoon.
- 'Rajasthani Mirchi Vada' is ready to be served.

Tips

- If the green chilli is too long, it should be cut in half.
- Removing the seeds inside the chillies helps in reducing the spiciness of the chillies.

[Watch the video recipe](#)

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

Lauki Ki Idli

a nice green-coloured appetizer



By Sapna Maheshwari, A Lovely Mom, From Faridabad

SERVINGS: 4

PREPARATION TIME: 25 MIN

COOKING TIME: 12 MIN

Ingredients

- Bottle gourd/Lauki - $\frac{1}{2}$, chopped
- Green chilli/Hari mirchi - 1
- Ginger/Adrak - 1 inch, chopped
- Coriander leaves/hara dhaniya - a handful
- Water - as required
- Semolina/Sooji - $\frac{1}{2}$ cup
- Gram flour/Besan - $\frac{1}{4}$ cup
- Curd/Dahi - $\frac{1}{4}$ cup
- Cumin seeds/Jeera - $\frac{1}{4}$ tsp
- Carom seeds/Ajwain - $\frac{1}{2}$ tsp
- Fennel seeds/Saunf - 1 tsp
- Turmeric powder/Haldi powder - $\frac{1}{2}$ tsp
- Asafoetida/Hing - a pinch
- Salt - as per taste
- Oil - 2 tsp
- Fruit salt - $\frac{1}{2}$ tsp
- Clarified butter/Ghee - for greasing + 1 Tbsp
- Mustard seeds/Rai - 1 tsp
- Sesame seeds/Til - 1 tsp
- Curry leaves/Curry patta - a few
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Take bottle gourd, green chilli, ginger, and coriander leaves in a grinding jar. Add a little water and grind it for a few seconds to prepare its paste.
- Take it out in a bowl. Add semolina, gram flour, and curd. Mix well.
- Now add jeera, carom seeds by rubbing between palms, fennel seeds, turmeric powder, asafoetida, salt, and oil. Mix well to prepare a thick-consistency batter. Let it rest for 20 minutes.
- Then add fruit salt to the batter and mix well.
- Heat water in an idli steamer. Grease the idli mould with ghee. Then pour the batter into the prepared idli mould.
- Place the mould in the idli steamer. Cook it on a medium flame for 10 minutes. Then take out it. Keep it aside.
- Heat ghee in a pan. Add mustard seeds, sesame seeds, and curry leaves. Mix well. Then add the prepared idli and mix well.
- Once done, take it out in a serving plate.
- 'Lauki Ki Idli' is ready to be served.

Tips

- The ratio of gram flour to semolina should be 1:2.
- The ratio of [curd](#) to gram flour should be 1:1.
- Two tsp oil should be added to the idli batter to keep it soft for a long time.
- Vegetables can be added to the batter.
- The idli batter should have a thick consistency.
- Gram flour can be added to adjust the consistency of the idli batter.

Aloo Posto With Alsi Ka Paratha

a quick and tasty lunch box idea



By Shikha Sethi, A Lovely Mom, From Kolkata

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- FOR PREPARING ALOO POSTO
- Potato/Aloo - 3
- Mustard oil/Sarso ka tel - 2 Tbsp
- Turmeric powder/Haldi powder - 1 tsp
- Salt - to taste
- Poppy seeds/Khas khas - 1/4 cup
- Coriander leaves/Hara dhaniya - a handful for garnishing
- FOR PREPARING ALSI KA PARATHA
- Whole wheat flour/Gehu ka aata - 1 cup
- Milk - as required
- Fresh cream/Malai - 1 tsp
- Flax seed powder/Alsi powder - 2 tsp
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Salt - to taste
- Carom seeds/Ajwain - 1/2 tsp
- Pickle masala/Achar masala - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful
- Cheese - as required (optional)
- Clarified butter/Ghee - as required
- tsp = teaspoon
- tbsp = tablespoon

Tips

- Mint leaves can be added to the paratha's stuffing masala.
- The paratha should be rolled out with light hands.

Directions

- FOR PREPARING ALOO POSTO
- Wash and peel the potato. Cut it vertically into 4 pieces. Then slice the potato into thick sticks and place in water.
- Heat oil in a pan. Add potato. Mix well. Now add salt and turmeric powder. Mix well and sauté it for 2 to 3 minutes on a high flame. Keep stirring occasionally.
- Now keep the flame low and cover the pan with a lid. Cook it for 2 to 3 minutes.
- Once the potato is cooked well, add poppy seeds. Mix well and garnish it with coriander leaves. Take it out in a serving bowl.
- FOR PREPARING ALSI KA PARATHA
- Take flax seed powder, dry fenugreek leaves, red chilli powder, salt, carom seeds, pickle masala, and coriander leaves in a bowl. Mix well and keep aside.
- Take whole wheat flour in a bowl. Add fresh cream. Mix well and add milk gradually to knead a medium-soft dough.
- Take a small ball-sized dough and make a round-shaped big circular peda from the dough. Dust it with flour and roll a peda to make a small paratha.
- Apply ghee to it. Then add the prepared flax seed stuffing and cheese in the centre. Join the edges and seal the paratha properly. Dust it with flour. Then roll it with light hands and prepare the paratha.
- Meanwhile, heat a tawa. Place the prepared paratha on it and cook it on one side. Flip it once it is slightly brown.
- Apply ghee on both sides and cook on a low flame. Press the paratha while cooking. Once done, transfer it to a serving plate.
- 'Aloo Posto With Alsi Ka Paratha' is ready to be served.

Gajar Ka Halwa

a popular sweet famous across India



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- Carrot/Gajar - 500g, grated
- Milk - 500 ml
- Sugar - 3/4 cup or to taste
- Clarified butter/Ghee - 3 Tbsp
- Elaichi Powder/Cardamom powder - 1/2 tsp
- Milk powder - 1 cup
- Homemade cream/Malai - 1 Tbsp
- Sliced almonds and pistachios - as required for garnishing

Directions

- Wash, peel, and grate the carrots.
- In a deep pan, heat milk on a low flame while stirring it in between to reduce the milk to half of its initial quantity.
- In another pan, heat the 2 Tbsp of ghee. Add grated carrot and sauté it on a medium flame for 3 to 4 minutes.
- Once carrot changes its colour, add reduced milk to it. Mix well and cook.
- When the milk is absorbed, add sugar to it and let it cook.
- Once all the moisture is absorbed, add milk powder. Mix well.
- Then add malai/homemade cream. Mix well. Cook for a minute. Add cardamom powder, 1 Tbsp of ghee, sliced pistachios, and almonds. Then turn off the flame. Take it out in a serving bowl.
- Delicious 'Gajar Ka Halwa' is ready to be served.

Tips

- To save time, the grated carrot should be sautéed separately and the milk reduced in another pan.
- Sugar can be added according to taste.
- Jaggery powder can be added instead of sugar.
- Milk powder is an optional ingredient, but it gives a nice taste to the halwa.
- Condensed milk can be added to the halwa.
- It may be served hot or cold as preferred.

[Watch the video recipe](#)

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

Chana Oats Pancakes

a protein-rich tiffin option



By Archana Chakravarthy, A Lovely Mom, From Karnataka

SERVINGS: 5

PREPARATION TIME: 490 MIN

COOKING TIME: 5 MIN

Ingredients

- Black chickpea/Kala chana - 1 cup
- Oats - 1 cup (optional)
- Rice flour/Chawal ka aata - 1/2 cup
- Green chilli/Hari mirchi - 3 to 4
- Ginger/Adrak - 1 inch, chopped
- Water – as required
- Salt – to taste
- Cumin seeds/Jeera - 1 tsp
- Clarified butter/Ghee - as required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Soak kala chana overnight. Then strain it and transfer it to a grinding jar. Add oats, rice flour, green chilli, and ginger. Grind it for a few seconds then add water, salt, and cumin seeds.
- Grind it again to prepare a medium thick batter.
- Meanwhile, heat a pancake tawa. Now fill the mould with the prepared batter. Likewise, fill all the other moulds.
- Add some drops of ghee to it. Cover the pan with a lid. Cook it on a low flame for 2 to 3 minutes. Then flip it and add some drops of ghee. Cook it from the other side as well.
- Once cooked, take it out on a serving plate.
- 'Chana Oat Pancakes' is ready to be served.

Tips

- Mint leaves and coriander leaves can be added to the batter.

Hari Chutney

a spicy and tangy side dish



By Sarla Modi, A Lovely Mom, From Gujarat

SERVINGS: 6

PREPARATION TIME: 3 MIN

COOKING TIME: 0 MIN

Ingredients

- Coriander leaves/Hara dhaniya - a bunch
- Mint leaves/Pudina - a handful
- Green chilli/Hari mirchi - 2
- Lemon juice/Nimbu ka ras – of ½ lemon
- Salt – to taste
- Water - as required

Directions

- Take coriander leaves in a grinding jar. Add mint leaves, green chilli, lemon juice, salt, and a little water. Grind it for a few seconds.
- Once done, take it out in a serving bowl.
- 'Hari Chutney | Green Chutney For Dahi Bhalla' is ready to be served.

Vegetables In Cheesy White Sauce

a creamy, colourful, healthy dish



By Deepika Nahata, A Lovely Mom, From Rajasthan

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Butter - 1 tbsp
- All-purpose flour/Maida - 1 Tbsp
- Water - 1 cup
- Milk - 1 cup + as required
- Sugar - $\frac{1}{2}$ tsp
- Salt - to taste
- Black pepper powder - 1 tsp
- Grated cheese - 1 tbsp + for garnishing
- Parboiled sweet corn - 1 cup
- Parboiled cauliflower - 1/2 cup, chopped
- Parboiled carrot/Gajar - 1, finely chopped
- Chilli flakes - for garnishing
- Oregano - for garnishing
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Heat butter in a pan. Add all-purpose flour. Mix well. Roast it well for 1 to 2 minutes on low flame till it turns nice golden brown and the aroma of its roasting begins to rise. Keep stirring continuously.
- Then add water and keep stirring continuously to make a lump-free mixture. Then add milk. Keep stirring continuously for 1 to 2 minutes on low flame until it becomes a medium-thick-consistency mixture.
- Now add sugar, salt, and black pepper powder. Mix well.
- Further, add cheese. Mix well for 1 to 2 minutes till the cheese melts. Add a little milk to adjust the consistency of the white sauce.
- Then add sweet corn, cauliflower, and carrot. Mix well for 1 to 2 minutes on low flame. Once done, take it out on a serving plate. Garnish it with cheese, chilli flakes, and oregano.
- 'Vegetables in Cheesy White Sauce' is ready to be served.

Tips

- If required, ghee can be added instead of butter.
- If desired, whole wheat flour can be added with all-purpose flour.
- To prepare a lump-free white sauce, water should be at room temperature.
- If it is desired to add onion, it should be sautéed before all-purpose flour is added to the pan.
- Adding cheese in white sauce is optional.
- Available vegetables of choice can be added.
- The vegetables should be boiled for 2 to 3 minutes.
- If desired, the cheesy white sauce vegetable dish can be baked.
- Boiled pasta can be added to make white sauce vegetable pasta.
- Salt, black pepper powder, and boiled vegetables can be added to the leftover water from the boiled vegetables to make soup from it.

[Watch the video recipe](#)

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

Shahi Tukda With Rabdi

an instant bread pudding



By Divya Sharma, A Lovely Mom, From Delhi

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

Ingredients


- Bread slices - 2
- Milk/Doodh - 1/2 litre
- Milk powder - 1/2 cup
- Sugar - 1 cup + 2 to 3 Tbsp
- Breadcrumbs - of 2 bread slices
- Saffron milk - 2 Tbsp
- Cardamom powder/Elaichi powder - 1/2 tsp
- Crushed dry nuts - 1 Tbsp
- Edible rose water/Gulab jal - 1 tsp
- Water - 1 cup
- Saffron strands/Kesar - as required
- Clarified butter/Ghee - for frying
- Dry nuts - as required, chopped
- Silver vark - as required (optional)
- Rose petals - as required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Heat milk in a pan till it starts to boil. Then, add milk powder and mix well till the lumps get dissolved. Now, add 2 to 3 Tbsp sugar and mix well.
- Add breadcrumbs, saffron milk, cardamom powder and crushed dry nuts. Mix them well. Boil it till the mixture is of neither too thick nor too thin consistency. Now, turn off the flame and let it cool completely. Rabdi is ready now. Now, heat a pan, adding 1 cup sugar and water while mixing well.
- Boil it until the sugar dissolves. Then add the saffron strands and rose water. Keep stirring until it becomes thick or of one-string consistency. Sugar syrup is ready. Keep it aside.
- Meanwhile, heat ghee in a pan. Cut bread slices into triangular pieces. Shallow fry the bread pieces on high flame until they are crisp and golden brown in colour on both sides. Take them out.
- Dip each slice in the warm sugar syrup for about 1 to 2 minutes and take them out.
- Place the bread slices on a serving plate. Pour the prepared rabdi over the bread slices and garnish with the saffron strands, chopped dry nuts, silver vark and rose petals.
- 'Shahi Tukda With Rabdi' is ready to be served.

Tips

- The saffron strands should be soaked in 1 to 2 Tbsp of milk for 5 to 7 minutes.
- The quantity of sugar may be adjusted to taste or preference.
- The consistency of the rabdi should be neither too thick nor too thin.
- Bread slices should not be soaked in sugar syrup for more than 1 to 2 minutes; otherwise, it will become soggy.
- The ratio of sugar to water should be 1:1 for sugar syrup.

The logo is a circular emblem with a green background and a white border. Inside the circle, the words "Zayka", "Ka", and "Tadka" are stacked vertically in a white serif font. A small red chili pepper is positioned to the right of the word "Ka". The logo is set against a background of orange and yellow water droplets.

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ENJOY!

FOR QUERIES AND SUGGESTIONS

PLEASE SEND US AN EMAIL TO

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