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# ZAYKA KA TADKA

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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





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# KACHORI PARATHA

a nice, flavourful dish

By Neeta Sharma

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 180 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Yellow lentils/Moong dal - 1 cup
- Water - as required
- Oil - 1 Tbsp + for roasting
- Cumin seeds/Jeera - 1/2 tsp
- Crushed coriander seeds/Sabut dhaniya - 1 tsp
- Fennel seeds/Saunf - 1 tsp
- Gram flour/Besan - 1 tsp
- Asafoetida/Hing - a pinch
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Salt - as per taste
- Black salt/Kala namak - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful
- Whole wheat dough - as required
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- Soak moong dal for 2 to 3 hours. Then transfer it to a grinding jar and coarsely grind it for a few seconds in pulse mode.
- Heat oil in a pan. Add cumin seeds, crushed coriander seeds, and fennel seeds. Mix well.
- Add gram flour. Mix well and roast it for 1 to 2 minutes on a low flame till a nice aroma begins to rise. Then add asafoetida, red chilli powder, salt, and black salt. Mix well.
- Further, add ground moong dal. Roast it for 2 minutes on a high flame. Keep stirring continuously till the water evaporates and the mixture becomes dry.
- Keep it aside and let it cool down. Then add coriander leaves and mix well. Keep it aside.
- Take the medium-soft whole wheat dough and make a round-shaped, big circular peda from the dough. Dust it with flour and roll a peda to make a paratha.
- Add the prepared moong dal stuffing 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 oil on both sides and cook the paratha on a medium flame. To make the paratha crispy and nicely golden brown, press it and add oil to the tawa while roasting it. Once done, cut it into 4 pieces and transfer them to a serving plate.
- 'Kachori Paratha' is ready to be served.

## TIPS

- Soaked moong dal should be coarsely ground in pulse mode.
- Coriander leaves should be added when the stuffing cools down.
- To make the paratha crispy and nicely golden brown, add oil to the tawa while roasting the paratha.
- Ghee can be added instead of oil to roast the paratha.

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# MATAR GUJIYA

a famous teatime snack in Gujarat  
By Shraddha Thakrar From Gujarat



SERVINGS: 5

PREPARATION TIME: 20 MIN

COOKING TIME: 8 MIN

## INGREDIENTS

- FOR PREPARING MATAR STUFFING
- Green peas/Matar - 1 cup
- Oil - 1 tsp
- Cumin seeds/ Jeera - 1/4 tsp
- Asafoetida/Hing - a pinch
- Coriander leaves/Hara dhaniya - a handful
- Salt - to taste
- Green chilli paste/Hari mirchi paste - 1/2 tsp
- Powdered sugar - 1 tsp
- Lemon juice/Nimbu ka ras - 2 tsp
- Desiccated coconut powder/Nariyal ka burada - 1/4 cup (optional)
- FOR PREPARING THE DOUGH
- All-purpose flour/Maida - 1 cup
- Salt - to taste
- Clarified butter/Ghee - 1 tsp
- Water - as required
- OTHER INGREDIENTS
- Oil - for frying
- Tsp/tsp = teaspoon
- tbsps = tablespoons

## TIPS

- It is recommended to use ghee as moyan.
- Stuffed gujiya without frying can be kept in the refrigerator or for 2 to 4 hours at room temperature.
- Unfried stuffed gujiya should be arranged on a plate without overlapping each other; otherwise, they will stick together.

## DIRECTIONS

- FOR PREPARING MATAR STUFFING
- Take green peas in a grinding jar. Coarsely grind it for a few seconds. Take it out in a bowl and keep it aside.
- Heat oil in a pan. Add cumin seeds, asafoetida, and ground green peas. Mix well. Sauté it for 2 to 3 minutes on a low flame. Stir it occasionally.
- Further, add coriander leaves and mix well. Then add salt, green chilli paste, powdered sugar, and lemon juice. Mix well.
- Once done, turn off the flame and add desiccated coconut powder. Mix well. Keep the stuffing mix aside and let it cool down.
- FOR PREPARING THE DOUGH
- Take all-purpose flour in a bowl. Add salt and ghee. Mix well. Now add water gradually and prepare a medium-soft dough. Keep it aside and let it rest for 15 minutes.
- FOR PREPARING MATAR GUJIYA
- Make a small round ball from the dough and roll it into a small roti. Apply water on its border. Stuff it with the prepared matar stuffing and fold it. Press the edge with your fingers.
- Now make a design on the edge by folding it using your thumb and fingers. Likewise, prepare all the gujiyas.
- Heat oil for frying on a medium flame. Now place the gujiyas carefully in the oil and fry them for 2 to 3 minutes. Flip each of them using a slotted spoon.
- Deep fry them until they become golden brown from both sides. Once done. Take them out on a serving plate.
- 'Matar Gujiya' is ready to be served.

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# SHAHI DUM ALOO

a quick and delicious side dish

By Neha Agarwal

From Raipur



SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Onion/Pyaz - 1, chopped
- Tomato/Tamatar - 1, chopped
- Ginger/Adrak - 1 inch, chopped
- Green chilli/Hari mirchi - 1
- Garlic/Lahsun - 5 to 6 cloves
- Baby potato/Aloo - 6 to 7, peeled
- Mustard oil/Sarso ka tel - 2 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Cloves/Laung - 2
- Black cardamom/Badi elaichi - 1
- Bay leaf/Tej patta - 1
- Cinnamon/Dal chini - 1 stick
- Salt - to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Water - 2 cups
- Dry fenugreek leaves/Kasuri methi - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- tsp - teaspoon
- tbsp = tablespoon

## DIRECTIONS

- In a grinding jar, grind onion, tomato, ginger, green chilli, and garlic. for a few seconds to a puree and keep it aside.
- Heat mustard oil in a pressure cooker to a high temperature to remove its fragrance. Then turn off the flame. Add cumin seeds, cloves, black cardamom, bay leaf, and cinnamon stick.
- Then turn on the flame and add the prepared puree. Mix well.
- Further, add salt, turmeric powder, coriander leaves, red chilli powder, and all spice mix powder. Mix well.
- Sauté it for a few seconds on a high flame till the oil separates. Then add baby potato. Mix well.
- Sauté it for 1 to 2 minutes on a high flame and add water. Mix well. Now cover the pressure cooker with its lid.
- Cook it on a high flame till 5 to 6 whistles. Once done, turn off the flame. Then open it. Add dry fenugreek leaves by rubbing between your palms and coriander leaves. Mix well.
- Take it out in a serving bowl and garnish it with coriander leaves.
- 'Shahi Dum Aloo' is ready to be served.

## TIPS

- If you do not have baby potatoes then cut the big-sized potato into 2 or 4 equal parts.
- To remove its fragrance, mustard oil should be heated to a high temperature.



# SPINACH CORN CHEESE CREPE

a restaurant-style dish

By Anita Sharma

From Rajasthan



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- FOR PREPARING CREPE
- Milk - 1/2 cup
- Water - 1/2 cup
- Whole wheat flour/Gehu ka aata - 1/3 cup
- All-purpose flour/Maida - 1/3 cup
- Butter - 1 & 1/2 tsp
- FOR PREPARING STUFFING:
- Butter - 1 Tbsp
- Onion/Pyaz - 1, finely chopped
- Boiled sweet corn - 1/4 cup
- Spinach/Palak - 1 cup, finely chopped
- Chilli flakes - 1 tsp
- Grated cheese - 1/2 cup
- Milk - 1/2 cup
- Salt - to taste
- FOR PREPARING WHITE SAUCE
- Butter - 1 tsp
- All-purpose flour/Maida - 1 & 1/2 tsp
- Milk - 1/2 cup + as required
- Cheese - 1 Tbsp, chopped
- Chilli flakes - 1 tsp + for garnishing
- Black pepper powder/Kali mirch - 1/2 tsp
- Salt - to taste
- Oregano - 1/2 tsp + for garnishing
- tsp = teaspoon
- Tbsp = tablespoon

## DIRECTIONS

- FOR PREPARING CREPE
- Grind milk, water, whole wheat flour, all-purpose flour, and butter in a grinding jar for a few seconds to prepare a batter of medium thick consistency. Take it out in a bowl.
- Heat a pan. Pour the batter on the tawa and spread it like a pancake. Cover the pan with a lid and cook it for 1 to 2 minutes on a medium flame. When the crepe leaves the pan at the borders and bubbles appear, it indicates that it is cooked well. Then turn off the flame. Keep it aside and let it cool down.
- FOR PREPARING THE STUFFING
- Heat butter in a pan. Add onion. Sauté it for 1 to 2 minutes on a medium flame. Then add sweet corn and spinach. Mix well. Sauté it for 1 to 2 minutes on a medium flame.
- Further, add chilli flakes, grated cheese, salt, and milk. Mix well. Cook it for 1 to 2 minutes on a medium flame till the cheese gets melted and becomes a medium thick consistency mixture.
- Add a little white sauce to quickly thicken the consistency of the stuffing. Then turn off the flame and take it out in bowl. Let it cool down.
- FOR PREPARING THE WHITE SAUCE
- Heat butter in a pan. Add all-purpose flour. Mix well and roast it well for 1 to 2 minutes on a low flame.
- Then add milk. Mix well. Keep stirring continuously for 1 to 2 minutes on a low flame until it becomes a medium thick consistency mixture. Further, add cheese. Mix well. Add a little milk to adjust the consistency.
- Then add chilli flakes, black pepper powder, salt, and oregano. Mix well. Then turn off the flame. Keep it aside.
- FOR PREPARING SPINACH CORN CHEESE CREPE
- Take the prepared crepe on a serving plate. Add the stuffing mixture to it. Then fold its upper left and right sides. Then fold the lower side to make a triangle. Now flip the plate and take it out on your palm to flip it. Put it on a serving plate.
- Now pour white sauce on it to cover it. Garnish it with red chilli flakes and oregano.
- 'Spinach Corn Cheese Crepe' is ready to be served.

## TIPS

- FOR CREPE
- Milk should be at room temperature.
- The ratio of milk to water should be 1:1.
- The ratio of whole wheat flour to all-purpose flour should be 1:1.
- When the crepe leaves the pan at the borders and bubbles appear, it indicates that it is cooked well.
- FOR WHITE SAUCE
- If required, grated cheese or chopped cheese can be added to the white sauce.
- Milk can be added to adjust the consistency of the white sauce.
- FOR STUFFING:
- A little white sauce should be added to quickly thicken the consistency of the stuffing.

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# TIL GUD BARFI

a healthy winter-special dessert

By Vijay Haldiya      Founder      Zayka Ka Tadka



SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Sesame seeds/Til - 1 cup
- Jaggery/Gud - 1 cup, crushed
- Clarified butter/Ghee - 1 Tbsp + as required
- Water - 1/4 cup
- Almond flakes - for garnishing
- tsp = teaspoon
- tbsp = tablespoon

## TIPS

- A little water should be added while melting the jaggery so that it does not burn.
- The roasted sesame seeds should be ground in pulses.
- The barfi should be cut into the desired shape while it is lukewarm.

## DIRECTIONS

- Roast sesame seeds for 2 to 3 minutes on a medium flame while stirring it continuously.
- Once roasted well, transfer it to a grinding jar and grind it for a few seconds in pulse mode. Keep it aside.
- Heat ghee in a pan. Add jaggery. Mix well and add water. Keep stirring continuously on a medium flame for 2 to 3 minutes till the jaggery melts well and starts to boil.
- Now add ground sesame seeds. Mix well slightly and turn off the flame. Now mix well.
- Grease a deep plate with ghee. Transfer the barfi mixture to the plate. Garnish it with almonds flakes.
- Let it set for a few minutes then cut it into the desired shape and transfer it to a serving plate.
- 'Til Gud Barfi' is ready to be served.



# LAUKI BESAN CHILLA

a healthy breakfast option

By Manju Saraf From Gurgaon



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 4 MIN

## INGREDIENTS

- Bottle gourd/Gheeya/Lauki - 3 Tbsp, grated
- Onion/Pyaz - 2 Tbsp, finely chopped
- Green chilli/Hari mirchi - 1, finely chopped
- Ginger/Adrak - 1 inch, grated
- Red chilli powder/Lal mirchi powder - 1 tsp
- Salt - to taste
- Carom seeds/Ajwain - 1/2 tsp
- Coriander leaves/Hara dhaniya - a handful
- Gram flour/Besan - 4 Tbsp
- Water - as required
- Mustard oil/Sarson ka tel - as required
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- Take grated bottle gourd, onion, green chilli, ginger, red chilli powder, salt, carom seeds, coriander leaves, and gram flour in a bowl.
- Then add water gradually and prepare a medium-thick consistency batter.
- Meanwhile, heat a tawa. Grease it with oil. Pour the batter on the tawa and spread it like a pancake. Add some drops of oil.
- Cook it for 2 to 3 minutes on a medium flame. Flip it to cook the other side as well.
- Once it is cooked from both sides, transfer it to a serving plate.
- 'Lauki Besan Chilla' is ready to be served.

## TIPS

- The bottle gourd should be freshly grated for making the chilla; else, it will turn black in colour.
- Available vegetables of choice can be added.
- Mustard oil should be used for a better taste of the chilla.



# GRILLED CHAPATI SANDWICH

a healthy, protein-rich meal

By Shveta Sheth

From Mumbai



SERVINGS: 1

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- FOR MARINATION
- Curd/Dahi - 1/2 cup
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Salt - to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Dry mango powder/Amchur powder - 1 tsp
- Black salt/Kala namak - 1/2 tsp
- Chaat masala - 1/2 tsp
- Dry fenugreek leaves/Kasuri methi - 1/2 tsp
- Mustard oil/Sarson ka tel - 1 Tbsp
- Paneer/Cottage cheese - 1 cup, diced
- Oil - 2 tsp
- FOR PREPARING SALAD
- Onion/Pyaz - 1, sliced
- Tricolour bell peppers/Shimla mirch - 1 cup, sliced
- Carrot/Gajar - 1, grated
- Coriander leaves/Hara dhaniya - a handful
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- FOR PREPARING GRILLED CHAPATI SANDWICH
- Half cooked chapati/Roti - 1
- Green chutney/Hari chutney - as required
- Chaat masala - as required
- Grated cheese - as required
- Clarified butter/Ghee - as required

## DIRECTIONS

- FOR MARINATION
- Take curd in a bowl. Add red chilli powder, salt, turmeric powder, all spice mix powder, dry mango powder, black salt, chaat masala, dry fenugreek leaves, and mustard oil. Mix well. Then add paneer and mix it well. Then keep it aside for marination for 5 minutes.
- Heat oil in a pan. Add the prepared marination mixture. Mix well and roast it well for 2 to 3 minutes on a medium flame till the mixture becomes dry. Stir it occasionally.
- Once done, take it out in a bowl. Keep it aside.
- FOR PREPARING SALAD
- Take onion, tricolour bell peppers, and carrot. Mix well. Further, add coriander leaves, salt, red chilli powder, and lemon juice. Mix well. Keep it aside.
- FOR PREPARING GRILLED CHAPATI SANDWICH
- Take half-cooked chapati. Spread green chutney over it. Now add the prepared paneer mixture vertically along the centre of the roti. Then add the prepared salad to it.
- Sprinkle chaat masala and add cheese to it. Then fold its left and right part. Press it.
- Then grease a grill sandwich maker with ghee and put the prepared sandwich in it for grilling. Apply ghee to it. Grill the sandwich for 2 to 3 minutes.
- Once done, take it out on a serving plate and cut it.
- 'Grilled Chapati Sandwich' is ready to be served.

## TIPS

- The chapati/roti should be half-cooked.
- [Tomato ketchup](#) or mayonnaise can be added with [green chutney](#).
- Oil or butter can be used to grease the toaster instead of ghee.
- If desired, the sandwich can be toasted from the other side as well.

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# VANILLA AND CHOCOLATE PANCAKES

a quick and fluffy snack

By Rinku Lakhani

From Rajkot



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

## INGREDIENTS

- All-purpose flour/Maida - 150g
- Powdered sugar/Pisi hui cheeni - 100g
- Baking powder - 1 Tbsp
- Cocoa powder - 2 tsp
- Milk - 1 cup
- Vanilla essence - 1 Tbsp
- Chocolate syrup - for garnishing
- Ice cream - for garnishing
- Chopped strawberry - for garnishing
- Sprinkles - for garnishing
- tsp = teaspoon
- Tbsp = tablespoon

## DIRECTIONS

- Take all-purpose flour in a bowl. Add powdered sugar, baking powder, and vanilla essence. Mix well. Now, add milk gradually and prepare a lump-free, medium-consistency batter.
- Meanwhile, heat a tawa. Pour the batter on the tawa and make 2 to 3 small pancakes. Cook it on a medium flame for 1 to 2 minutes.
- Flip it to cook the other side as well. Once it is cooked from both sides, transfer it to a plate.
- Now, add cocoa powder in the remaining batter. Mix well. Pour the batter on the hot tawa and make 2 to 3 small pancakes. Cook it on a medium flame for 1 to 2 minutes.
- Flip it to cook the other side as well. Once it is cooked from both sides, transfer it to a plate.
- Then, place vanilla pancakes and chocolate pancakes one by one on a serving plate. Garnish it with ice cream, chocolate syrup and top it with chopped strawberries.
- 'Vanilla And Chocolate Pancakes' is ready to be served.

## TIPS

- All-purpose flour and whole wheat flour can be used in equal quantities instead of all-purpose flour.
- If a normal tawa is being used instead of a non-stick tawa, oil or butter should be used for roasting the pancakes.
- Pancakes can be sized as desired.



# PANEER STUFFED IDLI

a colourful, healthy snack

By Archana Chakravarthy

From Karnataka



SERVINGS: 7

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Oil - 2 tbsp + for greasing
- Black gram/Urad dal - 1/2 tsp
- Bengal Gram/Chana dal - 1/2 tsp
- Mustard seeds/Rai - 1 tsp
- Asafoetida/Hing - a pinch
- Semolina/Sooji - 1 cup
- Carrot/Gajar - 1/4 cup, grated + as required
- Beans - 1/4 cup, finely chopped
- Green peas/Matar - 1/4 cup
- Coriander leaves/Hara dhaniya - a handful
- Salt - to taste
- Curd/Dahi - 1 & 1/2 cups
- Fruit salt - 2 pinch
- Water - as required
- Cottage cheese/Paneer - 1/4 cup
- Red chilli powder/Lal mirchi powder - 1/4 tsp
- tsp = teaspoon
- tbsp = tablespoon

## TIPS

- Chilli can be added to the tadka.
- The ratio of curd to semolina should be 3:2.
- The curd should be added while the semolina mixture is lukewarm.
- Fruit salt should be added just before steaming the idli.

## DIRECTIONS

- Heat oil in a pan. Add black gram, Bengal gram, mustard seeds, asafoetida, and semolina. Mix well and roast it for 2 to 3 minutes on a medium flame. Then turn off the flame and take the mix out in a bowl.
- Then add beans, grated carrot, green peas, salt, and coriander leaves. Mix well. Further, gradually add curd and mix well. let it rest for 1 to 2 minutes.
- Take paneer in a bowl. Mash it and add salt and red chilli powder. Mix well.
- Then add fruit salt to the batter and pour some drops of water on it. Mix well.
- Heat water in an idli steamer. Grease the idli moulds with oil. Add a little grated carrot to all the idli moulds. Fill each idli mould with the batter up to its 1/4th capacity.
- Now put the prepared paneer stuffing on it. Then fill it with idli batter again to cover the paneer stuffing. Likewise, prepare all the idli moulds.
- Place the mould in the idli steamer. Cook it on a medium to high flame for 15 minutes.
- Then take out it. Let it cool down. Then remove the idlis from the mould and transfer them to a serving plate.
- 'Paneer Stuffed Idli' is ready to be served.



# MACARONI CHAAT

a novel fusion dish

By Sapna Maheshwari

From Faridabad



SERVINGS: 2

PREPARATION TIME: 970 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- FOR BOILING MACARONI
- Macaroni - 1 cup
- Salt - to taste
- Oil - 1 tsp
- FOR PREPARING MACARONI CHAAT
- Veg mayonnaise - 1 Tbsp
- Bell peppers - 1/2 cup
- Carrot/Gajar - 1/2, grated
- Cucumber/Kheera - 1/2, finely chopped
- Sweet corn - 1/4 cup
- Roasted peanuts - 1 Tbsp, coarsely ground
- Cottage cheese/Paneer - 1/4 cup, finely chopped
- Boiled potato/Aloo - 1, peeled and chopped
- Fresh coconut/Nariyal - 1 Tbsp, finely chopped
- Onion/Pyaz - 1/2, sliced (optional)
- Oregano - 1 tsp
- Chilli flakes - 1 tsp
- Coriander-mint chutney/Dhaniya Pudina ki chutney - 1 Tbsp
- Tamarind chutney/Imli ki chutney - 1 Tbsp
- Roasted cumin seeds powder/Jeera powder - 1/2 tsp
- Black salt/Kala namak - 1/4 tsp
- Black pepper powder/Kali mirch - 1/2 tsp
- Clarified butter/Ghee - 1 tsp
- Mustard seeds/Rai - 1/4 tsp
- Sesame seeds/Til - 1/2 tsp
- Mint leaves/Pudina - finely chopped, for garnishing
- Coriander leaves - for garnishing
- Pomegranate seeds/Anar ke daane - for garnishing

## DIRECTIONS

- FOR BOILING MACARONI
- Boil water in a pan. Add macaroni, salt, and oil. Cook it on a medium to high flame for 10 minutes until it becomes soft. Then strain the macaroni. Keep it aside.
- FOR PREPARING MACARONI CHAAT
- Take veg mayonnaise, bell peppers, carrot, cucumber, sweet corn, coarsely ground peanuts, paneer, boiled potato, fresh coconut, onion, oregano, chilli flakes, coriander-mint chutney, tamarind chutney, roasted cumin seeds powder, black salt, black pepper powder in a bowl. Mix well.
- Now add boiled macaroni. Mix well. Then heat ghee in a tadka pan. Add mustard seeds and sesame seeds. Mix well. Pour it into the prepared macaroni chaat. Mix well.
- Then take it out on a serving plate. Garnish it with mint leaves, coriander leaves, and pomegranate seeds.
- 'Macaroni Chaat' is ready to be served.

## TIPS

- Hung curd can be used instead of veg mayonnaise.
- Vegetables can be added as per choice and availability.



# BHARWA BHINDI

a spicy and tasty sabzi

By Shikha Sethi

From Kolkata



SERVINGS: 3

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- FOR PREPARING STUFFING
- Coriander powder/Dhaniya powder - 2 Tbsp
- Red chilli powder/Lal mirch powder - 1 tsp
- Fennel seeds/Saunf - 1/2 tsp, coarsely ground
- Salt - to taste
- Dry Mango powder/Amchur - 1/2 tsp
- Gram flour/Besan - 1 Tbsp
- Mustard oil/Sarso ka tel - 1 tsp
- FOR PREPARING BHARWA BHINDI
- Lady finger/Bhindi - 250g
- Mustard oil/Sarso ka tel - 2 Tbsp
- Asafoetida/Hing - a pinch
- Carom seeds/Ajwain - 1/2 tsp
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- FOR PREPARING STUFFING
- Take a bowl and add coriander powder, red chilli powder, crushed fennel seeds, salt, dry mango powder, gram flour, and mustard oil. Mix well.
- FOR PREPARING BHARWA BHINDI
- Wash and pat dry the bhindi. Cut the bhindi into two pieces and make a vertical slit.
- Stuff the above prepared stuffing into it. Likewise, stuff all the bhindi pieces.
- Heat mustard oil in a pan. Add asafoetida and carom seeds. Then add the stuffed bhindi pieces and sauté them on a medium flame for 1 to 2 minutes.
- Then cover the pan with a lid and cook it on a low flame for 10 minutes. Keep stirring it in between.
- Once the bhindi is cooked, turn off the flame and take it out in a serving bowl.
- 'Bharwa Bhindi' is ready to be served.

## TIPS

- It can be stored in the refrigerator for 2 to 3 days.
- The leftover masala can be added to the bhindi or used to make namkeen paratha.
- The top and the bottom parts of the bhindi can be boiled in water and then ground, to be used as a hair conditioner.



# KUTTU KI POORI

a crisp and tasty vrat-special dish

By Mridula Ameriya

From Rajasthan



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- Buckwheat flour/Kuttu ka Aata - 1 cup
- Boiled Potato/Aloo - peeled and mashed as required
- Green chilli paste/Hari mirchi ki paste - 1 tsp
- Ginger/Adrak - 1 inch, grated
- Rock salt/Sendha Namak - to taste
- Black pepper powder/Kali mirch powder - 1/2 tsp
- Oil / Tel - for frying

## DIRECTIONS

- Take buckwheat flour in a bowl. Add Mashed potato, green chilli paste, ginger, rock salt, and black pepper powder. Mix well.
- Add boiled potatoes gradually to knead a medium-consistency dough. Knead the dough as required; otherwise, the dough will turn soft and it will be difficult to roll the poori.
- Take a small-sized ball from the dough. Prepare a peda from it. Dust it with buckwheat flour and roll a peda to make a poori.
- Meanwhile, heat the oil for frying the poori. When the oil is hot, fry the poori on a high flame until it turns golden brown from both sides.
- Once done, take it out on a serving plate. Likewise, prepare all the pooris.
- 'Kuttu ki Poori' is ready to be served.

## TIPS

- The dough should be prepared with boiled and mashed potatoes.
- Water should not be added to prepare the dough.
- Knead the dough as required; otherwise, the dough will turn soft and it will be difficult to roll the poori.



# ATTA DOSA

a crispy and delicious dosa for everyone

By Durga Amma

From Chennai



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 - 10 MIN

## INGREDIENTS

- Whole wheat flour - 1 cup
- Rice flour - 1/2 cup
- Curd/Dahi - 1/2 cup
- Cumin seeds/Jeera - 1 tsp
- Curry Leaves/Curry patta - a few, chopped
- Green Chilli/Hari mirchi - 1, finely chopped
- Asafoetida/Hing - a pinch
- Salt - to taste
- Water - as required
- Oil - as required
- tsp = teaspoon
- Tbsp = tablespoon

## DIRECTIONS

- In a bowl, add whole wheat flour, rice flour, curd, cumin seeds, asafoetida, chopped green chilli, chopped curry leaves, and salt. Mix well and add water gradually to make a thin, watery batter.
- Now, heat a tawa and grease it with oil.
- Pour the batter on the hot tawa and cook it on a medium flame. Pour some oil and cook for 2 to 3 minutes or until it turns golden brown.
- When the dosa leaves the pan and becomes nice golden brown, it indicates that the dosa is well cooked.
- Then flip it and cook it from another side for 1 minute on a medium flame. Once done, take it out on a serving plate.
- Delicious 'Atta Dosa' is ready to be served.

## TIPS

- The ratio of rice flour to whole wheat flour should be 1:2.
- The batter should be of a watery consistency.
- Either sour curd or buttermilk should be used to prepare the dosa; otherwise, some lemon juice should be added.
- Before making the dosa, it should be ensured that the tawa is hot.
- Any type of oil can be used.
- When the dosa leaves the pan and becomes nice golden brown, it indicates that the dosa is well cooked.
- Lastly, the dosa should be served with [Peanut Chutney](#) or [Coconut Chutney](#).



# LAHSUN KI CHUTNEY

a tasty, mouth-watering spicy dish

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 40 MIN

## INGREDIENTS

- Garlic/Lahsun - 30 to 40 cloves
- Tomato/Tamatar - 1, chopped
- Salt - to taste
- Coriander powder/Dhaniya powder - 1 tsp
- Red chilli powder/Lal mirch powder - 2 tsp
- Asafoetida/Hing - a pinch
- Water - as required
- FOR TADKA
- Oil - 2 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Asafoetida/Hing - a pinch
- Sugar - a pinch (optional)
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- Take garlic, tomato, salt, coriander powder, red chilli powder, asafoetida, and a little water in a grinding jar. Grind them for a few seconds to prepare a chutney. Keep it aside.
- Heat oil in a pan. Add mustard seeds, asafoetida, and the ground chutney. Mix well.
- Sauté it for 4 to 5 minutes on a medium flame till the oil separates. Stir it occasionally.
- Add sugar. Mix well. Once done, take it out in a serving bowl.
- 'Lahsun Ki Chutney' is ready to be served.

## TIPS

- Ghee can be used instead of oil.
- Any type of oil can be used.



# NARIYAL TIL LADDU

an effortless and healthy dessert and snack

By Reena Goel

From Meerut, UP



SERVINGS: 2 - 3

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Khoya/Mawa - 1/2 cup
- Desiccated coconut powder/Sookha nariyal powder - 1/2 cup + for coating
- Roasted sesame seeds/Til - 1/2 cup, crushed
- Powdered sugar - 1/2 cup
- Chopped dry nuts - as required

## DIRECTIONS

- Take a bowl, add mawa, desiccated coconut, crushed til, chopped dry nuts, and powdered sugar.
- Now, mix all the ingredients well. Then, take a small, ball-sized part of laddu mixture, roll it between your palms and make a round-shaped laddu. Then roll the laddu in the desiccated coconut. Likewise, prepare all the laddus. Take it out on a serving plate.
- 'Nariyal Til Laddu' is ready to be served.

## TIPS

- The sweetness of the laddu can be adjusted to taste.
- Jaggery can be added instead of powdered sugar.
- Either an oven or kadai can be used to soften the [mawa](#).



# IMLI KI CHUTNEY

a multipurpose side dish

By Renu Natani

From Rajasthan



SERVINGS: 10

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Tamarind/Imli - 1 cup, preferably seedless
- Water - as required
- Sugar - 1 cup
- Jaggery/Gud - 1 cup
- Red chilli powder/Lal mirchi powder - 1 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Roasted cumin seeds powder/Jeera powder - 1 tsp
- Black salt/Kala namak - 1/2 tsp
- Salt - to taste
- tsp = teaspoon
- tbsp = tablespoon

## DIRECTIONS

- Soak tamarind in water for 5 to 10 minutes before boiling it for 3 to 4 minutes. Then grind it for a few seconds.
- Strain it to separate its pulp and heat it in a pan.
- Add sugar and jaggery. Mix well and boil it for 3 to 4 minutes on a medium flame until it starts to boil.
- Then add red chilli powder, all spice mix powder, roasted cumin seed powder, black salt, and salt. Mix well and boil it for 2 to 3 minutes on a medium flame.
- Once done, let it cool down, transfer it to a glass jar, and store it in the refrigerator for 30 to 45 days.
- 'Imli Ki Chutney | Tamarind Chutney' is ready to be served.

## TIPS

- If tamarind with seeds is being used, the boiled tamarind should be strained in a sieve to separate its pulp without grinding it.
- The ratio of sugar/jaggery to tamarind should be 2:1.
- The chutney should have a syrupy consistency to store it for a long time.
- The consistency of the chutney can be adjusted by adding water and boiling it again.
- This chutney can be stored in a glass jar in a refrigerator for 30 to 45 days.

[WATCH THE VIDEO RECIPE](#)

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



# CHEESY BITES

instant appetizer

By Shveta Sheth

From Mumbai



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- FOR PREPARING MIX-VEG MIXTURE
- Tomato/Tamatar - 1 Tbsp, finely chopped
- Onion/Pyaz - 1 Tbsp, finely chopped
- Capsicum/Shimla mirch - 1 Tbsp, finely chopped
- Salt - to taste
- Black pepper powder/Kali mirch - 1/2 tsp
- Schezwan sauce - 1 & 1/2 tsp
- Veg mayonnaise - as required
- Tomato ketchup - as required
- FOR PREPARING CHEESY BITES
- Bread - 4 slices
- Cheese slice - 2
- Potato wafers - as required
- Butter - 1 tsp
- Pav bhaji masala - 1 tsp
- Coriander leaves/Hara dhaniya - a handful
- tsp = teaspoon
- Tbsp = tablespoon

## DIRECTIONS

- FOR PREPARING MIX VEG MIXTURE
- Take tomato in a bowl. Add onion, capsicum, salt, black pepper powder, Schezwan sauce, veg mayonnaise, and tomato ketchup. Mix well. Keep it aside.
- FOR PREPARING CHEESY BITES
- Take a bread slice. Put a cheese slice on it. Now spread the prepared mix veg mixture on it. Add some potato wafers to it. Cover it with another bread slice. Likewise, prepare another bread slices.
- Meanwhile, heat a tawa. Add butter, pav bhaji masala, and coriander leaves. Mix well. Now spread it on the tawa.
- Place the prepared bread slices on it. Flip each of them and cover both sides with the spices.
- Toast the slices from both sides on a medium to high flame till nice golden and crispy. Once done, take them out on a serving plate and cut them into 4 small pieces.
- 'Cheesy Bites' are ready to be served.

## TIPS

- Available vegetables of choice can be added.
- Any type of wafer can be added.



# VEGETABLE VERMICELLI

a healthy dish

By Swati Khanna

From Delhi



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

## INGREDIENTS

- Boiled vermicelli/Sewaiyan - 1 cup
- Butter - 1 Tbsp
- Mustard seeds/Rai - 1 tsp
- Ginger-garlic paste - 1 tsp
- Curry leaves - a few
- Green chilli/Hari mirch - 1, finely chopped
- Onion/Pyaz - 2, chopped
- Carrot - 1, finely chopped
- Red capsicum - 1 Tbsp
- Yellow capsicum - 1 Tbsp
- Green capsicum - 1 Tbsp
- Salt - to taste
- Par Boiled corn - 1/4 cup
- Grated fresh coconut - 1/4 cup
- Peri-peri masala - 1 Tbsp (optional)
- Roasted peanut - 1/4 cup
- Roasted paneer/Cottage cheese cubes - 1/2 cup
- Boiled broccoli - as required
- Boiled baby corn - as required, chopped
- Coriander leaves/Dhaniya patta - as required
- Lemon juice/Nimbu ka ras - of 1/2 lemon

## DIRECTIONS

- Heat butter in a pan. Add ginger-garlic paste and sauté it. Now, add curry leaves and chopped green chilli.
- Then, add rai and saute them. Add chopped onion, chopped carrot, chopped red, green and yellow capsicums. Saute them.
- Now, add boiled vermicelli and salt. Mix well. Add boiled corn, grated coconut, and peri-peri masala. Mix well.
- Add roasted paneer cubes, boiled broccoli, chopped baby corns, roasted peanuts, coriander leaves, and lemon juice. Mix well. Transfer it to a serving plate.
- 'Vegetable Vermicelli' is ready to be served.

## TIPS

- Instead of butter, ghee or oil can be used.
- Available vegetables of choice can be added.





# Enjoy!

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