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UNEDITED
LIVE RECIPES



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वही बनता है !

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LIVE FROM THE KITCHENS OF MOMS OF INDIA





The Super Chef Moms of India



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ALOO DUM CHAAT

a famous street food of Kolkata

By Sneha Bubna

From Kolkata



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- FOR PREPARING DRY MASALA:
- Cumin seeds/Jeera - 1 tsp
- Black cardamom/Badi elaichi - 1
- Black peppercorns/Kali mirch - 7 to 8
- Dry fenugreek seeds/Methi dana - 1/2 tsp
- Dry coriander seeds/Sabut dhaniya - 1 tsp
- Cinnamon/Dalchini - 1 stick
- Dry red chilli/Sookhi lal mirch - 1
- Star anise - 1
- FOR PREPARING ALOO DUM CHAAT:
- Mustard oil/Sarso ka tel - 2 Tbsp
- Bay leaf/Tej patta - 1
- Dry red chilli/Sookhi lal mirch - 1
- Ginger/Adrak - 1 inch, grated
- Green chilli/Hari mirchi - 1 to 2, finely chopped
- Baby potato/Aloo - 8 to 10, boiled and peeled
- Hot water - 1/2 cup
- Red chilli powder/Lal mirchi powder - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Roasted cumin seed powder/Jeera powder - 1 tsp
- Dry mango powder/Amchur powder - 1/2 tsp
- Tamarind pulp - 1/2 cup
- Tomato ketchup - 1 Tbsp
- Rock salt/Sendha namak - to taste
- Sugar- a pinch
- Asafoetida/Hing - 1/4 tsp
- Coriander leaves/Hara dhaniya - for garnishing
- tsp = teaspoon
- Tbsp = tablespoon

DIRECTIONS

- FOR PREPARING DRY MASALA:
- Roast cumin seeds, black cardamom, black peppercorns, dry fenugreek seeds, coriander seeds, dry red chilli, star anise, and cinnamon sticks in a pan on a low flame while stirring continuously for a few seconds till a nice aroma begins to rise.
- Once roasted well, turn off the flame and let the mixture cool down.
- Then transfer it to a grinding jar and grind it for a few seconds and prepare a dry masala mixture. Keep it aside.
- FOR PREPARING ALOO DUM CHAAT:
- Take hot water in a bowl. Add red chilli powder, coriander powder, turmeric powder, roasted cumin seed powder, and dry mango powder. Mix well.
- Heat oil in a pan. Add bay leaf, dry red chilli, ginger, green chilli, and baby potatoes. Mix well. Sauté it for 1 to 2 minutes on a medium flame.
- Now add the prepared hot water mixture, tamarind pulp, and tomato ketchup. Mix well.
- Add rock salt, sugar, and asafoetida. Mix well. Sauté it for 2 to 3 minutes till it becomes dry.
- Now take it out in a serving bowl. Sprinkle roasted dry masala and rock salt. Garnish it with coriander leaves.
- 'Aloo Dum Chaat' is ready to be served.

TIPS

- The dry masala mixture can be stored in an airtight glass jar.
- Spices should be mixed first in hot water for a nice flavour and colour.
- Instead of rock salt, table salt can be added.

SHAHI MALAI KULFI

a summer-special dessert

By Neha Agrawal

From Raipur



SERVINGS: 1

PREPARATION TIME: 490 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- Milk - 500 ml + 2 to 3 Tbsp
- Whole wheat flour/Gehu ka aata - 1 Tbsp
- Sugar - 1/2 cup
- Pistachios flakes - 1 tsp + for garnishing
- Almond flakes - 1 tsp + for garnishing
- Cardamom powder/Elaichi powder - 1 tsp
- Saffron/Kesar - 9 to 10 strands
- Water - as required
- tsp = teaspoon
- Tbsp = tablespoon

TIPS

- Full-fat milk can also be used to prepare this kulfi.
- Once the milk reduces considerably to a thick mass and creates bubbles, it indicates that the kulfi mixture is ready.
- The kulfi mixture should be cooled down before adding it to the mould.
- The kulfi can be set in the freezer overnight.

DIRECTIONS

- Soak saffron in water for 15 minutes. Keep it aside.
- Take whole wheat flour in a bowl. Add milk and mix well to prepare a lump-free slurry. Keep it aside.
- Boil 500 ml. milk in a pan for 10 minutes on a medium flame while stirring it occasionally.
- Once it comes to a boil, then add the prepared whole wheat flour slurry. Mix well. Add sugar, almonds, pistachio, cardamom powder, and soaked saffron. Mix well.
- Keep the flame low and allow it to simmer. Keep stirring continuously.
- Keep scraping the sides of the vessel and mix the scrapped cream with the thickening milk. Continue this process for 20 to 25 minutes.
- When the milk reduces considerably to a thick mass and creates bubbles, it indicates that the kulfi mixture is ready.
- Turn off the flame and let it cool down. Then take a small glass and a small paper cup to set the kulfi.
- Now add almonds and pistachios to both molds. Then add the prepared kulfi mixture to them.
- Add almonds and pistachios on top of them. Cover the mold with aluminium foil. Now make a slit on the centre of the mold. Add ice cream stick to it.
- Keep it in the freezer for 6 to 8 hours. Once set well, take it out of the freezer.
- Keep the glass mold in the water. Stir it for a few seconds. Rub the glass for a few seconds between your palms. Then unmould the kulfi.
- Cut the paper cup and unmould the kulfi in it as well. Take out both the kulfis on a serving plate and garnish it with pistachios.
- 'Shahi Malai Kulfi' is ready to be served.

INDIAN PAPAD TACOS

a restaurant-style appetizer

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Onion/Pyaz – 1, finely chopped
- Tomato/Tamatar – 1, finely chopped
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Namkeen boondi/Namkeen mixture - 1 cup
- Salt - to taste
- Chaat masala - 1/2 tsp
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- Tomato ketchup - as required + for garnishing
- Coriander-mint chutney/Dhaniya-pudina ki chutney - 1 tsp
- Nylon sev/Namkeen sev - as required for garnishing
- Veg mayonnaise - as required for garnishing
- tsp = teaspoon
- Tbsp = tablespoon

DIRECTIONS

- Take onion, tomato, coriander leaves, namkeen boondi, salt, chaat masala, lemon juice, tomato ketchup, coriander-mint chutney in a bowl. Mix well. Keep it aside.
- Roast the papad on the tawa. Roast it from both sides for 1 to 2 minutes on a medium flame by pressing it continuously.
- Then immediately take out the papad from the tawa, fold the papad from the centre such that it has space in between like tacos. Likewise, roast all papads and fold them.
- Now add the prepared boondi mixture into all the taco-shaped papad. Garnish it with nylon sev, tomato ketchup, veg mayonnaise, and coriander leaves.
- 'Indian Papad Tacos' is ready to be served.

TIPS

- Available vegetables of choice can be added.
- Any size of papad can be used to make this snack.
- The roasted papad should be folded immediately in the shape of tacos.
- If required, sprouts can be added to the namkeen mixture.
- This recipe can be prepared using [Tomato ketchup](#), [Papad](#), & [Boondi](#).

CABBAGE KOFTA CURRY

a delicious side dish

By Priyanka Awasthi

From Mathura



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- FOR PREPARING KOFTE:
- Cabbage/Patta gobhi - 2 cups, finely chopped
- Gram flour/Besan - 3 tsp
- Salt - to taste
- Red chilli powder/Lal mirchi powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1/2 tsp
- Oil - for frying
- FOR PREPARING CABBAGE KOFTA CURRY:
- Mustard oil/Sarson ka tel - 2 Tbsp
- Cumin seeds/Jeera - 1/2 tsp
- Asafoetida/Hing - a pinch
- Cinnamon/Dalchini - 1 stick
- Clove/Laung - 2 to 3
- Cardamom/Elaichi - 1
- Black peppercorns/Kali mirch - 2 to 3
- Onion/Pyaz - 1, chopped
- Tomato/Tamatar - 2, chopped
- Garlic/Lahsun - 3 to 4 cloves
- Ginger/Adrak - 1 inch, chopped
- Salt - to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Water - as required
- Dry fenugreek leaves/Kasuri methi - 1 tsp
- Coriander leaves/Hara dhaniya - a handful for garnishing
- tsp = teaspoon
- Tbsp = tablespoon

DIRECTIONS

- FOR PREPARING KOFTE:
- Take cabbage in a bowl. Add gram flour, salt, red chilli powder, and coriander powder. Mix well to prepare a mixture of dough consistency.
- Heat oil in a pan to fry the kofta. Place a small ball-sized kofta into the hot oil. Likewise, prepare more kofta with the remaining dough.
- Deep fry them on a medium flame for 2 to 3 minutes until it turns crispy and golden brown from all sides. Then, take them out on a plate using a slotted spoon. Keep it aside.
- FOR PREPARING CABBAGE KOFTA CURRY:
- Grind onion, tomato, garlic, and ginger in a grinding jar for a few seconds to a puree and keep it aside.
- Heat oil in a pan and sauté cumin seeds, asafoetida, cinnamon stick, cloves, cardamom, and black peppercorns for a few seconds.
- Now add the prepared onion-tomato puree. Mix well. Let it boil for 3 to 4 minutes on a medium flame.
- Add salt and mix well. Let it boil for 1 to 2 minutes. Then add turmeric powder, coriander powder, and red chilli powder. Mix well.
- Add water and mix well. Let it boil for 1 to 2 minutes.
- Further, add the prepared kofta and dry fenugreek leaves by rubbing between palms. Mix well.
- Once done, garnish it with coriander leaves and take it out in a serving bowl.
- 'Cabbage Kofta Curry' is ready to be served.

TIPS

- There is no need to add water while preparing the kofta mixture.
- Gram flour can be added as required to prepare the kofta.
- The kofta can be prepared in an appe pan instead of frying.
- The thickness of the gravy can be adjusted as required.
- Curd or fresh cream can be added to the gravy.

OATS BANANA SMOOTHIE

a healthy nutritious drink

By Sapna Maheshwari

From Faridabad



SERVINGS: 1

PREPARATION TIME: 30 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- Oats - 1/2 cup
- Dates/Khajoor - 2 pieces, seedless
- Ripe banana/Kela - 1, chopped
- Sweet basil seeds/Sabja seeds - 1 tsp
- Raisins/Kishmish - 1 tsp black and brown + for garnishing
- Watermelon - 2 tsp chopped + for garnishing
- Walnuts/Akhrot - 1, for garnishing
- tsp = teaspoon

DIRECTIONS

- Soak oats in water for 15 minutes and keep aside.
- Soak dates in the hot water for 30 minutes and keep it aside.
- Soak the sabja seeds in the water for 15 minutes and keep aside.
- Soak raisins in water for 15 minutes and keep aside.
- Take soaked oats in a grinding jar. Add soaked dates and banana. Grind for a few seconds, add a little water and grind again for a few seconds.
- Now take a serving glass. Add soaked sabja seeds, raisins, and watermelon. Lastly, add the ground oat mixture.
- Garnish it with watermelon, soaked raisins, and walnuts.
- 'Oats Banana Smoothie' is ready to be served.

TIPS

- Instead of sabja seeds, chia seeds can be added.
- Available fruits and dry fruits of choice can be added.

DHABA STYLE SABUT PYAZ KI SABZI

a creamy and spicy side dish

By Poonam Gautam Agarwal

From Pali



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Oil - 2 Tbsp
- Bay leaf/Taj patta - 1
- Dry red chilli/Sookhi lal mirch - 1
- Cumin seeds/Jeera - 1/2 tsp
- Mustard seeds/Rai - 1/2 tsp
- Asafoetida/Hing - a pinch
- Baby onion/Pyaz - 12 to 14
- Fennel seeds/Saunf - 1/2 tsp
- Green chilli/Hari mirchi - 1, chopped
- Turmeric powder/Haldi powder - 1/2 tsp
- Salt - to taste
- Coriander powder/Dhaniya powder - 1 tsp
- Red chilli powder/Lal mirchi powder - 1 tsp
- Water - as required
- Fresh cream/Homemade malai - 2 Tbsp
- Curd/Dahi - 4 to 5 Tbsp
- Coriander leaves/Hara dhaniya - for garnishing
- tsp = teaspoon
- Tbsp - tablespoon

DIRECTIONS

- Heat oil and ghee in a pan. Add bay leaf, dry red chilli, cumin seeds, mustard seeds, asafoetida, and onion. Mix well.
- Then add fennel seeds, green chilli, turmeric powder, and salt. Now cover the pan and cook for 5 to 7 minutes on a medium flame.
- Further, add coriander powder and red chilli powder. Mix well. Add a little water and sauté it for 1 to 2 minutes on a medium flame.
- Take fresh cream and curd in a bowl. Mix well and add it to the sabji. Mix well and keep stirring continuously till it starts to boil.
- Cook it for 1 to 2 minutes on a medium flame. Once done, take it out in a serving bowl and garnish it with coriander leaves.
- 'Sabut Pyaz Ki Sabji | Dhaba Style Sabut Pyaz ki Sabji' is ready to be served.

TIPS

- This sabzi can be prepared using a large onion cut into four parts or sliced instead of baby onions.
- The curry should be stirred continuously after adding curd till it starts to boil otherwise, the curd will curdle.

GREEN CHILLI PICKLE

a spicy and tangy side dish

By Manju Saraf

From Gurgaon



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

INGREDIENTS

- Green chilli/Hari mirchi - 10 to 12, big sized
- Rock salt/Sendha namak - to taste
- Crushed mustard seeds/Crushed rai - 1 & 1/2 tsp
- Fennel seeds/Saunf - 1 tsp
- Fenugreek seeds/Methi dana - 1/4 tsp
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- Wash the chillies and wipe them completely with a clean dry cloth. Make a vertical slit on each chilli from the top to the bottom and scoop out the seeds using a fork. Keep them aside.
- Now take rock salt, crushed mustard seeds, fennel seeds, fenugreek seeds, and lemon juice. Mix well.
- Now stuff the prepared masala into the green chilli. Likewise, stuff all the chillies.
- Now put all the stuffed chillies into a glass jar.
- 'Green Chilli Pickle' is ready to be consumed after 2 days.

TIPS

- To store the pickle for a longer time, the washed chillies should be completely wiped with a clean dry cloth.
- To remove the spiciness of the chillies from the hands, the hands can be washed with either jaggery or besan and then homemade malai can be applied on the hands.
- This pickle can be consumed for up to 6 months.
- The pickle will be ready to consume after 2 days.

CREAMY PANEER RICE

a protein-rich, one-pot meal

By Shveta Sheth

From Mumbai



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Butter - 2 Tbsp
- Tricolour bell pepper - 1 cup, diced
- Salt - to taste
- Black pepper powder/Kali mirch powder - 1/2 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Milk - 1 cup
- Fresh cream/Homemade malai - 1 Tbsp
- Cheese - as required
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Cooked rice/Pake huye chawal - 2 cups
- Cottage cheese/Paneer - 1 cup, diced
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- Heat 1 Tbsp of butter in a pan. Add coriander leaves and cooked rice. Mix well.
- Sauté it for 2 to 3 minutes on a low flame while stirring occasionally. Once done, turn off the flame and take it out on a serving plate. Keep it aside.
- Heat 1 Tbsp of butter in a pan. Add tricolour bell peppers. Sauté it for a few seconds. Then add salt, black pepper powder, and all spice mix powder. Mix well.
- Sauté it for 1 to 2 minutes on a medium to high flame. Then add milk and fresh cream. Mix well and boil it for 1 to 2 minutes on a medium to high flame.
- Then grate cheese on it. Mix well and boil it for 1 to 2 minutes on a medium to high flame while stirring it occasionally.
- Then add coriander leaves and mix well. Boil it for 1 to 2 minutes on a medium to high flame while stirring it occasionally.
- Once done, add paneer. Mix well and turn off the flame. Add it to the prepared serving rice plate and garnish it with coriander leaves.
- 'Creamy Paneer Rice' is ready to be served.

TIPS

- The tricolour bell pepper should be kept crunchy.
- The consistency of the gravy can be adjusted as required.

LOLLYPOP SANDWICH

a kids' favourite amazing snack

By Shikha Sethi

From Kolkata



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Bread - 2 slices
- Boiled potato/Aloo - 3, peeled and mashed
- Red chilli powder/Lal mirch powder - 1/2 tsp
- Coriander powder/Dhaniya powder - 1/2 tsp
- Dry mango powder/Amchur - 1/2 tsp
- Ginger/Adrak - 1 inch, grated
- Green chilli/Hari mirchi - 1 to 2, finely chopped
- Coriander leaves/Hara dhaniya - a handful
- Tomato ketchup - 1 tsp + as required
- Chilli sauce - 1 tsp
- Grated cheese - as required
- Corn flour - 1 tsp
- Water - as required
- Clarified butter/Ghee - as required
- Namkeen sev - as required for garnishing
- tsp = teaspoon
- Tbsp = tablespoon

TIPS

- If required, the potato stuffing can be roasted.
- Instead of ghee, butter can be used.
- Any type of namkeen sev can be used.

DIRECTIONS

- Take 1 tsp of tomato ketchup and chilli sauce in a bowl. Mix well and keep it aside.
- Take cornflour in a bowl. Add water gradually and prepare a lump-free slurry and keep it aside.
- Now take boiled potatoes in a bowl. Add red chilli powder, coriander powder, dry mango powder, ginger, green chilli, and coriander leaves. Mix well.
- Cut both bread slices with a round-shaped cutter or bowl and apply the prepared sauce mixture on them.
- Now spread cheese on both bread slices and add the prepared potato stuffing to a slice of bread. Apply the prepared slurry on the bread's border and put a wooden ice cream stick on it. Press it and cover it with another bread slice. Press the borders.
- Meanwhile, heat a tawa. Grease it with ghee. Place the prepared lollypop sandwich on it.
- Roast it from both sides for 1 to 2 minutes till it becomes golden brown. Once done, take it out on a plate.
- Apply tomato ketchup on the outer side border of the sandwich. Coat its border all over with namkeen sev.
- 'Lollypop Sandwich' is ready to be served.

GUJARATI SEV TAMATAR KI SABJI

a traditional side dish

By Shraddha Thakrar

From Gujarat



SERVINGS: 2

PREPARATION TIME: 970 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Tomato/Tamatar – 1, finely chopped
- Oil - 1 Tbsp
- Mustard seeds/Rai - 1/2 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Garlic/Lahsun - 6 to 7 cloves, finely chopped (optional)
- Salt – to taste
- Red chilli powder/Lal mirchi powder - 1 tsp
- Cumin seed powder/Jeera powder - 1 tsp
- Coriander powder/Dhaniya powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Jaggery/Gud - 1 tsp
- Coriander leaves/Hara dhaniya - a handful + for garnishing
- Water - as required
- Namkeen sev - 1 cup
- tsp = teaspoon
- tbsp = tablespoon

DIRECTIONS

- Heat oil in a pan. Add mustard seeds, cumin seeds, garlic, and tomato. Mix well. Add salt and mix well again.
- Sauté it for 7 to 8 minutes on a medium flame while stirring occasionally.
- Now add red chilli powder, cumin seed powder, coriander powder, turmeric powder, jaggery, and coriander leaves. Mix well.
- Add a little water and mix well. Cook it for 1 to 2 minutes on a medium flame. Once done, turn off the flame.
- Now add 1 tsp of namkeen sev to a serving bowl. Add 1 tbsp of prepared sabji to it. Likewise, make layers of sabji and namkeen sev. Lastly, garnish it with coriander leaves.
- 'Gujarati Sev Tamatar ki Sabji' is ready to be served.

TIPS

- Ripe, red, and juicy tomatoes should be used to prepare this sabji.
- Medium thick namkeen sev should be used to prepare this sabji.
- The namkeen sev should be added to the serving bowl by making layers of sabji and namkeen sev; otherwise, the namkeen sev will become soggy.

BENGALI MASOOR DAL VADA

a crispy Bengali snack

By Susmita Datta Gupta

From Delhi



SERVINGS: 1 - 2 PREPARATION TIME: 180 - 240 MIN COOKING TIME: 3 - 4 MIN

INGREDIENTS

- Red lentil/Masoor dal – 1 cup
- Salt – to taste
- Green chilli/Hari mirchi - 1 to 2, finely chopped
- Onion/Pyaz – 2, sliced
- Water - as required
- Mustard oil/Sarson ka tel - for frying

TIPS

- The spiciness can be adjusted as required.

DIRECTIONS

- Wash and soak masoor dal in water for 3 to 4 hours. Then strain the water.
- Transfer it to a grinding jar and grind it for a few seconds by adding a little water. Then take it out in a bowl. Add chopped red chillies, sliced onions, and salt. Mix well and prepare a medium-thick consistency batter.
- Meanwhile, heat mustard oil in a kadai/wok over a medium flame. When the oil is medium hot, take a small ball-sized portion of the batter and drop it in the oil carefully. Likewise, place more such vadas in the oil. Fry them completely on a low to medium flame until they are golden brown. Once done, take them out on a tissue paper to remove the excess oil.
- 'Bengali Masoor Dal Vada' is ready to be served.

2 TYPES OF VEG PIZZA

the most favourite dish with all age groups

By Ani Setia

From Rajasthan



SERVINGS: 1 - 2

PREPARATION TIME: 8 - 10 MIN

COOKING TIME: 3 - 4 MIN

INGREDIENTS

- All-purpose flour/Maida - 1 cup
- Whole wheat flour - 1 cup
- Powdered sugar - 2 Tbsp
- Instant yeast - 1 tsp
- Salt - to taste
- Lukewarm water - as required
- Oil - as required for kneading
- Butter - as required for greasing
- Pizza sauce - as required
- Liquid cheese - 1 Tbsp
- Mozzarella cheese - as required
- Tomato/Tamatar - 1/2, diced
- Onion/Pyaz - 1/2, diced
- Tricolour bell pepper - 1/4 cup, diced
- Mixed herbs - as required
- tsp = teaspoon
- Tbsp = tablespoon

DIRECTIONS

- Take all-purpose flour and whole wheat flour in a bowl. Add powdered sugar and yeast. Mix well.
- Then add salt and mix well. Now add lukewarm water gradually to prepare a soft-consistency dough.
- Now brush oil over a flat surface and knead the dough by stretching and folding method for 8 to 10 minutes by applying oil.
- Check the dough by poking it with your finger. If it bounces back, it indicates that the dough is well-kneaded.
- Now apply oil to a bowl and put the dough in it. Apply oil to it. Cover the bowl with a cling wrap. Let it rest for 120 minutes.
- Take a big ball-sized portion of the dough, shape it into a ball by tucking it into a centre, and flatten it. Likewise, prepare all the balls.
- Cover the balls with a kitchen towel and let them rest for 10 minutes. After 10 minutes, dust it with flour. Roll it and prepare a medium-thick pizza.
- Now cut it into a heart shape by cutting the bottom side into a big 'v' shape and making a small 'v' on the upper side. Remove the excess dough.
- Then make indentations using a fork. Take a plate and grease it with butter. Put the rolled pizza base on it.
- Apply pizza sauce on it. Now add liquid cheese and grated cheese on it and spread it except the edges.
- Then arrange tomato, onion, and tricolour bell pepper on it. Sprinkle mixed herbs on it.

2 TYPES OF VEG PIZZA

DIRECTIONS

- FOR PREPARING PIZZA IN KADAI/PAN:
 - Add salt to a heavy-bottomed pan. Put a deep ring/bowl on the salt.
 - Preheat the pan on a medium flame for 10 to 12 minutes. Then put a baking tray on it to bake the pizza. The plate should not touch the pan. Now cover the pan with a lid.
 - Toast the pizza on a medium flame for 15 to 18 minutes until the cheese melts and the bottom of the pizza becomes crispy. Once, toasted well, take it out and cut it.
- FOR PREPARING PIZZA IN OVEN:
 - Preheat the oven to 250 degrees Celsius for 12 to 15 minutes.
 - Put a baking tray on the bottom rack of the oven and toast it at 170 degrees Celsius for 10 to 12 minutes, until the cheese melts and the bottom of the pizza becomes crispy.
 - Once, toasted well, take it out and cut it.
- '2 Types of Veg Pizza' are ready to be served.

TIPS

- The ratio of maida to whole wheat flour should be 1:1. This pizza can be prepared using only wheat flour or maida.
- It is recommended to make the wheat pizza with a thin crust. Misri (rock/crystal sugar) powder can be added instead of powdered sugar.
- The yeast should be kept in the freezer. Instant yeast and salt should not be added at the same time.
- Instead of instant yeast, 1/4 tsp baking soda, 1 tsp baking powder, and 2 Tbsp of sour curd can be added.
- Water should be added gradually to prepare the dough. Instead of oil, maida can be used to knead the dough in small quantities.
- The dough should be checked by poking it with a finger. If it bounces back, it indicates that the dough is well-kneaded.
- If baking powder and baking soda are being added to the dough, then a rest of 30 minutes should be given to the kneaded dough.
- The pizza should be baked on the bottom rack of the oven. The dough ball should be prepared smoothly by tucking it into the centre.
- The pizza can be prepared from dough balls instantly without giving them a rest of 10 minutes.
- The pizza can be prepared on the tawa as well by using 2 tawas together and covering the top tawa with a lid.
- To prepare a thin-crust pizza, the thickness of the rolled pizza base should be double that of a regular roti.
- The baking dish should be greased with butter or oil to make the bottom of the pizza crispy; otherwise, the pizza's bottom will become soggy.
- The pizza base alone can be toasted for 4 to 5 minutes without adding veggies to it. Then it can be stored in the refrigerator. Later, whenever it is required to make pizza, it can be taken out, and pizza topping can be added to prepare a pizza.
- Either diced mozzarella cheese or diced blended mozzarella cheese can be added.
- Instead of liquid cheese, veg mayonnaise can be added. Spices can be sprinkled on the pizza as required.
- If the bottom of the pizza is getting baked too quickly, then another tawa be placed under the pan till the cheese gets melted.
- The pizza should be toasted till the cheese melts well and the bottom becomes nice crispy and golden brown.
- Instead of rolling the pizza base using a rolling pin, it can be spread using a hand.
- Pizza of any shape can be prepared.

MINI BESAN KACHORI

a delicious traditional dish

By Anita Natani

From Rajasthan



SERVINGS: 10

PREPARATION TIME: 45 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- FOR PREPARING BESAN STUFFING:
- Gram flour/Besan - 1 ½ cups
- Salt - to taste
- Turmeric powder/Haldi powder - 1 tsp
- Red chilli powder/Lal mirch powder - 2 tsp
- Black salt/Kala namak - 1 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Roasted cumin seeds powder/Jeera powder - 2 tsp
- Chaat masala - 1/2 tsp
- Black pepper powder/Kali mirch powder - 1 tsp, coarsely ground
- Asafoetida/Hing - 1/4 tsp
- Hot oil - 3/4 cup
- FOR PREPARING MINI BESAN KACHORI:
- All-purpose flour/Maida - 2 cups
- Salt - to taste
- Oil - 1 to 2 Tbsp + for frying
- Water - as required
- tsp = teaspoon
- Tbsp = tablespoon

DIRECTIONS

- FOR PREPARING BESAN STUFFING:
- Take gram flour in a bowl. Add salt, turmeric powder, red chilli powder, black salt, all spice mix powder, roasted cumin seed powder, chaat masala, black pepper powder, asafoetida, and hot oil. Mix well and keep aside.
- FOR PREPARING MINI BESAN KACHORI:
- Take all-purpose flour in a bowl. Add salt and oil. The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more oil should be added.
- Now add water gradually to make a medium-consistency dough. Keep it aside and let it rest for 10 minutes.
- Take a small portion of the dough. Press it between your palms to make it flat.
- Put the small stuffing ball on the dough. Bring the edges of the dough together and join them at the centre. Now slightly press it between your palms. Repeat the process for making other kachoris.
- Put all the prepared kachoris on a clean cloth for 30 to 45 minutes to dry them.
- Meanwhile, heat oil in a kadai on a medium flame. Now keep the flame low and place the kachoris in oil.
- Fry the kachoris from both sides on a low flame until they turn golden brown. Once done, take them out on a serving plate.
- After the kachoris cool down completely, they can be stored in a container for 30 days.
- 'Mini Besan Kachori' is ready to be served.

TIPS

- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more oil should be added.
- Black peppercorns should be ground coarsely and sieved to separate the coarse black pepper.
- If besan stuffing becomes wet, some more besan should be added.
- The besan stuffing should be covered well with the dough.
- Once the kachori cools completely, it can be stored in a container for 30 days.

[WATCH THE VIDEO RECIPE](#)

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

GREEN POHA

a nutritious option for kids' tiffin.

By Neeta Sharma

From Rajasthan



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 40 MIN

INGREDIENTS

- Flattened rice/Poha - 1 cup
- Oil - 1 Tbsp
- Spinach/Palak - a handful
- Coriander leaves/Hara dhaniya - a handful
- Green chilli/Hari mirchi - 2, chopped
- Ginger/Adrak - 1 inch, chopped
- Water - as required
- Mustard seeds/Rai - 1/2 tsp
- Onion/Pyaz - 1, finely chopped
- Curry leaves/Curry patta - a few
- Salt - as required
- Boiled green peas/Matar - 1/4 cup
- Namkeen sev/Bhujiya - for garnishing
- tsp = teaspoon
- Tbsp = tablespoon

DIRECTIONS

- Grind spinach, coriander leaves, green chilli, ginger, salt, and a little water in a grinding jar for a few seconds to a puree.
- Wash the poha with water in a strainer. Then keep it aside for 5 minutes.
- Heat oil in a pan. Add mustard seeds and onion. Mix well. Sauté for a few seconds.
- Then add curry leaves and the prepared puree. Mix well. Sauté it for a few seconds.
- Further, add the washed poha. Mix well. Keep stirring continuously for 1 to 2 minutes. Then add salt and mix well.
- Now add green peas and mix well. Keep stirring occasionally for 1 to 2 minutes.
- Once done, take it out on a serving plate. Garnish it with namkeen sev.
- 'Green Poha' is ready to be served.

TIPS

- The spiciness can be adjusted as required.
- If required, peanuts and lemon juice can be added to the poha.

PYAAZ KE BHARWA KARELE

a spicy and healthy side dish

By Renu ji

From Rajasthan



SERVINGS: 4

PREPARATION TIME: 35 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- Bitter Gourd/Karela - 5 to 6, small sized
- Salt - as required
- Water - as required
- FOR PREPARING STUFFING:
- Onion/Pyaz - 2, finely chopped
- Fennel seeds/Saunf - 1 Tbsp
- Red chili powder/Lal mirchi powder - 1/2 tsp
- Turmeric powder/Haldi - 1/4 tsp
- Salt - to taste
- Coriander powder/Dhaniya powder - 2 tsp
- Cumin seeds/Jeera - 1/2 tsp
- Oil - 1 Tbsp
- Dry mango powder/Amchur powder - 1 tsp
- FOR PREPARING SABJI:
- Oil - 2 Tbsp
- tsp = teaspoon
- Tbsp = tablespoon

TIPS

- Salt should be added carefully in the stuffing masala, because bitter gourd and its peels have been applied salt to earlier.
- If required, asafoetida can be added to the stuffing.
- The bitter gourd should be stirred after every 1 to 2 minutes so that it does not burn.

DIRECTIONS

- Take bitter gourd, peel it and collect its peels in a bowl then add salt and keep aside for 30 minutes. After 30 minutes, wash it and keep it aside.
- Take the peeled bitter gourd. Make a vertical slit from top to the bottom and scoop out the flesh and seeds. Prepare all the other bitter gourds with this method. Apply salt inside and outside of the bitter gourd.
- Then keep it aside for 30 minutes. After 30 minutes, wash it and keep it aside.
- FOR PREPARING THE STUFFING:
- Take onion, bitter gourd peels, fennel seeds, red chilli powder, turmeric powder, salt, coriander powder, cumin seeds, dry mango powder, and oil. Mix well.
- Then fill the stuffing in the prepared bitter gourd. Likewise, stuff all the other bitter gourds.
- FOR PREPARING SABJI:
- Heat oil in a pan. Place all the stuffed bitter gourds in the pan. Add the leftover stuffing to it.
- Cover the pan with a lid. Cook it for 10 to 15 minutes on a low flame. Keep stirring every 1 to 2 minutes.
- When the bitter gourd is cooked well and becomes soft, turn off the flame. Take it out on a serving plate.
- 'Pyaaz Ke Bharwa Karele' is ready to be served.

ONION RING VEGGIE CHILLA

a unique way to serve the traditional chilla

By Mridula Ameriya

From Rajasthan



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Onion/Pyaz - 1
- Gram flour/Besan - 1 cup
- Corn flour - 1/4 cup
- Spinach/Palak - 3 Tbsp, finely chopped
- Fenugreek leaves/Methi - 1 Tbsp, finely chopped
- Cabbage/Patta gobhi - 1 Tbsp, finely chopped
- Carrot/Gajar - 1 Tbsp, grated
- Ginger-green chilli paste/Adrak-hari mirchi paste - 1 tsp
- Coriander leaves/Hara dhaniya - a handful
- Salt - to taste
- Red chilli powder/Lal mirch powder - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp
- Fennel seeds powder/Saunf powder - 1/2 tsp
- Chaat masala - 1 tsp
- Carom seeds/Ajwain - 1/2 tsp
- Asafoetida/Hing - a pinch
- Water - as required
- Oil - as required

DIRECTIONS

- Take an onion. Peel it and slice it in the middle. Take out the ring-shaped layer of the onion. Keep it aside.
- Take gram flour in a bowl. Add corn flour, spinach, fenugreek leaves, cabbage, carrot, ginger-green chilli paste, coriander leaves, salt, red chilli powder, turmeric powder, fennel seed powder, chaat masala, carom seeds by rubbing between your palms, and asafoetida. Mix well.
- Then add water gradually and prepare a medium-thick consistency batter.
- Meanwhile, heat a tawa. Add oil to it for shallow frying. Arrange onion rings on the tawa. Fill its middle open part with the prepared gram flour batter.
- Cover the pan with a lid and cook it for 2 to 3 minutes on a high flame.
- Flip it to cook the other side as well. Once it is cooked on both sides, transfer it to a serving plate.
- 'Onion Ring Veggie Chilla' is ready to be served.

TIPS

- Available vegetables of choice can be added.

DAL PAKWAN SHOTS

a delicious and crispy dish

By Rinku Lakhani

From Rajkot



SERVINGS: 1 - 2 PREPARATION TIME: 10 - 15 MIN COOKING TIME: 3 - 4 MIN

INGREDIENTS

- Bengal Gram/Chana dal - 1 cup
- Yellow lentils/Moong dal - 1/2 cup
- All-purpose flour/Maida - 1 cup
- Whole wheat flour/Gehu ka atta - 1/2 cup
- All spice mix powder/Garam masala- 1/2 tsp
- Salt - to taste
- Turmeric powder/Haldi powder - as required
- Carom seeds/Ajwain - 1 tsp
- Oil - as required
- Onion/Pyaz - 1, chopped
- Garlic - 1 tsp, chopped
- Dry red chili/Sookhi lal mirch - 2
- Tamarind chutney/Imli chutney - as required
- Green chutney/Hari chutney - as required
- Curd/Dahi - as required
- Red chilli powder/Lal mirch powder - 1 tsp
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- Coriander leaves - a handful
- Nylon sev - for garnishing
- Water - as required
- tsp = teaspoon
- Tbsp - tablespoon

DIRECTIONS

- Take maida, gehu ka atta, 2 Tbsp oil, ajwain, and salt. Add water and knead it into a slightly stiff dough.
- Meanwhile, heat oil in a kadai/wok. Take a small ball of the dough. Roll it with a rolling pin by dusting it very lightly with flour. Prick it all over with a fork.
- Cut it into strips and place them in hot oil. Deep fry them till they turn golden in colour. Take them out and keep them aside.
- Take chana dal and moong dal and wash them. Add haldi powder and salt in them. Boil them. After boiling, check the dals; the chana dal should be soft.
- Heat 1 Tbsp oil in a pan. Pour the boiled dal in it. Add haldi powder, garam masala, and salt in it and mix well.
- Heat 1 Tbsp oil in a tadka pan, add chopped garlic and dry red chilies. Pour it on the prepared dal and mix well. Now, add lemon juice and coriander leaves. Mix well.
- Then take a shot glass. Add the prepared dal, chopped onion, whisked curd, imli chutney, green chutney and lahsun chutney one by one. Place the pakwan strip in it and garnish it with nylon sev. Likewise, prepare all the shot glasses.
- 'Dal Pakwan Shots' is ready to be served.

TIPS

- The pakwan can be cut in any desired shape.
- The spiciness can be adjusted as required.

MIX VEG SEWAIYAN

a simple and tasty snack

By Archana Chakravarthy

From Karnataka



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- FOR BOILING VERMICELLI:
- Vermicelli/Sewaiyan - 1 cup
- Oil - as required
- Water - 1 & 1/2 cups
- Salt - to taste
- FOR PREPARING MIX VEG VERMICELLI:
- Oil - 2 Tbsp
- Roasted peanuts/Mungfali - 1/4 cup
- Black gram/Urad dal - 1 tsp
- Bengal Gram/Chana dal - 1 tsp
- Asafoetida/Hing - a pinch
- Mustard seeds/Rai - 1 tsp
- Turmeric powder/Haldi powder - 1/2 tsp (optional)
- Curry leaves/Curry patta - a few
- Green chilli/Hari mirch - 3, slit
- Beans - 1/2 cup, finely chopped
- Carrot/Gajar - 1, finely chopped
- Capsicum/Shimla mirch - 1/2, finely chopped
- Salt - to taste
- Green peas/Matar - 1/4 cup
- Ground fresh coconut/Nariyal - 2 Tbsp
- Coriander leaves/Hara dhaniya - a handful
- Clarified butter/Ghee - 1 tsp
- Lemon juice/Nimbu ka ras - of 1/2 lemon
- tsp = teaspoon
- Tbsp = tablespoon

DIRECTIONS

- FOR BOILING VERMICELLI:
- Heat 1 Tbsp of oil in a pan. Add vermicelli and roast it on a medium flame for 2 to 3 minutes until it changes colour and becomes nice golden brown. Keep it aside.
- Now boil the water in a pan. Add 1 tsp of oil, salt, and roasted vermicelli. Mix well. Boil it for 3 to 4 minutes on a high flame. Stir it occasionally.
- Check the vermicelli by breaking it. If it breaks easily and appears puffed, it indicates that the vermicelli is well cooked.
- Once the vermicelli is cooked well, turn off the flame and strain it. Pour cold water on it. Add 1 tsp of oil to it and mix well. Keep it aside.
- FOR PREPARING MIX VEG VERMICELLI:
- Heat oil in a pan. Add peanuts, black gram, Bengal gram, asafoetida, mustard seeds, turmeric powder, curry leaves, and green chilli. Mix well and sauté for a few seconds.
- Then add beans and carrot. Mix well and sauté for 1 minute. Then add capsicum and salt. Mix well. Sauté again for 2 to 3 minutes on a medium flame while stirring occasionally.
- Add green peas and mix well. Sauté it for 1 to 2 minutes on a medium flame while stirring occasionally.
- Now add the cooked vermicelli and mix well. Now add coriander leaves and fresh coconut. Mix well.
- Add ghee and mix well. Turn off the flame. Let it cool down slightly and add lemon juice. Mix well.
- 'Mix Veg Vermicelli Upma | Mix Veg Sewaiyan' is ready to be served.

TIPS

- The ratio of water to vermicelli should be 3:2.
- Salt should be added carefully in vegetables because salt was added earlier while boiling the vermicelli.
- If required, hot water and vermicelli can be added to the cooked vegetables.
- Check the vermicelli by breaking it. If it breaks easily and appears puffed, it indicates that the vermicelli is well cooked.
- The vermicelli should not be overcooked.
- The lemon juice should be added after the vermicelli cools down slightly.

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ALOO PYAZ KA LACHHA PAKODA

a crispy and tasty winter-special appetizer

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 4 MIN

INGREDIENTS

- Potato/Aloo - 2
- Onion/Pyaz - 2, sliced
- Water - as required
- Gram flour/Besan - 2 to 3 Tbsp
- Rice flour/Chawal ka aata - 2 tsp
- Salt - to taste
- Turmeric powder/Haldi powder - 1/2 tsp
- Red chilli powder/Lal mirch powder - 1 tsp
- All spice mix powder/Garam masala - 1/2 tsp
- Coriander powder/Dhaniya powder - 1/2 tsp
- Asafoetida/Hing - a pinch
- Carom seeds/Ajwain - 1 tsp
- Chaat masala - 1/2 tsp
- Chilli flakes - 1/2 tsp
- Green chilli/Hari mirchi - 2 to 3, finely chopped
- Coriander leaves/Hara dhaniya - a handful
- Oil - for frying
- tsp = teaspoon
- Tbsp = tablespoon

DIRECTIONS

- Take the peeled potatoes. Grate them and put the shreds in water.
- Now take the shreds out of the water by squeezing them with your palm and transfer it to a big bowl.
- Add onion, gram flour, rice flour, salt, turmeric powder, red chilli powder, all spice mix powder, coriander powder, asafoetida, carom seeds by rubbing between your palm, chaat masala, chilli flakes, green chilli, coriander leaves, and a little water. Mix well and prepare a thick-consistency batter.
- Meanwhile, heat oil in a deep frying pan over medium flame. When the oil is medium hot, take a small ball-sized portion of the pakoda batter with wet fingers and place it gently into the hot oil. Likewise, prepare more pakode with the remaining batter.
- When the top surface of the pakode turns light golden brown, flip them using a slotted spoon.
- Deep fry them on a medium flame until crispy and light golden brown from both sides, and take them out on a serving plate using a slotted spoon.
- 'Aloo Pyaz Ka Lachha Pakoda' is ready to be served with green chutney and ketchup.

TIPS

- The grated potato should be kept in the water; otherwise, it will turn black.
- Gram flour and water can be added to adjust the consistency of the batter.
- If required, the batter can be kept in the refrigerator to save time.
- Available vegetables of choice can be added to the batter.
- Pakoda chaat can also be prepared from the pakoda.



Enjoy!

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