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UNEDITED
LIVE RECIPES

ISSUE : 34

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वही बनता है !



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Zayka
Ka
Tadka

LIVE FROM THE KITCHENS OF MOMS OF INDIA



THE SUPER CHEF MOMS OF INDIA





FOUNDER'S WORDS



Namaskar!

Hope all are doing well with good health and enjoying the summer.

We all are enjoying the beautiful summer vacations with our family, for making it more enjoyable want to eat something new and tasty.

In this edition, we bring to you some interesting and easy recipes suitable for you from the kitchens of expert moms for your family and loved ones.

Do try these recipes, share with your friends and family and share feedback with us. Your continued support, love and encouragement are the energy boosters for us and help us come up with great and easy recipes by so many lovely moms. We look forward to a great journey ahead!

Yours Sincerely

Vijay Haldiya - [Founder of Zayka Ka Tadka]

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3 Types Of Summer Drinks

refreshing famous mocktails



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- FOR PREPARING MAKHANIYA LASSI :
- Thick curd / Gada dahi - 1 Cup
- Powdered sugar - 2 tsp
- Saffron / Kesar - 10 to 15 Strands + For garnishing
- Milk - 1 tbsp
- Ice cubes - As required
- Cardamom powder / Elaichi powder - 1/4 tsp
- Mixed dry fruits (Almond, cashew, pistachio) - 1 to 2 tsp chopped + For garnishing
- Homemade malai - For garnishing
- FOR PREPARING INSTANT SODA SHIKANJI :
- Lemon juice / Nimbu ka ras - Of 1 lemon
- Chaat masala - 1/4 tsp
- Black salt / Kala namak - 1/4 tsp
- Powdered sugar - 3 tsp
- Ice cubes - As required
- Soda water - As required
- Mint leaves / Pudina leaves - A few
- FOR PREPARING SUGARCANE JUICE WITHOUT SUGARCANE :
- Lemon juice / Nimbu ka ras - Of 1 lemon
- Mint leaves / Pudina leaves - A few
- Black salt / Kala namak - 1/4 tsp
- Jaggery powder / Gud - 2 to 3 tbsp
- Chilled water - As required
- Ice cubes - As required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- FOR PREPARING MAKHANIYA LASSI :
- Soak saffron in milk for 10 to 15 minutes. Keep it aside.
- Take thick curd, powdered sugar, and soaked saffron in a mixer jar. Grind it for a few seconds in a mixer grinder.
- Now take a serving glass and add ice cubes. Then pour the prepared lassi into a serving glass. Add cardamom powder and dry fruits. Mix well.
- Garnish it with homemade malai, dry fruits, and saffron.
- FOR PREPARING INSTANT SODA SHIKANJI :
- Take a serving glass. Add lemon juice, chaat masala, black salt, and powdered sugar. Mix well. Then add ice cubes.
- Now pour soda water into the serving glass. Add mint leaves and mix well.
- FOR PREPARING SUGARCANE JUICE WITHOUT SUGARCANE :
- Take lemon juice, mint leaves, black salt, jaggery powder, and little water in a mixer jar. Grind it for a few seconds in a mixer grinder. Then add ice cubes and grind it again for a few seconds.
- Take ice cubes in a serving glass. Pour the prepared jaggery mixture into a serving glass.
- Pour chilled water into it and mix well.
- '3 Types Of Summer Drinks' are ready to be served.

Tips

- FOR MAKHANIYA LASSI :
- If you want, you can add fresh cream to a grinding jar while grinding lassi.
- FOR INSTANT SODA SHIKANJI :
- Sweetness can be adjusted as per taste.

Bread Paneer Roll

a nutritious dish



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Cottage cheese / Paneer - 1 Cup grated
- Onion / Pyaz - 2 tsp
- Capsicum / Shimla mirch - 2 tsp
- Coriander leaves / Hara dhaniya - A handful
- Salt - As per taste
- Red chilli flakes - 1 tsp
- Green chilli / Hari mirchi - 2 Finely chopped
- Chaat masala - 1/2 tsp
- Bread slices - 4
- Water - As required
- Butter - As required
- tsp = teaspoon
- tbsps = tablespoons

Tips

- Apply water to the bread's edges to stick it well.

Directions

- Take grated paneer in a bowl. Add onion, capsicum, coriander leaves, salt, red chilli flakes, green chilli, and chaat masala. Mix well.
- Prepare thin and long small rolls from it. Likewise, prepare all rolls from the mixture. Keep it aside.
- Take the bread slices, and cut their edges. Roll it using a rolling pin to make it thin.
- Apply water on 3 sides of the bread. Now put the prepared paneer mixture and roll to it. Then fold it vertically to prepare the roll. Apply water to the edge to stick it. Apply butter to the roll. Likewise, prepare all bread rolls.
- Meanwhile, heat a pan. Place the prepared bread rolls on it and toast it from all sides on low flame to make it crispy and nicely golden brown.
- Once done, transfer it to a serving plate and cut it.
- 'Bread Paneer Roll' is ready to be served.

Masala Dal Vada

a famous south Indian tea-time snack



By Smita Srikanth, A Lovely Mom, From Bangalore

SERVINGS: 3

PREPARATION TIME: 245 MIN

COOKING TIME: 3 MIN

Ingredients

- Bengal gram / Chana dal - 1 Cup
- Water - As required
- Ginger / Adarak - 1 Inch chopped
- Green chilli / Hari mirchi - 2 Chopped
- Dry red chilli / Sukhi lal mirch - 4 to 5
- Salt - As per taste
- Coriander leaves / Hara dhaniya - A handful
- Fenugreek leaves / Hari methi - 1 Cup finely chopped
- Asafoetida / Hing - 1/4 tsp
- Roasted cumin seeds powder / Jeera powder - 1/2 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Fresh coconut / Nariyal - 1 Cup ground
- Curry leaves / Curry patta - A few
- Oil for frying
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Wash and soak the chana dal for 4 hours. Rinse water.
- Transfer it to a grinding jar. Add ginger, green chilli, and dry red chillies in a grinding jar. Grind it for a few seconds to prepare its paste.
- Take it out to a bowl. Add salt, coriander leaves, fenugreek leaves, asafoetida, roasted cumin seeds powder, turmeric powder, fresh coconut, and curry leaves by crushing them. Mix well.
- Take a small ball-sized portion of the mixture and prepare small ball-sized flattened vada.
- Meanwhile, heat oil for frying in a Kadhai. Add the prepared vada to the hot oil.
- Deep fry them on low to medium flame for 2 to 3 minutes until it turns crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon.
- 'Masala Dal Vada' is ready to be served with filter coffee and green chutney.

Tips

- Water should not be added while grinding the chanadal mixture.
- Grated fresh coconut can be added as per your choice.
- The vada mixture should be dry.
- Fenugreek leaves should be added just before preparing the vada.

Zanzanit Misal

a famous street food in Maharashtra



By Mita Mody, A Lovely Mom, From Mumbai

SERVINGS: 1

PREPARATION TIME: 960 MIN

COOKING TIME: 15 MIN

Ingredients

- FOR PREPARING ONION PASTE :
- Onion / Pyaz - 3 Chopped
- Green chilli / Harimirchi - 3 Chopped
- Ginger / Adarak - 1 Inch chopped
- Garlic / Lahsun - 10 to 12 Cloves
- FOR PREPARING GODA MASALA :
- Oil - 1 tsp
- Cumin seeds powder / Jeera powder - 1
- Dry coriander seeds - 2 tsp
- Fennel seeds / Saunf - 2 tsp
- Dry coconut - 1 Small piece sliced
- Cloves / Laung - 2 to 3
- Cinnamon stick / Dalchini - 2 to 3
- Black peppercorns / Kali mirch - 3 to 4
- Dry red chilli / Sukhi lal mirch - 1 Cup
- FOR PREPARING MOTH BEANS :
- Dew beans / Moth bean - 1 Cup
- Water - As required
- Baking soda - A pinch
- Salt - As per taste
- FOR PREPARING ZANZANIT MISAL :
- Oil - 5 tbsp
- Onion / Pyaz - 1 Finely chopped
- Curry leaves / Curry patta - A few
- Tomato puree / Tamatar puree - Of 3 tomato
- Kashmiri red chilli powder - 2 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 2 tsp
- All spice mix powder - 1/2 tsp
- Dry fenugreek leaves / Kasuri methi - 1 tsp
- Salt - As per taste
- FOR SERVING :
- Namkeen mixture - As required
- Bun - 2
- Onion / Pyaz - 1 Finely chopped
- Lemon / Nimbu - 1/2 Sliced

Directions

- FOR PREPARING ONION PASTE :
- Heat oil in a pan. Add onion, green chilli, ginger, and garlic. Mix well and saute it for 2 to 3 minutes on medium flame. Stir it in between.
- Once done, turn off the flame and let it cool down. Then grind it to prepare its paste. Keep it aside.
- FOR PREPARING GODA MASALA :
- Heat oil in a pan. Add cumin seeds, dry coriander seeds, fennel seeds, dry coconut, cloves, cinnamon sticks, black peppercorn, and dry red chillies.
- Roast it on a medium flame for 2 to 3 minutes. Keep it aside and let it cool down. Then transfer it to a grinding jar and grind it for a few seconds to make a fine powder.
- FOR PREPARING MOTH BEANS :
- Soak moth beans overnight. In the morning, drain out its water and keep it in a hot place or tie in a muslin cloth for 7 to 8 hours. The moth bean sprouts will be ready.
- Boil the sprouted moth beans with water, salt, and baking soda in a pressure cooker till 2 whistles. Keep it aside.
- FOR PREPARING ZANZANIT MISAL :
- Heat oil in a kadhai. Add onion, curry leaves, ground onion paste and tomato puree. Mix well. Cover the pan with its lid and saute it for 3 to 4 minutes till the oil separates. Stir it occasionally.
- Then add kashmiri red chilli powder, 2 tsp of goda masala, turmeric powder, coriander powder, all spice mix powder, and dry fenugreek leaves. mix well.
- Add salt and mix well. Now add boiled moth beans with its water. Cover the pan with a lid and boil it for 3 to 4 minutes on medium flame.
- Once done, take it out to a serving bowl. Add namkeen mixture and onion to it. Garnish it with coriander leaves. Serve it with buns and lemon slice.
- 'Zanzanit Misal' is ready to be served.

Tips

- Adjust the spiciness as per taste.
- Any type of [garam masala](#) can be used.
- Add the boiled moth beans with its water.

[Watch the video recipe](#)

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

Vadappa With Sweet Dal

a heirloom dish



By Sharmila Devi, A Lovely Mom, From Hyderabad

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Rice flour / Chawal ka aata - 1 Cup
- Salt - As per taste
- Cumin seeds / Jeera - 1 tsp
- Hot water - 1 Cup
- Water - As required
- Oil - For frying
- FOR PREPARING SWEET DAL :
- Tuvar Dal / Toor Dal / Pigeon peas - 1/2 Cup
- Oil - 1 tbsp
- Mustard seeds / Rai - 1/2 tsp
- Cumin seeds / Jeera - 1/2 tsp
- Dry red chilli / Sukhi lal mirch - 2
- Dry fenugreek seeds / Methidana - 1 tsp
- Curry leaves / Curry patta - 1
- Onion / Pyaz - 1 diced
- Turmeric powder / Haldi powder - 1/2 tsp
- Tamarind juice / Imli ka ras - 2 tsp
- Jaggery / Gud - As per taste
- Salt - As per taste
- Water - 1/2 cup
- Coriander leaves / Hara dhaniya - For garnishing
- tsp = teaspoon
- tbsp = tablespoon

Tips

- The oil should be hot enough to fry it.
- Any type of plastic sheet can be used to prepare it.
- Keep tapping it while frying it using a slotted spoon to make it fluffy.
- Prepare it by tapping the dough softly using your fingers.
- The vadappa should be not pressed while preparing it.

Directions

- Take rice flour, salt, and cumin seeds in a bowl. Add hot water and mix well. Let it cool down slightly.
- Then add water gradually to prepare a medium-consistency dough like poori.
- Meanwhile, heat oil in a kadhai for frying.
- Take a plastic sheet. Grease it with oil. Take a small, ball-sized dough. Slightly dip it into the hot oil. Gently press it and spread it with your fingers on the plastic sheet to prepare a medium-thick, round vadappa.
- Make a small hole in the center of it with the finger. Flip the plastic sheet on the palm and remove the plastic sheet from the vadappa.
- Place the prepared vadappa into the hot oil. Keep tapping it using a slotted spoon to make it fluffy. Fry it on a high flame.
- Deep fry it until it becomes crispy and golden brown from both sides. Then, take it out on a serving plate using a slotted spoon. Likewise, fry all vadappa.
- FOR PREPARING SWEET DAL :
- Heat oil in a Kadhai.
- Add mustard seeds and cumin seeds. Let them splutter.
- Then add dry red chilli, dry fenugreek seeds, and curry leaves. Saute for a few seconds.
- Now add onion and saute for a minute. Then add washed pigeon peas. Saute it until the dal turns golden brown.
- Add water and turmeric powder. Let it boil. Cook the dal on medium flame until it is soft and mushy.
- Once the dal is cooked add tamarind juice, jaggery, and salt. Mix well. Boil for 5 minutes. Then turn off the flame and garnish it with coriander leaves.
- 'Vadappa With Sweet Dal' is ready to be served.

Papdi Chaat In Glass

a party special appetizer



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- Thick curd - 1 tbsp whisked
- Onion / Pyaz - 1 Finely chopped
- Green chutney - As required
- Tomato / Tamatar - 1 Finely chopped
- Sweet chutney / Meethi chutney - As required
- Nylon sev - As required + For garnishing
- Small Sized Puri / Papdi / Mathri - 2 to 3 + For garnishing
- Roasted cumin seeds powder / Jeera powder - 1/2 tsp
- Red chilli powder / Lal mirchi powder - 1/4 tsp
- Salt - As per taste
- Coriander leaves / Hara dhaniya - For garnishing
- tsp = teaspoon

Directions

- Remove the seeds of the tomato and finely chop it.
- Take a serving glass. Add curd and make a layer of it. Add onion to it.
- Now make a layer of green chutney. Then add tomato to it.
- Further, make a layer of meethi chutney. Now spread nylon sev on it.
- Now add 2 to 3 papdi to it by crushing it. Sprinkle roasted cumin seeds powder, red chilli powder, and salt.
- Garnish it with nylon sev, coriander leaves, and papdi.
- 'Papdi Chaat In Glass' is ready to be served.

Tips

- [Tomato ketchup](#) can be added instead of meethi chutney.
- Layers can be made in the glass as per choice.

Radhaballavi With Aloo Dum

a popular Bengali dish



By Mansi Agrawal, A Lovely Mom, From Kolkata

SERVINGS: 3

PREPARATION TIME: 480 MIN

COOKING TIME: 10 MIN

Ingredients

- Split white gram / Urad dal - 1 Cup
- Water - As required
- All purpose flour / Maida - 1 Cup
- Salt - As per taste
- Sugar - 1/2 tsp
- Ginger-green chilli paste / Adarak-hari mirchi paste - 1/2 tsp coarsely ground
- Fennel seeds powder / Saunf powder - 1/2 tsp
- Oil - 1 tbsp + For frying
- FOR PREPARING STUFFING :
 - Oil - 1 tbsp
 - Onion seeds / Kalonji - 1/2 tsp
 - Ginger-green chilli paste / Adarak-hari mirchi paste - 1/2 tsp coarsely ground
 - Salt - As per taste
 - Sugar - 1 tsp
 - Fennel seeds powder / Saunf powder - 1/2 tsp
 - Asafoetida / Hing - A pinch
- FOR PREPARING ALOO DUM :
 - Baby potatoes / Aloo - 4 to 5
 - Bay Leaf / Tej patta - 3
 - Salt - as per taste
 - Onion / Pyaz - 1 Chopped
 - Tomato / Tamatar - 1 Chopped
 - Garlic / Lahsun - 2 Cloves
 - Ginger-Green chilli paste / Adarak-hari mirchi paste - 1 tsp
 - Cinnamon stick / Dalchini - 1
 - Clove / Laung - 2
 - Green cardamom / Elaichi - 2
 - Mustard oil / Sarson ka tel - 1 tbsp
 - Dry red chilli / Sukhi lal mirch - 2
 - Roasted Cumin Powder / Jeera powder - 1 tsp
 - Red chilli powder / Lal mirchi powder - 1 tsp
 - Turmeric powder / Haldi powder - 1 tsp
 - Coriander powder / Dhaniya powder - 1 tsp
 - Coriander leaves / Hara dhaniya - For garnishing
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Wash and soak urad dal for 6 to 8 hours. Then strain it and transfer it to a grinding jar. Add little water and grind it to prepare a fine paste. Keep it aside.
- Take all purpose flour in a bowl. Add salt, sugar, ginger-green chilli paste, fennel seeds powder, 1 tbsp ground urad dal, and oil. Mix well.
- Then add water gradually and prepare a medium consistency dough. Keep it aside and let it rest for 30 minutes.
- Then make small ball sized balls from it. Keep it aside.
- Heat oil in a pan. Add onion seeds, ginger-green chilli paste, salt, sugar, and fennel seeds powder. Mix well and add asafoetida.
- Keep stirring it continuously till the sugar caramelized. Then add little water and mix well.
- Now add 1/2 cup of ground urad dal. Mix well. Roast it for 2 to 3 minutes on medium flame till the mixture leaves the pan and becomes light brown.
- Once done, turn off the flame and let it cool down. Then prepare small balls from it.
- Take a small ball of dough and flatten it using your fingers. Now add stuffing in the centre. Then seal the ends of it to prepare a round-shaped peda.
- Apply oil to it and roll it to make radhaballavi. Likewise, prepare all radhaballavi.
- Meanwhile, heat oil in a Kadhai for frying. Place the prepared radhaballavi into the hot oil.
- Deep fry it until it becomes crispy and golden brown from both sides. Then, take it out on a serving plate using a slotted spoon. Likewise, fry all radhaballavi.
- FOR PREPARING ALOO DUM :
 - Take baby potatoes and 1 bay leaf in a pressure cooker. Add salt and water to it. Pressure cook it on a high flame for 1 whistle then lower the flame and cook for 1 whistle.
 - Once cooked, take them out and let them cool. Prick the potatoes with a fork. Keep aside.
 - Take a grinder jar, add onion, tomato, garlic, ginger-green chilli paste, cinnamon stick, clove, and green cardamom. Grind it to make a smooth paste.
 - Heat mustard oil in a pan. Add bay leaves and dry red chillies. Then add red chilli powder, turmeric powder, and roasted cumin powder. Saute and then add the above-prepared paste. Mix well and cook it until the oil separates.
 - Add coriander powder, salt, water, and boiled potato. Let it boil. Cover it with a lid and cook for 2 minutes. Once done, garnish it with coriander leaves and turn off the flame.
- 'Radhaballavi With Aloo Dum' is ready to be served.

Tips

- You can roast fennel seeds and grind it to make it's powder.
- Add little water while preparing stuffing, so the spices will not burn.

[Watch the video recipe](#)

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

Palak Pakoda

a crispy and tasty fritters



By Sapna Maheshwari, A Lovely Mom, From Aligarh

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Spinach / Palak - 1 Cup chopped
- Gram flour / Besan - 2 to 3 tbsp
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Carom seeds / Ajwain - 1/2 tsp
- Asafoetida / Hing - A pinch
- Red chilli powder / Lal mirch powder - 1 tsp
- Salt - As per taste
- Water - As required
- Oil - For frying
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Take spinach in a bowl. Add gram flour, green chilli, carom seeds, asafoetida, red chilli powder, and salt. Mix well.
- Add water gradually and prepare a medium 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 pakoda batter and place it gently into the hot oil.
- 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 and take them out to a serving plate using a slotted spoon.
- 'Palak Pakoda' is ready to be served with green chutney and ketchup.

Tips

- If you want, you can add onion to the batter.
- It is recommended to mix the pakoda batter by hand.
- You can prepare palak pakoda chaat from this pakoda, by adding [meethi chutney](#), [namkeen sev](#), etc.

Vada Pav Paratha

an excellent Indian flatbread



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 1

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

Ingredients

- FOR ALOO STUFFING:
- Potato - 2 boiled
- Salt - as per taste
- Red chilli powder/Lal mirch powder - 1/2 tsp
- All Spice mix/Garam Masala - 1/2 tsp
- Turmeric powder/Haldi Powder - 1/4 tsp
- Coriander leaves - a handful chopped
- Oil - 1 tbsp
- Mustard seeds/Rai - 1/2 tsp
- Curry leaves - few
- FOR BESAN STUFFING:
- Gram flour/Besan - 1 cup
- Salt - as per taste
- Turmeric powder - 1/4 tsp
- Red Chilli powder/Lal mirch powder - 1/2 tsp
- All spice mix powder/Garam Masala - 1/2 tsp
- Oil - 1 to 2 tbsp
- Coriander leaves - a handful
- FOR GARLIC CHUTNEY:
- Garlic/Lahsun - 10 to 12 cloves
- Dry coconut flakes - 1/4 Cup
- Dry Red Chillies/Sookhi lal mirch - 6 to 7
- Salt - as per taste
- OTHER INGREDIENTS:
- Whole wheat flour dough - as required
- Clarified butter/Ghee - for roasting
- Green Chillies/Hari mirch - 2
- Cheese slice - 1
- Coriander leaves - a handful
- tsp = teaspoon
- tbsp = tablespoon

Directions

- FOR ALOO STUFFING:
- Take mashed boiled potato in a bowl. Add salt, red chilli powder, turmeric powder, garam masala, and coriander leaves.
- Heat oil in tadka pan. Add green chillies and fry them. Once done take it out.
- Add mustard seeds, curry leaves in the same pan. Switch off the flame and add turmeric powder. Pour this tadka over the potato mixture. Mix well and keep aside.
- FOR BESAN STUFFING:
- Roast the besan on a low flame for 3 to 4 minutes. Then transfer to the bowl.
- Add salt, red chilli powder, turmeric powder, garam masala, coriander leaves and oil. Mix well and keep aside.
- FOR GARLIC CHUTNEY:
- Take a grinding jar, add dry coconut flakes, dry red chillies, garlic cloves, and salt. Dry grind it to make coarse chutney.
- FOR PREPARING VADA PAV PARATHA:
- Take a part of whole wheat dough, dust it with flour and roll it like a roti.
- Spread potato mixture on it. Then spread the besan mixture on the potato mixture then the garlic chutney. Put cheese slice on top. Finally, add coriander leaves. Join the ends and seal the paratha. Again, roll it with light hands.
- Meanwhile, heat a tawa. Roast the paratha on a low flame by applying ghee to it. Once roasted take it out on a serving plate.
- "Vada Pav Paratha" is ready to be served with garlic chutney and fried green chillies.

Tips

- You can skip the cheese slice.

[Watch the video recipe](#)

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

3 Types Of Rajasthani Baati

traditional dish from Rajasthan



By Shilpi Agrawal, A Lovely Mom, From Rajasthan

SERVINGS: 2

PREPARATION TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- FOR PREPARING DOUGH :
- Whole wheat flour / Gehu ka aata - 2 Cups
- Semolina / Sooji - 1/2 Cup
- Clarified butter / Ghee - 1/2 Cup
- Salt - As per taste
- Carom seeds / Ajwain - 1/2 tsp
- Lukewarm water - As required
- FOR PREPARING ALOO MASALA BAATI :
- Mustard oil - 1 tbs
- Green chilli / Hari mirchi - 2 Finely chopped
- Onion / Pyaz - 2 Finely chopped
- Ginger-garlic paste / Adarak-lahsun ka paste - 1 tsp (optional)
- Boiled green peas / Hare matar - 1/2 Cup
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Carom seeds / Ajwain - 1/4 tsp
- Chaat masala - 1/2 tsp
- All spice mix powder / Garam masala - 1/2 tsp
- Black salt / Kala namak - 1/4 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Boiled potato / Uble huye aloo - 3 Peeled and mashed
- FOR PREPARING SATTU MASALA STUFFED BAATI :
- Sattu - 1 Cup
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- All spice mix powder / Garam masala - 1/2 tsp
- Carom seeds / Ajwain - 1/4 tsp
- Chaat masala - 1/2 tsp
- Black salt / Kala namak - 1/4 tsp
- Water - Few drops
- Mustard oil - 2 to 3 tsp
- FOR ROASTING BAATI :
- Clarified butter / Ghee - As required
- tsp = teaspoon
- tbs = tablespoon

Tips

- FOR PREPARING BAATI IN OTG :
- Preheat OTG to 200 degrees Celsius for 10 minutes. Then cook baati for 25 to 30 minutes at 200 degrees Celsius.

Directions

- FOR PREPARING DOUGH :
- Take whole wheat flour in a bowl. Add sooji, clarified butter, salt, and carom seeds.
- Add lukewarm water gradually to prepare the medium-hard dough.
- FOR PREPARING PLAIN BAATI :
- Take a small ball-sized part of the dough and flatten it using your palms and fingers. Then join the ends of it to prepare a round-shaped baati. Likewise, prepare all baatis.
- FOR PREPARING ALOO MASALA BAATI :
- Heat mustard oil in a pan. Add green chilli and onion. Saute it for a few seconds on medium flame.
- Then add ginger-garlic paste and mix well. Saute it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Further, add boiled green peas, salt, turmeric powder, carom seeds, chaat masala, all spice mix powder, black salt, and red chilli powder. Mix well.
- Then add boiled and mashed potato. Mix well. Once done, turn off the flame and let it cool down.
- Take a small ball-sized part of the dough and flatten it using your palms and fingers. Now add aloo masala in the centre of it. Then seal the ends of it to prepare a round-shaped baati. Likewise, prepare all baatis.
- FOR PREPARING SATTU MASALA STUFFED BAATI :
- Take sattu in a bowl. Add salt, red chilli powder, turmeric powder, all spice mix powder, carom seeds, black salt, and chaat masala.
- Then add a few drops of water and mustard oil. Mix well.
- Take a small ball-sized part of the dough and flatten it using your palms and fingers. Now add the prepared sattu masala in the centre of it. Then seal the ends of it to prepare a round-shaped baati. Likewise, prepare all baatis.
- FOR ROASTING BAATI :
- Meanwhile, heat the appa pan and add some drops of ghee to the appa mould. Now add the prepared baati in the appa mould. Cover the pan with a lid.
- Allow it to cook on a low flame for 3 to 4 minutes. Flip the baati and add some drops of ghee.
- Now cover the pan. Cook it for 3 to 4 minutes. Once done, take them out to a plate.
- Dip them in melted ghee for a few seconds. Then take them out to a serving plate.
- '3 Types Of Rajasthani Baati' is ready to be served with dal, churma, and lahsun ki chutney.

[Watch the video recipe](#)

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

Dhaba Style Sev Tamatar Ki Sabji

an heirloom dish



By Jyoti Naresh Tinkhe, A Lovely Mom, From Rajasthan

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Oil - 2 tbsp
- Cinnamon / Dalchini - 1 Stick
- Cloves / Laung - 2 to 3
- Bay leaf / Tej patta - 1
- Ginger / Adrak - 1 tsp Finely chopped
- Garlic / Lahsun - 1 tsp Finely chopped
- Onion / Pyaz - 1 Finely chopped
- Tomato puree / Tamatar ki puree - Of 2 tomatoes
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 2 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Dry fenugreek leaves / Kasuri methi - 1 tsp
- Water - As required
- Sev / Namkeen - 1 Cup
- Green chilli / Hari mirchi - 2 to 3
- Coriander leaves / Hara dhaniya - For garnishing
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Heat oil in a pan. Add cinnamon stick, cloves, bay leaf, ginger, garlic, and onion. Saute it for 1 to 2 minutes on medium to high flame until it becomes golden brown. Stir it occasionally.
- Now add salt, 1 tsp of red chilli powder, turmeric powder, coriander powder, and little water. Mix well.
- Further, add tomato puree. Mix well. Add 1 tsp of red chilli powder and dry fenugreek leaves. Mix well. Saute it for 1 to 2 minutes on medium to high flame until the oil separates. Stir it occasionally.
- Add 2 tbsp of water. Boil it for 1 minute. Add sev and mix well. Add green chilli and mix well. Saute it for a few seconds on medium flame.
- Once done, take it out to a serving bowl and garnish it with coriander leaves.
- 'Dhaba Style Sev Tamatar Ki Sabji' is ready to be served with paratha and onion salad.

Tips

- Milk can be added instead of water.
- Sev should be added just before serving the sabji.
- Gravy can be prepared earlier to save time.

[Watch the video recipe](#)

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

Sev Papad Ka Paratha

a quick and healthy tiffin idea



By Meenal Gupta

A Lovely Mom, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Roasted papad - 1
- Sev / Bhujia - 2 tsp
- Green chilli / Hari mirch - 2
Finely chopped
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1/2 tsp
- Cumin seeds / Jeera - 1/4 tsp
- Coriander leaves / Hara dhaniya - A handful
- Clarified butter / Ghee - As required
- Whole wheat dough / Gehu ka aata - As required
- tsp = teaspoon
- tbsp = tablespoon

Tips

- Any type of papad or sev can be used.

Directions

- Crush roasted papad in a bowl. Add sev, green chilli, salt, red chilli powder, cumin seeds, and coriander leaves. Mix well. Add 1/2 tsp of ghee to it and mix well.
- Take the medium-soft whole wheat dough and make a round-shaped circular peda from the dough. Dust it with flour and roll a peda to make a paratha.
- Apply ghee to it. Then add the prepared papad sev 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 ghee on both sides and cook on a medium flame. Press the paratha while roasting the paratha to make crispy and nicely golden brown paratha.
- Once done, transfer it to a serving plate.
- 'Sev Papad Ka Paratha' is ready to be served with kairi gunde ka pickle and green chutney.

Poori Kachori Chaat

a colorful special appetizer



By Koumudi Vipin Jain A Lovely Mom, From Lucknow

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- FOR PREPARING DOUGH :
- All purpose flour / Maida - 1/2 Cup
- Oil - 3 tsp + For frying
- Salt - As per taste
- Water - As required
- FOR PREPARING BESAN STUFFING :
- Gram flour / Besan - 1/2 Cup
- Sugar - 1 tsp
- Red chilli powder / Lal mirch powder - 1/2 tsp
- Asafoetida / Hing - 1/4 tsp
- All spice mix powder / Garam masala - 1/2 tsp
- Fennel seeds / Saunf - 1 & 1/2 tsp
- Carom seeds / Ajwain - 1 tsp
- Dry mango powder / Amchur - 1 tsp
- Black salt / Kala namak - 1/2 tsp
- Salt - As per taste
- Black pepper-cloves powder / Kali mirchi-laung ka powder - 1/2 tsp
- Oil - 3 & 1/2 tsp
- Water - As required
- FOR PREPARING KACHORI CHAAT :
- Green chutney - As required
- Curd - As required whisked
- Sweet chutney / Meethi chutney - As required
- Cucumber / Kheera - 1/2 Finely chopped
- Tomato / Tamatar - 1 Finely chopped
- Pomegranate / Anardane - As required + For garnishing
- Nylon sev - As required
- Chaat masala - As required
- Jeeravan masala - As required
- Coriander leaves / Hara dhaniya - For garnishing
- tsp = teaspoon
- tbsps = tablespoons

Directions

- FOR PREPARING DOUGH :
- Take all-purpose flour in a bowl. Add oil and salt. Mix well.
- Then add water gradually and prepare a medium-consistency dough.
- FOR PREPARING BESAN STUFFING :
- Take gram flour in a bowl. Add sugar, red chilli powder, asafoetida, all spice mix powder, fennel seeds, carom seeds, dry mango powder, black salt, salt, black pepper-cloves powder, and oil. Mix well.
- Then add water gradually and prepare a hard consistency dough. Then prepare small balls from it.
- FOR PREPARING KACHORI :
- Take a small ball of the dough and flatten it using your fingers. Now add stuffing in the center. Then seal the ends of it to prepare a round-shaped peda. Remove the excess part of the dough. Likewise, prepare all pedas.
- Then roll it to make kachori. Then prick the kachori using a fork.
- Meanwhile, heat oil in a kadhai for frying. Keep the flame high and place the prepared kachori into the hot oil.
- Deep fry it on high flame for 1 minute. Then keep the flame medium and fry it until it becomes crispy and golden brown from both sides. Then, take it out on a plate using a slotted spoon. Likewise, fry all kachoris.
- FOR PREPARING POORI KACHORI CHAAT :
- Take besan kachori on a serving plate. Add green chutney, curd, sweet chutney, cucumber, tomato, and pomegranate.
- Then again add green chutney, curd, sweet chutney, and nylon sev.
- Sprinkle chaat masala, jeeravan masala to it. Garnish it with coriander leaves and pomegranate.
- 'Poori Kachori Chaat' is ready to be served.

Tips

- Kachori can be stored in an air-tight jar for 15 days.

[Watch the video recipe](#)

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

Palak Muthia

a healthy and tasty dish



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- Spinach / Palak - 1 Cup chopped
- Sesame seeds / Til - 1 tsp
- Carom seeds / Ajwain - 1/2 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder / Lal mirchi powder - 1 tsp
- Dry coriander seeds / Sabut dhaniya - 1/2 tsp
- Garlic / Lahsun - 3 to 4 Cloves
- Ginger / Adarak - 1 Inch chopped
- Green chilli / Hari mirchi - 1 Chopped
- Gram flour / Besan - As required
- Salt - As per taste
- Water - As required
- Oil - For greasing
- FOR PREPARING TADKA :
 - Oil - 3 tsp
 - Cumin seeds / Jeera - 1/4 tsp
 - Curry leaves / Curry patta - A few
 - Green chilli / Hari mirchi - 1 Slited
 - Onion / Pyaz - 1 Sliced
 - Tomato / Tamatar - 1 Sliced
 - Sesame seeds / Til - 1/2 tsp
 - Tomato ketchup - 2 tsp
 - Water - As required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Take dry coriander seeds, garlic, ginger, and green chilli in the mortar pestle and crush them.
- Take spinach in a bowl. Add sesame seeds, carom seeds by rubbing between the palms, turmeric powder, red chilli powder, and crushed dry coriander seeds mixture. Mix well.
- Add gram flour gradually and prepare a mixture of dough consistency. Now make small, cylindrical shaped muthiyas from the prepared mixture.
- Meanwhile, heat water in a steamer. Place a stand or strainer in the steamer. Grease the stand or strainer and arrange all prepared muthiya to it. Cover it with a lid.
- Steam the muthiya on a medium flame for 10 minutes.
- After 10 minutes, check the muthiya by cutting using a knife. If it has a nice lattice texture then the muthiya is ready.
- Once done, take it out. Then cut them into pieces.
- FOR PREPARING TADKA :
 - Heat oil in a pan. Add cumin seeds, curry leaves, green chilli, onion, and tomato. Mix well.
 - Then add sesame seeds and mix well. Saute it for 1 to 2 minutes on medium flame.
 - Further, add tomato ketchup and mix well. Then add the prepared palak muthiya pieces. Mix well.
 - Add a few drops of water and mix well. Once done, take it out to the serving plate.
- 'Palak Muthia' is ready to be served.

Tips

- Salt should be added at the last as per the quantity of the dough.
- Check the muthiya by cutting using a knife. If it has a nice lattice texture then the muthiya is ready.

Moong Dal Paratha With Kairi Ki Launji

a protein-rich meal option



By Neha Agarwal, A Lovely Mom, From Raipur

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 4 MIN

Ingredients

- FOR PREPARING KAIRI KI LAUNJI :
- Mustard oil / Sarso ka tel - 2 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Mustard seeds / Rai - 1/4 tsp
- Asafoetida / Hing - A pinch
- Onion seeds / Kalonji - 1 tsp
- Raw mango / Kacha aam - 1 Peeled & sliced
- Turmeric powder / Haldi powder - 1/2 tsp
- Salt - As per taste
- Water - As required
- Red chilli powder / Lal mirch powder - 1 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- All spice mix powder / Garam masala - 1/2 tsp
- Fennel seeds / Saunf - 1 tsp
- Chaat masala - 1/2 tsp
- Black salt / Kala namak - 1/2 tsp
- Jaggery powder / Gud powder - 1/2 Cup
- FOR PREPARING MOONG DAL PARATHA :
- Whole wheat flour / Gehu ka aata - 1 Cup
- Split yellow gram / Moong dal - 1/2 Cup
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 1/2 tsp
- Fennel seeds / Saunf - 2 tsp
- Oil - 1 tbsp + For roasting
- Coriander leaves / Hara dhaniya - A handful
- Water - As required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- FOR PREPARING KAIRI KI LAUNJI :
- Heat mustard oil in a pan. Add cumin seeds, mustard seeds, asafoetida, onion seeds, and raw mango. Mix well.
- Then add turmeric powder, salt, and little water. Mix well and cover the pan with a lid. Cook it for 2 to 3 minutes on medium flame till the mango becomes soft. Keep stirring occasionally in between.
- Add red chilli powder, coriander powder, all spice mix powder, fennel seeds, chaat masala, and black salt. Mix well.
- Then add jaggery powder and mix well. Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame. Keep stirring occasionally in between.
- Once done, turn off the flame and take it out to the serving bowl.
- FOR PREPARING MOONG DAL PARATHA :
- Soak moong dal for 2 hours. Drain out the excess water.
- Take whole wheat flour in a bowl. Add soaked moong dal, salt, red chilli powder, turmeric powder, coriander powder, fennel seeds, and 1 tbsp of oil. Mix well.
- Add coriander leaves and mix well. Add water gradually to prepare medium soft consistency dough.
- Take a small ball-sized dough and make a round-shaped big circular peda. Dust it with flour and roll a peda to make a paratha.
- Meanwhile, heat a tawa. Apply oil to it. Place the paratha on it and cook it on one side. Flip it, once it is slightly brown.
- Apply oil on both sides and cook on a low flame. Press the paratha while cooking to make it crispy. Once done, transfer it to a serving plate.
- 'Moong Dal Paratha With Kairi Ki Launji' is ready to be served.

Tips

- Add the saunf in enough quantity for nice flavourful paratha.
- You can adjust the sweetness of launji as per your taste.
- If you want, you can add sugar instead of jaggery powder in launji.
- Roast paratha with enough quantity of oil to make it soft.

[Watch the video recipe](#)

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

Sabudana Makhan Barfi

a mouth-melting dessert



By Rani Saboo, A Lovely Mom, From Indore

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

Ingredients

- Tapioca pearls (sago)/Sabudana - 1 cup
- Sugar - 1 cup
- Milk/Doodh - 3 cup
- Chopped dry nuts - as required
- Clarified butter/Ghee - 2 tbsp
- Cardamom powder/Elaichi powder - 1/2 teaspoon
- tsp = teaspoon
- tbsp = tablespoon

Tips

- If the mixture of barfi seems dry while cooking then you can add more milk to it.

Directions

- Take a wet cotton cloth. Pour sabudana on the cloth and wipe them to clean. Let them dry. Then, roast them for 10 minutes on low to medium flame.
- Now, add sabudana to a mixer jar. Grind well and make a fine powder. Keep it aside.
- Then, boil milk in a pan till it turns thick. Now, add sugar to it and take a boil. Add sabudana powder to it. Stir it continuously.
- Now, add cardamom powder. When it turns little thick add ghee to it. Stir well. Add chopped dry nuts and mix well.
- Keep stirring continuously till the mixture becomes thick and leaves the pan. Then turn off the flame. Grease a deep plate with ghee. Transfer the barfi mixture to the plate. Equally spread it on a plate.
- Sprinkle chopped dry nuts on it. Then cut it into the desired shape and transfer it to a serving plate.
- 'Sabudana Makhan Barfi' is ready to be served.

Grilled Chapati Sandwich

a high-protein-rich dish



By Vanita Singhal, A Lovely Mom, From Raipur

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Oil - 1 tsp
- Olive oil - 1/2 tsp
- Cumin seeds / Jeera - 1/2 tsp
- Grated carrot / Gajar - 1 tbsp
- Garlic / Lahsun - 3 to 4 Cloves finely chopped
- Tricolor bell pepper / Shimla mirch - 1 Cup sliced
- Green Gram sprouts / Mung Bean - 1 cup
- Cottage cheese / Paneer - 1 Cup diced
- Salt - As per taste
- Black pepper powder / Kali mirch powder - 1/2 tsp
- Grated cheese - As required
- Chilli flakes - 1/4 tsp
- Oregano - 1/4 tsp
- Pasta seasoning - 1/4 tsp
- Whole wheat roti - 1 Cooked
- Pasta sauce - As required
- Onion / Pyaz - 1 Sliced
- Butter - As required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Heat oil and olive oil in a pan. Add cumin seeds, carrot, garlic, and tricolor bell pepper. Mix well.
- Then add sprouts and mix well. Saute it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Now add paneer, salt, and black pepper powder. Mix well. Saute it for a few seconds on medium flame.
- Then add 1/2 tbsp of cheese and cover the pan with a lid till the cheese melts.
- Then add chilli flakes, oregano, and pasta seasoning. Mix well.
- Take cooked roti. Cut the roti into the 1/4 portion. Then spread pasta sauce on the right upper side.
- Add the prepared paneer sprout mixture on the right lower side.
- Add onion to the left lower side and grated cheese on the left upper side.
- Start folding the roti to make a triangle wrap. First, fold the pasta sauce side up over the paneer sprout mixture, then keep folding over the onion and last over the grated cheese.
- Then put the prepared sandwich in the grill sandwich maker for grilling. Apply butter on both sides. Grill the sandwich for 3 to 4 minutes.
- Once done, take it out to a serving plate and add cheese to the open side of the sandwich.
- 'Grilled Chapati Sandwich' is ready to be served.

Tips

- Keep vegetables crunchy.
- Any type of sauce or [tomato ketchup](#) can be added instead of pasta sauce.
- Boiled potato slices can be added instead of onion.
- You can roast sandwiches on a tawa instead of a sandwich toaster.

[Watch the video recipe](#)

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

Korme Ka Paratha

a famous dish of Rajasthan



By Anita Sharma,

A Lovely Mom,

From Rajasthan

SERVINGS: 2

PREPARATION TIME: 60 MIN

COOKING TIME: 5 MIN

Ingredients

- Split green gram / Moong dal - 1 Cup
- Water - As required
- Red chilli powder / Lal mirch powder - 1 tsp
- Salt - As per taste
- Cumin seeds / Jeera - 1/2 tsp
- Dry coriander seeds / Sabut dhaniya - 1 tsp
- Green chilli / Hari mirchi - 1 to 2 Finely chopped
- Coriander leaves / Hara dhaniya - A handful
- Spring onion / Hara pyaz - 1/2 Cup finely chopped
- Whole wheat flour / Gehu ka aata - As required
- Oil - As required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Coarsely grind moong dal in a grinding jar on pulse mode for a few seconds. Soak it in water for 1 hour.
- Take soaked moong dal in a bowl. Add red chilli powder, salt, cumin seeds, dry coriander seeds, green chilli, coriander leaves, and spring onion. Mix well.
- Now add whole wheat flour gradually and prepare a medium soft dough.
- Take a small ball-sized dough and make a round-shaped big circular peda. Dust it with flour and roll a peda with light hands to make a paratha.
- Meanwhile, heat an iron tawa. Place the paratha on it and cook it on one side. Flip it, once it is slightly brown.
- Apply oil on both sides and cook on a low flame. Press the paratha while cooking to make it crispy. Once done, transfer it to a serving plate.
- 'Korma Paratha | Korme Ka Paratha' is ready to be served with kairi and gunde ka aachar.

Tips

- The moong dal should be grind on pulse mode.
- Add the water to the moong dal to submerge it.
- Don't add water to knead the dough.
- It is recommended to use iron tawa to roast this paratha.
- Roast paratha with enough quantity of oil.

Hara Bhara Dosa

a protein-rich tiffin snack



By Archana Chakravarthy **A Lovely Mom,** **From Karnataka**

SERVINGS: 1

PREPARATION TIME: 485 MIN

COOKING TIME: 5 MIN

Ingredients

- Yellow lentils / Moong dal - 1 Cup
- Water - As required
- Green chilli / Hari mirchi - 2
- Ginger / Adrakh - 1 Inch chopped
- Cumin seeds / Jeera - 1 tsp
- Spinach / Palak - A bunch chopped
- Salt - As per taste
- Asafoetida / Hing - A pinch
- Clarified butter / Ghee - As required
- tsp = teaspoon
- tbsp = tablespoon

Directions

- Wash and soak moong dal for 7 to 8 hours. Then strain the moong dal and transfer it to a grinding jar. Add green chilli, cumin seeds, and ginger. Grind it and prepare a medium-thick consistency batter.
- Now add spinach and grind it again. Take it out to a bowl. Further, add salt and asafoetida. Mix well.
- Heat a tawa. Pour the batter on the tawa and spread it to make dosa. Pour some drops of ghee on it. Cook it on medium to high flame for 3 to 4 minutes.
- Flip it to cook the other side as well. Once it is cooked from both sides, transfer it to a serving plate.
- 'Hara Bhara Dosa' is ready to be served.

Tips

- Moong dal can be soaked for at least 45 to 60 minutes.
- If you want, you can add onion, cheese, paneer, or roasted onion and cumin seeds to the dosa.



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FOR QUERIES AND SUGGESTIONS PLEASE SEND
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