

August - 2023

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Unedited  
live  
recipes

Issue : 36

जो दिखता है !  
वही बनता है !



Live from the kitchens of moms of india



Zayka  
Ka  
Tadka



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Ka  
Tadka

# THE SUPER CHEF MOMS OF INDIA





## FOUNDER'S WORDS



**Namaskar!**

**Hope all are doing well with good health and enjoying the rainy season.**

**We already welcome the appealing month of August with loads of happiness and fun, To make it more enjoyable want to eat something new and tasty.**

**Every month India is blessed with a bucketful of exciting festivals celebrated. August is a month for rain and most parts of the country enjoy the monsoon and are also known as Shravan month as per the Hindu calendar. It is the beginning of the festival season and beautiful traditions. Our national day Independence Day and various religious festivals like Raksha Bandhan, Onam etc. are celebrated in August which helps you to enjoy the rain splashes all the more.**

**This edition brings some super delicious, easy and healthy recipes. Do try them in your kitchen, share them with your loved ones and let us know your feedback.**

**Yours Sincerely**

**Vijay Haldiya - [ Founder of Zayka Ka Tadka ]**

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# Stuffed Tomato Curry

*a spicy and tangy side dish*



**By Santosh Kanoongo, A Lovely Mom, From Rajasthan**

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- **FOR PREPARING STUFFING :**
- Boiled potato / Aloo - 2 Peeled
- All spice mix powder / Garam masala - 1/2 tsp
- Salt - As per taste
- Coriander powder / Dhaniya powder - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Cashews / Kaju - 3 to 4 Chopped
- Frozen green peas / Hare matar - 1/4 Cup (optional)
- Raisin / Kishmish - 1 tsp
- Coriander leaves / Hara dhaniya - A handful
- **FOR PREPARING SABJI :**
- Tomatoes / Tamatar - 4
- Oil - 2 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Green chilli / Hari mirchi - 2 Crushed
- Coriander leaves / Hara dhaniya - 1 tsp  
Finely chopped + For garnishing
- Ginger-garlic paste / Adarak-lahsun paste - 1 tsp
- Bay leaf / Tej patta - 1
- Cloves / Laung - 3 to 4
- Tomato puree - Of 2 tomatoes
- Red chilli powder / Lal mirch powder - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Salt - As per taste
- Tomato ketchup - 2 tsp

## Directions

- **FOR PREPARING STUFFING :**
- Take boiled potatoes in a bowl. Add all spice mix powder, salt, coriander powder, turmeric powder, red chilli powder, cashews, green peas, raisins, and coriander leaves. Mix well by mashing the potatoes. Keep it aside.
- **FOR PREPARING SABJI :**
- Cut the top part of the tomatoes and scoop out all the pulp in the bowl and keep it aside.
- Fill the tomatoes with the prepared potato stuffing and cover it with its top part. Keep it aside.
- Heat oil in a pan. Add cumin seeds, asafoetida, green chilli, coriander leaves, ginger-garlic paste, bay leaf, and cloves. Mix well and saute it for a few seconds on medium flame.
- Then add tomato puree, scoop out tomato pulp, and leftover potato stuffing. Mix well. Now add red chilli powder, turmeric powder, coriander powder, and salt. Mix well.
- Further, add tomato ketchup and mix well. Add stuffed tomatoes to it. Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame.
- Once done, turn off the flame and garnish it with coriander leaves.
- 'Stuffed Tomato Curry' is ready to be served.

## Tips

- Add the scoop out pulp of tomatoes to the sabji.

# Lauki Ring Pakoda

*a nice crispy and spicy snack*



**By Vijay Haldiya,**

**Founder,**

**Zayka Ka Tadka**

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Bottle gourd / Gheeya / Lauki - 1/2
- Water - As required
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- Lemon juice / Nimbu ka ras - Of 1/2 lemon
- Schezwan sauce - 1 tsp
- Ginger-garlic paste / Adarak-lahsun paste - 1 tsp
- **FOR PREPARING GRAM FLOUR BATTER :**
- Gram flour / Besan - 1 Cup
- Rice flour / Chawal ka aata - 1 tsp
- 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
- All spice mix powder / Garam masala - 1/2 tsp
- Asafoetida / Hing - A pinch
- Oil - 1 tbsp
- Water - As required
- **OTHER INGREDIENTS :**
- Bread crumbs - As required
- Oil - For frying
- Coriander leaves / Hara dhaniya - For garnishing

## Directions

- Take bottle gourd and peel it. Cut it in half. Cut a 1/2 inch thick layer from it. Remove its centre part of the seeds using any small bottle cap/lid. Likewise, prepare all rings. Keep the prepared lauki rings in the water.
- Take all lauki rings in a bowl. Add salt, red chilli powder, lemon juice, schezwan sauce, and ginger-garlic paste. Mix well. Keep it aside for marinating.
- Take gram flour in a bowl. Add rice flour, salt, red chilli powder, turmeric powder, coriander powder, all spice mix powder, asafoetida, and oil. Mix well.
- Then add water gradually and prepare a medium thick consistency batter. Whisk it well for 2 to 3 minutes.
- Dip the marinated lauki ring in the batter and then coat it with bread crumbs completely.
- Meanwhile, heat oil in a pan for frying. Place the prepared lauki rings into the hot oil. Fry them on a medium flame.
- Deep fry them until they become crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon. Likewise, fry all lauki rings. Garnish it with coriander leaves.
- 'Lauki Ring Pakoda' is ready to be served.

## Tips

- Cut the bottle gourd just before making the pakoda.
- The bottle gourd should be kept in the water after cutting it otherwise, it will turn black.
- Use a thin bottle gourd to prepare this pakoda.

[Watch the video recipe](#)

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

# Vrat Wale Aloo

*a fasting special spicy curry*



**By Manju Saraf, A Lovely Mom, From Gurgaon**

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

- Potato / Aloo - 2  
Chopped
- Clarified butter / Ghee - 2  
tbsp + 1 tsp
- Ginger / Adarak - 1 Inch  
finely chopped
- Green chilli / Hari mirch -  
1 to 2 Finely chopped
- Red chilli / Lal mirch - 1  
tsp crushed
- Water - 1 Cup
- Rock salt / Sendha  
namak - As per taste
- Lemon juice / Nimbu ka  
ras - Of 1/2 Lemon

## Directions

- Heat 2 tbsp ghee in a pan. Add potato.  
Mix well. Cover the pan with a lid.  
Saute it for 8 to 10 minutes on low to  
medium flame until it cooked well. Stir  
it occasionally.
- Once cooked well, turn off the flame  
and keep it aside.
- Now heat 1 tsp of ghee in the pan. Add  
ginger, green chilli, crushed red chilli,  
and the cooked potato. Mix well.
- Saute it for a few seconds. Add water  
and rock salt. Mix well and bring it to a  
boil.
- Then add lemon juice and mix well.  
Turn off the flame and take it out to a  
serving bowl.
- 'Vrat Wale Aloo' is ready to be served.

## Tips

- Crushed red chilli is optional.

# Masala Maska Bun

*an instant tea-time appetizer*



**By Alka Gupta, A Lovely Mom, From Rajasthan**

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Butter - 2 tbsp
- Onion / Pyaz - 1/2 Finely chopped
- Capsicum / Shimla mirch - 1/2 Finely chopped
- Green chilli / Hari mirch - 1 to 2 Finely chopped
- Salt - As per taste
- Pav bhaji masala - 1 tsp
- Pav / Bun - 1
- Coriander leaves / Hara dhaniya - For garnishing

## Tips

- You can also prepare this dish in a pan instead of tawa.
- Any type of bun or bread can be used to prepare this dish.

## Directions

- Heat 1 tbsp of butter on a tawa. Add onion and saute it for 1 to 2 minutes on medium flame.
- Then add capsicum and saute it for 1 to 2 minutes on medium flame. Add green chilli and mix well.
- Now add salt and mix well. Keep stirring occasionally.
- Then add the pav bhaji masala and mix well. Keep stirring continuously for a few seconds.
- Once done, turn off the flame and take it out to a plate.
- Now take a bun and cut it from between. Add the prepared onion-capsicum mixture to it.
- Again heat 1 tbsp of butter on the tawa. Put the prepared bun on it. Roast it from both sides for 1 to 2 minutes on medium flame.
- Garnish it with coriander leaves. Once roasted well, take it out to a serving plate.
- 'Masala Maska Bun' is ready to be served with tea.



# Bharwan Shimla Mirch

*an easy and tasty dish*



**By Saroj Bhasin, A Lovely Mom, From Rajasthan**

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Capsicum / Shimla mirch - 2
- Boiled potato / Aloo - 2  
Peeled and grated
- Red chilli powder / Lal mirch powder - 1 tsp
- Black pepper powder / Kali mirch powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/4 tsp
- Oil - 1 tbsp

## Tips

- Green chilli and coriander leaves can be added to the potato stuffing.

## Directions

- Take boiled potato in a bowl. Add red chilli powder, black pepper powder, coriander powder, salt, and turmeric powder. Mix well.
- Take capsicum and cut a 1 inch thick ring shape layer from it. Remove its seeds. Likewise, prepare all rings.
- Stuff the capsicum rings with the prepared potato stuffing. Likewise, prepare all capsicum rings,
- Meanwhile, heat oil in a pan. Add the prepared capsicum rings into it. Saute it for 1 to 2 minutes on low flame.
- Flip it to saute the other side as well. Once it is sauteed from both sides and becomes golden brown, transfer it to a serving plate.
- 'Bharwan Shimla Mirch' is ready to be served.

# Kala Chana Pulao

*protein-rich one-pot meal*



**By Shveta Sheth, A Lovely Mom, From Mumbai**

SERVINGS: 4

PREPARATION TIME: 485 MIN

COOKING TIME: 5 MIN

## Ingredients

- Black chickpea / Kala chana - 1 Cup
- Oil - 1 tbsp
- Clarified butter / Ghee - 1 tbsp
- Cloves / Laung - 2 to 3
- Cardamom / Elaichi - 1
- Black peppercorns / Kali mirch - 2 to 3
- Bay leaf / Tej patta - 1
- Cumin seeds / Jeera - 1 tsp
- Asafoetida / Hing - A pinch
- Ginger-green chilli-garlic paste / Adarak-hari mirch-lahsun paste - 1 tsp
- Onion / Pyaz - 1 Sliced
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Coriander-cumin seeds powder / Dhaniya-jeera powder - 1 tsp
- All spice mix powder / Garam masala - 1/2 tsp
- Coriander leaves / Hara dhaniya - A handful + For garnishing
- Cooked rice / Pake huye chawal - 3 Cups
- Lemon juice / Nimbu ka ras - Of 1/2 lemon

## Directions

- Soak black chickpea overnight. Transfer soaked chickpea to a pressure cooker. Cook it till 2 to 3 whistles and become soft. Once done, strain chickpea.
- Heat oil and ghee in a pan. Add cloves, cardamom, black peppercorns, bay leaf, cumin seeds, asafoetida, ginger-green chilli-garlic paste. Mix well and saute it for a few seconds on high flame.
- Then add onion. Mix well and saute it for 1 to 2 minutes on medium flame. Further, add salt and mix well.
- Then add turmeric powder, red chilli powder, coriander-cumin seeds powder, and all spice mix powder. Mix well and saute it for 1 to 2 minutes on medium flame.
- Add coriander leaves and mix well. Then add black chickpea and mix well for a few seconds on high flame.
- Now add cooked rice and mix well for a few seconds on high flame. Add coriander leaves and mix well.
- Then turn off the flame and add lemon juice. Mix well. Garnish it with coriander leaves.
- 'Kala Chana Pulao' is ready to be served.

## Tips

- Whole spices are optional.
- Don't over cook onions.
- Capsicum can be added instead of onion.

[Watch the video recipe](#)

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

# Paneer Mumtaz

*a nice flavorful spicy sabji*



**By Veena Sakhrani, A Lovely Mom, From Rajasthan**

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Oil - 2 tbsp
- Ginger-garlic paste / Adarak-lahsun ka paste - 1 tsp
- Tomato puree / Tamatar ki puree - 1/2 Cup
- Beetroot / Chukandar - 1 tbsp grated
- Salt - As per taste
- Coriander powder / Dhaniya powder - 1 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- All spice mix powder / Garam masala - 1/2 tsp
- Homemade malai - 1 tbsp
- Green chilli / Hari mirchi - 1 Finely chopped
- Coriander leaves / Hara dhaniya - A handful
- Cottage cheese / Paneer - 1 Cup diced + Grated for garnishing

## Directions

- Heat oil in a pan. Add ginger-garlic paste. Saute it for a few seconds on medium flame.
- Then add tomato puree. Mix well and saute it for 1 to 2 minutes on medium flame.
- Add beetroot and mix well. Add salt, coriander powder, red chilli powder, and all spice mix powder. Mix well.
- Further, add homemade malai and keep stirring continuously on medium flame for 1 to 2 minutes.
- Then add green chilli and coriander leaves. Mix well.
- Add paneer and keep the flame low. Mix well. Once done, take it out to a serving bowl. Garnish it with grated paneer.
- 'Paneer Mumtaz' is ready to be served.

## Tips

- Garlic is optional.
- Asafoetida and cumin seeds can be added instead of garlic.
- Use fresh homemade malai.
- Keep stirring continuously after adding homemade malai to the sabji.

# Mandkya

*a heirloom dish*



**By Urmila Badaya & Sonam Koolwal, From Rajasthan**

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

- Missi roti flour / Missi roti ka aata (Barley, gram flour, and whole wheat flour) - 1 Cup
- Salt - As per taste
- Asafoetida / Hing - A pinch
- Carom Seeds / Ajwain - 1/2 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Dry fenugreek leaves / Kasuri methi - 2 tsp
- Oil - 1 tsp
- Clarified butter / Ghee - As required

## Tips

- You can prepare this mandkya on angithi, oven, or OTG.

## Directions

- Take missi roti flour in a bowl. Add salt, asafoetida, carom seeds, red chilli powder, dry fenugreek leaves, and oil. Mix well.
- Now add water gradually and knead a dough of medium consistency and knead it well.
- Make a small round-shaped circular peda from the dough and roll a peda to make a small-sized missi roti.
- Meanwhile, preheat the gas tandoor for 10 minutes on a medium flame.
- Now add the prepared missi rotis to the gas tandoor and let them cook for 2 to 3 minutes on high flame.
- Then take it out on a plate and make indentations using fingers. Then again put missi rotis to the gas tandoor and let them cook for 8 to 10 minutes on high flame.
- Flip the missi roti in between so that it will get roasted and become golden brown from all sides. Likewise, prepare all missi rotis.
- Once done, take it out to a serving plate and drizzle ghee on it.
- 'Mandkya' is ready to be served with kairi ka achar.

# Chilla Pizza Rolls

*an easy and healthy version of pizza*



**By Rinku Lakhani, A Lovely Mom, From Gujarat**

SERVINGS: 1

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

## Ingredients

- Gram Flour/Besan - 1 cup
- Salt - as per taste
- Turmeric powder/Haldi powder - a pinch
- Oil - 1 tbsp + for roasting
- Water - as required
- Tomato ketchup - as required
- Pizza sauce - as required
- Oregano - as per taste
- Chilli flakes - as per taste
- Onions/Pyaz - 1, julienned
- Capsicum/Shimla mirch - 1, julienned
- Carrot/Gajar - 1, julienned
- Tomato/Tamatar - 1, julienned
- Sweet corn - 3 tbsp, boiled
- Cabbage/Pattagobhi - 3 tbsp, julienned
- Cheese - as required
- Garlic - 2 cloves, chopped

## Tips

- The batter should be of medium-thick consistency.
- Keep the veggies crunchy.

## Directions

- Heat 1 tbsp oil in a pan. Add boiled sweet corn, juliennes of carrot, capsicum, tomato, cabbages and chopped garlic. Mix well and saute a while.
- Now, add oregano, chilli flakes and salt. Mix well. Then, add juliennes of onion. Mix well and saute a while. Switch off the flame and keep the veggies aside.
- Take gram flour in a bowl. Add water and make a lump free, medium thick consistency batter. Now, add salt and turmeric powder. Mix well.
- Meanwhile, heat a tawa. Pour and spread the batter on it, just like dosa. Sprinkle oil on edges. Cook the chilla from one side then flip it. Once cooked it from other side, take out on a plate.
- Then, spread tomato sauce and pizza sauce on by one on it. Now, spread prepared veggies on it. Grate the cheese and sprinkle oregano.
- Now, roll the chilla and cut it into desired shape. Garnish it with grated cheese.
- 'Chilla Pizza Rolls' is ready to be served.

# Farali Masala Dosa

*a fasting special dish*



**By Ani Setia,**

**A Lovely Mom,**

**From Rajasthan**

SERVINGS: 3

PREPARATION TIME: 15 MIN

COOKING TIME: 5 MIN

## Ingredients

- Barnyard millet / Sama Rice / Vrat ke chawal - 1 Cup
- Tapioca pearls (sago) powder / Sabudana powder - 1/4 Cup
- Curd / Dahi - 1/4 Cup
- Water - As required
- Coriander leaves / Hara dhaniya - A handful
- Cumin seeds / Jeera - 2 tsp
- Rock salt - As per taste
- Boiled potato / Uble huye aloo - 2 Peeled and mashed

## Tips

- Use sour **curd** to prepare the dosa batter.
- Grind sabudana in a grinding jar to make its powder.
- The sama mixture should be soaked for at least 15 minutes.
- Aamchur powder can be added to potato stuffing.

## Directions

- Take sama rice in a bowl. Add sabudana powder, curd, little water, 1 tsp of cumin seeds, and rock salt. Mix well. Soak it for 15 minutes.
- Then transfer it to the grinding jar. Grind it to make a medium consistency dosa batter.
- Take mashed potato in a bowl. Add rock salt, 1 tsp of cumin seeds, and coriander leaves. Mix well. Keep it aside.
- Heat a tawa. Then keep the flame low. Pour the dosa batter on the tawa and spread it with a light hand to make the dosa. Pour some drops of oil on it. Cook it on a medium flame for 2 to 3 minutes.
- Then spread the prepared potato mixture. Once the dosa is cooked well, fold it and transfer it to a serving plate.
- 'Farali Masala Dosa' is ready to be served.

# Zero Oil Shahi Paneer Sabji

*a special healthy curry*



**By Shraddha Thakrar, A Lovely Mom, From Gujarat**

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

- Onion / Pyaz - 1 Chopped
- Tomato / Tamatar - 1 Chopped
- Cashew / Kaju - 8 to 10  
Chopped
- Garlic / Lahsun - 2 to 3 Cloves
- Ginger / Adarak - 1 Inch  
chopped
- Cinnamon / Dal chini - 1/2 Stick
- Cloves / Laung - 2 to 3
- Cardamom / Elaichi - 1
- Water - As required
- Red chilli powder / Lal mirch  
powder - 1 tsp
- Turmeric powder / Haldi  
powder - 1/2 tsp
- Coriander powder / Dhaniya  
powder - 1 tsp
- Salt - As per taste
- Cumin seeds powder / Jeera  
powder - 1 tsp
- Asafoetida / Hing - A pinch
- Milk - As required
- Cottage cheese / Paneer - 1  
Cup diced
- Coriander leaves / Hara  
dhaniya - For garnishing

## Directions

- Take a pressure cooker and add onion, tomato, cashews, garlic, ginger, cinnamon stick, cloves, cardamom, and little water. Now cover the pressure cooker with its lid.
- Cook it on high flame till 3 whistles. Once done, turn off the flame. Take it out in a bowl and let it cool down.
- Then transfer it to a grinding jar. Add red chilli powder, turmeric powder, coriander powder, salt, cumin seeds powder, asafoetida, and little milk. Grind it for a few seconds to prepare its puree.
- Heat a pan and add the prepared puree. Saute it for 2 to 3 minutes on high flame. Keep stirring continuously till it becomes thick and nice aroma begins to rise.
- Then add a little milk and mix well. Saute it for 1 to 2 minutes on low flame.
- Now add paneer and mix well. Add little milk to adjust the consistency. Mix well.
- Once done, take it out to a serving bowl. Garnish it with coriander leaves.
- 'Zero Oil Shahi Paneer Sabji' is ready to be served.

## Tips

- It is recommended to use a non-stick pan to prepare this sabji.
- You can adjust the consistency of sabji as per choice.

# Kaju Pista Barfi

*a delicious Indian sweet*



**By Vijay Haldiya,**

**Founder,**

**Zayka Ka Tadka**

SERVINGS: 3

PREPARATION TIME: 35 MIN

COOKING TIME: 0 MIN

## Ingredients

- Sweetened milk powder - 1 Cup
- Cashew powder - 1 Cup
- Desiccated coconut powder - 1 Cup
- Homemade cream / Fresh cream - 1 tbsp
- Cardamom powder / Elaichi powder - 1/2 tsp
- Milk - As required
- Clarified butter / Ghee - 1 tsp
- Pistachio / Pista - As required (chopped)

## Directions

- In a bowl, add sweetened milk powder, cashew powder, desiccated coconut powder, fresh cream, and cardamom powder. Mix well.
- Then add milk gradually to prepare it like a dough. Add ghee and knead it again. Prepare it like a soft-consistency dough.
- On a plate, give it a rectangular shape. Adjust thickness to your choice.
- Garnish it with pistachio. Let it set for 30 minutes.
- After 30 minutes, cut it and transfer to a serving plate.
- 'Kaju Pista Barfi' is ready to be served.

## Tips

- Instead of cashew powder, either almond or peanut powder can be added.
- Sweetened milk powder itself has sugar, so adding sugar is optional; however, 1/4 cup sugar can be added if required.
- If the mixture is sticky, more milk powder should be added.
- The thickness of the barfi may be adjusted as required.

[Watch the video recipe](#)

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



# Paneer Tikka Roti Pizza

*an easiest mouth-watering dish*



**By Neha Agarwal A Lovely Mom, From Raipur**

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 9 MIN

## Ingredients

- Thick curd / Dahi - 2 Cups whisked
- Salt - As per taste
- Kashmiri red chilli powder / Lal mirch powder - 1 tsp
- All spice mix powder / Garam masala - 1/2 tsp (optional)
- Coriander powder / Dhaniya powder - 1 tsp
- Cottage cheese / Paneer - 1 Cup diced
- Tricolor bell peppers / Shimla mirch - 1 Cup Diced
- Coriander leaves / Hara dhaniya - A handful
- Onion / Pyaz - 1 Diced
- Ginger-garlic paste / Adarak-lahsun ka paste - 1 tsp
- Grated cheese - As required
- Cooked roti - 1
- Pizza pasta sauce - As required
- Oregano - As required
- Red chilli flakes - As required
- Butter - 1 tsp

## Directions

- Take thick curd in a bowl. Add salt, kashmiri red chilli powder, all spice mix powder, and coriander powder. Mix well.
- Add paneer, Bell peppers, and coriander leaves. onion, 1 tbsp of grated cheese, and ginger-garlic paste. Mix well.
- Take a cooked roti. Apply pizza pasta sauce to it. Then spread the prepared paneer mixture on it.
- Now spread grated cheese on it. Sprinkle oregano and red chilli flakes on it.
- Meanwhile, heat a pan. Grease it with butter. Place prepared pizza in the pan.
- Cover the pan with a lid and cook it for 8 to 9 minutes on low flame.
- Once done, transfer it to the serving plate and cut it with a pizza cutter to make slices.
- 'Paneer Tikka Roti Pizza' is ready to be served.

## Tips

- You can apply [tomato ketchup](#) instead of pizza pasta sauce.
- You can use any type of cheese to prepare this pizza.

# Farali Thali

*a traditional Indian fasting special meal*



**By Sapna Maheshwari, A Lovely Mom, From Faridabad**

**SERVINGS: 4**

**PREPARATION TIME: 10 MIN**

**COOKING TIME: 20 MIN**

## Ingredients

- **FOR PREPARING FARALI ALOO KA HALWA :**
- Clarified butter / Ghee - 1 tbsp
- Boiled potato / Uble huye aloo - 4 to 5 peeled and mashed
- Desi khand - 2 tbsp
- Almond flakes - 2 tsp + For garnishing
- **FOR PREPARING FARALI ALOO KE PAKODE :**
- Buckwheat flour / Kuttu ka aata - 2 cups
- Rock salt / Sendha namak - As per taste
- Black pepper powder / Kali mirch powder - 1 tsp
- Water - As required
- Coriander leaves / Hara dhaniya - A handful
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Potato slices / Aloo slices - Of 1 potato
- Oil - For frying
- **FOR PREPARING FARALI ALOO KI SABJI :**
- Clarified butter / Ghee - 1 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Boiled potato / Uble huye aloo - 6 to 7 peeled and chopped
- Rock salt / Sendha namak - As per taste
- Black pepper powder / Kali mirch powder - 1 tsp
- Water - As required
- Coriander leaves / Hara dhaniya - For garnishing
- **FOR PREPARING FARALI ALOO KA RAITA :**
- Curd / Dahi - 1 Cup whisked
- Boiled potato / Uble huye aloo - 1 to 2 peeled and chopped
- Coriander leaves / Hara dhaniya - A handful
- Black pepper powder / Kali mirch powder - 1/2 tsp
- Rock salt / Sendha namak - As per taste

## Directions

- **FOR PREPARING FARALI ALOO KA HALWA :**
- Heat ghee in a pan. Add boiled potato and mix well. Roast it for 5 to 7 minutes on medium to low flame till the ghee separates. Stir it occasionally.
- Then add desi khand and mix well for 1 to 2 minutes till it melts.
- Once done, add almonds and mix well. Then turn off the flame and take it out to a serving bowl.
- **FOR PREPARING FARALI ALOO KE PAKODE :**
- Take buckwheat flour in a bowl. Add rock salt and black pepper powder. Mix well.
- Now add water gradually to prepare a medium thick consistency batter. Then add coriander leaves and green chilli. Mix well.
- Meanwhile, heat oil for deep frying over a medium flame. Dip the potato slice in the prepared batter and coat it evenly then place it gently into the medium hot oil.
- Once its top surface turns light golden brown, flip it using a slotted spoon.
- Deep fry them until crispy and light golden brown from both sides. Once done. Take them out to a serving plate.
- **FOR PREPARING FARALI ALOO KI SABJI :**
- Heat ghee in a pan. Add cumin seeds, green chilli, boiled potato, rock salt, and black pepper powder. Mix well. Saute it for a few seconds on medium flame.
- Then add water. Mix well. Boil it for 3 to 4 minutes on medium flame.
- Once done, turn off the flame and take it out to the serving bowl. Garnish it with coriander leaves.
- **FOR PREPARING FARALI ALOO KA RAITA :**
- Take curd in a bowl. Add boiled potato, coriander leaves, black pepper powder, and rock salt. Mix well.
- 'Farali Thali' is ready to be served.

## Tips

- **FOR FARALI ALOO KA HALWA :**
- The halwa should be stirred occasionally.
- Powdered sugar can be added instead of desi khand.
- **FOR FARALI ALOO KE PAKODE :**
- You can prepare the potato slices using a slicer or knife.

[Watch the video recipe](#)

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

# Stuffed Aloo Pakoda

*an instant and easy tea-time snack*



**By Divya Sharma, A Lovely Mom, From Delhi**

SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

## Ingredients

- Potato - 2, sliced
- Gram flour/Besan - 1 cup
- Salt/Namak - as per taste
- Turmeric powder/Haldi - 1/4 tsp
- Red chilli powder/Lal mirch powder - as per taste
- Ginger-garlic paste/ Adrakh-lehsun paste - 1/2 tsp (optional)
- Carom seeds/Ajwain - 1/2 tsp
- Water - as required
- Sugar - a pinch
- Baking soda - 1/4 tsp
- Asafoetida/Hing - a pinch
- Cottage cheese/Paneer - 1/2 cup, crumbled
- Chaat masala - 1/2 tsp
- Curry leaves/Curry patta - a few
- Dry nuts - as required (optional)
- Bhujija - for garnishing
- Oil - for frying
- Green chutney - as required

## Tips

- You can add any veggies to the stuffing.
- You can skip ginger-garlic paste and dry nuts.

## Directions

- Keep potato slices in water. Then, take a kitchen towel and spread the potato slices on it to remove moisture.
- Now, take a bowl and add gram flour, salt, turmeric powder, hing, red chilli powder, ginger-garlic paste, carom seeds by rubbing between the palms, sugar and baking soda.
- Then, add little bit of water gradually to make lumps free medium consistency batter. Keep it aside.
- Now take bowl and put crumbled paneer in it. Add salt, curry leaves, chaat masala and dry nuts. Mix well. Keep the stuffing aside.
- Take a potato slice and spread green chutney on it. Then, place paneer stuffing and cover it with another potato slice. Likewise, prepare all potato slices.
- Now, dip it into the prepared gram flour batter and coat it well.
- Meanwhile, heat the oil in a pan. Place the prepared potato slices into the hot oil. Fry them on medium flame.
- Deep fry them until crispy and golden brown from both sides. Once done, take them out to a serving plate. Cut it into pieces. Garnish it with bhujija.
- 'Stuffed Aloo Pakoda' is ready to be served.

# Tricolor Paratha

*a protein-rich stuffed paratha*



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

SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## Ingredients

- Paneer / Cottage Cheese - 1 Cup
- Carrot / Gajar - 1 Grated
- Coriander leaves / Hara dhaniya - A handful finely chopped
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1/2 Teaspoon
- Coriander powder / Dhaniya powder - 1 Teaspoon
- Whole wheat dough / Gehu ka aata - As required
- Clarified butter / Ghee - As required

## Tips

- You can add pizza seasoning to the paratha stuffing.

## Directions

- Take paneer in a bowl and mash it. Now add carrot, coriander powder, salt, red chilli powder, and coriander powder. Mix well.
- Take the medium-soft wheat dough and make round shaped big circular peda from the dough. Dust it with flour and roll a peda to make a paratha.
- Add the prepared tricolor paneer stuffing to the half part of the paratha. Then fold it and seal it's border by pressing it with fingers. Remove extra dough from the borders.
- Meanwhile, heat a tawa. Place the paratha on it and cook it on one side. Add ghee to it. Flip it, once it is slightly brown.
- Apply ghee on both sides and cook on a low flame. Press the paratha while cooking to make it crispy. Hold the paratha using two spatula to cook paratha's folded side.
- Once done, transfer it to a serving plate and cut it from the middle.
- 'Tricolor Paratha' is ready to be served.

# Rajasthani Gatte Ki Sabji

*popular side dish*



**By Anita Sharma, A Lovely Mom, From Rajasthan**

**SERVINGS: 5**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 10 MIN**

## Ingredients

- **FOR PREPARING GATTE :**
- Gram flour / Besan - 1 Cup
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder / Lal mirchi powder - 1 tsp
- Cumin seeds / Jeera - 1/2 tsp
- Oil - 1 tbsp + As required
- Water - As required
- **FOR PREPARING GATTE KI SABJI :**
- Oil - 1 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Curd / Dahi - 1 Cup whisked
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder / Lal mirchi powder - 1 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Boiled water of gatte - As required
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Coriander leaves / Hara dhaniya - A handful

## Directions

- **FOR PREPARING GATTE :**
- Take besan in a bowl. Add salt, turmeric powder, red chilli powder, cumin seeds, and oil. Mix well.
- The moyan should be checked by binding the flour. If it binds, the moyan is perfect. Else, more oil should be added.
- Then add water gradually to prepare a medium-consistency dough.
- Then divide the prepared dough into two parts. Take one part of the dough and shape it into a thin cylinder. Likewise, prepare dough cylinder from the rest of the dough.
- Meanwhile, boil water in a big pan. Once the water boils, add the prepared cylinder-shaped dough pieces to it. Cook them on a medium to high flame for 7 to 8 minutes.
- When gatte floats on the boiled water and small bubbles appear on the top of gatte, it indicates that gatte is well cooked.
- Then take them out and let them cool down. Then cut them into small pieces to prepare the gatte. Likewise, prepare the gatte from the other cylinders as well. Keep them aside.
- **FOR PREPARING GATTE KI SABJI :**
- Take curd in a bowl. Add salt, turmeric powder, red chilli powder, and coriander powder. Mix well.
- Heat oil in a pan. Add cumin seeds and asafoetida. Then keep the flame low and add the prepared curd mixture.
- Then keep the flame high and keep stirring continuously till it starts to boil else, it may curdle.
- Boil it for 2 to 3 minutes. Then add little boiled water of gatte. Adjust the consistency as per choice.
- Add green chilli, coriander leaves, and prepared gatte. Mix well. Boil it for 1 to 2 minutes.
- Once done, turn off the flame and take it out to a serving bowl.
- 'Rajasthani Gatte Ki Sabji' 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.
- Add water gradually while kneading the dough of gatte.
- Add the gatte to the water for cooking only after it boils.
- When gatte floats on the boiled water and small bubbles appear on the top of gatte, it indicates that gatte is well cooked.
- **FOR GATTE KI SABJI :**
- Use room temperature curd.
- Keep the flame low before adding the curd mixture to the pan.
- Keep stirring the curd mixture continuously till it starts to boil else, it may curdle.
- Use boiled water of gatte to add in sabji.
- Adjust the consistency as per choice.

[Watch the video recipe](#)

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

# Kolkata Style Chowmein

*a famous street food*



**By Sneha Bubna,**

**A Lovely Mom,**

**From Kolkata**

**SERVINGS: 2**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- **FOR BOILING THE NOODLES :**
- Noodles - 1 Cup
- Water - As required
- Oil - 1 tsp
- **FOR PREPARING VEG CHOWMEIN :**
- Oil - 1 tbsp
- Garlic / Lahsun - 3 to 4 Cloves finely chopped
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Capsicum / Shimla mirch - 1/2 Julienne
- Carrot / Gajar - 1 Julienne
- Onion / Pyaz - 1 Sliced
- Cabbage / Patta gobhi - 1 Cup shredded
- Black pepper powder / Kali mirch powder - 1/2 tsp
- Salt - As per taste
- Green chilli sauce - 1 tsp
- Soy sauce - 1 tsp
- Vinegar - 1 tsp
- **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 / Dal chini - 1 Stick
- Dry red chilli / Sukhi lal mirch - 1
- Star anise - 1

## Directions

- **FOR BOILING THE NOODLES :**
- Boil the required amount of water. Add noodles to the water. Cook it on a high flame for 1 to 2 minutes. Once done, strain it. Add oil to it and mix well. Keep it aside.
- **FOR PREPARING DRY MASALA :**
- Take cumin seeds, black cardamom, black peppercorns, dry fenugreek seeds, coriander seeds, dry red chilli, star anise, and cinnamon sticks in a pan.
- Roast it for a few seconds on low flame till the nice aroma begin to rise. Keep stirring continuously.
- Once roasted well, turn off the flame and let it 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 VEG CHOWMEIN :**
- Take green chilli sauce, soy sauce, and vinegar in a bowl. Mix well. Keep it aside.
- Heat oil in a pan. Add garlic. Saute it for a few seconds. Add green chilli. Saute it for 1 to 2 minutes on a high flame.
- Now add carrot, capsicum, cabbage, and onion. Mix well. Add black pepper powder and salt. Mix well. Saute it for 2 to 3 minutes on a high flame. Srit it occasionally.
- Now add the prepared sauce mixture. Mix well. Further, add the boiled noodles. Mix well for 1 to 2 minutes on high flame. Keep stirring continuously.
- Then add 1/2 tsp of the prepared dry masala. Mix well. Turn off the flame and take it out to a serving plate.
- 'Kolkata Style Chowmein' is ready to be served.

## Tips

- The vegetables should be kept crunchy.
- Oil should be added to the boiled and strained noodles, so they will not stick together.
- The chopped vegetables should be kept by mixing them on a plate to make noodles quickly.
- All sauces should be mixed in a bowl earlier to make noodles quickly.

[Watch the video recipe](#)

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

# Moong Dal Ki Barfi

*a mouth-melting sweet*



**By Manju Saraf, A Lovely Mom, From Gurgaon**

**SERVINGS: 6**

**PREPARATION TIME: 180 MIN**

**COOKING TIME: 40 MIN**

## Ingredients

- Yellow lentils / Moong dal - 1 Cup
- Full fat milk - 500 ml.
- Clarified butter / Ghee - 2 tbsp
- Sugar - 1 Cup
- Fresh cream / Homemade malai - 1 Cup
- Dry coconut powder / Sukha nariyal powder - 1 tbsp (optional)
- Baking soda - A pinch
- Cardamom powder / Elaichi powder - 1/2 tsp
- Nutmeg powder / Jayfal powder - 1/4 tsp
- Edible yellow food color - A pinch (optional)
- Dry fruits (Almonds and pistachio) - Finely chopped for garnishing

## Tips

- Don't use water while grinding the moong dal.
- Use a non-stick pan to prepare this barfi.
- The ratio of sugar to moong dal should be 1:1.
- Add 500 ml. milk for 1 Cup moong dal
- Roast the moong dal mixture well to make tasty barfi.
- You can add 1/2 grated nutmeg instead of its powder.
- Nutmeg powder gives a nice fragrance.

## Directions

- Wash and soak moong dal for 3 hours. Then strain it completely and transfer it to a grinding jar. Grind it and prepare a fine paste.
- Boil milk in a pan. Once it comes to a boil, Add sugar. Keep the flame low and allow it to simmer. Keep stirring occasionally.
- Keep scraping the sides of the vessel and mix it with the thickening milk.
- Continue this process for 15 to 20 minutes till the milk is reduced to half. Then add baking soda. Boil it for 2 to 3 minutes. Keep stirring continuously. Then turn off the flame. Keep it aside.
- Meanwhile, Heat the ghee in a non-stick pan. Add ground moong dal paste. Mix well.
- Roast it for 7 to 8 minutes on low to medium flame till it becomes a dry mixture. Stir it continuously.
- Then turn off the flame and let it cool down. Then transfer it to a grinding jar. Grind it for a few seconds.
- Now again add it to a pan. Roast it for 1 to 2 minutes on low to medium flame.
- Then add fresh cream. Mix well. Roast it for 10 minutes on low flame. Roast it till the ghee separates.
- After 10 minutes add dry coconut powder. Mix well. Roast it for 3 to 4 minutes on low flame. Stir it continuously.
- Now add the boiled milk. Mix well. Add cardamom powder, nutmeg powder, and edible yellow food color. Mix well.
- Keep stirring continuously for 4 to 5 minutes on low flame till the mixture becomes thick and leaves the pan. Then turn off the flame.
- Grease a deep plate with ghee. Spread dry fruits on it. Transfer the barfi mixture to the plate. Equally spread it on a plate.
- Let it set for 1 hour till it is lukewarm. Now release its edges from the plate using a knife. Then flip the plate and tap it to remove the barfi from the plate.
- Then cut it into the desired shape and transfer it to a serving plate.
- 'Moong Dal Ki Barfi' is ready to be served.

# Achari Bhujiya Paratha

*a flavorful meal option*



**By Neeta Sharma, A Lovely Mom, From Rajasthan**

**SERVINGS: 1**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 3 MIN**

## Ingredients

- Sev / Bhujiya - 1/4 Cup
- Green chilli / Hari mirchi - 1  
Finely chopped
- Ginger / Adarak - 1 Inch  
grated
- Onion / Pyaaz - 1 Finely  
chopped
- Coriander leaves / Hara  
dhaniya - A handful
- Pickle masala - 1 tsp
- Black salt / Kala namak -  
1/4 tsp
- Chaat masala - 1/2 tsp
- Whole wheat dough / Gehu  
ka aata - As required
- Clarified butter / Ghee - As  
required

## Tips

- Any type of sev or pickle  
masala can be used.
- Vegetables can be added  
to the sev stuffing.

## Directions

- Take sev in a bowl. Add green chilli,  
ginger, onion, coriander leaves, pickle  
masala, black salt, and chaat masala.  
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.
- Then add the prepared sev stuffing in the  
center. Join the edges and seal the  
paratha properly. Slightly press it. 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.
- 'Achari Bhujiya Paratha' is ready to be  
served with curd.



# Sweet Corn Ki Sabji

*a delicious side dish*



**By Shraddha Thakrar, A Lovely Mom, From Gujarat**

**SERVINGS: 1**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- Oil - 1 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Onion / Pyaz - 2 Finely chopped
- Sweet Corn - 1 bowl
- Ginger-garlic paste / Adarak-lahsun paste - 1/2 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Salt - As per taste
- Cumin seeds powder / Jeera powder - 1 tsp
- Coriander leaves / Hara dhaniya - A handful + For garnishing
- Milk - 1/2 Cup
- Water - 1/2 Cup + As required

## Directions

- Take sweet corn kernels in a pressure cooker. Add salt and water. Cook it on high flame till 5 whistles. Once done, turn off the flame. Then open it and strain sweet corn.
- Keep 2 tsp of boiled corn kernels aside and transfer the other sweet corn to a grinding jar. Grind it for a few seconds to prepare its paste.
- Heat oil in a pan. Add cumin seeds and onion. Mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally in between.
- Then add ginger-garlic paste. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally in between.
- Now add boiled sweet corn kernels and its paste. Mix well.
- Further, add turmeric powder, red chilli powder, coriander powder, salt, cumin seeds powder, and coriander leaves. Mix well.
- Add milk and mix well for a few seconds. Then add water and mix well.
- Once done, turn off the flame and garnish it with coriander leaves. Take it out to a serving bowl.
- 'Sweet Corn Ki Sabji' is ready to be served.

## Tips

- Roasted sweet corn kernels can be used to prepare this sabji.
- The ratio of milk to water should be 1:1.
- Add salt carefully in the sabji, because salt was added while boiling the sweet corn.
- Roasted corn kernels can be added instead of boiled sweet corn kernels.
- The consistency of the Sabji will turn thick as it cools down.

[Watch the video recipe](#)

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



***ENJOY!***

**FOR QUERIES AND SUGGESTIONS PLEASE SEND  
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[info@zaykakatadka.com](mailto:info@zaykakatadka.com)**