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# ZAYKA KA TADKA

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Unedited  
live recipes



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ISSUE : 37



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LIVE FROM THE KITCHENS OF MOMS  
OF INDIA



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# The Super Chef Moms of India



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# TAIKILE AMBADO

a popular monsoon special fritters

By Sunanda Prabhu Ji

From Mangalore



SERVINGS: 2

PREPARATION TIME: 65 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Senna tora leaves / Thagathey soppu / Taikile leaves - A bunch chopped
- Rice / Chawal - 3/4 Cup
- Roasted black gram / Urad dal - 1/4 Cup
- Water - As required
- Dry red chilli / Sukhi lal mirchi - 10 to 12
- Tamarind / Imli - 2 to 3 pieces
- Asafoetida / Hing - 1/4 tsp
- Sea salt / Raw salt - As per taste
- Oil - For frying

## DIRECTIONS

- Take roasted urad dal and rice. Soak it in the water for 2 hours. Then drain the water.
- Take dry red chilli, tamarind, asafoetida, and sea salt in a grinding jar. Grind it for a few seconds to prepare its paste.
- Then add soaked urad dal and rice. Grind it again to prepare its paste. Take it out in a bowl. Add senna tora leaves and mix well.
- Take a small ball-sized portion of the mixture and prepare a small ball sized flattened vada. Likewise, prepare all vadas.
- Meanwhile, heat oil for frying in a pan. Add the prepared vada to the hot oil.
- Deep fry them on 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.
- 'Taikile Ambado' is ready to be served.

# SOOJI VEG SANDWICH

a healthy tiffin box option

By Neeta Sharma

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 7 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Semolina / Sooji / Rava - 3 tbsp
- Wheat bread slices - 2
- Carrot / Gajar - 1 Grated
- Coriander leaves / Hara dhaniya - A handful
- Curd / Dahi - 2 to 3 tbsp
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- Chaat masala - 1/2 tsp + As required
- Water - As required
- Clarified butter / Ghee - As required
- Cheese slices - 1
- Tomato / Tamatar - 1 Sliced
- Onion / Pyaz - 1 Sliced

## TIPS

- The **curd** should be added gradually to prepare a thick consistency mixture.
- You can use any type of bread to prepare this sandwich.
- Use butter or ghee instead of oil to roast this sandwich.
- Adding tomato and onion slices are optional.

## DIRECTIONS

- Take carrot, coriander leaves, semolina, curd, salt, red chilli powder, and chaat masala in a bowl. Mix well.
- Add little water and prepare a thick consistency batter. Let it rest for 5 to 7 minutes. After 5 to 7 minutes, if needed add little water and mix well.
- Then take a slice of bread. Spread the prepared semolina mixture on it. Likewise, prepare another bread slice.
- Meanwhile, heat a tawa. Grease it with ghee. Add the prepared bread's semolina mixture side to the tawa.
- Roast it for 2 to 3 minutes on a low flame. Apply butter on the bread's upper plain side.
- Press it while roasting. Flip it to roast the other side for a few seconds. Once it is roasted from both sides, Add a cheese slice on one bread.
- Then add tomato and onion slices on it. Sprinkle chaat masala and salt on it. Cover it with another bread sooji slice.
- Now transfer it to a serving plate and cut into 2 pieces.
- 'Sooji Veg Sandwich' is ready to be served.

# KUTTU KE PAKODE

a delicious fast special fritter

By Neha Agarwal

From Raipur



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Buckwheat flour / Kuttu ka aata - 3 to 4 tsp
- Boiled Potato / Aloo - 2 Peeled and mashed
- Rock salt / Sendha namak - As per taste
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Ginger / Adarak - 1 Inch finely chopped
- Coriander leaves / Hara dhaniya - A handful
- Water - As required
- Oil - For frying

## DIRECTIONS

- Take boiled potato in a bowl. Add buckwheat flour, rock salt, green chilli, ginger, and coriander leaves. Mix well.
- Now add water gradually to prepare a thick dough like mixture .
- Meanwhile, heat oil in a deep frying pan over medium flame. When the oil is medium hot, Place small ball sized pakoda 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 all sides, and take them out to a serving plate using a slotted spoon.
- 'Kuttu Ke Pakode' is ready to be served with green chutney.

## TIPS

- You can add ingredients as per you consume for fasting.
- Water should be added gradually to make thick dough like mixture.
- If you want, you can add grated raw potato instead of boiled potato

# SOOJI MODAK

the perfect dish for Lord Ganesh

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Clarified Butter / Ghee - 2 tsp + For greasing
- Fine Semolina / Suji - 1 Cup
- Milk - 2 Cups
- Sugar - 1 Cup
- Saffron / Kesar - 10 - 12 Strings ( soaked in milk )
- Desiccated Coconut Powder - 1/2 Cup
- Cardamom Powder / Elaichi Powder - 1 tsp
- Almonds / Badam - 4-5 Chopped
- Pistachio / Pista - 4-5 Chopped

## DIRECTIONS

- Heat a pan add ghee, semolina and roast on low flame for 4 to 5 minutes.
- After roasting semolina add milk gradually and keep mixing on high flame.
- When semolina absorbs milk add sugar and mix it well.
- Now add soaked saffron milk in the semolina mixture and mix it well.
- Now add desiccated coconut powder and mix it well and keep stirring till mixture leaves the pan.
- Add cardamom powder, almonds, pistachio and mix it well.
- When mixture leaves pan turn off gas and keep aside and let it cool down.
- Grease the modak mould then fill it with mixture. Remove excess mixture and de-mould it and keep it on a plate.
- If you do not have modak mould then you can make the modak with hands. Take a ball size of mixture. Shape it like modak then make lines on the modak using a fork.
- Delicious 'Sooji Modak' Is ready to offer Lord Ganesh.

## TIPS

- Use fine suji, If you have a bigger one then grind it before use.
- Do not roast the sooji to make it brown.
- While roasting the sooji stir it continuously.
- Keep semolina and milk ratio 1:2.
- Keep semolina and sugar ratio 1:1.
- Adjust the sugar level as per your taste.
- Soak saffron in milk for 10 minutes.
- Skip desiccated coconut powder if you want.
- You can stuff dry fruits in the modak.
- You can make the modak with mould as well as with hands. Use a fork to make a design on modak.

[WATCH THE VIDEO RECIPE](#)

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

# RAJASTHANI PITTOD KI SABZI

a delicious side dish

By Anita Sharma

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

### • FOR PREPARING PITTOD :

- Gram flour / Besan - 1 Cup
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Water - As required
- Oil - 2 tbsp + For greasing
- Cumin seeds / Jeera - 1/2 Tsp

### • FOR PREPARING PITTOD KI SABJI :

- Curd / Dahi - 1 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 tsp
- Water - As required
- Oil - 2 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Coriander leaves / Hara dhaniya - For garnishing

## DIRECTIONS

### • FOR PREPARING PITTOD :

- Take gram flour in a bowl. Add salt, turmeric powder, and red chilli powder. Mix well. Then add water gradually to prepare a lumps-free medium-consistency batter.
- Heat oil in a pan. Add cumin seeds and the prepared gram flour batter. Keep stirring continuously for 3 to 4 minutes until the mixture becomes thick and leaves the pan.
- Once done, turn off the flame. Grease a big plate with oil. Spread the gram flour mixture evenly on a plate. Let it cool completely.
- Cut the pittod in a square shape. Take it out on a plate. Keep it aside.

### • FOR PREPARING PITTOD KI SABJI :

- Take curd in a bowl. Add salt, red chilli powder, turmeric powder, and coriander powder. Mix well. Add a little water and mix well.
- Heat oil in a pan. Add cumin seeds and asafoetida. Then keep the flame low and add the prepared curd mixture.
- Now keep the flame high and keep stirring continuously till it starts to boil. Then boil it for 2 to 3 minutes on medium flame.
- Add little water and green chilli. Mix well. Then boil it for 1 to 2 minutes on medium flame.
- Garnish it with coriander leaves. Add the prepared pittod pieces as required. Mix well.
- 'Rajasthani Pittod Ki Sabji' is ready to be served.

## TIPS

- If the curd is thick, add a little water otherwise the curd may be curdled.
- Keep stirring continuously after adding the curd mixture till it starts to boil otherwise, curd will curdle.
- Pittod can be added to the sabji as per choice.

[WATCH THE VIDEO RECIPE](#)

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# LAHSUNI PANEER

a spicy starter

By Richa Sharma

From Rajasthan



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- **FOR PREPARING GARLIC PANEER :**
- Cottage Cheese / - 1 Cup Diced
- Butter - 1 tbsp
- Sesame seeds / Til - 1 tsp
- Red chilli flakes - 1/2 tsp
- Oregano - 1/2 tsp
- Salt - As per taste
- Coriander leaves / Hara dhaniya - For garnishing
- **FOR PREPARING GARLIC CHUTNEY :**
- Tomato / Tamatar - 2 Chopped
- Garlic / Lahsun - 15 to 20 Cloves
- Turmeric powder / Haldi powder - 1/4 tsp
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 2 tsp
- Water - As required
- Oil - 2 tbsp

## TIPS

- You can store the garlic chutney in an air-tight container for 15 to 20 days in a refrigerator.
- Add ground chutney to the oil before heating it.
- Add the salt to the paneer at the end otherwise, the paneer will release water.

## DIRECTIONS

- **FOR PREPARING GARLIC CHUTNEY :**
- Take tomato, garlic, turmeric powder, salt, red chilli powder, and little water in a grinding jar. Grind it for a few seconds to prepare its chutney.
- Take oil in a pan. Turn on the flame and add the prepared garlic chutney. Mix well.
- Cover the pan with a lid and cook it for 6 minutes on a high flame till the oil separates. Then turn off the flame. Keep it aside.
- **FOR PREPARING GARLIC PANEER :**
- Heat butter in a pan. Add sesame seeds and roast it for a few seconds on low flame.
- Add red chilli flakes and oregano. Mix well and add paneer. Saute it for 2 to 3 minutes on medium flame from all sides by turning it in between till it becomes a nice golden brown from all sides.
- Then add salt and mix well. Now add 1 to 2 tsp of the prepared garlic chutney. Mix well.
- Once done, turn off the flame and garnish it with coriander leaves. Take it out to a serving bowl.
- 'Lahsuni Paneer' is ready to be served.

# ONION CAPSICUM TIKKA MASALA

a nice flavorful side dish

By Shveta Sheth

From Mumbai



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

### • FOR MARINATION :

- Onion / Pyaz - 1 Diced
- Curd / Dahi - 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
- Coriander-cumin seeds powder / Dhaniya-jeera powder - 1 tsp
- Dry fenugreek leaves / Kasuri methi - 1 tsp
- Gram flour / Besan - 1 & 1/2 tbsp
- Mustard oil / Sarso ka tel - 1 tbsp
- Capsicum / Shimla mirch - 1 Diced

### • FOR PREPARING CURRY :

- Mustard oil / Sarso ka tel - 2 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Red chilli powder / Lal mirch powder - 1 tsp
- Dry fenugreek leaves / Kasuri methi - 1 tsp
- Water - As required
- Coriander leaves / Hara dhaniya - A handful + For garnishing

## DIRECTIONS

- Take curd in a bowl. Add salt, red chilli powder, turmeric powder, all spice mix powder, coriander-cumin seeds powder, and dry fenugreek leaves by rubbing between your palms. Mix well.
- Then add gram flour and mustard oil. Mix well. Now add onion and capsicum. Mix well.
- Heat mustard oil in a bowl. Add cumin seeds and asafoetida. Then keep the flame low and add red chilli powder, dry fenugreek leaves, and the prepared onion mixture. Mix well.
- Saute it for a few seconds. Add water and mix well. Keep stirring continuously for 1 to 2 minutes on medium flame.
- Then add a little salt and coriander leaves. Mix well. Saute it for 2 to 3 minutes on medium flame. Keep stirring occasionally in between.
- Once done, garnish it with coriander leaves and take it out to a serving bowl.
- 'Onion Capsicum Tikka Masala' is ready to be served.

## TIPS

- You can adjust the consistency of the sabji as per choice.

# SATTU KA PARATHA

a special healthy dish

By Ani Setia

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 3 MINS

COOKING TIME: 2 MIN

## INGREDIENTS

- Whole wheat flour / Gehu ka aata - 1 Cup
- Rock salt / Sendha namak - As per taste
- Water - As required
- Oil - 1 tbsp + For roasting
- Sattu powder - 1 Cup
- Red chilli powder / Lal mirch powder - 1 tsp
- Dry mango powder / Aamchur - 1 tsp
- Pickle masala / Achar masala - 1 tbsp
- Coriander leaves / Hara dhaniya - A handful
- Green chilli / Hari mirchi - 1 Finely chopped

## TIPS

- You can add any type of achar masala.
- Mustard oil can be added instead of achar masala.
- If you want you can add onion to the sattu stuffing.
- If you have time then rest the dough for 5 to 10 minutes.

## DIRECTIONS

- Take whole wheat flour and rock salt in a bowl. Mix well and add water gradually to prepare medium soft consistency dough. Add 1 tbsp of oil and knead it. If you have time then let it rest for 5 to 10 minutes.
- Take sattu powder in a bowl. Add salt, red chilli powder, dry mango powder, achar masala, coriander leaves, and green chilli. Mix well.
- Take a whole wheat dough and knead it well. Make a big round-shaped circular peda from the dough. Dust it with flour and roll a peda to make a big-sized paratha.
- Then add the prepared sattu stuffing in the centre part of the paratha. 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 on high flame. Flip it, once it is brown.
- Apply oil on both sides and roast it on a medium flame. Once done, transfer it to a serving plate.
- 'Sattu Ka Paratha' is ready to be served.

# PANIPURI WRAP

a flavorful and protein-rich tiffin snack

By Bhavini Kachariya

From Mumbai



SERVINGS: 1

PREPARATION TIME: 8 - 10 MIN

COOKING TIME: 3 - 4 MIN

## INGREDIENTS

- **FOR PREPARING WRAP:**
  - Whole wheat flour/Gehu ka atta - 1 cup
  - Coriander leaves - chopped as required
  - Mint leaves - chopped as required
  - Salt - to taste
  - Panipuri masala - 1 tsp
  - Turmeric powder/Haldi powder - 1/4 tsp
  - Green chili paste/Hari mirch paste - 1/2 tsp
  - Dry mango powder/Amchur - 1/2 tsp
  - Black salt/Kala namak - 1/4 tsp
  - Oil - 3 tsp
  - Water - as required
- **FOR PREPARING GREEN CHUTNEY:**
  - Mint leaves - as required
  - Coriander leaves - as required
  - Green chili/Hari mirch - 2
  - Black salt/Kala namak - 1/2 tsp
  - Salt - to taste
  - Panipuri masala - 1 tsp
  - Lemon juice - of 1/2 lemon
  - Water - as required
- **FOR PREPARING MEETHI CHUTNEY:**
  - Seedless dates/Khajur - 20 gms
  - Jaggery/Gud - 20 gms
  - Tamarind/Imli - 10 gms
  - Salt - to taste
  - Red chilli powder/Lal mirch powder - as per taste
- **OTHER INGREDIENTS:**
  - Boiled potato/Aloo - 1 mashed
  - Green gram/Mung - 2 tsp boiled
  - Black chickpea/Kala chana - 2 tsp boiled
  - Oil - for roasting

## DIRECTIONS

- **FOR PREPARING WRAP:**
  - Take a bowl, add whole wheat flour, chopped mint leaves, coriander leaves, salt, panipuri masala, dry mango powder, green chilli paste, black salt, turmeric powder and oil. Mix well.
  - Now, add water and knead a dough of medium consistency. Grease it with oil and let it rest for 8 to 10 minutes.
- **FOR PREPARING GREEN CHUTNEY:**
  - Take coriander leaves, mint leaves, black salt, green chilli, panipuri masala, salt, lemon juice and little water in a grinding jar.
  - Now, grind it for a few seconds. Transfer it in a bowl. Keep it aside.
- **FOR PREPARING MEETHI CHUTNEY:**
  - Take khajur, jaggery, tamarind, salt, red chilli powder and little water in a grinding jar.
  - Now, grind it for a few seconds. Transfer it in a bowl. Keep it aside.
- **FOR PREPARING PANIPURI WRAP:**
  - Take a small portion of the prepared dough. Dust it flour and roll it to make a wrap. Heat the tawa on low flame. Place the wrap on the tawa, and turn the flame to high.
  - Roast it from one side. Flip it and apply oil on it. As it roasts from the other side, flip it again and apply oil. Roast it from both the sides. Take it out on a plate
  - Now, place mashed potatoes, boiled chana and boiled mung in the form of a line. Add green chutney and meethi chutney. Sprinkle some coriander leaves. Roll the wrap with all the ingredients in it carefully.
  - 'Panipuri Wrap' is ready to be served.

## TIPS

- Roast the wrap to make it crispy, if you want to eat it at home.
- Add jaggery in meethi chutney as per your taste.

# RASGULLA ICE CREAM DESSERT

an interesting and unique dessert

By Alka Gupta

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- Rasgulla - 2
- Lukewarm water - As required
- Vanilla ice cream - 2 to 3 tbsp whisked
- Apple / Seb - 1 tsp Finely chopped
- Mango / Aam - 1 tsp Finely chopped
- Pomegranate seeds / Anar dane - 2 tsp
- Green grapes / Angoor - 2 tsp Finely chopped
- Sapodilla / Chikoo - 2 tsp Finely chopped

## DIRECTIONS

- Take lukewarm water in a bowl. Add rasgulla and press them gently with palms to squeeze water.
- Take vanilla ice cream in a bowl. Then dip rasgulla in it and coat it well.
- Now garnish it with apple, mango, pomegranate, green grapes, chikoo.
- 'Rasgulla Ice Cream Dessert' is ready to be served.

## TIPS

- The [rasgulla](#) should be dip in the lukewarm water to remove its sweetness.
- You can use any type of [ice cream](#).
- The rasgulla should be not break while coating it with ice cream.
- It is recommended to take alphanso or kesar mango with nice color.
- You can add fruits as per your choice and availability.

# TENDLI PICKLE

a quick and spicy side dish

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- Tindora / Tendli / Kundru / Ivy Gourd - 250 gms.
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/4 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Dry fenugreek seeds powder / Methi dana powder - 1 tsp
- Mustard oil / Sarso ka tel - 2 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Onion seeds / Kalonji - 1/4 tsp
- Asafoetida / Hing - A pinch

## DIRECTIONS

- Take washed tindora. Cut the tindora into small pieces. Add salt, turmeric powder, red chilli powder, and dry fenugreek seeds powder.
- Heat mustard oil in a tadka pan. Add cumin seeds, onion seeds, and asafoetida.
- Pour the tadka into the prepared tindora mixture. Mix well.
- 'Tendli Pickle' is ready to be served.

## TIPS

- Ripe tendli should not be used to prepare pickle.

# KOLKATA STREET STYLE JHALMURI

a spicy and tasty evening snack

By Sneha Bubna

From Kolkata



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Boiled potato / Aloo - 1 Peeled and chopped
- Onion / Pyaz - 1/2 Finely chopped
- Tomato / Tamatar - 1 Finely chopped
- Cucumber / Kheera - 1/2 Finely chopped
- Coriander leaves / Hara dhaniya - A handful finely chopped + For garnishing
- Nylon sev / Namkeen - For garnishing
- Coconut / Nariyal - 1 tbsp Finely chopped
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Black salt / Kala namak - As per taste
- Roasted peanuts / Mungfali - 1 tbsp
- Muri masala - As required
- Green chutney / Hari chutney - As required
- Mustard oil / Sarso ka tel - 2 tbsp
- Sattu - 2 tsp
- Red chilli powder / Lal mirch powder - 1/4 tsp
- Water - As required
- Samosa - 1
- Dhokla - 1 to 2 Pieces
- Small Sized Puri / Papdi / Mathri - 4 to 5
- Chana jor - 1/2 Cup
- Puffed rice / Murmure - 2 Cups
- Tamarind chutney - 1 tsp
- Lemon juice / Nimbu ka ras - Of 1/2 lemon
- **FOR PREPARING MURI 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 PREPARING MURI 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 JHAL MURI :**
- Take sattu in a bowl. Add red chilli powder, and little water and prepare a paste. Mix well. Keep it aside.
- Take potato in a big bowl. Add onion, tomato, cucumber, green chilli, roasted peanuts, black salt, muri masala, green chutney, mustard oil, prepared sattu paste, and tamarind chutney.
- Add crushed samosa, dhokla, and papdi. Then add chana jor and puffed rice. Mix well.
- Add lemon juice and mix well. Now take it out in a paper cone. Garnish it with dhokla, chana jor, papdi, coriander leaves, coconut, and nylon sev.
- 'Kolkata Street Style Jhalmuri' is ready to be served.

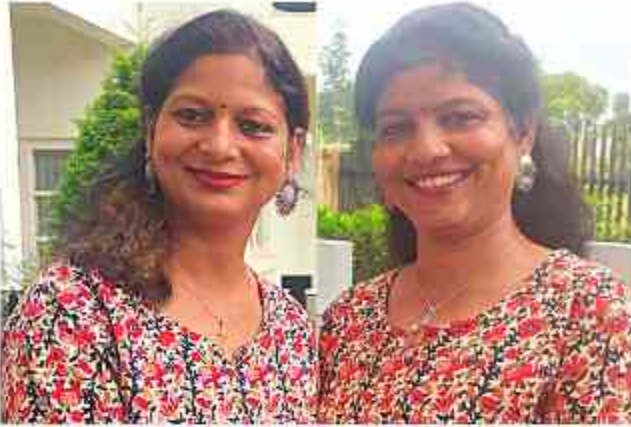
## TIPS

- Sattu paste and mustard oil will enhance the taste.
- You can adjust spiciness as per taste.
- You can add ingredients as per choice and availability.

# SUJI KI KACHORI

a cheesy and crispy snack

By Shikha Sethi, Renu Natani



SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

### • FOR PREPARING SOOJI MIXTURE

- Semolina / Sooji / Suji - 1/2 Cup
- Water - 1 Cup
- Salt - As per taste
- Clarified butter / Ghee - 1/2 tsp
- Baking soda - A pinch
- Onion seeds / Kalonji - 1 tsp

### • FOR PREPARING POTATO STUFFING :

- Boiled potato / Aloo - 3 Peeled and mashed
- Red chilli powder / Lal mirch powder - 1 tsp
- Salt - As per taste
- Dry mango powder / Aamchur - 1 tsp
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Ginger / Adarak - 1 Inch grated
- Coriander leaves / Hara dhaniya - A handful

### • FOR PREPARING SOOJI KACHORI

- Clarified butter / Ghee - For greasing
- Cheese - As required diced
- Oil - For frying

## DIRECTIONS

### • FOR PREPARING SOOJI MIXTURE :

- Boil water in a pan. Add salt and ghee. Boil it for 2 to 3 minutes on medium flame.
- Now keep stirring continuously and add semolina gradually to prepare a lumps-free mixture.
- Then add baking soda. Mix well and keep stirring continuously for 2 to 3 minutes on high flame until it becomes medium thick consistency mixture.
- Now turn off the flame and add kalonji. Mix well. Let it cool down.

### • FOR PREPARING POTATO STUFFING :

- Take boiled potato in a bowl. Add red chilli powder, salt, dry mango powder, green chilli, ginger, and coriander leaves. Mix well. Keep it aside.

### • FOR PREPARING SOOJI KACHORI :

- Grease your palms with ghee. Take a small ball sized part of the sooji mixture and flatten it between your palms.
- Now add potato stuffing and cheese in the centre of it. Then seal the ends of it to prepare a round shaped kachori. Likewise, prepare all kachoris.
- Meanwhile, heat the oil for frying the kachori. When the oil is hot, place kachori in oil and fry it on a high flame
- Then keep the flame medium and deep fry until it turns golden brown from all sides. Once done, take it out to a serving plate. Likewise, fry all kachori.
- 'Suji Ki Kachori' is ready to be served.

## TIPS

- You can adjust the spiciness as per your taste.
- The semolina should be added gradually by stirring continuously to boiling water, for preparing a lumps-free mixture.
- For Preparing the lumps-free sooji mixture: Prepare it on a high flame.
- If you want, You can roast potato stuffing to make crispy kachori.

[WATCH THE VIDEO RECIPE](#)

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



# JODHPURI MADI

a traditional Rajasthani drink

By Lalita Harsh

From Jodhpur



SERVINGS: 1 - 2    PREPARATION TIME: 3 - 4 MIN    COOKING TIME: 20 - 25 MIN

## INGREDIENTS

- Wheat flour/Gehu ka aata - 4 tbsp
- Water - as required
- Buttermilk/Chaas - 4 tbsp
- Curd/Dahi - 3 tbsp
- Asafoetida/Hing - a pinch
- Salt/Namak - as per taste
- Cumin seeds/Jeera - 2 tsp
- Mustard seeds/Rai - 4 tsp

## DIRECTIONS

- Take 2 cup water in a pan and add wheat flour in it. Mix it and make a lump-free mixture.
- Now put the pan on gas stove and bring the mixture boil. Once boiled keep a tawa under the pan and let the mixture cook for 25 to 30 minutes Or until nice aroma begins to rise.
- Then, turn off the flame. Transfer it in bowl and let it cool down. Once it cool down, add hing, salt, curd and buttermilk in boiled mixture.
- Now, crush cumin seeds and mustard seeds with the help of rolling pin and board and mix in boiled mixture. Add more water to adjust consistency.
- 'Jodhpuri Madi' is ready to be served.

## TIPS

- Use good aromatic asafoetida for taste.
- You can store madi in the fridge for up to 4 to 5 days.
- Crush the mustard seeds and cumin seeds with the help of a rolling pin and board for good taste.
- Add more water to adjust the consistency of madi.

# INSTANT SAMBAR RICE USING SAMBAR POWDER

an instant healthy tiffin idea

By Archana Chakravarthy

From Karnataka



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Cooked rice / Chawal - 3 Cups
- Oil - 1 tbsp
- Black gram / Urad dal - 1/2 tsp (optional)
- Cumin seeds / Jeera - 1 tsp
- Mustard seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Turmeric powder / Haldi powder - 1/4 tsp
- Boiled potato / Aloo - 1 Chopped
- Carrot / Gajar - 1 Chopped
- Capsicum / Shimla mirch - 1/2 Chopped
- Salt - As per taste
- Green peas / Matar - 1/2 Cup
- Peanuts / Mungfali - 2 tbsp Coarsely ground
- Sambar powder - 3 tsp
- Jaggery / Gud - 1 tsp
- Dry coconut / Nariyal - 2 tsp grated
- Clarified butter / Ghee - 2 to 3 tsp

## DIRECTIONS

- Heat oil in a pan. Add black gram, cumin seeds, mustard seeds, asafoetida, turmeric powder, boiled potato, carrot, and capsicum. Mix well and saute it for 1 to 2 minutes on medium flame.
- Then add salt and green peas. Mix well and cover the pan. Cook it for 2 to 3 minutes on high flame.
- Now add sambar powder and jaggery. Mix well.
- Then add cooked rice and mix well. Add a little salt to the rice and mix well. Then cover the pan with a lid. Cook it for 1 to 2 minutes.
- Lastly, add ground peanuts powder, dry coconut, and ghee. Mix well.
- Once done, turn off the flame and take it out to a serving plate.
- 'Instant Sambar Rice Using Sambar Powder' is ready to be served.

## TIPS

- Any type of [sambar powder](#) can be used.
- Sugar can be used instead of jaggery.

[WATCH THE VIDEO RECIPE](#)

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

# KUTTU KI POORI

a crisp and tasty vrat special dish

By Mridula Ameriya

From Rajasthan



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- Buckwheat flour / Kuttu ka aata - 1 Cup
- Boiled Potato / Aloo - Peeled and mashed as required
- Green chilli paste / Hari mirchi ki paste - 1 tsp
- Ginger / Adarak - 1 Inch grated
- Rock salt / Sendha namak - As per taste
- Black pepper powder / Kali mirch powder - 1/2 tsp
- Oil / Tel - For frying

## TIPS

- The dough should be prepared with boiled and mashed potatoes.
- Don't add water to prepare the dough.
- Knead the dough as required otherwise, the dough will turn soft and will be difficult to roll the poori.

## DIRECTIONS

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

# LAYERED HUNG CURD SANDWICH

an instant tiffin snack

By Sapna Maheshwari

From Faridabad



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Curd / Dahi - 1 Cup
- Cottage cheese / paneer - 1 Cup grated
- Carrot / Gajar - 2 tsp grated
- Onion / Pyaz - 1 tsp Finely chopped
- Tricolor bell pepper / Capsicum - 1 tsp finely chopped
- Mixed herbs - 1 tsp
- Black pepper powder / Kali mirch - 1/2 tsp
- Salt - As per taste
- Bread slices - 3
- Green chutney / Hari chutney - As required
- Pasta sauce - As required
- Boiled sweet corn kernels - As required (option)
- Butter - As required

## TIPS

- The ratio of paneer to hung curd should be 1:1.
- Pasta sauce or tomato ketchup can be applied to the sandwich.

## DIRECTIONS

- Tie the curd in a muslin cloth for 4 to 5 hours to make hung curd.
- Take hung curd in a bowl. Add paneer, carrot, onion, tricolor bell pepper, mixed herbs, black pepper powder, and salt. Mix well.
- Take the bread slices, and slightly cut their edges. Take two bread slices and apply green chutney to it.
- Then spread the prepared hung curd mixture on one green chutney applied bread slice. Cover it with another green chutney applied bread slice.
- Now apply pasta sauce on it. Then spread the prepared hung curd mixture on it. Add sweet corn kernels on it. Cover it with another pasta sauce applied bread slice.
- Meanwhile, heat a tawa. Place the prepared sandwich on the tawa.
- Roast it from both sides by applying butter on a low flame till it becomes nice golden and crispy.
- Once done, take it out on a serving plate and cut it into 2 pieces.
- 'Layered Hung Curd Sandwich' is ready to be served.

# PANJIRI & PANCHAMRIT

a Janmashtami special dish

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

### • FOR PANJIRI :

- Clarified Butter / Ghee - 2 tbsp
- Almonds / Badam - 12 - 15
- Cashew / Kaju - 12 - 15
- Edible Gum/ Gond - 1/4 Cup
- Fox Nut / Makhaana - 1 Cup
- Dry Coconut / Sukha Narial - 1/2 Cup Pieces
- Dry Whole Coriander Seeds / Sukha Sabut Dhaniya - 1 Cup Ground
- Carom Seeds / Ajwain - 1 tsp Ground
- Dry Coconut - 1/4 Cup Grated
- Jaggery Powder / Gud - 1 Cup
- Candy Sugar / Mishri - 1 tsp
- Basil Leaves / Tulsi ke Patte - 3-4

### • FOR PANCHAMRIT :

- Raw Milk - 1/2 Cup
- Curd / Dahi - 1 tsp
- Honey - 1 tsp
- Gangajal - 1/4 Cup
- Basil Leaves - 3-4
- Candy Sugar / Mishri - 1 tsp

## DIRECTIONS

### • FOR PANJIRI :

- Heat clarified butter in a pan then fry almond, cashew and keep aside. Now fry gond on low flame in the same pan till it become golden brown and take them out using a slotted spoon.
- Roast fox nuts also in same pan and keep aside, add some clarified butter more in the pan and roast dry coconut pieces in it till become golden brown and take out in a plate.
- Now roast grinded coriander seeds in clarified butter and add carom seeds add 1 tablespoon clarified butter more in this pan while roasting. Add dry grated coconut in the pan and roast it well.
- Now add fried almond, cashew, fox nut, coconut, gond, coriander seeds, carom seeds in a bowl and mix it well then add jaggery powder, candy sugar and mix it well then add basil leaves.

### • FOR PANCHAMRIT :

- Take a bowl add milk, curd, honey, gangajal basil leaves, candy sugar and mix it well.
- Panjiri & Panchamrit is ready to serve god.

## TIPS

- Crush Gond before frying if it is in big size.
- Use dry fruits as per your choice.
- You can use powdered sugar also instead of jaggery powder.
- You can add dry fruits in PANCHAMRIT if you want.

[WATCH THE VIDEO RECIPE](#)

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

# GUJARATI KHATTA MEETHA DHOKLA

a healthy breakfast option

By Shraddha Thakrar

From Gujarat



SERVINGS: 6

PREPARATION TIME: 970 MIN

COOKING TIME: 8 MIN

## INGREDIENTS

- White gram / Urad dal - 1 Cup
- Rice / Chawal - 3 Cups
- Flattened rice / Poha - 2 tsp
- Water - As required
- Curd / Dahi - 2 tbsp
- Ginger-green chilli-garlic paste / Adarak-hari mirchi-lahsun paste - 1 tsp
- Salt - As per taste
- Jaggery / Gud - 1 tsp
- Oil - 1 tbsp + For greasing
- Fruit salt - 1/2 tsp
- Black pepper powder / Kali mirch powder - As required
- **FOR PREPARING TADKA :**
- Oil - 1 tbsp
- Mustard seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Dry red chilli / Sukhi lal mirch - 2
- Curry leaves / Curry patta - A few

## TIPS

- The ratio of urad dal to rice should be 1:3.
- Small lemon piece should be added to the boiling water of the dhokla steamer, so the steamer will not turn black.
- Insert a toothpick/knife to check. If it comes out clean then it is perfectly cooked. Else steam it for 2 to 3 minutes more.

## DIRECTIONS

- Take urad dal, rice, and poha in a bowl. Wash and soak them for 8 hours or overnight. Then strain them and transfer it to a grinding jar. Add curd and grind it for a few seconds to prepare a medium-thick consistency batter.
- Then take it out in a big bowl. Cover the bowl with a lid and keep it in a warm place for 8 hours or overnight.
- Now add ginger-green chilli-garlic paste, salt, jaggery, and oil. Mix well.
- Meanwhile, boil water in a steamer. Put the greased steaming plate in it.
- Then add fruit salt to the batter and mix well. Transfer the batter immediately to a greased plate. Sprinkle black pepper powder on it.
- Steam it on a medium flame for 7 to 8 minutes. After 8 minutes, insert a toothpick/knife to check. If it comes out clean then it is perfectly cooked. Else steam it for 2 to 3 minutes more.
- Now take it out from the steamer. Keep it aside and let it cool down.
- **FOR PREPARING TADKA :**
- Heat oil in a tadka pan. Add mustard seeds, asafoetida, dry red chilli, and curry leaves. Mix well.
- Pour tadka on the steamed dhokla and cut it. Transfer it to a serving plate.
- 'Gujarati Khatta Meetha Dhokla' is ready to be served.

# CONE DOSA WITH COCONUT CHUTNEY

a protein-rich breakfast recipe

By Smita Srikanth

From Bangalore



SERVINGS: 1

PREPARATION TIME: 65 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Yellow lentils / Moong dal - 1 Cup
- Water - As required
- Salt - As per taste
- Oil - As required
- Clarified butter / Ghee - As required
- **FOR PREPARING COCONUT CHUTNEY :**
- Dry coconut / Sukha nariyal - 1/2 Cup Sliced
- Green chilli / Hari mirchi - 2 Chopped
- Curry leaves / Curry patta - A few
- Jaggery / Gud - 1 tsp
- Salt - As per taste
- Tamarind / Imli - 2 Big pieces
- Roasted bengal gram / Daliya dal - 1 tbsp
- Water - As required
- Oil - 1/2 tbsp
- Mustard seeds / Rai - 1/4 tsp

## TIPS

- Add the water until the moong dal is completely submerged in it.
- Fresh coconut can be used for chutney instead of dry coconut.

## DIRECTIONS

- **FOR PREPARING CONE DOSA :**
- Wash and soak moong dal for 2 hours. Add the water until the moong dal is completely submerged in it. Then transfer it to a grinding jar with water. Grind it and prepare a medium-thick consistency batter.
- Take it out in a bowl. Add salt and mix well.
- Heat an iron tawa. Add a little oil and spread it using tissue paper. Then pour the batter on the tawa and spread it to make dosa.
- Pour some drops of oil and ghee on it. Then keep the flame low and cook it for 3 to 4 minutes.
- Once it is cooked well, Cut the dosa into 1/4 portion. Then fold it in a circular motion to prepare a cone shape and take it out on a serving plate.
- **FOR PREPARING COCONUT CHUTNEY :**
- Take dry coconut, green chilli, curry leaves, jaggery, salt, tamarind, roasted bengal gram, and little water in a grinding jar.
- Grind it for a few seconds to prepare its chutney. Take it out in a bowl.
- Heat oil in a tadka pan. Add mustard seeds and curry leaves. Then turn off the flame and pour it into the prepared chutney. Mix well.
- 'Cone Dosa With Coconut Chutney' is ready to be served.

# SLICED CAKE

no-bake biscuit cake

By Ritika Garg

From Kurukshetra



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Melted butter - 4 tbsp
- Icing sugar - 4 tbsp
- Cocoa powder - 3 tbsp
- Water - 4 tbsp
- Coffee - 1/2 tbsp
- Marie biscuits - 12

## TIPS

- You can use normal sugar instead of icing sugar.
- You can add vanilla essence instead of coffee powder.

## DIRECTIONS

- Take a bowl. Put melted butter, icing sugar and cocoa powder. Mix well and make a paste. Keep it aside.
- Take water and coffee powder in a bowl. Mix well and keep it aside.
- Now, place a tissue paper on a plate. Dip a biscuit in prepared coffee mixture and place it on tissue paper. Apply prepared paste on it. Repeat this process until the last biscuit.
- Then, coat the paste all over the biscuits. Keep it in freezer for two hours to set it. After two hours, take it out and slice it diagonally.
- 'Sliced Cake' is ready to serve.





**Enjoy!**

**FOR QUERIES AND SUGGESTIONS PLEASE  
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