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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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Dhaba Style Shahi Kofta Curry

a tasty side dish



By Shilpi Agarwal, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR PREPARING POTATO KOFTA :**
- Boiled Potato / Aloo - 4 Peeled and mashed
- Chhena - 1 Cup (optional)
- Coriander Leaves / Hara Dhaniya - A handful
- Coarsely Ground Peanut / Mungfali - 1/4 Cup
- Carom Seeds / Ajwain - 1/2 tsp
- Cumin Seeds Powder / Jeera Powder - 1 Tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Gram Flour / Besan - 1 tbsp
- Oil - For frying
- **FOR PREPARING DHABA STYLE SHAHI KOFTA CURRY :**
- Onion / Pyaz - 1 chopped
- Tomato / Tamatar - 1 Chopped
- Ginger / Adrak - 1 Inch chopped (optional)
- Garlic / Lahsun - 4 to 5 Cloves (optional)
- Green chilli / Hari mirch - 2 Finely chopped (optional)
- Coriander Powder / Dhaniya Powder - 2 tsp
- Water - As required
- Roasted Foxnuts / Makhana - 1/2 Cup
- Clarified Butter / Ghee - 1 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Homemade malai - 1 tbsp
- Coriander leaves / Hara dhaniya - A handful + For garnishing

Directions

- **FOR PREPARING POTATO KOFTA :**
- Take boiled and mashed potatoes in a mixing bowl. Add chhena, coriander leaves, coarsely ground peanuts, carom seeds, cumin seeds powder, all spice mix powder, chaat masala, salt, red chilli powder, and gram flour. Mix well.
- Now prepare small ball-sized kofta from the mixture. Likewise, prepare all kofta from the mixture.
- Heat oil in a pan to fry the kofta. Place the prepared kofta into the hot oil.
- Deep fry them on a medium flame for 2 to 3 minutes until it turns crispy and golden brown from all sides. Then, take them out to a plate using a slotted spoon. Keep it aside.
- **FOR PREPARING DHABA STYLE SHAHI KOFTA CURRY :**
- Take onion, tomato, ginger, garlic, 1 green chilli, 1 tsp of coriander powder, and little water in a grinding jar. Grind it for a few seconds to prepare its puree.
- Then add roasted makhana and grind it again.
- Heat ghee in a pan. Add cumin seeds, 1 green chilli, and the prepared puree. Mix well.
- Add salt, 1 tsp of coriander powder, turmeric powder, and red chilli powder. Mix well.
- Cover the pan with a lid and saute it for 8 to 10 minutes on medium flame. Keep stirring it in between.
- Then add a little water and mix well. Add homemade malai and mix well.
- Add coriander leaves and mix well. Now add the prepared kofte and mix well.
- Once done, turn off the flame and garnish it with coriander leaves.
- 'Dhaba Style Shahi Kofta Curry' is ready to be served.

Tips

- Oil can be used instead of ghee to prepare sabji.
- [Paneer](#) can be added instead of chhena.
- Kofte can be prepared in an appe pan, shallow frying, or you can fry in air fryer instead of deep frying them in oil.
- If you want you can saute the puree ingredients with whole spices before grinding them.
- Kofte can be served as a snack too.
- The kofta should be added to the gravy just before the serving.

[Watch the video recipe](#)

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Paneer Stir Fry

a quick and easy tiffin box idea



By Rashmi Ameriya, A Lovely Mom, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Cottage Cheese / Paneer - 1 Cup Diced
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Capsicum / Shimla mirch - 1 Diced
- Tomato / Tamatar - 1 Diced
- Salt - As per taste
- Pizza Pasta Sauce - 1 tsp
- Tomato ketchup - 1 tbsp

Tips

- The capsicum should be added first to cook it well.

Directions

- Heat oil a pan. Add mustard seeds and cumin seeds. Then add capsicum. Mix well and add a little water.
- Cover the pan with a lid and cook it for 1 to 2 minutes on high flame.
- Now add tomato. Mix well and cover the pan with a lid. Cook it for 1 to 2 minutes on high flame.
- Further, add salt and mix well. Cover the pan with a lid and cook it for 1 to 2 minutes on high flame.
- Add pizza-pasta sauce, tomato ketchup, and paneer. Mix well. Cover the pan with a lid and cook it for a few seconds on high flame.
- Once done, turn off the flame and take it out to a serving bowl.
- 'Paneer Stir Fry' is ready to be served.

Dry Fruit Meetha Paratha

a quick sweet dish



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Dry Fruits (Almonds, cashews, and walnuts) powder - As required
- Jaggery Powder / Gud - 1 tbsp
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required
- Cardamom Powder / Elaichi Powder - 1/4 tsp

Tips

- You can use any dry fruits as per choice and availability to prepare its powder.
- You can store dry fruits powder in an air-tight jar for 15 days in a refrigerator.
- The wet spoon should not be added to the dry fruit jar.

Directions

- Take the medium soft wheat dough and make a round shaped big circular peda from the dough. Dust it with flour and roll a peda to make a paratha.
- Apply ghee to it. Sprinkle dry fruits powder, jaggery powder, and cardamom powder. Spread them on a paratha.
- Now fold it like a roll. Then roll it over to make a circle and press it with your hands. Dust it with flour and roll it to make a paratha.
- Meanwhile, heat a tawa. Place the prepared paratha on the tawa. Cook on one side.
- Flip it once it is slightly brown, apply ghee on both sides and cook it on a low to medium flame. Press the paratha while cooking it to make it crispy.
- Once done. Take it out to the serving plate.
- 'Dry Fruit Meetha Paratha' is ready to be served.

Farali Pattice With Green Chutney

a delicious upvas special dish



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR STUFFING :**
- Cottage Cheese / Paneer - 1 Cup grated
- Roasted Peanuts / Moongfali - 3 tbsp coarsely ground
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1/2 tsp
- Rock Salt / Sendha Namak - As per taste
- Raisins / Kishmish - 1 tsp
- Cashew / Kaju - 5 to 6 Chopped
- Lemon juice / Nimbu ka ras - Of 1/2 lemon
- Coriander leaves / Hara dhaniya - A handful
- **FOR PATTICE :**
- Oil - For shallow frying
- Boiled Potato / Uble Huye Aloo - 2 Peeled and grated
- Amaranth Flour/ Rajgira Flour - As required
- Rock Salt / Sendha Namak - As per taste
- **FOR PREPARING GREEN CHUTNEY :**
- Coriander leaves / Hara dhaniya - A handful
- Roasted Peanuts / Moongfali - 1/4 Cup
- Ginger / Adrak - 1 Inch chopped (optional)
- Green chilli / Hari mirch - 2 Chopped
- Lemon juice / Nimbu ka ras - Of 1 lemon
- Rock Salt / Sendha Namak - As per taste
- Water - As required

Directions

- **FOR STUFFING :**
- Take paneer in a mixing bowl. Add roasted peanuts, ginger-green chilli paste, raisins, cashews, rock salt, lemon juice, and coriander leaves. Mix well.
- Take a small ball sized part of the mixture and prepare a stuffing ball. Likewise, prepare all stuffing balls.
- **FOR PATTICE :**
- Take boiled and grated potato in a mixing bowl. Add rajgira flour and rock salt. Mix well and prepare a medium soft dough consistency mixture.
- Take a part of the dough mixture and flatten it between your palms. Add the prepared stuffing ball in it and seal the ends to give it the shape of a pattice. Likewise, prepare all pattice.
- Meanwhile, heat oil in a pan for shallow frying. Place prepared pattice into the pan.
- Shallow fry them on medium flame for 2 to 3 minutes.
- Flip it and shallow fry it on medium flame from another side. Likewise shallow fry all pattice. Once done, take it out on the serving plate.
- **FOR PREPARING GREEN CHUTNEY :**
- Take coriander leaves, roasted peanuts, ginger, green chilli, lemon juice, rock salt, and a little water in a grinding jar.
- Grind it for a few seconds to prepare its chutney. Take it out in a serving bowl.
- 'Farali Pattice With Green Chutney' is ready to be served.

Tips

- You can add ingredients in the pattice and green chutney as you allow it to eat for fasting.
- You can use any type of fasting flour like kuttu ka aata for making the pattice.
- You can use this pattice for preparing burger, sandwich, or roti wrap as well.

[Watch the video recipe](#)

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

Masala Mirchi With Poori

a special spicy thali



By Neha Agarwal, A Lovely Mom, From Raipur

SERVINGS: 1

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PREPARING MASALA MIRCHI :**
- Green chilli / Hari mirchi - 4 to 5 Slit and seedless
- Oil - 1 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Salt - As per taste
- Fennel seeds / Saunf - 1 tsp Coarsely ground
- Chaat masala - 1/2 tsp
- Black salt - 1/4 tsp
- Dry mango powder / Amchur powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 1/2 tsp
- Red chilli powder / Lal mirch powder - 1/2 tsp
- Turmeric powder / Haldi powder - 1/4 tsp
- **FOR PREPARING POORI :**
- Whole wheat flour / Gehu ka aata - 1 Cup
- Gram flour / Besan - 1/3 Cup
- Semolina / Sooji - 1/3 Cup
- Coriander leaves / Hara dhaniya - A handful
- Dry fenugreek leaves / Kasuri methi - 1 tsp
- Carom seeds / Ajwain - 1/2 tsp
- Red chilli flakes - 1 tsp
- Roasted cumin seeds powder / Bhuna jeera powder - 1/2 tsp
- Ginger-green chilli paste / Adarak-hari mirchi paste - 1 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Salt - As per taste
- Oil - 1 tbsp + For frying
- Lukewarm water - As required

Directions

- **FOR PREPARING MASALA MIRCHI :**
- Heat oil in a pan. Add cumin seeds, asafoetida, and green chilli. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Then add salt, fennel seeds, chaat masala, black salt, dry mango powder, coriander powder, red chilli powder, and turmeric powder. Mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- **FOR PREPARING POORI :**
- Take whole wheat flour in a bowl. Add besan, sooji, coriander leaves, dry fenugreek leaves by rubbing between your palms, carom seeds by rubbing between your palms, chilli flakes, roasted cumin seeds powder, ginger-green chilli powder, coriander powder, red chilli powder, turmeric powder, salt, and oil. Mix well.
- Add lukewarm water gradually to prepare a medium-consistency dough.
- Take a small ball sized part of the dough and flatten it and roll it to make small poori. Likewise, prepare another poori.
- Meanwhile, heat oil for frying. Put the prepared poori in the hot oil.
- Deep fry it on a high flame for a few seconds until it turns crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon.
- 'Masala Mirchi With Poori' is ready to be served.

Tips

- You can add spices as per your choice to the poori dough.
- The poori should be fried on a high flame and hot oil to make fluffy poori.
- Add sooji while kneading the dough of the poori, to keep the poori fluffy for a long time.
- Keep the green chilli crunchy while making masala mirch.

[Watch the video recipe](#)

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

Vada Pav Quesadilla

a healthy appetizer



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Cooked roti / Chapati - 2
- Oil - 1 tbsp
- Mustard seeds / Rai - 1/2 tsp
- Cumin seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Onion / Pyaz - 1 Finely chopped
- Garlic paste / Lahsun paste - 1/2 tsp
- Green chilli paste / Hari mirchi paste - 1/2 tsp
- Boiled potato / Aloo - 2 peeled and mashed
- Turmeric powder / Haldi powder - 1/4 tsp
- Salt - As per taste
- Lemon juice / Nimbu ka ras - Of 1/2 lemon
- Coriander leaves / Hara dhaniya - A handful
- Butter - As required
- Green chutney / Hari chutney - As required
- Sweet chutney / Meethi chutney - As required
- **FOR PREPARING GARLIC CHUTNEY :**
- Roasted peanuts / Mungfali - 1/4 Cup
- Roasted sesame seeds / Til - 1 tsp
- Roasted dry coconut / Sukha nariyal - 1 tsp
- Dry red chillies / Sukhi lal mirch - 2 to 3
- Crushed garlic / Lahsun - 1 tsp

Tips

- It is recommended to add crushed garlic in the garlic chutney.

Directions

- **FOR PREPARING GARLIC CHUTNEY :**
- Take roasted peanuts, sesame seeds, dry coconut, dry red chillies in a grinding jar. Grind it for a few seconds to prepare its paste.
- Then take it out in a bowl and add crushed garlic and mix well. Keep it aside.
- **FOR PREPARING VADA PAV QUESADILLA :**
- Heat oil in a pan. Add mustard seeds, cumin seeds, asafoetida, and onion. Mix well and saute it for a few seconds on medium flame.
- Then add garlic paste and green chilli paste. Mix well and saute it for a few seconds on medium flame.
- Now add boiled potato, turmeric powder, salt, lemon juice, and coriander leaves. Mix well on medium flame for a few seconds. Once done, turn off the flame and take it out in a bowl.
- Now take a cooked roti. Apply butter on it. Then spread green chutney on it.
- Further, spread the prepared potato stuffing on it. Apply meethi chutney on it.
- Add the prepared dry garlic chutney on it. Cover it with another butter applied cooked roti.
- Meanwhile, heat a tawa. Now put the prepared roti vada pav on it and roast it. Apply butter on the upper side of the roti.
- Then flip it and roast it from both sides on low to medium flame till it becomes nice golden and crispy.
- Once done, take it out on a serving plate and cut it into 4 parts.
- 'Vada Pav Quesadilla' is ready to be served with fried green chilli.

Coconut Mint Rice

a protein-rich one-pot meal



By Archana Chakravarthy, A Lovely Mom, From Karnataka

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Cooked rice / Chawal - 2 to 3 Cups
- Fresh coconut / Nariyal - 1/2 Cup chopped
- Mint leaves / Pudina - A handful
- Clarified butter / Ghee - 1 tbsp + 1 tsp
- Cumin seeds / Jeera - 1 tsp
- Cashew / Kaju - 5 to 6 Chopped
- Roasted peanuts / Mungfali - 1/4 Cup
- Bay leaf / Tej patta - 1
- Mustard seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Green chilli / Hari mirch - 4
- Clove / Laung - 2 to 3
- Salt - As per taste
- Carrot / Gajar - 1 grated

Directions

- Heat ghee in a pan. Add cumin seeds, cashews, bay leaf, and roasted peanuts. Mix well.
- Then add mustard seeds and asafoetida. Mix well. Saute it for 1 to 2 minutes on low flame.
- Meanwhile, take green chilli, cloves, fresh coconut, and mint leaves in a grinding jar. Coarsely grind it for a few seconds.
- Now add the prepared coconut-mint paste to the pan. Mix well.
- Then add salt and carrot. mix well. Saute it for 1 to 2 minutes on low flame.
- Add cooked rice and mix well. Add 1 tsp of ghee and mix well. Saute it for 1 to 2 minutes on low flame. Keep stirring in between.
- Once done, turn off the flame and take it out on a serving plate.
- 'Coconut Mint Rice' is ready to be served.

Tips

- Oil can be used instead of ghee to prepare rice.
- Peanuts can be roasted while adding them to the pan.
- The coconut-mint mixture should be coarsely ground.
- Peanuts are optional.
- Carrot can be added in the end.

Pomegranate Curry

a simple and healthy dish



By Asha Rani,

A Lovely Mom,

From Bangalore

SERVINGS: 1

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

Ingredients

- Oil / Tel - 1 tbsp + 2 tbsp
- Chana dal/Bengal gram - 2 tbsp + 1 tsp
- Til / Sesame seeds - 1 tbsp
- Sukhi lal mirch / Dry red chilli - 2
- Curry patta / Curry leaves - a few
- Fresh coconut - 1 tbsp, grated
- Sambar powder - 2 tbsp
- Anar dana / Pomegranate seeds - as required
- Water - as required
- Rai / Mustard seeds - 1 tsp
- Mungfali / Peanut - 1 tbsp, roasted
- Haldi / turmeric powder - 1/2 tsp
- Hing / Asafoetida - a pinch
- Water - as required
- Salt - as per taste
- Imli / Tamarind - 1 tsp
- Gud / Jaggery - 1 tbsp
- Hara dhaniya / Coriander leaves - a handful

Directions

- Heat 1 tbsp oil in a kadai/wok. Add chana dal, sesame seeds, curry leaves, dry red chillies and grated fresh coconut. Roast them well. Once roasted, keep them aside and let them cool.
- Take a grinder jar. Now put roasted mixture, sambar masala, 2 tbsp anar dana and tamarind in it. Grind it. Then, add a little water in it and grind again. Keep it aside.
- Now, heat 2 tbsp oil in a kadai/wok. Add rai, chana dal and peanut. Roast it. Then, add haldi, curry leaves, hing in it.
- Then, add ground mixture in it. Add a little water in it and keep stirring continuously. Now, add salt and take a boil. Add gud and mix it well. Cook it a while. Then, add anar dana and coriander leaves. Mix well. Switch off the flame.
- Transfer it in serving bowl. Garnish it anar dana and coriander leaves.
- 'Pomegranate Curry' is ready to be served.

Tadke Wali Chana Dal Ki Idli

a kid's healthy tiffin box



By Sapna Maheshwari, A Lovely Mom, From Faridabad

SERVINGS: 3

PREPARATION TIME: 970 MIN

COOKING TIME: 8 MIN

Ingredients

- Bengal gram / Chana dal - 2 Cups
- Rice / Chawal - 1 Cup
- Water - As required
- Green chilli / Hari mirchi - 2
Chopped
- Ginger / Adarak - 1 Inch chopped
- Coriander leaves / Hara dhaniya -
A handful
- Sugar / Desi khand - 1/2 tsp
- Oil - As required
- Salt - As per taste
- Red chilli powder / Lal mirch
powder - A pinch
- Fruit salt - 1/4 tsp
- Mustard seeds / Rai - 1/2 tsp
- Curry leaves / Curry patta - A few

Tips

- The ratio of rice to chana dal should be 1:2.
- Dhokla can be prepared from the batter instead of idli.
- Vegetables can be added to the batter.
- Ghee can be used for tadka instead of oil.

Directions

- Wash and soak bengal gram and rice for 8 hours or overnight. Then strain them and transfer it to a grinding jar. Add green chilli, ginger, and little water. 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 coriander leaves, desi khand, 1 tsp of oil, salt, and red chilli powder to the batter. Mix well.
- Heat water in an idli steamer. Grease the idli mold with oil.
- Further, add fruit salt to the batter and pour some drops of water on it. Mix well. Pour the batter into the prepared idli mold.
- Place the mould in the idli steamer. Cook it on a medium flame for 5 to 6 minutes.
- Once it is cooked well, then take them out on a serving plate. Cut them into 4 pieces.
- Heat 1 tsp of oil in a tadka pan. Add mustard seeds and curry leaves. Pour the tadka on the prepared idli pieces.
- 'Tadke Wali Chana Dal Ki Idli' is ready to be served with green chutney.

Paneer Oats Coins

quick and fluffy snack



By Ani Setia, A Lovely Mom, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

Ingredients

- Oats - 1 Cup ground
- Whole wheat flour / Gehu ka aata - 1 tbsp
- Curd / Dahi - 1 tbsp
- Salt - As per taste
- Water - As required
- Cottage cheese / Paneer - 1/2 Cup crumbled
- Capsicum / Shimla mirch - 1 tbsp Finely chopped
- Cabbage / Patta gobhi - 1 tbsp Finely chopped
- Coriander leaves / Hara dhaniya - A handful
- Chilli flakes - 1/4 tsp
- Black pepper powder / Kali mirch powder - 1/4 tsp
- Mixed herbs - 1/4 tsp
- Oil - As required

Tips

- Don't overcook pancakes.

Directions

- Take oats, whole wheat flour, curd, and salt in a bowl. Now add water gradually to prepare medium thick consistency batter.
- Take paneer, capsicum, cabbage, coriander leaves, salt, chilli flakes, black pepper powder, and mixed herbs in a bowl. Mix well and keep it aside.
- Meanwhile, Heat a tawa. Add some drops of oil. Pour the batter on the tawa and make small pancakes. Cook it on a medium flame for 1 to 2 minutes.
- Then add the prepared paneer mixture to it. Add some drops of oil. Flip it to cook the other side as well. Press it to cook it well.
- Once it is cooked from both sides, transfer it to a plate.
- 'Paneer Oats Coins' are ready to be served.

Indian Style Roti Burger

healthy version of a burger



By Vijay Haldiya, Founder, Zayka Ka Tadka
SERVINGS: 2 PREPARATION TIME: 5 MIN COOKING TIME: 10 MIN

Ingredients

- **FOR PREPARING CUTLET :**
- Boiled potato / Uble huye aloo - 1
Peeled and mashed
- Bread crumbs - 1 tbsp
- Coriander leaves / Hara dhaniya - A handful
- Ginger-green chilli paste / Adarak-hari mirchi paste - 1/2 tsp
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- All spice mix powder / Garam masala - 1/4 tsp
- Oil - As required
- **FOR PREPARING ROTI BURGER :**
- Whole wheat dough - As required
- Veg mayonnaise - As required
- Onion / Pyaz - 1 Sliced
- Tomato / Tamatar - 1 Sliced
- Cabbage leaves / Patta gobhi - 2 Small leaves
- Chips / Nachos - 1 Cup crushed
- Tomato ketchup - As required
- Cheese slice - 2
- Chaat masala - As required
- Coriander leaves / Hara dhaniya - A handful
- Clarified butter / Ghee - As required

Tips

- Lettuce leaves can be added instead of cabbage leaves.
- The roti should be thin and big in size to prepare this burger.
- You can add any type of sauce.

Directions

- **FOR PREPARING CUTLET :**
- Take boiled potato in a bowl. add bread crumbs, coriander leaves, ginger-green chilli paste, salt, red chilli powder, and all spice mix powder. Mix well.
- Take a big ball-sized portion of the mixture. Press it with your hands and prepare a flattened cutlet. Likewise, prepare all cutlet.
- Meanwhile, heat a tawa over a medium flame. Add oil to it. Place the cutlet in a tawa. Roast it from both sides on a low flame for 3 to 4 minutes. Press the cutlet while roasting them.
- Once done, take it out to a plate. Keep it aside.
- **FOR PREPARING ROTI BURGER :**
- Take the medium-soft whole wheat dough and make round shaped circular peda from the dough. Dust it with flour and roll a peda to make a big sized thin roti.
- Meanwhile, heat a tawa. Place the prepared roti on it and cook it on one side. Flip it, once it is slightly brown.
- Once it is slightly brown from another side, take out half cooked roti to a plate.
- Put the prepared cutlet in the centre of it. Add veg mayonnaise on it. Then put an onion slice, tomato slice, cabbage leaves, and chips on it. Add tomato ketchup to it.
- Put a cheese slice on it. Sprinkle chaat masala on it. Lastly, add coriander leaves to it. Press it well and join the edges of the roti and seal the burger properly.
- Meanwhile, heat a tawa. Grease it with ghee. Place the prepared burger on it and roast it on one side. Press the burger while roasting it. Flip it, once it is slightly brown.
- Apply ghee on both sides and roast on a low flame. Press the burger while roasting it, to make it crispy and nicely golden brown.
- Once done, take it out to a serving plate and cut it.
- 'Indian Style Roti Burger' is ready to be served.

Nuchinunde

a traditional dish of Karnataka



By Smita Srikanth, A Lovely Mom, From Karnataka

SERVINGS: 2

PREPARATION TIME: 250 MIN

COOKING TIME: 15 MIN

Ingredients

- Bengal gram / Chana dal - 1 Cup
- Pigeon peas / Tuvar dal - 1 Cup
- Water - As required
- Ginger / Adrakh - 1 Inch chopped
- Green chilli / Hari mirchi - 3 to 4
- Dry red chilli / Sukhi lal mirch - 7 to 8
- Cumin seeds powder / Jeera powder - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Asafoetida / Hing - 1/2 tsp
- Salt - As per taste
- Fresh coconut / Nariyal - 1 Cup grated
- Coriander leaves / Hara dhaniya - A handful
- Oil - As required for greasing
- Clarified butter / Ghee - For serving

Directions

- Wash and soak chana dal and tuvar dal for 4 hours. Then strain them and transfer them to a grinding jar. Add ginger, green chilli, dry red chilli, cumin seeds powder, turmeric powder, asafoetida, and salt.
- Grind it for a few seconds to prepare a mixture. Take it out in a bowl. Add grated fresh coconut and coriander leaves. Mix well.
- Now make small, cylindrical shaped nuchinunde from the prepared mixture. Grease the stand or strainer and arrange all prepared nuchinunde to it.
- Meanwhile, heat water in a steamer. Place a stand or strainer in the steamer.
- Cover it with a lid. Steam the nuchinunde on a medium flame for 10 to 15 minutes.
- After 12 minutes, check the nuchinunde by inserting a knife. If it comes out clean then the nuchinunde is ready. Else steam it for 2 to 3 minutes more.
- Once done, take it out to a serving plate. Add some drops of ghee on it.
- 'Nuchinunde' is ready to be served with pickle.

Tips

- The ratio of chana dal to tuvar dal should be 1:1.
- This dish can be prepared from only chana dal or tuvar dal.
- check the nuchinunde by inserting a knife. If it comes out clean then the nuchinunde is ready. Else steam it for 2 to 3 minutes more.

[Watch the video recipe](#)

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

Potato Halwa

a delicious vrat special dessert



By Manju Saraf, A Lovely Mom, From Gurgaon

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 14 MIN

Ingredients

- Potato / Aloo - 2 Chopped
- Clarified butter / Ghee - 2 tbsp
- Sugar - 4 tsp
- Milk - 1/2 Cup
- Almonds / Badam - 8 to 10 Halves for garnishing

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.
- Now mash it using a masher. Then add sugar and milk. Mix well. Keep stirring continuously for 2 to 3 minutes till it becomes thick and milk gets absorbed.
- Once done, take it out to a serving bowl. Garnish it with almonds.
- 'Potato Halwa' is ready to be served.

Dahi Paneer Paratha

a unique stuffed Indian flatbread



By Mridula Ameriya, A Lovely Mom, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

Ingredients

- Roasted bengal gram / Phutane Ki Dal / Daliya Dal - 1 Cup
- Cottage cheese / Paneer - 2 tsp grated
- Coriander leaves / Coriander leaves - A handful
- Hung curd / Gadha dahi - 2 tsp
- Salt / Namak - As per taste
- Turmeric powder / Turmeric powder - 1/2 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- All spice mix powder / Garam masala - 1/2 tsp
- Roasted cumin seeds powder / Jeera powder - 1 tsp
- Whole wheat dough / Gehu Ka aata - As required
- Clarified butter / Ghee - As required

Tips

- Press the paratha while cooking to make it crispy.

Directions

- Grind roasted bengal gram for a few seconds. Take it out in a bowl.
- Now take 1 Teaspoon of ground bengal gram, paneer, coriander leaves, hung curd, salt, turmeric powder, red chilli powder, all spice mix powder, and roasted cumin seeds powder in a bowl. 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 curd paneer stuffing in the center. Join the edges and seal the paratha properly. Dust it with flour. Roll it and prepare the paratha.
- Meanwhile, heat a tawa. Place the 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 low flame. Press the paratha while cooking to make it crispy.
- Once done, transfer it to a serving plate and cut it.
- 'Dahi Paneer Paratha' is ready to be served.

Sweet Coconut Sandwich

a simple yet tasty sandwich



By Divya Sharma, A Lovely Mom, From Delhi

SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

Ingredients

- Bread slices - as required
- Sugar - 1 cup
- Water - 1/2 cup
- Kesar / Saffron strands - 6 to 7
- Edible orange food colour - 1/4 tsp (optional) + for garnishing
- Fresh malai - 2 tbsp
- Milk powder - 4 tbsp
- Badam / Almond - 1 tbsp, chopped
- Kaju / Cashew nuts - 1 tbsp, chopped
- Pista / Pistachio - 1 tbsp, chopped + for garnishing
- Elaichi powder / Cardamom powder - 1 tsp
- Milk - as required
- Desiccated coconut - as required

Directions

- Heat a pan, put sugar and water in it. Then, add saffron strands and edible orange food colour. Cook it for 2 to 3 minutes to make sugar syrup. Once it is done, keep it aside and let it cool.
- Take bread slices and cut it into round pieces. Then, in a mixing bowl put fresh homemade malai, milk powder, chopped almond, chopped pistachio and chopped cashew nuts. Mix well. Add a little milk and prepare a medium thick mixture.
- Now, take a round bread slice, spread prepared mixture on it and cover it with another round bread slice. Then, dip it in sugar syrup and coat it in desiccated coconut. Likewise prepare all sandwiches. Top it with food colour and chopped pistachio.
- 'Sweet Coconut Sandwich' is ready to be served.

Tips

- Add sugar to the filling, if you are taking unsweetened milk powder.
- You can take brown bread instead of white bread.
- Adjust sweetness as per your taste.

Pudina Chutney

a spicy and sour side dish



By Alka Gupta, A Lovely Mom, From Rajasthan

SERVINGS: 8

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- Mint leaves / Pudina - 1 Cup
- Coriander leaves / Hara dhaniya - 1 Cup
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Ginger / Adarak - 1 Inch chopped
- Tomato / Tamatar - 1 Finely chopped
- Namkeen sev / Bhujia - 1/4 Cup
- Lemon juice - Of 1 lemon
- Cumin seeds / Jeera - 1/2 tsp
- Salt - As per taste
- Black salt / Kala namak - 1/2 tsp
- Water - As required

Directions

- Take mint leaves, coriander leaves, green chilli, ginger, tomato, namkeen sev, and cumin seeds in a grinding jar.
- Grind it for a few seconds by adding little water. Once done, take it out to a serving bowl.
- Then add lemon juice, salt, and black salt. Mix well.
- 'Pudina Chutney' is ready to be served.

Tips

- The ratio of coriander leaves to mint leaves should be 1:1.
- You can store this chutney in the freezer without adding salt, black salt, and lemon juice.

Paneer Tikka Rice

a quick meal option



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PREPARING RICE :**
- Basmati rice / Basmati chawal - 1 Cup
- Water - As required
- Salt - As per taste
- Oil - 1 tsp
- **FOR PREPARING PANEER TIKKA RICE :**
- Cottage cheese / Paneer - 1 Cup diced
- Curd - 1 Cup
- Chaat masala - 1/2 tsp
- Dry Mango powder / Amchur - 1/2 tsp
- Black salt / Kala namak - 1/2 tsp
- Dry fenugreek leaves / Kasuri methi - 1 tsp
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- All spice mix powder / Garam masala - 1/2 tsp
- Turmeric powder / Haldi powder - 1/4 tsp
- Mustard oil / Sarso ka tel - 1 tbsp
- Onion / Pyaz - 1 Chopped
- Tricolor bell peppers / Shimla mirch - 1 Cup chopped
- Coriander leaves / Hara dhaniya - A handful + For garnishing
- Butter - 1 tbsp
- Oil - 1/2 tbsp

Directions

- **FOR PREPARING RICE :**
- Wash and soak the rice in warm water for 15 minutes.
- Boil water in a pan. Add soaked rice, salt, and oil. Mix well. Let it cook for 7 to 8 minutes on a medium flame.
- Keep stirring occasionally. Once done, turn off the flame. Strain the water. Keep it aside.
- **FOR PREPARING PANEER TIKKA RICE :**
- Take curd in a bowl. Add chaat masala, dry mango powder, black salt, dry fenugreek leaves, salt, red chilli powder, all spice mix powder, and turmeric powder. Mix well using a whisker.
- Then add mustard oil and mix well. Add onion, tricolor bell peppers, paneer, and coriander leaves. Mix well.
- Heat oil and butter in a pan. Add the prepared paneer mixture. Mix well. Saute it for 1 to 2 minutes on high flame.
- Add coriander leaves and mix well. Saute it for 3 to 4 minutes on high flame. Keep stirring in between.
- Then add the cooked rice and coriander leaves. Mix well. Cover the pan with a lid and let it cook for a few seconds.
- Once done, turn off the flame and take it out to a serving plate. Garnish it with coriander leaves.
- 'Paneer Tikka Rice' is ready to be served.

Tips

- Any type of rice can be used to prepare this dish.
- Don't over cook the rice.
- You can marinate the paneer mixture for 15 to 20 minutes.

[Watch the video recipe](#)

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

Fresh Coconut Barfi

a traditional recipe



By Manju Saraf, A Lovely Mom, From Gurgaon

SERVINGS: 12 - 15 PREPARATION TIME: 130 MIN COOKING TIME: 70 MIN

Ingredients

- Nariyal / Fresh Coconut - 2 no (medium size)
- Shakar / Sugar - 4 cups
- Doodh / Milk - 1 litre
- Ghee / Clarified Butter - for greasing
- Elaichi powder / Cardamom powder - 1/2 tsp
- Rose essence - 6 to 7 drops
- Dry fruits mixture (almond + pistachio) - finely chopped as required

Tips

- If you want you can retain the cover of the fresh coconut, while grinding in the mixer.
- The ratio of the ground fresh coconut to sugar should be 1:1. Please follow this guideline.
- You can vary the quantity of milk from half litre to 1 litre.
- For your convenience, you can use non-stick pan, instead of regular pan.
- With the time interval of 5 to 7 minutes, keep stirring the mixture while cooking. While stirring be careful that the mixture doesn't come out of the pan.
- If you want, you can skip the rose essence.
- Also, during fast, you can consume this barfi/sweet dish.

Directions

- Remove the back cover of the fresh coconut, so that you get complete white coconut. Cut it into small pieces and grind it in a mixer.
- In a pan, put the grinded fresh coconut, then put the sugar and milk. Keep stirring the mixture on high flame for 10 minutes.
- After boiling it, switch from high to low flame. With a time interval of 5 to 7 minutes slowly keep stirring the mixture.
- Approximately, after 70 minutes, you can see that the milk and sugar has completely absorbed in the ground coconut. Keep stirring the mixture till there is change in the color of the mixture from white to creamy color.
- At this stage, take a small portion of the mixture and make a small ball from the mixture. If the ball is easily forming together, the mixture has bind well.
- Add the cardamom powder and rose essence to the mixture. Meanwhile, place a aluminium foil/butter paper over a plate. Grease the aluminium foil/butter paper generously with ghee.
- Transfer the barfi mixture, on the plate, and with wet hand, pat the mixture. Sprinkle 1/2 teaspoon of cardamom seeds powder and finely chopped dry fruits mixture.
- Rest the barfi mixture for minimum 2 hours. Cut in a straight line with a knife and then in the slanting direction to get diamond shape barfi.
- 'Fresh Coconut Barfi is ready to serve.

Sabudana Thalipeeth

a crispy form of pancake



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 1 - 2

PREPARATION TIME: 430 MIN

COOKING TIME: 10 MIN

Ingredients

- Sabudana / Sago - 200 g
- Water - as required
- Potato / Aloo - 3 nos,
(boiled and mashed)
- Mungfali / Peanut powder
- 1 cup
- Salt - to taste
- Cumin / Jeera seeds - 1/2
to 1 tsp
- Hari Mirch / Green Chilli
paste - 1/2 to 1 tsp
- Lemon juice / Nimbu ras -
of 1/2 to 1 lemon
- Coriander leaves - as
required
- Oil - 1 tbsp

Tips

- The peanuts should
first be roasted and
then coarsely ground in
a mixer.

Directions

- Wash the sabudana/sago three times with water and drain out the water completely. If the sago is 1 cup, then add half cup of water and soak overnight.
- In a kneading container, take the soaked sago, put the boiled and mashed potatoes, peanut powder, salt, cumin seeds, green chilli paste, lemon juice and coriander leaves. Mix together evenly with hands.
- Make a medium to big size ball. On a non-stick pan, heat 1 tablespoon oil and grease the pan. Take the mixture ball, place it on the pan, and press it with fingers. Wet the fingers and press it to a make thin pancake/thalipeeth.
- Turn up the flame to high, cover the pancake, and cook it for 4 to 5 minutes. After 5 minutes, remove the cover, spread oil over and on the sides of the thalipeeth, and roast it for 2 minutes.
- Flip the thin pancake/thalipeeth and cook on a slow flame for 2 minutes and take it out on a plate.
- 'Sabudana Thalipeeth' is ready to be served for lunch or breakfast.

Peanut Ladoo

a yummy dessert and snack for all



By Nayna Thakkar, A Lovely Mom, From Raipur

SERVINGS: 6 - 8

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

- Peanuts - 1 Cup (roasted on a low flame)
- Powdered Sugar - 3/4 Cup
- Ghee / Clarified Butter - 1/4 Cup

Directions

- Roast the peanuts on a low flame. Then let it cool. Remove the skin.
- Take a grinder jar and grind the peanuts to make fine powder. Transfer to a bowl.
- Add powdered sugar to it. Mix well.
- Now, add ghee/clarified butter in batches. Check the binding of mixture. If it binds well then make ladoo out of the mixture or else add more ghee to it.
- Prepare the ladoo of shape and size of your choice.
- Delicious 'Peanut Ladoo' is ready to be served.

Tips

- You can adjust the quantity of sugar and ghee according to your choice.
- Make powder of roasted peanuts (it should not be too coarse or too fine).
- Add ghee/clarified butter in batches to the mixture. Check the binding of the mixture. If requires then add more ghee.
- You can replace sugar with jaggery as well.



ENJOY!

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