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ZAYKA KA TADKA

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January - 2024

Unedited
live recipes



जो दिखता है !
वही बनता है !

ISSUE : 41

LIVE FROM THE KITCHENS OF MOMS OF INDIA

Happy
New Year



Zayka
Ka
Tadka



THE SUPER CHEF MOMS OF INDIA





Founder's Words



Namaskar!

**Wishing you a very
Happy and Prosperous
New Year.**

We are happy and thankful for the love and affection you showed us in the past years. As usual, 2023 brought us together and helped us relish and value home food more!

This New Year edition of the Magazine brings yet another wonderful and lovely collection of winter specials, yummy snacks and traditional recipes. This will make your home cooking experience easier and more enjoyable.

Looking forward to your continued cooperation, support, love and encouragement for our efforts in making 2024 unforgettable and pleasurable.

Yours Sincerely

Vijay Haldiya - [Founder of Zayka Ka Tadka]

TABLE OF CONTENTS



10 **Crumbled Paneer Sandwich**
a quick idea for lunch box

13 **Dates And Dry Fruits Roll**
a sugar-free dessert

24 **Lahsun Ki Chutney**
a tasty mouthwatering spicy dish

1. Rice Dosa - 5
2. Peanut Chikki - 6
3. Gajar Badam Ki Kheer - 7
4. Winter Special Thali Episode - 8
5. Crumbled Paneer Sandwich - 10
6. Mix Dal Paratha - 11
7. Makki Methi Ke Dhokle - 12
8. Dates And Dry Fruits Roll - 13
9. Cheese Masala Pav Sandwich - 14
10. Matar Paneer Paratha - 15
11. Methi Ke Laddu - 16
12. Mysore Pak - 17
13. Dhaba Style Methi Malai Paneer - 18
14. Sesame seeds Laddoo - 19
15. Rajasthani Batti Ki Sabji - 20
16. Rikwach Kadhi - 21
17. Matar Pudina Pulao - 22
18. Lauki Chilla - 23
19. Lahsun Ki Chutney - 24
20. Methi Paneer Ka Paratha - 25
21. Tricolour Sandwich - 26

RICE DOSA

a protein-rich breakfast recipe

By Shanti Kota

From Andhra Pradesh



SERVINGS: 1

PREPARATION TIME: 30 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Rice Flour / Chawal Ka Aata - 1 Cup
- Yellow Lentils / Moong Dal - 1/2 Cup
- Cumin Seeds / Jeera - 1/2 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Water - 3 Cups
- Sesame Oil / Til Ka Tel - As required

DIRECTIONS

- Take rice flour, moong dal, cumin seeds, salt, red chilli powder, and water in a mixing bowl. Mix well to prepare the dosa batter. Let it rest for 30 minutes.
- Heat the tawa on a medium to low flame. Before making dosa, spread the sesame oil to the tawa with the bottle gourd's top part to spread the dosa evenly.
- Rub onion's top part on the tawa before making dosa on it to make a nice flavorful dosa.
- Pour the batter on the tawa to spread the dosa evenly. Add some drops of sesame oil on it.
- Cook it for 2 to 3 minutes on low flame until it becomes nice golden brown and crispy. Then flip it to cook the other side as well.
- Once done, take it out to a serving plate.
- 'Rice Dosa' is ready to be served

TIPS

- Before making dosa, spread the sesame oil to the tawa with the bottle gourd's top part to spread the dosa evenly.
- Rub onion's top part on the tawa before making dosa to make a nice flavorful dosa.
- Pour the batter on the tawa to spread the dosa evenly.
- You can prepare this dosa using ragi and veggies also.

PEANUT CHIKKI

a traditional Indian sweet

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- Peanuts / Mungfali - 1 Cup
- Jaggery / Gud - 1 Cup grated
- Water - 1 tsp
- Clarified butter / Ghee - 1 tsp +
For greasing

TIPS

- Roast the peanuts on low flame to roast them well.
- The ratio of jaggery to peanuts should be 1:1.
- The jaggery should be melted on a low flame.
- Check the jaggery by adding some drops in cold water. If it becomes solid and crunchy immediately then the jaggery syrup is ready otherwise, cook it for 1 to 2 minutes more.
- Cut chikki into pieces immediately before it cools down.
- When the chikki is lukewarm remove it from the flat surface and then separate the chikki pieces.

DIRECTIONS

- Roast the peanuts in a pan on a low flame for 10 to 12 minutes.
- After the peanuts cool down take them out in the kitchen napkin. Rub them to remove the peel. Then take them out in a slotted spoon to separate peanuts and peels. Take out peanuts in a bowl and keep it aside.
- Take jaggery in a pan. Add 1 tsp water. Melt it on low for 7 to 8 minutes till it changes its color and becomes fluffy. Keep stirring continuously.
- Check the jaggery by adding some drops in cold water. If it becomes solid and crunchy immediately then the jaggery syrup is ready otherwise, cook it for 1 to 2 minutes.
- Then add ghee. Keep stirring continuously for 1 to 2 minutes. Then add the roasted peanuts and turn off the flame. Mix well.
- Brush oil over a flat surface and immediately take out the peanut mixture on it. Roll it using a greased rolling pin like a chapati.
- Roll the peanut mixture according to the desired thickness and then cut it into pieces immediately before it cools down.
- After that, when it is lukewarm remove it from the flat surface and then separate the chikki pieces. Take it out on a serving plate.
- 'Peanut Chikki' is ready to be served.

GAJAR BADAM KI KHEER

a healthy winter special dish

By Anupama Jagdeesh Rao

From Nasik



SERVINGS: 5

PREPARATION TIME: 490 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Water - 1 Cup + As required
- Carrot - 3 Peeled and chopped
- Almonds / Badam - A handful
- Milk - 1 Cup
- Sugar - 2 tsp
- Saffron / Kesar - For garnishing
- Pistachios Powder / Pista powder - For garnishing

TIPS

- Add less milk if you want thick kheer.
- Adjust the thickness of the kheer as per choice.
- You can half cook the carrots because it will be cooked well while boiling the kheer.
- Sweetness can be adjusted as per taste.
- Add less quantity of sugar to get nice flavor of carrot and almond.
- Add sugar in the end otherwise milk may curdle.
- You can serve this kheer hot or cold.

DIRECTIONS

- Soak almonds overnight. Then peel them and transfer to a grinding jar. Grind it for a few seconds to prepare its puree. Keep it aside.
- Half cook the carrot in the water for 6 to 7 minutes. Then strain them and let it cool down. Transfer it to a grinding jar. Grind it for a few seconds to prepare its puree. Keep it aside.
- Boil 1 Cup of water in a pan. Then add the prepared carrot and almonds puree. Mix well.
- Add milk and mix well. Boil it for 3 to 4 minutes on medium flame. Keep stirring occasionally.
- Bring it to a boil and add sugar. Mix well. Add sugar in the end otherwise milk may curdle.
- Boil it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Once done, take it out in a serving bowl and garnish it with saffron strands and pistachio powder.
- 'Gajar Badam Ki Kheer' is ready to be served.

WINTER SPECIAL THALI EPISODE - 1

a delicious winter special meal
By Mridula Ameriya and Neeta Sharma



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- **FOR PREPARING BAJRE KI ROTI :**
- Pearl Millet Flour / Bajre Ka Aata - 1 Cup
- Salt - As per taste
- Water - As required
- Clarified Butter / Ghee - As required
- **FOR PREPARING PALAK KI KADHI :**
- Curd - 1 Cup
- Water - As required
- Gram Flour / Besan - 2 tbsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Green Chilli / Hari Mirchi - 2 Finely chopped
- Spinach / Palak - 1 Cup finely chopped

INGREDIENTS

- **FOR PREPARING BAJRE KA CHURMA :**
- Bajre Ki Roti - 1 Crushed
- Jaggery Powder / Gud Powder - 1 Cup
- Clarified Butter / Ghee - 2 tsp
- Pistachios Flakes - 1/2 tsp + For garnishing
- Almond Flakes - 1/2 tsp + For garnishing
- **FOR PREPARING MOOLI KI SABJI :**
- White Radish / Mooli - 1 Finely chopped
- Water - As required
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Green Chilli / Hari Mirchi - 2 Finely chopped
- Carom Seeds / Ajwain - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Powder / Dhania Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Sesame seeds / Til - 2 tsp (optional)
- Dry Mango Powder / Amchur - 1 tsp
- Curd / Dahi - 1/4 Cup whisked

TIPS

- **FOR PREPARING BAJRE KI ROTI :**
- Salt should be added in less quantity.
- Add water gradually to prepare the dough.
- Knead the dough well to prepare crack free roti.
- Make the small-sized indentations on roti, so it soaks the ghee inside.
- **FOR PREPARING PALAK KI KADHI :**
- The kadhhi shouldn't be stirring till it starts to boil.
- You can adjust the consistency of the kadhhi as per choice.
- **FOR PREPARING BAJRE KA CHURMA :**
- The bajre ki roti should be completely cooled down before preparing the churma from it.
- The ratio of jaggery powder to bajre ki roti should be 1:1.
- You can adjust the sweetness as per taste.
- **FOR PREPARING MOOLI KI SABJI :**
- The sabji should be stirred continuously after adding curd till it starts to boil else, it may curdle.

[WATCH THE VIDEO RECIPE](#)

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

WINTER SPECIAL THALI EPISODE – 1

DIRECTIONS

- **FOR PREPARING BAJRE KI ROTI :**

- Take pearl millet flour on a plate. Add salt. Mix well. Add water gradually and prepare medium consistency dough. Knead it well.
- Make a round shaped circular peda from the dough. Dust it with flour and slightly roll a peda with hands then roll it with light hands to make a roti.
- Meanwhile, heat a tawa. Place prepared roti on the tawa. Roast it on medium flame for 2 minutes. Once slightly roasted on one side, then flip it.
- Now roast from another side for 2 to 3 minutes. Then roast the roti on the direct flame. Keep turning in a round and roast from both the sides.
- Once done. Take it out to a serving plate. Apply ghee on it. Then press the spoon to make the small-sized indentations on roti, so ghee will be soaked inside.

- **FOR PREPARING PALAK KI KADHI :**

- Take curd in a bowl and add little water. Whisk it for a few seconds. Then add besan and mix well.
- Now add salt, red chilli powder, and turmeric powder. Mix well.
- Heat oil in a pan. Add mustard seeds, asafoetida, dry red chilli, green chilli, and the prepared curd mixture.
- Don't stir it till it starts to boil. Once it starts to boil then stir it and add little water and spinach. Mix well. Let it boil for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Once done, turn off the flame and take it out to a serving bowl.

- **FOR PREPARING BAJRE KA CHURMA :**

- Take crushed bajre ki roti in a grinding jar. Add jaggery powder and grind it for a few seconds.
- Then take it out in a bowl. Add ghee and mix well. Then add almond flakes and pistachio flakes. Mix well.
- Once done, take it out in a bowl and garnish it with almond flakes and pistachio flakes.

- **FOR PREPARING MOOLI KI SABJI :**

- Take mooli in a pressure cooker. Add water and boil it till 2 whistles on medium flame.
- Once done, let it cool down. Then strain the mooli and squeeze out the water from it.
- Heat oil in a pan. Add mustard seeds, asafoetida, green chilli, carom seeds, turmeric powder, boiled mooli, coriander powder, red chilli powder, salt, sesame seeds, and dry mango powder. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally in between.
- Then add curd and mix well. Keep stirring continuously till it starts to boil else, it may curdle.
- Boil it for 1 to 2 minutes on medium flame. Keep stirring occasionally in between.
- Once done, turn off the flame and take it out in a bowl.
- 'Winter Special Thali Episode - 1' is ready to be served with jaggery and boondi raita.

CRUMBLED PANEER SANDWICH

a quick idea for lunch box

By Shveta Sheth

From Mumbai



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Oil - 1 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Onion / Pyaz - 1 Finely chopped
- Capsicum / Shimla Mirch - 1/2 finely chopped
- Tomato / Tamatar - 1 Finely chopped
- Salt - As per taste
- Pav Bhaji Masala - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Cottage Cheese / Paneer - 1 Cup crumbled
- Whole Wheat Bread - 2 Slices
- Butter - As required
- Green Chutney / Hari Chutney - As required
- Tomato Ketchup - As required
- Chaat Masala - As required
- Clarified Butter / Ghee - As required

TIPS

- Keep veggies crunchy.
- Chhena can be added to the stuffing.
- Roti can be used instead of bread.
- Butter or oil can be used instead of ghee.

DIRECTIONS

- Heat oil in a pan. Add cumin seeds and onion. Mix well and saute it for a few seconds on high flame.
- Now add capsicum and saute it for 1 to 2 minutes on high flame.
- Then add tomato and mix well. Add salt and pav bhaji masala. Mix well.
- Further, add red chilli powder and mix well. Saute it for 1 to 2 minutes on high flame.
- Now add coriander leaves and crumbled paneer. Mix well.
- Take a bread slice and apply butter to it. Then apply green chutney and tomato ketchup to it. Likewise, prepare another bread slice.
- Now add the prepared paneer stuffing on one bread slice. Sprinkle chaat masala on it.
- Cover it with butter and green chutney applied bread slice.
- Meanwhile, heat a tawa. Grease it with ghee. Place the prepared sandwich on the tawa.
- Roast it by applying ghee from both sides 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.
- 'Crumbled Paneer Sandwich' is ready to be served.

MIX DAL PARATHA

a delicious and healthy meal for all

By Mridula Ameriya

From Rajasthan



SERVINGS: 2

PREPARATION TIME: 120 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Gehu ka Aata/ Whole wheat flour - 1 Cup
- Water - As required
- Green gram/ Moong dal with skin - 4 Teaspoon
- Black gram/ Urad dal - 2 Teaspoon
- Bengal gram/ Chana dal - 2 Teaspoon
- Pigeon peas/ Arhar/ Toor dal - 2 Teaspoon
- Red lentil/ Masoor dal - 2 Teaspoon
- Ginger / Adrakh - 1 Inch chopped
- Green chili / Green Chilli - 2
- Lal mirch powder / Red Chilli powder - as per taste
- Hing / Asafoetida - a pinch
- Kasuri Methi / Dry fenugreek leaves - 1 Teaspoon
- Saunf / Fennel seeds - 1 Teaspoon
- Dhaniya patta / Coriander leaves - a handful chopped.
- Namak / Salt - as per taste
- Tel / Oil - 1 Teaspoon
- Clarified butter / Ghee - As required for roasting

DIRECTIONS

- Wash and soak all dals for at least for 2 hours in hot water. Then, drain the water completely. Transfer it to a grinding jar. Add ginger, green chilli, and a little water. Grind it to make a slightly coarse mixture.
- Now, take it out in a bowl. Add whole wheat flour, fennel seeds, asafoetida, red chilli powder, salt, and chopped coriander leaves. Mix well.
- Knead a soft dough. If it needs add very little water. Add 1 tsp of oil. Knead well.
- Take the small ball sized dough and make round shaped circular peda from the dough. Dust it with flour and roll a peda to make a paratha. Adjust its edges by pressing it.
- Meanwhile, heat a tawa. Place the paratha on the tawa. Cook from one side on medium flame.
- Flip it once it is slightly brown. Roast it on medium flame. Apply ghee on both sides, and cook it on a medium flame. Press the paratha while cooking it.
- Once done. Take it out to the serving plate. Likewise, prepare another paratha.
- Delicious 'Mix Dal Paratha' is ready to be served.

TIPS

- You can use the dal of your choice to make the paratha.
- If you want you can give rest to the dough.
- Add spices of your choice but do add fennel seeds, it give a nice flavor to the dish.
- Cook the paratha on a low flame. Press the paratha while cooking it.

MAKKI METHI KE DHOKLE

an heirloom dish

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 12 MIN

INGREDIENTS

- Maize flour / Makke ka aata - 1 cup
- Fenugreek leaves / Hari methi - 1 Cup Finely chopped
- Ginger-green chilli paste / Adarak-hari mirchi paste - 1 tsp
- Salt - As per taste
- Red chilli powder / Lal mirchi powder - 1 tsp + For garnishing
- Cumin seeds / Jeera - 1 tsp + For garnishing
- Baking soda - 1/4 tsp
- Papad Khar - 1 tsp
- Oil - 2 tsp + For greasing
- Asafoetida / Hing - A pinch
- Hot water / Garam pani - As required
- Clarified butter / Ghee - As required
- Coriander leaves / Hara dhaniya - For garnishing

TIPS

- Make a small hole in the center of the dhokla to cook it evenly.
- Put the dhokla in the steamer for steaming only after the water boils.
- When dhokla is puffed, it indicates that it is perfectly cooked.

DIRECTIONS

- Take makke ka aata in a bowl. Add fenugreek leaves, ginger-green chilli paste, salt, red chilli powder, cumin seeds, baking soda, papad khar, oil, and asafoetida.
- Now add hot water gradually and prepare a medium soft dough.
- Grease the palms with the oil. Take small ball sized dough and make a peda of the dough. Then make a small hole in the center of the dhokla. Likewise, prepare all dhokla from the dough.
- Grease the idli mold with oil. Arrange all the prepared dhokla on the steam tray.
- Heat water in a steamer. The dhokla should be put in the steamer for steaming only after the water boils.
- Place the mold in the steamer. Cook it on a medium flame for 10 to 12 minutes.
- When dhokla is puffed, it indicates that it is perfectly cooked. Then turn off the flame and take out the steam tray.
- Then de-mold it and take out all dhokla in a serving plate. Pour ghee on it and garnish it with red chilli powder, cumin seeds, and coriander leaves.
- 'Makki Methi Ke Dhokle' is ready to be served.

DATES AND DRY FRUITS ROLL

a sugar-free dessert

By Shraddha Thakrar

From Gujarat



SERVINGS: 4

PREPARATION TIME: 5 MINS

COOKING TIME: 5 MIN

INGREDIENTS

- Dates / Khajoor - 200 Gms Seedless and finely chopped
- Clarified butter / Ghee - 1 tsp
- Almonds / Badam - 1/4 Cup finely chopped
- Cashew / Kaju - 1/4 Cup finely chopped
- Pumpkin Seeds - 1/4 Cup
- Sunflower Seeds - 1/4 Cup
- Flax Seeds / Alsi - 1/4 Cup
- Watermelon Seeds / Magaz Seeds - 1/4 Cup
- Muskmelon Seeds - 1/4 Cup
- Poppy Seeds / Khus-Khus - As required for garnishing

DIRECTIONS

- Heat 1/2 tsp of ghee in a pan. Add almonds, cashews, pumpkin seeds, sunflower seeds, flax seeds, watermelon seeds, and muskmelon seeds. Roast them for 2 to 3 minutes on medium flame. Keep it aside.
- Heat 1/2 tsp of ghee in a pan. Add dates and roast it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Roast it until it turns soft. Then add roasted dry fruits and mix well. Once done, take it out in a bowl.
- Take a big ball-sized mixture on a rolling board and prepare a cylinder shape roll.
- Now spread poppy seeds on a rolling board and cover the cylinder shape roll with it. Likewise, prepare all rolls.
- Now keep these rolls in the refrigerator for 2 hours. Then take it out and cut it into thin slices. Transfer it to a serving plate.
- 'Dates And Dry Fruits Roll' is ready to be served.

TIPS

- Any type of dry fruits and seeds can be added as per choice and availability.
- You can set this roll at room temperature for 5 to 6 hours.

CHEESE MASALA PAV SANDWICH

an instant appetizer

By Neha Agarwal

From Raipur



SERVINGS: 1

PREPARATION TIME: 4 MIN

COOKING TIME: 4 MIN

INGREDIENTS

- Pav / Bun - 2 No.
- Butter - 1 tbsp + For garnishing
- All spice mix powder / Garam masala - 1/2 tsp
- Coriander powder / Dhaniya powder - 1/2 tsp
- Cumin seeds powder / Jeera powder - 1/2 tsp
- Coriander leaves / Hara dhaniya - A handful + For garnishing
- Pav bhaji masala - 1 tsp
- Salt - As per taste
- Onion / Pyaz - 1/2 Sliced
- Tomato / Tamatar - 1/2 Sliced
- Cucumber / Kheera - 1/2 Sliced
- Cheese - As required

DIRECTIONS

- Heat butter on the tawa. Add all spice mix powder, coriander powder, cumin seeds powder, pav bhaji masala, salt, and coriander leaves. Mix well.
- Cut the pav from between. Put it on the tawa. Add butter to it. Toast it for 1 to 2 minutes on low flame. Keep it aside on the tawa.
- Then again prepare spice mix on the tawa. Flip the bun and cover both sides with spices.
- Toast it from both sides on a low flame till it becomes nice golden and crispy. Once done, take it out to a serving plate.
- Add tomato slices, cucumber slices, and onion slices on both pav lower slices. Now grate cheese on it.
- Cover it with the upper pav slices. Garnish it with butter and coriander leaves.
- 'Cheese Masala Pav Sandwich' is ready to be served.

MATAR PANEER PARATHA

a stuffed flavorful dish

By Neeta Sharma

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Green Peas / Hare Matar - 1 Cup
- Cottage Cheese / Paneer - 100 gms.
- Salt - As per taste
- Black Salt / Kala Namak - 1/4 tsp
- Chaat Masala - 1 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Sesame Seeds / Til - 1 tsp
- Oil - As required
- Whole Wheat Dough / Gehu Ka Aata - As required
- Whole Wheat Flour / Gehu Ka Aata - As required

TIPS

- Whole wheat flour should be sprinkled on the stuffing to soak excess water.

DIRECTIONS

- Take green peas in a grinding jar. Coarsely grind it for a few seconds. Take it out in a bowl.
- Add paneer and mash it. Then add salt, black salt, chaat masala, cumin seeds, red chilli powder, turmeric powder, sesame seeds and 1 tsp of oil. 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.
- Add the prepared matar paneer stuffing in the center. Sprinkle whole wheat flour on it. Join the edges and seal the paratha properly. Dust it with flour and roll it to make a paratha.
- Meanwhile, heat a tawa. Grease it with oil. Place the prepared paratha on the tawa. Cook it from one side.
- Flip it once it is slightly brown, add oil around the paratha and cook it from both sides 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.
- 'Matar Paneer Paratha' is ready to be served.

METHI KE LADDU

a healthy dish for winter

By Anita Sharma

From Rajasthan



SERVINGS: 10

PREPARATION TIME: 30 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- Clarified butter / Ghee - As required
- Edible Gum / Gond - 1 Cup
- Whole wheat flour / Gehu ka aata - 2 Cup
- Dry fenugreek seeds / Methidana - 1/2 Cup
- Milk - 1/4 Cup
- Jaggery / Gud - 2 Cup
- Dry ginger powder / Sonth - 1 tsp
- Black pepper powder / Kali mirch powder - 1 tsp
- Buchanania lanzan / Chironji - 2 tsp
- Cashew / Kaju - 7 to 8 crushed
- Almond / Badam - 7 to 8 Crushed
- Grated dry coconut / Sukha nariyal - 2 Cup

DIRECTIONS

- Grind dry fenugreek seeds and transfer the powder to a bowl. Add milk and 1/4 cup ghee. Soak it for 1/2 hour.
- Heat 1/2 cup ghee in a pan. Fry gond in ghee. Keep it aside.
- Now add more ghee in the same pan. Add whole wheat flour. Roast it. Keep stirring the mixture to avoid burning it.
- Roast it on a low flame till it changes colour to light brown and gives off a nice aroma.
- Now add the soaked dry fenugreek mixture. Mix well. Turn off the flame.
- Add jaggery and mix well till it melts. Add dry ginger powder, black pepper powder, chironji, cashew, almond, and dry coconut. Mix well.
- Now add fried gond. Mix well. Allow the laddu mixture to become warm enough to make laddus.
- After 5 to 10 minutes, when the mixture is warm enough, make medium sized laddus.
- Methi Ke Laddu are ready to be served.

TIPS

- Ghee should be added till wheat flour becomes wet while roasting.
- The wheat flour mixture should be continuously stirred so as to avoid burning the mixture.
- The ground dry fenugreek seeds should be soaked in milk and ghee to remove their bitterness.
- The ratio of wheat flour to jaggery should be 1:1.
- Dry fruits and other ingredients can be used as per choice.
- Add fried gond in the last otherwise, it will break.
- Allow laddu mixture to become warm enough to make laddu.

MYSORE PAK

delectable south Indian sweet

By Kala Sridhar Ji

From Tamilnadu



SERVINGS: 6

PREPARATION TIME: 35 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- Gram Flour / Besan - 1 Cup
- Cashew / Kaju - 1 Cup
- Milk - As required
- Sugar - 2 Cups
- Hot Clarified Butter / Garam Ghee - 2 Cups (Divided into 3 parts) + For greasing
- Water - 1 & 1/2 Cup

TIPS

- The ratio of sugar to gram flour should be 2:1.
- The ratio of ghee to gram flour should be 2:1.
- You can soak cashews in water instead of milk.
- The ratio of cashew to besan should be 1:1.
- Use hot and melted ghee while adding it to the pan.
- Once the besan mixture starts to make the pores, it indicates that it's time to add ghee.
- When the mixture becomes fluffy and leaves the pan which indicates mysore pak is ready.
- The greased pan should be kept ready before preparing the mysore pak.
- Cut the mysore pak after adding it to the greased plate for 10 minutes.

DIRECTIONS

- Soak cashews in milk for some time. Then transfer it to a grinding jar and grind it for a few seconds to prepare its paste. Take it out in a bowl and keep it aside.
- Roast besan for 3 to 4 minutes on low flame till the nice aroma begins to rise. Once done, turn off the flame and take it out in a bowl. Keep it aside.
- Grease a deep plate with ghee. Keep it aside.
- Take sugar and water in a pan. Boil it for 2 to 3 minutes on high flame to prepare sugar syrup of one-string consistency.
- Now add the roasted besan and the prepared cashew paste. Mix well. Keep stirring consistency to prepare lumps-free mixture.
- Roast it for 2 to 3 minutes on medium flame. Keep stirring continuously on medium flame.
- Add the first part of hot ghee and mix well on medium flame. Keep stirring continuously for 1 to 2 minutes.
- Once it starts to make the pores, it indicates that it's time to add ghee.
- Again add a second part of hot ghee and mix well on medium flame. Keep stirring continuously for 1 to 2 minutes.
- When again it starts to make the pores, add a third part of ghee and mix well on medium flame. Keep stirring continuously for 4 to 5 minutes.
- Then add 1 tbsp of ghee and mix well for 1 to 2 minutes on medium flame.
- When the mixture turns fluffy and leaves the pan which indicates mysore pak is ready. Then turn off the flame.
- Transfer the mixture to the prepared greased plate. Level it up using a spatula. Let it cool down for 10 minutes.
- Then cut it into a square shape. Let it set for 15 to 20 minutes. Then take it out on a serving plate.
- 'Mysore Pak' is ready to be served.

DHABA STYLE METHI MALAI PANEER

a creamy and spicy side dish

By Ani Setia

From Rajasthan



SERVINGS: 10

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Clarified butter / Ghee - 1 tbsp
- Oil - 1/2 tbsp + 1 tbsp
- Tomato / Tamatar - 1 Finely chopped
- Bay leaf / Tej patta - 1
- Black cardamom / Badi elaichi - 1
- Clove / Laung - 2
- Cumin seeds / Jeera - 1/2 tsp
- Salt - As per taste
- Dry fenugreek leaves / Kasuri methi - 1/2 Cup
- Water - As required
- Ginger / Adarak - 1 Inch grated
- Green chilli / Hari mirchi - 1 Chopped big sized
- Cottage cheese / Paneer - 1/2 Cup diced
- Coriander powder / Dhaniya powder - 2 tsp
- Red chilli powder / Lal mirch powder - 1 tsp + For garnishing
- Turmeric powder / Haldi powder - 1/2 tsp
- Fresh cream / Homemade malai - 1 Cup
- All spice mix powder / Garam masala - 1/2 tsp
- Coriander leaves / Hara dhaniya - For garnishing

DIRECTIONS

- Soak dry fenugreek leaves in the water for 1 to 2 minutes.
- Heat ghee and 1 tbsp of oil in a pan. Add bay leaf, black cardamom, clove, cumin seeds, tomato, and salt. Mix well and saute it for 1 to 2 minutes on high flame. Keep stirring in between.
- Then add ginger and green chilli. Mix well. Now make a space in between the pan and add oil to it. Add paneer and saute it for a few seconds on high flame.
- Then add soaked fenugreek leaves and mix well. Add coriander powder, red chilli powder, and turmeric powder. Mix well.
- Add fresh cream and mix well. Further, add water and mix well. Bring it to boil. Add all spice mix powder and mix well.
- Once done, garnish it with coriander leaves and red chilli powder.
- 'Dhaba Style Methi Malai Paneer' is ready to be served.

TIPS

- If you want, you can add paneer without sauteing it.

[WATCH THE VIDEO RECIPE](#)

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

SESAME SEEDS LADDOO

a healthy and nutritious laddoo

By Amruthavalli ji

From Andhra Pradesh



SERVINGS: 3 - 5

PREPARATION TIME: 15 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Sesame seeds/ til - 1 cup
- Dry coconut - 2 tbsp, grated (optional)
- Khas khas/ poppy seeds - 1 tbsp (optional)
- Jaggery/ gud - 1 cup
- Cardamom powder - 1 tsp
- Ghee/ clarified butter - 2 tbsp

TIPS

- It should be ensured to roast the ingredients on a low flame to avoid, burning them.
- Allow to cool down the roasted ingredients before grinding.
- Use ghee to bind the mixture.
- Adjust the sweetness as per the requirement.
- Store the laddoo in an airtight container.

DIRECTIONS

- In a pan, roast the sesame seeds on a low flame for 2 to 3 minutes until aromatic and spluttering. Stir it continuously, else it may burn. Turn off the flame and allow it to cool down.
- In another pan, roast the dry coconut on a low flame for a few seconds and add poppy seeds. Stir it continuously for a minute until aromatic.
- Grind the roasted sesame seeds and then add jaggery. Shake the mixer jar well to mix them and grind again.
- Transfer the mixture into a bowl and add roasted poppy seeds, roasted dry coconut, cardamom powder, and ghee. Mix the mixture well.
- Now, take a small portion of the mixture and give it a circular ball shape. Continue the process until the mixture gets completely used up.
- Delicious 'Sesame seeds Laddoo' is ready to be served.

RAJASTHANI BATTI KI SABJI

a traditional dish from Rajasthan cuisine

By Shilpi Agarwal

From Rajasthan



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- **FOR PREPARING BATTI :**
- Gram Flour / Besan - 1 Cup
- Salt - As per taste
- Water - As required
- **FOR PREPARING BATTI KI SABJI :**
- Gram Flour / Besan - 1 tbsp
- Curd / Dahi - 3 to 4 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Clarified Butter / Ghee - 1 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Dry Red Chilli / Sukhi Lal Mirchi - 2
- Bay leaf / Tej patta - 1
- Water - As required
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Dry fenugreek leaves / Kasuri methi - 1 tsp

TIPS

- The batti should be made into the water only after water boils

DIRECTIONS

- **FOR PREPARING BATTI :**
- Take besan in a mixing bowl. Add salt and mix well. Add water gradually to prepare a hard consistency dough.
- Meanwhile, boil water in a frying pan.
- Take a slotted spoon with round holes. Then hold the slotted spoon over the water and rub the dough on it.
- Now boil it for 2 to 3 minutes. Once done, take it out in a strainer. Wash it with water. Keep it aside.
- **FOR PREPARING BATTI KI SABJI :**
- Take besan in a bowl. Add curd and mix well. Then add turmeric powder, red chilli powder, and salt. Mix well. Add a little water and mix well.
- Heat ghee in a pan. Add cumin seeds, mustard seeds, asafoetida, dry red chillies, and bay leaf. Saute it for a few seconds on medium flame.
- Then add the prepared curd mixture and mix well. Add a little water and mix well.
- Let it boil for 2 to 3 minutes on medium flame. Then add the prepared batti. Mix well.
- Add all spice mix powder and dry fenugreek leaves by rubbing between your palms. Mix well.
- Once done, turn off the flame and take it out to a serving bowl.
- 'Rajasthani Batti Ki Sabji' is ready to be served.

RIKWACH KADHI

an extremely simple dish

By Dr. Jaya Bisen

From Madhya Pradesh



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- **FOR RIKWACH :**
- Gram flour / Besan - 2 tbsp
- Oil - 1 tbsp + for greasing + for frying
- All spices mix powder / Garam masala - 1/4 tsp
- Turmeric Powder / Haldi Powder - a pinch
- Cumin seeds powder / Jeera powder - 1/2 tsp
- Cumin seeds / Jeera - 1/2 tsp
- Water - as required
- **FOR KADHI :**
- Gram flour / Besan - 1 tbsp
- Buttermilk - 1 cup
- Mustard oil - 1 tsp
- Asafoetida / Hing - a pinch
- Curry leaves - a few
- Dry red chilli / Sukhi lal mirch - 2
- Cumin Seeds / Jeera - 1/2 tsp
- Fenugreek seeds / Methi dana - 1/2 tsp
- Turmeric Powder / Haldi Powder - a pinch
- Salt - As per taste
- Water - As require

TIPS

- You can add garlic and onion in kadhi.
- If you want spicy kadhi, you can add garam masala, red chilli powder and coriander powder.

DIRECTIONS

- **FOR RIKWACH :**
- Take gram flour in a bowl. Add garam masala, turmeric powder, jeera powder and jeera. Mix well. Then add water gradually to prepare a lumps-free flowing-consistency batter. Whisk the batter for 4 to 5 minutes to make the batter fluffy.
- Meanwhile heat 1 tbsp oil in kadai/wok. Pour the batter in it. Stir continuously for 3 to 4 minutes on high flame.
- Then, keep stirring continuously until the mixture becomes thick on low flame. Once done, transfer it on a greased plate. Dip fingers in water and pat the rikwach to make thin layer of it. Let it cool completely.
- Cut the rikwach in desired shape. Heat oil in a kadai/wok. Place the rikwach pieces in it and deep fry till they turn in golden brown color. Once done, take them out and keep them aside.
- **FOR KADHI :**
- Take buttermilk in a bowl. Add gram flour in it. Mix well.
- Heat mustard oil in a kadai/wok. Add mustard seeds, dry red chillies, cumin seeds, curry leaves, fenugreek seeds and turmeric powder. Mix well. Switch off the flame.
- Now, pour the gram flour and buttermilk mixture in it. Add a little water and salt in it. Turn on the flame. Take a boil on high flame.
- Then, add the fried rikwach pieces in kadhi. Cook it 10 minutes.
- 'Rikwach Kadhi' is ready to be served.

MATAR PUDINA PULAO

a winter special one-pot meal

By Archana Chakravarthy

From Karnataka



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Clarified Butter / Ghee - 2 tbsp
- Cashew / Kaju - 1 tbsp chopped
- Cumin Seeds / Jeera - 1 tsp
- Asafoetida / Hing - A pinch
- Cinnamon / Dal Chinni - 2 Sticks
- Bay Leaf / Tej Patta - 1
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Green Chilli / Hari Mirch - 1 Slit
- Mint Leaves / Pudina - A handful
- Green Peas / Hare Matar - 1 Cup
- Salt - As per taste
- Cooked Rice / Pake Huye Chawal - 2 Cups
- Fresh Coconut / Nariyal - 1 Cup grated

DIRECTIONS

- Heat ghee in a pan. Add cashews, cumin seeds, asafoetida, cinnamon sticks, and bay leaf. Mix well and saute it for a few seconds on medium flame.
- Now add dry red chilli and green chilli. Mix well and saute it for a few seconds on medium flame.
- Add mint leaves and mix well. Further, add green peas and mix well.
- Then add salt and mix well. Now add cooked rice and mix well with light hands.
- Add fresh coconut and mix well. Once done, turn off the flame and take it out on a serving plate.
- 'Matar Pudina Pulao' is ready to be served

TIPS

- Spiciness can be adjusted as per taste.
- If you want, you can add parboiled green peas also instead of raw green peas.

LAUKI CHILLA

a healthy tiffin box option

By Sapna Maheshwari

From Faridabad



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Bottle gourd / Gheeya / Lauki - 2 tbsp Grated
- Gram flour / Besan - 1 tsp
- Whole wheat flour / Gehu ka aata - 2 tsp
- Red chilli powder / Lal mirch powder - 1/2 tsp
- Salt - As per taste
- Water - As required
- Coriander leaves / Hara dhaniya - A handful
- Clarified butter / Ghee - As required

DIRECTIONS

- Take grated lauki in a bowl. Add besan, whole wheat flour, red chilli powder, and salt. Then add water gradually to prepare lumps-free medium consistency batter.
- Then add coriander leaves and mix well.
- Meanwhile, heat a tawa. Pour the batter on the tawa and spread it like a pancake. Add some drops of ghee.
- Cook it for 1 to 2 minutes on medium flame. Flip it to cook the other side as well.
- Once it is cooked from both sides, transfer it to a serving plate.
- 'Lauki Chilla' are ready to be served.

TIPS

- Grated vegetable can be added to the batter as per choice and availability.
- Any size of pancakes can be prepared.

LAHSUN KI CHUTNEY

a tasty mouthwatering spicy dish

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 10

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Garlic / Lahsun - 30 to 40 Cloves
- Tomato / Tamatar - 1 Chopped
- Salt - As per taste
- Coriander powder / Dhaniya powder - 1 tsp
- Red chilli powder / Lal mirch powder - 2 tsp
- Asafoetida / Hing - A pinch
- Water - As required
- FOR TADKA :
- Oil - 2 tbsp
- Mustard seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Sugar - A pinch (optional)

TIPS

- You can use ghee instead of oil.
- Any type of oil can be used.

DIRECTIONS

- Take garlic, tomato, salt, coriander powder, red chilli powder, asafoetida, and little water in a grinding jar. Grind them for a few seconds to prepare chutney. Keep it aside.
- Heat oil in a pan. Add mustard seeds, asafoetida, and ground chutney. Mix well.
- Saute it for 4 to 5 minutes on medium flame till the oil separates. Stir it occasionally.
- Add sugar. Mix well. Once done, take it out to a serving bowl.
- 'Lahsun Ki Chutney' is ready to be served.

METHI PANEER KA PARATHA

a nice flavorful flaky meal

By Shveta Sheth From Mumbai



SERVINGS: 1

PREPARATION TIME: 15 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Fenugreek leaves / Methi - 1 Cup
- Whole wheat flour / Gehu ka aata - 1/2 Cup
- Salt - As per taste
- Sesame Seeds / Til - 1/2 tsp
- Ginger-Green Chilli Paste / Adarak-Hari Mirchi paste - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Cottage Cheese / Paneer - 1 Cup grated
- Water - As required
- Oil - As required
- Clarified Butter / Ghee - As required

TIPS

- Roast the methi to make flavorful paratha.
- You can prepare thepla, lifafa paratha, or simple paratha from the dough.
- Palak can be used instead of methi.

DIRECTIONS

- Roast the fenugreek leaves in a pan for 2 to 3 minutes on medium flame. Once done, turn off the flame.
- Now take whole wheat flour in a mixing bowl. Add salt, sesame seeds, ginger-green chilli paste, turmeric powder, paneer, and roasted fenugreek leaves. Mix well.
- Add 1 tsp of oil and add water gradually to knead the medium consistency dough. Add 1 tsp of oil and knead it well. Let it rest for 10 to 15 minutes.
- Take the medium-soft whole wheat dough and make a round shaped circular peda from the dough. Dust it with flour and roll a peda to make a paratha.
- Apply ghee on it. Now, take one side of the paratha and fold it one upon another, as if folding to make a fan, then prepare a roll from it.
- Then roll it over to make a circle and press it with your hands. Dust it with flour and roll it with light hands to make a paratha
- Meanwhile, heat a tawa. Place the prepared paratha on the tawa. Cook it from one side.
- Flip it once it is slightly brown, and cook it from both sides by applying ghee on both sides 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.
- 'Methi Paneer Ka Paratha' is ready to be served.

TRICOLOUR SANDWICH

delicious sandwich for all, especially kids

By Vimki Giria



SERVINGS: 2

PREPARATION TIME: 35 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- White Bread - 3 slices
- Grated Gajar/ Carrot - 1 tbsp
- Butter - 1 tsp
- Veg Mayonnaise - 1 tbsp
- Hari chutney/ Green chutney - 1 tbsp

TIPS

- You can use veg mayonnaise instead of butter to make carrot mixture.
- Use cheese spread for the white part of the sandwich instead of veg mayonnaise if you want.
- Other veggies as well can be used for the sandwich.

DIRECTIONS

- Take the bread slices and cut away their edges to remove their brown part.
- Now, roll the bread slices using a rolling pin.
- Join the bread slices using water and then roll them again.
- Mix butter and grated carrot. Apply the mix on the first part of the bread.
- Apply veg mayonnaise on the second part and green chutney on the third part.
- Roll the bread to make a log. Cover it with an aluminium foil. Keep it in the refrigerator for about 30 minutes.
- After 30 minutes, take the log out. Cut off the edges and then cut it into pieces.
- Delicious 'Tricolour Sandwich' is ready to be served.



Enjoy!

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