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# Zayka Ka Tadka

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Unedited live  
recipes



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Issue : 42

Live from the kitchens of moms of india



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Ka  
Tadka





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# THE SUPER CHEF MOMS OF INDIA





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# Gajar Ka Halwa

*a famous dessert*



**By Mina Roy, A Lovely Mom, From Bihar**

SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

## Ingredients

- Clarified Butter / Ghee - 1 tbsp + 1 tbsp
- Carrot / Gajar - 1 Cup grated
- Homemade Malai - 3/4 Cup
- Sugar - 1/3 Cup
- Almond Flakes - For garnishing
- Cardamom Powder / Elaichi Powder - 1/2 tsp

## Directions

- Heat 1 tbsp of ghee in a heavy-bottomed pan. Spread ghee to the pan. Add carrot and mix well.
- Saute it on a medium flame for 4 to 5 minutes until the carrot changes its colour and becomes soft. Keep stirring continuously.
- Then add homemade malai and mix well. Keep stirring continuously on high flame.
- Once all the moisture is absorbed, add sugar. Mix well.
- Keep stirring continuously for 2 to 3 minutes on high flame until all the moisture is absorbed.
- Then add 1 tbsp of ghee and mix well. Keep stirring continuously for 1 to 2 minutes on high flame.
- Once done, turn off the flame. Garnish it with almonds and cardamom powder. Take it out to a serving bowl.
- 'Gajar Ka Halwa' is ready to be served.

## Tips

- Heavy bottom pan should be used to prepare this halwa.
- You can add homemade malai from 1/2 to 3/4 Cup.
- You can adjust the sweetness as per taste.
- Add 1 tbsp of ghee in the end for a nice fragrance and taste.



# Maddur Vade

*a spicy and crispy snack*



**By Anupama Jagdeesh Rao, A Lovely Mom, From Karnataka**

SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Rice Flour / Chawal Ka Aata - 1 Cup
- Semolina / Sooji - 3/4 Cup
- All Purpose Flour / Maida - 1/2 Cup
- Onion / Pyaz - 1 Finely chopped
- Curry Leaves / Curry Patta - A handful finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli Paste / Hari Mirchi Paste - 1 tsp
- Ginger Paste / Adarak Paste - 1/2 tsp (optional)
- Asafoetida / Hing - 1/2 tsp
- Salt - As per taste
- Water - As required
- Hot Oil - 1 tbsp + For greasing + For frying

## Directions

- Take rice flour in a mixing bowl. Add sooji, all purpose flour, onion, curry leaves, coriander leaves, green chilli paste, ginger paste, asafoetida, and salt. Mix well.
- Add 1 tbsp of hot oil and mix well. Add water gradually to knead the medium consistency dough.
- Take a butter paper on a flat surface and grease it with oil. Now take a lemon-sized dough. Spread it on the butter paper using your fingers to prepare a medium thick vada.
- Meanwhile, heat the oil for frying the vada. Take the prepared vada on hand from a butter paper. Add it gently to the hot oil. Likewise, add all the vada.
- Fry them on a low flame for 2 to 3 minutes. Then flip them and fry until it turns golden brown from both sides.
- Once done, take it out to the serving plate using a slotted spoon.
- 'Maddur Vade' are ready to be served with coconut chutney.

## Tips

- Add more curry leaves to make flavorful vada.
- You can add finely chopped green chilli instead of its paste.
- Add water gradually to knead the dough.
- Put the butter paper on a flat surface.
- The vada should be medium thick.
- The vada should be fried on low flame.
- Don't flip the vada instantly, otherwise they may break.
- The vada should be flipped after 2 to 3 minutes of adding them to the hot oil.

[Watch the video recipe](#)

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# Matar Ki Kachori

*a delicious treat*



**By Dolly Srivastav, A Lovely Mom, From Lucknow**

**SERVINGS: 3**

**PREPARATION TIME: 10 MIN**

**COOKING TIME: 10 MIN**

## Ingredients

### • FOR PREPARING GREEN PEAS STUFFING :

- Mustard Oil / Sarso Ka Tel - 2 tsp
- Green Chilli / Hari Mirchi - 1 Finely chopped
- Asafoetida / Hing - A pinch
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Green Peas / Hare Matar - 1 Cup
- Potato / Aloo - 1 Finely chopped
- Salt - As per taste
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp

### • FOR PREPARING MATAR KI KACHORI :

- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Carom Seeds / Ajwain - 1/2 tsp
- Salt - As per taste
- Oil - 1 tsp
- Water - As required
- Clarified Butter / Ghee - For frying

## Directions

### • FOR PREPARING GREEN PEAS STUFFING :

- Heat mustard oil in a pan. Add green chilli, asafoetida, turmeric powder, green peas, and potato. Mix well.
- Then add salt, all spice mix powder, and red chilli powder. Mix well. Cover the pan with a lid and saute it for 5 to 6 minutes on medium flame. Keep stirring occasionally in between.
- Once done, turn off the flame and keep it aside and slightly let it cool down.
- Then mash it using a hand masher. Take it out in a bowl. Keep it aside.

### • FOR PREPARING MATAR KI KACHORI :

- Take whole wheat flour in a bowl. Add carom seeds, salt, and 1 tsp of oil. Mix well.
- Add water gradually to knead the medium consistency dough. Let it rest for 5 minutes.
- Take a small ball sized part of the dough and flatten it. Dust it with flour and prepare small poori using your fingers.
- Now add green peas stuffing in the center of it. Then seal the ends of it to prepare a round shaped peda and press it with your palms to make flattened kachori. Likewise, prepare all kachori.
- Meanwhile, heat the ghee for frying the kachori. When the ghee is hot, keep the flame low to medium and place kachori in ghee and fry it on a low to medium flame.
- Deep fry until it turns golden brown from both sides, and take it out to a serving plate. Likewise, fry all kachori.
- 'Matar Ki Kachori' is ready to be served.

## Tips

- Spiciness can be adjusted as per taste.
- Garam masala should be added in less quantity, to retain the sweet taste of green peas as it is.
- The green peas mixture should be lukewarm while mashing or grinding it.
- Oil should be added in less quantity for moyan, otherwise kachori might be broken.
- Give the rest to the whole wheat dough to make soft dough.
- You can adjust the size of the kachori as per your choice.
- If you want, you can roll the kachori using a rolling pin.
- You can prepare green peas paratha or roti also from the stuffing.
- Keep the flame low to medium while adding the kachori to the hot ghee.

[Watch the video recipe](#)

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# Crispy Paneer Fingers

*a lip-smacking appetizer*



**By Vijay Haldiya,**

**Founder,**

**Zayka Ka Tadka**

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Cottage cheese / Paneer - 250 gms
- Green chutney - As required
- Bread crumbs - As required
- Oil - For frying
- Chilli flakes - For garnishing
- Tomato ketchup - For garnishing
- Veg mayonnaise - For garnishing

## Tips

- Prepare this dish using [Restaurant-style green chutney](#).
- Fresh bread can be ground to prepare bread crumbs.
- You can shallow fry paneer bar in ghee, oil, or butter.

## Directions

- Slice the paneer into thick stick shape.
- Take a slice of paneer and apply green chutney to it. Cover it with another slice of paneer. Put it on a plate. Likewise, prepare all paneer sticks.
- Cover all prepared paneer sticks outside with green chutney. Then coat it with bread crumbs completely. Likewise, prepare all paneer bars.
- Meanwhile, heat oil on tawa on medium flame. Place all the prepared paneer bars gently in a pan. Shallow fry them on a medium flame for 1 to 2 minutes.
- Flip it and roast it on medium flame from all sides. Likewise shallow fry all paneer bars.
- Once done take it out on the serving plate. Garnish it with red chilli flakes, tomato ketchup, and veg mayonnaise.
- 'Crispy Paneer Fingers' are ready to be served.



# Mooli Gajar Mirch Ka Achar

*a winter special instant pickle*



**By Mridula Ameriya, A Lovely Mom, From Rajasthan**

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## Ingredients

- Carrot / Gajar - 1
- White Radish / Mooli - 1
- Green Chilli / Hari Mirch - 3 to 4
- Ginger / Adrak - 2 Inch Grated
- Carom Seeds / Ajwain - 1/2 tsp
- Fennel Seeds / Saunf - 1 tbsp coarsely ground
- Mustard Seeds / Rai - 1 tbsp coarsely ground
- Asafoetida / Hing - A pinch
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Lemon Juice / Nimbu Ka Ras - Of 1 lemon
- Salt - As per taste
- Mustard Oil / Sarso Ka Tel - 2 to 3 tbsp + As required

## Directions

- Peel carrot and radish well. Then chop them in long pieces. Cut green chillies also in long pieces.
- Heat mustard oil in a pan. Then let it cool down completely. Keep it aside.
- Take carrot, radish, and green chilli in a mixing bowl. Add ginger, carom seeds, fennel seeds, mustard seeds, asafoetida, red chilli powder, turmeric powder, lemon juice, and salt. Mix well.
- Now add 2 to 3 tbsp of the prepared mustard oil and mix well.
- This pickle should initially be kept at room temperature for 2 days and keep stirring occasionally.
- The pickle will be ready to consume after 2 days. Then stored in a glass jar.
- 'Mooli Gajar Mirch Ka Achar' is ready to be served.

## Tips

- If you want, you can cut the ginger into long pieces.
- Spiciness can be adjusted as per taste.
- Add lemon juice to store the pickle for a long time.
- You can consume this pickle for 8 to 10 days.
- The pickle will be ready to consume after 2 days.
- This pickle should initially be kept at room temperature for 2 days and then stored in a glass jar.
- The quantity of the oil should be such that it floats at the top of the pickle in the glass jar to store the pickle for a long time.



# Gud Jeera

*a healthy winter special dessert*



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

SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Clarified Butter / Ghee - 1 & 1/2 tbsp
- Cumin Seeds / Jeera - 1 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Fennel Seeds / Saunf - 1 tsp
- Walnuts / Akhrot - 1/4 Cup chopped
- Almonds / Badam - 1/4 Cup halves
- Cashew / Kaju - 1/4 Cup chopped
- Roasted Peanuts / Mungfali - 1/4 Cup peeled and halves
- Cardamom Powder / Elaichi Powder - 1/4 tsp

## Tips

- Turn off the flame before adding the jaggery to the pan.

## Directions

- Heat ghee in a pan. Add cumin seeds, carom seeds, fennel seeds, walnuts, almonds, and cashews. Mix well. Roast it for 1 to 2 minutes on low flame. Keep stirring continuously.
- Then add roasted peanuts and mix well. Roast it for 1 to 2 minutes on low flame. Keep stirring continuously till all dry fruits become nice golden brown.
- Once done, turn off the flame. Further, add jaggery and mix well. Keep stirring continuously till the jaggery melts.
- Then add cardamom powder and mix well. Once done, take it out to a serving bowl.
- 'Gud Jeera' is ready to be served.



# 2 Types Of Rice Adai

*a nutritious and tasty dish*



**By Chitra Krishnan, A Lovely Mom, From Jamshedpur**

SERVINGS: 1 - 2

PREPARATION TIME: 420 MIN

COOKING TIME: 5 MIN

## Ingredients

- Rice / Chawal - 1 cup
- Fenugreek seeds / Dana methi - 1/2 tsp
- Fenugreek leaves / Methi - 1/2 cup chopped
- Potato / Aloo - 1 & 1/2 boiled and mashed
- Fresh Coconut / Nariyal - 1/2 cup grated
- Salt - to taste
- Water - as required
- Oil / Tel - for roasting

## Tips

- You can add a green chill to the batter.
- The rice should be coarsely ground to make adai batter.
- You can add drumstick leaves instead of fenugreek leaves.

## Directions

- Wash rice and soak it with dana methi for 2 to 3 hours. Then strain the water and transfer it to a grinding jar. Grind it coarsely to prepare medium-thick consistency batter. Then transfer it to a bowl.
- Then, keep it aside and let it rest for 6 to 7 hours. Divide the batter into two parts.
- **FOR PREPARING METHI ADAI :**
- In one portion of batter, add methi and salt. Mix well.
- Meanwhile heat a tawa. Pour the methi adai batter on tawa. Dip the fingers in water and spread the methi batter. Make a few holes on the adai with your finger
- Now, pour some oil on top. Cook it on a medium flame for 2 to 3 minutes. Then flip it and cook it from another side.
- Once done, take it out to a serving plate.
- **FOR PREPARING POTATO-COCONUT ADAI :**
- In one portion of batter, add potato, fresh coconut and salt. Mix well.
- Meanwhile heat a tawa. Pour the potato-coconut batter on tawa. Dip the fingers in water and spread the methi batter. Make a few holes on the adai with your finger.
- Now, pour some oil on top. Cook it on a medium flame for 2 to 3 minutes. Then flip it and cook it from another side.
- Once done, take it out to a serving plate.
- '2 Types Of Rice Adai' are ready to be served.



# Gobi Manchurian

*a delicious appetizer*



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

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

- Cauliflower / Gobi - 1 Cup florets
- Corn Flour - As required
- Rice Flour / Chawal Ka Aata - As required
- Salt - As per taste
- Green Chilli Paste / Hari Mirchi Paste - 1/2 tsp
- Ginger Paste / Adrak Paste - 1/2 tsp
- Garlic Paste / Lahsun Paste - 1/2 tsp (optional)
- Red Chilli Powder / Lal Mirchi Powder - 1 tsp
- Water - As required
- Oil - For frying
- **FOR PREPARING CAULIFLOWER MANCHURIAN :**
- Oil - 1 tsp
- Garlic / Lahsun - 5 to 6 Cloves finely chopped
- Ginger / Adrak - 1 Inch finely chopped
- Green Chilli / Hari Mirchi - 2 to 3 Finely chopped
- Onion / Pyaz - 1 Finely chopped
- Spring Onion / Hara Pyaz - 1 tbsp finely chopped + For garnishing
- Corn Flour - 1 tsp
- Soy Sauce - 1/2 tsp
- Tomato Ketchup - 1 tsp
- Red Chilli Sauce - 1 tsp
- Red Chilli Powder / Lal Mirchi Powder - 1 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Salt - As per taste
- Water - As required
- Vinegar - 1 tsp
- Coriander Leaves / Hara Dhaniya - For garnishing

## Directions

- Take cauliflower in a mixing bowl. Add 2 tsp of corn flour, 1/2 tsp of rice flour, salt, green chilli paste, ginger paste, and garlic paste. Mix well. Keep it aside.
- Now take 2 tsp of corn flour, 1/2 tsp of rice flour, salt, and red chilli powder in a bowl. Add little water and mix well to prepare lumps-free medium consistency slurry.
- Meanwhile, heat oil in a deep frying pan over medium flame. When the oil is medium hot, dip the prepared cauliflower in the slurry, and coat it evenly. Place it gently into the hot oil.
- Deep fry them on medium flame until crispy and light golden brown from all sides, and take them out to a plate using a slotted spoon.
- **FOR PREPARING CAULIFLOWER MANCHURIAN :**
- Now heat oil in a pan. Add garlic, ginger, green chilli, onion, and spring onion. Mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Take corn flour, soy sauce, tomato ketchup, red chilli sauce, red chilli powder, black pepper powder, salt, and little water in a bowl to prepare lumps-free medium consistency slurry.
- Add the prepared slurry to the pan. Then add vinegar and mix well. Once the mixture becomes thick, turn off the flame.
- Add the fried cauliflower pieces and mix well. Garnish it with spring onion and coriander leaves. Take it out on a serving plate.
- 'Gobi Manchurian' is ready to be served.

## Tips

- You can boil cauliflower in hot water for 30 seconds.
- Add chopped ginger, garlic to the sauce instead of its paste for a nice crunchy taste.

[Watch the video recipe](#)

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



# Karela Kadhi

*a spicy, savory, and tangy side dish*



**By Vijay Haldiya,**

**Founder,**

**Zayka Ka Tadka**

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

- **FOR FRYING BITTER GOURD :**
- Bitter gourd / Karela - 1 Big sized
- Oil - For frying
- **FOR PREPARING KARELA KADHI :**
- Curd / Dahi - 1 Cup
- Gram flour / Besan - 2 tsp
- Water - As required
- Turmeric powder / Haldi powder - 1/2 tsp
- Oil - 1 tbsp
- Mustard seeds / Rai - 1/2 tsp
- Dry fenugreek seeds / Methi dana - 1/4 tsp
- Green chilli / Hari mirchi - 2 to 3 Slited
- Ginger / Adarak - 1 Inch Finely chopped
- Curry leaves / Curry patta - A few
- Onion / Pyaz - 2 Finely chopped
- Coriander powder / Dhaniya powder - 1 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Salt - As per taste
- All spice mix powder / Garam masala - 1/2 tsp
- Coriander leaves / Hara dhaniya - A handful + For garnishing
- **FOR PREPARING TADKA :**
- Oil - 1 tbsp
- Asafoetida / Hing - A pinch
- Dry red chilli / Sukhi lal mirchi - 2
- Red chilli powder / Lal mirch powder - 1 tsp

## Directions

- **FOR FRYING BITTER GOURD :**
- Take bitter gourd and cut it in half. Remove its seeds. Cut a ring shape layer from it. Likewise, prepare all rings.
- Heat oil in a frying pan. Add bitter gourd in hot oil and fry it on a high flame until it turns golden brown from both sides. Take it out to a plate. Keep it aside.
- **FOR PREPARING KARELA KADHI :**
- Take curd in a bowl. Add besan and water. Whisk it using a hand whisker. Add turmeric powder and mix well.
- Heat oil in a pan. Add mustard seeds, dry fenugreek seeds, green chilli, and ginger. Mix well and add curry leaves.
- Then add onion and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally in between.
- Add coriander powder, red chilli powder, and salt. Mix well. Then add the prepared curd mixture and water. Mix well.
- Boil it for 5 to 7 minutes on medium flame. Then add fried bitter gourd rings and mix well.
- Further, add all spice mix powder and coriander leaves. Mix well and boil it for 2 to 3 minutes on medium flame.
- **FOR PREPARING TADKA :**
- Heat oil in a tadka pan. Add asafoetida and dry red chilli. Then turn off the flame and add red chilli powder.
- Pour it on kadhi. Mix well. Garnish it with coriander leaves.
- 'Karela Kadhi' is ready to be served.

[Watch the video recipe](#)

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



# Khandeshi Puran Poli

*a party special mini treat*



**By Jija Bai Ji and Usha Thakre, Lovely Moms, From Nasik**

**SERVINGS: 1**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 10 MIN**

## Ingredients

- Jaggery / Gud - 1 Cup
- Bengal Gram / Chana Dal - 1 Cup
- Water - As required
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Salt - As per taste
- Oil - For greasing
- Clarified Butter / Ghee - As required

## Tips

- Cook the chana dal well until it becomes soft.
- Add salt to the whole wheat dough to make nice flavorful puran poli.
- The whole wheat flour should be well sieved.

## Directions

- **FOR PREPARING STUFFING :**
- Wash the chana dal and transfer it to a pressure cooker. Add water and cover the pressure cooker with its lid.
- Cook it on high flame till 3 whistles. Once done, turn off the flame. Let it cool down, Then open it. Strain the chana dal and keep it aside.
- Heat jaggery in a pan and melt it. Keep stirring occasionally.
- Then add cooked chana dal and mix well. Keep stirring continuously till the jaggery melts. Once done, turn off the flame.
- Let it cool down and transfer it to the strainer. strain it by pressing it using a ladle. Take it out in a bowl.
- **FOR PREPARING KHANDESHI PURAN POLI :**
- Take sieved whole wheat flour in a mixing bowl. Add salt and mix well. Add water gradually to prepare the medium soft dough. Knead it well.
- Take medium soft wheat dough and make two round shaped small circular pedas from the dough. Dust it with flour and roll a peda to make a small roti and keep it aside. Make another small roti.
- Take one roti and add the prepared stuffing on it. Apply water on it and spread it.
- Place the other roti over it. Carefully seal its borders with your fingers. Flip it on both palms.
- Dust it with flour and roll as thin as possible. Then take puran poli on hand and use fist to wrist to stretch. stretch it as much as possible to make translucent puran poli.
- Meanwhile, heat inverted kadai on a medium flame. Grease it with oil. Gently put the prepared puran poli on it.
- Flip it once it is slightly brown, and the bubbles appear. Cook it from both sides on a medium flame till it becomes a nice golden brown.
- Once done, take it out on a serving plate and apply ghee to it.
- Now fold the upper and lower sides. Then fold the left and right parts of the paratha. Then fold it again and prepare a rectangular shape.
- 'Khandeshi Puran Poli' is ready to be served.



# Mooli Ki Kachori

*a popular dish of Bihar*



**By Sanjeeta Ji, A Lovely Mom, From Dhanbad**

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## Ingredients

- White Radish / Mooli - 3
- Carom Seeds / Ajwain - 1/4 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari mirch - 1 to 2  
Finely chopped
- Black Pepper-Cumin Seeds Powder / Kali Mirch-Jeera Powder - 1/2 tsp
- Onion Seeds / Nigella Seeds / Kalonji - 1/2 tsp
- Ginger / Adarak - 1 Inch grated
- Rock Salt / Sendha Namak - As per taste
- Rice Flour / Chawal Ka Aata - 2 Cups
- Mustard Oil / Sarso Ka Tel - For frying

## Directions

- Peel and grate the white radish and squeeze out its water. Keep the water aside in a bowl.
- Take out grated radish in a bowl. Add carom seeds, coriander leaves, green chilli, black pepper-cumin seeds powder, onion seeds, ginger, rock salt, and rice flour. Mix well.
- Add the water of squeezed radish gradually and knead medium soft consistency dough. Keep it aside and let it rest for 3 to 4 minutes.
- Meanwhile, heat the oil for frying the kachori. Then take a small ball sized dough and make a round shaped small circular peda. Press it between your palms to prepare a small sized flat kachori. Likewise, prepare all the kachori and immediately add it to the hot oil.
- Fry the kachori on a high flame until it turns golden brown from both sides.
- Once done, Take it out on a serving plate. Likewise, prepare all kachoris.
- 'Mooli Ki Kachori' is ready to be served with green chutney and tomato chutney.

## Tips

- Leftover water of squeezed white radish should be added to the dough gradually.
- The kachori should be prepared one by one and add it immediately in the hot oil, otherwise they might break.
- Fry the kachori in mustard oil for a better taste.
- Fry the kachori on a high flame.



# Mix Fruit Salad

*a wonderful dessert*



**By Lalitha Pillai, A Lovely Mom, From Chennai**

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## Ingredients

- Apple / Seb - 1 Chopped
- Pomegranate / Anar - 1/2 Cup
- Black Grapes / Kale Angoor - 1/4 Cup halves
- Guava / Amrud - 1 Chopped
- Banana / Kela - 1 Chopped
- Strawberry - 1/2 Cup halves
- Hung Curd / Dahi - 1 Cup
- Condensed Milk - 1 Cup
- Salt - A pinch
- Walnut / Akhrot - 1/4 Cup
- Almonds / Badam - 1/4 Cup

## Directions

- Take apple, pomegranate, black grapes, guava, banana, and strawberry in a bowl. Keep it aside.
- Now take curd in a mixing bowl. Add condensed milk and mix well using a whisker. Add salt and mix well.
- Take walnuts and almonds in a mortar pestle. Crush it.
- Add the crushed dry fruits and curd mixture to the prepared fruit bowl and mix well.
- 'Mix Fruit Salad' is ready to be served.

## Tips

- Any type of [curd](#) or fruits can be added as per choice and availability.



# Ullikadala Pulusu

*a sweet and sour Andhra style side dish*



**By Triveni Ji and Shanti Kota Ji,**

**From Andhra Pradesh**

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

- Water - 1 Cup + As required
- Spring onion / Hara pyaz - 2 Cups finely chopped
- Bengal Gram / Chana dal - 2 to 3 tsp soaked
- Drumstick / Sahjan - 1 Boiled
- Tomato / Tamatar - 1 Finely chopped
- Green chilli / Hari mirchi - 1 Chopped
- Curry leaves / Curry patta - A few
- Sweet Potato / Shakarkandi - 1 Peeled & chopped
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Tamarind Paste / Imli Paste - 1/4 Cup
- Dry Fenugreek Seeds / Methi Dana Powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Jaggery Powder / Gud Ka Powder - 1 tsp
- Sesame Oil / Til Ka Tel - 1 tbsp
- Dry red chilli / Sukhi lal mirch - 1
- Pigeon peas / Toor dal - 1 Cup
- Mustard Seeds / Rai - 1/4 tsp
- Dry fenugreek seeds / Methi dana - 1/4 tsp
- Asafoetida Paste / Hing - 1/4 tsp
- Rice Flour / Chawal Ka Aata - 1 tsp

## Directions

- Wash the toor dal. Then transfer it to a pressure cooker. Add water and cook it till 3 whistles on a high flame. Once done, turn off the flame. Keep it aside.
- Take rice flour in a bowl. Add a few drops of water and mix well.
- Boil water in a soap stone pan. Add spring onion, soaked bengal gram, drumstick, tomato, green chilli, curry leaves, and sweet potato. Mix well.
- Add salt, red chilli powder, and turmeric powder. Mix well. Boil it for 2 minutes on medium flame. Keep stirring occasionally in between.
- Then add tamarind paste, dry fenugreek seeds powder, and coriander powder. Mix well.
- Now add jaggery powder and mix well. Cover the pan with a lid and boil it for 2 minutes on medium flame. Then add boiled toor dal and mix well.
- Heat sesame oil in a tadka pan. Add dry red chill, sesame seeds, dry fenugreek seeds, and asafoetida.
- Pour the prepared tadka to the pulusu. Mix well. Once done, turn off the flame and take it out in a serving bowl.
- 'Ullikadala Pulusu' is ready to be served with rice.

## Tips

- Boil the pulusu for 4 to 5 minutes more, if adding raw vegetables.
- You can use any other oil also, instead of sesame oil.
- Besan can be used instead of rice flour.
- You can prepare the pulusu from onion, pumpkins, or any other vegetables.

[Watch the video recipe](#)

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



# Shahi Paneer In Cooker

*a tempting dish*



**By Shilpi Agarwal, A Lovely Mom, From Rajasthan**

**SERVINGS: 5**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- Cottage Cheese / Paneer - 250 gms. Diced
- Sweet corn - 1 Cup parboiled
- Water - As required
- Onion / Pyaz - 2 Chopped
- Tomato / Tamatar - 3 Chopped
- Curd / Dahi - 4 to 5 tbsp
- Garlic / Lahsun - 4 to 5 Cloves
- Ginger / Adrak - 1 Inch chopped
- Green Chilli / Hari Mirchi - 1
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Whole spices (clove, star anise, cinnamon, stick, cardamom etc) / Khade garam masale - 1 tsp
- Salt - As per taste
- Peanuts / Mungfali - 2 tbsp
- Clarified Butter / Ghee - As required
- Cumin Seeds / Jeera - 1/2 tsp
- Bay Leaf / Tej Patta - 1
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- All spice mix powder / Garam masala - 1 tsp
- Dry fenugreek leaves / Kasuri methi - 1 tsp
- Homemade malai - 2 tbsp
- Coriander leaves / Hara dhaniya - A handful + For garnishing

## Directions

- Boil water in a pan. Add paneer. Boil it for 4 to 5 minutes on medium flame.
- Once done, strain it and take it out in a bowl. Keep it aside.
- Take a pressure cooker and add onion, tomato, curd, ginger, green chilli, garlic, dry red chilli, whole spices, salt, peanuts, and 1 tbsp of ghee.
- Now cover the pressure cooker with its lid. Cook it on high flame till 2 whistles. Once done, turn off the flame. Take it out in a bowl and let it cool down.
- Then transfer it to a grinding jar. Grind it for a few seconds to prepare its puree. Keep it aside.
- Heat ghee in a pan. Add cumin seeds, bay leaf, and the prepared puree. Mix well.
- Cover the pan with a lid and boil it for 3 to 4 minutes on medium flame. Keep stirring occasionally in between.
- Then add red chilli powder, turmeric powder, coriander powder, and a little salt. Mix well.
- Saute it for 2 to 3 minutes on medium flame. Then add a little water and mix well.
- Now add paneer and sweet corn. Mix well. Add all spice mix powder and mix well.
- Then add dry fenugreek leaves by rubbing between your palms and mix well.
- Add homemade malai and coriander leaves. Mix well.
- Once done, take it out to a serving bowl. Garnish it with coriander leaves.
- 'Shahi Paneer In Cooker' is ready to be served.

## Tips

- You can add whole spices as per choice and availability.
- Add salt carefully as salt is added earlier while boiling the vegetables.
- If you want, you can remove the whole spice after they are cooked in the pressure cooker.
- You can adjust the consistency of the gravy as per choice.

[Watch the video recipe](#)

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



# Ragi Laddu

*a very delectable and easy to make laddu*



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

**SERVINGS: 1 - 2**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- Ragi flour / Finger millet flour - 1/2 cup
- Ghee / Clarified butter - 3 tbsp or as required
- Khajoor / Dates - 1/2 cup
- Doodh / Milk - 2 tbsp
- Dry nuts powder (Cashew nuts+Almonds+Walnuts) - 3 tbsp
- Cocoa powder - 2 tsp
- Gud powder / Jaggery powder - 2 tsp
- Roasted sesame seeds / Til - 2 tsp
- Desiccated coconut - 2 tsp + for coating
- Vanilla essence - 1/2 tsp

## Tips

- You can add crushed dry nuts instead of powdered dry nuts.
- You can coat laddus in cocoa powder, roasted til or desiccated coconut powder as per your choice.

## Directions

- Take dates and milk in a grinding jar. Grind them and take out in a bowl. Keep the mixture aside.
- Heat 3 tbsp ghee in kadai / wok. Add ragi flour in it and roast it well on slow flame. Then, add prepared dates and milk mixture. Mix well.
- Now, add dry nuts powder, cocoa powder, jaggery powder, roasted til, desiccated coconut powder and vanilla essence one by one. Mix them well and switch off the flame. If required, you can 1 tbsp ghee in it.
- Then, Take a small, ball-sized part of the laddu mixture, roll it between your palms and make a round shaped laddu. Coat the laddu in desiccated coconut.
- Likewise, prepare all the laddus. Take it out to a serving plate.
- 'Ragi Laddu' is ready to be served.



# Valentine's Day Special Dinner Thali

*a healthy and delicious meal option*



**By Ani Setia, A Lovely Mom, From Rajasthan**

**SERVINGS: 2**

**PREPARATION TIME: 10 MIN**

**COOKING TIME: 20 MIN**

## Ingredients

### • FOR PREPARING KALAKAND :

- Full fat milk / Dudh - 500 ml.
- Vinegar - 1 tbsp
- Water - 1 tbsp
- Rock sugar powder / Dhaga misri powder - 2 tsp
- Rose syrup - 1 tbsp

### • FOR MARINATION :

- Cottage cheese / Paneer - 1 Cup
- Oil - 2 tsp
- Salt - As per taste
- Black salt / Kala namak - 1/4 tsp
- Red chilli powder / Lal mirch powder - 1/2 tsp

### • FOR PREPARING MALAI PANEER ANGARA :

- Curd - 1 Cup whisked
- Cashew paste / Kaju paste - 3 tsp
- Oil - 1 tbsp + 1 tsp
- Green chilli / Hari mirchi - 2 to 3 Slited
- Bay leaf / Tej patta - 2
- Cardamom powder / Elaichi powder - A pinch
- Salt - As per taste
- Dry fenugreek leaves / Kasuri methi - 1 tsp
- Coriander leaves / Hara dhaniya - For garnishing
- Red chilli powder / Lal mirch powder - 1 tsp

### • FOR PREPARING CHEESY HEARTS :

- Boiled potato / Aloo - 2 Peeled and mashed
- Processed cheese - 1 tbsp grated
- Cottage cheese / Paneer - 1 tbsp grated
- Boiled sweet corn - 1/4 Cup
- Mixed herbs - 1 tsp
- Salt - As per taste
- Black pepper powder / Kali mirch powder - 1/2 tsp
- All purpose flour / Maida - 1 tsp
- Corn flour - 1 tsp
- Water - As required
- Bread crumbs - As required for coating
- Oil - For frying

### • FOR PREPARING NAAN :

- All purpose flour / Maida - 1 Cup
- Whole wheat flour / Gehu ka aata - 1 Cup
- Salt - As per taste
- Rock sugar powder / Dhaga misri powder - 1/4 tsp (optional)
- Oil - 1 tsp
- Baking powder - 1 tsp
- Baking soda - 1/4 tsp
- Curd / Dahi - 1/4 Cup
- Water - As required
- Clarified butter / Ghee - As required



# Valentine's Day Special Dinner Thali

## Tips

### • FOR KALAKAND :

- Add little water before adding milk to the pan, so milk will not stick to the bottom of the pan.
- Iron or steel kadai/pan should be used to prepare kalakand.
- Aluminum kadai/pan shouldn't be used to prepare kalakand.
- Vinegar or lemon juice should be used by adding water to make soft kalakand.
- It is recommended to add a vinegar mixture when the milk is reduced considerably for beginners.
- Rooh afza can be added instead of rose syrup.
- Cardamom powder can be added instead of rose syrup.
- Rock sugar(misri) should be added instead of sugar to make it more healthy.
- You can set the kalakand on a plate and keep it in the refrigerator for 12 hours.
- You can store kalakand in the refrigerator for 3 days.

### • FOR MALAI PANEER ANGARA :

- You can cut the paneer in any shape.
- Leftover paneer bites from heart shapes can be used to prepare paratha, sandwiches, or for stuffing.
- Salt should be added only after the curd starts to boil, else, the curd may curdle.
- Black cardamom can be added to the sabji.

### • FOR PREPARING CHEESY HEARTS :

- The ratio of cheese and paneer to boiled potato should be 1:2.
- Add salt carefully as cheese is also salty.
- Red chilli flakes or green chilli can be added for spiciness.
- The ratio of maida to corn flour should be 1:1 for preparing slurry.
- Oats can be added instead of maida to prepare the slurry.
- Mixed herbs, oregano, or chilli flakes can be added to the slurry.
- You can store the prepared cheesy hearts without frying them in the freezer to save time.
- You can prepare a heart shape using a double aluminum foil instead of a cookie cutter.
- You can shallow fry or bake, or fry in the air fryer instead of deep frying to make it healthy.

### • FOR NAAN :

- The ratio of maida to whole wheat flour should be 1:1.
- Add whole wheat flour to make soft naan.
- You can prepare naan with only maida by adding a spoonful of whole wheat flour.
- Buttermilk can be used to prepare the dough of naan.
- Milk with vinegar can be added to the dough instead of curd.
- Powdered sugar can be added instead of misri(rock sugar) powder.
- Thickness can be adjusted as per choice.
- It is recommended to prepare naan on the iron tawa.
- Take a small peda and roll thin naan to make it crispy and crunchy.
- Add less amount of baking soda to make crispy and crunchy naan.
- Take a big peda and roll thick naan to make soft naan.
- You can prepare naan with whole wheat flour to make it healthy.



# Valentine's Day Special Dinner Thali

## Directions

### • FOR PREPARING KALAKAND :

- Take vinegar and water in a bowl. Mix well. Keep it aside.
- Heat little water in the pan. Add milk and heat it for 10 minutes on medium flame. Stir it occasionally.
- Once it comes to a boil, Keep the flame low and allow it to simmer. Keep stirring occasionally.
- Keep scraping the sides of the vessel and mix it with the thickening milk.
- Keep this process for 30 to 35 minutes till the milk is reduced to half.
- Now add 2 to 3 drops of vinegar and water mixture. Mix well. Boil it for 2 to 4 minutes on low flame. Keep stirring occasionally.
- Once the mixture becomes thick, add powdered rock sugar. Mix well and add rose syrup. Mix well and turn off the flame. Take it out to a serving bowl.

### • FOR MARINATION :

- Take paneer and cut it into a heart shape using a cookie cutter. Take it out to bowl.
- Add oil, salt, black salt, and red chilli powder. Mix well. Keep it aside for 10 to 15 minutes.

### • FOR PREPARING MALAI PANEER ANGARA :

- Take curd in a bowl. Add cashew paste and mix well. Keep it aside.
- Heat oil in a pan. Add the prepared curd mixture. Mix well. Boil it for 1 to 2 minutes.
- Now add green chilli, bay leaf, and cardamom powder. Mix well. Then add salt and mix well.
- Boil it for 3 to 4 minutes on low flame. Keep stirring occasionally. Then add dry fenugreek leaves by rubbing between your palms. Mix well.
- Boil it for 2 to 3 minutes on low flame. Keep stirring occasionally. Once done, take it out to a serving bowl. Keep it aside.
- Heat a tawa. Put marinated paneer on it. Roast it for a few seconds then flip it to roast from another side as well.
- Roast it from both sides till it becomes nice golden brown. Now transfer it to the gravy of the serving bowl and garnish it with coriander leaves.
- Heat 1 tsp of oil in a pan for rogan tadka. Add red chilli powder. Mix well. Pour the rogan tadka on the curry.

### • FOR PREPARING CHEESY HEARTS :

- Take maida and corn flour in a bowl. Mix well and prepare a lumps-free slurry. Add salt and mix well. Keep it aside.
- Take boiled potato, grated cheese, and paneer. Mix well. Now add sweet corn, mixed herbs, salt, and black pepper powder. Mix well.
- Now take a small ball sized mixture and make heart shape using a cookie cutter. Likewise, prepare all cheesy hearts.
- Then coat them in the prepared slurry. Take bread crumbs to a plate. Coat the slurry-dipped hearts in the bread crumbs.
- Meanwhile, heat the oil in a pan. Fry all the prepared cheesy hearts on a medium flame. Fry it till it becomes golden brown from both sides.
- Once done, take it out to a plate using a slotted spoon.

### • FOR PREPARING NAAN :

- Take maida and whole wheat flour in a bowl. Add salt, powdered sugar, curd, baking powder, baking soda and oil. Mix well.
- Add water gradually to make the medium soft dough. Apply oil to it and cover it with a cloth. Keep it aside and let it rest 8 to 10 minutes.
- Take small ball sized dough and make round shaped circular peda from the dough. Dust it with flour. Roll a peda to make a naan. Apply water on one side of the prepared naan.
- Meanwhile, heat a tawa. place the water-coated surface down on a heated tawa, Roast it for 1 to 2 minutes on medium flame.
- Then flip the tawa upside down and cook the roti directly on the flame until it turns golden brown. Then remove it from the tawa.
- Take it out to a serving plate and apply ghee to it.
- 'Valentine's Day Special Dinner Thali' is ready to be served.



# Methi Matar Malai

*a winter special side dish*



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

**SERVINGS: 4**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- Fenugreek Leaves / Hari Methi - A bunch chopped
- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Ginger-Green Chilli Paste / Adarak-Hari Mirchi Paste - 1 tsp
- Garlic / Lahsun - 4 to 5 Cloves finely chopped
- Onion / Pyaz - 1 Finely chopped
- Green Peas / Hare Matar - 1 Cup
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Tomato Puree - Of 1 tomato
- Fresh Cream / Homemade Malai - 1 Cup

## Directions

- Take fenugreek leaves in a pan. Saute it for 2 to 3 minutes on medium flame till the water evaporates. Stir it occasionally. Once done, turn off the flame and keep it aside.
- Heat oil in a pan. Add cumin seeds, asafoetida, ginger-green chilli paste, and garlic. Saute it for a few seconds.
- Now add onion. Mix well and saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add green peas and mix well. Add turmeric powder, coriander powder, red chilli powder, and salt. Mix well.
- Further, add tomato puree and mix well. Saute it for 2 to 3 minutes on high flame till the oil separates. Keep stirring occasionally.
- Now add sauteed fenugreek leaves and fresh cream. Mix well. Once done, turn off the flame and take it out in a serving bowl.
- 'Methi Matar Malai' is ready to be served.

## Tips

- Garlic paste can be added instead of finely chopped garlic.
- Roast the methi to make flavorful sabji.

[Watch the video recipe](#)

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



# Dhaba Style Aloo Pyaz Ki Sabji

*a flavourful curry*



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

**SERVINGS: 4**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 15 MIN**

## Ingredients

- Baby potatoes / Aloo - 10 to 11
- Water - As required
- Mustard oil / Sarso ka tel - For shallow frying
- Onion / Pyaz - 3 Cut into half
- Cumin seeds / Jeera - 1/2 tsp
- Green chilli / Hari mirch - 3 to 4 Slited
- Ginger / Adarak - 2 Inch sliced
- Tomato puree / Tamatar puree - Of 2 tomatoes
- Coriander powder / Dhaniya powder - 1 tsp
- 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 Leaves / Hara Dhaniya - For garnishing
- tsp = teaspoon

## Tips

- If the potatoes are big in size then you can cut it into 2 pieces.
- You can use the same pan for shallow frying and prepare this sabji.

## Directions

- Pressure cook the potatoes till 2 whistles. Then, peel them and prick them using a fork
- Heat mustard oil in a pan for shallow frying. Add boiled baby potatoes. Shallow fry it for 7 to 8 minutes on medium flame until it becomes a nice golden brown from all sides. Stir it occasionally.
- Then shallow fry onion in the same pan for 2 to 3 minutes on medium flame until it becomes a nice golden brown from all sides. Stir it occasionally.
- Now heat 2 tbsp of mustard oil in a pan. Add cumin seeds, green chilli, and ginger. Saute it for a few seconds on high flame.
- Then add tomato puree. Mix well. Saute it for 2 to 3 minutes on medium flame. Stir it occasionally.
- Add salt, red chilli powder, coriander powder, turmeric powder and mix well. Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame till the oil separates.
- Now add all spice mix powder and mix well. Add shallow fried baby potato and onion. Mix well.
- Add little water. Mix well and garnish it with coriander leaves.
- 'Dhaba Style Aloo Pyaz Ki Sabji' is ready to be served.

[Watch the video recipe](#)

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



# Minestrone Soup

*a restaurant style dish*



**By Shveta Sheth,**

**A Lovely Mom,**

**From Mumbai**

**SERVINGS: 3**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 10 MIN**

## Ingredients

- **FOR BOILING THE PASTA :**
- Elbow Pasta - 1 Cup
- Salt - As per taste
- Water - As required
- **FOR PREPARING PASTA SOUP :**
- Oil - 1 tbsp
- Garlic / Lahsun - 3 to 4 Cloves finely chopped
- Ginger / Adrak - 1 Inch finely chopped
- Onion / Pyaz - 1 Finely chopped
- Salt - As per taste
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Carrot / Gajar - 1 Finely chopped
- Beans - 1/2 Cup Chopped
- Sweet Corn - 1/4 Cup
- Broccoli - 1 Cup blanched
- Tomato Puree - Of 2 tomatoes
- Mixed Herbs - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Red Chilli Flakes - 1 tsp
- Powdered Sugar - 1/2 tsp
- Tomato Ketchup - 1 tbsp
- Butter - 1 tsp
- Cheese - As required + For Garnishing

## Directions

- **FOR BOILING THE PASTA :**
- Boil water in a pan. Add salt and pasta. Cook it on a high flame for 5 to 7 minutes. Don't over cook the pasta, it should be 80 to 90% cooked. Then drain the water.
- Keep leftover boiled water of pasta in a bowl.
- **FOR PREPARING PASTA SOUP :**
- Heat oil in a pan. Add garlic and ginger. Mix well and saute it for a few seconds on medium flame.
- Now add onion and salt. Mix well. Add capsicum, carrot, beans, sweet corn, and broccoli. Mix well. Add little salt and mix well. Saute it for 2 to 3 minutes on high flame. Keep stirring occasionally in between.
- Then add tomato puree and mix well. Cover the pan with a lid and cook it for 2 to 3 minutes on high flame. Keep stirring occasionally in between.
- Now add mixed herbs, black pepper powder, red chilli flakes, powdered sugar, and tomato ketchup. Mix well. Add little leftover boiled water of pasta and mix well.
- Cover the pan with a lid and cook it for 1 to 2 minutes on high flame. Keep stirring occasionally in between.
- Then add boiled pasta and mix well. Add little leftover boiled water of pasta and mix well. Add butter and mix well.
- Grate cheese on it. Mix well. Once done, turn off the flame and take it out in a serving bowl. Garnish it with grated cheese.
- 'Minestrone Soup' is ready to be served.

## Tips

- Don't over cook the pasta, it should be 80 to 90% cooked.
- You can add vegetables as per your choice and availability.
- Keep the vegetables crunchy.
- The consistency of the soup should be medium.
- You can use boiled water of pasta when needed.

[Watch the video recipe](#)

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



# Curd Bath

*a quick and healthy snack*



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

**SERVINGS: 2**

**PREPARATION TIME: 10 MIN**

**COOKING TIME: 3 MIN**

## Ingredients

- Flattened rice / Poha - 1 Cup
- Curd / Dahi - 1 Cup + As required
- Water - As required
- Salt - As per taste
- Clarified butter / Ghee - 2 tsp
- Cashew / Kaju - 6 to 7 Chopped
- Grated ginger / Adarak - 1 Inch
- Mustard seeds / Rai - 1/2 tsp
- Green chilli / Hari mirch - 2 Slited
- Curry leaves / Curry patta - A few
- Asafoetida / Hing - A pinch
- Raisins / Kishmish - 8 to 10
- Carrot / Gajar - 1/2 Grated
- Pomegranate seeds / Anar ke dane - For garnishing
- Coriander leaves / Hara dhaniya - For garnishing

## Directions

- Wash the poha with water. Add the water until the poha are completely submerged in it. Then keep it aside for 10 minutes.
- Now add salt and mix well. Then add curd and mix well.
- Heat ghee in a pan. Add cashews and saute it for a few seconds.
- Then add grated ginger, mustard seeds, green chilli, curry leaves, and asafoetida. Mix well and saute it for a few seconds on a low flame.
- Then add raisins and mix well. Once done, turn off the flame. Add the prepared tadka to the dahi poha bowl.
- Garnish it with carrot, pomegranate, and coriander leaves.
- 'Curd Bath' is ready to be served.

## Tips

- Curd can be added as required.



# Winter Special Thali Episode – 2

*a tasty and quick meal*



**By Mridula Ameriya and Neeta Sharma**

**SERVINGS: 1**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 10 MIN**

## Ingredients

### • FOR PREPARING MOTI ROTI :

- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Semolina / Sooji - 2 tsp
- Salt - As per taste
- Carom Seeds / Ajwain - 1/2 tsp
- Clarified Butter / Ghee - As required
- Water - As required
- **FOR PREPARING MIRCHI KE TIPORE :**
- Oil - 2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Green Chili (large and thick) / Hari Mirchi - 1 Cup Finely chopped
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Salt - As per taste
- Water - As required

### • FOR PREPARING DAHI WALE ALOO :

- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Boiled Potato / Uble Huye Aloo - 2 to 3 Peeled and chopped
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Curd / Dahi - 1 Cup whisked
- Coriander Leaves / Hara Dhaniya - For garnishing
- **FOR PREPARING PUDINA RAITA :**
- Curd / Dahi - 1 Cup
- Mint Powder / Pudina Powder - 1/2 tsp

## Tips

### • FOR PREPARING MOTI ROTI :

- If using normal whole wheat flour, add 2 tsp of sooji.
- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more melted ghee should be added.
- **FOR PREPARING MIRCHI KE TIPORE :**
- If you want you can cook green chilli more by adding water.
- **FOR PREPARING DAHI WALE ALOO :**
- Keep stirring continuously the sabji after adding curd till it starts to boil else, it may curdle.

[Watch the video recipe](#)

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



# Winter Special Thali Episode – 2

## Directions

- **FOR PREPARING MOTI ROTI :**

- Take whole wheat flour in a bowl. Add semolina, salt, carom seeds rubbing between your palms, and 3 tsp of ghee. Mix well.
- The moyan should be checked by binding the flour. If it binds, the moyan is perfect; else, more melted ghee should be added.
- Add water gradually to knead the medium consistency dough. Let it rest for 10 minutes.
- Then knead it well. Take a small ball sized dough. Roll out thick roti from it.
- 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.
- Then press the spoon to make the small-sized indentations on roti, so ghee will be soaked inside. 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.

- **FOR PREPARING MIRCHI KE TIPORE :**

- Heat oil in a pan. Add mustard seeds, turmeric powder, and green chilli. Mix well.
- Add red chilli powder, coriander powder, and salt. Mix well. Add a little water and mix well.
- Cover the pan with a lid and cook it for 2 to 3 minutes on low to medium flame.
- Once done, turn off the flame. Take it out to a serving bowl.

- **FOR PREPARING DAHI WALE ALOO :**

- Heat oil in a pan. Add cumin seeds, asafoetida, turmeric powder, and boiled potato. Mix well.
- Then add salt, red chilli powder, and coriander powder. Mix well.
- Now add curd and keep stirring continuously till it starts to boil else, curd may curdle.
- Once done, garnish it with coriander leaves. Take it out in a serving bowl.

- **FOR PREPARING PUDINA RAITA :**

- Take curd in a bowl. Add mint powder and mix well.
- 'Winter Special Thali Episode - 2' is ready to be served.





Zayka  
Ka  
Tadka

***ENJOY!***

FOR QUERIES AND SUGGESTIONS PLEASE SEND  
US AN EMAIL TO  
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