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# Zayka Ka Tadka

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Unedited  
live recipes



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Issue : 44

Live from the kitchens of moms of india



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Ka  
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# THE SUPER CHEF MOMS OF INDIA



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# Hariyali Beans

*a green-colored, healthy side dish*



**By Vijay Haldiya, Founder, Zayka Ka Tadka**

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

## Ingredients

- French Beans - 250 gms. Bias cut
- Water - As required
- Oil - 1 tbsp
- Asafoetida / Hing - A pinch
- Cumin Seeds / Jeera - 1/2 tsp
- Onion / Pyaz - 2 Chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Ginger / Adrak - 1/2 Inch chopped
- Green Chilli / Hari Mirchi - 1
- Garlic / Lahsun - 4 to 5 Cloves
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Roasted Cumin Seeds Powder / Jeera Powder - 1 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Homemade Malai - 1 tbsp

## Directions

- Boil beans in water for 8 to 10 minutes on medium flame. Then strain it and take it out in a bowl. Keep it aside.
- Take onion, coriander leaves, ginger, green chilli, garlic, and little water in a grinding jar. Grind it for a few seconds to prepare its puree.
- Heat oil in a pan. Add asafoetida, cumin seeds, and prepared puree. Mix well.
- Then add salt, turmeric powder, red chilli powder, roasted cumin seeds powder, and coriander powder. Mix well.
- Saute it for 1 to 2 minutes on medium flame till oil separates. Stir it occasionally.
- Then add dry fenugreek leaves by rubbing between your palms, boiled beans, and homemade malai. Mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Hariyali Beans' is ready to be served.

## Tips

- You can chop beans as per your choice.
- You can add curd, milk, or fresh cream instead of homemade malai.

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# Aloo Cut

*a quick evening appetizer*



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

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## Ingredients

- Baby Potato / Aloo - 7 to 8 Boiled and horizontally sliced
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Black Salt / Kala Namak - As per taste
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1 tsp
- Black Pepper Powder / Kali Mirch - 1/2 tsp
- Green Chutney / Hari Mirchi - As required
- Ginger / Adrak - 1/2 Inch julienne
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Tamarind Chutney / Imli Ki Chutney - As required
- Curd / Dahi - As required whisked
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Onion / Pyaz - 1 tbsp Finely chopped
- Pomegranate / Anar Dane - For garnishing

## Directions

- Take potato slices on a serving plate. Add salt, red chilli powder, black salt, roasted cumin seeds powder, black pepper powder, green chutney, ginger, green chilli, tamarind chutney, curd, coriander leaves, and onion. Mix well.
- Garnish it with coriander leaves and pomegranate seeds.
- 'Aloo Cut' is ready to be served.

## Tips

- It is recommended to use baby potatoes to prepare this dish.
- Lemon juice can be added instead of tamarind chutney.

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# Cucumber Chutney

*a healthy and tasty side dish*



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

**From Andhra Pradesh**

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

## Ingredients

- Yellow Cucumber / Malabar Cucumber / Kheera - 1/2 Chopped
- Dry Red Chilli / Sukhi Lal Mirch - 2
- Green Chilli / Hari Mirchi - 2
- Coriander Leaves - A handful
- Tamarind Pulp / Imlī Ka Pulp - 1 tsp
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Sesame Oil / Til ka Tel - 1/2 tbsp
- Asafoetida / Hing - 1/4 tsp

## Directions

- Peel yellow cucumber and remove its seeds. Then finely chop it.
- Now take dry red chilli, green chilli, coriander leaves, tamarind pulp, salt, and turmeric powder in a grinding jar. Coarsely grind it on pulse mode for 1 to 2 times.
- Now add yellow cucumber and again coarsely grind it on pulse mode for 1 to 2 times.
- Once done, take it out in a serving bowl.
- Heat sesame oil in a tadka pan. Add asafoetida. Turn off the flame and pour it on the prepared chutney.
- 'Cucumber Chutney' is ready to be served with rice.

## Tips

- You can adjust the spiciness as per taste.
- Any type of oil can be used instead of sesame oil.
- **FOR PREPARING CUCUMBER CHUTNEY USING A KHEERA (GREEN CUCUMBER) :**
- Add salt to the chopped green cucumber and keep it aside for 5 minutes.
- Then squeeze out its water using your hands and add it to the grinding jar.

# Adai Dosa

*a popular South Indian Dish*



**By Kala Sridhar, A Lovely Mom, From Tamil Nadu**

**SERVINGS: 3**

**PREPARATION TIME: 185 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- Rice / Chawal - 1 Cup
- Boiled Rice / Idli Rice - 1 Cup
- Pigeon peas/ Arhar/ Toor dal - 1/2 Cup
- Bengal gram/ Chana dal - 1/2 Cup
- Mix Dal (Moong dal, Masoor dal, and 1 tbsp Urad Dal) - 1/2 Cup
- Grated Coconut / Fresh Nariyal - 1/2 Cup
- Green Chilli / Hari Mirchi - 2
- Dry Red Chilli / Sukhi Lal Mirch - 2
- Ginger / Adrak - 1 Inch peeled
- Curry Leaves / Curry Patta - A handful
- Coriander Leaves / Hara Dhaniya - A handful
- Drumstick Leaves / Moringa Leaves - A handful
- Salt - As per taste
- Water - As required
- Clarified Butter / Ghee - As required
- Coconut Oil / Nariyal Ka Tel - As required
- Groundnut Oil / Mungfali Ka Tel - 1 tsp

## Directions

- Wash and soak both rice and lentils separately in the water for maximum 3 hours. Then strain them and transfer to a grinding jar.
- Add grated coconut, green chilli, dry red chilli, ginger, and little water. Coarsely grind it on pulse mode for a few seconds to prepare its batter.
- Take it out in a mixing bowl. Add little water to adjust the consistency and prepare medium thick consistency batter.
- Then add curry leaves by roughly breaking them with your hands, coriander leaves, drumstick leaves, and salt. Mix well.
- Take 1 tsp of ghee and groundnut oil in a bowl. Mix well. Keep it aside.
- Meanwhile, heat the tawa on a medium flame. Grease it with the prepared ghee and ground nut oil mixture.
- Now pour the batter on tawa and spread it to make thick adai. Make 5 small holes on it using a spatula. Pour some drops of ghee and ground nut oil mixture around it and in the holes.
- Cook it on a medium flame for 2 to 3 minutes. Then add coconut oil on it and flip it. Cook it from another side.
- Once done, take it out to a serving plate.
- 'Adai Dosa' is ready to be served with avial, jaggery powder, and gunpowder.

## Tips

- The ratio of boiled rice to regular rice should be 1:1.
- The ratio of all dals to boiled rice & regular rice should be 3:2.
- The rice and dals should be soaked for a maximum of 3 hours.
- Spiciness can be adjusted as per taste.
- The consistency of the batter should be medium thick.
- Add more drumstick leaves to make flavorful adai.
- If you want, you can add onion also to the batter.
- To make the crispy and crunchy adai, make 5 holes on the adai.

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# Peri-Peri Paneer Rice

*a healthy one-pot meal*



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

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Clarified Butter / Ghee - 2 tbsp
- Onion / Pyaz - 1 Finely chopped
- Capsicum / Shimla mirch - 1/2 Finely chopped
- Sweet corn - 1/2 Cup
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Salt - As per taste
- Peri-Peri Masala - 1 tsp
- Red Chilli Flakes - 1 tsp
- Water - As required
- Cottage Cheese / Paneer - 1 Cup Diced
- Cooked rice / Chawal - 2 Cups
- Coriander Leaves / Hara Dhaniya - A handful

## Directions

- Heat ghee in a pan. Add onion and mix well. Saute it for 1 minute on medium flame. Keep stirring occasionally.
- Then add capsicum and saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Further, add sweet corn and mix well. Add turmeric powder, salt, peri-peri masala, and red chilli flakes. Mix well.
- Then add a few drops of water and mix well. Add paneer and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Now keep the flame low and add cooked rice and coriander leaves. Mix well.
- Cover the pan with a lid. Cook it on a low flame for 1 to 2 minutes. Keep stirring occasionally.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Peri-Peri Paneer Rice' is ready to be served.

## Tips

- You can use butter instead of ghee.
- You can saute the veggies on high flame by stirring them continuously.
- You can keep the veggies crunchy or cook the veggies as per your choice.
- If you want, you can add pav bhaji masala instead of peri-peri masala.



# Methi Mungfali Ka Saag

*a healthy and tasty side dish*



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

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Oil - 2 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Garlic / Lahsun - 3 to 4 Cloves
- Ginger / Adrakh - 1 Inch chopped
- Green chili / Hari mirchi - 1 Chopped
- Mustard Leaves / Sarso Leaves - 1 Cup chopped
- Bathua Leaves - 1/2 Cup chopped
- Fenugreek Leaves / Methi - 1/2 Cup
- Roasted peanuts powder / Mungfali ka powder - 1/2 Cup
- Turmeric powder / Haldi powder - 1/2 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhania Powder - 1 tsp
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon

## Directions

- Take garlic, ginger, and green chilli in a mortar pestle. Crush it.
- Heat oil in a pan. Add cumin seeds, asafoetida, and crushed ginger-green chilli-garlic. Saute it for a few seconds on a medium flame.
- Add sarso leaves, bathua leaves, and fenugreek leaves. Mix well. Saute it for 1 to 2 minutes on a medium flame. Keep stirring occasionally.
- Add roasted peanuts powder, turmeric powder, and salt. Mix well. Saute it for 1 to 2 minutes on a medium flame. Keep stirring occasionally.
- Add red chilli powder and coriander powder. Mix well. Then add lemon juice and mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Methi Mungfali Ka Saag' is ready to be served.

## Tips

- Any green leafy vegetables can be added to the sabji.
- If you want, you can add boiled potato to the sabji as well.

# Onion Masala Paratha

*a crispy and flavorful dish*



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

SERVINGS: 2

PREPARATION TIME: 15 MIN

COOKING TIME: 5 MIN

## Ingredients

- Whole wheat flour / Gehu ka aata - 1 Cup
- Gram flour / Besan - 1 tsp
- Onion / Pyaz - 1 Finely chopped
- Coriander leaves / Hara dhaniya - A handful
- Spring onion / Hara pyaz - 1/2 Cup finely chopped (optional)
- Pomegranate powder / Anardana powder - 1 tsp
- Green chilli / Hari mirchi - 2 Finely chopped
- Salt - As per taste
- Cumin seeds / Jeera - 1/2 tsp
- Sesame seeds / Til - 1 tsp
- Clarified butter / Ghee - As required
- Water - As required

## Tips

- Water should be added carefully to prepare the dough.
- To save the time, you can roast multiple dough balls.

## Directions

- Take whole wheat flour in a mixing bowl. Add besan, onion, coriander leaves, spring onion, pomegranate powder, green chilli, salt, cumin seeds, sesame seeds, and 1 tsp of ghee. Mix well.
- Then add water gradually to prepare medium soft consistency dough. Keep it aside and let it rest for 10 minutes.
- Make a round shaped big circular peda from the dough.
- Meanwhile, heat a tawa. Grease it with ghee. Add the prepared dough ball and roast it for 30 to 40 seconds on low flame.
- Flip it once it is slightly brown. Roast it from the other side as well for 30 to 40 seconds on low flame.
- Once done, dust it with flour and roll a peda with light hands to make a paratha.
- Now make horizontal and vertical slits like a cross on each one so that the base stays attached.
- Meanwhile, heat a tawa. Place the prepared paratha on the tawa. Keep plain paratha side to the tawa. Cook it from one side.
- Flip it once it is slightly brown. Apply ghee 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.
- 'Onion Masala Paratha' is ready to be served with curd.

# Garlic Cheese Bread

*a quick and easy evening snack option*



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

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Butter - 2 tbsp + For greasing
- Garlic / Lahsun - 6 to 8 Cloves finely chopped
- Mixed herbs - 1 tsp + As required
- Red chilli flakes - 1 tsp + As required
- Coriander leaves / Hara dhaniya - A handful
- Mozzarella cheese - 1 Cup grated + As required
- Fresh cream / Homemade malai - 1 tbsp
- Bread - 3 slices

## Tips

- Add salt, if using unsalted butter.

## Directions

- Take butter in a bowl. Add garlic, 1 tsp of mixed herbs, 1 tsp of red chilli flakes, and coriander leaves. Mix well.
- Take mozzarella cheese in a bowl. Add homemade malai and mix well.
- Take a bread slice and spread the prepared butter mixture.
- Now spread the prepared mozzarella mixture on it. Likewise, prepare another bread slices.
- Meanwhile, heat a tawa. Grease it with butter. Place the prepared garlic bread on the tawa.
- Add mozzarella cheese on it. Cover the tawa with a lid and toast it on low flame till the cheese melts.
- Once done, sprinkle mixed herbs and red chilli flakes on it. Take it out to a serving plate.
- 'Garlic Cheese Bread' is ready to be served.

# Sabudana Veggies Chilla

*a protein-rich special dish*



**By Kirti Agarwal and Manju Agarwal**

**From Rajasthan**

SERVINGS: 2

PREPARATION TIME: 8 MIN

COOKING TIME: 15 MIN

## Ingredients

- Peanuts / Mungfali - 1/2 Cup
- Sago Pearl / Sabudana - 1/2 Cup
- Whole wheat flour / Gehu ka aata - 1/2 Cup
- Water - As required
- Carrot / Gajar - 1/2 Cup grated
- Tomato / Tamatar - 2 Grated
- Cabbage / Patta gobhi - 1/4 Cup grated
- Capsicum - 1/2 Cup finely chopped
- Coriander leaves / Hara dhaniya - A handful
- Mint leaves / Pudina - 1 Tsp finely chopped
- Green chilli / Hari mirch - 2 to 3 Finely chopped
- Boiled potato / Aloo - 1 Peeled and mashed
- Chaat masala - 1 Tsp
- Red chilli flakes - 1/2 Tsp
- Salt - As per taste
- Clarified butter / Ghee - As required

## Directions

- Take peanuts and sabudana in a pan. Dry roast it for 5 to 7 minutes on medium flame. Let it cool down.
- Now take it out to a grinding jar. Grind it for a few seconds to prepare a coarsely ground mixture.
- Take it out in a bowl. Add whole wheat flour. Then add water gradually to prepare a medium thick consistency batter.
- Now add carrot, tomato, cabbage, capsicum, coriander leaves, mint leaves, green chilli, boiled potato, chaat masala, red chilli flakes, and salt. Mix well.
- Meanwhile, heat a tawa. Grease it with ghee. Pour the batter on the tawa and spread it like a pancake. Cook it for 3 to 4 minutes on a low flame till it becomes nice golden brown.
- Flip it to cook the other side as well. Pour some drops of ghee. Once it is cooked from both sides, transfer it to a serving plate.
- 'Sabudana Veggies Chilla' is ready to be served.

## Tips

- You can store the ground mixture of sabudana to make the chilla instantly.
- If you want to make this chilla for vrat, you can add singhare ka aata, kuttu ka aata, or rajgira ka aata instead of whole wheat flour.
- Boiled potatoes can be skipped.
- You can add vegetables as per choice and availability.
- If you want to make this chilla for vrat, add vegetables as per it.
- if you want, you can add turmeric powder to the batter.

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# Leftover Rice Muthiya

*a quick meal option*



**By Madhu Garg, A Lovely Mom, From Muzaffarnagar**

**SERVINGS: 1**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 10 - 15 MIN**

## Ingredients

- Leftover Cooked Rice / Pake Huye Chawal - 1 Cup
- Gram Flour / Besan - 1 Cup
- Carrot / Gajar - 1 Cup grated
- Bottle Gourd / Lauki - 1 Cup grated
- Ginger / Adrak - 1 Inch chopped
- Green Chilli / Hari Mirchi - 2 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Clarified Butter / Ghee - For greasing
- FOR PREPARING TADKA :
  - Clarified Butter / Ghee - 2 tsp
  - Mustard Seeds / Rai - 1/2 tsp
  - Carom Seeds / Ajwain - 1/4 tsp
  - Sesame Seeds / Til - 2 tsp
  - Curry Leaves / Curry Patta - A few
  - Salt - As per taste
  - Red Chilli Powder / Lal Mirch Powder - 1/4 tsp
  - All Spice Mix Powder / Garam Masala - 1/4 tsp

## Directions

- Take leftover cooked rice in a mixing bowl. Add besan, carrot, bottle gourd, ginger, green chilli, coriander leaves, all spice mix powder, salt, and red chilli powder. Mix well.
- Now make small, cylindrical shaped muthiyas from the prepared mixture. Grease the bowl with ghee and arrange all prepared muthiya to it.
- Meanwhile, heat water in a pressure cooker. Place 3 bowls upside down in it.
- Once the water starts boiling, put the muthiyas in the pressure cooker. Cover it with a lid. Remove the whistle from the pressure cooker's lid.
- Steam the muthiya on a medium flame for 10 to 12 minutes.
- After 10 minutes, check the muthiya by inserting a knife. If it comes out clean then the muthiya is ready. Else steam it for 2 to 3 minutes more.
- Once done, take it out. and let it cool down. Then cut it into small pieces.
- FOR PREPARING TADKA :
  - Heat ghee in a pan. Add mustard seeds, carom seeds, sesame seeds, and curry leaves. Saute it for a few seconds.
  - Now add the prepared muthiya and mix well. Add a little salt, red chilli powder, and all spice mix powder. Mix well.
  - Once done, take it out on a serving plate.
  - 'Leftover Rice Muthiya' is ready to be served with green chutney.

## Tips

- You can add vegetables as per choice and availability.
- The muthiya should be put in the steamer for steaming only after the water boils.
- check the muthiya by inserting a knife. If it comes out clean then the muthiya is ready. Else steam it for 2 to 3 minutes more.

# Bhindi Kadhi

*a spicy and sour side dish*



**By Kumud Sharma,**

**A Lovely Mom,**

**From Chhattisgarh**

SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

- Lady finger / Bhindi - 1 Cup chopped
- Oil - 1 tbsp
- Dry Fenugreek Seeds / Methi Dana - 1/4 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirchi - 2 Chopped
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Tomato / Tamatar - 1 Grated
- Curd / Dahi - 3 tbsp whisked
- Gram Flour / Besan - 1 tbsp
- Water - As required
- Coriander Leaves / Hara Dhaniya - For garnishing

## Directions

- Heat oil in a pan. Add dry fenugreek seeds, mustard seeds, curry leaves, and green chilli. Mix well and saute it for a few seconds on medium flame.
- Now add the lady finger and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally in between.
- Add salt and turmeric powder. Mix well. Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame. Keep stirring occasionally in between.
- Then add tomato and mix well. Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame. Keep stirring occasionally in between.
- Take curd in a bowl. Add besan and a little water. Mix well to prepare lumps-free mixture.
- Now keep the flame low and add it to the pan and mix well.
- Keep stirring continuously after adding curd till it starts to boil otherwise, curd will curdle.
- Boil it for 5 to 6 minutes on low flame. Once done, turn off the flame and garnish it with coriander leaves. Take it out in a serving bowl.
- 'Bhindi Kadhi' is ready to be served.

## Tips

- Besan should be added to the curd, otherwise, curd will curdle.
- Keep the flame low before adding curd, otherwise, it will curdle.
- The pan should not be covered with a lid after adding curd to it.
- You can add baingan, pumpkin, arbi, or mooli also instead of bhindi.

[Watch the video recipe](#)

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# Homemade Garam Masala

*a fragrant and flavored spice blend*



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

SERVINGS: NA

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 3 - 4 MIN

## Ingredients

- Dhaniya / Coriander Seeds - 1 Cup
- Jeera / Cumin seeds - 1/2 Cup
- Kali Mirch / Black Peppercorns - 1/4 Cup
- Kalonji / Onion Seeds - 2 tsp
- Saunf / Fennel Seeds - 1/4 Cup
- Khas-Khas / Poppy seeds - 1/4 Cup
- Dal Chini / Cinnamon - 2 to 3 sticks
- Badi Elaichi / Black Cardamom - 3 to 4
- Tej Patta / Bay Leaf - 2
- Choti Elaichi / Green cardamom - 8 to 10
- Laung / Cloves - 8 to 10
- Jaiphal / Nutmeg - 1
- Sukhi Lal Mirch / Dry Red Chilli - 4 to 5

## Directions

- Heat a pan on a low flame.
- Put coriander seeds, cumin seeds, black peppercorns, fennel seeds, cloves, cinnamon sticks, black cardamom, poppy seeds, onion seeds, green cardamom, bay leaves, nutmeg and dry red chillies.
- Dry roast the spices on a low flame until they turn aromatic or for 2 to 3 minutes. Then switch off the flame and roast a little.
- Then, let the spices cool a little then grind to make powder. Transfer to a bowl.
- 'Homemade Garam Masala' is ready to use.

## Tips

- You can store this masala in the zip lock pouch for six months.
- You can adjust quantity of dry red chillies as per your choice in masala.

# Papad Katori Chaat

*an instant evening snack*



**By Vijay Haldiya, Founder, Zayka Ka Tadka**

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

## Ingredients

- Papad - 1
- Parboiled Sweet Corn - 1 tbsp
- Tricolor Bell Peppers / Shimla Mirch - 1/2 Cup finely chopped
- Tomato / Tamatar - 1/2 Finely chopped
- Onion / Pyaz - 1/2 Finely chopped
- Cucumber / Kheera - 1 tbsp Finely chopped
- Roasted Peanuts / Mungfali - 1 tbsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Black Salt / Kala Namak - 1/4 tsp
- Salt - As per taste
- Roasted Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon
- Pomegranate Seeds / Anar Ke Dane - 1 tbsp + For garnishing
- Namkeen Mixture / Bhujia - For garnishing
- Sweet Chutney / Meethi Chutney - As required (optional)
- Nylon Sev / Zero Number Sev - For garnishing

## Directions

- Take sweet corn, tricolor bell peppers, tomato, onion, cucumber, peanuts, black pepper powder, chaat masala, black salt, salt, roasted cumin seeds powder, red chilli powder, coriander leaves, lemon juice, and pomegranate in a mixing bowl. Mix well.
- Now roast the papad and instantly put it on a big bowl. Press it using a small bowl to make a katori shape. Hold it for a few seconds.
- Once it holds the katori shape, take it out on a serving plate. Add the prepared vegetable mixture into it.
- Garnish it with namkeen mixture, pomegranate, sweet chutney, nylon sev, and coriander leaves.
- 'Papad Katori Chaat' is ready to be served.

## Tips

- You can use any papad as per your choice to prepare this chaat.
- The katori shape should be made from hot roasted papad instantly.
- You can add ingredients as per choice and availability.
- If you want, you can add green chilli instead of red chilli powder.
- [Sweet chutney](#) should be added in less quantity otherwise, papad will become soggy.
- [Tomato ketchup](#) can be added instead of sweet chutney.
- You can add [green chutney](#) also.



# Mix Vegetable Paratha

*a delicious dish*



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

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## Ingredients

- Whole wheat flour / Gehu ka aata - 1 Cup
- Gram flour / Besan - 1/3 Cup
- Cabbage / Patta gobhi - 1/2 Cup grated
- Carrot / Gajar - 1 Grated
- Coriander leaves / Hara dhaniya - A handful
- Green chili / Hari mirchi - 1 Finely chopped
- All spice mix powder / Garam masala - 1/2 tsp
- Carom Seeds / Ajwain - 1/4 tsp
- Chaat masala - 1/2 tsp
- Cumin seeds powder / Jeera powder - 1 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Salt - As per taste
- Sesame seeds / Til - 1 tsp
- Oil - 1 tbsp
- Water - As required
- Clarified butter / Ghee - As required for roasting

## Directions

- Take whole wheat flour and gram flour in a bowl. Add cabbage, carrot, coriander leaves, green chilli, all spice mix powder, carom seeds by rubbing between your palms, chaat masala, cumin seeds powder, red chilli powder, turmeric powder, salt, sesame seeds, and oil. Mix well.
- Add water gradually to prepare a medium hard-consistency dough.
- Take a small ball sized dough and make a round shaped big circular peda. Dust it with flour and roll a peda to make a paratha.
- Meanwhile, heat a tawa. Place the paratha on it and cook it on one side. Apply ghee to it. Flip it, once it is slightly brown.
- Apply ghee on both sides and cook on a low flame. Press the paratha while cooking to make it crispy. Once done, transfer it to a serving plate.
- 'Mix Vegetable Paratha' is ready to be served with chilli pickle.

## Tips

- The ratio of gram flour to whole wheat flour should be 1:3.
- If you want, you can add grated paneer to the dough.
- Vegetables can be added as per choice and availability.
- The dough should be medium hard consistency.

# Vrat Wali Aloo Ki Chaat

*a quick fasting meal option*



**By Shveta Sheth ,**

**A Lovely Mom,**

**From Mumbai**

**SERVINGS: 1**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 0 MIN**

## Ingredients

- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Rock Salt / Sendha Namak - As per taste
- Green Chilli / Hari Mirch - 1 Chopped + 1 Finely chopped
- Peanuts / Mungfali - 1 tbsp
- Curd / dahi - 2 tsp + Whisked as required
- Boiled Potato / Uble Huye Aloo - 2 Peeled and chopped
- Roasted Peanuts / Mungfali - As required
- Pomegranate / Anar - For garnishing (Optional)

## Directions

- Take coriander leaves, rock salt, green chilli, peanuts, and 2 tsp of curd in a grinding jar. Grind it for a few seconds to prepare its chutney. Take it out in a bowl. Keep it aside.
- Take boiled potato in a serving plate. Sprinkle rock salt on it. Then add whisked curd on it.
- Now add finely chopped green chilli, roasted peanuts, and the prepared green chutney.
- Garnish it with pomegranate and coriander leaves.
- 'Vrat Wali Aloo Ki Chaat' is ready to be served.

## Tips

- If needed you can add water while grinding the green chutney.

# Kheera Pakora

*a special fritters*



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

**SERVINGS: 2**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- Gram flour / Besan - 1/2 cup
- Rice flour / Chawal ka aata - 2 tsp
- Ginger / Adarak - 1 Inch finely chopped
- Green chilli / Hari mirch - 1 to 2 Finely chopped
- Coriander leaves / Hara dhaniya - A handful
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Carom seeds / Ajwain - 1/2 tsp
- Cucumber / Kheera - 2 Peeled and chopped
- Potato / Aloo - 2 Peeled and chopped
- Water - As required
- Oil - For frying

## Directions

- Take gram flour in a bowl. Add rice flour, ginger, green chilli, coriander leaves, salt, turmeric powder, coriander powder, red chilli powder, and carom seeds by rubbing between your palms. Mix well.
- Then add cucumber and potato. Mix well. Add water gradually and prepare a thick consistency batter.
- Meanwhile, heat oil in a deep frying pan over medium flame. When the oil is medium hot, take a small ball sized pakoda batter and place it gently into the hot oil.
- When the top surface turns light golden brown, flip them using a slotted spoon.
- Deep fry them on medium to high flame until crispy and light golden brown from both sides. Once done take them out to a serving plate using a slotted spoon.
- 'Kheera Pakora' is ready to be served with a hot cup of tea.

## Tips

- The pakoda batter should be of thick consistency.

# Jhunka

*a traditional Maharashtrian dish*



**By Usha Thakre, A Lovely Mom, From Nasik**

**SERVINGS: 6**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 7 MIN**

## Ingredients

- Oil - 1 tbsp
- Garlic / Lahsun - 3 to 4 cloves finely chopped
- Cumin Seeds / Jeera - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Onion / Pyaz - 1 Finely chopped
- Asafoetida / Hing - A pinch
- Green Chilli-Cumin Seeds-Garlic Paste / Hari Mirchi-Jeera-Lahsun Ka Paste - 1 tbsp
- Gram Flour / Besan - 1 Cup
- Water - As required
- Salt - As per taste
- Cumin Seeds Powder / Jeera Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp

## Tips

- Add asafoetida after adding the onion, to get a nice flavor of asafoetida in jhunka.
- Green chilli gives a nice flavor to the jhunka instead of red chilli powder.
- You can adjust the consistency of jhunka as per your choice.

## Directions

- Take salt, cumin seeds powder, turmeric powder, and besan in a bowl. Mix well. Add water gradually to prepare lumps-free mixture. Keep it aside.
- Heat oil in a pan. Add garlic and saute it for a few seconds till it becomes a nice golden brown.
- Then add cumin seeds, mustard seeds, and onion. Mix well. Then add asafoetida and mix well.
- Now add green chilli-cumin seeds-lahsun paste and mix well.
- Saute it for 1 to 2 minutes on medium flame till the onion becomes a nice golden brown. Stir it occasionally.
- Further, add 2 to 3 cups of water and mix well. Bring it to a boil. Stir it occasionally.
- Add coriander leaves and mix well. Now keep stirring continuously and add the prepared besan mixture.
- Add a little water and mix well. Keep stirring continuously for 1 to 2 minutes till it becomes thick.
- Once done, garnish it with coriander leaves. Cover the pan with a lid for 2 minutes on low flame. Then turn off the flame and take it out in a serving bowl.
- 'Jhunka' is ready to be served with til wali bajre ki bhakhri, thecha, pickle, and papad.

# Pahadi Aloo Ka Achar

*a famous side dish of Jammu*



**By Madhu Jamwal,**

**A Lovely Mom,**

**From Jammu**

**SERVINGS: 6**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- Potato / Pahari Aloo - 2 Boiled
- Sesame seeds / Til - 5 tsp
- Dry coriander seeds / Sabut dhaniya - 3 tsp
- Mustard Oil / Sarso Ka Tel - 1/4 Cup
- Ginger / Adrak - 2 Inch julienne
- Green chilli / Hari mirchi - 5 to 6 Slit
- Asafoetida / Hing - A pinch
- Turmeric powder / Haldi powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Lemon juice / Nimbu ka ras - Of 2 to 3 lemon

## Directions

- Take sesame seeds and dry coriander seeds in a pan. Roast it for 2 to 3 minutes on low flame till the nice aroma begins to rise.
- Once roasted well, turn off the flame and let it cool down completely. Then transfer it to a grinding jar and grind it for a few seconds to prepare its powder.
- Peel the potato and cut into 4 pieces. Take them out in a mixing bowl.
- Add ginger, green chilli, prepared sesame seeds-dry coriander powder, and salt.
- Slightly heat mustard oil in a pan. Turn off the flame. Add asafoetida, turmeric powder, and red chilli powder. Mix well.
- Add the prepared oil to the potato mixture. Then add lemon juice and mix well.
- Store this pickle in the airtight jar in the refrigerator for 5 days.
- 'Pahadi Aloo Ka Achar' is ready to be served.

## Tips

- You can prepare pyaz ka achar and mooli ka achar also with the same method.
- Oil can be added as per choice.
- Store this pickle in the airtight jar in the refrigerator for 5 days.

[Watch the video recipe](#)

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

# Sabudana Idli

*a delicious idli variety*



**By Swetha Praveen, A Lovely Mom, From Chennai**

**SERVINGS: 1 - 2**

**PREPARATION TIME: 480 MIN**

**COOKING TIME: 10 - 12 MIN**

## Ingredients

- Nylon Sabudana - 1 cup
- Roasted Semolina / Rava - 1/2 cup
- Curd / Dahi - 2 cup whisked and chilled
- Oil / Tel - as required
- Milk / Doodh - as required
- Coriander Leaves / Dhaniya Patta - a handful finely chopped
- Dry nuts - as required

## Tips

- You can use powdered sabudana for idli by skipping rava, if you are preparing it for fasting.
- The ratio of sabudana to roasted rava should be 2:1.

## Directions

- Wash the sabudana with water for 2 to 3 times. Soak sabudana in curd for 6 to 8 hours.
- Now, add roasted rava and dry nuts in it. Add a little milk to prepare a medium thick consistency batter. Mix well. Let it rest for 45 minutes.
- Then, add coriander leaves and mix well. Heat water in an idli steamer. Grease the idli mold with oil. Mix well. Pour the batter to the prepared idli mold.
- Place the mold in the idli steamer. Cook it on a medium to high flame for 10 to 12 minutes.
- Then, take out it. Let it cool down. Then remove it from the mold to a serving plate.
- 'Sabudana Idli' is ready to be served.

# Raw Tomato Chutney

*a delicacy with a unique taste*



By Archana Chakravarthy, A Lovely Mom, From Karnataka

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Hara Kachha Tamatar/ Green Raw Tomato - 5 to 6 no
- Tel/ Oil - 2 to 3 tablespoon
- Jeera/ Cumin seeds - 1 teaspoon
- Sarso/ Mustard seeds - 1 teaspoon
- Hing powder/ Asafoetida powder - 1 pinch
- Haldi powder/ Turmeric powder - 1/2 teaspoon
- Hari Mirchi/ Green Chillies - 2 to 3 no
- Dhania powder/ Coriander powder - 1 and 1/2 teaspoon
- Til powder/ Sesame seeds powder - 1 tablespoon
- Gud/ Jaggery - as per taste (optional)
- Dana Methi powder/ Fenugreek seeds powder - 1 pinch (optional)
- Sukhi Laal Mirchi/ Dry Red Chilli - 2 no
- Curry Patta/ Curry leaves - 5 to 6 no
- Namak/ Salt - as per taste

## Directions

- Heat 1 tablespoon oil in a pan, put 1 teaspoon cumin seeds, 1 pinch of turmeric powder, and then hing powder. Put green chillies and mix well together.
- Put evenly cut pieces of green raw tomatoes, mix well and cook on a medium flame for 3 to 4 minutes. Do not add salt at this step.
- Add salt to taste and spices in the order of coriander powder, sesame seed powder, jaggery, and dana methi/ fenugreek seed powder.
- Mix all the ingredients evenly, and after the mix cools down, grind it to a smooth paste.
- For tempering, heat 2 tablespoon oil, add mustard seeds, 1 pinch of turmeric powder, hing powder, dry red chilli, and curry leaves. Pour the tempering over the chutney.
- Delicious 'Raw Tomato Chutney' is ready to be served. Serve the chutney with your favourite dish.

## Tips

- To balance the sourness of the raw tomatoes add more green chillies.
- Cook the raw tomatoes for some time without adding the salt as it oozes out water.
- The green raw tomatoes are rich in vitamin C.
- Roast the sesame seeds lightly, till the aroma comes from it. Once it cools down, grind to make powder.
- Roast the methi dana/fenugreek seeds lightly till slight dark in colour and grind to make powder.
- Make this recipe using the green coloured raw tomatoes.

[Watch the video recipe](#)

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

# Rajgira Paratha

*a delicious fast special dish*



**By Neeta Sharma,**

**A Lovely Mom,**

**From Rajasthan**

**SERVINGS: 1**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 3 MIN**

## Ingredients

- Amaranth Flour / Rajgira Ka Atta - 1 Cup + As required
- Black Pepper Powder / Kali Mirch Powder - 1/4 tsp
- Rock Salt / Sendha Namak - As per taste
- Green Chilli / Hari Mirch - 2 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Water - As required
- Oil - As required

## Tips

- You can prepare whole wheat flour paratha also using same ingredients.
- Add the oil all around the paratha to roast it well.
- If you are a beginner, prepare slightly thick paratha.

## Directions

- Take Rajgira flour in a mixing plate. Add black pepper powder, rock salt, green chilli, and coriander leaves. Mix well.
- Add water gradually to prepare a medium-consistency dough.
- Take a small ball sized dough and make a round shaped circular peda. Dust it with the rajgira flour and prepare round shape paratha in a mixing plate using your palm and fingers. Slightly pick it up from the one side and take it out to your palm.
- Meanwhile, heat a tawa. Place the prepared paratha on it and cook it on 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.
- 'Rajgira Paratha' is ready to be served.





***ENJOY!***

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