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UNEDITED
LIVE RECIPES



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वही बनता है !

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LIVE FROM THE KITCHENS OF MOMS
OF INDIA





Zayka
Ka
Tadka



THE SUPER CHEF MOMS OF INDIA





Founder's Words



Namaskar!

**Wishing you a very Happy
and colorful March.**

We are happy and thankful for the love and affection you showed us. Here we come with a new and fresh edition of March Magazine.

As we know March has always been a month of joy and festivities, with one of the most enjoyable festivals, the festival of colors - Holi. Although Holi takes the limelight, the month follows on to host several other important festivals and events like Women's Day, Maha Shivaratri, Good Friday etc.

This brings yet another wonderful and lovely collection of festive 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.

Yours Sincerely

Vijay Haldiya - [Founder of Zayka Ka Tadka]

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FARALI FRENCH FRIES

a crispy and spicy snack

By Manju Saraf

From Gurgaon



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Potato / Aloo - 1 Big sized
- Water - As required
- Buckwheat Flour / Kuttu Ka Aata - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp (optional)
- Rock Salt / Sendha Namak - As per taste
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1/2 tsp
- Clarified Butter / Ghee - As required for frying

DIRECTIONS

- Wash and peel the potato. Then slice the potato into thick sticks shape. Keep into water.
- Now strain it and transfer it to a bowl. Add buckwheat flour, red chilli powder, rock salt, and ginger-green chilli paste. Mix well.
- Add a few drops of water and mix well.
- Meanwhile, heat ghee in a pan for frying on high flame. Place the prepared potato sticks into the hot oil.
- Fry them on a low to medium flame for 3 to 4 minutes until they become crispy and golden brown.
- Once done. Take it out on a serving plate.
- 'Farali French Fries' is ready to be served.

TIPS

- The chopped potato chips should be kept in the water otherwise, it will turn black.
- You can fry french fries in oil instead of ghee.
- Ghee will take a little more time to fry instead of oil.

KURKURI ALOO TIKKI

a nice crispy appetizer

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Boiled Potato / Aloo - 1 Peeled and mashed
- Onion / Pyaz - 1 Finely chopped
- Capsicum / Shimla mirch - 1/2 Finely chopped
- Rice Flour / Chawal Ka Aata - 2 tsp
- Salt - As per taste
- Chaat Masala - 1 tsp
- Ginger / Adrak - 1 Inch finely chopped
- Green Chilli / Hari Mirch - 2 to 3 Finely chopped
- Oil - For frying
- Whole Wheat Flour / Gehu Ka Aata - 1/2 Cup
- Water - 1 Cup
- Coriander Leaves / Hara Dhaniya - A handful
- Red Chilli Flakes - 1/2 tsp
- Sesame Seeds / Til - 1 tsp

DIRECTIONS

- Take boiled potato in a mixing bowl. Add onion, capsicum, rice flour, salt, chaat masala, ginger, and green chilli. Mix well.
- Now grease your palm with oil. Take a small ball-sized portion of the mixture. Press it with your hands and prepare flattened tikki. Likewise, prepare all tikki.
- Take whole wheat flour in a bowl. Add water, salt, coriander leaves, red chilli flakes, and sesame seeds. Mix well to prepare a lumps-free slurry.
- Now coat the prepared tikki with the slurry.
- Meanwhile, heat oil in a pan for frying. Place prepared tikki into the hot oil using a fork. Fry them on medium flame.
- Deep fry them until they become crispy and golden brown from both sides. Then, take them out on a serving plate using a slotted spoon.
- 'Kurkuri Aloo Tikki' is ready to be served with green chutney.

TIPS

- You can use grated boiled potato instead of mashing it.
- Vegetables can be added as per choice and availability.
- The ratio of water to whole wheat flour should be 2:1.
- You can shallow fry the tikki instead of deep frying.

INSTANT MALPUA

a rich in taste dessert

By Madhu Garg

From Muzaffarnagar



SERVINGS: 3

PREPARATION TIME: 65 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Milk - As required
- Clarified Butter / Ghee - For frying
- Sugar - 1 Cup
- Water - 1 Cup
- Rabdi - As required for garnishing
- Almonds Flakes / Badam - For garnishing

TIPS

- The batter should be lumps-free flowing consistency.
- The sugar syrup should be cooled down while the malpua is added to it.
- You can keep the malpua in the sugar syrup, and take it out just before the serving.

DIRECTIONS

- Take sugar and water in a pan. Mix well. Boil it for 2 to 3 minutes on high flame to prepare sugar syrup of one-string consistency. Keep it aside and let it cool down.
- Take whole wheat flour in a bowl. Add milk gradually and mix well to prepare a lumps-free flowing consistency batter. Keep it aside and let it rest for 60 minutes.
- Meanwhile, heat ghee in a pan for frying. Add the prepared batter using a spoon to prepare small sized malpua.
- Deep fry it on low flame until it becomes crispy and golden brown from both sides.
- Once done, take it out and add it in sugar syrup.
- **SERVING SUGGESTIONS :**
- Take out malpua from the sugar syrup and arrange them to a serving plate. Garnish it with rabdi and almond.
- 'Instant Malpua' is ready to be served.

PUDINA RICE

a nice flavorful one pot meal

By Richa Arjun

From Andhra Pradesh



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Coconut Oil / Nariyal Ka Tel - 1 tsp
- Sesame Oil / Til Ka Tel - 1 tsp
- Peanut Oil / Mungfali Ka Tel - 1 tsp
- Cashew / Kaju - 1/4 Cup
- Raisins / Kishmish - 2 tsp
- Mint Leaves / Pudina - A handful
- Green Chilli / Hari Mirchi - 5 to 6 Chopped
- Ginger / Adrak - 1 Inch chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Bengal Gram / Chana Dal - 1/4 tsp
- Black Gram / Urad Dal - 1/4 tsp
- Dry Fenugreek Seeds / Dana Methi - 1/4 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Black Peppercorns / Kali Mirch - 6 to 7
- Fried Peanuts / Mungfali - 1/4 Cup
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Curry Leaves / Curry Patta - A few
- Roasted Cumin Seeds Powder / Jeera Powder - 1/4 tsp
- Asafoetida / Hing - A pinch
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Sugar / Chini - A pinch
- Cooked Rice / Chawal - 2 Cups
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon

DIRECTIONS

- Take mint leaves, green chilli, ginger, coriander leaves, roasted cumin seeds powder, asafoetida, turmeric powder, salt, and sugar in a grinding jar. Grind it for a few seconds to prepare its paste. Keep it aside.
- Heat coconut oil, sesame oil, and peanut oil in a pan. Add cashews and raisins. Roast it for a few seconds on low flame. Once done, take it out in a bowl.
- Then add bengal gram, black gram, dry fenugreek seeds, cumin seeds, black peppercorns, fried peanuts, cashews, raisins, and capsicum. Saute it for a few seconds on medium flame.
- Add curry leaves and mix well. Keep stirring continuously for a few seconds on medium flame. Saute it for 1 to 2 minutes on low flame.
- Now add the ground mint paste and mix well. Then add cooked rice. Mix well.
- Once done, turn off the flame and add lemon juice. Mix well. Take it out to a serving plate.
- 'Pudina Rice' is ready to be served.

TIPS

- If you want, you can use only one type of oil.
- Jaggery can be added instead of sugar.

KESAR PISTA SOOJI BARFI

a quick and healthy dessert

By Shveta Sheth

From Mumbai



SERVINGS: 6

PREPARATION TIME: 70 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Clarified Butter / Ghee - 1 Cup + For greasing
- Semolina / Sooji - 1 Cup ground
- Full Fat Milk - 500 ml. + 1/2 Cup
- Sugar - 3/4 Cup
- Kesar Pista Custard Powder - 2 tbsp
- Milk Powder - 2 tbsp
- Cardamom Powder / Elaichi Powder - 1/2 tsp + For garnishing
- Almond Flakes - For garnishing
- Pistachios Flakes - For garnishing
- Dry Rose Petals - For garnishing

TIPS

- The semolina should be ground on pulse mode.
- You can adjust sweetness as per taste.

DIRECTIONS

- Heat ghee in a pan. Add semolina and mix well. Roast it for 2 to 3 minutes on low flame. Keep stirring occasionally.
- Once done, turn off the flame and keep it aside.
- Take 1/2 Cup milk in a bowl. Add Kesar Pista Custard Powder and mix well to prepare lumps-free mixture. Keep it aside.
- Heat milk in a pan. Add sugar and mix well. Boil it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Now keep stirring continuously and add the prepared custard mixture.
- Keep stirring continuously till the milk turns thick, smooth, and creamy.
- Then add the roasted semolina and keep stirring continuously.
- Now add milk powder gradually and keep stirring continuously for 4 to 5 minutes on medium flame till the mixture turns thick and leaves the pan.
- Once done, turn off the flame. Grease a deep plate with ghee. Transfer the barfi mixture to the plate. Make it's smooth surface using a greased spatula.
- Garnish it with almond flakes, cardamom powder, pista flakes, and dry rose petals. Slightly press it using a spatula.
- Let it set for 60 to 90 minutes then cut it into a square shape and transfer it to a serving plate.
- 'Kesar Pista Sooji Barfi' is ready to be served.

MOCKTAIL SAMOSA

a delicious street food

By Shraddha Thakrar

From Gujarat



SERVINGS: 3

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- **FOR PREPARING STUFFING :**
- Oil - 1 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Onion / Pyaz - 1 Finely chopped
- Carrot / Gajar - 1 Finely chopped
- Boiled Potato / Aloo - 1 Peeled and grate
- Green Peas / Hare Matar - 300 gms. Coarsely ground
- Salt - As per taste
- Green Chilli Paste / Hari Mirchi Paste - 1 tsp
- All Spice Mix powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon
- **FOR PREPARING PATTI :**
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Salt - As per taste
- Oil - As required + For frying
- Water - As required
- **FOR PREPARING SLURRY :**
- Whole Wheat Flour / Gehu Aa Aata - 1 tsp
- Water - 1 to 2 tsp

TIPS

- **FOR PREPARING STUFFING :**
- Frozen green peas can be used to prepare the stuffing.
- **FOR PREPARING PATTI :**
- Adjust both small roti's size by slightly pressing them with your hands.
- Both rotis should be rolled out from the middle.
- The roti should be not more roasted, otherwise, it will not turn while preparing the samosa from it.
- You can prepare multiple layered roti also.
- Cover the all prepared patti with a clean cloth/kitchen towel, so they will stay soft for a long time.
- You can store the prepared patti in the refrigerator by covering them with a clean cloth. Then put it into a container.
- **FOR PREPARING SAMOSA :**
- The samosa should be stuffed with enough stuffing.
- The samosa's corners and edges should be packed well and not open while frying.

DIRECTIONS

- **FOR PREPARING STUFFING :**
- Heat oil in a pan. Add cumin seeds, asafoetida, and onion. Mix well and saute it for a few seconds on medium flame.
- Then add carrot and mix well. saute it for 1 to 2 minutes on medium flame. Now add boiled potato and mix well.
- Add green peas and salt. Mix well. Cover the pan with a lid and saute it for 4 to 5 minutes on medium flame. Keep stirring occasionally in between.
- Then add green chilli paste, all spice mix powder, coriander leaves, and lemon juice. Mix well.
- Once done, turn off the flame and take it out in a bowl and let it cool down completely.
- **FOR PREPARING PATTI :**
- Take wheat flour in a bowl. Add salt and oil. Mix well. Add water gradually to prepare medium consistency dough.
- Take medium soft wheat dough and make 2 round shaped circular peda from the dough. Dust it with flour and roll a peda to make a small roti. Likewise, prepare another small roti.
- Now apply oil and sprinkle whole wheat flour on both roti. Now join both roti from the oil applied side and press it. Adjust the both small roti's size by slightly pressing them with your hands. Dust it with flour and roll it from the middle.
- Meanwhile, heat a tawa. Place the prepared roti on the tawa. Cook it from one side for around 30 seconds.
- Flip it and roast it on a low flame from other side as well for around 30 seconds.
- Once done. Take it out to the plate. Cut it from the middle. Then separate both roti. Likewise prepare all patti. Cover them with clean cloth.
- **FOR PREPARING SLURRY :**
- Take whole wheat flour in a bowl and add water. Mix well to prepare lumps-free slurry. Keep it aside.
- **FOR PREPARING PATTI SAMOSA :**
- Take the prepared patti. Keep the semi circle shape to the upper side. Then fold the left part till the middle of the patti. Apply the prepared slurry on the all borders and fold right part on the left part. Press it well.
- Stuff it with the prepared stuffing. Apply slurry on the both upper parts and fold them. Press it well. Likewise, prepare all samosa.
- Heat oil for frying on medium flame. Now put the samosa carefully in the oil and fry them on a medium flame for 2 to 3 minutes. Flip it using a slotted spoon.
- Deep fry them until becomes golden brown from both sides. Once done. Take them out to a serving plate.
- 'Mocktail Samosa' is ready to be served with green chutney.

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KAJU KATLI PARATHA

a nice flavorful dish

By Neeta Sharma

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MINS

COOKING TIME: 3 MIN

INGREDIENTS

- Leftover Mithai / Kaju Katli - 2 Mashed
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required

TIPS

- Any type of leftover sweet or ladoo can be used to prepare this paratha.
- If the sweet has dry fruits, you can grind it before making the paratha from it.

DIRECTIONS

- 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 to it. Add mashed kaju katli stuffing in the center. Join the edges and seal the paratha properly. Dust it with flour and roll it 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, add ghee 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.
- 'Kaju Katli Paratha' is ready to be served.

PUDINA MATHRI

a nice flavorful snack

By Mridula Ameriya

From Rajasthan



SERVINGS: 4

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Whole Wheat Flour / Gehu Ka Aata - 1 Cup + As required
- Ground Semolina / Sooji - 1/2 Cup
- Carom Seeds / Ajwain - 1/2 tsp
- Mint Powder / Pudina Powder - 1 tsp
- Sesame Seeds / Til - 1 tsp
- Salt - As per taste
- Oil - 3 tsp +As required + For frying
- Chaat Masala - As required

TIPS

- You can add kasuri methi instead of mint powder.
- Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more oil.
- Press the edges of the prepared mathri, otherwise it will be opened while frying.
- The mathri should be fried on medium flame to make it crispy.

DIRECTIONS

- Take whole wheat flour in a mixing bowl. Add ground semolina, carom seeds by rubbing between your palms, pudina powder, sesame seeds, salt, and 3 tsp of oil. Mix well.
- Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more oil.
- Now add water gradually to prepare a medium hard consistency dough. Keep it aside and let it rest for 10 to 15 minutes.
- Then knead it well. Take a small ball sized dough. Roll out thin roti from it.
- Apply oil to it. Now sprinkle chaat masala and whole wheat flour on it. Fold it's 1/2 right part till the between and apply oil to it and sprinkle whole wheat flour.
- Then fold its half left part on the right folded part and apply oil to it and sprinkle whole wheat flour.
- Now fold it again from the center and little press it a little to make it thin. Then cut it into long strips. Press its edges. Likewise, prepare all the mathris from the dough.
- Meanwhile, heat oil for frying. Put the prepared mathris in the hot oil.
- Deep fry it on a medium flame for 3 to 4 minutes until it turns crispy and golden brown from both sides. Then, take them out on a serving plate using a slotted spoon.
- 'Pudina Mathri' is ready to be served.

CHOUSELA WITH TOMATO CHUTNEY

a popular dish of Chattisgarh

By Kumud Sharma

From Chhattisgarh



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

INGREDIENTS

- **FOR PREPARING CHOUSELA :**
- Water - 2 Cups
- Salt - As per taste
- Cumin Seeds / Jeera - 1/4 tsp
- Rice Flour / Chawal Ka Aata - 1 & 1/2 Cups
- Oil - For frying + As required
- **FOR PREPARING TOMATO CHUTNEY :**
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/4 tsp
- Dry Fenugreek Seeds / Methi Dana - A few
- Asafoetida / Hing - A pinch
- Garlic / Lahsun - 3 to 4 Cloves Finely chopped
- Green Chilli / Hari Mirchi - 1 Finely chopped
- Tomato / Tamatar - 1 Finely chopped
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Leaves / Hara Dhania - A handful

DIRECTIONS

- **FOR PREPARING CHOUSELA :**
- Boil water in a pan. Add salt and cumin seeds. Then add rice flour. Keep stirring continuously to prepare lumps-free mixture. Once done, turn off the flame.
- Now cover the pan with a lid and keep it aside for 5 minutes.
- Take it out in a mixing bowl and add 1 tsp of oil. Knead the dough well with your hands or spoon for 1 to 2 minutes. Apply oil and knead it well again.
- Check the dough by making a small ball sized ball from it, if it doesn't break, it indicates that the dough is well kneaded, otherwise knead it for more 1 to 2 minutes.
- Take a small ball sized part of the dough and flatten it. Apply oil to it and roll it with light hands to make slightly thick small poori. Likewise, prepare all the pooris.
- Meanwhile, heat oil for frying. Put the prepared poori in the hot oil. Add hot oil on it using a spatula.
- Deep fry it on a high flame for a few seconds. Then, take them out on a serving plate using a slotted spoon.
- **FOR PREPARING TOMATO CHUTNEY :**
- Heat oil in a pan. Add mustard seeds, dry fenugreek seeds, asafoetida, and garlic. Saute it for a few seconds on low flame.
- Then add green chilli, tomato, salt, and turmeric powder. Mix well.
- Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame till the tomato becomes soft. Keep stirring occasionally in between.
- Once done, add coriander leaves and turn off the flame. Mix well and take it out to a serving bowl.
- 'Chousela With Tomato Chutney' is ready to be served.

TIPS

- The ratio of water to rice flour should be 3:2.
- The rice flour should be added to water only after the water boils.
- Check the dough by making a small ball sized ball from it, if it doesn't break, it indicates that the dough is well kneaded, otherwise knead it for more 1 to 2 minutes.
- You can apply oil or rice flour while rolling the poori.
- Roll slightly thick poori with light hands.
- Give rest to the dough for 5 minutes.
- You can add fenugreek leaves to the dough.
- Fry the poori by adding hot oil on it using a spatula.
- You can store this poori for 3 days in an airtight container.
- You can adjust the spiciness of chutney as per your taste.

[WATCH THE VIDEO RECIPE](#)

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SUND PANJIRI

a popular dish of Jammu

By Madhu Jamwal

From Jammu



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Clarified Butter / Ghee - 2 tbsp
- Almonds / Badam - 1 Cup
- Cashew / Kaju - 1 Cup
- Pistachios - 1/4 tsp
- Raisins / Kishmish - 1/2 Cup
- Dry Coconut / Sukha Nariyal - 1 Cup sliced
- Dates / Khajoor - 1 Cup seedless
- Melon seeds / Magaz seeds - 1/4 Cup
- Edible Gum/ Gond - 1/4 Cup
- Poppy Seeds / Khas-Khas - 3 tsp
- Dry Ginger Powder / Sonth - 2 tsp
- Powdered sugar - 3 tbsp

TIPS

- You can store this dish in an airtight jar for 6 months in the refrigerator.
- All ingredients should be fried on medium flame.
- You can add ghee as per choice.
- You can adjust sweetness as per choice.

DIRECTIONS

- Heat 1 tbsp of ghee in a pan. Add almonds and fry it for a few seconds on medium flame till they become a nice light golden brown. Then take them out in a bowl using a slotted spoon.
- Now fry cashews on medium flame in the same pan for a few seconds till it become a nice light golden brown. Then take them out in a bowl using a slotted spoon.
- Then fry pistachios on medium flame in the same pan for a few seconds till it become a nice light golden brown. Then take them out in a bowl using a slotted spoon.
- Further, fry raisins on medium flame in the same pan for a few seconds till it become a nice light golden brown and fluffy. Then take them out in a bowl using a slotted spoon.
- Fry dry coconut on medium flame in the same pan for a few seconds till it become a nice light golden brown. Then take them out in a bowl using a slotted spoon.
- Then fry dates on medium flame in the same pan for a few seconds. Then take them out in a bowl using a slotted spoon.
- Now fry melon seeds on medium flame in the same pan for a few seconds. Then take them out in a bowl using a slotted spoon.
- Add 1 tbsp of ghee to the pan. Now fry the gond on medium flame in the same pan till it becomes fluffy and light golden brown. Then take them out using a slotted spoon.
- Now add poppy seeds in the same pan and roast it on medium flame till it becomes a nice light golden brown. Then add ginger powder and mix well. Roast it for a few seconds. Then take them out with ghee in a bowl using a slotted spoon.
- Mix well all ingredients and let it cool down completely. Then add powdered sugar and mix well.
- 'Sund Panjiri' is ready to be served.

CHAWAL KA PITHA

a traditional dish of Bihar

By Sanjeeta Ji

From Dhanbad



SERVINGS: 4

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- **FOR PREPARING STUFFING :**
- Mustard Oil / Sarson Ka Tel - 2 tbsp
- Panch Phoran (Carom seeds, fenugreek seeds, cumin seeds, fennel seeds, mustard seeds) - 1 tsp
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Bay Leaf / Tej Patta - 1
- Asafoetida / Hing - A pinch
- Ginger-Green Chilli Paste / Adarak-Hari Mirchi Paste - 1 tsp
- Potato / Aloo - 1 Chopped
- Cauliflower / Fulgobhi - 2 Cups chopped
- Carrot / Gajar - 1 Chopped
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Water - As required
- Green Peas / Hare Matar - 1 Cup
- Coriander Leaves / Hara Dhaniya - A handful
- Black Pepper-Cumin Seeds Powder / Kali Mirch-Jeera Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- **FOR PREPARING PITHA :**
- Water - 1 Cup + As required
- Rice Flour / Chawal Ka Aata - 1 Cup

DIRECTIONS

- **FOR PREPARING STUFFING :**
- Heat mustard oil in a pan. Add panch phoran, dry red chilli, bay leaf, asafoetida, and ginger-green chilli paste. Mix well.
- Add potato, cauliflower, carrot, turmeric powder, and salt. Mix well. Add a little water and mix well.
- Cover the pan with a lid and cook it for 5 to 7 minutes on medium flame till water evaporates. Keep stirring occasionally in between.
- Then add green peas and mix well. Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame.
- Now add coriander leaves, black pepper-cumin seeds powder, and all spice mix powder. Mix well.
- Once cooked well, slightly mash it using a masher/glass. Once done, turn off the flame and take it out in a bowl.
- **FOR PREPARING PITHA :**
- Boil 1 Cup of water in a pan. Add rice flour and turn off the flame. Mix well.
- Take it out in a mixing bowl. Add water gradually to prepare medium consistency dough. Keep it aside and let it rest for 5 to 6 minutes.
- Take a small ball sized part of the dough and make a small bowl shape from it using your palms and fingers. Now add the prepared stuffing in the centre of it. Then seal the ends of it to prepare a round shaped pitha. Likewise, prepare all pitha.
- Meanwhile, boil water in a big pan. Once the water boils, add the prepared pitha to it.
- Cover the pan with a lid and cook them on a medium to high flame for 5 to 6 minutes. Keep stirring occasionally in between.
- When pitha floats on the boiled water, it indicates that pitha is well cooked.
- Once done, take them out on a serving plate using a slotted spoon.
- 'Chawal Ka Pitha' is ready to be served with tomato chutney.

TIPS

- **FOR PREPARING DOUGH :**
- The ratio of rice flour to water should be 1:1.
- Add the rice flour to the water only after it boils.
- The dough should be prepared from a hot rice mixture.
- Semolina can be used instead of rice flour.
- **FOR PREPARING PITHA :**
- Add the pitha to the water for cooking only after it boils.
- When pitha floats on the boiled water, it indicates that pitha is well cooked.
- Don't overcook the pitha, otherwise it may crack.
- If you want, you can fry the pitha instead of boiling it in the water.
- It is recommended to serve the pitha after it cools down completely.

[WATCH THE VIDEO RECIPE](#)

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

THANDAI

an Indian refreshing drink

By Divya Sharma

From Delhi



SERVINGS: 1 - 2 PREPARATION TIME: 30 - 35 MIN COOKING TIME: 4 - 5 MIN

INGREDIENTS

- Doodh/ Milk - 1 litre
- Badam/Almonds - 2 tbsp, soaked and peeled
- Pista/Pistachio - 2 tbsp + for garnishing
- Kaju/Cashew nuts - 2 tbsp
- Melon seeds - 2 tbsp
- Saunf/Fennel seeds - 2 tbsp
- Elaichi/Cardamom - 8 to 10, peeled
- Khus khus/Poppy seeds - 2 tbsp
- Kali Mirch/Black pepper corns - 8 to 10
- Kesar/Saffron strands - 7 to 8
- Edible rose water - 1 tbsp
- Rose petals - 2 tbsp + for garnishing
- Sugar - 1/2 cup or as per taste
- Warm water - 1/2 cup

TIPS

- Adjust sweetness as per your taste.
- If you are using normal water to soak all thandai dry ingredients, soak them for 3 to 4 hours.

DIRECTIONS

- Take a bowl, add soaked and peeled almonds, pistachios, cashew nuts, melon seeds, fennel seeds, peeled cardamoms, black pepper corns, saffron strands, poppy seeds and rose petals. Mix well. Pour warm water in it and keep it aside for half an hour.
- After half an hour, transfer all soaked ingredients in a mixer jar. Grind them well to make smooth paste. Transfer the paste in bowl. Keep the paste aside.
- Now, boil the milk. Add prepared paste in it and mix well. Then, add edible rose water and sugar. Mix it well and boil it for 3 to 4 minutes.
- Turn off the flame. Keep it aside and let it cool. Then, keep it in refrigerator for 4 to 5 hours. Take it out after cooling it and pour in serving glasses. Garnish it with pista and rose petals.
- 'Thandai ' is ready to be served.

FARALI ALOO BONDA

a tasty fasting special fritters

By Neeta Sharma

From Rajasthan



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Chestnut Flour / Singhade Ka Aata - 1 Cup
- Water - As required
- Boiled Potato / Aloo - 2 Peeled and mashed
- Rock Salt / Sendha Namak - As per taste
- Black Pepper Powder / Kali Mirch Powder - 1 tsp
- Green Chilli / Hari Mirchi - 2 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Oil - For frying

TIPS

- The singhada batter should be whisk well for a few seconds to prepare crispy vada.
- Kuttu ka aata can be used instead of singhade ka aata.

DIRECTIONS

- Take boiled potato in a bowl. Add rock salt, 1/2 tsp of black pepper powder, green chilli, and coriander leaves. Mix well.
- Take a small portion of the aloo mixture on the palm. Prepare a nice round-shaped ball. Likewise, prepare all balls from the mixture. Keep it aside.
- Now take singhade ka aata in a bowl. Add 1/2 tsp of black pepper powder and rock salt.
- Then add water gradually to make a lumps-free medium-thick consistency batter. Whisk it for a few seconds with your hands.
- Heat oil in a pan to fry the bonda. Dip the prepared aloo balls into the batter and coat them evenly. Place it into the hot oil. Fry them on medium flame.
- Deep fry them until they become crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon.
- 'Farali Aloo Bonda' is ready to be served.

CARAMELIZED SOOJI KA HALWA

an heirloom dessert

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 4

PREPARATION TIME: 35 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Clarified Butter / Ghee - 1/2 Cup
- Sugar - 1/2 Cup
- Semolina / Sooji - 1/2 Cup
- Milk - 1 Cup
- Saffron / Kesar - 10 to 12 Strings
- Cardamom Powder / Elaichi Powder - 1/2 tsp
- Almonds Flakes / Badam - 1 tsp + For garnishing
- Pistachios Flakes - 1 tsp + For garnishing

TIPS

- The ratio of ghee, sooji, and sugar should be 1:1:1.
- The sugar should be melted on the low flame otherwise sugar may burn.
- The ratio of milk to sooji should be 2:1.

DIRECTIONS

- Take sooji in a mixing bowl. Add milk and mix well. Let it soak for 30 minutes.
- Heat ghee in a pan. Add sugar and mix well. Keep stirring on low flame for 2 to 3 minutes.
- Add saffron and cardamom powder. Mix well. Keep stirring continuously on low flame for 2 to 3 minutes till sugar melts and turns into brown color.
- Then turn off the flame and add soaked sooji. Mix well.
- Now turn on the flame and roast the mixture on a low flame for 1 to 2 minutes by stirring continuously.
- Then add almonds and pistachios. Mix well. Keep stirring continuously for 1 to 2 minutes on low flame till halwa leaves the pan.
- Once done, take it out to a serving bowl. Garnish it with almonds and pistachios.
- 'Caramelized Sooji Ka Halwa' is ready to be served.

KANJI VADA

a traditional and delicious snack

By Neha Agrawal

From Raipur



SERVINGS: 2 - 3

PREPARATION TIME: 480 MIN

COOKING TIME: 5 - 7 MIN

INGREDIENTS

- Whole white gram/Urad dal - 1/2 cup
- Yellow lentils/Moong dal - 1/2 cup
- Ginger/Adarak - 1 inch
- Green chili/Hari mirch - 2 chopped
- Mustard oil/Sarson ka tel - 1 to 2 tbsp + for frying
- Red Chili Powder/Lal Mirch Powder - 1/2 tsp + 1 tsp + for garnishing
- Salt - as per taste
- Turmeric powder/Haldi - 1/4 tsp
- Coriander powder/Dhaniya powder - 1/2 tsp
- Cumin seeds/Jeera - 1 tsp
- Water - 2 cup
- Black salt/Kala namak - 1 tsp
- Mustard seeds powder/Rai powder - 2 tsp
- Coriander leaves - for garnishing

TIPS

- The ratio of moong dal and urad dal should be 1:1.
- Do not add water while grinding dals.
- To make the vada soft and fluffy, beat the batter for 5 to 6 minutes
- Water should be applied on hand each and every time while preparing vada.
- If you want to preserve the vadas for more days by storing them in the fridge. Before, preparing the dish soak them in warm water and serve accordingly.

DIRECTIONS

- Take water in a bowl, add black salt, salt, 1 tsp red chili powder and mustard seeds powder. Mix well. Keep the kanji water aside overnight.
- Wash and soak moong dal and urad dal overnight. Then, strain the water and transfer it to a grinding jar.
- Add green chilli and ginger. Dry grind it and prepare medium-thick consistency batter. No need to add water while grinding. Transfer it to a bowl. Now, add 1 to 2 tbsp mustard oil. Whisk it for 1 to 2 minutes with hand to make the batter fluffy.
- Then, add 1/2 tsp red chili powder, turmeric powder, cumin seeds, coriander powder and salt. Mix well.
- Meanwhile, heat oil in kadai/wok. Put a slotted spoon in heated oil. Now, take a slotted spoon from hot oil. Take a small portion of batter with a wet hand and spread it on slotted spoon. Place the slotted spoon gently into the hot oil. Cook the vada from all sides till it turn golden brown.
- Likewise prepare all vadas. Then take them out on a tissue paper. Water should be applied on hand each and every time while preparing vada.
- Take a bowl full of luke warm water and put the fried vadas in the water.
- After 15 minutes, squeeze out the water from each vada with hands and transfer it to the kanji water bowl. Sprinkle coriander leaves and red chili powder in it.
- 'Kanji Vada' is ready to be served.

PONGAL

a popular South Indian dish

By Archana Chakravarthy

From Karnataka



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Clarified Butter / Ghee - 2 tbsp
- Cumin Seeds / Jeera - 1 tsp
- Green Chilli / Hari Mirchi - 1 Slit
- Curry Leaves / Curry Patta - A few
- Black Peppercorns / Kali Mirch - 1/2 tsp coarsely crushed
- Asafoetida / Hing - A pinch
- Salt - As per taste
- Rice / Chawal - 3/4 Cup
- Yellow Lentils / Moong Dal - 1/4 Cup
- Ginger / Adrak - 1 Inch
- Water - 3 Cups
- Milk - 1 Cup
- **FOR PREPARING TADKA :**
- Clarified Butter / Ghee - 1 tbsp
- Cashews / Kaju - 6 to 7 Halves

TIPS

- You can add ghee as per your choice.
- The ratio of Rice to yellow lentils should be 2:1.
- You can adjust the ratio of rice and moong dal as per your choice.
- The ratio of water to rice and moong dal mixture should be 3:1.
- The ratio of milk to rice and moong dal mixture should be 1:4.
- You can add butter also to the pongal, if you like.
- It is recommended to add milk to make creamy pongal.
- Use a big sized pressure cooker to make pongal.

DIRECTIONS

- Heat ghee in a pressure cooker. Add cumin seeds, green chilli, curry leaves, crushed black peppercorns, and asafoetida. Saute it for a few seconds on low flame.
- Grate ginger and mix well. Wash rice and yellow lentils. Then transfer it to a pressure cooker. Mix well.
- Saute it for 1 to 2 minutes on medium flame till the nice aroma begins to rise. Keep stirring continuously.
- Then add salt and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring continuously.
- Now add water and milk. Mix well. Cover the pressure cooker with its lid. Cook it till 4 to 5 whistles on medium flame.
- Once done, turn off the flame. Let it cool down. Then open it.
- **FOR PREPARING TADKA :**
- Heat ghee in a tadka pan. Add cashews and saute it for a few seconds on low flame. Mix well and pour it on the prepared pongal.
- **SERVING SUGGESTIONS:**
- Take out pongal in a bowl. Slightly press it. Flip it to a serving plate. Remove bowl and garnish the pongal with cashew.
- 'Pongal' is ready to be served.

BATHUA KI POORI

healthy and tasty treat

By Jyoti Naresh Tinkhe

From Rajasthan



SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Chenopodium Leaves / Bathua - 1 Cup Boiled and ground
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Potato / Aloo - 1 Boiled and mashed
- Green Chilli / Hari Mirchi - 1 Chopped
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Carom Seeds / Ajwain - 1/4 tsp
- Salt - As per taste
- Oil - For frying

TIPS

- If required, add aata to knead the dough.

DIRECTIONS

- Take whole wheat flour in a bowl. Add bathua, aloo, green chilli, kasuri methi, ajwain and salt. Knead them together to make medium consistency dough. Let it rest for 10 minutes.
- Take a small ball-sized dough. Dust it in flour and roll out it using a rolling pin into a small-sized poori. Likewise, Prepare all poori from a dough.
- Meanwhile, heat oil in a kadai/wok. Place pooris gently into the hot oil.
- Deep fry them on a high flame for a few seconds until they turn crispy and golden brown from both sides. Then, take them out on a serving plate using a slotted spoon.
- 'Bathua Ki Poori' is ready to be served.

POORNAM BOORELU

a deep-fried traditional dessert

By Triveni Ji and Shanti Kota Ji From Andhra Pradesh



SERVINGS: 3

PREPARATION TIME: 125 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Bengal Gram / Chana Dal - 1 Cup
- Water - As required
- Jaggery / Gud - 1 Cup
- Dry Coconut / Sukha Nariyal - 1 tbsp chopped and fried
- Cashew / Kaju - 3 to 4 Chopped and fried
- Cardamom Powder / Elaichi Powder - 1/2 tsp
- Clarified Butter / Ghee - 1 tsp + As required
- Rice / Chawal - 1 Cup
- Black Gram / Urad Dal - 1 Cup
- Salt - As per taste
- Oil - For frying

TIPS

- The ratio of jaggery to chana dal should be 1:1.
- The batter consistency should be medium thick.

DIRECTIONS

- Wash and soak the chana dal for 2 hours. 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. Let it cool down and then strain it.
- Transfer it to a grinding jar and grind it for a few seconds to prepare it paste.
- Take it out in a pan. Heat it and add jaggery, fried coconut, cashews, cardamom powder, and 1 tsp of ghee.
- Keep stirring continuously on low flame for 2 to 3 minutes till the jaggery melts and mixture leaves the pan.
- Once done, turn off the flame and let it cool down. Take a small portion of the mixture on the palm. Prepare a nice round-shaped ball. Likewise, prepare all balls from the mixture, Keep it aside.
- Wash and soak the rice and urad dal for 2 hours. Then strain them and transfer them to a grinding jar.
- Add little salt and grind it for a few seconds to prepare its medium consistency batter. Take it out in a bowl.
- Meanwhile, heat oil in a pan to fry the bonda.
- Dip the prepared chana dal balls into the batter and coat them evenly. Place it into the hot oil. Fry them on medium flame.
- Deep fry them until they become crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon.
- Now make a small hole on the bonda and add ghee to it.
- 'Poornam Boorelu' is ready to be served.

PALAK MATAR PULAV

a delicious one-pot meal

By Shveta Sheth

From Mumbai



SERVINGS: 4

PREPARATION TIME: 20 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Spinach / Palak - 1 Cup chopped
- Ginger / Adrak - 1 Inch Chopped
- Green Chilli / Hari Mirch - 2 to 3 Chopped
- Water - As required
- Clarified Butter / Ghee - 1 tbsp
- Bay Leaf / Tej Patta - 1
- Clove / Laung - 2
- Cardamom / Elaichi - 1
- Cinnamon / Dal Chini - 1/2 Stick
- Cumin Seeds / Jeera - 1 tsp
- Onion / Pyaz - 1 Finely chopped
- Beans - 1 Cup finely chopped
- Carrot / Gajar - 1 Chopped
- Green Peas / Hare Matar - 1 Cup
- Salt - As per taste
- Basmati Rice / Basmati Chawal - 1 Cup
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon

DIRECTIONS

- Wash and soak the rice for 15 to 20 minutes. Keep it aside.
- Take spinach, ginger, and green chilli in a grinding jar. Grind it for a few seconds to prepare its puree. Add a little water and grind it again for a few seconds.
- Heat ghee in a pressure cooker. Add bay leaf, cloves, cardamom, cinnamon stick, cumin seeds, and onion. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Then add beans, carrot, and green peas. Mix well. Add salt and mix well.
- Now add the prepared spinach puree and mix well. Add the soaked rice and mix well with light hands.
- Add 2 Cups of water and mix well. Add all spice mix powder and mix well. Cover the pressure cooker with its lid.
- Cook it until 4 whistles on medium flame. Once done, turn off the flame and let it cool down.
- Then open it and take it out on a serving plate. Add lemon juice.
- 'Palak Matar Pulav' is ready to be served.

TIPS

- You can also prepare this pulav in oil instead of ghee.
- You can prepare blanched spinach puree too.
- Vegetables can be added as per your choice or availability.
- You can add rice without soaking them.

[WATCH THE VIDEO RECIPE](#)

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

ALOO BHUJIYA

a crispy and spicy namkeen

By Shraddha Thakrar

From Gujarat



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Boiled Potato / Aloo - 1 Peeled and grated
- Gram Flour / Besan - 1 Cup
- Rice Flour / Chawal Ka Aata - 1 tbsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1 tsp
- Dry Mango Powder / Aamchur - 1 tsp
- Asafoetida / Hing - A pinch
- Salt - As per taste
- Hot Oil - 1 tsp + For greasing + For frying
- Chaat Masala - As required

TIPS

- The boiled potato should be grated only after it is completely cool down.
- Add hot oil to the dough as moyan to make crispy sev.
- Flip the aloo bhujia after only the oil bubbles reduce.
- You can store this aloo bhujia for 10 to 12 days in an air-tight container at room temperature.

DIRECTIONS

- Take boiled and grated potato in a mixing bowl. Add besan, rice flour, red chilli powder, turmeric powder, all spice mix powder, roasted cumin seeds powder, dry mango powder, asafoetida, salt, and 1 tsp of hot oil. Mix well.
- Prepare medium-soft consistency dough by mixing it well.
- Meanwhile, heat oil in a frying pan.
- **FOR MAKING ALOO BHUJIA USING A GRATER :**
- Hold the grater over the hot oil and rub the small ball sized dough on it.
- **FOR MAKING ALOO BHUJIA USING MACHINE :**
- Take a handy sev machine and grease it with oil from the inside. Use a mould for thin sev (a mould with small holes) to make sev.
- Place the mould at the bottom of the machine and place the prepared dough in it. Close the machine tightly.
- Hold the machine over the oil and Turn the handle of the machine to force the dough through the mould. Move the machine in a circular motion over the oil and keep turning the handle continuously.
- Then turn the machine in reverse. Now keep the flame high. Fry the sev for 1 to 2 minutes until it becomes light brown.
- Once the oil bubbles reduce, then flip it and fry from the other side for 1 to 2 minutes.
- Once done, take it out to a serving plate. Sprinkle chaat masala on it.
- 'Aloo Bhujia' is ready to be served.



Enjoy!

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