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# ZAYKA KA TADKA

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**UNEDITED  
LIVE RECIPES**



जो दिखता है !  
वही बनता है !

**ISSUE : 45**

**LIVE FROM THE KITCHENS OF MOMS OF INDIA**





Zayka  
Ka  
Tadka

# THE SUPER HOME CHEFS OF INDIA



# TABLE OF CONTENTS



4 **Mix Veg Sewaiyan  
Upma**  
a popular South Indian  
breakfast

11 **Shahi Moringa Sabji**  
an immunity-boosting dish

14 **Aloo Papdi**  
a popular street food of  
Bihar

1. Mix Veg Sewaiyan Upma - 4
2. 2 Types Of Buttermilk - 5
3. Ammini Kozhukattai - 6
4. Instant Raw Mango Pickle - 7
5. Tomato Rice - 8
6. Dal Mirchu - 9
7. Murmura Chaat - 10
8. Shahi Moringa Sabji - 11
9. Chawal Ka Cheela With  
Tomato Chutney - 12
10. Menthe Kadubu - 13
11. Aloo Papdi - 14
12. Raw Mango Puliogare - 15
13. Nimbu Pudina Sharbat - 16
14. Lachha Paratha With Mint  
Raita - 17
15. Paneer Popcorn - 18
16. Raw Mango Mojito - 19
17. Moong Dal Samosa - 20
18. 2 Types of Watermelon  
Mocktails - 21
19. Tomato Methi Bath - 22
20. Cold Coffee With Ice-Cream  
- 23
21. 3 Types Of Raita - 24

# MIX VEG SEWAIYAN UPMA

a popular South Indian breakfast

By Gangamma Linga

From Karnataka



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Water - 2 to 3 Cups
- Oil - As required
- Vermicelli / Sewaiyan - 2 Cups
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Bengal Gram / Chana dal - 1 tbsp
- Peanuts / Mungfali - 1 tbsp
- Black gram / Urad dal - 1 tbsp
- Green Chilli / Hari Mirch - 1 to 2 Slit
- Onion / Pyaz - 1 Finely chopped
- Salt - As per taste
- Carrot / Gajar - 1 Sliced
- Beans - 1 Cup finely chopped
- Potato / Aloo - 1 Finely Chopped
- Green Peas / Hare Matar - 1 Cup
- Capsicum / Shimla Mirch - 1 Finely chopped
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful

## DIRECTIONS

- Heat water in a pan. Add 1 tbsp of oil. Boil it and add vermicelli. Mix well for 1 to 2 minutes on medium flame.
- Once done, turn off the flame and strain it. Keep it aside.
- Heat 4 tsp of oil in a pan. Add mustard seeds, cumin seeds, bengal gram, peanuts, and black gram. Mix well and saute it for a few seconds on low flame.
- Then add green chilli and mix well. Now add onion and mix well.
- Add salt and mix well. Saute it for 1 to 2 minutes on medium flame.
- Further, add carrot, beans, potato, green peas, and capsicum. Mix well. Then add turmeric powder and mix well.
- Now cover the pan with a lid and cook it on low flame for 4 to 5 minutes. Keep stirring occasionally.
- Now gradually add boiled vermicelli and mix well. Then add coriander leaves and mix well.
- Cover the pan with a lid for 1 to 2 minutes. Once done, turn off the flame and take it out on a serving plate.
- 'Mix Veg Sewaiyan Upma' is ready to be served.

## TIPS

- Cut the veggies finely to cook them fast.
- The turmeric powder should be added in less quantity.
- Keep the veggies crunchy.

# 2 TYPES OF BUTTERMILK

delicious and quick drinks

By Shraddha Thakrar

From Gujarat



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- **FOR PREPARING BUTTERMILK MASALA**
- Cumin Seeds / Jeera - 3 tsp
- Coriander Seeds / Sabut Dhaniya - 1 & 1/2 tsp
- Black Peppercorns / Kali Mirch - 10 to 12
- Black Salt / Kala Namak - 1/2 tsp
- Salt - As per taste
- Asafoetida / Hing - A pinch
- **FOR PREPARING MASALA BUTTERMILK**
- Curd / Dahi - 1 Cup
- Buttermilk Masala - 1 tsp + For garnishing
- Ice Cubes - As required
- Milk - As required (optional)
- Water - 1 Cup
- Mint Leaves / Pudina - For garnishing
- **FOR PREPARING MINT BUTTERMILK**
- Curd / Dahi - 1 Cup
- Coriander Leaves / Hara Dhaniya - A handful
- Mint Leaves / Pudina - A few + For garnishing
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirchi - 1/2 Chopped
- Ginger / Adrak - A small piece
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp + For garnishing
- Black Salt / Kala Namak - 1/4 tsp
- Salt - As per taste
- Ice Cubes - As required
- Milk - As required (optional)
- Water - 1 Cup

## DIRECTIONS

- **FOR PREPARING BUTTERMILK MASALA**
- Heat a pan. Add cumin seeds, coriander seeds, and black peppercorns. Mix well and roast it for 1 to 2 minutes on low flame till the moisture evaporates and a nice aroma begins to rise.
- Once done, turn off the flame and let it cool down completely. Then transfer it to a grinding jar. Grind it for a few seconds to prepare its powder.
- Take it out in a bowl. Add black salt, salt, and asafoetida. Mix well. Store it in an airtight container.
- **FOR PREPARING MASALA BUTTERMILK**
- Take curd in a grinding jar. Add buttermilk masala, ice cubes, little milk, and water. Grind it for a few seconds to prepare buttermilk.
- Once done, pour it into a serving glass. Garnish it with buttermilk masala and mint leaves.
- **FOR PREPARING MINT BUTTERMILK**
- Take coriander leaves in a grinding jar. Add mint leaves, curry leaves, green chilli, ginger, roasted cumin seeds powder, black salt, salt, curd, ice cubes, little milk, and water.
- Grind it for a few seconds to prepare buttermilk. Once done, pour it into a serving glass. Garnish it with roasted cumin seeds powder and mint leaves.
- '2 Types Of Buttermilk' are ready to be served.

## TIPS

- You can store the buttermilk masala in an airtight container for a long time.
- If the **curd** is sour, you can add little milk while preparing buttermilk from it.

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# AMMINI KOZHUKATTAI

a protein-rich snack option

By Kala Sridhar and Janki Ji From Tamil Nadu



SERVINGS: 3

PREPARATION TIME: 65 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

- Rice Flour / Chawal Ka Aata - 1 Cup
- Water - 1 & 1/2 Cups + As required
- Sesame Oil / Til Ka Tel - 3 tsp + As required
- Bengal Gram / Chana Dal - 1/2 Cup
- Pigeon Pea / Tuwar Dal - 1/2 Cup
- Green Chilli / Hari Mirchi - 2
- Dry Red Chilli / Sukhi Lal Mirch - 2
- Salt - As per taste
- Coconut Oil / Nariyal Ka Tel - 3 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Curry Leaves / Curry Patta - A few

## TIPS

- The ratio of rice flour to water should be 1:3.
- The rice flour and water mixture should be mixed with hands to prepare lumps-free mixture.
- Cooked dal mixture pieces should be removed from the idli mold with wet hands.
- The ratio of chana dal to toor dal should be 1:1.
- If you want, you can add salt to the mani kolukattai after adding them to the tadka.

## DIRECTIONS

- Wash and soak bengal gram and pigeon pea in the water for 2 hours. Add green chilli and 1 dry red chilli to it. Then strain it and transfer it to a grinding jar.
- Coarsely grind it for a few seconds. Once done, take it out in a bowl. Keep it aside.
- Take rice flour and water in a pan. Mix it with your hands to prepare lumps-free mixture. Then add 2 tsp of oil and mix well.
- Now heat it on medium flame and keep stirring continuously for 5 to 6 minutes until the mixture becomes thick and holds the shape.
- Once done, turn off the flame. When the mixture becomes lukewarm, add salt and mix well. Then grease your palms with oil. Knead it and prepare small marble sized balls from it. Keep it aside.
- Heat water in an idli steamer. Grease the idli mold with sesame oil. Place the prepared rice balls and ground dal mixture in alternate mold.
- Place the mould in the idli steamer. Cook it on a medium to high flame for 10 minutes.
- Once done, turn off the flame and take out rice balls in a plate. Separate them and let it cool down. Then remove and mash the cooked dal mixture pieces using wet hands. Keep it aside.
- **FOR PREPARING AMMINI KOZHUKATTAI**
- Heat coconut oil and 3 tsp of sesame oil in a pan. Add mustard seeds, asafoetida, and sesame seeds. Mix well.
- Add 1 dry red chilli by breaking it into 2 pieces and curry leaves. Mix well. Then add mashed dal mixture and mix well.
- Now add the prepared rice balls and mix well. Garnish it with coriander leaves.
- 'Ammini Kozhukattai' is ready to be served.

# INSTANT RAW MANGO PICKLE

a spicy and tangy side dish

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 6

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- Raw Mango / Kachha Aam - 500 grams  
Chopped
- Pickle Masala - 50 grams
- Mustard Oil / Sarso Ka Tel - 1 tbsp + As required
- Asafoetida / Hing - A pinch
- Cumin Seeds / Jeera - 1/2 tsp
- Fennel Seeds / Saunf - 1/2 tsp
- Onion Seeds / Kalonji - 1/2 tsp
- Salt - As per taste

## DIRECTIONS

- Heat mustard oil in a pan. Add asafoetida, cumin seeds, fennel seeds, and onion seeds. Mix well. Then turn off the flame and let it cool down.
- Take raw mango in a mixing bowl. Add pickle masala, salt, prepared tadka, and 2 to 3 tbsp of raw mustard oil. Mix well.
- Keep the pickle bowl at room temperature for 24 hours. Then transfer it into the dry airtight glass jar and store it in the refrigerator.
- 'Instant Raw Mango Pickle' is ready to be served.

## TIPS

- Take 100 grams of pickle masala for 1 kg. raw mango.
- If the pickle masala contains salt, add salt as per it to the pickle.
- Add raw oil to make fresh fragrance pickle.
- Don't add hot oil to the pickle otherwise the pickle will turn black.
- The raw mustard oil should be added to the pickle till the mango and spices submerged.
- You can store this pickle in the refrigerator.
- If you want to keep the pickle at room temperature, the quantity of the oil should be such that it floats at the top of the pickle in the jar.

# TOMATO RICE

a flavorful one-pot meal

By Triveni Ji and Shanti Kota

From Andhra Pradesh



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Oil - 1 tbsp + 1 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Dry Fenugreek Seeds / Methi Dana - 1/4 tsp
- Onion / Pyaz - 1 Finely chopped
- Green Peas / Matar - 1/4 Cup
- Ginger / Adrak - 1 Inch finely chopped
- Tomato / Tamatar - 4 Chopped
- Tamarind Pulp / Imlī Ka Pulp - 2 tsp
- Rice / Chawal - 1 Cup
- Bengal Gram / Chana dal - 2 tsp
- Salt - As per taste
- Water - 2 Cups
- Green Chilli / Hari Mirchi - 2 Chopped
- Curry Leaves / Curry Patta - A few
- Turmeric Powder / Haldi Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Sugar - 1/2 tsp
- Fried Cashews / Kaju - 2 to 3 + For garnishing
- Asafoetida / Hing - A pinch

## DIRECTIONS

- Take washed rice and chana dal in a pressure cooker. Add salt, 1/2 tsp of turmeric powder, water, and 1 tsp of oil. Cover the pressure cooker with its lid. Cook it till 2 whistles on a high flame. Once done, turn off the flame and let it cool down. Then open it and take it out in a bowl.
- Take tomato and tamarind pulp in a grinding jar. Grind it for a few seconds to prepare its puree.
- Heat 1 tbsp of oil in a pan. Add mustard seeds and dry fenugreek seeds. Saute it for a few seconds on medium flame.
- Then add onion and mix well. Saute it for 1 to 2 minutes on medium flame till it becomes light golden brown. Keep stirring occasionally.
- Now add green peas and ginger. Mix well.
- Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Add the prepared tomato puree and mix well. Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- When it starts to boil, add green chilli, curry leaves, 1/2 tsp of turmeric powder, red chilli powder, salt for tomatoes, sugar, fried cashews, and asafoetida. Mix well.
- Add the cooked rice and mix well. Once done, take it out in a serving bowl. Garnish it with fried cashews.
- 'Tomato Rice' is ready to be served with salad, papad, and raita.

## TIPS

- Add 2 tsp of chana dal for 1 cup of rice.
- Add 1/2 tsp of roasted dry fenugreek seeds powder and 1/2 tsp of sugar to enhance the taste of tomato.

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# DAL MIRCHU

a traditional dish of Maharashtra

By Pramodini Ji

From Maharashtra



SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Oil - 1 tsp + 1 tbsp
- Garlic-Ginger-Mint Leaves Paste / Lahsun-Adrak-Pudina Paste - 1 tsp
- Green Chilli / Hari Mirchi - 1/4 Cup Finely chopped
- Roasted Peanuts / Mungfali - 1/4 Cup coarsely ground
- Split Green Gram / Hari Moong Dal - 1 Cup
- Water - As required
- Buttermilk / Chhachh - 2 Cups
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Mustard seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Garlic / Lahsun - 3 to 4 Cloves Finely chopped
- Coriander Leaves / Hara Dhaniya - For garnishing

## DIRECTIONS

- Take moong dal and 2 Cups of water in the pressure cooker. Cover the pressure cooker with its lid.
- Let it cook for 3 whistles on a medium flame. Once done, turn off the flame. Then let it cool down completely.
- Heat 1 tsp of oil in a pan. Add garlic-ginger-mint paste and saute it for a few seconds on medium flame.
- Then add green chilli and mix well. Add roasted peanuts and mix well. Saute it for 1 minute on medium flame. Keep stirring occasionally.
- Now add the cooked moong dal and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Further, add buttermilk and little water. Mix well and bring it to a boil.
- Add turmeric powder and salt. mix well. Boil it for 1 to 2 minutes on medium flame.
- Meanwhile, heat 1 tbsp of oil in a tadka pan. Add mustard seeds, cumin seeds, and garlic. Mix well and turn off the flame.
- Add the prepared tadka to the dal pan and mix well.
- Once done, garnish it with coriander leaves and turn off the flame. Take it out in a serving bowl.
- 'Dal Mirchu' is ready to be served.

# MURMURA CHAAT

a quick and easy evening snack

By Shveta Sheth

From Mumbai



SERVINGS: 2

PREPARATION TIME: 5 MINS

COOKING TIME: 4 MIN

## INGREDIENTS

- Oil - 1 tbsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Puffed Rice / Murmura - 1 Big cup
- Onion / Pyaz - 1 Finely chopped
- Tomato / Tamatar - 1 Finely chopped
- Boiled Potato / Uble Hue Aloo - 1 Peeled and finely chopped
- Raw Mango / Kachhi Keri - 1/4 Cup peeled and finely chopped
- Roasted Peanuts / Mungfali - 1/4 Cup
- Pomegranate / Anardana - 1/4 Cup + For garnishing
- Green Chutney / Hari Chutney - As required
- Sweet Tamarind Chutney / Meethi Imlu Ki Chutney - As required
- Chaat Masala - 1 tsp
- Nylon Sev - As required + For garnishing
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon
- Coriander Leaves / Hara Dhaniya - A handful

## DIRECTIONS

- Heat oil in a pan. Add turmeric powder, salt, and puffed rice. Mix well. Roast it for 3 to 4 minutes on low flame. Keep stirring continuously.
- Check the puffed rice's crispiness, Press it with your fingers, it should break easily with a popcorn-like sound.
- Once done, turn off the flame and let it cool down completely.
- Take onion in a mixing bowl. Add tomato, boiled potato, raw mango, roasted peanuts, pomegranate, green chutney, sweet tamarind chutney, and chaat masala. Mix well.
- Then add roasted puffed rice and mix well. Then add lemon juice, coriander leaves, and nylon sev. Mix well.
- Once done, garnish it with nylon sev and pomegranate.
- 'Murmura Chaat' is ready to be served.

## TIPS

- To check the puffed rice's crispiness, Press it with your fingers, it should break easily with a popcorn-like sound.
- You can store roasted puffed rice in an airtight container for a long time.
- Add ingredients as per choice and availability.
- You can add sweet tamarind chutney and green chutney as per choice.

# SHAHI MORINGA SABJI

an immunity-boosting dish

By Manju Saraf

From Gurgaon



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Bay Leaf / Tej Patta - 1
- Clove / Laung - 2
- Cinnamon / Dal chini - 1/4 Stick
- Cardamom / Elaichi - 1
- Onion / Pyaz - 1 Finely chopped
- Tomato / Tamatar - 2 Chopped
- Ginger / Adrak - 1 Inch chopped
- Green Chilli / Hari Mirchi - 3
- Cashews / Kaju - 5 to 6
- Peanuts / Mungfali - 1 tbsp
- Water - As required
- Drumstick / Sahjan - 2
- Potato - 1 Peeled and chopped
- Coriander powder / Dhaniya powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Coriander Leaves / Hara Dhaniya - For garnishing

## TIPS

- You can add soaked and ground poppy seeds paste also instead of cashew and peanuts.

## DIRECTIONS

- Firstly, remove the top and the tip of the drumstick. Cut it into long pieces and peel them.
- Now take a pressure cooker. Add water, potato, and drumstick pieces. Cook it till 1 whistle on a high flame. Once done, turn off the flame. After 2 minutes, open it. Keep it aside.
- Take tomato, ginger, green chilli, cashews, and peanuts in a grinding jar. Grind it for a few seconds to prepare its puree. Keep it aside.
- Heat oil in a pan. Add cumin seeds, asafoetida, bay leaf, cloves, cardamom, cinnamon stick, and onion. mix well.
- Saute it for 2 to 3 minutes on medium flame. Stir it occasionally.
- Then add the prepared puree and mix well. Then add coriander powder, red chilli powder, turmeric powder, and salt. Mix well.
- Saute it for 2 to 3 minutes on medium flame. Stir it occasionally. Then add dry fenugreek leaves and mix well.
- Now add boiled drumstick and potato. Mix well. Once done, turn off the flame and garnish it with coriander leaves.
- 'Shahi Moringa Sabji' is ready to be served.

# CHAWAL KA CHEELA WITH TOMATO CHUTNEY

a nutritious breakfast or tiffin box snack

By Kumud Sharma

From Chhattisgarh



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Rice Flour / Chawal Ka Aata - 3 tsp
- Gram Flour / Besan - 3/4 tsp
- Salt - As per taste
- Green Chilli-Garlic-Coriander Leaves Paste / Hari Mirch-Lahsun-Hara Dhaniya Paste - 1 tsp
- Water - As required
- Oil - As required
- Coriander Leaves / Hara Dhaniya - A handful
- **FOR PREPARING TOMATO CHUTNEY**
- Tomato / Tamatar - 1 grated
- Ginger-Green Chilli-Garlic-Coriander Leaves Paste / Adrak-Hari Mirch-Lahsun-Hara Dhaniya Paste - 1 tsp Crushed in mortar pestle

## DIRECTIONS

- Take rice flour in a mixing bowl. Add besan, salt, green chilli-garlic-coriander leaves paste. Mix well.
- Add water gradually to prepare a lump-free and thin consistency batter. Add coriander leaves and mix well.
- Meanwhile, heat a tawa. Grease it with oil. Keep the flame high and start pouring the batter from the edges of the tawa to prepare the cheela. Then keep the flame low and cook it for 1 to 2 minutes. Pour some drops of oil.
- Flip it to cook the other side as well on the low flame for 1 to 2 minutes more.
- Once done, take it out on a serving plate.
- **FOR PREPARING TOMATO CHUTNEY**
- Take tomato in a bowl. Add ginger-green chilli-garlic-coriander paste, and salt. Mix well.
- 'Chawal Ka Cheela With Tomato Chutney' is ready to be served.

## TIPS

- The tawa should be hot enough while preparing the chilla.
- Start pouring the batter from the edges of the tawa.
- Keep the flame high while pouring the batter to the tawa, then cook it on low flame.
- You can prepare crispy or soft chilla as per your choice.

# MENTHE KADUBU

a flavorful breakfast

By Asha Shivraj

From Karnataka



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Water - 2 Cups + As required
- Salt - As per taste
- Rice Flour / Chawal Ka Aata - 1 Cup
- Dry Fenugreek Seeds / Methi Dana - 1 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Clarified Butter / Ghee - For greasing

## TIPS

- The ratio of water to rice flour should be 2:1.
- The dry fenugreek seeds and cumin seeds should be coarsely ground.
- Add rice flour to adjust the consistency of the dough.
- The dough consistency will become hard after it cools down.
- You can prepare kadubu in the desired shape.
- Place the prepared kadubu into the idli mold by skipping one place to steam it well.
- Put the kadubu in the steamer for steaming only after the water boils.

## DIRECTIONS

- Take dry fenugreek seeds and cumin seeds in a pan. Roast it for a few seconds on low flame. Once done, turn off the flame.
- Then transfer it to a grinding jar and grind it for a few seconds to prepare its coarsely ground powder. Keep it aside.
- Boil water in a pan. Add salt and mix well. Boil it for 2 to 3 minutes on medium flame.
- Then add rice flour and keep the flame low. Let it boil for 3 to 4 minutes
- Now add the prepared dry fenugreek seeds and cumin seeds powder. Mix well to prepare lumps-free mixture.
- Once done, turn off the flame and let it cool down slightly. Now grease your palms with ghee and knead it with wet hands.
- Now take a small ball sized part of the dough and flatten it and prepare a small bowl shaped kadubu.
- Heat water in an idli steamer. Place the prepared kadubu into the idli mold by skipping one place.
- Place the mould in the idli steamer. Cook it on a high flame for 10 to 12 minutes.
- Once it is cooked well, then take them out on a serving plate.
- 'Menthe Kadubu' is ready to be served with coconut chutney and ghee.

# ALOO PAPDI

a popular street food of Bihar

By Madhu Garg

From Muzaffarnagar



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- **FOR PREPARING PAPDI**
- All purpose flour / Maida - 1 Cup
- Clarified Butter / Ghee - 1 tbsp
- Salt - As per taste
- Carom Seeds / Ajwain - 1/2 tsp
- Lukewarm Water - As required
- Oil - For frying
- **FOR PREPARING ALOO**
- Clarified Butter / Ghee - 1 tbsp + As required
- Asafoetida / Hing - A pinch
- Cumin Seeds / Jeera - 1/2 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Turmeric Powder / Haldi - 1/2 tsp
- Green Chilli / Hari Mirchi - 2 to 3 Finely chopped
- Boiled Potato / Uble Hue Aloo - 1 Peeled and chopped
- Coriander Leaves / Hara Dhaniya - For garnishing

## DIRECTIONS

- **FOR PREPARING PAPDI**
- Take maida in a bowl. Add ghee, salt, and carom seeds. Mix well.
- Add lukewarm water gradually to prepare the medium soft consistency dough like a poori.
- Take a small ball sized part of the dough and flatten it. Roll it to make a papdi. Then prick the papdi using a fork. Likewise, prepare all the papdi from the dough.
- Meanwhile, heat oil in a pan for frying. Place the prepared papdi into the hot oil.
- Deep fry it on medium flame until it becomes crispy and golden brown from both sides. Fry it one shade lighter than your desired shade. Then, take it out on a serving plate using a slotted spoon. Likewise, fry all the papdi.
- **FOR PREPARING ALOO**
- Heat ghee in a pan. Add asafoetida, cumin seeds, coriander powder, all spice mix powder, turmeric powder, green chilli, boiled potato, and 1/2 tsp of ghee. Mix well.
- Saute it for 1 to 2 minutes on a medium flame. Stir it occasionally.
- Once done, garnish it with coriander leaves and take it out to a serving bowl.
- 'Aloo Papdi' is ready to be served.

## TIPS

- The papdi should be fried one shade lighter than the desired shade.

# RAW MANGO PULIYOGARE

a popular and delicious dish in south India

By Archana Chakravarthy

From Karnataka



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- **FOR PREPARING DRY MASALA**
- Mustard seeds / Rai - 1 tsp
- Fenugreek seeds / Methi dana - 1/2 tsp
- Dry red chilli / Sukhi lal mirchi - 10 to 12
- Whole coriander seeds / Sabut dhaniya - 1/4 tsp
- Curry leaves / Curry patta - A few
- **FOR PREPARING RICE**
- Cooked rice - 2 Cups
- Oil - 1 tsp
- Salt - As per taste
- Ground dry masala - 2 tsp
- **FOR PREPARING RAW MANGO PULIYOGARE**
- Oil - 2 tsp
- Roasted peanuts / Mungfali - 1/2 Cup
- Black gram / Urad dal - 1 tsp (optional)
- Chana dal / Bengal Gram - 1 tsp (optional)
- Turmeric powder / Haldi powder - 1 tsp
- Asafoetida / Hing - 1/4 Teaspoon
- Mustard seeds / Rai - 1 tsp
- Dry red chilli / Sukhi lal mirchi - 1
- Curry leaves / Curry patta - A few
- Cashew / Kaju - 4 to 5 Chopped (optional)
- Raw mango / Kachha aam - 1 Peeled and grated
- Ground dry masala - 2 tsp

## TIPS

- Peanuts can be roasted while preparing the tadka.
- Add raw mango as per taste.

## DIRECTIONS

- **FOR PREPARING DRY MASALA**
- Take mustard seeds, fenugreek seeds, dry red chillies, whole coriander seeds, and curry leaves in a pan. Roast them for 3 to 4 minutes on low flame till a nice aroma begins to rise.
- Let it cool down. Then grind it in a mixer and prepare its coarsely ground powder. Keep it aside.
- **FOR PREPARING RICE**
- Take cooked rice in a bowl. Heat oil in a tadka pan. Pour hot oil on the cooked rice. Then add salt and mix well.
- Add ground dry masala. Mix well.
- **FOR PREPARING RAW MANGO PULIYOGARE**
- Heat oil in a pan. Add peanuts, urad dal, bengal gram, turmeric powder, asafoetida, mustard seeds, dry red chilli, cashew, and curry leaves. Mix well.
- Saute it for 1 minute on medium flame. Then add raw mango. Mix well and saute it for 2 minutes.
- Now add ground dry masala and salt. Mix well and saute for 1 minute. Once done, turn off the flame.
- Add prepared raw mango mixture to the prepared rice. Mix well with hands. Then transfer it to a serving plate.
- 'Raw Mango Puliyogare' is ready to be served.

# NIMBU PUDINA SHARBAT

a refreshing summer special mocktail

By Hansa & Sonam Koolwal From Rajasthan



SERVINGS: 1

PREPARATION TIME: 60 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Mint leaves / Pudina - 1 Cup
- Lemon juice / Nimbu ka ras - Of 4 lemon
- Sugar - 250 gms
- Water - 125 ml. + As required
- Black salt / Kala namak - 1/2 tsp
- Ice cubes - As required
- Lemon slice - For garnishing

## TIPS

- Turn off the flame before the sugar syrup reach to one string consistency.
- You can store mint lemonade syrup in a refrigerator for 15 days.

## DIRECTIONS

- Wash and strain mint leaves. Spread mint leaves on a cloth, and leave it to dry for 60 minutes in the shade.
- Then take them out in a grinding jar and add lemon juice of 2 lemons. Grind it for a few seconds to prepare its paste. Keep it aside.
- Take sugar and water in a pan. Heat it and boil it for 2 minutes on high flame. Keep stirring occasionally in between.
- Turn off the flame before the sugar syrup reach to one string consistency.
- Then add the prepared mint paste. Mix well. Add black salt and lemon juice of 2 lemons. Mix well.
- Then transfer it in a glass bottle and store it in a refrigerator.
- **FOR SERVING**
- Take 1/4 cup of prepared mint lemonade mixture in a serving glass. Add ice cubes and water. Mix well. Garnish the serving glass with lemon slice.
- 'Nimbu Pudina Sharbat' is ready to be served.



# LACHHA PARATHA WITH MINT RAITA

an easy and tasty dish

By Neeta Sharma

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required
- Chaat Masala - As required
- Whole Wheat Flour / Gehu Ka Aata - As required
- **FOR PREPARING MINT RAITA**
- Curd / Dahi - 1 Cup whisked
- Mint Powder / Pudina Powder - 1/2 tsp
- Cucumber / Kheera - 1/2 Grated
- Salt - As per taste
- Oil - 2 tsp
- Cumin Seeds / Jeera - 1/4 tsp
- Turmeric Powder / Haldi Powder - A pinch

## TIPS

- If you want, you can use oil instead of ghee.
- Dough ball should be slightly spread with your hands, before rolling it.
- You can sprinkle salt, red chilli powder, or peri-peri masala as per your choice instead of chaat masala.

## DIRECTIONS

- Take a small ball sized 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. Sprinkle chaat masala and whole wheat flour on it. Spread them on the paratha.
- Now make so many thin vertical slits on the paratha. Now take all strips together and roll it over to make a circle with a twist.
- Dust it with flour and slightly spread it with your hands. Then roll it with light hands to make a small paratha.
- Meanwhile, heat a tawa. Grease it with ghee. 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.
- **FOR PREPARING MINT RAITA**
- Take curd in a bowl. Add mint powder, cucumber, and salt. Mix well.
- Heat oil in a tadka pan. Add cumin seeds and turmeric powder. Mix well and turn off the flame.
- Add the prepared tadka to the raita bowl and mix well.
- 'Lachha Paratha With Mint Raita' is ready to be served.

# PANEER POPCORN

an easy and crispy party appetizer

By Sangeeta Mathur

From UP



SERVINGS: 1 - 2

PREPARATION TIME: 30 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Cottage cheese / Paneer cubes - 250 grams
- Corn flakes - 1 & 1/2 cup crushed
- Corn flour - 1/4 cup
- Whole wheat flour/ Gehu ka aata - 1/4 cup
- Salt - to taste
- Red chilli powder / Lal mirch powder - 1 tsp
- All spice mix powder / Garam masala - 1 tsp
- Turmeric powder / Haldi powder - 1 tsp
- Black pepper powder / Kali mirch powder - 1 tsp
- Chaat masala - 1 tsp
- Ginger-garlic paste / Adrak-lahsun paste - 2 tsp
- Water - as required
- Peri-peri masala - as required
- Oregano - 1 tsp (optional)
- Oil - for frying

## DIRECTIONS

- Take corn flour in a mixing bowl. Then, add whole wheat flour, salt, red chilli powder, all spice mix powder, turmeric powder, black pepper powder, chaat masala, oregano and ginger-garlic paste. Mix well.
- Add water gradually to prepare thick consistency batter. Let it rest for 15 minutes.
- Now, add paneer cubes in batter. Coat the paneer cubes well. Keep it aside for marination for 10 minutes.
- Then, coat the paneer cube with crushed corn flakes. Likewise, prepare all paneer cubes.
- Meanwhile, heat oil for shallow frying. Shallow fry the prepared paneer cubes on a medium flame. Flip the paneer cubes gently. Once they turn nice golden brown from all the sides, take them out. Sprinkle peri-peri masala.
- 'Paneer Popcorn' is ready to be served.

## TIPS

- You can use breadcrumbs instead of corn flakes.
- If you want, you can add oregano in the batter.
- You can sprinkle chaat masala instead of peri-peri masala.

# RAW MANGO MOJITO

a refreshing summer drink

By Ani Setia

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- **FOR PREPARING CONCENTRATE**
- Raw mango / Kachcha aam - 1 tbsp Finely chopped
- Powdered sugar - 4 tsp
- Mint leaves / Pudina - A few
- Black salt / Kala namak - 1/2 tsp
- Lemon juice / Nimbu ka ras - Of 1/2 lemon
- Water - As required
- **FOR PREPARING RAW MANGO MOJITO**
- Red chilli powder / Lal mirch powder - 1/2 tsp
- Salt - 1/2 tsp
- Powdered sugar - 1/2 tsp
- Lemon Slice - 1 + 1 for garnishing
- Mint leaves / Pudina - A few
- Ice cubes - As required
- Soda Water / Soft Drink - As required

## TIPS

- Mishri (raw sugar) can be used instead of powdered sugar.
- Water can be added instead of soda water.

## DIRECTIONS

- **FOR PREPARING CONCENTRATE**
- Take raw mango, powdered sugar, mint leaves, and black salt in a glass. Crush it using a pestle till the mixture leaves the water.
- Then add lemon juice and little water and mix well. Keep it aside.
- **FOR PREPARING RAW MANGO MOJITO**
- Take red chilli powder, salt, and powdered sugar on a plate.
- Firstly, rub the lemon slice on the rim of the serving glass. Then coat it with the prepared red chilli mixture.
- Then add 1 lemon slice and some mint leaves by slightly crushing them.
- Transfer the prepared raw mango concentrate and ice cubes to a serving glass.
- Now pour the soft drink into a serving glass. Garnish the serving glass with a lemon slice.
- 'Raw Mango Mojito' is ready to be served.

# MOONG DAL SAMOSA

a festival special snack

By Dwarka ji & Indu Mehrotra

From Lucknow



SERVINGS: 8

PREPARATION TIME: 125 MIN

COOKING TIME: 25 MIN

## INGREDIENTS

- **FOR PREPARING MOONG DAL STUFFING**
- Yellow Lentils / Moong Dal - 1 Cup
- Water - As required
- Clarified Butter / Ghee - As required
- Asafoetida / Hing - A pinch
- Cumin Seeds / Jeera - 1/4 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Dry Mango Powder / Amchur - 1/2 tsp
- Roasted Cumin Seeds Powder / Jeera Powder - 1 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Cashews / Kaju - 6 to 7 Finely chopped
- **FOR PREPARING DOUGH**
- All Purpose Flour / Maida - 1 Cup
- Salt - As per taste
- Carom Seeds / Ajwain - 1/2 tsp
- Water - As required
- Oil - As required + For frying
- **FOR PREPARING SLURRY**
- All Purpose Flour / Maida - 2 tsp
- Water - As required

## TIPS

- The samosa should be fried on low to medium flame.
- **FOR PREPARING MOONG DAL STUFFING**
- The water should be added in very less quantity while cooking the moong dal in the pressure cooker.
- You can adjust the spiciness as per taste.
- Roast the stuffing well till all the moisture of stuffing evaporates so you can store the samosa for a long time.
- If you want, you can add raisins and sugar to the stuffing.
- **FOR PREPARING DOUGH**
- Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more oil.

## DIRECTIONS

- **FOR PREPARING MOONG DAL STUFFING**
- Wash and soak moong dal for 60 to 90 minutes. Then drain the water.
- Heat 2 tsp of ghee in a pressure cooker. Add asafoetida, cumin seeds, soaked moong dal, salt, 1/2 tsp of red chilli powder, and a little water. Mix well.
- Cover the pressure cooker with its lid. Let it cook for one whistle on a medium flame. Then let it cool down completely.
- Then Take it out in a bowl and let it cool down completely. Then transfer it to a grinding jar. Grind it for a few seconds to prepare its paste.
- Now heat 2 tsp of ghee in a pan. Add the prepared moong dal mixture. Mix well on low flame.
- Then add 1/2 tsp of red chilli powder, roasted cumin seeds powder, all spice mix powder, dry mango powder, coriander powder, salt, and black pepper powder. Mix well.
- Roast it on low flame for 15 to 16 minutes till the moisture evaporates and becomes golden brown. Keep stirring continuously.
- Once done, turn off the flame and add cashews. Mix well.
- **FOR PREPARING DOUGH**
- Take maida in a mixing bowl. Add salt, carom seeds, and oil. Mix well. Check the moyan by binding the flour. If it binds, the moyan is perfect, else, add more oil.
- Then add water gradually to prepare a hard consistency dough. Cover it with a wet cloth. Keep it aside and let it rest for 60 to 90 minutes.
- **FOR PREPARING SLURRY**
- Take maida in a bowl. Add a little water to prepare lumps-free slurry. Keep it aside.
- **FOR PREPARING MOONG DAL SAMOSA**
- Take a small ball sized part of the dough and make a peda. Roll it to make small sized poori and cut it from the middle to form 2 semi-circular shapes.
- Now, take one semi circular part, apply the prepared slurry on the edges and fold it to form a cone shape. Press and seal the edges. Fill the prepared moong dal stuffing in the cone.
- Press the stuffing gently and seal the top edge by applying slurry and folding a pleat in between, press slightly. Likewise prepare all the samosas.
- Heat oil for frying on medium flame. Now put the samosa carefully in the oil and fry them on a medium to low flame for 2 to 3 minutes. Flip it using a slotted spoon.
- Deep fry them until they become golden brown from both sides. Once done. Take them out to a serving plate.
- 'Moong Dal Samosa' is ready to be served with chutney.

[WATCH THE VIDEO RECIPE](#)

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

# 2 TYPES OF WATERMELON MOCKTAILS

famous summer drinks

By Neha Agarwal

From Raipur



SERVINGS: 2

PREPARATION TIME: 125 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

### • FOR PREPARING WATERMELON MINT MOCKTAIL

- Watermelon / Tarbooj - 1 Cup  
Chopped and deseed
- Pomegranate / Anar - 1/2 Cup
- Powdered sugar - 1 Teaspoon  
(optional)
- Chaat masala - 1/4 Teaspoon
- Black salt / Kala namak - 1/4 Teaspoon
- Lemon juice / Nimbu ka ras - Of 1/2 lemon
- Ice cubes - 2 to 3
- Ginger / Adrakh - 1/2 Inch chopped
- Mint leaves / Pudina - A few
- Lemon Slice - Of 1/2 Lemon
- Muskmelon / Kharabooja - Few pieces for garnishing (optional)

### • TO DECORATE THE RIM OF SERVING GLASS

- Lemon juice / Nimbu ka ras - Of 1 lemon
- Powdered sugar - 1 Teaspoon
- Chaat masala - 1/4 Teaspoon
- Black salt / Kala namak - 1/4 Teaspoon

### • FOR PREPARING WATERMELON MOCKTAIL WITH VANILLA ICE CREAM

- Watermelon / Tarbooj - 1 Cup  
Chopped and deseed + 1/2 Cup Finely chopped
- Vanilla ice cream - 4 Teaspoons
- Chia seeds - 1 Teaspoon
- Water - As required
- Rose syrup - As required for garnishing
- Watermelon slice - For garnishing

## DIRECTIONS

### • TO DECORATE THE RIM OF SERVING GLASS

- Take lemon juice on a small plate. Keep it aside.
- Take powdered sugar, chaat masala, and black salt on another small plate.
- Now first dip the rim of the serving glass in lemon juice. Then coat it with the prepared powdered sugar mixture. Keep it aside.

### • FOR PREPARING WATERMELON MINT MOCKTAIL

- Crush lemon, mint leaves, and ginger using a mortar and pestle. Keep it aside.
- Take watermelon, pomegranate, powdered sugar, chaat masala, black salt, lemon juice, and ice in a mixer jar. Grind it for a few seconds. Now strain it.
- Now take the prepared serving glass. Add crushed mint leaves, lemon slice, and ginger into the glass. Then add some muskmelon pieces.
- Now pour the prepared watermelon mocktail into the serving glass.

### • FOR PREPARING WATERMELON MOCKTAIL WITH VANILLA ICE CREAM

- Soak the chia seeds for 4 hours. Keep it aside.
- Take watermelon and vanilla ice cream in a mixer jar. Grind it for a few seconds.
- Now add finely chopped watermelon and soaked chia seeds into the serving glass.
- Then pour the prepared watermelon mocktail into the serving glass. Garnish it with rose syrup and add a small watermelon slice to the rim of the glass.
- '2 Types of Watermelon Mocktails' is ready to be served.

## TIPS

- The ratio of watermelon to pomegranate should be 2:1.
- Powdered sugar is optional.

# TOMATO METHI BATH

a tempting dish

By Roopa Naik

From Shimoga



SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

## INGREDIENTS

- Tomato / Tamatar - 6 to 7 Finely chopped
- Green Chilli / Hari Mirchi - 3 to 4 Slit
- Oil - 4 tsp
- Ginger-Garlic / Adrak-Lahsun - 1 tsp crushed
- Bay Leaf / Tej Patta - 1
- Cinnamon / Dal Chini - 1/2 Stick
- Cardamom / Elaichi - 2
- Cloves / Laung - 2 to 3
- Onion / Pyaz - 2 Chopped
- Fenugreek Leaves / Hari Methi - A handful
- Green Peas / Hare Matar - 1/2 Cup
- Homemade Sambhar Powder - 2 tsp
- Salt - As per taste
- Coriander Leaves / Hara Dhaniya - A handful
- Rice / Chawal - 1 Cup washed
- Water - 2 Cups

## DIRECTIONS

- Heat oil in a pressure cooker. Add bay leaf, cinnamon stick, cardamom, cloves, and crushed ginger-garlic. Mix well.
- Then add onion and mix well. Saute it for 1 to 2 minutes on medium flame.
- Further, add tomato, green chilli, fenugreek leaves, and green peas. Mix well.
- Now add sambhar powder and mix well. Then add salt and coriander leaves. Mix well.
- Now saute it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Then add washed rice and 2 cups of water. Mix well. Now 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 and take it out on a serving plate.
- 'Tomato Methi Bath | Methi Tomato Rice' is ready to be served.

## TIPS

- Fenugreek leaves adds flavor to the rice.
- The ratio of water to rice should be 2:1.

# COLD COFFEE WITH ICE-CREAM

a restaurant-style popular drink

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Instant coffee / Coffee powder - 1 tsp + For garnishing
- Sugar - 3 tsp
- Lukewarm water - 2 tbsp
- Ice cubes - As required
- Milk - 1 Glass chilled
- Vanilla ice cream - As required
- Chocolate balls - For garnishing

## TIPS

- The shaken coffee mixture can be stored in the refrigerator for 2 days.

## DIRECTIONS

- Take a plastic jar. Add coffee, sugar, and lukewarm water. Cover the jar with tissue paper and close its lid.
- Now keep shaking the jar for 1 to 2 minutes till it becomes thick frothy mixture.
- Then take a serving glass and add ice cubes, prepared coffee mixture, and chilled milk.
- Further, add vanilla ice cream on top of it. Garnish it coffee powder and chocolate balls.
- 'Cold Coffee With Ice-Cream' is ready to be served.

# 3 TYPES OF RAITA

refreshing summer special condiments  
By Shveta Sheth From Mumbai



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- **FOR PREPARING SPICY MINT-CORIANDER RAITA**
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Mint Leaves / Pudina - A few
- Green Chilli / Hari Mirchi - 1 Chopped
- Ginger / Adrak - 1/2 Inch chopped
- Water - As required
- Curd / Dahi - 1 Cup
- Black Salt / Kala Namak - 1/4 tsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp
- Salt - As per taste
- **FOR PREPARING DESI TADKE WALA RAITA**
- Curd / Dahi - 1 Cup
- Cucumber / Kheera - 1/2 Grated
- Green Chilli / Hari Mirchi - 1 Finely chopped
- Black Salt / Kala Namak - 1/4 tsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp
- Salt - As per taste
- Oil - 1 tsp
- Mustard Seeds / Rai - 1/4 tsp
- Asafoetida / Hing - A pinch
- Curry Leaves / Curry Patta - A few
- Coriander Leaves / Hara Dhaniya - For garnishing
- **FOR PREPARING PEANUT-POMEGRANATE RAITA**
- Curd / Dahi - 1 Cup
- Roasted peanuts / Mungfali - 1/4 Cup coarsely ground
- Pomegranate / Anardana - 1/4 Cup
- Black Salt / Kala Namak - 1/4 tsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/4 tsp
- Coriander Leaves / Hara Dhaniya - For garnishing

## DIRECTIONS

- **FOR PREPARING SPICY MINT-CORIANDER RAITA**
- Take coriander leaves, mint leaves, green chilli, ginger, and little water in a grinding jar. Grind it for a few seconds to prepare its mixture.
- Now take curd in a mixing bowl. Add the prepared mint-coriander mixture, Mix well using a hand whisker.
- Now add black salt, roasted cumin seeds powder, and salt. Mix well.
- Once done, take it out in a serving bowl and garnish it with coriander leaves.
- **FOR PREPARING DESI TADKE WALA RAITA**
- Take curd in a bowl. Add cucumber, green chilli, black salt, roasted cumin seeds powder, and salt.
- Meanwhile, heat oil in a tadka pan. Add mustard seeds, asafoetida, and curry leaves. Mix well and turn off the flame.
- Add the prepared tadka to the raita bowl and mix well.
- Once done, take it out in a serving bowl and garnish it with coriander leaves.
- **FOR PREPARING PEANUT-POMEGRANATE RAITA**
- Take curd in a bowl. Add roasted peanuts, pomegranate, black salt, roasted cumin seeds powder, red chilli powder, and salt. Mix well.
- Once done, take it out in a serving bowl and garnish it with coriander leaves.
- '3 Types Of Raita' is ready to be served.

## TIPS

- You can store the roasted peanuts in an airtight jar to prepare raita quickly.
- Spices can be added as per choice.





# Enjoy!

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