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Zayka Ka Tadka

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Unedited
live recipes



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वही बनता है !

Issue : 46



Zayka
Ka
Tadka

Live from the kitchens of moms of india



THE SUPER CHEF MOMS OF INDIA



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Kairi Kayras

a summer special side dish



By Pramodini Ji, A Lovely Mom, From Maharashtra
SERVINGS: 4 PREPARATION TIME: 5 MIN COOKING TIME: 5 MIN

Ingredients

- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Curry Leaves / Curry Patta - A few
- Raw Mango / Kachhi Keri - 1/2
Peeled and finely chopped
- Turmeric Powder / Haldi Powder -
1/2 tsp
- All Spice Mix Powder / Garam
Masala - 1/2 tsp
- Red Chilli Powder / Lal Mirch
Powder - 1 tsp
- Salt - As per taste
- Water - As required
- Jaggery Powder - 1 tbsp
- Roasted Sesame Seeds Powder /
Bhuna Til Powder - 1 tbsp
- Desiccated Coconut Powder /
Nariyal Ka Burada - 1 tbsp
- Roasted Peanuts / Bhuni Mungfali
- 1 tbsp Coarsely ground
- Coriander Leaves / Hara Dhaniya
- For garnishing

Directions

- Heat oil in a pan. Add mustard seeds, cumin seeds, asafoetida, curry leaves, and raw mango. Mix well and saute it for a few seconds.
- Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame.
- Then add turmeric powder, all spice mix powder, red chilli powder, and salt, Mix well.
- Add 1 cup of water and mix well. Bring it to a boil. Then add jaggery powder, roasted sesame seeds powder, desiccated coconut powder, and roasted peanuts. Mix well.
- Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame. Garnish it with coriander leaves.
- Once done, turn off the flame and take it out to a serving bowl.
- 'Kairi Kayras' is ready to be served.

Ragda Pav Mint Chaat

a popular spicy street style chaat



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 1

PREPARATION TIME: 480 MIN

COOKING TIME: 5 MIN

Ingredients

- White Peas / Safed Matar - 1 Cup
- Bread - 1 Slice
- Mint Leaves / Pudina Patta - 1 tbsp
Chopped + For Garnishing
- Water - As required
- Salt - As per taste
- Green Chilli / Hari Mirch - 1 tbsp
Chopped
- Chaat Masala - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2
tsp
- Red Chilli Powder / Lal Mirch Powder
- 1 tsp
- Onion / Pyaz - 1 Finely Chopped
(Optional)
- Tomato / Tamatar - 1 Finely Chopped
- Tamarind Chutney - As required
- Dhaniya Pudina Chutney - As
required
- Zero Number Sev / Nylon Sev - As
required
- Coriander Leaves / Hara Dhaniya -
For garnishing
- Namkeen Boondi - As required
- Thick Sev / Namkeen Sev - As
required

Directions

- Soak white peas overnight.
Then drain out its water. Boil it
with salt and turmeric powder in
a pressure cooker till 4 to 5
whistles. Let it cool down. Then
take it out in a bowl.
- Then, add chaat masala, red
chilli powder, and mint leaves.
Mix well.
- Take bread slice on a serving
plate. Add the prepared ragda,
onion, tamarind chutney,
dhaniya pudina chutney, thick
sev, namkeen boondi, green
chilli, nylon sev on it. Garnish it
with coriander leaves and mint
leaves.
- 'Ragda Pav Mint Chaat' is ready
to be served.

Tips

- Roasted bread can be used to
prepare this chaat.

Veg Mughlai Paratha

a delicious dish



By Vibha Jagethia, A Lovely Mom, From Madhya Pradesh

SERVINGS: 2

PREPARATION TIME: 130 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR PREPARING STUFFING**
- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Fennel Seeds / Saunf - 1/2 tsp
- Green Chilli / Hari Mirchi - 2 to 3 Finely chopped
- Coriander Powder / Dhaniya Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Boiled Potato / Uble Hue Aloo - 3 Peeled and mashed
- Salt - As per taste
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon
- **FOR PREPARING DOUGH**
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- All purpose Flour / Maida - 1 Cup
- Carom Seeds / Ajwain - 1/2 tsp
- Clarified Butter / Ghee - 1 tbsp
- Salt - As per taste
- Curd / Dahi - As required
- **FOR PREPARING VEG MUGHLAI PARATHA**
- Clarified Butter / Ghee - As required
- Gram Flour / Besan - 1/2 Cup
- Salt - As per taste
- Water - As required
- Oil - 1/4 tsp
- Sesame Seeds / Til - As required
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Mint-Coriander Chutney / Pudina-Dhaniya Chutney - As required
- Onion / Pyaz - 1/2 Finely chopped
- Cucumber / Kheera - 1/2 Finely chopped
- Tomato / Tamatar - 1/2 Finely chopped
- Curd / Dahi - As required whisked
- Pomegranate / Anardana - For garnishing
- Nylon Sev - For garnishing

Directions

- **FOR PREPARING STUFFING**
- Heat oil in a pan. Add cumin seeds, mustard seeds, fennel seeds, green chilli, coriander powder, red chilli powder, turmeric powder, and boiled potato. Mix well.
- Then add salt and mix well. Now turn off the flame and add lemon juice. Mix well. Keep it aside.
- **FOR PREPARING DOUGH**
- Take whole wheat flour in a mixing bowl. Add maida, carom seeds, salt, and ghee. Mix well.
- Add curd gradually to knead the medium-soft consistency dough. Cover it with muslin cloth and let it rest for 2 hours.
- **FOR PREPARING VEG MUGHLAI PARATHA**
- Take besan in a bowl. Add salt and oil. Then add water gradually to prepare lumps-free medium consistency batter. Keep it aside.
- Take the prepared medium ball sized medium-soft dough and make a round shaped circular peda from the dough. Dust it with flour and roll a peda to make a paratha.
- Meanwhile, heat a tawa. Place the prepared paratha on the tawa. Lightly roast it from one side.
- Flip it once it is slightly brown, add ghee to the paratha and half cook it from both sides on a low flame.
- Now spread the prepared potato stuffing on it. Then add 2 to 3 tsp of the prepared besan batter on it and slightly spread it.
- Sprinkle sesame seeds and coriander leaves on it. Then flip it carefully and roast it on low flame.
- Once done, flip it and take it out on a serving plate. Keep the besan side up and cut it into 4 pieces.
- Now spread mint-coriander chutney, onion, cucumber, tomato, and curd. Garnish it with pomegranate, coriander leaves, and nylon sev.
- 'Veg Mughlai Paratha' is ready to be served.

Tips

- The ratio of whole wheat flour to maida should be 1:1.
- Knead the dough with curd only.
- You can prepare the dough with whole wheat flour only.
- Rest the dough for 3 to 4 hours if the dough is prepared using only whole wheat flour.
- Ferment the dough well to prepare soft and tasty paratha.
- Roast the paratha on low flame.
- 1/4 tsp oil should be added to besan batter so it will not stick to the tawa.
- You can garnish the paratha as per your choice.

[Watch the video recipe](#)

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Mango Pickle With Moong Dal

a delicious heirloom pickle



By Triveni Ji and Shanti Kota Ji,

From Andhra Pradesh

SERVINGS: 6

PREPARATION TIME: 150 MIN

COOKING TIME: 2 MIN

Ingredients

- Raw Mango / Kachha Aam - 1
- Water - As required
- Sesame Oil / Til Ka Tel - 1 Cup
- Asafoetida / Hing - 1/4 tsp
- Yellow Lentils / Moong Dal - 1/2 Cup
- Red Chilli Powder / Lal Mirch Powder - 2 tsp
- Salt - 1 & 1/2 tsp or as per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Dry Fenugreek Seeds / Dana Methi - 1/4 tsp

Tips

- The washed mango should be wiped with a clean dry cloth completely.
- Stony wall(The thick inside skin of the mango around the place of gutli) should be kept while chopping the mango.
- The thin inner skin of mango pieces should be removed for better taste.
- The ratio of moong dal powder and red chilli powder should be 1:1.
- The quantity of the oil should be such that the mango pieces submerged.

Directions

• FOR PREPARING MANGO

- Keep the raw mango in the water for 60 minutes. Then wipe it with a clean dry cloth completely.
- Cut its top stem part and keep it aside for 30 minutes to release the latex (transparent fluid) completely. Then wipe it with a clean dry cloth completely
- Now cut it into small pieces and remove seed(gutli). Take out in a bowl. Cover it with clean dry cloth and keep it aside for 30 minutes.
- Then remove its thin inner skin. Likewise, remove from all mango pieces. Cover it with clean dry cloth and keep it aside for 30 minutes.

• FOR PREPARING MANGO PICKLE WITH MOONG DAL

- Now heat sesame oil in a pan. Once done, turn off the flame and add asafoetida. Mix well and keep it aside for 2 minutes.
- Roast the moong dal in a pan on low flame till it becomes golden brown. Keep stirring continuously.
- Once done, turn off the flame and let it cool down. Then transfer it to a grinding jar and grind it for a few seconds to prepare its fine powder.
- Take 2 tsp of the prepared moong dal powder in a bowl. Add red chilli powder, salt, turmeric powder, and dry fenugreek seeds. Mix well.
- Then add mango pieces and coat it well with a spices mixture. Now add the prepared oil such that the mango pieces submerged. Mix well.
- 'Mango Pickle With Moong Dal' is ready to be served.

Poha Chaat

a colorful snack



By Mamta Paliwal, A Lovely Mom, From Rajasthan

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Flattened rice / Poha - 2 Cups
- Water - As required
- Oil - 2 tbsp
- Mustard Seeds / Rai - 1 tsp
- Green Chilli / Hari Mirch - 2 to 3 Slited
- Curry Leaves / Curry Patta - A few
- Turmeric Powder / Haldi Powder - 1 tsp
- Salt - As per taste
- Sugar / Chini - 1 tsp (optional)
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon
- Sprouts - 1 to 2 tsp
- Boiled Sweet Corn - 1 tsp
- Carrot / Gajar - 1 tsp Finely chopped
- Cucumber / Kheera - 1 tsp Finely chopped
- Pomegranate / Anardane - 1 tsp + For garnishing
- Tomato / Tamatar - 1 tsp Finely chopped
- Coconut Chutney - As required
- Green Chutney / Hari Chutney - As required
- Namkeen Sev / Bhujia - For garnishing
- Fried Papad - For garnishing crushed
- Mathri - For garnishing crushed
- Coriander Leaves / Hara Dhaniya - For garnishing

Directions

- Wash the poha with water. Then strain it and keep it aside. Let it dry for 2 to 3 minutes.
- Heat oil in a pan. Add mustard seeds, green chilli, curry leaves, turmeric powder, salt, and sugar. Then add washed poha and mix well.
- Then turn off the flame and add lemon juice. Mix well.
- Take it out on a serving plate. Add sprouts, boiled sweet corn, carrot, cucumber, pomegranate, tomato, coconut chutney, and green chutney.
- garnish it with namkeen bhujia, fried papad, mathri, coriander leaves, and pomegranate.
- 'Poha Chaat' is ready to be served.

Tips

- You can add finely chopped onion to the poha as well.
- Any type of chutney can be added as per your choice.

Tandoori Aloo On Tawa

a restaurant style amazing appetizer



By Ani Setia, A Lovely Mom, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 20 MIN

COOKING TIME: 8 MIN

Ingredients

- Boiled Potato / Uble Hue
Aloo - 2 Peeled and halves
- Curd / Dahi - 2 tbsp whisked
- Mustard Oil / Sarso Ka Tel - 1
tbsp + As required
- Turmeric Powder / Haldi
Powder - 1/4 tsp
- Red Chilli Powder / Lal Mirch
Powder - 1/2 tsp
- Black Salt / Kala Namak - 1/4
tsp
- Salt - As per taste
- Black Pepper Powder / Kali
Mirch Powder - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Green Chilli Paste / Hari
Mirchi Paste - 1/4 tsp
- Ginger Paste / Adrak Paste -
1/4 tsp
- Dry Fenugreek Leaves /
Kasuri Methi - 1 tsp
- Coriander Leaves / Hara
Dhaniya - A handful

Directions

- Take boiled potato pieces in a
mixing bowl. Add curd, 1 tbsp of
mustard oil, turmeric powder, red
chilli powder, black salt, salt, black
pepper powder, chaat masala, green
chilli paste, ginger paste, dry
fenugreek leaves, and coriander
leaves. Mix well.
- Then keep it aside for marination for
10 to 15 minutes.
- Meanwhile, heat a tawa, Add the
marinated potato. Roast them by
adding mustard oil to it. .
- Keep flipping them to roast from
both sides on medium to high flame.
- Once done, turn off the flame and
take it out on a serving plate.
- 'Tandoori Aloo On Tawa' is ready to
be served with green chutney.

Tips

- You can marinate the potato for 30
minutes.

Kair Ka Achaar

a popular pickle from Rajasthani cuisine



By Anita Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 2

PREPARATION TIME: 288 MIN

COOKING TIME: 5 MIN

Ingredients

- Kair / Teet - 2 Cups
- Raw Mango / Kaccha Aam - 1 Peeled and chopped
- Mustard Oil / Sarson Ka Tel - 1 cup + 1 cup
- Fenugreek Seeds / Methidana - 1/2 Cup
- Fennel Seeds / Saunf - 1/4 Cup
- Mustard Seeds / Rai - 1 tbsp
- Nigella Seeds / Kalonji - 1 tbsp
- Salt - As per taste
- Asafoetida / Hing - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tbsp
- Turmeric Powder / Haldi Powder - 1/2 tbsp
- Water - As required

Tips

- Add grated raw mango instead of chopped raw mango.

Directions

- Add 1 tbsp salt in water. Then, keep the kair for 3 days in prepared salty water. Then, take it out from water and again keep in fresh water after mixing 1 tbsp salt. Keep it for 3 days.
- Again takes it out from salty water and keep the kair in fresh water after mixing 1 tbsp salt. Keep it for 3 days to reduce bitterness of kair.
- Drain the water and remove the stem (danthal). Dry it on a cloth.
- Now heat oil in a pan. Then turn off the flame and let it cool down.
- Take a pan, add fenugreek seeds, fennel seeds and mustard seeds. Roast them for 1 minute. Transfer them in a grinding jar and grind them coarsely.
- Now, add asafoetida and prepared coarsely ground mixture in luke warm oil. Then, add turmeric powder, red chilli powder, nigella seeds and salt.
- Take kair in a mixing bowl. Add, prepared oil mixture in it and mix well. Transfer it in a jar and cover it with a lid or cloth. Then keep for it for 3 days.
- After 3 days, heat 1 cup oil. After cooling it transfer it in the jar. Cover the jar with a lid.
- 'Kair Ka Achaar' is ready to be served.

Urad Dal Vada

a popular South Indian dish



By Archana Chakravarthy, A Lovely Mom, From Karnataka

SERVINGS: 2

PREPARATION TIME: 65 MIN

COOKING TIME: 5 MIN

Ingredients

- Black Gram / Urad Dal - 1 Cup
- Water - As required
- Green Chilli / Hari Mirchi - 1 Chopped
- Ginger / Adrak - 1 Inch chopped
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Salt - As per taste
- Oil - For frying

Directions

- Wash and soak urad dal for 60 minutes. Then drain the water completely.
- Take green chilli, ginger, and cumin seeds in a grinding jar. Grind it for a few seconds to prepare its paste.
- Grind soaked urad dal without water. If it needs water, add some drops of water gradually. Prepare thick consistency batter. Transfer it in a bowl. Whisk it well to make soft and fluffy vada.
- Add the prepared ginger-green chilli-cumin seeds mixture, asafoetida, and salt. Mix well. Whisk it well to make soft and fluffy vada.
- Meanwhile, heat oil for frying. Take a small portion of batter with a wet hand and spread it. Then make a small hole in the center and place it in the heated oil.
- Fry them from both the sides on medium flame for 2 to 3 minutes. Then take it out on a serving plate.
- 'Urad Dal Vada' is ready to be served.

Tips

- You can use white or whole black urad dal also to prepare this vada.
- Grind soaked urad dal without water. If it needs water, add some drops of water gradually.
- Prepare thick consistency batter.
- Whisk the batter well so the vada will not soak the oil and become fluffy.
- Oil should be hot enough while adding the vada to it, otherwise the vada will soak oil.
- Fry the vada on medium flame.
- Black pepper powder can be added instead of green chilli.
- Finely chopped onion, curry leaves, and fresh ground coconut can be added to the batter.
- The batter should be used for 1 day only otherwise the vada will soak oil.
- You can also prepare thin flattened vada also without holes.

[Watch the video recipe](#)

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

Instant Raw Mango Sharbat & Aam Panna

famous drinks during the summers



By Usha Thakre,

A Lovely Mom,

From Nasik

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PREPARING INSTANT RAW MANGO SHARBAT**
- Raw Mango / Kaccha Aam - 1 Cup Peeled and chopped
- Sugar - 1 Cup
- Fennel Seeds / Saunf - 1/2 tsp
- Green Chilli / Hari Mirchi - 1/2 Finely chopped
- Ginger / Adrak - 1/2 Inch grated
- Cardamom Powder / Elaichi Powder - 1/4 tsp
- Black Salt / Kala Namak - 1/2 tsp
- Water - As required
- Ice Cubes - As required
- **FOR PREPARING AAM PANNA**
- Raw Mango / Kaccha Aam - 2
- Water - As required
- Jaggery / Gud - 1 Cup
- Black Salt / Kala Namak - 1/2 tsp
- Cardamom Powder / Elaichi Powder - 1/4 tsp
- Water - As required
- Ice Cubes - As required

Directions

- **FOR PREPARING INSTANT RAW MANGO SHARBAT**
- Take raw mango pieces in the grinding jar. Add sugar, fennel seeds, green chilli, ginger, cardamom powder, black salt, and little water. Grind it for a few seconds to prepare its pulp.
- Now strain it. You can store it in an air-tight glass jar for 2 days in the refrigerator.
- **TO SERVE INSTANT RAW MANGO SHARBAT**
- Take 1/4 Cup of prepared instant raw mango concentrate in the serving glass. Add water and ice cubes. Mix well.
- **FOR PREPARING AAM PANNA**
- Take 1/2 glass of water in a pressure cooker. Add a raw mango. Then cover the pressure cooker with its lid. Cook it on a high flame till 2 whistles. Then turn off the flame. Let it cool down.
- Take out the cooked mango, peel it, and prepare its pulp. Take it out in a bowl.
- Take the prepared mango pulp in a grinding jar. Add jaggery, black salt, and cardamom powder. Grind it for a few seconds.
- You can store it in an air-tight glass jar for 8 days in the refrigerator.
- **TO SERVE AAM PANNA**
- Take 3 tsp of prepared aam panna concentrate in the serving glass. Add water and ice cubes. Mix well.
- 'Instant Raw Mango Sharbat & Aam Panna' are ready to be served.

Tips

- The ratio of raw mango to sugar should be 1:1.
- You can store raw mango sharbat concentrate for 2 days in the refrigerator.
- The ratio of cooked mango pulp to jaggery should be 1:1.
- You can store aam panna concentrate for 8 days in the refrigerator.

[Watch the video recipe](#)

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Papad Nachos With Tomato Salsa

a interesting appetizer



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 - 15 MIN

Ingredients

- **FOR PREPARING TOMATO SALSA**
- Tomato / Tamatar - 2
- Onion / Pyaz - 1 Chopped
- Green Chilli / Hari Mirch - 1 Chopped
- Black Salt / Kala Namak - 1/4 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Roasted Cumin Seeds / Bhuna Jeera - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Raw Mango / Kachha Aam - 1 tsp Peeled and grated
- Coriander Leaves / Hara Dhaniya - A handful
- **FOR PREPARING PAPAD NACHOS**
- Papad - 2
- Oil - For frying
- Red Chilli Powder / Lal Mirch Powder - as required

Directions

- **FOR PREPARING TOMATO SALSA**
- Take tomatoes and roast it directly on medium to low flame for 3 to 4 minutes. Make 1 small sized hole on the tomato to release the air.
- Rotate the tomato until it is completely charred. Once done, turn off the flame and let it cool down. Then peel them and roughly chop them.
- Transfer it to a chopper. Add onion and green chilli. Coarsely chop them.
- Once done, take it out in a serving bowl. Add black salt, salt, red chilli powder, roasted cumin seeds, chaat masala, and raw mango. Mix well. Then add coriander leaves and mix well.
- **FOR PREPARING PAPAD NACHOS**
- Cut papad in the triangle shape and keep it aside.
- Meanwhile, heat oil for frying. Put the papad in the hot oil.
- Deep fry it on a medium flame for a few seconds until it turns crispy and golden brown from both sides. Then, take them out on a serving plate using a slotted spoon. Sprinkle red chilli powder on it.
- **SERVING SUGGESTIONS**
- Take the prepared tomato salsa in a serving bowl. Put it in the center of the serving plate. Now arrange all the papad nachos around it.
- 'Papad Nachos With Tomato Salsa' is ready to be served.

Tips

- Make 1 small sized hole on the tomato to release the air.
- Any type of papad can be used as per your choice.
- You can adjust the spiciness of salsa as per taste.

[Watch the video recipe](#)

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

Pal Puri

a classic South Indian dessert



By Chitra Krishnan,

A Lovely Mom,

From Jamshedpur

SERVINGS: 1 - 2

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PURI**
- Maida / All purpose flour - 1 cup
- Salt - as per taste
- Oil - 2 tsp + For frying
- Water - as required
- **FOR MILK RABDI**
- Doodh / Milk - 1 cup
- Kesar / Saffron Strands - 6 to 8
- Milk powder - 1 tbsp
- Sugar - 2 tbsp
- Dry nuts powder - For garnishing

Tips

- Adjust sweetness as per your taste or preference.
- You can use half maida and half whole wheat flour to prepare puri.

Directions

- **FOR PURI**
- Take maida in a bowl. Add salt and oil. Mix well. Add water gradually to prepare the medium soft dough. Keep it aside and let it rest for 10 minutes.
- Take a small ball sized part of the dough and flatten it and apply oil to it. Roll it to make a puri. Then prick the puri using a fork.
- Meanwhile, heat oil in a kadhai/wok for frying. Keep the flame low and place the prepared puri into the hot oil.
- Deep fry it until it becomes crispy and golden brown from both sides. Then, take it out on a serving plate using a slotted spoon. Likewise, fry all puri. Keep them aside.
- **FOR MILK RABDI**
- Heat milk and saffron strands in a pan, till it starts to boil. Then, add milk powder and mix well. Now, add 2 tbsp sugar and mix well.
- Boil it till the mixture turns into medium thick consistency. Now, turn off the flame and let it to cool completely.
- **FOR PAL PURI**
- Dip each puri in the prepared rabdi and take them out in a serving plate.
- Garnish them with the rabdi and dry nuts powder.
- 'Pal Puri' is ready to be served.

Dry Fruit Stuffed Roll

a festival special sweet



By Veena Sakhrani, A Lovely Mom, From Rajasthan

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Walnuts / Akhrot - 1 tbsp Finely chopped
- Almonds / Badam - 1 tbsp Finely chopped
- Cashew / Kaju - 1 tbsp Finely chopped
- Sugar - 1 Cup
- Water - 1 Cup + As required
- Saffron / Kesar - 6 to 8 Strands
- Cardamom Powder / Elaichi Powder - 1/4 tsp
- Desiccated Coconut Powder / Nariyal ka Burada - 3 tbsp +As required
- Raisin / Kishmish - 1 tsp
- Leftover Sweet / Mithai - 2 to 3 pieces
- Bread - 4 Slices
- Oil - For frying
- Silver vark / Silver leaf - 2 Sheets

Tips

- Prepare the sugar syrup of less than one-string consistency.
- The ratio of desiccated coconut powder to dry fruits should be 2:1.

Directions

- Heat sugar and water in a pan. Add saffron and cardamom powder. Mix well.
- Boil it for 2 to 3 minutes on medium flame till the sugar melts and syrup becomes thick. Prepare the sugar syrup of less than one-string consistency. Keep it aside.
- Take almond, walnut, cashews, desiccated coconut powder, raisins, and leftover sweet by mashing them. Mix well. Keep it aside.
- Take bread slices. Now dip it into the water. Then press it between your two palms and remove excess water.
- Now add the prepared dry fruit stuffing on the wet bread. Then fold bread and cover the stuffing with bread to prepare a roll. Likewise, prepare all rolls.
- Now heat oil in a deep frying pan over medium flame, and when the oil is medium hot. Place the prepared rolls gently into the hot oil.
- Deep fry them until they become crispy and light golden brown from all sides on a medium flame for 2 to 3 minutes.
- Once done, take them out to a plate using a slotted spoon.
- Dip them in the prepared sugar syrup for some time. Now take it out from the sugar syrup and transfer it to a serving plate.
- Cover it with half silver vark. Likewise, prepare all rolls.
- Make 1 vertical slit on it so that the base stays attached. Sprinkle desiccated coconut powder on it.
- 'Dry Fruit Stuffed Roll' is ready to be served.

Shahi Dum Aloo Without Onion Garlic

a lip-smacking curry of potato



By Saroj Bhasin, A Lovely Mom, From Rajasthan

SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- Oil - 2 tbsp + For frying
- Cumin Seeds / Jeera - 1/2 tsp
- Dry Red Chilli / Sukhi Lal Mirchi - 3
- Bay Leaf / Tej Patta - 2 to 3
- Cinnamon / Dal Chini - 1/2 Stick
- Cloves / Laung - 3
- Black Cardamom / Badi Elaichi - 1
- Tomato / Tamatar - 2 Chopped
- Cashew / Kaju - 8 to 10
- Green Chilli / Hari Mirch - 1
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Baby potato / Aloo - 8 to 10
- Homemade Malai - 1/2 Cup
- Coriander Leaves / Hara Dhaniya - For garnishing

Tips

- You can shallow fry the baby potatoes instead of deep frying them.
- Prick the boiled potatoes using a fork so that they can absorb the masala.

Directions

- Pressure cook the baby potatoes only for one whistle. Then, peel them and prick them using a fork.
- Heat oil for frying in a pan. Add boiled baby potatoes. Fry it for 3 to 4 minutes on medium flame until it becomes a nice golden brown from all sides.
- Once done, take them out on a plate using a slotted spoon.
- Take tomato, cashews, and green chilli in a grinding jar, grind it for a few seconds to prepare its puree.
- Heat 2 tbsp of oil in a pan. Add cumin seeds, dry red chilli, bay leaf, cinnamon stick, cloves, black cardamom, and the prepared tomato puree. Mix well.
- Saute it for 2 to 3 minutes on medium flame. Stir it occasionally.
- Then add salt, red chilli powder, turmeric powder, black pepper powder, and coriander powder. Mix well.
- Saute it for 2 to 3 minutes on medium flame till the oil separates. Stir it occasionally.
- Then add homemade malai and mix well. Saute it for 1 to 2 minutes on medium flame.
- Now add the prepared potato and mix well. Saute it for 3 to 4 minutes by covering the pan. Keep stirring occasionally.
- Once done, garnish it with coriander leaves and take it out in a serving bowl.
- 'Shahi Dum Aloo Without Onion Garlic' is ready to be served.

Chilli Paneer Fried Rice

a spicy one-pot meal



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Oil - 1 & 1/2 tbsp
- Garlic / Lahsun - 4 to 5 Cloves finely chopped
- Ginger / Adarak - 1 Inch finely chopped
- Green Chilli / Hari Mirch - 1 Slit
- Onion / Pyaz - 2 Sliced
- Tricolor Bell Pepper / Shimla Mirch - 1 Cup sliced
- Salt - As per taste
- Soy Sauce - 1 tbsp
- Tomato Ketchup - 1 tbsp
- Vinegar - 1 tsp
- Red Chilli Sauce - 1/2 tbsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Cottage Cheese / Paneer - 1 Cup sliced
- Sesame Seeds / Til - 1 tsp
- Cooked Rice / Pake Hue Chawal - 2 Cups
- Coriander Leaves / Hara Dhaniya - For garnishing

Directions

- Heat oil in a pan. Add garlic, ginger, and green chilli. Mix well and saute it for a few seconds on high flame.
- Then add onion and mix well. Now add tricolor bell peppers and mix well.
- Now add salt and mix well. Saute it for 1 to 2 minutes on high flame. Keep stirring continuously.
- Then make a space in between the pan. Add soy sauce, tomato ketchup, vinegar, red chilli sauce, and black pepper powder. Mix well.
- Saute it for 1 to 2 minutes on high flame. Keep stirring continuously.
- Now add paneer and mix well. Then add sesame seeds and mix well.
- Then add cooked rice and mix well. Once done, turn off the flame and garnish it with coriander leaves.
- 'Chilli Paneer Fried Rice' is ready to be served.

Tips

- You can add any colored bell peppers.
- You can serve chilli paneer as a starter without adding rice.
- Add salt for rice while boiling them.
- Soy sauce, other sauces, and cooked rice contains salt, so add salt carefully to the veggies.

2 Types Of Mocktails

exciting and refreshing drinks



By Anupama Jagdeesh Rao ,

A Lovely Mom,

From Nasik

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- **FOR PREPARING MANGO FRUIT PUNCH**
- Mango Ice Cream - 2 Cups melted
- Mango Pulp - 2 Cups
- Ready-made Packed Orange Juice - 2 Cups
- Rose Syrup - 5 tsp+ For garnishing
- Ice Cubes - As required
- Mango Pieces - For garnishing
- **FOR PREPARING PINK LEMONADE**
- Chilled Water - 2 Cups
- Lemon Juice / Nimbu Ka Ras - Of 2 lemon's
- Powdered Sugar - 3 tsp
- Rock Salt / Sendha Namak - 1/4 tsp
- Strawberry Puree - 3 to 4 tbsp
- Ice Cubes - As required
- Lemon Slice - For garnishing
- Mint Leaves / Pudina - For garnishing

Directions

- **FOR PREPARING MANGO FRUIT PUNCH**
- Take melted mango ice cream in a mixing bowl. Add mango pulp and orange juice. Mix well. Now add rose syrup and slightly mix them.
- Add rose syrup to the serving glass's inside surface. Add the prepared mocktail.
- Add ice cubes and garnish it with mango pieces.
- **FOR PREPARING PINK LEMONADE**
- Take chilled water in a mixing bowl. Add lemon juice, rock salt, and powdered sugar. Mix well.
- Now add strawberry puree and mix well.
- Take it out in a serving glass and add ice cubes. Garnish it with mint leaves and lemon slice.
- '2 Types Of Mocktails' are ready to be served.

Tips

- All ingredients should be chilled.
- **FOR MANGO FRUIT PUNCH**
- The ratio of mango ice cream, mango pulp, and orange juice should be 1:1:1.
- You can add any type of mango's pulp as per your choice.
- Take a mango piece in a grinding jar and add a little water. Grind it for a few seconds to prepare its pulp.
- You can use fresh orange juice instead of ready-made packed orange juice.
- You can use any type of rose syrup.
- Don't use rose juice instead of rose syrup.
- The mixture of mocktail should be slightly mixed to prepare a beautiful shaded mocktail.
- **FOR PINK LEMONADE**
- You can add black salt instead of rock salt.
- You can store powdered sugar in an airtight container to prepare juice instantly.
- If you want you can add honey instead of powdered sugar.
- Take strawberry piece in a grinding jar and add a little water. Grind it for a few seconds to prepare its puree. Then strain it.
- You can use watermelon, pomegranate, or raspberry puree also instead of strawberry puree.
- You can add strawberry puree as per choice.

[Watch the video recipe](#)

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

Leftover Dal Stuffed Paratha

a healthy meal



By Neena Mathur, A Lovely Mom, From Rajasthan

SERVINGS: 1 - 2 PREPARATION TIME: 3 - 4 MIN COOKING TIME: 3 - 4 MIN

Ingredients

- Leftover Dal / Bachi Hui Dal - 1 Cup
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari Mirch - 1 Finely chopped
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - For roasting

Tips

- Add besan to the stuffing for binding and better taste.

Directions

- Heat a kadai / wok. Put dal in it and roast it on high flame. Keep stirring continuously.
- When water evaporates, roast it on low flame till it turns in dry dal. Once done, turn off the flame and let it cool.
- Then, add coriander leaves, green chilli and garam masala in dry dal. mix well.
- Take the medium ball sized 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 small paratha.
- Now add the prepared dal stuffing on it. Join the edges and seal the paratha properly. Slightly press it. Dust it with flour and roll it with light hands from the edges 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 to the paratha and cook it from both sides on a low to medium flame. Press the paratha while cooking it to make it crispy and cook it well.
- Once done, take it out to the serving plate.
- 'Leftover Dal Stuffed Paratha' is ready to be served.

Instant Rava Dhokla

a healthy and tasty breakfast



By Vijay Haldiya,

Founder,

Zayka Ka Tadka

SERVINGS: 3

PREPARATION TIME: 15 MIN

COOKING TIME: 10 MIN

Ingredients

- Semolina / Sooji / Rava - 1 Cup
- Curd / Dahi - 1/2 Cup
- Salt - As per taste
- Oil - 1 tsp + As required for greasing
- Powdered Sugar - 1 tsp
- Ginger-Green Chilli Paste / Adarak-Hari Mirchi Paste - 1 tsp
- Water - As required
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Fruit Salt - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - As required (optional)
- **FOR PREPARING TADKA**
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1 tsp
- Sesame Seeds / Til - 1 tsp
- Curry leaves / Curry patta - A few
- Green chilli / Hari mirchi - 2 to 3 Finely chopped

Directions

- Take semolina in a bowl. Add curd, salt, oil, powdered sugar, and ginger-green chilli paste. Mix well.
- Add water gradually to prepare a lump-free and medium consistency batter. Keep it aside for 10 to 15 minutes. Then add turmeric powder and mix well.
- Meanwhile, boil water in a steamer. The dhokla should be put in the steamer for steaming only after the water boils.
- Add fruit salt to the batter. Mix well. Transfer the batter immediately to a greased mould. Tap it. Sprinkle red chilli powder on it.
- Place the mould in the steamer. Steam it on a medium flame for 15 minutes.
- After 12 minutes, insert a knife to check. If it comes out clean then it is perfectly cooked. Else steam it for 2 to 3 minutes more.
- Now take it out from the steamer. Keep it aside and let it cool down.
- **FOR PREPARING TADKA**
- Heat oil in a pan. Add mustard seeds, sesame seeds, curry leaves, and green chilli. Mix well.
- Then turn off the flame. Pour tadka on the steamed dhokla. Then de-mould it. Cut it and transfer it to a serving plate.
- 'Instant Rava Dhokla | Suji Dhokla' is ready to be served with green chutney.

Tips

- The batter should be given rest for 10 to 15 minutes to make fluffy dhokla.
- If you want, you can prepare the dhokla instantly.
- Water can be added to the batter to adjust the consistency.
- You can prepare white dhokla also from this batter without adding turmeric powder.
- Add fruit salt just before steaming the dhokla.
- The dhokla should be put in the steamer for steaming only after the water boils.
- Insert a knife to check dhokla. If it comes out clean then it is perfectly cooked. Else steam it for 2 to 3 minutes more.
- Don't open the lid while the dhokla is steaming.

[Watch the video recipe](#)

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

Restaurant Style Crispy Corn

a quick and spicy appetizer



By Manju Saraf,

A Lovely Mom,

From Gurgaon

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Sweet Corn Kernels - 1 Cup
- Water - As required
- Salt - As per taste
- Rice Flour / Chawal Ka Aata - 2 tsp
- All Purpose Flour / Maida - 2 tsp
- Oil - For frying
- Clarified Butter / Ghee - 1 tsp
- Green Chilli / Hari Mirchi - 2 to 3 Finely chopped
- Capsicum / Shimla Mirch - 1 tbsp Finely chopped
- Onion / Pyaz - 1 tbsp Finely chopped
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Dry Mango Powder / Amchur - 1/2 tsp

Directions

- Take sweet corn kernels in a pressure cooker. Add salt and water. Cover the pressure cooker with its lid. Cook it till 1 whistle on a high flame. Once done, turn off the flame and let it cool down. Then open it and strain it.
- Take sweet corn kernels in a strainer. Add 1 tsp of rice flour, 1 tsp of maida, and a little salt. Mix well to coat it well.
- Sprinkle a few drops of water to it and mix well. Again add 1 tsp of rice flour and 1 tsp of maida. Mix well to coat it well.
- Meanwhile, heat oil in a pan for frying. Place the prepared sweet corn kernels into the hot oil. Cover the pan with a lid.
- Fry them on medium flame until they become crispy and golden brown. Then, take them out in a bowl using a slotted spoon. Keep it aside.
- Heat ghee in a pan. Add green chilli, capsicum, onion, salt, red chilli powder, and dry mango powder. Mix well.
- Saute it for 1 to 2 minutes on low flame. Stir it occasionally. Then add fried crispy sweet corn. Mix well.
- Once done, turn off the flame and take it out to a serving bowl.
- 'Restaurant Style Crispy Corn' is ready to be served.

Tips

- You can also use frozen sweet corn to prepare this dish.
- Few drops of water should be sprinkled on sweet corn to coat them well.
- Cover the pan with a lid after adding corn to the hot oil.
- Butter can be used instead of ghee.

Instant Bedmi Poori

a special meal option



By Madhu Garg, A Lovely Mom, From Muzaffarnagar

SERVINGS: 3

PREPARATION TIME: 65 MIN

COOKING TIME: 2 MIN

Ingredients

- **FOR PREPARING PITTHI**
- Black Gram / Urad Dal - 1 Cup
- Fennel Seeds / Saunf - 1 tsp Ground
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Asafoetida / Hing - 1/4 tsp
- Water - As required
- **FOR PREPARING INSTANT BEDMI POORI**
- Whole Wheat Flour / Gehu Ka Aata - 1/2 Cup
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Water - As required
- Oil - For frying

Tips

- You can use whole urad dal to prepare this poori.
- If you want, you can use soaked and ground urad dal for preparing pitthi.
- It is recommended to add ground fennel seeds and asafoetida to make flavorful bedmi poori.

Directions

- **FOR PREPARING PITTHI**
- Grind the urad dal in a grinding jar for a few seconds to prepare its powder. Take it out in a bowl.
- Add fennel seeds, all spice mix powder, red chilli powder, and asafoetida. Mix well.
- Add water gradually to prepare the thick consistency pitthi. Keep it aside and let it rest for 60 minutes.
- **FOR PREPARING INSTANT BEDMI POORI**
- Take whole wheat flour in a bowl. Add salt, red chilli powder, and carom seeds. Mix well.
- Add water gradually to prepare the medium soft dough. Keep it aside and let it rest for 60 minutes.
- Take a small ball sized part of the dough and flatten it and apply oil to it. Roll it to make a poori.
- Now add the prepared pitthi in the center. Then seal the ends of it to prepare a round shaped peda. Then roll it to make poori.
- Meanwhile, heat oil in a pan for frying. Place the prepared poori into the hot oil.
- Deep fry it until it becomes crispy and golden brown from both sides. Then, take it out on a serving plate using a slotted spoon. Likewise, fry all Poori.
- 'Instant Bedmi Poori' is ready to be served with aloo ki sabji.

Gujarati Methi Muthiya

a healthy and flavorful dish



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- Fenugreek Leaves / Hari Methi - 1 Cup finely chopped
- Spinach / Palak - 1 Cup finely chopped
- Coriander Leaves / Hara Dhaniya - 1 Cup + For garnishing
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Cumin Seeds / Jeera - 1/2 tsp
- Coriander Powder / Dhania Powder - 1/2 tsp
- Ginger-Green Chilli-Garlic Paste / Adarak-Hari Mirch-Lahsun Paste - 1 tsp
- Jaggery Powder - 2 tsp
- Oil - 2 tsp
- Fruit Salt - 1/2 tsp
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Semolina / Sooji - 1 tbsp
- Gram Flour / Besan - 1 tbsp
- Cooked Rice / Pake Huye Chawal - 1 Cup
- Water - As required
- **FOR PREPARING TADKA**
- Oil - 1 & 1/2 tsp + For greasing
- Mustard Seeds / Rai - 1/4 tsp
- Cumin Seeds / Jeera - 1/4 tsp
- Asafoetida / Hing - A pinch
- Dry Red Chillies / Sukhi Lal Mirch - 2
- Green Chilli / Hari Mirch - 2 Slit
- Curry Leaves / Curry Patta - A few
- Sesame Seeds / Til - 2 tsp
- Coriander Leaves / Hara Dhania - A handful + For Garnishing

Directions

- Take fenugreek leaves in a mixing bowl. Add spinach, coriander leaves, turmeric powder, salt, cumin seeds, coriander powder, ginger-green chilli-garlic paste, jaggery powder, oil, fruit salt, and lemon juice. Mix well.
- Then add whole wheat flour, semolina, besan, and cooked rice. Mix well to prepare the dough from it. If required add 1 or 2 tsp of water.
- Now make small, cylindrical shaped muthiyas from the prepared mixture. Grease the steaming plate and arrange all prepared muthiya on it.
- Meanwhile, heat water in a steamer. Add lemon peel in the water. Once the water starts boiling, place the prepared steaming plate in the steamer. Cover it with a lid.
- Steam the muthiya on a high flame for 15 to 20 minutes.
- After 17 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. Crush 2 to 3 pieces of muthiya with your hands. Keep it aside.
- **FOR PREPARING TADKA**
- Heat oil in a pan. Add mustard seeds, cumin seeds, asafoetida, dry red chillies, green chilli, curry leaves, sesame seeds, and prepared muthiya. Mix well.
- Once done, take it out to a serving plate and garnish it with coriander leaves.
- 'Gujarati Methi Muthiya' is ready to be served.

Tips

- Semolina should be added to the dough of the muthiya to soak excess water and to make crispy muthiya.
- Squeezed lemon peel should be added to the boiling water of the steamer so the steamer will not turn black.
- The muthiya should be put in the steamer for steaming only after the water boils.
- After 17 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.

[Watch the video recipe](#)

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



ENJOY!

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