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# Zayka Ka Tadka



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August - 2024



Unedited  
live recipes



जो दिखता है !  
वही बनता है !

Issue : 48

Live from the kitchens of moms of india







## THE SUPER CHEF MOMS OF INDIA







## ***Founder's Words***



**Namaskar!**

**Hope all our dear viewers are doing well and enjoying the beautiful monsoon weather with your Families!**

**We welcome the beautiful special month of August with loads of smiles.**

**August is a beautiful month of Friendship, celebrating Freedom and paying reverence to our great Freedom warriors. August also ushers in the Indian month of 'Shravan', the beginning of the festival season and beautiful traditions. This is celebrated in unique ways across our Country.**

**As always, in this magazine, we bring some super tasty, easy and healthy recipes suitable for the monsoon season and festivals.**

**Do try the recipes in this edition, share with your friends and family and share feedback with us. All your feedback , comments and suggestions keep inspiring us and we are determined to bring you more and more interesting and traditional recipes straight from the kitchens of wonderful moms of India.**

**Yours Sincerely**

**Vijay Haldiya - [ Founder of Zayka Ka Tadka ]**



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# Besan Ka Halwa

*delicious traditional dessert*



**By Vijay Haldiya,**

**Founder**

**Zayka Ka Tadka**

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

- Clarified Butter / Ghee - 1/2 Cup
- Almonds / Badam - 8 to 10 Halves
- Cashew / Kaju - 5 to 6 Halves
- Pistachios / Pista - 1 tbsp Halves
- Gram Flour / Besan - 1 Cup
- Semolina / Sooji - 2 tsp
- Water - 1 Cup
- Sugar - 1 Cup
- Saffron / Kesar - Few strands
- Cardamom Powder / Elaichi Powder - 1/2 tsp
- Milk - 1/4 Cup

## Tips

- Add fried dry fruits to the halwa for better taste and looks.
- The ratio of ghee to besan should be 1:2.
- Use danedar / mota besan to prepare this halwa.
- If danedar besan is not available, add 2 tsp sooji / Rava in regular besan.
- The ratio of water to besan should be 1:1.
- The ratio of sugar to besan should be 1:1.
- Add milk gradually to give a nice texture to halwa.
- If you want you can add jaggery instead of sugar.
- When the halwa leaves the pan it indicates that the halwa is ready.

## Directions

- Boil water in a pan. Add sugar and mix well. Then add saffron and cardamom powder. Mix well and boil it for 2 to 3 minutes till the sugar melts. Then turn off the flame and keep it aside.
- Heat ghee in a pan. Keep 1 tsp of ghee aside. Add almonds, cashews, and pistachio. Fry it for a few seconds on medium flame.
- Once done, take it out in a bowl. Keep it aside.
- Now add besan and sooji in the same pan. Mix well and add 1 tsp of ghee.
- Roast it for 5 to 7 minutes on low to medium flame till it becomes a nice golden brown and nice aroma begins to rise. Keep stirring continuously.
- Now add milk gradually and Mix well. Keep stirring continuously on low to medium flame.
- Now add the prepared sugar syrup gradually and keep stirring continuously on medium flame.
- Then add 1 tsp of ghee and 1 tbsp of prepared dry fruits. Mix well. Keep stirring continuously till the halwa leaves the pan.
- Once done, take it out in a serving bowl and garnish it with dry fruits.
- 'Besan Ka Halwa' is ready to be served.



# Maharashtrian Thalipeeth

*a heirloom dish of Maharashtra*



**By Usha Thakre**

**A Lovely Mom,**

**From Nasik**

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Garlic / Lahsun - 2 to 3 Cloves
- Green Chilli / Hari Mirchi - 1 to 2 Chopped
- Cumin Seeds / Jeera - 1/2 tsp
- Fennel Seeds / Saunf - 1/2 tsp
- Sorghum Flour / Jowar Ka Aata - 1 Cup
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Rice Flour / Chawal Ka Aata - 1 tbsp
- Pearl Millet Flour / Bajre Ka Aata - 1 Cup
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Cumin Seeds Powder / Jeera Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Sesame seeds / Til - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Onion / Pyaz - 1 Finely chopped
- Oil - As required
- Water - As required
- Clarified Butter / Ghee - As required

## Tips

- The ratio of sorghum flour, whole wheat flour, and pearl millet flour should be 1:1.
- Add rice flour to prepare crispy thalipeeth.
- Add coriander leaves in enough quantity.
- You can add fenugreek leaves, bottle gourd, or cucumber instead of onion.
- Make small holes in between the thalipeeth to make it crispy.

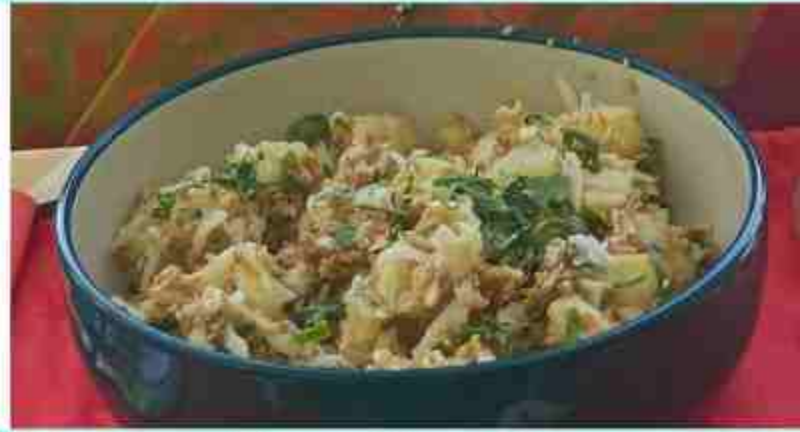
## Directions

- Take garlic, green chilli, cumin seeds, and fennel seeds in a grinding jar. Grind it for a few seconds to prepare its paste.
- Take sorghum flour in a mixing bowl. Add whole wheat flour, rice flour, pearl millet flour, salt, turmeric powder, cumin seeds powder, red chilli powder, ground paste, carom seeds, til, coriander leaves, and onion. Mix well.
- Then add 2 tsp of oil and mix well. Now add water gradually to prepare soft consistency dough. Knead it well for 1 to 2 minutes.
- Now take the cotton cloth on a rolling board. Add some drops of water on it to make it wet cloth. Take a small ball-sized dough on it and spread it on the wet cloth using your wet fingers to prepare the thalipeeth. Make 5 to 6 holes in between of it.
- Meanwhile, heat a tawa and take a wet cloth with thalipeeth on your palm. Flip it on the tawa and remove the cotton cloth from it.
- Pour some drops of oil on it and cook it for 2 to 3 minutes on medium flame.
- Then flip it carefully and add a few drops of oil. Roast it on medium flame for 1 to 2 minutes.
- Once done, turn off the flame and take it out on a serving plate. Apply ghee to it.
- 'Maharashtrian Thalipeeth' is ready to be served with curd, butter, and pickle.



# Nariyal Wale Aloo

*a delicious dish*



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

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Clarified Butter / Ghee - 1 tbsp
- Sesame Seeds / Til - 2 tsp
- Boiled potato / Uble hue aloo - 2 to 3 Peeled and grated
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 2 tsp
- Salt - As per taste
- Fresh Coconut / Nariyal - 1 Cup grated
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon
- Coriander Leaves / Hara Dhaniya - For garnishing

## Directions

- Heat ghee in a pan. Add sesame seeds and roast it for a few seconds on low flame.
- Then add boiled potato and mix well. Add ginger-green chilli paste and mix well.
- Saute it for 1 to 2 minutes on low flame. Stir it occasionally.
- Then add salt and mix well. Saute it for 1 to 2 minutes on low flame. Keep stirring occasionally.
- Further, add grated fresh coconut and mix well. Saute it for 1 to 2 minutes on low flame. Keep stirring occasionally.
- Now add lemon juice and mix well. Once done, turn off the flame and take it out in a serving bowl. Garnish it with coriander leaves.
- 'Nariyal Wale Aloo' is ready to be served.

# Surati Locho

*a famous snack of Gujarat*



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

SERVINGS: 4

PREPARATION TIME: 725 MIN

COOKING TIME: 10 MIN

## Ingredients

- Bengal Gram / Chana Dal - 1 Cup
- White Gram / Urad Dal - 2 tsp
- Rice / Chawal - 2 tsp
- Water - As required
- Salt - As per taste
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1 tsp
- Oil - As required
- Fruit Salt - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - As required
- Nylon sev - As required for garnishing
- Coriander Leaves / Hara Dhaniya - For garnishing

## Directions

- Wash and soak chana dal, urad dal, and rice in the water for 6 hours. Then strain it and grind it. Add little water and grind it again for a few seconds.
- Take it out in a container or a big vessel. Cover the bowl with a lid and keep it in a warm place for 6 hours.
- After it gets fermented well, mix well. Then add salt, ginger-green chilli paste, and 1 tbsp of oil. Mix well. Add little water to make medium thin consistency batter.
- Meanwhile, boil water in a steamer. The locho should be put in the steamer for steaming only after the water boils.
- Take 4 to 5 ladle of batter in a mixing bowl. Add fruit salt and mix well.
- Transfer the batter immediately to a greased dhokla plate. Tap it. Sprinkle red chilli powder on it.
- Place the dhokla plate in the steamer. Steam it on a high flame for 10 to 12 minutes.
- Once done, turn off the flame and take it out on a serving plate using a spatula. Pour few drops of oil to it. Garnish it with nylon sev and coriander leaves.
- 'Surati Locho' is ready to be served.

## Tips

- You can use any type of rice to prepare this dish.
- The batter consistency should be medium thin.
- The fruit salt should be added in the one plate of batter.
- Add small lemon piece to the boiling water of the steamer, so the steamer will not turn black.
- Put the locho in the steamer for steaming only after the water boils.
- Baking soda can be added instead of fruit salt.

[Watch the video recipe](#)

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



# Tricolor Lachha Paratha

*a colorful multilayered paratha*



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

**SERVINGS: 1**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 3 MIN**

## Ingredients

- Green Chilli / Hari Mirchi - 1 to 2
- Coriander Leaves / Hara Dhaniya - A handful
- Green Peas - 1/2 Cup
- Salt - As per taste
- Whole Wheat Flour / Gehu Ka Aata - As required
- Water - As required
- Boiled Carrot / Gajar - 1 Peeled and mashed
- Cottage Cheese / Paneer - 1/4 Cup mashed
- Cheese - As required
- Clarified Butter / Ghee - As required

## Tips

- Apply ghee on the grater so the cheese will not stick on it.
- Green chilli or red chilli powder can be added as per taste.

## Directions

### • FOR PREPARING GREEN DOUGH

- Take green peas, coriander leaves, and green chilli in a grinding jar. Grind it for a few seconds to prepare its paste.
- Take 1/2 Cup of whole wheat flour in a mixing bowl. Add the prepared green peas mixture and salt. Mix well. Then add water gradually to prepare medium-soft consistency dough.

### • FOR PREPARING ORANGE DOUGH

- Take 1/2 Cup of whole wheat flour in a mixing bowl. Add boiled carrot and salt. Mix well. Then add water gradually to prepare medium-soft consistency dough.

### • FOR PREPARING WHITE DOUGH

- Take 1/2 Cup of whole wheat flour in a mixing bowl. Add salt and mix well. Then add water gradually to prepare medium-soft consistency dough.

### • FOR PREPARING TRICOLOR LACHHA PARATHA

- Take a small ball sized white 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 and spread paneer on it. Sprinkle salt on it. Now make a roll from it. Keep it aside.
- Take a small ball sized green 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. Now make a roll from it. Keep it aside.
- Take a small ball sized orange 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 and grate cheese on it. Sprinkle salt on it. Now make a roll from it. Keep it aside.
- Take all 3 rolls together. Then roll it over to make a circle and press it with your hands. Dust it with flour and slightly spread it with your hands. Then roll it with light hands to make a paratha. Adjust the edges.
- Meanwhile, heat a tawa. Place the prepared paratha on the tawa. Cook it from one side.
- Flip it once it is slightly brown, apply 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.
- Once done. Take it out to the serving plate.
- 'Tricolor Lachha Paratha' is ready to be served.



# Moong Dal Aloo Pakoda

*a crispy and spicy snack*



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

SERVINGS: 3

PREPARATION TIME: 185 MIN

COOKING TIME: 5 MIN

## Ingredients

- Yellow Lentils / Moong Dal - 1 Cup
- Water - As required
- Green Chilli / Hari Mirchi - 1 to 2 Chopped
- Ginger / Adrak - 1 Inch Chopped
- Potato / Aloo - 1 Peeled & finely chopped
- Onion / Pyaz - 1 Finely chopped
- Fennel Seeds / Saunf - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Curry Leaves / Curry Patta - A few finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Coriander Powder / Dhaniya Powder - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Salt - As per taste
- Oil - For frying
- Green Chutney - For garnishing
- White Radish / Mooli - Grated for garnishing

## Directions

- Wash and soak moong dal for 2 to 3 hours. Then strain the moong dal and transfer it to a grinding jar. Add green chilli and ginger.
- Coarsely grind it for a few seconds and prepare a thick consistency batter.
- Take it out in a big bowl. Add onion, potato, fennel seeds, chaat masala, curry leaves, coriander leaves, turmeric powder, coriander powder, all spice mix powder, red chilli powder, cumin seeds, and salt. Mix well.
- Meanwhile, heat oil in a pan. Take a small, ball-sized moong dal mixture and drop it into the hot oil.
- Deep fry them on medium flame until crispy and light golden brown, and take them out to a serving plate using a slotted spoon.
- Garnish it with green chutney and white radish.
- 'Moong Dal Aloo Pakoda' is ready to be served.

## Tips

- Don't add water while grinding the moong dal.
- If the moong dal is too dry, add a few drops of water while grinding it.
- Salt should be added in the last because it will release the water.
- You can prepare the pakoda batter in advance without adding salt.
- The chopped potato should be kept in the water otherwise, it will turn black.
- Tomato ketchup can be used instead of green chutney.



# Baingan Bhaja And Beguni

*famous Bengali tea-time snacks*



**By Jaya Biswas, A Lovely Mom, From Kolkata**

**SERVINGS: 3**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- Brinjal / Baingan - 1 Long & big sized
- **FOR PREPARING BEGUNI**
- Gram Flour / Besan - 2 tbsp
- Salt - As per taste
- Rice Flour / Chawal Ka Aata - 1 tbsp
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Water - As required
- Oil - For frying
- **FOR PREPARING BAINGAN BHAJA**
- Gram Flour / Besan - 2 tbsp
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Water - As required
- Oil - For shallow frying

## Tips

- The brinjal should be cut just before the preparing dish, otherwise, it will turn black.
- Add rice flour to the gram flour batter to make a crispy beguni.
- Add the water in less quantity to prepare baingan bhaja.
- Beguni should be flipped after the top surface turns light golden brown.
- Keep the flame high while adding the beguni to the hot oil. Then keep the flame low to cook the brinjal well.
- Keep the flame low while adding the Baingan bhaja to the hot oil. Then keep the flame high to cook the brinjal well.
- The besan batter should be mixed well with your hands.

## Directions

- **FOR PREPARING BAINGAN BHAJA**
- Cut the baingan into thick round slices
- Take gram flour in a mixing bowl. Add salt and turmeric powder. Add a few drops of water and add the prepared brinjal slices. Coat them well.
- Meanwhile, heat oil in a pan for shallow frying over medium flame. When the oil is medium hot, place the prepared brinjal slices gently into the hot oil.
- Shallow fry it on low flame for 1 to 2 minutes then keep the flame high to make crispy and light golden brown from both sides.
- Once done, take them out to a serving plate using a slotted spoon.
- **FOR PREPARING BEGUNI**
- Cut a brinjal in half lengthwise and prepare a vertical slice from it. Likewise, prepare slices from brinjal.
- Take gram flour in a mixing bowl. Add salt, rice flour, turmeric powder, and red chilli powder.
- Then add water gradually and mix well with your hands to prepare a medium thick consistency batter.
- Meanwhile, heat oil in a deep frying pan over medium flame. When the oil is medium hot, dip the brinjal slices in the gram flour batter, and coat it evenly. Place it gently into the hot oil.
- When the top surface turns light golden brown, flip them using a slotted spoon.
- Deep fry them on high flame for 1 to 2 minutes then keep the flame low to make crispy and light golden brown from both sides.
- Once done, take them out to a serving plate using a slotted spoon.
- 'Baingan Bhaja And Beguni' are ready to be served.



# Mango Sabudana Kheer

*a chilled dessert*



**By Urmila Badaya, A Lovely Mom, From Rajasthan**

SERVINGS: 4

PREPARATION TIME: 185 MIN

COOKING TIME: 7 MIN

## Ingredients

- Milk - 250 gms
- Saffron / Kesar - 4 to 5 Strands
- Water - As required
- Sugar - 1 tsp + As required
- Tapioca Pearls (sago) / Sabudana - 2 tsp
- Ripe Mango / Pakka Aam - 1 tsp Pulp + 1 tsp Finely chopped
- Fresh Cream - 1 tsp

## Directions

- Crush the saffron with 1/2 tsp of sugar in the mortar pestle. Then add 1 to 2 tsp of water and soak it.
- Soak sabudana for 3 hours in the water. Then strain it. Keep it aside.
- Heat milk on medium flame. Bring it to a boil. Then keep the flame low and add soaked saffron and mix well.
- Now add soaked sabudana and mix well. Keep stirring continuously.
- Boil it for 5 to 7 minutes on low flame till the kheer becomes thick.
- Now add sugar and mix well. Boil it for 1 to 2 minutes till the sugar melts.
- Once done, turn off the flame and let it cool down completely. Then keep it in the refrigerator.
- Take it out in a serving bowl. Add mango pulp and fresh cream. Mix well. Then add finely chopped mango. Mix well.
- 'Mango Sabudana Kheer' is ready to be served.

## Tips

- The saffron should be crushed with sugar to crush it well.
- Add 3 tsp of soaked sabudana for 250 ml. milk.
- Keep stirring continuously after adding sabudana to the milk otherwise the sabudana will stick to the bottom of the pan.
- Powdered mishri or desi khand can be added instead of sugar.
- The kheer will become thicker after it cools down.



# Homemade Protein Powder

*a healthy alternative of milk*



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

SERVINGS: NA

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Almond / Badam - 40 gms.
- Sunflower Seeds - 45 gms.
- Walnuts / Akhrot - 40 gms.
- Flaxseed / Alsi - 45 gms.
- Pumpkin Seeds - 45 gms.
- Chia Seeds - 45 gms.
- Oats - 50 to 60 gms
- Foxnuts / Makhana - 50 to 60 gms

## Directions

- Dry roast all ingredients separately on low flame for 3 to 4 minutes till the nice aroma begins to rise.
- Then keep them aside for some time and let it cool down completely.
- Now grind makhana and oats in a mixer grinder to make it powder. Take it out in a mixing bowl.
- Grind almonds and walnuts separately and add them to the mixing bowl.
- Grind pumpkin seeds and sunflower seeds together and add them to the mixing bowl.
- Then grind flax seeds and chia seeds together and add them to the mixing bowl.
- Mix all ingredients well. Store it in an airtight container and keep it in the refrigerator.
- 'Homemade Protein Powder' is ready to be served.

## Tips

- All ingredients should be cooled down completely before grinding them, otherwise they release oil.
- It is recommended to grind all ingredients separately.
- You can add cocoa powder to give chocolate flavor.
- For serving in cold milk - Add prepared protein powder and honey. Mix well.
- You can add this powder to the hot milk also without adding honey.
- Store this powder in an airtight container in refrigerator.
- You can store at room temperature for a short term.
- You can add this powder with milk and fruit to make smoothies.



# Vrat Ka Paratha

*a delicious fast special dish*



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

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## Ingredients

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

## Directions

- Take Rajgira flour in a mixing plate. Add black pepper powder, rock salt, green chilli, and coriander leaves. Mix well.
- Add water gradually to prepare a medium soft dough.
- Take a small ball sized dough and make a round shaped circular peda. Dust it with the rajgira flour and prepare round shape paratha in a mixing plate using your palm and fingers. Slightly pick it up from the one side and take it out to your palm.
- Meanwhile, heat a tawa. Place the prepared paratha on it and cook it on one side. Flip it, once it is slightly brown.
- Add oil around the paratha and cook it from both sides on a low to medium flame. Press the paratha while cooking it to make it crispy.
- Once done, take it out to the serving plate.
- 'Vrat Ka Paratha' is ready to be served.

## Tips

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



# Zanzanit Kat Vada

*a popular street food of Maharashtra*



**By Snehal Rathi,**

**A Lovely Mom,**

**From Maharashtra**

SERVINGS: 4

PREPARATION TIME: 10 MIN

COOKING TIME: 15 MIN

## Ingredients

### • FOR PREPARING TARI

- Oil - 1 tbsp + 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp + 1/2 tsp
- Dry Coriander Seeds / Sabut Dhaniya - 1 tsp
- Garlic / Lahsun - 7 to 8 Cloves
- Green Chilli / Hari Mirchi - 2
- Dry Red Chilli / Sukhi Lal Mirch - 3 to 4 Less spicy
- Ginger / Adrak - 1 Inch chopped
- Onion / Pyaz - 1 Sliced
- Dry Coconut / Sukha Nariyal - 1 tbsp grated
- Sesame Seeds / Til - 1 tsp
- Poppy Seeds / Khus-Khus - 1/2 tsp
- Tomato / Tamatar - 1 Finely chopped
- Water - As required
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Hot Water - As required
- Salt - As per taste

### • FOR PREPARING VADA

- Oil - 1 tbsp + For frying
  - Mustard Seeds / Rai - 1/2 tsp
  - Cumin Seeds / Jeera - 1/2 tsp
  - Carom Seeds / Ajwain - 1/2 tsp + 1/2 tsp
  - Black Gram / Urad Dal - 1/4 tsp
  - Dry Fenugreek Seeds / Methi Dana - A few
  - Curry Leaves / Curry Patta - A few
  - Ginger-Garlic-Green Chilli paste / Adarak-Lahsun-Hari Mirchi paste - 1 tsp
  - Turmeric Powder / Haldi Powder - 1/2 tsp + 1/2 tsp
  - Salt - As per taste
  - Boiled Potato / Uble Hue Aloo - 3 to 4 Peeled and mashed
  - Gram Flour / Besan - 1 Cup
  - Rice Flour / Chawal Ka Aata - 2 to 3 tsp
- ### • FOR SERVING
- Onion / Pyaz - For garnishing
  - Coriander Leaves / Hara Dhaniya - For garnishing

## Tips

- **FOR TARI**
- Add the sesame seeds and poppy seeds in the last to roast them well for tari.
- **FOR VADA**
- Add the dry fenugreek seeds in very less quantity.
- Add salt while boiling the potato.



# Zanzanit Kat Vada

## Directions

- **FOR PREPARING TARI**

- Heat 1 tbsp of oil in a pan. Add 1/2 tsp of cumin seeds, dry coriander seeds, garlic, green chilli, dry red chilli, ginger. Mix well. 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.
- Now add dry coconut and mix well. Saute it for 3 to 4 minutes on medium flame. Keep stirring occasionally.
- Now add sesame seeds and poppy seeds. Mix well. Add tomato and mix well. Saute it for 1 to 2 minutes on medium flame.
- Once done, turn off the flame and let it cool down completely. Then transfer it to a grinding jar. Add little water and grind it for a few seconds to prepare its puree.
- Heat 2 tbsp of oil in a pan. Add mustard seeds, 1/2 tsp of cumin seeds, curry leaves, and the prepared puree. Mix well.
- Then add red chilli powder, turmeric powder, coriander powder, and all spice mix powder. Mix well.
- Saute it for 2 to 3 minutes on medium flame till the oil separates. Then add hot water to adjust the consistency. Mix well.
- Boil it for 2 to 3 minutes on medium flame. Keep stirring occasionally. Then add salt and mix well. Once done, turn off the flame.

- **FOR PREPARING VADA**

- Heat 1 tbsp of oil in a tadka pan. Add mustard seeds, cumin seeds, 1/2 tsp of carom seeds, urad dal, dry fenugreek seeds, curry leaves, and ginger-garlic-green chilli paste. Mix well. Saute it for a few seconds on medium flame.
- Then add 1/2 tsp of turmeric powder and salt. Mix well. Add it to the boiled potato. Mix well.
- Take a small portion of the mixture on the palm. Prepare a nice round vada-shaped ball. Likewise, prepare all vada from the mixture. Keep it aside.
- Take gram flour in a bowl. Add rice flour, salt, 1/2 tsp of carom seeds, and 1/2 tsp of turmeric powder. Mix well.
- Then add water gradually to make medium-thick consistency batter.
- Meanwhile, heat oil in a pan for frying over medium flame. Dip the prepared potato balls into the gram flour 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 plate using a slotted spoon.
- **FOR SERVING**
- Take the prepared vada in a serving bowl. Pour the prepared tari on it. Garnish it with onion and coriander leaves.
- 'Zanzanit Kat Vada' is ready to be served.



# Zoodle Salad

*a healthy low calorie dish*



**By Monalisa Agarwal, A Lovely Mom, From Kolkata**

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Oil - 1 tsp
- Sesame Seeds / Til - As required
- Tofu - 200 gms. Long pieces
- Cucumber Peels / Kheera Ke Chhilke - Of 1 Cut into noodles shape
- Raw Mango / Kachacha Aam - 1/2 Cut into noodles shape
- Carrot / Gajar - 1 Cut into noodles shape
- Tricolor Bell Pepper / Shimla Mirch - 1 Cup Sliced
- Basil Leaves - A few
- Lettuce Leaf - 1/2
- Roasted Peanuts / Bhuni Mungfali - 1/2 Cup Peeled + As required
- Green Chilli / Hari Mirchi - 1 to 2 Chopped
- Garlic / Lahsun - 2 Cloves
- Ginger / Adrak - 1 Inch chopped
- Salt - As per taste
- Honey / Shahad - 1/2 tsp
- Water - As required
- Red Chilli Flakes - 1/2 tsp

## Directions

- Take roasted peanuts, green chilli, garlic, ginger, salt, and honey in a grinding jar. Grind it for a few seconds then add a few drops of water and grind it again for a few seconds to prepare dressing. Keep it aside.
- Heat oil on a tawa. Sprinkle sesame seeds on it. Then add tofu slices on it. Roast it for 2 to 3 minutes on low flame from both sides by turning it in between till it becomes a nice golden brown from both sides.
- Once done, turn off the flame and keep it aside.
- Take cucumber peels, raw mango, carrot, tricolor bell peppers, basil leaves by breaking them with your hands, lettuce leaf by breaking them with your hands in a mixing bowl.
- Add the roasted tofu and mix well. Then add the prepared dressing to it and mix well.
- Now add red chilli flakes and roasted peanuts. Then grate lemon zest on it using a grater.
- 'Zoodle Salad' is ready to be served.

## Tips

- Paneer can be used instead of tofu.
- Kiwi can be used instead of cucumber.
- The vegetables should be cut into Julienne to prepare this salad.
- Mint leaves can be used instead of basil leaves.
- Maple syrup or jaggery can be added instead of honey.
- Honey can be added as per taste.
- The lemon peel should be slightly grated.

[Watch the video recipe](#)

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



# Puffed Rice Upma

*a quick and healthy breakfast option*



**By Chandrakala Ji, A Lovely Mom, From Karnataka**

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Oil - 2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Green Chilli / Hari Mirch - 2 to 3  
Finely chopped
- Onion / Pyaz - 1 Chopped
- Turmeric Powder / Haldi  
Powder - 1/2 tsp
- Puffed Rice / Murmura - 3 Cups
- Water - As required
- Roasted Bengal Gram Powder  
/ Roasted Puthana Dal Powder  
/ Chutney Dal Powder - 2 to 3  
tsp
- Sugar / Chini - 1/2 tsp
- Salt - As per taste
- Lemon Juice / Nimbu Ka Ras -  
Of 1/2 lemon
- Coriander Leaves / Hara  
Dhaniya - A handful

## Directions

- Heat oil in a pan. Add mustard seeds, cumin seeds, asafoetida, and green chilli. Mix well. 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.
- Now add turmeric powder and mix well. Saute it for 1 to 2 minutes on medium flame.
- Meanwhile, take murmure in a big pan. Add water and mix well. Then squeeze out water from it by pressing them between your palms. Take it out in a sieve. Then add roasted bengal gram powder, sugar, salt, and lemon juice. Mix well.
- Add it to the pan and mix well. Now add coriander leaves and mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Puffed Rice Upma' is ready to be served.

## Tips

- Khand or jaggery powder can be added instead of sugar.



# Tricolour Combo

*a unique and colorful dish*



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

SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

- Curd / Dahi - 1 cup
- Milk Powder - 3 tsp
- Condensed milk - 1/2 cup
- Saffron milk / Kesar ka doodh - 2 tsp
- Cardamom powder / Elaichi powder - 1/2 tsp
- Mixed Dry Nuts - 2 tsp chopped
- Vanilla essence - 2 drops
- Fresh cream - 2 tbsp
- Spinach / Palak - 1 cup blanched
- Wheat flour / Gehu ka aata - 1 cup
- Oil - for frying

## Tips

- You can adjust the sweetness of Shrikhand as per your taste.
- You can make poori in any desired shape.
- You can use powdered sugar instead of condensed milk.

## Directions

- Put the curd in a cotton cloth and hang it for overnight for straining water.
- Now, take a bowl and add curd. Add milk powder and condensed milk. Mix them well to make a smooth mixture.
- Divide the mixture into two parts. In one portion, add the saffron milk, one drop of vanilla essence and one tbsp fresh cream. Mix well and prepared orange shrikhand.
- Now, add dry nuts, cardamom powder, one drop of vanilla essence and one tbsp fresh cream. Mix well and prepared white shrikhand. Keep the both Shrikands in refrigerator for 4 to 5 hours.
- Then, add wheat flour and spinach. Knead it to make the medium soft dough. Take a small ball sized dough. Roll out a roti from it.
- Take a small ball sized part of the dough and flatten it and roll it to make a roti. Cut it in a doughnut shape.
- Then, cut the small pooris with the remaining part of the roti.
- Meanwhile, heat oil in pan. Place all the pooris in it. Deep fry them until they turn crispy from all sides. Then, take them out on a plate using a slotted spoon.
- Then, take a shots glass. Add orange and white shikhand layers one by one. Place prepared pooris on it. Likewise prepared all shots glasses.
- 'Tricolour Combo' is ready to be serverd.



# Maharashtrian Kothimbir Vadi

*a traditional dish of Maharashtra*



**By Sukhada Kulkarni , A Lovely Mom, From Maharashtra**

**SERVINGS: 5**

**PREPARATION TIME: 10 MIN**

**COOKING TIME: 10 MIN**

## Ingredients

- Coriander Leaves / Hara Dhaniya - A bunch finely chopped
- Gram Flour / Besan - 1 Cup
- Rice Flour / Chawal Ka Aata - 2 tbsp
- Green Chilli-Garlic Paste / Hari Mirch-Lahsun Paste - 1 tsp
- Sesame Seeds / Til - As required
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Water - As required
- Oil - As required

## Tips

- The coriander leaves should be fresh and finely chopped.
- Add rice flour to make crispy kothimbir vadi.
- The kothimbir vadi dough should be hard consistency.
- Add the water gradually to prepare the dough.
- A steamer or a pan can be used instead of a pressure cooker.
- Remove the whistle of the pressure cooker's lid before steaming.
- You can cut the kothimbir vadi into desired shape.
- You can deep-fry the kothimbir vadi.

## Directions

- Take coriander leaves in a mixing bowl. Add besan, rice flour, green chilli-garlic paste, 1 tsp of sesame seeds, red chilli powder, and salt. Mix well.
- Add water gradually to prepare a hard dough. Then add 1 tsp of oil and knead it well.
- Grease a deep bowl/plate with oil. Spread sesame seeds into it. Then evenly spread the prepared mixture on it. Sprinkle sesame seeds into it.
- Boil water in a pressure cooker. Put a stand in it. Now place the prepared bowl on the stand of the pressure cooker.
- Remove the whistle of the pressure cooker lid. Close the lid of the cooker and steam the kothimbir vadi for 15 minutes on medium flame.
- After 15 minutes, check the kothimbir vadi by inserting a knife. If it comes out clean then the kothimbir vadi is ready.
- Once done, turn off the flame and take out the bowl. Let it cool down for 10 minutes. Then cut it into the desired shape.
- Meanwhile, heat oil in a fry pan for shallow frying. Add sesame seeds. Place prepared kothimbir vadi into the hot oil. Shallow fry them on medium flame for 1 to 2 minutes. Then flip them.
- Shallow fry them until they become crispy and golden brown from both sides. Then, take them out on a serving plate
- 'Maharashtrian Kothimbir Vadi' is ready to be served.



# Poha Pongal

*a popular South Indian dish*



**By Sushma Chandan, A Lovely Mom, From Karnataka**

**SERVINGS: 4**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- Clarified Butter / Ghee - 2 tsp
- Mustard Seeds / Rai - 1 tsp
- Cumin Seeds / Jeera - 1 tsp
- Black Peppercorns / Kali Mirch - 1/4 tsp
- Curry Leaves / Curry Patta - A few
- Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Dry Ginger Powder / Sonth - 1/2 tsp
- Green Chilli / Hari Mirch - 2 to 3 Chopped
- Yellow Lentils / Moong Dal - 1/4 Cup
- Water - 1 & 1/2 Cups
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Hot water - 2 Cups
- Flattened Rice / Poha - 1 Cup
- Salt - As per taste
- Fried Cashews / Kaju - For garnishing
- Dry Coconut / Sukha Nariyal - For garnishing

## Directions

- Heat ghee in a pressure cooker. Add mustard seeds, cumin seeds, black peppercorn, curry leaves, cumin seeds powder, dry ginger powder, green chilli, and moong dal.
- Roast the moong dal for 2 minutes on low flame. Keep stirring continuously.
- Then add 1 & 1/2 Cup of water and mix well. Then add turmeric powder and mix well.
- Cover the pressure cooker with its lid. Let it cook for two whistles on a high flame. Then let it cool down completely.
- Then open it and add 2 Cups of hot water and mix well. Bring it to a boil on high flame.
- Now add washed poha gradually and salt. Mix well.
- Cover the pressure cooker with its lid. Let it cook for one whistle on a high flame. Then let it cool down completely.
- Once done, open it and take it out on a serving plate. Garnish it with dry coconut and fried cashews.
- 'Poha Pongal' is ready to be served.

## Tips

- The ratio of water to moong dal should be 3:1.
- The ratio of water to poha should be 2:1.
- The water of the pongal should evaporate totally, if it has water you can boil it for more 5 minutes on high flame.



# Upma Pesarattu

*a popular dish in Andhra Pradesh*



**By Triveni Ji and Shanti Kota Ji, From Andhra Pradesh**

**SERVINGS: 1**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 10 MIN**

## Ingredients

- **FOR PREPARING PESARATTU**
- Whole Green Gram / Whole Moong - 1 Cup
- Water - As required
- Rice Flour / Chawal Ka Aata - 1 tsp
- Green Chilli / Hari Mirchi - 1 tsp Coarsely ground
- Ginger / Adrak - 1 Inch Coarsely ground
- Salt - As per taste
- Oil - As required
- Clarified Butter / Ghee - As required
- Onion / Pyaz - 1 Finely chopped and sauteed
- **FOR PREPARING UPMA**
- Oil - 1 tbsp
- Black gram / Urad dal - 1/4 tsp
- Bengal Gram / Chana Dal - 1/4 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Ginger / Adrak - 1 Inch finely chopped
- Semolina / Sooji - 1/2 Cup
- Salt - As per taste
- Cashew / Kaju - 3 to 4
- Hot Water - 1 Cup

## Tips

- You can use green moong dal instead of whole moong to prepare this dish.
- Add 1 tsp of rice flour for 1 Cup of moong.
- Cook dosa from one side only.

## Directions

- **FOR PREPARING UPMA**
- Heat oil in a pan. Add chana dal, urad dal, mustard seeds, curry leaves, and ginger. Saute it for a few seconds on low flame.
- Then add sooji and roast it for 1 to 2 minutes on low flame.
- Now add salt, cashews, and water. Mix well. Cook it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Once done, turn off the flame and take it out in a bowl.
- **FOR PREPARING PESARATTU**
- Wash and take the moong in a grind jar. Add rice flour and a little water. Grind it for a few seconds to prepare a medium thick consistency batter.
- Take it out in a mixing bowl. Add green chilli and ginger. Mix well. Then add salt and mix well.
- Heat the tawa on a medium to low flame. Add a few drops of oil on it and rub onion slice on the tawa before making dosa on it. Now pour the batter on tawa to make dosa. Add a few drops of oil on it and spread green chilli paste on it.
- Cook it on a medium flame for 2 to 3 minutes. Cook dosa from one side only.
- Then add sauteed onion and the prepared upma on half part of the dosa.
- Once done, fold it and apply ghee on it. Take it out on a serving plate.
- 'Upma Pesarattu' is ready to be served.



# 2 Types Of Instant Sabji

*quick and easy dry side dishes*



**By Shveta Sheth,**

**A Lovely Mom,**

**From Mumbai**

**SERVINGS: 4**

**PREPARATION TIME: 5 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

- **FOR PREPARING PANEER KI SABJI**
- Cottage Cheese / Paneer - 1 Cup diced
- Chaat Masala - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Ginger-Garlic Paste / Adrak-Lahsun Paste - 1/2 tsp
- Salt - As per taste
- Lemon Juice / Nimbu Ka Ras - Of 1 Lemon
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Green Chilli / Hari Mirchi - 1 to 2 Chopped
- **FOR PREPARING PYAZ KI SABJI**
- Onion / Pyaz - 1 Diced
- Green Chilli / Hari Mirchi - 1 Sliced
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Fennel Seeds / Saunf - 1/4 tsp
- Onion Seeds / Kalonji - 1/4 tsp
- Dry Fenugreek Seeds / Methi Dana - 1/4 tsp
- Bay Leaf / Tej Patta - 1
- Cardamom / Elaichi - 1
- Cinnamon / Dal Chini - 1/4 Stick
- Cloves / Laung - 2
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - For garnishing

## Directions

- **FOR PREPARING PANEER KI SABJI**
- Take paneer in a mixing bowl. Add chaat masala, black pepper powder, ginger-garlic paste, salt, lemon juice of 1/2 lemon, and coriander leaves. Mix well. Keep it aside for 5 minutes.
- Heat oil in a pan. Add mustard seeds, curry leaves, dry red chilli, green chilli, and the prepared paneer mixture. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add lemon juice of 1/2 lemon and mix well.
- Once done, garnish it with coriander leaves and turn off the flame. Take it out to a serving bowl.
- **FOR PREPARING PYAZ KI SABJI**
- Heat oil in a pan. Add mustard seeds, cumin seeds, fennel seeds, onion seeds, and dry fenugreek seeds. Saute it for a few seconds on medium flame.
- Then add bay leaf, cardamom, cinnamon stick, cloves, and onion. Mix well.
- Saute it for 2 to 3 minutes on medium flame. Stir it occasionally.
- Now salt, red chilli powder, turmeric powder, and all spice mix powder. Mix well.
- Once done, garnish it with coriander leaves and turn off the flame. Take it out to a serving bowl.
- '2 Types Of Instant Sabji' are ready to be served.

## Tips

- spiciness of the sabji can be adjusted as per taste.
- You can serve paneer ki sabji as a starter or prepare roti wrap from it.
- If you want, you can add onion and tomato to the paneer ki sabji.
- You can mix both sabji to serve as a pyaz paneer ki sabji.



# Leftover Roti Dosa

*a delicious meal option*



**By Lalita Harsh,**

**A Lovely Mom,**

**From Rajasthan**

**SERVINGS: 2**

**PREPARATION TIME: 20 MIN**

**COOKING TIME: 5 MIN**

## Ingredients

### • FOR PREPARING LEFTOVER ROTI DOSA

- Leftover Roti / Bachi Hui Roti - 2 to 3
- Curd / Dahi - 1 Cup
- Sugar - 1 tsp
- Semolina / Sooji - 1 Cup
- Hot water - As required
- Clarified Butter / Ghee - As required
- Gun Powder - As required
- Coriander Leaves / Hara Dhaniya - A handful
- **FOR PREPARING POTATO MASALA**
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1 tsp
- Curry Leaves / Curry Patta - A few
- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Green Chilli Paste / Hari Mirchi Paste - 2 to 3 Finely chopped
- Dry Mango Powder / Amchur - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- **FOR PREPARING CHUTNEY**
- Roasted Peanuts / Mungfali - 1 Cup
- Roasted Gram Dal / Daliya Dal - 1/2 Cup
- Salt - As per taste
- Green Chilli / Hari Mirch - 2 Chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Curry Leaves / Curry Patta - A few

## Directions

### • FOR PREPARING POTATO MASALA

- Heat oil in a pan. Add mustard seeds, curry leaves, and boiled potato. Mix well.
- Then add turmeric powder, salt, green chilli paste, dry mango powder, and all spice mix powder. Mix well.
- Saute it for 1 to 2 minutes on medium flame. keep stirring occasionally. Once done, turn off the flame and keep it aside.

### • FOR PREPARING CHUTNEY

- Take roasted peanuts, roasted gram dal, salt, green chilli, coriander leaves, and curry leaves in a grinding jar.
- Grind it for a few seconds to prepare its chutney. Take it out in a bowl.

### • FOR PREPARING LEFTOVER ROTI DOSA

- Cut the leftover roti into small pieces. Add curd and sugar. Mix well. Let it soak for 15 to 20 minutes.
- Then transfer it to a grinding jar. Add sooji and a little hot water. Grind it for a few seconds to prepare medium consistency batter.
- Meanwhile, heat the tawa on a medium flame. Then turn off the flame. Sprinkle some drops of water on it. Wipe it.
- Now pour the batter on tawa and spread it to make a dosa. Now turn on the flame. Let it cook for 2 to 3 minutes on high to low flame.
- Now add a few drops of ghee on it. Then flip it. Cook it for 1 to 2 minutes.
- Then flip it and add a few drops of ghee and sprinkle gun powder on it. Add coriander leaves on it. Now spread the prepared potato mixture on it and fold it. Take it out on a serving plate.
- 'Leftover Roti Dosa' is ready to be served with chutney.

## Tips

- Hot water should be added to adjust the consistency of the dosa batter.
- Cook the dosa on high to low flame as per the tawa.
- If you want, you can add salt to the batter.
- You can cook the dosa as per your choice.
- You can prepare uttapam from this dosa batter.

[Watch the video recipe](#)

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



# Nariyal Barfi

*a traditional recipe*



**By Manju Saraf,**

**A Lovely Mom,**

**From Gurgaon**

**SERVINGS: 12 - 15**

**PREPARATION TIME: 130 MIN**

**COOKING TIME: 70 MIN**

## Ingredients

- Nariyal/Fresh Coconut - 2 no (medium size)
- Shakar/Sugar - 4 cups
- Doodh/Milk - 1 litre
- Ghee/Clarified Butter - for greasing
- Elaichi powder/Cardamom powder - 1/2 teaspoon
- Rose essence - 6 to 7 drops
- Dry fruits mixture (almond + pistachio) - finely chopped as required

## Tips

- If you want you can retain the cover of the fresh coconut, while grinding in the mixer.
- The ratio of the ground fresh coconut to sugar should be 1:1. Please follow this guideline.
- You can vary the quantity of milk from half litre to 1 litre.
- For your convenience, you can use non-stick pan, instead of regular pan.
- With the time interval of 5 to 7 minutes, keep stirring the mixture while cooking. While stirring be careful that the mixture doesn't come out of the pan.
- If you want, you can skip the rose essence.
- Also, during fast, you can consume this barfi/sweet dish.

## Directions

- Remove the back cover of the fresh coconut, so that you get complete white coconut. Cut it into small pieces and grind it in a mixer.
- In a pan, put the ground fresh coconut, then put the sugar and milk. Keep stirring the mixture on high flame for 10 minutes.
- After boiling it, switch from high to low flame. With a time interval of 5 to 7 minutes slowly keep stirring the mixture.
- Approximately, after 70 minutes, you can see that the milk and sugar has completely absorbed in the ground coconut. Keep stirring the mixture till there is change in the color of the mixture from white to creamy color.
- At this stage, take a small portion of the mixture and make a small ball from the mixture. If the ball is easily forming together, the mixture has bind well.
- Add the cardamom powder and rose essence to the mixture. Meanwhile, place a aluminium foil/butter paper over a plate. Grease the aluminium foil/butter paper generously with ghee.
- Transfer the barfi mixture, on the plate, and with wet hand, pat the mixture. Sprinkle 1/2 teaspoon of cardamom seeds powder and finely chopped dry fruits mixture.
- Rest the barfi mixture for minimum 2 hours. Cut in a straight line with a knife and then in the slanting direction to get diamond shape barfi.
- The 'Nariyal Barfi' is ready to serve.





# ***ENJOY!***

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