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✦ Zayka Ka Tadka

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Unedited live
recipes

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जो दिखता है !
वही बनता है !



✦ Live from the kitchens of moms of india ✦





THE SUPER CHEF OF INDIA



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Coconut Sooji Custard Cake In Kadhai

the ultimate party food



By Manju Saraf A Lovely Mom, From Gurgaon

SERVINGS: 6 - 8

PREPARATION TIME: 10 MIN

COOKING TIME: 45 MIN

Ingredients

- **FOR PREPARING CUSTARD MIXTURE**
- Custard Powder - 2 tbsp
- Milk - 250 ml. + As required
- Jaggery / Gud - 1/2 Cup
- **FOR PREPARING COCONUT SOOJI CUSTARD CAKE**
- Fresh Coconut / Nariyal - 1/2 Peeled and chopped
- Semolina / Sooji - 1 Cup / 100 gms
- Curd / Dahi - 1 Cup
- Milk - 1 cup
- Cardamom Powder / Elaichi Powder - 1/2 tsp
- Jaggery / Gud - 1 Cup
- Baking Soda - 1 & 1/2 tsp
- Baking Powder - 3 tsp
- Water - As required
- Oil - As required for greasing
- All Purpose Flour / Maida - As required for dusting
- Almond Flakes - For garnishing
- Pistachio Flakes - For garnishing
- Cherries - For garnishing

Tips

- Fresh coconut should be ground separately to grind it well.
- The ratio of sooji, jaggery, curd, and milk powder should be 1:1.
- Grind the cardamom with 1 tsp of sugar to make its fine powder.
- The ratio of baking powder to baking soda should be 2:1.
- Use any type of odorless oil.
- The consistency of the batter should be flowing consistency.
- Use a heavy bottom pan to prepare this cake.
- Don't open the lid while the cake is baking.
- Custard powder should be mixed in a room temperature milk.
- You can adjust the sweetness as per taste.

Coconut Sooji Custard Cake In Kadhai

Directions

- **FOR PREPARING CUSTARD MIXTURE**

- Take custard powder in a bowl. Add 1/4 Cup of milk. Mix well to prepare a lumps-free mixture. Keep it aside.
- Boil milk in a pan. Boil it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Then add jaggery and mix well and let it boil for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Now keep stirring continuously and add the prepared custard mixture. Boil it for a few seconds on low flame till the mixture becomes creamy, thick, and shiny.
- Once done, Turn off the flame and let it cool down. Keep it aside.

- **FOR PREPARING COCONUT SOOJI CUSTARD CAKE**

- Take a heavy bottom pan. Put a plate in it. Now cover that pan with its lid. Then heat the prepared heavy bottom pan for 5 to 6 minutes on low flame.
- Take fresh coconut in a mixer grinder. Grind it for a few seconds to grind it well.
- Now add sooji, curd, and 1/2 cup of milk. Grind it for a few seconds. Then add jaggery, cardamom powder, and 1/2 Cup of milk. Grind it for a few seconds to prepare a flowing consistency batter.
- Take it out in a mixing bowl. Add a few drops of milk and mix well. Then add baking soda and baking powder. Add a few drops of water on it and mix well.
- Take a cake tin and grease it with oil. Dust it with maida. Pour the prepared cake batter into it.
- Now place the prepared cake tin on the plate of the preheated pan. Bake it for 40 to 45 minutes on medium flame.
- Once the cake is baked well, allow it to cool down. then release its edges from the cake tin using a knife.
- Then transfer it to a serving plate. Now prick the cake using a fork. Now add the prepared custard mixture on it. Lastly, garnish it with almonds, pistachio, and cherries.
- 'Coconut Sooji Custard Cake In Kadhai' is ready to be served.

Suji Matar Dhokla

a quick breakfast option



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Green Peas / Hare Matar - 1 Cup
- Coriander Leaves / Hara Dhaniya - 1 Cup + For garnishing
- Ginger / Adrak - 1/2 Inch chopped
- Green Chilli / Hari Mirch - 1 Chopped
- Water - As required
- Semolina / Sooji - 1/2 Cup
- Curd / Dahi - 1/2 Cup whisked
- Salt - As per taste
- Sugar - 1 tsp
- Oil - 1 tbsp + For greasing
- Asafoetida / Hing - A pinch (optional)
- Fruit salt - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - As required
- **FOR PREPARING TADKA**
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1 tsp
- Green chilli / Hari mirchi - 1 Slit
- Sesame Seeds / Til - 1 tbsp
- Curry Leaves / Curry Patta - A few

Tips

- Palak, grated lauki, or any green vegetable can be added instead of coriander leaves.
- Grease the mould with oil to remove the dhokla easily.
- Add fruit salt just before steaming the dhokla.
- Put the dhokla 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.
- Prepare this dish using [homemade curd](#).

Directions

- Take green peas, coriander leaves, ginger, green chilli and little water in a grinding jar. Grind it for a few seconds to prepare its paste. Take it out in a bowl.
- Now take semolina in a bowl. Add curd, and prepared green peas paste. Mix well.
- Then add water gradually to prepare medium thick consistency batter.
- Further, add salt, sugar, oil, and asafoetida. 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. Add a few drops of water on it and 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 to 20 minutes.
- After 17 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. Then release its edges and de-mould it. Sprinkle red chilli powder on it.
- **FOR PREPARING TADKA**
- Heat oil in a tadka pan. Add mustard seeds, green chilli, sesame seeds, and curry leaves. Mix well.
- Pour tadka on the steamed dhokla and garnish it with coriander leaves. Cut it and transfer it to a serving plate.
- 'Suji Matar Dhokla' is ready to be served.

Vangi Bhat Rice & Sundal – Protein Rich Lunch

completely delicious lunch box options



By Anupama Jagdeesh Rao, A Lovely Mom, From Nashik

SERVINGS: 4

PREPARATION TIME: 500 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR PREPARING VANGI BHAT MASALA**
- Dry Red Chillies / Sukhi Lal Mirch - 6 to 7
- Cloves / Laung - 10 to 12
- Cardamom / Elaichi - 7 to 8
- Cinnamon / Dal Chinni - 2 Sticks
- Dry Fenugreek Seeds / Dana Methi - 1 tsp
- Poppy Seeds / Khus-Khus - 1 tsp
- Dry Coconut / Sukha Nariyal - 4 tsp grated
- Dry Coriander Seeds / Sabut Dhaniya - 2 tsp
- Bengal Gram / Chana Dal - 2 tsp
- White Gram / Urad Dal - 2 tsp
- Oil - As required
- **FOR PREPARING TOMATO ONION RICE WITH VANGI BHAT MASALA**
- Oil - 3 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- White Gram / Urad Dal - 1/2 tsp
- Bengal Gram / Chana dal - 1/2 tsp
- Asafoetida / Hing - 1/4 tsp
- Onion / Pyaz - 1 Finely chopped
- Tomato / Tamatar - 4 Finely chopped
- Curry Leaves / Curry Patta - A few
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Vangi Bhat Masala - 2 tsp
- Cooked Rice / Pake Hue Chawal - 2 to 3 Cups
- Coriander Leaves / Hara Dhaniya - A handful
- Fried Cashews / Kaju - For garnishing
- **FOR PREPARING CHANA SUNDAL**
- Oil - 2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Asafoetida / Hing - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Ginger Paste / Adrak Paste - 1 tsp
- Green Chilli / Hari Mirchi - 3 to 4 Finely chopped
- Chickpea / Chole - 1 Cup
- Water - As required
- Salt - As per taste
- Fresh Coconut / Nariyal - 2 to 3 tbsp grated + For garnishing
- Coriander Leaves / Hara Dhaniya - A handful
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon

Tips

- Salt should be added to cook the veggies fast.
- Asafoetida should be added a little bit more for good digestion of chana sundal.
- Salt should be added carefully to the chana sundal because salt was added earlier while the chana was boiled.
- You can use any type of chana to prepare chana sundal.
- The chana sundal should be sautéed well after adding fresh coconut to it to consume it for long hours.
- Turn off the flame before adding lemon juice to the pan.
- You can add vangi bhat masala as per taste.
- You can use leftover rice to prepare onion tomato rice with vangi bhat masala.
- **For Vangi Bhat Masala**
- Poppy seeds, dry coconut, dry coriander leaves, urad dal, and chana dal should be roasted separately in the oil till they become a nice golden brown.
- You can store it for 6 months in an air-tight glass jar.

Vangi Bhat Rice & Sundal – Protein Rich Lunch

Directions

- **FOR PREPARING VANGI BHAT MASALA**

- Roast dry red chilli, cloves, cardamom, cinnamon stick, and dry fenugreek seeds in a pan for 3 to 4 minutes on low flame. Keep stirring occasionally. Once done, turn off the flame and let it cool down.
- Now roast poppy seeds, dry coconut, dry coriander seeds, urad dal, and chana dal separately in the oil till they become nice golden brown.
- Once done, turn off the flame and let it cool down completely.
- Then transfer it in a grinding jar and add roasted dry red chilli, cloves, cardamom, cinnamon stick, and dry fenugreek seeds. Grind it to make fine powder.
- Store this masala for 6 months in an airtight container.

- **FOR PREPARING TOMATO ONION RICE WITH VANGI BHAT MASALA**

- Heat oil in a pan. Add mustard seeds, urad dal, chana dal, asafoetida, and onion. Mix well.
- Saute it for 1 to 2 minutes on medium flame till the onion becomes transparent. Keep stirring in between.
- Then add tomato and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring in between.
- Now add curry leaves and salt. Mix well. Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame. Keep stirring in between.
- Now add turmeric powder and mix well. Then add vangi bhat masala and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring in between.
- Then add cooked rice and mix well. Further, add coriander leaves and mix well.
- Once done, take it out to a serving plate and garnish it with fried cashews.

- **FOR PREPARING CHANA SUNDAL**

- Soak chickpeas overnight. Transfer soaked chickpeas to a pressure cooker. Add salt and water. Cook it till 4 whistles and become soft. Once done, strain chickpeas.
- Heat oil in a pan. Add mustard seeds, asafoetida, turmeric powder, ginger, and green chilli. Saute it for a few seconds on medium flame. Keep stirring continuously.
- Then add boiled chickpeas and a little salt. Mix well. Now add fresh coconut and mix well. Saute it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Further, add coriander leaves and mix well. Once done, turn off the flame and lemon juice. Mix well.
- Take it out on a serving plate. Garnish it with fresh coconut.
- 'Vangi Bhat Rice & Sundal - Protein Rich Lunch' are ready to be served.

Oats Corn Handvo

an easy meal for lunch



By Monalisa Agarwal & Pratham Agarwal, From Kolkata

SERVINGS: 1

PREPARATION TIME: 15 MIN

COOKING TIME: 15 MIN

Ingredients

- Oats - 1/2 Cup
- Semolina / Sooji - 1/2 Cup
- Curd - 1/2 Cup + As required
- Sweet Corn - 1/2 Cup
- Carrot / Gajar - 1 Grated
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari Mirchi - 2 to 3 Finely chopped
- Ginger Paste / Adarak Paste - 1/2 tsp
- Salt - As per taste
- Water - As required
- Oil - As required
- Fruit Salt - 1/2 tsp

Tips

- Any type of oats can be used to prepare this handvo.
- The ratio of sooji and oats should be 1:1.
- You can prepare pancakes or dosa from the handvo batter.
- Insert a knife to check the handvo. If it comes out clean then it is perfectly cooked. Else cook it for 1 to 2 minutes more.

Directions

- Take oats in a mixing bowl. Add sooji and curd. Mix well. Add a little curd more and mix well.
- Now add sweet corn, carrot, coriander leaves, green chilli, ginger paste, and salt. Mix well. Add a little water to adjust the consistency. Let it rest for 10 minutes.
- Then add a little water to adjust the consistency to prepare a medium thick consistency batter.
- Heat a pan. Grease it with oil. Now add fruit salt to the batter and add a few drops of water on it. Mix well. Add the prepared handvo batter to the pan and spread it.
- Add a few drops of oil on the edges and cover the pan with a lid. Cook it for 10 minutes on low flame.
- Insert a knife to check the handvo. If it comes out clean then it is perfectly cooked. Else steam it for 1 to 2 minutes more.
- Now put a big sized plate on the pan and flip the pan. Take out the handvo on the plate.
- Add a few drops of oil to the pan and put the uncooked side of the handvo to the pan. Cover the pan and cook it for 5 to 7 minutes on low flame
- Once done, take out the handvo on the serving plate and cut it.
- 'Oats Corn Handvo' is ready to be served.

Eggless Christmas Plum Cake

a Christmas special dessert



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 8

PREPARATION TIME: 40 MIN

COOKING TIME: 50 MIN

Ingredients

- **FOR PREPARING FRUIT CAKE**
- All purpose flour / Maida - 1 & 1/2 Cups
- Cocoa powder - 2 tsp
- Cinnamon powder / Dalchini powder - 1/4 tsp
- Dry ginger powder/ Sonth powder - 1/4 tsp
- Cloves powder / Laung powder - 1/4 tsp
- Brown sugar - 1/2 Cup
- Milk - 1/2 Cup
- Curd / Dahi - 1/2 Cup
- Honey / Shahad - 1/4 Cup
- Oil - 1/4 Cup + For greasing
- Salt - A pinch
- Baking soda - 1/2 tsp
- Baking powder - 1 tsp
- **FOR SOAKING DRY FRUITS**
- Dry fruits, tutti frutti, and raisins (black and brown) - 1 Cup finely chopped
- Orange juice - 1 Cup

Directions

- **FOR SOAKING DRY FRUITS**
- Take dry fruits, tutti frutti, and raisins in a bowl. Add orange juice and mix well. Soak them for 30 minutes.
- **FOR PREPARING FRUIT CAKE**
- Take a bowl. Put a sieve on it. Take all purpose flour, cocoa powder, cinnamon powder, dry ginger powder, cloves powder, and brown sugar. Sieve them and mix well.
- Now add milk, curd, honey, and oil. Mix well. Now add salt, and soaked dry fruits. Mix well and prepare medium thick consistency batter.
- Meanwhile, preheat the OTG to 180 degrees celsius for 10 minutes.
- Now add baking soda and baking powder.
- Take a cake tin and grease it with oil. Place the butter paper and grease it with the oil. Pour the batter into it. Tap it.
- Now place the cake tin in OTG and set the temperature at 160 degrees Celsius for 50 minutes.
- After 50 minutes, take out the cake tin and check the cake by placing the knife in the center of the cake. If the cake does not stick to the knife, that means the cake is baked properly.
- Now, allow it to cool down. Demould the cake, remove the butter paper and cut it.
- 'Eggless Christmas Plum Cake' is ready to be served.

Tips

- The ratio of brown sugar to all purpose flour should be 1:3.
- Use room-temperature milk.
- Add baking powder and baking soda just before baking the cake.
- The cake should be bake on low temperature otherwise the dry fruits might be burned.
- Check the cake by placing the knife in the center of the cake. If the cake does not stick to the knife, that means the cake is baked properly.

Churmur Chaat

a mouthwatering dish



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- Boiled Potato / Aloo - 1
Peeled and finely chopped
- Onion / Pyaz - 1 Finely
chopped
- Tomato / Tamatar - 1 Finely
chopped
- Salt - As per taste
- Red Chilli Powder / Lal Mirch
Powder - 1/2 tsp + As
required
- Black Salt / Kala Namak - 1/4
tsp + As required
- Chaat Masala - 1/2 tsp + As
required
- Golgappa - 10 to 12
- Sweet Chutney / Meethi
Chutney - As required
- Green Chutney / Hari
Chutney - As required
- Namkeen Boondi - As
required
- Nylon Sev / Zero Number Sev
- As required
- Coriander Leaves / Hara
Dhaniya - For garnishing

Directions

- Take boiled potato in a mixing
bowl. Add onion, tomato, salt, red
chilli powder, black salt, and chaat
masala. Mix well.
- Now crush the golgappa on the
serving plate. Add the prepared
vegetable mixture on it.
- Then add sweet chutney and
green chutney. Mix well. Sprinkle
chaat masala, black salt, and red
chilli powder on it.
- Now add namkeen boondi and
nylon sev. Garnish it with
coriander leaves.
- 'Churmur Chaat' is ready to be
served.

Tips

- Ingredients can be added as per
choice and availability.
- Peanuts can be added to the
chaat.

Bakery Style Butter Cookies

full of rich buttery treats



By Ruby Chamria, A Lovely Mom, From Nepal

SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 12 MIN

Ingredients

- Butter - 170 gram Room tempertured
- Icing Sugar - 60 gram
- Vanilla Essence - 1 tsp
- Maida / All Purpose Flour - 175 grams
- Corn Flour - 1 tsp

Tips

- You can prepare these cookies using maida and atta also.

Directions

- Take butter in a bowl. Whisk it for a minutes. Add powdered sugar and whisk it for a few minutes
- Now add maida, corn flour and vanilla essence. Whisk it for a few minutes. Then, mix well with a spatula.
- Transfer the dough to a star shaped piping bag fitted with a large open tip.
- Take a baking tray and place the butter paper on it. Now arrange all cookies in the baking tray.
- Put it in the oven and bake it at 170 degrees celsius for 11 to 12 minutes. After baking well, take it out and let it cool down. Put a little jam to it for garnishing.
- 'Bakery Style Butter Cookies' are ready to be served.

Aval Bisi Bele Bath

a nutritious South Indian dish



By Smita Srikanth, A Lovely Mom, From Karnataka

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Beans - 1/2 Cup Finely chopped
- Carrot / Gajar - 1 Cup Finely chopped
- Capsicum / Shimla Mirch - 1 Finely chopped
- Green Peas / Hare Matar - 1/4 Cup
- Water - As required
- Jaggery / Gud - 1 tsp
- Salt - As per taste
- Bisi Bele Bath Masala - 2 tsp
- Yellow Lentils / Pili Moong Dal - 1/2 Cup washed
- Flattened Rice / Poha - 1 Cup
- Coriander Leaves / Hara Dhaniya - A handful
- Clarified Butter / Ghee - 1 tsp
- **FOR PREPARING RAITA**
- Curd / Dahi - 1 Cup whisked
- Cucumber / Kheera - 1 Finely chopped
- Salt - As per taste
- Coriander Leaves / Hara Dhaniya - A handful

Directions

- Heat oil in a pressure cooker. Add mustard seeds, asafoetida, turmeric powder, curry leaves, beans, carrot, capsicum, and green peas. Mix well.
- Then add 2 & 1/2 Cups of water. Mix well. Now add jaggery, salt, bisi bele bath masala, and washed moong dal with its little water. Bring it to a boil.
- Once it's started to boil then add poha and mix well. Then add coriander leaves and mix well.
- Then cover the cooker with its lid. Cook it on high flame till 1 whistle.
- Once done, turn off the flame and let it cool down completely.
- Then open it and add ghee. Mix well and take it out in a serving bowl
- **FOR PREPARING RAITA**
- Take curd in a bowl. Add salt, cucumber, and coriander leaves. Mix well.
- 'Aval Bisi Bele Bath' is ready to be served.

Tips

- Jaggery can be added as per taste.
- The consistency of bisi bele bath will thicken after it cools down, so adjust the consistency as per your choice.

Eggless Chocolate Cupcakes

a popular party special dessert



By Ani Setia, A Lovely Mom, From Rajasthan

SERVINGS: 26

PREPARATION TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- Oil - 1/3 Cup
- Curd / Dahi - 1/2 Cup
- Vanilla Essence - 1 tsp
- Powdered Sugar / Pisi Hui Chini - 1/2 Cup
- Whole Wheat Flour / Gehu Ka Aata - 3/4 Cup
- Cocoa Powder - 3 tbsp
- Baking Powder - 1/2 tsp
- Baking Soda - 1/4 tsp
- Water - 1/3 Cup
- Chocolate - As required chopped

Directions

- Take oil in a mixing bowl. Add curd, vanilla essence, and powdered sugar. Mix well.
- Put a sieve on the bowl. Then add whole wheat flour, cocoa powder, baking powder, and baking soda. Sieve them.
- Mix well with a spatula using the cut and fold method (Cut the batter from center then fold from the sides to mix) to prepare the medium thick consistency batter.
- Add water gradually and make medium thick consistency batter.
- Meanwhile, preheat the oven at 170 degrees celsius for 10 minutes.
- Pour the batter into 2/3 of the cupcake liners and tap them. Add chocolate on it.
- Put the prepared cupcakes in the preheated oven and bake it at 170 degrees celsius for 18 to 20 minutes.
- After 20 minutes, check the cake by inserting a toothpick in the center part of the cake. If it comes out clean then the cake is ready.
- Once done, take it out and keep it aside. Let it cool down.
- 'Eggless Chocolate Cupcakes | Whole Wheat Chocolate Cupcakes' is ready to be served.

Tips

- The ratio of sugar and curd should be 1:1.
- Dry ingredients should be added by sieving them to make lumps-free batter.
- Milk or water can be added to adjust the consistency of the batter.
- Water should be added gradually to prepare medium thick consistency batter.
- The cake batter should be medium thick consistency.
- If the batter becomes thin, the cake will shrink.
- After 20 minutes, check the cake by inserting a toothpick in the center part of the cake. If it comes out clean, then the cake is ready.
- **FOR PREPARING CUPCAKES IN A PAN**
- Take a heavy bottom pan. Put a big, heightened ring/bowl. Then put a plate on it.
- Now heat the prepared heavy bottom pan for 10 minutes on low flame.
- Now arrange all the cupcakes on it. Then cover that pan with a deep big bowl. Bake the cupcakes for 25 minutes on low flame.

[Watch the video recipe](#)

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

Coconut Vada

udupi special vada



By Dr. Soumya Holla, A Lovely Mom, From Udupi

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Fresh Coconut / Nariyal - 1 Cup grated
- Green Chilli / Hari Mirchi - 3 to 4 chopped
- Cumin Seeds / Jeera - 1 tsp
- Asafoetida / Hing - A pinch + As required
- Ginger / Adrak - 1 Inch chopped
- Curry Leaves / Curry Patta - A few chopped + As required
- Rice Flour / Chawal Ka Aata - 1 & 1/2 tbsps
- Once Fried Oil - 3 to 4 tsp
- Salt - As per taste
- Oil - For frying

Directions

- Take coconut in a grinding jar. Add green chilli, cumin seeds, asafoetida, ginger, and curry leaves. Grind it for a few seconds to prepare its paste.
- Take it out to a mixing bowl. Add rice flour, curry leaves, asafoetida, fried oil, and salt. Mix well.
- Take a small ball-sized portion of the vada mixture. Press it with your hands and prepare flattened vada. Likewise, prepare all vadas.
- Meanwhile, heat oil in a pan for frying. Take a prepared vada and put it into the hot oil gently.
- Deep fry them on medium flame until crispy and light golden brown from both sides. Once done, take them out to a serving plate using a slotted spoon.
- 'Coconut Vada' is ready to be served.

Tips

- You can add green chilli to the vada mixture as well instead of grinding it with coconut.
- Don't add water while preparing coconut paste.
- Once fried oil should be added to make crispy vada.

[Watch the video recipe](#)

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

Methi Tamatar Ki Poori

a nice flavorful dish



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 10 MIN

COOKING TIME: 4 MIN

Ingredients

- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Gram Flour / Besan - 1/4 Cup
- Asafoetida / Hing - 1/4 tsp
- Sesame Seeds / Til - 1 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Fenugreek Leaves / Hari Methi - A handful
- Coriander Leaves / Hara Dhaniya - A handful
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Oil - 1 tbsp + For frying
- Tomato / Tamatar - 1 Chopped
- Green Chilli / Hari Mirchi - 1 Slit
- Dry Coriander Seeds / Sabut Dhaniya - 1 tbsp
- Water - As required

Directions

- Take tomato, green chilli, dry coriander seeds, and a few drops of water in a grinding jar. Grind it for a few seconds to prepare its puree. Keep it aside.
- Take whole wheat flour in a bowl. Add besan, asafoetida, sesame seeds, carom seeds by rubbing between your palms, fenugreek leaves, coriander leaves, red chilli powder, salt, turmeric powder, and 1 tbsp of oil. Mix well.
- Now add the prepared tomato puree gradually to prepare medium soft dough. Apply oil to it and knead it well. Let it rest for 5 to 10 minutes.
- After 10 minutes knead it well. Then take a small ball sized part of the dough and flatten it and dust it with whole wheat flour. Roll it to make a small poori. Likewise, prepare all the pooris.
- Meanwhile, heat oil for frying. Put the prepared poori in the hot oil.
- Deep fry it on a high 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.
- 'Methi Tamatar Ki Poori' is ready to be served.

Tips

- The ratio of gram flour to whole wheat flour should be 1:4.
- You can prepare paratha or thepla from the poori's dough.
- If you want you can apply oil while rolling the poori.

[Watch the video recipe](#)

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

Whole Wheat Banana Cake

a healthy cake for a special occasion



By Shveta Sheth & Archana Chakravarthy

SERVINGS: 8

PREPARATION TIME: 5 MIN

COOKING TIME: 45 - 50 MIN

Ingredients

- Ripe banana / Pake huye kele - 3
- Jaggery powder / Gud - 3/4 Cup
- Butter / Makkhan - 1/2 Cup + For greasing
- Vanilla essence - 2 tsp (optional)
- Curd / Dahi - 3 tbsp
- Whole wheat flour / Gehu ka aata - 1 Cup
- Baking powder - 1 tsp
- Baking soda - 1/2 tsp
- Chocolate chips - 1/4 Cup
- Sugar balls - For garnishing
- Chocolate compound - 125 Grams chopped

Directions

- Take ripe bananas in a bowl. Mash it using a masher. Now add jaggery powder and butter. Mix well. Now add vanilla essence and curd. Mix well.
- Then put a sieve on the bowl. Add whole wheat flour, baking powder, and baking soda. Sieve them.
- Mix well all ingredients with a spatula using the cut and fold method (Cut the batter from the center then fold from the sides to mix). Now add chocolate chips. Mix well.
- Take a cake tin and grease it with butter. Place the butter paper into the tin and grease it with the butter. Pour the batter into the cake tin. Tap it.
- Meanwhile, preheat the OTG to 180 degrees celsius for 10 minutes.
- Now place the tin in OTG and set the temperature at 180 degrees Celsius for 45 to 50 minutes.
- After 45 minutes, take out the cake tin and check the cake by placing the toothpick in the center of the cake. If the cake does not stick to the toothpick, that means the cake is baked properly.
- Now, allow it to cool down for 1/2 to 1 hour. Demould the cake and remove the butter paper.
- Meanwhile, heat water in a small pan. Put a big bowl on it. Add chocolate pieces to it. Stir it continuously to melt it.
- Now spread the melted chocolate on the cake and garnish it with sugar balls.
- 'Whole Wheat Banana Cake' is ready to be served.

Tips

- The ratio of Jaggery to whole wheat flour should be 1:3.
- The butter should be at room temperature.
- You can garnish the cake with any ingredients as per your choice and availability.
- Butter paper is optional.
- Grease the cake tin and dust it with whole wheat flour or maida to unmould the cake easily.
- check the cake by placing the toothpick in the center of the cake. If the cake does not stick to the toothpick, that means the cake is baked properly.
- Prepare this cake using [Curd](#).

[Watch the video recipe](#)

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Dhokla Pizza

a fusion snack



By Rinku Lakhani, A Lovely Mom, From Gujarat

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 12 MIN

Ingredients

- Semolina / Sooji / Rava - 1 Cup
- Sour Curd / Dahi - 2 tbsp
- Water - As required
- Salt - As per taste
- Capsicum / Shimla Mirch - 1/2 Cup finely chopped
- Carrot / Gajar - 1/2 Cup finely chopped
- Red Chilli Flakes - 1/2 tsp
- Pizza Sauce - As required
- Fruit Salt - 1/2 tsp
- Oregano - 1/2 tsp
- Mixed herbs - 1/2 tsp
- Cheese Cube - As required
- Oil - For greasing

Tips

- Add veggies as per choice and availability.

Directions

- Take rava in a mixing bowl. Add curd, and little water. Mix well.
- Now add capsicum, carrot, fruit salt and salt. Mix well. Then, add little water to adjust the consistency of the batter. Mix well. Cover the bowl and let it rest for 5 minutes.
- Transfer the batter to an oil greased mould. Spread pizza sauce on it. Then, sprinkle chilli flakes, oregano and mixed herbs. Grate cheese on it.
- Meanwhile, boil water in a steamer. Place the mould in the steamer. Steam it 10 for 12 minutes. After 10 minutes take it out from the steamer. Cut it and transfer it to a serving plate.
- 'Dhokla Pizza' is ready to be served.

Vermicelli Pakoda

a crispy and spicy snack



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

SERVINGS: 5 - 6

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Water - As required
- Vermicelli / Sewaiyan - 1 Cup roasted
- Salt - As per taste
- Boiled Potato / Uble Hue Aloo - 1 Peeled
- Onion / Pyaz - 2 grated
- Curry Leaves / Curry Patta - A few finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Ginger / Adrak - 1 Inch finely chopped
- Green Chilli Paste / Hari Mirchi Paste - 1 tsp
- Cashews / Kaju - 2 tsp chopped (optional)
- Gram Flour / Besan - 1/2 Cup
- Rice Flour / Chawal Ka Aata - 1/3 Cup
- Corn Flour - 1/3 Cup
- Cumin Seeds-Black Pepper Powder / Jeera-Kali Mirch Powder - 1/2 tsp Coarsely ground
- Carom Seeds / Ajwain - 1/2 tsp
- Carom Leaves / Ajwain Patte - 2
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp

Directions

- Boil water in a pan. Add vermicelli and salt. Mix well and boil it for 2 minutes on medium flame. Once done, turn off the flame and cover the pan with a lid for 5 minutes. Then strain it and add cold water on it. Keep it aside.
- Now take boiled potato, onion, curry leaves, coriander leaves, ginger, green chilli paste, cashews, besan, rice flour, corn flour, cumin seeds-black pepper powder, carom seeds, carom leaves by breaking it into small pieces, salt, turmeric powder, red chilli powder, and strained vermicelli. Mix well by mashing the potato.
- Take a flat spatula and take a small ball sized mixture on it. Flattened it on the spatula.
- Meanwhile, heat oil for frying in a pan. Now take the prepared spatula and add small marble sized pakoda mixture to the hot oil.
- Deep fry them on medium flame for 1 to 2 minutes until it turns crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon.
- 'Vermicelli Pakoda' is ready to be served.

Tips

- If the vermicelli is not roasted, you can dry roast for a few minutes.
- The ratio of potato to onion should be 1:2.
- Finely chopped green chilli can be added instead of its paste.
- The ratio of vermicelli to besan should be 2:1.
- The ratio of rice flour and corn flour to besan should be 1:3.
- Mint leaves can be added instead of carom leaves.
- Don't add water while preparing the pakoda mixture.

[Watch the video recipe](#)

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Baingan Methi Masala

a simple and dry curry



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 3 - 4

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- Oil - 3 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Ginger-Garlic Paste / Adrak-Lahsun Paste - 1 tsp
- Tomato / Tamatar - 2 Finely chopped
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Brinjal / Baingan - 4 to 5 Finely chopped
- Salt - As per taste
- Fenugreek Leaves / Hari Methi - A bunch
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Water - As required
- Coriander Powder / Dhaniya Powder - 1 tsp
- Cumin Seeds Powder / Jeera Powder - 1 Tsp

Directions

- Heat oil in a pan. Add cumin seeds, asafoetida, and ginger-garlic paste. Mix well. Saute it for a few seconds on medium flame.
- Now add tomato and mix well. Then add turmeric powder and red chilli powder. Mix well.
- Then add brinjal and salt. Mix well. Cover the pan
- Cover the pan with a lid and cook it for 4 to 5 minutes on medium flame till the brinjal is 80% cooked and becomes soft. Keep stirring occasionally in between.
- Now add fenugreek leaves and mix well on high flame. Then add coriander leaves and mix well.
- Add a few drops of water, coriander powder, and cumin seeds powder. Mix well.
- Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame. Keep stirring occasionally in between.
- Add a little water and mix well. Once done, turn off the flame. Take it out in a bowl and garnish it with coriander leaves.
- 'Baingan Methi Masala' is ready to be served.

Tips

- Pluck the fenugreek leaves only from their stems.

Sooji Burger

an interesting and unique way of preparing a burger



By Neha Agarwal, A Lovely Mom, From Raipur

SERVINGS: 2

PREPARATION TIME: 15 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR PREPARING SOOJI BUN**
- Semolina / Sooji - 1/2 Cup
- Curd / Dahi - 1/2 Cup
- Salt - As per taste
- Baking soda - A pinch
- Oil - For greasing
- Water - As required
- **FOR PREPARING BURGER MASALA**
- Oil - 1 Tablespoon
- Mustard seeds / Rai - 1 Teaspoon
- Black gram / Urad dal - 1/4 Teaspoon
- Bengal Gram / Chana dal - 1/4 Teaspoon
- Roasted peanuts / Mungfali - 1/4 Cup
- Curry leaves / Curry patta - A few
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Ginger / Adrakh - 1 Inch grated
- Onion / Pyaz - 1 Finely chopped
- Frozen green peas / Matar - 1/4 Cup
- Boiled potato / Aloo - 2 Peeled and mashed
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 Teaspoon
- Coriander powder / Dhaniya powder - 1/2 Teaspoon
- Red chilli powder / Lal mirchi powder - 1/2 Teaspoon
- Chaat masala - 1/2 Teaspoon
- Dry mango powder / Aamchur - 1/2 Teaspoon
- Coriander leaves / Hara Dhaniya - A handful
- **FOR PREPARING SOOJI BURGER**
- Sooji bun - 1
- Burger masala - As required
- Oil - As required for roasting
- Green chutney - As required
- Tomato ketchup - As required
- Tomato / Tamatar - 2 to 3 Slices
- Onion rings / Pyaz - As required
- Lettuce leaf - 1

Directions

- **FOR PREPARING SOOJI BUN**
- Take curd and sooji in a bowl. Mix well and let it rest for 10 to 15 minutes.
- Then add salt, baking soda, and little water. Mix well.
- Grease the katori mold with oil. Transfer the sooji batter to a greased katori. Fill half of katori with batter.
- Meanwhile, boil water in a steamer. Then put the katori in the steamer for steaming. Steam it for 15 minutes on medium to high flame.
- Once done, let it cool down. Transfer the sooji bun to a plate.
- **FOR PREPARING BURGER MASALA**
- Heat oil in a pan. Add mustard seeds, black gram, bengal gram, and roasted peanuts. Mix well and add curry leaves, green chilli, and ginger. Saute it for a few minutes.
- Now add onion, green peas, and boiled potato. Mix well.
- Then add salt, turmeric powder, coriander powder, red chilli powder, chaat masala, and dry mango powder. Mix well on high flame for 1 to 2 minutes.
- Add coriander leaves and mix well. Once done, turn off flame and slightly let it cool down.
- **FOR PREPARING SOOJI BURGER**
- Cut the sooji bun in half. Add a small ball sized prepared burger masala on one side of bun. Cover it with another side of bun. Press it.
- Meanwhile, heat a tawa over medium flame. Grease it with oil. Place the prepared burger in a tawa. Roast lightly from both sides. Press it while roasting.
- Once done, take it out to a serving plate. Open its upper bun and apply green chutney and tomato ketchup to it. Now add tomato slices and onion rings.
- Add lettuce leaf to the burger masala. Cover it with an upper bun. Secure it with a toothpick.
- 'Sooji Burger' is ready to be served with potato wafers.

Tips

- The ratio of curd to semolina should be 1:1.
- Fruit salt can be added instead of baking soda.
- Fill half portion of Katori with batter because after steaming it will rise.
- Add lemon peel to the steamer, so the steamer will not turn black.
- Prepare this recipe using [tomato ketchup](#) and [green chutney](#).

[Watch the video recipe](#)

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Coconut Rice

a flavorful South Indian special dish



By Archana Chakravarthy, A Lovely Mom, From Karnataka

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Clarified Butter / Ghee - 2 tbsp
- White Gram / Urad Dal - 1 tsp
- Bengal Gram / Chana Dal - 1 tsp
- Mustard Seeds / Rai - 1 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Green Chilli / Hari Mirchi - 1 Slit
- Dry Red Chilli / Sukhi Lal Mirch - 2
- Curry Leaves / Curry Patta - A few
- Asafoetida / Hing - A pinch
- Cashews / Kaju - 2 tsp chopped
- Fresh coconut / Nariyal - 1 Cup grated
- Cooked Rice / Pake Huye Chawal - 2 Cups
- Roasted Peanuts / Mungfali - 1/2 Cup coarsely ground
- Salt - As per taste
- Coriander Leaves / Hara Dhaniya - A handful

Directions

- Heat ghee in a pan. Add urad dal, chana dal, mustard seeds, cumin seeds, green chilli, dry red chilli, curry leaves, asafoetida, and cashews. Mix well. Saute it for 1 minutes on medium flame.
- Then add fresh coconut and mix well. Now add cooked rice and mix well.
- Further, add salt and mix well. Cover the pan for 1 minutes on medium flame.
- Now add coarsely ground roasted peanuts and coriander leaves. Mix well.
- Once done, turn off the flame and take it out on a serving plate.
- 'Coconut Rice' is ready to be served.

Tips

- Onion can be added to the rice before adding coconut to the pan.
- You can store grated fresh coconut in the refrigerator.
- You can store roasted peanuts in an airtight container.

Oats Nankhatai

a delicious Indian cookie



By Monali Patel, A Lovely Mom, From Gujarat

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients


- Oats Flour - 30 grams
- Whole Wheat Flour / Gehu Ka Aata - 4 grams
- Gram Flour / Besan - 4 grams
- Powdered Sugar - 20 grams
- Ghee / Clarified Butter - 25 grams
- Baking Soda - A pinch
- Baking Powder - A pinch
- Cardamom powder / Elaichi - a pinch

Tips

- Use powdered mishri or jaggery instead of powdered sugar.
- You can use butter instead of ghee.
- Top it with the dry nuts of your choice. Use one type of nut or mixed nuts.

Directions

- Take a bowl and add whole wheat flour, besan and oats flour. Mix well.
- Now add baking powder, baking soda and cardamom powder. Mix well. Keep it aside.
- Take ghee in a bowl. Add powdered sugar. Mix well till ghee turn white. Now add it in flour mixture. Gather the mixture to form a dough.
- Now take a small portion of the dough and make its round shape nankhatai without any cracks. Place almond flake at the center of the nankhatai. Likewise prepare all nankhatai.
- Now, take a baking tray and place and grease it with the ghee. Place all nankhatai on it.
- Preheat the oven at 170 degrees Celsius. Now place the tray in the oven and bake the nankhatai for 8 to 10 minutes
- After 10 minutes take out the tray. Transfer the nankhatai in a serving plate.
- 'Oats Nankhatai' is ready to be served.



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FOR QUERIES AND SUGGESTIONS PLEASE SEND
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