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Zayka Ka Tadka

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January - 2025



**Unedited live
recipes**

Issue : 53

**जो दिखता है !
वही बनता है !**

Live from the kitchens of moms of india



THE SUPER MOM CHEFS OF INDIA





Founder's Words



Namaskar!

**Wishing you a very
Happy New Year.**



We are very glad and thankful for the love and affection which you showered on us in the past years. 2024 brought us together and helped us to realise the value of home food.

This New Year edition of Magazine brings yet another wonderful and lovely collection of winter, Lohri and Sankranti special recipes. It will make your home cooking experience smoother and more enjoyable.

Looking forward to your continued support, love and encouragement for our efforts in making the year 2025 more memorable.

Yours Sincerely

Vijay Haldiya - [Founder of Zayka Ka Tadka]

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SHAHI KHOYA MATAR WITHOUT KHOYA

a winter special tasty meal idea

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

INGREDIENTS

- Oil - As required
- Onion / Pyaz - 2 Sliced
- Curd / Dahi - 1/2 Cup
- Cottage Cheese / Paneer - 1/2 Cup mashed
- Cumin Seeds / Jeera - 1/2 tsp
- Bay Leaf / Tej Patta - 1
- Cinnamon / Dal Chini - 1/4 Stick
- Cardamom / Elaichi - 2
- Black Peppercorns / Kali Mirch - 4 to 5
- Cloves / Laung - 2
- Green Peas / Hare Matar - 1 Cup
- Salt - As per taste
- Green Chilli / Hari Mirchi - 2
- Ginger / Adrak - 1 Inch grated
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhania Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Water - As required
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Coriander Leaves / Hara Dhania - A handful + For garnishing
- Fresh Cream / Homemade Malai - 1 tbsp

DIRECTIONS

- Heat 1 tbsp of oil in a pan. Add onion and saute it for 2 to 3 minutes on medium flame till the onion becomes golden brown. Keep stirring occasionally.
- Once done, turn off the flame and let it cool down. Then transfer it to a grinding jar. Add curd and paneer. Grind it for a few seconds to prepare its gravy.
- Heat 2 tbsp of oil in the same pan. Add cumin seeds, bay leaf, cinnamon stick, cardamom, black peppercorns and cloves. Mix well.
- Now add green peas and mix well. Add salt and mix well. Cover the pan and cook it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add green chilli and ginger. Mix well. Now add little salt, turmeric powder, red chilli powder, coriander powder, and all spice mix powder. Mix well.
- Add a little water and mix well. Saute it for 2 to 3 minutes on medium flame till the green peas become soft. Stir it occasionally.
- Now add the prepared onion gravy and mix well. Add dry fenugreek leaves by rubbing between your palm and coriander leaves. Mix well.
- Further, add fresh cream and mix well. Once done, turn off the flame and take it out in a serving bowl. Garnish it with coriander leaves.
- 'Shahi Khoya Matar Without Khoya' is ready to be served.

TIPS

- If you want, you can add coriander leaves and green chilli instead of onion to prepare gravy.
- You can add oil as per choice.
- Ginger and green chilli should be added in the end for a nice flavor.

GUJARATI METHI BAJRI NA VADA

a winter special tasty Gujarati dish

By Shraddha Thakrar

From Gujarat



SERVINGS: 2 - 3

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Pearl Millet Flour / Bajre Ka Aata - 1 Cup
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Fenugreek Leaves / Hari Methi - 1 Cup chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Cumin Seeds Powder / Jeera Powder - 1 tsp
- Jaggery Powder - 2 tsp
- Ginger-Green Chilli-Garlic Paste / Adrak-Hari Mirch-Lahsun Paste - 1/2 tsp
- Salt - As per taste
- Asafoetida / Hing - 1/4 tsp
- Oil - 2 tbsp + For frying
- Fruit salt - 1/2 tsp
- Water - As required
- Sesame Seeds / Til - As required

DIRECTIONS

- Take bajre ka aata in a mixing bowl. Add gehu ka aata, fenugreek leaves, coriander leaves, turmeric powder, coriander powder, all spice mix powder, cumin seeds powder, jaggery powder, ginger-green chilli-garlic paste, salt, asafoetida, 2 tbsp of oil, and fruit salt. Mix well.
- Then add water gradually to prepare a medium-soft dough.
- Take a small ball-sized portion of the mixture. Press it with your wet hands and prepare thin flattened vada. Add sesame seeds on both sides of it. Likewise, prepare all vadas.
- Meanwhile, heat oil in a pan for frying. Take a prepared vada and put it into the hot oil gently. Slightly press them to make fluffy.
- Fry the vada for 2 to 3 minutes on low flame then flip them only.
- Deep fry them on low flame until crispy and light golden brown from both sides. Once done, take them out to a serving plate using a slotted spoon.
- 'Gujarati Methi Bajri Na Vada' is ready to be served.

TIPS

- The ratio of bajre ka aata to gehu ka aata should be 1:1.
- You can adjust the ratio of bajre ka aata to gehu ka aata as per your choice as well.
- The vada should be slightly pressed after adding them to the hot oil to make them fluffy.
- Fry the vada for 2 to 3 minutes on low flame then flip them only.
- You can store this vada for 7 days at room temperature.

PULIHORA

a popular festival special dish of South India
By Shailaja Meduri From Hyderabad



SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Gingelly Oil / Sesame Oil / Til Ka Tel - 2 to 3 tbsp
- Peanuts / Mungfali - 1 tbsp
- White Gram / Urad Dal - 1/2 tsp
- Bengal Gram / Chana Dal - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Dry Red Chilli / Sukhi Lal Mirch - 2
- Asafoetida / Hing - A pinch
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Ginger / Adrak - 1 Inch grated
- Green Chilli / Hari Mirch - 2 to 3 Finely chopped
- Curry Leaves / Kadhi Patta - A few
- Cooked Rice / Pake Huye Chawal - 2 to 3 Cups
- Tamarind Pulp / Imli Ka Paste - 1/4 Cup
- Salt - As per taste
- Jaggery Powder / Gud Ka Powder - 1 tsp

TIPS

- The turmeric powder should be added to the tadka to remove its raw taste.
- You can prepare tamarind juice from soaked tamarind.

DIRECTIONS

- Heat gingelly oil in a pan. Add peanuts, mustard seeds, urad dal, chana dal, and dry red chilli. Mix well. Saute it for a few seconds on medium flame till they become golden brown.
- Then add asafoetida, turmeric powder, ginger, green chilli, and curry leaves. Mix well. Now add it to the cooked rice bowl.
- Now heat the same pan and add tamarind pulp. Boil it for a few seconds. Keep stirring occasionally.
- Then add salt and jaggery powder. Mix well. Boil it for 1 to 2 minutes on medium flame till the mixture becomes thick. Keep stirring continuously.
- Once done, turn off the flame and add the prepared tamarind mixture to the cooked rice bowl. Mix well. Take it out in a serving bowl.
- 'Pulihora' is ready to be served.

JOWAR BAJRA BHAKRI – GLUTEN FREE RECIPE

a winter special meal option

By Neeta Sharma

From Rajasthan



SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Pearl Millet Flour / Bajre Ka Aata - 1 Cup
- Sorghum Flour / Jowar Ka Aata - 1 Cup
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste- 1 tsp
- Sesame Seeds / Til - 1/2 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Onion / Pyaz - 1 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Lukewarm Water - As required
- Clarified Butter / Ghee - As required

DIRECTIONS

- Take bajre ka aata in a mixing bowl. Add jowar ka aata, ginger-green chilli paste, sesame seeds, salt, red chilli powder, turmeric powder, onion, and coriander leaves. Mix well.
- Add lukewarm water gradually to prepare medium soft dough. Knead it well.
- Take a small ball sized dough and make a round shaped big circular peda. Dust it with flour and make a round shaped bhakri using your palms and fingers.
- Meanwhile, heat a tawa. Flip the rolling board and take bhakri on your palm. Place the prepared bhakri on the tawa.
- Flip it once it is slightly brown, add ghee to the bhakri and cook it from both sides on a low to medium flame.
- Once done, take it out to the serving plate.
- 'Jowar Bajra Bhakri - Gluten Free Recipe' is ready to be served.

TIPS

- The ratio of bajre ka aata & jowar ka aata should be 1:1.

PAPAD TORAI KI SABJI

a delicious and healthy dish

By Manju Saraf

From Gurgaon



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Urad Dal Papad - 1 break in to small pieces
- Tomato / Tamatar - 1 Grated
- Ridge Gourd / Turai - 1 Peeled and finely chopped
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Water - As required
- Coriander Powder / Dhaniya Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Milk - 2 to 3 tbsp
- Coriander Leaves / Hara Dhaniya - For garnishing

DIRECTIONS

- Heat oil in a pan. Add cumin seeds, asafoetida, and papad. Mix well.
- Then add grated tomato and mix well. Now add turai, salt, and turmeric powder. Mix well.
- Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Add a few drops of water and mix well. Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Now add coriander powder and red chilli powder. Mix well. Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Then add milk and mix well. Cover the pan with a lid and cook it for 3 to 4 minutes on medium flame. Stir it occasionally.
- Once done, turn off the flame and take it out in a serving bowl. Garnish it with coriander leaves.
- 'Papad Torai Ki Sabji' is ready to be served.

INSTANT MOOLI KA ACHAR

a spicy and tasty side dish

By Shveta Sheth

From Mumbai



SERVINGS: 5 - 7

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

INGREDIENTS

- Mustard Seeds / Rai - 1 tbsp
- Yellow Mustard Seeds / Pili Rai - 1 tbsp
- Cumin Seeds / Jeera - 1 tbsp + 1/2 tsp
- Whole Coriander Seeds / Sabut Dhaniya - 1 tbsp
- Fennel Seeds / Saunf - 1 tbsp
- Dry Fenugreek Seeds / Dana Methi - 1/4 tsp
- Radish / Mooli - 2 to 3
- Green Chilli / Hari Mirch - 3 to 4 Slited & seedless
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 2 tsp
- Mustard Oil / Sarso Ka Tel - 2 to 3 tbsp
- Onion Seeds / Kalonji - 1/2 tsp
- Asafoetida / Hing - 1/2 tsp

DIRECTIONS

- Heat a pan on low flame. Add mustard seeds, yellow mustard seeds, 1 tbsp of cumin seeds, whole coriander seeds, fennel seeds, and dry fenugreek seeds. Mix well and roast it for 2 to 3 minutes on low flame till the nice aroma begins to rise. Keep stirring continuously.
- Once done, turn off the flame and let it cool down. Then transfer it to a grinding jar and coarsely grind it for a few seconds to prepare its masala.
- Wash the radish and wipe them with a clean dry cloth completely. Peel it and chop it in the desired shape.
- Take it out in a bowl. Add green chilli, 2 tbsp of the prepared pickle masala, salt, turmeric powder, and red chilli powder. Mix well.
- Heat mustard oil in a tadka pan. Add 1/2 tsp of cumin seeds, onion seeds, and asafoetida. Add the prepared tadka to the pickle bowl and mix well.
- 'Instant Mooli Ka Achar' is ready to be served.

TIPS

- The ratio of all ingredients for pickle masala should be 1:1 except dry fenugreek seeds.
- You can store the pickle masala in an air-tight container and use it for preparing any type of pickle.
- Store this pickle in an air-tight container for 7 to 8 days in the refrigerator.
- You can chop mooli in the desired shape.
- The mooli should be clean and completely dry to prepare this pickle.
- Salt should be added a little bit more.

TIL MUNGFALI KE LADOO

a healthy winter special dish

By Neeta Sharma

From Rajasthan



SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Sesame seeds / White til- 1 Cup
- Jaggery / Gud - 1/2 cup
- Peanuts / Mungfali - 1/4 Cup
- Water - As required

DIRECTIONS

- Roast sesame seeds on low for 5 minutes. Keep stirring continuously. Then keep it aside.
- Roast the peanuts in a pan on a low flame for 10 minutes. Once the peanuts are cooled down peel them off. Take out peanuts in a bowl and keep it aside.
- Take jaggery in a pan. Melt it on high flame for 3 to 4 minutes. Keep stirring continuously.
- Then add the roasted sesame seeds and peanuts. Turn off the flame. Mix well.
- Now wet your palms with water. Take a small, ball-sized part of laddoo mixture, roll it between your palms and make a round shaped laddoo.
- Likewise, prepare all the laddoos. Take it out to a serving plate.
- 'Til Mungfali Ke Ladoo' is ready to be served.

TIPS

- You can adjust sweetness as per taste.
- The ratio of jaggery to sesame seeds should be 1:2.
- If you want, you can add ghee while melting jaggery for shine.
- The ratio of peanuts to jaggery should be 1:2.
- Prepare the laddoo while the laddoo mixture is hot.

RAJASTHANI PITOD KI SABZI

a popular Rajasthani side dish

By Aruna ji

From Rajasthan



SERVINGS: 2 - 3

PREPARATION TIME: 15 MIN

COOKING TIME: 10 - 15 MIN

INGREDIENTS

- Gram Flour / Besan - 1 Cup
- Water - As required
- Ginger / Adrak - 1 Inch grated
- Green Chilli / Hari Mirch - 1 to 2 Finely chopped
- Carom Seeds / Ajwain - 1/2 tsp
- Salt - As per taste
- Coriander Powder / Dhania Powder - 2 tsp
- Turmeric Powder / Haldi Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 2 tsp
- Oil - 4 tbsp + For greasing
- Cumin Seeds / Jeera - 1 tsp
- Asafoetida / Hing - 2 Pinch
- Dry Red Chilli / Lal Mirchi - 3 to 4
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Curd / Dahi - 1 Cup whisked
- Coriander Leaves / Hara Dhaniya - For garnishing

TIPS

- The curd should be at room temperature.
- Add salt at the end otherwise the curd may be curdled
- Keep stirring continuously after adding the curd to the pan till it starts to boil otherwise, curd will curdle.

DIRECTIONS

- **FOR PREPARING PITOD**
- Take besan in a mixing bowl. Add a little water and mix well. to prepare lumps free mixture.
- Then add ginger, green chilli, carom seeds, salt, 1/2 tsp of turmeric powder, 1 tsp of coriander powder, and 1 tsp of red chilli powder. Mix well.
- Heat 2 tbsp of oil in a pan. Add 1/2 tsp of cumin seeds, a pinch of asafoetida, and prepared besan mixture. Mix well.
- Keep stirring continuously for 3 to 4 minutes until the mixture becomes thick and leaves the pan.
- Once done, turn off the flame. Grease a big plate with oil. Spread the pittod mixture evenly on a plate. Let it cool completely for 10 minutes.
- Cut the pittod in a square shape. Keep it aside.
- **FOR PREPARING PITOD KI SABZI**
- Take curd in a bowl. Add a little water and mix well.
- Heat 2 tbsp of oil in a pan. Add 1/2 tsp of cumin seeds, a pinch of asafoetida, 1/2 tsp of turmeric powder, 1 tsp of coriander powder, and 1 tsp of red chilli powder, dry red chilli, and dry fenugreek leaves. Mix well.
- Now keep the flame low and add curd mixture. Keep stirring continuously till it starts to boil. Then boil it for 2 to 3 minutes on medium flame.
- Add the prepared pittod pieces and mix well. Now add salt and mix well.
- Boil it for 4 to 5 minutes on medium flame. Keep stirring occasionally.
- Once done, turn off the flame and garnish it with coriander leaves. Take it out in a serving bowl.
- 'Rajasthani Pitod Ki Sabzi' is ready to be served.

ALOO MURI

an amazing tea-time snack

By Payal Khandelwal

From Bareilly



SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Mustard Oil / Sarso Ka Tel - 3 to 4 tbsp
- Asafoetida / Hing - 1/4 tsp
- Mustard Seeds / Rai - 1 & 1/2 tsp
- Curry Leaves / Curry Patta - A few chopped
- Turmeric Powder / Haldi Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Boiled Potato / Uble Hue Aloo - 2 to 3 Peeled and mashed
- Salt - As per taste
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Puffed Rice/ Murmura - 2 to 3 Cups Roasted
- Coriander Leaves / Hara Dhaniya - For garnishing

DIRECTIONS

- Heat mustard oil in a pan. Add asafoetida, mustard seeds, curry leaves, turmeric powder, and red chilli powder. Mix well.
- Now add boiled potato and mix well. Then add salt and mix well. Saute it for 2 to 3 minutes. Keep stirring continuously.
- Then add all spice mix powder and mix well. Saute it for 2 to 3 minutes on medium flame. Stir it occasionally. Once done, turn off the flame.
- Take roasted murmura in a plate. Add the prepared aloo mixture and mix well with your hands.
- Once done, take it out in a serving bowl and garnish it with coriander leaves.
- 'Aloo Muri' is ready to be served with a hot cup of tea.

CHATNI DAL KE LADDU

a traditional sweet

By Chitra Krishnan

From Jamshedpur



SERVINGS: 2

PREPARATION TIME: 2 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Roasted Bengal Gram / Puthana Dal / Chutni Dal - 1 Cup
- Sugar - 1 Cup
- Clarified Butter / Ghee - As required
- Cardamom Powder / Elaichi Powder - 1/2 tsp
- Cashew Nuts flakes / Kaju - As required

TIPS

- The ratio of chatni dal to sugar should be 2:1.
- You can prepare mixture of this laddu and store in an airtight container in the refrigerator and use whenever you want.
- Check the ghee by binding the laddu mixture. If it binds, the ghee is perfect, else add more melted ghee.

DIRECTIONS

- Take chatni dal and sugar in a grinding jar. Grind it for a few seconds to prepare its powder. Take out the mixture in a mixing bowl.
- Now add cashew nuts flakes and cardamom powder in it. Meanwhile heat ghee in a pan. Then, add it in the mixture and mix well. Check the ghee by binding the laddu mixture. If it binds, the ghee is perfect, else add more melted ghee.
- Take a small, ball-sized part of the laddu mixture, roll it between your palms and make a round shaped laddu. Take it out to a serving plate. Likewise prepare all the laddus.
- 'Chatni Dal Ke Laddu' is ready to be served.

2 TYPES OF INSTANT DOSA

a popular dosa variations

By Dr. Soumya Holla

From Udupi



SERVINGS: 2

PREPARATION TIME: 70 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- **FOR PREPARING SABUDANA DOSA**
- Tapioca Pearls (Sago) / Sabudana - 1 Cup
- Water - As required
- Curd / Dahi - 2 tbsp
- Onion / Pyaz - 1/2 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Curry Leaves / Curry Patta - A few finely chopped
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Salt - As per taste
- Oil - As required
- **FOR PREPARING NEER DOSA**
- Rice / Chawal - 1 Cup
- Flattened Rice / Poha - 1 tbsp
- Dry Fenugreek Seeds / Methi Dana - 1/2 tsp
- Water - As required
- Salt - As per taste
- Fresh Coconut / Nariyal - 1 Cup grated
- Coconut Oil - As required

DIRECTIONS

- **FOR PREPARING SABUDANA DOSA**
- Wash the sabudana with water and soak them for 30 minutes. Take it out in a strainer and drain the water completely.
- Take it out in a mixing bowl. Add curd, onion, coriander leaves, curry leaves, green chilli, cumin seeds, asafoetida, and salt. Mix well. Add a little water and mix well.
- Meanwhile, heat a tawa. Add a few drops of oil on it. Pour the batter on the tawa and spread it like a small pancake. Cover the pan with a lid.
- Cook it for 2 to 3 minutes on high flame until it becomes nice golden brown and crispy. Then flip it to cook the other side as well.
- Once done, take it out to a serving plate.
- **FOR PREPARING NEER DOSA**
- Wash and soak rice, poha, and dry fenugreek seeds in the water for 60 minutes.
- Then strain them and transfer them to a grinding jar. Add fresh coconut and salt. Grind it for a few seconds to prepare a thin consistency batter. Add water to adjust the consistency of the dosa batter.
- Meanwhile, heat a tawa. Pour the batter on the tawa and spread it evenly to make a dosa. Add coconut oil on it. Cover the pan with a lid and cook for a minute on a high flame.
- Once done, take it out to a serving plate.
- '2 Types Of Instant Dosa' are ready to be served.

TIPS

- You can soak sabudana in the curd as well instead of water.
- The tawa should be hot enough before making dosa on it.
- Keep the flame low to medium while preparing dosa on the hot tawa.
- The dosa should be cooked by covering the tawa to cook it uniformly.
- Rice flour should be added if the dosa batter becomes thin or add sooji to make crispy dosa.
- Water should be added to adjust the consistency of the neer dosa.
- The neer dosa should be cooked from one side only.
- Coconut oil will make neer dosa more crispy.

PEANUT CHIKKI

a traditional Indian sweet

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- Peanuts / Mungfali - 1 Cup
- Jaggery / Gud - 1 Cup grated
- Water - 1 tsp
- Clarified butter / Ghee - 1 tsp + For greasing

TIPS

- Roast the peanuts on low flame to roast them well.
- The ratio of jaggery to peanuts should be 1:1.
- The jaggery should be melted on a low flame.
- Check the jaggery by adding some drops in cold water. If it becomes solid and crunchy immediately then the jaggery syrup is ready otherwise, cook it for 1 to 2 minutes more.
- Cut chikki into pieces immediately before it cools down.
- When the chikki is lukewarm remove it from the flat surface and then separate the chikki pieces.

DIRECTIONS

- Roast the peanuts in a pan on a low flame for 10 to 12 minutes.
- After the peanuts cool down take them out in the kitchen napkin. Rub them to remove the peel. Then take them out in a slotted spoon to separate peanuts and peels. Take out peanuts in a bowl and keep it aside.
- Take jaggery in a pan. Add 1 tsp water. Melt it on low for 7 to 8 minutes till it changes its color and becomes fluffy. Keep stirring continuously.
- Check the jaggery by adding some drops in cold water. If it becomes solid and crunchy immediately then the jaggery syrup is ready otherwise, cook it for 1 to 2 minutes.
- Then add ghee. Keep stirring continuously for 1 to 2 minutes. Then add the roasted peanuts and turn off the flame. Mix well.
- Brush oil over a flat surface and immediately take out the peanut mixture on it. Roll it using a greased rolling pin like a chapati.
- Roll the peanut mixture according to the desired thickness and then cut it into pieces immediately before it cools down.
- After that, when it is lukewarm remove it from the flat surface and then separate the chikki pieces. Take it out on a serving plate.
- 'Peanut Chikki' is ready to be served.

BEETROOT FRIED RICE

a mouth-watering dish

By Monalisa Agarwal

From Kolkata



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Clarified Butter / Ghee - 1 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Green Chilli / Hari Mirch - 2 to 3 Finely chopped
- Sesame Seeds / Till - 1 tsp
- Onion / Pyaz - 1 Finely chopped
- Curry Leaves / Curry Patta - A few
- Ginger Paste / Adrak Paste - 1/2 tsp
- Peanuts / Mungfali - 1/2 Cup roasted
- Beetroot / Chukandar - 1 Cup grated
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Cooked Rice / Pake Huye Chawal - 3 to 4 Cups
- Salt - As per taste
- Coriander Leaves / Hara Dhaniya - A handful
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon
- Grated Fresh Coconut / Nariyal - For garnishing

DIRECTIONS

- Heat ghee in a pan. Add cumin seeds, mustard seeds, green chilli, sesame seeds, and onion. Mix well. Saute it for a few seconds on low flame. Keep stirring occasionally.
- Then add curry leaves and mix well. Saute it for 1 to 2 minutes on low flame. Keep stirring occasionally.
- Now add ginger paste and mix well. Then add peanuts and mix well.
- Further, add beetroot and mix well. Saute it for 1 to 2 minutes on low flame. Keep stirring occasionally.
- Then add black pepper powder and mix well. Saute it for 1 minute on low flame. Keep stirring occasionally.
- Now add cooked rice and mix well. Add salt and mix well.
- Once done, turn off the flame and add coriander leaves and mix well. Then add lemon juice and mix well.
- Take it out in a serving bowl and garnish it with fresh coconut.
- 'Beetroot Fried Rice' is ready to be served.

TIPS

- Don't over cook the veggies.
- Add cloves while cooking the rice for a nice flavor.

TRICOLOUR UTTAPAM

a healthy breakfast or snack dish

By Divya Sharma

From Delhi



SERVINGS: 1 - 2

PREPARATION TIME: 10 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Sooji / Semolina - 1 Cup
- Dahi / Curd - 1 Cup
- Water - As required
- Shimla Mirch / Capsicum - As required finely chopped
- Gajar / Carrot - As required
- Crumbled Paneer / Cottage Cheese - As required
- Salt - As per taste
- Kali Mirch Powder / Black Pepper Powder - 1/2 tsp
- Oil - For roasting
- Chili Flakes - 1/2 tsp
- Oregano - 1/2 tsp

TIPS

- You can skip chilli flakes.

DIRECTIONS

- In mixing a bowl, add semolina, curd, salt and black pepper powder. Mix well. Now, add water and mix well to prepare a thin consistency batter. Let it rest for 10 minutes.
- Meanwhile, heat a tawa. Put some drops of oil on tawa to grease it. Now, add a ladle full of the prepared batter on the tawa and spread it evenly.
- Now, add the layers of carrot, paneer and capsicum one by one on it. Slightly press it with a spoon.
- Then, sprinkle red chilli flakes and oregano. Pour some oil. Cook it on a low flame for 1 to 2 minutes. Then flip it and cook it from another side as well.
- After 1 to 2 minutes, flip it and cook it. Once cooked well, take it out on the serving plate.
- 'Tricolour Uttapam' is ready to be served.

BREAD KACHORI

a delicious appetizer

By Shilpi Agarwal

From Rajasthan



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Oil - 1 tbsp + For frying
- Cumin Seeds / Jeera - 1/2 tsp
- Boiled Potatoes / Uble Hue Aloo - 2 Peeled and Mashed
- Onion / Pyaz - 1 Finely chopped
- Tomato / Tamatar - 1 Finely chopped
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Carrot / Gajar - 1 Grated
- Cucumber / Kheera - 1 Grated
- Salt - As per taste
- Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Dry Mango Powder / Amchur Powder - 1/2 tsp
- Chaat Masala - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Black Salt / Kala Namak - As per taste
- Carom Seeds / Ajwain - 1/2 tsp
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped (optional)
- Coriander Leaves / Hara Dhaniya - A handful
- Bread Slices - 2
- All Purpose Flour / Maida - 2 tsp
- Water - As required
- Bread Crumbs - As required

TIPS

- Any type of bread can be used to prepare this kachori.
- The round-shaped cutter or bowl should be sharp to cut the bread slice nicely.
- Coat the kachori with bread crumbs before frying to make it crispy and a nice golden color.
- Don't flip the kachori for 2 minutes after adding it to the hot oil otherwise, it may break.

DIRECTIONS

- Heat 1 tbsp of oil in a pan. Add cumin seeds, boiled potato, onion, tomato, capsicum, carrot, cucumber, salt, cumin seeds powder, coriander powder, red chilli powder, turmeric powder, dry mango powder, chaat masala, all spice mix powder, black salt, carom seeds, green chilli, and coriander leaves. Mix well.
- Saute it for 1 to 2 minutes on medium flame till the water evaporates and the mixture becomes dry. Keep stirring in between. Once done, turn off the flame and keep it aside.
- Take maida and salt in a mixing bowl. Add little water and prepare medium thin lumps-free slurry.
- Now take a bread slice and roll it to make it thin. Cut bread with a round-shaped cutter or bowl. Likewise, cut another bread slice.
- Then apply the prepared maida slurry on the edges of the both bread slices. Then add prepared mix veg mixture in the middle of a bread slice. Cover it with another bread slice. Press the edges to seal it well.
- Dip the kachori in the maida slurry and then coat it with bread crumbs completely. Likewise, prepare all kachori.
- Meanwhile, heat oil in a pan for frying. Place prepared kachori into the hot oil. Fry it on low to medium flame for 2 minutes. Then flip it.
- Deep fry it until it become crispy and golden brown from both sides. Then, take it out on a serving plate using a slotted spoon.
- 'Bread Kachori' is ready to be served.

TIL BADAM KE LADDU

a protein and calcium rich dessert

By Manju Saraf

From Gurgaon



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Clarified Butter / Ghee - 1 tbsp +
For greasing
- Jaggery / Gud - 1 Cup grated
- Water - As required
- Baking Soda - A pinch
- Sesame Seeds / Till - 1 Cup
- Roasted Peanuts / Moongfali - 1/4
Cup Peeled and coarsely ground
- Dry Coconut / Sukha Nariyal - 1/4
Cup ground
- Cardamom Powder / Elaichi
Powder - 1/2 tsp
- Almond / Badam - 2 tsp crushed
- Cashews / Kaju - 2 tsp crushed

TIPS

- Add a little water to the jaggery while melting it, so the jaggery will not burn.
- Check the jaggery by adding some drops in cold water. If it binds well and becomes a round shaped ball, then the jaggery syrup is ready, otherwise cook it for 1 to 2 minutes more.
- Turn off the flame before adding the baking soda.
- Add a pinch of baking soda to the jaggery syrup to make soft laddoo.
- Roasted sesame seeds should be ground on pulse mode for one time.

DIRECTIONS

- Roast the sesame seeds in a pan on a low flame for 2 to 3 minutes. Then keep 4 tsp of sesame seeds aside and transfer other sesame seeds to a grinding jar. Grind it for one time on pulse mode. Take it out in a bowl. Keep it aside.
- Heat ghee in a pan. Add jaggery and little water. Melt it on medium flame for 3 to 4 minutes till it changes its color. Keep stirring continuously.
- Check the jaggery by adding some drops in cold water. If it binds well and becomes a round shaped ball, then the jaggery syrup is ready, otherwise cook it for 1 to 2 minutes more
- Once done, turn off the flame and add baking soda. Mix well.
- Add roasted both types of sesame seeds, peanuts, dry coconut, cardamom powder, almond, and cashew. Mix well.
- Grease your palms with ghee. Take a small, ball-sized part of the laddoo mixture, roll it between your palms and make a round shaped laddoo.
- Likewise, prepare all the laddoos. Take it out to a serving plate.
- 'Til Badam Ke Laddu' is ready to be served.

ROSE PEANUT CHIKKI

one of the famous Indian sweet snacks

By Jaya Singh Bisen

From Madhya Pradesh



SERVINGS: 1 - 2

PREPARATION TIME: 3 - 4 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Jaggery / Gud - 100 gram
- Sesame seeds / Til - 10 to 20 gram + for garnishing
- Roasted peanuts / Mungfali - 50 gram peeled
- Dry rose petals / Sukhe gulab ke patte - a handful + for garnishing
- Clarified butter / Ghee - 1 tsp + for greasing

TIPS

- You can use half peanuts and half sesame seeds to make chikki.
- You can use sugar instead of jaggery.
- Water can be used instead of ghee to spread the chikki.
- Transfer the chikki mixture to the greased plate immediately as the mixture will harden pretty fast.

DIRECTIONS

- Take jaggery in a pan. Melt it on medium flame. Then, add ghee and mix well on low flame. Keep stirring continuously till it changes its color and becomes fluffy.
- Now, add peanuts, rose petals and sesame seeds. Mix well. Transfer the chikki mixture to the greased plate immediately as the mixture will harden pretty fast.
- Grease a spoon with ghee and spread the chikki mixture with the spoon. Garnish it with sesame seeds and rose petal. Press them with hand on the chikki. Let the chikki cool down and then separate the chikki from the greased plate.
- 'Rose Peanut Chikki' is ready to be served.

GOND KHAJOOR KE LADOO

a winter special dessert

By Shraddha Thakrar

From Gujarat



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Clarified butter / Ghee - 1 tsp +
For greasing
- Dates / Khajur - 100 Gms Seedless
- Edible Gum / Gond - 2 tsp
- Roasted cashew powder / Kaju powder - 2 tsp
- Roasted almond powder / Almond powder - 2 tsp
- Roasted dry coconut powder / Sukha nariyal powder - 1 tsp
- Poppy seeds / Khas-khas - 1 tsp
- Melon seeds / Magaj seeds - 1 tsp
- Dry ginger powder / Sonth - 1/2 tsp
- Cardamom powder / Elaichi powder - 1/2 tsp
- Desiccated coconut / Nariyal ka burada - For coating

TIPS

- Dry fruits, poppy seeds, and dry coconut should be roasted on low flame for 2 to 3 minutes.
- The dry fruits should be crushed in a mortar and pestle.
- Don't grind dry fruits in a grinding jar otherwise, it will leave oil.
- Any seeds can be added to the laddoo.

DIRECTIONS

- Heat 1 tsp ghee in a pan. Fry gond in ghee. Take it out on a plate. Then transfer it to a mortar pestle and crush it. Keep it aside.
- Take dates to a grinding jar. Grind it for a few seconds. Keep it aside.
- Grease the pan with ghee. Add ground dates. roast it for 2 to 3 minutes on medium flame until it becomes soft. Keep stirring occasionally.
- Once done, transfer it to the bowl. Add roasted cashew powder, almond powder, dry coconut powder, poppy seeds, melon seeds, dry ginger powder, cardamom powder, and crushed gond. Mix well.
- Take a small, ball-sized part of laddoo mixture, roll it between your palms and make a round shaped laddoo.
- Then roll the laddoo in the desiccated coconut. Likewise, prepare all the laddoos. Take it out to a serving plate.
- 'Gond Khajoor Ke Laddoo' is ready to be served.



Enjoy!

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