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Zayka Ka Tadka

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February - 2025

Unedited live
recipes

Issue : 54

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वही बनता है!



Zayka
Ka
Tadka



Live From the Kitchens of moms of india





THE SUPER CHEF MOMS OF INDIA



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Neembu Ka Achaar

a popular pickle with health benefits



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 12 - 15 PREPARATION TIME: 5760 TO 7200 MIN COOKING TIME: 10 MIN

Ingredients

- Lemon / Neembu- 1/2 kg
- Salt - 50 gms
- Jaggery / Gud - 1 Cup
- Sugar - 1 Cup
- Water - 1/2 cup
- Black Pepper Powder / Kali Mirch Powder - 1 tbsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1 tsp
- Garam Masala / All Spice Mix - 1 tsp
- Carom Seeds / Ajwain - 1 tsp
- Hing / Asafoetida - 1/4 tsp
- Red Chili Powder / Lal Mirch Powder - 2 to 3 tbsp
- Black Salt / Kala Namak - 1 tbsp

Tips

- Completely dry the lemon before using it.
- Pick equal-sized thin-skinned lemon for the pickle.
- If you have a large-sized lemon then cut it into more pieces.
- You can use any jar to store lemon.
- The measurement of salt should be perfect otherwise, the pickle may spoil.
- You can keep the salt-soaked lemon in the sun or in room temperature and stir it occasionally.
- You can use both sugar and jaggery or only sugar or only jaggery as per your choice.
- When making the pickle, ensure there is no moisture on the knife, chopping board, bowl, and the jar.
- You can store it in a glass airtight jar for many years.
- Adjust the spice as per the requirement.
- This pickle should initially be kept at room temperature in glass/plastic bowl for 2 to 3 days and then stored in a glass jar and keep it in a refrigerator to consume for up to one year.

Directions

- Rinse medium-sized thin-skinned lemons very well in water. Then spread them on a kitchen towel and dry it properly.
- Now, cut it into pieces and deseed it.
- Transfer it into an airtight container and add salt to it. Keep it aside for 4 to 5 days.
- Occasionally stir it as it helps salt to dissolve properly.
- Further, heat a pan and add sugar, jaggery, and water. Stir it continuously on high flame.
- Boil it till the bubbles appear. Then add black pepper powder, roasted cumin powder, garam masala powder, black salt, carom seeds, hing, red chili powder, and mix it properly.
- Now, add lemon and mix well on medium flame. Cook it for 1 to 2 minutes till 1 boil. Keep stirring occasionally. Once done, turn off the flame and allow it to cool down.
- This pickle should initially be kept in a glass/plastic container at room temperature for 2 to 3 days and then stored in a glass jar and keep it in a refrigerator to consume for up to one year.
- Delicious Neembu Ka Achaar is ready to be served.

Railway Style Veg Cutlet

a tasty snacks idea



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Oil - 1 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Ginger / Adrak - 1 Inch grated
- Green Chilli / Hari Mirch - 1 to 2 Finely chopped
- Carrot / Gajar -1 Cup finely chopped
- Beans - 1/2 Cup finely chopped
- Beetroot - 1/2 Cup finely chopped
- Capsicum / Shimla Mirch - 1/2 Cup finely chopped
- Green Peas / Hare Matar - 1 Cup
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1/2 tsp
- Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Salt - As per taste
- Corn Flour - 1 to 2 tbsp
- Clarified Butter / Ghee - As required

Directions

- Heat oil in a pan. Add cumin seeds, asafoetida, ginger, and green chilli. Mix well. Saute it for a few seconds on medium flame.
- Then add carrot, beans, beetroot, capsicum, and green peas. Mix well. Saute it for 4 to 5 minutes on medium flame. Keep stirring occasionally.
- Now add turmeric powder, red chilli powder, coriander powder, cumin seeds powder, and coriander leaves. Mix well.
- Once cooked well, turn off the flame and take it out in a mixing bowl. Add boiled potato, salt, and corn flour. Mix well.
- Take a small ball-sized portion of the mixture. Now take corn flour on your palms and press it with your hands and prepare flattened triangle cutlet. Likewise, prepare all cutlets.
- Meanwhile, heat a pan over medium flame. Grease it with ghee. Place the cutlets to a pan. Roast them on a medium flame for 5 to 7 minutes from both sides. Likewise roast all cutlets.
- Once done, take it out on the serving plate.
- 'Railway Style Veg Cutlet' is ready to be served.

Tips

- Bread crumbs or fresh ground bread can be added for binding.
- Corn flour can be added as required for binding.

Chocolate Pops

a party special dessert



By Shilpi Agarwal,

A Lovely Mom,

From Rajasthan

SERVINGS: 4 - 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Plain Biscuits - 4 to 5
- Chocolate Biscuits - 4 to 5
- Cocoa Powder - 1 tbsp
- Desiccated Coconut Powder / Sukha Nariyal Powder - 2 tbsp
- Chocolate Chips - 1 to 2 tbsp
- Condensed Milk - 2 tbsp
- Milk - As required
- Butter - 1 tsp
- Dark Chocolate - 1 Cup
- Sprinklers - As required for garnishing

Tips

- You can use any type of biscuits as per choice and availability.
- Butter should be added to give a nice shine to the chocolate.
- You can use any sprinklers as per choice.

Directions

- Break the both biscuits into small pieces and transfer them to a grinding jar. Grind them for a few seconds to prepare its powder.
- Take it out in a bowl. Add cocoa powder, desiccated coconut powder, chocolate chips, and condensed milk. Now, add milk gradually to prepare a medium soft dough.
- Then, take a small, ball-sized part of the roll mixture, roll it between your palms and make a round shaped ball. Likewise, prepare all balls.
- Take butter and dark chocolate in a bowl. Melt it in a microwave. Dip and coat the prepared balls in the melted chocolate.
- Put all prepared chocolate balls on a plate lined with butter paper. Sprinkle sprinklers on it. Now keep it in the refrigerator for 10 minutes. Once set well, take it out to a serving plate.
- 'Chocolate Pops' are ready to be served.

Sabudana Thalipeeth

a tasty fasting special dish



By Usha Thakre,

A Lovely Mom,

From Nashik

SERVINGS: 2

PREPARATION TIME: 245 MIN

COOKING TIME: 5 MIN

Ingredients

- Boiled Potato / Uble Hue Aloo - 1 Cup Peeled and mashed
- Tapioca Pearls (sago) / Sabudana - 1 Cup
- Water - As required
- Roasted Peanuts / Mungfali - 1/2 Cup coarsely ground
- Rock Salt / Sendha Namak - As per taste
- Coriander Leaves / Hara Dhaniya - A handful
- Ginger-Green Chilli Paste / Adarak-Hari Mirchi Paste - 2 tsp
- Amaranth Flour / Rajgira Ka Atta - As required
- Oil - As required

Tips

- Add coriander leaves in enough quantity for a nice flavor.
- Amaranth Flour can be added as required for binding.
- Make small holes in between the thalipeeth to make it crispy.

Directions

- Wash and soak the sabudana in the water for 4 hours. Take it out in a strainer and drain the water completely.
- Take boiled potato in a mixing bowl. Add soaked sabudana, roasted peanuts powder, rock salt, coriander leaves, ginger-green chilli paste, and 2 tsp of rajgira flour. Mix well. Knead it well.
- 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 pan and take a wet cloth with thalipeeth on your palm. Flip it on the pan 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.
- 'Sabudana Thalipeeth' is ready to be served.

Murmure Ladoo

a winter special light snack



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Jaggery / Gud - 1 Cup
- Clarified Butter / Ghee - 1 tsp
- Puffed Rice / Murmura - 3 Cups
- Water - As required

Tips

- The ratio of jaggery to murmure should be 1:3.
- Dry fruits can be added to the ladoo mixture.
- Ladoo should be prepared with wet palms.

Directions

- Roast the murmure in a pan on a low flame for 3 to 4 minutes. Keep stirring occasionally. Once done, turn off the flame and let it cool down.
- Heat ghee in a pan. Add jaggery and mix well. Melt it on medium flame for 3 to 4 minutes. Keep stirring continuously.
- Once it melts well, add murmure and turn off the flame. Mix well.
- Take a small, ball-sized part of the ladoo mixture on wet hands, roll it between your palms and make a round shaped ladoo.
- Likewise, prepare all the laddoos. Take it out to a serving plate.
- 'Murmure Ladoo' is ready to be served.

Red Velvet Cake

the most amazing cake ever



By Ani Setia, A Lovely Mom, From Rajasthan

SERVINGS: 5

PREPARATION TIME: 10 MIN

COOKING TIME: 40 MIN

Ingredients

- **DRY INGREDIENTS**
- All purpose flour / Maida - 1 & 1/2 Cups
- Baking powder - 1 tsp
- Baking soda - Less than 1/2 tsp
- **FOR PREPARING RED VELVET CAKE**
- Buttermilk - 1 Cup
- Oil - 1/4 Cup
- Rock sugar powder / Dhaga misri powder - 1 Cup
- Vanilla extract - 1 tsp
- Red gel food color - 6 to 7 drops
- Oil - For greasing
- Powdered sugar - For garnishing

Tips

- Any type of buttermilk can be used.
- Oil should be used instead of butter to make soft cake during cold weather.
- Oil should be colorless and odorless.
- The ratio of oil to buttermilk should be 1:4.
- Powdered sugar can be added instead of misri(rock sugar) powder.
- Sugar should be added to the wet ingredients bowl.
- You can add 1 & 1/2 tsp vanilla essence instead of vanilla extract.
- The ratio of maida to buttermilk should be 3:1.
- You can prepare this cake using a 1:1 ratio of wheat flour and maida.
- You can prepare this cake in the 5" inch cake tin with half measurements.
- You can use red food color or beetroot for a bright red color cake.
- If using 1/4 cup of beetroot juice, reduce 1/4 cup of buttermilk from 1 cup.
- You can add 2 tbsp beetroot puree with all wet ingredients.
- 1 tsp liquid food color can be added instead of gel food color.
- The baking tray should be put on the middle rack of the oven to bake the cake evenly in baking mode.
- You can prepare the cake in a pan. Add salt to a heavy bottom pan. Put a big heightened ring/bowl on the salt. Then put a baking tin on it. Now cover that pan with a deep big bowl. Bake the cake for 45 to 50 minutes.
- The batter should be of ribbon consistency.

Red Velvet Cake

Tips

- The batter should be added to the 2/3 parts of the cake tin.
- 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 the cake is baked well, allow it to cool down for 1 to 2 minutes. Then release its edges from the cake tin using a knife. Now let it cool down for 8 to 10 minutes, and transfer it to a grill or wire rack and immediately remove the butter paper, otherwise, the cake will become soggy from the bottom side.
- Let the baked cake cool down completely then cover the cake with a cling wrap, then you can store it in the refrigerator for 3 days, and in the freezer for a few days.
- Any type of cocoa powder can be added to the dry ingredients.
- Garnishing can be done as per choice.

Directions

- **FOR MIXING DRY INGREDIENTS**
- Take all pupurpose flour, baking powder, and baking soda. Mix well.
- **FOR PREPARING RED VELVET CAKE**
- Take buttermilk in a large bowl. Add oil, rock sugar powder, and vanilla extract. Whisk them well using a whisker. Now add red gel food color. Mix well.
- Meanwhile, preheat the oven at 180 degrees celsius for 7 to 8 minutes.
- Put a sieve on wet ingredients bowl. Then add dry ingredients and sieve them.
- Mix well with a whisker and then with a spatula using the cut and fold method (Cut the batter from centre then fold from the sides to mix) to prepare the ribbon consistency batter.
- Take a heart shaped cake tin and grease it with the oil. Place the butter paper on it and grease it with the oil.
- Pour the batter into 2/3 of the cake tin and tap it.
- Put it in the middle rack of the oven and bake it at 180 degrees celsius for 35 to 40 minutes.
- After 35 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 the cake is baked well, allow it to cool down for 1 to 2 minutes. then release its edges from the cake tin using a knife. Now let it cool down for 8 to 10 minutes, and transfer it to a grill or wire rack and immediately remove the butter paper.
- Let it cool down completely. Sprinkle some powdered sugar on the top with the help of a sieve.
- 'Red Velvet Cake' is ready to be served.

Moong Dal Paneer Pancake

a tasty tiffin box or breakfast idea



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 3

PREPARATION TIME: 70 MIN

COOKING TIME: 5 MIN

Ingredients

- Green Lentils / Hari Moong Dal - 1 Cup
- Rice / Chawal - 1 Cup
- Water - As required
- Salt - As per taste
- Clarified Butter / Ghee - As required
- Onion / Pyaz - 1/2 Finely chopped
- Boiled Potato / Uble Hue Aloo - 1/2 Peeled and grated
- Cottage Cheese / Paneer - 1/4 Cup crumbled
- Coriander Leaves / Hara Dhaniya - A handful
- Chaat Masala - As required
- Red chilli flakes - As required

Tips

- If you want, you can soak rice and moong dal overnight.
- Green chilli can be added while grinding the batter.
- You can add vegetables as per choice and availability.

Directions

- Wash and soak rice and moong dal for 1 hour in hot water. Then strain it and transfer to a grinding jar. Grind it for a few seconds to prepare its smooth batter. Take it out in a mixing bowl. Add salt and mix well.
- Meanwhile, heat a tawa. Pour the batter on the tawa and spread it like a small pancake.
- Add onion, boiled potato, paneer, and coriander leaves on it. Sprinkle chaat masala and red chilli flakes on it. Press it and add a few drops of ghee on it.
- Roast it on the medium flame for 2 to 3 minutes. Flip to cook the other side as well on the medium flame. Pour some drops of oil.
- Once it is cooked well from both sides, transfer it to a serving plate.
- 'Moong Dal Paneer Pancake' is ready to be served.

Instant Mooli Ka Achar

a spicy and tasty side dish



By Shveta Sheth, A Lovely Mom, 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.

Winter Special Thali

a popular dish of Punjab



By Mridula Ameriya and Neeta Sharma, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR PREPARING SARSO KA SAAG**
- Mustard Oil / Sarso Ka Tel - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Green Chilli / Hari Mirchi - 2 to 3 chopped
- Ginger / Adrakh - 1 Inch chopped
- Garlic / Lahsun - 3 to 4 Cloves crushed
- Onion / Pyaz - 1 Finely chopped
- Tomato Puree - Of 1 tomato
- Red Chilli Powder / Lal Mirchi Powder - 1 tsp
- Coriander Powder / Dhania Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Salt - As per taste
- **FOR PREPARING TADKA**
- Clarified Butter / Ghee - 1 tbsp
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Red Chilli Powder / Lal Mirch Powder - 1/4 tsp
- **FOR COOKING LEAFY VEGETABLES**
- Mustard Leaves / Sarso Leaves - 1 Cup chopped
- Spinach / Palak - 1/2 Cup chopped
- Bathua Leaves - 1/2 Cup chopped
- Water - As required
- Ginger / Adrakh - 1 Inch chopped
- Green Chilli / Hari Mirchi - 1 to 2 chopped
- Salt - As per taste
- Maize Flour / Makke Ka Aata - 2 tsp
- **FOR PREPARING MAKKE KI ROTI**
- Maize Flour / Makke Ka Aata - 1 Cup
- Salt - As per taste
- Water - As required
- Clarified Butter / Ghee - As required
- **FOR PREPARING MASALA MIRCHI**
- Green Chilli / Hari Mirchi - 1
- Clarified Butter / Ghee - 1/2 tbsp
- Cumin Seeds / Jeera - 1/4 tsp
- Salt - As per taste
- Dry Mango Powder / Amchur - 1/2 tsp

Tips

- **FOR PREPARING SARSO KA SAAG**
- The ratio of palak and bathua should be 1:1.
- The ratio of mustard leaves to palak should be 2:1.
- If you want, you can crush the boiled leafy vegetables in a mixer grinder.
- **FOR PREPARING MAKKE KI ROTI**
- Adjust its cracked border using thumb and fingers.
- **FOR PREPARING MASALA MIRCHI**
- You can use any type of mirchi as per choice and availability.
- Rotate the green chilli continuously on the flame to roast it well from all sides.
- You can add spices as per your choice.
- Ghee should be used to make a nice flavorful mirchi.

Winter Special Thali

Directions

- **FOR COOKING LEAFY VEGETABLES**

- Take washed bathua leaves, spinach, sarso leaves, green chilli, ginger, salt, and 1 cup of water in a pressure cooker. Now cover the pressure cooker with its lid.
- Cook it on high flame till 3 to 4 whistles. Once done, turn off the flame. Let it cool down. Then open it. Heat it and add maize flour. Mash it using a spoon. Once mashed well, turn off the flame. Keep it aside.

- **FOR PREPARING SARSO KA SAAG**

- Heat mustard oil in a pan. Add cumin seeds, dry red chilli, green chilli, ginger, garlic, and onion. Mix well and saute it for 2 to 3 minutes on medium flame till it becomes a nice golden brown. Stir it occasionally.
- Then add tomato puree and mix well. Add red chilli powder, coriander powder, all spice mix powder, and little salt. Mix well and saute it for 2 to 3 minutes on medium flame till the oil separates. Stir it occasionally.
- Saute it for more 4 to 5 minutes. Stir it occasionally. Now add the mashed green leafy vegetables. Mix well. Cook it on low flame for 2 to 3 minutes.
- Heat ghee in a tadka pan. Add dry red chilli and red chilli powder. Pour it into the prepared sarso ka saag.
- Once done, turn off the flame and take it out to a serving plate.

- **FOR PREPARING MAKKE KI ROTI**

- Take maize flour in a big bowl. Add salt and mix well. Add water gradually and prepare a medium-consistency dough. Then knead the dough well for 2-3 minutes.
- Take a medium ball sized dough and make a round shaped big circular peda from the dough. Dust it with flour and roll a peda to make a roti. Adjust its cracked border using thumb and fingers.
- Meanwhile, heat a tawa. Now place the prepared roti on the tawa.
- Roast it on low flame for 1 to 2 minutes. Once roasted from one side, then flip it.
- Now roast from another side for 2 to 3 minutes. Then roast the roti on the direct flame. Keep turning in a round and roast from both the sides.
- Once done. Take it out on a serving plate. Apply ghee to it.

- **FOR PREPARING MASALA MIRCHI**

- Take green chilli and roast it directly on medium to low flame for 1 to 2 minutes. Rotate it continuously till it is roasted well from all sides.
- Once roasted well, take it out on a plate and make a vertical slit on it. Cut it and remove its seeds.
- Heat ghee in a tadka pan. Add cumin seeds and green chilli pieces. Mix well and turn off the flame.
- Add salt and dry mango powder. Mix well. Once done, take it out to a serving plate.
- 'Winter Special Thali' is ready to be served with jaggery and raita.

Peanut Chaat

a delicious fast special dish



By Manju Saraf, A Lovely Mom, From Gurgaon

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Peanut / Mungfali - 1 Cup
- Water - As required
- Tomato / Tamatar - 1/2
Finely chopped
- Cucumber / Kheera - 1/2
Finely chopped
- Boiled Potato / Uble Hue
Aloo - 1 Peeled and finely
chopped
- Coriander Leaves / Hara
Dhaniya - A handful
- Ginger / Adrak - 1 Inch
grated
- Green Chilli / Hari Mirch - 1
to 2 Finely chopped
- Black Pepper Powder / Kali
Mirch Powder - 1/2 tsp
- Rock Salt / Sendha Namak -
As per taste
- Sweet Curd / Mitha Dahi -
As required whisked
- Pomegranate Seeds / Anar
Ke Dane - 2 tsp + For
garnishing

Directions

- Pressure cook peanuts till 1 whistle on medium flame. Once done, strain them.
- Take it out on a serving plate. Add tomato, cucumber, boiled potato, coriander leaves, ginger, green chilli, black pepper powder, rock salt, and sweet curd. Mix well. Then add pomegranate and mix well.
- Once done, garnish it with pomegranate.
- 'Peanut Chaat' is ready to be served.

Tips

- You can add ingredients as you allow during fasting.
- Roasted cumin seeds powder can be added to the chaat.

Rose Jelly Custard

a refreshing dessert



By Divya Sharma, A Lovely Mom, From Delhi

SERVINGS: 1 - 2 PREPARATION TIME: 120 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PREPARING JELLY**
- Jelly crystal mix - 1 packet
- Hot water - as required
- **FOR PREPARING CUSTARD**
- Doodh / Milk - 1/2 litre + 2 tbsp
- Custard Powder - 2 tbsp
- Sugar - 2 tbsp or as per taste
- Rose petals - a handful
- Elaichi powder / Cardamom powder - 1/2 tsp
- Sabja Seeds / Basil seeds - for garnishing soaked optional

Directions

- **FOR PREPARING JELLY**
- Take both jelly crystal mix powders in a mixing bowl. Add hot water gradually and keep stirring continuously. Mix well till the mixture dissolves.
- Now transfer it to a desired shaped tray to set it. Let it set for 1 to 2 hours in refrigerator. Take them out from the tray when they are set. Keep them aside.
- **FOR PREPARING CUSTARD**
- Take 2 tbsp of milk and custard powder in a bowl. Mix them well and make a lump free mixture. Keep it aside.
- Now, heat a kadai/wok, pour 1/2 litre milk in it. Add prepared custard mixture and mix well. Then, add cardamom powder, powdered sugar and rose petals. Mix well and boil it on medium flame.
- Turn off the flame while it gets thick. Keep it aside and let it cool in refrigerator.
- **FOR PREPARING ROSE JELLY CUSTARD**
- Put the prepared jelly in serving glasses. Pour the custard and top with jelly. garnish it with sabja seeds.
- 'Rose Jelly Custard' is ready to be served.

Tips

- You can adjust the sweetness as per taste.
- Fruits can be added in custard as per your choice.
- You can prepare jelly in any desired shape.

One Pot Paneer Rice

a quick and easy meal



By Monalisa Agarwal, A Lovely Mom, From Kolkata

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Clarified Butter / Ghee - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Garlic Paste / Lahsun Paste - 1/2 tsp
- Ginger Paste / Adrak Paste - 1/2 tsp
- Green Chilli / Hari Mirch - 1 to 2 Finely chopped
- Onion / Pyaz - 1 Finely chopped
- Tomato / Tamatar - 1 Finely chopped
- Carrot / Gajar - 1 Chopped
- Sweet Corn - 1 Cup
- Green Peas / Hare Matar - 1/4 Cup
- Coriander Leaves / Hara Dhaniya - A handful
- Cottage Cheese / Paneer - 1/2 Cup Diced
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Pulao Masala / Biryani Masala - 1 tbsp
- Curd / Dahi - 1 Cup
- Rice / Chawal - 1 Cup
- Hot Water - 2 Cups

Directions

- Heat ghee in a pressure cooker. Add cumin seeds, garlic paste, ginger paste, and green chilli. Saute it for a few seconds on medium flame.
- Then add onion and tomato. Mix well. Saute it for a few seconds on medium flame.
- Now add carrot, sweet corn, green peas, and coriander leaves. Mix well.
- Further, add paneer, turmeric powder, red chilli powder, and salt. Mix well.
- Now add pulao masala and mix well. Then add curd and mix well. Keep stirring continuously for a few seconds.
- Then add washed rice and hot water. Mix well.
- Now cover the pressure cooker with its lid. Cook it on high flame till 2 whistles.
- Once done, turn off the flame and let it cool down. Then open it and take it out on a serving plate.
- 'One Pot Paneer Rice' is ready to be served.

Tips

- Green chilli can be chopped using a kitchen scissor.
- You can finely chop all veggies in a chopper.
- You can add veggies as per choice and availability.
- Add curd to prepare rice with creamy texture.
- Spiciness can be adjusted as per taste.
- The ratio of water to rice should be 2:1.

Matar Pyaz Ke Pakode

a crispy and spicy tea-time snack



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 2 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

- Green Peas / Hare Matar - 1 Cup
- Ginger / Adrak - 1 Inch Chopped
- Garlic / Lahsun - 5 to 6 Cloves
- Green Chilli / Hari Mirch - 1 to 2 Chopped
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Onion / Pyaz - 1 Sliced
- Gram Flour / Besan - As required
- Oil - For frying

Directions

- Take green peas in a grinding jar. Add ginger, garlic, and green chilli. Coarsely grind it for a few seconds.
- Take it out in a bowl. Add salt, turmeric powder, red chilli powder, carom seeds by rubbing between your palms, black pepper powder, and onion. Mix well.
- Now add besan gradually for binding and mix well.
- Meanwhile, heat oil in a pan. Take a small, ball-sized pakoda 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.
- 'Matar Pyaz Ke Pakode' is ready to be served with green chutney.

Tips

- Besan should be added as required for binding.

Shakarkandi Chaat

a mouthwatering appetizer.



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Boiled Sweet Potato / Shakarakandi - 2 Peeled & chopped
- Oil - 2 tbsp
- Curd / Dahi - As required whisked
- Onion / Pyaz - 1 Finely chopped
- Cucumber / Kheera - 1/2 finely chopped
- Tomato / Tamatar - 1 Finely chopped
- Green Gram Sprouts / Mung Bean - 1/4 Cup
- Roasted peanuts / Mungfali - As required
- Sweet Chutney / Meethi Chutney - As required
- Green Chutney / Hari Chutney - As required
- Salt - As per taste
- Roasted Cumin Seeds Powder / Jeera Powder - As required
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Red Chilli Powder / Lal Mirch Powder - As required
- Chaat Masala - As required
- Pomegranate Seeds / Anar Ke Dane - For garnishing
- Nylon Sev / Zero Number Sev / Bhujija - For garnishing
- Coriander Leaves / Hara Dhania - For garnishing

Directions

- Heat oil in a pan. Add sweet potato and saute it for 4 to 5 minutes on high flame till it becomes golden brown . Keep stirring occasionally. Once done, turn off the flame and keep it aside.
- Take a serving glass. Add some sauteed sweet potato pieces, curd, onion, cucumber, tomato, and again add some sweet potato pieces, green gram sprouts, add little curd again on it, and roasted peanuts.
- Now add sweet chutney, green chutney, and green chilli on it. Now sprinkle salt, roasted cumin seeds powder, red chilli powder, chaat masala on it.
- Garnish it with pomegranate, nylon sev, and coriander leaves.
- 'Shakarkandi Chaat' is ready to be served.

Tips

- Veggies can be added to the chaat as per choice and availability.
- For sprouting green gram, soak them overnight and then strain water in the sieve. Now cover the strainer with a lid and put it in a hot dry place. Then sprouts will be ready within 8 hours.

Burnt Paneer Fried Rice

a spicy and tangy one-pot meal



By Neha Agarwal, A Lovely Mom, From Raipur

SERVINGS: 3

PREPARATION TIME: 35 MIN

COOKING TIME: 10 MIN

Ingredients

- Tomato / Tamatar - 1
- Onion / Pyaz - 1
- Garlic / Lahsun - 4 Cloves
- Dry red chilli / Sukhi lal mirch - 4 to 5
- Water - 1 Cup
- Oil - 2 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Cottage cheese / Paneer - 1 Cup diced
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- Cooked rice / Chawal - 1 Cup
- Coriander leaves / Hara dhaniya - For garnishing

Tips

- Rotate tomato, onion, and garlic continuously on the direct flame as they should not burn.
- You can peel charred tomatoes, onion, and garlic with wet hands.
- Spiciness can be adjusted as per taste.

Directions

- Soak dry red chillies in the water for 30 minutes.
- Take tomato, garlic and onion. Roast it directly on medium to low flame for 3 to 4 minutes.
- Rotate it continuously till it becomes soft from inside. Peel charred tomato, onion, and garlic.
- Chop them and transfer to a grinding jar. Add soaked dry red chilli with water. Grind it for a few seconds to prepare its puree.
- Heat oil in a pan. Add cumin seeds and paneer. Mix well and saute it for 1 to 2 minutes on medium flame. Keep stirring it in between.
- Then add the prepared puree and mix well. Add salt and red chilli powder. Mix well.
- Boil it for 1 to 2 minutes on medium flame. Keep stirring it in between.
- Now add cooked rice and mix well. Garnish it with coriander leaves.
- 'Burnt Paneer Fried Rice' is ready to be served.

Makhana Phirni

a classic creamy dessert



By Ruby Chamria, A Lovely Mom, From Nepal

SERVINGS: 2

PREPARATION TIME: 20 MIN

COOKING TIME: 10 MIN

Ingredients

- Milk / Doodh - 500 ml. to 750 ml.
- Roasted Fox Nuts / Makhana - 2 Cup
- Almonds / Badam - 1/4 Cup
- Cashew Nuts / Kaju - 1/4 Cup
- Soaked Saffron - Few Strands
- Cardamom Powder / Elaichi Powder - 1 tsp
- Sugar - 1/2 Cup
- Dry Nuts Flakes (Almonds And Pistachio) - For garnishing
- Saffron Strands / Kesar - 9 to 10 For garnishing
- Water - As required

Directions

- Soak almonds and cashew nuts for 15 to 20 minutes in hot water. Drain water. Peel almonds. Grind them and make a fine paste. Add water if required. Keep it aside. Now, grind roasted makhana and make a fine powder of it. Keep it aside.
- Boil milk in a pan. After a boil add ground makhana in it. Stir the milk continuously to prepare a lumps-free mixture. Then, add ground mixture of almonds and cashew nuts. Stir the milk continuously.
- Add sugar in it and stir it continuously. Now, add soaked saffron and mix well. Boil it for 2 to 3 minutes. Switch off the flame.
- Take kulhad or small clay cup and pour the prepared makhana phirni in it. Garnish it with sliced almonds, pistachios, cardamom powder, saffron strands. Let it cool down. Then keep it in the refrigerator for 30 to 45 minutes.
- 'Makhana Phirni' is ready to be served.

Tips

- You can add jaggery or dates instead of sugar.

Chocolate Fruit & Nut Cake

the most delicious cake ever



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 4 - 5

PREPARATION TIME: 20 MIN

COOKING TIME: 15 MIN

Ingredients

- Orange Juice - 1 Cup
- Mixed Fruits & Nuts (Tutti frutti, walnuts, sugar coated fruits, raisins, black raisins, almonds etc.) - 1 Cup
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon
- Oil - 1/2 Cup
- Powdered Sugar - 3/4 Cup
- Cocoa Powder - 3 tbsp
- Milk - 1 Cup + As required
- All Purpose Flour / Maida - 1 & 1/2 Cup
- Baking Powder - 1 tsp
- Baking Soda - 1/2 tsp
- Oil - For greasing

Tips

- You can add mixed fruits and nuts as per choice and availability.
- Butter or ghee can be used instead of oil.
- The ratio of milk to oil should be 2:1.
- You can add leftover orange juice to the batter by reducing the quantity of milk.
- Add baking powder and baking soda just before baking the cake.
- You can dust the oil greased cake tin with maida as well instead of putting butter paper into it.
- Add 1 tsp of baking powder and 1/2 tsp of baking soda to the 1&1/2 Cup of maida batter.
- The cake batter should be ribbon consistency.
- Dust the tutti fruity with maida. To prevent it from sinking in the cake.
- Don't open the door while the cake is baking.
- Fill the cake tin 3/4 with the cake batter.
- After 35 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, else bake it for more 5 minutes.
- FOR PREPARING CAKE 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.
- Bake the cake for 45 to 50 minutes on low flame.

Chocolate Fruit & Nut Cake

Directions

- Add the mixed fruits and nuts in the lukewarm orange juice. Add lemon juice. Mix well. Cover the pan with a lid and keep it aside for 15 minutes.
- Take oil in a mixing bowl. Add powdered sugar and whisk it for 1 to 2 minutes till it becomes fluffy using a whisker.
- Then add cocoa powder and mix well. Now add milk gradually and maida. Mix well.
- Now add soaked fruits & nuts. Keep 1 to 2 tbsp of soaked fruits & nuts aside for garnishing. Mix well to prepare ribbon consistency batter.
- Meanwhile, preheat the oven at 180 degrees celsius for 10 minutes.
- Take a cake tin and grease it with oil. Place the butter paper and grease it with the oil.
- Now add baking powder and baking soda to the batter and mix well. Pour the batter into the cake tin. Tap it. Garnish it with soaked fruits & nuts.
- Now place the cake tin in the oven and set the temperature at 180 degrees Celsius for 35 to 40 minutes.
- After 35 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, else bake it for more 5 minutes.
- Once the cake is baked properly, take out the cake tin from the oven. Now, allow it to cool down for 15 to 20 minutes.
- Then release its edges from the cake tin using a knife. Demold the cake, remove the butter paper. Take it out on a serving plate and cut it.
- 'Chocolate Fruit & Nut Cake' is ready to be served.



ENJOY!

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