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recipes

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LIVE FROM THE KITCHENS OF MOMS OF INDIA



THE SUPER CHEF MOMS OF INDIA



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3 TYPES OF SUMMER SHAKES

special healthy drinks

By Nisha Samar

From Rajasthan



SERVINGS: 3

PREPARATION TIME: 10 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- Chilled Milk - As required
- Whipping Cream - As required
- **FOR PREPARING POPCORN MILKSHAKE**
- Popcorn Kernels - 1/2 Cup
- Oil - 1 tbsp
- Powdered Sugar - 1 tsp
- **FOR PREPARING GULKAND MILKSHAKE**
- Gulkand - 1 tbsp
- Powdered Sugar - 1/2 tsp (optional)
- **FOR PREPARING SESAME MILKSHAKE**
- Honey / Shahad - As required
- Roasted Sesame Seeds / Til - As required

TIPS

- Fresh cream or homemade malai can be added instead of whipping cream.
- Whipping cream can be added as per choice.
- Sugar should be added carefully because whipping cream also contains sugar.
- Put the milk in the freezer before making a shake.
- **FOR POPCORN MILKSHAKE**
- Unsalted popcorn should be used.
- **FOR SESAME MILKSHAKE**
- Sugar can be added instead of honey.

DIRECTIONS

- **FOR PREPARING POPCORN MILKSHAKE**
- Heat oil in a pan. Add popcorn kernels. Cover the pan with a lid and let the popcorn kernels popping.
- Once the popping slows, turn off the flame. Take it out on a plate. Let it cool down.
- Take popcorn in a grinding jar. Add a little milk and grind it for a few seconds.
- Now add 2 tbsp of whipping cream, powdered sugar, and milk. Grind it again for a few seconds to prepare a milkshake.
- Take a serving glass and pour the prepared popcorn milkshake to it.
- **FOR PREPARING GULKAND MILKSHAKE**
- Take gulkand in a grinding jar. Add a little milk and grind it for a few seconds.
- Now add 2 tbsp of whipping cream, powdered sugar, and milk. Grind it again for a few seconds to prepare a milkshake.
- Take a serving glass and pour the prepared gulkand milkshake to it.
- **FOR PREPARING SESAME MILKSHAKE**
- Take honey on a small plate. Now take sesame seeds on another small plate.
- Now first dip the rim of the serving glass in honey. Then coat it with the sesame seeds. Keep it aside.
- Take 2 tbsp of roasted sesame seeds in a grinding jar. Add a little milk and grind it for a few seconds.
- Now add 2 tbsp of whipping cream, 1 tsp of honey, and milk. Grind it again for a few seconds to prepare a milkshake.
- Take the prepared serving glass and pour the prepared sesame milkshake to it.
- '3 Types Of Summer Shakes' are ready to be served.

[WATCH THE VIDEO RECIPE](#)

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3 INSTANT SUMMER SPECIAL RECIPES

quick and easy dishes for hot summers
By Shveta Sheth & Neeta Sharma



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

• FOR PREPARING HUNG CURD SANDWICH

- Curd / Dahi - 1 Cup
- Capsicum / Shimla Mirch (yellow & green) - 1/4 Cup finely chopped
- Onion / Pyaz - 1/2 Finely chopped
- Beans - 1/4 Cup Finely chopped & boiled
- Carrot / Gajar - 1/2 Finely chopped & boiled
- Coriander Leaves / Hara Dhaniya - A handful
- Chaat Masala - 1/2 tsp + As required
- Mixed Herbs - 1/2 tsp
- Red Chilli Flakes - 1/2 tsp + As required
- Salt - As per taste
- Bread - 2 Slices
- Clarified Butter / Ghee - As required
- Cumin Seeds / Jeera - 1/4 tsp
- Curry Leaves / Curry Patta - A few
- Mustard Seeds / Rai - 1/4 tsp

INGREDIENTS

• FOR PREPARING VEG PEANUT RAITA

- Mint Leaves / Pudina - A few
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari Mirchi - 1/2 Chopped
- Curd / Dahi - 1 Cup whisked
- Carrot / Gajar - 1/2 Grated
- Cucumber / Kheera - 1/2 Finely chopped
- Onion / Pyaz - 1/2 Finely chopped
- Salt - As per taste
- Roasted Peanuts / Mungfali - 1/2 Cup peeled

• FOR PREPARING SALAD

- Parboiled Sweet Corn - 1/2 Cup
- Cucumber / Kheera - 1/2 Sliced
- Onion / Pyaz - 1 Sliced (optional)
- Coriander Leaves / Hara Dhaniya - A handful
- Salt - As per taste
- Curd / Dahi - 1 Cup whisked
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/4 tsp
- Honey / Shahad - 1/2 tsp

3 INSTANT SUMMER SPECIAL RECIPES

DIRECTIONS

- **FOR PREPARING TADKE WALA HUNG CURD SANDWICH**

- Tie the curd in a muslin cloth for 4 to 5 hours to make hung curd.
- Take hung curd in a mixing bowl. Add capsicum, onion, beans, carrot, coriander leaves, chaat masala, mixed herbs, red chilli flakes, and salt. Mix well.
- Meanwhile, heat a tawa. Place the ghee applied bread slices and roast it from both sides for a few seconds to make it crispy.
- Now take it out on a plate. Apply the prepared hung curd stuffing on it. Sprinkle chaat masala and red chilli flakes. Cover it with another bread slice.
- Meanwhile, heat 1 tsp of ghee on the tawa. Add cumin seeds, curry leaves, and mustard seeds. Place the prepared sandwich on the tawa.
- Roast it from both sides by applying ghee on a low flame till it becomes nice golden and crispy.
- Once done, take it out on a serving plate and cut it into 2 pieces.

- **FOR PREPARING VEG PEANUT RAITA**

- Take mint leaves and coriander leaves to the mortar pestle. Add salt and crush them for a few seconds. Then add green chilli and crush it. Keep it aside.
- Now take curd in a mixing bowl. Add carrot, cucumber, onion, salt, roasted peanuts, and the prepared mint paste. Mix well.

- **FOR PREPARING SALAD**

- Take curd in a mixing bowl. Add roasted cumin seeds powder, black pepper powder, red chilli powder, and honey. Mix well.
- Take sweet corn in a mixing bowl. Add cucumber, onion, coriander leaves, salt, and the prepared curd mixture. Mix well.
- '3 Instant Summer Special Recipes' are ready to be served.

TIPS

- **FOR SANDWICH**

- Tie the curd in a muslin cloth for 4 to 5 hours to make hung curd.
- You can add veggies as per choice and availability.
- The stuffing should be added on the roasted bread to hold it well.
- Butter can be used instead of ghee.

- **FOR RAITA**

- Add salt carefully to the raita because mint paste also contains salt.

MIX VEGETABLE CUTLET

an ideal instant snack

By Manju Saraf

From Gurgaon



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

INGREDIENTS

- **FOR PREPARING SLURRY**
- All Purpose Flour / Maida - 2 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/4 tsp
- Water - As required
- **FOR PREPARING CUTLET**
- Rice Flour / Chawal Ka Aata - 1 & 1/2 tsp
- Bread Crumbs - As required roasted
- Mustard Oil / Sarso Ka Tel - 1 tbsp
- Onion Pyaz - 1 Finely chopped
- Green Peas / Matar - 1/4 Cup coarsely chopped
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Beetroot / Chukandar - 2 tbsp Finely chopped
- Beans - 2 tbsp Finely chopped
- Cauliflower / Phool Gobhi - 2 tbsp Finely chopped
- Carrot / Gajar - 2 tbsp Finely chopped
- Ginger-Green Chilli Paste / Adark-Hari Mirchi Paste - 1/2 tsp Coarsely ground
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Coriander Leaves / Dhaniya Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Fennel Seeds Powder / Saunf Powder - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Coriander Leaves / Hara Dhaniya - A handful
- Dry Mango Powder / Amchur - 1/2 tsp

DIRECTIONS

- Heat mustard oil in a pan. Add onion and mix well. Saute it for a few seconds on medium flame. Keep stirring occasionally.
- Then add green peas, capsicum, beetroot, beans, cauliflower, and carrot. Mix well.
- Now add ginger-green chilli paste and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add red chilli powder, salt, coriander powder, turmeric powder, fennel seeds powder, and all spice mix powder. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally. Now add boiled potato and mix well.
- Once done, turn off the flame. Add coriander leaves and dry mango powder. Mix well and take it out on a plate. Let it cool down. Then add rice flour and mix well.
- Take a small ball-sized portion and prepare a cylindrical-shaped cutlet. Likewise, prepare all cutlets.
- Take maida in a mixing bowl. Add red chilli powder and salt. Then add water gradually. Mix well and prepare lumps free slurry.
- Now coat the cutlet in the prepared maida slurry. Take bread crumbs to a plate. Coat the slurry-dipped cutlet in the bread crumbs.
- Meanwhile, heat oil in a Pan. When the oil is enough hot, add the prepared cutlet to the oil. Fry the cutlets on a medium flame till it becomes golden brown from all sides.
- Once done, take it out to a serving plate.
- 'Mix Vegetable Cutlet' is ready to be served.

TIPS

- You can prepare cutlet in desire shape.
- Roast the bread crumbs so it will soak less oil.
- You can add veggies as per your choice and availability.
- All veggies should be finely chopped.
- Corn flour or poha powder can be added instead of rice flour.
- The oil should be enough hot while adding cutlet to the pan.
- If you want, you can store the cutlet without frying in the refrigerator to save time.
- You can shallow fry this cutlet instead of deep frying.

[WATCH THE VIDEO RECIPE](#)

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RESTAURANT STYLE DAHI PANEER

an easy and simple creamy North Indian dish

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 2

PREPARATION TIME: 2 MIN

COOKING TIME: 7 MIN

INGREDIENTS

- Curd / Dahi - 1 Cup
- Salt - As per taste
- Dry Fenugreek Leaves / Kasuri Methi - 2 tsp
- Paneer Masala - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Gram Flour / Besan - 1 tbsp
- Onion / Pyaz - 1 Diced
- Capsicum / Shimla Mirch - 1 Diced
- Cottage Cheese / Paneer - 1 Cup diced
- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Green Chilli / Hari Mirchi - 2 Chopped
- Ginger / Adrak - 1 Inch grated
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful

DIRECTIONS

- Take curd in a bowl. Whisk it well. Add salt, dry fenugreek leaves by rubbing between your palms, paneer masala, and 1 tsp of red chilli powder. Mix well.
- Then add coriander powder and besan. Mix well. Now add onion, capsicum, and paneer. Mix well.
- Heat oil in a pan. Add cumin seeds, asafoetida, ginger, and green chilli. Mix well and saute it for a few seconds on medium flame. Keep stirring occasionally.
- Then add 1 tsp of red chilli powder and the prepared paneer curd mixture. Mix well.
- Saute it for 5 to 7 minutes on medium flame. Keep stirring occasionally.
- Once cooked well, add 1 tsp of dry fenugreek leaves by rubbing between your palms, all spice mix powder, and coriander leaves. Mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Restaurant Style Dahi Paneer' is ready to be served.

TIPS

- Garam masala can be added instead of paneer masala.
- If you want you can marinate the paneer mixture for 10 minutes.
- You can cook the sabji as per your choice.
- If you want, you can add tofu as well instead of paneer.

3 INSTANT SUMMER MOCKTAILS

easy to prepare mocktails

By Shveta Sheth

From Mumbai



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

INGREDIENTS

- **FOR PREPARING JEERA SODA**
- Cumin Seeds / Jeera - 1 tbsp
- Water - 2 Cups
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Black Salt / Kala Namak - 1 tsp
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon
- Powdered Sugar - 1/2 Cup
- Mint Leaves / Pudina - A few
- Ice Cubes - As required
- Soda Water - As required
- **FOR PREPARING CHATPATI SHIKANJI**
- Sabja Seeds - 1/2 tsp Soaked in the water
- Lemon Slice - 2 Seedless + 1 For garnishing
- Green Chilli / Hari Mirchi - 1 Slited and seedless
- Salt - As per taste
- Powdered Sugar - 2 tsp
- Ice Cubes - As required
- Chilled Water - As required
- Mint Leaves / Pudina - For garnishing
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon
- **FOR PREPARING RAW MANGO MOCKTAIL**
- Raw Mango / Kachcha Aam - 1/2 Peeled and chopped
- Mint Leaves / Pudina - A few
- Green Chilli / Hari Mirchi - 1/2 Chopped
- Black Pepper Powder / Kali Mirch Powder - 1/4 tsp
- Black Salt / Kala Namak - As per taste
- Powdered Sugar - 2 tsp
- Chilled Water - As required
- Ice Cubes - As required
- Mint Leaves / Pudina - For garnishing

DIRECTIONS

- **FOR PREPARING JEERA SODA**
- Soak cumin seeds in the water for 6 to 8 hour.
- Then boil it and add black pepper powder, chaat masala, black salt, lemon juice, and powdered sugar. Mix well.
- Boil it for 8 to 10 minutes on medium flame till it reduces the water to half of its initial quantity.
- Once done, turn off the flame and let it cool down. Then strain it.
- Now add mint leaves by breaking them roughly in the serving glass. Then add 3 to 4 tbsp of the prepared jeera syrup and ice cube.
- Now fill the glass with soda water. Mix well.
- **FOR PREPARING CHATPATI SHIKANJI**
- Take soaked sabja seeds in the serving glass. Add lemon slices, green chilli, salt, powdered sugar, ice cubes, and chilled water. Mix well.
- Garnish it with lemon slice and mint leaves. Add lemon juice and mix well.
- **FOR PREPARING RAW MANGO MOCKTAIL**
- Take raw mango, mint leaves, green chilli, black pepper powder, black salt, powdered sugar, and water in a grinding jar. Grind it for a few seconds to prepare its mocktail.
- Transfer it to the serving glass and add ice cubes. Garnish it with mint leaves.
- '3 Instant Summer Mocktails' are ready to be served.

TIPS

- Sweetness can be adjusted as per taste.
- If you want you can strain the raw mango mixture.
- **FOR PREPARING JEERA SODA**
- Lemon can be added in the last.
- You can store the jeera syrup for 6 to 7 days in the refrigerator.

[WATCH THE VIDEO RECIPE](#)

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POHA DRY FRUITS NAMKEEN

a healthy tea-time snack

By Ruchi Goyal

From Assam



SERVINGS: 5 - 6

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Clarified Butter / Ghee - 2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Almonds / Badam - 1/4 Cup
- Peanuts / Mungfali - 1/4 Cup
- Cashew / Kaju - 1/4 Cup
- Sunflower Seeds / Sarso Ke Beej - 2 tbsp
- Pumpkin Seeds - 2 tbsp
- Flax Seed / Alsi - 1 tbsp
- White Sesame Seeds / Til - 1 tbsp
- Black Sesame Seeds / Til - 1 tbsp
- Rolled Oats - 1/2 Cup
- Nylon Poha / Flattened Rice / Beaten Rice - 1 Cup
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/4 tsp
- Gooseberry Powder / Amla Powder - 1 tsp
- Jaggery Powder / Gud Powder - 1 tsp
- Dried Cranberries / Sukhe Karonda - 1 to 2 tbsp

DIRECTIONS

- Roast the rolled oats for 5 to 7 minutes on low flame. Keep stirring continuously. Once done, turn off the flame and keep it aside.
- Roast nylon poha for 2 to 3 minutes on low flame till it becomes crunchy. Stir it occasionally. To check the crispiness of the poha, crush it with your fingers. If it breaks easily with crunchy sound, it indicates the poha are well roasted. Once done, keep it aside.
- Heat ghee in a pan. Add mustard seeds and curry leaves.
- Then add almonds, peanuts, and cashews. Roast it for 2 to 3 minutes on medium flame till they become golden brown and nice aroma begins to rise. Keep stirring continuously.
- Now add sunflower seeds and pumpkin seeds. Mix well. Roast it for a few seconds on medium flame. Keep stirring continuously.
- Further add flax seed, white sesame seeds, and black sesame seeds. Mix well. Roast it for 1 to 2 minutes on medium flame. Keep stirring continuously.
- Then add roasted rolled oats and roasted nylon poha. Mix well.
- Now add salt, red chilli powder, and gooseberry powder. Mix well. Add jaggery powder and mix well.
- Add dried cranberries and mix well. Once done, turn off the flame and take it out in a serving bowl.
- 'Poha Dry Fruits Namkeen' is ready to be served.

TIPS

- Ingredients can be added as per choice and availability.
- Rolled oats should be added instead of instant oats.
- Dry mango powder can be added instead of gooseberry powder.
- Powdered sugar can be added instead of jaggery powder.

MINI SAMOSA CHAAT

a perfect festival special dish to enjoy

By Shraddha Thakrar

From Gujarat



SERVINGS: 2 - 3

PREPARATION TIME: 20 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- **FOR PREPARING DOUGH**
- All Purpose Flour / Maida - 1 Cup
- Clarified Butter / Ghee - 2 tbsp
- Salt - As per taste
- Water - As required
- **FOR PREPARING STUFFING**
- Boiled Potato / Uble Hue Aloo - 2 Peeled
- Salt - As per taste
- Green Chilli Paste / Hari Mirchi Paste - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon
- **FOR PREPARING MINI SAMOSA**
- Oil - For frying
- **FOR PREPARING MINI SAMOSA CHAAT**
- Green Chutney / Hari Chutney - As required
- Tamarind Chutney / Imli Ki Chutney - As required
- Curd / Dahi - As required whisked
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - As required
- Chaat Masala - As required
- Salt - As per taste
- Red Chilli Powder / Lal Mirchi Powder - As required
- Coriander Leaves / Hara Dhaniya - For garnishing
- Nylon Sev - For garnishing

DIRECTIONS

- **FOR PREPARING DOUGH**
- Take maida in a mixing bowl. Add salt and ghee. Mix well. Then add water gradually to prepare a medium hard dough. Cover it with a wet cloth. Keep it aside and let it rest for 15 minutes.
- **FOR PREPARING STUFFING**
- Mash the boiled potato with your hands in a mixing bowl. Add salt, green chilli paste, all spice mix powder, coriander leaves, and lemon juice. Mix well.
- **FOR PREPARING MINI SAMOSA**
- Take a small ball sized part of the dough and make a peda. Roll it to make small sized thin poori and cut it from the middle to form 2 semi-circular shapes.
- Now, take one semi circular part, apply water on the edges and fold it to form a cone shape. Press and seal the edges. Fill the prepared potato stuffing in the cone.
- Press the stuffing gently and seal the top edge by applying water and folding a pleat in between, press slightly. Likewise prepare all the samosas.
- Heat oil for frying on medium flame. Now put the samosa carefully in the oil and fry them on a medium to low flame for 2 to 3 minutes. Flip it using a slotted spoon.
- Deep fry them until they become golden brown from both sides. Once done. Take them out to a plate. Let it cool down.
- **FOR PREPARING MINI SAMOSA CHAAT**
- Make small pieces of the prepared samosa on the serving plate. Add green chutney, tamarind chutney, and curd on it.
- Sprinkle roasted cumin seeds powder, chaat masala, salt, and red chilli powder on it.
- Garnish it with nylon sev and coriander leaves.
- 'Mini Samosa Chaat' is ready to be served.

TIPS

- You can store this samosa in the refrigerator for 2 to 3 days. Then heat it on tawa or pan and prepare chaat from it.
- Prepare a thin poori to make samosa.
- **FOR PREPARING DOUGH**
- If you want you can use whole wheat flour instead of maida.
- You can prepare this samosa using a 1:1 ratio of wheat flour and maida.

KESAR CHANDAN SHARBAT

a traditional Indian drink

By Hansa Gupta From Rajasthan



SERVINGS: NA

PREPARATION TIME: 65 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Sugar - 1.5 kg.
- Water - 750 ml. +
As required
- Edible Sandal
Powder / Chandan
Powder - 15 gms.
- Cardamom Powder
/ Elaichi Powder -
Of 25 cardamom
- Saffron / Kesar -
0.5 gms.
- Rose Water /
Gulab Jal - 150 ml.
- Kewra Water /
Kewra Jal - 100 ml.

DIRECTIONS

- Soak sandal powder in the water for 60 minutes.
- Soak saffron in the rose water then crush it in the mortar pestle.
- Take sugar, water, and cardamom powder in a pan. Heat and boil it for 4 to 5 minutes on medium flame to prepare sugar syrup of one-string consistency.
- Then add soaked sandal paste and mix well. Once done, turn off the flame.
- Now put a thin sieve on the mixing bowl. Then put a thick sieve on it. Then strain the prepared concentrate. Let it cool down completely.
- Now add soaked saffron, rose water, and kewra water. Mix well.
- Transfer it to an airtight glass bottle. Keep it in the refrigerator.
- **FOR SERVINGS**
- Take ice cubes in the serving glass. Add 2 tbsp of prepared kesar chandan concentrate. Add water and mix well.
- 'Kesar Chandan Sharbat' is ready to be served.

TIPS

- You can prepare this sharbat with milk or water.
- Sieve the sharbat concentrate with thin and thick strainer.
- You can store this sharbat concentrate in an air-tight glass bottle in the refrigerator for 3 months.

KHEERA PARATHA

a healthy meal option

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Semolina / Sooji - 1 tbsp
- Cucumber / Kheera - 1 Grated
- Onion / Pyaz - 1 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Ginger-Green Chilli Paste / Adarak-Hari Mirchi Paste - 1 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Oil - 1 tbsp
- Water - As required
- Sesame Seeds / Til - As required
- Clarified Butter / Ghee - As required

DIRECTIONS

- Take whole wheat flour in a bowl. Add semolina, cucumber, onion, coriander leaves, dry fenugreek leaves, ginger-green chilli paste, salt, red chilli powder, coriander powder, turmeric powder, all spice mix powder, and oil. Mix well.
- Add water gradually to prepare a medium soft-consistency dough.
- Take a small ball sized dough and make a round shaped circular peda from the dough. Dust it with flour and add sesame seeds on it. Press it and roll a peda to make a paratha.
- Meanwhile, heat a tawa. Grease it with ghee. Place the prepared paratha on the tawa. Cook on one side.
- Flip it once it is slightly brown, apply ghee on both sides and cook it on a low to medium flame. Press the paratha while cooking it to make it crispy.
- Once done. Take it out to the serving plate.
- 'Kheera Paratha' is ready to be served with aloo pudina raita.

TIPS

- Semolina should be added to make crispy paratha.
- You can add veggies as per choice and availability.

VEN PONGAL

a traditional dish

By Chitra Krishnan

From Jamshedpur



SERVINGS: 2

PREPARATION TIME: 2 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Rice / Chawal - 1 Cup
- Moong Dal / Yellow Lentil - 1/2 Cup
- Ginger / Adrak - 1/2 Inch Finely chopped
- Green Chili / Hari Mirch - 1 Slited
- Cashew Nuts - 8 to 9 Chopped
- Black peppercorns / Sabut Kali Mirch- 1 tsp Crushed
- Cumin Seeds / Jeera - 1/2 tsp Crushed
- Raisins / Kishmish - 8 to 9
- Clarified Butter / Ghee - 3 tbsp
- Oil / Tel - 2 tbsp
- Curry Leaves / Curry Patta - A few
- Water - As required

TIPS

- You can use any type of rice.
- Ratio of rice: moong dal: water should be 2:1:6

DIRECTIONS

- Heat a pan and dry roast moong dal for a few seconds. Keep it aside and let it cool.
- Heat a pressure cooker. Add washed rice and moong dal. Mix properly. Add salt, water, and mix it. Allow it to boil. Cook it till it turns soft and mushy. Once cooked turn off the flame. If you need it softer, add some hot water. Mix well.
- Now take a pan. Add ghee and oil. Add green chilli, ginger, curry leaves, cashew nuts and raisins. Roast a while. Add cumin seeds and black pepper corns. Mix well.
- Then, pour the tadka over the cooked rice and moong dal. Mix well. Transfer it in a serving bowl.
- 'Ven Pongal' is ready to be served.

ROTITACOS

a healthy appetizer

By Shveta Sheth

From Mumbai



SERVINGS: 7 - 8

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Boiled Potato / Aloo - 1 Peeled and mashed
- Cottage Cheese / Paneer - 1/2 Cup crumbled
- Onion / Pyaz - 1/2 Finely chopped
- Cabbage / Patta gobhi - 1/4 Cup finely chopped
- Beans - 1/4 Cup Finely chopped
- Carrot / Gajar - 1/2 Finely chopped
- Tricolor Bell Pepper / Shimla Mirch - 1 Cup finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Green Chilli Paste / Hari Mirchi Paste - 1/2 tsp
- Mixed Herbs - 1/2 tsp
- Half-Cooked Roti - 2
- Tomato Ketchup - As required
- Clarified Butter / Ghee - As required
- Grated cheese - As required + For garnishing

DIRECTIONS

- Boil beans and carrot in the hot water for 5 to 7 minutes on medium flame. Once done, strain them. Keep it aside.
- Take boiled potato, paneer, onion, cabbage, boiled beans & carrot, tricolor bell peppers, coriander leaves, salt, red chili powder, green chilli paste, and mixed herbs in a mixing bowl. Mix well.
- Now take a roti. Apply ketchup on it. Then add the prepared vegetable stuffing to the half roti. Add grated cheese on it. Fold it from the middle and press it.
- Meanwhile, heat a tawa. Grease it with ghee and place the prepared roti tacos.
- Apply ghee and roast it from both sides by pressing it on low to medium flame till it becomes crispy. Roast it from the fold as well by holding it. Likewise, prepare all roti tacos.
- Once it is done. Take it out on the serving plate. Garnish it with grated cheese.
- 'Roti Tacos' is ready to be served.

TIPS

- Veggies can be added as per choice and availability.
- Green chutney can be applied instead of tomato ketchup.
- Use small sized roti to prepare this dish.
- Butter can be used instead of ghee.

[WATCH THE VIDEO RECIPE](#)

[YOUTUBE.COM/ZAYKAKATADKA](https://www.youtube.com/ZAYKAKATADKA)

2 TYPES OF SAUNF KA SHARBAT

refreshing summer special mocktails

By Ani Setia

From Rajasthan



SERVINGS: 2

PREPARATION TIME: 180 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- Shiraz Gum Powder / Gond Katira Powder - 1/2 tsp
- Water - 1/2 Cup
- **FOR PREPARING SAUNF PREMIX**
- Fennel Seeds / Saunf - 1 tbsp
- Rock Sugar / Mishri - 2 tbsp
- Black Peppercorns / Kali Mirch - 4 to 5
- Cardamom / Elaichi - 2 to 3
- **OTHER INGREDIENTS**
- Water - As required
- Ice Cubes - As required
- Mint Leaves / Pudina - A few for garnishing
- Black Salt / Kala Namak - 1/4 tsp
- Chaat Masala - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - For garnishing
- Cumin Seeds Powder / Jeera Powder - For garnishing

DIRECTIONS

- Soak gond katira powder for 2 to 3 hours in the water. Keep it aside.
- **FOR PREPARING SAUNF PREMIX**
- Take fennel seeds, mishri, black peppercorns, and cardamom in a grinding jar. Grind it for a few seconds to prepare its powder.
- Take it out in an air-tight jar.
- **FOR PREPARING MEETHA SAUNF KA SHARBAT**
- Take 1 tsp of the prepared saunf premix in a serving glass. Add 1 tsp of soaked gond katira mixture and water. Mix well. Add ice cubes and garnish it with mint leaves.
- **FOR PREPARING CHATPATA SAUNF KA SHARBAT**
- Take 1 tsp of the prepared saunf premix in a serving glass. Add water, black salt, and chaat masala. Mix well. Add ice cubes and garnish it with mint leaves, red chilli powder, and cumin seeds powder.
- '2 Types Of Saunf Ka Sharbat' are ready to be served.

TIPS

- The ratio of misri to fennel seeds should be 2:1.
- Sugar can be used instead of mishri.
- Sweetness can be adjusted as per taste.
- The saunf should be ground with other ingredients to prepare its fine powder.
- You can store the prepared saunf premix in an airtight container for 6 months at room temperature.
- If you want to use saunf premix instantly, you can add mint leaves also while preparing the premix.
- You can use soaked gond katira mixture to the coconut water, buttermilk, milk, mango drinks, or to thicken any gravy.
- You can add lemon juice instead of chaat masala.

[WATCH THE VIDEO RECIPE](#)

[YOUTUBE.COM/ZAYKAKATADKA](https://www.youtube.com/ZAYKAKATADKA)

KHATTI MITHI HARI MIRCHI

a special tasty side dish

By Neeta Sharma

From Rajasthan



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Green Chilli / Hari Mirchi - 7 to 8
- Fennel Seeds / Saunf - 1/2 tsp
- Yellow Mustard Seeds / Pili Rai - 1 tsp
- Garlic / Lahsun - 2 Cloves
- Clove / Laung - 1
- Black Peppercorns / Kali Mirch - 7 to 8
- Dry Fenugreek Seeds / Dana Methi - 1/2 tsp
- Sesame Seeds / Til - 1 tbsp Roasted
- Peanuts / Mungfali - 1/2 Cup roasted and peeled
- Jaggery / Gud - 1 tbsp
- Asafoetida / Hing - A pinch
- Dry Mango Powder / Amchur - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Cumin Seeds / Jeera - 1 tsp
- Salt - As per taste
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon
- Oil - 2 tbsp
- Water - As required

DIRECTIONS

- Make a vertical slit on chilli from top to the bottom. Likewise, prepare all green chilli. Keep it aside.
- Now take fennel seeds, yellow mustard seeds, garlic, clove, black peppercorns, dry fenugreek seeds, roasted sesame seeds, roasted peanuts, jaggery, asafoetida, dry mango powder, turmeric powder, red chilli powder, and 1/2 tsp of cumin seeds in a grinding jar. Coarsely grind it for a few seconds.
- Take it out on a plate. Add salt and lemon juice. Mix well. Now stuff green chilli with the prepared stuffing. Likewise, prepare all green chilli.
- Heat oil in a pan. Add 1/2 tsp of cumin seeds and stuffed green chilli. Mix well.
- Sprinkle a few drops of water on it. Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Add 1 to 2 tsp of the prepared stuffing masala. Mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Khatti Mithi Hari Mirchi' is ready to be served.

TIPS

- Any type of green chilli can be used as per your choice and availability.

2 TYPES OF BUTTERMILK

delicious and quick drinks

By Shraddha Thakrar

From Gujarat



SERVINGS: 2

PREPARATION TIME: 485 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- **FOR PREPARING BUTTERMILK MASALA**
- Cumin Seeds / Jeera - 3 tsp
- Coriander Seeds / Sabut Dhaniya - 1 & 1/2 tsp
- Black Peppercorns / Kali Mirch - 10 to 12
- Black Salt / Kala Namak - 1/2 tsp
- Salt - As per taste
- Asafoetida / Hing - A pinch
- **FOR PREPARING MASALA BUTTERMILK**
- Curd / Dahi - 1 Cup
- Buttermilk Masala - 1 tsp + For garnishing
- Ice Cubes - As required
- Milk - As required (optional)
- Water - 1 Cup
- Mint Leaves / Pudina - For garnishing
- **FOR PREPARING MINT BUTTERMILK**
- Curd / Dahi - 1 Cup
- Coriander Leaves / Hara Dhaniya - A handful
- Mint Leaves / Pudina - A few + For garnishing
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirchi - 1/2 Chopped
- Ginger / Adrak - A small piece
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp + For garnishing
- Black Salt / Kala Namak - 1/4 tsp
- Salt - As per taste
- Ice Cubes - As required
- Milk - As required (optional)
- Water - 1 Cup

DIRECTIONS

- **FOR PREPARING BUTTERMILK MASALA**
- Heat a pan. Add cumin seeds, coriander seeds, and black peppercorns. Mix well and roast it for 1 to 2 minutes on low flame till the moisture evaporates and a nice aroma begins to rise.
- Once done, turn off the flame and let it cool down completely. Then transfer it to a grinding jar. Grind it for a few seconds to prepare its powder.
- Take it out in a bowl. Add black salt, salt, and asafoetida. Mix well. Store it in an airtight container.
- **FOR PREPARING MASALA BUTTERMILK**
- Take curd in a grinding jar. Add buttermilk masala, ice cubes, little milk, and water. Grind it for a few seconds to prepare buttermilk.
- Once done, pour it into a serving glass. Garnish it with buttermilk masala and mint leaves.
- **FOR PREPARING MINT BUTTERMILK**
- Take coriander leaves in a grinding jar. Add mint leaves, curry leaves, green chilli, ginger, roasted cumin seeds powder, black salt, salt, curd, ice cubes, little milk, and water.
- Grind it for a few seconds to prepare buttermilk. Once done, pour it into a serving glass. Garnish it with roasted cumin seeds powder and mint leaves.
- '2 Types Of Buttermilk' are ready to be served.

TIPS

- You can store the buttermilk masala in an airtight container for a long time.
- If the curd is sour, you can add little milk while preparing buttermilk from it.

RAJASTHANI PITOD KI SABZI

a delicious side dish

By Anita Sharma

From Rajasthan



SERVINGS: 4

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- **FOR PREPARING PITTOD**
- Gram flour / Besan - 1 Cup
- Salt - As per taste
- Turmeric powder / Haldi powder - 1/2 tsp
- Red chilli powder / Lal mirch powder - 1 tsp
- Water - As required
- Oil - 2 tbsp + For greasing
- Cumin seeds / Jeera - 1/2 Tsp
- **FOR PREPARING PITTOD KI SABJI**
- Curd / Dahi - 1 Cup
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- Turmeric powder / Haldi powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Water - As required
- Oil - 2 tbsp
- Cumin seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Green chilli / Hari mirchi - 2 to 3 Finely chopped
- Coriander leaves / Hara dhaniya - For garnishing

TIPS

- If the curd is thick, add a little water otherwise the curd may be curdled.
- Keep stirring continuously after adding the curd mixture till it starts to boil otherwise, curd will curdle.
- Pittod can be added to the sabji as per choice.

DIRECTIONS

- **FOR PREPARING PITTOD**
- Take gram flour in a bowl. Add salt, turmeric powder, and red chilli powder. Mix well. Then add water gradually to prepare a lumps-free medium-consistency batter.
- Heat oil in a pan. Add cumin seeds and the prepared gram flour batter. 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 gram flour mixture evenly on a plate. Let it cool completely.
- Cut the pittod in a square shape. Take it out on a plate. Keep it aside.
- **FOR PREPARING PITTOD KI SABJI**
- Take curd in a bowl. Add salt, red chilli powder, turmeric powder, and coriander powder. Mix well. Add a little water and mix well.
- Heat oil in a pan. Add cumin seeds and asafoetida. Then keep the flame low and add the prepared curd mixture.
- Now keep the flame high and keep stirring continuously till it starts to boil. Then boil it for 2 to 3 minutes on medium flame.
- Add little water and green chilli. Mix well. Then boil it for 1 to 2 minutes on medium flame.
- Garnish it with coriander leaves. Add the prepared pittod pieces as required. Mix well.
- 'Rajasthani Pitod Ki Sabzi' is ready to be served.

LEMON MINT MOJITO AND WATERMELON MOJITO

refreshing summer drinks

By Neha Agarwal

From Raipur



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- **FOR PREPARING LEMON MINT MOJITO**
- Mint leaves / Pudina - A handful
- Lemon - 5 to 6 Small pieces deseed + 2 to 3 Slices for garnishing
- Salt - As per taste
- Powdered sugar - 2 Teaspoons
- Ice cubes - As required
- Soda Water / Soft Drink - As required
- **FOR PREPARING WATERMELON MOJITO**
- Watermelon / Tarbooj - 1/4 Cup Chopped and deseed + For garnishing
- Mint leaves / Pudina - A few
- Powdered sugar - 2 Teaspoons
- Salt - As per taste
- Lemon - 5 to 6 Small pieces deseed + 2 to 3 Slices for garnishing
- Soda Water / Soft Drink - As required

DIRECTIONS

- **FOR PREPARING LEMON MINT MOJITO**
- Crush small lemon pieces, mint leaves, salt, and powdered sugar using a mortar and pestle till mixture leaves water.
- Now transfer it to a serving glass. Then add some mint leaves, ice cubes, and lemon slices.
- Now pour the soft drink into a serving glass. Garnish the serving glass with umbrella stick.
- **FOR PREPARING WATERMELON MOJITO**
- Crush mint leaves, watermelon, salt, powdered sugar, and small lemon pieces using a mortar and pestle till mixture leaves water.
- Now transfer it to a serving glass. Then add some mint leaves, ice cubes, and lemon slices.
- Now pour the soft drink into a serving glass. Garnish the serving glass with watermelon pieces stick.
- 'Lemon Mint Mojito And Watermelon Mojito' is ready to be served.

TIPS

- **TO MAKE WATERMELON STICK** Scoop the watermelon pieces using a scooper and add a skewer through it.



Enjoy!

FOR QUERIES AND SUGGESTIONS PLEASE
SEND US AN EMAIL TO
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