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Zayka Ka Tadka

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Unedited live
recipes

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जो दिखता है!
वही बनता है!



Live from the kitchens of moms of india



Zayka
Ka
Tadka

THE SUPER CHEF MOMS OF INDIA



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Fruit Mocktail

a cool and tempting fruit drink



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 3 - 4

PREPARATION TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- Sabja Seeds - 1 tsp
- Water - As required
- Apple / Seb - 1 Peeled and finely chopped
- Mango / Aam - 1 Peeled and finely chopped
- Pomegranate / Anar - 1 Cup
- Ice Cubes - As required
- Mint Leaves / Pudina - A few + For garnishing
- Rose Syrup - 2 to 3 tbsp + As required
- Black Salt / Kala Namak - As per taste
- Chilled Water - As required

Directions

- Soak sabja seeds in the water for 15 minutes.
- Take it out in a mixing bowl. Add apple, mango, pomegranate, ice cubes, mint leaves by breaking them with your hands, rose syrup, black salt, and chilled water. Mix well.
- Once done, take it out in a serving cup and garnish it with mint leaves.
- 'Fruit Mocktail' is ready to be served.

Tips

- You can add fruits as per choice and availability.
- If you want, you can add soda water instead of chilled water.
- If you want, you can add sugar as well.

Shahi Gobhi Paneer Korma

a quick and delicious meal



By Brij Nandini Sharma, A Lovely Mom, From Delhi

SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Oil - As required
- Cumin Seeds / Jeera - 1/2 tsp
- Onion / Pyaz - 1 Finely chopped
- Cauliflower / Fulgobhi - 1
- Tomato / Tamatar - 1 Finely chopped
- Green Chilli / Hari Mirch - 2 to 3 Finely chopped
- Salt - As per taste
- Dry Ginger Powder / Sonth - 1/2 tsp
- Coriander Powder / Dhania Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Dry Mango Powder / Amchur - 1/2 tsp
- Cottage cheese / Paneer - 1 Cup crumbled
- Cashews / Kaju - 8 to 9 Halves
- Raisins / Kishmish - 8 to 10 soaked in the water
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - For garnishing

Tips

- Saute the onion till it becomes light pink.
- The gobhi should be washed before grating.
- The spices should be added in the end, so they will not burn and give a nice flavor to the sabji.

Directions

- Cut the gobhi in small pieces. Then wash it and make it dry in the clean kitchen towel. Then grate it.
- Heat 2 to 3 tbsp of oil in a pan. Add gobhi and saute it for 3 to 4 minutes on medium flame till it becomes light golden brown. Keep stirring continuously. Once done, turn off the flame and keep it aside.
- Heat 2 to 3 tbsp oil in a pan. Add cumin seeds and onion. Mix well. Saute it for a few seconds on medium flame till it becomes light pink.
- Then add tomato and green chilli. Mix well. Add salt and mix well. Saute it for 2 to 3 minutes on medium flame till the tomato becomes soft. Keep stirring continuously.
- Now add dry ginger powder and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring continuously.
- Further, add sauteed gobhi and mix well. Now keep the flame low. Keep stirring continuously.
- Then add coriander powder, turmeric powder, red chilli powder, little salt, and dry mango powder. Mix well.
- Now add paneer and mix well. Add cashews and raisins. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring continuously.
- Add all spice mix powder and mix well. Once done, turn off the flame and garnish it with coriander leaves and green chilli..
- 'Shahi Gobhi Paneer Korma' is ready to be served.

3 Types Of Summer Special Raita

a unique and interesting snack



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

Ingredients

• FOR PREPARING POTATO PEANUT MINT RAITA

- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/4 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirch - 1/2
- Dry Red Chilli / Sukhi Lal Mirch - 1/2
- Asafoetida / Hing - A pinch
- Boiled Potato / Uble Hue Aloo - 1 Peeled and chopped
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp + For garnishing
- Roasted Peanuts / Mungfali - 1 tbsp + For garnishing
- Coriander Leaves / Hara Dhaniya - A handful + As required
- Curd / Dahi - 1/2 Cup whisked
- Mint Leaves / Pudina - A few + For garnishing
- Green Chilli / Hari Mirchi - 1 Chopped
- Ginger / Adrak - 1/2 Inch chopped
- Roasted Cumin Seeds Powder / Jeera Powder - 1/2 tsp

Tips

- To check the makhana's crispiness, press it with your fingers, it should break easily with a popcorn-like sound.

Ingredients

• FOR PREPARING LAUKI KA TADKE WALA RAITA

- Bottle gourd / Lauki - 1/2 Cup Peeled and grated
- Water - As required
- Salt - As per taste
- Curd / Dahi - 1/2 Cup whisked
- Sabja Seeds - 1/2 tsp
- Oil - 1 tsp
- Mustard Seeds / Rai - 1/4 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirch - 1/2
- Dry Red Chilli / Sukhi Lal Mirch - 1/2
- Asafoetida / Hing - A pinch
- Coriander Leaves / Hara Dhaniya - For garnishing

• FOR PREPARING MAKHANA RAITA

- Clarified Butter / Ghee - 1/2 tbsp
- Foxnuts / Makhana - 1/2 Cup
- Curd / Dahi - 1/2 Cup whisked
- Pomegranate / Anardana - 2 to 3 tbsp + For garnishing
- Salt - As per taste
- Roasted Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - For garnishing

3 Types Of Summer Special Raita

Directions

- **FOR PREPARING POTATO PEANUT MINT RAITA**

- Take mint leaves, coriander leaves, green chilli, and ginger in a grinding jar. Grind it for a few seconds to prepare its paste. Keep it aside.
- Heat oil in a pan. Add mustard seeds, cumin seeds, curry leaves, green chilli, dry red chilli, and asafoetida. Mix well.
- Now add boiled potato and mix well. Then add salt, red chilli powder, coriander leaves, and roasted peanuts. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Once done, turn off the flame and take it out in a serving bowl. Let it cool down.
- Now add curd, prepared mint paste, salt, and roasted cumin seeds powder. Mix well.
- Garnish it with roasted peanuts, mint leaves, & red chilli powder.

- **FOR PREPARING LAUKI KA TADKE WALA RAITA**

- Soak sabja seeds in the water for 60 minutes. Keep it aside.
- Boil water in a pan. Add salt and bottle gourd. Boil it for 5 minutes on medium flame. Once done, strain it and take it out in a serving bowl. Let it cool down.
- Now add soaked sabja seeds and salt. mix well.
- Heat oil in a tadka pan. Add mustard seeds, cumin seeds, curry leaves, green chilli, dry red chilli, and asafoetida. Mix well and turn off the flame.
- Add the prepared tadka to the raita bowl.

- **FOR PREPARING MAKHANA RAITA**

- Heat 1/2 tbsp of ghee in a pan. Add makhana and roast it for 3 to 4 minutes on a low flame. Stir it occasionally.
- To check the makhana's crispiness, Press it with your fingers, it should break easily with a popcorn-like sound. Once done, turn off the flame and keep it aside. Let it cool down.
- Take it out in a serving bowl. Add curd, pomegranate, salt, roasted cumin seeds powder, chaat masala, and red chilli powder. Mix well.
- Garnish it with pomegranate, makhana, and coriander leaves.
- '3 Types Of Summer Special Raita' are ready to be served.

Barmer Famous Dal Pakwan

a popular dish



By Seema Chhajer, A Lovely Mom, From Rajasthan

SERVINGS: 2 - 3

PREPARATION TIME: 40 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR PREPARING PAKWAN**
- All Purpose Flour / Maida - 1 Cup
- Salt - As per taste
- Water - As required
- Oil - For frying
- **FOR PREPARING DAL**
- Yellow Lentils / Moong Dal - 1 Cup
- Water - 1 & 1/2 Cup
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- **FOR PREPARING CHUTNEY**
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 2 to 3 tbsp
- Coriander Powder / Dhania Powder - 2 to 3 tbsp
- Cumin Seeds / Jeera - 1 tsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp
- Water - As required
- Oil - 1 tbsp
- **FOR SERVING**
- Black Pepper Powder / Kali Mirch Powder - As required

Tips

- Add 1.5 Cups of water for 1 Cup of moong dal.
- You can adjust the spiciness as per taste.
- Roll out the pakwan thin.
- The pakwan should be added flat in the hot oil.

Directions

- **FOR PREPARING PAKWAN**
- Take all purpose flour in a mixing bowl. Add salt and mix well.
- Add water gradually to make the medium hard dough. Let it rest for 30 minutes.
- Take a small ball sized part of the dough and flatten it. Roll it to make thin pakwan. Likewise, prepare all the pakwan.
- Meanwhile, heat oil for frying. Slowly put the prepared pakwan flat on the hot oil surface.
- Deep fry it on a low to medium flame until it turns crispy and golden brown from both sides. Then, take it out on a plate using a slotted spoon. Let it cool down completely.
- **FOR PREPARING DAL**
- Soak moong dal in the water for 30 minutes.
- Then transfer it to the pressure cooker. Add water, salt, and turmeric powder. Mix well.
- Cover it with its lid. Cook it till 1 whistle on high flame. Once done, turn off the flame. Let it cool down completely.
- Once done. turn off the flame and take it out in a bowl.
- **FOR PREPARING CHUTNEY**
- Take salt, red chilli powder, coriander powder, cumin seeds, and roasted cumin seeds powder. Mix well. Add a little water to prepare medium thick chutney.
- Heat oil in a pan. Add the prepared chutney and mix well. Once done, turn off the flame. Take it out in a bowl.
- **FOR SERVING**
- Take the prepared pakwan on the serving plate. Add the prepared dal on it. Now add the prepared chutney on it. Then sprinkle black pepper powder on it.
- 'Barmer Famous Dal Pakwan' is ready to be served.

Mango Chaat

a perfect summer special dish to enjoy



By Priyanka Baid, A Lovely Mom, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- Mango / Aam - 1 Peeled and chopped
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/4 tsp
- Black Salt / Kala Namak - As per taste
- Lemon Juice / Nimbu Ka Ras - Of 1/4 lemon
- Mathri - 3 to 4
- Namkeen Mixture - 1/2 Cup
- Namkeen Boondi - 1/4 tsp
- Coriander Leaves / Hara Dhaniya - For garnishing
- Wafers / Chips - For garnishing

Directions

- Take chopped mango in a mixing bowl. Add salt, red chilli powder, black salt, lemon juice, mathri by crushing them, namkeen mixture, and namkeen boondi. Mix well.
- Once done, take it out on a serving plate and garnish it with coriander leaves. Add wafers to the plate.
- 'Mango Chaat' is ready to be served.

Tips

- Any type of mango can be used to prepare this chaat.

Saunf Jaggery Lassi

a quick and healthy summer special drink



By Shveta Sheth,

A Lovely Mom,

From Mumbai

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

Ingredients

- Fennel Seeds / Saunf - 1 Big tbsp
- Carom Seeds/ Ajwain - 1/2 tsp
- Ginger / Adrak - 1/2 Inch chopped
- Mint Leaves / Pudina - A few
- Jaggery / Gud - 1/4 Cup
- Curd / Dahi - 1 Cup
- Ice Cubes - As required
- Dry fruits (pistachios, almonds and cashews) - For garnishing

Tips

- Jaggery powder can be added instead of jaggery.

Directions

- Heat a pan. Add fennel seeds and carom seeds. Roast it for 1 to 2 minutes on low flame. Keep stirring continuously.
- Once done, turn off the flame and let it cool down. Then transfer it to a grinding jar and grind it for a few seconds.
- Now add ginger, mint leaves, jaggery, and 1/2 Cup of curd. Now grind it again for a few seconds.
- Then add again 1/2 Cup of curd and grind it for a few seconds.
- Take ice cubes in a serving glass and pour the prepared lassi into it. Garnish it with dry fruits.
- 'Saunf Jaggery Lassi' is ready to be served.

2 Summer Special Recipes

delicious snacks



By Neelam Shah, A Lovely Mom, From Mumbai

SERVINGS: 1

PREPARATION TIME: 70 MIN

COOKING TIME: 0 MIN

Ingredients

- **FOR PREPARING PANEER COLD SANDWICH**
- Cottage Cheese / Paneer - 1 Cup diced
- Green Chilli / Hari Mirchi - 2 to 3 Chopped
- Onion / Pyaz - 1 Cup finely chopped
- Capsicum / Shimla Mirch - 1 Cup finely chopped
- Red Chilli Flakes - 2 tsp
- Oregano - 2 to 3 tsp
- Black Pepper Powder / Kali Mirch Powder - 2 tsp
- Salt - As per taste
- Red Chilli Sauce - 2 to 3 tbsp
- Tomato ketchup - 2 to 3 tbsp
- Mint Leaves / Pudina - A few chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Butter - As required
- Bread - 2 Slices
- Cheese - As required
- **FOR PREPARING WATERMELON JUICE**
- Watermelon / Tarbooj - 1 Cup Chopped + As required
- Black Pepper Powder / Kali Mirch Powder - 1 tsp
- Black Salt / Kala Namak - As per taste
- Jaljira Powder - 1 tsp (optional)
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1 & 1/2 tsp
- Salt - As per taste
- Strawberry Crush - 2 tsp
- Sabja Seeds - 1/2 tsp
- Water - As required
- Lemon Juice / Nimbu Ka Ras - 1/2 tsp
- Mint Leaves / Pudina - For garnishing

Directions

- **FOR PREPARING PANEER COLD SANDWICH**
- Take paneer and green chilli in a grinding jar. Grind it for a few seconds to prepare its smooth mixture.
- Take it out in a mixing bowl. Add onion, capsicum, red chilli flakes, oregano, black pepper powder, salt, red chilli sauce, tomato ketchup, mint leaves, and coriander leaves. Mix well.
- Now apply butter on both bread slices. Then spread the prepared paneer stuffing on a bread slice. Grate cheese on it. Cover it with another bread slice.
- Once done, take it out on a serving plate and cut it into 2 pieces.
- **FOR PREPARING WATERMELON JUICE**
- Soak the sabja seeds in the water for 60 minutes.
- Take watermelon pieces in a grinding jar. Add black pepper powder, black salt, jaljira powder, roasted cumin seeds powder, salt, and strawberry crush.
- Grind it for a few seconds to prepare its juice. Then strain it.
- Once done, transfer it to a serving glass. Add some watermelon pieces, soaked sabja seeds, and lemon juice. Mix well. Garnish it with mint leaves.
- '2 Summer Special Recipes' are ready to be served.

Tips

- **FOR PANEER COLD SANDWICH**
- You can adjust the spiciness as per taste.
- You can use any type of bread as per choice and availability.
- If you want, you can add grated cheese to the stuffing as well.
- You can store the sandwiches in the refrigerator by covering them with cling wrap.
- **FOR WATERMELON JUICE**
- You can add black pepper powder as per taste.
- If you don't want to strain the juice, use deseeded watermelon.
- Add black salt in good quantity to enhance the taste.
- Any type of strawberry crush can be used.
- If you want, you can prepare this juice using a hand blender as well.
- The juice should be served immediately.

Hare Chane Ki Aamti

a traditional dish of Maharashtra



By Sheela V Shah, A Lovely Mom, From Pune

SERVINGS: 3 - 4

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- Fresh Green Chickpeas / Hare Chane - 1 Cup coarsely ground
- Sesame Seeds / Til - 1/2 Cup roasted
- Ginger / Adarak - 1 Inch chopped
- Garlic / Lahsun - 4 to 5 Cloves
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Green Chilli Paste / Hari Mirchi Paste - 1 tsp
- Dry Coconut / Sukha Nariyal - 1/4 Cup grated
- Water - As required
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Salt - As per taste
- All Spice Mix Powder / Garam Masala - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Garcinia Indica / Kokum Phool - 3
- Hot water - 2 to 3 Cups

Directions

- Take sesame seeds, ginger, garlic, coriander leaves, green chilli paste, and dry coconut in a grinding jar. Grind it for a few seconds by adding water to prepare its puree. Take it out in a bowl. Keep it aside.
- Heat oil in a pan. Add mustard seeds, cumin seeds, curry leaves, and ground fresh green chickpeas. Mix well.
- Saute it for 2 to 3 minutes on medium flame. Stir it continuously.
- Now add salt, all spice mix powder, turmeric powder, coriander powder, and red chilli powder. Mix well.
- Then add the prepared puree mixture and mix well. Saute it for 1 to 2 minutes on medium flame. Stir it continuously.
- Now add hot water and mix well. Add kokum phool and mix well. Boil it for 3 to 4 minutes on medium flame.
- Once done, turn off the flame and take it out in a serving bowl. Garnish it with coriander leaves.
- 'Hare Chane Ki Aamti' is ready to be served.

Tips

- You can use fresh green peas instead of fresh green chickpeas.
- You can add lemon juice instead of kokum phool.

Leftover Idli Pasta

a interesting colorful dish



By Ani Setia, A Lovely Mom, From Rajasthan

SERVINGS: 1

PREPARATION TIME: 365 MIN

COOKING TIME: 5 MIN

Ingredients

- Leftover Idli - 5 to 6 Cut into long pieces
- Oil - 2 tbsp
- Broccoli - 1 Cup
- Yellow Capsicum / Shimla Mirch - 1/2 Sliced
- Salt - As per taste
- Cashew / Kaju - 1/4 Cup
- Water - As required
- Homemade Pizza-Pasta Sauce - 1/4 Cup
- Seasonings - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - For garnishing

Directions

- Soak cashews in the water for 5 to 6 hours. Then grind it to make its paste. Keep it aside.
- Heat oil in a pan. Add broccoli and yellow capsicum. Mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add salt and mix well. Keep the veggies crunchy.
- Now add homemade pizza-pasta sauce and the prepared cashew paste. Mix well.
- Further, add leftover idli and seasonings. Mix well.
- Once done, garnish it with coriander leaves and take it out on a serving plate.
- 'Leftover Idli Pasta' is ready to be served.

Tips

- You can add veggies per choice and availability.
- Cut the veggies as per desired shape.
- Keep the veggies crunchy.
- If you want you can add white sauce or fresh cream instead of cashew paste.
- You can add readymade pizza-pasta sauce to the pasta.
- Any type of seasonings can be added.

Goan Mooga Gaathi

an authentic dish of Goa



By Reena Nadkarni, A Lovely Mom, From Mumbai

SERVINGS: 2 - 3

PREPARATION TIME: 490 MIN

COOKING TIME: 10 MIN

Ingredients

- Green Gram / Moong - 1 Cup
- Water - As required
- Salt - As per taste
- Turmeric Powder / Haldi Powder - As required
- Dry Coriander Seeds / Sabut Dhaniya - 2 tbsp
- Dry Red Chilli / Sukhi Lal Mirch - 2
- Dry Fenugreek Seeds / Dana Methi - 1/2 tsp
- Cinnamon Stick / Dalchini - 1/2
- Black Peppercorns / Kali Mirch - 8 to 9
- Tamarind / Imli - 1/4 Cup
- Dry Coconut / Sukha Nariyal - 1 Cup grated
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Oil - 1/2 tsp
- Cashews / Kaju - 6 to 7
- Salt - As per taste
- Coriander Leaves / Hara Dhaniya - For garnishing

Tips

- Fresh or frozen coconut can be used instead of dry coconut.
- You can add the boiled moong sprouts with its skin.
- The puree should be coarsely ground and medium thick.

Directions

- Soak moong overnight. In the morning, drain out its water and keep it in a hot place or tie it in a muslin cloth for 7 to 8 hours. The moong sprouts will be ready.
- Boil the sprouted moong with water, salt, and 1/4 tsp of turmeric powder till the all moong skin separates. Once done, turn off the flame and strain them. Keep it aside.
- Soak tamarind in the water for 2 hours. Then squeeze it to prepare its juice. Keep it aside.
- Dry roast dry coriander seeds, dry red chilli, dry fenugreek seeds, cinnamon stick, black peppercorns in a pan.
- Roast it for a few seconds on medium flame till the nice aroma begins to rise. Once done, turn off the flame. Keep it aside and let it cool down.
- Then transfer it to a grinding jar. Add the prepared tamarind pulp, dry coconut, 1/2 tsp of turmeric powder, red chilli powder, and a little water. Grind it for a few seconds to prepare its coarsely ground puree.
- Heat oil in a pan. Add the prepared puree and mix well. Add a little water and mix well.
- Then add salt and mix well. Boil it for 1 to 2 minutes on medium flame. Then roughly break the cashews with your hands and add it to the curry.
- Once done, add the boiled moong sprouts and mix well. Boil it for 4 to 5 minutes on medium flame till it becomes a little thick.
- Once done, turn off the flame and garnish it with coriander leaves. Take it out in a serving bowl.
- 'Goan Mooga Gaathi' is ready to be served.

Paneer Sandwich Pakoda

a tasty and lip-smacking snack



By Anita Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 2 - 3

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PREPARING POTATO STUFFING**
- Oil - 1/2 tbsp
- Boiled Potatoes / Uble Hue Aloo - 2 Peeled and Mashed
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- **FOR PREPARING GRAM FLOUR BATTER**
- Gram Flour / Besan - 1 Cup
- Carom Seeds / Ajwain - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Salt - As per taste
- Water - As required
- **FOR PREPARING PANEER SANDWICH PAKODA**
- Potato slices / Aloo slices - Of 1 potato
- Cottage Cheese / Paneer - 5 to 6 Long pieces
- Oil - For frying

Tips

- Use sauteed potato stuffing for a batter taste.
- Leftover aloo paratha stuffing can be used to prepare this pakoda.

Directions

- **FOR PREPARING POTATO STUFFING**
- Heat oil in a pan. Add boiled potato and mix well.
- Now add salt, red chilli powder, green chilli, and coriander leaves. Mix well. Saute it for 1 minutes. Keep stirring occasionally.
- Once done, turn off the flame and keep it aside.
- **FOR PREPARING GRAM FLOUR BATTER**
- Take gram flour in a bowl. Add carom seeds by rubbing them between your palms, salt, and red chilli powder.
- Now add water gradually to prepare a medium-thick batter. Whisk it for 1 to 2 minutes.
- **FOR PREPARING PANEER SANDWICH PAKODA**
- Take a potato slice and spread the prepared potato stuffing on it. Now add the long piece of paneer in the center of it. Cover it with another potato slice. Likewise prepare all the paneer sandwiches.
- Meanwhile, heat oil in a pan for deep frying over a medium flame.
- Dip the prepared paneer sandwich in the prepared gram flour batter and coat it evenly then place it gently into the medium hot oil. Once its top surface turns light golden brown, flip it using a slotted spoon. Do likewise with all the other paneer sandwiches.
- Deep fry them until crispy and light golden brown from both sides. Once done. Take them out to a serving plate.
- 'Paneer Sandwich Pakoda' is ready to be served with green chutney.

Chatpati Chana Chaat

a quick and easy protein-rich dish



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 1 - 2

PREPARATION TIME: 485 MIN

COOKING TIME: 5 MIN

Ingredients

- Black Chickpea / Kala Chana - 1/2 Cup
- Raw Mango / Aam - 1/4 Peeled and chopped
- Cucumber / Kheera - 1/2 Finely chopped
- Tomato / Tamatar - 1/2 Finely chopped
- Boiled Potato / Uble Hue Aloo - 1/2 Peeled and chopped
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped + As required
- Mint Leaves / Pudina - A few finely chopped + For garnishing
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Salt - As per taste
- Curd / Dahi - 1/2 Cup whisked
- Powdered Sugar - 1/2 tsp
- Boiled Moong Sprouts - 1/4 Cup
- Sweet Chutney / Meethi Chutney - As required
- Red Chilli Powder / Lal Mirch Powder - For garnishing

Directions

- Soak black chickpea overnight. Transfer soaked chickpea to a pressure cooker. Cook it till 2 to 3 whistles and become soft. Once done, strain chickpea.
- Take mint leaves, coriander leaves, green chilli, and salt in the grinding jar to prepare its green paste. Keep it aside.
- Take curd in a mixing bowl. Add powdered sugar and mix well.
- Take out boiled chana in a mixing bowl. Add raw mango, cucumber, tomato, boiled potato, green chilli, mint leaves, prepared green paste, salt, and coriander leaves. Mix well.
- Then add moong sprouts and mix well. Now add the prepared curd mixture and mix well.
- Take it out on a serving plate. Add sweet chutney and a little prepared green paste on it. Garnish it with coriander leaves, red chilli powder, and mint leaves.
- 'Chatpati Chana Chaat' is ready to be served.

Tips

- Add salt carefully to the chaat because all chutneys contain salt.
- You can add sprouted chana to the chaat as well.
- If you want, you can add raw moong sprouts to the chaat.
- Veggies can be added as per choice and availability.

Bedhabbi

a traditional dish of Ratangarh



By Varsha Baid & Suman Nahata Ji,

From Rajasthan

SERVINGS: 1 - 2

PREPARATION TIME: 125 MIN

COOKING TIME: 10 MIN

Ingredients

- Yellow Lentils / Moong Dal - 1 Cup
- Water - As required
- Clarified Butter / Ghee - 2 tsp + As required
- Asafoetida / Hing - 1/4 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/4 tsp
- Whole Wheat Dough / Gehu Ka Aata - As required

Tips

- Water shouldn't be added while grinding the moong dal.
- Oil can be used for tadka instead of ghee.
- The whole wheat dough should be medium soft.

Directions

- Soak moong dal for 2 hours. Then strain it and transfer it to a grinding jar. Grind it for a few seconds to prepare its paste.
- Heat ghee in a pan. Add asafoetida, prepared moong dal paste, salt, red chilli powder, and all spice mix powder. Mix well.
- Keep stirring continuously for 2 to 3 minutes on medium flame till the mixture becomes dry.
- Once done, turn off the flame and let it cool down.
- Take the medium-soft wheat dough and make a round shaped circular peda from the dough. Dust it with flour and roll a peda to make a roti.
- Add the prepared moong dal stuffing mixture in the center. Now fold the left and right parts of the roti. Then fold the upper and lower sides and prepare a rectangular shaped bedhabbi
- Meanwhile, heat a tawa. Place the prepared bedhabbi on it and cook it on one side. Flip it, once it is slightly brown.
- 6 to 7 Pinch up on the upper side using your thumb and finger. Meanwhile, heat a grill and put bedhabbi on it. Roast it on low flame by rotating it continuously till it's well cooked from all sides.
- Once done. Take it out to the serving plate. Pinch up in the middle. Drizzle ghee on it.
- 'Bedhabbi' is ready to be served.

Dahi Upma

a quick breakfast option



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Curd / Dahi - 1 Cup
- Water - 3 Cups
- Salt - As per taste
- Green Chilli / Hari Mirch - 2
Finely chopped
- Ginger / Adrak - 1 Inch
grated
- Coriander Leaves / Hara
Dhaniya - A handful + For
garnishing
- Oil - 2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Bengal Gram / Chana Dal - 1
tsp
- White Gram / Urad Dal - 1 tsp
- Dry Red Chilli / Sukhi Lal
Mirch - 2
- Peanuts / Mungfali - 1/2 Cup
+ For garnishing
- Semolina / Rava / Sooji - 1
Cup
- Nylon Sev - For garnishing

Directions

- Take curd and water in a deep vessel.
Whisk it using a hand blender.
- Then add salt, green chilli, ginger, and
coriander leaves. Mix well.
- Heat oil in a pan. Add mustard seeds,
bengal gram, white gram, dry red chilli.
Mix well and saute it for a few seconds.
- Now add peanuts and mix well and saute it
for a few seconds. Remove dry red chilli
from it.
- Then add sooji and mix well. Roast it for 2
to 3 minutes on medium flame. Keep
stirring continuously.
- Now add the prepared buttermilk mixture.
Mix well and keep stirring continuously for
1 to 2 minutes on medium flame.
- Once done, turn off the flame. Take it out
on a serving plate and garnish it with
peanuts, nylon sev and coriander leaves.
- 'Dahi Upma' is ready to be served.

Tips

- The ratio of water to sooji should be 3:1.
- If you want, you can add ghee or finely
chopped onion to the upma.
- Roast sooji to store for a long time.

Aam Ka Hing Vala Achar

a spicy and sour side dish



By Sandhya Chaturvedi, A Lovely Mom, From Mathura

SERVINGS: 5 - 7

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- Oil - 1 tbsp
- Raw Mango / Aam -1
Peeled and chopped
- Salt - As per taste
- Red Chilli Powder / Lal
Mirch Powder - 2 to 3
tbsp
- Asafoetida / Hing - 1
tsp

Tips

- Salt should be added
in enough quantity.
- You can store this
pickle in an airtight
container and keep it
in a refrigerator to
consume for up to one
year.

Directions

- Heat oil in a pan. Add mango and mix
well. Then add salt and mix well.
- Cover the pan with a lid and cook it for
10 to 15 minutes on medium flame.
Keep stirring occasionally by mashing
it.
- Then add red chilli powder and
asafoetida. Mix well.
- Keep stirring continuously on low
flame for 2 to 3 minutes till the mixture
leaves the pan.
- Once done, turn off the flame. Let it
cool down. You can store this pickle in
an airtight container and keep it in a
refrigerator to consume for up to one
year.
- 'Aam Ka Hing Vala Achar' is ready to
be served.

Dahi Tadka Toast

a delicious and tasty dish



By Gunjan Chaturvedi, A Lovely Mom, From Mathura

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Oil - 1 tbsp
- Curd / Dahi - 1/2 Cup whisked
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp (optional)
- Coriander Leaves / Hara Dhaniya - A handful
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Clarified Butter / Ghee - As required
- Bread - 2 Slices

Tips

- Any type of oil can be used to prepare tadka.

Directions

- Take curd in a mixing bowl. Add salt, red chilli powder, and coriander leaves. Mix well.
- Heat oil in a tadka pan. Add mustard seeds and curry leaves. Mix well and add it to the curd bowl. Mix well.
- Meanwhile, heat a tawa. Grease it with ghee. Now put 2 slices of bread on it. Spread the prepared curd mixture on it.
- Cover the pan with a lid and roast it for 4 to 5 minutes on low flame till it becomes crispy.
- Once done, turn off the flame and take it out on a serving plate.
- 'Dahi Tadka Toast' is ready to be served.

Whole Wheat Pancakes

delicious tiffin box idea



By Manju Saraf, A Lovely Mom, From Gurgaon

SERVINGS: 2 - 3

PREPARATION TIME: 15 MIN

COOKING TIME: 5 MIN

Ingredients

- Whole Wheat Flour / Gehu Ka Aata - 50 gms.
- Sugar - 50 gms.
- Semolina / Sooji - 2 tsp
- Milk - As required
- Almonds / Badam - As required sliced + For garnishing
- Fennel Seeds / Saunf - 1/2 tsp
- Cardamom / Elaichi - 4 crushed
- Clarified Butter / Ghee - As required
- Rabdi - For garnishing (optional)

Directions

- Take whole wheat flour in a mixing bowl. Add sugar and sooji. Mix well.
- Now add milk gradually and prepare a medium thick consistency batter. Add almonds, fennel seeds, and cardamom. Mix well. Let it rest for 10 minutes.
- Meanwhile, Heat a tawa. Grease it with ghee.
- Now spread the prepared pancake batter on the tawa to make small sized pancakes.
- Cook it on a medium flame for 2 to 3 minutes. Then flip it and cook it from another side as well by adding ghee.
- Once cooked, take it out on the serving plate. Garnish it with rabdi and almonds.
- 'Whole Wheat Pancakes' are ready to be served.

Tips

- The ratio of whole wheat flour to sugar should be 1:1.
- Dry nuts can be added as per choice and availability.
- Desi khand can be added instead of sugar.
- The pancake batter should be medium thick.

Thecha Paneer

a protein-rich instant snack



By Shveta sheth, A Lovely Mom, From Mumbai

SERVINGS: 2 - 3

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- Green Chilli / Hari Mirchi - 3
- Garlic / Lahsun - 4 to 5 Cloves
- Peanuts / Mungfali - 1/4 Cup roasted and peeled
- Salt - As per taste
- Black Salt / Kala Namak - As per taste
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon
- Coriander Leaves / Hara Dhaniya - A handful
- Oil - 1 tbsp
- Onion / Pyaz - 1 Finely chopped
- Curry Leaves / Curry Patta - A few
- Cottage Cheese / Paneer - 1 Cup Diced
- Water - As required

Tips

- Spiciness can be adjusted as per taste.
- Peeled roasted peanuts will give a nice taste.
- Add coriander leaves with its stems.
- If you want, you can coarsely grind the thecha mixture in the mixer grinder.
- Keep the onion crunchy.

Directions

- Heat a pan. Add green chilli, garlic, and peanuts. Mix well and roast it for 1 to 2 minutes on low flame. Keep stirring continuously.
- Then add salt and black salt. Mix well and roast it for 4 to 5 minutes on low flame till it becomes golden brown. Keep stirring continuously.
- Once done, turn off the flame and let it cool down completely.
- Then transfer it to a mortar pestle. Add lemon juice and coriander leaves. Crush them well to make thecha mixture. Keep it aside.
- Heat oil in a pan. Add onion and curry leaves. Mix well. Saute it for a few seconds on medium flame. Keep stirring occasionally.
- Now add the prepared thecha mixture and mix well.
- Then add paneer and mix well. Add a little water and mix well. Cover the pan with a lid and cook it for a few seconds.
- Once done, turn off the flame and take it out in a serving plate.
- 'Thecha Paneer | Paneer Thecha' is ready to be served.



ENJOY!

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