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# Zayka Ka Tadka

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Unedited live recipes जो दिखता है !  
वही बनता है !



Zayka  
Ka  
Tadka



Live from the kitchens of moms of india





## THE SUPER CHEF MOMS OF INDIA





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# ROASTED MOONG DAL CHUTNEY

a traditional side dish of South India

By Lalitha Priyadarshini

From Madurai



SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

## INGREDIENTS

- Yellow Lentils / Moong Dal - 1 Cup
- Oil - As required
- Fresh Coconut / Nariyal - 1 to 2 tbsp chopped
- Garlic / Lahsun - 4 Cloves
- Dry Red Chilli / Sukhi Lal Mirch - 4
- Tomato / Tamatar - 1 Small sized chopped
- Water - As required
- Salt - As per taste
- Mustard Seeds / Rai - 1/2 tsp
- White Gram / Urad Dal - 1/2 tsp
- Curry Leaves / Curry Patta - A few

## TIPS

- Tadka is must to the chutney to make it more tasty.

## DIRECTIONS

- Roast the moong dal on a low flame for 2 to 3 minutes till it becomes a nice golden brown. Once done, turn off the flame and let it cool down.
- Heat 1 tbsp of oil in a pan. Add fresh coconut, garlic, dry red chilli, and tomato. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Stir it continuously. Once done, turn off the flame and let it cool down.
- Now take roasted moong dal, and sauteed tomato mixture in a grinding jar. Grind it for a few seconds to prepare its chutney.
- Take it out in a mixing bowl. Then add a little water and salt. Mix well. Add more water to make a thin consistency chutney.
- Meanwhile, heat 1 tbsp of oil in a pan. Add mustard seeds, urad dal, and curry leaves. Mix well.
- Now add the prepared chutney. Mix well. Boil it for 1 to 2 minutes on a high flame till it becomes thick. Keep stirring continuously.
- Once done, turn off the flame and take it out on a serving plate.
- 'Roasted Moong Dal Chutney' is ready to be served.

# PAAN MUKHWAS

a healthy and tasty mukhwas for all

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 4

PREPARATION TIME: 1 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Betel (Paan) Leaves - 4 big leaves
- Mukhwas Mixture (Saunf-Dhaniya Dal / Fennel Seeds-Roasted Split Coriander Seeds Mixture) - As required
- Sweet Fennel Seeds & Mishri Mixture - 1 tbsp
- Rose petals - Of 2 to 3 roses
- Tutti frutti - 2 tbsp
- Gulkand - 1 tbsp
- Sprinkles - 2 tbsp

## DIRECTIONS

- Wash the betel leaves and cut their stems. Then cut them with scissors.
- Take betel leaves in a mixing bowl. Now add mukhwas mixture, sweet fennel seeds & mishri Mixture, tutti frutti, rose petals, and gulkand. Mix well.
- Instant homemade 'Paan Mukhwas' is ready to be served.

## TIPS

- You can use fresh rose petals.
- Add ingredients as per taste and availability.
- You can store this mukhwas in the air-tight container in the refrigerator for up to one week.



# KATHIYAVADI RINGAN BATATA NU BHARELU SHAAK

a heirloom dish of Gujarat

By Shraddha Thakrar

From Gujarat



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

## INGREDIENTS

- Oil - 2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Potato / Aloo - 2 Peeled chopped into big pieces
- Onion / Pyaz - 1 Chopped (optional)
- Tomato / Tamatar - 1 Finely chopped
- Green Chilli / Hari Mirch - 1 Chopped
- Garlic / Lahsun - 2 Cloves (optional)
- Peanuts / Mungfali - 2 tbsp ground
- Sesame Seeds / Til - 2 tbsp ground
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhania Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1 tsp
- Salt - As per taste
- Brinjal / Baingan - 3
- Water - As required

## DIRECTIONS

- Take ground peanuts in a mixing bowl. Add sesame seeds, coriander leaves, turmeric powder, red chilli powder, coriander powder, all spice mix powder, roasted cumin seeds powder, and salt. Mix well.
- Take washed brinjal. Make 2 slits like a cross on each one so that the base stays attached.
- Stuff the prepared stuffing masala in the brinjal with your hands. Likewise, prepare all the brinjals. Keep it aside.
- Take onion, tomato, garlic, and green chilli in a grinding jar. Grind it for a few seconds to prepare its puree. Keep it aside.
- Heat oil in a pressure cooker. Add mustard seeds, cumin seeds, asafoetida, and potato. Mix well.
- Saute it for 2 to 3 minutes on medium flame. Stir it occasionally.
- Now add stuffed brinjal and leftover masala. Mix well. Then add the prepared tomato puree. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Stir it occasionally. Then add a little water. Mix well.
- Now close the pressure cooker and let it cook for 4 whistles on a high flame. Then let it cool down completely. Once done, take it out to a serving bowl and garnish it with coriander leaves.
- 'Kathiyavadi Ringan Batata Nu Bharelu Shaak' is ready to be served.

## TIPS

- Saute the tomato puree for 1 to 2 minutes otherwise it may taste raw.
- The potato should be sautéed first because it takes more time to cook than the brinjal.

# SUKUDE

a traditional dish of Vidarbha region of Maharashtra  
By Vrushali Bongirwar From Maharashtra



SERVINGS: 3 - 4

PREPARATION TIME: 190 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Black Gram / Urad Dal - 1 Cup
- Dry Fenugreek Seeds / Dana Methi - 1 tsp
- Water - As required
- Garlic / Lahsun - 4 to 5 Cloves
- Green Chilli / Hari Mirch - 3 to 4 Chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Cumin Seeds / Jeera - 1/2 tsp
- Whole Wheat Flour / Gehu Ka Aata - 3 Cups
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 3 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Oil - For frying

## TIPS

- The ratio of urad dal to whole wheat flour should be 1:3.
- Whisk the batter well for 5 to 10 minutes to make a nice and tasty sukode.
- Water should be applied to the palms each time while preparing sukode.

## DIRECTIONS

- Soak urad dal and dry fenugreek seeds for 3 hours in water. Then strain them and transfer them to a grinding jar.
- Add garlic, green chilli, coriander leaves, and cumin seeds. Grind it for a few seconds to prepare its paste. Keep it aside.
- Take whole wheat flour in a mixing bowl. Add the prepared urad dal paste, salt, red chilli powder, and turmeric powder. Mix well.
- Add water gradually to prepare a thick consistency batter. Whisk the batter using your hands for 5 to 10 minutes to make it smooth.
- Meanwhile, heat the oil in a deep frying pan over a high flame. Take a small ball-sized batter on wet fingers. Spread it using your fingers to prepare the thin sukode.
- Now put it gently into the hot oil. Likewise prepare all sukode. Water should be applied to the palms each and every time while preparing sukode. Then flip the prepared sukode.
- Fry it on a high flame until it turns golden brown on both sides. Once done, take it out on a serving plate.
- 'Sukode' is ready to be served.

# MIX VEG AKKI ROTI

a gluten-free dish

By Archana Chakravarthy From Karnataka



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 6 - 7 MIN

## INGREDIENTS

- Cucumber / Kheera - 1 Grated
- Carrot / Gajar - 1 Grated
- Coriander Leaves / Hara Dhaniya - A handful
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1 tsp
- Cumin Seeds / Jeera - 1 tsp
- Sesame Seeds / Til - 1 tsp
- Rice Flour / Chawal Ka Aata - 1 Cup
- Gram Flour / Besan - 3/4 Cup
- Roasted Peanuts / Mungfali - 1/2 Cup coarsely ground
- Salt - As per taste
- Oil - As required
- Clarified Butter / Ghee - As required

## DIRECTIONS

- Take cucumber, carrot, coriander leaves, ginger-green chilli paste, cumin seeds, sesame seeds, rice flour, besan, peanuts powder, and salt in a mixing bowl. Mix well.
- Grease your palms with oil and prepare soft dough from it. Knead it well.
- Take a pan. Grease it with oil. Take a small, ball-sized dough. Gently press it and spread it with fingers on the pan to prepare a thin, round roti. Make holes in between the roti.
- Place the pan on medium to high flame. Add some drops of ghee to it. Let it cook for 2 to 3 minutes. Then cover it with a lid. Let it cook for 3 to 4 minutes.
- Once cooked well from one side, flip it and cook it from the other side by adding ghee for 2 to 3 minutes. Once it is done, take it out on a serving plate.
- 'Mix Veg Akki Roti' is ready to be served.

## TIPS

- You can add besan and rice flour ratio as per your choice.
- Water can be added to knead the dough if required.
- The tawa should be cool while preparing the akki roti on it.



# DHABA STYLE SEV TAMATAR KI SABJI

a lip-smacking curry

By Alka Tolani

From Bhilwara



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

## INGREDIENTS

- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Onion / Pyaz - 1 Finely chopped
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhania Powder - 1 tsp
- Cumin Seeds Powder / Jeera Powder - 1 tsp
- Salt - As per taste
- Water - As required
- Tomato Puree / Tamatar Puree - Of 1 tomato
- Tomato / Tamatar - 1/2 Sliced
- Thick Sev - 1/2 Cup
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - For garnishing

## DIRECTIONS

- Heat oil in a pan. Add cumin seeds and onion. Mix well.
- Saute it for 2 to 3 minutes on medium flame till the onion becomes golden brown. Keep stirring occasionally. Now add ginger-green chilli paste. Mix well.
- Take turmeric powder, red chilli powder, cumin seeds powder, coriander powder, and salt in a mixing bowl. Add a little water and mix well.
- Now add the prepared masala mixture to the pan. Mix well. Then add tomato puree and mix well.
- Further, add tomato and mix well. Add a little water and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add thick sev and mix well. Add all spice mix powder and mix well.
- Once done, turn off the flame. Garnish it with coriander leaves and take it out in a serving bowl.
- 'Dhaba Style Sev Tamatar Ki Sabji' is ready to be served.

## TIPS

- 1 tbsp of curd can be added to the sabji if the tomato is not sour.

# LAUKI KA PARATHA

a healthy meal option

By Neeta Sharma From Rajasthan



SERVINGS: 1

PREPARATION TIME: 10 MIN

COOKING TIME: 4 MIN

## INGREDIENTS

- Bottle Gourd / Gheeya / Lauki - 1/2 Grated
- Onion / Pyaz - 1 Finely chopped
- Green Chilli / Hari Mirchi - 1 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/4 tsp + As required
- All Spice Mix Powder / Garam Masala - 1/4 tsp
- Roasted Besan / Bhuna Besan - 1 tbsp (optional)
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Carom Seeds / Ajwain - As required
- Clarified Butter / Ghee - As required
- Water - As required

## DIRECTIONS

- Take a muslin cloth and tie the bottle gourd in the cloth. Hang it for sometime to remove its water.
- Take it out in a mixing bowl. Add onion, green chilli, coriander leaves, salt, red chilli powder, turmeric powder, and all spice mix powder. Mix well. Then add roasted besan and mix well. Keep it aside.
- Take whole wheat flour in a mixing bowl. Add 1/2 tsp of turmeric powder and salt. Mix well.
- Add water gradually to prepare medium soft dough. Knead it well.
- Take the medium-soft whole wheat dough and make a round shaped circular peda from the dough. Dust it with flour and roll a peda to make a paratha.
- Add the prepared lauki stuffing in the center. Join the edges and seal the paratha properly. Dust it with flour and add carom seeds on it. Then roll it with light hands to make a paratha.
- Meanwhile, heat a tawa. Grease it with ghee. Place the prepared paratha on the tawa.
- Flip it once it is slightly brown, add ghee to the paratha and cook it from both sides 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.
- 'Lauki Ka Paratha' is ready to be served.

## TIPS

- You can use oil or butter to roast the paratha instead of ghee.
- Turmeric powder is optional in the dough.
- You can use the leftover water from the bottle gourd to knead the dough.



# MAGIC MASALA ALOO CURRY

a nice flavorful meal option

By Radha Veeramani

From Karnataka



SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Black Gram / Urad Dal - 1/4 Cup
- Bengal Gram / Chana Dal - 1/4 Cup
- Dry Coriander Seeds / Sabut Dhaniya - 1/2 Cup
- Dry Red Chilli / Sukhi Lal Mirch - 10 to 11
- Oil - 2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Asafoetida / Hing - A pinch
- Boiled Potato / Uble Hue Aloo - 3 to 4 Peeled and chopped
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste

## DIRECTIONS

- Take urad dal, chana dal, dry fenugreek seeds, and dry red chilli in a pan.
- Roast them for 4 to 5 minutes on low flame till the nice aroma begins to rise. Keep stirring occasionally.
- Once done, turn off the flame and let it cool down. Then remove red chilli stems.
- Transfer it to a grinding jar and grind it for a few seconds to prepare its masala. Store it in an air-tight container for a long time.
- Heat oil in a pan. Add mustard oil, asafoetida, and boiled potato. Mix well.
- Add turmeric powder and salt. Mix well for 2 minutes on medium flame. Keep stirring occasionally.
- Then add 2 to 3 tsp of the prepared magic masala. Mix well.
- Once done, turn off the flame and transfer it to a serving bowl.
- 'Magic Masala Aloo Curry' is ready to be served.

## TIPS

- You can use this magic masala to baingan, aloo, raw banana, or on sambar as well.
- Dry red chilli stems should be removed after they are well roasted otherwise the seeds may turn black.
- You can store the magic masala in an air-tight container for a longer time.

# INSTANT RAW MANGO PICKLE

a lip-smacking side dish

By Triveni Ji and Shanti Kota Ji

From Andhra Pradesh



SERVINGS: 4 - 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Bengalura Mango / Totapuri Mango - 1 Sliced
- Sesame Oil / Til Ka Tel - 1 & 1/2 tbsp + As required
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Asafoetida / Hing - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Roasted Dry Fenugreek Seeds Powder / Dana Methi Powder - 1 tsp
- Curry Leaves / Curry Patta - A few
- Red Chilli Powder / Lal Mirch Powder - 2 tsp
- Jaggery powder / Gud powder - 2 tsp

## DIRECTIONS

- Heat sesame oil in a tadka pan. Add asafoetida, mustard seeds, roasted dry fenugreek seeds powder, and curry leaves. Turn off the flame. Keep it aside.
- Heat sesame oil in a pan. Add bengalura mango, salt, and turmeric powder. Mix well.
- Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Then add red chilli powder and jaggery powder. Mix well.
- Once done, turn off the flame and add the prepared tadka to the pan. Mix well. Take it out in a serving bowl.
- 'Instant Raw Mango Pickle' is ready to be served.

## TIPS

- You can store this pickle for 10 days in the refrigerator.
- You can chop the mango as per your choice.



# MALAI SHIMLA MIRCH KI SABJI

a rich in taste and a healthy side dish

By Punita Saraswat

From Meerut, UP



SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Capsicum / Shimla Mirch - 1  
Seedless and sliced
- Oil - 1 tsp
- Cumin Seeds / Jeera - 1/4 tsp
- Salt - Less than as per taste
- Water - As required
- Homemade Malai - 1 tbsp

## DIRECTIONS

- Heat oil in a pan. Add cumin seeds and capsicum. Mix well. Now add salt and mix well. Add a few drops of water.
- Cover the pan with a lid and cook it for 3 to 4 minutes on medium flame. Stir it occasionally.
- Once done, turn off the flame and add homemade malai. Mix well.
- 'Malai Shimla Mirch Ki Sabji' is ready to be served.

## TIPS

- Salt should be added in lesser quantity.
- Keep the flame off before adding malai to the pan.

# GUNDE KA ACHAAR

a flavorful dish

By Archana Jhalani

From Rajasthan



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Mustard Oil / Sarso Ka Tel - 3 to 4 tbsp
- Leswa / Gunde / Lisode - 250 gms.
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp + As required
- Water - As required
- Cumin Seeds / Jeera - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Onion Seeds / Kalonji - 1/2 tsp
- Asafoetida / Hing - A pinch
- Fennel Seeds / Saunf - 1/2 tsp
- Raw Mango / Kachha Aam - 1/2 Grated
- Coriander Powder / Dhania Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 to 2 tsp

## DIRECTIONS

- Take washed gunde and add it to the boiling water. Add salt and 1/2 tsp of turmeric powder. Boil it for 2 to 3 minutes on medium flame till they become soft.
- Once done, turn off the flame and let it cool down. Then remove its stem. Now press it to break and remove its seeds. Likewise, prepare all the gunde.
- Heat mustard oil in a pan. Add cumin seeds, mustard seeds, kalonji, asafoetida, boiled gunde, and fennel seeds. Mix well.
- Now add raw mango and mix well. Then add coriander powder, 1/2 tsp of turmeric powder, red chilli powder, and salt. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Gunde Ka Achaar' is ready to be served.

## TIPS

- It is recommended to use mustard oil for preparing this dish.



# PUNJABI KABAB WRAP

a protein-rich meal

By Shveta Chopra

From Punjab



SERVINGS: 1 - 2

PREPARATION TIME: 490 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Black chickpea / Kala chana - 1 Cup
- Water - As required
- Boiled Potatoes / Uble Hue Aloo - 3 to 4 Peeled and Mashed
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Spices Mixture ( Black pepper, cinnamon stick, and cardamom) - 1/2 tsp
- Cinnamon Powder / Dalchini Powder - 1/2 tsp
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Ginger / Adrak - 1 Inch grated
- Garlic / Lahsun - 3 to 4 Cloves crushed (optional)
- Chaat Masala - 1/2 tsp
- Oil - As required
- **FOR SERVING**
- Green Chutney / Hari Chutney - As required
- Cooked Roti - 1
- Sirka Wale Pyaz - As required
- Curd Dip - As required

## TIPS

- Take 3 to 4 boiled potatoes for 1 Cup of black chickpeas.
- Black pepper, cinnamon stick, and cardamom should be ground fresh to make the spice mixture.

## DIRECTIONS

- Soak black chickpeas overnight. Transfer soaked chickpeas to a pressure cooker. Cook it for 3 to 4 whistles or until it turns soft. Once done, strain the chickpeas.
- Take boiled black chickpeas in a grinding jar. Grind it for a few seconds.
- Take a boiled potato on a mixing plate. Add ground black chickpea, salt, red chilli powder, coriander powder, spices mixture, cinnamon powder, green chilli, coriander leaves, ginger, garlic, and chaat masala. Mix well.
- Take a small ball-sized portion of the mixture. Press it with your hands and prepare the flattened kabab. Likewise, prepare all kababs.
- Meanwhile, heat a tawa over a medium flame. Place the prepared kabab in a pan. Add a little oil. Roast it on a low to medium flame for 3 to 4 minutes.
- Flip it and roast it from another side on a low to medium flame for 3 to 4 minutes. Likewise, roast all kababs. Once done, take it out on a plate. Keep it aside.
- **FOR SERVING**
- 1) Take a cooked roti and apply green chutney on it. Then arrange the prepared kababs vertically on it. Add sirka wale pyaz and green chutney on it.
- Now fold the roti to make a wrap. Press it.
- 2) Take small poori sized roti. Add the prepared kabab to it. Now add curd dip on it. Then put sirka wale pyaz on it and add green chutney on it.
- 'Punjabi Kabab Wrap' is ready to be served.

# PUNJABI ARBI FRY WITHOUT ONION GARLIC

an easy to make and delicious sabji

By Aruna Setia

From Punjab



SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Taro Root / Arbi / Kachalu - 250 gms. Peeled and cut into long pieces
- Oil - 2 tbsp + For frying
- Cumin Seeds / Jeera - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Tomato / Tamatar - 2 Chopped
- Ginger / Adrak - 1 Inch chopped
- Green Chilli / Hari Mirch - 1 to 2 Chopped
- Salt - As per taste
- Coriander Leaves / Hara Dhaniya - For garnishing

## TIPS

- If you want, you can add onion and garlic to the sabji.

## DIRECTIONS

- Heat oil in a frying pan for frying. Place arbi into the hot oil. Fry them on a low flame for 3 to 4 minutes.
- Fry them until they become crispy and golden brown from all sides. Then, take them out on a plate using a slotted spoon. Keep it aside.
- Take tomato, ginger, and green chilli in a grinding jar. Grind it for a few seconds to prepare its puree. Keep it aside.
- Heat 2 tbsp of oil in a pan. Add cumin seeds, coriander powder, turmeric powder, and the prepared tomato puree. Mix well. Then add salt and mix well.
- Saute it for 4 to 5 minutes on medium flame. Stir it occasionally.
- Now add fried arbi and mix well. Once done, turn off the flame and garnish it with coriander leaves.
- 'Punjabi Arbi Fry Without Onion Garlic' is ready to be served.



# CHEESE BURST ROTI PIZZA ON TAWA

a tasty and healthy dish

By Shveta Sheth

From Mumbai



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Onion / Pyaz - 1 Finely chopped
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Cottage Cheese / Paneer - 1/4 Cup finely chopped
- Sweet Corn Kernels - 1/4 Cup
- Salt - As per taste
- Mixed Herbs - 1/2 tsp + As required
- Red Chilli Flakes - 1/2 tsp + As required
- Cooked Roti - 2
- Mozzarella Cheese - As required
- Tomato Ketchup - As required
- Clarified Butter / Ghee - As required

## TIPS

- Add veggies as per choice and availability.
- You can use any type of cheese to prepare this pizza.
- You can add pizza sauce as well instead of tomato ketchup.
- Roast the pizza on low flame.

## DIRECTIONS

- Take onion in a mixing bowl. Add capsicum, paneer, sweet corn, salt, mixed herbs, and red chilli flakes. Mix well.
- Take a cooked roti. Spread mozzarella cheese to it. Sprinkle red chilli flakes and mixed herbs on it.
- Now cover it with another roti and press it. Then apply tomato ketchup on it.
- Further spread the prepared paneer mixture on it. Sprinkle red chilli flakes and mixed herbs on it.
- Then spread mozzarella cheese on it. Sprinkle red chilli flakes and mixed herbs on it.
- Meanwhile, heat a tawa. Grease it with ghee. Place prepared pizza on the tawa.
- Cover the tawa with a lid and cook it for 5 to 7 minutes on low flame.
- Once done, transfer it to the serving plate and cut it with a pizza cutter to make slices.
- 'Cheese Burst Roti Pizza On Tawa' is ready to be served.

# SATTU KI KACHORI

a protein-rich tea-time snack

By Komal Saraf

From Rajasthan



SERVINGS: 2 - 3

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Roasted Chickpea Powder / Chane Ka Sattu - 1 Cup
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Fennel Seeds Powder / Saunf Powder - 1 tsp
- Salt - As per taste
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Oil - 2 tsp + As required
- Water - As required
- All Purpose Flour / Maida - 1 Cup
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup

## TIPS

- Ghee can be added to the sattu stuffing instead of oil.
- Water should be added gradually to prepare sattu stuffing.
- The ratio of maida and whole wheat flour should be 1:1.
- Knead the dough soft to make crack free kachori.
- The kachori should be fried on a medium to low flame.

## DIRECTIONS

- Take sattu in a mixing bowl. Add ginger-green chilli paste, coriander leaves, fennel seeds powder, salt, all spice mix powder, and 2 tsp of oil. Mix well.
- Add water gradually to prepare medium soft dough. Keep it aside.
- Take maida and whole wheat dough in a mixing bowl. Add 1/2 Cup of oil and salt. Mix well.
- Add water gradually to prepare medium soft dough. Let it rest for 10 minutes.
- Take a small ball sized part of the dough and flatten it. Roll it to make small poori. Now add sattu stuffing in the center of it. Then seal the ends of it to prepare a round shaped peda.
- Now roll it to make kachori. Likewise, prepare all kachoris.
- Meanwhile, heat the oil for frying the kachori. When the oil is hot, place kachori in the oil and fry it on a medium to low flame.
- Deep fry until it turns golden brown from both sides, and take it out to a serving plate. Likewise, fry all kachori.
- 'Sattu Ki Kachori' is ready to be served.



# CAPSICUM DELIGHT

a flavorful dish

By Soma Singh

From Rajasthan



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Fennel Seeds / Saunf - 1/2 tsp
- Dry Fenugreek Seeds / Dana Methi - 1/4 tsp
- Onion Seeds / Kalonji - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Yellow Mustard Seeds Powder / Pili Sarso Powder - 1/2 tsp
- Fennel Seeds Powder / Saunf Powder - 2 tsp
- Roasted Gram Flour / Bhuna Besan - 1 to 2 tbsp
- Ginger / Adrak - 1 Inch grated
- Raw Mango / Kachhi Keri - 2 tbsp grated
- Tricolor Bell Peppers / Shimla Mirch - 1 Cup finely chopped

## DIRECTIONS

- Heat oil in a pan. Add mustard seeds, cumin seeds, fennel seeds, onion seeds, dry fenugreek seeds, turmeric powder, red chilli powder, yellow mustard seeds powder, fennel seeds powder, and roasted besan. Mix well.
- Then add ginger and raw mango. Mix well. Now add tricolor bell peppers and mix well.
- Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame. Stir it occasionally.
- Once done, turn off the flame and transfer it to a serving bowl.
- 'Capsicum Delight' is ready to be served.

## TIPS

- Dry mango powder can be added instead of raw mango.
- You can store this dish for a week in the refrigerator.

# PUNJABI STYLE TINDE KI SABJI WITHOUT ONION GARLIC

a lip-smacking curry

By Saroj Bhasin

From Rajasthan



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Apple Gourd / Tinda - 4 to 5 Peeled and halves
- Oil - 2 tbsp + For frying
- Tomato / Tamatar - 2 Chopped
- Green Chilli / Hari Mirch - 1 Chopped
- Ginger / Adrak - 1 Inch chopped
- Cumin Seeds / Jeera - 1/2 tsp
- Coriander Powder / Dhania Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Water - As required

## TIPS

- You can shallow fry tinde instead of deep frying it.
- You can use gravy to prepare any type of sabji.

## DIRECTIONS

- Heat the oil in a pan for frying. Place the tinde into the hot oil. Fry them on medium flame for 2 to 3 minutes.
- Deep fry them until they turn soft and light golden brown from all sides. Once done, take them out to a plate. Keep it aside.
- Take tomato, green chilli, and ginger in a grinding jar. Grind it for a few seconds to prepare its puree.
- Take coriander powder, red chilli powder, salt, turmeric powder, black pepper powder in a mixing bowl. Add a little water and mix well.
- Heat 2 tbsp of oil in a pan. Add cumin seeds and the prepared tomato puree. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Then add the prepared spices mixture and mix well. Saute it for 2 to 3 minutes on medium flame till the oil separates. Stir it occasionally.
- Further, add fried tinde and mix well. Once done, turn off the flame. Take it out on a serving bowl.
- 'Punjabi Style Tinde Ki Sabji Without Onion Garlic' is ready to be served.





# Enjoy!

FOR QUERIES AND SUGGESTIONS PLEASE  
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