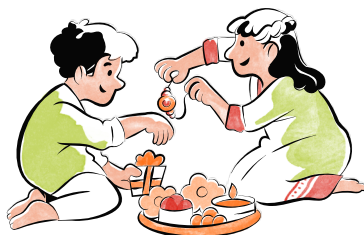


[YouTube.com/zaykakataka](https://www.youtube.com/zaykakataka)

Zayka Ka Tadka



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August - 2025

*Unedited live
recipes*



जो दिखता है !
वही बनता है !

Issue : 60

Live from the kitchens of moms of india



THE SUPER CHEFS OF INDIA



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Momos Paratha

a 2 in 1 dish



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Cabbage / Pattagobhi - 1 Cup finely chopped
- Carrot / Gajar - 1 Grated
- Coriander Leaves / Hara Dhaniya - A handful
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - As per taste
- Schezwan Sauce - 1 tbsp
- Soy Sauce - 1/2 tbsp
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required

Tips

- You can add sauces as per choice.
- Oil can be added instead of ghee.
- Add the stuffing in enough quantity.

Directions

- Take cabbage, carrot, coriander leaves, salt, red chilli powder, schezwan sauce, and soy sauce. Mix 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 momo stuffing in the center. Fold left and right part. Then, fold its lower part to form a triangular shape. Join the edges and seal the paratha properly. Dust it with flour and 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.
- Momos Paratha' is ready to be served.

Idli Chaat

a delicious and quick snack



By Priyanka & Ridhaan Baid,

From Rajasthan

SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

Ingredients

- Idli - 7 to 8 Cut into small pieces
- Thick Curd / Dahi - 1 Cup whisked
- Powdered Sugar - 1 tbsp
- Salt - As per taste
- Oil - 1/2 tbsp
- Mustard Seeds / Rai - 1/4 tsp
- Curry Leaves / Curry Patta - A few
- Red Chilli Powder / Lal Mirch Powder - 1/4 tsp
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1/2 tsp
- Dry Coconut / Sukha Nariyal - 1 tbsp grated
- Ginger / Adarak - 1/2 Inch grated
- Green Chutney / Hari Chutney - As required
- Sweet Chutney / Meethi Chutney - As required
- Coriander Leaves / Hara Dhaniya - For garnishing

Directions

- Take curd in a mixing bowl. Add powdered sugar and salt. Mix well.
- Take idli pieces on the serving plate. Add the prepared curd on it.
- Heat oil in a tadka pan. Add mustard seeds and curry leaves. Once done, turn off the flame.
- Add the prepared tadka on the serving plate. Then add salt, red chilli powder, roasted cumin seeds powder, dry coconut, ginger, green chutney, and sweet chutney. Mix well.
- Once done, garnish it with coriander leaves.
- 'Idli Chaat' is ready to be served.

Mysore Pak

a traditional Indian dessert



By Brij Nandini Sharma, A Lovely Mom, From Delhi

SERVINGS: 8 - 10

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- Gram Flour / Besan - 1 Cup
- Sugar / Chini - 2 Cups
- Water - 1 Cup
- Clarified Butter / Ghee - As required

Tips

- The ratio of sugar to gram flour should be 2:1.
- The ratio of sugar to water should be 2:1.
- Besan and ghee mixture should be whisked well for 1 to 2 minutes to make fluffy mysore pak.
- The besan mixture should be stirred continuously in one direction in the pan.

Directions

- Take besan in a mixing bowl. Add 1 & 1/2 Cups of ghee and mix well to prepare lumps-free mixture. Whisk it for 1 to 2 minutes.
- Take sugar and water in a pan. Make one-string consistency sugar syrup.
- Now add the prepared besan mixture and mix well. Keep stirring continuously in one direction for 1 to 2 minutes on medium flame. Add 1 Cup of ghee.
- Keep stirring continuously in one direction for 8 to 10 minutes on medium flame. Add 1 Cup of ghee in between.
- Once the mixture becomes fluffy and the ghee separates, turn off the flame.
- Further, take a deep plate. Place the butter paper on it. Transfer the mixture to the plate. Set its thickness and let it rest for 2 minutes. Then cut it into pieces.
- 'Mysore Pak' is ready to be served.

Sabudana Tikki Chaat

an interesting fast special appetizer



By Poonam Maheshwari,

A Lovely Mom,

From Delhi

SERVINGS: 1

PREPARATION TIME: 485 MIN

COOKING TIME: 5 MIN

Ingredients

- Tapioca Pearls (sago) / Sabudana - 1 Cup
- Water - As required
- Boiled Potatoes / Uble Hue Aloo - 2 Peeled and Mashed
- Roasted Peanuts Powder / Mungfali Powder - 2 tsp
- Salt - As per taste
- Ginger / Adrak - 1 Inch crushed
- Green Chilli / Hari Mirchi - 2 to 3 Finely chopped
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp (optional)
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Oil - For frying
- Curd / Dahi - As required whisked
- Roasted Cumin Seeds Powder / Jeera Powder - As required
- Sweet Chutney / Meethi Chutney - As required
- Green Chutney / Hari Chutney - As required
- Pomegranate / Anardana - For Garnishing

Directions

- Soak sabudana in the water overnight. Add water till sabudana are completely submerged in it.
- Then take it out in a mixing bowl. Add boiled potato, roasted peanuts powder, salt, ginger, green chilli, red chilli powder, and coriander leaves. Mix well.
- Take a medium ball-sized portion of the mixture. Press it with your hands and prepare flattened tikki. Likewise, prepare all tikki.
- Meanwhile, heat oil in a fry pan for frying. Place prepared tikki into the hot oil. Fry them on low flame for 1 to 2 minutes. Then flip them.
- Fry them until they become crispy and golden brown from both sides. Then, take them out on a plate using a slotted spoon.
- Now take a prepared sabudana tikki in a serving bowl. Add curd, roasted cumin seeds powder, green chutney, and sweet chutney.
- Garnish it with coriander leaves and pomegranate.
- 'Sabudana Tikki Chaat' is ready to be served.

Tips

- The water should be added to the sabudana till they are completely submerged in it.

Palak Pesarattu

a protein-rich tiffin snack



By Archana Chakravarthy, A Lovely Mom, From Karnataka

SERVINGS: 2 - 3

PREPARATION TIME: 60 MIN

COOKING TIME: 5 MIN

Ingredients

- Yellow lentils / Moong dal - 1 Cup
- Spinach / Palak - 1 A bunch chopped
- Ginger / Adrak - 1 Inch Chopped
- Green Chilli / Hari Mirchi - 2 to 3 Chopped
- Cumin Seeds / Jeera - 1 tsp
- Water - As required
- Salt - As per taste
- Oil - As required
- Clarified Butter / Ghee - As required

Directions

- Wash and soak moong dal for 60 minutes in the water. Then strain it.
- Take spinach, ginger, green chilli, cumin seeds, and a little water in a grinding jar. Grind it for a few seconds.
- Now add soaked moong dal and grind it for a few seconds to prepare its batter.
- Take it out in a mixing bowl. Add salt and mix well.
- Heat the tawa on a medium to low flame. Add a little oil on it and then spread it with an onion slice.
- Pour the batter on the tawa to make the thin dosa. Cook it on a low to medium flame for 2 to 3 minutes. Then add ghee on it.
- Then flip it and cook it from the other side. Once done, fold it and take it out on a serving plate.
- 'Palak Pesarattu' is ready to be served.

Tips

- Moong dal can be soaked for at least 60 minutes in cold water and for 30 minutes in hot water.
- Don't add water while grinding the moong dal.
- Before the dosa is prepared, the tawa should be greased with oil and then rubbed with a potato or onion slice.
- If you want a soft dosa, cover the dosa with a lid while cooking it.
- If you want, you can add onion, cheese, or paneer to the dosa.

Spongy Rasgulla in Cooker

a traditional dessert



By Itishree Kar, A Lovely Mom, From Orissa

SERVINGS: 3 - 4

PREPARATION TIME: 35 MIN

COOKING TIME: 15 MIN

Ingredients

- Milk - 1 litre
- Vinegar - 1 to 2 tbsp
- Semolina / Sooji - 1 tbsp roasted
- Cardamom Powder / Elaichi Powder - 1/2 tsp
- Sugar - 1 Cup
- Water - 3 Cups

Tips

- Lemon juice can be used instead of vinegar.
- The ratio of water to sugar should be 3:1.

Directions

- Heat milk in a pan on a high flame and bring it to a boil. Then add vinegar. Mix well. Then drain off the curdled milk.
- Rinse it with cold water properly. Squeeze it and drain off the water. Tie it in a muslin cloth for 30 minutes.
- Then take it out on a plate. Add roasted sooji and 1/4 tsp of cardamom powder. Mix well. Then mash it for 5 minutes to make a smooth lumps-free mixture.
- Take a small portion of the mixture and give it a small ball shape. Keep it aside.
- Take water and sugar in a pressure cooker. Add 1/4 tsp of cardamom and boil it for 2 to 3 minutes on high flame. Now add the prepared balls.
- Cover the pressure cooker with its lid. Let it cook for 2 whistles on a high flame.
- Then keep the flame low and cook it for 8 to 10 minutes. Now turn off the flame and let it cool down completely.
- Now open it and boil it for 2 to 5 minutes on medium flame. Once done, turn off the flame and take it out in a serving bowl.
- 'Spongy Rasgulla in Cooker' is ready to be served.

Panjiri & Panchamrit

a very popular for poojas and especially for Janmashtami



By Vijay Haldiya,

Founder,

Zayka Ka Tadka

SERVINGS: 6

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR PANJIRI**
- Clarified Butter / Ghee - 2 tbsp
- Almonds / Badam - 12 - 15
- Cashew / Kaju - 12 - 15
- Edible Gum/ Gond - 1/4 Cup
- Fox Nut / Makhaana - 1 Cup
- Dry Coconut / Sukha Narial - 1/2 Cup Pieces
- Dry Whole Coriander Seeds / Sukha Sabut Dhaniya - 1 Cup Ground
- Carom Seeds / Ajwain - 1 Teaspoon Ground
- Dry Coconut - 1/4 Cup Grated
- Jaggery Powder / Gud - 1 Cup
- Candy Sugar / Mishri - 1 tsp
- Basil Leaves / Tulsi ke Patte - 3-4
- **FOR PANCHAMRIT**
- Raw Milk - 1/2 Cup
- Curd / Dahi - 1 tsp
- Honey - 1 tsp
- Gangajal - 1/4 Cup
- Basil Leaves - 3-4
- Candy Sugar / Mishri - 1 tsp

Directions

- **FOR PANJIRI**
- Heat clarified butter in a pan then fry almond, cashew and keep aside. Now fry gond on low flame in the same pan till it become golden brown and take them out using a slotted spoon.
- Roast fox nuts also in same pan and keep aside, add some clarified butter more in the pan and roast dry coconut pieces in it till become golden brown and take out in a plate.
- Now roast ground coriander seeds in clarified butter and add carom seeds add 1 tablespoon clarified butter more in this pan while roasting. Add dry grated coconut in the pan and roast it well.
- Now add fried almond, cashew, fox nut, coconut, gond, coriander seeds, carom seeds in a bowl and mix it well then add jaggery powder, candy sugar and mix it well then add basil leaves.
- **FOR PANCHAMRIT**
- Take a bowl add milk, curd, honey, gangajal basil leaves, candy sugar and mix it well.
- Panjiri & Panchamrit is ready to serve god.

Tips

- Crush Gond before frying if it is in big size.
- Use dry fruits as per your choice.
- You can use powdered sugar also instead of jaggery powder.
- You can add dry fruits in PANCHAMRIT if you want.

Green Tomato Curry

a famous curry of Tamil cuisine



By Radha Veeramani, A Lovely Mom, From Karnataka

SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 30 MIN

Ingredients

- Raw Green Tomato / Hare Kachhe Tamatar - 3 Chopped
- Red Tomato / Lal Tamatar - 1 Chopped
- Water - As required
- Salt - As per taste
- Turmeric Powder / Haldi Powder - As required
- Green Chilli / Hari Mirchi - 1 to 2 Chopped
- Pigeon Peas/ Arhar/ Toor Dal - 1/4 Cup
- Sambar Powder - 1 tbsp
- Oil - 2 tsp
- White Gram / Urad Dal - 1 tsp
- Dry Red Chilli / Sukhi Lal Mirch - 2
- Asafoetida / Hing - A pinch
- Curry Leaves / Curry Patta - A few
- Fresh Coconut / Nariyal - 2 tsp grated
- Clarified Butter / Ghee - 1 tsp
- Coriander Leaves / Hara Dhaniya - For garnishing

Directions

- Wash toor dal. Then transfer it to the pressure cooker. Add 1/2 tsp of turmeric powder and mix well.
- Cover it with its lid. Cook it till 2 to 3 whistles on high flame. Once done, turn off the flame. Let it cool down completely. Keep it aside.
- Boil water in a soapstone vessel. Add raw tomato, red tomato, salt, 1/2 tsp of turmeric powder, and green chilli. Mix well.
- Cover the pan with a lid and cook it for 20 to 25 minutes on low flame till the tomatoes become soft. Stir it occasionally.
- Then add the cooked toor dal and sambar powder. Mix well. Boil it for 2 to 3 minutes on low flame. Keep stirring occasionally.
- Meanwhile, heat oil in a pan. Add urad dal, dry red chilli by breaking them into 2 pieces, asafoetida, curry leaves, and fresh coconut. Mix well.
- Then add ghee and mix well. Saute it for a few seconds on low flame till the fresh coconut becomes light golden brown.
- Transfer the prepared coconut mixture to the soapstone vessel. Mix well.
- Once done, turn off the flame and garnish it with coriander leaves. Take it out to a serving bowl.
- 'Green Tomato Curry' is ready to be served.

Tips

- The ratio of green tomato to red tomato should be 3:1.
- It is recommended to use red tomatoes which are less sour.
- Water should be added as required while cooking the raw tomato.

Italian Pizza Shots

an easy and tasty quick bite snack



By Rinku Lakhani, A Lovely Mom, From Rajkot

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

Ingredients

- Clarified Butter / Ghee - 2 tbsp
- Oats Powder - 1/2 Cup
- Milk / Doodh - 1 Cup
- Salt - As per taste
- Capsicum / Shimla Mirch - 1
Finely hopped
- Carrot / Gajar - 1 Finely
chopped
- Onion / Pyaz - 1 Finely
chopped
- Corn Kernels - 1/2 Cup
Boiled
- Black Pepper Powder / Kali
Mirch Powder - 1/2 tsp
- Red Chilli Flakes - 1/2 tsp
- Oregano - 1/2 tsp
- Pizza Sauce - 2 tbsp
- Grated Cheese - As required
- Readymade Pani Puri - As
required

Directions

- Heat ghee in a pan. Add oats powder. Mix well and saute it on low flame for a while.
- Then add milk in it and mix well. Now add salt, black pepper powder, oregano and red chilli flakes. Mix well. Take a boil and turn off the flame. Keep the white sauce aside and let it cool.
- Take a mixing bowl. Add capsicum, onion, carrot, corn kernels and pizza sauce. Mix well.
- Now take a pani puri and fill it with prepared veggies mixture. Pour prepared white sauce. Garnish it with grated cheese. Likewise prepare all pizza shots.
- 'Italian Pizza Shots' is ready to be served.

Tips

- Add veggies as per choice and availability.
- You can use butter instead of ghee.
- Add more milk to make the white sauce in a flowing consistency.

Instant Murmura Barfi

a quick dessert option



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 7 - 8

PREPARATION TIME: 15 MIN

COOKING TIME: 10 MIN

Ingredients

- Puffed Rice / Murmura - 2 Cups
- Dessicated Coconut Powder / Nariyal ka Burada - 2 tbsp
- Milk Powder - 3 tbsp
- Almond-Cashew Powder / Badam-Kaju Powder - 3 to 4 tbsp
- Cardamom Powder / Elaichi Powder - 1/2 tsp
- Powdered Sugar - 1/2 Cup
- Clarified Butter / Ghee - 2 tsp + as required
- Milk - As required
- Pistachios Flakes - For garnishing

Tips

- The ratio of murmure to powdered sugar should be 2:1.
- You can adjust the sweetness as per taste.
- Homemade malai can be added to the barfi mixture.
- You can adjust the thickness of barfi as per choice.
- Dry fruits can be added as per choice and availability.
- You can set the barfi in the refrigerator for 5 to 10 minutes.

Directions

- Roast murmure for 4 to 5 minutes on a medium flame. Stir it continuously.
- Then transfer it to a grinding jar. Grind it for a few seconds. Now sieve it.
- Take it out in a mixing bowl. Add dessicated coconut powder, milk powder, almond-cashew powder, cardamom powder, and powdered sugar. Mix well.
- Now add 2 tbsp of ghee and mix well. Add milk gradually to prepare a medium soft dough mixture. Add little ghee and mix it well.
- Further, take a deep plate. Place the butter paper on it and grease it with the ghee. Spread pistachio on it. Transfer the barfi mixture to the plate. Equally spread it using a greased flat spatula.
- Let it set for 10 to 15 minutes at room temperature then flip it and take it out from the plate. Remove butter paper. Cut it into the desired shape and transfer it to a serving plate.
- 'Instant Murmura Barfi' is ready to be served.

Farali Pattice

a fasting special dish



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 2

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PATTICE**
- Boiled Potato / Uble Hue Aloo - 2
Peeled and mashed
- Salt - As per taste
- Corn Flour / Arrowroot Flour - 2
tbsp + As required
- Oil - For frying
- **FOR PREPARING STUFFING**
- Roasted Peanuts / Mungfali - 1
Cup ground
- Fresh Coconut / Nariyal - 1 Cup
Grated
- Coriander Leaves / Hara Dhaniya
- A handful
- Roasted Cashew / Kaju - 6 to 7
Chopped
- Raisins / Kishmish - 1 tbsp
- Salt - As per taste
- Powdered Sugar - 1 tsp
- Green Chilli Paste / Hari Mirchi
Paste - 1/2 tsp
- Lemon Juice / Nimbu Ka Ras - 1
tsp

Directions

- **FOR PREPARING STUFFING**
- Take crushed peanuts in a mixing bowl. Add fresh coconut, coriander leaves, cashews, raisin, salt, powdered sugar, green chilli paste, and lemon juice. Mix well.
- **FOR PATTICE**
- Take boiled potato in a mixing bowl. Add salt and 1 tbsp of corn flour / arrowroot flour. Mix well.
- Take a part of the dough mixture and flatten it between your palms. Dust it with some arrowroot flour. Make a small dent in the middle and add some stuffing in it and seal the ends to give it the shape of a ball. Dust it with some arrowroot flour again. Likewise, prepare all pattice.
- Meanwhile, heat oil in a pan. the prepared pattice into the hot oil. Then, deep fry it on a medium flame for 4 to 5 minutes until it becomes golden brown.
- Once done, take it out on a serving plate.
- 'Farali Pattice' is ready to be served.

Tips

- Desiccated coconut powder can be added instead of fresh coconut.
- You can add arrowroot flour for fasting or add corn flour.

Masala Oats Stuffed Cheela

a quick and easy protein-rich dish



By Pallavi Shukla, A Lovely Mom, From Rajasthan

SERVINGS: 1 - 2

PREPARATION TIME: 485 MIN

COOKING TIME: 10 MIN

Ingredients

- Yellow Lentils / Moong Dal - 1 Cup
- Water - As required
- Cumin Seeds / Jeera - 1/2 tsp
- Garlic / Lahsun - 2 Cloves
- Green Chilli / Hari Mirch - 2
- Ginger / Adrak - 1/2 to 1 Inch chopped
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Salt - As per taste
- Clarified Butter / Ghee - 2 tsp
- Oil - As required
- Onion / Pyaz - 1 Finely chopped (optional)
- Masala Oats - 1/2 Cup
- Homemade Chhena - As required

Directions

- Soak moong dal overnight in the water. Then strain the water. Transfer it to a grinding jar. Add cumin seeds, garlic, green chilli, ginger, coriander leaves, and salt.
- Grind it for a few seconds to prepare its medium thick batter. Add water to adjust the consistency of the batter.
- Meanwhile, Heat ghee in a pan. Add onion and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add masala oats and mix well. Add a little water and mix well. Cook it for 1 to 2 minutes on medium flame till it becomes thick. Once done, turn off the flame and keep it aside.
- Heat the tawa on a medium to low flame. Add a little oil on it and then spread it with an onion slice. Then wipe it with a clean kitchen towel.
- Pour the batter on the tawa to make a chilla. Cook it on a low to medium flame for 2 to 3 minutes. Then add ghee on it.
- Then flip it and cook it from the other side. Once done, turn off the flame and spread the prepared oats mixture on half part of it.
- Now add chena on it. Garnish it with coriander leaves and fold it. Take it out on a serving plate.
- 'Masala Oats Stuffed Cheela' is ready to be served.

Tips

- Before the dosa is prepared, the tawa should be greased with oil and then rubbed with an onion and wipe it.
- You can soak the moong dal for 2 hours in the hot water.
- If you want, you can add simple oats and spices instead of masala oats.
- You can spread green chutney as well in the chilla.

Vrat Wali Aloo Ki Chaat

a quick fasting meal option



By Shveta Sheth,

A Lovely Mom,

From Mumbai

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- Coriander Leaves / Hara Dhaniya - A handful +
For garnishing
- Rock Salt / Sendha Namak - As per taste
- Green Chilli / Hari Mirch - 1 Chopped + 1 Finely chopped
- Peanuts / Mungfali - 1 tbsp
- Curd / dahi - 2 tsp +
Whisked as required
- Boiled Potato / Uble Huye Aloo - 2 Peeled and chopped
- Roasted Peanuts / Mungfali - As required
- Pomegranate / Anar -
For garnishing
(Optional)

Directions

- Take coriander leaves, rock salt, green chilli, peanuts, and 2 tsp of curd in a grinding jar. Grind it for a few seconds to prepare its chutney. Take it out in a bowl. Keep it aside.
- Take boiled potato in a serving plate. Sprinkle rock salt on it. Then add whisked curd on it.
- Now add finely chopped green chilli, roasted peanuts, and the prepared green chutney.
- Garnish it with pomegranate and coriander leaves.
- 'Vrat Wali Aloo Ki Chaat' is ready to be served.

Tips

- If needed you can add water while grinding the green chutney.

Sabudana Thalipeeth

a tasty fasting special dish



By Usha Thakre, A Lovely Mom, From Nashik

SERVINGS: 2

PREPARATION TIME: 245 MIN

COOKING TIME: 5 MIN

Ingredients

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

Tips

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

Directions

- Wash and soak the sabudana in the water for 4 hours. Take it out in a strainer and drain the water completely.
- Take boiled potato in a mixing bowl. Add soaked sabudana, roasted peanuts powder, rock salt, coriander leaves, ginger-green chilli paste, and 2 tsp of rajgira flour. Mix well. Knead it well.
- Now take the cotton cloth on a rolling board. Add some drops of water on it to make it wet cloth. Take a small ball-sized dough on it and spread it on the wet cloth using your wet fingers to prepare the thalipeeth. Make 5 to 6 holes in between of it.
- Meanwhile, heat a pan and take a wet cloth with thalipeeth on your palm. Flip it on the pan and remove the cotton cloth from it.
- Pour some drops of oil on it and cook it for 2 to 3 minutes on medium flame.
- Then flip it carefully and add a few drops of oil. Roast it on medium flame for 1 to 2 minutes.
- Once done, turn off the flame and take it out on a serving plate.
- 'Sabudana Thalipeeth' is ready to be served.

Instant Moong Dal Vadi Ki Sabji

a sour and spicy side dish



By Renu Maheshwari, A Lovely Mom, From Mathura

SERVINGS: 3 - 4

PREPARATION TIME: 485 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR PREPARING INSTANT MOONG DAL VADI**
- Yellow Lentils / Moong Dal - 1 Cup
- Green Lentils / Hari Moong Dal - 1 Cup
- Water - As required
- Ginger / Adrak - 1 Inch chopped
- Green Chilli / Hari Mirch - 3
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Asafoetida / Hing - A pinch
- Oil - For frying
- **FOR PREPARING INSTANT MOONG DAL VADI KI SABJI**
- Raw Mango / Kaccha Aam - 1 Cup peeled and chopped
- Water - As required
- Oil - 2 to 3 tbsp
- Bay Leaf / Tej Patta - 1
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Black Cardamom / Badi Elaichi - 1 Opened up
- Cloves / Laung - 2 to 3
- Ginger-Green Chilli Paste / Adrak-Hari Mirch Paste - 1 tsp
- Asafoetida / Hing - A pinch
- Cumin Seeds / Jeera - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Dry Fenugreek Seeds / Dana Methi - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Coriander Powder / Dhaniya Powder - 1 tsp
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- All Spice Mix Powder / Garam Masala - 1/2 tsp

Directions

- **FOR PREPARING INSTANT MOONG DAL VADI**
- Soak both moong dal in the water overnight. Then strain the water. Transfer it to a grinding jar.
- Add ginger and green chilli. Grind it for a few seconds to prepare its medium thick batter.
- Take it out in a mixing bowl. Add salt, red chilli powder, and asafoetida. Mix well.
- Meanwhile, heat oil in a pan. Take a small, ball-sized moong dal mixture and drop it into the hot oil.
- Deep fry them on medium flame until crispy and light golden brown, and take them out to a plate using a slotted spoon. Keep it aside.
- **FOR PREPARING INSTANT MOONG DAL VADI KI SABJI**
- Take 1/2 glass of water in a pressure cooker. Add a raw mango. Then cover the pressure cooker with its lid. Cook it on a high flame till 2 whistles. Then turn off the flame. Let it cool down.
- Take out the cooked mango and prepare its pulp in a grinding jar. Take it out in a bowl. Add 1 Cup of water. Mix well. Keep it aside.
- Heat oil in a pan. Add bay leaf, dry red chilli, black cardamom, cloves, ginger-green chilli paste, asafoetida, cumin seeds, mustard seeds, dry fenugreek seeds, red chilli powder, and the prepared mango mixture. Mix well.
- Add a little water and bring it to a boil. Keep stirring occasionally.
- Then add turmeric powder, salt, and coriander powder. Mix well. Now add the prepared moong dal vadi and mix well.
- Add dry fenugreek leaves by rubbing between your palms, coriander leaves, and garam masala. Mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Instant Moong Dal Vadi Ki Sabji' is ready to be served.

Tips

- Onion can be added to the moong dal batter.
- Spices can be added as per choice.

Kaju Katli Modak Without Fire

a Ganesh chaturthi special wonderful dessert



By Shveta Sheth, A Lovely Mom, From Mumbai

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- Cashew / Kaju - 1 Cup
- Pistachio / Pista - As required sliced
- Powdered Sugar / Pisi Hui Chini - 1/4 Cup
- Milk - As required
- Clarified Butter / Ghee - As required
- Kesar Water - For garnishing

Directions

- Grind the cashews in pulse mode to make a fine powder.
- Take ground cashew powder in a deep plate. Add powdered sugar and pistachio. Mix well.
- Add milk gradually to prepare a medium soft dough mixture.
- Grease the modak mould with ghee then fill it with modak mixture. Remove excess mixture and de-mould it and keep it on a serving plate. Garnish it with kesar water.
- 'Kaju Katli Modak Without Fire' is ready to offer Lord Ganesha.

Tips

- The cashews should be ground in pulse mode.
- The ratio of ground cashew powder to powdered sugar should be 4:1.
- Sweetness can be adjusted as per taste.
- The milk should be added gradually in drops.
- If you do not have modak mould then you can make the modak with your hands. Take a ball size of the mixture. Shape it like modak then make lines on the modak using a fork.

Mini Dabeli Sliders Without Onion Garlic

a popular street food of India



By Ani Setia, A Lovely Mom, From Rajasthan

SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- **FOR PREPARING DABELI MASALA**
- Bay Leaf / Tej Patta - 6 to 7
- Dry Coriander Seeds / Sabut Dhaniya - 6 tbsp
- Fennel Seeds / Saunf - 2 to 3 tbsp
- Sesame Seeds / Till - 2 to 3 tbsp
- Cumin Seeds / Jeera - 2 tbsp
- Black Peppercorns / Kali Mirch - 1 tbsp
- Cloves / Laung - 1 tbsp
- Cinnamon Stick / Dalchini - 2 to 3 Sticks
- Black Cardamom / Badi Elaichi - 3 to 4
- Star Anise / Chakra Phool - 3
- Sichuan Pepper / Tephal - 1 tsp
- Desiccated Coconut Powder / Nariyal Ka Burada - 1/2 Cup
- Red Chilli Powder / Lal Mirch Powder - 1 Cup
- Dry Mango Powder / Amchur Powder - 2 to 3 tbsp
- Desi Khand - 1/2 Cup
- Black Salt / Kala Namak - As per taste

Ingredients

- **FOR PREPARING STUFFING**
- Oil - 2 tbsp
- Sweet Chutney / Meethi Chutney - 1/4 Cup
- Salt - As per taste
- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Roasted Peanuts / Moongfali - 1/4 Cup crushed + For garnishing
- Pomegranate Seeds / Anardana - For garnishing
- **OTHER INGREDIENTS**
- Mini Bun - 4
- Green Chutney / Hari Chutney - As required
- Sweet Chutney / Meethi Chutney - As required (optional)
- Clarified Butter / Ghee - As required
- Nylon Sev - For garnishing
- Pomegranate Seeds / Anardana - For garnishing

Mini Dabeli Sliders Without Onion Garlic

Directions

- **FOR PREPARING DABELI MASALA**
- Dry roast bay leaf, dry coriander seeds, fennel seeds, sesame seeds, cumin seeds, black peppercorns, cloves, cinnamon stick, black cardamom, star anise, and sichuan pepper on low flame for about 2 minutes and becomes aromatic. Turn off the flame.
- Now add desiccated coconut powder and mix well. Let it cool down.
- Transfer it to a grinding jar. Add red chilli powder, dry mango powder, desi khand, and black salt. Grind it for a few seconds to prepare its powder.
- Once done, take it out in an airtight container.
- **FOR PREPARING STUFFING**
- Heat oil in a pan. Add 1/2 Cup of the prepared dabeli masala. Mix well.
- Now add sweet chutney and boiled potato. Mix well. Add salt, coriander leaves, and roasted peanuts. Mix well. Let it cool down.
- Take it out in a bowl. Garnish it with pomegranate, coriander leaves, and roasted peanuts.
- **FOR PREPARING MINI DABELI**
- Make a cut from between the bun and spread sweet chutney on one side and the green chutney on the other side.
- Stuff the stuffing in the bun evenly and press it gently. Likewise, prepare all dabeli
- Meanwhile, heat a tawa and place the dabeli on it. Add ghee on it. Roast them well from both sides. Flip on the other side to cook the other side as well.
- Once done, take it out on a plate and coat its sides with nylon sev and pomegranate.
- 'Mini Dabeli Sliders Without Onion Garlic' is ready to be served.

Tips

- You can add long pepper(Pipli) instead of sichuan pepper(tephal).
- You can store the dabeli masala in an airtight container for 2 to 3 weeks.
- Dry roast the spices till they become aromatic.
- If you want, you can add grated cheese as well to the stuffing.
- Don't over roast the dabeli.

Farali French Fries

a crispy and spicy snack



By Manju Saraf, A Lovely Mom, From Gurgaon

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Potato / Aloo - 1 Big sized
- Water - As required
- Buckwheat Flour / Kuttu Ka Aata - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp (optional)
- Rock Salt / Sendha Namak - As per taste
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1/2 tsp
- Clarified Butter / Ghee - As required for frying

Tips

- The chopped potato chips should be kept in the water otherwise, it will turn black.
- You can fry french fries in oil instead of ghee.
- Ghee will take a little more time to fry instead of oil.

Directions

- Wash and peel the potato. Then cut the potato into thick sticks shape. Keep into water.
- Now strain it and transfer it to a bowl. Add buckwheat flour, red chilli powder, rock salt, and ginger-green chilli paste. Mix well.
- Add a few drops of water and mix well.
- Meanwhile, heat ghee in a pan for frying on high flame. Place the prepared potato sticks into the hot ghee.
- Fry them on a low to medium flame for 3 to 4 minutes until they become crispy and golden brown.
- Once done. Take it out on a serving plate.
- 'Farali French Fries' is ready to be served.



ENJOY!

FOR QUERIES AND SUGGESTIONS PLEASE SEND
US AN EMAIL TO
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