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# Zayka Ka Tadka

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September - 2025

Unedited live  
recipes



जो दिखता है !  
वही बनता है !

Issue : 61



Zayka  
Ka  
Tadka



Live from the kitchens of moms of india





## THE SUPER CHEF MOMS OF INDIA





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# FRUIT CUSTARD WITHOUT CUSTARD POWDER

A chilled dessert ideal for fasting

By Vijay Haldiya      Founder      Zayka Ka Tadka



SERVINGS: 2 - 3

PREPARATION TIME: 40 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Foxnuts / Makhana - 1 Cup
- Cashew / Kaju - 8 to 10
- Almonds / Badam - 8 to 10
- Raisins / Kishmish - 8 to 10
- Saffron / Kesar - 8 to 10 Strands
- Milk - As required
- Rock Sugar / Mishri - 2 tbsp
- Cardamom Powder / Elaichi Powder - 1/4 tsp
- Apple / Seb - 1 Cup chopped
- Mango / Aam - 1 Peeled and chopped
- Grapes / Angoor - 1 Cup halved
- Pomegranate Seeds / Anar Ke Dane - 1 Cup
- Pistachios Flakes - For garnishing

## DIRECTIONS

- Take foxnuts, cashews, almonds, raisins, and saffron in a mixing bowl. Add milk until all ingredients are completely submerged in it. Let it soak for 30 minutes.
- Then transfer it to a grinding jar. Add mishri and cardamom powder. Grind it for a few seconds.
- Now take apple, mango, grapes, pomegranate, and the prepared makhana mixture in a serving bowl. Mix well.
- Once done, garnish it with pistachios. Keep it in the refrigerator and serve it chilled.
- 'Fruit Custard Without Custard Powder' is ready to be served.

## TIPS

- Desi khand or sugar can be added instead of mishri.



# UTTAPAM PANEER PIZZA

a healthy and quick dish

By Pallavi Shukla

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Dosa Batter - As required
- Groundnut Oil / Mungfali Ka Tel - As required
- Pizza Sauce - As required
- Capsicum / Shimla Mirch - 1/2 finely chopped
- Onion / Pyaz - 1/2 Finely chopped
- Carrot / Gajar - 1/2 Finely chopped
- Cottage cheese / Paneer - 1/4 Cup diced
- Black Pepper Powder / Kali Mirch Powder - As required
- Salt - As per taste
- Cheese - As required
- Oregano - As required
- Red Chilli Flakes - As required

## DIRECTIONS

- Heat a tawa on medium flame. Grease it with oil. Then rub with a potato slice and wipe it.
- Pour the dosa batter to make a medium sized pancake. Cover the tawa with a lid and let it cook for 1 to 2 minutes on a low flame.
- Add some drops of oil to it. When cooked from one side, flip it.
- Now apply pizza sauce on it. Now spread capsicum, onion, and carrot on it.
- Then arrange paneer pieces on it. Sprinkle black pepper powder and salt. Grate cheese on it. Now again sprinkle black pepper powder on it.
- Cover the tawa with a lid and let it cook for 1 to 2 minutes on a low flame. Then sprinkle oregano and red chilli flakes on it.
- Once done, turn off the flame and take it out on a serving plate.
- 'Uttapam Paneer Pizza' is ready to be served.

## TIPS

- Before the uttapam is prepared, the tawa should be greased with oil and then rubbed with a potato slice or onion slice and wipe it.
- Vegetables can be added as per choice.
- Tomato ketchup can be used instead of pizza sauce.
- Sooji and curd mixture can be used instead of dosa batter.

[WATCH THE VIDEO RECIPE](#)

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# SHENGOLE

a traditional dish of Maharashtra

By Smita Srikanth

From Karnataka



SERVINGS: 2 - 3

PREPARATION TIME: 10 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

- Gram Flour / Besan - 1 & 1/2 tbsp
- Sorghum Flour / Jowar Ka Aata - 2 tbsp
- Whole Wheat Flour / Gehu Ka Aata - 1 tbsp
- Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - As required
- Asafoetida / Hing - As required
- Salt - As per taste
- Carom Seeds / Ajwain - 1/2 tsp
- Sesame Seeds / Til - 1 tsp
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Water - As required
- Oil - 1 tbsp + For greasing
- Mustard Seeds / Rai - 1/4 tsp
- Cumin Seeds / Jeera - 1/4 tsp + 1 tbsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Dry Coconut / Sukha Nariyal - 1/4 Cup sliced

## DIRECTIONS

- Take jowar ka aata in a mixing bowl. Add besan, whole wheat flour, cumin seeds powder, 1 tsp of red chilli powder, a pinch of asafoetida, salt, carom seeds, sesame seeds, and coriander leaves. Mix well.
- Add water gradually to prepare medium soft dough. Let it rest for 10 minutes.
- Then grease your palms with oil. Take a small marble sized part of the prepared dough and prepare a long shaped piece and make an oval shape as shown in the video. Likewise prepare all shengole. Keep it aside.
- Take dry coconut, 1 tsp of cumin seeds, and a handful of coriander leaves 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, a pinch of asafoetida, turmeric powder, and 2 to 3 Cups of water. Boil it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Add 1 to 2 tbsp of the prepared coconut paste, salt, and 1/2 tsp of red chilli powder. Mix well. Bring it to a boil.
- Add the prepared shengole to the pan. The shengole should be put in the pan for boiling only after the mixture boils, otherwise they may stick.
- Cover the pan with a lid and cook it for 15 to 20 minutes till the shengole becomes fluffy and cooked well. Keep stirring occasionally.
- Once done, turn off the flame and take it out in a serving bowl. Garnish it with coriander leaves.
- 'Shengole' is ready to be served.

## TIPS

- The shengole should be put in the pan only after the mixture boils, otherwise they may stick.
- Whole wheat flour is optional.
- The shengole should be prepared thin for better taste and cook it fast.
- Sattu ka aata can be added to the shengole dough.



# PEANUT CHAAT

a delicious fasting special dish

By Manju Saraf

From Gurgaon



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

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

## DIRECTIONS

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

## TIPS

- You can add ingredients as per  
your choice.
- Roasted cumin seeds powder can  
be added to the chaat.

# PAPAD KI SABJI

a delicious and healthy dish

By Renu Maheshwari From Mathura



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Oil - 2 tbsp
- Asafoetida / Hing - A pinch
- Cumin Seeds / Jeera - 1/2 tsp
- Curd / Dahi - 1/2 Cup
- Gram Flour / Besan - 1/2 tsp
- Water - As required
- Mustard Seeds / Rai - 1/2 tsp
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Ginger / Adrak - 1 Inch grated
- Red Chilli Powder / Lal Mirchi Powder - 1 tsp
- Roasted Papad - 2 Cut into small pieces
- Coriander Leaves / Hara Dhaniya - For garnishing
- Salt - As per taste

## DIRECTIONS

- Take curd in a mixing bowl. Add besan and mix well. Add a little water and mix well.
- Heat oil in a pan. Add asafoetida, cumin seeds, mustard seeds, green chilli, and ginger. Mix well and saute it for a few seconds on medium flame.
- Then add red chilli powder and the prepared curd mixture. Mix well. Bring it to a boil. Keep stirring continuously.
- Now add papad pieces and a little salt. Mix well.
- Once done, turn off the flame and garnish it with coriander leaves. Take it out in a serving bowl.
- 'Papad Ki Sabji' is ready to be served.

## TIPS

- Besan Should be added to the curd so, the curd will not curdle.
- Add salt carefully as papad is also salty.



# URAD DAL VADA

a popular South Indian dish

By Archana Chakravarthy From Karnataka



SERVINGS: 2

PREPARATION TIME: 65 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Black Gram / Urad Dal - 1 Cup
- Water - As required
- Green Chilli / Hari Mirchi - 1 Chopped
- Ginger / Adrak - 1 Inch chopped
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Salt - As per taste
- Oil - For frying

## DIRECTIONS

- Wash and soak urad dal for 60 minutes. Then drain the water completely.
- Take green chilli, ginger, and cumin seeds in a grinding jar. Grind it for a few seconds to prepare its paste.
- Grind soaked urad dal without water. If it needs water, add some drops of water gradually. Prepare thick consistency batter. Transfer it in a bowl. Whisk it well to make soft and fluffy vada.
- Add the prepared ginger-green chilli-cumin seeds mixture, asafoetida, and salt. Mix well. Whisk it well to make soft and fluffy vada.
- Meanwhile, heat oil for frying. Take a small portion of batter with a wet hand and spread it. Then make a small hole in the center and place it in the heated oil.
- Fry them from both the sides on medium flame for 2 to 3 minutes. Then take it out on a serving plate.
- 'Urad Dal Vada' is ready to be served.

## TIPS

- You can use white or whole black urad dal also to prepare this vada.
- Grind soaked urad dal without water. If it needs water, add some drops of water gradually.
- Prepare thick consistency batter.
- Whisk the batter well so the vada will not soak the oil and become fluffy.
- Oil should be hot enough while adding the vada to it, otherwise the vada will soak oil.
- Fry the vada on medium flame.
- Black pepper powder can be added instead of green chilli.
- Finely chopped onion, curry leaves, and fresh ground coconut can be added to the batter.
- The batter should be used for 1 day only otherwise the vada will soak oil.
- You can also prepare thin flattened vada also without holes.



# SOOJI PANEER PANCAKES

healthy and tasty breakfast

By Shveta Sheth

From Mumbai



SERVINGS: 1 - 2

PREPARATION TIME: 15 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Semolina / Sooji / Rava - 1 Cup
- Curd / Dahi - 1 Cup
- Cottage Cheese / Paneer - 3 to 4 Pieces
- Green Chilli / Hari Mirch - 1 to 2 Finely chopped
- Ginger / Adrak - 1 Inch chopped
- Water - As required
- Onion / Pyaz - 1 Finely chopped
- Carrot / Gajar - 1 Grated
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Coriander leaves / Hara Dhaniya - A handful
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Mixed Herbs - 1/2 tsp + As required
- Red Chilli Flakes - 1/2 tsp + As required
- Salt - As per taste
- Fruit Salt - A pinch
- Clarified Butter / Ghee - As required

## DIRECTIONS

- Take semolina, curd, paneer, green chilli, and ginger in a grinding jar. Grind it for a few seconds to prepare a medium thick batter.
- Once done, take it out in a mixing bowl and let it rest for 5 to 10 minutes.
- Then add onion, carrot, capsicum, coriander leaves, black pepper powder, mixed herbs, red chilli flakes, and salt. Mix well.
- Add a little water and fruit salt. Mix well.
- Meanwhile, Heat a tawa. Grease it with ghee. Pour the batter on the tawa and spread it like a small pancake. Add a few drops of ghee. Cook it on a low flame for 2 to 3 minutes.
- Then flip it and cook it by adding ghee from another side as well. Add mixed herbs, and red chilli flakes on it. Once cooked, take it out on the serving plate.
- 'Sooji Paneer Pancakes' are ready to be served.

## TIPS

- Water should be added gradually to the batter to make medium thick.



# BHAAT NA BHAJIYA

a crispy and spicy monsoon special snack  
By Shraddha Thakrar From Gujarat



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Cooked Rice / Pake Huye Chawal - 1 Cup
- Gram Flour / Besan - 1/2 Cup
- Rice Flour / Chawal Ka Aata - 1 tbsp
- Onion / Pyaz - 1 Finely chopped
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Coriander Leaves - A handful
- Garlic Paste / Lahsun Paste - 1/2 tsp
- Ginger Paste / Adrak Paste - 1/2 tsp
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Asafoetida / Hing - 1/4 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Water - As required
- Oil - For frying

## DIRECTIONS

- Take cooked rice in a mixing bowl. Add besan, rice flour, onion, and capsicum. Mix well with your hands and let it rest for 10 minutes.
- Then add coriander leaves, ginger paste, garlic paste, green chilli, turmeric powder, red chilli powder, salt, all spice mix powder, coriander powder, cumin seeds powder, asafoetida, and carom seeds by rubbing between your palms. Mix well.
- If required, add a few drops of water to make a thick consistency batter.
- Meanwhile, heat oil in a pan for frying. Add 1 tsp of hot oil to the batter. Mix well. Take a small, ball-sized pakoda mixture and drop it into the hot oil.
- The pakoda should be flipped after 1 to 2 minutes, when the bubbles of oil reduces.
- Deep fry them on medium flame until crispy and light golden brown, and take them out to a serving plate using a slotted spoon.
- 'Bhaat Na Bhajiya' is ready to be served.

## TIPS

- Fresh or leftover rice can be used to prepare this pakoda.
- The ratio of cooked rice to besan should be 2:1.
- Add rice flour to make the pakoda crispy.
- The pakoda should be flipped after 1 to 2 minutes, when the bubbles of oil reduce.



# DHABA STYLE MIX VEG SABZI

a creamy and spicy curry

By Neeta Sharma

From Rajasthan



SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 7 MIN

## INGREDIENTS

- Oil - As required
- Capsicum / Shimla Mirch - 1/2 Diced
- Beans - 1 Cup Chopped
- Carrot / Gajar - 1 Chopped
- Tomato / Tamatar - 1 Chopped
- Melon Seeds / Magaj Ke Beej - 2 tbsp
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Ginger / Adrak - 1 Inch chopped
- Cottage Cheese / Paneer - As required
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Water - As required
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Green Peas / Hare Matar - 1/2 Cup
- Homemade Malai / Fresh Cream - 2 tbsp
- Coriander Leaves / Hara Dhaniya - A handful

## DIRECTIONS

- Heat 2 tbsp of oil in a pan. Add capsicum, beans, and carrot. Mix well.
- 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 keep it aside.
- Take tomato, melon seeds, ginger, green chilli, 2 to 3 small pieces of paneer, red chilli powder, salt, turmeric powder, and a little water in a grinding jar. Grind it for a few seconds by adding water to prepare its puree. Keep it aside.
- Heat 2 tbsp of oil in a pan. Add cumin seeds and the prepared puree. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Then add dry fenugreek leaves by rubbing between your palms and salt. Mix well.
- Now add green peas and 1/2 Cup of small pieces of paneer. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Stir it occasionally.
- Further, add homemade malai and coriander leaves. Mix well.
- Once done. turn off the flame and take it out in a serving bowl.
- 'Dhaba Style Mix Veg Sabzi' is ready to be served.

## TIPS

- Cashews can be used instead of melon seeds.
- Spiciness can be adjusted as per taste.
- If you want, first you can prepare matar paneer sabji then add the sauteed veggies to the pan and make mix veg sabzi.



# CHOCOLATE PAAN

a popular mouth freshener of India

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 4 - 5

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- Betel (Paan) Leaves - 4 to 5 Big leaves
- Gulkand - As required
- Mukhwas Mixture (Saunf-Dhaniya Dal / Roasted Split Coriander Seeds Mixture) - As required
- Chocolate Chips - As required
- Tutti frutti - As required + For garnishing
- Clove / Laung - 4 to 5

## DIRECTIONS

- Wash the betel leaves and cut its stem. Now keep its textured side up.
- Add 1/2 tsp of gulkand, mukhwas mixture, chocolate chips, and tutti frutti.
- Now fold its left and right part. Then fold its upper side and flip it. Secure it with a clove. Likewise prepare all paan.
- Take it out to a serving plate and garnish it with tutti frutti.
- 'Chocolate Paan' is ready to be served.

## TIPS

- Any type of gulkand & mukhwas mixture can be used.



# INDRAHAR

a heirloom dish of Madhya Pradesh

By Nirmala Tripathi

From Madhya Pradesh



SERVINGS: 1 - 2

PREPARATION TIME: 490 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Bengal Gram / Chana Dal - 2 Cups
- Red Lentil / Masoor Dal - 1 Cup
- White Gram / Urad Dal - 1 Cup
- Water - As required
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Green Chilli / Hari Mirchi - 2 to 3 Finely chopped
- Garlic / Lahsun - 3 to 4 Cloves crushed
- Ginger / Adrak - 1 Inch grated
- Salt - As per taste
- Asafoetida / Hing - A pinch
- Mustard Oil / Sarso Ka Tel - For greasing + For frying

## DIRECTIONS

- Wash and soak chana dal, masoor dal, and urad dal in the water overnight. Then strain them.
- Take them into a grinding jar. Add a little water and grind it to prepare a thick consistency batter.
- Take it out in a mixing bowl. Add all spice mix powder, turmeric powder, green chilli, garlic, ginger, salt, and asafoetida. Whisk it well with your hands.
- Meanwhile, boil water in a steamer. Transfer the batter to a greased plate.
- Steam it on a high flame for 1 to 2 minutes. Then keep the flame low and steam it for 5 to 6 minutes.
- Now take it out from the steamer. Keep it aside and let it cool down. Cut it into a small square shape.
- Heat mustard oil for frying on medium flame. Now put the indrahar carefully in the oil and fry them on a medium flame for 2 to 3 minutes. Flip it using a slotted spoon.
- Deep fry them until they become golden brown from all sides. Once done. Take them out to a serving plate.
- 'Indrahar' is ready to be served.

## TIPS

- The batter should be thick consistency.
- Whisk the batter with your hands to make fluffy indrahar.
- The indrahar should be medium thick.
- The lid should be closed well to steam the indrahar well.
- If you want, you can consume the indrahar without frying.



# INSTANT COCONUT BARFI

a quick dessert option for festivals

By Shveta Sheth

From Mumbai



SERVINGS: 4 - 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Milk - 1 Cup
- Milk Powder - 2 Cups
- Sugar - 1/2 Cup
- Clarified Butter / Ghee - 1 tbsp + As required
- Dessicated Coconut Powder / Nariyal Ka Burada - 2 Cups
- Cardamom Powder / Elaichi Powder - 1/4 tsp
- Pistachios Flakes - For garnishing

## DIRECTIONS

- Take milk, milk powder, & sugar in a grinding jar. Grind it for a few seconds.
- Heat ghee in a pan. Add the ground mixture and mix well.
- Then add 1 Cup of desiccated coconut powder and mix well.
- Keep stirring continuously for 1 to 2 minutes on low flame. Then add another 1 Cup of desiccated coconut powder and mix well.
- Keep stirring continuously for 2 to 3 minutes on low flame till the mixture becomes thick and leaves the pan.
- Then add elaichi powder and 1 tsp of ghee. Mix well. Once done, turn off the flame.
- Further, take a deep plate. Place the butter paper on it and grease it with the ghee. Transfer the barfi mixture to the plate. Equally spread it using a greased flat spatula. Spread pistachio on it.
- Let it set for 30 minutes in the refrigerator. Cut it into the desired shape and transfer it to a serving plate.
- 'Instant Coconut Barfi' is ready to be served.

## TIPS

- The ratio of milk to milk powder should be 1:2.
- You can use more milk instead of milk powder.
- When the mixture becomes thick and leaves the pan, it indicates that the mixture is ready to be set.
- You can adjust the thickness of barfi as per choice.
- Dry fruits can be added as per choice and availability.



# 2 TYPES OF BIHAR'S FAMOUS POHA SNACKS

wonderful tea-time options

By Ritu Jangid & Payal Jangid

From Bihar



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Clarified Butter / Ghee - 2 tsp
- Flattened Rice / Thick Poha - 1 Cup
- **FOR PREPARING CHURA BHUJA**
- Mustard Oil / Sarso Ka Tel - 1 tbsp
- Onion / Pyaz - 1 Sliced
- Green Peas / Matar - 1/4 Cup
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/4 tsp
- **FOR PREPARING CHURA BHEL**
- Onion / Pyaz - 1 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/4 tsp
- Black Pepper Powder / Kali Mirch Powder - A pinch
- Mustard Oil / Sarso Ka Tel - 1/2 tsp

## DIRECTIONS

- Heat ghee in a pan. Add thick poha and roast it for 4 to 5 minutes till they become light, fluffy and crunchy. Keep stirring continuously.
- Once done, turn off the flame and let it cool down. Keep it aside.
- **FOR PREPARING CHURA BHUJA**
- Heat mustard oil in a pan. Add onion and mix well. Saute it for a few seconds on medium flame. Stir it occasionally.
- Then add green peas and mix well. Saute it for 1 to 2 minutes on medium flame till the green peas become soft.
- Now add green chilli and mix well. Once done, turn off the flame.
- Add salt, red chilli powder, and black pepper powder. Mix well. Slightly let it cool down.
- Now add 1/2 Cup of roasted thick poha. Mix well. Take it out in a serving bowl.
- **FOR PREPARING CHURA BHEL**
- Take 1/2 Cup of roasted thick poha in a mixing bowl. Add onion, green chilli, coriander leaves, lemon juice, salt, red chilli powder, black pepper powder, and mustard oil. Mix well.
- Once done. take it out in a serving bowl.
- '2 Types Of Bihar's Famous Poha Snacks' are ready to be served.

## TIPS

- When the poha becomes light, fluffy and crunchy, it indicates that the poha are well roasted.
- You can use oil as per your choice instead of mustard oil.
- If you want, you can add seasonal or frozen parboiled green peas.
- Spiciness can be adjusted as per taste.
- **FOR BHEL POHA :**
- You can add tomato and peanuts as well.

[WATCH THE VIDEO RECIPE](#)

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



# ALOO CHOP

a tasty and famous appetizer of Orissa

By Itishree Kar

From Orissa



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Mustard Oil / Sarso Ka Tel - 2 to 3 tbsp + For frying
- Panchporan Masala (Cumin Seeds, Fennel Seeds, Dry Fenugreek Seeds, Onion Seeds, Mustard Seeds) - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Onion / Pyaz - 1 Finely chopped
- Green Chilli / Hari Mirch - 1 Finely chopped
- Peanuts / Mungfali - 1/4 Cup
- Green Peas / Hare Matar - 1/4 Cup (Parboiled)
- Ginger-Garlic Paste / Adarak-Lahsun Paste - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp + As required
- Turmeric Powder / Haldi Powder - 1/2 tsp + As required
- Coriander Powder / Dhaniya Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Dry Mango Powder / Amchur - 1/2 tsp
- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Salt - As per taste
- Coriander Leaves / Hara Dhaniya - A handful
- Gram Flour / Besan - 1 Cup
- Carom Seeds / Ajwain - 1/2 tsp
- Baking Soda - A pinch
- Water - 1/2 Cup

## TIPS

- Baking soda should be added to the besan batter to make crispy aloo chop.
- The ratio of water to besan should be 1:2.

## DIRECTIONS

- Heat mustard oil in a pan. Add panchporan masala, cumin seeds, onion, green chilli, peanuts, and green peas. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring in between.
- Then add ginger-garlic paste, red chilli paste, turmeric powder, coriander powder, all spice mix powder, and dry mango powder. Mix well.
- Now add boiled potato and salt. Mix well. Then add coriander leaves and mix well. Once done turn off the flame and let it cool down.
- Take a small portion of the aloo mixture on the palm. Prepare a nice round-shaped ball. Likewise, prepare all balls from the mixture. Keep it aside.
- Take besan in a mixing bowl. Add salt, 1/2 tsp of red chilli powder, 1/2 tsp of turmeric powder, baking soda, and carom seeds. Mix well.
- Then add water gradually to make a lumps-free medium-thick consistency batter.
- Heat oil in a pan for frying. Dip the prepared aloo balls into the besan batter and coat them evenly. Place it into the hot oil. Fry them on medium flame.
- Deep fry them until they become crispy and golden brown from all sides. Then, take them out on a serving plate using a slotted spoon.
- 'Aloo Chop' is ready to be served.



# SAMAK CHAWAL ROTI

a healthy option for fasting

By Brij Nandini Sharma

From Delhi



SERVINGS: 2

PREPARATION TIME: 490 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Barnyard Millet / Samak Chawal - 1 Cup
- Water - As required
- Boiled Potatoes / Uble Hue Aloo - 3 to 4 Peeled and Mashed
- Rock Salt / Sendha Namak - As per taste
- Clarified Butter / Ghee - As required

## TIPS

- The roti should be prepared medium thick.
- The Tawa should be hot enough while placing the roti on it.
- Oil can be used instead of ghee.
- Keep the flame high while cooking the roti.

## DIRECTIONS

- Soak samak chawal in the water overnight. Then wash it.
- Boil it by adding a little water on medium flame. Once cooked well, turn off the flame and let it cool down.
- Take it out in a big sized plate. Add boiled potato, little ghee, and rock salt. Knead it well for some time to make smooth dough.
- Take a small ball-sized dough and prepare a peda from it. Grease it with ghee. Put it between the plastic sheets. Spread it using your palm to prepare the roti.
- Meanwhile, heat a tawa. Grease it with ghee. Take the prepared roti on hand from a plastic sheet. Place the prepared roti on the tawa. The Tawa should be hot enough while placing the roti on it.
- Cook it from one side for 3 to 4 minutes on high flame. Now flip it and roast from another side for 3 to 4 minutes on low flame by adding ghee.
- Once done, turn off the flame and take it out on a serving plate.
- 'Samak Chawal Roti' is ready to be served with dahi wale aloo ki sabji.



# VEGETABLE KHICHDI

a tempting healthy dish

By Neelam Shah

From Mumbai



SERVINGS: 3 - 4

PREPARATION TIME: 65 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Olive Oil - 2 tbsp
- Cinnamon / Dalchini - 2 to 3 Stick
- Cloves / Laung - 2 to 3
- Cumin Seeds / Jeera - 1/2 tsp
- Sesame Seeds / Till - 1 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Curry Leaves / Curry Patta - A few
- Garlic / Lahsun - 5 to 6 Cloves finely chopped (optional)
- Onion / Pyaz - 1 Finely chopped
- Green Peas / Hare Matar - 1/4 Cup
- Carrot / Gajar - 2 tbsp Finely chopped
- Sweet Corn - 2 tbsp
- Beans - 2 tbsp Finely chopped
- Cabbage / Patta Gobhi - 2 tbsp Finely chopped
- Capsicum / Shimla Mirch - 2 tbsp Finely chopped
- Cauliflower / Phool Gobhi - 2 tbsp Finely chopped
- Salt - As per taste
- Peanuts / Mungfali - 1/4 Cup
- Roasted Bengal Gram / Roasted Puthana Dal / Chutney Dal - 2 tbsp
- Yellow Gram / Moong Dal - 1/2 Cup
- Water - As required
- Blanched Spinach Puree / Blanched Palak Puree - 1 Cup
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Barley / Jau - 1 Cup
- Coriander Leaves / Hara Dhaniya - A handful + For Garnishing

## DIRECTIONS

- Soak moong dal, peanuts, and roasted bengal gram in the water for 60 minutes. Then strain the water. Keep it aside.
- Heat olive oil in a pressure cooker. Add cinnamon stick, cloves, cumin seeds, sesame seeds, and carom seeds.
- Then add green chilli and curry leaves. Mix well. Now add garlic and mix well.
- Further, add onion and mix well. Saute it for 1 to 2 minutes till it becomes light golden brown. Keep stirring occasionally.
- Now add green peas, carrot, sweet corn, beans, cabbage, capsicum, and cauliflower. Mix well.
- Then add salt and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Now add soaked moong dal mixture and mix well. Now add palak puree and mix well.
- Add turmeric powder, red chilli powder, all spice mix powder, coriander leaves, Barley, and water to submerge it.
- Now cover the pressure cooker with its lid. Cook it on medium flame till 3 whistles. Once done, turn off the flame. Take it out in a bowl and let it cool down.
- Take it out on a serving plate and garnish it with coriander leaves.
- 'Vegetable Khichdi' is ready to be served.

## TIPS

- You can use any type of oil to prepare this khichdi.
- Add veggies as per choice and availability.
- You can add water to adjust the consistency of the khichdi as per choice.
- Oats or daliya can be added instead of barley.





# Enjoy!

**FOR QUERIES AND SUGGESTIONS PLEASE  
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