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Zayka Ka Tadka

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Unedited
live recipes



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वही बनता है !

Issue : 62



Zayka
Ka
Tadka

Live from the kitchens of moms of india



THE SUPER CHEF MOMS OF INDIA



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2 In 1 Bread Chaat

a delicious snack



By Vijay Haldiya, Founder, Zayka Ka Tadka

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- **FOR PREPARING 2 IN 1 BREAD CHAAT**
- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp + As required
- Chaat Masala - 1/2 tsp + As required
- Dry Mango powder / Amchur - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Green Chilli / Hari Mirch - 1 to 2 Finely chopped
- Bread - 4 Slices
- Bread Crumbs - As required
- Oil - For roasting + For greasing
- Hung Curd / Chakka Dahi - As required
- Sweet Tamarind Chutney / Meethi Imli Chutney - As required
- Green Chutney / Hari Chutney - As required
- Roasted Cumin Seeds / Bhuna Jeera - As required
- Nylon Sev - For garnishing
- Namkeen Boondi - For garnishing
- Pomegranate Seeds / Anardana - For garnishing
- **FOR PREPARING TADKA**
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1 tsp
- Curry Leaves / Curry Patta - A few

Directions

- **FOR PREPARING TADKA**
- Heat oil in a tadka pan. Add mustard seeds and curry leaves. Then turn off the flame and keep it aside.
- **FOR PREPARING 2 IN 1 BREAD CHAAT**
- Take boiled potato in a bowl. Add salt, 1 tsp of red chilli powder, 1/2 tsp of chaat masala, dry mango powder, coriander leaves, and green chilli. Mix well.
- Then add bread crumbs and mix well. Now grease your palms with oil.
- Take a small ball-sized portion of the mixture. Press it with your hands and prepare flattened tikki. Likewise, prepare all tikkis.
- Now cut bread with a round-shaped cutter or bowl. Likewise, cut all the bread.
- Put a tikki on a bread slice. Press it slightly. Likewise, prepare all bread slices.
- Meanwhile, heat little oil on a tawa over medium flame. Place the prepared tikki side to the tawa. Roast it on a medium flame for 2 to 3 minutes.
- Flip it and roast it from bread side on a medium flame for 1 to 2 minutes until they become crispy and golden brown.
- Once the tikki roasted well, turn off the flame. Keep the bread side on top.
- Now spread thick curd on it. Then add sweet tamarind chutney and green chutney on it.
- Then sprinkle red chilli powder, roasted cumin seeds, and chaat masala. Now add the prepared tadka on it.
- Garnish it with nylon sev, namkeen boondi, pomegranate, and coriander leaves. Take it out on a serving plate.
- '2 In 1 Bread Chaat' is ready to be served.

Tips

- You can add spices to the tikki as per taste.
- You can prepare bread crumbs from the leftover bread edges.
- Bread crumbs should be added to make tasty and crispy tikki.
- Tie the curd in a muslin cloth for 2 to 3 hours to make hung curd.

Instant Coconut Barfi

a quick dessert option for festivals



By Shveta Sheth, A Lovely Mom, 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

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.

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.

Onion Corn Pakoda

a delicious appetizer



By Neeta Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Onion / Pyaz - 1 Sliced
- Parboiled Sweet Corn - 1/2 Cup
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirch - 1 to 2 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Carom Seeds / Ajwain - 1/2 tsp
- Asafoetida / Hing - A pinch
- Gram Flour / Besan - 1 Cup
- Rice Flour / Chawal Ka Aata - 1/4 Cup
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Oil - For frying

Directions

- Take onion in a mixing bowl. Add sweet corn, curry leaves by breaking them, green chilli, coriander leaves, carom seeds by rubbing between your palms, and asafoetida. Mix well.
- Then add besan and mix well. Add rice flour and mix well. Add salt, red chilli powder, and turmeric powder. Mix well to prepare medium thick batter. Add 1 tsp of hot oil and mix well.
- Meanwhile, heat oil in a pan. Take a small ball-sized pakoda 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 serving plate using a slotted spoon.
- 'Onion Corn Pakoda' is ready to be served.

Tips

- Add rice flour and hot oil to the pakoda batter to make it crispy.

Sattu Ki Kachori

a protein-rich tea-time snack



By Komal Saraf, A Lovely Mom, 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 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 kachori.
- Meanwhile, heat the oil for frying the kachori. When the oil is hot, place kachori in 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.

Pudina Mathri

a nice flavorful snack



By Mridula Ameriya, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

- Whole Wheat Flour / Gehu Ka Aata - 1 Cup + As required
- Ground Semolina / Sooji - 1/2 Cup
- Carom Seeds / Ajwain - 1/2 tsp
- Mint Powder / Pudina Powder - 1 tsp
- Sesame Seeds / Till - 1 tsp
- Salt - As per taste
- Oil - 3 tsp + As required + For frying
- Chaat Masala - As required

Tips

- You can add kasuri methi instead of mint powder.
- Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more oil.
- Press the edges of the prepared mathri, otherwise it will be opened while frying.
- The mathri should be fried on medium flame to make it crispy.

Directions

- Take whole wheat flour in a mixing bowl. Add ground semolina, carom seeds by rubbing between your palms, pudina powder, sesame seeds, salt, and 3 tsp of oil. Mix well.
- Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more oil.
- Now add water gradually to prepare a medium hard consistency dough. Keep it aside and let it rest for 10 to 15 minutes.
- Then knead it well. Take a small ball sized dough. Roll out thin roti from it.
- Apply oil to it. Now sprinkle chaat masala and whole wheat flour on it. Fold it's 1/2 right part till the between and apply oil to it and sprinkle whole wheat flour.
- Then fold it's half left part on the right folded part and apply oil to it and sprinkle whole wheat flour.
- Now fold it again from the center and little press it a little to make it thin. Then cut it into long strips. Press its edges. Likewise, prepare all the mathris from the dough.
- Meanwhile, heat oil for frying. Put the prepared mathris in the hot oil.
- Deep fry it on a medium flame for 3 to 4 minutes until it turns crispy and golden brown from both sides. Then, take them out on a serving plate using a slotted spoon.
- 'Pudina Mathri' 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.

Mix Nuts Chivda

a healthy tea-time snack



By Ruchi Goyal, A Lovely Mom, From Assam

SERVINGS: 5 - 6

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

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

Directions

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

Tips

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

Besan Laddu

an aromatic and delicious traditional sweet balls



By Ani Setia, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Clarified butter / Ghee - 1/4 Cup
- Gram flour / Danedar besan - 1 Cup
- Turmeric powder / Haldi powder - 1/4 tsp
- Powdered sugar - 1/2 Cup
- Roasted almond / Badam - 7 - 8 Sliced
- Roasted cashews / Kaju - 8 - 9 Chopped
- Roasted melon seeds / Magaj seeds - 20 Gms
- Walnut / Akhrot - 4 chopped
- Cardamom powder / Elaichi powder - 1/4 tsp

Directions

- Heat a pan on low flame add ghee and gram flour. Mix well. To prepare this recipe use danedar / mota besan. If danedar besan is not available, add 2 teaspoons sooji / Rava in regular besan. Remove 2 Teaspoon besan, then add sooji.
- Then add 1/4 teaspoon turmeric powder. Roast it on low flame for 8 to 10 minutes till the aroma of its roasting begins to rise.
- Take out it into a bowl. Let it cool down completely. Then add walnut, melon seeds, almonds, cashews, cardamom powder, powdered sugar. Mix well.
- Now take a small, ball-sized part, roll it between your palms and make a round shaped laddu. Likewise prepared all ladoos.
- Arrange all laddus into a serving plate.
- 'Besan Laddu' is ready to be served.

Tips

- The ratio of besan and ghee should be 1:1/4.
- Use danedar / mota besan to prepare this recipe.
- If danedar besan is not available, add 2 teaspoons sooji / Rava in regular besan. Remove 2 Teaspoon besan, then add sooji.
- Stir it continuously if roasting on high flame.
- Turmeric powder is optional.
- The ratio of besan and sugar is 1:1/2.
- Add dry fruits as per choice and availability.
- The roasted besan mixture should be completely cool down before adding powdered sugar.
- The mixture should be dry after adding sugar.

Moong Dal Mathri

a protein-rich snack option



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 6 - 7 PREPARATION TIME: 190 MIN COOKING TIME: 4 - 5 MIN

Ingredients

- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Sesame Seeds / Til - 1 tsp
- Red chilli Flakes - 1 tsp
- Black Pepper Powder / Kali Mirch Powder - 2 tsp
- Coarsely ground
- Roasted Cumin Seeds / Jeera - 1 tsp Coarsely ground
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Asafoetida / Hing - A pinch
- Coriander Leaves / Hara Dhaniya - A handful
- Salt - As per taste
- Clarified Butter / Ghee - 1 tbsp
- Yellow Lentils / Moong Dal - 1/4 Cup
- Water - As required
- Oil - For frying

Directions

- Soak moong dal for 3 hours in water. Then strain the water. Transfer it to a grinding jar. Coarsely grind it on pulse mode. Take it out in a bowl.
- Take whole wheat flour in a mixing bowl. Add sesame seeds, red chilli flakes, black pepper powder, roasted cumin seeds powder, dry fenugreek leaves, carom seeds by rubbing between your palms, asafoetida, coriander leaves, salt, and ghee. Mix well.
- Then add coarsely ground moong dal and mix well. Add water gradually to prepare the medium hard dough.
- Take a small ball sized part of the dough and flatten it. Roll it to make a small medium thick mathri. Then prick it using a knife. Likewise, prepare all the mathris.
- Meanwhile, heat oil for frying. Put the prepared mathri in the hot oil.
- Deep fry it on a medium flame for 4 to 5 minutes until it turns crispy and golden brown from both sides. Then, take them out on a serving plate using a slotted spoon.
- 'Moong Dal Mathri' is ready to be served.

Tips

- The ratio of whole wheat flour to moong dal should be 4:1.
- The moong dal should be coarsely ground.
- Water should be added in very less quantity to knead the dough of mathri.
- You can store this poori for 15 days in an airtight container.
- Roll out the mathri medium thick.

Dry Fruit Stuffed Roll

a festival special sweet



By Veena Sakhrani, A Lovely Mom, From Rajasthan

SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- Walnuts / Akhrot - 1 tbsp
Finely chopped
- Almonds / Badam - 1 tbsp
Finely chopped
- Cashew / Kaju - 1 tbsp Finely
chopped
- Sugar - 1 Cup
- Water - 1 Cup + As required
- Saffron / Kesar - 6 to 8
Strands
- Cardamom Powder / Elaichi
Powder - 1/4 tsp
- Desiccated Coconut Powder /
Nariyal ka Burada - 3 tbsp +As
required
- Raisin / Kishmish - 1 tsp
- Leftover Sweet / Mithai - 2 to 3
pieces
- Bread - 4 Slices
- Oil - For frying
- Silver vark / Silver leaf - 2
Sheets

Tips

- Prepare the sugar syrup of
less than one-string
consistency.
- The ratio of desiccated
coconut powder to dry fruits
should be 2:1.

Directions

- Heat sugar and water in a pan. Add saffron and
cardamom powder. Mix well.
- Boil it for 2 to 3 minutes on medium flame till
the sugar melts and syrup becomes thick.
Prepare the sugar syrup of less than one-
string consistency. Keep it aside.
- Take almond, walnut, cashews, desiccated
coconut powder, raisins, and leftover sweet by
mashing them. Mix well. Keep it aside.
- Take bread slices. Now dip it into the water.
Then press it between your two palms and
remove excess water.
- Now add the prepared dry fruit stuffing on the
wet bread. Then fold bread and cover the
stuffing with bread to prepare a roll. Likewise,
prepare all rolls.
- Now heat oil in a deep frying pan over medium
flame, and when the oil is medium hot. Place
the prepared rolls gently into the hot oil.
- Deep fry them until they become crispy and
light golden brown from all sides on a medium
flame for 2 to 3 minutes.
- Once done, take them out to a plate using a
slotted spoon.
- Dip them in the prepared sugar syrup for some
time. Now take it out from the sugar syrup and
transfer it to a serving plate.
- Cover it with half silver vark. Likewise, prepare
all rolls.
- Make 1 vertical slit on it so that the base stays
attached. Sprinkle desiccated coconut powder
on it.
- 'Dry Fruit Stuffed Roll' is ready to be served.

Cheese Nimki

a kids' favorite evening snack



By Manju Saraf,

A Lovely Mom,

From Manju Saraf

SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 4 MIN

Ingredients

- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Fine Semolina / Sooji / Suji - 2 tsp
- Clarified Butter / Ghee - As required
- Salt - As per taste
- Cheese - As required
- Leftover Water Of Chhena / Water - As required
- Oil - For frying

Tips

- If fine semolina is not available, then grind the semolina to make it fine.
- You can use oil for moyan instead of ghee.
- Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more ghee.
- Apply ghee on the grater so the cheese will not stick on it.
- Water can be used to knead the dough instead of leftover water from chhena.
- You can cut the nimki to a desired shape.
- The nimki should be cooled down completely before storing them.
- You can store nimki in an air-tight container for 30 days.

Directions

- Take whole wheat flour in a mixing bowl. Add semolina, 1 tbsp of ghee, salt, and carom seeds by rubbing between your palms.
- Then grate cheese and mix well. Check the moyan by binding the flour. If it binds, the moyan is perfect. Else, add more ghee.
- Add 1 tsp of ghee and mix it well. Add Leftover water from chhena gradually to make the medium soft dough. Knead it well.
- Now, take a ball sized dough. Roll out thick roti from it. Cut it into diamond or desired shape. Remove edges.
- Meanwhile, heat oil in a pan for frying on high flame. Add prepared nimki. Fry it on high flame for 3 to 4 minutes
- Deep fry them until they become crispy and golden brown from all sides. Once done, take them out into a plate.
- Let it cool down completely, then store it in an air-tight container for 30 days.
- 'Cheese Nimki' is ready to be served.

Besan Ki Chakki

a famous festival special sweet



By Shilpi Agarwal, A Lovely Mom, From Rajasthan

SERVINGS: 6

PREPARATION TIME: 130 MIN

COOKING TIME: 10 MIN

Ingredients

- Gram Flour / Besan - 1 Cup
- Milk - 1/4 Cup
- Clarified Butter / Ghee - As required + For frying
- Sugar - 1 Cup
- Water - 1 Cup + As required
- Khoya / Mava - 1 Cup or as required
- Edible Yellow Food Color - 1/4 tsp (optional)
- Cardamom Powder / Elaichi Powder - 1/2 tsp
- Almond / Badam - 1 tsp chopped + For garnishing
- Silver vark / Silver leaf - 2 to 3 Sheets (optional)

Tips

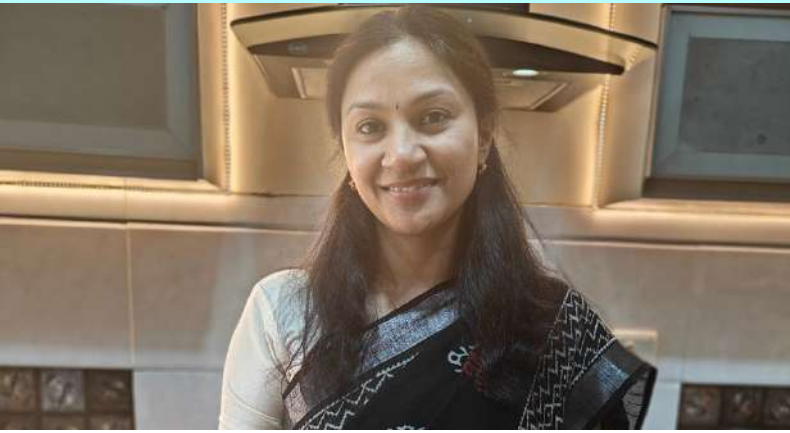
- Mava can be added as per choice.
- Soaked kesar can be added to the sugar syrup instead of edible yellow food color.
- You can prepare this burfi without mava also.
- Grease the plate with ghee instead of adding butter paper to it.

Directions

- Take gram flour in a bowl. Add 1 tsp of ghee and mix well. Then add milk gradually to prepare a hard consistency dough.
- Now make small, cylindrical shaped muthiyas from the dough. Likewise, prepare all the muthiyas.
- Meanwhile, heat ghee for frying. Put the prepared muthiyas in the hot ghee.
- Deep fry it on a low to medium flame for 3 to 4 minutes until it turns crispy and golden brown from all sides. Then, take them out on a plate using a slotted spoon.
- Once done, turn off the flame and let it cool down. Then transfer it to a grinding jar. Grind it for a few seconds to prepare its powder.
- Heat 2 tsp of ghee in a pan. Add the prepared besan powder and mix well. Roast it for 1 to 2 minutes on low flame.
- Then add mava and mix well. Roast it for 1 to 2 minutes on low flame. Keep stirring occasionally. Once done, turn off the flame.
- Take sugar in a pan. Add water and mix well. Boil it for 2 to 3 minutes on high flame to prepare sugar syrup of one-string consistency.
- Take edible yellow food color in a bowl. Add a little water and mix well. Add it to the sugar syrup and mix well.
- Add the besan-mava mixture to the sugar syrup. Mix well. Keep stirring continuously for 1 to 2 minutes on medium flame. Now add cardamom powder and almonds. Mix well.
- Now take a plate and place the butter paper on it. Transfer the burfi mixture on it and equally spread it.
- Garnish it with almonds and press it slightly. Apply silver vark. Then cut it into square pieces.
- Let it set for 3 to 4 hours. Then remove the burfi from the butter paper and take it out on a serving plate.
- 'Besan Ki Chakki' is ready to be served.

Sweet Pongal

a delicious South Indian festival special dish



By Archana Chakravarthy,

A Lovely Mom,

From Karnataka

SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

• FOR COOKED RICE AND DAL MIXTURE

- Rice / Chawal - 1 Cup
- Yellow lentils / Moong dal - 1/4 Cup
- Bengal gram / Chana dal - 1/4 Cup
- Water - 3 Cups

• FOR PREPARING PONGAL :

- Jaggery / Gud - 1 & 1/2 Cups
- Water - 1 & 1/2 Cup
- Clarified butter / Ghee - 2 tsp
- Cardamom powder / Elaichi powder - 1 tsp
- Edible camphor / kapoor - A pinch (optional)

• FOR PREPARING TADKA

- Clarified butter / Ghee - 6 tsp
- Cashews / Kaju - 10 to 12 Halved
- Poppy seeds / Khas khas - 1 tbs

Directions

• FOR COOKED RICE AND DAL MIXTURE

- Take rice, bengal gram, and yellow lentils in a bowl. Wash them and transfer to a pressure cooker. Now add water and cover the pressure cooker with its lid. Cook it till 3 whistles on medium flame.
- Once cooked well, turn off the flame. Let it cool down and keep it aside.

• FOR PREPARING PONGAL

- Take jaggery in a pan. Add water and ghee and mix well. Boil it on a medium flame for 2 to 3 minutes and the jaggery melt.
- Now add the cooked rice and dal mixture gradually to prepare a lumps-free mixture.
- Then add cardamom powder and edible camphor. Mix well. Boil it for 2 to 3 minutes on a medium flame till it becomes medium thick consistency mixture.
- Once done, turn off the flame. Keep it aside.

• FOR PREPARING TADKA

- Heat ghee in a tadka pan. Add cashews. Saute it for 1 minute. Then add poppy seeds. Mix well and pour it on the prepared pongal. Mix well.
- 'Sweet Pongal' is ready to be served.

Tips

- If you want, you can add dry coconut to the sweet pongal.
- **FOR JAGGERY WATER**
- The ratio of water to jaggery should be 1:1.
- The ratio of jaggery to rice and dal should be 1:1.
- If you want, you can strain jaggery water to remove impurities.
- **FOR COOKED RICE AND DAL MIXTURE**
- The ratio of Rice to bengal gram and yellow lentils should be 2:1.
- The mixture should not be overcooked.
- The ratio of bengal gram and yellow lentils should be 1:1.
- The ratio of water to rice and dal mixture should be 2:1.

Kaju Pista Barfi

a delicious Indian sweet



By Vijay Haldiya,

Founder,

Zayka Ka Tadka

SERVINGS: 3

PREPARATION TIME: 35 MIN

COOKING TIME: 0 MIN

Ingredients

- Sweetened milk powder - 1 Cup
- Cashew powder - 1 Cup
- Desiccated coconut powder - 1 Cup
- Homemade cream / Fresh cream - 1 Tablespoon
- Cardamom powder / Elaichi powder - 1/2 Teaspoon
- Milk - As required
- Clarified butter / Ghee - 1 Teaspoon
- Pistachio - As required (chopped)

Directions

- In a bowl, add sweetened milk powder, cashew powder, desiccated coconut powder, fresh cream, and cardamom powder. Mix well.
- Then add milk gradually to prepare it like a dough. Add ghee and knead it again. Prepare it like a soft-consistency dough.
- On a plate, give it a rectangular shape. Adjust thickness to your choice.
- Garnish it with pistachio. Let it set for 30 minutes.
- After 30 minutes, cut it and transfer to a serving plate.
- 'Kaju Pista Barfi' is ready to be served.

Tips

- Instead of cashew powder, either almond or peanut powder can be added.
- Sweetened milk powder itself has sugar, so adding sugar is optional; however, 1/4 cup sugar can be added if required.
- If the mixture is sticky, more milk powder should be added.
- The thickness of the barfi may be adjusted as required.

Aloo Namkeen Mixture

a crispy and tasty Meerut's famous dry snack



By Santosh Sharma, A Lovely Mom, From Meerut

SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- Oil - For frying
- Cooked & Sun-dried Leftover Rice / Bache Huye Dhoop Me Sukhaye Huye Chawal - 1/4 Cup
- Aloo Ka Lachha - 1/4 Cup
- Aloo Sabudana Papad - 1
- Aloo Kali Mirch Ka Papad - 2
- Potato Chips / Aloo Wafers - 1/2 Cup
- Urad Dal Papad - 1
- Peanuts / Mungfali - 1/4 Cup
- Dry coconut / Sukha nariyal - 1/4 Cup chopped
- Curry Leaves / Curry Patta - A few
- Dry Red Chilli / Sukhi Lal Mirch - 3
- Black Salt / Kala Namak - As per taste
- Chaat Masala - 1/2 tsp

Tips

- The oil should be hot enough for frying the ingredients.
- You can sun-dry leftover rice then fry them.
- Boiled, peeled, and grated potato should be sun-dry to make aloo lachha.
- You can prepare the aloo lachha from raw potato as well. Boil raw grated potato in the water and sun-dry it.
- For preparing aloo sabudana papad : Take Boiled, peeled, and mashed potato. Add 3 to 4 hours soaked and mashed sabudana with spices and prepare papad from it.
- Keep the flame low while frying the peanuts.
- You can store this namkeen for 30 days in an airtight container.

Directions

- Heat oil in a frying pan. Add cooked and sun-dried leftover rice. Fry it on high flame for a few seconds until it becomes fluffy. Once done, take it out to a plate using a slotted spoon.
- Now add aloo ka lachha in the same hot oil pan. Fry it on high flame for a few seconds until it becomes fluffy. Once done, take it out to a plate using a slotted spoon.
- Then add aloo sabudana papad in the same hot oil pan. Fry it on high flame for a few seconds until it becomes fluffy. Once done, take it out to a plate using a slotted spoon.
- Add aloo kali mirch ka papad in the same hot oil pan. Fry it for a few seconds on high flame until it becomes fluffy. Once done, take it out to a plate using a slotted spoon.
- Further, fry potato chips in the same hot oil pan on high flame for a few seconds until it becomes fluffy. Once done, take it out to a plate using a slotted spoon.
- Then fry urad dal papad in the same hot oil pan on high flame for a few seconds until it becomes fluffy. Once done, take it out to a plate using a slotted spoon.
- Now keep the flame low and add peanuts. Fry it by stirring occasionally on a low flame for 1 to 2 minutes. Once done, take it out to a plate using a slotted spoon.
- Then fry dry coconut in the same hot oil pan on high flame. Fry it by stirring occasionally on a low flame for 1 minute. Once done, take it out to a plate using a slotted spoon.
- Further, add dry red chilli and curry leaves. Fry it by stirring occasionally on a low flame for a few seconds. Once done, take it out to a plate using a slotted spoon.
- Now take fried rice, aloo ka lachha, peanuts, and dry coconut in a serving bowl.
- Then add all fried papad and wafers to the serving bowl by crushing them. Then crush curry leaves and dry red chilli as well. Mix well. Add black salt and chaat masala. Mix well.
- 'Aloo Namkeen Mixture' is ready to be served.

Jalebi

a popular dessert



By Anita Sharma, A Lovely Mom, From Rajasthan

SERVINGS: 4

PREPARATION TIME: 35 MIN

COOKING TIME: 6 MIN

Ingredients

- All purpose flour/
Maida - 1 Cup
- Curd / Dahi - As
required
- Clarified butter / Ghee -
As required for frying
- Sugar - 2 Cups
- Water - As required
- Saffron / Kesar - 5 to 6
Strands
- Cardamom powder /
Elaichi powder - 1/4
Tsp

Tips

- Jalebi's both ends
should be joined.
- Let the batter rest for
at least 30 minutes.
- Prepare jalebi on a
small burner.

Directions

- Take sugar in a pan. Add little water. Mix well. Add saffron and cardamom powder. Boil it for 2 to 3 minutes on high flame to prepare sugar syrup of one-string consistency. Keep it aside.
- Take all purpose flour in a bowl. Add curd gradually to prepare the medium thick lumps-free batter. Let it rest for 30 to 60 minutes
- Then beat it well for 15 to 20 minutes till it becomes fluffy.
- Now transfer the batter to a plastic packet and fill the batter into it. Cut its mouth in such a way as to ease the batter to spread on the pan to make jalebis.
- Heat ghee in a flat pan. starts making round from outside to inside. Make 3 circles. Likewise, prepare all jalebis. Cook it on low flame.
- Fry it till it becomes light brown. Take it out and dip it in sugar syrup for some time.
- Now take it out from the sugar syrup and transfer it to a serving plate.
- 'Jalebi | Instant Jalebi' is ready to be served.

Gujarati Gathiya

a popular Gujarati snack



By Shraddha Thakrar, A Lovely Mom, From Gujarat

SERVINGS: 4

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

Ingredients

- Gram flour / Besan - 2 Cups
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1 tsp
- Black pepper powder / Kali mirch - 1/2 tsp
- Baking soda - A pinch
- Carom seeds / Ajwain - 1/2 tsp
- Hot oil - 1 tbsp
- Water - As required
- Oil - For frying + For greasing

Tips

- Water should be added carefully, as the dough requires very little amount of water.
- The flame should be kept low while making the gathiya in hot oil.
- The gathiya should be fried for 2 to 3 minutes on a high flame from one side and then flipped to fry from the other side. It shouldn't be flipped immediately.
- Any slotted spoon with round holes can be used instead of a gathiya maker.

Directions

- Take gram flour in a big bowl. Add salt, red chilli powder, black pepper powder, baking soda, carom seeds by rubbing between palms, and hot oil. Mix well.
- Now add water gradually and prepare a medium-consistency dough. Add water carefully, as the dough requires very little amount of water.
- **FOR MAKING GATHIYA USING MACHINE**
- Take a handy sev machine and grease it with oil from the inside. Use a mould for thick sev (a mould with big holes) to make gathiya.
- Place the mould at the bottom of the machine and place the dough in it. Close the machine tightly.
- Meanwhile, heat oil in a frying pan. Then keep the flame low and hold the machine over the oil and turn the handle of the machine to force the dough through the mould. Move the machine in a circular motion over the oil and keep turning the handle continuously.
- Then turn the machine in reverse. Now keep the flame high. Fry the gathiya for 2 to 3 minutes until it becomes light brown.
- Then flip it and fry from the other side for 2 to 3 minutes. Once done, take it out to a serving plate.
- **FOR MAKING GATHIYA USING SLOTTED SPOON**
- Take a slotted spoon with round holes. Then keep the flame low and hold the slotted spoon over the oil and rub the dough on it.
- Now, keeping the flame high, fry it for 2 to 3 minutes until it becomes light brown. Once done, take it out on a serving plate.
- 'Gujarati Gathiya' is ready to be served.



ENJOY!

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