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NOVEMBER - 2025

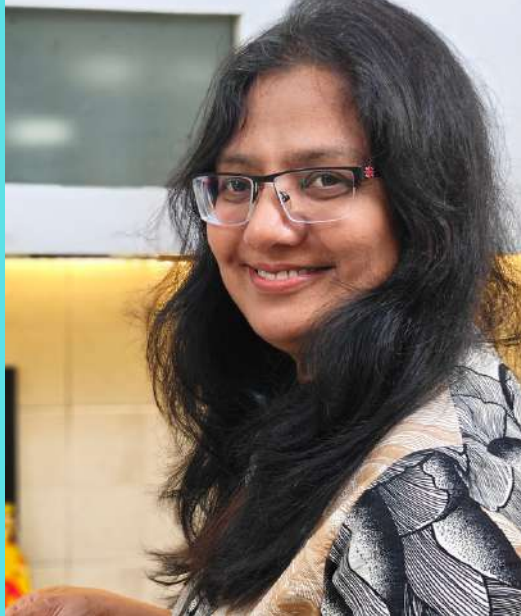
UNEDITED LIVE
RECIPES



जो दिखता है !
वही बनता है !

ISSUE : 63

LIVE FROM THE KITCHENS OF MOMS OF INDIA



THE SUPER CHEF MOMS OF INDIA

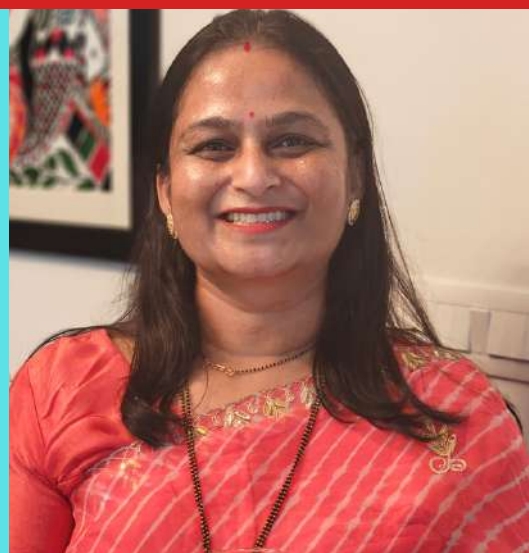


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IDLI WITH ALOO TIKKI

an innovative dish

By Brij Nandini Sharma

From Delhi



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Semolina / Sooji / Rava - 1 Cup
- Curd / Dahi - As required
- Fruit Salt - 1/2 tsp
- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Cumin Seeds / Jeera - 1/2 tsp
- Dry Mango Powder / Aamchur - 1/2 tsp
- Red Chilli Powder / Lal Mirch powder - 1 tsp
- Salt - As per taste
- Coriander Powder / Dhaniya Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Bread - 4 Slices
- Oil - As required

TIPS

- The idli should be cooked with steam only.

DIRECTIONS

- Take boiled potato in a mixing bowl. Add cumin seeds, dry mango powder, red chilli powder, coriander powder, all spice mix powder, coriander leaves, and salt. Mix well.
- Take semolina in a mixing bowl. Add curd, fruit salt, and salt. Mix well to prepare medium thick consistency batter.
- Now cut bread with a round-shaped cutter or bowl. Likewise, cut all the bread.
- Then add potato mixture in the middle of a bread slice like small aloo tikki. Likewise, prepare all bread slices.
- Meanwhile, heat a tawa. Grease it with oil. Add prepared aloo tikki's potato side to the tawa. Now pour prepared sooji idli batter on it.
- Cover the pan with a lid and cook it for 4 to 5 minutes on a medium flame by adding oil to it. Once done, turn off the flame. Take it out to a serving plate.
- 'Idli With Aloo Tikki' is ready to be served.

PANEER KABAB ROLL

a healthy appetizer

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- **FOR PREPARING KABAB**
- Boiled Potato / Uble Hue Aloo - 3 Peeled and grated
- Cottage Cheese / Paneer - 1 Cup grated
- Coriander Leaves / Hara Dhaniya - A handful
- Ginger-Green Chilli Paste / Adrak-Mirchi Paste - 1 tsp
- Salt - As per taste
- Chaat Masala - 1 tsp
- Red Chilli Flakes - 1/2 tsp
- Bread Crumbs - 1 Cup
- Oil - As required
- **FOR PREPARING PANEER KABAB ROLL**
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- Salt - As per taste
- Red Chilli Powder / Lala Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful + As required
- Water - As required
- Oil - As required
- Chaat Masala - As required
- Red Chilli Flakes - As required
- Green Chutney / Hari Chutney - As required
- Tomato Ketchup - As required
- Cucumber / Kheera - 1/2 Julienne
- Carrot / Gajar - 1/2 Julienne

TIPS

- Plain whole wheat dough can be used instead of masala dough.
- Red chilli flakes and chaat masala can be added to the dough.

DIRECTIONS

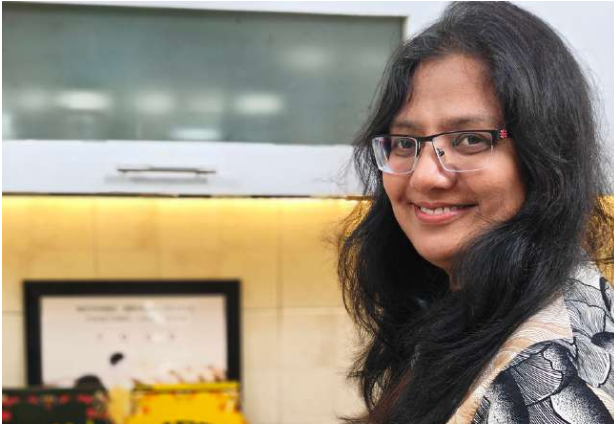
- **FOR PREPARING KABAB**
- Take boiled potato in a mixing bowl. Add paneer, coriander leaves, ginger green chilli paste, salt, chaat masala, red chilli flakes, and bread crumbs, Mix well.
- Take a small ball-sized portion of the mixture. Press it with your hands and prepare flattened kabab. Likewise, prepare all kababs.
- Meanwhile, heat a tawa over medium flame. Add a little oil. Place the prepared kabab on a tawa. Roast it on a low to medium flame for 3 to 4 minutes.
- Flip it and roast it from another side on a low to medium flame for 3 to 4 minutes. Likewise, roast all kababs. Once done, take it out on a plate. Keep it aside.
- **FOR PREPARING PANEER KABAB ROLL**
- Take whole wheat flour in a mixing bowl. Add salt, turmeric powder, red chilli powder, and coriander leaves, Mix well.
- Add water gradually and prepare medium soft dough.
- 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 small sized paratha.
- Then sprinkle red chilli flakes and chaat masala on it. Then make a roll of it. Then roll it over to make a circle with a twist. Dust it with flour and roll a peda to make a small sized paratha.
- Meanwhile, heat a tawa. Place the prepared paratha on it and cook it on one side. Flip it, once it is slightly brown.
- Apply oil on both sides and cook on a medium flame. Roasting the paratha till it becomes a nicely golden brown paratha. Once done, take it out to a serving plate.
- Apply green chutney and tomato ketchup on it. Then put a prepared kabab on it. Add cucumber and carrot on it. Sprinkle chaat masala on it. Add coriander leaves on it.
- Now fold the left and right part and secure it with a toothpick. Likewise, prepare all paneer kabab rolls.
- 'Paneer Kabab Roll' is ready to be served with green chutney and tomato ketchup.

KHOYA KA CHATPATA PARATHA

a delicious dish option

By Rashmi Ameriya

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Residue Of Ghee / Khoya / Khurchan - 1 Cup
- Onion / Pyaz - 1 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Chaat Masala - 1 tsp
- Salt - As per taste
- Red Chilli Powder / Hari Mirchi - 1 tsp (optional)
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required

TIPS

- Green chilli can be added to the khurchan stuffing.
- Spices can be added as per taste and choice.

DIRECTIONS

- Take khurchan in a mixing bowl. Add onion, coriander leaves, chaat masala, salt, and red chilli powder. 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 big-sized paratha.
- Cut the paratha in the 1/4 portion. Spread the prepared stuffing mixture on it except the lower right part.
- First fold the right lower side up over the right upper side. Then keep folding over the left upper side and then over the lower side.
- Press it with your hands. Dust it with flour and roll it to make a paratha.
- Meanwhile, heat a tawa. Place the prepared paratha on the tawa. Cook on one side.
- Flip it once it is slightly brown, apply ghee on both sides and cook it 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.
- 'Khoya Ka Chatpata Paratha' is ready to be served.

THENGA MANGA PATTANI SUNDAL

a traditional dish of South India

By Lalitha Priyadarshini

From Madurai



SERVINGS: 1 - 2

PREPARATION TIME: 480 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Oil - 1 tbsp
- Black Gram / Urad Dal - 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Ginger / Adrak - 1 Inch Grated
- White Peas / Safed Matar - 1 Cup
- Water - As required
- Salt - As per taste
- Desiccated Coconut Powder / Nariyal Ka Burada - 2 tsp
- Raw Mango / Kachcha Aam - 2 to 3 tbsp grated
- Carrot / Gajar - 2 to 3 tbsp grated
- Coriander Leaves / Hara Dhaniya - A handful

DIRECTIONS

- Soak white peas overnight in the water. Boil it with water and salt in a pressure cooker. Once done, turn off the flame and let it cool down. Then drain out its water. Keep it aside.
- Heat oil in a pan. Add urad dal, mustard seeds, curry leaves, green chilli, and ginger. Mix well.
- Saute it for a few seconds on medium flame. Then add the boiled white peas and mix well. Add salt and mix well.
- Saute it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Now add desiccated coconut powder, raw mango, carrot, and coriander leaves. Mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Thenga Manga Pattani Sundal' is ready to be served.

TIPS

- Raw mango is optional.
- If you want, you can add grated coconut as well instead of desiccated coconut powder.
- You can prepare different types of sundal using both types of chickpea, corn, chana dal etc.

INSTANT TOMATO RASAM RICE

a traditional South Indian special meal

By Archana Chakravarthy From Karnataka



SERVINGS: 2 - 3

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Tomato / Tamatar - 1 Chopped
- Tamarind / Imli - 2 to 3 small pieces
- Jaggery / Gud - 1 tsp
- Salt - As per taste
- Clarified Butter / Ghee - As required
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Asafoetida / Hing - A pinch
- Water - As required
- Dry Red Chilli / Sukhi Lal Mirch - 4 to 5
- Cumin Seeds / Jeera - 1 tsp
- Dry Coriander Seeds / Sabut Dhaniya - 1 tbsp
- Black Peppercorns / Kali Mirch - 1 tsp
- Dry Fenugreek Seeds / Dana Methi - 1/2 tsp
- Boiled Pigeon Peas Water / Ubli Hui Toor Dal Ka Paani - 1 Cup (optional)
- Cooked Rice / Pake Huye Chawal - 1 Cup
- Coriander Leaves / Hara Dhaniya - A handful

TIPS

- You can store the rasam powder in an airtight container for a week.

DIRECTIONS

- Take dry red chilli, cumin seeds, dry coriander seeds, black peppercorns, and dry fenugreek seeds in a pan. Dry roast them for 2 to 3 minutes till the nice aroma begins to rise. Keep stirring continuously.
- Once done, turn off the flame. Let it cool down. Then grind it for a few seconds to prepare its rasam powder. Store it in a airtight container for a week.
- Take tomato in a grinding jar. Add tamarind, jaggery, 1 & 1/2 tsp of rasam powder, and salt. Grind it for a few seconds to prepare its puree.
- Heat 3 tsp of ghee in a pan. Add mustard seeds, curry leaves, turmeric powder, asafoetida, and the prepared puree. Mix well.
- Then add a little water and mix well. Boil it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Now add boiled pigeon peas water and mix well. Add a little water and mix well.
- Further, add cooked rice and mix well. Boil it for 2 to 3 minutes on medium flame. Keep stirring occasionally. Then add coriander leaves and a little salt. Mix well.
- Once done, turn off the flame and add 1 tsp of ghee. Mix well. Take it out in a serving bowl.
- 'Instant Tomato Rasam Rice' is ready to be served.

MOONG WITH OSAMAN

a traditional dish of Gujarat

By Shraddha Thakrar

From Gujarat



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Whole Green Gram / Sabut Moong - 1 Cup
- Water - 5 to 6 Cups
- Salt - As per taste
- Oil - 1 tsp
- **FOR PREPARING OSAMAN**
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1/2 tsp
- Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Salt - As per taste
- Curry Leaves / Curry Patta - A few
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Garcinia Indica / Kokum - 1 Piece
- Ginger Paste / Adrak Paste - 1/2 tsp
- Jaggery / Gud - 1/2 tsp
- Oil - 1 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Cinnamon Stick / Dalchini - 1 Small
- Clove / Laung - 1
- Lemon Juice / Nimbu Ka Ras - 2 to 3 Drops
- **FOR PREPARING MOONG**
- Oil - 1 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1/2 tsp
- Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Salt - As per taste
- Curry Leaves / Curry Patta - A few
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Lemon Juice / Nimbu Ka Ras - 2 to 3 Drops

DIRECTIONS

- Take moong in the pressure cooker. Add 5 to 6 Cups of water, salt and oil. Pressure cook it for 3 whistles on high flame Then keep the flame low till 2 whistles. Let it cook and keep aside.
- Then open it and strain it to separate its osaman (water) and moong.
- **FOR PREPARING OSAMAN**
- Take osaman in a pan. Heat it. Add turmeric powder, red chilli powder, coriander powder, cumin seeds powder, salt, curry leaves, coriander leaves, ginger paste, and kokum. Mix well.
- Boil it for 2 to 3 minutes on medium flame. Keep stirring occasionally. Then add jaggery and mix well.
- Heat oil in a tadka pan. Add cumin seeds, asafoetida, cinnamon stick, and clove.
- Add the prepared tadka to the osaman pan and instantly cover it with a lid to keep its aroma as it is. Boil it for 1 to 2 minutes on medium flame.
- Once done, turn off the flame and take it out in a serving bowl. Add lemon juice and garnish it with coriander leaves.
- **FOR PREPARING MOONG**
- Heat oil in a pan. Add cumin seeds, asafoetida, turmeric powder, and strained moong. Mix well.
- Add red chilli powder, coriander powder, cumin seeds powder, little salt, curry leaves, and coriander leaves. Mix well.
- Once done, turn off the flame and take it out in a serving bowl. Add lemon juice and garnish it with coriander leaves.
- 'Moong With Osaman' is ready to be served.

TIPS

- Add 1 tsp of oil while boiling the moong, so the water does not come out while boiling.
- Lemon juice can be added to the osaman instead of kokum.
- Coriander leaves should be added to any dish while preparing it for a nice flavor.
- While adding tadka to any dish, instantly cover it with a lid to keep its smell as it is.

RAW PAPAYA KULCHA

a delicious restaurant style stuffed dish

By Rajni Poddar

From Kolkata



SERVINGS: 1

PREPARATION TIME: 185 MIN

COOKING TIME: 7 MIN

INGREDIENTS

- Raw Papaya / Kachcha Papita - 1 Cup grated
- Whole Wheat Flour / Gehu Ka Aata - 1/2 Cup
- All Purpose Flour / Maida - 1/2 Cup
- Salt - As per taste
- Curd / Dahi - As required
- Sugar - As required
- Baking Soda - 1/2 tsp
- Sesame Seeds / Til - As required
- Onion Seeds / Kalonji - As required
- Oil - 1 tbsp
- Cloves / Laung - 2 to 3
- Ginger / Adrak - 1 Inch grated
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Water - As required
- Boiled Potato / Ubla Hua Aloo - 1 Peeled and grated
- Lemon Juice / Nimbu Ka Ras - 1 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Butter - As required

DIRECTIONS

- Take whole wheat flour in a mixing bowl. Add maida and curd. Then add salt, 1 tsp of sugar, and baking soda on the curd.
- Now add curd gradually and knead medium soft dough. Let it rest for 2 to 3 hours.
- Heat oil in a pan. Add cloves, raw papaya, ginger, and green chilli. Mix well. Then add salt and turmeric powder.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Add a few drops of water and cover the pan with a lid. Cook it 50% for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add boiled potato, lemon juice, 1/2 tsp of sugar, black pepper powder, and coriander leaves. Mix well.
- Once done turn off the flame and keep it aside.
- Now take the prepared medium-soft dough and make a round shaped circular peda from the dough. Dust it with flour and roll a peda to make a roti.
- Add the prepared raw papaya stuffing in the center of it. Join the edges and seal the kulcha properly. Dust it with flour. Then roll it with light hands and prepare the kulcha. Apply a few drops of water on it. Sprinkle sesame seeds and kalonji on it. Slightly roll it.
- Meanwhile, heat a tawa. Place the prepared kulcha on it and cook it on one side. Flip it, once it is slightly brown.
- Roast the kulcha till it becomes crispy and nicely golden brown from both sides. Then roast it on a direct flame by turning it.
- Once done, take it out on a serving plate. Apply butter on it.
- 'Raw Papaya Kulcha' is ready to be served.

TIPS

- The ratio of whole wheat dough to maida should be 1:1.
- Bay leaf and cardamom can be added to the tadka.
- If you want, you can add red chilli powder as well.

CHUTNEY WALA PANEER KA PARATHA

a delicious meal option

By Neeta Sharma

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Whole Wheat Dough / Gehu Ka Aata - As required
- Green Chutney / Hari Chutney - As required
- Cottage Cheese / Paneer / Chhena - As required crumbled
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Clarified Butter / Ghee - As required

TIPS

- The green chutney should be thick consistency.
- Oil can be used instead of ghee.

DIRECTIONS

- 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.
- Apply green chutney on it. Then spread paneer on it. Sprinkle red chilli on it.
- Join the edges and seal the paratha properly. Dust it with flour. Then roll it with light hands and prepare the paratha.
- Meanwhile, heat a tawa. Grease it with ghee. Place the prepared paratha on it and cook it on one side. Flip it, once it is slightly brown.
- Apply ghee on both sides and cook on a medium flame. Press the paratha while roasting the paratha to make crispy and nicely golden brown paratha.
- Once done, take it out to a serving plate.
- 'Chutney Wala Paneer Ka Paratha' is ready to be served.

LAHSUNI ALOO KI BHUJIYA

a spicy and tangy side dish

By Shveta Sheth

From Mumbai



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Mustard Oil / Sarso Ka Tel - 2 tbsp
- Potato / Aloo - 2 to 3 Cut into thick sticks shape slices
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Onion Seeds / Kalonji - 1/2 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Asafoetida / Hing - A pinch
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Lemon Juice / Nimbu Ka Ras - Of 1/2 Lemon
- **FOR PREPARING DRY MASALA**
- Dry Red Chilli / Sukhi Lal Mirch - 3 to 4
- Cumin Seeds / Jeera - 1 tsp
- Black Peppercorns / Kami Mirch - 1/4 tsp
- Dry Coriander Seeds / Sabut Dhaniya - 2 tsp
- Yellow Mustard Seeds / Pili Sarso - 1 tsp
- Garlic / Lahsun - 3 to 4 Cloves
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Water - As required

DIRECTIONS

- Take dry red chilli, cumin seeds, black peppercorns, dry coriander seeds, yellow mustard seeds, garlic, and red chilli powder in a grinding jar. Grind it for a few seconds by adding water to prepare its paste. Keep it aside.
- Heat mustard oil in a pan. Add mustard seeds, cumin seeds, kalonji, carom seeds, dry red chilli, asafoetida, and potato. Mix well.
- Then add salt and turmeric powder. Mix well.
- Cover the pan with a lid and cook it for 4 to 5 minutes on medium flame. Keep stirring occasionally.
- When it's cooked well, add the prepared dry masala paste and mix well.
- Once done, turn off the flame. Add lemon juice and coriander leaves. Mix well and take it out in a serving bowl.
- 'Lahsuni Aloo Ki Bhujia' is ready to be served.

TIPS

- You can add panchporan masala (mustard seeds, cumin seeds, fennel seeds, onion seeds, and dry fenugreek seeds) as well in the tadka.

IDLI SHAKSHUKA

a healthy and tasty appetizer

By Ani Setia

From Rajasthan



SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Oil - 2 tbsp + As required
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1/2 tsp
- Tricolor Bell Peppers / Shimla Mirch - 1/2 Cup finely chopped
- Tomato Puree / Tamatar Ki Puree - Of 2 tomatoes
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp + As required
- Water - As required
- Idli Batter - As required
- Sambar Powder - 1 & 1/2 tsp
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Coriander leaves / Hara Dhaniya - For garnishing

TIPS

- Keep the onion crunchy.
- Don't reduce more water in the pan because idli will be cooked in the pan only.
- Insert a knife to check idli. If it comes out clean then it is cooked perfectly.
- You can use any idli batter to prepare this dish.
- Red chilli powder should be added to the tadka when it is slightly cool down, otherwise it may burn.

DIRECTIONS

- Heat oil in a pan. Add ginger-green chilli paste and tricolor bell peppers. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring in between.
- Then add tomato puree, little water, salt, and red chilli powder. Mix well.
- Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame till it reduces a little.
- Then pour the batter into the pan to make 3 small sized idli. Sprinkle sambar powder on it.
- Cover the pan with a lid. Cook it on a medium flame for 5 to 6 minutes.
- Insert a knife to check idli. If it comes out clean then it is cooked perfectly. Turn off the flame.
- Heat oil in a tadka pan. Add mustard seeds and curry leaves. Mix well. Turn off the flame and let it cool down. Then add 1/4 tsp of red chilli powder and mix well. Pour the prepared tadka on the idli shakshuka.
- 'Idli Shakshuka' is ready to be served.

MOTH DAL PARATHA

a protein-rich heirloom meal

By Seema Chhajer

From Barmer, Rajasthan



SERVINGS: 1

PREPARATION TIME: 260 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Dew Beans / Moth Dal - 1/2 Cup
- Water - As required
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Curry Leaves / Curry Patta - A few
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required

DIRECTIONS

- Wash and soak moth dal for 3 to 4 hours in the water. Then strain the water.
- Take it out in a mixing bowl. Add salt, red chilli powder, coriander powder, cumin seeds, and asafoetida, Mix well. Then add curry leaves and mix well. Cover the bowl with a lid and keep it aside for 15 to 20 minutes.
- Take medium soft wheat dough and make two round shaped small circular pedas from the dough. Dust it with flour and roll a peda to make a roti and keep it aside. Make another roti.
- Meanwhile, heat a tawa. Place the roti on it and half cook it on a medium flame from both sides. Likewise, cook another roti.
- Take one roti and spread the prepared moth stuffing on it. Place the other roti over it and press it. Place the stuffed paratha on the tawa and add ghee. Roast it on a low to medium flame by pressing it.
- Flip the paratha and cook it on a medium flame for 2 to 3 minutes and keep pressing it. Cook it well from both sides by applying ghee to it.
- Once it is done, take it out on a serving plate and cut it into 4 pieces.
- 'Moth Dal Paratha' is ready to be served.

TIPS

- Moong dal can be used instead of moth dal.
- Cover the moth dal stuffing bowl with a lid and keep it aside for 15 to 20 minutes for a nice masala flavor.
- If you want, you can roast the prepared moth dal stuffing.
- Roast the paratha on a low to medium flame by pressing it to make it crispy.

SWEET CORN KACHORI

a quick and easy appetizer

By Lalita Harsh

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 7 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Boiled Sweet Corn Kernels Paste - 1/4 Cup Coarse
- Asafoetida / Hing - A pinch
- Roasted Cumin Seeds Powder / Bhuna Jeera Powder - 1 tsp
- Coarse Cumin Seeds + Fennel Seeds + Coriander Seeds Powder - 1 tbsp
- Black Pepper Powder / Kali Mirch Powder - 1 tsp
- Rice Flour / Chawal Ka Aata - As required
- Coriander Leaves / Hara Dhaniya - A handful
- Raw Banana / Kaccha Kela - 1
- Flattened Rice / Poha - 1/4 Cup Soaked
- Lemon Juice / Nimbu Ka Ras - of 1/2 Lemon
- Turmeric Powder / Haldi Powder - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Dry Mango Powder / Amchur - 1/4 tsp
- Sugar / Chini - 1/2 tsp
- Salt - As per taste
- Oil - 1 tsp + For Frying

DIRECTIONS

- Heat 1 tsp oil in a pan. Add asafoetida and jeera powder. Then add cumin seeds, fennel seeds and coriander seeds powder.
- Now add sweet corn paste. Roast it till its water evaporate. Add turmeric powder, garam masala, amchur powder and salt. Mix well and add coriander leaves. Let it cool.
- Cook raw banana in a pressure cooker till 2-3 whistles. Once done, turn off the flame. Take it out and peel it. Now mash it and let it cool.
- Take mashed banana in a mixing bowl. Add poha, black pepper powder, sugar lemon juice and salt. Mash it and prepare an even dough.
- Take a small portion of the dough. Spread it using your fingers to make it flat.
- Put the small corn stuffing ball on the dough. Bring the edges of the dough together and join them at the center. Now slightly roll it between your palms. Coat it in rice flour nicely. Likewise, prepare all kachoris.
- Meanwhile, heat oil in a wok. Place kachoris in the hot oil. Fry the kachoris from all sides on low flame until they turn golden brown. Once done, take them out to a serving plate.
- 'Sweet Corn Kachori' is ready to be served.

TIPS

- Chilli flakes can be added instead of black pepper powder.
- You can use breadcrumbs or corn flour instead of rice flour for coating.
- You can keep the corn stuffing in the refrigerator for 4-5 days.
- Soak poha for 10 minutes instead of 5 to 7 minutes, if required.

ONION PANEER RICE IN A PRESSURE COOKER

a restaurant-style dish

By Neeta Sharma

From Rajasthan



SERVINGS: 2 - 3

PREPARATION TIME: 25 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Clarified Butter / Ghee - 2 tbsp
- Cumin Seeds / Jeera - 1 tsp
- Onion / Pyaz - 1 Sliced
- Green Chilli / Hari Mirch - 1/2 Slited
- Cottage Cheese / Paneer - 1/2 Cup small pieces
- Salt - As per taste
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Rice / Chawal - 1 Cup
- Water - As required
- Coriander Leaves / Hara Dhaniya - For garnishing

TIPS

- The ratio of rice to water should be 1:1.

DIRECTIONS

- Soak washed rice in the water for 15 to 20 minutes. Then strain them. Keep it aside.
- Heat ghee in a pressure cooker. Add cumin seeds and onion. Mix well.
- Saute it for a few seconds on medium flame. Then add green chilli, paneer, salt, and black pepper powder. Mix well.
- Add soaked rice and 1 Cup of water. Mix well. Then cover the cooker with its lid. Cook it on low to medium flame till 1 whistle.
- Once done, turn off the flame and let it cool down completely.
- Then open it and take it out on a serving plate. Garnish it with coriander leaves.
- 'Onion Paneer Rice In Pressure Cooker' is ready to be served.

2 TYPES OF KALAKAND

a special wonderful dessert

By Varsha Baid & Suman Nahata Ji From Rajasthan



SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Milk - 500 ml.
- Curd / Dahi - As required
- Saffron / Kesar - A few strands
- Sugar - 3 to 4 tbsp
- Cardamom Powder / Elaichi Powder - 1/4 tsp
- Rose Syrup - 2 to 3 tbsp
- Dry Rose Petals / Gulab Ki Pankhuriya - For garnishing
- Pistachios Flakes - For garnishing

TIPS

- If you want you can remove the water from curdled milk to make the kalakand fast.
- You can add any type of flavored syrup to make different types of kalakand.
- Don't add sugar if using flavored syrup to the kalakand.
- Grated petha or soaked almonds paste can be added to the kalakand to make different types of flavored kalakand.
- Left over water from curdled milk can be used to knead the dough or add it to the sabji.
- A little water from curdled milk should be kept in the kalakand because it will soak the water as it cools down in the refrigerator.

DIRECTIONS

- Heat milk in a Pan on a high flame and bring it to a boil.
- Then add curd gradually and keep stirring continuously till the milk curdles.
- Now boil it till most of the water evaporates. Keep stirring occasionally. Then add cardamom powder. Mix well.
- A little water from curdled milk should be kept in the kalakand because it will soak the water as it cools down in the refrigerator. Then separate it into 2 parts.
- **FOR PREPARING SAFFRON KALAKAND**
- Add saffron and sugar. Boil it for 1 to 2 minutes. Take it out on a serving plate. Garnish it with dry rose petals and pistachio. Let it cool down and keep it in the refrigerator to set it well.
- **FOR PREPARING ROSE KALAKAND**
- Add rose syrup to the prepared kalakand. Mix well. Take it out on a serving plate. Let it cool down and keep it in the refrigerator to set it well.
- '2 Types Of Kalakand' is ready to be served.



Enjoy!

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