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# Zayka Ka Tadka

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Unedited live  
recipes



जो दिखता है !  
वही बनता है !

Issue : 65

Live from the kitchens of moms of india





# THE SUPER CHEF MOMS OF INDIA





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# MURMURE LADOO

a winter special light snack

By Vijay Haladiya      Founder      Zayka Ka Tadka



SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Jaggery / Gud - 1 Cup
- Clarified Butter / Ghee - 1 tsp
- Puffed Rice / Murmura - 3 Cups
- Water - As required

## TIPS

- The ratio of jaggery to murmure should be 1:3.
- Dry fruits can be added to the laddoo mixture.
- Ladoo should be prepared with wet palms.

## DIRECTIONS

- Roast the murmure in a pan on a low flame for 3 to 4 minutes. Keep stirring occasionally. Once done, turn off the flame and let it cool down.
- Heat ghee in a pan. Add jaggery and mix well. Melt it on medium flame for 3 to 4 minutes. Keep stirring continuously.
- Once it melts well, add murmure and turn off the flame. Mix well.
- Take a small, ball-sized part of the laddoo mixture on wet hands, roll it between your palms and make a round shaped laddoo.
- Likewise, prepare all the laddoos. Take it out to a serving plate.
- 'Murmure Ladoo' is ready to be served.

# PANEER KATHI ROLLS

a popular street food of Kolkata

By Avni Panjwani From Kolkata



SERVINGS: 2

PREPARATION TIME: 35 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- **FOR PREPARING LACHHA PARATHA**
- Whole Wheat Flour / Gehu Ka Aata - 1 Cup
- All Purpose Flour / Maida - 1 Cup
- Salt - As per taste
- Onion Seeds / Kalonji - 1/2 tsp
- Oil - 2 tbsp + As required
- Water - As required
- **FOR STUFFING**
- Oil - 1 tbsp
- Onion / Pyaz - 1 Sliced
- Tricolor Bell Peppers / Shimla Mirch - 1/2 Cup sliced
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp + As required
- Hung Curd - 1/2 Cup
- Coriander Powder / Dhania Powder - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/4 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Kashmiri Red Chilli Powder / Kashmiri Lal Mirch Powder - 1/2 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Ginger-Garlic Paste / Adrak-Lahsun Paste - 1/2 tsp
- Gram Flour / Besan - 1 tsp
- Mustard Oil / Sarso Ka Tel - 1 tbsp + As required
- Cottage Cheese / Paneer - 1/2 Cup diced
- **FOR PREPARING PANEER KATHI ROLLS**
- Green Chutney / Hari Chutney - As required
- Tandoori Veg Mayonnaise - As required
- Coriander Leaves / Hara Dhaniya - For garnishing
- Lemon Juice / Nimbu Ka Ras - Of 1/4 Lemon

## TIPS

- Keep the onion and capsicum crunchy.
- It is recommended to use big sized paneer pieces.
- If you want, you can prepare simple paratha as well instead of lachha paratha.

## DIRECTIONS

- **FOR PREPARING LACHHA PARATHA**
- Take whole wheat flour in a mixing bowl. Add maida, salt, kalonji, and 1 tbsp of oil. Mix well.
- Add water gradually to make a medium hard dough. Let it rest for 15 to 20 minutes.
- Take the medium ball sized dough and make a round shaped circular peda from the dough. Dust it with flour and roll a peda to make a paratha.
- Apply oil to it. Sprinkle whole wheat flour on it. Now, take one side of the paratha and fold it one upon another, as if folding to make a fan, then prepare a roll from it.
- Then roll it over to make a circle and press it with your hands. Dust it with flour and roll it with light hands to make a paratha
- 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 for 3 to 4 minutes. Press the paratha while cooking it to make it crispy.
- Once done. Take it out to the serving plate.
- **FOR STUFFING**
- Heat oil in a pan. Add onion and capsicum. Mix well. Add salt and 1/2 tsp of red chilli powder. Mix well.
- Saute it for 2 minutes on high flame. Keep stirring occasionally. Once done, turn off the flame and take it out in a bowl. Keep it aside.
- Take hung curd in a mixing bowl. Add salt, 1/2 tsp red chilli powder, coriander powder, turmeric powder, all spice mix powder, chaat masala, kashmiri red chilli powder, carom seeds, ginger-garlic paste, besan, and 1 tbsp of mustard seeds. Mix well.
- Now add paneer pieces and coat them well. Keep it aside for 10 to 15 minutes for marination.
- Heat 1 to 2 tbsp of mustard oil in a pan. Add marinated paneer mixture. Mix well. Saute them on high flame for 2 to 3 minutes.
- Once done, turn off the flame and take it out in a bowl. Keep it aside.
- **FOR PREPARING PANEER KATHI ROLLS**
- Take the prepared lachha paratha on the serving plate. Apply green chutney and tandoori veg mayonnaise on it.
- Now add the sauteed capsicum mixture vertically. Then add 3 to 4 prepared paneer pieces on it. Garnish it with coriander leaves. Add lemon juice on it.
- Roll the lachha paratha to make a complete roll. Secure it with a toothpick. Transfer it to a serving plate. Likewise prepare another roll.
- 'Paneer Kathi Rolls' are ready to be served.



# TRICOLOR LACHHA PARATHA

a colorful multilayered paratha

By Manju Saraf

From Gurgaon



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Green Chilli / Hari Mirchi - 1 to 2
- Coriander Leaves / Hara Dhaniya - A handful
- Green Peas - 1/2 Cup
- Salt - As per taste
- Whole Wheat Flour / Gehu Ka Aata - As required
- Water - As required
- Boiled Carrot / Gajar - 1 Peeled and mashed
- Cottage Cheese / Paneer - 1/4 Cup mashed
- Cheese - As required
- Clarified Butter / Ghee - As required

## TIPS

- Apply ghee on the grater so the cheese will not stick on it.
- Green chilli or red chilli powder can be added as per taste.

## DIRECTIONS

- **FOR PREPARING GREEN DOUGH**
- Take green peas, coriander leaves, and green chilli in a grinding jar. Grind it for a few seconds to prepare its paste.
- Take 1/2 Cup of whole wheat flour in a mixing bowl. Add the prepared green peas mixture and salt. Mix well. Then add water gradually to prepare medium-soft consistency dough.
- **FOR PREPARING ORANGE DOUGH**
- Take 1/2 Cup of whole wheat flour in a mixing bowl. Add boiled carrot and salt. Mix well. Then add water gradually to prepare medium-soft consistency dough.
- **FOR PREPARING WHITE DOUGH**
- Take 1/2 Cup of whole wheat flour in a mixing bowl. Add salt and mix well. Then add water gradually to prepare medium-soft consistency dough.
- **FOR PREPARING TRICOLOR LACHHA PARATHA**
- Take a small ball sized white 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 ghee to it and spread paneer on it. Sprinkle salt on it. Now make a roll from it. Keep it aside.
- Take a small ball sized green 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 ghee to it. Now make a roll from it. Keep it aside.
- Take a small ball sized orange 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 ghee to it and grate cheese on it. Sprinkle salt on it. Now make a roll from it. Keep it aside.
- Take all 3 rolls together. Then roll it over to make a circle and press it with your hands. Dust it with flour and slightly spread it with your hands. Then roll it with light hands to make a paratha. Adjust the edges.
- Meanwhile, heat a tawa. Place the prepared paratha on the tawa. Cook it from one side.
- Flip it once it is slightly brown, apply 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.
- 'Tricolor Lachha Paratha' is ready to be served.

# LUCHI AND ALOO KI SABJI

a famous street food of Kolkata

By Shailaja Haldiya

From Kolkata



SERVINGS: 2 - 3

PREPARATION TIME: 15 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- **FOR PREPARING LUCHI**
- All Purpose Flour / Maida - 2 Cups
- Sugar - 2 tsp
- Oil - 2 tsp + For frying
- Salt - As per taste
- Water - As required
- **FOR PREPARING ALOO KI SABJI**
- Mustard Oil / Sarso Ka Tel - 2 & 1/2 tsp
- Black Cumin Seeds / Kala Jeera - 1/2 tsp
- Green Chilli / Hari Mirchi - 2 to 3 Slited
- Potato / Aloo - 2 to 3 Peeled and chopped
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Salt - As per taste
- Water - As required

## DIRECTIONS

- **FOR PREPARING LUCHI**
- Take all purpose flour in a bowl. Add sugar, salt, and 2 tsp of oil. Mix well. Add water gradually to knead medium soft dough. Let it rest for 15 minutes.
- Take a small ball sized part of the dough and flatten it. Apply oil and roll it to make a small luchi. Likewise, prepare all the luchi.
- Meanwhile, heat oil for frying. Put the prepared luchi in the hot oil.
- Deep fry it on a high flame until it turns golden brown from both sides. Then, take them out on a serving plate using a slotted spoon.
- **FOR PREPARING ALOO KI SABJI**
- Heat mustard oil in a pan. Add black cumin seeds, green chilli, and potato. Mix well.
- Then add turmeric powder and salt. Mix well. Add 2 to 3 Cups of water.
- Cook it for 7 to 8 minutes on medium flame till the potatoes become soft. Keep stirring occasionally.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Luchi And Aloo Ki Sabji' is ready to be served.

# GOND KHAJOOR KE LADOO

a winter special dessert

By Shraddha Thakrar

From Gujarat



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Clarified butter / Ghee - 1 tsp  
+ For greasing
- Dates / Khajur - 100 Gms  
Seedless
- Edible Gum / Gond - 2 tsp
- Roasted cashew powder / Kaju powder - 2 tsp
- Roasted almond powder / Almond powder - 2 tsp
- Roasted dry coconut powder / Sukha nariyal powder - 1 tsp
- Poppy seeds / Khas-khas - 1 tsp
- Melon seeds / Magaj seeds - 1 tsp
- Dry ginger powder / Sonth - 1/2 tsp
- Cardamom powder / Elaichi powder - 1/2 tsp
- Desiccated coconut / Nariyal ka burada - For coating

## DIRECTIONS

- Heat 1 tsp ghee in a pan. Fry gond in ghee. Take it out on a plate. Then transfer it to a mortar pestle and crush it. Keep it aside.
- Take dates to a grinding jar. Grind it for a few seconds. Keep it aside.
- Grease the pan with ghee. Add ground dates. roast it for 2 to 3 minutes on medium flame until it becomes soft. Keep stirring occasionally.
- Once done, transfer it to the bowl. Add roasted cashew powder, almond powder, dry coconut powder, poppy seeds, melon seeds, dry ginger powder, cardamom powder, and crushed gond. Mix well.
- Take a small, ball-sized part of laddoo mixture, roll it between your palms and make a round shaped laddoo.
- Then roll the laddoo in the desiccated coconut. Likewise, prepare all the laddoos. Take it out to a serving plate.
- 'Gond Khajoor Ke Ladoo' is ready to be served.

## TIPS

- Dry fruits, poppy seeds, and dry coconut should be roasted on low flame for 2 to 3 minutes.
- The dry fruits should be crushed in a mortar and pestle.
- Don't grind dry fruits in a grinding jar otherwise, it will leave oil.
- Any seeds can be added to the laddoo.



# NO FRY CHIVDA

a crispy and tasty dry snack

By Poonam Binani From Kolkata



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Diet Chivda Mixture - 2 Cups
- Roasted Peanuts / Buni Mungfali - 1/2 Cup
- Roasted Black Chickpeas / Bhune Chana - 1/2 Cup
- Roasted Cashews / Kaju - 6 to 7 Chopped
- Corn Flakes - 1/2 Cup
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch powder - 1 tsp
- Black Pepper Powder / Kali Mirch - 1/4 tsp
- Black Salt / Kala Namak - As per taste
- Oil - 1 tsp
- Curry Leaves / Curry Patta - A few
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Mustard Seeds / Rai - 1/2 tsp
- Onion / Pyaz - 1/2 Finely chopped
- Lemon Juice / Nimbu Ka Ras - Of 1/2 lemon

## DIRECTIONS

- Take diet chivda mixture in a mixing bowl. Add roasted peanuts, roasted black chickpea, roasted cashews, and corn flakes. Mix well.
- Then add turmeric powder, red chilli powder, black pepper powder, and black salt, Mix well.
- Heat oil in a tadka pan. Add curry leaves, green chilli, and mustard seeds. Mix well.
- **FOR SERVING**
- Take one bowl of the prepared chivda. Add onion and lemon juice. Mix well.
- 'No Fry Chivda | Namkeen Chivda' is ready to be served.

## TIPS

- If you want, you can add fried peanuts.

# SOYA CHAAP

a popular street food of Kolkata

By **Rekha Gupta**

From **Kolkata**



SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

- Soya Chunks / Soya Vadi - 1 Cup
- Water - As required
- Oil - As required
- Onion / Pyaz - 2 Chopped
- Garlic / Lahsun - 6 to 7 Cloves
- Ginger / Adrak - 1 Inch chopped
- Dry Red Chilli / Sukhi Lal Mirch - 3 to 4
- Poppy Seeds / Khas Khas - 2 tsp
- Salt - As per taste
- Turmeric Powder / Haldi Powder - A pinch
- Curd / Dahi - 2 tbsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp

## TIPS

- The gravy should be sauteed well for 12 to 15 minutes.
- Boiled soya chunks should be sauteed for 2 to 3 minutes to remove its water.

## DIRECTIONS

- Boil water in a pan. Add soya chunks. Mix well. Boil it for 2 to 3 minutes on medium flame till it becomes soft. Keep stirring occasionally.
- Once done, turn off the flame and strain it. Let it cool down, Then squeeze out its water using your hands.
- Heat 2 tbsp of oil in a pan. Add the boiled soya chunks and mix well. Saute it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Once done, turn off the flame and take it out in a bowl. Keep it aside.
- Take onion, ginger, garlic, dry red chilli, khas khas, and a little water in a grinding jar. Grind it for a few seconds to prepare its puree.
- Heat 2 tbsp of oil in a pan. Add the prepared puree and mix well. Saute it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Now add curd and mix well. Add turmeric powder and mix well.
- Saute it for 10 to 15 minutes on medium flame till water evaporates. Keep stirring occasionally.
- Then add sauteed soya chunks and mix well. Add salt and mix well.
- Saute it for 2 to 3 minutes on medium flame till oil separates. Keep stirring occasionally. Now add all spice mix powder and mix well.
- Once done, turn off the flame. Take it out on a serving plate.
- 'Soya Chaap' is ready to be served.



# MOOLI PARATHA

a quick and easy winter special idea

By Neeta Sharma

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Radish / Mooli - 1 Peeled
- Gram Flour / Besan - 1 tbsp
- Coriander Leaves / Hara Dhaniya - A handful
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Carom Seeds / Ajwain - 1/2 tsp
- Chaat Masala - 1/2 tsp
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required

## TIPS

- Squeeze out mooli's water well using muslin cloth.
- You can use leftover water from mooli to knead the dough.
- Oil or butter can be used to roast the paratha instead of ghee.

## DIRECTIONS

- Grate the white radish and squeeze out its water using muslin cloth.
- Take it out in a mixing bowl. Add besan, coriander leaves, green chilli, carom seeds, chaat masala, salt, and red chilli powder. Mix well.
- Now take the medium ball sized 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.
- Then add mooli mixture on it. Join the edges and seal the paratha properly. Slightly press it. 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. Cook it from one side.
- 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 and cook it well.
- Once done, turn off the flame and take it out to the serving plate.
- 'Mooli Paratha' is ready to be served.

# TIL GUD BARFI

a healthy winter special dessert

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Sesame seeds / Til - 1 Cup
- Jaggery / Gud - 1 Cup crushed
- Clarified butter / Ghee - 1 tbsp + As required
- Water - 1/4 Cup
- Almond flakes - For garnishing

## TIPS

- Add little water while melting the jaggery so, the jaggery will not burn.
- The roasted sesame seeds should be ground into pulses.
- Cut the barfi into the desired shape while the barfi is lukewarm.

## DIRECTIONS

- Roast sesame seeds for 2 to 3 minutes on medium flame. Stir it continuously.
- Once roasted well, transfer it to a grinding jar. Grind it for a few seconds in pulses. Keep it aside.
- Heat ghee in a pan. Add jaggery. Mix well and add water. Keep stirring continuously on medium flame for 2 to 3 minutes till the jaggery melts well and starts to boil.
- Now add ground sesame seeds. Mix well slightly and turn off the flame. Now mix well.
- Grease a deep plate with ghee. Transfer the barfi mixture to the plate. Garnish it with almonds flakes.
- Let it set for a few minutes then cut it into the desired shape and transfer it to a serving plate.
- 'Til Gud Barfi' is ready to be served.



# BENGALI ALOO POSTO

a healthy and tasty side dish of Bengali cuisine  
**By Alka Khandelwal** **From Kolkata**



SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Boiled Potato / Uble Hue Aloo - 3 to 4 Peeled and chopped
- Poppy Seeds / Khas Khas - 3 tsp
- Green Chilli / Hari Mirchi - 1 to 2
- Garlic / Lahsun - 5 to 6 Cloves (optional)
- Water - As required
- Clarified Butter / Ghee - 2 tbsp
- Salt - As per taste

## TIPS

- If you want you can use soaked khas khas as well to prepare this sabji.
- Take 3 tsp of khas khas for 1 kg potato.
- Add water gradually to make khas khas paste.
- Spiciness can be adjusted as per taste.
- It is recommended to use ghee to prepare this sabji.

## DIRECTIONS

- Take khas khas in a grinding jar. Grind it for a few seconds. Then add green chilli, garlic, and a little water. Grind it again for a few seconds to prepare its paste. Add water gradually occasionally.
- Heat ghee in a pan. Add the prepared khas khas mixture and mix well.
- Saute it for 2 to 3 minutes on medium flame till the ghee separates. Keep stirring continuously.
- Then add salt and mix well. Now add boiled potato and mix well.
- Once done, turn off the flame and take it out in a serving bowl.
- 'Bengali Aloo Posto' is ready to be served.

# PUNJABI METHI PYAAZ KA STUFFED PARATHA

a winter special healthy dish

By Aruna Setia

From Punjab



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 3 MIN

## INGREDIENTS

- Fenugreek Leaves / Hari Methi - 1/2 Cup finely chopped
- Onion / Pyaz - 1 tbsp Finely chopped
- Roasted Chickpea Powder / Chane Ka Sattu - 1 tsp
- Whole Wheat Dough / Gehu Ka Aata - As required
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Clarified Butter / Ghee - As required

## DIRECTIONS

- Take fenugreek leaves in a mixing bowl. Add sattu, onion, and red chilli powder. Mix well.
- Take the medium ball sized 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 paratha.
- Then add fenugreek leaves mixture on it. Sprinkle salt on it and mix well.
- Join the edges and seal the paratha properly. Slightly press it. Dust it with flour and roll it with light hands to make a paratha.
- Meanwhile, heat a tawa. Place the prepared paratha on the tawa. Cook it from one side.
- 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 and cook it well.
- Once done, turn off the flame and take it out to the serving plate.
- 'Punjabi Methi Pyaaz Ka Stuffed Paratha' is ready to be served.

## TIPS

- Salt should be added to the fenugreek leaves on the paratha so it will not release water.
- Sattu powder will soak the excess water of the stuffing.
- If you want, you can add garlic and green chilli to the stuffing.



# TIL BADAM KE LADDU

a protein and calcium rich dessert

By Manju Saraf

From Gurgaon



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Clarified Butter / Ghee - 1 tbsp + For greasing
- Jaggery / Gud - 1 Cup grated
- Water - As required
- Baking Soda - A pinch
- Sesame Seeds / Till - 1 Cup
- Roasted Peanuts / Moongfali - 1/4 Cup Peeled and coarsely ground
- Dry Coconut / Sukha Nariyal - 1/4 Cup ground
- Cardamom Powder / Elaichi Powder - 1/2 tsp
- Almond / Badam - 2 tsp crushed
- Cashews / Kaju - 2 tsp crushed

## TIPS

- Add a little water to the jaggery while melting it, so the jaggery will not burn.
- Check the jaggery by adding some drops in cold water. If it binds well and becomes a round shaped ball, then the jaggery syrup is ready, otherwise cook it for 1 to 2 minutes more.
- Turn off the flame before adding the baking soda.
- Add a pinch of baking soda to the jaggery syrup to make soft laddoo.
- Roasted sesame seeds should be ground on pulse mode for one time.

## DIRECTIONS

- Roast the sesame seeds in a pan on a low flame for 2 to 3 minutes. Then keep 4 tsp of sesame seeds aside and transfer other sesame seeds to a grinding jar. Grind it for one time on pulse mode. Take it out in a bowl. Keep it aside.
- Heat ghee in a pan. Add jaggery and little water. Melt it on medium flame for 3 to 4 minutes till it changes its color. Keep stirring continuously.
- Check the jaggery by adding some drops in cold water. If it binds well and becomes a round shaped ball, then the jaggery syrup is ready, otherwise cook it for 1 to 2 minutes more
- Once done, turn off the flame and add baking soda. Mix well.
- Add roasted both types of sesame seeds, peanuts, dry coconut, cardamom powder, almond, and cashew. Mix well.
- Grease your palms with ghee. Take a small, ball-sized part of the laddoo mixture, roll it between your palms and make a round shaped laddoo.
- Likewise, prepare all the laddoos. Take it out to a serving plate.
- 'Til Badam Ke Laddu' is ready to be served.

# INSTANT AMLA ACHAR

a spicy and tangy side dish

By Vijay Haldiya      Founder      Zayka Ka Tadka



SERVINGS: 4 - 5

PREPARATION TIME: 10 MIN

COOKING TIME: 2 MIN

## INGREDIENTS

- Mustard Oil / Sarso Ka Tel - 2 tbsp
- Asafoetida / Hing - A pinch
- Cumin Seeds / Jeera - 1/2 tsp
- Panch Phoran Masala (mustard seeds, cumin seeds, fennel seeds, onion seeds, and dry fenugreek seeds) - 1 tbsp
- Gooseberry / Amla - 250 gms
- Water - As required
- Green Chilli / Hari Mirchi - 3 to 4 Chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Salt - As per taste
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhania Powder - 1 tsp
- Crushed Fennel Seeds / Saunf - 2 tsp

## DIRECTIONS

- Wash the gooseberries then boil them for 8 to 10 minutes on medium flame till they cracked and skin wrinkled. Drain water and let it cool down. Now remove its seeds by pressing them.
- Heat mustard oil in a tadka pan. Add asafoetida, cumin seeds, and panch phoran masala. Then after a few seconds turn off the flame. Keep it aside.
- Take boiled gooseberries to a big bowl. Add green chilli, coriander leaves, salt, red chilli powder, coriander powder, and crushed fennel seeds.
- Pour the prepared tadka into the prepared gooseberry mixture. Mix well.
- 'Instant Amla Achar' is ready to be served.

## TIPS

- The amla should be boiled till it cracked and skin wrinkled.
- You can store this pickle in a refrigerator to consume for 1 week.



# ALOO HARE PYAZ KI SABJI

a winter special dish

By Saroj Bhasin

From Rajasthan



SERVINGS: 2 - 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

## INGREDIENTS

- Oil - 2 tbsp
- Spring Onion / Hare Pyaz - 2 Chopped
- Green Chilli / Hari Mirchi - 1 to 2 Finely chopped
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/4 tsp
- Red Chilli Powder / Lal Mirch Powder - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/4 tsp
- Tomato / Tamatar - 1/2 Chopped
- Boiled Baby Potato / Uble Hue Chhote Aloo - 4 to 5 Peeled

## TIPS

- Tomato should be chopped in big pieces.

## DIRECTIONS

- Heat oil in a pan. Add spring onion and green chilli. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Then add salt, red chilli powder, turmeric powder, and black pepper powder. Mix well.
- Now add tomato and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Add boiled baby potato and mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Once done, turn off the flame. Take it out on a serving plate.
- 'Aloo Hare Pyaz Ki Sabji' is ready to be served.

# RAJASTHANI MAKKI KE DHOKLE

a healthy and winter special dish

By Komal Saraf

From Rajasthan



SERVINGS: 3 - 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Maize Flour / Makke Ka Aata - 1 Cup
- Fenugreek Leaves / Hari Methi - 1 Cup Finely chopped
- Radish / Mooli - 1 Grated
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Salt - As per taste
- Baking Soda - A pinch
- Fennel Seeds / Saunf - 1/2 tsp
- Water - As required
- Oil - For greasing
- Clarified Butter / Ghee - For frying
- Coriander Leaves / Hara Dhaniya - For garnishing

## TIPS

- You can add carrot and green peas as well to the dhokla.
- Water can be added as required for binding

## DIRECTIONS

- Take makke ka aata in a bowl. Add fenugreek leaves, mooli, turmeric powder, red chilli powder, carom seeds, salt, baking soda, and fennel seeds. Mix well.
- Then add a little fenugreek leaves and add water gradually to prepare a medium soft dough.
- Take a small ball sized dough and make a peda of the dough. Then make a small dent in the center of the dhokla. Likewise, prepare all dhokla from the dough.
- Grease the idli mold with oil. Arrange all the prepared dhokla on the steam tray.
- Heat water in a steamer. Place the mold in the steamer. Cook it on a medium flame for 15 minutes.
- When dhokla is perfectly cooked. Then turn off the flame and de-mold it. Take out all the dhokla on a plate.
- Meanwhile, heat ghee for frying. Put the prepared dhokla in the hot oil.
- Deep fry it on a high flame until it turns crispy and golden brown from both sides.
- Once done, turn off the flame and take them out on a serving plate using a slotted spoon. Garnish it with coriander leaves.
- 'Rajasthani Makki Ke Dhokle' is ready to be served.

# SIDUADI KI SABJI

a traditional side dish of Bikaner

By Soma Singh

From Rajasthan



SERVINGS: 1 - 2

PREPARATION TIME: 4320 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

- **FOR PREPARING SIDUADI**
- Buttermilk - 1 Cup
- Whole Wheat Flour / Gehu Ka Aata - 1 tbsp
- Salt - As per taste
- Cumin Seeds / Jeera - 1/2 tsp
- **FOR PREPARING SIDUADI KI SABJI**
- Siduadi - 1/2 Cup
- Water - As required
- Curd / Dahi - 1 Cup
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Oil - 2 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - For Garnishing

## TIPS

- Add 1 tbsp of whole wheat flour to 1 Cup of buttermilk.

## DIRECTIONS

- **FOR PREPARING SIDUADI**
- Take buttermilk in a mixing bowl. Add whole wheat flour and mix well using a whisker to prepare a lumps free mixture.
- Then add salt and cumin seeds. Mix well. Add 1/2 tsp whole wheat flour and mix well again. Transfer it to a pan.
- Heat the pan on a high flame. Keep stirring it continuously.
- Keep stirring the mixture for 4 to 5 minutes until it becomes thick.
- After the mixture is ready, spread it on a plate or any plastic sheet's flat surface, make a thin layer of the mixture on it, and let it dry in the sunlight for 4 to 5 hours.
- Once it becomes dry and leaves the surface, cut it into small square pieces.
- Then let it sun-dry for 2 days. When they become fully dry and crisp, store them in an air-tight container.
- **FOR PREPARING SIDUADI KI SABJI**
- Soak siduadi in the water for 30 minutes.
- Take curd in a mixing bowl. Add turmeric powder, cumin seeds powder, coriander powder, red chilli powder, and salt. Mix well.
- Heat oil in a pan. Add cumin seeds, soaked siduadi, and curd mixture. Mix well.
- Saute it for 2 to 3 minutes on medium flame. Stir it occasionally.
- Once done, turn off the flame and garnish it with coriander leaves.
- 'Siduadi Ki Sabji' is ready to be served.



# PANEER TACOS

a quick and interesting snack

By Shveta Chopra

From Punjab



SERVINGS: 1 - 2

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

## INGREDIENTS

- Olive Oil - 1 tbsp
- Tricolor Bell Pepper / Shimla Mirch - 2 tbsp Finely chopped
- Carrot / Gajar - 2 tbsp Finely chopped
- Cabbage / Patta Gobhi - 2 tbsp Finely chopped
- Broccoli - 2 tbsp chopped
- Cottage Cheese / Paneer - 2 to 3 tbsp crumbled
- Salt - As per taste
- Red Chilli Flakes - 1/2 tsp
- Oregano - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Leftover Roti - 3
- Cheese Slice - As required

## TIPS

- If you want, you can use butter instead of olive oil.
- You can use fresh roti to make tacos.
- Roast the tacos in the sandwich maker to make them crispy.

## DIRECTIONS

- Take salt, red chilli flakes, oregano, and black pepper powder in a mixing bowl. Mix well. Keep it aside.
- Heat oil in a pan. Add tricolor bell peppers, carrot, cabbage, and broccoli. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Now add paneer and 1 & 1/2 tsp of the prepared spices mix. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Meanwhile, heat a tawa. Place the leftover roti on the tawa. Slightly roast them for a few seconds from both sides.
- Now take them out on a plate. Add the prepared paneer mixture on half part of it. Add cheese slice on it. Fold it into a semicircle.
- Heat sandwich maker. Put the prepared tacos into it. Let it cook for 5 minutes till it becomes light golden brown and crisp.
- Once done, take it out to a serving plate.
- 'Paneer Tacos' is ready to be served.



# Enjoy!

FOR QUERIES AND SUGGESTIONS PLEASE  
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