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ZAYKA KA TADKA

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Unedited
live recipes



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जो दिखता है !
वही बनता है !

Live from the kitchens of moms of india



Zayka
Ka
Tadka



THE SUPER CHEFS OF INDIA



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BHARDA BHAAT

traditional dish of Vidarbha region of Maharashtra

By Pushpa Deshpande Ji & Dr. Anant Deshpande Ji

From Maharashtra



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Mustard Oil / Sarso Ka Tel - 1 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Dry Red Chilli / Sukhi Lal Mirchi - 2
- Cumin Seeds / Jeera - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Sour Curd / Khatta Dahi - 1/2 Cup
- Bengal Gram / Chana Dal - 1 Cup Coarsely ground
- Cooked Rice / Pake Hue Chawal - 1 Cup
- **FOR TADKA**
- Mustard Oil / Sarso Ka Tel - 1 tbsp
- Mustard Seeds / Rai - 1/4 tsp
- Curry Leaves / Curry Patta - A few
- Cumin Seeds / Jeera - 1/4 tsp
- Dry Red Chilli / Sukhi Lal Mirchi - 1
- Asafoetida / Hing - A pinch

TIPS

- Any type of oil can be used instead of mustard oil.

DIRECTIONS

- Heat mustard oil in a pan. Add mustard seeds, dry red chilli, cumin seeds, turmeric powder, red chilli powder, salt, and curd. mix well.
- Now add coarsely ground chana dal and mix well. Now cover the pan with a lid and cook it for 2 to 3 minutes on low flame. Once done, turn off the flame.
- Take cooked rice on the serving plate. Add the prepared bharda on it.
- **FOR TADKA**
- Heat mustard oil in a tadka pan. Add mustard seeds, curry leaves, cumin seeds, dry red chilli, and asafoetida. Pour it on the bharda on the prepared serving plate.
- 'Bharda Bhaat' is ready to be served.

ACHARI PYAAZ KI SABZI

a lip-smacking sabji

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 3

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Mustard Oil / Sarso Ka Tel - 1 tbsp
- Asafoetida / Hing - A pinch
- Cumin Seeds / Jeera - 1/2 tsp
- Mustard Seeds / Rai - 1/4 tsp
- Fennel Seeds / Saunf - 1/4 tsp
- Onion Seeds / Nigella Seeds / Kalonji - 1/4 tsp
- Dry Fenugreek Seeds / Dana Methi - 1/4 tsp
- Onion / Pyaz - 3 to 4 Cut into 4 pieces
- Green Chilli / Hari Mirchi - 2 Slit
- Salt - As per taste
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Coriander Powder / Dhania Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Dry Mango Powder / Amchur Powder - 1/2 tsp
- Water - As required

DIRECTIONS

- Heat mustard oil in a pan. Add asafoetida, mustard seeds, cumin seeds, fennel seeds, onion seeds, and dry fenugreek seeds. Mix well and saute it for a few seconds on medium flame.
- Then add onion and green chilli. Mix well. Add salt, turmeric powder, coriander powder, and red chilli powder. Mix well.
- Now add dry mango powder and all spice mix powder. Mix well.
- Add a little water and cover the pan with a lid. Cook it for 1 to 2 minutes on medium flame.
- Once done, turn off the flame and take it out on a serving plate.
- 'Achari Pyaaz Ki Sabzi' is ready to be served.

TIPS

- You can use baby onion also to prepare this sabzi.
- Keep the onion crunchy.

ALOO ROTI PIZZA

an instant tasty dish

By Neeta Sharma

From Rajasthan



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Coriander Leaves / Hara Dhaniya - A handful
- Capsicum / Shimla Mirch - 1/2 Finely chopped
- Chaat Masala - 1/2 tsp
- Salt - As per taste
- Red Chilli Flakes - 1/2 tsp + 1/4 tsp
- Semolina / Sooji - 1 tbsp
- Water - As required
- Leftover Cooked Roti - 1
- Pizza & Pasta Sauce - As required
- Clarified Butter / Ghee - As required

TIPS

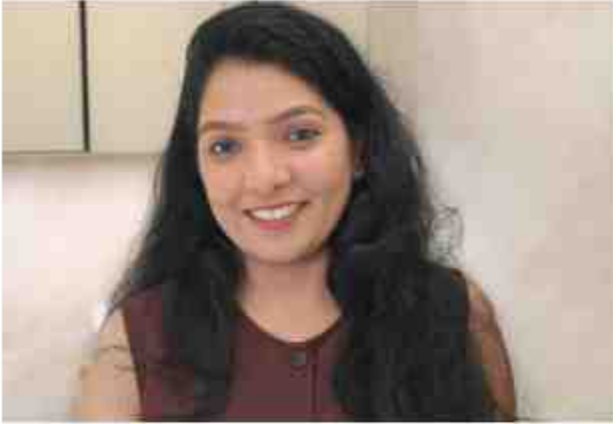
- Red chilli powder can be added instead of red chilli flakes.
- Any type of sauce or chutney can be used.
- Vegetables can be added as per choice and availability.
- Take boiled potato in a mixing bowl. Add coriander leaves, capsicum, chaat masala, salt, and 1/2 tsp of red chilli flakes. Mix well.
- Take sooji in a bowl. Add 1/4 tsp of red chilli flakes and salt. Mix well. Add water gradually to prepare medium thick lumps-free slurry.
- Now take a leftover roti and spread pizza & pasta sauce on it. Then spread the prepared potato mixture on it. Now spread the prepared sooji slurry on it.
- Heat a tawa. Grease it with ghee. Put the potato mixture side of roti on tawa. Add ghee on it.
- Roast it for 2 to 3 minutes on low flame by pressing it till it becomes crispy and golden brown.
- Then flip it carefully and roast it on low flame for 1 to 2 minutes.
- Once done, take it out on a serving plate. Cut it into 4 pieces.
- 'Roti Aloo Pizza' is ready to be served.

STUFFED CAPSICUM RINGS

a healthy and tasty dish

By Monalisa Agarwal

From Kolkata



SERVINGS: 2

PREPARATION TIME: 10 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Tricolor Capsicum / Shimla Mirch - 1
- Oil - As required
- Sesame Seeds / Til - As required
- Boiled Sweet Corn Kernels - As required
- Red Chilli Flakes - As required
- Semolina / Sooji - 1 Cup
- Gram Flour / Besan - 1 tbsp
- Salt - As per taste
- Curd / Dahi - 1 Cup
- Water - As required
- Green Chilli / Hari Mirchi - 2 to 3 Finely chopped
- Ginger Paste / Adrak Paste - 1/2 tsp
- Fruit Salt - 1/2 tsp

TIPS

- Add fruit salt just before adding the batter to the capsicum rings.

DIRECTIONS

- Take sooji in a mixing bowl. Add besan, salt, and curd. Mix well. Add water gradually to prepare medium thick consistency batter.
- Then add sweet corn kernels, green chilli, and ginger paste. Mix well. Keep it aside and let it rest for 10 minutes.
- Take capsicum and cut its top and bottom part. Remove its seeds. Cut a 1/2 inch thick ring shape layer from it. Likewise, prepare all rings.
- Now add fruit salt to the sooji batter and mix well.
- Meanwhile, heat a tawa. Grease it with oil. Put the prepared capsicum rings on it.
- Then add sesame seeds in its middle open part. Then fill its middle open part with the prepared sooji batter. Add sweet corn, red chilli flakes, and sesame seeds on it.
- Cover the pan with a lid and cook it for 2 to 3 minutes on medium flame.
- Flip it to cook the other side as well. Keep the flame high. Once it is cooked on both sides, transfer it to a serving plate.
- 'Stuffed Capsicum Rings' are ready to be served.

INSTANT SOOJI MODAK

the perfect dish for Lord Ganesha

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Clarified Butter / Ghee - 2 Teaspoons +
For greasing
- Fine Semolina / Suji - 1 Cup
- Milk - 2 Cups
- Sugar - 1 Cup
- Saffron / Kesar - 10 to 12 Strings
(soaked in milk)
- Desiccated Coconut Powder - 1/2 Cup
- Cardamom Powder / Elaichi Powder - 1
Teaspoon
- Almonds / Badam - 4 to 5 Chopped
- Pistachio / Pista - 4 to 5 Chopped

TIPS

- Use fine suji, If you have a bigger one then grind it before use.
- Do not roast the sooji to make it brown.
- While roasting the sooji stir it continuously.
- Keep semolina and milk ratio 1:2.
- Keep semolina and sugar ratio 1:1.
- Adjust the sugar level as per your taste.
- Soak saffron in milk for 10 minutes.
- Skip desiccated coconut powder if you want.
- You can stuff dry fruits in the modak.
- You can make the modak with mould as well as with hands. Use a fork to make a design on modak.

DIRECTIONS

- Heat a pan add ghee, semolina and roast on low flame for 4 to 5 minutes.
- After roasting semolina add milk gradually and keep mixing on high flame.
- When semolina absorbs milk add sugar and mix it well.
- Now add soaked saffron milk in the semolina mixture and mix it well.
- Now add desiccated coconut powder and mix it well and keep stirring till mixture leaves the pan.
- Add cardamom powder, almonds, pistachio and mix it well.
- When mixture leaves pan turn off gas and keep aside and let it cool down.
- Grease the modak mould then fill it with mixture. Remove excess mixture and de-mould it and keep it on a plate.
- If you do not have modak mould then you can make the modak with hands. Take a ball size of mixture. Shape it like modak then make lines on the modak using a fork.
- Delicious 'Instant Sooji Modak' is ready to offer Lord Ganesha.

PAV BHAJI WRAP

an amazing way to serve regular roti

By Sapna Maheshwari

From Faridabad



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- Butter - As required
- Onion / Pyaz - 1 Finely chopped + 1 tsp
- Tomato / Tamatar - 1 Finely chopped
- Boiled Potato / Uble Hue Aloo - 2 Peeled and mashed
- Pav Bhaji Masala - 1 & 1/2 tsp
- Salt - As per taste
- Green Chilli / Hari Mirchi - 2 to 3 Finely chopped (optional)
- Coriander Leaves / Hara Dhaniya - A handful
- Half-Cooked Roti - 1
- Schezwan Sauce - 1 tbsp
- Cottage Cheese / Paneer - 2 tbsp grated
- Cheese Slice - 1

TIPS

- Pizza pasta sauce can be used instead of [schezwan sauce](#).

DIRECTIONS

- Heat 1 tsp of butter on an iron tawa. Add onion and mix well. Saute it for 1 to 2 minutes on high flame. Keep stirring continuously.
- Then add tomato and mix well. Saute it for 1 to 2 minutes on high flame. Keep stirring continuously.
- Now add boiled potato, pav bhaji masala, salt, and green chilli. Mash it using a masher.
- Add 1 tsp of butter and mix well. Mash it using a masher for 1 to 2 minutes on medium flame.
- Add coriander leaves and mix well. Mash it using a masher for 1 to 2 minutes on medium flame. Once done, take it out to a bowl.
- Take half-cooked roti on the tawa. Cut the roti in the 1/4 portion.
- Add the prepared pav bhaji masala on the left lower side of roti. Then spread schezwan sauce on the left upper side.
- Now add paneer on the right upper side. Add onion and coriander leaves on it. Put the cheese slice on the lower right side.
- Start folding the roti to make a triangle wrap. First fold the cheese slice side up over the paneer, then keep folding over schezwan sauce and last over the pav bhaji masala.
- Apply butter and add prepared roti wrap. Roast it from both sides by applying butter.
- Roast it by pressing it till it becomes crispy. Once done, take it out to a serving plate.
- 'Pav Bhaji Wrap' is ready to be served.

RESTAURANT STYLE MIX VEG BHINDI

a delicious sabji

By Shraddha Thakrar

From Gujarat



SERVINGS: 5

PREPARATION TIME: 5 MINS

COOKING TIME: 10 MIN

INGREDIENTS

- **FOR COOKING MIX VEG**
- Oil - 1 tbsp
- Potato / Aloo - 1 Peeled and sliced
- Lady Fingers / Bhindi - 200 gms Chopped
- Capsicum / Shimla mirch - 1/2 Diced
- **FOR PREPARING GRAVY**
- Oil - 1 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Onion / Pyaz - 1 Finely chopped + 1 Diced
- Ginger-Garlic Paste / Adrak-Lahsun Paste - 1/2 tsp
- Tomato / Tamatar - 1 Finely chopped + 1/2 Diced
- Water - As required
- Curd / Dahi - 1 Cup whisked
- Gram Flour / Besan - 2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander powder / Dhaniya powder - 1 tsp
- Cumin Seeds Powder / Jeera Powder - 1 tsp
- Red Chilli Powder / Lal Mirch Powder - 2 tsp
- Salt - As per taste
- Fennel Seeds Powder / Saunf Powder - 1 tsp
- Dry Mango Powder / Amchur Powder - 1/2 tsp
- Dry Fenugreek Leaves / Kasuri Methi - 1/2 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - For Garnishing

TIPS

- When the lady finger changes its color, it indicates that it's well cooked.
- If the curd is thin, don't add water to it.

DIRECTIONS

- **FOR COOKING MIX VEG**
- Heat oil in a pan. Add potato and mix well. Then add lady fingers and capsicum. Mix well.
- Saute it for 5 to 7 minutes on medium flame. Stir it occasionally.
- When the lady finger changes its color, it indicates that it's well cooked. Once done, turn off the flame and keep it aside.
- **FOR PREPARING GRAVY**
- Heat oil in a pan. Add mustard seeds, cumin seeds, and finely chopped onion. Mix well and saute it for 1 to 2 minutes on high flame till the onion becomes golden brown. Keep stirring occasionally.
- Then add ginger-garlic paste and mix well. Saute it for 1 to 2 minutes on high flame.
- Now add finely chopped tomato and mix well. Saute it for 1 to 2 minutes on high flame.
- Add a few drops of water and mix well. Cover the pan with a lid and cook it for 1 to 2 minutes on medium flame.
- Meanwhile, take curd in a bowl. Add besan, turmeric powder, coriander powder, cumin seeds powder, red chilli powder, salt, fennel seeds powder, and dry mango powder. Mix well. Add a little water and mix well.
- Add the prepared curd mixture to the pan. Mix well. Keep stirring occasionally. Bring it to a boil.
- Then add the cooked mix vegetables mixture and mix well.
- Further, add dry fenugreek leaves and all spice mix powder. Mix well.
- Now spread diced onion and diced tomato on it. Garnish it with coriander leaves.
- Then turn off the flame and cover the pan with a lid for 2 to 4 minutes. Once done, take it out to a serving bowl.
- 'Restaurant Style Mix Veg Bhindi' is ready to be served.

GREEN MISAL

a famous dish of Maharashtra

By Snehal Rathi

From Maharashtra



SERVINGS: 5

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Fresh Coconut / Nariyal - 1/2 Cup grated
- Green Chilli / Hari Mirchi - 3 to 4 Chopped
- Garlic / Lahsun - 3 to 4 Cloves (optional)
- Ginger / Adrak - 2 Inch chopped
- Lemon Juice / Nimbu Ka Ras - Of 1 lemon
- Water - As required
- Oil - 1 tbsp
- Cumin Seeds Powder / Jeera Powder - 1/2 tsp
- Asafoetida / Hing - A pinch
- Green Peas / Hare Matar - 1 Cup
- Sugar - 1/2 tsp
- Salt - As per taste
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Onion / Pyaz - 1/2 Finely chopped for garnishing
- Nylon Sev - For garnishing

DIRECTIONS

- Boil the green peas in the water by adding salt and sugar for 2 to 3 minutes on medium flame. Once done, strain them and keep it aside.
- Take coriander leaves, fresh coconut, green chilli, garlic, ginger, lemon juice, and a little water in a grinding jar. Grind it for a few seconds to prepare its paste.
- Heat oil in a pan. Add cumin seeds, asafoetida, and ground coriander paste. Mix well. Saute it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Now add boiled green peas and mix well. Then add salt and mix well.
- Further, add a little water and mix well. Now add all spice mix powder and mix well. Bring it to a boil.
- Now garnish it with onion, nylon sev, and coriander leaves.
- 'Green Misal' is ready to be served.

TIPS

- Add lemon juice while preparing the coriander paste, otherwise the paste will turn black.
- Fresh or frozen green peas can be used to prepare this dish.
- You can use roti instead of bread.

[WATCH THE VIDEO RECIPE](#)

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PANEER CORN SANDWICH WITHOUT BREAD

a tasty and healthy appetizer

By Shveta Sheth

From Mumbai



SERVINGS: 1

PREPARATION TIME: 15 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- **FOR PREPARING SOOJI BATTER**
- Semolina / Sooji / Rava - 1 Cup
- Water - As required
- Curd / Dahi - 1/2 Cup
- Ginger-Green Chilli Paste / Adrak-Hari Mirchi Paste - 1/2 tsp
- Salt - As per taste
- Fruit Salt - 1/2 tsp
- **FOR PREPARING PANEER CORN STUFFING**
- Cottage Cheese / Paneer - 1 Cup grated
- Sweet Corn - 1 Cup parboiled
- Onion / Pyaz - 1 Finely chopped (optional)
- Salt - As per taste
- Black Pepper Powder / Kali Mirch - 1/2 tsp
- Mixed Herbs - 1/2 tsp
- Red Chilli Flakes - 1/2 tsp
- Coriander Leaves / Hara Dhaniya - A handful
- Veg Mayonnaise - 2 to 3 tbsp
- **FOR PREPARING PANEER CORN SANDWICH WITHOUT BREAD**
- Oil - As required
- Clarified Butter / Ghee - As required

DIRECTIONS

- **FOR PREPARING SOOJI BATTER**
- Take semolina in a mixing bowl. Add curd, 1/2 Cup of water, ginger-green chilli paste, and salt. Mix well. Let it rest for 15 to 20 minutes. Add water to prepare the medium consistency batter.
- **FOR PREPARING PANEER CORN STUFFING**
- Take paneer in a mixing bowl. Add sweet corn, onion, salt, black pepper powder, mixed herbs, red chilli flakes, coriander leaves, and veg mayonnaise. Mix well.
- **FOR PREPARING PANEER CORN SANDWICH WITHOUT BREAD**
- Heat sandwich maker. Now add fruit salt to the sooji batter and mix well. Grease the sandwich maker with oil and add the sooji batter into it to prepare a thin layer of it.
- Now add the prepared spoon full of paneer corn stuffing on it at a little distance.
- Then again cover the stuffing with sooji mixture. Add some drops of ghee on it and on edges.
- Close the sandwich maker. Toast it for 15 to 17 minutes till it becomes light golden and crisp. Once done, take it out to a serving plate and cut it.
- 'Paneer Corn Sandwich Without Bread' is ready to be served.

TIPS

- You can add water to adjust the consistency of the sooji batter.
- Spices can be added to the paneer corn stuffing as per taste and availability.
- Ghee or butter can be used instead of oil.
- The sooji mixture layer should be prepared thin otherwise it will come out from the sandwich maker.
- Add ghee to the edges of the sandwich maker to remove the sandwich easily.

[WATCH THE VIDEO RECIPE](#)

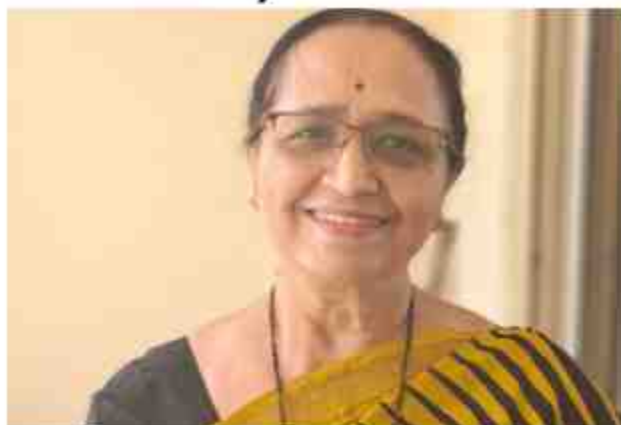
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PATWADI RASSA

a traditional Maharashtrian dish

By Usha Thakre

From Nasik



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- **FOR PREPARING PATWADI**
- Oil - 2 tbsp + For greasing
- Mustard Seeds / Rai - 1/2 tsp
- Cumin Seeds / Jeera - 1/2 tsp
- Asafoetida / Hing - A pinch
- Ginger-Green Chilli-Garlic-Coriander Leaves Paste / Adrak-Hari Mirchi-Lahsun-Hara Dhaniya Paste - 1 tsp
- Carom Seeds / Ajwain - 1/2 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Cumin Seeds Powder / Dhaniya Jeera Powder - 1 tsp
- Water - 1 & 1/2 Cup
- Salt - As per taste
- Gram Flour / Besan - 1 Cup
- Poppy Seeds / Khus-Khus - For garnishing
- Fresh Coconut / Nariyal - Grated for garnishing
- Coriander leaves / Hara dhaniya - For garnishing
- **FOR PREPARING RASSA**
- Oil - As required
- Onion / Pyaz - 1 Cup chopped
- Dry Coconut / Sukha Nariyal - 1 Cup
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Coriander Cumin Seeds Powder / Dhaniya Jeera Powder - 1 tsp
- All Spice Mix Powder / Garam Masala - 1/2 tsp
- Salt - As per taste
- Water - As required
- Coriander Leaves / Hara Dhaniya - A handful

TIPS

- The ratio of water to besan should be 3:2.
- You can keep the thickness of patwadi as per your choice.
- Sesame seeds can be added instead of fresh coconut to garnish the patwadi.

DIRECTIONS

- **FOR PREPARING PATWADI**
- Heat oil in a pan. Add mustard seeds, cumin seeds, asafoetida, ginger-green chilli-garlic-coriander leaves paste, and carom seeds. Mix well. Saute it for a few seconds on medium flame.
- Then add turmeric powder and coriander cumin seeds powder. Mix well. Saute it for a few seconds on medium flame. Keep stirring continuously.
- Now add water and mix well. Bring it to a boil. Keep stirring occasionally.
- Then add salt and mix well. Add besan gradually to prepare lumps-free mixture.
- Now keep stirring continuously for 3 to 4 minutes on low flame till the mixture leaves the pan. Then cover the pan with a lid and cook it for 1 to 2 minutes on low flame.
- Then stir it for a few seconds on low flame. Once done, turn off the flame.
- Grease the plate with oil. Add the prepared thapi vadi mixture on it. Let it cool down for a few seconds.
- Then grease your palm with oil and spread it on the plate. Garnish it with poppy seeds, fresh coconut, and coriander leaves. Let it cool down completely.
- Then cut it into the desired shape and transfer it to a serving plate.
- **FOR PREPARING RASSA**
- Heat 1 tsp oil in a pan. Add onion and mix well. Saute it for 1 to 2 minutes till it becomes golden brown. Once done, turn off the flame and let it cool down.
- Heat 1 tsp of oil in a pan. Add dry coconut and mix well. Saute it for 1 to 2 minutes till it becomes golden brown. Once done, turn off the flame and let it cool down.
- Take sauteed onion and dry coconut in a grinding jar. Grind it for a few seconds to prepare its paste.
- Heat 1 tbsp oil in a pan. Add the prepared onion-coconut paste and mix well. Saute it for a few seconds on medium flame.
- Now add red chilli powder, turmeric powder, coriander cumin seeds powder, and all spice mix powder. Mix well.
- Then add salt and mix well. Saute it for 1 to 2 minutes on medium flame till the oil separates.
- Now add water to adjust the consistency. Boil it for 2 to 3 minutes on medium flame.
- Once done, add coriander leaves and mix well. Turn off the flame and take it out in a serving bowl.
- 'Patwadi Rassa' is ready to be served.

[WATCH THE VIDEO RECIPE](#)

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MOSARU AVALAKKI

a healthy breakfast

By Chandrakala Rathi

From Karnataka



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

INGREDIENTS

- **FOR PREPARING DRY CHUTNEY**
- Roasted Bengal Gram / Daliya dal - 1/2 Cup
- Dry Coconut / Sukha Nariyal - 1/4 Cup
- Garlic / Lahsun - 7 to 8 Cloves (optional)
- Cumin Seeds / Jeera - 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- **FOR PREPARING MOSARU AVALAKKI**
- Flattened rice / Poha - 2 Cups
- Water - As required
- Oil - 1/2 tbsp
- Mustard Seeds / Rai - 1/2 tsp
- Curry Leaves / Curry Patta - A few
- Dry Red Chilli / Sukhi Lal Mirch - 1
- Curd / Dahi - 2 Cups whisked
- Desi Khand - 4 tsp
- Salt - As per taste
- Onion / Pyaz - 1 Finely chopped (optional)
- Coriander Leaves / Hara Dhaniya - For garnishing

DIRECTIONS

- **FOR PREPARING DRY CHUTNEY**
- Take roasted bengal gram, dry coconut, garlic, cumin seeds, red chilli powder, and salt in a grinding jar. Grind it for a few seconds to prepare its dry chutney. Keep it aside.
- **FOR PREPARING MOSARU AVALAKKI**
- Wash the poha with water. Then keep it aside.
- Take curd in a bowl. Heat oil in a tadka pan. Add mustard seeds, curry leaves, and dry red chilli. Mix well and turn off the flame. Add the prepared tadka to the curd bowl. Then add desi khand and salt. Mix well.
- Take washed poha on a serving plate. Add the prepared curd on it. Then add onion and prepared dry chutney on it.
- Garnish it with coriander leaves and dry red chilli.
- 'Mosaru Avalakki' is ready to be served.

TIPS

- You can add sugar instead of desi khand.

MAWA BARFI

a mouthwatering sweet dish

By Mridula Ameriya From Rajasthan



SERVINGS: 2 - 3

PREPARATION TIME: 0 MIN

COOKING TIME: 7 - 10 MIN

INGREDIENTS

- Mawa/Khoya/Reduced Milk Solids - 100 Gram
- Sugar - 50 Gram
- Water - 1/2 Cup
- Cardamom/Elaichi powder - 1 Teaspoon
- Almond Powder - 1 Teaspoon
- Pista/pistachios powder - 1 Teaspoon
- Sliced Almond and Pistachios - as required for garnishing

TIPS

- The sugar syrup should be thick. To check, put a drop of sugar syrup on a plate and let it cool. If it solidifies then the syrup is ready.
- You can add dry fruits of your choice to make the barfi.
- Cool the barfi first and then only cut it into pieces.
- Make this barfi using [Homemade Mawa](#).

DIRECTIONS

- Heat a pan and add sugar and water. Make sugar syrup by stirring it continuously until the sugar gets melted. Add cardamom powder to it. Mix well and cook. Make thick sugar syrup. Put a drop on a plate, let it cool and check. After cooling it should be solidify.
- Once done, turn off the flame. Add mawa/khoya. Mix well. Then add almond and pistachio powder. Mix well.
- Grease a plate with ghee/clarified butter. Pour the mixture on it and spread it evenly. Garnish it with sliced pistachios and almond.
- Keep it in the refrigerator and let it cool for 1 to 2 hours. Then cut it into pieces.
- Delicious 'Mawa Barfi' is ready to be served.

SCHEZWAN CHEESE PARATHA

a tasty and flavorful tiffin box idea

By Sonam Koolwal

From Rajasthan



SERVINGS: 1

PREPARATION TIME: 3 MIN

COOKING TIME: 2 MIN

INGREDIENTS

- Whole Wheat Dough / Gehu Ka Aata - As required
- Schezwan Chutney - As required
- Mozzarella Cheese - As required
- Oregano - As required
- Clarified Butter / Ghee - As required

TIPS

- Any type of chutney can be used instead of schezwan chutney.
- Any type of cheese can be used.
- Roll out the medium thick paratha so the cheese will not come out.
- The paratha should be roasted on high flame so the cheese will not stick on the tawa.

DIRECTIONS

- 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.
- Apply schezwan chutney on it. Then add mozzarella cheese on it. Sprinkle oregano on it.
- Join the edges and seal the paratha properly. Slightly press it. Roll it with light hands to make a medium thick paratha.
- Meanwhile, heat a tawa. Apply ghee to it and wipe it. 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 high 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.
- 'Schezwan Cheese Paratha' is ready to be served.

GOJJU AVALAKKI

a traditional dish of Karnataka

By Anupama Jagdeesh Rao From Bangalore



SERVINGS: 3

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- **FOR PREPARING RASAM POWDER**
- Dry Coriander Seeds / Sabut Dhania - 3/4 Cup
- Cumin Seeds / Jeera - 1 tbsp
- Black Peppercorns / Kali Mirch - 1 tbsp
- Dry Red Chilli / Sukhi Lal Mirch - 1 Cup
- Bengal Gram / Chana Dal - 1 tbsp
- Dry Fenugreek Seeds / Dana Methi - 1 tbsp
- Turmeric Powder / Haldi Powder - 1 tsp
- Curry Leaves / Curry Patta - 1/2 Cup
- **FOR PREPARING GOJJU AVALAKKI**
- Flattened Rice / Poha - 1 Cup
- Turmeric Powder / Haldi Powder - 1/2 tsp + 1/2 tsp
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Salt - As per taste
- Rasam Powder - 2 tsp
- Jaggery Powder / Gud - 2 tsp
- Oil - As required
- Tamarind Water - 1 tbsp
- Hot water - As required
- Peanuts / Mungfali - 1/4 Cup
- Bengal Gram / Chana Dal - 1/2 tsp
- White Gram / Urad Dal - 1/2 tsp
- Asafoetida / Hing - As required
- Curry Leaves / Curry Patta - A few
- Grated Dry Coconut / Sukha Nariyal - 1 tsp
+ For garnishing

DIRECTIONS

- **FOR PREPARING RASAM POWDER**
- Roast all ingredients of rasam powder separately except turmeric powder for 2 to 3 minutes on low flame till the nice aroma begins to rise.
- Let it cool down. Then take out all ingredients in a grinding jar. Grind them in for a few seconds and prepare its powder. Then add turmeric powder and mix well. Store it in an air tight jar.
- **FOR PREPARING GOJJU AVALAKKI**
- Coarsely grind the poha in a grinding jar. Take it out in a mixing bowl. Add 1/2 tsp of turmeric powder, red chilli powder, salt, rasam powder, jaggery powder, and 2 tsp of oil. Mix well.
- Then add tamarind water and mix well. Now add hot water and mix well. Soak it for 5 to 6 minutes.
- Heat 1 tbsp of oil in a pan. Add peanuts and roast it for 2 to 3 minutes on medium flame.
- Then add chana dal and urad dal. Mix well. Roast it for a few seconds on medium flame.
- Now add 1/2 tsp of turmeric powder, asafoetida, curry leaves, and dry coconut. Mix well.
- Saute it for 1 to 2 minutes on medium flame. Now add the soaked poha mixture and mix well.
- Once done, turn off the flame and take it out on a serving plate. Garnish it with grated dry coconut.
- 'Gojju Avalakki' is ready to be served with curd.

TIPS

- Oil should be added to the poha mixture to avoid lumps.
- You can add tamarind water as per taste.
- It is recommended to serve gojju avalakki hot with tea or coffee.
- **FOR RASAM POWDER**
- You can add dry red chilli as per taste.
- Add more curry leaves to make flavorful rasam powder.
- Roast all ingredients without oil.
- If you want you can grind all ingredients separately.

[WATCH THE VIDEO RECIPE](#)

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

PANEER PARATHA BITES

a crispy and tasty tiffin box idea

By Neha Agarwal

From Raipur



SERVINGS: 2

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Cottage Cheese / Paneer - 1 Cup grated
- Onion / Pyaz - 1 Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful
- Salt - As per taste
- Green Chilli / Hari Mirch - 1 to 2 Finely chopped
- Chaat masala - 1/2 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/2 tsp
- Whole Wheat Dough / Gehu Ka Aata - As required

DIRECTIONS

- Take grated paneer in a mixing bowl. Add onion, coriander leaves, salt, green chilli, chaat masala, and black pepper powder. Mix well.
- Take a small ball sized whole wheat dough and make a round shaped circular peda from the dough. Dust it with flour and roll a peda to make a roti. Spread the prepared paneer stuffing on it.
- Fold the roti from one side and roll it like a swiss roll. Then cut the roll in small to medium size pieces. Press all pieces between your greased palms.
- Meanwhile, heat oil in a pan for shallow frying over medium flame. When the oil is medium hot, place the prepared paneer paratha bites gently into the pan.
- When the bottom surface turns light golden brown, flip them using a spatula.
- Shallow fry them on medium flame until it becomes crispy and light golden brown from both sides, and take them out to a serving plate using a spatula.
- 'Paneer Paratha Bites' is ready to be served.

POHA DUMPLINGS

a traditional breakfast

By Chitra Krishnan

From Jamshedpur



SERVINGS: 1 - 2

PREPARATION TIME: 60 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Poha / Flattened rice - 1 Cup
- Fresh Nariyal/ Coconut - 2 tbsp Grated
- Salt - To taste
- Hing / Asafoetida - A pinch
- Hari Mirch / Green Chilli - 1 Chopped
- Adrak / Ginger - 1 Inch Chopped
- Curry leaves - A few Chopped
- Rai / Mustard Seeds - 1 tsp
- Chana Dal / Bengal Gram - 1 tsp
- Urad Dal / Split Black Gram - 1 tsp
- Oil - 2 to 3 tsp
- Water - As required

TIPS

- You can prepare these dumplings with rice flour instead of poha.
- You can use steamer instead of pressure cooker.

DIRECTIONS

- Wash poha. Then, soak it for 1 hour or till it turn soft.
- Now, heat oil in a pan. Add asafoetida, mustard seeds, urad dal, chana dal, chilli, ginger and curry leaves. Mix well.
- Then, add prepared tadka in soaked poha. Add coconut and salt in it. Mix well with your fingers and bind to a soft thick dough.
- Meanwhile heat water in pressure cooker. Now, take a little portion of mixture on palm and make dumpling. Repeat the process and place all the dumplings in steamer plate. Place the plate in pressure cooker and cover it with lid. Remove the whistle. Steam it for 3 minutes on high flame and 2 minutes on low flame.
- After 5 minutes, switch off the flame. Take out the steamer plate. Let it cool down a little.
- 'Poha Dumplings' is ready to be served with coconut chutney.

PATTA GOBHI MINT PARATHA

a delicious and healthy stuffed flatbread

By Vijay Haldiya Founder Zayka Ka Tadka



SERVINGS: 1

PREPARATION TIME: 5 MIN

COOKING TIME: 2 MIN

INGREDIENTS

- Cabbage / Pattagobhi - 1 Cup Julienne
- Coriander leaves / Hara dhaniya - A handful
- Salt - As per taste
- Red chilli powder / Lal mirch powder - 1/2 tsp
- Cumin seeds / Jeera - 1/2 tsp
- Mint leaves / Pudina patta - A handful Chopped
- Ginger - Green chilli / Adrak - Hari mirch - 1/2 tsp Finely chopped
- Whole Wheat Dough / Gehu Ka Aata - As required
- Flattened rice powder / Poha powder - 1 tbsp
- Chaat Masala - As required
- Clarified Butter / Ghee - For roasting

TIPS

- You can add roasted besan or rice flour instead of poha powder for binding the stuffing so the paratha will not break.

DIRECTIONS

- Take cabbage, coriander leaves, red chilli powder, cumin seeds, poha powder, ginger - green chilli in a bowl. 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.
- Apply ghee to it. Now add the prepared cabbage stuffing and mint leaves on it. Then sprinkle chaat masala on it
- Join the edges and seal the paratha properly. Slightly press it. Dust it with flour and roll it with light hands from the edges 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, take it out to the serving plate.
- 'Patta Gobhi Mint Paratha' is ready to be served with instant mango pickle.

MINI PIZZA PARATHA

a tasty tiffin box idea

By Shilpi Agarwal

From Rajasthan



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- Tricolor Capsicum / Shimla Mirch - 1/2 Cup finely chopped
- Boiled Sweet Corn - 1 tbsp
- Cottage cheese / Paneer - 1 tbsp Finely chopped
- Coriander Leaves / Hara Dhaniya - A handful + For garnishing
- Mozzarella Cheese - 1 Cup
- Salt - As per taste
- Black Pepper Powder / Kali Mirch - 1/2 tsp
- Oregano - 1 tsp
- Red Chilli Flakes - 1/2 tsp
- Whole Wheat Dough / Gehu Ka Aata - As required
- Clarified Butter / Ghee - As required

TIPS

- Add veggies as per choice and availability.

DIRECTIONS

- Take tricolor capsicum in a mixing bowl. Add sweet corn, paneer, coriander leaves, mozzarella cheese, salt, black pepper powder, oregano, and red chilli flakes. Mix well.
- 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 small sized paratha and keep it aside. Make another paratha.
- Take one paratha and add the prepared pizza stuffing in the center of it.
- Place the other paratha over it. Cut the paratha's edges with a round-shaped cutter or bowl. Carefully seal the paratha borders with a fork.
- Meanwhile, heat a pan. Add 1 to 2 tsp of ghee. Place the pizza paratha on it and cook it on a medium flame. Add a few drops of ghee.
- Flip the paratha and cook it on a medium flame for 3-4 minutes and keep pressing it. Cook it well from both sides by adding ghee to it.
- Once it is done, take it out on a serving plate and garnish it with coriander leaves.
- 'Mini Pizza Paratha' is ready to be served.

GUD KE CHAWAL

a healthy one-pot meal

By Manju Saraf From Gurgaon



SERVINGS: 3

PREPARATION TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- Clarified Butter / Ghee - 1 tbsp
- Cumin Seeds / Jeera - 1/2 tsp
- Bay Leaf / Tej Patta - 1
- Cloves / Laung - 2
- Cardamom / Elaichi - 2 Broken
- Rice / Chawal - 1/2 Cup
- Water - As required
- Jaggery / Gud - 1/2 Cup
- Almond / Badam - Sliced for garnishing (optional)

TIPS

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

DIRECTIONS

- Soak rice in water for 30 minutes.
- Heat ghee in a pressure cooker. Add cumin seeds, bay leaf, cloves, cardamom, and soaked rice. Mix well.
- Then add jaggery, 1 Cup and 2 tsp of water. Mix well.
- Cover the pressure cooker with its lid. Let it cook for one whistle on a high flame and one whistle on a low flame. Then let it cool down completely.
- Then open it and take it out in a serving bowl. Garnish it with almonds.
- 'Gud Ke Chawal' is ready to be served.

MASALA TINDE

a special side dish

By Ani Setia

From Rajasthan



SERVINGS: 4

PREPARATION TIME: 5 MIN

COOKING TIME: 15 MIN

INGREDIENTS

• FOR PREPARING TINDE

- Apple Gourd / Tinde - 6 to 7
- Water - As required
- Mustard Oil / Sarso Ka Tel - 1 tbsp
- Red Chilli / Lal Mirch - 1/4 tsp Coarsely ground
- Salt - As per taste
- Coriander Powder / Dhaniya Powder - 1/4 tsp
- All Spice Mix Powder / Garam Masala - 1/4 tsp
- Black Pepper Powder / Kali Mirch Powder - 1/4 tsp

• FOR PREPARING MASALA TINDE

- Oil - 1 tbsp
- Clarified Butter / Ghee - 1/2 tbsp
- Bay Leaf / Tej Patta - 1
- Cinnamon / Dal Chinni - 1/2 Stick
- Cumin Seeds / Jeera - 1/2 tsp
- Coriander Powder / Dhaniya Powder - 1 tsp + 1/2 tsp
- Asafoetida / Hing - A pinch
- Red Chilli Powder / Lal Mirch Powder - 1 tsp
- Ginger-Green Chilli Paste / Adrak-Hari Mirch Paste - 1 tsp
- Tomato Puree / Tamatar Puree - Of 3 tomatoes
- Curd / Dahi - 1/4 Cup
- Turmeric Powder / Haldi Powder - 1/2 tsp
- Dry Fenugreek Leaves / Kasuri Methi - 1 tsp
- Dry Mango Powder / Amchur Powder - 1/4 tsp
- Desiccated Coconut Powder / Sukha Nariyal Powder - 1 tsp
- Coriander Leaves / Hara Dhaniya - A handful

TIPS

- Desiccated coconut powder should be added to the curd otherwise, the curd will curdle.
- You can use the curd based gravy to prepare dum aloo, mix veg sabji, paneer, or for any other veggies also.

DIRECTIONS

• FOR PREPARING TINDE

- Take washed and peeled tinde. Then cut it from top. Make 2 slits like a cross on each one so that the base stays attached.
- Heat water in a steamer. Place the prepared tinde on a plate. Cover the steamer with its lid. Cook it on a high flame for 8 to 10 minutes.
- Once it is cooked well, then take them out on a plate.
- Heat mustard oil in a pan. Add steamed tinde and mix well.
- Add crushed red chilli, salt, coriander powder, all spice mix powder, and black pepper powder. Mix well. Saute it for 1 to 2 minutes on medium flame. Keep stirring occasionally.
- Once done, turn off the flame and keep it aside.

• FOR PREPARING MASALA TINDE

- Take curd in a bowl. Add turmeric powder, dry fenugreek leaves, dry mango powder, 1/2 tsp of coriander powder, desiccated coconut powder. Mix well. Keep it aside.
- Heat oil and ghee in a pan. Add bay leaf, cinnamon stick, cumin seeds, 1 tsp of coriander powder, asafoetida, red chilli powder, and ginger-green chilli paste. Saute it for a few seconds on medium flame.
- Then add tomato puree and mix well. Saute it for 2 to 3 minutes on medium flame. Keep stirring occasionally.
- Now add the prepared curd mixture and mix well. Saute it for 1 to 2 minutes on medium flame till the oil separates. Keep stirring occasionally.
- Then add coriander leaves and prepared tinde. Mix well. Once done, turn off the flame and take it out in a serving bowl.
- 'Masala Tinde' is ready to be served.

[WATCH THE VIDEO RECIPE](#)

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

DALIYA PARATHA

a healthy and instant dish

By Nitu Raheja

From New Delhi



SERVINGS: 1

PREPARATION TIME: 2 MIN

COOKING TIME: 3 MIN

INGREDIENTS

- Gehu Ka Aata/ Whole Wheat Flour - 2 tbsp
- Sooji / Semolina - 1 tbsp
- Cooked Mix Veg Daliya - 1 & 1/2 tbsp
- Clarified Butter / Ghee - For roasting

TIPS

- You can add achar masala, red chilli powder etc. in paratha as per choice.

DIRECTIONS

- Take mix veg daliya, sooji and whole wheat flour in a mixing bowl. Mix well. Knead a soft dough.
- Take the small ball sized dough and make round shaped circular peda from the dough. Dust it with flour and roll a peda to make a paratha.
- Meanwhile, heat a tawa. Place the paratha on the tawa. Cook from one side.
- Flip it once it is slightly brown. Roast it on medium flame. Apply ghee on both sides, and cook it.
- Once done. Take it out to the serving plate.
- 'Daliya Paratha' is ready to be served.



Enjoy!

FOR QUERIES AND SUGGESTIONS PLEASE
SEND US AN EMAIL TO
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