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U1:49 Grind them along with green gram sprouts into a smooth batter.	01:49	Grind them along with green gram sprouts into a smooth batter.
01:54 For grinding you can use a stone grinder or a mixer.	01:54	For grinding you can use a stone grinder or a mixer.
01:59 Transfer the batter into a bowl.	01:59	Transfer the batter into a bowl.
02:01 Cover the bowl with a lid and leave it to ferment for 6 to 8 hours.	02:01	Cover the bowl with a lid and leave it to ferment for 6 to 8 hours.
02:08 Once the batter is fermented, add cumin seeds, salt and grated carrot	02:08	Once the batter is fermented, add cumin seeds, salt and grated carrot
02:13 and mix well.	02:13	and mix well.
02:15 Next, grease the idli mould and pour the batter into it.	02:15	Next, grease the idli mould and pour the batter into it.
02:20 Steam it in a steamer for 10 to 12 minutes.	02:20	Steam it in a steamer for 10 to 12 minutes.
02:24 Green gram sprouts idli is ready.	02:24	Green gram sprouts idli is ready.

02:28	4 idlis have approximately 302 milligrams of <b>choline</b> .
02:33	You can also use bengal gram sprouts to make this recipe.
02:38	Our next recipe is cauliflower pulao.
02:42	To make this recipe, you will need:
02:44	100 grams of washed grated cauliflower.
02:49	½ teaspoon coriander powder.
02:52	1 teaspoon roasted sunflower seeds.
02:55	1 teaspoon roasted sesame seeds.
02:58	2 green chillies.
03:00	1 teaspoon pepper powder.
03:03	The other ingredients required are:
03:05	1 teaspoon mustard seeds.
03:08	1 teaspoon cumin seeds.
03:11	Pinch of turmeric powder.
03:13	Handful of washed and chopped coriander leaves.
03:17	Salt to taste.
03:19	1 teaspoon oil or ghee.
	Procedure:
03:22	Heat oil or ghee in a pan
03:25	and add green chillies, mustard seeds and cumin seeds.
03:30	Once they splutter, add the grated cauliflower and mix well.
03:34	To this add salt, turmeric powder, pepper powder and coriander powder.
03:41	Mix well again.  Cover the pan with a lid and cook until cauliflower softens.
03:47	Next, add roasted sesame seeds and sunflower seeds.
03:52	In the end, garnish with coriander leaves.
03:56	Cauliflower pulao is ready.
03:59	1 bowl of cauliflower pulao has around 229 milligrams of <b>choline</b> .
04:06	Our third recipe is beetroot and coconut chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages).
04:10	
04:13	To make this recipe, you will need:
	To make this recipe, you will need:  ½ cup washed and grated beetroot.
04:17	
04:17 04:20	½ cup washed and grated beetroot.
	1/2 cup washed and grated beetroot.  1 tablespoon grated coconut.
04:20	1/2 cup washed and grated beetroot.  1 tablespoon grated coconut.  A handful of washed and chopped coriander leaves.
04:20 04:24	1/2 cup washed and grated beetroot.  1 tablespoon grated coconut.  A handful of washed and chopped coriander leaves.  4 to 5 cloves of garlic.
04:20 04:24 04:26	½ cup washed and grated beetroot.  1 tablespoon grated coconut.  A handful of washed and chopped coriander leaves.  4 to 5 cloves of garlic.  2 green chillies.
04:20 04:24 04:26 04:28	½ cup washed and grated beetroot.  1 tablespoon grated coconut.  A handful of washed and chopped coriander leaves.  4 to 5 cloves of garlic.  2 green chillies.  1 red chilli.
04:20 04:24 04:26 04:28 04:30	1/2 cup washed and grated beetroot.  1 tablespoon grated coconut.  A handful of washed and chopped coriander leaves.  4 to 5 cloves of garlic.  2 green chillies.  1 red chilli.  You will also need:

4 to 5 curry leaves.	04:37	1 teaspoon split black gram.
04:42 Salt to taste. 04:44 I teaspoon of oil. Procedure:  04:46 We will first steam the beetroot.  04:50 Place the grated beetroot on a steaming plate 04:53 and steam for 8 to 10 minutes. 04:57 Once steamed, keep it aside to cool.  After the steamed beetroot cools down, we can make the chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages).  05:05 Put beetroot, coconut, garlic, coriander, green chillies into a mixer jar. 05:12 Add 1 tablespoon of water and salt and grind it into a smooth paste. 05:17 Transfer the beetroot, coconut paste into a bowl and keep this aside.  05:28 We will now make the tempering for the chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages).  05:29 Heat oil in a pan. 05:20 Add split black gram, curry leaves, red chilli, mustard and cumin seeds. 05:34 After the seeds crackle, add the tempering to the paste 05:38 and mix well.  05:40 Beetroot and coconut chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages) is ready.  ½ cup of this chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages) is ready.  ½ cup of this chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages) is ready.  ½ cup of this chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages) is ready.  ½ cup of this chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages) is ready.  ½ cup of this chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages) is ready.  ½ cup of this chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed tex		
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06.28	06:25	1 teaspoon black pepper seeds.
06:28 3 cloves of garlic.		2 green chillies.
	06:28	3 cloves of garlic.

06:31	1 stick of cinnamon.
06:33	5 cloves.
	You will also need:
06:35	½ teaspoon turmeric powder.
06:39	½ teaspoon red chilli powder.
06:42	A handful of washed and chopped coriander leaves.
06:46	1 teaspoon lemon juice.
06:49	1 teaspoon oil or ghee.
06:51	Salt to taste.
	Procedure:
06:53	Wash and soak moth beans, red gram and black gram for 6 to 8 hours.
07:02	Then add these pulses, fenugreek sprouts and vegetables to the cooker.
07:08	To this add spices, salt and water
07:12	and pressure cook for 3 whistles.
07:15	Simultaneously grind all the ingredients mentioned under masala to a paste.
07:22	After the pressure is released from the cooker, mash the pulses and vegetables.
07:28	Next, heat oil in a pan and saute the onions till they turn light brown.
07:34	Add tomatoes to it and cook until they turn soft.
07:38	To this add the masala paste and cook until the raw smell is gone.
07:43	Put the mashed pulses and vegetables
07:46	and cook for 5 to 10 minutes.
07:50	Lastly, add lemon juice.
07:53	Transfer the curry into a bowl and garnish with coriander leaves.
07:58	Lentil curry is ready.
08:00	1 bowl of this curry has around 439 milligrams of <b>choline</b> .
08:07	Include these <b>choline</b> rich recipes in your daily diet for good health.
08:13	This brings us to the end of this tutorial.  Thanks for joining.