

Time	Narration
00:01	Welcome to the Spoken Tutorial on non-vegetarian recipes for pregnant women.
00:06	In this tutorial, we will learn about - the importance of non-vegetarian foods and various non-vegetarian recipes for pregnant women.
00:15	Let us first learn the importance of various non-vegetarian foods.
00:20	Non-vegetarian foods like chicken, meat, fish, prawns, organ meat are rich in Protein , Zinc, Choline , Iron and Calcium .
00:30	These nutrients are essential for the growth and development of the fetus.
00:35	They aid in brain development of the baby and help in maintaining the health of the mother.
00:41	To get these nutrients, non-vegetarian foods should be consumed during pregnancy.
00:46	Now, we will look at a few non-vegetarian recipes.
00:50	Let us begin with our first recipe which is “Kerala style egg curry”.
00:55	For this recipe, we will require - 2 whole boiled eggs, 1 medium sized chopped onion,
01:02	1 chopped tomato, 2 cloves of garlic,
01:06	½ inch piece of ginger, ½ sprig of curry leaves,
01:11	¼ th teaspoon of each - garam masala powder,
01:14	pepper powder, kashmiri red chilli powder,
01:18	turmeric powder, 1 tablespoon chopped coriander leaves,
01:22	1 tablespoon oil and Salt to taste.
01:26	First, we will see how to prepare boiled eggs.
01:29	Fill a bowl with cool water upto 1 inch. Place eggs in it and cover with a lid.
01:36	Allow the water to boil over high heat.

	Then, cook for 6 to 7 minutes over medium heat for perfect hard-boiled eggs.
01:44	Now remove the hard shell of the eggs and keep it aside.
01:48	Next, heat oil in a kadai. Add ginger, garlic, onions and curry leaves.
01:54	Turn the flame to medium and saute until onions turn golden brown.
01:59	After this, add all the dry masalas and saute till you get the aroma of condiments.
02:04	Then, add chopped tomato and salt.
02:07	Now add 1 cup of water and bring mixture to boil.
02:11	Simmer for a few minutes until tomatoes begin to boil. After this, add the boiled eggs into it.
02:18	Cover the kadhai and simmer the eggs for 10 to 15 minutes.
02:22	Turn off the flame and add chopped coriander leaves.
02:25	Stir the gravy gently so that the eggs do not crumble. Serve it in a serving bowl.
02:32	Moving forward, let us learn about the second recipe - Chicken Chettinad .
02:37	For this, we will require - 100 grams of chicken breast,
02:41	1 tablespoon oil, 1 large onion finely chopped,
02:46	1 medium tomato,
02:48	1 to 2 sprigs curry leaves and 1 bay leaf.
02:52	For marination, we will need - ¼ th teaspoon turmeric powder,
02:56	¼ th teaspoon chilli powder,
02:58	1 tablespoon ginger- garlic paste and Salt to taste.
03:03	For gravy, we will need - ½ tablespoon coriander seeds,

	½ teaspoon fennel seeds,
03:10	1 teaspoon pepper corns, 1 teaspoon red chilli powder,
03:14	2 cardamoms, 2 cloves,
03:17	½ inch cinnamon stick and 2 tablespoon shredded coconut.
03:22	To begin with, marinate the chicken by - mixing chicken, turmeric , chilli powder , ginger-garlic paste and salt in a bowl.
03:30	Keep it at room temperature for 30 to 45 minutes.
03:34	On a low flame, dry roast coriander seeds.
03:38	After 2 to 3 minutes, add the remaining spices.
03:42	Roast until you get the fine aroma of spices and keep it aside.
03:46	Then roast the coconut for a few minutes.
03:50	Allow the roasted spices and coconut to cool.
03:53	Using a stone grinder or mixer grinder blend them into a fine paste by adding 1 tablespoon water.
04:00	Keep this paste aside. Add tomatoes to the blender to form a puree.
04:06	Now in a kadhai (pan), heat oil. Add onions and saute till it turns golden color.
04:11	Add chicken and saute again for 4 to 5 minutes on medium flame.
04:16	Add tomato puree, turmeric, salt and chilli powder.
04:20	Mix well and cook till the oil separates. After this, add the ground paste and curry leaves.
04:27	Saute this mixture for 2 to 3 minutes.
04:30	Pour ¼ cup water and cook with the lid closed till chicken turns tender and soft.
04:36	Allow it to simmer until the gravy turns thick. Garnish with curry leaves and serve.
04:42	Please remember: this recipe can be prepared by using any one of the following -

	Mutton, Organ meat, Prawns and Fish.
04:51	Now, let us look at the third recipe -Chicken liver sukka.
04:56	The ingredients required for this recipe are - 100 grams chicken liver, 1 finely chopped onion,
05:03	1 chopped tomato, 6 cloves of garlic,
05:07	¼ inch of ginger, 2 tablespoon finely chopped coriander leaves,
05:12	1 tablespoon oil, Salt to taste and 1 tablespoon lemon juice.
05:18	To begin with - In a blender add onion, tomato, garlic, ginger and coriander leaves.
05:25	Grind this mixture into a fine paste. Apply this paste over the chicken liver and keep this at room temperature for 10 to 15 minutes.
05:34	Now, heat oil in a kadhai and add the liver with marination paste to it. Mix it well.
05:40	Add 1/4th cup water and cook it on low flame for 10 minutes. After this, increase the flame and allow it to cook well.
05:49	Once well cooked, turn off the flame. Add lemon juice on cooling and serve garnished with washed and chopped coriander leaves.
05:57	You can also use mutton liver for this recipe.
06:00	The next recipe is -Fish in spinach curry.
06:04	For this, we need - 2 small pieces of mackerel fish,

06:08	1 cup of spinach leaves, 1 chopped onion,
06:12	1 chopped tomato, 1 teaspoon cumin seeds,
06:15	2 to 3 cloves of garlic,
06:17	$\frac{1}{4}$ teaspoon turmeric powder, 1 teaspoon red chilli powder,
06:22	1 teaspoon cumin powder, $\frac{1}{4}$ teaspoon black pepper powder,
06:27	$\frac{1}{2}$ teaspoon coriander powder, 1 tablespoon white sesame seeds,
06:33	1 teaspoon oil, and salt to taste.
06:37	To start with - Wash, clean and cut the mackerel into two parts and keep aside.
06:42	In a kadhai, heat oil and add cumin seeds.
06:46	Once it splutters, add raw spinach leaves and allow to cook for a minute.
06:51	Now, allow it to cool.
06:53	Next, add the cooked spinach, tomato and sesame seed in a grinder and make a puree.
06:59	Heat oil in a kadhai and add chopped onions.
07:03	Once the onions turn pink, add chopped garlic and saute until it turns brown.
07:08	Add all dry spices and saute until you get the aroma of spices.
07:13	Now add the spinach puree and cook for a few minutes.
07:17	Next, add fish pieces and cook well.
07:20	Now, add $\frac{1}{4}$ th cup water and salt. Allow to cook with the lid closed for 5 to 7 minutes.
07:28	Remove the lid and let it cook on medium flame for 15 minutes. Once done, serve hot.
07:35	Please remember, any locally available fish can be used for this recipe.

07:40	Lastly, we will learn how to prepare meatball curry .
07:44	For this recipe, we need - 100 grams minced meat, 1 finely chopped onion,
07:50	1 chopped tomato, ½ tablespoon ginger paste,
07:55	1 tablespoon garlic paste, 1 tablespoon garam masala,
07:59	¼ cup fresh coriander leaves and Salt to taste.
08:04	For gravy - 1 tablespoon oil, 1 finely chopped onion,
08:10	1 tablespoon garlic paste, ½ tablespoon ginger paste,
08:14	½ teaspoon cumin powder,
08:16	¼ teaspoon turmeric powder,
08:19	And ½ teaspoon of each - chilli powder, garam masala and coriander powder,
08:25	1 large chopped tomato and Salt to taste.
08:29	To begin with, wash and clean the minced meat well using a muslin cloth.
08:34	Now, mix minced meat and chopped onions in a bowl.
08:38	Add ginger-garlic paste, garam masala, coriander leaves and salt.
08:44	Divide this mixture in six equal parts and shape into balls.
08:48	Heat oil in a kadhai and add the remaining chopped onions.
08:52	Saute until it is light brown in colour.
08:55	Add ginger-garlic paste and saute again for few minutes.
08:59	Add all powdered spices - Coriander seeds powder, Cumin seeds powder, Red chilli powder, Garam masala and Turmeric.
09:08	Now, fry this for 2 to 3 minutes.
09:11	Add tomatoes and saute it for 2 to 3 minutes.

	Then, add ½ cup water and salt to the masala.
09:18	At this stage, slowly add the meatballs and allow to simmer.
09:22	Stir gently after 5 minutes and cook until the meatballs are done. Serve hot in a serving bowl.
09:29	Also, You can use minced chicken to prepare this recipe.
09:34	It is important to remember that all these recipes are rich in - Protein, Omega-3 fatty acids, Vitamin A, Vitamin B12,
09:45	Folic acid and iron , Zinc, Magnesium, Sulphur and Choline.
09:52	This brings us to the end of this tutorial Thank you for joining.