

Time	Narration
00:01	Welcome to the spoken tutorial on choline rich vegetarian recipes.
00:06	In this tutorial we will learn:
00:09	Importance of choline .
00:11	Preparation of some choline rich vegetarian recipes.
00:16	Choline helps in maintaining the cell structure
00:19	and functioning of the cells.
00:21	Its derivatives help in carrying nerve impulses.
00:26	These impulses can be from neuron to neuron
00:30	or from neuron to an organ.
00:33	Normal functioning of the liver also requires choline .
00:38	The importance of choline has been explained in another tutorial.
00:43	Please visit our website for this tutorial.
00:46	Now, let us see the preparation of our first recipe, green gram sprouts idli.
00:53	To make this recipe, you will need:
00:56	¼ cup green gram sprouts.
00:59	1 tablespoon split black gram.
01:02	¼ cup grated carrot.
01:05	1 teaspoon fenugreek seeds.
01:08	1 teaspoon cumin seeds.
01:10	Salt to taste.
01:12	1 teaspoon oil.
01:14	Procedure: We will first start with sprouting green gram.
01:19	Soak 2 tablespoons of green gram overnight or for 8 hours.
01:25	Wash and drain it in the morning.
01:28	Then tie it in a muslin cloth and keep it in a warm place to germinate.
01:34	In winter it takes more than a day to sprout.
01:38	Notice when the sprouts appear.
01:41	Then soak the split black gram and fenugreek seeds together overnight.
01:47	Drain them the next day.
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.
01:59	Transfer the batter into a bowl.
02:01	Cover the bowl with a lid and leave it to ferment for 6 to 8 hours.
02:08	Once the batter is fermented, add cumin seeds, salt and grated carrot
02:13	and mix well.
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.
02:24	Green gram sprouts idli is ready.

02:28	4 idlis have approximately 302 milligrams of choline .
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.
03:22	Procedure: 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 choline .
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	To make this recipe, you will need:
04:13	½ cup washed and grated beetroot.
04:17	1 tablespoon grated coconut.
04:20	A handful of washed and chopped coriander leaves.
04:24	4 to 5 cloves of garlic.
04:26	2 green chillies.
04:28	1 red chilli.
04:30	You will also need:
04:32	1 teaspoon mustard seeds.
04:34	1 teaspoon cumin seeds.

04:37	1 teaspoon split black gram.
04:40	4 to 5 curry leaves.
04:42	Salt to taste.
04:44	1 teaspoon of oil.
04:46	Procedure: 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.
05:00	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.
05:23	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) .
05:26	Heat oil in a pan.
05:28	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.
05:43	$\frac{1}{2}$ cup of this chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages) has around 244 milligrams of choline .
05:50	Our last recipe is lentil curry.
05:53	To make this recipe, you will need:
05:55	1.5 tablespoons moth beans.
05:59	1 tablespoon split red gram.
06:02	1 tablespoon black gram.
06:05	1 teaspoon fenugreek sprouts.
06:08	4 to 5 pieces of bottle gourd.
06:11	3 to 4 cauliflower florets.
06:14	1 medium chopped tomato.
06:16	1 medium chopped onion.
06:19	For the masala paste you will need:
06:22	1 teaspoon cumin seeds.
06:25	1 teaspoon black pepper seeds.
06:28	2 green chillies. 3 cloves of garlic.

06:31	1 stick of cinnamon.
06:33	5 cloves.
06:35	You will also need: 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.
06:53	Procedure: 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 choline .
08:07	Include these choline rich recipes in your daily diet for good health.
08:13	This brings us to the end of this tutorial. Thanks for joining.