

Time	Narration
00:00	Welcome to the <b>spoken tutorial</b> on non-vegetarian recipes rich in <b>Vitamin B12</b> .
00:10	In this tutorial, we will learn about:
00:13	Food sources rich in <b>vitamin B12</b> .
00:18	Preparation of a few recipes.
00:22	First we will understand what <b>vitamin B12</b> is
00:26	and its role in our body.
00:29	<b>Vitamin B12</b> is a water soluble <b>B vitamin</b> and is also known as <b>cobalamin</b> .
00:37	It is required for various functions in the body.
00:42	Let us see a few examples.
00:46	It is required for the formation of red blood cells and <b>DNA</b> synthesis.
00:53	This <b>vitamin</b> is particularly important for women of child bearing age.
01:00	Adequate <b>vitamin B12</b> intake helps to prevent <b>neural tube</b> defects in babies.
01:08	<b>Neural tube</b> defects are birth defects of the brain or spinal cord.
01:14	<b>Vitamin B12</b> has a role in improving functions related to the brain.
01:21	For example: attention span,
01:24	memory, planning
01:26	and problem solving.

01:29	Benefits of <b>vitamin b12</b> have been explained in detail in another tutorial.
01:36	Please visit our website for more details.
01:40	Next, let us look at the food sources rich in <b>vitamin B12</b> .
01:46	<b>Vitamin B12</b> is found only in non-vegetarian food.
01:52	Shellfish, liver, kidney and heart are excellent sources.
01:59	Fish, meat, chicken and eggs are also good sources.
02:06	Let us now begin with the preparation of the recipes.
02:10	The first recipe is chicken heart and liver curry.
02:16	To make this recipe, take one heart and one liver of chicken.
02:22	Other ingredients required are:
02:25	1 chopped onion
02:27	1 chopped tomato
02:29	1 teaspoon ginger garlic paste
02:33	Half lemon Handful of washed and chopped coriander leaves
02:39	You will need the following spices:
02:43	1 teaspoon red chilli powder
02:46	½ teaspoon coriander powder
02:50	½ teaspoon cumin powder
02:53	¼ teaspoon turmeric powder
02:57	½ teaspoon garam masala powder
03:01	Take salt according to taste
03:04	and 1 tablespoon of oil or ghee.
03:08	Procedure:

	Wash the chicken heart and liver thoroughly.
03:14	Take them in a bowl.
03:16	Apply ginger garlic paste, turmeric powder and salt to them.
03:23	Keep it aside for 15 to 20 minutes.
03:29	Heat oil or ghee in a pan and add chopped onions to it.
03:35	Saute until they turn light golden.
03:39	Add the chopped tomato and all the spices.
03:43	Mix well and cook on low flame for 3 to 5 minutes.
03:50	Then add the liver and heart into it.
03:55	Add half a glass of water and cover the vessel.
03:59	Cook on low flame for 7 to 10 minutes.
04:04	Garnish the curry with washed and chopped coriander leaves.
04:09	Chicken heart and liver curry is ready.
04:14	1 bowl of this curry gives around 8.7 <b>micrograms of vitamin B12.</b>
04:22	Our second recipe is fish curry.
04:26	I will use salmon to make the curry.
04:31	You can use other fish as per availability.
04:35	For example: cod (rohu - Hindi), herring (hilsa - Hindi), mackerel (bangda - Hindi).
04:40	These are rich in <b>vitamin B12.</b>
04:44	Ingredients required to make this curry are:
04:47	150 grams of cleaned and washed salmon.
04:52	1 chopped onion
04:55	½ chopped tomato

04:57	¼ coconut
04:59	4 to 5 cloves of garlic
05:02	1 teaspoon cumin seeds
05:05	4 to 5 curry leaves
05:09	You will also need:  ½ teaspoon red chilli powder
05:14	1 teaspoon coriander powder
05:17	¼ teaspoon turmeric powder
05:21	1 piece of <b>kokum</b> or tamarind
05:25	1 tablespoon of oil or ghee
05:29	Salt to taste.
05:31	Procedure:  Grind onion, tomato, coconut, garlic and cumin seeds into a paste.
05:41	Heat oil in a pan and add some curry leaves to it.
05:46	Then add the prepared paste and saute it for 7 to 10 minutes on low flame.
05:55	Add the spices and <b>kokum</b> or tamarind to it and cook it well.
06:01	Add one glass of water and bring the curry to a boil.
06:06	Then add the washed and cleaned pieces of fish to it.
06:12	Cover and cook for 5 to 7 minutes.
06:18	Next, garnish the curry with coriander leaves.
06:22	Fish curry is ready.
06:25	One bowl of this curry will give you around 5 <b>micrograms</b> of <b>vitamin B12</b> .

06:33	Instead of fish you can also use lobsters, crabs or oysters.
06:40	If you use 150 grams of lobsters, you will get 6 <b>micrograms</b> of <b>vitamin B12</b> .
06:49	If you use 150 grams of crabs, you will get 14 <b>micrograms</b> of <b>vitamin B12</b> .
06:58	If you use 85 grams of oysters, you will get around 15 <b>micrograms</b> of <b>vitamin B12</b> .
07:08	Our next recipe is mutton stew.
07:12	Ingredients needed to make this recipe are:
07:16	150 grams of mutton
07:18	$\frac{1}{4}$ coconut
07:20	$\frac{1}{2}$ chopped onion
07:22	1 teaspoon of ginger garlic and green chilli paste.
07:28	$\frac{1}{4}$ teaspoon turmeric powder
07:31	$\frac{1}{4}$ teaspoon garam masala powder
07:35	You will also need 1 teaspoon of mixed whole spices.
07:40	For example: peppercorn, cardamom, cinnamon stick, clove, bay leaf.
07:48	You will also need half a cup of mixed vegetables.
07:52	I will be using french beans, peas and carrots.
07:58	Take salt according to your taste and
08:01	1 teaspoon of oil or ghee.
08:04	Procedure:  Wash and clean the mutton thoroughly.
08:08	Apply salt and ginger garlic and green chilli paste to it.
08:14	Keep it aside for 20 to 30 minutes.

08:19	Heat oil in a pressure cooker and add the mixed whole spices and bay leaf.
08:25	Then add chopped onion and saute it.
08:30	Add the mutton pieces and turmeric powder.
08:33	Mix well and cook for 2 to 3 minutes.
08:39	Add one glass of water.
08:42	Then put on the lid along with the whistle of the cooker.
08:47	Cook on medium flame for 3 to 4 whistles.
08:53	Meanwhile you can prepare the coconut milk which has to be added to the stew.
08:59	Grind the washed coconut pieces with $\frac{1}{2}$ a cup of water.
09:05	Strain the grounded coconut in a sieve.
09:10	Squeeze the pulp to extract maximum milk.
09:15	Collect the coconut milk in a bowl below the strainer.
09:19	Put back the coconut residue in the mixer along with half a cup of water.
09:26	Repeat the steps of grinding and extracting coconut milk twice.
09:33	Once the mutton is cooked, open the lid after the pressure releases on its own.
09:39	Add the prepared coconut milk and garam masala powder to it.
09:45	Simultaneously add the vegetables.
09:48	Cook on medium flame for 5 to 7 minutes.
09:54	Mutton stew is ready.
09:57	One bowl of this stew will give about 4.2 <b>micrograms</b> of <b>vitamin B12</b> .
10:06	The next recipe is goat liver dry curry.
10:10	To make this, you will need the following ingredients.

10:15	85 grams of goat liver
10:19	1 sliced onion
10:22	4 to 5 curry leaves
10:24	1 teaspoon ginger garlic paste
10:27	½ teaspoon cumin seeds
10:30	½ teaspoon mustard seeds
10:35	Spices required are:
10:37	1 teaspoon pepper powder
10:40	¼ teaspoon turmeric powder
10:43	½ teaspoon red chilli powder
10:46	½ teaspoon coriander powder
10:50	½ teaspoon cumin powder
10:53	For garnishing you will need a handful of coriander leaves
10:57	and half lemon.
10:59	Take salt according to taste and
11:02	1 tablespoon of oil or ghee.
11:06	Procedure:  Wash the liver pieces thoroughly.
11:10	Apply salt, ginger garlic paste and all the spices to the liver.
11:18	Cover and keep it aside for half an hour.
11:22	Transfer it into a vessel.
11:25	Add 1 glass of water and cook for 5 minutes.
11:31	Next, heat oil or ghee in a pan.
11:34	Add mustard seeds, cumin seeds and curry leaves.

11:39	Once it starts spluttering, add sliced onions and saute.
11:45	Add the liver curry and cook until water evaporates.
11:50	Garnish with chopped coriander leaves and lemon juice.
11:55	Goat liver dry curry is ready.
11:59	One bowl of this curry will give 77 <b>micrograms</b> of <b>vitamin B12</b> .
12:06	Include all these nutritious recipes in your diet for good health.
12:13	This brings us to the end of this tutorial.  Thanks for joining.