

Time	Narration
00:01	Welcome to the <b>spoken tutorial</b> on <b>folate</b> rich non-vegetarian recipes.
00:07	In this tutorial, we will learn about:
00:10	Food sources rich in <b>folate</b> .
00:14	Preparation of a few non-vegetarian recipes.
00:19	First we will understand what is <b>folate</b> and its role in our body.
00:26	<b>Folate</b> is one of the important <b>B vitamins</b> .
00:31	It is required for various functions in the body.
00:35	Let us see a few examples.
00:38	Folate is essential for cell growth and repair.
00:43	It is also needed for a healthy pregnancy.
00:47	<b>Folate</b> helps in the prevention of <b>neural tube</b> defects in babies.
00:53	<b>Neural tube</b> defects are the birth defects of the brain and spinal cord.
00:59	Benefits of <b>folate</b> have been explained in detail in another tutorial.
01:06	Please visit our website for more details.
01:10	Next, let us look at food sources rich in <b>folate</b> .
01:15	Beans and pulses are excellent sources.
01:20	Green leafy vegetables are also rich in <b>folate</b> .
01:24	Among non-vegetarian foods, fish and sea foods are excellent sources.
01:31	For example: pomfret,
01:34	bombay duck, salmon,
01:36	mackerel, etc.
01:39	Prawns, crabs,
01:41	lobsters, clams and
01:43	fish eggs are also included.
01:46	Even eggs, chicken or mutton liver are good sources of <b>folate</b> .
01:53	Let us now begin with the preparation of the recipes.
01:58	The first recipe is stuffed egg omelette.
02:02	To make this recipe, you will need:
02:05	2 eggs.
02:07	Handful or 50 grams of spinach.
02:11	½ onion.
02:13	2 tablespoons of milk.
02:16	2 green chillies.

	¼ teaspoon black pepper powder.
02:21	½ teaspoon cumin seeds.
02:24	Take salt according to your taste and 2 teaspoons of oil, ghee or butter.
02:31	Procedure: Wash and chop the spinach leaves finely.
02:37	Heat oil in a pan and add cumin seeds.
02:40	Once they crackle, add sliced onions and saute it.
02:46	When the onions turn light pink, add green chillies and chopped spinach.
02:53	Sprinkle some salt on it.
02:55	Saute it for 1 to 2 minutes on medium flame
03:00	and then keep it aside.
03:03	Meanwhile, crack the eggs in a bowl.
03:05	Add salt and black pepper powder.
03:09	Next, add milk into it.
03:12	Beat the eggs with the help of a spoon or a fork.
03:16	Heat oil in a pan.
03:19	Pour the beaten eggs on the pan.
03:21	Cook for a minute and flip the omelette.
03:25	Place the prepared spinach mixture on one half of the omlette.
03:30	Fold the omelette on to the other half.
03:34	Stuffed egg omelette is ready.
03:37	This recipe will give around 290 micrograms of <b>folate</b> .
03:44	Instead of spinach leaves, you can also use other green leafy vegetables.
03:50	For example, amaranth leaves
03:53	and agathi leaves.
03:55	The next recipe is fish fry.
03:59	To make this recipe you can use 150 grams of any fish.
04:05	I will be making this recipe with pomfret.
04:10	Other ingredients required are:
04:13	2 tablespoons of curd.
04:15	1 tablespoon of lemon juice.
04:18	1 teaspoon roasted bengal gram flour.
04:22	1 teaspoon ginger garlic paste.
04:25	½ teaspoon cumin seeds powder.
04:28	½ teaspoon red chilli powder.
04:31	½ teaspoon garam masala powder ( <b>powder of mixed whole spices – Bracketed text is only for International languages</b> ).
04:35	You will also need salt to taste and
04:40	1 tablespoon of oil, ghee or butter.

04:45	Procedure: First wash and clean the fish thoroughly.
04:50	Make slits on its body.
04:53	Next, take curd in a bowl.
04:56	Add all the ingredients in it, except the fish and oil.
05:02	Mix it well. Apply the prepared paste on the fish and keep it for about an hour.
05:10	Heat oil in a pan.
05:12	Place the fish pieces on the pan and let it cook on low flame on both sides.
05:18	You can even bake or steam the fish.
05:23	Fish fry is ready.
05:26	This recipe has about 1,440 micrograms of <b>folate</b> .
05:34	The next recipe is chicken liver masala dry.
05:39	Ingredients required are:
05:41	60 grams or 1 chicken liver.
05:45	1 tablespoon of curd.
05:47	1 small onion.
05:50	½ tomato.
05:52	½ capsicum.
05:54	½ teaspoon ginger garlic paste.
05:57	5 grams or handful of washed coriander leaves.
06:02	Spices needed are:
06:04	½ teaspoon cumin seeds powder.
06:07	½ teaspoon coriander powder.
06:10	½ teaspoon garam masala powder ( <b>powder of mixed whole spices – Bracketed text is only for International languages</b> ).
06:13	½ teaspoon red chilli powder.
06:16	You will also need 1 tablespoon of oil or ghee
06:21	and salt to taste.
06:23	For garnishing, you will require juice of half a lemon.
06:29	Procedure:
06:31	Wash the chicken liver and cut into medium size pieces.
06:37	Apply ginger garlic paste and curd on it.
06:42	Add salt and rest of the spices.
06:46	Mix everything well and keep it for about an hour.
06:51	Next, heat oil in a pan.
06:54	Saute chopped onions in it until they turn light golden.
07:00	Then add chopped tomato and capsicum.
07:04	Add the chicken liver and mix everything well.
07:08	To it add half cup of water.

07:11	Cover and cook on low flame for 5 to 7 minutes.
07:18	Garnish it with lemon juice and coriander leaves.
07:22	Chicken liver masala dry is ready.
07:26	1 bowl of this recipe will give about 610 micrograms of <b>folate</b> .
07:34	Our last recipe is prawn curry.
07: 37	For this recipe, ingredients required are:
07:41	50 grams of prawns.
07:43	½ fresh coconut.
07:46	1 small onion.
07:48	1 small tomato.
07:50	½ teaspoon ginger garlic paste.
07:53	1 sprig of curry leaves.
07:56	½ teaspoon mustard seeds.
07:59	Spices needed are:
08:01	½ teaspoon red chilli powder.
08:04	½ teaspoon cumin seeds powder.
08:07	½ teaspoon turmeric powder.
08:10	½ teaspoon coriander powder.
08:13	Take salt according to taste and 1 tablespoon of oil or ghee.
08:19	For garnishing you will need:
08:22	1 tablespoon of lemon juice and
08:26	5 grams or handful of washed coriander leaves.
08:31	Procedure:
08:33	First clean and wash the prawns properly.
08:37	Remove the head and tail of the prawns.
08:40	Use a knife to carefully make a small slit along the back of the prawn.
08:47	Then pull out the vein with the tip of the knife or your fingers and discard it.
08:55	Do this on the other side as well.
08:58	Put salt and lemon juice on the prawns.
09:02	Keep it aside for 15 to 30 minutes.
09:06	Now I will tell you how to prepare coconut milk.
09:11	Grind coconut pieces with ½ cup of lukewarm water.
09:16	Strain the grounded coconut in a sieve.
09:20	Then, collect the coconut milk in a bowl.
09:24	Squeeze the coconut residues with clean hands to extract maximum milk.
09:31	Put back the coconut residue in the mixer.
09:35	Add ½ cup of lukewarm water and grind it again.
09:40	Strain it and collect the coconut milk for the second time.
09:45	Repeat the procedure one more time.
09:49	Keep the collected coconut milk aside for later use.
09:54	Heat oil in a pan and add mustard seeds and curry leaves.
10:00	Once they splutter, add chopped onion and saute it for 2 to 3 minutes.
10:07	Next add ginger garlic paste, chopped tomato, salt and all the spices.

10:15	Mix everything well and cook for a few minutes until the tomatoes become soft.
10:21	Then add prawns into it.
10:25	Add the extracted coconut milk and cook on low flame for 2 minutes.
10:33	Garnish with coriander leaves.
10:35	Prawn curry is ready.
10:38	1 bowl of this curry will give about 650 micrograms of <b>folate</b> .
10:46	All these recipes are rich in other nutrients as well.
10:51	For example, <b>protein</b> ,
10:53	<b>iron</b> ,
10:55	<b>vitamin B12</b> ,
10:57	<b>choline</b> and
10:59	<b>omega 3 fatty acid</b> .
11:02	It also contains <b>zinc</b> ,
11:05	<b>phosphorus</b> ,
	<b>vitamin D</b>
11:08	and <b>calcium</b> .
11:10	Please include <b>folate</b> rich food in your diet for good health.
11:15	This brings us to the end of the tutorial.
	Thanks for joining.