

Time	Narration
00:00	Welcome to the spoken tutorial on non-veg recipes enriched with magnesium rich food.
00:08	In this tutorial, we will learn about:
00:11	Food sources of magnesium .
00:14	Preparation of non-vegetarian recipes enriched with magnesium .
00:20	Magnesium is one of the essential minerals required for muscle relaxation.
00:26	Magnesium is required for healthy bones and teeth as well.
00:31	We also need magnesium for energy production and DNA synthesis.
00:38	Sources of magnesium are legumes like cowpea, kidney beans and bengal gram.
00:47	Nuts like almonds, cashews are also good sources.
00:53	Sunflower seeds and sesame seeds are other examples.
00:59	Pearl millet, finger millet and sorghum also contain magnesium .
01:05	Non-vegetarian food is not a good source of magnesium .
01:10	Hence, I will be enriching them with magnesium rich natural food ingredients.
01:17	Doing so will help non-vegetarians to get magnesium through diet.
01:23	The first recipe is dry chicken curry.
01:27	To prepare this recipe, you need:
01:30	2 pieces or 100 grams of chicken.
01:33	50 grams washed amaranth leaves.
01:37	1 ½ tablespoons freshly grated coconut.
01:41	5 cloves of garlic.
01:43	2 dry red chillies.
01:45	½ teaspoon cumin seeds.
01:48	Salt to taste.
01:50	You also need:
01:52	½ teaspoon turmeric powder.
01:54	½ teaspoon chilli powder.
01:57	1 small chopped onion.
01:59	1 small chopped tomato.
02:02	2 teaspoons oil.
02:04	1 teaspoon lemon juice.
02:07	Procedure: Wash and clean the chicken.
02:10	Marinate the chicken with lemon juice and rest it for 20 minutes.
02:16	Heat oil in a pan.
02:18	Add cumin seeds, garlic and dry red chillies.
02:24	Saute for 2 minutes.
02:26	To this add chopped onions and saute till they turn light golden in color.
02:33	Add the tomatoes and cook till they become soft.
02:38	Add marinated chicken and mix well.

02:41	Cover it with a lid and cook for 6 to 8 minutes.
02:46	Add the spices and amaranth leaves.
02:49	Cover and cook until chicken is cooked.
02:53	Lastly, add freshly grated coconut and cook for another 5 minutes.
02:59	Dry chicken curry is ready.
03:02	1 serving of this curry has around 133 milligrams of magnesium .
03:08	The second recipe is steamed eggs dry curry.
03:13	To prepare this recipe, you need:
03:15	2 eggs.
03:17	50 grams washed fenugreek leaves.
03:20	1½ tablespoon sesame seeds powder.
03:24	1 small chopped onion.
03:27	You also need: 1 teaspoon red chilli powder.
03:31	½ teaspoon turmeric powder.
03:34	2 teaspoons oil.
03:36	Salt to taste.
03:38	Procedure: Heat a pan and roast sesame seeds until they pop.
03:44	Allow them to cool.
03:46	Later, grind them into a powder.
03:49	To steam the eggs, crack them in a bowl and beat them.
03:54	Add salt and red chilli powder.
03:57	Mix it well.
03:59	Grease another bowl with oil and pour the egg mixture in it.
04:05	Steam this mixture in a steamer for 6 to 7 minutes.
04:09	After steaming, allow it to cool.
04:12	Remove the steamed eggs and cut them into pieces.
04:17	To make the curry, heat oil in a pan.
04:20	Add onion and fry until it turns golden brown.
04:25	To this add the fenugreek leaves, spices and sesame seed powder and mix well.
04:32	Saute this for 2 minutes.
04:35	Add the egg pieces to the pan.
04:37	Cover it with a lid and cook for 2 to 3 minutes.
04:42	Steamed eggs dry curry is ready.
04:46	1 serving of this curry has around 120 milligrams of magnesium .
04:52	The next recipe is fish in sunflower seed gravy.
04:57	To prepare this recipe, you will need 2 pieces of Mackerel.
05:02	In case, mackerel is not available you can use bombay duck.
05:08	The other ingredients needed are:

05:11	2 tablespoons of sunflower seeds.
05:14	1 small chopped tomato.
05:17	1 small onion chopped.
05:19	1 teaspoon cumin seeds.
05:22	You will also require:
05:24	4 to 5 garlic cloves.
05:26	½ teaspoon black pepper.
05:29	½ teaspoon coriander leaves.
05:31	Salt to taste. 1 teaspoon chilli powder.
05:35	½ teaspoon turmeric powder.
05:37	2 teaspoons oil.
05:40	Procedure: Soak sunflower seeds for 1 to 2 hours
05:45	and then drain them.
05:47	Marinate the fish with some salt.
05:50	Set it aside for 15 to 20 min.
05:54	Dry roast cumin seeds and black pepper on a pan.
05:59	Allow them to cool.
06:01	Mix sunflower, cumin and black pepper seeds.
06:06	Add a little water and grind them to a smooth paste.
06:10	We will use this later.
06:13	Heat oil in a pan.
06:15	Add onion. Garlic.
06:18	Saute till they turn light golden.
06:21	Add tomatoes and cook till they become soft.
06:25	To this, add spices and paste we made.
06:30	Add little water and cook this for 5 minutes.
06:33	Add the marinated fish and mix well.
06:37	Cover the pan and cook for 10 minutes.
06:41	Lastly, add coriander leaves.
06:44	Fish in sunflower seeds gravy is ready.
06:48	1 serving of this curry contains around 168 milligrams of magnesium .
06:54	The last recipe is cowpea and prawns dry curry.
06:58	To prepare this recipe you will need:
07:01	2 tablespoons of cowpea sprouts.
07:04	50 grams of prawns.

07:06	1 medium chopped tomato.
07:08	1 small chopped onion.
07:11	4 to 5 cloves of garlic.
07:13	1 teaspoon coriander leaves.
07:16	You also need: 1 teaspoon red chilli powder.
07:20	½ teaspoon turmeric powder.
07:22	Salt to taste.
07:24	1 teaspoon oil.
07:26	1 teaspoon lemon juice.
07:28	Procedure: For sprouting, soak cowpeas overnight.
07:33	Drain it in the morning and tie them in a clean muslin cloth.
07:38	Leave them in a warm place to germinate for 2 days.
07:42	Once the sprouts are ready keep them aside for later use.
07:47	We will now make the curry.
07:50	To make it, first clean and wash the prawns properly.
07:54	Make a slit on the back side of the prawns.
07:58	Pull out the black thread from it.
08:01	This black thread has to be removed from the other side also, if found.
08:07	Marinate the prawns with lemon juice and set aside for 20 minutes.
08:13	Now heat oil in a pan.
08:15	Add onion, garlic and saute till they turn light golden in color.
08:21	Add the tomatoes and cook till it becomes soft.
08:25	To this, add the spices, cowpea sprouts and marinated prawns.
08:31	Mix it well.
08:33	Add some water and cover the pan to cook the prawns for 5 to 8 minutes.

08:39	When the prawns are cooked, add coriander leaves and give it a mix.
08:45	Cowpea and prawns dry curry is ready.
08:49	1 serving of this curry contains around 119 milligrams of magnesium .
08:55	It is important to include magnesium in our daily diet for good health.
09:02	All these recipes are rich in protein ,
09:05	folate , fibre,
09:08	and omega 3 fatty acids .
09:11	They are also rich in zinc ,
09:14	iron , choline
09:16	and vitamin b12 .
09:19	This brings us to the end of this tutorial. Thanks for joining.