

Time	Narration
00:00	Welcome to the <b>spoken tutorial</b> on <b>vitamin C</b> rich cooked recipes.
00:07	In this tutorial, we will learn about:
00:10	Ways to avoid the loss of <b>vitamin C</b> from food.
00:15	Preparation of some <b>vitamin C</b> rich cooked recipes.
00:21	We will first understand what is <b>vitamin C</b> and its role in the body.
00:28	<b>Vitamin C</b> is an important water soluble <b>vitamin</b> .
00:32	It is required for various functions in the body.
00:37	For example: Healing wounds and
00:40	maintaining healthy skin.
00:42	It also helps in fighting infections
00:45	and other diseases.
00:48	Additionally, <b>vitamin C</b> enhances the absorption of <b>iron</b> in the body.
00:55	Hence, adequate intake of <b>vitamin C</b> rich food in our daily diet is essential.
01:03	Gooseberries, guavas and citrus fruits are excellent sources of <b>vitamin C</b> .
01:11	Green leafy vegetables and other vegetables are additional sources.
01:18	I will now tell you ways to avoid loss of <b>vitamin C</b> from food.
01:25	It is to be noted that <b>vitamin C</b> is sensitive to heat and water.
01:33	Cooking at high temperatures will destroy some amount of <b>vitamin C</b> in the food.
01:40	Cooking in excess water and throwing that water causes a loss too.
01:46	Thus, some points should be remembered while cooking <b>vitamin C</b> rich food.
01:54	Do not overcook the food.
01:56	Cook in minimum amounts of water.
02:00	Do not discard the water after cooking.
02:04	Avoid repetitive heating of food.
02:09	Steam or saute the vegetables instead of boiling them.
02:14	However, if boiling is required then use the water for some other preparation.
02:21	Do not throw it away.
02:23	You may use the water for kneading a dough.
02:28	You can also add it in curries and soups.
02:32	Let us now look at the preparation of some <b>vitamin C</b> rich recipes.
02:39	Our first recipe is stir fry guava.
02:43	To prepare this recipe, you need:
02:46	150 grams or 1 semi ripe guava.
02:52	½ lemon.
	½ teaspoon cumin seeds.
02:56	¼ teaspoon red chili powder.
03:00	¼ teaspoon coriander powder.
03:03	2 to 3 curry leaves.
03:06	1 teaspoon oil or ghee.

03:09	Use salt as per your taste.
03:12	Procedure:
03:14	Wash the guava and cut it into small pieces.
03:18	Heat oil in a pan.
03:20	Add cumin seeds and curry leaves.
03:23	When they start to crackle, add the chopped guava pieces.
03:28	Add red chili powder, coriander powder and salt.
03:34	Mix everything well and saute for 2 to 3 minutes on medium flame.
03:41	Switch off the flame and squeeze some lemon juice.
03:46	Sauteed guava is ready.
03:49	One bowl of this recipe will give around 300 milligrams of <b>vitamin C</b> .
03:57	Our next recipe is drumstick curry.
04:01	For this recipe you need:
04:04	75 grams or 2 drumsticks.
04:08	2 tomatoes.
04:10	½ onion.
	½ teaspoon ginger garlic paste.
04:15	¼ teaspoon cumin seeds.
04:18	The spices needed are:
04:21	¼ teaspoon red chili powder.
04:24	¼ teaspoon coriander powder.
04:28	¼ teaspoon turmeric powder.
04:31	You will also require 2 teaspoons of oil or ghee
04:36	and salt to taste.
04:40	Procedure:
	Wash the drumsticks thoroughly.
04:44	Cut it into pieces.
04:46	Remove the peel.
04:49	Steam the drumsticks in a steamer.
04:51	If you do not have a steamer, fill one fourth of a cooking pot with water.
04:57	Place a stand in it and keep a plate of drumsticks on the stand.
05:03	Cover the pot and steam on medium flame for 10 minutes.
05:09	Meanwhile, grind onion and tomatoes in a mixer to make a smooth paste.
05:16	Heat oil in a pan and add cumin seeds and ginger garlic paste.
05:22	Once they start to crackle, add the onion tomato paste to it and stir it well.
05:29	Then, add red chili powder, turmeric powder, coriander powder and salt.
05:36	Cook for 3 to 5 minutes.
05:41	Next add the steamed drumstick pieces.
05:44	Add ¼ cup of water
05:47	and cover the pan.

05:50	Cook for 2 minutes on medium flame.
05:54	Drumstick curry is ready.
05:57	One bowl of this recipe gives about 140 milligram of <b>vitamin C</b> .
06:04	The third recipe is amaranth leaves curry.
06:08	Ingredients required to prepare this recipe are:
06:12	60 grams or ¼ bundle of red amaranth leaves.
06:18	1 teaspoon grated gooseberry.
06:21	½ cup roasted gram flour.
06:24	1 small onion.
06:26	2 small tomatoes.
06:29	Other ingredients required are:
06:32	½ teaspoon ginger garlic paste.
06:35	1 green chili.
06:37	¼ cup coriander leaves.
06:40	The spices needed are:
06:42	½ teaspoon red chilli powder.
06:45	½ teaspoon coriander powder.
06:48	¼ teaspoon turmeric powder.
06:52	You also need salt to taste and
06:55	1 tablespoon of ghee or oil.
06:59	Procedure: Wash the amaranth leaves thoroughly and chop them.
07:04	Take the chopped amaranth leaves in a bowl.
07:08	Add salt, red chili powder, chopped green chili and grated gooseberry.
07:15	Then add ginger garlic paste and roasted gram flour.
07:20	Mix everything well.
07:23	If required, you can add 1 to 2 tablespoon of water to bind the mixture.
07:32	Make long rolls of this mixture.
07:35	Steam the rolls on medium flame for 10 to 15 minutes.
07:40	The procedure for steaming has been explained earlier in this tutorial.
07:48	After steaming, keep the rolls aside and let them cool.
07:53	Cut the rolls into medium slices.
07:56	Meanwhile, grind the tomatoes in the mixer to make a smooth puree.
08:02	Next, heat oil or ghee in a pan.
08:06	Add chopped onions and saute it.
08:10	Add turmeric powder, red chili powder and coriander powder.
08:16	Mix well and then add the tomato puree.
08:21	Let it cook on low flame for 3 to 5 minutes.
08:26	Add the slices of amaranth leaves rolls and mix well.
08:31	Cover the lid and cook for 1 to 2 minutes and switch off the flame.
08:38	Garnish with washed and chopped coriander leaves.

08:42	One bowl of this recipe gives about 98 milligrams of <b>vitamin C</b> .
08:49	The last recipe is raw mango and split bengal gram chutney ( <b>sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages</b> ).
08:57	For this recipe, you need:
09:00	3 tablespoons of split bengal gram.
09:04	½ or 60 grams of raw mango.
09:08	½ tomato. 1 teaspoon grated gooseberry.
09:12	1 green chili.
09:14	¼ cup or a handful of coriander leaves.
09:19	¼ teaspoon mustard seeds.
09:22	Use salt according to your taste.
09:26	You will also need 1 tablespoon of oil or ghee.
09:30	Procedure: Wash and soak the split bengal gram in water for 4 to 6 hours.
09:38	Then grind it along with green chili coarsely in a mixer or a stone grinder.
09:46	Next, heat oil or ghee in a pan
09:49	and add mustard seeds.
09:52	Once, they start to crackle, add the coarse paste.
09:57	Mix it well and let it cook on medium flame for 2 to 3 minutes.
10:04	Switch off the flame and remove it in a bowl.
10:08	Add grated raw mango and gooseberry to it.
10:12	Then add chopped tomatoes along with washed and chopped coriander leaves.
10:19	You can have this along with your meals.
10:23	2 tablespoons of this recipe will give about 40 milligrams of <b>vitamin C</b> .
10:31	Note that <b>vitamin C</b> content of all these recipes is based on raw edible portions.
10:40	Ensure adequate intake of <b>vitamin C</b> rich food in your diet for good health.
10:48	Also remember the key points to avoid the loss of <b>Vitamin C</b> from food.
10:55	This brings us to the end of the tutorial. Thank you for joining.