

Time	Narration
00:00	Welcome to the spoken tutorial on calcium rich vegetarian recipes.
00:07	In this tutorial, we will learn about:
00:10	Food sources of calcium .
00:13	Cooking techniques to enhance calcium absorption.
00:17	Preparation of calcium rich vegetarian recipes.
00:21	Calcium content of these recipes.
00:25	Calcium is the most abundant mineral in our body.
00:30	99% of the body's calcium is found in bones and teeth.
00:36	The remaining 1% is present in the blood.
00:39	The role of calcium in our body has been explained in another tutorial.
00:45	Please visit our website for these tutorials.
00:49	Adequate intake of calcium through diet is necessary from an early age.
00:55	Dairy products are excellent sources of calcium .
00:59	This includes milk,
01:01	curd, paneer (unsalted Indian cheese - Bracketed text is only for International languages),
01:03	cheese and khoa (thickened whole milk – Bracketed text is only for International languages).
01:06	Calcium is also present in some nuts,
01:09	seeds, legumes
01:11	and green leafy vegetables.
01:14	Along with a calcium rich diet, calcium absorption by the body is also important.
01:21	Calcium absorption can be enhanced using soaking, sprouting and fermentation.
01:29	Even boiling, roasting and other cooking techniques will help.
01:35	Note that in all the recipes shown in this tutorial, 1 cup is 200 milliliters.
01:42	The first recipe is sprouted finger millet dosa.
01:47	Ingredients required to prepare this recipe are:
01:50	¼ cup or 30 grams of finger millet.
01:55	¼ cup or 30 grams of split black gram.
01:59	½ teaspoon fenugreek seeds.
02:02	½ teaspoon roasted flax seed powder.
02:06	1 tablespoon curd.
02:08	Salt to taste.
02:10	1 teaspoon oil or butter.
02:14	Procedure:

	Wash and soak finger millet overnight.
02:19	Strain out excess water using a strainer.
02:22	Then, allow them to sprout.
02:25	It may take approximately 2 days for them to sprout.
02:29	Once the finger millet sprouts, dry it in sunlight.
02:33	If there isn't enough sunlight, you can even roast them on a pan without oil.
02:39	Grind it to make a fine powder.
02:41	On the other hand, soak split black gram and fenugreek seeds for 3-4 hours.
02:48	Grind it by adding some water to make a smooth batter.
02:53	Add finger millet powder, roasted flax seed powder and salt to the batter.
	Mix it well.
02:59	Cover the batter and keep it overnight to ferment.
03:05	Once the batter rises, add curd and little water to adjust the consistency.
03:12	Take a pan and heat oil or ghee.
03:15	Spread oil all over the pan using half an onion.
03:20	Drop a ladle of batter into the pan.
03:23	Spread batter in a circular motion on the pan.
03:27	Cook the dosa on both sides on a low flame.
03:30	Sprouted finger millet dosa is ready.
03:33	One serving of this recipe will give around 185 milligrams of calcium .
03:40	You can have this dosa with buttermilk or sesame seed chutney powder (sauce or a dry base of spices/nuts/seeds/vegetables – Bracketed text is only for International languages).
03:46	Let us now see how to make sesame seed chutney powder (sauce or a dry base of spices/nuts/seeds/vegetables – Bracketed text is only for International languages).
03:50	For this, you will need:
03:52	2 tablespoons white sesame seeds.
03:55	1 tablespoon split Bengal gram.
03:58	1 dried red chilli.
04:00	2 small pieces of fresh coconut.
04:03	2-3 garlic pods.
04:05	1 lemon size tamarind.
04:08	Salt to taste.
04:10	Roast sesame seeds, split bengal gram, red chilli, coconut and garlic in a pan.
04:18	Keep stirring it continuously to avoid the sesame seeds from getting burnt.
04:24	Next, remove them from the pan and allow it to cool.
04:29	After cooling, add tamarind and salt.
04:33	Then, grind it using a mixer or mortar and pestle.
04:37	Sesame seed chutney powder is ready.

04:40	¼ cup of this chutney powder gives around 131 milligrams of calcium .
04:47	You can have it two to three times a day with your meals.
04:51	Instead of white sesame seeds, you can use other seeds as well.
04:56	For example: black sesame seeds,
04:59	flax seeds,
05:01	poppy seeds or niger seeds.
05:04	Our third recipe is horse gram and amaranth leaves curry.
05:10	Ingredients required to make this recipe are:
05:13	¼ cup horsegram.
05:16	50g or 1/4 bundle of amaranth leaves.
05:20	½ onion.
05:22	½ tomato.
05:24	You will also need these spices:
05:26	1 teaspoon cumin seeds.
05:28	½ teaspoon ginger garlic paste.
05:31	½ teaspoon turmeric powder.
05:34	½ teaspoon red chilli powder.
05:36	½ teaspoon coriander powder.
05:39	Salt to taste.
05:41	You will also require 2 teaspoon oil or ghee.
05:45	Procedure:
05:47	Soak horse gram overnight.
05:49	The next day, strain the excess water using a strainer.
05:54	Keep the horse gram in a dry place away from heat until sprouts appear.
05:59	Once the sprouts appear, boil them in a pressure cooker.
06:04	To boil, add ½ cup of water, salt and turmeric powder.
06:09	Pressure cook on high flame until one whistle.
06:13	Then, cook on low flame for 10 minutes.
06:17	Let the pressure release from the cooker on its own and then open it.
06:22	Meanwhile, heat oil in a pan.
06:25	Add cumin seeds and ginger garlic paste.
06:29	Then, add the chopped onions and saute it.
06:33	Add the rest of the spices and tomatoes.
06:36	Mix well.
06:38	Add washed and chopped amaranth leaves and sprouted horse gram.
06:43	Stir it and cook for 3-5 minutes on medium flame.
06:48	Sprouted horse gram and amaranth leaves curry is ready.
06:53	One serving of this curry will give around 256 milligrams of calcium .
07:00	If horsegram is not available, then you can use soybean or moth beans.
07:06	Instead of amaranth leaves, you can use other green leafy vegetables too.

07:11	For example: drumstick leaves, fenugreek leaves or radish leaves.
07:17	Next recipe is scrambled paneer (unsalted indian cheese – Bracketed text is only for International languages).
07:21	To prepare scrambled paneer, you require:
07:24	80 grams or ½ cup of paneer.
07:27	½ onion.
07:29	½ tomato.
07:31	1 green chilli.
07:33	½ teaspoon cumin seeds.
07:36	½ teaspoon garam masala powder (powder of mixed spices – Bracketed text is only for International languages).
07:39	½ teaspoon turmeric powder.
07:42	Take salt according to your taste.
07:45	A handful of coriander leaves will be required for garnishing.
07:50	The recipe can be prepared in 2 teaspoons of oil, ghee or butter.
07:57	If paneer is not available, you can make it from cow or buffalo's milk.
08:02	To prepare the paneer, boil 400 ml or 2 glasses of milk.
08:08	After the milk boils, switch off the flame and add one tablespoon of lemon juice or vinegar.
08:15	Stir it well until you see the milk starts to curdle.
08:20	Keep it aside and let it cool.
08:23	Keep a cotton cloth or muslin cloth on a strainer and strain the curd.
08:30	Gather up the corners of the cloth and squeeze out excess liquid from the paneer.
08:36	Keep a bowl underneath the strainer to collect the liquid.
08:40	You can use this liquid to knead dough, make daals or cook vegetables.
08:46	Press the paneer to make a round disc shape.
08:49	Refrigerate the paneer to set.
08:52	To prepare the scrambled paneer, heat oil or ghee or butter in a pan.
08:59	Add cumin seeds and chopped onion.
09:02	Saute till the onions become light golden.
09:06	Add chopped tomatoes, green chilli, salt and spices.
09:12	Crumble the paneer and add in the pan.
09:15	Mix well.
09:17	Cook it for 2 - 3 minutes.
09:19	Garnish with coriander leaves.
09:22	Scrambled paneer is ready.
09:26	One serving of this recipe will give around 380 milligrams of calcium .
09:32	All these recipes are rich in calcium .
09:36	It is necessary to include calcium in our daily diet for our good health.
09:42	This brings us to the end of the tutorial. Thanks for joining.