

Time	Narration
00:00	Welcome to the Spoken Tutorial on Non-vegetarian recipes for adolescents
00:06	In this tutorial we will learn about: What is adolescence?
00:10	Nutritional requirements during adolescence
00:13	Preparation of non-vegetarian recipes such as:
00:16	Egg Spinach bhurji
00:18	Mutton leg soup
00:20	Mutton Liver and Lungs curry
00:22	Minced Chicken with Dill leaves and Fish curry
00:26	Let us first understand what is adolescence?
00:30	Adolescence is the transition from childhood to adulthood
00:33	10 to 19 year old individuals are considered as adolescents
00:38	During this period the requirements of energy and Proteins are high
00:44	Why? Because, during this period there are: Physical, Sexual, Mental and Social developmental changes
00:53	An adolescent female requires-: 2000-2400 calories and 40-55 grams of protein per day
01:02	Adequate amount of other micronutrients are also essential
01:06	Such as: Iron, Calcium, Magnesium, Zinc, Folate and Vitamin B-12
01:14	Importance of nutrition during adolescence has been explained in - another tutorial of the same series
01:21	After learning all that is important during Adolescence; We will start with the preparation of recipes
01:28	First recipe is Egg Spinach Bhurji
01:32	You will need: 1 Egg, ½ cup Spinach, 1 small sized Onion, 1 green Chilli
01:38	½ teaspoon Ginger Garlic paste
01:40	½ teaspoon Turmeric
01:42	Salt to taste 2 teaspoon Oil or butter
01:46	Procedure: Heat oil or butter in a pan
01:50	Add ginger-garlic paste, green chilli and chopped onions
01:55	Saute the onions for 2 minutes
01:57	Now add turmeric powder and the chopped spinach
02:01	Crack the egg into the pan
02:05	Mix all the ingredients well
02:07	Now, let the egg cook for 2 minutes on medium flame
02:11	Egg Spinach Burji is ready to be served

02:15	Next is Mutton leg soup:
02:17	You will need: 200 grams or 1 whole Mutton leg
02:21	½ medium sized Onion
02:23	½ teaspoon Ginger Garlic paste
02:25	½ teaspoon mixed whole spices
02:28	1 teaspoon Turmeric powder
	Salt to taste
02:30	1 teaspoon Bengal Gram flour
02:34	Wash and clean the mutton leg pieces thoroughly
02:38	Apply half teaspoon turmeric powder on the mutton leg pieces
02:42	Keep it aside for 15-20 minutes and wash it again
02:46	This will remove any smell from the leg pieces
02:50	In a pressure cooker put the mutton leg pieces and chopped onions
02:54	Add whole spices, ginger garlic paste, turmeric powder, and salt
03:00	Add 1 cup of water and cover the pressure cooker
03:03	Cook it on high flame until one whistle
03:06	Then lower the flame and cook for 15-20 minutes
03:11	Allow the pressure from the cooker to release by itself and only then open it
	Simultaneously, while leg pieces are being cooked in the cooker
03:16	mix bengal gram flour with two tablespoon water to make a thin paste
03:25	Add the paste to the soup and stir it well
03:27	Bring the soup to boil and keep it on slow flame for 2 minutes
03:31	Mutton leg soup is ready
03:34	Next recipe is Mutton Liver and Lungs curry
03:37	You will require: 100 gm Mutton Liver and Lungs
	1 medium sized Onion
03:41	1 medium sized Tomato
	1 teaspoon Ginger Garlic paste
03:45	1 tablespoon Curd
03:49	¼ teaspoon Turmeric powder
03:51	1 teaspoon Garam masala powder
	Salt to taste
03:54	2 teaspoon Oil or Ghee
03:58	Wash the mutton lungs and liver in water thoroughly
04:01	Heat oil in a pressure cooker

04:03	Add chopped onion and saute till it becomes light golden in colour
04:07	Then add chopped tomatoes and ginger-garlic paste and saute it
04:12	Now, add the lungs and liver to it
04:15	Add the spices, curd and mix well Saute it for 5 minutes
04:21	Add 1 cup of water and cover the pressure cooker
04:24	Cook it on medium flame for 15 minutes
04:27	Mutton liver and lung curry is ready and can be served with Pearl millet roti or Sorghum roti
04:34	If Mutton Lungs and Liver is not available, you can also use: Chicken Liver and Chicken Heart
04:42	The fourth recipe is Minced Chicken with dill leaves
04:46	Take: 100 gm minced Chicken 1 cup Dill leaves
04:50	½ medium sized Onion ½ medium sized Tomato
04:53	1 teaspoon Ginger Garlic paste
04:56	½ teaspoon red Chilli powder
04:58	½ teaspoon Turmeric powder
05:00	1 teaspoon Garam masala powder ¼ teaspoon Coriander powder
05:05	Salt to taste 1 teaspoon Oil or Ghee
05:09	Heat oil in a cooking pot
05:11	Add onions and ginger-garlic paste
05:14	Now saute till onions turn light golden
05:17	Add tomatoes, red chilly powder, turmeric powder and coriander powder
05:22	Mix well and add some salt
05:24	Next, add minced chicken and saute for 4-5 minutes
05:29	Pour half cup water and cover the pot
05:32	Cook on low flame for 5 minutes
05:34	Add chopped fresh dill leaves

05:37	Mix well and cook it on medium flame for 5 minutes
05:40	Minced chicken with dill leaves is ready
05:44	The last recipe is Fish curry
05:46	Take: 100 gm or 2 pieces of Rohu
05:49	1 small Onion 1 small Tomato
05:52	1 tablespoon Peanuts 3-4 pieces of Coconut
05:57	1 teaspoon Cumin seeds ½ teaspoon Coriander powder
06:00	½ teaspoon Red chilli powder ¼ teaspoon Turmeric powder
06:05	Salt to taste 2 teaspoon Oil or Ghee
06:09	Note that this recipe can be prepared with any locally available fish of your area
06:15	Procedure - Roast the peanuts on a pan on medium flame
06:18	Stir them continuously to avoid burning
06:21	Then keep them aside to cool
06:24	Rub the peanuts between your palms to remove the outer cover
06:28	Grind onion, tomato, peanuts, cumin seeds and coconut into a paste
06:33	Heat oil in a cooking pot and add the paste
06:36	Add red chilli powder, turmeric powder, coriander powder and salt
06:40	Saute it for 2-3 minutes
06:43	Now add the fish pieces and 1 cup of water. Bring it to a boil
06:48	Cover the vessel and cook it on a low flame for 5 minutes
06:52	You can add chopped coriander leaves on top for garnishing Fish curry is ready
06:58	All of these recipes are good source of nutrients such as:

	Protein, Fat, Iron
07:05	Vitamin B-12, Zinc, Magnesium and Folate
07:11	Let us look at the health benefits of these recipes
07:14	Firstly, chicken, fish, eggs, mutton are all excellent sources of complete Protein
07:22	Secondly, Iron present in non-vegetarian food is easily absorbed
07:27	Iron requirements are higher in female adolescents because of menstrual blood loss
07:33	Low Iron levels can cause fatigue, pale skin and increased risk to infections
07:40	Iron is required for growth in lean muscle mass and blood cell volume
07:45	Third, fish like Mackerel, Salmon, Tuna, Cod, Herring and Sardines are good sources of Omega 3 fatty acids
07:55	Omega 3 fatty acids is needed for brain and visual development
08:00	Interestingly, only non-vegetarian food, milk and milk products contain Vitamin B-12
08:07	Vitamin B-12 is required for:red blood cell formation, energy production and neurological functioning
08:17	It also helps in healthy development of fetus during pregnancy
08:22	Also, Meat and Eggs are good sources of Zinc
08:27	Zinc is essential during adolescence for: growth,cognition and sexual maturation
08:34	Therefore, it is of utmost importance to have a well balanced meal
08:39	A combination of different non-vegetarian and vegetarian food should be included in our diet
08:47	This brings us to the end of the tutorial Thank you for watching