

Time	Narration
00:00	Welcome to the spoken tutorial on choline rich non-vegetarian recipes.
00:06	In this tutorial, we will learn non-vegetarian recipes rich in choline .
00:13	Choline is an essential nutrient required for overall health.
00:19	It is also required for normal functioning of the liver.
00:24	Transportation of fat and cholesterol also requires choline .
00:30	The importance of choline has been explained in another tutorial.
00:35	Please visit our website for this tutorial.
00:40	We will begin with our first recipe, egg noodles.
00:45	To make this recipe, you will need:
00:47	2 eggs.
00:49	½ medium chopped onion.
00:52	½ medium chopped tomato.
00:56	½ teaspoon red chili powder.
00:59	A pinch of turmeric powder.
01:03	You will also need:
	½ teaspoon cumin seeds.
01:08	1 handful of washed and chopped coriander leaves.
01:13	Salt to taste.
01:15	2 teaspoons of oil or ghee.
01:19	Procedure:
	Crack eggs in a bowl.
01:23	Add salt and red chili powder.
01:26	Then whisk the eggs well.
01:29	Heat oil in a pan and pour the eggs on the pan.
01:34	On medium flame, cook the omelet on both sides until done.
01:39	Keep this aside to cool.
01:42	Once cooled, cut the omelet into thin long pieces.
01:48	Next, heat oil in a pan
01:50	and add cumin seeds.
01:53	Once the cumin seeds splutter, add onion.
01:57	Saute the onion till it turns golden brown in color.
02:02	Add tomato, turmeric powder and salt.
02:06	Mix well and cook till the tomato turns soft.
02:11	To this add the thin long pieces of the omelet.
02:16	Mix well again and cook again for 5 minutes.
02:21	Garnish with coriander leaves.
02:24	Egg noodles are ready.
02:27	1 bowl of egg noodles has around 290 milligrams of choline .
02:34	Our next recipe is Chicken liver curry.

02:38	To make this recipe you will need:
02:41	50 grams of washed chicken liver.
02:45	1 medium chopped onion.
02:48	1 teaspoon ginger garlic paste.
02:52	Handful of washed and chopped coriander leaves.
02:57	Handful of washed mint leaves.
03:01	2 green chillies.
03:03	You will also need:
03:05	1 teaspoon turmeric powder.
03:08	1 teaspoon cumin seeds.
03:11	Juice of half lemon.
03:14	Salt to taste.
03:17	2 teaspoons oil.
03:19	Procedure:
03:21	Apply ginger garlic paste and ½ teaspoon turmeric powder to chicken liver.
03:28	Leave this for 30 minutes.
03:32	Grind the coriander leaves, mint leaves and green chillies into a paste.
03:38	Keep this aside for later use.
03:42	Heat oil in a pan.
03:45	Add cumin seeds and let it splutter.
03:49	Add the onion and saute until it turns golden brown in color.
03:55	To this, add the paste that we made earlier.
03:59	Now add the chicken liver.
04:02	Add turmeric powder and salt.
04:05	Mix it well and add half a glass of water.
04:10	Close the pan with a lid and cook for 10 minutes or until the liver is cooked.
04:18	Squeeze juice of half lemon and serve.
04:22	Chicken liver curry is ready.
04:26	½ bowl of chicken liver curry has 251 milligrams of choline .
04:32	Our third recipe is prawns masala curry.
04:37	To make this, you will need:
04:39	50 grams prawns.
04:42	1 medium chopped onion.
04:45	Puree of 1 medium sized tomato.
04:50	¼ cup curd.
04:52	1 teaspoon ginger garlic paste.
04:56	You will also need:
04:58	1 teaspoon red chilli powder.
05:01	½ teaspoon turmeric powder.
05:05	1 teaspoon lemon juice.
05:08	1 teaspoon garam masala powder. (powder of mixed spices – Bracketed text is only for International languages)
05:12	1 teaspoon cumin seeds.

05:14	Salt to taste.
05:17	2 teaspoons oil.
05:19	Procedure:
05:21	To make the curry, clean and wash the prawns.
05:25	Make a slit on the back side of the prawns.
05:29	Pull out the black thread from it.
05:32	This black thread has to be removed from the other side also if found.
05:39	Apply lemon juice, ginger garlic paste and salt to the prawns.
05:45	Leave it for 30 minutes.
05:49	Grind the tomato to make a puree.
05:52	Next, heat oil in a pan
05:55	and add cumin seeds.
05:58	Once the seeds splutter, add chopped onions.
06:03	Saute the onions till they turn light brown in color.
06:08	Now add the tomato puree to this
06:11	and cook for 5 minutes.
06:14	Add spices, salt, prawns and curd.
06:19	Make sure to keep the heat low while adding curd.
06:24	Mix well and add ½ a glass of water.
06:29	Cover the pan and cook on low flame for 10 minutes or until the prawns are cooked.
06:37	Prawns masala is ready.
06:40	½ bowl of prawns masala curry has around 379 milligrams of choline .
06:48	Our last recipe is fish curry.
06:52	To make this recipe you will need:
06:54	100 grams of washed rohu.
06:58	1 medium chopped tomato.
07:01	2 teaspoons mustard seeds.
07:04	1 teaspoon coriander seeds.
07:07	1 teaspoon nigella seeds.
07:11	1 small piece of ginger.
07:14	You will also need: 2 green chillies.
07:18	½ teaspoon cumin seeds.
07:21	1 teaspoon red chilli powder.
07:24	½ teaspoon turmeric powder.
07:27	Handful of washed and chopped coriander leaves.
07:32	Salt to taste.
07:34	2 teaspoons oil.
07:37	Procedure: Apply salt and turmeric powder to the fish.

07:42	Keep it aside for 30 minutes.
07:46	Grind the mustard seeds into a paste by adding little water.
07:51	Keep this aside for later use.
07:55	Grind cumin seeds, coriander seeds and ginger into a smooth paste.
08:02	Dilute the paste with 3 tablespoons of water.
08:07	We will use this paste later.
08:10	Heat oil in a pan and add nigella seeds.
08:15	Once the seeds splutter, add the fish to the pan.
08:20	For 5 minutes, fry the fish on both sides.
08:25	Then add the diluted seeds paste to it.
08:29	Add the tomatoes, spices and green chilli.
08:34	Mix them well and add salt along with half a glass of water.
08:40	Mix again and cook this until tomatoes turn soft.
08:45	Now add mustard paste and coriander leaves.
08:50	Close the pan with a lid and cook for 5 minutes.
08:55	Fish curry is ready.
08:58	1 bowl of fish curry has around 819 milligrams of choline .
09:05	Include these choline rich recipes in your daily diet for good health.
09:10	<p>This brings us to the end of this tutorial.</p> <p>Thanks for joining.</p>