

Time	Narration
00:00	Welcome to the Spoken Tutorial on Vegetarian recipes for adolescents.
00:05	In this tutorial, we will learn: What is adolescence?
00:09	Importance of nutrition during adolescence and
00:12	How to prepare vegetarian recipes for adolescents such as: Soybean cutlet,
00:17	Sorghum and Tomato cheela,
00:20	Peanut curry, Pearl millet and Sorghum vegetable khichdi and
00:24	Stuffed paratha with Sesame seed chutney.
00:28	First, let us understand what is the period of adolescence?
00:32	Adolescence is the period of transition from childhood to adulthood.
00:37	10 to 19 year old individuals are considered as adolescents.
00:42	During this period there are physical, sexual, mental and social developmental changes.
00:49	Now, let us look at the reasons for increased nutritional requirements during adolescence.
00:54	First, there is a rapid increase in physical growth such as height and weight.
00:59	Second, for providing nutritional support to the body during illness and pregnancy.
01:05	During this period, adolescents may also go through emotional changes such as stress, anxiety and mood changes.
01:15	Also, during adolescence there are social developmental changes.
01:19	For example, there are changes in their lifestyle and food habits.
01:24	Their food choices may be affected by what their friends like or dislike.
01:29	Therefore, good nutrition is important to support these developmental changes.
01:34	An adolescent female requires 2000-2400 calories and 40-55 grams of protein per day.
01:43	Let us look at some healthy vegetarian recipes for adolescents.
01:47	Before we begin, note that in all the recipes being explained in this tutorial, 1 cup is equal to 250 millilitres.
01:56	Our first recipe is Soybean cutlet :
01:58	For preparing this, you will need: ¼ cup Soybeans, ¼ cup split Bengal gram,
02:04	½ Beetroot, ¼ cup boiled Peas,
02:07	2 tablespoon Peanut powder,

	1 teaspoon Gram flour,
02:11	1 teaspoon Coriander powder, ½ teaspoon Red Chilli powder,
02:16	½ teaspoon dry Mango powder, Salt to taste,
02:20	1 teaspoon Drumstick leaves powder, 2 teaspoon Sesame seeds, 1 teaspoon Oil.
02:26	To begin, we will first sprout the soybeans. Soak the soybeans in water overnight.
02:31	Drain the water and keep them on a strainer to remove excess water.
02:35	Keep the soybeans in a cool and dry place away from direct heat.
02:40	Everyday wash and drain the soybeans 2-3 times until sprouts appear. This will avoid spoilage of soybeans.
02:48	It may take around 3-4 days for soybeans to sprout.
02:52	Now, soak the split bengal gram overnight.
02:56	Strain it the next day in a strainer.
02:58	In a pressure cooker, cook split bengal gram and sprouted soybeans together.
03:03	Use one cup of water and cook until one whistle. After cooling, blend soybeans and split bengal gram together to make a thick paste.
03:12	Now to make the drumstick leaves powder: Roast the drumstick leaves on medium heat.
03:17	Let it cool and make a powder of it using mixer or a grinder.
03:22	To prepare the cutlet mixture- In a bowl take grounded soybeans and split bengal gram.
03:28	Add grated beetroot and boiled peas. Now add peanut powder, gram flour and drumstick leaves powder.
03:35	Add rest of the spices and mix it well.

03:38	Then make small round cutlets of it. Coat the cutlets evenly with sesame seeds on all sides.
03:44	Now, heat the oil in a pan and cook the cutlets from both the sides. Soybean cutlet is ready.
03:51	This recipe is rich in: Protein, Calcium, Iron, Magnesium, Omega 3 fatty acid.
03:57	Let us move on to our next recipe which is Sorghum and Tomato cheela.
04:01	For this recipe, you will require: 1/2 cup Sprouted sorghum, 2 tablespoon Gram flour, 1 teaspoon Drumstick leaves powder,
04:09	1 Tomato and ½ Onion, 1 tablespoon Curd,
04:12	½ teaspoon red Chilli powder, ½ teaspoon Coriander powder,
04:16	½ teaspoon Turmeric powder, Salt as per taste,
04:19	1 teaspoon Oil.
04:21	Please note that the procedure to make leaf powder has been explained earlier in the same tutorial.
04:26	First we will prepare the Sorghum powder using sprouted Sorghum.
04:31	Dry the sprouted Sorghum in sunlight for a day or two.
04:34	Now roast them on a low flame till it completely dries off.
04:38	Next, make a powder of it using a stone grinder or a mixer.
04:42	Now, let us begin with the recipe: Take Sorghum powder and Gram flour in a bowl.
04:47	Add rest of the ingredients and spices. Mix well and add water gradually.
04:53	The batter should be thick pouring consistency.
04:56	Heat a pan and grease it with oil.
04:58	Pour a spoonful of batter on the pan and spread it in circular motion.
05:03	Cook the cheela on medium heat on both sides.

05:06	Sorghum cheela is ready.
05:09	Sorghum is a good source of Protein, Magnesium , Zinc and Fiber.
05:14	If Sorghum powder is not available you can use- Finger millet powder or Pearl millet powder or Amaranth powder.
05:22	Cheela can be eaten with: Gooseberry chutney, Coconut chutney, Lemon pickle, Tomato chutney or Curd.
05:30	Gooseberries, Lemons, Tomatoes, Guava, Oranges are good sources of Vitamin C .
05:37	Try to have food rich in Vitamin C with your meals. This will enhance Iron absorption in the body.
05:43	Iron requirements are higher in adolescent females as compared to males due to menstrual blood loss.
05:50	Let us move on to our next recipe which is Peanut curry.
05:53	To prepare this recipe, you will need: ½ cup Peanuts, ½ cup Ridge gourd,
05:58	1 medium sized Onion, 1 small Tomato, 4-5 pieces Coconut,
06:03	½ teaspoon ginger garlic paste, ¼ teaspoon red chilli powder,
06:08	¼ teaspoon coriander powder, ¼ teaspoon turmeric powder,
06:12	½ teaspoon cumin seeds, Salt as per taste, 1 teaspoon oil.
06:18	Procedure: First soak the peanuts in water overnight.
06:21	Now pressure cook them in 1 cup of water for 2 whistles.

06:25	Meanwhile grind the onion, tomato and coconut to make a thick paste.
06:30	Heat oil in a cooking pot and add some cumin seeds and ginger garlic paste. Now add the grounded paste to it.
06:37	Add pieces of ridge gourd and rest of the spices. Saute it for 2 minutes.
06:42	Add the boiled peanuts in the cooking pot.
06:45	Now add half cup of water to make the gravy and cook on low flame for 5 minutes. Peanut curry is ready.
06:53	Incase peanuts are not available, you can also use: White Chickpeas, Whole Bengal Gram, Kidney Beans, Cashew Nuts.
07:01	And if ridge gourd is not available then you may use: Pumpkin, Snake gourd, Brinjal or Capsicum.
07:09	Peanuts contain good quality fats.
07:12	They are also excellent sources of : Proteins, Magnesium, Zinc and Antioxidants.
07:18	Nuts and legumes also contain Folate .
07:21	Adequate amount of Folate during adolescence will help to prevent birth defects during pregnancy.
07:28	Next we will learn the recipe for Pearl millet and Sorghum vegetable khichdi.
07:32	To prepare this recipe you can use a combination of- Amaranth or Kodo millet or Finger millet or Foxtail millet.
07:40	Ingredients required for this recipe are: ½ cup Pearl millet, ½ cup Sorghum,
07:46	½ cup Green gram, 1 tablespoon Peanuts,
07:49	½ cup of mixed vegetables such as Carrots, French beans, Peas,

	½ medium sized Onion,
07:55	½ teaspoon Cumin seeds, 1 teaspoon Curry leaves powder,
07:59	¼ teaspoon Red chilli powder, ¼ teaspoon Turmeric powder,
08:03	Salt to taste, 1 teaspoon Oil or Ghee.
08:07	Please note that the procedure for leaves powder has been explained earlier in the same tutorial.
08:12	Procedure: First, soak the Pearl millet and Sorghum in water overnight.
08:17	Strain it the next morning and keep it aside.
08:20	Heat oil or ghee in a pressure cooker. To it add cumin seeds and sliced onion.
08:25	Add the vegetables, spices, salt and mix well.
08:29	Saute it for 2 minutes. Add pearl millet, sorghum and green gram in the cooker.
08:34	Now add 2 cups of water and cover the pressure cooker.
08:38	Cook on high flame until 3 whistles.
08:41	Then cook for 15 minutes on low flame.
08:44	Pearl millet and sorghum vegetable khichdi is ready.
08:47	This recipe is rich in Protein , Iron, Calcium , Magnesium and Zinc.
08:53	Now we come to our last recipe which is stuffed paratha with Sesame seed chutney.
08:59	To prepare this recipe, you will require: 1 cup whole Wheat flour, ½ cup Bengal gram,
09:04	½ medium sized Onion, ½ teaspoon Carom seeds,
09:08	1 teaspoon Flax seeds powder, ½ teaspoon dry Mango powder,

09:13	½ teaspoon Coriander powder, ¼ teaspoon red Chilli powder,
09:17	1 Lemon, Salt to taste, 2 teaspoon Oil or 2 teaspoon ghee.
09:22	First we will see how to make roasted bengal gram powder. Heat a pan and roast bengal gram for 2-3 minutes.
09:30	Stir it continuously to avoid burning. Once it is roasted, keep it aside for cooling.
09:36	Now, grind the roasted bengal gram into fine powder.
09:40	Now to prepare the filling: First mix the roasted bengal gram powder and chopped onions.
09:46	Now add red chilli powder, dry mango powder, coriander powder, salt and mix well.
09:52	Add some lime juice and water to bind the filling.
09:55	Let us see how to prepare the paratha.
09:58	Take whole wheat flour in another bowl and add flax seeds, carom seeds and salt.
10:03	Add required amount of water and prepare a soft dough.
10:06	Now divide the dough into balls.
10:09	Roll out to make parathas and fill a portion of filling in the center.
10:13	Enfold the filling properly and make flat balls.
10:17	Now roll it again to make a paratha.
10:20	Heat pan and cook the paratha from both sides. Stuffed paratha is ready.
10:25	For the filling, if roasted Bengal gram is not available, you can use:
10:29	Boiled split Bengal gram or Sprouted boiled Green gram,
10:34	The paratha can be served with sesame seed chutney.
10:37	For preparing Sesame seed chutney you will need: ¼ cup Sesame seeds,
10:42	1 tablespoon split Bengal gram, 4-5 pieces of fresh Coconut, 3-5 pieces of Tamarind,
10:49	1 dried red Chilli,

	2-3 Garlic pods,
10:52	1 teaspoon Cumin seeds, Salt to taste, 1 teaspoon Oil.
10:57	Procedure: Heat oil in a pan.
11:00	Roast the Sesame seeds, Bengal gram, Garlic, Coconut, red Chilli and Cumin seeds. Roast it for 2 minutes.
11:07	After removing it from flame add salt and tamarind. Grind all the ingredients.
11:13	Add half cup of water to make a smooth paste. Sesame seed chutney is ready.
11:19	This recipe is rich in: Proteins, Calcium, Magnesium, Zinc and Folate.
11:25	These nutrients will help in muscle and skeletal development.
11:29	It is important to get adequate amount of Calcium through diet from an early age.
11:34	Deficiency of Calcium can lead to osteoporosis in females in later stages.
11:39	All of the recipes in this tutorial are rich in nutrients which are required for adequate growth during adolescence.
11:48	This brings us to the end of this tutorial Thanks for joining.