

Time	Narration
00:00	Welcome to the spoken tutorial on potassium rich vegetarian recipes.
00:06	In this tutorial we will learn about:
00:09	Benefits of potassium .
00:12	Some vegetarian recipes rich in potassium .
00:16	Potassium is an essential mineral.
00:20	It is required for normal functioning of cells.
00:24	It regulates heartbeat and
00:27	maintains normal blood pressure.
00:30	Potassium ensures proper functioning of muscles and nerves.
00:36	The importance of potassium has been explained in an another tutorial.
00:42	Please visit our website for this tutorial.
00:46	Let us now see the preparation of the recipes.
00:50	The first is raw banana pepper fry.
00:55	To prepare this, you will need:
00:58	100 grams raw banana.
01:01	½ medium chopped tomato.
01:05	½ medium chopped onion.
01:09	1 teaspoon garlic paste.
01:12	1 whole red chilli.
01:15	Handful of washed coriander leaves.
01:19	You will also need:
01:21	1 teaspoon mustard seeds.
01:24	1 teaspoon coriander powder.
01:27	1 teaspoon pepper powder.
01:30	½ teaspoon turmeric powder.
01:33	Salt to taste.
01:36	1 teaspoon oil or ghee.
01:39	Procedure: Wash and peel the raw banana
01:43	and cut them into pieces.
01:46	Place the pieces on a plate.
01:49	Add 1 glass water in a steamer.
01:52	Place the plate in the steamer and steam for 12 to 15 minutes.
01:59	If you do not have a steamer you can use a pressure cooker.
02:04	Add 1 glass water in a pressure cooker.
02:07	Place a small stand inside the cooker to keep a plate on it.
02:13	Now, place the raw banana pieces on the plate in the pressure cooker.
02:19	Cook them for 15 to 20 mins without a whistle on the lid.
02:25	Open the cooker and let it cool.

02:29	Keep them aside for later use.
02:32	Heat oil or ghee in a pan
02:35	and add mustard seeds.
02:38	Once the seeds crackle add the onions and garlic paste.
02:43	Saute until the onion turns golden brown in color.
02:48	Add tomato and whole red chilli.
02:52	Cook till the tomato turns soft.
02:55	To this add all the spices and salt
02:59	and saute it for 2 minutes.
03:02	Pour 3 tablespoons of water
03:05	and cook for 1 minute.
03:07	Add the steamed raw banana to this
03:11	and stir well.
03:13	Cover with a lid and cook for 5 minutes.
03:17	Lastly, add chopped coriander leaves.
03:22	Raw banana pepper fry is ready.
03:25	½ bowl of raw banana pepper fry has around 844 milligrams of potassium .
03:34	The next recipe that we will see is dried lentil dumplings (wadi in Marathi) curry.
03:40	To prepare this, you will need:
03:43	30 grams black gram.
03:46	1 medium chopped tomato.
03:49	1 medium chopped onion.
03:52	You will also need:
03:54	1 green chilli.
03:57	4 to 5 washed curry leaves.
04:00	1 small piece of ginger.
04:03	Handful of washed coriander leaves.
04:07	Other ingredients required are:
04:10	1 teaspoon cumin seeds.
04:13	½ teaspoon carom seeds.
04:16	½ teaspoon red chilli powder.
04:19	½ teaspoon turmeric powder.
04:22	1 teaspoon black pepper seeds.
04:26	Salt to taste.
04:28	2 teaspoons oil or ghee.
	Procedure:
04:32	Wash and soak black gram overnight.
04:37	Completely drain the water in the morning.
04:41	Grind the black gram, pepper, carom seeds, ginger and green chilli into a paste.
04:49	Do not add water while making the paste.
04:53	Make sure the paste is smooth.

04:56	Take out this paste in a bowl.
04:59	Using a spoon or hand mix the paste until it becomes fluffy.
05:05	With clean fingers grease a plate with some oil.
05:10	Then make small balls of the paste and place them on the plate.
05:16	Sun dry them for 2 to 3 days till they become hard.
05:22	Keep them covered with a cloth while sun drying.
05:26	You can also air dry them inside a room if you cannot dry them in the sun.
05:33	Keep turning these dumplings (wadi in Marathi) a couple of times daily to ensure even drying.
05:41	Once the dumplings (wadi in Marathi) are dried, heat 1 teaspoon oil or ghee in a pan.
05:48	Fry them till they turn brown.
05:51	Keep them aside, we will use these later.
05:56	To make the curry, heat oil in a pan, add mustard seeds and curry leaves.
06:03	Once they splutter add onion.
06:07	Saute until the onions turn light brown in color.
06:12	To this add tomatoes and cook till they turn soft.
06:18	Add the spices, salt and fried dumplings and mix well.
06:24	To this add half cup water and close with a lid.
06:29	Cook for 5 minutes or till the dumplings soften.
06:34	In the end, add chopped coriander leaves.
06:39	Dried lentil dumplings (wadi in marathi) curry is ready.
06:43	½ bowl of this curry has around 937 milligrams of potassium .
06:50	The third recipe is fenugreek seeds curry.
06:55	To make this recipe, you will need:
06:58	2 tablespoons of fenugreek sprouts.
07:02	½ cup washed and chopped spinach.
07:06	2 tablespoons freshly grated coconut.
07:10	1 small chopped tomato.
07:14	1 small chopped onion.
07:17	1 green chilli.
07:19	4 to 5 cloves of garlic.
07:22	You will also need:
07:24	1 teaspoon cumin seeds.
07:27	½ teaspoon mustard seeds.
07:30	1 teaspoon chilli powder.
07:33	½ teaspoon turmeric powder.
07:37	Salt to taste.
07:39	1 teaspoon oil or ghee.
07:42	Juice of ½ lemon.
07:46	Before we begin, I will tell you how to make sprouts.
07:51	Soak 2 tablespoons of washed fenugreek seeds overnight.
07:57	Drain it in the morning and tie them in a clean muslin cloth.
08:02	Leave them in a warm place to germinate for a day.

08:07	Once the sprouts are ready, keep it aside for later use.
08:13	Heat oil or ghee in a pan and add cumin and mustard seeds.
08:20	Once they splutter add garlic, green chilli and onion.
08:26	Saute till onion and garlic turn light brown in color.
08:31	Add tomato and cook until it turns soft.
08:36	To this add fenugreek sprouts
08:39	and saute for 2 to 3 minutes.
08:43	Add spinach and cook until it shrinks.
08:47	This might take 2 to 3 minutes.
08:51	Next, add spices, salt and half cup of water.
08:57	Mix well and cover with a lid and cook till the sprouts become soft.
09:04	Lastly, add grated coconut
09:07	and give it a mix.
09:09	Squeeze lime juice after serving.
09:13	Fenugreek seeds curry is ready.
09:16	½ bowl of this curry has around 801 milligrams of potassium .
09:23	The last recipe is amaranth leaves and green gram sprouts stir fry.
09:30	To make this recipe, you will need:
09:34	1 cup washed and chopped amaranth leaves.
09:38	3 tablespoons green gram sprouts.
09:42	½ medium size chopped onion.
09:46	5 cloves of garlic.
09:49	1 green chilli.
09:52	You will also need: 1 teaspoon red chilli powder.
09:56	½ teaspoon turmeric powder.
10:00	1 teaspoon cumin seeds.
10:03	1 teaspoon mustard seeds.
10:06	Salt to taste.
10:08	1 teaspoon oil or ghee.
10:11	The procedure for sprouting is mentioned in the earlier part of this tutorial.
10:18	Please follow the same method to sprout green gram.
10:23	However, note that different ingredients take different time to sprout.
10:29	Let us begin.
10:31	Heat oil or ghee in a pan
10:34	and add mustard and cumin seeds.
10:38	Once they splutter add onion, green chilli and garlic.
10:44	Saute them until they turn light brown in color.
10:48	To this add the chopped amaranth leaves and mix well.
10:54	Cook this for 4 to 5 minutes
10:57	and then add the sprouts and spices.

11:01	Mix well and cover the pan with a lid and cook till the sprouts become soft.
11:08	Amaranth leaves and sprouts stir fry is ready.
11:14	½ bowl of this recipe contains around 973 milligrams of potassium .
11:22	Include these potassium rich recipes in your diet regularly for good health.
11:29	<p>This brings us to the end of this tutorial.</p> <p>Thanks for joining.</p>