00:00 Welcome to the spoken tutorial on vitamin C rich cooked recipes. In this tutorial, we will learn about: Ways to avoid the loss of vitamin C from food. Preparation of some vitamin C rich cooked recipes. 00:11 Ways to avoid the loss of vitamin C and its role in the body. Vitamin C is an important water soluble vitamin. 10:32 Vitamin C is an important water soluble vitamin. 10:33 For example: Healing wounds and 10:40 10:40 10:41 10:42 It is required for various functions in the body. 10:41 10:4	Time	Narration
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02.00	I lee colt as new years toots
03:09	Use salt as per your taste. Procedure:
	Wash the guava and cut it into small pieces.
	Heat oil in a pan.
_	Add cumin seeds and curry leaves.
	When they start to crackle, add the chopped guava pieces.
	Add red chili powder, coriander powder and salt.
	Mix everything well and saute for 2 to 3 minutes on medium flame.
	Switch off the flame and squeeze some lemon juice.
03:46	Sauteed guava is ready.
03:49	One bowl of this recipe will give around 300 milligrams of vitamin C .
03:57	Our next recipe is drumstick curry.
04:01	For this recipe you need:
04:04	75 grams or 2 drumsticks.
04:08	2 tomatoes.
	½ onion.
04:10	$rac{1}{2}$ teaspoon ginger garlic paste.
04:15	½ teaspoon cumin seeds.
04:18	The spices needed are:
04:21	¼ teaspoon red chili powder.
04:24	½ teaspoon coriander powder.
04:28	½ teaspoon turmeric powder.
04:31	You will also require 2 teaspoons of oil or ghee
04:36	and salt to taste.
	Procedure:
04:40	Wash the drumsticks thoroughly.
04:44	Cut it into pieces.
04:46	Remove the peel.
04:49	Steam the drumsticks in a steamer.
04:51	If you do not have a steamer, fill one fourth of a cooking pot with water.
04:57	Place a stand in it and keep a plate of drumsticks on the stand.
05:03	Cover the pot and steam on medium flame for 10 minutes.
05:09	Meanwhile, grind onion and tomatoes in a mixer to make a smooth paste.
05:16	Heat oil in a pan and add cumin seeds and ginger garlic paste.
05:22	Once they start to crackle, add the onion tomato paste to it and stir it well.
05:29	Then, add red chili powder, turmeric powder, coriander powder and salt.
05:36	Cook for 3 to 5 minutes.
05:41	Next add the steamed drumstick pieces.
	Add ¼ cup of water
	and cover the pan.
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05:50	Cook for 2 minutes on medium flame.
	Drumstick curry is ready.
05:57	
06:04	The third recipe is amaranth leaves curry.
	Ingredients required to prepare this recipe are:
06:12	60 grams or ¼ bundle of red amaranth leaves.
06:18	1 teaspoon grated gooseberry.
06:21	½ cup roasted gram flour.
06:24	
	2 small tomatoes.
06:29	Other ingredients required are:
06:32	½ teaspoon ginger garlic paste.
06:35	1 green chili.
06:37	½ cup coriander leaves.
	The spices needed are:
06:42	½ teaspoon red chilli powder.
06:45	½ teaspoon coriander powder.
06:48	½ teaspoon turmeric powder.
06:52	You also need salt to taste and
06:55	1 tablespoon of ghee or oil.
	Procedure:
06:59	Wash the amaranth leaves thoroughly and chop them.
06:59	
07:04	Take the chopped amaranth leaves in a bowl. Add salt, red chili powder, chopped green chili and grated gooseberry.
07:04 07:08 07:15	Take the chopped amaranth leaves in a bowl.
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07:04 07:08 07:15 07:20 07:23	Take the chopped amaranth leaves in a bowl. Add salt, red chili powder, chopped green chili and grated gooseberry. Then add ginger garlic paste and roasted gram flour. Mix everything well.
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07:04 07:08 07:15 07:20 07:23 07:32 07:35	Take the chopped amaranth leaves in a bowl. Add salt, red chili powder, chopped green chili and grated gooseberry. Then add ginger garlic paste and roasted gram flour. Mix everything well. If required, you can add 1 to 2 tablespoon of water to bind the mixture. Make long rolls of this mixture. Steam the rolls on medium flame for 10 to15 minutes. The procedure for steaming has been explained earlier in this tutorial.
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07:04 07:08 07:15 07:20 07:23 07:32 07:35 07:40 07:48 07:53 07:56 08:02 08:06 08:10 08:16	Take the chopped amaranth leaves in a bowl. Add salt, red chili powder, chopped green chili and grated gooseberry. Then add ginger garlic paste and roasted gram flour. Mix everything well. If required, you can add 1 to 2 tablespoon of water to bind the mixture. Make long rolls of this mixture. Steam the rolls on medium flame for 10 to15 minutes. The procedure for steaming has been explained earlier in this tutorial. After steaming, keep the rolls aside and let them cool. Cut the rolls into medium slices. Meanwhile, grind the tomatoes in the mixer to make a smooth puree. Next, heat oil or ghee in a pan. Add chopped onions and saute it. Add turmeric powder, red chili powder and coriander powder. Mix well and then add the tomato puree. Let it cook on low flame for 3 to 5 minutes.
07:04 07:08 07:15 07:20 07:23 07:32 07:35 07:40 07:48 07:56 08:02 08:06 08:10 08:16 08:21	Take the chopped amaranth leaves in a bowl. Add salt, red chili powder, chopped green chili and grated gooseberry. Then add ginger garlic paste and roasted gram flour. Mix everything well. If required, you can add 1 to 2 tablespoon of water to bind the mixture. Make long rolls of this mixture. Steam the rolls on medium flame for 10 to15 minutes. The procedure for steaming has been explained earlier in this tutorial. After steaming, keep the rolls aside and let them cool. Cut the rolls into medium slices. Meanwhile, grind the tomatoes in the mixer to make a smooth puree. Next, heat oil or ghee in a pan. Add chopped onions and saute it. Add turmeric powder, red chili powder and coriander powder. Mix well and then add the tomato puree. Let it cook on low flame for 3 to 5 minutes. Add the slices of amaranth leaves rolls and mix well.
07:04 07:08 07:15 07:20 07:23 07:32 07:35 07:40 07:48 07:53 07:56 08:02 08:06 08:10 08:16	Take the chopped amaranth leaves in a bowl. Add salt, red chili powder, chopped green chili and grated gooseberry. Then add ginger garlic paste and roasted gram flour. Mix everything well. If required, you can add 1 to 2 tablespoon of water to bind the mixture. Make long rolls of this mixture. Steam the rolls on medium flame for 10 to15 minutes. The procedure for steaming has been explained earlier in this tutorial. After steaming, keep the rolls aside and let them cool. Cut the rolls into medium slices. Meanwhile, grind the tomatoes in the mixer to make a smooth puree. Next, heat oil or ghee in a pan. Add chopped onions and saute it. Add turmeric powder, red chili powder and coriander powder. Mix well and then add the tomato puree. Let it cook on low flame for 3 to 5 minutes.

08:42	One bowl of this recipe gives about 98 milligrams of vitamin C .
08:49	The last recipe is raw mango and split bengal gram chutney (sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages).
08:57	For this recipe, you need:
	3 tablespoons of split bengal gram.
	½ or 60 grams of raw mango.
	½ tomato.
09:08	1 teaspoon grated gooseberry.
09:12	1 green chili.
09:14	1/4 cup or a handful of coriander leaves.
	¼ teaspoon mustard seeds.
09:22	Use salt according to your taste.
09:26	You will also need 1 tablespoon of oil or ghee.
09:30	Procedure: Wash and soak the split bengal gram in water for 4 to 6 hours.
09:38	Then grind it along with green chili coarsely in a mixer or a stone grinder.
09:46	Next, heat oil or ghee in a pan
09:49	and add mustard seeds.
09:52	Once, they start to crackle, add the coarse paste.
09:57	Mix it well and let it cook on medium flame for 2 to 3 minutes.
10:04	Switch off the flame and remove it in a bowl.
10:08	Add grated raw mango and gooseberry to it.
10:12	Then add chopped tomatoes along with washed and chopped coriander leaves.
10:19	You can have this along with your meals.
10:23	2 tablespoons of this recipe will give about 40 milligrams of vitamin C .
10:31	Note that vitamin C content of all these recipes is based on raw edible portions.
10:40	Ensure adequate intake of vitamin C rich food in your diet for good health.
10:48	Also remember the key points to avoid the loss of Vitamin C from food.
10:55	This brings us to the end of the tutorial. Thank you for joining.