

Time	Narration
00:00	Welcome to the <b>spoken tutorial</b> on <b>folate</b> rich vegetarian recipes.
00:06	In this tutorial we will learn about:
00:09	Food sources rich in <b>folate</b> .
00:12	Preparation of a few vegetarian recipes.
00:16	Ways to prevent the loss of <b>folate</b> from food.
00:20	First we will understand what is <b>folate</b> and its role in our body.
00:25	<b>Folate</b> is one of the important <b>B vitamins</b> .
00:30	It is required for various functions in the body.
00:34	Let us see a few examples.
00:37	<b>Folate</b> is essential for cell growth and repair.
00:41	It is also required for a healthy pregnancy.
00:45	This has been explained in detail in another tutorial.
00:50	Please visit our website for more details.
00:54	Next, let us look at food sources rich in <b>folate</b> .
00:59	Beans and pulses are excellent sources.
01:03	Green leafy vegetables are also rich in <b>folate</b> .
01:07	For example: spinach, amaranth leaves,
01:10	colocasia leaves and agathi leaves.
01:14	Some vegetables like cauliflower, drumsticks and ladies finger also have <b>folate</b> .
01:22	Let us look at the preparation of the recipes now.
01:26	The first recipe is chickpeas dip ( <b>chutney: sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages</b> ).
01:30	To make this recipe, you will need:
01:33	2 tablespoons of sprouted chickpeas.
01:37	1 teaspoon roasted sesame seeds.
01:40	¼ beetroot.
01:42	1 tablespoon curd.
01:44	Juice of 1 lemon.
01:46	2-3 cloves of garlic.
01:48	¼ teaspoon cumin powder.
01:52	You will also require:
01:54	1 tablespoon of oil
01:56	and salt according to your taste.
01:59	I will first explain the procedure for sprouting.
02:03	Wash and soak chickpeas in water overnight.
02:08	Later, rinse and drain the water and keep the chickpeas on a strainer to sprout.

02:15	Keep the chickpeas covered.
02:18	You can even tie them in a clean cotton or a muslin cloth.
02:22	It may take 1 to 2 days for the sprouts to appear.
02:27	Once the sprouts appear, pressure cook them with half cup of water.
02:33	Cook on medium flame for 3 to 4 whistles.
02:37	Let the pressure release on its own and then open the cooker.
02:42	Put the sprouted chickpeas in a mixer.
02:45	Add the rest of the ingredients and make a smooth paste.
02:50	Chickpeas dip ( <b>chutney: sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages</b> ) is ready.
02:53	You can have this 1 to 2 times a day along with your meals.
02:58	You can even dip sliced carrots, cucumbers in it and eat it.
03:03	¼th cup of this dip ( <b>chutney: sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages</b> ) will give you about 148 micrograms of <b>folate</b> .
03:11	The second recipe is Bengal gram idli.
03:15	Ingredients required are:
03:17	¼ cup or 50 grams of bengal gram.
03:21	¼ cup or 30 grams of split black gram.
03:26	1 tablespoon sunflower seeds.
03:29	½ teaspoon fenugreek seeds.
03:32	1 teaspoon oil or ghee.
03:35	Salt to taste.
03:37	You will also need 2 tablespoon of sprouted finger millet powder.
03:43	To prepare it, first sprout the finger millet and then dry it.
03:49	For drying, roast it or keep it in the sunlight.
03:54	Finally, grind it to make a powder.
03:58	I will now tell you the procedure to make the idlis.
04:02	Wash and soak bengal gram in a bowl overnight.
04:07	In a separate bowl, soak the split black gram and fenugreek seeds together.
04:14	Next morning, rinse and drain off the excess water.
04:18	Grind bengal gram, split black gram and fenugreek seeds in a mixer.
04:25	Make a smooth paste.
04:27	If needed, add 2-3 tablespoons of water while grinding.
04:33	Add sprouted finger millet powder, salt and mix it well using a spoon.
04:40	Cover and allow the batter to ferment by keeping it for 6-8 hours.
04:47	It should be kept in a warm place.
04:50	Once the batter rises, with clean hands grease the idli plates with some oil.
04:57	Pour the batter into the plates.
05:00	Garnish with some roasted sunflower seeds on top of the batter.
05:05	Place the plates in a steamer and cook for 10-15 minutes.
05:11	If you do not have a steamer, you can also use a cooker without the whistle.
05:17	Fill ¼ of the cooker or steamer with water and steam the idlis.

05:24	Bengal gram idlis are ready.
05:27	You can have it with coconut or peanut dip ( <b>chutney: sauce or powder made up of spices or nuts or seeds or vegetables – Bracketed text is only for International languages</b> ).
05:31	5 medium sized idlis will give you about 103 micrograms of <b>folate</b> .
05:38	Let us now make cluster beans and sprouted moth bean curry.
05:44	The ingredients required are:
05: 46	50 grams or a handful of cluster beans.
05:51	20 grams or 2 tablespoons of sprouted moth bean.
05:56	2 tablespoon of roasted peanuts.
06:00	1 tablespoon of grated coconut.
06:03	½ tomato.
06:05	½ onion.
06:07	½ teaspoon of cumin seeds.
06:10	Spices required are:
06:12	½ teaspoon red chilli powder.
06:15	½ teaspoon turmeric powder.
06:18	½ teaspoon cumin powder.
06:21	You will also need: 1 tablespoon of oil or ghee
06:25	and salt to taste.
06:28	The procedure for sprouting has been explained earlier in this tutorial.
06:34	Begin with making a paste of roasted peanuts, coconut, tomato and onion.
06:41	Heat oil in a pan and add cumin seeds.
06:45	Once they crackle, add the prepared paste.
06:49	Let the paste cook well until the raw onion smell goes away.
06:54	Then add the spices and salt in it.
06:58	Mix it well and let it cook for 3 to 5 minutes.
07:03	Next, add the chopped cluster beans and sprouted moth beans.
07:08	Mix everything well and add ½ cup of water.
07:13	Cover the pan and let it cook on low flame for about 10-15 minutes.
07:20	Cluster beans and sprouted moth bean curry is ready.
07:25	A bowl of this recipe will give you about 100 <b>micrograms</b> of <b>folate</b> .
07:32	You can also make this recipe with sprouts of green gram instead of moth beans.
07:40	French beans can also be used instead of cluster beans.
07:45	The last recipe is spinach and yoghurt curry.
07:49	For this recipe, ingredients required are:
07:53	½ bundle or 100 grams of spinach.
07:58	3 tablespoons of curd.
08:00	1 tablespoon of roasted peanuts.
08:03	½ onion.
08:05	1 teaspoon roasted gram flour.

08:08	1 green chilli. 1 sprig of curry leaves.
08:12	Spices needed are:
08:14	½ teaspoon turmeric powder.
08:17	¼ teaspoon cumin powder.
08:20	¼ teaspoon mustard seeds.
08:23	Take 2 teaspoons of oil and salt according to your taste.
08:28	Procedure: Wash the spinach leaves thoroughly and remove its stems.
08:34	Now steam the spinach leaves.
08:37	Fill ¼ of a vessel with water.
08:41	Place a stand in the centre of the vessel.
08:44	Take spinach leaves in a steel plate and place it on the stand.
08:50	Cover the vessel and cook on medium flame for 2 minutes.
08:55	Remove the steamed spinach, let it cool and then chop it finely.
09:01	In another bowl, take curd.
09:04	Add salt, turmeric powder,
09:07	roasted gram flour.
09:09	Whisk it well.
09:11	Next, heat oil in a pan
09:14	and add mustard seeds and curry leaves.
09:18	Then, add chopped garlic, onions, green chilli
09:22	and saute well.
09:24	Once the onions turn pink, add the whisked curd to it.
09:29	Add cumin powder and cook for 2-3 minutes.
09:33	Add ¼ cup of water and bring the curry to a boil.
09:39	Switch off the flame and then add chopped steamed spinach.
09:44	Garnish with crushed roasted peanuts.
09:47	Spinach and yoghurt curry is ready.
09:51	1 bowl of this curry will give you about 123 <b>micrograms</b> of <b>folate</b> .
09:57	Instead of spinach you can also use colocasia leaves or amaranth leaves.
10:04	As <b>folate</b> is sensitive to heat, some amount of it gets destroyed while cooking.
10:11	So, based on the raw ingredients, <b>folate</b> content of these recipes is calculated.
10:19	There are many ways by which loss of <b>folate</b> while cooking can be reduced.
10:25	Cook on low to medium flame.
10:28	Avoid repetitive heating of food.
10:32	Soak pulses and beans overnight before cooking.

10:36	This will reduce the cooking duration.
10:40	For absorption of <b>folate</b> , fermentation and roasting will help.
10:45	<b>Folate</b> is also sensitive to water.
10:48	Thus, steam or saute vegetables instead of boiling.
10:53	Sprouting and cooking of whole beans will enhance its <b>folate</b> content.
11:00	To ensure adequate <b>folate</b> intake in your diet, remember these few points.
11:06	<p>This brings us to the end of this tutorial.</p> <p>Thank you for joining.</p>