

Time	Narration
00:00	Welcome to the spoken tutorial on calcium rich non-vegetarian recipes.
00:06	In this tutorial, we will learn about few calcium rich non-vegetarian recipes.
00:12	Calcium is the most abundant mineral in our body.
00:17	99% of the body's calcium is found in bones and teeth.
00:22	The remaining 1% is present in the blood.
00:27	The role of calcium in our body has been explained in another tutorial.
00:32	Please visit our website for these tutorials.
00:35	It is necessary to take good amount of calcium through diet.
00:39	Calcium is found in some non-vegetarian food.
00:43	For example: prawns, lobsters, bombay duck, dried shrimp and dried bony fishes.
00:52	Other sources of calcium are milk, milk products, nuts and seeds.
00:59	Calcium is also present in green leafy vegetables and some legumes.
01:05	Let us see some calcium rich non-vegetarian recipes.
01:09	The first recipe is dried shrimp curry.
01:13	To prepare this recipe, you need:
01:16	20 grams or 3 tablespoons of dried shrimp
01:20	½ onion
	½ tomato
01:23	3-4 garlic pods
01:25	1 lemon sized tamarind
01:27	One sprig of curry leaves
01:30	The spices needed for this recipe are:
01:33	¼ teaspoon turmeric powder
01:35	½ teaspoon red chilli powder
01:38	½ teaspoon coriander powder
01:41	½ teaspoon mustard seeds
01:44	You will need 2 teaspoons of oil or ghee
01:48	and salt according to taste.
01:51	Procedure:
01:53	Soak the dried shrimp in water for 15 minutes.
01:57	Meanwhile, heat the oil in a vessel
02:00	and add mustard seeds.
02:02	As they start to crackle,
02:04	add curry leaves and chopped garlic.
02:07	Then, add chopped onions.
02:10	Saute the mixture until it becomes light golden.
02:14	Next, add the tomatoes and spices.
02:17	Mix it well.
02:19	Add half cup of water.

02:22	Let it cook for 2-3 minutes.
02:24	Strain the dried shrimp in a sieve for few minutes.
02:29	Add this to the mixture in the pan.
02:32	Cover and cook on low flame for 5-6 minutes.
02:36	Dried shrimp curry is ready.
02:39	One serving of this recipe gives around 876 milligrams of calcium .
02:45	Our next recipe is Bombay duck fish curry.
02:50	For this, you need: 150 grams of Bombay duck fish
02:55	1/2 onion 2-3 garlic pods
02:59	1-2 green chillies
03:01	1 teaspoon cumin seeds
03:03	You also need: 2-3 kokum or dry mango pieces or tamarind
03:09	¼ fresh coconut
03:12	Handful of coriander leaves
03:14	½ teaspoon turmeric powder
03:16	Salt to taste
03:18	2 teaspoon oil or ghee
03:21	½ lemon for marination
03:23	Procedure:
03:25	Clean and wash the fish pieces thoroughly.
03:28	Marinate the fish pieces with salt and lemon juice.
03:31	Keep it aside for 15-30 minutes.
03:35	Let us see how to prepare the coconut milk.
03:39	Grind coconut pieces with ½ cup of lukewarm water.
03:43	Strain the coconut mixture in a sieve.
03:46	Collect the coconut milk in a bowl.
03:50	Squeeze the coconut residues with clean hands to extract maximum milk.
03:55	Put back the coconut residue in the mixer.
03:58	Add ½ cup of lukewarm water and grind it again.
04:03	Strain it. Collect the coconut milk for a second time.
04:08	Repeat the procedure one more time.
04:11	Keep the collected coconut milk aside.
04:15	Do not throw away the coconut residue.

04:17	I will tell you what to do with it later.
04:21	Next, grind onion, chilli, cumin seeds, garlic and coriander leaves.
04:28	Add a little water to make a thick paste.
04:31	Take a pan and heat oil or ghee.
04:35	Add the paste to it.
04:37	Saute it for 2-3 minutes.
04:40	Add curry leaves, kokum and turmeric powder.
04:44	Mix well.
04:46	Add half cup of water.
04:48	Add the marinated fish pieces to the curry.
04:52	Cover the pan and cook on low flame for 7-10 minutes.
04:57	Add the prepared coconut milk to the curry and stir it.
05:01	Cook for 2 minutes and switch off the flame.
05:05	Bombay duck fish curry is ready.
05:08	One serving of this curry gives around 280 milligrams of calcium .
05:14	If Bombay duck is not available then you can use any of the following:
05:19	Tengra fish
05:21	Seer fish
	Indian herring fish
05:24	Indian jew fish
05:27	Let me tell you about the coconut residue which we had saved earlier.
05:32	You can roast it and store it.
05:35	This roasted coconut flakes can be added in curries
05:38	or cheela batter.
05:41	It can even be used to make dry chutney powder with nuts and seeds.
05:46	It can be added to the flour of rotis and parathas.
05:51	Adding the roasted coconut enhances the fiber content and flavour.
05:57	Our third recipe is prawn curry.
06:00	For this recipe, take the following ingredients:
06:04	80 grams of prawns
06:06	½ medium sized onion
06:09	½ medium sized tomato
06:11	3 teaspoons of sesame seeds
06:14	Few curry leaves
06:16	Spices required for this recipe are:
06:20	½ teaspoon red chilli powder
06:22	½ teaspoon turmeric powder
06:25	½ teaspoon coriander powder
06:27	½ teaspoon garam masala powder (powder of a few mixed spices)
06:30	You will need ½ lemon,
06:33	salt according to taste

	and 2 teaspoon oil or ghee.
06:37	Procedure:
06:39	Clean and wash the prawns properly.
06:42	Make a slit on the back side of prawns.
06:45	Now, pull out the black thread from it.
06:48	This black thread has to be removed from the other side also if found.
06:54	Marinate the prawns with salt and some lemon juice.
06:58	Keep it aside for 15-30 minutes.
07:02	Next, dry roast the sesame seeds in a pan on medium heat.
07:07	Let it cool.
07:09	Keep 1 teaspoon of sesame seeds aside for garnishing.
07:14	Grind the onions, tomatoes and 2 teaspoon roasted sesame seeds in a mixer.
07:20	Make a thick paste.
07:23	Heat oil in a pan.
07:25	Add curry leaves and the paste.
07:28	Saute this mixture well for 2-3 minutes.
07:32	Then, add the spices and mix well.
07:35	Add half cup of water and cook for five minutes.
07:40	Next, add the prawns and mix well.
07:43	Cover the pan and cook on low flame for 10 minutes.
07:48	Garnish with 1 teaspoon of roasted sesame seeds.
07:52	Prawn curry is ready.
07:54	One serving of prawn curry gives around 250 milligrams of calcium .
08:01	If prawns are not available,
08:03	you can also use lobsters for this recipe.
08:07	The next recipe is dried fish powder.
08:11	You will need 15 grams or about 1/4th cup of dried fish.
08:17	Examples of some calcium rich dried fishes are as follows:
08:22	ribbon fish Kingfish
08:24	tengra fish, etc.
08:28	For this recipe, we have used dried bombay duck.
08:32	Other ingredients required to make the powder are:
08:36	1-2 red chilli
08:38	3-4 garlic pods
08:40	1 lemon sized tamarind
08:43	1 teaspoon cumin seeds
08:45	and salt to taste
08:48	Dry roast the dried fish pieces on medium flame for 2 minutes.

08:53	Keep it aside to cool.
08:55	Grind the roasted dried fish and the rest of the ingredients in a grinder.
09:01	Dried fish powder is ready.
09:03	You can have this powder 2 to 3 times a day with your meals.
09:08	Quarter bowl of dry fish powder contains 208 milligrams of calcium .
09:14	All these recipes are also a good source of the following nutrients:
09:20	Protein
09:22	Zinc
	Folate
09:25	Phosphorus
09:27	Iron
	Omega 3 fatty acids
09:30	It is necessary to have these nutrients in our daily diet for our good health.
09:36	This brings us to the end of the tutorial.
	Thank you for joining