

Time	Narration
00:00	Welcome to spoken tutorial on Non-vegetarian recipes for Lactating mothers.
00:07	In this tutorial, we will learn about: Importance of nutrition during lactation,
00:13	Preparation of non-vegetarian recipes such as - Chicken curry with Drumsticks,
00:20	Chicken in Peanut Garlic masala,
00:23	Fish Coconut curry, Mixed Vegetable curry with Egg and Fish Spinach curry.
00:31	During lactation, a mother requires additional amount of nutrition- for milk production,
00:38	to provide enough nutrients for the growing infant and to meet mother's daily needs.
00:44	Essential nutrients required during lactation are - Vitamins , Minerals,
00:50	Omega 3 fatty acids and Choline .
00:54	Besides nutrients, we will learn about Galactogogues .
00:58	Galactogogues are substances that help in milk production.
01:03	Mother can get it from diet by including - Garlic,
01:08	Fenugreek seeds and leaves,
01:10	Fennel seeds,
01:11	Garden cress seeds, Drumstick leaves,
01:15	Dill leaves and Carom seeds.
01:18	Please note: Nutrition for lactating mothers has been explained in another tutorial of the same series.
01:28	After understanding the importance of nutrition during lactation, We will begin with the preparation of the recipes.
01:37	Let's begin with our first recipe which is - Chicken curry with drumsticks.
01:43	To make this, we need - 100 gm of Chicken,
01:47	2 pieces Drumstick,

	1 sprig Curry leaves,
01:51	1 teaspoon black Pepper seeds, 1 chopped Onion,
01:55	4 cloves Garlic, Salt as per taste.
02:00	½ teaspoon Turmeric powder, ½ teaspoon Chilli powder,
02:04	1 green Chilli, 1 handful Coriander leaves, 2 teaspoon Oil.
02:11	In a pan, heat 1 teaspoon oil. To this, add onions, garlic, pepper and green chilli.
02:18	Saute till they turn golden in color. Now add curry leaves, coriander leaves and fry for 2-3 seconds.
02:27	Cool them and grind it into a paste by adding a little water.
02:32	Next, pressure cook or boil drumsticks until cooked.
02:36	Heat 1 teaspoon oil in a pan. Add the prepared paste and cook for 2 minutes.
02:42	To this, add all the spices and chicken. Now add half cup water and mix well.
02:50	Cover and cook till the chicken becomes tender.
02:53	To this, add the boiled or pressure cooked drumsticks . Let it cook for 2-4 minutes.
02:59	Chicken curry with drumsticks is ready.
03:03	The second recipe that we will learn is “Chicken in peanut garlic masala”.
03:08	To prepare this, we need - 100 gm chicken, 2 tablespoons peanuts,
03:14	5 cloves garlic,

	1 tomato chopped,
03:18	1 Onion chopped, 1/2 teaspoon Turmeric,
03:21	Salt to taste, 1 teaspoon Red chilli powder,
03:25	2 teaspoon Oil.
03:27	To prepare peanut garlic paste - Roast the peanuts on a pan on medium flame.
03:34	Stir them continuously to avoid burning. Allow them to cool.
03:39	Rub roasted peanuts between your palms to remove the outer cover.
03:44	Now in a pan, heat 1 teaspoon oil and add onion, tomato and garlic. Fry till tomato becomes soft.
03:54	Allow them to cool. After cooling, mix this with peanuts.
03:59	Grind into a paste by adding little water.
04:03	Heat 1 teaspoon oil in a pan.
04:05	Now add peanut garlic paste and cook for 2 minutes. Next, add the spices and mix well.
04:14	To this, add chicken and cook for next 2 minutes. Now add a little water, mix well.
04:21	Cover the pan and cook till chicken becomes tender.
04:25	Chicken peanut garlic masala is ready.
04:28	The third recipe is "Fish coconut curry".
04:32	For this, take- 100 gm Rohu, ½ cup grated coconut, 4 red chillies,
04:38	½ teaspoon turmeric, Salt as per taste,
04:42	4 cloves garlic,

	1 small lemon sized tamarind ball,
04:47	1 Onion chopped, ½ teaspoon Fenugreek seeds,
04:51	½ teaspoon Cumin seeds, 1 teaspoon oil.
04:56	In case, Rohu is not available then you may use any one of these - Mackerel, Pomfret or Bombay duck.
05:06	Clean the fish, add 2 pinches salt and leave it for 10 min.
05:11	Dry roast red chillies, fenugreek seeds, cumin seeds till they change color.
05:17	Grind the roasted ingredients along with coconut, tamarind and garlic into a paste.
05:25	In a pan, add 1 teaspoon oil and heat it.
05:29	Now add onions and fry till onion becomes golden.
05:33	To this, add the ground paste and cook for 5-6 min. Add the spices and mix well.
05:41	To this, add marinated fish and cook for next 10 minutes. The fish coconut curry is ready.
05:49	The fourth recipe is “Mixed vegetable boiled egg curry”.
05:53	To make this, we need- 2 boiled Eggs, 2 florets Cauliflower,
05:59	1 medium Onion, 2 French beans chopped,
06:02	1 medium Tomato chopped, ½ small Capsicum chopped,
06:07	1 tablespoon Sesame seeds, 1 teaspoon Chilli powder,
06:12	Salt to taste,

	½ spoon Turmeric powder,
06:16	1 tablespoon Poppy seeds, ½ tsp Garden cress seeds powder,
06:21	1 teaspoon oil.
06:24	Dry roast sesame and poppy seeds in a pan. Allow them to cool.
06:29	Next, add half teaspoon oil in a pan and saute tomatoes.
06:35	After cooling, grind the tomatoes and seeds in a mixer or stone grinder.
06:41	Heat 1 teaspoon oil in a pan. Add onions and fry till they become golden.
06:48	Now add tomato paste and cook for 5 minutes. Add salt, turmeric, chilli powder and stir well.
06:57	To this, add some water and vegetables.
07:01	Cover and cook till the vegetables become soft.
07:04	Cut the boiled eggs into 2 halves and add it to the curry. Cook for a minute.
07:10	Mixed vegetable boiled egg curry is ready.
07:14	The last recipe that we will see is “Spinach fish curry”-
07:19	To prepare this, we need - 2 pieces salmon,
07:22	4-5 leaves of spinach, Salt to taste,
07:26	1 teaspoon chilli powder, ½ teaspoon turmeric powder,
07:31	1 teaspoon flax seed powder, 1 teaspoon ghee or oil,
07:36	1 handful coriander leaves,

	1 teaspoon lemon juice,
07:41	1 green chilli, 1 teaspoon garam masala powder.
07:45	Wash the fish pieces. Rub some salt and turmeric and keep it aside.
07:51	Wash spinach thoroughly in water. Boil water in a pan and add spinach to it and cook it for 5 minutes.
08:00	Next, strain the water and let it cool. Grind the spinach, coriander and green chilli to a paste.
08:09	Heat 1 teaspoon ghee or oil in a pan and fry the fish until cooked.
08:15	Simultaneously heat 1 teaspoon oil or ghee in another pan.
08:21	Add the spinach paste and little water and let it cook for 5 minutes. To this, add the spices and mix well.
08:30	Now, add the fried fish pieces and cook till the masala coats the fish.
08:36	Add garam masala and flax seed powder and cook for 2 minutes.
08:42	Turn off the stove and add lemon juice. The Fish spinach curry is ready.
08:49	All the above recipes are rich in - Protein,
08:53	Vitamin B12,
08:57	Good fats,
09:00	Iron,
09:02	Folate,
09:04	Potassium,
09:06	Vitamin A,
09:08	Vitamin D,
09:12	Zinc,
09:14	Magnesium.
09:17	These nutrients help in - Growth and development of the baby,
09:22	Milk production in mother and Keeping the mother healthy.
09:29	This brings us to the end of the tutorial Thanks for joining.