Time	Narration
	Welcome to the <b>spoken tutorial</b> on <b>calcium</b> rich vegetarian recipes.
	In this tutorial, we will learn about:
	Food sources of <b>calcium</b> .
$\overline{}$	Cooking techniques to enhance <b>calcium</b> absorption.
	Preparation of <b>calcium</b> rich vegetarian recipes.
	Calcium content of these recipes.
	<b>Calcium</b> is the most abundant mineral in our body.
	99% of the body's <b>calcium</b> is found in bones and teeth.
	The remaining 1% is present in the blood.
	The role of <b>calcium</b> in our body has been explained in another tutorial.
	Please visit our website for these tutorials.
00:49	Adequate intake of <b>calcium</b> through diet is necessary from an early age.
	Dairy products are excellent sources of <b>calcium</b> .
00:59	This includes milk,
	curd,
01:01	paneer (unsalted Indian cheese - Bracketed text is only for International languages),
	cheese
01:03	and khoa (thickened whole milk – Bracketed text is only for International languages).
01:06	Calcium is also present in some nuts,
	seeds,
01:09	legumes
01:11	and green leafy vegetables.
01:14	Along with a <b>calcium</b> rich diet, <b>calcium</b> absorption by the body is also important.
01:21	Calcium absorption can be enhanced using soaking, sprouting and fermentation.
01:29	Even boiling, roasting and other cooking techniques will help.
01:35	Note that in all the recipes shown in this tutorial, 1 cup is 200 milliliters.
01:42	The first recipe is sprouted finger millet dosa.
01:47	Ingredients required to prepare this recipe are:
01:50	¼ cup or 30 grams of finger millet.
01:55	$\frac{1}{4}$ cup or 30 grams of split black gram.
01:59	½ teaspoon fenugreek seeds.
02:02	last 12 teaspoon roasted flax seed powder.
02:06	1 tablespoon curd.
02:08	Salt to taste.
02:10	1 teaspoon oil or butter.
02:14	Procedure:

Uses and soak finger millet overnight.  Strain out excess water using a strainer.  Then, allow them to sprout.  It may take approximately 2 days for them to sprout.  2:229 Once the finger millet sprouts, dry it in sunlight.  If there isn't enough sunlight, you can even roast them on a pan without oil.  Crind it to make a fine powder.  On the other hand, soak split black gram and fenugreek seeds for 3-4 hours.  Crind it by adding some water to make a smooth batter.  Add finger millet powder, roasted flax seed powder and salt to the batter.  Mix it well.  Cover the batter and keep it overnight to ferment.  Cover the batter rises, add curd and little water to adjust the consistency.  33:12 Take a pan and heat oil or ghee.  Spread oil all over the pan using half an onion.  32:20 Drop a ladle of batter into the pan.  33:21 Spread batter in a circular motion on the pan.  33:22 Cook the dosa on both sides on a low flame.  Sprouted finger millet dosa is ready.  33:30 Sprouted finger millet dosa is ready.  33:40 Das serving of this recipe will give around 185 milligrams of calcium.  You can have this dosa with buttermilk or sesame seed chutney powder (sauce or a dry base of spices/nuts/seeds/vegetables — Bracketed text is only for International languages).  33:40 Ext us now see how to make sesame seed chutney powder (sauce or a dry base of spice/nuts/seeds/vegetables — Bracketed text is only for International languages).  For this, you will need:  33:51 I tablespoon split Bengal gram.  33:51 Sal dried red chilli.  34:52 Stablespoons white sesame seeds.  1 Lend free chilli.  35:52 Agardic pods.  36:53 I dried red chilli.  37:54 Saral pieces of fresh coconut.  38:64:75 Agardic pods.  38:64:75 Agardic pods.  39:64:75		
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O3:33 One serving of this recipe will give around 185 milligrams of calcium.  You can have this dosa with buttermilk or sesame seed chutney powder (sauce or a dry base of spices/nuts/seeds/vegetables – Bracketed text is only for International languages).  O3:46 Let us now see how to make sesame seed chutney powder (sauce or a dry base of spices/nuts/seeds/vegetables – Bracketed text is only for International languages).  O3:50 For this, you will need:  O3:52 2 tablespoons white sesame seeds.  O3:53 1 tablespoon split Bengal gram.  O3:58 1 dried red chilli.  O4:00 2 small pieces of fresh coconut.  O4:03 2-3 garlic pods.  O4:05 1 lemon size tamarind.  O4:08 Salt to taste.  O4:10 Roast sesame seeds, split bengal gram, red chilli, coconut and garlic in a pan.  O4:18 Keep stirring it continuously to avoid the sesame seeds from getting burnt.  O4:24 Next, remove them from the pan and allow it to cool.  O4:03 Then, grind it using a mixer or mortar and pestle.	03:27	Cook the dosa on both sides on a low flame.
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04:37   Sesame seed chutney powder is ready.	04:33	
	04:37	Sesame seed chutney powder is ready.

04:47   You can have it two to three times a day with your meals.  14:58   Instead of white sesame seeds, you can use other seeds as well.  15:69   For example: black sesame seeds,  15:90   Ass seeds.  15:90   Our third recipe is horse gram and amaranth leaves curry.  15:10   Ingredients required to make this recipe are:  15:11   4 cup horsegram.  15:12   4 cup horsegram.  15:12   4 contain.  15:13   4 common.  15:20   4 contain.  15:21   4 common.  15:22   4 contain.  15:22   4 contain.  15:23   4 teaspoon cumin seeds.  15:24   5:28   4 teaspoon turmeric powder.  15:25   4 teaspoon turmeric powder.  15:26   5:31   4 teaspoon red chilli powder.  15:27   5:31   4 teaspoon red chilli powder.  15:34   5 teaspoon red chilli powder.  15:35   5 tow will also require 2 teaspoon oil or ghee.  15:40   Forcedure:  15:41   You will also require 2 teaspoon oil or ghee.  15:42   Forcedure:  15:43   Forcedure:  15:44   Forcedure:  15:45   Forcedure:  15:46   Forcedure:  15:47   Forcedure:  15:48   Forcedure:  15:49   Forcedure:  15:40   Forcedure:  15:40   Forcedure:  15:41   Forcedure:  15:42   Forcedure:  15:43   Forcedure:  15:44   Forcedure:  15:45   Forcedure:  15:46   Forcedure:  15:47   Forcedure:  15:48   Forcedure:  15:49   Forcedure:  15:40   Forcedure:  15:40   Forcedure:  15:41   Forcedure:  15:41   Forcedure:  15:42   Forcedure:  15:44   Forcedure:  15:45   Forcedure:  15:46   Forcedure:  15:47   Forcedure:  15:47   Forcedure:  15:48   Forcedure:  15:49   Forcedure:  15:49   Forcedure:  15:40   Forcedure:  15:40   Forcedure:  15:40   Forcedure:  15:40   Forcedure:  15:40   Forcedure:  15:41   Forcedure:  15:41   Forcedure:  15:42   Forcedure:  15:42   Forcedure:  15:44   Forcedure:  15:45   Forcedure:  15:46   Forcedure:  15:47   Forcedure:  15:47   Forcedure:  15:48   Forcedure:  15:49   Forcedure:  15:40   Forcedu	04:40	½ cup of this chutney powder gives around 131 milligrams of <b>calcium</b> .
04:56 For example: black sesame seeds, 04:59 flax seeds, poppy seeds 05:01 or niger seeds. 05:04 Our third recipe is horse gram and amaranth leaves curry. 105:10 lingredients required to make this recipe are: 105:11 digredients required to make this recipe are: 105:12 digredients required to make this recipe are: 105:13 digredients required to make this recipe are: 105:20 digredients required to make this recipe are: 105:21 digredients required to make this recipe are: 105:22 digredients required to make this recipe are: 105:23 digredients required to make this recipe are: 105:24 vicespoon ton. 105:25 digredients required these spices: 105:26 digredients required these spices: 105:27 digredients required these spices: 105:28 digredients required these spices: 105:29 digredients required these spices: 105:30 digredients required regredients regred	04:47	You can have it two to three times a day with your meals.
04:59 flax seeds, poppy seeds  or niger seeds.  05:04 Our third recipe is horse gram and amaranth leaves curry.  05:10 Ingredients required to make this recipe are: 05:11 Vec up for a maranth leaves. 05:12 Vec union. 05:12 Vec union. 05:22 Vec union. 05:24 Vou will also need these spices: 05:26 I teaspoon cumin seeds. 05:27 Vec using last on turneric powder. 05:38 Vec teaspoon ginger garlic paste. 05:39 Salt to taste. 05:30 Salt to taste. 05:41 You will also require 2 teaspoon oil or ghee. 05:42 You will also require 2 teaspoon oil or ghee. 05:43 Frocedure: 05:44 You will also require 2 teaspoon oil or ghee. 05:45 Procedure: 05:46 The next day, strain the excess water using a strainer. 05:47 Soak horse gram overnight. 05:48 The next day, strain the excess water using a strainer. 05:54 Keep the horse gram in a dry place away from heat until sprouts appear. 05:55 Once the sprouts appear, boil them in a pressure cooker. 06:09 Pressure cook on high flame until one whistle. 06:17 Inen, cook on low flame for 10 minutes. 06:17 Let the pressure release from the cooker on its own and then open it. 06:22 Meanwhile, heat oil in a pan. 06:23 Add cumin seeds and ginger garlic paste. 06:34 Add the rest of the spices and tomatoes. 06:35 Add washed and chopped amaranth leaves and sprouted horse gram. 06:48 Stir it and cook for 3-5 minutes on medium flame. 06:48 Sprouted horse gram and amaranth leaves curry is ready. 06:63 One serving of this curry will give around 256 milligrams of calcium. 07:00 If horsegram is not available, then you can use soybean or moth beans.	04:51	Instead of white sesame seeds, you can use other seeds as well.
Doppy seeds   Dose	04:56	For example: black sesame seeds,
05:01 or niger seeds.  05:04 Our third recipe is horse gram and amaranth leaves curry.  05:10 Ingredients required to make this recipe are:  34 cup horsegram.  05:16 50g or 1/4 bundle of amaranth leaves.  05:20 ½ onion.  05:22 ½ tomato.  05:23 ½ tomato.  05:24 You will also need these spices:  05:26 1 teaspoon cumin seeds.  05:27 ½ teaspoon inger garlic paste.  05:31 ½ teaspoon red chilli powder.  05:31 ½ teaspoon red chilli powder.  05:32 ½ teaspoon roriander powder.  05:33 ½ teaspoon roriander powder.  05:34 ½ teaspoon roriander powder.  05:35 Salt to taste.  05:41 You will also require 2 teaspoon oil or ghee.  05:45 Procedure:  05:47 Soak horse gram overnight.  05:49 The next day, strain the excess water using a strainer.  05:54 Keep the horse gram in a dry place away from heat until sprouts appear.  05:59 Once the sprouts appear, boil them in a pressure cooker.  06:04 To boil, add ½ cup of water, salt and turmeric powder.  06:04 To boil, add ½ cup of water, salt and turmeric powder.  06:05 Tressure cook on high flame until one whistle.  06:17 Let the pressure release from the cooker on its own and then open it.  06:22 Meanwhile, heat oil in a pan.  06:25 Add cumin seeds and ginger garlic paste.  06:26 Add vanished and chopped amaranth leaves and sprouted horse gram.  06:36 Mix well.  06:37 Add washed and chopped amaranth leaves and sprouted horse gram.  06:48 Sprouted horse gram and amaranth leaves curry is ready.  06:59 One serving of this curry will give around 256 milligrams of calcium.  07:00 If horsegram is not available, then you can use soybean or moth beans.	04:59	flax seeds,
or niger seeds.  05:04 Our third recipe is horse gram and amaranth leaves curry.  05:10 Ingredients required to make this recipe are:  05:13 ¼ cup horsegram.  05:16 50g or 1/4 bundle of amaranth leaves.  05:20 ½ tomato.  05:22 ½ tomato.  05:22 ¼ tomato.  05:24 You will also need these spices:  1 teaspoon cumin seeds.  05:26 1 teaspoon ginger garlic paste.  05:27 ½ teaspoon turmeric powder.  05:30 ¼ teaspoon red chilli powder.  05:30 ¼ teaspoon red chilli powder.  05:31 ¼ teaspoon red chilli powder.  05:33 Salt to taste.  05:31 ¾ to taste.  05:41 You will also require 2 teaspoon oil or ghee.  05:45 Procedure:  05:47 Soak horse gram overnight.  05:48 Procedure:  05:49 The next day, strain the excess water using a strainer.  15:54 Keep the horse gram in a dry place away from heat until sprouts appear.  05:55 Once the sprouts appear, boil them in a pressure cooker.  06:04 To boil, add ½ cup of water, salt and turmeric powder.  06:09 Pressure cook on high flame until one whistle.  06:13 Then, cook on low flame for 10 minutes.  06:14 Then, cook on low flame for 10 minutes.  06:15 Meanwhile, heat oil in a pan.  06:22 Meanwhile, heat oil in a pan.  06:25 Add cumin seeds and ginger garlic paste.  06:29 Then, add the chopped onions and saute it.  06:33 Add the rest of the spices and tomatoes.  06:36 Mix well.  06:38 Add washed and chopped amaranth leaves and sprouted horse gram.  06:48 Sprouted horse gram and amaranth leaves curry is ready.  06:59 One serving of this curry will give around 256 milligrams of calcium.  07:00 If horsegram is not available, then you can use soybean or moth beans.		poppy seeds
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05:24       You will also need these spices:         05:26       1 teaspoon cumin seeds.         05:28       ½ teaspoon ginger garlic paste.         05:31       ½ teaspoon turmeric powder.         05:34       ½ teaspoon coriander powder.         05:39       Salt to taste.         05:41       You will also require 2 teaspoon oil or ghee.         05:45       Procedure:         05:47       Soak horse gram overnight.         05:48       The next day, strain the excess water using a strainer.         05:59       Once the sprouts appear, boil them in a pressure cooker.         05:59       Once the sprouts appear, boil them in a pressure cooker.         06:04       To boil, add ½ cup of water, salt and turmeric powder.         06:09       Pressure cook on high flame until one whistle.         06:13       Then, cook on low flame for 10 minutes.         06:21       Let the pressure release from the cooker on its own and then open it.         06:22       Meanwhile, heat oil in a pan.         06:23       Add cumin seeds and ginger garlic paste.         06:29       Then, add the chopped onions and saute it.         06:30       Mix well.         06:33       Add washed and chopped amaranth leaves and sprouted horse gram.         06:43       Stir it and cook for 3-5	05:20	½ onion.
05:26       1 teaspoon cumin seeds.         05:28       ½ teaspoon ginger garlic paste.         05:31       ½ teaspoon turmeric powder.         05:36       ½ teaspoon coriander powder.         05:39       Salt to taste.         05:41       You will also require 2 teaspoon oil or ghee.         05:45       Procedure:         05:47       Soak horse gram overnight.         05:48       The next day, strain the excess water using a strainer.         05:54       Keep the horse gram in a dry place away from heat until sprouts appear.         05:54       Keep the horse gram in a dry place away from heat until sprouts appear.         05:54       Once the sprouts appear, boil them in a pressure cooker.         06:04       To boil, add ½ cup of water, salt and turmeric powder.         06:09       Pressure cook on high flame until one whistle.         06:13       Then, cook on low flame for 10 minutes.         06:17       Let the pressure release from the cooker on its own and then open it.         06:29       Meanwhile, heat oil in a pan.         06:29       Then, add the chopped onions and saute it.         06:33       Add the rest of the spices and tomatoes.         06:36       Mix well.         06:37       Add washed and chopped amaranth leaves and sprouted horse gram.	05:22	½ tomato.
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<ul> <li>O6:38 Add washed and chopped amaranth leaves and sprouted horse gram.</li> <li>O6:43 Stir it and cook for 3-5 minutes on medium flame.</li> <li>O6:48 Sprouted horse gram and amaranth leaves curry is ready.</li> <li>O6:53 One serving of this curry will give around 256 milligrams of calcium.</li> <li>O7:00 If horsegram is not available, then you can use soybean or moth beans.</li> </ul>	06:33	Add the rest of the spices and tomatoes.
<ul> <li>O6:43 Stir it and cook for 3-5 minutes on medium flame.</li> <li>O6:48 Sprouted horse gram and amaranth leaves curry is ready.</li> <li>O6:53 One serving of this curry will give around 256 milligrams of calcium.</li> <li>O7:00 If horsegram is not available, then you can use soybean or moth beans.</li> </ul>	06:36	Mix well.
<ul> <li>O6:48 Sprouted horse gram and amaranth leaves curry is ready.</li> <li>O6:53 One serving of this curry will give around 256 milligrams of calcium.</li> <li>O7:00 If horsegram is not available, then you can use soybean or moth beans.</li> </ul>	06:38	Add washed and chopped amaranth leaves and sprouted horse gram.
06:53 One serving of this curry will give around 256 milligrams of <b>calcium</b> . 07:00 If horsegram is not available, then you can use soybean or moth beans.	06:43	Stir it and cook for 3-5 minutes on medium flame.
07:00 If horsegram is not available, then you can use soybean or moth beans.	06:48	Sprouted horse gram and amaranth leaves curry is ready.
	06:53	One serving of this curry will give around 256 milligrams of <b>calcium</b> .
07:06 Instead of amaranth leaves, you can use other green leafy vegetables too.	07:00	If horsegram is not available, then you can use soybean or moth beans.
	07:06	Instead of amaranth leaves, you can use other green leafy vegetables too.

Next recipe is scrambled paneer (unsalted indian cheese – Bracketed text is only for International languages).  77:21 To prepare scrambled paneer, you require:  77:22	07:11	For example: drumstick leaves, fenugreek leaves or radish leaves.
International languages .   O7:21   To prepare scrambled paneer, you require:   O7:22   80 grams or ½ cup of paneer.   O7:27   ½ toinon.   O7:29   ½ toinon.   O7:31   1 green chilli.   O7:33   ½ teaspoon cumin seeds.   O7:36   International languages .   O7:39   ½ teaspoon turmeric powder.   O7:40   Take salt according to your taste.   O7:41   Take salt according to your taste.   O7:45   A handful of coriander leaves will be required for gamishing.   O7:50   The recipe can be prepared in 2 teaspoons of oil, ghee or butter.   O7:57   If paneer is not available, you can make it from cow or buffalo's milk.   O8:02   To prepare the paneer, boil 400 ml or 2 glasses of milk.   O8:08   After the milk boils, switch off the flame and add one tablespoon of lemon juice or vinegar.   O8:15   Stir it well until you see the milk starts to curdle.   O8:20   Keep it aside and let it cool.   O8:30   Gather up the corners of the cloth and squeeze out excess liquid from the paneer.   O8:30   Gather up the corners of the cloth and squeeze out excess liquid from the paneer.   O8:31   Keep a bowl underneath the strainer to collect the liquid.   O8:40   You can use this liquid to knead dough, make daals or cook vegetables.   O8:40   Press the paneer to make a round disc shape.   O8:40   Refrigerate the paneer to set.   O8:51   To prepare the scrambled paneer, heat oil or ghee or butter in a pan.   O8:52   To prepare the scrambled paneer, heat oil or ghee or butter in a pan.   O8:53   Add cumin seeds and chopped onion.   O8:64   Refrigerate the paneer to set.   O8:65   To prepare the scrambled paneer, heat oil or ghee or butter in a pan.   O8:66   Add chopped tomatoes, green chilli, salt and spices.   O8:17   Cook it for 2 - 3 minutes.   O8:18   Grumble the paneer and add in the pan.   O8:19   Garnish with coriander leaves.   O8:20   Crumble the paneer and add in the pan.   O8:32   All these recipes are rich in calcium.   O8:33   It is necessary to include calcium in our daily diet for our good health.	07.17	Next recipe is scrambled paneer <b>(unsalted indian cheese – Bracketed text is only for</b>
07:24       80 grams or ½ cup of paneer.         07:27       ½ onion.         07:29       ½ tomato.         07:31       1 green chilli.         07:33       ½ teaspoon cumin seeds.         07:36       ½ teaspoon turmeric powder.         07:42       Take salt according to your taste.         07:45       A handful of coriander leaves will be required for garnishing.         07:50       The recipe can be prepared in 2 teaspoons of oil, ghee or butter.         07:57       If paneer is not available, you can make it from cow or buffalo's milk.         08:02       To prepare the paneer, boil 400 ml or 2 glasses of milk.         08:08       After the milk boils, switch off the flame and add one tablespoon of lemon juice or vinegar.         08:15       Stir it well until you see the milk starts to curdle.         08:20       Keep it aside and let it cool.         08:23       Keep a cotton cloth or muslin cloth on a strainer and strain the curd.         08:30       Gather up the corners of the cloth and squeeze out excess liquid from the paneer.         08:40       You can use this liquid to knead dough, make daals or cook vegetables.         08:47       Press the paneer to make a round disc shape.         08:48       Refrigerate the paneer to set.         08:52       To prepare the scrambled paneer, heat oil or ghee or butter in	U/:1/	
<ul> <li>07:27 ½ onion.</li> <li>07:29 ½ tomato.</li> <li>07:31 1 green chilli.</li> <li>07:33 ½ teaspoon cumin seeds.</li> <li>07:36 1/2 teaspoon turmeric powder.</li> <li>07:37 ½ teaspoon turmeric powder.</li> <li>07:38 ½ teaspoon turmeric powder.</li> <li>07:49 1/2 Take salt according to your taste.</li> <li>07:40 2 Take salt according to your taste.</li> <li>07:50 1/5 The recipe can be prepared in 2 teaspoons of oil, ghee or butter.</li> <li>07:57 If paneer is not available, you can make it from cow or buffalo's milk.</li> <li>08:02 To prepare the paneer, boil 400 ml or 2 glasses of milk.</li> <li>08:08 After the milk boils, switch off the flame and add one tablespoon of lemon juice or vinegar.</li> <li>08:15 Stir it well until you see the milk starts to curdle.</li> <li>08:20 Keep it aside and let it cool.</li> <li>08:20 Keep a cotton cloth or muslin cloth on a strainer and strain the curd.</li> <li>08:30 Gather up the corners of the cloth and squeeze out excess liquid from the paneer.</li> <li>08:30 Gather up the corners of the cloth and squeeze out excess liquid from the paneer.</li> <li>08:40 You can use this liquid to knead dough, make daals or cook vegetables.</li> <li>08:46 Press the paneer to make a round disc shape.</li> <li>08:49 Refrigerate the paneer to set.</li> <li>08:59 Add cumin seeds and chopped onion.</li> <li>08:59 Add clopped tomatoes, green chilli, salt and spices.</li> <li>09:12 Crumble the paneer and add in the pan.</li> <li>09:15 Mix well.</li> <li>09:17 Cook it for 2 - 3 minutes.</li> <li>09:19 Garnish with coriander leaves.</li> <li>09:20 Scrambled paneer is ready.</li> <li>09:20 One serving of this recipe will give around 380 milligrams of calcium.</li> <li>09:32 All these recipes are rich in calcium.</li> <li>09:33 It is necessary to include calcium in our daily diet for our good health.</li> <li>This brings us to the end of the tutorial.</li> </ul>	07:21	To prepare scrambled paneer, you require:
07:229       ½ tomato.         07:331       1 green chilli.         07:332       ½ teaspoon cumin seeds.         07:36       ½ teaspoon garam masala powder (powder of mixed spices – Bracketed text is only for International languages).         07:39       ½ teaspoon turmeric powder.         07:42       Take salt according to your taste.         07:45       A handful of coriander leaves will be required for garnishing.         07:57       The recipe can be prepared in 2 teaspoons of oil, ghee or butter.         07:57       If paneer is not available, you can make it from cow or buffalo's milk.         08:08       After the paneer, boil 400 ml or 2 glasses of milk.         08:09       After the milk boils, switch off the flame and add one tablespoon of lemon juice or vinegar.         08:15       Stir it well until you see the milk starts to curdle.         08:20       Keep it aside and let it cool.         08:23       Keep a cotton cloth or muslin cloth on a strainer and strain the curd.         08:30       Gather up the corners of the cloth and squeeze out excess liquid from the paneer.         08:30       Gather up the corners of the cloth and squeeze out excess liquid from the paneer.         08:40       You can use this liquid to knead dough, make daals or cook vegetables.         08:49       Refrigerate the paneer to set.         08:59       Add cumin	07:24	80 grams or ½ cup of paneer.
<ul> <li>07:31 1 green chilli.</li> <li>07:33 ½ teaspoon cumin seeds.</li> <li>07:36 ½ teaspoon garam masala powder (powder of mixed spices − Bracketed text is only for International languages).</li> <li>07:39 ½ teaspoon turmeric powder.</li> <li>07:42 Take salt according to your taste.</li> <li>07:45 A handful of coriander leaves will be required for garnishing.</li> <li>07:50 The recipe can be prepared in 2 teaspoons of oil, ghee or butter.</li> <li>07:57 If paneer is not available, you can make it from cow or buffalo's milk.</li> <li>08:02 To prepare the paneer, boil 400 ml or 2 glasses of milk.</li> <li>08:08 After the milk boils, switch off the flame and add one tablespoon of lemon juice or vinegar.</li> <li>08:20 Keep it aside and let it cool.</li> <li>08:22 Keep a cotton cloth or muslin cloth on a strainer and strain the curd.</li> <li>08:30 Gather up the corners of the cloth and squeeze out excess liquid from the paneer.</li> <li>08:36 Keep a bowl underneath the strainer to collect the liquid.</li> <li>08:40 You can use this liquid to knead dough, make daals or cook vegetables.</li> <li>08:49 Press the paneer to make a round disc shape.</li> <li>08:52 To prepare the scrambled paneer, heat oil or ghee or butter in a pan.</li> <li>08:59 Add cumin seeds and chopped onion.</li> <li>09:02 Saute till the onions become light golden.</li> <li>09:10 Add chopped tomatoes, green chilli, salt and spices.</li> <li>09:11 Crumble the paneer and add in the pan.</li> <li>09:12 Garnish with coriander leaves.</li> <li>09:22 Scrambled paneer is ready.</li> <li>09:23 All these recipes are rich in calcium.</li> <li>10:36 It is necessary to include calcium in our daily diet for our good health.</li> <li>17 This brings us to the end of the tutorial.</li> </ul>	07:27	½ onion.
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<ul> <li>O9:17 Cook it for 2 - 3 minutes.</li> <li>O9:19 Garnish with coriander leaves.</li> <li>O9:22 Scrambled paneer is ready.</li> <li>O9:26 One serving of this recipe will give around 380 milligrams of calcium.</li> <li>O9:32 All these recipes are rich in calcium.</li> <li>O9:36 It is necessary to include calcium in our daily diet for our good health.</li> <li>This brings us to the end of the tutorial.</li> </ul>	09:12	Crumble the paneer and add in the pan.
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O9:42 Thanks for joining.	09:42	