

Time	Narration
00:01	Welcome to the spoken tutorial on potassium-rich non-vegetarian recipes.
00:07	In this tutorial we will learn about:
00:10	Benefits of potassium .
00:13	Preparation of non-vegetarian recipes.
00:17	Potassium is an essential mineral.
00:20	It is required for the normal functioning of the cells.
00:25	It regulates the heartbeat and maintains normal blood pressure.
00:31	For the proper functioning of muscles and nerves, potassium is required.
00:37	The importance of potassium has been explained in another tutorial.
00:43	Please visit our website for more details.
00:47	Let us now see the preparation of the recipes.
00:51	The first recipe is egg dosa .
00:55	To make this recipe, you will need:
00:57	2 eggs.
00:59	2 tablespoons foxtail millet.
01:03	1 tablespoon black gram.
01:06	1 teaspoon fenugreek seeds.
01:09	2 tablespoons chopped onion.
01:12	1 tablespoon chopped tomato.
01:16	1 teaspoon black pepper powder.
01:19	You will also need:
01:21	Salt to taste.
01:23	1 teaspoon oil.
01:26	Procedure: Soak the foxtail millet, fenugreek seeds and black gram for 8 hours.
01:34	Grind everything into a smooth batter using a mixer or a stone grinder.
01:41	Transfer the batter into a bowl and leave it to ferment for 6 to 8 hours in a warm place.
01:50	Once the batter is fermented, add salt
01:53	and mix well.
01:55	Keep this aside, we will use this later.
01:59	In a bowl crack two eggs.
02:03	To this add salt, pepper powder, onion and tomato.
02:09	Mix everything well.
02:11	Keep this aside for later use.
02:15	Heat oil in a pan and pour the dosa batter and spread it evenly.
02:22	Once the dosa is partially cooked, pour the egg mixture on the dosa .
02:28	Flip the dosa and cook it on the other side as well.
02:33	Egg dosa is ready.
02:35	2 egg dosas have approximately 751 milligrams of potassium .

02:42	Our next recipe is sesame seed coated fish.
02:47	I will be using rohu.
02:50	You can use any other fish as per availability.
02:55	For example, herring and mackerel.
02:59	These fish are also rich in Potassium .
03:03	Let us begin with the recipe.
03:06	To make this recipe, you will need:
03:08	100 grams of washed and cleaned rohu.
03:13	1 tablespoon roasted gram flour.
03:16	1 tablespoon roasted sesame seeds.
03:21	1 teaspoon ginger garlic paste.
03:24	1 teaspoon cumin seeds powder.
03:28	1 teaspoon coriander powder.
03:32	You will also need:
	1 teaspoon turmeric powder.
03:37	1 teaspoon red chili powder.
03:40	1 teaspoon pepper powder.
03:43	1 teaspoon carom seeds.
03:46	1 handful of coriander leaves.
03:50	Salt to taste.
03:52	2 teaspoons of oil.
03:55	Procedure:
	Apply salt and turmeric to the washed and cleaned fish.
04:01	Keep this aside for 20 minutes.
04:06	Meanwhile, take gram flour in a bowl.
04:09	To this add the carom seeds, salt, red chilli powder and pepper powder.
04:16	Now add ginger garlic paste and cumin seeds powder,
04:21	Also add coriander powder and coriander leaves.
04:26	Add a little water and make a paste by mixing well.
04:31	Next, dip the fish in the paste and then coat it with sesame seeds.
04:37	Heat oil in a pan and shallow fry the fish on both sides until cooked.
04:44	Sesame seed coated fish is ready.
04:48	2 small pieces of fish fry have approximately 885 milligrams of potassium .
04:56	Our third recipe is chicken cutlet prepared in powder of sprouted finger millet.
05:04	To make this, you will need:
05:06	100 grams or 4 pieces of boneless chicken.
05:11	30 grams or 2 tablespoons of finger millet powder.
05:17	2 tablespoons green peas.
05:20	2 tablespoons chopped carrot.
05:24	1 chopped green chili.

05:27	You will also need: 1 teaspoon carom seeds.
05:31	1 teaspoon pepper powder.
05:34	4 to 5 chopped curry leaves.
05:38	A handful of washed and chopped coriander leaves.
05:43	Salt to taste.
05:45	2 teaspoons oil.
05:48	Procedure: We will first make Finger millet powder.
05:53	Wash and soak finger millet overnight.
05:56	Strain out excess water using a strainer.
06:00	Tie it in a muslin cloth and keep it in a warm place for sprouting.
06:06	It may take approximately 2 to 3 days for it to sprout.
06:11	Once the finger millet sprouts, dry it in sunlight.
06:17	If there isn't enough sunlight, you can even roast them on a pan without oil.
06:24	Cool and grind it to make a fine powder.
06:27	In a pan, add chicken, green peas and carrot.
06:33	Add 1 glass of water and cook until chicken and vegetables are cooked.
06:39	This will take approximately 10 minutes.
06:44	Allow them to cool.
06:46	Once cooled, grind them into a smooth paste.
06:50	Transfer this into a plate.
06:53	Add the rest of the ingredients to the paste
06:56	and mix well.
06:58	Divide this into two parts and shape them into cutlets.
07:03	Heat oil in a pan and shallow fry the cutlets until both sides are cooked.
07:09	Chicken cutlets prepared in powder of sprouted finger millet are ready.
07:15	Two cutlets have around 706 milligrams of potassium .
07:21	Our last recipe is spinach prawns curry.
07:26	To make this recipe, you will need:
07:29	100 grams prawns.
07:31	1 medium chopped tomato.
07:35	1 medium chopped onion.
07:38	1 cup washed spinach.
07:41	1 teaspoon coriander powder.
07:45	1 teaspoon red chili powder.
07:48	1 teaspoon turmeric powder.
07:52	You will also need: 1 teaspoon cumin seeds.

07:56	1 teaspoon mustard seeds.
07:59	4 to 5 curry leaves.
08:02	1 green chili.
08:05	1 teaspoon ginger garlic paste.
08:09	You will also require 1 teaspoon of oil
08:12	and salt to taste.
08:15	Procedure:
	To make the curry, clean and wash the prawns.
08:20	Make a slit on the backside of the prawns.
08:24	Pull out the black thread from it.
08:27	This black thread has to be removed from the other side also, if found.
08:33	Apply salt to the cleaned prawns and keep them aside for 15 to 20 minutes.
08:41	Boil 1 glass of water in a vessel.
08:45	Once the water boils, add spinach and cook for a minute.
08:50	Drain the water and keep the spinach aside to cool.
08:55	Once cooled, grind spinach with a green chili into a smooth paste.
09:01	We will use this paste later.
09:04	Heat oil in a pan.
09:07	Add mustard seeds, cumin seeds and curry leaves.
09:11	Saute till the seeds crackle.
09:14	To this add onion and saute till they turn light brown in color.
09:20	Add tomatoes and cook till they become soft.
09:25	Add all the spices, ginger garlic paste, and salt.
09:29	Mix everything well.
09:31	To this add the prawns and cook for 5 minutes.
09:36	Add the spinach paste we made and mix again.
09:40	Close with a lid and cook until the prawns are cooked.
09:45	Spinach prawns curry is ready.
09:48	1 bowl of spinach prawns curry has around 972 milligrams of potassium .
09:55	Remember that the measurement of one bowl is 150 milliliters .

10:01	1 teaspoon of nuts and seeds powder can be added to these recipes.
10:07	Add it along with other spices while making the recipe.
10:12	It can also be added to the chutneys for dosa.
10:17	1 teaspoon of nuts and seeds powder gives around 50 milligrams of potassium .
10:25	The recipe for nuts and seeds powder is explained in another tutorial.
10:31	Please visit our website for more details.
10:35	Include these nutritious recipes in your daily diet for good health.
10:40	This brings us to the end of this tutorial. Thanks for joining.