

Time	Narration
00:01	Welcome to the spoken tutorial on Iron-rich-vegetarian-recipes .
00:07	In this tutorial, we will learn about:
00:10	Benefits of iron in our body.
00:14	Preparation of a few vegetarian recipes.
00:19	Iron is required for several vital functions in the body.
00:25	It is a major component of hemoglobin and myoglobin .
00:30	Hemoglobin is present in the red blood cells.
00:35	It helps to carry oxygen from lungs to different parts of the body.
00:42	Myoglobin transports and stores the oxygen in the muscle cells.
00:48	The importance of iron has been explained in another tutorial.
00:53	Please visit our website for more details.
00:59	Let us now see the preparation of the recipes.
01:03	Before we begin, note that 1 bowl mentioned in this tutorial is 150 milliliters .
01:13	The first recipe is Fenugreek dumplings curry.
01:18	To make this recipe, you will need:
01:21	30 grams or 2 tablespoons roasted gram flour.
01:26	1 bowl of washed and chopped fenugreek leaves.
01:31	2 chopped tomatoes.
01:34	1 small chopped onion.
01:38	Handful of washed and chopped mint leaves.
01:43	Handful of washed and chopped coriander leaves.
01:48	1 chopped green chili.
01:52	You will need 1 teaspoon of:
01:54	Red chili powder
01:56	Turmeric powder
01:58	Coriander powder
02:00	Sesame seeds
02:02	Cumin seeds
02:04	Mustard seeds
02:06	You will also need 1 teaspoon of oil.
02:10	You will need salt as per taste.
02:13	Procedure:
	In a bowl add gram flour, salt, green chili, and fenugreek leaves.
02:22	To this add sesame seeds, ½ teaspoon turmeric powder
02:27	and mix well.
02:30	Add water little by little and make a dough out of it.
02:35	Take small pieces of the dough and shape them into oval dumplings.
02:42	You will be able to make approximately 10 to 11 dumplings.
02:49	Place the dumplings on a steaming plate.

02:52	Add 1 glass of water in a vessel.
02:56	Place the steaming plate in the vessel.
02:59	Cover the lid and steam them for 10 minutes.
03:04	Remove them on a plate and keep it aside.
03:08	Simultaneously, grind the tomatoes into a paste.
03:13	Keep this aside for later use.
03:16	Heat oil in a pan and add mustard and cumin seeds.
03:22	Once the seeds splutter, saute the onion until light brown in color.
03:28	To this add the tomato paste and
03:31	cook for 5 to 6 minutes.
03:35	Now add the spices, salt and mint leaves.
03:40	Add 1 glass of water and mix well.
03:44	Add the cooked dumplings and let it boil for 5 to 6 minutes.
03:51	Transfer this into a bowl and garnish with coriander leaves.
03:57	Fenugreek dumplings curry is ready.
04:01	1 medium bowl of this curry has around 9 milligrams of iron.
04:08	Next recipe is mint leaves dosa.
04:12	To make this recipe, you will need:
04:15	20 grams or 1.5 tablespoons of black gram.
04:21	20 grams or 1.5 tablespoons of split green gram.
04:28	1 bowl of washed mint leaves.
04:32	1 teaspoon cumin seeds powder.
04:36	Salt to taste.
04:38	1 teaspoon oil.
04:40	Procedure: Wash and soak black gram and split green gram overnight.
04:47	Grind everything into a smooth batter using a mixer or a stone grinder.
04:54	Transfer the batter into a bowl.
04:57	Cover the bowl and leave it to ferment for 6 to 8 hours in a warm place.
05:04	Once the batter is fermented, add salt and cumin seeds powder.
05:10	Mix well and keep this aside for later use.
05:15	Grind the mint leaves into a smooth paste using a little water.
05:20	Pour this into the batter that we made earlier.
05:24	Mix everything well again.
05:27	Heat oil on a pan.
05:29	Pour the batter on it and spread it evenly like a dosa.
05:34	Cook it on both sides until done.
05:38	Mint leaves dosa is ready.

05:41	2 small 6 inches dosa have around 9 milligrams of iron.
05:48	Our third recipe is spinach chickpeas soup.
05:53	To make this recipe you will need:
05:55	100 grams or 1 bowl of washed and chopped spinach.
06:02	30 grams or 2 tablespoons of chickpeas.
06:07	1 small chopped onion.
06:11	1 teaspoon cumin seeds powder.
06:14	1 teaspoon pepper powder.
06:17	You will also need: 1 teaspoon roasted sunflower seeds.
06:22	1 teaspoon garden cress seeds, soaked overnight.
06:28	Juice of half a lemon.
06:30	Salt as per taste.
06:33	1 teaspoon of butter.
06:36	Procedure: Wash and soak the chickpeas overnight.
06:41	Add the soaked chickpeas and spinach to the pressure cooker.
06:47	Add half a glass of water and pressure cook it on medium flame until 4 whistles.
06:56	After 4 whistles switch off the flame.
07:00	Open the lid of the cooker after the pressure releases on its own.
07:06	Keep this aside to cool.
07:08	Transfer this into a mixer jar
07:11	and grind it into a smooth paste.
07:15	Keep this aside for later use.
07:19	Heat butter in a pan.
07:21	Add onion and saute until it becomes light brown in color.
07:27	To this add chickpeas and spinach paste.
07:32	Add spices and salt and mix well.
07:36	Add half cup of water and cook this for 5 minutes.
07:41	Transfer this into a serving bowl and squeeze half a lemon.
07:47	Garnish with roasted sunflower seeds and soaked garden cress seeds.
07:54	1 bowl of spinach chickpeas soup has around 9 milligrams of iron.
08:00	Our last recipe is beans curry.
08:04	To make this recipe, you will need:
08:06	15 grams or 1.5 tablespoons of moth beans sprouts.
08:13	70 grams or 100 ml bowl of washed and chopped french beans.
08:22	1 small chopped onion.

08:26	Other ingredients required are:
08:29	1 small piece of dry coconut.
08:33	1 small cinnamon stick.
08:36	2 to 3 cloves.
08:38	½ teaspoon carom seeds.
08:42	You will need 1 teaspoon of:
08:44	Coriander seeds
08:47	Cumin seeds
	Black pepper
08:50	Sesame seeds
08:52	Poppy seeds
08:54	You will also need:
	½ teaspoon of turmeric powder.
08:59	1 teaspoon of oil.
09:02	Salt to taste.
09:05	Procedure:
	We will first make moth bean sprouts.
09:09	Wash and soak moth beans overnight.
09:13	Next morning, strain out the excess water using a strainer.
09:18	Tie the moth beans in a muslin cloth and keep it in a warm place for sprouting.
09:26	Note that time taken for different beans to sprout may vary from 1 to 3 days.
09:36	It also depends on the weather conditions.
09:40	Next, pressure cook the moth bean sprouts and french beans together.
09:46	Keep them aside for later use.
09:49	Heat a pan and dry roast all the spices and seeds on a low flame.
09:56	Once the seeds splutter, transfer them onto a plate.
10:02	Allow them to cool and grind them into a fine powder.
10:08	Keep this aside.
	We will use it later.
10:12	Heat oil in a pan and saute the onion until it turns light brown in color.
10:20	To this add the cooked moth bean sprouts and french beans.
10:26	Mix well and cook this again for 4 to 5 minutes.
10:32	Add the prepared spices, seeds powder, turmeric powder and salt.
10:39	Mix again.
10:42	You can add half a glass of water if it is dry.
10:47	Close the pan with a lid and cook for 5 minutes.
10:52	Transfer this into a bowl.
10:55	Beans curry is ready.

10:57	1/2 bowl of beans curry has around 8 milligrams of iron .
11:04	Include these recipes in your daily diet for good health.
11:10	This brings us to the end of this tutorial. Thank you for joining.