

Time	Narration
00:00	Welcome to the spoken tutorial on protein rich vegetarian recipes.
00:05	In this tutorial, we will learn about:
00:07	Benefits of protein .
00:09	Some vegetarian recipes rich in protein .
00:13	Protein helps in growth, repair and maintenance of muscle tissues.
00:19	It is also responsible for controlling blood sugar levels.
00:24	The importance of protein has been explained in detail in another tutorial.
00:30	Please visit our website for this tutorial.
00:33	Let us look at the vegetarian sources of protein
00:37	Milk and milk products,
00:39	pulses,
00:41	nuts and seeds are good sources of protein .

00:44	Now, let us see some protein rich vegetarian recipes.
00:49	Our first recipe is paneer masala (cottage cheese curry)
00:52	To make this recipe, you will need:
00:55	70 grams or ½ cup paneer,
00:58	70 grams or ½ cup of curd,
01:02	1 tablespoon roasted gram flour,
01:06	You will also need: 1 teaspoon red chilli powder
01:11	½ teaspoon turmeric powder
01:15	½ teaspoon curry leaves powder
01:19	½ teaspoon garam masala powder
01:22	1 teaspoon oil or ghee

01:25	salt to taste.
01:28	<p>Procedure:</p> <p>Whisk the curd in a bowl until smooth.</p>
01:32	Add the spices, salt, curry leaves powder and gram flour.
01:38	Mix everything again.
01:40	To this, add paneer pieces and mix well.
01:45	Cover the bowl with a lid and leave it for 30 minutes.
01:51	Heat 1 teaspoon oil or ghee in a pan.
01:54	Add the paneer along with curd mixture.
01:58	To this add $\frac{1}{2}$ glass of water.
02:01	Cook this for 2 to 5 minutes till the mixture thickens.
02:07	Paneer masala is ready.
02:09	$\frac{1}{2}$ bowl of paneer masala has 22 grams of protein .

02:14	Next recipe is Green gram curry.
02:18	To make this recipe, you will need:
02:21	100 grams or 3/4th cup of curd
02:25	30 grams or 1/4th cup sprouted green gram
02:30	¼ cup washed and chopped coriander leaves
02:35	4 teaspoons gram flour
02:38	½ teaspoon turmeric powder
02:41	1 teaspoon red chilli powder.
02:44	You will also need: ½ teaspoon mustard seeds,
02:49	½ teaspoon cumin seeds,
02:52	1 green chilli,
02:54	1 teaspoon oil,

02:56	4 to 5 curry leaves,
02:59	and Salt to taste.
03:02	I will now explain the procedure.
03:04	We will first start with sprouting.
03:07	Soak green gram in water overnight.
03:11	Drain it in the morning and
03:13	tie them in a clean muslin cloth.
03:16	Leave them in a warm place to germinate for 1 day until sprouts appear.
03:23	Grind the sprouts and green chilli into a coarse paste using a mixer.
03:28	If mixer is not available you can use a stone grinder.
03:33	Collect this paste in a bowl.
03:36	Add coriander leaves, 2 teaspoons of gram flour and salt and mix well.

03:43	Make small balls of the paste
03:45	and place on a steaming plate.
03:48	Steam these in a steamer for 6 to 8 minutes.
03:53	Allow the steamed balls to cool.
03:56	To make the curd curry, whisk the curd in a bowl.
03:59	Add 2 teaspoons of gram flour and spices
04:04	and mix well to combine everything.
04:08	Add 1 cup of water, mix again and keep this mixture aside.
04:13	Heat oil in a pan and add mustard and cumin seeds.
04:18	Once they start to crackle, add curry leaves and curd mixture.
04:23	Cook this on a medium flame.
04:26	Keep stirring in between until the mixture starts to thicken.

04:30	Once the mixture thickens add the steamed balls and cook for 1 min.
04:36	Green gram curry is ready.
04:39	Half bowl of this curry has around 17 grams of protein
04:44	The third recipe is sorghum and soya dosa with sesame seeds mix.
04:50	To make this recipe, you will need:
04:53	one and half tablespoons of soya bean,
04:57	2 teaspoons of sorghum,
04:59	2 teaspoons of split black gram,
05:02	and 1 teaspoon fenugreek seeds.
05:06	To make the sesame seeds mix you will need:
05:09	2 teaspoons roasted bengal gram,
05:12	2 teaspoons split black gram,

05:15	2 teaspoons sesame seeds,
05:18	2 dry red chilies,
05:21	1 sprig curry leaves,
05:23	and salt to taste.
05:25	You will also need 1 teaspoon oil or ghee.
05:30	Procedure: Wash sorghum,
05:32	split black gram,
05:34	soya beans and soak them in water for 8 hours.
05:39	Soak fenugreek seeds as well in the same vessel.
05:43	After 8 hours, grind them into a smooth paste.

05:47	Transfer this into a bowl.
05:50	Keep this bowl in a warm place to ferment for 7 to 8 hours.
05:57	Meanwhile, heat a pan and dry roast red chillies and curry leaves till crisp.
06:04	Keep them aside to cool.
06:06	In the same pan, roast split bengal gram, black gram and sesame seeds.
06:12	Roast them until they turn light brown in color.
06:17	Keep this aside to cool.
06:20	Once cooled, grind them into a fine powder.
06:23	We will use this later.
06:25	Once the batter is fermented, add salt and mix well.
06:30	Heat oil or ghee in a pan and pour the batter and spread it evenly.
06:36	Once the dosa is partially cooked, add 2 teaspoons of prepared powder.
06:42	Cover with a lid until dosa is cooked.

06:45	Sorghum and soya dosa is ready.
06:48	2 dosas have around 17 grams of protein
06:53	The next recipe is bengal gram cutlets
06:57	To make this recipe, you will need:
07:00	50 grams bengal gram sprouts,
07:03	40 grams or one and a half tablespoon curd,
07:08	1 small shredded carrot,
07:10	1 small onion finely chopped,
07:14	15 grams or 1 tablespoon roasted gram flour,
07:18	and 20 grams sesame seeds.
07:22	You will also require:
07:24	½ teaspoon turmeric powder,

07:27	1 teaspoon chilli powder,
07:31	1 teaspoon ginger-garlic paste,
07:34	2 teaspoon oil or ghee,
07:37	and salt to taste.
07:40	<p>Procedure:</p> <p>Pressure cook bengal gram sprouts until 3 whistles.</p>
07:45	Keep it aside until the pressure is released.
07:49	Take the cooled bengal gram sprouts in a bowl and mash them well.
07:54	To this add onion, carrot and roasted gram flour and mix well.
08:01	Now, add spices, salt, ginger garlic paste and curd.
08:07	Mix all the ingredients and make 4 balls out of it.
08:12	Flatten the balls into cutlets.

08:14	Coat these cutlets with sesame seeds and keep it aside.
08:19	Heat oil or ghee in a pan.
08:22	Shallow fry the cutlets until both sides turn golden brown in color.
08:28	Bengal gram cutlets are ready.
08:31	4 cutlets have 17 grams of protein .
08:35	Grains and pulses have incomplete proteins .
08:39	Pulses are low in methionine
08:42	and grains are low in lysine .
08:45	Therefore, different food groups have been combined to prepare these recipes.
08:51	Eating them together will compensate for the insufficient amino acids in food.
08:57	This is called complementary action of protein .
09:01	This brings us to the end of this tutorial.

	Thanks for joining.
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