Welcome to the Spoken Tutorial on Non-vegetarian recipes for adolescents In this tutorial we will learn about: What is adolescence?	Time	Narration
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02:11 Egg Spinach Burji is ready to be served	02:07	Now, let the egg cook for 2 minutes on medium flame
	02:11	Egg Spinach Burji is ready to be served

02:15	Next is Mutton leg soup:
02:17	You will need: 200 grams or 1 whole Mutton leg
02:17	1/2 medium sized Onion
02:21	½ teaspoon Ginger Garlic paste
02:25	
02:28	½ teaspoon mixed whole spices
02.20	1 teaspoon Turmeric powder Salt to taste
02:30	1 teaspoon Bengal Gram flour
02:34	Wash and clean the mutton leg pieces thoroughly
02:38	Apply half teaspoon turmeric powder on the mutton leg pieces
02:42	Keep it aside for 15-20 minutes and wash it again
02:46	This will remove any smell from the leg pieces
02:50	In a pressure cooker put the mutton leg pieces and chopped onions
02:54	Add whole spices, ginger garlic paste, turmeric powder, and salt
03:00	Add 1 cup of water and cover the pressure cooker
03:03	Cook it on high flame until one whistle
03:06	Then lower the flame and cook for 15-20 minutes
03:11	Allow the pressure from the cooker to release by itself and only then open it
03:16	Simultaneously, while leg pieces are being cooked in the cooker mix bengal gram flour with two tablespoon water to make a thin paste
03:25	Add the paste to the soup and stir it well
03:27	Bring the soup to boil and keep it on slow flame for 2 minutes
03:31	Mutton leg soup is ready
03:34	Next recipe is Mutton Liver and Lungs curry
03:37	You will require: 100 gm Mutton Liver and Lungs
	1 medium sized Onion
03:41	1 medium sized Tomato
	1 teaspoon Ginger Garlic paste
03:45	1 tablespoon Curd
03:49	1/4 teaspoon Turmeric powder
03:51	1 teaspoon Garam masala powder
	Salt to taste
03:54	2 teaspoon Oil or Ghee
03:58	Wash the mutton lungs and liver in water thoroughly
04:01	Heat oil in a pressure cooker
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04:07 Then add chopped tomatoes and ginger-garlic paste and saute it 04:12 Now, add the lungs and liver to it Add the spices, curd and mix well 04:21 Saute it for 5 minutes 04:22 Add 1 cup of water and cover the pressure cooker 04:24 Cook it on medium flame for 15 minutes Mutton liver and lung curry is ready and can be served with 04:27 Pearl millet roti or Sorghum roti If Mutton Lungs and Liver is not available, you can also use: 04:34 Chicken Liver and Chicken Heart 04:42 The fourth recipe is Minced Chicken with dill leaves Take: 100 gm minced Chicken 1 cup Dill leaves 1 tree fourth recipe is Minced Chicken with dill leaves 1 tree fourth recipe is Minced Chicken with dill leaves 1 tree fourth recipe is Minced Chicken with dill leaves 1 tree fourth recipe is Minced Chicken 04:46 1 cup Dill leaves 1 treespoon Ginger Garlic paste 04:50 ½ medium sized Tomato 04:51 1 teaspoon Ginger Garlic paste 04:52 ½ teaspoon Turmeric powder 1 treespoon Gram masala powder 05:00 ¼ teaspoon Coriander powder 05:00 ¼ teaspoon Coriander powder 05:01 1 teaspoon Oil or Ghee 05:09 Heat oil in a cooking pot 05:11 Add onions and ginger-garlic paste 05:12 Add tomatoes, red chilly powder, turmeric powder and coriander powder 05:22 Mix well and add some salt 05:29 Pour half cup water and cover the pot 05:32 Cook on low flame for 5 minutes	04:03	Add chopped onion and saute till it becomes light golden in colour
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1 1	05:24	Next, add minced chicken and saute for 4-5 minutes
05:32 Cook on low flame for 5 minutes	05:29	Pour half cup water and cover the pot
	05:32	Cook on low flame for 5 minutes
05:34 Add chopped fresh dill leaves	05:34	Add chopped fresh dill leaves

05:37	Mix well and cook it on medium flame for 5 minutes
05:40	Minced chicken with dill leaves is ready
	The last recipe is Fish curry
05:46	Take: 100 gm or 2 pieces of Rohu
	1 small Onion
05:49	1 small Tomato
	1 tablespoon Peanuts
05:52	3-4 pieces of Coconut
	1 teaspoon Cumin seeds
05:57	½ teaspoon Coriander powder
	½ teaspoon Red chilli powder
06:00	¼ teaspoon Turmeric powder
	Salt to taste
06:05	2 teaspoon Oil or Ghee
06:09	Note that this recipe can be prepared with any locally available fish of your area
	Procedure -
06:15	Roast the peanuts on a pan on medium flame
06:18	Stir them continuously to avoid burning
06:21	Then keep them aside to cool
06:24	Rub the peanuts between your palms to remove the outer cover
06:28	Grind onion, tomato, peanuts, cumin seeds and coconut into a paste
06:33	Heat oil in a cooking pot and add the paste
06:36	Add red chilli powder, turmeric powder, coriander powder and salt
06:40	Saute it for 2-3 minutes
	Now add the fish pieces and 1 cup of water.
06:43	Bring it to a boil
06:48	Cover the vessel and cook it on a low flame for 5 minutes
	You can add chopped coriander leaves on top for garnishing
06:52	Fish curry is ready
06:58	All of these recipes are good source of nutrients such as:

	Protein, Fat, Iron
07:05	Vitamin B-12, Zinc, Magnesium and Folate
07:11	Let us look at the health benefits of these recipes
07:14	Firstly, chicken, fish, eggs, mutton are all excellent sources of complete Protein
07:22	Secondly, Iron present in non-vegetarian food is easily absorbed
07:27	Iron requirements are higher in female adolescents because of menstrual blood loss
07:33	Low Iron levels can cause fatigue, pale skin and increased risk to infections
07:40	Iron is required for growth in lean muscle mass and blood cell volume
07:45	Third, fish like Mackerel, Salmon, Tuna, Cod, Herring and Sardines are good sources of Omega 3 fatty acids
07:55	Omega 3 fatty acids is needed for brain and visual development
08:00	Interestingly, only non-vegetarian food, milk and milk products contain Vitamin B-12
08:07	Vitamin B-12 is required for:red blood cell formation, energy production and neurological functioning
08:17	It also helps in healthy development of fetus during pregnancy
08:22	Also, Meat and Eggs are good sources of Zinc
08:27	Zinc is essential during adolescence for: growth,cognition and sexual maturation
08:34	Therefore, it is of utmost importance to have a well balanced meal
08:39	A combination of different non-vegetarian and vegetarian food should be included in our diet
08:47	This brings us to the end of the tutorial Thank you for watching