

# TARLA DALAL'S RECIPE VIDEO

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**CLICK FOLLOWING LINK TO WATCH VIDEO:**

**COOKING BASICS:**

[Cooking Basics \(8 videos\)](#)

**BY COURSE (518 VIDEOS):**

[Accompaniments \(30 videos\)](#)

[Beverages \(19 videos\)](#)

[Breakfast \(52 videos\)](#)

[Desserts \(46 videos\)](#)

[Main Course \(196 videos\)](#)

[Salads \(26 videos\)](#)

[Soups \(42 videos\)](#)

**BY CUISINE (196 VIDEOS)**

[Main Course \(196\)](#)

[Indian \(126\)](#)

[Starters / Snacks \(125\)](#)

[Saute \(98\)](#)

[Low Calorie / Weight Loss \(80\)](#)

[Healthy Heart \(79\)](#)

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[Party \(71\)](#)

[Party Recipes \(65\)](#)

[Low Cholesterol \(61\)](#)

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[Pressure cooker \(59\)](#)

[Quick Snacks / Starters \(56\)](#)

[Breakfast \(52\)](#)

[Diabetic \(52\)](#)

[Forever Young Diet \(49\)](#)

[Punjabi \(48\)](#)

[Desserts \(46\)](#)

[Tava \(45\)](#)

[American \(2 videos\)](#)

[Chinese \(19 videos\)](#)

[French \(2 videos\)](#)

[Indian \(126 videos\)](#)

[Italian \(27 videos\)](#)

[Lebanese \(4 videos\)](#)

[Mexican \(8 videos\)](#)

[Thai \(7 videos\)](#)

**QUICK RECIPE (192 VIDEOS):**

[Breakfast \(31 videos\)](#)

[Chutneys \(3 videos\)](#)

[Dals / Kadhis \(4 videos\)](#)

[Dips & Sauces \(7 videos\)](#)

[Noodles \(3 videos\)](#)

[Pasta \(6 videos\)](#)

[Pickles / Aachar \(3 videos\)](#)

[Rice Recipes \(18 videos\)](#)

[Rotis / Parathas \(6 videos\)](#)

[Snacks / Starters \(56 videos\)](#)

[Soups \(22 videos\)](#)

[Stir-fries \(2 videos\)](#)

[Subzis \(15 videos\)](#)

[Sweets \(14 videos\)](#)

## **TOTAL HEALTH (173 VIDEOS):**

[Acidity \(3 videos\)](#)

[Calcium Rich Recipes \(30 videos\)](#)

[Diabetic recipes \(52 videos\)](#)

[Forever Young Diet \(49 videos\)](#)

[Gluten Free recipes \(8 videos\)](#)

[Healthy Breakfast \(36 videos\)](#)

[Healthy Drinks \(7 videos\)](#)

[Healthy Heart Recipes \(79 videos\)](#)

[Healthy Salads \(10 videos\)](#)

[Healthy Snacks \(15 videos\)](#)

[Healthy Soups \(11 videos\)](#)

[Healthy Subs \(9 videos\)](#)

[High Blood Pressure \(5 videos\)](#)

[Home remedies \(4 videos\)](#)

[Iron Rich Recipes \(41 videos\)](#)

[Low Calorie / Weight Loss \(80 videos\)](#)

[Low Cholesterol recipes \(61 videos\)](#)

[Pregnancy \(29 videos\)](#)

[Zero Oil Recipes \(13 videos\)](#)

## **KIDS CORNER (116 VIDEOS):**

[After School Treats \(38 videos\)](#)

[Brain Boosting Recipes \(1 videos\)](#)

[Breakfast Recipes \(4 videos\)](#)

[Calcium Rich Recipes \(12 videos\)](#)

[Energy Rich Recipes \(10 videos\)](#)

[Fibre Rich Recipes \(8 videos\)](#)

[Filling Snacks \(16 videos\)](#)

[Finger Foods \(9 videos\)](#)

[Healthy Kids recipes \(16 videos\)](#)

[Iron Rich Recipes \(1 videos\)](#)

[Jar Snacks \(3 videos\)](#)

[Noodles \(1 videos\)](#)

[Pasta \(12 videos\)](#)

[Pizzas \(2 videos\)](#)

[Protein Rich Recipes \(7 videos\)](#)

[Quick Recipes \(13 videos\)](#)

[Recipes for Baby \(10 to 12 Months\) \(3 videos\)](#)

[Recipes for Increasing Immuntiy \(1 videos\)](#)

[Recipes for Toddlers \(1-3 Years\) \(3 videos\)](#)

[Recipes for Weaning \(1 videos\)](#)

[Recipes for Weaning \(7 to 9 months\) \(1 videos\)](#)

[Sweet Treats \(18 videos\)](#)

[Tiffin Snacks \(11 videos\)](#)

[Weight Gain Recipes \(7 videos\)](#)

[Weight Loss Recipes \(6 videos\)](#)

[Wraps & Rolls \(1 videos\)](#)

## **OCCASION/PARTY (109 VIDEOS)**

[Occasion \(22 videos\)](#)

[Party \(71 videos\)](#)

## **BY COOKING METHOD (404 VIDEOS):**

[Bake \(40 videos\)](#)

[Boil \(60 videos\)](#)

[Deep-fry \(38 videos\)](#)

[Microwave \(14 videos\)](#)

[No Cooking \(44 videos\)](#)

[Pressure cook \(59 videos\)](#)

[Saute \(98 videos\)](#)

[Shallow Fry \(6 videos\)](#)

[Steam \(5 videos\)](#)

[Stir-fry \(2 videos\)](#)

[Tava \(74 videos\)](#)

## **BY EQUIPMENT (243 VIDEOS):**

[Deep Pan \(42 videos\)](#)

[Freezer \(1 videos\)](#)

[Handi \(1 videos\)](#)

[Kadhai \(22 videos\)](#)

[Microwave \(7 videos\)](#)

[Mixer \(26 videos\)](#)

[Non-stick Kadhai \(19 videos\)](#)

[Non-stick Pan \(36 videos\)](#)

[Oven \(20 videos\)](#)

[Pan \(1 videos\)](#)

[Pressure Cooker \(33 videos\)](#)

[Refrigerator \(3 videos\)](#)

[Sizzler tray \(4 videos\)](#)

[Steamer \(7 videos\)](#)

[Tava \(45 videos\)](#)

## **HINDI VIDEOS (INDIAN RECIPES-69 VIDEOS):**

[Chatpate Aachar aur Chutney \(2 videos\)](#)

[Chawal Bahar \(6 videos\)](#)

[Dal aur Kadhi \(9 videos\)](#)

[Garam-Garam Soup \(1 videos\)](#)

[Manpasand Mithai \(5 videos\)](#)

[Roti ki Tokri \(10 videos\)](#)

[Salad aur Raita \(1 videos\)](#)

[Swaadbhara Naashta \(24 videos\)](#)

[Zaikedar Subziyan \(8 videos\)](#)

## **HINDI VIDEOS (INTERNATIONAL RECIPES-35 VIDEOS):**

[Accompaniments \(2 videos\)](#)

[Desserts \(2 videos\)](#)



**Drinks (4 videos)**

**Pasta and Noodles (5 videos)**

**Rice Delicacies (1 videos)**

**Salads (3 videos)**

**Soups (7 videos)**

**Starters and Snacks (8 videos)**

**Stir Fries (2 videos)**

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