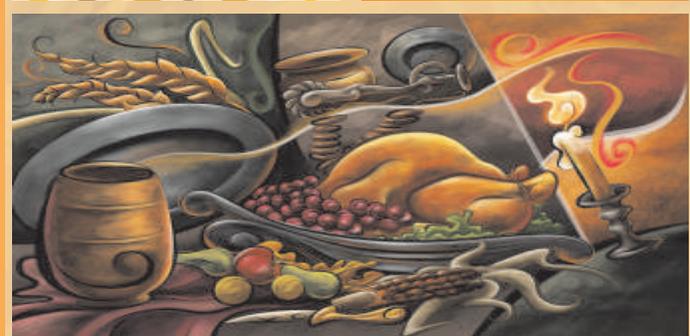
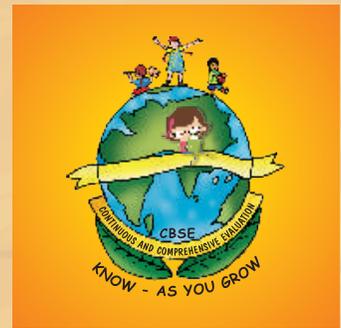


CLASS
XII

Food Production-IV

Practical Manual



CENTRAL BOARD OF SECONDARY EDUCATION

Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi-110 092 India

नया आगाज़

आज समय की माँग पर
आगाज़ नया इक होगा
निरंतर योग्यता के निर्णय से
परिणाम आकलन होगा।

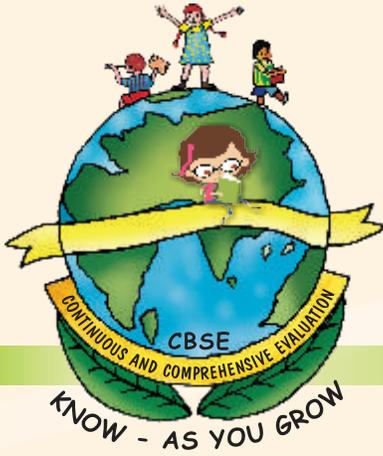
परिवर्तन नियम जीवन का
नियम अब नया बनेगा
अब परिणामों के भय से
नहीं बालक कोई डरेगा

निरंतर योग्यता के निर्णय से
परिणाम आकलन होगा।

बदले शिक्षा का स्वरूप
नई खिले आशा की धूप
अब किसी कोमल-से मन पर
कोई बोझ न होगा

निरंतर योग्यता के निर्णय से
परिणाम आकलन होगा।

नई राह पर चलकर मंज़िल को हमें पाना है
इस नए प्रयास को हमने सफल बनाना है
बेहतर शिक्षा से बदले देश, ऐसे इसे अपनाए
शिक्षक, शिक्षा और शिक्षित
बस आगे बढ़ते जाएँ
बस आगे बढ़ते जाएँ
बस आगे बढ़ते जाएँ.....





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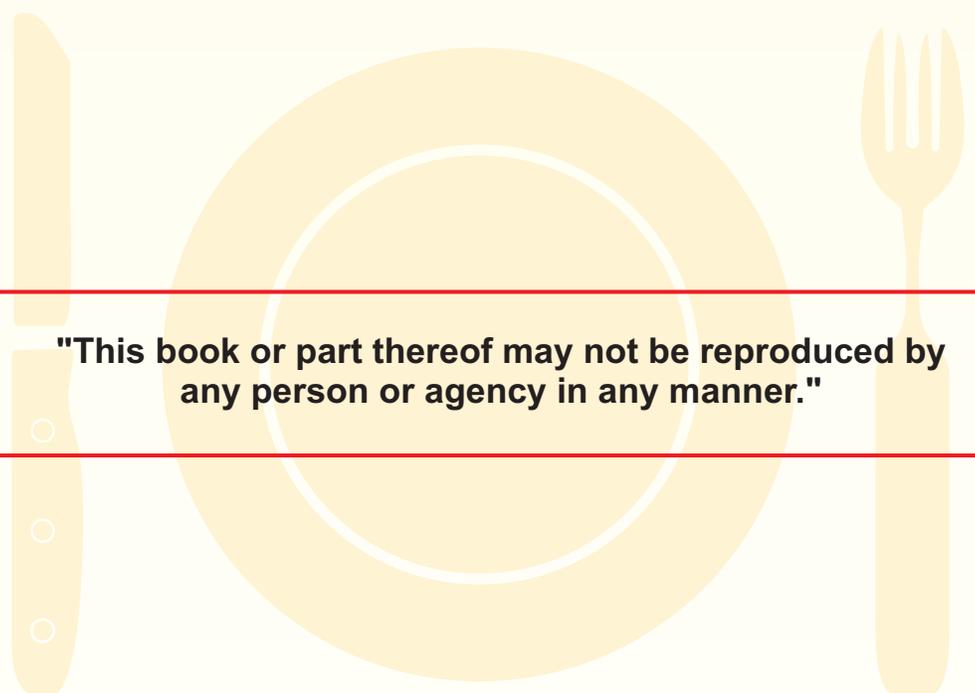


Food Production - IV (Practical Manual) Class XII

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Preface

The Central Board of Secondary Education has initiated a policy of introducing competency based Vocational Course in various sectors of the economy in collaboration with leading industries of the similar fields. The objective of such courses is to develop employable skills among the students for self as well as job employment. The Board also explores the possibility to revamp the vocational education in the country by making it more acceptable and useful for the students. Under such program, the Central Board of Secondary Education in collaboration with National Council for Hotel Management and Catering Technology has introduced two Vocational Packages such as :

1. Food Production

2. Food & Beverage Service at Senior Secondary Level.

The foundation course in Food Production gives an insight into the basics of cooking food coupled with the scientific approach by trying to understand the basic commodities utilized in the preparation of food. Cooking of food is a skill based education that requires both, the style of art and the method of science.

The Present Practical Manual “Food Production - IV” gives an insight into the basics of cooking food coupled with the scientific approach by trying to understand the basics of food commodities utilized in the preparation of food. Cooking of food is a skill based education that requires both the style of art and the method of science. This book has dual objectives: Understanding the theory of cooking and the mastery of a set of manual skills / ability to apply them to a wide range of cooking styles. The present Practical manual “Food Production IV” is written in a manner which is easy to read and understand. It is to develop knowledge and understanding of food commodities and dishes regarding quality and use. It brings out safety procedures to be followed by all the food handlers.

The Board acknowledges the contribution made by the team of experienced authors in completing the manuscript. The Practical manual in Food production- III is an outcome of a series of meeting organized by the Vocational Unit. The Process initiated under the direction of Sh. Shashi Bhushan, Former Director (Edusat and Voc.) and Director (Academics) and completed under the guidance of Dr. Rashmi Sethi (Education Officer, Voc.) and her team. A special mention to the efforts of Research Fellow, Ms. Sunaina Srivastva who carefully proof read the manuscript. Special thanks to NCHMT, Noida for Technical guidance to promote hospitality education at school level in India. I am sure this book would serve the purpose of a useful resource material for the students and the teachers.

VINEET JOSHI
CHAIRMAN



Acknowledgements

ADVISORY

Sh. Vineet Joshi, Chairman, CBSE, Delhi

Sh. Shashi Bhushan, Former Director (Edusat & Vocational) CBSE, Delhi

AUTHORS

1. **Sh. N.S Bhuie**, Former Director (Studies), National Council for Hotel Management & Catering Technology, Plot No. A-34, Sector-62, Noida
2. **Sh. Satvir Singh**, Principal, Institute of Hotel Management, Chandigarh College of Hotel Management VPO, Landran, Mohali, Punjab
3. **Sh. R.K Singh**, Lecturer, Institute of Hotel Management, Sector -G Aliganj, Lucknow 226024
4. **Ms. R. Parimala**, Lecturer, Institute of Hotel Management, CIT Campus, Tharamani (PO), Chennai- 600113.



भारत का संविधान

उद्देशिका

हम, भारत के लोग, भारत को एक ' [सम्पूर्ण प्रभुत्व-संपन्न समाजवादी पंथनिरपेक्ष लोकतंत्रात्मक गणराज्य] बनाने के लिए, तथा उसके समस्त नागरिकों को:

सामाजिक, आर्थिक और राजनैतिक न्याय,
विचार, अभिव्यक्ति, विश्वास, धर्म
और उपासना की स्वतंत्रता,
प्रतिष्ठा और अवसर की समता

प्राप्त कराने के लिए, तथा उन सब में, व्यक्ति की गरिमा और [राष्ट्र की एकता और अखण्डता] सुनिश्चित करने वाली बंधुता बढ़ाने के लिए दृढ़संकल्प होकर अपनी इस संविधान सभा में आज तारीख 26 नवम्बर, 1949 ई० को एतद्वारा इस संविधान को अंगीकृत, अधिनियमित और आत्मार्पित करते हैं।

1. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से "प्रभुत्व-संपन्न लोकतंत्रात्मक गणराज्य" के स्थान पर प्रतिस्थापित।
2. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977 से), "राष्ट्र की एकता" के स्थान पर प्रतिस्थापित।

भाग 4 क मूल कर्तव्य

51 क. मूल कर्तव्य - भारत के प्रत्येक नागरिक का यह कर्तव्य होगा कि वह -

- (क) संविधान का पालन करे और उसके आदर्शों, संस्थाओं, राष्ट्रध्वज और राष्ट्रगान का आदर करे;
- (ख) स्वतंत्रता के लिए हमारे राष्ट्रीय आंदोलन को प्रेरित करने वाले उच्च आदर्शों को हृदय में संजोए रखे और उनका पालन करे;
- (ग) भारत की प्रभुता, एकता और अखंडता की रक्षा करे और उसे अक्षुण्ण रखे;
- (घ) देश की रक्षा करे और आह्वान किए जाने पर राष्ट्र की सेवा करे;
- (ङ) भारत के सभी लोगों में समरसता और समान भ्रातृत्व की भावना का निर्माण करे जो धर्म, भाषा और प्रदेश या वर्ग पर आधारित सभी भेदभाव से परे हों, ऐसी प्रथाओं का त्याग करे जो स्त्रियों के सम्मान के विरुद्ध हैं;
- (च) हमारी सामासिक संस्कृति की गौरवशाली परंपरा का महत्त्व समझे और उसका परीक्षण करे;
- (छ) प्राकृतिक पर्यावरण की जिसके अंतर्गत वन, झील, नदी, और वन्य जीव हैं, रक्षा करे और उसका संवर्धन करे तथा प्राणिमात्र के प्रति दयाभाव रखे;
- (ज) वैज्ञानिक दृष्टिकोण, मानववाद और ज्ञानार्जन तथा सुधार की भावना का विकास करे;
- (झ) सार्वजनिक संपत्ति को सुरक्षित रखे और हिंसा से दूर रहे;
- (ञ) व्यक्तिगत और सामूहिक गतिविधियों के सभी क्षेत्रों में उत्कर्ष की ओर बढ़ने का सतत प्रयास करे जिससे राष्ट्र निरंतर बढ़ते हुए प्रयत्न और उपलब्धि की नई उंचाइयों को छू ले।

THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a **SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC** and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all;

FRATERNITY assuring the dignity of the individual and the ² [unity and integrity of the Nation];

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do **HEREBY TO OURSELVES THIS CONSTITUTION.**

1. Subs, by the Constitution (Forty-Second Amendment) Act. 1976, sec. 2, for "Sovereign Democratic Republic (w.e.f. 3.1.1977)
2. Subs, by the Constitution (Forty-Second Amendment) Act. 1976, sec. 2, for "unity of the Nation (w.e.f. 3.1.1977)

THE CONSTITUTION OF INDIA

Chapter IV A

Fundamental Duties

ARTICLE 51A

Fundamental Duties - It shall be the duty of every citizen of India-

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement.

Menus for Food Production

(Practical) - IV

For Recapitulation: Suggested Menus From Class 11th
Practical Book For Practical Session 01 to 05

Menu-1

Paneer Makhani
Baigan Ka Bharta
Poori

Sooji Halwa

Menu-2

Malabari Paratha
Cabbage Thoran
Sambhar

Pal Payssamme

Menu-3

Moong Dal Khichadi
Pakora Kadhi
Bhindi

Srikhand



Menu-4

Palak Paneer
Arhar Dal Fry
Boiled Rice

Gajar Ka Halwa

Menu-5

Kadhai Paneer
Masala Dal
Stuffed Paratha

Jallebi

Regional And Traditional Dishes

Menu-6

Rogan Josh
Gobhi Mussallam
Chappaties

Shahi Tukra

1
3
5
6

Menu-7

Shahi Mutton Korma
Dal Sultani
Chicken Biryani

Sewain Muzzaffar

8
10
12
14



Menu-8

Safed Maans	16
Besan Ke Gatte Curry	18
Besan Ki Roti	20

Mohan Thal	21

Menu-9

Sarson Ka Saag	23
Peshawari Chole	25
Moti Pulao	27

Gulab Jamun	29

Menu-10

Goan Fish Curry	30
Cabbage Foogath	32
Coconut Pulao	33

Dodol	34

Menu-11

Macher Jhal	35
Panch Phorner Chaurchari	37
Boiled Rice	39

Chena Payesh	40



Menu-12

Kolhapuri Mutton	42
Bhareili Wangi	45
Amti	47
Masala Bhat	48

Menu-13

Nilgiri Korma	50
Tomato Brinjal Ambal	52
Lime Rice	53

Potato Pak	54

Menu-14

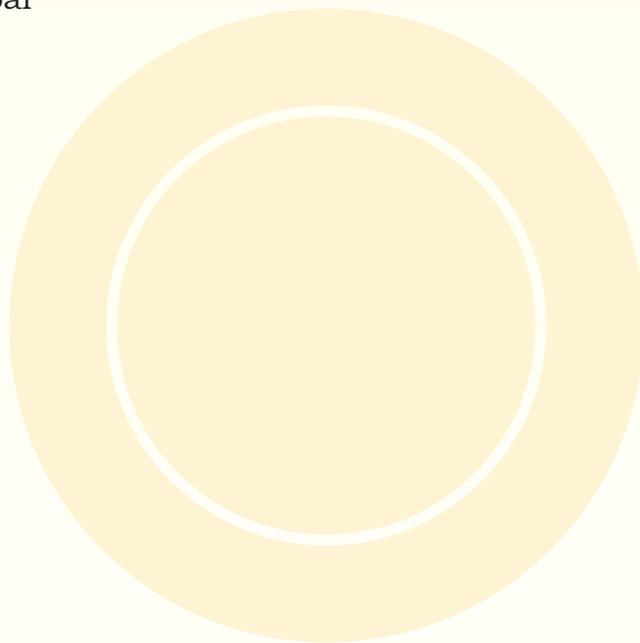
Shami Kabab	55
Murg Do Pyaza	57
Paratha	59

Phirnee	61

Menu-15

Methi Murg	62
Baghara Baigan	64
Kachi Biryani	66

Double Ka Meetha	68



Menus As Per Latest Trends In The Hotels

Menu-16

Butter Chicken Tandoori	70
Dal Makhani	73
Peas Pulao	74

Moong Dal Halwa	75

Menu-17

Kar Chaman	76
Rajmah	78
Basa Bhat	80

Kong Firin	81

Menu-18

Machar Jhal	82
Ghee Bhat	84
Aloo Posto Charchari	86

Misti Doi	87

Menu-19

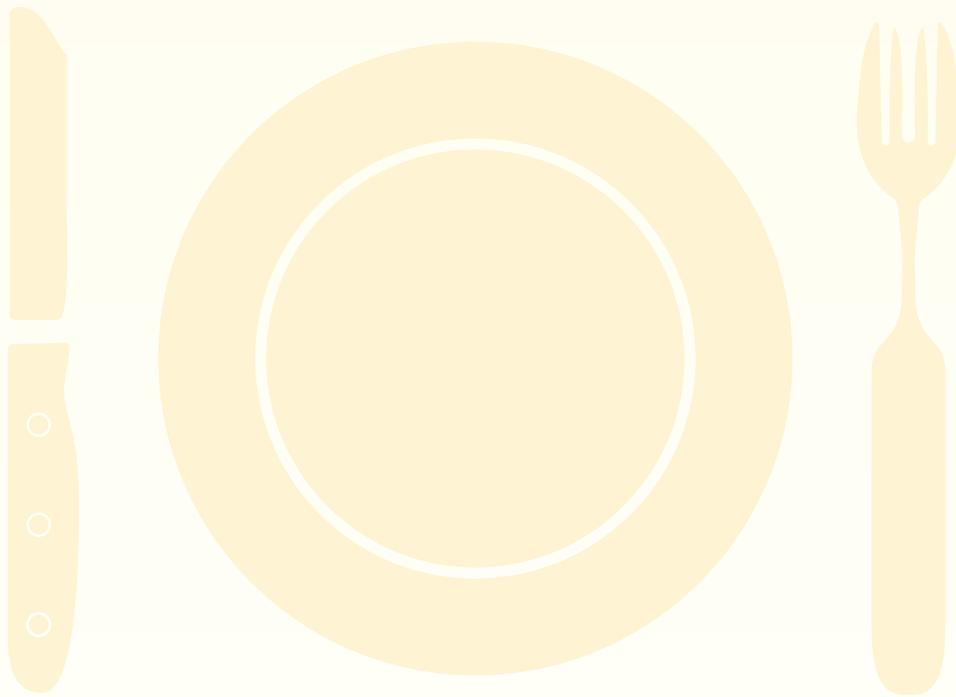
Salli Jardalo Murgi	88
Gujrati Dal	90
Methi Thepla	91

Basundi	92



Menu-20

Navratan Korma	93
Tandoori Macchi	95
Chole 97	
Bhature	99



Important Note : Additional Regional Menus Can Be Framed As Per Local Availability Of Ingredients And Raw Material. Special Menu Items Famous From The Region May Be Incorporated.



Practical Session – 06

Preparation of -

MUTTON ROGAN JOSH

GOBI MUSSALLAM

CHAPPATI

SHAHI TUKRE

Objective:- After the practical session students should be able to prepare MUTTON ROGAN JOSH, GOBI MUSSALLAM, CHAPPATI and SHAHI TUKRE

Instructor's Activity:-

Arrange for demonstration of MUTTON ROGAN JOSH, GOBI MUSSALLAM, CHAPPATI and SHAHI TUKRE

MUTTON ROGAN JOSH

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Mutton, cut into 1½ inch pieces	800 grams
2	Onion	150 grams
3	Ginger	15 grams
4	Garlic	15 grams
5	Oil	4 tablespoons
6	Cumin	1/4 teaspoons
7	Saffron	½ Grams
8	Cloves	6-8



9	Ratanjot	4-6 inch piece
10	Black peppercorns	5-6
11	Black cardamoms	4
12	Kashmiri red chilli powder	1 tablespoon
13	Dry ginger powder	1 tablespoon
14	Coriander powder	1 tablespoon
15	Salt	to taste
16	Yogurt (whisked)	1 cup
17	Mace	¼ Teaspoon

Method:

- ✳ Heat oil in a thick-bottomed pan.
- ✳ Add Mace, cloves, black peppercorns and black cardamoms. Sauté till fragrant.
- ✳ Add onion paste and cook for five minutes followed by ginger & garlic Paste.
- ✳ Add lamb pieces and cook on medium heat, stirring constantly till lamb pieces turn a nice reddish brown colour.
- ✳ Sprinkle a little water and continue cooking for twelve to fifteen minutes more on low heat.
- ✳ Make sure to stir constantly and scrape all the sediments from the bottom of the pan.
- ✳ Add Kashmiri red chilli powder, fennel powder, dry ginger powder, coriander powder and salt. Stir constantly
- ✳ Add yogurt and two cups of water. Cook, covered, till lamb is tender, stirring occasionally. Serve hot.



GOBI MUSSALLAM

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Cauliflower, cut into 1½ inch pieces	800 grams
2	Onion	250 grams
3	Ginger	15 grams
4	Garlic	15 grams
5	Oil	200 ML
6	Yoghurt	1 Cup
7	Garam Masala	1 teaspoon
8	Cloves	6-8
9	Ratanjot	4-6 inch piece
10	Black peppercorns	5-6 no.
11	Green cardamoms	4-6 no.
12	Red chilli powder	1 tablespoon
13	Almond (Slivers)	4 Tbsp
14	Cardimom powder	1 Teaspoon
15	Salt	to taste
16	Yogurt (whisked)	1 cup
17	Mace Powder	¼ Teaspoon

Method:

- ✦ Divide the onion into two parts. Take out slices from 100 grams onion and make a fine paste out of the rest.
- ✦ Heat oil in a thick-bottomed pan.
- ✦ Add onion slices and deep fry till golden in colour. Remove and prepare its paste.
- ✦ Add cauliflower and deep fry till light golden brown in colour. Keep Aside
- ✦ Take some oil in a kadhai Add Cardimoms, peppercorns and cloves, sauté till fragrance comes.
- ✦ Now add onion paste and cook for five minutes followed by ginger & garlic Paste.
- ✦ Stirring constantly till the mixture turns into a nice reddish brown colour.
- ✦ Add yogurt and fried onion paste.. Cook, for 10 minutes. Add red chilli powder, and salt. Stir constantly
- ✦ Now arrange cauliflower in a Pyrex dish. Add gravy to it. Garnish with almond sliveres and khoya.
- ✦ Cook ondera pregeated oben at 170 degree centigrade for 15 minutes. Serve hot.



CHAPPATI

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Wheat Flour	200 grams
2	Salt	to taste

Method:

- * Mix salt, wheat flour and adequate amount of water to knead smooth dough.
- * Make equal sized balls, smear them with dry flour and roll them out on a rolling board.
- * Heat a griddle. Put the chapati on it.
- * Moderately roast both the sides of chapati on griddle.
- * Serve Hot.



SHAHI TUKRE

Ingredients:

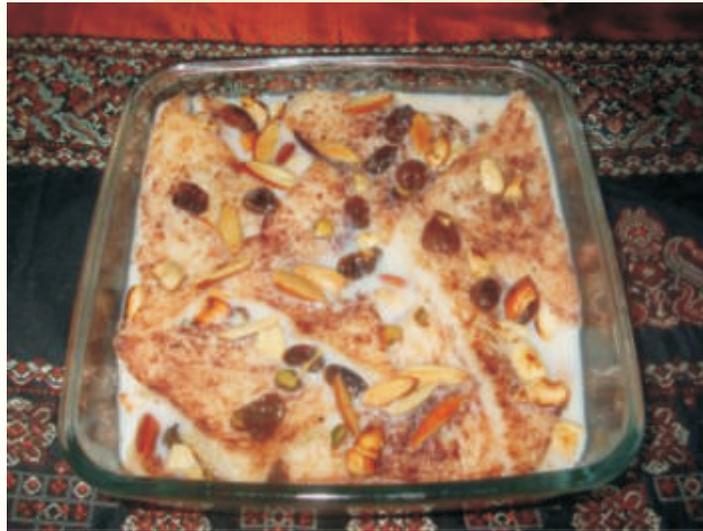
S. No.	INGREDIENTS	QUANTITY
1	Bread	8 slices
2	Ghee	to deep fry
3	Milk	1 Liter
4	Sugar	5 tablespoons
5	Saffron (kesar)/ orange red colour	1/4th grm / 1/4th tea spoon
6	Kewra essence	a few drops
7	Mawa (khoya), crumbled	100 grams
8	Green cardamom powder	1 teaspoon
9	Fresh cream	3/4 cup
10	Silver warq	1 sheet
11	Cashewnuts, chopped	10
12	Almonds	1 tablespoon
13	Rose petals	a few

Method:

- * Heat sufficient ghee in a kadai and fry the bread pieces till golden brown. Drain and arrange on a plate.



- * Heat milk, add three tablespoons of sugar and saffron/colour, half cardamom powder and a few drops of essence. Pour over the bread slices.
- * Allow the bread to soak up the milk, then arrange the bread pieces on a decorative plate. Heat two teaspoons of ghee and lightly fry crumbled mawa, green cardamom powder and one tablespoon of sugar.
- * Spread the mawa layer over the soaked bread pieces. Add a few drops of essence to fresh cream. Cover the mawa with a layer of cream and decorate with silver varq, chopped cashewnuts, almond's slivers and rose petals. Serve at room temperature.



Practical Session - 07

Preparation of -

SHAHI MUTTON KORMA

SULTANI DAL

CHICKEN BIRYANI

SEWAIN MUZZAFFAR

Objective:- After the practical session students should be able to SHAHI MUTTON KORMA, SULTANI DAL, CHICKEN BIRYANI and SEWAIN MUZZAFFAR.

Instructor's Activity:- Arrange for demonstration of SHAHI MUTTON KORMA, SULTANI DAL, CHICKEN BIRYANI and SEWAIN MUZZAFFAR.

SHAHI MUTTON KORMA

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Onion	200 gms
2	Lamb (boneless)	700 gms
3	Ground coriander seeds	1 tbl sp
4	Ground cumin	1tsp
5	Chilli powder (optional)	1tsp
6	White pepper powder	½ tea spoon
7	Salt	1-1/2 tsp
8	Oil	155 ml



9	Yoghurt (hung)	150 ml
10	Garam masala powder	½ tsp
11	Poppy seeds	2 tsp
12	Cashew nut paste	2 tab. spoon
13	Garlic(crushed)	7 cloves
14	Ginger(grated)	20 gms
15	Cardamom pods	6 no
16	Almonds(blanched & slivered)	50 Grams
17	Sweet spices powder	1/4th tea spoon

Method:

- ✳ Peel all the onions and boil them. Make a paste.
- ✳ Put the lamb in a large bowl. Add ½ the hung curd, chilli & salt., mix well, and marinate for 1-1 ½ Hours.
- ✳ Heat oil; in a large frying pan & fry the boiled onions for few minutes, add ginger, garlic, sauté for a while , now add the lamb along with the marination; cook till the lamb is tender, stir constantly.
- ✳ Place rest of the yoghurt , garam masala, poppy seeds and cashewnut paste in a bowl. Add this mixture to the cooked meat.
- ✳ Cook for 10 minutes till lamb is tender and gravy is fairly thick.
- ✳ Add cream, sweet spices powder and serve hot .



SULTANI DAL

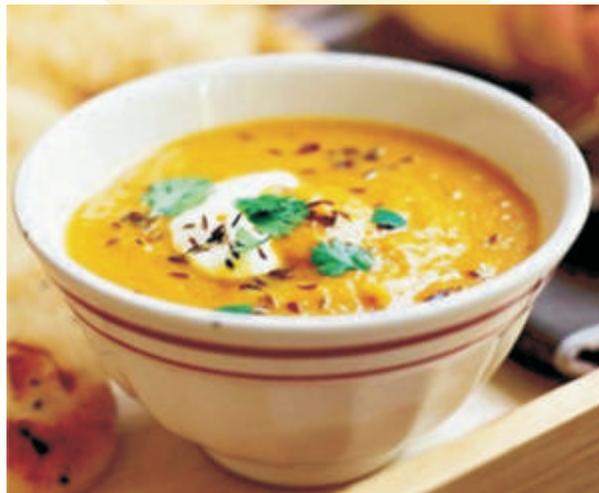
Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Arhar dal	200 grams
2	Saffron (kesar)	a few strands
3	Milk	2 cups
4	Fresh cream	1/2 cup
5	Yogurt	1 cup
6	Cloves	6 o.
7	Green cardamoms	10 No.
8	Salt	To taste
9	Red chilli powder	1 teaspoon
10	Paan leaves	1 no.
11	Coal	1 piece
12	Ghee	1 tablespoon
13	Cumin seeds	1 tablespoon
14	Garlic, slivered	8 cloves
15	Green chillies, finely chopped	2 NO.
16	Fresh mint leaves, finely chopped	5-6 No.



Method:

- * Soak dal for ten minutes.
- * Dissolve saffron in two tablespoons of hot milk.
- * Mix milk, fresh cream and yogurt and pass through a muslin cloth.
- * Keep in a cool place.
- * Grind cloves and green cardamoms together.
- * Boil dal with salt and red chilli powder and four cups of water. (The quantity of water should be such that there is no surplus of it after the dal is done).
- * Cover and cook on low heat till dal is done.
- * Drain off any water that remains.
- * Place the betel leaf on the dal and put a small piece of live charcoal on it.
- * Pour one teaspoon of ghee and immediately cover and keep for ten minutes for dhungar (this can be done in a katori). Remove charcoal and add the strained cream mixture, clove-cardamom paste, dissolved saffron and blend well.
- * Cover and simmer on very low heat for five minutes or to desired consistency.
- * Heat the remaining ghee in a pan, add cumin seeds and slivered garlic. As it turns to a pink colour, immerse in the utensil containing the dal and cover immediately. Stir lightly and serve hot garnished with the chopped green chillies and mint leaves.



CHICKEN BIRYANI

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Chicken	600 grams
2	Basmati Rice	500 gms
3	Oil	Oil 4 tablespoons
4	Onions	150 gms
5	Ginger	15 gms
6	Cloves	20 grams
7	Black peppercorns	10 No.
8	Black cardamoms	2 no.
9	Mace	2 blades
10	Cinnamon	2 inch stick
11	Salt	to taste
12	Bay leaf	1 No.
13	Green cardamoms	8 no.
14	Caraway seeds (shahi jeera)	1/2 teaspoon
15	Cloves	5-6 No.
16	Saffron (kesar)	a few strands
17	Milk	1 tablespoon
18	Pistachios	15-20
19	Silver warq , to garnish	as required



	FOR MASALA	
20	Cumin seeds	1/2 teaspoon
21	Nutmeg powder	1/4 teaspoon
22	Cloves	6 no.
23	Green cardamoms	8 no.
24	Black cardamoms	2 no.

Method:

- ✳ Clean, wash and cut chicken.
- ✳ Wash rice twice and soak in two cups of water for fifteen minutes.
- ✳ Peel, wash and chop onions, ginger and garlic.
- ✳ Tie up some chopped onion, chopped ginger, chopped garlic with peppercorns, black cardamoms, mace, cinnamon in a muslin cloth.
- ✳ Put this bundle with chicken, salt and three cups of water and let it cook till three-fourths done.
- ✳ Take out the chicken pieces and retain the stock to cook the rice. For the masala grind the remaining onions, ginger and garlic with cumin seeds, nutmeg, cloves, green cardamoms and black cardamoms.
- ✳ Heat oil and sauté the ground masala till fat begins to separate. Add semi cooked chicken pieces and salt and sauté for a while.
- ✳ Take it off the heat and keep aside.
- ✳ In another pan heat oil, add bay leaf, green cardamoms, caraway seeds and cloves. Sauté and then add the rice and sauté for a while. Add double the quantity of reserved chicken stock and salt.
- ✳ When it comes to a boil, cover and let it cook.
- ✳ When the water reaches the level of the rice, add chicken and mix. Cover and cook on low heat. Add saffron dissolved in milk and mix lightly.
- ✳ Transfer to a serving dish, garnish with golden brown onion and silver warq and serve hot with onion rings and green chutney.



SEWAIN MUZZAFFAR

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Sewain (fine)	400 gms
2	Sugar	400 Grams
3	Milk	400 Grams
4	Saffron	½ gram
	FOR GARNISH	
5	Khoya	200 gm.
6	Pistachio nuts	30 grams
7	Almonds	30 grams
8	Cashew nuts	50 grams
9	Silver foil	1 SHEET
10	Small cardamom powder	1 tsp
11	Meetha itra	Few drops

METHOD

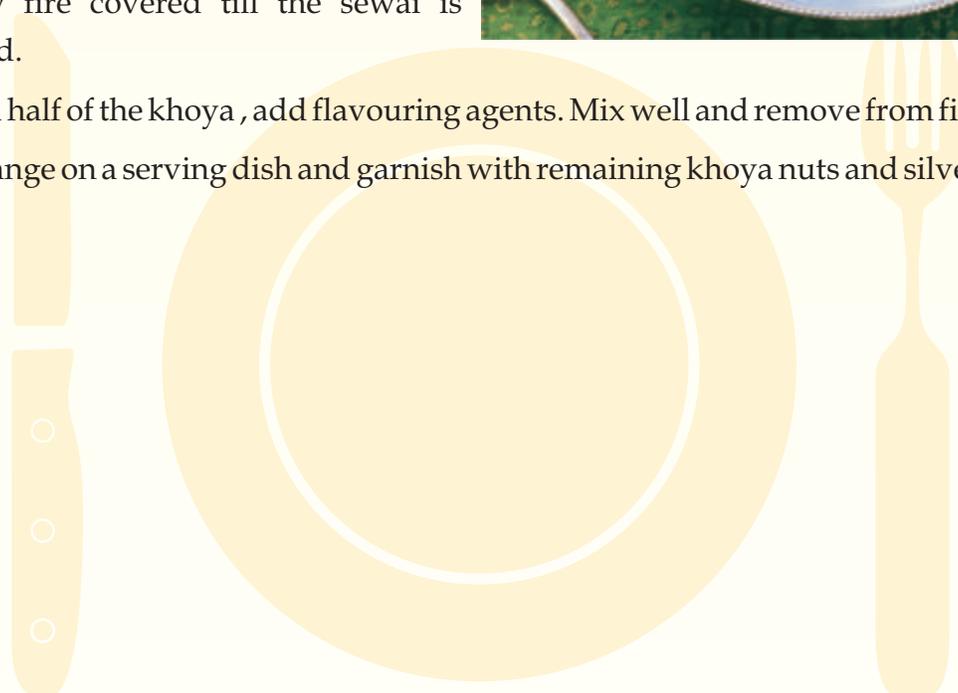
- * Soak kesar in little water or milk and grind.
- * Cut nuts into slivers.
- * Mash and fry khoya to very light brown colour.
- * Heat fat , fry sewai to golden brown in colour.



- * Make sugar syrup of one string consistency. Add small cardamom powder.
- * Tie sewai in a muslin cloth and dip in the boiling hot water for one minute in which orange red colour and kewra ittar is added.
- * Mix sewai in the syrup. Cook on very slow fire covered till the sewai is dried.



- * Add half of the khoya, add flavouring agents. Mix well and remove from fire.
- * Arrange on a serving dish and garnish with remaining khoya nuts and silver foil.



Practical Session – 08

Preparation of -

SAFED MAAS

GATTA CURRY

BESAN KI ROTI

MOHAN THAL

Objective:- After the practical session students should be able to prepare SAFED MAAS, GATTA CURRY, BESAN KI ROTI and MOHAN THAL.

Instructor's Activity:- Arrange for demonstration SAFED MAAS, GATTA CURRY, BESAN KI ROTI and MOHAN THAL.

SAFED MAAS

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Leg of lamb	800 gms
2	Salt	To taste
3	Yoghurt	1 cup
4	Ghee	125 gms
5	White pepper pwd	5 gms
6	Ginger	10 gms
7	Almonds	60 gms
8	Coconut	30 gms

9	Green chillies	4 no
10	Small cardamom powder	1/ 2 tsp
11	Cream	120 ml
12	Lemon juice	15 ml

Method:

- ✳ Clean & cut the lamb , put in a handi, add salt and water, and boil for 5 minutes.
- ✳ Whisk the yoghurt in a bowl.
- ✳ Cut juliennes of ginger, prepare a paste of blanched deseeded almonds, & scrapped coconut along with green chillies.
- ✳ Heat ghee in a handi, Add the blanched meat, spiced yoghurt, ginger, salt & water.(Approx- 800 Ml), Cover & simmer, stir occasionally, till the lamb is tender and 1.4 of liquid has evaporated. Add the paste and stir for 20 minutes, sprinkle cardamom powder and stir . Add cream, lemon juice & rose water, Stir. Adjust seasoning and serve hot garnished with cream.



GATTA CURRY

Ingredients:

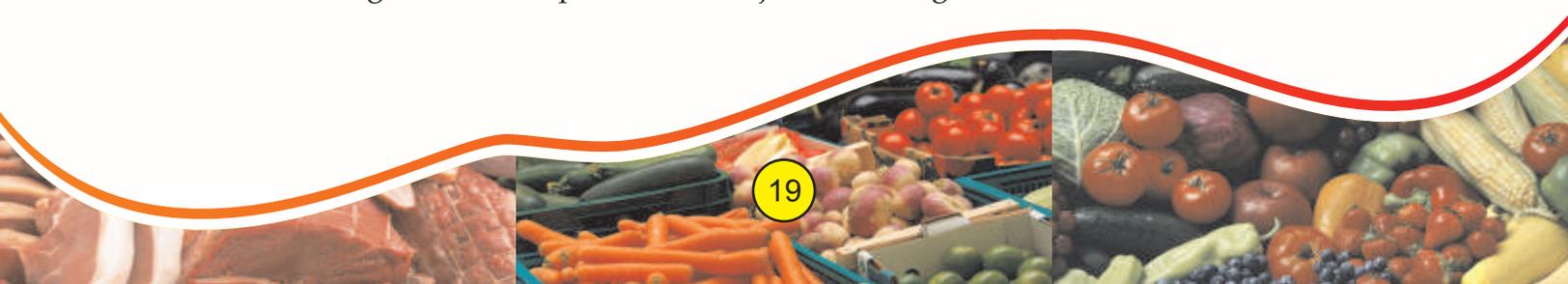
S. No.	INGREDIENTS	QUANTITY
	For Atta	
1	Gram flour (besan), sieved	1 ½ cups
2	Ginger, finely chopped (optional)	10 Grams
3	Fresh mint leaves, finely chopped (optional)	1 tablespoon
4	Yogurt	2 tablespoons
5	Cumin seeds	1/2 teaspoon
6	Red chilli powder	1/2 teaspoon
7	Turmeric powder	1/2 teaspoon
8	Salt	to taste
9	Soda bicarbonate	a pinch
10	Ghee /oil	to deep fry
	For gravy	
11	Yogurt	1 1/2 cup
12	Red chilli powder	1 teaspoon
13	Coriander powder	2 teaspoons
14	Turmeric powder	1 teaspoon
15	Salt	to taste
16	Ghee /oil	2 tablespoons



17	Cumin seeds	1 teaspoon
18	Cloves	4 no
19	Asafoetida	A pinch
20	Onions- chopped	100 grams
21	Garam masala powder	½ teaspoon

Method:

- * Mix all the gatta ingredients except the ghee/oil.
- * Add two tablespoons of water to make a stiff dough.
- * Divide into six equal portions. Roll into cylindrical long shapes.
- * Cook in boiling hot water which has 1 tbl spoon ; for ten to fifteen minutes.
- * Drain and reserve the water for the gravy.
- * Cut the gattas into one inch pieces. Heat sufficient ghee/ oil in a kadai and deep-fry the gattas until light golden brown. Drain on absorbent paper and set aside.
- * For the gravy, whisk the yogurt with red chilli powder, coriander powder, turmeric powder and salt. Heat the ghee/ oil in a pan, add the cumin seeds, cloves and asafetida.
- * Cook until cumin seeds start to change colour.
- * Add the onions, cook on high heat for three minutes till light golden in colour.
- * Add the yogurt mixture and continue to cook on low heat for five minutes.
- * Add the gattas and the reserved water in which gattas were boiled.
- * Cook on low heat until gravy is thick.
- * Add the garam masala powder and adjust seasoning. Serve hot.



BESAN KI ROTI

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Gram flour (besan), sieved	1 ½ cups
2	Whole wheat flour	1 cup
3	Salt	To taste
4	Pure ghee	2 tablespoons

Method:

- ★ Combine all the ingredients for roti and knead into a soft dough using water as required.
- ★ Divide the dough in eight portions and make balls.
- ★ Roll out each ball into a four inch disc.
- ★ Heat a tawa and fry each roti with a little ghee till both sides are golden brown.
- ★ Apply a little ghee and press it gently between your palms. Serve hot.



MOHAN THAL

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Gram flour (besan)	2 cups
2	Milk	½ cup
3	Ghee	2 cup
4	Sugar	2 cups
5	Saffron (kesar)	5 - 6 strands
6	Green cardamom powder	1/4 teaspoon
7	Almonds, blanched and slivered	10 no.
8	Pistachios, blanched and slivered	10 no.
9	Cashew nuts	20 gms
10	Raisins	15 gms

Method:

- * Mix gram flour, milk and three tablespoons of ghee in a bowl.
- * Then rub with fingertips to resemble breadcrumbs.
- * Grease a thali. Heat remaining ghee in a thick bottomed pan.
- * Add the gram flour mixture and cook on medium heat till a nice flavour is given out and the gram flour turns darker.
- * Add green cardamom powder and mix.
- * Meanwhile make a one string syrup with sugar and water.

- * Add saffron and mix. Add the syrup to the gram flour mixture and cook stirring continuously till all the liquid is absorbed and the mixture thickens and becomes a little dry.
- * Pour the mixture into the thali and spread evenly.
- * Smoothen the top. Sprinkle nuts and set aside to cool and set.
- * Cut into squares and serve.



Practical Session – 09

Preparation of -

SARSON KA SAAG

CHOLE

MOTI PULAO

GULAB JAMUN

Objective:- After the practical session students should be able to prepare SARSON KA SAAG, CHOLE, MOTI PULAO and GULAB JAMUN.

Instructor's Activity:- Arrange for demonstration of SARSON KA SAAG, CHOLE, MOTI PULAO and GULAB JAMUN.

SARSON KA SAAG

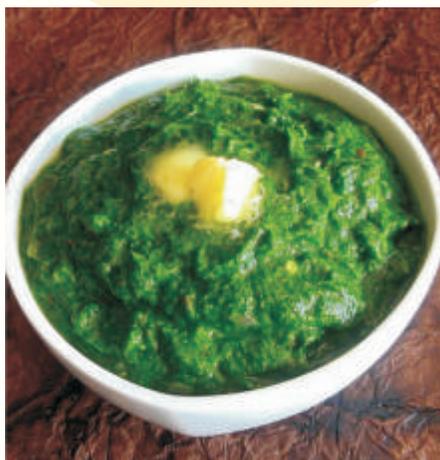
Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Fresh mustard leaves (sarson)	5 Bunch
2	Fresh spinach leaves (palak)	5 Bunch
3	Bathua	1 bunch
4	Mustard Oil	5 Tbsp
5	Ginger(Chopped)	10 Grams
6	Garlic(Crushed)	10 grams
7	Onions, sliced	50 grams

8	Green chillies	4 No.
9	Salt	To Taste
10	Cornmeal	2 tables poons
11	Fresh butter	2-3 tables spoon

Method:

- ✳ Heat three tablespoons olive oil in a pan, add ginger, garlic and onion and sauté for two to three minutes.
- ✳ After washing roughly chop mustard leaves and half the stem. Add to pan and stir.
- ✳ After washing roughly chop spinach and bathua. Add to pan and stir.
- ✳ Break the green chillies and add to the pan.
- ✳ Add salt to taste and stir well. Let it cook till the greens turn soft.
- ✳ Add cornmeal dissolved in a little water and continue to cook till the greens are completely cooked.
- ✳ Cool and grind to a coarse paste.
- ✳ Transfer into the pan. Add the remaining olive oil and mix.
- ✳ Simmer for two to three minutes. Serve hot topped with fresh butter. Goes best with Makki ki Roti.



PESHAWARI CHOLE

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Chickpeas (kabuli chana)	200 Grams
2	Tea leaves	2 tbsp
3	Oil	2 tbsp
4	Bay leaf	1 No.
5	Onions, finely chopped	100 grams
6	Garlic paste	1 tablespoon
7	Ginger paste	1 tablespoon
8	Green chillies, slit	2 No.
9	Tomato, finely chopped	50 grams
10	Red chilli powder	1 tbsp
11	Coriander powder	2 Tbsp
12	Turmeric powder	1tsp
13	Chana masala	1 tablespoon
14	Cumin powder	1 tsp
15	Salt	to taste
16	Garam masala powder	1 tsp
17	Mutton mince	175 gms
18	Mint leaves	1/4th bunch

Method:

- ✧ Soak chickpeas overnight in water.
- ✧ Drain, add three cups of fresh water.
- ✧ Tie tea leaves in a piece of cloth and put it in the water and then boil till the chickpeas are cooked and soft and dark in colour.
- ✧ Strain and keep aside. Heat oil, add bay leaf and chopped onions and sauté until golden brown in colour.
- ✧ Add ginger paste, garlic paste and slit green chillies, stir for some time and then add mutton mince. Cook for 10-12 minutes. Add chopped tomato, red chilli powder, coriander powder, turmeric powder, chana masala and cumin powder and sauté till oil surfaces.
- ✧ Add boiled chickpeas, salt and approximately one cup of water and cook till the chickpeas get coated with the thick masala. Add chopped mint.
- ✧ Sprinkle garam masala powder, mix well and serve hot garnished with green coriander.



MOTI PULAO

INGREDIENTS

S. No.	INGREDIENTS	QUANTITY
1	Basmati rice	175 gms
2	Cottage cheese (paneer)	75 grams
3	Cornflour/ corn starch	1 ½ tablespoons
4	Cashewnut powder	2 tablespoons
5	Sweet spices powder	1/8th tea spoon
6	Lime juice	1/4th lime
7	Salt	To taste
8	Oil	To deep fry
9	Silver warq	2 sheets
10	Ghee	2 tbsp
11	Cloves	8 No.
12	Bay leaves	2 No.
13	Cinnamon	2 Sticks
14	Green cardamoms	6-8
15	Saffron (kesar)	A few strands
16	Milk	2 tbsp

Method:

- * Pick, clean, wash and soak rice in four cups of water for about half an hour. Drain and keep aside.
- * Grate/mash paneer. Add cashewnut powder, cornstarch, sweet spices powder, lime juice and salt. Knead into a smooth dough and roll into small balls.
- * Heat sufficient oil in a kadai and deep-fry on medium heat till very light brown.
- * Drain onto an absorbent paper and keep aside.
- * Cover these balls with silver warq.
- * Heat ghee in a kadai. Add cloves, bay leaves, cinnamon sticks and green cardamoms.
- * Once they start to crackle, add rice.
- * Stir gently, add double quantity of hot water of rice and salt to taste.
- * Cover and cook till rice is done.
- * Crush saffron in a warm milk.
- * Add this to the rice to give it flavour and colour.
- * Serve rice in a platter garnished with the fried paneer balls.



GULAB JAMUN

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Mawa (khoya)	1 ½ Cup
2	Chenna	½ cup
3	Soda bicarbonate	1/4 teaspoon
4	Refined flour (maida)	3 tablespoons
5	Green cardamom powder	1/4 teaspoon
6	Sugar	2 cups
7	Ghee	To deep fry

Method:

- ✳ Grate khoya and mash chenna and keep aside.
- ✳ Mix the two along with soda bicarbonate, refined flour, green cardamom powder and sprinkle a little water to make a soft dough.
- ✳ Divide into sixteen equal portions and shape into balls. Prepare a sugar syrup with sugar and two cups of water.
- ✳ Clear the syrup by removing the scum, if any.
- ✳ Heat ghee/oil in a kadai. Add the balls and deep fry on low heat till golden in colour.
- ✳ Drain and soak in the sugar syrup for at least fifteen to twenty minutes. Serve hot.



Practical Session – 10

Preparation of -

GOAN FISH CURRY
CABBAGE FOOGATH
COCONUT PULAO

DODOL

Objective:- After the practical session students should be able to prepare GOAN FISH CURRY, CABBAGE FOOGATH, COCONUT PULAO and DODOL.

Instructor's Activity:- Arrange for demonstration of GOAN FISH CURRY, CABBAGE FOOGATH, COCONUT PULAO and DODOL.

GOAN FISH CURRY

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Pomfret (400 grams each)	2
2	Oil	2 Tbsp
3	Onion , chopped	100 grams
4	Cashewnut powder	2 tablespoons
5	Green chillies, slit and halved	2
6	Salt	To Taste
7	Malt vinegar	1 tablespoon



	FOR PASTE	
8	Cumin seeds	2 teaspoons
9	Coriander seeds	2 tablespoons
10	Whole dry red chillies	6
11	Coconut, scraped	½ cup
12	Ginger, Chopped	10 grams
13	Garlic, Chopped	10 grams
14	Tamarind pulp	2 tablespoons

Method:

- * Clean, wash and cut each fish into five to six pieces.
- * Dry roast cumin seeds, coriander seeds and whole dry red chillies.
- * Make a fine paste of all the roasted spices along with scraped coconut, ginger, garlic and tamarind with a little water.
- * Apply half of the ground paste to fish. Heat oil in a pan.
- * Add onions and sauté till golden brown. Add green chillies and cook on medium heat for three minutes. Stir constantly.
- * Add the remaining ground paste and stir well.
- * Sauté for five minutes till a nice aroma is given out.
- * Add one and a half cups of water. Bring to a boil and then add the marinated fish pieces and salt.
- * Cook on low heat for about five minutes or till fish is just done. Stir in vinegar and serve hot with red rice.



CABBAGE FOOGATH

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Cabbage	1 no
2	Onion	100 gms
3	Green chillies	10 no.
4	Mustard seeds	¼ tsp
5	Oil	60 ml
6	Coconut	½ no
7	Salt	To taste
8	Curry Leaves	1 sprig

Method:

- ✳ Wash, Strain and slice cabbage into shreds.
- ✳ Chop onions and green chillies. Heat oil in a pan
- ✳ Add mustard seeds, add chopped onion , green chillies and curry leaves
- ✳ Add cabbage , salt & enough water to cook the cabbage.
- ✳ Cook until water has evaporated.
- ✳ Add grated coconut, cook a little longer,
- ✳ Stir and remove from flame.



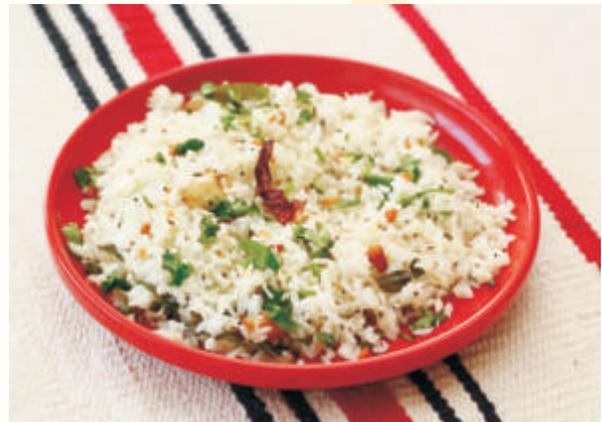
COCONUT PULAO

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Rice	1 kg
2	Fresh Coconut	1 no.
3	Bengal Gram	5 gm
4	Split Bengal Gram	5 gms
5	Oil	50 ml
6	Red chillies	5 gms
7	Mustard seeds	1tsp
8	Green chillies	2no.
9	Cashewnuts	10 no.
10	Salt	To taste

Method:

- * Boil rice , add salt, grate coconut,
- * Heat oil in a pan, fry coconut & remove.
- * Fry grams and spices mix all in the ingredients and spices and simmer.
- * Serve Hot.



DODOL

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Rice Flour	500 grams
2	Ghee	200grams
3	Water	200 ml
4	Jaggery (palm)	200 grams
5	Cardamom powder	½ tsp
6	Nuts(chopped)	50 grams

Method:

- * Heat ghee, add rice flour and cook till pink in colour.
- * Add water and jaggery, & cook for 10 mins until jaggery dissolves
- * Now add this mixture to rice flour.
- * Cook till extra water is absorbed and a halwa like consistency is obtained.
- * Add cardamom powder for flavour.
- * Add nuts & serve



Practical Session - 11

Preparation of -

MACHER JHAAL
PANCH PHORNER CHAURACHARI
BOILED RICE

CHENA PAYESH

Objective:- After the practical session students should be able to prepare MACHER JHAAL, PANCH PHORNER CHAURACHARI, BOILED RICE and CHENA PAYESH.

Instructor's Activity:- Arrange for demonstration of MACHER JHAAL, PANCH PHORNER CHAURACHARI, BOILED RICE and CHENA PAYESH.

MACHER JHAAL

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	onion seeds (kalonji)	¼ tsp
2	green chillies	2-3 no
3	coriander seeds	½ tsp
4	fish (preferably rohu)	750 gms
5	mustard oil	30 ml
6	Turmeric powder	¼ tsp
7	salt	to taste
8	cumin seeds	¼ tsp

Method:

- ✦ Clean, cut and take off fish head.
- ✦ Clean inside of the fish and wash thoroughly.
- ✦ Cut the fish into half-inch thick slices.
- ✦ Pat dry with a kitchen towel and apply salt and turmeric powder..
- ✦ Wash, take off stems and slit the green chillies.
- ✦ Dry roast coriander and cumin seeds briefly, cool and grind to a fine paste, adding a little water.
- ✦ Heat up two-tblsp mustard oil in a pot till it just reaches smoking point.
- ✦ Remove, cool and heat up the oil again on medium heat.
- ✦ Mix in the fish slices, few at a time and fry for a minute on each side.
- ✦ Remove and keep aside.
- ✦ Heat up remaining oil in the same pan, mix in kalonji, slit green chillies and stir-fry briefly.
- ✦ Mix in coriander-cumin paste and stir fry on low heat up for a minute sprinkling a little water, if required.
- ✦ Mix in two-cup of water, salt and simmer (boil slowly at low temperature) for four to five minutes
- ✦ Gently slide in the pot fried fish slices and simmer (boil slowly at low temperature) for two to three minutes or until the fish is cooked.
- ✦ Serve hot with steamed rice



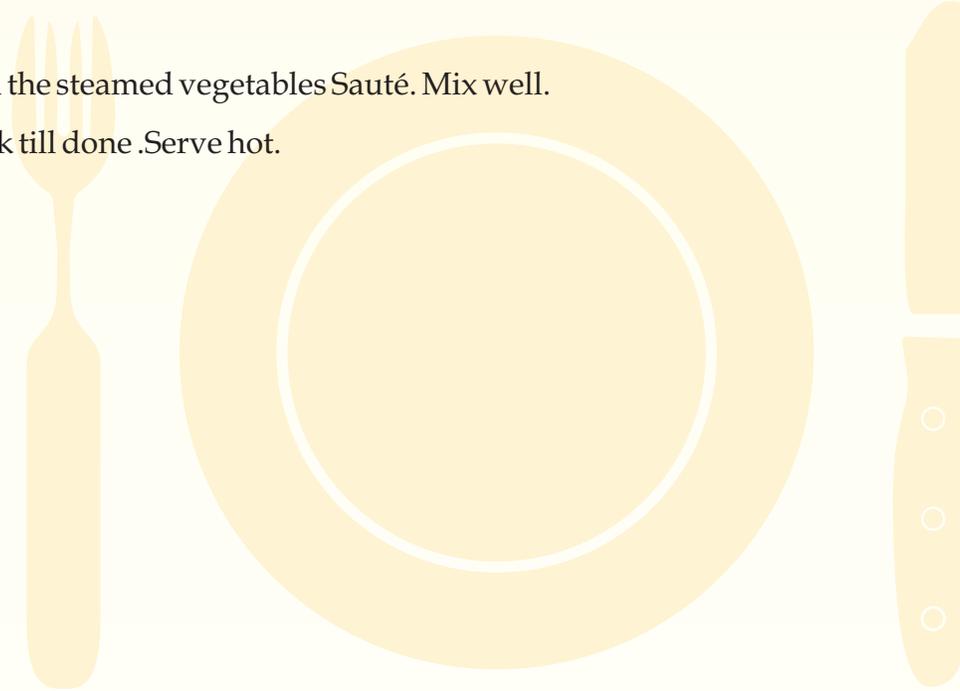
PANCH PHORNER CHAURACHARI

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Potatoes	60 gm
2	Brinjal	60 gm
3	Yellow Pumpkin	50gm
4	Ridge Gourd	100 gm
5	Broad Beans	30gm
6	Drumsticks	6-7 cut ones
7	Green Chillies	6-7 slit
8	Mustard paste	2 tbsp
9	To make paste:	Soak mustard seeds in water and then wet grind to a smooth paste with green chillies and a little salt
10	Turmeric	½ tsp
11	Hing or Asafetida	¼ tsp
12	Panch Phoran	1 tsp (fennel seeds, methi seeds, kalaunji, mustard and zeera)
13	Salt	according to taste
14	Sugar	2 tsp
15	Mustard Oil	2 tsp

Method :

- * Wash & cut vegetables in almost equal sizes.
- * In a Kadai put all the vegetables with $\frac{1}{2}$ tsp of turmeric and 2 tbsp of mustard paste and cook covered.
- * No need to add water as the Ridge gourd will release water and this will be enough. Cook till the vegetables are done.
- * Heat Oil in a Kadhai/Frying Pan.
- * Temper with Panch Phoron and Hing/Asafetida, Green Chillies and wait till the spices pop
- * Add the steamed vegetables Sauté. Mix well.
- * Cook till done. Serve hot.



BOILED RICE

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Rice	200 gms
2	Boiling water	1 lt
3	Salt	1 pinch
4	Oil	half tsp
5	Vinegar	5 ml

Method:

- * Rinse the rice with cold water until the water runs clear.
- * Stir the rice and salt, oil, vinegar into the actively boiling water.
- * Continue to boil for 20 minutes, stirring occasionally to prevent it from sticking.
- * Drain the rice into a colander.
- * Run cold water over the rice to rinse off any stickiness so the kernels are separate and distinct.
- * After the rice is thoroughly drained, Serve hot



CHENA PAYESH

For the chenna:

S. No.	INGREDIENTS	QUANTITY
1	Milk	12 ½ cups
2	White Vinegar or Lemon Juice	2 tbsp

For the Sugar Syrup:

S. No.	INGREDIENTS	QUANTITY
1	Sugar	2 cups
2	Water	1 ½ cups
3	Refined Flour	5 tsp

For the thickened Milk:

S. No.	INGREDIENTS	QUANTITY
1	Sugar	4 tbsp
2	Milk	5 cups
3	Green cardamom powder	½ tsp
4	Saffron	2 gm
5	Almonds	2 tsp, slivered
6	Pistachios	2 tsp, slivered
7	Saffron	a few strands



Method:

- * Boil the milk in a pan.
- * Add the white vinegar or lemon juice to curdle.
- * Reduce the heat.
- * Drain the whey and mash the curd cheese well.
- * Keep aside.
- * For the sugar syrup, boil the water in a pot, add the sugar and stir continuously till the sugar dissolves completely.
- * Bring the syrup to a boil, lower the heat, add the refined flour and simmer.
- * Allow to froth while the syrup is simmering.
- * Meanwhile, make 40 pellets from 3/4th of the curd cheese.
- * Gently slide these into the syrup.
- * Continue to simmer until they swell to double their size.
- * Remove the dumplings from the sugar syrup with a slotted spoon and keep aside.
- * Cook the remaining curd cheese in a kadai on a very low heat.
- * Add the sugar and stir continuously.
- * Cook till the mixture begins to leave the sides.
- * Remove from the heat and keep aside to cool.
- * For the thickened milk, put the milk in a kadai, bring to a boil and then simmer till it is reduced to 1/3rd.
- * Add the green cardamom powder and saffron.
- * Remove from the heat and stir in the above mixture.
- * Return to the flame and cook for about 10 to 12 minutes.
- * Remove from the heat and keep aside to cool.
- * When cool, gently lower the dumplings into the mixture.
- * Serve chilled, garnished with almonds, pistachios and saffron



Practical Session - 12

Preparation of -

KOLHAPURI MUTTON

BHAREILI WANGI

AMTI

MASALA BHAAT

Objective:- After the practical session students should be able to prepare KOLHAPURI MUTTON, BHAREILI WANGI, AMTI and MASALA BHAAT

Instructor's Activity:- Arrange for demonstration of KOLHAPURI MUTTON, BHAREILI WANGI, AMTI and MASALA BHAAT.

KOLHAPURI MUTTON

S. No.	INGREDIENTS	QUANTITY
1	Mutton pieces	50 gms

For Marination:

S. No.	INGREDIENTS	QUANTITY
1	Ginger-garlic paste	2 tsp
2	Refined oil	1 tsp
3	Turmeric powder	1/4 tsp
4	Salt	1 tsp



For Kolhapuri Masala:

S. No.	INGREDIENTS	QUANTITY
1	Onions-chopped	2 no
2	Grated coconut	½ cup(7 tbsp)
3	Refined oil	1 tbsp
4	Coriander seeds	1 ½ tsp
5	Cumin seeds	½ tsp
6	Sesame seeds	1 ½ tsp
7	Poppy seeds	3 tsp
8	Red chillies	8

For the gravy:

S. No.	INGREDIENTS	QUANTITY
1	Onions-chopped fine	2
2	Refined oil	2 tsp
3	Salt	3/4tbsp
4	Coriander leaves	Few
5	Clove	Required



Method:

- * Mix all the marination ex.ginger-garlic paste and salt and evenly rub the marination on mutton pieces and keep this in fridge for an hour at least.
- * To prepare the Kolhapuri Masala: Heat oil in a kadai, add coriander seeds, cumin seeds, sesame seeds, poppy seeds, red chillies, clove and saute this till the seeds begin to crackle. Add the onions and saute this till golden brown .Finally add the grated coconut and saute for 2-3 mins. Turn off the flame. Leave this aside for 15 mins and grind this into a fine paste with 50ml water. Keep this aside.
- * Heat oil in a pan and saute the finely chopped onions on medium heat till it turns golden brown.
- * Add the marinated mutton pieces, salt and coriander leaves and saute till oil separates from the mixture. Add 2 tbsp water and stir till oil floats on top.(repeat this 3-4 times till the mutton is 3/4th cooked).
- * Add the kolhapuri masala paste and saute till oil separates on top again. Add 2 cups water and bring it to boil.
- * Then cover and simmer (stirring constantly) till the mutton is done. Turn off the flame.
- * Garnish with coriander leaves and Serve this delicious mutton curry hot with rice



BHAREILI WANGI

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Small eggplants	8
2	Minced or finely chopped onion	80 gms
3	Daanyacha koot (Roasted peanut powder)	3/4 cup
4	Tilacha koot (Roasted sesame powder)	1/4 cup (optional)
5	Minced ginger	1 tsp
6	Minced garlic clove	1
7	Gul (jaggery)	1 tsp
8	Goda masala(coriender, cumin, dry coconut, gingelly seeds, chilli powder, turmeric powder, asafoetida, cinnamon, clove roasted and powder)	2 tsp
9	Salt	to taste
10	Mohri (mustard seeds)	½ tsp
11	Jeere (cumin seeds)	½ tsp
12	Hing	1/4 tsp
13	Halad (turmeric)	1/4 tsp
14	Oil	2 tbsp

Method:

- * Remove stems and give four slits (not fully) to the brinjals. Wash them in salt water and keep aside.
- * Roast coconut, sesame seeds, coriander-cumin seeds together till light brown. Powder this mixture and mix tamarind, jaggery, peanut powder, ginger-garlic paste, salt, chili powder and goda masala into it.
- * Alternatively, grind all these ingredients together with the roasted mixture.
- * Fill all the brinjals with above masala.
- * In a pan heat oil and add mustard seeds. When they splutter, add asafoetida, turmeric powder.
- * Add the brinjals. Pour in some water just to cover the top of brinjals.
- * Cover and cook over medium heat for about 15 min. Remove the lid and stir. Garnish with coriander leaves.



AMTI

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Boiled Toor dal	150 gms

For Tempering:

S. No.	INGREDIENTS	QUANTITY
1	Cumin seeds	1/2 tsp.
2	Mustard seeds	1/2 tsp
3	Asafetida	1 pinch
4	Sprig of curry leaves
5	Sliced onion	1/2 cup
6	Turmeric	1/2 tsp.
7	Red chilli powder	1/2 tsp
8	Tamarind paste	1 tsp.
9	Jaggery	1 tsp

Method:

- * Heat 1 tbsp oil in a saucepan.
- * Temper it with mustard seeds, jeera seeds and asafoetida.
- * Add curry leaves, onion and fry till onion is translucent.
- * Add, turmeric, salt, chilli powder and fry for a few seconds.
- * Now add the cooked dal and enough water to make it the desired consistency.



- * Finally stir in tamarind, jaggery and bring to a boil, simmer for 5 minutes and your amti is ready.
- * Taste it and adjust the salt, tamarind and jaggery till you are happy with the balance of flavors.

MASALA BHATH

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Rice	300 gms
2	Cashewnuts	50gms
3	Gherkins/ tindli	100 gms
4	cumin seeds	½ tsp
5	curry leaves a few sprigs	
6	green chillies halved	2-3 no
7	coriander seeds	10 gms
8	gingelly seeds	5 gms
9	cinnamon a small piece	
10	clove	3-4 no
11	Oil	15 ml
12	Dry coconut	10 gms
13	Coconut fresh	20 gm
14	Mustard and cumin seeds	5 gms



15	Salt to taste	
16	Hing a pinch	

Mehotd:

- ✳ Wash and soak rice for 15-20 minutes.
- ✳ Roast and powder coriander, cumin, gingelly, cinnamon, clove and dry coconut.
- ✳ Wash and cut gherkins into 4 length wise
- ✳ Heat oil in a heavy large skillet. Add green chilli, curry leaves, cumin seeds, allow to splutter.
- ✳ Add gherkins, cashews & rice, stir for 2 minutes.
- ✳ Add double quantity of water to rice.
- ✳ Bring to a boil, cover, simmer till half done.
- ✳ Add masalas.
- ✳ Stir once to mix in masala.
- ✳ Serve hot garnished with grated coconut and chopped green coriander.



Note : Gherkins may be replaced with any other vegetable which remains in its shape after cooking, eg: capsicum, potato, parwal etc.



Practical Session – 13

Preparation of -

NILGIRI KORMA
TOMATO BRINJAL AMBAL
LIME RICE

POTATO PAK

Objective:- After the practical session students should be able to prepare NILGIRI KORMA, TOMATO BRINJAL AMBAL, LIME RICE and POTATO PAK.

Instructor's Activity:- Arrange for demonstration of NILGIRI KORMA, TOMATO BRINJAL AMBAL, LIME RICE and POTATO PAK.

NILGIRI KORMA

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Mutton/lamb	Lb
2	Yogurt	1 cup
3	Grated coconut	1 cup
4	Green chilies (use more or less according to taste)	6
5	Coriander leaves	1 bunch
6	Ginger garlic paste	1 tsp
7	Khus khus/poppy seeds	1 /2 tsp
8	Red chilies	2

9	Coriander powder	1 Tsp
10	Garam masala	½ Tsp
11	Onions sliced	2
12	Oil	½ Cup
13	Salt	to taste

Method:

- ✳ Clean mutton and marinate in yogurt for 1 /2 hr.
- ✳ Grind together –green chilies, coriander leaves, ginger garlic paste, poppy seeds, coconut, red chilies, coriander powder, garam masala and half the onions.
- ✳ Heat oil. Fry the remaining onions.
- ✳ Add the ground spices and fry till the raw smell is gone.
- ✳ Add the marinated mutton along with the yogurt, some salt and water .
- ✳ Cook at medium heat till meat is tender



TOMATO BRINJAL AMBAL

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Tomatoes	450 gm
2	Round Brinjal	450 gm
3	Mustard oil	30 ml
4	Jaggery	15 gm
5	Turmeric	½ tsp
6	Salt	to taste
7	Mustard seeds	½ tsp

Method:

- * Wash and cut tomatoes and brinjal into quarters .
- * Heat oil and deep fry brinjals to brown colour.
- * Heat oil add mustard seeds, when crackle add tomatoes cook well. Add brinjals, fry well
- * Cook till done add dissolved jaggery, salt and turmeric.
- * Cover and cook tomatoes till gravy thickens



LIME RICE

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Rice	500 gm
2	Lime	2 no
3	Oil	30 ml
4	Turmeric	1 tsp
5	Fenugreek	1 tsp
6	Split bengal gram	15 gm
7	Split black gram	15 gm
8	Mustard seeds	1 tsp
9	Cashewnuts	30 gms
10	Peanuts	30 gms
11	Curry leaves	5-6 no
12	Whole red chili	3-4 no

Methods:

- * Boil rice and keep aside .
- * Roast and powder fenugreek , turmeric, black and bengal gram .Mix with rice.
- * Add salt and lime juice .
- * Add tempering using oil, mustard seeds, whole red chili and curry leaves; to the rice and serve hot .



POTATO PAK

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Potato	200 gm
2	Flour -	100 gm
3	Fat -	100 gm (GHEE OR BUTTER)
4	Cashewnuts	50 gm
5	Water	400 ml
6	Cloves	3
7	Rose Essence	few drops
8	Sugar	400 gm

Method :

- * Boil, peel and mash potatoes
- * Heat half the fat and mashed potatoes together
- * Add flour to remaining fat and fry till little brown
- * Mix potatoes and flour together
- * Prepare thick syrup with sugar and water, adding cloves while boiling
- * Remove the cloves from syrup and add potato mixture to the syrup and cook till the mixture sets well
- * Then remove from the fire. Add essence
- * Pour the mixture to a greased plate and decorate with chopped cashew nuts.
- * Cut into the cubes and serve.



Practical Session - 14

Preparation of -

SHAMI KABAB

MURG DO PYAZA

PARATHA

PHIRNEE

Objective:- After the practical session students should be able to prepare **SHAMI KABAB**, **MURG DO PYAZA**, **PARATHA** and **PHIRNEE**.

Instructor's Activity:- Arrange for demonstration **SHAMI KABAB**, **MURG DO PYAZA**, **PARATHA** and **PHIRNEE**.

SHAMI KABAB

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Minced Mutton	500 gms
2	Onion	30 gms
3	Green Chilly	2 no
4	Bengal Gram (Chana) soaked overnight	150 gms
5	Garlic	10 pods
6	Cumin Seed	3/4th tea spoon
7	Cardamoms	4 no
8	Cinnamon	1 " long piece
9	Ginger	1 " long piece
10	Pepper corns	6

11	Red Chillies whole	4
12	Clarified Butter (desi ghee)	75 gms
13	Garam masala	½ tea spoon
14	Lime	1 no
15	Kewra water	½ tea spoon

Method:

- ✳ Boil minced meat, garlic, cumin seeds, cardamoms, cinnamon, ginger, peppercorns, red chillies and soaked gram dal in 3 cups of water and a teaspoonful of salt till water is absorbed and meat is tender.
- ✳ Grind meat mix into a fine paste. Add lime juice of ½ lemon, kewra water and garam masala powder.
- ✳ Add finely chopped green chillies and onion to dough and mix well.
- ✳ Shape the dough into small round flattened balls or kababs.
- ✳ Heat ghee and shallow fry kababs till golden brown and serve hot with green chutney, lime wedge and onion rings



MURGH DO PYAZA

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Chicken	1 no. (750 gms)
2	Salt	½ -1 tsp
3	Lemon juice	2 tbsp
4	Cup ghee	¾th
5	Large onions (chopped)	4
6	Flakes garlic (crushed)	2
7	Curd / plain yogurt	2 cups /140ml
8	Water	1/4th cups
9	Cloves	6 no
10	Brown cardamom	2 no
11	Black peppercorns	12
12	Cinnamon stick	2 pieces
13	Ground ginger	1 tsp
14	Turmeric powder	1 tsp
15	Red chili powder	1 tsp
16	Garam masala powder	1 tsp
17	Tomatoes (peeled & halved)	225gms
18	Medium onion (chopped and fried)	1

Method:

- * Cut the chicken into four or eight pieces. Mix the salt and lemon juice and rub all over the chicken. Set aside for 30 minutes.
- * Heat the ghee in a deep pan and add the first four spices. Stir well then add the onion, cook till light brown. Add chicken cook for 7-8 minutes. Add ginger and garlic and remaining spices.
- * Cook gently for 15 minutes, stirring continuously.
- * Add the strained curd / yogurt and stir for 5 minutes over a low heat. Add the water, cover and simmer for 30-35 minutes or until the chicken is tender. Sprinkle the top with garam masala powder Arrange in a serving dish.
- * Arrange the golden fried crisp onion slices around the dish.



PARANTHA

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Atta (whole-wheat flour)	2 cups
2	Salt	½ teaspoon
3	Vegetable oil or melted butter	1/4 cup
4	Warm water	1 cup
5	Atta, for dusting	1/4 cup

Methods:

- * In a mixing bowl, place the roti flour, all-purpose flour, salt, and 1 tablespoon of oil or melted butter, and mix with your fingertips until the mixture resembles fine breadcrumbs. Make a well in the center.
- * Gradually add 1-2 tablespoons of warm water at a time while stirring from the center, kneading well to make a soft and pliable dough that leaves the bowl clean.
- * Let the dough rest for 30-40 minutes.
- * Knead again with moist hands for a couple of minutes.
- * Divide into twelve equal portions and shape each one into a round ball. Work with one portion at a time, keeping the rest covered with a damp cloth or plastic wrap.
- * Take one round, flatten it slightly with your fingertips, and roll it out on a floured pastry board with a rolling pin.
- * Dust frequently with flour to prevent sticking.
- * Each rolled paratha should be about 4 inches in diameter.
- * Using a pastry brush, sparingly apply oil or melted butter onto the surface.

- * Sprinkle with a little flour and fold in half.
- * Apply a little more oil or melted butter onto the surface of the folded paratha, sprinkle with a little more flour, and fold in half again to form a small triangle.
- * Roll this triangle into a thin, larger triangle, dusting with flour as required
- * Shallow Fry on tawa with little oil till light brown. Serve hot.



PHIRNEE

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Milk	500ml
2	Rice washed and soaked in water for 2 hours	3 tbsp
3	Sugar	3/4 cup
4	Almonds, blanched and slivered	1 tbsp.
5	Pistachios, peeled and slivered	1 tbsp.
6	Cardamom powdered	3/4 tsp
7	Kewra essence	1/4 tsp.
8	Silver foil (optional)	1

Method

- * Grind rice to a fine, smooth paste, keep aside.
- * Put milk to boil. on high flame, in a heavy deep pan.
- * Slowly pour in rice paste, stirring continuously to avoid lumps.
- * Stir and cook till mixture is thick.
- * Add sugar, stir to dissolve.
- * Mix cardamom in 1 tsp. cold milk or water, mix into mixture.
- * Mix in essence, pista and almonds, saving some for garnishing.
- * Pour mixture into a glass bowl or individual bowls.
- * Cool, chill till it looks set.
- * Garnish with silver foil and remaining chopped almonds and pistachios.



Practical Session - 15

Preparation of -

METHI MURG
BAGHARA BAIGAN
KACHI BIRYANI

DOUBLE KA MEETHA

Objective:- After the practical session students should be able to prepare METHI MURG, BAGHARA BAIGAN, KACHI BIRYANI and DOUBLE KA MEETHA.

Instructor's Activity:- Arrange for demonstration of METHI MURG, BAGHARA BAIGAN, KACHI BIRYANI and DOUBLE KA MEETHA.

METHI MURGH

Ingredients:

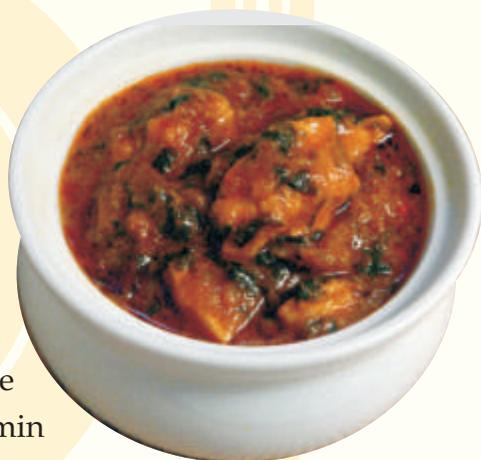
S. No.	INGREDIENTS	QUANTITY
1	Chicken, washed and cut into medium sized pieces	800 gm
2	Fresh methi leaves	1 cup
3	Large onions, sliced, saute in a tbsp of oil till brown and cool	2
4	Green chilli paste (2-3 green chillis)	1 tsp
5	Ginger garlic paste	3/4 tb. spoon
6	Tomato, pureed	½ cup
7	Yogurt	1/4 cup



8	Turmeric pwd	1/4 th tea spoon
9	Red Chilli pwd	3/4 tsp
10	Coriander pwd	1 ½ tsp
11	Cumin pwd	½ tsp
12	Garam masala pwd	5 gms
13	Salt	to taste
14	R.oil	2 tbsps

Method:

- * Make a paste of browned onions and curd. Keep aside.
- * Heat 2 tps oil in a cooking vessel, add the methi leaves and saute for 7-8 mts or till they turn crisp. Remove and keep aside.
- * Heat the remaining oil in the same vessel, add ginger garlic paste and green chilli paste and saute for 3-4 mts. Add turmeric pwd, red chilli pwd, cumin pwd and coriander pwd and combine.
- * Add the tomato puree and cook for 3 mts. Add the onion-curd paste and cook for another 3 mts.
- * Add the chicken pieces and combine well. Cook on medium high flame for 3-4 mts.
- * Reduce flame, place lid and let the chicken cook till three fourth done. Add the, garam masala pwd and sauteed methi leaves and combine well. Add few tbsps of water if necessary at this point of time. Cook till the chicken turns soft and .
- * Turn off heat and serve hot.



BAGHARE BAIGAN

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Brinjals	500 grams
2	Onions	4 medium
3	Ginger	5 grams
4	Garlic cloves	2 nos.
5	Coriander seeds	12 grams
6	Sesame seeds	40 grams
7	Peanuts	70 grams
8	Cumin seeds	5 grams
9	Poppy seeds	3 grams
10	Desiccated coconut	20 grams
11	Fenugreek seeds	2 grams
12	Turmeric powder	2 grams
13	Red chili powder	5 grams
14	Jaggery	6 grams
15	Tamarind	75 grams
16	Curry leaves	4 grams
17	Salt	As per taste
18	Oil	120 ml



Method:

- ✦ Soak the tamarind in 1 cup of water. Mash and sieve to get tamarind water.
- ✦ Discard the residue and set aside.
- ✦ Wash the brinjals, make 2 inch slits along the length ensuring that the end is intact.
- ✦ Roast the onions on a griddle till they soften and turn light golden brown.
- ✦ Dry roast together on medium heat the coriander seeds, sesame seeds, peanuts, cumin seeds, poppy seeds, dessicated coconut and the fenugreek seeds till they darken slightly and start emitting an aroma.
- ✦ Grind together the onions, roasted spices, ginger, garlic, salt, turmeric powder, red chilli powder and jaggery to a fine paste.
- ✦ Mix in the tamarind water.
- ✦ Keep aside some of this mixture and stuff the brinjals with the remaining mixture.
- ✦ Heat oil, add the curry leaves and saute for a few minutes.
- ✦ Add the stuffed brinjals and fry for about 10 minutes. Add the reserved paste and mix gently.
- ✦ Add little water, cover and cook on medium heat, stirring occasionally but very gently.
- ✦ Cook till the brinjals are thoroughly cooked and oil leaves the sides of the pan.



KACHCHI BIRYANI

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Mutton	500 gms
2	Basmati rice	600 grams
3	Sliced onions	4 medium
4	Ginger paste	10 grams
5	Garlic paste	12 grams
6	Red chilli powder	8 grams
7	Coriander leaves	1 bunch
8	Mint leaves	1 bunch
9	Green chillies	4 nos.
10	Cardamoms (green)	5 nos.
11	Cloves	6 nos.
12	Cinnamon	2 inches
13	Peppercorns	5 grams
14	Mace	3 grams
15	Curds	200 grams
16	Lemon juice	3 tblsp
17	Milk	100 ml
18	Saffron	2 grams
19	Oil	100 ml



20	Ghee	30 ml
21	Salt	As per taste

Method:

- ✳ Pick, wash and soak the rice for 30-40 minutes. Heat oil in a pan and fry the sliced onions till golden brown. Keep aside.
- ✳ Finely chop the coriander and mint leaves. Grind the green chillies to a fine paste.
- ✳ Soak the saffron in warm milk. Grind mace, green cardamoms, cloves, cinnamon and peppercorn to a fine powder.
- ✳ In a bowl, mix together well beaten curds, red chilli powder, salt, ginger-garlic paste, green chilli paste, mint and coriander leaves, lemon juice, powdered spices and fried onions (crush the onions before adding them).
- ✳ Rub the mutton with this marinade and marinate it for 2 hours.
- ✳ Boil at least 5 ltrs of water with a little salt.
- ✳ When the water starts boiling add the soaked rice.
- ✳ In the meantime, transfer the marinated mutton into a deep bottomed pan which has a tight lid.
- ✳ Once the rice starts boiling, drain the water and layer the rice over the marinated mutton in the deep pan.
- ✳ Sprinkle the saffron-milk mixture over the rice and mutton. Add the ghee.
- ✳ Cover the pan with the lid and cook on a moderate temperature till it just starts steaming.
- ✳ Then cook on a medium flame till the mutton is tender and all the moisture is absorbed.



DOUBLE KA MEETHA

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Slices bread	8 nos
2	Khoya	1 cup
3	Sugar	½ cup
4	Milk	½ litre
5	Dry fruits sliced (kaju,kismis,badam ,karboja seeds)	35 gms
6	Dalda for frying bread (absorption)	100 gms
7	Ghee for frying dry fruits	3 tsp
8	Cardamom	2 no

Method:

- * Cut bread into cubes and deep fry them in dalda or refined oil according to your choice.
- * Drain on tissue paper and place on a tray-like vessel and keep aside.
- * Take half a glass of water in a bowl, boil it, add sugar and keep stirring till it becomes thick.
- * Add cardamom and once the syrup is done pour this sugar sryup over the bread mix delicately and keep aside.
- * Heat a kadai, add ghee and all dry friuts to it and fry.
- * Add fried dry fruits to fried bread along with ghee.
- * Boil milk in a bowl on low heat, now mash the khoya and add it to the milk till the milk becomes thick.



- * Once the milk turns into a thick mixture, add a pinch of saffron and mix well.
- * Remove from heat and add the mixture directly to the bread and mix well.
- * Let the mixture soak with bread for 30 min max.
- * Once it is soaked well, serve it as a dessert.



Practical Session - 16

Preparation of -

BUTTER CHICKEN TANDOORI

DAL MAKHANI

PEAS PULAO

MOONG DAL HALWA

Objective:- After the practical session students should be able to prepare BUTTER CHICKEN TANDOORI, DAL MAKHANI, PEAS PULAO and MOONG DAL HALWA

Instructor's Activity:- Arrange for demonstration of BUTTER CHICKEN TANDOORI, DAL MAKHANI, PEAS PULAO and MOONG DAL HALWA

Tandoori Butter Chicken

Ingredients:

S. No.	INGREDIENTS	QUANTITY
	Tandoori murgh	
1	Chicken	1 no.
2	Red chilly powder	5 gm.
3	Lemon juice	60 ml.
4	Butter (for basting)	50 gm.
	Marinade	
5	yoghurt	100 gms.
6	cream	100 gm



7	Ginger paste	5 gm.
8	Garlic paste	5 gm.
9	Cumin powder	5 gm.
10	Garam masala	3 gm.
11	Saffron	½ gm.
12	Orange color	1 drop
	The Gravy	
13	Butter	150 gm.
14	Ginger paste	20 gm.
15	Garlic paste	20 gm.
16	Chopped Tomatoes	3/4 kg.
17	salt	As required
18	Green chilies	3 no.
19	Cashew nut paste	30 gm.
20	Kashmiri degi mirch	3 gm.
21	Cream	70 ml.
22	Sweet spices powder	5 gms
23	Kasoori methi	5 gms

Method:

Tandoori murgh

- ✳ Clean chicken & make incision on thigh, breast and drumstick.
- ✳ Make paste of red chilly, salt and lemon. Rub over the chicken evenly and keep aside for 15 min.
- ✳ Whisk yoghurt and prepare marination by adding remaining ingredients.



- * Rub chicken with this mixture and keep aside for four hours.
- * Skewer the chicken from tail to head & keep a tray underneath to collect the drippings.
- * Roast in the tandoor 10-15 min. or till done. Cut chicken in 8 pieces

The gravy

- * Melt half the butter in handi.
- * Add ginger garlic paste, stir over medium heat until the liquid evaporates.
- * Add tomatoes, salt, cover and simmer until mashed.
- * Strain the gravy through fine sieve and collect in separate handi.
- * Melt remaining kadai in separate kadai add chopped ginger and green chillies.
- * Sauté for a minute & add cashewnut paste & cook until light brown, add degi mirch & stir.
- * Add sieved gravy bring to a boil, add murg tandoori & simmer for 7-8 minutes.
- * Stir in cream and adjust the seasoning & garnish with cream.



Dal Makhani

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Whole urad dal	120 gm.
2	Red kidney beans	30 gm.
3	Salt	To taste
4	Ginger paste	20 gm.
5	Garlic paste	20 gm.
6	Tomato puree	120 ml.
7	Red chilli powder	5 gm.
8	White butter	120 gm.
9	Cream	120 ml.

Method:

- * Pick and wash lentils in running water & soak overnight. Drain.
- * Put drained lentils in a handi add salt and water (approx 1.5 litres).
- * Bring to boil & cover and simmer until the lentils are done & 2/3 of liquid has evaporated.
- * Mash lentils lightly against the sides with a wooden spoon.
- * Add ginger paste, garlic paste, tomato puree, red chillies and 100 gms. Of butter stir and cook for 45 min.
- * Then add cream, stir and cook for 10 minutes.
- * Adjust the seasoning & garnish with remaining butter.



Pea Pulao

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Pulao rice	500 gm.
2	Peas	500 gm.
3	Fat	50 gm.
4	Onions	50 gm.
5	Cardamom	2 gm.
6	Cloves	3-4 no.
7	Cinnamon	1 inch bark
8	Bayleaf	2-3 no.s
9	Salt	10 gm.

Method:

- * Wash and soak rice.
- * Shell peas.
- * Drain rice, slice onions.
- * Heat fat, fry sliced onions till golden brown.
- * Remove onions, drain add whole spices.
- * Add rice and fry well.
- * Add peas continue frying for 2-3 min.
- * Add stock or hot water (double the amount of rice) and salt.
- * Cover and cook.
- * Finish with golden brown onions.



Moong Dal Halwa

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Split green grams	150 gm.
2	Milk	150 ml.
3	Sugar	100 gm.
4	Fat	100 gm.
5	For decorating	
6	Almonds	25 gm.
7	Cardomoms	5 gm.
8	Cashewnuts	25 gm.

Method:

- * Soak the grams for 4-5 hours.
- * Grind to very fine paste.
- * Melt fat in a kadai and add ground gram.
- * Fry to slight brown color over a very slow fire.
- * Boil milk separately with sugar, when gram starts browning, add milk keep on stirring (it should not stick to the sides of the pan.) till all the milk gets dried up and fat starts oozing out from halwa.
- * Remove and serve hot garnished with dry fruits.



Practical Session - 17

Preparation of -

KAR CHAMAN

RAJMAH

BASA BHAT

KONG FIRIN

Objective:- After the practical session students should be able to prepare KAR CHAMAN, RAJMAH, BASA BHAT and KONG FIRIN.

Instructor's Activity:- Arrange for demonstration of KAR CHAMAN, RAJMAH, BASA BHAT and KONG FIRIN.

KARCHAMAN

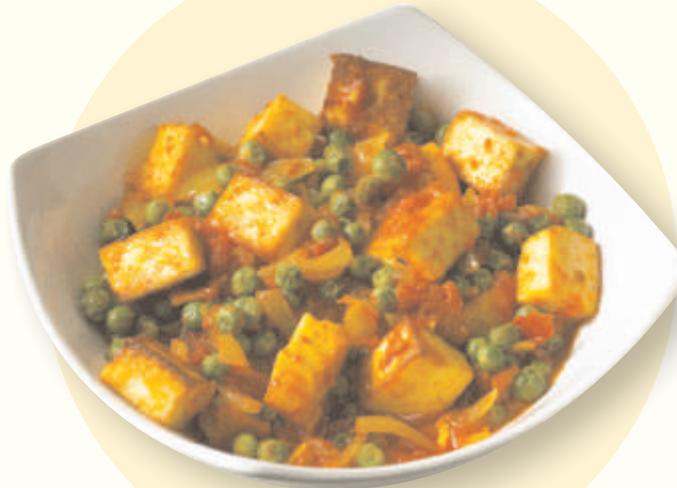
Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	PANEER	100 grams
2	Green peas	40 grams
3	Tomato puree	100 ml.
4	Turmeric Powder	½ tsp
5	Coriander powder	1 tbsp
6	Kashmeri red chilli pwd	1 tsp
7	Dry ginger powder	½ tsp
8	Cumin	1tsp
9	Salt	To taste



Method:

- * Cut paneer into cubes and add deep fry them. Keep aside.
- * Blanch the peas so that they become tender.
- * Heat oil in a pan, add cumin seeds, turmeric powder, red chill powder, and coriander powder.
- * Cook for a while now add tomato puree, and dry dninger powder.
- * Mix all ingredients together and cook for 5 minutes, add 25 ml water
- * Adjust seasoning and serve hot.



Rajmah

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Kidney beans	250 gm.
2	Onions	250 gm.
3	Ginger	10 gm.
4	Garlic	30 gm.
5	Cumin seeds	A pinch
6	Tomatoes	250gm.
7	Fat	60 gm.
8	Salt	To taste
9	Turmeric powder	½ tsp.
10	Coriander powder	1 tsp.
11	Green chillies	3
12	Chilli powder	1 tsp.
13	Garam masala	½ tsp.

Method:

- * Wash, soak and boil kidney beans.
- * Chop onions fine, blanch tomatoes and puree them.
- * Grind ginger and garlic.
- * Heat fat, add cumin & fry onions.



- * Add ginger garlic and fry till golden brown.
- * Add turmeric powder, coriander powder, chili powder and slit green chilies, fry.
- * Add tomato puree. Cook for 7 minutes.
- * Add kidney beans and cook till gravy is thick.
- * Finish with ½ tsp. garam masala and chopped coriander



BASA BHAT

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Rice	½ kg
2	Cinnamon	1stick
3	Cloves	8-10 no
4	Small cardamom	4 no
5	Large cardamom	1 no
6	Mace	2 blades
7	Pepper corn	10 no
8	Carrot	50 gms
9	Peas	50 gms
10	Cauliflower	50 gms
11	Beans	50 gms
12	Garama masala powder	½ tsp
13	Salt	To taste
14	Oil	As required

Method:

- * Heat oil in a pan , add cut vegetables(1inch Pc), & deep fry.
- * Now prepare a potli of the spices.
- * Prepare rice using draining method and add the potli of spices to it.
- * Drain well , now add the fried vegetables,
- * Add garam masala powder, and adjust seasoning.



KONG FIRIN

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	MILK	4 CUPS
2	Saffron	¼ tsp
3	Semolina	4tbsp
4	Sugar	50 gms
5	Khoya	100 gms
6	Nuts(chopped)	50 grams
7	Condensed milk (Optional)	1 tbsp
8	Keora	1tsp
9	Pista	1tbsp

Method:

- * Boil the milk & saffron together, stir well.
- * Add semolina ,cook till thickened like a sauce.
- * Add sugar& garnish with khoya, & nuts.
- * Serve chilled.

Practical Session - 18

Preparation of -

MACHER JHAAL

GHEE BHAT

ALOO POSTA CHORCHORI

MISTI DOI

Objective:- After the practical session students should be able to prepare MACHER JHAAL, GHEE BHAT, ALOO POSTA CHORCHORI and MISTI DOI.

Instructor's Activity:- Arrange for demonstration of MACHER JHAAL, GHEE BHAT, ALOO POSTA CHORCHORI and MISTI DOI.

Macher Jhaal

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Fish	700 gms.
2	Ground turmeric powder	7gm.
3	Salt	To taste
4	Oil	100 ml.
5	Onion	100 gm.
6	Red Chili powder	3 gm.
7	Green chilies	2-3



Method:

- ✧ Cut fish into 8-10 equal size pieces.
- ✧ Rub the fish with salt and turmeric and keep aside for at least half an hour.
- ✧ Heat oil, fry fish pieces and remove.
- ✧ In the remaining oil add chopped onion, fry it to light brown, add turmeric, chilli powder stir, fry for two minutes and add water. Bring to boil.
- ✧ Add fish pieces and slitted green chilies.
- ✧ Cook on medium heat for 10 to 12 minutes.
- ✧ When the fish is cooked and gravy is thickened , remove from fire and serve hot with rice.



Ghee Bhat

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Pulao rice	500 gm.
2	Almonds	30 gm.
3	Pistachio	30 gm.
4	Raisins	30 gm.
5	Mawa	25 gm.
6	Cloves	4 no.
7	Cinnamon	5 gm.
8	Cardamom	4 no.
9	Saffron	Few petals
10	Nutmeg	A pinch
11	Mace	2 flakes
12	Cumin	2 gm.
13	Shahee jeera	2 gm.
14	Ghee	50 gm.
15	Pepper corn	6 no.
16	Salt	To taste



Method:

- ✧ Tie all spices in a muslin cloth and boil along with the water and reduce to about 1 liter.
- ✧ Pick, wash & drain rice, dissolve saffron in a little warm milk.
- ✧ Heat fat & fry the nuts remove and keep aside.
- ✧ In the same fat fry rice, add the reduced water and salt.
- ✧ Boil and cook till rice is tender.



Aloo Posta Chorchori

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Potatoes	250 gm.
2	Khaskhas	75 gm.
3	Sugar	10 gm.
4	Shahi jeera	3 gm.
5	Green Chillies	2-3 no.
6	Ginger	5 gm.
7	Salt	To taste
8	Red chilli powder	2 gm.
9	Oil	30 ml.

Method:

- * Peel , wash and cut potatoes into long slices.
- * Soak and grind khaskhahs to fine paste.
- * Heat oil add cumin, when it cracks add red chili powder, turmeric, chopped ginger.
- * Fry for a minute, then add potatoes. Fry then add salt and water just enough to cook.
- * When the potatoes are cooked and moisture is evaporated add khaskhas and fry well.
- * Lastly add sugar, mix and remove from fire.



Misti Doi

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Chakka curd	450 gms
2	Powdered sugar/jaggery	115 gms
3	Small cardamom powder	1/8th tea spoon
4	Pistachio slivers	10 gms

Method:

- * Strain the curd with the help of a strainer along with sugar/ dissolved jaggery and small cardamom powder.
- * Place in individual serving cups.
- * Garnish with pistachio slivers and put it in the fridge.
- * Serve chilled.



Practical Session - 19

Preparation of -

Salli Jardaloo Murgi

Gujrati Dal

Methi Thepla

Basundi

Objective:- After the practical session students should be able to prepare Salli Jardaloo Murgi, Gujrati Dal, Methi Thepla and Basundi

Instructor's Activity:- Arrange for demonstration of Salli Jardaloo Murgi, Gujrati Dal, Methi Thepla and Basundi

Salli Jardaloo Murgi

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Chicken	800 gms.
2	Red chilli	5 gm.
3	Cinnamon	2 gm.
4	Cumin	5 gm.
5	Cardamom	2 gm.
6	Clove	2 gm.
7	Ginger	10 gm.
8	Garlic	5 gm.
9	Apricot	100 gm.
10	Onion	225 gm.



11	Tomato puree	30 gm.
12	Salt	To taste
13	Vinegar	20 ml.
14	Sugar	A pinch
15	Potato	200 gm.
16	Oil	To fry

Method:

- * Clean cut chicken into small pieces.
- * Roast and powder red chillies, cinnamon, cumin, cloves and cardamom.
- * Place chicken in a bowl, add ginger garlic (half the quantity) and a pinch of roasted masala.
- * Mix well and keep aside for 1 hour.
- * Stone apricots and cook using sufficient water.
- * Heat fat in a heavy pan adds chopped onion and fry till golden brown.
- * Add remaining garlic, dry spices & the chicken, continue frying for a while.
- * Add tomato puree, salt and water.
- * Bring to boil, reduce heat and simmer for about 20 min. until chicken is cooked.
- * Add vinegar and sugar.
- * Lastly put the apricots in the prepared chicken and keep aside.
- * Prepare potato straws and place in large boiling water and salt.
- * Remove dry and fry until golden and crisp.
- * Serve chicken in a dish topped with potato straw.



Gujrati Dal

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Split red grams	100 gm.
2	Green chillies	6 gm.
3	Ginger	5 gm.
4	Turmeric	1 gm.
5	Jaggery	12-15 gm.
6	Salt	To taste
7	Cocum	3-4 no.
8	Tamarind	15 gm.
9	Water	1.25 ltr.
10	Oil	15 ml.
	To temper	
11	Mustard seeds	1 gm.
12	Fenugreek	1 gm.
13	Asafoetida	1 gm.

Method:

- * Boil the gram in water till cooked.
- * Mash well and add sliced green chillies, ginger, turmeric. Salt, tamarind juice, cocum and jiggery.
- * Boil for half and hour over slow fire.
- * Remove heat oil in a frying pan add mustard seeds, fenugreek and asafoetida.
- * As the seeds splutter, pour over dal and mix well.



Methi Thepla

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Fenugreek leaves	20 gm.
2	Wheat flour	150 gm.
3	Jowar or bajra flour	70 gm.
4	Chilli powder	½ teasp.
5	Turmeric	½ teasp.
6	Salt	¼ teasp.
7	Oil	10 gm.

Method

- * Sieve flour together.
- * Add chilli powder, coriander powder, coriander powder, turmeric salt and chopped fenugreek leaves and mix.
- * Prepare dough, adding enough water & set aside for half an hour.
- * Divide into small balls and roll out very thin.
- * Shallow fry on a hot griddle.



Basundi

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Full cream milk	1 litre
2	Sugar	150-200 gm.
3	Small cardamom	5-6 no.
4	Chironjee	5 gm.

Method:

- * Boil milk, steaming continuously till it reduces to 1/3rd.
- * Add sugar and crushed cardamom, remove from fire, chill.
- * Serve garnished with chironjee.



Practical Session – 20

Preparation of -
Navratan Korma
Tandoori Machhi
Chole
Bhatura

Objective:- After the practical session students should be able to prepare Navratan Korma, Tandoori Machhi, Chole and Bhatura.

Instructor's Activity:- Arrange for demonstration of Navratan Korma, Tandoori Machhi, Chole and Bhatura.

Navratan Korma

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Potato diced	150 gm.
2	Carrot	100 gm.
3	Beans	100 gm.
4	Cauliflower	150 gm.
5	Makhana	25 gm.
6	Paneer	100 gm.
7	Garlic paste	25 gm.
8	Chopped green chillies	2 tsp.
9	Green cardamom pow.	1 tsp.
10	Fresh cream	200 ml.
11	Cashew paste	150 gm.

12	Pineapple	1 slice
13	Raisins	2 tbsp.
14	Bayleaf	4 no.
15	Salt	To taste
16	Refined oil	150 ml.
17	Pomegranate (red)	50 gm.
18	Saffron	2 tsp.

Method

- ✦ Heat oil, add garlic paste and bayleaf.:
- ✦ Add cashew paste, sauté for few min. on slow fire.
- ✦ Add water bring to boil.
- ✦ Add cardamom powder and fresh cream. Keep aside.
- ✦ Boil above mixed vegetables with a little water. Cook till tender.
- ✦ Heat fresh cream and cooked vegetables add cashew gravy and mix it.
- ✦ Finish with saffron mixed in a little milk.
- ✦ Garnish with pineapple slice and sautéed raisins.



Tandoori Macchi

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Fish Pomfret	2 no.
2	Red chilly powder	5 gm.
3	Lemon juice	60 ml.
4	Butter (for basting)	50 gm.
	Marinade	
5	Yoghurt	100 gms.
6	Cream	100 gm
7	Ginger paste	15 gm.
8	Garlic paste	15 gm.
9	Cumin powder	5 gm.
10	Garam masala	3 gm.
11	Saffron	½ gm.
12	Orange color	1 drop
13	Ajwain	1/4th tea spoon

Method:

- * Clean fish & make incision on it..
- * Make paste of red chilly, salt and lemon. Rub over the fish evenly and keep aside for 15 min.

- * Whisk yoghurt and prepare marination by adding remaining ingredients.
- * Rub fish with this mixture and keep aside for ½ an hour.
- * Skewer the pomfret from tail to head & keep a tray underneath to collect the drippings.
- * Roast in the tandoor 10- 15 min. or till done.
- * Serve hot with onion rings and pieces of lime and green chutney.



Chole

Ingredients:

S. No.	INGREDIENTS	QUANTITY
1	Chick peas	225 gm.
2	Soda bi carb	1 tsp.
3	Large cardamom	1
4	Cinnamon pow.	½ tsp.
5	Cumin pow.	½ tsp.
6	Pepper pow.	½ tsp.
7	Clove pow.	½ tsp.
8	Coriander pow.	½ tsp.
9	Turmeric	½ tsp.
10	Chilli pow.	½ tsp.
11	Green chillies	3 no
12	Tamarind	30 gm.
13	Onions	55 gm.
14	Tomatoes	55 gm.
15	Coriander leaves	2 sprigs
16	Fat	15 gm.

Method:

- ✦ Wash and soak chickpeas overnight.
- ✦ Cook with soda bi carb till tender.
- ✦ Add powdered cardamom, cinnamon, cumin, cloves, pepper, coriander and cool.
- ✦ Heat half of the fat. Fry sliced onions, turmeric and chili powder.
- ✦ Add gram, tomatoes and whole green chillies.
- ✦ Continue cooking and mash gram.
- ✦ Just before removing from the fire add tamarind juice and salt.
- ✦ Serve garnished with chopped coriander leaves.



Bhatura

Ingredients:

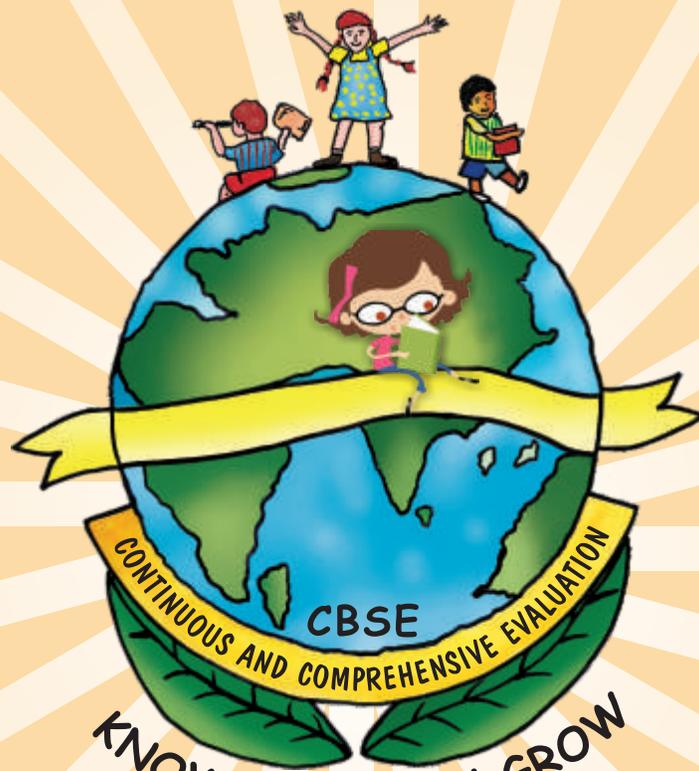
S. No.	INGREDIENTS	QUANTITY
1	Ref. Flour	450 gm.
2	Yeast (optional)	5 gm.
3	Curd	75 gm.
4	Salt	To taste
5	Fat (to deep fry)	

Method:

- * Mix yeast in 120 ml. of luke warm water & set aside for 10-15 min.
- * Make dough with curd, yeast ferment, salt and flour (fairly wet).
- * Set aside of an hour & Knead well .
- * Divide it into even sized balls & roll out in 13 cm. diameter.
- * Fry them in hot oil/fat like puris.







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