

**Course Code - 725**

**DIPLOMA IN FOOD PRODUCTION MANAGEMENT  
(COOKERY)  
PRACTICAL MANUAL**



**NATIONAL INSTITUTE OF OPEN SCHOOLING**

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**FOOD PRODUCTION  
PRACTICAL**



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# **PART-A**

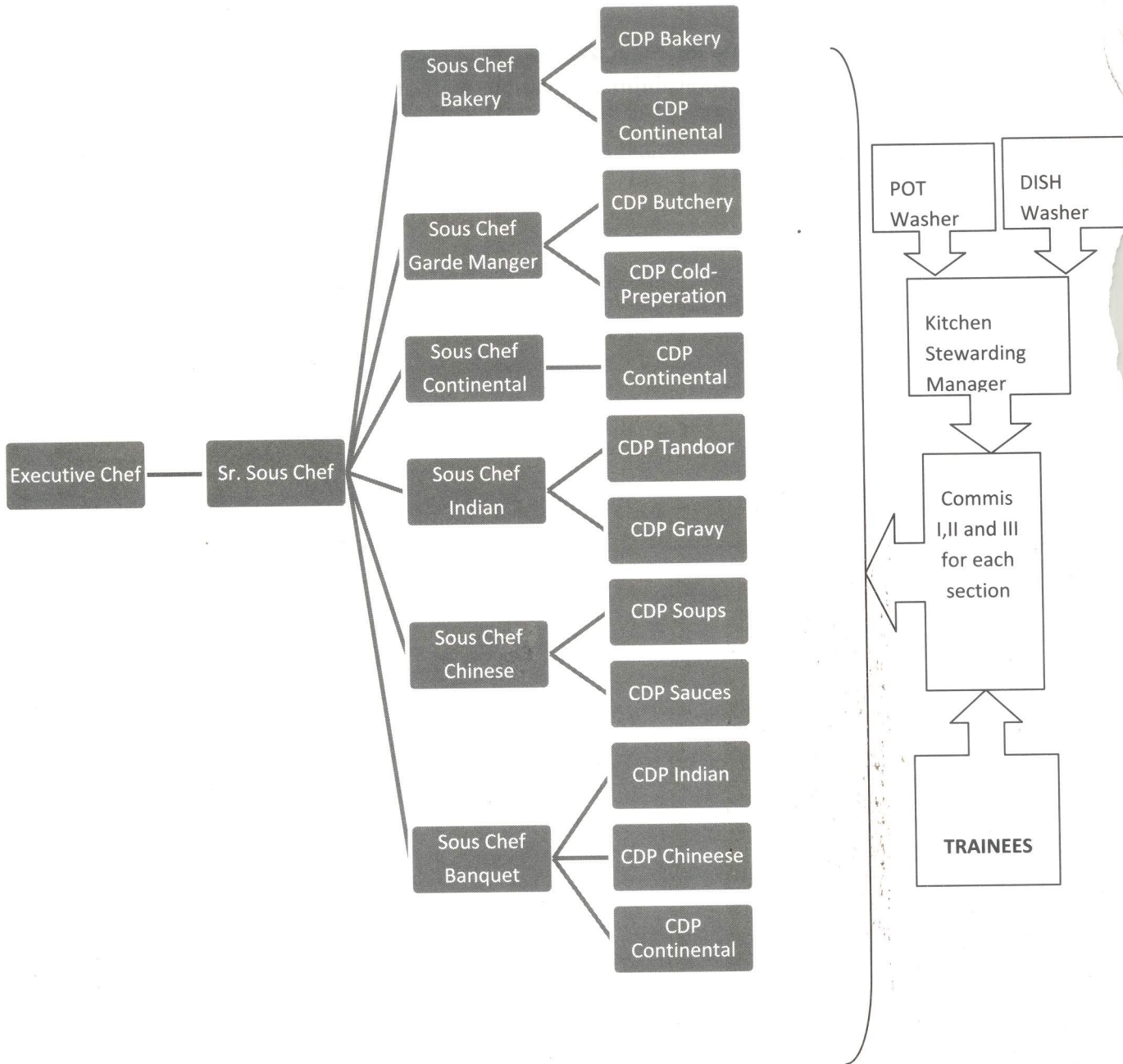
# **PRACTICAL - I**

## **Organizational Hierarchy**

### **I. Aim:**

- a) To understand the organizational structure of the kitchen department along with duties and responsibilities of various staff of kitchen.
- b) Observe organizational structure and staff placement in your Hotel.

II. Theory:





## **PRACTICAL - II**

### **Personal Hygiene**

#### **I. Aim:**

- a) To understand hygiene in the kitchen.
- b) To observe kitchen staff and critically analyze their hygiene standards.
- c) To observe kitchen sanitation.

## II. Theory:

### Hygiene And Sanitation

Hygiene and sanitation are intrinsic and important parts of the food production. These not only create a good place of working but also help in maintaining quality of food. Therefore, proper hygiene and sanitation of staff, kitchen and equipment must be maintained. Special attention should be given to personal hygiene and cleanliness of kitchen. The following points are only a broad base for maintaining hygiene and sanitation.

#### Personal Hygiene

- Staff should be in a fresh and clean set of uniform everyday.
- Staff should be told to have short well groomed hair and nails.
- Staff should put on proper and clean kitchen shoes and cap to avoid hair falling in food.
- Periodic medical/health check-up of food-handling staff should be done.
- Staff should wash hands before starting work. For this hand washing sink, soap, towel and dryer should be provided.
- Staff should be briefed on maintaining personal hygiene and its importance.
- No smoking order to be followed by all in the kitchen.
- A First-aid kit to be available in the Kitchen.

#### Kitchen Hygiene And Sanitation

- The ceiling of the kitchen should be minimum 10 feet high.
- The kitchen should be well lit and ventilated.
- The flooring should be of non-skid surfaces.
- Pest-o-Flash should be installed.
- Bathroom and garbage room should be away from the production area.
- A pest control agency should be employed.
- Fire extinguishers must be available.
- All hoods and exhaust fans to be cleaned periodically.
- All Floors should remain clean and dry.
- Hot and cold running water should be available.
- Wiremesh swinging doors to be provided at entry and exit of the kitchen.
- All cold stores to have automatic locking doors. Alarm bell should be fixed.
- All equipment and tables to always be clean.
- All kitchen accessories should be washed with detergents everyday.
- Dustbins should be periodically emptied and kept covered.
- Garbage room to be kept closed.
- All walls, ceilings, air vents, light fixtures, counter tops and other surfaces must be free from dust and be in good repair.
- Automatic dishwasher must be equipped to sterilize cutlery, crockery, glassware, etc.
- Leftover food to be stored well covered and at proper temperature.
- Cold stores should maintain proper temperatures.
- All kitchen drains should be clean and kept covered.
- All miss-en-place trays should be kept covered with cling wrap.
- All cooked and semi-cooked food should be kept covered.
- First-aid kit should be kept in the kitchen for emergency.





## PRACTICAL-III

### Criteria for Selection of Equipment for the Kitchen Care, Maintenance and Upkeep of Equipment

#### I. Aim:

1. To know the criteria for selection of equipment for the kitchen.
2. Select any two equipment in your kitchen and critically evaluate their selection, care and maintenance.

#### II. Theory:

##### Criteria for Selection of Equipments

- **Type of Operation:** This is the very important aspect that should be kept in mind while selecting equipment. The demand varies from the operation to operation. The A la Carte service restaurant will require different type of equipment as compared to the restaurant that offers Table d Hote service.
- **Budget:** The budget of the equipment should be well forecasted and should be in limit within the operations of the company.
- **Availability of spare parts:** The spare parts for the equipment should be easily available in the market in case of any breakdown or emergency.
- **User-friendly:** The equipment should be user friendly and should be understood by all levels of staff.
- **Eco-friendly:** The equipment used in the kitchen should not be hazardous to both employees and environment. It should be eco-friendly in nature.
- **Skill of staff:** Before purchasing equipment for the kitchen, the skills of the staff should be well judged so that there will not be any confusion related to the operation of the equipment.

#### Care, Maintenance and Upkeep of Equipment

Kitchen equipment is expensive and if it breaks down, can hamper your business. Making sure it is well maintained, will save you lots of money in utility costs and replacement costs.

Create a calendar with the recommended maintenance dates for all parts and equipment, including monthly, quarterly, semi-annual and annual checks.

The schedule should note when air-conditioning-equipment air filters should be changed (at least quarterly), exhaust- and supply-fan bearings should be lubricated, and when thermostats on cooking and air-conditioning equipment should be calibrated.

**Maintenance :**

- Empty grease pan and thoroughly wash and dry.
- Remove grids and scrub them with a soft wire brush in detergent and water in the pot sink
- Wash drip shields and broiler exterior with detergent and hot water.
- For stainless steel finish, rinse well with a solution of 1/4 cup vinegar to 1 quart water; dry.
- Clean spilled food from burner ports with stiff wire brush if necessary.
- Scrape the inside panels of the salamander or cheese melter with a long-handled scraper and wipe with a coarse cloth soaked in detergent and hot water. Do not use abrasives or caustics.
- Wipe exterior of unit with a cloth dampened in detergent and hot water. Wipe off with fresh hot water.

**III. Observation:**

**Equipment 1**

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**Equipment 2**

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**IV. Conclusion:**

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## PRACTICAL - IV

### Check List of Kitchen Equipment

#### I. Aims:

- a) To list various kitchen equipments.
- b) To critically analyze the working of any 2 equipment.

#### II. Theory:

### Check List of Kitchen Equipment

#### A. Deep Fat Frier

1. Is it clean functioning well ?
2. Is the thermostat working properly ?
3. Is the Oil drain valve leaking ?
4. Are the drain trays in position ?
5. In case it is gas operated –
  - i) Is the burner clean and the flame blue ?
  - ii) Is pilot flame provided ?
  - iii) Is there any gas leakage ?
  - iv) Is the hose connection good ?
  - v) Are the control valves clean and free from grease ?
6. In case it is electric operated –
  - i) Are the power connections proper ?
  - ii) Is the contactor, where provided, working properly ?
  - iii) Are all the switches working properly ?
  - iv) Are all the elements working properly ?
  - v) Are the indication lamps working ?
  - vi) Is it earthed properly ?
7. Are the valve / switch knobs in position ?
8. Is the unit painted properly ?
9. Has It been overhauled ?
10. Is the history card up-to-date ?

## **B. Milk / Tea Boiler**

1. Is the element clean and working properly ?
2. Is the power supply proper ?
3. Is the thermostat working properly ?
4. Is the unit earthed properly ?
5. Is it clean from inside ?
6. Is it leaking from the valve ?
7. Is the switch working properly ?
8. Is the indication lamp working ?
9. Is it well painted ?
10. Is the history card up-to-date ?
11. Is there a water spout ?

## **C. Toaster / Salamander**

1. Are all the elements working properly ?
2. Is the power supply proper ?
3. Is the switch working properly ?
4. Is the thermostat working properly ?
5. Is the unit properly earthed ?
6. Are the Indication lamps working ?
7. Is the contractor, if provided, working properly ?
8. Is the interior clean ?
9. Is it well painted ?
10. Is the history card up-to-date ?

## **Cooking Range / Hot Plate / Bain Marie / Tilting**

### **Pan (Gas)**

1. Is the cooking range clean and functioning well ?
2. Are the gas burners clean ?
3. Are the control valves clean and free from grease and oil ?
4. Are the burners clean and the flame blue ?
5. Is the pilot flame provided ?
6. Is the pressure regulator working properly ?
7. Is the flexible hosepipe in good condition ?
8. Is the container of the Bain Marie clean without scales ?
9. Are the interiors of the unit clean?
10. Is the tilting pan clean ?
11. Is it working ?
12. Are all the knobs in position ?
13. Is it well painted ?
14. Is the history card up-to-date ?
15. Is the thermostat working ?
16. Are the drip trays clean and in position ?
17. Is there water spout to the Bain Marie ?
18. Is the drain clean ?



## **Refrigerator / Deep Freezer / Ice-Cream Dispenser**

1. Is the operation smooth ?
2. Is the general condition good ?
3. Is the door gasket good?
4. Is the body in good condition ?
5. Is the cabinet in good condition ?
6. Are doors in good condition ?
7. Is the cooling effective ?
8. Is the defrosting being done ?
9. Is the condenser clean ?
10. Is the condenser fan motor well lubricated and working smoothly ?
11. Is the thermostat working properly ?
12. Are the trays in position ?
13. Are the electrical connections proper ?
14. Is the door lock working ?
15. Is the earthing proper ?
16. Is it well painted ?
17. Is it being overhauled ?
18. Is the history card up-to-date ?



## **Electric Cooking Range / Hot Plate / Griller**

1. Is it clean and functioning well ?
2. Are all the elements working ?
3. Are all the switches functioning well?
4. Are the hot plates clean ?
5. Is the power supply proper ?
6. Is it properly earthed ?
7. Is the thermostat working alright ?
8. Is it painted properly ?
9. Is it being overhauled ?
10. Is the history card up-to-date ?



# PRACTICAL - V

## Forms, Records And Registers Maintained In Kitchen Area

### I. Aims :

To fill the forms and records given below:

- a) Attendance Register
- b) Duty Roster
- c) Overtime Register
- d) Daily Consumption Sheet
- e) Kitchen Consumption Register
- f) Maintenance Slip
- g) Requisition Book

# Attendance Register

## Department

Sl. No.	Name	Design	T. No.	Dates 1 to 31 <sup>st</sup>	Total Present	Total CL	Bal	Total FH	Bal	Bal PL	Total	Bal ML	Total Absent	Remarks
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To be filled in daily for every shift by the Chef of the Hotel.

P = Present  
P/2 = Half-day Present  
L = Late  
A = Absent

CL = Casual Leave  
ML = Medical Leave  
PL = Privilege Leave  
O = Off-day  
PC = Present on off-day  
OT = Overtime

## Duty Roster

### Department

**W.E.F.**

Sl. No.	Name	Designation	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
<b>Note :</b> 1. 2.									

To be made by Chef in three copies. First copy goes to the file, second on display board and third to Personnel Department. To be made fortnightly / monthly. All staff will be rotated in all shifts Exchange of duties may be permitted with the prior approval of Chef.

## Overtime Register

Name .....

Designation .....

Token No. ....

Date	OVERTIME		Hours	Reason	Sanction
	From	To			

**To be filled in by the Chef/Exec. Chef as and when required.**





Hotel .....

Sl. No.

### Maintenance Slip

From

Date

To

Time

Nature Of The Complaint

Received By

Signed By

Compliance

Date

Time

Signature







# PRACTICAL - VI

## Fire Fighting

### I. Aims:

- a) To understand about fire and their types and different fire fighting equipments.
- b) Observe fire fighting equipments in your Hotel and identify the list, name and brand of the equipments in your Hotel.

### II. Theory:

## Fire Fighting

#### 1. Golden triangle of fire fighting

Three important factors are necessary for any type of fire

1. Temperature
2. Oxygen
3. Combustible Substance

#### 2. Classification of fires and uses of extinguishers :

TYPE	CLASSIFICATION	BURNING SUBSTANCE	PRINCIPLES OF EXTINCTION	EQUIPMENT USED
Ordinary Fire	Class 'A'	Paper, wood, cloth & coal	Cooling / Quenching extinguisher	Water Fire blanket & Water / CO, the
Oil Fire	Class 'B'	Cooking oil, petrol, Paint, kerosene & diesel	Blanketing / Smothering	Foam, dry chemical powder, CO <sub>2</sub> fire extinguisher
Gas fire, LPG Acetylene	Class 'C'	Gaseous fire such as Acetylene	Blanketing	Dry. Chemical pdr. CO <sub>2</sub> , gas fire extinguisher water spray for cooling the burning cylinders
Metal fire	Class 'D'	Reactive metals c.g. magnesium, sodium, potassium	Blanketing	Pyromerit powder fire extinguisher
Electrical	Class 'E'	Electrical equipment / fitting such as motors, generators, radiator TV sets, junction points etc.	Non-conducting medium of fire extinction	CO <sub>2</sub> , gas of dry chemical powder fire extinguishers.

#### 3. Equipment available for fire fighting :

- i) Extinguishers
  - a) CO<sub>2</sub>/Water
  - b) Foam
  - c) Dry Chemical Powder
  - d) CO<sub>2</sub> gas
- ii) Hydrants
- iii) Hose reels
- iv) Water buckets
- v) Sand buckets



## **PRACTICAL - VII**

### **First Aid Kit**

#### **I. Aims:**

- a) To list contents of basic first aid kit.
- b) Prepare a kit having all the essential items.
- c) Observe the first aid kit available in your kitchen/Hotel.

#### **II. Theory:**

#### **First – Aid Kit should include**

- Band aids
- Bandages
- Sterilized Cotton Wool
- Dettol
- Burnol
- Potassium Permanganate Crystals
- Mercurio Chrome Liquid
- Medicine Like-Baralgin, Asprine, Crocin, Avomine etc.



## PRACTICAL-VIII

### Prevention of Food Adulteration Act (PFA)

#### I. Aims:

- a) To understand about Food adulterants and their effect on health.
- b) To list commonly adulterated foods and common adulterants
- ☉ Ask the procurement officer if they have ever come across any adulterated food item. If yes, what did they do?

#### II. Theory :

- 1) Prevention of Food Adulteration, Act 1954

#### A. Objective

1. To protect the public from poisonous and harmful foods
2. To prevent the sale of substandard foods
3. To protect the interests of the consumers by eliminating fraudulent practices

**Meaning of Adulterant:** Any material which is or could be employed for the purposes of adulteration

**Definition of Food:** Any article used as food or drink for human consumption other than drugs and water and includes

- a. Any article which ordinarily enters into or is used in the composition or preparation of human food
- b. Any flavoring matter or condiments and
- c. Any other article which the Central Government may having regard to its use, nature, substance or quality, declare, by notification in the official gazette as food for the purpose of this Act.

#### B. Concept of Adulteration

An article of food shall be deemed to be adulterated:

- a. If the article sold by vendor is not of the nature, substance or quality demanded by the purchaser.
- b. If the article contains any other substance which affects the substance or quality thereof.

If any inferior or cheaper substance has been substituted wholly or in part for the article so as to affect the nature, substance or quality of the product.



- c. If any constituent of the article has been wholly or in part extracted to affect the quality thereof.
- d. If the article has been prepared, packed or kept under unsanitary conditions where by it has become contaminated or injurious to health.
- e. If the article consists wholly or in part of any filthy, putrefied, rotten, decomposed or diseased animal or vegetable substance or is insect-infested or is otherwise unfit for human consumption.
- f. If the article is obtained from a diseased animal.
- g. If the article contains any poisonous or other ingredient which renders it injurious to health.
- h. If the container of the article is composed, whether, wholly or in part of any poisonous or deleterious substance which renders its contents injurious to health.
- i. If any colouring matter other than that prescribed in respect thereof, is present in the article or if the amounts of the prescribed colouring matter which is present in the article are not within the prescribed limits.
- j. If the article contains any prohibited preservative or permitted preservative in excess of the prescribed limits.
- k. If the quality or purity of the Article falls below the prescribed limits of variability which renders it injurious to health
- m. If the quality or purity of the article falls below the prescribed standard or its constituents are present in quantities not within the prescribed limits of variability which renders it injurious to health.

**C. Sale of Certain Admixtures Prohibited**

Sale by himself or by his servant or agent is prohibited in case of:-

- a. Cream Which Has Not Been Prepared Exclusively From Milk Or Which Contains Less Than 25% Of Milk Fat
- b. Milk Which Contains Added Water
- c. Ghee Which Contains Any Added Matter Not Exclusively Derived From Milk Fat
- d. Selling Skimmed Milk As Whole Milk
- e. Mixture Of Two Or More Edible Oils As An Edible Oil
- f. Vanaspati To Which Ghee Or Any Other Substance Has Been Added
- g. Any Article Of Food Which Contains Any Artificial Sweetener Beyond The Prescribed Limit
- h. Turmeric Containing Any Foreign Substance
- i. Mixture Of Coffee And Other Substance Except Chicory
- j. Dahi Or Curd Not Made Out Of Milk
- k. Milk Or Milk Products Containing Constituents Other Than Of Milk



**D. Procedure For Sampling And Analysis**

Any food Inspector can enter and inspect any place where any article of food is manufactured or stored for sale or stored for the manufacture of any other article of food for sale or exposed or exhibited for sale or where any adulterant is manufactured or kept and take samples of such article of food or adulterant for analysis.

- a. Notice will be issued by the Inspector in writing then and there to the seller indicating his intention
- b. Three samples are taken and the signature of the seller is affixed to them
- c. One sample is sent for analysis to Public Analyst under intimation to the Local Health Authority
- d. The other two samples are sent to the local health authority for further reference

**E. Penalties**

Guilt will be punished with imprisonment for a term which shall not be less than six months and upto 3 years and with fine upto one thousand rupees

**F. Important Miscellaneous Provisions**

1. If any extraneous additions of colouring matter is added, the same should be indicated on the labels
2. From the labels the blending composition of ingredients should be clear to the customer
3. Sale of kesari gram individually or as an admixture is prohibited
4. Prohibition of use of carbide (acetylene) gas in ripening is prohibited
5. Sale of ghee with Reichert value less than the permitted level
6. Sale of admixture of ghee or butter is prohibited
7. Addition of artificial sweetener should be mentioned on the label
8. Sale of food colours without license prohibited
9. Sale of insect damaged dry fruits and nuts prohibited
10. Food prepared in rusted containers, chipped enamel containers and untinned copper/brass utensils are treated as unfit for human consumption
11. Containers not made of plastic material which is not according to the standards are not to be used
12. Selling salted fat or any other purpose except for bakery and confectionery is prohibited
13. Store of insecticides in the same premises where food articles are stored is prohibited
14. Milk powder or condensed milk can be sold only with ISI mark

15. Use of more than one type of preservative is prohibited
16. Crop contaminants beyond certain specified level is treated as adulterant
17. Naturally occurring toxic substances in the food material beyond certain level is considered as unfit for human consumption
18. No anti-oxidant, emulsifiers and stabilising agent is permitted beyond the prescribed level
19. No insecticides should be sprayed on the food items
20. Oils can be manufactured only in factories licensed for such purpose.



# **PART-B**

# Basic Stocks/ Sauces

## Vegetable Stock

No. of Portions: 4

### 1. Ingredients :

- 1 medium onion , quatered
- 2 carrots, roughly chopped
- 2 stalks celery, roughly chopped
- 3 to 4 coriander (dhania) stems
- 1 tsp black peppercorns

### 2. Method :

1. Place all the ingredients in a large pan and add 6 cups of water.
2. Bring to a boil and then lower the heat.
3. Cover with a lid and simmer for 20 minutes till the vegetables have released their flavours.
4. Cool and strain.
5. Use as required.

### 3. Points to keep in mind :

Always start a stock in cold water and simmer gently so that the ingredients release their flavours.

### Assessment of the Completed Stock

- 1) Stock should be clear.
- 2) The body of the stock derived from the vegetables and other soluble product may be identified by taste and can be seen in the viscous nature of the product.
- 3) The stock should have a delicate flavour of the vegetables from which it has been made.

### 4. Evaluation Criteria (In Terms of):

**Visual:** Stock should be clear.

**Taste:** Taste should be mild and full of flavours of spices/ ingredients used in it.

**Smell:** Should be full of aroma of ingredients used in it.

**Consistency:** Should be thin, not viscous.



# Chicken Stock

No. of Portions: 4

## 1. Ingredients:

Sl.No.	Ingredients	Quantity
1	Chicken Bones	350 grams
2	Carrots	25 grams pre washed
3	Onion	25 grams peeled & cut
4	Leek	15 grams
5	Celery	15 grams
6	Thyme	1 Spring
7	Bay Leaf	1 number
8	Parsley leaf	1 number
9	Pepper corn	few
10	Water	1 ½ liter

## 2. Method:

- 1) Blanch the bones by covering them with cold water. Bring to boil and simmer for 2 minutes. Then run off the water and wash the bones under hot water to remove all traces of fat and scum. Rinse cold water until all the impurities have been washed away.
- 2) Place the bones in the stock covered with cold water and bring gently to a boil.
- 3) Remove any scum that rises to the surface.
- 4) Add the vegetables and the Bouquet Garni.
- 5) Gently simmer for the required time continuously removing all traces of scum & grease.
- 6) When cooked strain through a conical strainer into a clean sauce pan, reboil and use as required. Cool as rapidly as possible and place in a refrigerator and 7 to 8°C until required.
- 7) To cool stock rapidly place the pot on an ice bucket or on a pot stand in a sink of cold water. Allow the cold water to run in and surplus to drain out of the sink or leave the pot to stand in a cool place raised on a pot stand until cool.



### 3. Points to keep in mind:

In order to prepare a quality stock the following points to be considered.

- a) The bones should be fresh, free from fat and chopped into manageable pieces. The vegetable should be of sound (good) quality.
- b) The basic stock should not be seasoned with salt.
- c) The colour and clarity will influence very largely at the balancing stage.
- d) During cooking always cover the bones with cold water, Simmer the stock gently. Skim off fat and other impurities at the initial stage.
- e) Before adding the vegetables and Bouquet Garni, do not stir or disturb the stock.
- f) Stock should be re-boiled after straining.
- g) If not for immediate use cool quickly and refrigerate.

### Assessment of The Completed Stock:

- 1) Stock should be clear.
- 2) The body of the stock derived from the gelatin in the bones and other soluble product may be identified by taste and can be seen in the viscous nature of the product.
- 3) The stock should have a delicate flavor of the bones from which it has been made.

### 4) Evaluation Criteria (In terms of):

**Visual:** Stock should be clear.

**Taste:** Stock should have a delicate flavor of the bones from which it has been made.

**Smell:** Should be full of aroma of ingredients used in it.

**Consistency:** Should be full bodied as the body of the stock is derived from gelatin.





# Lamb or Mutton Stock

No. of Portions: 4

## 1. Ingredients :

- 01 kg lamb or mutton bones
- 02 litres water
- 150 g carrot roughly cut
- 150 g onion roughly cut
- 100 g leek roughly cut
- 150 g celery roughly cut
- 50 g mushroom trimmings
- 05 peppercorns

## Bouquet Garni

- 1 sprig thyme
- 2 bay leaves
- bouquet garni
- parsley stalks

## 2. Method :

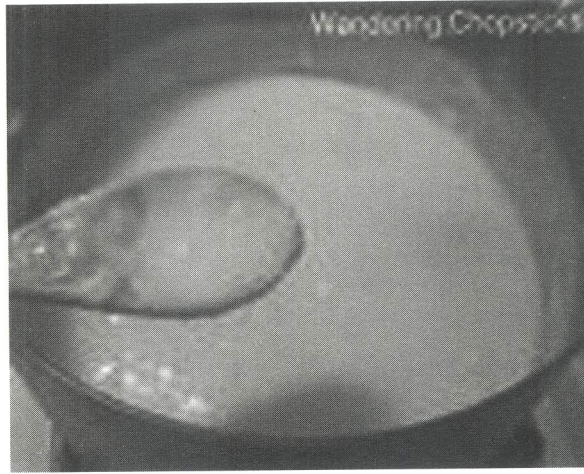
1. Place the bones in a stockpot, cover with cold water and bring slowly to the boil.
2. Remove any scum that rises to the surface.
3. Add the vegetables, herbs and peppercorns.
4. Simmer gently for 1 hour, continuously removing all traces of scum and grease.
5. Pass through a conical strainer into a clean saucepan, reboil and use as required or cool as rapidly as possible and place in a refrigerator at 7°C until required.



# Bechamel Sauce

No. of Portions: 4

## 1. Ingredients :



Sl.No.	Ingredients	Quantity
1.	Flour	90 grams
2.	Milk	1 litre
3.	Butter	90 grams
4.	Onions studded with clove	25 grams
5.	Bay Leaf	1 No.

## 2. Method:

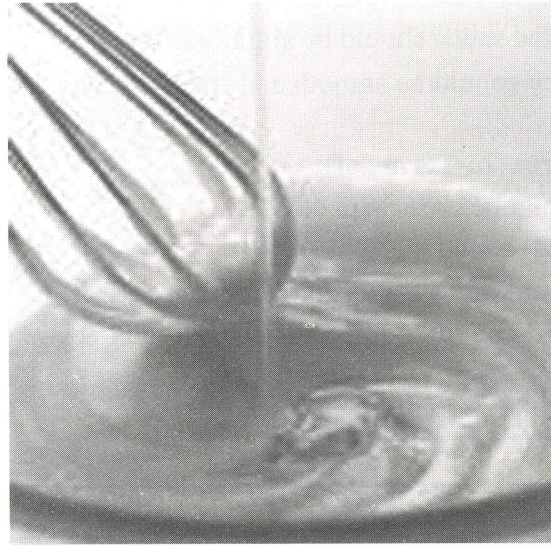
- 1) Bring the milk to boil with studded onion & set aside.
- 2) Melt the butter in a thick bottom pan, add flour & stir over gentle fire without giving colour and cook till it gets sandy texture.
- 3) Pour the milk into the roux stirring with a wooden spoon to avoid lumps.
- 4) Simmer gently for half an hour.
- 5) Take out the studded onion & pass through strainer.
- 6) Cover with a butter to prevent formation of skim.





## Mayonnaise Sauce (Cold Sauce)

No. of Portions: 4



Mayonnaise is a basic cold sauce. It is used as a salad dressing and as an accompaniment. It has a wide variety of uses, particularly in egg yolk & has a high percentage of fat.

### 1. Ingredients:

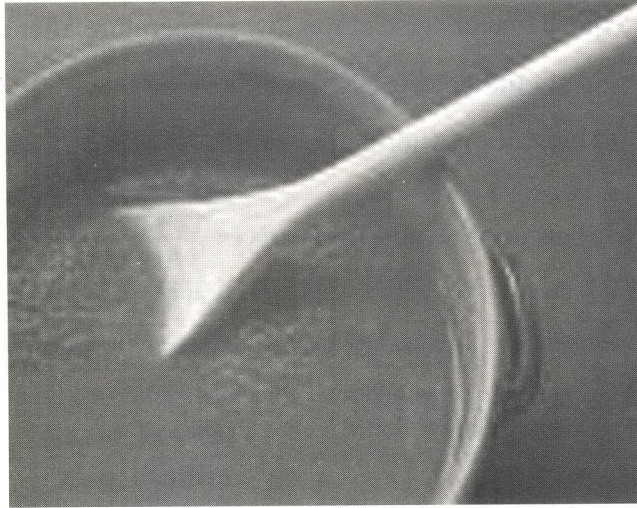
Sl.No.	Ingredients	Quantity
1.	Salad or Olive Oil	1.8 Liters
2.	Egg Yolk	10 No.
3.	Mustard Powder	½ Tsp.
4.	Vinegar	15 ml
5.	Lemon Juice	¼ Tsp.
6.	Seasoning	As Required

### 2. Method:

- 1) Place the egg yolk, vinegar, seasoning in a clean bowl and mix well.
- 2) Add oil slowly, a little at a time, whisking continuously until all the oil is incorporated.
- 3) Finish the sauce by adding the juice of lemon and warm water.



# Tomato Sauce



Tomato sauce is red in colour, served as an accompaniment with a variety of dishes and all time favorite of kids.

## 1. Ingredients:

Sl.No.	Ingredients	Quantity
1.	Flour	400 Grams
2.	Butter	350 Grams
3.	Tomato Puree	450 Grams
4.	Dices of Bacon Trimmings	200 Grams
5.	Brown Stock	4 Liters
6.	Sugar	50 Grams
7.	Salt	15 Grams
8.	Garlic Crushed	5 Cloves
9.	Bouquet Garni	100 Grams

## 2. Method:

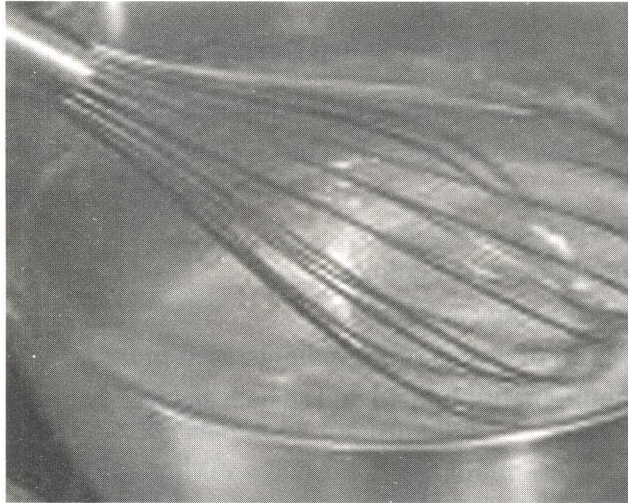
- 1) Melt butter in a pan.
- 2) Add roughly chopped vegetables, crushed garlic and sauté, till slightly brown.
- 3) Mix in flour, and fry till it's get a sandy texture & get a slightly brown color.
- 4) Add tomato puree and chopped tomatoes & stir.
- 5) Add cold stock, stirring to prevent lumps and bring to boil.
- 6) Add seasoning & cook for 1½ hours.
- 7) Skim frequently.
- 8) Strain & cover with butter.





## Veloute Sauce (Blonde Sauce)

No. of Portions: 4



It is a basic blond sauce. It is prepared from blond roux and stock. Veloute gets its name from type of stock used, example – Fish Stock & Blonde roux – Fish Veloute. Chicken stock & Blonde roux – Chicken Veloute.

### 1. Ingredient:

Sl.No.	Ingredients	Quantity
1.	Butter	400 Grams
2.	Flour	400 Grams
3.	Stock (Chicken, Veal or Fish)	5 Litres
4.	Mushroom Trimming	125 Grams

### 2. Method:

- 1) In a thick bottomed pan, prepare blond roux.
- 2) Add cold stock into roux, stir vigorously, to avoid lumps.
- 3) Simmer gently for one hour, stirring frequently with a wooden spoon.
- 4) Pass through a fine strainer & cover it with butter, to prevent the formation of skim.



# SOUPS

## Cream of Tomato Soup

No. of portions: 4

### 1. Ingredients:

Sl.No.	Ingredients	Quantity
1	Tomato	350 gms
2	Tomato pure	50 gms
3	Onion	50 gms
4	Carrot	30 gms
5	Garlic	15 gms
6	Blond roux	50 gms
7	Bread	2 slice
8	Fresh cream	60 gms
9	Salt and pepper	To taste
10	Leeks and celery	20 gms

### 2. Method:

- Chop the vegetables separately
- Sauté garlic, bay leaf, peppercorn in butter in a heavy bottom pan
- Add carrot and onions. Cook for 2-3 mins.
- Add the tomato puree (chopped) and seasoning allow to sweat till the tomatoes are washed up
- Add 300ml of vegetable stock or water and allow simmering for an hour
- Thicken the same with blond roux
- Strain it adjust the consistency and seasoning
- Finish with butter and cream
- Serve hot garnished with fried bread and cream.

### 3. Evaluation Criteria (In Terms Of):

**Visual:** Soup should be red in colour.

**Taste:** Soup should be mild in taste.

**Smell:** Should be full of aroma of ingredients used in it.

**Consistency:** Should be full bodied and smooth and free from any lumps.





# Minestrone Soup

No. of Portions: 4

## 1. Ingredients

- 1 tsp oil
- 1 onion , finely chopped
- 2 to 3 garlic (lehsun) cloves , finely chopped
- 1 carrot , finely chopped
- 1 celery (ajmoda) , chopped
- 1 zucchini , chopped
- 6 to 8 french beans , chopped
- 1/2 cup sweet corn kernels (makai ke dane)
- 1 canned cannellini beans
- 1 cup cooked macaroni
- 3 tomatoes , boiled and pureed
- salt and pepper to taste
- 1 tsp dry red chilli flakes (paprika)
- 1 tsp dried oregano
- 5 fresh basil leaves

## 2. Method:

1. Heat the oil in a broad pan; add the onions and garlic and sauté on a medium flame for few minutes.
2. Add the celery, carrot, french beans, corn and add enough water and bring it to a boil for some time.
3. Now add the pureed tomato, white beans, zucchini and the pasta mix well and cook for 4 to 5 minutes.
4. Add the salt, pepper, chilli flakes, oregano and fresh basil leaves and mix well and cook for more 2 minutes.
5. Serve hot

## 3. Points to be keep in mind:

Minestrone is a thick soup of Italian origin made with vegetables, often with the addition of pasta or rice. Common ingredients include beans, onions, celery, carrots, stock, and tomatoes. It can be vegetarian, contain meat, or contain a meat-based broth (such as chicken stock).

The soup is served piping hot before the main course in a soup bowl along with bread and butter.

## 4. Evaluation Criteria (In Terms of):

**Visual:** Soup should be brown in colour.

**Taste:** Soup should be mild in taste.

**Smell:** Should be full of aroma of ingredients used in it.

**Consistency:** Should be full bodied and smooth and free from any lumps.



## Cream of Vegetable Soup

No. of Portions: 4

### 1. Ingredient :

- 1 1/2 cups mixed vegetables (french beans , carrots , green peas)
- 1 onion , chopped
- 1 1/2 tbsp plain flour (maida)
- 2 1/4 cups milk
- 2 tbsp butter
- salt to taste

### To Serve

grated processed cheese

### 2. Method:

1. Heat the butter and fry the onion for 1 minute.
2. Add the vegetables and fry again for 2 to 3 minutes.
3. Add 3 teacups of water and cook until the vegetables are soft.
4. Mix the flour and milk and add to the vegetables. Cook for at least 3 to 4 minutes.
5. Serve hot with grated cheese.

### 3. Points to keep in Mind:

The Vegetable soup is served piping hot in a soup bowl as an appetiser before the main course. Bread and Butter served as an accompaniment to it.

### 4. Evaluation Criteria (In Terms of):

**Visual:** Soup should be greenish in colour.

**Taste:** Soup should be mild in taste.

**Smell:** Should be full of aroma of ingredients used in it.

**Consistency:** Should be full bodied and smooth and free from any lumps.





# Rasam

No. of Portions: 4

## 1. Ingredients:

Sl.No.	Ingredients	Quantity
1.	Arhar Dal Stock	500 gms
2.	Tomatoes	200 gms
3.	Curry Leaves	100 gms
4.	Mint Leaves	few
5.	Garlic Grated	1 tsp
6.	Cinnamon	10 gms
7.	Rasam Powder	1 tsp
8.	Green Chillies	6-7
9.	Peppercorn	10 gms
10.	Tamarind	80 ml
11.	Mustard Seeds	10 gms
12.	Cumin Seeds	10 gms
13.	Ghee or Oil	60 ml
14.	Salt	To Taste
15.	Hing (asafoetida)	5 gms

## 2. Method :

- Put whole tomatoes in boiling water, simmer for 3 minutes, keep it aside to cool.
- Heat 1/4 tsp oil in a small pan, add pepper corns and 1 tsp cumin seeds and roast till aromatic, pound it in a mortar till powdered. Keep aside.
- Peel away the broken skin of boiled tomatoes and mash them into a pulp
- To the thick tomato pulp, add roasted whole chillies, all leaves, all masalas, salt, tamarind, jaggery and blend it with the blender.
- In a deep pan, add the stock.
- Heat ghee in a small pan, add mustard and remaining cumin seeds, asafoetida and allow to splutter.
- Add garlic to it and stir.
- Season the rasam with the prepared tadka.
- Bring to a boil and simmer for 2-3 minutes. Keep aside covered for 10 minutes before serving.
- Serve hot as a soup or with steaming hot plain rice and papads



# Hot & Sour Soup

No. of Portions: 4

## 1. Ingredients :

- 7 cloves of garlic (lehsun)
- 50 mm(2") piece ginger (adrak) julliennes
- 3 green chillies, slit
- 3 tbsp sliced canned mushrooms (khumbh)
- 7 baby corn , cut diagonally
- 1 tsp lemon juice
- 1 bunch lemon grass

For the garnish

- 2 tbsp chopped spring onions
- 2 tbsp chopped coriander (dhania)
- 2 tbsp carrots , cut into thin strips

## 2. Method :

1. Boil 5 cups of water in a pan. Add the seasoning cube, garlic, ginger, lemon grass and coriander (tied together), cover and simmer for 15 minutes.
2. When the aroma starts getting released, discard the garlic, ginger, lemon grass and coriander bunch.
3. Add the chillies, mushrooms, baby corn and salt and simmer for another 15 minutes in the covered pan.
4. Add the lemon juice just before serving.
5. Garnish the soups bowl with spring onions, coriander and carrot, pour the hot soup over it and serve at once.

## 3. Points to keep in mind :

1. Keep in mind that seasoning cubes already contain salt. Therefore, extra salt should be added last, if required.
2. Pouring hot soup over the spring onions, carrots and coriander helps release their flavours besides cooking them slightly.

## 4. Evaluation Criteria (In Terms of):

**Visual:** Soup should be dark reddish in colour.

**Taste:** Soup should be full of flavour and is generally sweet and sour in taste.

**Smell:** Should be full of aroma of ingredients used in it.

**Consistency:** Should be little viscous in consistency.



# Mulligatawny Soup

No. of Portions: 4

## 1. Ingredients :

- Split pigeon pea (toor dal/arhar dal) 6 tablespoons
- Rice 3 tablespoons
- Garlic, peeled 2 cloves
- Ginger, peeled 1 inch piece
- Red chilli powder 1 teaspoon
- Turmeric powder 1 teaspoon
- Coriander powder 1 teaspoon
- Cumin powder 1 teaspoon
- Peppercorns 1/2 teaspoon
- Ghee 2 tablespoons
- Onion ,finely chopped 1 large
- Bay leaf 1
- Salt to taste
- Coconut milk 3/4 cup
- Tamarind pulp 2 tablespoons
- Garam masala powder 1/2 teaspoon
- Peppercorns,crushed 1/2 teaspoon
- Rice, boiled 1 tablespoon

## 2. Method :

- Soak the lentils and rice in water.
- Grind garlic, ginger, turmeric powder, cumin powder, coriander powder, red chilli powder and pepper corns to a paste.
- Heat ghee in a pan, add bay leaf and chopped onions.
- Sauté for a minute on high heat. Add soaked dal and rice.
- Mix and then add the ground paste and a little water. Mix and add little salt.
- When the soup comes to a boil cover and cook till the rice and dal is done.
- Strain and bring the soup to a boil again. Add tamarind pulp, coconut milk and stir.





# Hors D' Oeuvres

No. of Portions: 4

## Vegetable Cutlets

### 1. Ingredients:

- 2 medium potatoes
- 1 cup chopped mixed vegetables (green peas, carrots, green beans, corn)
- 2 tablespoons chopped cilantro (green coriander)
- 2 finely chopped green chillies (adjust to your taste)
- 1 teaspoon chopped ginger
- 1 teaspoon salt (adjust to your taste)
- 1 teaspoon mango powder
- 3 tablespoon All Purpose flour (plain flour or Maida)
- 1 cup breadcrumbs
- Oil to fry

### 2. Method :

1. Boil the potatoes until they are tender.
2. Once cooked, drain the water and let the potatoes cool down.
3. Peel the skin off and mash the potatoes.
4. Steam the chopped mixed vegetables.
5. Make sure to squeeze the vegetables to take the excess water out and Pat dry.
6. Mix all the ingredients together; adjust salt and pepper to your taste.
7. Add 4 tablespoons of water to the All Purpose flour to make a batter and keep aside.
8. With oiled hands, divide the mixture into 10 equal parts.
9. Shape into flat round patties about 1/2 inches thick.
10. Dip each patty in the flour batter, and roll the patty in breadcrumbs and set aside.
11. Heat the oil on medium high heat in a frying pan.
12. Frying pan should have at least 1 1/2 inch of oil.
13. Fry a few cutlets at a time until they are golden-brown on both sides.
14. Repeat this until all the cutlets are done. Serve hot.

### 3. Points to keep in mind :

1. If the oil is not hot enough, the patties will break.
2. If the vegetable/potato mixture looks wet, you can add some breadcrumbs.
3. You can always change the shape of the cutlets to your desired shape.

### 4. Evaluation Criteria (In Terms Of):

**Visual:** should be light brown in colour.

**Consistency:** Should be crisp in nature.





# Russian Salad

No. of Portions: 4

## 1. Ingredients :

- 100 gms french beans
- 100 gms carrot
- 100 gms green peas
- 225 gms potatoes
- Small can (450 grams) pineapple slices
- 100 gms fresh cream
- 1 recipe Mayonnaise
- 1 boiled beetroot
- 1 head lettuce
- salt to taste
- black pepper (kalimirch) powder to taste

## 2. Method :

1. Cut the vegetables into small pieces and boil.
2. Chop the pineapples and apples.
3. Mix the fruits and vegetables, and add salt and pepper.
4. Mix the mayonnaise and cream.
5. Mix this mayonnaise thoroughly with vegetables. Add salt, pepper.
6. Line a salad bowl with salad leaves. Pile the salad in the centre.
7. Decorates with slices of beetroot.
8. Serve cold.

## 3. Points to keep in mind :

Russian Salad is served before the main course in a half plate.

## 4. Evaluation Criteria (In Terms Of):

**Visual:** should have varied colours depending upon the vegetables and nuts used.

**Taste:** Should be mild in nature.



# Paneer Tikka

No. of Portions: 4

## 1. Ingredients :

- 250 gm paneer (cottage cheese) , cut into (2") cubes
- 100 gm capsicum, cut into (2") pieces
- 100 gm cup thick curds (dahi)
- tsp ginger (adrak) paste
- 1 tsp garlic (lehsun) paste
- tsp chilli powder
- 1/2 tsp dried fenugreek leaves (kasuri methi)
- 20 gm garam masala
- tbsp chopped coriander (dhania)
- 1 tsp chaat masala
- tbsp oil
- salt to taste

## 2. Method :

1. Combine the curd, ginger paste, garlic paste, chilli powder, kasuri methi, garam masala, coriander, oil and salt and mix well to prepare a marinade.
2. Add the paneer and capsicum to it and keep aside for 15 minutes.
3. Arrange the marinated paneer and capsicum pieces in a shallow glass dish and microwave on high for 3 minutes.
4. Serve hot, sprinkled with the chaat masala.

## 3. Points to keep in mind :

If you are making on the tawa, heat the tawa, spread few tbsp of oil and shallow fry the tikkas with vegetables in the skewers. Turn on all sides and fry uniformly until required.

After baking sprinkle chaat masala powder and lime juice on top and serve with green chutney and some onions.



# Cheese Balls

No. of Portions: 4

## 1. Ingredients :

Sl.No.	Item	Weight
1.	Processed Cheese (Grated)	84 gms
2.	Flour	30 gms
3.	Egg	46 gms
4.	Baking Soda	02 gms
5.	Lemon	05 gms
6.	Chilli Powder	01 gms
7.	Seasoning	To taste

## 2. Method :

1. Grate the processed cheese, beat in eggs.
2. Sieve flour with salt & baking powder.
3. Mix together all the ingredients, divide into eight equal balls.
4. In a medium hot deep fryer, put the balls & fry till fluffy & golden brown in colour.
5. Serve accompanied with wafers & tomato ketchup.

## 3. Points to keep in mind :

Take out into the centre of a round dish. Decorate with sprigs of parsley and chopped capsicum. Surround with capsicum, cucumber and carrot slices. Make an outer ring of salted biscuits and serve.

## 4. Evaluation Criteria (In Terms of) :

**Visual:** should be brown in colour.

**Taste:** Should be spicy in taste.

**Consistency:** Should be crisp in nature.





# Coleslaw Sandwich

No. of Portions: 4

## 1. Ingredients :

- 8 slices of white bread
- 50 gms mayonnaise
- 6 tbsp grated carrot
- 6 tbsp shredded cabbage
- 6 tbsp finely chopped lettuce
- 6 tbsp capsicum juliennes
- 4 cheese slices
- 1 lemon
- salt and freshly ground black peppercorns (kalimirch) to taste

## 2. Method :

1. Cut the edges of the breads.
2. Apply little mayonnaise on each slice. Keep aside.
3. In a mixing bowl, combine the carrots, cabbage and lettuce.
4. Add 2 tbsp of mayonnaise, lemon juice, pepper and salt, mix well.
5. Keep it aside for 5 min.
6. Put one cheese slice on a bread spread top with mayonnaise mixture and put the second bread on top.
7. Repeat the same to make more sandwiches.
8. Serve cold.

## 3. Points to keep in mind :

Coleslaw sandwich is a delectable sandwich recipe with coleslaw salad as filling and best enjoyed as cold sandwich with sauce.









## Scrambled Egg

No. of Portions: 4

### 1. Ingredients:

- 8 eggs
- ½ cup whole milk
- 2 tbsp clarified butter or whole butter
- Salt and ground white pepper to taste

### 2. Method:

1. Crack the eggs into a glass mixing bowl and beat them until they turn a pale yellow color.
2. Heat a heavy-bottomed non stick sauté pan over medium-low heat. Add the butter and let it melt.
3. Add the milk to the eggs and season to taste with salt and white pepper.
4. When the butter in the pan is hot enough to make a drop of water hiss, pour in the eggs. Don't stir. Let the eggs cook for up to a minute or until the bottom starts to set.
5. With a heat-resistant rubber spatula, gently push one edge of the egg into the centre of the pan, while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with the other edges, until there's no liquid left.
6. Turn off the heat and continue gently stirring and turning the egg until all the uncooked parts become firm. Don't break up the egg, though.
7. Transfer to a plate when the eggs are set but still moist and soft. Eggs are delicate, so they'll continue to cook for a few moments after they're on the plate.

### 3. Points to keep in mind :

- Once the liquid has mostly set, additional ingredients such as ham, herbs or cheese may be folded in over low heat, just until incorporated.
- The eggs should be slightly undercooked when removed from heat, since the eggs will continue to set. If this technique is followed, the eggs should be moist in texture with a creamy consistency.
- If any liquid is seeping from the eggs, this is a sign of overcooking or adding under cooked high-moisture vegetables.



# Spanish Omelette

No. of Portions: 4

## 1. **Ingredients :**

- 1 tbsp oil
- 4 potatoes, peeled and cut into 1/8 inch slices
- 1 large onion, thinly sliced
- salt to taste
- 4 large eggs

## 2. **Method :**

1. Heat the oil in a pan; add the slices of potato one at a time to avoid sticking together.
2. Alternate layers of potatoes with layers of onions.
3. Cook slowly over medium heat, turning the potatoes until tender, not brown.
4. Drain potatoes in a colander, save oil.
5. Make sure skillet is very clean for later use. In a bowl, beat eggs with a fork until slightly foamy.
6. Salt to taste. Add the potatoes, press down to cover potatoes completely with egg return to skillet, and heat 2 tablespoons of saved oil until smoking point. Add the mixture, spread it out rapidly, lower the temperature to medium-high.
7. Shake the pan often to avoid sticking.
8. When the bottom is brown, cover the skillet with a plate, turn skillet up-side down, remove omelette, slide off plate with uncooked side down into skillet and cook the other side and serve hot.

## 3. **Points to keep in mind :**

Remember to watch the heat while frying. If the oil is too hot, the potatoes will brown rapidly on the outside, but will be raw on the inside. The potatoes, ideally starchy rather than waxy ones are used. The Spanish omelette may be eaten hot or cold, it is commonly served as a snack or picnic dish throughout Spain.





# Masala Omelette

No. of Servings: 4

## 1. Ingredients:

- 2 Eggs
- 1 medium sized chopped Onion
- 1 small sized chopped Tomato
- 2 chopped Green Chilli
- Salt to taste
- 1/2 tsp Cumin Seed Powder
- 1/2 tsp turmeric powder
- 1 tsp green coriander
- 1/2 pepper powder
- 1 tsp Olive Oil

## 2. Method :

- Beat the eggs thoroughly in a basin.
- Add the onions, tomatoes and the green chillies. Mix thoroughly.
- Add the turmeric powder, cumin powder, pepper powder and salt. Mix well.
- Heat the oil in a non stick pan and add the cumin seeds. fry for a few seconds over a medium flame.
- Pour the egg mixture and cook on both sides till light brown in colour. (Reduce the flame) serve hot.

## 3. Points to keep in mind:

Roast the masalas before adding to the egg mixture. It will enhance flavour as well as the aroma of the omelet.





# Fish

## Grilled Fish

No. of Portions: 4

### 1. Ingredients :

- King fish (surmai)
- Salt to taste
- Garlic paste 2 tablespoons
- Lemon 1 large
- Crushed red chillies as required
- Oil for basting

### 2. Method :

- Heat the charcoal in the barbecue.
- Clean the fish well and make a few slits on both the sides.
- Apply salt all over the surface on both the sides and into the slits.
- Apply garlic paste all over the surface on both the sides and into the slits.
- Make thin vertical slices of the lemon.
- Apply crushed red chillies to these slices and place one slice in each slit.
- Now gently place the fish on the barbecue and grill on either side basting with oil a couple of times.
- Take care that the fish is not overcooked.
- Serve hot.

### 3. Points to keep in mind

Also keep some fresh lemon juice and maybe some melted butter handy while you are grilling. You can brush this on as you grill to add flavor and keep the fish moist. A clean grill rack is equally important. Fish will stick to a dirty rack and make turning the fish difficult.

Oil the rack when the barbecue grill is hot, just before you're ready to cook. Also, oil the fish whenever possible. Use a high-temperature oil, such as grape seed, peanut, or plain olive oil.

### 4. Evaluation Criteria:

**Visual:** The colour is generally golden brown.

**Taste:** Should be crisp in taste and have little amount of sourness in it.

**Smell:** Should have sour smell due to the use of lemon juice

**Consistency:** Should be crisp in nature.



# Patrani Machchhi

No. of Portions-4

## 1. Ingredients :

- 6 fillets of any boneless fish(preferably Kingfish/vetki)
- ½ grated coconut
- 1 bunch of fresh coriander
- 2 green chillies
- 3 garlic cloves
- 4 tbsp Lemon juice
- 2 tbsps oil
- Salt to taste
- A pinch of sugar
- 6 lemon wedges
- 6 onion rings
- 3 banana leaves
- Some string

## 2. Method :

1. Wash and clean the fish fillets and make some slits on them.
2. Marinate them with salt and 2 tbsps lemon juice and leave in fridge for 1 hr.
3. Wash them again.
4. In a grinder, grind together the coconut, chillies, garlic, remaining lemon juice, oil, sugar.
5. Add salt to this mixture as well.
6. The consistency of the mixture should be thick.
7. Next take the banana leaves and cut them into half, clean them and wipe with a dry cloth.
8. Brush little oil on the leaves.
9. Coat the fillets with the ground masala and leave in the fridge for some time.
10. Place 1 masala coated fish fillet in the center of each piece of banana leaf and fold like a packet and tie with string.
11. Steam for 20 mins.
12. Open the packets and serve with lemon wedges and onion rings.

## 3. Points to Remember :

Patrani macchi is a parsi dish generally served with rice. It is part of a main course and is served on a full plate.



# Amritsari Machchhi

No. of Portions-4

## 1. Ingredients :

- 8 fish fillet
- 200 gms gram flour
- 1 tbsp garlic paste
- 1 tbsp ginger paste
- 1 tsp ajwain
- 1 tbsp red chili powder
- 1 tbsp lemon juice
- 1 egg
- 100 gms curd
- oil for deep frying
- Salt to taste

## 2. Method :

- Clean, wash and cut fish into one and a half inch size cubes.
- Apply salt, lime juice, ginger paste, garlic paste and red chilli powder.
- Keep aside for 20 minutes.
- Make a batter of gram flour, curd, egg, ajwain, salt and water.
- Keep marinated fish pieces dipped in this batter for 15 minutes.
- Heat oil in a kadai and deep fry the fish till golden brown and crisp.
- Serve amritsari fish hot sprinkled with chaat masala and lemon wedges.

## 3. Evaluation Criteria:

**Visual:** The colour is generally red.

**Taste:** Should be spicy and salty in taste.

**Smell:** Should have high aroma of the spices used in it.

**Consistency:** Should be crisp from outside and soft from inside.





# Meat

## Chilli Chicken

No. of Portions: 4

### 1. Ingredients :

Boneless chicken, cut into fingers	400 grams
Green chillies, chopped	6-8
Cornflour/ corn starch	2 1/2 tablespoons
Salt	to taste
Black peppercorns, crushed	1/2 teaspoon
Egg	1
Dark soy sauce	2 tablespoons
Oil plus to deep fry	1 tablespoon
Garlic, chopped	8-10 cloves
Onion	2 medium
Green capsicums, seeded thick strips	2 medium
Red chilli sauce	2 tablespoons
Chicken stock	1 cup
Vinegar	

### 2. Method :

- Take chicken pieces in a bowl. Add half the cornflour, salt, crushed black peppercorns, egg and mix.
- Add a little dark soya sauce and mix.
- Heat sufficient oil in a wok and deep fry the chicken pieces till golden. Take care not to overcook.
- Drain and set aside.
- Heat oil in another wok. Add garlic and sauté for half a minute. Add green chillies and continue to sauté.
- Add onion, green capsicum and sauté. Add the remaining dark soya sauce, red chilli sauce and stir.
- Add a little chicken stock and bring the mixture to a boil.



# Chicken Biryani

No. of Portions: 4

## 1. Ingredients :

- 6 cups Rice (basmati)
- 1 kg Chicken
- 3 tbsps. Vegetable Oil
- 3 tbsps. Clarified Butter
- 5 nos. Onion(red, thin sliced)
- 30 gms. Ginger(paste)
- 30 gms. Garlic(paste)
- 5 nos. Green Chilies (paste)
- 10 gms. Coriander leaves(paste)
- 2 tsps. All spice powder
- 4 tbsps. Yoghurt
- 4 tbsps. Tomato (Puree/paste)
- 3 tbsps. Red Chili Powder
- 2 tsps. Turmeric Powder
- 1 pinch Saffron
- Salt to taste
- 3 tsps. Milk
- All spice powder: coriander, peppercorn, cinnamon and cumin.

## 2. **Method:**

1. Marinate the chicken with garlic, ginger, coriander, green chilli, tomatoes paste, red chilli powder, turmeric powder, dry garam masala powder, salt and yoghurt and keep it aside for half an hour.
2. Cook rice separately (do not cook fully. keep it semi-cooked), add salt, sprinkle it with color and keep aside.
3. Heat milk, put pinch of kesar and keep aside.
4. Heat 2 tbsp of oil in pan. Deep fry half the quantity of onions and all the potatoes till onion is golden brown.
5. Remove both from the pan and keep aside.
6. Fry the remaining onion in the same oil till slight golden brown and put the marinated chicken. Cook for 10 minutes.
7. Take a separate utensil, put ghee and 1 tbsp of oil, half quantity of semi-cooked rice, all fried potatoes and half quantity of fried onions and milk of kesar.
8. Put the cooked chicken on top of it and then cover it with the remaining semi-cooked rice.
9. Garnish with coriander leaves and rest of the fried onions.
10. Tightly cover the utensil and cook for another 10 minutes.
11. Serve hot with salad, lemon and papad.

## 3. **Points to keep in mind:**

Biryani, is a set of rice-based foods made with spices, rice (usually basmati) and meat, fish, eggs or vegetables. The cooking method of Biryani originated in Iran (Persia) and it was brought to the Indian subcontinent by Iranian travelers and merchants. In India, the recipe of biryani developed to its current form. The spices and condiments used in biryani may include, but are not limited to, ghee, nutmeg, mace, min, pepper, cloves, cardamom, cinnamon, bay leaves, coriander, mint leaves, ginger, onions, and garlic. The premium varieties include saffron. For a non-vegetarian biryani, the main ingredient that accompanies the spices is the meat—beef, chicken, goat, lamb, fish or shrimp. The dish may be served with dahi chutney or Raita, korma, curry, a sour dish of eggplant (brinjal), boiled egg and salad.

## 4. **Evaluation Criteria :**

**Visual:** Colour should be yellowish orange because of the saffron used.

**Smell:** Should have high aroma of the masalas used in the biryani.



# Butter Chicken

No. of Portions: 4

## 1. Ingredients :

- ¼ cup Sour Cream
- 1 tsp. Ginger(crushed)
- Kashmeere Mirch
- 400 gms. Chicken(skinless, cut into pieces)
- ½ cup Butter
- 1 piece Cinnamon(1 inch)
- 6 nos. Cloves
- 6 nos. Cardamom
- Kasuri Methi (dried)
- 1 leaf Bay leaves
- ¼ cup Yoghurt
- ¼ tsp. Saffron(crushed)
- ¼ cup Raw Cream
- 2 tsps. Almonds(ground)
- ¼ tsp. Corn Flour
- Vegetable Oil for garnishing
- Salt to taste

## 2. Method :

- Mix yoghurt, ginger, salt and kashmeeri mirch and rub into chicken. Let it marinate overnight.
- Place in an ovenproof dish and brush with oil. Bake chicken in a 375 degree oven for 40-50 minutes.
- Save the liquid, if any.
- In a saucepan, melt butter and fry cinnamon, cloves, cardamoms and bay leaf for 1 minute.
- Add sour cream and chicken liquid. Add crushed saffron, and cream.
- Cover and simmer gently for 5-6 minutes.
- Add chicken pieces and adjust seasoning. Add ground almonds.
- Dissolve cornstarch in water and add to the chicken. Let it thicken.
- Cover and simmer for 3-4 minutes.
- Remove from heat.
- Add kasuri methi.
- Serve hot.







# Chicken Korma

No. of Portions: 4

## 1. Ingredients :

- 1 kg chicken - cut into pieces
- 1 cup grated coconut
- 10 cashew nuts
- 2 tsp poppy seeds
- 2 onions- chopped
- 6 or 7 green chillies
- 2 tsp ginger-garlic paste
- 1 tsp saunf
- 2 tsp coriander seeds
- 1 green cardamom
- 1 clove
- 1 cinnamon stick
- 1 bay leaf
- 5 mint leaves
- few coriander leaves
- 1 1/2 tsp salt
- 2 tsp refined oil
- 1 tsp lemon juice

## 2. Method :

1. Grind grated coconut with cashews and poppy seeds. Keep this aside.
2. Grind the spices (green chillies, ginger-garlic paste, saunf, coriander seeds, clove, green cardamom and cinnamon stick) together to a fine paste.
3. Heat oil in a pressure pan, sauté bay leaves and onions for 3 mins.
4. Add the ground spices and sauté for 2 mins.
5. Add the chicken pieces and salt and sauté for a minute.
6. Add the ground coconut paste with 1 cup water, few mint and coriander leaves.
7. Cover the pressure pan with lid and pressure cook upto 4 whistles. Turn off the flame. Leave it for 15 minutes.
8. Open the lid, check salt and sprinkle the lemon juice over the korma.
9. Garnish with coriander leaves and serve.
10. Chicken korma is ready to be served with ghee rice, jeera rice, biryanis, idli, dosa, chapathi, parotas etc.

## 3. Points to keep in mind :

The word derives from the Turkish verb for roasting/grilling. Korma has its roots in the Mughlai cuisine of modern-day India and Pakistan. It is a characteristic Indian dish which can be traced back to the 16th century and to the Mughal incursions into present-day Northern India, Pakistan and Bangladesh. Classically, a korma is defined as a dish where meat or vegetables are braised with water, stock, and yogurt. Add the



# Tandoori Chicken

No. of Portions: 4

## 1. Ingredients :

- 700 gm whole chicken
- 10 ml lemon juice
- 30 gms ginger-garlic (adrak-lehsun) paste
- salt to taste

### Red Marinade

- 500 gms curds (dahi)
- 75 gms ginger-garlic (adrak-lehsun) paste
- 75 ml oil
- 15 gms garam masala
- 20 ml lemon juice
- 10 gms red chilli paste
- 20 gm Kasuri Methi
- salt to taste

## 2. Method :

1. Skin, clean and make deep cuts chicken. Keep the chicken whole.
2. Rub the chicken with lemon juice, ginger garlic paste, kasuri methi and salt. Leave aside for an hour.
3. Whisk all the ingredients for red marinade in a bowl. Coat the entire chicken and leave aside for 2 hours.
4. Skewer and cook in a medium hot tandoor until done. Alternate method for a tandoor could be an oven.

## 3. Points to keep in mind :

Tandoor is always very hot, so your oven must be pre-heated to maximum for tandoori dishes. If cooked on lower temperatures, the chicken/meat becomes tough. Shake the thighs to remove most of the excess marinade before grilling - yogurt has a tendency to char very easily, and you don't want the exterior to burn up before the chicken is cooked through. Plus, whenever working with any type of marinade, you risk flare-ups if it drips onto the coals, which isn't good for the flavor or for your health.

## 4. Evaluation Criteria :

**Visual:** should be red in colour.

**Smell:** Should have high aroma of the masalas used in it.

**Taste:** Should be full of juices from inside.

**Consistency:** Should be succulent in nature.



# Mutton Roganjosh

No. of Portions: 4

## 1. Ingredients :

- 1 Kg mutton
- 5 tbsp oil
- 1 cup curd
- 2 tbsp ginger paste
- 2 tbsp garlic paste
- 1 1/2 tsp kashmiri red chilli powder
- 1 tsp garam masala powder
- 1 tsp ginger powder(Dry sonth)
- 2 tbsp Coriender powder
- 1/2 tsp turmeric powder
- 1tsp cumin powder
- 1tsp black pepper corns
- 12 cloves
- 8 green cardamom
- 5 sticks of cinnamon
- few threads of mace
- 2 tbsp white cream
- Salt
- Chopped coriander to garnish

## 2. Method :

1. In a bowl mix mutton with curd and little salt, and keep aside.
2. Heat oil in a pan and put whole garam masala. Add ginger-garlic paste and fry again for two minutes.
3. Add all the masala powder and fry till oil comes up.
4. Now add mutton with marinade and stir fry on a high flame for 2 minutes.
5. Now add water and little salt and cook with closed lid till meat is tender and gravy is medium thick in consistency.
6. Keep in mind that, we have already put salt while marinating the mutton, so adjust the seasoning accordingly.
7. Now add cream and stir well and cook for another 3 minutes.
8. Garnish with chopped coriander.
9. Serve with Rice, pulao or roti if you like.

## 3. Points to keep in mind :

Rogan josh is an aromatic lamb dish hailing from the Kashmiri Pandits. Rogan means "oil" in Persian, while josh means "heat, hot, boiling, or passionate". Rogan josh thus means cooked in oil at intense heat. Another interpretation of the name rogan josh is derived from the word rogan meaning color and josh meaning passion, hot or red. So this is a meat dish which is red in color. The red color is characteristic to this dish and to achieve this end kashmiri mirch, which means "pepper from Kashmir" is used. This ground pepper is red in color but not as hot as other Indian peppers. So a lot of it





## Vegetables

### Malai Kofta

No. of Serving: 4

#### 1. Ingredients :

• Cottage cheese (paneer)	150 grams
• Tomatoes	3 medium
• Cashewnuts	1/4 cup
• Melon seeds (magaz)	2 tablespoons
• Poppy seeds (khuskhus/posto)	1 teaspoon
• Ginger, chopped	1 teaspoon
• Green cardamoms	2
• Red chilli powder	1 teaspoon
• Salt	to taste
• Oil	1 tablespoon + for deep-frying
• Yogurt	25 gm
• Green cardamom powder	1/4 teaspoon
• Refined flour (maida)	2 teaspoons
• Fresh cream	2 tablespoons
• Garam masala powder	1/4 teaspoon

#### 2. Method

1. Heat a pressure cooker.
2. Roughly chop tomatoes and put into the cooker along with cashewnuts, melon seeds, poppy seeds, ginger, green cardamoms, red chilli powder, salt and 1 tbsp oil and mix well.
3. Add yogurt and mix well.
4. Add 1 cup water and close the cooker with the lid. Cook under pressure till 4 whistles.
5. Heat sufficient oil in a kadai. Grate cottage cheese into a bowl.
6. Add green cardamom powder, salt, flour and mix well.
7. Take small portions and shape into koftas.
8. Deep fry these koftas till golden. Drain and place on tissue paper.
9. Once the pressure reduces, open the lid of the cooker and blend the mixture with a hand blender.
10. Strain the mixture and pour into another non-stick pan and heat.
11. Add a little cream and garam masala powder and mix.
12. Arrange the koftas in a serving bowl, pour the gravy over, drizzle a little cream and serve immediately.

#### 3. Points to keep in mind:

Malai kofta should be served in small bowls or handis on the table. Generally eaten as a main course as a part of meal.





# Upma

No. of Portions: 4

## 1. Ingredients :

- 1 1/2 cups semolina (rava)
- 3/4 cup finely chopped onions
- 1/3 cup chopped tomatoes
- 3 1/4 pcs green chillies
- 1/3 cup chopped mixed vegetables
- 1/3 cup boiled green peas
- salt to taste
- 1 1/2 to 3 1/4 cups water
- 1 1/2 to 3 1/4 tbsp oil
- 3/4 tbsp fenugreek (methi) seeds
- coriander (dhania) leaves for garnishing

## 2. Method :

1. Fry the rava in kadhai without oil only for a minute. Keep aside.
2. Put oil in kadaai. Temper mustard seeds.
3. Add onions and fry till golden brown.
4. Now add chopped green chillies and tomatoes and fry well.
5. Now add the vegetables and peas.
6. Now add 1 or 2 cups of water to it. Add salt and mix well.
7. Now add rava to it slowly and stir well with other hand so as to prevent forming lumps.
8. Close with a lid and let it boil for a minute. Stir well.
9. Garnish with coriander leaves.
10. Serve hot.

## 3. Points to keep in mind :

Upma is a popular South Indian breakfast dish. Sometimes, also eaten as a snack in the evening or in the afternoon.

## 4. Evaluation Criteria :

**Visual:** should be off white in colour.

**Smell:** Should have high aroma of the masalas used in it.

**Taste:** Should be mild salty in taste.

**Consistency:** Should be granular in structure.



# Vada

No. of Portion: 4

## 1. Ingredients :

Sl.No.	Ingredients	Quantity
1.	Urad Dal white	500 gms
2.	Onion	150 gms
3.	Green chillies	1 tsp
4.	Ginger	1 Tsp
5.	Salt	To taste
6.	Oil	200 ml
7.	Curry leaves	1 Tsp

## 2. Method :

1. Soak dal for 5-6 hours.
2. Grind it into a thick course.
3. Add onion, green chillies, ginger and salt.
4. Beat well till it becomes fluffy.
5. Make vada and deep fry it till golden brown
6. Serve hot with sambhar.

## 3. Points to keep in mind :

Vada is a savoury fritter-type snack from South India. Although they are commonly prepared at home, vadas are as well a typical street food in the Indian Subcontinent and Sri Lanka. They are usually a morning food, but in street stalls and in railway stations, as well as inside the Indian Railways, they are available as a snack all day.

## 4. Evaluation Criteria :

**Visual:** should be brown in colour.

**Taste:** Should be mild salty in taste.

**Consistency:** Should be crispy in texture.



# Sambhar

No. of Portions: 4

## 1. Ingredients :

Sl.No.	Ingredients	Quantity
1.	Arhar Dal	500 gms
2.	Pumpkin	250 gms
3.	Drumstick	100 gms
4.	Tomatoes	200 gms
5.	Brinjal	250
6.	Rai	1 Tsp
7.	Curry Leaves	2 Tsp
8.	Green Chillies	Few
9.	Tamarind	100 gms
10.	Dry Red Chillies	10 gms
11.	Corriander Leaves	Few
12.	Onions	250
13.	Haldi	1 Tsp
14.	Sambhar masala	2 Tsp
15.	Oil	50 ml

## 2. Method :

1. Cut the vegetables in rough shape and boil it with Arhar dal, salt and haldi.
2. Keep aside.
3. Soak the tamarind in water. Strain it.
4. Take a pan and put oil. Add rai, onions, and fry till golden brown.
5. Add curry leaves, dry red chillies, green chillies and tamarind water. Cook well till it gets thick.
6. Add tomatoes and garam masala to taste.
7. Mix well. Put boiled dal and water. Cook for 20-25 minutes on low flame.
8. Garnish with tadka of oil + mustard powder + Curry Leaves + dry red chillies + Sambhar powder.
9. Garnish with coriander leaves and serve hot with dosa, uttapam, vada, etc.







## Moong Dal Pancakes

No. of Portions: 4

### 1. Ingredients :

- 185 gms Moong Dal, picked over, washed and drained
- 85 to 100 ml Water
- 2.5 cm (1 inch) Ginger, peeled and coarsely chopped
- 2 Cloves Garlic, peeled
- 2 Green Chillies, chopped
- 1 tsp Sea Salt
- 1/2 tsp Ground Turmeric
- 50 gms Onion, peeled and minced
- 2 tbsp Finely chopped Fresh Coriander
- ¼ tsp Baking Powder
- Vegetable Oil for frying

### 2. Method :

- Soak the dal with 1 liter of water for about 5 hours. Drain.
- Combine the ginger, garlic, chillies, sea salt, turmeric, dal and 1 Tbsp water and blend until you have a smooth batter. (Adjust the consistency with more water if necessary) Let the machine run for 2 to 3 minutes so the batter gets light and airy.
- Empty the batter into a bowl. Add the onion, fresh coriander, and baking powder. Mix the batter well.
- Brush a 20cm (8 inch) non-stick frying pan with about 1 tsp of the oil and set over a medium-low heat. When the oil is hot, ladle about 50 ml of batter in the centre of the pan. Spread the batter with the back of a soup spoon. Using a gentle but continuous spiral motion spread the batter outwards. Make a pancake that is about 5 to 6 inches in diameter. Turn the pancake over and cook for another 1 ½ minutes or until lightly brown in color.
- Make all the pancakes this way, making sure you stir the batter each time. These pancakes are best eaten hot, just as soon as they are made.

### 3. Points to keep in mind :

The colour of the pancake is yellowish red and are served with raita as an accompaniment. It should be served in a half plate during the meal on the table.

### 4. Evaluation Criteria :

**Visual:** should be yellowish red in colour.

**Taste:** Should be spicy & salty in taste.

**Consistency:** Should be sabayon in consistency.



# Dhokla

No. of Portions: 4

## 1. Ingredients :

- 2 cups besan (chick pea flour)
- 1/4 cup sour curd (khatta dahi)
- 1 1/2 tsp green chilli paste
- 1 1/4 tsp oil
- salt to taste
- 1 1/2 tsp roasted and coarsely ground black peppercorns (kalimirch)

## For Serving

### Green Chutney

## 2. Method :

1. Combine the besan, curd, green chilli paste, 1 tsp of oil, warm water (approx 2 1/4 cups) and salt in a bowl and mix well. Keep aside to ferment for atleast 8 to 10 hours.
2. Just before steaming, sprinkle the salt and add 2 tsp of water over the batter.
3. When the bubbles form, mix gently.
4. Grease a 175 mm. (7") diameter thali using the remaining 1/4 tsp of oil.
5. Pour 1/3 rd of the batter immediately in to the greased thali and shake the thali clockwise to spread it to make an even layer.
6. Sprinkle 1/2 tsp of black pepper powder evenly over it and steam in a steamer for 7 to 8 minutes or till the dhoklas are cooked.
7. Cool slightly and cut into diamond shaped equal pieces.
8. Repeat the steps 5 to 7 to make 2 more thalis.
9. Serve immediately with green chutney.

## 3. Points to keep in mind:

Dhokla is a vegetarian food item that originates from the Indian state of Gujarat. Dhokla can be eaten for breakfast, as a main course, as a side dish or as a snack. It can usually be bought from a sweet shop.

## 4. Evaluation Criteria :

**Visual:** should be dark yellow in colour.

**Taste:** Should be spicy, sweet & salty in taste.

**Consistency:** Should porous in texture.



# Paneer Pasanda

No. of Portions: 4

## 1. Ingredients :

- ❖ 200 gms paneer stuffed with cashewnut paste (cottage cheese) , cut into cubes
- ❖ 50 ml cup milk
- ❖ 50 ml cup fresh curds (dahi)
- ❖ 100 gms besan (bengal gram flour)
- ❖ 100 gms cumin seeds (jeera)
- ❖ 10 gms dried fenugreek leaves (kasuri methi)
- ❖ 10 gms garam masala
- ❖ 1 tsp chopped coriander (dhania)
- ❖ 1 tsp oil
- ❖ salt to taste

### For the paste

- ❖ 30 gms cups sliced onions
- ❖ 30 gms cup finely chopped cauliflower
- ❖ 1 to 2 green chillies
- ❖ 1 ginger (adrak) , sliced
- ❖ 1 stick of cinnamon (dalchini)
- ❖ 1 clove (laung / lavang)
- ❖ 50 ml cup milk

## 2. Method :

### For the paste

Combine all the ingredients in a pan and simmer for 8 to 10 minutes till the onions are soft and nearly all the liquid has evaporated. Cool.

Purée the mixture to a smooth paste in a blender. Keep aside.

Combine the milk, curds and gram flour and whisk well. Keep aside.

### Method

1. Heat the oil in a non-stick pan, add the cumin seeds, kasuri methi and the prepared paste and sauté for 2 to 3 minutes.
2. Add the curds and gram flour mixture, garam masala and salt and bring to a boil.
3. Add the paneer and coriander and mix well. Serve hot.

## 3. Evaluation Criteria :

**Visual:** should be dark yellow in colour.

**Taste:** Should be spicy, sweet & salty in taste.

**Consistency:** Should porous in texture.





# Manchurian

No. of Portions: 4

## 1. Ingredients :

- 2 cup Cabbage (Patta gobhi), grated
- 2 cup Carrots (Gajar), grated
- 1 Spring Onion (Hari piyaz), Chopped
- 2 Green Chilies (Hari mirch), Chopped
- 4 cloves Garlic (Lehsun), Crushed
- 2 tbsp Corn Starch
- Oil for deep frying
- 1 tbsp Soya Sauce
- 1 tsp White Pepper Powder (Safed mirch)
- 1 tsp Sugar (Chini)
- Ajinomoto - A pinch
- Coriander leaves (Dhaniya patte) - A few
- Salt to taste

## 2. Method :

1. Squeeze the water out from the grated cabbage and carrot and mix 1 tbsp. corn starch, few chopped chilies and add little salt to it.
2. Make small balls of the mixture and deep fry the balls till golden brown, drain and keep aside.
3. Heat oil in a separate pan, sauté garlic, green chilies and spring onions till they are done.
4. Add water, salt, pepper powder, ajinomoto, sugar and soya sauce and bring it to a boil.
5. Mix corn flour with half of a cup of water and stir into it, add the fried balls to the gravy.
6. Cook the vegetable Manchurian for 5 minutes on low flame, remove from the fire and garnished with chopped coriander.
7. Enjoy hot Vegetarian Manchurian with any rice preparations

## 3. Points to keep in mind :

Just before serving put the vegetable balls in the sauce and bring to a boil. Serve hot. Add some water or vegetable stock to thin down the sauce if it is too thick.





## Mix Vegetable in White Sauce

No. of Portions: 4

### 1. Ingredients :

- 2 teaspoons butter
- 1 tablespoon whole wheat or plain flour
- 1 teacup skim milk
- 1/2 teacup cheddar cheese
- Salt and pepper
- Ingredients for Mixed Vegetables
- 1 teacup sliced and boiled mixed vegetables (French beans, carrots, cauliflower, peas)
- Sliced mushrooms
- Sliced paneer (optional)
- 1 chopped onion
- 1 chopped green chili
- 1 teaspoon butter
- Salt and pepper

### 2. Method :

1. Heat butter, add flour and cook until brown
2. Add the milk and cheese and stir continuously until sauce thickens
3. Add salt and pepper to taste
4. Keep The sauce aside
5. Heat butter and fry onion until golden brown.
6. Add green chilli and fry for 30 seconds
7. Add the vegetables, paneer and mushroom and cook until vegetables are tender
8. Add salt and pepper to taste
9. Add the white sauce and mix thoroughly
10. Serve with garlic bread and soup

### 3. Evaluation Criteria :

**Visual:** Should be white in colour.

**Taste:** Should be mild & salty in taste.

**Consistency:** Should be thick and viscous in consistency.



# Vegetable Lasagne

No. of Portions: 4

## 1. Ingredients :

- 240 gm small zucchini
- 100 gm bunch broccoli
- 1 bunch spinach leaves (firmly packed)
- 2 tablespoons butter (or margarine)
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon salt (divided)
- 400 gm ricotta cheese (can be part skim)
- 2 eggs
- 12 lasagna noodles
- 3 tablespoons butter (or margarine)
- 50 gm cup flour
- 200 ml milk
- 50 gm cup parmesan cheese
- 200 gm mozzarella cheese (slices)

## 2. Method :

1. Dice zucchini. Coarsely chop broccoli and spinach.
2. In a non stick 12 -inch skillet over medium heat, melt butter (or margarine), cook zucchini, broccoli, oregano, and 1/4 teaspoon of salt, stirring frequently, until vegetables are tender-crisp, about 5 minutes. Add Spinach and toss until wilted. Remove skillet from heat.
3. In medium bowl, with fork, mix ricotta and eggs; set aside.
4. Prepare lasagna noodles as label directs. Drain.
5. Meanwhile, preheat oven to 350 degrees F.
6. In 2-quart saucepan over medium heat, melt 3 tablespoons margarine (or butter). Stir in flour and 1/4 teaspoon salt until smooth. Gradually stir in milk; cook, stirring constantly until sauce comes to a boil and thickens. Remove saucepan from heat; stir in Parmesan cheese.
7. In a glass baking dish, layer half of the prepared lasagna noodles, half of the ricotta mixture, half of the vegetable mixture, and half of the mozzarella. Top with half of the sauce, then with the remaining noodles, ricotta, and vegetable mixture. Spoon remaining sauce over vegetable layer; arrange remaining mozzarella on top.
8. Bake lasagna 40 to 45 minutes until hot and bubbly. Let lasagna stand 10 minutes for easier serving.



# Dal Makhani

No. of Portions: 4

## 1. Ingredients :

• Whole black gram (sabut urad)	1/2 cup
• Red kidney beans (rajma)	2 tablespoons
• Salt	to taste
• Red chilli powder	1 teaspoon
• Ginger, chopped	2 inch piece
• Butter	3 tablespoons
• Oil	1 tablespoon
• Cumin seeds	1 teaspoon
• Garlic, chopped	6 cloves
• Onion ,chopped	1 large
• Green chillies, slit	2
• Tomatoes, chopped	2 medium
• Garam masala powder	1 teaspoon

## 2. Method :

- Pick, wash and soak sabut urad and rajma overnight in three cups of water.
- Drain. Pressure cook sabut urad and rajma in three cups of water with salt and half the red chilli powder for three whistles.
- Open the lid and see if the rajma is totally soft. If not cook on low heat till the rajma becomes totally soft.
- Heat butter and oil in a pan. Add cumin seeds. When they begin to change colour, add ginger, garlic and onion and sauté till golden.
- Add slit green chillies, tomatoes and sauté on high heat.
- Add the remaining red chilli powder and sauté till the tomatoes are reduced to a pulp.
- Add the cooked dal and rajma along with the cooking liquor. Add some water if the mixture is too thick.
- Add garam masala powder and adjust salt.
- Simmer on low heat till the dals are totally soft and well blended.
- Serve hot.

## 3. Points to keep in mind :

Dal Makhani is a staple food originating from the Punjab region of the Indian subcontinent. The dish differs from other popular Punjabi dal dishes, such as dal tadka, in that the primary ingredients in dal makhani are whole black lentil (urad) and red kidney beans (rajma), rather than red lentil (masoor).

Dal Makhani was popularized in India following partition, when many people from the Punjab migrated to the northern regions of India.







## Paneer Jalfrezi

No. of Portions: 4

### 1. Ingredients :

- 400 gms paneer (cottage cheese)
- 2 medium sized tomatoes
- 2 medium sized capsicums
- 2 medium sized onions
- 1 tsp ginger jullienes
- 3 tbsp oil
- 1 tsp cumin seeds (jeera)
- 2 whole dry kashmiri red chillies
- 1 to 2 chopped green chillies
- 1 1/2 tsp chilli powder
- 1/2 tsp turmeric powder (haldi)
- salt to taste
- 1 1/2 tbsp vinegar
- 1 tsp garam masala
- 1/4 cup chopped coriander (dhania)

### 2. Method :

1. Cut the paneer into 2" long pieces and keep aside.
2. De-seed the tomatoes and capsicums and cut them into 2" long slices with 1/4" width. Keep aside.
3. Cut the onions into thick slices and separate the layers. Keep aside.
4. Heat oil in a kadhai and add the cumin seeds.
5. When the seeds crackle, add the red chillies and sauté for 10 seconds.
6. Add ginger julienne, green chillies and onions and sauté for 1 minute.
7. Add red chilli powder and turmeric powder mix well and add the capsicum pieces and cook for two to three minutes.
8. Add the paneer fingers and toss gently.
9. Add salt and vinegar and cook for 2-3 minutes.
10. Add the tomatoes and garam masala powder, mix well and cook till the capsicum turns soft,
11. Serve hot garnished with coriander leaves.

### 3. Points to keep in mind

Paneer jalfrezi which is prepared with paneer and onion and capsicum tossed together in a rich dry fruit based paste and fresh cream is considered as a rich main course dish. The paneer jalfrezi is a party special paneer recipe, which may be served to guests on gatherings and social functions.



## Desserts

### Gulab Jamun

No. of Portions: 4

#### 1. Ingredients :

Sl.No	Ingredients	Quantity
1	Paneer	100 gms
2	Khoya	250 gms
3	Soda	¼ Tsp
4	Sugar	500 gms
5	Maida	100 gms
6	Water	½ Tsp
7	Lemon	1 Tsp
8	Milk	1 Tsp

#### 2. Method

1. Mash paneer with khoya, soda and maida. Make small round balls.
2. Deep fry till golden brown.

#### Sugar Syrup

##### Ratio:

Sugar-500 gms

Water-500 ml

Lemon or milk-1 Tsp

##### Method:

Mix all and boil it till it becomes thick. Put Gulab jamun in sugar syrup and serve hot.

#### 3. Points to keep in mind

Gulab jamun is a popular dessert in countries of the Indian Subcontinent such as India, Pakistan, Sri Lanka, Nepal and Bangladesh. In Nepal it is widely known as Rasbari, served with or without curd, which is popular desert on all occasions. It is made of dough consisting mainly of milk solids. Traditionally, khoya, an Indian milk product (buffalo milk) is rolled into a ball together with some flour and then deep fried, but at a low temperature of about 300°F. It is then put into a sugar syrup flavored with cardamom seeds and rosewater, kewra or saffron.



## SWISS ROLL

No. of Portions: 4

### 1. Ingredients :

- 3 eggs
- 1/2 cup caster sugar
- 1/4 cup plain flour
- 2 tablespoons cocoa
- 1 cup cream
- 1 tablespoon icing sugar (plus extra to dust)
- 1/2 teaspoon vanilla essence

### 2. Method :

1. Preheat oven to moderately hot (200c). Lightly grease a swiss roll tin (12 x 10inch) & line the base with baking paper, extending the edges over the two long sides.
2. Beat the eggs & 1/3 cup of the caster sugar with electric beaters until thick & creamy.
3. Using a metal spoon, gently fold in the combined sifted flour & cocoa.
4. Spread the mixture into the tin & smooth the surface.
5. Bake for 10 -12 mins, or until the cake is just set.
6. Meanwhile, place a clean tea towel on a work surface, cover with baking paper & sprinkle with the remaining caster sugar.
7. When the cake is cooked, turn it out immediately onto the sugar. Roll the cake up from the short side - rolling the paper inside the cake.
8. Stand the rolled cake on a wire rack for 5 mins, then carefully unroll & allow the cake to cool to room temperature.
9. Beat the cream, icing sugar & vanilla essence until stiff peaks form.
10. Spread the cream over the cake, leaving a 1/2 inch border all the way around.
11. Re-roll the cake (without the paper). Place the cake seam-side down onto serving tray.
12. Refrigerate until serving - dust with extra icing sugar before serving.
13. Cut into slices to serve.

### 3. Points to keep in mind:

The cake originated in Central Europe, but not in Switzerland as the name would suggest. In India Swiss rolls are called Jam Rolls.

### 4. Evaluation Criteria :

**Visual:** Should be light brown in colour.

**Taste:** Should be sweet & soft in taste.

**Smell:** Should have sweet aroma.

**Consistency:** Should be soft in texture.





# FRUIT CREAM

No. of Portions: 4

## 1. Ingredients :

- ½ lb. Fruits(assorted, sweet)
- 3 nos. Banana
- 25 nos. Cherries(jarred maraschino, halved)
- ½ cup Raw Cream
- ¾ cup Sugar(adjust to taste)
- 1 tsp. Vanilla Extract
- 1 tbsp. Corn Flour
- 3 cups Milk

## 2. Method :

1. Combine fruits, cherries with slices of bananas in a bowl, cover with plastic wrap and keep in refrigerator.
2. Heat milk and add sugar.
3. Mix corn flour with 1/4 cup of cold milk and add this to the hot milk after turning off heat.
4. Add vanilla extract. Let the sauce cool down.
5. Use an electric mixer to whip the whipping cream to soft peaks.
6. Incorporate the whipped cream into cold custard sauce by folding action. Don't beat it or you will lose all the air.
7. Now pour the mixture onto the fruit bowl and fold it very carefully.
8. Pour into dessert bowls and keep in refrigerator for an hour before serving.

## 3. Points to keep in mind :

1. Slice and add the banana just before serving so banana doesn't brown.
2. Mango should be ripe and should not have too many fibers.
3. Cool Whip can be substituted with raw cream or heavy cream. Whip the cream until its aerated like cool whip.

## 4. Evaluation Criteria :

**Visual:** Should be white in colour.

**Taste:** Should be sweet & soft in taste.

**Consistency:** Should be viscous in texture.



## MOONG DAL HALWA

No. of Portions: 4

### 1. Ingredients :

- 1 cup yellow moong dal (split yellow gram)
- 1 cup milk, warmed
- 1 1/4 cups sugar
- 1/2 tsp cardamom (elaichi) powder
- a few saffron (kesar) strands
- 6 tbsp ghee

### For the garnish

- 2 tbsp sliced almonds (badam) and pistachios

### 2. Method :

1. Soak the moong dal in water for 3 to 4 hours.
2. Drain and grind to a coarse paste using very little water.
3. Dissolve the saffron in 1 tablespoon of warm milk and keep aside.
4. Melt the ghee in a broad non-stick pan.
5. Add the moong dal paste and stir the mixture continuously on a low flame till it becomes golden brown.
6. Add in the warm milk and 1 cup of warm water and cook, stirring continuously till all the moisture has been absorbed.
7. Add the sugar and cook on a slow flame till the ghee separates.
8. Add the saffron and cardamom powder and mix well.
9. Garnish with slivers of almonds and pistachios. Serve hot.

### 3. Points to Remember :

If the moong dal paste has excess water after grinding, drain it out through a strainer. Moong Dal Halwa is an Indian sweet dish and is served after the meal in the half plate on the table.



## Black Forest Cake

No. of Portions: 4

### 1. Ingredients:

1. 225 gms Maida (all-purpose flour)
2. 400 gms Sweetened Condensed Milk
3. 2-3 tbsp Cocoa Powder
4. 1 tsp Baking Powder
5. 1 tsp Cooking Soda
6. 125 gms Butter
7. A pinch of Salt
8. 125gms Dairy Milk Chocolate
9. 250 gms Fresh Whipped Cream
10. Cherries

### 2. Method :

- Place a thick bottomed pan on very low flame and melt butter in it.
- Remove from the flame and let the butter cool.
- Add condensed milk and mix well.
- Sift maida, cocoa powder, baking powder, cooking soda and salt together. Make sure there are no lumps in the mixture.
- Grease a baking tray with little butter.
- Dust it with maida and keep it aside.
- Take a pan with little butter and put the maida mixture with the condensed milk-butter mixture.
- Now add aerated cola and mix it well.
- Pour the batter into the greased baking tray and bake for 30 to 40 minutes at 175 degrees C.
- When it is done, let it cool and then slit it horizontally into two.
- Whip the cream till light and fluffy.
- Sandwich the two layers of cake with whipped cream and cherries.
- Top with whipped cream and cherries.
- Grate dairy milk chocolate bar and sprinkle over the cake.
- Serve it chilled.

### 3. Points to keep in mind :

Black Forest gâteau (British English) and Black Forest cake (American English and Australian English) are the English names for the German dessert Schwarzwälder Kirschtorte literally "Black Forest cherry torte".

Typically, Black Forest cake consists of several layers of chocolate cake, with whipped cream and cherries between each layer.

Black Forest cake is served after slicing in the half plate or dessert plate.







## Fruit Trifle

No. of Portions: 4

### 1. Ingredients :

- Bananas 2
- Peaches 2
- Apple 1
- Vanilla custard 1 cup
- Chocolate sponge cake , fat less 8 inch square
- Orange juice 1 cup
- Cream, whipped 1 cup
- Fresh cherries 8-10

### 2. Method:

- Peel apple and chop.
- Peel peaches, removes seeds and chop.
- Peel bananas and chop.
- Add the chopped fruits to the custard and mix well.
- Crumble the sponge cake with your fingers and put them in a glass dish.
- Sprinkle orange juice to moisten and press lightly to form the base.
- Pour the fruit custard over it.
- Take some whipped cream in a piping bag fitted with a star nozzle, and pipe a design over the custard to cover most of the surface.
- Place cherries decoratively and chill.
- Serve chilled.



## Crème Caramel or Caramel Custard

No. of Portions: 4

### 1. Ingredients :

- Sugar 3/4 cup
- Milk 2 1/2 cups
- Eggs 4
- Vanilla essence 1 teaspoon

### 2. Method :

- Take quarter cup of sugar in a thick-bottomed pan.
- Add a few drops of water and heat till the sugar caramelizes.
- Pour the caramel into a mould and let it settle by cooling.
- Heat milk either in a microwave oven or on gas flame.
- Place a metallic ring in the pressure cooker.
- Add four cups of water and heat. Break eggs into a bowl. Add half cup of sugar, vanilla essence and mix gently with a whisk.
- Add warm milk and mix. Strain the mixture.
- Pour the egg-milk mixture into the mould with the caramel.
- Cover with aluminium foil and place it in the cooker. Cover with lid and steam for twenty-five to thirty minutes.
- Do not use the whistle. Remove when done.
- Serve, turned out with caramel side up, either hot or cold.

### 3. Points to keep in mind :

Crème caramel flan or caramel custard is a custard dessert with a layer of soft caramel on top, as opposed to crème brûlée, which is custard with a hard caramel top. The dish is eaten throughout the world.

### 4. Evaluation Criteria :

**Visual:** Should be white in colour.

**Taste:** Should be sweet, soft and rich in taste.

**Consistency:** Should be soft in texture.



## Phirni

No. of Portions: 4

### 1. Ingredients :

- 1 litre milk (full cream)
- 4 tbsp long grained rice (basmati)
- 6 tbsp sugar
- 1/2 tsp cardamom (elaichi) powder

### For the garnish

A few chopped almonds

### 2. Method :

1. Soak the rice in water for about 1 hour.
2. Drain all the water and powder the rice in a mixer.
3. Add half a cup of cold milk to the rice powder and make a paste.
4. Boil the rest of the milk and gently stir in the rice paste.
5. Cook for about 15 minutes on a slow flame, stirring continuously.
6. Add the sugar and cardamom powder and simmer for a few minutes.
7. Cool and serve in earthenware containers.
8. Garnish with chopped almonds.

### 3. Points to keep in mind:

1. Milk thickens quicker in a broad bottomed non-stick pan. Use one for best results and to save time.
2. Variation : Kesari Firni :
3. Add a little saffron to the sugar and cardamom powder and proceed as per the recipe.

Phirni is a sweet dish originally from Gujarat. The dish is served after the meal in earthen ware pots or sometimes in ice cream cups.

### 4. Evaluation Criteria :

**Visual:** Should be white in colour.

**Taste:** Should be sweet, and rich in taste.

**Consistency:** Should be granular in texture.





## Breads

### Lachha Parantha

**No. of Portions: 4**

#### 1. **Ingredients:**

- 500 gms Whole Wheat Flour (Atta) as per consumption
- 1 tbsp Oil
- Salt as per taste
- Butter/Ghee (Pure ghee) for frying
- Water for kneading

#### 2. **Method :**

- Make dough out of whole-wheat flour (atta), 1tbsp oil & salt, as you would do for any paratha/roti.
- Make dough 30 minutes before and cover it with moist muslin cloth.
- Take a Ping-Pong ball size lump of dough. Now roll it into a circle of approx. 5 to 6 " diameter using dry flour.
- Heat the ghee so that it turns to liquid.
- Now spread the ghee properly over entire surface.
- Using a knife make a 2" cut lengthways and fold it inwards.
- Spread Oil on every fold. Now press it lightly towards the centre to show the layers clearly and roll like a parantha.
- Cook on a pre-heated Tawa (flat griddle plate).
- Turn the lachha paratha and pour half tablespoon oil or butter.
- Spread it on the paratha and shallow fry over low heat.
- Turn it and again pour oil or butter on the other side. Cook the lachha parantha on a low heat till golden brown. Serve Hot.

#### 3. **Points to keep in mind :**

- You can use even oil in the place of ghee, but ghee is recommended.
- The finer the fleets, you get more layers.
- Always cook in medium flame with constant pressing with the laddle to ensure even cooking.



## Uttapam

No. of Portions: 4

### 1. Ingredients :

Sl.No.	Ingredients	Quantity
1.	Rava	500 gms
2.	Capsicum	3-4 Nos.
3.	Onion	3 Nos.
4.	Tomatoes	4 Nos.
5.	Carrots	100 gms
6.	Cabbage	1 Nos.
7.	Beans	200 gms
8.	Green Chillies	10 Nos.
9.	Corriander Leaves	2 tbsp
10.	Curry leaves	8-10 Nos.
11.	Paneer	250 gms
12.	Rai	1 Tsp
13.	Dry Red Chillies	6-7 Nos.
14.	Curd	To make batter
15.	Deji Mirch	2 Tsp

### 2. Method :

1. Cut all the vegetables into fine shape.
2. Add Suzi, salt, rai, curry leaves, degi mirch and coriander leaves. Make batter with the help of curd.
3. Keep the batter for 2-3 hours in hot place for fermentation.
4. Make uttapams on tawa with garnish of coriander, curry leaves and dry red chillies.
5. Grate paneer on top.
6. Serve hot with coconut chutney and Sambhar.

### 3. Points to keep in mind :

Uttapam is a dosa-like dish made by cooking ingredients in a batter. Unlike a dosa, which is crisp and crepe-like, uttapam is a thick pancake, with toppings cooked right into the batter. Uttapam is sometimes characterized as an Indian pizza. It is often eaten with sambar or chutney.

### 4. Evaluation Criteria :

- Visual:** Should be pale yellow in colour.  
**Taste:** Should be crispy and salty in taste.  
**Consistency:** Should be soft in texture.



## Masala Dosa

No. of Portions: 4

### 1. Ingredients:

Sl.No.	Ingredients	Quantity
1.	Rice	300 gms
2.	Urad Dal	100 gms
3.	Salt	To taste
4.	Boiled Potato	500 gms
5.	Onions	100 gms
6.	Tomatoes	100 gms
7.	Peas	100 gms
8.	Curry leaves	Few
9.	Green chillies	1 Tsp
10.	Dry red chillies	20 gms
11.	Haldi	1 tsp
12.	Rai	1 Tsp
13.	Red chilli powder	1 Tsp
14.	Cashewnut and Raisins	50 gms
15.	Oil	50 ml
16.	Paneer	

### 2. Method :

1. Soak dal and rice for 6-7 hours and then grind it separately into a fine paste. Mix both.
2. Add water and salt, mix well and keep aside in warm place for 10-12 hours.
3. For stuffing- cut onions into slices, chopped green chillies and tomatoes. Mash potatoes. In a pan heat some oil add rai and onions and fry till golden brown. Add curry leaves, green chillies, red chillies, salt and tomatoes. Mix well. Add potatoes and fry well. Garnish with coriander leaves and cashewnuts and raisins.

### 3. Points to keep in mind :

Dosa is a fermented crepe or pancake made from rice batter and lentils. It is indigenous to and is a staple dish in the southern Indian states of Andhra Pradesh, Karnataka, Kerala, and Tamil Nadu, as well as being popular in Sri Lanka. Dosa, a common breakfast dish and street food, is rich in carbohydrates, contains no sugar or saturated fats, and its constituent ingredients of rice and lentils mean it is gluten-free and contains protein. The proportion of rice to lentils is basically 2:1 or 3:1.

### 4. Evaluation Criteria :

- Visual:** Should be pale yellow in colour.  
**Taste:** Should be crispy and salty in taste.  
**Consistency:** Should be crisp in texture.





# Missi Roti

No. of Portions: 4

## 1. Ingredients :

- Gram flour (besan) 2 cups
- Wheat flour 3/4 cup
- Fresh coriander leaves, chopped 1/4 cup
- Green chillies, chopped 4
- Onion ,chopped 1 medium
- Turmeric powder 1 teaspoon
- Salt to taste
- Chaat masala 1 teaspoon
- Dried pomegranate seeds (anardana) 1 tablespoon
- Oil
- Butter As required

## 2. Method :

- Sift together the gram flour and whole wheat flour into a bowl.
- Add the fresh coriander, green chillies, onion, turmeric powder, salt, chaat masala, dried pomegranate seeds and one tablespoon of oil.
- Add enough water to make soft dough.
- Cover the dough with a damp cloth and rest it for ten minutes.
- Divide the dough into sixteen equal portions and shape into balls.
- Grease your palms with a little oil. Pat each ball of dough between your palms to make a six-inch round chapatti.
- Alternatively roll out each ball on a greased and lightly floured surface.
- Heat the tandoor. Sprinkle water on one side of the chapatti and stick it onto the inner wall of the tandoor.
- Alternatively, cook the chapatti on a hot tawa till done. Spread with butter immediately and serve hot.

## 3. Evaluation Criteria :

**Visual:** Should be pale yellow in colour.

**Taste:** Should be crispy and salty in taste.

**Consistency:** Should be crisp and soft in texture.



# Naan

No. of Portions: 4

## 1. Ingredients :

- cups plain flour (maida)
- 2 tsp levelled, baking powder
- 1/3 cup curds (dahi)
- 4 tsp butter
- 4 tsp sugar
- 2 to 4 tsp ghee
- 1 tsp salt
- 1/3 cup milk

### For the topping

- 1 tsp poppy seeds (khus-khus)
- 1 tsp nigella seeds (kalonji)
- 2 tsp liquid ghee

## 2. Method :

1. Sieve the flour. Add the sugar and salt.
2. Apply the butter to the flour.
3. Make a well in the centre. Put the baking powder in the centre and cover with the curds.
4. Wait for 1/2 minute.
5. Make soft dough by adding the milk and enough water.
6. Knead the dough very well.
7. Add the ghee and knead again.
8. Keep the dough under a wet cloth for 3 hours.
9. Roll out naan in the shape of triangles.
10. Mix the ingredients for the topping.
11. Spread a little of the topping mixture on each naan and bake in a tandoor.
12. Serve hot with butter.

## 3. Points to keep in mind :

Naan is a leavened, oven-baked flatbread. It is typical of and popular in West, Central and South Asia. Influenced by the large influx of South Asian immigrants, naan has also become popular in other parts of the world, especially in Arab states of the Persian Gulf, Europe and North America.

Originally, naan was a generic term for various flatbreads from different parts of the world

