



PRACTICAL SESSION – 04

- Preparation of Indian Gravy - **Basic Indian Brown Gravy**
- Preparation of **Matar Paneer** using the Basic Indian Yellow Gravy
- Preparation of Indian Bread - **Plain Parantha**

Objective:- After completing the practical session students would be able to :-

A. Prepare **Basic Indian Brown Gravy**, **Matar Paneer** and Plain Parantha.

Instructor's Activity:-

For A:- Arrange for demonstration of **Basic Indian Brown Gravy**, **Matar Paneer** and Plain Parantha.

Basic Brown Gravy

Onion and Tomato based spicy gravy

Colour of the gravy	-	Brown
Yield	-	Approximately 01 litre / 900 gms.
Preparation and Cooking time	-	20-30 minutes
Consistency	-	Pouring medium Thick
Serving Temperature	-	Served hot with the main ingredient

Ingredients required

S. no.	Ingredient	Quantity	Preparation to be done
1.	Onions	600 g	Peal and grind/slice/chop
2.	Tomatoes	600 g	Wash and chop
3.	Canned Tomato puree	200 g	
4.	Ginger	50 g	Scrap and paste



5.	Garlic	50 g	Peal and paste
6.	Large cardamom	6-8	
7.	Black pepper	18-20	
8.	Salt	To taste	
9.	Bay leaf	6-7	
10.	Cinnamon stick	2	
11.	Turmeric (Haldi) Powder	10 g	
12.	Coriander (Dhania) Powder	30 g	
13.	Red chilli powder	20 g	
14.	Garam masala powder	15 g	
15.	Oil/Ghee	85 g	

Method of Preparation:-

1. Heat oil or ghee in the pan.
2. Add Whole Garam Masala (Large cardamom, Black pepper, Bay leaf, Cinnamon stick) to the hot oil or ghee. Allow cooking for 10 seconds.
3. Add onions and fry on medium heat till they are golden brown in colour; stirring for even browning.
4. Add ginger and garlic paste & cook to light brown colour on slow fire for another 20-30 seconds.
5. Add Turmeric, Coriander, Red chilli powder and salt with 2 table spoons of water. Cook for 45-55 seconds.
6. Pour in tomato puree and add chopped tomatoes.
7. Cook till the masala is cooked and fat or oil is separated.
8. Finish with addition of garam masala powder.
9. Cool & cover the storing pot with cling film and keep under refrigeration for use at a later stage.



Matar Paneer Curry

Ingredients	Quantity
Green Peas	250 g
Paneer	300 g
Brown gravy	300 g
Green coriender	1/4 th bunch
Cumin seeds	1/4 th tea spoon
Oil for deep frying	As required
Salt	To taste
Garam masala powder	1/4 th tea spoon

Method

1. Cut paneer into ½ inch cubes and deep fry them to light brown colour, remove and put it in water to keep them soft.
2. Heat 2 tea spoon of oil in a deep frying pan and add cumin seeds. Allow them to light brown in colour add shelled peas and a pinch of salt. Cover and cook on slow fire for about 4-5 minutes.
3. Add brown gravy to peas and cook till first boil. Add fried paneer to the gravy cook for another 4-5 minutes, check for consistency and seasoning. Sprinkle garam masala powder. Serve hot garnished with chopped green coriender.

Plain Paratha

Ingredients	Quantity
Whole wheat flour (Atta)	400 g
Salt	1/4 th tea spoon
Oil/ Ghee	60 ml



Method

1. Sieve atta and salt together. Make a soft dough using water.
2. Divide the dough in equal portions.
3. Roll each dough to a small round and smear oil on it. Fold it to a half moon shape smear oil again and fold to a triangle.
4. Roll again to a large triangle and cook on hot griddle from both the sides applying oil / ghee until light brown from both the sides. Remove and serve hot.