



PRACTICAL SESSION – 03

- Preparation of Indian Gravy – **Makhani Gravy**
- Preparation of **Paneer Makhani** using the Makhani Gravy
- Preparation of Indian Bread – **Roti**
- Preparation of Indian sweet- **Sooji Halwa**

Objective:- After completing the practical session students should be able to prepare Makhani gravy, Paneer Makhani, Roti and Sooji Halwa.

Instructor’s Activity:- Arrange for demonstration of Makhani Gravy, Paneer Makhani, Roti and Sooji Halwa.

Makhani Gravy

Tomato, Cream and butter based gravy

Colour of the gravy	-	Red
Yield	-	Approximately 01 litre / 900 gms.
Preparation and Cooking time	-	40-50 minutes
Consistency	-	Pouring Thick
Serving Temperature	-	Served hot with main ingredient

Ingredients required

S. no.	Ingredient	Quantity	Preparation to be done
1.	Tomatoes	1.8 Kg	Wash and chop
2.	Canned Tomato puree	400 g	
3.	Ginger	20 g	Scrap and paste
4.	Garlic	20 g	Peel and paste



5.	Green Chilli	8-10	Deseed and grind to paste
6.	Red chilli power	20 g	
7.	Butter	275 g	
8.	Cream	250 ml.	
9.	Green Cardamom	5 g	
10.	Cloves	5 g	
11.	Cashew nut	120 g	Soak and grind to paste
12.	Salt	To taste	
13.	Honey	20 g	
14.	Kasoori methi	15 g	Roast and crush between palms
15.	Garam masala powder	10 g	Optional

Method of Preparation:-

1. Cook together tomatoes, tomato puree, ginger paste, garlic paste, green chilli, red chilli powder, green cardamom, cloves, and salt till the tomatoes attain a thick consistency.
2. Pass (sieve) through a strainer and cook the gravy again with butter, fresh cream and garam masala (optional).
3. Add honey and kasoori methi.
4. Check for seasoning.
5. Cool, cover the storing pot with cling film and keep under refrigeration for use at a later stage.

Paneer Makhani

Ingredients	Quantity
Paneer	350 g
Makhani gravy	300 g



Fresh cream	20 ml
Butter	10 g
For marination	
Curd	50 g
Ginger garlic paste	10 g
Garam masala powder	½ tea spoon
Salt	To taste
Red chilli powder	½ tea spoon
Orange red colour (optional)	1/4 th tea spoon

Method

Cut paneer into 3/4th inch cube.

Mix all the ingredients for marination and add paneer pieces.

Arrange the marinated paneer pieces on a baking tray and sprinkle some oil on top.

Bake it at 190[^]c until light brown in colour. Remove from oven

Heat 1 tea spoon of oil in a deep frying pan add makhani gravy and boil.

Add paneer pieces and adjust the consistency and seasoning.

Serve hot garnished with fresh cream and lots of butter.

Roti

Ingredients	Quantity
Whole wheat flour (Atta)	400 g
Salt	½ tea spoon



Method

Sieve atta and salt together, make a soft dough using water.

Divide the dough into even small dough. Roll out the dough into 6-7 inch diameter round roti.

Cook the roti on hot griddle from both the sides and then using a tong on open flame.

Serve hot.

Sooji Hulwa

Ingredients	Quantity
Semolina (sooji)	100 g
Sugar	100 g
Fat (Ghee)	40 g
Small Cardamoms	4 to 5
Water	200 ml
Cashewnut	15 g
Raisins	15 g

Method

1. Melt fat and roast semolina till it is light brown.
2. Add hot water and mix well. Keep the degchi covered for 2 minutes.
3. Add sugar and mix well. Add cardamom powder.
4. Cook for five minutes till all the sugar melts.
5. Remove from fire and serve garnished with chopped cashewnuts and raisins.