



PRACTICAL SESSION – 05

- Preparation of Indian Gravy – **Basic Indian Yellow Gravy**
- Preparation of **Malai Kofta** using the Basic Indian Yellow Gravy
- Preparation of Indian Bread – **Poori**

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

- A. Prepare Basic Indian Yellow gravy, Malai Kofta and Poori.

Instructor's Activity:-

For A:- Arrange for demonstration of Basic Indian Yellow gravy, Malai Kofta and Poori.

Basic Yellow Gravy

Curd based gravy used for Kofta and Kormas.

| | | |
|------------------------------|---|-----------------------------------|
| Colour of the gravy | - | Yellow |
| 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. | Onion | 350 g | Boil and paste |
| 2. | Ginger | 25 g | Scrap and paste |
| 3. | Garlic | 25 g | Peal and paste |
| 4. | Red chilli powder | 10 g | |
| 5. | Coriander powder | 20 g | |



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|-----|--------------------------------|---------------|--|
| 6. | Turmeric powder | 5 g | |
| 7. | Salt | To taste | |
| 8. | Ghee/Refined oil | 160 g/180 ml | |
| 9. | Garam masala powder | 5 g | |
| 10. | Green Cardamom and Mace powder | 4 g | |
| 11. | Green cardamom | 5 | Use Whole while starting cooking for tempering |
| 12. | Black/large cardamom | 2 | |
| 13. | Cloves | 5 | |
| 14. | Mace | 1 blade | |
| 15. | Cinnamon | 1 small stick | |
| 16. | Bay leaf | 2 | |
| 17. | Curd | 175 g | Pass through strainer |
| 18. | Cashew nut | 60 g | Deep fried to light colour and grind to paste |
| 19. | Fresh Cream | 50 ml. | |
| 20. | Golden brown onion | 60 g | Make them to a paste |

Method of Preparation:-

1. Put onions for boiling in just sufficient water and meanwhile prepare rest of the ingredients as above. When onions are boiled, remove water and grind them to a paste.
2. Heat fat in a pan and add whole masala for tempering.
3. Cook until masala crackles.
4. Add onion paste and cook for 2 minutes without colour change.
5. Add ginger and garlic paste.



6. Cook for another 2-3 minutes over gentle heat stirring all the time.
7. Add *Lal Mirch* (red chilli) powder, Haldi (turmeric) powder, salt and *Dhania* (coriander) powder.
8. Lower the temperature or remove cooking vessel from fire to avoid curdling of curd. Add beaten/passed curd and little water. Bring the vessel back on fire to boil
9. When gravy separates ghee/oil add cashew nut paste, brown onion paste and cream. Slowly bring it to boil.
10. Sprinkle garam masala powder and Small cardamom and mace powder, stir, cover and use.
11. If gravy is to be used later then leave to cool. When cold pour in an appropriate stainless steel container, cover with cling film and keep under refrigeration for uses at a later stage.

Malai Kofta

| Ingredients | Quantity |
|----------------------|-----------------------------|
| For Kofta | |
| Paneer | 200 g |
| Khoya | 100 g |
| Cornflour | 2 table spoon |
| Red chilli powder | ½ tea spoon |
| Salt | To taste |
| Roasted cumin powder | ½ tea spoon |
| For preparation | |
| Yellow gravy | 400 g |
| Fresh cream | 20 ml |
| Sweet Spice Powder | 1/4 th tea spoon |
| Cumin seeds | ¼ th tea spoon |
| Oil for frying | As required |



Method

Grate paneer and khoya together.

Add rest of the ingredients for kofta and rub to a smooth paste.

Make small balls of the mixture and deep fry them to light colour on medium flame, remove and keep aside.

Heat 2 table spoons of oil in a deep frying pan and add cumin seeds allow them to brown and add yellow gravy.

Allow to boil and then add sweet spices powder and fresh cream. Pour over kofta and garnish with fresh cream and serve hot.

PURIS

| Ingredients | Quantity |
|------------------|----------|
| Wholewheat flour | 400 g |
| Oil | 1 tsp |
| Salt | To taste |
| Fat (absorption) | 30 g |
| Water | |

Method

1. Prepare a stiff dough with water, salt, and flour. Knead well. Set aside for at least half an hour.
2. Knead dough again till soft.
3. Divide into even sized balls.
4. Roll out to 0.2 cm (1/16") thickness and 4" in diameter.
5. Deep fry the rolled Poories from both the sides till golden in colour.