



PRACTICAL SESSION – 06

- Preparation of Indian Gravy - **Basic Indian Shahi Gravy**
- Preparation of **Shahi Paneer** using the Basic Indian Shahi Gravy
- Preparation of Indian Bread - **Dal Kachori**

Objective:- After the practical session students should be able to :-

- A. Prepare Basic Indian Shahi gravy, Shahi Paneer and Aloo Kachori.

Instructor's Activity:-

For A:- Arrange for demonstration of Basic Indian Shahi gravy, Shahi Paneer and Dal Kachori.

Shahi Gravy

Curd based gravy used for Shahi Kormas.

Colour of the gravy	-	White or Off White
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.	Green Chilli	5-6	Deseed and grind to paste



5.	Coriander powder	20 g	
6.	Ghee/Refined oil	160 g/180 ml	
7.	Garam masala powder	5 g	
8.	Green Cardamom and Mace powder	4 g	
9.	Green cardamom	5	Use Whole while starting cooking for tempering
10.	Black/large cardamom	2	
11.	Cloves	5	
12.	Mace	1 blade	
13.	Cinnamon	1 small stick	
14.	Bay leaf	2	
15.	Curd	175 g	Pass through strainer
16.	Cashew nut	60 g	Soak and grind to paste
17.	Fresh Cream	150 ml.	
18.	Poppy seeds	25 g	Soak and grind to paste
19.	Charmagaz (Melon seed)	25 g	Soak and grind to paste
20.	Almond	25 g	Soak and grind
21.	Khoya (reduced milk)	85 g	Grate
22.	Kewra water	Few drops	

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 kewra water and whole masala for tempering.



3. Cook until masala crackles.
4. Add onion paste and cook for 2 minutes without colour change.
5. Add grated khoya and stir for a minute without change in the colour.
6. Add ginger and garlic paste.
7. Cook for another 2-3 minutes over gentle heat stirring all the time.
8. Add *Hari Mirch* (green chilli) paste, salt and *Dhania* (coriander) powder.
9. 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
10. When gravy separates ghee/oil add cashew nut, Almond, Poppy seed, Charmagaj paste and cream. Slowly bring it to boil.
11. Sprinkle garam masala powder and Small cardamom and mace powder, stir, cover and use.
12. If gravy is to be used later then leave it to cool. When cold pour in an appropriate stainless steel container, cover with cling film and keep under refrigeration for use at a later stage.

SHAHI PANEER

Ingrdients	Quantity
Paneer	250 g
Shahi gravy	300 g
Frsh cream	30 ml
Khoya	50 g
Sweet spices powder	½ tea spoon



Method

1. Cut paneer pieces in 1/2inch cubes.
2. Heat oil in a pan add khoya cook for few seconds add gravy and paneer pieces cook for 2-3 minutes.
3. Sprinkle sweet spices powder and finish with fresh cream. Serve hot garnished with fresh cream.

DAL KACHORIES

Ingredients	Quantity
Black gram	115 g
Wholewheat flour	425 g
Coriander	A few
Peppercorns	A few
Cumin powder	½ tsp
Coriander powder	5 g
Red Chillies powder	½ tsp
Salt	To taste
Milk	55 g
Oil to fry (absorption)	50 g

Method

1. Soak black gram overnight.
2. Next morning remove skin by rubbing between the palms.
3. Add crushed peppercorns, coriander and powdered masala.
4. Heat a little oil and fry gram mixture on a slow fire till cooked.
5. Add salt.
6. Make a dough with flour and milk or curds. Knead well.
7. Divide into even sized balls, stuff with gram mixture and roll out as thick poories.
8. Fry as for pooris on medium heat.