



PRACTICAL SESSION – 07

- Preparation of Indian Gravy – **Basic Indian Kadhai Gravy**
- Preparation of **Kadhai Paneer** using the Basic Indian Kadhai Gravy
- Preparation of Indian Bread – **Potato Stuffed Parantha**

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

- A. Prepare Basic Indian Kadhai gravy, Kadhai Paneer and Aloo (Potato) stuffed Parantha.

Instructor's Activity:-

For A:- Arrange for demonstration of Basic Indian Kadhai gravy, Kadhai Paneer and Aloo (Potato) stuffed Parantha.

Kadhai Gravy

Tomato based spicy gravy

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

Ingredients required

S. no.	Ingredient	Quantity	Preparation to be done
1.	Tomatoes	1.6 Kg	Wash and chop
2.	Canned Tomato puree	200 g	
3.	Ginger	50 g	Scrap and chop



4.	Garlic	50 g	Peel and paste
5.	Green Chilli	8-10	Deseed and chop
6.	Whole Red Chilli	10-12	Light Roast and pound
7.	Salt	To taste	
8.	Coriander seeds	30 g	Light Roast and pound
9.	Kasoori methi	15 g	Roast and crush between palms
10.	Garam masala powder	10 g	
11.	Oil/Ghee	85 g	

Method of Preparation:-

1. Heat oil or ghee in the Kadhai.
2. Add garlic paste and cook to light brown colour on slow fire.
3. Add pounded spices and sauté' quickly over medium heat.
4. Now add green chillies and ginger ; cook for another 20 seconds.
5. Pour in tomato puree and chopped tomatoes and salt.
6. Cook till the masala is cooked and fat or oil is separated.
7. Finish with addition of kasoori methi and garam masala powder.
8. Cool, cover the storing pot with cling film and keep under refrigeration for use at a later stage.

NOTE: Some chefs prefer to add onions cut into petal (large pieces with separate layers) to the gravy along with step number 03.

KADHAI PANEER

Ingredients	Quantity
Paneer	200 g
Capsicum	75 g



Kadhai gravy	300 g
Cumin	5 g
Coriander seeds	5 g
Whole red chilli	3-4
Oil	50 ml
Onion	60 g
Ginger	10 g
Garlic	10 g
Green chilli	3-4
Green coriander	1/4 th bunch

Method

1. Cut paneer into cubes fry them and keep in water.
2. Cut capsicum and onion into petals. Chop ginger, green chilli, gr. coriander and garlic.
3. Roast cumin, coriander seeds and whole red chilli and grind to a coarse powder.
4. Heat oil in a pan add onion and capsicum cook for a few minute.
5. Add chopped ginger, garlic green chilli and kadhai gravy add paneer to it and cook for another 4-5 minutes.
6. Remove and serve hot garnished with green coriender.

STUFFED PARATHAS

Ingredients	Quantity
Wholemeat flour	350 g
Salt	10 g
Fat	30 g



<i>Stuffing</i>	
Boiled potatoes	200 g
Green chillies	5 g
Ginger	A small piece
Garlic	2 flakes
Salt	To taste
Garam Masala Powder	A pinch
Coriander leaves	1 sprig
Onions	30 g
Fat	30 g

Method :

1. Sieve whole wheat flour and rub in fat. Add salt and water if required to make a soft dough.
2. Keep aside for half an hour.
3. Knead well and divide into even portions.
4. Roll into even sized rounds, spread some prepared filling in the center. Cover & Bind edges.
5. Put on a hot greased griddle
6. Turn when one side is light brown.
7. Put a tsp of melted fat around.
8. Cook both sides till light brown and crisp.

For Stuffing

1. Boil and mash potatoes
2. Heat fat. Add chopped onion, garlic, ginger and green chillies. Cook on a slow fire. Add potatoes & remaining ingredients. Stir till dry. Remove and use as required.