



PRACTICAL SESSION – 01

Food Production-II

- Introduction to Indian Spices
- Introduction to Indian Kitchen Equipments

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

- A. Identify and list the different spices and condiments used in Indian Food with names and uses.
- B. Identify and differentiate the kitchen equipments.

Instructor's Activity:-

- For A.** The Indian Spices and condiments should be displayed individually in small quantity with the tags of their English names and corresponding local language names. (may use small transparent containers or poly bags)
- For B.** Special kitchen equipments used while making Indian food should be displayed with the tags of their English names and corresponding local language names.

English names of some popular Hindi Food names

Spices

Hindi Names	English Names
Ajwain	Tymol seeds
Amchur	Mango powder
Badi elaichi	Large cardamom
Dalchini	Cinnamon
Elaichi	Small cardamom
Haldi	Turmeric
Hing	Asafetida



Jaiphal	Nutmeg
Javitri	Mace
Jeera	Cumin
Kali mirch	Black pepper
Kesar	Saffron
Lal mirch	Red chilli
Laung	Clove
Methi	Fenugreek
Pyaz ka beej/ Kalaungee	Onion seeds
Sarson / Rai	Mustard seed
Saunf	Aniseed
Shah jeera	Caraway seeds
Sonth	Dry ginger
Tejpatta	Bay leaf
Til	Gingelly seed

Vegetables

Hindi Names	English Names
Adrak	Ginger
Ajwain ka patta	Celery
Aloo	Potato
Arvi	Colocasia
Arvi ka patta	Colocasia leaf
Baigan	Brinjals / Egg plant/ Aubergine
Bandh gobhi	Cabbage
Bhindi	Ladies finger/ okra
Chauli	Dry beans
Chichira	Snake guard



Chukandar	Beet root
French beans	French beans
Gajar	Carrots
Hara dhania	Green coriander
Hara mirch	Green chilli
Hara pyaz	Spring onion
Kacha kela	Raw banana
Kaddu	Pumpkin
Karela	Bitter guard
Kathal	Jackfruit
Kheera /Kakdi	Cucumber
Kukar mutta/gucchi	Mushroom
Kundru	Tindli
Lahsun	Garlic
Lauki	White/ bottle guard
Matar	Green peas
Methi	Fenugreek leaves
Mooli	Radish
Palak	Spinach
Phool gobhi	Cauliflower
Pudina	Mint
Pyaz	Onion
Saijan ki phalli	Drumstick
Sem	Beans
Shakarkand	Sweet potato
Shimla mirch	Capsicum
Suran	Yam
Tamatar	Tomato
Turai	Ridge guard
Zimikand	Elephant yam



Fruits

Hindi Names	English Names
Aadu	Peaches
Aam	Mango
Amrood	Guava
Anannas	Pineapple
Anar	Pomegranate
Angoor	Grapes
Anjeer	Fig
Kela	Banana
Kharbooja	Melon
Khumani	Apricot
Musambi	Sweet lime
Naspati	Pears
Papita	Papaya
Santara/Narangi	Orange
Seb	Apple
Tarbooj	Water melon

Cereals and Lentils

Hindi Names	English Names
Arhar dal/ Tuar dal	Yellow gram
Atta	Whole wheat flour
Bajra atta	Millet flour
Besan	Gram flour
Channa dal	Bengal gram
Chawal	Rice
Gehu	Wheat



Jowar	Barley
Kabuli channa/ chole	Large white gram
Maida	Refined flour
Makkai	Corn
Masoor dal	Lentil
Moong dal	Green gram
Sabudana	Sago
Sewain	Vermicelli
Suji	Semolina
Urad dal/ maa ki dal	Black gram

Other food items

Hindi Names	English Names
Arraroat	Arrowroot
Badam	Almond
Bread ka choora	Bread crumbs
Copra / Sookha Nariyal	Dry coconut
Dahi	Curd/yoghurt
Gud	Jaggery
Kaju	Cashewnuts
Khane ka soda	Baking powder
Khuskhus / posta dana	Poppy seeds
Kishmish	Raisins
Meethi neem	Curry leaves
Misri	Sugar candy
Moongphali	Peanuts
Moti saunf	Fennel



Munnakka	Sultanas
Narial	Coconut
Narial ka burada	Desiccated coconut
Paneer	Cottage cheese
Pista	Pistachio
Sirka	Vinegar
Tulsi	Basil