



PRACTICAL SESSION – 17

Preparation of -

BAGHARA BAIGAN

VEGETABLE PULAO

DOODHI CHANA

DOUBLE KA MEETHA

Objective:- After the practical session students should be able to prepare BAGHARA BAIGAN, VEGETABLE PULAO, DOODHI CHANA AND DOUBLE KA MEETHA.

Instructor's Activity:-

Arrange for demonstration of BAGHARA BAIGAN, VEGETABLE PULAO, DOODHI CHANA AND DOUBLE KA MEETHA.

BAGARA BAINGAN

| INGREDIENTS | QUANTITY |
|-----------------|----------|
| BRINJALS | 450 g |
| RED CHILLIES | 5 g |
| COCONUT | 115 g |
| CORIANDER SEEDS | 15 g |
| GARLIC | 5 g |
| GINGELLY SEEDS | 5 g |
| ONIONS | 225 g |
| TAMARIND | 115 g |
| JAGGERY | 5 g |



| | |
|----------------|----------|
| MUSTARD SEEDS | APINCH |
| TURMERIC | A PINCH |
| CURRY LEAVES | A SPRIG |
| GINGELLY OIL | 30 ml |
| SALT | TO TASTE |
| GREEN CHILLIES | 5 |
| FAT | 30 g |

METHOD

- Wash brinjals, breaking the stem; cut them lengthwise in quarters.
- Heat the oil and fry brinjals till the skin gets a brownish colour.
- Remove and keep aside.
- In the same oil fry the coriander seeds, chillies and onions. grind fried spices with coconut and garlie.
- Roast gingelly seeds separately and powder.
- Soak tamarind and extract pulp.
- Add to ground spices.
- To the remaining oil add chopped green chillies and turmeric and the tamarind mixture. fry masala well.
- Add brinjals and gingelly powder.
- Cover and cook till gravy thickens.
- Add jaggery and salt.
- When gravy is pqite thick remove from fire.
- In another pan heat fat. add mustard seeds and curry leaves.
- When mustard seeds crackle pour over the curry. Mix well and serve.



VEGETABLE PULAO

| Ingredients | Quantity |
|--------------------------|----------|
| Pulao rice | 500 g |
| Peas | 115 g |
| Beans | 115 g |
| Carrots | 225 g |
| Cauliflower | 55 g |
| Tomatoes | 115 g |
| Onions | 115 g |
| Cardamom | 2-3 g |
| Cloves | 2-3 g |
| Cinnamon | 2-3 g |
| Bay leaf | 2-3 g |
| Peppercorn | 2-3 g |
| Salt | to taste |
| Fat | 100 g |
| Vegetable Stock or Water | 1 litre |

Method : 1. Shell peas. Peel and cut carrots into long thin slices. String and cut beans also into long slices. Break cauliflower into flowerettes. Slice onions. 2. Wash and drain rice. 3. Heat fat. Fry onions till crisp and remove. 4. Fry vegetables slightly and remove. 5. Add whole spices and rice; fry well. 6. Add vegetable stock and cook. 7. When rice is three fourths done make a well in the centre. Add vegetables, cover and cook on a slow fire with live coal on lid or covered in a slow oven. 8. Cook till rice and vegetables are tender. 9. Mix well and serve hot, garnished with fried onions



Doodhi Chana

| Ingredients | Quantity |
|-------------------|---------------|
| Split bengal gram | 225 g |
| Bottle gourd | 225 g |
| Onions | 50 g |
| Chilli powder | 1 tsp |
| Coriander powder | 1 tsp |
| Turmeric | ½ tsp |
| Ginger | 5 g |
| Green Chillies | 3 |
| Garam Masala | 1 tsp |
| tomatoes | 50 g |
| Fat | 15 g |
| Lime | ¼ |
| Coriander leaves | a few sprigs |
| Salt | to taste |
| <i>To temper</i> | |
| Fat | 10 g |
| Asafoetida | a small pinch |
| Ginger | a small pinch |
| Garlic | 1 flake |
| Red Chilli | 1 |
| Cumin | a pinch |

Method

Boil dal with turmeric and salt. Add cut bottle guard after 20 minutes. Heat oil in a pan add hing, cumin, chopped ginger and garlic. Cook for 2 minutes add chopped onion continue



cooking until brown in colour. Add turmeric, chilli and coriander powder. Add chopped tomatoes and pour over dal. Serve hot.

DOUBLE KA MEETHA

| INGREDIENTS | QUANTITY |
|-----------------|----------|
| BREAD SLICES | 4 |
| SUGAR | 50 g |
| MILK | 500 ml. |
| CARDAMOM POWDER | 5 |
| PISTACHIOS | 0.010 g |
| GHEE | |
| SULTANAS | |
| CASHEWNUTS | 150 g |
| 20 gms. | |
| 20 gms. | |

Method

- Slice the bread into triangles and deep fry.
- Make sugar syrup and soak bread into it.
- Take milk and reduce it and add cardamom powder.
- Pour it over the bread and mix it without breaking.
- Garnish with nuts and sultanas.