



PRACTICAL SESSION – 10

Preparation of -

JEERA PULAO

DAL MAKHANI

BAIGAN BHARTA

GAJJAR HALWA

Objective:- After the practical session students should be able to prepare JEERA PULAO, DAL MAKHANI, BAIGAN BHARTA and GAJJAR HALWA

Instructor's Activity:-

Arrange for demonstration of JEERA PULAO, DAL MAKHANI, BAIGAN BHARTA and GAJJAR HALWA

JEERA PULAO

INGREDIENTS	QUANTITY
PULAO RICE	500 g
PEAS	200 g
FAT	50 g
ONIONS	50 g
CARDAMOM	4
CLOVES	6
CINNAMON	A small stick
BAY LEAF	2
SALT	To taste



METHOD

- Wash & soak pulao rice
- Shell peas
- Drain rice , slice onions
- Heat fat, fry sliced onions till golden brown
- Remove onions, drain. Add whole spices
- Add rice & fry well, add peas, fry for 2-3 minutes
- Add hot water (double the amount of rice)& salt
- Cover & cook. Finish off with fried onions

DAL MAKHANI

INGREDIENTS	QUANTITY
BLACK GRAM DAL	250 g
RAJMAH (KIDNEY BEANS)	50 g
ONIONS	115 g
TOMATOES	160 g
GINGER	15 g
GARLIC	15 g
BUTTER	30 g
GHEE	15 g
CREAM	25 g
TURMERIC	5 g
SALT	To taste
RED CHILLI POWDER	10 g
CUMIN SEEDS	5 g



METHOD

- Soak kidney beans overnight.
- Boil the black gram dal and kidney beans with salt, turmeric, ginger & garlic.
- Now for the tempering add ghee to the pan, add cumin seeds and allow it to crackle, add onions and allow it to brown.
- Add tomatoes and cook it.
- Now add red chilli, salt, turmeric and cook till loab stage.
- Now add black gram dal and Rajmah to it and boil it for 5 min. Add 3/4th butter.
- Serve hot and at time of serving add cream and dots of butter as garnish.

BRINJAL BHARTA

Ingredients	Quantity
Brinjals	225 g
Onions	115 g
Green Chillies	5 g
Turmeric	a pinch
Chilli powder	a pinch
Cumin powder	a pinch
Garlic	2 flakes
Oil	10 ml
Salt	10 g
Coriander leaves	a few sprigs
Tomatoes	60 g



Method :

1. Roast brinjals in hot ash or on hot tava or griddle or in the oven.
2. Remove skin and mash.
3. Slice a small portion of the onions ; chop remaining onions fine.
4. Chop green chillies, and garlic.
5. Heat fat and fry sliced onions. Add mashed brinjals, chopped tomatoes, turmeric, cumin powder, chilli powder, salt and garlic. Cook for a few minutes.
6. Remove from fire, and add chopped onion, green chillies and coriander leaves. Mix well.

GAJAR HALWA

INGREDIENTS	QUANTITY
CARROTS	225 g
SUGAR	115 g
DESI GHEE	55 g
MILK	500 ml.
DRIED FRUITS & NUTS	25 g
CARDAMOMS	3-4
KHOYA	50 g

Method :

- Wash carrots , scrape & grate
- Add carrot to milk & cook
- When milk dries up add fat & fry
- Add sugar, prepared fruits& crushed cardamoms and khoya.