



PRACTICAL SESSION – 16

Preparation of - **CHAULI BEANS FOOGATH**
MASALA BHAT
TUR DAL AND VEGETABLE SOORAK

DODOL

Objective:- After the practical session students should be able to prepare CHAULI BEANS FOOGATH, MASALA BHAT, TUR DAL AND VEGETABLE SOORAK AND DODOL.

Instructor’s Activity:-

Arrange for demonstration of CHAULI BEANS FOOGATH, MASALA BHAT, TUR DAL AND VEGETABLE SOORAK AND DODOL.

CHAULI BEANS FOOGATH

INGREDIENTS	QUANTITY
CHAULIBEAN	225 g
COCONUT	½
GREEN CHILLI	5 g
CUMIN	5 g
TURMERIC	5 g
MUSTARD	5 g
ONION	30 g
CURRY LEAVES	10-12
OIL	30 ml.
SALT	5 g



METHOD

- Wash and cut chauli beans into small pieces
- Add salt ,enough water to cook it
- Boil till beans are tender and water has evaporated
- Grind green chillies, cumin and turmeric and mix well with grated coconut
- Add this to the beans and cook on a slow flame till quite dry . season and remove.
- Temper with mustard seeds and curry leaves.

MASALA BHATH

Ingredients	Quantity
Pulao rice	400 g
Gherkins (tindli/Kundru)	100 g
Cashewnuts	25 g
Green Chilli (slit)	1
Curry leaves	a few sprigs
Coriander	10 g
Cumin	5 g
Gingelly seeds	5 g
Cinnamon	a small piece
Cloves	3 or 4
Asafoetida	a pinch
Dry coconut	10 g
Mustard seeds and cumin	a pinch
Fat	20 g
Coconut (fresh)	20 g
Coriander leaves	15 g
Salt	to taste



Method :

1. Pick, wash and drain rice. Keep it for half an hour.
2. Roast and powder coriander, cumin, gingelly, cinnamon, cloves , and dry coconut.
3. Wash and cut gherkins lengthwise.
4. Heat three-fourths of the fat. Add mustard seeds and cumin.
5. When they crackle, add curry leaves, asafoetida, chilli. Add gherkins. Saute for five minutes.
6. Add rice. Fry for 5 minutes.
7. Add hot water to double the quantity of gherkin-and-rice mixture.
8. Add spices, salt and cashewnuts.
9. Cook on slow fire, stirring occasionally.
10. When the rice is nearly done, pour remaining fat over Cover.
11. Cook till all the water has evaporated and rice is done. Serve hot, garnished with grated coconut and chopped coriander leaves.

Tur Dal and Vegetable Sorak

Ingredients	Quantity
Split red gram	225 g
Vegetables (potatoes, bottle gourd, brinjal)	225 g
Coriander	2 tbsp
Cumin	½ tsp
Turmeric	¼ tsp
Onions	2



Red Chillies	5
Garlic	3 cloves
Coconut	¼
Curds	1 cup
Salts	to taste
<i>To temper</i>	
Mustard seeds	½ tsp
Curry leaves	2 sprigs
Clarified butter	1 tbsp

Method

1. Cut vegetables into small pieces. Grate coconut.
2. Boil dal with turmeric and salt until cooked.
3. Roast cumin and coriander seeds and pound to powder. Make a paste of all the spices onion and coconut. Mix in curd. Add it to the dal.
4. Heat ghee and add mustard seeds and curry leaves, add it to the dal and serve hot.

DODOL

INGREDIENTS	QUANTITY
RICE FLOUR	250 g
JAGGERY	200 g
COCONUT MILK	65 g
CASHEWNUTS	20
CARDAMONS	4-5
GHEE	50 g



METHOD

- Put flour into a pan, add coconut milk gradually and stir until free from lumps.
- Add grated jaggery, cardamom and stir over fire until mixture thicken.
- Mix in cashewnuts, cut into small pieces, few minutes before taking dodol off fire.
- Turn on to a flat buttered dish. Cut into pieces and serve