



PRACTICAL SESSION – 19

Preparation of -

PALAK PANEER
ARHAR DAL FRY
BOILED RICE

KHEER

Objective:- After the practical session students should be able to prepare PALAK PANEER, ARHAR DAL FRY, BOILED RICE AND KHEER.

Instructor's Activity:-

Arrange for demonstration of PALAK PANEER, ARHAR DAL FRY, BOILED RICE AND KHEER.

PALAK PANEER

INGREDIENTS	QUANTITY
PANEER	200 g
ONION	115 g
GINGER	5 g
GARLIC	5 g
GREEN CHILLI	3-4
SPINACH	400 g
METHI LEAVES (OPTIONAL)	1/4 TH Bunch
CHILLI POWDER	5 g
CORIENDER POWDER	10 g
OIL	30 ml
SALT	To taste
SWEET SPICES POWDER	½ Tea Spoon
TOMATO PUREE	2 Table Spoons



METHOD

1. Wash spinach three to four times with methi leaves and green coriander.
2. Blanch in boiling hot water for 5-8 minutes. Remove and make a paste out of it.
3. Heat oil in a pan add onion paste and cook till light brown in colour, add spices and stir for one minute.
4. Add tomato puree, salt and spinach paste.
5. Continue cooking for 10 minutes at low flame.
6. Add paneer pieces cook for another 3-4 minutes and remove after sprinkling sweet spices powder. Serve hot.

Arhar Dal Fry

Colour of the dish	-	Yellow
Yield	-	04 portions.
Preparation and Cooking time	-	20-25 minutes
Consistency	-	Pouring Thick with rough texture
Serving Temperature	-	Served hot

Ingredients required

S. no.	Ingredient	Quantity	Preparation to be done
1.	Arhar dal	225 g	Wash minimum 3 times in water
2.	Turmeric powder	5 g	
3.	Salt	To taste	
For Tempering:			
4.	Garlic	5 g	Peal and chop
5.	Cumin	½ tea spoon	
6.	Asafoetida (hing)	A pinch	



7.	Green Chilli	1-2	Deseed and chop
8.	Whole Red Chilli	2-3	
9.	Desi Ghee / Butter	25 g	
10.	Green coriander	Few sprig	Wash and chop
11.	Tomatoes	1	Wash and chop
12.	Onion	1	Peal and chop

Method of Preparation:-

1. Boil Arhar Dal with turmeric and salt in sufficient water.
2. Remove scum from top after the first boil.
3. Continue cooking till the grains are cooked properly. Check for consistency.
4. In a separate small pan, heat ghee/ butter and add asafoetida and cumin.
5. When the cumin becomes brown add garlic.
6. When garlic is light brown in colour add whole red chilli and green chilli. Soon after add onions and continue cooking.
7. When onions are light in colour add tomatoes. Cook for another 5 minutes.
8. Add this tempering on to the cooked dal.
9. Serve hot garnished with chopped green coriander.

BOILED RICE (Draining Method)

Ingredients	Quantity
Rice	500 g
Water	2 litre
Salt	5 g



Method :

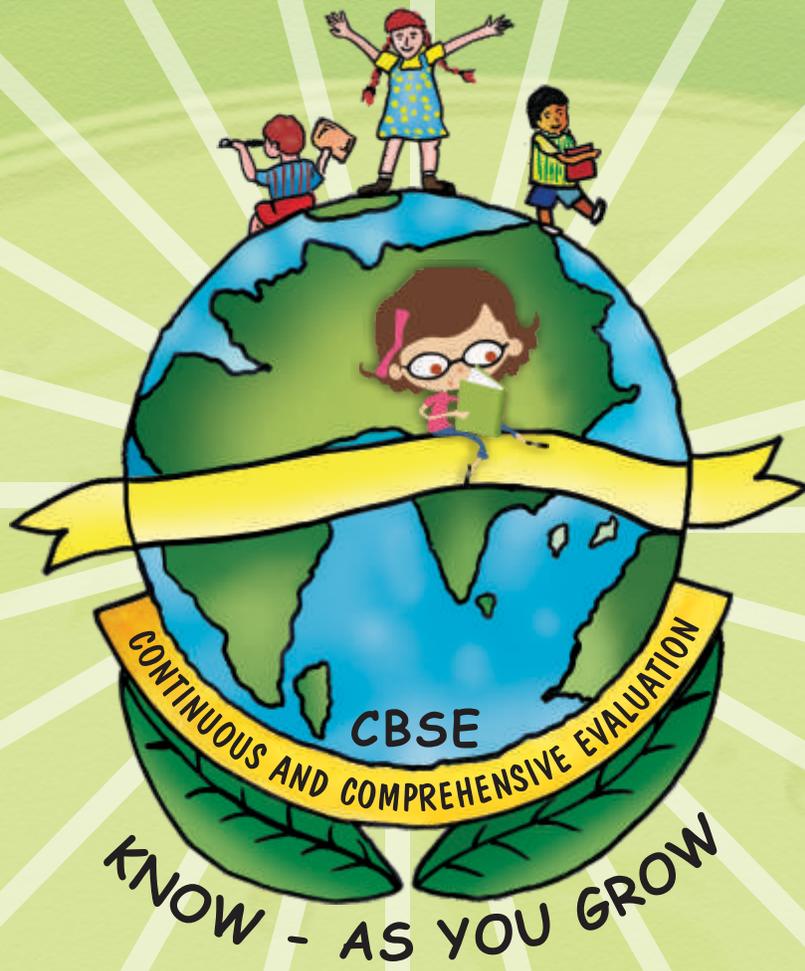
1. Wash and soak rice.
2. Bring water to a boil.
3. Add rice and salt and bring to first boil then simmer. Stir occasionally.
4. Cook till rice is soft and 90% cooked.
5. Drain off excess water. Put rice back in the pan and cover with lid. Put on slow flame for one minute and then remove from fire. Keep covered till service.

KHEER

Ingredients	Quantity
Rice	30 g
Milk	600 ml
Sugar	90 g
Charoli nuts	20 g
Cardamoms	a few
Pistachio nuts	10 g
Almonds	15 g
Cashew nuts	10 g

Method

1. Heat milk in a thick- bottomed plan.
2. Stir till it boils. Add wash rice.
3. Simmer for half an hour stirring occasionally till thick.
4. Add sugar and nuts.
5. Sprinkle powdered cardamoms. Serve hot or chilled as desired.





CENTRAL BOARD OF SECONDARY EDUCATION

Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi - 110092, India

Tel.: 91-11-22509252-59 Fax : 91-11-22515826

E-mail : cbseedi@nda.vsnl.net.in website : www.cbse.nic.in