



# Food Craft Institute

(Department of Skill Development, UT of J&K)  
BamyalMorh, NH-44, P.O ShibbaNagrota, Jammu

## Training Manual



# Food Production

**“HUNAR SE ROZGAR TAK PROGRAMME”**

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Food Craft Institute –Jammu, Department of Skill Development, UT of J&K

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## **UNIT-1-PRIDE IN NATION**

Pride is an inwardly directed emotion that carries two common meanings. With a negative connotation, pride refers to an inflated sense of one's personal status or accomplishments. With a positive connotation, pride refers to a satisfied sense of attachment towards one's own or another's choices and actions, or towards a whole group of people, and is a product of praise, independent self reflection, or a fulfilled feeling of belonging.

### **PRIDE IN INDIA**

1. India is the seventh largest country in the world and it's a fast growing economy.
2. India is a home for ancient civilization of the Indus Valley.
3. India has 28 states and 8 Union Territories.
4. India's history goes back to 3,200 BC when Hinduism was first founded. Buddhism, Jainism, Sikhism, Zoroastrianism, Christianity and Islam all exist within the country.
5. In India there are about 45 folk dances and 7 classical dance forms.
6. The great Indian epic are Ramayana – the first Indian epic and Mahabharata – the longest epic in the world literature with 100,000 two-line stanzas.
7. Yoga originated in India in 5000 BC and documented by 200 BC – 300 AD.
8. Facts about modern India
  - Pluralistic, Multilingual and multiethnic society
  - Secular democratic constitution
  - World's most populous democracy
  - About 431 million Indians have been raised above poverty since 1985
  - World's tenth largest importer and nineteenth largest exporter
  - Indian Labor force is world's second largest
  - Fastest growing IT super power
  - Indian Railways, the biggest employer in the world.
9. Few famous personalities of India
  - ARYABHATTA – He was the first in the line of great mathematician-astronomers from the classical age of Indian mathematics and India astronomy.
  - MOHANDAS KARAMCHAND GANDHI (2 October 1869 – 30 January 1948) – commonly known as Mahatma Gandhi, was a prominent leader of Indian Nationalism in British-ruled India. Gandhi led India to independence an inspired movement for non-violence, civil rights and freedom across the world.

- AVUL PAKIRJAINULABDEEN ABDUL KALAM (born on 15 October 1931) – He is an Indian scientist and an administrator who served as the 11th President of India. He is also known as 'Missile Man'.
- MAQBOOL FIDA HUSSAIN (17 September 1915 – 9 June 2011) – commonly known as MF Husain, was an Indian painter and Film Director, internationally recognized as a printmaker, photographer and filmmaker.
- KALPANA CHAWLA (July 1, 1961 – February 1, 2003) – She was the First Indian American Astronaut and First Indian Woman in Space.
- Sachin Ramesh Tendulkar (Born On 24 April 1973) – He is an Indian Cricketer Widely Acknowledged as the Greatest Batsman in One Day Internationals and Second Only to Don Bradman in the all time greatest List in Test Cricket.
- **B. R. Ambedkar** : Ambedkar is recognised as the "founding father of the Republic of India" Ambedkar was the architect of the Indian Constitution and also served as the first Law Minister of India.
- **Vallabhbhai Patel** : Widely known as the "Iron Man of India" Patel was an independence activist and first Deputy Prime Minister of India (1947–50). Post independence, "Sardar" ("Leader") Patel worked with V. P. Menon towards dissolving 555 princely states into the Indian union.
- **Jawaharlal Nehru** : Independence activist and author, Nehru is the first and the longest-serving Prime Minister of India (1947–64). Nehru himself was Prime Minister of India at the time of receiving Bharat Ratna award.
- **Mother Teresa**: "Saint Mother Teresa of Calcutta" was a Catholic nun and the founder of the Missionaries of Charity, a Roman Catholic religious congregation, Which manages homes for people who are dying of HIV/AIDS, leprosy and tuberculosis. She was awarded the Nobel Peace Prize for her humanitarian work in 1979.
- **J. R. D. Tata** : Industrialist, philanthropist, and aviation pioneer, Tata founded India's first airline Air India. He is the founder of various institutes including Tata Institute of Fundamental Research, Tata Memorial Hospital, Tata Institute of Social Sciences, Tata Motors, TCS, National Institute of Advanced Studies, and National Centre for the Performing Arts.

## Unit-2-TOURISM AND YOU

The hospitality industry is a part of a larger enterprise known as travel and tourism industry. The travel and tourism industry is a vast group of



business with one goal in common : providing necessary or desired services to travelers. Advances in transportation enabled more people to travel greater distances at less cost spreading tourism across the globe. From modest origins, hospitality and tourism rose to become two of the largest world wide industries

Hospitality is the cordial and generous reception and entertainment of guests or strangers, either socially or commercially.

The Hospitality Industry is comprised of those businesses which practice the act of being hospitable; those businesses which are characterized by generosity and friendliness to guests.

### Characteristics of Hospitality Industry

1. Inseparability
  2. Perishability
  3. Labor-intensive
  4. Repetitive
  5. Intangibility
- The United Nations World Tourism Organization (UNWTO) defines tourism as the act of:

"...travelling to and staying in places outside a person's usual environment for not more than one consecutive year for leisure, business and other purposes not related to the exercise of an activity remunerated from within the place visited."

S.No	Type	Description
01	Domestic tourism	Residents travelling within their country of Residence
02	Inbound tourism	Non-residents travelling to the given country
03	outbound tourism	Residents travelling to another country
04	Internal tourism	Domestic tourism and inbound tourism

05	National tourism	Domestic tourism and outbound tourism
06	International tourism	Inbound tourism and outbound tourism
07	Culinary tourism	Travelling for Food and drink experiences
08	Dark tourism	Travel to sites associated with death and suffering
09	Disaster Tourism	Travel to sites that have experienced natural disasters
10	Ecotourism	Tourism which benefits the community, economy & the environment of a local area
11	Heritage (Cultural) tourism	Places, activities that represent the stories of people, past and present
12	Medical (Health) tourism	Medical services at a particular location
13	Space tourism	Trips taking tourists into space
14	Adventure Tourism	Involving exploration or travel with perceived risk to remote, exotic and possibly hostile areas. like Mountaineering, trekking, rafting, rock climbing.etc

### **Tourist**

- **International Tourist**

“A visitor who travels to a country other than that in which he/she has his/her usual residence for at least one night but not more than one year, and whose main purpose of visit is other than the exercise of an activity remunerated within the country visited”

- **Domestic Tourist**

“Any person, regardless of nationality, resident in a country and who travels to a place in the same country for not more than one year and whose main

purpose of visit is other than following an occupation remunerated from within the place visited”

### 21st Century Trends In Tourism

Travel and tourism will grow to new heights in the 21st century as it becomes more accessible to a larger cross section of the global population. This will result in commensurate economic opportunities for developed and emerging destinations around the world. It will also create major challenges, not only in attracting and serving increased tourism demand, but also in mitigating the numerous potential negative externalities that will emerge as a result of tourism’s rapid growth. Successful destinations will strike a balance in developing their tourism industries by monitoring international trends, engaging tourism stakeholders, ensuring that the benefits of tourism outweigh any potential negative impacts and pledging a more equitable distribution of tourism revenue.

### IMPACT OF TOURIS

1. Income from tourism in the form of foreign exchange adds to the national GDP.
2. It generates employment as it is a labor intensive service industry. It provides direct employment in business such as hotels, restaurants and shops.
3. Impact of tourism on India is gigantic. There are recently many events that took place, which are a big catalyst for prompting tourism in India. The international sports event like 20/20 IPL Cricket Matches, Commonwealth Games, Formula 1 races etc.
4. Tourism helps in preservation of national heritage and environment. Several places of historical importance are TajMahal, QutabMinar, Ajanta ellora etc.
5. Tourism also helps in conserving the natural habitats of many endangered species.
6. Tourism increases self esteem of hosts and tourists.

7. Tourism promotes cultural awareness and can help preserve local culture and tradition.
8. Economic impact – Direct, indirect induced spending becomes wide spread in the community.

Tourism promotes peace and stability in the country by promoting cross cultural awareness.

## **UNIT-2- COVID 19 & FOOD SAFETY**

Potential transmission of COVID-19 via food. It is highly unlikely that people can contract COVID-19 from food or food packaging. COVID-19 is a respiratory illness and the primary transmission route is through person-to-person contact and through direct contact with respiratory droplets generated when an infected person coughs or sneezes. There is no evidence to date of viruses that cause respiratory illnesses being transmitted via food or food packaging. Coronaviruses cannot multiply in food; they need an animal or human host to multiply. The most recent advice from the WHO is that current evidence indicates that COVID-19 virus is transmitted during close contact through respiratory droplets (formed on coughing or sneezing) and by fomites. The virus can spread directly from person-to-person when a COVID-19 case coughs or sneezes, producing droplets that reach the nose, mouth, or eyes of another person. Alternatively, as the respiratory droplets are too heavy to be airborne, they land on objects and surfaces surrounding the infected person. It is possible that someone may become infected by touching a contaminated surface, object, or the hand of an infected person and then touching their own mouth, nose, or eyes. This can happen, for instance, when touching door knobs or shaking hands and then touching the face. Recent research evaluated the survival of the COVID-19 virus on different surfaces and reported that the virus can remain viable for up to 72 hours on plastic and stainless steel, up to four hours on copper, and up to 24 hours on cardboard. This research was conducted under laboratory conditions (controlled relative humidity and temperature) and should be interpreted with caution in the real-life environment. It is imperative for the food industry to reinforce personal hygiene measures and provide refresher training on food hygiene principles to eliminate or reduce the risk of food surfaces and food packaging materials becoming contaminated with the virus from food workers. Personal protective equipment (PPE), such as masks and gloves, can be effective in reducing the spread of viruses and disease within the food industry, but only if used properly. In addition, the food industry is strongly advised to introduce physical distancing



and stringent hygiene and sanitation measures and COVID-19 and Food Safety: Guidance for Food Businesses: interim guidance to promote frequent and effective handwashing and sanitation at each stage of food processing, manufacture and marketing. These measures will protect staff from spreading COVID-19 among workers, maintain a healthy workforce, and detect and exclude infected food handlers and their immediate contacts from the workplace. Although COVID-19 genetic material (RNA) has been isolated from stool samples of infected patients, there are no reports or any evidence of faecal-oral transmission. Handwashing after using the toilet is always an essential practice especially when working with food.

Food workers:

For the purpose of this guidance food workers include food handlers, people who directly touch open food as part of their work. It also includes staff who may touch food contact surfaces or other surfaces in rooms where open food is handled. The term can therefore apply to managers, cleaners, maintenance contractors, delivery workers, and food inspectors. WHO recommends that people who are feeling unwell should stay at home. Staff working in the food sector need to be aware of the symptoms of COVID-19. Food business operators need to produce written guidance for staff on reporting such symptoms and on exclusion from work policies. The most important issue is for staff to be able to recognise symptoms early so that they can seek appropriate medical care and testing, and minimise the risk of infecting fellow workers. Common symptoms of COVID-19 include: • a fever (high temperature – 37.5 degrees Celsius or above) • a cough - this can be any kind of cough, not just dry • shortness of breath • breathing difficulties • fatigue

Food workers:

Preventing the spread of COVID-19 in the work environment Staff working in food premises should be provided with written instructions and training on how to prevent the spread of COVID-19. Normal routine fitness to work procedures employed by food businesses as part of their FSMS should ensure that infected workers are excluded from food premises. Staff who are unwell or have symptoms of COVID-19 should not be at work and should be informed about how to contact medical professionals. This is imperative because if an infected worker handles food it is possible that they could introduce virus to the food they are working on, or onto surfaces within the food business, by coughing and sneezing, or through hand contact. In addition, in some cases, infected people may be asymptomatic or pre-symptomatic and may not display

any signs or symptoms of disease or may present with mild symptoms that are easily overlooked. Some infected people not yet displaying symptoms have been shown to be contagious and capable of spreading the virus.<sup>14- 19</sup> This underscores the need for all personnel working in the food industry, regardless of their apparent health status, to practice personal hygiene and appropriately use PPE. Food businesses need to introduce a high level of security and staff management to maintain a disease-free working environment. Prerequisite Programmes must ensure that COVID-19 infected (symptomatic individuals and confirmed asymptomatic carriers) workers and their contacts (those with exposure to confirmed cases) are excluded from food premises. Staff who are unwell or who have any symptoms of COVID-19 should not work. A procedure to allow staff to report illness by phone (or email) should be established so that workers with early stages of COVID-19 can receive reliable information and be quickly excluded from work environments.

Food safety practices in food premises should continue to be delivered to the highest hygiene standards. Good staff hygienic practices include:

- proper hand hygiene – washing with soap and water for at least 20 seconds (follow WHO advice);
- frequent use of alcohol-based hand sanitizers;
- good respiratory hygiene (cover mouth and nose when coughing or sneezing; dispose of tissues and wash hands);
- frequent cleaning/disinfection of work surfaces and touch points such as door handles;
- avoiding close contact with anyone showing symptoms of respiratory illness such as coughing.

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Food workers:



Physical distancing in the work environment Physical distancing is very important to help slow the spread of COVID-19. This is achieved by minimising contact between potentially infected individuals and healthy individuals. All food businesses should follow physical distancing guidance as far as reasonably possible. WHO guidelines<sup>13</sup> are to maintain at least 1 metre (3 feet) between fellow workers. Where the food production environment makes it difficult to do so, employers need to consider what measures to put in place to protect employees. Examples of practical measures to adhere to physical distancing guidance in the food-processing environment are to: • stagger workstations on either side of processing lines so that food workers are not facing one another; • provide PPE such as face masks, hair nets, disposable gloves, clean overalls, and slip reduction work shoes for staff. The use of PPE would be routine in high-risk areas of food premises that produce ready-to-eat and cooked foods. When staff are dressed in PPE it is possible to reduce distance between workers; • space out workstations, which may require reduction in the speed of production lines; • limit the number of staff in a food preparation area at any one time; • organise staff into working groups or teams to facilitate reduced interaction between group

#### Food workers:

COVID-19 illness in the workplace The Prerequisite Programmes that underpin a food business FSMS will include guidelines for managing staff sickness in food premises. Included in these guidelines will be instruction for reporting staff sickness and policies for return to work when staff recover from illness. Staff must be trained in the use of and comply with these guidelines and to report illness at the earliest opportunity to prevent the transmission of COVID-19 to fellow workers. Staff management practices (e.g. reporting illness and exclusion of ill workers) will make it unlikely that a food worker will become unwell in the workplace with symptoms of COVID-19. However, it is necessary to develop a plan of action to manage such an event. A more likely occurrence is that a food worker will report illness by telephone. Staff need to be aware that they should not report to work with symptoms of COVID-19 but notify such illness by telephone. Staff who are feeling unwell should not report to work and seek medical advice. However, in the event that a food worker becomes unwell in the workplace with typical symptoms of COVID-19, they should be removed to an area away from other people. If possible, find a room or area where they can be isolated behind a closed door, such as a staff office. If it is possible to open a window, do so for ventilation. Arrangements should be made for the unwell employee to be removed quickly from the food premise. The employee who is unwell should follow national guidelines for reporting



cases/suspect cases of COVID-19. While they wait for medical advice or to be sent home, they should avoid any contact with other employees. They should avoid touching people, surfaces, and objects and be advised to cover their mouth and nose with a disposable tissue when they cough or sneeze and put the tissue in a bag or pocket and then dispose of the tissue in a bin with a lid. If they do not have any tissues available, they should cough and sneeze into the crook of their elbow. If they need to go to the bathroom while waiting for medical assistance, they should use a separate bathroom, if available. All surfaces that the infected employee has come into contact with must be cleaned, including all surfaces and objects visibly contaminated with body fluids/respiratory secretions, and all potentially contaminated high-contact areas such as toilets, door handles, and telephones. Alcohol-based sanitizers/surface disinfectants should be used for cleaning purposes. In general, alcohol-based disinfectants (ethanol, propan-2-ol, propan-1-ol) have been shown to significantly reduce infectivity of enveloped viruses like COVID-19 virus, in concentrations of 70-80%. Common disinfectants with active ingredients based on quaternary ammonium compounds and chlorine would also have virucidal properties. All staff should wash their hands thoroughly for 20 seconds with soap and water after any contact with someone who is unwell with symptoms consistent with coronavirus infection. If an employee is confirmed to have COVID-19 it will be necessary to notify all close contacts of the infected employee so they too can take measures to minimise further risk of spread. WHO definitions of a contact of a COVID-19 case can be found here.<sup>21</sup> Examples of contacts in the food industry could include any employee who was in face-to-face or physical (i.e. touching) contact; any employee who was within 1 metre with the confirmed case; anyone who has cleaned up any body fluids without adequate PPE (e.g. gloves, overalls, protective clothing); employees in the same working team or work group as the confirmed case, and any employee living in the same household as a confirmed case. WHO recommends that contacts be quarantined for 14 days from the last point of exposure to the confirmed case. At a minimum, staff who have had close contact with the infected employee should be asked to stay at home for 14 days from the last time they had contact with the confirmed case and practice physical distancing. If they become unwell at any time within their 14-day isolation period and they test positive for COVID-19, they will become a confirmed case, and should be managed as such. <sup>22</sup> Staff who have not had close contact with the original confirmed case should continue taking the usual precautions and attend work as usual. Organising employees into small teams or workgroups will help to minimise disruption to workforce in the event of an employee reporting sick with symptoms of COVID-19. Closure of the workplace is not recommended. A return to work policy for staff who have been infected and recovered from COVID-19 should be in place. WHO recommends that a

confirmed case could be released from COVID-19 and Food Safety: Guidance for Food Businesses: interim guidance -4- isolation once their symptoms resolve and they have two negative PCR tests at least 24 hours apart. If testing is not possible, WHO recommends that a confirmed patient can be released from isolation 14 days after symptoms resolve.<sup>23</sup>

#### Food workers:

Staff canteens Workplace canteens in essential frontline services, such as food processing and food retailing, need to remain open where there are no practical alternatives for staff to obtain food. High standards of the public health measures for handwashing and respiratory etiquette need to be maintained in work canteens. Operational standards staff canteens should include:

- Maintaining a physical distance of at least 1 metre between an individual and other workers, including in seating arrangements;
- Staggering staff work and break times to reduce staff numbers in a canteen at any one time;
- Restricting non-essential physical contact as much as possible;
- Visible notices for staff promoting hand hygiene and physical distancing;
- Cleaning and disinfection procedures for equipment, premises, contact surfaces/ high touch points, e.g. counter tops/tongs/service utensils/open self-service displays/door handles.

WHO continues to monitor the situation closely for any changes that may affect this interim guidance. Should any factors change, WHO will issue a further update. Otherwise, this interim guidance document will expire 2 years after the date of publication.

In order to hygienically manage open food displays and to avoid the transmission of COVID-19 through surface contact, food retailers should:

- Maintain frequent washing and sanitizing of all food contact surfaces and utensils;
- Require food service workers to frequently wash hands, and, if using gloves, these must be changed before and after preparing food;
- Require food service workers to frequently clean and sanitise counters, serving utensils and condiment containers;
- Make available hand sanitizer for consumers on their way in and out of the food premises;
- Should consider not openly displaying or selling unwrapped bakery products from self-service counters. Bakery products on open, self-service displays in retail stores should be placed in plastic/cellophane or paper packaging. Where loose bakery products are displayed in retail stores, these should be placed in plexiglass display cabinets and placed in bags using tongs when customers are served.

## **UNIT 3- NUTRITION OVERVIEW**

### **Vitamins**

**Vitamins** are essential to help our body use other **nutrients** we take in, and they also help to promote tissue growth. There are several kinds of vitamins, all of which have a specific purpose and which we need every day. With the exception of Vitamin D and Vitamin K, our body needs to obtain vitamins through our diets. We make a certain amount of Vitamins D and K within our bodies. While most people who eat a **well-balanced diet** do not need to take vitamin supplements, other people may need a daily supplement in order to meet their nutritional needs. The patient's physician will discuss the specific vitamin supplements the patient needs, if any. If the patient has a question about a vitamin, Home Health Aides/Personal Care Aides should inform their supervisor about the patient's question.

**Vitamin A** is necessary to help keep the skin in good condition and also supports eye health. Vitamin A can be found in dark green, yellow, and orange vegetables.

**Vitamin B** is needed to help the nervous and **digestive systems** function properly. It also is important for protein, carbohydrate, and fat **metabolism**. Metabolism is the process by which the body converts (changes) what we eat and drink into usable energy. Foods high in vitamin B are those found in animal products such as meat, milk and milk products, green leafy vegetables, and **fortified** grain products. When foods are fortified, they have **nutrients** added to them in order to make them more nutritious. For example, many grain or bread products are fortified, or enriched with extra **minerals** and vitamins for extra nutrition.

**Vitamin C** helps to strengthen blood vessel walls and aids in the healing of wounds and bones. It also helps the body to absorb iron. Foods rich in vitamin C include fruits such as oranges, strawberries, grapefruit, and vegetables like broccoli, Brussel sprouts, and green cabbage.

**Vitamin D** is needed for our body to build strong bones and teeth. Sources of vitamin D include milk, butter, salmon, sardines, tuna, liver, fish liver oils, and **fortified** orange juice. We also synthesize (make) our own vitamin D when we get sunlight on our skin.

**Vitamin E** is an [antioxidant](#), which is a substance used to remove potentially damaging agents called [free radicals](#). This helps to promote a good immune system. Sources of vitamin E are wheat germ, fish, fruits, vegetables, cereals, and nuts.

## Minerals

Our bodies also require a number of [minerals](#) in order to best function. [Minerals](#) are compounds that our body needs in order to perform a variety of functions. There are a number of essential minerals that our bodies need. For example, we need calcium, which is a mineral, in order to help keep our bones and teeth strong. There are a number of minerals that we need to take in through eating a [well-balanced diet](#). Calcium, potassium, chloride, sodium, phosphorus, and magnesium are known as [major minerals](#) (Lehman, 2014). Iron, fluoride, zinc, copper, selenium, chromium, and iodine are known as [minor minerals](#) (Lehman, 2014). Whether a mineral is major or minor has to do with the amount we need in our diets. We need a greater amount of calcium within our diet as compared to zinc, for example.

**Calcium:** is a mineral that is needed for bone and teeth strength, blood clotting, proper muscle contraction, and a healthy heart. Milk and milk products such as cheese, ice cream, yogurt, leafy green vegetables, and canned fish, such as sardines (which have soft bones) are good sources of calcium.

**Potassium:** helps the heart to function properly, helps [muscles](#) to contract, and is necessary for good nerve conduction. Foods high in potassium include tomatoes, potatoes, squash, dried apricots, yogurt, and bananas.

**Iron:** iron combines with protein to make hemoglobin, which is a part of our red blood cells that carries oxygen. Good sources of iron include red meat, chicken, pork, dark green leafy vegetables such as spinach, iron [fortified](#) cereals and grain products, and dried fruits such as raisins.

**Iodine:** is needed for proper functioning of the [thyroid](#) gland. The [thyroid](#) is important for our body's [metabolism](#). Sources of iodine in the diet can include cod, shrimp, canned tuna, iodized table salt and even milk and yogurt.

**Sodium:** helps our body to maintain normal fluid balance. Foods high in sodium include most processed food, many canned food such as meats and soups, olives, pickles, packaged mixes, and canned foods such as vegetables. While we need sodium in our diet, we should limit the amount of sodium we take in.



## Water

Water is essential to all life, including human life. Without it, we cannot survive. We could only live for a few days without water. We need water for digestion, elimination, and control of our body temperature. The majority of our body is made up of water. We need about 8 glasses, or 64 ounces, of water each day to stay adequately hydrated. Liquids such as coffee, tea, juices, milk, and soda also provide us with fluid we need. However, it is healthier to select drinks such as water, milk, or juice rather than soda.

It is important to remember to keep a patient hydrated. Some patients may not be able to or may forget to ask for a drink of water. It is a good idea for Home Health Aides/Personal Care Aides to offer a drink of water at least once every two hours. When turning and positioning a bedridden patient, offer them a glass of water at that time.

## Nutrients Work Together

It is important to have a well-balanced diet. While each of the individual nutrients discussed above are important, it is important that a person take in a combination of all of them to make a well-balanced diet. Together they work to keep the body working at its optimum (best) level.

## Meal Planning

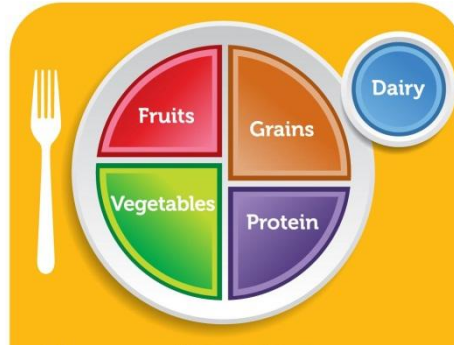
### Well-Balanced Diet

A well-balanced diet means a diet in which all the nutrients our body needs for proper functioning and energy are taken in. A well-balanced diet contains a variety of foods from all the food groups, as well as all the necessary vitamins and minerals we need. It also means taking in an adequate supply of water for adequate health. A well-balanced diet can be planned by selecting healthy foods from each of the food groups.

### USDA's ChooseMyPlate Dietary Guidelines

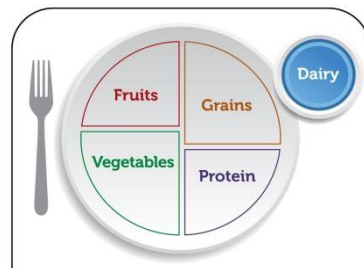
The United States Department of Agriculture (USDA) developed healthy eating guidelines to follow to help them make healthy food choices. According to the USDA, The ChooseMyPlate icon (symbol) serves as a reminder for people to help them build a healthy plate at meal times. The emphasis is on the five food groups that are necessary for good health: vegetables, fruits, grains, proteins, and low-fat dairy foods. ChooseMyPlate.gov is a scientifically based and up-to-

date resource which can provide Home Health Aides/Personal Care Aides with useful information for planning meals and educating their patients about healthy food choices and physical activity.



### **Milk Group**

When selecting foods included in the milk group, low fat and fat-free choices should be made to promote good health. In general, 1 cup of milk, soy milk, yogurt, and 1 ½ ounces of cheese are considered a serving size (U.S. Department of Agriculture, 2015a).



### **Milk Sources:**

- Milk (low fat, fat free, whole)

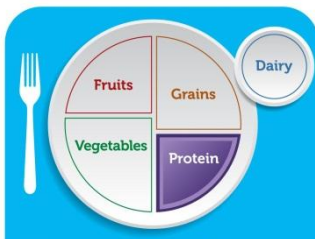
- Lactose-free and lactose-reduced milk
- Yogurt
- Pudding
- Ice cream
- Frozen yogurt
- Calcium **fortified** soy milk
- Hard cheeses (cheddar, mozzarella, swiss, parmesan)
- Soft cheeses (ricotta, cottage cheese)
- Calcium fortified juices and cereals

**Recommended daily servings of milk products:**

Children	2-3 years old	2 cups
	4-8 years old	2 ½ cups
	9-18 years old	3 cups
Women	19 + years old	3 cups
Men	19+ years old	3 cups

**Protein Foods Group**

ChooseMyPlate.gov suggests selecting a variety of foods high in protein with 8 ounces of seafood per week. In general 1 ounce (oz.) of meat, ¼ cup of beans, 1 tablespoon of peanut butter, or ¼ ounce of nuts or seeds are considered a serving of protein.



**Protein sources:**

- Beef
- Pork (ham, pork chops)
- Lamb
- Veal
- Poultry (chicken, turkey)
- Beans (black, kidney, chickpeas, lentils, navy, pinto, white, soy beans, split peas)
- Eggs
- Canned fish (sardines, salmon, tuna, anchovies, clams)
- Fish (cod, tuna, sea bass, catfish, flounder, halibut, swordfish, trout, mackerel)
- Shellfish (shrimp, lobster, crab, mussels, oysters, scallops)
- Nuts (almonds, walnuts, hazelnuts, pistachios, peanuts, pecans)
- Seeds (sesame, pumpkin, squash, sunflower)

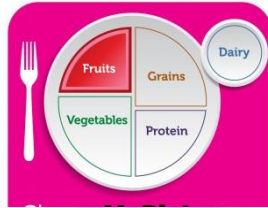
**Recommended daily servings of protein:**

Children	2-3 years old	2 ounces
	4-8 years old	4 ounces
Girls	9-18 years old	5 ounces
Boys	9-13 years old	5 ounces
	14-18 years old	6 ½ ounces
Women	19-30 years old	5 ½ ounces
	31 + years old	5 ounces
Men	19-30 years old	6 ½ ounces
	31-50 years old	6 ounces
	51 + years old	5 ½ ounces



## Fruit Group

Most fruits are low in fat and all fruits have no cholesterol (U.S. Department of Agriculture, 2015a). Fruits are considered an important part of our diets and have many protective health benefits. Eating a diet high in fruits has been shown to reduce the risk of heart disease, some types of cancer, **obesity**, and type 2 diabetes (U.S. Department of Agriculture, 2015a). In general, 1 cup of fruit or fruit juices or ½ cup of dried fruit is considered a serving size from the fruit group.



### Fruit Sources:

- Apples
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Fruit juices (100% fruit juice, all varieties)
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Limes
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches

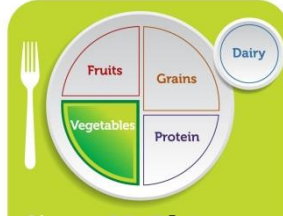
- Pears
- Pineapples
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon

**Recommended daily servings of fruit:**

Children	2-3 years old	1 cup
	4-8 years old	1-1 ½ cups
Girls	9-18 years old	1 ½ cups
Boys	9-13 years old	1 ½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31 + years old	1 ½ cups
Men	19-51 + years old	2 cups

**Vegetable Group**

Most vegetables are low in fat and all vegetables have no cholesterol (U.S. Department of Agriculture, 2015a). Vegetables are considered an important part of our diets and have many protective health benefits. Eating a diet high in vegetables has been shown to reduce the risk of heart disease, some types of cancer, **obesity**, and type 2 diabetes (U.S. Department of Agriculture, 2015a). In general, 1 cup of raw or cooked vegetables or 2 cups of leafy greens counts as one serving of vegetables (U.S. Department of Agriculture, 2015a).



### **Vegetable Sources:**

- Artichokes
- Asparagus
- Bok choy
- Broccoli
- Celery
- Collard greens
- Corn
- Cucumbers
- Green lima beans
- Green peas
- Lettuce
- Kale
- Mushrooms
- Mustard greens
- Onions
- Peppers (green, red, orange, yellow)
- Potatoes
- Spinach
- Squash (all varieties)
- Sweet potatoes
- Taro
- Tomatoes
- Turnip greens

- Water chestnuts

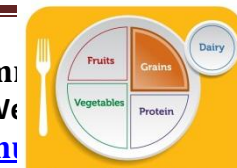
**Recommended daily servings of vegetables:**

Children	2-3 years old	1 cup
	4-8 years old	1 ½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2 ½ cups
Boys	9-13 years old	2 ½ cups
	14-18 years old	3 cups
Women	19-50 years old	2 ½ cups
	51+ years old	2 cups
Men	19-50 years old	3 cups
	51+ years old	2 ½ cups

**Grain Group**

Foods made from wheat, rice, cornmeal, rye, barley or other grains are considered grain products. Grain products are important sources of energy for our bodies. In general, 1 slice of bread, 1 cup cold cereal, ½ cup cooked cereal, rice, or pasta are considered to be a serving size of grain (U.S. Department of Agriculture, 2015a).

Diets high in whole grain foods have been shown to reduce the risk of heart disease, **stroke**, type 2 diabetes, colorectal cancer, inflammatory diseases, helps to maintain a healthy blood pressure (American Heart Association, 2014b) reduce **constipation**, and help maintain a healthy weight. Select choices from the grain group from those that are high in **fiber** and made with whole grains for the most health benefit. You should strive to make at least half of your grains whole grains (U.S. Department of Agriculture, 2015a). You can view sources of grains by visiting choosemyplate.gov at





**Grain Sources:**

- Barley
- Bread (all kinds)
- Bulgur
- Cereals (all kinds)
- Cornbread
- Cornmeal
- Couscous
- Crackers
- Millet
- Muesli
- Oatmeal
- Rice
- Pasta (including whole wheat)
- Popcorn
- Pretzels
- Tortillas

**Recommended daily servings of grains:**

Children	2-3 years old	3 ounces
	4-8 years old	5 ounces
Girls	9-13 years old	5 ounces
	14-18 years old	6 ounces

Boys	9-13 years old	6 ounces
	14-18 years old	8 ounces
Women	19-50 years old	6 ounces
	51+ years old	5 ounces
Men	19-30 years old	8 ounces
	31-50 years old	7 ounces
	51 + years old	6 ounces

### Oils

Oils are NOT a food group, although they provide essential **nutrients** we need for our body (U.S. Department of Agriculture, 2015a). Oils include items such as butter, oils, margarine, mayonnaise, salad dressings. These food items should be used sparingly. Foods such as fish, nuts, and avocados are good choices of **fats**. Many foods we eat, especially those that are processed, often are high in fat. This should be considered when planning meals. In general, 1 ounce of nuts, 1 tablespoon margarine, mayonnaise, or oils, and 2 tablespoons of salad dressings count for one serving of oils.

### Recommended daily servings of oils:

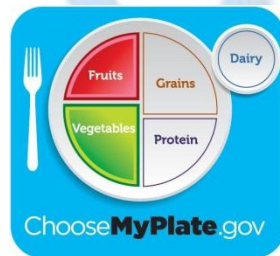
Children	2-3 years old	3 tsp.
	4-8 years old	4 tsp.
Girls	9-18 years old	5 tsp.
Boys	9-13 years old	5 tsp.
	14-18 yrs. old	6 tsp.
Women	19-30 years old	6 tsp.
	31+ years old	5 tsp.

Men	19-30 years old	7 tsp.
	31+ years old	6 tsp.

### Using ChooseMyPlate in Meal Planning

Creating a basic menu plan involves selecting a food from each food group. To help create well-balanced meals, it is helpful to follow the ChooseMyPlate food guidelines. ChooseMyPlate.gov suggests the following key points:

- Focus on fruits
- Vary your vegetables
- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Go lean with protein
- Get your calcium rich foods



### Dietary Guidelines

In addition to taking in well-balanced foods and creating healthy meal plans, it is important for Home Health Aides/Personal Care Aides to keep the following in mind when planning and preparing meals to serve their patients:

- Consume a variety of foods within and among the basic food groups. This ensures meals are well-balanced and interesting.
- Control caloric **intake** in order to maintain an optimal weight.
- Be physically active every day. Even people who have physical limitations can engage in exercise within the constraints of their limitations. For example, people who have limited mobility can do leg and arm exercises independently or with help, rock in a rocking chair, turn side to side, and

do simple exercises. Follow the guidelines set forth in the Care Plan that will detail the kind of activity the patient can engage in.

- Increase daily **intake** of fruits, vegetables, whole grains and nonfat or low fat milk and milk products.
- Switch to fat free or low fat milk and milk products.
- Choose **fats** wisely.
- Choose **carbohydrates** wisely. Select **complex carbohydrates** rather than **simple carbohydrates** which tend to have more sugar content in them.
- Choose and prepare foods with little sodium (salt). Read labels to check for sodium content and avoid prepackaged and boxed foods.
- Switch to water and reduce consumption of sugary drinks.
- If the patient drinks alcohol, they should do so in moderation. Guidelines suggest that women should consume no more than 1 drink per day and men no more than 2 drinks per day.
- Keep foods safe to eat and follow good hygiene practices during food preparation.

#### **UNIT -4PERSONAL HYGIENE**

Personal HygieneGerms or bacteria are to be found in and on the body and they can be transferred on to anything with which the body comes in contact. Personal cleanliness is essential to prevent germs getting on to food.

Personal appearance is one of those subtle things that's difficult to quantify. Mostly, it's a collection of a lot of small investments of time and effort that add up to a slight but noticeable tweak in how people think of you. The difference is real, and over time these small differences in a lot of interactions and events can really add up. Keeping clean and keeping up a good appearance are also great ways to simply feel good – I know for me personally, few things make me feel better than a hot, soaking shower. Even better, personal appearance is something that you can maximize – or at least significantly improve – with just a bit of effort. Here are a bevy of little steps you should be taking to maximize the value of your personal appearance, from the obvious to the subtle.

Hand wash procedure

1. Get your hands wet. Turn the tap on and evenly rinse your hands in warm water. Contrary to popular belief, hot water does not remove bacteria more effectively than warm water, and may even increase the "irritant capacity" of some soaps.

2. Use soap. Any type of soap will work, but if it helps you wash your hands more consistently to have soap that is a fun shape or color, or a pleasant fragrance, go for it.

3. Work up a lather. Scrub on both sides of your hands, in between your fingers, and your wrists. Remember to wash around and under your fingernails.

4. Wash your hands for about 15-20 seconds. This is just about the time it takes to sing a chorus of "Happy Birthday." Be sure and rub your hands vigorously, and don't rinse off the soap right away. Give it time to do its job and give yourself time to get soap everywhere it should be. A good tip is to use rotational rubbing, backwards and forwards with clasped fingers from your right hand in your left palm and vice versa.

5. Rinse your hands thoroughly. Place them under running water with your hands pointed downward but not touching the sink. This removes both the soap and the bacteria that was on your hands.

6. Use a towel to turn off the faucet, particularly in a public bathroom. If the faucet turns itself off on a spring or a photocell, let it. If not, use a paper towel, your elbow, or your forearm.

7. Dry your hands with a clean towel. Although they are not as good for the environment, paper towels are more sanitary for drying your hands than cloth towels. If you use cloth towels at home, launder them regularly. If you are in a public restroom, you can also use the hot air dryers if they are available.

### ***Personal Cleanliness***

Self-respect is necessary in every food-handler because a pride in one's appearance promotes a high standard of cleanliness and physical fitness. Persons suffering from ill health or who are not clean about themselves should not handle food.

### ***Bathing***



Regular bathing at least once a week is essential, otherwise germs can be transferred on to the clothes and so on to food. If possible a daily bath or shower is ideal, but if this is not possible a through wash is satisfactory.

### **Hands**

Hands must be thoroughly washed frequently; particularly after using the toilet, before commencing work and during the handling the food.

They should be washed in hot water with the aid of a brush and soap, rinsed, and dried on a clean towel or by hand hot-air drier. Hands and finger-nails if not kept clean can be a great source of danger as they can so easily transfer harmful bacteria on to the food.

Rings, watches and jewellery should not be worn where food is handled. Particles of food may be caught under the ring, and germs could multiply there until they are transferred into food.

Watches (apart from the fact that steam ruins them) should not be worn, because food stuffs, e.g. salads and cabbage, which have to be plunged into plenty of water, may not be properly washed because a watch is worn.

Jewellery should not be worn, since it may fall off into food (un-known to the wearer) being handled. Hair which is not cared for is likely to come out or shed dandruff which may fall into food. Men's hair should be kept short as it is easier to keep clean; it also looks neater. Women's hair should be covered as much as possible. The hair should never be scratched, combed or touched in the kitchen, as germs could be transferred via hands to the food.

### **Nose**

The nose should not be touched when the food is being handled. If a handkerchief is used, the hands should be washed afterwards. Ideally, paper handkerchiefs should be used and then destroyed, the hands being washed afterwards. The nose is an area where there are vast numbers of harmful bacteria; it is therefore very important that neither food, people or working surfaces are sneezed over, so spreading germs.

### **Mouth**

There are many germs in the area of the mouth, therefore the mouth or lips should not be touched by the hands or the utensils which may come into contact with food. No cooking utensils should be used for tasting food, nor should fingers be used for this purpose as germs may be transferred to food. A clean teaspoon should be used for tasting, and washed well afterwards.

Coughing over foods and working areas should be avoided as germs are spread long distances if not trapped in a handkerchief.

### **Ears**

The ear-holes should not be handled whilst in the kitchen as, again, germs can be transferred.

### **Teeth**

Sound teeth are essential to good health. They should be kept clean and visits to the dentist should be regular so that teeth can be kept in good repair.

### ***Feet***

As food-handlers are standing for many hours, care of the feet is important. They should be washed regularly and the toe-nails kept short and clean. Tired feet can cause general tiredness which leads to carelessness, and these results in a lowering of the standards of hygiene.

### ***Cuts, burns, sores, etc.***

It is particularly important to keep all cuts, burns, scratches and similar openings of the skin covered with a waterproof dressing. Where the skin is septic, as with certain cuts, spots, sores, carbuncles, there are vast numbers of harmful bacteria which must not be permitted to get on food; in most cases people suffering in this way should not handle food.

### ***Cosmetics***

Cosmetics, if used by food-handlers, should be used in moderation, they should not be put on in the kitchen and the hands should be washed well afterwards. Cosmetics should be put on a clean skin, not used to cover up dirt.

### ***Smoking***

Smoking must never take place where there is food, because when a cigarette is taken from the mouth, germs from the mouth can be transferred to the fingers and so on to the food. When the cigarette is put down the end which has been in the mouth can transfer germs on to the working surfaces. Ash on food is most objectionable and it should be remembered that smoking where there is food is an offence against the law.

### ***Spitting***

Spitting should never occur, because germs can be spread by this objectionable habit.

### ***Clothing and cloths (rubbers)***

Clean whites (protective clothing) and clean underclothes should be worn at all times. Dirty clothes enable germs to multiply and if dirty clothing comes into contact with food the food may be contaminated. Cloths (rubbers) used for holding hot dishes should also be kept clean as the cloths are used in many ways such as wiping knives, wiping dishes and pans. All these uses could convey germs on to food.

Outdoor clothing, and other clothing which has been taken off before wearing whites, should be kept in a locker away from the kitchen.

## ***Summary of Personal hygiene***

The practice of clean habits in the kitchen is the only way to achieve a satisfactory standard of hygiene. These habits are listed below:

- Hands must be washed frequently and always after using the toilet. Food should be handled as little as possible.
- Bathing must occur frequently.
- Hair must be kept clean and covered in the kitchen, it should not be combed or handled near food.
- Nose and mouth should not be touched with the hands.
- Cough and sneeze in a handkerchief not over food.
- Jewellery rings and watches should not be worn.
- Smoking, spitting and snuff-taking must not occur where there is food.
- Cuts and burns should be covered with a waterproof dressing.
- Clean clothing should be worn and only clean cloths used.
- Food should be tasted with a clean teaspoon.
- Tables should not be sat on.
- Only health people should handle food.

### **HOW TO HANDLE EQUIPMENT AND UTENSILS**

When handling crockery, glassware, utensils or equipment, remember to pick them so that your hand does not touch the “food contact surface”, i.e., the part on which food will be placed, or, which a customer would touch. This will help avoid contamination between your hands and the equipment you are handling.

- Handle plates by the outer rim or underside; cups by the handle, glasses by the stem base, and cutlery by the handle.
- Remove and destroy cracked and broken crockery/glassware or kitchen utensils.
- Use fork or tongs to pick up food if Practical, not your hands.
- Avoid handling food unnecessarily.
- Use a special spoon for tasting – not your fingers.
- Make sure that all crockery, glassware, equipment and utensils are washed thoroughly and are stored on clean surfaces.
- Keep your work table/area clean. Clean it well at the end of the day.
- Keep all utensils clean and put away neatly after use.

## **UNIT-5 METHODS OF COOKING**

1.You cook food because...

- Cooking kills bacteria: Some foods cannot be served raw, like poultry.
- Cooking makes food easier to digest.

- Cooking changes the taste, aroma and appearance of food.

## 2. Heat transfer:

Heat travels to food from its source in a number of ways:

1. Convection means currents of air, steam, water or fat carry the heat to food.

Like when currents of hot air heat the food in an oven.

2. Conduction means something hot touches the food. Like when a steak is cooked in a hot frying pan.

3. Radiation means heat radiates from a heat source to the food. Like when heat radiates from the coals on a barbeque to the food

## 3. Cooking methods

Cooking methods are the techniques we use in the kitchen to get the results we want.

Cooking methods are classified as either:

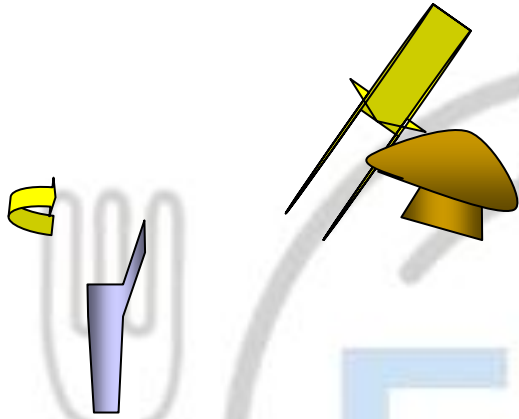
1. Dry heat methods, which means no moisture is added...

2. Moist heat methods, which involve either water or steam...

3. Combination methods, which involve dry heat and then a moist heat.

### 1. Dry heat methods

Dry heat methods mean cooking without any water or steam, although some kind of cooking oil is often used. Dry heat methods are for foods which are naturally tender.



Fairly high heat, very little fat

## 2. Dry heat/fat medium

### Pan Fry

Which means to cook in a moderate amount of fat over a moderate heat? Usually breaded foods like cutlets or chicken are pan fried.



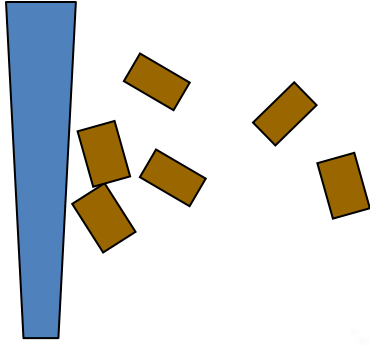
Moderate heat & a moderate amount of fat

### Deep fry

Which means to submerge something?

Completely in cooking oil, like french fries...





350 degrees Fahrenheit  
Completely submerged in hot fat

### **Pan broil**

...which means to cook something in a pan?  
With no added fat.



**A moderate heat, no fat**

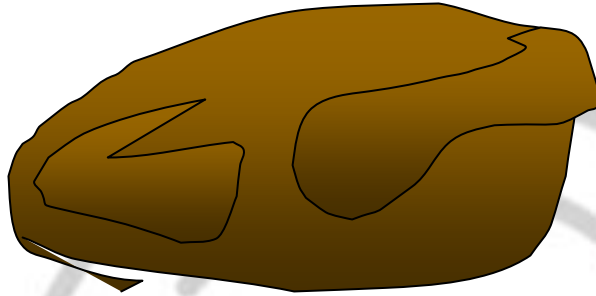
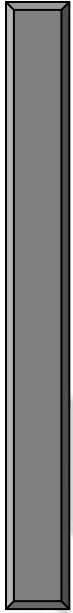
Usually foods which have their own fat, like steaks, burgers or bacon

### **Dry heat/little fat**

#### **Roast**

...which means to cook by exposing food?

*To hot, dry air in an oven*



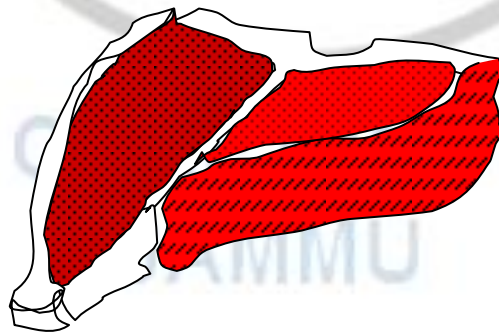
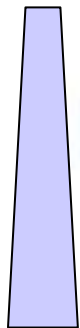
*To cook by exposing to hot, dry air*

**Dry heat...**

**Griddle**

*...which means to cook food on a flat, hot surface?*

*This is very common because a griddle can cook  
Many foods quickly.*

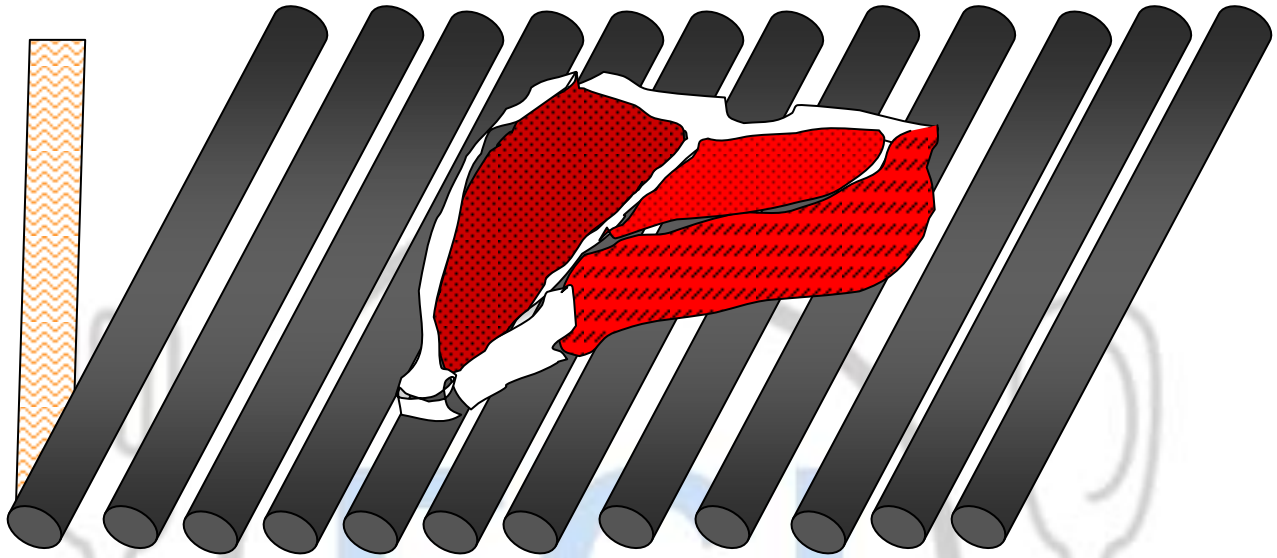


*To cook on a flat, hot surface*

**Dry heat/little fat**

**Grill**

*...which means to cook food on metal bars over radiant heat?*



*To cook on bars, over radiant heat*

*Barbequing is almost identical, except that the heat traditionally comes from wood or charcoal.*

### **Moist heat methods**

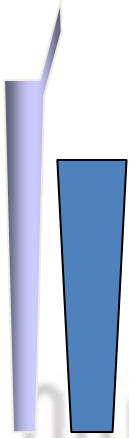
*Moist heat methods mean cooking food in water or steam.*

**Moist heat...**

#### **Poaching**

*...which means to cook food in water that is hot but not bubbling?*

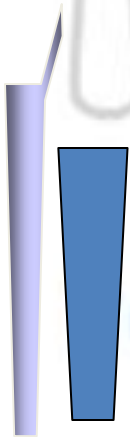
*Usually tender, delicate foods, like eggs.*



**Hot, but not bubbling.**

**Moist heat...  
Simmering**

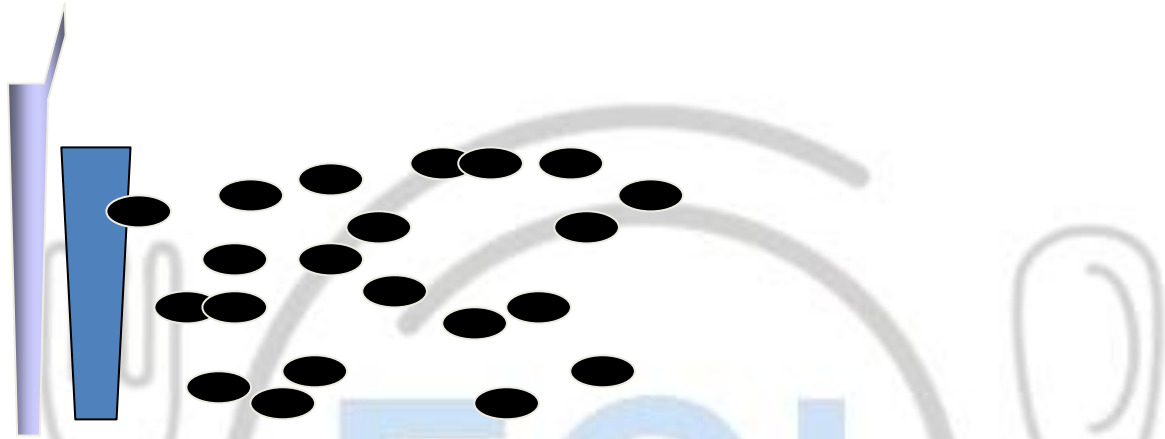
*...which means to cook food in water that is bubbling gently? Usually foods that need to cook for a long time.*



**Bubbling very gently.**

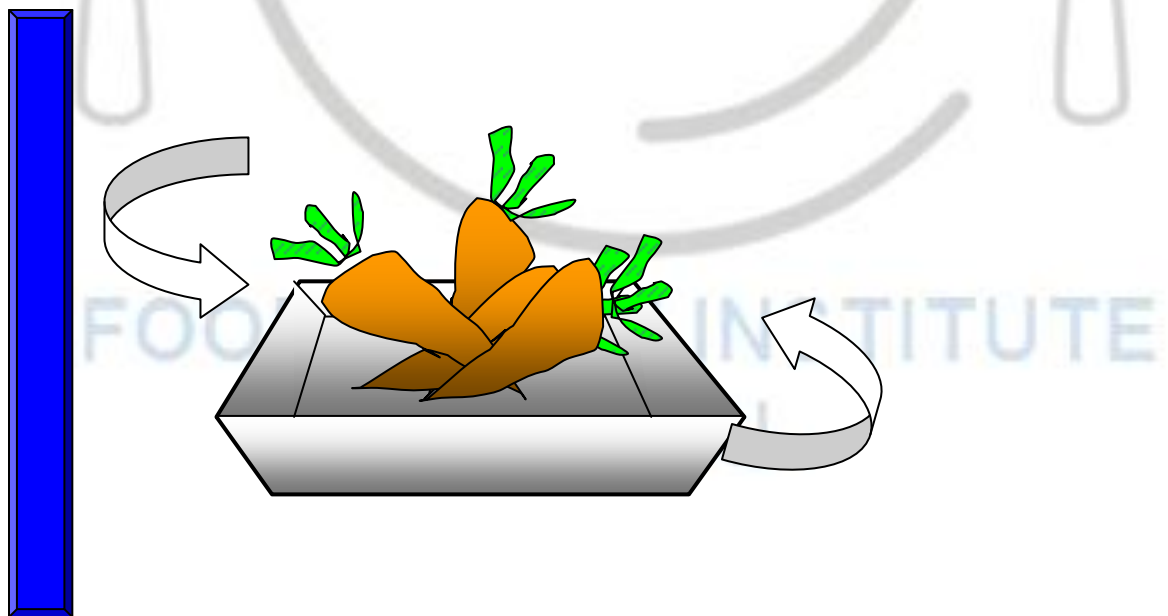
**Moist heat...  
Boiling**

*...which means to cook food in water that is bubbling rapidly? Usually foods like pastas or hardy vegetables.*



**Moist heat...**  
**Steaming**

*...which means to cook food by exposing it to steam?*



*Usually potatoes and vegetables.*



## **Combination methods**

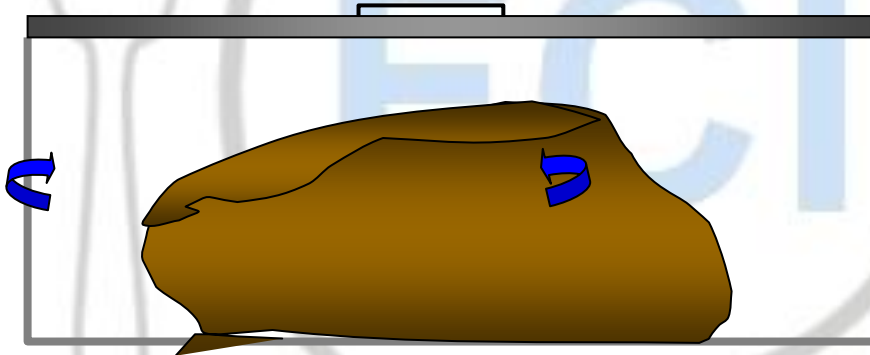
*Combination methods mean cooking food using first a dry heat and then adding liquid or steam.*

*Combination methods are used to tenderize tough cuts of meat.*

### **Combination methods...**

#### **Braising**

*...which means to brown the food first and then cook it covered, with moisture added*



*Braised dishes are always cooked covered*

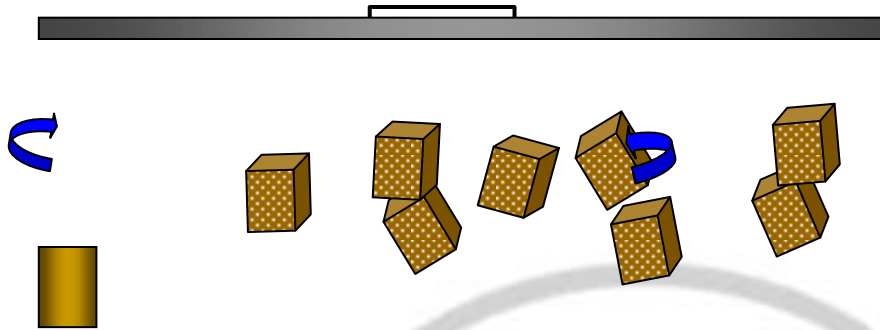
*Because this keeps the moisture in. Braising*

*Tenderizes tough cuts of meat or poultry*

### **Combination methods...**

#### **Stewing**

*...which means to cut food into bite size pieces, brown it and then cook it covered, with moisture added.*



Stewed dishes are always cooked covered  
Because this keeps the moisture in. Stewing  
Tenderizes tough cuts of meat or poultry.

### Cooking terms

- Reduce means to simmer a liquid so some of it evaporates. This concentrates the flavors.
- Parcook means to partly cook food.
- Parboil means to partly cook by boiling.
- Parbake means to partly cook by baking.
- Blanch is to partly cook by boiling or steaming.
- Glaze means to add a shine to the food.
- Deglaze means to swirl a liquid in a pan to dissolve cooked particles of food.
- Sweat means to cook in fat over low heat.
- Sear means to brown the surface of a food quickly, usually by sauteeing or pan broiling.

- Season means to enhance the natural flavors.
- Flavor means to add a new taste to food

## **UNIT-6- INDIAN SPICES AND HERBS**



No Indian meal is considered complete without the tangy and delectable flavor of Indian Spices, locally known as 'Masala'

### WHAT IS SPICE?

- A spice is a dried seed, fruit, root, bark, leaf, or vegetative substance used in nutritionally insignificant quantities as a food additive for the

purpose of flavor, color, or as a preservative that kills harmful bacteria or prevents their growth.

- **Asafoetida**

Asafoetida powder is a crucial ingredient in Indian vegetarian cooking. It is used as a digestive aid, in food as a condiment and in pickles. Its odour is so strong that it must be stored in airtight containers. It is used in most vegetarian and lentil dishes to both add flavor and aroma. Asafoetida has certain medicinal uses and most commonly is used as a digestive aid. It is also said to be helpful in cases of asthma and bronchitis.



- **Bay Leaves**

The Bay Leaf is useful in hearty, home-style cooking. When you are making bean, split pea and vegetable soups, meat stews, spaghetti sauce, a Bay leaf can be added for a more pungent flavor. They are used in soups, stews, meat, seafood, and vegetable dishes. Bringing together other flavors, giving them depth, and adding richness is what Bay leaves do best.. As bay leaves are very fragile, they must be handled with appropriate care.

**Scientific name:** Laurus nobilis  
**Common names:** Tej pat, tejpat, tejpata  
**English name:** Sweet Bay or Sweet Laurel



- **Bishop's Weed**



Bishop weed or Ajwain is a very popular Indian spice which is used as to add flavor to many dishes. Bishop's weed has been used in Ayurvedic medicine as an antiseptic, a spice, and a preservative, as well as for respiratory and GI ailments. It is used in the Unani system of medicine as an enhancer of the body's resistance. It is a famous remedy for chest congestion occurring due to accumulated cough.

**Scientific Name(s):** Trachyspermum ammi Sprague.  
**Family:** Apiaceae (carrots).  
**Common Name(s):** Carum, Ajowan, Ajowan caraway, Ajowan seed, Ajava seeds, Aijwain  
**English name:** Bishop's weed



Ajwain seed / The plant

- **Cardamom (Large)**

Cardamom (Large) is considered to be the 'Queen of Spices'. India is the largest producer and exporter of this spice, accounting for more than 60% of the total world production and total world trade. The demand for large cardamom in the export market is increasing steadily. Cardamom oil is a precious ingredient in food preparations, perfumery, health foods, medicines and beverages. Valued for its acceptable taste, flavour and aroma, large cardamom is used in rice preparations and meat dishes, besides a wide range of beverages and sweets.

**Botanical Name:** Amomum subulatum Roxb.  
**Family:** Zingiberaceae  
**Hindi Name:** Badi Elaichi



- **Cardamom (Small)**

A favorite herb in India, Cardamom is considered to be one of the most expensive spices after saffron. It is an aromatic fruit of a ginger-family native to India. It is used in a variety of cuisines today, medicinal uses and beverages. The pods can be used whole or split when cooked in meals. Otherwise, the seeds can be taken out from the pods, bruised and fried before adding main ingredients to the pan or pounded with other spices as required.





**Botanical Name:** Elettaria  
cardamomum  
**Family Name:** Maton  
Zingiberaceae  
**Popular Name:** Choti Elaichi



- **Cassia**

Cassia is the dried husk (bark) of a small, bushy evergreen tree. It is widely used as a flavoring agent. There are different varieties of cassia, obtained from different species of Cinnamomum and originating from different sources. These include 'Chinese', 'Indonesian', 'Saigon', 'Vietnamese' and 'Indian'. Most of the spice sold as cinnamon in the United States and Canada (where true cinnamon is still generally unknown) is actually cassia. Cassia bark is a popular ingredient in foods, beverages, perfumery, toiletries and cosmetics, while the oil of cassia finds extensive application in liquors and beauty products.

**Botanical name:**  
Cinnamomum cassia  
**Family:** Lauraceae  
**Popular name:** Dalchini



- **Chilly**

Chilly is the fruit of plant. It is one of the most used spice. It is an indispensable spice used as basic ingredient in everyday cuisine all over the world. The chilly powder is made by crushing the dried chilli having chilli flakes and chilli pods. Dry chilly is extensively used as spice in curried dishes. It has been an important culinary spice to be included in different cuisines like Italian food, Mexican food, Chinese food, French food, Japanese Food, and Indian food. Chilli was used in variety of forms like green chilli sauce, salsas, red chilli sauce, chilli powder. Chilli is hot and stimulating with very less aroma when eaten. It is used as an ingredient in curry powder and in seasoning

**Family:** Solanaceae  
**Genus:** Capsicum  
**Species:** Capsicum annum,  
Capsicum frutescens, Capsicum  
chinense  
**Popular name:** Mirchi



- **Cloves**

Cloves are the rich, brown, dried, unopened flower buds of *Syzygium aromaticum*, an evergreen tree in the myrtle family. They are strong, pungent, and sweet. Cloves are native to Indonesia and used as a spice in cuisine all over the world. The clove tree is an evergreen which grows to a height ranging from 10-20 m, having large oval leaves and flowers in numerous groups of terminal clusters. Cloves spice is used throughout Europe and Asia and is smoked in a type of cigarettes locally known as kretek in Indonesia. Cloves are used in spice cookies and cakes. They are a perfect breath freshener because it kills the bacteria that causes odor and leaves the mouth clean lasting and smelling.

**Binomial name:**  
*Syzygium aromaticum*  
**Family:** Myrtaceae  
**Hindi name:** Long



- **Coriander**

Coriander also commonly called cilantro is a soft, hairless plant growing to 50 cm tall. Coriander roots are used in a variety of Asian cuisine. They are commonly used in Thai dishes. Coriander seeds are also used in traditional Indian medicine. Coriander seed is generally used coarsely ground or more finely powdered, depending on the texture desired. The commonest use of coriander seed is in curry powders, where it is the bulkiest constituent, often rough ground in India to give a crunchy texture. Coriander seeds are available in sealed packs. When these rounded seeds are crushed with a mortar and pestle, they give off a strong sweet smell somewhere between cinnamon, rose, orange, and clove.

**Binomial name:**  
*Coriandrum sativum*  
**Family:** Umbelliferae  
**Hindi name:** Dhaniya  
**Part:**  
**Used:** Leaf & Seed

Corriander/Corriander Seeds



- **Curry Leaf**

Curry leaf is a popular leafy-spice used in Asian-Indian cuisine for its characterizing authentic flavor and distinct aroma. Curry Leaf's diverse menu offers ever popular dishes like Butter Chicken, Chicken Tikka, Samosa and Dosa as well as some distinctive signature dishes like

ChilliTofu, BhuttaKurma that are a subtle blend of modern taste trends and ingredients, that are unique. Curry leaves are used extensively in South Indian cooking. The leaves look a bit like bay leaves along a long central stem and are used in a similar fashion. The pungent leaves are typically toasted in oil prior to the rest of the ingredients being added to the cooking pan. The leaves are best fresh but can be found and used dried as well.

**Botanical Name:**  
Murraya Koenigii  
**Family:** Rutaceae  
**Hindi Name:** Curry  
Patta  
**Part Used:** Leaf



- **Cumin**

Cumin is a flowering plant that has been grown as a spice since ancient times. Cumin's distinctive flavour and strong, warm aroma is due to its essential oil content. It can be used to season many dishes, as it draws out their natural sweetnesses. It is traditionally added to curries, Cumin seeds are often ground up before being added to dishes.

**Botanical Name:**  
Cuminum Cyminum  
**Family:** Apiaceae  
**Hindi Name:** Jeera  
**Part Used:** Fruit



- **Garlic**

Allium sativum L., commonly known as garlic, is a species in the onion family Alliaceae. Garlic bulbs, the most commonly used part of the plant, is divided into numerous fleshy sections called cloves. It is easy to grow and can be grown year-round in mild climates. Garlic is widely used around the world for its pungent flavor, as a seasoning or condiments. It is widely used with kebabs, mezes and various meals in Turkish cuisine. Garlic has a long list of health benefits. It lowers your cholesterol level, reverse high blood pressure, boost your immune system, overcome fatigue, and resist colds and flus and many other benefits. Besides this, garlic is used as a spice in various cuisines to add that extra flavor and taste.



**Botanical Name:** Allium sativum  
**Family:** Alliaceae  
**Hindi name:** Lahson  
**Part Used:** Underground structure, also known as Head.



- **Ginger**

Ginger is used to describe the edible part of the plant which is commonly used as a spice in cooking throughout the world. It contains up to 3% of an essential oil that causes the fragrance of the spice. Young ginger are juicy and fleshy with a very mild taste. Ginger has been used to aid digestion, treat stomach upset, arthritis, diarrhea, nausea, common cold, flu-like symptoms, headaches, heart conditions, in addition to be valued around the world as an important cooking spice. It has been used as a medicine in Asian, Indian, and Arabic herbal traditions besides being used as a culinary spice since ancient times.

**Botanical Name:** Zingiber officinale  
**Family:** Zingiberaceae  
**Hindi Name:** Adrak  
**Part Used:** Rhizome



- **Kokam**

Primarily kokam is used as a garnish, just to add an acid flavour to curries. Both the ripened rind and juice of kokam fruit are used in cooking. The dried and salted rind of the fruit is used as a condiment in curries. We make use of Kokam in the preparation of cooling syrups while kokam butter is used as an edible fat which is nutritive, antiseptic the kokam tree is found in Southern India and in the evergreen forests of Assam, Khasi, Jantia hills, West Bengal and Gujarat.

**Botanical Name:** Garcinia indica  
**Family:** Clusiaceae  
**Hindi Name:** Kokam  
**Part Used:** Peel of Fruit



- **Mace**

Mace is known to be aromatic product which is used for Medicinal purpose. It is used in tonics and It carries a stimulating effect on stomach and intestines, increasing appetite and reducing nausea, vomiting, diarrhea and a helpful remedy for many other digestive problems... Mace is also used in savory dishes.

**Botanical Name:** Myristica Fragrans  
**Family:** Myristicaceae  
**Hindi name:** Jawitri  
**Part Used:** Aril of Fruit



- **Mint**

Mint is basically used for garnishing or adding flavor. The mint leaves can be used fresh or dried, whole or chopped for flavoring soups, fish, meat, sauces, stews, vinegar. Mint can be added to drinks and fruit dishes as a garnish. It also makes a refreshing tea. There is a very good reason that mint is the flavoring of choice for toothpaste. It is an excellent breath freshener. Mint can also be used for medical purposes. Mint is used against stomach disorders, headaches; cough, in tooth paste, inhalations etc. The mint oil and dried plants are antiseptic, and stimulant.

**Botanical Name:** Mentha Piperita  
**Family:** Lamiaceae  
**Hindi name:** Pudina  
**Part Used:** Leaf





- **Mustard**

Every time we talk about mustard, it refers to the mustard seed, which can be purchased as a ground yellow powder or in whole form. While the powder has a strong, hot flavor used in curries, salad dressings, sauces, cheese and egg dishes, the whole mustard is used as a flavoring agent in Indian cooking, commonly used in pickles, relishes salads, . American mustard is made from the yellow mustard seed and goes great with hot dogs. Chinese mustard is made from dry mustard and mixed with either water or beer. It is most often served with egg rolls.

**Botanical Name:** Brassica Juncea  
**Family:** Brassicaceae  
**Hindi name:** Sarson  
**Part Used:** Seed



- **Nutmeg**

Nutmeg is also used for flavoring various food stuffs. People often use it as a condiment Nutmeg is also used as a spice in the food processing industry. It is also used in the preparation of soups, meat products, sauces, puddings, seasoning of meat, baked foods, confectioneries, vegetable etc. In Eastern countries, people use it as a drug. Nutmeg oil is used in cosmetics. Nutmeg is beneficial in the treatment of fever, asthma and heart disease. It is used exclusively in Indian sweets. Nutmeg oil is used to relax muscles

**Botanical Name:** Myristicaceae  
**Family:** Myristicaceae  
**Hindi name:** Jaiphal  
**Part Used:** Seed



- **Pepper**

Pepper is one of the oldest and best-known spices, commonly called the "King of Spices". Pepper is accepted as a universal table condiment used to flavor all types of cuisines worldwide. It is also used in stocks, pickling, and sausages and in medicinal uses.

**Botanical Name:** Piper  
Nigrum  
**Family:** Piperaceae  
**Hindi name:** Kali Mirch  
**Part Used:** Fruit Seed



- **Pomegranate**

The pomegranate fresh seeds are used as a garnish on potatoes, apple sauce and rice dishes. We can also use its seeds on top waffles, pancakes, or ice cream.. Pomegranate juice consists of vitamin C and is considered as a health drink. The juice can be used in a variety of ways as a fresh juice, to make sorbets, jellies, cold or hot sauces, flavor cakes, baked apples, etc. Pomegranate juice can also be made into a wine. Dried pomegranate seeds are used as a spice in Indian and Iranian cooking. These seeds are usually collected from a wild, sour pomegranate and not from the sweeter pomegranate which is typically eaten fresh. The seeds are used to add a flavor to foods.

**Botanical Name:** Punica  
Granatum  
**Family:** Punicaceae  
**Hindi name:** Anardana  
**Part Used:** Seed



- **Turmeric**

Turmeric (Haladi) - comes from the root of a leafy plant related to ginger. It has a bright yellow color and a pungent, warm, earthy aroma and taste. Although it becomes bitter if used too much. It is mildly antiseptic. Turmeric is an essential spice in Indian food, giving a rich, appetizing color. It is a mild antiseptic as well. Turmeric has medicinal use also. Because of its digestive property, it is being used in curries, fish dishes and with beans. Research shows that turmeric inhibits blood clotting, reduces liver toxins, and helps the liver metabolize fats and so aids weight loss. Besides being used as spice, turmeric has its application in varieties of other purposes like, in religious purposes, medicines and ointments. It is used in healing therapies, as cosmetic and many other purposes.

**Botanical Name:**

Curcuma Longa

**Family:** Zingiberaceae

**Hindi name:** Haldi

**Part Used:** Rhizome



• **Saffron**

- Saffron is a spice derived from the dried stigma of the flower of the saffron crocus (*Crocus sativus*), a species of crocus in the family Iridaceae. The flower has three stigmas, which are the distal ends of the plant's carpels. Together with its style, the stalk connecting the stigmas to the rest of the plant, these components are dried and used in cooking as a seasoning and coloring agent. Saffron, for decades the world's most expensive spice by weight Saffron also has medicinal applications.
- The word saffron originated from the 12th-century Old French term safran, which derives from the Latin word safranum. Safranum is also related to the Italianzafferano and Spanishazafrán.[6] Safranum comes from the Arabic word aṣfar ,which means "yellow," via the Persian paronymouszafarān (زَعْفَرَان).Saffron is known as "Kasubha" in Filipino, "Kesar" in Hindi/Sanskrit, and "Kong" in Urdu.

**Binomial name:**

*Crocus sativus*

**Hindi name:** Zaffran,  
Kesar



• **Charoli**

Charoli -also called chironji, are seeds of Buchanania lanzan used as a cooking spice primarily in India.Charoli are tiny almond-flavoured dried seeds of a bush called Buchanania lanzan, which is cultivated across India, primarily in the northwest. After the hard shell is cracked, the stubby seed within is as soft as a pine nut.

They are commonly used in sweets in India. However, they are also ground into powders for thickening savory sauces and flavoring batters, and stewed into rich, meaty kormas.

Charoli seeds are used in the Ayurveda and Unani system of medicine.

**Hindi name:**  
chironji



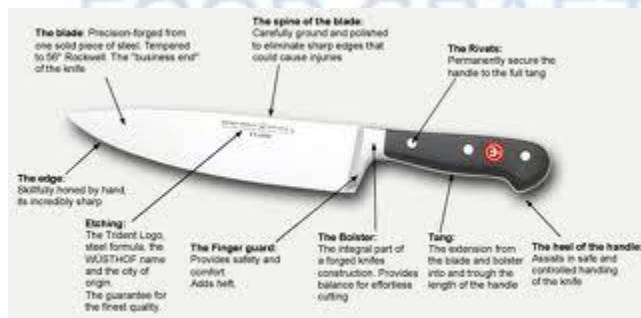
CHIRONJI

### Conclusion.....

- You must have relished all the spices you have seen, but this is not an end to it..
- There are many more spices which are used in Indian cuisine, but the ones you have just seen on the slides are used in daily operation at homes and commercially

## UNIT-7 KNIFE SKILLS & VEGETABLE CUTS

### Part of knives







### Knife Skills

- Start with a sharp **knife**. Sharp knives are pretty darn scary. ...
- create a stable surface. A lot of cutting boards don't have a good grip on countertops. ...
- Get the right grip on your **knife**. ...
- learn the most common chopping techniques. ...
- protect your fingers while chopping. ...
- create a flat surface. ...
- practice, practice, practice!

### DIFFERENT CUTS OF FRUITS AND VEGETABLES



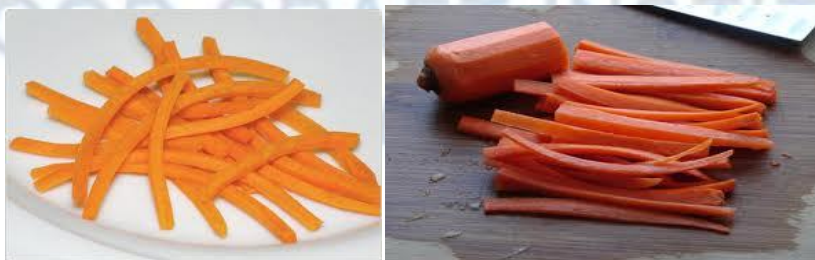
**Brunoise**:- vegetable & fruit cut into fine dices



**Macedoine**-vegetable & fruit cut into half fine dices



**Julienne** vegetable & fruit cut into fine strip



**Jardinière** vegetable & fruit cut into baton shape



**Paysanne** vegetable & fruit cut into fine triangles, circles and squares. Uniform shapes.

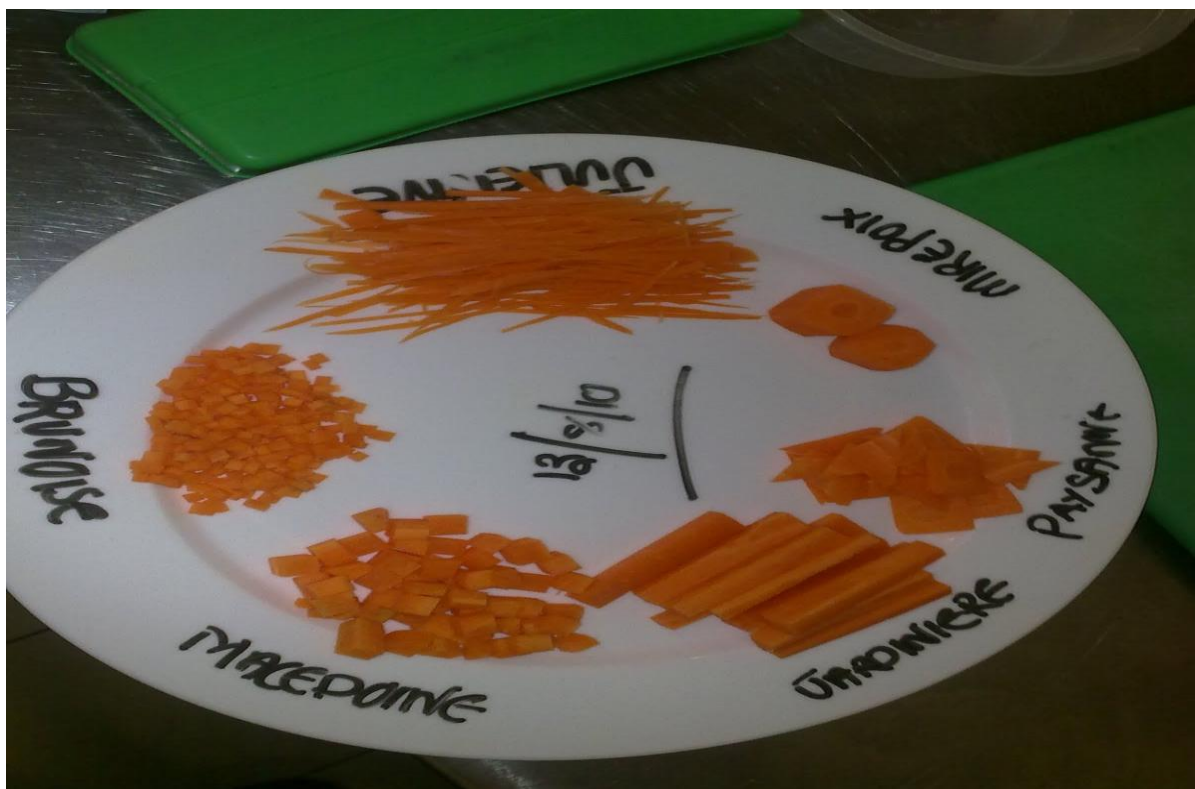


**Wedges** tomato or lemon cut into four six pieces



**Mirepoix** vegetable mixed cut into rough dices





## **UNIT-8- FOOD POISONING**

Fourteen thousand people each year have been found by doctors to be suffering from food poisoning. This is the average number of notified cases for the last ten years, and there are thousands more who have not notified their doctor, but have suffered from food poisoning. This appalling amount of ill-health could be prevented. Failure to prevent it may be due to:

- Ignorance of the rules of hygiene.
- Carelessness, thoughtfulness or neglect.
- Poor standards of equipment or facilities to maintain hygienic standards.

*Food poisoning can be prevented by:*

1. High standards of personal hygiene.
2. Attention to physical fitness
3. Maintaining good working conditions
4. Maintaining equipment in good repair and in clean condition.
5. Adequate provision of cleaning facilities and cleaning equipment
6. Correct storage of foodstuffs at the right temperature.

7. Correct reheating of food.
8. Quick cooling of foods prior to storage.
9. Protection of foods from vermin and insects.
10. Hygienic washing up procedure.
11. Food-handlers knowing how food poisoning.
12. Food-handlers not only knowing but carrying to prevent food poisoning.

**Food poisoning- what it is.**

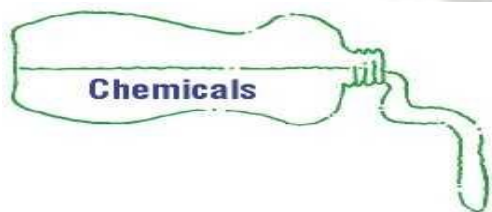
Food poisoning can be defined as illness characters pains and diarrhea and sometimes vomiting, developing within 1-36 hours after eating the affected food.

2. Types of food contamination

- Food can be contaminated by:
  - chemicals
  - natural toxins
  - foreign matter
  - organisms

**Chemicals**

- Chemicals in the home include those used:
  - to clean kitchen surfaces and equipment
  - as pesticides.
- Chemicals can be very harmful if they are:
  - spilt on or near food
  - mistaken for food or drink



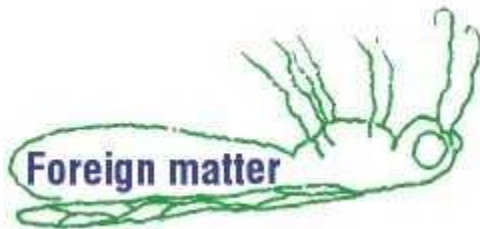
### **Natural toxins**

- Toxins are poisonous substances produced by some micro-organisms, plants and animals.
- Most toxins that cause food poisoning are tasteless and remain dangerous when cooked.



### **Foreign matter**

- Examples of foreign matter include:
  - dead insects
  - hair
  - jewellery
  - glass
  - Pieces of metal.



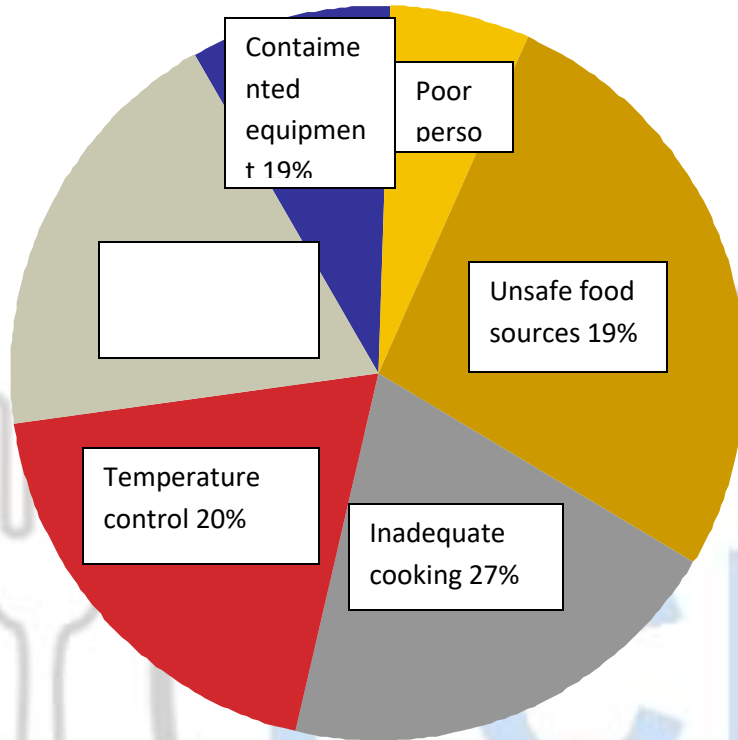
### **Organisms**

The organisms that can make us sick include:

- viruses
- bacteria
- parasites
- mould.
- Micro-organisms such as viruses and bacteria are the most common causes of food poisoning.

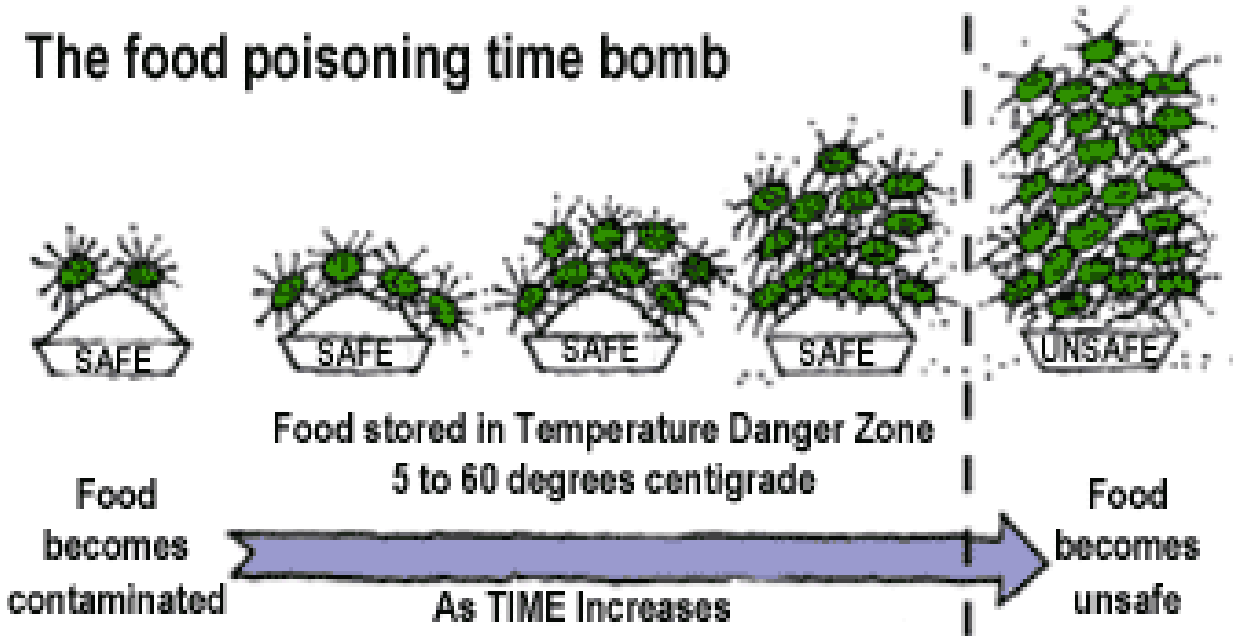
### **Factors contributing to food poisoning outbreaks**





**The food poisoning time bomb**

**The food poisoning time bomb**



## TEN MAIN REASONS FOR FOOD POISONING

- 1) Food prepared too far in advance and stored at room temperature, i.e., not under refrigeration.
- 2) Cooling food too slowly prior to refrigeration.
- 3) Not reheating food to high enough temperatures to destroy food poisoning bacteria.
- 4) The use of cooked foods contaminated with food poisoning bacteria.
- 5) Undercooking.
- 6) Not thawing frozen poultry for sufficient time.
- 7) Cross-contamination from raw to cooked food.
- 8) Storing hot food at too low a temperature.
- 9) Contamination from infected food handlers.
- 10) Re-use and reheating of leftover food items.

## TO PROTECT FOOD FROM CONTAMINATION

Don't:

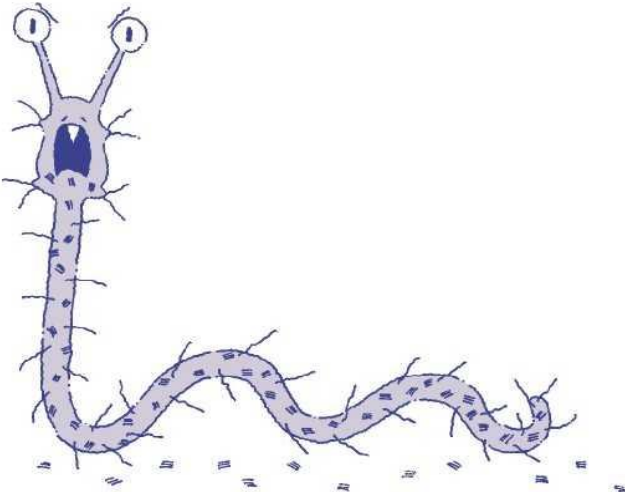
- Use unsuitable, defective or dirty equipment.
- Use dirty wiping cloths.
- Handle parts of crockery or cutlery that comes into contact with food.
- Use wash-hand basins for washing food or food equipment.

All the food will contain some bacteria, though it is important that apart from preventing further contamination from harmful food poisoning bacteria, action is taken to prevent bacteria in food from multiplying.

### Keeping hands and nails clean

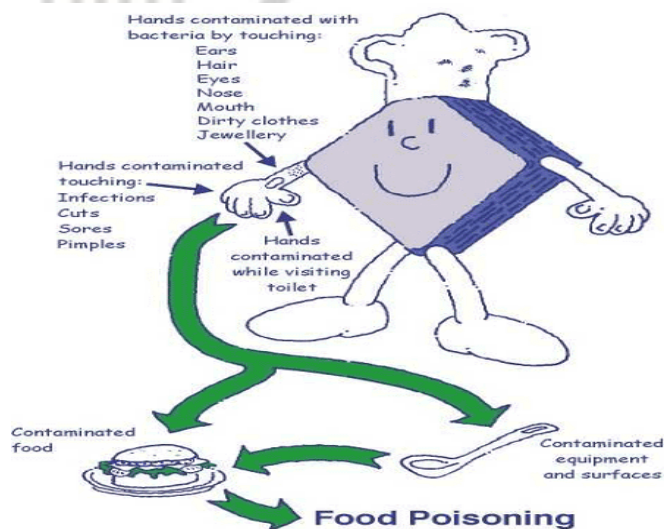
We need to:-

- wash hands and nails thoroughly with warm, running water and soap
- dry hands thoroughly cover cuts and infections on hands



- Washing hands and nails thoroughly with warm, running water and soap
- We should wash our hands:
- before eating, preparing or handling food
- between handling raw meat, poultry and seafood, and handling cooked food or food that will be eaten raw
- after coughing and sneezing, using a handkerchief etc
- after going to the toilet
- after handling rubbish
- after touching animals
- After handling chemicals (e.g. cleaning products).

### Transfer of micro-organisms by hands



### Keeping the kitchen clean

- When cleaning plates and equipment, we need to:
- scrape and rinse off surface food
- wash in clean, soapy water
- rinse in clean water
- air dry where possible if drying immediately, use only a clean, dry towel.

### Pest control and animals

We need to:

- stop pests such as cockroaches and mice coming into the area where food is kept
- Discourage pests by not leaving food or dirty dishes out on the benches keep animals out of the kitchen.

### **Handling food safely**

We need to:

- avoid preparing food when sick or feeling unwell
- keep raw meats, poultry and seafood separated from cooked food and food to be eaten raw
- protect food in the refrigerator by placing in covered containers or covering with plastic wrap
- Use clean equipment, plates or containers to prevent contamination of cooked food (or food that will be eaten raw) with traces of raw food
- use clean equipment, rather than hands, to pick up food
- wear clean clothes or a clean apron
- Wash fruit and vegetables to be eaten raw under running water.

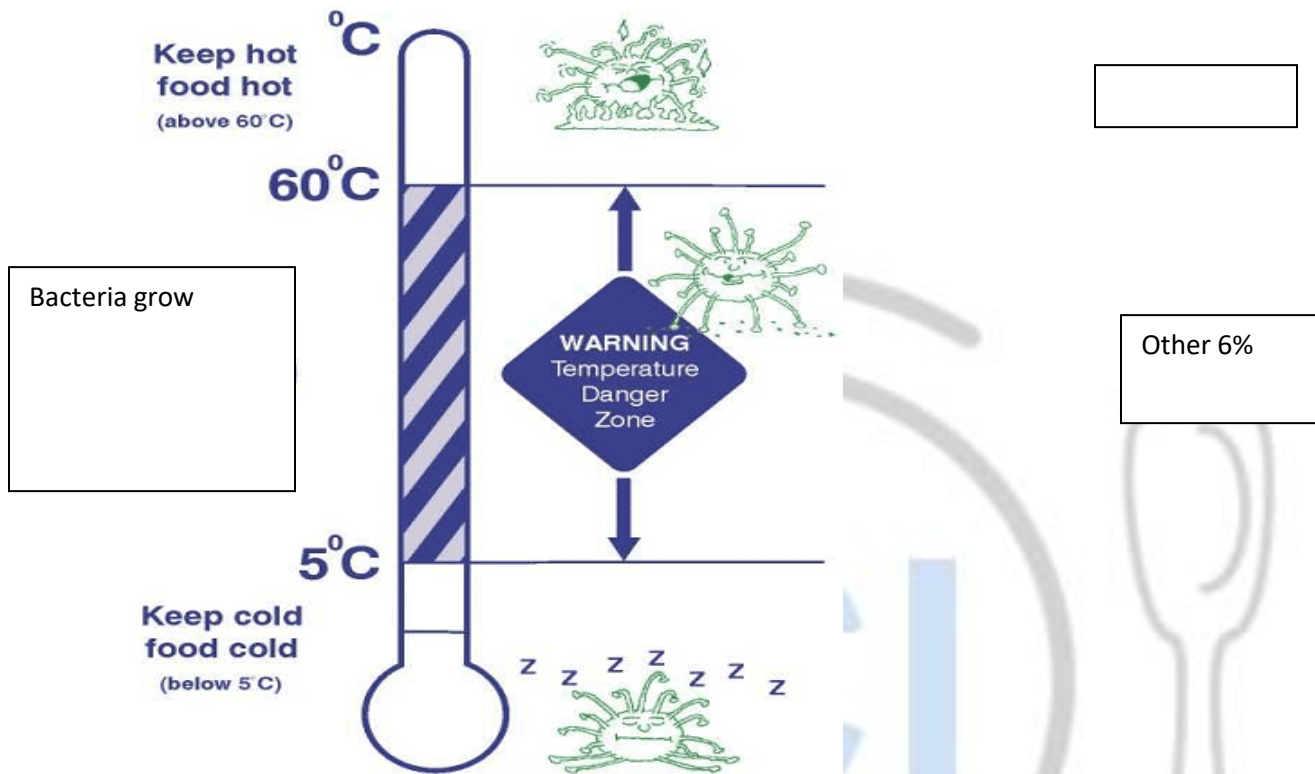
### **Cooking high-risk foods thoroughly**

- We need to cook thoroughly food such as:
  - mince
  - burger patties
  - sausages
  - rolled roasts
  - stuffed meats
  - rabbit
  - seafood
  - Poultry.

Do: store food out of the “danger zone”, i.e., +5°C to + 63°C

- Keep foods in the refrigerator or in a heated oven/bainmarie, or not at all
- During preparation keep high risk foods out of the “Danger zone”.
- Use preservatives such as sugar or salt.
- Keep dried foods free from moisture.
- No food must be kept at temperatures which would result in a risk to health.

Keeping hot food hot and cold food cold



**Keeping hot food hot**

*Avoid keeping food in the temperature danger zone of 5°C - 60°C.*

- We need to:
- keep cooked food at 60°C or above until served.
- refrigerate or freeze food that is to be prepared well in advance and reheat until steaming hot before serving.
- Cook or reheat packaged food strictly in accordance with any directions on the label.

**Keeping cold food cold**

*Avoid keeping food in the temperature danger zone of 5°C - 60°C.*

- We need to:
- take cold groceries home to the refrigerator quickly as possible
- keep chilled and frozen food cold if it will be a long time before it can be placed in a refrigerator or freezer
- store cold food at 5°C or less
- keep cold food in the refrigerator as much as possible
- thaw frozen food in the refrigerator or microwave
- store and handle cold food according to any directions on the label
- check the temperature of the refrigerator regularly



## **GENERAL RULES FOR FOOD HANDLERS**

- All equipment, fixtures and fittings must be clean before preparation begins.
- Raw food must always be kept separate from high risk food at all stages of food preparation.
- Frozen meat must be completely thawed before cooking.
- Thawing must be carried out separately from other activities.
- All meat must be cooked thoroughly.
- All reheated foods must be thoroughly reheated and consumed immediately.
- Cooked food must be protected from contamination at all times.
- Food must not be removed from the refrigerator until required for service.
- Stored food must be rotated to prevent spoilage, waste and infestation.
- Drying cloths must be kept clean.
- Spillages must be cleaned promptly.
- Animals must not be allowed to enter food rooms.
- Infestation of insects or rodents must be reported immediately.

## **UNIT-9- CLEANING THE KITCHEN AND EQUIPMENT AND PREPARING FOR WORK.**

### *Cleaning of toilets and sinks*

Toilets must never be cleaned by food-handlers. Sinks and hand basins should be cleaned and thoroughly rinsed.

### **Floors**

Kitchen floors have to withstand a considerable amount of wear and tear, therefore they must be:

- capable of being easily cleaned
- smooth, but not slippery
- without cracks or open joints
- impervious (non-absorbent)

Quarry tile floors, properly laid, are suitable for kitchens, since they fulfill the above requirements.

Cleaning – floors are swept, washed with very hot detergent water and then dried. This can be done by machine or by hand.

## **Walls**

Walls should be strong, smooth, impervious, washable and light in colour. The joint between the wall and floor should be rounded for. Failure to maintain equipment and utensils hygienically and in good repair may cause food poisoning.

Material used in the construction of equipment must be hard so that it does not absorb food materials. Smooth so as to be easily cleaned., resistant to rust, resistant to chipping. Equipment must not be made from toxic materials, for example lead, and food must be protected from lubricants.

Easily cleaned equipment is free from unnecessary ridges, screws, ornamentation, dents, crevices inside square corners, and has large ease of cleaning. Tiling is the best wall surface because it is easily cleaned and requires no further maintenance.

## **Ceilings**

Ceilings must be free from cracks and flaking. They should not be able to harbor dirt.

## **Doors and windows**

Doors and windows should fit correctly and be clean. The glass should be clean inside and out so as to admit maximum light.

## **Food lifts**

Lifts should be kept very clean and no particle of food should be allowed to accumulate as lift shafts are ideal places for rats to gain access into kitchen.

Clean the refrigerator and freezer. Don the rubber gloves and get some rags, a sponge, a mop, a bucket, some hot water, and an eco-friendly multi-purpose cleaner. Prepare a gallon or two of diluted cleaning solution. Take everything out of the refrigerator and set it on the counter or in a cooler to the side. As you remove the jars and bottles, wipe them down with a warm, moist cloth. For containers that have a film (oil for example) you should use a clean sponge dipped in the warm cleaning solution to cut through the grease. Take out any racks and drawers and wash them in a large sink or bathtub. Now wipe down every remaining surface in the refrigerator with a rag dipped in the warm cleaning solution. Do the same with the freezer. Yes, this means if you have a frost-filled freezer, it's time to defrost. When

everything is clean and dry, put all your food back. Here is a discussion on how to organize your fridge.

### **CLEANING OF DEEP FREEZERS**

- Follow the manufacturer's manual for additional procedures and to see if your deep freezer needs defrosting before cleaning.
- Turn electrical controls off and unplug the freezer.
- Remove any frozen foods into an ice cooler or refrigerator freezer.
- Allow any inside ice buildup to thaw and remove excess water from the bottom. Use towels to absorb the water and wring them out in a bucket.
- Use a washcloth to wash the inside and trays with dishwashing liquid and water. Use a bucket to mix the solution. Scrub away bits of food and grime stuck on the lid, trays and along the seal well.
- Add 2 tbsp. of baking soda to 1 qt. warm water for a final wash down.
- Wipe dry the interior and trays.
- Wipe outside lid and sides of the deep freezer with a fresh dish washing soap and water mixture.
- Dry with a towel.
- Vacuum underneath the freezer by pulling it away from the wall.
- Reposition the deep freezer.
- Plug the power cord into the wall socket and turn on the power control.
- Wait until the freezer's temperature drops enough to replace your food.

### **CLEANING OF VENTILATORS**

- Disinfect your hands, work area and two containers with a mild disinfectant detergent or soap, and rinse them thoroughly.
- Detach the ventilator circuit from the ventilator gently, and set it aside,
- Dilute the mild disinfectant detergent or soap in water in one of the containers you disinfected, and use the solution to scrub the ventilator circuit gently with a small scrub brush or toothbrush to remove debris. After scrubbing, remove the ventilator circuit from the solution, and set it aside.
- Mix equal parts of warm, distilled water and white vinegar in the second container you disinfected. Make enough of the solution to submerge the ventilator circuit.

- Place the ventilator circuit in the warm, distilled water-vinegar solution, and allow the ventilator to soak in the solution for at least 30 minutes.
- Remove the ventilator circuit from the warm, distilled water-vinegar solution, and rinse it thoroughly with warm, distilled water. Allow the ventilator circuit to dry completely before returning the circuit to the ventilator

### **Hygiene of kitchen equipment**

Kitchen equipment should be so designed that it can be:

- Cleaned easily
- Readily inspected to see that it is clean smooth areas. Articles of equipment which are difficult to clean for example mincers, sieves and strainers – are items where particle of food can lodge so allowing germs to multiply and contaminate food when the utensil is next used.

### **Normal cleaning of materials**

- *Metals:* As a rule all metal equipment should be cleaned immediately after use.
- Portable items: Remove food particles and grease. Wash by immersion in hot detergent water. Thoroughly clean with a hard bristle brush or soak till this is possible. Rinse in water 77°C.
- Fixed Items: Remove all food and grease with a stiff brush or soak with a wet cloth, using hot detergent water. Thoroughly clean with hot detergent water. Rinse with clean water. Dry with a clean cloth.
- Abrasives should only be used in moderation as their constant scratching of the surface makes it more difficult to clean the article next time.
- *Marble:* Scrub with a bristle brush and hot water and then dry.
- *Wood:* Scrub with a bristle and hot detergent water, rinse and dry
- *Plastic:* Wash reasonably hot water.
- *China, earthenware:* Avoid extremes of heat and do not clean with an abrasive. Wash in hot water and rinse in very hot water.
- *Copper:* Remove as much food as possible. Soak, wash in hot detergent water with a aid of a brush. Clean the outside with a paste made of sand, vinegar and flour. Wash well. Rinse and dry.
- *Aluminum:* Do not wash in water containing soda as the protective film which prevents corrosion may be damaged. When water is boiled in an aluminum pan a black stain results, this can be removed by using an acid food, e.g. rhubarb. To clean, remove food particles. Soak. Wash in hot detergent water. Clean with steel wool or abrasive. Rinse and dry.

- *Stainless Steel*: Stainless steel is easy to clean. Soak in hot detergent water. Clean with a brush. Rinse and dry.
- *Tin*: Tin which is used to line pots and pans should be soaked, washed in detergent water, rinsed and dried. Tinned utensils where thin sheet steel has a thin coating of tin must be thoroughly dried, otherwise they are likely to rust.
- *Zinc*: This is used to coat storage bins of galvanized iron and it should not be cleaned with a harsh abrasive.
- *Vitreous enamel*: Clean with a damp cloth and dry, avoid using abrasives.
- Equipment requiring particular care in cleaning (sieves, conical strainers, mincers, graters). Extra attention must be paid to these items, because food particles clog the holes. The holes can be cleaned by using the force of water from the tap, by using a bristle brush and by moving the article, particularly a sieve, up and down in the sink, so causing water to pass through the mesh.
- Whisks must be thoroughly cleaned where the wires cross at the end opposite the handle as food can lodge between the wires. The handle of the whisk must also be kept clean.
- Saws and Chopper's mandolins: These items should be cleaned in hot detergent water, dried and greased slightly.
- Tammy cloths, muslins and piping bags: After use they should be emptied, food particles scraped out, scrubbed carefully and boiled. They should then be rinsed and allowed to dry.
- Certain piping bags made of plastic should be washed in very hot water and dried. Nylon piping bags should be boiled.

### ***Cleaning of large electrical equipment***

#### ***(mincers, mixers, choppers, slicers, etc)***

1. Switch off the machine and remove the electric plug.
2. Remove particles of food with a cloth, palette knife, needle or brush as appropriate.
3. Thoroughly clean with very hot detergent water all removable and fixed parts. Pay particular attention to threads and plates with holds on mincers.
4. Rinse thoroughly
5. Dry and reassemble.
6. Whilst cleaning see that exposed blades are not left uncovered or unguarded and that the guards are replaced when cleaning is completed.



7. Any specific maker's instructions should be observed.
8. Test that the machine is properly assembled by plugging in and switching on.

## **UNIT -10- STORING FOOD**

### **STORING FOOD**

OBJECTIVES: After completing this unit, you should be able to:

- Demonstrate the correct procedures for the dry storage food items
- Store correctly partly cooked, cooked or processed food items
- Store correctly food items in the refrigerators and freezers

### **STORAGE AREA**

There are many areas in the kitchen that are classed as food storage areas. Wherever food items are kept becomes a storage area. These areas are: vegetable store room, Dry stores (all tinned and dry goods), shelves in the kitchen and refrigerators-freezers. Food preparation personnel that must ensure the food storage of areas are in a clean and orderly state.

This is essential for the following reasons:

- Stocks of food can be kept at a suitable level
- All food leaving/entering the stores can be properly checked

A well planned store should include the following:

- It should be cool
- It must be well ventilated and free from damp
- It must be in a convenient position so as to receive goods and to issue food items to the kitchen
- It should be of a high standard of hygiene and be easy to clean
- It should be well lit
- There should be enough space for freezers and refrigerators

### **STORAGE CONTAINERS**

Any food items delivered in flimsy bags or containers should be transferred to airtight containers.

Bulk goods such as pulses, sugar, salt, rice should be stored in suitable bins with tight fitting lids. Sacks and boxes should not be stored on the floor, they should be raised on duck boards / pallets.

### **SPECIAL STORAGE POINTS**

- All old stock should be brought forward for issuing first with each new delivery.
- Commodities with strong odours should be stored away from other food items which readily absorb flavour.
- Bread should be kept in well ventilated containers with lids
- Tinned goods should be unpacked checked and stored

### **AND ADDITIONALLY**

- Blown tins (this is where the ends of tins bulge) these tins must be thrown away as the contents may cause food poisoning.
- Dented tins. These should be used as soon as possible as they could if left become blown tins.
- Always check sell-by dates / use-by dates and use-by date shown
- Do not keep cleaning materials in the same store as food .

### **COLD ROOMS**

- Usually in larger establishments cold rooms are normally for meat with possibly a deep-freeze compartment where food supplies can be kept in a frozen state for long periods. Poultry is also stored in cold rooms away from other meats.
- Fish should be kept in a cold room of its own so that it does not affect other food.

### **CHILL ROOM**

- These are used for storage of food items such as dessert fruits, salads, cheese etc as the temperature is not too cold.

### **DON'TS WITH REFRIGERATORS**

- Don't put hot / warm food In a refrigerator or cold room
- Don't store peeled onions because the smell can taint other foods.
- Don't when the kitchen closes, leave fridges / freezers unlocked.

### **HYGIENE STANDARDS OF STORAGE**

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## **HYGIENE STANDARDS**

- The standards below may be made more demanding by local regulations. They are the bare minimum.

## **STORAGE INSTRUCTINS, DRY STORE**

- Shelves should be metal, preferably of stainless steel. Galvanized or painted metal may be accepted, provided it is well maintained. Lowest distance from the floor should be 30 cm.
- The room must be well ventilated, so that odour is no problem.
- No items must be placed on the floor. Shelves, tables or pallets (made from synthetic, easily cleanable material) should be used for storing food. In principle, no wooden material should be used in the dry store.
- The store should always look clean and tidy.
- At least one washbasin is recommended.
- The temperature of the room must not exceed 20-25°C.

## **STORAGE INSTRUCTIONS, COLD STORE**

### **A.General Requirements**

The cold room should be used for cold storage only and not for cooling-down cooked items.

### **B. Number of Cold Stores**

Different food items should be stored separately.

- Raw materials of any kind must be separated from processed foods of any kind Separation normally means storage in separate areas.
- The stored goods should be well protected and wrapped to reduce drying and to prevent them from emitting or absorbing odours.

### **C. Cleaning of Cold Stores**

The room must always be visually clean. At least once a week a through cleaning of walls, shelves (and pallets) and the floor should take place. Cleaning must be performed with normal detergent, followed by use of a suitable disinfectant solution. Containers must be cleaned whenever emptied.

## SEPARATION IN STORAGE OF PERISHABLE FOOD

Raw Vegetables Fruit	Raw Fish Raw Shellfish	Poultry Eggs Dairy Products	Raw Meat
Rinsed Vegetables	Cooked Fish & Shell Fish	Cooked Poultry Processed Egg Products	Processed Meats (Cooked, Smoked, Salted etc)
Prepared Meals			
Meals or prepared food ready for use			

- Raw materials are all food items which have not been processed for example uncleaned vegetables, raw meat, eggs etc.
- Processed foods are raw materials treated by some methods (cooling, frying, curing, smoking etc) to make them suitable for consumption.
- By separating the different groups of raw materials, the probability of cross-contamination is reduced.
- Separate storage of washed vegetables is strongly recommended.
- Prepared meals may be stored in a separated cold store.
- D. Recommended Temperature in Storage
- The temperature standard for storing perishable food items listed below are generally recommended:
- Vegetables : between 5° and 8° C
- Meat, poultry, fish and shellfish: between 2° and 5° C. This is valid for raw materials as well as for fully processed and semi-processed food items.
- Prepared meals: between 2° and 5° C

### **STORAGE INSTRUCTIONS, DEEP- FREEZE**

- The deep-freeze for storing frozen food items, e.g. meat, fish, shellfish, bread, juice, etc must be equipped with a close-fitting cover or door. The temperature should be kept between -25° and -20° C by means of a thermostat.
- The food items stored in the deep-freeze should be wrapped and provided with a date mark.
- Dairy products should be stored separately in the deep-freeze.
- Whenever the coat on ice on the walls inside is thicker than 5 mm, it should be defrosted.
- The contents of deep-freeze must be checked once a month to avoid food items being over kept.



## IN STORING ITEMS, REMEMBER

STORAGE CONTAINERS : EASY TO WASH / TIGHT FITTING LIDS GLASS / PLASTIC

SUITABLE FOR – HERBS – SPICES

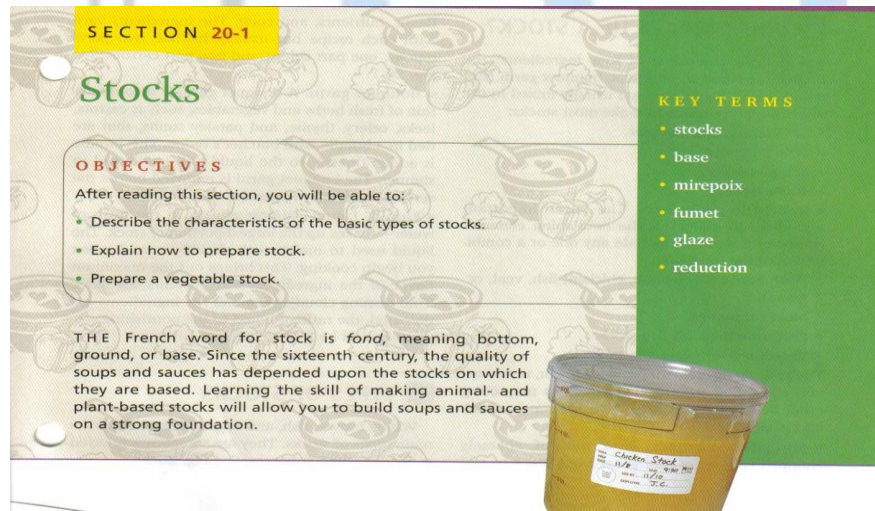
BULK DRY GOODS : PULSES / SUGAR /SALT /RICE/ FLOUR, ETC.

STORED IN GALVANISED OR STEEL BINS / DURABLE PLASTIC WITH TIGHT FITTING LIDS, MOUNTED WITH WHEELS NUMBERED OR PROPERLY LABELLED. (Do not refill bins until empty)

SACKS / CASES / COMMODITIES : SHOULD NOT BE STORED ON THE FLOOR

OUT ON DUCK BOARDS / RACKS TO PERMIT A FREE CIRCULATION OF AIR.

## UNIT 12-STOCKS



WHAT ARE STOCKS? The liquids that form the foundation of soups and sauces! WHAT MAKES UP A STOCK?

5 Principles to successful stocks

- ▶ The 1<sup>st</sup> Principle is - Start with cold Water
- ▶ The 2<sup>nd</sup> Principle is - Cut your vegetables to the appropriate size for the type of stock



- ▶ The 3<sup>rd</sup> Principle is - Select your protein base: beef, chicken, fish
- ▶ The 4<sup>th</sup> Principle is - Simmering
- ▶ The 5<sup>th</sup> Principle is - Skimming

3. The 3<sup>rd</sup> Principle is: Select your protein base: beef, chicken, fish

- ▶ All bones are washed, then:

- Roasted or Blanched
- Roasted bones for Brown Stocks
- Blanched bones for White Stocks

4. The 4<sup>th</sup> Principle is: Simmering  
Gentle extraction aids in flavor and nutrition  
Boiling causes cloudiness through agitation of the ingredients

5. The 5<sup>th</sup> Principle is: Skimming

Keeps the stock clear

The foam on top of the stock contains impurities

#### **EQUIPMENT CHOICES**

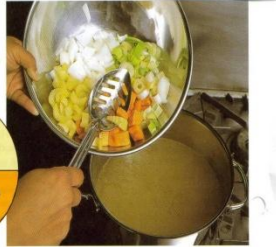
- ❖ Aluminum: reacts with acidic products, cause a chemical change during long cooking processes
- ❖ Copper: Expensive, also reacts with acidic products, a great conductor of heat, in the case of stock production, can heat too fast.
- ❖ Stainless Steel: the best choice, non reactive, heats evenly

#### **WHAT MAKES UP A STOCK**

- ▶ Composed of Four Elements:

- 50%:Bones (nourishing element)
- 10-25%:Mirepoux (50% Onion, 25% carrot, 25% celery)
- Bouquet Garni
- 100% COLD water

Fig. 20-1. A mirepoix adds flavor, color, and nutrients to stocks. Why is it better to avoid using vegetables such as broccoli and spinach in a stock?



## 8.50% BONES

- ▶ Washed, roasted or blanched Bones
- ▶ Beef, Veal, Chicken are the most common
- ▶ 50% by weight-
- ▶ TWO TYPES OF STOCKS:
  - WHITE: use blanched bones and white mirepoux (no carrots)
  - BROWN: use browned/roasted bones, mirepoux



10-25%  
(meer-pwah)

MIREPOUX

- ▶ Mirepoux: a combination of aromatic vegetables, most commonly two parts onion, one part celery, one part carrots; used to flavor stocks and soups.

The length of time the stocks simmers determines the size of the cut used to prepare the mirepoux. The longer the cooking time, the larger the size of the dice



## 100% WATER

- ▶ The water must be COLD and potable (safe to drink)!

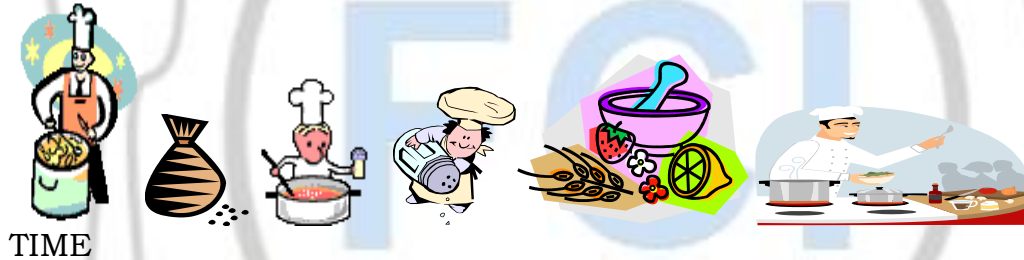
- ▶ Some proteins only dissolve in cold water



Cold water helps the stock remain clear

Aromatics and Spices

- ▶ Sachet d'épices:
  - (sah-SHAY day-PEESE)
  - a bag of spices used to flavor stocks and sauces
- ▶ Bouquet garni:
  - (boo-KAY gahr-NEE)
  - Fresh vegetables and herbs tied together and used to flavor stocks and sauces



TIME

- ▶ **BROWN STOCK:** An amber liquid made by roasting poultry beef, veal or game bones. Simmering for 4-6 hours, after roasting bones with mirepoux (large dice-1") and adding aromatics.
- ▶ **WHITE STOCK:** A clear , pale liquid made by simmering blanched poultry beef or veal bones for 2-4 hours, with sautéed mirepoux (medium dice-½ "), and aromatics.
- ▶ **FISH STOCK:** 30 minutes, can be finfish or shellfish (lobster, shrimp), sautéed mirepoux (julienne- 1/4 " strips) and aromatics



Key Terms

- ▶ Stock: foundation of soups and sauces; flavorful liquid made from the gentle simmering of bones +/-or vegetables in water to extract their flavor, aroma, color, body and nutrients.
- ▶ Fumet: (foo-MAY) A highly flavored stock made w/ fish bones

- ▶ Remouillage (ray-moo-LAJ) is a stock made from bones that have been already used in another preparation. It can replace the water as the liquid in stock making.

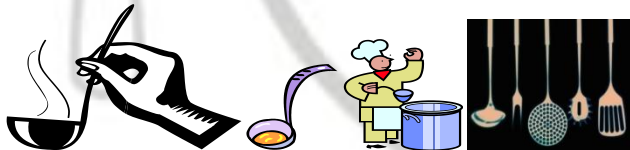


### Steps to Preparing a Stock

- ▶ Wash bones
- ▶ Blanch or brown bones (50%)
- ▶ Cut mirepoux to the proper size for the type of stock to be prepared (10-25%)
- ▶ Add cold water based on the basic stock formula (100% water, 50% bones, 25% mirepoux& sachet bag)
- ▶ Bring the stock pot to just under a boil and keep stock simmering for the required time

### Finishing a Stock

- ▶ As the stock is simmering it must be skimmed often, removing the scum that forms on the surface to maintain the clarity and flavor of the stock.
- ▶ After the stock has simmered, the stock must be strained. The bones and mirepoux and be used a second time to make stock or strengthen a weak stock, this is called remouillage. (ray-moo-LAJ)



## UNIT-11 FIRST AID

### Basic First Aid

Objectives: After completing this unit, you should be able to:

- List the aims of first aid and the priorities of treatment for a minor injury or accident

- Recognize the basic techniques that may be used to preserve life prevent injuries from worsening and promote initial recovery.

### Activities / Information

It is important to note at the commencement of this unit, that as a basic entrant into the industry, the level of knowledge and application of specialist first aid skills will need only to be limited. This knowledge unit sets out to increase your awareness of basic first aid techniques and responsibilities to help you in your role as a member of staff. The emphasis for you will be to assess the emergency or accident situation and to seek help immediately.

#### First Aid- Your Part

At any accident or sudden injury situation you must be aware of the FOUR key steps to follow:

#### 1. ASSESS THE SITUATION:

- Appear calm in front of colleagues or guests.
- Take charge- do not panic – stay “cool”.
- Ensure safety- If the situation is dangerous to the casualty or yourself, be careful.
- Get help immediately- If you cannot leave the casualty, get another person to call for assistance and also to help you, i.e. to clear the area; or control traffic, etc.

#### 2. DIAGNOSE THE SITUATION:

- Listen to the casualty and others to find out what happened.
- Smell – can you detect burning; gas; or alcohol.
- Look- is there any sign of blood or vomit , does the casualty wear any warning bracelet or locket ; do they have any containers or packets of drugs or medicines; are any unusual symptoms showing (blood, awkward limbs, swelling, bruising, or sweating).

#### 3. TREAT THE SITUATION (If possible) WHILE AWAITING QUALIFIED SPECIALIST ASSISTNCE:

Calm the casualty; protect them from cold and damp, handle gently whilst making them comfortable. The Urgent treatment, i.e. easing problems of breathing; heart or severe bleeding difficulties; and important treatments of dressing wounds and supporting injured bones may be attempted ONLY by qualified first aiders.



#### 4. THE MEDICAL SITUATION

As early as possible after the accident/ injury arrangement must be made to move the casualty to a doctor / nurse or to hospital. Any important facts or details about the casualty or circumstances of the accident must be given to the ambulance person; medic or doctor. As soon as possible after the incident, a report giving details of the accident / injury must be made to the supervisor / manager. Basic treatment of wounds, minor burns, scalds and other minor injuries:

The following guidelines are for the basic treatment of minor injuries:

##### Wounds

- Pressing directly on a wound flattens the blood vessels and stems the flow of blood.
- Pressure needs to be applied for 5-15 minutes to allow blood to clot.
- Ensure no foreign bodies are present i.e. bone, glass, dirt etc before pressing.
- Press on the wounds with clean dressing, i.e. towel (NOT cotton wool)
- Raise and support any injured limb.
- After for medical attention as soon as possible if necessary.

##### Burns

There are various types of burns:

##### DRY

From: Flames, hot, electrical equipment;

##### COLD

From: ice;

##### SCALD

From: heat (Steam or fat)

##### CHEMICAL

From: Acid

##### ELECTRICAL

From: Electrical current

## RADIATION

From: Sun

### MINOR BURNS AND SCALDS:

#### Do's

- Reassure the casualty.
- Immerse area of burns in clean cold running water for at least 10 minutes. (If there is no water available use milk/ lemonade).
- Remove any rings, clothing (unless stuck) before area swells.
- If in doubt seek medical assistance.

#### Do not's

- Use creams, fat or lotion.
- Use adhesive dressing or plasters
- Burst blisters or remove loose skin.

#### Electrical injury signs and symptoms:

- Casualty may not be breathing; and the heart may have stopped.
- Possible burns and shocks.

Never touch casualty with bare hands. Switch off the power at mains if possible.

Treatment: - Only by qualified first aider!

- Commence mouth-to-mouth and / or chest compression.
- Treat any burns.

#### Mouth to Mouth:

1. Clear anything from the mouth, i.e. dentures.
2. Incline head back.
3. Pinch nose closed.
4. Open mouth
5. Seal his mouth with your and blow.
6. Look along chest to see if chest rises fully.
7. Move your mouth away.
8. When your chest falls, take in fresh air and repeat.
9. Once started your continue until casualty breathes on own, or ambulance/ doctor arrives.

### Chest Compression:

THIS DOES THE WORK OF THE HEART WHEN IT HAS STOPPED- AND YOUR HANDS MUST BE DIRECTLY ABOVE THE HEART WHEN PRESSING DOWN.

1. Kneel to side of casualty at the ribs.
2. Place one hand on top of other, over the heart (centre of breastbone).
3. Press down 2” approximately every second.
4. Continue until medical help arrives.

### Choking:

1. Act quickly- speed is essential. (If casualty can speak, cough or breathe they are not choking. If not:
2. Give FOUR quick back blows with the heel of your hand. Deliver these sharp blows rapidly and forcefully between the shoulder blades, while supporting the chest of the casualty with the other hand on the breastbone.
3. If unsuccessful give four upwards abdominal thrusts, stand behind casualty and wrap your arms around their waist. Grasp one fist with your other hand and place the thumb side of your wrist in the mid- line between waist and rib cage. Press fist into abdomen with four quick upwards and inwards thrusts. Do not use this procedure for pregnant women or overweight casualties. If necessary repeat sequence. Send Medical help if required.

### Clothing in the Kitchen

It is of considerable importance that people working in the Kitchen should wear suitable clothing and footwear. Suitable clothing must be;

1. Protective
2. Washable
3. Suitable Colour
4. Light in weight and comfortable
5. Strong
6. Absorbent

### 1. Protective

Clothes worn in the Kitchen must protect the body from excessive heat. For this reason Chefs' jackets are double-breasted and have low sleeves, they are to protect the chest and arms from the heat of the stove and to prevent hot foods or liquids burning for scalding to the body.

Aprons: These are designed to protect the body from being scald or burned and particularly to protect the legs from any liquids which may be spilled, for this reason the apron should be of sufficient length to protect the legs.

Chef's hat: This is designed to enable air to circulate on to the head, and can help to prevent baldness. The main purpose of the hat is to prevent loose hairs from dropping into food and to absorb perspiration on the forehead.

Footwear: This should be stout and kept in good repair so as to protect and support the feet. As the kitchen staff on their feet many hours, boots for men give added support and will be found most satisfactory.

### 2. Washable

The clothing should be of a washable material as many changes clothing are required.

### 3. Colour

Clothing which is white is readily seen when soiled and needs to be changed, and there is a tendency to work more cleanly when wearing whites. Chef's trousers of blue and white check are a practical colour but require frequent changing.

### 4. Light and Comfortable

Clothing must be light in weight and comfortable, not tight. Heavy clothing would be uncomfortable and a heavy hat in the heat of kitchen would cause headaches.

### 5. Strong

Clothes worn in the kitchen must be strong to withstand hard wear and frequent washing.

### 6. Absorbent

Working over a hot stove causes people to perspire, this perspiration should be absorbed, and for this reason underclothes should be worn. The hat absorbs perspiration and the neckerchief is used to prevent perspiration from running

down the body, for wiping the face and also to protect the neck, which is easily affected by draughts.

### Summary of Personal hygiene

The practice of clean habits in the kitchen is the only way to achieve a satisfactory standard of hygiene. These habits are listed below:

- Hands must be washed frequently and always after using the toilet. Food should be handled as little as possible.
- Bathing must occur frequently.
- Hair must be kept clean and covered in the kitchen, it should not be combed or handled near food.
- Nose and mouth should not be touched with the hands.
- Cough and sneeze in a handkerchief not over food.
- Jewellery, rings and watches should not be worn.
- Smoking, spitting and snuff-taking must not occur where there is food.
- Cuts and burns should be covered with a waterproof dressing.
- Clean clothing should be worn and only clean cloths used.
- Food should be tasted with a clean teaspoon.
- Tables should not be sat on.
- Only health people should handle food.

### **UNIT-12- WHAT IS GARBAGE & TYPES OF GARBAGE**

There are 2 types of garbage

Dry garbage:-The waste & unwanted material bottles, papers, poly bag,& other waste material .which is not wet or moist are called dry garbage.

Wet garbage: - The garbage which collects from the kitchen example: - left over food, peel & other waste material which moist and wet is called wet garbage



## **Unit-13 RECEPIES.**

### **Veg Manchow Soup**

<b>S.no</b>	<b>Ingredients</b>	<b>Qty</b>	<b>Rate</b>
1.	Carrots	50 gm	
2.	Beans	50 gm	
3.	Cabbage	50 gm	
4.	Ginger	05 gm	
5.	Garlic	05 gm	
6.	Coriander	05 gm	
7.	Soya Sauce	1 tbsp / 15 ml	
8.	Vinegar	1 tbsp / 15 ml	
9.	Ajinamoto	05 gm	
10.	Salt	To taste	
11.	Corn Flour	30 gm	
12.	Black Pepper Powder	02 gm	
13.	Oil	50 ml	
14.	Fried Noodles	50 gm	

#### **Method**

#### **FOR THE VEGETABLE STOCK**

Heat 6 cups of water in a kadhai, add the vegetables and boil on a medium flame for 15 to 20 minutes. Allow the vegetables to settle at the bottom vessel and pour out the stock. Discard the vegetables and keep aside.

#### **FOR THE SOUP**

1. Heat the oil in a wok on a high flame till it smokes.
2. Add the ginger, garlic and green chillies and sauté on a high flame for a few seconds.
3. Add the cabbage, carrot, beans and sauté on a high flame for 1 to 2 minutes.
4. Add the coriander and then vegetable stock mix well and cook for 2 to 3 minutes, while stirring occasionally.
5. Add salt, soya sauce, vinegar and ajinamoto mix well and cook for 2 minutes

6. Add the corn flour water mixture while stirring continuously.
7. Add pepper powder and mix well.
8. Serve immediately topped with fried noodles.

### **Chilly Paneer**

<b>S.no</b>	<b>Ingredients</b>	<b>Qty</b>	<b>Rate</b>
1.	Paneer	250 gm	
2.	Capsicum	100 gm	
3.	Tomato	100 gm	
4.	Onions	100 gm	
5.	Garlic	10 gm	
6.	Ginger	10 gm	
7.	Red chilly paste	10 gm	
8.	Soya sauce	1 tbsp / 15 ml	
9.	Vinegar	1 tbsp / 15 ml	
10.	Ajinamotto	05 gm	
11.	Salt	To taste	
12.	Corn flour	50 gm	
13.	Spring onion	10 gm	
14.	Black Pepper	02 gm	
15.	Oil	100 ml	

#### **Method:**

1. Drain paneer well and cut into diamond shaped medium size pieces.
2. Roll the paneer pieces in corn flour and deep fry until the paneer turns brown.
3. Blend the remaining corn flour in a quarter cup of water.
4. Heat the oil in a wok, add crushed garlic and stir fry for a minute.
5. Add onions, capsicum and ginger and sauté for a couple of minutes.
6. Add the fried paneer and stir in the vegetable stock.
7. Add salt, pepper, soya sauce, vinegar, MSG and stir well.
8. Stir in the blended corn flour and cook on a high flame, stirring and tossing until the sauce thickens to coat the vegetables and paneer.
9. Garnish with the spring onions and serve hot.

## Veg Manchurian

S.no	Ingredients	Qty	Rate
1.	Cabbage	200 gm	
2.	Carrots	200 gm	
3.	Beans	100 gm	
4.	Cauliflower	200 gm	
5.	Maida	50 gm	
6.	Corn flour	100 gm	
7.	Coriander	10 gm	
8.	Ginger	10 gm	
9.	Garlic	10 gm	
10.	Onion	20 gm	
11.	Tomato	50 gm	
12.	Ajinamoto	6 gm	
13.	Soya sauce	1 tbsp	
14.	Vinegar	1 tbsp	
15.	Salt	To taste	
16.	Oil	150 ml	
17.	Tomato ketchup	40 gm	
18.	Red Chilly paste	10 gm	
19.	Black pepper powder	02 gm	

### Method:

1. Finely chopped the carrots, beans, cabbage, cauliflower.
2. Add chopped onion, ginger and garlic to the vegetable mixture.
3. Add salt, pepper, MSG, corn flour and refined flour to the mixture and make small dumplings.
4. Heat the oil and deep fry the vegetable balls until it turns brown and keep a side.
5. For the gravy heat the oil in a wok and add crushed garlic and stir fry.
6. Add chopped onion, ginger and tomatoes and toss the mixture.
7. Add vegetable stock and add soya sauce, vinegar, salt, tomato ketchup and pepper and stir in the vegetables.
8. Add the vegetables dumpling into the gravy and add blended corn flour and cook until the sauce thickens.
9. Add coriander leaves and spring onion and serve hot.

### Veg. Fried Rice

S.no	Ingredients	Qty	Rate
1.	Rice	300 gm	
2.	Carrots, chopped	50 gm	
3.	Beans, chopped	50 gm	
4.	Spring onions	10 gm	
5.	Garlic	05 gm	
6.	Onion	10 gm	
7.	Soya sauce	1 tsp / 5 ml	
8.	Vinegar	1 tbsp / 15ml	
9.	Ajinamotto	6 gm	
10.	Oil	30 ml	
11.	Salt	To taste	
12.	Black pepper powder	A pinch	

#### Method:

1. Heat the oil in a pan, add the vegetables and sauté over a high flame till the vegetables soften.
2. Add the cooked rice, soya sauce, spring onion, salt, MSG, vinegar and toss well.
3. Serve hot.

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### Veg. Chowmein

S.no	Ingredients	Qty	Rate
1.	Noodles	300 gm	
2.	Carrots, julienne	100 gm	
3.	Capsicum, julienne	50 gm	
4.	Cabbage, shredded	100 gm	
5.	Onions	50 gm	
6.	Garlic	5 gm	
7.	Ginger	5 gm	
8.	Vinegar	2 tbsp / 30ml	
9.	Soya sauce	1 tbsp / 15 ml	
10.	Ajinamoto	6 gm	
11.	Spring onions	10 gm	
12.	Oil	100 ml	
13.	Salt	To taste	
14.	Black pepper powder	02 gm	

#### Method:

1. Boil the noodles and keep aside.
2. Heat the oil in a wok and add chopped garlic and onion and ginger and stir for a minute
3. Add the vegetables, carrot, capsicum and cabbage and cook for few minutes.
4. Add the boiled noodles and toss with the vegetables.
5. Add salt, soya sauce, vinegar, pepper and MSG and carefully turn the noodles and cook for few minutes.
6. Garnish with spring onion and serve hot.



### Banana Toffee

S.no	Ingredients	Qty	Rate
1.	Banana	4 nos	
2.	Corn flour	50 gm	
3.	Maida	100 gm	
4.	Sugar	100 gm	
5.	Butter	50 gm	
6.	Sesame seeds	5 gm	
7.	Oil	150 ml	

#### Method:

1. Cut the bananas into cubes and dip in a corn flour and maida batter and deep fry until it turns brown.
2. In a wok add butter and sugar and caramelize the sugar.
3. Add the fried bananas and toss them
4. Garnish with sesame seeds and serve hot.

### Potato croquettes

S.no	Ingredients	Qty	Rate
1.	Potatoes	500 gm	
2.	Salt	To taste	
3.	Black pepper powder	2 gm	
4.	Onions	100 gm	
5.	Ginger & garlic paste	10 gm	
6.	Coriander	5 gm	
7.	Bread crumbs	100 gm	
8.	Oil	200 ml	

#### Method:

1. Boil the potatoes and keep aside to cool down.
2. Mash the potatoes and add chopped onion, ginger & garlic paste, chopped coriander.

3. Add the salt and seasoning and mix well.
4. Make cylindrical shaped croquettes and coat them with bread crumbs.
5. Deep fry the croquettes until it turns brown. Serve hot with tomato ketchup.

### Tomato DhaniyaShorba

S.no	Ingredients	Qty	Rate
1.	Tomato	300 gm	
2.	Green chilly	3-4 nos	
3.	Ginger	20 gm	
4.	Garlic	10 gm	
5.	Coriander leaves	50 gm	
6.	Coriander seeds	5 gm	
7.	Oil	2 tbsp/ 30 ml	
8.	Bay leaf	2 nos	
9.	Salt	To taste	

#### Method:

1. Heat the oil and add coriander seeds and bay leaf.
2. When the coriander seeds start crackling add ginger, garlic, green chillies, coriander stalk , onions and roughly chopped tomatoes and sauté them for few minutes.
3. Add the vegetable stock and cook the tomatoes.
4. Once the tomatoes are cooked strain and puree the mixture.
5. Cook the pureed mixture and add the seasoning.
6. Garnish the shorba with chopped coriander leaves and serve hot.

### Kadhai Paneer

S.no	Ingredients	Qty	Rate
1.	Paneer	250 gm	
2.	Onion	50 gm	
3.	Capsicum	50 gm	
4.	Tomatoes	50 gm	
5.	Whole Red Chilly	2 nos	
6.	Coriander seeds	2 tbsp / 30 gm	
7.	Ginger paste	2 tsp / 10 gm	
8.	Garlic paste	2 tsp / 10 gm	
9.	Coriander powder	1 tsp / 5 gm	
10.	Red Chilly powder	1 tsp / 5 gm	
11.	Turmeric powder	½ tsp / 2 gm	
12.	Salt	To taste	
13.	Bay leaf	2 nos	
14.	Cream	2 tbsp / 30 ml	
15.	Oil	3 tbsp	
16.	Bay leaf	2 nos	
17.	Coriander leaves	5 gm	
18.	Tomato Puree	100 gm	

#### Method:

1. Heat oil in a kadhai, add bay leaves, cloves, cinnamon, red chillies broken into two, and half the crushed coriander seeds.
2. Sauté for half a minute.
3. Add onions and sauté for a while. Add capsicum and sauté.
4. Add ginger paste and garlic paste and sauté for a while longer. Add coriander powder, turmeric powder, red chilli powder and tomatoes.
5. Cook over a high heat till the oil separates.
6. Add paneer and salt and half cup of water. Cook, covered, over low heat for 5 minutes.
7. Add fresh cream, coriander leaves and garnish with the remaining crushed coriander seeds. Serve hot.

### Veg Kofta In Palak Gravy

S.no	Ingredients	Qty	Rate
<b>FOR KOFTA</b>			
1.	Potatoes	600 gm	
2.	Onion	100 gm	
3.	Green chillies	3-4 nos	
4.	Garam masala powder	1 tbsp	
5.	Mango powder	1 tsp	
6.	Coriander leaves	10 gm	
7.	Salt	To taste	
8.	Oil	150 ml	

S.no	Ingredients	Qty	Rate
<b>FOR GRAVY</b>			
1.	Spinach	700 gm	
2.	Onion	100 gm	
3.	Ginger	10 gm	
4.	Turmeric powder	A pinch	
5.	Chilly powder	2 tsp	
6.	Garam masala	½ tsp	
7.	Salt	To taste	
8.	Butter	2 tsp	
9.	Cream	2 tbsp	
10.	Garlic	10 gm	

### Method:

1. For Kofta boil and mash the potatoes.
2. Add chopped onion, chopped green chillies and mix well .
3. Add garam masala, mango powder, salt and make balls.
4. Deep fry the balls till golden brown and keep a side.
5. For the spinach gravy. Boil the spinach and puree it.
6. Heat the oil and sauté garlic and ginger for less than a minute.
7. Add onion and sauté , add turmeric powder and red chilly powder.
8. Add the spinach puree and add salt and cook till mixture separates from oil.
9. Add Kofta into the gravy and cook for a while.
10. Add cream and butter and serve hot.

### Dal Makhani

S.no	Ingredients	Qty	Rate
1.	Whole black gram	200 gm	
2.	Red kidney beans	50 gm	
3.	Salt	To taste	
4.	Red chilli powder	1 tsp	
5.	Ginger chopped	10 gm	
6.	Butter	3 tbsp	
7.	Oil	1 tbsp	
8.	Cumin seeds	1 tsp	
9.	Garlic, chopped	10 gm	
10.	Onion chopped	50 gm	
11.	Green chillies, slit	2-3 nos	
12.	Tomato	100 gm	
13.	Garam masala	1 tsp	
14.	Cream	2-3 tbsp	

#### Method:

1. Soak the whole black gram and red kidney beans overnight.
2. Pour the soaked pulses in a pressure cooker and further cook until it is mashed.
3. In a pan heat the oil and butter and sauté cumin seeds, onion, ginger and garlic. Add chopped green chillies and cook for a while.
4. Add the tomato puree and cook till oil is separated.
5. Add the pulses and cook stirring it gently over a low flame.
6. Add the butter and cream and cook till it gets a creamy texture.
7. Garnish with cream and serve hot



## Rajmash

S.no	Ingredients	Qty	Rate
1.	Red Kidney Beans	250 gm	
2.	Tomato	150gm	
3.	Ginger	5 gm	
4.	Garlic	5 gm	
5.	Bay leaf	2 nos	
6.	Oil	75 ml	
7.	Turmeric powder	3 gm	
8.	Dry fenugreek	1 gm	
9.	Cumin seed	2 gm	
10.	Red chilly powder	1 tsp	
11.	Coriander powder	1 tsp	
10.	Salt	To taste	
11.	Onion	100 gm	
12.	Coriander leaves	5 gm	

### Method:

1. Soak the rajmash.
2. Cook the rajmash in a pressure cooker.
3. Heat the oil and sauté cumin seeds, ginger, garlic, onion, bay leaves.
4. Add the turmeric powder, red chilly powder and sauté for a minute.
5. Add the chopped tomatoes and cook till oil is separated.
6. Add the rajmash and cook on a slow flame.
7. Crushed the dry fenugreek and add into the rajmash. Add salt and coriander powder.
8. Garnish with coriander leaves and serve hot.

### Plain Rice

S.no	Ingredients	Qty	Rate
1.	Rice Basmati	400 gm	

#### Method:

1. Soak the rice for 30 inutes
2. Boil the water and add rice. Cook till its done.

### PaneerMakhani

S.no	Ingredients	Qty	Rate
1.	Paneer	250 gm	
2.	Tomato puree	300 gm	
3.	Oil	2 tbsp	
4.	Green cardamom	3-4 nos	
5.	Garlic	5 gm	
6.	Ginger	5 gm	
7.	Green chillies chopped	2 gm	
8.	Salt	To taste	
9.	Red chilly powder	1 tsp	
10.	Coriander leaves	5 gm	
11.	Garam masala powder	1 tsp	
12.	Dried fenugreek	1 tsp	
13.	Cream	2 tbsp	
14.	Butter	2 tbsp	
15.	Honey	2 tbsp	

#### Method:

1. Cut the paneer into two thick slices.
2. Heat the oil and add green cardamom, cloves, cinnamon, garlic and ginger and sauté.

3. Add green chillies and continue to sauté.
4. Cook the tomato puree in another pan with salt till it reduces slightly.
5. Add puree to the ginger garlic masala and cook.
6. Add coriander leaves to the tomato gravy and mix. Add salt, red chilli powder, garam masala powder, dry fenugreek and honey and mix well.
7. Add the grilled paneer pieces cut into cubes into the gravy and mix.
8. Add butter and cream and cook on a slow flame. Garnish with cream and coriander leaves and serve hot.
- 9.

### Navrattan Korma

S.no	Ingredients	Qty	Rate
1.	Carrots, cubes	100 gm	
2.	Potatoes, cubes	100 gm	
3.	Cauliflower, florets	100 gm	
4.	French beans, dices	50 gm	
5.	Green peas	150gm	
6.	Mushrooms	8-10 nos	
7.	Cashewnuts	½ cup (75 gm)	
8.	Oil	2 tbsp	
9.	Magaz	50 gm	
10.	Cloves	2 nos	
11.	Black pepper	4 -6 nos	
12.	Cinnamon stick	1 inch	
13.	Green cardamom	2 nos	
14.	Onion paste	1 cup	
15.	Garlic paste	1 tbsp	
16.	Ginger paste	1 tbsp	
17.	Green chillies	2-3 nos	
18.	Salt	To taste	
19.	Paneer	75 gm	
20.	Fresh cream	75 ml	
21.	Raisins	3 gm	
22.	Tin Pineapple slice	2 nos	

#### Method:

1. Boil the carrots, potatoes, beans, cauliflower, mushroom and peas.
2. Boil the Cashewnuts and magaz and puree the mixture into a paste.
3. Heat the oil and sauté green cardamom, cinnamon, blackpepper, onion paste, ginger paste, garlic paste, green chillies and cloves.
4. Add the cashewnut paste and cook till the oil is separated. Add water and cook for a while.
5. Add the vegetables and mix with the gravy. Add pineapple and fried paneer and cook.
6. Add fried Cashewnuts, raisins and salt.
7. Add cream to the gravy and cook on a slow flame. Garnish with cream and serve hot.

### Waldrof Salad

S.no	Ingredients	Qty	Rate
1.	Apple	400 gm	
2.	Mayonnaise	40 gm	
3.	Walnuts	50 gm	
4.	Celery	5 gm	
5.	Salt	To taste	

#### Method:

1. Peel the apples and cut into dices.
2. Add the mayonnaise into apples and mix well. Add celery and salt.
3. Add walnuts and garnish with mint.

### Palak Corn

S.no	Ingredients	Qty	Rate
1.	Spinach	700 gm	
2.	Corn kernels	100 gm	
3.	Onion	50 gm	
4.	Tomato	100 gm	
5.	Green chillies	3-4 nos	
6.	Ginger	10 gm	
7.	Garlic	10 gm	
8.	Cumin seeds	1 tsp	
9.	Turmeric powder	½ tsp	
10.	Whole red chillies	2 nos	
11.	Red chilly powder	1 tsp	

12.	Asafoetida	A pinch	
13.	Salt	To taste	
14.	Oil	3 tbsp	
15.	Cream	2 tbsp	

**Method:**

1. Boil the spinach and cool it and make a puree.
2. Heat the oil add cumin seeds, chopped onion, ginger, garlic and asafoetida and sauté them.
3. Add the chopped or puree tomatoes and cook for few minutes. Add turmeric powder, red chilli powder.
4. Add salt and spinach puree and mix well. Cook the gravy till the oil separates.
5. Add the corn and mix. Add cream in the gravy and stir it gently on a slow flame.
6. Serve hot.

**GobhiMusallam**

S.no	Ingredients	Qty	Rate
1.	Cauliflower	500 gm	
2.	Onion	100 gm	
3.	Ginger paste	1 tsp	
4.	Garlic paste	1 tsp	
5.	Tomato puree	75 gm	
6.	Red chilly powder	1 tsp	
7.	Garam masala powder	1 tsp	
8.	Coriander powder	1 tsp	
10.	Turmeric powder	2 tsp	
11.	Cumin powder	1 tsp	
12.	Oil	2 tbsp	
13.	Salt	To taste	
14.	Coriander leaves	5 gm	
15.	Cream	2 tbsp	

**Method:**



1. Remove the stalk from cauliflowers.
2. Boil cauliflower in salted water with 1 tsp turmeric powder .
3. Cook the cauliflower till half cooked.
4. Heat the oil in a large pan, add onions and sauté until golden brown in colour.
5. Add ginger and garlic pastes, cumin powder, coriander powder, turmeric powder, garam masala powdere and salt.
6. Stir for half a minute. Add tomato puree.
7. Cook till oil leaves the masala.
8. Add the half boiled cauliflower. Cook for 10 minutes. Add cream and garnish with coriander and serve hot.

### PindiChanna

S.no	Ingredients	Qty	Rate
<b>FOR COOKING CHICKPEAS</b>			
1.	Kabuli Channa	250 gm	
2.	Cloves	3 nos	
3.	Black Cardamom	2 nos	
4.	Green Cardamom	2 nos	
5.	Bay leaf	2 nos	
6.	Tea bag	1 nos	
7.	Black salt	2-3 tsp	
<b>FOR MAKING THE PINDI CHANA</b>			
1.	Ginger garlic paste	3 tsp	
2.	Red chilly powder	1 tsp	
3.	Coriander powder	2 tsp	
4.	Garam masala powder	1 tsp	
5.	Chana masala	2-3 tsp	
6.	Dry mango powder	1 tsp	
7.	Oil	2 tbsp	
8.	Salt	To taste	
9.	Coriander leaves	5 gm	

**Method:****FOR COOKING THE CHICKPEAS:**

1. Soak the chickpeas for 8-9 hours.
2. Boil the soaked chickpeas with the whole spices, black salt and tea bag in a pressure cooker for 10- 15 minutes or till they are cooked completely.
3. Drain the chickpeas and remove the spices and tea bag.

**FOR MAKING THE PINDI CHANA**

1. Heat the oil and fry the ginger garlic paste.
2. Add all spice powders and sauté for a minute.
3. Add the boiled chickpeas and mix it well with the masala.
4. Add salt and check for seasoning. Let the chana cook for 5-7 minutes in the masala on a slow flame.
5. Add coriander leaves and garnish with onion rings, green chillies and lemon wedges and serve hot.

**PaneerMethiMalai**

S.no	Ingredients	Qty	Rate
1.	Paneer	250 gm	
2.	Onion	100 gm	
3.	Fresh Methi	150 gm	
4.	Salt	To taste	
5.	Red chilly powder	1 tsp	
6.	Butter	50 gm	
7.	White pepper powder	1 tsp	
8.	Fresh cream	4 tbsp	
9.	Oil	2 tbsp	
10.	Turmeric powder	1 tsp	
11.	Milk	½ cup	
12.	Cashewnuts	100 gm	

13.	Asafoetida	A pinch	
14.	Garlic	10 gm	

**Method:**

1. Heat the oil and butter in a pan and add a pinch of asafoetida followed by finely chopped garlic.
2. Add onions and salt and sauté until onions are soft and cooked.
3. Soak the Cashewnuts and boil them and grind it to a fine paste.
4. Add turmeric powder red chilly powder. Cook for a minute and add fresh methi and sauté until it shrinks.
5. Add little water and cook for 5 minutes or until everything have blended together.
6. Add Cashewnuts paste and cook and let it cook for few minutes.
7. Add cream and fried paneer and garnish with chopped coriander leaves.
8. Serve hot.

**Kashmiri Dum Aloo**

S.no	Ingredients	Qty	Rate
1.	Potatoes	400 gm	
2.	Cumin seeds	50gm	
3.	Chilli powder	2 tsp	
4.	Turmeric powder	1 tsp	
5.	Garam masala	1 tsp	
6.	Asafoetida	A pinch	
7.	Coriander powder	2 tsp	
8.	Cloves	2-3 Nos	
9.	Cardamom	2 nos	
10.	Bay leaf	2 Nos	
11.	Beaten curd	2 cups	
12.	Cinnamon	1 stick	
13.	Cashewnuts, crushed	2 tbsp	

14.	Oil	150ml	
16.	Salt	To taste	
17.	Dry Ginger powder	2 tsp	

**Method:**

1. Boil the potatoes and prick them with a fork or tooth pick. Heat the oil and fry them to a golden brown and set aside.
2. Heat oil in a pan and fry cumin seeds. Add all the masala powders, asafetida, cloves, cardamoms, cinnamon and the bay leaf. Cook till golden brown.
3. Put in the fried potatoes and the beaten curd. Add the salt and 1 cup of water.
4. Cook in a tightly covered vessel till potatoes are tender. Sprinkle water occasionally if required. Serve garnished with crushed nuts.

**PaneerHyderabadi**

S.no	Ingredients	Qty	Rate
1.	Paneer	250 gm	
2.	Onion	100 gm	
3.	Curry leaves	5-6 Nos	
4.	Red chilly powder	1 tsp	
5.	Turmeric powder	½ tsp	
5.	Coriander powder	2 tsp	
6.	Lemon juice	½ tsp	
7.	Milk	75 ml	
8.	Salt	To taste	
9.	Oil	150 ml	

**FOR MAKING HYDERABADI MASALA**

1.	Cumin seeds	½ tsp	
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2.	Peanuts	2 tbsp	
3.	Sesame seeds	¼ tsp	
4.	Poppy seeds	½ tsp	
5.	Cashewnuts	10 gm	
6.	Cloves	2 nos	
7.	Ginger	5 gm	
8.	Garlic	5 gm	
9.	Whole red chilly	2 nos	

**Method:**

1. Heat the oil and deep fry the paneer.
2. In a pan heat the oil add all the ingredients for making Hyderabadi masala. Leave to cool and then grind to make a smooth masala.
3. Now heat the oil in a pan and add curry leaves and slice onions.
4. Add salt and sauté until onion turn lightly golden.
5. Add the grounded masala and all the remaining spices and add milk.
6. Stir and cook for 5 minutes on a low flame.
7. Add fried paneer and lemon juice and mix well.
8. Add fresh cream and cook for 2 minutes.
9. Serve hot.

**Rice Kheer**

S.no	Ingredients	Qty	Rate
1.	Basmati rice	300 gm	
2.	Ghee	2 tbsp	
3.	Milk	600 ml	
4.	Almonds	20 gm	
5.	Cashewnuts	20 gm	
6.	Cardamom	3-4 nos	
7.	Sugar	60 gm	
8.	Raisins	5 gm	
9.	Saffron	3 nos	



	strands		
10.	Pistachios	20 gm	
11.	Condensed Milk	75 ml	

**Method:**

1. Soak rice in water for 30 minutes.
2. Melt ghee in pan, add rice and fry until it is clear.
3. Add milk to rice and simmer until liquid has been reduced by half.
4. Add sugar and cook until dissolved. Add the condensed milk.
5. Add the nuts and simmer for a few minutes.
6. Remove from heat and garnish with saffron. Serve warm or cold.

**Hara Bhara Kebab**

S.no	Ingredients	Qty	Rate
1.	Potato	400 gm	
2.	Spinach	250 gm	
3.	Peas	150 gm	
4.	Coriander leaves	50 gm	
5.	Ginger	10 gm	
6.	Chaat masala	1 tbsp	
7.	Salt	To taste	
8.	Oil	150 ml	

**Method:**

1. Boil the potatoes and mash them.
2. Boil the spinach and chop it fine.
3. Boil the peas and crush them in a grinder.
4. Mix and mash together the potatoes, peas and spinach till they are mixed well.
5. Add the remaining ingredients and make patties.
6. Heat the oil in a pan and fry the patties till crisp.

7. Serve hot with sauce.

### Shahi Tukde

S.no	Ingredients	Qty	Rate
1.	Sandwich Bread	6 slices	
2.	Milk	300 ml	
3.	Cream	60 ml	
4.	Mava, crumbled	75 gm	
5.	Sugar	120 gm	
6.	cardamom	3-4 nos	
7.	Saffron stalks	2 nos	
8.	Cashewnuts	50 gm	
9.	Rose essence	Few drops	
10.	Oil	150 ml	

#### Method:

1. Remove crust and cut each bread slice into two.
2. Fry the bread pieces in oil till golden brown, then arrange on a plate.
3. Heat milk, adding the sugar and saffron and a few drops essence. Pour over the bread slices.
4. Allow the bread to soak up the milk, and then arrange the bread pieces on a decorative plate.
5. Heat oil and lightly fry the crumbled mava, cardamom powder and 2 tsp of sugar. Spread the mava layer over the soaked bread pieces.
6. To the cream, add essence. Cover the mava with a cream layer and garnish with nuts. Serve warm or cold.

### Kadai Vegetables

S.no	Ingredients	Qty	Rate
1.	Carrots	100 gm	
2.	Cauliflower	100 gm	
3.	Beans	50 gm	

4.	Capsicum	100 gm	
5.	Coriander powder	1 tbsp	
6.	Coriander seeds	1 tsp	
7.	Cumin seeds	1 tsp	
8.	Coriander leaves	10 gm	
9.	Garam masala powder	1 tsp	
10.	Garlic	10 gm	
11.	Ginger	20 gm	
12.	Green chillies	3-4 nos	
13.	Green peas	100 gm	
14.	Oil	4 tbsp	
15.	Onion sliced	100 gm	
16.	Red chilly powder	1 tsp	
17.	Salt	To taste	
18.	Tomato chopped	150 gm	
19.	Turmeric powder	½ tsp	
20.	Whole red chilly	4-5 nos	

**Method:**

1. Grind coriander and cumin seeds and three red chillies coarsely.
2. Grind garlic, green chillies and half the ginger to a paste. Make julienne of rest of the ginger.
3. Heat oil in a pan and add the coarsely grind spice masala. Add the sliced onion and sauté till golden brown.
4. Add ginger, garlic, green chilly paste and sauté for one minute.
5. Add the vegetables except capsicum and stir. Cook covered on a low heat till carrots are almost done.
6. Add turmeric powder, coriander powder and red chilly powder. Stir continuously.
7. Add tomatoes, salt and half cup of water and cook till vegetables are cooked.
8. Add capsicum and cook for 4-5 minutes on a low flame. Sprinkle garam masala powder.
9. Garnish with ginger julienne and coriander leaves and serve hot.