

Aatithyam

Issue XV, June 2023

Newsletter
National Council for Hotel Management
& Catering Technology

आतिथ्यम्



Chirag Kundra of the NCHMCT affiliated Institute being awarded as Gold Medalist on 3rd April 2023 by Honourable President, Smt. Droupadi Murmu.



Felicitation of Shri Arvind Singh, IAS Ex Chairman of NCHMCT on 01.06.2023 in the august presence of Shri Gyan Bhushan, IES (CEO, NCHMCT)



A glimpse of 'Visit India Year 2023' campaign of the Ministry of Tourism, Government of India in Arabian Travel Market (ATM) 2023 at Dubai

National Council for Hotel Management & Catering Technology
(An Autonomous body under Ministry of Tourism, Govt of India)

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Message by...

Shri Gyan Bhushan, IES

Senior Economic Advisor & CEO, NCHMCT
Ministry Of Tourism
Government Of India

Dear Readers,

Welcome to the XVth Issue of our quarterly newsletter! I am excited to share with you all news and developments from NCHMCT and its affiliated Institutes.

This issue presents amazing initiatives taken by Ministry of Tourism, Govt. Of India such as Visit India Year 2023 launched at Arabian Travel Market, Dubai and the 1st Intra departmental Cricket tournament to enhance the levels of bonhomie and camaraderie amongst all As Arthur Ashe states "You are never really playing an opponent. You are playing yourself, your own highest standards"

The Issue covers the pictorial glimpses of World's Environment day & International Yoga Day celebrated in the Council along with plantation drives and conduct of different workshops such as adoption of maximum level of Raj bhasha usage in our official work procedures ,POSH (Sexual Harassment at the Workplace: Prevention, Prohibition and Redressal Act, 2013) and menstrual hygiene related, to name a few. The Examination related meetings, accolades presented to the merit achievers, indoor and outdoor events and activities, achievements, training program, different meets, innovative practices and exclusive recipes shared by faculty of affiliated institutes are some of the major highlights of this issue.

Let us all remain focused on workplace productivity to remain attentive on the needs of all stakeholders.

I wish a happy reading to all readers

(Gyan Bhushan)

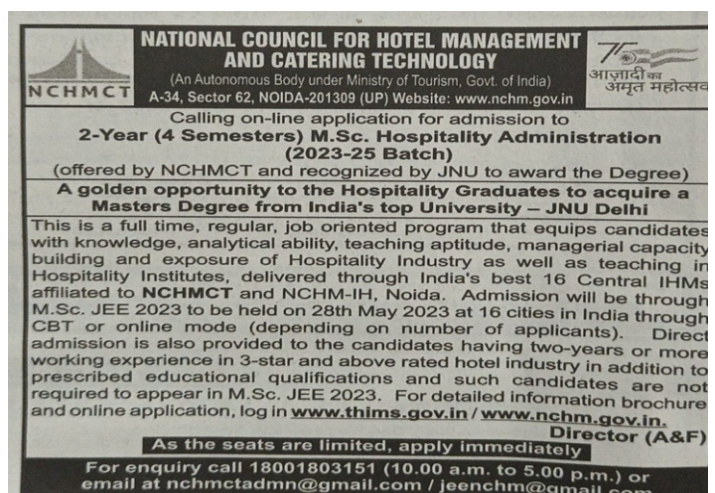
KEY ACTIVITIES AT A GLANCE (April - June 2023) @ NCHMCT

- POSH (Prevention of Sexual Harassment at the Workplace: Prevention, Prohibition and Redressal Act, 2013) Workshops were conducted on 06-04-2023 by Mrs. Anuja Saxena (Senior Advocate, Delhi High Court) for Teaching, Non-teaching Staffs of NCHMCT (at 11 AM to 2 PM) and M.Sc. HA students of NCHM - Institute of Hospitality, Noida. (at 2.30 PM to 5.00 PM)
- A group photography was clicked on 17-04-2023 around foyer, Academic block to mark a beginning of the new journey for all passing out students of the academic batch of M.Sc.HA, Yr. 2021-23
- NCHMCT facilitated the smooth conduct of interviews on 18-04-2023 for IRCTC enabling them to suitably hire candidates for the profile of 'Tourism Monitors' at NCHMCT'S academic block
- NCHMCT conducted an online meeting (via Google Meet) on 19th April from 11 AM to 12 PM, being chaired by Director (Studies) Shri Satvir Singh for all IHMs pertaining to the smooth conduct of 'Term end examination: 2022-23
- All the academic student achievers of NCHM-IH, Noida, Academic Session: 2022-23 were felicitated on 26th April, 2023 by Director (Academics) in the academic block of NCHMCT
- A workshop was conducted by Ms. Ankita Sukhwai (CSR Executive, Unicharm) on 'Menstrual hygiene' for all girl students of NCHM - Institute of Hospitality, Noida & Indian Culinary Institute, Noida on 26.04.2023. This event was organised by NCHMCT.
- National Council for Hotel Management, Noida was awarded by the respected CEO Shri Gyan Bhushan, Sr. Economic Advisor to Ministry of Tourism, Government of India, for their impeccable match performances in the 1st Intra departmental Cricket Tournament organised by Ministry of Tourism, Govt of India, dt. 29.04.2023.
- "Visit India Year 2023" campaign of the Ministry of Tourism, Government of India was recently launched in the Arabian Travel Market (ATM) 2023 at Dubai. The India pavilion was inaugurated by the Indian Ambassador to UAE, H.E. Sunjay Sudhir in presence of senior officers from the Ministry of Tourism.
- Felicitation of Shri Arvind Singh, IAS Ex Chairman of National Council for Hotel Management, Noida, was held on 01.06.2023 in presence of CEO, all staffs and officers of NCHMCT.
- The 'World Environment Day' was celebrated on Monday, 5th of June 2023, at NCHMCT NOIDA. As a special drive on this occasion, an Amla tree was planted by Director (Admin & Fin.) Shri L.K Ganguli & Director (Academics) Dr.P.D. Lakhawat at the central lawn in the presence of all the staffs and officers of NCHMCT Noida.
- As per directive of CEO NCHMCT Shri Gyan Bhushan, National Council for Hotel Management & Catering Technology Noida organized a live yoga practice session and a Lecture on "Yoga for Humanity" by Yogi Shri. Vikram Singh on 21 June 2023. In total 61 faculties from different IHMs (affiliated with NCHMCT) across the country & 52 staffs and senior officers of NCHMCT Noida & ICI Noida participated.
- A workshop was organised on 23-06-2023 in the Board room of the Council for highlighting the importance of using Hindi as a language to its maximum, for all of our official works

Activities @ NCHMCT : The Image Gallery



A glimpse of the POSH (Sexual Harassment at the Workplace: Prevention, Prohibition and Redressal Act, 2013) Workshops being conducted on 6th April, 2023 by Mrs. Anuja Saxena (Senior Advocate, Delhi High Court) for all the Teaching, Non teaching Staffs of NCHMCT: 11AM to 2 PM & 2.30 PM onwards for M.Sc.HA students of NCHM-Institute of Hospitality, Noida.



The Official release of Media in April 2023 for the B.Sc.HHA&M.Sc.JEE Exams for yr.2023

Activities @ NCHMCT : The Image Gallery



Passing out batch of M.Sc. H.A. at NCHM - Institute of Hospitality, Noida 2021-23 Batch (Photo clicked on 17.04.2023)



NCHMCT conducted a meeting Chaired by Director (Studies) Shri Satvir Singh for all IHMs pertaining to the smooth conduct of 'Term End Examination: 2022-23' dt. 19 April from 11:00AM - 12:00PM via Google Meet.



NCHMCT facilitated the smooth Conduct of Interviews for the profile: of 'Tourism Monitors' for IRCTC on dt. 18.04.2023.



Academics Achievers (2022-23) of NCHM - Institute of Hospitality, Noida , M.Sc. HA Programme were felicitated on 17-04-2023



A workshop was conducted by Ms. Ankita Sukhwai (CSR Executive, Unicharm) on 'Menstrual hygiene' for the female students of NCHM-IH & ICI Noida on 26.04.2023.



Activities @ NCHMCT : The Image Gallery



NCHMCT, Noida was awarded by the respected CEO Shri Gyan Bhushan for their match performance in Intra departmental Cricket Tournament organised by Ministry of Tourism, Govt of India, dt.29.04.2023.

National Council for Hotel Management and Catering Technology
(Under Ministry of Tourism, Government of India)

Reaching out to 1.4 million NRIs at UAE to sensitize them about the courses run by National Council for Hotel Management and Catering Technology- the umbrella organization under Ministry of Tourism Govt of India for running Hospitality Management programs in India at ATM Dubai 2023- meeting some of the media persons in UAE.

@nchmct_noida
nchmct_official

National Council For Hotel Management And Catering Technology

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Visit India Year 2023 campaign of the Ministry of Tourism, Government of India was launched at the ongoing Arabian Travel Market (ATM) 2023 Dubai. The India pavilion was inaugurated by the Indian Ambassador to UAE, H.E. Sunjay Sudhir in presence of senior officers from the Ministry of Tourism.



Felicitation of Shri Arvind Singh, IAS at NCHMCT was held on 01.06.2023.

Activities @ NCHMCT : The Image Gallery



World Environment Day was celebrated at NCHMCT on 5th June, 2023



International Yoga Divas 2023 @ NCHMCT
dt. 21.06.2023.

A 'Hindi workshop' was organised on 23-06-2023 in the Board room by NCHMCT in order to highlight the importance of adopting hindi as a language to its maximum for all official works. Shri V.P Gour (Consultant, TOLIC/Ex. Director: Official language) facilitator of this workshop, answered to all work related queries at the end of workshop.



AIHM, CHANDIGARH

Student Achievement



Chirag Kundra, the final semester student of B.Sc.HHA was awarded the Gold Medal on 3rd April 2023 for securing AIR 1 position by Honourable President of our country, Smt. Droupadi Murmu.

IHM, CHENNAI



Senior Lecturer of the Institute, Dr. Jitendra Das was recently awarded under the category of Smart Housekeeping Innovations contest by noted author, Ms. Smritee Raghubalan in the 5th National Housekeepers convention held on 27th May, 2023 at Taj Bangalore.

IHM PUSA, NEW DELHI



'CBSE Principal's Exposure Visit Program' was scheduled on 26th & 27th April 2023 for CBSE schools form across India. Exposure and insight of the Hotel Management program was given to the Principals.

IHM, MUMBAI



Mrs. Neelam Nadkar, HOD, Food Production and Smt. Maitreyi Lovalekar and Ankit Pillai, faculty members along with eight students with the help of Maharashtra Tourism Development Corporation recently organized a set-up for the food stall of Millets showcasing the related innovations.

IHM, BATHINDA



IHM, Bathinda conducted a master class on 13th April, 2023 by the trainer Mr. Kumar Gaurav for the students on "Trending Beverage" with the collaboration of Monin, India, a French company. Several hoteliers were present on this occasion.

IHM, FARIDABAD



The institute proudly started for the first time a 6 days catering training program for self-help group members under Haryana State Rural Livelihood Mission, Govt. of Haryana. The program helped the women to learn various food preparations, and focused on creating more entrepreneurial qualities amongst women.

IHM, GURDASPUR



From 23rd to 29th May, 2023, a 5 days training program (Millet based) was conducted for the cooks of Border Security Force (BSF) at Sector Head Quarter, Gurdaspur

IHM, GUWAHATI



A Millet based event was organised by the Institute in Circuit house, Diphu on 11th April 2023.

IHM, JAIPUR



Mrs. Bashir Vandana Rawat's - HOD-Room Division interview with Associate Editor Mr. Mrigank Warrier was published in "Clean India Journal"- Voice of India's Cleaning Journey" in the June 2023 edition.

IHM, RANCHI



3 days Advanced Technical Entrepreneurship Training programme on "Madua" millets was organized at IHM Ranchi to promote and commercial use of Jharkhandi Madua/Ragi.

FCI, ALIGARH



Chef ashish spencer (Sr. Lecturer) contributed a recipe "quinoa spinach quiche with crusty millet base" for smartest monthly digital magazine for the core horeca industry, an initiative by "AAHARWAYS".

IHM, MEERUT



IHM Meerut conducted a field trip on 31st May, 2023 for its 2nd semester students to 'Shuddhigram', a Naturopathy and wellness village

IHM LALIT SURI, FARIDABAD



The Lalit Suri Hospitality School in collaboration with Keshav Suri Foundation organized a CSR Activity for the underprivileged government school students in the school campus. The students were provided a platform to showcase their talent in dance, art, diya decoration and sports activities.

IHM, SHRI SHAKTI



On the occasion of 'Earth Day', Team IHM - Shri Shakti in association with Marriott Serve 360, took a step forward for the protection of environment. 60 assorted trees were planted in the campus and the scholars took a pledge to look after the trees and pass on this natural wealth to their juniors.

FLAVORS TO REMEMBER / RARE GEMS

IHM, GURDASPUR

Authentic name of the dish: Phulkari Pulao

Local name: Phulkari Pulao

History:

Phulkari Pulao is a disappearing traditional dish of Punjab. Inspired by the Phulkari Art form which consist of floral work on entire piece of cloth. This aromatic, sweet, and flavorful rice dish uses a variety of rice, vegetable, nuts, ghee, poppy seeds, and saffron. It started gaining prominence in the 19th century when Biryani was becoming mainstream in Indian cuisine.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Royal Basmati Rice	125 Gm
2	Golden Sella Rice	125 Gm
3	Parmal Rice	125 Gm
4	Sarbati Rice	125 Gm
5	Ghee	50 ML
6	Almond	10 Gm
7	Raisins	10 Gm
8	Cashewnut	10 Gm
9	Cumin Seeds	3 Gm
10	Cinnamon	2 Gm
11	Black Peppercorn	2 Gm
12	Cloves	2 Gm
13	Bayleaf	2 Pcs
14	Salt	To taste
15	Poppy seeds	20 Gm
16	Carrot	100 Gm
17	Green peas	50 Gm
18	Paneer	100 Gm
19	Khoya	50 Gm
20	Saffron	Few stigma

Picture of the Dish



Method of Preparation:

1. Pick, wash and soak rice for 30 min.
2. Cut carrot and paneer into dices. Soak poppy seeds in water.
3. Heat flat bottom patila add ghee, bay leaves, black peppercorn, cumin seeds, green cardamom, and cloves.
4. Add cashew nuts, almond, raisins, carrot, green peas, paneer, and sute well.
5. Add soaked rice, soaked poppy seeds, milk, khoya and mix well. Add salt. Add saffron.
6. Cover patila with lid and cook on slow flame till water gets absorbed and evaporated.
7. Shift patila to pre-heated tawa and cook for 15-20 min.

NUTRITIONAL VALUE

Serving size : 300 gm

Serving Calories	390Cal
Total Fat	9 g
Total Carbohydrates	37 g
Dietary Fiber	5g
Sugars	7 g
Protein	15 g
Calcium	18mg
Iron	0.4mg

Name : Amar Dev Singh
Designation : Lecturer



IHM, GUWAHATI

Authentic name of the dish: Gutti Aloo Bhaja

Local name: Gutti Aloo Bhaja

History:

A local potato dry preparation made out of Gutti potato during summers in local villages of Assam, goes well with Rice and Mati Mahot Dal (Split Urad Dal). This is a dry preparation tempered with cumin seeds, green chillies, maandhoniya pat and turmeric powder in a mustard oil base.

Picture of the Dish



FLAVORS TO REMEMBER / RARE GEMS

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Baby Potato	250 gm
2	Cumin seeds	3 gm
3	whole green chilly	2 nos.
4	Onion	For Garnish
5	mustard oil	50ml
6	turmeric powder	2 to 3gm
7	salt	3 to 5gm

Method of Preparation:

1. Wash and cut the guti aloo into half-length wise.
2. heat oil in a kadhai , add green chilli and cumin seeds.

3. When the green chilli changes color, add the baby potatoes and stir well.
4. After 5 min add the turmeric powder and salt to taste
5. Cover and cook till golden brown
6. Remove and serve hot, garnish with maandhoniya pat / onion rings.

Garnish : Slit Green Chilli and Green Coriander Leaves/MaanDhoniya Pat

Name : Hemanta Baishya

Designation : Sr. Lecturer



IHM, GWALIOR

Authentic name of the dish:

Sorghum Chocolate Fudged Brownie (Millet Based)

Local name: Sorghum Chocolate Fudged Brownie

History:

Sorghum was domesticated from its wild ancestor more than 5,000 years ago in what is today Sudan. The newest evidence comes from an archaeological site near Kassala in eastern Sudan, dating from 3500 to 3000 BC, and is associated with the Neolithic Butana Group culture. It was the staple food of the kingdom of Alodia. Sorghum is a crop from the Gramineae family that is high in carbohydrates and has the scientific name *Sorghum bicolor* L. It is one of the staple crops for millions of semi-arid residents, is also known as "The KING OF MILLETS". The domestication of sorghum has its origins in Ethiopia and surrounding countries, commencing around 4000-3000 bc. Evidence suggests that sorghum was established in India before the time of Christ but not earlier than 1500 BC. Cultivated sorghums were first introduced to America and Australia about 100 years ago. Sorghum Millet (Jowar) It is commonly called Jowar in India. Sorghum is an excellent substitute for wheat, rye and barley for those who cannot tolerate gluten. Sorghum is used to make both leavened and unleavened bread. In Sahelian Africa, it is primarily used in couscous. Various fermented and unfermented beverages are made from sorghum. Sorghum is one of the main coarse cereal crops of India. India is second largest producer of sorghum in the world.

List of Ingredients

S.No.	INGREDIENTS	QUANTITY
1	Sorghum	136gm
2	Powdered Sugar	230gm
3	Cocoa Powder	50gms
4	Egg	3 No.
5	Vanilla Essence	2tsp
6	Milk	125 MI
7	Oil	90ml

Picture of the Dish



Method of Preparation:

1. First Of All Whisk The Egg Whites Till Its Frothed And Cream And Then Gradually Whisk With Powder Sugar To Get A Smooth Creamy Texture
2. Sieve All Dry Ingredients Include Sorghum Cocoa Powder Salt Baking Powder. Follow The Process 3-4 Times
3. Mix The Powdered Sugar And Egg White Mixture With Milk And Vegetable Oil And Make The Wet Ingredients Aside.
4. Mix The Dry Ingredients And Wet Ingredients Via Cut And Fold Method And Continue The Process Till It Forms A Perfect Texture, Further Gradually Mix One By One Egg Yolk For Fat Emulsification
5. Grease the Baking Tray and Cover It Butter Paper Pour the Batter in It And Set It in the Oven at 210 *C/325* F for 45 Mins.
6. After That Take Out The Tray And Freeze It For 2 Hours. Before Serving Preheat For 2 Mins. Then it's ready to Enjoy with Chocolate Sauce.

NUTRITIONAL VALUE

The following nutrition information for 1/2 cup (96 grams) of raw sorghum grains is provided by the. Keep in mind that raw sorghum is dry and not cooked. A 1/2-cup portion of the grain will turn into 1 1/2 cups of cooked sorghum. Most people will likely eat only 1/2 cup to 1 cup cooked which will lower the calories and carbohydrates.

FLAVORS TO REMEMBER / RARE GEMS

Serving Size : 96 gms

Serving Calories	316Cal
Total Fat	3 g
Total Carbohydrates	69 g
Fiber	7.5g
Protein	10 g
Sugar	2.5 g
Sodium	2mg

Sorghum is also a good source of the following micronutrients:

- vitamin B1 (thiamin)
- vitamin B6
- copper
- iron
- phosphorus
- magnesium
- potassium
- selenium
- zinc

Benefits

Carbs:

Sorghum's calories come mostly from carbohydrates. One half cup of the dry grain provides 69 grams, 3 of which are fiber. Another 2.5 grams come from sugars. The remainders of sorghum's carbs are naturally occurring starches, which are the heartier, slower-digesting complex variety. But again, that dry portion will yield more than most people will consume in one sitting

Fats:

Sorghum contains little fat, at just 3 grams per half cup.

Protein:

Sorghum contains 10 grams of protein per 1/2 cup dry or 1 1/2 cups cooked.

Vitamins and Minerals:

Grains are almost always rich in micronutrients, but sorghum surpasses many others for nutrient density. One half-cup serves up 18% of the Daily Value (DV) of iron, 25% DV of vitamin B6, 37% DV of magnesium, and 30% DV of copper. It also contains significant amounts of phosphorus, potassium, zinc, and thiamine.

Summary:

Sorghum comes in many colors and varieties. Some are used mainly for animal feed, while others can be incorporated into baked goods, side dishes, and other recipes. Sorghum is a nutrient-rich cereal grain. It's low in fat, but high in protein, fiber, B vitamins, and micronutrients.

Health Benefits

May Reduce Inflammation:

Numerous chronic diseases are driven by underlying inflammation. The antioxidants in sorghum can help combat cell damage, reducing inflammation. According to a 2016 systematic review of 19 studies, consuming sorghum decreased markers of inflammation.

May Improve Blood Sugar :

The same systematic review that associated sorghum with reduced inflammation also found that eating the grain led to improved blood glucose responses. This could be good news for people living with diabetes or prediabetes. It should be noted that blood glucose responses will vary based on the person, and how much carbohydrate is eaten at a given time. The other foods consumed with the carbohydrate will also have an impact on blood glucose response.

Suitable for Celiac Disease and Gluten Intolerance :

People with celiac disease and those with non-celiac gluten sensitivity must avoid gluten altogether. Therefore, the gluten protein found in wheat, rye, and barley, makes these grains unsuitable for consumption. Fortunately, people with these conditions can still enjoy grains (and get fiber and nutrients) with gluten-free sorghum.

May Boost Weight Loss:

Research shows that diets high in fiber promote weight loss² and at 7.5 grams per half cup, sorghum is certainly high in fiber. One small 2019 study³ compared the effects of adding sorghum versus wheat to a calorie-controlled weight loss diet. Researchers found that those who ate sorghum reduced their body fat percentage more than those who ate wheat.

Fits in a Low Medium Diet:

With just 2 milligrams of sodium per half cup, sorghum is extremely low in sodium. This makes it an excellent choice for anyone on a low-sodium diet (as long as preparation methods don't add a lot of salt).

Allergies:

Sorghum is not among the top eight food allergens responsible for 90% of food allergies. In fact, for people with wheat allergies, sorghum can provide some similar nutrients to wheat, without the proteins that typically cause allergic reactions (and without gluten for those with celiac disease or gluten intolerance). It is, however, possible to be allergic to sorghum. Symptoms of an allergic reaction may include nausea, indigestion, vomiting, diarrhea, and respiratory issues like coughing or wheezing.

Storage and Food Safety:

Like most whole grains, sorghum grains should be kept in a cool, dark place in a resealable container (preferably one with a tight-fitting lid). After cooking, you can store the grains in the refrigerator for up to a week.

Name : Abhinav Bhat
Designation : Asstt. Lecturer



FLAVORS TO REMEMBER / RARE GEMS

SIHM, TIRUPATI

Authentic name of the dish:

Andhra Style Country Chicken Curry

Local name: Naatu Kodi Kura

History:

Andhra Style Country Chicken Curry (Naatu Kodi Kura) is a spicy and flavorful chicken curry from the South Indian state of Andhra Pradesh in India. This curry gets its unique flavor from the freshly roasted spice mix. Here is how to make it in the traditional style (gluten-free).

Ingredients to Marinate the Chicken:

1. pound skinless bone-in chicken (500 g, cut into 1 and ½ inch chunks, rinsed, and drained well)
2. ½ teaspoon turmeric powder
3. 2 teaspoons Guntur red chili powder (use Kashmiri red chili powder for milder curry)
4. 1 teaspoon salt
5. 1 tablespoon freshly squeezed lime juice

For the Masala Powder:

1. 1 tablespoons whole coriander seeds
2. 1 teaspoon cumin seeds
3. 1 inch piece of cinnamon stick (dalchini)
4. 2-3 cloves (laung)
5. 3-4 whole black peppercorns (kali mirch)
6. 1 tablespoon white poppy seeds (khuskhus) (or 8-10 cashew nuts)

For the Curry:

1. 4 tablespoons vegetable oil
2. 15-20 curry leaves
3. 2-3 teaspoons chopped green chilies (or to taste)
4. 1 cup chopped onions
5. 1 teaspoon salt
6. 2 teaspoons ginger garlic paste
7. ½ teaspoon garam masala powder
8. ½ cup canned tomato puree
9. 2 tablespoons chopped cilantro (fresh coriander leaves)

Recipe:

1. Marinate the chicken with turmeric powder, red chili powder, salt, and lime juice and keep aside for ½ hrs.
2. Add coriander seeds, cumin seeds, cinnamon stick, cloves, and black peppercorns to a small skillet and dry roast on medium flame until they are slightly browned and fragrant (2-3 minutes). Keep stirring continuously while roasting.
3. Add poppy seeds and roast for another minute.
4. Remove the skillet from heat and let the spices cool down.
5. Transfer them to a grinder and grind to make a fine powder. Set it aside.
6. Heat oil in a large pan over medium-high heat.

Picture of the Dish



7. When the oil is hot, add curry leaves, green chillies, onions, and salt, and cook until the onions are translucent (5-6 minutes), stirring frequently.
8. Add ginger garlic paste and cook until onion turns slightly browned (5-6 minutes). Keep stirring frequently.
9. Add the marinated chicken to the pan and cook for 5 minutes, stirring a few times.
10. Add the ground masala powder and garam masala powder and mix well.
11. Now add tomato puree and cook for 4-5 minutes, stirring frequently.
12. Stir in 1 cup of water and cover the pan with a lid.
13. Reduce the heat to low and cook until the chicken is tender (40-45 minutes). Stir a few times while cooking.
14. Check for salt and add more if needed.
15. Garnish with chopped cilantro and serve hot.

ACCOMPANIMENTS:

Andhra Style Chicken Curry (Kodi Kura) can be accompanied with white rice/Jonna rotte/Ragimudde.

COOKING TIME:

40 Mins.

NUTRITIONAL VALUE

Serving Calories	508Cal
Potassium	512mg
Sodium	283mg
Fat	42g
Protein	23 g
Carbohydrates	12 g
Sugar	4g
Fiber	4g



Name : N. Shivaramakrishna Chowdary
Designation : Lecturer

FLAVORS TO REMEMBER / RARE GEMS

IHM, MEERUT

Authentic name of the dish:

Mathura ke Peda

Local name: Mathura ke Peda

History:

There is no other Peda found in the world which can beat the delicious taste of Mathura Peda. If you take just one bite of the traditionally prepared Mathura Peda, you will end up having at least 4 of them. Let us prepare Mathura Peda today.

Traditionally, Mathura Peda was made from cow's milk but these days we also use buffalo's milk. Tagar (powdered sugar) and Mawa (dry milk) are used while making it. Both the ingredients are available in the market or you can make them at home. Check How to make Mawa and How to make Tagar. If you are getting Mawa from the market, make sure it has a grainy texture.

When you prepare Mathura Peda remember to fry/roast Mawa as much possible. The more Mawa is fried/roasted the more its shelf life increases. Do add little amounts of milk/Ghee from time to time while frying Mawa, this makes frying/roasting for a long time easy. According to my experience frying Mawa in Ghee is better than frying it in milk. So let's start preparing Mathura Peda.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Khoya/Mawa	500 gm (2 1/2 cup)
2	Tagar (Bura)	500 gm
3	Ghee	1-2 tbsp / 1/2 cup milk
4	Elaichi (Cardamom)	8-10 (Peeled and grounded)

Method of Preparation:

1. Take a heavy pan (Kadhai) and fry Mawa in it. Stir Mawa continuously while frying, not letting it stick at the bottom of the pan. Whenever Mawa changes its color when you fry it, add little Ghee or milk. Stir and fry till Mawa's color turns brown completely.

Picture of the Dish



2. Allow Mawa to cool off, when it's completely cooled mix 400 grams (2 cup) Tagar followed by Elaichi powder and blend properly. The mixture required to prepare Pedas is ready.
3. Keep the leftover 100 grams Tagar on a plate. Take some amount (lemon sized) of the mixture and roll it with your hands. Wrap this ball with Tagar on the plate and press with your hands giving it a shape. Place the prepared Peda on a plate/tray, repeat this process one by one. You can see that awesome Mathura Pedas are ready.
4. Now you can eat these Mathura Pedas, leave the remaining under a fan. The wind from the fan will make them dry. These Pedas can be stored in an air tight container and you can have them whenever you desire. If the Mawa has been fried well the Pedas stay fresh for a month.



Name : Shahdev Singh

Designation : Lecturer

SIHM THUVAKUDI, TRICHY

Authentic name of the dish: Kari Dosai

Local name: Kari Dosai

History:

"Sangam Valartha Madurai, Tamizh Valartha Madurai", Madurai just didn't embrace and encourage learned men and literature but also paved a culinary path laced with hospitality. Madurai's food is a happy union of all these influences, mainly that of Chettinaad cuisine, known for its fiery flavours. Madurai known as Temple & trading city, it has taken its sobriquet of 'Thoonga Nagaram' (the city that never sleeps). The streets stay alive through the night with bustling crowd, Food Stalls & market activities.

Picture of the Dish



FLAVORS TO REMEMBER / RARE GEMS

The Kari Dosai from Konar Mess/KonarKadai is a UNIQUE, TRADITIONAL and AUTHENTIC dish from the South Indian City of Madurai. Kari Dosai is NOT a simple combination of wrapping cooked mutton inside a normal dosai! There is more to it. Today, I will share my experience of this Spicy Kari dosai from Simmakal (Madurai) and how it is made. Plus, I will also share the experience of having Muttai Kothu Kari from Konar Kadai. Let's get started!

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Dosa batter	2cup
2	Egg	2no
3	salt	20gm
4	pepper	5gms
5	oil	10gms
	For stuffing	
6	Oil	1 tsp
7	Mutton (small cubes)	250 gm
8	Onion	1no
9	tomato	1no
10	Green chillies	2 no
11	G&G paste	1spoon
12	Chilli powder	5gm
13	Malli powder (coriander)	5gm
14	Mutton masala powder	5gm
15	Turmeric powder	5gm
16	Pepper powder	5gm
17	Curry leaves	1spring
18	Coriander leaves	1spring

Method of Pre-Preparation:

1. Boil the mutton cubes like a half done
2. Chop (onion, tomato, coriander)
3. Blend G&G paste

Method of Preparation:

1. Heat oil in a kadai, add a onions, chillies &curry leaves. add little salt & cook for 3mts
2. Add in g g paste & sauté for a min
3. Add in spice powder, mix well.
4. Now add a tomato and cook for 5mts,now add a mutton cubes and sauté for 5mts
5. Cover and cook for 10mts.simmer for 5mts ,turn off the heat and let the steam escape all by itself
6. Put in the frying pan cook with high heat its get dry ,and then pepper powder and cor. leaves
7. Mix well with keema is done
8. Crack egg in a bowl, season with salt & pepper. whip till mixed.
9. Heat a tawa ,pour a dosa batter as uttampam
10. Add some egg mix over it ,drizzle oil it over it and top with keema and cor.leaves
11. Cook till the bottom get to crisp
12. Flip over & cook for a min

Served with Chutney

NUTRITIONAL VALUE

Serving Size : 220gm

Serving Calories	402Cal
Total Fat	1.4g
Total Carbohydrates	90.0g
Dietary Fiber	1.7g
Sugar	38.8 g
Protein	4.7 g



Name : S. Parthasarathy
Designation : Faculty

RANJITA IHM, BHUBANESWAR

Authentic name of the dish: Santula

Local name: Santula

History:

Santula is a traditional dish from the state of Odisha in eastern India. It is a simple and nutritious dish made with mixed vegetables, lentils, and a tempering of spices. The history of Santula is deeply rooted in Odisha's culinary traditions and cultural heritage. Santula has been a part of Odia cuisine for centuries and has been passed down through generations. The dish is believed to have originated in the rural households of

Picture of the Dish



FLAVORS TO REMEMBER / RARE GEMS

Odisha, where it was prepared with locally available ingredients. It was a staple dish in the people's daily meals, particularly in rural areas where vegetables were abundantly grown. The word "Santula" is derived from the Odia word "santulana," which means mixing or blending. The dish is characterized by mixing various vegetables, lentils, and spices, resulting in a harmonious combination of flavours. Santula reflects the ethos of simplicity and healthy eating in Odisha. It is a dish that showcases the use of seasonal and local produce, making it adaptable to different times of the year. The choice of vegetables used in Santula can vary depending on availability and preference, but commonly used vegetables include pumpkin, potato, brinjal (eggplant), drumstick, and leafy greens like spinach or amaranth leaves.

The history of Santula reflects the culinary traditions and cultural practices of Odisha, showcasing the importance of seasonal ingredients, simplicity, and the use of local produce. It continues to be a cherished and nourishing dish in Odia households and represents the rich culinary heritage of the state.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Mixed Vegetable (Pumpkin, Potato, Brinjal/Eggplant, Drumstick, Chopped Spinach)	2 cups
2	Split Yellow Lentils (Moong Dal)	1/2 cup
3	Refined Oil	2 tbsp
4	Mustard Seeds	1 tsp
5	Cumin Seeds	1 tsp
6	Red Chilly (Dried)	2-3 nos.
7	Turmeric Powder	1/2 tsp
8	Salt	To Taste
9	Water	As required
10	Coriander Leaves	For garnishing

Method of Preparation:

1. Rinse the split yellow lentils (moong dal) under running water and soak them in water for 15-20 minutes.

2. Heat oil in a pan or kadai over medium heat. Add the mustard seeds and cumin seeds. Let them splutter.
3. Add the dried red chilies and sauté for a few seconds until they become aromatic.
4. Add the chopped vegetables and cook for a few minutes until they start to soften.
5. Drain the soaked lentils and add them to the pan. Stir well to combine.
6. Add turmeric powder and salt. Mix well to coat the vegetables and lentils with the spices.
7. Add water, enough to cover the vegetables and lentils. Bring it to a boil.
8. Reduce the heat to low, cover the pan, and let it simmer for about 15-20 minutes or until the lentils and vegetables are cooked and tender. Stir occasionally.
9. Once cooked, remove from heat. Garnish with fresh coriander leaves if desired.
10. Serve hot Santula with steamed rice or as a side dish with other Odia delicacies.

NUTRITIONAL VALUE

Serving Size : 100gm

Serving Calories	80-100Cal
Total Fat	0.4g
Total Carbohydrates	15-20g
Dietary Fiber	3-4 g
Protein	3-5 g

FUSION DISH:

It can be served with Steamed Rice

It can also be served with Chapatis/Phulkas/Roti/ Paratha/ Poori

Name : Sarbadarshi Dash
Designation : Teaching Associate



FCI, NAGAON-ASSAM

Authentic name of the dish:

Dry Thekera Tengar (Mangosteen) Logot Maasor Jhol

Local name: Thekera Logot Maas

History:

This is an evergreen fruit that is sun dried the Assamese society and it is used for many culinary and medicinal purpose. From the long history this fruit is used for curing the headache, fasting, nausea, vomiting etc.

Picture of the Dish



FLAVORS TO REMEMBER / RARE GEMS

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Fish	400 gm
2	Dry thekeratenga (mangosteen)	25 gm
3	Pepper powder	5 gm
4	Panchpuran (five spice)	3 gm
5	Green chili	10 gm
6	Turmeric powder	5 pinch
7	M. Oil	200 ml
8	Ginger	25 gm
9	Garlic	25 gm
10	Rice powder	50 gm
11	Potato	200 gm
12	Onion	75 gm
13	Salt	To test

Method of Pre-Preparation:

1. Soak the dry thekeratenga (mangosteen) in a warm water.
2. Marinate the cut fish with salt and turmeric powder.
3. Deep fry the marinate fish.
4. Grind the ginger and garlic to smooth paste.
5. Slit the green chili.
6. Onion slice
7. Potato cut in to a large cube size

Method of Preparation:

1. Take in a kadai to heat it add mustard oil.
2. Add slice onion, add slit green chili, add panchpuran and ginger garlic paste and sauté it.
3. Add cut potato and sauté for 10 - 15 min.
4. Now add Water to cook potato.
5. Now add fried fish in a kadai and add soak thekeratenga (mangosteen).
6. Add some rice powder for thickening. Seasoning with pepper powder.
7. Garnish with chopped coriander.
8. Served with boiled rice.

Name: Sri Jalen Baishya
Designation : Principal (i/c)



Name: Dulu Bora
Designation : Lab Assistant



QUENCHERS / BEVERAGES

SIHM, DURGAPUR

Authentic name of the Cocktail: On the Ocean

Local name of the Cocktail: On the Ocean
(Honouring the Indian Football Team)

Method: Layered

History:

The beverage is conceptualized by envisioning the Indian Ocean near the Andamans having blue tone representing the colour of the ocean with a texture of riffs representing the corals of the Andamans.

List of Ingredients

S.No.	INGREDIENTS	QUANTITY
1	Vodka	60ml.
2	Blue Curacao	30 ml.
3	Vermouth	15 ml.
4	Sparkling Water (sweetened)	10 ml.
5	Castor Sugar	As req.
6	Rock Salt (garnish on the rim)	As req.
7	Maraschino Cherry (optional for garnish)	1 no.

Method of Preparation:

1. Layer the rim of the glass with rock salt (do not add too much).
2. Add blue curacao as base.
3. Mix vodka and a dash of vermouth in a mixing glass and mix well.

Picture of the Cocktail



4. Pour the mixture from the top slowly to form a layer.
5. Top with sparkling water.
6. Sprinkle a mixture of rock salt and castor sugar on the top to create an effervescence.
7. Put the slit cherry at the rim of the glass (optional).

Garnish: Maraschino Cherry, Rock Salt & Castor Sugar

Glassware: Martini Glass

Serving Size: 115 ml.



Name: Mr. Saptarshi Banerjee
Designation : Lecturer

IHM, JAIPUR

Authentic name of the Mocktail:

Mango-Bajra Smoothie

Local name of the Mocktail:

Mango- Bajra Smoothie

Method: Blended

History:

As we started revolutionizing millet, its avatar in the form of Mocktail could not have been missed. An innovative drink that blends the charm of Mango and whole some food ,Bajra. Lip ticklish , loaded with nutrition, naughtily famous among children, this Mango -Bajra Smoothie plans to solve all the" MAJRA "a mother faces to keep her child happily hydrated during the sickly summer.

Picture of the Mocktail



List of Ingredients

S.No.	INGREDIENTS	QUANTITY
1	Fresh Mango Pulp	1 Nos.
2	Sugar Syrup	15 MI
3	Milk	200 MI
4	Cooked Bajra Decoction	60 MI
5	Ice Cubes	5-6 Cubes
6	Chopped Almond	Few

QUENCHERS / BEVERAGES

Method of Preparation:

1. Boil the Bajra in cooker to a porridge consistency
2. Strain and cool it.
3. In a blender, mix all the ingredients and blend it well.
4. Pour it in a High ball Glass and stir it.
5. Garnish with Chopped almonds.
6. Topping with Ice-cream can be optional.

Serving Size: 240 ML
Glassware: High Ball

Name: Shraboni Puri
Designation : Sr. Lecturer



IHM, RANCHI

Authentic name of the Mocktail:

Orange Sunrise Mocktail

Local name of the Mocktail:

Orange Sunrise Mocktail

History:

There are plenty of sunrise drinks popular among mocktail lovers with variations in ingredients and right combination of flavour, the sunrise drink never fails to surprise. Orange sunrise Mocktail is a refreshing mocktail made with the combination of fresh orange juice, cream and mint.

List of Ingredients

S.No.	INGREDIENTS	QUANTITY
1	Orange Juice	120 ml
2	Lime juice	5 ml.
3	Soda	60 ml
4	Whipped cream	30 ml.
5	Ice cube	04 nos.
6	Fresh Mint leaves	3-4 leaves

Method: Stirred

Method of Pre-Preparation:

1. Get some fresh orange juice, else canned juice may also be substituted
2. Lemon juice and Soda to be kept handy
3. Whipped cream and mint leaves shall be required

Picture of the Mocktail



Method of Preparation:

1. Firstly mix the orange juice with lime/lemon juice in a mixing bowl.
2. Take two glasses and put some ice cubes in it. Pour the juice mixture in the glass till it is half full. Pour some lemon juice in the same glass
3. Gently stir
4. Gently Pour in the Soda until the glass is full
5. Add more whipped cream on top,
6. Garnish with mint leaves/ orange slices (optional)

Garnish : Mint leaves, Orange slice

Glassware: Hi-ball

Serving Size: 180ml.

Name: Mr. Ravi Kumar
Designation : Sr. Lecturer



SIHM, TRICHY

Authentic name of the Cocktail: Sweet & Sour Vodka

Local name of the Cocktail: Sweet & Sour Vodka

Method: Stirred

History:

Amla, Amalaki or Indian Gooseberry is a highly potent medicinal plant for its innumerable healing properties. Amalaki, as it is popularly known in Sanskrit and in ancient texts of Ayurveda, has various meanings - mother, nurse, immortality and it also

Picture of the Cocktail



QUENCHERS / BEVERAGES

means 'sour' It is in fact known as a 'divyaushada' or a divine medicine as it contains five tastes - sweet, sour, bitter, astringent and pungent that help in the functioning of both mind and body.

The healing and medicinal properties of amla are innumerable as it is loaded with calcium, iron, phosphorous, carotene, vitamin B& C, protein and fibre

List of Ingredients

S.No.	INGREDIENTS	QUANTITY
1	Amla Juice	20ml
2	Lemon Juice	5ml
3	Orange Juice	10ml
4	Honey	10ml
5	Ginger	5ml
6	Vodka	40ml
7	Basil Seed	As needed

Method of Pre-Preparation:

1. Amla Juice, Orange Juice, Ginger Juice
2. Soak Basil Seeds

Method of Preparation:

1. Take a shaker put some ice cubes, add amla juice, orange juice, lemon juice, and ginger juice stir it well
2. pour in the glass with crushed ice then add vodka
3. Finally add a honey & basil seed on top of the cocktail
4. Stir it well

Garnish : Orange Slice, Ginger Strip, Green chilly

Glass Ware : Cocktail Glass

Serving Size : 90 ml

Name : S. Parthasarathy
Designation : Faculty



St. FRANCIS IHM, MUMBAI

Authentic name of the Mocktail: Virgin Paan Martini

Local name of the Mocktail: Paan Martini

Method: Blended

History:

This is an innovative mocktail made by using the fresh ingredients similarly used for traditional Indian 'Paan' (popularly served as after meal mouth freshener & digestive).

List of Ingredients

S.No.	INGREDIENTS	QUANTITY
1	Betel leaves	2 Nos.
2	Vanilla Ice-cream	2 scoops
3	Fennel Seeds	15 Gms.
4	Gulkand	15 Gms.
5	Glazed Cherry	3 Nos.
6	Ice	4-5 Cubes

Method of Pre-Preparation:

1. Keep clean bar blender, strainer ready for preparation.
2. Shred the betel leaves into small pieces.
3. Chill the martini glass in refrigerator.
4. Keep a piece of betel leaf and a cherry aside for garnish.

Picture of the Mocktail



Method of Preparation:

Fill the bar blender with 4-5 ice cubes, vanilla ice cream, betel leaves shreds, gulkand, fennel seeds and 2 nos. of glazed cherry. Grind all the ingredients together to get smooth consistency. Double strain the mixture into the chilled martini glass.

Garnish : Glazed Cherry & Piece of Betel Leaf

Glassware: Martini Glass

Serving Size : 150 ml.



Name : Kulbhushan Mahendra Mundhe
Designation : Sr. Lecturer