

Aatithyam

Issue XIX, June 2024

Newsletter
National Council for Hotel Management
& Catering Technology

आतिथ्यम्



A strategic conclave with CIHM Principals was held in IHM Bengaluru on 09.05.2024, chaired by Hon'ble Secretary, Ministry of Tourism, Govt of India

The Yoga training session in progress on June 21st, 2024 led by yogi Mr. Vikram Singh on the occasion of International Yoga Day at Central Lawn of NCHMCT



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,

Greetings from my side!

With great pleasure I present here the XIXth issue of *Aatithyam* standing as a testament to collective pursuit of excellence, showcasing unwavering dedication and innovation within the hospitality education community.

This issue highlights the Council's initiatives, including competitions aimed at promoting the use of Rajbhasha Hindi among students and staff, online and offline lectures, national and international campus placement drives, academic meetings, faculty development programs, sustainability-focused events, Hindi workshops, and the signing of Memorandums of Understanding (MOUs), to name a few.

The Ministry of Tourism, Government of India introduced several groundbreaking initiatives, including a strategic conclave for the principals of all central IHMs, workshops for the faculty of government institutes under the Ministry of Tourism, which was quite very appreciated by different stakeholders.

Unlike every year this year in 2024, International Yoga Day was celebrated with much vigour and zeal. This practice of our traditional rich cultural practice truly rejuvenates our mind and soul. The whole hearted participation supported by all Institutes showcase our commitment towards the importance of health of not only body but mind and soul as well.

This issue concludes with institute-based updates, innovative practices, awards, achievements, other significant news, followed by handpicked collection of new and creative recipes.

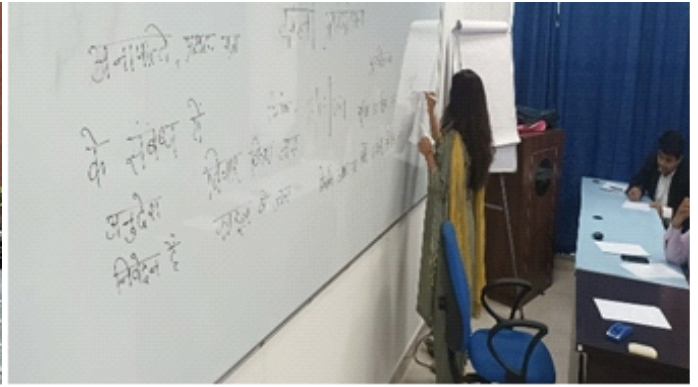
Let us continue striving for excellence, fostering a culture of learning, and nurturing the leaders of tomorrow. Wishing you renewed strength, prosperity, and happiness."

(Gyan Bhushan)

KEY ACTIVITIES AT A GLANCE (April-June 2024) @ NCHMCT

- The *Hindi Rangmanch Pratispardha* was held from April 3rd to April 5th, 2024, featuring a variety of competitions based on Hindi language primarily for students of NCHM-IH, NOIDA to promote awareness and affection for Hindi language and literature
- On April 5th 2024, from 2 PM to 5 PM, Mr. Ganesh Srivastava delivered a guest lecture focused on cruise line career opportunities. Students from IHMs across India, ICI Tirupati and ICI Noida attended the lecture
- On April 8th, 2024, Mr. Mevin Seebah, HR Head of Marriott Mauritius, visited NCHMCT to interview second-year B. Sc HHA/BBA Culinary Art students (of ICI Noida, FHRAI-IHM and ICI Tirupati) for a 5-month industrial training in Mauritius
- Academic Committee Meeting was held on 12th April, 2024 where members representing Jawaharlal Nehru University (JNU) & National Council for Hotel Management and Catering Technology (NCHMCT) came together to discuss academic matters
- The 2022-24 batch students of M.Sc. HA program of NCHMIH (NCHM- Institute of Hospitality) Noida formally marched one step ahead in their professional journey marking culmination of academic journey with a group snap on 16th April, 2024
- NCHMCT conducted the Even Semester's Term End Exams (TEE) for the 4th Semester M.Sc. HA students on April 16, 2024, and for the 2nd Semester students from April 22-29, 2024
- A Faculty Development Program in Culinary Arts was held from May 2nd to May 6th, 2024, led by Prof. Satish Jayaram, PhD, former Director of IHM Aurangabad, and Chef Y.B. Mathur, Senior Executive Chef of ITC Hotels
- On 13th May, 2024 NCHMCT and INS Hamla signed Memorandum of Understanding (MoU), establishing a partnership to enhance training and development in the hospitality and catering sectors
- A two-day workshop for the teaching faculty members those representing Ministry of Tourism institutes was held at The Ashoka, New Delhi, on May 28th and 29th, 2024
- A formal farewell was given in the presence of CEO, Shri Gyan Bhushan along with Director (Studies), Director (Academics), officers and staffs on 31st May, 2024 to Shri L.K. Ganguli for his great tenure of 12 Years through his visionary leadership at NCHMCT
- Under the guidance of Senior Economic Advisor & , Shri Gyan Bhushan, on June 5, 2024, NCHMCT NOIDA marked World Environment Day with a vibrant sapling planting event aimed at fostering environmental awareness
- On June 21, 2024, a Yoga training session led by *yogi* Mr. Vikram Singh was held on International Yoga Day. The session took place at the Central Lawn and the participants included faculties/evaluators of various IHMs including officers and staffs of ICI and NCHMCT, NOIDA

Activities @ NCHMCT : The Image Gallery



दिनांक - 03/04/2024 - 05/04/2024

प्रतियोगिता स्थल - एम.पी हॉल

प्रतिभागी - एनसीएचएम-आईएच, नोएडा के एमएससी (एचए) के विद्यार्थी
"हिंदी की शान को गले लगाते हुए गर्व और उत्साह के साथ मातृ भाषा को सम्मानित करें।"



With the initiative of CEO, NCHMCT, *Hindi Rangmanch Pratispardha* 2024 was organised from 3rd to 5th April, 2024 to foster awareness and appreciation for the Hindi language and its rich literary tradition among the participants. Through engaging competitions such as Hindi spelling check, poetry, Hindi speech, extempore, case study and *Antakshari*, all participant students were encouraged to deepen their understanding and connection with Hindi, celebrating its cultural significance in a lively and educational environment.

Activities @ NCHMCT : The Image Gallery



A guest Lecture on Cruise Lines
Career Opportunities
By Mr Garvesh Srivastava

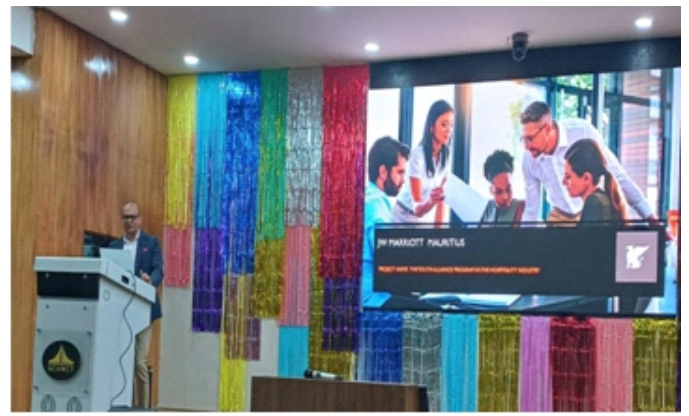
05.04.2024

2pm to 5 pm IST

Participants: IHMs Students, Indian Culinary
Institute Tirupati & Noida Students

Build your Dream Career in Hospitality with JNU Degree
Come join IHMs under NCHMCT

On April 5th, 2024, from 2 PM to 5 PM, Mr. Ganesh Srivastava delivered a guest lecture focused on career opportunities in the cruise line industry. The session was attended by students from various Institutes of Hotel Management (IHMs) across India, as well as students from the Indian Culinary Institute (ICI) Tirupati and ICI Noida. The lecture provided valuable insights into the growing field of cruise line careers, offering guidance and inspiration to those interested in pursuing this dynamic and global industry.



On April 8th, 2024, Mr. Mevin Seebah, the HR Head of Marriott Mauritius, visited NCHMCT Campus to conduct interviews for a 5-month industrial training program in Mauritius. The interviews were targeted at second-year students of B.Sc. in Hospitality and Hotel Administration (B.Sc. HHA) and BBA in Culinary Arts. Total of 17 students attended the interviews in person from ICI Noida and FHRAI-IHM, while students from ICI Tirupati participated online. This opportunity provided students with the chance to gain international exposure and experience in the hospitality industry.



On April 12th, 2024, the Academic Committee Meeting took place, bringing together members from JNU and NCHMCT. The meeting focused on discussing the academic syllabus for students in alignment on NEP guidelines.

On April 16th, 2024, the students of the 2022-24 batch of the M.Sc. HA program at NCHMIH (NCHM- Institute of Hospitality) Noida took a significant step in their professional journey. They commemorated this milestone with a photo, marking the date as one to cherish throughout their lives.



Activities @ NCHMCT : The Image Gallery



NCHMCT conducted the Even Semester End Term Exams for the 4th Semester M.Sc. HA students on April 16, 2024, and for the 2nd Semester students from April 22-29, 2024. These exams were successfully conducted in the new hall on 2nd Floor of the NCHMCT's Academic Block.



A Faculty Development Program in Culinary Arts was held from May 2nd to 6th, 2024 organized by NCHMCT that featured 29 participants and experts including Chef Manjit Singh Gill (Ex. Corporate Chef at ITC Hotels), Prof. Satish Jayaram (former Director of IHM Aurangabad), and Chef Y.B. Mathur (Senior Executive Chef of ITC Hotels).



A strategic conclave with CIHM Principals was held in IHM Bengaluru on 09.05.2024, chaired by Hon'ble Secretary, Ministry of Tourism, Govt of India



Activities @ NCHMCT : The Image Gallery



NCHMCT conducted a 5-day FDP (dt. 2nd to 6th May, 2024) for Food Production faculty members on the broad theme of “Technology and Economics in the field of culinary arts”. The FDP was divided into two parts as Digital and Experiential Learning Techniques in Culinary arts along with new age assessment methodology by Prof Satish Jayaram, former director of IHM Aurangabad who is now leading the educational project at Tata Neuskills. The second part of workshop encompassed Culinary Economics including Food costing, maximizing revenue, inventory management and economical aspects of running a Food outlet by Chef Y.B. Mathur, former Sr Executive Chef of ITC Maurya and renowned author. The proverbial icing on the cake was an immersive interaction with Chef Manjit Singh Gill. The aforementioned FDP was in sync with updated curriculum of NCHMCT according to NEP and it also incorporates the current technological advancements and trends in the field of culinary arts.



On May 13, 2024, NCHMCT and INS Hamla signed a MoU. This partnership aimed to enhance training and development opportunities in the hospitality and catering sectors. The collaboration seeks to leverage the strengths of both institutions to provide more comprehensive and high-quality training programs, benefiting professionals and students in these industries. Key representatives from both organizations attended and demonstrated their commitment towards educational and professional growth.

Activities @ NCHMCT : The Image Gallery



On May 26, 2024, NCHMCT Noida hosted a pre-retirement party for Mr. L.K. Ganguli (Director of Administration and Finance) at Le Meridien, New Delhi.



A two-days' workshop for the faculties of all government Institutes under Ministry of Tourism took place on May 28th and 29th, 2024, at 'The Ashoka', New Delhi. The event aimed to enhance teaching skills and promote knowledge exchange through interactive sessions, expert presentations, and collaborative activities, focusing on the latest trends in tourism and hospitality.

Activities @ NCHMCT : The Image Gallery



Shri L.K. Ganguli, Director of Administration and Finance at NCHMCT superannuated on May 31, 2024. A standing ovation was given on May 31, 2024, to Shri L.K. Ganguli in recognition of his remarkable 12-year tenure and visionary leadership at the National Council. This farewell tribute highlights the impact of his service and dedication, which has left a lasting legacy at the institution. His leadership has been celebrated for guiding the organization through significant growth and transformation. In his farewell speech, he reflected on his life and career. CEO Shri Gyan Bhushan praised his leadership and professionalism. Mr. P.D. Lakhawat felicitated him, and Mr. Satvir Singh gave a vote of thanks. NCHMCT wishes him a happy and prosperous retirement after his great tenure and aimed to continue his legacy.



Under the guidance of Senior Economic Advisor, Ministry of Tourism, Govt. of India & CEO, NCHMCT, Shri Gyan Bhushan, on June 5, 2024, NCHMCT NOIDA marked World Environment Day with a vibrant sapling planting event aimed at fostering environmental awareness. The occasion highlighted the institution's commitment to ecological sustainability, bringing together participants including Directors, officers and staffs of NCHMCT who enthusiastically engaged in planting trees such as *Jamun* and *Harsingar*. This initiative not only contributed to greening the campus but also underscored the importance of collective action in preserving our environment.

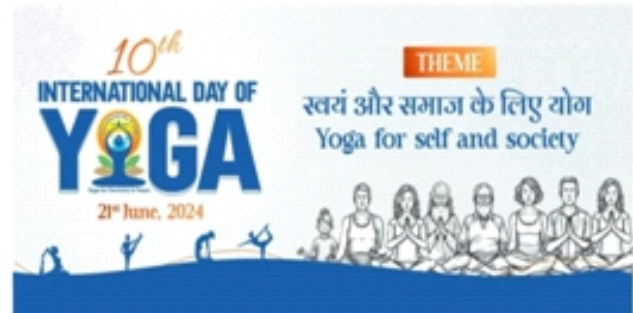
Activities @ NCHMCT : The Image Gallery



A Yoga Training Session was conducted by yogi Vikram Singh Ji on the occasion of International Yoga Day. He highlighted importance of Yoga and to make it as a part of our lifestyle and taught all members present about various asanas and right technique to perform it. On 21st June 2024 at 6:30 am to 7:30 am for faculties /Evaluators and 8:00 am to 9:00 am for NCHMCT /ICI Staffs, participants performed yoga at Central Lawn. 101 participants participated in training program with the help of Yoga expert.



पर्यटन मंत्रालय
MINISTRY OF
TOURISM



An initiative of Ministry of Tourism in preview of International Yoga Day – 2024

NCHMCT, Noida Organising Common Yoga Protocol Practice

By – Shri Vikram Singh on 21.06.2024

Yoga for Self and Society

For evaluators (Central Ground) 06:30 AM to 07:30 AM

For NCHM staff (2nd Floor, Academic Block Hall) 08:00 AM to 09:00 AM

Organised by –

National Council for Hotel Management and Catering Technology

(An Autonomous body under ministry of Tourism, Govt. of India)



NCHMCT conducted a full-day Hindi workshop on June 11, 2024, titled "कठस्थ अनुवाद नई दिशा." The facilitator was Mrs. Sunita Yadav, Assistant Director, Hindi Shikshan Yojana, Department of Official Language, Home Ministry, Government of India.

IHM, AHMEDABAD



Students of IHM Ahmedabad (Zoya Azam Khan, Manas Sanjay Sawant, Neeraj Tilu Pawar, and Poornendra Nileshbhai Nayak) recently conducted an experimental study on creating an organic farm in the institute's premises

IHM, CHENNAI



IHM Chennai Alumnus and Two times Michelin Star Chef Atul Kochhar visited the institute on 01.05.2024 where he interacted with the faculty members and budding chefs of the institute

IHM, HYDERABAD



IHM Hyderabad has recently been awarded as CSR Top Hotel Management Institute of Indian Award for the year 2024.

IHM, PUSA DELHI



IHM Pusa was ranked the No. 1 institute in the country by The Week, India Today, and GHRDC for the 2023-2024 session.

IHM, BODHGAYA



An educational tour comprising of elementary teachers from the State Council of Educational Research and Training, Patna (Bihar) was held at IHM Bodhgaya on 30th May 2024

IHM, FARIDABAD



On 30.04.2024, IHM Faridabad hosted a Principal's Conclave, bringing together school principals from across Faridabad, featuring motivational speaker Kamalneet Singh.

IHM JABALPUR



The State Institute of Hotel Management, Jabalpur successfully concluded its summer workshops from 20th – 30th May, 2024.

IHM, RANCHI



In the National Level India Skills Competition 2024, Mr. Harsh Ravindran, a student from IHM Ranchi was awarded the "Medal of Excellence". This award was presented under the World Skills Competition 2024 organized by the National Skill Development Corporation, Ministry of Skill Development and Entrepreneurship, Government of India.

IHM, SHRISHAKTI, TELANGANA



Ms. P. Ashwitha, (alumni of) IHM Shri Shakti, Hyderabad (C.C.F.P.P. Batch 2019 - 2020) won Gold Medal in India's Biggest Skill Competition "India Skills 2024"

ST. FRANCIS MUMBAI



St. Francis IHM recently celebrated its annual day "ROUX" with the vibrant theme "Glitz, Glamour, and Growth."

PIHM, JAIPUR



Auckland University of Technology, New Zealand has recently announced 100% scholarship for Dushyant Gautam (B.Sc.HHA student) to pursue a Master's program at AUT, NZ campus.

FLAVORS TO REMEMBER / RARE GEMS

IHM, Hajipur

Authentic name of the dish: Sarpuria

Local name: Sarpuria/Sarawaja

History:

Sarapuriya a sweet from Bengal, particularly associated with Krishnanagar. Sarapuriya is a specialty sweet originating from Krishnanagar, India, and it has two main stories regarding its origin:

Association with Chaitanya Mahaprabhu: According to the 16th-century text "Chaitanya Charitamrita" by Krishnadasa Kaviraja, Sarapuriya was one of the sweets served to the religious leader Chaitanya Mahaprabhu during the 15th-16th century.

Creation by Chandra Das of Krishnanagar: Another story attributes the creation of Sarapuriya to Chandra Das of Krishnanagar. Chandra Das, the father of Surukumar Das, established a sweet shop named Adhar Chandra Das in Nadiar Para in 1902. Over time, this shop became renowned, although Chandra Das was known to make the sweets only at night and alone, presumably to protect his recipe from being stolen.

As the recipe gradually became known, others started making similar sweets like Sarawaja, inspired by Sarapuriya. Sarapuriya has thus become not only a traditional sweet but also a part of cultural and historical narratives associated with Bengal and its culinary heritage.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Ghee	50 Grams
2	Cottage Cheese	300 Grams
3	Khoya	300 Grams
4	Malai (Fresh Cream)	300 Grams
5	Sugar	125 Grams
6	Cardamom Powder	5 Grams

Method of Preparation:

- Boiling and Separating Cream:
 - Start by boiling the milk in two pans.
 - Stir continuously until creams (layers of malai) begin to form.
 - Reduce the heat to very low and stop stirring when the creams are thick.
- Layering and Separating Cream:
 - Carefully remove the thick creams (malai) from one pan and layer them on top of the other pan of milk where more creams will form.
 - Repeat this process 4 to 5 times, transferring creams from one pan to the other, until the creams are very thick.

Picture of the Dish



- Removing Cream and Cutting:
 - Once the creams are very thick, remove them onto a plate and cut them into big squares.
- Preparing Spiced Ghee:
 - In another pan, heat some pure cow's ghee.
 - Add powdered sugar-candy (*Misri*) and powdered cardamom seeds to the ghee. Adjust the sweetness and flavour according to your preference.
- Assembling Sarpuria:
 - Coat the squares of thickened cream (*Malai*) with the spiced ghee mixture.
 - Layer the squares on top of each other until you reach the desired thickness.
- Baking:
 - Preheat your oven or use a stove top method with very mild heat.
 - Bake both sides of the assembled Sarpuria squares briefly with a little milk.
 - The heat must be very gentle to avoid melting the cream into ghee.
- Final Preparation:
 - Once baked, allow the Sarpuria to cool slightly.
 - Cut into squares or rectangles as desired.

SERVING

Sarpuria is typically served as a sweet treat in Bengali cuisine. Enjoy the rich, layered texture and the aromatic flavours of cardamom and ghee.

This recipe requires careful attention to heat and stirring to achieve the right consistency of creams (*Malai*). It's a traditional delicacy that showcases the richness of milk and the warmth of spices like cardamom. Adjust the sweetness and spicing to suit your taste preferences.

FLAVORS TO REMEMBER / RARE GEMS

NUTRITIONAL VALUE

SARPURIA	320.50Calories
Serving Calories	294.20Cal
Total Fat	20.50Grams
Total Carbohydrates	38Grams
Cholesterol (mg)	25.50Grams
Sugars	28.10Grams
Protein	5.43Grams

FUSION DISH

- SARAWAJA
- SARBHAJA

Name : Arijit Pal
Designation : Asstt. Lecturer



IHM, Bodhgaya

Authentic name of the dish: Gujiya

Local name: Pedakiya

History:

Pedakiya is popular in Bihar and is relished by everyone. Mostly two types of Pedakiya are popular, one is filled with khoya/Mawa and other one is coconut and Rawa. One can't imagine Holi without the quintessential addition of Pedakiya. Greeting your loved ones with this beautiful confectionary is part and parcel of this colourful festival.

Picture of the Dish



List of Ingredients

Recipe for Dough

S.No.	INGREDIENTS	QTY.
1	All Purpose Flour	300 Gms
2	Salt	As Per Taste
3	Desi Ghee	75 Gms
4	Water	As Required

Recipe for Stuffing

S.No.	INGREDIENTS	QTY.
1	Semolina/ Suji	25 Gms
2	Mawa/ Khoya	100 Gms
3	Powdered Sugar	120 Gms
4	Desi Ghee/Clarified Butter	2 Tbsp
5	Green Cardamom/Elaichi Powder	2 – 3
6	Desiccated Coconut	100 Gms
7	Cashew	40 Gms
8	Pistachio / Pista	15 Gms (Optional)
9	Raisins	15 Gms

Method of Preparation:

- Take flour in a big bowl.
- Add melted ghee to the flour.
- Mix flour and ghee very well with both hands. The better you knead it, the crispier Pedakiya will turn out. To check, press the flour in your palm and it should be tied.

- Now knead the flour by adding water. Do not use too much water. Knead the flour tightly.
- Now knead it for 15-20 minutes to soften the dough. Set it aside.
- Heat two spoons of ghee in a pan.
- Add pistachios, almonds, and cashews to the pan and roast until light brown. Set Aside
- Now roughly chop the roasted dry fruits.
- Add desiccated coconut powder to the remaining ghee after frying dry fruits. Set Aside.
- Roast the coconut powder on low flame until it turns light brown. Set Aside
- Put the semolina in the pan and fry it continuously on low flame so it does not burn. Roast it till it becomes slightly brown.
- Now put khoya in the pan and roast it on low flame.
- When khoya starts melting, add raisins and cardamom powder and fry.
- Switch off the gas flame add four dry fruits to the khoya and mix well.
- Add sugar powder to hot khoya and mix well so that the sugar gets mixed well in the khoya and melts.
- Add roasted coconut powder to hot khoya and mix well.
- And now add roasted semolina to the khoya. Mix these ingredients sequentially and remember to mix the khoya while it is still hot.
- Spread the khoya mixture and allow it to cool.
- Make balls of equal size from the kneaded dough.

FLAVORS TO REMEMBER / RARE GEMS

- Roll out dough into thin small sized rotis. Rolling it thinly will make the Pedakiya crispy.
- After greasing the Pedakiya maker with oil/ghee, place the roti in the middle and apply water on the edges.
- Put the filling in the center of the roti close the Pedakiya maker and ensure that the mouth of the roti closes tightly. Do not put too much stuffing otherwise the Pedakiya will open in the pan.
- Remove the excess dough out of Pedakiya Maker.
- Heat enough oil in the pan.

- Add maximum Pedakiya in hot oil so that the oil temperature reduces. After this reduce the flame and do not stir too much
- When the Pedakiya is cooked, take it out, it will take about 5-7 minutes to cook.
- Delicious Pedakiya recipe is ready.

Name : Simran Suruti
Designation :
Bakery & Confectionary
Attendant



STATE IHM, TRICHY

Authentic name of the dish: Meen Niravana
Local name: Meen Niravana

History:

Meen Niravana is a traditional South Indian fish curry made with a blend of aromatic spices and coconut milk. The curry is rich, creamy, and packed with flavours. It is typically served with steamed rice, appam, Idly, dosa etc.

List of Ingredients

Recipe for Shallow frying the Fish

S.No.	INGREDIENTS	QTY.
1	Fish or any firm fish	4 Nos
2	Red chilli powder	1/5 tb.sp
3	Turmeric powder	1 tsp
4	Black pepper powder	½ tsp
5	Salt	1 tsp
6	Juice of a small lemon or lime	Few drops
7	Coconut oil	1 tb.sp
8	Oil to shallow fry the fish	3 tb.sp
9	Curry leaves	2 springs

Recipe for Curry

S.No.	INGREDIENTS	QTY.
1	Banana leaves, cut in half (4 pieces)	2 Leaves
2	Sprigs curry leaves	3 springs
3	Ginger, minced	10 gms
4	Thick coconut milk (use 1/3 cup milk for one fish)	250 ml
5	Black pepper powder	2 tsp
6	Green chillies, slit	8 no's
7	Salt	½ tsp
8	Coconut oil	4 tsp
9	Raw Mango	50 gms

Picture of the Dish



Method of Preparation:

1. Wash, clean and prep the fish. Make small gashes on the fish with a sharp knife so the masalas can penetrate and season the fish throughout.
2. Take a plate and add in the turmeric, red chilli powder, black pepper powder and salt. Add in juice of a small lemon.
3. Add in a tablespoon of coconut oil and mix well to make a thick paste.
4. Apply the marinade on the fish. Make sure that the masalas are evenly coated. Apply masala in the gashes so the fish gets evenly seasoned. Marinate the fish in the refrigerator for 20-30 minutes.
5. Heat oil in a pan until hot. Gently place the fish in oil. Add in some curry leaves on top of the fish. Do not disturb or move the fish for the first two-three minutes. Let it cook. That's the trick so the masalas will stick properly and wont separate. Cook the fish for 3 minutes on each side.
6. In the meantime, Heat an Appa pan / Appa chatty or any *Kadai* and place a big banana leaf on the pan. Add in the fried fish. Add in few sprigs of curry leaves and ginger.
7. Add in the coconut milk on the sides on the pan. Pour it only on the sides. First pressed coconut milk is needed for this recipe. I have used canned coconut milk today and it just works best. If you are in a hurry or a beginner, use readymade / canned coconut milk.

FLAVORS TO REMEMBER / RARE GEMS

- To the sides of the pan where the coconut milk is simmering, sprinkle black pepper powder, some ginger and slit green chillies. Add a pinch of salt to the sides. Let the fish poach in the sauce for 3-4 minutes on a low-medium flame.
- Finally, add a teaspoon of coconut oil for aroma.

NUTRITIONAL VALUE

MEEN NIRAVANA	440Calories
Serving Calories	100Cal
Total Fat	37 Grams
Total Carbohydrates	22 Grams
Dietary Fiber	10 Grams
Protein	04 Grams

FUSION DISH

- It can be served with white rice, dosa, idly, Malabar Parotta etc.

Name : T. Vinoth Kumar
Designation : Asstt. Lecturer



SRM, IHM-SONEPAT

Authentic name of the dish: Moong Dal Ghost

History:

Lucknow is known for is the Cuisine which Nawabs developed. One of the delectable dishes which was served was "MOONG KI DAL GOSHT". People may probably say, its Haleem or dalcha. The essence of these recipes definitely is Sabut moong (GreenLentils) which had flavour of it and Mutton (Lamb) played a side role.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Mutton	750grm
2	Tomato	750grm
3	Onion	350grm
4	Coriender Powder	25grm
5	Cumin	05grm
6	Whole Turmeric	5grm
7	Chilli Powder	5grm
8	Salt	to Taste
9	Lemon	01 No
10	Mixed Whole Spices	5grm
11	Moong Dal	250grm
12	Ginger and Garlic	100grm
13	Whole Spices	10grm

Ingredients for Baghar

- Ghee ¼ cup
- Button red chilies 6 to 8
- White cumin 1 tsp
- Curry leaves 20

Picture of the Dish



Method of Preparation:

- Soak all the daals for 2 hours, boil the daals together with chopped onion until tender blend and keep aside, heat oil ¾ cup add whole spices with ginger garlic paste, salt, chili powder, coriander, cumin, turmeric and blended tomatoes, fry well.
- Add mutton at this stage.
- Fry well add 3 cups water cover and cook till mutton tender add in the boiled daals with 8 whole green chilies, cook till thick add lemon salt.
- Lastly give baghar by heating ¼ cup ghee add 6 to 8 button red chilies, 1 tsp white cumin.
- Add to the daals, simmer for 10 minutes, garnish with chopped coriander, serve with rice or Biryani

Name : Ravi Kumar
Designation : Asstt. Professor



FLAVORS TO REMEMBER / RARE GEMS

Chitkara School of Hospitality, Rajpura, Punjab

Authentic name of the dish: Khira Gaintha

Local name of the dish: Kheer Puli

History:

Khira Gaintha is a traditional dessert from Odisha, India, known for its rich cultural heritage and unique preparation method. Khira is milk and Gaintha means small balls. So in other words, these are milky rice balls. The history of Khira Gaintha dates back to ancient times when it was often prepared during festive occasions and religious ceremonies like Makar Sankranti and Durga Puja. It is also offered as a Prasad in temples. The recipe has passed down each family adding their unique touch to it. Its preparation methods have unchanged, preserving the authenticity and flavour of the dish. Nowadays various chefs and home cooks sometimes add flavour cardamom or garnish with nuts and dried fruits to enhance its taste and presentation. The popularity of this dish is a testament to its delicious taste and the deep-rooted cultural heritage it represents in Odisha.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Rice flour	100 gm
2	Sugar	150 gm
3	Milk	500 ml
4	Green Cardamom	5 gm
5	Water	250 ml
6	Ghee	2 tbsp
7	Milk Powder	100 gm
8	Almond	50 gm
9	Kesar	A pinch

Method of Pre-preparation:

1. Mix rice flour in 200 ml water and make slurry.
2. Soak kesar in milk and keep aside.
3. Cut almond flakes.

Method of Preparation:

1. Put 50 ml water on a pan, add 30 gm sugar, and pour in the rice flour slurry. Do not add whole slurry; leave little bit in a bowl. Add ghee and make a thick paste, then set aside to cool.
2. After it has cooled, make balls and press with finger in the center. After making all the Gaintha, set them aside on a plate.
3. Now, take a pan and pour milk into it. Add milk powder, surplus sugar; soaked kesar, and green cardamom powder.

Picture of the Dessert



4. When milk starts to boil, reduce the heat and add all the Gaintha to the pan. Stir with a spatula on high heat for 2-3 minutes. Add surplus slurry to the mixture to thicken it, stirring for approximately 10 minutes.
5. Put Khira Gaintha in a bowl, garnish with almond flakes and serve.

NUTRITIONAL VALUE

Serving Size : 100Gm

Nutrients	Amount per 100 g
Serving Calories	155 kcal
Total Fat	1.0 g
Total Carbohydrates	30.0 g
Dietary Fiber	1.5 g
Sugar	6.0 g
Protein	4.0 g

FUSION DISH

1. Paan-flavored Semolina Dumplings: Incorporate finely chopped betel leaves (paan) and gulkand (rose petal jam) into the dough of the semolina dumplings. Then cook them in a mixture of milk and sugar. Serve with a drizzle of rabdi and a sprinkle of edible silver foil for an elegant touch.
2. Khira Gaintha with Berry Compote: Traditional rice dough flavored with assorted berries, cooked in milk and sugar mixture, and then served with berry compote.

Name : Rohit Agnish
Designation : Teaching Asstt.



FLAVORS TO REMEMBER / RARE GEMS

Guru Nanak IHM, Kolkata

Authentic name of the dish: Chingri Kochur Loti Bhapa

Local name of the dish: Chingri Kochur Loti Bhapa

History:

Kochur loti (taro stolon's) is very popular among the people in Bengal and Bangladesh, when specially cooked with prawns. There are various recipes for this dish. I am going to share one of the simple home cooked styles of this dish. The soft thick tuber stalk, and prawn's pair well with each other to provide a satisfying meal. The stolon has got health benefits like it improves digestion, immune system, lower blood sugar levels and controls BP.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Kochur loti	400 gms
2	Prawns (Chingri), peeled and deveined	200 gms
3	Mustard oil	45 ml
4	Cumin seeds	20 gms
5	Green chillies	5-6 no
6	Garlic cloves	5-6 cloves
7	Salt	7 gms
8	Turmeric	1/2 tsp
9	Sugar	1/4 tsp
10	Tomato chopped	1 no

Picture of the Dish



- 5 Cover and cook slowly for 30 min, mixing few times in between.
- 6 Check that the moisture has evaporated and oil has released.
- 7 Serve hot with steamed rice.

NOTE*: Avoid prawns if you have any allergy symptoms. Alternatively, you can wrap in banana leaf and cook in a pan.

Method of Preparation:

- 1 Peel and cut the loti in 2-inch segments (apply some mustard oil on your palm before handling the loti). Wash and keep aside.
- 2 Clean and wash the prawns.
- 3 Soak the cumin seeds and make a fine paste with chilies and garlic.
- 4 Now mix all the ingredients together and put in a khadhai on a low flame.

Name : Biswajit Biswas
Designation : Asstt. Professor



QUENCHERS / BEVERAGES

IHM HYDERABAD

Authentic name of the Cocktail: Southern Aroma

Local name of the Cocktail: Southern Aroma

Method: Shaking

History:

Living in South India (Telangana), inspired me to concoct an innovative cocktail using locally available ingredients. This cocktail has a pleasant aroma of the local produce.

Picture of the Cocktail



GANRNISH: Slit red chilli and curry leaf

GLASSWARE: Martini Glass

SERVING SIZE: 90 ml.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Gin	45 ml.
2	Curry leaf	4-5 no's
3	Lime Juice	10-15 ml.
4	Sugar syrup	30 ml.
5	Green Chilli	½ piece
6	Tamarind paste	10ml

Method of Preparation:

Take curry leaf and green chilli in a cocktail shaker, muddle it and add tamarind paste, lime juice, sugar syrup and ice cubes. Shake it well and strain into a Martini glass, using a Hawthorne Strainer.

Name : Bhola Kumar
Designation : Lecturer



SRM IHM, CHENNAI

Authentic name of the Cocktail: Mudslide

Local name of the Cocktail: Indian Mudslide

Method: Blending

History:

A mudslide cocktail is a combination of Coffee Liqueur, Irish cream, Heavy Cream, and base spirit (traditionally vodka). This classic cocktail is prized for its rich, creamy texture. The Mudslide was invented around 1970 at the Wreck Bar in Rum Point Club in the tropical Grand Cayman Island as a variation of the White Russian cocktail.

Picture of the Cocktail



Method of Preparation:

- 1 Add the ingredients into a mixer with crushed ice.
- 2 Give it a thorough blitz.
- 3 Take a hurricane glass (or any large, tall glass) and make a swirl inside, using chocolate sauce.
- 4 Pour the mixture into the hurricane glass.
- 5 Top with chocolate shavings.
- 6 Serve with a paper straw.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Kahlúa	30 MI
2	Absolut Vodka	30 MI
3	Irish Cream Liqueur	30 MI
4	Vanilla Ice Cream	3 Scoops
5	Chocolate Sauce	1 Spiral
6	Chocolate Shavings	1 Dash
7	Palm Jaggery	30 Gm
8	Ice Cubes	100 Gm

QUENCHERS / BEVERAGES

GANRNISH: Chocolate Shaving
GLASSWARE: Hurricane Glass
SERVING SIZE: 250 ml.

Name : S. Mahesh
Designation : Asstt. Professor & Head



The Lalit Suri Hospitality School

Authentic name of the Cocktail: Tequila Daisy

Local name of the Cocktail: Devil's Margarita

Method: Shaken

History:

It's hard to pinpoint the exact origins of the Margarita, but some claim it was invented at a bar in Juárez, Mexico, in 1942, Devil's Margarita is An Innovative Cocktail.

Picture of the Cocktail



List of Ingredients

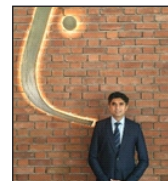
S.No.	INGREDIENTS	QTY.
1	Blanco tequila	45 ml.
2	Cointreau	15 ml.
3	Red Wine Dry	30 ml.
4	Simple Syrup	15 ml.
5	Fresh Lime Juice	15 ml.

GANRNISH: Orange Peel, Maraschino Cherries & Gypsophilium Flower.
GLASSWARE: Stemmed Chalet Glass
SERVING SIZE: 120 ml.

Method of Pre-preparation:

- 1 Fill In Cocktail Shaker with ice
- 2 Add Tequila Blanco, Fresh Lime Juice and simple syrup
- 3 Garnish with Orange Peel & Maraschino Cherries

Name : Dr. Shiv Kumar Yadav
Designation : Sr. Lecturer



Method of Preparation:

- 1 Fill In Cocktail Shaker With Ice, Add Tequila Blanco, Fresh Lime Juice And Simple Syrup.
- 2 Shake Until Chilled (approx 30 Seconds).
- 3 Pour Into Chilled Saleted Thin Stemmed Chalet Glass
- 4 Garnish With Orange Peel & Maraschino Cherries.

Superannuation News



Mr. N.K. Dhakate, who devotedly spent more than 33.5 years in NCHMCT, superannuated on June 28, 2024. His final position was in the Studies Department as a UDC.

