



Aatithyam

Issue XIV, March 2023

Newsletter
National Council for Hotel Management
& Catering Technology

आतिथ्यम्



MOU Signed by CEO, NCHMCT & VC, JNU in presence of Hon'ble Minister of Tourism, Culture & DoNER and Secretary (Tourism) 23rd February 2023

With the recognition of UG & PG Degree programs of NCHMCT by the JNU from 2023-24 academic year, students from IHMs under the NCHMCT will be receiving Degree from JNU

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

A-34, Sector 62, Noida, Uttar Pradesh 201309
www.nchm.nic.in



Message by.....

Shri Gyan Bhushan, IES

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

Dear Readers,

I am happy to mention that NCHMCT is bringing out here, it's XIV Issue of newsletter 'Aatithyam' focussed to share important news and updates, symbolizing our forward moving steps.

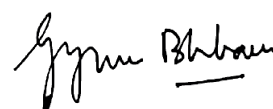
New session is a time for unwinding, contemplation and reconnection with our students with full efforts once again.

I am delighted to share that we have just embarked on a new phase of academic collaboration in partnership with Jawaharlal Nehru University (JNU) formally with the MoU signed between NCHMCT and JNU on 23rd February, 2023 in the august presence of Hon'ble Union Minister for Tourism, Culture and DoNER, Shri G Kishan Reddy Ji, Secretary (Tourism) and other dignitaries, media personnel, industry professionals and representatives from academia. The hospitality stakeholders including the industry, parents, students, global partners, professionals including academia have rejoiced and bestowed their trust and support once again. I want to thank all on behalf of the architects involved in this mission for this new chapter that have started now. I am confident to say here that these new initiatives will help our affiliated Institutes continue to grow and succeed in the years to come.

It is a proud moment to note that our students are getting an opportunity to be part of the events like Shree Anna (a Global Millets Conference), being inaugurated by our Hon'ble Prime Minister. It is equally soothing to read the activities in this issue, from the Council and several affiliating institutes about 'Millets' being used as regular food ingredients on variety of occasions, events related to Bharat parv act as a Kaleidoscope for showcasing our rich cultural heritage and traditions, initiatives about imbibing our own 'Rajbhasha' in 'letter and spirit' is another focus area of NCHMCT.

I congratulate MoT(Northern) for conducting Intra-Departmental Cricket tournament 2022-23, NCHMCT and participating institutes IHM,Pusa, ICI,Noida & IITTM,Noida who enthusiastically participated and showcased true spirit of sportsmanship.

Have a pleasant reading!


(Gyan Bhushan)

KEY ACTIVITIES AT A GLANCE (January - March 2023) @ NCHMCT

- The Council celebrated New Year 2023 with Millet based luncheon get-together dt. 02-01-2023 for all its employees, faculties and Principals from various affiliated IHMs, representatives of nearby Government Institutions with the background of Indian music.
- All NCHMCT staff members, officers along with Director (Studies) went to picnic trip at Damdama Lake, Gurugram on 07-01-2023 for celebrating the feeling of togetherness like a larger extended family.
- Staffs and students volunteers of the Council wholeheartedly participated all in Bharat Parv held from dt. 26-01-2023 to 31-01-2023 where the CEO Shri Gyan Bhushan in person monitored all activities for creating awareness about hospitality programme offered under the umbrella of NCHMCT.
- Interested students of NCHM-IH Noida visiting SATTE (09th to 11th February,2023) - A platform that offered Hospitality's latest trade opportunities under one roof was held at Expo Centre, Greater Noida
- Shree Anna, a Global Millets Conference Dt.18-03-2023 to 22-03-2022 was inaugurated by Hon'ble Prime Minister of India at NAS Complex, ICAR, Ministry of Agriculture, Gol. NCHM-IH Students also got an opportunity for participation dt. 20.03.2023 where they got unique learnings and exposure.
- *Rajbhasha Implementation Committee's 47th* meeting in hybrid mode was conducted chaired by CEO,NCHMCT on 29-03-2023
- An 'Inter Institute Cricket & Volleyball tournament' was held in the premises of NCHMCT on 30-03-2023 for Delhi NCR based participating institutes running under Ministry of Tourism, Govt. Of India was organised by the student's sports club of NCHMCT, Noida
- The much awaited 'Annual Day' & 'Farewell Day' was organised dt. 31.03.2023 by the 2nd Semester M.Sc. HA students of Academic block, NCHMCT

Activities @NCHMCT: The Image Gallery



On 02-01-2023, Council celebrated New Year 2023 with Millet themed luncheon together in the presence of its employees, faculties & Principals of pan India level affiliated IHMs and nearby Institutes including ICI, representatives of nearby Government Institutions such as Members of TOLIC where they enjoyed delicacies in the melody of light Indian music in the background. The delicacies served during this occasion were: *Pearl Millet Soup, Kodo Millet Pakoda with Anchil Chuttnay, Millet Rice, Barnoiard Moong Khichadi, Kodo Millet Pulao, Jowar Bajra Ragi Poori, Palak Methi Bathua Pea Dal, Panchrangi* with other complements with 3 desserts (Ragi Halwa, Bajre ki Kheer and Mixed Millet Cake). All Invities enjoyed and much appreciated the Council for such an initiative.



During the 44th meeting of NARAKAS, which was organized dt. 01.02.2023 by the City Official Language Implementation Committee (Office), Noida. For the year 2021-22, NCHMCT was honored with the incentive award for an excellent execution of the official works carried out in Hindi language.



A glimpse of NCHMCT's Staff members, officers in presence of Director-Studies who all went for a Picnic trip at Damdama Lake, Gurugram dt.07.01.2023. All of them enjoyed Haryanvi music, songs, local dances, Zip line activity, Roller coaster rides, boating and most amazing indigenous Haryanvi food.



Activities @NCHMCT: The Image Gallery



The Bharat Parv was inaugurated on the evening of 26th January in the august presence of Chief Guest of the event, Hon'ble Union Minister for Tourism, Culture and DoNER, Shri G Kishan Reddy ji and other notable dignitaries of Ministry of Tourism at Red Fort, New Delhi. The closure ceremony was held on 31st January, 2023. NCHMCT's staffs and students volunteers wholeheartedly participated all days in this event that was monitored himself by CEO Shri Gyan Bhushan, thereby creating an awareness about hospitality programme offered under the umbrella of NCHMCT. The Council also facilitated the visit of its evaluators, representing various IHMs who were present during this duration for making them a crucial part of Bharat Parv 2023.



Students of NCHM-IH Noida visited SATTE (South Asian Tourism & Travel Expo) dt. 09th to 11th February, 2023) - A platform that offered Hospitality's latest trade opportunities under one roof. This event was held at Expo-Centre, Greater Noida.

The Maini Group's National Sales Head (Mr. Mrigendra Singh) visited campus of NCHM-IH for conducting campus placements dt.10.02.2023 for the Management training profile.



The opening match of 1st Intra - Departmental Cricket Tournament 2022-23 (organized by Ministry of Tourism(North)) was played on 18.02.2023 between NCHMCT & IITM-ICI where NCHMCT won the match comfortably in the T-20 Match leading by 7 wickets by successfully chasing the runs. The man of the match in this event was Amol Kumar (Lecturer: M.Sc. program) of NCHMCT. In the 2nd league match also NCHMCT cricket team defeated IHM Pusa team dt. 25-02-2023.

Activities @NCHMCT: The Image Gallery



The MoU signing ceremony was held between NCHMCT and Jawaharlal Nehru University (JNU), Delhi on 23-02-2023 in the presence of Hon'ble Union Minister for Tourism, Culture and DoNER, Shri G Kishan Reddy and Secretary (Tourism). This MoU now recognizes NCHMCT's flagship UG and PG Degree programmes of hospitality by JNU, leading to the award of degrees to the pass-out students from the academic year 2023-24. The signing was attended by esteemed guests, including honourable Minister of Tourism DoNER Shri G. Kishan Reddy, Secretary (Tourism) Shri Arvind Singh, Sr. Economic Advisor MoT and NCHMCT's CEO, Shri Gyan Bhushan, Director (A&F), Mr LK Ganguli, Mr. Satvir Singh Director (Studies), and Vice-Chancellor of JNU Ms. Santishree Dhulipudi Pandit. The principals of pan India level IHM & FCI were also present in this ceremony.



NCHMCT team lead by CEO (Shri Gyan Bhushan) marked its International presence at ITB Berlin dt.07th to 9th March, 2023 for promoting IHMs on international forum to create programme awareness amongst foreign students. "Meeting with officials/representatives at the hospitality and tourism education pavilion hub in ITB Berlin was held regarding strategic tie-up for admission, skill development, faculty & staff training & Exchange programs.

Activities @NCHMCT: The Image Gallery



The CLF Training Program for the new batches were held at NCHMCT dt. 13.03.2023 - 18.03.2023 and dt. 20.03.2023 - 25.03.2023. The participants were from different CIHMs.



Shree Anna, a Global Millets Conference that was inaugurated by Hon'ble Prime Minister of India dt. 19.03.2023 at IARI PUSA. To gain hands-on experience and exposure on usage of Millets, students of NCHMIH, Noida participated on 20.03.2023, were exposed to various types of millets and also learned how to prepare Millet based innovative dishes.



Inter Institute Cricket & Volleyball tournament 2023 (select institutes of NCR region, those running under Ministry of Tourism, Govt. Of India) was organised by the Student's Sports Club of NCHMCT dt. 30.03.2023.

Activities @NCHMCT: The Image Gallery



The Annual Day & Farewell 2023 @ NCHM-IH, Noida was held on 31.03.2023



"CRACK HOSPITALITY JEE" An entrance book authored by NCHMCT's Lecturer (M.Sc. HA) Shri Amol Kumar & Mr. Terrance Ancheary- Student NCHM-IH, Noida published by Bharti Publications, focussed on M.Sc. Hospitality Administration entrance examination 2023 was unveiled by Director (Academics) Shri Priyadarshan Lakhawat on 31-03-2023. The other members who were part of this ceremony included Mr. Sharad Nautiyal (Consultant), Prof. Neeraj Chandhok, Mr. Aswani (Ast. Director) along with the authors.

NCHM – Institute of Hospitality (NCHM-IH), Noida



Mr. Chatak Kapoor, student of of MHA programme was awarded with gold medal & academic all-rounder for his BHM's academic performance at Amity University, Gurugram on 10th February, 2023

Chandigarh Institute of Hotel Management (CIHM), Chandigarh



Food Safety Administration U.T. Chandigarh had recently organised an Eat Healthy Workshop for old age home people in which the students prepared millet meals for all.

IHM, Chennai



The Food Festival (An Etar of Millets) was organized on 03.03.2023. Alumni of IHM Chennai, Dr. Chandra Mohan.B, I.A.S., Principal Secretary to the Government of Tourism, Culture and Religious Endowments Department, Government of Tamil Nadu joined the celebration with our Principal I/C, faculties and students of IHM Chennai.

IHM, Kufri (Shimla)



IHM Shimla stood as the Winner in 12th North India Patisserie competition 2023, organised by CIHM Chandigarh.

IHM, Guwahati



Millet based lunch, quiz competition and millet based presentation was organised for all the guest, faculty & staff members and for the students on the occasion of INTERNATIONAL YEAR OF MILLETS at IHM GUWAHATI on 14th March 2023.

IHM, Jaipur



On 27th February, 2023, Sansadiya Rajbhasha Samiti conducted an inspection meeting at Udaipur with IHM, Jaipur. Hon'ble MP Mrs. Sangeeta Yadav provided certificate to the Institute. CEO, NCHMCT Shri Gyan Bhushan, Rajbhasha Incharge (Tourism) Shri Manoj Kumar Dubey along with representatives of the Institute were also present.

IHM, Hyderabad



Institute of Hotel Management, Hyderabad entered the Limca Book of Records by making 75 varieties of Biryani in 8 hours and also for creating the largest single piece flower structure using 53,516 flowers in 6 hours.

IHM, Meerut



Sardar Vallabh Bhai Patel University of Agriculture and Technology organized an event "Hunar Se Rozgar" based on women empowerment where the chief guest was Hon'ble Governor of UP – Smt. Anandi Ben Patel and the theme was based on the "International Year of Millets-2023". IHM Meerut team arranged a food stall in this event to showcase their talent.

IHM, Mumbai



Principal, Shri Nisheeth Srivastava received an award recently for being a leading institute in the Hotel management category in the list of "Times Top Education Institute 2022" held at the function "Times Education Icons 2022".

IHM, Pusa



On the onset of Republic Day, Bharat Parv, India's most significant food extravaganza, with a myriad of handicrafts and food preparations, was celebrated from 26th to 31st January 2023. IHM Pusa had the glorious opportunity to showcase the immense talent of its students in this food fest, with its studio kitchen set up in the back lawns of the Red Fort. The institute also had a pop-up stall with a curated menu of food, beverages and desserts. The dishes served at the Institute's stall were millet based.

IHM, Shillong



Institute of Hotel Management, Shillong on the 07th March, 2023 attended the oath-taking ceremony of new Meghalaya Council of Ministers at Raj Bhavan, Shillong. The Institute catered to the Honourable Prime Minister Shri Narendra Modi, Union Home Minister, Chief Minister and Chief Secretary where the different Millet and Buckwheat dishes was displayed and served.

IHM, Shri Shakti



Institute of Hotel Management Shri Shakti recently hosted the 'Arabian Nights Themed Dinner'. The guests witnessed an enchanting world of Arabian Nights through authentic Arabian Cuisine, Ambiance, Dance & Music. The Arabian Themed dinner was part of a series of themed dining experiences at IHM – Shri Shakti, designed to showcase diverse cuisines and cultures from around the World.

PIHM, Jaipur



Poornima Institute of Hotel Management organized a FIRE SAFETY WORKSHOP at ITC RAJPUTANA, JAIPUR on 16th March'2023 for all the students and faculty members. This Fire Safety Workshop was designed to teach students the preventive measures that will eliminate or minimize causes of fire or fire hazards and to teach proper emergency and evacuation procedures in the event of fire.

SIHM, Balangir



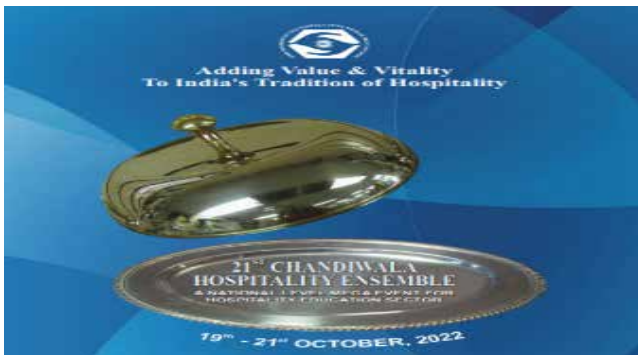
State Institute of Hotel Management, BALANGIR became a part of a 'Flower Carpet Competition' on 24th January, 2023. The floral carpet, known as Onapookkalam or Pookkalam, is made out of the gathered blossoms with several varieties of flowers of differing tints pinched up into little pieces to design and decorate patterns on floor like a flower mat. Lamps were arranged in the middle or edges.

SIHM, Bhatinda



The Tree lovers society & Municipal Corporation, Bathinda organized "Bathinda Flower Festival" at "Rose Garden, Bathinda" on 12th Feb 2023, Sunday. Mr. Syed Uzair (student of B.Sc HHA Programme) secured 1st Prize in "Cut Flower Competition."

SIHM, Faridabad



The 6th semester student of the Institute, Mr. Sumit Khurana secured 1st Position in "Zone Barwizard Bar Challenge" in Chandiwala Hospitality Ensemble 2022 (19.09.2022- 21.09.2022)

SIHM, Indore



State Institute of Hotel Management, Indore won the award for the Best Service at the Hriday Drishyam Lok Kala Utsav 2023 a four-day Musical extravaganza held at Lalbagh Palace Ground, Indore. The certificate was awarded by Honourable Ministry of Tourism (Madhya Pradesh) Ms. Usha Thakur.

SIHM, Ranchi



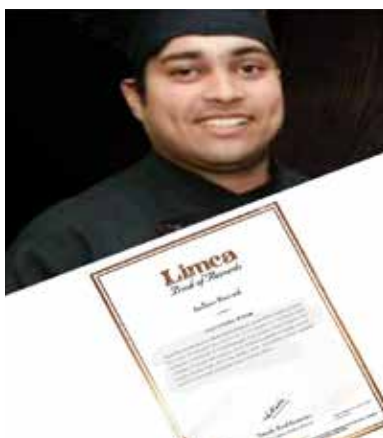
3 -days training program for various tourism stakeholders of Jharkhand State was organized by Institute of Hotel Management Ranchi in association with Ministry of Tourism, Government of India from 07.02.2023 to 09.02.2023. The training program was conducted for the CISF, PSA, AAI, Airlines, Customer service staff of Birsa Munda Airport, Ranchi and all the staff of JTDC Patratu Lake resort.

SIHM, Trichy



A demonstration workshop was organized for our SIHMCT B. Sc (H&HA) students by Housekeeping Faculties Mrs. Gomathy Chandra leka & Mrs. Dravidamani on 27.2.2023 and taught the techniques and principles of different styles of a flower arrangement.

FCI, Aligarh



Chef Ashish Spencer, Senior Lecturer recently achieved an entry in Limca Book of Records by making maximum varieties of Chaat within 2 hours 20 mins of time frame.

FCI, Nagaon



Ministry of Tourism (Govt. of India), North eastern Regional office –Guwahati in association with Yuva Tourism Club of FCI NAGAON Celebrate International year of MILLETS 2023 dated 23th March, 2023.

IHM, Guwahati



IHM, Guwahati in association with NCHMCT, Noida organized 1st career counseling road show 2023 at IHM Guwahati on 1st February 2023 to create awareness amongst the students of class XI and XII of various schools of Guwahati about NCHM-JEE 2023. About 170 students from various schools along with their faculty members attended the session

IHM, Mumbai



The institute signed a Letter of Association with Bisleri Trust under the 'Bottles for Change' program which revolves around educating citizens about the correct ways of using & disposing of plastic through recycling. This is a big step towards making the institute Plastic free.

SIHM, Trichy



An awareness programme on 'Bird's Life Nest' was conducted by Mr. Sridhar Penugonda on 21.2.2023 to create awareness to conserve the birds without disturbing their habitat. In this event, students were taught how to make nests out of tree waste from their surroundings like dried leaves & twigs, coconut coir, Paddy straw, Etc.

FLAVOURS TO REMEMBER/RARE GEMS

IHM, GOA

Authentic name of the dish : SOJI

Popular or local name of the dish : SOJI

History

A couple of days before a Goan Catholic wedding, a lunch is held at the house of the bride and groom respectively. This traditional sweet pudding is served at this pre-wedding ritual called "bikrencheam jevon" (beggars food). Simultaneously, distributed to neighbours and relatives, the sweet carried around in a clay pot with a doulo (ladle with a coconut shell and bamboo stick handle) making it easy to transport and serve. Hence, the name "kazarachi Soji", the Konkani word "kazar" meaning "wedding". Also, prepared on auspicious religious days and when celebrating or announcing a special event in the family. This sweet dish often delicacy for us to be enjoyed at tea-time.

List of Ingredients

S.No.	Ingredients	Quantity
1	Coconut milk	3 cup
2	Coconut Jaggery	1 cup
3	Broken wheat	1 cup
4	Cardamom powder	5 GMS
5	Salt	As per taste
6	Ghee	1 tbsp
7	water	As required
8	Nuts for garnish	As required

METHOD OF PRE - PREPARATION

- 1 Prepare coconut milk of grated coconut
2. Prepare jaggery syrup of coconut jaggery

METHOD OF PREPARATION:

1. Soak broken wheat (Dalia) in water for 4 to 6 hours.
2. Prepare 1 cup of thick coconut milk (1st pressing) from grated coconut and 2 cups of thin coconut milk (2nd pressing) from the same coconut.
3. Prepare jaggery syrup of coconut jaggery and keep aside.
4. Take a heavy bottom pan, put soaked broken wheat and thin coconut milk and simmer it on a low flame for about 10 minutes.

IHM, MUMBAI

Authentic name of the dish : AMBYACHI DAL

Popular or local name of the dish : AMBYACHI DAL

History

Ambachi dal is a maharashtrian traditional dish made with coarsely ground soaked channa dal (split Bengal gram) and grated raw mango. This dish is a perfect blend of fresh aromatic herbs that gives incredible flavour to the dal. Tartness of the mangoes,

Picture of the dish



5. Put jaggery syrup and thick coconut milk in the pan and allow to cook on low to medium flame till entire mixture is form as a thick mass. Keep stirring all the time with a flat spoon, add salt and cardamom powder.
6. Grease a suitable tray with ghee for setting up soji.
7. Once soji mixture starts leaving bottom of the pan transfer into a greased tray and allow it to cool down at room temperature for 2 to 3 hours. Cut into desire pieces.
8. Garnish with some slivers of nuts and serve it .

NUTRITIONAL VALUE:

Serving Size - 50 grams per piece	
SOJI	250Calories
Serving Calories	185 Cal
Total Fat	0.4 g
Total Carbohydrates	70.0 g
Dietary Fiber	0.7 g
Sugars	30.8 g
Protein	3.7 g

FUSION DISH:

- It can be served with ripe banana



Name: Mr. Sushil Kumar

Designation: Assistant Lecturer
Cum- Assistant- Instructor

sweetness from the coconut, nuttiness from channa dal and spiciness from green chillies gives an excellent medley of flavours to the palate.

List of Ingredients

S.No.	Ingredients	Quantity
1	Raw Mango	250 gm
2	Chana dal	250 gm
3	Green chili	5 gm

FLAVOURS TO REMEMBER/RARE GEMS

4	Cumin	3 gm
5	Salt	5 gm
6	Sugar	10 gm
7	Coconut	25 gm
8	Coriander leaves	10 gm
9	Peanut oil	30 ml
10	Mustard seeds	5 gm
11	Curry leaves	2 gm
12	Hing	1 gm
13	Turmeric	2 gm
14	Red chili whole	1 -2 no

METHOD OF PRE-PREPARATION:

1. Soak the chana dal for 7-8 hrs or overnight.
2. Peel and grate the raw mangoes finely.
3. Grate the coconut and finely chop the coriander leaves.

METHOD OF PREPARATION:

1. Mix the soaked chana dal, green chili, cumin, sugar, salt and grind into a coarse mixture.
2. Mix the grated raw mango with the chana dal mixture.
3. Heat peanut oil in a sauté pan and temper it with mustard seeds, hing, curry leaves, turmeric and red chili.
4. Pour the tempering over the mango mixture and mix well.

5. Serve at room temperature along with chilled raw mango panha.

Picture of the dish



Nutritional value:

Serving Size - 100 g	
AMBYCHI DAL	186 Calories
Serving Calories	186 Cal
Total Fat	4.2 g
Total Carbohydrates	35.0 g
Dietary Fiber	6.9 g
Sugars	18.4 g
Protein	5.8 g



Name: J. Ankit Pillai
Designation: Assistant Lecturer

IHM, HAMIRPUR

Authentic name of the dish : Guchhi Pulao

Popular or local name of the dish : Guchhi Pulao

History:

Guchhi or Morel is a wild variety of mushroom which grows in the Himalayas. It is one of the most expensive foods available in the market.

List of Ingredients

S.No.	Ingredients	Quantity
1	Guchhi	250 Gm
2	Basmati Rice	400 Gm
3	Green Cardamom	5 Gm
4	Black Cardamom	5 Gm
5	Bay Leaves	5Gm
6	Cloves	5Gm
7	Salt	To taste
8	Cumin seeds	5 Gm
9	Desi Ghee	30 Gm
10	Coriander Leaves(cilantro)	Garnishing

METHOD OF PRE-PREPARATION:

Wash the Guchhi very well and soak in 2 cups of water for an hour.

METHOD OF PREPARATION:

Soak the rice in water for 30 minutes.

1. Heat ghee in a pan. Once the ghee is hot, add the soaked guchhi and fry for 2-3 minutes.
2. Add the whole spices and let them fry for a few seconds. Add cumin seeds and let them crackle for a few seconds.
3. Now add the soaked rice in the pan.
4. Mix more water in the water in which guchhi was soaked to make 2 cups and then add it in the pan.
5. Add salt.
6. Cover the pan and cook the pulao on low heat until all the water is absorbed and guchhi is cooked.
7. Remove the pan from heat and let it rest for 5 minutes.
8. Fluff it gently with a fork.

FLAVOURS TO REMEMBER/RARE GEMS

Picture of the dish



Nutritional value:

Serving Size – 100 Gram	
Serving Calories	245 Calories
Total Fat	4-8 Gram
Total Carbohydrates	39 Gram
Dietary Fiber	1 Gram
Cholesterol	19 Milligram
Protein	3 Gram
Sodium	6 Gram

IHM, PANIPAT

Authentic name of the dish : BARNYARD MILLET SUSHI

History

The concept of sushi was likely introduced to Japan in the ninth century and became popular there as Buddhism spread. The Buddhist dietary practice of abstaining from meat meant that many Japanese people turned to fish as a dietary staple. The Japanese are credited with first preparing sushi as a complete dish, eating the fermented rice together with the preserved fish. This combination of rice and fish is known as nare-zushi, or aged sushi.

We at IHM Panipat improvised upon this dish and made it using Barnyard millet for sushi rice along with vegetables such as carrots, cucumber and avocados instead of fish.

List of Ingredients

S.No.	Ingredients	Quantity
1	Barnyard Millet	1 cup
2	Water	2 cups
3	Balsamic Vinegar	2 tbsp
4	Honey	1 tbsp
5	Sesame oil	1 tbsp
6	Salt	To taste
7	Oil	1 tsp
8	Carrots	200 gm
9	Cucumber	200 gm
10	Avocado	1 no.
11	Nori sheet	4 nos

PRE-PREPARATION

1. Soak the barnyard millet an hour before cooking.

METHOD OF PREPARATION:

- Combine millet and water in a pot; boil at low to medium flame until all water is absorbed, takes about 15 minutes. Let it cool down.
- After millet cools down, mix it together with

Iron	2.4 Milligram
Potassium	125 Milligram
Calcium	27 Milligram

Cooking time: 30 Minutes

Ideal temperature of serving: 75 Degree Celsius

OPTIONAL INGREDIENTS: No

ADDITIONAL INFORMATION:

- You can also stuff the Gucchi with a cheese and khoya filling and make a stuffed gucchi pulao.



Name: Vikrant Chauhan

Designation: Asst. Lecturer

balsamic vinegar, sesame oil, honey and salt. While mixing, slightly mash millet as well.

- For the filling for your sushi: cut all ingredients in long stripes.

Picture of the dish



- Take a Nori sheet and spread the millet on top, about 0.5 cm thick. Arrange vegetables on top, on one side of the sheet. Leave 1 cm free from both the sides to facilitate rolling.
- Roll the Nori sheet and cut into thick pieces. Serve with soya sauce.

Nutritional value:

Serving Size - 80 g	
Barnyard Millet Sushi	502 Calories
Serving Calories	502 Cal
Total Fat	0.4 g
Total Carbohydrates	70.0 g
Dietary Fiber	0.7 g
Sugars	28.8 g
Protein	4.7 g



Name: Sandeep Kumar Thakur

Designation: Asstt. Lecturer

FLAVOURS TO REMEMBER/RARE GEMS

SIHM, TIRUPATI

Authentic name of the dish: Mutton drumstick curry

Local name in telugu: Munakaya mamsam

Munakkaya mamsam as it is popular called in Telugu in Andhra, is spicy and flavor some side dish. In this recipe, mutton pieces are paired up with juicy drumstick pieces and are cooked in rich creamy coconut gravy.

List of Ingredients

S.No.	Ingredients	Quantity
1	Mutton	1kg
2	Drumstick	3nos.
3	Onions	3
4	Green chilies	4-5
5	Red chili powder	1 tsp
6	Turmeric powder	1/4 tsp
7	Coriander powder	1 tbsp
8	Cumin powder	1 tsp
9	Poppy seeds	1 tsp
10	Veg oil	5 tbsp
11	Cloves	4-5
12	Cinnamon	4-5
13	Cardamom	1
14	Salt	As required

Method of pre-preparation:

1. Wash the mutton thoroughly twice & drain the water from the mutton
2. peel the skin of drumsticks and cut them length wise
3. prepare the mise-en-place for the munakkaya mamsam

Method of preparation:

1. Heat oil in thick bottomed iron kadai ,
2. add onions, green chilies sauté till golden brown color for about 5-6 minutes on high flame
3. add ginger garlic paste and sauté for another 4 minutes till the raw smell goes off
4. Add mutton in to the kadai mix well cook on high flame for 10 to 12 minutes, sauté continuously to avoid burning of the meat.

Picture of the dish



5. add chili powder, turmeric powder, coriander powder, jeera powder & salt mix well
6. Roast the poppy seeds along with dry coconut and make the paste add in to the mutton
7. Cook on medium heat 7 to 10 minutes and add 4 glasses of water in to the kadai not to burnt the masala sauté continuously
8. Add the drumstick pieces to the 70%cooked mutton
9. Cook on low flame till mutton & drumsticks done
10. Garnish with ginger juliennes , finely chopped coriander leaves
11. Serve hot and well-plated

Accompaniments : Munakkaya mamsam can be accompanied with white rice or jonna rotte [jawar roti]

Nutritional value:

Munagakaya mamsam	
Carbs	20gms
Protein	127gms
Fat	33gms
Fiber	6gms
Sugar	6gms
Sodium	1960 mg

- ✓ Cooking time: 45 mins.
- ✓ Ideal temperature of serving 60 degree Celsius.



Name: P. Mohan

Designation: Lecturer (food production)

FOOD CRAFT INSTITUTE, NAGAON - ASSAM

Authentic name of the dish: Dry Thekera Tengar (Mangosteen) Logot Maasor Jhol

Popular or local name of the dish: 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.

FLAVOURS TO REMEMBER/RARE GEMS

List of Ingredients

S.No.	Ingredients	Quantity
1	Fish	400 gm
2	Dry thekera tenga (mangosteen)	25 gm
3	Pepper powder	5 gm
4	Panch puran (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 thekera tenga (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 panch

puran and ginger garlic paste and sauté it.

3. Add cut potato and sauté for 10 – 15 min.
4. Now add Water to cook potato.

Picture of the dish



5. Now add fried fish in a kadai and add soak thekera tenga (mangosteen).
6. Add some rice powder for thickening. Seasoning with pepper powder.
7. Garnish with chopped coriander.
8. Served with boiled rice.



Jalen Baishya
Designation:
Principal (I/c)



Dulu Bora
Designation: (Lab Attendant)

IHM, MEERUT

Authentic name of the dish : Ragi Chocolate Éclair

History

An éclair is a pastry made with choux dough filled with a cream and topped with a flavoured icing. The dough, which is the same as that used for profiterole, is typically piped into an oblong shape with a pastry bag and baked until it is crisp and hollow inside.

List of Ingredients

S.No.	Ingredients	Quantity
1	Ragi flour	115 gm
2	Butter	65 gm
3	Eggs	3 No
4	Water	275 ml
5	Dark chocolate	200 gm
6	Whipped cream	250 gm

Method:

1. Boil water and butter together, add ragi flour and cook until mixer leave the side.
2. Cool at room temperature, add egg one by one and make a smooth paste.
3. Pipe it out in a finger shape approximate 3 cm. long on a baking sheet and bake at 210 degree

Celsius for 30 minutes.

4. Cool at room temperature and fill with whipped cream.

Picture of the dish



5. Dip the top in melted chocolate; keep it in refrigerator for 2 hours.
6. Ready to serve.



Name: Sanjay Tyagi
Designation: Associate Professor,
IHM Meerut

QUENCHERS / BEVERAGES

FCI, ALIGARH

Authentic name of the Cocktail : Kiwi Mint Cooler

Popular or local name of the Cocktail : Kiwi Mint Cooler

A refreshing drink made with fruits kiwi, grapes and mint and of course Rum. Try this cocktail in summer for quenching your thirst.

List of Ingredients

S.No.	Ingredients	Quantity
1	Bacardi Rum	45 ml.
2	Soda	120 ml.
3	Kiwi	01 no.
4	Grapes	8-10 no.
5	Mint Leaves	5-6 leaves
6	Lemon slice	01 no. (for garnishing)
7	Ice Cubes	3-4 cubes

Method: Blending, Shaken

METHOD OF PRE-PREPARATION:

1. Peel the kiwi and cut into pieces.
2. Wash the grapes and mint leaves.
3. Cut the lemon into thin slice.

METHOD OF PREPARATION:

1. Take a blender and add Kiwi fruit, Grapes and mint leaves.
2. Blend all 3 ingredients vigorously.
3. Pour the liquid into the Shaker.
4. Add Bacardi rum in shaker and shake well.
5. Add ice cubes in it and again shake until liquid gets chilled.

Picture of the Cocktail



6. Pour the shaken liquid into the Old Fashioned glass.
7. Add Soda in it.
8. Garnish with lemon slice, grape and mint leaves.

Glassware: Old Fashioned Glass

Serving Size: 07 Oz.

Nutritional Value

Energy	227.88* Kcal
Carbohydrates	30.56* gms
Protein	1.26* gms
Fats	0.4* gms
*The values are vary subject to Quality & Quantity of the raw ingredients used.	



Name: Satyendra Kumar Singhal
Designation: Assistant Lecturer

IHM, HAMIRPUR

Authentic name of the Mocktail : Wood Apple Drink

Popular or local name of the Mocktail : Bael Ka Sharbat

History

Bael fruit is considered sacred by Hindus and is known for its therapeutic value since ages. Bael fruit is found abundant in Northern region especially in Himachal Pradesh.

Bael ka sharbat is a refreshing and delicious Indian summer cooling drink made with the bael (wood apple) fruit. A juice is made by extracting the pulp of semi ripe to ripe wood apple fruit. Jaggery acts as a sweetner while lemon juice flavours the drink to make it refreshing & perfect thirst quencher loaded with nutrition. The health benefits of Bael fruit includes relief from constipation, indigestion, peptic ulcer, piles, respiratory problems and dysentery. It also boosts the

immune system, fights off bacterial & viral infections.

List of Ingredients

S.No.	Ingredients	Quantity
1	Bael (Wood Apple)	02 No.
2	Lemon	02 No.
3	Jaggery Powder	03-04 Tbs
4	Black Salt	½ Tbs
5	Black Pepper	½ Tbs
6	Bael Leaves	05-06 Leaves
7	Water	04 Cups
8	Ice cubes	As required

Method: Shaken

METHOD OF PRE-PREPARATION:

1. Select unblemished fruit which is light green to yellow in colour with an intact shell. The shell of the fruit is very hard and requires to be cracked

QUENCHERS /BEVERAGES

using a hammer. Cut open the cracked fruit.

2. Scoop out the pulp & seeds into a bowl using a spoon.
3. Add 3 cups cold water so that the pulp is completely immersed under the water. Cover the bowl and refrigerate for at least 20-25 minutes.
4. Mash the softened pulp using hands & then strain it through a wire mesh.
5. Discard the threads seeds of the fruit. Add remaining 1 cup of water to the strained juice.

METHOD OF PREPARATION:

1. Pour the strained juice of wood apple in shaker.
2. Add jaggery powder and stir well until it dissolves completely.
3. Add Black salt to taste & freshly crushed black pepper. Stir it well.
4. Squeeze out the lemon juice into the wood apple drink. And mix it well by shaking.
5. Add ice cubes into it.
6. Pour the wood apple drink into Hi-ball glass

Picture of the Mocktail



7. Serve immediately.

Garnish: Lemon slice, Bael leaves.

Glassware: Hi-ball Glass/ Collins Glass

Serving Size: 8-10 Ounce/ 8 Ounce



Name: Naresh Kumar
Designation: Teaching Associate

IHM, PANIPAT

Authentic Name of the Cocktail: PINK LADY

Popular Or Local Name of The Cocktail : PINK LADY

History:

occasionally its invention is attributed to the interior architect and prominent society figure **Elsie De Wolfe (1865-1950)**, but the recipe associated with her nevertheless clearly differs from the common recipes for the pink lady.

List of Ingredients

S.No.	Ingredients	Quantity
1.	GIN	45ml
2.	GRENADINE	15ml
3.	EGG	1no
4.	CHERRY	1no
5.	ICE	100g

METHOD: SHAKER

METHOD OF PREPARTION :

1. Fill a shaker with ice cubes.
2. Add 45ml of Gin, 15ml of grenadine and an egg white.
3. Shake well and strain into a cocktail glass.
4. Garnish with a cherry.

Picture of the Cocktail



Garnish: Cherry

Glassware: Champagne Saucer

Service Size: 150ML



Name: Ashish Sikka
Designation: Lecturer

QUENCHERS /BEVERAGES

SIHMCT, TIRUPATI

Authentic name of the Cocktail: Whisky Ginger

Popular or local name of the Cocktail : Irish buck

History

Classic, simple, and refreshing, this is a great cocktail for whiskey lovers and first-time whiskey drinkers. The key is to not add TOO much whiskey so that it throws the cocktail out of balance. Irish whiskey is an ideal choice for something on the softer side

RECIPE

S.No.	Ingredients	Quantity
1	Whisky	90 MI
2	Ginger Ale	150 ml.
3	Lime wedge	1.

Method: Stirred

Method Of Pre-Preparation:

Gather all the ingredients

Method Of Preparation:

1. Pour the whisky in the glass
2. Fill the ginger ale
3. Squeeze a lime wedge

Picture of the Cocktail



Garnish: Lime wheel

Glassware: Hiball Glass

Serving Size: 240ml.



Name: Kommineni Sivaramakrishna

Designation: Lecturer

NCHM-IH, NOIDA

Authentic name of the Cocktail: Whisky Ginger

Popular or local name of the Cocktail : Irish buck

List of Ingredients

S.No.	Ingredients	Quantity
1	Grenadine	¼ cup
2	Lemon Juice	¼ cup
3	Watermelon pieces	1 cup
4	Cranberry Juice	2 cups
5	Soda	30 ml
6	Ice	4-5 cubes
7	Watermelon for Garnish	1 wedge

Method of Pre-Preparation:

1. Muddle watermelon.
2. Add the grenadine, lemon juice, cranberry juice and muddled watermelon to a shaker with ice
3. Shake vigorously for 20 to 30 seconds.

Method of Pre-Preparation:

- Rim the glass with powdered sugar and add ice cubes in the glass.
- Strain through a mesh strainer.
- Pour about 3/4 cup of the mixture over ice in a large glass.

- Add soda to the top and stir.
- Add small watermelon wedge as a garnish.

Picture of the Cocktail



Garnish : Small Watermelon Wedge

Glassware: Wine Glass

Servings Size: 180 ml



Name: Mr. Anish Mondal

Designation: M.Sc. HA. Student, NCHM-IH, Noida

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