

Aatithyam

Issue XVI, September 2023

Newsletter
National Council for Hotel Management
& Catering Technology

आतिथ्यम्

Shri Gyan Bhushan, IES hoisting the National flag on 15.08.23 and giving memorable speech in the presence of all officers and staffs at NCHMCT, NOIDA



On 14.09.2023, Shri L.K. Ganguli (Director A&F) received 'Rajbhasha Kirti Puraskar 2022-23', on behalf of NCHMCT

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

A-34, Sector 62, Noida 201 309
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 delighted to bring you all exciting news and events of NCHMCT and its affiliated institutes with this XVIth Issue of *Aatithyam*.

The core aim of this newsletter is to foster stronger connections with all our stakeholders, highlight key activities at glance, achievements of our students-alumni, faculty- staff members, innovative practices, shared by NCHM and its affiliated institutes. This newsletter truly serves as a platform to celebrate our collective achievements, strengthen our bonds, and inspire continued collaboration.

We strongly believe in staying at the forefront of educational innovation, and this section showcases some of the progressive practices that set us apart. To start, this issue shares the pictorial view and brief details on: promotional events undertaken by NCHMCT in collaboration with Ministry of Tourism to promote our nation's best regional delicacies, calming news of Council winning the prestigious *Rajbhasha Kirti Award'* for best implementation of the Official Language Policy, *Hindi Pakhwada* related competitions, *Swachhta Pakhwada* based activities, celebrations in the context of World Tourism Day, sustainable practices, major government driven activities and filed visits by NCHMCT'S affiliated institutes.

Indulge your culinary curiosity with the latest recipes at the later part of this Newsletter's section that contains popular food recipes using regional flavours, power-food ingredients like millets including innovative universal as well as local beverages have been positioned food as rightly said by — Hippocrates, "*Let food be thy medicine and medicine be thy food.*"

Let's all embark and be a part of some significant developments in the upcoming days.

As we navigate the ever-evolving landscape of education and hospitality, 100%efforts from each one of you, remain integral to our success. Thank you for being an essential part of our journey. I wish you a very happy, healthy, and safe days ahead!

(Gyan Bhushan)

KEY ACTIVITIES AT A GLANCE (July-September 2023) @ NCHMCT

- Content Development Work as per National Education Policy (NEP) 2020 guidelines was organized by NCHMCT from dt. 24.07.2023 to 28.07.2023
- An Orientation program was organized by the academic block of Council for newly enrolled M.Sc. HA students on 07th August, 2023 at the Multi-purpose hall of NCHMCT
- As a part of ongoing promotional program, during the months of August and September 2023, NCHMCT in collaboration of Ministry of Tourism organized a promotional activity based on our country's regional cuisines.
- The 'Anti Ragging Day' was witnessed on 12th August, 2023 where Directors along with all officers, staffs and students joined on digital platform.
- Independence Day 2023 was celebrated on 15th August, 2023 at NCHMCT campus. Shri Gyan Bhushan (CEO of NCHMCT) hoisted our National Flag in the campus in presence of all directors, teaching faculties and all officers/staffs of Council and ICI.
- On 23.08.2023, NCHMCT bagged 2nd prize under the 'Shield Scheme:2022-23' in the 45th meeting of NARAKAS for excellent execution of the work of Official Language Hindi.
- NCHMCT announced NHTET November 2023 Exam through mass communication (newspaper advertisement, digital advertisement on website www.nchm.gov.in and on different social media platforms) with the opening concerned online portal from 27th August to 7th October 2023. For enquiry, both landline numbers as well toll-free numbers along with website and other necessary details were also released.
- On the occasion of 'Hindi Day' on 14 September 2023, NCHMCT received the first 'Rajbhasha Kirti Puraskar' for best implementation of the Official Language Policy
- Hindi Pakhwada 2023 was celebrated in NCHMCT from 14th September to 29th September 2023, under which various competitions were organized like comment/essay and letter writing, Hindi language knowledge, crossword puzzle and translation competition. On 29.09.2023, the winners of these competitions were awarded with certificates.
- Under the Swachhta Pakhwada drive (16th to 30th September, 2023) a pledge taking ceremony was held on 18.09.2023, for making an awareness towards cleanliness and its importance for different stakeholders. Directors, students and all officers/staff members were present on this occasion.
- The 'Rajbhasha Karyanvan Samiti' meeting was held on 29.09.2023. All officers were present on this occasion. This meeting was chaired by Shri Gyan Bhushan, CEO, NCHMCT in the Council's premises
- A full day Hindi workshop on the topic 'Implementation of the Official Language Policy' was organized in NCHMCT on 29.09.2023.
- The Yuva Tourism Club of NCHMCT organized the culmination of series of competitions to mark the occasion of 'World Tourism Day 2023'. Mr. H.E Olivier Fink, Deputy Head of Mission-Embassy of Switzerland visited the council as a chief guest on this occasion.
- All officers and staff members took a pledge on 31.10.2023 on the occasion of 'National Unity Day'

Activities @ NCHMCT : The Image Gallery



A 5 days, 'Content Development Workshop' as per National Education Policy (NEP) 2020 Guidelines was organized at NCHMCT dt. 24.07.2023 to dt. 28.07.2023

KORI GASSI
In Kannada or Tulu language, kori means chicken and gassi is curry. This fiery red kori gassi recipe merges the mild sweetness of coconut with a variety of spices and aromatics. Kori Gassi, a popular dish from Mangalore's Bunt community, is a creamy, spiced, and intensely flavorful coconut-based red curry that is both delicious and addictive.

Sodyachi Khichadi
Sodyachi Khichadi (Dried Prawn Khichadi) is an authentic recipe from the Chandraseniya Kayastha Prabhu (CKP) community of Maharashtra. This khichdi is enjoyed round the year but popularly made during the monsoon season with dried prawn due to the unavailability of fresh catch of seafood during the breeding season.

Maddur Vada
This delicious vada is made by combining rava, maida, suva, and oil then deep frying it till it is crispy and served hot. THE TOWN OF MADDUR, WHICH IS PART OF THE MANDYA DISTRICT, IS WHERE THIS SNACK GOT ITS NAME IN 1917. A GURU BY THE NAME OF BANARASWARI RUDRA RAO A 'VEGETARIAN' REFORMER, ACCORDING TO THE MANDYA RAILWAY STATION.

Pootharekulu
Pootharekulu, is a traditional sweet delicacy from the state of Andhra Pradesh in South India. It is a unique and visually appealing sweet made using a very thin rice starch crepe that is filled with a variety of fillings, often jaggery (unrefined cane sugar), dry fruits and ghee and then rolled into a cylindrical shape.

Shengole
Shengole are small rings made with a spiced dough of jowarflour, and besan. They're then simmered in a gravy flavored with spices.

RAAN MUSSALLAM
Raani Mussallam is an enchanting Awadhi dish that features a whole leg of lamb, marinated and cooked to perfection.

In the month of August and September, 2023, NCHMCT in collaboration with the Ministry of Tourism, Government of India, conducted a much-acclaimed promotional campaign where variety of live videos on social media platforms were shared on food production techniques, to create scrumptious recipes. Some of the showcased recipes were: Mysore Pak, Chakki Ki Shaar, Rasabali, Rauh Di Kheer, Chettinadu Kara Adai, Khaman, Chicken Changezi, Mutton Taas, Kacchi Gosht Ki Biryani (Dum Pukht method), Dhuska, Kori Gassi, Thekua, etc.

Activities @ NCHMCT : The Image Gallery









राष्ट्रीय होटल प्रबंध एवं केटरिंग टेक्नोलॉजी परिषद
National Council For Hotel Management And Catering Technology
(एन सी एच टी, भारत सरकार के आजीवन स्वायत्तशासी विभाग | An Autonomous Body Under Ministry of Tourism, Govt. of India)
NCHM- INSTITUTE OF HOSPITALITY, NOIDA
(Academic Division Of NCHMCT)
FIELD VISIT

Field Visit for all M.Sc. HA Students of NCHM-IH in proper supervision of faculty members was organized on 04.08.2023 by NCHMCT, Noida. The venue was INDIAN INTERNATIONAL HOSPITALITY EXPO, IHE-2023, Expocentre, Greater Noida. Enormous learning took place by self-observation and experiential learning methodology, to witness the glimpse of both present and futuristic trends of Indian Hospitality.

An 'Orientation Program: 2023 for the newly joined M.Sc.HA students of NCHCM-IH was held on 07.08.2023 at M.P Hall of NCHMCT







राष्ट्रीय होटल प्रबंध एवं केटरिंग टेक्नोलॉजी परिषद
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ORIENTATION
Program organised for M.Sc HA students
on Dated 07.08.2023 at M.P Hall NCHMCT NOIDA





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Website:- www.nchm.gov.in







राष्ट्रीय होटल प्रबंध एवं केटरिंग टेक्नोलॉजी परिषद
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NCHM- INSTITUTE OF HOSPITALITY, NOIDA
Observes
THE ANTI RAGGING DAY
Dated:- 12th August, 2023
SAY NO TO RAGGING
STOP RAGGING

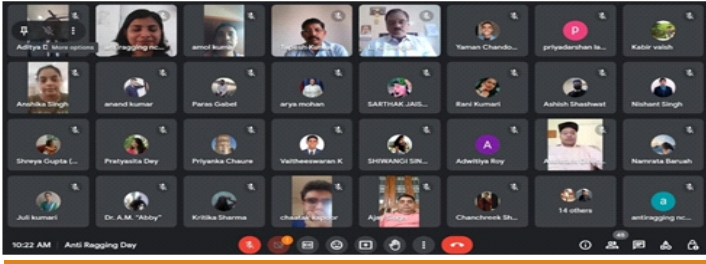






राष्ट्रीय होटल प्रबंध एवं केटरिंग टेक्नोलॉजी परिषद
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NCHM- INSTITUTE OF HOSPITALITY, NOIDA
THE ANTI RAGGING WEEK
Dated:- 12th - 18th August, 2023
Standing firmly against the evil of ragging
UGC
University Grants Commission
STOP RAGGING

Activities @ NCHMCT : The Image Gallery



For curbing the menace of ragging, directors, faculty members and all officers and staffs of NCHMCT along with students attended an 'online meet' on 12.08.2023 for observing the "Anti Ragging Week" (Dt. 12.08.23 to 18.08.23). Directors of NCHMCT shared all the major guidelines, motivated all students to participate in a healthy discussion. Finally, at the end of program Q&A round took place followed by the closing remarks.

The Yuva Tourism club of NCHM-IH, Noida in August, 2023 adopted the #Travel for life program spearheaded by Ministry of Tourism, Government of India. Through this program environmental sustainability has been adopted as one of the key principles of sustainable tourism, which further represents a comprehensive set of 5 proposed actions aimed at fostering and advancing environmental safety.



Anti-ragging oath taking ceremony was taken on 13.08.2023 by Anti-ragging students committee volunteers of NCHM-IH. As per UGC directives, the 'National Anti-Ragging Week' was observed by NCHM-Institute of Hospitality, Noida between Dt.12.08.23 to 18.08.23



Poster making competition under 'Anti-ragging Awareness Program' was held on 14.08.2023 at NCHMCT.

Activities @ NCHMCT : The Image Gallery

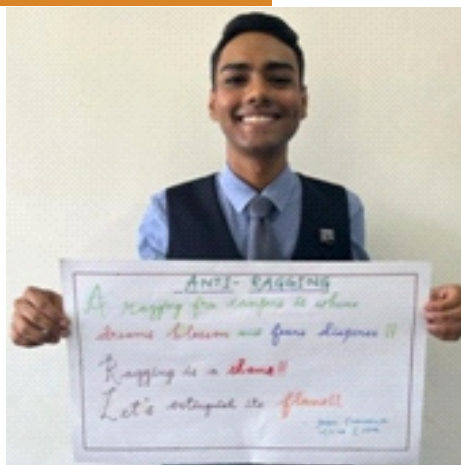


Independence Day celebration was held on 15th August, 2023 at NCHMCT. To mark this occasion, the CEO of NCHMCT, Shri Gyan Bhushan, IES hoisted the National flag and gave a memorable speech. This event was then followed by speech of all Directors, NCHMCT along with cultural performances by the staffs and students.



Students of NCHM-IH organized a Skit on 16-08-2023, to spread awareness regarding anti ragging program which was attended by all officers and staffs of NCHMCT

Slogan writing competition was held as an Anti-Ragging Awareness program, participated by NCHM-IH students of M.Sc.HA on 17.08.2023



Activities @ NCHMCT : The Image Gallery



The 1st Academic Committee Meeting (after the formal association with JNU) was organized at NCHMCT on 18th August, 2023



Sadbhavana Divas Pledge was taken by all staffs and officers of NCHMCT on 18.08.2023



On 22nd August, 2023, 'Eat green, eat fresh, and stay healthy' activity under mission life...Travel for life was conducted by NCHMCT. On this occasion, honorable directors, staff and faculty members along with students were present to promote organic vegetables cultivation.



On 23.08.2023, NCHMCT bagged 2nd prize under the 'Shield Scheme: 2022-23' in the 45th meeting of NARAKAS for excellent execution of the work of Official Language Hindi.

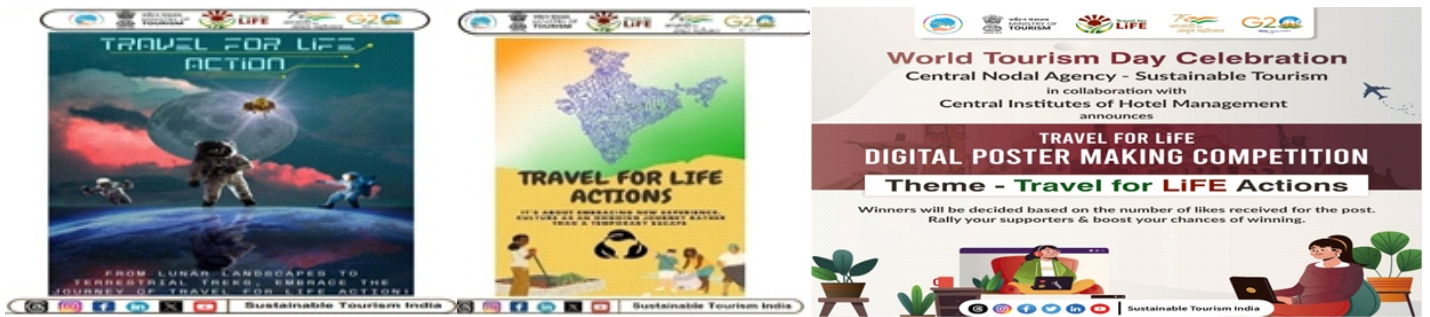
Activities @ NCHMCT : The Image Gallery



Street food vendor's awareness program was organized on 24th August 2023, volunteered by M.Sc. HA Students of 1st Semester to share the benefits of using wooden plated, spoon and paper cups instead of plastic materials.



"Sustainable food system adopted to reduce food wastage in 5-star hotels", an online guest lecture on 25th August, 2023 was taken by Mr. Jishnu Malik (L&D Manager, The Oberoi Maidens, New Delhi) for the students of NCHM-IH, Noida



Digital poster making competition open for all Central IHMs was organized to mark the World Tourism Day celebration under 'Mission Life... Travel for Life'. The M.Sc. HA students of NCHM-IH, NOIDA participated in this event on 04.09.2023.

Under *Swachhta Pakhwada*, a Rangoli making competition under 'Mission Life... Travel for Life' was conducted for M.Sc. HA students of NCHM-IH, NOIDA on 13.09.2023. Director (Academics), NCHMCT Shri P.D Lakhawat judged this event.



Activities @ NCHMCT : The Image Gallery



Debate competition under 'Mission Travel for Life' was conducted for M.Sc. HA students on 14.09.2023. Total 4 groups were shortlisted for the final round. Prof. Ajay Singh from ABES Engineering College was invited for judging this competition.



First Rajbhasha Kirti Award to the National Council of Hotel Management and Catering Technology: "National Council of Hotel Management and Catering Technology" has been given the Rajbhasha Kirti Award for the year 2022-23 under the category of 'Board/Autonomous Body of the Government of India' for the best implementation of the Official Language Policy, got first prize in "A" region.

On the occasion of Hindi Day on 14th September 2023, this award was presented by the Honorable Union Minister of State for Home Shri Ajay Mishra to Deputy Chairman of Rajya Sabha Shri Harivansh, Dr. Bharti Praveen Pawar Health and Family Welfare during the 3rd All India Conference held in Pune, Maharashtra. It was awarded in the presence of the Minister of State for Micro, Small and Medium Enterprises and Shri Bhanu Pratap Singh Verma. The award was received by Director (A&F), Shri L.K Ganguli and nominated Hindi officer, Mrs. Krishna Gouniyal.

Poster making competition under 'Mission Life... Travel for Life' conducted for M.Sc. HA students. Dated-15.09.2023



Activities @ NCHMCT : The Image Gallery

Yuva Tourism Club initiated the Swachhta Pakhwada drive from 16th September-30th September, 2023



Under the Swachhta Pakhwada drive, a pledge taking ceremony was held on 18.09.2023, for making an awareness towards cleanliness and its importance for different stakeholders. Director (A&F), Director (Academics), students, administrative and other staff members were present on this occasion.



The M.Sc.HA students of NCHM-IH, NOIDA participated in the Community Cleaning Service drive on 18.09.2023 in order to promote general awareness for the need of an individual's participation in the social service at D park, NOIDA under Swachhta Pakhwada Mission.

Activities @ NCHMCT : The Image Gallery



Hindi Pakhwada 2023 was celebrated in NCHMCT from 14th September to 29th September 2023, under which various competitions were organized like comment/essay and letter writing, Hindi language knowledge, crossword puzzle and translation competition. On 29.09.2023, the winners of these competitions were awarded with certificates.



On 20.09.2023, Ganesh Chaturthi Puja was held adjacent to girl's hostel premises of NCHMCT.



Under Swachhta Pakhwada, a Campus cleaning workshop was held on 20.09.2023 at NCHMCT

Activities @ NCHMCT : The Image Gallery



On 20.09.2023, the students along with faculties and support staffs conducted a joint Campus cleaning drive at NCHMCT to promote the feeling of equality among all under the banner of *Swachhta Pakhwada Mission*.

Yuva Tourism Club organized the World Tourism Day in the NCHMCT premises on 27.09.2023



The 'Rajbhasha Karyavan Samiti' meeting was held on 29.09.2023 in the Board room of the Council. All officers were present on this meeting which was chaired by Shri Gyan Bhushan (CEO, NCHMCT).

A Hindi workshop for all officers and staff members of NCHMCT was organized at 2.00 PM onwards on 29.09.2023



Yuva tourism Club of NCHM-IH, Noida organized 'World Tourism Day' celebration 2023. Dr. Olivier Fink (Deputy Head of Mission, Embassy of Switzerland) chaired this event as an esteemed chief guest. Shri. Gyan Bhushan (Senior Economic Advisor, MOT, GoI & CEO of NCHMCT) with his esteemed presence shared his captivating experiences of Tourism both at National and global context. Other dignitaries from Academia and Industry were also present on this occasion.

Institute of Hotel Management, Chennai

Diamond Jubilee Celebration And Madcat Fest 2023:



IHM Chennai organized Diamond Jubilee Celebration and MADCAT Fest on 11.08.2023 at IHM Chennai.

Institute of Hotel Management, Pusa (New Delhi)



A workshop on sustainable tourism and launch of Greenkey Certification Program for the Hospitality Sector was organized on 8th August, 2023 where Mr. Daniel Schaffer, CEO, Foundation for Environmental Education (FEE) Copenhagen, Shri Kartikeya Sarabhai, Director, Centre for Environment Education interacted with students and faculty members.

Institute Of Hotel Management, Hamirpur



Educational/Vocational Training and awareness campaign on NCHM JEE was provided to the students of 9th, 10th, 11th and 12th class to the students representing different Government Senior Secondary Schools of Hamirpur and adjoining districts in IHM Hamirpur campus., H.P.

Institute of Hotel Management, Ranchi



In order to mark the celebration of "International Year of Millet 2023" and World Tourism Day 2023, IHM Ranchi has showcased its culinary excellence by preparing more than 54 varieties of Madua cookies in a record time of 52 minutes. In an attempt to bag the prestigious "India Book of Records 2023" in the consecutive years, the institute has chosen to highlight the potential usage of the indigenous millet which is popularly known as "Madua" and has immense health benefits by making bakery items such as Ragi Pinwheel, Cranberry Cookies, Ragi Flax seeds Cookies, Ragi Pistachio Biscuits, and many more.

Institute Of Hotel Management, Shimla



Doordarshan Shimla filmed a video on 'live techniques on making bakery recipes' at IHM Shimla for the "Bhojnalaya Program" that was telecasted on 17th and 24th August 2023 with Repeat telecasts on 20th and 27th August 2023 in DD Himachal.

Food Craft Institute, Jammu



FCI, Jammu organized Forest Food Festival ('Kandmool Utsav' in Collaboration with Department of Horticulture, UT of J&K and Tree talk Founder Mr. Om Parkash Sharma, IFS (Retd.) member of J&K Biodiversity Council focusing on ethnic traditional and innovative Cuisine Development and on spot demonstration for herbal innovators on 18th August, 2023.

Insitute of Hotel Management, Shri Shakti



IHM, Shri Shakti celebrated World Tourism Day prominent speakers Mr. Vijay Mohan Raj, former Ranji Cricketer and present Director of Hyderabad Cricket Association, Mr. Ganesh Rao, Vice President, Way 2 Go Travels & Mr. Ashok Harkara served in the Travel Industry & in Airlines were the guest speakers of the day.

Institute of Hotel Management, St. Francis, Mumbai



The Feast Day of St. Francis of Assisi is one of the important events for SFIHM. The institute have received the theme as "Franciscan value of power of unity". Students of St. Francis, IHM also have exhibited a fashion walk displaying the diverse culture of incredible India.

Insitute of Hotel Management, Bathinda



The students of IHM, Bathinda visited Punjab Agricultural University on 27-sep-2023 to learn about organic farming techniques.

Food Craft Institute, Ajmer



A photo click after planting the trees in and around the Institute's campus for beautification and making a conducive learning environment.

Institute of Hotel Management, Chennai



Tourism Club of IHM Chennai Celebrated International Coastal Cleanup Day in association with Bhumi, Chennai (one of the leading NGO in India) and in collaboration with Vels University at Elliots Beach, Chennai on 6.09.2023.

Institute of Hotel Management, Bathinda

The students of IHM, Bathinda visited Punjab Agricultural University on 27-sep-2023 to learn about organic farming techniques for growing plants, fruits, and vegetables. The visit aimed to provide students with practical knowledge and hands-on experience in organic farming. The visit was an excellent opportunity for the students to learn about sustainable agriculture practices and how they can contribute to a healthier environment.



Institute of Hotel Management, Ambala

Blood Donation Camp



A blood donation camp was recently organized by Ambala IHM recently to promote activities related to social cause

FLAVORS TO REMEMBER / RARE GEMS

IHM Ahmedabad/ Gandhinagar

Authentic name of the dish:

Moong Dal Dosa with Peanut Chutney

Local name: Pessarettu Dosa with Palli Chutney

History:

Pesarattu, Pesara attu, Pesara dosa (Mung bean dosa), or Cheeldo is a Crepe-like bread, originating in Andhra Pradesh, India, that is similar to *dosa*. It is made with green gram (moong dal) batter, but, unlike *dosa*, it does not contain urad dal. Pesarattu is eaten as breakfast and as a snack in Andhra Pradesh. It is typically served with ginger or tamarind chutney. Green chillies, ginger and onions are used in variants.

List Of Ingredients For Whole Moong Dal Dosa

S.No.	INGREDIENTS	QTY.
1	Whole moong (green gram)	2 Cups
2	Water	Water to soak
3	Rice Flour	10 gms
4	Chicpea Flour – 10 gms	10 gms
5	Onion – 100 gms	100 gms

List Of Ingredients For Peanut Chutney

S.No.	INGREDIENTS	QTY.
1	Peanut	100 gms
2	Red chilli	02 no.
3	Curry leaves	5 no.
4	Mustard Seeds	5 gms
5	Cumin seeds	5 gms
6	Tamarind	5 gms optional
7	Oil	5 ml

Method of Pre-Preparation: Peanut Chutney

1. Dry fry the Peanut and remove the skin
2. Grind into a smooth paste.
3. If required add a little tamarind (for taste)

Method of Preparation:

1. Temper with oil, Red chilli, Curry leaves, Mustard Seeds and Cumin seeds
2. Adjust salt

Method of Pre-Preparation: Moong Dal Dosa

1. Pick wash and soak the Whole moong (green gram) for 6 hours
2. Grind it to a smooth paste
3. Add Rice Flour and Chick pea Flour. Mix well
4. Adjust salt

Method of Preparation:

1. Spread over a non stick *dosa* pan like a pancake
2. Cook on both sides with or without chopped onion

Picture of the Dish



Accompaniments:

Peanut chutney is a mildly spicy chutney side dish, originating from the Indian subcontinent, that can be used with several snack foods and breakfast foods. Peanut chutney is good to go as a side dish with idly, *dosa* of all types, *rotte*, *punugulu* of all types, *pakoda* and many other snack foods and breakfast foods. Peanut chutney is good to go as a side dish with idly, *dosa* of all types, *rotte*, *punugulu* of all types, *pakoda* and many other snack foods and breakfast foods.

NUTRITIONAL VALUE

Serving size : 40 gm

Serving Calories	145 Calories
Total Fat	3.6 Grams
Total Carbohydrates	20.5 Grams
Dietary Fiber	5.3 Grams
Sugars	5.0 Grams
Protein	7.6Grams

Cooking time: 20 min,

Ideal temperature of Serving_65 Degree Celsius

OPTIONAL INGREDIENTS for taste

For Dosa

Ginger

Whole Red chilli

For Chutney

Deseeded Tamarind

Jaggery

Additional Information:

1. The Moongdal / green gram should soak for at least 6 hours for better product
2. After frying the skin of the peanuts should be discarded.
3. Grind to a coarse paste, before adjusting consistency for *dosa* and chutney



Name : Dr. Salla Vijay Kumar

Designation : Senior Lecturer

FLAVORS TO REMEMBER / RARE GEMS

SIHM Dimapur

Authentic name of the dish: Noushi Aon

Local name: Anishi with Pork

History:

Anishi with pork is a signature dish of Ao Tribe of Nagaland. It is authentically called as Noushi Aon in local dialect. The word 'Nuoshi' means fermented yam leaves. 'Nuo' means yam leaves and 'shi' means fermented. It has been observed that Nuoshi is wrongly pronounced and misspelled as 'Anishi' by many. Nuoshi is made out of colocasia leaves and it turns black in color after it has been fermented and dried. Anishi/Noushi was traditionally made using many varieties of Colocasia leaves but these days many of those varieties have gone extinct. Some varieties which we get these days are 'Nujung nu' and 'Jungken nu'. Raja Mircha (King Chilly) is also added which is one of the hottest chili peppers of the world.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Noushi/Anishi	2 cakes
2	Pork	500g
3	Raja Mircha (King Chilly)	1 piece
4	Tomato	100g
5	Ginger	10g
6	Garlic	10g
7	Mong mong Chang (Sichuan Pepper)	1 tbs
8	Salt	To Taste
9	Water	As required

Method of Preparation:

1. Cut the pork in big cubes.
2. Take the Anishi Cakes and roast it on direct flame. Pound the cakes lightly and put in a pot. In the same pot add pork, tomatoes, raja mircha, ginger, garlic, Mong mong Chang, salt and water. Put it on flame.

Picture of the Dish



3. Allow it to simmer for 30 minutes and then strain out everything and retain the liquid.
4. Take the pork and put it back in the liquid and simmer. Take the rest of the ingredients and mash them nicely.
5. Put the mashed ingredients back in the pot and allow it to simmer along with pork.
6. Simmer until the pork becomes tender.
7. Serve hot along with steamed rice.

NUTRITIONAL VALUE

Serving size : 200 gm

Serving Calories	223 Kcal
Total Fat	16.7g
Total Carbohydrates	6.9g
Dietary Fiber	2g
Total Protein	11g

FUSION DISH:

It can be also made with smoked pork
Noushi with smoked eel is also very popular.

Name: Himanshu Mishra
Designation: Assistant Lecturer



FCI, JAMMU

Authentic name of the dish: Millet Cutlet

Local name: Bajra Tikki

History:

Foxtail millet cutlets are a nutritious and tasty dish made from foxtail millet, a type of small-seeded grass that is grown as a cereal crop in many parts of the world. While there may not be a specific documented history of foxtail millet cutlets, we can discuss the broader history of foxtail millet and its culinary uses.

Picture of the Dish



FLAVORS TO REMEMBER / RARE GEMS

Ancient Origins:

Foxtail millet (*Setaria italica*) is one of the oldest cultivated crops in the world, with a history dating back over 7,000 years. It is believed to have originated in East Asia, particularly in China, and was one of the staple grains in ancient Chinese agriculture.

Culinary Use:

Foxtail millet has been a significant part of the diet in various Asian countries for centuries. It is often used to make porridge, flatbreads, and other dishes. In India, it is known as "Kangni" or "Kang," and in some regions, it's used to make traditional dishes like upma or pulao.

Modern Innovations:

In recent years, there has been a growing interest in foxtail millet and other millet varieties due to their nutritional benefits. Millets are gluten-free and rich in nutrients, making them a popular choice among those seeking healthier and alternative grains. This has led to the development of new recipes and culinary innovations, including dishes like foxtail millet cutlets. Foxtail millet cutlets are likely a contemporary creation that capitalizes on the nutritional value and versatility of foxtail millet. These cutlets are typically made by combining cooked foxtail millet with vegetables, spices, and binding agents like breadcrumbs or chickpea flour. The mixture is shaped into patties, which are then shallow-fried or baked until they are golden brown and crispy. The exact origin of the foxtail millet cutlet recipe is unclear, as it could have emerged in various regions where foxtail millet is consumed. However, it is part of the broader trend of incorporating millets into modern cuisines as people explore healthier and more sustainable food options.

List of Ingredients

S.No.	INGREDIENTS	QUANTITY
1	Foxtail Millet	100 gram
2	Potatoes	20 gram
3	Carrot	20 gram
4	Beans	20 gram
5	Salt	2 gram
6	Pepper	5 gram

7	Chat Masala	5 gram
8	Bread crumbs	20 gram
9	Green chillies	5 gram
10	Water -as required	
11	Oil-for shallow or deep fellow	

Method of Preparation:

1. All the chopped vegetables and fox tail Millet grains are cooked and kept aside.
2. In a pan add one table spoon of oil, ginger garlic paste, sliced green chilies and fry them until brown color appears.
3. Add the cooked millet, chat masala, pepper and cooked vegetables and mix them well.
4. Make them into cutlet shapes, coat the cutlets with foxtail bread crumbs.
5. Shallow or deep fry in a pan until light brown colour appears. Serve with tomato sauce or chutney.

NUTRITIONAL VALUE

Serving size : 80 gm

Millet Cutlet	80 Calories
Serving Calories	380 Cal
Total Fat	0.4 g
Total Carbohydrates	70.0 g
Dietary Fiber	0.7 g
Sugars	20.8 g
Protein	5.7 g

FUSION DISH:

It can be served with Jaggery sauce.
It can also be served with Mint Sauce.

Name: Rajinder Singh
Designation: Faculty



IHM – Chitkara School of Hospitality, Chandigarh

Authentic name of the dish: Daldal-e-Bahisht

Local name: Daldal-e-Bahisht

History:

A highly educated and cultured community, the Kayasthas occupied powerful positions in various courts spread across the country. They have an evolved and well-developed culinary history. Given the myriad regional influences (mainly Muslim) the Kayastha cuisine is marked by the dominance of red meat, masalas and cooking styles that are distinctly unique, like dhungar and dum. The recipe here is truly home-style cooking as it has been modified and made simple, without compromising on taste, to suit the present-day needs. A dish which is a lighter version of haleem and is made with potatoes and mutton. The name which when literally translated means 'heavenly sludge' it is spicy in nature. This dish is made in local Hyderabad homes who feel Haleem is heavy on their stomachs but still need to relish it. It contains lot of green

Picture of the Dish



chilies and sometimes its color remain greenish because of extensive use of green chilies. This version is lighter down version with reduction in green chilies and suits the pallet of people who are used to less spices in their meal. (Mathur, 2013)

FLAVORS TO REMEMBER / RARE GEMS

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Mutton	250 gm
2	Ghee	150 gm
3	Black cumin	2 gm
4	Green cardamom	2 gm
5	Clove	1 gm
6	Cinnamon	1"
7	Ginger and garlic paste	10 gm
8	Salt	5 gm
9	Potatoes	150 gm
10	Yoghurt	30 gm
11	Green chili paste	15 gm
12	Garam masala	4 gm

Method of Pre-Preparation:

1. Boil potatoes and mash them.
2. Make paste of green chilies.
3. Clean and cut the mutton pieces.

Method of Preparation:

1. Heat ghee in heavy bottom kadhai, fry black cumin, green cardamom, clove and cinnamon stick. When it emits aroma, stir in ginger and garlic paste and mix.
2. Add the green chilli paste and salt and sauté.
3. Add the meat and stir fry. Add 1 cup water to cook meat.
4. When meat is tender and no water remains, drain the ghee and keep aside. Add the mashed potato and cook for 3 minutes.
5. Add yoghurt and let it simmer for 30 seconds.
6. At this stage, drizzle the reserved ghee and sprinkle garam masala and green

FUSION DISH:

1. It can be stuffed inside akulcha and can be eaten as a snack.
2. It can also be used as spread in a Taco.
3. Some leafy greens can be added in it to give greenish color and make it healthier.



Name: Aditya Saksena

Designation: Asst. Professor

SIHM, Tirupati

Authentic name of the dish: Stuffed Brinjal curry

Local name: Gutti Vankaya Kura

History:

Gutti Vankaya kura is a popular Andhra brinjal curry served with rice. It is a flavor bomb with whole spices in a tangy creamy sauce. Ingredients need to divide in to 3 parts for perfect texture and taste also little bit lengthy process we should follow for best authentic Andhra style Gutti Vankaya Kura.

Part No.1 Ingredients list:

Peanuts ¼ cup
Dry coconut 2 tbsp
Sesame seeds 2 tbsp
Coriander seeds 1 tbsp
Fenugreek seeds ¼ tsp

All the above ingredients need to roast carefully with low flame.

Part No.2 Ingredients list:

Cumin seeds 1 tbsp
Cinnamon ½ inch
Cloves 4 pieces
Cardamom 4 pieces
Whole Cashews 5 pieces

All the above ingredients need to roast carefully with low flame.

Part No.3 Ingredients list:

Oil 5tbsp
Turmeric ¼ tsp
Salt ½ tsp
Brinjal/Baingan/Eggplant 1kg

All the above ingredients need to roast carefully with low flame.

Picture of the Dish



For Masala

1. 2 tbsp oil
2. ½ tsp mustard seeds
3. ½ tsp cumin seeds
4. 2 bay leaves
5. 2 slit green chilies
6. Few curry leaves
7. 1 tsp ginger paste/finely grated
8. 1 tsp garlic paste/finely chopped
9. ½ cup onion chopped about 1 medium sized onion
10. ½ tsp turmeric
11. 2 tsp chilli powder I use Kashmiri chilli powder which is not spicy. If you are using a spicy chilli powder, please reduce.
12. 1 tbsp thick tamarind water about 1 tsp paste diluted OR 2 tsp raw tamarind soaked in water
13. ¼ cup tomato chopped
14. 1 cup water
15. coriander leaves to garnish

FLAVORS TO REMEMBER / RARE GEMS

Method of Preparation:

1. Grind both part 1 and 2 ingredients into a powder, then add about 1/2 cup of water and grind to a smooth paste. Set aside.
2. Remove the green stem from brinjals and slit until 3/4 from the bottom. It must not be fully chopped into pieces and must remain whole. Add these brinjals to salted water.
3. To a pan, add ground nut oil and add the brinjals followed by some turmeric and salt. Let it cook until mostly done (about 4-5 minutes on low flame, cover and cook if required). Remove and set aside.
4. From the same pan, remove all except 2 tbsp oil and add mustard, cumin, bay leaf, green chilies, ginger, garlic, curry leaves one after another and sauté well. Then, add onions and cook till golden brown.
5. After the onions are done, add the tomatoes and tamarind water. Cook for 2-3 minutes.
6. Now, add the ground paste from earlier, followed by turmeric and chili powder. Add water to correct consistency of a gravy and salt to taste.
7. Cook this gravy for 5 minutes on a low to medium flame. It will thicken as it contains peanuts, cashews so add water accordingly.
8. Finally, add the fried brinjals and close and cook for 2-3 minutes. Garnish with coriander leaves and serve.

Accompaniments: *Gutti Vankaya Kura can be accompanied with white rice.*

NUTRITIONAL VALUE

Serving size : 100 gm

Carbs	7.92gms
Protein	2.45gms
Fat	7.82 gms
Fiber	5.71gms
Iron	0.80mg
Sodium	9.01mg

Cooking time: 40 mins.

Ideal temperature of serving 60 degree Celsius.



Name : N. Shivaramakrishna Chowdary
Designation : Lecturer

QUENCHERS / BEVERAGES

IHM BHUBANESWAR

Authentic name of the Cocktail: Grape Fruit Ginny

Local name of the Cocktail: Grape Fruit Ginny

Method: Shaken

History:

Grapefruit Ginny is a gin based cocktail with fresh grapefruit juice. Grapefruit in east India is called Batabi Lembu popular in Odisha, West Bengal and Bihar. In Late winter harvest grapefruit is very good antidote for flu.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	London Dry Gin	45 ML.
2	Fresh Grape fruit Juice	60 ML
3	Lemon Juice	10 ML.
4	Sugar syrup	10 ML
5	Cointreau	10 ML.
6	Orange Juice	20 ML
7	Dehydrated Orange Roundal	1 for Garnish
8	Clove	3 to 4 nos.

Method of Pre-Preparation:

1. Pre chilled Champagne Saucer glass.
2. Take out juice of grapefruit and keep it in refrigerator
3. Dehydrated orange round slice thoroughly for garnish.

Picture of the Cocktail



Method of Preparation:

1. Take the Boston shaker with ice cubes.
2. Add London dry gin 45 ml
3. Add orange juice 20 ml and Grapefruit Juice 60 ml.
4. Add sweet & sour i.e. lemon juice and sugar syrup.
5. Add Cointreau 10 ml.
6. Add 3 to 4 cloves.
7. Close the lid and shake well to chill.
8. Garnish with dehydrated orange round slice
9. Serve chilled in champagne saucer glass with castor sugar rim

GARNISH: Dehydrated orange round slice

GLASSWARE: Champagne Saucer

SERVING SIZE: 180 ml.(approx.)

Ideal temperature of Serving

5 to 7 Degree Celsius

Name: Sudhir Kumar Singh

Designation: Asst. Lecturer



State IHM Dimapur

Authentic name of the Mocktail:

Hentsurep Herbal Infusion Drink

Local name of the Mocktail:

Hentsurep Herbal Infusion Drink

History:

Nagaland is a land shrouded in mystery, where echoes of the tribal folk songs can be heard from the Saramati mountain down to the Dzukou valley, remaining largely unexplored. Home to sixteen distinct tribes, each with its own rich culture, customs, food habits and traditions, which have been preserved to this date Hentsurep is known to increase stamina and indurance, also helps in detoxification as well as lowering blood pressure, blood sugar level, uric acid and cholesterol in the body. It also helps to treat cough and sore throat, and canker sores and also soothe the migraine. the benefits of this drink are varied not just in terms of health benefits but also for needing Less capital, processing and labor intensive. It also indirectly promotes household savings.

Picture of the Mocktail



List of Ingredients

S.No.	INGREDIENTS	QUANTITY
1	Hensturep	4 pcs
2	Lemon twig	1 bunch
3	Honey	2 tsp

QUENCHERS / BEVERAGES

Method of Pre-Preparation:

1. Separate the Hentsurep and the Seeds
2. Clean the hentsurep thoroughly

Method of Preparation:

1. Put the Hentsurep in a pan along with a cup of water
2. Bring it to boil until all the colour extracted completely
3. Strain into a kettle
4. Put the lemon twig in a cup and pour the Hentsurep water from the kettle
5. Serve hot.

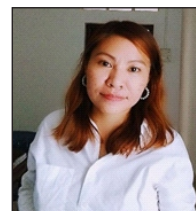
NUTRITIONAL VALUE

Serving size : 180 gm

Hentsurep Herbal Infusion Drink	
Total Calorie	72kcal
Carbohydrate	14.8gm
Protein	0.8gm
Fat	1.2gm
Dietary Fiber	0.5gm

FUSION DRINK:

1. It can be served as Hentsurep Herbal Ice Drink
2. It can also be served as refreshing drink with a dash of mint syrup



Name: Aoyangla
Designation: Faculty

IHM BATHINDA

Authentic name of the Mocktail: Almond Clove Milk

Local name of the Mocktail: Almond Clove Milk

History:

Paryushan parva is the most important annual holy festival for Jains and is usually celebrated in August or September. The festival generally lasts for 8 or 10 days. The last day of the festival is called as "Samvatsari". As these are days when most Jain Shravak's are fasting, it is important to have proper food after the fast. This is known as a "Parna".

List of Ingredients

S.No.	INGREDIENTS	QUANTITY
1	Almond	20 Almonds
2	Clove	11 Cloves
3	Water	2-3 Teaspoons
4	Rock sugar (Mishri)	3-4 Teaspoons
5	Milk	2 Glass

Method of Pre-Preparation:

1. Soak the cloves in water for 1-2 hours.
2. Soak Almond 4-5 hours.

Method of Preparation:

1. Grind the cloves and Almonds with some water in a coffee grinder or using a mortar pestle.
2. Add rock sugar and some water and grind it, until smooth.

Picture of the Mocktail



COLD MILK

HOT MILK

3. Add Milk and grind it again.
4. Now put it on the gas and let it boil. (In case of Hot Milk)
5. Add Ice (In case of Cold Milk)

GANRNISH: Chopped Almond and Cardamom Seeds

GLASSWARE: Cocktail glass

SERVING SIZE: 120ml.

Ideal temperature of Serving: 80 Degree Celsius (Hot Milk)
-2 Degree Celsius (Cold Milk)

NOTE: Adjust the quantity of sugar as needed.
If you don't have rock sugar you can use normal sugar.



Name: Manila Jain
Designation: Student

CHITKARA-IHM, Chandigarh

Authentic name of the Mocktail: Kaanji

Local name of the Mocktail: Kaanji

Method: Shaken

History:

Kaanji is the probiotic drink native to Punjab, Uttar Pradesh & Rajasthan. It has been part of the local diet long before kombucha took over Instagram and hipster food trends. In fact, historians believe the earliest mention of *Kaanji* dates back to records of the Indus Valley.

Picture of the Mocktail



Method of Preparation:

1. Take a glass container and pour 250 ml cold water.
2. Add the pre soaked millets in it.
3. Take all the spices add it in it and stir it well.
4. Cover it tightly with a clean wrap in a carafe as to keep it away from air to come in contact with it.
5. Keep it for fermentation for 3 days at room temperature.
6. Serve it cold in an old fashion glass and Garnish with cloves.

Garnish : Cloves

Glassware: Old Fashion Glass

Serving Size: 250ml.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Water	250 ml
2	Pearl millet	10 gram
3	Sorghum millet	10 gram
4	Ragi millet	10 gram
5	Foxtail millet	10 gram
6	Salt	2 gram
7	Pepper	2 gram
8	Sachet de epices	1 sachet
9	Red chili powder	2 grams
10	Honey	5 grams

Method of Pre-Preparation:

Pre-Soak all the millets in advance.

Name: Siddharth Bedi

Designation: Asstt. Professor



Superannuation News

Retirement Announcement

After 32 years 05 months of dedicated service to the NCHMCT, NOIDA Smt. Jyoti Srivastava, Assistant Retired on dated 31.08.2023. NCHMCT NOIDA Organized a farewell function at 4:00 pm at Meeting Room.



NCHMCT NOIDA "Wishing you good times, good health, and good friends beside you in your retirement."