

Aatithyam

Issue XX, September 2024

Newsletter
National Council for Hotel Management
& Catering Technology

आतिथ्यम्



Hon'ble Vice-President launched an Audio-visual presentation on the eve of World Tourism Day (dt.27.09.2024) showcasing Ministry of Tourism's key initiatives, including the "Paryatan Mitra" and many other programs

An MoU was exchanged on 27th September 2024 in the august presence of Hon'ble Union Minister of Tourism and Culture, Shri Gajendra Singh Shekhawat



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!

I hope our latest newsletter (XXth issue of Aatithyam) finds you well and strong.

Expect this well-crafted *Aatithyam* would be embraced by all for making all of us connected and better informed. Over the past issues, it has proven to be a vital communication channel for sharing important updates, academic-world advancements, events, innovations and accomplishments at the same time fostering a sense of community within our academic ecosystem.

This issue holds news such as national festivity program on the eve of our Independence Day, glimpses of the launch 'Paryatan Mitra' initiative by hon'ble Vice-President of India and an MoU exchange between Central IHMs and industry partners at Vigyan Bhawan, New Delhi 2024 in the august presence of Hon'ble Union Minister of Tourism and Culture, on the occasion of World Tourism Day.

The governmental schemes such as *Ek Per Maa Ke Naam*" based plantation drives, "Swachhta Pakhwada", commitment of using Rajbhasha Hindi in all official communicating channel by organising Hindi Pakhwada has been shared here. From the global perspective, India in 2024 hosted the 'World heritage committee meeting' that was a great success. To add this as a matter of pride it was our students and teaching faculties who worked as a part of the co-ordinating team. Such memories have been shared here. The glimpse of a lecture series, an initiative of Rashtrapati Bhavan Cultural Centre's named as '*Vimarsh Shrinkhala*', that was attended by our in house students and faculty members and successfully held 'Anti-ragging week' organised by the Council and affiliated institutes shows our true commitment for providing professional training to the future hospitality leaders not just professionally but ethically as well.

Regular conduct of FDPs, workshops and trainings by the Council and institutes boosts overall academic commitment and signifies our holistic approach for establishing quality as one amongst the important barometer for our continuous development.

Stay updated with global trends, technological advancements, and practical applications for self-enhancement of our adaptability and problem-solving abilities. Keep organizing/participating in activities like internships, research projects, community engagements, and extracurricular pursuits which are all an excellent ways of complementing classroom education and fostering a well-rounded perspective.

I wish the present and future days for you be filled with focus, positivity, and success!

(Gyan Bhushan)

KEY ACTIVITIES AT A GLANCE (July - Sept. 2024) @ NCHMCT

- IHM students and faculties from pan India level joined together at NCHMCT's premises to participate in the World Heritage Committee Meeting (WHCM) held from July 21 to 31, 2024
- At the 46th WHCM session, all visiting delegates were captivated by Dilli Haat's vibrant charm, showcasing India's rich culture through traditional crafts, cuisine, and performances in an authentic market setting.
- Shri Nahar Singh (MTS) retired on July 31, 2024, after the 29 years of dedicated service. NCHMCT honored his commitment with a farewell, wishing him and his family with best wishes for the future.
- The Anti Ragging Week, dt. 12.08.2024 - 18.08.2024 was observed by NCHMCT Noida to foster a safe, inclusive, and supportive learning environment across all IHMs and FCIs.
- On August 13, 2024, NCHMCT Noida's Academic Block hosted a plantation drive the med "Ek Per Maa Ke Naam,"
- The Independence Day was celebrated on 15th August, 2024 at NCHMCT where Director (A&F-I/C) / Academics and Director (Studies) along with all officers, faculty members, staffs and students came together to be a part this national festival's celebration
- As part of the "Ek Per Maa Ke Naam" plantation drive, saplings were planted on August 21, 2024, starting around 12:30 pm, near the foyer and in front of the Boys' hostel in the NCHMCT premise
- Students and faculty from NCHM-IH Noida, IHM Pusa, and the Indian Culinary Institute (ICI) Noida attended a lecture by Padma Shri Chef Sanjeev Kapoor in Rashtrapati Bhawan on August 22, 2024, as part of the *Vimarsh Shrinkhla* series
- The NCHMCT Office organized the 47th meeting of Town Official Language Implementation Committee (Office) on 23.08.2024 where all office heads of Narakas, Noida marked their presence
- As per directive from Ministry of Tourism and under the Guidance of Senior Economic Advisor & CEO NCHMCT (Shri Gyan Bhushan), the officers and staffs planted tree saplings in the Council's premises on 30.08.2024 for the global campaign # एक पेड़ माँ के नाम # Plant4Mother
- "Hindi Pakhwada" was organized in the office of 'National Council of Hotel Management and Catering Technology from 14th September to 30th September 2024, where several competitions were organized for the regular and contractual staff members
- The NCHMCT, in partnership with IIM Calcutta, hosted a Faculty Development Program (FDP), from September 16-21, 2024, focused on "Digital Marketing in the Hospitality Industry" with a view to train the teachers of affiliated IHMs
- "Swachhta Pakhwada" was celebrated in the office of the National Council from 17th September to 2nd October, 2024. 'Swachhta hi Seva Abhiyan' was launched during this occasion.
- Chef Atul Kochhar delivered an online lecture on 'Culinary entrepreneurship and business strategies' on 26th September 2024 for all faculty members and students of affiliated institutes of NCHMCT.
- On the eve of World Tourism Day, 27th September 2024, the Hon'ble Vice-President launched an audiovisual presentation showcasing key Ministry of Tourism initiatives, including the "Paryatan Mitra" program and others.
- Shri Gajendra Singh Shekhawat on the World Tourism Day graced the World Tourism Day occasion with his kind presence for an MoU exchange at Vigyan Bhawan, New Delhi, between Central IHMs and top industry partners.
- A full-day workshop on September 30, 2024, was conducted on the topic "Challenges and Solutions in Noting and Drafting in Official Language Hindi language" at NCHMCT.

Activities @ NCHMCT : The Image Gallery



Faculty members and students from IHMs across India convened at the NCHMCT Campus for the World Heritage Committee Meeting, held from July 21 to 31, 2024.

Activities @ NCHMCT : The Image Gallery



The 46th World Heritage Committee Meeting was held in the Bharat Mandapam, Pragati Maidan, New Delhi from 21st to 31st July 2024. There was an active participation of 318 students and faculty from IHM, ICI, and IITTM institutes across India as volunteers played an important role in the successful execution of this global platform. Their dedication and expertise played a pivotal role in ensuring the smooth operation of the meeting held during 11-day long period.

On August 13, 2024, NCHMCT Noida's Academic Block hosted a plantation drive themed "*Ek Per Maa Ke Naam*," attended by the Director (Academics), Director (Studies), and other officers and staff members.



Activities @ NCHMCT : The Image Gallery



The Anti Ragging Week, dt.12.08.2024 - 18.08.2024 was observed at NCHMCT Noida to foster a safe, inclusive, and supportive learning environment across all IHMs and FCIs. During this week, the students participated in several events/competitions like Pledge taking, slogan making, poster making, best speech and Skit. The Anti-Ragging Club was led by student coordinators Ms. Prachi Gupta and Mr. Aditya Singh Dadhwal (students of M.Sc.HA program, 2023-25 batch).



Activities @ NCHMCT : The Image Gallery



Independence Day celebration were organized in the office of the National Council on 15.08.2024. There was enthusiastic participation by all the officers and staff members of NCHMCT and all M.Sc. students of NCHMIH, NOIDA.

The students and faculty members from NCHM-IH Noida, IHM Pusa, and the Indian Culinary Institute (ICI) Noida attended together a lecture by Padma Shri Chef Sanjeev Kapoor in Rashtrapati Bhawan on August 22, 2024, as part of the *Vimarsh Shrinkhla* series featuring notable Indian success stories.



"Rashtrapati Bhavan Vimarsh Shrinkhala"
A lecture by

Chef Sanjeev Kapoor
Padma Shri Awardee, Culinary Icon, Humanitarian, and Entrepreneur

Venue:
Rashtrapati Bhavan Cultural Centre (RBCC) Rashtrapati Bhavan

Time: 2:15 PM

Date: 22nd August, 2024

Activities @ NCHMCT : The Image Gallery



The 47th meeting of the Town Official Language Implementation Committee (Office), Noida, was organized on August 23, 2024, at the National Council's office, in which all the office heads of Narakas, Noida registered their presence.

As per directive from Ministry of Tourism and under the Guidance of Senior Economic Advisor & CEO NCHMCT (Shri Gyan Bhushan), the officers and staffs planted tree saplings in the Council's premises on 30.08.2024 for the global campaign # एक पेड़ माँ के नाम # Plant4Mother



Activities @ NCHMCT : The Image Gallery



As part of the council's initiative to implement the NEP 2020 guidelines, the Council conducted a 6-day Faculty Development Program (FDP) focused on "Digital Marketing in the hospitality industry" with a view to train the teachers of affiliated IHMs. The program was conducted in association with Indian Institute of Management (IIM), Calcutta from 16th to 21st September 2024 in the NCHMCT premises. IHM Principals and a total of 31 faculty members of various IHMs across the country got benefited with the program conducted in workshop mode. This workshop explored new trends and strategies in digital marketing tailored for hospitality. Principals and faculty representatives from all 21 Central IHMs were the participants of this FDP



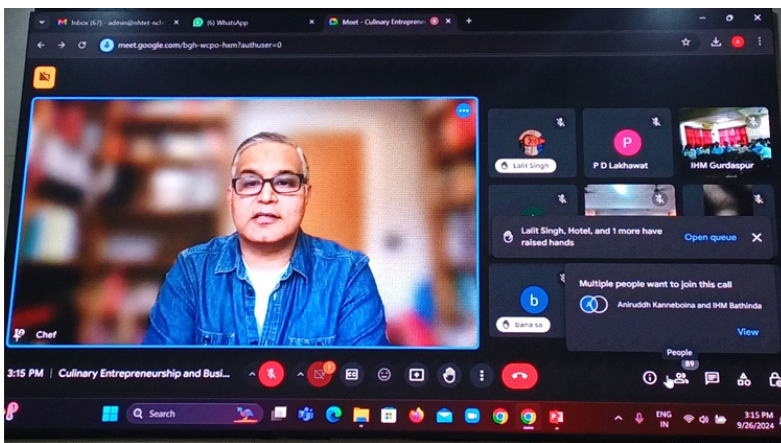
"Swachhhta Pakhwada" was celebrated in the office of the National Council from 17th September to 2nd October 2024, under which the cleanliness oath was taken in bilingual mode. The promotional banners were also made for this event in bilingual mode.

Activities @ NCHMCT : The Image Gallery

NCHMCT launched the “Swachhta hi Seva Abhiyan” under the Swachhta Pakhwada with a pledge ceremony and a tree plantation drive, promoting cleanliness and environmental responsibility among participants.



Hindi Pakhwada was organised in the office of 'National Council of Hotel Management and Catering Technology' 'From 14th September to 30th September 2024, where creative (original story) writing competition, Hindi language knowledge (Quiz) competition, translation competition and impromptu Hindi speech competition was organised. In this series, the closing ceremony of Hindi Pakhwada 2024 was held on 30.09.2024 at MP Hall. The Chief Guest of the programme was Mrs. Shobha Rani, Joint Director (Retired), Department of Official Language, Government of India. In the programme, Director (A&F) In-charge and Director (Academic) in their address encouraged all the participants of Hindi Pakhwada and motivated everyone to work in Hindi throughout the year. The efforts made by Mrs. Krishna Gauniyal (nominated Hindi Officer) regarding the implementation of Hindi in the office were specially appreciated and thereafter Mrs. Krishna Gauniyal herself announced the names of the winners of various competitions organized during Hindi Pakhwada 2024. A total of 12 winners of different Hindi competitions were awarded with prize money and certificates and a total of 19 employees were given incentive prize money and participation certificates by the Chief Guest, Mrs. Shobha Rani. All the banners, standees and other promotional material for this event were made in bilingual (Hindi and English) medium.



Chef Atul Kochhar delivered an online lecture on “Culinary Entrepreneurship and Business Strategies” on September 26, 2024, from 3:00 to 4:30 pm via Google Meet. A total of 295 faculty members and 5327 students of various affiliated IHMs had attended and got benefitted from the lecture.

Activities @ NCHMCT : The Image Gallery



On the eve of World Tourism Day, 27th September 2024, the Hon'ble Vice-President launched an audiovisual presentation showcasing Ministry of Tourism's key initiatives, including the "Paryatan Mitra" program, recognition of Best Tourism Villages, partnerships with hospitality chains, a handbook on tourism and hospitality industry status, and the Incredible India Content Hub.



Hon'ble Union Minister of Tourism and Culture, Shri Gajendra Singh Shekhawat graced the World Tourism Day event with his kind presence for an MoU exchange at Vigyan Bhawan, New Delhi, between Central IHMs and top industry partners. Under the theme "Going Global with Indian Hospitality," this partnership aimed to elevate educational collaboration, boost industry experience, and develop skills, advancing Indian hospitality standards globally.



A full-day workshop on September 30, 2024, was conducted at NCHMCT on the topic "Challenges and solutions in Noting & Drafting in official language hindi language."

AIHM, CHANDIGARH



Under the Campus France Scholarship (08 July, 2024- 27 July, 2024), Reet Sethi, 5th sem. student of AIHM, Chandigarh was selected for a training program in France

IHM, CHENNAI



IHM Chennai organized a Faculty Development Programme (FDP) from 21.08.2024 to 23.08.2024 for the administrative staff members of IHM Chennai.

IHM, AHMEDABAD



IHM Ahmedabad hosted the Gujarat Chhattisgarh Food Festival 2024 as part of the "Ek Bharat Shreshtha Bharat" campaign by the Government of India, in collaboration with IndiaTourism Mumbai and IHM Raipur.

IHM, GOA



Dr. Sushmita Bhattacharya, Deputy Director, and Mr. Ajay Ruge, Member Secretary of the Town Official Language Implementation Committee, presented the 3rd prize for excellence in official language implementation during 2023-2024 to IHM, Goa.

IHM, HYDERABAD



IHM Hyderabad hosted the 3rd Budding Professional Competition and the 2nd Budding Chef Competition on September 24-25, 2024, welcoming over 20 colleges from across India to showcase aspiring hospitality talent.

IHM, THIRUVANANTHAPURAM



IHMCT Thiruvananthapuram marked World Tourism Day with an ethnic show competition among houses, promoting cultural exchange and appreciation among students

IHM, PUSA



IHM PUSA has made India proud of BRONZE medal at World Skills Competition, Lyon, France in the trade of Hotel Reception on 15th Sept 2024 and won Best Hotel Management College Award at the India Today Education Conclave held in Delhi on 30 July 2024.

IHM, BODHGAYA



IHM Bodhgaya successfully conducted the Paryatan Mitra and Paryatan Didi training programs under the guidance of the Bihar Tourism Department dt. September 11 to 25, 2024. The participants included hotel staff, taxi drivers, photographers, travel agents, and other key tourism stakeholders.

IHM, DIMAPUR



On the World Tourism Day, Institute organized a program that depicted the theme of "Tourism and Peace," featuring speeches, songs, dances, and a showcase of traditional attire. The event celebrated cultural diversity and highlighted the significance of tourism in promoting harmony.

IHM, FARIDABAD



IHM Faridabad organized a 6-day skill testing and certification course for employees of Hotel Lalit Mangar, Faridabad.

IHM, HAMIRPUR



Recently a 4 days training on school safety programme was conducted at IHM Hamirpur under the Disaster Management Training where 70 school teachers of various streams participated where they were equipped for emergency situations

IHM, RAMNAGAR



A 5 days Home stay training programme (from 21st August to 25th August, 2024) was conducted by IHM Ramnagar, sponsored by Uttarakhand Tourism Development board

SIHM, UDAIPUR



The 1st year students (Vishvendra Singh, Shishank Bakshi and Jitendra Patel) secured 1st place in the inter-college quiz competition on September 27, 2024, held at Mohan Lal Sukhadiya University, Udaipur

IHM, RANCHI



IHM Ranchi in collaboration with the Department of Tourism, Govt. of Jharkhand successfully organised a 3-days, India's first International Chef Summit: A Culinary Expedition on Jharkhand Indigenous Cuisine from 25th to 27th September, 2024 where renowned chefs, food Photographers and food bloggers were present

FCI, ALIGARH



World Tourism Day was celebrated on 27th September with full zeal and enthusiasm. The event was celebrated at City Mall Aligarh

IHM, MEERUT



IHM Meerut hosted a workshop (on 14th September, 2024), conducted by Ms. Himani (VLCC, Meerut) on 'Personal grooming and makeup for interviews'.

IHM, SHRI SHAKTI



Earth Day - was celebrated on 29th August' 2024. Students planted Trees in the IHM Shri Shakti Campus.

IHM GURU NANAK, KOLKATA



Recently a 'Best out of waste' competition was held at Guru Nanak IHM.

ST. FRANCIS IHM, MUMBAI



St. Francis IHM celebrated Onam with a grand event featuring an authentic Onam Sadhya. The institute showcased traditional South Indian decor, providing students and guests with a vibrant cultural experience that honoured Kerala's rich heritage.

PIHM, JAIPUR



Dushyant Gautam (B.Sc. H & HA student Batch 2021-24) was selected as the recipient of the 100% tuition fee Scholarship award (around 59000 NZ \$ which is close to 30,00,000 lakh INR) to pursue (from March 2025) a Masters in Hospitality and Tourism at Auckland University of Technology, New Zealand.

INNOVATIVE PRACTICES

IHM, HAMIRPUR



IHM Hamirpur established an herbal garden to teach students about medicinal plants, including Ashwagandha, Cardamom, Hared, Bheda, Neem, Moringa, Arjun, pepper mint and lemon grass, focusing on recognizing the importance of herbal plants in our daily lives.

FLAVORS TO REMEMBER / RARE GEMS

CIHM, CHANDIGARH

Authentic name of the dish: Churme Ke Ladoo

Local name: Churme Ke Ladoo

History:

Churme Ke Ladoo is a traditional Haryanvi sweet delight made with roasted gram flour (besan), jaggery, and ghee. It's a popular delicacy often enjoyed during festivals and special occasions.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Roasted Gram flour (Besan)	1 cup
2	Grated Jaggery	1cup
3	Cardamom powder	1 tea spoon
4	Desi ghee	¼ cup
5	Chopped almonds and pistachios	¼ cup

Method of Preparation:

1. Roast the gram flour: If not already roasted, roast the gram flour in a dry skillet until fragrant and slightly browned.
2. Melt the jaggery: In a separate saucepan, melt the jaggery over low heat, stirring occasionally until it becomes a smooth syrup.
3. Combine ingredients: Remove the jaggery syrup from heat and add the roasted gram flour, cardamom powder, and chopped nuts (if using). Mix well until all the ingredients are evenly coated.

Picture of the Dish



4. Shape the ladoos: While the mixture is still warm, take small portions and roll them into balls.
5. Cool and serve: Let the ladoos cool completely before storing them in an airtight container.

TIPS

1. For a richer flavor, you can add a tablespoon of milk or cream to the jaggery syrup.
2. You can also add other nuts like cashews or walnuts to the ladoos.

Enjoy these delicious and authentic ChurmeKeLadoo!

Name : Mrs. Shashi Bhatia
Designation : H.O.D.



SIHM, AGARTALA

Authentic name of the dish: Bhangui

Local name: Bhangui

History:

Bhangui is featured in many of the folktales of the region of Tripuras, this is one of the oldest dishes known in Tripura from the times of Rajas and Maharajas.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Sticky Rice	1 kg
2	Mustard Oil	15-20 ml
3	Onion	2-3 pcs
4	Ginger	10-15 gms
5	Salt	1 tsp

Picture of the Dish



Method of Preparation:

1. Soak the rice for about an hour. Completely drain the water and spread it out on a plate for a few minutes.
2. Mix the rice, onions, ginger, ghee and salt well in a vessel.
3. Make cones of the banana leaf and fill the cones with the rice mixture until it is filled 3/4th.

FLAVORS TO REMEMBER / RARE GEMS

4. Close the top of the cone and bind it with the twine. The cone should be watertight and no rice should come out or water should go in.
5. In a broad vessel, fill water and immerse the cones in it. Let it boil for about half an hour.
6. After half an hour, remove it from the water, let it cool a little and gently unwrap the rice cones. Ensure you don't disturb or break the cones while unwrapping.

FUSION DISH

1. It can be served with homemade Wahan Mosdeng (Pork Salad)
2. It can also be served with Red Chilly Chutney.



Name : Lipika Debbama
Designation : Guest Faculty

SIHM, DIMAPUR

Authentic name of the dish: Nap Naang
Local name: Black Sticky Rice Pudding

History:

Nap Naang is a traditional black rice pudding from Nagaland, known for its rich, earthy flavor and vibrant purple hue. Made from locally grown sticky black rice, also called "forbidden rice," this dessert is slow-cooked with water, milk, and a touch of sugar until the grains turn tender. The natural sweetness of the rice, combined with its nutty taste, makes Nap Naang a beloved delicacy in Naga cuisine. It's often served during festivals and special occasions, offering a unique blend of tradition and indulgence.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Black Rice	50 gm
2	Milk	500 ml
3	Sugar	2 tbsp
4	Salt	1 pinch

Method of Preparation:

1. Rinse the black sticky rice under cold water until the water runs clear.
2. Soak the rice in water for 4-5 hours to ensure even cooking.
3. Drain the soaked rice and add it to a pot with 4 cups of water. Bring it to a boil, then reduce the heat and let it simmer for 40-45 minutes, stirring occasionally.
4. Once the rice is tender, stir in the milk, sugar and salt. Let it simmer for another 10-15 minutes, stirring frequently until the mixture thickens.
5. Let the pudding cool slightly before serving. It can be served warm or chilled.

Picture of the Dish



NUTRITIONAL VALUE

Serving Size : 125gm

Nap Naang	
Serving Calories	190 Kcal
Total Fat	6.05 Grams
Total Carbohydrates	39.7 Grams
Dietary Fiber	2.16 Grams
Total Protein	4.32 Grams

FUSION DISH

1. Nap Naang Tart can be made.
2. Black Sticky Rice Risotto can be made in a creamy white sauce.



Name : Himanshu Mishra
Designation : Asstt. Lecturer

FLAVORS TO REMEMBER / RARE GEMS

SIHM, INDORE

Authentic name of the dish: Gair Baghara Ghost

Local name: Gina Baghara Ghost

History:

Gair baghara gosht, also called Bina baghara ghost, is a meat preparation from Mahakaushal region of Madhya Pradesh. In which all the raw material is cooked together in earthenware not followed by the steps. This recipe reflects the busiest life of local people to choose a method of cooking food to save their time and the use of locally available ingredients makes the recipe unique and distinctive. Basically, the life of the people here is simple and this simplicity is reflected in their way of living. Mahakaushal, which is full of natural beauty and resources, does not flaunt its glory at all, but fascinates everyone with its charm. This region of Madhya Pradesh, Mahakaushal, which is the embodiment of a mother's lap, actually contains many interesting facts. The variety and simplicity that is seen in the lifestyle and food here cannot be easily found anywhere else.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Mutton (with fat)	500gm
2	Onions (cut into buds)	180gm
3	Garlic	50gm
4	Cumin seeds	10gm
5	Whole red chilies	12-14 nos.
6	Coriander seeds	15gm
7	Turmeric powder	5gm
8	Salt	as required
9	Cloves	4-5 nos.
10	Black peppercorns	8-9nos.
11	Cinnamon	1/2inch long
12	Black cardamom	2nos.
13	Green cardamom	3-4nos.
14	Stone flower	2gm
15	Khuskhus	10gm
16	Bay leaf	2-3nos.
17	Oil	50ml
18	Coriander leaves	for garnish
19	Water	1.5ltr

Picture of the Dish



Method of Preparation:

1. Heat oil and add all the whole spices and fry on low flame till light golden color. Let them cool and by adding water make a paste on *silbatta* or mixer.
2. In the same mixer prepare a paste of garlic and cumin seeds and set aside.
3. Now make a paste of whole red chilies, coriander seeds and turmeric powder and set aside.
4. Now in a handi add the mutton and water and keep it for boiling. When boiled then with the help of a spoon remove the scum (impurities) from the top.
5. Now add oil and garlic paste to this and cook for 5-6 minutes while covered.
6. Now add red chilies, turmeric and coriander paste and garam masala paste and cook on low flame till the mutton gets cooked.
7. When the mutton gets soft completely and oil starts floating over the top then remove from the flame and serve with chopped coriander leaves.

FUSION DISH

1. It can be served with rice and any other types of Indian bread.
2. Reduce the use of oil and spices and increase the amount of water and make a healthy broth.



Name : Vivek Kant Bakode
Designation : Asstt. Lecturer

FLAVORS TO REMEMBER / RARE GEMS

SIHM, UDAIPUR

Authentic name of the dish: Khud Khargosh

Local name: Khud Khargosh

History:

The name "Khud Khargosh" translates to "buried rabbit," referring to the unique method of preparation that involves marinating and slow-cooking rabbit meat, often in a pit or covered with dough. The exact origins of Khud Khargosh are difficult to pinpoint, as it is a traditional dish passed down through generations. However, its roots can be traced back to the royal hunting practices of Rajasthan, which date back to the medieval period when kings and nobles would often hunt game in the arid landscapes of the region.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Rabbit	1kg
2	Yoghurt	1cup
3	Ginger-Garlic paste	2tbsp
4	Red Chili Powder	2tsp
5	Turmeric Powder	1tsp
6	Coriander powder	2tsp
7	Garam Masala	1tsp
8	Cumin powder	1tsp
9	Salt	To taste
10	Ghee	2tbsp
11	Whole wheat flour	2cups
12	Coriander leaves	10grams
13	Water	As required to knead dough

Method of Pre-Preparation:

1. Gather all the ingredients.
2. Prepare the rabbit: By cleaning and marinating it.
3. Knead dough to cover the rabbit
4. Prepare the fire pit by adding hot coals to it.
5. Check all the procured ingredient and tools to start the cooking.

Method of Preparation:

1. In a large bowl, combine yogurt, ginger-garlic paste, red chili powder, turmeric powder, coriander powder, garam masala, cumin powder, mustard oil, and salt. Add the rabbit pieces to the marinade, ensuring they are well coated. Cover and set rest for at least 4 hours or overnight for better flavor.
2. In a mixing bowl, combine whole wheat flour and a pinch of salt. Gradually add water to knead into a smooth, pliable dough. Cover the dough with a damp cloth and let it rest for about 30 minutes.

Picture of the Dish



3. Roll out the dough into a thick sheet. Place it over the rabbit, sealing the edge well to trap the steam inside. You can also use extra dough to create a decorative pattern if desired.
4. If you want to cook it in a traditional way, you can bury the pot in hot coals or cook it in a sand pit if you have that option, for about 2-3 hours.
5. Once cooked, break open the dough crust to reveal the tender rabbit. Garnish with fresh coriander leaves.

NUTRITIONAL VALUE

Serving Size : 384 gm per person

Khud Khargosh	2700 Calories
Per Serving Calories	675 Kcal
Total Fat	30 Grams
Total Carbohydrates	98 Grams
Dietary Fiber	12 Grams
Total Protein	68.5 Grams

FUSION DISH

1. It can be served with Khoba roti (which is again traditional Rajasthani flat bread).
2. It can also be served with Naan or Parathas.

Name : Dr. Om Prakash Meena
Designation : Lecturer



FLAVORS TO REMEMBER / RARE GEMS

IHM, GURU NANAK, KOLKATA

Authentic name of the dish: Taler Bora

Local name: Taler Bora

History:

This ancient traditional sweet dish as per Hindu mythology believed to be prepared from Sugar Palm Fruit (Taal in Bengali) after the birth of Lord Krishna around 5200 years (3228 BCE) ago which his adopted father Nandalal distributed across the Gokul to share his happiness. In Bengal Taler bora is a traditional Bengali sweet that is often eaten during Janmashtami festival in the Bengali month of Shravan to celebrate the birth of Lord Krishna. It is believed that Krishna enjoyed this delicacy as a child, and it is considered one of his favourite dishes. It is one of the delicacies and must serve item during the Janmashtami festival in Bengal.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Sugar Palm(Tal) pulp – Ripened	350 gm
2	Jaggery – Sugar cane	250 gm
3	Rice flour	75 gm
4	Semolina	75 gm
5	Whole wheat flour	200 gm
6	Grated Coconut – Fresh	200 gm
7	Cardamom powder	10 gm
8	Refined oil	350 ml

Method of Preparation:

Extraction of the pulp from the Palm kernels:

1. Remove the top crown of the palm fruit, wash nicely and then press the body from all sides to peel the black outer skin easily.
2. Separate the kernels which are fibrous in nature (naturally 2or3 kernels are found) and keep them in a bowl adding little water.
3. Press the kernels with your hand gently to soften the kernels. With the help of a grater or strainer, grate the kernels one after another sprinkling little water at a time to extract the pulp.
4. Separate the juices from the pulp by hanging it in a muslin cloth for 1-2 hrs. or until the drainage is complete.

Preparing the palm mixture:

5. Take a heavy bottomed pan. Add 2 tbsp of ghee/ oil and gently heat it.
6. Pour the extracted pulp and cook stirring continuously until it becomes little dark in colour thickens in consistency.
7. Take it off the flame and keep stirring to cool it for around 5-7 mins.

Picture of the Dish



8. Add the remaining ingredients one after another (except jaggery) mixing them properly with whisk or spatula.
9. At last, add the jaggery in a texture that will mix nicely with the pulp mixture. Check the sweetness and adjust the taste as desired.

Finishing the Taler Bora :

1. Heat required amount of ghee/ oil in a thick bottomed pan for deep frying.
2. With the help of a spoon or fingers, put the mixture into the pan shaped like small balls (1-2 nos. – to check consistency) and deep fry till light golden brown in colour.
3. If required add rice flour/ whole wheat flour to adjust the desired consistency.
4. Continue frying the remaining mixture in slow medium flame frying approximately 5-7 mins till reached the desired colour.
5. Serve at room temperature preferably after 6-8 hours or next day.

NUTRITIONAL VALUE

Serving Size : 150 gm/10 Pcs

Taler Bora	
Serving Calories	400.58 kcal
Total Fat	9.20 gm
Total Carbohydrates	76.25 gm
Dietary Fiber	6.12 gm
Sugar	26.27 gm
Total Protein	6.41 gm

FUSION DISH

1. It can also be served with Rabri and pulp mixed as a dip

Name : Chef Avijit Ray
Designation : Asstt. Professor



QUENCHERS / BEVERAGES

AIHM, CHANDIGARH

Authentic name of the Mocktail: Pink Crush

Local name of the Mocktail: Pink Crush

Method: Shaken

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Grenadine Syrup (at base)	10 MI
2	Orange Juice	60 MI
3	Pineapple Juice	60 MI
4	Lemon Juice	10 MI
5	Sugar Syrup	10 MI
6	Egg White	1no.
7	Grenadine Syrup (for color in juice mix)	4-5drops

Method of Preparation:

1. Pour grenadine syrup into the bottom of a mocktail glass.
2. In a cocktail shaker, combine orange juice, pineapple juice, lemon juice, egg white, sugar syrup, and cruse dice.
3. Shake the mixture thoroughly until well combined.
4. Using a bar spoon, slowly pour the shaken mixture into the glass, taking care not to disturb the grenadine layer.
5. Pour gently to achieve a beautiful layered effect, allowing the froth to form on top.

Picture of the Mocktail



GARNISH: Red Cherry

GLASSWARE: Coupe Glass

SERVING SIZE: 150 ml.

Name : Mr. Shashank Ujwal

Designation : Faculty Member



Name : Ms.Neha Verma

Designation : Faculty Member

SIHM, DIMAPUR

Authentic name of the Mocktail: Zutho

Local name of the Mocktail: Rice Beer

History:

Zutho is a traditional rice beer native to various tribes of Nagaland. It is brewed using glutinous sticky rice and a unique ingredient known as Piazu locally, it holds cultural significance for the local communities. The beer is typically prepared during festivals, rituals, and communal gatherings, fostering a sense of togetherness among friends and family. With its distinct taste and frothy texture, Zutho is often enjoyed in bamboo cups, reflecting the region's rich heritage. The preparation and consumption of Zutho is a symbol of hospitality and cultural pride in Nagaland.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	White Sticky Rice	1 Kg
2	Water for Boiling	3 Ltr.
3	Piazu (Sprouted Rice Starter)	50 Gms.

Picture of the Cocktail



Method of Preparation:

1. Wash 1 kg of sticky rice thoroughly and cook them until done.
2. Spread the cooked rice, traditionally on a bamboo mat, to cool.
3. Once the rice is cool, mix it thoroughly with 50g of piazu.
4. Transfer the mixture to a large container (earthen or wooden vessel) and let it ferment for 4-5 days

QUENCHERS / BEVERAGES

5. After fermentation, add a small amount of water to the mixture and strain it using a bamboo mesh to remove any big chunks of the mash.
6. Serve the Zutho chilled. It has a sweet and sour taste with a mild fruity odor and a thin porridge like texture.

NUTRITIONAL VALUE

Serving Size : 200 ML

Zutho	
Serving Calories	120 Kcal
Total Fat	0.5 Grams
Total Carbohydrates	22.7 Grams
Dietary Fiber	1.6 Grams
Total Protein	1.3 Grams



Name : Meghna Bandhyopadhyay
Designation : Teaching Associate

IHM, HAMIRPUR

Authentic name of the Mocktail: Bale Squash Punch

Local name of the Mocktail: Bale Squash Punch

Method: Shaken

History:

Bael juice is one such refreshing drink and also one of the oldest traditional drinks in India, which has Ayurvedic importance. Indian bael, originally known as Aegle Marmelos, is a wonderful detox drink that cools us down, rejuvenates, cleanses, and nourishes the body with all the nutrients.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Red Apple	02
2	Green Apple	02
3	Bale	02
4	Pear	02
5	Plum	02
6	Peach	02
7	Pomegranate	01
8	Lemon	01
9	Ice Cubes	As required

Method of Pre-Preparation:

1. Wash the fruits properly
2. Finley chopped all the fruits
3. Freshly squeezed Bale Juice

Picture of the Cocktail



Method of Preparation:

1. In a mixing bowl add the chopped fruits, drizzle lemon juice, and set aside.
2. In to the large pitcher or punch bowl add the fruits, Bale juice and soft drink or water.
3. Shake well to mix, add ice cubes and serve chilled.

GANRNISH: Freshly chopped fruits, pomegranate,
Fresh cream

GLASSWARE: Rocks Glass/ Collins Glass

SERVING SIZE: 6-8 ounce / 8 ounce



Name : Vikrant Chauhan
Designation : Asstt. Lecturer

QUENCHERS / BEVERAGES

IHM, RANCHI

Authentic name of the Mocktail: Madkam Daah

Local name of the Mocktail: Madkam Daah

Method: Pouring

History:

Mahua is a Traditional Alcoholic beverage popular among Tribal of Odisha, Chhattisgarh, Jharkhand, Maharashtra. Madkam is the Tree from which the flowers are collected and converted to Mahua after distillation. The ABV ranges from 28-40 %. DJ Mahua is one of the Popular Brand names of mahua in Goa, Karnataka, Pondicherry.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Mahua (Country/Desmond ji Mahua)	45 ml
2	Lemon Juice	2 dashes
3	Salt	A pinch
4	Cola/Soda	150 ml

Method of Preparation:

Take ice in the Tom Collin glass, add 45 ml of DJ Madua and 2 drops of lemon juice, a pinch of salt & Topped with the aerated drink, Cola or soda.

Picture of the Cocktail



GARNISH: Slice of Lemon

GLASSWARE: Tom Collins

SERVING SIZE: 200 ml



Name : Mr. Dharendra Tiu

Designation : Sr. Lecturer

SIHM, UDAIPUR

Authentic name of the Mocktail: Hari Vasanta

Local name of the Mocktail: Hari Vasanta

Method: Stirring

History:

It is a refreshing, vibrant mocktail that celebrates the essence of spring with its vivid green hue due to khus syrup. The cooling, earthy flavour of khus is blended with fresh lime juice, mint leaves and top up with soda, creating a delightful balance of sweetness and tanginess.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Khus Syrup	30 ml.
2	Lime Juice	30 ml.
3	Club Soda	120ml.
4	Green Apple	One Slice
5	Mint leaves	5-6
6	Mint Sprig	1(forGarnish)

Picture of the Mocktail



QUENCHERS / BEVERAGES

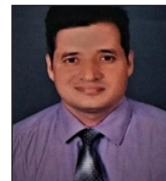
Method of Pre-Preparation:

1. Take a chilled tulip shape glass.
2. Crush ice and prepare Garnish (Slice of lemon and mints prig)
3. Assemble all ingredients of mocktail on the bar counter.

GARNISH: Sliced green apple and mint sprig
GLASSWARE: Tulip Shaped Glass
SERVING SIZE: 180 ml

Method of Preparation:

1. Take a chilled tulip glass and fill the glass with crushed ice.
2. Add crushed mint leaves.
3. Pour in lime juice and khus syrup.
4. Top up with club soda.
5. Garnish with sliced green apple and mint sprig.
6. Serve chilled.



Name : Balvir Singh
Designation : Lecturer

Superannuation News



After 29 years of dedicated service, Shri Nahar Singh retired on July 31, 2024. To honour his remarkable career, NCHMCT organized a heartfelt farewell and extended their warmest wishes for his fulfilling and joyful retirement.