

Aatithyam

Issue XXII, March 2025

Newsletter
National Council for Hotel Management
& Catering Technology

आतिथ्यम्



Mr. Luke Coutinho, a distinguished alumnus of one of NCHMCT's affiliated institute (IHM Goa) got an opportunity (in February, 2025) to craft a Bharat-inspired dish, reflecting the vision of Hon'ble PM

In March, 2025, NCHMCT's affiliated institute (IHM Pusa, New Delhi) participated in *Vividhta Ka Amrit Mahotsav* at Rashtrapati Bhavan, graced by the Hon'ble President of India, Smt. Droupadi Murmu.



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 from the CEO
Shri Gyan Bhushan, IES
Senior Economic Advisor & CEO, NCHMCT
Additional Secretary Level
Ministry of Tourism, Government of India

Dear Readers,

It gives me immense pleasure to present the XXII Issue of “*Aatithyam*”, the official newsletter of the National Council for Hotel Management and Catering Technology. Each edition of *Aatithyam* stands as a reflection of the dynamism, creativity, and continuous growth that define the NCHMCT ecosystem spread across our network of Institutes of Hotel Management.

Over the past months, our IHMs have been vibrant with academic, cultural and community-centric activities-showcasing the remarkable talent, commitment and professional readiness of our students. Their participation in national level competitions, industry expos, and sustainable tourism initiatives highlights the evolving spirit of hospitality education across India.

Our alumni continue to make NCHMCT proud by excelling in diverse sectors within the global hospitality landscape. Of particular note has been their proactive engagement with students through interactive sessions and inspiring video testimonials. Their journeys not only motivate current batches but also bridge the academic and industry worlds, reinforcing the Council's strong alumni connect.

Equally noteworthy are the contributions from our IHMs in research, innovation, and intellectual property creation. Several institutes have initiated projects aligned with contemporary issues-sustainability, culinary innovation and heritage food revival-resulting in research papers and patent filings that enrich our institutional knowledge base.

To ensure our faculty remain at the forefront of academic and industry advancements, NCHMCT continues organizing Faculty Development Programs that focus on cutting-edge trends, emerging technologies, and pedagogy aligned with the revised curriculum. These FDPs serve as strategic platforms for skill enhancement, collaboration, and reflection-empowering educators to inspire the next generation of hospitality professionals with renewed energy and excellence.

Together, let us continue to elevate hospitality education and uphold the values of service, innovation, and professionalism that define the NCHMCT family.

Warm regards,
(Gyan Bhushan)
Senior Economic Advisor & CEO, NCHMCT

(Gyan Bhushan)

KEY ACTIVITIES AT A GLANCE (Jan. to March 2025) @ NCHMCT

- On 1st January, 2025, the new year celebration took place in the council where all officers and staff members joined together for a traditional luncheon where seating arrangements were done in the lush green field in the council's premises
- On 10th, January, 2025, to mark World Hindi Day, NCHMCT organized a crossword puzzle and Hindi poster making competition. Staff members participated enthusiastically, and the top three winners were awarded for their creativity and overall performance
- Between 26th to 31st January, 2025, NCHMCT showcased its hospitality programs and career opportunities at the Bharat Parv event at Lal Quila (Red Fort), New Delhi. The promotional activities aimed to engage students and raise awareness about hospitality education
- Students of the M.Sc.HA program organized Saraswati Pooja in the Council's premises on 2nd and 3rd February, 2025. Both students and staff members prayed to Mata Saraswati, the goddess of knowledge and arts, seeking blessings for wisdom and learning
- On 7th February, 2025, an alumnus meet was held at Taj St. James' Court, London, bringing together IHM graduates from various industries. This event was led by the CEO of NCHMCT that led to a celebration of shared memories, networking, and future collaborations
- On February 8, 2025, CEO, NCHMCT and Director -Academics met Chef Atul Kochhar, a double Michelin-starred alumnus of IHM Chennai, at his London restaurant 'Kanishka'. Their discussion focused on culinary innovation and the future of hospitality
- On 11th February, 2025, Dr. Priyadarshan Singh Lakhawat, Director of NCHMCT, appeared on DD Morning Show's "Career Talks" segment where he primarily spoke about the wide range of career paths in hotel management and the evolving opportunities in the industry
- A workshop on the POSH Act, 2013, was jointly organized by NCHMCT and ICI, Noida on 19th February, 2025 to address work place safety for women. Officers and staff discussed legal rights and responsibilities through interactive sessions
- A public notice was released by the NTA regarding the extension of the last date for submission of online applications to 28th February, 2025 for NCHM JEE-2025
- On 5th March, 2025, officers and staff members of the council along with students of its affiliated institutes at pan India level attended a post budget, national webinar addressed by the Hon'ble Prime Minister
- On 7th March, 2025, a full-day Hindi workshop focused on 'Administrative vocabulary and translation' was conducted for Council staffs. Shri Sunil Bhutani from the National Horticulture Board (Government of India) was invited to conduct this workshop
- A special Women's Day event was held on 8th March, 2025 on the eve of International Women's Day. Health check-ups was conducted for all girl students of ICI and NCHM-IH, Noida under the supervision of Dr. Kamini Sinha who also delivered a talk on body image and nutrition
- The 4th Academic Committee Meeting (JNU-NCHMCT) was held on 20.03.2025 in the board room of NCHMCT, Noida
- Alfred Prasad, an alumnus of IHM Chennai, recently earned a Michelin star at the age of 29 (becoming the youngest Indian Michelin Star Chef) while leading boutique restaurants in London. His success is a testament to the global excellence of IHM graduates

Activities @ NCHMCT : The Image Gallery

आपका उज्ज्वल भविष्य इंतजार कर रहा है!

NCHMCT   

NCHM JEE 2025

राष्ट्रीय होटल प्रबंधन संयुक्त प्रवेश परीक्षा

✓ अभ्यास, अनुभव और अवसर
✓ देशभर के शीर्ष होटल प्रबंधन संस्थानों में प्रवेश का सुनहरा मौका

ऑनलाइन आवेदन की अंतिम तिथि:
15 फरवरी, 2025

परीक्षा की तिथि:
27 अप्रैल, 2025

अधिक जानकारी के लिए विजिट करें
www.nchm.gov.in/

आज ही आवेदन करें और अपने सपनों को उड़ान दें!

SCAN ME! 

Helpline Number: 18001803151, 0120-2590608, 7394091765
visit: www.nchm.gov.in NTA No. 011-69227700

  

IHM's

under NCHMCT, Ministry of Tourism, Govt. of India

APPLY NOW

NCHM JEE 2025

NTA Portal for Registration of Candidates is LIVE NOW

They are all part of NCHMCT-IHM Alumni Family

 Puneet Chhatwal	 Sanjeev Kapoor	 Ranvir Brar	 Manjit Singh Gill
 Ranju Alex	 Harpal Sokhi	 Manisha Bhasin	 Atul Kochhar

CAREER OPPORTUNITIES

For Admission to:

3-Year B.Sc. Hospitality & Hotel Administration

at Premier Institutes of Hotel Management (IHM Brand) affiliated with NCHMCT
Central/State Scholarship available
Hostel Facilities Available for Boys and Girls

DATE OF EXAMINATION 27.04.2025
LAST DATE OF SUBMISSION OF ONLINE APPLICATION 15.02.2025

- Degree awarded by JNU, N. Delhi.
- Large network of IHMs.
- Guaranteed best employment opportunities

Come JOIN US
Scanning QR Code to APPLY
OR Apply at <http://nta.ac.in>



@nchmct_noida
nchmct_official

National Council for Hotel Management
And Catering Technology

Toll Free No.
18001803151

Helpline Number
0120-2590608
91-7394091765

Website:- www.nchm.gov.in

  

IHM's Under NCHMCT

The Best Pathway to a Thriving Hospitality Career

ADMISSION OPEN

1. Top Ranked **Hospitality Institutes** in India
2. **100%** Placement Assistance
3. Global **Career Opportunities**
4. **Industry** Ready Curriculum

SCAN ME! 

LEARN MORE
www.nchm.gov.in

Helpline Number: 18001803151, 0120-2590608, 7394091765
Visit: www.nchm.gov.in NTA No. 011-69227700

  

Admission Alert

M.Sc. Hospitality Administration

For Graduates from any stream
Admission through Online Entrance Test

Exam Date:
24th May 2025

Last Date to Apply:
16th May 2025

Step into the world of
Leadership in Hospitality!

 **SCAN TO APPLY**

→ Swipe Left to Know More



Activities @ NCHMCT : The Image Gallery



Did You know?

THE **M.Sc. HOSPITALITY ADMINISTRATION PROGRAM** IS OFFERED
AT 17 PREMIER CENTRAL IHMS ACROSS INDIA!

Noida | Bengaluru | Bhopal | Chandigarh | Chennai | Delhi (Pusa)
Gandhinagar | Hyderabad | Jaipur | Kolkata | Mumbai | Shimla
Bhubaneswar | Guwahati | Hajipur | Lucknow | Trivandrum

- ✓ NATIONAL-LEVEL PROGRAM
- ✓ INDUSTRY-RELEVANT CURRICULUM
- ✓ PRESTIGIOUS INSTITUTIONS

Exam: 24th May 2025
Apply by: 16th May 2025



SCAN TO
APPLY

Helpline Number: 18001803151, 0120-2590608, 7394091765
Visit: www.nchm.gov.in NTA No. 011-69227700

NCHMCT officially launched the awareness campaign for the NCHMJEE 2025. This entrance examination serves as a vital gateway for aspiring candidates aiming to pursue a Bachelor of Science (B.Sc.) in Hospitality and Hotel Administration as well as M.Sc. (Hospitality Administration) programs at premier institutes across India. It truly represents the first significant milestone for students aspiring to build a successful and rewarding career in the dynamic hospitality industry.



Have a Yummylicious
HAPPY NEW YEAR



NCHMCT welcomed New Year 2025 with much joy and togetherness as officers and staff members gathered together for a cheerful celebration in its green sprawling campus. This event featured amidst loads of warm wishes, light refreshments, and moments of bonding to begin the year on a positive note.

Activities @ NCHMCT : The Image Gallery



On the occasion of World Hindi Day (being celebrated on January 10, 2025) a cross-word puzzle and Hindi poster-making competition were organized at NCHMCT, in order to promote the richness of Hindi language. This event witnessed enthusiastic participation from staff members by showcasing their creativity and linguistic skills. All participants truly demonstrated their exceptional talents and top 3 performers were rewarded, in order to recognize their outstanding performances.



From January 26th to 31st, 2025, NCHMCT officers and staff members along with students of NCHM-IH, Noida and ICI, Noida actively participated in the Bharat Parv event held at Lal Quila (Red fort), New Delhi. The Council prominently showcased its academic programs and diversified career opportunities in the field of hospitality through series of engaging and interactive promotional activities. This initiative aimed to attract prospective students and raise awareness about the various admission opportunities offered by the Council.

On February 2nd and 3rd, 2025, Saraswati Pooja was performed at NCHMCT's premises by students of M.Sc. HA program. All devotees including officers, staff members and students came together in order to worship Mata Saraswati, the goddess of knowledge and arts, seeking her blessings for wisdom, enlightenment, and future success.



Activities @ NCHMCT : The Image Gallery



On February 7th, 2025, an Alumnus meet was held at the prestigious Taj St. James' Court in London. This meet was convened by CEO, NCHMCT (Shri Gyan Bhushan). This event brought together a diverse group of alumni excelling in hospitality, entrepreneurship, and related fields. The evening served as a vibrant platform for reminiscing shared experiences, fostering professional connections and celebrating the ever-growing legacy of the Institute of Hotel Management (IHM) network.



On February 8, 2025, CEO, NCHMCT and Director, Academics, NCHMCT visited Kanishka, the renowned London restaurant owned by twice Michelin-starred Chef Atul Kochhar (a distinguished alumnus of IHM Chennai). The meeting was marked by insightful and inspiring discussions on culinary innovation, professional excellence, and the evolving landscape of global hospitality industry.

Activities @ NCHMCT : The Image Gallery



Alfred Prasad, a proud alumnus of IHM Chennai under the Ministry of Tourism, Government of India, achieved a remarkable feat of earning a Michelin star at the age of just 29—becoming the youngest Indian chef to do so. He built his culinary foundation at the institute and has since managed several acclaimed boutique restaurants in London. His achievements continue to bring global recognition to Indian culinary excellence and serve as an inspiration for aspiring chefs across the country.

On February 11th, 2025, during the "Career Talks" segment of the DD Morning Show, Dr. Priyadarshan Singh Lakhawat, Director (Academics) NCHMCT highlighted promising career opportunities in Hotel Management. He elaborated on the diverse and expanding prospects within the hospitality industry, providing valuable insights and guidance for aspiring professionals.







अद्भुत भारत
Incredible India

A Workshop on
Prevention of Sexual Harassment of Women at Workplace (POSH Act, 2013)















Organized by NCHMCT & ICI NOIDA

@nchmct_noida
nchmct_official

National Council for Hotel Management
And Catering Technology

Toll Free No.
18001803151

Helpline Number
022-25800018
91-7384097855

Website:- www.nchm.gov.in
www.indianculinaryinstitute.com

On February 19th, 2025, NCHMCT in collaboration with the ICI, Noida, jointly organized a workshop on the Prevention of Sexual Harassment of Women at Workplace (POSH Act, 2013). The session aimed to raise awareness and foster a safe, inclusive, and respectful work environment for all. Participants were actively engaged in interactive discussions to enhance overall understanding of their legal rights, responsibilities, and mechanisms available under the Act.



Activities @ NCHMCT : The Image Gallery

On 5th March, 2025, officers and staff members of the council along with students of its affiliated institutes at pan India level attended a post budget, national webinar addressed by the Hon'ble Prime Minister. Key highlights included ministerial initiatives, India's economic achievements, global trends, role of stake holders and the road map for future. Sector growth, government initiatives, global trends, and the road map for the future, with insights were shared by the Hon'ble Tourism Minister. Post webinar, hon'ble Tourism minister shared the tremendous opportunities under tourism and also envisioned the framework model of present and futuristic role of tourism sector.







राष्ट्रीय परीक्षा एजेंसी
National Testing Agency
Excellence in Assessment



(एनएसटीए विभाग, शिक्षा विभाग, भारत सरकार के उच्च शिक्षा विभाग के अधीन)
(An Autonomous Organization under the Department of Higher Education, Ministry of Education, Government of India)

PUBLIC NOTICE
28.02.2025

Subject: Extension of Last Date for Submission of Online Application Form for National Council for Hotel Management Joint Entrance Examination (NCHM JEE) – 2025

The National Testing Agency (NTA) is in receipt of various representation from the candidates to extend the last date of submission of online application form for National Council for Hotel Management Joint Entrance Examination (NCHM JEE) – 2025.

In continuation to the Public Notice dated 15.02.2025, the schedule of submission of online application form is further extended to enabling the aspiring candidate(s) to apply. The schedule is as follows:

Events	Earlier Date	Extended date
Online Submission of Application Form	28.02.2025 (upto 05:00 PM)	15.03.2025 (upto 05:00 PM)
Last date of successful fee transaction	28.02.2025 (upto 11:50 PM)	15.03.2025 (upto 11:50 PM)
Correction in the Particulars of Application Form Online Only	---	17.03.2025 to 20.03.2025

Candidates are advised to visit the official website(s) of NTA www.nta.ac.in and <http://exams.nta.ac.in/NCHM/> for the latest updates.

For any queries or clarification, candidates can call Help Desk at 011 - 40759000 or 011 - 69227200 or e-mail at nchm@nta.ac.in.


 Director (Exams), NTA



हेल्पलाइन नंबर / Helpline Number: +91-11-40759000
 वेबसाइट / Website www.nta.ac.in



A public notice was released by the NTA regarding the extension of the last date for submission of online applications to 28th February, 2025 for B.Sc.HHA All India entrance test, through NCHM JEE-2025

Mr. Luke Coutinho, a distinguished alumnus of IHM Goa (one of the affiliated institutes under NCHMCT) was honored with a special request from the Prime Minister's Office (PMO) to craft a Bharat-inspired dish, menu, and lifestyle plan reflecting the vision of Hon'ble Prime Minister Shri Narendra Modi. Luke not only curated a unique culinary and wellness experience but also had the incredible opportunity to personally present his creation to the Prime Minister. This moment stands as a testament to the excellence of IHM graduates.



Activities @ NCHMCT : The Image Gallery



On March 7th, 2025, a full-day Hindi workshop on 'Administrative Vocabulary and Translation' was organized for all officers and staff members of the Council. The workshop was conducted by Shri Sunil Bhutani, Officer Rajbhasha from the National Horticulture Board, Government of India. The session aimed to enhance participant's language proficiency and promote effective communication within the organization.



On March 8th, 2025, NCHMCT organized a Women's Day event featuring health check-ups and supplement distribution for girl students, led by CEO, Mr. Gyan Bhusan. On this occasion, Dr. Kamini Sinha delivered an insightful talk on body image, health, and nutrition, empowering attendees with valuable knowledge. The celebration concluded with a joyful cake-cutting ceremony, honoring and uplifting the spirit of womanhood.



AIHM, CHANDIGARH



On January 14, 2025, AIHM Chandigarh hosted a guest session for retired armed forces officers enrolled in the DGR short-term course. Mr. Vikas Mahajan, Regional Head at Bajaj Allianz Insurance, spoke on financial management, smart investments, and career opportunities for retired personnel.

IHM, AHMEDABAD



Mr. C.R. Luniya, a Chartered Accountant and a strong advocate for the vegetarian option in hospitality education acknowledged the efforts of IHM Ahmedabad and instituted "Vardhaman Ahimsa Award" for the top- performing students of the vegetarian course toppers of the institute.

IHM, BHUBANESHWAR



On March 20th, 2025, IHM Bhubaneswar celebrated World Pakhala Day in order to promote the richness of Odia cuisine while instilling cultural pride among students and faculty members on with great enthusiasm, honoring Odisha's iconic traditional dish—Pakhala.

IHM, CHENNAI



IHM Chennai Alumni, Mr.Lalit Thakur has been awarded the University Gold Medal for securing first Position in order of merit in Bachelor of Science in Hospitality and Hotel Administration on March 5th 2025.

IHM, GOA



Chef Abhishek Nandi, Faculty at IHM Goa, won 1st Prize (Professional Category) at the Eat Right Mela 2025, organized by the Directorate of Food and Drug Administration, Goa, in association with FSSAI, held on 28th February.

IHM, JAIPUR



IHM Jaipur recently hosted the state-level semi-final round of Better Kitchen Culinary Competition which was sponsored by Everest Masala, bringing recognition to the institute and reaffirming its reputation for excellence in culinary education

IHM, MUMBAI



IHM, Mumbai organized a Cooking Competition for the employees working in the offices of NARACAS on 14th November 2025 under the aegis of Nagar Official Language Implementation Committee (Undertaking), Mumbai.

IHM PUSA, NEW DELHI



From March 5 to March 9, 2025, IHM Pusa participated in *Vividh Ka Amrit Mahotsav* that was celebrated at the Rashtrapati Bhavan that show-cased the rich cultural and culinary diversity of India. The event was graced by the Hon'ble President of India, Smt. Droupadi Murmu.

CIHM, CHANDIGARH



On 11th January, 2025, the institute celebrated 'National Youth Day' on the eve of Swami Vivekananda's birth anniversary

SIHM, BODHGAYA



IHM Bodhgaya participated in the prestigious 3-day Bodh Mahotsav held from 31st January to 2nd February, 2025 at Kalachakra Ground, Bodhgaya, to engage with the visitors and also provided consultancy services.

SIHM, DHIMAPUR



The institute organized a light musical program followed by a buffet lunch on the occasion of Valentine's day dt. 14th February, 2025

SIHM, RANCHI



SIHM Ranchi honored its top performers at a felicitation ceremony for the *Bank of Baroda Achievers Awards 2025*. The event was attended by Mr. Jagjit Kumar, DGM & Regional Head, and other Bank of Baroda officials, along with the institute's Principal and staffs.

ST. FRANCIS IHM, MUMBAI



IHM Shri Shakti recently hosted Hospitality Jobothon – 2025(Job Mela) which was attended by more than 600 enthusiasts.

INNOVATIVE PRACTICES

IHM PUSA, NEW DELHI



IHM Pusa recently organized an educational trip to Karnataka from March 9 to March 12, 2025 which provided students with practical knowledge and exposure to viticulture, wine making, coffee production, and regional cuisine.

SIHM, INDORE



SIHM Indore, in collaboration with Vishesh Jupiter Hospital, Indore recently organized an on-site training session emphasizing upon the importance of quick response and basic life-saving techniques in emergency situations.

IHM, MEERUT



IHM Meerut in collaboration with Nutema Hospital Meerut organized a workshop on CPR Training on 07th Mar, 2025, where the key facilitator was Dr. Vatsala Sharma

IHM, SHRI SHAKTI



Members of Rotract Club of IHM – Shri Shakti recently conducted a voluntary service by donating clothes to NOG Goonj.

FLAVORS TO REMEMBER / RARE GEMS

AIHM, CHANDIGARH

Authentic name of the dish:

Bater Dum Biryani

Local name: Bater Dum Biryani

History:

Bater Biryani originated in 18th- century at Patiala, under the Maharaja's reign. Inspired by Mughal cuisine, it combines fragrant rice with spiced quail meat. Royal chefs added Punjabi spices and herbs, creating a distinct regional version. Cooked using the traditional *Dum* method, the dish allows flavors to blend beautifully. Known for its rich taste and royal roots, Bater Biryani remains a treasured part of Punjab's culinary heritage.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Basmati rice	200gm
2	Bater	200gm
3	Onion	300gm
4	Coriander leaf	10gm
5	Mint leaf	10gm
6	Saffron	1 pinch
7	Ghee	50gm
8	Kewra water	5ml
9	Biryani masala	30gm
10	Turmeric powder	20gm
11	Chili powder	20gm
12	Cumin powder	10gm
13	Coriander powder	20gm
14	Lemon juice	10ml
15	Curd	70gm
16	Bay leaf	5no.
17	Cinnamon stick	4gm
18	Whole pepper corn	5gm
19	Cumin seed	5gm
20	Green cardamom	5gm
21	Black cardamom	5gm
22	Staranise	3gm
23	Clove	3gm
24	Ginger	20gm
25	Garlic	30gm
26	Green chili	10gm
27	Mustard oil	30gm
28	Salt	To taste
29	Milk	10ml
30	Garam masala	10gm

Picture of the Dish



Method of Preparation:

1. Marinate the Bater: Mix quail pieces with yogurt, ginger-garlic paste, red chili, turmeric, garam masala, lemon juice, salt, chopped coriander, and mint. Marinate for 1–2 hours or overnight.
2. Cook the Rice: Wash and soak basmati rice for 30 mins. Boil water with bay leaves, cloves, cardamom, cinnamon, cumin, and salt. Add rice and cook till 70–80% done. Drain and keep aside.
3. Prepare the Bater: Heat ghee/oil, fry sliced onions till golden. Reserve half for garnish. Add ginger-garlic paste and green chilies. Sauté briefly. Add marinated batter, cook till semi-done and oil separates. Add chopped tomatoes, cook till soft and thick.
4. Layer the Biryani: In a heavy pot, layer half the batter mix, then half the rice. Repeat layers. Drizzle saffron milk on top. Cover tightly with lid or dough seal.
5. Dum Cooking: Place the biryani pot on a tawa over low heat for 25–30 mins to allow slow cooking and flavor blending.
6. Serve: Fluff gently and serve hot, garnished with fried onions, boiled egg, fresh coriander, and mint.

NUTRITIONAL VALUE

Serving Size : 200g-300g

Calories	450-550 kcal
Protein	25-30g
Carbohydrates	50-60g
Fats	15-20g
Fiber	3-5g

Name : Saurabh Rakheja
Designation : Sr. Lecturer



FLAVORS TO REMEMBER / RARE GEMS

IHM, AHMEDABAD

Authentic name of the dish: Indrahar

Local name: Indrahar

History:

Indrahar, a traditional dish from Bagheli cuisine in Rewa, Madhya Pradesh, is a combination of different types of lentils, mixed and fermented overnight, and then steamed or fried, believed to be offered to Lord Indra.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Toor dal	50gm
2	Chana dal	50gm
3	Moong dal	50gm
4	Urad dal	50gm
5	Masoor Dal	50gm
6	Ginger	30gm
7	Garlic	30gm
8	Coriander leaves	20gm
9	Green Chillis	According to taste
10	Onion	100gm
11	Coriander Powder	20gm
12	Garam Masala	10gm
13	Salt	According to taste

Method of Preparation:

1. Soak all the dals together for 5 hours.
2. Grind all the dals together with ginger, green chilis and garlic.
3. Chop the onion and coriander leaves and mix it into dal mixture.
4. Add all the spices and salt mix nicely.

Picture of the Dish



5. Grease the container and pour the mixture into the container and steam it for 25-30min.
6. Let it cool for 10 min and cut into pieces and serve it with green chutney.

NUTRITIONAL VALUE

Serving Size : 80gm

Indrahar	
Serving Calories	200 Cal
Total Fat	0 g
Total Carbohydrates	60.0 g
Dietary Fiber	100 g
Sugar	0 g
Protein	40 g

IHM, BODHGAYA

Authentic name of the dish: Makuni
(Sattu Stuffed Paratha)

Local name: Makuni

History:

Makuni, a popular stuffed paratha from Bihar, India. This dish features a filling made from Sattu (roasted gram flour) and spices, encased in a whole wheat dough.

Picture of the Dish



Name : P. Lakshita
Designation : B.Sc.HHA Student
(3rd Year)



FLAVORS TO REMEMBER / RARE GEMS

List of Ingredients

For Douge :

S.No.	INGREDIENTS	QTY.
1	Whole Wheat Flour	1½ cups
2	Salt	To Taste
3	Warm Water	As Needed
4	Oil	For Kneading

For Filling :

S.No.	INGREDIENTS	QTY.
1	Sattu	½ cups
2	Onion (Finely Chopped)	3 tbsp
3	Ginger	1 tbsp (grated)
4	Garlic	1 tbsp (grated)
5	Green Chilies	2 tbsp
6	Amchur	½ tbsp
7	Salt	To Taste
8	Ajwain	¼ tbsp
9	Kalonji	¼ tbsp
10	Pickle Oil	1 tbsp (optional)

2. Prepare the Filling:

In another bowl, mix Sattu with chopped onion, grated ginger and garlic, chopped green chilies, amchur, salt, ajwain, kalonji, and pickle oil. Add a little water if needed to form a moist, dough-like consistency.

3. Assemble the Makuni:

Divide the dough into equal portions. Roll each portion into a small ball. Flatten it into a small disc. Place a portion of the Sattu filling in the centre. Bring the edges together to seal the filling inside, forming a stuffed ball.

4. Roll and Cook:

Gently roll out the stuffed dough ball in shape slightly bigger than Kachori, being careful not to let the filling spill out. Heat a tawa (griddle) over medium heat. Place the rolled paratha on the tawa and cook until golden brown on both sides, applying a little oil or ghee as needed.

Name : Dhiman Banerjee
Designation : Principal



Method of Preparation:

1. Prepare the Dough:

In a mixing bowl, combine whole wheat flour and salt. Gradually add warm water and knead into a smooth, soft dough. Cover and let it rest for 15–20 minutes.

IHM, HAMIRPUR

Authentic name of the dish: Kachnar Ki Sabji

Local name: Kachnarki Sabji (Karyalti Ki Sabji)

History:

Kachnar is a medicinally rich tree whose buds and flowers are used to prepare a traditional vegetable in Himachal Pradesh, locally known as “Karali” or “Karyalti.” Popular in spring (March–April), it is slightly bitter but becomes delicious when cooked. Locals also enjoy it as raita or fritters, and sometimes dry it for summer use.

Known for its health benefits, Kachnar aids digestion, treats skin issues (like boils and itching), and helps in thyroid problems and blood-related disorders. Found commonly in lower Himachal districts like Bilaspur, Una, and Sirmaur, Kachnar trees bloom beautifully in places like Junga and Swarghat. Locals forage it for use in vegetables, pickles and chutneys—making it a seasonal favorite for both residents and tourists.

Picture of the Dish



FLAVORS TO REMEMBER / RARE GEMS

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Kachnar ki kali (Buds)	100 gm
2	Hing	1 Pinch
3	Turmeric powder	1 tsp
4	Red chili powder	1 tsp
5	Coriander powder	1 tsp
6	Garlic	10 cloves
7	Curd	200 gm
8	Salt	To-taste
9	Mustard oil	2 tablespoons

Method of Pre-Preparation:

1. Clean Kachnar buds
2. Remove the fat stems from buds. Wash these buds two to three time nicely with clean water

Method of Preparation:

1. Take water in a pan in which would be enough buds to submerge the buds properly. Heat this pan. When water starts boiling put Kachnar ki kali 1tsp of salt. When the water again starts boiling, let it boil for another 3-4 minutes. Turn off the gas, drain out the water and let bud off.
2. After the buds cool down, take the buds between your palm and press them softly so that excess water is removed from the buds. Keep buds aside.

3. Heat oil in a Kadhai. Add Hing and crushed garlic. Sauté a little.
4. Add turmeric and Kachnar ki kali. Sauté it for some time.
5. Add salt and sauté it.
6. Now put red chili powder, coriander powder. Mix well.
7. Gradually, add curd and sauté on a low flame until the oil separates from the Kachnar buds.
8. Kachnar Ki kali Sabzi is ready now, and garnish with green coriander.

NUTRITIONAL VALUE

Serving Size : 100 gm

Kachnar Ki Sabji	100
Serving Calories	21
Total Fat	0 g
Total Carbohydrates	5 g
Dietary Fiber	3 g
Sugar	02 g
Protein	06 gm

FUSION DISH

1. It can be served with Indian Breads.

Name : Parnish Kumar
Designation : Asstt. Lecturer



SIHM, UDAIPUR

Authentic name of the dish:

Aak Ke Phool Ke Pakode

Local name: Aak Ke Phool Ke Pakode

History:

Aak (*Calotropis gigantea* or *Calotropis procera*) is a medicinal desert plant found across Rajasthan. While the plant is toxic in raw form, it has been used in Ayurveda, tribal healing, and rural temple rituals for centuries.

In parts of Mewar, the flowers (not leaves or latex) were used seasonally during:

Spring rituals (Holika Dahan)

Goddess offerings in tribal villages

Cleansing fasts, especially in marginalized communities

Making pakoras from the flowers was a symbolic act — “turning poison into nourishment” — both spiritually and physically.

Picture of the Dish



FLAVORS TO REMEMBER / RARE GEMS

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Aak flowers, fully bloomed (petals only)	20 no.
2	Besan (gram flour)	100 gm
3	Turmeric	½ tsp
4	Carrom seeds	½ tsp
5	Asafoetida	¼ tsp
6	Salt	To taste
7	Chili powder	½ tsp
8	Cumin seeds	½ tsp
9	Water	To make batter
10	Mustard Oil	For frying

NUTRITIONAL VALUE

Serving Size : 80 gm

Aakke Phool Ke Pakode	
Serving Calories	170 kcal
Total Fat	7.4 gm
Total Carbohydrates	21.5 gm
Dietary Fiber	2.4 gm
Sugar	2.6 gm
Total Protein	5.1 gm

FUSION DISH

1. It can be served with Mint Chutney and sprinkle some lemon juice.

Method of Pre-Preparation:

1. Remove flowers from stalks, separating only the petals.
2. Soak in lukewarm salted water with turmeric for 2–3 hours.
3. Blanch briefly in hot water to further neutralize bitterness.
4. Pat dry.

Method of Preparation:

1. In a bowl, make a thick batter by mixing gram flour, turmeric, salt, ajwain, hing, red chili powder, and enough water.
2. Heat mustard oil in a deep pan or wok.
3. Dip each petal into the batter, ensuring it's well-coated.
4. Deep fry in medium-hot oil until golden brown and crisp.
5. Drain on paper towels. Sprinkle lemon juice and serve hot.



Name : Dr. Om Prakash Meena
Designation : Lecturer

SIHM, INDORE

Authentic name of the dish: Kairichi Dal

Local name: Ambat Dal

History:

Kairichi Daal (कैरीचिदाल) is a traditional Maharashtrian dish made from soaked chana daal (Bengal gram) and raw mango (kairi), giving it a tangy and refreshing taste. It is specially prepared in the month of Chaitra and offered to Goddess Gauri during festivals like Gudi Padwa and Chaitra Haldi-Kunku. This dish has been made for centuries and is a staple of Maharashtrian summer cuisine, known for its cooling properties and nutritious value. Tempered with mustard seeds, green chilies, and curry leaves, Kairichi Dal is a symbol of tradition and devotion, served as prasad and enjoyed on banana leaves with fresh coconut and coriander.

Picture of the Dish



FLAVORS TO REMEMBER / RARE GEMS

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Chana Dal (BengalGram)	1cup
2	Raw Mango	½cup
3	Green Chilies	2-3
4	Mustard Seeds	½tsp
5	Asafoetida	A pinch
6	Curry leaves	6 -8
7	Coriander leaves	2tbsp
8	Fresh Coconut	2tbsp
9	Salt	Totaste
10	Sugar (optional)	½tsp
11	Oil	1tbsp

Method of Pre-Preparation:

1. Soaking Chana Dal – Wash 1 cup chana dal thoroughly and soak it in water for 3-4 hours to soften it.
2. Draining and Grinding – After soaking drain the water completely and grind the dal coarsely without adding water. The texture should be grainy, not a fine paste.
3. Grating Raw Mango–Wash and peel ½ cup raw mango, then grate it finely.
4. Chopping Ingredients –Finely chop 2-3 green chilies and 2 tbsp fresh coriander leaves for mixing.
5. Tempering Preparation – Keep mustard seeds, asafoetida, curry leaves and oil ready for quick tempering.
6. Grating Coconut–Grate 2 tbsp fresh coconut for garnish.

Method of Preparation:

1. In a mixing bowl, combine the coarsely ground chana dal, grated raw mango, chopped green chilies, salt, and sugar (if using). Mix well.
2. Heat 1 tbsp oil in a small pan. Add ½ tsp mustard seeds and let them splutter. Then add a pinch of asafoetida and 6-8 curry leaves.

3. Pour the hot tempering over the chana dal mixture and mix everything thoroughly.
4. Add grated fresh coconut and chopped coriander for freshness. Serve at room temperature on banana leaves or in a bowl.

NUTRITIONAL VALUE

Serving Calories	180 kcal
Total Fat	5 gm
Total Carbohydrates	25 gm
Fiber	4 gm
Vitamin C	10 mg
Protein	10 gm

FUSION DISH

1. Variety of variation can be like Kairichi Dal Chaat, Kairichi Daal Bruschetta, Kairichi Dal Sushi roll, Kairichi Dal Tikki, Kairichi Dal Stuffed Paratha, Kairichi Dal Lettuce Wraps etc.
2. It can be served with nachos, pita bread, Lavash, or vegetable stick.
3. Variety of dips can be made like Coconut-Kairichi Dal Dip, Kairichi Dal Hummus, Spicy Kairichi Dal Dip and many more.



Name : Avani Patil

Designation : Teaching Associate

Picture of the Dish



IHM, CHITKARA

Authentic name of the dish: Bhruni

Local name: Fegde Ki Sabji, Kacche Anjeer Ki Sabji

FLAVORS TO REMEMBER / RARE GEMS

History:

Fegde ki Sabji (also called Bhruni ki Sabji) is a traditional seasonal dish from Himachal Pradesh, mainly prepared in spring (March–April) during Holi. Made from tender fig buds (Fegde), it's valued for its health benefits—purifying blood, relieving skin allergies, and aiding diabetics. Once a staple at social gatherings and village feasts, it remains a nutritious and culturally rooted delicacy, though now less commonly made.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Baby Figs	300 gm
2	Figstender leaves	5-6 no.
3	Mustard oil	30 ml
4	Whole Red Chili	1 no.
5	Cumin seeds	2-3 gm
6	Garlic	10 gm
7	Onion	50 gm
8	Turmeric powder	1 gm
9	Red Chili powder	1 gm
10	Coriander powder	3-4 gm
11	Salt	5 gm
12	Hing water	10 ml
13	Dried Mango, Soaked	10 gm
14	Water	As needed
15	Desi ghee, for finishing	15 gm

Method of Pre-Preparation:

- Cleaning the Fegde:**
Wash the Fegde (wild fig buds and tender leaves) thoroughly under running water to remove any dirt or impurities.
- Boiling the Fegde:**
Boil water in a pan. Add a pinch of turmeric and a little salt. Add the cleaned Fegde to the boiling water and cook for 5–7 minutes or until tender.
Drain the water and gently squeeze out excess moisture from the boiled Fegde to remove any bitterness. Keep a side.
- Soaking the Dried Mango:**
Soak 2–3 small pieces of dried mango (*amchur slices*) in warm water for 10–15 minutes to soften them.
Break into smaller pieces before use.

Method of Preparation:

- Tempering the Spices:**
Heat mustard oil in a pan until it starts to smoke lightly. Turn off the heat for a few seconds, then turn it back on low flame.
Add whole red chili and cumin seeds. Let them crackle.
- Cooking the Onion:**
Add finely chopped onions and sauté till golden brown.
- Adding the Spices:**
Lower the flame and add turmeric powder, red chili powder, coriander powder, and salt.
Add 1–2 teaspoons of *hing water* (asafoetida-infused water) for added aroma. Stir the mixture for about a minute without burning the spices.
- Incorporating Dried Mango:**
Add the soaked and broken dried mango pieces to the masala. Cook for 1–2 minutes until they soften and blend with the spices.
- Mixing the Fegde:**
Add the boiled and squeezed *Fegde* to the pan.
Mix everything well so that the Fegde is evenly coated with the spice mixture.
- Final Cooking:**
Add a splash of water if the sabzi appears too dry.
Cover and simmer on low heat for 5–7 minutes to allow all flavors to infuse. Add a spoon of desi ghee at the end (optional).

NUTRITIONAL VALUE

Serving Size : 100 gm

Bhruni	
Serving Calories	138 kcal
Total Fat	10.39 gm
Total Carbohydrates	12.03 gm
Dietary Fiber	2.90 gm
Sugar	7.15 gm
Protein	1.25 gm



Name : Santosh Malkoti
Designation : Associate Professor

FLAVORS TO REMEMBER / RARE GEMS

IHM, MEERUT

Authentic name of the dish: Lavang Latika

Local name: Lavang Latika

List of Ingredients

Oil for deep frying
Cloves as needed

Dough:

All Purpose Flour / Maida - 1 cup
Ghee - 2 tbsp.
Salt a pinch
Water as needed

For Filling:

Khoya / Mawa - $\frac{3}{4}$ cup
Sugar - 2.5 tbsp.
Nuts - 2 tbsp. (Preferably mixed nuts)
Cardamom Powder - $\frac{1}{2}$ tsp

For Sugar Syrup:

Sugar - 1 cup
Water - $\frac{1}{2}$ cup

Method of Preparation:

1. Take flour, salt and ghee in a bowl and rub it well till it resembles coarse Bread crumbs.
2. Add water little by little and make a dough.
3. Let the dough rest till you get everything ready.
4. Now mix all ingredients for filling. Take your dough and divide it into equal portion. Now take each portion and roll it into a thin poori.
5. Spoon filling in the center and bring both sides together and cover with other side as well, so it resembles a parcel. Secure the top with a clove.

Picture of the Dish



6. Make the sugar syrup. Take sugar and water in a pan and heat it, bring it to a boil and simmer till it reaches one's string consistency.
7. Now heat oil for deep frying, drop the parcels in oil, fry on medium heat till it gets golden. Drain it and add it to the syrup.
8. Toss well in the syrup and let it sit for 3 to 4 mins.
9. Drain and let it cool. Serve.



Name : Tarun Kumar
Designation : Lecturer

QUENCHERS / BEVERAGES

IHM, MUMBAI

Authentic name of the Cocktail:

Coffee Pandan Cheese Cake Cocktail

Local name of the Cocktail:

Kopi-Pandan Cheese cake, Asian Dessert Cocktail

Method: Stirred

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Johnnie Walker Black Label Whisky	120 ml
2	Smirnoff Vodka	150 ml
3	Homemade filter coffee liqueur	105 ml
4	Homemade Pandan syrup	105 gm
5	Lime juice	75 ml
6	Milk	60 ml
7	Cream cheese	210 g
8	Butter(browned)	90 g
9	Lime zest	5 g
10	Orange zest	5 g
11	Vanilla essence	5 drops
12	Salt	3 g
13	Biscuits	4 No.
Garnish		
1	Cinnamon cookies (lotus biscoff)	1 No.

Method of Pre-Preparation:

For the Clarified cocktail:

1. Mix the whiskey, vodka, liqueur, syrup, lime juice and vanilla essence.
2. In another container, soften the cream cheese with Milk. Add all the zests and salt.
3. Now add the spirit mixture into the cream cheese mixture slowly while stirring. Add in the biscuits after crumbling them up and the brown butter.

Picture of the Cocktail



4. Let this mixture rest over night in the fridge.
5. Next day on a strainer lined with muslin cloth, pour the mixture. Wait till it runs clear to switch containers and pour the initial cloudy mixture over the strainer again (might take a while to completely stain out)
6. Store and refrigerate. Will last in the fridge for a week.

*Home-made Filter coffee liqueur: Steep coffee grounds and chicory in vodka along with some whole spices like cinnamon, cardamom, pepper, staranise. Store in fridge. Strain after 12 hours with coffee filter and lengthen with jaggery syrup (1:1).

*Home-made Pandan Syrup: Prepare a semi rich syrup (1.5-part sugar to 1-part water). While heating it up add 20 g of chopped pandan leaves. Puddle it a bit to make more surface area. Let it cool down in the syrup and blend. Filter through coffee filter.

Method of Preparation:

Chill the rocks glass with some cracked ice and water. Measure 150ml of the clarified mixture and pour into the mixing glass, add ice and stir briefly. Empty the glass, add a clear ice cube, pour in the liquid with the help of a julep strainer. Place a biscuit on the glass.

GARNISH: Lotus Biscoff Cookies

GLASSWARE: Rocks Glass

SERVING SIZE: 150 ml.

Name : Rahul S

Designation : B.Sc.HHA Student
(3rd Year)



SIHM, UDAIPUR

Authentic name of the Cocktail: Chandrahaas

Local name of the Cocktail: Chandrahaas

Method: Stirred

History:

The Chandrahaas cocktail has a deep-rooted history connected to the royal court of Udaipur. This drink is believed to have been

Picture of the Cocktail



QUENCHERS / BEVERAGES

crafted by the royal chefs during the reign of Maharana Sajjan Singh(1874–1884). It was served as a welcoming drink to dignitaries and royal guests who visited the court. The cocktail was considered not only a drink of luxury but also a representation of Mewar's hospitality and heritage.

The name “Chandrahaas” is derived from the Sanskrit words "Chandra" (moon) and "Haasa" (smile or laughter). The name symbolizes the drink's ability to make one feel light, happy, and slightly intoxicated, similar to a smile under the moonlight.

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Mahua	30 ml
2	Water	50 ml
3	Honey	5 ml
4	Dry Ginger Powder	A pinch
5	Nutmeg Powder	A pinch
6	Saffron	A pinch
7	Green Cardamom	1 Pcs.

Method of Pre-Preparation:

1. Prepare Spice Infusion: Soak a pinch of saffron in warm water for 10-15 minutes and mix cardamom, nutmeg, and sonth (dry ginger powder) in advance.

2. Prepare Liquor & Honey Syrup: Measure Mahua (or substitute) and dissolve honey in warm water for easy mixing.
3. Garnishing: Pre-slice ginger and prepare saffron threads for garnish a head of time.

Method of Preparation:

Infuse saffron in warm water for 5–10 minutes, then add cardamom, sonth, and nutmeg. In a mixing glass, combine Mahua (or local liquor) with honey and stir until dissolved. Add the infused spices to the glass and stir gently. Garnish with saffron or ginger, and serve in a traditional glass to enhance its royal appeal.

GARNISH: Lemon Wedge, Saffron, Green Cardamom

GLASSWARE: Goblet

SERVING SIZE: 80 ml.

Name : Mihir Sharma

Designation : Visiting Faculty



PIHM, JAIPUR

Authentic name of the Mocktail:

Maharani Mahansar Mocktail

Local name of the Mocktail:

Maharani Mahansar Mocktail

Method: Stirred

History:

The Maharani Mahansar Mocktail is inspired by the heritage liquor of Mahansar, established in 1768 by Thakur Durjan Saal Singh of the Shekhawat clan. This traditional beverage reflects Rajasthan's royal legacy, initially crafted with various ingredients believed to have medicinal properties. Historically traded along the silk route, it was favored by Nawabs and royal families, showcasing its significance in royal festivities. After the monarchy ended in 1950, production faced challenges, including a ban in Rajasthan. However, efforts to revive this heritage liquor began in 1998 under Maharaja Gaj Singh of Jodhpur, leading to renewed interest and recognition of Mahansar's cultural identity. Today, the mocktail embodies the rich history and flavors of Rajasthan, appealing to modern consumers while honoring its royal roots.

Picture of the Mocktail



QUENCHERS / BEVERAGES

List of Ingredients

S.No.	INGREDIENTS	QTY.
1	Pomegranate Juice	60 ml
2	Lemon Juice	30 ml
3	Rose Syrup	30 ml
4	Mint Syrup	15 ml
5	Soda Water	about 100-150 ml
6	Ice Cubes:	As needed
7	Fresh Mint Leaves	For garnish.
8	Lemon Slices	For garnish (optional).

GARNISH: Mint leaves and Pomegranate seeds

GLASSWARE: High ball Glass

SERVING SIZE: 250-300 ml.

Liquid Ingredients: Approximately 120-150 ml (pomegranate juice, lemon juice, rose syrup, mint syrup).

Soda Water: About 100-150 ml to top off the drink.

Ice: Adds volume but is not measured in the liquid total.

Method of Preparation:

1. Prepare the Glass: Fill a tall glass with ice cubes.
2. Mix the Juices: In a shaker, combine the pomegranate juice, lemon juice, rose syrup, and mint syrup. Shake well to mix.
3. Pour the Mixture: Strain the mixture into the glass over the ice.
4. Top with Soda: Gently pour soda water over the mixture to fill the glass.
5. Garnish: Add fresh mint leaves, pomegranate seeds, and lemon slices for decoration.
6. Serve: Stir gently before drinking and enjoy your refreshing Maharani Mahansar Mocktail!

Name : Arpita Mishra

Designation : Asstt. Professor



***Disclaimer:** All contents with regards to recipe and matter printed in this current Issue of Aatithyam (Quarterly Newsletter published by NCHMCT, Noida) is the due responsibility of concerned author/faculty member. Any copyright violation or incorrect representation of facts/information would be addressed only to the concerned content providers (concerned author / faculty member) of the respective Institute.