



## PRACTICAL SESSION – 02

- Introduction to Indian masala combinations
- Introduction to different Pastes used in Indian Kitchen while making food

**Objective:-** After completing the practical session students would be able to :-

- A. List the different masala combinations used in Indian Food and narrate their uses.
- B. Make different pastes used in Indian Food.

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### Instructor's Activity:-

**For A:-** Arrange for demonstration of Masala Combinations

Eg: Garam Masala  
Goda Masala  
Sambhar Masala  
Sweet Spices powder  
Chaat Masala

**For B:-** Arrange for demonstration of different pastes used in Indian Food

Eg: Ginger and Garlic Paste  
Brown Onion Paste  
Cashew nut Paste  
Poppy seed paste

Note: Keep the masala in an air tight tagged container and place under refrigeration for future uses.



## Garam Masala powder

Ingredients	Amount
Large cardamom	10
Bay leaf	2-3
Cumin	10 g
Cloves	5 g
Cinnamon	5 g
Black pepper	10 g
Shah jeera	5 g
Small cardamom	3-4
Mace	A small blade

### Method :

1. Dry roast all the ingredients on a griddle at low flame.
2. Grind it to powder.
3. Pass it through a sieve.
4. Keep in an air tight container for further use.

## Goda Masala

Ingredients	Amount
Coriander seeds	50 g
Cumin	20 g
Dry coconut	25 g
Gingelly seeds	25 g
Chilli powder	5 g



Turmeric	5 g
Cinnamon	A small stick
Clove	5-6
Asafoetida	A pinch
Salt	To taste

### Method:

1. Dry Roast and powder all the spices together, sieve and keep in a tight container for future use.

### Sambhar Masala

Ingredients	Amount
Coriander seeds	100 g
Fenugreek	10 g
Dry coconut	75 g
Gingelly seeds	75 g
Red Chilli Whole	50 g
Turmeric	10 g
Mustard	5 g
Split red gram	30 g
Asafoetida	1/4 <sup>th</sup> tea spoon
Split Bengal gram	20 g
Split black gram (without shell)	10 g
Salt	To taste



### Method:

1. Dry Roast and powder all the spices together, sieve and keep in a tight container for future use.

### Sweet Spices Powder

Ingredients	Amount
Cloves	15 g
Cinnamon	25 g
Mace	15 g
Small cardamom	30 g
Nutmeg	½

### Method :

5. Dry roast all the ingredients on a griddle at low flame.
6. Grind it to powder.
7. Pass it through a sieve.
8. Keep in an air tight container for further use.

### Chaat Masala

Ingredients	Amount
Dry Mango Powder	50 g
Rock salt/black salt	10 g
Salt	To taste
Cumin	20 g
Black pepper	20 g
Coriander seeds	10 g



Red chilli powder	10 g
Sonth/ Dry ginger powder	5 g
Pomegranate seeds	10 g
Sweet spices powder	5 g

#### Method:

Dry roast all the ingredients and powder. Sieve and keep in an air tight container for future use.

### Ginger and Garlic Paste

Ingredients	Amount
Ginger	100 g
Garlic	75 g

#### Method:

1. Scrap ginger, wash and cut into small pieces.
2. Peel garlic and mix with ginger. Grind together to a fine paste. Keep covered under refrigeration.

### Brown Onion Paste

Ingredients	Amount
Onion	1 kg.
Oil (for deep Frying)	As required

#### Method:

1. Peel onion, and slice them.
2. Heat oil in a deep frying pan and add sliced onions. Stir continuously for even browning.





3. Remove when light brown. Cool and then make a paste in the mixie. Keep covered under refrigeration for further use.

### Cashew nut Paste

Ingredients	Amount
Cashew nuts	250 g
Oil (for deep Frying)	As required

#### Method:

1. Heat oil in a deep frying pan and add cashewnuts. Stir continuously for even browning.
2. Remove when light brown. Cool and then make a paste in the mixie. Keep covered under refrigeration for further use.

### Poppy seed paste

Ingredients	Amount
Poppy seeds	250 g
Water	As required

#### Method:

1. Soak poppy seeds in just sufficient water for 40 minutes. Make a paste in the mixie. Keep covered under refrigeration for further use.