



PRACTICAL SESSION – 11

Preparation of -

CHAPPATI

MASALA DAL

CAULIFLOWER AND PEAS CURRY

JALLEBI

Objective:- After the practical session students should be able to prepare CHAPPATI, MASALA DAL, CAULIFLOWER AND PEAS CURRY & JALLEBI

Instructor's Activity:-

Arrange for demonstration of CHAPPATI, MASALA DAL, CAULIFLOWER AND PEAS CURRY & JALLEBI

CHAPPATIS

INGREDEINTS	QUANTITY
WHEAT FLOUR	300 g
SALT	5 g
Ghee	20 ml

METHOD

- Sieve flour
- Add salt and sufficient water to make a stiff dough
- Cover with a damp cloth and rest for 1 hour
- Knead well and divide into equal size small balls
- Roll out into 6" inches in diameter



- Bake well on both sides onto hot griddle
- Pillow it to puff up. Remove
- Smear with hot ghee and serve immediately

MASALA DAL

INGRDIENTS	QUANTITY
TUVAR DAL	150 g
GINGER & GREEN CHILLY PASTE	5 g
TURMERIC	5 g
DHANNA JEERA PWD	5 g
COCUM	15 g
JAGGERY	25 g
RED CHILLY POWDER	5 g
GROUNDNUTS	10 g
DRY DATES	4
GREEN CORRIANDER	¼ bunch
TEMPERING	
OIL	30 ml
MUSTARD	3 g
CURRY LEAVES	5
WHOLE RED CHILLY	4
HING	A PINCH



Method:

- Pick, wash and boil the dal with sufficient water.
- Add green chillies and ginger paste turmeric, jeera powder, red chilly powder and salt.
- When cooked mix and churn well till blended with but fairly thin .
- Add groundnut, dry dates, jiggery and cocum and boil further for ½ hour.
- Temper with mustard ,curry leaves ,red chilly and hing.
- Serve hot garnished with chopped green coriander leaves.

Cauliflower and Peas Curry

Ingredients	Quantity
Cauliflowers	225 g
Peas	225 g
Onions	30 g
Chilli powder	1 tsp
Coriander powder	1 tsp
Turmeric	½ tsp
Tomatoes	115 g
Salt	To taste
Fat	30 g
Coriander leaves	A few sprigs

Method

1. Cut cauliflower into small pieces.
2. Chop onion. Heat fat in a pan add onions and cook for few minutes add chilli powder, coriander powder and turmeric cook for few minutes.



3. Add chopped tomatoes and green peas and cauliflower.
4. Add salt and some water, cover and cook on slow fire till the cauliflower is cooked.
5. Remove and garnish with chopped green coriander.

JALLEBI

INGREDEINTS	QUANTITY
REFINED FLOUR	100 g
BENGAL GRAM FLOUR	20 g
OIL	20 ml
CURD	20 g
SUGAR	200 g
COLORING	5 g
OIL TO FRY	500 ml
SALT	A pinch

METHOD

- Sieve flour and Bengal gram flour
- Warm the oil and beat curds
- Add to the flour to form a thick batter and keep aside for about 24 hours to ferment (add colouring as desired)
- Prepare a sugar syrup of one string consistency
- Heat oil in a “ jallebi kadai “
- Beat batter once and adjust consistency
- Pour batter through a bottle or with a cloth into hot oil to form a spiral design
- Fry on both sides till crisp but not brown and drain well.
- Put into sugar syrup and let it soak for 2-3 min
- Remove and serve hot.