



PRACTICAL SESSION – 15

Preparation of -

MOONG DAL KHICHADI

PAKORA KADHI

BHINDI

SRIKHAND

Objective:- After the practical session students should be able to prepare MOONG DAL KHICHADI, PAKORA KADHI, BHINDI AND SRIKHAND.

Instructor's Activity:-

Arrange for demonstration of MOONG DAL KHICHADI, PAKORA KADHI, BHINDI AND SRIKHAND.

MOONG DAL KHICHIDI

INGREDIENTS	QUANTITY
PULAO RICE	0.500
SPLIT GREEN DAL	0.225
CINNAMON	0.005
CLOVES	0.005
FAT	0.055
ONIONS	0.115
TURMERIC	0.005
SALT	0.010



METHOD

- Wash & soak dal for ½ hour
- Wash & soak rice for 15 mins
- Heat fat, add sliced onions, spices & rice, dal , salt, turmeric & double the amount of water
- Stir & cover the vessel
- Cook gently till rice is tender, & khichidi is soft
- Garnish with chopped coriander

PAKODA KADHI

INGREDEINTS	QUANTITY
FOR PAKORA	
CHANNA DAL FLOUR	55 g
ONION	55 g
GREEN CHILLI	5
TURMERIC	5 g
SALT	5 g
CHILLY POWDER	5 g
OIL FOR FRYING	300 ml
SODA	5 g
FOR KADHI	
CURDS	225 g
BENGAL GRAM flour	20 g
CURRY LEAVES	0.005
TURMERIC	0.005 g



CUMIN	0.005 g
HING	A pinch
FAT	20 g
GREEN CHILLIS	5 g
SALT	0.005

METHOD

Add all the ingredients for making pakora in a bowl and cream till light and fluffy.

Heat oil in a kadhai and drop the batter little at a time allow it to puff. Remove when cooked.

- Add enough water to curds and beat well
- Strain
- Make a paste with a little cold buttermilk and gram flour
- Add salt and turmeric to remaining buttermilk and heat without bringing to boil
- Add gram flour paste and stir well
- Add curry leaves , ground spices and cook till thick in consistency. Add pakoras.
- Heat fat and cumin and hing, when it crackles add it to the khadi . Serve hot

Bhindi

Ingredients	Quantity
Ladies fingers (okra/bhindi)	450 g
Salt	1 tsp
Turmeric	½ tsp
Chilli powder	½ tsp



Green Chillies	2
Coriander powder	1 tsp
Oil	50 ml
Cumin	5 g
Onion	60 g

METHOD

Wash ladies fingers (bhindi) cut them into small pieces. Heat oil in a pan add cumin. Allow to brown add chopped onions and saute for 3 minutes. Add all the masala cook for some time. Add bhindi and mix well. Cook uncovered for the first 7-8 minutes then cover and cook on slow fire without adding any water till the bhindi is cooked. Remove and serve hot.

SRIKHAND

INGREDIENTS	QUANTITY
YOGHURT (Chakka Dahi)	1 kg
POWDERED SUGAR	200 g
SMALL CARDAMOM POWDER	4-5
CHAROLI	10 g
PISTA	15 g
SAFFRON (KESAR)	1/4 TH g

METHOD

- Hang the curd in a muslin cloth for at least one hour. Remove in a clean bowl.
- Add sugar. Whisking all the time till it becomes light and fluffy. Add crushed cardamom and saffron paste.
- Chill and serve garnished with charoli and pista slivers.