



## PRACTICAL SESSION – 12

Preparation of -

GHEE BHAT

ALOO POSTO CHORCHARI

LUCHI

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GULAB JAMUN

**Objective:-** After the practical session students should be able to prepare GHEE BHAT, ALOO POSTO CHORCHARI, LUCHI, GULAB JAMUN

### Instructor's Activity:-

Arrange for demonstration of GHEE BHAT, ALOO POSTO CHORCHARI, LUCHI, GULAB JAMUN

### GHEE BHAT

INGREDIENTS	QUANTITY
RICE	500 g
GHEE	60 g
WHOLE GARAM MASALA	5 g
BAYLEAF	1-2
KHOYA	50 g
SALT	10 g
CASHEWNUTS	25 g
RAISINS	25 g
ONIONS	2



## METHOD

- Wash and soak the rice, slice onions, deep fry and keep aside.
- Heat the ghee and add the whole garam masala, bay leaf.
- Add rice and sauté it. Add water.
- When rice is 90% done put for dum.
- Garnish with fried Cashew nuts, raisins, fried onions and khoya.

## ALOO POSTO CHORCHARI

INGREDIENTS	QUANTITY
POTATOES	500 g
WHOLE RED CHILLIES	5 g
MUSTARD OIL	50 ml
CHILLI POWDER	10 g
CORRIANDER POWDER	10 g
TURMERIC POWDER	5 g
MUSTARD	10 g
POPPY SEEDS	25 g
SALT	To taste

## METHOD

- Heat oil and deep fry the potatoes.
- Add tempering in the oil and whole red chilli and mustard.
- Add poppy seeds and cook it. Add fried potatoes.
- Cook for sometime and serve.



## LUCHI

Ingredients	Quantity
Refined Flour	450 g
Fat	60 g
Salt	To taste
Oil for frying (absorption)	30 ml
Warm water to mix (about 60%)	

### Method

1. Sieve the flour into a mixing bowl with salt.
2. Rub in the fat.
3. Add enough warm water to form a stiff dough.
4. Knead well till the dough becomes soft and smooth.
5. Divide dough into even sized balls.
6. Roll each with the help of the rolling pin .
7. Deep fry in hot oil, drain and serve hot.

## GULAB JAMUN

INGREDIENTS	QUANTITY
MAVA	175 g
SUGAR	350 g
CARDAMOMS	A Pinch
ARROWROOT	20 g
WATER	35 ml
SODA BICARBONATE	A Small pinch
FAT TO FRY	As required
ROSE WATER	A few drops



## METHOD

- Prepare a syrup of one – string consistency with water and sugar. Add rose water.
- Pass the mawa through a sieve. Add crushed cardamoms, sieved arrowroot and a little cold water in which soda bicarbonate' dissolved.
- Make a soft dough without kneading.
- Divide into equal portions and shape into small balls.
- Fry in deep fat till light brown.
- The frying should be done on a very slow fire and the fat should be stirred constantly.
- Remove, cool for a short while and put into the cold syrup.