



PRACTICAL SESSION – 08

Preparation of -

PEAS PULAO

CHOLE

ALOO JEERA FRY

PHIRNEE

Objective:- After the practical session students should be able to prepare PEAS PULAO, CHOLE, ALOO JEERA FRY and PHIRNEE.

Instructor's Activity:-

Arrange for demonstration of PEAS PULAO, CHOLE, ALOO JEERA FRY and PHIRNEE.

Peas pulao

INGREDIENTS	QUANTITY
PULAO RICE	500 g
PEAS	200 g
FAT	50 g
ONIONS	50 g
SMALL CARDAMOM	5
CLOVES	5
CINNAMON	Small stalk
BAY LEAF	2
SALT	To taste



METHOD

- Wash and soak pulao rice for 10-15 min
- Pick shell peas
- Slice onion, Drain rice
- Heat fat, fry sliced onions till golden brown
- Remove onions, drain. Add whole spices
- Add rice and fry well, add peas, fry for 2-3 minutes
- Add hot water(double the amount of rice) and salt
- Cover and cook. Garnish with fried onions

Alu Chhole

Ingredients	Quantity
Chole (Chickpea)	225 g
Soda bicarbonate	1 tsp
Large cardamom	1
Cinnamon powder	½ tsp
Cumin powder	½ tsp
Pepper powder	½ tsp
Clove powder	½ tsp
Coriander powder	½ tsp
Turmeric	½ tsp
Chilli powder	½ tsp
Green Chillies	3



Tamarind	30 g
Onions	55 g
Tomatoes	55 g
Coriander leaves	bunch/bundle
Fat	15 g
Ginger	10 g
Garlic	10 g

Method

Soak chole overnight. Boil chole with soda large cardamom, cinnamon, cumin, clove, black pepper and salt.

Heat fat in a pan and add chopped onion. Fry till golden in color, add ginger and garlic paste.

Add rest of the masala except tamarind and chopped tomatoes. Add tamarind pulp. Remove from fire and serve hot garnished with green coriander.

ALOO JEERA FRY

INGREDEINTS	QUANTITY
POTATOES	450 g
JEERA	5 g
TURMERIC	5 g
CHILLY POWDER	5 g
SALT	To Taste To Taste
FAT / OIL	30 ml.



METHOD

- Boil and peel the potatoes, cut into dices
- Heat fat add jeera , turmeric, chilly powder and fry for few minutes
- Add potatoes, fry and cool for a little while. Add salt and remove.

PHIRNEE

INGREDIENTS	QUANTITY
RICE FLOUR	30 g
SUGAR	60 g
MILK	300 ml
PISTACHO	10 g
ALMONDS	10 g
CARDAMON	2
SILVER FOIL (EDIBLE)	4

METHOD

- Mix the rice flour with a little cold milk
- Boil the remaining milk and it to the prepared mixture
- Cook slowly on a low flame till it becomes slightly thick
- Draw the pan to the side of the fire and sprinkle in the sugar, mix thoroughly till the sugar dissolves
- Add cardamom powder
- Put into prepared individual moulds
- Sprinkle blanched and shredded almonds and pistachio nuts
- Chill and decorate with silver foil