



PRACTICAL SESSION – 13

Preparation of -

LACCHA PARATHA

ALOO GOBHI KI TAHRI

RAJMAH

RABRI

Objective:- After the practical session students should be able to prepare LACCHA PARATHA, ALOO GOBHI KI TAHRI, RAJMAH and RABRI.

Instructor's Activity:-

Arrange for demonstration of LACCHA PARATHA, ALOO GOBHI KI TAHRI, RAJMAH and RABRI.

LACHHA PARATHA

INGREDIENTS	QUANTITY
Whole wheat flour*	350 g
oil	50 ml
ghee	10 g
salt	To taste
curd	1 table spoon

METHOD

- Make dough out of whole wheat flour, oil, salt, curd.
- Keep it for fermentation.
- After fermentation, make small balls of that dough. Now roll it into a circle of



app. 5 to 6 inches of diameter using dry flour. Now spread the ghee properly over entire surface.

- Using a knife make a cut of two inches lengthwise and fold it inwards centre to show the layers clearly and roll it like a paratha.
- Spread oil on every fold and cook it on a preheated tava.
- Turn the lachha paratha and pour oil. Cook till brown and crisp. Remove from tava.
- Serve hot

*Note: At some places it is made with refined flour.

ALU GOBI KI TAHARI

INGREDIENTS	QUANTITY
PULAO RICE	500 g
POTATOES	200 g
CAULIFLOWER	200 g
FAT	85 g
TURMERIC	5 g
DRY GINGER POWDER (optional)	¼ tea spoon
CHILLI POWDER	1 tea spoon
GARAM MASALA POWDER	1 tea spoon
BAY LEAVES	2
CINNAMON	A small stick
SALT	To taste
CLOVES	5-6
LARGE CARDAMOM	3-4
TOMATOES (OPTIONAL)	60 g



METHOD

- Peel and cut potatoes in fours. Cut cauliflower.
- Pick and wash rice and let it soak for half an hour.
- Heat fat in a pan. Add cloves, cinnamon and bay leaves, large cardamom, Brown.
- Add drained rice, potatoes and cauliflower and fry well for a few minutes.
- Add turmeric and ginger powder. Stir.
- Add hot water which should be 3.5 c.m.(11/2) above the rice.
- Stir in salt and chilli powder. Add chopped tomatoes.
- Cover and cook till rice is done.
- When rice is cooked and each grain is separate, sprinkle garam masala over or add it after the tomatoes.
- Toss lightly and serve hot.

Rajmah

Ingredients	Quantity
Kidney beans (Rajmah)	250 g
Onions	200 g
Ginger	10 g
Garlic	30 g
Cumin seeds	a pinch
Tomatoes	200 g
Fat	60 g
Salt	to taste
Turmeric Powder	½ tsp
Coriander powder	1 tsp
Green chillies	3
Chilli powder	1 tsp
Garam Masala	½ tsp



Method:

1. Soak rajmah overnight.
2. Chop onion, tomato make ginger and garlic paste.
3. Boil soaked rajmah with salt till completely cooked.
4. Heat oil in a pan add cumin seeds chopped green chilli and chopped onion.
5. Cook till onions are brown add ginger garlic paste and remaining masala.
6. Cook for 1-2 minutes. Add tomatoes continue cooking for 3-4 minutes.
7. Add boiled rajmah to the gravy and cook for 10 minutes. Remove and serve hot garnished with chopped green coriender.

RABRI

INGREDIENTS	QUANTITY
MILK	2.5 litre
SUGAR	200 g
ALMONDS	30 g
CHAROLI NUTS	15 g
SMALL CARDAMOM POWDER	5

METHOD

- Boil milk until it gets thick.
- Add sugar simmer for another 10 to 15 minutes.
- Add Blanched and sliced almonds, sliced charoli and coarsely powdered cardamom.
- Cool and serve.