

**PRACTICAL MENU – 3**

**PANEER TIKKA**

**MURGH MAKHANI**

**SARSON KA SAAG**

**DAL MAHKANI**

**MAKKI KI ROTI**

**CARROT HALWA**

## PANEER TIKKA

SL NO	INGREDIANTS	QUANTITY
1	PANEER	250 gm
2	ONION (CUT IN TO CUBES)	1 medium
3	CAPSICUM (CUT IN TO CUBES)	1 medium
4	TOMATO (CUT IN TO CUBES)	1 medium
<b>For marinade</b>		
5	MUSTARD OIL	3 tbsp
6	HUNG CURD	100 ml
7	CORIANDER POWDER	1 tsp
8	GARAM MASALA	½ TSP
9	SALT	As required
10	TURMERIC POWDER	½ tsp
11	GARAM MASALA POWDER	½ tsp
12	LEMON JUICE	1 tsp
13	OIL FOR BRUSHING	2 tbsp
14	GINGER GARLIC PASTE	1 tbsp
15	KASHMIRI CHILLY POWDER	1 1/2 tbsp
16	CHAT MASALA	1 tsp
17	METHI LEAVES	½ tsp
18	BESAN FLOUR	½ tsp

### METHOD

1. Mix all ingredients under marinade in to a bowl, mix it well and add paneer to it.
2. Toss the paneer in the marinade till the cubes are coated well.
3. Cover and set aside for one hour.
4. Skewer paneer cubes alternating with onion, capsicum, paneer and tomato.
5. Dip well inside the hot tandoor oven till the paneer has a slightly golden.
6. Brush with oil and again cook until edges of paneer start to turn brown.
7. Serve with green chutney and onion rings and lemon wedges.

## MURGH MAKHNI

SL NO	INGREDIENTS	QUANTITY
1	CHICKEN	750 gm
FOR MARINADE		
2	CURD	200 ml
3	GINGER & GARLIC PASTE	20 gm
4	MUSTARD OIL	20 ml
5	SALT	As required
6	LEMON JUICE	1 no
7	BLACK SALT	2 gm
8	CHAT MASALA	5 gm
9	RED CHILLY POWDER	1 tsp
10	CUMIN POWDER	1 tsp
FOR GRAVY		
11	TOMATO	300 gm
12	ONION	150 gm
13	KASHMIRI CHILLY POWD	3 tbsp
14	GINGER GARLIC PASTE	20 gm
15	GHEE & HONEY	2 tbsp each
16	BUTTER & CREAM	50 gm each
17	METHI LEAVES	5 gm
18	CORIANDER LEAVES	30 gm
19	CASHEW NUT	150 gm
20	WHOLE GARAM MASALA	5 gm
21	CUMIN SEED	2 gm

### METHOD

1. Clean and cut the chicken, slit length ways over the breast and leg portion.
2. Make marination with all above the ingredients. Beat well, smear the batter all aver the body and well inside the chicken. Let it soak in the batter for at least 6 hours.
3. Tread the chicken to a skewer and dip well inside the hot tandoor oven.
4. Remove after 5 – 7 minutes, Smear with oil and place again in the tandoor. Remove when well done.
5. Boil half of the onion and cashew nuts separately and make it paste keep it aside.
6. Blanch tomatoes, make it paste.
7. Heat ghee in a kadai, add whole garam masalas and cumin seeds, when it splutters, add chopped onion, ginger garlic paste. Sauté it till onions are lightly brown. Add Kashmiri chilly powder, turmeric powder, cashew nut and onion paste. Sauté till the fat separates.
8. Pour tomato puree and stock. Boil till gravy is become thick.
9. Add chicken pieces, cream, honey, coriander leaves and salt. Simmer it for few minutes.
10. Serve, garnish with coriander leaves and cream.

## SARSON KA SAAG

SI NO	INGREDIENTS	QUANTITY
1	FRESH MUSTARD LEAVES	200 gm
2	FRESH SPINACH SPINACH	250 gm
3	GINGER AND GARLIC PASTE	2 tbsp
4	ASAFETIDA	¼ tsp
5	CHILLY POWDER	1 tsp
6	CUMIN POWDER	½ tsp
7	GREEN CHILLY	2 gm
8	CORIANDER POWDER	1 tsp
9	SALT	As required
10	ONION	1 tbsp
11	GARAM MASALA POWDER	½ tsp
12	MAKKI KI ATTA	1 tbsp
13	GHEE	1 tbsp

### METHOD

1. Boil enough water in a pan.
2. Add mustard leaves, spinach leaves, and green chilly.
3. Mix well and cook on a high flame for few minutes.
4. Strain and pour cold water, stain well.
5. Grind in to a fine paste and keep it aside.
6. Heat ghee in a pan, add chopped onion, sauté it for few minutes for without discoloration. Add ginger garlic paste. Sauté till the raw smell out.
7. Add makki ki atta and asafetida. Sauté till lightly brown.
8. Pour mustard spinach paste, chilly powder, coriander powder and salt.
9. Mix well and cook ok a medium flame. Pour little hot water if required.
10. Finished with garam masala powder.
11. Serve with makki ki riti.

## DAL MAKHANI

SL NO	INGREDIENTS	QUANTITY
1	BLACK LENTIL OR BLACK GRAM (WHOLE)	150 gm
2	KIDNEY BEAN	80 gm
3	BLACK CARDAMOM	2 gm
4	BAY LEAF	2 no
<b>FOR TEMPERING</b>		
5	BUTTER	3 tbsp
6	CUMIN SEED	½ tsp
7	TOMATO CHOP	100 gm
8	GREEN CHILLY	2 no
9	TURMERIC POWDER	½ tsp
10	GARAM MASALA POWDER	½ tsp
11	ASAFETIDA	½ tsp
12	ONION	50 gm
13	GINGER AND GARLIC	2 tbsp
14	RED CHILLY POWDER	½ tsp
15	SALT	As Required
16	CREAM	4 tbsp
17	CORIANDER POWDER	1 ½ tsp
18	CORIANDER LEAVES	15 gm
19	GARAM MASALA	½ tsp

### METHOD

1. Wash lentil and kidney beans together and soak overnight.
2. Drain, add them to the cooker, along with cardamom, bay leaves and enough water.
3. Pressure cook for 8 whistles on a medium heat.
4. Mashed well with spoon.
5. Heat butter in a hundi, add cumin seeds, when it sputters, add ginger garlic paste.
6. Sauté it until raw smell out. Add chop onion, green chilly and asafetida.
7. Fry until they turn golden. Add chilly powder, coriander powder, turmeric powder.
8. Add chopped tomatoes, sauté until the masala leaves from the pan.
9. Pour the cooked lentils along with enough hot water.
10. Stir and cook on a low flame until the dal thicken.
11. Pour cream and garam masala. Cook for another 5 more minutes.,
12. Garnished with chop coriander, julienne ginger, butter and dash of cream.

## MAKKI KI ROTTI

SL NO	INGREDIENTS	QUANTITY
1	MAIZE FLOUR	350 gm
2	ATTA	150 gm
3	SALT	10 gm
4	SUGAR	5 gm
5	FENNEL SEED	5 gm
6	CUMIN SEED	3 gm
7	FAT	30 gm
8	GHEE	50 gm
9	ONION	100 gm
10	JAGGERY	50 gm
11	HOT WATER	As required

### METHOD

1. Combine maize flour and wheat flour with salt, sugar, crushed fennel, cumin and fat.
2. Pour the hot water in to the flour mixture.
3. Knead to make a soft dough, cover with moist cloth and keep it aside for 1 hour.
4. Divide the dough in to medium sized balls.
5. Dust the dough with some flour and flatten in to a roti.
6. Put a tawa or a pan over medium flame, put the roti on it.
7. Cook on both sides till crisp.
8. Transfer in to a serving plate and apply the butter on the roti.
9. In a plate arrange 3 pieces of roti with quarters of onion and jiggery.
10. Serve with sarson ka saag.

## CARROT HALWA

SL NO	INGREDIENTS	QUANTITY
1	CARROT	300 gm
2	GHEE	4 tbsp
3	CARDAMOM	3 gm
4	PISTACHIO	5 gm
5	KHOWA	10 gm
6	MILK	250 ml
7	SUGAR	200 gm
8	MILK MAID	50 ml
9	ALMOND	5 gm
10	PISTACHIO	5 gm
11	SILVER LEAF	2 gm
12	SAFFRON	1 gm

### METHOD

1. Heat ghee in a thick bottomed pan.
2. Fry the cashew nuts until golden brown. Drain and set aside.
3. Add grated carrot and sauté it for few minutes.
4. Pour milk and cook on medium heat for 15 – 20 minutes till carrot is cooked and milk is evaporated.
5. Add sugar, remaining ghee and cook on low heat until it leaves side of the pan.
6. Add khowa and cardamom powder. Stir and cook for few more minutes.
7. Arrange this carrot mixture in a tray and allow to cool.
8. Serve garnish with silver leaf, pistachio, saffron and almond slices.