

PRACTICAL MENU – 2

THUKPA

MUTTON ROGAN JOSH

DUM ALOO

KASHMIRI PULAO

SHEERMAL

PHIRNE

THUKPA

SL NO	INGREDIENTS	QUANTITY
1	RICE NOODLE	250 gm
2	CHICKEN BROTH	750 ml
3	CARROT	75 gm
4	BELL PEPPER	75 gm
5	CELERY	50 gm
7	SPINACH	150 gm
8	OIL	1 tbsp
9	SALT AND PEPPER	A pinch
FOR SOUP PASTE		
10	GARLIC AND GINGER	1 tbsp
11	SZECHUAN PEPPER	1 tsp
12	CHERRY TOMATO	100 gm
13	SHALLOT	2 tbsp
14	CILANTRO(½ TSP FOR GARNISH)	2 tbsp
15	ROASTED CUMIN SEED	1 tsp
16	TURMERIC	½ tsp
17	WHOLE RED CHILLY	3 no

METHOD

1. To make the spice mix—combine all the spices in a blender and process until smooth paste.
2. Heat oil in a sauce pan over medium heat, add spice paste and sauté until aromatic and
3. The paste losses its raw smell.
4. Pour in the chicken stock and bring to the boil.
5. Reduce the heat and simmer for 15 minutes. Add finely julienne of chicken.
6. Mean while, cook noodles in boiling salted water until slightly cooked. Drain and refresh in cold water, drain and set aside.
7. Add julienne of carrot, spinach and bell pepper to the soup and simmer for 2-3 minutes, until the Vegetables are just tender.
8. Divide the noodles between bowls and ladle the soup over the noodles'
9. Garnish with chopped coriander leaves.

MUTTON ROGAN JOSH

SL NO	INGREDIENTS	QUANTITY
1	MUTTON LEG	500 gm
2	TOMATO (RIPE)	115 gm
3	CORIANDER POWDER	10gm
4	KASHMIRI CHILLY POWDER	40 gm
5	GHEE	40 gm
6	GINGER	20 gm
7	GARLIC	20 gm
8	NUTMEG POWDER	3 gm
9	MACE	2 gm
10	FENNEL SEED POWDER	1 tbsp
11	CUMIN SEED	½ tsp
12	ASAFETIDA	¼ tsp
13	GHEE	2 tbsp
14	SALT	As required
15	SAFFRON (SOAK IN 2 TBSP HOT WATER)	1 gm
16	RAW PAPAYA PASTE	20 gm
17	RATTAN JOG	2 gm
18	ONION	50 gm
19	BLACK CARDAMOM POWDER	2 gm
20	CINNAMON	2 gm
21	BAY LEAF	2 no

METHOD

1. Clean and cut the meat in to 1 inch pieces with bone and marinate with ginger and garlic paste, salt and papaya paste. Keep it aside for 30 minutes.
2. Blanch the tomatoes, remove the skin and make it puree, keep it aside.
3. Heat ghee in a pan, add cumin seeds, cinnamon stick, mace and bay leaf. Sauté it for few seconds,
4. Add asafetida and ginger and garlic paste. Sauté for few minutes, add chopped onion.
5. When it onion become lightly brown, add Kashmiri chilly powder, coriander powder and nutmeg powder. Garnish with coriander leaves.
6. Sauté till the fat separates. Pour tomato puree, marinated mutton pieces, stock, salt rattan jog and saffron.
7. Cook over very slow fire till meat is tender and gravy is become thick.
8. Switch off the flame; add black cardamom powder and fennel seed powder

DUM ALOO

SL NO	INGREDIENTS	QUANTITY
1	BABY POTATO	250 gm
2	ONION (100 GMBOIL SEPARATELY AND PASTE)	125gm
3	CASHEW NUT (BOIL AND PASTE)	50 gm
4	GINGER AND GARLIC PASTE	1 tbsp
5	TOMATO (BOIL SEPARATELY AND PASTE)	100 GM
6	SALT	As required
7	FENNEL POWDER	½ tsp
8	KASHMIRI CHILLY POWDER	2tbsp
9	CORIANDER LEAVES	2tbsp
10	YOGURT	1 tbsp
11	ASAFETIDA	¼ tdp
12	CORIANDER POWDER	1 tsp
13	METHI LEAVES	¼ tsp
14	GREEN CHILLY	3 no
15	TURMERIC POWDER	½ tsp
16	GARAM MASALA POWDER	1 tsp
17	MUSTARD OIL	1 tbsp
18	VEGETABLE OIL	3 tbsp
19	CUMIN SEED	½ tsp
20	FLOUR	10gm
21	KHOYA OR PANEER	50 gm

METHOD

1. Wash, peel and scoop potatoes with large cavity and small mouth. Rest of the scooped potatoes should be fried and crushed then keep it aside.
2. Mix together khoya, chopped onion, 1 no green chilly, coriander leaves, garam masala, salt and fried potatoes. Stuff this mixture press with the scooped potatoes and seal with a paste of flour
3. Heat oil and fry the potatoes till golden brown and keep it aside.
4. Heat mustard oil in a pan, add cumin seeds when it splutter, add ginger garlic paste and chopped green chilly.
5. Sauté until raw smell out. Add chilly powder, coriander powder, turmeric powder, fennel powder and asafetida powder. Sauté it for few seconds.
6. Add onion cashew nut paste, sauté till the fat separates. Pour tomato puree and beaten yougurt. Sauté until it thicken. Add fried potatoes and little water.
7. Bring the gravy to boil, add garam masala powder and roasted methi leaves.
8. Make sure the gravy has reached a thick consistency.
9. Garnished with coriander leaves and khoya or paneer.

KASHMIRI PULAV

SL NO	INGREDIENTS	QUANTITY
1	BASMATI RICE	1 kg
2	GHEE	100 ml
3	CASHEW NUT	100 gm
4	RAISIN	50 gm
5	ALMOND	50 gm
6	APPLE	1 no
7	POMEGRANATE	1 no
8	CHERRY	20 gm
9	ONION	200 gm
10	ROSE PETALS	7 – 10 no
11	ROSE WATER OR KEWRA WATER	Few drops
12	SALT	As required
13	WHITE GRAPE	50 gm
14	PINEAPPLE	30 gm
15	SAFFRON (SOAK IN 2 TBSPHOT WATER)	2 gm
16	WHOLE GARAM MASALA	10 gm
17	FENNEL SEED	2 gm
18	BAY LEAF	2 no
19	WATER	1.750 ml

METHOD

1. Wash; soak the rice for 25 – 30 minutes. Strain and keep aside.
2. Fry half of sliced onion, cashew nuts and raisins till golden colour. Keep aside.
3. Heat fat in a hundi; add whole spices, fennel seeds, bay leaves and remaining sliced onions.
4. Sauté it for few minutes, pour hot water and needed salt. Add strained rice.
5. When water starts boiling, lower the heat and cover it partially.
6. When water reaches the level of rice, holes appear on the surface, add cubed fruits (reserve some fruits for garnish) rose water and saffron.
7. Seal the lid of the cooking pot tightly with chapatti dough and put on the hot griddle for absorbing the water about 15 – 20 minutes.
8. Remove the lid and fluff the rice grains with the fork.
9. Transfer to serving bowl, garnished with fried nuts, fried onions, fruits rose petals.

SHEER MAL

SL NO	INGREDIENTS	QUANTITY
1	FLOUR	500 gm
2	SAFFRON (DISSOLVED IN 2 TBSP HOT MILK)	½ gm
3	YEAST	1 tsp
4	SUGAR	2 tsp
5	SALT	To taste
6	MILK	150 ml
7	EGG	1 no
8	GHEE	100 gm
9	BUTTER -- FOR BRUSHING OF THE BREAD	1 tbsp

METHOD

1. Mix together yeast and sugar in 2 tbsp warm water. Rest for seconds.
2. Combine the flour, 50 gm ghee, salt, beaten egg, milk and yeast mixture in a bowl.
3. Mix well; knead to make very soft dough. Cover with moist cloth and keep it aside for 15 minutes.
4. Add remaining ghee and knead it again to make the dough absorb the oil. Cover with moist cloth and keep it aside for 30 minutes till dough rises.
5. Divide the dough in to medium balls. Cover and set aside for 5-10 minutes.
6. Preheat oven to 350 – 375 *F. line the baking sheet with parchment paper. Roll out each portion in to a circle of about 6 inch diameter.
7. Prick the rolled dough with fork so that it won't puff up in the oven.
8. When it ready to bake brush them with saffron milk. And bake for 12 – 15 minutes. Or until it become golden yellow color.
9. Once the bread is baked, brush with melted butter.
10. Serve with Rogan Josh.

PHIRNI

Sl no	INGREDIENTS	QUANTITY
1	MILK	250 ml
2	ALMOND	2 tbsp
3	CARDAMOM POWDER	½ tsp
4	SAFFRON	Few strands
5	RICE FLOUR	2 tspn
6	PISTACHIO NUT	2 tsp
7	SUGAR	80 gm
8	SILVER LEAF	1 sht

METHOD

1. Mix the rice flour with little cold milk.
2. Boil the remaining milk, add in to the prepared mixture.
3. Add saffron and cook slowly on a low flame till it becomes slightly thick.
4. Remove pan aside of the fire and add sugar and mix thoroughly till the sugar dissolves.
5. Add cardamom powder.
6. Put in to prepared individual moulds, sprinkle blanched and shredded almonds and pistachio nuts.
7. Chill and decorate with edible silver leaf.
8. Pour the mixture in to the serving bowls.
9. Garnished with blanched almonds and cardamom powder.