

## **BASIC FOOD PREPARATION:**

### **GRAVY:**

**Definition:-** The base of Indian cuisine is gravy and the gravy is prepared using lots amount of ghee/butter, oil with Indian paste or masala and it is more thicker than sauce and colourful, the roghon (oil + butter+ ghee) float on the gravy.

#### **White Gravy:**

Take oil, butter, ghee in a handy, add whole garam masala, when it will crackle add boil onion paste and stair for a few minutes. When the onion colour is brown, then add ginger garlic paste, add charma jaug and cashew nut and poppy seed and green chilly paste (de-seed) and fry and finish with adding of coconut milk and cream.

Exam.- Kashmiri aloo dam, chicken varta.

#### **Brown Gravy:**

Heat fat in a handy, add whole garam masala, when it will be crackled then add boiled onion paste. Stair up to brownish colour then ass ginger-garlic paste, green chili paste and add Indian spice like red chili powder, coriander turmeric powder and turmeric powder and fry, then add fine chopped tomato, cook for few minutes until fat comes on the tap of the surface. Finish with sprinkle of garam masala.

Exam. - Gravy chicken, mutton gravy, veg. curry.

#### **Makhni gravy:**

Chop the tomato, green chili, make a ginger garlic paste. Put in a handy, add water (stock), add whole ginger, garlic, red-chilly, green chili, clove, cardamom, cinnamon and salt to make a sauce like consistency. Then pass through a conical strainer, then add butter and cream, stair well and simmer, if the gravy is too much sour add honey, few drop and methhi.

Exam. - Chicken makhni, mutton makhni.

#### **Yellow Gravy:**

Heat the fat in a handy, add garam masala when it be crackled add boiled onion paste, then fry, after that add ginger-garlic paste, and stair continuously, add red-chili powder and fry. Remove the again return to the heat and simmer until fat come on top of the surface. Finish with grated mace, Nut Meg and garam masala powder.

Exam. - Veg. Nabharatan.

**Kadhi Gravy:**

Crushly pounded (broiling) red chili. Paper corn, coriander seed, and cumin seed and make a pounded masala in a mix and kept a side. Kept fat in a kadhi and put fat then add ginger-garlic paste and Applying the medium heat for like brownish colour and add browned masala, stair for few minutes, then add fine chopped deseed of green chili and again stair for few minutes, then add deseed fine chopped and 'bhuruns' until the fat comes on the top of the surface. Now add methhi powder and sparkling the garam masala and pounded masala.

Exam. - Kadhi murg, Kadhi gosh.

**Green Gravy: (without spinach)**

Take fat in a handy, add boiled onion paste, cook for few minutes until brown colour, add ginger garlic paste, add green chili paste, add minutes leaf paste and burin or stair for few minutes until the smell dissolved then add salt and finished with cream.

Exam. - Dhonia Mukh, hari hari kabab, Palak paneer.

**Green Gravy: (with spinach)**

As well as green gravy without spinach preparation but also lots of fresh spinach puree use for this gravy preparation and spinach of both Indian spices are used.

**PASTA:**

Pasta can be reheated in the same way as rice that is by steaming and on the microwave. It we last for 1 or 2 days once cook and can be frozen as part of the prepare recipe for several method. There are many sauces that are traditionally serve with paste like Bolognese (rice meat sauce) or marinara (with seafood) and carbonara (beaten egg, bacon and cream), pesto sauce (fresh bracil and nut) etc. Paste like rice is a high carbohydred food and the addition of an instantly boost its balance of nutrients.

The specific flavour in many pasta dishes is Italian in influence. The using of garlic, tomatoes and dry herbs like orange, basil, thyme etc. are very much important for this purpose.

**Catering consideration:**

Pasta can be used as a substitute for potato, rice, and it is a filling dish. Pasta dish serve only one course of meat and avoiding the large quantity.

Casseroles as well as serving of pasta dishes allow 40 gm. of uncooked pasta for main course and 20 gm. /person for a first course.

**Types of Pasta: -**

1. Bows- Square of pasta cut with a crimped edge and pinch in the centre.



2. Macaroni- Small thin, tubes with a slight curve.



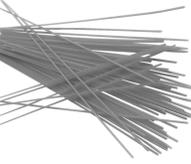
3. Twist- Two thin strands of pasta twist together.



4. Fettuccini- Long flat ribbon shape of various widths.



5. Spaghetti- Long thin standard size.



6. Vermicelli- Thin standard but thinner than spaghetti.

