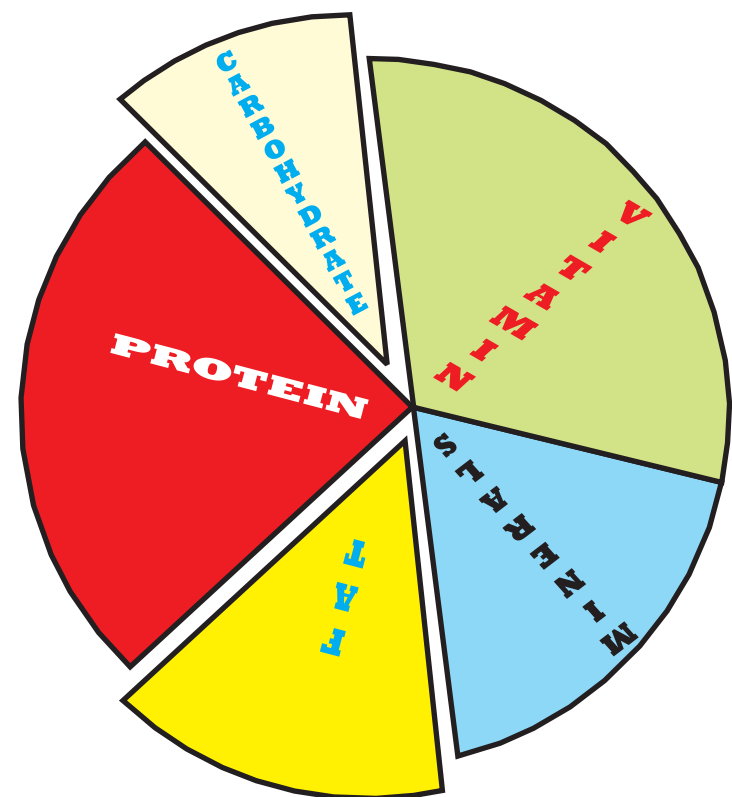


40's FOOD WHEEL



**DSMS**
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GATEWAY TO SUCCESS

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.... *re-inventing diets*



Developed by

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FOREWORD

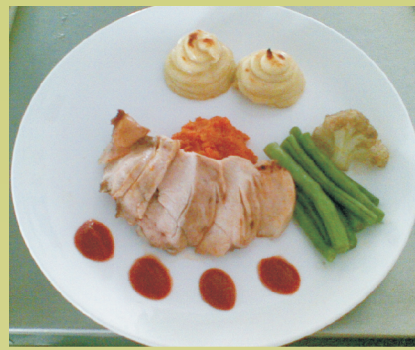
Life is full of compromises, the older we grow more are we forced to make them, the one compromise no one wants to make is tasty food. But the middle age is the time when we have to take care of calorie, fat, sugar et al; Chef's Club of DSMS has come up with unique solution - an array of nutritiously tasty food.

To commemorate international Chef's Day, a small section of buffet is published for every one to have a glimpse of what extravaganza can delight and dazzle the 40+.

Bon Appetite.



GRILLED CHICKEN WITH CARROT MASH



No. Of Pax : 01
Time for Preparation : 45min.
Total Nutritive Value : 82.28
Total Calorific Value : 506.8

INGREDIENTS	QUANTITY	CHO	PROTEIN	FAT
Chicken Breast	100gms.	x	25.9	0.6
Carrot	15gms.	1.59	0.135	0.03
Potato	30gms.	6.78	0.03	0.48
French Beans	15gms.	0.675	0.255	0.015
Cauliflower	15gms.	0.6	0.39	0.06
Tomato	25gms.	0.9	0.225	0.05
Parsley	5gms.	0.675	0.05	0.345
Salt	5gms.	1.49	0.005	0.315
White Pepper Powder	5gms.	x	x	x
Butter	15gms.	x	x	12.15
	Total	11.905	27.97	13.12

METHOD

1. Take a chicken breast and marinate with salt and white pepper powder.
2. Cut cauliflower and french beans into sticks, par-boil and keep aside.
3. Boil potato and carrot separately and mash both of them separately.
4. Mix both mashed carrot and potato with seasoning and put the potato into a piping bag and pipe into fancy shape. Dot with a little butter and gratinate in a salamander.
5. Grill chicken breast with butter till done.
6. In a frying pan toss boiled french beans and cauliflower with butter and seasoning.
7. Blanch tomato and make a puree from it and season well to make a tomato coulis.
8. Arrange nicely on a serving plate and serve hot with tomato coulis .

STUFFED CHICKEN BREAST WITH MANGO AND CORIANDER PESTO



No. Of Pax : 01
Time for Preparation : 45min.
Total Nutritive Value : 95.485
Total Calorific Value : 514.465

INGREDIENTS	QUANTITY	CHO	PROTEIN	FAT
Chicken	150gms.	x	38.8	50.9
Mango	50gms.	8.45	0.3	0.2
Coriander Leaves	10gms.	4.23	1.37	0.59
Pine Nuts	10gms.	1.1	1.56	6.45
Garlic	5gms.	1.49	0.315	0.005
Olive Oil	6ml.	x	x	6
Parmesan Cheese	10gms.	0.63	2.41	2.51
Salt	10gms.	x	x	x
White Pepper Powder	10gms.	1.37	0.48	0.27
Butter	6gms.	x	x	4.86
Cucumber	40gms.	1	0.16	0.04
Double Cream	15ml.	3.075	2.19	4.68
	Total	21.345	47.635	26.505

METHOD

1. Take a chicken breast and cut it in such a way so that it forms a pocket.
2. Marinate with salt & white pepper powder.
3. Prepare a paste with fresh mango pulp and chicken mince with some seasoning.
4. Pipe this chicken and mango mousse inside the chicken breast and wrap it with cling film tightly.
5. Prepare a poaching liquor with chicken bones, bay leaf and peppercorn.
6. Poach in the chicken in poaching liquor till cooked.
7. Separately Prepare a pesto sauce by taking skinless pine nuts, parmesan cheese, coriander leaves, garlic, olive oil and seasoning. Blend the ingredients till smooth.
8. Remove the poached chicken and open the wrapping of cling film.
9. Prepare a beaten cream and mango pulp mixture and cut a cucumber cup and pour this mango and cream mixture into it.
10. Slice the chicken breast nicely and place on a plate, garnish with coriander pesto and cucumber cup filled with mango cream and serve.

CHICKEN SOUVLAKIA WITH TZAZIKI



No. Of Pax : 01
Time for Preparation : 45min.
Total Nutritive Value : 74.23
Total Calorific Value : 406.82

INGREDIENTS	QUANTITY	CHO	PROTEIN	FAT
Chicken	100gms.	x	19.425	0.45
Capsicum	15gms.	0.645	0.195	0.045
Onion	15gms.	1665	0.18	0.015
Tomato	20gms.	0.72	0.18	0.04
Butter	20gms.	x	x	20
Salt	10gms.		x	xx
White Pepper	10gms.	x	x	x
Lemon Juice	10gms.	1.11	0.1	0.09
Paprika	5gms.	x	x	x
Rice	30gms.	23.7	1.92	0.12
Cucumber	20gms.	0.5	0.08	0.02
Sour Curd	30gms.	0.9	0.93	1.2
	Total	29.24	23.01	21.98

METHOD

1. Cut chicken into cubes and marinate with salt, white pepper powder and lemon juice for 15 minutes.
2. Divide tomato into three parts. Cut one part in to thin strips (julienne) and keep aside.
3. Cut capsicum, onion and one part of tomato in cubes.
4. Prepare a smooth tomato paste with another part of tomato, mix with little amount of beaten sour curd and marinate the chicken for another 15 minutes.
5. Prepare rice and toss the rice in butter with last part of julienne of tomato.
6. Prepare a tzaziki dressing made with beaten sour curd, salt, white pepper powder and grated seeded cucumber.
7. Take wooden skewer and prick cubes of capsicum, onion, tomato and chicken.
8. Grill each skewer thoroughly by application of butter frequently.
9. Arrange a bed of tomato rice and put the cooked chicken, capsicum, onion and tomato neatly in nice fashion on top the bed of rice.
10. Serve hot with tzaziki dressing.

BAKED CHICKEN BREAST



No. Of Pax : 01
Time for Preparation : 60mins.
Total Nutritive Value : 67.815
Total Calorific Value : 320.435

INGREDIENTS	QUANTITY	CHO	PROTEIN	FAT
Chicken Breast	10gms.	x	25.9	0.6
Salt	10gms.	x	x	x
Butter	10gms.	x	x	8.1
White Pepper Powder	10gms.	4.92	1.15	0.68
Potato	35gms.	7.91	0.56	0.035
Baby Corn	25gms.	6.15	1.175	0.225
Red Wine	15gms.	1.965	0.09	0.06
Carrot	25gms.	3.275	1.275	0.125
Garlic	10gms.	2.98	0.63	0.01
	Total	27.2	30.78	9.835

METHOD

1. Clean and cut the chicken breast. Marinate the chicken with salt and pepper.
2. Wash and cut the vegetables. Boil it and keep aside.
3. Prepare a veloute sauce with refined flour, butter & white chicken stock.
4. Wrap the chicken breast in aluminum foil, arrange on a tray and put inside the oven.
5. Prepare mash potato with seasoning and butter.
6. When the chicken is cooked, arrange it on a bed of mashed potato.
7. Serve along with the boiled vegetables tossed in butter.
8. Serve hot with veloute sauce on the side.

CHICKEN PORTUGAISE



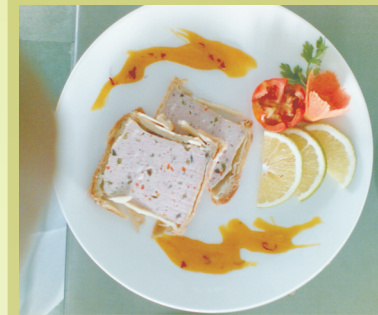
No. Of Pax : 01
Time for Preparation : 40mins.
Total Nutritive Value : 107.582
Total Calorific Value : 523.153

INGREDIENTS	QUANTITY	CHO	PROTEIN	FAT
Chicken	120gms.	x	31.08	0.72
Toomato	60gms.	2.16	0.54	0.12
Mushroom	25gms.	1.03	1.375	0.05
Onion	30gms.	3.33	0.36	0.03
Garlic	15gms.	4.47	0.945	0.015
Bay Leaf	2gms.	x	x	x
Black Peppercorn	10gms.	4.92	1.15	0.68
Oregano	5gms.	x	x	x
Parsley	8gms.	1.08	0.552	0.08
Double Cream	10gms.	0.3	0.31	0.4
Butter	20gms.	x	x	16.2
Fussilli Pasta	30gms.	22.2	3.3	0.27
Salt	10gms.	x	x	x
Sugar	10gms.	9.94	0.01	x
	Total	49.4	39.662	18.565

METHOD

1. Cut chicken into boneless cube. Wash & store.
2. Blanch tomato, de-skin, de-seed and finely chop.
3. Finely chop onion & garlic. Cut mushroom into half and blanch and store.
4. Prepare a smooth tomato sauce with chopped garlic, onion, bay leaf, crushed peppercorn, oregano, chopped tomato, butter & seasoning.
5. Saute chicken in butter lightly and add mushroom and toss.
6. Add smooth tomato concasse and cook.
7. Adjust the seasoning and add cream to finish.
8. Boil fussilli pasta in boiling water till 'al dante'.
9. Arrange pasta on a plate nicely and pour the sauce on top.
10. Serve hot with a sprig of parsley.

CHICKEN PIE WITH MANGO SALSA



No. of Pax : 01
Time for Preparation : 45 min.
Total Nutritive Value : 41.182
Total Calorific Value : 197.313 K Cal.

INGREDIENTS	Quantity	CHO	FAT	PROTEIN
Flour	12gms	18.15	0.225	2.745
Fat	6gms.	x	6	x
Seasoning	4gms.	x	x	x
Onion	10 gms	1.26	0.01	0.18
Garlic Clove	2gms.	x	x	x
Carrot	8gms	0.53	0.01	0.04
Chicken	35gms	x	0.24	10.36
Mango	10gms	1.352	0.032	0.048
	Total	21.292	6.517	13.373

METHOD

- 1) Prepare a dough with flour, fat, salt and moisture.
- 2) Prepare a mousse with chicken mince, mango pulp, garlic, onion and seasoning.
- 3) Roll the dough into thin sheet. Line the pate mould with this sheet.
- 4) Put this mousse inside the pate mould. Cover the top with another sheet and bake in an oven.
- 5) Make a mango salsa with mango pulp and seasoning.
- 6) Serve the pie chilled with mango salsa.

CHICKEN TIMBLE



No. of Pax : 01
Time for Preparation : 45 min.
Total Nutritive Value : 42.776
Total Calorific Value : 194.679 K Cal.

INGREDIENTS	QUANTITY	CHO	FAT	PROTEIN
Chicken	125gms.	x	0.6	25.9
Salt	4gms.	x	x	x
Onion	25gms.	1.665	0.015	0.18
Parsley	4gms.	x	x	x
French Beans	15gms.	0.45	0.01	0.17
Carrot	15gms.	1.572	0.06	0.612
Garlic Clove	2gms.	x	x	x
Olives	8gms.	0.822	0.03	0.03
Celery	4gms.	x	x	x
Egg White	50ml.	x	x	6.66
Pepper pwd	2gms.	x	x	x
Butter	6gms.		4	
	Total	4.509	4.715	33.552

METHOD

- 1) Make a mixture with minced chicken, garlic, olive, celery, egg white and seasoning.
- 2) Put the mixture in a mould.
- 3) Steam the mixture. When cooked, de - mould on a plate
- 4) Make a sauce by browning the chicken bones in stock along with flavouring vegetable. Reduce till it thickens.
- 5) Pour the sauce on the plate and serve hot accompanied with boiled vegetables.

FARFALLE CHICKEN BOLOGNAISE



No. of Pax : 01
Time for Preparation : 30 min.
Total Nutritive Value : 44.613
Total calorific Value : 199.887 K Cal.

INGREDIENTS	QUANTITY	CHO	FAT	PROTEIN
Flour	25gms	18.475	0.225	2.75
Chicken Mince	50gms	X	0.3	12.95
Tomato	35gms	1.08	0.06	0.27
Onion	15gms	1.332	0.012	0.144
Garlic	7gms	1.49	0.005	0.315
Olive Oil	3ml	X	2.43	X
Bay Leaf	1gms	X	X	X
Salt	2gms	X	X	X
Peppercorn	2gms	X	X	X
Cheese	5gms	0.315	1.255	1.205
Oregano	2gms	X	X	X
	Total	22.692	4.287	17.634

METHOD

- 1) Boil the pasta.
- 2) Chop all the vegetables.
- 3) Prepare a tomato sauce with chopped vegetables and oregano. Add chicken mince and cook.
- 4) Toss the boiled pasta in olive oil and garlic.
- 5) Prepare a bed of pasta. Pour the bolognese sauce on top. Sprinkle cheese and gratinate.
- 6) Serve hot.

KERALA CHICKEN CURRY WITH RICE



No. of Pax : 1
Time for Preparation : 45 min.
Total Nutritive Value : 41.012
Total calorific Value : 190.173 K Cal.

INGREDIENTS	Quantity	CHO	FAT	PROTEIN
Rice	25gms	18.34	0.12	1.97
Chicken	60gms	x	0.07	11.65
Ginger	3gms	x	x	x
Carrot	7gms	0.655	0.02	0.25
Potato	10gms	1.58	0.007	0.112
Garlic	2 gms	x	x	x
Salt	5gms	x	x	x
Turmeric Pwd	2gms.	x	x	x
Green Chilli	2gms.	x	x	x
Coconut Milk	2ml.	x	x	x
Onion	15gms.	1.11	0.01	0.12
Garam Masala	2gms.	x	x	x
Ghee	3gms.	x	x	x
Oil	5ml	x	5	x
	Total	21.685	5.225	14.102

METHOD

- 1) Wash and soak rice.
- 2) Clean, cut and marinate chicken with salt and turmeric.
- 3) Wash, peel and cut potato and carrot. Prepare ginger garlic paste, slice onion and keep aside.
- 4) Extract milk from coconut and keep aside.
- 4) Boil rice. Keep aside.
- 5) Heat oil, sauté onion, and ginger garlic paste. Add all the spice, chicken and vegetables and cook till done.
- 6) Lastly add the coconut milk and cook. Finish with ghee.
- 7) Serve hot with boiled rice.

ACHARI MURGH WITH TOMATO PULAO



No. of Pax : 1
Time of Preparation : 90 min.
Total Nutritive Value : 40.57
Total Calorific value : 199.805 K Cal.

INGREDIENTS	Quantity	CHO	FAT	PROTEIN
Chicken	80gms	0	0.39	16.835
Brown Gravy	15gms	1.704	0.039	0.321
Khara Masala	4gms	x	x	x
Refined Oil	7ml	x	7	0
Rice	20gms	11.85	0.06	1.995
Tomato	10gms	0.288	0.016	0.072
Salt	4gms	x	x	x
Sugar	4gms	x	x	x
	Total	13.842	7.505	19.223

Note : Khara Masala :Whole cumin, coriander, red chilly, pepper corn, clove, cardamom, cinnamon, mace and bayleaf

METHOD

1. Cut and wash the chicken. Marinate with salt and turmeric.
2. Wash and soak rice. Remove and let it dry naturally.
3. Prepare smooth brown gravy with ginger garlic paste, brown onion, tomato puree and Indian spices.
4. Add khara masala and then add the chicken pieces. Finish the chicken with seasoning and pickle.
5. Heat oil. Add whole garam masala and rice. Add water, and cook.
6. When the rice is almost cooked, drain the excess water. Now put the rice and diced tomato together in a greased vessel, arranging alternate layers of each. Cover the vessel and seal the lid. Keep it for 15 minutes.
7. Serve hot tomato pulao with achari murgh.

MURGH KEEMA KHICHDI



No. of Pax : 01
Time for preparation : 45min
Total Nutritive Value : 54.055
Total Calorific Value : 251.42 K Cal.

INGREDIENTS	QUANTITY	CHO	FAT	PROTEIN
Rice	30gms	23.46	0.15	2.04
Moong Dal	12gms	7.308	0.66	2.052
Tomato	20gms	0.54	0.03	0.135
Onion	15gms	1.11	0.01	0.18
Turmeric Powder	3gms	x	x	x
Cumin Powder	3gms	x	x	x
Potato	15gms	2.26	0.01	0.16
Chicken Keema	30gms	x	0.18	7.77
Green Chilly	3gms	x	x	x
Ginger	2gms	x	x	x
Salt	4gms	x	x	x
Cumin Seeds	2gms	x	x	x
Red Chilly Whole	3gms	x	x	x
Ghee	6gms	x	6	x
Water	120ml	x	x	x
	Total	34.678	7.04	12.337

METHOD

- 1) Wash and soak rice.
- 2) Broil the dal.
- 3) Chop onion, tomato and green chillies. Prepare ginger and cumin paste.
- 4) Wash, peel and cut potatoes.
- 5) Heat ghee, add cumin and ginger paste, red chilli whole, onion, green chillies, tomato and all the spices. Add chicken, potatoes and cook.
- 6) Put the rice and broiled dal. Add water and cook till soft.
- 7) Serve hot.

POACHED FISH WITH TOMATO SAUCE



No. Of Pax : 01
Time for Preparation : 35mins.
Total Nutritive Value : 64
Total Calorific Value : 365.15

INGREDIENTS	QUANTITY	CHO	FAT	PROTEIN
Fish Fillet	100gms.	3	0.8	14.9
Leek	10gms.	1.72	0.01	0.18
Celery	10gms.	0.35	0.01	0.08
Bay Leaf	2gms.	x	x	x
White Pepper Corn	5gms.	2.46	0.34	0.575
Salt	15gms.	x	x	x
Lemon Juice	15gms	1.665	0.135	0.15
Tomato	50gms.	1.8	0.1	0.45
Potato	25gms.	5.65	0.025	0.4
Onion	35gms.	4.41	0.035	0.63
Butter	25gms.	x	20.25	x
Carrot	15gms.	1.965	0.075	0.765
Parsley	5gms.	0.675	0.05	0.345
	Total	23.695	21.83	18.475

METHOD

1. Cut fish fillet into big dices and marinate with salt, lemon juice and white pepper powder.
2. Prepare a poaching liquor with roughly cut leek, celery, carrot & onion and poach the fish throughly.
3. Cut potato and onion into roundels and cut carrot into fancy shape.
4. Boil potato and carrot nicely.
5. Blanch tomato, de-skin, deseed and chop finely chop it.
6. Make a smooth tomato sauce with chopped onion, chopped garlic, chopped tomato, butter and seasoning.
7. In a separate pan saute boiled potato and onion.
8. Toss boiled carrot in butter.
9. Arrange tossed potato and onion on a plate nicely.
10. Place poached fish on top of the potato.
11. Spread tomato sauce on top and garnish with parsley.
12. Serve hot with tossed carrot .

CITRUS FISH STEAK



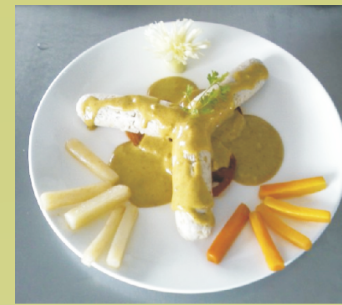
No. Of Pax : 01
Time for Preparation : 25min.
Total Nutritive Value : 52.094
Total Calorific Value : 284.971

INGREDIENTS	QUANTITY	CHO	PROTEIN	FAT
Fish Fillet	120gms.	4.4	21	1.9
Sweet Lime	80ml.	2.79	0.24	0.24
Lemon	10ml.	0.872	0.12	0.12
Corn Flour	5gms.	3.31	0.555	0.18
Carrot	25gms.	1.179	0.459	0.459
Salt	15gms.	x	x	x
White Pepper Powder	10gms.	1.37	0.48	0.27
Butter	15gms.	x	x	12.15
	Total	13.921	22.854	15.319

METHOD

1. Cut fish fillet into diamonds .
2. Extract sweet lime juice and set aside a piece of sweet lime for garnish.
3. Marinate two pieces of fish with salt, white pepper, lemon juice and sweet lime juice for 15 minutes.
4. Cut carrot into barrel shape and boil in salted water.
5. Put the marinated fish inside the oven and cook for 8 minutes..
6. Remove the fish from the oven, drain out the juice into a pan and add some butter and cook to reduce till a saucy consistency.
7. Place fish on a serving plate, decorate with fresh sweet lime slices and coat with sauce.
8. On a separate pan toss the carrot with butter and serve along with the fish steak.

CURRIED FISH ROLL WITH TOSSED VEGETABLE STICKS



No. of Pax : 01
Time for Preparation : 45 min.
Total Nutritive Value : 9.252
Total Calorific Value : 194.623 K Cal.

INGREDIENTS	Quantity	CHO	FAT	PROTEIN
Fish	85gms	3.08	1.33	14.7
Egg White	15gms	0	1.33	1.33
Butter	5gms	0	4.05	0
Leek	5gms	0.516	0.003	0.054
Celery	3gms	x	x	x
Garlic	3gms	x	x	x
Carrot	15gms	1.31	0.05	0.51
Onion	15gms	1.11	0.01	0.12
Potato	12gms	2.26	0.01	0.16
Milk	20ml	0.66	0.615	0.48
Refined Flour	5gms	3.695	0.045	0.55
Curry Powder	4gms	x	x	x
Salt	4gms	x	x	x
White Pepper	2gms	x	x	x
Parsley	2gms	x	x	x
Tomato	10gms	0.36	0.02	0.09
Lemon Juice	10ml	0.654	0.06	0.09
	Total	13.65	7.523	18.084

METHOD

- 1) Prepare thin fillets of fish. Marinate with lemon juice and seasoning.
- 2) Cut carrot and potato sticks and boil. Chop all the vegetables and set aside. Boil the rest of the potatoes and prepare a mash.
- 3) Place the chopped vegetables on the fish. Add seasoning. Roll the fish and seal the edges with egg white.
- 4) Place the fish on grill and cook.
- 5) Prepare curry sauce with béchamel and curry powder. Pour the curry sauce on the fish roll and serve hot with vegetable sticks.

FISH IN HERB CRUST WITH TOMATO COULIS



No of Pax : 01
Time for Preparation : 30 min
Total Nutritive Value : 40.32
Total Calorific Value : 197.48 K Cal.

INGREDIENTS	QUANTITY	CHO	FAT	PROTEIN
Beckti Fillet	100gms	2.4	0.64	11.92
Bread	12gms	7.39	0.09	1.1
Parsley	8gms	0.81	0.06	0.414
Potato	30gms	5.65	0.025	0.4
White Wine	4ml	x	x	x
Mustard Paste	3gms	x	x	x
White Pepper Pwd.	3gms	x	x	x
Tomato	25gms	0.72	0.04	0.18
Salad Oil	5ml	x	5	x
Oregano	3gms	x	x	x
Butter	3gms	X	2.43	X
Salt	4gms	x	x	x
	Total	16.97	8.285	14.014

METHOD

- 1) Cut the fish into thin fillets. Marinate with grain mustard, wine and seasoning.
- 2) Wash, peel and boil potatoes. Prepare a mash.
- 3) Peel and cut carrots in sticks. Boil the carrot.
- 4) Prepare a tomato coulis with roasted tomato, oregano and salad oil.
- 5) Grill the fish till it is almost cooked.
- 6) Coat the fish with a mixture of fresh bread crumbs and parsley. Place the fish in the oven till the bread crumbs turns golden in colour.
- 7) Serve hot on a bed of mashed potato with carrot sticks and tomato coulis.

FISH ROLL WITH FRIED RICE



No. Of Pax : 01
Time for Preparation : 60mins.
Total Nutritive Value : 76.384
Total Calorific Value : 359.456

INGREDIENTS	QUANTITY	CHO	FAT	PROTEIN
Beckti Fillet	75gms	2.25	11.175	0.6
Basmati Rice	30gms.	23.7	3.99	0.12
Cheese	6gms.	0.378	1.446	1.506
Chicken	15gms.	x	3.885	0.09
Potato	15gms.	3.39	0.24	0.015
Carrot	15gms.	1.965	0.765	0.075
Garlic	6gms.	0.738	0.138	0.054
Butter	10gms.	x	x	8.1
Tomato	25gms.	0.9	0.225	0.05
Onion	15gms.	1.89	0.27	0.015
Soy Sauce	6ml.	x	x	x
Belle Pepper	15gms.	0.685	0.24	0.135
Salt	10gms.	x	x	x
Sugar	8ml.	1.32	0.04	0.024
	Total	43.18	22.42	10.78

METHOD

1. Cut thin rectangular slices of fish fillet and marinate with salt and white wine for at least 20minutes.
2. Cut small cubes of carrot and onion. Finely chop garlic. Boil potato and store.
3. Prepare boiled rice by draining method.
4. Cut chicken into boneless small cubes and with the help of chicken, carrot, garlic, onion, rice, seasoning & soy sauce prepare a chicken fried rice.
5. Very lightly grill fish.
6. Put a stuffing of chicken fried rice inside the grilled fish fillet and roll.
7. Place it on a baking tray and coat with grated cheese and cook under salamander or oven till done.
8. Mash the potato and season, pipe it through a star nozzle into fancy shape and bake till golden colour.
9. On a serving plate arrange the rolled fish with fried rice and baked mashed potato and serve hot.

HILSA BIRIYANI



No. Of Pax : 01
Time for Preparation : 90mins.
Total Nutritive Value : 150.729
Total Calorific Value : 851.696

INGREDIENTS	QUANTITY	CHO	FAT	PROTEIN
Basmati Rice	75gms.	59.25	9.975	0.3
Hilsa Fish	150gms.	1.45	10.9	9.7
Sour Curd	60gms.	0.015	0.155	0.2
Cumin Seeds	8gms.	2.928	1.496	1.2
Bay Leaf	2gms.	x	x	x
Green Chilly	10gms.	0.3	0.29	0.06
Coconut Milk	20ml.	2.38	0.68	8.2
Mustard Oil	10ml.	x	x	10
Salt	10gms.	x	x	x
Sugar	10gms.	9.94	0.01	x
Lemon Juice	4ml.	0.444	0.04	0.036
Mustard Seeds	10gms.	0.32	0.4	0.06
Pure Ghee	20ml.	x	x	20
	Total	77.027	23.946	49.756

METHOD

1. Wash and soak basmati rice for 30minutes.
2. Take a fillet of fish and marinate with mustard paste, green chilly paste, hanged sour curd, lemon juice, salt, sugar, coconut milk and mustard oil for at least 30minutes.
3. Prepare a stock with hilsa fish bone, cumin seeds and bay leaf.
4. Put the marinated fish fillet in the oven and cook till done applying oil frequently .
5. Prepare the rice in the hilsa fish stock till almost done .
6. Once the fillet of fish is cooked, debone it by placing the fish on a table with a sharp long knife and By cutting it into thick strips.
- 7.. Arrange rice in a handi.
8. Arrange fish on top of the rice.
9. Apply fish stock a little and the marination dripping masala of the fish on top.
10. Season well and seal the container and put it for dum for approximately 15 minutes.
11. Remove, open and portion the biriyani so that fish do not break.
12. Serve hot with a garnish of slitted green chilly.

ORIENTAL PRAWN ROLL



No. Of Pax : 01
Time for Preparation : 35mins.
Total Nutritive Value : 86.599
Total Calorific Value : 376.181

INGREDIENTS	QUANTITY	CHO	FAT	PROTEIN
Rice Flour	100gms.	11.73	1.02	0.075
Vermicelli	10gms.	5.36	0.616	0.376
Cucumber	10gms.	0.25	0.04	0.01
Carrot	2gms.	1.31	0.51	0.05
Leek	5gms.	0.86	0.09	0.005
Prawn	15gms.	1.33	43.68	2.73
Mint	15gms.	0.348	0.288	0.036
Salt	50gms.	x	x	x
White Pepper Powder	25gms.	4.92	1.15	0.68
Ginger	35gms.	0.615	0.115	0.045
Soy Sauce	25gms.	2.09	4.32	1.95
	Total	28.813	51.829	5.957

METHOD

1. De-vein the prawns and blanch it.
2. Wash, peel and cut cucumber, carrot and leek into sticks.
3. Blanch cucumber, leek & carrot.
4. Blanch vermicelli & store.
5. Marinate all the above blanched ingredients in ginger flavoured soy sauce.
6. Prepare pancakes with rice flour.
7. Take each pancake and place strips of carrot, cucumber, prawns, vermicelli and leeks.
8. Fold it nicely.
9. Serve with sour soy sauce.

NAVARIN



No. of Pax : 1
Time for Preparation : 30 min.
Total nutritive Value : 43.245
Total Calorific Value : 196.45 K Cal.

INGREDIENTS	QUANTITY	CHO	FAT	PROTEIN
Mutton	130gms	0	4.32	25.68
Onion	20gms	1.89	0.015	0.27
Potato	50gms	6.78	0.3	0.48
Carrot	50gms	3.18	0.06	0.27
Leek	2gms	X	X	X
Celery	2gms	X	X	X
Parsley	3gms	X	X	X
Garlic	2 gms	X	X	X
Salt	1gms	X	X	X
Flour	3gms	X	X	X
Butter	3gms	X	X	X
Bay Leaf	1gms	X	X	X
White Pepper	1gms	X	X	X
Water	100ml	X	X	X
	Total	11.85	4.695	26.7

METHOD

- 1) Prepare a stock with roasted mutton bones, bayleaf, pepper corn and flavouring vegetables.
- 2) Clean and cut the mutton into dices. Put it for boiling.
- 2) Wash, peel and scoop the carrot and potatoes. Par boil them.
- 3) Chop the rest of the vegetables.
- 4) Prepare brown sauce. Add the mutton pieces and boiled vegetables. Check seasoning.
- 5) Serve hot.

