

## TVET CERTIFICATE V in Culinary Arts

CUATD501

Tandoori Dishes Preparation

Prepare Tandoori Dishes

Competence



**Credits: 5**

**Learning hours: 50**

**Sector: Hospitality and Tourism**

**Sub-sector: Culinary Arts**

**Module Note Issue date: June, 2020**

### Purpose statement

This particular module describes the knowledge and attitude required to prepare tandoori dishes. The trainee will be able to identify tandoori dishes, prepare ingredients, tools and equipment, and cook tandoori dishes, present, garnish and store tandoori dishes. This will allow the trainees to easily prepare tandoori dishes at higher standards.

### Table of Contents

Elements of competence and performance criteria		Page No.
Learning Unit	Performance Criteria	
L.U 1: Identify Tandoori dishes L.U 1:	1.1 Suitable identification of tandoori dishes is done referring to the common ingredients for Indian cuisine. 1.2 Accurate calculation of ingredient amounts is made according to the recipe. 1.3 Appropriate selection of ingredients for tandoori dishes from stores according to the recipe, quality, freshness and stock rotation requirements.	3
L U 2: Prepare, use tools and equipment of tandoori dishes	2.1 Proper selection of tools and equipment is done according to the type of recipe. 2.2 Efficient basic maintenance of tools and equipment is performed according to the task to ensure food safety. 2.3 Proper use of tools and equipment is safely respected according to the manufacturer instructions.	8
LU 3: Prepare ingredients	3.1 Appropriate Sorting and collecting of ingredients is performed according to the food production sequencing. 3.2 Correct portioning of ingredients is performed according to the recipe requirements. 3.3 Appropriate marinade of ingredients under required conditions.	14
LU 4 Cook tandoori dishes	4.1 Accurate application of cooking methods is done according to tandoori recipe. 4.2 Accurate maintenance of standard recipes is made basing on food quality adjustments. 4.3 Appropriate application of Tandoori cooking techniques is carried out according to the recipe.	26
LU 5 Present, garnish and store Tandoori dishes	5.1 Appropriate presentation of tandoori dishes is performed according to the desired service style. 5.2 Precise preparation of accompaniments for tandoori dishes is made according to the recipe requirements. 5.3 Proper storage of tandoori dishes is performed safely depending on the environmental conditions.	29

## General introductions

Tandoori cooking is the most popular cuisines throughout the world. It is originated from India. Traditionally a very large earthenware oven is covered, and heated with charcoal fire. Marinated meat, chicken, fish, Rotis and naans are types cooked in the earthenware (clay) oven called tandoors. Now days tandoori recipes are modified to meet the modern ovens or grill, thus electrical or gaz ovens and grills or charcoal grill can be used to cook tandoori dishes. Tandoori Chicken is known as the “King of the Kebab,” is the best known Indian delicacy and the tastiest way to barbecue chicken. The chicken should be marinated for at least four hours, but the longer you marinate the chicken, the better. The use of red food coloring, which creates the unique red color for which this dish is known, is optional. I’ve included instructions for roasting the chicken pieces in the oven or grilling them on a gas or charcoal grill, which will create a more authentic flavour

### L.U 1: Identify Tandoori dishes

#### LO 1.1 Identify ingredients according to the recipe.

- **Topic 1: Definition of tandoori**

**Tandoor** means a cylindrical clay oven used for baking and cooking. Traditionally the fuel used in Tandoor is charcoal or firewood. Modern Tandoor ovens uses cooking gas and electricity also instead of charcoal. Tandoor produces over 480°C

Tandoori: is a recipes involves marinated meat being cooked over an intense fire in a tandoor; a clay oven. The meat is lowered into the oven on long metal skewers and cooked in this smoky and extremely hot environment until done.

Tandoori cooking: is method of cooking consist of cooking bread like naan bread, marinated meat and vegetables in tandoor



- **Topic 2: Types of ingredients for Tandoori dishes**

- **Flavouring Herbs**

- Basil (also: Thai Basil) – Highly aromatic with a robust licorice flavor. ...
- Chervil – Delicate anise flavor. ...
- Chives – Delicate onion flavor, great as a garnish.
- Cilantro – From the coriander plant, cilantro leaves and stems have a pungent, herbaceous flavor.

- **Spices**

- **Spice** is a seed, fruit, root, bark, or other plant substance primarily used for flavouring, colouring or preserving food. **Spices** are distinguished from herbs, which are the leaves, flowers, or stems of plants used for flavouring or as a garnish.
- **Tandoori massala** this involves the mixture of 60gr ground coriander, 45g ground cumin, 30g garlic powder, 30 ground ginger, 30g ground cloves, 30g mace, 30g fenugreek, 30 g cinnamon, 30 g black pepper, 30g cardamom, and 15g nutmeg

- **Meat (white and red)**

Meat is flesh edible part from animal carcass that is eaten as food. such as chickens, sheep, rabbits, pigs and cattle

- **Milk and milk products**

- **Milk** is white liquid substance from female animal
- **Milk products:** those are product made based milk include milk, cheese and yoghurt. These foods - also called dairy products

- ✓ **Fish**

Limbless cold-blooded vertebrate animal with gills and fins living wholly in water

Eg: Mackerel · Mackerel, shark, sardine, tuna fish, tilapia.

- **Vegetables**

Vegetables are parts of plants that are consumed by humans or other animals as food. Including the flowers, fruits, stems, leaves, roots, and seeds.

- **Eggs**

An oval or round object laid by a female bird, like hen, turkey, duck, goose .in kitchen mostly we use hens eggs

- **Seeds**

The unit of reproduction of a flowering plant, capable of developing into another such plant. Like sesame olive seeds, corn seeds

- **Flour**

A powder obtained by grinding grain, typically wheat, and used to make bread, cakes, and pastry.

Example: wheat flour, maize flour, cassava flour.

### **LO 1. 2 Calculate ingredient amounts according to the recipe**

- **Topic : Types of calculations of ingredients amounts**

- ✓ **Weighing**

Is process of Find out how heavy (ingredients) is, typically using scales.

- ✓ **Measuring**

Is action of Denoting an instrument or device used to find out the size, amount, or degree of something.(ingredients)

- ✓ **Numbering**

Process of find out how many ingredients are numbers are used to refer to the order of things

### **LO 1.3 Select ingredients for tandoori dishes**

- **Topic 1: Considerations for selecting Ingredients of tandoori dishes**

- ✓ **Recipe**

The first task when preparing specific dishes is locating the 'standard recipe' for the dish or dishes to be prepared.

A standard recipe is a precise record of ingredients, method, serving instructions and cost of any food item on a menu.

### **Elements of standard recipe**

A standard recipe includes the following elements:

1. Name ingredients
2. Required quantities each ingredient
3. Garnish and service details
4. Portion sizes
5. Accurate costs
6. Date of last change.

### **The role of standard recipes**

1. Consistent quality ( look, cost and taste the same)
2. Customer satisfaction: always the same quality.
3. It provides information for ordering supplies
4. It provides a baseline for creating or improving new item
5. It trains new personnel
6. It provide more information about preparing a certain dish
7. It helps to standardized dishes
8. It helps in portion control

#### **✓ Freshness**

(With reference to food) the state of being recently made or obtained or not having decayed

.Eg: fresh vegetables, meat.

### **Quality signs of fresh vegetables**

- Having no defects ( damages)
- Fresh and firm
- Free from decay ( guhuguta)
- Uniform in size and shape
- No bad smell
- No pest or parasites damage signs

- Cabbage leaves should be compact

#### **Quality signs of fresh fruits**

- Fresh, clean in appearance
- Ripe and spotless
- Having good smell
- Firm ( solid)
- Priced according to their quality and size
- Pleasant flavor

#### **Quality signs of eggs**

- Shell should be clean
- Air space not exceed 6 mm
- The yellow should be solid and dark yellowish in color
- Shell intake (complete)

#### **Quality signs of fresh fish and seafood**

- Eyes: bright, full and not sunken
- Gills: bright red in color
- Fresh: compact
- Scale: flat, moist and plentiful
- Skin: should be covered with flesh
- Smell: having good smell

#### **✓ Quality**

The standard of something as measured against other things of a similar kind; the degree of excellence of something (ingredient)

#### **✓ Quantity**

Refer to The amount or number of ingredients needed to prepare same recipe.

## L U 2: Prepare, use tools and equipment of tandoori dishes

### LO 2.1 Select tools and equipment

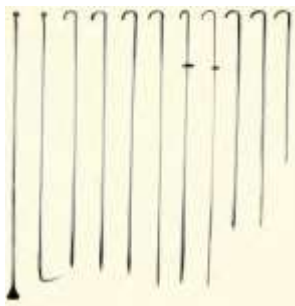
- **Topic 1: Identification of tools and equipment**

#### Identification of tools and equipment

- ✓ **Washing tools and equipment**
  - **Scrub brush.** The most basic **cleaning tool** you should have in your **kitchen**
  - **Dish Cloth.** For wiping down counters and tables!
  - Non-or lightly abrasive scrubbing pads.
  - Totally essential for hard-to-clean pots and pans
  - Steel wool.
  - Cloth towels or paper towels plastic scraper
  - Rubber Gloves.
  - A grease-cutting dish soap
- ✓ **Cutting tools and equipment**

Eg: Slicing machine, cutting board, knives, food chopping machine

- ✓ **Cooking tools and equipment**
  - **Skewers for tandoors**



Different skewers are used for different purposes. Skewers are made up of wrought iron and stainless. It is designed to absorb and conduct heat. Cooking the meat both from inside and outside. The length of skewers depend on the size of tandoor

- **Other tools**

Eg: Pan, mixing bowls, tandoor, sauce pot etc

- ✓ **Processing tools and equipment**

Eg: blender, mixer, food grinder, food chopping etc

- ✓ **Serving tools**





Service tool of tandoori dishes include: plates, bowls, tongs, forks etc

✓ **Storing tools and equipment's**

these are materials used to store food.

Eg: food containers, fridge. Freezer, bottles, cups

➤ **Serving tools** these are materials used for serving food

Eg: tray, plate, forks, tongs, big spoons, small spoons, ladles

• **Topic 2: Preparation of tools and equipment**

✓ **Washing**

- ✚ Remove detachable parts, such as blades, plastic or wooden handles, and screens.
- ✚ Wash dishes, pots, pans, and utensils and detached parts in hot, soapy water. Use a brush, if necessary.
- ✚ Rinse in clear water after washing.
- ✚ Place items in a wire basket or other container and immerse them in a sanitizing solution.
- ✚ Air-dry dishes in a clean and sanitized dish rack. Using a dishtowel could decontaminate the dishes.

✓ **Cooking**

1. Ensure the oven is turned OFF/ON by pressing the START/CANCEL button on the control panel. The oven is OFF when the button surround illumination goes out.
2. Then remove insert the power plug from the wall outlet.
3. Allow the oven and all accessories to cool /heat completely.
4. Ensure the oven and all accessories are clean and dry.
5. Ensure the crumb tray is inserted into the oven; the broil rack is inserted into the baking pan and resting on the wire rack in the middle rack height position.

✓ **Storing and Serving**

**Storage**

1. Ensure the oven door is closed.
2. Store the appliance in an upright position standing level on its support legs. Do not store anything on top

3. The oven must not be exposed to rain / water
4. Keep at least 150mm away from any other equipment.

## LO 2.2 Perform basic maintenance of tools and equipment

### • **Topic 1: Maintenance procedures of tools and equipment**

#### ✓ **Cleaning techniques**

##### **A. Cleaning the outer body and door**

1. Wipe the outer body with a soft, damp sponge
2. A non-abrasive liquid cleanser or mild spray solution may be used to avoid build-up of stains
3. Apply the cleanser to the sponge, not the oven surface, before cleaning
4. To clean the glass door, use a glass cleaner or mild detergent and a soft, damp sponge or soft plastic scouring pad.
5. Do not use an abrasive cleanser or metal scouring pad as these will scratch the oven surface
6. Let all surfaces dry thoroughly prior to inserting the power plug into a wall outlet and turning the oven on.
7. Wash all accessories in warm soapy water with a soft sponge or soft plastic scouring pad

#### ✓ **Sterilizing/sanitizing techniques**

Sanitizing is the process of reducing the number of microorganisms on that surface to safe levels. The tandoor is sterilized/sanitized by heating do not apply hot water on the clay

#### ✓ **Greasing techniques**

To remove baked-on grease, soak the tray in warm soapy water then wash with a soft sponge or soft plastic scouring pad

**Def:** lubricate with grease.

Keep Your Bearings Rolling With Proper **Greasing Techniques** The great majority of bearings used on Formtek equipment are the anti-friction type, i.e., ball or roller. A relatively small number are the plain sleeve type. Practically without exception, **grease** is employed for bearing lubrication.

## LO 2.3 Use tools and equipment according to the manufacturer instructions

### • **Topic 1: Safe practices on handling tools and equipment**

**Tandoori** is one of a variety of ovens. The most common is cylindrical clay or metal oven used in cooking and baking in the Northern Indian subcontinent.

#### ✓ **The following are safety tips to handle tandoor**

- Keep the gas supply closed when the appliance is not in use.0788594209
  - Extinguish any open flame.
  - Put on the tandoor lid.
  - Call the gas supplier or fire department if the smell continues.
- ✓ **Tips to use safely and hygienically tools and equipments for producing tandoori dishes**
1. Ceramic knives are easy to clean and are best cleaned by hand.
  2. Knives with plastic handles are generally suitable for dishwashers.
  3. Please ensure, however, that the blades are stored so that they are protected against knocks.
  4. Only use cutting boards made of wood or plastic.
  5. Do not use ceramic knives for levering, chopping, boning or cutting frozen food.
  6. Do not let the blade fall on a hard surface.
  7. Store the knives in a knife block or other safe place.

#### ✓ **Maintenance & cleaning**

The following are tips for cleaning and maintenance tandoor:

- Clean the burner twice a year by gentle scraping in cleaning process to remove grease and rust
- Use a stiff long handled brass brush to scrub the tandoor plates.
- Clean the external area of your **tandoor** daily in order to maintain healthier cooking atmosphere.

### ✓ **Cleaning procedures for tandoor accessories**

Steps for washing and sanitizing all utensils and tableware

Step 1: Pre rinse, scrapes, or soaks

Step 2: Wash (temperature 43 degrees C.)

Step 3: Rinse (temperature 43 degrees C.)

Step 4: Sanitize (If hot-water immersion is used, the water must be at least 77<sup>0</sup> C.

Step 5: Air Dry allow equipments/ utensils to dry themselves

Notice: Clean-in-place Equipment must be cleaned and sanitized every day unless otherwise indicated by the manufacturer.

### **Procedure to clean stationary equipments like tandoori**

The following are steps of cleaning stationary equipment:

1. Turn off and unplug
2. Disassemble (Dismantling)if necessary
3. Remove food and soil
4. Remove detachable parts
5. Wash and rinse fixed surfaces
6. Keep cloths used for food-contact and non-food-contact surfaces separate.
7. Air dry all parts
8. Re-sanitize food-contact surfaces that were touched putting parts back on
9. Assemble equipment

### ✓ **Storage procedures**

The following are tandoor accessories storing procedures

- At least six inches off the floor
- Clean and sanitize
- Clean and sanitize trays and carts
- Store glasses and cups upside down
- Keep food-contact surfaces of clean-in-place equipment covered.

### ✓ **Storing of Cleaning Tools and Supplies procedures**

- Air dry wiping cloths overnight

- Hang mops, brooms, and brushes
- Clean, rinse, and sanitize buckets

**Notice:** Storage areas for cleaning supplies should be out of the way of kitchen traffic and potential cross-contamination

## LU 3: Prepare ingredients for tandoori dishes

The tandoor is used for cooking certain types of Afghan, Pakistani and Indian, foods such as tandoori chicken, chicken tikka and bread varieties like tandoori roti and naan. The tandoor is basically used to cook meat while Hindus and Sikhs of India are mostly vegetarian, they use tandoor to cook vegetables



### LO 3.1 Sort and collect ingredients.

- **Topic 1: Ingredients for different tandoori dishes**

#### 1.1 Some signature tandoori dishes available in worldwide

1. Chicken Tikka masala recipe
2. Naan recipes
3. Chicken tangri
4. Fish curry
5. Paneer papadum
6. Barval-aloo
7. Baluchi-aloo

##### 1.1.1 Description and main ingredients

- **Flatbread:** A tandoor may be used to bake many different types of flatbread. Some of the most common are Tandoori Roti, Tandoori Naan, Tandoori Laccha Paratha, Missi Roti, and Tandoori Kulcha.
- **Naan:** A simple but delicious, unleavened flour bread garnished with onions seeds and melon seeds
- **Peshawari:** Seekh Roasted Cashews, corn and cottage cheese paste marinated in spiced thick cream grilled in Tandoor.
- **Achaari Khumb ke Soole:** Mushrooms marinated in pickled yoghurt and jodhpuri spices grilled in Tandoor.
- **Baluchi Aloo:** Potatoes stuffed with cottage cheese, vegetables and cashew nuts, roasted in Tandoor. By definition **aloo**. **Aloo means** potato, and the word tikki **means** a small cutlet or croquette and Baluchi means native or inhabitant of Baluchistan

- **Tandoori chicken:** Tandoori chicken is a roasted chicken delicacy that originated in Punjab region of India and Pakistan. In India, tandoori cooking was traditionally associated with Punjab.
- **Chicken tikka:** Chicken tikka (murgh tikka) is a dish from Mughlai cuisine made by grilling small pieces of chicken which have been marinated in spices and yogurt. It is traditionally cooked on skewers in a tandoor and is usually boneless. It is normally served and eaten with a green coriander chutney, or used in preparing the curry chicken tikka masala.
- **Kalmi kabab:** Kalmi kabab, a popular snack in South Asian cuisine, is made by marinating chicken drumsticks and placing them in a tandoor. Various freshly ground spices are added to the yogurt to form a marinade for the chicken. Traditionally, the marinated chicken is given 12 hours at the least. When prepared, the drumsticks are usually garnished with mint leaves and served with laccha (finely sliced half moons, with a squeeze of lemon and a pinch of salt) onions.
- **Chicken tangri:** Chicken drumstick coated with eggs and cashewnut mixture
- **Paneer:** a soft white cheese, used in Indian cookery (home-made cheese)

## 1.2 Some tandoori recipes

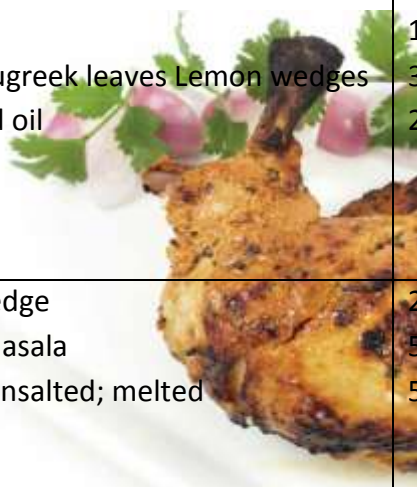
### Naan

Ingredients	Qty	Preparation
Wheat flour Soda bi-carb Salt Baking powder	500g 1g As needed 1tsp	1. Sieve the flour with salt, soda and baking powder in bowl.
Eggs Sugar Yoghurt ( Plain) Water Milk	1 Pc 10g 2tsp 200g 50ml	2. In bowl break the egg, add sugar, yoghurt and milk then mix well 3. Pour the egg mixture into flour and knead well 4. Let dough to rest 10 minutes
Oil	As needed	5. After 10 minutes add oil and knead well 6. Punch the dough and cover with a cloth and let it to rest 2 hours 7. Divide the dough into 6 portions, make ball.
Onions seeds Melon seeds Butter	1tsp 5gr 30gr	8. Sprinkle with onions and melon seeds 9. Flatten each ball to make round disk. 10. Place the Naan on greased baking pan and bake it in hot tandoor in 3 minutes 11. Apply the butter on the Naan as soon as it is removed from the oven.




## Tandoori Chicken

Ingredients		Qty	Procedures
Main	Whole chicken	4pcs	<ol style="list-style-type: none"> <li>1. Remove the skin</li> <li>2. Cut the chicken in 4 pieces,</li> <li>3. Make incisions on each cut</li> </ol>
Marinade:	Hung yoghurt Red chili powder Garam masala powder Garlic; finely chopped Ginger; finely chopped Green chilly; finely chopped Green coriander; washed and finely chopped Salt Dry fenugreek leaves Lemon wedges Mustard oil	250ml 120g 60g 70 35 1Pc 15g ----- 15g 3pc 25g	<ol style="list-style-type: none"> <li>4. In a flat mixing bowl add yoghurt and cream it with the palm of hand.</li> <li>5. Add chili powder, garam masala powder, ginger, garlic, green chili, coriander, salt and fenugreek leaves, and lemon juice.</li> <li>6. Mix well.</li> <li>7. Pour in mustard oil and refrigerate for 15-20 min.</li> <li>8. Apply the marinade on chicken</li> <li>9. Leave the marinated chicken in refrigerator for 3-4 hours.</li> <li>10. Skewer the chicken pieces in metal skewers. Roast the <i>Chicken</i> at 78°C</li> </ol>
Finishing:	Lime wedge Chaat masala Butter unsalted; melted	2Pcs 5gr 50gr	<ol style="list-style-type: none"> <li>11. Remove the chicken and let it rest for 1 min. Baste the chicken generously with melted butter.</li> <li>12. Sprinkle with chaat masala and squeeze fresh lime on top Of the Chicken</li> </ol>



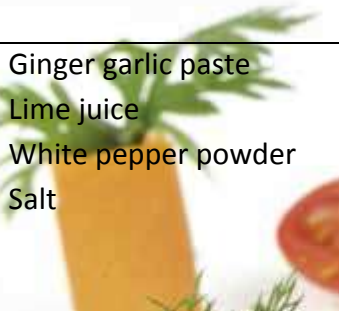

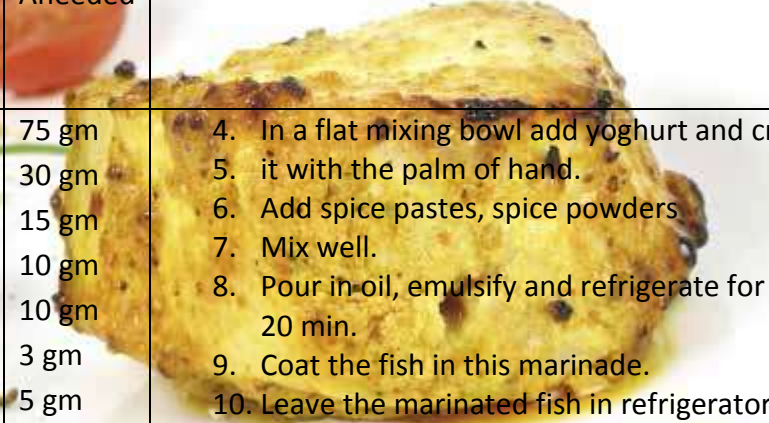
### Chicken Tikka masala

Ingredients		Qty	Procedures
Main	Chicken thigh boneless	1kg	1. Cut the chicken into two pieces
First marinade:	 Ginger garlic paste Ginger chilly paste Lime juice White pepper powder Salt Fresh pineapple puree	20 gm 25 gm 25 gm 5 gm As needed 150 gm	2. Season chicken with salt, ginger garlic, ginger 3. Chili paste, white pepper powder, fresh pineapple puree and lime juice. 4. Leave chicken in refrigerator for 4-6 hours.
Second marinade	Hung yoghurt Double cream Ginger garlic paste Ginger chili paste Cardamom powder Mace powder White pepper powder Salt Egg yolk Oil	75 gm 150 gm 30 gm 25 gm 6 gm 5 gm 5 gm To season 2 pcs 35 gm	5. In a flat mixing bowl add yoghurt and cream it with the palm of hand. Add cream. 6. Add spice pastes, spice powders 7. Mix well Pour in oil, emulsify yolk and refrigerate for 15-20 min. 8. Apply the marinade on chicken 9. Leave the marinated chicken in refrigerator for 3-4 hours. 10. Skewer the chicken pieces in metal skewers. 11. Cook on <i>Chicken in oven</i> 12. Remove the chicken and let it rest for a min.
Finishing:	Lime wedge Chaat masala Butter unsalted; melted Coriander chopped	2 pcs 5 gm 50 gm 5 gm	13. Baste the chicken generously with melted butter 14. Sprinkle with chaat masala, chopped coriander and squeeze fresh lime on top.

### Chicken tangri Kabab

Ingredients		Qty	Procedures
Main  First marinade:  Second marinade	Chicken drumsticks	12 Pcs	Clean the drumsticks Make 4-5 deep vertical incisions
	Ginger garlic paste	20g	Mix Ginger garlic paste, Salt, White pepper powder and Vinegar to make paste Coat the drumsticks Refrigerate for 15 minutes
	Salt	4g	
	White pepper powder	1g	
	Vinegar	5ml	
Second marinade	Yoghurt	250ml	Mix Yoghurt, Cream , White pepper powder Garam masala and Saffron Marinate the chicken and refrigerate for 15 minutes Skewer the drumstick and roast for 3-5 minutes till half cooked Remove from the oven and hang for 2-3 minutes Baste with oil until completely done
	Cream	150ml	
	White pepper powder	2g	
	Garam masala	4g	
Finishing:	Saffron	Few	
	Cashewnuts ground finely	75g	Mix together the ground cashewnut and eggs. Coat the drumsticks and roast again till the egg has coagulated Remove and serve hot
	Egg	4Pcs	


### Fish Tikka

Ingredients		Qty	Procedures
Main	King fish fillet	1kg	1. Cut the fish into 2 pieces
First marinade:	 Ginger garlic paste Lime juice White pepper powder Salt	20 gm 25 gm 5 gm Aneeded	2. Season fish with salt, ginger garlic, white pepper powder, salt and lime juice. 3. Leave the fish in refrigerator for 4-6 hours.
Second marinade:	 Hung yoghurt Ginger paste Garlic paste Mint; fine chopped Coriander; fine chopped Red chilly powder Raw mango powder Salt To season Oil	75 gm 30 gm 15 gm 10 gm 10 gm 3 gm 5 gm 20 gm	4. In a flat mixing bowl add yoghurt and cream 5. it with the palm of hand. 6. Add spice pastes, spice powders 7. Mix well. 8. Pour in oil, emulsify and refrigerate for 15-20 min. 9. Coat the fish in this marinade. 10. Leave the marinated fish in refrigerator for 3-4 hours. Skewer the fish pieces in metal skewers 11. Roast the fish in 5 min
Finishing:	 Lime wedge Chaat masala Butter unsalted; melted Coriander chopped	2 pcs 5 gm 50 gm 5 gm	12. Remove the fish and let it rest for a min. 13. Baste the fish generously with melted butter 14. Sprinkle with chaat masala, chopped coriander and squeeze fresh lime on top

### Paneer tikka

Ingredients		Qty	Procedures
Main	Paneer	200g	1. Cut paneer into 4 pieces
	Capsicum (Green pepper)	1 pc	2. Cut onion and capsicum into cube with the same size as paneer
	Red onion	1 pc	
Marinade:	Thick curd	350ml	3. Mix all marinade ingredients
	Cream	30ml	4. Pour capsicum and onions in marinade and rub them in marinade
	Besan	60ml	5. Skewer the paneer and vegetables. Keep the then aside for 1 hour
	Genger garlic paste	60g	6. Grill the skewer on a grill
	Cumin powder	7g	7. Remove from the grill and deep fry them in oil for 10-15 minutes
	Tandoori masala	20g	
	Kasoori methi( dry fenugreed leaves)	15g	
	Salt, red chili powder and pepper	As needed	
Finishing	Chat masala	60g	8. Sprinkle with chutney and serve with tomato sauce
	Chutney or tomato sauce	150ml	


### Aloo Tikki

Ingredients		Qty	Procedures
Whole potato; peeled and grated Coriander green; washed and chopped Red onion; washed, peeled and chopped Green chilly; washed and chopped Ginger; washed, peeled and chopped Cumin seeds; toasted and crushed Lime Salt Dry mango powder		300 gm	1. Boil whole potatoes until al dente
		15 gm	2. Mix grated potatoes with coriander, onion, chilly and ginger.
		20 gm	3. Season with salt.
		5 gm	4. Make 70 gm size balls.
		5 gm	5. Shape them in round cutlets 1.5 cm thick.
		2 gm	6. Place on a roasting and baking tray.
		half pcs to	7. Roast for 3-4 minutes
		season	8. Remove from the oven and grill other 3 minutes
		2 gm	



### Baked fish in curry béchamel

Ingredients	Qty	Procedures
White boneless fish	300g	<ol style="list-style-type: none"><li>1. Marinate the fish in lemon juice for 15 minutes</li><li>2. Boil the milk with onions, carrot and bay leaf</li><li>3. Strain the milk and keep aside both milk and vegetables let them to cool</li><li>4. Make white roux</li><li>5. Add milk and make béchamel and milk and stock with water</li><li>6. Thicken the sauce until it coats the back of the spoons</li><li>7. Add strained vegetables pepper, sugar and curry powder and seasoning. Remove bay leaf</li><li>8. Fry the fish in oil until light golden in both sides</li><li>9. Pour the sauces over the fried fish</li><li>10. Bake the dish 5 minutes and serve hot</li></ol>
Lemon juice	15ml	
Milk	125ml	
Onions finely chopped	1Pc	
Small carrots	1Pc	
Bay leaf	1Pc	
Butter	120g	
Flour	60g	
Chicken or Vegetable stock	60ml	
Water	250ml	
White pepper	7g	
Salt	20g	
Curry powder	60g	



### Soft Paneer

Ingredients	Qty	Procedures
Milk	1L	<ol style="list-style-type: none"><li>1. Boil milk.</li><li>2. Add curd and stir gently till all milk curdles</li><li>3. Leave the curdled milk uncovered for sometime and the strain through cheese cloth</li><li>4. Make sure all excessive liquid is filtered out</li><li>5. The left moisture in the cloth is paneer</li><li>6. Make it in cubes curdle the milk as you will get a hard paneer</li></ol> <p>Notice: Never over curdle the milk as you will get hard paneer after it is set</p>
Curd	250ml	

## LO 3.2 Portion ingredients for dishes.

### • **Topic 1: Portioning techniques for ingredients**

The following are food portioning techniques

- ✓ **Weighing**
- ✓ **Measuring**

#### **1.1 Measurement**

There are two important kinds of measurement in the kitchen:

1. Ingredient measurement
2. Portion measurement, or portion control

##### **1.1.1 Ingredient measurement**

###### **Weight**

Weighing is the most accurate method of measuring ingredients. It is the method used for most solid ingredients.

Accurate scales are necessary for weighing. Small portion scales are often used in the kitchen because of their convenience.

1. Balance scales are used in the bakeshop
2. Procedure for weighing ingredients on a portion Scale
3. Place receiving container, if any, on the scale.
4. Set the scale so that it reads zero.
5. Add the item being weighed to the container until the scale reads desired weight

##### **1.1.2 Portion control**

**Portion control** is the measurement of portions to ensure that the correct amount of an item is served

- Portion control actually begins with the measuring of ingredients. If this is not done correctly, then the yield of the recipe will be thrown off.
- Portion Control in Plating and Service
- Portioning for service may be done by the cook, as in a short-order restaurant, or by the service personnel, as in a cafeteria. The following tools and techniques are used.

###### ❖ **Count.**

Examples: 1 chicken leg per order; 1 naan per order. This is accurate if cutting and other preparation work have been done correctly.

❖ **Weight.**

Example: 1 kg of fish fillet per order. A portion scale must be at the serving station for this method of portion control

❖ **Volume.**

Ladles, scoops, and kitchen spoons come in standard sizes and are used for portioning.

❖ **Standard fill.**

Standard-size dishes, cups, or glasses are filled to a given level, as judged by eye.

Example: a sauceboat of guacamole. This is actually a form of volume measure.

• **Topic 2: consideration Factors for ingredients porting**

✓ **Type menu standard**

**There are 6 types of menu but in fact there are mainly 2 types of menu which are:**

- Table d'hôte.
- À la carte.

When a restaurant offers separately priced items, you can describe its **menu** as a la carte. ... The literal **meaning** of the French phrase is "by the card," although it's used in both languages to mean "according to the **menu**." The opposite of a la carte is a table d'hôte, or "meal served at a fixed price.

- **1) A la Carte menu**

- The A la Carte menu prices each food item separately; it often contains greater choices for the customer. Some high-end restaurants may allow their customers to order breakfast items A la Carte.

- The other five types of restaurant menus are:

- **2) Wine/Beverage Menu**

- **3) Du Jour Menu**

- This type of menu references a special dish for the day.

- **5) Dessert Menu**



- Dessert menus offer desserts that are specific to particular restaurants.

✓ **Recipe** a set of instructions for preparing a particular dish, including a list of the ingredients required quantity and portioning size

✓ **Health benefits**

- **Benefits** of exercising **portion** control. ...
- Managing calorie intake. ...
- Managing carbohydrate intake. ...
- Use the plate method. ...
- Controlling plate size can help to control **portion** size. ...
- Higher blood sugar levels can make us hungry. ...
- Avoid having seconds. ...
- You don't have to clear your plate.

### LO 3.3 Marinate ingredients

- **Topic 1: Marinating ingredients**

**Marinating** is the process of soaking foods in a seasoned, often acidic, and liquid before cooking.

#### Importance of marinating

- Improving flavor
- Tenderizing food
- Wetting elements
- Used as conservation agent

#### Marinating conditions depends on type of dishes

- Green dishes
- Red dishes
- White dishes

#### Types of ingredients used in marination

✓ **Acidic ingredients** (Salt, Soya sauce, Vinegar, ...)

- ✓ **Fat ingredients** (Oil, butter, coconut butter, dairy products ...)
- ✓ **Dairy products** (milk, yoghurt, cream, coconut milk, cheese)
- ✓ **Spices and herbs** (Celery, chill, Chopped onions, Masala powder, Thyme, Rose mary, Parsley, curry powder, basil, Garlic, Ginger, chilli, peppercorns, food color, ...)

## LU 4 Cook tandoori dishes

**Tandoori Cooking** is done in a clay oven known as tandoor using dry heat. Although the source of heat is at the base of the oven but heat is evenly distributed as clay radiates heat evenly. The tandoori cooking flourished here and spread all across

### LO 4.1 Apply tandoori cooking methods

#### • **Topic 1: Cooking methods of Tandoori dishes**

Tandoori cooking is defined as cooking method like Roasting by specialty of tandoor food is cooked by the concentration of heat and smoke retained by tandoori oven clay. Apart from that some cooking methods like boiling, blanching, grilling may associated with this cooking methods to prepare like accompaniments.

1. **Grilling/Broiling:** Grilling or broiling refers to the cooking of food by exposing it to direct heat. In this method food is placed below or above or in between a red-hot surface.

**Eg:** Papads, corn, phulkas, chicken and fish.

#### **Grilled foods can be cooked:**

- Over heat (charcoal, barbecues, gas or electric heated grills/griddles)
- Under heat (gas or electric salamanders (overfired grills))
- Between heat (electrically heated grill bars or plates).

2. **Blanching:** In this method, food is immersed in boiling water for five seconds to two minutes depending on the texture of the food and put it in cold water. This helps to remove the skin or peel without softening the food.

**Eg:** Tomatoes can be blanched.

#### 3. **Boiling**

Boiling is cooking of prepared food in a liquid at boiling point. The liquid be water, court-bouillon, milk or stock.

#### **The Purpose of Boiling Food Is:**

- Pleasant taste & agreeable flavour

- Suitable texture
- Easy to digest and safe to eat.

**There is Two Way of Boiling:**

- Place food in boiling liquid, re-boil and then reduce heat. (Simmering)
- Cover the food with cold liquid, boil and then reduce the heat.

## **LO 4.2 Maintain standard recipe**

### **• Topic 1: Portioning standards of recipe**

- ✓ Standards sizes and quantities)
- ✓ Standards number of pieces

#### **Elements of standard recipe**

- A standard recipe needs to include:
- Summary of ingredients
- Required quantities each ingredient
- Garnish and service details
- Portion sizes
- Accurate costs
- Date of last change.

#### **The role of standard recipes**

- ✓ Consistent quality ( look, cost and taste the same)
- ✓ Customer satisfaction: always the same quality.
- ✓ It provides information for ordering supplies
- ✓ It provides a baseline for creating or improving new item
- ✓ It trains new personnel
- ✓ It provide more information about preparing a certain dish
- ✓ It helps to standardized dishes
- ✓ It helps in portion control

### **• Topic 2: Balance diet of the recipe**

**The following are tip to help to balance diet to maintain food quality for consumers**

- ✓ Cut adequate nutrients within calories needs
- ✓ Manage weight
- ✓ Engage in physical activity
- ✓ Select from the right food group
- ✓ Manage consumption of fats
- ✓ Manage consumption of carbohydrates
- ✓ Manage consumption of sodium and potassium
- ✓ Manage consumption of alcoholic beverages

### LO 4.3 Apply techniques of cooking in tandoor

#### • **Topic 1 Cooking techniques for Tandoori dishes**

##### ✓ **Arm position in Tandoori**

Tandoori can be heated up to 350°C; it requires to maintain effectively your arms to prevent injuries/ burns.

1. When roasting Naan use tandoor cushion
2. Do not touch on inner month sides of tandoori
3. Remove naan by two skewers.



##### ✓ **Techniques of operating tools and Equipment for Tandoori (put in and removing)**

- ❖ Food is placed in vertically; no oil or fat is used.
- ❖ Naan (flat, leavened bread) is slapped on the inside wall of the oven to cook.
- ❖ Food may be marinated for between 20 minutes and two hours before cooking.
- ❖ Food is brushed with marinade during cooking
- ❖ Remove the naans using a pair of bread seekhs.
- ❖ The pointed one sticks the naan in the middle while the flat seekh goes between the naan and the tandoor to remove it.
- ❖ If the naan is stuck, leave it a little bit longer, and then try again.



## LU 5 Present, garnish and store Tandoori dishes

### LO 5.1 Present tandoori dishes

Presentation is someone's first impression of a meal. Aesthetics and elegance are important to the eye, as it is through the sense of sight that other senses can be stimulated.

- **Topic 1: Presentation and garnishing techniques**

#### Types of garnishing agents:

- Cheese
- Creams
- Herbs
- Vegetables
- Sauces

#### Garnishing techniques (depend on the recipes)

- Creams
- Herbs
- Vegetables
- Sauces

#### Presenting techniques (depend on the serving tools)

The following are highlights that help making presentations practical.

1. Proper shingling of slices towards the customer
2. Do not allow large items to hide any part of the presentation
3. Ensure that the garnish and slice/ portion count correlate
4. Sauce boat should be 2/3 full
5. Make sure serving sizes are correct (total plates/servings)
6. Place taller items or areas toward the rear of the plate/platter


### LO 5.2 Prepare accompaniments for Tandoori dishes

- **Topic 1: Different types of accompaniments for Tandoori dishes**

#### ✓ Vegetables

Vegetables are parts of plants that are consumed by humans or other animals as food. The original meaning is still commonly used and is applied to plants collectively to refer to all edible plant matter, including the flowers, fruits, stems, leaves, roots, and seeds

### Zucchini, onion & tomato flan

Ingredients	Qty	Preparation procedures
Green zucchini	100 gm	 <ol style="list-style-type: none"> <li>1. Slice vegetables in ring</li> <li>2. Place then in bowls a</li> <li>3. Add a half of grated Parmesan, crushed black pepper, chopped basil leaves, olive oil</li> <li>4. Mix gently</li> <li>5. Arrange the vegetables in greases baking pan</li> <li>6. Sprinkle with parmesan cheese</li> <li>7. Bake for 2 minutes check the doneness after 1 minute and rotate the baking pan</li> <li>8. Sprinkle the rest of the Parmesan and a few fresh basil leaves</li> <li>9. Dot with tomato sauce and tomato ketchup</li> </ol>
Yellow zucchini	100 gm	
Tomatoes	100 gm	
Parmesan cheese, grated	50 gm	
Crushed black pepper	5 gm	
Chopped basil leaves	5 gm	
Olive oil	10 ml	
Butter	5 gm	
Tomato sauce, ready-made	1 tbsp	
Tomato ketchup, ready-made	1 tbsp	
Salt	2 gm	

### Staffed capsicums

Ingredients	Qty	Preparation procedures
Capsicum (Green pepper)	6Pcs	<ol style="list-style-type: none"> <li>1. Boil potatoes and peas separately</li> <li>2. Peel and mash potatoes</li> <li>3. Add the boiled peas. Chopped onions, gingers, green chili and coriander leaves</li> <li>4. Mix red chili powder, salt and garam masala</li> <li>5. Cut the capsicum geads and remove the seeds</li> <li>6. Stuff the mixture into the capsicums.</li> <li>7. Place then in a greases pan with the open side up</li> <li>8. Pour melted butter and a portion of the breadcrumbs on the top of each of the capsicum.</li> <li>9. Place in the tandoor tray for for 5-7 minutes</li> <li>10. Serve hot</li> </ol>
Butter	50g	
Potatoes	200g	
Fresh peas	100g	
Ginger	50g	
Onions	100g	
Coriander leaves	2bunches	
Green chili	2Pcs	
Red chili powder	15g	
Garam masala	15g	
Salt	3g	
Bread crumbs	60g	

## ✓ Sauces

In cooking, a sauce is a liquid, cream, or semi-solid food, served on or used in preparing other foods. Most sauces are not normally consumed by themselves; they add flavor, moisture, and visual appeal to a dish. Sauce is a French word taken from the Latin salsa, meaning salted.

### Green Chutney

Makes approximately 1 cup

Ingredients	Qty	Procedures
Coriander leaves Hot peppers Peanuts Lemon juice salt	3 bunches 5-6 Pcs 160g As needed As needed	1. Grind the peanuts (powder texture). 2. Add all the other ingredients to the peanuts. 3. Blend in food processor till smooth 4. Add slight water only if needed.

## ✓ Starch

Starch or amyllum is a polymeric carbohydrate consisting of a large number of glucose units joined by glycosidic bonds. This polysaccharide is produced by most green plants as energy storage

### Tandoori aloo

6 Portions

Ingredients	Qty	Procedures
Boiled potato Oil Red chili powder Tandoori massala Cornflour Salt	500g 60ml 15g 15g 15g As needed	1. Boil potatoes in saucepan till they become soft. 2. Cut them into midway pieces of desired size 3. Add salt, red chili powder, tandoori massala, red food colour, corn flour to the potatoes 4. Mix it well 5. Add oil and kep it on the baking pan. 6. Bake at 200°C 25minutes 7. Turn the potatoes pieces during cooking process 8. Serve hot with mint chutney or ketchup



### Raw banana cutlet

Ingredients	Qty	Procedures
Raw bananas	4Pcs	<ol style="list-style-type: none"><li>1. Boil bananas until done.</li><li>2. Remove them from water and peel as well as they are hot.</li><li>3. Mash hot bananas; add chilies, onions, ginger, cumin powder, mango powder and salt.</li><li>4. Make flattened balls in the shape of cutlet.</li><li>5. Crease it with oil and place it on the grill rack.</li><li>6. Bake at 200<sup>0</sup>c for 20minutes</li><li>7. Serve hot with meat tendoori</li></ol>
Finely chopped onions	1Pc	
Finely chopped green chili	2Pcs	
Chopped coriander leaves	30g	
Grated ginger	7g	
Dry mango powder	7g	
Cumin powder	7g	
Salt	As needed	

### Tandoori Broccoli

1. 1 kg broccoli florets
2. 1 teaspoon ginger garlic paste
3. 150 gm cheese 100 gm hung curd
4. 50 gm cream
5. 1 teaspoon black pepper powder
6. 100 gm corn flour
7. Salt to taste



### **Preparation**

1. Blanch the broccoli in salted water and set aside.
2. Prepare the marinade with the remaining ingredients.
3. Add the broccoli to the marinade and make sure the broccoli gets nicely coated.
4. Thread on to the skewers and cook in the Glen tandoor for 5-7 min till done.
5. Serve hot.

### ✓ **Papadam**

Is a thin, crisp, disc-shaped food from the Indian subcontinent, typically based on a seasoned dough usually made from peeled black gram flour, either fried or cooked with dry heat. Flours



made from other sources such as lentils, chickpeas, rice, tapioca, certain millets or potato can be used.

### ✓ **Flatbread**

Flatbreads generally include leavened bread, such as pita, or unleavened bread, such as mountain bread. Both types are common throughout the Middle East and beyond, and are popularly used for wraps as well as toasted for salads, dips and sauces.

#### **Tandoori Roti**

750 g Whole wheat flour – 3 cups

15g Salt

250ml Water

30 ml Melted ghee or unsalted butter

Some extra for garnishing

#### **Method:**

1. Sift the flour and salt into a large mixing bowl. Add the water and mix to a soft, pliable dough.
2. Knead on a lightly floured surface for 3-4 minutes until smooth. Place the dough in a lightly oiled bowl, cover with a lightly oiled clear film (plastic wrap) and leave to rest for about 1 hour.
3. Tip out the dough onto a lightly floured surface. Divide the dough into 6 pieces and shape each into a ball.
4. Press out a larger round with the palm of your hand, cover with lightly oiled clear film and leave to rest for about 10 minutes.
5. Meanwhile, preheat the oven to 230° Celsius/450° degree Fahrenheit/Gas 8. Place three baking sheets in the oven to heat.
6. Roll the rotis into 6 " round, place 2 on each baking sheet and bake for 8- 10 minutes.
7. Brush with melted ghee or butter.
8. Serve warm with any curry.



#### **Paratha**

##### **Ingredients**

1. 750g Whole wheat flour
2. 130g Flour for dusting
3. 130g Refined flour
4. 15g Salt
5. 90g Ghee or unsalted butter, melted
6. 400ml Water

##### **Method :**

1. Sift the flours and salt into a bowl.
2. Make a well in the center and



3. Add 2 tsp of unmelted ghee.
4. Fold it into the flour to make a crumbly texture. Gradually add water to make soft, pliable dough.
5. Knead until smooth.
6. Cover and leave to rest for 30 minutes.
7. Divide the dough into 12-15 equal portions and keep covered.
8. Take one portion at a time and roll out on a lightly floured surface to about 12 in diameter.
9. Brush the rolled dough with a little of the melted ghee or sweet butter and sprinkle with flour.
10. With a sharp knife make a straight cut from the center to the edge and roll the two halves into a cone shape.
11. Now roll the triangular pieces from all the sides and the center, on a lightly floured surface, till all the sides are equally thick again.
12. Heat a griddle and cook one paratha at a time, placing a little of the remaining ghee along the edges.
13. Cook on each side until golden brown.
14. Serve hot.

### **Red Lentil Pancakes**

#### Ingredients

1. 190g long grain rice
2. 60g red lentils
3. 250g Warm water
4. 15g Salt
5. 7g ground turmeric
6. 7g ground black pepper
7. 7g g chopped fresh coriander
8. As needed oil for frying and drizzling



#### Preparation procedures

1. Place the long grain rice and lentils into a large mixing bowl,
2. Cover with the warm water
3. Cover and soak for at least 8 hours or overnight.
4. Drain off the water and reserve the water.
5. Place the rice and lentils in a food processor and blend until smooth.
6. Blend in the reserved water.
7. Scrape into a bowl
8. Cover with clear film (plastic wrap) and leave in a warm place to ferment for about 24 hours.
9. Stir in the salt, turmeric powder, pepper and coriander. Heat a heavy frying pan over medium heat for a few minutes until hot.

10. Spread with oil and add 3 tbsp batter.
11. Using the rounded base of a soup spoon gently spread the batter out, using a circular motion, to make a pancake that is 6 " in diameter.
12. Cook in the pan for 2 minutes or until set.
13. Drizzle a little oil over the pancake and around the edges.
14. Turnover and cook for about 1 minute or until golden brown.
15. Keep the cooked pancakes warm in a low oven or a heatproof plate over simmering water while cooking the remaining pancakes.
16. Serve warm.

### L O 5.3: Store tandoori dishes

- **Topic 2: Conditions of storing tandoori dishes**

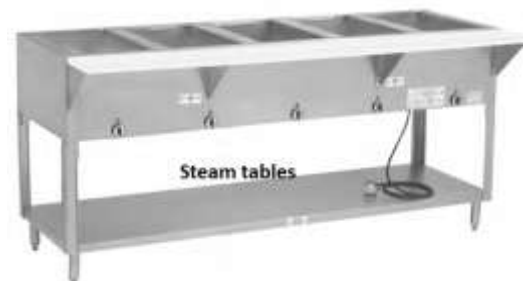
The following are tips to storing food in a multiuse fridge

1. Keeps the fridge running at 1°C to 4°C.
2. All food must be covered and labelled with name of the item and the date.
3. Always store raw food at the bottom of the fridge, with other items above.
4. Keep high-risk foods well away from raw foods.
5. Never overload the fridge – to operate properly, cold air must be allowed to circulate between items.
6. Wrap strong-smelling foods very well as the smell (and taste) can transfer to other foods such as milk.
7. Record the temperature at which the fridge is operating. Do this at least once a day (this is an example of monitoring) and keep the fridge temperatures with other kitchen records.

- **Topic 2: Techniques for holding and storing tandoori dishes**

- ✓ **Hot food holding equipment**

1. **Steam tables:** Are standard holding equipment for serving lines. Standard-size counter pans or hotel pans are used as inserts to hold the foods
2. **Bain-marie:** is a hot-water bath. Containers of foods are set on a rack in a shallow container of water, which is heated by electricity, gas, or steam
3. **Overhead infrared lamps:** are used in service areas to keep plated food warm before it is picked up by the service staff. They are also used for keeping large roasts warm. Foods dry out quickly under holding lamps



- ✓ **Cold food holding equipment**

1. **Reach-in:** is a standard upright refrigerator similar in shape to a large home refrigerator, but without the freezer unit. It may have shelves or simply brackets for holding sheet pans.
2. **Cold room:** are used to hold foods for longer times, or to store foods purchased in frozen form.

## References

1. Fosket. David.(2012). *Practical Cookery*,(12thed.). Hodder Education.
2. Parvinder S. Bali.(2014). *Food Production Operations*, (2nd ed.). Oxford university press.
- Sanjeev Kapoor.(2012). *Dal Roti* (1st ed.). Popular Prakashan.
3. Sanjeev Kapoor.(2014). *No Onion, No Garlic*.(1st ed.). Popular Prakashan.
4. Thangam E. Philip. (2010).*Modern Cookery for Teaching and Trade*,(6th ed.). Orient BlackSwan.