

A Recipe Survey of Bangladeshi Foods and Dishes and Estimation of their Nutrient Content by using a Recipe Calculation Programme

DIGITIZED

A DISSERTATION

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GIFT

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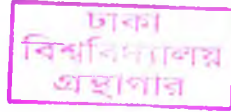
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*The thesis work has been carried out under our supervision and
guidance. This is an original work and submitted any where.*

অধ্যাপক ডঃ আবু তৌরাবি, এম.এ. রহিম
পুষ্টি ও খাদ্যবিজ্ঞান ইনস্টিটিউট
ঢাকা বিশ্ববিদ্যালয়।

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Dedicated
To My
Parents & Supervisor

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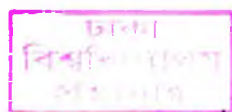
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Abbreviations

NV	Nutritive Value
INFS	Institute of Nutrition and Food Science
INFOODS	International Network of Food Data System
WHO	Food and Agriculture Organization
EuroFIR	European Food Information Resource
YF	Yield Factor
EPIC Project	European Prospective Investigation into Cancer and Nutrition Project
FEP	Factor of Edible Part
EP	Edible Part
RW	Raw Weight
CW	Cooked Weight
SR	Standardized Recipe
CD	Cooked Dish
PP	Plain Polaow
RF	Retention Factor
g	Gram
wt.	Weight
ml	Milliliter
mg	Milligram
µg	Microgram
Kcal	Kilocalorie
Kg	Kilogram
tsp	Teaspoon
tbsp	Tablespoon
Ind	Indian
hr.	Hour
min	Minute

1. Extended Abstract

1.1 Background

Mixed dishes or multi-ingredient foods represent the majority of items in diets worldwide. These include not only foods prepared in the home but also foods prepared in restaurants, by food vendors, in institutions such as hospitals, schools, and the military, and by the food industry. To enable dietitians, nutritionists, and epidemiologists to evaluate the role of these foods in the health of individuals, there is a need for composition data on these foods.

Obtaining and using data on the content of multi-ingredient foods presents a number of inherent difficulties, primarily because of the abundance and diversity of these kinds of foods. Many mixed dishes, as prepared for consumption, are variable and poorly defined, differing from kitchen to kitchen, day to day, around the world.

Analytic data do not exist for most of these foods, and accurate estimation of their nutrient content is perhaps impossible. However, such data are needed, and are routinely being estimated and used. For example, in the food industry, predicted nutrient content of proposed new product formulations is critical to decisions regarding further work on products.

The procedure for calculating the nutrient content of a multi-ingredient food starts from a recipe—a list of ingredients and a description of how they are combined—and the nutrient content of the ingredients. It is possible that some of the nutrient values for some ingredients may be missing and must be obtained by methods described above in this document (i.e., from another data base or by analogy with a similar ingredient). It is also possible that an ingredient item may itself be a multi-ingredient food (e.g., bread or a sauce) and may require calculation from a recipe with its own individual components.

Given a recipe and data on the ingredients, the problem is then how to combine these data. Since many multi-ingredient foods involve the processing of foods in ways which change their nutrient content (at least on a per weight or volume basis), calculations often employ the factors described:

- ⇒ Refuse factors to correct for weight changes due to removal of inedible portions during preparation, cooking, or both;
- ⇒ Corrections for weight (yield factors) and nutrient levels due to changes in water and fat during preparation, cooking, or both; and

- ⇒ Nutrient retention factors to correct for nutrient (primarily vitamin and mineral) losses or gains during preparation, cooking, or both.

1.2 Rationale

Analytic data for multi-ingredient foods are not generally as available as they are for single foods, with data especially lacking for ethnic and regional dishes, many variations of homemade and restaurant-made foods, and the numerous varieties of industrially prepared canned, frozen, and packaged entrees. The calculation of the nutrient content of multi-ingredient foods from the nutrient data of the ingredients are estimates and not meant to replace nutrient values obtained by laboratory analysis. Calculating the values is an intermediate solution until adequate analytic data become available. However, because of the difficulties and costs of analyses of mixtures of different food types, and limitations on resources to adequately sample these mixtures, calculated values that rely on a broad base of representative samples may actually be more accurate than values derived from laboratory analysis of one or two samples of the prepared food. For many foods, recipe calculation may be the only cost-effective way to obtain nutrient data. In some of these cases it is possible to estimate the needed data on the basis of data from a "similar" food in a dish. It may be a biologically similar food (e.g., a different variety of potatoes for *alu vorta*), or a different form of the same food (e.g., raw for cooked). The basic problem is the choice of a food which is "close" to the food of interest.

The present study was undertaken to do recipe calculation of multi-ingredient foods using available food composition data as well as using data of "similar" foods analyzed in our laboratory in earlier studies.

1.3 General Objective

- ⇒ To develop a nutrient database of multi-ingredient foods using a harmonized recipe calculation procedure suitable for local needs
- ⇒ To develop a computerized recipe calculator using these data for nutrient calculation of any given recipe

1.4 Methods and materials

The methods used in this study are mentioned in the followings:

- ⇒ A survey of recipes was conducted among selected Dhaka housewives

- ⇒ Standardization of recipes was done by accepting most cited ingredients of a recipe
- ⇒ Recipe calculation procedures were selected and harmonized for local needs
- ⇒ A computerized recipe calculation protocol was developed for calculating nutritive values of any given recipes by using INFS's food composition table "*Deshiyo Khaddyer Pustiman* (Nutritive value of local foods)"

1.5 Results and discussion

The study resulted in altogether 208 recipes of multi-ingredient foods containing information on ingredient composition in terms of number, size or volume, and decimalized amount; the cooking procedure; the nutrition fact i.e., the content of total calorie, proximate nutrients, and some minerals and vitamins.

For many foods, recipe calculation may be the only cost-effective way to obtain nutrient data. Thus calculation of recipes and cooked foods can be an important part of food composition databases and now-a-days is the method of choice. To our best of knowledge, the present is the first attempt in Bangladesh to survey for recipes, review recipe calculation methods, calculate nutrient composition of collected recipes, and develop computer-based recipe calculation programme.

1.6 Important Contribution

The recipe database thus generated in this study would be valuable for the dietitian, nutritionist and epidemiologist and others who need to calculate nutrient value of any recipe.

2. Literature Review

Cooking is a multi-faceted part of today's life. Contemporary eating patterns are distinguished by the number, order and format of the courses, the sequence of use and combination of food, preparation techniques, the time to prepare the meal and the time between meals as well as the social factors like the situation and the structure of the company (Oltersdorf et al., 1999).

If our predecessors were able to communicate knowledge on specific procedures and the challenges to prepare food, the first recipes can be considered to be of equal age as food preparation itself (James, 1989; Berg & Rumm-Kreuter, 1996). Obtaining and using data on the content of multi-ingredient foods presents a number of inherent difficulties, primarily because of the abundance and diversity of these kinds of foods. Many mixed dishes, as prepared for consumption, are variable and poorly defined, differing from kitchen to kitchen, day to day, around the world.

2.1 Diversification of Eating and Cooking Habits

The diversification of cooking habits is partially caused by the increasing complexity of activities peripheral to the consumption of food. These activities of household production are referred to as "Food Management", and they are interwoven with each other. For instance, planning of acquisition requires knowledge of food quality, of the social environment, market prices and availability. The resulting decisions are furthermore determined by limiting factors like money, healthiness and conflicting preferences (Connors et al., 2001; Hansen, 2002; Stead et al., 2004).

2.1.1 Globalization of Cuisine and Regional Foods

Consumption of food has become a complex task in a world with diverse lifestyles and open markets. Though traditional local dishes still play a role in nutrition, cuisine has become global and more and more foreign foods and dishes are adapted to the countries' cuisines. This in nutritional sense welcome phenomenon, however, is foiled by the trend to consume more convenience foods worldwide (Jones et al., 2004; Millstone & Lang, 2004).

Issues to healthy eating caused by the increasing consumption of convenience products are claimed by several authors. Lang & Caraher (2001) point out that if convenience food is easily

accessible; the need to learn cooking reduces. Apathy and time are additional barriers to learn. Confidence in cooking has gender, age and class bias, tech skills rise while basic skills such as cooking decline. Candel (2001) finds that enjoyment of preparation and use of convenience are negatively related.

2.1.2 Future Trends

Most authors predict a further diversification of lifestyles and eating behaviours. Bruhn (1998) identifies several major trends which influence future food consumption behaviour: Growth in convenience foods, increased emphasis on safety, development of nutrafoods, and blending of ethnic specialities. This development derives from decreasing household sizes, income effects on food expenditure, the ageing society and ethnic mixing.

2.1.3 Summary

The area of food preparation has become complex due to the rivalry of regional, global and convenience offers, each having their advantages and disadvantages to the consumer's well-being. In other words, the consumer has to decide between fully homemade and partially outsourced food preparation for a multitude of different situations in his life. Two major, but contrary habits can be observed:

- **Everyday cooking:** The demand for quick repletion either from easy meals, fast-food, eating out or convenience food.
- **Special Occasions:** Cooking as enjoyment and self-realization, with a demand for fresh high quality ingredients and sophisticated and time consuming techniques.

In the case of everyday cooking, efforts are naturally limited and cookbooks are merely used for inspiration, if at all. On the one hand, the decision to cook quickly with lower efforts often conflicts with healthy eating. On the other hand, the alternative requires much time and

2.2 Meaning and Use of Recipes

2.2.1 The Purposes of Recipes

A recipe is a guideline to prepare the specified dish. It generally consists of three parts: enumeration of ingredients, instructions and characteristics for evaluation of the result. Rogov (2006) defines recipes as follows:

“A written recipe is a kind of permanent reference and both chefs and cookbook writers will do well to keep in mind that the primary purpose of any recipe is to aid the writer or those who later read the recipe to prepare the dish being described.”

Zacharias & Durr (1992) demand that ingredients should be named in their usual denotation and accepted measures (teaspoons and the like are only permitted if the success is not endangered, but spices do not necessarily need to be given in precise amounts). The procedure should be written in keywords or full sentences, and a rational method of operation should be made possible. Lastly, characteristics for evaluation should contain the expectable yield, the look and consistency and if desired nutritional information.

Rogov (2006) claims that more than 50% of cookbook buyers do not cook and therefore the level of details highly depend on the intended audience. His general advices for larger audiences are:

- list ingredients in order of use
- if used at the same time, list in order of amounts (higher first)
- easily measurable units for amounts
- do not assume advanced knowledge
- list compounds separately, but nearby
- number instruction steps
- refer to clear oven temperatures (and preheated ovens)
- give approximate cooking times
- test the recipe (for instance, in adopted recipe cooking times may vary)
- give credit to the original author

Gisslen (2003) emphasized that the function of recipes is to control quality by specific instructions and quantity in terms of precise ingredient amount. Beyond that “some judgment by the cook is always required”, because of three reasons: food products vary in size, ripeness and taste, kitchens do not have the same equipment and it is not possible to give exact instructions how to make a “thick” sauce or to cook at “medium” heat. He points out that learning to cook is not simply learning recipes, but learning the basic techniques which enable the cook to understand recipes.

2.2.2 Advanced Structures of Recipes

A technical approach to understand recipes (“cooking for engineers”) is introduced by Chu (2006). Besides rich use of images, the author creates a recipe structure that represents the

material flow by linking ingredients to the steps and output of previous steps. Therefore the logical sequence of steps, as shown in Figure 1, is represented.

Batter

1 cup (225 g) butter, softened	cream	beat	mix in 1 at a time	mix	fold in
1-1/2 cup (300 g) granulated sugar					
1 cup (230 g) sour cream					
2 large (100 g) eggs					
1 Tbs. (15 mL) vanilla extract					
2 cups (250 g) sifted all-purpose flour			whisk to combine		
1/4 tsp. (1.5 g) salt					
1 Tbs. (14 g) baking powder					
1/4 cup (25 g) chopped pecans	toast	process to crumbs			

Streusel

2 Tbs. (30 g) butter	melt		
1 cup (110 g) chopped pecans	toast		
1 tsp. ground cinnamon		mix	
1/2 cup (110 g) brown sugar			mix

Pecan Coffee Cake

Preheat oven to 350°F (175°C) and line 9x13-in. pan with parchment paper				
Batter	pour into 9x13-in. pan			
Streusel		top	bake 350°F (175°C) 35 min.	

Figure 1. A recipe structure of Pecan Coffee Cake (serves 16) that represents the material flow by linking ingredients to the steps and output of previous steps

The scientific background of domestic cooking is explained by Barham (2001) and This-Benckhard (2005). Their recipes are interrupted by background explanations of chemical and physical processes that decide upon success or failure of preparation techniques. Accordingly, This-Benckhard demands a clear structure for recipes that provide hints which are needed for the successful completion of the recipe.

Pennington (1996) calls for a standardized system (“International Interface Standard”) to describe food in databases. This system is meant to link ingredients, to regard translations and to make ethnic food distinguishable. For homemade recipes such information can be geographical area, cuisine as well as specific ingredients and instructions. Also Schulze (1998) discusses the advantages of a standardized structure to exchange food data.

Aspects of food safety in recipes are also subject of investigation, since many recipes contain instructions that affect food safety either positively or negatively. Griffith et al. (1994) review cookbooks and magazines for food safety information using a self developed checklist and find that only 20% of the analysed items contain hygiene information. Thus, the authors suggest to modify these to “advocate and reinforce the food hygiene message”.

The Recipe Hazard Analysis System (RHAS) is an approach which is closely related to the HACCP concept for large-scale food production. It analyses recipes for hazardous ingredients and processes or missing information such as the lack of precise time and temperature information on storing conditions, be it keeping cooked meals warm or storing them in the fridge (Zottala & Wolf, 1981; Worsfold, 1995).

2.2.3 Sources of Recipes

Today, cookbooks are only one possible source of recipes. McKie & Wood (1992) identify about 20 different possibilities to obtain recipes, of which the cookbook is the most frequently used. More than half of their sample owns between four and ten cookbooks. The authors furthermore report that 88% of the women and 75% of men share recipes with family, friends and neighbours and that 64% of women and 50% of men read recipes for pleasure. Interestingly, Hertzler & Bruce (2002) find that the sources of recipes are similar for both sexes, except for cookbooks, which are significantly used more often by female students.

2.2.4 Types of Recipes

It is conceptually useful to distinguish between recipes for simple combinations which require only mixing of ingredients and then correction for weight or volume, and recipes which require more extensive modifications of the data through estimation of losses or gains of water, fat, vitamins, and minerals. A third class of recipes includes those which require estimation of the amounts of the ingredients, and occasionally the nature of the ingredients themselves.

2.2.4.1 Simple Combination

Some recipes require only the addition of the nutrients of the specified quantities of ingredients, followed by adjustment of the weight or volume of the final food, in order to express the nutrient levels per standard amount of the food (such as 100 g or household measures). In these cases the nutrient values should be for the ingredients in an "as consumed" form (i.e., cooked if the ingredients are cooked and containing no refuse). Examples include:

- coffee prepared from instant powder with added sugar and cream;
- baked potato with sour cream and chives;
- tomato soup prepared from condensed soup and whole milk. (Note that heating may modify the nutrient content in this situation.)

The nutrient levels of multi-ingredient foods that are prepared with the addition of water (such as milk reconstituted from powder) are also of this type, and can be estimated quite well if water (e.g., tap water, well water, bottled spring water, distilled water, mineral water) and its associated nutrient levels are included in the data base. If a data base does not include water as a food item, the nutrient contribution from water can be considered zero when calculating the nutrient content of a multi-ingredient food; however, this must be noted, since in some areas and for some nutrients the contribution from water is important. The weight contribution of water must, of course, be considered when expressing the nutrient levels per unit of multi-ingredient food.

A special aspect of these recipes is that, while the weight of ingredients adds directly, volume often does not, and special care must be taken to ensure that results expressed on a per volume basis are correct. For example, one cup of powdered milk plus three cups of water yields significantly less than four cups of fluid milk; likewise, 1/2 cup mayonnaise added to one cup chopped apples, Y. cup raisins, and Y. cup chopped walnuts yields about 1.3 cups salad.

Occasionally, simple combinations may be used to calculate the nutrient content of a food from its component parts. In this case, the components are treated as "ingredients". For example, the nutrient composition of a chicken leg may be calculated from the nutrient composition and proportions of meat, skin, and separable fat.

2.2.4.2 Recipes which involve nutrient changes

Many recipes specify the combination of "as consumed" ingredients, but then require additional cooking which modifies the levels or densities of the nutrients of the foods involved. Here it is necessary to apply the various factors to correct for these changes due to water or fat loss or gain. Examples of these multi-ingredient items include:

- refried beans, made from boiled beans, lard, and spices which are fried in fat; and
- shepherd's pie, made from cooked minced (ground) beef, boiled onion, boiled potato, water, milk, margarine, salt, and pepper which is baked for 25 minutes to brown.

Recipes become more complicated when starting with the raw ingredients. These recipes require adjustment for refuse and yield during preparation and cooking as well as nutrient losses and gains. Consider, for example, the above shepherd's pie when data are available only for raw meat and vegetables.

2.2.4.3 Recipes for which ingredient amounts must be estimated

Occasionally, the amounts of ingredients are unknown and must be estimated. If partial nutritional data are available for the recipe, these may be used to estimate ingredient proportions, which in turn may be used to estimate the missing nutrient data. This procedure may be necessary in the case of proprietary food mixtures for which only some data on content (e.g., from the package label) are available, in order to obtain estimates for the other nutrients. These estimates are usually less certain than the usual recipe estimates.

In the following example the zinc content of a product estimated on the basis of information available about proximate nutrients. A more complex example (for a chocolate coated ice cream bar) is given by Posati [68].

EXAMPLE: A compiler wishes to estimate the zinc content of canned corned beef hash and has only the manufacturer's information for proximate nutrients. The two main ingredients are potatoes and corned beef, but the ratio is not known. However, it is known that the product contains 11 g carbohydrate and 8 g protein per 100 g edible portion. Assuming all the carbohydrate is from the potatoes, and knowing that cooked potatoes have approximately 15 g carbohydrate per 100 g, a proportion of 11/15 or 73% potatoes (27% corned beef) can be assumed. This assumption can be checked by calculating the protein content. The corned beef component contains 25 g protein/100 g, which would contribute about 7 g/100 g to the hash (0.27×25). The protein in potatoes (about 2 g/100 g) would contribute about 1 g, giving the correct total of 8 g/100 g for the hash. Given this information, the zinc content of the hash can be estimated if the zinc content of corned beef and of cooked potatoes is known.

Another illustration of the procedure is the use of known ratios to estimate amounts of individual fatty acids and amino acids. Well-defined patterns of fatty acids for different classes of foods can be used to calculate specific fatty acid levels based on known total lipid content, and, similarly,

patterns of amino acids can be used to calculate specific amino acid levels based on known total nitrogen content.

EXAMPLE: The amino acid pattern of milk can be used to estimate the individual amino acids of cream given the nitrogen content of cream and milk, and the assumption that cream has the same amino acid pattern as milk. From Paul and Southgate [59], whole milk has 510 mg of methionine per gram of nitrogen and single cream (21% fat) has 0.376 g of nitrogen per 100 g. From this it is estimated that the methionine content of cream is $0.376 \times 510 = 192$ mg per 100 g.

2.2.5 The Guideline for Recipe Calculation

The nutrient contents of composite foods are usually estimated indirectly by using recipes, factors for weight changes in cooking, and factors for changes in nutrient content during cooking (Greenfield and Southgate, 2003). Because of the abundance and ever increasing variety of these kinds of foods, it is practically impossible to carry out chemical analyses for all composite dishes as it would considerably raise the cost of compiling a comprehensive food composition database. However, it is important to have analysed nutrient values for the ingredients of composite foods in food composition databases because these are the basis for calculating the nutrient values of composite foods.

In recipe calculation procedures, the nutrient content of composite foods is based on the nutrient content of each ingredient, information concerning cooking or processing and the sensitivity of nutrients or components to the cooking or processing methods. The changes in weight of the ingredients during cooking and food processing are taken into account by using yield factors (Fig. 1), which are determined by the temperature and time of cooking and by the cooking or processing method (Holcomb et al., 2002; Schakel et al., 1997; Unwin, 2000). Changes in the nutrient content of the ingredients during preparation are taken into account by using nutrient retention factors (Leskova et al., 2006).

Several different recipe calculation procedures and factors are currently used in the Western countries (Bell et al., 2006); the most commonly used recipe calculation procedures are:

- ⇒ Beecher and Matthews, 1990;
- ⇒ Bogna' r and Piekarski, 2000;
- ⇒ European Community, 2000;
- ⇒ European Economic Community, 1990;
- ⇒ Food Standards Agency, 2002;
- ⇒ Powers and Hoover, 1989;

- ⇒ Rand et al., 1991;
- ⇒ Raper et al., 2004;
- ⇒ Slimani et al., 2007a).

Though in 1991, the International Network of Food Data Systems (INFOODS), coordinated by the Food and Agriculture Organization (FAO), published guidelines for estimating the nutrient content of multi-ingredient foods based on the nutrient contents of the ingredients (Rand et al., 1991), the review Ovaskainen et al. (2005) of the recipe calculation procedures showed that there were a number of different ways to calculate recipes. So a standardised procedure for the management of food composition data is desirable to facilitate comparisons between countries. Hence, the harmonisation of recipe calculation procedures is necessary.

The procedure of applying the yield factor at the recipe level and the retention factors at the ingredient level was selected as the recommended EuroFIR recipe calculation procedure because it was the most commonly used procedure. It was recommended to use this procedure together with EuroFIR retention factors, which will be standardised later in the EuroFIR project. The general compilation process with algorithms for recipe calculation is presented in Table 3.

Table 1. Procedural Steps for calculating nutrient content of recipes.

1. Collect recipes from popular cookbooks or recipe archives on the Internet. If none are available, conduct field work to develop recipes.
2. Determine weights of the uncooked ingredients. Convert household measures into gram weights and correct the weight of each ingredient for its edible weight.
3. Sum the weights of uncooked ingredients.
4. Correct weights for the effects of cooking by applying a yield factor to the total uncooked weight [total cooked g weight = (total uncooked g weight) (yield factor)]
5. Calculate nutrient values [nutrient content/100 g cooked weight = (nutrient of uncooked ingredient) (uncooked g weight of ingredient/total cooked g weight)].
6. Correct nutrient values for effects of cooking by applying retention factors at the ingredient level [nutrient content /100 g cooked weight = (nutrient content of uncooked ingredient) (uncooked g weight of ingredient) (retention factor/total cooked g weight)].
7. Adjust the water content [total water content of cooked dish = total water content of cooked dish – g weight loss].
8. Document sources used for recipes and for yield and retention factors.

3. Objectives

Composite foods are major dietary items that must be included and managed in food composition databases (Arab, 1987; Schakel et al., 1997; Schlotke et al., 2000; Unwin, 2000). Because of the abundance and ever increasing variety of these kinds of foods, it is practically impossible to carry out chemical analyses for all composite dishes as it would considerably raise the cost of compiling a comprehensive food composition database. However, it is important to have analysed nutrient values for the ingredients of composite foods in food composition databases because these are the basis for calculating the nutrient values of composite foods.

Using our recent nutrient analysis data of about 60 multi-ingredient cooked foods and INFS's food composition table "*Deshiyo Khaddyer Pustiman*", the present study was undertaken with the following objectives:

3.1 General objective

1. To obtained recipes of multi-ingredient foods by a recipe survey and determine their nutrient content by using a recommended recipe calculation procedure after harmonization for local needs
2. To develop a computerized recipe calculation programme for generating a nutrient database of multi-ingredient foods if their recipes are available

3.2 Specific Objectives

1. To conduct a recipe survey for local home-made multi-ingredient foods
2. To standardize the recipe of each food item
3. To adopt and harmonize a recipe calculation procedure after reviewing available recipe calculation procedures
4. To calculate the nutritive value of selected recipes
5. To develop a computerized recipe calculation programme and test its applicability with the collected recipes
6. To transform the developed recipe calculator into web format.

4. Methods and Materials

The major steps for calculation of the nutrient content of a multi-ingredient food are selection of the recipe, data collection for the nutrient content of the ingredients, adjustment of the content of each ingredient for effects of preparation, summation of ingredient composition, final weight (or volume) adjustment, and determination of the yield and final volumes.

4.1 Recipe collection: A survey for multi-ingredient recipes

A survey was conducted among 125 purposively selected housewives to collect a list of homemade food/ dishes, that are prepared daily, occasionally, and in festivals in their kitchen. Information on the recipes of these foods was obtained by the use of pre-tested questionnaires, which were administered to the middle class housewives living in the different areas of the Dhaka city. The collected recipes were broadly classified into 5 recipe groups:

1. Festival food
2. Curry dishes
3. Home made snacks
4. Home made desserts
5. Occasional food

4.2 Preparation of standardized recipes

Selected recipes from these groups were standardized. The Standardization procedure is described in Table 2.

Table 2. Recipe standardization protocol

1. Listing the name, amount, size or volume of each ingredient of a multi-ingredient recipe. Only those recipes were listed which was cited by the respondents at least $\geq 1\%$ of the total citation of all recipes which they prepared at least once during last one year from the date of interview.
2. The least cited ingredient of a particular recipe and its variety was considered as $\leq 10\%$ of total citation. It was dropped from the recipe's ingredient list.
3. The ingredient list of a standardized recipe of a particular item was determined by including the ingredients which had the amount or volume most frequently used in the recipe. In order to do this the mode of citation of an ingredient across similar recipes was used. Where more than one mode appeared, then mean of the modes were used to quantify the ingredient in the standardized recipe.

Table 3. Example of a standardized recipe: The plain Polaow

	Quantity (1 st recipe)	Quantity (2 nd recipe)	Quantity (3 rd recipe)	Quantity (4 th recipe)	Quantity (5 th recipe)	Mode Value	Standardized recipe
Onion	4 small	4 small	2 small	8 small	2 small	2 & 4 Mean = 3 small	3 small size
Soya bean oil	½ cup	½ cup	¼ cup	⅓ cup	¼ cup	½ & ¼ mean= ⅓ cup	1/3 cup
Garam masala	5 cardamom 2 cinnamon 1 bay leaf	8 cardamom 4 cinnamon 2 bay leaves	5 cardamom 5 cinnamon 2 bay leaves	5 cardamom 4 cinnamon 3 bay leaf	8 cardamom 4 cinnamon 2 bay leaves	5 cardamom 4 cinnamon 2 bay leaves	5 cardamom 4 cinnamon 2 bay leaves
Ginger & Garlic Paste	1 tsp ginger & ½ tsp garlic paste	2 tsp ginger & 1 tsp garlic paste	½ tsp ginger & ¼ tsp garlic paste	1 tsp ginger & ½ tsp garlic paste	1 tsp ginger & ½ tsp garlic paste	1 tsp ginger & ½ tsp garlic paste	1 tsp ginger & ½ tsp garlic paste
Salt	1 tbsp	1 tbsp	1 tbsp	1 tbsp	1 tbsp	1 tbsp	1 tbsp

4.3 Review and adoption of recipe calculation procedure

A review of recipe calculation procedures were done by an extensive search, collection, and reading of articles, books, reports related to recipe calculation procedures both at library and web sources. This effort was narrated in details at the literature section.

Generally, **yield factor (YF) and retention factor (RF)** were applied at the recipe level or at the ingredient level:

- ⇒ *Recipe level* refers to the application of the yield factor to the whole weight of a dish or the application of the retention factor to the total nutrient content of a dish.
- ⇒ *Ingredient level* refers to the application of the yield factor to the weight of each ingredient or the application of the retention factor to the nutrient content of each ingredient.

4.3.1 Recipe calculation approaches

Several approaches are used to calculate nutrients for recipes. Each of the strategies may be suitable in certain circumstances; however, none of the approaches is without limitations. Three approaches are summarized in Table 4 below.

Table 4. Recipe calculation approaches

Recipe methods	Main steps	Advantages	Disadvantages
Ingredient method: Aggregate nutrients for weights of raw ingredients	Ingredient 1: $NV \times 1/YF \times RF$ Ingredient 2: $NV \times 1/YF \times RF$ Ingredient 3: $NV \times 1/YF \times RF$ Recipe: Sum of above	- Weight loss at ingredient level is known which helps to calculate value of cooked food - No need to know the recipe category - Unequal weight of ingredients is taken into account	- Appropriate only for - calculating the nutrients in uncooked recipes where the weights of the ingredient are indicated for edible portion - when no losses occur during the food production process - For cooked foods, this method may over estimate some nutrients per portion size
Recipe method: Aggregate nutrients for yield adjusted weights of finished form of ingredients	Ingredient 1: NV Ingredient 2: NV Ingredient 3: NV Recipe: Sum of above $\times 1/YF \times RF$	- Applicable for both uncooked and cooked foods - YF are utilized to adjust ingredient weights to reflect changes in weight during cooking process	- Several yield factors may needed: - Preparation YF - Cooking YF - Consumable YF - Loss of nutrients due to cooking may not be proportional to the moisture loss due to evaporation - Different YF for different ingredients may cause under or over estimation of nutrients - Nutrient may not be available for some cooked ingredients
Mixed method: Aggregate yield adjusted weights of ingredients and adjust nutrients for raw ingredients using RF	Ingredient 1: $NV \times RF$ Ingredient 2: $NV \times RF$ Ingredient 3: $NV \times RF$ Recipe: Sum of above $\times 1/YF$	- This is suitable for both uncooked and cooked foods - Food production process is considered to make appropriate adjustments for losses or gains in ingredient weight. - Precise and complete	- Difficult to estimate RF which has been subjected to a number of cooking processes - RFs are available for only a limited number of foods. - Effect of cooking time and temperature on nutrient retention (NR) is not reflected in adjustment process

The comparison of methods showed that the most commonly used method was a procedure that applied a YF at the recipe level and the RF at the ingredient level as shown in Figure 2.

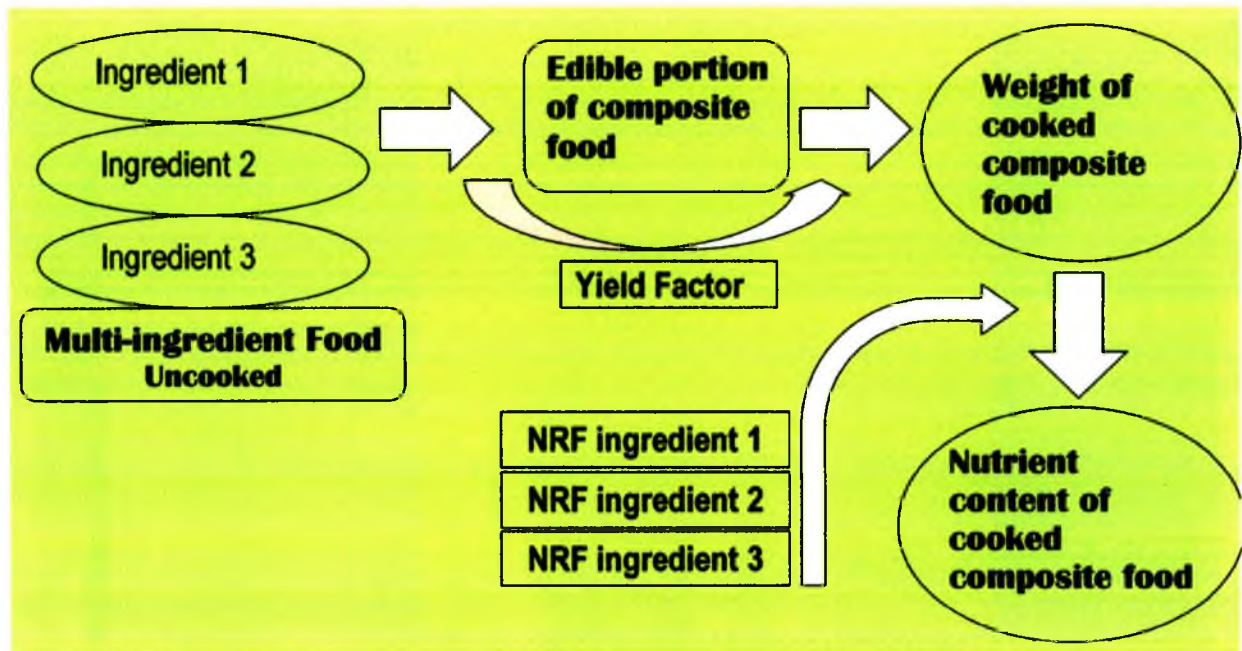


Figure 2. Overview of the recipe calculation procedure

This procedure for recipe calculation incorporates the following considerations:

- ⇒ The procedure assumes that data are available on each of the ingredients which are then combined and, if necessary, prepared. If a recipe calls for one or more ingredients which must be prepared from recipes (e.g., a sauce or a stock), the calculation procedure must first be applied to each of these ingredients separately, and then to the final product using the results of the initial recipes as ingredients.
- ⇒ This procedure recommends nutrient adjustment of individual ingredients before their combination, with a final adjustment for weight. This is a slight distortion of what often happens when ingredients are combined and then prepared.
- ⇒ This procedure produces ESTIMATES of nutrient content of multi-ingredient foods. The preferred method of determining the nutrient content is chemical analysis.

The majority of the methods, such as the INFOODS method (Rand et al., 1991), the British method (Food Standards Agency, 2002) and the methods of Beecher and Matthews (1990), Powers and Hoover (1989), Raper et al. (2004) are based on this principle. This recipe

calculation procedure as recommended by EuroFir was judged most harmonious for local multi-ingredient foods and used throughout the study.

4.4 Gathering information and data on ingredients of recipes

4.4.1 Conversion of household portions into decimalised system of measurement

Depending on the recipe, some ingredients were raw and others were cooked. In most recipes, ingredient weights were mentioned by the respondents in household portions. Therefore it was converted into metric units of weights and measures by using the weight conversion factors for the household portions of foods [INFS, Conversion factors & dietary calculation, Dhaka, 1991].

4.4.2 Converting ingredient amount into edible weight

For ingredients with inedible parts or handling losses during preparation, the weight of the edible portions was determined using a reference method (USDA 1975).

Example: Raw lamb shoulder contains, by weight, 17% bone, 27% trimmable fat, and 8% cutting waste. Thus, the edible weight of 1 kg lamb shoulder is—

$$480 \text{ g } (100\% - 17\% - 27\% - 8\% = 48\%)$$

4.4.3 Adjusting ingredients weight for cooking

If the selected recipes involved cooking, then the ingredients were adjusted for cooking effects (e.g., boiling, baking, frying, etc.) which depends upon the cooked and uncooked state of the ingredients.

4.4.3.1 Cooked ingredients

Ingredients with nutrient data for the cooked state require correction for the effect of cooking on the weight (or volume) of the dish. Thus, if the recipe calls for a specific weight of raw meat to be added and cooked, and data exist for the nutrient content of cooked meat, a yield factor was applied to the amount of raw meat in order to determine the amount of cooked meat, and then the nutrient content of that amount was calculated.

4.4.3.2 Uncooked ingredients

If nutrient values were available only for raw ingredients, the yield (change of total weight) of the ingredients due to preparation and cooking was calculated, the aired effect of the change of weight on nutrient density and content was determined, and the effect of actual loss or gain of nutrients due to cooking was calculated.

4.4.4 Summing weights of ingredients

Weights of all prepared ingredients were summed up to get the weight of the finished dish.

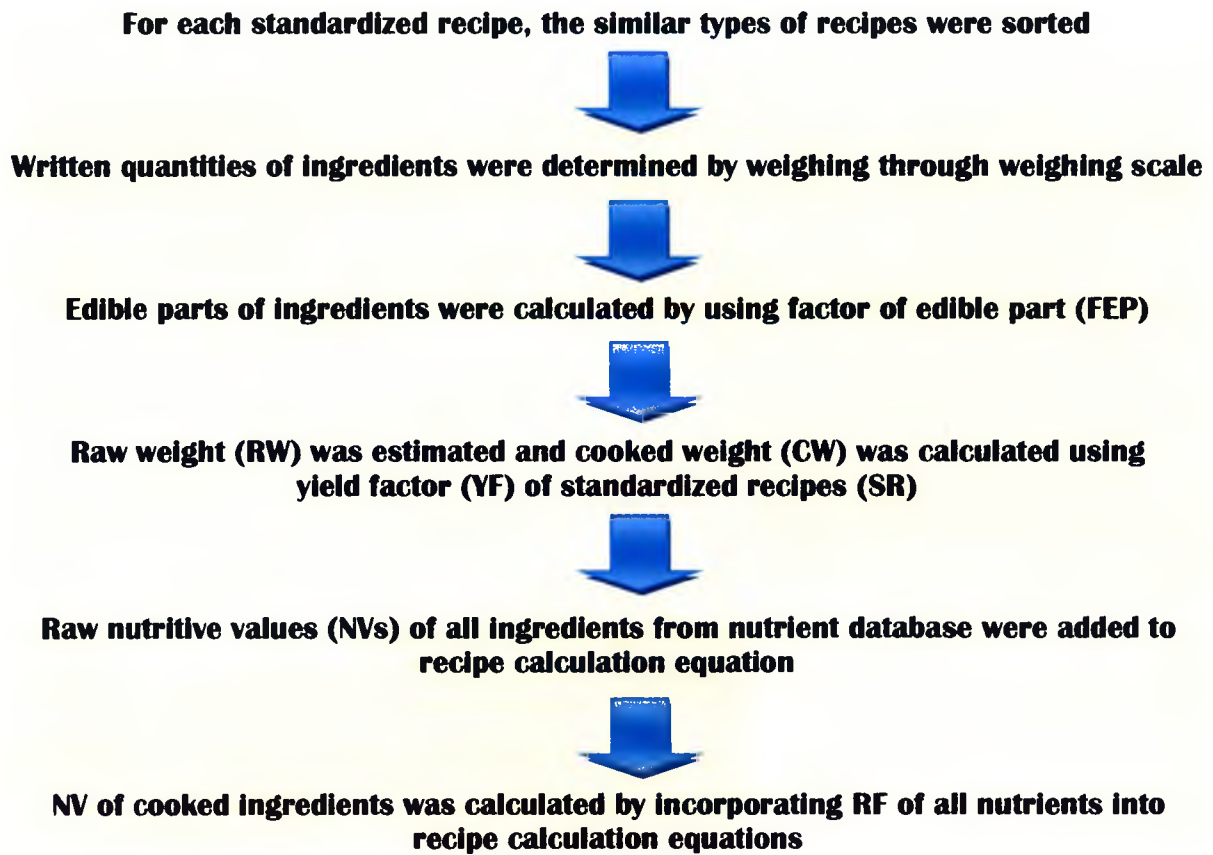
4.5 Gathering information and data on YF and RF

Yield Factors (YFs) for the standardized recipes were collected from available reports. 12 Yield Factors were collected from the previous studies carried out in INFS (Arjoo M., 2005, Begum S., 2004, Jahan A., 2005, Mannan M. B., 2005). and 4 YFs were collected from a book (Pasricha, Swaran and Rebello L.M. 2006).

4.6 Adjustment for water and fat changes

The recipe weight and nutrient level will be adjusted for the changes in water and fat that occur when the whole dish is cooked. If additional retention factors and corrections for refuse for the whole dish are available, they should also be incorporated at this point (Matthews and Garrison 1975; Merrill et.al., 1966].

4.7 Figure 3. Flow Chart for Recipe Calculation:



4.8 The Recipe Calculation Equations

4.8.1 Equation for YF at recipe level

1. *Ingredients of the Plain Polaow (PP):*

- i. 1000.00 g raw rice
- ii. 105.00 g soya bean oil
- iii. 184.24 g onion
- iv. 4.00 g garam masala
- v. 15.00 g salt
- vi. 2300 ml water (=2300 g)

2. *Sum of weight of raw ingredients* = 3708.24 g(a)

3. *Yield factor* of PP can be calculated by using Bognar (1998) formula if uncooked and cooked weights of the recipe are known—

$$\text{YF} = \frac{\text{Wt. of food after cooking in g (480)}}{\text{Wt. of food before cooking in g (514)}} = 0.934 \dots\dots\dots(c)$$

4. *Cooked weight (a) x (c) of the PP* = 3463.496 g(b)

4.8.2 Equation for RF at ingredient level

1. *Nutritive Value of 100 g PP calculated by using Retention Factors (RF)*

$$= \frac{\text{Sum of weight of NV of raw ingredients (NVa)}}{\text{Weight of the cooked food (b)}} \times 100 \times \text{RF} \dots\dots\dots(d)$$

Example: Total protein content in 100 g of cooked Plain Polaow

$$= \frac{\text{Sum of Protein in raw ingredients of PP (70.31)}}{\text{Cooked wt. of PP (3463.496)}} \times 100 \times \text{RF (1)} = 2.034 \text{ g}$$

4.8.3 Equation for water retention

Moisture content in 100 g cooked PP

$$= \frac{\text{Sum of water in PP (NVa)} - \{\text{Raw wt. of PP (a)} - \text{Cooked wt. of PP (b)}\}}{\text{Cooked wt. of PP}} \times 100 \dots\dots\dots(e)$$

$$= \frac{2596.8 - (3708.24 - 3463.496)}{(3463.496)} \times 100 = 69.871 \text{ g}$$

4.9 Development of a recipe calculation programme

Estimating nutrients for a set of recipe ingredients is very time consuming. With the advent of computer processing, automation of recipe calculation has been feasible. Two strategies are being used for storing nutrient data for combined foods or recipes.

In some system recipe files are created to store ingredient information and nutrients for standard portion sizes. In other system, nutrient data for recipes are loaded in the nutrient database. Creating data records on Recipe Files involves entry of quantity of each ingredient and YFs. Using this technique, both the nutrients and cost for a recipe can be determined when the recipe calculation system interfaced with a nutrient database and a food inventory file. The recipe file can also be designed to store information about the quantities of ingredients in terms of the proportional amounts of each ingredient.

The second approach for maintaining recipe nutrient data is to load nutrient information for a standard amount of recipe as a new item in a nutrient database. With this approach, the nutrients should be stored in the same unit of measure as other items in the nutrient database. When this technique is utilized, calculation of nutrients in a recipe is frequently done externally to the file manually with the data entered as an update to the nutrient file.

There are hundreds of recipe calculators available in the web; but most of them use nutrient database of either USDA food composition tables or other western databases. To provide values which correspond to the actual nutrients expected to be present in local foods, these recipe calculators may produce artifacts. To overcome this problem, in the present study, we with technical help of a computer programmer developed a recipe calculation software where an updated INFS's food composition table done in our laboratory (Safina 2005) was used as the nutrient database file in the computation programme. Due to less availability of yield and retention factors of local foods, the acquisition of these factors in the developed computation programme was not arranged in the file systems; rather an open option was created so that these factors can be inputted manually.

The validity of the developed recipe calculator was checked by tallying the computed nutrients of a recipe with that of manually estimated of the same recipe. In most cases all checks were tallied with tiny and insignificant variations.

5. Results : Part I

The findings of the study are described in two parts: Part I describes the recipe survey findings and nutrient content of standardized recipe calculated manually; Part II described the recipe computation programme manual and results of the recipe calculations done by using this recipe calculator.

5.1 Recipe survey outcome: a list of recipes

A total of 208 different recipes were collected by recipe survey among selected housewives of Dhaka city. The collected recipes were broadly classified into five groups:

- | | | |
|-----------------------|--------------------|---------------------|
| 1. Festival food | 2. Curry dish | 3. Home made snacks |
| 4. Home made desserts | 5. Occasional food | |

Table 5. shows the type and amount of recipes collected from the recipe survey.

Food and Dishes	Name of recipe and number of its variety
I. Festival Food 85	1. Polaow 14 2. Hilsha Polaow 3 3. Chicken Polaow 5 4. Beef Biriani 5 5. Fried Rice 4 6. Party Parata 1 7. Chicken Roast 10 8. Chinese Vegetable 3 9. Baked Fish 2 10. Chicken Bhuna 9 11. Chicken Fry 4 12. Chicken Soup 1 13. Egg Korma 2 14. Kabab 10 15. Goat Meat Rezaala 3 16. Fish Kofta and Korma 9
II. Curry Dishes 107	1. Meat Bhuna (beef or mutton) 24 2. Chicken Curry 7 3. Egg Curry 3 4. Fish Chacharee (non gravy curry) 1 5. Fish Curry 25 6. Leafy Vegetables 18 7. Other Vegetables 22 8. Dal 7
III. Homemade Snack 1	1. Vegetable cutlet 1
IV. Homemade Dessert 5	1. Payesh 3 2. Custard 1 3. Borhani 1
V. Occasional Food 10	1. Vegetable Polaow 1 2. Khichuri 7 3. Beef Khichuri 1 4. Vegetable Khichuri 1

5.2 Standardization and chemical analysis of selected recipes

A total of 16 most widely cited recipes by the respondents from these five categories were selected for the preparation of standardized recipes. The nutrient content of these 16 foods both in uncooked and cooked forms was determined in our laboratory in separate studies. The present study utilized these data as secondary data sources (see Appendix-2).

5.3 Manual recipe calculation for nutrients

Using the yield factors collected from other studies, the NVs of 62 recipes were calculated manually according to the selected recipe calculation method described in method and material section. For the calculation purpose the recipe equations as described in methods and materials were written in Microsoft Excel Sheet along with all recipe data and nutrients were calculated for all 62 recipes one by one. The inputs in the Excel Sheet are shown in Table 23. The findings of recipe calculation are presented in the followings. Each recipe description is contained with a brief cooking procedure.

Table 6. Example of the inputs and outputs in excel sheet for manual calculation of NVs of a recipe

Code	Food Group	Retenti on Factor (RF)	Recipe Name	Ingredients (Ing)	Wt. of Ing in g	FEP	Wt. of EP (a) in g	Cooked wt. (b) in g	Yield factor (c) =1-(a-b)/a or estimated from similar recipe	Energy (Kcal)	Water (g)	Total Mine ral (g)	Fiber (g)	PRO (g)	Fat (g)	CHO (g)
	Cereal& Cereal Product	RF (Boiling)								1	1	1	1	1	1	1
		RF (Baking)	Plain Polaow	1 kg raw rice	1000	1	1000	3459.788	0.933	3450	137	6	2	68	5	782
				1 cup Soyabean oil	195	1	195			1755					195	
				2 tsps ghee	10	1	10			90					10	
				7 onion (medium)	196	0.94	184.24			98	169.73	1.17	1.17	2.35	0.19	21.75
				3 bay leaves	1	1	1									
				4 cardamom green	1	1	1									
				4 cinnamon sticks	2	1	2									
				10 cups water	2300	1	2300				2300					
				Salt to taste	15	1	15					15				
							3708.24									
Sum of wt./										5393	0606.73	22.17	3.17	70.35	210.19	803.7
NV (a)																5
NV of 100gm										155.88		0.64	0.09	2.03	6.07	23.23
CD (d)																
Water of 100 gm CD (e)											68.16					

5.3.1 Festival Foods: Polaow Variety

5.3.1.1 Plain Polaow

Ingredients

Rice	1000 g	Cardamom greens, 4 pc	1 g
Soya bean oil, 1cup	195 g	Cinnamon sticks, 4 pc	2 g
Ghee, 2 tsp	10 g	Water	2300 ml
Onions (medium size), 7 pc	184.24 g	Salt, 2 tsp	15 g
Bay leaves, 3 pc	1 g		

Procedure

The rice is washed well and water is drained and set aside. Oil and ghee is heated and whole *garam masala* and onion are added and fried well. Then water and salt are added. After it becomes boiled it will be kept on the burner at a very low heat.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (per 100 g EP)</i>	<i>Nutrient</i>	<i>Amount (per 100 g EP)</i>
Energy	155.776 Kcal		
Protein	2.034 g	Vitamin – B1	0.013 mg
Fat	6.069 g	Vitamin – B2	0.011 mg
Carbohydrate	23.218 g	Vitamin - C	0.622 mg
Ash	0.642 g	Calcium	5.585 mg
Moisture	69.871 g	Iron	0.936 mg
Fiber	0.097 g	Vitamin – B1	0.013 mg

5.3.1.2 Polaow with Tasting Salt

Ingredients

Rice	1000 g	Cardamom greens, 4 pc	1 g
Soya bean oil, 1 cup	195 g	Cinnamon sticks, 4pc	2 g
Ghee, 3 tsp	15 g	Testing salt, ¼ tsp	0.75 g
Onions (big size), 2 pc	112.8 g	Salt, 2 tsp	15 g
Bay leaves, 4 pc	1 g	Water	2300 ml

Procedure

The rice is washed well and water is drained and set aside. Oil and ghee are heated in a cooking pot and onion, *garam masala* and green chili all are added and fried till the onion becomes red. Rice is added and fried well. Heated boiling water and salt are added to the rice. The cooking pot is covered and burner heat is raised. After it becomes boiled the heat is decreased.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (per 100 g EP)</i>	<i>Nutrient</i>	<i>Amount (per 100 g EP)</i>
Energy	154.558 Kcal	Carotene	8.944 µg
Protein	2.040 g	Vitamin – B1	0.013 mg
Fat	5.862 g	Vitamin – B2	0.011 mg
Carbohydrate	23.373 g	Vitamin - C	0.841 mg
Ash	0.662 g	Calcium	4.562 mg
Moisture	67.416 g	Iron	0.937 mg
Fiber	0.110 g		

5.3.1.3 Ginger Polaow

Ingredients

Raw rice	1000 g	Cardamom greens, 3 pc	1 g
Soya bean oil, ¾ cup	146.25 g	Cinnamon sticks, 4 pc	2 g
Ginger paste, 1 tbsp	15 g	Salt, 1 tbsp	15 g
Onions, (medium size) (Ind) 3 pc	98.7 g	Water	2300 ml
Bay leaves, 2 pc	1 g		

Procedure

The rice is washed well and water is drained and set aside. Oil is heated in a cooking pot and onion and garam masala are added and fried till the onion becomes red. Rice and ginger paste is added and fried well. Heated boiling water and salt are added to the rice. The cooking pot is covered and burner heat is raised. After it becomes boiled the heat is decreased.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	144.431 Kcal	Carotene	0.179 µg
Protein	2.083 g	Vitamin – B1	0.0206 mg
Fat	4.532 g	Vitamin – B2	0.018 mg
Carbohydrate	23.79 g	Vitamin - C	0.352 mg
Ash	0.653 g	Calcium	4.508 mg
Moisture	68.724 g	Iron	0.961 mg
Fiber	0.094 g		

5.3.1.4 Milk Polaow

Ingredients

Raw rice	1000 g	Bay leaf, 1 pc	0.5 g
Soya bean oil, 1cup	195 g	Cardamom greens, 3 pc	1 g
Ghee, 1 tsp	5 g	Cinnamon sticks, 2 pc	1 g
Ginger paste, 2 tsps	10 g	Cow's milk, 1 cup	225 g
Garlic paste, 2 tsps	10 g	Salt, 1 tbsp	15 g
Onions, (big size) (Ind) 2 pc	112.8 g	Water	2300 ml
Green chilies, 3 pc	7.83 g		

Procedure

The rice is washed well and water is drained and set aside. Oil and ghee are heated in a cooking pot and onion, garam masala and all other spices are added. Then the rice is added and fried well. heated boiling water is then added to it. When the rice is boiled burner heat is reduced and milk is added.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	151.336 Kcal	Carotene	5.162 µg
Protein	2.141 g	Vitamin- A	0.186 µg
Fat	5.913 g	Vitamin – B1	0.014 mg
Carbohydrate	22.358 g	Vitamin – B2	0.015 mg
Ash	0.657 g	Vitamin - C	0.473 mg
Moisture	68.768 g	Calcium	11.861 mg
Fiber	0.103 g	Iron	0.904 m

5.3.1.5 Mixed Condiment Polaow with Sugar

Ingredients

Raw rice	1000 g	Bay leaves, 3 pc	1 g
Soyabean oil, 8 tbsps	120 g	Cardamom greens, 4 pc	1 g
Ghee, 1 tbsp	15 g	Cinnamon sticks, 4 pc	2 g
Onions, (big size) (Ind) 4 pc	225.6 g	Suger, 1 tsp	5 g
Ginger paste, 1 tsp	5 g	Salt, 1 tbsp	15 g
Garlic paste, 1 tsp	5 g	Water	2300 ml
Cumin seed paste, 1 tsp	5 g		

Procedure

The rice is washed well and water is drained and set aside. Onion is Fried in the heated oil and beresta is prepared and separated from the oil. In that oil garam masala, all the spices and rice are added and fried well. Heated boiling water is then added. Cooking continues in a covered pot. Ghee and small amount of sugar is added before it is brought down from the burner.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	139.73 Kcal	Carotene	0.813 µg
Protein	2.089 g	Vitamin – B1	0.014 mg
Fat	4.082 g	Vitamin – B2	0.011 mg
Carbohydrate	23.63 g	Vitamin - C	0.75 mg
Ash	0.66 g	Calcium	7.653 mg
Moisture	69.183 g	Iron	0.995 mg
Fiber	0.125 g		

5.3.1.6 Green Chili Matar Polaow

Ingredients

Raw rice	1000 g	Onions, (medium size) (Ind) 2 pc	65.8 g
Soyabean oil, ½ cup	97.5 g	Green chilies, 6 pc	15.66 g
Ghee, 2 tbsps	30 g	Cinnamon sticks, 4 pc	2 g
Green peas, ¼ kg	10 g	Cardamom greens, 8 pc	2 g
Ginger paste, 1½ tsp	7.5 g	Boiling water, 10 cups	2300 ml
Garlic paste, 1 tsp	5 g	Salt, 1 tbsp	15 g

Procedure

Sliced onion is fried in heated oil and ghee. The garam masalas, ginger and garlic paste are added and stirred for a while. Water is then added. When it become boiled cleaned and washed rice and salt are put in, stirred well and when it become boiled green peas are added, stirred well and the vessel is covered by a lid. Cooking is continued on a slow fire for about 20-25 minute still the grains turn soft and water is absorbed.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	140.879 Kcal	Carotene	10.85 µg
Protein	2.276 g	Vitamin – B1	0.012 mg
Fat	3.907 g	Vitamin – B2	0.014 mg
Carbohydrate	24.117 g	Vitamin - C	0.974 mg
Ash	0.677 g	Calcium	4.8621 mg
Moisture	68.954 g	Iron	0.986 mg
Fiber	0.243 g		

5.3.1.7 Sour Curd Matar Polaow

Ingredients

Raw rice	1000 g	Sour curd, ¼ cup	60 g
Ghee, ½ cup	97.5 g	Cinnamon sticks, 2 pc	1 g
Green peas, ¼ kg	105 g	Cardamom greens, 4 pc	1 g
Ginger paste, 1 tsp	5 g	Boiling water, 10 cups	2300 ml
Garlic paste, ½ tsp	2.5 g	Salt, 1 tbsp	15 g

Procedure

Ginger & garlic paste and *garam masala* are added to the melted ghee and stirred for a while. Then water is added and when it boils, the cleaned and washed rice and salt are put in and the mixture allowed to come to the boil once again. Peas and curds are then put in and the vessel is covered with a lid. Cooking is continued on a slow fire for about ½ an hour till the grain turns soft and water is absorbed.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	134.501 kcal	Carotene	0.06 µg
Protein	2.328 g	Vitamin – B1	0.012 mg
Fat	3.143 g	Vitamin – B2	0.015 mg
Carbohydrate	24.191 g	Vitamin - C	0.193 mg
Ash	0.683 g	Calcium	6.559 mg
Moisture	69.595 g	Iron	0.982 mg
Fiber	0.195 g		

5.3.1.8 Matar Polaow with Nuts and Raisins

Ingredients

Raw rice	1000 g	Cinnamon sticks, 4 pc	2 g
Ghee	125 g	Cardamom greens, 8 pc	2 g
Onions (125 gm)	117.5 g	Bay leaves, 2 pc	1 g
Ginger (63 gm)	53.55 g	Cloves, 2 pc	0.5 g
Almond	15 g	Salt, 1 tbsp	15 g
Raisins	10 g	Water	2300 ml
Green peas	250 g		

Procedure

The rice is washed well and water is drained and set aside. All the spices are fried in the heated oil for few minutes. The washed rice is then added to it and fried well. Cleaned and washed rice is put in, stirred well and water is added. The vessel is covered with a lid and when the rice become boiled, salt and peas are added and stirred well. The cooking is continued in a covered vessel on a slow fire till the grains turn soft and all water is absorbed. Just before it is taken off the fire nuts and raisins are sprinkled over the polao.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	140.943 Kcal	Carotene	0.624 µg
Protein	2.55 g	Vitamin – B1	0.013 mg
Fat	3.86 g	Vitamin – B2	0.017 mg
Carbohydrate	23.967 g	Vitamin - C	0.788 mg
Ash	0.764 g	Calcium	7.751 mg
Moisture	68.703 g	Iron	1.05 mg
Fiber	0.407 g		

5.3.1.9 Coconut Polaow

Ingredients

Raw rice	1000 g	Cumin seed paste, 1½ tbsp	22.5 g
Soyabean oil	250 g	Cinnamon sticks, 4 pc	2 g
Onions, (big size) (Ind) 1 pc	56.4 g	Bay leaves, 2 pc	1 g
1½ cup coconut scrapings	120 g	Salt, 1 tbsp	15 g
2 tbsps ginger paste	30 g	Boiling water, 10 cups	2300 ml
2 tbsps garlic paste	30 g		

Procedure

At first scraping coconuts are fried in the heated oil. Cleaned and washed rice is put in and all other spices are added in it in the vessel. The whole mixture is stirred frequently to fry it well. Then water is added and the vessel is covered with a lid. The mixture kept on a slow fire till the grains turn soft and all water is absorbed. Just before it is taken off the fire fried onion red in colour is sprinkled over the polao.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	179.186 Kcal	Carotene	3.622 µg
Protein	2.262 g	Vitamin – B1	0.015 mg
Fat	8.635 g	Vitamin – B2	0.015 mg
Carbohydrate	23.074 g	Vitamin - C	0.385 mg
Ash	0.686 g	Calcium	11.093 mg
Moisture	65.03 g	Iron	1.163 mg
Fiber	0.289 g		

5.3.2 Festival Foods: Biriani Variety

5.3.2.1 Heavy Meat Beef Biriani

Ingredients

Raw rice	1000 g	Cumin seed paste, 1 tsp	5 g
Beef, 2 kg	1620 g	Bay leaves, 2 pc	1 g
Soya bean oil, 1 cup	195 g	Cardamom greens, 4 pc	1 g
Onions, (medium size) 4 pc	105.28 g	Cinnamon sticks, 4 pc	2 g
Onion paste, 1 tbsp	15 g	Green chilies, 6 pc	15.66 g
Ginger paste, 2 tsps	10 g	Salt, 2 tsps	30 g
Garlic paste, 1 tsp	5 g	Water	4000 ml

Procedure

- i) The beef is cut into medium pieces and washed well. The meats are marinated with all the paste spices, garam masala and oil. Then it is cooked on the burner at a medium burner heat.
- ii) In another big pot oil is heated and sliced onion, garam masala and green chilies are fried till fragrant. Washed rice are then added to it and fried well. Water is then added. When it becomes boiled cooked beef is then added. The pot is covered well and the burner heat is also reduced. When the whole water is absorbed it is brought down from the burner.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	130.579 Kcal	Carotene	7.23 µg
Protein	7.975 g	Vitamin – B1	0.035 mg
Fat	4.433 g	Vitamin – B2	0.014 mg
Carbohydrate	14.659 g	Vitamin - C	1.214 mg
Ash	0.977 g	Calcium	6.9109 mg
Moisture	72.038 g	Iron	0.855 mg
Fiber	0.089 g		

5.3.2.2. Green Pea & Potato mix Beef Biriani

Ingredients

Raw rice	1000 g	Green chilies, 5 pc	13.05 g
Beef, $\frac{3}{4}$ kg	607.5 g	Bay leaves, 2 pc	1 g
Green pea, $\frac{1}{4}$ kg	105 g	Cardamom greens, 4 pc	1 g
Potato, $\frac{1}{4}$ kg	210 g	Cinnamon sticks, 4 pc	2 g
Soya bean oil, 1 cup	195 g	Nutmeg paste, 1 pc	3 g
Onions, (medium size) 4 pc	105.28 g	Salt, 4 tsps	20 g
Ginger paste, $1\frac{1}{2}$ tbsp	22.5 g	Water	2700 ml
Garlic paste, $1\frac{1}{2}$ tbsp	22.5 g		

Procedure

- i) The beef is cooked separately with all the paste spices, onion, garam masala and oil. Green peas are fried and potatoes are cut into 4 pieces and also fried and kept separated for later use.
- ii) In a big pot oil is heated and sliced onion, garam masala and green chilies are fried till fragrant. Washed rice is then added to it and fried well. Cooked beef and fried green pea and potato are then added and cooked for few minutes. Heated boiling water is then added. When it become fully boiled burner heat is reduced and kept on the burner till the whole water is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	162.321Kcal	Carotene	8.017 μ g
Protein	5.615 g	Vitamin – B1	0.026 mg
Fat	5.581 g	Vitamin – B2	0.017 mg
Carbohydrate	22.439 g	Vitamin - C	1.8 mg
Ash	0.917 g	Calcium	7.095 mg
Moisture	65.432 g	Iron	1.042 mg
Fiber	0.251 g		

5.3.2.3 Beef Biriani with Plum

Ingredients

Raw rice	1000 g	Green chilies, 6 pc	15.66 g
Beef, 1 kg	810 g	Plum, 12 pc	20 g
Soya bean oil, 1 cup	195 g	Bay leaves, 2 pc	1 g
Onion paste, 1 tbsp	15 g	Cardamom greens, 4 pc	1 g
Ginger paste, 1 tbsp	15 g	Cinnamon sticks, 4 pc	2 g
Garlic paste, 1 tbsp	15 g	Salt, 4 tsps	20 g
Cumin seed paste, 1 tbsp	15 g	Water	2700 ml
Coriander seed paste, 1 tbsp	15 g		

Procedure

- i) The beef is cooked separately with all the paste spices, garam masala and oil.
- ii) In a big pot oil is heated and sliced onion, garam masala and green chilies are fried till fragrant. Washed rice is then added to it and fried well. Cooked beef are then added and cooked for few minutes. Heated boiling water is then added. When it become fully boiled burner heat is reduced kept on the burner till the whole water is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	166.006 Kcal	Carotene	16.5 µg
Protein	6.8069 g	Vitamin – B1	0.032 mg
Fat	5.963 g	Vitamin – B2	0.017 mg
Carbohydrate	21.23 g	Vitamin - C	1.08 mg
Ash	0.975 g	Calcium	12.114 mg
Moisture	64.815 g	Iron	1.21 mg
Fiber	0.278 g		

5.3.2.4 Special Kachchi Biriani

Ingredients

Raw rice	1000 g	Caraway, ¼ tsp	0.75 g
Beef, 1 kg	810 g	Raisins, ¼ cup	30 g
Soya bean oil, 1 cup	195 g	Milk, ¼ L	225 g
Onion, 125 gm	117.5 g	Sour yoghurt	125 g
Garlic	50 g	Pistachio nuts, 10 pc	5 g
Ginger paste, 1 tsp	5 g	Potato, 125 gm	105 g
Red chillie powder, 1 tbsp	9 g	Maoa	50 g
Black pepper powder, 4 pc	1 g	Plum, 6 pc	10 g
Bay leaves, 2 pc	1 g	Saffron, a pinch	0.5 g
Cinnamon sticks, 2 pc	1 g	Salt, 4 tsps	20 g
Cardamom green, 4 pc	1 g	Water	2700 ml

Procedure

First the rice will be half boiled with 1 tsp salt. The meat will be then marinated with all the spices and kept for 4 hours. Then the potatoes are mixed with the small amount of saffron and fried separately. In a big specious pot oil is heated and onion and garam masala are fried in it till it become red. The meat is then cooked in it and raisins, plum and maoa are spread on it. It is then covered by the rice. Rose water, oil/ghee and milk and yogurt are added to it. It is then kept on the burner at a very low heat for 1½ hour. When the whole thing is properly boiled and good smell is felt the cooking is completed and served on the table.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	162.73 g	Vitamin- A	5.969 µg
Protein	6.595 g	Carotene	1.673 µg
Fat	5.907 g	Vitamin – B1	0.034 mg
Carbohydrate	20.8 g	Vitamin – B2	0.026 mg
Ash	1.095 g	Vitamin - C	1.328 mg
Moisture	65.614 g	Calcium	29.667 mg
Fiber	0.174 g	Iron	1.074 mg

5.3.2.5 Tehari

Ingredients

Raw rice	1000 g	Sugar, ½ tsp	5 g
Beef, ½ kg	405 g	Cinnamon sticks, 4 pc	2 g
Soya bean oil, 1 cup	195 g	Cardamom greens, 4 pc	1 g
Onions, (medium size) 6 pc	157.92 g	Bay leaves, 2 pc	1 g
Ginger paste, ½ tbsp	7.5 g	Green chillies, 8 pc	15.66 g
Garlic paste, ½ tbsp	7.5 g	Nutmeg paste, ½	1.5 g
Cumin seed paste, 1 tsp	5 g	Mace paste, ¼ tsp	1.25 g
Coriander seed paste, 1 tsp	5 g	Salt, 4 tsps	20 g
Sour yoghurt, ⅓ cup	80 g	Water	2300 ml

Procedure

- i) Beef is cut into small pieces and marinated with all the spices, garam masala, yogurt, salt and oil. It is then cooked with the addition of 2 cups water in covered vessel. Green chillies are added when the water amount is reduced. Cooking continues till the beef become very soft.
- ii) Sliced onion, small amount of ginger, garlic & cumin seeds paste are added in the oil and stirred for a while. Then cleaned and washed rice are put in and stirred & fried well. Water along with salt are added. Cooking is continued in the covered vessel till the grains turn soft. When the water level become low in the vessel cooked beef is poured in and the mixture kept on a slow fire till all the water is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	178.972 Kcal	Carotene	14.59 µg
Protein	5.064 g	Vitamin – B1	0.027 mg
Fat	6.573 g	Vitamin – B2	0.018 mg
Carbohydrate	24.848 g	Vitamin - C	1.44 mg
Ash	0.996 g	Calcium	13.09 mg
Moisture	62.327 g	Iron	1.176 mg
Fiber	0.21 g		

5.3.3 Festival Foods: Chicken Roast Variety

5.3.3.1. Yoghurt & Milk Powder Chicken Roast

Ingredients

Chicken, (local) 1 pc	600 g	Milk powder, ¼ cup	30 g
Onions, (big size) (Ind) 3 pc	169.2 g	Red chili powder, ½ tsp	1.5 g
Soya bean oil	60 g	Cinnamon sticks, 2 pc	1 g
Green chillies, 3pc	7.83 g	Cardamom greens, 4 pc	1 g
Ginger paste, ½ tbsp	7.5 g	Bay leaves, 2 pc	1 g
Garlic paste, ¼ tbsp	3.75 g	Sugar, ¼ tbsp	3.75 g
Cumin seed paste, ¼ tbsp	3.75 g	Salt	8 g
Yogurt, ½ cup	120 g	Water	80 ml

Procedure

- i) All the chicken pieces are marinated with garlic, ginger and cumin seed paste, red chillie powder and salt for half an hour.
- ii) Half of the onion fried in the heated oil in big vessel. The previously marinated chicken pieces except the spices are put in, stirred for while. The spices and rest of the onions are then added and cooked on a slow fire in covered vessel. When the chicken pieces turn soft yogurt, sugar, powder milk and green chillies along with little water are added. Cooking continued till the most of the water dried off and it is stirred frequently. When it seems that the chicken pieces are smeared only with spices then it is taken off the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	171.513 Kcal	Carotene	23.312 µg
Protein	18.84 g	Vitamin – B1	0.031 mg
Fat	8.546 g	Vitamin – B2	0.133 mg
Carbohydrate	4.826 g	Vitamin - C	1.801 mg
Ash	2.226 g	Calcium	81.931mg
Moisture	65.124 g	Iron	0.352 mg
Fiber	0.316		

5.3.3.2 Black Pepper and Tasting Salt Chicken Roast

Ingredients

Chicken, (local) 1 pc	600 g	Cinnamon sticks, 2 pc	1 g
Onions, 125 gm	117.5 g	Cardamom greens, 4 pc	1 g
Soya bean oil, ¼ cup	48.75 g	Crashed pepper corn, ¼ tsp	0.75 g
Ginger paste, 1¼ tsp	6.25 g	Green chilies, 2pc	5.22 g
Garlic paste, 1 tsp	5 g	Onions, (medium size) 2 pc	52.64 g
Cow's milk, ¼ cup	56.25 g	Tasting salt, ¼ tsp	0.75 g
Red chili powder, 1 tsp	3 g	Salt	8 g
Cumin seed paste, 1 tsp	5 g	Water	80 ml

Procedure

The chicken pieces are washed well. Then mixes with salt, water is drained and set aside. Pieces are fried in the oil and kept separately. Onions are fried in the heated oil and all the spices are put in, stirred for while and all the chicken pieces are put in. Cooking is continued for ½ an hour. In the mean time little water is added. When the meat turn soft milk is added and kept on the slow fire for 5-10 minutes. Then water added as needed and the vessel is covered with a lid. When the meat fluid becomes thick beresta is added and the vessel is taken off the fire.

Nutrition Fact

Nutrient	Amount (g % EP)	Nutrient	Amount (g % EP)
Energy	153.855 Kcal	Vitamin- A	0.207 µg
Protein	19.74 g	Carotene	19.634 µg
Fat	6.791 g	Vitamin – B1	0.025 mg
Carbohydrate	3.45 g	Vitamin – B2	0.096 mg
Ash	2.299 g	Vitamin - C	3048 mg
Moisture	67.152 g	Calcium	38.98 mg
Fiber	0.526 g	Iron	0.239 mg

5.3.3.3 Special Mixed Spices Chicken Roast

Ingredients

Chicken, (local) 1 pc	600 g	Cumin seed paste, 1 tsp	5 g
Onions, (medium size) 5 pc	131.6 g	Cinnamon stick, 1 pc	0.5 g
Soya bean oil, ½ cup	97.5 g	Cardamom greens, 2 pc	0.5 g
Milk powder, ¼ cup	30 g	Coriander seed, ½ tsp	1.5 g
Water, 20 ml	50 g	Black pepper, ½ tsp	1.5 g
Chili paste, 1 green	3 g	Pach foron, ½ tsp	1.5 g
Red chili powder, 2 tsp	6 g	Sugar, 1 tsp	5 g
Bay leaves, 2 pc	1 g	Salt	8 g
Ginger paste, 1 tsp	5 g	Water	80 ml
Garlic paste, 1 tsp	5 g		

Procedure

Chicken pieces are washed well and prick repeatedly by using prickle spoon to make it porous. It is then marinated with all the spices except crashed spices & sugar and kept inside the Refrigerator for about 20 minutes. Onions and bay leaves are fried in the heated oil and the marinated meats are put in along with little water. Cooking continued in the covered vessel and when meat turn soft the milk is added. When the fluid of spices becomes concentrated the crashed spices & sugar are sprinkled over it and the vessel is taken off the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	214.161 Kcal	Carotene	17.55 µg
Protein	19.69 g	Vitamin – B1	0.028 mg
Fat	13.019 g	Vitamin – B2	0.125 mg
Carbohydrate	4.559 g	Vitamin - C	1.382 mg
Ash	2.282 g	Calcium	68.27 mg
Moisture	58.439 g	Iron	0.419 mg
Fiber	0.515 g		

5.3.3.4 Postodana and Lemon juice Chicken Roast

Ingredients

Chicken, (local) 1 pc	600 g	Posto dana paste, ½ tbsp	7.5 g
Onions, (big size) (Ind) 2 pc	112.8 g	Mace, 1/16 tsp or a pinch	0.5 g
Soya bean oil, ½ cup	97.5 g	Cinnamom sticks, 2 pc	1 g
Yogurt	125 g	Cardamom greens, 4 pc	1 g
Ginger paste, ½ tbsp	7.5 g	Sugar, ¼ tbsp	3.75 g
Garlic paste, ¼ tbsp	3.75 g	Lemon juice, ¼ tbsp	3.75 g
Coriander seed paste, ½ tbsp	7.5 g	Salt	8 g
Crashed pepper corn, ¼ tsp	0.75 g	Water	80 ml

Procedure

Chicken pieces are fried in the heated oil till light brown in colour. Onions are fried in oil to make beresta and kept separately for later use. Fried meats are mixed with oil, yogurt and all the paste spices and kept on a slow fire in the covered vessel. When the meats turn soft and water dried out garam masala, sugar and lemon juice are added. When the meat fluid become concentrated crashed beresta are added and kept on a very slow fire for another 30 minutes.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	200.187 Kcal	Carotene	11.089 µg
Protein	18.77 g	Vitamin – B1	0.016 mg
Fat	12.494 g	Vitamin – B2	0.1 mg
Carbohydrate	3.184 g	Vitamin - C	0.936 mg
Ash	2.189 g	Calcium	64.73 mg
Moisture	62.827 g	Iron	0.338 mg
Fiber	0.495 g		

5.3.3.5 Groundnut & Plum Chicken Roast

Ingredients

Chicken, (local) 1 pc	600 g	Mace paste, ¼ tsp	1.25 g
Ginger paste, 1 tbsp	15 g	Ground nut paste, (raw) 1 tbsp	15 g
Garlic paste, 1 tbsp	15 g	Yogurt, ¼ cup	60 g
Onion paste	167 g	Plums, 4 pc	8 g
Cinnamon sticks, 3 pc	1.5 g	Bay leaves, 2 pc	1 g
Cardamom greens, 4 pc	1 g	Ghee, ⅔ cup	130 g
Sugar, ⅓ tbsp	5 g	Salt	8 g
Posto dana paste, 1 tbsp	15 g	Water	80 ml
Nutmeg paste, ¼ tsp	1.25 g		

Procedure

Chicken pieces are marinated with one third of all paste ingredients for half an hour. Then in another vessel ghee is heated and rest of the ingredients are put in except alu bokhara and sugar and stirred frequently. Then chicken pieces are added in it and kept on a slow fire. When the meats turn soft alu bokhara and sugar are added and stirred well. When the broth becomes thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	233.034 Kcal	Carotene	6.766 µg
Protein	18.13 g	Vitamin – B1	0.028 mg
Fat	8.7613 g	Vitamin – B2	0.088 mg
Carbohydrate	4.658 g	Vitamin - C	1.182 mg
Ash	2.116 g	Calcium	63.027 mg
Moisture	63.624 g	Iron	0.281 mg
Fiber	0.382 g		

5.3.3.6 Raisin Chicken Roast

Ingredients

Chicken, (local) 1 pc	600 g	Ground nut paste, ¼ tbsp	3.75 g
Soya bean oil, ½ cup	65 g	Sugar, ¼ tbsp	3.75 g
Ghee, 1 tsp	5 g	Cumin seed paste, ¼ tbsp	3.75 g
Onion paste	50 g	Coriander seed paste, ¼ tbsp	3.75g
Ginger paste, ¼ tbsp	3.75 g	Yogurt, ⅛ kg	125 g
Garlic paste, ¼ tbsp	3.75 g	cinnamon sticks, 2 pc	1 g
Green chili paste, ¼ tbsp	3.75 g	cardamom greens, 4 pc	1 g
Green chili, 2 pc	5.22 g	salt	8 g
Onion beresta, 25 gm (75 g onion)	75 g	water	80 ml
Raisins paste, ¼ tbsp	3.75 g		

Procedure

Chicken pieces are marinated with ¼ tsp ginger & garlic paste, little yogurt, ¼ tsp coriander seed paste and little salt. Then these are fried in oil. Onion beresta is prepared in that oil and all the spices including nuts & raisins paste except yogurt are put in stirred for while and chicken pieces are added. When the meats turn soft yogurt is added. When it seems smear with spices it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	175.688 Kcal	Carotene	31.081 µg
Protein	18.995 g	Vitamin – B1	0.023 mg
Fat	9.463 g	Vitamin – B2	0.103 mg
Carbohydrate	3.657 g	Vitamin - C	1.57 mg
Ash	2.219 g	Calcium	54.671 mg
Moisture	65.335 g	Iron	0.408 mg
Fiber	0.408 g		

5.3.4 Festival Foods: Chinese Vegetable Curry Variety

5.3.4.1 Chinese Vegetable with Chicken and Prawn

Ingredients

Carrot, 1½ cup	180 g	Green chilies, 16 pc	41.76 g
Papaya, 2½ cup	350 g	Soya sauce, 1 tbsp	10 g
Ash gourd, 2 cups	280 g	Corn flour, 2 tbsps	30 g
Cucumber, 1 cup	165 g	Sugar, 1½ tsp	22.5 g
Cauliflower, 1½ cup	127.5 g	Tasting salt, ¼ tsp	1.3 g
Prawn, (medium size) 25 pc	192.5 g	Salt	3 g
Chicken cube	200 g	Water	260 ml
Soya bean oil, 6 tbsps	90 g		

Procedure

- All the vegetables are sliced thin and cut into equal size. These are then washed properly and boiled lightly in little water.
- Chicken cubes are boiled separately in little water and salt.
- Onions are fried in oil, in which chicken cubes and prawns are added and fried for while. Then boiled vegetables and green chilies are put in it and fried for while. Then water is added. When all become tender soya sauce, corn flour and tasting salt are put in. After a while sugar is given, boiled at once and brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	113.83 Kcal	Carotene	1387 µg
Protein	6.486 g	Vitamin – B1	0.084 mg
Fat	6.169 g	Vitamin – B2	0.057 mg
Carbohydrate	8.04 g	Vitamin - C	7.364 mg
Ash	1.362 g	Calcium	59.691 mg
Moisture	77.87g	Iron	1.578 mg
Fiber	0.802 g		

5.3.4.2 Chinese Vegetable with Sliced Chicken and Butter

Ingredients

Papaya, ½ kg	330 g	Onions, (medium size) 4 pc	105.28 g
Cow pea, ½ kg	485 g	Green chilies, 6 pc	15.66 g
Cucumber, ½ kg	420 g	Tasting salt, ¼ tsp	1.3 g
Carrots, 5 pc	470 g	Pepper corn powder, ⅓ tsp	1 g
Butter, 1 tbsp	15 g	Soya sauce, 1 tbsp	10 g
Soya bean oil, 1 tbsp	15 g	Corn flour, 2 tsps	10 g
Chicken slices	100 g	Salt	4 g
Ginger paste, 1 tsp	5 g	Water	320 ml
Garlic paste, 1 tsp	5 g		

Procedure

- i) Papaya and carrot are sliced thin and boiled separately. Then cow pea is boiled separately and cucumber is also boiled separately.
- ii) Onions are then fried lightly and chicken slices are put in it and fried for while. When it becomes soft ginger and garlic paste and all vegetables except cowpea are put in. These are stirred for while. Then soya sauce, pepper corn, corn flour, tasting salt and cowpeas are given. It is stirred for while and brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	64.431 Kcal	Carotene	2769 µg
Protein	3.131 g	Vitamin – B1	0.104 mg
Fat	1.775 g	Vitamin – B2	0.045 mg
Carbohydrate	8.959 g	Vitamin - C	2.98 mg
Ash	1.294 g	Calcium	25.748 mg
Moisture	84.952 g	Iron	2.677 mg
Fiber	1.65 g		

5.3.4.3 Chinese Palin Vegetable Curry

Ingredients

Papay, ½ kg	330 g	Onions, (medium size) 3 pc	78.96 g
Carrot, ½ kg	470 g	Ginger paste, ½ tsp	2.5 g
Snake gourd, ½ kg	485 g	Soya sauce, 1 tbsp	10 g
Capsicum	50 g	Corn flour, 2 tsps	10 g
Egg (hen), 1 pc	57.85 g	Salt	3 g
Soya bean oil, 2 tbsps	30 g	Water	240 ml

Procedure

All the vegetables are sliced thin and boiled lightly. Onions and ginger paste are put in oil and fried for while. All the vegetables, soya sauce, salt and capsicum are put in it. When it becomes soft egg and corn flour are added, stirred for while and brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	66.128 kcal	Vitamin- A	12.13 µg
Protein	1.47 g	Carotene	3690 µg
Fat	3.021 g	Vitamin – B1	0.086 mg
Carbohydrate	8.337 g	Vitamin – B2	0.068 mg
Ash	1.222 g	Vitamin - C	417.8 mg
Moisture	85.727 g	Calcium	26.835 mg
Fiber	0.966 g	Iron	1.226 mg

5.3.5 Festival Foods: Backed Fish Variety

5.3.5.1 Ruhi Fish Kofta with added Corn Flour and Lemon Juice

Ingredients

Rui fish, (Big size) 1 pc	2680 g	Parsley, 50 gm	34.5 g
Soya bean oil, 2 cups	390 g	Corn flour, 1 tbsp	15 g
Chopped onion, 500 gm	470 g	Lemon juice, ½ tbsp	5 g
Chopped green chilies, 250 gm	217.5 g	Toast dust, 1 cup	80 g
Pepper corn, 1 tsp	3 g	Salt	10 g

Procedure

Fish is cut into medium pieces and fried lightly in oil. Then bones are separated from the fish pieces. All the ingredients are mixed well with it, which is divided into many small pieces in any shape. These pieces are coated with toast dust and fried in oil till red.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	249.48 Kcal	Carotene	268.6 µg
Protein	16.55 g	Vitamin – B1	0.064 mg
Fat	15.56 g	Vitamin – B2	0.067 mg
Carbohydrate	10.65 g	Vitamin - C	34.41 mg
Ash	1.454 g	Calcium	635.26 mg
Moisture	55.678 g	Iron	1.42 mg
Fiber	0.664 g		

5.3.5.2 Ruhi Fish Kofta with adding Rice Paste

Ingredients

Rui fish, (Big size) 1 pc	2680 g	Red chili powder, 1 tsp	3 g
Soya bean oil, 2 cups	390 g	Coriander seed paste, 1 tsp	5 g
Onion paste, 2 tbsps	30 g	Cumin seed paste, 1 tsp	5 g
Cooked rice (bhat) paste, 1 cup	100 g	Green chili paste, 1 tsp	5 g
Ginger paste, 1 tsp	5 g	Chopped parsley, 4 tbsps	12 g
Garlic paste, 1 tsp	5 g	Salt	10 g

Procedure

Fish is cut into medium pieces and fried lightly in oil. Then bones are separated from the fish pieces. It is then grinded along with cooked rice and salt. All the ingredients are then mixed well with it, which is divided into many small pieces in any shape. These are then fried into oil in which these will be submerged.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	270.56 Kcal	Carotene	43.26 µg
Protein	19.33 g	Vitamin – B1	0.05 mg
Fat	18.43 g	Vitamin – B2	0.068 mg
Carbohydrate	6.664 g	Vitamin - C	26.58 mg
Ash	1.532 g	Calcium	752.04 mg
Moisture	53.927 g	Iron	1.368 mg
Fiber	0.149 g		

5.3.6 Curry: Meat Bhuna Variety

5.3.6.1 Special Mixed Spices Beef Bhuna

Ingredients

Beef, 1 kg	810 g	Black pepper powder, ¼ tsp	1.25 g
Soya bean oil, ½ cup	97.5 g	Cinnamon sticks, 2 pc	0.75 g
Onion, (sliced thin) 250 gm	235 g	Pach foron powder, ¼ tsp	1.25 g
Ginger paste, 2 tsps	10 g	Turmeric powder, 1 tsp	3 g
Garlic paste, 1 tsp	5 g	Red chillie powder, 2 tsps	6 g
Cumin seed paste, 1 tsp	5 g	Bay leaves, 2 pc	1 g
Coriander seed powder, 1 tsp	3 g	Salt	15 g
Cardamom greens, 3 pc	0.75 g		

Procedure

Onions are fried in heated oil and all the spices except crashed spices are put in and fried for while. Cleaned and properly washed medium beef pieces are put in along with water as needed. The vessel is covered with a lid and kept on a slow fire till the meat turn soft and tender. Crashed spices are added before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	239.645 Kcal	Carotene	10.011 µg
Protein	22.726 g	Vitamin – B1	0.142 mg
Fat	14.523 g	Vitamin – B2	0.049 mg
Carbohydrate	4.245 g	Vitamin - C	2.707 mg
Ash	3.095 g	Calcium	34.194 mg
Moisture	54.741 g	Iron	1.375 mg
Fiber	0.553 g		

5.3.6.2 Beef Bhuna with Potato

Ingredients

Beef, 1 kg	810 g	Coriander seed paste, 1 tsp	5 g
Soya bean oil, 4 tbsp	60 g	Pepper corn, (crashed) ½ tsp	1.5 g
Potato, (medium size) 3 pc	120.96 g	Cumin seed, (crashed) ½ tsp	1.5 g
Onion, (sliced thin) ¼ kg	235 g	Green chillies, 6 pc	15.66 g
Ginger paste, 3 tsps	15 g	Cinnamon sticks, (medium) 7 pc	3 g
Garlic paste, 2 tsps	10 g	Cardamom greens, 7 pc	2 g
Turmeric powder, ⅓ tsp	2 g	Bay leaves, 3 pc	1 g
Red chillie powder, 1 tsp	3 g	Salt	15 g
Cumin seed paste, 2 tsps	10 g		

Procedure

Little amount of onion are fried in heated oil along with garam masala for while. Then cleaned and properly washed beef (cut into small pieces) along with all the spices except crashed spices and green chillies are put in. Cooking continued in a covered vessel on a slow fire till the meat turn soft. Then the potatoes (fried previously in little oil) are put in along with rest of the onion and cooked for while. Then water is added and the vessel is covered by a lid. When little fluid remains crashed spices and green chillies are added. It is boiled for once and brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	199.556 Kcal	Carotene	55.63 µg
Protein	21.175 g	Vitamin – B1	0.14 mg
Fat	9.348 g	Vitamin – B2	0.045 mg
Carbohydrate	7.813 g	Vitamin - C	4.269 mg
Ash	2.99 g	Calcium	42.319
Moisture	58.064 g	Iron	1.639 mg
Fiber	0.877 g		

5.3.6.3 Plain Beef Bhuna

Ingredients

Beef, 1 kg	810 g	Turmeric powder, ½ tsp	1.5 g
Soya bean oil, ¼ cup	48.75 g	Red chili powder, 1 tsp	3 g
Onions, (medium size) 5 pc	131.6 g	Cinnamon sticks, 5 pc	2 g
Ginger paste, ½ tbsp	7.5 g	Cardamom greens, 6 pc	1.5 g
Garlic paste, ½ tbsp	7.5 g	Bay leaves, 2 pc	1 g
Cumin seed paste, 1 tsp	5 g	Salt	15 g
Coriander seed paste, ½ tbsp	7.5 g		

Procedure

Onions are fried in heated oil and all other ingredients along with beef are put in. Cooking continued in a covered vessel on a slow fire till the whole water is boil dry. Then water is added and the vessel is covered by a lid. When the meat turn soft and little fluid remains it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	207.057 Kcal	Carotene	15.268 µg
Protein	25.964 g	Vitamin – B1	0.155 mg
Fat	9.981 g	Vitamin – B2	0.046 mg
Carbohydrate	3.292 g	Vitamin - C	2.331 mg
Ash	3.581 g	Calcium	35.473 mg
Moisture	56.759 g	Iron	1.52 mg
Fiber	0.735 g		

5.3.6.4 Green Chili and Arrowroot Jhaal Beef

Ingredients

Beef, 1 kg	810 g	Sugar, 1 tsp	5 g
Soya bean oil, ½ cup	97.5 g	Onions, (medium size) 3 pc	78.96 g
Soya sauce, 2 tbsps	20 g	Green chilies, 12 pc	31.32 g
Vinegar, 1 tbsp	10g	Arrowroot, 2 tbsps	30 g
Tasting salt, 2 pinch	0.5 g	Salt	15 g

Procedure

- i) Beef is cut into small pieces and washed well. Beef pieces are marinated with soya sauce, vinegar, tasting salt, salt and sugar for one hour.
- ii) Marinated beef is then put into heated oil and stirred for while. Then the vessel is covered by a lid and kept on a slow fire.
- iii) After 30 min green chilies (cut into long strips) are added. When it turn almost dry onions are added. Then arrowroot, dissolved in ½ cup water is put in and boiled for while. When it turns thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	264.15 Kcal	Carotene	96.15 µg
Protein	24.37 g	Vitamin – B1	0.146 mg
Fat	15.59 g	Vitamin – B2	0.11 mg
Carbohydrate	6.554 g	Vitamin - C	4.201 mg
Ash	3.781 g	Calcium	18.651 mg
Moisture	50.193 g	Iron	1.15 mg
Fiber	0.357 g		

5.3.6.5 Jhaal Beef with added Postodana and Methi

Ingredients

Beef, 1 kg	810 g	Postodana paste, $\frac{2}{3}$ tsp	3.33 g
Soya bean oil, $\frac{1}{2}$ cup	97.5 g	Fenugreek seed (methi) paste, $\frac{2}{3}$ tsp	3.33 g
Turmeric paste, 1 tsp	5 g	Beresta, ($\frac{1}{2}$ cup onion) $\frac{1}{3}$ cup	60 g
Red chili paste, 2 tsps	10 g	Cinnamon sticks, 3 big	2 g
Coriander seed paste, $\frac{2}{3}$ tsp	3.33 g	Cardamom greens, 5 pc	1.5 g
Onion paste, $\frac{2}{3}$ cup	150 g	Bay leaves, 2 pc	1 g
Ginger paste, $1\frac{1}{2}$ tbsp	7.5 g	Salt	15 g
Garlic paste, $1\frac{1}{2}$ tbsp	7.5 g		

Procedure

Beef is cut into medium pieces and washed well. Then it is marinated with all the ingredients including soya bean oil and kept on a slow fire. Cooking is continued till the whole water is boiled dry. Then boiling water is added and the vessel is covered by lid. When the meat turn soft and the fluid become thick beresta is added. After a while it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	244.674 Kcal	Carotene	6.041 μ g
Protein	23.134 g	Vitamin – B1	0.141 mg
Fat	14.75 g	Vitamin – B2	0.039 mg
Carbohydrate	4.27 g	Vitamin - C	2.581 mg
Ash	3.171 g	Calcium	33.833 mg
Moisture	53.588 g	Iron	1.269 mg
Fiber	0.541 g		

5.3.6.6 Beef Rezaala with added Yoghurt and Green Chilli

Ingredients

Beef, 1 kg	810 g	Red chillie powder, 1½ tsp	4.5 g
Soya bean oil	200 g	Green chillies, 6 pc	15.66 g
Onion, 250 gm	235 g	Sugar, 1 tsp	5 g
Yogurt, 1 cup	240 g	Cinnamon sticks, 6 pc	3 g
Ginger paste, 1 tbsp	15 g	Cardamom greens, 6 pc	2 g
Garlic paste, ¼ tbsp	3.75 g	Bay leaves, 2 pc	1 g
Cumin seed paste, ¼ tbsp	3.75 g	Salt	15 g

Procedure

- i) Beef is cut into medium pieces and washed well. Then it is marinated with all the ingredients except garam masala and oil.
- ii) In another vessel oil is heated and garam masala is put in and fried for while then marinated beef is added. Little water is added along with the beef. On the starting the fire is raised and after a while it is reduced. Then the cooking is continued on a medium fire in a covered vessel.
- iii) Half of the onion is fried separately for beresta.
- iv) When the meat turn soft and little fluid remains, beresta along with green chillies and sugar is added. It is then kept on a slow fire for 10 minutes and brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	283.885 Kcal	Carotene	37.264 µg
Protein	18.108 g	Vitamin – B1	0.149 mg
Fat	21.471 g	Vitamin – B2	0.074 mg
Carbohydrate	4.454 g	Vitamin - C	6.207 mg
Ash	2.538 g	Calcium	55.881 mg
Moisture	53.029 g	Iron	0.978 mg
Fiber	0.428 g		

5.3.6.7 Beef Rezaala with added Yoghurt and Postodana

Ingredients

Beef, 1 kg	810 g	Coriander seed powder, 2 tsp	6 g
Soya bean oil, ½ cup	97.5 g	Yogurt, 1 cup	240 g
Ginger paste, 1 tbsp	15 g	Green chillies, 16 pc	41.76 g
Garlic paste, 1 tsp	5 g	Postodana paste, 1 tbsp	15 g
Onions paste, (big size) 8 pc	300.8 g	Cinnamon sticks, 3 pc	2 g
Turmeric powder, 1½ tsp	4.5 g	Cardamom greens, 4 pc	1 g
Red chillie powder, 1½ tsp	4.5 g	Bay leaves, 2 pc	1 g
Cumin seed powder, 1½ tsp	4.5 g	Salt	15 g

Procedure

Beef is cut into medium pieces and washed well. Then marinated with all the ingredients except green chillies and postodana and kept on a fire. After a while the fire is reduced and the cooking is continued on a slow fire in a covered vessel. When the meat turns soft, postodana and green chillies are added. After a while ½ cup water is added. Cooking continued on a slow fire for about 20 minutes. Then it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	209.73 Kcal	Carotene	98.92 µg
Protein	18.52 g	Vitamin – B1	0.127 mg
Fat	12.3 g	Vitamin – B2	0.064 mg
Carbohydrate	6.145 g	Vitamin - C	4.927 mg
Ash	2.934 g	Calcium	85.207 mg
Moisture	59.659 g	Iron	1.237 mg
Fiber	0.917 g		

5.3.6.8 Vinegar Beef

Ingredients

Beef, 1 kg	810 g	Sugar, 4 tsps	20 g
Soya bean oil	400 g	Yogurt, 1½ cup	360 g
Onion, ¼ kg	235 g	Cinnamon sticks, 3 pc	2 g
Garlic paste, 2 tsps	10 g	Cardamom greens, 4 pc	1 g
Ginger paste, 2 tsps	30 g	Bay leaves, 2 pc	1 g
Vinegar, 4 tsps	40 g	Salt	15 g
Green chillies, 14 pc	36.54 g		

Procedure

Onions are fried in heated oil. Half of the onions are kept separately for later use. All the spices are put in and fried for while. Then cleaned and washed medium beef pieces are added along with little water. When the meat turns soft vinegar, sugar and yogurt is added. Fried onions and green chillies are added before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	368.59 Kcal	Carotene	63.72 µg
Protein	14.63 g	Vitamin – B1	0.099 mg
Fat	32.05 g	Vitamin – B2	0.06 mg
Carbohydrate	5.456 g	Vitamin - C	3.47 mg
Ash	2.106 g	Calcium	54.988 mg
Moisture	45.693 g	Iron	0.788 mg
Fiber	0.36 g		

5.3.6.9 Beef Bhuna in Chopped Spices with Yoghurt

Ingredients

Beef, 1 kg	810 g	Pepper corn, (crashed) ½ tsp	1.5 g
Soya bean oil, ½ cup	97.5 g	Yogurt, ¾ cup	180 g
Onion, (chopped) 1 cup	120 g	Cinnamon sticks, 3 pc	2 g
Ginger, (chopped) 1 tbsp	10 g	Cardamom greens, 4 pc	1 g
Garlic, (chopped) ¾ tbsp	7.5 g	Bay leaf, 1 pc	0.5 g
Red chillies, (dried) 4 pc	2.25 g	Salt	15 g

Procedure

Beef with bone are cut into medium pieces and cleaned and washed well. Then beef are marinated with all the ingredients except chopped onion, green chillies and crashed garam masala and put on a slow fire along with little water. When the beef turn soft chopped onion is added and cooked for while. Then green chillies and crashed garam masala are put in before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	230.59 Kcal	Carotene	3.226 µg
Protein	22.08 g	Vitamin – B1	0.133 mg
Fat	14.56 g	Vitamin – B2	0.061 mg
Carbohydrate	2.775 g	Vitamin - C	1.955 mg
Ash	2.966 g	Calcium	48.642 mg
Moisture	57.575 g	Iron	0.968 mg
Fiber	0.245 g		

5.3.6.10 Beef Bhuna in Chopped Spices without Yoghurt

Ingredients

Beef, 1 kg	810 g	Pepper corn, 1 tsp crashed	3 g
Soya bean oil, ½ cup	97.5 g	Green chillies, 6 pc	15.66 g
Onion, (chopped) 1 cup	120 g	Cinnamon sticks, 2 pc	1 g
Ginger, (chopped) 1½ tbsp	15 g	Cardamom greens, 4 pc	1 g
Garlic, (chopped) 1 tbsp	10 g	Bay leaves, 2 pc	1 g
Turmeric powder, 1 tsp	3 g	Cloves, 2 pc	0.5 g
Red chillie powder, 1 tsp	3 g	Salt	15 g
Coriander seed powder, 1 tbsp	9 g		

Procedure

Beef is cut into medium pieces and cleaned and washed well. Then beef pieces are marinated with all the ingredients except chopped onion, green chillies and crashed garam masala and put on a slow fire along with little water. When the beef turn soft chopped onion is added and cooked for while. Then green chillies and crashed garam masala are put in before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	255.05 Kcal	Carotene	65.4 µg
Protein	24.5 g	Vitamin – B1	0.147 mg
Fat	15.75 g	Vitamin – B2	0.046 mg
Carbohydrate	3.772 g	Vitamin - C	3.431 mg
Ash	3.327 g	Calcium	29.948 mg
Moisture	52.244 g	Iron	1.413 mg
Fiber	0.891 g		

5.3.6.11 Chilli Beef

Ingredients

Mince-beef	1000 g	Kalogira, ½ tsp	0.83 g
Soya bean oil, ½ cup	97.5 g	Bay leaves, 2 pc	1 g
Onion, (chopped) ½ cup	60 g	Red chillies, (dried) 4 pc	2.25 g
Garlic, (chopped) ½ cup	60 g	Cumin seeds, ½ tsp	0.83 g
Green chilli paste, 1 tsp	5 g	Tomato paste, 4 pc	400 g
Coriander seed, 2 tsps	3.33 g	Salt, 2 tsps	10 g

Procedure

Coriander seed, kalogira, bay leaves, dried red chillies and cumin seeds are crashed well. Onion and garlic are fried in heated oil. Mince-beef is put in it and fried for while. Then crashed spices and all other ingredients are added. Cooking continued on a slow fire in covered vessel. When the meat turn soft and the meat seems smeared with spices then it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	196.24 Kcal	Carotene	137.2 µg
Protein	20.62 g	Vitamin – B1	0.148 mg
Fat	10.98 g	Vitamin – B2	0.057 mg
Carbohydrate	3.671 g	Vitamin - C	6.568 mg
Ash	2.06 g	Calcium	32.6 mg
Moisture	62.448 g	Iron	1.032 mg
Fiber	0.548 g		

5.3.6.12 Thai Chili Beef

Ingredients

Beef, 1 kg	810 g	Red chillies, (dried) 3 pc	1.8 g
Soya bean oil, ½ cup	97.5 g	Sugar, 2 ⅔ tsp	13 g
Pepper corn, 1 ⅓ tsp	4 g	Fish sauce, 2 ⅔ tbsp	40 g
Garlic, 15 cloves	37.8 g	Parsley, 4 tbsps	12 g
Green chillies, 6 pc	15.66 g	Salt	10 g

Procedure

Beef without bone are cut into 5 cm. Then it is cleaned and washed and marinated with salt and pepper corn. Garlic is fried in heated oil and marinated beef are put in. All the ingredients are then put in. Cooking continued on a slow fire till the meat turn soft. Parsley is added before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	268.7 Kcal	Carotene	172.1µg
Protein	25.8 g	Vitamin – B1	0.143 mg
Fat	16.45 g	Vitamin – B2	0.05 mg
Carbohydrate	4.308 g	Vitamin - C	3.991 mg
Ash	2.653 g	Calcium	19.196 mg
Moisture	45.6 g	Iron	1.394 mg
Fiber	0.366 g		

5.3.6.13 Beef Tomato Curry

Ingredients

Beef, 1 kg	810 g	Tomato, (medium size) 4 pc	400 g
Soya bean oil, ½ cup	97.5 g	Cinnamon sticks, 2 pc	1 g
Ginger paste, 1 tbsp	15 g	Cardamom greens, 3 pc	1 g
Garlic paste, 1 tbsp	15 g	Bay leaf, 1 pc	0.5 g
Onion, (chopped) ½ cup	40 g	Cloves, 4 pc	1 g
Pepper corn powder, ¼ tsp	0.75 g	Salt	15 g
Red chillie powder, 1 tsp	3 g		

Procedure

Beef is cut into medium pieces and cleaned and washed well. Then it is marinated with all the paste and crashed spices, garam masala, half of the oil, bay leaf, salt and 1cup water and put on a fire. Cooking continued on a slow fire in a covered vessel till the meat turn soft. In another vessel onion is fried in the rest half of the oil till red. Then tomato pieces are put in and fried for while. The meat is added, stirred well and after 10 minutes little water is added. Cooking continued on a slow fire in a covered vessel for about 20-25 minutes. When the oil arise on the top it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	200.19 Kcal	Carotene	147.1 µg
Protein	19.44 g	Vitamin – B1	0.146 mg
Fat	12 g	Vitamin – B2	0.051 mg
Carbohydrate	2.812 g	Vitamin - C	6.833 mg
Ash	2.672 g	Calcium	32.508 mg
Moisture	62.481 g	Iron	0.95 mg
Fiber	0.538 g		

5.3.6.14 Spinach Beef

Ingredients

Beef, 1 kg	810 g	Coriander seed paste, 2 tbsps	30 g
Soya bean oil, 1 cup	195 g	Turmeric powder, 2 tsps	6 g
Spinach,(chopped) 6 cups	450 g	Cinnamon sticks, 2 pc	1 g
Onion, (chopped) 4 cups	360 g	Cardamom greens, 4 pc	1.5 g
Garlic paste, 4 tbsps	60 g	Bay leaf, 1 pc	0.5 g
Green chili paste, 4 tbsps	60 g	Pach foron powder, (roasted) 1 tsp	3 g
Ginger paste, 2 tbsps	30 g	Salt	20 g
Cumin seed paste, 2 tbsps	30 g		

Procedure

Beef pieces (medium) are marinated with all the ingredients except crashed pach foron for half an hour. Then it is kept on a slow fire and the vessel is covered by a lid. Cooking continued till the meat turn soft. Little water will be added if needed. Cleaned and washed spinach is added in it and cooked for while. Then 1 cup of water is added. Cooking continued on a slow fire in a covered vessel. When the oil arises on the top, pach foron powder is added before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	236.42 kcal	Carotene	2796 µg
Protein	15.25 g	Vitamin – B1	0.114 mg
Fat	15.87 g	Vitamin – B2	0.069 mg
Carbohydrate	8.114 g	Vitamin - C	20.21 mg
Ash	3.289 g	Calcium	87.139 mg
Moisture	56.563 g	Iron	5.046 mg
Fiber	1.677 g		

5.3.6.15 Hundi Kabab

Ingredients

Beef, 1 kg	810 g	Soya sauce, 1 tsp	5 g
Soya bean oil	250 g	Sugar, 1 tbsp	15 g
Ginger paste, 1 tsp	5 g	Pepper corn powder, 1 tbsp	9 g
Garlic paste, 6 cloves	18 g	Cinnamon sticks, 2 pc	1 g
Postodana paste, 60 gm	60 g	Cardamom greens, 4 pc	1.5 g
Mustard, (paste) 1 tsp	5 g	Bay leaf, 1 pc	0.5 g
Onion, 250 gm	235 g	Tomato sauce, 1 tbsp	15 g
Vinegar, 1 tsp	5 g	Salt	15 g

Procedure

- i) Beef is cut into small pieces and sliced thin. Then it is cleaned and washed well. It is marinated with all the paste spices, tomato sauce, vinegar, soya sauce and salt for 1 hour.
- ii) Chopped onions are fried in heated oil till to red and half of the fried onion is taken out from the oil and separated for later use. Marinated beef is then put in the vessel and stirred for while. Cooking continued in a covered vessel on a slow fire till the meat turn soft. Then sugar, crashed pepper corn and garam masala are added and stirred well. When all the water is dried out and no fluid remains then it is taken off from the fire. Fried green chilies and onions are sprinkled over it during serving.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	367.97 Kcal	Carotene	11.72 µg
Protein	20.18 g	Vitamin – B1	0.117 mg
Fat	28.42 g	Vitamin – B2	0.042 mg
Carbohydrate	7.876 g	Vitamin - C	2.32 mg
Ash	3.241 g	Calcium	121.71 mg
Moisture	39.764 g	Iron	1.132 mg
Fiber	0.827 g		

5.3.6.16 White Meat

Ingredients

Goat meat, 1 kg	690 g	Cumin seed powder, $\frac{2}{3}$ tsp	2 g
Soya bean oil / ghee, $\frac{1}{2}$ cup	97.5 g	Pepper corn powder, $\frac{2}{3}$ tsp	2 g
Red chillies, (dried) (whole) 3 pc	1.674 g	Cinnamon sticks, 2 pc	2 g
Coriander seed paste, $\frac{1}{3}$ tbsp	5 g	Cardamom greens, 4 pc	1 g
Ginger, (finely chopped) $\frac{1}{3}$ tbsp	3.33 g	Yogurt, $\frac{1}{4}$ cup	60 g
Garlic, 4 cloves	12 g	Salt	10 g
Onion, (chopped) $\frac{1}{2}$ cup	60 g		

Procedure

Boneless meat is cut into big pieces and cleaned and washed well. These are mixed well with chillies, coriander seed, ginger, garlic and onion. Adding little water and by covering the vessel it is put on a fire. When it starts boiling the fire is reduced. When the meat turns soft, rest of the ingredients and salt are added. When the whole water is dried out the fire is reduced. The meat is fried well on a slow fire and then brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	275.35 Kcal	Carotene	13.1 μ g
Protein	23.22 g	Vitamin – B1	0.016 mg
Fat	19.19 g	Vitamin – B2	0.02 mg
Carbohydrate	2.461 g	Vitamin - C	0.749 mg
Ash	2.948 g	Calcium	41.188 mg
Moisture	51.728 g	Iron	0.414 mg
Fiber	0.518 g		

5.3.6.17 Brown Meat

Ingredients

Goat meat	1000 g	Cumin seed powder, $\frac{2}{3}$ tsp	2 g
Soya bean oil, 1 cup	195 g	Pepper corn powder, $\frac{2}{3}$ tsp	2 g
Coconut scraping, 1 cup	80 g	Cinnamon sticks, 2 pc	2 g
Onion paste, $\frac{1}{2}$ tsp	2.5 g	Cardamom greens, 4 pc	1 g
Ginger paste, $\frac{1}{2}$ tsp	2.5 g	Yogurt, $\frac{1}{4}$ cup	60 g
Garlic paste, $\frac{1}{2}$ tsp	2.5 g	Salt	10 g

Procedure

Meat is cut into small pieces and cleaned and washed well. Coconut scrapings are grinded well to make a fine paste. Meat pieces are then marinated well with all the ingredients except oil for 1 hour by covering the container. In another big vessel oil is heated and the marinated meats are put in and stirred well. Then the vessel is covered by a lid and cooking continued on a slow fire till the meat pieces turn soft. Then it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	426.85 Kcal	Carotene	33.78 μ g
Protein	22.05 g	Vitamin – B1	0.006 mg
Fat	36.8 g	Vitamin – B2	0.011 mg
Carbohydrate	1.875 g	Vitamin - C	0.585 mg
Ash	2.703 g	Calcium	14.447 mg
Moisture	36.19 g	Iron	0.293 mg
Fiber	0.491 g		

5.3.6.18 Mutton (Goat) Rezala with added Lemon and milk

Ingredients

Goat meat, 1 kg	690 g	Cow's milk, ½ cup	112.5 g
Soya bean oil / ghee, ½ cup	97.5 g	Lemon juice, 1 tbsp	15 g
Onion paste, ½ cup	90 g	Green chillies, 8 pc	20.88 g
Ginger paste, 1 tbsp	15 g	Cinnamon sticks, 3 pc	2 g
Garlic paste, 1 tsp	5 g	Cardamom greens, 3 pc	1 g
Yogurt, ½ cup	120 g	Salt	10 g
Sugar, ½ tbsp	7.5 g		

Procedure

- i) Goat meat is cut into medium pieces. These are cleaned and washed well and marinated with all the ingredients except milk, green chili and lemon juice. Marinated meat in a covered vessel is put on a slow fire, which is stirred after 30 minutes.
- ii) When the meat turns almost soft lemon juice is added and cooked for while. When the oil arises on the top milk and green chilies are added. Then the fire is reduced and cooking continued till the meat fully turns soft.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	165.88 Kcal	Vitamin- A	0.411µg
Protein	19.14 g	Carotene	60.24 µg
Fat	16.09 g	Vitamin – B1	0.023 mg
Carbohydrate	4.34 g	Vitamin – B2	0.037 mg
Ash	2.503 g	Vitamin - C	2.783 mg
Moisture	57.912 g	Calcium	55.03 mg
Fiber	0.333 g	Iron	0.253 mg

5.3.6.19 Mutton (Goat) Rezala with Postodana

Ingredients

Goat meat, 1 kg	690 g	Postodana paste, 1 tbsp	15 g
Soya bean oil, 1 cup	195 g	Cinnamon sticks, 2 pc	2 g
Yogurt, ½ cup	120 g	Cardamom greens, 4 pc	1 g
Onion paste, 3 tbsp	45 g	Bay leaves, 2 pc	1 g
Ginger paste, ½ tbsp	7.5 g	Salt	10 g
Garlic paste, ½ tbsp	7.5 g		

Procedure

- i) Goat meat is cut into medium pieces and cleaned and washed well. Then it is marinated with yogurt.
- ii) Onion, ginger and garlic paste and garam masala are fried in heated oil by stirring frequently for while. Then marinated meat are put in and cooked for while. When the spices are separated from the oil water is added and the vessel is covered by a lid. Cooking continued on a slow fire. When the meat turn soft and little fluid remains postodana is added. After while, it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	360.78 Kcal	Carotene	0.395 µg
Protein	20.51 g	Vitamin – B1	0.011 mg
Fat	29.94 g	Vitamin – B2	0.023 mg
Carbohydrate	2.327 g	Vitamin - C	0.498 mg
Ash	2.699 g	Calcium	69.102 mg
Moisture	44.16 g	Iron	0.118 mg
Fiber	0.251 g		

5.3.6.20 Mutton (Goat) Rezala with Ground nut

Ingredients

Goat meat, 1 kg	690 g	Yogurt	125 g
Soya bean oil	125 g	Cinnamon sticks, 3 pc	2 g
Onion, 250 gm	235 g	Cardamom greens, 3 pc	1 g
Red chili powder, ½ tbsp	4.5 g	Bay leaves, 2 pc	1 g
Ginger paste, 1 tsp	5 g	Sugar, ½ tsp	2.5 g
Garlic paste, 1 tsp	5 g	Green chillies, 4 pc	10.44 g
Shahi cumin seed paste, ½ tsp	2.5 g	Kaora water, ½ tsp	2.5 g
Ground nut paste, 1½ tsp	7.5 g	Plums, 4 pc	8 g
Coriander seed paste, (raw) ½ tbsp	7.5 g	Salt	10 g

Procedure

- i) Goat meat is cut into medium pieces and cleaned and washed well. Then it is marinated with all the ingredients except yogurt, sugar, green chillies, kaora water and chopped onions for ½ an hour.
- ii) Chopped onions are fried in the heated oil till red and take out from the oil and kept separately for later use. Marinated goat meat is put in that oil along with all the spices and cooked on a slow fire for about half an hour. Then yogurt is added and cooked for while. Then little water is added and the vessel is covered by a lid. When the meat turns soft sugar, green chillies and kaora water is added. After a while when little fluid remains it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	260.44 Kcal	Carotene	41.81 µg
Protein	18.41 g	Vitamin – B1	0.039 mg
Fat	18.51 g	Vitamin – B2	0.03 mg
Carbohydrate	5.081 g	Vitamin - C	2.515 mg
Ash	2.49 g	Calcium	54.868 mg
Moisture	54.429 g	Iron	0.548 mg
Fiber	0.788 g		

5.3.6.21 Mutton (Goat meat) Mustard Bhuna

Ingredients

Goat meat, 1 kg	690 g	Garlic paste, ½ tbsp	7.5 g
Soya bean oil, 1 cup	195 g	Cumin seed paste, ½ tsp	2.5 g
Mustard paste, 1 cup	160 g	Coriander seed paste, ½ tsp	2.5 g
Onion paste, 3 tbsps	45 g	Green chilies, 12 pc	31.32 g
Ginger paste, 1 tbsp	15 g	Salt	10 g

Procedure

- i) Cleaned and washed goat meat pieces (medium) are marinated with little oil and half of all the spices and put on a fire adding 2 cups of water. When it boils and the fluid become thick it is brought down from the fire.
- ii) In another vessel, 1 cup oil, mustard paste and rest of the spices are put in along with 2 cups water. When it starts boiling meats are put in. It is stirred frequently and when it turns soft and the fluid become thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	437.22 Kcal	Carotene	126.9 µg
Protein	23 g	Vitamin – B1	0.114 mg
Fat	35.26 g	Vitamin – B2	0.05 mg
Carbohydrate	6.936 g	Vitamin - C	2.874 mg
Ash	3.153 g	Calcium	113.38 mg
Moisture	31.382 g	Iron	3.762 mg
Fiber	0.811 g		

5.3.7 Curry: Fish Charchri Variety

5.3.7.1 Tangra Fish Charchari

Ingredients

Tangra fish, 330 gm	224.4 g	Green chilies, 10 pc	26.1 g
Soya bean oil, ½ cup	97.5 g	Turmeric powder, ½ tsp	1.5 g
Potatoes, (small) 2 pc	25.2 g	Salt	4 g
Onions, (chopped) (big size) 5 pc	188 g	Water	380 ml

Procedure

- i) Fishes are cleaned and washed well.
- ii) Potatoes, chopped onions, green chilies, turmeric powder salt and oil are mixed well and fishes are added to it. Along with little water it is put on a fire. The vessel is covered by a lid and cooking continued on a slow fire. When the whole water is dried out it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	194.72 Kcal	Carotene	88.08 µg
Protein	6.666 g	Vitamin – B1	0.026 mg
Fat	16.22 g	Vitamin – B2	0.01mg
Carbohydrate	5.613 g	Vitamin - C	13.87 mg
Ash	1.485 g	Calcium	101.18 mg
Moisture	69.938 g	Iron	0.947 mg
Fiber	0.438 g		

5.3.8 Curry: Vegetable Bhaji Variety

5.3.8.1 Ladies Finger and Potato Bhaji

Ingredients

Ladies finger, ½ kg	415 g	Onions, (medium size) 3 pc	78.96 g
Potatoes, (medium size) 2 pc	80.64 g	Red chili powder, ¼ tsp	0.75 g
Soya bean oil, 2 tbsps	30 g	Salt	4 g

Procedure

Ladies finger and potatoes are mixed with onion, red chilli and oil. Little water is added and put on a fire. Cooking continued on a slow fire. When both ladies finger and potatoes become soft and no fluid remains it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	173.58 Kcal	Carotene	2119 µg
Protein	3.003 g	Vitamin – B1	0.064 mg
Fat	9.481 g	Vitamin – B2	0.171 mg
Carbohydrate	19.35 g	Vitamin - C	8.958 mg
Ash	2.924 g	Calcium	161.54 mg
Moisture	65.096 g	Iron	2.249 mg
Fiber	1.834 g		

5.3.8.2 Ladies Finger Fry

Ingredients

Ladies finger, 500 gm	415 g	Green chilies, 6 pc	15.66 g
Soya bean oil, 2 tbsps	30 g	Turmeric powder, a pinch	0.5 g
Onions, (medium size) 2 pc	52.64 g	Salt	4 g

Procedure

- i) Ladies finger are washed well and cut into medium pieces.
- ii) Onion and green chilies are fried in oil and ladies finger along with salt and turmeric are put in. It is fried at a medium heat and stirred frequently.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	177.17 Kcal	Carotene	2624 µg
Protein	3.015 g	Vitamin – B1	0.068 mg
Fat	10.97 g	Vitamin – B2	0.2 mg
Carbohydrate	16.55 g	Vitamin - C	12.02 mg
Ash	3.256 g	Calcium	182.92 mg
Moisture	66.125 g	Iron	2.472 mg
Fiber	2.292 g		

5.3.8.3 Bitter Gourd Fry

Ingredients

Bitter gourd, 500 gm	470 g	Green chilies, 4 pc	10.44 g
Soya bean oil, 3 tbsps	45 g	Turmeric powder, ¼ tsp	0.75 g
Onions, (medium size) 4 pc	105.28 g	Salt	2 g

Procedure

- i) Bitter gourds are sliced thin.
- ii) Onion, green chilies and turmeric powder are put in the oil and sliced bitter gourds are then put in it. Little water is added and it is covered by a lid. When the water is dried out it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	153.93 Kcal	Carotene	1512 µg
Protein	3.379 g	Vitamin – B1	0.059 mg
Fat	11.65 g	Vitamin – B2	0.025 mg
Carbohydrate	8.912 g	Vitamin - C	43.96 mg
Ash	2.297 g	Calcium	30.028 mg
Moisture	73.725 g	Iron	2.417 mg
Fiber	1.308 g		

5.3.8.4 Bitter Gourd Fry with Potato

Ingredients

Bitter gourd, 500 gm	470 g	Green chillies, 4 pc	10.44 g
Potatoes, (big size) 2 pc	134.4 g	Turmeric powder, ½ tsp	1.5 g
Soya bean oil, ½ cup	97.5 g	Salt	2 g
Onions, (medium size) 4 pc	105.28 g		

Procedure

- i) Bitter gourds and potatoes are sliced thin.
- ii) Bitter gourds, potatoes, onions, green chillies and turmeric powder are put in the heated oil and the vessel is covered by a lid. When it become soft it is stirred frequently for

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	238.07 Kcal	Carotene	1498 µg
Protein	3.04 g	Vitamin – B1	0.052 mg
Fat	19.5 g	Vitamin – B2	0.025 mg
Carbohydrate	12.96 g	Vitamin - C	35.24 mg
Ash	2.133 g	Calcium	26.301 mg
Moisture	62.431 g	Iron	2.077 mg
Fiber	1.119 g		

5.3.9 Curry: Vorta Variety

5.3.9.1 Potato Mash (Vorta)

Ingredients

Potatoes, (big size) 3 pc	201.6 g	Mustard oil, ½ tsp	2.5 g
Onion, (medium size) 1 pc	26.32 g	Salt	2 g
Green chilies, 4 pc	10.44 g		

Procedure

- i) Potatoes with skin are boiled and the skins are peeled off.
- ii) These potatoes are then mashed with onion, green chilies and mustard oil.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	120.47 Kcal	Carotene	121.6 µg
Protein	1.846 g	Vitamin – B1	0.032 mg
Fat	1.865 g	Vitamin – B2	0.032 mg
Carbohydrate	25.37 g	Vitamin - C	9.887 mg
Ash	1.978 g	Calcium	17.772 mg
Moisture	69.046 g	Iron	0.857 mg
Fiber	0.834 g		

5.3.10 Homemade Snacks

5.3.10.1 Vegetable Cutlet

Ingredients

Potatoes, (medium) 2 pc	80.64 g	Bread mash, 3 slices	60 g
Carrot, (medium) 1 pc	94 g	Cumin seed powder, 1 tsp	3 g
Cabbage	100 g	Onion, (chopped) ½ cup	60 g
Cauliflower	100 g	green chillies, 5 pc	13.05 g
Papaya	100 g	Parsley, (chopped) 2 tbsps	6 g
Soyabean oil, (for fry) 1 cup	195 g	Beresta, (90 g onion) ½ cup	90 g
Ginger paste, 2 tsps	10 g	Eggs, 2 pc	57.85 g
Garlic paste, 1 tsp	5 g	Toast dust, ½ cup	40 g
Wheat flour, (refined) 1 cup	80 g	Salt	5 g

Procedure

- i) Chopped mixed vegetables are boiled lightly. Then it is mixed very well with all the ingredients.
- ii) Cutlet shapes are made from it. These are sunk into the beaten egg and coated with toast dust and fried in heated oil till red.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	374.42 Kcal	Vitamin- A	23 µg
Protein	4.774 g	Carotene	1490 µg
Fat	27.89 g	Vitamin – B1	0.108 mg
Carbohydrate	26.04 g	Vitamin – B2	0.076 mg
Ash	1.654 g	Vitamin - C	14.52 mg
Moisture	39.556 g	Calcium	41.33 mg
Fiber	1.00 g	Iron	1.76 mg

5.3.11 Homemade Desserts

5.3.11.1 Payesh with Nuts and Raisins

Ingredients

Raw rice	150 g	Almonds, 10 pc	10 g
Cow's milk	2000 ml	Raisins, 1 tbsp	10 g
Sugar	500 g	Cinnamon sticks, 4 pc	2 g

Procedure

Cleaned and washed rice are boiled in milk. When the rice becomes soft sugar is added. Nuts and raisins are added during serving.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	196.05	Vitamin- A	2.982
Protein	3.801	Vitamin – B1	0.028
Fat	4.407	Vitamin – B2	0.094
Carbohydrate	35.34	Vitamin - C	1.988
Ash	0.971	Calcium	124.65
Moisture	55.414	Iron	0.472
Fiber	0.029		

5.3.12 Occasional Foods: Polaow

5.3.12.1 Vegetable Polaow

Ingredients

Raw rice	1000 g	Pepper corn, (crashed) 1 tsp	3 g
New potato, 3 pc	120.96 g	Bay leaves, 2 pc	1 g
Carrot, (medium size) 1 pc	94 g	Cinnamon sticks, 3 pc	2 g
Cauliflower, (small size) ½ pc	136 g	Cardamom greens, 4 pc	2 g
Green peas, ½ cup	19.95 g	Green chilies, 6 pc	15.66 g
Soya bean oil, 1 cup	195 g	Salt	20 g
Onion paste, 1 tbsp	15 g	Water	3200 ml
Garlic paste, 1 tbsp	15 g		

Procedure

The vegetables are cut into small pieces and fried. Cleaned and washed rice is added to about twice the amount of boiling water. After a minute or so, the fried vegetables are added along with the spices and cooked till the rice grains are soft and all water is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	252.383 Kcal	Carotene	470.7 µg
Protein	3.569 g	Vitamin – B1	0.021 mg
Fat	9.215 g	Vitamin – B2	0.022 mg
Carbohydrate	38.816 g	Vitamin - C	7.58 mg
Ash	1.351 g	Calcium	10.492 mg
Moisture	65.764 g	Iron	1.709 mg
Fiber	0.374 g		

5.3.13 Occasional Foods: Khichuri Variety

5.3.13.1 Jhal Bhuna Khichuri with green gram dhal

Ingredients

Raw rice	1000 g	Bay leaf, 1 pc	0.5 g
Green gram, ½ kg	500 g	Cardamom greens, 2 pc	0.5 g
Soya bean oil, ½ cup	97.5 g	Cinnamon sticks, 2 pc	1 g
Ghee, ½ tbsp	7.5 g	Green chilies, 6 pc	15.66 g
Ginger paste, ½ tbsp	7.5 g	Salt	20 g
Garlic paste, ½ tsp	2.5 g	Water	4800 ml
Onions,(medium size) 6 pc	157.92 g		

Procedure

The rice and dal are washed well and water is drained and set aside. Onion is fried in the heated oil till it become red. Garam masala, all the spices and rice and dall are added to it and fried well. Then 12 glass of boiling water is added and the pot is covered by a lid. When the cooking is completed it is brought down from the burner.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	125.522 Kcal	Carotene	12.36 µg
Protein	3.883 g	Vitamin – B1	0.053 gm
Fat	2.339 g	Vitamin – B2	0.017 mg
Carbohydrate	22.221 g	Vitamin - C	0.759 mg
Ash	0.9 g	Calcium	11.141 mg
Moisture	70.517 g	Iron	1.51 mg
Fiber	0.167 g		

5.3.13.2 Black gram and Green gram Khichuri

Ingredients

Raw rice	1000 g	Garlics, finely chopped 2 pc	25.2 g
Green gram, ½ kg	500 g	Green chilies, 16 pc	41.76 g
Black gram, ½ kg	500 g	Turmeric powder, 1 tsp	3 g
Soya bean oil, 1 cup	195 g	Salt	20 g
Onions, (medium size) 12 pc	315.84 g	Water	6000 ml

Procedure

The rice and dal are washed well and water is drained and set aside. Onion and garlic is fried in the heated oil. Then the rice and pulse are added to it and fried well. Water is then added and the pot is covered by a lid. After it become fully boiled low heat is applied till the whole water is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	138.037Kcal	Carotene	21.85 µg
Protein	4.897 g	Vitamin – B1	0.062 mg
Fat	3.302 g	Vitamin – B2	0.031 mg
Carbohydrate	22.172 g	Vitamin - C	1.395 mg
Ash	0.961 g	Calcium	21.802 m
Moisture	68.481 g	Iron	1.896 mg
Fiber	0.24 g		

5.3.13.3 Mixed Dal Khichuri with Green Gram & Lentil

Ingredients

Raw rice	1000 g	Bay leaves, 2 pc	1 g
Green gram dal, 2 cups	400 g	Cardamom greens, 4 pc	1 g
Lentil, 2 cups	400 g	Cinnamon sticks, 4 pc	2 g
Soya bean oil & ghee, 1 cup	195 g	Sugar, 1 tbsp	15 g
Ginger, (finely chopped) 1 tbsp	20 g	Green chilies, 6 pc	15.66 g
Garlic paste, 1 tsp	5 g	Salt	20 g
Onion, (finely chopped) ½ cup	60 g	Water	4800 ml
Beresta, (90 gm onion) ½ cup	90 g		

Procedure

The rice and pulse are washed well and water is drained and set aside. Onion is fried in the heated oil and beresta is prepared and separated from the oil for later use. In that oil all the spices and garam masala are added and fried for few minutes. Then rice and pulses are added and fried well. Heated boiling water and salt are then added and pot is covered by a lid. When it become boiled beresta, green chili, ghee and sugar are added and the pot is covered and kept on the burner for another 20-25 minutes at a low heat.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	154.145 Kcal	Carotene	31.24 µg
Protein	5.098 g	Vitamin – B1	0.062 mg
Fat	3.937 g	Vitamin – B2	0.037 mg
Carbohydrate	24.557 g	Vitamin - C	0.718 mg
Ash	0.943 g	Calcium	14.327 mg
Moisture	65.283 g	Iron	1.629 mg
Fiber	0.202 g		

5.3.13.4 Lentil Khichuri

Ingredients

Raw rice	1000 g	Garlic paste, 1 tsp	5 g
Lentil, ½ kg	500 g	Bay leaves 2 pc	1 g
Soya bean oil, ½ cup	97.5 g	Cardamom greens, 4 pc	1 g
Onions, (big size) 2 pc	112.8 g	Cinnamon sticks, 3 pc	2 g
Turmeric powder, 1 tsp	3 g	Salt	15 g
Red chilli powder, ½ tsp	1.5 g	Water	4800 ml
Ginger paste, 1 tsp	5 g		

Procedure

The rice and pulse are washed well and water is drained and set aside. Oil is heated in a pot. Rice, pulse, garam masala and all other spices are mixed together and fried well in the heated pot. Then water is added and the pot is covered by a lid. When it become fully boiled burner heat is reduced. When the whole water is dried out it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	124.487 Kcal	Carotene	27.6 µg
Protein	3.979 g	Vitamin – B1	0.036 mg
Fat	2.163 g	Vitamin – B2	0.038 mg
Carbohydrate	22.244 g	Vitamin - C	0.287 mg
Ash	0.144 g	Calcium	10.338 mg
Moisture	70.812 g	Iron	1.151 mg
Fiber	0.144 g		

5.3.13.5 Parsley Khichuri with Ghee

Ingredients

Raw rice, 1 kg	1000 g	Red chili powder, 4 tsps	12 g
Lentil, 1 kg	1000 g	Red chili (whole) (dried) 15 pc	8.37 g
Ghee, 1 cup	195 g	Parsley, (chopped) 1 cup	36 g
Onions, (medium size) 15 pc	394.8 g	Salt	20 g
Turmeric powder, 2 tsps	6 g	Water	6000 ml

Procedure

The rice and pulse are washed well. Turmeric & red chilie powder are mixed with it. Then it is cooked with 1.2 L heated boiling water and salt are added. When it become boiled and concentrated it is brought down from the burner. In another big spacious pot red chilie & onion are fried till it become red. Then the previously prepared khichuri are poured in it and mixed well with it. Parsley is also mixed well with it before it is brought down from the burner.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	136.765 Kcal	Carotene	80.7 µg
Protein	5.038 g	Vitamin – B1	0.052 mg
Fat	3.208 g	Vitamin – B2	0.052 mg
Carbohydrate	21.908 g	Vitamin - C	0.94 mg
Ash	0.278 g	Calcium	16.613 mg
Moisture	68.79 g	Iron	1.38 mg
Fiber	0.278 g		

5.3.13.6 Beef Khichuri

Ingredients

Raw rice	1000 g	Garlic paste, 1 tsp	5 g
Green gram	500 g	Cumin seeds paste, 1 tsp	5 g
Beef, ½ kg	500 g	Bay leaves, 4 pc	2 g
Soya bean oil, 1½ cup	292.5 g	Cardamom greens, 5 pc	2 g
Onions, 10 medium size	263.2 g	Cinnamon sticks, 5 pc	3 g
Red chili powder, 2 tps	6 g	Green chilies, 6 pc	15.66 g
Turmeric powder, 1 tsp	3 g	Salt	25 g
Ginger paste, 1 tsp	5 g	Water	7000 ml

Procedure

At first the beef is cooked separately with oil and spices. Then rice and pulse are washed well and water is drained and set aside. In a big spacious pot oil is heated and the sliced onions and green chilies are fried till it become red. Then rice and pulse are added and fried well. Cooked beef are added in this pot and mixed well. Heated boiling water is then added and when it become fully boiled the burner heat is reduced and kept while on the burner till the whole water is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	176.855 Kcal	Carotene	13.6 µg
Protein	6.368 g	Vitamin – B1	0.065 mg
Fat	6.544 g	Vitamin – B2	0.021 mg
Carbohydrate	23.102 g	Vitamin - C	1.288 mg
Ash	1.156 g	Calcium	14.884 mg
Moisture	64.869 g	Iron	1.688 mg
Fiber	0.241 g		

5.3.13.7 Vegetable Bhuna Khichuri

Ingredients

Raw rice	1000 g	Ginger paste, ½ tsp	2.5 g
Lentil	500 g	Garlic paste, ½ tsp	2.5 g
Soya bean oil, 1 cup	195 g	Turmeric powder, ½ tsp	1.5 g
Beans, (chopped) 1 cup	120 g	Green chilies, 8 pc	20.88 g
Carrots, (medium size) 2 pc	188 g	Salt	15 g
Onion, (chopped) 1 cup	112.8 g	Water	5600 ml

Procedure

The rice and dal are washed well and water is drained and set aside. Onion is fried in the heated oil and beresta is prepared and separated from the oil. In that oil all the spices, rice and lentil are added and fried well. Water is then added. After few minutes vegetables are added. When all become fully boiled green chilies and beresta (prepared earlier) are added.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	135.373 Kcal	Carotene	412.2 µg
Protein	3.818 g	Vitamin – B1	0.036 mg
Fat	3.868 g	Vitamin – B2	0.037 mg
Carbohydrate	21.297 g	Vitamin - C	1.152 mg
Ash	0.666 g	Calcium	15.222 mg
Moisture	70.196 g	Iron	1.181 mg
Fiber	0.229 g		

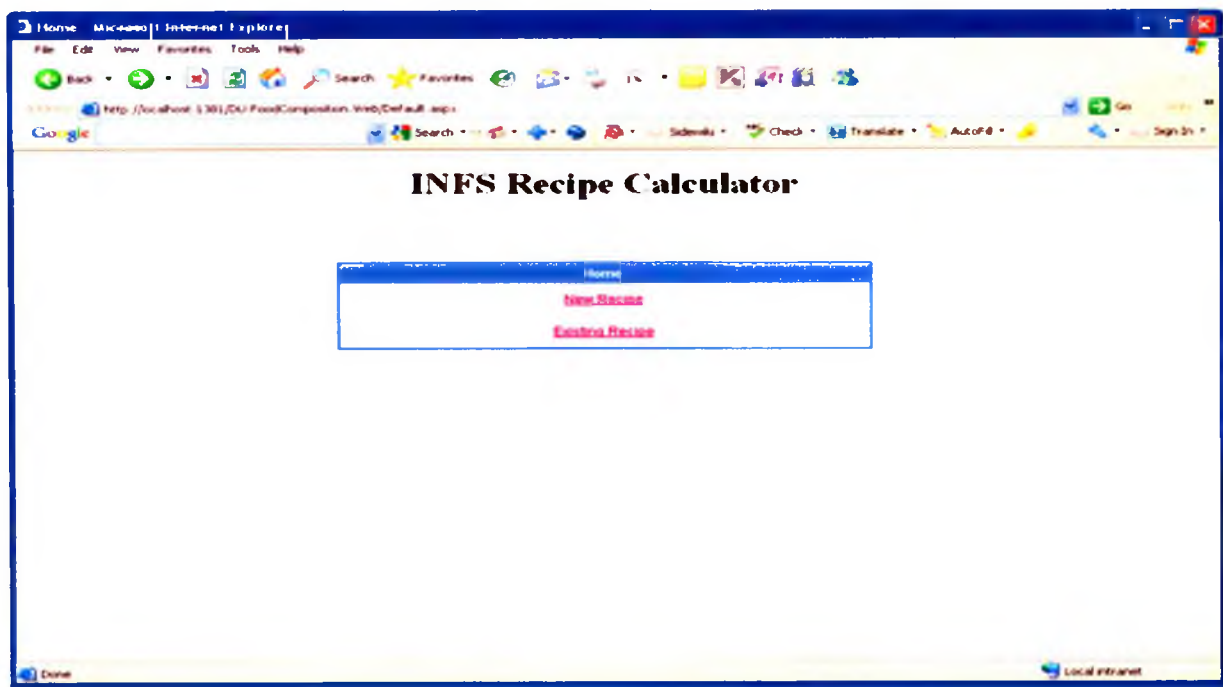
6. Results : Part II

In this section the recipe calculator development and its functionality are described in a format of an operational manual followed by the descriptions of the recipes calculated by automation. The developed recipe calculation software has been given a tentative title “INFS Recipe Calculator”.

6.1 Operation Manual of the “INFS Recipe Calculator”

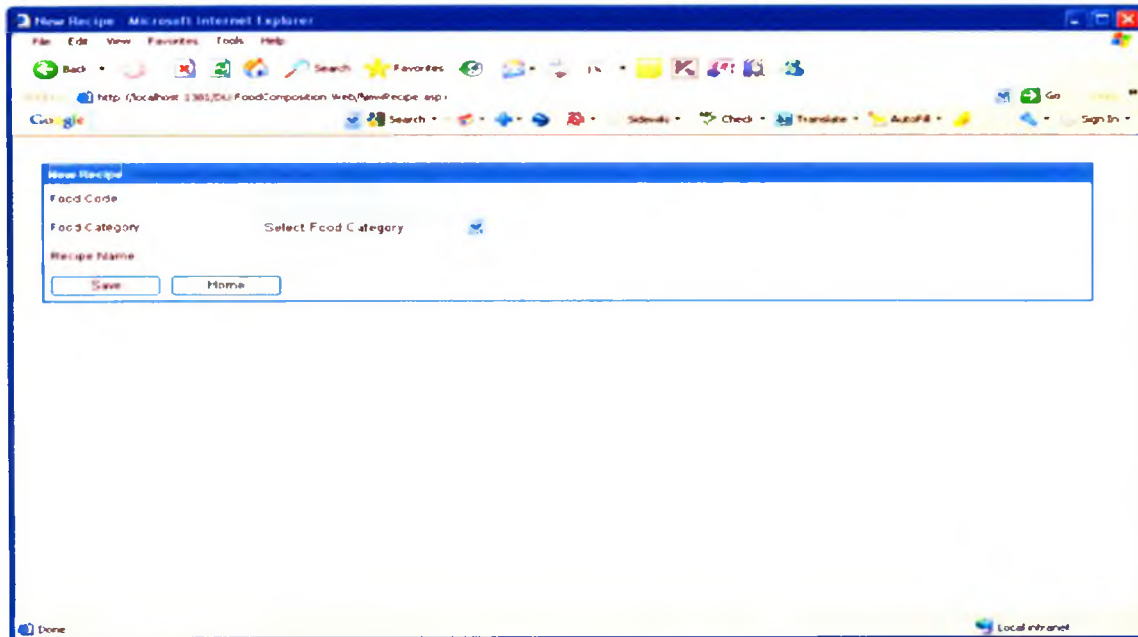
The steps in operating the IRC is presented by producing the screen print of the pages appeared on the computer screen according to the input instructions.

6.1.1 The front page

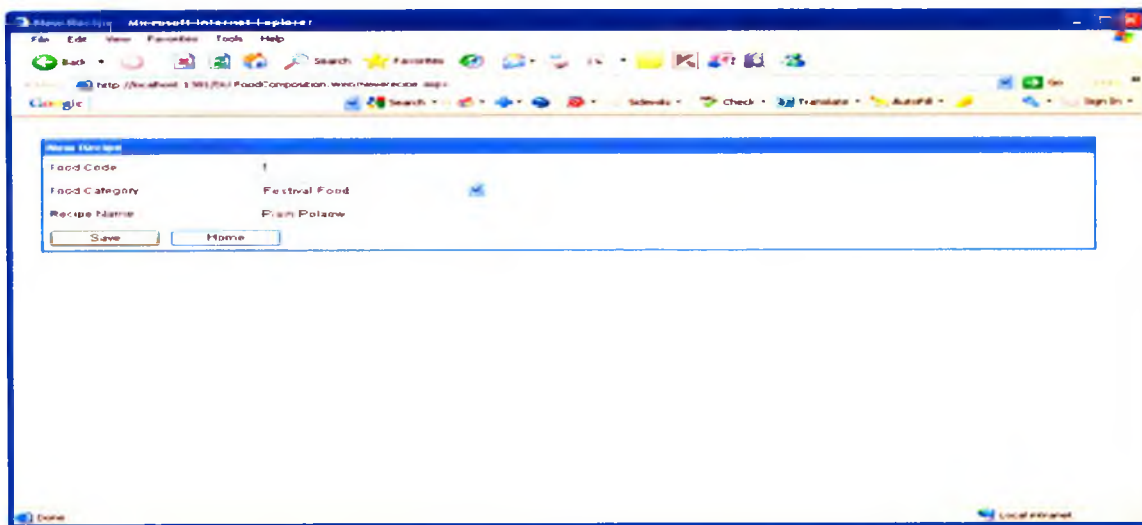


- ⇒ Input: To calculate Nutrition Facts of existing recipes already loaded, click “Existing Recipe”
- ⇒ Output: The nutrition fact dialogue box will appear containing all information about the desired recipe
- ⇒ Input: To calculate the Nutrition Fact of a new recipe, click “New Recipe”
- ⇒ Output: The “New Recipe Dialogue Box” will appear.

6.1.2 New Recipe Dialogue Box



- ⇒ Input:
1. Write the food code in Food Code dialogue box (DB)
 2. Select the food category by clicking the Food Category DB
 3. Write the name of the new recipe into Recipe Name DB
 4. Click 'Save' DB to save the inputs
- ⇒ Output: The saved information will be shown in the same DB as shown below



- ⇒ Input: Click Home DB

⇒ Output: Recipe Information DB will appear along with the saved information

6.1.3 Recipe Information Dialogue Box

Recipe-Manager

Recipe: Plain Polao

Food Code: 1

Food Category: Festival Food

Recipe Name: Plain Polao

Cooked Weight (gm):

Yield Factor:

Gradients

Ingredient's Weight	Factor of Edible Part	Weight of Edible Part
Energy	Water	Fiber
Protein	Fat	Clo
Calcium	Iron	Vit A
Carotene	Vit B1	Vit B2
Vit C	Total Mineral	

Food Composition Load Values Save

Sum of wt / 100: NV of 100gm CD:

- ⇒ Inputs:
1. Write cooked weight of the recipe into Cooked Weight DB
 2. Write YF of the recipe into the Yield Factor DB
 3. Write ingredient weight and factor for edible part into the Ingredient sub DB
- ⇒ Outputs: The saved information will be shown in the same DB as shown below

The screenshot shows a web browser window titled 'Existing Recipe - Microsoft Internet Explorer'. The address bar shows 'http://localhost:1381/OU_FoodComposition/Web/ExistingRecipe.aspx'. The page displays a form for editing a recipe. The recipe name is 'Plain Polao', its food code is '1', and its category is 'Festival Food'. The recipe name is also 'Plain Polao', and the cooked weight is '3463.47616'. The yield factor is '0.934'. Below this, there is a table for 'Food Composition' with columns for 'Ingredient Weight', 'Factor of 100g Part', and 'Weight of 100g Part'. The table contains data for 'Energy', 'Protein', 'Fat', 'Carb', 'Vitamin', and 'Mineral'. At the bottom, there are fields for 'Sum of Wt/100' and 'NV of 100gm CE'.

⇒ Inputs: Click Food Composition link in the right side of the same DB

⇒ Outputs: The food database file will appear as shown below

The screenshot shows a web browser window titled 'Existing Recipe - Microsoft Internet Explorer'. The address bar shows 'http://localhost:1381/OU_FoodComposition/Web/ExistingRecipe.aspx'. The page displays a list of ingredients with columns for 'Select', 'Edit', 'Delete', 'ID', 'Ingredient Name', and 'Scientific Name'. The ingredients listed include: Shiddan Chai (Pote Chata), Alap Chai (Kore Chata), Ala, Mada, Bhutta (paka), Cholar Dal, Machkoi Dal, Mug dal, Masoor dal, Dhaniya pata, Lal shak, Pui shak, Shobuj kachu shak, Lau shak, Pal shak, Dala shak, Patang shak, Tak patang shak, Rakhun, Gajon, Gola, and Potato. The scientific names listed are: Onza sativa, Onza sativa, Tribum aestivum, Tribum aestivum, Zea Mays, Cicer arietinum, Phaseolus mungo, Phaseolus aureus Roxb, Lens culinaris Medica, Conandrum sativum, Pui shak, Green colocasia leaves, Bottle gourd leaves, Cufe leaves, Amaranthus leaves, Spinach, Sour spinach, Garlic, Carrot, and Solanum tuberosum.

⇒ Input: Select the specific ingredient of the recipe by clicking 'Select' link.

⇒ Output: The recipe information DB will reappear

⇒ Input: To calculate the NVs of the selected ingredient, click the 'Load' link in the right corner of the same DB

⇒ Output: The calculator will calculate the NVs from the nutrient database file according to the amount of the ingredient as shown below

Existing Recipe

Cooked Weight(gm): 3463.43616

Yield Factor: 0.934

Ingredients		Factor of Edible Part		Weight of Edible Part	
Ingredients Weight	1000	Factor of Edible Part	1	Weight of Edible Part	1000
Energy	3650	Water	1.33	Fiber	2
Protein	64	Fat	4	Cho	790
Calcium	90	Iron	40	Vit A	0
Carotene	0	Vit B1	2.1	Vit B2	0.9
Vit C	0	Total Mineral	7		

Save

⇒ Input: Click 'Save' link at the right side of the DB to save calculated NVs information

⇒ Output: All nutrient content of the ingredient of the recipe will appear into a "Nutrition Fact" sheet as shown below

448588

Existing Recipe

Cooked Weight(gm): 3463.43616

Yield Factor: 0.934

Ingredients		Factor of Edible Part		Weight of Edible Part	
Ingredients Weight	1000	Factor of Edible Part	1	Weight of Edible Part	1000
Energy (kcal)	3650	Water (g)	1.33	Fiber (g)	2
Protein (g)	64	Fat (g)	4	Cho (g)	790
Calcium (mg)	90	Iron (mg)	40	Vit A (µg)	0
Carotene (µg)	0	Vit B1 (mg)	2.1	Vit B2 (mg)	0.9
Vit C (mg)	0	Total Mineral (g)	7		

Delete

6.1.4 Gathering NVs of all Ingredients of the Selected Recipe

The NVs of all ingredients of the selected recipe thus can be calculated and saved one by one as shown in Section 6.1.3. The INFS-RC calculator can automatically summed all nutrient values of all ingredients in a summary DB shown below:

The screenshot shows a web application titled "Existing Recipe" in a Microsoft Internet Explorer browser. The address bar shows a local URL: http://localhost:1381/DU-FoodComposition/web/ExistingRecipe.aspx. The page contains a table with recipe ingredients and their nutrient values, a "Delete" button, and a section for calculating the sum of all nutrients.

Calcium mg/g	0	Iron mg/g	0	Vit A mg/g	0
Carotene mg/g	0	Vit B1 mg/g	0	Vit B2 mg/g	0
Vit C mg/g	0	Total Mineral mg/g	0		
Delete					
Sum					
Ingredients Weight g/g	15	Factor of Editable Part	1	Weight of Editable Part g/g	15
Energy kcal/g	0	Water g/g	0	Fiber g/g	0
Protein g/g	0	Fat g/g	0	Cho g/g	0
Calcium mg/g	0	Iron mg/g	0	Vit A mg/g	0
Carotene mg/g	0	Vit B1 mg/g	0	Vit B2 mg/g	0
Vit C mg/g	0	Total Mineral mg/g	15		
Delete					

Sum of all NV

Water of 100 gm CD

Energy 0
Water 0
Fiber 0
Protein 0
Fat 0

Energy 0
Fiber 0
Protein 0
Fat 0
Cho 0

Buttons: [Save](#) [Calculate](#) [Home](#) [Print](#) [Delete](#)

- ⇒ Input: To sum all NVs of all ingredients, click 'Calculate' box
- ⇒ Output: All summary values will appear in the following DB

Existing Recipe - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites

http://localhost:1381/DU_FoodComposition_Web/E-existingRecipe.asp

Google Search Side-by-Side Check Translate AutoFill Sign In

Calcium (mg)	0	Iron (mg)	0	Vit A (µg)	0
Carotene (µg)	0	Vit B1 (mg)	0	Vit B2 (mg)	0
Vit C (mg)	0	Total Mineral (mg)	0		

[Delete](#)

Edit

Ingredients Weight (g)	Factor of Edible Part	Weight of Edible Part (g)	
15	1	15	
Energy (kcal)	0	Fiber (g)	0
Protein (g)	0	Fat (g)	0
Calcium (mg)	0	Iron (mg)	0
Carotene (µg)	0	Vit B1 (mg)	0
Vit C (mg)	0	Total Mineral (mg)	15

[Delete](#)

Sum of w1/NV

Energy 5389.41	Water 2596.75184	Fiber 3.30644	Protein 70.31268	Fat 210.20624
----------------	------------------	---------------	------------------	---------------

NV of 100gm CD

Energy 46.19101	Fiber 0.05901	Protein 1.25495	Fat 3.75179	Cho 14.32977
-----------------	---------------	-----------------	-------------	--------------

Water of 100 gm CD

[Save](#) [Calculate](#) [Home](#) [Print](#) [Delete](#)

Done Local intranet

- ⇒ Input: To get the results of the recipe calculation, click 'Print' box
- ⇒ Output: A printable format containing all information on the nutrient values along with other information of the selected recipe will appear which is shown in the following section.

6.1.5 Printable Output of the Recipe Information

The printable output is shown in the following DB

http://localhost:1381/DU_FoodComposition.Web/Print.aspx?recipeid=162Microsoft Internet Explorer

FileEditViewFavoritesToolsHelp

Back

Search

Favorites

http://localhost:1381/DU_FoodComposition.Web/Print.aspx?recipeid=162Go

Google

Search

Sidewiki

Check

Translate

AutoFill

Sign In

Energy (g)	0	Iron (mg)	0	Vit-A (mg)	0
Calcium (mg)	0	Vit-B1 (mg)	0	Vit-B2 (mg)	0
Carotene (mg)	0	Total Mineral (g)	0		
Vit-C (mg)	0				

Salt

Ingredients Weight (g)	15	Factor of Edible Part	1	Weight of Edible Part (g)	15
Energy (kcal)	0	Water (g)	0	Fiber (g)	0
Protein (g)	0	Fat (g)	0	Cho (g)	0
Calcium (mg)	0	Iron (mg)	0	Vit-A (mg)	0
Carotene (mg)	0	Vit-B1 (mg)	0	Vit-B2 (mg)	0
Vit-C (mg)	0	Total Mineral (g)	15		

Sum of wt / NV

Energy 5389.41

Water 2596.75184

Fiber 3.30644

Protein 70.31288

Fat 210.20624

Cho 802.87164

Calcium 187.8928

Iron 32.33968

Vit_A 0

Carotene 0

Vit_B1 0.74959

Vit_B2 0.62012

Vit_C 20.2664

Ash 22.15944

NV of 100gm CD

Energy 96.19101

Fiber 0.05901

Protein 1.25495

Fat 3.75179

Cho 14.32977

Calcium 3.35354

Iron 0.57720

Vit_A 0

Carotene 0

Vit_B1 0.01338

Vit_B2 0.01107

Vit_C 0.36172

Ash 0.39561

Water of 100 gm CD

105.29647

DoneLocal intranet

6.2 Recipe Calculation by INFS-RC

A total of 146 recipes are calculated by “INFS Recipe Calculator” Software. 60 different recipes of Festival Food, 80 different recipes of Curry Dishes, 4 recipes of Home Made Dessert and 2 recipes of Occasional Food are calculated in this way.

6.2.1 Festival Foods

6.2.1.1 Jhal Polaow

Ingredients

Raw rice	1000 g	Cardamom greens, 2 pc	1 g
Soya bean oil, ½ cup	97.5 g	Green chillies, 10 pc	30 g
Ghee, ¼ cup	48.75 g	Water	2300 ml
Onions, (medium size) 7 pc	196 g	Salt	15 g
Bay leaves, 2 pc	1 g		

Procedure

The rice is washed well and water is drained and set aside. Onion, green chilli and garam masala are fried well in oil and ghee. Then water is added. When it becomes boiled rice is added. After the rice becomes fully boiled it will be kept on the burner at a very low heat.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g %EP)</i>
Protein	2.065 g	Fiber	0.15 g
Fat	4.415 g	Carotene	17.8 µg
Carbohydrate	23.62 g	Vitamin – B1	0.014 mg
Ash	0.655 g	Vitamin – B2	0.012 mg
Moisture	69.433 g	Calcium	5.721 mg
Energy	142.62 Kcal	Iron	0.954 mg

6.2.1.2 Polaow with Ginger & Garlic

Ingredients

Raw rice	1000 g	Bay leaves, 3 pc	1 g
Soya bean oil, ½ cup	97.5 g	Cardamom greens, 5 pc	1 g
Ghee, 3 tsps	15 g	Cinnamom sticks, 5 pc	2 g
Onions, (big size) (Ind) 4 pc	240 g	Green chillies, 10 pc	30 g
Ginger paste, ½ tsp	2.5 g	Water	2300 ml
Garlic paste, ½ tsp	2.5 g	Salt	15 g

Procedure

The rice is washed well and water is drained and set aside. In a cooking pot onion is fried till it become red. Half of the red onion (beresta) is separated to use after cook. Rice and other spices are added to the other half of the onion in the cooking pot and fried well. Then the heated boiling water and salt are added to it. The cooking pot is covered and the burner heat is raised. After it becomes fully boiled low heat is applied till the whole water is absorbed. Before serving beresta is sprinkled over it.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g %EP)</i>
Energy	133.82 Kcal	Carotene	17.76 µg
Protein	2.074 g	Vitamin – B1	0.014 mg
Fat	3.42 g	Vitamin – B2	0.012 mg
Carbohydrate	23.65 g	Vitamin - C	1.681 mg
Ash	0.66 g	Calcium	6.138 mg
Moisture	69.978 g	Iron	0.959 mg
Fiber	0.157 g		

6.2.1.3 Polaow with Nuts & Raisins

Ingredients

Raw rice	1000 g	Bay leaves, 2 pc	1 g
Soya bean oil, 8 tbsps	120 g	Cardamom greens, 5 pc	1 g
Ghee, 2 tbsps	30 g	Cinnamon sticks, 5 pc	2 g
Onions, (medium size) 8 pc	224 g	Almonds, a few	20 g
Ginger paste, ½ tsp	7.5 g	Water	2300 ml
Garlic paste, ½ tsp	7.5 g	Salt	15 g
Raisins, a few	10 g		

Procedure

The rice is washed well and water is drained and set aside. Half of the onion is fried in oil and ghee till it become red and crispy (beresta) which is picked from oil and separated to use later. rest of the onion, garam masala, garlic paste, ginger paste and rice are added to the oil and fried well. Heated boiling water is then added to it. When it is fully boiled burner heat is reduced. Nuts raisins and beresta are added before it is brought down from the burner.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g %EP)</i>
Energy	146.2 Kcal	Carotene	0.086 µg
Protein	2.174 g	Vitamin – B1	0.014 mg
Fat	4.804 g	Vitamin – B2	0.013 mg
Carbohydrate	23.53 g	Vitamin - C	0.707 mg
Ash	0.716 g	Calcium	7.474 mg
Moisture	68.626 g	Iron	0.981 mg
Fiber	0.119 g		

6.2.1.4 Polaow with Pepper corn

Ingredients

Raw rice	1000 g	Pistachio, 6 pc	3 g
Soya bean oil, ½ cup	97.5 g	Bay leaves, 2 pc	1 g
Ghee, 2 tbsps	30 g	Cardamom greens, 3 pc	1 g
Ginger paste, 1 tbsp	15 g	Cinnamon sticks, 3 pc	2 g
Pepper corns, 6 pc	2 g	Cow's milk, 1 cup	225 g
Onions,(medium size) (Ind) 3 pc	105 g	Salt	15 g
Green chilies, 4 pc	12 g	Water	2300 ml
Almonds, 4 pc	5 g		

Procedure

The rice is washed well and water is drained and set aside. Oil and ghee are heated in a cooking pot and onion and garam masala are added and fried till the onion becomes red. Rice and other spices are added to it and fried well. heated boiling water is then added to it. When it is fully boiled burner heat is reduced. Nuts and almonds are added before it is brought down from the burner.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	141.36 Kcal	Carotene	8.259 µg
Protein	2.143 g	Vitamin – B1	0.013 mg
Fat	4.11 g	Vitamin – B2	0.012 mg
Carbohydrate	23.91 g	Vitamin - C	0.742 mg
Ash	0.665 g	Calcium	5.2847 mg
Moisture	68.939 g	Iron	0.988 mg
Fiber	0.129 g		

6.2.1.5 Polaow with Mixed Condiment

Ingredients

Raw rice	1000 g	Bay leaves, 3 pc	1 g
Soyabean oil, ½ cup	97.5 g	Cardamom greens, 4 pc	1 g
Ghee, 1 tsp	5 g	Cinnamon sticks, 4 pc	2 g
Onions, (medium size) (Ind) 4 pc	140 g	Cumin seed paste, 1 tsp	5 g
Ginger paste, ½ tbsp	7.5 g	Salt	15 g
Garlic paste, ½ tbsp	7.5 g	Water	2300 ml

Procedure

The rice is washed well and water is drained and set aside. All the ingredients are added to the heated oil. Rice is added to it and fried well. Heated boiling water is then added. When the rice becomes boiled burner heat is reduced. Ghee is added before it is brought down from the burner. Before serving beresta is sprinkled over it.

Nutrition Fact (Calculated values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	134.07 Kcal	Carotene	0.872 µg
Protein	2.135 g	Vitamin – B1	0.013 mg
Fat	3.251 g	Vitamin – B2	0.012 mg
Carbohydrate	24.032 g	Vitamin - C	0.481 mg
Ash	0.668 g	Calcium	6.619 mg
Moisture	69.765 g	Iron	1.013 mg
Fiber	0.115 g		

6.2.1.6 Sour Curd Hilsha Polaow

Ingredients

Raw rice	1000 g	Sugar, 2 tbsps	30 g
Soya bean oil, $\frac{2}{3}$ cup	136.5 g	Raisins, nutmeg, mace& pulm, few	30 g
Onions, (big size) 3 pc	120 g	Hilsa fish, (dressed) 16 pieces	480 g
Ginger paste, $1\frac{1}{3}$ tsp	7 g	Sour curd, $\frac{2}{3}$ cup	160 g
Garlic paste, $1\frac{1}{3}$ tsp	7 g	Soya bean oil, $1\frac{1}{2}$ tbsp	22.5 g
Cinnamon sticks, 3 pc	2 g	Onion paste, (small size) 3 pc	30 g
Cardamom greens, 4 pc	1 g	Cumin seed paste, $1\frac{1}{3}$ tsp	7 g
Bay leaves, 2	1 g	Salt	20 g
Green chillies, 6 pc	18 g	Water	2300 ml

Procedure

- All the pieces of hilsha fish are marinated with yogurt, onion & cumin paste. Then it is lightly fried in $1\frac{1}{2}$ tbsp oil.
- Sliced onions are fried in the heated oil and the cleaned and washed rice are added. Garam masala, ginger and onion paste are added in it and fried well. Then water, sugar, green chillies and salt are added. Then the whole thing is stirred well and the mixture is allowed to come to boil. Raisins, jaifal, jaitri & alubokhara are then put in and the vessel is covered with a lid.
- When the grain turns soft and little water remains half of the polao is removed and the cooked fishes are spread on the vessel polao and covered with the rest polao that removed. Cooking continued on a very slow fire in a covered vessel for about 10-15 minutes and the cawra water is added to the end.

Nutrition Fact

Nutrient	Amount (g % EP)	Nutrient	Amount (g % EP)
Energy	164.672 Kcal	Carotene	14.568 μ g
Protein	4.369 g	Vitamin – B1	0.023 mg
Fat	6.566 g	Vitamin – B2	0.025 mg
Carbohydrate	22.008 g	Vitamin - C	3.606 mg
Ash	1.037 g	Calcium	32.881 mg
Moisture	65.873 g	Iron	1.152 mg
Fiber	0.154 g		

6.2.1.7 Plain Hilsha Polaow

Ingredients

Raw rice	1000 g	Cinnamon sticks, 3 pc	2 g
Soya bean oil	250 g	Cloves, 3 pc	1g
Onions, (medium size) 10 pc	280 g	Green chilies, 6 pc	18g
Ginger paste, 1½ tsp	7 g	Hilsha fish (Medium size) 1 pc	900 g
Cumin seed paste, ⅔ tsp	3.3 g	Salt	20 g
Garlic paste, ⅔ tsp	3.3 g	Water	2300 ml

Procedure

- i) Sliced onion fried in heated oil. Small amount of ginger & cumin seed paste and salt are added in it. Then fish pieces are added and after a minute or so all the pieces are turned. Cooking continued on a slow fire till the whole water is absorbed.
- ii) Sliced onion are fried in heated oil. Then rest of the spices are added and stirred for a while. Cleaned and washed rice along with salt are put in, stirred well and water is added. The vessel is covered with a lid and cooking continued. Few minutes before it is taken off the fire, cooked fishes are mixed well with the vessel polao.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	138.129 Kcal	Carotene	6.943 µg
Protein	3.954 g	Vitamin – B1	0.015 mg
Fat	6.936 g	Vitamin – B2	0.012 mg
Carbohydrate	14.962 g	Vitamin - C	3.813 mg
Ash	0.77 g	Calcium	26.809 mg
Moisture	45.604 g	Iron	0.869 mg
Fiber	0.095 g		

6.2.1.8 Hilsha Polaow in Coconut milk

Ingredients

Raw rice	1000 g	Suger, 1 tbsp	15 g
Soyabean oil, 1½ cup	292.5 g	Saffron colour, a pinch	0.5g
Onion (beresta) ½ cup	90 g	Hilsa fish, (dressed) 12 pieces	360 g
Ginger paste, 1 tbsp	15 g	Lemon juice, 1 tbsp	10 g
Onion paste, 4 tbsps	60 g	Coconut milk, 6 cups	1380 g
Green chillies, 12 pc	36 g	Salt	20 g
Cinnamom sticks, 4 pc	2 g	Water	2300 g
Cardamom greens, 4 pc	1 g		

Procedure

All the pieces of hilsa fishes are marinated with lemon juice, salt and saffron colour for 10 minutes. 1 tsp ginger paste and 2 tbsp onion paste are fried few minutes in the heated oil and stirred frequently in a vessel. Marinated fish pieces along with 1 cup coconut milk are put in and cooked on a slow fire till the whole water is absorbed. All the fish pieces are then removed and kept separately for later use. Rest of the spices (onion & ginger paste) and coconut milk along with water are added in the vessel. When it boils the cleaned and washed rice is put in along with garam masala and the mixture allowed to come to the boil once. Cooking continued in the covered vessel. When grain turn chillies and beresta along with cooked hilsa fish are mixed well with the polao. The vessel is covered well and cooking continued on a very slow fire for about 20-25 minutes till the whole water is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	264.929 Kcal	Carotene	14.96 µg
Protein	3.813 g	Vitamin – B1	0.038 mg
Fat	18.48 g	Vitamin – B2	0.025 mg
Carbohydrate	20.203 g	Vitamin - C	3.653 mg
Ash	0.953 g	Calcium	16.931 mg
Moisture	56.155 g	Iron	1.255 mg
Fiber	0.117 g		

6.2.1.9 Chicken Polaow with Coconut milk & Green peas

Ingredients

Raw rice	1000 g	Bay leaves, 4 pc	2 g
Soyabean oil	400 g	Cardamom greens, 8 pc	2 g
Ghee	200 g	Cinnamon sticks, 8 pc	3 g
Onion	500 g	Green peas	200 g
Ginger paste, 4 tbsps	60 g	Coconut milk	500 g
Garlic paste, 2 tbsps	30 g	Water	2300 ml
Chickens, (dressed) 2 pc	1305 g	Salt	20 g

Procedure

Chickens are cut in to medium pieces and washed well. These are mixed with salt and fried in a heated oil. In that oil garam masala and all the spices are added except chopped onions and fried for few minutes. Then chicken pieces are added and cooked for few minutes. Coconut milk is then poured in it and cooked till the spices become very thick. In another big pot ghee is heated and chopped onion is fried in it. Then rice is added and fried well. Heated boiling water and salt are then added. When it is near to boil, the previously cooked meats are added. Green peas are also added. The pot is then covered well by a lid and kept on the slow fire till the whole water is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	226.045 Kcal	Carotene	0.431 µg
Protein	6.774 g	Vitamin – B1	0.026 mg
Fat	14.585 g	Vitamin – B2	0.045 mg
Carbohydrate	16.702 g	Vitamin - C	1.407 mg
Ash	0.886 g	Calcium	11.823 mg
Moisture	60.767 g	Iron	0.818 mg
Fiber	0.184 g		

6.2.1.10 Chicken Polaow adding Milk & Curd

Ingredients

Raw rice	1000 g	Raisins, ½ cup	60 g
Soyabean oil, 1 cup	195 g	Pistachio nut, 10 pc	5 g
Ghee, 1 cup	195 g	Saffron, a pinch	0.5 g
Onions, (medium size) 12 pc	336 g	Rose water, 1 tbsp	15 g
Ginger paste, 1 tbsp	15 g	Maoa, ½ cup	60 g
Garlic paste, 1 tbsps	15 g	Chickens (dressed) 2 pc	1305 g
Green chillie paste, 1 tsp	5 g	Milk cream, ½ cup	120 g
Red chillie powde, 1 tsp	3 g	Sour curd, (cow's milk) 1 cup	240 g
Cinnamon sticks, 5 pc	2 g	Salt	20 g
Milk, 1 cup	225 g	Water	2300 ml

Procedure

Chickens are cut in to medium pieces and washed well. In a big vessel oil are heated and onions are fried till red and half of the onions are sepedated to use later (beresta). In the rest of the onions in the vessel all the spices, curd, saffrons, golap jal and salt are addad. Then meats are added and cooked well. When the meat becomes soft and the oil comes up it is brought down from the burner. The milk cream is mixed well and then added to it. To prepare polao rice is fried in the heated oil with fried 1 cup of curd are added when it is near to boil. The pot is covered well by a lid and the burner heat is reduced. After half an hour saffron, golap jal and kaora are added and kept on the burner for a while. Now in a big pot first polao then cooked meats, beresta and maoa are spread on it again polao then meat, beresta and maoa are spread on it. In this way polao and meats are given and at the top milk, maoa, golap jal, raisins and nuts are given. Then the pot is covered well and kept on the burner for 1 hour at a reduced heat.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	181.768 Kcal	Vitamin- A	0.127 µg
Protein	7.709 g	Carotene	2.639 µg
Fat	8.849 g	Vitamin – B1	0.032 mg
Carbohydrate	17.831 g	Vitamin – B2	0.089 mg
Ash	1.256 g	Vitamin - C	1.139 mg
Moisture	64.109 g	Calcium	55.164 mg
Fiber	0.12 g	Iron	0.72 mg

6.2.1.11 Chicken Polao with Plum

Ingredients

Raw rice	1000 g	Milk, 2 tbsps	37.5 g
Soyabean oil, 1½ cup	292.5 g	Suger, 1 tbsp	15 g
Onions, medium size 6 pc	168 g	Chickens, (dressed) 2 pc	1305 g
Bay leaves, 3 pc	1 g	Onion paste, 1 tbsp	15 g
Cardamom greens, 6 pc	1 g	Garlic paste, 2 tsps	10 g
Cinnamom sticks, 6 pc	2 g	Ginger paste, 1 tbsp	15 g
Green chillie, 8 pc	24 g	Cumin seeds paste, 1 tbsp	15 g
Plum, 12 pc	20 g	Green chillie paste, 1 tsp	5 g
Nutmeg paste, ½ pc	2.5 g	Salt	20 g
Mace paste, ¼ tsp	0.75 g	Water	2300 ml

Procedure

In a big pot onion is fried till it become red in a heated oil. Then garam masala, and rice (washed and water is drained) are added and fried well and water and salt are added. When the rice become boiled the burner heat is reduced and brought down from the burner after few minutes. Now in another pot sliced onions and garam masala are fried well. Then all the paste spices are added and cooked for few minutes and chicken pieces (washed) are added. They are cooked well in a covered pot and the amount of water needed to boil it is added. When the cooking of meat polao is completed in a big pot some polao are taken and some meat are spread on it. In this way polao and meat are taken and spread in the pot by several times. Then nutmeg, mace, milk & sugar are added and the pot is covered well and kept on the burner for several minutes at a reduced heat.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	165.809 Kcal	Vitamin- A	0.025 µg
Protein	7.754 g	Carotene	16.378 µg
Fat	6.79 g	Vitamin – B1	0.02 mg
Carbohydrate	18.392 g	Vitamin – B2	0.05 mg
Ash	0.957 g	Vitamin - C	1.207 mg
Moisture	65.935 g	Calcium	14.848 mg
Fiber	0.166 g	Iron	0.837 mg

6.2.1.12 Chicken Polao (boiler) with Curd & Lemon juice

Ingredients

Raw rice	1000 g	Ginger paste, 4 tbsps	60 g
Soyabean oil	500 g	Garlic paste, 2 tbsps	30 g
Onions, (medium size) 4 pc	112 g	Nutmeg paste, ½ pc	2.5 g
Cardamom greens, 7 pc	2 g	Mace paste, ¼ tsp	0.75 g
Cinnamom sticks, 6 pc	2 g	Sour yoghurt, 3 cups	720 g
Cloves, 10 pc	2 g	Lemon juice, 2 tsps	10 g
Suger, 1 tsp	5 g	Ginger paste, 4 tbsps	60 g
Boiler chickens (dressed) 4 pc	4000 g	Salt	25 g
Onion paste, 5 tbsps	75 g	Water	2300 ml
Mace paste, ¼ tsp	0.75 g		

Procedure

First the chickens are cut into medium pieces. In a big spacious pot they are fried in the oil with sliced onions. The curd is whiped well. Then all the paste spices, garam masala lemon juice and sugar are mixed with the whiped curd and added to the fried chicken in the pot. They are mixed well and cooked at a low heat. When the cooking is completed the chicken pieces are seperated from its soup/broth. The rice (washed and water drained) is then added to this soup and the amount of water (heated boiling) needed to boil up the rice is also added. The rice is mixed well with that soup and covered by a lid. When it become boiled the burner heat is reduced. The chicken pieces are added when the rice water is absorbed and the pot is covered well. After few minutes the meats are mixed well with the rice and brought down from the burner.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	166.301 Kcal	Carotene	0.698 µg
Protein	13.242 g	Vitamin – B1	0.016 mg
Fat	7.503 g	Vitamin – B2	0.09 mg
Carbohydrate	11.444 g	Vitamin - C	0.529 mg
Ash	1.128 g	Calcium	29.123 mg
Moisture	66.584 g	Iron	0.489 mg
Fiber	0.079 g		

6.2.1.13 Chicken Polao (Local) with Sour card

Ingredients

Raw rice	1000 g	Onion paste, 2 tbsps	30 g
Soyabean oil, 2 cups	390 g	Ginger paste, 1 tbsp	15 g
Onions, 4 medium size	112 g	Garlic paste, 1 tsp	5 g
Bay leaves, 3 pc	1 g	Nutmeg paste, ½ pc	2.5 g
Cardamom greens, 6 pc	1 g	Mace paste, ¼ tsp	1 g
Cinnamom sticks, 6 pc	2 g	Sour yoghurt, 1 cup	240 g
Green chilies, 6 pc	18 g	Salt	20 g
Chickens, (dressed) 2 pc	1305 g	Water	2300 ml

Procedure

- i) The chickens are cut into medium pieces and washed well. The meats are marinated with all the paste spices & curd and kept aside for ½ an hour. Then the meats are fried in heated oil and it is cooked by adding garam masala & soup of spices in which it is marinated.
- ii) the rice (washed & water drained) is fried with sliced onions and garam masala. Then water and salt are added. When the rice become boiled the cooked meats are added. Then the pot is covered well by a lid and kept on the burner at a low heat for several minutes.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	177.993 Kcal	Carotene	8.544 µg
Protein	7.542 g	Vitamin – B1	0.019 mg
Fat	8.751 g	Vitamin – B2	0.054 mg
Carbohydrate	17.245 g	Vitamin - C	0.815 mg
Ash	0.915 g	Calcium	16.994 mg
Moisture	65.409 g	Iron	0.708 mg
Fiber	0.102 g		

6.2.1.14 Prawn, Chicken, Beef & Vegetable mixed Fried Rice

Ingredients

Raw rice	1000 g	Vinegar, 1 tbsp	15 g
Soyabean oil, 1½ cup	292.5 g	Black pepper powder, 4 pc	0.5 g
Eggs, (Hen) 2 pc	130 g	Cumin seeds paste, ½ tsp	2.5 g
Cauliflower	50 g	Green chilies, 10 pc	30 g
Carrots, 2 pc	100 g	Tasting salt, ¼ tsp	0.75 g
Green peas, 2 cups	190 g	Prawn, (cut into small pc) 1 cup	250 g
Lettuce	50 g	Beef, (finely chopped) 1 cup	190 g
Potato, 1 big	80 g	Chicken, (cut into small pc) 1½ cup	300 g
Papaya	100 g	Salt	15 g
Parwars, 2 pc	90 g	Water	3200 ml
Soyasauce, 2 tbsps	30 g		

Procedure

All the vegetables are cut into small pieces and boiled in the hot water. Two types of meat and prawn are marinated with spices, vinegar and soyasauce for ½ an hour. Rice is boiled with water and cooked rice is separated for later use. All the vegetables, meats and prawn are fried in small quantity oil. Eggs are beaten up with salt and pepper to taste. Then fried in the oil and cut into small strips. Cooked rice are added in the heated oil. Mixture of cooked vegetables, prawn and meats are added to the rice. Green chilies, papper corn and tasting salts are also added to it before it is brought down from the burner.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	174.613 Kcal	Vitamin- A	8.397 µg
Protein	5.315 g	Carotene	284.957 µg
Fat	7.826 g	Vitamin – B1	0.045 mg
Carbohydrate	20.733 g	Vitamin – B2	0.069 mg
Ash	0.953 g	Vitamin - C	2.574 mg
Moisture	57.879 g	Calcium	10.345 mg
Fiber	0.314 g	Iron	1.609 mg

6.2.1.15 Prawn, Chicken & Vegetable mixed Fried Rice

Ingredients

Raw rice	1000 g	Carrots, 2 pc	100 g
Soyabean oil, 4 tbsps	60 g	Tasting salt, ¼ tsp	0.75 g
Eggs, (Hen) 2 pc	130 g	Green chilies, 10 pc	30 g
Onions, (Ind) medium size 3 pc	105 g	Prawn, ½ cup	125 g
Papaya	100 g	Chicken, (chest meat) 1 pc	300 g
Cauliflower, 1 cup	85 g	Salt	15 g
Cow peas, ½ cup	50 g	Water	3200 ml

Procedure

- i) Rice is boiled with water and cooked rice is prepared.
- ii) Vegetables and onions are fried in the oil.
- iii) Meat & prawn are marinated with tasting salt and soyasauce for ½ an hour then it is fried with vegetable.
- iv) Cooked rice are then mixed with vegetable, prawn & chicken mixture.
- v) Green chilies are then added. And the burner heat is then reduced.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	130.429 Kcal	Vitamin- A	9.56 µg
Protein	4.504 g	Carotene	305.616 µg
Fat	2.303 g	Vitamin – B1	0.038 mg
Carbohydrate	22.89 g	Vitamin – B2	0.044 mg
Ash	0.825 g	Vitamin - C	3.66 mg
Moisture	65.979 g	Calcium	10.45 mg
Fiber	0.257 g	Iron	1.754 mg

6.2.1.316 Vegetable Fried Rice

Ingredients

Raw rice (Bashmoti)	1000 g	Suger, 1 tbsp	15 g
Butter oil, 1 cup	195 g	Black pepper powder, 1 tsp	3 g
Chopped carrot, 1 cup	120 g	Green chillies, 10 pc	30 g
Potatoes, (chopped) big 2 pc	160 g	Garlic paste, 2 tsps	10 g
Chopped cabbage, 1 cup	70 g	Ginger paste, 2 tsps	10 g
Eggs, 2 pc	130 g	Salt	8 g
Tasting salt, 1 tsp	3 g	Water	3200 ml

Procedure

Whole rice is boiled in 10 cup water. Vegetables are also boiled separately by adding few salts. are also boiled separately by adding few salts. In another big pot garlic and ginger paste are fried in the butter oil for few moments. When it become brown in colour boiled vegetables and rice are added. Now green chillies, salt, tasting salt, crashed pepper corn and suger are added. Fried for few moments and brought down from the burner. Eggs are fried separately in oil and spread on the cooked fried rice when served.

Nutrition Fact

Nutrient	Amount (g % EP)	Nutrient	Amount (g % EP)
Energy	171.127 Kcal	Vitamin- A	10.315 µg
Protein	2.669 g	Carotene	395.72 µg
Fat	6.468 g	Vitamin – B1	0.027 mg
Carbohydrate	25.574 g	Vitamin – B2	0.038 mg
Ash	0.627 g	Vitamin - C	1.707 mg
Moisture	64.627 g	Calcium	7.806 mg
Fiber	0.215 g	Iron	1.808 mg

6.2.1.17 Prawn, Chicken, & Vegetable Mixed Fried Rice with Tomato Sauce & Butter

Ingredients

Raw rice	1000 g	Prawn, ½ cup	83.33 g
Papaya, ½ cup	70 g	Onions, (medium size) 3 pc	84 g
Carrot, ½ cup	60 g	Soyasauce, 1 tbsp	15 g
Cowpea, ½ cup	50 g	Tomato sauce, 1 tbsp	20 g
Butter	50 g	Tasting salt, ⅔ tsp	2 g
Ghee	50 g	Suger, ⅔ tsp	3.33 g
Garlic paste, ¾ tbsp	11.4 g	Salt	15 g
Ginger paste, ¾ tbsp	11.4 g	Water	3200 ml
Chicken, ⅔ cup	133.33 g		

Procedure

- i) Rice is boiled with water and cooked rice is prepared.
- ii) Chicken pieces are marinated with spices and cooked seperately.
- iii) Prawn and vegetable also cooked seperately.
- iv) In a big pot cooked rice, chicken, prawn, vegetables and all other in gradients are added and mixed well. Cooking proceeds in a covered pot and at a low heat. When heated properly it is brought down from the burner.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	130.429 Kcal	Vitamin- A	9.560 µg
Protein	4.504 g	Carotene	305.616 µg
Fat	2.304 g	Vitamin – B1	0.038 mg
Carbohydrate	22.891g	Vitamin – B2	0.045 mg
Ash	0.825 g	Vitamin - C	3.660 mg
Moisture	67.655 g	Calcium	10.450 mg
Fiber	0.257 g	Iron	1.755 mg

6.2.1.18 Party Parata

Ingredients

Wheat flour,(refined) 4 cups	320 g
Soyabean oil, 1 cup	195 g
Salt, 1½ tsp	7.5 g

Procedure

White flour is mixed with salt and oil very well and made into a dough with water. The dough is divided into 12 small balls which are rolled out into thin roti and smeared with little oil on one side. Then it is folded from one side then from other side and made into round shape. The ball so formed is dusted with dry flour and rolled out again into parata. The parata is placed on a hot tawa and after a minute or so it is turned, a little oil is applied and it is fried on both sides till golden brown in colour.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	367.972 Kcal	Fiber	0.123 g
Protein	4.515 g	Carotene	10.262 µg
Fat	25.383 g	Vitamin – B1	0.049 mg
Carbohydrate	30.335 g	Vitamin – B2	0.029 mg
Ash	1.208 g	Calcium	9.441 mg
Moisture	38.435 g	Iron	1.026 mg

6.2.1.19 Fried, Groundnut & Postodana Chicken Roast

Ingredients

Chicken, (local) 1 pc	750 g	Green chilies, 3 pc	9 g
Soya bean oil, 1/3 cup	65 g	Cinnamon sticks 2 pc	1 g
Onions, (Ind) (big size) 4 pc	240 g	Cardamom greens, 3 pc	1 g
Ginger paste, 1/2 tbsp	7.5 g	Bay leaf, 1 pc	0.5 g
Garlic paste, 1/3 tbsp	5 g	Milk, 1/3 cup	75 g
Cumin seed paste, 2/3 tsp	3.33 g	Saffron, (a pinch)	0.5 g
Coriander seed paste, 2/3 tsp	3.33 g	Salt	8 g
Ground nut paste, 1/2 tbsp	7.5 g	Water	70 ml
Postodana paste, 1/3 tbsp	5 g		

Procedure

Chicken pieces are mixed with salt and water is drained. Then mixed with saffron and fried in oil. Onions are fried in heated oil till red and all the spices are put in. After frying it for about 7/8 minutes nuts and postodana paste are added. After 3/4 minutes fried chicken pieces are added. They are stirred and mixed well with spices. After 5/7 minutes milk and water added and the vessel is covered with a lid. When the water boils it is kept on a slow fire till the meat turns soft and the broth become thick.

Nutrition Fact

Nutrient	Amount (g % EP)	Nutrient	Amount (g % EP)
Energy	168.621 Kcal	Vitamin- A	0.251 µg
Protein	18.470 g	Carotene	26.566 µg
Fat	8.612 g	Vitamin – B1	0.037 mg
Carbohydrate	4.332 g	Vitamin – B2	0.112 mg
Ash	2.128 g	Vitamin - C	4.168 mg
Moisture	65.856 g	Calcium	55.209 mg
Fiber	0.494 g	Iron	0.444 mg

6.2.1.20 Reduced Oil Based Chicken Roast

Ingredients

Chicken, (local) 1 pc	750 g	Cardamom greens, 1 pc	1 g
Soya bean oil, 1/6 cup	32.5 g	Green chillies, 2 pc	6 g
Onion paste, (medium size) 2 pc	56 g	Milk, 1/6 kg	166.66 g
Ginger paste, 2/3 tsp	3.33 g	Nutmeg, 1/3 pc	1.66 g
Garlic paste, 1/3 tsp	1.66 g	Jaitri paste, 1/12 tsp	0.5 g
Red chili powder, 1/6 tsp	1 g	Ground nuts, 1/6 tsp	1 g
Pepper corn, (crashed) 1/12 tsp	0.5 g	Salt	8 g
Cinnamon sticks, 1 pc	1 g	Water	70 ml

Procedure

Chicken pieces are fried in oil. In a big vessel all the ingredients are added and fried in oil. After few moments fried chicken pieces and little water is added. The vessel is covered with a lid and kept on a slow fire. When the meat turns soft milk and green chillies are added. It is kept on a medium heat till all the fluid dries out.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	143.124 Kcal	Vitamin- A	0.641 µg
Protein	20.814 g	Carotene	18.952 µg
Fat	5.676 g	Vitamin – B1	0.021 mg
Carbohydrate	2.214 g	Vitamin – B2	0.135 mg
Ash	2.276 g	Vitamin - C	2.123 mg
Moisture	68.748 g	Calcium	49.415 mg
Fiber	0.203 g	Iron	0.153 mg

6.2.1.21 Onion Beresta Chicken Roast

Ingredients

Chicken, (local) 1 pc	750 g	Postodana paste, ½ tsp	2.5 g
Soya bean oil, 3 tbsp	45 g	Yogurt, ½ cup	120 g
Ghee, ½ tbsp	7.5 g	Cinnamon sticks, 1 pc	0.5 g
Onion, (sliced thin) ½ cup	60 g	Cardamom greens, 1 pc	0.5 g
Ginger paste, 1 tsp	5 g	Green chillies, 4 pc	12 g
Onion paste, ½ tbsp	7.5 g	Sugar, ½ tsp	2.5 g
Garlic paste, 1 tsp	5 g	Salt	8 g
Jaytri paste, ½ tsp	2.5 g	Water	70 ml
Nutmeg, 1½ pc	7.5 g		

Procedure

Chicken pieces are mixed well with all the ingredients. It is then put in the oil in vessel and kept on a slow fire. When the meat become tender onions fried in ghee is added. The fire remains slow and the vessel is covered with a lid. Green chillies and sugar are added before it is brought down from fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	168.201 Kcal	Carotene	40.989 µg
Protein	20.604 g	Vitamin – B1	0.022 mg
Fat	8.257 g	Vitamin – B2	0.138 mg
Carbohydrate	2.880 g	Vitamin - C	2.880 mg
Ash	2.269 g	Calcium	53.243 mg
Moisture	65.75 g	Iron	0.219 mg
Fiber	0.323 g		

6.2.1.22 Sweet & Sour Yoghurt Shahi Chicken Roast

Ingredients

Chicken, (local) 1 pc	750 g	Red chili powder, 1 tsp	3 g
Butter oil, 1 cup	195 g	Saffron colour, a pinch	0.5 g
Yogurt (sweet), 2 tbsp	40 g	Onion beresta, 1 cup	180 g
Yogurt (sour) 2 tbsp	40 g	Sugar, 1 tbsp	15 g
Onion paste, 2 tbsp	30 g	Salt	8 g
Ginger paste, 1 tbsp	15 g	Water	70 ml

Procedure

Chicken pieces are marinated with yogurt, chillie powder, saffron colour and salt for one hour. Then it is fried in oil. In another vessel all the paste spices are fried in butter oil for 7 minutes. Then fried chicken pieces are added and cooking continues till the meat turn soft and tender.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	267.680 Kcal	Carotene	1.658 µg
Protein	16.353 g	Vitamin – B1	0.025 mg
Fat	20.522 g	Vitamin – B2	0.102 mg
Carbohydrate	4.403 g	Vitamin - C	2.668 mg
Ash	1.834 g	Calcium	38.289 mg
Moisture	56.622 g	Iron	0.212 mg
Fiber	0.256 g		

6.2.1.23 Boiler Chicken Bhuna with Yoghurt

Ingredients

Chicken, (local) 1 pc	1000 g	Jayfal paste, a pinch	0.5 g
Soya bean oil, ¼ cup	48.75 g	Joytri paste, a pinch	0.5 g
Onions, (medium size) 5 pc	140 g	Sugar, ½ tsp	2.5 g
Ginger paste, ½ tbsp	7.5 g	Yogurt, ½ cup	120 g
Garlic paste, ½ tbsp	7.5 g	Cinnamon sticks, 3 pc	2 g
Cumin seed paste, ½ tsp	2.5 g	Cardamom greens, 4 pc	1 g
Coriander seed paste, ½ tsp	2.5 g	Salt	4 g
Turmeric powder, a pinch	0.5 g	Water	100 ml

Procedure

Onions and garam masala are fried in oil. All the ingredients except yogurt, jayfal, jaytri and sugar are put in and fried for while. Then meats are added and cooked for while. Then yogurt is added. When the Water level is reduced jayfal and jaytri are added. Before it is put down from the fire sugar is added.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	140.168 Kcal	Carotene	4.935 µg
Protein	20.536 g	Vitamin – B1	0.018 mg
Fat	5.396 g	Vitamin – B2	0.130 mg
Carbohydrate	2.379 g	Vitamin - C	1.544 mg
Ash	1.562 g	Calcium	45.381 mg
Moisture	69.797 g	Iron	0.261 mg
Fiber	0.219 g		

6.2.1.24 Local Chicken Bhuna with Yoghurt

Ingredients

Chicken, (local) 1 pc	652.5 g	Green chillies, 2 pc	6 g
Soya bean oil, ¼ cup	48.75 g	Pepper corn powder, a pinch	0.5 g
Onions, sliced thin	250 g	Yogurt, ¼ cup	60 g
Turmeric powder, ¼ tsp	0.75 g	Cinnamon sticks, 3 pc	2 g
Red chili powder, ¼ tsp	0.75 g	Cardamom greens, 4 pc	1 g
Ginger paste, ⅔ tsp	3.33 g	Salt	3 g
Garlic paste, ⅔ tsp	3.33 g	Water	200 ml

Procedure

Onions and garam masala are fried in oil. All the ingredients except yogurt and green chillies are put in and fried for while. Then meats are added and cooked for few minutes. Then yogurt along with water is added. After few minutes green chillies are added. Cooking continues in a covered vessel. When the meat turns soft and the spices become thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	131.171 Kcal	Carotene	14.441 µg
Protein	15.786 g	Vitamin – B1	0.026 mg
Fat	6.007 g	Vitamin – B2	0.098 mg
Carbohydrate	3.503 g	Vitamin - C	3.727 mg
Ash	1.329 g	Calcium	37.479 mg
Moisture	72.983 g	Iron	0.247 mg
Fiber	0.262 g		

6.2.1.25 Yoghurt & Green Chilli Chicken (Boiler) Korma

Ingredients

Chicken, (local) 1 pc	1000 g	Coriander seed paste, ¼ tsp	1.25 g
Soya bean oil, ½ cup	97.5 g	Green chillies, 7 pc	21 g
Ghee, ¼ cup	48.75 g	Cinnamon sticks, 6 pc	4 g
Sour yoghurt, ½ cup	120 g	Cardamom greens, 8 pc	2 g
Onion paste, (big size) 5 pc	200 g	Bay leaves, 2 pc	1 g
Ginger paste, ½ tbsp	7.5 g	Sugar, 1 tsp	5 g
Garlic paste, ½ tbsp	7.5 g	Salt	4 g
Cumin seed paste, 1 tsp	5 g	Water	100 ml

Procedure

Chicken pieces are marinated with yogurt, oil and all the spices except green chillies, sugar and ghee. Water is then added as needed. Cooking continues in the covered vessel on a slow fire. When the meat turns soft and the water level is reduced, green chillies, sugar and ghee are added. The vessel is covered with a lid and kept on a slow fire for a few minutes and then brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	196.902 Kcal	Carotene	36.968 µg
Protein	18.127 g	Vitamin – B1	0.023 mg
Fat	12.427 g	Vitamin – B2	0.117 mg
Carbohydrate	3.147 g	Vitamin - C	3.654 mg
Ash	1.421 g	Calcium	43.546 mg
Moisture	64.292 g	Iron	0.311 mg
Fiber	0.317 g		

6.2.1.26 Potato, Almond & Raisin Chicken (Local) Korma

Ingredients

Chicken, (local) 1 pc	652.5 g	Green chillies, 3 pc	9 g
Soya bean oil, ½ cup	97.5 g	Sugar, 1 tbsp	15 g
Ghee, 1 tbsp	15 g	Cinnamon sticks 3 pc	2 g
Sour yogurt	125 g	Cardamom greens, 3	1 g
Onions, sliced thin	250 g	Bay leaf, 1 pc	0.5 g
Potato, (medium size) 1½ pc	72 g	Almond, (finely chopped) 10 pc	10 g
Ginger paste, 1 tbsp	15 g	Raisins, ½ tbsp	5 g
Garlic paste, ½ tbsp	7.5 g	Salt	3 g
Cumin seed paste, 1 tbsp	15 g	Water	200 ml

Procedure

Chicken pieces are marinated with whole yogurt and little ginger and garlic paste for one hour. Then half of the onions are fried in the mixture of oil and ghee till red and kept separately for beresta. Rest of the onions and potatoes are fried in that oil and all other ingredients are put in and cooked for while. Chicken pieces are separated from the yogurt and put in and cooked well. Then yogurt along with little water is added and the vessel is covered with lid. When the meat turn soft sugar and beresta are added and kept on slow fire for few minutes.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	184.981 Kcal	Carotene	23.878 µg
Protein	13.591 g	Vitamin – B1	0.036 mg
Fat	11.570 g	Vitamin – B2	0.102 mg
Carbohydrate	6.705 g	Vitamin - C	4.040 mg
Ash	1.358 g	Calcium	56.795 mg
Moisture	66.31 g	Iron	0.736 mg
Fiber	0.431 g		

6.2.1. 27 Milk Chicken (Local) Korma

Ingredients

Chicken, (local) 1 pc	652.5 g	Milk, 2 cups	450 g
Soyabean oil, ½ cup	97.5 g	Cinnamom sticks, 4 pc	2 g
Onion paste, 1 tbsp	15 g	Cardamom greens, 4 pc	1 g
Ginger paste, 1 tbsp	15 g	Bay leaves, 2 pc	0.5 g
Garlic paste, 1 tbsp	15 g	Salt	3 g
Coriender seed paste, 1 tbsp	15 g	Water, ½ cup	125 ml
Cumin seed paste, 1 tbsp	15 g		

Procedure

Onions are fried in heated oil. Garam masala and all other spices along with little water are put in and fried for while. Then chicken pieces are added and cooked well in covered vessel on slow fire. Then milk is added. When the most of the water is dried out and the broth become thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	177.622 Kcal	Vitamin- A	1.262 µg
Protein	14.905 g	Carotene	21.086 µg
Fat	11.591 g	Vitamin – B1	0.035 mg
Carbohydrate	3.452 g	Vitamin – B2	0.130 mg
Ash	1.454 g	Vitamin - C	1.304 mg
Moisture	67.67 g	Calcium	88.429 mg
Fiber	0.697 g	Iron	0.839 mg

6.2.1.28 Heavy Yoghurt Local Chicken Korma

Ingredients

Chicken, (local) 1 pc	652.5 g	Garlic paste, ½ tbsp	7.5 g
Soya bean oil, ½ cup	97.5 g	Green chillies, 6 pc	18 g
Ghee, 1 tbsp	15 g	Cinnamon sticks, 4 pc	2 g
Sour yoghurt, 1 cup	240 g	Cardamom greens, 4 pc	1 g
Onion paste, 1 tbsp	15 g	Bay leaves, 2 pc	1 g
Onions,(medium size) 2 pc	56 g	Salt	3 g
Ginger paste, 1 tbsp	15 g	Water	125 ml

Procedure

Chicken is cut into medium pieces and washed well. These are marinated with all the ingredients except oil, ghee, sliced onions and green chillies for 2 hours in refrigerator. Then onions and green chillies are fried well in the heated oil and ghee. Then chicken pieces are put in and cooked on a slow fire in a covered vessel. If needed little water is added. When the meats turn soft and most of the water is dried out it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	194.089 Kcal	Carotene	39.875 µg
Protein	15.845 g	Vitamin – B1	0.023 mg
Fat	13.442 g	Vitamin – B2	0.127 mg
Carbohydrate	2.454 g	Vitamin - C	3.350 mg
Ash	1.365 g	Calcium	56.895 mg
Moisture	66.475 g	Iron	0.180 mg
Fiber	0.224 g		

6.2.1.29 Sweet Yoghurt Local Chicken Korma

Ingredients

Chicken, (local) 1 pc	652.5 g	Cinnamom sticks 3 pc	2 g
Soyabean oil, ½ cup	97.5 g	Cardamom greens, 3 pc	1 g
Sweet yoghurt, ⅓ cup	80 g	Lemon juice, 2 tbsps	30 g
Ginger paste, 1 tbsp	15 g	Raisins, ½ tbsp	5 g
Garlic paste, ½ tbsp	7.5 g	Salt	3 g
Onion paste, ¼ cup	45 g	Water	200 ml

Procedure

Chicken pieces are marinated with all the ingredients except lemon and raisins. Then it is kept on a fire at a medium heat and the vessel is covered with a lid. When the meat turns soft and the water is dried out, lemon juice is added. Raisins are sprinkled over it when the oil rises on the top. Then it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	186.941 Kcal	Carotene	0.708 µg
Protein	16.839 g	Vitamin – B1	0.011 mg
Fat	12.312 g	Vitamin – B2	0.108 mg
Carbohydrate	2.207 g	Vitamin - C	2.564 mg
Ash	1.448 g	Calcium	35.124 mg
Moisture	66.953 g	Iron	0.224 mg
Fiber	0.172 g		

6.2.1.30 Tomato Sauce & mixed spices Chicken Fry

Ingredients

Chicken, (local) 1 pc	1000 g	Joytri, (crashed) a pinch	0.5 g
Soya bean oil, (for fry) 1 cup	195 g	Soya sauce, 1 tbsp	15 g
Ginger paste, ½ tbsp	7.5 g	Tomato sauce, 1½ tbsp	30 g
Garlic paste, ½ tbsp	7.5 g	Pepper corn, (crashed) ½ tsp	1.5 g
Cumin seed, (crashed) 1 tsp	3 g	Wheat flour, (refined) 3 tbsps	20 g
Red chili powder, 1½ tsp	4.5 g	Arrowroot, 3 tbsp	20 g
Garam masala (crashed) ½ tsp	1.5 g	Salt	2.5 g
Jayfal, (crashed) a pinch	0.5 g		

Procedure

- i) Chicken pieces are marinated with all the ingredients for 1 hour.
- ii) Then fried in oil.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	369.758 Kcal	Carotene	22.477 µg
Protein	29.028 g	Vitamin – B1	0.022 mg
Fat	25.787 g	Vitamin – B2	0.228 mg
Carbohydrate	5.387 g	Vitamin - C	1.517 mg
Ash	2.285 g	Calcium	38.305 mg
Moisture	37.071 g	Iron	0.412 mg
Fiber	0.358 g		

6.2.1.31 Chicken Fry with Wheat Flour Coating

Ingredients

Chicken, (local) 1 pc	1000 g	Soya sauce, 1 tbsp	15 g
Soya bean oil, (for fry) 1 cup	195 g	Pepper corn, (crashed) ¼ tbsp	2.25 g
Onion paste, (medium size) 5 pc	140 g	Wheat flour, (refined) 3 tsps	20 g
Garlic paste, 1 tbsp	15 g	Salt	2.5 g
Cumin seed paste, ½ tsp	2.5 g	Water	60 ml
Vinegar, 1 tbsp	15 g		

Procedure

- i) Chicken pieces are marinated with all the ingredients except white flour for 2 hours.
- ii) Flour mixes well with water and all the ingredients in little amount are added in it.
- iii) Chicken pieces are then smeared with the flour mixture and fried in the heated oil.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	325.543 Kcal	Carotene	4.797 µg
Protein	25.792 g	Vitamin – B1	0.021 mg
Fat	22.774 g	Vitamin – B2	0.201 mg
Carbohydrate	4.393 g	Vitamin - C	1.869 mg
Ash	2.069 g	Calcium	38.073 mg
Moisture	44.82 g	Iron	0.409 mg
Fiber	0.192 g		

6.2.1.32 Egg, Corn & Wheat Flour Coating Chicken Fry

Ingredients

Chicken, (local) 1 pc	652.5 g	Egg, ½ pc	32.5 g
Soybean oil,(for fry) 1 cup	195 g	Corn flour, 1 tbsp	6.667 g
Ginger paste, 1 tsp	5 g	Wheat flour, (refined) ½ cup	40 g
Garlic paste, 1 tsp	5 g	Salt	2 g
Soya sauce, 1 tbsp	15 g	Water	40 ml
Tasting salt, a pinch	0.5 g		

Procedure

- i) Chicken pieces are marinated with ginger, garlic and soyasauce.
- ii) White flour along with egg, corn flour, little amount of ginger and garlic paste and tasting salt are mixed well with water to make a thick solution.
- iii) Chicken pieces are then smear with that solution and fried in the heated oil.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	438.882 Kcal	Vitamin- A	14.740 µg
Protein	25.241 g	Carotene	2.045 µg
Fat	34.533 g	Vitamin – B1	0.019 mg
Carbohydrate	6.750 g	Vitamin – B2	0.239 mg
Ash	2.269 g	Vitamin - C	0.162 mg
Moisture	180.034 g	Calcium	29.922 mg
Fiber	0.063 g	Iron	1.351 mg

6.2.1.33 Mustard Powder & Oyester Sauce Chicken Fry

Ingredients

Chicken, (local) 1 pc	652.5 g	Pepper corn powder, ¼ tsp	0.75 g
Soyabean oil (for fry)	195 g	Oyster sauce, ½ tbsp	7.5 g
Wheat flour, (refined) ½ tbsp	3.3335 g	Toast dust, ½ cup	40 g
Mustard powder, a pinch of	0.5 g	Salt, ½ tsp	2.5 g

Procedure

- i) Chicken is cut into 4 or 8 pieces and washed well.
- ii) Chicken pieces are marinated with all the ingredients except egg and crashed toast.
- iii) Then chicken pieces are smear with the beaten egg and crashed toast and fried in the heated oil.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	478.696 Kcal	Carotene	1.848 µg
Protein	27.150 g	Vitamin – B1	0.018 mg
Fat	38.245 g	Vitamin – B2	0.194 mg
Carbohydrate	6.396 g	Vitamin - C	0 mg
Ash	2.165 g	Calcium	29.511 mg
Moisture	26.02 g	Iron	0.233 mg
Fiber	0.033 g		

6.2.1.34 French Garlic Chicken

Ingredients

Chicken, (local) 1 pc	652.5 g	Bay leaves, 6 pc	3 g
Garlic, 10 cloves	30 g	Soyabean oil, 1 cup	195 g
White vinegar, ½ cup	90 g	Salt	2.5 g

Procedure

All the ingredients are mixed with chicken and fried on a slow fire. The vessel is covered with a lid and after a while it is brought down from the fire. Then it is roasted in oven at 5 gas mark.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	337.583 Kcal	Fiber	0.029 g
Protein	19.850 g	Vitamin – B1	0.006 mg
Fat	28.074 g	Vitamin – B2	0.118 mg
Carbohydrate	1.612 g	Vitamin - C	0.464 mg
Ash	1.489 g	Calcium	21.161 mg
Moisture	48.522 g	Iron	0.199 mg

6.2.1.35 Coconut Chicken

Ingredients

Chicken, (local) 1 pc	652.5 g	Red chili powder, ½ tbsp	4.5 g
Soya bean oil, ½ cup	97.5 g	Coconut milk, ½ cup	115 g
Onion paste, ½ cup	90 g	Yogurt, ½ cup	120 g
Ginger paste, 1 tsp	5 g	Salt, 1 tsp	5 g
Garlic paste, 1 tsp	5 g	Water	80ml
Coriander seed paste, ½ tbsp	7.5 g		

Procedure

- i) Chicken pieces are mixed with all the ingredients except coconut milk and cooked on a slow fire in a covered vessel for an hour.
- ii) When the water is dried out and the oil is seperater from the spices coconut milk is added and cooked for while. When the oil arise on the top it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	239.417 Kcal	Carotene	9.979 µg
Protein	16.919 g	Vitamin – B1	0.033 mg
Fat	17.331 g	Vitamin – B2	0.119 mg
Carbohydrate	3.669 g	Vitamin - C	2.009 mg
Ash	1.721 g	Calcium	47.258 mg
Moisture	59.74 g	Iron	0.492 mg
Fiber	0.510 g		

6.2.1.36 Chicken Corn Soup

Ingredients

Chicken, (local) (young) 1 pc	500 g	Egg, 1 pc	65 g
Salt, 1 tbsp	15 g	Soya sauce, ½ tsp	2.5 g
Tasting salt, ½ tsp	1.5 g	Vinegar, 1 tbsp	15 g
Suger, ½ tsp	2.5 g	Water	1000 ml
Corn starch, ¼ cup	20 g		

Procedure

Chicken meats are seperated from bone and chopped to make small pieces. These are washed and boiled in water for two hours to make the amount to 6 cups. Corn starch are mixed well with ½ cup cold water and put in the soup. Salt and tasting salt are added. Then suger is added and kept on medium fire for 15 minutes. Beaten egg is poured slowly from the high and shake frequently. Then soyasauce and vineger are added.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	50.045 Kcal	Vitamin- A	13.671 µg
Protein	9.017 g	Vitamin – B1	0.005 mg
Fat	0.820 g	Vitamin – B2	0.071 mg
Carbohydrate	1.622 g	Vitamin - C	0 mg
Ash	1.826 g	Calcium	11.143 mg
Moisture	86.774 g	Iron	0.983 mg
Fiber	0.001g		

6.2.1.37 Milk added Egg Korma

Ingredients

Eggs, 4 pc	260 g	Green chillies, 2 pc	6 g
Soyabean oil, 2 tbsps	30 g	Cinnamon sticks 3 pc	2 g
Onion paste (big size) 4 pc	160 g	Cardamom greens, 3 pc	1 g
Ginger paste, 1 tsp	5 g	Bay leaf, 1 pc	0.5 g
Garlic paste, 1 tsp	5 g	Salt	2 g
Suger, 1 tsp	5 g	Water	100 ml
Milk, ½ cup	112.5 g		

Procedure

- i) Full boiled eggs are fried in oil.
- ii) All the paste spices and garam masala are fried in oil for while. Then milk is added. When it boils fried eggs are put in and cooked in a covered vessel. Then suger and green chillies are added. When the spices separated from the oil it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	148.494 Kcal	Vitamin- A	120.180 µg
Protein	6.360 g	Carotene	21.460 µg
Fat	11.342 g	Vitamin – B1	0.073 mg
Carbohydrate	5.251 g	Vitamin – B2	0.188 mg
Ash	1.095 g	Vitamin - C	4.541 mg
Moisture	75.87 g	Calcium	60.413 mg
Fiber	0.280 g	Iron	8.674 mg

6.2.1.38 Coconut Milk Egg Korma

Ingredients

Eggs, 4 pc	260 g	Garam masala powder, 1 1/3 tsp	4 g
Soyabean oil, 1/4 cup	48.75 g	Bay leaves, 2 pc	1 g
Coconut milk, 1 1/3 cup	306.667 g	Salt	2 g
Onion paste, 1 tbsp	15 g		

Procedure

- i) Full boiled eggs are fried in oil.
- ii) Onion paste, salt, garam masala powder and bay leaves are added in the oil and fried for while. Coconut oil are added in it. When it boils fried eggs are put in. When it become thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	400.449 Kcal	Vitamin- A	127.690 µg
Protein	7.675 g	Vitamin – B1	0.091 mg
Fat	37.326 g	Vitamin – B2	0.194 mg
Carbohydrate	7.198 g	Vitamin - C	2.002 mg
Ash	1.342 g	Calcium	30.234 mg
Moisture	45.809 g	Iron	9.912 mg
Fiber	0.091 g		

6.2.1.39 Jali Kabab

Ingredients

Mince-beef	1000 g	Eggs, 2 pc	130 g
Soyabean oil (for fry)	250 g	Tomato sauce, 1 tsp	5 g
Red chillie powder, 1 tbsp	9 g	Parsley, (chopped) 6 pc	15 g
Ginger paste, 1 tbsp	15 g	Spearmint leaves, (chopped) 6 pc	15 g
Garlic (paste)	60 g	Slices bread, 5 pc	100 g
Onion (chopped)	250 g	Garam masala powder,	3 g
Cumin seed powder, 1 tsp	3 g	Toast dust, 1 cup	80 g
Jayfals, (crushed) 4 pc	3 g	Salt ot taste	5 g
Jaytries, (crushed) 5 pc	1.5 g		

Procedure

- i) Mince-beef is mixed well with all the ingredients except bread, eggs, tomato sauce and crushed toast.
- ii) Bread is dip into hot water and squeeze from it. It is mixed well with eggs, tomato sauce and salt and kept for 10 - 15 minutes. Then it made into many small size round shapes and marinated mince-beef is put inside and turn into egg shaped chops. Then it is coated with toast dust and fried in the heated oil (in which it will be submerged) till it become brown.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	300.695 Kcal	Vitamin- A	23.458 µg
Protein	18.003 g	Carotene	225.667 µg
Fat	20.399 g	Vitamin – B1	0.145 mg
Carbohydrate	11.183 g	Vitamin – B2	0.076 mg
Ash	1.352 g	Vitamin - C	6.217 mg
Moisture	49.152 g	Calcium	28.064 mg
Fiber	0.315 g	Iron	2.983 mg

6.2.1.40 Beef Kofta

Ingredients

Mince-beef	1000 g	Coriander seed paste, 2 tbsps	30 g
Soyabean oil, 2 cups	390 g	Pepper corn powder, ¼ tsp	0.74 g
Eggs, 2 pc	130 g	Medium size onions, 14 pc	392 g
Slices bread, 6 pc	120 g	Green chilies, 10 pc	30 g
Chillie paste, 1 tsp	5 g	Salt	5 g
Ginger paste, 4 tsps	20 g		

Procedure

Mince-beef are boiled first and then grind into paste. It is mixed well with all ingredients. Before mixing the bread slices are soaked in milk. This mixture is then made into many small round shaped chops Which are then fried in the heated oil (in which it will be submerged) till to brown.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	341.34 Kcal	Vitamin- A	21.589 µg
Protein	16.298 g	Carotene	57.825 µg
Fat	27.334 g	Vitamin – B1	0.135 mg
Carbohydrate	7.504 g	Vitamin – B2	0.067 mg
Ash	1.281 g	Vitamin - C	6.045 mg
Moisture	47.109 g	Calcium	35.14 mg
Fiber	1.005 g	Iron	2.661 mg

6.2.1.41 Stick Kabab

Ingredients

Beef	1000 g	Green chilli paste, 1 tsp	5 g
Soyabean oil, 2 cups	390 g	Wheat flour, (refind) 2 cups	160 g
Papaya paste, 2 tbsp	30 g	Pepper corn powder, 2 tsps	6 g
Ginger paste, 2 tbsps	30 g	Tasting salt, 2 tsps	6 g
Garlic paste, 2 tbsps	30 g	Salt	3 g
Joytri paste, 1 tsp	3 g		

Procedure

- i) Beef is cut into long slices. These are marinated with all the paste spices and salt for half an hour.
- ii) Wheat flour along with pepper corn powder, tasting salt and salt are mixed well with water to make a thick solution. The marinated beef pieces are then plunge into that solution and fried in heated oil in which it will be submerged till to brown.
- iii) During serving it is decorated with lettuce leaves.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	415.28 Kcal	Carotene	38.47 µg
Protein	19.322 g	Vitamin – B1	0.146 mg
Fat	32.731 g	Vitamin – B2	0.049 mg
Carbohydrate	10.805 g	Vitamin - C	2.636 mg
Ash	1.2 g	Calcium	14.779 mg
Moisture	35.674 g	Iron	1.162 mg
Fiber	0.239 g		

6.2.1.42 Yoghurt added Hari Kabab

Ingredients

Beef	1000 g	Cumin seed paste, 1 tsp	5 g
Soyabean oil, 4 tbsps	60 g	Coriander seed paste, 1 tbsp	15 g
Chopped onion	250 g	Green chillie paste, 2 tsps	10 g
Ginger paste, 2 tsps	10 g	Yogurt, 3 tbsps	60 g
Garlic paste, 1 tsp	5 g	Salt	3 g
Onion paste, ½ cup	90 g		

Procedure

- i) Beef is cut into small thin slices which are marinated all the paste spices, yogurt and salt for 2-3 hours.
- ii) Chopped onions are fried in heated oil till to red in which marinated beef pieces are put in and stirred for while. Cooking is continued in a covered vessel on a slow fire. When the meat turn soft and no fluid remains it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	137.712 Kcal	Carotene	30.847 µg
Protein	15.599 g	Vitamin – B1	0.127 mg
Fat	6.733 g	Vitamin – B2	0.044 mg
Carbohydrate	3.655 g	Vitamin - C	5.14 mg
Ash	1.164 g	Calcium	36.656 mg
Moisture	67.905 g	Iron	1.065 mg
Fiber	0.639 g		

6.2.1.43 Tomato added Hari kabab

Ingredients

Beef	1000 g	Coriander seed paste, 1 tsp	5 g
Soya bean oil, 4 tbsp	60 g	Red chili powder, ½ tbsp	4.5 g
Onions, (medium size) 8 pc	224 g	Vinegar, 1½ tbsp	22.5 g
Ginger paste, ½ tbsp	7.5 g	Sugar, 1 tsp	5 g
Garlic paste, 1 tsp	5 g	Tomatoes, (medium size) 2 pc	200 g
Cumin seed paste, 1 tsp	5 g	Salt	3 g

Procedure

- i) Beef is cut into medium pieces and marinated with all ingredients except onion, tomato and sugar for ½ an hr.
- ii) Water is added to the marinated beef and cooking continued on a slow fire in a covered vessel. After a while Onion and tomato are added and cooked for while. When the meat turn soft sugar is added. After a while when no fluid remains it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	152.186 Kcal	Carotene	69.063 µg
Protein	17.634 g	Vitamin – B1	0.157 mg
Fat	7.397 g	Vitamin – B2	0.049 mg
Carbohydrate	3.764 g	Vitamin - C	8.524 mg
Ash	1.309 g	Calcium	33.046 mg
Moisture	69.729 g	Iron	1.068 mg
Fiber	0.58 g		

6.2.1.44 Potato added Tikia/ kabab

Ingredients

Beef (without bone)	1000 g	Red chilli powder, 6 tsps	18 g
Bengal gram dhal	500 g	Pepper corn powder, 1 tsp	3 g
Soybean oil (for fry)	250 g	Tasting salt, ½ tsp	1.5 g
Eggs, 4 pc	260 g	Parsley (chopped) 1 cup	36 g
Potatoes, (medium size) 4 pc	192 g	Spearmint, (chopped) 1 cup	36 g
Onions, (medium size) 6 pc	168 g	Cinnamom sticks, 6 pc	3 g
Ginger paste, 4 tsps	20 g	Cardamom greens, 6 pc	2 g
Garlic paste, 2 tsps	10 g	Bay leaves, 4 pc	1 g
Cumin seed paste, 2 tsps	10 g	Salt	5 g
Turmeric powder, 2 tsps	6 g		

Procedure

- i) Beef is cut into small pieces and cleaned and washed well. It is mixed with bengal gram and all the ingredients except egg, pasley, spearmint, pepper corn. Then it is cooked on a slow fire till it turns soft.
- ii) This mixture is then grinded by using mincer which is mixed well with eggs and all other ingredients and converted to a paste. Many round shaped tikias are made from it and fried in heated oil till to red.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	321.031 Kcal	Vitamin- A	36.644 µg
Protein	19.82 g	Carotene	427.939 µg
Fat	17.892 g	Vitamin – B1	0.244 mg
Carbohydrate	20.116 g	Vitamin – B2	0.132 mg
Ash	1.939 g	Vitamin - C	6.831 mg
Moisture	39.476 g	Calcium	46.44 mg
Fiber	0.897 g	Iron	6.487 mg

6.2.1.45 Green Chilli Tikia/ kabab

Ingredients

Beef (without bone)	1000 g	Red chili powder, 1½ tsp	4.5 g
Bengal gram dhal	500 g	Pepper corn powder, ½ tsp	1.5 g
Soya bean oil	250 g	Green chillies, 12 pc	36 g
Onions, (chopped)	250 g	Eggs, 2 pc	130 g
Ginger paste, 2 tsps	10 g	Cinnamon stick powder, ½ tsp	1.5 g
Garlic paste, 1 tsp	5 g	Cardamom greens, 6 pc	1.5 g
Cumin seed paste, 2 tsps	10 g	Salt	5 g
Turmeric powder, 1 tsp	3 g		

Procedure

- i) Beef is cut into small pieces and cleaned and washed well. It is mixed well with bengal gram dhal and all other ingredients and little amount onion except eggs, green chillies and pepper corn. Then it is cooked on a slow fire till it turns soft.
- ii) This mixture is then grinded by using mincer which is mixed well with eggs, chopped onions and green chillies and converted to a paste. Many round shaped tikias are made from it and fried in heated oil till to red.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	339.246 Kcal	Vitamin- A	20.666 µg
Protein	21.049 g	Carotene	87.618 µg
Fat	19.224 g	Vitamin – B1	0.261 mg
Carbohydrate	20.536 g	Vitamin – B2	0.114 mg
Ash	1.951 g	Vitamin - C	5.603 mg
Moisture	36.917 g	Calcium	41.539 mg
Fiber	0.776 g	Iron	5.032 mg

6.2.1.46 Toast Dust & Milk added Tikia/ kabab

Ingredients

Mince-beef	1000 g	Eggs, 8 pc	520 g
Bengal gram dhal	600 g	Milk, ½ cup	112.5 g
Soya bean oil (for fry)	250 g	Pepper corn powder, 2 tsps	6 g
Onions, medium size 15 pc	420 g	Parsley, 1½ cup	54 g
Ginger paste, 5 tsps	75 g	Toast dust, 2 cups	160 g
Garlic paste, 3 tsps	45 g	Salt	6 g
Green chilies, (chopped) 16 pc	48 g		

Procedure

Mince-beef is cooked with ginger paste, garlic paste and salt. Bengal gram dhal is cooked separately. Cooked mince-beef and bengal gram dhal are grinded separately and mixed with all other ingredients except toast dust and eggs. Many small round shaped tikia is made from it using hand. These are first dip into the beaten egg and then coated with toast dust, which are fried in the heated oil in which it will be submerged.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	305.545 Kcal	Vitamin- A	56.159 µg
Protein	17.926 g	Carotene	225.975 µg
Fat	15.795 g	Vitamin – B1	0.23 mg
Carbohydrate	22.875 g	Vitamin – B2	0.154 mg
Ash	1.801 g	Vitamin - C	8.386 mg
Moisture	41.542 g	Calcium	49.776 mg
Fiber	0.652 g	Iron	7.255 mg

6.2.1.47 Heavy Bengal Gram Dhal Tikia/ kabab

Ingredients

Mince-beef	1000 g	Ginger paste, 4 tsps	20 g
Bengal gram dhal	2000 g	Garam masala powder, 4 tsps	12 g
Soya bean oil	300 g	Eggs, 4 pc	260 g
Onion paste, 4 tsps	20 g	Salt	6 g
Garlic paste, 4 tsps	20 g		

Procedure

Mince-beef is mixed with all the ingredients except eggs and and cooked on a slow fire till it turn soft. Bengal gram dhal is cooked seperately. Then both are turned into paste by rolling these on a flat mortar with a pestle. Beaten eggs are then mixed with that paste and many round shaped tikias are made from it using hand. Which are then fried in the heated oil till these turn to red.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	422.485 Kcal	Vitamin- A	24.895 µg
Protein	24.292 g	Carotene	93.119 µg
Fat	16.878 g	Vitamin – B1	0.409 mg
Carbohydrate	43.477 g	Vitamin – B2	0.179 mg
Ash	2.63 g	Vitamin - C	1.655 mg
Moisture	11.805 g	Calcium	49.778 mg
Fiber	0.92 g	Iron	8.625 mg

6.2.1.48 Low Bengal gram dhal Tikia/ kabab

Ingredients

Mince-beef	1000 g	Cinnamon sticks, 5 pc	2 g
Bengal gm dhal	250 g	Cardamom greens, 5 pc	1 g
Soya bean oil	250 g	Eggs, 4 pc	260 g
Chopped ginger, 1 tbsp	15 g	Lemon juice / vinegar, ½ tsp	2.5 g
Cloves garlic, 6 pc	18 g	Parsley,(chopped) ½ cup	18 g
Coriander seeds (whole), 1 tbsp	15 g	Sugar, 1 tsp	5 g
Pepper corn (whole), 10 pc	1.5 g	Onions, (medium size) 6 pc	168 g
Cumin seed (whole), ½ tsp	1.5 g	Green chillies, 7 pc	21 g
Onions, (big size) 12 pc	480 g	Salt	6 g

Procedure

Mince-beef along with bengal gram dhal is mixed with all ingredients except eggs,vinegar,parsley,suger and finely chopped onions and green chillies. This mixture along with little water is cooked on a slow fire in a covered vessel till the meat turn soft.Then whole water of it will be boiled dry. This mixture is turned into paste by rolling this on a flat mortar with a pestel. Eggs and other ingredients (vinegar, parsley, suger and chopped onions and green chillies) are then mixed with that paste and many round shaped tikias are made from it using hand. These are fried in the oil in which it will be submerged.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	274.488 Kcal	Vitamin- A	36.805 µg
Protein	17.073 g	Carotene	115.251 µg
Fat	17.259 g	Vitamin – B1	0.187 mg
Carbohydrate	12.719 g	Vitamin – B2	0.105 mg
Ash	1.624 g	Vitamin - C	7.486 mg
Moisture	51.026 g	Calcium	44.061 mg
Fiber	0.752 g	Iron	4.854 mg

6.2.1.49 Goat Meat Green chilli Rezaala

Ingredients

Goat meat	1000 g	Suger, ½ tbsp	7.5 g
Ghee	125 g	Cinnamom sticks 4 pc	2 g
Onion paste, ¾ cup	135 g	Cardamom greens, 3pc	1 g
Ginger paste, 1 tbsp	15 g	Green chillies, 15 pc	45 g
Garlic paste, 1 tsp	15 g	Colour, a pinch	0.5 g
Yogurt	125 g	Salt	5 g

Procedure

Meat is marinated with all the spices except green chillies and colour and put on a fire. It will be stirred after half an hour. When whole water is dried out, water as needed is added. When the meat turn soft and the fluid become thick green chillies and food colour is added. It will kept 10 minutes on a slow fire and the vessel is covered by a lid.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	230.367 Kcal	Carotene	90.348 µg
Protein	18.139 g	Vitamin – B1	0.025 mg
Fat	15.699 g	Vitamin – B2	0.031 mg
Carbohydrate	4.135 g	Vitamin - C	6.652 mg
Ash	1.639 g	Calcium	35.597 mg
Moisture	60.263 g	Iron	0.225 mg
Fiber	0.407 g		

6.2.1.50 Goat Meat Yoghurt Korma

Ingredients

Goat meat	1000 g	Yogurt	125 g
Soya bean oil	125 g	Sugar, 1 tsp	5 g
Onion	200 g	Raisins, 1½ tsp	4.5 g
Ginger paste, 1¼ tsp	6.25 g	Cinnamon sticks, 3 pc	2 g
Garlic paste, 1¼ tsp	6.25 g	Cardamom greens, 4 pc	1 g
Cumin seed paste, 1 tsp	5 g	Bay leaves, 2 pc	1 g
Pepper corn powder, ½ tsp	1.5 g	Salt	5 g
Red chili powder, ¼ tsp	0.75 g		

Procedure

- i) Cleaned and washed goat meat (medium size) pieces are marinated with all the spices and yogurt except sugar and raisins.
- ii) In a big vessel oil is heated and the marinated meat is put in and stirred well. Cooking is continued till the whole water is dried out. Then little water is added. When the meat turn soft sugar and raisins are added and after a while when little fluid remains it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	228.906 Kcal	Carotene	4.621µg
Protein	18.111 g	Vitamin – B1	0.025 mg
Fat	15.707 g	Vitamin – B2	0.026 mg
Carbohydrate	3.791 g	Vitamin - C	2.306 mg
Ash	1.725 g	Calcium	43.479 mg
Moisture	60.469 g	Iron	0.376 mg
Fiber	0.256 g		

6.2.1.51 Goat Meat Powder milk & Special Masala Korma

Ingredients

Goat meat	1000 g	Pepper corn powder, ½ tsp	1.5 g
Soya bean oil	125 g	Pach foron powder, ½ tsp	1.5 g
Onions	250 g	Cardamom green powder, ¼ tsp	0.75 g
Ginger paste, 1¼ tsp	6.25 g	Cinnamon stick powder, ¼ tsp	0.75 g
Garlic paste, 1¼ tsp	6.25 g	Sugar, 4 tsps	20 g
Cumin seed paste, 1 tsp	5 g	Powder milk, ½ cup	60 g
Cardamom green paste, ¼ tsp	1.25 g	Red chili powder, 2 tsps	6 g
Cinnamon stick paste, ¼ tsp	1.25 g	Bay leaves, 2 pc	1 g
Coriander seed powder, ½ tsp	1.5 g	Salt	5 g

Procedure

- i) Cleaned and washed goat meat (medium size) pieces are marinated with all the ingredients except crashed spices and suger.
- ii) In a big vessel oil is heated and the marinated meat along with little water is put in and stirred well. Cooking is continued till the whole water is dried out. Then little water is added and the vessel is covered by a lid. When the meat turn soft suger and crashed spices are added. Then it is brought down from the fire when little fluid remains.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	258.898 Kcal	Carotene	7.755 µg
Protein	19.375 g	Vitamin – B1	0.462 mg
Fat	16.821 g	Vitamin – B2	0.089 mg
Carbohydrate	7.502 g	Vitamin - C	3.174 mg
Ash	1.967 g	Calcium	84.548 mg
Moisture	53.684 g	Iron	0.444 mg
Fiber	0.501 g		

6.2.1.52 Rui Fish Rezaala

Ingredients

Rui fish, 7 pieces	318 g	Cinnamon sticks, 2 pc	1 g
Soya bean oil, ½ cup	65 g	Cardamom greens, 2 pc	0.5 g
Onion, (chopped) ¾ cup	90 g	Yogurt, ½ cup	120 g
Garlic paste, ⅓ tbsp	5 g	Milk, ¼ cup	56.25 g
Ginger paste, ⅓ tbsp	5 g	Rose flavored water, ⅓ tsp	1.667 g
Coriander seed paste, ½ tbsp	7.5 g	Green chillies, 7 pc	21 g
Turmeric powder, ¼ tsp	0.75 g	Salt	3 g
Red chili powder, ⅓ tbsp	3 g	Water	100 ml
Cumin seed powder, ⅓ tbsp	3 g		

Procedure

Onion and garam masala are fried lightly in heated oil. All other paste and powder spices are dissolved in a cup of water and put in and fried for while. When the whole water is dried out and the oil arise on the top, salt and ¾ cup of water is added. When it starts boiling fish pieces are put in. 2/3 minutes later fish pieces are turn upside down. After 3 minutes beaten yogurt is added. The vessel is then shaken to mix it well. Milk, green chillies and rose flavoured water is added and the vessel is covered by a lid. The fire is reduced. After 15-20 minutes it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	173.019 Kcal	Vitamin- A	0.286 µg
Protein	7.72 g	Carotene	89.365 µg
Fat	13.096 g	Vitamin – B1	0.062 mg
Carbohydrate	6.158 g	Vitamin – B2	0.086 mg
Ash	1.341 g	Vitamin - C	14.341 mg
Moisture	70.591 g	Calcium	299.505 mg
Fiber	0.98 g	Iron	1.024 mg

6.2.1.53 Rui Fish Kofta Kari

Ingredients

Rui fish, 1 Big size	4000 g	Pepper corn powder, 1 tsp	3 g
Soya bean oil, 2 cups	390 g	Cinnamom sticks, 2 pc	1 g
Bread, 2 slices (soaked in milk)	60 g	Cardamom greens, 4 pc	1 g
Eggs, 2 pc	130 g	Cloves, 4 pc	1 g
Ginger paste, 1 tsp	5 g	Bay leaves, 2 pc	0.5 g
Garlic paste, 1 tsp	5 g	Green chillies, 4 pc	12 g
Cumin seed paste, 1 tsp	5 g	Chopped onion, 1 cup	120 g
Red chilli powder, 1 tsp	3 g	Chopped parsley, 1 cup	36 g
Turmeric powder, ½ tsp	1.5 g	Salt	10 g
Coriender seed powder, ½ tsp	1.5 g	Water	1000 ml

Procedure

Raw Rui fish is rolled on a flat mortar with a pestle to make a paste and skin and bone are separated. Garam masalas are lightly roasted and rolled in the same way to make dust. Garam masala dust, pepper corn powder, salt, beaten egg, paste spices and bread slices are mixed well with paste fish. Many small round shapes are made from it, which are fried in oil in which these will be submerged. Chopped onion is fried in that oil and turmeric, red chilli and coriender seed powder, ginger and cumin seed paste along with little water are put in and fried for while. Then water is added. When it starts boiling fish balls (kofta) are added. Green chillies and parsley are added before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	174.579 Kcal	Vitamin- A	9.147 µg
Protein	12.437 g	Carotene	74.632 µg
Fat	11.773 g	Vitamin – B1	0.045 mg
Carbohydrate	4.646 g	Vitamin – B2	0.065 mg
Ash	1.001 g	Vitamin - C	17.636 mg
Moisture	70.031 g	Calcium	468.387 mg
Fiber	0.13 g	Iron	1.648 mg

6.2.1.54 Hilsha Fish Korma

Ingredients

Hilsha fish	1000 g	Lemon juice, 1 tbsp	15 g
Soya bean oil / ghee, $\frac{3}{4}$ cup	146.25 g	Green chillies, (chopped) 6 pc	18 g
Yogurt, $\frac{1}{2}$ cup	120 g	Sugar, 1 tbsp	15 g
Onion paste, $\frac{1}{2}$ cup	90 g	Cinnamon sticks, 2 pc	1 g
Ginger paste, 2 tsps	10 g	Cardamom greens, 6 pc	1 g
Garlic paste, 2 tsps	10 g	Kaora water, 2 tsps	30 g
Turmeric paste, $\frac{1}{2}$ tsp	2.5 g	Salt	5 g
Coriander seed paste, 1 tbsp	15 g	Water, $\frac{1}{2}$ cup	125 ml

Procedure

- i) Fish is cut into big pieces and washed well. All the ingredients except green chillies and garam masala are mixed with $\frac{1}{2}$ cup of water.
- ii) In a big vessel oil / ghee is added and the mixture of water and spices are put in. When it starts boiling fish pieces are added. Salt and garam masala are put in and cooking continued for 5 minutes in a covered vessel. Green chillies are added before brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	349.747 Kcal	Carotene	48.889 μ g
Protein	16.599 g	Vitamin – B1	0.02 mg
Fat	28.748 g	Vitamin – B2	0.03 mg
Carbohydrate	6.236 g	Vitamin - C	21.18 mg
Ash	2.337 g	Calcium	162.472 mg
Moisture	42.563 g	Iron	1.999 mg
Fiber	0.699 g		

6.2.1.55 Hilsha Whole

Ingredients

Hilsha fish	1000 g	Egg, (boiled) 1 pc	65 g
Soya bean oil, ¼ cup	48.75 g	Ginger paste, ½ tbsp	7.5 g
Onion, (chopped) ½ cup	60 g	Garlic paste, ½ tbsp	7.5 g
Potato, (boiled paste) 2 pc	96 g	Toast dust, ½ cup	40 g
Lemon juice, 1 tbsp	15 g	Salt	3 g

Procedure

- i) Gill and entrails are taken out from the Hilsha fish and cleaned and washed well. Then it is boiled in water with salt, ginger and garlic paste and lemon juice.
- ii) Bones are separated from the boiled fish.
- iii) In a vessel onions are fried in the heated oil for 2 minutes. Mixture of fish paste (without bone) and potato paste and boiled egg (chopped) are put in and stirred frequently. Tasting salt are added in it.
- iv) The fish is decorated with toast dust.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	368.716 Kcal	Vitamin- A	21.935 µg
Protein	22.785 g	Carotene	0.38 µg
Fat	26.342 g	Vitamin – B1	0.027 mg
Carbohydrate	10.299 g	Vitamin – B2	0.039 mg
Ash	2.749 g	Vitamin - C	26.065 mg
Moisture	37.869 g	Calcium	184.932 mg
Fiber	0.149 g	Iron	3.846 mg

6.2.1.56 Coconut Prawn

Ingredients

Prawn, (without shell) 2 cups	500 g	Garlic paste, 1 tsp	5 g
Soyabean oil, ½ cup	97.5 g	Cumin seed paste, 1 tsp	5 g
Coconut paste, ½ cup	150 g	Green chillies, 4 pc	12 g
Onions, (Ind)(big) 2 pc	120 g	Pepper corn powder, 1 tsp	3 g
Termeric powder, 1 tsp	3 g	Cumin seed powder, 1 tsp	3 g
Red chilli powder, 2 tsps	6 g	Salt	4 g
Ginger paste, 1 tsp	5 g	Water	200 ml

Procedure

- i) Oil is heated and little amount of sliced onions are put in and fried till red. Then all the spices except pepper corn and cumin seed powder and rest of the onions along with little water is added. It is then cooked for while.
- ii) Prawn and coconut paste is added to it. Cooking continued on a medium fire and stirred frequently till the whole water is dried out.
- iii) Little water is then added. When it become soft and little fluid remains pepper corn and cumin seed powder is added before brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	216.536 Kcal	Carotene	34.789 µg
Protein	10.901 g	Vitamin – B1	0.035 mg
Fat	16.985 g	Vitamin – B2	0.076 mg
Carbohydrate	4.983 g	Vitamin - C	3.168 mg
Ash	1.623 g	Calcium	183.17 mg
Moisture	64.561 g	Iron	3.442 mg
Fiber	1.042 g		

6.2.1.57 Prawn Malaikari

Ingredients

Prawn (with head) (medium size)	1000 g	Suger, ½ tbsp	7.5 g
Soyabean oil, ½ cup	97.5 g	Green chillies, 8 pc	24 g
Onion paste	250 g	Coconut milk, 2 cups	460 g
Ginger paste, 1 tsp	5 g	Bay leaves, 2 pc	0.5 g
Garlic paste, 1 tsp	5 g	Salt	6 g

Procedure

Oil is heated and all the spices are put in and fried for while. Cleaned and washed prawn (without shell) are put in it and stirred for while. Coconut milk is then added. When no fluid remains suger is added and stirred well. Then brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	258.17 Kcal	Carotene	33.976 µg
Protein	11.529 g	Vitamin – B1	0.048 mg
Fat	20.051 g	Vitamin – B2	0.071 mg
Carbohydrate	7.144 g	Vitamin - C	4.734 mg
Ash	1.735 g	Calcium	182.372 mg
Moisture	59.1 g	Iron	3.488 mg
Fiber	0.213 g		

6.2.1.58 Special Prawn Malaikari

Ingredients

Prawn, (without shell) 2 cups	500 g	Red chilli paste, 1 tsp	5 g
Soya bean oil, ½ cup	97.5 g	Lemon juice, 2 tsps	30 g
Coconut milk, 1 cup	230 g	Green chillies, 4 pc	12 g
Onion paste, ⅓ cup	60 g	Cinnamon stick, 1 pc	0.5 g
Ginger paste, ½ tsp	2.5 g	Suger, 2 tsps	10 g
Garlic paste, 1 tsp	5 g	Salt	4 g
Turmeric paste, 1 tsp	5 g	Water, ¼ cup	62.5 ml

Procedure

- i) Washed and cleaned prawns are marinated with diluted coconut milk, all the paste spices, lemon juice, cinnamon sticks, salt and sugar and kept on a medium fire.
- ii) When the water is dried out it is stirred well for 1 minute. Thick coconut milk and green chillies are added to it and kept on a slow fire for few minutes. Then brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	268.665 Kcal	Carotene	29.017 µg
Protein	11.624 g	Vitamin – B1	0.039 mg
Fat	21.47 g	Vitamin – B2	0.072 mg
Carbohydrate	6.628 g	Vitamin - C	4.83 mg
Ash	1.735 g	Calcium	185.34 mg
Moisture	58.017 g	Iron	3.581 mg
Fiber	0.365 g		

6.2.1.59 Mohinga

Ingredients

Prawn, (without shell)	60 g	Egg white, 1 pc	32.5 g
Sesame seeds oil, ¼ tsp	1.25 g	Arrowroot, ½ cup	40 g
Onion, (finely chopped)1 big	40 g	Salt, ¼ tsp	1.25 g

Procedure

Prawns are first cleaned and washed well. These are then minced and mixed with sesame seed oil, chopped onions and salt. Egg white and arrowroot are then mixed well. Many small round shapes are made from it and fried in oil.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	179.676 Kcal	Vitamin- A	57.492 µg
Protein	10.582 g	Vitamin – B1	0.054 mg
Fat	3.839 g	Vitamin – B2	0.119 mg
Carbohydrate	25.562 g	Vitamin - C	2.749 mg
Ash	1.904 g	Calcium	153.975 mg
Moisture	58.263 g	Iron	6.646 mg
Fiber	0.15 g		

6.2.1.60 Pangase Fish Korma

Ingredients

Pangase fish	1000 g	Cinnamon sticks, 4 pc	2 g
Ghee, $\frac{3}{4}$ cup	146.25 g	Cardamom greens, 6 pc	1.5 g
Sour curd, $\frac{1}{2}$ cup	120 g	Green chillies, 7 pc	21 g
Ginger paste, 2 tsps	10 g	Sugar, 1 tbsp	15 g
Garlic paste, 1 tsp	5 g	Salt	5 g
Turmeric paste, $\frac{1}{2}$ tsp	2.5 g	Water	200 ml
Coriander seed paste, 1 tbsp	15 g		

Procedure

Cleaned and washed fish pieces are marinated with all the ingredients and little water is added. Then put on a fire. Cooking continued on a slow fire in a covered vessel. When whole water is dried out again water is added and green chillies and sugar are put in. Cooking continued on a slow fire in a covered vessel. When oil arise on the top it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	218.186 Kcal	Carotene	46.431 μ g
Protein	8.842 g	Vitamin – B1	0.011 mg
Fat	18.74 g	Vitamin – B2	0.024 mg
Carbohydrate	3.515 g	Vitamin - C	6.127 mg
Ash	1.162 g	Calcium	128.09 mg
Moisture	67.129 g	Iron	0.616 mg
Fiber	0.549 g		

6.2.2 Curry Dishes

6.2.2.1 Heavy Onion Beef Bhuna

Ingredients

Beef	1000 g	Turmeric powder, 1 tsp	3 g
Soya bean oil, 4 tbsp	60 g	Cinnamom sticks, 6 pc	3 g
Onions, 10 medium size	280 g	Cardamom greens, 6 pc	2 g
Ginger paste, 1 tbsp	15 g	Bay leaves, 2 pc	1 g
Garlic paste, 1 tbsp	15 g	Salt	15 g
Red chillie powder, 2 tsp	6 g		

Procedure

Beef pieces (medium) are cleaned and washed properly. Then marinated with all the spices and kept on a slow fire. The vessel is covered by a lid. When the whole water is boiled dry then extra water is added. Cooking continued until the meat turn soft and little fluid remains.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	166.956 Kcal	Carotene	2.680 µg
Protein	19.547 g	Vitamin – B1	0.154 mg
Fat	8.106 g	Vitamin – B2	0.043 mg
Carbohydrate	3.920 g	Vitamin - C	5.060 mg
Ash	2.538 g	Calcium	22.763 mg
Moisture	65.551 g	Iron	0.985 mg
Fiber	0.423 g		

6.2.2.2 Beef Jhol

Ingredients

Beef	1000 g	Cumin seed paste, 1 tbsp	15 g
Soya bean oil, ½ cup	97.5 g	Coriander seed powder, 1 tsp	3 g
Potato, ¼ kg	250 g	Peppercorn, 2 pc	0.5 g
Onions (Ind), 2 big size	120 g	Cinnamom sticks, 3 big	2 g
Ginger paste, 1 tbsp	15 g	Cardamom greens, 5 pc	2 g
Garlic paste, 1 tbsp	15 g	Bay leaves, 2 pc	1 g
Turmeric powder, 1 tsp	3 g	Cloves, 2 pc	1 g
Red chillie powder, 1 tbsp	9 g	Salt	15 g

Procedure

Onions are fried in heated oil and all other ingredients & salt are put in and fried for while. Then meat (previously washed) along with water is added. Cooking continued in a covered vessel on a slow fire till the whole water is dried out. Then potatoes (Previously fried in oil) are put in and cooked for while along with meat and water is added. Cooking is continued till the meat turn soft and oil arise on the top.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	200.336 Kcal	Carotene	13.519 µg
Protein	18.327 g	Vitamin – B1	0.146 mg
Fat	11.096 g	Vitamin – B2	0.050 mg
Carbohydrate	6.999 g	Vitamin - C	5.189 mg
Ash	2.461 g	Calcium	33.896 mg
Moisture	60.626 g	Iron	1.414 mg
Fiber	0.722 g		

6.2.2.3 Fried Liver

Ingredients

Liver (cow)	1000 g	Pepper corn powder, 1 tsp	3 g
Soyabean oil, ½ cup	97.5 g	Onion paste, 4 tsps	20 g
Ginger paste, 1 tsp	5 g	Lemon juice, 4 tsps	20 g
Garlic paste, 1 tsp	5 g	Salt	5 g

Procedure

- i) Liver is cut into square chunks and cleaned and washed well. These are marinated with all the spices including lemon juice.
- ii) These are then fried in oil on a slow fire. When all the water is dried out and the oil arises on the top it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	219.016 Kcal	Carotene	3.792 µg
Protein	23.16 g	Vitamin – B1	0.003 mg
Fat	14.102 g	Vitamin – B2	0.003 mg
Carbohydrate	0.86 g	Vitamin - C	1.384 mg
Ash	2.038 g	Calcium	22.457 mg
Moisture	61.419 g	Iron	0.143 mg
Fiber	0.118 g		

6.2.2.4 Chicken (Local) Potato Jhol

Ingredients

Chicken (local) (dressed), 1 pc	652.5 g	Turmeric powder, 1 tsp	3 g
Potato, 6 medium size	288 g	Garlic paste, 1 tsp	5 g
Onion, 5 medium size	140 g	Cinnamom sticks, 3 pc	2 g
Soyabean oil, 4 tbsps	60 g	Cardamom greens, 4 pc	1 g
Ginger paste, 1 tsp	5 g	Bay leaf, 1 pc	0.5 g
Coriender seeds powder, ½ tsp	1.5 g	Salt	3 g
Red chillie powder, 1½ tsp	4.5 g	Water	500 ml

Procedure

Onions are fried in oil till red. All the spices are added in it. Fried for few moments. Then chicken pieces are added. Cooking continues on a slow fire. When the whole water is dried out extra water is added and the vessel is covered with a lid. The burner heat is increased. When the meat turns soft it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	117.926 Kcal	Carotene	2.625 µg
Protein	11.747 g	Vitamin – B1	0.019 mg
Fat	5.285 g	Vitamin – B2	0.070 mg
Carbohydrate	6.100 g	Vitamin - C	3.376 mg
Ash	1.033 g	Calcium	19.932 mg
Moisture	75.427 g	Iron	0.036 mg
Fiber	0.326 g		

6.2.2.5 Chicken (boiler) Potato Jhol

Ingredients

Chicken (boiler) (dressed), 1 pc	1000 g	Red chillie powder, 1½ tsp	4.5 g
Potato, 3 medium size	144 g	Termeric powder, 1 tsp	3 g
Onion-3 medium size	84 g	Cinnamom sticks, 3 pc	2 g
Soyabean oil, 5 tbsps	75 g	Cardamom greens, 4 pc	1 g
Garlic paste, 1 tsp	5 g	Bay leaf, 1 pc	0.5 g
Ginger paste, 1 tsp	5 g	Salt	4 g
Cumin seed paste, ½ tsp	2.5 g	Water	500 ml

Procedure

Onions are fried in oil till red. All the spices are added in it. fried for few moments. Little water is added. When it boils potato pieces are added and cooked for while. Then chicken pieces are added. Cooking continues on a slow fire till the while water is dried out. Then water is added as needed and the vessel is covered by a lid. The burner heat is increased. When the meat turns soft it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	126.044 Kcal	Carotene	2.195 µg
Protein	15.780 g	Vitamin – B1	0.011 mg
Fat	5.707 g	Vitamin – B2	0.090 mg
Carbohydrate	3.003 g	Vitamin - C	1.678 mg
Ash	1.186 g	Calcium	21.390 mg
Moisture	73.99 g	Iron	0.215 mg
Fiber	0.213 g		

6.2.2.6 Potato & Parwar Chicken (Boiler) Jhol

Ingredients

Chicken (boiler) (dressed), 1 pc	1000 g	Coriender seed paste, 1 tsp	5 g
Soyabean oil, ¼ cup	48.75 g	Red chillie powder, 1 tsp	3 g
Potato, 3 medium size	144 g	Turmeric powder, ½ tsp	1.5 g
Parwars, 4 (medium size)	180 g	Cinnamom sticks 3 pc	2 g
Onions (Indian), 2 big size	120 g	Cardamom greens, 4 pc	1 g
Ginger paste, 1 tsp	5 g	Bay leaf, 1 pc	0.5 g
Garlic paste, 1 tsp	5 g	Salt	4 g
Cumin seed paste, 1 tsp	5 g	Water	500 ml

Procedure

Onions and garam masala are fried in heated oil. Then potato, parwar and meat along with all the paste spices are put in the vessel and cooking continues till the whole water is dried out. Then water is added and covered with a lid. When the meat become soft the fire is reduced and the vessel kept on the fire till the oil arise on the top.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	104.095 Kcal	Carotene	88.642 µg
Protein	14.569 g	Vitamin – B1	0.044 mg
Fat	3.626 g	Vitamin – B2	0.085 mg
Carbohydrate	3.408 g	Vitamin - C	1.917 mg
Ash	1.149 g	Calcium	25.797 mg
Moisture	76.847 g	Iron	0.473 mg
Fiber	0.612 g		

6.2.2.7 Chicken (Local) Papaya Jhol

Ingredients

Chicken (local) (dressed), 1pc	652.5 g	Turmeric powder, ½ tsp	1.5 g
Papya, 1 medium size	500 g	Coriender seed powder, ½ tsp	1.5 g
Soyabean oil, 5 tbsp	75 g	Cinnamom sticks (medium), 3 pc	2 g
Onions (Indian), 3 big size	180 g	Cardamom greens, 4 pc	1 g
Ginger paste, 1 tsp	5 g	Bay leaf, 1 pc	0.5 g
Garlic paste, 1 tsp	5 g	Salt	3 g
Cumin seed paste, ½ tsp	2.5 g	Water	500 ml
Red chillie powder, 1 tsp	3 g		

Procedure

Onions and garam masala are fried in heated oil. Then all other spices are put in and fried for while. Chicken pieces are added. After a minute or so papya is added and cooking continues in a covered vessel on a slow fire till the whole water is dried out. Then water is added. When the meat turn soft and the required fluid level is achived it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	110.607 Kcal	Carotene	139.188 µg
Protein	10.716 g	Vitamin – B1	0.111 mg
Fat	6.043 g	Vitamin – B2	0.064 mg
Carbohydrate	3.366 g	Vitamin - C	3.018 mg
Ash	1.170 g	Calcium	22.374 mg
Moisture	78.34 g	Iron	0.427 mg
Fiber	0.448 g		

6.2.2.8 Plain Chicken (Local) Bhuna

Ingredients

Chicken (local) (dressed), 1 pc	652.5 g	Coriender seed powder, 1 tsp	3 g
Soyabean oil, ½ cup	97.5 g	Green chillies, 4 pc	12 g
Onions- sliced thin, 4 big size	160 g	Cinnamom sticks ,3 pc	2 g
Turmeric powder, 1 tsp	3 g	Cardamom greens, 4 pc	1 g
Red chillie powder, ½ tbsp	5 g	Bay leaf, 1 pc	0.5 g
Ginger paste, 1 tsp	5 g	Salt	3 g
Garlic paste, ½ tsp	2.5 g	Water	300 ml
Cumin seed paste, ⅔ tsp	3.33 g		

Procedure

Onions and garam masala are fried in oil. All the spices along with chicken pieces are put in and cooked in a covered vessel on a slow fire till the oil is separated from the spices. Then water is added and cooking continued till the meat becomes soft. When the most water is dried out and the fluid portion becomes thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	171.760 Kcal	Carotene	33.306 µg
Protein	15.354 g	Vitamin – B1	0.023 mg
Fat	10.997 g	Vitamin – B2	0.090 mg
Carbohydrate	2.845 g	Vitamin - C	3.525 mg
Ash	1.271 g	Calcium	29.646 mg
Moisture	68.844 g	Iron	0.390 mg
Fiber	0.528 g		

6.2.2.9 Plain Chicken (Boiler) Bhuna

Ingredients

Chicken (boiler) (dressed), 1 pc	1000 g	Turmeric powder, 1 tsp	3 g
Soyabean oil, ¼ cup	146.25 g	Cinnamom sticks (medium), 3 pc	2 g
Onions, 8 medium size	224 g	Cardamom greens, 4 pc	1 g
Ginger paste, 1 tbsp	15 g	Bay leaf, 1pc	0.5 g
Garlic paste, ½ tbsp	7.5 g	Salt	4 g
Red chillie powder, 1½ tsp	4.5 g	Water	200 ml

Procedure

Onions and garam masala are fried in oil. All other spices and salt are put in and fried for while. Chicken pieces are added and cookin continues till the oil is seperated from the spices. Then water is added and cooking continued till the meat become soft. When the most water is dried out and the fluid portion becomes thick it is brouht down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	191.296 Kcal	Carotene	1.789 µg
Protein	18.011 g	Vitamin – B1	0.018 mg
Fat	12.139 g	Vitamin – B2	0.101mg
Carbohydrate	2.504 g	Vitamin - C	2.177 mg
Ash	1.361 g	Calcium	26.400 mg
Moisture	65.554 g	Iron	0.213 mg
Fiber	0.265 g		

6.2.2.10 Chicken with Green Leafy Vegetable

Ingredients

Chicken (boiler) (dressed), 1 pc	1000 g	Ginger paste, 1 tsp	5 g
Soyabean oil, 1 cup	195 g	Garlic paste, 1 tsp	5 g
Onion - sliced thin, 1 cup	120 g	Turmeric paste, 1 tsp	5 g
Chopped ginger, 2 tbsp	10 g	Chopped spinach, 1 cup	80 g
Copped garlic, 1 tsp	3.33 g	Chopped pui leaves, 1 cup	80 g
Onion paste, ¼ cup	45 g	Sweet potato leaves, 1 cup	80 g
Coriender seed paste, 2 tsps	10 g	Salt	4 g
Cumin seed paste, 2 tsps	10 g	Water	100 ml
Red chillie paste, 2 tsps	10 g		

Procedure

Chicken pieces are marinated with all the paste spices for 10-15 minutes. In a big vessel ginger and garlic are fried in heated oil and onion slices are also put in and fried till red. Marinated chicken pieces are also put in and cooked for while. Then all the leafy vegetables are added and cooked in the covered vessel along with the chicken. When all the water is dried out little ($\frac{1}{2}$ cup) water is added. Cooking continued on a slow fire till the oil arise on the top.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	219.170 Kcal	Carotene	1713.315 μ g
Protein	17.367 g	Vitamin – B1	0.030 mg
Fat	15.029 g	Vitamin – B2	0.139 mg
Carbohydrate	3.619 g	Vitamin - C	12.872 mg
Ash	1.647 g	Calcium	72.392 mg
Moisture	61.563 g	Iron	2.321 mg
Fiber	0.836 g		

6.2.2.11 Egg Dopeaza

Ingredients

Eggs, 4 pc	260 g	Green chillies, 3 pc	9 g
Soya bean oil, ¼ cup	48.75 g	Pepper corn powder, a pinch	0.5 g
Onion - sliced thin, ⅛ cup	15 g	Coriender leaves, ½ tbsp	1.5 g
Turmeric powder, ¼ tsp	0.75 g	Salt, ½ tsp	2.5 g
Red chillie powder, ¼ tsp	0.75 g	Water	200 ml
Ginger paste, ¼ tsp	1.25 g		

Procedure

- i) Eggs are fully boiled and skins are peel off from it.
- ii) Onions are fried in the heated oil. After a while little water along with all other spices are added. Then eggs are put in and cooked for while. Coriender leaves are added before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	189.848 Kcal	Vitamin- A	152.363 µg
Protein	6.911 g	Carotene	65.118 µg
Fat	17.548 g	Vitamin – B1	0.059 mg
Carbohydrate	1.052 g	Vitamin – B2	0.208 mg
Ash	1.129 g	Vitamin - C	3.064 mg
Moisture	73.927 g	Calcium	33.998 mg
Fiber	0.218 g	Iron	10.866 mg

6.2.2.12 Egg Bhuna with Tomato

Ingredients

Eggs, 4 pc	260 g	Red chillie powder, ¼ tsp	0.75 g
Soya bean oil, 2 tbsps	30 g	Cumin, seed paste, ¼ tsp	1.25 g
Tomatoes, 2 pc	200 g	Green chillies, 4 pc	12 g
Onions, 4 medium size	112 g	Salt	2.5 g
Turmeric powder, ¼ tsp	0.75 g	Water	150 ml

Procedure

- i) Full boiled eggs are fried in oil adding little turmeric and salt.
- ii) Onions are fried in the heated oil. After a while little water along with all other spices and tomato are added and cooked for while. Then eggs are added and cooking continued in a covered vessel. When the broth becomes thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	120.336 Kcal	Vitamin- A	106.439 µg
Protein	5.290 g	Carotene	145.934 µg
Fat	9.470 g	Vitamin – B1	0.090 mg
Carbohydrate	3.462 g	Vitamin – B2	0.166 mg
Ash	1.028 g	Vitamin - C	12.077 mg
Moisture	80.841 g	Calcium	46.203 mg
Fiber	0.511 g	Iron	7.814 mg

6.2.2.13 Plain Egg Bhuna

Ingredients

Eggs, 4 pc	260 g	Red chillie powder, ½ tsp	1.5 g
Soyabean oil, 2 tbsps	30 g	Bayleaf, 1 pc	0.5 g
Onion paste, 3 medium size	84 g	Salt	2 g
Ginger paste, ¼ tsp	1.25 g	Water	200 ml
Garlic paste, ¼ tsp	1.25 g		

Procedure

- i) Eggs are fully boiled and skins are peel off from it.
- ii) In another vessel onion and all other spices are fried for while. Eggs are put in it and cooked for while. Then water is added. When it seems that the eggs are smeared with spices it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	147.138 Kcal	Vitamin- A	142.157 µg
Protein	6.589 g	Carotene	1.166 µg
Fat	12.525 g	Vitamin – B1	0.064 mg
Carbohydrate	2.006 g	Vitamin – B2	0.194 mg
Ash	1.008 g	Vitamin - C	1.987 mg
Moisture	78.22 g	Calcium	36.773 mg
Fiber	0.199 g	Iron	10.115 mg

6.2.2.14 Rui Fish Jhol

Ingredients

Rui fish , 7 pc	318 g	Turmeric powder, ½ tsp	1.5 g
Soyabean oil, 2 tbsps	30 g	Green chillies, 4 pc	12 g
Onions, 6 medium size	168 g	Salt	2 g
Garlic paste, ½ tsp	2.5 g	Water	400 ml
Red chilli powder, 1 tsp	3 g		

Procedure

- i) Chopped onions are fried in heated oil. When the onions turn red; all other spices are put in along with little water. Salt is added and stirred for while.
- ii) Fish is added and cooking continued in a covered vessel on a slow fire till the whole water is absorbed.
- iii) Then water is added and the fire is raised. When the fluids become thick green chillies are added, kept while on a fire, and then brought down.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	83.543 Kcal	Carotene	36.58 µg
Protein	5.472 g	Vitamin – B1	0.04 mg
Fat	4.792 g	Vitamin – B2	0.03 mg
Carbohydrate	4.606 g	Vitamin - C	11.346 mg
Ash	0.75 g	Calcium	210.518 mg
Moisture	84.151 g	Iron	0.537 mg
Fiber	0.376 g		

6.2.2.15 Rui Fish Jhol with Potato & Parwar

Ingredients

Rui fish, 7 pc	318 g	Cumin seed paste, 1 tsp	5 g
Soyabean oil, 3 tbsps	45 g	Red chilli powder, 1½ tsp	4.5 g
Potato, 2 medium size	96 g	Turmeric powder, ½ tsp	1.5 g
Parwars, 3 pc	135 g	Green chillies, 5 pc	15 g
Onions – chopped, 4 big	160 g	Salt	3 g
Ginger paste, ½ tsp	2.5 g	Water	400 ml
Garlic paste, ½ tsp	2.5 g		

Procedure

- i) Fish pieces are cleaned and washed well. These are marinated with little turmeric, red chillies and salt, which are fried lightly in heated oil.
- ii) Onion is fried lightly in heated oil, in which all the spices are added along with little water and stirred for while. Potato and parwar are put in and cooked for while. Then water is added.
- iii) When it starts boiling previously fried fishes are added. When the fluids become thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	96.304 Kcal	Carotene	150.646 µg
Protein	4.906 g	Vitamin – B1	0.081 mg
Fat	5.678 g	Vitamin – B2	0.033 mg
Carbohydrate	6.506 g	Vitamin - C	10.473 mg
Ash	0.869 g	Calcium	174.857 mg
Moisture	81.748 g	Iron	0.907 mg
Fiber	0.894 g		

6.2.2.16 Rui Fish Jhol with Potato

Ingredients

Rui fish, 7 pc	318 g	Cumin seed paste, ½ tsp	2.5 g
Soyabean oil, ½ cup	97.5 g	Red chillie powder, 1 tsp	3 g
Potatoes, 2 big size	160 g	Turmeric powder, ½ tsp	1.5 g
Onion – chopped, 1 big size	40 g	Green chillies, 5 pc	15 g
Onion paste, 1 tsp	5 g	Salt	3
Ginger paste, 1 tsp	5 g	Water	400 ml
Garlic paste, 1 tsp	5 g		

Procedure

- i) Fish pieces are cleaned and washed well.
- ii) Onion is fried in heated oil and all other spices are put in along with little water and stirred for while. Then fish pieces are added and cooked for while in a covered vessel on a slow fire. Then the fish pieces are taken out of the vessel and kept seperately.
- iii) Then potatoes are added and cooked for while adding little water. When the potatoes turn semi tenders the fishes and water is added. When the fluid becomes thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	163.749 Kcal	Carotene	42.327 µg
Protein	5.074 g	Vitamin – B1	0.032 mg
Fat	13.039 g	Vitamin – B2	0.032 mg
Carbohydrate	6.72 g	Vitamin - C	10.714 mg
Ash	0.844 g	Calcium	186.281 mg
Moisture	74.138 g	Iron	0.619 mg
Fiber	0.394 g		

6.2.2.17 Rui Fish Jhol with Potato & Ride Gourd

Ingredients

Rui fish, 7 pc	318 g	Cumin seed paste, ½ tsp	2.5 g
Soyabean oil, 3 tbsps	45 g	Red chillie powder, 2 tsps	6 g
Ride gourd (small), 3 pc	300 g	Turmeric powder, ½ tsp	1.5 g
Onion – paste, 4 medium size	112 g	Salt	3 g
Ginger paste, 1 tsp	5 g	Water	400 ml
Garlic paste, 1 tsp	5 g		

Procedure

- i) Fish pieces are cleaned and washed well. These are marinated with little turmeric, red chillies and salt, which are fried lightly in heated oil.
- ii) All the spices are added in heated oil and fried for while. Fried fish pieces are put in and cooked for while. Then ride gourd pieces are added. Cooking continued in a covered vessel on a slow fire till the whole water is dried out.
- iii) Then water is added and fire is raised. When the fluid becomes thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	88.922 Kcal	Carotene	5.993 µg
Protein	4.917 g	Vitamin – B1	0.061 mg
Fat	5.777 g	Vitamin – B2	0.032 mg
Carbohydrate	4.281 g	Vitamin - C	7.987 mg
Ash	0.796 g	Calcium	173.56 mg
Moisture	83.916 g	Iron	0.625 mg
Fiber	0.475 g		

6.2.2.18 Rui Fish Fry Bhuna

Ingredients

Rui fish, 7 pc	318 g	Coriender seed powder, ½ tsp	1.5 g
Soyabean oil, 4 tbsps	60 g	Turmeric powder, ½ tsp	1.5 g
Onions, 3 medium size	84 g	Red chillie powder, 1 tsp	3 g
Onion paste, 1 tbsp	15 g	Green chillies, 5pc	15 g
Ginger paste, 1 tsp	5 g	Salt	3 g
Garlic paste, 1 tsp	5 g	Water	200 ml
Cumin seed paste, ½ tsp	2.5 g		

Procedure

- i) Fish pieces are cleaned and washed well. These are marinated with little turmeric, and salt, which are fried lightly in heated oil.
- ii) Onion is fried in heated oil in which all other spices and salt along with little water is added and stirred for while.
- iii) Fried fish pieces are put in, cooked for while and water is added. Cooking is continued in covered vessel on a medium fire. Green chillies are added and when little fluid remains it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	164.96 Kcal	Carotene	67.539 µg
Protein	7.507 g	Vitamin – B1	0.05 mg
Fat	12.52 g	Vitamin – B2	0.04 mg
Carbohydrate	5.522 g	Vitamin - C	14.872 mg
Ash	1.206 g	Calcium	288.752 mg
Moisture	72.799 g	Iron	0.886 mg
Fiber	0.654 g		

6.2.2.19 Rui Fish Nonfry Bhuna

Ingredients

Rui fish, 7 pc	318 g	Turmeric powder, ½ tsp	1.5 g
Soyabean oil, ½ cup	97.5 g	Red chilli powder, 1 tsp	3 g
Onions, 5 medium size	140 g	Salt	3 g
Ginger paste, 1 tsp	5 g	Water	200 ml
Garlic paste, 1 tsp	5 g		

Procedure

- i) Onion is fried in heated oil till red. Then all the spices along with little water is added and stirred for while.
- ii) When the oil arises on the top cleaned and washed fish pieces are added. Cooking continued in a covered vessel on a slow fire. After a while water is added and the fire is raised. When most of the water is dried out and it seems that the fish pieces are marinated with spices only, it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	209.226 Kcal	Carotene	2.283 µg
Protein	6.768 g	Vitamin – B1	0.044 mg
Fat	17.999 g	Vitamin – B2	0.034 mg
Carbohydrate	5.008 g	Vitamin - C	11.378 mg
Ash	1.079 g	Calcium	259.722 mg
Moisture	68.854 g	Iron	0.641 mg
Fiber	0.338 g		

6.2.2.20 Rui Fish Bhuna adding Parsley

Ingredients

Rui fish, 7 pc	318 g	Cumin seed paste, ½ tsp	2.5 g
Soyabean oil, ¼ cup	48.75 g	Green chillies, 5 pc	15 g
Onion (chopped), 1 cup	120 g	Parsley (chopped), ½ cup	18 g
Turmeric powder, ½ tsp	1.5 g	Salt	3 g
Red chilli powder, 1 tsp	3 g	Water	200 ml
Coriender seed powder, 1 tsp	3 g		

Procedure

- i) Fish pieces are cleaned and washed well. These are marinated with little turmeric, and salt, which are fried lightly in heated oil.
- ii) Onion is fried in heated oil and all other spices are put in along with little water. After a while fishes are added and cooked for while. Then water is added and the vessel is covered by a lid. Cooking continued till most of the water is dried out. Parsley is added before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	142.28 Kcal	Carotene	301.274 µg
Protein	7.345 g	Vitamin – B1	0.053 mg
Fat	9.981 g	Vitamin – B2	0.042 mg
Carbohydrate	5.729 g	Vitamin - C	19.223 mg
Ash	1.258 g	Calcium	287.378 mg
Moisture	75.137 g	Iron	1.526 mg
Fiber	0.761 g		

6.2.2.21 Rui Fish Bhuna adding Tomato

Ingredients

Rui fish, 7 pc	318 g	Cumin seed paste, ½ tsp	2.5 g
Soyabean oil, ¼ cup	48.75 g	Garlic paste, ½ tsp	2.5 g
Tomato, 2 medium size	200 g	Green chillies, 5 pc	15 g
Onions, 5 medium size	140 g	Salt	3 g
Turmeric powder, ½ tsp	1.5 g	Water	100 ml
Red chilli powder, 1 tsp	3 g		

Procedure

- i) Fish pieces are cleaned and washed well. These are marinated with little turmeric, and salt, which are fried lightly in heated oil.
- ii) Onion is fried in heated oil and all other spices are put in and fried for while. Fish pieces are added in it and after a while water is added. Sliced tomatoes are added 10-15 minutes before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	129.529 Kcal	Carotene	168.063 µg
Protein	6.586 g	Vitamin – B1	0.085 mg
Fat	8.683 g	Vitamin – B2	0.054 mg
Carbohydrate	6.212 g	Vitamin - C	21.828 mg
Ash	1.187 g	Calcium	258.939 mg
Moisture	76.777 g	Iron	0.846 mg
Fiber	0.743 g		

6.2.2.22 Rui Fish Dopeaja

Ingredients

Rui fish, 7 pc	318 g	Cumin seed paste, ½ tsp	2.5 g
Soybean oil, 125 ml	125 g	Coriender seed paste, ½ tsp	2.5 g
Onions, 10 medium size	280 g	Salt	3 g
Turmeric powder, ½ tsp	1.5 g	Water	150 ml
Red chillie powder, 1 tsp	3 g		

Procedure

- i) Fish pieces are cleaned and washed well. These are marinated with little turmeric, and salt, which are fried lightly in heated oil.
- ii) In that oil onions are fried lightly and all other spices along with little water and salt are added and fried for while. Fish pieces are put in and cooked for while. Then water is added. When little fluid remains it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	229.816 Kcal	Carotene	7.301 µg
Protein	6.149 g	Vitamin – B1	0.056 mg
Fat	19.915 g	Vitamin – B2	0.032 mg
Carbohydrate	6.476 g	Vitamin - C	11.922 mg
Ash	1.076 g	Calcium	240.05 mg
Moisture	65.906 g	Iron	0.854 mg
Fiber	0.561g		

6.2.2.23 Rui Fish Dopeaja (Adding green chillies & parsley)

Ingredients

Rui fish, 7 pieces	318 g	Red chillie powder, 1 tsp	3 g
Soya bean oil	200 g	Turmeric powder, ½ tsp	1.5 g
Chopped onion	250 g	Green chillies, 5 pc	15 g
Ginger paste, 1 tsp	5 g	Chopped parsley, ½ cup	18 g
Garlic paste, 1 tsp	5 g	Salt	3 g
Cumin seed paste, ½ tsp	2.5 g	Water	150 ml

Procedure

- i) Fish pieces are cleaned and washed well. These are marinated with little turmeric, and salt, which are fried lightly in heated oil.
- ii) Onion is fried lightly in heated oil and all other spices are put in and fried for while. Water is added. When it starts boiling fish pieces are put in. When little fluid remains green chillies and parsleys are added. It is kept on a slow fire for few minutes, then brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	297.499 Kcal	Carotene	214.632 µg
Protein	5.533 g	Vitamin – B1	0.053 mg
Fat	27.78 g	Vitamin – B2	0.033 mg
Carbohydrate	6.313 g	Vitamin - C	15.999 mg
Ash	1.015 g	Calcium	214.229 mg
Moisture	59.002 g	Iron	1.182 mg
Fiber	0.546 g		

6.2.2.24 Hilsha Fry Dopeaja

Ingredients

Hilsha fish (medium size), 8 piece	240 g	Red chilli powder, ½ tsp	1.5 g
Soyabean oil, 5 tbsps	75 g	Green chillies, 6 pc	18 g
Chopped onion, 1 cup	120 g	Salt	3 g
Onion paste, 1 tbsp	15 g	Water	100 ml
Turmeric powder, 1 tsp	3 g		

Procedure

- i) Fish pieces are marinated with turmeric powder and salt. Then fried in oil.
- ii) In that oil onions are fried lightly and all other ingredients are put in and cooked for while. Little water is added. When it starts boiling fish pieces are put in and the vessel is covered by a lid. Cooking continued on a slow fire. After 10-15 minutes it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	320.098 Kcal	Carotene	93.838 µg
Protein	10.595 g	Vitamin – B1	0.038 mg
Fat	27.906 g	Vitamin – B2	0.011 mg
Carbohydrate	6.689 g	Vitamin - C	19.888 mg
Ash	2.06 g	Calcium	100.859 mg
Moisture	52.479 g	Iron	1.399 mg
Fiber	0.606 g		

6.2.2.25 Hilsha Dopeaja

Ingredients

Hilsha fish (medium size), 8 piece	240 g	Turmeric powder, ½ tsp	1.5 g
Soyabean oil, 3 tbsps	45 g	Green chillies, 6 pc	18 g
Onions, 6 medium size	168 g	Cumin seed powder, ½ tsp	1.5 g
Ginger paste, ½ tbsp	7.5 g	Garam masala powder, ½ tsp	1.5 g
Garlic paste, ½ tbsp	7.5 g	Salt	3 g
Red chilli powder, ½ tsp	1.5 g	Water	100 ml

Procedure

Onions are fried in heated oil. Then all other spices along with little water are put in and fried for while. Fish pieces are put in it and cooked for while. Water as needed is added and cooking continued in a covered vessel. When most of the water is dried out and little fluid remains cumin seed and garam masala powder are added before brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	10.698 g	Carotene	94.722 µg
Fat	20.049 g	Vitamin – B1	0.046 mg
Carbohydrate	7.934 g	Vitamin – B2	0.018 mg
Ash	2.116 g	Vitamin - C	20.518 mg
Moisture	58.596 g	Calcium	106.334 mg
Energy	254.78 Kcal	Iron	1.542 mg
Fiber	0.761g		

6.2.2.26 Hilsha Jhol

Ingredients

Hilsha fish (medium size), 8 piece	240 g	Turmeric powder, ½ tsp	1.5 g
Soyabean oil, 2 tbsps	30 g	Green chillies, 6 pc	18 g
Onions (chopped), 4 medium size	112 g	Salt	3 g
Ginger paste, ½ tbsp	7.5 g	Water	400 ml
Garlic paste, ½ tbsp	7.5 g		

Procedure

All the spices along with salt are mixed well. Then oil is added. Fish pieces are put in it and marinated with the mixture of the spices and oil. Then little water is added and put on a fire. Cooking continued on a medium fire. After 10-15 minutes it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	7.248 g	Carotene	63.809 µg
Fat	11.326 g	Vitamin – B1	0.021 mg
Carbohydrate	4.294 g	Vitamin – B2	0.01 mg
Ash	1.383 g	Vitamin - C	13.172 mg
Moisture	75.626 g	Calcium	66.506 mg
Fiber	0.341 g	Iron	0.919 mg
		Energy	147.986 Kcal

6.2.2.27 Bottle Gourd Hilsha Jhol

Ingredients

Hilsha fish (medium size), 8 pc	240 g	Bottle gourd, 800 gm	800 g
Soya bean oil, 3 tbsps	45 g	Turmeric powder, ½ tsp	1.5 g
Coriender seed powder (roasted), ½ tsp	1.5 g	Chillies, 8 green	24 g
Onions chopped (local), 3 big size	120 g	Salt	3 g
Cumin seed powder (roasted), ½ tsp	1.5 g	Water	300 ml

Procedure

- i) Fish pieces are lightly fried in heated oil.
- ii) Onions are fried in oil.
- iii) Bottle gourd cut into big pieces are put in that oil. Turmeric and salt is added. After a while water is added. When it starts boiling fish pieces are added. Then cumin seed and coriender seed powder and green chillies are added. After 10-15 minutes it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	138.486 Kcal	Carotene	48.633 µg
Protein	4.729 g	Vitamin – B1	0.02 mg
Fat	7.722 g	Vitamin – B2	0.019 mg
Carbohydrate	12.351 g	Vitamin - C	10.485 mg
Ash	1.169 g	Calcium	56.389 mg
Moisture	73.858 g	Iron	1.024 mg
Fiber	0.664 g		

6.2.2.28 Lemon Hilsha Jhol

Ingredients

Hilsha fish (medium size), 8 pc	240 g	Lemon juice, 1 tbsp	15 g
Soyabean oil, 4 tbsps	60 g	Green chillies, 6 pc	18 g
Onions (chopped), ½ cup	60 g	Salt	3 g
Turmeric powder, 1 tsp	3 g	Water, 1½ cup	375 ml
Red chilli powder, 1 tsp	3 g		

Procedure

- i) Fish pieces are marinated with all the ingredients except lemon juice and green chillies for 20-25 minutes.
- ii) 2½ cup water is added to it and put on a fire.
- iii) When the fish pieces are boiled properly green chillies and lemon juice are added. Cooking continued on a slow fire in a covered vessel. After 10-15 minutes it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	200.848 Kcal	Carotene	68.406 µg
Protein	7.506 g	Vitamin – B1	0.019 mg
Fat	17.37 g	Vitamin – B2	0.009 mg
Carbohydrate	3.659 g	Vitamin - C	14.218 mg
Ash	1.432 g	Calcium	67.654 mg
Moisture	69.8103 g	Iron	0.98 mg
Fiber	0.482 g		

6.2.2.29 Mustard Hilsha

Ingredients

Hilsha fish (medium size), 8 pc	240 g	Tomato sauce, 2 tbsps	30 g
Mustard seeds oil, ½ cup	100 g	Green chillies, 7 pc	21 g
Mustard seed paste, 1 tbsp	15 g	Red chilli powder, 1 tsp	3 g
Onion paste, 2 tbsps	30 g	Turmeric powder, 1 tsp	3 g
Cumin seed paste, 1 tsp	5 g	Salt	3 g
Postodana paste, 2 tbsps	30 g	Water	100 ml
Chopped onions, ½ cup	60 g		

Procedure

- i) Fish pieces are marinated with all the ingredients for 20-25 minutes.
- ii) Little water is added to it. Then it is cooked through pressure cooker or steam heat.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	382.425 Kcal	Carotene	133.185 µg
Protein	11.833 g	Vitamin – B1	0.066 mg
Fat	33.245 g	Vitamin – B2	0.028 mg
Carbohydrate	9.0 g	Vitamin - C	19.327 mg
Ash	2.703 g	Calcium	223.824 mg
Moisture	42.13 g	Iron	2.165 mg
Fiber	1.406 g		

6.2.2.30 Hilsha Patury

Ingredients

Hilsha fish (medium size), 8 pc	240 g	Turmeric powder, ½ tsp	1.5 g
Mustard seed oil, 2 tbsps	30 g	Lemon juice, 1 tsp	5 g
Mustard seed paste, 1 tbsp	15 g	Salt	3 g
Onion paste, 2 tbsps	30 g	Water	100 ml
Green chillie paste, 1 tsp	5 g		

Procedure

Fish pieces are marinated with all the ingredients for 1 hour. This is then covered with banana/ bottle gourd/ ash gourd leaves using tooth picks and cooked on a fry pan, covered by a lid or setting on a hot water.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	306.198 Kcal	Carotene	49.5 µg
Protein	15.23 g	Vitamin – B1	0.046 mg
Fat	24.964 g	Vitamin – B2	0.018 mg
Carbohydrate	5.211 g	Vitamin - C	19.442 mg
Ash	2.778 g	Calcium	146.918 mg
Moisture	51.668 g	Iron	2.507 mg
Fiber	0.319 g		

6.2.2.31 Flour Hilsha fry

Ingredients

Hilsha fish	1000 g	Lemon juice, 1 tbsp	15 g
Soyabean oil (for fry), ½ cup	97.5 g	Soyabean oil, 4 tbsps	60 g
Wheat flour refined, 2 cups	160 g	Pepper corn powder, ½ tsp	1.5 g
Ginger paste, ½ tsp	2.5 g	Salt	4 g
Turmeric paste, ½ tsp	2.5 g	Water, ¾ cup	187.5 ml
Green chilli paste, ½ tsp	2.5 g		

Procedure

- i) Fish pieces are cleaned and washed well and water is drained. Then these are marinated with lemon juice and salt for 10 minutes. All the paste spices are mixed well with it.
- ii) Wheat flour refined and oil are mixed together and dissolved in water (¾ cup) to make a thick solution. Salt and pepper corn powder is added and kept for 2 hours.
- iii) Fish pieces are then smeared with that solution and fried in heated oil in which these will be submerged.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	477.359 Kcal	Carotene	13.646 µg
Protein	21.532 g	Vitamin – B1	0.023 mg
Fat	35.944 g	Vitamin – B2	0.014 mg
Carbohydrate	17.01 g	Vitamin - C	22.584 mg
Ash	2.575 g	Calcium	166.658 mg
Moisture	22.841 g	Iron	2.475 mg
Fiber	0.147 g		

6.2.2.32 Hilsha fry

Ingredients

Hilsha fish (medium size), 8 piece	240 g	Cumin seed paste, 1 tsp	5 g
Soyabean oil (for fry), ½ cup	97.5 g	Onion paste, 1 tsp	5 g
Red chilli powder, 1 tsp	3 g	Ginger paste, ½ tsp	2.5 g
Turmeric powder, 1 tsp	3 g	Salt	2 g

Procedure

Fish pieces are marinated with all the spices for 10 minutes. Then fried in heated oil in which these will be submerged.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	538.908 Kcal	Carotene	14.603 µg
Protein	15.796 g	Vitamin – B1	0.024 mg
Fat	51.026 g	Vitamin – B2	0.012 mg
Carbohydrate	4.198 g	Vitamin - C	17.564 mg
Ash	2.533 g	Calcium	150.209 mg
Moisture	1.742 g	Iron	2.326 mg
Fiber	0.637 g		

6.2.2.33 Prawn Dopeaja

Ingredients

Medium size prawn	1000 g	Cumin seed paste, ½ tbsp	7.5 g
Soyabean oil, 6 tbsps	90 g	Turmeric powder, 1 ½ tsp	4.5 g
Onions, 10 medium size	280 g	Red chilli powder, 3 tsps	9 g
Garlic paste, ½ tbsp	7.5 g	Salt	6 g
Ginger paste, ½ tbsp	7.5 g	Water	200 ml

Procedure

- i) Little amount of chopped onion is fried in heated oil till red. All the spices and rest of the chopped onion along with little water are added and fried for while.
- ii) Prawn is then put in it and cooked for while. When the whole water is dried out Water is added and the vessel is covered by a lid. Cooking continued till it become soft and little fluid remains.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	140.512 Kcal	Carotene	6.136 µg
Protein	12.674 g	Vitamin – B1	0.035 mg
Fat	8.226 g	Vitamin – B2	0.073 mg
Carbohydrate	3.89 g	Vitamin - C	2.889 mg
Ash	1.809 g	Calcium	223.592 mg
Moisture	72.989 g	Iron	3.812 mg
Fiber	0.457 g		

6.2.2.34 Pangase Jhol with Tomato

Ingredients

Pangase fish (big), 6 piece	408 g	Red chillie powder, 1 tbsp	9 g
Soyabean oil, 1/3 cup	65 g	Cumin seed paste, 1 tsp	5 g
Potato, 1 big	80 g	Cumin seed powder, 1/2 tsp	1.5 g
Tomatoes, 2 big	200 g	Green chillies, 5	15 g
Onions – chopped, 4 big size	160 g	Salt	3 g
Mustard paste, 1 tbsp	13.33 g	Water	300 ml
Turmeric powder, 1/2 tbsp	4.5 g		

Procedure

- Onions are fried in oil and all other spices except mustared paste and cumin seed powder are put in and fried for while. Fish pieces are put in it and cooked for while. Then water and mustared powder are added.
- When it starts boiling tomatoes are put in and the vessel is covered by a lid. Cumin seed powder is added to it before brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	126.248 Kcal	Carotene	70.233 µg
Protein	4.942 g	Vitamin – B1	0.046 mg
Fat	9.493 g	Vitamin – B2	0.016 mg
Carbohydrate	5.324 g	Vitamin - C	11.461 mg
Ash	0.927 g	Calcium	73.057 mg
Moisture	78.79 g	Iron	1.104 mg
Fiber	0.663 g		

6.2.2.35 Pangase Jhol with Ride Gourd

Ingredients

Pangase fish (big), 6 pieces	408 g	Turmeric powder, ½ tsp	1.5 g
Soyabean oil, 3 tbsps	45 g	Garlic paste, 1 tsp	5 g
Ride gourds (medium), 4 pc	400 g	Red chilli powder, 1 tsp	3 g
Onion paste, 4 tsps	20 g	Salt	3 g
Ginger paste, 1 tsp	5 g	Water	300 ml

Procedure

- i) Fish pieces are fried in heated oil and kept separately.
- ii) All the spices are fried in heated oil. Then water is added. When it starts boiling fish pieces and ride gourds are put in. Cooking is continued on a slow fire in a covered vessel.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	103.155 Kcal	Carotene	3.507 µg
Protein	4.99 g	Vitamin – B1	0.041 mg
Fat	8.089 g	Vitamin – B2	0.013 mg
Carbohydrate	2.568 g	Vitamin - C	3.566 mg
Ash	0.754 g	Calcium	61.343 mg
Moisture	83.478 g	Iron	0.384 mg
Fiber	0.289 g		

6.2.2.36 Baim Fish Jhol

Ingredients

Baim fish, 3 medium size	600 g	Cumin seed paste, 1 tsp	5 g
Soyabean oil, 3 tbsp	45 g	Red chilli powder, 1 tsp	3 g
Brinjals (purple colour), 2pc	360 g	Salt	3 g
Onions, 3 medium size	84 g	Water	150 ml
Ginger paste, 1 tsp	5 g		

Procedure

- i) Fishes are are cut into medium pieces and washed well. These are marinated with all the spices and salt.
- ii) Onions are fried in oil and bay leaf and cumin seeds are put in it. Then marinated fish pieces along with little water are added. Cooking continued till the whole water is dried out. Then water is added and the vessel is covered by a lid.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	79.239 Kcal	Carotene	232.331 µg
Protein	6.014 g	Vitamin – B1	0.038 mg
Fat	4.382 g	Vitamin – B2	0.023 mg
Carbohydrate	3.949 g	Vitamin - C	4.323 mg
Ash	0.996 g	Calcium	124.657 mg
Moisture	84.532 g	Iron	0.663 mg
Fiber	0.477 g		

6.2.2.37 Magur Fish Jhol

Ingredients

Magur fish, ½ kg	500 g	Postodana paste, 1 tbsp	15 g
Soyabean oil, ¼ cup	48.75 g	Green chillies. 10	30 g
Onion (chopped), 1 cup	120 g	Salt	4 g
Turmeric powder, 1 tsp	3 g	Water	300 ml
Cumin seed powder, 1 tbsp	9 g		

Procedure

- i) Fish pieces are marinated with onions, green chillies, turmeric & cumin seed powder, oil and salt. Along with little water it is kept on a fire. Cooking continued on a medium fire and when little fluid remains it is brought down from the fire.
- ii) In another vessel postodana and all these spices are put in and water is added. When it starts boiling fish pieces are added. The vessel is covered by a lid. When the fluid become thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	137.081 Kcal	Carotene	94.425 µg
Protein	9.173 g	Vitamin – B1	0.027 mg
Fat	8.185 g	Vitamin – B2	0.012 mg
Carbohydrate	6.649 g	Vitamin - C	12.601 mg
Ash	1.725 g	Calcium	171.55 mg
Moisture	73.858 g	Iron	1.027 mg
Fiber	0.696 g		

6.2.2.38 Koi Fish Dopeaja

Ingredients

Koi fish (big), 8 pc	400 g	Tomato, 1 medium size	100 g
Soyabean oil, 7 tbsps	105 g	Turmeric powder, ½ tsp	1.5 g
Onions chopped, 6 big size	168 g	Red chilli powder, 1 tsp	3 g
Ginger paste, ½ tsp	2.5 g	Green chillies, 3 pc	9 g
Cumin seed paste, ½ tsp	2.5 g	Salt	4 g
Garlic paste, ½ tsp	2.5 g	Water	200 ml

Procedure

- i) Fishes are cleaned and washed well.
- ii) These are marinated with little turmeric powder and salt, and fried lightly in heated oil.
- iii) Onions are fried in oil till red and all other spices are put in it along with little water and cooked for while. Then fishes are added and cooked for while. Then water is added and the vessel is covered by a lid. When the water is reduced tomato slices and green chillies are added.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	225.97 Kcal	Carotene	87.528 µg
Protein	5.973 g	Vitamin – B1	0.048 mg
Fat	19.865 g	Vitamin – B2	0.018 mg
Carbohydrate	5.82 g	Vitamin - C	20.308 mg
Ash	1.657 g	Calcium	172.154 mg
Moisture	66.251 g	Iron	0.947 mg
Fiber	0.567 g		

6.2.2.39 Amaranthus Leaves Red Fry (with Stem)

Ingredients

Amaranthus leaves red, with stem	500 g	Soyabean oil, ½ tbsp	7.5 g
Garlic – chopped, 2 cloves	10 g	Green chillies, 2	6 g
Onion – chopped, 1 medium size	28 g	Salt	2 g

Procedure

Onion and garlic are put in heated oil and fried for while. Then Amaranthus leaves red along with salt and green chillies are added and stirred for while. The vessel is covered by a lid. When it become tender and little fluid remains it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	72.958 Kcal	Carotene	12429.828 µg
Protein	5.77 g	Vitamin – B1	0.114 mg
Fat	2.278 g	Vitamin – B2	0.144 mg
Carbohydrate	7.111 g	Vitamin - C	47.668 mg
Ash	2.322 g	Calcium	392.699 mg
Moisture	82.467 g	Iron	0.103 mg
Fiber	0.167 g		

6.2.2.40 Amaranthus Leaves Red Hot Fry (with Stem)

Ingredients

Amaranthus leaves red, with stem	500 g	Green chillies, 4 pc	12 g
Soyabean oil, ½ tbsp	7.5 g	Red chillies, 2 pc	1.24 g
Onion – chopped, 1 big size	40 g	Salt	2 g
Garlic – chopped, 3 cloves	15 g		

Procedure

- i) Cleaned and washed Amaranthus leaves red are chopped and boiled by adding salt, onion and green chillies.
- ii) Dried red chillies and garlic are fried in oil till red and boiled Amaranthus leaves are put in it, stirred for while. Then brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	74.699 Kcal	Carotene	11835.539µg
Protein	5.659 g	Vitamin – B1	0.117 mg
Fat	2.187 g	Vitamin – B2	0.143 mg
Carbohydrate	7.872 g	Vitamin - C	47.685 mg
Ash	2.268 g	Calcium	375.276 mg
Moisture	81.85 g	Iron	0.158 mg
Fiber	0.376 g		

6.2.2.41 Amaranthus Leaves Red Paste

Ingredients

Amaranthus leaves red without stem	1000 g	Prawn, ½ cup	125 g
Soyabean oil, ½ tbsp	7.5 g	Green chillies, 4 pc	12 g
Mustard seed oil, ½ tbsp	7.5 g	Lemon juice, 2 drops	0.05 g
Onions – chopped, 6 medium size	168 g	Salt	3 g
Garlic – chopped, 1 small	5 g		

Procedure

- i) Half of the chopped onion and garlic are fried in heated oil. Then Amaranthus leaves and salt are put in it and cooking continued in a covered vessel on a slow fire tiil it becomes tender.
- ii) Boiled leaves are made into paste along with chopped onion, green chillies, garlic, lemon juice and mustured oil. Cooked prawns are added to it.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	107.158 Kcal	Carotene	11807.819 µg
Protein	10.184 g	Vitamin – B1	0.129 mg
Fat	3.21 g	Vitamin – B2	0.16 mg
Carbohydrate	9.142 g	Vitamin - C	48.228 mg
Ash	3.133 g	Calcium	459.414 mg
Moisture	74.582 g	Iron	1.499 mg
Fiber	0.321 g		

6.2.2.42 Amaranthus Leaves Red with Prawn

Ingredients

Amaranthus leaves red with stem	1000 g	Prawn, ½ cup	125 g
Soyabean oil, 1 tbsp	15 g	Green chillies, 6 pc	18 g
Onions – chopped, 2 medium size	56 g	Turmeric powder, 1 tsp	3 g
Garlic – chopped, 2 medium size	10 g	Salt	3 g

Procedure

Onion and garlic are fried in oil. Then cleaned and washed prawn are put in it and fried for while. Washed and chopped Amaranthus leaves are then added and the vessel is covered by a lid. When it become soft and tender green chillies are added and after a while it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	85.352 Kcal	Carotene	14457.245 µg
Protein	6.658 g	Vitamin – B1	0.133 mg
Fat	2.671 g	Vitamin – B2	0.165 mg
Carbohydrate	8.398 g	Vitamin - C	56.274 mg
Ash	2.542 g	Calcium	456.529 mg
Moisture	58.739 g	Iron	0.205 mg
Fiber	0.256 g		

6.2.2.43 Amaranthus Leaves Red with Mola Fish

Ingredients

Amaranthus leaves red with stem	500 g	Mola fish	250 g
Soyabean oil, 2 tbsp	30 g	Turmeric powder, ½ tsp	2.5 g
Onion – chopped, 1 big size	40 g	Red chillies(dried), 2	1.24 g
Garlic – chopped, 3 cloves	15 g	Salt	4 g
Cumin seed powder, ½ tsp	2.5 g		

Procedure

- i) Amaranthus leaves red and Mola fishes are cut, cleaned and washed well.
- ii) Mola fishes are cooked by adding turmeric and cumin seed powder, green chillies and little amount of garlic.
- iii) Later Amaranthus leaves are cooked by adding onion, garlic and dried red chillies. Cooked Mola fish are added to it. Cooking continued by adding little water.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	132.722 Kcal	Carotene	8386.818 µg
Protein	9.602 g	Vitamin – B1	0.083 mg
Fat	7.657 g	Vitamin – B2	0.1 mg
Carbohydrate	6.208 g	Vitamin - C	31.441 mg
Ash	2.819 g	Calcium	494.635 mg
Moisture	73.53 g	Iron	1.081 mg
Fiber	0.201 g		

6.2.2.44 Pui Leaves (with stem) with Prawn

Ingredients

Pui leaves with stem	500 g	Prawn, ½ cup	125 g
Soyabean oil, 1½ tbsp	22.5 g	Turmeric powder, ¼ tsp	1.25 g
Onions – chopped, 2 medium size	56 g	Salt	4 g
Green chillies, 4 pc	12 g		

Procedure

- i) Cleaned and washed prawns are marinated with turmeric powder and salt.
- ii) Onions are fried in oil and marinated fishes are put in it along with green chillies and stirred for 5 min.
- iii) Cleaned and washed Pui leaves are put in it, stirred for while and little water is added.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	98.616 Kcal	Carotene	12874.456 µg
Protein	7.193 g	Vitamin – B1	0.035 mg
Fat	5.005 g	Vitamin – B2	0.392 mg
Carbohydrate	6.275 g	Vitamin - C	68.168 mg
Ash	2.734 g	Calcium	251.78 mg
Moisture	78.744 g	Iron	11.538 mg
Fiber	0.213 g		

6.2.2.45 Pui Leaves (without stem) with Prawn

Ingredients

Pui leaves (without stem)	500 g	Prawn	100 g
Soyabean oil, 2 tbsps	30 g	Garlic paste, ½ tsp	2.5 g
Onions – chopped, 3 medium size	84 g	Cumin seed paste, ½ tsp	2.5 g
Coriender seed paste, ½ tsp	2.5 g	Cloves garlic, 3 pc	15 g
Green chillies, 6 pc	18 g	Salt	4 g
Onion paste, ½ tsp	2.5 g		

Procedure

- i) Prawns are fried in oil and all paste spices are put in it.
- ii) Chopped onions, garlic and green chillies are put in it and little water is added. Pui leaves along with salt are then put in it.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	130.257 Kcal	Carotene	10820.809 µg
Protein	7.087 g	Vitamin – B1	0.048 mg
Fat	7.725 g	Vitamin – B2	0.347 mg
Carbohydrate	8.156 g	Vitamin - C	61.081 mg
Ash	2.777 g	Calcium	235.178 mg
Moisture	73.881 g	Iron	10.184 mg
Fiber	0.661g		

6.2.2.46 Pui Leaves Fry

Ingredients

Pui leaves with stem	500 g	Green chillies, 2 pc	3 g
Soyabean oil, ½ tbsp	7.5 g	Garlic, 2 cloves	10 g
Onions – chopped, 2 small	20 g	Salt	2 g

Procedure

- i) Pui leaves are boiled with little onion, garlic, green chillies and salt.
- ii) Onions and garlic are fried in oil and boiled Pui leaves are put in it and fried.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	71.602 Kcal	Carotene	20201.689 µg
Protein	3.73 g	Vitamin – B1	0.039 mg
Fat	2.7 g	Vitamin – B2	0.578 mg
Carbohydrate	8.255 g	Vitamin - C	103,299 mg
Ash	2.918 g	Calcium	263.108 mg
Moisture	82.353 g	Iron	15.913 mg
Fiber	0.111 g		

6.2.2.47 Pui Leaves Charchari

Ingredients

Pui leaves	1000 g	Head & tail of a Hilsha fish	184 g
Soyabean oil, ½ cup	97.5 g	Garlic paste, 1 tbsp	15 g
Chopped onions, ¾ cup	90 g	Green chillies, 10 pc	30 g
Cumin seed paste, 1 tsp	5 g	Roasted cumin seed powder, ½ tsp	1.5 g
Red chilli powder, 1 tsp	3 g	Salt	5 g
Turmeric powder, 1 tsp	3	Water, 1½ cup	375 ml
Ginger paste, 1 tbsp	15		

Procedure

- i) Head, tail and bones of the Hilsha fish are marinated with little turmeric powder and salt and fried in oil.
- ii) In that oil onions are fried till red and all other spices are put in and fried for while. Fish bones are then put in it and fried for 3-4 minutes.
- iii) Pui leaves are then put in it and stirred for 2-3 minutes. 3 cups water are added and the vessel is covered by a lid. When the water is dried out green chillies are added before brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	127.122 Kcal	Carotene	9984.693 µg
Protein	4.19 g	Vitamin – B1	0.031 mg
Fat	9.755 g	Vitamin – B2	0.29 mg
Carbohydrate	5.728 g	Vitamin - C	55.853 mg
Ash	1.833 g	Calcium	155.507 mg
Moisture	78.29 g	Iron	8.318 mg
Fiber	0.355 g		

6.2.2.48 Pui Leaves with Pumpkin & Prawn

Ingredients

Pui leaves	500 g	Pumpkin (1 slice)	300 g
Soyabean oil, 2 tbsps	30 g	Prawn, 10 medium size	100 g
Onion paste, 3 medium size	84 g	Green chillies, 3 pc	9 g
Turmeric powder, ½ tsp	1.5 g	Salt	4 g
Red chilli powder, ½ tsp	1.5 g		

Procedure

Pui leaves, pumpkin and prawn all are mixed together and marinated with all the spices, salt and oil. Then little water is added and put on a fire. When pui leaves, pumpkin and prawn all become soft and tender and the whole water is dried out it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	92.025 Kcal	Carotene	12320.493 µg
Protein	4.65 g	Vitamin – B1	0.056 mg
Fat	5.075 g	Vitamin – B2	0.312 mg
Carbohydrate	6.837 g	Vitamin - C	61.141 mg
Ash	2.241 g	Calcium	187.257 mg
Moisture	81.106 g	Iron	8.669 mg
Fiber	0.481 g		

6.2.2.49 Colocasia Leaves with Stem

Ingredients

Colocasia leaves with stem	500 g	Garlic, 4 cloves	20 g
Tamarind (without seed)	10 g	Soyabean oil, 1 tbsp	15 g
Lentil, ½ cup	100 g	Salt	3 g
Onion, 1 medium size	28 g		

Procedure

- i) Colocasia leaves, onion, lentil and salt are mixed all together and boiled. Tamarind are added and stirred up the whole thing very well.
- ii) In another vessel garlic are fried in oil till red and the boiled and stirred colocasia leaves are put in and fried.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	165.882 Kcal	Carotene	10403.339 µg
Protein	9.32 g	Vitamin – B1	0.318 mg
Fat	4.682 g	Vitamin – B2	0.37 mg
Carbohydrate	21.66 g	Vitamin - C	13.165 mg
Ash	3.366 g	Calcium	249.363 mg
Moisture	57.731 g	Iron	11.335 mg
Fiber	3.232 g		

6.2.2.50 Colocasia Leaves with Stem

Ingredients

Colocasia leaves without stem	500 g	Green chillies, 5 pc	15 g
Soyabean oil, ½ tbsp	7.5 g	Garlic, 3 cloves	15 g
Onions chopped, 2 medium size	56 g	Salt	2 g

Procedure

- i) Colocasia leaves along with onion, green chillies, garlic and salt are boiled and stirred up very well to make it paste.
- ii) Then it is fried in oil.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	83.321 Kcal	Carotene	9873.056 µg
Protein	4.108 g	Vitamin – B1	0.227 mg
Fat	3.237 g	Vitamin – B2	0.261 mg
Carbohydrate	9.509 g	Vitamin - C	17.102 mg
Ash	2.711 g	Calcium	223.59 mg
Moisture	77.592 g	Iron	9.699 mg
Fiber	3.076 g		

6.2.2.51 Amaranthus Leaves without Stem

Ingredients

Amaranthus leaves (without stem),	700 g	Prawn	200 g
Soyabean oil (big, 2 tbsps	30 g	Green chillies, 7 pc	21 g
Onion – chopped, 1 big size	40 g	Red chillies, 2 pc	1.24 g
Garlic, 2 cloves	10 g	Salt	3 g

Procedure

- i) Amaranthus leaves along with little onion and garlic, green chillies and salt are boiled.
- ii) Onion, garlic and dried red chillies are fried in oil. Then boiled amaranthus leaves are put in it and fried.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	140.927 Kcal	Carotene	15597.672 µg
Protein	9.959 g	Vitamin – B1	0.42 mg
Fat	7.693 g	Vitamin – B2	0.325 mg
Carbohydrate	7.999 g	Vitamin - C	126.355 mg
Ash	2.208 g	Calcium	244.334 mg
Moisture	72.161 g	Iron	41.174 mg
Fiber	1.971 g		

6.2.2.52 Jute Leaves without Stem

Ingredients

Jute leaves without stem	300 g	Green chillies, 4 pc	12 g
Soyabean oil, 1 tbsp	15 g	Cloves garlic, 3 pc	15 g
Onions, 2 medium size	56 g	Salt	3 g

Procedure

- i) Jute leaves are torn and washed well and the water is drained and set aside.
- ii) Jute leaves are boiled adding salt.
- iii) Onion, garlic and green chillies are fried in oil till red. Then boiled jute leaves are put in it and fried for while.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	122.559 Kcal	Carotene	11510.176 µg
Protein	3.059 g	Vitamin – B1	0.12 mg
Fat	5.007 g	Vitamin – B2	0.105 mg
Carbohydrate	16.241 g	Vitamin - C	6.669 mg
Ash	2.425 g	Calcium	120.06 mg
Moisture	73.261 g	Iron	0.214 mg
Fiber	0.367 g		

6.2.2.53 Jute Leaves with Lentil

Ingredients

Jute leaves	300 g	Garlic, 2 cloves	10 g
Soyabean oil, 1 tbsp	15 g	Green chillies, 4 pc	12 g
Onion, 1 medium size	28 g	Turmeric powder, ¼ tsp	0.75 g
Lentil, ½ cup	100 g	Salt	3 g

Procedure

- i) Lentil is boiled in water along with little onion, turmeric, garlic and green chillies. Jute leaves are added to it.
- ii) Rest of the onion, garlic and green chillies are fried in oil till red and jute leaves with lentil are put in.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	194.199 Kcal	Carotene	9842.344 µg
Protein	9.385 g	Vitamin – B1	0.219 mg
Fat	4.445 g	Vitamin – B2	0.221 mg
Carbohydrate	29.079 g	Vitamin - C	4.708 mg
Ash	2.59 g	Calcium	117.497 mg
Moisture	54.335 g	Iron	1.481 mg
Fiber	0.457 g		

6.2.2.54 Spinach

Ingredients

Spinach (leaves)	1000 g	Green chillies, 4 pc	12 g
Soyabean oil, 2 tbsps	30 g	Turmeric powder, ¼ tsp	0.75 g
Onions – chopped, 4 small size	40 g	Salt	3 g

Procedure

- i) Onion and green chillies are fried in oil. Then prawn along with turmeric powder and salt are put in it and fried for while.
- ii) Spinach leaves are put in it. Cooking continued in a covered vessel on a slow fire till the whole water is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	191.525 Kcal	Carotene	26093.489 µg
Protein	10.345 g	Vitamin – B1	0.107 mg
Fat	10.242 g	Vitamin – B2	0.283 mg
Carbohydrate	14.565 g	Vitamin - C	303.491 mg
Ash	6.632 g	Calcium	307.188 mg
Moisture	58.161 g	Iron	30.88 mg
Fiber	2.153 g		

6.2.2.55 Bottle Gourd Leaves

Ingredients

Bottle gourd leaves	1000 g	Turmeric powder, a pinch	0.5 g
Soyabean oil, 2 tbsps	30 g	Garam masala powder, a pinch	0.5 g
Onions, 2 medium size	56 g	Potatoes, 2 small size	30 g
Green chillies, 5	15 g	Salt	4 g

Procedure

- i) Leaves are torn and potatoes are cut into medium pieces.
- ii) Potatoes are fried in oil along with onion, green chillies, turmeric powder, salt and garam masala. Leaves are then put in it.
- iii) When the water is reduced little hot water is added.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	87.445 Kcal	Carotene	43.512 µg
Protein	2.515 g	Vitamin – B1	0.01 mg
Fat	5.017 g	Vitamin – B2	0.005 mg
Carbohydrate	8.332 g	Vitamin - C	94.513 mg
Ash	2.38 g	Calcium	85.217 mg
Moisture	80.398 g	Iron	0.117 mg
Fiber	1.516 g		

6.2.2.56 Batashi Fish in Sour Spinach

Ingredients

Sour spinach	1000 g	Garlic paste, 1 tsp	5 g
Batashi fish	200 g	Cumin seed paste, 1 tsp	5 g
Mustard oil, ½ cup	97.5 g	Red chilli powder, 1 tsp	5 g
Chopped onion, 1 cup	120 g	Turmeric powder, 1 tsp	5 g
Onion paste, 1 tbsp	15 g	Green chillies, 7 pc	21 g
Ginger paste, 1 tsp	5 g	Salt	5 g

Procedure

Onions are fried in oil and all the spices are put in it. Little water is added to it and stirred for while. Cleaned and washed fishes are put in it. It is stirred for while and spinach leaves are then put in it. A cup of water is then added and the vessel is covered by a lid. When little fluid remains and it become thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	137.904 Kcal	Carotene	7460.097 µg
Protein	5.375 g	Vitamin – B1	0.116 mg
Fat	10.689 g	Vitamin – B2	0.094 mg
Carbohydrate	5.032 g	Vitamin - C	18.148 mg
Ash	2.317 g	Calcium	177.573 mg
Moisture	76.291 g	Iron	8.824 mg
Fiber	1.007 g		

6.2.2.57 Brinjal Fry

Ingredients

Round brinjal (purple), 2 medium size	360 g	Cumin seed powder, 1 tsp	3 g
Soyabean oil, 4 tbsps	60 g	Pepper corn, a pinch	0.5 g
Turmeric powder, 1 tsp	1.5 g	Salt	1.5 g
Red chilli powder, 1½ tsp	4.5 g		

Procedure

Brinjal are marinated with all the spices. Then fried in oil.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	482.066 Kcal	Carotene	1909.706 µg
Protein	4.968 g	Vitamin – B1	0.307 mg
Fat	48.057 g	Vitamin – B2	0.198 mg
Carbohydrate	7.486 g	Vitamin - C	12.686 mg
Ash	3.158 g	Calcium	92.282 mg
Moisture	35.303 g	Iron	2.951 mg
Fiber	4.136 g		

6.2.58. Parwar Deep Fry

Ingredients

Parwars, 6 pc	270 g	Turmeric powder, ½ tsp	1.5 g
Soyabean oil, 3 tbsps	45 g	Red chilli powder, ½ tsp	1.5 g
Coriander seed powder, a pinch	0.5 g	Salt	1.5 g
Cumin seed powder, a pinch	0.5 g		

Procedure

- i) Skin of the parwars are peeled off and cut in two pieces.
- ii) These are marinated with all the spices and fried in oil.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	221.18 Kcal	Carotene	892.203 µg
Protein	2.915 g	Vitamin – B1	0.345 mg
Fat	20.927 g	Vitamin – B2	0.038 mg
Carbohydrate	5.41 g	Vitamin - C	2.586 mg
Ash	1.318 g	Calcium	28.339 mg
Moisture	69.113 g	Iron	2.157 mg
Fiber	3.686 g		

6.2.2.59 Parwar Fry with Mustard Seeds

Ingredients

Parwars, 10 medium size	450 g	Turmeric powder, a pinch	0.5 g
mustard seeds, 2 tsps	10 g	Green chillies, 5 pc	15 g
soyabean oil, 2 tbsps	30 g	Salt	2 g

Procedure

- i) Parwars are fried in oil and kept separately.
- ii) In that oil mustard seeds and green chillies are put in. Then fried parwar along with little water is added and the vessel is covered by a lid. When the whole water is dried out it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	114.912 Kcal	Carotene	888.842 µg
Protein	3.059 g	Vitamin – B1	0.329 mg
Fat	8.947 g	Vitamin – B2	0.042 mg
Carbohydrate	5.63 g	Vitamin - C	6.047 mg
Ash	1.142 g	Calcium	33.047 mg
Moisture	81.172 g	Iron	2.243 mg
Fiber	3.341 g		

6.2.2.60 Snake Gourd Egg Fry

Ingredients

Snake gourd, 3 big size	360 g	Green chillies, 5 pc	15 g
Soyabean oil, 3 tbsps	45 g	Turmeric powder, a pinch	0.5 g
Eggs, 2 pc	130 g	Salt	2 g
Onions, 4 medium size	112 g		

Procedure

- i) Snake gourds are chopped finely.
- ii) Chopped snake gourds, green chillies, onions, turmeric and salt are put in oil and fried for while.
- iii) When it becomes tender eggs are added and stirred very well.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	172.073 Kcal	Vitamin- A	80.897 µg
Protein	4.358 g	Carotene	149.836 µg
Fat	14.4 g	Vitamin – B1	0.085 mg
Carbohydrate	6.232 g	Vitamin – B2	0.065 mg
Ash	1.329 g	Vitamin - C	6.523 mg
Moisture	73.275 g	Calcium	49.547 mg
Fiber	1.012 g	Iron	6.157 mg

6.2.2.61 Ride Gourd Fry

Ingredients

Ride gourd	500 g	Turmeric powder, a pinch	0.5 g
Soya bean oil, 3 tbsps	45 g	Cumin seed powder, a pinch	0.5 g
Prawn, ½ cup	125 g	Coriander seed powder, a pinch	0.5 g
Onions, 3 medium size	84 g	Salt	3 g
Green chillies, 4 pc	12 g		

Procedure

- i) Ride gourds are sliced thin.
- ii) Onion and green chillies are fried in oil and prawn, salt and all other spices are put in it. It is stirred for while.
- iii) Then ride gourd are put in it and stirred for while. Little water is added. When it becomes soft it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	286.124 Kcal	Carotene	115.272 µg
Protein	13.401 g	Vitamin – B1	0.222 mg
Fat	20.243 g	Vitamin – B2	0.113 mg
Carbohydrate	12.447 g	Vitamin - C	13.966 mg
Ash	2.885 g	Calcium	213.237 mg
Moisture	50.792 g	Iron	3.989 mg
Fiber	1.415 g		

6.2.2.62 Mixed Vegetable Fry

Ingredients

Cow peas (big), 4 pc	60 g	Green chillies, 6 pc	18 g
Papaya, ½ medium size	105 g	Onions, 3 medium size	84 g
Parwars, 4 pc	180 g	Pach foron, ½ tsp	1.5 g
Snake gourd, 1 pc	80 g	Salt	2.5 g
Pumpkin, ½ cup	55 g	Water	80 ml
Soyabean oil, ¼ cup	48.75 g		

Procedure

- i) Pumpkin and cow peas are cut into 4 cm length and other vegetables are chopped thin.
- ii) All the spices are put in the heated oil and stirred for while. Then all the vegetables are put in it and stirred well. The vessel is covered by a lid and little water is added. When the whole water is dried out it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	118.757 Kcal	Carotene	1148.984 µg
Protein	1.654 g	Vitamin – B1	0.192 mg
Fat	9.594 g	Vitamin – B2	0.037 mg
Carbohydrate	6.432 g	Vitamin - C	9.413 mg
Ash	1.151 g	Calcium	27.768 mg
Moisture	80.732 g	Iron	1.573 mg
Fiber	1.968 g		

6.2.2.63 Mixed Vegetable

Ingredients

Potatoes, 2 medium size	96 g	Garlic paste, ½ tsp	2.5 g
Parwars, 4 pc	180 g	Turmeric powder, ¼ tsp	0.75 g
Papaya, 1 small size	165 g	Cumin seed powder, ½ tsp	1.5 g
Pumpkin	200 g	Green chillies, 5 pc	12 g
Green banana, 1 pc	150 g	Bay leaf, 1 pc	0.5 g
Ride gourds, 2 small size	200 g	Pach foron, ½ tsp	1.5 g
Soyabean oil, 1½ tbsp	22.5 g	Salt	3 g
Onions, 3 medium size	84 g	Water	100 ml
Ginger paste, ½ tsp	2.5 g		

Procedure

- i) Onion, bay leaf and pach foron are fried in oil. Then all the vegetables are put in it.
- ii) Salt, turmeric powder, green chillies, ginger and garlic paste and cumin seed powder are put in it and stirred for while. Then water is added and the vessel is covered by a lid. When it becomes tender and little fluid remains it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	75.682 Kcal	Carotene	1667.408 µg
Protein	1.918 g	Vitamin – B1	0.178 mg
Fat	3.429 g	Vitamin – B2	0.041 mg
Carbohydrate	9.356 g	Vitamin - C	11.118 mg
Ash	1.12 g	Calcium	27.94 mg
Moisture	83.892 g	Iron	1.027 mg
Fiber	1.291 g		

6.2.2.64 Mixed Vegetable with Tomato & Parsley

Ingredients

Cauliflower, 1 small size	350 g	Ginger paste, ½ tsp	2.5 g
Beans, (renner) 10 pc	30 g	Turmeric powder, ½ tsp	1.5 g
Potatoes, 4 medium size	192 g	Green chillies, 6 pc	18 g
Tomatoes, 4 pc	400 g	Parsley (chopped), 1 tbsp	3 g
Soyabean oil, 2 tbsps	30 g	Salt	3 g
Onions, 2 medium size	56 g	Water	100 ml

Procedure

- i) All the vegetables are washed and cut into medium pieces.
- ii) Onions are fried in oil till red and vegetables are put in along with all other spices and stirred for while. Then water is added. Cooking continued on a slow fire in a covered vessel. When it become tender chopped tomato and parsley are put in before brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	80.067 Kcal	Carotene	241.583 µg
Protein	1.71 g	Vitamin – B1	0.082 mg
Fat	3.905 g	Vitamin – B2	0.048 mg
Carbohydrate	9.772 g	Vitamin - C	44.812 mg
Ash	1.044 g	Calcium	45.673 mg
Moisture	83.124 g	Iron	0.972 mg
Fiber	1.028 g		

6.2.2.65 Mixed Vegetable with Bengal Gram Dal

Ingredients

Bengal gram dhal	250 g	Ginger paste, 1 tsp	5 g
Soyabean oil, ¼ cup	48.75 g	Cumin seed paste, 1 tsp	5 g
Bottle gourd, ½ cup	70 g	Coriender seed paste, 1 tsp	5 g
Turnip, ½ cup	70 g	Turmeric powder, ½ tsp	1.5 g
Kohlrabi, ½ cup	70 g	Green chillies, 4 pc	12 g
Peas, ½ cup	47.5 g	Salt	3 g
Carrot, ¾ cup	90 g	Water	100 ml
Onion (chopped), ¾ cup	90 g		

Procedure

- i) Bengal gram dhal are boiled in water along with all the paste spices.
- ii) All the vegetables are boiled in 2 cups of water. Then boiled dhal and green chillies are put in it.
- iii) Onions are fried in oil till red and put on it before served.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	240.178 Kcal	Carotene	1488.367 µg
Protein	8.848 g	Vitamin – B1	0.207 mg
Fat	9.546 g	Vitamin – B2	0.093 mg
Carbohydrate	29.78 g	Vitamin - C	12.174 mg
Ash	2.034 g	Calcium	52.14 mg
Moisture	48.805 g	Iron	4.37 mg
Fiber	1.563 g		

6.2.2.66 Potato Pakora

Ingredients

Potatoes - sliced thin,	450 g	Red chilli powder, ½ tsp	1.5 g
Wheat flour (refined)	50 g	Soyabean oil for fry, ¼ cup	48.75 g
Rice flour, 1 tbsp	9 g	Salt, ½ tsp	1.5 g
Coriander seed powder, 1 tsp	3 g	Green chillies, 4 pc	12 g
Cumin seed powder, 1 tsp	3 g	Water	50 ml

Procedure

All the ingredients except potatoes are mixed together and a paste is prepared. The sliced potatoes are then sunk into the paste and a thick coating is made around it, which is fried in the heated oil till red.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	257.062 Kcal	Carotene	15.321 µg
Protein	3.329 g	Vitamin – B1	0.054 mg
Fat	13.069 g	Vitamin – B2	0.045 mg
Carbohydrate	32.743 g	Vitamin - C	9.611 mg
Ash	1.124 g	Calcium	26.784 mg
Moisture	49.342 g	Iron	1.412 mg
Fiber	0.863 g		

6.2.2.67 Potato Dom

Ingredients

Potato	1000 g	Cinnamom sticks, 4 pc	3 g
Soyabean oil, ½ cup	97.5 g	Cardamom greens, 4 pc	1 g
Ginger paste, 1 tsp	5 g	Bay leaf, 1	0.25 g
Cumin seed paste, 1 tsp	5 g	Suger, 2 tsps	6 g
Coriender seed paste, 1 tsp	5 g	Tamarind juice, 2 tbsps	5 g
Red chilli powder, 1 tsp	3 g	Salt	5 g
Turmeric powder, ½ tsp	1.5 g		

Procedure

- i) Potatoes are cut into small pieces and boiled in water.
- ii) All the spices are put in oil and fried for while. Then potatoes are put in it and fried for while. Little water is added and cooking continued on a slow fire in a covered vessel. When it become tender and oil rise on the top it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	198.066 Kcal	Carotene	9.899 µg
Protein	1.782 g	Vitamin – B1	0.036 mg
Fat	11.615 g	Vitamin – B2	0.034 mg
Carbohydrate	22.809 g	Vitamin - C	9.577 mg
Ash	0.673 g	Calcium	21.853 mg
Moisture	62.427 g	Iron	1.045 mg
Fiber	0.794 g		

6.2.2.68 Salad

Ingredients

Green papaya	500 g	Soyasauce, 4 tbsps	60 g
Cow pea	250 g	Pepper corn powder, 1 tsp	3 g
Tomato, 4 medium size	100 g	Green chillies, 4 pc	12 g
Coconut milk, ½ cup	115 g	Chopped parsley, 2 tbsps	6 g
Ground nut (roasted chopped), 3 tbsps	45 g	Salt	3 g
Garlic, 5 cloves medium size	15 g		

Procedure

- i) Skin of the papaya is peeled off and chopped finely. Then sunk into the water. After a while the water is drained and set aside.
- ii) Cow peas are cut into one inch long and boiled lightly with salt. Water is drained and then washed with cold water.
- iii) Chopped papaya, cow pea and tomato are mixed in a serving dish. Coconut milk is mixed with soyasauce and garlic and poured on the salad. Then ground nut, parsley, green chillies and pepper corn powder are sprinkle over it.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	119.07 Kcal	Carotene	311.618 µg
Protein	3.415 g	Vitamin – B1	0.237 mg
Fat	7.324 g	Vitamin – B2	0.253 mg
Carbohydrate	9.644 g	Vitamin - C	7.854 mg
Ash	2.723 g	Calcium	31.473 mg
Moisture	76.503 g	Iron	2.747 mg
Fiber	1.734 g		

6.2.2.69 Tomato Chatni

Ingredients

Tomato	500 g	Mustard seed paste, 1 tbsp	15 g
Onions –chopped, 2 big size	56 g	Suger, ¼ cup	45 g
Cinnamom sticks,	2 g	Vinegar, 2 tbsps	30 g
Red chilli paste, 2 tsps	10 g	Raisins, 2 tsps	6 g

Procedure

Tomatoes are cut in small pieces. Tomatoes are mixed with chopped onion and all other ingredients and put on a fire. Cooking continued on a slow fire. When it becomes thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	95.486 Kcal	Carotene	397.056 µg
Protein	2.232 g	Vitamin – B1	0.186 mg
Fat	1.687 g	Vitamin – B2	0.088 mg
Carbohydrate	17.902 g	Vitamin - C	31.928 mg
Ash	1.205 g	Calcium	80.89 mg
Moisture	75.077 g	Iron	1.296 mg
Fiber	1.687 g		

6.2.2.70 Papaya Fry

Ingredients

Papaya	500 g	Turmeric powder, ½ tsp	1.5 g
Soyabean oil, 2 tbsps	30 g	Roasted cumin seed powder, 1 tsp	3 g
Onions, 2 big size	80 g	Salt	2 g
Green chillies, 5 pc	15 g		

Procedure

- i) Papaya is chopped into big pieces. Then it is boiled in water.
- ii) Onion and green chillies are fried in oil for while and turmeric and salt are put in it. Boiled papaya pieces are added to it and stirred for while. Cumin seed powder is added before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	161.647 Kc	Carotene	769.469 µg
Protein	1.68 g	Vitamin – B1	0.503 mg
Fat	11.795 g	Vitamin – B2	0.037 mg
Carbohydrate	12.309 g	Vitamin - C	15.774 mg
Ash	2.518 g	Calcium	40.55 mg
Moisture	71.565 g	Iron	1.724 mg
Fiber	1.67 g		

6.2.2.71 Brinjal Fry with Curd

Ingredients

Round brinjal,	500 g	Sour curd, ½ cup	120 g
Soyabean oil, 3 tbsps	45 g	Garlic paste, 1 tsp	5 g
Turmeric paste, ½ tsp	2.5 g	Pepper corn powder, ¼ tsp	0.75 g
Red chilli paste, ½ tsp	2.5 g	Cumin seed powder, ½ tsp	1.5 g
Coriender seed paste, ½ tsp	2.5 g	Salt	2 g

Procedure

- i) Brinjals are cut into 1 cm length. Then washed well and marinated with all the paste spices and salt and fried in oil.
- ii) Pepper corn and cumin seed powder are sprinkled over it and mixed well. Then curd is poured over it.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	155.294 Kcal	Carotene	855.84 µg
Protein	2.962 g	Vitamin – B1	0.142 mg
Fat	14.099 g	Vitamin – B2	0.13 mg
Carbohydrate	4.194 g	Vitamin - C	5.666 mg
Ash	1.564 g	Calcium	77.203 mg
Moisture	76.848 g	Iron	1.307 mg
Fiber	1.727 g		

6.2.2.72 Green Banana & Potato Chop

Ingredients

Green bananas, 4 pc	600 g	Onions – chopped, 6 medium size	168 g
Potato, 1 big size	80 g	Green chillies – chopped, 6 pc	18 g
soyabean oil, ½ cup	97.5 g	Ginger paste, ½ tsp	2.5 g

Procedure

- i) Potato and green bananas are boiled together in water.
- ii) The skins are peeled off and mashed together along with all the ingredients.
- iii) These are fried in oil in the shape of many small size chops.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	342.675 Kcal	Carotene	94.44 µg
Protein	3.208 g	Vitamin – B1	0.127 mg
Fat	25.577 g	Vitamin – B2	0.07 mg
Carbohydrate	25.182 g	Vitamin - C	14.901 mg
Ash	1.305 g	Calcium	31.556 mg
Moisture	44.563 g	Iron	1.016 mg
Fiber	1.239 g		

6.2.2.73 Cauliflower with Meat

Ingredients

Cauliflower (small), 1 pc	350 g	Mince beef, 1 cup	190 g
Mustard seed oil, ¼ cup	50 g	Bay leaves, 3 pc	1 g
Chopped onion, ½ cup	60 g	Green chillies, 6 pc	18 g
Tomatoes, 4 medium size	400 g	Garam masala powder, ½ tsp	1.5 g
Ginger paste, 1 tbsp	15 g	Salt	4 g
Garlic paste, 1 tbsp	15 g		

Procedure

- i) Cauliflower is cut into big pieces and boiled in water with salt.
- ii) Chopped onion and bay leaves are fried in oil and ginger paste, garlic paste and salt are put in it and fried for while. Mince beef are put in it stirred for while and a cup of water is added. Cooking continued on a slow fire in a covered vessel. When it turn soft tomato paste is added to it. Then boiled cauliflower pieces are added. When no fluid remains it is brought down from the fire. Garam masala powder is added and it is covered by a lid for 10 min.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	121.159 Kcal	Carotene	231.338 µg
Protein	7.223 g	Vitamin – B1	0.121 mg
Fat	7.379 g	Vitamin – B2	0.06 mg
Carbohydrate	6.446 g	Vitamin - C	46.772 mg
Ash	1.401 g	Calcium	45.293 mg
Moisture	76.914 g	Iron	1.038 mg
Fiber	1.061g		

6.2.2.74 Lentil with Medium Water

Ingredients

Lentil	125 g	Termeric powder, ¼ tsp	0.75 g
Soyabean oil, 1 tbsp	15 g	Red chillies (dried), 2 pc	1.24 g
Onion – chopped, 1 big size	40 g	Bay leaf, 1pc	0.5 g
Green chillies, 2 pc	6 g	Cumin seeds, ½ tsp whole	1.5 g
Cloves garlic, 2 pc	10 g	Salt	2 g

Procedure

- i) Lentil is boiled in water along with green chillies, little onion and garlic and salt.
- ii) Rest of the onion and garlic and bay leaf, cumin seed and dried red chillies are fried in oil till red. Then boiled lentil is put in it.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	26.376 Kcal	Carotene	20.363 µg
Protein	1.423 g	Vitamin – B1	0.027 mg
Fat	0.702 g	Vitamin – B2	0.028 mg
Carbohydrate	3.588 g	Vitamin - C	0.534 mg
Ash	0.223 g	Calcium	5.446 mg
Moisture	93.972 g	Iron	0.305 mg
Fiber	0.089 g		

6.2.2.75 Lentil with Little Water

Ingredients

Lentil	250 g	Termeric powder, ½ tsp	1.5 g
Soyabean oil, 2 tbsps	30 g	Coriender seed powder, a pinch	0.5 g
Onions, 2 medium size	56 g	Bay leaf, 1pc	0.5 g
Green chillies, 4 pc	12 g	Cumin seeds, ½ tsp whole	1.5 g
Cloves garlic, 5 pc	25 g	Salt	3 g

Procedure

- i) Lentil is boiled in water along with green chillies, little onion and garlic, salt, termeric and coriender powder. Then it is beaten up with a pestle to mix up it very well.
- ii) Rest of the onion and garlic and bay leaf and cumin seed are fried in oil till red. Then boiled and beaten lentil is put in it.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	69.697 Kcal	Carotene	53.832 µg
Protein	3.772 g	Vitamin – B1	0.07 mg
Fat	1.86 g	Vitamin – B2	0.075 mg
Carbohydrate	9.457 g	Vitamin - C	1.248 mg
Ash	0.522 g	Calcium	13.066 mg
Moisture	84.215 g	Iron	0.785 mg
Fiber	0.192 g		

6.2.2.76 Mixed Dal with Little Water

Ingredients

Lentil	125 g	Green chillies, 5 pc	15 g
Green gram dhal	125 g	Termeric powder, ½ tsp	1.5 g
Soyabean oil, 2 tbsps	30 g	Bay leaf, 1 pc	0.5 g
Onions, 2 medium size	56 g	Cumin seeds, ½ tsp whole	1.5 g
Cloves garlic, 4 pc	20 g	Salt	3 g

Procedure

- i) Mixed dal is boiled in water along with green chillies, little onion and garlic, salt and termeric powder. Then it is beaten up with a pestle to mix the dal with water.
- ii) Rest of the onion and garlic and bay leaf and cumin seed are fried in oil till red. Then boiled and beaten dal is put in it.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	70.174 Kcal	Carotene	41.369 µg
Protein	3.732 g	Vitamin – B1	0.09 mg
Fat	1.902 g	Vitamin – B2	0.05 mg
Carbohydrate	9.533 g	Vitamin - C	1.413 mg
Ash	0.624 g	Calcium	13.337 mg
Moisture	84.037 g	Iron	1.052 mg
Fiber	0.199 g		

6.2.2.77 Green Gram Dal with Tomato

Ingredients

Green gram dal	250 g	Turmeric powder, ½ tsp	1.5 g
Tomato, 1 medium size	100 g	Cumin seed powder, ½ tsp	1.5 g
Soyabean oil, 2 tbsps	30 g	Pach foron,	1.5 g
Onions, 2 medium size	56 g	Bay leaf, 1 pc	0.5 g
Ginger – chopped, ½ tsp	2.5 g	Salt	3 g
Garlic – chopped, ½ tsp	2.5 g		

Procedure

- i) Green gram dal along with tomato, onion, garlic and ginger are boiled together in water.
- ii) When it become fully boiled salt, turmeric powder, cumin seed powder are put in it and beaten up with a pestle.
- iii) Onion, bay leaf and pach foron are fried in oil and boiled dal is put in it.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	68.438 Kcal	Carotene	27.288 µg
Protein	3.608 g	Vitamin – B1	0.112 mg
Fat	1.912 g	Vitamin – B2	0.026 mg
Carbohydrate	9.213 g	Vitamin - C	1.881 mg
Ash	0.726 g	Calcium	15.912 mg
Moisture	84.24 g	Iron	1.302 mg
Fiber	0.194 g		

6.2.2.78 Green Gram Dal with Medium Water

Ingredients

Green gram dal	250 g	Green chillies, 4 pc	12 g
Soyabean oil, 1 tbsp	15 g	Bay leaf, 1 pc	0.5 g
Onions, 2 medium size	56 g	Cumin seeds, ½ tsp whole	1.5 g
Garlic, 1 big size	15 g	Salt	3 g
Turmeric powder, ¼ tsp	0.75 g		

Procedure

- i) Green gram dal is boiled in water along with green chillies, little onion and garlic, salt and turmeric powder. Then it is beaten up with a pestle to mix the dal with water.
- ii) Rest of the onion and garlic and bay leaf and cumin seed are fried in oil till red. Then boiled and beaten dal is put in it.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	26.245 Kcal	Carotene	9.209 µg
Protein	1.552 g	Vitamin – B1	0.046 mg
Fat	0.451 g	Vitamin – B2	0.011 mg
Carbohydrate	4.002 g	Vitamin - C	0.504 mg
Ash	0.305 g	Calcium	5.761 mg
Moisture	93.617 g	Iron	0.553 mg
Fiber	0.082 g		

6.2.2.79 Dal Charchari

Ingredients

Lentil, 1 cup (tea cup)	180 g	Red chilli powder, ½ tsp	1.5 g
Soyabean oil, 1½ tbsp	22.5 g	Green chillies, 6 pc	18 g
Onions – chopped, 2 big size	80 g	Parsley, 1 tbsp	3 g
Cloves garlic, 4	20 g	Salt	2 g
Turmeric powder, ½ tsp	1.5 g		

Procedure

- i) Lentil is mixed with all the ingredients. Then it is put on a fire along with little water. Cooking continued on a slow fire in a covered vessel.
- ii) Green chillies and parsley are added before it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	78.273 Kcal	Carotene	91.837 µg
Protein	4.122 g	Vitamin – B1	0.08 mg
Fat	2.073 g	Vitamin – B2	0.083 mg
Carbohydrate	10.771 g	Vitamin - C	3.002 mg
Ash	0.583 g	Calcium	15.209 mg
Moisture	82.259 g	Iron	0.9 mg
Fiber	0.296 g		

6.2.2.80 Bengal Gram Dal with Chicken

Ingredients

Bengal gram dhal	500 g	Red chilli powder, 2 tsps	6 g
Chicken (Farm)	1000 g	Cumin seed paste, 2 tsps	10 g
Soyabean oil,	125 g	Coriender seed powder, 1 tsp	3 g
Onion (Chopped)	125 g	Cinnamom sticks, 5	3 g
Ginger paste, 2 tsps	10 g	Cardamom greens, 6	2 g
Garlic, 1½ tsp	7.5 g	Salt to taste	5 g
Termeric powder, 1 tsp	3 g		

Procedure

All the spices are put in oil along with little water and cooked for few minutes. Then chicken bones are put in and stirred well. Cooking continued on a slow fire in a covered vessel. After a while Dhal are put in and stirred for few minutes. Then water is added. When both turn soft and fluid become thick it is brought down from the fire.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	136.903 Kcal	Carotene	25.257 µg
Protein	11.141 g	Vitamin – B1	0.089 mg
Fat	5.411 g	Vitamin – B2	0.074 mg
Carbohydrate	10.946 g	Vitamin - C	0.794 mg
Ash	1.071 g	Calcium	23.552 mg
Moisture	70.952 g	Iron	1.721mg
Fiber	0.387 g		

6.2.3 Home Made Dessert

6.2.3.1 Orange Firni

Ingredients

Rice (raw)	250 g	Orange skin - finely chopped, ½ cup	90 g
Cow's milk	2000 g	Orange essence, ½ tsp	2.5 g
Suger, 3 cups	540 g		

Procedure

Rice is cleaned and washed well and soaked in water. Then it is rubbed strongly to break most of the grains. These are boiled in milk. It is stirred frequently. Cooking continued on a slow fire. When it become thick suger is added and it is stirred very well. Essence is added before brought down from the fire. Chopped orange skin is added during serving.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	202.274 Kcal	Vitamin- A	2.764 µg
Protein	3.761 g	Vitamin – B1	0.055 mg
Fat	3.84 g	Vitamin – B2	0.109 mg
Carbohydrate	38.193 g	Vitamin - C	3.501 mg
Ash	0.835 g	Calcium	115.622 mg
Moisture	40.066 g	Iron	0.554 mg
Fiber	0.035 g		

6.2.3.2 Custard

Ingredients

Cow's milk	2000 g	Bananas - sliced thin, 2	250 g
Eggs, 2 pc	130 g	Apple - sliced thin, 1	180 g
Suger, 1½ cup	270 g	Mango - sliced thin, 1	225 g
Custard powder, 1 tsp	3 g	Grapes - sliced thin	50 g
Cornflour, 2 tsps	6 g		

Procedure

2 kg milk is put on a fire stirred frequently and concentrated to ½ kg. Suger is added to eggs and beaten up very well and put in the milk and boiled for once. Custard powder and cornflour are dissolved in little water. It is poured to the milk and stirred frequently till the whole thing become thick. It is kept in the refrigerator till it become cold. Fruits are added to it during serving.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	161.933 Kcal	Vitamin- A	20.921 µg
Protein	4.285 g	Carotene	702.592 µg
Fat	5.181 g	Vitamin – B1	0.087 mg
Carbohydrate	24.639 g	Vitamin – B2	0.152 mg
Ash	1.05 g	Vitamin - C	8.741 mg
Moisture	63.928 g	Calcium	133.64 mg
Fiber	0.249 g	Iron	1.744 mg

6.2.3.3 Borhani

Ingredients

Sour card	1000 g	Beat laban, 2 tsps	6 g
Spearmint paste, 1 tbsp	15 g	Mustard seed powder	1.5 g
Green chilli paste, 2 tsps	30 g	Salt, 1½ tsp	7.5 g
Suger, 1½ tbsp	22.5 g	Water, ½ cup	125 ml

Procedure

Curd is mixed with water and strained out through a fine cloth. All the ingredients are mixed with it, which is blended through a blender. Then it is kept in a refrigerator and served cold.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	60.945 Kcal	Carotene	223.555 µg
Protein	2.67 g	Vitamin – B1	0.048 mg
Fat	3.366 g	Vitamin – B2	0.138 mg
Carbohydrate	5.068 g	Vitamin - C	4.282 mg
Ash	1.832 g	Calcium	125.557 mg
Moisture	87.056 g	Iron	0.411 mg
Fiber	0.196 g		

6.2.3.4 Vermicelli

Ingredients

Vermicelli	500 g	Cardamom greens, 5pc	1 g
Liter milk, 1½	1500 g	Raisins, 12 pc	1 g
Suger, 2 cups	360 g		

Procedure

Milk is boiled for while and suger is added. Then vermicelli is added. When it become concentrated cardamom green and raisins are added.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	236.325 Kcal	Vitamin- A	2.53 µg
Protein	5.151 g	Vitamin – B1	0.096 mg
Fat	3.572 g	Vitamin – B2	0.107 mg
Carbohydrate	45.909 g	Vitamin - C	1.687 mg
Ash	0.905 g	Calcium	109.947 mg
Moisture	44.384 g	Iron	0.736 mg
Fiber	0.068 g		

6.2.4 Occasional Food

6.2.4.1 Bhuna Khichuri with Green Gram Dal

Ingredients

Rice (raw)	1000 g	Cardamom greens, 6 pc	2 g
Green gram (fried)	500 g	Cinnamom sticks, 6 pc	2 g
Ghee, 1½ cup	292.5 g	Salt to taste	20 g
Ginger paste, 1 tbsp	15 g	Water as needed	4800 ml
Onions (medium size), 7	196 g		

Procedure

The rice and dal are washed well and water is drained and set aside. Onion is fried in the heated ghee till it become red. Ginger paste, rice, dal, cardamom green, cinnamom sticks all are added to it and fried well. Then water and salt are added and the pot is covered. When it is fully boiled it is brought down from the burner.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	154.704 Kcal	Carotene	4.897 µg
Protein	3.771 g	Vitamin – B1	0.051 mg
Fat	5.929 g	Vitamin – B2	0.016 mg
Carbohydrate	21.552 g	Vitamin - C	0.413 mg
Ash	0.876 g	Calcium	11.066 mg
Moisture	67.813 g	Iron	1.469 mg
Fiber	0.153 g		

6.2.4.2 Lentil Khichuri with Parboiled Rice

Ingredients

Parboiled rice (Nagirshyile)	1000 g	Termeric powder as needed	3 g
Lentil	500 g	Bay leaf, 1	0.5 g
Soyabean oil, ½ cup	97.5 g	Cardamom greens, 2	0.5 g
Onions, (medium size) 8pcs	224 g	Cinnamom sticks, 2	1 g
Red chillie powder, ⅔ tsp	2 g	Green chillies, 3	9 g
Ginger paste, 2 tsp	10 g	Salt to taste	20 g
Garlic paste, 2 tsp	10 g	Water as needed	5000 ml
Cumin seeds paste, ½ tsp	2.5 g		

Procedure

The rice and pulse are washed well and water is drained and set aside. Onion is fried in the heated oil till it become red. Garam masala, all the spices and rice and dall are added to it and fried well. Then water as needed is added and the pot is covered by a lid. When the whole water is absorbed it is brought down from the burner.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Energy	124.012 Kcal	Carotene	30.179 µg
Protein	3.758 g	Vitamin – B1	0.053 mg
Fat	2.053 g	Vitamin – B2	0.066 mg
Carbohydrate	21.66 g	Vitamin - C	0.696 mg
Ash	0.764 g	Calcium	11.141 mg
Moisture	71.613 g	Iron	1.305 mg
Fiber	0.168 g		

7. Discussion

Multi-ingredient foods are major items in our diet, which makes it important to have good quality data on composite foods in food composition databases. But obtaining and using data on the content of multi-ingredient foods presents a number of inherent difficulties, primarily because of their abundance, diversity and variability. Analytic data for multi-ingredient foods are not generally as available as they are for single foods; and it is virtually impossible to analyse every dish and other prepared food items.

The calculation of the nutrient content of these foods from the nutrient data of the ingredients are estimates and not meant to replace nutrient values obtained by laboratory analysis. However, because of the difficulties and costs of analyses of mixtures of different food types, and limitations on resources to adequately sample these mixtures, calculated values that rely on a broad base of representative samples may actually be more accurate than values derived from laboratory analysis of one or two samples of the prepared food. **For many foods, recipe calculation may be the only cost-effective way to obtain nutrient data.** Thus calculation of recipes and cooked foods can be an important part of food composition databases and now-a-days is the method of choice.

The present study was undertaken for recipe calculation of multi-ingredient foods using available food composition data as well as using data of “similar” foods analyzed in our laboratory in earlier studies. **To our best of knowledge, this is the first attempt in Bangladesh to survey for recipes, review recipe calculation methods, calculate nutrient composition of collected recipes, and develop computer-based recipe calculation programme.** The study resulted in altogether 208 recipes of multi-ingredient foods containing information on ingredient composition in terms of number, size or volume, and decimalized amount; the cooking procedure; the nutrition fact i.e., the content of total calorie, proximate nutrients, and some minerals and vitamins.

The recipe calculation procedures can be simple weighted calculations or complicated calculations including yield factors for volatile ingredients (water, fat, alcohol) and retention factors for vitamins. In our study the nutrient content of composite foods is calculated by the recommended and adopted **recipe calculation procedure** (Table 2). Here ingredients basically refer to the single foods. In recipe calculation procedures, the nutrient content of composite foods is based on the nutrient content of each ingredient; information on cooking or processing and the

sensitivity of nutrients or components to the cooking or processing methods is the concern. However, the changes in weight of the ingredients during cooking and food processing are taken into account by using yield factors (Section 4.4 & appendix-2), which are determined by the temperature and time of cooking and by the cooking or processing method (Holcomb et al., 2002; Schakel et al., 1997; Unwin, 2000) and changes in the nutrient content of the ingredients during preparation are taken into account by using nutrient retention factors (Leskova et al., 2006) giving the final estimate relatively more accuracy.

As already discussed in a previous report (Bell et al. 2006), analysing composite foods is expensive and time consuming. Therefore, determination and appropriate use of nutrient retention and weight yield factors for calculation of the nutrient content in prepared and/or processed foods is an important task that should be addressed by FCDB compilers. Recently, Bell et al. (2006) have published an overview of the nutrient retention factors used by the European FCDB, which illustrates the ranges of values for nutrient retention being currently used, systematically arranged by food group. However, it is evident that clear recommendations on which factors should be applied, how and in which situation are still missing.

In our study we used some YF and RF determined by our earlier studies while rest of these factors were collected from secondary reference sources (Appendix -2). The amount of nutrients retained in foods after preparation, processing or other any treatment depend on several factors, such as temperature, time, pressure and many other cooking parameters. Furthermore, nutrient content is closely related to changes in fat and water. So corrections for fat gain or loss and evaporation of water must be included in the whole calculation procedure. We were unable to correct fat loss or gain but moisture content in each recipe was calculated so that the content of nutrients in the solid matter can be estimated.

Validation, revision and update of the nutrient values in these recipes are considered crucial and should be performed on a regular basis. Unfortunately the food composition tables of INFS, “*Deshiyo Khaddyer Pustiman* (Nutritive value of local foods)” is decade old. No new update is available. However we used in this study an updated computerized version of INFS’s FCT compiled with new published food composition data but due to different reasons it not published yet. So the drawbacks of using old food composition data were thus minimized to a large extent which gave the recipe database generated in this study a credential for their potential uses in various purposes.

Nutrient data in these recipes may have variations due various factors. Food preparation at home is an unpredictable process, which may yield variable results in nutrient content. Lack of YF and

NRF for various cooking conditions limited the researcher to use non-local reference values which might produce artifacts in calculations for localized recipes.

Proper documentation of the recipe calculation system together with the applied retention and yield factors is a crucial part of effective management of food composition databases. Great care was taken in this regard. In this context, the findings of this study, produces an easy tool for the estimates of nutrient content of multi-ingredient foods which is by and large reliable for common uses.

8. Conclusion and Recommendation

As people from different populations are used to eat food prepared using traditional recipes and locally manufacture foods, it is necessary to produce local database system for recipes. The present study estimated data about nutrition facts of a total of 208 different varieties of recipes collected from a recipe survey. To ease the heavy burden of manual recipe calculation, a computation programme has been developed and validated with manual calculation. Using this recipe calculation software, INFS-RC a total of 146 recipes were calculated for their nutrition facts. Therefore, the recipe database thus generated will be produce valuable for the dietitian, nutritionist and epidemiologist and others who need to calculate nutrient value of any recipe.

A lot of further studies are needed to verify, rectify, and update the findings of the study.

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Appendix

Appendix-1: Questionnaires of Survey

Identification no.

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Date of Interview

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Survey on the opinion of housewife about homemade Bangladeshi dishes.

Name :

Address :

Phone no. :

1. Socio-demographic conditions

Age:

- i. <20
- ii. 20-30
- iii. >30

Education:

- i. >Graduate
- ii. Graduate
- iii. H.S.C.
- iv. <H.S.C.

Profession:

- i. Housewife
- ii. Working
- iii. Student

Family Income (Tk.):

- i. 5,000-15,000
- ii. >15,000

2. What different kinds of food do you use to cook daily? Tell the name and recipe of five items among them.

i. Name of Food:

Ingredients	Quantity	Cooking Process	For no. of persons

ii. Name of Food:

Ingredients	Quantity	Cooking Process	For no. of persons

iii. Name of Food:

Ingredients	Quantity	Cooking Process	For no. of persons

iv. Name of Food:

Ingredients	Quantity	Cooking Process	For no. of persons

v. Name of Food:

Ingredients	Quantity	Cooking Process	For no. of persons

3. What different kinds of food do you use to cook in special days? Tell the name and recipe of five items among them.

i. Name of Food:

Ingredients	Quantity	Cooking Process	For no. of persons

ii. Name of Food:

Ingredients	Quantity	Cooking Process	For no. of persons

iii. Name of Food:

Ingredients	Quantity	Cooking Process	For no. of persons

iv. Name of Food:

Ingredients	Quantity	Cooking Process	For no. of persons

v. Name of Food:

Ingredients	Quantity	Cooking Process	For no. of persons

Appendix-2

Nutrient Content (Analyzed Value) of 16 Standardized Recipes:

1. Polaow

Ingredients

Atop rice	150 g	Zinger and Garlic paste	1 g
Onion	5 g	Salt	2 g
Oil (Soya bean)	10 g	Water	345 ml
Cardamom, Cinnamon, Bay leaf	2 g		

Procedure

At first, atop rice was washed properly with cleaned water. In the cooking pan oil and all other spices including washed atop rice were put together and fried for some time. Then previously boiled water was added. After that the pan was covered. When the ingredients were cooked properly, then the pan was picked up from the furnace.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	4.28 g	Ash	1.37 g
Fat	2.29 g	Moisture	61.78 g
Carbohydrate	30.27 g	Energy	158.84 Kcal

2. Beef Biriani

Ingredients

Atop rice	150 g	Cardamom, Cinnamon, Cassia leaf	2 g
Beef	100 g	Ginger and Garlic paste	5 g
Onion	25 g	Salt	2 g
Soya bean oil	25 ml	Water	400 ml
Red chilli powder	1 g		

Procedure

The rice was washed properly in several changes of water. Put in a large bowl. Water and salt were mixed up and soaked for hours. Put the saffron threads in a small, heavy frying pan set over a medium flame. Put chopped onion, garlic, ginger, almonds and water into the container and blended it until it becomes pest. Put oil and fired them until they become golden. Put the meat cubes into the same hot oil and brown them on all sides. Then more oil added to the frying pan and put onion-garlic- ginger-almond paste. While meat was cooking put cloves, cardamom seeds, cinnamon and nutmeg into the container. The meat was cooked for 30 minutes. Put the rice on top of the meat, it was covered and baked for another 30 minutes. Then the biryani was ready.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	18.02 g	Ash	2.49 g
Fat	4.50 g	Moisture	60.57 g
Carbohydrate	14.40 g	Energy	170.27 kcal

3. Chicken Roast**Ingredients**

Bone less meat	365 g	Ginger and Garlic paste	5 g
Onion	250 g	Coriander powder	9 g
Green chilli	2 g	Sugar	5 g
Soya bean oil	50 ml	Salt	5 g
Red chilli powder	5 g	Water	50 ml
Cardamom, Cinnamon, Cassia leaf	2 g		

Procedure

The boneless chicken cube was washed properly. Then it was fried for some time in a frying pan on hot oil. Onion, green chilli, red chilli, cardamom, cinnamon, cassia leaf, ginger, garlic paste and coriander powder was fried together. Put the fried chicken cube on mixed spices and fried until they become brown. Thus the chicken roast was ready to serve.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	32.87 g	Ash	4.02 g
Fat	22.53 g	Moisture	30.42 g
Carbohydrate	10 14 g	Energy	374.91 kcal

4. Chinese Vegetable**Ingredients**

Palau	420 g	Soya bean Oil	15 ml
papaya	350 g	Corn flour	2tsp
Carrot	250 g	Green chili	1 g
Onion	30 g	Salt	2g
Chicken Cube	45 g	Water	180 ml

Procedure

All vegetables were cut into small slices. Vegetable slices and chicken cubes were half boiled in water separately. Onion, green chilies were fired in a frying pan over hot oil. Put the half boiled vegetables, chicken cubes, one tea spoon salt and cornflower on it and cooked about half an hour. Thus the vegetables were ready.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	6.83 g	Ash	7.04 g
Fat	4.80 g	Moisture	73.75 g
Carbohydrate	7.56 g	Energy	100.78 Kcal

5. Baked fish**Ingredients**

Boneless fish	300 g	Coriander leaf	20 g
Onion	100 g	Ginger and Garlic paste	5 g
Green chili	30 g	Coriander powder	10 g
Soya bean oil	20 ml	Salt	5 g
Flour	200 g	Water	120 ml
Egg (1 whole egg)	90 g		

Procedure

Boneless Ruhi fish slices were washed properly and boiled until it become soft. Put onion green chili, flour, egg, coriander leaf in a bowl and mixed with boiled fish properly. Make small ball and put it in a frying pan on preheated oil. When the ball will be brown color take off from the frying pan and serve it.

Nutrition Fact (analyzed values)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	25.66 g	Ash	2.73 g
Fat	15.79 g	Moisture	40.52 g
Carbohydrate	15.29 g	Energy	305.92 Kcal

6. Beef Bhuna**Ingredients**

Beef	356 g	Cumin seed paste	1.78 g
Onion paste	10 g	Coriander powder	0.434 g
Onion slice	10.54 g	Chili powder	1.032 g
Ginger paste	11.53 g	Soya bean oil	20 ml
Garlic paste	7.19 g	Salt	11.537 g
Turmeric Powder	0.88 g		

Procedure

Beef was washed with water. In the pan all the ingredients were mixed properly. Then the pan was setup on the oven. All the ingredients were shack up. After that, sufficient amount of water was added. Then the pan was covered.

Nutrition Fact (Analyzed value)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	20.72 g	Ash	1.90 g
Fat	4.32 g	Moisture	60.94 g
Carbohydrate	12.16 g	Energy	173.70 Kcal

7. Small Fish Fry

Ingredients

Kechki	150 g	Turmeric	1.73 g
Potato	96 g	Soya bean oil	16.51 ml
Onion	35 g	Salt	2 g
Green chili	5.48 g	Water	176 ml

Procedure

Small fish (kechki), onion, potato, green chillis were washed. Potato, onion, green chillis were sliced. All the ingredients were mixed in the fry pan and hit was applied. After 3-4 minutes sufficient amount of water was added and covered the pan. When the ingredients were dried, the pan picked up from the oven.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	4.30 g	Ash	3.50 g
Fat	3.46 g	Moisture	71.43 g
Carbohydrate	17.34 g	Energy	119.83 Kcal

8. Lady's Finger Fry

Ingredients

Lady's finger	300 g	Turmeric	0.770 g
Tomato	95 g	Ripe chili	3.352 g
Onion	3 g	Soya bean oil	16.280 ml
Ginger paste	4.014 g	Salt	3 g
Garlic	2.750 g		

Procedure

Lady's finger, tomato, onion were washed. Lady's finger was sliced into two parts. Oil was taken in the nonstick fry pan and all ingredients, except Lady's finger were mixed with this oil properly. Then Lady's finger were given in the mixture and fried. After that tomato was added and the pan was covered. The process was completed with mild heat.

Nutrition Fact (Analyzed value)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	1.80 g	Ash	1.99 g
Fat	2.25 g	Moisture	79.32 g
Carbohydrate	14.66 g	Energy	87.73 Kcal

9. Bitter Gourd Fry**Ingredients**

Corolla	320 g	Green chili	5 g
Onion	30 g	Soya bean oil	20 g
Turmeric	2.5 g	Salt	2.5 g

Procedure

Firstly corolla, onion, and green chills were washed and sliced. Then all ingredients were taken in the fry pan and mixed them properly and treated with mild heat. After some time when it was fried and then picked up from the oven.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	1.32 g	Ash	1.63 g
Fat	1.02 g	Moisture	77.12 g
Carbohydrate	9.93 g	Energy	55.30 Kcal

10. Potato Mash**Ingredients**

Potato	400 g	Oil	2 ml
Onion	14.469 g	Salt	2.617 g
Green chili	3.812 g		

Procedure

At first the potato with its cover was boiled in hot water. After that the cover was removed. The potatoes were mashed to make a semi-paste. Then green chili, onion slices and salt were added and mixed with the mash. After that sufficient amount of oil was added and mixed properly.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	1.80 g	Ash	1.30 g
Fat	0.20 g	Moisture	80.20 g
Carbohydrate	15.30 g	Energy	71.91 Kcal

11. Vegetable Cutlet**Ingredients**

carrot	600 g	oil	80 ml
papaya	640 g	white flour	210 g
green banana	380 g	green chilie	18 g
potato	340 g	salt	2 g
onion	45 g	water	4200 ml

Procedure

All vegetables were washed, piled out, sliced, boiled and mashed. Chilli and onion were chopped and added, flour and salt were added. Mashed properly different portion were made with definite size. Each portion were soaked with rice flour (atop ata) and fried in hot oil up to made it brown.

Nutrition Fact (Analyzed value)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	9.18 g	Ash	4.32 g
Fat	13.21 g	Moisture	63.08 g
Carbohydrate	10.21 g	Energy	196.45 Kcal

12. Payesh**Ingredients**

atap rice	60 g	sugar	265 g
milk	1250 ml	cardamom	0.597 g

Procedure

At first milk was boiled in the pan. After that atap rice and cardamom were added and boiled with mild heat. When the rice becomes fully boiled, sugar was added and heat was continued. After sometimes when the ingredients become semi-thick, the pan was picked up from the oven.

Nutrition Fact (Analyzed value)

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	9.75 g	Ash	1.03 g
Fat	6.46 g	Moisture	47.44 g
Carbohydrate	35.32 g	Energy	238.42 Kcal

13. Vegetable Polaow**Ingredients**

Rice	56g	Ghee or Vanaspati	14g
Potatoes	7g	Cumin	1g
Beans	7g	Cardamom	1g
Onion	7g	Cloves	1g
Cauliflower	7g	Coconut milk	60ml
Peas	14g	Salt	7g
Green chilies	7g	Water	180ml

Procedure

The vegetables are cut into small pieces and fried. Cleaned and washed rice is added to about twice the amount of boiling water. After a minute or so the fried vegetables are added along with the spices and cooked till the grains are soft and all water is absorbed. Coconut milk is then added and cooking continued for a few minutes till the milk is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	2.3 g	Ash	0.0788 g
Fat	5.7 g	Moisture	69.9 g
Carbohydrate	22 g	Energy	148 Kcal

14. Plain Khichuri**Ingredients**

Rice	28 g	Onion	7 g
Lentil	28 g	Cumin	1 g
Bay leaf	0.5 g	Salt	2 g
Ghee or Vanaspati	14 g	Water	180 ml

Procedure

Sliced onion is fried in melted ghee or vanaspati. The cumin and bay leaf are added and stirred for a while. The cleaned and washed rice and lentil are then put in along with water, stirred well and cooked on a slow fire for about 20 minutes till grains turn soft and water is absorbed.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	4.7g	Ash	0.093 g
Fat	7.3 g	Moisture	66.907 g
Carbohydrate	21 g	Energy	168 Kcal

15. Khichuri with Mutton**Ingredients**

Rice	28 g	Ghee or Vanaspati	28 g
Green Gram	28 g	Turmeric	1 g
Mutton	56 g	Salt	7 g
Onion	28 g	Water	420 ml
Ginger	14 g		

Procedure

Onions and ginger are cut into thin slices and added to boiling water along with the mutton. The meat is boiled till soft and about 180 ml water is left. In another pan, turmeric is fried in ghee or vanaspati, rice and dal put in, stirred and fried for some time. The meat stock and salt are then added to the fried rice and dal, and when the grains are half done, the boiled mutton is added and the khichuri is cooked on a slow fire till soft and semisolid.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	6.5 g	Ash	0.137 g
Fat	11.8 g	Moisture	67.263 g
Carbohydrate	14.3 g	Energy	190 Kcal

16. Vegetable Khichuri

Ingredients

Rice	28 g	Onion	14 g
Lentils	28 g	Bay leaf	0.5 g
Cumin	1 g	Ghee or Vanaspati	14 g
Potato	14 g	Salt	3 g
Cauliflower	14 g	Water	300 ml
Peas	14 g		

Procedure

Pieces of cauliflower and potato are fried in ghee or vanaspati. They are removed when done, and sliced onion is fried in the same pan. Cumin and bay leaf are then added and fried for few seconds. Next, the cleaned and washed rice, dal and peas are put in, stirred and cooked for some time. Water and salt are added, mixed well and the vessel covered with a lid. When it comes to the boil, the fried vegetables are put in and allowed to cook till the grains and the vegetables are very soft and semi solid.

Nutrition Fact

<i>Nutrient</i>	<i>Amount (g % EP)</i>	<i>Nutrient</i>	<i>Amount (g % EP)</i>
Protein	3.9 g	Ash	0.079 g
Fat	5 g	Moisture	74.320 g
Carbohydrate	16.7 g	Energy	127 Kcal

Yield Factors of the Standardized recipes:

Name of the recipe	Yield Factors
1. Polaow	0.934
2. Beef Biriani	0.783
3. Chicken Roast	0.824
4. Chinese Vegetable	0.807
5. Baked Fish	0.716
6. Beef Bhuna	0.695
7. Small Fish Fry	0.734
8. Lady's Finger Fry	0.537
9. Bitter Gourd Fry	0.618
10. Potato Mash	0.828
11. Vegetable Cutlet	0.684
12. Payesh	0.636
13. Vegetable Polaow	0.683
14. Plain Khichuri	0.752
15. Khichuri with Mutton	0.505
16. Vegetable Khichuri	0.684

Appendex-4

Retention Factors of Cook Food

Food Group	Retention Factor (RF)	Ene-rgy	Water	Total Miner-al	Fiber	Prot-ein	Fat	CHO	Calci-um	Iron	Vit-A	Carot-ene	Vit-B1	Vit-B2	Vit-C
Cereal & Cereal Product	RF Boiling	1	1	1	1	1	1	1	1	1	1	1	0.6	0.6	-
	RF Baking	1	1	1	1	1	1	1	1	1	1	1	0.85	0.85	-
Meats, Poultry & Their Product	RF Boiling	1	1	1	1	1	1	1	1	1	1	1	0.8	0.8	0.5
	RF Fried	1	1	1	1	1	1	1	1	1	1	1	0.8	0.8	0.5
Fish and Their Product	RF Poaching	1	1	1	1	1	1	1	1	1	1	1	0.9	1	1
	RF Baking	1	1	1	1	1	1	1	1	1	1	1	0.7	0.8	1
	RF Grilling	1	1	1	1	1	1	1	1	1	1	1	0.9	0.9	1
	RF Frying	1	1	1	1	1	1	1	1	1	1	1	0.8	0.8	1
Vegetables & Vegetables Product	RF Boiling	1	1	1	1	1	1	1	1	1	1	1	0.65	0.8	0.55
	RF Frying	1	1	1	1	1	1	1	1	1	1	1	0.8	1	0.7
Pulses	RF Boiling	1	1	1	1	1	1	1	1	1	1	1	0.65	0.8	0.55
	RF Frying	1	1	1	1	1	1	1	1	1	1	1	0.8	1	0.7
Milk & Milk Products	RF Boiling	1	1	1	1	1	1	1	1	1	1	1	0.5	0.8	1
	RF Baked	1	1	1	1	1	1	1	1	1	1	1	0.95	0.8	1