



**NIRMAL**  
THE PURE

Under the mentorship of  
Mr. C. P. Meghwal  
Mr. Pracheer Sharma

# GUIDANCE TEAM



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**Certifications :** Qualified Learning Facilitator ,Certified Hospitality Educator (CHE) From AHLA, USA, DTS And DOT By DOPT And Courses On Neurolinguistic Programming

**Awards :** Two Time National Award Winner For The Best Teacher In Hospitality Education From Ministry Of Tourism Besides Numerous Other Accolades Including Best Employee Award At Oberoi Hotels And Indian Hospitality Educator's Award.

**Experience:** 24 Years



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**Experience:** 24 years



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## Mr. C.P. Meghwal (Mentor)

**Senior Lecturer, Accommodation Operation**

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**Experience:** 15 Year



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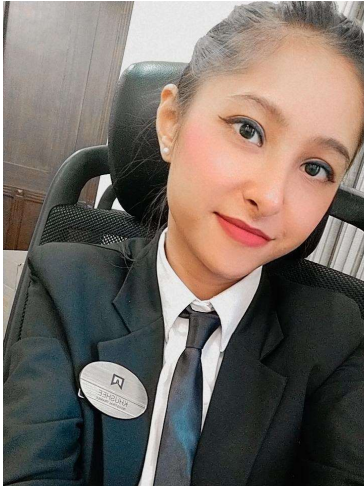
**Asstt. Lecturer, food production**

**Qualification:** B.Sc. In hospitality and hotel administration and alumnus of IHM Jaipur, post-graduate diploma in human resource management from ISBM

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# EDITORIAL TEAM



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" Nirmal "is a e-journal of IHM Jaipur 2<sup>nd</sup> year students initiative in which we are trying to communicate about two of the core department in the hospitality industry. In housekeeping ' it is going to enhance your knowledge about latest trends in room division, laundry, linen room and about various chemicals used in housekeeping department. Also it is going to tell you about various cuisines of india and their history and some of our lost millets.



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## TECHNOLOGICAL ADVANCEMENT IN HOUSEKEEPING

**-JESIKA JAIN**

**DURABILITY IS  
MORE  
IMPORTANT  
THAN EVER**

Hotel linens often incorporate polyester into their sheets to provide structure and longevity after repeat use. Top Sheets are also becoming a new standard in many hotels as a perfect all-in-one solution.

They are far more durable and help protect the linens that guests sleep in. They also can add a designer-look to your bed by incorporating patterns, textures and colour.

**SKIP THE IRON  
WITH WRINKLE-  
FREE-  
TECHNOLOGY**

100% polyester are a great no-iron solution for the top of your bed. The new pattern. incorporates cotton to provide a textured wavy pattern meaning that you can forget the iron after it comes out of the dryer.

## SOFTWARE ORIENTATION

**Room housekeeping:** As soon as the guest checks-out from the room, the hotel management software marks that room as the dirty. So one does not have to manually get the details of the dirty rooms.

**Assign and track the jobs:** From the hotel software, you can create and assign a particular housekeeping job, or assign the room numbers to any of the housekeepers.

**Set the priority:** Along with assigning the tasks, you can also set the priority of the tasks. Thus the housekeepers can take the urgent task on the priority.

**Tracking the track order:** The housekeeping manager can also track the assigned order, whether the assigned job has done, or it is in the progress. And thus can have a detailed chronicle of the ongoing housekeeping tasks.

**Keeping the front-desk updated:** Along with other housekeeping operations, the hotel software keeps the front desk also updated about the clean and dirty rooms. So, in any case, the dirty room is not given to the walk-in guests.





## *Trends in Housekeeping*

### EXAMINING TRENDS IN HOTEL LAUNDRY

*-ABHISHEK KUMAR*

Most residences have lengthy dedicated to leaving a mild carbon footprint through adopting recycling and reuse programs, incorporating photo voltaic strength and sourcing environmentally pleasant merchandise and suppliers.

“It’s truly necessary for our team of inns to use inexperienced products,” says Tyson Ghostkeeper, director of Operations for Moullem Management Group, which operates 5 BestWestern inns in Alberta.

The crew sources these merchandise from Ecolab — a world issuer of water hygiene and strength offerings to food, healthcare and hospitality industries. The company’s merchandise encompasses phosphorus-free, centered stable detergent, de-strainers, softeners and neutralizers, as nicely as EPA-registered alkaline toilet disinfectants and Green-Seal-Certified plant-derived cleaners.

“They’re targeted powdered chemicals, so there’s much less water used and much less water in the chemical compounds themselves,” says Ghostkeeper, talking of Ecolab’s products. “The solely time we use heat water is when there are stains we can’t get out. But we nevertheless don’t have to use scalding warm water and that reduces the [environmental] impact. Sustainability and environmental stewardship are core values of Ecolab and our solutions,” explains Deanne Middleton, Ecolab’s senior Marketing Communications manager.

Building on its present product portfolio, Ecolab additionally these days launched Aquanomic 2.0, which, in accordance to the company, offers outcomes the use of low temperatures. Building on its present product portfolio,

Ecolab additionally these days launched Aquanomic 2.0, which, in accordance to the company, offers outcomes the use of low temperatures.

# ORGANISATION CHART OF HOUSKEEPING DEPARTMENT

-KOPAL RAJPUT



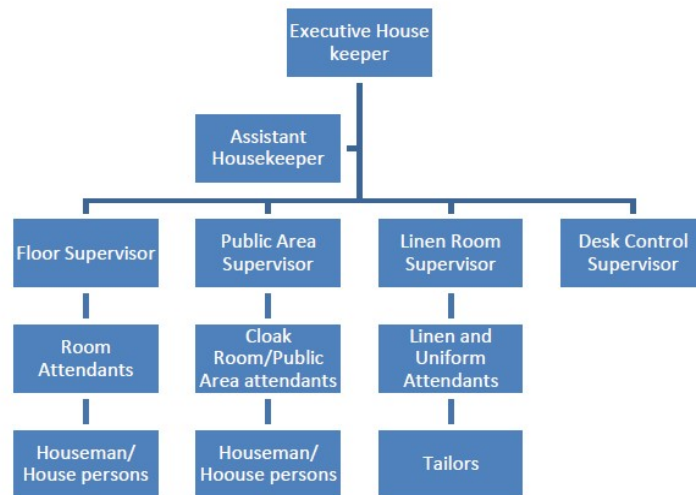
A housekeeping organizational chart is a schematic representation that captures the working relationships between positions in an establishment, often serving to illustrate the divisions of responsibility and lines of authority in the overall organization.

## Organizational structure

The organization chart of housekeeping department should provide a clear picture of the lines of authority and the channels of communication with the department.

Housekeeping department chart not only provides for a systematic direction of orders but also protects employees from being over directed. The chart shows that each employee should take orders only from the person directly above him/her

. Also, a copy of the chart should be posted in an area so that all housekeeping staff can see where they fit into the overall organization of the department. Ideally, all hotels place the organization chart on either the housekeeping control desk room or the place where usually the daily briefing happens.



The housekeeping department in a Medium Size hotel or 3-4 Star Hotel is headed by the executive housekeeper. He/she reports to the general manager. In the case of a chain of hotels, the executive housekeeper also reports to the director of housekeeping, who heads the housekeeping departments in all the hotels of that chain.

The deputy housekeeper assists the executive housekeeper and looks after the various areas of responsibility in the hotel, that is, floors, public areas, the linen room, desk control and staffing etc.

The Housekeeping Organizational Chart in a Medium hotel also contains multiple supervisors for each section of the housekeeping like the Laundry, Desk Control, Floor Supervisor, Public Area Supervisor etc. each of these supervisors reports to the Assistant Housekeeper or the Executive housekeeper. Further down the Housekeeping organizational structure, we have the Room boys, Housekeeping Attendants, Laundry Attendants, Gardeners, Tailors, Trainees, Apprentice etc. Find below the organization chart of the housekeeping department in a mid-range service hotel.

# MATTRESS & ITS TYPES

-Abhay Pratap Singh solanki



A mattress is a fabric case filled with deformable or resilient material used for sleeping on. Choosing mattresses, it should be borne in mind that they ought to be at least 6 inches longer than the average sleeper's height. Popular companies preparing various hotel mattresses are Snoozer, Wakefit, Kurlon, Dreamzee, Marriott bed by Jamison, Four seasons bed etc.

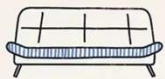
Mattress Type	Feature	Benefit
Pocket Springs	Conforms and adjusts to your body contours. Every spring works totally independently from the next	Offering excellent spinal support. Eliminating roll together for totally undisturbed sleep
Coiled or Continuous Springs	Robust, well engineered springing system.	Evenly distributing body weight for a supportive night's rest. Ensuring the mattress retains its shape throughout its life
Natural Latex	Conforms and moulds to your body contours. Hypo-allergenic and anti-microbial.	For superior comfort, neck and back support. Beneficial for people who suffer from respiratory problems.

Memory Foam	Responds to individual shape and pressure. Relieves pressure build-up.	For optimum back and body support. Helps prevent aches and pains.
Orthopedic Mattress	Conforms and adjusts to body contours. Consists of fusion of layers of foam, springs etc	Offering excellent spinal support.

## Types of mattress (based on core layer)-

1. Interior sprung mattress/inner spring mattress
2. Plastic mattress
3. Latex or foam –rubber mattress
4. Visco-Elastic Memory Foam Mattresses
5. Solid –stuffed mattress
6. Water mattress
7. Air mattress



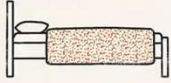


Futon Bed Frame

### Types Of Bed Frames



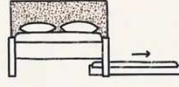
Simple Bed Frame



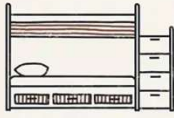
Metal Bed Frame



Adjustable Bed Frame



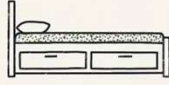
Trundle Bed Frame



Bunk Bed Frame



Tatami Bed Frame



Storage Bed Frame

## ON THE BASIS OF SIZE

**Single Bed** – it is meant for a single person. Size is 3 ft x 6 ft 3 inches

**Double Bed** – meant for 2 persons. Size is 4 ft 6 inches x 6 ft 3 inches

**Queen Bed** – larger than the double bed is queen bed. Size is 5 ft 6 inches x 6 ft 6 inches

**King Bed** – available in two sizes European and California king

**a. European King** – 6 ft x 6 ft 6 inches

**b. California King** – 6 ft x 6 ft 10 inches

# BEDS & ITS TYPES

-ARIN

A guest turns up to a hotel for a comfortable stay. He spends a considerable time in the bed. When guests stay in an organization they are naturally concerned with sleeping and the comfort of the bed is of great importance. The beds must not only be comfortable but must look inviting. This will depend on the design, the materials from which they are made.

**Beds can be classified on the following basis :**

- A. On the basis of size
- B. Decorative beds
- C. Space saving beds
- D. Convertible beds

## Decorative beds

**I. Canopy Bed** – A canopy bed is a decorative bed with suspended fabric on top. Ornate or decorative fabric is often draped from top with the help of hook on ceiling or posts (wooden pillars at four corners of the bed).

**II. Four Poster Bed** – it is a bed with four posts at all four corners. This bed can have a ceiling of wood or fabric known as a tester. When it is covered with fabric in the form of curtains this is known as canopy bed.

## Space Saving Beds

**I. Rollaway zed beds-Zed beds** get their name from their three part folded frame resembling the letter “Z”. These can be rollaway beds on rollers or casters. They generally have a thin latex foam mattress that rests on a base of stretched springs attached to a rectangular folding frame.

**II. Baby Cot/Crib/ Bassinet** – it is a bed meant for infant. The size is 2 ft 4 inches x 3 ft 3 inches

# OPTIMIZING THE HOTEL'S BEAUTY

A flower arrangement may be demarcated as the art of organizing and grouping together plant materials (flowers, foliage, twigs, etc.) to achieve harmony of form, color, and texture, thereby adding cheer, life, and beauty to the surroundings. It is essentially a decorative piece and should be the center of attraction.

**Basic Rule:-** The perfect arrangement of flowers is the one with the right balance. This means that the height of the arrangement should be at least one and a half times more than the height of the container. Although the height of the arrangement can be higher than this, it is never lower.

The flowers, which are commonly used for this purpose are roses, sunflowers, dahlia, lotus, tuberose, lilies and many more. Thus, only bright flowers are used for this purpose

**Types of flower arrangements:-** S-SHAPED FLOWER ARRANGEMENT. ...

OVAL FLOWER ARRANGEMENT.  
HORIZONTAL FLOWER ARRANGEMENT.  
VERTICAL FLOWER ARRANGEMENT. FAN SHAPED FLOWER ARRANGEMENT.  
CRESCENT FLOWER ARRANGEMENT.  
TRIANGULAR FLOWER ARRANGEMENT.

**Importance:-** Flower arrangements have an ability to introduce a personal touch in an otherwise staid and impersonal hotel room or lobby. Guests appreciate flowers for the freshness they bring to the surroundings. Arrangements can be composed of only flowers and or foliage or in combination with vegetables and fruits.

*Harsh Tanwar*



A flower arrangement may be defined as the art of organizing and grouping together plant materials (flowers, foliage, twigs, etc.) to achieve harmony of form, color, and texture, thereby adding cheer, life, and beauty to the surroundings. It is essentially a decorative piece and should be the Centre of attraction. An arrangement can be composed of only flowers and/or foliage or in combination with vegetables and fruits. Flower arrangements have an ability to introduce a personal touch in an otherwise staid and impersonal hotel room.

In hotels, flowers are used extensively. Various types of arrangements are chosen, as appropriate to the area and occasion. Medium-sized 'round' arrangements are often provided at the guest relations executives' desk in the lobby and on coffee tables in the lounges. In most five star hotels, one can see huge, spectacular arrangements in the lobbies. Restaurants generally have bud vases on each table, with one or two flowers in them. Table arrangements for conferences must be low so that guests may see over them. At informal banquets, large arrangements may be seen. At wedding banquets, wall arrangements using gerberas are very popular nowadays. On special occasions and festivals, some hotels even make beautiful traditional flower carpets for the lobby.

*-Dipesh Solanki*



# Laundry room

The laundry department has a basic cycle of operation with the below steps:-

**1. Collecting Soiled Linen.** House maid and room boy should strip linens from beds and areas and put them on to the linen chute or on to the soiled linen carts stored on each floor pantry. Staff should never use any guest linen for any cleaning purpose.

**2. Transport Soiled Linen to Laundry department.** The linens from the Laundry chutes and floor pantry are carried to the laundry department by trolley. The housemen should make sure that the laundry items are not dragged on the floor this may further damage or soil the laundry.

**3. Sorting of Linen and Uniforms.** The laundry sorting area of the hotel should be large enough to buffer one day worth of laundry and these sorting of laundry should not cause interfere with other laundry activities. Sort linen and uniforms according to their stains, size, type, colour etc.

**4. Washing and Dry cleaning.** After the linens and uniforms are sorted properly the laundry staff collects the batches of laundry and load them to the washers. It is also a good process to always weigh the laundry items before loading them to the washers, this will ensure that the washers are not overloaded and help to run them in the optimum operation condition.

**5. Drying.** After the washing cycle is completed the washed items are dried on the dryer. The drying times and temperature vary considerable according to the type of linen / cloths.

**6. Folding of Linen and Uniforms.**

Even though a lot of folding of linens are now automated, the hotels still do a lot of folding by hand. While folding the linens the laundry attendants should also look for any damages occurred to them while the laundry process.

# Sewing room

Sewing room should be a small room set apart for the purpose or a well lit corner kept solely for sewing. Space should be allotted in the linen room area for a sewing room where linen, uniforms and guest clothing can be repaired. Tailor or Seamstress work in the sewing room. The area should be well lit with adequate storage space of for various equipment.

## **Activities of sewing room**

- Altering of uniforms
- Patching of table linen
- Repair of table linen, room linen and uniforms.
- Repairing of expensive linen such as curtains, bedcovers and slip covers that require a minimum of repair
- Repairing of guest clothing
- Mending of mats and rugs
- Making of pads for polishing of silver from used mattress pads
- Converting of condemned linen into reusable forms
- Stitching of upholstery (if no separate upholsterer is employed)
- Making of recommendation for the quantity of material required for upholstery, curtains and so on
- Equipment used in sewing room
- Machines
- Heat patching machines - For sealing neat repairs and holes in table and bed linen
- Sewing machines - To stitch varying thickness of all fabrics, could be electrically or manually operated.
- Blind stitch machine: A blind hem machine will only perform the blind hem stitch and no other which is found on dresses, skirts and trouser legs. The blind hemmer creates its stitch by the needle moving from side to side rather than up and down which a conventional sewing machine would do.
- Over edging machines - Essential for remaking discards e.g. towels into wash cloths. It cuts seams and overcast in one operation.
- Zigzag machines - Highly useful for mending, darning, button sewing
- Electric iron - For ironing clothes

- anshuman singh



# ***HOTEL LINEN AND UNIFORM-HOTEL HOUSE KEEPING MANAGEMENT***

Hotel linen and uniform room plays a very important role in terms of providing clean and comfortable linen to the hotel staff and the hotel guests.

Hotel Linen in house-keeping department is the second large expense. Hotel Linen is expensive to replace, and if it is well maintained, correctly laundered, and properly stored its life can be extended. Soiled, worn or creased linen leave a bad impression of the cleaning standard of the hotel. Efficient Hotel linen and laundry management ensure that the large volume of soiled linens are washed, and treated so as to look, neat smell fresh, and feel crisp that they are disbursed at the right time at right place.

**Entrance:** A common entrance cum exit point is ideal for security reason.

**Floors and walls:-** The floors must be sturdy enough to bear the load of heavy trollies moving across it. Tiles should be avoided as they tend to chip. Walls should be of materials that can be easily cleaned frequently.

**Lighting and ventilation-** Though most of the linen room is meant for storage enough ventilation is important to prevent the growth mildew., even though the natural light is less.

**Storage-** Linen storage shelves should be designed for maximum utilization of space. The shelves are also need to be sturdy and firmly fix as the weight they bear may be considerable.

## ***PLANNING : HOTEL LINEN AND UNIFORM ROOM***

## ***Purchasing of linen***

**Location-** The hotel linens room must be such as to facilitate the easy flow of linens to and from the laundry. In case of commercial laundry is being used the linen room should be accessible from the receipt and dispatch from the back entrance of the hotel.

**Space-** The total space allocated for the linen room will depend on the size of the hotel and activities to be carried out in the linen room. The minimum space requirement for a linen room is minimum 6 sq.ft. which may suffice for small hotel Space is required for linen storage area and linen exchange counter.

**Quantity-** The quantity of linen purchase is largely depend Size of the establishment, Turn over or occupancy & Laundry facility

**Quality-** The best quality of linen must be selected within the available budget

**Hiring of Linen-** Hiring of linen is uncommon in India, but many hotels in order parts of the world do not purchase linen and prefer to hire laundered linen from hiring company. Linen hire companies supply clean linens to hotel on rental basis This system has both advantages and disadvantages.

**-DEVANSHU**

With the United Nations (UN) declaring 2023 as the International Year of Millet, Karnataka's initiative and the Center's efforts to gain international recognition for these nutrient-rich crops have come to fruition.

The United Nations General Assembly recently passed a resolution initiated by India and supported by more than 70 countries, declaring 2023 as the International Year of Millet.

The resolution seeks to raise public awareness of the health benefits of sorghum and its suitability to grow under the harsh conditions of climate change.

The passage of the resolution has excited Karnataka's agriculture sector as the state, under then Agriculture Minister Krishna Byre Gowda, is organizing the International Organic and Sorghum Exhibition. After encouraging results from the trial, he tried to push the idea forward.

**-GAURAV KUMAR**

# UNITED NATION DECLARES 2023 YEAR OF MILLETS

*The humble millet is all over the world*



Millets are a highly varied group of small-seeded grasses, widely grown around the world as cereal crops or grains for fodder and human food. Most species generally referred to as millets belong to the tribe paniceae, but some millets also belong to various other taxa.

Millets are important crops in the semiarid tropics of Asia and Africa (Especially in south India, Mali, Nigeria, and Niger), with 97% of millet Production in developing countries. This crop is favored due to its productivity and short growing season under dry, high-temperature conditions.

Millets are indigenous to many parts of the world. The most widely grown millets are sorghum and pearl millets, which are important crops in India and parts of Africa. Finger millet, proso millet, and foxtail millet are also important crop species.

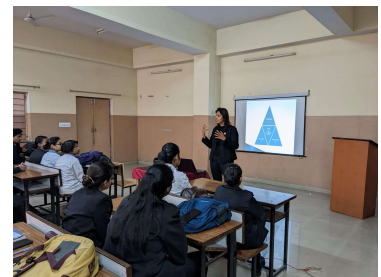
Millets may have been consumed by humans for about 7,000 years and potentially had "a pivotal role in the rise of multi-crop agriculture and settled farming societies.

**-AMIT KUMAR**



# A guest lecture on Nutrition Aspects of millets in everyday life

A guest lecture on Nutrition Aspects of Millets in Everyday Life was recently held by , where Dt. Ms. Neha Dua, Chief Dietitian discussed the many benefits of incorporating millets into our daily diets. Millets are a rich source of dietary fiber, vitamins, and minerals and are also gluten-free. They are known to help in weight management, reduce the risk of heart diseases, and also control blood sugar levels. The lecture emphasized the need to promote millets as a healthy alternative to rice and wheat in our diets. The experts explained the various ways in which millets can be prepared and shared recipes for delicious and nutritious millet-based dishes. The lecture was attended by many 3<sup>rd</sup> 2<sup>nd</sup> & 1<sup>st</sup> year students who appreciated the knowledge shared during the lecture.



 **Institute of Hotel Management,  
Jaipur**  
Presents a Guest Lecture on  
**NUTRITION ASPECTS  
OF MILLETS**

  
Neha Dua  
M. Sc. Foods and Nutrition , UOR  
Chief Dietician, Rajasthan Hospital, Jaipur  
Elective Committee Member - IDA Rajasthan  
Chapter

**Coordinated By  
Mr. C.P. Meghwal  
Senior Lecturer**

Date- 1st February 2023  
Time- 2:00PM



# Vegan Millet Sushi with Roasted Root Vegetables and Broccoli Cream

-kanojia shweta



Serving Size – 5 sushi rolls

Preparation Time – 45-50 minutes

## Ingredients:

### **For the Roasted Root Vegetables**

1/2 tbsp oil

¼ tsp salt

100g each of carrot, turnip, root celery, and beet strips

### **For the Broccoli Cream**

50 g each of peeled sunflower seeds and broccoli florets

180 ml cold water

1 tbsp soy sauce

For the millet

250 g uncooked millet

1.2 l water

½ tsp salt

You will also need 5 nori sheets and tamari sauce for serving.

## **Instructions:**

1. Bake the vegetables first. Preheat the oven to 400F, put your vegetable strips onto a covered baking tray with a sprinkle of oil. Add some salt over the vegetables and bake them in the oven for 35 minutes or lightly browned. Take the tray out of the oven and allow the baked vegetables to cool.

2. Now, mix the millet with water and salt and bring it to a boil. Boil this mixture on medium heat for about 15 minutes. Once it has softened, keep it aside and let it cool down.

3. Boil the broccoli florets and sunflower seeds in water for 15 minutes and then drain and rinse these boiled vegetables with cold water. Add this cooked broccoli and sunflower seeds to a blender with cold water, soy sauce, and vinegar. Blend for a handful of minutes until you obtain a smooth mixture and set it aside.

4. Take a rolling mat and your nori sheets and prepare to make your sushi. First, add about a tablespoon of millet and spread it out. Then add some roasted veggies and a little of that broccoli cream.

5. Moisten the top of the nori sheet with some water and roll it into a tight sushi roll. Repeat the same process five times and then use a sharp wet knife to cut the sushi into pieces. Serve this sushi with leftover broccoli cream and tamari sauce. Enjoy your millet rice sushi.

## **Summary**

Millets flew under the radar with the presence of more popular cereals, like rice and wheat. It was only recently that health and fitness enthusiasts from across the world understood its potential. The health benefits that the humble food grain offers are truly unique. Unlike wheat and rice, millet cultivation is incredibly sustainable. This food grain benefits our bodies by strengthening our immunity, keeping diseases in check, and aiding weight loss. In addition, millets take longer to break down in the body and keep us satiated for longer. There are many ways to include millets in your diet. You can use this food grain as a cereal substitute, make porridge, infuse it into cupcakes – the uses of millets in cuisine is endless. So include this superfood into your everyday diet and notice the positive changes it brings to your life.

# TYPES OF MILLETS

1. Foxtail Millet-Foxtail millet, or indigenously called Kakum/Kangni. It contains blood sugar balancing healthy carbohydrates. The iron and calcium content present in it also helps strengthen immunity. In addition, foxtail millets help regulate your blood cholesterol and increase HDL cholesterol levels in your body.

2. Finger Millet/Ragi-Ragi is a more common name for finger millet. It is used as a healthier cereal substitute for rice and wheat. Ragi is gluten-free and rich in protein. Ragi is supposed to aid brain development in growing children.

3. Pearl Millet/Bajra- Bajra is incredibly nutrient-dense. It contains minerals such as calcium and magnesium, protein, fiber, and iron. Practice regular consumption of pearl millet to fight against type II diabetes.

4. Buckwheat-buckwheat is a type of millet Go for buckwheat if your primary concern is to lose weight. It makes for a healthy food option for diabetes, helps lower blood pressure, and improves cardiovascular health. Buckwheat also fights against diseases such as gallstones, childhood asthma, and breast cancer.

**Alankrita**

# Proven Health Benefits of Millets

1. Millets Aids Weight Loss- The calorie content of millets is low, and they are an excellent food product for weight loss. Not just those looking to lose weight, it benefits people who are conscious of their fitness too. It helps them maintain their energy level throughout the day without having to eat to refuel themselves constantly. Millets also keep you satiated for longer than other carbohydrates. When you consume them, you feel fuller for longer as they take time to get digested and absorbed into your body. That prevents snacking and overeating weight loss.

2. Millets Keeps Your Blood Sugar Levels Low Millets have a low glycemic index. Therefore, consume millets regularly to lower your risk of developing diabetes.

3. Millets Boost Your Immunity Protein intake is responsible for building the body's immunity. Millets provide a great source of protein and can help develop and strengthen our immunity. Stronger immunity means fewer chances of you catching diseases.

4. Millets Reduces Cardiovascular Risks Millets contain essential fats, which provide our bodies with good fats which prevent excess fat storage as well as effectively lowers the risk of high cholesterol, strokes, and other heart complaints. The potassium content in millets regulates your blood pressure and optimizes your circulatory system.

# Recipe of spiced jowar pops

## Ingredients

250 gram.....Jowar puffs

2 tablespoon.....Oil

1teaspoon.....Red chili

¼Teaspoon..... Turmeric

As required.....Salt

1 teaspoon.....mustard seeds

6 no. .... Curry leaves

¼ Teaspoon.....asafetida

As required ..... roasted chana dal

**-Dipesh solanki**



## Recipe

- To make Jowar pops, heat a deep non-stick pan, add the puffed jowar and roast on a medium flame for 2 to 3 minutes.
- Remove and keep aside
- Heat the oil in the same deep non-stick pan, add the mustard seeds, curry leaves and asafetida and sauté on a medium flame for 30 seconds.
- Add the roasted chana dal, mix well and cook on a medium flame for 1 minute.
- Add the turmeric powder, chili powder and salt, mix well and cook on a medium flame for 10 seconds.
- Add the roasted jowar puffs and roasted gram, mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
- Cool the Jowar Dhani Chivda completely and store in an air-tight container. Use as required.



# THE HISTORY OF CULINARY

-AMAN KUMAR

**THE FATHER OF CULINARY.** “**Georges Auguste Escoffier** ( 28 October 1846 – 12 February 1935) was a French chef, restaurateur and culinary writer who popularized and updated traditional French cooking methods. Since the 1970s, historical studies of food in particular cultures have emerged as a new field, "culinary history." Culinary history studies the origins and development of the foodstuffs, equipment, and techniques of cookery, the presentation and eating of meals, and the meanings of these activities to the societies that produce them. It looks at practices on both sides of the kitchen door, at the significance of the food to the cook and to those who consume it, and at how cooking is done and what the final product means. Consequently, culinary history is widely interdisciplinary. Studies make connections between the sciences—medical, biological, and social—and the humanities and draw heavily on anthropology, economics, psychology, folklore, literature, and the fine arts, as well as history.

These multidisciplinary perspectives are integrated along geographic and temporal dimensions, and as a consequence, culinary history encompasses the whole process of procuring food from land or laboratory, moving it through processors and marketplaces, and finally placing it on the stove and onto the table. It emphasizes the role that food-related activities play in defining community, class, and social status—as epitomized in such fundamental human acts as the choice and consumption of one's daily bread.

Culinary history isn't just a great way to gain access to tons of riveting stories and mouthwatering tidbits about your favorite edibles. It's also a way to gain a unique perspective on human history itself. American culinary history books tell the story of how our society became everything that it is today..

Apart from these more humanistic approaches, histories of crop plants,

agricultural and food processing technologies, and food commerce offer a growing literature on

food within the history and sociology of science and technology. Ingredients and technology play

off each other to create change in cuisine. Illustrative are the modern varieties of grains and tubers

that since the 1970s have been changing the basic foods people eat in developing countries.



# LOST UTENSILS

**Mortar-Pestle–(Hamam- dasta/khal batta/khandni-dasto):** Used to pound dry condiments or spices to intensify their aroma, Hamam/mortar is a bowl shaped vessel. The mortar was earlier made of stone and the pestle with stone or wood. From wet grinding dals for vada to pounding dried red chilies, one could manage many a kitchen chores with it. Used to pound dry condiments or spices to intensify their aroma, Hamam/mortar is a bowl shaped vessel. The mortar was earlier made of stone and the pestle with stone or wood. From wet grinding dals for vada to pounding dried red chilies, one could manage many a kitchen chores with it.



**Churner (Mathni/ghotni/phirni):** The old school muddler of Indian homes, origin stone made of wood, thicken. long handle and a circular base with gaps wide enough for air to circulate for that fuzzy frothy lassi. Additionally, use it for churning butter milk, muddling lentils/soups to thicken.



**Kal chatti / stone pot-** One of the old Kerala kitchen utensils, Kal means stone and chatti means a pot to cook in. A pot is carved out of a type of metamorphic rock commonly known as the soap stone.



**Mitti Ki Handi-** Cooking in a clay pot is much better than cooking in a normal utensil, not just for its various health benefits, but also makes it much simpler to cook and improves the quality of the food at the end. The porosity and natural insulation properties of clay causes heat and moisture to circulate throughout clay pots.



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# LOST UTENSILS

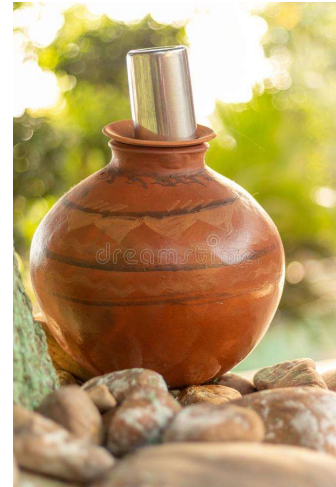
**Wooden spoon-** Wooden spoons give you a firm strong handle to hold, making stirring easier and more effective—and without any fear of the handle breaking. It also provides you with a solid tool for scraping things off the sides and bottom of your pan. When introduced to high temperatures, metal spoons can get really hot.



**Clay pot:** As clay pots are alkaline in nature, it interacts with the acidity in the food, hence neutralizing the pH balance and making it healthier. As they are heat-resistant and the dish cooks slowly, you can cut down on extra oil, such as vegetables.



**Clay pot-** The human body is acidic in nature, while clay is alkaline. Water from these alkaline pots when consumed by you reacts with the acidic nature of our body and helps in creating a proper pH balance. This is the reason why drinking matka water helps in keeping acidity and stomach problems at bay.

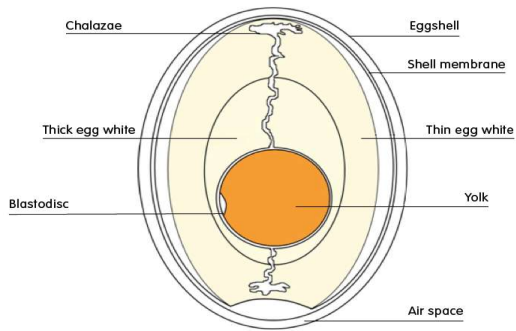


**Bamboo Muram-** An assortment to every woman's kitchen trove. This exquisite winnowing tray is ideal to do away with every hassle of drying food items. Buy these set of winnowing trays and add these in your kitchenette.



# EGG COOKERY

- ASHUTOSHKUMAR



Certain foods play a major role in cookery and the egg is one of them. It can be served as a main dish, as an accompaniment to other dishes or as an ingredient in a dish. Due to its versatility, the egg is considered a primary ingredient in culinary preparation, providing moisture, structure, and richness to a dish. It is also an emulsifier and an aerator when properly handled and used.

In cooking, the term 'EGG' refers to the oval ovum of a bird, used as food. There are many types of eggs, such as goose, duck and turkey. However, we are most concerned with the egg of the domesticated fowl called chicken. A recipe calling for egg normally means chicken egg unless otherwise specified.

**Composition-** A whole egg is made up of yolk, white and shell. A membrane lines the shell and forms an air cell at the large end of the shell. The yolk is centered in the shell by the Chalazae. These are two white strands that are visible when the egg is broken. The shell or the outer covering of the egg may be white or brown. Shell color has no effect on the quality, cooking properties or nutritive value of the egg. The breed of the bird determines color of the shell. Composed primarily of Calcium Carbonate, the shell is extremely fragile. It is porous, which allows it to breathe. The porous nature of the shell allows loss of moisture even if the shell is unbroken.

The egg white is the food and moisture source for the embryo in a fertilized egg. It accounts for 65% of the liquid weight of the egg. Egg white is made up of two parts. A thick white surrounds the yolk. Thinner, more liquid white is between the membrane and the thicker white. Albumin protein is the major component of the white. It also contains sulfur. The white is clear and soluble when raw. It is white and firm when coagulated. Albumin is the egg white valued by the cook and the baker for its ability to hold air when beaten. Beaten egg whites provide light fluffy texture for soufflés and light sponge cakes.

The yolk is the unfertilized embryo in the egg. Although normally yellow, the depth of color will vary with the feed of the hen. The yolk is high in fat and protein, and contains iron. The yolk is valued for the richness and texture it provides in both cooking and baking. The most important rule of egg cookery is a very simple one: avoid high temperature and long cooking times. In other words, do not overcook. Eggs are largely proteins, so the principle of coagulation is important to consider.

Eggs coagulate at the following temperatures.

Egg Whites: 140-149F or 60-65C

Egg Yolks: 144-148F or 62-70C

Note that the egg white coagulates before the yolk. That is why it is possible to cook the egg with a firm white but a runny yolk. As the temperature of coagulation is reached, the eggs change from semi liquid to solid, and they become opaque. If the temperature continues to rise, they become firmer. An overcooked egg is tough and rubbery. Low temperatures produce the best cooked eggs.

# Gravies – about and its types



-AMIT KUMAR

Indian traditional cuisine gives the image and the feelings of tantalizing food steeped in various fragrant spices and gravies enriched with different types of flavors through exotic and amazing methods of cooking. Indian Gravy is a smooth liquid of a saucy consistency, which imparts body, taste, richness and very life to any Indian food preparation. In other words it is the heart and soul of Indian cuisine. Most of the Indian dishes have certain ingredients in common, so preparing and storing one when you have some spare time is a great idea.

## TYPES OF GRAVIES

- WHITE GRAVY
- MAKHANI GRAVY
- ONION TOMATO GRAVY
- BROWN ONION GRAVY

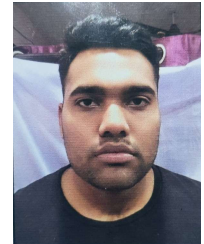


Depending upon the final appearance of the product Indian gravies can be classified as follows:

- **Brown onion gravy:** By using brown onion paste made with sour curd. By using brown onion paste made with tomato puree or pulp.
- **White gravy:** By using boiled onion paste. By using finely chopped onion (lightly fried in ghee or oil to get golden tinge in the gravy.)
- **Makhani gravy:** It is one of the finest Indian gravies made out of tomatoes , butter, ginger, garlic, garam masala made and finished with honey and double cream and flavored with kasoori methi.
- **Onion tomato gravy:** A simple gravy recipe using onion, tomato, sambar powder, and tempered with mustard seeds, urad dal, and curry leaves. The curry leaves, sambar powder, and asafetida give an excellent flavors to the gravy.



# Sauces – About and its type



-DEVANSHU

**SAUCES-** The sauce is a liquid or a cream or a semi-solid food. It is not eaten by itself as a different dish. It is there to enhance the flavors of another dish. Sauces may be used for sweet or savory dishes. They may be prepared and served cold, like mayonnaise, prepared cold but served lukewarm like pesto, cooked and served warm like bechamel or cooked and served cold like apple sauce.

**THE STRUCTURE OF A SAUCE** -Three kinds of ingredients make up the structure of a sauce. –

- A Liquid, which is the body of the sauce
- A Thickening agent
- Additional seasoning and flavoring agents

**MOTHER SAUCE-** Mother sauces were comprised by various French chefs in the late 18th century to please the members of the courts of kings and their families. This brought the revolutionary change in the history of cuisines of the world. Later on in the starting of 19th century chefs like Auguste Escoffier did the estimated classification of these basic sauces and pronounced them as “Mother Sauces”, which latterly means the origin of a sauce.’

**SECONDARY SAUCES-** Derivative sauces are the sauces, which require at least one mother sauce as main component and different ingredients are added to acquire a special taste from which the names is suggested. For Example; Onion or a soubise sauce must have béchamel as a base ingredient and then boiled onion paste and seasoning is added to form a sauce, unlike this other derivative sauces are comprised like this. Lot of innovation is being made these days, where as the base or a basic recipe for the main (mother/leading) sauce remains same.

**MISCELLANEOUS SAUCES** -These are sauces that do not fit into any of the above classifications. These include: Mint Sauce for Roast lamb Horse radish sauce for Roast Beef Bread Sauce for Roast Chicken Cranberry sauce for Roast Turkey Apple sauce for Roast Pork Raisin Sauce for Ham Orange sauce for Roast duck.

**DESSERT SAUCES** -These are sauces, which are served exclusively for desserts. These will include - Custard sauce for steamed and baked puddings - Jam Sauce for ice creams and sundaes - Chocolate sauce - Rum sauce - Brandy sauce - Melba sauce

**Proprietary sauces-** These varieties of sauces basically belong to the sauces which are bottled by a specific trade mark holders having a secret or generic recipe to create the same standard of delicate yet flavorful sauces. A very good example for this is H.P sauce, Worcestershire sauce, Soy sauce (light & dark), 8 to 8 sauce etc.

**Contemporary sauces-** Contemporary sauce are the regional sauces and represent the country where it was originated, they are generally freshly prepared but these days they are sold bottled too - e.g.; pico de gayo, guacamole, pesto, chutney, sriracha, hot garlic sauce etc.

**Emulsion Sauces:** Emulsion is a result of mixing two basic ingredients which are opposite of their nature; like water and oil, which technically cannot be mixed together because of their density which is of disperse phase and disperse medium. A basic and stable Emulsion looks like a gel kind of structure and is heavy in nature. Two different ingredients are aerated mechanically or chemically and holds the structure at different temperature ranges

# THE CULINARY HISTORY OF RAJASTHAN

-CHITRANSH AKODIYA

Adding to the rich cultural and historical heritage of Rajasthan, its food offers an irresistible blend of traditional flavors, unique ingredients and creative recipes, making it a delectable experience for tourists and locals alike. Adding to the rich cultural and historical heritage of Rajasthan, its food offers an irresistible blend of traditional flavors, unique ingredients and creative recipes, making it a delectable experience for tourists and locals alike.

The culinary basket of Rajasthan includes hardy crops and grains such as *jowar*, *bajra*, sesame, *ragi*, *tur*, pulses, gram, ground-nuts, etc. that can survive in the harsh climatic conditions of the region. Various kinds of bread form the staple and the use of rice is limited.



As with all culinary cultures, the cuisine of Rajasthan is also shaped by its geographical features, climate and availability of resources.

The Aravalli Mountain Range is a defining feature of the topography of Rajasthan dividing the land into two natural divisions: the arid northwestern and the fertile southeastern parts. The Thar Desert or the Great Indian Desert, recounted in legends as Marusthali or the land of death, is a vast expanse of arid desert located in the northwestern half of the state.

Apart from this, various berries, roots and beans that grow abundantly in the desert have also been ingeniously incorporated into the cuisine to make up for the absence of leafy-green vegetables. Due to the scarcity of water, it is sparingly used in cooking, and oil, milk and ghee are used instead. Animal husbandry is an important means of livelihood for several communities and tribes of the region and hence dairy forms a major component of the cuisine. Foods with greater shelf-life are preferred.



Rajasthan is a land that has been ravaged by wars for several centuries in the past. Under such conditions of conflict and uncertainty, foods that could be stored for longer durations naturally gained importance.

Rajasthani cuisine has been considerably influenced by the lifestyle and aesthetics of its royalty, the Rajput's. Traditionally, the state has been known as Rajputana, as the Rajput's held sway over it for several centuries.

# THE REAL FOOD OF INDIA

## PARSI CUISINE

- Parsi cuisine comprises a medley of dishes that are as rich as the culture itself. The community settled on the coast of Gujarat after migrating from Persia. The tradition of eating stew, meats, dry fruits and nuts, draws its influences from Iranian fare. They added fish to their diet after settling on the coast, and later, with the British influence in colonial India, they took to snacks and desserts.
- Traditional Parsi cuisine combines the spiciness of saffron and cinnamon, the sweetness of jaggery, and the tanginess of barberry. Most preparations are also topped with dry fruits and nuts. The result is a dish with not just one flavor, but many. "Most dishes require onions, tomatoes, ginger and garlic. Sali Boti (Parsi Meat Dish), Akuri, Salli marghi, parsi mutton cutlet, patra ni machi are some delicacy of Parsi Cuisine

Also popular among Parsis, but less so elsewhere, are the typical Parsi eeda (egg) dishes, which include akuri (scrambled eggs with spices) and the pora ("Parsi" omelets). Also, vegetables like okra, tomato, potato and others are often cooked with eggs on top.

Traditional breakfasts during the 1930s in Mumbai or in many South Gujarat villages consisted of khurchan (offal meats cooked with potatoes in a spicy gravy), and some variant of the ubiquitous deep-fried, fried or half-fried eggs. In agrarian communities, this would be washed down by copious quantities of coconut toddy, often straight off the tree.]Although in the not-so-distant past, vegetables were considered a 'poor peoples food', there is a presently a trend towards light eating, no red-meat and even vegetarianism.

-LAKSHAY KUMAR

## KASHMIRI CUISINE

- Kashmiri cuisine is the cuisine of the Kashmir Valley in Jammu and Kashmir, India. Kashmiris have developed the art of cooking to a very high degree of sophistication and evolved a cuisine quite distinct from that of any part of the world. Rice is their staple food and has been so since ancient times. The equivalent for the phrase bread and butter in Kashmiri is haakh-batta (greens and rice) Kashmiris consume meat voraciously. Kashmiri cuisine is of two distinct types - wazwan is the food of the Muslims, and the Pandits have their traditional batta. What is the famous food of Kashmir Rogan Josh, Goshtaba, Dum Aloo, Kashmiri Rajma, Naat are the most famous dishes of Kashmir.
- The main daily staple food of the Muslims of Kashmir is plain cooked rice. They are typically not vegetarian, with very few exceptions. Meat stock is a salient ingredient even for so-called 'vegetarian' dishes. A joke shared is: Find me a Kashmiri vegetarian and I will give you a pot of gold. [However they often eat vegetable curries, with meat being an expensive indulgence. The cooking methods of vegetables, mutton, homemade cheese (paneer), and legumes are somewhat similar to those of Kashmiri Pandits, except in the use of onions, garlic and shallots by Muslims in place of asafetida.

- ARUNENDRA RANA





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