

THEME MEAL: INDIAN STYLE HOLI CELEBRATION

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Marketing Flyer & Posted Menu

Join us for an Indian-style Holi Celebration

Wednesday, March 29th

11:30AM-1:30PM

Nutritional Sciences Department

Davidson Hall, Room 216

Featuring...

- **APPETIZER:** Masala Glazed Crispy Paneer Tikka Spears
- **ENTREE:** Aromatic Spiced Infused Chicken Marinated with Creamy Yogurt
- **SIDES:**
 - Delicate Savory Indian Spiced Greens
 - Buttery Basmati Grain with a Dash of Jeera
 - Fresh Indian Style Rainbow Cucumber Salad
- **DESSERT:** Rose-Glazed Crimson Falooda Garnished with Sweet Pearls



HOLI INSPIRED INDIAN MEAL

APPETIZER

MASALA GLAZED CRISPY PANEER TIKKA SPEARS 18

Crispy paneer skewers grilled in a spiced yogurt marinade served with roasted vegetables

ENTREES

AROMATIC SPICED INFUSED CHICKEN WITH CREAMY YOGURT 17

Tender and juicy, yogurt marinade chicken with rich curry gravy

**Vegetarian option also available with chickpea substitute

SIDES

DELICATE SAVORY INDIAN SPICED GREENS 5

Tender sauteed baby spinach, with an Indian twist, spiced and tossed in fragrant seasonings of cumin, garlic, ginger, and mustard seeds

BUTTERY BASMATI GRAIN WITH A DASH OF JEERA 5

Fluffy, white, buttery rice tossed in a mix of flavorful hand-picked Indian spices of cardamoms, jeera, chillies, cloves, and anise

FRESH INDIAN STYLE RAINBOW CUCUMBER SALAD 6

Refreshing chopped cucumber salad tossed with a special blend of spices and a tangy lemon dressing

DESSERT

ROSE-GLAZED CRIMSON FALOODA GARNISHED WITH SWEET PEARLS 12

Iconic frozen dessert with rose syrup, tangy jello, chewy vermicelli and topped with sweet basil seeds

RECIPES!

APPETIZER: PANEER TIKKA

Equipment

- Air Fryer
- Mixing Bowl Set
- Cutting Board

Ingredients

Tikka Masala Marinade

- 1/2 cup hung curd (or greek yogurt)
- 1 tablespoon besan/gram flour (or chickpea flour)
- 1 tablespoon ginger garlic paste
- 1/4 teaspoon turmeric powder
- 1 teaspoon kashmiri red chilli powder
- 1/2 teaspoon cumin powder
- 1 teaspoon chaat masala powder
- 1/2 teaspoon garam masala (or tandoori masala powder)
- 1 teaspoon kasuri methi (dried fenugreek leaves)
- 1 teaspoon lemon juice (or amchur powder)
- 1 tablespoon oil
- salt to taste

Other Ingredients

- 300 grams paneer (about 2 cups) cut into 1-inch cubes
- 1-2 medium bell peppers (mix of green, red, and yellow) cut into 1-inch cubes
- 1 medium red onion cut into 1-inch cubes

Instructions

Marinade

1. In a large bowl add hung curd, besan, ginger-garlic paste, turmeric powder, red chili powder, cumin powder, garam masala, chaat masala, kasuri methi, lemon juice, salt, oil, and mix everything together.

Add the paneer, bell peppers and onion. Toss well to coat. Cover the bowl and refrigerate for atleast 30 minutes or refrigerate for up to 24 hours.

2. Meanwhile, soak wooden skewers in cold water for at least 10 minutes which prevents them from burning while in the air fryer, oven or grilling.

Take a skewer, gently thread paneer, bell peppers and onion on a skewer, alternating with each other. Similarly prepare the remaining skewers.

Oven Method

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper. Arrange all the prepared skewers ½-inch apart in a single layer.

Brush or spray some oil on the top, this ensures the veggies don't dry out. Bake for 10 minutes and then broil the skewers on high for 2 to 3 minutes to get slightly charred edges.

ENTREE

Vegetarian entree was substituted with chickpeas instead of chicken

Ingredients

For the chicken marinade:

- 28 oz (800g) boneless and skinless chicken thighs or breasts cut into bite-sized pieces
- 1/2 cup plain yogurt
- 1 1/2 tablespoons minced garlic
- 1 tablespoon minced ginger (or finely grated)
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon red chili powder
- 1 teaspoon of salt

For the sauce:

- 2 tablespoons olive oil
- 2 tablespoons ghee (or 1 tbs butter + 1 tbs oil)
- 1 large onion, sliced or chopped
- 1 1/2 tablespoons garlic, minced
- 1 tablespoon ginger, minced or finely grated
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons garam masala
- 1 teaspoon ground coriander
- 14 oz (400 g) crushed tomatoes
- 1 teaspoon red chili powder (adjust to your taste preference)
- 1 1/4 teaspoons salt (or to taste)
- 1 cup of heavy or thickened cream (or evaporated milk to save calories)
- 1 tablespoon sugar
- 1/2 teaspoon kasoori methi (or dried fenugreek leaves)

Instructions

1. In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 30 minutes to an hour (or overnight if time allows).
2. Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)
3. Heat butter or ghee in the same pan. Fry the onions until they start to sweat (about 6 minutes) while scraping up any browned bits stuck on the bottom of the pan.
4. Add garlic and ginger and sauté for 1 minute until fragrant, then add ground coriander, cumin and garam masala. Let cook for about 20 seconds until fragrant, while stirring occasionally.
5. Add crushed tomatoes, chili powder and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.
6. Remove from heat, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to 1/4 cup). Work in batches depending on the size of your blender.
7. Pour the puréed sauce back into the pan. Stir the cream, sugar and crushed kasoori methi (or fenugreek leaves) through the sauce. Add the chicken with juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling.
8. Garnish with chopped cilantro and serve with fresh, hot garlic butter rice and fresh homemade Naan bread!

SALAD: INDIAN-STYLE CUCUMBER & MUNG BEAN SALAD

Ingredients

1 long cucumber

1 medium red onion, diced

2 tomatoes, deseeded and diced

handful fresh coriander leaves, chopped

1 red chilli, deseeded and diced

1 green chilli, deseeded and diced

2 limes, juiced

15ml (1 tbsp) vegetable oil

3 tbsp roasted peanuts, chopped

¼ tsp chilli powder

¼ tsp ground cumin

Method

1. Peel the cucumber, remove the seeds with a teaspoon, then cut into slices.
2. Put the cucumber slices into a bowl. Add the onion, tomatoes, coriander, red and green chillies, lime juice, vegetable oil and chopped peanuts.
3. Sprinkle in the ground spices, and season well. Toss together. Serve with poppadoms.

SIDE VEGETABLE: SAUTEED SPINACH

Ingredients

- drizzle of oil
- 2** shallots, *diced*
- 3-4** garlic cloves, *minced*
- 2 tsp** fresh ginger, *minced*
- 1 tsp** cumin
- 1 tsp** turmeric
- 2 tsp** mustard seeds
- 1 lb** 10-12 cups fresh spinach
- salt, *to taste*
- pepper, *to taste*

Instructions

- 1** In a saucepan, cook oil, onions, and garlic over medium heat for a few minutes, until fragrant.
- 2** Add fresh ginger, cumin, and turmeric and cook for another minute. (Feel free to add any spices that you like!)
- 3** Add spinach and mustard seeds, then season to taste with salt and pepper. Toss until spinach is wilted, about another minute.
- 4** Serve and enjoy!
- 5** *Yields ~1 ½ cups Indian spiced sauteed spinach.*

SIDE STARCH: JEERA RICE

INGREDIENTS (US CUP = 240ML)

- 1½ cups basmati rice (aged rice, refer notes)
- 2 tablespoon ghee or oil or butter
- 1 green chili slit and deseeded (optional)
- 2½ cups water for pressure cooker or (1¾ cups + 2 tbsps for instant pot) or (3 cups for regular pot)
- ½ to ¾ teaspoon salt as needed

Whole spices

- 2 teaspoons cumin seeds (jeera)
- 1 bay leaf (tej patta)
- 4 green cardamoms (elaichi)
- 2 inch cinnamon piece (dalchini)
- 4 cloves (laung)
- 1 strand mace (javitri) (optional)

Preparation

- Wash rice a few times until water runs clear.
- Then soak it in lot of water for at least 30 mins. Drain it completely.

How to make Jeera Rice

- Heat ghee or oil in a pressure cooker or a pot.
- Saute bay leaf, cloves, cinnamon, cardamoms and mace until they begin to sizzle.
- Fry jeera on a low flame until a nice aroma comes out. Add green chilli.
- Transfer drained rice to the pot or cooker and fry for 2 to 3 mins. Do not stir vigorously as the rice grains will break.
- This frying step helps to bring out the aroma of the rice.
- Pour water and add salt. Stir well and taste the water. It must be slightly salty. Bring water to a boil on a high flame.
- Making Jeera rice in pot** – Cover and cook on a low to medium heat until water is absorbed & rice is done. Once done, turn off the heat and let the rice rest in the pot for 15 mins. This helps the grains to expand and become fluffy.

DESSERT: FALOODA

Ingredients

Rose Syrup (or [readymade rose syrup](#))

- ½ cup [sugar](#)
- ¼ cup water
- 2 tablespoon [rose water](#)
- 2 tablespoon beet juice see note below

Rose Jello (sub any red jello)

- 1½ cups water
- ¼ cup [honey](#)
- 1 packet [unflavored gelatin](#) ¼ oz or 2½ teaspoons
- 2 tablespoon [rose water](#)
- 2 tablespoon beet juice see note below

Thick Milk

- 12 oz [low fat evaporated milk](#) 1 can
- ½ cup milk whole or 2 percent
- 1 tablespoon [cashew butter](#)
- [Honey](#) to taste (optional)

Other Ingredients

- ½ cup vermicelli noodles ([rice sticks](#)) or use falooda sev
- 1 tablespoon [sweet basil seeds](#) known as sabja seeds or tukmaria seeds
- 4 scoops ice cream vanilla
- 4 teaspoon [almond slices](#)
- [Rose petals](#) optional for garnish

Instructions

Rose Syrup (or [readymade rose syrup](#))

1. In a saucepan, take sugar with water and bring it to a boil. Lower the heat and let it simmer for [10 minutes](#). Add rose water, beet juice and simmer [5 minutes](#). Use the syrup as needed and save the rest.

Tip: Alternatively combine ½ cup maple syrup, 2 tablespoon rose water and 2 tablespoon beet juice and bring it to a boil and turn off heat when it is like thin syrup. It will thicken when cool.

Rose Jello (sub any red jello)

1. Take 1 cup of water and ¼ cup honey in a [sauce pan](#). Bring it to a boil and turn off heat. Sprinkle gelatin over that hot water and stir to dissolve completely.
2. Then add ½ cup cold water, rose water and beet juice. Pour in a small dish and chill for 3 to 4 hours to set the jello. Use jello as needed and save the rest.

Tip: Alternatively make any red jello following package instructions.

Thick Milk

1. In a [high speed blender](#), take evaporated milk, whole milk, cashew butter, honey and process it until smooth and thick. Chill it.

Tip: Alternatively bring 2 cups of sweetened milk to a boil. Lower the heat, simmer and reduce it to ⅔ of its original volume.

Vermicelli (falooda sev)

1. Take 3 cups water in a saucepan and bring it to a boil. Add vermicelli that have been cut into 1 inch size and cook until al dente. Kame [rice sticks](#) need 3 minutes to cook. Drain the vermicelli and chill.

Sweet Basil Seeds

1. In a [small bowl](#), soak sweet basil seeds in 1 cup water and let them swell up for about 30 minutes. Chill the seeds and drain in a [sieve](#) before use.

How to Serve Rose falooda

1. Take [tall glasses](#) or attractive drink ware.
2. Drizzle rose syrup.
3. Place some rose jello.
4. Next a layer of vermicelli.
5. Then add soaked basil seeds.
6. Fill the glass with thick milk up to ¾ full.
7. Add a scoop of ice cream.
8. Top with nuts, some syrup and rose petals.
9. Serve immediately.

RECIPE EXPANSION

Example: Paneer Tikka Appetizer

RECIPE	Ingredients	Original Measurements	Converted measurement	Multiplying Factor	Expanded Measurement	Purchase Units
Paneer Tikka	Hung curd	1/2 cup	4 wt oz.	4.05	16.2 wt oz.	16.2 wt oz.
paneer per skewer)	<u>Besan/gram flour</u>	1 Tbsp	0.25 wt oz.	4.05	1.0125 wt oz.	1.0125 wt oz.
(paneer)	<u>Ginger garlic paste</u>	1 Tbsp	0.5 wt oz.	4.05	2.025 wt oz.	2.025 wt oz.
(vegetables)	<u>Turmeric powder</u>	1 tsp	0.083 wt oz.	4.05	0.33615 wt oz.	0.33615 wt oz.
person	<u>Kashmiri red chilli powder</u>	1 tsp	0.083 wt oz.	4.05	0.33615 wt oz.	0.33615 wt oz.
(30 servings)	<u>Cumin powder</u>	1/2 tsp	0.042 wt oz.	4.05	0.17 wt oz.	0.17 wt oz.
	<u>Chaat masala powder</u>	1 tsp	0.083 wt oz.	4.05	0.33615 wt oz.	0.33615 wt oz.
	<u>Garam masala</u>	1/2 tsp	0.042 wt oz.	4.05	0.1701 wt oz.	0.1701 wt oz.
	<u>leaves)</u>	1 tsp	0.0157 wt oz.	4.05	0.0636 wt oz.	0.0636 wt oz.
	<u>Lemon juice</u>	1 tsp	0.16 wt oz.	4.05	0.648 wt oz.	0.648 wt oz.
	Coconut Oil	1 Tbsp	0.5 wt oz.	4.05	2.025 wt oz.	2.025 wt oz.
	<u>salt to taste</u>	1/8 tsp	0.083 wt oz.	4.05	0.336 wt oz.	0.336 wt oz.
	Paneer	2 cups	9.14 wt oz.	4.05	37.017 wt oz.	37.017 wt oz.
	red, and yellow)	2 peppers	16 wt oz.	4.05	64.8 wt oz.	64.8 wt oz.
	Medium red onion	1 onion	6.4 wt oz.	4.05	25.92 wt oz.	25.92 wt oz.
	TOTAL:		37.3817 wt oz.		151.39575 wt oz.	

RECIPE COSTING

Example: Paneer Tikka

Recipe: Paneer Tikka Skewers

Number of Portions: 30

Portion Size: 5 oz

Cost per portion: \$1.85

Selling Price= \$18



$\$1.85 / 0.30 = \6.17

Therefore, we priced this item way too high. We could've sold the item for around \$6.17 for a food cost of 30%.

Ingredients	Recipe Quantity (EP)				Cost			Total Cost
	Recipe Unit	Weight*	Volume*	Count*	APC/Unit	Yield %	EPC/Unit	
Plain Yogurt	16.2 wt oz.				\$0.16/oz	100%	\$0.16/oz	\$2.59
Besan/gram flour	1.0125 wt oz.	0.063 lb			\$4.87/lb	100%	\$4.87/lb	\$0.31
Ginger garlic paste	2.0225 wt oz.				\$0.30/oz	100%	\$0.30/oz	\$0.61
Tumeric Powder	0.33615 wt oz.				\$0.57/oz	100%	\$0.57/oz	\$0.19
Kashmiri red chili powder	0.33615 wt oz.				\$1.63/oz	100%	\$1.63/oz	\$0.55
Cumin powder	0.17 wt oz.				\$1.20/oz	100%	\$1.20/oz	\$0.20
Chaat masala powder	0.33615 wt oz.				\$1.57/oz	100%	\$1.57/oz	\$0.53
Garam masala	0.1701 wt oz.				\$1.37/oz	100%	\$1.37/oz	\$0.23
Kasuri methi (dried fenugreek)	0.0637 wt oz.				\$3.50/oz	100%	\$3.50/oz	\$0.22
Lemon juice	0.648 wt oz.		0.648 fl oz.		\$0.11/fl oz.	100%	\$0.11/fl oz.	\$0.07
Coconut Oil	2.025 wt oz.				\$0.77/oz	100%	\$0.77/oz	\$1.56
Salt	0.336 wt oz.				\$0.42/oz	100%	\$0.42/oz	\$0.14
Paneer	37.017 wt oz.				\$0.69/oz	100%	\$0.69/oz	\$25.54
Medium bell peppers	64.8 wt oz.			8	\$2.00/pepper	80%	\$2.50/pepper	\$20
Medium red onion	25.92 wt oz.			4	\$0.62/onion	88%	\$0.70/onion	\$2.80
* Convert to the Unit you find for Pricing								
Total Cost:								\$55.54

FORECASTING

We planned to serve 30 people total

- **Paneer Tikka Appetizer:** 1 skewer per person (each skewer would have 3 oz. of vegetables and 2 oz. of paneer)
- **Rice:** 8 oz. per portion
- **Spinach:** 5 oz. per portion
- **Butter Chicken:** 8 oz. per portion
- **Butter Chickpeas:** 8 oz. per portion
- **Salad:** 12 oz. per portion
- **Falooda Dessert:** 4 oz. per portion

GROCERY LIST

Produce			
green, red, and yellow)	64.8	wt oz.	https://www.shoprite.com/sm/pickup
Medium red onion	70.92	wt oz.	https://www.shoprite.com/sm/pickup
Cucumber	3.75	wt oz.	https://www.shoprite.com/sm/pickup
			https://www.shoprite.com/sm/pickup
Garlic	1	wt oz.	https://www.shoprite.com/sm/pickup
Ginger			https://www.shoprite.com/sm/pickup
Onion	1	wt oz.	https://www.shoprite.com/sm/pickup
Tomatoes	14	wt oz.	
red chilli	30	wt oz.	https://umamicart.com/products/red
fresh coriander leaves	30	wt oz.	https://www.walmart.com/ip/Fresh-C
green chilli	52.5		https://umamicart.com/products/gre
tomatoes	3.75	wt oz.	https://www.shoprite.com/sm/pickup
Shallots, diced	7	pcs	
Garlic cloves	14	pcs	
Fresh ginger	1.079	wt oz.	
lime	3.75	wt oz.	https://www.shoprite.com/sm/pickup
Fresh Spinach	33.36	wt oz.	

Produce

GROCERY LIST

Dairy

Dairy			
yogurt)	16.2	wt oz.	https://www.shoprite.com/sm/pickup
Paneer	37.017	wt oz.	https://www.wholefoodsmarket.com/
Plain yogurt	66.24	wt oz.	
Low fat milk	31.2	wt oz	https://www.shoprite.com/sm/pickup
Cashew butter	1.3	wt oz	https://www.shoprite.com/sm/pickup
Whole milk	10.4	wt oz	https://www.shoprite.com/sm/pickup
Heavy Cream	66.24	wt oz	

Meat & Poultry

Meat & Poultry			
Chicken, ground raw	115.92	wt oz	
			https://www.amazon.com/Laxmi-Fresh

Flours

Flours			
<u>Besan/gram flour</u>	1.0125	wt oz.	
			https://www.shoprite.com/sm/pickup

Legumes & Grains

Legumes & Grains			
Sprouted mung beans			
Basmati rice	0.127	lbs	
Chickpea	26.11		https://www.shoprite.com/sm/pickup
roasted peanuts	0.127		https://www.shoprite.com/sm/pickup

GROCERY LIST

Spices

Spices		
Turmeric powder	4.7	wt oz.
Kashmiri red chilli powder	0.33615	wt oz.
Cumin powder	2.4	wt oz.
Chaat masala powder	0.33615	wt oz.
Garam masala	0.1701	wt oz.
leaves)	0.0636	wt oz.
salt	0.336	wt oz.
Chili powder	0.17	wt oz.
salt	0.5	wt oz.
Sugar	14.04	wt oz.
Coriander	0.06	wt oz.
Bay Leaf	9 pcs	
Star Anise	9 pcs	
Cardamom	32 pcs	
Green Chillies	18 pcs	
Cloves	35 pcs	
Mace or javithri	9 pcs	
Coriander seeds; fresh fine ch	5.21 wt oz.	
Mustard seeds	0.926 wt oz.	
salt	0.288 wt oz.	
Pepper	0.036 wt oz.	
Garam masala		
chilli powder	30 oz	
Ground Cumin	15 oz	
Almond slices	1.56	wt oz

<https://www.amazon.com/gp/product>

<https://www.shoprite.com/sm/pickup>

<https://www.amazon.com/gp/product>

<https://www.shoprite.com/sm/pickup>

<https://www.amazon.com/MDH-Peacc>

<https://www.shoprite.com/sm/pickup>

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<https://www.shoprite.com/sm/pickup>

<https://www.shoprite.com/sm/pickup>

GROCERY LIST

Other

Other: Canned, etc			
<u>Ginger garlic paste</u>	2.025	wt oz.	
Coconut Oil	2.025	wt oz.	
<u>Lemon juice</u>	0.648	wt oz.	
Olive Oil	15.77	wt oz.	https://www.shoprite.com/sm/pickup
Vegetable Oil	31	oz	
Butter	1	wt oz.	https://www.shoprite.com/sm/pickup
Rose water	5.2	wt oz.	https://www.amazon.com/OFLORALE-1
Beet juice	2.6	wt oz.	https://www.walmart.com/ip/Great-V
Honey	10.4	wt oz.	https://www.shoprite.com/sm/pickup
unflavoured Gelatin	0.65	wt oz	https://www.amazon.com/Knox-Unfla
Sweet basil seeds	1.3	wt oz	https://www.amazon.com/Organic-Ed
Vermicelli noodles	10.4	wt oz	https://www.target.com/p/a-taste-of-

FLOW CHART

Noted which steps would be conducted during prep time the day before

Recipe:	Estimated Time	Procedure:	Ingredient/Amount:	Equipment/Dishes:	Student:	Notes:
Appetizer: Paneer Tikka	1 minute	Preheat oven to 450°F		Oven	Jenny	
	1 minute	least 10 minutes			Jenny	prevents the
	10 minutes	peppers into 1-inch cubes. Cut red onion into		Knife, Cutting board	Jenny	
	hour marination	curd, besan, ginger-garlic paste, turmeric		measuring	Jenny	PREP
	10 minutes	Take a skewer, gently thread paneer, bell			Jenny	
	5 minutes	Arrange all the prepared skewers ½-inch		parchment paper	Jenny	
	13 minutes	skewers on high for 2 to 3 minutes to get		oven, timer	Jenny	
	TOTAL TIME:	45 minutes				
vege	overnight	1. Marinate chicken with ingredients		Cutting boards	Qihong	
	6 minutes	chicken until browned		Pot/pan	Qihong	
	6 minutes	3. Heat butter and fry onions start to sweat		Pan	Qihong	
	2 minutes	ground coriander, cumin and garam masala.		Pan	Qihong	
	15 minutes	salt. Stirring occasionally until sauce thickens		Pan	Qihong	
	10 minutes	blender and blend until smooth. Work in		Blender	Qihong	
	10 minutes	Stir the cream, sugar and crushed kasoori		Pan	Qihong	

Assigned roles to each member

Flow Chart: Appetizer & Entrée Procedure

FLOW CHART

Salad	6 minutes	Peel the cucumber, remove the seeds with a teaspoon, then cut	Peeler , Knife & cutting board	Lareb	
	2-5 minutes	Wash all cucumbers	Water sink	Lareb	
	10 minutes	Cut all other vegetables tomatoes , green chillies , coriander and	Knife & peeler	Lareb	
	3 minutes	wash sprouted mug beans and chop finely	Knife	Lareb	
	2 minutes	Sprinkle in the ground spices, and season well.	mixer , spoon , bowl	Lareb	
	2 minutes	Toss well , mix all ingredient and let cool aside in the fridge	refrigereator	Lareb	
Side: Indian Spiced Sau	10 minutes	Chop onions, garlic, and ginger	Pan, cutting board	Jonathan	PREP
	10 minutes	until fragrant		Jonathan	
	1 minute	cook for another minute		Jonathan	
	1 minute	season to taste with salt and pepper.		Jonathan	
	2 minutes	minute		Jonathan	

Flow Chart: Salad & Side Vegetable

FLOW CHART

Side starch: Jeera Rice	20 minutes	Wash, drain, and soak rice for 20 minutes		Pot	Jonathan	
	15 minutes	every 1 cup of rice)			Jonathan	
	45 minutes	cooked			Jonathan	
	5 minutes	mace, cloves, cinnamon, cardamom, bay leaf,		Pan	Jonathan	
	1 minute	Lower heat, add jeera to the hot pan			Jonathan	
	1 minute	coriander leaves and salt			Jonathan	
	1 minute	Mix the butter herb mixture in the rice			Jonathan	
Dessert:	10 minutes	Add rose water and beet juice		pot	Nidhi	
	5 minutes	let it sit		bowl	Nidhi	Prep
	10 minutes	butter,honey and process it until smooth and		pot	Nidhi	
	5 minutes	take vermicelli in a saucepan with boiling water until al dente		bowl	Nidhi	
	30 minutes	soak sweet basil seeds in water let them swell		bowl	Nidhi	Prep

Flow Chart: Side Starch & Dessert

Equipment

- We could have used **skillet** for cooking spinach instead of using 4 different pans
- Skillet can be used for shallow frying, flipping food, stirring, high-heat searing, or grilling meat at high temperatures.
- Skillets have flat bottoms, flared sides, a shallow depth, and no lids
- We could have used **grill** for cooking paneer.
- A grill is a piece of cooking equipment where the cooking surface consists of an open rack or grate with a heat source underneath.
- **Steam cookers** could have been used for making rice
- They are used to cook or prepare various foods with steam heat by means of holding the food in a closed vessel reducing steam escape. This method of cooking is called steaming.

PREP PHOTOS!





PANEER TIKKA SKEWERS



BUTTER CHICKEN



CUCUMBER SALAD



SAUTEED SPINACH



BUTTER CHICKEN PREP



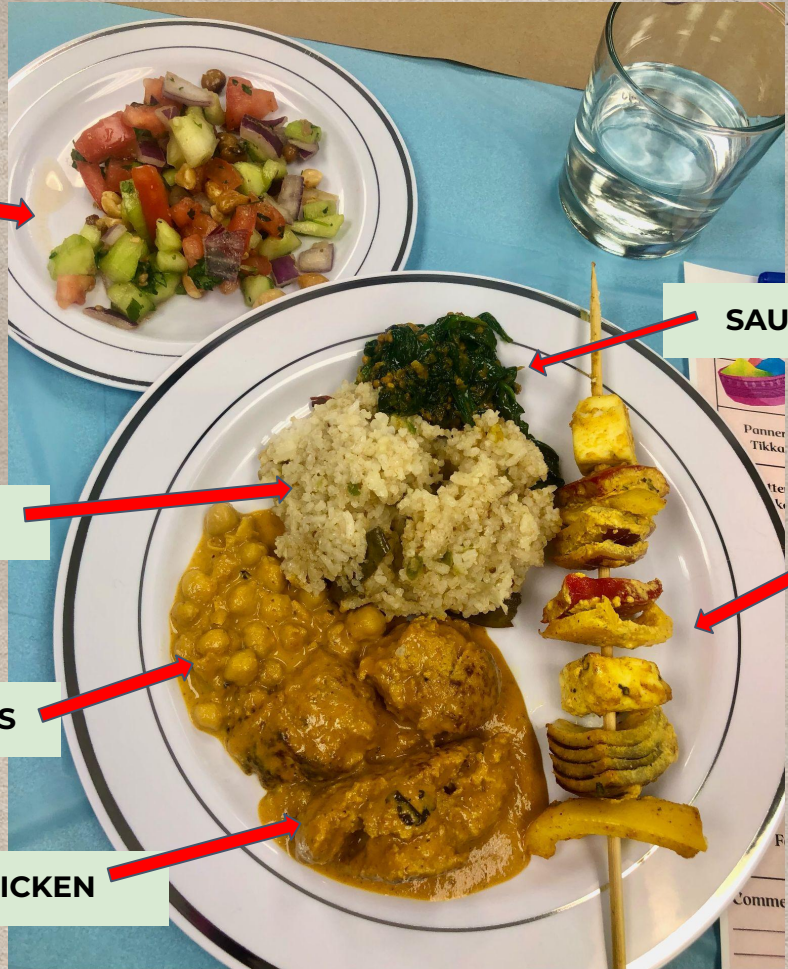
JEERA RICE



FALOODA



THE PLATE



CUCUMBER SALAD

SAUTEED SPINACH

JEERA RICE

PANEER TIKKA SKEWERS

BUTTER CHICKPEAS

BUTTER CHICKEN


THE DECORATIONS



EVALUATIONS!

Customer Evaluation Form

Hope you enjoyed our Theme Meal - Holi Inspired Indian Meal!
Please let us know your feedback!



	Awesome	Very Good	Average	Not Good	Wouldn't recommend
Paneer Tikka	5	4	3	2	1
Butter Chicken	5	4	3	2	1
Butter Chickpeas	5	4	3	2	1
Indian Spiced Spinach	5	4	3	2	1
Jeera Rice	5	4	3	2	1
Indian Style Cucumber Salad	5	4	3	2	1
Falooda	5	4	3	2	1

Comments:

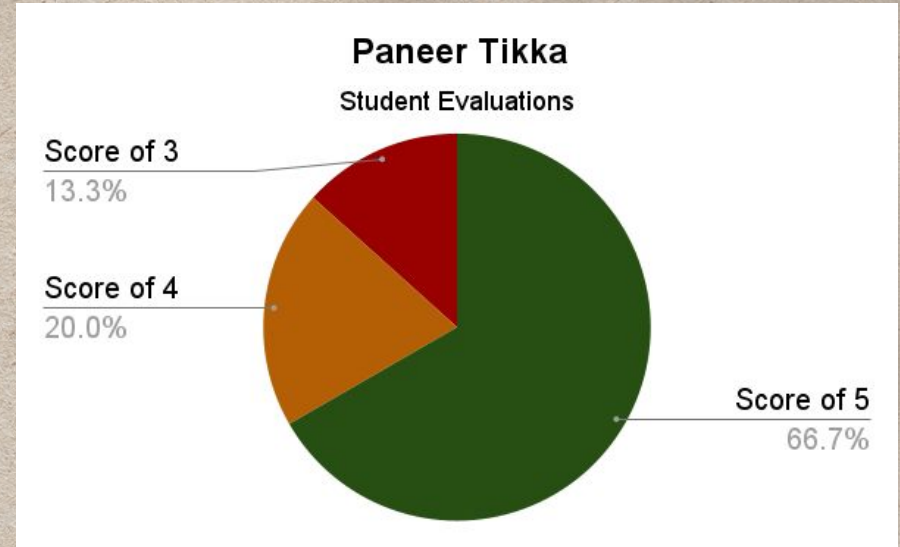
Paneer Tikka: *Evaluation*

Average Score and Sample Size:

- Average score: 4.38 / 5.0
- Sample size n=16

Positive and Negative Comments:

- “The paneer tikka was the best! So good”
- “Just wasn’t my personal preferred dish”
- “Onion was raw, hard to eat, should be more cooked”
- “Paneer tikka is the best dish for this theme meal!”



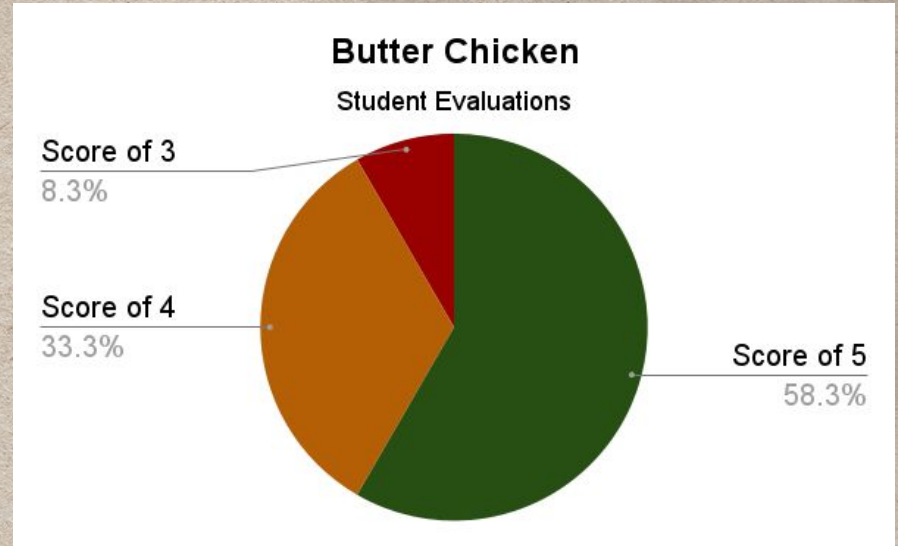
Butter Chicken: *Evaluation*

Average Score and Sample Size:

- Average score: 4.5 / 5.0
- Sample size n=12

Positive and Negative Comments:

- “The butter chicken was so good!”
- “Good amount of spice”
- “Butter chicken was my favorite! Delicious!”
- “Texture was a bit odd”



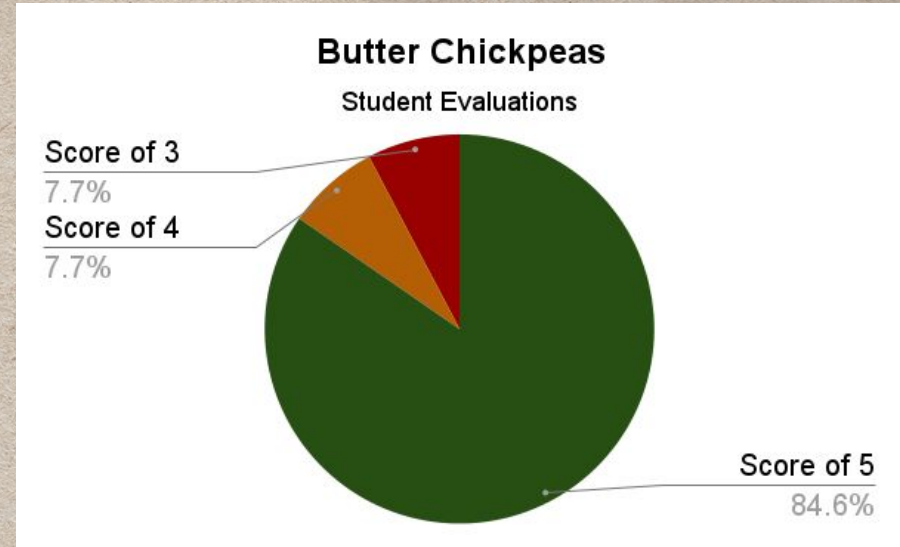
Butter Chickpeas: *Evaluation*

Average Score and Sample Size:

- Average score: 4.77 / 5.0
- Sample size n=13

Positive and Negative Comments:

- “Butter chickpeas just aren’t really my personal preferred dishes, but they were still cooked well!”
- “Creamy and flavorful”



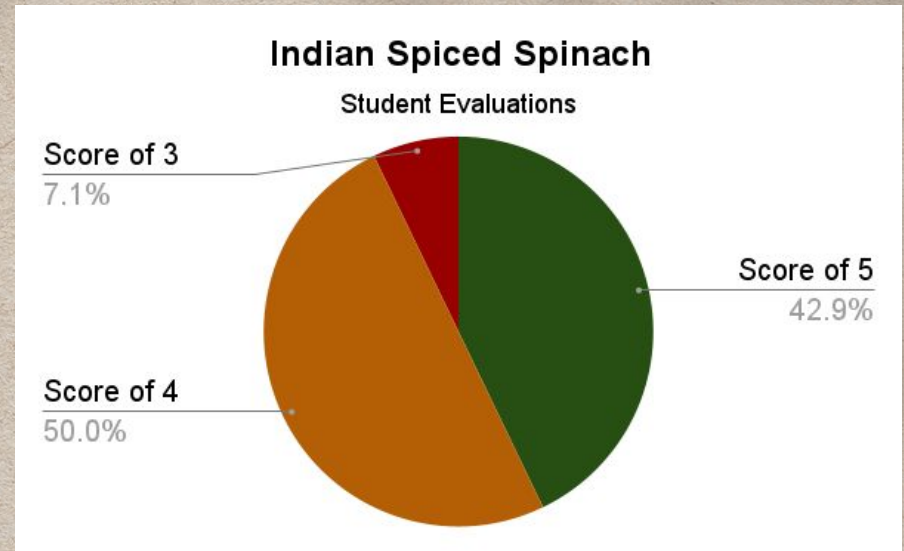
Indian Spiced Spinach: *Evaluation*

Average Score and Sample Size:

- Average score: 4.36 / 5.0
- Sample size n=14
- **Lowest scoring**

Positive and Negative Comments:

- “Spinach was a bit bitter”
- “It made me actually like spinach”
- “Spinach was a bit oily”



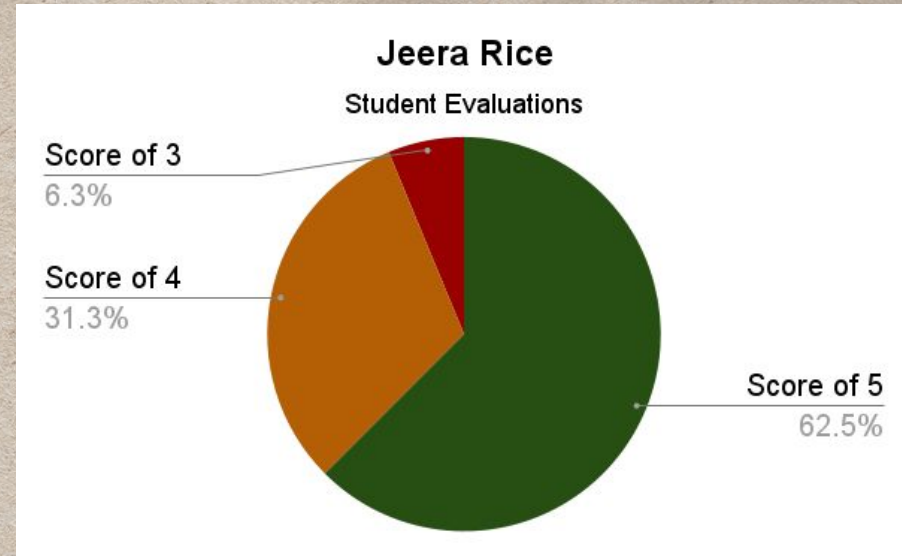
Jeera Rice: *Evaluation*

Average Score and Sample Size:

- Average score: 4.56 / 5.0
- Sample size n=16

Positive and Negative Comments:

- “The spices are so good!”
- “I really liked the Jeera rice!”
- “Good amount of spice”
- “I loved the rice with the chicken”



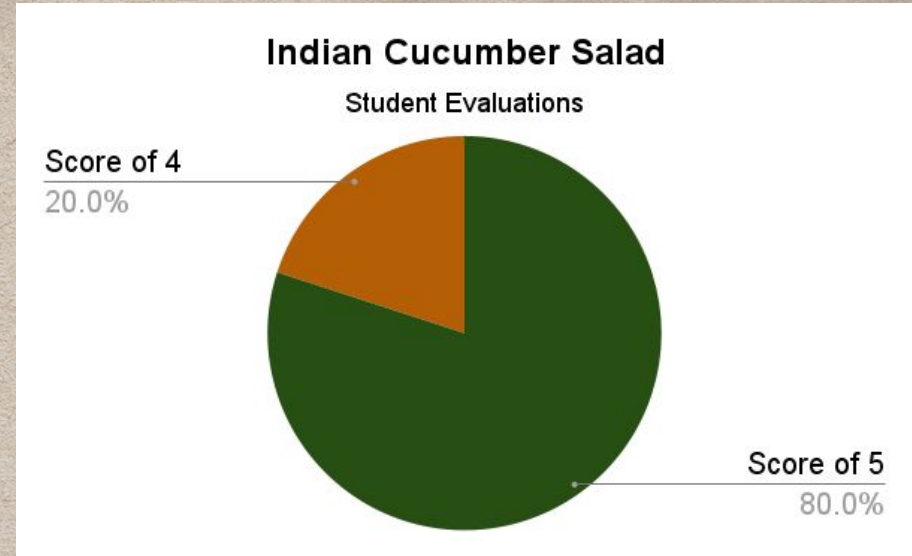
Indian Cucumber Salad: *Evaluation*

Average Score and Sample Size:

- Average score: 4.8 / 5.0
- Sample size n=15
- **Highest scoring**

Positive and Negative Comments:

- “The salad was very refreshing and tasty!”
- “The salad was very refreshing!”
- “I really liked the Indian-style cucumber salad”
- “Very colorful and loved variety of flavor and textures; refreshing”



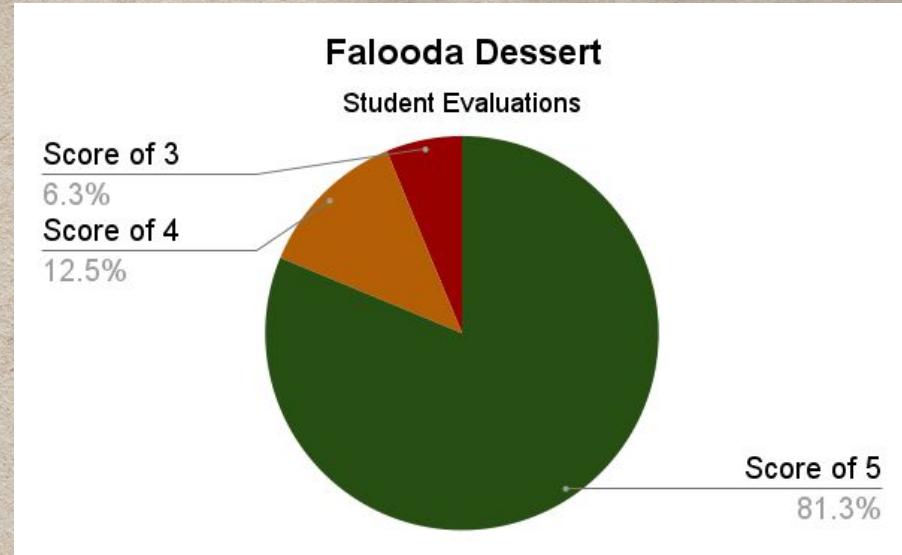
Falooda Dessert: *Evaluation*

Average Score and Sample Size:

- Average score: 4.75 / 5.0
- Sample size n=16

Positive and Negative Comments:

- “Dessert was delicious, loved the rose water flavor!”
- “The texture of the rice noodles in the Falooda threw me off”
- “Very interesting dessert!”
- “The noodles in the Falooda tastes a little bit weird”
- “Falooda looks really cute and the ice cream tastes good”



Other Miscellaneous Comments

- “All of the foods had a strong flavor and a little spice which I really liked!”
- “Good water service”
- “The flavors are a bit strong all together”
- “Everything is very tasty and flavorful!”
- “All really good! My first time trying Indian food and I am pleasantly surprised! Good job!”
- “Literally everything was SO GOOD!”
- “Jonathan was a great server - would dine here again!!!”
- “The food was amazing, it had the perfect taste of everything”
- “I couldn’t taste it..., but overall I think it looks really good and they made a really good effort putting everything together”
- “I love everything with curry!”

Discussion

Highest Scoring - 4.8 / 5.0

Indian Cucumber Salad



Scored high because:

- Freshness
- Variety of ingredients
- The Indian spices gave it a unique flavor

Lowest Scoring - 4.36 / 5.0

Indian Spiced Spinach



Scored low because:

- Bitter taste
- Greasiness
- Cooled quickly

Other highly rated dishes

Butter Chickpea - 4.77 / 5.0

😊 Creamy and flavorful enough

😞 Not enjoy the flavors

Still needs improvement

Paneer Tikka - 4.38 / 5.0

😊 A new experience for some

😞 The onions need additional cooking

Falooda - 4.75 / 5.0

😊 Appealing looks and distinctive taste

😞 The noodles have an odd taste



What did we learn?

Indian cuisine was one of the best choices for us as we had loads of fun putting it all together from menu to the final theme meal dishes. Indian cuisine is different from many other cuisines as it is really flavorful with loads of different spices and masalas that give a different taste as compared to all other cuisines.

It is a blend of varieties from regions and traditions of India. It is given diversity in cultural and ethnic groups , as well as diversity from soil , climate , masalas and cultures. We learned alot about different spice combinations indians use such as the spicy tangy masalas and herbs as well as the quantity they use to make there dishes burst with flavours .It surely was one different cuisine with a wide range of varieties we could have chosen our dishes from.

Also , we have came to a conclusion that the indian dishes are not as hard as they seem to cook every step was really easy to follow and some things were easily substituted according to the ingredients we had.

What could we do differently?

- Jeera Rice - make sure to know how to properly prepare spices before use - ie research it. Only the inside of the cardamom should have been used, since the outside is bitter. Make sure to remove inedible garnish on top of the dish (i.e. star anise) before serving.
- Spinach - went well. Cooled quickly, so make sure to prepare and serve right away. Maybe try to use a more palatable vegetable next time, since some do not like spinach or think it is bitter.
- Butter Chicken - could have had chicken cubes (i.e. chicken breasts) instead of ground chicken. It took extra time to shape the meat into balls and cook them ahead of time.
- Butter Chickpea - turned out good. Could experiment with other vegetarian options, such as butter tofu.
- Salad - We could have added many more colorful vegetables and herbs to make the salad much more flavorful.

THANKS!