



**Executive Summary:** BSCC, a culinary school that trains young street adolescents living in difficult circumstances and turns them into professional chefs. The exciting activities that trainees had in the month of July are practical demonstrations of Salads, surge the appetite with some soups. Tandoori naan, lachha paratha (Indian bread), and missi roti break the monopoly of regular tawa roti. An imaginary trip to South India to learn Idli sambhar and Malabar paratha served with yummilicious stew. A competition between the senior citizen of snacks 'Samosa' and charming young 'Momos'. Explored the delicacies of Italy to satiate the hunger for Penne Alfredo and Arabiata. Last but not least, spicing up with Murg Dum Biryani and many more stories are in queue.



### The Origin of Pasta?

Pasta seems to be universally associated with Italy. According to history, however, pasta's earliest roots begin in China, during the Shang Dynasty (1700-1100 BC). Every pasta has its own unique style of preparation. Trainees prepared the most common two variation of pasta: Red Sauce and White Sauce.

### SOUP

The earliest archaeological evidence for the consumption of soup dates back to 6000 BC, and it was hippopotamus soup. Soups are classified into two groups: clear soups and thick soups. Soups can be consumed hot or cold. Some of the basic international soups preparation are practiced by the trainees.



### IDLI SAMBHAR



A type of savoury rice cake, originating from South India, popular as a breakfast and its popularity become increasing day by day all across the world. Nothing but yes it's "Idli". served with vegetable stew known as "Sambhar" a package full of nutrition.



# ALL ABOUT TANDOOR

The most ancient equipment used for cooking. The origin of tandoor is traced back to Iran. It was the Mughals who popularised the modern tandoor across India,



# HOW CAN WE FORGET ABOUT "SAMOSA"

Officially having a place in the Cambridge dictionary. A popular Indian snack consisting of a small pastry case in the shape of a triangle/pyramid, filled with vegetables or meat and spices and deep fried. In India, almost everyone is aware of Samosa, the most common snack available across the country.





## DIM SUM AKA MOMOS

All momos are dim sums but all dim sums are not momos!  
 Trainees got the opportunity to practice the different shapes of momos with different filling.



# SALADS

"Salad, a term derived from the Latin sal (salt), which yielded the form salata, 'salted things' such as the raw vegetables eaten in classical times with a dressing of oil, vinegar or salt. But now compound dressings are being used to present the various salads.

Trainees learnt to prepare Vinaigrettes and mayonnaise dressing-based salads such as Caesar salad, Russian salad, Waldorf Salad, Coleslaw salad.

## Caesar Salad



## Russian Salad



## Waldorf Salad

## Coleslaw Salad



Trainees learning to cut chicken as per Indian and Continental standards.

## MURG DUM BIRYANI

Chicken Biryani is a savoury chicken and rice dish that includes layers of chicken, rice, and steamed aromatics. Trainees learnt how to prepare 'Chicken Biryani' with on-hand practice of layering and basic marination.



## MALABAR PARATHA WITH ALOO STEW

Malabar paratha or Kerala Parotta is a unique Indian bread preparation from Malabar region and goes well with both vegetarian or non-vegetarian preparation. Trainees viewed the demonstration and practised the preparation of the Paratha with vegetarian stew.



## THEORY, MOS. & SKILL EDUCATION

Every trainee is expected to be familiar with culinary theory consisting of Curries & Gravies, Selection of Spices & Herbs, Food Contamination & procurement. They have to complete their formal education and also learn the skills of group discussion which is just as crucial to the course as the practical components.



163/4, Pradhan Wali Gali, Jaunapur,  
New Delhi – 110047, India.

T : +91-9971772911, 9999321098

Email: [butterfliesngo@gmail.com](mailto:butterfliesngo@gmail.com)

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