



**Executive Summary:** BSCC is a culinary school where young adolescents are trained who are living in difficult circumstances and upskilled from street adults to professional chefs.

**The Journey of Cuisines:** Our journey of French cuisine started with Grilled Chicken served with espagnole sauce accompanied by sauteed vegetables, and continued with another delicious menu, where appetite with Consomme Carmen satiated hunger with Poulet Sauté Chasseur along with Haricots Verts. The tour of Indian cuisine started with the Royal cuisine of Awadh, Mughlai chicken korma served with lachha paratha, which gave the feeling of Mughals and Nawabs. Macher Jhol served with ghee bhat along with Aloo Posto are well-known cuisines from Bengal, which gives you a reason to rest and eat. As meals are incomplete without dessert, so as our journey of food without mouth-watering desserts. Our food journey concluded for now by serving delicious gulab jamun, and dashing caramel custard.

## "MARINATION MATTERS"

### GRILLED CHICKEN WITH ESPAGNOLE SAUTE VEGETABLE

Trainees learnt about the basic marination and prepared by trainees including **Grilled chicken** served with **espagnole** and **sauteed vegetables**, have learnt about the basic marinations.



## "CONSOMMÉ CARMEN"

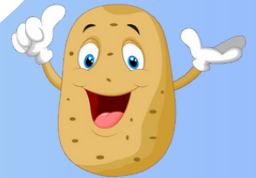
A **clear soup** which is easy to make but difficult to serve made up of minced chicken flavoured with bouquet garni and seasoned with sachet d'espice garnished with jullienne of carrots.



### POULET SAUTÉ CHASSEUR HARICOTS VERTS



**Poulet Sauté Chasseur:** This French classic chicken prepared with a touch of Gypsy flair, features crisp sautéed Chicken and served in a rich sauce made with brown stock, mushrooms, and flavoured with tarragon (continental herb).



## "THE SWEET RECIPE"

### CARAMEL CUSTARD

Also known as Flan de Leche and Crème Caramel, originates from Southern Europe and Latin America, making it a much loved dish around quite a few regions. It's creamy yet light, sweet, and bouncy dessert made up of eggs, milk, sugar, and vanilla extract. makes it a much-loved dish around quite a few regions.



### POTATO DELIGHT

### POMMES DE TERRE LORETTA

Pommes de Terre Lorette is a French potato dish made by combining egg choux pastry dough with buttery mashed potatoes.



### MUGHLAI CHICKEN KORMA

Mughlai Chicken Korma is chicken korma made with exotic spices in a tangy yogurt sauce served over rice. This dish has been praised for centuries by the Mughal Royal Kitchen and Indian Cuisine as one of the world's most popular dishes.

## MACHER JHOL ALOO POSTO

One of the most well-known meals and a crucial component of Bengali cuisine is **macher jhol**. If you're a fan of Bengali food, you can't afford to miss this mouthwatering fish recipe. Macher Jhol is a spicy fish stew that tastes best when paired with hot, steaming rice. It is made with a few spices, fish, and vegetables like potato and eggplant. Alu posto is another classic Bengali dish. Sparing in its use of spices, this preparation relies on the flavours of potatoes, green chillies and posat (poppy seeds) for its taste.



## SHAHI TUKDA

This tasty dessert **Shahi Tukda** literally means "Royal Piece" a rich, royal and popular dessert from the Mughlai Cuisine. It is made of ghee-fried bread slices that are soaked in rose & cardamom scented sugar syrup which are topped with fragrant, creamy, sweetened, thickened milk (a.k.a **Rabdi**) that is flavored with exotic saffron.



## GULAB JAMUN

**Gulab jamun** is a sweet confectionery or dessert, originated in Persia and then later introduced to the Indian subcontinent. Typically made from a dough of milk solids(khoya), flour, cottage cheese(paneer) and ghee that is shaped into small balls and deep-fried, then soaked in sugar syrup.



## "THE EVERGREEN DAHI BHALLE"

**Dahi** means yogurt and **vada** is fritters (deep fried) so the literal translation for these is fritters dunked in yogurt. There is theory that this recipe has its origins in the kitchens of the Mughal Empire, during the 18th century. It is believed that the Mughal khansamas (chefs) used curd, spices, and some herbs in the preparation of this dish to improve their digestion and metabolism.



## "GUEST IN THE HOUSE"

### AUSAID DAP TEAM VISIT @ BUTTERFLIES



Members of the **DAP Team (AusAid)** in coordination with the **Australian High Commission** visited **Butterflies School of Culinary & Catering (BSCC)**. The visit was arranged by trainees from different contact points who are part of the BSCC. The main objective of the visit was to inform about how we (Butterflies) work with street-connected adolescents and help them to make their career in culinary. The member found the visit informative and enjoyed interacting with the trainees. We would like to extend our thanks to Ms.Pallavi Nayek, Ms. Tammy de Wright, and Ms. Katherine Magrath, for your visit and kind support as it motivated us as well as our trainees to keep their interest and passion alive.

### THEORY, NIOS, & SKILL EDUCATION

Every trainee is expected to be familiar with culinary theory consisting of Nutrition, Nutrients, Menu planning, Types of Menu, Meals and courses of the day, Cereals & Pulses, Types of Blends of Spices, FSSAI, Importance of personal hygiene in culinary and completion of their formal Education, group discussion in a professional manner etc. because Soft Skills are also as crucial to the course as the practical components.



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