



## Executive Summary

Students of BSCC had a demonstration of the various delicacies from all around the world but the majority of the dishes were from Indian cuisine. This time BSCC is not only the centre of attraction for our national partners but also for foreign partners/delegates. BSCC had guests from Australia (Australian MP's), British Airways, Canadian Professors, and Misereor and served their signature dishes prepared by students.



## Cuisines

### Lavang Latika

### Mughlai Paratha

Get ready to tantalize your taste buds with this popular Bengali sweet that's as fragrant as it is delicious! Fried to perfection, the aroma of lavang latika will lure you in. When you're in the mood to cook up something traditional, whip up this mithai made with khoya, nuts, and a pinch of saffron.

This Indian classic dessert is made by stuffing a yummy mixture of mawa and nuts into flour dough pockets, deep-frying them, and then bathing them in a sweet sugar syrup before serving. A treat for your senses!

Veg Mughlai Paratha Recipe is a paratha where crumbled paneer tossed with veggies such as juliennes of carrot, bell pepper, and cabbage is cooked in ground spices and filled with Indian Flat Bread to shape a thick flat square packet and served with tangy mint and coriander chutney. The authentic dish is made with minced keema mutton but we have created with vegetables to try this delicious dish.



# A Session by our Director



## Coastal Egg Curry

Coastal egg curry is a coconut-based curry that calls for a unique blend of spices like mustard seeds, cumin, coriander seeds, fenugreek seeds, red chillis and curry leaves. For a deeper coconut flavour, coconut milk is used instead of water while cooking the curry.

## Gosht Do Pyaza

Delicious mutton dish known as "mutton do pyaza" is prepared with a variety of spices, onions, and coriander leaves. A hearty mutton meal with yogurt, a flurry of fragrant spices, and a lot of crunchy onions. You can prepare the ideal mutton curry for celebrations or dinner parties.



## Veg Chopsuey

Vegetarian American chopsuey. a dish of excellent, crunchy, deep-fried noodles with veggie gravy. The gravy has a taste that is a mix of sweet and sour and strongly resembles Chinese gravy. Although it is best served for lunch or supper, it can also be eaten as a small snack or meal in the evening.



“ For me, cooking is an expression of the land where you are and the culture of that place. ”

Wolfgang Puck

## Yakhni Shorba

Indians refer to soups as "shorbas," and Yakhni Shorba is a mutton soup that is particularly high in proteins. The soup complements your meals before them and has a straightforward, great flavor. The majority of North India's population consumes this Kashmiri soup.

## Yakhni Pulao

The urdu word "Yakhni" refers to a broth or stock. Pulao or pilaf is a one-pot rice dish. The recipe gets its name Yakhni pulao as the rice is cooked in the yakhni a.k.a the stock or broth. The stock is made first by cooking the meat together with fragrant spices.



## Baidin Jaan

This recipe was born in the royal kitchens of Awadh, a fancy yet simple snack of fried brinjal. A few refer to it as Baidin Jaan. Once basking in the regal limelight, today, forgotten among many other Indian lost recipes.



## Lachha Paratha

A well-known paratha variation from North Indian cuisine is the lachha paratha or laccha paratha. These easy unleavened whole wheat flatbreads are produced with a dough made from whole wheat flour, salt, and ghee or oil. The numerous visible flaky, crispy, and soft-and tender layers that make this paratha remarkable and distinctive. These traditional Indian layered flatbreads are simple to make and are excellent for dipping into any curry or gravy dish.

## Zarda Rice

The name "zarda" is derived from the Persian word "zard," which means "yellow." Usually, zarda is offered following a meal. Zarda was and is a popular dessert on important occasions, such weddings, on the Indian subcontinent.



## Doda Barfi

Although it originates in the north, in Punjab, the gooey, sticky, deep golden-brown barfi that is typically fashioned into rectangular cubes is beloved to Indians all around the subcontinent. It was invented by a man named Harbans Vig who lived in the Punjabi district of Sarghoda in 1912, which is now part of Pakistan.





## Aloo Tikki

An Indian savoury favourite snack in India which is a golden fried potato patty that is often stuffed with peas or dal and served with a variety of spicy chutneys and curd.

### Fun fact

"The aloo tikki burger was invented by McDonald's local R&D team in 2001 to survive in the Indian market by putting the aloo tikki (a traditional Indian savoury) instead of beef patty inside a bun and it is now a trademarked product."



## Chhole Bhature

Need no introduction as Chole Bhature also known as Chana Bhatura is one of the most popular Punjabi dishes liked almost all over India. Chole stands for a spiced tangy chickpea curry and Bhatura is a soft and fluffy fried leavened bread. Chola Bhatura always makes for a delicious and filling meal.

## Papadi Chat

North Indian street cuisine known as "papdi chaat" features crispy papdi, which are deep-fried flour crackers, topped with a wide range of ingredients, including boiled potatoes, yogurt, chutneys, cilantro, and chickpeas. Every bite of them is like a taste explosion, and they are quite addictive!



## Nawabi Kofta

A rich healthy and delicious dish made from potatoes, minced with other vegetables rolled into a barrel shape, stuffed with dry fruits, and deep fried. Served in mild spicy yellow tomato cream gravy. The richness of the curry comes from the cream and butter used to temper.



## Papad Rolls

This crisp wrapper is a healthy substitute for a spring roll a thin sheet of papad made up of lentils flour and spices that will shatter at the touch. These wrappers are filled with some combination of vegetables such as bell peppers, cabbage, paneer, onions, mushroom etc.



# Guests in the House

Visit by delegates from Australia and guests from British Airways.



Professors from University of Calgary, Canada.



A friend from Misereor, Germany



Exposure visit to the Banyan tree resort and the Sarovar premiere



## 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 etc. Trainees were taught the importance of personal hygiene in culinary, 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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