

Local names of food stuffs used in the recipes

| S. No. | Name of food Stuff in English | Name of the Food Stuff in Telugu |
|--------|----------------------------------|-------------------------------------|
| 1 | Amaranth Leaves | Thotakoora |
| 2 | Banana | Arati Pandu |
| 3 | Beans | Beans |
| 4 | Black Gram Dhal | Minapa Pappu |
| 5 | Carrots | Gajara Gadda |
| 6 | Cooking Oil | Vanta Noone |
| 7 | Coriander Leaves | Kothimiri |
| 8 | Cucumber | Dosa kaya |
| 9 | Cumin Seeds | Jilakara |
| 10 | Curry Leaves | Karvepaku |
| 11 | Dry Chili Powder | Endu Mirapa Kayala Podi |
| 12 | Dry Chilies | Endu Mirapa Kayalu |
| 13 | Egg | Kodi Guddu |
| 14 | Ginger | Allam |
| 15 | Green Chilies | Pachi Mirapa Kayalu |
| 16 | Green Gram Dhal | Pesara Pappu |
| 17 | Groundnuts | Verusenagalu/Palli |
| 18 | Mint Leaves | Pudina |
| 19 | Onions | Ulli Gadda |
| 20 | Red Gram Dhal | Kandi Pappu |
| 21 | Rice | Biyamu |
| 22 | Salt (Iodized) | Iodine Kaligina Podi Uppu |
| 23 | Sambar Powder | Sambar Podi |
| 24 | Spinach Leaves | Palakoora |
| 25 | Tamarind Pulp | Chintapandu Pulusu |
| 26 | Tomatoes | Tamatalu |
| 27 | Turmeric | Pasupu Podi |

Suggested Pre-cooking and Cooking Methods to Preserve the Nutritive Value

- Foods should be washed well before cutting, cooking and or consumption. To remove contaminants like pesticide residues, parasites and other extraneous material
- Wash dry food grains such as rice and pulses once or at the most twice in water before cooking. Repeated washing results in loss of certain vitamins and minerals
- Wash vegetables and fruits before cutting and then cut them into large pieces to minimize the loss of nutrients. Cutting into small pieces will expose greater surface area to the atmosphere resulting in excess loss of nutrients due to oxidation and washing after cutting in addition will result in further loss of water soluble vitamins and minerals in particular
- Do not soak vegetables and fruits in excess water for a long time as most of the vitamins and minerals will leach out into the water and discarding the excess water will therefore lead to greater loss of the water soluble nutrients
- Always cook food in vessels covered with lids to minimize loss of nutrients
- Use only sufficient water for cooking. Do not use excess water particularly in the case of cooking rice, as the excess water is drained off and thereby also the water soluble nutrients
- Do not use baking soda for hastening cooking of pulses or certain vegetables as it would result in loss of vitamins
- Use only sufficient amount of oil for cooking. Repeated heating of leftover used oils will result in formation of peroxides and free radicals that are not good for health
- Also do not mix the already heated oil with fresh oil, instead use them for the process of seasoning. Avoid using such oils again for deep frying
- Encourage and increase the consumption of sprouted food. For eg, sprouted green gram or Bengal gram can be used in the preparation of recipes such as 'Khichidi, Vegetable Rice, Tamarind rice' to improve their nutritive value and palatability.
- In the above recipes, locally available green leaves such as Fenugreek (Mentham koora) or Gogu (Gonkura) can also be used
- Rice may be replaced with Wheat Rava, if desired
- Boiled Egg and Banana can be used alternatively.

Nutritious recipes suitable for mid day meal programme

The details of nutritional recipes which can be followed for cooking in both SHG and Common Kitchens schools were listed out in the present section so that by taking this food children's nutritional status can be developed better.

SUGGESTED RECIPES:

To break the monotony in the menu some low cost and nutritious recipes are suggested below (As per the Lr.RC.No. 160/MDM/2012-2, dated-11-05-2012 of Commissioner & Director of School Education, Andhra Pradesh, Hyderabad)

1-SAMBAR RICE:

Ingredients: Rice, dhal, potato, brinjal, tomato, beans, carrot, sambar powder, salt & tamarind

Preparation: Boil all the vegetables except tomato and keep aside. Boil rice along with dhal. When it is cooked $\frac{3}{4}$ th add the boiled vegetables, tomato, tamarind juice, salt and sambar powder and cook till done. In a separate pan heat some oil and add seasonings. Add this to the cooked mixture.

2-VEGETABLE PULIHORA:

Ingredients: Rice, tamarind, potato, brinjal, carrot, beans, green chilies, bengal gram (for seasoning), oil, ground nut & seasonings (jeera, mustard)

Preparation: Extract thick juice of tamarind and keep aside. Heat oil in a pan, add seasonings Bengal gram, ground nut, Green chilies and fry well. Add tamarind juice, salt and cook for some time. Add boiled rice to this mixture and mix uniformly.

3-DHAL WITH GREENS:

Ingredients: Red gram, palak or amaranthus or fenugreek leaves, tamarind, green chilies & seasonings (jeera, mustard, red chilies)

Preparation: Wash the greens thoroughly with sufficient water and chop finely. Boil dhal. When dhal is cooked $\frac{3}{4}$ th add chopped greens and cook till done. Add tamarind juice and mix well. Season the cooked mixture with jeera, mustard and red chilies.

4-KITCHIDI:

Ingredients: Rice, lentils, oil, onions, green chilies, ginger garlic paste, turmeric, garam masala & salt

Preparation: Wash dhal and rice. Boil adding sufficient water. Cook till rice and dhal become tender. Add ginger, garlic paste. Heat oil. Add garam masala, chopped onions, chillies and turmeric. Add enough salt to the rice. Add seasonings and cook for a few minutes for after mixing well.

5- EGG FRIED RICE:

Ingredients: Rice, eggs, onions, salt & pepper powder

Preparation: Wash rice and cook till just soft. Cool rice to separate the grains and keep aside. Heat oil, add sliced onions and fry till golden brown. Add beaten eggs and salt and stir till egg is cooked. Add the rice and sprinkle with pepper powder. Toss to mix. Serve hot garnished with coriander leaves.

6- VEGETABLE BIRYANI:

Ingredients: Basmati rice, beans, peas, carrots, tomato, onion, cinnamon, cardamom, cloves, bay leaf, oil & salt

Preparation: Cut the carrots into long thin pieces. String the beans and cut into one inch pieces. Slice the onions. Wash rice. Heat fat and add sliced onions and fry. Add the chopped vegetables, fry lightly and remove. Add whole garam masala and fry the rice well. Add water and salt and cook. When rice is fully done, make a well in the centre of the rice and add the vegetable mixture, cover and cook on low heat. Mix and garnish before serving.

7- UPMA (VEGETABLE BROKEN RICE):

Ingredients: Semolina/rava, oil, black gram dhal, bengal gram dhal, water, ginger, curry leaves, coriander leaves, green chilies, onion, nuts, mustard seeds, vegetables, vegetables & salt

Preparation: Roast rava and keep aside. Heat oil. Add mustard seeds, dhal, nuts, chopped onions, green chilies, vegetables, curry leaves and ginger and fry. Add water and salt and allow boiling. Add rava gradually and keep stirring. Simmer for few minutes and remove when done.

8- MIXED VEGETABLE CURRY:

Ingredients: Cauliflower, potato, onion, carrot, green chilies, peas, tomato, oil, chilly powder, coriander powder, garlic, ginger, coconut, tamarind, turmeric & salt

Preparation: Cut vegetables into uniform size pieces. Chop onions and slit green chilies. Fry and grind coriander seeds, chilly powder, turmeric, garlic, ginger and coconut. Add prepared vegetables except tomatoes to the fried masala. Fry for 5 minutes. Add salt. Sprinkle water and cook on slow fire till vegetables are done, stirring frequently. Soak tamarind in a small quantity of water extract juice. Add to the cooked vegetables and similar for a few minutes. Remove when slightly thick.

9-VEGETABLE KHURMA:

Ingredients: Potato, beans, peas, carrot, onion, coconut, salt, lime juice, ginger, green chillies, coriander leaves, cardamom, cloves, cinnamon, oil & sugar

Preparation: Wash and cut vegetables into fairly big pieces of uniform size and boil. Grind coriander leaves, coconut, green chilies and half the chopped onion. Roast and powder garam masala. Heat oil and add the masala. Fry well and add boiled vegetables. Allow to boil till gravy is fairly thick. Remove from fire and sprinkle lime juice before serving.

10- EGG ON TOMATO OR SPINACH:

Ingredients: Tomato, onion, ginger, jaggery, chilly powder, eggs, oil & salt

Preparation: Blanch and chop tomatoes or spinach. Peel and chop onion. Grind ginger. Heat fat and brown the onions. Add all the ingredients except eggs and Jaggery. Mix well. Cook till vegetables are tender. Spread on a shallow pan. Make slight dents. Break eggs one at a time into the dent. Cover and cook with live coals on top or in oven till eggs are cooked.

11-EGG CURRY:

Ingredients: Eggs, potato, onion, red chillies, coriander seeds, turmeric, vinegar, coconut, salt, cinnamon, cloves, ginger & oil

Preparation: Crack hard boiled eggs and shell them. Keep aside. Peel potatoes, quarter and steep in cold water. Slice onions; roast red chillies, coriander and turmeric. Grind to a fine paste. Chop ginger. Scrape coconut and extract thick and thin extracts. Heat oil and sauté part of the onions. Add masala and fry. Add potatoes and whole spices. Add second extract of coconut milk and salt. Cook till potato pieces are cooked. Prick the eggs and put in the gravy. Add first extract and cook on a low flame. Add vinegar just before removing from fire.

Suggested methods of cooking:

Preliminary Preparation

1. Thorough washing in running water to remove dirt, sand, pesticide sprays and micro organisms present in outer layers. Leafy vegetables and vegetables without peeling should be given special attention. Wash before cutting to avoid loss of nutrients.
2. Remove all spoiled, discolored portions and highly fibrous stems.
3. Remove skin if necessary, scrape the outer layers and avoid discarding edible portions of vegetables as much as possible.
4. Use clean sharp knife to avoid discoloration and brushing of the vegetables.

5. Cut only just before cooking and leave it covered until cooked. If vegetables are cut into very small pieces the water soluble nutrients are lost to a greater extent as more surface is exposed.

Principles of Cooking Vegetables

1. Tender but firm.
2. Characteristic color is maintained.
3. Pleasant flavour is present.
4. Minimum nutrients are lost during preparation and cooking.

Cooking Losses of Vitamins and Minerals can be avoided by

1. Using only the required amount of water. If excess water is used after cooking the vegetables, the stock can be used for other preparations.
2. For green leafy vegetables do not use the cover for first few minutes of cooking. For cabbage and onion, the flavour intensifies and therefore avoids using lid.
3. Do not use baking soda as it destroys thiamine and ascorbic acid.
4. Cook the vegetables till tender as over cooking has a destructive effect on the nutrients.
5. Boil just enough water and add the prepared vegetables. Cover with lid (except for greens, onions and cabbage families), boil for few minutes, lower to simmering temperature and cook till done.