

APPENDIX II

Details of Preparation of Typical Indian Meals - Phase VI

All the utensils, knives etc. used were of stainless steel and double distilled water was used for all meal preparations.

Meal No. 1ItemsParathas, Vegetables, Tea

<u>Parathas</u> :	Wheat flour	70 g
	Water	35 g
	Oil	15 ml

A dough was prepared using wheat flour and water and a small amount of oil (3 g) till it was smooth. Two balls of equal weight were made and they were rolled with application of oil (1 g in each). Parathas were toasted on a griddle using 5 g oil for each paratha, applying it on both the sides. Parathas were cooked till golden brown (7 min).

<u>Vegetables</u> :	Potato	50 g
	Onion	15 g
	Oil	5 g

Potatoes and onions were washed, dried between folds of muslin cloth, peeled and chopped. Oil was heated in a pan and onions were added. When they were brown, chopped potatoes were

added. Salt (1 g) and chilli powder (0.5 g) were sprinkled on top and 30 ml water was added. The pan was closed with a lid and the vegetable was cooked on slow fire till soft (7 min).

<u>Tea</u> :	Tea leaves	5 g
	Milk	40 g
	Sugar	20 g

Tea leaves, milk and sugar were added to 150 ml of water and boiled for 2 min. Tea was strained and used.

Meal No.2

Items

Rice, Dal, Vegetable, Milk

<u>Rice</u> :	Rice	200 g
	Water	400 ml

Rice was washed well and cooked in a pan with lid closed, for 15 min.

<u>Dal</u> :	Redgram	..	30 g
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Dal was washed and pressure cooked with addition of salt (1 g) and turmeric powder (0.5 g), for 12 min.

<u>Vegetable</u> :	Potato	75 g
	Onion	25 g
	Brinjal	50 g
	Oil	10 g

Oil was heated in a pan. Washed and chopped onions were added. When they were brown, chopped potatoes and brinjal were added. Salt (1.5 g) and chilli powder (0.5 g) were sprinkled on top, 50 ml water was added and it was cooked on slow fire with closed lid, till soft (8 min).

Milk : Milk 160 ml

Milk was boiled and cooled and it was added to the meal before homogenisation.

Meal No.3

Item

Mudde (balls of cooked Ragi paste), Vegetable, Tea

Mudde : Ragi 120 g
 Water 250 ml
 Oil 18 g

Water was heated in a pan and when it reached boiling point, ragi flour was added and stirred continuously, with addition of oil, till it became a thick smooth paste, and could not be stirred easily. This process took 10 min. After the ragi paste was cooked in this manner, it was removed from fire, cooled a bit and four balls were prepared out of it.

Vegetable : Potato 25 g
 Onion 20 g
 Brinjal 25 g
 Oil 2 g

The method of preparation is similar to that described in Meal No.2 for vegetable.

<u>Tea</u> :	Tea leaves	5 g
	Milk	40 g
	Sugar	5 g

Tea, milk and sugar was mixed with 150 ml water and boiled for 2 min. It was strained and used.

Meal No.4

Item

Sorghum rotla, Vegetable, Tea

<u>Sorghum rotla</u> :	Sorghum	120 mg
	Water	50 ml

Sorghum flour was kneaded with water to give a smooth dough. It was divided into 2 balls of equal weight. Each ball was flattened with hands, to give a thick, round rotla. This was roasted on gridle till both sides were evenly brown (8 min). Butter was applied on hot rotlas before using.

Vegetable : Same as in Meal No.3

Tea : Same as in Meal No.3

Meal No.5

Items

Rice, Sambhar, Rasam, Cabbage

<u>Rice</u> :	Rice	100 g
	Water	200 ml

Rice was washed well and cooked for 10 min in a pan with the lid closed.

<u>Sambhar</u> :	Redgram dal	12 g
	Tamarind	3 g
	Brinjal	20 g
	Curry leaves	1 g
	Mustard seeds	0,5 g
	Sambhar powder	1.5 g
	Salt	1.5 g
	Oil	2.5 g
	Water	200 ml

Tamarind was soaked in 100 ml water and kept aside for 20 min. Oil was heated in a pan and mustard seeds were added. Tamarind pulp was squeezed and strained. The tamarind water was added to the pan, followed by chopped brinjals and cooked till the raw tamarind flavour disappeared (15 min). Dal which was cooked in water (100 ml) for 15 min was mashed and added to the tamarind-vegetable mixture and brought to boil. Curry leaves were added and the pan was removed from fire.

<u>Rasam</u> :	Redgram dal	12 g
	Tamarind	3 g
	Mustard seeds	0.5 g
	Tomatoes	40 g
	Rasam powder	0.5 g
	Oil	2.5 g
	Salt and Spices..	3.5 g
	Water	300 ml

Tamarind and dal were processed in the same manner as in case of sambhar. The strained tamarind water was heated in a pan and tomatoes, spices, chilli powder (0.5 g) turmeric powder (0.5 g), coriander powder (0.5 g), salt (1.5 g) and rasam powder (0.5 g) were added. This was cooked for 15 min. To the dal, 100 ml water was added and brought to boil. Oil was heated in the pan and mustard seeds were added to it, and then this was added to the rasam.

<u>Cabbage</u> :	Cabbage	100 g
	Green chillies	1 g
	Mustard seeds	0.5 g
	Salt and Spices	2 g
	Oil	2.5 g
	Water	50 ml

Oil was heated in a pan and mustard seeds were added. Chopped cabbage and green chillies were then added and salt and spices (1.5 g) and chilli powder (0.5 g) were sprinkled on top. Water was added and it was cooked with closed lid for 8 min.

Meal No.6

Items

Rice, Sambhar

Ingredients and method of preparation is similar to that in Meal No.1

Meal No.7ItemsStuffed Parathas and curds.

<u>Stuffed Parathas</u> :	Wheat flour	60 g
	Potatoes	80 g
	Oil	5 g
	Salt and Spices	3 g
	Water	50 ml

The dough was kneaded till soft and nonsticky. Two balls of equal weight were prepared and rolled. Stuffing consisting of mashed potatoes, salt and spices (chilli powder, 0.5 g; coriander powder, 0.5 g) were added to each rolled out paratha and the parathas were rolled again with the stuffings and then toasted on a gridle with application of oil on both the sides. Each paratha took 7 to 8 min for complete cooking (golden brown on both sides).

<u>Curds</u> :	Curds	100 g
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It was added to the meal directly.

Meal No.8ItemsChapati, Vegetable, Tea.

<u>Chapati</u> :	Wheat flour	75 g
	Water	60 ml

The dough was kneaded till soft and nonsticky. Three balls of equal weight were rolled and toasted on gridle without any application of fat (5 min).

<u>Vegetable</u> :	Brinjal	30 g
	Potatoes	25 g
	Onions	10
	Oil	2.5 g
	Salt and Spices..	3.5 g
	Water	50 ml

Oil was heated in a pan and chopped onions were added. When they turned brown, chopped brinjals and potatoes were added. Salt (1.5 g), turmeric powder (0.5 g), chilli powder (0.5 g) and coriander powder (1 g) was sprinkled. Water was added and it was cooked with the lid closed on slow flame till soft (8 min).

<u>Tea</u> :	Tea leaves	5 g
	Sugar	10 g
	Milk	50 m
	Water	125 ml

All the ingredients were mixed and brought to boil (1min) and strained.

Meal No.9

Items

Chapati, Dal, Vegetable, Curds

Chapati : Same as described in Meal No.8

<u>Dal</u> :	Greengram dal	20 g
	Oil	1.5 g
	Cumin seeds	0.5 g
	Salt	1.5 g
	Spices	1.5 g
	Water	200 ml

Dal was boiled with salt and turmeric powder (0.5 g) for 25 min in a closed pan. Oil was heated and cumin seeds, chilli powder (0.5 g) and coriander powder (0.5 g) was added and it was immediately mixed with the dal.

<u>Vegetable</u> :	Cauliflower	40 g
	Potato	20 g
	Cumin seeds	0.5 g
	Oil	2.5 g
	Salt	1.5 g
	Spices	0.5 g
	Water	50 ml

Oil was heated and cumin seeds were added followed by all spices (chilli, turmeric and coriander powder, 0.5 g each) alongwith the chopped vegetables and salt. Water was sprinkled and it was cooked with closed lid on slow fire till soft (18 min).

Meal No. 10ItemsRice, Lentil with vegetables

Rice : As described in Meal No. 5.

<u>Lentil with vegetables</u> : Lentil	..	20 g
Bottlegourd	..	30 g
Potatoes	..	25 g
Onion	..	10 g
Salt	..	1.5 g
Spices	..	1 g
Oil	..	2.5 g
Water	..	250 ml

Oil was heated and onions were browned in it. To this, salt, spices (turmeric and chilli powder, 0.5 g each), lentil dal, chopped vegetable and water were added. This was cooked with closed lid until soft (20 min).