

APPENDIX IV

Receipes for the School Lunch

<u>Foodstuff</u>	<u>Outline of procedure</u>
Khichri	: Cook the cereal and pulse and add the cut vegetables when they are almost cooked. Cook to completion.
Roti	: Make a dough with the cereal and pulse flour and shape into balls. Roll out and bake.
Debra	: Make a dough with the mixture of cereal pulse flours and finely chopped leaf greens, shape into balls, roll out and pan fry like parathas.
Dhokla	: Let ferment batter of coarsely ground cereal-pulse mixture. Add boiled and mashed root vegetable and chopped leaf greens. Steam in greased plates for 20 minutes. Cool, cut into pieces and season.
Poora	: Prepare a batter as in Dhokla but somewhat thinner. Shallow fry like dosas (pancakes).