

Discover the flavours of India – with RATIONAL



Enjoy cooking with the
SelfCookingCenter®
5 Senses – the new standard
for Indian cuisine.



Dear chef,

Cooking is one of the oldest craftsmanship in the world, and Indian traditional cooking is all about bringing together spices, delicate flavours, tempering and using approved technics that make the Indian cuisine unique for hundreds of years. Honoring these skillful kinds of preparations we created new ways of cooking Indian food. Using the most modern technology on the market when it comes to use steam, hot air and the combination of both, we ensure to deliver the results that you would expect in traditional preparation.

RATIONAL modern kitchen technology ensures you prepare traditional Indian dishes in a safe and economical way and even save money with that. In addition to that, we also show you the easiest way! You just push a button, select your desired result – that's it! The cooking process runs automatically – it can't be easier!

That makes the SelfCookingCenter® 5 Senses not only the standard for Western, but especially for Indian cuisine. We have more than thousands satisfied customers all over India. Together with Indian master chefs our Application Manager we have developed this cook book to give you an idea of the endless possibilities with RATIONAL and cooking the easy, safe and economical way with the SelfCookingCenter® 5 Senses.

Discover the taste of India the RATIONAL way – because we love Indian cuisine.

Yours sincerely,
the RATIONAL India-Team

Index

Introduction	04	Dals	Mutton Biryani	66	
RATIONAL services	05	Dal Makhni	48	Qabooli	70
		Sambhar	50		
Breakfast		Tomato Pappu	54	Curries	
Poha	06	Moong Dal	56	Palak Paneer	72
Upma	08			Saagu	74
Pongal	10	Rice		Mirch ka Salan	78
Bisi Bella Bhath	12	Mutter Pulao	58	Malwani Mutton	80
Idli	16	Chicken Biryani	60	Khada Masala Murgh	82
		Pulihora	64	Dum ka Gosht	84
Appetisers					
Broccoli Tikka	18				
Paneer Tikka	22				
Tandoori Ghobi	24				
Veg Seekh	26				
Stuffed Tomato	28				
Aloo Tikki	32				
Samosa	34				
Tandoori Chicken	36				
Chicken Malai Tikka	40				
Fish Tikka	42				
Seekh Kebab	44				
Boti Kebab	46				



Up to...

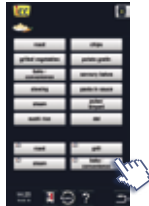
- > 100 tandoori chicken in 15 minutes
- > 80 kg basmati rice in 35 minutes
- > 120 samosas in 20 minutes
- > 80 kg vegetables in 15 minutes
- > 240 lamb chops in 12 minutes
- > 120 paneer tikka portions in 10 minutes

Traditional Indian dishes prepared in modern technology – do it the RATIONAL way!

The SelfCookingCenter® 5 Senses is multifunctional in use and offers a wide variety of cooking technics. You can roast, grill, bake, steam, stew and much more with it. Highlights of Indian cuisine are the preparation like perfectly grilled chicken tikka or even a flavourful chicken Biryani, which will take a long time in traditional equipment. RATIONAL developed intelligent cooking processes e. g. for tandoori food, biryani or samosa. You just have to push one button! No supervision or checking is necessary, it will be done automatically, but with the opulence of indian cuisine.



Select your food



*Select your
cooking process*



*Select your
desired result*



That's it!

Curious about the RATIONAL way? Please check one of our application or product videos on YouTube to get a first impression at „RATIONALAG“.



Rediscover tandoori and other kebab-type dishes

With the RATIONAL grill and tandoori skewers, especially developed for the Indian market, you can now cook excellent quality tandoori preparations in the SelfCookingCenter® 5 Senses. You can prepare up to 100 tandoori skewers very quickly in a single load and with much less manual effort. You always reach the desired results, everyday!



RATIONAL CookingLive

Cook with our kitchen professionals and find out how RATIONAL can revolutionise your kitchen. Visit one of our free RATIONALCooking Live events. Contact us at tel no. (+91) 124 463 5865 or visit us at www.rational-online.in.



ClubRATIONAL

The internet platform for professional chefs. Recipes, expert tips or videos on using our appliances – you will find more Indian, vegetarian and also international recipes here. Simply log in at www.club-rational.com.



Academy RATIONAL

If you would like to have more practical experience and tips for using our product, join our free training seminar called Academy RATIONAL. You cook together with our application manager and gain more insights about the possibilities of the SelfCookingCenter® 5 Senses.



ChefLine®

We offer a telephone consulting service to answer any questions you have about applications or recipes. Fast, uncomplicated and from one chef to another, 365 days a year. Reach the ChefLine® on tel. no. (+91) 9555-450-450.



ClubRATIONAL-App

Profit from our useful practical advice and service even when you're mobile.



Poha

Ingredients

Poha (Flattened rice)	300 gm
Salt	
Turmeric	2 gm
Green chilly; chopped	2 gm
Peanut	30 gm
Potato; peeled and cut in 1" dices	100 gm
Onion; chopped	100 gm
Mustard seeds	1 gm
Cumin	1 gm
Curry leaf	3 gm
Coriander green	15 gm
Ginger; chopped	3 gm
Oil	25 gm

Other Equipments

RATIONAL GN pan (1/1 or 1/2)	1 pcs
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Procedure

Soak the flattened rice for 3-4 min and drain completely. Season rice with salt and turmeric. Season diced potato with salt, turmeric and drizzle vegetable oil. Cook on *side dishes > roast > light > small*. Mix rice with potatoes. Prepare a tempering of mustard, cumin, curry leaf, chilly, ginger and peanut. Mix with rice. Cook further in a granite enameled container / GN pan on *side dishes > steam > 3 min*.

Tempering

Is a way of flavouring oil with cooking aromats and spices like ginger, garlic, onion, cumin seeds and mustard seeds.

Certain recipes are combination of major cooking in the SelfCookingCenter® 5 Senses and combining the same with flavour enhancing with tempering. We feel this is the best way of getting the right flavours with minimum effort.

Side dishes > roast > light > small



Side dishes > steam > 3 min.



Upma

Ingredients

Rava	1 kg
Water	3 ltr
Salt to taste	
Ghee	350 ml
Lemon	3 pcs
Urad dal	25 gm
Sambhar dal	25 gm
Ginger; chopped	50 gm

Masala:

Capsicum; sliced	250 gm
Onions; sliced	250 gm
Green chilly; sliced	75 gm
Oil	100 ml

Tempering:

Ghee	200 ml
Whole red chillies	5 pcs
Curry leaves	a few

Garnish:

Coconut; grated	200 gm
Coriander leaves; chopped	50 gm

Combination mode > 90% humidity
> 220°C > 12 min.



Combination mode > 60% humidity
> 180°C > 5 min.





Procedure

In a 1/1 GN container mix rava, urad dal, sambar dal, chopped ginger and cook on *Combination mode* > 90% humidity > 220°C > 12 min. Stir in between. Mix masala, water, salt and bring to a boil. Method: *Combination mode* > 90% humidity > 220°C > 12 min. Mix the rava into hot water. Mix the garnish and cook for 5 more min. Method: *Combination mode* > 60% humidity > 180°C > 5 min. Prepare a tempering of ghee, red chillies and curry leaves. Mix well and serve.



Pongal

Ingredients	Ponni rice (short grain rice)	400 gm
	Moong Dal	100 gm
	Turmeric powder	25 gm
Paste:	Black pepper	25 gm
	Coconut; grated	100 gm
	Green chilly	50 gm
	Cumin seeds	25 gm
Tempering:	Mustard seeds	15 gm
	Curry leaves	a few
	Whole red chillies	5 pcs
	Oil	100 ml
	Salt to taste	
	Water	2 ltr

Procedure

Wash rice and dal, soak for 30 minutes.
Combine with 1.5 liter of water, salt and turmeric. Cook on *side dishes > pulao > 35 min.*
Once cooked, add the spice paste. Continue cooking for 10 min.
Prepare a tempering of mustard, curry leaves and chillies. Adjust seasoning and add the tempering.



Side dishes > pulao/biryani
> 35 min.





Bisi Bella Bhath





Bisi Bella Bhath

Ingredients for 10 portions; portion size: 150 gm

<i>Rice:</i>	Pooni rice, washed and soaked for 30 min.	200 gm
	Water	800 gm
	Salt	as required
<i>Dal:</i>	Arhar dal; washed	200 gm
	Water	600 gm
	Salt, Turmeric	as required
<i>Veg mix:</i>	Onions; washed, peeled and cut in 1/2" dices	130 gm
	Potato; washed, peeled and cut in 1/2" dices	130 gm
	Carrot; washed, peeled and cut in 1/2" dices	150 gm
	Beans; washed, trimmed and cut in 1/2" dices	70 gm
	Thick tamarind pulp	100 gm
	Green chilly; slit	2 pcs
	Curry leaf	2 gm
	Spice mix	80 gm
<i>Tempering:</i>	Coconut mix	30 gm
	Oil	30 gm
	Mustard seeds	2 gm
	Fenugreek seeds	5 pcs
	Asafoetida	0,5 gm
	Ghee	30 gm
	Vegetable oil	30 gm
<i>Spice mix:</i>	Channa dal	60 gm
	Split urad dal	25 gm
	Coriander seeds	15 gm
	Red chillies	8 gm
	Cinnamon sticks	3 gm
	Cloves	4 pcs
	Oil	10 gm
<i>Coconut mix:</i>	Dry coconut; powdered	50 gm
	Coriander green; washed, dried and chopped	30 gm

Procedure

Wash rice and dal, combine with measured amount of water. Add salt and turmeric and cook at *side dishes > pulao > 45 min.*

Prepare the tempering in a pan, add the diced vegetables. Cook for a few minutes.

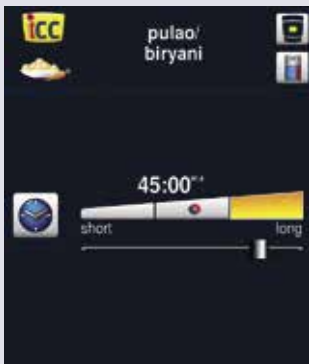
Add the spice mix, green chilly and tamarind. Cook for further 10 min.

Add the vegetables to cooked rice / dal mix.

Finish with coconut and coriander.



Side dishes > pulao/biryani > 45 min.



For dry coconut: Place fresh coconut in roasting baking tray, cook on dry heat > 0% > 160°C > fan 1 > 2 min. or until golden brown

Idli

Ingredients for 4 portions

Batter:	Idli rawa (par boiled rice powder); soaked seperatly for 4-5 hrs	350 gm
	Poha (rice flakes); soaked seperatly for 4-5 hrs	70 gm
	Urad dal (split black lentils, skin off); soaked seperatly for 4-5 hrs	175 gm
	Fenugreek seeds; soaked with lentils	2 gm
	Salt	as required
	Ground nut oil for greasing	

Other Equipments Blender/stone grinder
Mixing bowl
Idli moulds
Muslin cloth; cut to the size of idli tray

Side dishes > iLC steam > 98°C > 9:30 min.





Procedure

Drain rice and lentils, keep some liquid from lentils. Blend lentils, fenugreek seeds with rice flakes till smooth, use lentil water if required. Take the mixture out in a bowl and mix with idli rawa with hands.

Leave the batter to ferment overnight in ambient temperature 25-30°C. Season batter with salt. Apply oil on idli tray to prevent it from sticking. Lay a piece of muslin cloth on tray. Pour the batter in idli moulds.

Steam on *iCookingControl* > *side dishes* > *iLC steam* > 98°C > 9:30 min. Remove from steamer and rest for a minute. Remove idlis from the tray and serve hot.



Once you take the idli out of the SelfCookingCenter® 5 Senses, just sprinkle a bit of water that will help to remove them from the idli mould.

Serve it with coconut chutney and enjoy the easy food production.

Broccoli Tikka





Broccoli Tikka

<i>Ingredients</i>	Broccoli; florets removed, 2" pieces	16 florets, 20-25 gm each floret to season
	Salt	
<i>Broccoli marinade:</i>	Hung yoghurt	75 gm
	Double cream	150 gm
	Ginger garlic paste	30 gm
	Ginger chilly paste	25 gm
	Cardamom powder	6 gm
	Mace powder	3 gm
	White pepper powder	5 gm
	Salt to season	
	Oil	35 gm
	Roasted besan (chickpea flour)	10 gm
	Cashew paste	30 gm
<i>Finishing:</i>	Lime wedge	2 pcs
	Chaat masala	5 gm
	Butter unsalted; melted	50 gm
<i>Other Equipments</i>	RATIONAL tandoor accessories	1 set



Our combi griddle grid can be used for bulk operations, in order to save the time from skewering.

Procedure

Season broccoli with salt and cook on *side dishes > steam > 3 min.*

Chill broccoli in ice cold water, drain.

In a flat mixing bowl add yoghurt and cream it with the palm of the hand. Add cream. Add spice pastes, spice powders, seasoning, besan and cashew paste. Mix well.

Pour in oil and refrigerate for 15-20 min. Marinate broccoli. Leave the broccoli in refrigerator for 3-4 hours. Skewer the broccoli pieces on metal skewers.

Cook on *side dishes > grill > 4 min.*

Baste the broccoli generously with melted butter (optional).

Broccoli should be golden brown in colour.

Sprinkle with chaat masala and squeeze fresh lime on top.

Side dishes > steam > 3 min.



Side dishes > grilled vegetables > 4 min.



Paneer Tikka



Procedure

In a flat mixing bowl add yoghurt and cream it with the palm of hand. Add chilly powder, garam masala powder, ginger, garlic, green chilly, coriander, salt, roasted besan and fenugreek leaves. Mix well. Pour in mustard oil and refrigerate for 15-20 min.

Marinate paneer in the marinade and leave it for 3-4 hours.

Skewer the paneer pieces and cook on *side dishes* > *iLC grill* > 5 min.

Baste the paneer with butter and sprinkle with chaat masala and a squeeze of fresh lime.

Ingredients for 4 portions; portion size: 150 gm

	Paneer; cut in 2"x2"x1" pieces	600 gm
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Marinade:

Hung yoghurt	250 gm
Kashmiri red chilly powder	5 gm
Garam masala powder	2 tsp
Garlic; chopped very fine	60 gm
Ginger; chopped very fine	25 gm
Green chilly; chopped very fine	1 pcs
Green coriander; washed and chopped very fine	15 gm
Salt as required	
Dry fenugreek leaves; lightly toasted	1 tsp
Mustard oil	25 gm
Roasted besan	5 gm

Finishing:

Lime wedge	2 pcs
Chaat masala	5 gm

Other Equipments

RATIONAL tandoor accessories	1 set
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Side dishes > iLC grill > 5 min.



Tandoori Gobhi

Ingredients for 4 portions; portion size: 150 gm

Cauliflower; cut in florets & steam for 3 min. 600 gm

Marinade:

Hung yoghurt 250 gm

Kashmiri red chilly powder 5 gm

Garam masala powder 2 tsp

Garlic; chopped very fine 50 gm

Ginger; chopped very fine 15 gm

Green chilly; chopped very fine 1 pcs

Green coriander; washed and chopped very fine 15 gm

Salt as required

Dry fenugreek leaves; lightly toasted 1 tsp

Mustard oil 25 gm

Roasted besan 5 gm

Finishing:

Lime wedge 2 pcs

Chaat masala 5 gm

Side dishes > steam > 3 min.



Side dishes > grilled vegetables > 5 min.





Procedure

Cook the cauliflower on *side dishes* > *steam* > 3 min.

In a flat mixing bowl add yoghurt and cream it with the palm of hand.

Add chilly powder, garam masala powder, ginger, garlic, green chilly, coriander, salt, roasted besan and fenugreek leaves. Mix well.

Pour in mustard oil and refrigerate for 15-20 min.

Marinate cauliflower in the marinade and leave it for 3-4 hours.

Skewer the cauliflower pieces and cook on *side dishes* > *grilled vegetables* > 5 min.

Baste the cauliflower with butter and sprinkle with chaat masala and a squeeze of fresh lime.



Veg Seekh

Procedure

Season lauki and capsicum with salt and cook on *side dishes > roast > light > size 2*. Cool the mixture and chop very fine. Mix with potatoes, cheese, ginger, chillies, coriander, bread crumb to make a soft dough like consistency. Season well. Skewer on a 10 x 4" SS skewer. Cook on *side dishes > grilled vegetables > B3 > 4 min*. Finish with squeeze of lime, chaat masala and chopped coriander.



Ingredients for 4 portions; portion size: 75 gm

Lauki; diced, 1/2"	150 gm
Capsicum; diced, 1/2"	50 gm
Potatoes; baked and grated	50 gm
Cottage cheese grated	50 gm
Ginger; chopped	5 gm
Green chillies; chopped	2 gm
Fresh green coriander; chopped	5 gm
Salt	
Garam masala	1 gm
Roasted cumin powder	1 gm
Fresh bread crumbs	10 gm

<i>To finish:</i>	Lime wedge	3 pcs
	Coriander green; chopped	5 gm
	Chaat masala	2 gm

<i>Other Equipments</i>	RATIONAL tandoor accessories	1 set
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Side dishes > roast > light > size 2



Side dishes > grilled vegetables
> B3 > 4 min.



Stuffed Tomato





Stuffed Tomato

<i>Ingredients for 4 portions; portion size: 75 gm</i>		
	Salad tomato (50-60 gm)	4 pcs
	Salt	
	Crushed pepper	
	Oil	10 gm
<i>Stuffing:</i>	Oil	10 gm
	Cumin seeds	1 gm
	Onion; chopped	25 gm
	Potatoes; grated	50 gm
	Cottage cheese; grated	50 gm
	Green chilly; chopped	3 gm
	Ginger; chopped	5 gm
	Coconut fresh; grated	3 gm
	Salt	
<i>Marinade:</i>	Cumin powder	2 gm
	Black pepper powder	2 gm
	Mint; chopped	5 gm
	Salt	
	Oil	10 gm
<i>Other Equipments</i>	RATIONAL roasting baking tray	1 pcs

Side dishes > steam > 100°C
> 1 min.



Side dishes > grilled vegetables
> B3 > 4 min.



Procedure

Blanch tomatoes on *side dishes > steam > 100°C > 1 min.* and remove skin and chill in refrigerator. Cut the lid from top and reserve the same for covering. Hollow the tomatoes using a teaspoon and season with salt, pepper and oil. Reserve for further use.

Heat oil in a pan and add cumin seeds. Saute onions and add all potato, cheese, chilly, ginger and coriander. Season with salt.

Stuff tomatoes and cover with lid. Season tomatoes with spices, mint, salt and oil. Cook on *side dishes > grilled vegetables > B3 > 4 min.*



Aloo Tikki



Ingredients	Whole potato; peeled and grated	300 gm
	Coriander green; washed and chopped	15 gm
	Red onion; washed, peeled and chopped	20 gm
	Green chilly; washed and chopped	5 gm
	Ginger; washed, peeled and chopped	5 gm
	Cumin seeds; toasted and crushed	2 gm
	Lime	half pcs
	Salt	to season
	Dry mango powder	2 gm

Other Equipments	RATIONAL roasting and baking tray	1 pcs
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Procedure

Cook potatoes on *side dishes > roast > large*.

Mix grated potatoes with coriander, onion, chilly and ginger. Season with salt. Make 70 gm size balls. Shape them in round cutlets 1/2" thick. Place on a roasting and baking tray. Cook on *side dishes > grilled vegetables > B3 > 4 min.* and flip – cook for three more minutes.



Side dishes > roast > large



Side dishes > grilled vegetables
> B3 > 4 min.



Samosa

Ingredients for 6 portions

<i>Crust:</i>	All purpose flour (plain flour or maida)	500 gm
	Sooji fine (semolina)	50 gm
	Salt	20 gm
	Margarine	100 gm
	Water	150 ml
<i>Filling:</i>	Boiled green peas (I am using frozen green peas)	2 cups
	Boiled dice of potato	1 cup
	Oil	2 tablespoons
	Coriander powder (dhania)	3 teaspoons
	Red chili powder	1 teaspoon
	Mango powder (amchoor)	1 teaspoon
	Garam masala	1/4 teaspoon
	Salt (adjust to your taste)	3/4 teaspoon



Procedure

Dough

Mix flour, sooji, salt, margarine and water together to make soft dough (add water as needed). Knead the dough to make it smooth and pliable. Cover the dough and let it sit least ten minutes.

Filling

Use a ½ GN Pan. Mix green peas and dice potato with all dry powder which is mentioned above (coriander, chili powder, mango powder, garam masala, salt and oil) and cook them in: *Combination mode > 20% humidity > 180°C > 12 min.* mix well, it should be mash but not like powder. Let it cool to room temperature.

Making samosas

Knead the dough for a minute. Divide the dough into 12 equal parts and roll into balls. Roll each ball about 4-1/2-inch diameter and cut each circle in half. Take one semicircle and wet the sides lightly all around and fold it into a cone shape. Pinch the side of this cone so that it is completely sealed. Fill the cone with about 1 teaspoon of filling. Press this filling down. Close the top of the cone to form a triangular shape, pinching the top edge to seal it completely. Continue filling the rest of the samosas. Arrange them well in 1/1 GN roasting baking tray. Select *baking > baked samosa > B4 > 21 min.*

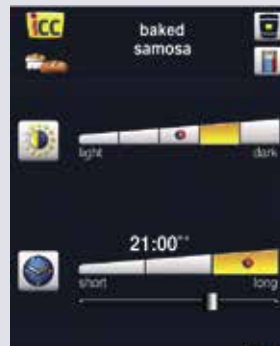
Samosa goes well with tamarind chutney.



Combination mode > 20% humidity
> 180°C > 12 min.



Baking > baked samosa > B4
> 21 min.



Tandoori Chicken





Tandoori Chicken

Ingredients	Whole chicken; gizzard removed, cut in 4 pieces, 1/2" incision on the thigh of bird	1 pcs
Marinade:	Hung yoghurt	250 ml
	Kashmiri red chilly powder	4 tsp
	Garam masala powder	2 tsp
	Garlic; finely chopped	70 gm
	Ginger; finely chopped	35 gm
	Green chilly; finely chopped	1 pcs
	Green coriander; washed and finely chopped	15 gm
	Salt as required	
	Dry fenugreek leaves	1 tsp
	Lemon wedges	3 pcs
Finishing:	Mustard oil	25 gm
	Lime wedge	2 pcs
	Chaat masala	5 gm
	Butter unsalted; melted	50 gm
Other Equipments	RATIONAL tandoor accessories/ Super spike	1 set



Our combi griddle grid can be used for bulk operations, in order to save the time from skewering.

Procedure

In a flat mixing bowl add yoghurt and cream it with the palm of hand.

Add chilly powder, garam masala powder, ginger, garlic, green chilly, coriander, salt and fenugreek leaves, lemon juice. Mix well.

Pour in mustard oil and refrigerate for 15-20 min.

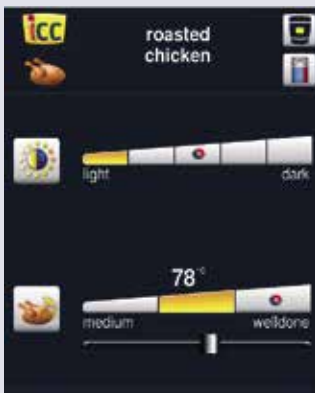
Apply the marinade on chicken, make sure to put the marinade in the incisions as well.

Leave the marinated chicken in refrigerator for 3-4 hours.

Skewer the chicken pieces in metal skewers. Cook on *Chicken > roasted chicken > B2 > 78°C*, alternatively the whole birds can be cooked in roasted chicken setting with same parameters. Remove the chicken and let it rest for 1 min. Baste the chicken generously with melted butter. The chicken should be golden brown in colour.

Sprinkle with chaat masala and squeeze fresh lime on top.

Chicken > roasted chicken > B2 > 78°C,
alternatively the whole birds can
be cooked in roasted chicken setting
with same parameters



Chicken Malai Tikka



Chicken > tandoori > B1
> 8/9 min



Procedure

Season chicken with salt, ginger garlic, ginger chilly paste, white pepper powder, fresh pineapple puree and lime juice. Leave chicken in refrigerator for 4-6 hours. In a flat mixing bowl add yoghurt and cream it with the palm of hand. Add cream. Add spice pastes, spice powders. Mix well Pour in oil, emulsify yolk and refrigerate for 15-20 min. Apply the marinade on chicken. Leave the marinated chicken in refrigerator for 3-4 hours. Skewer the chicken pieces in metal skewers. Cook on *Chicken > tandoori > B1 > 8/9 min*. Remove the chicken and let it rest for a min. Baste the chicken generously with melted butter The chicken should be golden brown in colour. Sprinkle with chaat masala, chopped coriander and squeeze fresh lime on top.

Ingredients:	Chicken thigh boneless; cut in 2" cubes	1 kg
<i>First marinade:</i>	Ginger garlic paste	20 gm
	Ginger chilly paste	25 gm
	Lime juice	25 gm
	White pepper powder	5 gm
	Salt	To season
	Fresh pineapple puree	150 gm
<i>Second marinade:</i>	Hung yoghurt	75 gm
	Double cream	150 gm
	Ginger garlic paste	30 gm
	Ginger chilly paste	25 gm
	Cardamom powder	6 gm
	Mace powder	5 gm
	White pepper powder	5 gm
	Salt	To season
	Egg yolk	2 pcs
	Oil	35 gm
<i>Finishing:</i>	Lime wedge	2 pcs
	Chaat masala	5 gm
	Butter unsalted; melted	50 gm
	Coriander chopped	5 gm
Other Equipments	RATIONAL tandoor accessories	1 set



Our combi griddle grid can be used for bulk operations, in order to save the time from skewering.

Fish Tikka

Ingredients:	King fish fillet; cut in 2" cubes	1 Kg
<i>First marinade:</i>	Ginger garlic paste	20 gm
	Lime juice	25 gm
	White pepper powder	5 gm
	Salt	
<i>Second marinade:</i>	Hung yoghurt	75 gm
	Ginger paste	30 gm
	Garlic paste	15 gm
	Mint; fine chopped	10 gm
	Coriander; fine chopped	10 gm
	Red chilly powder	3 gm
	Raw mango powder	5 gm
	Salt To season	
	Oil	20 gm
<i>Finishing:</i>	Lime wedge	2 pcs
	Chaat masala	5 gm
	Butter unsalted; melted	50 gm
	Coriander chopped	5 gm
Other Equipments	RATIONAL tandoor accessories	1 set

Procedure

Season fish with salt, ginger garlic, white pepper powder, salt and lime juice.

Leave the fish in refrigerator for 4-6 hours. In a flat mixing bowl add yoghurt and cream it with the palm of hand. Add spice pastes, spice powders. Mix well. Pour in oil, emulsify and refrigerate for 15-20 min. Coat the fish in this marinade. Leave the marinated fish in refrigerator for 3-4 hours. Skewer the fish pieces in metal skewers 10X4.

Cook on *Fish > tandoori > 5 min*. Remove the fish and let it rest for a min. Baste the fish generously with melted butter. The fish should be golden brown in colour. Sprinkle with chaat masala, chopped coriander and squeeze fresh lime on top



Fish > tandoori > 5 min.



Our combi griddle grid can be used for bulk operations, in order to save the time from skewering.



Seekh Kebab



Procedure

Heat 15 gm ghee in a pan & roast besan. Mix all the ingredients & pass through mincer once. Skewer on a 10 X 4" skewer Cook on
Meat > Grill/ Kebab > Thin > B4 > 4 min.

Remove & finish with lime, masala, ghee & mint.

Ingredients	Lean mutton; clean & fat removed	500 gm
	Mutton kidney fat; chopped	50 gm
	Ginger; scrapped	10 gm
	Fried onion	25 gm
	Green chilly; chopped	5 gm
	Garam masala	3 gm
	Red chilly powder	6 gm
	Besan	15 gm
	Ghee	15 gm
	Egg	1 pcs
	Coriander green with stem & roots	15 gm
	Mint leaves	7 gm
	Salt	

Finishing:	Lime wedge	3 pcs
	Chaat masala	5 gm
	Ghee	15 gm
	Mint	10 gm

Other Equipments	RATIONAL tandoor accessories	1 set
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Meat > Grill/ Kebab > Thin
> B4 > 4 min.



Boti Kebab

Ingredients:	Lamb leg boneless; cut in 2" cubes	1 Kg
<i>First marinade:</i>	Ginger paste	25 gm
	Garlic paste	30 gm
	Lime juice	25 gm
	White pepper powder	5 gm
	Salt	To season
	Raw papaya paste	150 gm
<i>Second marinade:</i>	Hung yoghurt	75 gm
	Ginger garlic paste	30 gm
	Green chilly; chopped	10 gm
	Garam masala	10 gm
	Kasoori methi powder	3 gm
	Black salt	4 gm
	Black cumin	3 gm
	Green coriander	15 gm
<i>Finishing:</i>	Lime wedge	2 pcs
	Chaat masala	5 gm
	Butter unsalted; melted	50 gm
	Coriander; chopped	5 gm
Other Equipments	RATIONAL tandoor accessories	1 set

Procedure

Season lamb with salt, ginger, garlic, white pepper powder, raw papaya puree and lime juice. Leave Lamb in refrigerator for 4-6 hours. In a flat mixing bowl add yoghurt and cream it with the palm of hand. Add spice pastes, spice powders.

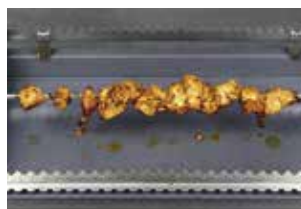
Mix well. Pour in oil, emulsify and refrigerate for 15-20 min. Apply the marinade on Lamb. Leave the marinated Lamb in refrigerator for 3-4 hours.

Skewer the chicken pieces in metal skewers. Cook on *Meat > Grill /Kebab > B3 > 5 min.*

Remove the lamb and let it rest for a min. Baste the lamb generously with melted butter. The Lamb should be golden brown in colour. Sprinkle with chaat masala, chopped coriander and squeeze fresh lime on top.



Meat > Grill /Kebab > B3
> 5 min



Our combi griddle grid can be used for bulk operations, in order to save the time from skewering.

Dal Makhni

Ingredients for 4 portions; portion size: 160 gm

<i>Dal:</i>	Whole urad dal; washed and soaked overnight	400 gm
	Channa dal	75 gm
	Red kidney beans	50 gm
	Ginger; chopped	30 gm
	Garlic; chopped	40 gm
	Salt	20 gm
	Water	3000 gm
	Cardamom, cloves, cinnamon, all tied in muslin	1 pcs each
	Tomato puree	400 gm
<i>Tempering:</i>	Clarified butter “ghee”	50 gm
	Cumin seeds	3 gm
	Asafoetida	1 gm
	Garlic; peeled and chopped	30 gm
	Salt as required	as required
	Red chilly powder	4 gm
<i>Finishing:</i>	Double cream	100 gm
	Kasoori Methi	2 gm
	Butter	100 gm

Side dishes > dal > 180 min.





Procedure

Wash the dal, drain the water. Mix with all the other ingredients, except tempering in 1/2 100 mm deep GN pan. Cook on *side dishes > dal > 180 min*. Prepare a tempering with ghee and spices. Add it to the dal. Finish with ghee, butter and kasoori methi.

NOTE: If the water is less, there are chances that the dal can burn!

Sambhar





Sambhar

Ingredients for 10 portions; portion size: 200 gm

<i>Dal:</i>	Masoor dal	500 gm
	Water	1500 gm
	Salt	6 gm
	Turmeric	2 gm
	Fenugreek seed	8 gm
<i>Tempering:</i>	Mustard seeds	3 gm
	Fenugreek seeds	3 gm
	Curry leaf	12 gm
	Asafoetida	0,5
	Ghee	50 gm
<i>Vegetables:</i>	Baby onions/shallots; peeled	100 gm
	Aubergine; washed and cut in dices 1/2"	50 gm
	Pumpkin; washed and cut in dices 1/2"	50 gm
	Beans washed; trimmed, cut in 1/2" pieces	50 gm
	Okra; washed, dried and cut in 1/2" pieces	50 gm
	Drumstick; washed, dried and cut in 1/2" pieces	50 gm
	Tomato; washed and chopped	140 gm
	Garlic; peeled and chopped	11 gm
	Thick tamarind pulp	65 gm
	Sambhar powder	40 gm
	Green chilly	3 pcs
	Coriander green; washed and chopped	10 gm
	Jaggery	15 gm
<i>Sambhar powder:</i>	(blend everything to a fine powder)	
	Coriander seeds	50 gm
	Fennel seeds	5 gm
	Dried coconut	25 gm
	Whole red chilly	20 gm
	Oil	15 gm

Side dishes > dal > 45 min.



Side dishes > dal > 20 min.



Procedure

Wash and soak the dal. Drain the water after 30 min. Mix with salt, turmeric and water. Cook on *side dishes > dal > 45 min.*

Cook onions, aubergine, pumpkin, beans, okra and drum stick on *side dishes > steam > 3 min.*

Prepare a tempering of ghee with spices in a pan and add all the vegetables.

Cook for few minutes and add the spices, tamarind, chilly, coriander and jaggery.

Combine with lentils and further cook on *side dishes > dal > 20 min.*



Tomato Pappu



Side dishes > dal > 45 min.



Side dishes > dal > 10 min.



Ingredients for 5 portions; portion size: 200 gm

<i>Dal:</i>	Arhar dal	250 gm
	Water	750 gm
	Salt	2 gm
	Turmeric	2 gm
	Fenugreek seeds	8 pcs
<i>Tempering:</i>	Oil	35 gm
	Mustard seeds	2 gm
	Fenugreek seeds	5 gm
	Curry leaf	10 pcs
	Asafoetida	0,5 gm
	Red chilly whole	3 pcs
	Fresh tomatoes; washed and chopped	250 gm
	Garlic	15 gm
	Red chilly powder	5 gm
	Coriander powder	10 gm
	Coriander green; washed and chopped	10 gm
	Salt	as required

Procedure

Wash and soak the dal. Drain the water after 30 min. Mix with salt, turmeric and water.

Cook on *side dishes* > *dal* > 45 min.

Prepare a tempering with whole spices.

Add garlic and cook for a while. Add the spice powders and then tomatoes. Cook for few minutes. Add it to cooked dal.

Further cook at *side dishes* > *dal* > 10 min.

Finish with chopped coriander.



Moong Dal

Ingredients for 4 portions; portion size: 160 gm

<i>Dal:</i>	Moong dal; washed and soaked	225 gm
	Masoor dal; washed and soaked	225 gm
	Arhar dal; washed and soaked	150 gm
	Salt	as required
	Turmeric	3 gm
	Water	1800 gm
<i>Tempering:</i>	Clarified butter “ghee”	105 gm
	Cumin seeds	5 gm
	Garlic; peeled and chopped	25 gm
	Ginger; washed, peeled and chopped	25 gm
	Green chilly; washed and chopped	2 pcs
	Red onion; washed, peeled and chopped	250 gm
	Salt	as required
	Red chilly powder	4 gm
	Turmeric powder	4 gm
	Tomatoes; washed and chopped	225 gm
<i>Finishing:</i>	Ginger washed; peeled and in julienne	15 gm
	Coriander; washed and chopped	25 gm

Procedure

Wash and soak the dal. Drain the water after 30 min.

Mix the dal with salt, turmeric and water.

Cook on *side dishes* > *dal* > 45 min.

Prepare a tempering of ghee and cumin seeds.

Add ginger and garlic, cook till slightly caramelised.

Add green chilly, onion and salt.

Cook till light brown and add spice powders.

Add tomatoes and cook till the fat specks are visible.

Add it to cooked dal.

Further cook the dal on *side dishes* > *dal* > 10 min.

Finish with ginger and coriander.



Side dishes > dal > 45 min.



Side dishes > dal > 10 min.



Mutter Pulao

Ingredients for 4 portions; portion size: batch recipe

<i>Tempering:</i>	Ghee	70 gm
	Cumin seeds	3 gm
	Garlic; peeled and chopped	15 gm
	Salt	
	Green peas; shelled	50 gm
<i>Rice:</i>	Basmati rice; soaked for 40 min. and drained	500 gm
	Water	650 gm

Procedure

Cook rice in a GN pan on *side dishes > pulao > 20 min.*

Prepare a tempering in a hot pan with ghee, add cumin and allow to crackle, late add garlic, salt and peas.

Cook for 2 min. and remove.

Pour over rice and mix well.



Side dishes > pulao / biryani > 20 min.





Chicken Biryani





Chicken Biryani

Ingredients

<i>Chicken:</i>	Chicken thighs with bones	1000 gm
	Ginger; washed and blended to paste	20 gm
	Garlic; peeled and blended to paste	20 gm
	Salt; as required	
	Kashmiri red chilly powder	5 gm
	Green coriander; washed and chopped	20 gm
	Fresh mint; washed and chopped	20 gm
	Green chillies; washed and chopped	1 pcs
	Onions; washed, peeled and sliced	300 gm
	Lime juice	15 gm
	Yoghurt	250 gm
	Cardamom; broiled and processed into a powder	2 pcs
	Cloves	3 pcs
	Cinnamon stick	1/4" 1 pcs
	Black cumin seeds	3 gm
	Black pepper corn	3 gm
<i>Rice:</i>	Basmati rice; soaked for an hour	1000 gm
	Green cardamom; all tied in muslin	3 pcs
	Cloves	4 pcs
	Bay leaf	1 pcs
	Cinnamon 1" stick	1 pcs
	Water	1200 gm
<i>Finishing:</i>	Green coriander; washed and chopped	10 gm
	Fresh mint; washed and chopped	10 gm
	Green chillies; washed and chopped	1 pcs
	Clarified butter „ghee“	60 gm
	Saffron; heat up the milk and soak saffron in it	0.2 gm
	Milk	50 gm
	Lime juice	10 gm

<i>Other Equipments</i>	RATIONAL GN pan (1/1 or 1/2)	1
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Procedure

Rub ginger and garlic well on chicken. Season with salt. Add chilly powder, coriander, mint, green chillies to the mixture. Pour in lime juice, yoghurt, crushed fried onions and fresh powdered spices. Leave it to marinate for 3-4 hrs. In a 1/1 GN spread the marinated chicken & top with soaked rice. Top with coriander, mint, chillies, saffron, ghee and lime juice. Sprinkle some fresh powdered spice from the chicken preparations. Pour in water from the sides, not disturbing the arrangement. Cook on side dishes > pulao/biryani > 30 min.

Recipe for Brista or Fried Onion

Wash, peel and slice the onions. Fry the onions till golden brown and crispy.

When onions become cool then crush it and keep aside.

Alternatively season the onion with salt and mix with oil.

Spread onion on a roasting baking tray & preheat SCC on manual combi mode – 50% humidity - 130°C & cook for 15 min until onions are light brown.

Tempering

is a way of flavouring oil with cooking aromats & spices like ginger, garlic, onion, cumin seeds, mustard seeds etc.

side dishes > pulao / biryani
> 30 minutes



Biryani cooked this way is an excellent solution for caterers, providing them a great product with minimum possible efforts.

Pulihora



Side dishes > pulao / biryani
> 20 min.



Procedure

Mix rice with water, turmeric and salt.

Place it in a 1/2 GN, 65 mm deep.

Cook on *side dishes > pulao > 20 min.*

Meanwhile prepare the tempering 1 in a pan by heating oil and adding dal, mustard, chilly, curry leaf, turmeric.

Later add tamarind mix and cook till oil specks are visible on top. Combine this mix with cooked rice.

Prepare tempering 2 in the same way and add to rice.

Ingredients for 5 portions; portion size: 200 gm

<i>Rice:</i>	Basmati rice	500 gm
	Water	650 gm
	Turmeric	2 gm
	Salt	
<i>Tamarind mix: (combine together)</i>	Tamarind pulp	200 gm
	Fenugreek powder	0,5 gm
	Sesame powder	15 gm
	Asafoetida	0,5 gm
<i>Tempering 1:</i>	Refined oil	40 gm
	Channa dal; roasted	10 gm
	Split urad dal (w/o skin)	10 gm
	Mustard	4 gm
	Red chilly whole	6 pcs
	Green chilly; slit	2 pcs
	Curry leaf	10 pcs
	Turmeric powder	1 gm
<i>Tempering 2:</i>	Refined oil	20 gm
	Channa dal	10 gm
	Split urd dal (w/o skin)	4 gm
	Peanuts; roasted	70 gm
	Mustard	2 gm
	Green chilly	2 pcs
	Curry leaf	10 pcs
<i>Finish:</i>	Ghee	20 gm



Mutton Biryani





Mutton Biryani

Ingredients

<i>Mutton:</i>	Mutton with bone; diced	1000 gm
	Ginger; washed and blended to paste	20 gm
	Garlic; peeled and blended to paste	20 gm
	Salt	As required
	Kashmiri red chilly powder	5 gm
	Green coriander; washed and chopped	20 gm
	Fresh mint; washed and chopped	20 gm
	Green chillies; washed and chopped	1 pcs
	Onions, washed; peeled and sliced	300 gm
	Lime juice	15 gm
	Yoghurt	250 gm
	Cardamom; broiled and processed into a powder	2 pcs
	Cloves	3 pcs
	Cinnamon stick 1/4"	1 pcs
	Black cumin seeds	3 gm
	Black pepper corn	3 gm
	Raw papaya paste	100 gm
<i>Rice:</i>	Basmati rice; soaked for an hour	1000 gm
	Green cardamom; all tied in muslin	3 pcs
	Cloves	4 pcs
	Bay leaf	1 pcs
	Cinnamon 1" stick	1 pcs
	Water	1200 gm
<i>Finishing:</i>	Green coriander; washed and chopped	10 gm
	Fresh mint; washed and chopped	10 gm
	Green chillies; washed and chopped	1 pcs
	Clarified butter „ghee“	60 gm
	Saffron; Heat up the milk and soak saffron in it	0.2 gm
	Milk	50 gm
	Lime juice	10 gm

<i>Other Equipments</i>	RATIONAL GN pan (1/1 or 1/2)	1
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Procedure

Rub ginger and garlic well on mutton. Season with salt. Add chilly powder, coriander, mint, green chillies. Pour in lime juice, yoghurt, crushed onions and fresh powdered spices. Leave it to marinate for 3-4 hrs. In a 1/1 GN spread the marinated mutton & top with soaked rice. Top with coriander, mint, chillies, saffron, ghee and lime juice. Sprinkle some fresh powdered spice from the mutton preparations. Pour in water from the sides, not disturbing the arrangement. Cook on side dishes > pulao/biryani > 60 min.



side dishes > pulao / biryani
> 30 minutes



It is imperative to add the raw papaya paste for this preparation, as it helps to give a unique soft texture to mutton.

Biryani cooked this way is an excellent solution for caterers, providing them a great product with minimum possible efforts.

Qabooli

Ingredients	Basmati rice; soaked for 30 min and drained	500 gm
	Channa dal; soaked for 30 min and drained	250 gm
	Salt	
	Turmeric	
	Fried onions	70 gm
	Ginger paste	12 gm
	Garlic paste	8 gm
	Turmeric powder	2 gm
	Red chilly powder	5 gm
	Lemon	2 pcs
	Green coriander; chopped	15 gm
	Fresh mint; chopped	15 gm
	Green chilly; cut in thin slices	4 pcs
	Ghee	50 gm
	Yogurt	80 gm
	Milk	35 gm
	Saffron; soaked in above milk and heated	0,25 gm
	Salt	
	Spice mix (1 1/2" piece cinnamon, 3 cardamon, 3 gm shahi zeera, 5 gm black pepper)	
Other Equipments	RATIONAL GN pan (1/1 or 1/2)	1 pcs

Procedure

Mix rice with 650 gm water, season with salt and cook on *side dishes > pulao > 20 min.*

Keep aside. Mix dal with 750 gm water, salt and turmeric. Cook on *side dishes > dal > 45 min.* Drain the water.

Till the time dal and rice is getting cooked, heat ghee in a small pan and add fried onions. Add ginger, garlic paste, turmeric, chilly powder and yoghurt.

Cook till moisture evaporates, add boiled dal.

Line a GN pan with ghee and make layer of rice, dal mix, mint, coriander, chilly, saffron and spices.

Finish on *serve container > without > humid > 20 min.*



Side dishes > pulao / biryani > 20 min.



Side dishes > dal > 45 min.



For certain dishes it is important to at least cook the spices and aromats in a pan and then combine later for finishing purpose. These preperations are much more easier to handle in big quantities.

Paalak Paneer

Ingredients

Spinach puree	500 gm
Garlic; washed, peeled and chopped	15 gm
Ginger; washed, peeled and chopped	10 gm
Ghee	30 gm
Cumin seeds	1 gm
Red chilly powder	2 gm
Coriander powder	4 gm
Tomato; washed and chopped	140 gm
Onion; chopped	75 gm
Paneer; cut in cubes	150 gm

Procedure

Wash and destem spinach. Cook on *side dishes > steam > 8 min.* Chill and puree. Prepare a tempering by heating ghee and adding cumin seeds, cook for a minute. Add onions and cook till slightly brown. It will take approximately 4 minutes. Add powdered spices and cook for another minute. Add tomatoes and cook till fat separates. Add spinach puree and paneer, cook for further 2 minutes and adjust salt.



Side dishes > steam > 8 min.





Saagu





Saagu

<i>Ingredients</i>	Vegetables (potato, beans, cauliflower, peas)	700 gm
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<i>Saagu Paste:</i>	Coconut; grated	1
	Chick peas; roasted	20 gm
	Ginger	15 gm
	Onion	1 pcs
	Garlic clove	4 pcs
	Cumin	5 gm
	Green chilly	15 gm
	Tamarind	70 gm
	Jaggery	25 gm
	Turmeric	4 gm
	Salt	to taste
	Water	2 ltr
	Curry leaves	few
	Green coriander	35 gm
	Mint	35 gm
	Cinnamon	1 pcs
	Cardamom	2 pcs
	Clove	2 pcs
	Mace	1 blade
	Star anise	half

<i>Tempering:</i>	Mustard seeds
	Curry leaf
	Whole chilly
	Oil
	Coriander; chopped

Procedure

Make a fine paste with all the ingredients in a blender.

Season vegetables with salt and turmeric. Cook on *side dishes > steam > 2 min.*

Add vegetables with paste. Cook on *side dishes > stewing > searing level 2 > 20 min.*

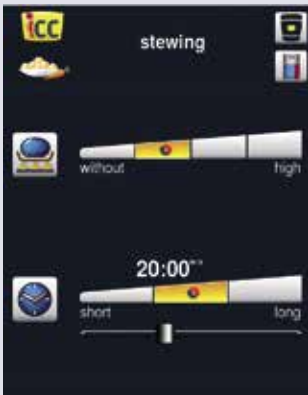
Cook at *90% humidity > 200°C > 30 min.*

Finish with tempering of mustard seeds, curry leaves and chilly along with fresh coriander.



Saagu is one of the most popular side dishes in almost all restaurants in Karnataka, it is usually served with chapathi, poori, set dosa, rava idly, rava dosa.

Side dishes > stewing > searing level 2
> 20 min.



Combination mode > 90% humidity
> 200°C > 30 min.



Mirch ka Salan

Ingredients

Green chilly; washed, dried and slit	250 gm
Onion; peeled and diced	450 gm
Oil	25 gm
Ginger; peeled and sliced	14 gm
Garlic	7 gm
Coriander seeds; toasted	10 gm
Cumin seeds	3 gm
Sesame; toasted	20 gm
Peanut; toasted	45 gm
Poppy seeds	2 gm
Dry coconut	20 gm
Fenugreek	10 grains
Turmeric powder	3 gm
Red chilly powder	8 gm
Jaggery	15 gm
Tamarind; soaked in 350 gm boiling water and pass through strainer	75 gm
Curry leaves	2 gm
Oil	100 gm
Salt	

Side dishes > roast > light > medium



Side dishes > stewing > searing level 2 > 30 min.



Procedure

Combine onion and 25 gm oil, cook on *side dishes > roast > light > medium*.

Blend onions, ginger, garlic, coriander, cumin, sesame, peanuts, poppy seeds, coconut, fenugreek, turmeric, chilly powder, jaggery and tamarind pulp into a fine paste / puree.

Mix chilies with salt, curry leaf and 100 gm oil.

Cook on *Side dishes > stewing > searing level 2 > 30 min*.

Add the paste when the SelfCookingCenter® 5 Senses is asking for liquid to be added. Continue to cook till remaining time finishes. The oil will also starts to float on top, towards the end of cooking.



Salan is a typical festival dish, served with rice preparations. With the nature of dry roasting cooking method, it can be kept for longer duration as flavor matures with time. Hence it gives more time to enjoy the festive spirit, than to be occupied in kitchen.



Malwani Mutton



Procedure

Heat oil & dry roast the spices of spice paste, dry roast coconut separately & process in a blender. Marinate lamb with ginger, garlic, onion, tomato, red chilly, turmeric & spice paste. Cook on *Meat* > *Braise* > *thick* > *default*. Add coconut milk when self cooking centre asks for water. Finish with fresh coconut, coriander in the end of cooking.

Safety

As such huge quantities are cooked one should not be putting more than 2 kg of mutton in a 1/1 SS GN pan of 65 mm depth. By following this & cooking the mutton under such hygienic conditions, the shelf life will be much better than conventional cooking.

Meat > Braise > thick > default



Ingredients

<i>Lamb:</i>	Lamb dice for braising	100 gm
	Ginger paste	12 gm
	Garlic paste	12 gm
	Salt	
	Oil	40 gm
	Onion red; chopped	300 gm
	Tomato; chopped	300 gm
	Garlic 10 gm	10 gm
	Red chilly powder	1 gm
	Turmeric powder	1 gm
<i>Spice Paste:</i>	Oil	20 gm
	Dried red chillies (bydagi)	12 gm
	Black pepper corn	2 gm
	Cloves	4 pcs
	Cinnamon	5 gm
	Coriander seeds	10 gm
	Sesame seeds	4 gm
	Poppy seeds	1 gm
	Royal cumin (black cumin)	0.5 gm
<i>Finishing:</i>	Fresh coconut grated	40 gm
	Coconut; fresh grated	15 gm
	Green coriander; chopped	25 gm
	Coconut milk	100 ml
Other Equipments	RATIONAL GN pan / Granite enamel pan (1/1 or 1/2)	1

Cooking mutton / lamb etc in this big quantity gives user the flexibility of producing huge quantities without supervisions. For banquets the mutton can be cooked with just ginger, garlic, salt & chillies & the same can be used as a base to create variety of mutton dishes.

Khada Masala Murgh

Ingredients

<i>Chicken:</i>	Chicken legs; skinless	600 gm
	Ghee	30 gm
<i>Onions:</i>	Onions	150 gm
	Garam masala	2 gm
<i>Braising Liquid:</i>	Yoghurt	75 gm
	Coriander seeds; dry roasted	3 gm
	Cloves; dry roasted	3 pcs
	Cardamom; dry roasted	3 pcs
	Cinnamon 1" stick; dry roasted	1 pcs
	Ginger; peeled & fine chopped	10 gm
	Garlic; peeled & fine chopped	10 gm
	Red chilly; whole	3 pcs
	Tomato puree	70 gm
	Salt; as required	3 gm
	Chicken stock	100 gm
<i>Finishing:</i>	Lime; Wedges	
<i>Other Equipments</i>	RATIONAL GN pan / Granite enamel pan (1/1 or 1/2)	1



Cooking chicken in this big quantity gives user the flexibility of producing huge quantities without supervisions. For banquets the chicken can be cooked with just ginger, garlic, salt & chillies & the same can be used as a base to create variety of Indian chicken dishes.

Procedure

Season chicken with salt and rub in the ghee. Start a poultry braising process with searing level 3. Prepare a braising liquid by combining all the ingredients of braising & onions. Add braising liquid, when required in the process. Finish with lime juice.

Fired Onions

Season onion with salt and mix in oil. Spread onion on a roasting baking tray. Preheat SCC 5 Senses on manual combi mode - 50% humidity – 130°C & cook for 15 min. until onions are light brown.

Safety

As such huge quantities are cooked one should not be putting more than 2 kg of chicken in a 1/1 SS GN pan of 65 mm depth. By following this & cooking the chicken under such hygienic conditions, the shelf life will be much better than conventional cooking.

Chicken > Braise > Searing Level 3
> 30 mins



Dum ka Gosht





Dum ka Gosht

Ingredients:	Lamb shoulder; cleaned & cut in 1.5" cubes	0.5 kg
	Yoghurt	20 gm
	Red chilly powder	4 gm
	Turmeric powder	2 gm
Paste 1:	Poppy seeds	5 gm
	Ginger; washed & peeled	30 gm
	Yoghurt	60 gm
Paste 2:	Cloves	3 pcs
	Coriander powder	6 gm
	Cinnamon 1" stick	1 pcs
	Cardamom	3 pcs
	Garlic; whole peeled	1 pcs
	Mustard oil	15 gm
	Yoghurt	100 gm
Finishing:	Onions; peeled, thinly sliced & fired	100 gm
	Oil	100 gm
	Garam masala	2 gm
	Ghee	10 gm
	Cashew paste	10 gm
	Salt	to season
Other Equipments	RATIONAL GN pan/Granite enamel pan (1/1 or 1/2)	1



Procedure

Combine the ingredients of paste 1 & process in blender. Toast the spices from paste 2 & blend along with oil, garlic & yoghurt. Marinate the lamb with both the pastes & powders.

Cook on *Meat > braise > thin > default > 120 min.* Skip the step for adding water/stock.

Fried Onions

Season onion with salt and mix in oil. Spread onion on a roasting baking tray. Preheat SCC 5 Senses on manual combi mode - 50% humidity - 130°C & cook for 15 min. until onions are light brown

Meat > braise > thin > default
> 120 min.



Safety

As such huge quantities are cooked one should not be putting more than 2 kg of mutton in a 1/1 SS GN pan of 65 mm depth. By following this & cooking the mutton under such hygienic conditions, the shelf life will be much better than conventional cooking.



Cooking mutton / lamb etc in this big quantity gives user the flexibility of producing huge quantities without supervisions. For banquets the mutton can be cooked with just ginger, garlic, salt & chillies & the same can be used as a base to create variety of mutton dishes

RATIONAL International India Private Limited

Unit No 20, German Center, 12th Floor,
Building 9B, DLF Cyber City, Phase III
Gurgaon, Haryana
122002 India

TEL. +91 124 463 58 65

FAX +91 124 463 58 33

info@rational-online.in

www.rational-online.in

