

New
Modern
Cookery Book



NEW MODERN Cookery Book

Learn the Art of Cooking & Serving

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Publisher's Note

The Indian housewife today is no longer the same as she was in the bygone days, who spent half of her life working in the kitchen with a back bent, trying to nurse the embers out of wet logs, rubbing her eyes and spending long hours in a suffocating room filled with smoke. Then she had only one mission in life – to make way to her husband's heart through his palate. Except for cooking, women of olden age living in the interior of their houses had no direct connection with their guests and almost no ambition in life.

Now she is a conscious housewife or a working woman, useful for the society. Progress in science and technology has made her world trouble-free. She herself wants to move with the times. She wishes to do her work better with the help of scientific equipments, technological ways and means, and gives her work an artistic touch, thus saving her labour and time which can be utilised further for other useful purposes. Such a training includes essential knowledge about food, efficient running of the kitchen and looking after it properly, cleanliness while cooking and serving food artistically, welcoming of guests and all modern etiquettes pertaining to it.

There are other books on culinary art and recipes available in the market. But this book is different from them.

How is it different and unique?

This book does not have a spate of recipes of vegetables, pickles, *chutneys*, *murabbas*, sweets, etc., as found in other books. An attempt has been made to cater to the metropolitan as well as the small town housewives. They face day to day problems about what to serve for breakfast, or how to serve it, so that the family gets proper nourishment, and also to provide a tasteful angle to their likings. Problems arrive when parties and meals have to be organised. How to present the dishes artistically and tastefully before the guests is an important factor which should be considered. Guests should feel happy and the pleasure of eating enhances automatically. Besides, to promote national integration and to bring about international closeness, the emphasis nowadays is on a menu of different kinds of cuisine. This book presents this untrodden field in a beautiful way. The various delicious dishes are substantiated with lots of relevant pictures and an exclusive **tip off** at the bottom of each recipe.

The *New Modern Cookery Book* has been fully revised and reprinted after a successful run in trade for over two decades. Now it contains about *150 mouth-watering recipes* with their ingredients and methods of preparation, special tip-offs and all the exclusive characteristics as mentioned above.

The Language of Plates



“She cooks beautifully ...she is so clean and efficient in her cooking...she serves in such a pleasing manner that one feels like praising her to the skies. There seems to be some magic in her hands.”

You must have been showered with such praises now and then and felt elated about them.

Taste of food and its attractive presentation– in other words pleasure of the palate and feast for the eyes- are at par, as far as eating goes. Food may be very palatable, nutritious, but if its presentation is not such that it can speak out to the eater, then all the money and labour spent on it becomes meaningless. Satisfaction from eating should be accompanied by a language.

You may be very good at cooking. The quality of cooking, eye on neatness and cleanliness while cooking, correct method of cooking to preserve the food values, coupled with the tastes of the eaters, breaking of monotony in the menu, and above all, an attractive way of serving – all these combine to speak of your culinary art.

This book is different from other cookery books, being devoted to the art of presenting food in a way which pleases the eyes, along with the recipes of some new and special dishes. Emphasis is on the recipes of a few selected dishes, along with suggestions about serving them attractively – every item has been substantiated by a picture.

Due to the developments in the field of science and technology, there are innumerable special dishes in an Indian menu. It is not possible to include all these recipes in a small pictorial book. But some nutritious and delicious dishes have been incorporated, particularly from different parts of the country. Methods for serving them attractively are also given along with the ingredients and the cooking style.

These are mere suggestions, because the same dish can be cooked and served in various artistic ways. With this belief in mind, the book is dedicated and presented to you. Hope it serves its purpose to enlighten the cook in you. Try out the new and interesting recipes given in the book. *Enjoy cooking and enjoy eating!*



PART - I

ART OF COOKING



Jn a modern society, stress is laid on how the food tastes as well as how it is presented. So every young lady these days is keen to learn this art through cookery classes in domestic science courses, books, magazines and periodicals.

In Indian homes, sitting on a wooden stool or plank or floor, eating in metal plates and sitting on a chair and eating on a dining table, are prevalent side by side. But eating in the kitchen is confined within the family and eating at a table sitting on a chair is preferred when the guests have to be entertained. Now in urban life, eating on dining table is becoming more popular day by day in almost every home and the old custom of feeding the guests seated on the floor is almost extinct.

Ancient Indian Custom

Due to lack of space, if feeding a large number of guests on the floor is convenient to you, first of all, clean the floor thoroughly. Then spread druggets or mats in long rows and place wooden stools in front. If guests are too many in number and you are short of stools, use wooden planks instead. Cover them with clean white sheets. If that also is not possible, you may place the plates on the floor with *Alpana* or *Rangoli* designs. Flowers also may be used to decorate the place. If the food is to be served on leaf plates or plantain leaves, they should be cleaned thoroughly.



If the food is served on plates, put as much of it as can be consumed, so that there is no wastage in these days of soaring prices. You may serve more than once, but do not force food on your guests or serve them even after they say no. Your art of serving will be judged by how efficiently you serve the food on a plate, how you serve the further helping, how warm your behaviour is while welcoming guests and also how you have decorated the place.

So this art of hosting and serving has also to be taken care of, besides cooking attractive and palatable dishes.

Modern Method

These days most of the households do not have so many stools or planks and the above kind of entertaining is not in vogue. The Western style of eating on table and chair has become a part and parcel of our lives now. Taking note of the changing times and also convenience, there is no harm in adopting it. These days training in the art of serving is based on this method. So it is necessary to learn and imbibe it in your day to day cooking.



Tip off

In ancient Indian custom, the food used to be served on the floor in the kitchen. This was like an open kitchen of the modern times.

A modern kitchen has facilities for cooking while standing. This avoids getting up every time a thing is needed. No bending either. This way food can be cooked faster and more conveniently. It is less tiring, rather energy conserving, dress does not get muffled up and no fear of fire with children around. So, a kitchen should be planned with shelves all around and a table or a platform should be there for cooking in standing position. Have closed cabinets instead of open shelves for storage and a cupboard with iron mesh to keep milk, curd, vegetables etc., in case you do not have a refrigerator. This will add to cleanliness and comfort in the kitchen. Slabs made of concrete, chips or cement should be against two walls and two and a half feet above the ground.

Place the stove, or gas burner or cooking range on one side and all other necessary things in the closed cabinets below the platform or on the wall. Since everything will be handy this way, work will be easier and less time consuming. Place a deep sink for washing utensils on the other side of the wall, or in the centre, or in a corner. The tap should be on top and proper arrangements should be made for the flow of water. Make a mesh cabinet with a rack to keep washed plates on the upper part. Rest of the utensils can be kept on a slanting, narrow plank near the sink, for the water to drain out easily.

There should be some vacant space nearby, to be used for chopping vegetables, kneading flour and such jobs. Things to be used for these may be kept in a cabinet and cleaned properly for a healthy and hygienic cooking. There should also be adequate ventilation in the kitchen, so an exhaust fan or a chimney is a must.



Tip off

A kitchen equipped with all amenities is like a modern car of today equipped with all the latest gadgets. Isn't it?

Your family's health depends on the cleanliness of your kitchen and your convenience while cooking depends on how well equipped your kitchen is. Hence, equal attention should be paid to both these aspects.

Arrangement for proper light and air in the kitchen is essential along with the rest of the décor. There should be a window in front of the door for cross ventilation and the platform for cooking should be a little away from it. Water outlet if not adequate can result in the floor well becoming full of dirt and a breeding ground for germs. Walls and roof should be whitewashed once or twice a year. Walls should not be infested with cobwebs.

Clean the shelves and the floor after every meal. Add insecticides once or twice a week in the water used for sweeping the floor.

Scrub the place used for washing utensils with any detergent and a brush. In case there is no proper drainage of water from washed utensils, fix a sheet of aluminium or rubber there and add a small spoon of ammonia in the water used for cleaning the kitchen platform. This will remove greasiness. Doors and windows of the kitchen should have iron mesh, to



prevent flies from entering. The garbage tin should have a lid. Burn waste paper once a week in the empty metal bin to avoid the danger of catching germs.

Change the dusters of the kitchen frequently and wash them with antiseptic soap or any detergent. Keep all the food items always covered. With such care, there will be no fear of contracting diseases. Cleanliness of the kitchen is absolutely essential for you and your family's health.

Tip off

Sunlight and fresh air kill germs. Arrange for proper ventilation in your kitchen, by providing it with an exhaust or chimney.

All women cook at homes and even men are good cooks, these days. So it is not necessary to tell them the basics. The most important question is whether the food prepared has a thought behind it, or is it done casually? Are the nutritional values kept intact scientifically, or emphasis is only on taste? Are factors like saving of time, labour and money taken into account while cooking or half of one's life is spent fretting and fuming while working in the kitchen. It is important to give a thought to all these. For efficient cooking, the following tips may be kept in mind.

Keep all necessary things handy and keep them at their proper places after use, so that you do not waste time looking for them again and again.

Use double burner gas stove, or a cooking range for your convenience and faster cooking.

Mechanical Gadgets

To save labour, invest money in mechanical gadgets once. Such an investment pays in the long run. Save money out of your entertainment budget, or spend a little less on clothes and equip yourself with some gadgets like gas, heater, cooker, toaster, immersion rod for hot water, mixie, oven, etc. Besides these, having a fridge in the kitchen is convenient. Things like

