

*The very name Haryana commemorates the people who gave our country its dominant culture. Here were sung the first hymns of our Aryan forefathers. This was the land of the Mahabharata, Beginning with Kurukshetra; some of the great battles of our land have been fought in this region. But the people of Haryana have been as much men of peace as warriors. They have proud achievements to their credit as agriculturalists and craftsmen.*

*Indira Gandhi*

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# *Food of Haryana: The Great Desserts*



*Dr. Ashish Dahiya*

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## *Foreword*

When I was asked to write a foreword to ‘The Food of Haryana: The Great Deserts’, I responded immediately by saying, ‘What a delicious and good idea! I’d be so happy to be connected with this excellent venture.’

Haryana is a state where exotic traditions of food are practiced at large by society. Our voyage started with a naïve concept of documenting the food of Haryana with first volume of Great Chutneys. It was for the first time that a part of Haryanvi cuisine was published and presented before the world. It was awesome to foreword the publication where the documented recipes of chutneys were transferred by grandparents to grand children and which has been a great success.

Regional meals are greatly appreciated not merely by the people of that region but also by the food lovers across the globe. In hospitality and tourism, we often meet people who love to try new foods specially the regional dishes. I fully appreciate how important these foods are to those who have not got an opportunity to taste them.

Cooking demands only passion, love and techniques. Therefore, this book on Great Desserts of Haryana shall be beneficial even for those who have no formal cookery training. The aim of this book ‘Food of Haryana : The Great Desserts’ is to be an easy reference book. More than just a book of sweets of Haryana, each page vividly gives the practical approach of every recipe, following Dr. Ashish’s amazing culinary journey starting with the chutneys to the desserts and much to cover ahead for the State of Haryana.

There is something for everyone, from simple *Ghee Boora* to rustic mouth watering sweet dishes to more extravagant party

delicacies from Haryana. Here’s the chance to enjoy Haryanvi food that is accessible, based on fresh ingredients and tantalising flavours.

I am delighted that this book is an outcome of Research Work of Dr. Ashish Dahiya, funded by Dr. Radha Krishan Foundation Fund of the University. I am hopeful that like our previous book on chutneys this publication shall also pave new marks to the success and shall prove the quote of George Bernard Shaw (1856-1950), ‘There is no love sincerer than the love of food’.

I wish this book every success.

*Prof. Daleep Singh*

## *Preface*

*H*aryana is a land of rich cultural heritage having witnessed the ancient Indian civilizations within its present boundaries. The land, where Vedas were written on the bank of river Saraswati. A legendary land where Rishi Ved Vyas wrote epic Mahabharata. A land where Lord Krishna delivered the immortal message of Gita to humanity at large at the battle field of Kurukshetra needs no introduction. Carved in its present form of State on November 01, 1966 Haryana has progressed a lot since its inception. The people of Haryana have witnessed repeated changes over the years, yet have retained their pristine traits and characteristics. The state has served the nation in varied capacities including National Services – Like Army, Air Force and Navy, contributed to sectors like Automobile, Textile, Agriculture and Real Estate including others. Contributing to the Indian Political Systems with leaders like Ch. Ranbir Singh, Ch. Devi Lal, Ch. Bhajan Lal, Ch. Bansi Lal, Ch. Bhupender Singh Hooda, Ch. O.P Chautala and Smt. Sushma Swaraj. The contribution of Haryana in Green Revolution and White Revolution is known worldwide. There is no sector which has remained untouched by Haryanvis. The contribution of Haryana is laudable in almost every area. The folk lore of Haryana shows the many sided richness of the emotional life of its people. All these features of the state motivate the researchers of varied disciplines to look into the Haryanvi Culture and State.

The state has been appreciated for promoting highway tourism and thus giving a new dimension to the Hospitality & Tourism Industry. The people of Haryana are simple and robust, and same is their gastronomy. With this book an attempt has been made to assimilate relevant contents on Food of Haryana. Keeping in view our success of previous publication *The Food of Haryana – The Great Chutneys*, this present book is a modest effort to

cover the Desserts of Haryana which are popularly prepared and consumed by host population of the state. It is pertinent to place on record that this publication is an outcome of Research Proposal Grant by Dr. Radha Krishnan Foundation Fund 2012-13, MDU Rohtak. This activity involved research and documentation of Food of Haryana: The Great Desserts. The whole idea was to identify food, their recipes and practical involvement of standardizing the recipes. In this phase we have tried to cover the sweets and we look forward to cover the other gastronomic delights of Haryana in near future. Infact, It is a pleasure to mention here that we have also received sanction of a Major Research Project in above domain from University Grant Commission (UGC) for further research. We welcome your suggestions & feedback for improvements in coming editions.

*Dr. Ashish Dahiya*

## *Acknowledgement*

I remember the almighty, who has made an ordinary person like me the medium to accomplish this task of representing the vibrant culture of Haryana through this journey of food, which is presented in the documented form in this book. This book is dedicated to all the people of Haryana, who are known for their valour, courage and hard work contributing to the development of the Country. Simplicity is their ornament in life, work and food. People of Haryana spend their lives with hardships and in true sense serve as 'Anndatas' by being a part of Green Revolution & White Revolution. I am delighted to bring out this book and hope that my commitment for establishing a linkage of Haryanvi culture to the modern world through research and documentation on the Food of Haryana – The Great Desserts would be realized through this book to some extent.

Had, Dr. Radha Krishnan Foundation Fund, not supported to undertake this minor research proposal with their grant in aid, this book would not have been in its current shape. Thus, I am indebted to Prof. R.P Hooda, Then Vice Chancellor of Maharshi Dayanand University – Rohtak and Er. H.S Chahal the Present Vice Chancellor of MDU for his inspiration to undertake this activity. I remember my 'mentor' who suggested the concept of research and documentation of food of Haryana – Chef. Manjit Gill, Corporate Chef – ITC Welcomgroup Hotel Division – India during his visit to our Institute in the Conference in April 2011. I am further privileged to have guidance and affection of Prof. Daleep Singh – Dean of Colleges and Director – Institute of Hotel & Tourism Management, MDU. I am indeed blessed to have my mentors like Prof. S.C Bagri & Prof. Mohinder Chand.

I pay my obeisance to my parents My Mother Mrs Urmila and My Father Mr. Ram Kishan. I am indeed fortunate to have the lifetime company of Mrs Shalini as my wife and my loving son

'Avik' who kept me free for accomplishing this task. I would also like to thank my colleagues in the Institute for their constant support. When I think of the initial challenges involved in documentation of this work, I remember the helping hands of so many, without whom this work would not have completed. I would also like to thank all my students who were actively involved in the process of recipe identification. A sincere appreciation is also for my student **Ashish Sikka** who has been actively involved in the entire process of collection of recipes, testing and documentation. It is a result of collective efforts that we are able to have recipes of various sweets of Haryana. Thus, 'We' instead of 'I' would be a word of wisdom here for this effort. This book is dedicated to IHTM, M D University Rohtak and would like to mention that this is just the beginning to the culinary voyage of Haryanvi Food. Thanks to all those people who contributed directly or indirectly to bring out this book which would be a service to nation in terms of documenting Haryanvi Cuisine. Appreciation to Mr. Sunil Kumar – Project Fellow – IHTM – MDU for his good work during this activity of documenting the food. Appreciations are also due to Mr. Dinesh Dhankar for his discussions & time while conducting this research specially, for innovative ideas like Choco-Churma and others. We humbly request the learned readers, intellectuals and friends from Hospitality & Tourism Industry for their valuable suggestions for further additions and improvement in the next edition.

*Dr. Ashish Dahiya*

## 1. *Haryana*

*Haryana* is a land of rich cultural heritage having witnessed the ancient Indian civilizations within its present boundaries. A land where Vedas were written on the bank of river Saraswati. A legendary land where Rishi Ved Vyas wrote epic Mahabharata. A land where Lord Krishna delivered the immortal message of Gita to humanity at large at the battle field of Kurukshetra. Haryana has remained under Mugal Rule from 12<sup>th</sup> -18<sup>th</sup> Century and under the rule of East India Company in 1803 and transferred to the then united provinces in 1832. In 1858 after the first war of Independence this whole area was tagged with Punjab. The current state of Haryana was carved out of Punjab on 01 Nov 1966. Having an area of 44,212 sq kms Haryana is a part of Northern Indian Union. It is surrounded by Uttar Pradesh on the East, Punjab on the West, Himachal Pradesh on the North and Rajasthan on South. Having its boundaries surrounding National capital of India – Delhi by four districts Sonapat, Jhajjar, Gurgaon and Faridabad. The state owes a significant contribution in the GDP of India. Fertile lands, committed, hardworking and simple people, best of its kind cattle, especially buffalos, The River Yamuna and Highways makes it a great place. The state has been pioneer in Highway Tourism and has thrust on Farm Tourism, Agro Tourism. The State Bird of Haryana is Black Partridge, State Animal is Black Buck, State Tree is Peepal and State Flower - Lotus.

## 2. *Maharshi Dayanand University Rohtak*

Maharshi Dayanand University (MDU), Rohtak, derives its name and identity from Maharshi Dayanand Saraswati, a great freedom fighter, renowned social reformer, and progressive ideologue of his time.

The Maharshi Dayanand University, Rohtak was established in 1976, through an act of Haryana Legislative Assembly, as a residential University, with the objective to promote inter-disciplinary higher education and research with special emphasis on studies of environmental, ecological and life sciences. Affiliated Colleges, Departments, Programmes, etc.

In a span of 35 years, the University has progressed leaps and bounds to emerge as a leading centre of higher education not only in the state of Haryana, but also in the entire Northern Region of India. It has since acquired the status of a teaching cum affiliating University with 518 colleges presently affiliated to it, including 298 Colleges of Education offering B.Ed. and M.Ed. programmes, 96 Degree Colleges, 80 Engineering Institutions, 34 Management Institutes, and 6 Law Colleges. At present, (2013) the University offers courses of study through 11 faculties, 37 post-graduate teaching departments (UTD), one autonomous constituent institute known as University Institute of Engineering and Technology (UIET), a I.G.P.G. Regional Centre at Meerpur (Rewari), a University Institute of Law and Management Studies at Gurgaon, and a Directorate of Distance Education (DDE) that operates from the main campus.

**Courses of Study:** Maharshi Dayanand University is a fast growing hub of wide range of courses being offered in the traditional, professional, and job-oriented streams. The nascent initiatives include establishment of a Centre for Bioinformatics, a Centre for Medical Biotechnology, Department of Food Technology, and Department of Library and Information Science.

The University runs 62 programmes of study through its 38 PG departments on the campus and three centres, besides offering Ph.D. programmes in almost all subjects. As many as 12 new M.A. / M.Sc. courses were launched during the last 3-4 years. All these courses have been well received, and have taken off successfully.

In yet another initiative, the university has introduced 5-Year Integrated Master Programmes, offering admissions after class XII, in Commerce, Economics, Mathematics, English, Geography, Public Administration, and a 6-Year Integrated Master Course in Visual Arts (MVA). M.Tech. programmes have been offered in Engineering Physics in the Department of Physics, Geoinformatics in the Department of Geography, and Software Engineering in the Department of Computer Science & Applications, and also in Computer Science Engineering, Electronics & Communication Engineering, Mechanical Engineering, and Biotechnology in the faculty of Engineering and Technology. The commencement of next academic session will witness such courses offered in Civil and Electrical Engineering also. The Department of Pharmaceutical Sciences, has also offered new M. Pharma specializations in Pharmaceutical Chemistry, Pharmacognosy, and Pharmacology since last year.

The University has diploma level courses in French and Spanish to cultivate in its Students linguistic skills in select foreign languages to create better mobility and greater employability in a wider arena.

### **Research Contributions**

Research activities occupy a place of utmost importance in the University's working. Its faculty have published 921 research papers in international journals, 2016 in national journals, and 65 in M.D.U. journals in the past 5 years. During the same period, they have contributed 206 research papers in international and 921 in the national seminars and conferences. Notably, the

University publishes three Research Journals, namely, 1) M.D.U. Research Journal (Arts), 2) Journal of People and Society of Haryana, and 3) MDU Law Journal. The University teaching departments have entered into research collaborations with 48 national and 15 international institutions. It has inked MoUs with 13 international and 3 national organisations, and 1 industry for the promotion of academic and research activities.

The faculty have been awarded 96 major research projects by the various funding agencies like UGC, CSIR, DBT, DST, etc. Besides, there are six (6) minor research projects. As many as 11 departments have received about Rs. 697 lac under the UGC-sponsored Special Assistance Programme (SAP) and Rs. 438 lac from the Department of Science & Technology (DST) under their FIST programme. The UGC has also approved M.Sc. (Forensic Science) programme of the Department of Genetics and M.Sc. (Environmental Biotechnology) of the Dept. of Environment Sciences as Innovative Programmes of study for special funding. On the whole, and as on date, the University stands given research grants worth Rs. 1118 lac by the various funding agencies. More are in pipeline.

To promote research on its own account, the University finances 40 University Research Scholarships (URS) annually, accumulating to about 160 in any given financial year. Fifteen (15) additional URS are exclusively meant for SC category 3students. At present, about 779 students are registered for Ph.D. in different subject departments. There are 90 JRFs and 9 SRFs, besides 54 Rajiv Gandhi National Fellowship awardees. Three faculty members are getting INSPIRE fellowship. There are about 367 research students working in the university at present as JRF/SRF/Project Fellows/Rajiv Gandhi National Fellowships/URS, etc. The University departments also contribute to serving social concerns and community needs in their own humble way. The Department of Psychology regularly organizes health awareness camps for the promotion of their Positive Health agenda. Likewise,

the Department of Sociology organizes field trips for social sensitization of their students. The Department of Environmental Science organizes environmental awareness campaigns to address the emerging environmental challenges which work as a threat to achieving the goal of sustainable development. Similarly, the Department of Genetics organizes awareness camps against AIDS, Cancer, and other dreaded diseases from time to time. Other departments too engage themselves in varied socially constructive and meaningful interactions beneficial to themselves and the society.

### **Research Chairs / Centres:**

The University has cultivated healthy tradition of taking up research on the lives and works of eminent persons of national status. It has thus set up Research Chairs on Sir Chhotu Ram, Dr. B.R. Ambedkar, Jawaharlal Nehru, Maharshi Dayanand, Maharshi Valmiki, Pandit Lakhmi Chand, and Ch. Ranbir Singh in order to bring out and highlight through research their role and sterling contributions in their respective work spheres. The Department of Economics has its affiliate in the Institute of Development Studies with statutory status. The Centre for Haryana Studies and the Women Study Centre are relatively the new additions to the expanding work horizons of the varsity in the area of research and overall growth of academics.

### **Collaborations**

The University sincerely embraces its mission of providing quality education. To further this goal, it has inked MoUs with reputed educational and research organizations both at national and international level. More prominent among 16 such MOUs signed with various institutions, the ones with the National Institute of Malaria Research (N.I.M.R.), American Institute of Indian Studies, Institute of Humanity and Nature (Japan), and Central Electronics Engineering Research Institute (CEERI) have proved to be highly delivering. Having successfully completed a 5-year duration collaborative research project with the Korean Institute

of Energy Research, the Chemistry Department is participating in this project with Universities of Valencia and Madrid in Spain, University of Minho in Portugal, and three others (one each from Poland, Chile, and Mexico).

### **Distance Learning Programme(s)**

The Directorate of Distance Education (DDE) of the University has established a niche for providing quality education to the needy distance learners, including a large section of women students. It runs both traditional and job-oriented 4 professional courses which aim at enhancing the learners satisfaction and competitive capabilities. DDE is in expansion mode, with as many as 17 new academic programmes launched during the current academic session, including the two in the high-profile area of Financial Markets in collaboration with the National Stock Exchange (NSE). At present, it is offering 41 academic programmes, including 18 of postgraduate level. All courses have approval of the Distance Education Council (DEC), entailing registration of 1.50 lac students in its various distance learning programmes. The working environ in DDE is highly student-friendly, since all its major operations have been turned online. A 24-hour support service system (Call Centre) too has been established for the benefit of students living at far off places. With all such innovative steps taken, the distance learning programmes have come to be ranked quite high on the popularity scale all over the country.

### **Regional Centre**

Massive infrastructure expansion of the Universitys satellite campus, called the Indira Gandhi P.G. Regional Centre, at Meerpur (Rewari) has been undertaken. A composite campus is coming up fast in the periphery of this village to serve as the long-awaited fillip in the surrounding educationally backward area of the State. Construction of a Teaching Block, an Administrative Block, two hostels, and quite a few residential quarters for the faculty and the staff are already nearing completion, more being in the pipeline.



## University Library Services

The University has carved out a highly conducive and enabling academic environ with its Vivekananda Library, named after the great social reformer Swami Vivekananda. Its rich knowledgebase encompasses 3,00,022 books, 48325 bound volume of journals, 14767 thesis, 435 current Indian journals, 118 current foreign journals, 6049 e-journals including 200 Open Access e-Resources, and 5 databases. Housed in a modern spacious building with 84,000 sq.ft. carpet area, the library provides seating capacity for 963 library users, with another 358 seats in its five offshoots. It has an air-conditioned Internet Lab with 80 PCs, 1 Gbps bandwidth internet connectivity, a multimedia library with 20 PCs, and an advanced Videoconferencing facility. The university library system is indeed fully automated in true sense, which others would envy to emulate.

The Vivekananda Library has a separate Archives Section where the Ph.D. and M.Phil. theses produced in the University are stacked with restricted access to information seekers to limit the scope of plagiarism. An air-conditioned Reading Hall with a seating capacity for 250 readers remains open 24X7 throughout the year, with a large number of readers thronging around all the time in search of a seat inside. During the last 6 years, an amount of Rs. 721 lac has been spent on the upgradation of knowledge resources, with an additional amount of Rs. 365 lac to be spent during 2012-13 financial year. Besides, a sum of over Rs.300 lac has been spent on library automation, strengthening of reading facilities and other infrastructural development during the same time period. A latest addition to the innovative practices adopted in the University Library is the use of Radio 5 Frequency Identification Technology (RFID) which will make the task of checkout check-in, and tracking of books and other material easier and more efficient.

## Academic Reforms

Bringing about academic reforms remains on the high agenda of the University with a view to build its academic strength and superiority. From the session 2009-10, semester system has been adopted in all courses offered on the campus and in the affiliated colleges. In order to make the system effective, all University Teaching Departments have been accorded full functional autonomy in matters of conduct of examinations and evaluation of answer scripts. While doing all this, the University ensures continuous revision and updation of syllabi of all courses. The latest UGC/AICTE/NCTE guidelines are kept in the centre-stage in the process of curriculum development and course tuning.

It is indeed unique of this University that the UGC mandated 180 teaching days are strictly observed and adhered to. Timely holding of examinations and declaration of results in accordance with the pre-determined schedule are other special achievements for others to envy. Admission to various courses is made through entrance examinations, besides appropriate weightages given to marks obtained in the qualifying examinations. Academic Audit of the teaching departments has been got done as per required norms to ensure better performance on all internal quality parameters. The Internal Quality Assurance Cell (IQAC) acts as a beacon of quality assurance and maintenance of academic standards. Other measures, like seeking students feedback and reactions of other stakeholders, are also pursued to provide inputs for academic quality improvements.

## Embracing Technology

The University pays special care to the use of latest technological advancements in academic governance. This has resulted in massive computerization of all important day-to-day functions of the University. A dynamic Campus Wide Area Network already stands provided. In fact, ours is the first varsity which went into becoming a Wi-Fi campus in the region. All the teaching

departments have been provided modern teaching aids and efforts are being made to initiate, adopt, and popularize the emerging IT-enabled teaching processes. Accordingly, each member of the faculty has been provided with a PC or laptop to further the cause of effective teaching delivery mechanism. Taking “networking” to the doorstep of every teacher and the ongoing drive to extend the facility to all hostels has been the top-most priority of the University administration during the last two years, with a good measure of progress already made in achieving the targets. There is a special emphasis on adoption of e-governance practices in the varsity. The Directorate of Distance Education (DDE) has been the first important administrative functional unit to adopt computer-backed automation to the extent of putting all work processes online. Computerization process of all functions of the University, which includes administrative functions, financial matters, hostel operations, stores management, admissions, examinations, student support through Call Centre, etc., now in full swing is also nearing completion. The focus is on achieving an effective, efficient, and transparent office functioning through the adoption of e-governance technologies.

### **Hostels and Campus Development**

The University has undertaken massive construction of hostel accommodation so that a large majority of students live on the campus, particularly girls, most of whom come from rural areas which still lack essential facilities. Five (5) new hostels for boys, each with a capacity of accommodating 240 students, have already been completed and taken over. An equal number of new hostels have been constructed and finally occupied by women students. Two more hostels each for boys and girls are at an advanced stage of completion. In all, more than 4000 students will have modern hostel living facility on the campus. Facilities like internet connectivity, gym, reading halls, and recreation rooms are salient features of hostel living.

In order to inspire sense of confidence in and appreciation of the virtues for campus academic life, physical development of the campus and its beautification are priority concerns of the University administration. All efforts being made in this direction have added to the aesthetically pleasing side of the entire campus. Well laid out figures and meaningful creations installed on important road crossings, like the ones named as Jai Jawan - Jai Kisan Chowk, Kranti Chowk, and Maharshi Dayanand Chowk, add purpose to the campus planning. Blooming flowers in the Rose Garden, well-paved sidewalks, carefully pruned plants along both sides of the campus roads, abundant greenery drive being in full swing, and the resulting eco-friendly ambience give a majestic look to the campus, especially more so when seen from a high roof-top.

### **Governance**

The University prides itself for dynamic administrative functioning and work delivery. To this end, a unique feature of the varsity is regular holding of the meetings of all Statutory Bodies, particularly of the Academic Council and the Executive Council which remains seized with the day-to-day decision-making. Importantly, these bodies have proper representation of all stakeholders as per requirements laid down in the Act and Statutes of the University. The meetings are conducted in a highly democratic environment, resulting in freely consultative, participative, and collective decision-making. The meetings of Board of Studies, Faculties, and IQAC, etc. are also held on regular basis for prompt decision-making on all time-bound academic matters.

### **Expansion of Physical Facilities**

Infrastructure is a key component of expansion and growth of any organization. Massive expansion of physical facilities undertaken during the last four years has marked rapid growth of the University in terms of needed infrastructure support services,

and a much broader academic course profile. Modern, spacious, and well equipped buildings like that of the Centre for Biotechnology (CBT), University Institute of Engineering and Technology (UIET), the new Biosciences Block, and Institute of Hotel and Tourism Management (IHTM), to name only a few, have all 7 added to the shining academic face of the University. This has helped expansion of teaching and research activities in a big way. A few more need-based academic buildings that are under construction will allow the much needed expansion of all such departments as are in need of more space. We dream of the present academic initiatives in Mathematics growing into a well known Department of Mathematical Sciences; UIET and the Institute of Tourism and Hotel Management being the other fast developing shining stars on the countrys academic horizon. UIET will join the league of the best Engineering Colleges with the utilization of Rs. 1000 lac special grant received from the World Bank on carefully chosen quality improvement initiatives. The Institute of Tourism and Hotel Management will also have far more improved physical facilities for learning hands on work skills with Rs. 200 lac special grant given by the Ministry of Tourism for the purpose.

### **Career Counselling and Placement**

A yet another new initiative taken by the University is the establishment of University Career Counselling and Placement Cell. This Cell remains actively involved in organizing career information talks by specialists and arranging placement opportunities for the University students. A University-Industry Liaison Cell too has been brought into being to facilitate and improve academia industry interface.

### **Games and Sports**

The University has developed excellent facilities for games and sports on the campus. Its modern Sports Complex consists of an Open Stadium, an ultra modern multi-purpose indoor

Gymnasium Hall, a Swimming Pool of international standard, a Squash Court, a Boxing Ring, a Wrestling Court (equipped with mats and rings), and other spacious play facilities. All taken together make the university campus a real hub of games and sports activities, so stupendous as to be seen for being believed. The Senior National Badminton Championship was organized in the University Indoor Stadium during Jan2010. Synthetic Athletic Track and Astro-Turf Hockey Stadium are serious proposals for execution. Happily, the entire University sports ground area is a joggers delight, particularly in the mornings and the evenings.

As a matter of fact, Maharshi Dayanand University is a leading University of the country which has so much excelled in the area of sports that it figures in the top ten slot. It has a marvellous track record of enviable achievements in the All India Inter-University Tournaments, especially Boxing, Kabaddi, Wrestling, Judo, Athletics, Hockey, Korfbal, etc. About 60% students, who participated in these tournaments, were from this university alone. Happily, the University has also organized All India Camps, All India Cross Country Tournaments, and All India Inter-University Tournaments.

As a matter of record, our University sportspersons have won national and international medals and colors. They have earned high positions at World University Games, Asian Games, Commonwealth Games, and the Olympic Games. Several of them have been decorated with Arjuna and Bhim Awards. The spectacular performance of the trio Geeta, Babita, and Suman in the Commonwealth Games 2010 is a rare success story of our sportspersons to every ones envy. All this has been due largely to the university always having been the forerunner in providing the best possible facilities and attractive stipends / scholarships to promote a dynamic sports culture.

### **Students Welfare Activities, etc.**

The University has developed into an active hub even in

literary-cultural and extra-curricular activities. The Students and Youth Welfare Office, housed in a modern and highly utilitarian new building called “Students Activity Centre”, has served as a real power-house of all such activities. To inject time-bound delivery of various activities, the Youth Welfare Office releases a Calendar of Events every year, detailing a schedule of literary and cultural activities, including camps/courses/adventure visits, to be undertaken during the course of the year. Zonal and Inter-Zonal Youth Festivals, Technical and Edu-Fests, Students Empowerment Workshops, Personality Development Camps, and hoard of other useful youth activities aiming at blowing the best out of young students, are all an integral part of the cultural life of the students. The majestic Tagore Auditorium, which deserves to be visited by all to be seen as being one of the bests in the entire country, is the event centre for all literary cultural activities in the University. The All India Inter-University Youth Festival RAJAT UTSAV- 2010, a state-level Drama Festival, Folk Dance Festivals, and other important cultural events were hosted in the Tagore Auditorium. A new addition in the cultural event profile of the University is the establishment of a FILM CLUB on the campus.

The Students and Youth Welfare Office has also taken up a number of other unique projects to facilitate holistic personality development of students and broadening their horizons. These include a Cultural Project on Video-Graphic documentation of Rituals, Traditions, and Folk Festivals of Haryana (ARISHTA), and SAMARTH which is much admired as a project for empowerment of the physically challenged students. The University started Youth Red Cross in 2010-11 to initiate youth into various common health-related problems and other social awareness activities. It has since been extended to all the affiliated colleges for a mass movement among the students.

The Youth Welfare Office also facilitates holding of Blood Donation Camps, Eye Donation Camps, and engages itself in other useful activities in social cause. The National Service Scheme

(NSS) Unit, the Red Cross Club, and the Yoga Club also function under the aegis of the Youth Welfare Department, all aiming at promoting the cause of social and community concerns, environmental health, social awareness against dreaded diseases, and nation building. To ignite moral and spiritual thinking among the students, weekly moral lessons are imparted and Yajnas conducted in the Ch. Matu Ram Yajnashala which stands unique activity point on the campus.

### **Residential and Other Common Use Accommodation**

The University campus has adequate residential accommodation (550 units) available both for teaching and non-teaching staff. A separate compound with a spacious Community Centre building raised thereon has come to emerge a high activity place in catering to the personal, social, community, and cultural needs of the campus residents. An aesthetically attractive Teachers Club is another feather in the Universitys cap. There is a Faculty House on the campus to serve the boarding and lodging needs of the visitors to the University and its official guests. Expansion of Faculty House has further improved living quality of guests on the campus.

### **Other Facilities**

The University Health Centre takes care of the health concerns of the students and employees, while the spacious Campus School meets the on-campus schooling needs of the wards of University community. The University owns and runs a Printing Press which, besides doing the Universitys own printing work, also extends a helping hand to sister universities and other academic institutions in exchange of a pie. There are two banks (State Bank of India and Haryana Cooperative Bank) on the campus. The campus also has several cafeteria located at strategic points to cater to the taste-buds and dining needs of the campus residents in general and the students in particular. Special Lecture Series The University organizes the enlightening Ch. Ranbir Singh

Memorial Lecture every year. This lecture series was started in 2009. Union Finance Minister Shri Pranab Mukherjee and eminent scholar Dr. Karan Singh have been the Key Speakers in this lecture series in the years 2009 and 2010, respectively. Dr. Sarup Singh Memorial Lecture is organized by the Department of English and Foreign Languages every year. Eminent scholars are invited to speak in this lecture series.

### **Special Initiatives**

The University also does its best to provide all possible help to the students for career counseling, personality development, skill upgradation, and seeking appropriate work placements. It has a (University) Centre for Competitive Examinations (UCCE) which offers coaching and guidance to the students for exhibiting winning performance in the various competitive examinations. Under the aegis of this Centre, SC/ST and BC category students get all coaching and counselling free of cost.

In 2008, the University established the Youth Centre for Skill Development for Defence Services to offer guidance, counseling, and coaching to students looking for careers in different wings of Defence Forces. This was done in realization of the fact that the university's jurisdictional area is known from times immemorial as a rich reservoir of best talents for the nation's armed forces. And, it is a matter of pride that as many as 51 students who received training from this Centre have already got entry in the Armed and other Para Military Forces on officer ranks.

### **Unique Initiatives**

Following its distinct MISSION and VISION, the University is marching ahead on the path of progress particularly over the last 4-5 years. Its overall development during these years has been phenomenal. It is now engaged in preparing a VISION Document to determine its growth track into the distant future. We are at the final stage of launching an ambitious and most

prestigious Institute of Economic and Social Change, meant for undertaking research in the entire gamut of inter-disciplinary development studies in all areas of societal and national concern. It is further envisioned that this institute would also design and deliver appropriate training modules to middle-level Govt. officials working in the developmental departments of the State, as also for those manning the Panchayati Raj Institutions at different levels. To facilitate knowledge growth and skill upgradation of the students, and to meaningfully address common community concerns and other emerging social issues, a Community Radio Station (CRS) and a Modern TV Studio are also in pipeline for early commissioning. These two facilities will also work as the backbone of the new skill-based academic programmes we have decided to offer in the emerging area of Electronic Media as a part of modernizing the Department of Journalism and Mass Communication.

### **Clean and Green Campus**

The campus was a barren land until 3-4 years ago. The campus (more than 600-acre) land area is highly saline whereon it is impossible to grow any kind of ornamental trees and plants, barring a select few specific to such land. The subsoil water is also extremely brackish. Yet a robust attempt has been made for reclamation of soil by way of replacing the same with Tibba sand. This has enabled planting of a variety of 24000 trees during the last three years and about 50000 during the last five years. With the result, we now have become a clean, green, and eco-friendly campus with trees and plants coming up all around despite discouraging survival rate.

### **Caring State Government**

The University maintains harmonious and healthy relationship with the State Government. Apart from providing handsome grant on the Plan and Non-Plan account, the Govt. extends to the university special purpose grant as well. For

example, a special grant of Rs. 10 crore was made available during 2008-2009 for up gradation of science laboratories and purchase of specialized research equipments. On its part, the university has never lagged behind in coming up to the expectations of the State Govt. on any special occasion. Only very recently, the Govt. assigned the task of holding state level Science Conclave-2011 to the University. The University successfully organized this gala event in the true spirit of its basic objective of popularizing the teaching-learning of science subjects among school students. The former Indian President, His Excellency Dr. A.P.J. Abdul Kalam, delivered an inspiring inaugural address on the occasion. Another such important 5-day Science Camp called INSPIRE, sponsored by the Department of Science & Technology, Govt. of India, was held 11 on the campus in April 2012. Dr. K. Kasturirangan, Honble member of the Planning Commission, inaugurated the meet to ignite interest of young minds towards science.

### **University: Home to IIM Rohtak**

Presently, the University campus is home to the premier Indian Institute of Management (IIM), Rohtak on its campus. The University has extended all the needed infrastructure and other facilities to them so that the institute is able to run its operations with ease till they shift to their own campus coming up closely. This has helped synergetic growth to the best advantage of both, University as well as the IIM.

### **Media Recognition**

The upward strides made by Maharshi Dayanand University have been recognized and appreciated by the print media too. The prestigious career magazine CAREERS 360 in its annual issue has included the Universitys Directorate of Distance Education (DDE) in the First-Fifteen DDE institutions in the country. Likewise, the popular weekly magazine SUNDAY INDIAN has included the M.D. University in the Top-Fifteen state universities of the country.

### **In Summing Up**

The University is fast marching ahead with determined efforts to achieve academic excellence of reckoning. Well-qualified faculty with adequate experience and superior academic credentials, hard working members of the staff, congenial academic and administrative environ, transparent, dynamic, responsive, and responsible administrative set-up, strategic academic and research linkages at national and international level, Wi-Fi CAMPUS, state-of-the-art library services, a time-tested tradition of timely holding examinations and time-bound result declaration, pulsating campus life, ample career growth opportunities for students, and harmonious relationship among all stakeholders are its essential hallmarks. It is truly growing to be a Centre of Academic Excellence, cherishing a will to deliver quality education, with decisive focus on upliftment of women and rural students, and a sense of commitment to contribute its mite to social, community, and national cause. To sum up, the M.D. University has a rich past, excellent present, and immensely promising future, which combines the best of traditional and modern educational endeavours, and is indeed all set to empower the students in their desire and drive to be the best and the most relevant ahead of times. Proximity to Delhi is source of great strength to the university in all matters of performance.

## *2.1 Institute of Hotel and Tourism Management*

The Institute of Hotel & Tourism Management (IHTM), MD University proudly stands in the listing of Schools of World Directory of Tourism Education (World Tourism Directory) The Institute formally came into existence on 20th Feb, 2007 in Faculty of Management Studies, MD University Rohtak. The young and multi-disciplinary faculty of the Institute is dedicated to transform it in learning centre par excellence at the National as well as at International level. The Institute has been rated amongst Top Hotel Schools of India and No-1 in Haryana. (GHRDC- 2010) and subsequently in 2011 & 2013. The Institute has been recipient of Grant of Rs 200 Lakhs under Central financial Assistance Scheme of Ministry of Tourism Govt. of India (2011). The Institute has been certified as per International Standards of Quality Assurance as ISO 9001:2008 in year 2012.

The Institute has quality infrastructure and latest learning resources supplemented by electronic equipments and a rich library. This all provides a fertile ground for teaching-learning environment and the students at the national level strive to seek admission in this Institute as their first choice. The Institute is facing IIM-Rohtak towards its East, Faculty of Law towards its North, The Yag Shala on South and Campus Gardens on West. With an investment of Approx 10 Million Indian Rupees the Institute Building provides an ideal atmosphere of a world class hotel school. In addition to it the central facilities of the University like Swimming Pool, Gymnasium, Tagore Auditorium, Fitness Centre and Students Activity Centre are available.

The Institute is laying continuous efforts to offer full time professional courses in Hospitality & Tourism in this age of educational revolution.

**Presently the Institute offers following programmes on campus:**

- Ph.D in Hotel & Tourism Management
- Two Year Master of Hotel Management
- Two Year Master of Tourism Management
- Three Year Bachelor of Hotel Management
- Three Year Bachelor of Tourism Management
- One Year Diploma In Housekeeping/ Front Office/ Food Production/ Food & Bev Services

**The other facilities of the Institute include:**

**Institute Library:**

A wide array of latest collection of more than 10,000 books are present in the library on all subjects pertaining to Hospitality, Tourism & Management with latest Journals, National and International magazines on Hospitality and on Tourism Management. In addition to this E Journals & Separate Section for Digital Library is also available in the Institute.

**Computer Lab:**

Fully furnished air conditioned computer lab with a provision of seating capacity of fifty students in each batch with latest thin client computers is available in the Institute for students. The lab is well connected with internet as well intranet resources. In addition to it, entire institute is equipped with 24hrs internet service through wi-fi connection. Also the facility of Language Lab is attached with Computer Lab in the Institute Block.

**Housekeeping Lab:**

The housekeeping lab of the Institute is Equipped with latest equipments like Scrubbing Drying Machine, Dry & Wet

Tank Type Vacuum Cleaners, Washing Machine and others, which provides an ideal atmosphere like that of a Hotel and is attached with Suites. There are three suites namely Kohinoor, Great Mogul & Orloff on the ground Floor and Five Superior Deluxe Rooms on First Floor to provide hands on training experience like a hotel in the campus itself.

#### **Front Office Lab:**

Like a star hotel a fully furnished Front Office Lab with separate Reservation, Reception, Cashier, Concierge and Bell Desk Sections is available in the institute. Atrium lobby with travel division provides an ideal atmosphere for handling guest services for Hospitality Industry.

#### **Food & Beverage Service lab:**

Fully furnished and air-conditioned with a provision of 75 Covers Restaurant with a Training Bar with provision of Guerdon Service, Buffet services, Attached Coffee shop setup, trains students for Food & Beverage Service Segment of Industry. The students of the Institute have provided services to various dignitaries including Chief Minister of Haryana, Minister of Health, Minister of Education, Advocate General, Vice Chancellor and other eminent personalities. In addition to it there is a separate Tea Lounge in Lobby like a star hotel, providing hand on exposure for Food & Beverage Service Learners in the Institute.

#### **Food Production Lab:**

The Food Production lab is one of the most well equipped providing varied but incredible training inputs to develop culinary skills of budding hospitality professionals. Attached store with separate provision of Dry & Cold Storage and furnished with equipments like Three Deck Baking Oven, Dough Kneading Machine, Cooking Ranges makes the food production lab ideal for gastronomy training.

#### **Tourism Services Lab:**

The Tourism services lab encompasses of facilities like Online Travel Desk, Adventure Tourism Kits including Tents and Adventure Accessories provides a real like exposure to students. In addition to it various tools for travelers like handy cam, digital camera are available in the Tourism Services Lab.

#### **Conference Hall:**

An Air Conditioned Conference Hall with seating capacity of 175 PAX, Equipped with Public Addressal System on all seats, in premises sensor system equipped washrooms, Cushioned Elegant Chairs, Wi-Fi Facility, LCD Projector and Computer is available with the Institute. .

#### **Board Room:**

Ideal for meetings having a seating capacity of 75 PAX, fully air conditioned, having Public Addressal System on all seats, near by sensor system equipped washrooms, Cushioned Elegant Chairs, LCD TV attached with Tata Sky and provision of connection with laptop for presentations makes the Institute environment at par with that of any elegant Hotel to train the students for Industry.

#### **TRAINING AND PLACEMENT:**

To impart practical exposure of Hospitality Industry, the students are provided with opportunity to visit different organizations to get first hand information of corporate life and understand their complexities and chance to interact with practicing executives in every semester.

Training/Placement activities are co-ordinated by Training & Placement Cell of the Institute which facilitate contacts with recruiting organizations, inviting job opportunities, arranging pre recruitment interaction and scheduling Campus interviews.



A large number of reputed organizations provide Training and Placement to the students of IHTM.

**Seminars/ Conferences/ Workshops/ FDP Organised by IHTM during last Three Years:**

- National Conference on Emerging Trends in Hospitality & Tourism, April 09-10, 2011
- Two Day Workshop on Application of SPSS Software in Research, April 19-20, 2011
- National Seminar on Tourism Linking Cultures, September 27, 2011
- National Seminar on ‘ Culinary Services & Hospitality’ October 20, 2011
- National Seminar on ‘ Indian Cultures & Values : Role in Career Enhancement’, February 20, 2012
- National Seminar on ‘ Tourism in India – Meeting Challenges for Future’, February 25, 2012
- ‘Workshop on International Food – The Cuisine of China’, February 28, 2012
- Faculty Development Programme ‘ Learning to Do Academic Research for Hospitality & Tourism Management’, April 02-08, 2012
- Two Day Workshop on ‘Application of e - techniques & tools in Research’ on April 19-20, 2012
- National Seminar & HR Summit: ‘Shaping Youth for Hospitality Tourism Industry’ on Saturday, September 01, 2012 on the occasion of Haryana Tourism Day
- One Day Workshop on ‘Career Development in Tourism & Hospitality’ on September 27, 2012 on the Occasion of World Tourism Day

- National Seminar on Oct-1, 2012 on theme ‘Managing Sustainable Tourism Development’
- One Day Workshop on “Environmental Practices in Hotel & Tourism Business” on 12 Feb 2013 with Mr. Niranjan Khatri - General Manager - Welcom Environment Programme: ITC Welcomgroup.
- One Day Seminar for School Principals on Careers & Opportunities in Hotel & Tourism Sector: Inspiring Youth for Education and Employability in Trade’ on March 07, 2013.
- One Day Seminar on ‘ Hospitality & Tourism Education in India: Issues & Challenges’ on April 22, 2013

### 3. *Desserts*

**Dessert** is the usually sweet course that concludes a meal. The food that composes the dessert course includes but is not limited to sweet foods. There is a wide variety of desserts in western cultures now including cakes, cookies, biscuits, gelatins, pastries, ice creams, pies, pudding, and candies. Fruit is also commonly found in dessert courses because of its natural sweetness. Many different cultures have their own variations of similar desserts around the world, such as in Russia, where many breakfast foods such as blint, oladi, and syrniki can be served with honey and jam to make them popular as desserts. The loosely defined course called dessert can apply to many foods.

A state like Haryana also has so much to offer in desserts popularly consumed as sweets by the host population. Milk and Milk Products like Butter, *Ghee* are popularly used in Haryana. There is a popular saying in the local dialect '*Desan me Des Haryana – Jit Doodh Dahi ka Khana.*' Simple and robust are the people of Haryana and similarly the food items are. They are easy to prepare, wholesome and nutritive. Present volume of sweets comes with popularly consumed sweets in the Haryanvi homes. The variety of dishes includes: Laddus, Halwa, Kheer, Burfi, Churma and other desserts. Traditionally, People of Haryana relish sweets at the beginning of meals in villages. A Typical Marriage in village offers Laddus at the beginning of meals to guests.

### 4. *Laddu*

Laddu or Laddu is a ball-shaped sweet popular in almost all over India and now a day's overseas as well. Laddu comes from the Sanskrit word transliterated as ladduka or lattika meaning a small ball. Laddu is often prepared for festivals or family events such as weddings, new constructions, welcoming at new homes, births, or given as a Prasad at Hindu temples, especially God Ganesha temple and even on the rituals after leaving this planet. Laddu are one of the most liked Indian sweets. Be it a festive occasion or any Pooja at home, any happy moment in an Indian family is incomplete without a Laddu. Laddus can be of various types- the Motichoor Ka Laddu, Aate Ka Laddu, Till Ka Laddu, the popularly consumed and relished one amongst these is the Besan Ka Laddu. Haryanvi people are very fond of sweet dishes, especially Laddu. They generally serve huge sized Laddus during '*Bhat*' Ceremony in Haryanvi Weddings as a gift to maternal family members of groom's/bride's mother. Similarly during winter's mothers prepare laddus for kind and other family members like churme ke laddu, dry fruit and atta laddus. On birth of a child Goond Ke laddus are popularly prepared in Haryanvi families. In Haryana the Laddus are prepared in pure ghee which is also known as Desi ghee. The aroma and presentability simply makes one a great fan of Laddu.....

The popularly consumed Laddus in Haryana are :

- Besan Ke Laddu
- Murmure ke Laddu
- Churme ke Laddu
- Methi ke Laddu
- Goond ke Laddu
- Bundi ke Laddu
- Cholia ke Laddu
- Til ke Laddu
- Aata Laddus
- Khoye ke Laddu

## 4.1 Aatte Ke Laddu

(SERVING 4 PORTION)

Ingredients	Quantity
Whole wheat flour	250 gms
Ghee	250 gms
Sugar	150 gms
Almonds	30-35 gms
Edible gum	30 gms
Nuts (Assorted)	20 gms (Optional)

### Method of Preparation:-

- Heat ghee in a kadhai on medium flame. Add gum and deep fried it for a minute.
- Keep a side; it will be double in size in few minutes.
- Now grind the fried gum in grinder.
- Heat flour on flame in a pan till golden brown.
- Now, add ghee to the wheat flour and cook on medium heat till done.
- Add almonds and others nuts, gum and allow it to cool down for few minutes. Finally add sugar & mix well.
- Allow it come to warm temp and the make round ball shaped laddus.

Note : Often people have an aatte ka laddu with a glass of milk in home in Haryana.

## 4.2 Bajre Ke Laddu

(PUFFED PEARL MILLET LADDU)

(SERVING 4 PORTION)

Ingredients	Quantity
Jaggery	200 gm
Puffed Bajre (Pearl Millet)	250 gms
Pure ghee	50 gm

### Method of Preparation:-

- Mash Jaggery till soft.
- Put in a large pan
- Add ghee and heat, till it melts and start bubbling.
- Add Puffed Pearl Millets (Bajre) switch off the gas now.
- Allow it to be warm and not hot.
- Shape in ball size Laddu with moist hand.
- Allow to cool completely, before storing.

Note : *India is amongst the largest producer of Pearl Millet in World.*

## 4.3 Besan Ke Laddu

(SERVING 4 PORTION)

Ingredients	Quantity
Gram flour	250 gms
Pure ghee	200 gms
Sugar (Ground Sugar/ Castor sugar)	150 gms
Powdered cardamom	2-3 gms
Chopped almonds & pistachios	50 gms

### Method of Preparation:-

- Heat gram flour in a kadhai on low flame and allow it on heat till light brown.
- Add desi ghee and stirring continuously till golden brown.
- Add powdered cardamom and sugar. Mix well.
- Remove from burner.
- Add chopped almonds
- Once it come at warm temp (about 60° C)
- Shape into Laddu and serve.

## 4.4 Bundi Ke Laddu

(SERVING 4 PORTION)

Ingredients	Quantity
Gram flour	250 gms
Sugar	150 gms
Milk	50 ml
Edible Orange colour	a dash
Pure ghee	for deep fry
Melon Seeds/ Nuts	25-30 gms

### Method of Preparation:-

- Cook sugar with three cups of water to make syrup of one thread consistency. Add milk and when the scum rises to the top, remove it. Add colour as desired and keep the syrup aside.
- Make a thin batter of besan with three cups of water (pouring consistency).
- Add colour as desired. Heat sufficient ghee in a kadhai. Hold a perforated spoon over the hot ghee, pour a little batter over it and pass the batter through it fast into the kadhai to make bundis. (tiny puffed balls of gram batter)
- Fry for about two to three minutes. Remove the Bundis using a slotted spoon, drain thoroughly and put into water remove from water, squeeze excess of water and add the Bundis to the syrup. When the Bundis have absorbed all the syrup and mix them gently.
- Divide into twenty pieces and shape each into a Laddu.
- Garnish with melon seeds / chopped nuts of pistachios or almonds. Cool and store.
- These Laddu do not stay for long and therefore should be consumed within 72 hours.

## 4.5 Chane Ke Laddu

(SERVING 4 PORTION)

Ingredients	Quantity
Roasted Chick Pea (Brown) ( <i>chana bughda</i> )	100 gms
Wheat flour	200 gms
Sugar	150 gms
Ghee	150 gms
Almonds	10-15 no

### Method of Preparation:-

- Roughly Grind the Roasted Chick Peas (Brown).
- Add wheat flour in a Pan and Cook till light golden Brown.
- Add Ghee, Sugar and mix with roughly ground roasted chick peas.
- Remove from burner allow it to come at about 60°C.
- Make round ball shaped laddus and garnish them with one almond on top.

## 4.6 Cholia Ke Laddu

(SERVING 4 PORTION)

Ingredients	Quantity
Amaranth seeds (Green Gram/ <i>cholia</i> )	250 gms
Jaggery	200 gms
Cashew nut	50 gm
Raisins	10 No
Cardamom powdered	a pinch

### Method of Preparation:-

- Heat a pan and add cholia in it.
- When the cholia starts popping up, remove the pan from stove.
- Mix jiggery with water in a vessel and cook until it reaches 2 thread consistency.
- Mix well cholia, nuts and powdered Cardamom.
- Make round balls of laddus and serve.

## 4.7 Churme Ke Laddu

(SERVING 4 PORTION)

Ingredients	Quantity
Wheat flour	250 gms
Semolina	40 gms
Ghee	45 gm and for deep frying
Water	70 ml
Sugar	100 gms
Almond	15 gm
Pistachio	15 gm

### Method of Preparation:-

- In a mixing bowl take wheat flour and semolina.
- Mix them well.
- Pour three tbsp of melted ghee, mix well with flour
- Now make stiff dough of wheat flour by adding a little water at a time.
- Cover with damp cloth and leave it for 20 minutes.
- Divide into 10 portion and give shapes of round balls.
- Heat ghee in a Kadhai, deep fry all the round balls till it turns to golden brown.
- Drain out the fried balls on kitchen paper.
- Grind all the fried balls.
- Take out thin slices of almonds and pistachios.
- Mix rest of ingredients including sugar and ghee.
- Make round balls and served.

## 4.8 Goond Ke Laddu

(SERVING 4 PORTION)

Ingredients	Quantity
Goond (Edible gum)	100 gms
Wheat flour	300 gms
Sugar	150 gms
Ghee	150 gms
Ground coconut	30 gms
Almonds	20-25 no
Small cardamom	3-4 no

### Method of Preparation:-

- Crush the Goond into small pieces.
- Heat ghee in a kadhai, add crushed Goond.
- Fry on medium heat, so it can cook properly.
- Now in a seprate pan/kadhai add ghee, heat and add flour till it turns in golden brown in colour.
- Add crushed almond and cardamom, and mix with flour, take out in a plate.
- In a pan prepare 2 threads, sugar syrup and mix with flour.
- Make round ball laddu and serve.

## 4.9 Khoye Ke Laddu

(SERVING 4 PORTION)

Ingredients	Quantity
Khoya	450 gms
Sugar	150 gms
Pure ghee	1-2 spoon
Almonds	15-20 no
Small cardamom	1-2 no

### Method of Preparation:-

- In a pan heat ghee.
- Simmer the flame and add almond and cardamom
- Toast till Brown.
- Add sugar and khoya.
- Make round ball laddu.

Note : Milk and khoya items should preferably be consumed within 24hrs of preparation

## 4.10 Methi Ke Laddu

(SERVING 4 PORTION)

Ingredients	Quantity
Fenugreek seeds	50 gms
Milk	250 ml
Wheat flour	250 gms
Ghee	250 gms
Goond	100 gms
Almond	15-20 no.
Black pepper	8-10 no.
Saunth	2 tbsps
Elachi	10-12 no
Nutmeg	1 no
Sugar/Jaggery	300 gm

### Method of Preparation:-

- Clean Fenugreek seeds (*Methi Dana*) properly.
- Put into thick cotton cloth and leave it in sun to dry.
- Now make a paste similar to flour.
- Boil milk and put grounded Fenugreek seeds in milk.
- Leave it for some time in controlled temp.
- Crush almonds and also crush black pepper, nutmeg, cinnamon, cardamom in fine powdered. Pour half cup ghee in a pan, cook flour on a medium flame till it turns light Brown.
- Add fenugreek seed and milk solution and cool till done.
- On the other pan fried Gond till it turns to double in size and grind it.
- Prepare syrup with Jaggery and ghee.
- Add all ingredient i.e. cooked flour, ground goond and jaggery syrup.
- Make laddu and serve.

Note : Fenugreek seed laddus may give a little bitter taste. Use fenugreek seeds carefully in controlled quantity.

## 4.11 Murmure Ke Laddu

**(PUFFED RICE LADDU) (SERVING 4 PORTION)**

<b>Ingredients</b>	<b>Quantity</b>
Jaggery	200 gm
Puffed rice	250 gms
Pure ghee	50 gm

### **Method of Preparation:-**

- Mash Jaggery till soft.
- Put in a large pan
- Add ghee and heat, till it melts and start bubbling.
- Add Murmure and switch off the gas now.
- Shape in ball size Laddu with moist hand.
- Allow to cool completely, before storing.

Note: Murmure ke laddus are popularly enjoyed by children.

## 4.12 Til Ke Laddu-1

**(SERVING 4 PORTION)**

<b>Ingredients</b>	<b>Quantity</b>
Sesame seeds	400 gms
Jaggery	250 gms
Ghee	45 gms
Small Cardamom	1-2 no.
Water	50-60 ml

### **Method of Preparation:-**

- Dry roast and sesame seeds in a flat pan on medium heat till it turns to pale brown in colour.
- Put the jaggery and water in a pan and make thick syrup.
- Add the toasted sesame seeds into the syrup and mix well.
- Add the ghee and cardamom powdered and mix well.
- Take off from heat.
- Grease your palms and take a table spoon of mixture.
- Give a round shape of laddus and serve.



## *Til Ke Laddu-2*

(SERVING 4 PORTION)

<b>Ingredients</b>	<b>Quantity</b>
Sesame seeds	100 gms
Jaggery	200 gms
Ghee	45 gms
Small Cardamom	3-4 no.
Water	50-60 ml
Wheat flour	250 gms

### **Method of Preparation:-**

- Heat wheat flour in a pan on low flame and allow it on heat till light brown.
- Dry roast and sesame seeds in a flat pan on medium heat till it turns to pale brown in colour.
- Put the jaggery and water in a pan and make thick syrup.
- Add the toasted sesame seeds into the syrup and mix well.
- Add the ghee and cardamom powdered and mix well.
- Take off from heat.
- Grease your palms and take a table spoon of mixture.
- Give a round shape and served laddus.

## *5. Halwa*

Halwa is Indian sweet which can be considered as a pudding, made by using different types of flour (depending upon the taste of people). The word HALWA entered in the English language between 1840 and 1850. In Iran, Turkey, Somalia, India, Pakistan and Afghanistan the dish is very popular. The variety of halwa's produced and served in India, could be found in many native countries like Afghanistan, Bangladesh, Iran and Pakistan. In India different versions of it are also found which are distinguished by the region and the ingredients from which they are prepared. Most types of halwa are relatively dense confections sweetened with sugar or honey. The most famous halwa are include Suji ka halwa (semolina), Aate ka halwa(wheat), Moong dal kahalwa (Moong bean halwa), Gajar halwa (carrot), Chana Daal halwa (chickpeas) and with the addition of detectable traces of banana and kajuhalwa (cashew nut). KaruthaAluva (black halwa) made from rice, is also very popular. In Haryana people are very fond of having sweet dishes such as Laddus, halwa, and Jalebi. On regular basis we can easily find the halwa in Haryanvi menu. This dish is also made on all auspicious festival at their home. The food is also served after finishing the work or as a dessert in the meal. The dish can served preferably hot but can be served at room temperature or cold. Halwa can be kept for 2-3 days if stored in proper temperature. Sookha Halwa (Dry Halwa) is also prepared in many traditional weddings.

## 5.1 Aatte Ka Halwa

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Water	3 cup
Sugar	3/4 cup
Wheat flour	1 cup
Pure ghee	½ cup
Nuts (assorted)	as required

### Method of Preparation :-

- Take water and sugar in a pan and boil so as to dissolve the sugar (keep this syrup a side).
- Add flour in a dry pan preferably with thick base.
- Put the pan on flame and cook the flour till light to golden brown
- Add ghee, cook for few minutes
- Carefully add the pre prepared sugar syrup with it.
- Keep stirring so as to avoid lumps and cook till done.
- Garnish with nuts, serve hot

## 5.2 Besan Ka Halwa

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Nuts	as required
Gram flour (besan)	2 cup
Sugar	1 cup
Pure ghee	½ cup
Milk	2 cup

### Method of Preparation:-

- Heat the ghee in a pan.
- Add and fry the chopped nuts.
- Set aside when the nuts turn golden brown color.
- Add flour in a dry pan preferably with thick base.
- Put the pan on flame and cook on a low flame stirring continuously till the raw smell disappears.
- Add ghee, cook for few minutes
- Add the sugar and milk. Mix very well and cook.
- When the mixture starts leaving the sides & bottom of the pan, add roasted nuts and mix.
- Switch off the heat and serve hot.

## 5.3 Gajar Ka Halwa

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Shredded carrots	4 cups
Milk	4 cups
Ghee	45 gms
Sugar	¼ cup
Cardamom crushed	5 gms
Roasted cashew nuts and raisins	to garnish

### Method of Preparation:-

- Wash and grate the carrots. Soak the raisins in water for 30 minutes. Blanch and shred the nuts.
- Take a Kadhai, add the grated carrots. Cook for 5-7 minutes (for evaporation of extra water of carrot).
- Add the milk. Cook on a low flame till the milk has absorbed, stirring occasionally. Add sugar, mix well and cook till the sugar has dissolved.
- Add ghee and simmer for 2-3 minutes. Add the slightly crushed cardamoms and the raisins. Mix well.
- Remove the gajar halwa from heat and arrange in a serving dish.
- Garnish with almonds and pistachios. Serve cold, hot or at room temperature.

## 5.4 Moong Dal Halwa

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Moong ki Dal	150 gm
Puree Ghee	100 gm
Khoya	100 gm
Sugar	150 gm
Cashew nuts and Raisins	20 -20 each
Cardamom powdered	4 no
Almonds	5 no

### Method of Preparation:-

- Wash the moong dal and soak it in water for 4 to 5 hours.
- Take out the moong dal from water and grind it, without water. Don't grind it extra fine.
- Heat the frying pan and put ghee and heat it. Add moong dal in the frying pan, then stir with the frying spoon, on medium flame. In 15 to 20 minutes.(the properly cooked Moong dal doesn't stick to the frying pan).
- Put khoya in a separate frying pan and cook on low flame. Then mix it in the moong dal.
- Put 100 gm sugar and water in a utensil and heat it. When the water starts boiling cook on low flame, and prepares one strip syrup.
- Mix this syrup in the moong dal, along with cashew nuts and raisins. Now stir this halwa on low flame.
- Take out the halwa in a bowl and garnish it with almonds.

## 5.5 Suji Ka Halwa

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Suji (Semolina)	1 cup
Sugar	1 cup
Pure Ghee	½ cup
Water	2.5 cup
Cashew nuts and Raisins	30 gms

### Method of Preparation:-

- Cook semolina in a dry pan preferably with thick base, cook till light to golden brown.
- Add ghee, cook for few minutes
- Cook for a while.
- Add water, stir consistently, cook till water evaporates and the dish leaves ghee on its sides.
- Add nuts
- Serve hot.

## 6. Kheer

Kheer is a traditional Indian dessert which is made especially with rice or vermicelli and milk. It is a creamy delicately rice pudding can be flavoured with cardamom and nuts. In India Kheer is known by different names such as in South as Payasam, in East as Payesh, and North as Kheer. It may be served during a meal and also consumed alone as dessert.

Kheer is prepared in festivals, temples, and all special occasions. It is an essential dish in many Hindu feasts and celebrations. In India kheer comes from the city Puri (Odisha), about 2,000 years ago. The main ingredients which are used in making kheer are rice, sugar, milk and dry fruits. Although white sugar is most commonly used, but can be prepared by Gur (Jaggery). In India kheer is prepared and eaten on almost every festival. It is considered a holy dessert and used as a part of Bhog/ Prasad. The dish is also consumed at Muslim weddings and prepared on the feasts of Eid-ul-fitr and Eid-ul-adha. Kheer can be favoured with banana, apricot, mango, fig, saffron, and apple. In Haryana kheer is very famous. It is observed that peoples of Haryana are fond of milk and milk products and as we are aware kheer is prepared with milk, which make is more special between them. The people of Haryana like rice kheer especially which is made with gur (Jaggery). Most of the people in Haryana prepare plain kheer i.e. adding rice to milk till done and eat it with shakkar on top (coarsely ground thin jaggery) both hot and cold. However few do prefer with sugar and nuts. Traditionally kheer is prepared in Haryanvi homes on full moon night and no moon night along with other festivals.

## 6.1 Chawal Ki Kheer

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Full cream milk	1 litre
Rice	100 gms
Sugar	150 gms
Almonds	15 no
Pistachio	15 no
Raisins	20 no
Cardamom powder	1/2 tsp.
Crushed saffron	a pinch

### Method of Preparation:-

- Take a heavy bottom pan and grease it with pure ghee, especially the bottom of the pan.
- Add milk and give it a boil.
- Wash rice and add in the boiling milk. Mix properly.
- Cook on medium heat, when it starts boiling, lower the heat and cook till rice get cooked well and become soft.
- Keep stirring in between, and gently mash the rice grains with the ladle while mixing.
- Now add sugar and cook on slow heat.
- Keep stirring the kheer in between to avoid sticking to the bottom.
- Add chopped nuts, saffron and cardamom powder.
- Cook for 5 minutes and serve garnished with chopped pistachio. (can be served both hot and cold)

## 6.2 Kheer With Boora

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Full cream milk	1 litre
Rice	100 gms
Boora (kind of castor sugar)	150 gms
Nuts	As required
Cardamom powder	1/2 tsp
Crushed saffron	a pinch

### Method of Preparation:-

- Take a heavy bottom pan and grease it with pure ghee, especially the bottom of the pan.
- Add milk and give it a boil.
- Wash rice and add in the boiling milk. Mix properly.
- Cook on medium heat, when it starts boiling, lower the heat and cook till rice get cooked well and become soft.
- Keep stirring in between, and gently mash the rice grains with the ladle while mixing.
- Keep stirring the kheer in between to avoid sticking to the bottom.
- Add chopped nuts, saffron and cardamom powder.
- Cook for 5 minutes and sprinkle castor sugar (boora) on top before serving.

## 6.3 Kheer With Shakkar

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Full cream milk	1 litre
Rice	100 gms
Shakkar (coarsely ground fine jaggery)	150 gms

### Method of Preparation:-

- Take a heavy bottom pan and grease it with pure ghee, especially the bottom of the pan.
- Add milk and give it a boil.
- Wash rice and add in the boiling milk. Mix properly.
- Cook on medium heat, when it starts boiling, lower the heat and cook till rice get cooked well and become soft.
- Keep stirring in between, and gently mash the rice grains with the ladle while mixing.
- Keep stirring the kheer in between to avoid sticking to the bottom.
- Cook for 5 minutes and serve garnished with sprinkled shakkar on top.

## 6.4 Sabudana Kheer

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Sabudana (Sago)	2/3 cup
Milk	1 litre
Sugar	150 gms
Sliced pistachios	15 gms
Saffron	few strands

### Method of Preparation:-

- Wash and soak the Sago (Sabudana) in about 1 cup of water for about 30 minutes, Sabudana will soak up most of the water and become light and fluffy.
- Boil the milk in heavy bottom pan, once comes to boil let it boil for about another 8 to 10 minutes making sure stirring occasionally so milk does not burn in bottom of the pan.
- Add the Sabudana cook until it is soft and has become translucent.
- Now add sugar, pistachios and saffron and cook till done. Turn off the heat.
- Served chilled or warm.

## 6.5 Samakia Kheer

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Samak Rice (Indian barnyard millet)	100 gms
Milk	1 litre
Raisins	45 gms
Chopped Cashew Nuts	10 gms
Almonds	10-12 no
Cardamom Powder	2-3 gms
Sugar	150 gms

### Method of Preparation:-

- Take a pan. Add milk and keep the stove on medium flame.
- Add cardamom powder and wait for boil.
- Once the first boil comes, keep the stove on low flame and let the milk cook for about 20 minutes. Take a separate frying pan and fry Samak rice in 1/2 cup of desi ghee for about 2 minutes on medium flame. And drain through sieve.
- Now add rice to milk and Mix well.
- Continuously stir the kheer, to avoid burns and sticking to the pan's bottom.
- After 20 minutes of cooking milk, switch off the stove. Add sugar and mix well.
- Add crushed almonds, cashew nuts, and raisins to kheer. Mix well.
- Samak kheer is ready to serve.

Note : (Indian barnyard millet) commonly known as Samo Rice is a staple diet for some communities in India, these seeds are, in particular, cooked and eaten during religious fasting (willingly abstaining from some types of food / food ingredients). For this reason, these seeds are commonly also referred to as “vrat ke chawal” in Hindi

## 6.6 Sevai Ki Kheer

### *(Joy Ki Kheer)*

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Sevai (vermicelli)	1cup
Milk	1 litre
Sugar	150 gms
Cardamom powder	2-3 gms
Ghee	30 gms
Broken cashew nuts	10-15 no
Saffron	few strands

### Method of Preparation:-

- Take a small bowl & add 3-4 tsp milk in it, then add 4-5 sticks of saffron and keep it aside.
- Heat ghee in a pan, add Sevai in it and shallow fry it on low heat till it becomes slightly golden.(you can even roast sevai on griddle without fat)
- Pour the milk and let the milk boil for 10-12 minutes on low flame.
- Add saffron milk and sugar, cashew nut & again allow it cook on low flame till done.
- Finally add cardamom powder and remove it from fire.

Note : Hand made vermicelli is often boiled in water with ghee and served hot with sugar/jaggery and ghee is many homes in Haryanvi called as Meethe Joy.

## 7. Burfi

Burfi is a sweet confectionary in English FUDGE from the India. The name is derived from the Persian word BARF which means “snow”, since Burfi is similar to ice/snow in appearance. Historians believe that it originated in Persia and was introduced to India and Pakistan during the Mughal- Empire in the 16th century.

Plain Burfi is made with condensed milk and sugar cooked until it solidifies. The many varieties of Burfi include besan Burfi (made with gram flour),

Burfi is often flavored with fruit (such as mango or coconut) or nuts (such as cashew and pistachio) and spices such as cardamom or rose water. They are sometimes coated with a thin layer of edible metallic leaf known as varak. They are typically cut into square, diamond, or round shapes. Different types of Burfi vary in their color and texture. Sometimes made into 2-3 tiers of different flavours and colours. This is the traditional way of making Burfi.

## 7.1 Besan Ki Burfi

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Garam flour	250 gms
Sugar	150 gms
Pure ghee	250 gms
Milk	15 ml
Cashew nuts	15 ml
Pistachios	10-15 no.
Green Cardamom	4 no

### Method of Preparation:-

- Take gram flour (besan) in a plate. Add milk and 2 tbsp ghee. Mix all the ingredients with hands and strain the mixture in a steel sieve to get fine granules of besan. After making even granules of besan, the taste of Barfi increases many times.
- Cut one cashew nuts in 6-8 pieces. Thinly slice the pistachio. Prepare fine powder of cardamom after grinding it.
- In a pan, heat ghee. Add the besan in ghee and continuously stir the mixture until you get good aroma out of it or till it gets light brown colour or the ghee starts separating from the mixture. Take the roasted besan out in a plate.
- Add sugar and ½ cup water in a pan. Cook sugar until it melts. Take little amount of sugar in a plate and check whether it has two thread consistency or not.
- Add besan in the sugar syrup and cook for 1-2 minutes. Add cashew nuts and cardamom powder as well. Check whether it has thick consistency or not.
- Grease any plate or tray with ghee. Pour the besan mixture and spread it evenly on the plate. Sprinkle pistachios on the surface of the Burfi. Press them slightly so that they get set in the mixture. Keep the Burfi for freezing for 1-2 hours.



## 7.2 Gajar Ki Burfi

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Carrots (Gajar)	250 gms
Granulated Sugar	150 gms
Ghee	50-60 ml
Khoya	125 gms
Nuts	10-15 no

### Method of Preparation:-

- In a karahi heat carrots till its water evaporate.
- Add sugar, 1 tablespoon butter, khoya, cardamom and freshly grated nutmeg and mix well with the carrot.
- Cook, stirring constantly, until the carrot mixture is quite thick like soft cookie dough.
- Add more butter if desired. Remove from the heat and add the remaining ingredients. Stir to mix thoroughly.
- Lightly grease an 8-inch round baking pan (or stainless steel tray) and pour carrot-mixture into the baking pan and spread the mixture evenly using a heatproof metal spatula.
- Sprinkle thinly sliced nuts of choice on top if desired. Let it cool completely before cutting. Cut into diamond shapes to serve.

## 7.3 Gole Ki Burfi /

## Nariyal Burfi

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Khoya	250 gms
Coconut (dry and ground)	125 gms
Cardamom seeds (ground)	15 gms
Ghee	15 gms
Sugar	150 gms
Water	50-60 ml
Nuts	10-15 each

### Method of Preparation:-

- Mix khoya and coconut and fry them lightly with ghee on a low heat.
- Prepare one-string syrup by dissolving sugar in the water.
- Now stir the coconut mixture into the syrup.
- Grease the plate and spread the grated nuts on it.
- Spread the prepared evenly over the plate and allow it to cool.
- Cut it into desired shapes with knife.
- Turn them over so that nuts covered part appears on the top.
- Coconut (Nariyal ki burfi) is ready to be served.

## 7.4 Khoya Burfi

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Khoya	400 gms
Sugar	200 gms
Pistachio	10-12 no
Water	100-125 ml
Silver varak	1 leaf

### Method of Preparation:-

- Mash or grate Khoya. Cook it in a heated Kadhai or kadhai, until it becomes pinkish in colour and comes off the edges of the pan. Keep aside in a metal or heat proof bowl.
- Bring water to boil add sugar and stir to dissolve. Boil briskly until 3 wire consistencies are obtained
- Pour over the Khoya, mix quickly and turn out on to the greased tray.
- Spread with a spatula, to approximately 2 cm. thickness. Even out with wetted fingers (to stop sticking).
- Sprinkle pistachio/almonds, if used, and press gently into the khoya
- Put silver sheets on top gently, covering most of the surface. These come with a paper backing. You simply place each sheet on the burfi, silver side down and peel off the paper.
- Cut burfies in diamond or square shapes when cool and store in an airtight box.

## 7.5 Moong Dal Ki Burfi

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Moong dal	250 gms
Khoya	125 gms
Sugar	150 gms
Nuts	10-15 no
Saffron	few strands

### Method of Preparation:-

- Clean and soak the dal in water for a couple of hours.
- Drain out the water and grind to a paste.
- Put 1 & 1/2 cups water in sugar and prepare syrup of one-third consistency.
- Remove from fire and keep it warm.
- Put 4 tbsp. ghee in a vessel and heat it then put in the dal
- Keep on stirring it till the dal turns a nice golden colour.
- Put in the Khoya and mix till smooth.
- Add the syrup and nuts and 1 tsp. cardamom powder.
- Cook till the mixture turns thick and leaves the sides of the vessel.
- Put in the essence and remove from fire.
- Put in a greased thali, level the surface and cover with foil.
- Cut into any shapes you like when cold.
- Store in airtight box.

## 7.6 Suji Ki Burfi

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Semolina ( <i>Suji</i> )	250 gms
Sugar	150 gms
Pure ghee	250 gms
Nuts	10-15 each
Saffron	few strings
Silver varak	1-2 leaf

### Method of Preparation:-

- Heat ghee in a heavy bottomed pan.
- Fry the almonds and raisins in it until lightly browned.
- Remove from ghee.
- Keep aside.
- Add semolina to the ghee.
- Fry till it turns lightly golden in colour.
- Add the soaked saffron and 4 cups of water.
- Stir continuously. Lower the flame, keep stirring, until all the water is absorbed.
- Add the milk and stir until you see a little ghee come up on the sides of the pan.
- Add the fried almonds and raisins now.
- Mix well and remove from heat.
- Spread the mixture onto a flat, greased (with ghee) plate.
- Cut into shapes of Burfi.

## 8. Churma

Churma is a popular delicacy in Haryana and Rajasthan. However the Rajasthani Churma is usually served with baatis and dal. It is coarsely ground wheat crushed and cooked with ghee and sugar. Traditionally it is made by mashing up Bajri (Pearl Millets) or wheat flour baatis or rotis in ghee and jaggery. It is usually rich in calories. Most of the houses in Haryana consume Churmas prepared from Rotis (Chapatis), Parantha's and even Poori. It is consumed both in sweet as well as salted form at times even a combo of both. Pindi's of Churma are prepared (Oval shaped balls) served with Ghee, Castor Sugar or Jaggery or often with Shakkar (Coarsely Ground Fine Jaggery)

## 8.1 Churma (Bajre Ki Roti Ka)

INGREDIENTS	QUANTITY
Pearl Millets (Bajre) ka Atta (Flour)	250 gms
Pure ghee	150 gms
Sugar	150 gms
Nuts	10-15 each

### Method of Preparation:-

- Prepare Bajra roti with ghee.
- Now grind the roti or mash with hands.
- Take a Kadhai add half cup of ghee and heat it for sometimes. Add mashed Churma and sauté for sometime.
- Remove from the flame. Add sugar and nuts.
- Churma is ready to serve.

**Note : Hand Made Oval Shaped balls are prepared of Churma and served.**

## 8.2 Churma (Cheeni Ka)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Wheat flour	250gms
Semolina	100gms
Pure ghee	150gms
Sugar	150gms
Nuts	10-15each

### Method of Preparation:-

- Make tough dough with semolina, wheat flour and pure ghee.
- Keep it for half an hour and prepare equal quantity of balls.
- Heat ghee in a Kadhai. Add balls and deep fry.
- Now grind the fried balls or can mash with the hands.
- Take a Kadhai add half cup of ghee and heat it for sometimes. Add mashed Churma and sauté for sometime.
- Remove from the flame. Add sugar, and rest of ingredients.
- Churma is ready to serve.

### 8.3 Churma (Gur Ka)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Wheat flour	250 gms
Semolina	100 gms
Pure ghee	150 gms
Jaggery	150 gms
Nuts	10-15 each

#### Method of Preparation:-

- Make tough dough with semolina, wheat flour and pure ghee.
- Keep it for half an hour and prepare equal quantity of balls.
- Make Chapatis.
- Now grind the Chapatis or mash with the hands.
- Add Coarsly ground Jaggery and rest of ingredients and mix with ghee.
- Churma is ready to serve.

### 8.4 Churma (Pranthe Ka)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Wheat flour	250 gms
Pure ghee	150 gms
Sugar	150 gms
Nuts	10-15 each
Cardamom powdered	5 gms

#### Method of Preparation:-

- Make dough with wheat flour and water.
- Keep it for half an hour and prepare equal quantity of balls.
- Prepare Pranthas.
- Now grind the Prantha or mash with the hands.
- Take a Kadhai add half cup of ghee and heat it for sometime. Add mashed Churma and sauté for sometime.
- Remove from the flame. Add sugar and rest of ingredients.
- Churma is ready to serve.

## 8.5 Churma (Poori Ka)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Wheat flour	250 gms
Semolina	100 gms
Pure ghee	150 gms
Sugar	150 gms
Nuts	10-15 each

### Method of Preparation:-

- Make tough dough with semolina, wheat flour and pure ghee.
- Keep it for half an hour and prepare equal quantity of balls, and roll out in small roti shape.
- Heat ghee in a Kadhai. Add poori and deep fry.
- Now grind the fried Poori or mash with the hands.
- Take a Kadhai add half cup of ghee and heat it for sometimes. Add mashed Churma and sauté for sometime.
- Remove from the flame. Add sugar and rest of ingredients.
- Churma is ready to serve.

## 8.6 Churma (Shakkar Ka)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Wheat flour	250 gms
Pure ghee	150 gms
Shakkar (Coarsly ground Jaggery)	150 gms
Nuts	10-15 each

### Method of Preparation:-

- Make soft dough with wheat flour.
- Keep it for half an hour and prepare equal quantity of balls.
- Prepare Chapati/ Roti
- Now grind the Chapati or mash with the hands add ghee and shakkar
- Make oval shaped balls and Churma is ready to serve.

## 8.7 Choco Churma (Chocolate Ka)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Wheat flour	250 gms
Pure ghee	150 gms
Chocolate	150 gms
Sugar	100 gms
Nuts	10-15 each

### Method of Preparation:-

- Make soft dough with wheat flour.
- Keep it for half an hour and prepare equal quantity of balls.
- Prepare Chapati/ Roti
- Now grind the Chapati or mash with the hands add sugar, nuts, ghee and grated chocolate
- Make oval shaped balls and Churma is ready to serve.

\* - Chef's Special : Popularly enjoyed by children ☺

## 9. Other Sweets

In addition to previously discussed sweets there are varieties of other sweets prepared and consumed in homes of Haryana. It includes:

- Balu Shahi
- Ghee Bura
- Gud Chawal
- *Guldana*
- Gulgule
- Jalebi & Jaleba
- Kasar with Gur and Ghee
- Kasar with Boora and Ghee
- Kheer lapsi
- Khees
- Khurme
- Lapsi – Cheeni ki
- Lapsi – Gud Ki
- Meethi Ghee Bura Sewai
- Meethi Suwali
- Puda Chini Ka
- Puda Gur Ka
- Puda – Sahad Ka
- Seera
- Shakkar Pare

## 9.1 Balu Shahi

INGREDIENTS	QUANTITY
Flour (Maida)	250 gms
Baking soda	1-2 gms
Baking powder	2 gms
Ghee	150 ml
Dahi	1/4 cup
<b>For sugar syrup</b>	
Sugar	250 gms
Water	50-60 ml
Crushed cardamom	4 no

### Method of Preparation:-

- In a sauce pan add water, sugar, and cardamom over medium heat, bring it to a boil. Let it simmer until syrup is almost to one thread. Set aside.
- In a bowl mix the flour, baking soda and baking powder.
- Add butter mix with your fingers, mixture should be crumby.
- Add the yogurt slowly as needed making into soft dough. Do not knead the dough.
- Cover the dough and let it sit for about half an hour.
- Take the dough and knead just enough to hold it together.
- Divide the dough into 12 equal parts.
- Make the dough balls, Balls will not be very smooth and

will have cracks all around; make a deep dent in the centre of the balls.

- Heat the oil in a flat frying pan over low heat.
- The frying pan should have about 1 ½ inch of oil. To check if oil is ready put a little piece of dough in the oil. It should make oil lightly sizzle, if dough float oil is too hot.
- Place the Balushahi in the frying pan don't overcrowd as Balushahi will expand to about 1-1/2 time and they should not overlap.
- It should take about 2 minutes before Balushahi will come up. Wait another 3-4 minutes before turning over Balushahi should be light brown from bottom. Fry the Balushahi until they are golden brown from both sides; do not turn more than three times. This should take about 10 minutes. Balushahi will look very flaky if the Balushahi are fried on high heat, they will not be cooked inside.
- Take them out over layered of paper towel so it can absorb the extra oil.
- Dip Balushahi in the syrup all around and remove them. Don't leave them in syrup.
- Mouth-watering Balushahi are ready.



## 9.2 Ghee Bura

INGREDIENTS	QUANTITY
Ghee	75 gms
Bura	100 gms

### **Method of Preparation:-**

- Take Bura in a bowl.
- Add hot ghee on top of it.
- Relished well both with Chapattis as well as Plain Boiled Rice

## 9.3 Gur Chawla

INGREDIENTS	QUANTITY
Basmati rice	200 gms
Ghee	100 gms
Jaggery	200 gms
Nuts	10-15 each

### **Method of Preparation:-**

- Heat ghee and lightly fry the nuts.
- Add rice to it and water in proportion.
- Add roughly crushed jaggery and bring to a boil.
- Lower the heat, cover and let it cook till the rice is just done.
- Lightly flick the rice so that the grains are separated.
- Garnish with the fried nuts. Serve warm.
- Even tastes good when accompanied with milk.

## 9.4 Guldana

(SERVING 4 PORTION)

Ingredients	Quantity
Gram flour	250 gms
Sugar	150 gms
Milk	50 ml
Edible colours (Assorted)	a dash
Pure ghee	for deep fry

### Method of Preparation:-

- Cook sugar with three cups of water to make syrup of one thread consistency. Add milk and when the scum rises to the top, remove it. Add colour as desired and keep the syrup aside.
- Make a thin batter of besan and edible colour with three cups of water (pouring consistency).
- Add colour as desired. Heat sufficient ghee in a kadhai. Hold a perforated spoon over the hot ghee, pour a little batter over it and pass the batter through it fast into the kadhai to make large sized bundis. (puffed balls of gram batter)
- Fry for about two to three minutes. Remove the large sized Bundis using a slotted spoon, drain thoroughly and put into water remove from water, squeeze excess of water and add the Bundis to the syrup. When the Bundis have absorbed all the syrup and mix them gently.
- Serve Hot/ Normal.

## 9.5 Gulgule

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Gur (Jaggery)	150 gms
Water	as requirement
Atta	250 gms
Desi ghee	15 gms
Oil	for deep frying

### Method of Preparation:-

- In a bowl, add grated jaggery and warm water. Make sure the water just covers the Jaggery. Once it has softened, mix it till it's a smooth non lumpy paste.
- In another bowl, add Atta and Desi ghee. Mix well and add the Jaggery water to make a semi solid batter.
- Now, prep to deep fry. Heat oil in a kadhai for frying. The Gulgule must cook through and through.
- With a wet hand, take a golf ball sized batter from the bowl. Shape it into a cylinder and drop it into the oil from the side of the kadhai. Just like Pakoras. They will float to the surface.
- Stir gently. Cook until the Gugule turn golden brown.

## 9.6 Jalebi

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
<b>For jalebi batter:</b>	
Refined flour	150 gms
Gram flour (besan)	5 gms
Curd	20 gms
Oil	2-3 ml
Sugar	5 gms
Lukewarm water	as needed
<b>For sugar syrup:</b>	
Sugar	150 ml
Water	1/2 cup
Cardamom powder	a pinch
Saffron	few strands
Lemon juice	5 ml
Ghee	to fry

### Method of Preparation:-

#### To prepare batter:

- Mix the flour, besan (gram flour), oil, curd and sugar together.
- Mix well, making sure that there are no lumps and the batter is smooth.

- Set the batter aside and let it sit in a warm place for 4-6 hours.
- Make sure the batter is fermented, but do not over ferment. After fermenting batter will be little lacy.

#### To prepare syrup:

- Boil sugar and water together. Add the lemon juice and saffron and close the heat. Prepare Two String Sugar Syrup.

#### For Making Jalebis:

- Heat the oil in a flat frying pan. To check if the oil is ready, put on drop of batter in the oil, the batter should sizzle and come up without changing in color right away.
- Fill the Jalebi batter into a piping bag with a number 3 nozzle. You can also use an empty bottle (i.e. empty ketchup or mustard bottle).
- Squeeze the Jalebi batter out in the hot oil in a pretzel shape to about 2 inches in diameter.
- Fry the Jalebi until golden-brown on both sides.
- Transfer into the warm syrup.
- Let jalebi soak in the hot syrup for a few seconds and take out.
- Serve hot.

*Note: Jalebaa: The large sized Jalebi are commonly known as Jalebaas each weighing approx 500 gms each are quite popular in some parts of Haryana*

## 9.7 Kasar with Gur and Ghee

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Atta (wheat flour)	250 gms
Pure ghee	150 gms
Gur (Jaggery)	150 gms

### Method of Preparation:-

- Roasted atta in kadhai till medium brown.
- Add malted ghee and crushed jaggery.
- Mix well and make smooth texture.

## 9.8 Kasar with Boora and Ghee

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Atta (wheat flour)	250 gms
Pure ghee	150 gms
Boora (kind of caster sugar)	150 gms

### Method of Preparation:-

- Roast atta in kadahi for till medium brown.
- Remove from heat.
- Add malted ghee and boora
- Mix well and serve.

## 9.9 Kheer Lapsi

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Atta	100 gms
Pure Ghee	100 gm
Water	250 – 300 ml
Sugar	150 gm

### Method of Preparation:-

- Heat Whole wheat flour in a pan till medium brown.
- Add sugar and Ghee.
- Add water carefully and stir continuously to avoid lumps.
- Lower the flame and cook till done.
- The lapsi remains at pouring consistency and is served Hot smeared with Ghee on Top.
- Often enjoyed with Kheer in villages by people. (Please refer to 6.1 for Kheer recipe)

## 9.10 Khees

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Milk	1 ltr
Sugar	125 gms
Pure ghee	15 gms

### Method of Preparation:-

- Take fresh milk of cow/buffalo who has recently delivered a baby.
- Heat on low flame and stir continuously in a Kadhai.
- When the consistency starts becoming thick. Remove from the heat. Extract the water out and keep the khees.
- Now add pure ghee and sugar.
- Serve cold/hot.

**Khees:** - The dish is prepared with the first milk after the delivery. The milk has its own flavouring, people of Haryana love this dish like anything. And the khees can be prepared for one to two time's milk. Later on the next milk is used for **CHELARA**.

## 9.11 *Khurma*

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Maida (flour)	250gms
Oil	for deep frying
Cardamom powder	2-3gms
Sugar	200gms

### **Method of Preparation:-**

- In a big bowl, mix Maida and 4 tbsp oil make medium consistency dough with warm water. Cover and leave the dough for 10 minutes.
- Now smooth the dough and divide in 4 parts. Smooth each part in a round ball shape.
- Take one ball of dough, cover the other three, and keep aside.
- Roll out the first dough ball in ½” thick disc. With a sharp knife cut it in small diamond shape pieces. Similarly roll each dough ball one by one and cut out the diamond shape.
- Now heat oil for deep-frying in a kadhai.
- When fully hot bring the flame to medium. Add a hand full of diamond shape dough and fry on medium to low heat till crisp and golden. Take out and keep aside. Do not fry on high heat. Similarly fry all and keep aside.
- Now in a deep pot add sugar and 1 cup water and Elachi (cardamom) powder.

- Make thick sugar syrup of it. When a drop of syrup dropped in a cup of water starts to thicken immediately, take the pot off the heat.
- Add all the fried diamond shape balls and keep turning with a spoon to coat all the pieces with sugar nicely. While doing this the syrup will start drying so mix the fried pieces quickly.
- When completely dry take out in a bowl, cool and store in an airtight container.

## 9.12 Lapsi (Cheeni Ki)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Atta	100 gms
Pure Ghee	100 gm
Water	250 – 300 ml
Sugar	150 gm

### Method of Preparation:-

- Heat Whole wheat flour in a pan till medium brown.
- Add sugar and Ghee.
- Add water carefully and stir continuously to avoid lumps.
- Lower the flame and cook till done.
- The lapsi remains at pouring consistency and is served hot.

## 9.13 Lapsi (Gur Ki)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Atta	100 gms
Pure Ghee	100 gm
Water	250 – 300 ml
Jaggery	250 gm

### Method of Preparation:-

- Heat Whole wheat flour in a pan till medium brown.
- Add jaggery and Ghee.
- Add water carefully and stir continuously to avoid lumps.
- Lower the flame and cook till done.
- The lapsi remains at pouring consistency and is served hot.

## 9.14 Meethi Ghee Bura-Sewai

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Wheat flour	200 gms
Pure ghee	100 gms
Boora/shakkar	150 gms
Water	500 gm

### Method of Preparation:-

- Make a dough and make sewai with help of hand/ Machine.
- Put sewai sunlight place for dry.
- Roast sewai in kadhai and keep a side.
- Boiled water add ghee and sewai.
- When sewai cooked. Then strain it
- On top Sprinkle boora/ shakkar and garnish with ghee on top.

\* Hand Made Vermicelli is commonly called as sewai by people at Haryana.

## 9.15 Meethi Suwali

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Whole Wheat Flour	200 gms
Pure ghee	200 gms
Jaggery	75 gms
Ajwain (Carom Seeds)	10 gms

### Method of Preparation:-

- Take 3 cups of water in a pan and heat till the first boil.
- Put Jaggery and let it melt and mix with water.
- Make a hard dough with flour, Ajwain and jaggery water and add two tea spoons of ghee in while making dough.
- Make small sized about 3 inch diameter and point 5 cm thick round shaped chapattis.
- Take a kadhai, pour ghee in kadhai.
- Deep Fry suwalis and store in air tight container.



## 9.16 Puda (Chini Ka)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Wheat flour	200 gms
Pure ghee	for shallow frying
Sugar	2 cup

### Method of Preparation:-

- Make semi-liquid mixture with wheat flour and sugar.
- Heat ghee on a flat pan.
- Pour a ladle full of mixture in the form of pancake.
- Cook on medium heat. Turn it over when it starts to colour slightly. When both sides are done, drain and served.
- Tastes well if served with Mango Pickle.

## 9.17 Puda (Gur Ka)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Wheat flour	200 gms
Pure ghee	for shallow frying
Jaggery (Gur)	200 gms

### Method of Preparation:-

- Take one cup water in a pan, add jaggery and remove from heat once mixed well.
- Make semi-liquid mixture with wheat flour and above jaggery solution.
- Heat ghee on a flat pan.
- Pour a ladle full of mixture in the form of pancake.
- Cook on medium heat. Turn it over when it starts to colour slightly. When both sides are done, drain and served.
- Tastes well if served with Mango Pickle.

## 9.18 Puda (Sahad Ka)

(SERVING 4 PORTION)

INGREDIENTS	QUANTITY
Wheat flour	200 gms
Pure ghee	for shallow frying
Sugar	100 gms

### Method of Preparation:-

- Make semi-liquid mixture with wheat flour and sugar.
- Heat ghee on a flat pan.
- Pour a ladle full of mixture in the form of pancake.
- Cook on medium heat. Turn it over when it starts to colour slightly. When both sides are done, drain and served.
- Smear with Honey on Top.
- Tastes well if served with Mango Pickle.

## 9.19 Seera

INGREDIENTS	QUANTITY
Atta (wheat flour)	250 gms
Jaggery	250 gms
Water	500 gms
Ghee	50 gms

### Method of Preparation:-

- Make liquid mixture with wheat flour, crushed jaggery and water.
- All mixer put in clay utensil and Cook on medium heat.
- When it start boiling then cook on slow heat.
- Mix well with a laddle during the cooking time.

## 9.20 Shakark Pare

INGREDIENTS	QUANTITY
Refined flour	250 gms
Refined oil	for fry
Water	100
Ghee	50 gms
Ajwain (Carom Seeds)	5 gm
Salt	10 gm

### Method of Preparation:-

- Take refined flour, ghee, salt, ajwain and water.
- Make hard dough and put it for 10 minutes and cover with damp cloth.
- Roll the with help of rolling pen and cut in strip.
- Deep fry the strip Cook on medium heat.

## 9.21 Ghevar

INGREDIENTS	QUANTITY
Refined flour (Maida)	250 gm
Pure ghee	50 gm
Sugar	400gm
Water	100 ml
Milk	50 gm
Ghee/oil	to fry ghevar

### Method of Preparation:-

- Combine the sugar and water in a pan and simmer till it reaches a 1 string consistency.
- Remove from the heat and keep warm. Combine the flour and melted ghee in a bowl.
- Add water in a thin stream, whisking continuously but at no point should the ghee and water separate.
- The batter should be of a coating consistency. Keep the batter in a cool place away from the heat.
- Place the ghevar mould in a kadhai and pour melted ghee in it till it reaches 3/4 of the height of the mould.
- Heat the ghee on a medium flame and put in one spoonful of the batter into the mould in a thin stream. The batter should settle in the mould.
- When the froth subsides, pour in another spoonful in the centre in a thin stream.
- Increase the flame and allow it to cook in the centre by pouring ladlefuls of hot ghee in the centre of the mould 2 or 3 times.
- When the centre is firm and cooked then Deep in sugar syrup and serve at room temp.

Note :- Alternatively, you can use a large mould to get fewer ghevar in which case the cooking time will increase. Rabdi or mava also use on top the ghevar.

### ***About Author:***



**Dr. Ashish Dahiya** – is Associate Professor in Institute of Hotel & Tourism Management, Maharshi Dayanand University Rohtak. He has served as a Reader in Hotel & Tourism Management at HNB Garhwal Central University Uttarakhand and has been Founder Member of Department of Hotel Management & Catering Technology, Birla Institute of Technology, Mesra Ranchi India & UAE Campus. He has four books to his credit. He is the Founder Editor of Journal of Hospitality Application and Research, Managing Editor of Journal of Tourism – An International Journal and Associate Editor of International Journal of Hospitality & Tourism Systems. Having his Ph.D in Tourism & Hotel Management, he is Gold Medalist in M.Sc – Hotel Management as well as Post Graduate Diploma in Tourism & Hotel Management. He is also Master’s in Tourism Management. He has been an alumnus of National Council of Hotel Management – Pusa, New Delhi and has attended FDP at Indian Institute of Management Kozhikode. He has organized twenty seminars and conferences, various workshops, FDP’s and serves on International Board of Various Journals of Hospitality & Tourism in Malaysia, Australia, USA, Africa & India. He is a frequent figure in Seminars and Conferences and has many research papers to his credit. He has been associated with Oberoi Hotels & Resorts, Taj Hotels Palaces & Resorts, Indian Tourism Development Corporation and The Lalit Group of hotels in Industry. He can be contacted on [drashishdahiya@gmail.com](mailto:drashishdahiya@gmail.com) or [facebook.com/drashishdahiya](https://www.facebook.com/drashishdahiya)

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**Students of IHTM-MDU Hosting Traditional Haryanvi Theme at university campus (2013)**

