

**REPORT OF MONTHLY ACTIVITY**  
**UNDER EK BHARAT SHRESHTHA BHARAT ACTIVITIES**  
**INSTITUTE OF HOTEL MANAGEMENT, CHENNAI**  
**DURING JUNE 2023**

**JUNE 2023**

| Sr. No. | Activities by India Tourism Offices / CIHMs / IITM | Month of Activity | Activity  | Details of the Activity  | Paired States involved  | No. of Participants / Attendees   | Any other relevant information  |
|---------|--|-------------------|---|--|---|---|---|
| 1.      | IHM CHENNAI-600 113<br>TAMIL NADU                  | JUNE<br>27.06.23  | <b>Booklet on “Kashmiri Cuisine”</b><br><br><b>LINK TO ACCESS:</b><br><a href="https://drive.google.com/file/d/1HldAmckfi8cr5yzugUk1zsRuW6kERggj/view?usp=sharing">https://drive.google.com/file/d/1HldAmckfi8cr5yzugUk1zsRuW6kERggj/view?usp=sharing</a> | <p>1.As per the guidelines issued by the Ministry, a special booklet was conceptualised on “Kashmiri Cuisine”,</p> <p>2.10 Students from FY BSc.H&amp;HA were selected for making the booklet</p> <p>3.A brief note on EBSB and its importance was shared with the select students.</p> <p>4. Students were given subtopics to do their research on. The Topics given were:</p> <ul style="list-style-type: none"> <li>• Kashmiri Muslim food</li> <li>• Kashmiri pandit food</li> <li>• Ladhaki cuisine</li> <li>• Spices</li> <li>• Fruits and Nuts</li> <li>• Meats and veggies</li> <li>• Traditional Cooking methods</li> <li>• Traditional Equipment</li> <li>• Kashmiri wazwan</li> <li>• Traditional reciepies</li> </ul> <p>5. The young minds had their presentation skills sharpened as they wrote capters on their respective topics.</p> <p>6.The Nodal officer compiled the chapters and designed the booklet.</p> | <b>IHM CHENNAI (Tamil Nadu) AND IHM SRINAGAR (Jammu-Kashmir &amp; Ladakh)</b> | 10 students wrote a chapter each and the entire students of the Institute received the e-copy of the booklet which comes to 1000 students | <p><b>Coordinators:</b><br/>Mrs. R. Parimala, Principal i/c<br/>Dr. J. Eugene, Lecturer, IHM Chennai.<br/>Mr. Vishesh Anna Joshi, Lecturer, IHM Chennai.</p> <p><b>Annexure:</b><br/><b>1. Sample Pictures from the booklet</b><br/><b>2. PDF copy of the booklet</b></p> <p><b>This informative booklet was circulated to other Govt., Private IHMs and many other colleges offering Tourism and Hospitality Management courses.</b></p> |

Contd./-.2..



Under the aegis of  
Ek Bharat Shreshtha Bharat



PRESENTS, BOOKLET ON

## Kashmiri Cuisine ...



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### CHAPTER FIVE

09

## Fruits and Nuts

By Anushka Rane

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The Kashmir is considered as the heaven on earth. And it is also famous for temperate type of fruits. The Jammu & Kashmir experience temperate climate. The temperate climate in this area make the region unique and which helps them to produce high quality of fruits and nuts like APPLE, PLUM, CHERRIES, ALMOND, APRICOT, WALNUT etc.

#### FRUITS FOUND IN JAMMU AND KASHMIR

In this temperate climate of Kashmir, we mostly find two types of fruit DRUPS type of fruits which is also called STONE FRUIT and POME FRUIT. The DRUPS are fuzzy and smooth. The pit is actually a large seed and the stone fruit can be either clingstone or freestone. And the POMES are the fruit that have a core of several small seeds surrounded by the tough membrane. Both the types of fruit belong to ROSACEAE FAMILY. The ROSACEAE FAMILY fruits normally suits temperate climate therefore we mostly find them in Jammu & Kashmir.

#### APPLE

The apple is considered as the backbone of Kashmir. It constitutes about 60% of Kashmir income. It is on high demand in both domestic as well as in international market. It belongs to poem family. These apple bluish red and smooth skin, apple which is rich in term if quality and taste. The Kashmir apple have good source of vitamin C and full of fibre.

There are several varieties of apple we found in Kashmir:

DELICIOUS, KALU DELICIOUS, KINOR, GOLDEN, JONTON, MAHARAJA, AMERICAN, AMBERI [Properly known as 'king of fruit'. Only originate in Kashmir], BALGARIA, TERL, STRAWBERRY

The Jammu and Kashmir strawberries are tasty and refreshing and their texture is juicy. In the outskirts of Srinagar there is a little know area for growing the succulent fruit. A village name GASSU in Kashmir known as strawberry village, the harvesting season of it is in May. Nearly 350-375metric ton of strawberries comes from Kashmir every year. Here strawberry has emerged as a cash crop many vegetables farmers have switch to strawberry cultivation.



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## SHEERMAL (Flavoured Sweet Bread)

22

1 kg flour  
½ tsp salt  
125 gm sugar  
2 cups milk  
1 tbsop sonf (slightly crushed)  
25 gm kishmish  
200 gm khoya  
2 tbsop khameer  
a pinch of zafran  
1 tsp khus-khus

Mix the salt with the flour, and sieve. Add sugar to the milk and set aside. In a large pan, put in the flour and add sonf and kishmish.

Now mix the khoya and flour together and rub them well with your fingers. When this is done, put the mixture into a bowl, and make a hole in the centre. Pour the sweetened milk and yeast into the depression, mix the flour gradually and knead well for about fifteen minutes. If the dough feels stiff, add a little lukewarm water and knead again. Cover with a damp cloth and keep in a warm place till the dough rises. (This preparation should preferably be made at night, so that by the next morning the dough has risen satisfactorily.)

Take eight circular or oval baking tins, at least nine inches in diameter and grease them with a little cooking oil. Divide the dough into eight equal balls and flatten each ball in the greased tins. Smear the surface with the ground zafran and khus-khus. This should be done a few hours before baking.

Put the tins into a moderately hot oven and bake for about fifteen minutes or till the surface turns light brown.  
Serves : 20-25

