## Demonstration of Tamil Nadu Cuisine

**Ek Bharat Shreshta Bharat**

**During (December 2019)**

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<th>CIHM Chennai</th>
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<td>Demonstration of Tamil Nadu Cuisine</td>
<td>December, 2019</td>
<td>Ek Bharat Shreshta Bharat</td>
<td>CIHM Chennai (150 students - 2 session)</td>
<td>The students were benefited from the session and requested for the same kind of sessions on various cuisines of India in future as well. Principal faculty In-charge and Chef interacted with the students and made them understand how important it is know about the culture and cuisines of our country.</td>
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The Chef delivered a detailed lecture on the cuisine and cleared the doubts asked by the students about the cuisine, in doubt clearing session which happened at the end of the theory session.

The session started with the introduction of the Tamil Nadu cuisine, the reasons behind the popularity of the cuisine, the ingredients and equipments used in preparation of the cuisine.

The students were also made aware about the cross cultural programmes taken up by the Government of India under “EK BHARAT SHRESHTA BHARAT” programme. Students were also given a brief about the activities happening under the said programme.

Seeing the passion and the interest of the students for learning the new cuisine, the chef involved the students in preparation of some popular recipes of Tamil Nadu cuisine.

(Menu enclosed)
The list of recipes demonstrated by the Chef at the event is as under:

Milagu Rasam
Various types of Dosa's
   Idli
   Sambhar
   Upma
   Uthapam
Kola Urundai (minced meat fried kababs)
Kozhi Varotha (chicken chettinard)
Beans Usili
Thengai Pal Sadham (coconut milk rice)
Kothu Parota (egg and parantha)
Pal khozhokattai (rice and jiggery dessert)
Pal Puri
Coconut Chutney
Typical South Indian Tomato Chutney