

Sr. No	Activities by the Institute	Month of Activity	Proposed Activity	Details of the Activity	Paired States involved	No. of Participants / Attendees	Any other relevant information
1	Institute of Hotel Management Pusa , New Delhi	September 2021	The recipe video, to be presented giving an insight about the local Sikkim Cuisine	<p>As a part of Ek Bharat Shresth Bharat initiative, a showcase of Sel Roti – A Sikkim cuisine dessert was presented on 29th September 2021. The online demonstration of Sel Roti was given by Chef Aman to the students of IHM Pusa for increasing the awareness of the students towards popular dishes in Sikkim Cuisine Sel Roti is a crispy snack that is popularly made during the Tihar festival.</p> <p>The video was later launched on the social media page of IHM Pusa Bakeshop to increase awareness among general public and encouraging all to prepare the dish.</p>	NO	TOTAL 619 122 Students and 497 vies when the video was put on social media for all the followers of page.	Link was posted on “ihmpusabakeshop” Page.




Sikkim cuisine chef prepared Sel Roti. on 29th September 2021.



The Sikkim cuisine dessert - Sel Roti popularly made during the Tihar festival.

SEL ROTI



Preparation Time : 2 Days

Portion Size : 4 (8-10 Nos.)

Nutritive Value			
Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
652	12	99	23


DESCRIPTION

Usually eaten with a potato curry or some non-vegetarian dish, Sel Roti is popular preparation during Nepalese festivals and relished in Sikkimese cuisine as well. It isn't usually available in the restaurants. It is prepared using a well-fermented rice batter, which is deep fried to form a spongy, ring-shaped, pretzel-like product.

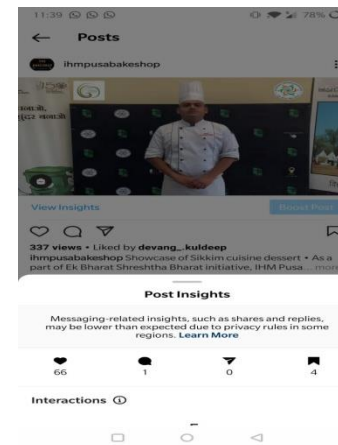
INGREDIENTS		
S.No.	Items	Quantity
1.	Rice	1 kg
2.	Wheat Flour	250 g
3.	Milk	500 ml
4.	Sugar	200 g
5.	Ghee	100 g
6.	Oil	for frying

METHOD

- Wash the rice and soak it overnight. Strain the water and powder the soaked rice to a fine texture.
- Make a batter using milk and 300 ml of water to the rice flour. Add ghee, sugar and a few spices (optional) to the batter. Then allow the mixture to ferment. The time ranges from approximately four hours in the summers to twenty-four hours during the winters.
- Knock back the raised batter and deposit pipe it as continuous rings onto hot edible oil till they turn gold/brown.
- Serve the Sel Roti, staple confectionery bread, with Shimli ko Achaar and Mutton Curry.



The recipe of Sikkim cuisine dessert - Sel Roti which was prepared on 29th September 2021.



Instagram page - "ihmpusabakeshop"