

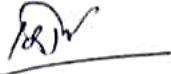
Ayurved Seva Sangh
Ayurved Mahavidyalaya & Arogyashala Rugnalay, Nashik,


8.1.14.C

Documents of SOP's for Pathya preparations.

Ayurved Seva Sangh's Arogyashala Rugnalaya have equipped kitchen Viz. Annapurna Kaskh. All the necessary documentation (SOP) of Diet regarding Samanya Aahar and other Yushadi Pathyas is made available in the kitchen. All the working staff concern with kitchen have given training time to time. According to that recipes are made by the cook. It is supervised by the Department of Swasthavritta faculty . Daily quality is tasted by them and given suggestions to working staff regarding quality.

Necessary documents are attached here.


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Ayurved Mahavidyalaya, Nashik


Swasthavritta Dept
Ayurved Mahavidyalaya, Nashik





Ayurved Seva Sangh Ayurved Mahavidyalaya

Ganeshwadi, Panchavati, Nashik-422003

Pathya Kalpana (Annapurna Kaksha)
SOP For Various Kitchen Recipes Preparations

Peya

Yush

Khichadi

Lahya

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Swasthakarita Dept
Ayurved Mahavidyalaya, Nashik



▶ **MUNG (Green Gram Yush)**

Green Gram- 1500 gm

▶ Cummin-100 gm

▶ Sunflower oil-150 ml

▶ Rock salt- As per taste,100 gm

▶ Water- 10 lit

Quantity of Each Ingredients –for 50 pts-

Preparations methods--

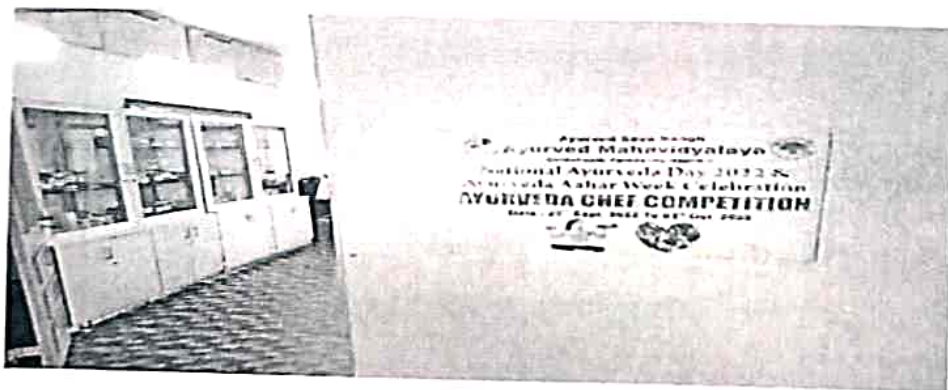
▶ First soaked the mung in whole night.

▶ Take whole washed mung in the pressure cooker ,cook till 7-8 whistle of the pressure cooker.Griend It.

▶ Add cumin , in heated cow ghee/sunflower oil.

▶ Add above in the pressure cooker Green gram mixtue , add salt according to the taste and boil it.

▶ Pulses Yush is ready... P



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▶ **Millet (Ragi Peya/Bajari/Wheat/Rice**

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SOP For Peya Preparation-

Quantity of Each Ingredients –for 50 pts-

▶ **Finger Millet/Bajari/Wheat/Rice- 1 kg**

▶ **Cummin-100 gm**

▶ **Sunflower oil-200 ml**

▶ **Rock salt- As per taste,100 gm**


▶ **Water- 12 lit**

▶ **Jaggery-1 kg**

▶ **Preparations Methods-**

- ▶ **First fry millet flour in the sunflower oil up to the brownish colour and odour .**
- ▶ **Take it down from the gas flame. Cool it down add water 1 lit in the flour and make paste.**
- ▶ **Add cummin , in heated cow ghee/sunflower oil, add water and jaggery and also salt in the water as per the need.**
- ▶ **Make the mixture of both and boil it for 20 min**


Ayurved Mahavidyalaya, Nashik


H.O.D.
Department of Swasthavritu OPD
ABB Ayurved Mahavidyalaya, Nashik



▶ (MungDal Khichadi)

SOP For Khichadi Preparation-

Quantity for 50 patients-

Ingredients-

- ▶ Rice- 4 kg
- ▶ Mung Dal-1 kg
- ▶ Cummin- 10 gm
- ▶ Turmeric- 10 gm
- ▶ Soya been oil-500 ml
- ▶ Rock salt- As per taste, 10 gm

▶ Preparations Methods-




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► (MungDal Khichadi)

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SOP For Khichadi Preparation- For 50 pts

Rinse 1kg moong lentils and 4 kg rice together. Then soak both of them for about 30 minutes in water.

Now heat 500 ml oil in a pressure cooker, then add 50 gm cumin seeds (jeera).

As soon as the cumin begins to splutter, add the finely chopped onions.


, add 50 gm turmeric powder and a pinch of asafoetida (hing). Adding hing is optional.

Next, add the drained rice and moong lentils to the pressure cooker, and stir for about a minute or until all the ingredients are fully combined.

Season with salt to taste. Mix and sauté the rice and lentils for a minute.

Add water and mix really well, deglazing the bottom and sides of the cooker.


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water will give you porridge like consistency. For a thinner consistency, add more 4 to 4.5 cups water.


Tip: Check the taste of water and it should be slightly salty. If the water does not taste salty, then add a few pinches of salt and mix. Check the taste again.

Finally, close the lid tightly and pressure cook for 8 to 9 minutes or 4 to 5 whistles on medium-high to high heat. When the pressure falls on its own in the cooker (which takes some minutes), then only open the lid.

Stir the khichdi.

Serve your delicious Moong Dal Khichdi hot or warm! You can also top it with a bit of ghee before serving.


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