



ONDA THANA MAHAVIDYALAYA  
DEPARTMENT OF BENGALI

বাঙালির রান্নাঘর

Value Added Course

Link For registration

<https://forms.gle/Qvydkej24X1q9CG68>



25 Oct. 2018 to 03 Nov. 2018

11 AM TO 05 PM



**Course Title:** *Bangalir Rannaghar*

**Course Duration:** 35 Hours

**Course Outcome:**

- The Learners will learn the basics of cooking.
- They will know how to prepare some of the famous Bengali dishes.
- The course will add value to the overall learning process.
- The course will help the learners to earn livelihood.
- The student will know kitchen technology.
- The learners will describe the principal heat transfer in the cooking process.
- The learners will be able to know about the areas of cooking.
- The learners will know how to implement care, clearing and maintains.
- The learners will operate dish washing machine.
- The learners will identify large and small equipment and describe the function hand-tools and utensils.

## **Course Content:**

### **Session 1: Introduction to Bengali Cuisine**

- Overview of Bengal's culinary history and cultural influences
- Discussion on the significance of food in Bengali culture
- Introduction to key ingredients and spices used in Bengali cooking

**Resource Persons:** Dr. Chaitali Mandi (Course Coordinator and Internal Resource Persons)

### **Session 2: Essential Bengali Spices and Condiments**

- Detailed exploration of common spices and condiments used in Bengali cuisine
- Demonstration of proper usage and blending techniques

**Resource Persons:** Riya Nandi (Internal)

### **Session 3: Rice and Bread in Bengali Cuisine**

- Importance of rice and bread in Bengali meals
- Hands-on preparation of rice dishes such as pulao and bhaat (steamed rice)
- Introduction to traditional Bengali breads like luchi and paratha

**Resource Persons:** Smt. Arunima Banerjee (Internal)

### **Session 4: Vegetarian Delicacies**

- Preparation of popular vegetarian dishes such as shukto, cholar dal, and alooposto
- Emphasis on balancing flavors and textures in vegetarian Bengali cooking

**Resource Persons:** Bulti Chakraborty (Internal)

### **Session 5: Non-Vegetarian Specialties**

- Cooking techniques for preparing fish, chicken, and mutton dishes
- Hands-on preparation of iconic Bengali non-vegetarian recipes like macherjhol and koshamangsho

**Resource Persons:** Sudhamoy Sannayasi (External)

### **Session 6: Sweets and Desserts**

- Overview of Bengali sweet-making traditions
- Preparation of classic Bengali sweets such as roshogolla, sandesh, and mishtidoi

**Resource Persons:** Koushik Modak (External)

### **Session 7: Street Food and Snacks**

- Exploration of popular Bengali street food snacks
- Hands-on preparation of snacks like telebhaja (deep-fried fritters) and ghugnichaat

**Resource Persons:** Swapan Bit (College Canteen Cook)

### **Session 8: Seasonal Specialties**

- Discussion on seasonal ingredients and their significance in Bengali cuisine

- . Cooking session focusing on dishes prepared with seasonal produce

**Resource Persons:** Bulti Dey (Internal)

**Session 9: Fusion and Modern Interpretations**

- . Exploration of fusion cuisine blending Bengali flavors with international influences
- . Creative cooking session where students experiment with modern interpretations of traditional Bengali dishes

**Resource Persons:** Kanchan Mondal (External)

**Session 10: Culinary Showcase and Celebration**

- . Culinary showcase where students present their favorite Bengali dishes
- . Celebration of learning with a communal meal featuring dishes prepared by the students

**Resource Persons:** Mritunjoy Mondal (External, Hotel highway Club)

