

CHICKEN PAKORAS

Mamawh te:

Batter a tan :

1. Bengal gram flour(besan) : Thirfian lian 2
2. Tui : Thirfianlian 3 vel.
3. Sawhthing (rawt kawi) : Thirfiante 1/2
4. Purunvar (rawt kawi) : zung khat
5. Bahkhawr/ dhania hnah (rawtsawm) :
Thirfiante 1/2
6. Chi : Thirfiante 1/2
7. Garam masala : Thirfiante 1/8
8. Tel : Thirfiante khat

Arsa sawngbawl nan

1. Arsa (a ruh tello) : gram 80
2. Purun var (rawt diak) : zung 2
3. Sawhthing (rawt sawm) : Thirfiante 1
4. Chi : Thirfiante ¼
5. Ajwain : (Thirfiante 1/8)

A siam dan

1. Arsa chu silfai la, a awm ti tha lai(ti eng),
a ruh tello la la, hmun 4-6 velah a len dan
intiat in chan ang che.
2. Pressure cooker ah tui tlem tein vawi 2
vel phit tir la, dah hil deuh la, tichuan
purun var leh sawhthing densawm, chi leh
ajwain te chu pawlh la.
3. Besan chu bowl ah dah la, tui tlem te tein
pawlh la, uluk takin chawk kawi la, a

pawlh tur ho zawng khi pawlh leh la, chin
la, minute 20 vel dah rih ang che.

4. Hriak chhuang sa la, sa chu besan
chawhkawiah chuan chiah la, tel saah
chuan thlak la, a uk deuh thleng i kang
dawn nia.

PAN CAKE

Mamawh te:

1. Maida : no 1
2. Artui : pum 1
3. Chi : hmeh 1
4. Bawnghnute : no 1 ¼

A siam dan :

1. Thleng kumah maida leh chini
chawhpawlh la, artui chawhphawn sa telh
ang che.
2. A kawi hlarh thlengin ngun takin chawk
la, darkar khat dah rih rawh.
3. Atta kannal bel chhah deuh chhuang sa la,
fian lian deuhin chungthla la, chawk
darh rual deuh la, mei na vak lovin ur ang
ang che.
4. A hnuai lam tlemin a lo uk deuh hunah let
ang che.
(A thlum chi pawhin a siam theih a,
chi aiah chi pawlh mai tur a ni).

EI SIAM DAN



Prepared by :

**Vanlalruati
SMS (H.Sc)
KVK, Lawngtlai District**

DOUGHNUT

Mamawhte :

- 1) Artui : pum 2
- 2) Chini : no 1
- 3) Maida : no 4 - 4 ½
- 4) Bawngnute : no 1
- 5) Butter/ giu : Thirfian lian 2
- 6) Chi : Thirfiante ½
- 7) Baking powder : Thirfiante 4
- 8) Thakthing dip : Thirfiante ¼ (a duh tan)

A siam dan :

1. Artui vaw phuan la, giu leh chini nen chawhpawlh rawh.
2. Maida-ah chuan baking powder leh chi pawlh la, artui ah chuan tlem te ein bawngnute nen pawlh chhawk la, uluk takin hmet la, dah vawt rih ang che.
3. Chhah deuh hlekin nuai per la, no thianghlim deuhin emaw nawr bial la, a lai kaw tlang turin nem leh la, hriak sa takin a uk deuh thlengin i kang dawn nia.

BAWNGSA PICKLE

Mamawh te

1. Bawngsa ti : Kg ½
2. Purun var : Bul 2
3. Sawhthing : Inch 1

4. Chi : A al tawk
5. Vinegar : Thirfian lian 1
6. Tui : No 1 ½
7. Chhibung var : No ½
8. Hmarcha ro : No chanve
9. Aieng : Thirfian lian 2
10. Tel : pava 1 ½

A siam dan

1. Chhibung var hi tel tel lovin kang hmui la, deng dip rawh.
2. Hmarcha ro, purun var leh sawhthing chu dengsawm bawk la. Hengte hi chhibung densawm nen chuan kan pawlh rawh.
3. I thlak hnu rei vak lo, hmarcha a in kan Ur hma ngeiin tui leih la. Tui chu a kan hil thak thlengin chhuang rawh.
4. Bawngsa hersawm sa chu a hranin aieng leh pickle masala nen chuan kang la, a lo sen deuh hunah a chung a chawhpawlh tur I siam nen khian chawhpawlh la, vinegar telh ang che.
(A chawhpawlh tur siamsa hmang hian tumbu, tawkte leh mautuai pawh a siam theih a. Hengho hi pickle a siam tur chuan chhum hmin hnuah a tui hil thaka kan tur a ni. A tui a hil that loh chuan a dahthat rei theih loh a ni).

MAI CHHANG

Mamawhte :

1. Mai nawhsawm : No chanve
2. Besan/ Maida : No chanve
3. Chini : Thirfian lian 2
4. Hriak : A kan nan

A siam dan :

1. Mai, besan/ maida leh chini chu a kaw hlarh thlengin chawk ang che
2. Hriak chhuang sa la, mai Chawh kaw sa chu fian khat te tein suak la, a uk thleng kang ang che.