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REPORT ON PULSE-BASED RECIPE FORMULATION COMPETITION

AIM:

To conduct an interclass pulse-based recipe formulation competition for the students of 1st & 2nd MSc FSN.

OBJECTIVE:

1. To educate the students on formulating a pulse-based recipe card using Canva App.
2. To evaluate the use of nutritional knowledge of students in formulating a novel recipe.

OUTCOME:

1. The students explored the features of canva to make a recipe card which can be used to make Instagram posts for their future nutrition blog pages.
2. The students understood the technique of recipe formulation purely based on imagination.

REPORT:

The Department of PG Studies in Food Science & Nutrition had organized an interclass pulse-based recipe formulation competition for the 1st & 2nd MSc students of the Besant Women's College, in connection with the World Pulse Day on the theme "*ala-carte-des-legumineuses*" on 13th February 2024. The students were instructed to formulate a recipe card of a novel pulse-based recipe that had any type of pulse as a key ingredient using the Canva App and send their recipe cards through the Google link provided <https://forms.gle/5skJcfQhP3GYokk49>. The faculty in charge of the competition was Ms. Nireeksha V of the MSc FSN department. A total of 18 students took part in the competitions and displayed their creativity & innovation in formulating novel recipes or by modifying the existing recipes. On the completion of the program, the students were provided with the link to the feedback & e-certificates were given to the students who had successfully filled out the feedback form. The competition was judged by Ms. Keerthishree Nayak, Head of the

Department, Department of Nutrition & Health Education. Agnes College (Autonomous), Mangalore, and Mr. Harsha Acharya, Head Chef, DROODS Café, Mangalore considered the aspects like Use of key ingredient, originality of recipe, vocabulary, overall visual impact, and execution of the menu. The first place was secured by Sherine Aiman (1st MSc FSN), the second place by Balkish Zulfa (2nd MSc FSN) & third place by Aysha Sifana (2nd MSc FSN). The results were announced on 19th February 2024 & the recipe cards of the winners were displayed on the notice board.

Winner's Recipe cards

QUINOA BLACK BEAN SALAD




Ingredients-
 1 cup quinoa
 2 cups water
 1 can (15 oz) black beans
 drained and rinsed 1 cup corn kernels (fresh, frozen, or canned)
 1 cup diced tomatoes
 1/2 cup red onion
 finely chopped 1/2 cup (fresh) cilantro (chopped)

For the dressing-
 1/4 cup olive oil
 2 tablespoons lime juice
 1 teaspoon ground cumin
 Pinch of salt to taste

Instructions
 Rinse quinoa under cold water. In a saucepan, combine quinoa and water. Bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes, or until quinoa is cooked and water is absorbed. Let it cool. In a large bowl, combine cooked quinoa, black beans, corn, tomatoes, red onion, and cilantro in a small bowl, which together the olive oil, lime juice, cumin, and salt to create the dressing. Pour the dressing over the salad and toss everything together until well combined. Refrigerate for at least 30 minutes to allow the flavors to meld. Serve chilled, and enjoy your delicious Quinoa Black Bean Salad!

Feel free to customize the recipe by adding avocado, bell peppers, or any other ingredients you like.

CHANA GOND LADDOO



Ingredients

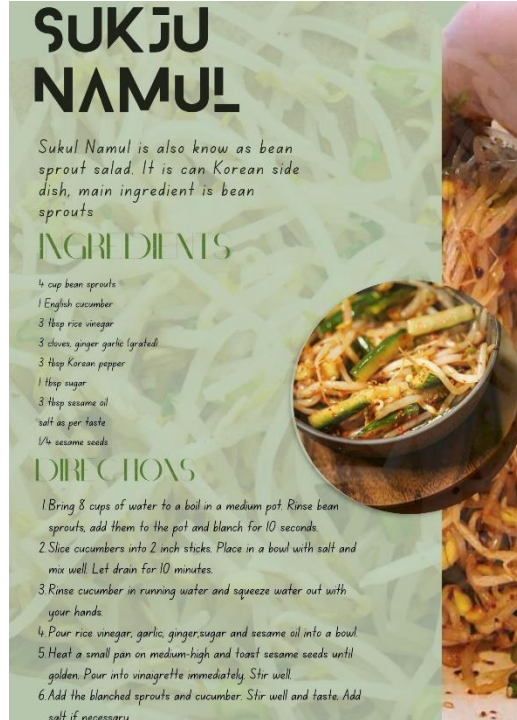
- Bengal gram dal-1/2 cup
- Ghee - 3-4 spoon
- Gond (tree resin)-1/3 cup
- Almonds-1/3 cup
- Cashew nuts-1/3 cup
- Pumpkin seeds-1/3 cup
- Cardamom powder-1 tsp
- Jaggery - 1/3 cup or as per taste
- Ginger powder-1 tsp

Directions

Method of preparation:
 1. Heat the pan and add ghee, once ghee heats up add tree resin, once it pops remove from the heat and allow it to cool.
 2. Grunch the tree resin using the back of any glass or bowl.
 3. In the same pan roast almonds and cashew.
 4. roast the pumpkin seeds in the same pan.
 5. allow it to cool and grind coarsely.
 6. roast the Bengal gram dal, cool and powder.
 7. In the same pan add ghee and add the powdered Bengal gram dal once the brown biscuit appearance is seen add the previous powdered nuts to it and mix.
 8. melt the jaggery and add powdered cardamom and ginger.
 9. mix all the ingredients together and mix and sooner start making the laddoo.
 10. make laddoo before it gets warm for proper binding.

Tip
 It is a healthy protein packed Indian recipe which contains pulses and varieties of nuts. The Bengal gram present in the ingredients helps in reducing the strain on the heart and boost the cardiac health and it is a low glycemic food tree resin helps in development of healthy bones in pregnant women and growing foetus overall it is a calorie dense and a nutritional snack.

SUKJU NAMUL



Sukul Namul is also known as bean sprout salad. It is a Korean side dish, main ingredient is bean sprouts.

INGREDIENTS

- 1/4 cup bean sprouts
- 1 English cucumber
- 3 Tbsp rice vinegar
- 3 cloves, ginger, garlic (grated)
- 3 Tbsp Korean pepper
- 1 Tbsp sugar
- 3 Tbsp sesame oil
- salt as per taste
- 1/4 sesame seeds

DIRECTIONS

1. Bring 8 cups of water to a boil in a medium pot. Rinse bean sprouts, add them to the pot and blanch for 10 seconds.
2. Slice cucumbers into 2 inch sticks. Place in a bowl with salt and mix well. Let drain for 10 minutes.
3. Rinse cucumber in running water and squeeze water out with your hands.
4. Pour rice vinegar, garlic, ginger, sugar and sesame oil into a bowl.
5. Heat a small pan on medium-high and toast sesame seeds until golden. Pour into vinaigrette immediately. Stir well.
6. Add the blanched sprouts and cucumber. Stir well and taste. Add salt if necessary.

E-participation certificates



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CERTIFICATE OF PARTICIPATION

This is to certify that Ms. Balkish Zulfa of 2nd MSc FSN has participated in the Pulse-based recipe formulation competition "also-carto-des-leguminosus" organized by the Department of PG Studies in Food science & Nutrition in association with IQAC in connection with world Pulse Day on 18th February 2024.

Balkish Zulfa
 MS. SATHIRA BADYA

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CERTIFICATE OF PARTICIPATION

This is to certify that Ms. Aysha Sifana of 2nd MSc FSN has participated in the Pulse-based recipe formulation competition "also-carto-des-leguminosus" organized by the Department of PG Studies in Food science & Nutrition in association with IQAC in connection with world Pulse Day on 18th February 2024.

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