



Culinary Institute of America

A

A

At

A

... (transliterated text) ...

... (transliterated text) ...

... (transliterated text) ...

... (transliterated text) ... **paneer.**

A

A A

A

Rice ... (transliterated text) ... **A** ... (transliterated text) ... **A** ... (transliterated text) ...

... (transliterated text) ...

Beans, Nuts, and Seeds

... (transliterated text) ... **A** ... (transliterated text) ... **A** ... (transliterated text) ...

Vegetables

A ... (transliterated text) ... **A** ... (transliterated text) ... **A** ... (transliterated text) ...

... (transliterated text) ... **A** ... (transliterated text) ...



Curries

A A

Stir-Frying

B W

A A

\ 10•

1.

1. 10•

A

10.

- 3.
- 2.
- 1.
- 10.
- 10.
- 10.
- 10.
- 10.
- 10.
- 10.
- 3.
- 1.
- 1.

- 1.
- 2.
- 3. A
- 4.





AB

A

10. 




2. 
20. 

...

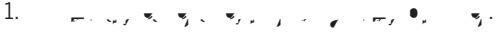

1. 
2. 
3. 
4. 

ABA

10. 

1. 
1. 
4. 




...

1. 
2. A 

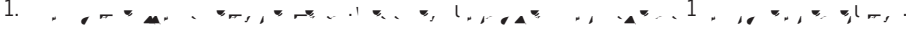
A

A

10. 

1. 
1. 
2. 

...

1. 

A AB W A A

10

1.

20

2. For each serving:

AB

10. 10. 10. 10. 10. 10. 10. 10. 10. 10.

3- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.

1- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.

1- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.

12- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.

10- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.

10- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.

10- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.

10- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.

10.

1. For each serving: 1- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.
2. A 1- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.
3. 2- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.
4. 1- 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.

A

A

10

1.

1. $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$

2. $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$

3. A $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$

A $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$

4. A $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$