

# FEASTS, FLAVOURS & FUSION OF INDIA

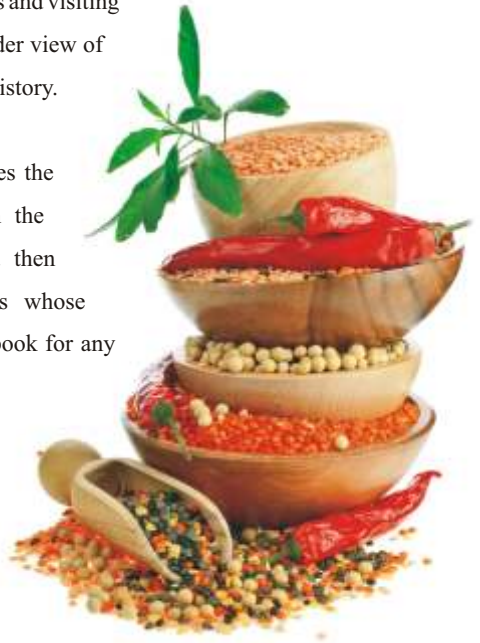
CURIOS CULTURE OF CULINARY INDIA



# REVIEW

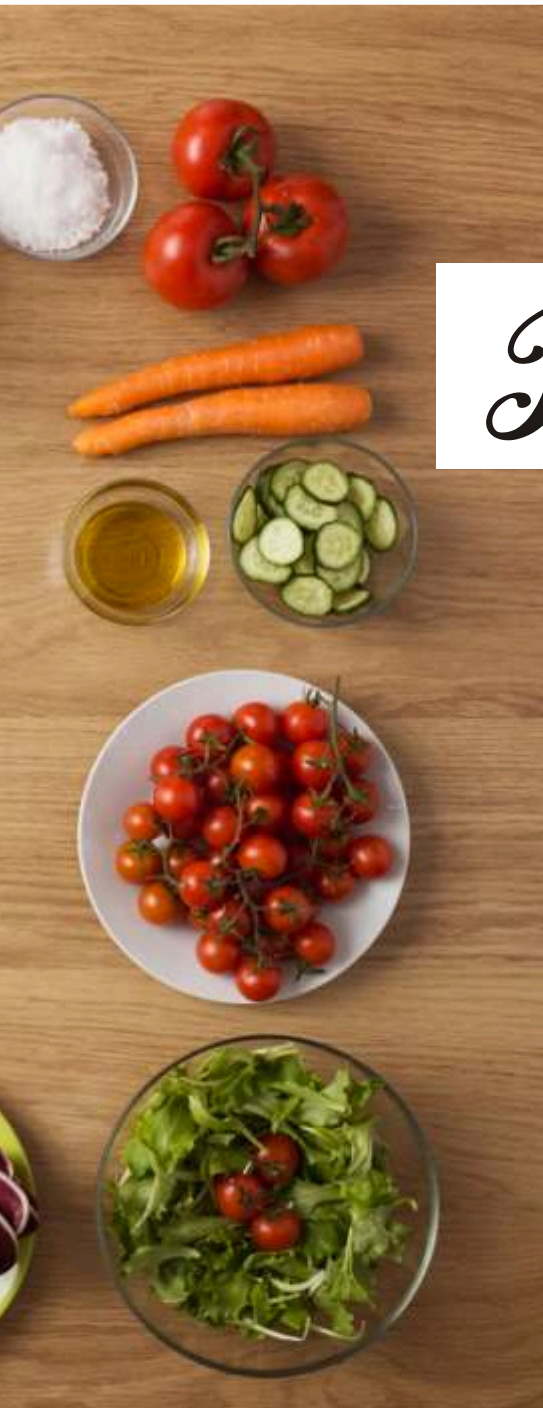
*A*N ultimate guide to the best of the rest exotic culinary Indian Cuisines. This tasteful saga of spices, ingredients, culture, tradition, evolution & now customisation is all served on a single platter in the ensuing pages. Where dishes vary not only from region to region but suburb to suburb, the series and scope of local delicacies is endless: from Moghul biryanis, Punjabi dal makhani and Kashmiri goshtaba being just a few. The research team behind this book walked through the nook & cranny of the length and breadth of India, talking to chefs, tasting the delightful dishes and visiting localities, offering an honest, insider view of the country's culinary delights and history.

The creatives & pictures showcases the vivacity and shades related with the East, West, North & South and then reflected in the colourful dishes whose recipes accompany them. An apt book for any lover of Indian food.





**DIVERSED  
TASTES,  
ONE INDIA**



NDIA is known for its diversity found in its culture, geography and climate. Food too is part of the diverse delight as

each state exhibits a different way of life, language and cuisine. Traversing through the Indian food map, whether you are travelling up north in Kashmir or spending a few days down south to Kerala, you will observe striking dissimilarities in the kind of food people relish. This quality about the varied tastes & flavours makes India one of the much-loved countries by gourmet foodies the world over. Offering you a clear picture of the food scene of the nation, mentioned in the consequent pages is a listing of the most talked-about Indian states and their most-special dishes, so that when you are in India next, you can cherrypick dishes as per your own taste to try out the best local cuisine!

### **North of India: Origin & Belief**

North Indians and their delicacies are undividable. Northern Indians are known as serious food lovers and cooking for this clan is no less than a ritual when compared to other parts of the country.







# NORTH INDIA: ORIGIN & BELIEF

Northern Indian Cuisine is known as the king of cuisines in India. North Indians and their delicacies are undividable. Northern Indians are known as serious food lovers and cooking for this clan is no less than a ritual when compared to other parts of the country. The taste and flavours of the Northern India is influenced by the Moghuls dynasty that ruled India for three centuries. Saffron and rich gravies made of pureed nuts and cream is all their recipes inherited from them.

Across the North of India, people are distinguished for using proportionally high use of dairy products; milk, paneer, ghee (clarified butter), and yoghurt (yogurt, yoghourt). All kitchens pan-North uses tawa (griddle) for baking flat breads like roti and paratha, and "tandoor" (a large and cylindrical coal-fired oven) for baking Indian breads & chicken. Other breads like puri and bhatoora, which are deep fried in oil, are also common. Meat, lamb & goat are preferred in many northern Indian recipes.

**States included:** Jammu & Kashmir, Himachal Pradesh, Punjab, Uttaranchal, Uttar Pradesh, Haryana, Bihar, Jharkhand, Chattisgarh and Madhya Pradesh.

## The geography of culinary culture in north

North India has extreme climates. Scorching heat in summers & freezing winters makes a lot of variations in the eating patterns of the habitants in this territory. Its geographical location with relation to the other part of the Sub-continent means that this region of the country has had strong Central Asian influences in its culture and its food. Extreme climatic conditions have made variety of fruit and vegetable available at all times of the year, the region produces an incredible array of vegetarian dishes.



**States included:**

Jammu & Kashmir,  
Himachal Pradesh,  
Punjab, Uttaranchal,  
Uttar Pradesh, Haryana,  
Bihar, Jharkhand,  
Chattisgarh and  
Madhya Pradesh.



## NORTH INDIA PLATTER: REGIONS & CUISINES

# PUNJAB CUISINE FOUNDATION & FLAVOURS

Panjab (Punjab), the land of the five rivers—Beas, Satluj, Chenab, Ravi and Jhelum, is also called the land of milk and honey. Perchance, it is apt would be appropriate to call it the land of plenty. Punjabi cooking and eating is just like the Punjabis themselves.

The staple food of Punjab is wheat, being an agricultural state. Punjabi cuisine has always been strongly influenced by Mughal invaders who brought with them the tradition of the great tandoor (clay oven) and now Punjabi tandoori cooking is celebrated as one of the most popular cuisine throughout the world.

### Dishing out from the kitchen of Punjab

A classic Punjabi meal consists of a wheat roti, subzi (vegetable) served hot with a dollops of butter or desi ghee accompanied with a plate of onions, green chillies, lime and a glass of lassi (buttermilk). As such wheat forms their staple food, Punjabis do cook rice on special occasions.

Each city in Punjab has varied preference like people in Amritsar are particularly fond of Amritsari kulche, stuffed paranthas and milk products. In the preparation of Punjabi food, onion, ginger and garlic are used extensively to enhance the taste of the food. The spice content ranges from minimal to pleasant to high. Punjabi food is world-famous & is enjoyed by people of all communities.

Tandoori dishes are very popular all over the country today. Classic dishes like Tandoori Rotis, Naans, Malai Tikka, chicken tandoori, are typical Punjabi tandoor dishes.

Another mandatory food is Lentils. Lentils like black gram and yellow gram are a must in Punjabi cuisine. Milk & milk products plays a significant role in the Punjabi recipes & diet. In desserts, nuts loaded kheer is one of the favoured desserts for Punjabis.

### Favourite five dishes

Punjab food is well known for some the simple to very elaborate dishes which has been a part of their diet since ages. Some of the popular Punjabi dishes are:

*Sarson ka saag with Makki di Roti* is the traditional dish of Punjab. Available in winters, it is highly nutritious as it is made with mustard leaves which are full of iron and protein. It is made with green mustard leaves and some spinach also added which further adds on to the nutritional value.

*Tandoori Chicken* is a popular Indian dish consisting of chicken marinated in a mixture of yoghurt and spices traditionally cooked in high temperatures in a tandoor (clay oven) and also can be prepared on a traditional barbecue grill.

**Murgh Makhani**, popular Punjabi non-vegetarian dish known as butter chicken is globally renowned. It is made with succulent pieces of chicken cooked in silky tomato gravy. This dish is just to irresistible. Butter Chicken goes best with tandoori roti.

**Dal Makhani**, a yumilicious dish from Punjabi cuisine is prepared with lentils and beans combined with fresh cream (malai), spiced and cooked to get a creamy texture that enhances the flavor of the dish.

The yellow coloured **Punjabi kadi pakodi** is a popular dish from the Punjabi cuisine made & cooked in tangy sour & spice yoghurt sauce thickened with besan flour. It has deep fried pakoras made from potato & flour.

## How to make authentic butter chicken

In a bowl take all the ingredients under the marinate head and the chicken pieces. The chicken pieces should be 1" inch in size.

Mix well and keep aside for atleast 2-3 hrs.

- Blanch, peel and puree the tomatoes. Keep aside.
- Soak the cashewnuts for 2 - 3 hrs in hot water and then strain and grind the cashewnuts into a fine paste.
- For the curry heat the pan & add butter and immediately add the garlic paste.
- Now add the sliced green chilly. Also add cumin powder, red chilly powder and salt. Add 1 tblsp water & mix well.
- Add the tomato puree and cook till the gravy leaves the side.
- Lower the flame and add the cashewnut paste and stir constantly.
- Now add the tomato ketchup, sugar and 1/4 cup water.
- Meanwhile in a separate pan shallow fry the marinated chicken pieces for 4 - 5 minutes. If overcooked then the chicken will get hard and stiff. Keep aside.
- Once the gravy comes to a boil add the chicken pieces. And cook for a minute.

## RECIPE OF BUTTER CHICKEN

Butter chicken is slightly sweet and sour. Restaurant style Indian butter chicken has tomato and cashewnut based gravy garnished with butter and cream. Authentic butter chicken is a very high calorie dish yet tasty.

**Serves:** 2

**Cooking time:** 50 mins

### Ingredients:

- 300 gms Chicken breast boneless

### Marinate:

- 1 -2 tsp hung thick curd
- 1 tsp salt
- 1/2 tsp red chilli powder
- 1 tsp tandoori masala
- 1/4 tsp tandoori color

### Curry

- 2 tblsp Butter
- 2 tsp garlic paste
- 1 green chilly sliced
- 1/2 tsp Cumin powder
- 1/2 tsp Red chilli powder
- 1 tsp Salt
- 6 or 1/2 kg Tomato
- 10 Cashewnuts
- 1 Big tblsp Tomato Ketchup
- 1/2 tsp Sugar
- 1/4 cup Water
- 1/2 cup milk
- 2 tblsp Cream
- 1/4 tsp garam masala
- 1 tsp fenugreek crushed
- Finely chopped coriander leaves



**North India  
Platter: Regions &  
Cuisines**

- PUNJAB CUISINE
- KASHMIRI CUISINE
- RAJASTHANI CUISINE

**Spicy hot  
restaurants of  
North**

- Dum Bukht
- Bukhaara
- Saffron





**Two most cooked  
recipes of Punjabi,  
Kashmiri &  
Rajasthani Cuisine.**

- ↳ Daal Makhani
- ↳ Butter Chicken
- ↳ Rogan Josh
- ↳ Tabakmaaz

- Now lower the flame add the milk and stir well. Cook for another minute and then add the cream. Mix well
- Now add the garam masala and crushed fenugreek leaves. Mix well.
- Transfer the chicken to a serving bowl and garnish with chopped coriander leaves, crushed fenugreek leaves and swirls of cream.

*Note:*

1. Milk should be at room temperature before adding to the gravy.
2. Add milk and cream at low flame only.
3. Add the garam masala only at the end.

## Dal Makhani (Punjabi Recipe)

**Cook time:** 50 mins

Dal Makhani - a delicious creamy lentil preparation as made in the dhabas.

**Serves:** 3-4

**Ingredients:**

*(measuring cup used, 1 cup = 250 ml)*

- 1 cup black gram or sabut urad dal
- ¼ cup kidney beans or rajma (optional)
- ¾ to 1 cup tomato puree (approx 2 medium tomatoes pureed)
- 8-10 garlic, crushed or finely chopped
- ½ tsp red chili powder or kashmiri red chili powder or add as per your taste
- 2.5 tbsp oil or 3 tbsp butter
- 2 to 3 tbsp cream
- Salt as required

**How to make the recipe:**

- Rinse and soak the lentils in enough water overnight or for 8-9 hours.
- Drain and then add them in a pressure cooker.
- Add 4 cups water and pressure cook on high or medium flame for 12-15 whistles.
- When the pressure settles down on its own, remove the lid.
- Drain the water and rinse the lentils.
- Put back the lentils in the pressure cooker.
- Add 4 cups fresh water, tomato puree,

butter or oil, garlic, red chili powder, cream and salt.

- Stir and mix well.
- Pressure cook again for 12-15 whistles on a medium to high flame.
- When the pressure settles down on its own, remove the lid and check the lentils and the consistency of the dal.
- The lentils should be completely cooked and mushy.
- Now simmer the dal without any lid on a low to medium flame, till the consistency becomes medium & smooth.
- Mash some lentils with the back of a spoon to thicken the dal.
- The lentils should become so soft, that they should melt in your mouth.
- Check the seasoning and add more salt or red chili powder if required.
- Simmer for 15-18 minutes or more till you get a creamy smooth consistency like the way you see in the dhabas & restaurants.
- Serve the dal makhani hot plain or topped with some butter or cream along with rotis, naan, paratha or plain or jeera rice.

*Notes:*

1. The consistency of dal makhani can be easily adjusted by adding more or less water.
2. If in the third stage of cooking the consistency becomes thick, add some water.
3. If the consistency is thin, then simmer dal makhani for a longer period of time till you get the desired consistency.



# REMARKABLE RESTAURANTS OF NORTH

## Bukhara

### Bukhara

This place makes you feel hot with the authentic, exotic & spicy food available. If you've got to tantalise your taste buds, Bukhara has achieved multiple awards to its name, including being voted "Best Indian Restaurant in the World" and "Best Restaurant in Asia" by the Restaurant Magazine in the UK. It's known for its country-type atmosphere, delicious kebabs, and the big family size naan bread.

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*Address: ITC Maurya Sheraton hotel, Diplomatic Enclave, Sadar Patel Marg, New Delhi.*

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## Karim's

### Karim's

Old is gold is synonymous to this legendary restaurant Karim's. It is now in its fourth generation of management, having been established in its current location in 1913. The decor of this restaurant is nothing much to look at but the food more than makes up for it. Karim's restaurant offers inexpensive Mughali style cooking at its best. Its location in Old Delhi also provides a fascinating insight into a side of Delhi that many visitors don't get to see.

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*Address: 16 Gali Kebabian, Jama Masjid, Old Delhi.*

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## Gulati

### Gulati

Located in the heart of the national capital, Delhi's well-established dining institutions, Gulati has been in business since 1959. This dynamic restaurant, situated not far from India Gate, is renowned for its reasonably priced kebabs and tikkas. It's delicacy is its Punjabi & Mughlai cuisine& its buffet lunch with an enticing variety of dishes.

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*Address: Shop Number 6, Shri Barda Ukil Marg, near Pandara Road Post Office, Pandara Road, New Delhi.*

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# KASHMIRI CUISINE

FOUNDATION  
& FLAVOURS

The paradise of India is the paradise for food lovers too as this place offers one of the world's most exotic dishes. Kashmiri cuisine dates back to the 1500s when Taimur invaded India. Also, the cuisine had witnessed a lot of variations when migrant workers such as architects, calligraphers, woodcarvers, weavers and cooks from Samarkand forayed into Kashmir. It is interesting that where does the wazwan came from. The migrants' descendents are the Wazas (cooks), and this is why they are so good at preparing wazawan. The wazawan is a formal banquet in Kashmir cuisine.

## **Dishing out from the kitchen of Kashmir**

The influence on Kashmiri cuisine is from both the sides, one from the East (India) and the West (Pakistan). Earlier to partition, Kashmir had a great persuasion in its cuisine. However, there is a minor difference in the meals consumed in the Indian territory and others. This is all because of the differences in philosophies. Mutton, chicken and fish are the essential part of their meals. Besides, all these foods, rice is the Kashmiri staple diet.

Wazwan is a multi-course meal in the Kashmiri Muslim tradition and treated with great respect. Its preparation is considered an art. Almost all the dishes are meat-based (lamb, chicken, fish, but never Beef). It is considered a sacrilege to serve any dishes based around pulses or lentils during this feast. The traditional number of courses for the wazwan is thirty-six, though there can be fewer. The preparation is traditionally done by a vasta waza, or head chef, with the assistance of a court of wazas, or chefs.

Wazwan is regarded by the Kashmiri Muslims as a core element of their culture

and identity. Guests are grouped into fours for the serving of the wazwan. Kashmiri wazwan is generally prepared in marriages and other special functions.

Kashmiri Pandits have had the earliest influence on Kashmiri cuisine. Although Pandits in other parts of the subcontinent do not normally eat meat, the Pandits of Kashmir have always eaten all meat except beef. The Kashmiri Pandits & Kashmiri Muslims share almost similar cuisines. The wazwans of Kashmiri Muslims had a strong emphasis on goat, whereas Kashmiri Pandits prefer Lamb.

## **Five favourite dishes from Kashmir:**

### **Tabakhmaaz**

They are the perfect crackling mutton ribs. Cook them in milk and spices, wrap them up in gram flour batter and fry them till they turn golden.

### **Kashmiri Dum Aloo**

A recipe that's easy and extremely satisfying. Golden fried potatoes are mixed with yogurt and aromatic spice to give an amazing red curry.

### **Nadir Yakhni**

Yakhni is a popular yogurt based Kashmiri curry and this version is made with crunchy lotus stem. It's infused with cardamom ginger, bay leaves and balanced out with rich curd.

### **Roganjosh**

One of the signature Kashmiri curries, meat is cooked with browned onions, spices and yogurt. The liberal use of Kashmiri red chillies imparts a dramatic red colour to the curry. Rogan josh was originally brought to Kashmir by the Mughals.





### **Gushtaba (Minced mutton in curd)**

Gushtaba is a dish of minced mutton balls cooked in curd and spices. This traditional Kashmiri dish is prepared in important ceremonies and functions.

### **Recipes of two dishes**

Gushtaba “The Dish of the Kings”

#### **Ingredients**

**Condimented Minced Meat:** 1 kg.

**Curd:** 1.5 kg.

**Green Mint:** 50 gms.

**Emulsions of Shallots of Onions:** 4 tbsp.

**Mustard Oil:** 2 tbsp.

#### **Tools Required**

Copper Patila

Wooden/Steel ladle

Spatula

#### **Preparation Method**

- Prepare meat balls from the minced meat.
- Take a heavy copper patila, add some water, salt, Aniseed and Ginger Powder and boil the meat balls.
- Keep the meat balls separately after boiling.
- Heat oil in the vessel and add Ghee, Garlic and cloves to the oil. Stir the mixture for some time and add battered curd to it. Stir it with a wooden or steel ladle. Ensure the curd does not crack.
- Let the mixture boil and then add minced meat balls and the onion and shallot emulsions.
- Roll the meat balls from time to time using a spatula.
- Cook the mixture on low heat until it becomes thick.
- Add Black Cardamom, cinnamon and Garam Masala to the mixture. Mix well.
- Gushtaba is ready to serve.





## Serving Suggestions

- Garnish Goshtaba with finely cut mint leaves.
- Kashmiri dum aloo
- Prep time:30 mins
- Cook time:20 mins
- Total time: 50 mins
- Serves: 2-3
- Ingredients (measuring cup used, 1 cup = 250 ml)

### For cooking potatoes:

- 500 grams potatoes or 20 to 22 baby potatoes
- 3 to 3.5 cups water
- ¼ tsp salt

### for preparing the gravy:

- 3 tsp kashmiri red chili powder or deghi mirch + 2 tbsp water
- ½ tbsp ginger powder
- 1 tbsp fennel powder/saunf powder
- 1 tsp shah jeera/caraway seeds
- 1 inch cinnamon
- 3 cloves
- 1 black cardamom
- 4 to 5 black peppers
- 1 green cardamom (optional)
- 6 tbsp fresh full fat curd, beaten or whisked till smooth
- 1.5 cups water
- ¾ cup mustard oil for frying potatoes
- 2 tbsp fresh mustard oil for making gravy or reserve 2 tbsp mustard oil from the ¾ cup that is used for frying potatoes.
- salt as required
- some caraway seeds as garnishing (optional)

### How to make:

- Rinse the baby potatoes well. Brush or scrub the mud etc from them. Take 3.5 cups water in a pan. Add the potatoes.
- On a medium to high flame boil the water, so that the potatoes are half cooked.
- Drain them and allow to become warm or cool down at room temperature.

- Peel the potatoes. This task takes a lot of time, so do it while listening to music or watching your favorite TV show. If you want you can keep the peels too.
- With a fork, tooth pick or skewer, poke holes in the potatoes all over. halve them or you can keep them whole if they are small. This is done so that when cooking on dum, the potatoes absorb the flavors of the masala in which they are getting cooked.

Whisk the fresh full fat curd or yogurt till smooth. keep aside.

In a small bowl, take kashmiri red chili powder and water.

Mix and stir well to get a smooth mixture.

In a pan heat mustard oil till it begins to smoke.

Add the parboiled peeled potatoes and begin to fry them on a low to medium flame.

With a slotted spoon, turn them over while frying, when one side is light golden.

Remove the potatoes which are golden and crisp with a slotted spoon. Fry them well or else they remain uncooked from the center. Place them on kitchen paper towels. Fry all the potatoes till golden and crisp.

If you want you can again poke holes in the fried potatoes. This is an optional step. Lower the flame. Remove the extra oil and keep 2 tbs oil in the same pan. Let the oil temperature come down. In the same oil, add asafoetida powder. Stir well.

Then add the red chilli + water solution and stir well. Be careful as the mixture splutters.

Now add the beaten curd. When you are adding the curd, with a spoon or wired whisk, stir continuously, so that the curd does not split. Add the curd on a low flame.

After adding curd, add water and continue to stir.

Stir and mix very well.

Then add fennel powder. If you do not have ready fennel powder than you have to make it. roast the fennel lightly on a pan or tava. When cooled, then in a mortar & pestle pound the roasted fennel seed to a medium fine powder. You can also grind in a small spice grinder or coffee grinder. Add the whole spices and ginger powder. Stir well.

Now add the potatoes. Again stir.

Season with salt and stir again.

Cover the pan tightly with a lid. Cook the Kashmir dum aloo for 8 to 10 minutes on a low to medium flame. Here we are cooking the potato gravy on dum.

The gravy should become thick. You can always add less or more water depending on how thick or thin you want the gravy. If you cook more, the gravy will reduce more. So depending on what you prefer, you can cook for less or more time.

Sprinkle some caraway seeds from top (optional) and serve Kashmir dum aloo hot with naan, rotis or rice

#### *Notes*

*Few tips for making kashmiri dum aloo recipe:*

- *The spiciness of the dish can be reduced by reducing the chili powder and ginger powder.*
- *The baby potatoes could also be baked instead of frying them.*
- *Its best to have this dish in the winters and rainy seasons.*

#### **Tips for using curd in the dum aloo recipe:**

- Quality of curd matter. Always use full fat curd and as soon as you add the curd, mix it quickly with the rest of the spices.
- When you are mixing the curd, lower the flame.
- Also you can add some corn starch or besan to the curd so that it does not curdle in the gravy.



# RAJASTHANI CUISINE

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In spite of the persistent scarcity of water, the cuisine of Rajasthan has an assortment of culinary delights to offer. There is sharpness in the Rajasthani cuisine which comes from a custom that is old and serene, and from a culture that inculcated the best from its neighboring states of Sindh, Gujrat, Haryana and Punjab. Rajasthan's warfare-oriented Rajput aristocracy & trading Marwari community, both developed very discreet cuisines, fascinatingly customized to the culture.

Despite numerous culinary constraints dominating the desertscape, it still tops the priority list of the foodies.

### **Dishing out from the kitchen of Rajasthan**

In Rajasthan water is at a premium, and hence the food is generally cooked in milk or ghee (clarified butter), making it quite rich. On the other hand, Besan or gram flour is a foundation of Marwari food generally because of rarity of vegetables in this arid land.

One must savor the esthetic gatte ki sabzi (curried gram-flour dumplings) and kadhi (curried gram-flour in yoghurt). Another exotic preparation is kair sangri, and is served with mango pickle. Kair is a camel's favorite, a small, round desert fruit which grows on a prickly shrub; whereas sangri is dried wild leaves.

Marwari cuisine's signature dish, dal-bati-churma, is a fine example of the survival amidst the constraints and simultaneously bringing the best out of it.

Rajput cuisine is of course, royally rich in meat preparations, especially game such as wild boar, hare and game birds. One of these mogul preparations is the safed maas (white meat), a traditional Rajasthani delicacy and is a must eat for every foreign traveller. The secret of its grand taste is in the gravy, which



in turn is a perfect amalgamation of onion, ginger, garlic paste, salt, pepper, cashew nut paste and cardomom. Chunks of mutton (with bones) are cooked in this gravy and fresh cream is added just before serving. Be it in any form, Rajasthani food is impeccable.

Use of milk and milk products instead of water is unique to this part, as it curtails water consumption and adds that extra flavour to the dish. The cuisine is a



delectable blend of multiple regional cuisines such as Mewari, Marwari, Shekhawati, and Bikaneri. Whether you are a spice lover or a person with a sweet tooth, this cuisine will always have a mouth watering option ready for everyone!

### **Rajasthani famous dishes**

**Gatte ki Sabji:** Gatte ki sabji is a spicy food, made from Besan and Curd.

**Dal Bati:** Made of Lentils, Baked Wheat

Ball, and Powdered Sweetened Cereal.

**Besan-Chakki:** It is a popular sweet dish made of gram flour.

**Churma:** It is made by mashing Chapatis with Ghee and Sugar.

**Jhajariya:** Made of Corn, Milk, Ghee and Sugar garnished with Raisins and Nuts.

### **Recipe of two signature dishes**

***Dal Baati Choorma***

**Preparation Time:** 20 mins.

**Cooking Time:** 1 hour

Serves 5.

## Ingredients

For the panchmel dal

- 1/3 cup chana dal (split Bengal gram)
- 1/3 cup toovar (arhar) dal
- 1/3 cup moong dal (split green gram)
- 1 tbsp urad dal (split black lentils)
- 1 tbsp whole moong (whole green gram)
- 3 tsp chilli powder
- 1/4 tsp turmeric powder (haldi)
- 1 tsp coriander (dhania) powder
- 1/2 tsp garam masala
- 3 cloves (laung / lavang)
- 2 bayleaves (tejpatta)
- 1 tsp cumin seeds (jeera)
- 2 green chillies, slit
- a pinch of asafoetida (hing)
- 2 tsp dried mango powder (amchur)
- 2 tsp tamarind (imli) pulp
- 3 tbsp ghee
- salt to taste

**For the baatis (for 10 baatis)**

- 1 cup whole wheat flour (gehun ka atta)
- 1/2 cup semolina (rava)
- 2 tbsp besan (Bengal gram flour)
- 8 tbsp milk
- 4 tbsp melted ghee
- salt to taste
- For serving
- melted ghee

## Churma

**Method -For the panchmel dal**

- Clean and wash the dals and add 4 cups of water. Pressure cook for 2 to 3

whistles or till the dals are cooked.

- In a bowl, combine the chilli powder, turmeric powder, coriander powder, garam masala with 3 tablespoons of water and mix well. Keep aside.
- Heat the ghee in a pan and add the cloves, bay leaves, cumin seeds, green chillies and asafoetida. When the cumin seeds crackle, add the prepared masala paste and saut for 1 to 2 minutes.
- Add the cooked dals, amchur, tamarind pulp & salt and simmer for 5 to 7 minutes. Adjust the consistency of the dal before serving and if required, add some water.
- For the baatis
- Mix all the ingredients and knead into a firm dough. Knead well for 5 to 7 minutes.
- Divide the dough into 10 equal portions and shape each portion into an even sized round. Flatten the rounds lightly using your thumb to make an indentation in the centre of the baati.
- Boil water in a broad vessel and drop the baatis in the boiling water. Cook for 15 to 20 minutes over a high flame.
- When the baatis are done, drain& keep aside.
- Heat a gas tandoor and put the baatis on the grill of the tandoor. Cook them on a medium flame for 20 to 25 minutes. Cooking the baatis over a medium flame will ensure that the baatis are cooked on the insides also.
- Arrange the baatis on a serving plate, break each baati into two pieces and pour melted ghee on the baatis.

## How to proceed

- Pour hot panchmel dal over the baatis.
- Serve hot with churma.

## Tips

- You can cook the baatis in a gas tandoor (without boiling them).
  - Alternatively bake the boiled baatis in a pre-heated oven at 200°C (400°F) for 10 to 15 minutes turning them over occasionally.
  - Or even deep fry them in hot ghee instead of cooking them in a tandoor.
- Gate ki Sabzi









# FLAVOURS OF EAST INDIA: EXEMPLARY FEAST IN EAST

## History & Origin

The Eastern part of India is a region comprising the states of Bihar, Odisha, Jharkhand, West Bengal and the union territory of Andaman and Nicobar Islands. It is connected to the Northeast by the Siliguri Corridor.

The states of Odisha and West Bengal share some cultural and linguistic characteristics with Bangladesh. West Bengal, along with Bangladesh formed the ethno-linguistic region of Bengal before partition in 1947.

It was then ruled by the Nawabs of Bengal and their territory included the present states of West Bengal, Bihar, Jharkhand and Bangladesh from where the British started their conquest of India.

**Geographical influence:** Most part of the East India region lies on the east coast of India by the Bay of Bengal and on the Indo-Gangetic plain which makes this region the homeland of rice and

some more rice! Green vegetables and fruits are also abundant in this region and so are the foods cooked using them. People though, are a balanced mix of vegetarian and non-vegetarian. The geographical location of this region means its food bears a strong influence of Chinese and Mongolian cuisine.

East Indian cuisine has a distinct character that sets it apart from the cuisines of other parts of India. Eastern cuisines include the North East regions of India in the high Himalayan Mountains. The Bengal, Oriya, Bihar area has warm climate, mostly adequate rainfall, lush forests, coastal areas with ample seafood make fresh ingredients easy to come by encouraging this cuisine to be light on spices and allowing the main fresh ingredients to take center stage. The European explorers and the Muslim settlers brought their own culinary styles, resulting in a rich culinary tradition of their own. East Indian confections are famous and owe their roots to Hindu

culture. The sweets too of this region tend to be less dense, lighter, making them a bit more appealing to westerners than some of the denser confections of other regions in India.

**Style of food:** The key word for food of this region is simple. People here don't believe in elaborate preparation and even their ingredients are easy to procure and use. Steaming and frying are popular methods of cooking. Fish in the coastal regions and pork in inland areas are the popular non-vegetarian choices. Mustard oil is very popular and used for both deep frying and cooking. Other vegetable oils are also used. Ghee is used for cooking special occasion foods.

Mustard seeds and paste, chillies (both green and red), 'Paanch Phoran' or a mix of five spices which include white cumin seeds, onion seeds, mustard seeds, fennel seeds and fenugreek seeds form important ingredients. Yoghurt, coconut, maize and gram flour are also commonly used. Milk and dairy products play a huge role in the preparation of sweets in Eastern India.

East Indians' love for sweets and desserts is well known and this region takes the credit for origin of many mouth watering Indian desserts.

Popular dishes, broadly speaking, include Momos (steamed, meat- or vegetable-filled wontons) and Thukpa (a clear soup), Tomato Achaar (tomato pickle), Machcher Jhol (fish curry), Jhaal-Muri (a spicy snack made with puffed rice and mustard oil), Sandesh, Rasgolla etc.

**States included:** West Bengal and Odisha, Bihar and Jharkhand, Andaman and Nicobar Islands and the North Eastern states (Assam, Arunachal Pradesh, Mizoram, Meghalaya, Manipur, Nagaland, Tripura, Sikkim).

## EAST INDIA PLATTER: REGIONS & CUISINES

**Bengali:** Foundation and flavours  
Bengali cuisine is the only traditionally developed multi-course tradition from the Indian subcontinent that is analogous in structure to the modern service à la russe style of French cuisine, with food served course-wise rather than all at once.

Bengali food has inherited a large number of influences, foreign and pan-Indian, arising from historical and trade links with many parts of the world. Bengal fell under the sway of various Turkish rulers as well from the early thirteenth century onwards, and was then governed by the British for two centuries (1757-1947). The Jews brought bakeries to Bengal, the exiled families of Wajid Ali Shah and Tipu Sultan brought different flavours of Mughlai cuisine. British patronage and the Babu Renaissance fueled the development of these different culinary strands into a distinct heritage. From the culinary point of view, some major historical trends influenced Bengali food.

Bengali cuisine differs according to regional tastes, such as the emphasis on the use of chilli pepper in the Chittagong district of Bangladesh. However, across all its varieties, there is predominant use of mustard oil along with large amounts of spices. The cuisine is known for subtle flavours with an emphasis on fish, vegetables, lentils, and rice. Bread is not a common dish in Bengali cuisine, but a deep fried version called *luchi* is popular. Fresh



sweet water fish is one of its most distinctive features. Bengalis prepare fish in many ways, such as steaming, braising, or stewing in vegetables and sauces based on coconut milk or mustard. >?+spicier than the West Bengali cuisine, and tends to use high amounts of chilli, and is one of the spiciest cuisines in India and the World. Sandesh and Rasgulla are popular sweet dishes made of sweetened, finely ground fresh cheese.

## Some lip smacking Bengali dishes:

**Macher Jhol:** delicious combination of fish curry and rice

**Kosha Mangsho:** the very impressive spicy Bengali Mutton curry

**Cholar Dal:** A festive dal that is often made for celebrations in Bengal

**Jhaal Muri:** a popular spicy street food snack of Bengal

**Sandesh:** A yummy Bengali dessert made with milk and sugar

## Macher Jhol

West Bengal is famously known as the land of fish (maach) and rice (bhaat). Bengalis share an irrevocable relationship with these two foods that are a staple in almost every household.

## Recipe

### Ingredients:

Tangra fish: 4-6  
Potato: 2, medium, cut length wise  
Tomato: 1, medium  
Onion: 1, large, finely chopped  
Green chillies: 2, slitted  
Ginger paste: 1 tblsp  
Garlic paste: 1 tsp  
Turmeric powder: 2 tsp (for cooking)  
Salt to taste  
Sugar: 1 tsp  
Mustard oil: 2 tblsp (for cooking) + 2 tblsp (for frying the fish)

Fresh coriander leaves for garnishing

Dry Red Chilli: 1 or 2

Cumin seeds: 2 tsp

For tempering: 2 bay leaves and 1 tsp cumin seeds

## How to make

- Clean the fish. Sprinkle a pinch of turmeric powder and salt on it and rub well. Keep aside for half hour. Slice the potatoes length wise and sprinkle some salt and turmeric on them too. Prepare the spice paste by dry roasting dry red chilli and cumin seeds slightly on the hot griddle (spices should not change colour) and then make a paste with a little water in the blender.

- Heat oil in the pan, fry the fish till it is light brown on both sides. Remove the fried fish pieces with slotted spoon and keep aside. Fry the potato pieces in the same oil slightly and remove when they are golden brown in colour. (do not cook the fish in the same pan where it is fried, the gravy will turn dark after cooking)

- Take another pan and heat 2 tblsp oil, temper with bay leaves and cumin seeds, when cumin seeds change their colour and aroma comes out, add slitted green chillies along with chopped onions. Saute till onions turn brown, add ginger garlic paste, sauté for couple of minutes, then add the prepared spiced paste, turmeric

- Powder and chopped tomatoes.

- Lower the flame and adding a little water, cook the spice blend really well until oil separates. Add fried potato and fish pieces and mix well with the spices. Add sugar and season with salt. Mix well. Add half a cup of warm water and in low flame, let it cook, covered with lid.

- When potatoes are done and the oil in the dish floats on the top of the dish, remove from heat. You can garnish with fresh coriander leaves.

- Serve with a bowl of hot plain steamed rice.





## Sandesh

Soft and traditional Bengali sweet dish Sandesh is prepared with fresh chena. It can be made in any flavour. In fact it can be made with Saffron and cardamom only.

### *Ingredients:*

- Full cream milk - 1 ltr
- Lemon - 2
- Powdered sugar - 1/3 cup (50 grams)
- Cardamom - 5
- Saffron - 20 to 25 threads
- Pistachios - 10 to 12

## How to Make

Take milk in a vessel with heavy base and allow it to boil. When milk starts boiling, take it off flame. And allow it cool a bit. Mix some water in lemon juice and when milk cools a bit, add lemon juice into it little by little and keep stirring. When milk coagulates, and milk and chena separates, stop adding lemon juice into it.

Strain the chena with cloth and pour cold water over it so that there is no flavor of lemon in chena. Lift the cloth from all sides and press it gently so that excess water drains out. Chena for making sandesh is now ready. Take it out in a plate and mash the chena for 5 to 6 minutes until smooth. Crush cardamom to make powder. Also, chop pistachios thinly.

Now mix saffron and powdered sugar in chena and mix for 2 to 3 min. Take a non stick pan and place it on flame. Now place chena in it, stir constantly and roast it on low flame for 3 to 4 minutes.

Turn off the flame and take out chena in a plate. Allow the chena to cool and then mix cardamom powder into it. Take small lump from the mixture, roll and then flatten gently. Place it over a plate. Likewise, make small lumps from the mixture and



make oval shape peda and place them over plate. Garnish with chopped pistachios and relish eating these

## Scrumptious Sandesh

### *Suggestion:*

This sandesh is prepared with saffron flavour but you can use cashews, almonds as per your taste.

Northeastern cuisine is rich and varied enough to fill your stomach and give you much food for thought. Northeast India is

widely eaten. Other Non-vegetarian items include chickens, ducks, pigeons, snails, silkworms, insects, mutton, pork, venison and turtle. The region's cuisine involves simple cooking processes, mostly barbecuing, steaming, boiling or fermenting. A traditional meal in Assam begins with a khar, a class of dishes named after the main ingredient and ends with a tenga, a sour dish. Homebrewed rice beer or rice wine is served before a meal. The food is usually served in bell metal utensils. Paan, the practice of chewing betel nut, generally concludes a meal.

## THE NORTH EAST

# FOUNDATION & FLAVOURS

home to some of the most exclusive and special spices in the world including the world renowned raja mirchi or bhut jolokia (Ghost Pepper). Bhut Jolokia is the hottest chilli in the world according to the Guinness World records. Nagaland takes pride in growing it ever since it was first brought from the states.

The famous Assamese food is well known for its tangy flavours brought in by the extensive use of tomatoes and various citrus fruits. Assamese cuisine is a mixture of different indigenous styles, with considerable regional variation and some external influences. Although it is known for its limited use of spices, Assamese cuisine has strong flavours from its use of endemic herbs, fruits, and vegetables served fresh, dried or fermented. Fish is

## Some lip smacking Assamese

### delicacies include:

**Khar:** A delicious curry made from raw papaya, pulses, taro and also with a main non-vegetarian ingredient.

**Duck Meat Curry:** This delicacy of Assam is cooked with Ash Gourd (lauki) and is generally cooked on special occasions.

**Aloo Pitika:** A soul food in its truest sense, aloo pitika is Assam's version of mashed potatoes.

**Pitha:** It is one of the most popular snack time dishes, usually eaten at breakfast or with evening tea. There is a wide variety of pithas available.

**Fish Tenga:** This graceful dish of Assamese cuisine- a yummy fish curry- is extremely refreshing on the palette.

## Recipe for Spinach Khar (Paleng

### Xaakor Khar)

#### Ingredients:

- Fresh spinach (Paleng Xaak) 2 medium branches
- Split pigeon peas (toor daal) 4 tablespoons
- Kola khar / baking soda 1 teaspoon
- Mustard oil 1 tablespoon

- Garlic 2 to 3 cloves
- Green chili 2 to 3
- Salt as per taste
- Water (1/2) cup

## How to make

At first, wash split pigeon peas under running water. Then, soak them in fresh clean water for half an hour. Heat up mustard oil in a medium-sized skillet. Put minced garlic cloves and chopped green chillies in it. Stir fry for a minute or two. Add soaked pigeon peas and finely shredded spinach to it. Keep stirring so that the spinach goes flaccid and becomes tender. Now, add salt, kola khar or baking soda and water to this mixture and cover the skillet with a lid. Adjust the flame to low and let the split pigeon peas get cooked. As soon as the entire thing turns mushy, turn off the heat. Khar is ready.

## Recipe for Masor Tenga (Tangy Fish Curry):

### *Ingredients:*

- 6 pieces of river fish, preferable Rohu
- 3 ripe tomatoes, chopped
- ½ tsp fenugreek seeds
- 1 tsp turmeric powder
- 1 green chili (optional)
- 2 tsp lemon juice or as per taste
- 1 tablespoon mustard oil
- Extra mustard oil to fry the fish
- 3 tablespoon chopped coriander
- 2 cups of warm water
- Salt according to taste

## How to make

- Sprinkle the fish pieces with half a teaspoon of the turmeric powder and salt and leave to marinate for twenty minutes
- Heat oil in a deep pan set over medium heat and fry the fish until lightly browned

and just cooked through. Drain on absorbent kitchen paper and set aside

- Heat one tablespoon mustard oil in a separate pan. Tip in the fenugreek seeds. When the seeds turn brown remove them from the oil

- Add the green chili followed by the chopped tomatoes. Cook until the tomatoes have started to collapse and release their liquid

- Add salt and turmeric and stir well. Gently slide in the fried fish pieces. Add water, simmer for ten minutes

- Reduce heat and add the lemon juice; according to taste and remove from heat immediately

- Stir in the chopped coriander and serve with steamed rice.

# FLAVOURS OF BIHAR & JHARKHAND

## Flavours of Bihar & Jharkhand

Bihari and Jharkhand cuisine is wholesome and simple. Litti chokha, a baked salted wheat flour cake filled with sattva (baked chickpea flour) and some special spices, is well known among the middle-class families served with "Baigan Bharta", made out of roasted eggplant and tomatoes. Among meat dishes, Meat saalan is a popular dish made of mutton or goat curry with cubed potatoes in garam masala. Dalpuri is another popular dish in Bihar. It is salted wheat flour bread, filled with boiled, crushed and fried gram pulses. Malpua is a popular sweet dish of



Bihar, prepared with a mixture of maida, milk, bananas, cashew nuts, peanuts, raisins, sugar, water and green cardamom. Another notable sweet dish of Bihar is Balushahi, which is prepared by a specially treated combination of maida and sugar along with ghee. Another famous sweet Khaja is also made from flour, vegetable fat and sugar. It is mainly used in weddings and other occasions.

During the festival of Chhath, thekua, a sweet dish using ghee, jaggery and whole-meal flour, flavoured with aniseed, is made.

## Lip smacking dishes from Bihar include

**Litti Chokha:** This grand Bihari dish consists of wheat and sattu with spices, kneaded into round spicy balls, dipped in ghee. Littis along with the crunchy crust makes it a foodie's delight. Chokha is prepared by mashing boiled vegetables.

**Meat Salan (Bihari Mutton curry):** This is one of the tastiest and most common Bihari non-vegetarian dish.

**Chana Ghunghni:** Extremely common and equally delicious, this mouth-watering snack is prepared in almost every household of Bihar.

**Khaja:** It is believed to be a 2000 year old preparation, very similar to the Baklava of Ottoman Empire. The crispy dessert is made from wheat flour, sugar, mawa; deep fried in oil.

**Malpua:** Another Bihari food delight that has a crispy crust and soft centre.

## Recipe for Meat Salan

### Ingredients:

- Mutton 500 grams
- Onion 200 grams
- Ginger 1 inch piece
- Garlic 6-7 cloves

- Cumin seeds 1 and ½ tablespoon
- Black pepper ½ tablespoon
- Red chillies 4-5
- Bay leaves 2 nos
- Mustard oil ½ cup
- Cinnamon ½ inch stick
- Cloves 2-3
- Cardamom 3-4
- Mace 2 peppercorn sized piece
- Turmeric powder ½ tablespoon
- Salt to taste

### How to make:

- Wash the mutton once with fresh water, drain the water and then keep it aside
- Slightly roast the whole garam masala, Cinnamon, Cardamom. Cloves and mace and then grind them into powder
- Chop the onions finely and keep aside
- Take cumin seeds, black peppercorn, red chillies, ginger, garlic and about ½ cup of sliced onions and then grind them into a smooth paste
- After these initial preparations, heat the oil in a pan. Once heated, add crushed bay leaves and remaining sliced onions. Turn the flame to medium and fry the onions, till they turn golden brown
- Now add the mutton pieces and mix. Soon you will find them changing the colour. Keep sautéing for about 15 minutes, till the water released by mutton evaporates
- Now add the ground masala and Turmeric powder and mix. Saute the masala along with the mutton for another 10-15 minutes
- Finally transfer the entire content in a pressure cooker. Add about 2 cups of water, salt and garam masala and mix
- Cover the cooker with the lid and pressure cook the mutton upto 4 whistles on low flame. As the steam escapes, check if the mutton is tender. Serve hot with steamed rice and salad



## Recipe for Malpua

### Ingredients

- Maida - 500 gm
- Milk - 350 gm
- Sugar - 500 gm
- Water - 2 cup
- Fennel seeds (Saunf) - 2 tsp (coarsely ground)
- Green cardamom powder - 1 tsp
- Saffron - 2-3 strands (optional)
- Oil for frying - 500 gm (approx.)
- Ripe banana (mashed) - 1 (optional)

### How to make

- Take maida in a bowl and mix milk in it by adding little by little. Mix mashed banana also if desired
- Mix fennel powder and 1/2 tsp cardamom powder, and leave the batter aside to rest
- To make sugar syrup, take sugar and

water in a large vessel and bring to boil stirring continuously

- Remove from heat and add rest of the cardamom powder and saffron, if desired. Set aside
- Heat oil in a kadai and pour 1 small ladle of the batter, for frying
- Fry the pua on both sides till golden brown
- Take out the fried pua from oil and transfer to the sugar syrup immediately. Finish frying rest of the puas in the same way
- Take out syrup soaked puas or "Ras puas" from the sugar syrup, and serve hot.



# SCRUMPTIOUS SPREAD IN THE WEST

## **West India: History and origin**

Western Indian region is highly industrialized, with a large urban population. It is surrounded by the Thar Desert in the northwest, the Vindhya Range in the north and the Arabian Sea in the west. A major portion of Western India shares the Deccan Plateau with South India. Before the partition of India, the now-Pakistani territories of Sindh and Balochistan were also included in this region.

**Geographical Influence:** The Western part of the country experiences a range of climates. From arid lands to humid coastlines, the region sees it all. And it is this geographical variation that lends a unique touch to the cuisines of this region. The vegetation varies from tropical rainforests along the Konkan coast to thorny bushes and shrubs in northern Gujarat. Recipes and ingredients vary as you traverse the length of this region and so the cuisines too have inhabited the peculiar taste and flavour of the local grown ingredients.

**Style of food:** This region probably has the most diverse styles of food in India. Gujarati cuisine is known for its slight sweet touch and is traditionally entirely vegetarian. In Maharashtra, coastal areas are famous for Malvani cuisine while in the interiors, Vidharba cuisine uses a lot of dry coconut. Goan food is rich, piquant and strongly flavored by coconut, red chillies and vinegar.

Cooking oils commonly used across the region include vegetable oils like sunflower, canola, peanut oil and ghee. Important spices and ingredients consist of dry red chillies, sugar, sesame seeds, coconut, nuts, vinegar, fish and pork.

Popular dishes, broadly speaking, include Pork Vindaloo, Chicken Xacuti, Fish Curry, Bhelpuri, Thepla and Ghewar.

**States included:** The western region of the country includes the states of Gujarat, Goa, Maharashtra along with the Union territory of Daman and Diu and Dadra and Nagar Haveli.

# WEST INDIA PLATTER: REGIONS & CUISINES

**Gujarat Cuisine:** Foundation and flavours  
Gujarati cuisine is one of the oldest culinary treasures of India and is primarily vegetarian despite having an extensive coastline providing wholesome seafood. This is because of influence of Jain vegetarianism on the state.

It offers a wide variety of vegetarian dishes, each with its unique cooking style, different kinds of pickles, farsans (snacks) and chutneys. The foods are always high on nutritional value. It is an exquisite blend of flavors where sweet notes dominate most dishes like the famous Gujarati Kadhi.

Gujarat's coastal climate is mostly hot and dry which is why the use of sugar, tomatoes and lemon is quite common as these foods keep the body hydrated.

The typical Gujarati thali consists of rotli, dal or kadhi, rice, and shaak/sabzi, a snack item (farsaan) like dhokla, pathra, samosa etc. and a sweet (mishthaan) like mohanthal, jalebi, doodh pak etc. 'Vaghaar' is a blend of spices purified in hot oil and generously drizzled over dal to enhance the flavor and impart an irresistible aroma. The prominence of ingredients like besan or gram flour, lentils, sesame seeds and yogurt is another feature that sets Gujarati dishes apart.

North Gujarat, Kathiawad, Kachchh and Surat are the four major regions of Gujarat

that contribute their unique touch to Gujarati cuisine.

## Some lip smacking Gujarati dishes:

**Khandvi:** One of the much-loved Gujarati snacks, khandvi is a soft, melt in the mouth, spiced and seasoned gram flour rolls. It is tempered with coconut, mustard seeds and curry leaves.

**Gujarati Kadhi:** A staple in almost every household, Gujarati kadhi is a lovely curry with sweet undertones. It is popular as it provides great respite from the scorching heat.

**Thepla:** This fine and flavourful Indian bread is made from whole wheat flour and kneaded with methi, chillies, herbs, yogurt and a dash of sugar.

**Undhiyu:** Made with a number of winter veggies like brinjals, surti papdi, potatoes, coconut and bananas, this Gujarati vegetable curry is wholesome and healthy.

**Shrikhand:** It is a simple and soothing Gujarati dessert made with hung curd. Low fat, rich and creamy, shrikhand is generally flavoured with saffron, cardamom or diced fruits and served with masala puri or as a stand-alone dessert.

## Recipe for Khandvi

Ingredients (measuring cup used, 1 cup = 250 ml)

For the khandvi batter:

- 1 cup besan/gram flour
- $\frac{3}{4}$  cup sour curd/yogurt + 2.25 cups water
- OR 3 cups sour buttermilk/chaas
- 1 tsp ginger/adrak + green chili paste (  $\frac{1}{2}$  inch ginger & 1 green chili crushed in a mortar-pestle)
- $\frac{1}{4}$  tsp turmeric powder/haldi
- $\frac{2}{3}$  tsp salt or add as required
- a pinch of asafoetida/hing





### **For the filling:**

- 2 tbsp fresh grated coconut
- 2 tbsp chopped coriander leaves/dhania patta

### **For the khandvi tempering/seasoning:**

- 1 tbsp oil
- 8 to 10 curry leaves/kadi patta
- 1 tsp mustard seeds/rai
- 2 tsp white sesame seeds/safed til
- 1 green chili/hari mirch, chopped or ½ tsp red chilli powder

### **How to make (khandvi rolls):**

- Take the yogurt in a bowl. Add water and stir well till smooth (if using fresh yogurt, then to add the sourness, add about ½ tsp of lemon juice).
- Add ginger-green chili paste, turmeric powder, asafoetida and salt
- Add the gram flour/besan. With a wired whisk, keep on stirring and mixing till all the lumps are dissolved and you get a smooth batter. There should be no lumps in the batter.
- Spread oil on plates or boards or tray. Large steel lids or thalis work well
- Mix the chopped coriander leaves and grated coconut. Keep aside
- Pour the batter in a sauce pan or a broad frying pan. Switch on the stove top and keep the flame to the lowest. Begin to stir.
- Keep stirring till the khandvi batter gets heated up. Lumps begin to form and you have to continuously stir so that the lumps don't form.
- The batter would thicken and keep on thickening. Keep stirring. Best to use a wooden spatula or a heat proof silicon spatula. The batter should not be allowed to stick at the bottom.
- Spread a few teaspoons of the batter on a greased plate. Let it cool a bit and then begin to roll. If you are unable to roll, then the batter needs to be cooked more.

● Quickly pour about ½ to ⅔ cup of batter on a large plate and spread thinly & evenly with a spatula. You have to be quick with the remaining batter too, since even a bit of cooling and the batter becomes like a blob, difficult to spread.

- Allow to cool and then sprinkle the coconut + coriander leaves mixture sparingly.
- Cut into equal sized strips.
- Gently roll each strip tightly. Then place them in a serving tray or plate.

### **For tempering/seasoning:**

- Heat oil and crackle the mustard seeds.
- Then add curry leaves, green chilies and fry for a few seconds.
- Add the sesame seeds and when they change color & crackle, pour the hot tempering mixture along with the oil on the khandvi rolls evenly.
- You can garnish khandvi with some more coconut and coriander leaves, if you prefer.
- Serve khandvi with coriander chutney or coriander mint chutney.

### **Recipe for Shrikhand**

#### ***Ingredients***

- 1 kg thick curd (dahi)
- ¾ cup powdered sugar
- A few saffron (kesar) strands dissolved in 1 tbsp warm milk
- 2 tsp cardamom (elaichi) powder
- A few almond and a few pistachio slivers (for garnishing)

#### **How to make:**

- Hang the curd in a muslin cloth in a cool place for approx. 3 hours until all the liquid (whey) has drained off.
- Combine the hung curd, sugar, saffron mixture and cardamom powder in a bowl and churn using a hand blender till the mixture becomes smooth.
- Serve chilled, garnished with almond and pistachio slivers.

## GOAN CUISINE

# FOUNDATION & FLAVOURS

Located along India's west coast on the shore of the Arabian Sea, Goa is a perfect holiday destination for many. It has everything you need to relax and unwind after a gruelling work day- sun, sand, beach and most importantly, good food. The food here stands up to the state's reputation of being spunky and addictive! Rice, seafood, coconut, vegetables, meat, pork, jaggery, cashews and local spices are some of the main ingredients in Goan cuisine. The area is located in a tropical climate and so the spices and flavours are intense. Use of kokum is another distinct feature.

Given its rich and diverse cultural heritage, Goan food is a potpourri of flavours! It is considered incomplete without fish and Goan Prawn balchao and Sorpotel are well known and relished around the world. It has many similarities with Portuguese food; mainly because of Portuguese inhabitants who lived there for almost 450 years.

### Some lip smacking Goan dishes:

**Goan Prawn Curry:** Juicy prawns cooked in a coconut milk based Goan curry; this epitomises the magic of Goa!

**Pork Vindaloo:** 'Vin' stands for vinegar and 'ahlo' means garlic. Chillies, ginger, garlic and cumin is mixed with vinegar laced pork and cooked in fiery red gravy.

**Chicken Cafreal:** Taken from the



Portuguese, this dish is essentially chicken marinated in a spicy paste and cooked with vinegar and rums.

**Khatkhatem (mixed vegetable curry):** It is an exotic mixed vegetable stew of Goan cuisine. This dish is usually prepared for weddings, pujas and other occasions.

**Bebinca:** A delicious Goan dessert, Bebinca is prepared using coconut milk, eggs, butter and jaggery.

## Recipe for Goan Prawn Curry

**Ingredients** (1 measuring cup = 250 ml)

**For Curry:**

- 2 tbsp oil
- 250 gms peeled prawns
- 3 tbsp tamarind pulp or 1 raw mango chopped length wise into 2 pieces
- ½ onion chopped
- 5-6 curry leaves optional
- 1 and ½ cup coconut milk
- A few chopped coriander leaves
- Salt as per taste

**For paste:**

- 1 cup water
- ½ inch ginger
- 4 - 5 garlic cloves
- 2 tbsp coriander seed
- 7 dry kashmiri red chilies
- 16 peppercorns
- 1 cup fresh grated coconut
- ½ onion chopped
- 1 t/s turmeric powder

## How to make:

- Marinate prawns with little salt and keep aside.
- Combine all the ingredients for the paste into a grinder with a cup of water. Grind to a fine and smooth paste.
- Heat oil in a vessel. Once oil is hot add curry leaves, half chopped onion and saute until they change colour.

- Add the ground paste, raw mango or tamarind paste, salt, green chilies and prawns.

- Cook for 2-3 mins or until the prawns are cooked and tender.
- Add coconut milk and simmer for 2 mins on low heat.
- Switch off the gas. Don't overcook else the coconut milk might curdle.
- Garnish with coriander leaves.
- Serve the Goan Prawn Curry with rice and fry fish.

## Recipe for Bebinca:

**Ingredients**

- 200 gm refined flour
- 10 egg yolks
- 500 gm sugar
- 200 ml coconut milk
- 5 gm nutmeg powder
- 200 gm butter

## How to make

- Mix the coconut milk, flour, sugar, nutmeg and the egg yolks and make a batter.
- Grease an oven proof dish with a spoonful of melted butter, pour 75 ml of batter into the dish and spread evenly.
- Bake till golden brown.
- Spread another spoonful of butter and pour another 75 ml of batter over it and spread evenly.
- Bake and repeat this until all the batter is used up.
- Turn out the bebinca onto a wire rack.
- Cool and cut into slices before serving.

Maharashtrian cuisine covers a range from mild to very spicy dishes; with wheat, rice, jowar, bajri, vegetables, lentils and fruit forming staple food. Peanuts and cashews are often served with vegetables.

MAHARASHTRAN CUISINE

# FOUNDATION & FLAVOURS



Majority of Maharashtrians do eat meat and eggs, but the Brahmin community is mostly lacto-vegetarian. The traditional staple food on Desh (the Deccan plateau) is usually bhakri (an unleavened bread made using Indian millet-jowar, bajra or bajri), spiced cooked vegetables, dal and rice. In coastal Konkan region, rice is the traditional staple food and wet coconut and coconut milk is used in many preparations. In South Konkan, near Malvan, an independent cuisine has developed called Malvani cuisine, which is predominantly non-vegetarian. In Vidarbha region, dry coconut, along with peanuts, is used in dishes.

## Some lip smacking Maharashtrian dishes:

**Batata Vada (potato fritters):** Batata means potato in Portuguese. Potatoes mixed in masalas, coated in besan batter and deep fried to perfection form this delicious and famous dish of Maharashtra. It is served hot with chutney.

**Puran Poli:** Also known as holige, Puran Poli is a sweet flatbread from Maharashtra. Gram flour parcels are stuffed with a sweet mixture of dal, infused with jaggery and saffron. Other ingredients that may be used are nuts, dates and turmeric powder.

**Pav Bhaji:** It is a fast food dish from Maharashtra, consisting of a thick vegetable curry (bhaji) usually prepared in butter and served with a soft bread roll (pav). The dish originated in the 1850s as a fast lunchtime dish for textile mill workers in Mumbai but later gained massive popularity. It is now offered at outlets from simple hand carts to formal restaurants in India and abroad.

**Kolhapuri Vegetables:** Coming straight from the city of Kolhapur, this dish consists of fresh vegetables cooked in yogurt, ginger-garlic paste, hot spices and lemon juice. It is served as a main course



accompanied by breads.

**Zunka Bhakri:** It is traditionally made with chickpeas or besan paste which is further cooked with onions, curry leaves, ginger-garlic paste, cumin and mustard seeds. Rich and aromatic, it is best served with bajra or jowar rotis.

## Recipe for Pav Bhaji

**Ingredients** (measuring cup used, 1 cup = 250 ml)

- 3 medium sizes potatoes
- 1 to 1.25 cups chopped cauliflower
- 1 cup chopped carrot
- ¾ to 1 cup peas



- ½ (half) cup chopped french beans (optional)
- 1 large onion - finely chopped
- 2 to 3 large tomatoes - finely chopped, about 2 to 2.5 cups finely chopped tomatoes, tightly packed
- 1 medium sized capsicum/green bell pepper
- 2 tsp ginger-garlic paste
- 1 or 2 green chillies, chopped
- 3 to 3.5 tbsp pav bhaji masala
- ½ tsp garam masala powder (optional)
- 1 tsp chilli powder or freshly pounded 1-2 dry deseeded red chillies
- 1 tsp turmeric powder
- 1 tsp cumin seeds

- 1.5 to 2 cups water or add as required
- 2 to 3 tbsp amul butter, butter is also added later while serving
- Salt as required
- Pavs for serving with the bhaji

### **How to make (the Bhaji):**

- Rinse the vegetables and boil all the vegetables except onions, tomatoes and capsicum in a pressure cooker or microwave oven.
- Finely chop the onions, green chillies, tomatoes and capsicum. Keep aside
- Once the potatoes, cauliflower etc are cooked, peel the potatoes. Roughly chop

all the steamed veggies and then mash them lightly with a potato masher. Keep aside.

- In a pan, add butter. When the butter melts, add cumin seeds. When they sizzle, add the chopped onions.

- Saute the onions till they become translucent. Now add the ginger-garlic paste. Saute till the raw aroma of the ginger-garlic paste disappears.

- Add chopped green chilies and fry for half a minute. Add tomatoes and fry them till they become soft and mush.

- Add chopped capsicum. Saute for 2 to 3 minutes. Now add red chilli powder, turmeric powder and pav bhaji masala. Also add garam masala if needed.

- Mix the dry masalas well. Fry for a couple of minutes till the capsicum become a little soft. Now add the mashed vegetables and combine well with the masala.

- Add water and combine everything well. Now add salt.

- With a potato masher, mash the veggies directly in the pan.

- Keep on stirring occasionally and let the bhaji simmer for 12 to 15 minutes on a low flame. The consistency is neither very thick nor thin.

- When done, garnish with coriander leaves. Serve with chopped onions and chopped lime. The lime juice has to be squeezed on the bhaji and topped with chopped onions. Add amul butter to the bhaji and serve with buttered pavs.

## To make the buttered pavs:

- Slice the pavs/bread rolls.
- On a flat pan, heat some butter. When the butter melts, keep the pavs on the melted butter so that they absorb the butter and fry for a minute.
- Serve the pavs hot with the bhaji.

## Recipe for Puran Poli

**Ingredients** (measuring cup used, 1 cup = 250 ml)

- For the puran mixture - sweet filling:
  - 1 cup powdered jaggery/gur
  - 1 cup chana dal/skinned spilt bengal gram
  - 3 cups water for pressure cooking the chana dal
  - 2 tsp ghee
  - 1 tsp fennel powder/saunf
  - ¾ to 1 tsp dry ginger powder/saunth
  - ½ tsp cardamom powder or 4-5 cardamoms crushed finely
  - ¼ tsp nutmeg powder/jaiphal powder

## For the poli - outer covering:

- 1.5 cups whole wheat flour/atta + ½ cup all purpose flour/maida (or you can also use 2 cups whole wheat flour instead)
  - 1 tsp oil or ghee
  - ½ tsp salt or as required
  - ¼ tsp turmeric powder/haldi (optional, to give a faint yellow color to the poli)
  - water as required to knead the dough
  - oil or ghee as required for frying the puran poli

## How to make (puran):

- Rinse the chana dal first very well in water and cook it for 6 to 7 whistles in a pressure cooker. Once the pressure settles down on its own, strain the cooked dal.
- Heat ghee in a pan and add the dry ginger powder, nutmeg powder, cardamom powder and fennel powder. Saute for a few seconds.
- Add the chana dal and jaggery. Stir and let this puran mixture cook on a low flame till the mixture becomes dry. Now switch off the flame. Let it cool and then mash the puran mixture with a potato masher.





### Preparing the poli dough

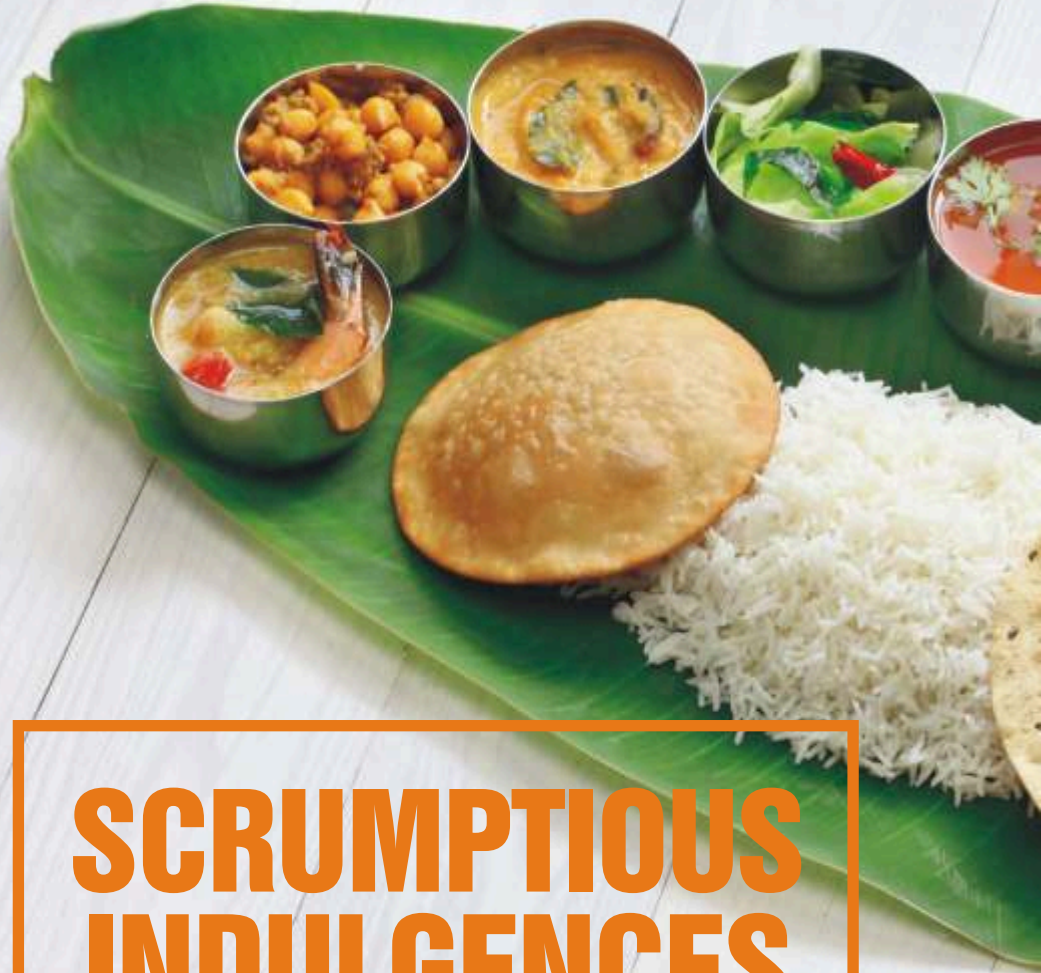
- Take whole wheat flour/atta and salt in a bowl and mix well.
- Add a little bit of water and ghee and mix. Begin to knead the dough adding water as required. The dough should be smooth and soft. Cover and keep aside the dough for 15-20 minutes.

### Making the puran poli:

- Take a medium or large size ball from the dough. Roll it 2-3 inches in circumference on a dusted rolling board. Place a portion of puran mixture in the center of the rolled dough.
- Bring the edges together towards the

center. Join all the edges and pinch them. Sprinkle some flour and start rolling the dough.

- Make a medium or large circle (poli) as depending upon the size of the dough and puran filling you took. On a heated tawa or griddle, spread some ghee and place the rolled poli/dough circle.
- When one side gets browned, turn over and cook the other side till you see some brown spots. Once the second side gets browned, then turn over and apply ghee. Puran poli puffs up and looks golden with brown spots.
- You can serve puran poli warm or at room temperature with milk, ghee or yogurt/curd.



# SCRUMPTIOUS INDULGENCES OF SOUTH

## South India: Origin & Belief Foundations & Flavours

South India's cuisine is the second most popular cuisine from India served internationally. Sambar, dosa, idli, vadas and chutney are just the tip of the iceberg when it comes to South Indian delicacies. From Malabari to Chettinad, there is a food galore. The dishes served in this part of the country are characterized by dishes cooked on the griddle such as dosas, thin broth like dals called sambar and an array of seafood. This area is also known for its use of 'kari' leaves, tamarind and coconut in abundance.



The concoction of the entire cuisine down South is a perfect blend of flavour, colour and taste and also takes care of the nutritional balance. Moreover, the visual appeal of the South Indian dishes is quite alluring. South Indians generally have a preference of drinking coffee after having their meals. Well, coffee has become a popular beverage in the entire country. Coconut milk is also quite common in South India.

**States included:** Karnataka, Andhra Pradesh, Tamilnadu and Kerala.

**Geographical influence:** South India has hot, humid climate and all its states are coastal. Rainfall is abundant and so is the supply of fresh fruit, vegetables and rice. Andhra Pradesh produces fiery Andhra cuisine which is largely vegetarian yet has a huge range of seafood in coastal areas. Tamilnadu has Chettinad cuisine, perhaps the most fiery of all Indian food. This style too is largely vegetarian.

**Style of food:** None of the meal is complete without rice in some form or other either boiled rice or idlis (steamed cakes made from rice batter), Dosas or Uttapams (pancakes made from a batter of rice and lentil flour). Daals (lentils) are also a part of most meals.

Andhra Pradesh is known for its Hyderabadi cuisine which is greatly inspired by the Mughlai cuisine.

Karnataka has two main styles of cooking, the Brahmin cuisine that is strictly vegetarian and the cuisine of Coorg which is noted for its pork dishes. Tamil Nadu is majorly known for its

vegetarian Brahmin cuisine which is very popular in entire India and overseas. From Kerala comes Malabari cooking, with its repertoire of tasty seafood dishes.

## Do you know who introduced Coffee to India?

The saga of foreign influence on Indian food is as fascinating and interesting as the India food itself.

One significant influence of a different culinary world was from the Arabs traders who introduced coffee. The Arab also left an indelible mark on Kerala's cuisine now known as Kerala Muslim (or Moppilah) cuisine. Syrian Arab Christians fleeing persecution at the hand of the Muslims took refuge under the king of Kerala and also left a heavy influence in the cuisine of Kerala. South Indian cuisine consists of the cuisine of four states, namely Andhra Pradesh, Karnataka, Kerala and Tamil Nadu. All the four cuisines have lot many things in common; however, they differ in terms of the spice content in their food preparations.

South Indian cuisine consists of the cuisine of four states, namely Andhra Pradesh, Karnataka, Kerala and Tamil Nadu. All the four cuisines have lot many things in common; however, they differ in terms of the spice content in their food preparations.



A close-up photograph of a traditional Andhra dish, likely a type of rice, served on a banana leaf. The rice is bright yellow and garnished with fried items, possibly small pieces of meat or vegetables. The dish is presented on a brass plate. In the background, there are white and yellow flowers and a brass bell, suggesting a traditional or festive setting.

# ANDHRA CUISINE

## Andhra Cuisine

It's the hottest of all the South Indian cuisines. There is a moderate use of oil, tamarind and chilli powder (Guntur) in this part of the country. A very fascinating thing about this cuisine is that though Hyderabad is the capital city but its cuisine is absolutely distinct from that of others.

### Authentic dishes from Andhra

Pulihora, or tamarind rice along with green chilies is the most popular food in Andhra Pradesh.

### Gutti Vankaya Kura

*(Andhra Eggplant Curry)*

Vegetable curries are most popular in Andhra Pradesh. Beautiful eggplants cooked with exotic spices and served with rice.



## Hyderabadi Biryani

Hyderabadi Biryani is a signature dish of and one that is not to be missed. Meat is combined with piquant spices, curd, butter and saffron, tossed in semi cooked rice and garnished with cucumbers.

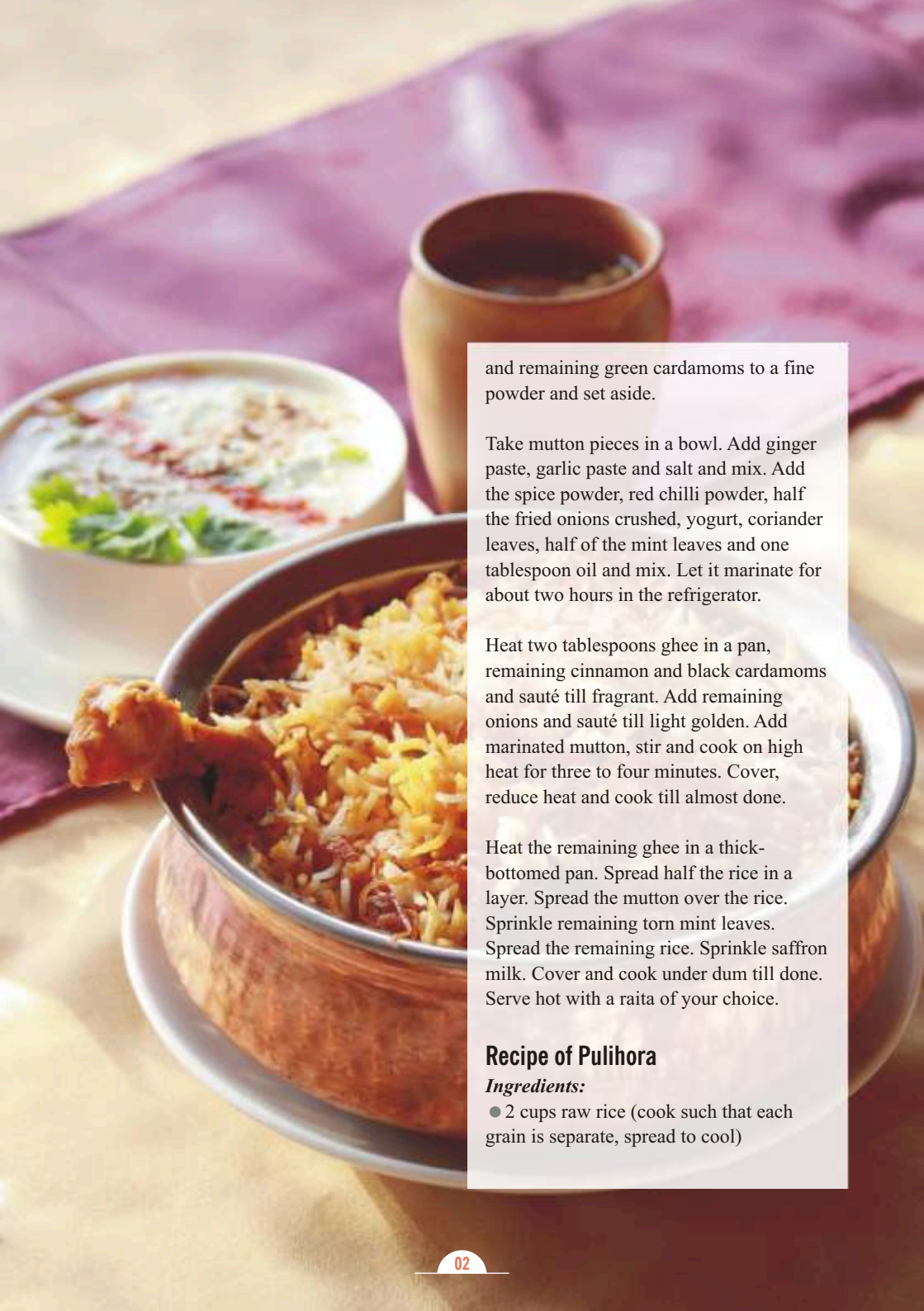
### Recipe of Hyderabadi Biryani

- Mutton a mix of chops, marrowbone and shoulder pieces 500 grams
- Basmati rice 1 1/2 cups
- Salt to taste
- Bay leaves 2
- Green cardamoms 10
- Black peppercorns 25-30
- Cinnamon 3 inch sticks
- Oil 1 tablespoon + to deep fry
- Onions sliced 5 large
- Caraway seeds (shahi jeera) 1/2 teaspoon
- Cloves 10
- Ginger paste 1 tablespoon
- Garlic paste 1 tablespoon
- Red chilli powder 1 tablespoon
- Yogurt 1 cup
- Fresh coriander leaves torn 2 tablespoons
- Fresh mint leaves torn 2 tablespoons
- Pure ghee 4 tablespoons
- Black cardamoms 2
- Saffron (kesar) mix in 1/4 cup milk a few strands

### Method

Heat five to six cups of water in a deep pan. Add drained rice, salt, bay leaves, five green cardamoms, seven to eight black peppercorns, one cinnamon stick and cook till three fourth done.

Drain and set aside. Heat sufficient oil in a kadai and deep-fry half the onion slices till golden. Drain and place on an absorbent paper. Grind caraway seeds, one cinnamon stick, remaining black peppercorns, cloves



and remaining green cardamoms to a fine powder and set aside.

Take mutton pieces in a bowl. Add ginger paste, garlic paste and salt and mix. Add the spice powder, red chilli powder, half the fried onions crushed, yogurt, coriander leaves, half of the mint leaves and one tablespoon oil and mix. Let it marinate for about two hours in the refrigerator.

Heat two tablespoons ghee in a pan, remaining cinnamon and black cardamoms and sauté till fragrant. Add remaining onions and sauté till light golden. Add marinated mutton, stir and cook on high heat for three to four minutes. Cover, reduce heat and cook till almost done.

Heat the remaining ghee in a thick-bottomed pan. Spread half the rice in a layer. Spread the mutton over the rice. Sprinkle remaining torn mint leaves. Spread the remaining rice. Sprinkle saffron milk. Cover and cook under dum till done. Serve hot with a raita of your choice.

## **Recipe of Pulihora**

### ***Ingredients:***

- 2 cups raw rice (cook such that each grain is separate, spread to cool)

- 1/2 tsp turmeric/haldi/pasupu
- 15-20 fresh curry leaves
- salt to taste
- large lemon sized tamarind (soak in a cup of hot water and extract pulp)
- 1 tsp jaggery or brown sugar (optional)
- ● 1 tbsp channa dal (split bengal gram)
- 1 tbsp urad dal/minappapu/split black gram
- 1 tsp teaspoon mustard seeds
- 1 tsp cumin seeds
- 3-4 medium dry red chilli
- ● 4-5 green chillies slit length wise
- 1 1/2 tps finely chopped ginger
- 1/4 tsp hing/asafoetida/inguva
- 1 1/2 tsp roasted sesame seeds
- 2 fistfuls roasted peanuts
- 3 tbsps oil

### How to make:

Sprinkle turmeric powder, salt, a tbsp of oil and few fresh curry leaves to the cooked and cooled rice and keep aside.

2 Heat the remaining oil in a cooking vessel, add the mustard seeds and let them splutter. Add dry red chillies, cumin seeds, channa dal, urad dal and fry for a minute till light brown. Next add the slit green chillies, ginger, asafoetida and few curry leaves and fry for a few seconds.

2 Add the tamarind extract and jaggery and cook till the raw smell of tamarind disappears, approx 5-7 minutes. It will be a like a thick but flowing paste. Remove from heat.

3 Add the cooked tamarind mix and combine well such that its spread all over the rice. Adjust salt. Finally sprinkle the roasted sesame seeds powder and roasted peanuts and combine well. Let it sit for at least 3-4 hours for the flavors to set in.

4 Serve with appadam/chips, (sun dried chillies) and yogurt.

# KARNATAKA CUISINE

The number of vegetarians exceed the number of non-vegetarians in Karnataka; therefore, their cuisine mainly consists of vegetarian dishes. The food of Karnataka is the mildest of all. Lunch is mostly served on a plantain leaf. The use of chilli powder in this region is done cautiously. They make a liberal use of palm sugar or brown sugar. Udupi food forms part of the cuisine of Karnataka.

Ragi rotti, Akki rotti, Khara Bisi bele bath, Kesari Bath, Vangi Bath, Saaru, Bath, Davanagere Benne Dosa, Ragi mudde, and Uppittu are few of the popular dishes. In South Karnataka, Rava Idli, Mysore Masala Dosa and Medhu Vada are extremely popular. Among the sweet dishes, Karnataka is well known for its wonderful preparation of Mysore Pak, Dharwad pedha, Pheni, Chiroti.

### Traditional yet tantalising dishes of Karnataka cuisine

**Neer Dosa:** Lightest of all dosas, easy to cook and oh, so delicious. It's the star specialty of Karnataka cuisine.

**Mysore Masala Dosa:** World famous, full of authentic spices. This one is well-travelled across the world and is most loved for its delicate flavours.

**Mysore Pak:** Made from three basic ingredients, besan, sugar, ghee, this irresistible sweet is a welcome sweet across the south.



**Coorg Pandi curry(Pork curry):** Coorgi delicacy for all non vegetarians. This dish is cooked in tangy masala.

## Recipe of Mysore Masala Dosa

**Ingredients:** (measuring cup used = 240ml)

- Ingredients required for the dosa batter:
- 2 cups dosa rice (Low quality raw rice; any raw rice is ok)
- 1/2 cup urad dal (extra 1/4 cup if using mixer grinder and climate is cold)
- 1 tsp methi/Fenugreek seeds
- 2 tbsp chana dal or toor dal
- 3 tbsp thick Poha/beaten rice/gatti avalakki (6 tbsp if using mixer grinder)
- ● Salt as per your taste
- Water as required

**Ingredients required for potato filling:**

- 2 medium sized potato
- 2 medium sized onion
- 1/2 tsp mustard
- 1/4 tsp jeera
- 1 tsp urad dal
- 1 tsp chana dal or gram dal
- 2-4 green chillies
- 1/2 tsp finely chopped ginger
- ● 8-10 cashews
- 1/4 tsp turmeric powder
- A pinch of asafotida
- 7-8 curry leaves
- 2 tbsp chopped coriander leaves
- 4 tbsp cooking oil
- Salt as per your taste

**Ingredients required for red chutney:**

- 2 tbsp chana dal or gram dal
- 3-6 red chili
- 8-10 shallots / one small onion
- 4-5 cloves of garlic
- A small piece of tamarind
- 2 tbsp grated coconut(optional)

**Instructions for making Mysore masala dosa:**

**How to make:**

Rinse and soak all the ingredients mentioned for dosa batter except poha/beaten rice. Soak it in good drinking water for 5-6 hours.

Now drain the water and preserve it in a container, because the same water is used while grinding. Doing so will help in better fermentation. Meanwhile soak the poha/ beaten rice for 10 minutes and drain the water.

Now pour the drained ingredients and the poha/beaten rice into a wet grinder, and grind it by adding the water gradually. You can use mixer grinder as well but dont forget to increase the quantity of urad dal as mentioned in the ingredients list. Grind it till you get a smooth and fluffy batter and empty the batter into a container.

Close the lid and leave it for 8-9 hours or overnight for fermentation. Before using the batter add salt and mix well.

**Instructions for potato filling:**

Wash and boil the potatoes in the pressure cooker. Once it is cool, peel it and smash it also keep all other ingredients ready.

Take a frying pan, add oil and mustard seeds. Once the mustard starts spluttering add jeera, urad dal, channa dal and cashews one by one. Saute it for a while. When the urad dal turns brown add slit green chilly, grated ginger and curry leaves. Saute it for 5 seconds.

Add turmeric powder and asafotida and saute it for a while. And then add chopped onions and fry till the onions turn soft.

Now add smashed potato and mix for a while, Once it is mixed add salt and chopped coriander leaves and mix it again

## Coorgi style pork curry recipe

- 1 Kg Pork (2 Lbs)
- 1tsp Turmeric powder
- 1tsp Cummin Seeds (Jeera)
- 8-10 Small Onions or 2 big onions
- 10-15 cloves of Garlic
- ● 3-4 Green Chills
- 1/2 tsp Mustard seeds
- 2 tbs Cummin Power
- Vinegar or or Kachampuli (Malabar Tamrind)
- Salt to taste

### How to make:

Wash the Pork well, remove excess water. Marinate the pork for 10-15 minutes with salt, red chilly power or pepper, and turmeric. Meanwhile blend the Green Chillies, Onions, Ginger and a little Cumin seeds. Then fry the Cummin powder until it turns darkish brown, add mustard and the rest of the cummin seeds and fry for few minutes. Later Cook the marinated pork until excess water is drained. Now add the blended mixture of Onions, ginger, green chills, cumin seed and add salt and let it cook while stirring well. After the pork is cooked, add the fried cumin power and cook for 5 minutes on low flame. Add the Vinegar or kachampuli and your Pandhi curry is ready.



# KERALA CUISINE

Coconut is mandatory in majority of recipes across Kerala. Since, Kerala is the chief exporter of coconut; therefore coconut is used liberally over here. Kerala is a place well known for its beautiful backwaters and thus, this place is a paradise for seafood lovers. There is an abundance of seafood specialties.

## Delectable dishes from Kerala

### *Puttu and Kadala Curry*

Puttu, which is nothing but steamed rice cake. This traditional breakfast item is normally served with kadala (black chickpeas) curry or moong dal curry. It is also a nice combination with ripe banana and pappad. No vegetarians can also try fish curry with puttu.

### *Thalassery Biryani*

This biriyani special is that it uses green chilli and garam masala and completely avoid red chilly powder, coriander powder and other spices.

### *Sadhya*

In this pure vegetarian food, several types of dishes namely avail (mix of vegetables), kaalan (mixture of yam and yoghurt), thoran (dried vegetable sprinkled with coconut), kichadi (Cucumber roasted in coconut), Pachadi (sweet made from pineapple or grapes), puliinchi (ginger and tamarind flavor), achar (pickle), pappad are served along with rice and sambar (the main curry with ladies finger and drumstick).



## Recipe for Puttu and Kadala Curry

### *Ingredients for Puttu*

- Puttu mavu (rice flour) 2 cups
- Salt
- Hot water
- Coconut (grated)

### **Puttu method of preparation**

Just add sufficient hot water and salt to the rice flour. Mix the flour well with fingers. For making the Puttu, you may use the traditional Puttu Kudam. You may begin by adding a spoonful of grated coconut into the cylindrical container, followed by the well mixed rice flour. As you add the rice flour into the container, in between, you may also add small quantities of grated coconut. Make sure that the cylinder is just fully filled and now you may place it on the Puttu Kudam after covering the top portion of the cylinder. Allow the steam to take care of the cooking.

Your Puttu will be ready in three minutes. Have it with Kadala curry for a great combination.

### *Ingredients for Kadala Curry*

- Black Channa (black chickpea / bengal

gram) 1 cup

- Small onion (chopped) 1 cup
- Coconut (grated) 1 cup
- Coriander powder 2 tsp
- Red chilli powder 1 tsp
- Turmeric powder ½ tsp
- Garam masala ½ tsp
- Coconut (diced) ¼ cup
- Tomato (chopped) ¼ cup
- Curry leaves
- Coriander leaves
- Salt
- Oil
- Mustard seeds
- Red chillies
- Ginger-Garlic paste

### *Kadala Curry method of preparation*

First, soak the black channa (black chickpea/ bengal gram) for at least ten hours by adding salt. Cook the black channa well and keep it aside.

Heat one teaspoon of oil in a pan. Put the grated coconut and fry until it turns brown. To this, add coriander powder, chilli powder and garam masala. Stir all the ingredients until it becomes brown. Make a paste of this and keep it aside.

*Chicken Chettinad*



Take a pan and heat some coconut oil. Put some mustard and add red chillies. When it begins to splutter, add the diced coconut. Stir a bit. Now add the ginger-garlic paste, followed by onions and tomatoes. Add some curry leaves and stir gently. You may now add the black channa (black chickpea). Pour sufficient water and add salt. Stir well. Now add the coconut paste kept aside to the cooked black channa. Boil the curry well. You may now garnish the curry with chopped coriander leaves and serve it ideally with Puttu. It is a great combination to relish.

# CHETTINAD CUISINE

Chettinad cuisine is the cuisine of a community called the Nattukotai Chettiars, or Nagarathars as they call themselves, from the Chettinad region of Tamil Nadu state. Chettiars use a variety of sun dried meats and salted vegetables, reflecting the dry environment of the region. Most of the dishes are eaten with rice and rice based accompaniments.

## Most yummylicious dishes of

### Chettinad cuisine

**Chettinad Mutton:** Chettinad Mutton is one of the famous South Indian dish from the state of Tamil Nadu. Its a unique combination of spices is used which gives hot and spicy flavor to it.

**Paal Payasam:** A kheer-like dessert made with milk, rice, nuts and cardamom. The rich and creamy taste lingers on your taste buds for long.

**Idiyappam:** Soft, moist and fluffy, Idiyappams are steamed string hoppers made from roasted rice flour. Served it with sweet

coconut milk, jaggery syrup or spicy stew, Idiyappams make for a fantastic meal anytime of the day.

## Recipe of Chettinad Mutton

### *Recipe of ingredients*

- 1 kg mutton, cut into small pieces
- 1/4 cup oil
- 2 onion, finely sliced
- 2 tbsp ginger garlic paste
- 5-6 cloves
- 1 inch stick cinnamon
- 1 tsp cumin seeds/jeera
- 1/2 tsp fennel
- 1 tsp pepper corns
- 10-15 whole dry red chillies (adjust according to your spice level)
- 1 tbsp coriander seeds
- 5-6 cashew nuts
- Salt to taste
- 1/2 tsp turmeric powder
- 2 tomato, finely chopped

### How to make:

Dry roast the cloves, cinnamon stick, cumin seeds, fennel, pepper corns, whole dry red chillies, coriander seeds and cashew nuts. Make this into a powder with dry grinder or in a stone pestle. Add this ground powder, salt & the ginger garlic paste with the mutton & marinate for 1 hour.

Heat the oil in a pressure cooker and add the onions. Fry the onions till they translucent. Once the onions are translucent, add the marinated mutton with turmeric powder and saute for sometime till all the spices are absorbed in the mutton about 5-6 minutes. Now add the chopped tomatoes. Stir well. Add a glass of water and cook till the mutton is tender. Allow the steam to escape from pressure cooker. Once the steam is released, adjusts the water to the desired quantity and cook again on low flame till oil starts separating and begins to float.



# SPICES

Spices that rule the Indian Kitchen from Kashmir to Kanyakumari

## SAFFRON

Saffron is one of the most delicate spices in the whole world. It is derived by drying the stigma of the flower Saffron Crocos. This spice is also one of the most expensive ones and is valued greatly for its coloring abilities more than anything else.

## BLACK CARDAMOM

Black Cardamom also known as "Bada Elachi" (Big Cardamom in Hindi) is well defined by the smoky aroma. The black Cardamom is widely used in cooking all the way from India to China and has found its place in a variety of dishes ranging from the erstwhile Biryani to the noodle soup.

## GREEN CARDAMOM

Green Cardamom is a small seed pod with black seeds in the shell. This is used primarily for flavoring anything from drinking water to a cup of Chai (Indian Tea).

## CINNAMON

Cinnamon is a spice derived from the bark of an evergreen tree. Cinnamon is native to India and as such, its uses range from that of a flavoring agent to a medicinal agent. Cinnamon stick is used in Indian cooking for the preparation of Pulao (also spelled Pilaf at times), Biryanis and certain curries.

## GINGER

Indian cooking. It is used to flavor North-Indian curries as well as the South-Indian favorites - Rasam and Sambar. Usage - Ginger is used as both fresh and dried forms.

## CORIANDER POWDER

Coriander also known as Cilantro is a herb with a fresh, sweet aroma. The Coriander powder also known as Dhania powder is an essential item in almost every single Indian household. It is used as a flavoring agent in dals and curries.

## ASAFOETIDA

Asafetida also known as 'the devil's dung' is known for its pungent odor. It originated in the Americas but, in the recent past, seems to have made its home in the sub-continent.

## CUMIN

Cumin is widely used in Indian kitchens, mainly as a flavoring agent and as a condiment in certain dishes. Cumin gives these dishes an aroma that serves to enhance the dish further.

## PEPPER

Pepper is known as the 'King of all spices' and with reason. This is one of the spices that were responsible for making Indian spices famous during the medieval times. Pepper is derived from the berries of the pepper tree, and they come mainly in two varieties, black pepper and white pepper.

## CURRY LEAF

Curry leaves are as essential to Indian cooking as bay leaves are to European ones. It is interesting that Curry leaves have nothing to do with the colloquial word 'curry' that is widely used in the western world as a generalization for spicy Indian dishes.

# ICONIC INDIAN RESTAURANTS

Legendary restaurants that have been established for more than 50 years

## INDIAN COFFEE HOUSE (IHC), KOLKATA

ICH actually has over 400 branches throughout the country the most popular branch continues to be the one at The College Street, Kolkata. It was founded in 1936.

## MAVALLI TIFFIN ROOM (MTR), BANGALORE

Founded in the year 1924, MTR is known for delicious rava idli. The food served here has its origins in the Udupi Brahmin cuisine.

## LEOPOLD CAFÉ, MUMBAI

Established in 1871, Leopold Café (better known as Leo's) is one of Mumbai's oldest restaurants and is very cosmopolitan, both in food and patrons.

## BUHARI HOTEL, CHENNAI

Holding tight to its reputation as Chennai's oldest restaurant, Buhari became significant for being one of the first eating establishments to open post-independence. It came into existence in 1965. □ □

## KARIM'S, DELHI

Right in the middle of over-crowded Chandni Chowk and around the corner from the exquisite Jama Masjid, Karim's (founded in 1913) epitomizes the word legendary as it is armed with an arsenal of delicious and

secret Mughlai recipes passed down from generations.

## FLURY'S, KOLKATA

Set up in 1927 as a tea-house by a Swiss couple, Mr. and Mrs. J Flury, today, Flurry's is arguably the most famous coffee shop in Kolkata.

## BRITANNIA AND CO., MUMBAI

Established in 1923 by Zoroastrian immigrants from Iran, Britannia achieved cult status by constantly delivering the best Parsi fare that Mumbai has to offer.

## MOTI MAHAL, DELHI

Not only has the menu remained untouched since 1947, even their décor is exactly what it was when the doors first opened to Delhiites in Daryaganj area, way back in 1947.

## GLENARY'S RESTAURANT, DARJEELING

This 100-year-old establishment still retains its old-world charm both in terms of flavours and aesthetics. Best known for its baking skills, it offers some lip smacking apple pies and hot, sticky cinnamon buns.

## MYLAI KARPAGAMBAL MESS, CHENNAI

Established 65 years ago, this place is still the only place that serves as a portal back into time, nostalgia notwithstanding. They are best known for their traditional recipes which have never wavered from the original.

